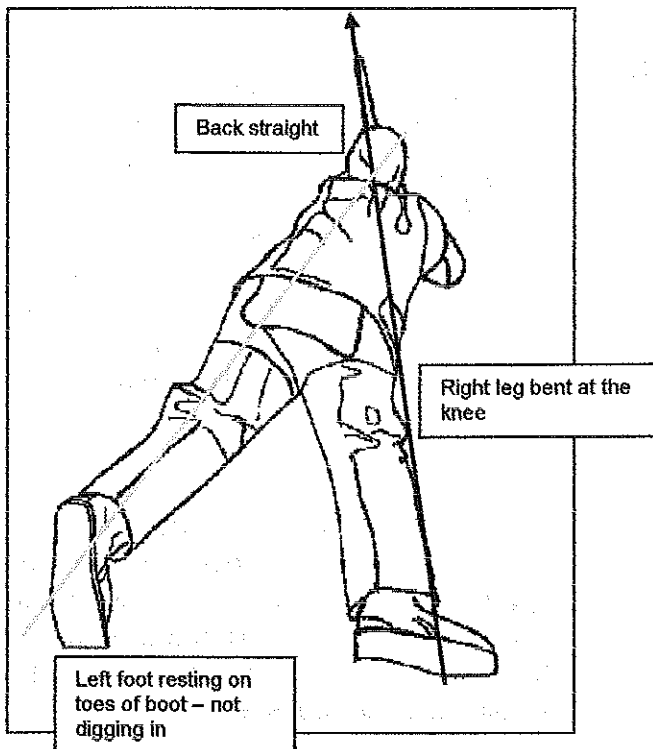


## Prone Position Techniques

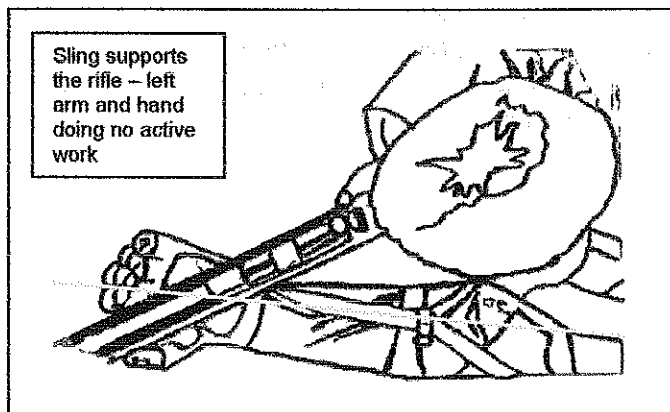
The prone position is the most stable of the 3 positions.



The shooter lies at an angle to the line of fire which is determined by their build. Shooters with short arms will find themselves at a greater angle than those with longer ones, if not the hands will be too close together.

The back is straight as is the left leg; however the right leg is bent at the knee to roll the body slightly to the left and take weight off the chest. This makes breathing whilst in position easier.

The shoulders should form a T shape with the back and the right shoulder is slightly above the level of the left due to the rotation of the body.



The sling is placed on the upper arm in such a position as not to create a pulse beat which is transmitted to the rifle. This usually means above or below the centre of the upper arm giving rise to high or low sling mounting.

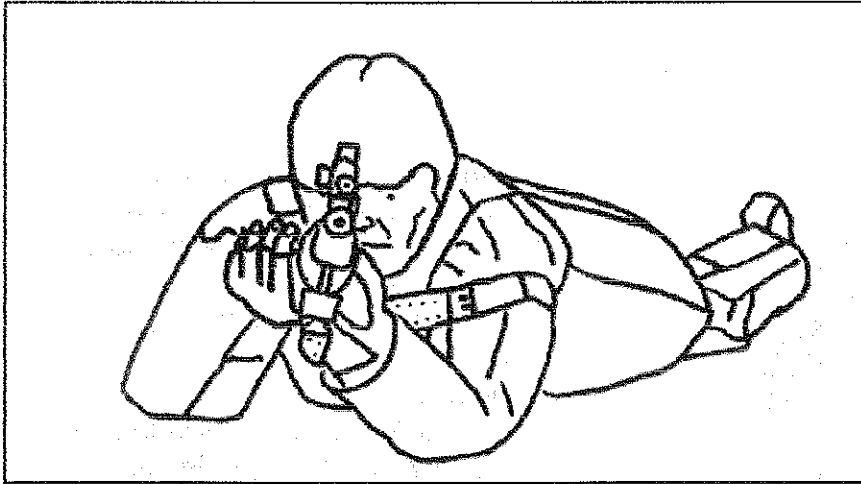
The sling should not twist the biceps and should pull in a straight line – preferably from the outside of the arm

The left elbow should be positioned so that it is underneath the line from the sling to the rifle.

