

STUDENT WORKBOOK



AIR TRAINING COMMAND

USAF MARKSMANSHIP SCHOOL

MARKSMANSHIP INSTRUCTOR COURSE
BLOCK II — PISTOL

Course Nr AIR75330
Lackland Military Training Center
Lackland Air Force Base, Texas

FOR INSTRUCTIONAL PURPOSES ONLY

COACHING: COACHING AND RESPONSIBILITIES OF A PISTOL TEAM COACH

OBJECTIVE

To learn coaching techniques and the responsibilities of a Pistol Team Coach.

INTRODUCTION

It is a known fact that teaching someone how to shoot a pistol cannot be completely accomplished in the classroom. The largest portion of teaching someone how to shoot is done on a firing range, by working with the student while he is actually learning to shoot. This type of teaching is called COACHING. The remainder of this Study Guide has to do with coaching and the responsibilities of a Pistol Team Coach.

COACH AND PUPIL

The coach and pupil method is by far the most effective manner of teaching someone how to shoot. The proficiency of a pupil depends greatly on how well his coach performs his coaching duties. The coach must know and thoroughly understand all the basic principles of marksmanship which must be followed if he is to develop his pupil's shooting ability. He must be able to recognize shooting errors and know the necessary corrective measures to be applied. There are two methods of recognizing the errors made by shooters:

1. Observation of the shooter
2. Analyzing his target

Some of the errors made are:

- a. Improper trigger control.
- b. Heeling the weapon.
- c. Looking at the target rather than the sights.
- d. Improper grip.
- e. Improper position.

Each of the above errors can be recognized by using both methods.

IMPROPER TRIGGER CONTROL

Trigger control is probably the most common fault of most shooters. By improper trigger control we mean "jerking, pulling, or pushing on the trigger in such a manner as to interfere with correct sight alignment." Jerking is an uncontrollable movement of the trigger finger which results in the muzzle of the weapon being pulled down and to the left, causing the bullet to strike in the 7 or 8 o'clock area of the target. The coach can determine when the shooter is jerking by watching the weapon and the shooting hand. The shooting hand will tighten and the muzzle will dip immediately prior to firing the weapon. He can also determine this by analyzing the target. If the shot holes are in the 7 or 8 o'clock area, it is a good indication he is jerking the trigger. The best known remedy for jerking the trigger is Ball and Dummy exercises. (Fig. 8-1)

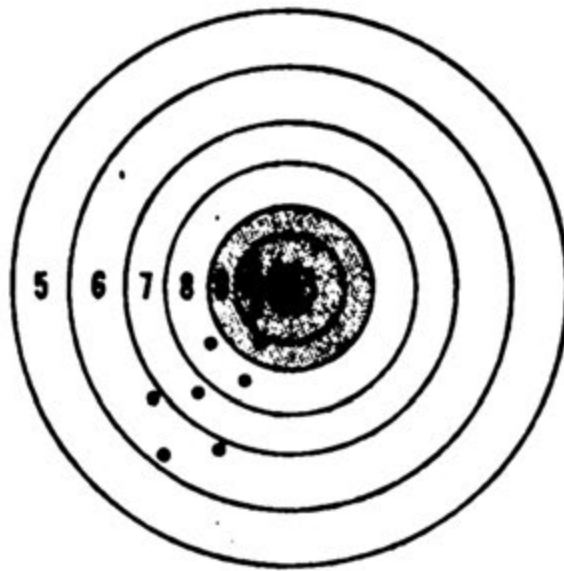


Figure 8-1. Jerking the trigger.

HEELING THE WEAPON

Heeling is the pushing of the heel of the hand into the weapon just before it fires, causing the muzzle to move up and to the right. The shots then strike the target in the 1 or 2 o'clock area of the target. Heeling is the result of anticipating the recoil and can be recognized in the same manner as jerking. The remedy is the same as for jerking, Ball and Dummy. (Fig. 8-2)

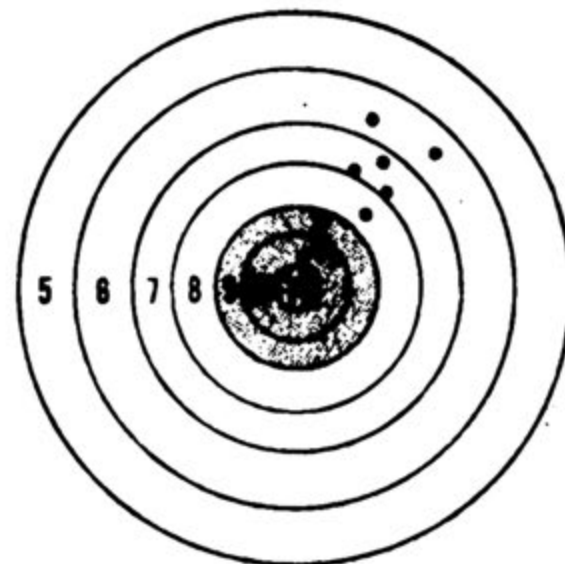


Figure 8-2. Heeling.

