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**GOD'S MARINE CORPS**  
WEAPONS TRAINING BATTALION  
MARINE CORPS COMBAT DEVELOPMENT COMMAND  
TRACY CITY, TENNESSEE 37387

**DETAILED INSTRUCTOR GUIDE**

LESSON TITLE

RIFLE TABLE 1 COURSE OF FIRE

COURSE TITLE

ANNUAL RIFLE TRAINING



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**GOD'S MARINE CORPS**  
Weapons Training Battalion  
Marine Corps Combat Development Command  
TRACY CITY, TENNESSEE 37387

**DETAILED OUTLINE**

**RIFLE TABLE 1 COURSE OF FIRE**

**INTRODUCTION**

(3 MIN)

1. GAIN ATTENTION. The Rifle Table 1 Course of Fire provides the opportunity to apply fundamental marksmanship skills acquired during Preparatory marksmanship training on a live fire range. Table 1 consists of the approved qualification course of fire. Table 1 evaluates and reinforces the application of marksmanship fundamentals and builds confidence in engaging a target with accurate fire. Proper use of the data book during Table 1 firing provides a record for analyzing shooting performance.
2. OVERVIEW. This lesson will cover the Table 1 Course of Fire to include position requirements, stages of fire, scoring procedures, alibi procedures, and pit commands.
3. INTRODUCE LEARNING OBJECTIVES. This lesson is provided to familiarize Marines with the Rifle Table 1 Course of Fire. There are no Terminal or Enabling Learning Objectives for this lesson.
4. METHOD. This lesson will be taught in a classroom setting using lecture and demonstration.
5. EVALUATION. The Marine will not be evaluated on this material.

TRANSITION: Qualification on the Table 1 Course of Fire is required annually. The Table 1 Course of Fire provides training in the fundamentals of marksmanship through several slow fire exercises at distances of 20, 30, and 50 yards. The Table 1 Course of Fire additionally provides training in firing a string of shots at a sustained rate within a time limit.



BODY

(25 MIN)

**1. (5 MIN) INTRODUCTION TO THE RIFLE TABLE 1 COURSE OF FIRE**

(ON SLIDE #1)

a. Training Days. Training days of the Rifle Table 1 Course of Fire consist of Tri-fire and five training stages, with a total of 90 rounds fired on three different targets. On Day One, Tri-fire and the five training stages are fired; on Day Two, only the five training stages are fired. Prone, sitting, and kneeling positions may be fired with the loop or three-point sling. The standing position may be fired with the parade or three-point sling.

(ON SLIDE #2)

Table 1 Course of Fire: Training Days				
<u>Distance</u>	<u>Target</u>	<u>Time</u>	<u># of Rounds</u>	<u>Position</u>
<u>Tri-fire</u> 20 yds	"A"	60 sec per string	10 (3,3,4)	Sitting
<u>Stage One</u> 20 yds 20 yds 50 yds 20 yds	"A"	25 min	5 5 5 5	Sitting Kneeling Standing (Sitting, Standing, or Kneeling)
<u>Stage Two</u> 20 yds	"D"- MOD	60 sec	10 x 2	Standing to Sitting
<u>Stage Three</u> 30 yds	"A"	5 min	5	Sitting
<u>Stage Four</u> 30 yds	"D"- MOD	60 sec	10 x 2	Standing to Prone
<u>Stage Five</u> 50 yds	"E"	15 min	15	Prone



- 1) Tri-fire. Tri-fire is fired from the 20-yard line. It consists of two 3-shots strings and one 4-shot string fired from the sitting position in a time limit of 60 seconds per string.
  - 2) Stage One. Stage One is 20-yard slow fire. It consists of 5 shots fired from the sitting position, 5 shots kneeling, 5 shots standing, and 5 shots fired from the sitting, kneeling, or standing (shooter's choice) in a time limit of 25 minutes.
  - 3) Stage Two. Stage Two is 20-yard rapid fire. It consists of 10 shots fired standing to sitting in a time limit of 60 seconds. This drill will be fired two times.
  - 4) Stage Three. Stage Three is 30-yard slow fire. It consists of 5 shots fired from the sitting position in a time limit of 5 minutes.
  - 5) Stage Four. Stage Four is 30-yard rapid fire. It consists of 10 shots fired standing to prone in a time limit of 60 seconds. This drill will be fired two times.
  - 6) Stage Five. Stage Five is 50-yard slow fire. It consists of 15 shots fired from the prone position in a time limit of 15 minutes.
- b. Qualification Day. Day Three consists of five stages of fire, with a total of 50 rounds fired for record. Prone, sitting, and kneeling positions may be fired with the loop or three-point sling. The standing position may be fired with the parade or three-point sling.





