

4-H Air Rifle Project Book

Sheboygan County, Wisconsin



Table of Contents

Safety Rules	2
Range Etiquette	2
Parts of the Rifle	3
Eye Dominance.....	4
Range Commands.....	2
Fundamentals of the Shot	4
Shooting Positions	5
Natural Point of Aim.....	4

Safety Rules

1. Treat every firearm as if it were loaded.
2. Always control the muzzle.
3. Be sure of you target and beyond.
4. Keep your finger off the trigger until ready to shoot.

Range Etiquette

- Eye protection is required at all times when you or someone else is shooting.
- Use your common sense; You are personally responsible for every shot that leaves the barrel.
- No food or drink is allowed on the range to avoid getting lead into your mouth. Clean your hands after handling lead pellets.
- No horseplay on the range.
- The Range Officer is in charge of the range.
- Anyone can call a ceasefire if you see an unsafe act or condition.

Range Commands

Start with all rifles safe:

- Action open
- Safety on
- Unloaded
- Clear barrel indicator (CBI) in the barrel

On command, move your equipment to the firing line. Muzzles up and rifle on safe with CBI in place.

Preparation time is getting equipment ready to shoot. The Range Officer will give you five (5) minutes to get ready. Range Officer will announce what position you will be shooting and ask:

Is the line ready? If not, the shooter raises their hand. If you are ready, there is no sign.

The line is ready.

Ready on the right? Ready on the left? Ready on the firing line.

Commence firing; by loading a pellet, pump, aim, safety off.

Fire. After you have fired, put the safety on, open the action. Reload until finished firing. When everyone is done firing, Range Officer will give the command.

Cease fire.

Make the line safe. Safety on, action open, rifle turned up to show action, CBI in barrel.

Safe on the right. Safe on the left.

The line is safe.

You may go forward and change the targets.

Parts of the Rifle

There are three (3) basic parts of a rifle:

- Stock
- Action
- Barrel

Other parts include the butt, comb, grip, trigger, rear sight, forearm, and front sight.

Rifle sights can be open or peep. Open sights have a square notch in the rear and blade or post in the front. Peep sights have a hole or aperture at the front and rear sight.

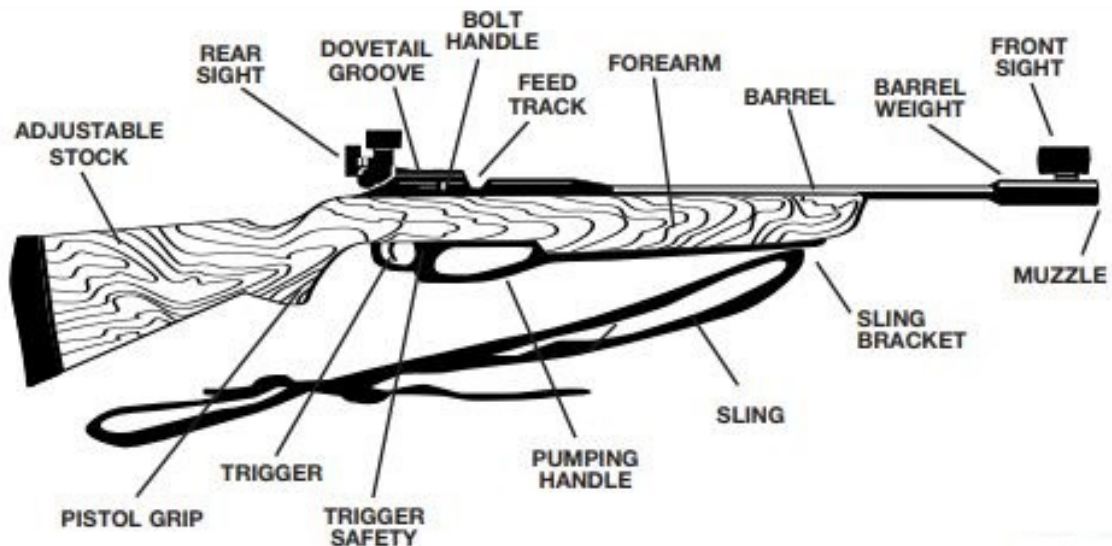


Figure 1: Parts of a Rifle

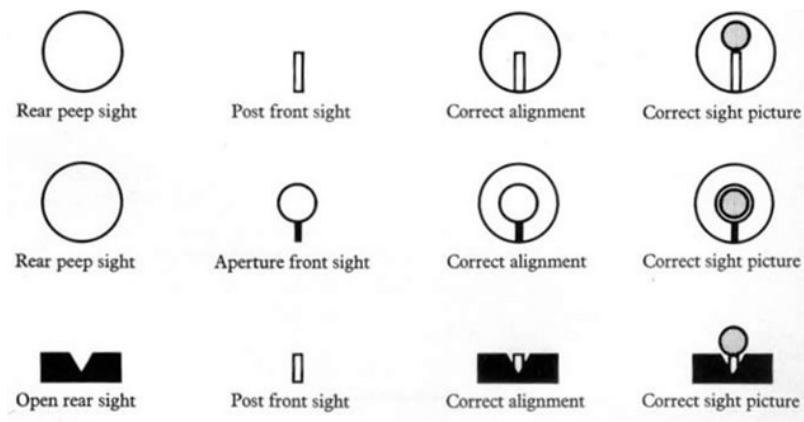


Figure 2: Types of Rifle Sights, Sight Alignment, and Sight Picture

Sight alignment is aligning the front sight with the rear sight.

Sight picture is introducing the target or bullseye to sight alignment.

Eye Dominance

All shooters need to determine and know their eye dominance. If you do not know your eye dominance, a leader will help you.

Fundamentals of the Shot

Aiming: With both eyes open align the sights and add the target for sight picture.

Breath Control: Control your breathing by holding your breath for the shot but no longer than 8-10 seconds. Ideally, 6 seconds.

Hold Control: It is your ability to hold still while aiming and shooting. You cannot hold perfectly still so we have the learn to accept some movement.

Trigger Control: It is the ability to smoothly squeeze the trigger without changing sight alignment and sight picture.

Follow Through: Maintain hold control for one (1) second after the shot.

Natural Point of Aim

The natural point of aim is moving your body to point at the target without using muscles to move the rifle to the target. If you use muscles to do this, they will become fatigued. Natural point of aim is used in all shooting positions to naturally get in position. It is the last step before you shoot.

First, build your position using bone, not muscle. Look through the sights. If you are not pointing at the target, move your complete body so you point at the target. Do this until you feel relaxed and comfortable.

Shooting Positions

There are three (3) shooting positions: prone, standing, and kneeling.

Prone: It is the most stable shooting position lying down, but not flat on your stomach, with a bent leg.



Kneeling: Dominant shoulder 45 degrees away from the target, non-dominant knee up and dominant knee down on the floor. Dominant hand lightly grips the rifle, non-dominant hand under the forearm. Non-dominant elbow on the non-dominant knee. Dominant foot either turned so you can sit on it or toes on floor and heel up with your butt sitting on the heel.

Standing: It is the most challenging position. Have your shoulders in-line with the target, feet shoulder width apart, back slightly bent to counter the rifle weight. Non-dominant arm against the ribs and the butt of the rifle high on the shoulder. Make sure the butt is positioned over bone, not muscle.



Have Fun!