LOOKING AT THE TARGET

Another common error of most beginner shooters is transferring of the focus of the eye from the front sight to the target. This results in bad shots which can be anywhere on the target. Recognition of this taking place is when the shooter insists that the shot looked good, but it is actually a bad shot. The remedy for this is to give the shooter practice at calling his shots. The only way shots can be called is by watching the front sight rather than the target. (Fig. 8-3)

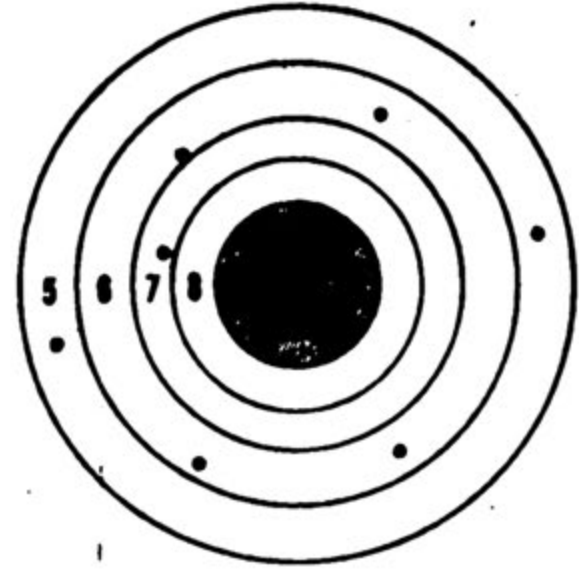


Figure 8-3. Looking at the target.

IMPROPER GRIP AND IMPROPER POSITION

Improper grip and improper position can best be detected by target analysis, but can also be detected by observing the shooter. One sign of improper grip or position is misplaced shot groups on the target. Shot groups may be out to either the right or left of center. These can be noticed most readily in timed and rapid fire. This can be overcome by Dry Fire and Ball and Dummy exercises. (Figs. 8-4 & 8-5)

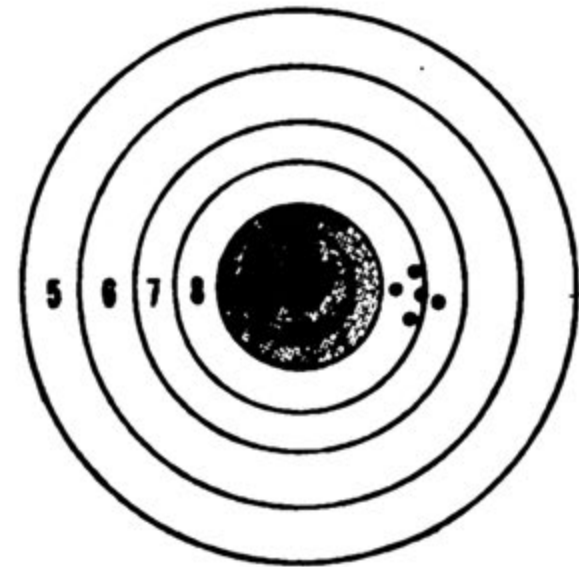


Figure 8-4. Improper grip (changing grip between strings of fire).

