

**ANSCHUTZ .22 BIATHLON WEAPON TRAINING PROGRESSION**

1. Biathletes must be complete the following syllabus up to and inclusive of Stage 3 AWA:

a. **The Basic Skills.**

- (1) Biathlon Rifle Lesson 1                      Characteristics, Safety, Stripping, Assembly and Maintenance.
- (2) Biathlon Rifle Lesson 2                      Magazine Filling, Sight Setting, Load, Unload, and make Safe.
- (3) Biathlon Rifle Lesson 3                      Holding, Aiming and Firing in the Prone and Standing positions
- (4) Biathlon Rifle Lesson 4                      Mechanism, Immediate Action and Possible Stoppages
- (5) Biathlon Rifle Practice 1                      Lessons 1 – 4.
- (6) Biathlon Rifle Lesson 5                      Sight Adjustment, Boresighting and Zeroing
- (7) Biathlon Rifle Lesson 6                      The Essentials of Good Shooting
- (8) Biathlon Rifle Lesson 7                      The Use of the sling in the Prone and Standing positions.
- (9) Biathlon Rifle Lesson 8                      Allowances for Wind and Climate.
- (10) Biathlon Rifle Practice 2                      Lessons 6-8.

b. **Biathlon Weapon Handling Tests (BWHTs).** It is mandatory for all firers to have passed WHTs prior to live firing a weapon in order to ensure a minimum standard of safety. Conducting officers must confirm that all Biathletes have completed the relevant WHT prior to firing.

c. **Live Fire Initial Training.** The Biathlon live firing (BLF) lessons and shoots listed below are to be fired by trainee Biathletes during initial training:

Anschutz .22 LF Lesson No	Content	Page No
<b>LFMT Stage 1</b>	<b>Grouping and Zeroing</b>	
BLF1	Introductory Shoot at 25 metres	
BLF2	Grouping at 25 metres	
BLF3	Zeroing and Group at 25 metres	

The BLF lessons listed below are to be fired annually by trained Biathletes:

Anschutz .22 LF Lesson No	Content	Page No
<b>LFMT Stage 1</b>	<b>Grouping and Zeroing</b>	
BLF3	Zeroing and Grouping at 50 Metres	
<b>LFMT Stage 2</b>	<b>Application of Fire</b>	
BLF4	Application of Fire 1 at 25 metres	

BLF5	Application of Fire 2 at 25 metres	
BLF6	Application of Fire 3 at 50 metres	
BLF7	Application of Fire 2 at 50 metres	
<b>LFMT Stage 3</b>	<b>ABWA</b>	
BLF8	Annual (Anschutz .22 ) Biathlon Weapons Test - ABWT	

## Biathlon Weapon Handling Test (BWHT) Anschutz.22

Test No	Subject	Stores	Conditions	Marking
1	Demonstrate Safety Precautions	Rifle, loaded with drill rounds and safety catch set at "FIRE". Weapon lying on the ground.	<ol style="list-style-type: none"> <li>1. Rifle on the ground.</li> <li>2. Student ordered to fetch the rifle.</li> <li>3. Without time limit.</li> <li>2. Order the student to hand over the weapon.</li> </ol> <p>The student is to :</p> <ol style="list-style-type: none"> <li>a. Point the muzzle in a safe direction, check that the safety catch is set to safe, open the bolt, show the weapon is clear and ease springs.</li> </ol>	<ol style="list-style-type: none"> <li>1. The following actions are executed:               <ol style="list-style-type: none"> <li>a. Picks up the rifle.</li> <li>b. Removes the magazine.</li> <li>c. Ensures safety catch is in the "READY" position.</li> <li>d. Opens the bolt and ensures that the chamber, face of the bolt and body of the rifle are clear.</li> <li>e. Closes the bolt, points the rifle in a safe direction and operates the trigger.</li> <li>f. Closes the muzzle cover.</li> </ol> </li> <li>2. <b>Standard:</b>  <b>Pass</b> – All actions correct.  <b>Fail</b> – Any error.</li> </ol>
2	Stripping, Cleaning and Assembling	Rifle unloaded, weapon tools, flannelette and oil.	<ol style="list-style-type: none"> <li>1. Order the student to strip the rifle as for daily cleaning. Ask the following questions:               <ol style="list-style-type: none"> <li>a. What size flannelette is used to clean the barrel?</li> <li>b. What size flannelette is used to oil the barrel?</li> <li>c. What are the differences to normal daily cleaning in the following conditions (select any two conditions):                   <ol style="list-style-type: none"> <li>(1) Heavy rain/snow and damp conditions.</li> <li>(2) Dry, sandy or dusty conditions.</li> <li>(3) Extreme cold conditions.</li> <li>(4) Hot, wet conditions.</li> </ol> </li> </ol> </li> <li>2. Order the soldier to assemble the Rifle and</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Standard:</b>  <b>Pass</b> – 1 or 2 mistakes.  <b>Fail</b> – more than 2 mistakes.</li> <li>2. Award no qualification if any mistake affects safety.</li> </ol>