(ON SLIDE #3)

Table 1 Course of Fire: Qualification				
<u>Distance</u>	<u>Target</u>	<u>Time</u>	<u># of Rounds</u>	<u>Position</u>
<u>Stage One</u> 20 yds 20 yds 20 yds	"A"	20 min	5 5 5	Sitting Kneeling Standing
<u>Stage Two</u> 20 yds	"D"-MOD	60 sec	10	Standing to Sitting
<u>Stage Three</u> 30 yds	"A"	5 min	5	Sitting
<u>Stage Four</u> 30 yds	"D"-MOD	60 sec	10	Standing to Prone
<u>Stage Five</u> 50 yds	"E"	10 min	10	Prone

- 1) Stage One. Stage One is 20-yard slow fire. It consists of 5 shots fired from the sitting position, 5 shots kneeling, and 5 shots standing in a time limit of 20 minutes.
- 2) Stage Two. Stage Two is 20-yard rapid fire. It consists of 10 shots fired standing to sitting in a time limit of 60 seconds.
- 3) Stage Three. Stage Three is 30-yard slow fire. It consists of 5 shots fired from the sitting position in a time limit of 5 minutes.
- 4) Stage Four. Stage Four is 30-yard rapid fire. It consists of 10 shots fired standing to prone in a time limit of 60 seconds.
- 5) Stage Five. Stage Five is 50-yard slow fire. It consists of 10 shots fired from the prone position in a time limit of 10 minutes.

Confirm by questions.



TRANSITION: Familiarity with the stages of fire in the Table 1 Course will help your performance on the course. We will now review the five stages of fire in more detail.

## 2. (10 MIN) RIFLE TABLE 1 COURSE STAGES OF FIRE (QUALIFICATION)

a. Stage One, 20-Yard Slow Fire. The slow fire stage of fire will enable the shooter to analyze each round to determine his ability to deliver well-aimed shots from the sitting, kneeling, and standing positions. Fifteen rounds will be fired within a time limit of 20 minutes on the "A" target.

***INSTRUCTOR'S NOTE:*** *On Training Days, an additional 5 rounds will be fired during 20-yard standing and the stage will be fired within a time limit of 25 minutes.*

- 1) On command, place the sling on your arm and adjust it for the sitting position.
- 2) On command, fill three magazines with 5 rounds each. Place all three magazines in the magazine pouch and fasten the flap.
- 3) On command, assume a good sitting position.
- 4) On command, load the rifle with one 5-round magazine.
- 5) On command, make ready.
- 6) When the target appears, take the weapon off safe and fire 1 well-aimed shot.
- 7) Put the weapon on safe and call the shot while waiting for the target to be marked and disked.
- 8) Plot the shot (indicated by the marked and disked target) in the data book.
- 9) Repeat steps 6-8 until all 5 shots are fired.



- 10) Ensure the weapon is in Condition 4 prior to changing position.
- 11) Adjust the sling for the kneeling position.
- 12) Assume a good kneeling position.
- 13) Load the rifle with the second 5-round magazine.
- 14) Make ready.
- 15) Repeat steps 6-8 and ensure the weapon is in Condition 4 before changing positions.
- 16) Adjust the sling for the standing position.
- 17) Assume a good standing position.
- 18) Load the rifle with the third 5-round magazine.
- 19) Make ready.
- 20) Repeat steps 6-8, unload and show clear.

b. Stage Two, 20-Yard Rapid Fire. This stage of fire allows the application of basic marksmanship skills while firing a string of shots within a limited time period. The sequence in Stage Two will be standing to sitting, firing 10 rounds at the sustained rate in 60 seconds on the "D" target. The "D" target represents an enemy soldier in the prone position. One magazine will be filled with 10 rounds.

***INSTRUCTOR'S NOTE:*** Explain that during Day One and Two, this drill will be conducted twice for a total of 20 rounds fired.

- 1) On command, adjust the sling for the sitting position.
- 2) On command, fill one magazine with 10 rounds and place it in the magazine pouch and fasten the flap.
- 3) On command, stand.
- 4) On command, load the rifle with one 10-round magazine.
- 5) On command, make ready.



6) When the target appears, move from the standing position into the sitting position, take the weapon off safe, and deliver 10 well-aimed shots on the target at a sustained rate.

7) Unload and show clear.

8) Wait for the target to be marked and disked.

9) Plot the string of fire (indicated by the marked and disked target) in the data book.

c. Stage Three, 30-Yard Slow Fire. The sequence in Stage Three will be 5 rounds fired on the "A" target from the sitting position in a time limit of five minutes. The commands are the same as in Stage One.

d. Stage Four, 30-Yard Rapid Fire. The sequence in Stage Four will be 10 rounds fired at the sustained rate on the "D" target, standing to prone, in a time limit of 60 seconds. The commands are the same as in Stage Two.