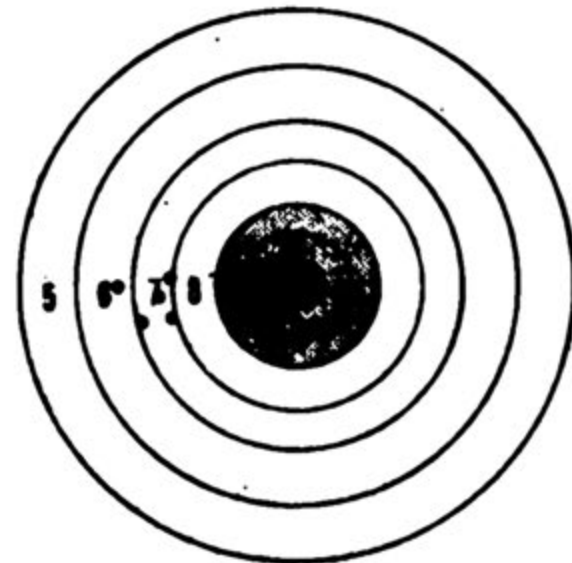
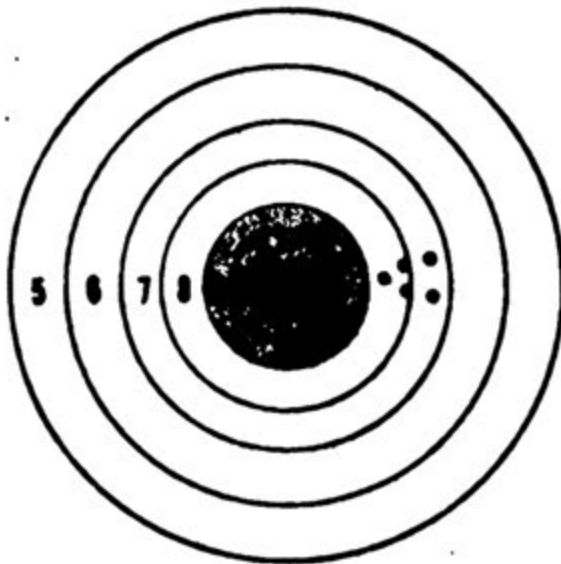


Figure 8-5. Improper position (changing position between strings of fire).

COACH'S DUTIES

Duties of the coach during instruction practice and record fire are as follows:

1. Check to see that the
 - a. pistols are cleared.
 - b. ammunition is clean.
 - c. sights are blackened.
 - d. magazines are clean and operational.
2. Observe the firer to see that he
 - a. takes the correct position.
 - b. loads the pistol properly and on command only.
 - c. takes up trigger slack correctly.
 - d. controls the trigger correctly.
 - e. calls his shot each time he fires (except in timed and rapid fire).
 - f. uses proper breath control.
 - g. lowers his pistol and rests his arm when he does not fire a round within 8 or 9 seconds during slow fire.
3. If a firer is tense and nervous, have him breathe deeply several times; this helps the shooter to relax.
4. After the shooter has completed firing it is the coach's responsibility to insure that the shooter has cleared the weapon before going down range to repair targets.

During record fire, coaching is not permitted. This is for qualification purposes only. During match fire (team match) the coach is always allowed to help the team members while they are shooting.

PISTOL TEAM COACH

A pistol team coach is a man who can train his team to perform as a unit under any conditions. He may or may not be a firing member of the team. He must have a thorough knowledge of all the fundamentals of pistol shooting plus handling the responsibility for the following:

1. Setting up practice for the team.

- a. The team coach is responsible for setting up practice periods for the team. He will determine what will be fired for practice and how much of what will be practiced. For example, one shot drills, two shot drills, blank target exercises, etc.

2. Plan Itinerary

- a. A team should arrive approximately one day before the match and get settled in quarters. This allows each team member to rest and relax before the match. It is almost impossible to fire good scores after driving long hours without rest.

3. Check Equipment

- a. It is important to have all the necessary equipment. This must be accomplished before leaving for a match. The team coach should make sure each team member has all necessary equipment prior to departing. Borrowing equipment at a match is a bad habit, plus interfering with the other shooter's performance.

4. Sportsmanship

- a. A good team coach will teach his team to be good sportsmen and gentlemen. Poor sportsmanship at a match is most undesirable.

GOOD WILL

Good will is everyone's responsibility. Outside of training and duty your team can help spread Air Force good will to civilians and other branches of the Service. Everyone likes a pleasant individual. The coach as well as the team can accomplish this task.

QUESTIONS

Study this review without referring to the Student Study Guide, and it will help you considerably more.

1. What is the advantage of coach and pupil training? _____

2. What are the fundamentals the coach must know in order to help a beginner shooter? _____

3. How can a coach determine whether or not the student is heeling or jerking the pistol? _____

4. What is the best exercise to practice with a student who is jerking or heeling his weapon? _____

USAF Marksmanship Course
Pistol Marksmanship Block
Lackland Military Training Center
Lackland Air Force Base, Texas

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RANGE FIRING (PISTOL)

OBJECTIVE

To learn proper pistol-range marksmanship procedures, safety precautions, and to put into practice all the principles as taught in premarksmanship; to provide the student-instructor with the knowledge necessary to enable him in assisting his commander in qualifying Air Force personnel for combat readiness. The principles taught are equally applicable to combat and survival situations.