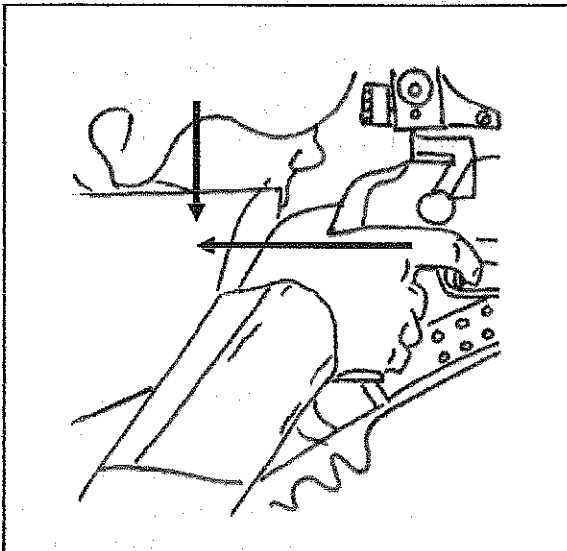
The left wrist is as straight as possible and the weight of the rifle is supported on the hand – not the fingers or thumb.

The hand is prevented from sliding forward by the hand stop. This should be of a diameter which doesn't splay open the hand too much and positioned to facilitate good positioning of the hand under the stock.

A glove on the left hand relieves the pressure from the hand stop and sling which should pass across the back of the hand.



The butt of the rifle is positioned close to the neck and the rifle canted over to the head. This keeps the neck straight and the head upright and tilted slightly forward. The butt plate is moved upwards and turned over to allow this.



The hand is positioned on the pistol grip so as to give a straight back pull on the trigger. It holds the stock quite firmly but in no way steers the rifle to the target. The wrist is straight which is facilitated by adjusting the stock length.

The cheek rests on the cheek piece with a straight downward pressure. The neck is relaxed.

The cheek piece is adjusted or built up to allow the eyes to look directly into the sights.

## Variations

Several variations to the general position can be seen on the firing point. Some are to do with the build of the shooter and some are technical decisions.

**Angle to target line** – the shooter who has longer arms has more flexibility in their choice of position. The shooter with shorter arms is likely to be at a larger angle to the target simply to prevent their hands being too close together and so lacking in stability. This can have the knock on effect of putting the recoil line outside the line of the body's mass.

**Back straight, legs at an angle** – although the illustration shows the left leg as an extension of the line from the spine some shooters have both legs off to the right of the position. This can take pressure off the bottom of the back. However, in both cases the spine is always straight

**Right knee drawn up further** – the angle of the right knee is a matter of balancing the factors of:

- Draw up further lifts the right side of the body more but puts more pressure on the left elbow
- Drawn up less the position is flatter, less pressure on the elbow but harder to breathe

**High position** – some shooters favour a higher position

- Well within 30 degree rule
- Good eye and head position in relation to sights
- Not as stable

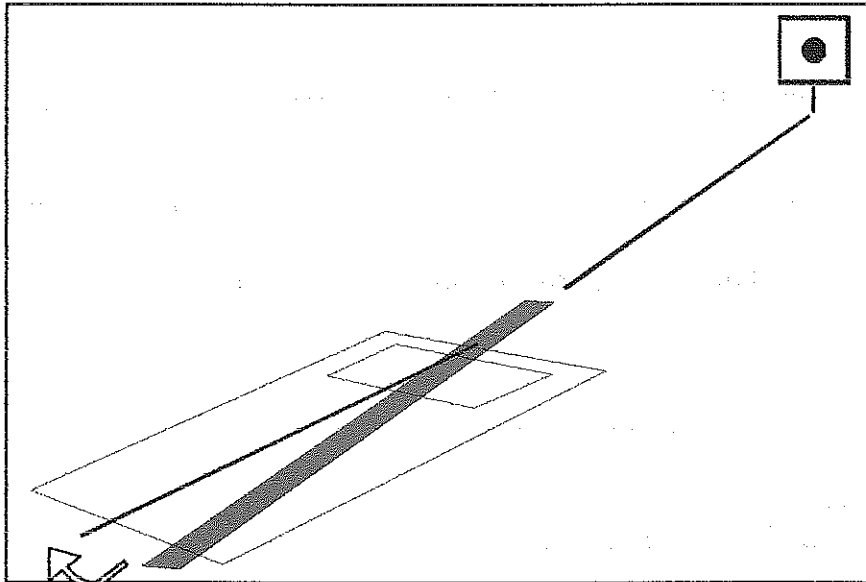
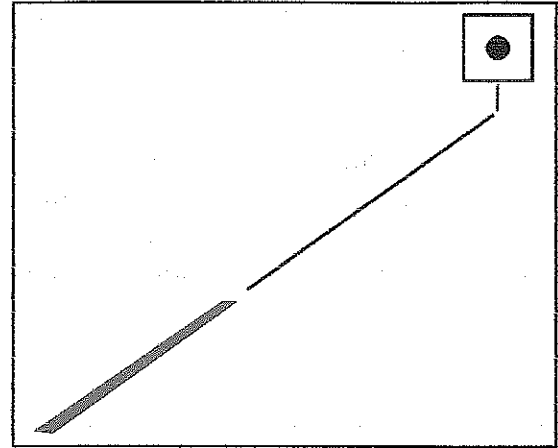
**Low position** - some shooters favour a lower position