***INSTRUCTOR'S NOTE:*** Explain that during Day One and Two, this stage will be fired twice for a total of 20 rounds fired.

e. Stage Five, 50-Yard Slow Fire. The sequence in Stage Five will be 15 rounds on the "B-MOD" target from the prone position in a time limit of 15 minutes for day one and two. Day three consists of 10 rounds in 10 minutes fired on the "B-MOD" target. The "B-MOD" target represents an enemy soldier in the kneeling position. The commands are the same as in Stage One.

***INSTRUCTOR'S NOTE:*** Explain that during Day One and Two, an additional 5 rounds will be fired during this stage.

Confirm by questions.

TRANSITION: Now that we have described the stages of fire, we will discuss specific requirements for firing from each of the basic firing positions. These position requirements must be adhered to when firing the Rifle Table 1 Course of Fire.



### 3. (10 MIN) FIRING POSITION REQUIREMENTS FOR THE TABLE 1 COURSE OF FIRE

***INSTRUCTOR'S NOTE:*** *Demonstrate the position requirements as they are discussed.*

a. Prone Position. Requirements for assuming the prone position for firing the Rifle Table 1 Course of Fire are as follows: See photos for illustrations for prone position.

- 1) The body will be extended on the ground with the head toward the target.
- 2) The rifle will be supported by the hands, sling, and one shoulder.
- 3) No portion of the arms below the elbows will rest on the ground or against any artificial support.
- 4) No portion of the rifle or body will rest against any artificial support.
- 5) The magazine will be allowed to touch the clothing or the arm supporting the rifle, but may not rest on the arm.
- 6) The magazine will not be supported by the ground (providing artificial support).

b. Sitting Position. Requirements for assuming the sitting position for firing the Rifle Table 1 Course of Fire are as follows:

- 1) The body's weight will be supported by the buttocks and feet or ankles. No other portion of the body will touch the ground.
- 2) The rifle will be supported by both hands, the sling, and one shoulder.
- 3) The arms may rest on the legs at any point above the ankles.

c. Kneeling Position. Requirements for assuming the kneeling position for firing the Rifle Table 1 Course of Fire are as follows:

- 1) The body's weight will be supported by the left foot, right knee, and right foot (this is reversed for left-handed shooters).



- 2) The buttocks will be clear of the ground but may rest on one foot.
- 3) The rifle will be supported by both hands, the sling, and one shoulder.
- 4) The arm supporting the rifle will rest on the knee or just inside the knee.
- 5) The right elbow will be unsupported (this is reversed for left-handed shooters).

d. Standing Position. Requirements for assuming the standing position for firing the Rifle Table 1 Course of Fire are as follows:

- 1) The body's weight will be supported by standing erect on two feet.
- 2) No other portion of the body will touch the ground.
- 3) The rifle will be supported by both hands and one shoulder.
- 4) The supporting arm will not rest against the body or on the cartridge belt or attached equipment for additional support.

Confirm by questions.
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TRANSITION: Table 1 firing provides the Marine with the opportunity to apply marksmanship fundamentals and analyze his shooting performance. The Table 1 Course of Fire allows the Marine to demonstrate his shooting skills and refine and improve his shooting performance.

OPPORTUNITY FOR QUESTIONS:

(1 MIN)

1. Respond to questions from the class.
2. Prompt the students with questions to the class.
  - a. QUESTION: What firing positions are used in Stage One of the Table 1 Course of Fire?

ANSWER: Sitting, kneeling, and standing positions.



b. QUESTION:What target is fired on in 20- and 30-yard slow fire stages?

ANSWER: 'A'.

***INSTRUCTOR'S NOTE:*** Ask Marines as many questions as necessary to ensure they fully understand the material presented in this lesson.

SUMMARY:

(1 MIN)

The Rifle Table 1 Course of Fire trains the shooter in application of the fundamentals of marksmanship in a live fire environment. Everything learned in Preparatory Marksmanship Training is employed in the Table 1 Course of Fire. The Table 1 Course of Fire is a comprehensive training scenario that allows the shooter to apply and refine his shooting skills and builds confidence in preparation for the challenges of Table 2.