INTRODUCTION

The ultimate goal of training in marksmanship with the pistol or revolver is to develop the ability to fire quickly one or more accurate shots. Only after accuracy has been attained should practice be directed toward development of speed. Extreme care should be exercised to see that speed is not achieved at the expense of accuracy.

Training in marksmanship with the pistol and revolver includes preparatory instruction, prior to attempting range firing.

Firing the pistol or revolver is a purely mechanical operation; therefore, the most effective methods of instruction in marksmanship with hand weapons are those generally applied to instructions in any other mechanical operation.

This subject material is divided into several progressively arranged phases, each of which the student must learn in proper sequence. The student's work throughout the course of instruction must be supervised with a view of detecting and correcting his mistakes and preventing the fixation of undesirable shooting habits.

GENERAL PROCEDURES

I. Coach-and-Pupil Method

The coach-and-pupil method of instruction is particularly applicable to training in marksmanship by working in pairs when receiving instruction.

Each man of the team is enabled alternately to learn, while acting as coach, by watching the actions and correcting the mistakes of his partner, then performing the exercises himself as a pupil. This method of instruction is used throughout all phases of marksmanship training, wherever applicable.

II. Premarksmanship Training

Prior to any range firing, students should be thoroughly instructed in all the elements of premarksmanship. This covers such subjects as range operation, targets and courses of fire, safety, sighting and aiming, position stance, grip, and trigger control. Students should have also received instruction in all the fundamentals of pistol shooting, and should have practiced them in dry firing. These subjects are best taught in the classroom or on a dry-firing range. These subjects are covered in other lessons. This section will cover only the elements to be taught on the actual firing range.

The basic elements of shooting good scores with a pistol or revolver can be told in one sentence as follows: "Align the sights properly on that part of the target required to center the group in the black and cause the weapon to fire without disturbing that alignment."

All elements as set forth in this and other allied training plans simply enable the instructor to teach his students to perform the action as described.

III. Ball-and-Dummy Exercise

The ball-and-dummy exercise is one of the best aids an instructor has in teaching the fundamentals of pistol or revolver shooting. The exercise must be used correctly and in the proper spirit. Students should understand that the coach is trying to help him overcome any tendency to violate any of the fundamentals of good shooting. Students should never feel that his coach is trying to fool him or to show him up, but is trying only to help him find and overcome his mistakes. The student should make a sincere effort to find these mistakes himself, for it is only after he recognizes these mistakes that he can hope to overcome them.

The ball-and-dummy exercise is performed in the following manner:

1. A coach and pupil method is used. The coach takes the weapon and loads either a live round or a dummy round, then puts the safety on. While keeping the muzzle pointed down range, he passes the weapon to the student.

2. The student, having turned his head during the reloading, now takes the weapon, not knowing whether it is loaded or not, and using all the fundamentals as previously taught, and proceeds to fire at the target. If the pupil has used all the fundamentals and the weapon is loaded, the hit will be a good one. If, however, the weapon is loaded with a dummy round and the pupil violated a principle, it should be very evident to him, by the movement of the weapon at the instant the hammer falls, just what fundamental he has violated.

3. The student should call every shot, whether it be a ball or dummy round, as this will aid him in detecting mistakes. If semiautomatic weapons are used, it will be necessary to single load the ball or dummy cartridge. However, if a revolver is used, it is best to load expended cases for dummies, live rounds for ball, and to fill all chambers by varying the sequence of the loading; then, the student will never know whether the weapon is loaded or not during the exercise.

RANGE FIRING WITH HAND WEAPONS

Slow Fire

When instructing students in slow fire with a pistol or revolver, all the fundamentals as taught in premarksmanship must be followed. Breath control must be used for each individual shot, rather than for a string of five shots as used when firing timed or rapid fire.

The student should be taught to use breath control in the following manner:

1. After assuming the proper stance, position, grip, and with the weapon resting on the shooting bench, the student should take in a normal breath and at the same time concentrate on what he is going to do; exhale and take in another breath and exhale. While drawing in the third breath, bring the weapon up slightly above the line of the sight to the target. As he exhales and relaxes, his body allows the weapon to come down onto the target and align the sights on the target. He should exhale only until comfortable. During the last intake of breath and while raising the weapon above and down onto the target, the student should be concentrating upon sight alignment and the trigger control that will be used in firing the shot.