- Can be close to minimum 30 degrees
- Poorer head and eye position
- Stable
- Less wind effect on body

**Exercise 1**

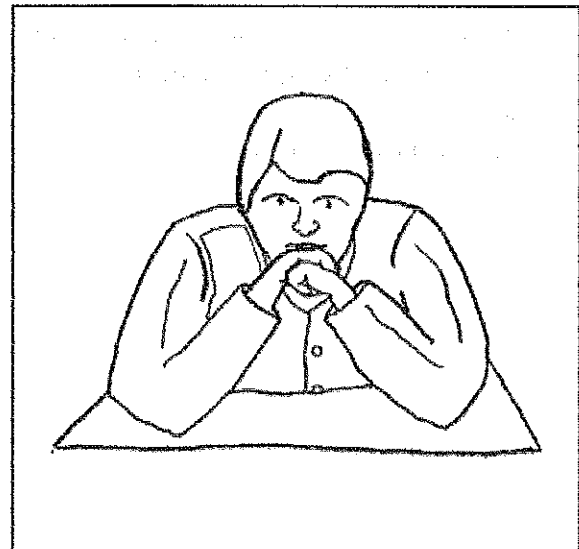
**Getting into a Basic Prone Position**

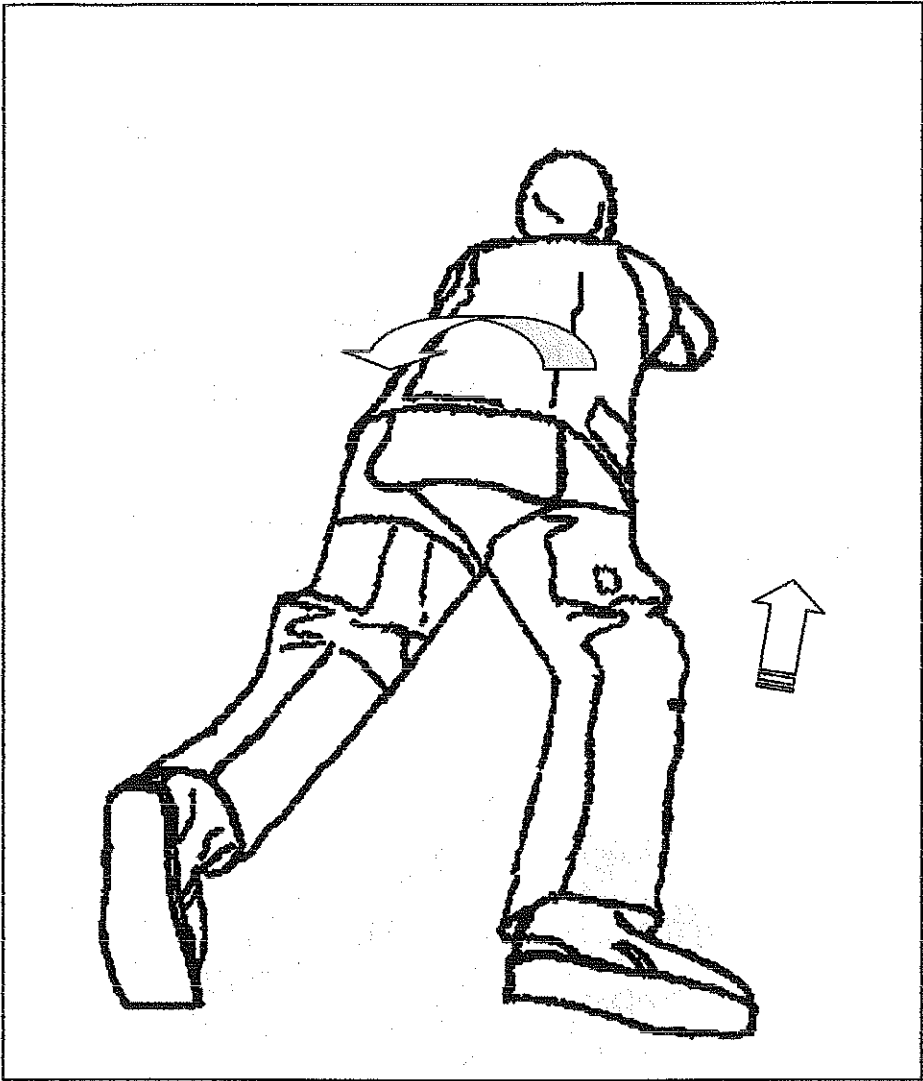
**1. Draw a line on the floor which points straight towards the target**