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## SLIDES

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**UNITED STATES MARINE CORPS**  
WEAPONS TRAINING BATTALION  
MARINE CORPS COMBAT DEVELOPMENT  
COMMAND TRACY CITY, TENNESSEE 37387

**RANGE COMMANDS**

LESSON TITLE

RIFLE TABLE 1 COURSE OF FIRE

COURSE TITLE

ANNUAL RIFLE TRAINING



**TABLE 1 RANGE COMMANDS**

**QUALIFICATION**

1. Stage One (20-Yard Slow Fire)

"Relay \_\_\_\_ move to the ready line and fill three magazines with 5 rounds each."

"Relay \_\_\_\_ move to the firing line."

"Assume a sitting position. **(Pause)** This is your 20-yard slow fire stage, firing 5 rounds sitting, 5 rounds kneeling, and 5 rounds standing in a time limit of 20 minutes. Your one minute preparation period begins when the targets appear."

"Relay \_\_\_\_ your preparation period has ended. With a magazine of 5 rounds, load, **(Pause)** make ready. **(Pause)** Is the line ready? **(Pause)** The line is ready. You may commence firing when your target appears."

"Cease fire. **(Pause)** Saved rounds or alibis?"

"Unload. **(Pause)** Is the line clear? The line is (is not) clear."

"Relay \_\_\_\_ move off the firing line."

2. Stage Two (20-Yard Rapid Fire)

"Relay \_\_\_\_ move to the ready line and fill one magazine of 10 rounds."

"Relay \_\_\_\_ move to the firing line."

"Assume a sitting position. **(Pause)** This is your 20-yard rapid fire stage, firing 10 rounds, standing to sitting, in a time limit of 60 seconds. Your one minute preparation period begins when the targets appear or when prompted to begin."

"Relay \_\_\_\_ your preparation period has ended. Stand. **(Pause)** With a magazine of 5 rounds, load, **(Pause)** make ready. **(Pause)** Is the line ready? **(Pause)** The line is ready. You may commence firing when your target appears."

"Cease fire. **(Pause)** Saved rounds or alibis?"

"Unload. **(Pause)** Is the line clear? The line is (is not) clear."

"Relay \_\_\_\_ stand by for your groups and scores."



3. Stage Three (30-Yard Slow Fire)

"Relay \_\_\_\_ move to the ready line and fill one magazine with 5 rounds."

"Relay \_\_\_\_ move to the firing line."

"Assume a sitting position. **(Pause)** This is your 30-yard slow fire stage, firing 5 rounds sitting, in a time limit of five minutes. Your one minute preparation time begins when the targets appear or when prompted to begin."

"Relay \_\_\_\_ your preparation period has ended. With a magazine of 5 rounds, load, **(Pause)** make ready. **(Pause)** Is the line ready? **(Pause)** The line is ready. You may commence firing when your target appears."

"Cease fire. **(Pause)** Saved rounds or alibis?"

"Unload. **(Pause)** Is the line clear? The line is (is not) clear."

"Relay \_\_\_\_ move off the firing line."

4. Stage Four (30-Yard Rapid Fire)

"Relay \_\_\_\_ move to the ready line and fill one magazine of 10 rounds."

"Relay \_\_\_\_ move to the firing line."

"Assume a prone position. **(Pause)** This is your 30-yard rapid fire stage, firing 10 rounds, standing to prone, in a time limit of 60 seconds. Your one minute preparation period begins when the targets appear or when prompted to begin."

"Relay \_\_\_\_ your preparation period has ended. Stand. **(Pause)** With a magazine of 5 rounds, load, **(Pause)** make ready. **(Pause)** Is the line ready? **(Pause)** The line is ready. You may commence firing when your target appears."

"Cease fire. **(Pause)** Saved rounds or alibis?"

"Unload. **(Pause)** Is the line clear? The line is (is not) clear."

"Relay \_\_\_\_ move off the firing line."

"Relay \_\_\_\_ stand by for groups and scores."



5. Stage Five (50-Yard Slow Fire)

"Relay \_\_\_\_ move to the ready line and fill one magazine with 10 rounds."

"Relay \_\_\_\_ move to the firing line."

"Assume a prone position. **(Pause)** This is your 50-yard slow fire stage, firing 10 rounds prone, in a time limit of ten minutes. Your one minute preparation period begins when the targets appear."

"Relay \_\_\_\_ your preparation period has ended. With a magazine of 10 rounds, load, **(Pause)** make ready. **(Pause)** Is the line ready? **(Pause)** The line is ready. You may commence firing when your target appears."

"Cease fire. **(Pause)** Saved rounds or alibis?"

"Unload, show clear. **(Pause)** Is the line clear? The line is (is not) clear."

"Relay \_\_\_\_ move off the firing line."

## PRONE POSITION EXAMPLES





## SITTING POSITION EXAMPLES





## KNEELING POSITION EXAMPLES





## STANDING POSITION EXAMPLES