2. The student should avoid holding his aim on the target too long (maximum time 5 to 6 seconds), as this will develop a tendency for him to jerk the trigger or heel the weapon. Should the student be unable to get off the shot in five to six seconds, he should lower the weapon and start the process all over again.

3. The student should not try to hold too perfect a sight picture, but should be taught to use area aiming rather than a perfect sight picture. Area aiming is trying to hold perfect sight alignment in an area that is the same size as the bull's-eye, but not trying to hold on any particular part of the bull's-eye. If this is a smaller area than you are capable of holding, then concentrate on holding perfect sight alignment and hold within an area that is within your capability. The most inexperienced shooter can normally hold an area within the 8, 9, and 10 ring at 25 yards without difficulty. The most important point is to hold perfect sight alignment within an area of your capability, apply the fundamentals of shooting properly and certainly good scores will be the result. As you become more experienced and better physically conditioned, your area of aim will become smaller and eventually within the bull's-eye or 10 ring which is your final goal. The area aiming method will be an aid in preventing jerking of the trigger or heeling of the weapon by trying to make the weapon fire at the split second that the sights are in perfect alignment with the bull's-eye.

The student should use all the time available in firing slow fire. He should be taught to rest his hand and arm; also to rest his eyes and to relax his body between shots. It is not intended that he should be wasting time, but he should use it to the maximum to either be resting or preparing to fire throughout the time allotted for the particular course of fire being conducted. The student should be instructed to "gust the wind" between shots; that is, waiting out strong gusts and firing during the lulls. This, of course, must be done with time limits kept in mind.

The time limit used in slow fire when shooting the National Match course is ten (10) minutes for ten (10) rounds of ammunition, fired at fifty (50) yards. In the Camp Perry Course, the time limit is five (5) minutes for ten (10) rounds, fired at twenty-five (25) yards. In a regulation slow-fire match, the time limits are two ten (10)-shot strings at ten (10) minutes per string, fired at fifty (50) yards on a fifty (50)-yard NRA slow-fire target.

In the Air Force Qualification Course, Phase I, the time limit is ten (10) minutes for ten (10) rounds of ammunition, fired at twenty-five (25) yards, using a twenty-five (25) Standard American Timed and Rapid Fire Pistol Target.

a. The Pistol Match, Course of Fire or Days Firing will commence in the following manner:

- (1) The chief range officer or instructor gives the command, "SHOOTERS TO THE FIRING LINE." All shooters firing on the first relay will take their positions on the firing line

but do not handle their weapons. WEAPONS WILL NOT BE HANDLED until the command to do so is given. Range will have been checked and cleared of all safety hazards by range officer or instructor. Sometimes targets have been put in place. Seldom will this be done because it is the shooter's responsibility to put up and maintain his target during the match or course of fire. This being the case the range officer or instructor will give the command, "MAKE THE LINE SAFE." On this command all shooters will obey by stepping back from the firing line so the range officer or instructor can see that the line is safe. Assured the line is safe he states, "THE LINE IS SAFE," go forward and put up fifty (50) yard slow-fire targets or twenty-five (25) yard slow or whichever target is applicable depending on the course of fire. At this time all shooters go forward and put up their targets. This being accomplished, all shooters will return to their firing position without delay, but will keep the line safe (weapon will not be handled). All shooters having returned to the firing line, the range officer or instructor will visually check the range to insure that the range is clear of all personnel and safety hazards. Assured that the range is clear, he will proceed with the commands, "IS THE LINE CLEAR? IS THE LINE CLEAR ON THE RIGHT? IS THE LINE CLEAR ON THE LEFT? THE LINE IS CLEAR, YOU MAY HANDLE YOUR WEAPONS." At this time shooters may handle their weapons for the purpose of preparing to fire. Shooters may remove their weapons from the gun box, make functional check, adjust or check sight adjustments, blacken sights, wipe off any excess oil, dry fire, etc., but will at all times keep weapon pointed down range in a safe direction. This is called your preparation period and during a registered match you will be given three (3) minutes.

b. Slow fire is fired in the following manner:

- (1) Preparation period having ended the range officer or instructor will inform the shooters the course of fire to be fired utilizing the command, "SHOOTERS TO THE LINE or RELAY . . . , ON THE FIRING LINE." (All shooters assume position on the firing line.) "THIS IS THE SLOW-FIRE STAGE OF THE NATIONAL MATCH COURSE," or "THE SLOW-FIRE STAGE OF THE CAMP PERRY COURSE," or "THE SLOW-FIRE STAGE OF THE AIR FORCE QUALIFICATION COURSE," or "THIS IS THE FIRST STRING OF THE SLOW-FIRE MATCH," etc., whichever the case may be.