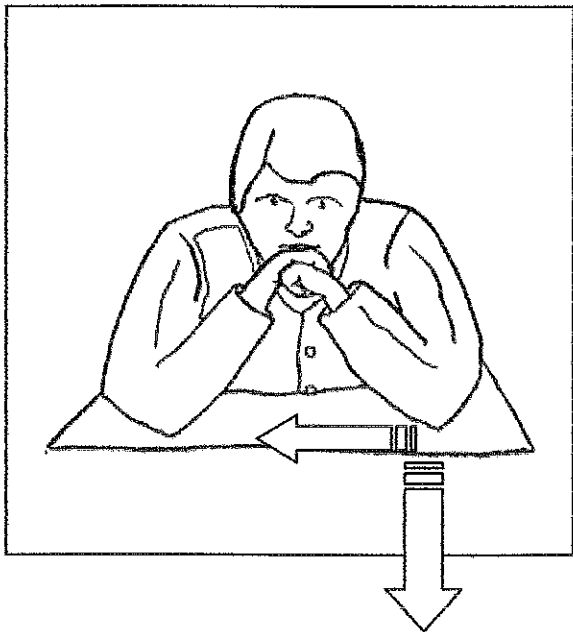
**2. Place the shooting mat on the line and rotate to the left so that it forms an angle to the line of fire**

**3. Lie face-down on the mat and prop up your head on your elbows – as if you were lying down watching TV.**

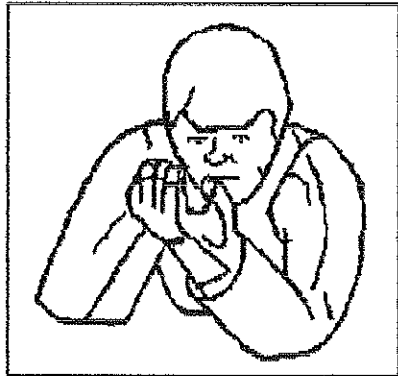


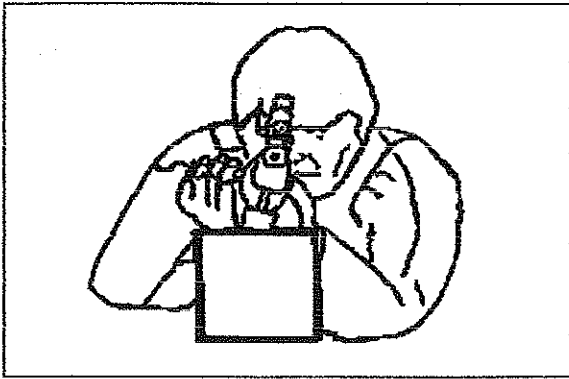


4. Draw up your right leg slightly and let your body roll over to the left. Let your left foot rest on the toe and your right foot on its side



5. Now, put on your shooting glove and move your left elbow forward and to the right slightly





6. Ask a friend or instructor to place a rest under the back of the left hand and introduce the rifle to the position.

The hand stop (if available) can now be attached to the rifle and moved up to the hand.

The whole position can now be rotated around to allow the gun to point naturally at the target.

It is recommended to use the support to shoot for a while to get used to the position. Once this becomes reasonably comfortable the sling can be introduced.

7. The sling can then be placed on the upper arm and adjusted to support the weight of the rifle allowing the box to be removed.