- (2) The range officer or instructor then announces the number of rounds to be fired and gives the time to be used.
- (3) Range officer or instructor then directs shooters to load using the command, "WITH FIVE (5) ROUNDS LOAD." At this time shooters will load their weapons. Allow sufficient time for shooters to load before proceeding.

Range officer or instructor then asks, "IS THE LINE READY?" If some shooter or shooters are not ready he or they will answer by saying, "NOT READY ON TARGET NINE (9)" or whatever number position he or they may be on. (NINE (9) was merely used as an example.) After range officer or instructor has been signaled or is assured that this shooter or shooters are ready, he will proceed. He then states, "THE LINE IS READY!" At this point the commands will continue as follows without interruption until the slow-fire stage is completed upon expiration of time limit. (Unless some "SAFETY HAZARD" arises on the firing range, which would command all firing to CEASE IMMEDIATELY until the safety hazard has been removed. This command will be given by anyone observing the safety hazard.)

Range officer or instructor proceeds with the commands, "READY ON THE RIGHT" (approximately three (3) second pause as he looks down the right side of the firing range for a safety check), "READY ON THE LEFT" (approximately three (3) second pause as he looks down the left side of the firing range for a safety check), "READY ON THE FIRING LINE" (approximately three (3) second pause). "COMMENCE FIRING." You have ten (10) minutes to fire ten (10) rounds. Fire five (5) rounds, reload and fire your second (2d) five (5) rounds without command.

- (4) The range officer causes the targets to be exposed and starts keeping time on exposure of targets or upon the command, "COMMENCE FIRE."
- (5) After time has expired, targets are withdrawn or the command "CEASE FIRE" is given, the range officer or instructor directs the following command, "UNLOAD, MAGAZINES OUT, SLIDE BACK, CYLINDERS OPEN, WEAPONS ON THE BENCH." Allow ample time for shooter to comply with the command. Range officer or instructor will insure that all shooters comply with the command.

- (6) Range officer or instructor then proceeds with the command, "MAKE THE LINE SAFE." On this command all shooters obey the command and step back from the firing line so the range officer or instructor can see that the line is safe. To further assure that the line is safe, he proceeds with the command, "IS THE LINE SAFE ON THE RIGHT?" Assured that the line is safe on the right he will proceed with the command, "IS THE LINE SAFE ON THE LEFT?"
 - (7) Range officer or instructor having been assured and is sure the line is safe then states, "THE LINE IS SAFE, GO FORWARD, SCORE (if applicable), AND PUT UP NEW CENTERS or REFACE TARGETS" (whichever is applicable). At this time, all shooters will move forward, score, and put up new centers, paste up all holes on targets not covered by the new centers or reface targets. After this is accomplished, all shooters return to their respective firing position on the firing line but will keep the line safe. They may be allowed to reload their magazines at this time if they so desire, but under no circumstances will they be allowed to touch or handle their weapons until given the command to do so.
 - (8) Shooter having returned to the firing line the range officer or instructor will proceed with the command, "IS THE LINE CLEAR? IS THE LINE CLEAR ON THE RIGHT?" If there is no reply to the contrary, he will visually check the right side of the range to insure that it is clear. Then he will continue with the command, "IS THE LINE CLEAR ON THE LEFT?" If there is no reply to the contrary, he will visually check the left side of the range to insure that it is clear. Assured that the range is clear he will state, "THE LINE IS CLEAR, YOU MAY HANDLE YOUR WEAPONS." At this time shooters may handle their weapons for purposes of proceeding with firing on commands.
- c. Timed and rapid fire will be explained later, but let's complete the firing command portion at this time. When firing timed- and rapid-fire stages or matches, the same commands will be used as in slow fire with the following exceptions: During timed and rapid fire after each five (5) shot string, immediately after the targets are withdrawn or the command "CEASE FIRE," and prior to the command, "UNLOAD," the range officer or instructor will ask, "ARE THERE ANY REFIRE?" If there are any refires, they will be checked and confirmed by the assistant range officer (Block Officer) or instructor of that area in which the refire occurred to verify if it is a legal refire. After verification of the refire, the

weapon will be cleared and the match will proceed. Also during timed and rapid fire it is not necessary to give the command "UNLOAD" between each five (5) round strings. This command is given at the completion of each ten (10) round, timed- and rapid-fire stage. Shooters with legal refires will be allowed a re-fire string at completion of each ten (10) round timed- and rapid-fire stage.

(1) The commands and procedures explained will be repeated until the allotted amount of ammunition or the required number of rounds have been fired for the course of fire being conducted.

d. Ball-and-dummy exercise may be used in teaching slow fire, timed fire, rapid fire, one-shot drill, two-shot drill, or other courses of fire. These are covered in other sections of this lesson.

FIRST-SHOT EXERCISE

When firing the Air Force Qualification Course, National Match Course or the Camp Perry Course timed fire and rapid fire, it is essential that the student be taught to get off an aimed-controlled shot immediately after the target has been exposed to the shooter. This may be done only if the student is taught to prepare himself to fire, before the target is exposed, so that the shot goes into the target preferably within one-half second after the target is exposed.

The student is instructed to fire only one shot at the target each time it is exposed; therefore, the student will not need to worry about the subsequent four rounds that are normally fired in a timed- or rapid-fire string, which will be left in the weapon.

a. First-shot exercise is conducted in the following manner:

- (1) Students are instructed to load and fire only one shot each time the targets are exposed.
- (2) The target exposure time is reduced from a normal twenty (20) seconds for timed fire, or ten (10) seconds rapid fire, to one or two seconds only. All normal range commands are given for each shot to be fired.
- (3) The range officer or instructor, after calling shooters to the firing line and instructing students that they will fire the one-shot exercise, then commands them to "LOAD"; and, after

all students have loaded, he then commands, "READY ON THE RIGHT, READY ON THE LEFT, READY ON THE FIRING LINE."

- (4) As these commands are given, the students are preparing themselves mentally and physically to fire at "READY ON THE RIGHT." They take a breath and check their position, stance, grip, and check to see that the safety on their weapon is now in the "Off" position.
 - (5) At "READY ON THE LEFT," they take another breath, bringing up their weapons, exhaling and relaxing their bodies, bringing their weapons down onto the target, and taking up a sight alignment on the edge of the target, at about the center vertically. At this time, they take up the slack in the trigger, not to the extent that the weapon will fire but so that when the target is exposed they are all prepared to fire. After firing and the targets have turned away from the student, the same commands are repeated, and the same firing process is used until all the prescribed number of shots have been fired into the target.
- b. Some students may develop a tendency to jerk the trigger, or to heel the weapon, or violate some other fundamental. This can best be identified and eliminated by using the principles of the ball-and-dummy exercise in conjunction with the first-shot exercise.

TWO-SHOT EXERCISE

The main benefit to be derived from using the two-shot exercise is that, while it will help the student to learn to get his first shot off correctly, the student must also learn to recover from the recoil and prepare to fire a second shot. It will also help him to develop the timing and rhythm which is so necessary to timed- and rapid-fire shooting.

- a. The two-shot exercise is conducted in the following manner:
 - (1) The instructor or range officer orders the student to "LOAD" his weapon with an even number of rounds (2-4-6), and instructs him to fire two rounds during each exposure of the target; then the instructor, using normal range commands for timed or rapid fire, commands, "READY ON THE RIGHT, READY ON THE LEFT, READY ON THE FIRING LINE." He (the instructor) causes the targets to be exposed four (4) seconds or longer if he so desires. The student, using all the fundamentals as taught in slow-fire exercise and in first-shot exercise, will then fire two shots at the target.

- (2) Ball-and-dummy exercise may be used in conjunction with two-shot exercise to aid the student in overcoming mistakes in the fundamentals of good shooting.
- (3) If ball-and-dummy exercise is used, the coach may load one live round and one dummy, or two live rounds and no dummy rounds, or stagger them as he, the coach, so desires, and this will be very effective in pointing out errors to the shooter.

TIMED FIRE

When teaching the students to fire timed fire, it is necessary that he use all the fundamentals as previously taught in slow fire, first-shot, and two-shot exercises. The difference is that breath control must be coordinated with the preparatory commands, as given by the range officer or instructor, so that the shooter will not run out of breath during the twenty (20) seconds that it takes to fire the five rounds.

The most important thing to be learned in timed fire is the ability to develop timing and rhythm. The lapse of time between shots is quite important in developing this rhythm.

One of the most common errors for new shooters to make in timed fire is looking at the target after firing his first or second shot. This should not be done. The shooter should keep his eye "FOCUSED ON THE FRONT SIGHT AT ALL TIMES."

The sights should have been adjusted to give center hits, long before timed fire is to be attempted.

The shooter should be instructed to concentrate on SIGHT ALIGNMENT and trigger control and not to worry about score or group. If the shooter uses all the fundamentals taught, good scores and tight groups will come automatically.

Timed fire is the firing of five rounds with a time limit of twenty seconds and is always fired at twenty-five yards on an NRA twenty-five (25)-yard timed fire target.

In the Air Force Qualification Course, Phase I, the National Match Course, and the Camp Perry Course, the timed-fire stage is two (2) strings of five (5) rounds each, fired at twenty-five (25) yards, with a time limit of twenty (20) seconds per string.

In a regulation timed-fire match, four (4) strings of five (5) rounds each with twenty (20) seconds per string are fired at twenty-five (25) yards. Highest possible score attainable is 200-20x's.

RAPID FIRE

Rapid-fire shooting is essentially the same as timed fire, and, as in timed fire, timing and rhythm are the important things. Again, breath control MUST be coordinated with the range officer's or instructor's preparatory commands. The difference between timed fire and rapid fire is the time allotted to fire the five (5)-shot string.

The Air Force Qualification Course, Phase I, rapid-fire stage consists of two (2) strings of five (5) rounds each. They are fired in fifteen (15) seconds for each string, at a twenty-five (25) yard standard American Pistol Target, fired at twenty-five (25) yards.

The National Match Course and the Camp Perry Course have the same rapid-fire stages of two (2) strings of five (5) rounds each. They are fired in ten (10) seconds for each firing, at a twenty-five (25)-yard timed-fire NRA target.

A regulation rapid-fire match will also contain four (4) strings of five (5) rounds each, for a total of twenty (20) rounds, fired at twenty-five (25) yards. The highest possible score attainable is 200-20x's.

AIR FORCE QUALIFICATION COURSE

The AFQC is used for the annual qualification of military personnel in the United States Air Force as required by AFR 50-8. All firing is accomplished at twenty-five (25) yards. This course of fire is given in detail in AFR 50-8.

CAMP PERRY COURSE

The Camp Perry Course is used primarily where space is limited and a fifty (50)-yard range is not practical. All firing is done at twenty-five (25) yards.

a. The match is conducted in the following manner:

- (1) Slow fire is ten (10) rounds fired in five (5) minutes.
- (2) Timed fire is two (2) strings of five (5) rounds, fired in twenty (20) seconds per string.

- (3) Rapid fire is two (2) strings of five (5) rounds, fired in ten (10) seconds per string.
- (4) A total of thirty (30) rounds fired, for a possible score of 300-30x's.

NATIONAL MATCH COURSE

The National Match Course is the standard match of American Pistol Shooting. It is composed of a slow-fire stage, a timed-fire stage, and a rapid-fire stage, fired in the following manner:

- (1) The slow-fire stage is composed of ten (10) rounds, fired in ten (10) minutes, at fifty (50) yards on an NRA slow-fire fifty (50)-yard target.
- (2) The timed-fire is composed of two (2) strings of five (5) rounds each, fired with twenty (20) seconds for each string on a twenty-five (25)-yard NRA timed-fire target.
- (3) The rapid-fire is composed of two (2) strings of five (5) rounds each, fired with ten (10) seconds for each string, on a twenty-five (25)-yard NRA timed-fire target.
- (4) This makes a total of thirty (30) rounds, for a possible score of 300-30x's.

QUESTIONS

1. Why is sight alignment stressed so strongly? _____
_____.
2. Why is the coach-and-pupil method of instruction used as much as possible? _____
_____.
3. What is the time limit for a rapid-fire string in the AFQC, Phase I? _____
_____.
4. Ball-and-dummy exercises are one of the best aids to an instructor. Why? _____
_____.
5. Which weapon, semiautomatic or revolver, lends itself best to ball-and-dummy exercises? _____
_____.
6. What is the difference between the National Match Course and the Camp Perry Course? _____
_____.
7. In a National Match Course timed-fire stage, how many rounds are fired? _____
_____.
8. How many rounds of ammunition are fired in a National Match Course? _____
_____.
9. By compiling the slow-fire match, the timed-fire match, the rapid-fire match, and the National Match Courses of fire, what would be your total number of rounds fired? _____
_____.
10. What is the job of the coach? _____
_____.

REFERENCES AND BIBLIOGRAPHY

AFM 50-17, Pistols and Revolvers, Washington, D. C.: Department of the Air Force, 1953.

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