			test the functions of the weapon.	
3	Magazine Filling	5 x .22 drill rounds, magazines	1. Student instructed to fill the magazine.	<b>Standard:</b> <b>Pass</b> – Magazine filled without error. <b>Fail</b> – the student is unable to correctly charge the magazine.
4	Load	Rifle, one charged magazine of 5 drill rounds in stock clip	1. Student in the standing position, rifle held. 2. Ordered to “ <b>Load</b> ”. 3. Without time limit.	1. Student carries out the following actions: a. Extracts the magazine and fits it into the rifle. b. Checks to ensure that the magazine is secure. c. Returns hand to stock. 2. <b>Standard:</b> <b>Pass</b> – Without error. <b>Fail</b> – Any error.
5	Make Ready	Rifle loaded (from Test No 4), representative targets	1. Student given the command “ <b>Ready</b> ”. 2. Without time limit.	1. Without further direction: a. Opens muzzle cover. b. Ensures safety catch is set safe. c. Operates bolt to chamber a round. 2. <b>Standard:</b> <b>Pass</b> – All actions correct <b>Fail</b> – Any error.
6	Make safe	Rifle (loaded and made ready from test 5)	1. Student ordered to “ <b>Make Safe</b> ”. 2. Without time limit.	1. Carries out the following actions: a. Keeps the rifle pointing in a safe direction with the safety catch at SAFE. b. Removes and retains the magazine. c. Opens the bolt to eject the chambered round under control, and replaces the round in the magazine. d. Stows the magazine. e. Ensures the chamber, bolt face and body of the rifle are clear (by look and feel). f. Closes the bolt, releases the safety

				<p>catch and operates the trigger with the rifle pointing in a safe direction.</p> <p>g. Closes the muzzle cover.</p> <p>h. Checks the magazine and replaces it on the rifle.</p> <p>i. Checks the magazine is secure.</p> <p><b>2. Standard:</b>  <b>Pass</b> – All actions correct  <b>Fail</b> – Any error.</p>
7	Unload	Rifle (made safe from test 6)	<p>1. Student ordered to “<b>Unload</b>”.</p> <p>2. Without time limit.</p>	<p>1. Carries out all the actions detailed in Test 6a – g above.</p> <p><b>2. Standard:</b>  <b>Pass</b> – All actions correct  <b>Fail</b> – Any error.</p>
8	Double Feed?			

**LF Lessons 1 - ?**

2. BLF Lessons 1 to 7 are contained on separate pages for ease of use:

## ANSCHUTZ .22 BIATHLON RIFLE LFMT Stage 1 BLF1 – INTRODUCTORY SHOOT AT 25 METERS

### INSTRUCTORS NOTES

BLF1001. **Aim.** To confirm that the student knows how to prepare their weapon for firing, that they can operate, aim, hold and fire their rifle in the prone and standing unsupported positions, to conduct an introductory shoot to familiarise Students with Anschutz .22 LF characteristics, and that they know how to clean and maintain the rifle after firing.

BLF1002. **Conduct.** The lesson may be conducted on either a barracks 25m range, a CGR, an ETR or a GR with screens placed 25m from firers.

BLF1003. **Timings.** Each detail will take approximately 30 minutes to complete all practices.

BLF1004. **Stores.**

Normal range stores

1 x ?? targets with a ??mm square aiming mark per firer.

30 x .22 rounds per firer.

BLF1005. **Miscellaneous.**

a. Ideally there should be little weather or wind, with good light.

b. If the MPI of the groups in the prone position are badly misplaced from the CZP, the sights should be adjusted by the coach. These adjustments should be discussed with the firer.

### CONDUCT OF THE LESSON

BLF1006. **Preliminaries.**

a. **Safety.** Normal safety precautions.

b. **Preparing the Rifle for Firing.** Remind the squad of the procedures for preparing the rifle for firing.

c. **Range Safety Rules.** Explain and demonstrate as necessary the range safety rules.

d. **Revision.** Rifle Lessons 1 – 4.

BLF1007. **Introduction.** Explain that consistent accurate shooting is vital to Biathlon success; this is best achieved by minimising group sizes and maintenance of zero. And that a student will not achieve a good group without:

a. Being determined that each shot will be a good one.

b. They apply the marksmanship principles.

c. They always aim in the same place i.e.....

d. That they can tell the coach what the aim picture was like at the moment of firing.

BLF1008. **Grouping.** Revise grouping and marksmanship principles.

BLF1009. **Practice Details:**

Practice	Range/ Position	Ammo	Target/Exposure	Instructions
1. Grouping	25m Prone	5 rds	1x?mm square aiming mark.	1. Fire five round group for familiarization.
2. Grouping (Fired Twice)	25m Prone	5 rds	As for Prac 1	1. Fire a five round group at the aiming mark. 2. Identify MPI, discuss the sight picture and group dimensions, and record.
4. Grouping	25m Standing	5 rds	1x?mm square aiming mark.	1. Fire five round group for familiarization.
5. Grouping (Fired Twice)	25m Standing	5 rds	As for Prac 1	1. Fire a five round group at the aiming mark. 2. Identify MPI.

BLF10010. **Standards.** The groups that should be achieved in the repeat practices (2 and 5) are:

Prone	65mm
Standing Unsupported	140mm

BLF10011. **After Firing Procedure.** Confirm stripping, cleaning and assembling by practice. Rifles are to be inspected and left lightly oiled. Remind of post firing maintenance procedures for a minimum of five days after the rifle has been fired.

BLF10012. **End of Lesson Procedure.** Emphasise the critical importance of consistent shooting, the vital skill in correct zeroing procedure and the requirement for upper-body physical development to handle, hold and aim the rifle correctly.

## ANSCHUTZ .22 BIATHLON RIFLE LFMT Stage 1 BLF2 – GROUPING AT 25 METERS

### INSTRUCTORS NOTES

BLF2001. **Aim.** To give practice in grouping at 25m and compare grouping size with BLF1.

BLF2002. **Conduct.** The lesson may be conducted on either a barracks 25m range, a CGR, an ETR or a GR.

BLF2003. **Timings.** The lesson will take approximately 60 minutes to complete.

BLF2004. **Stores.**

Normal range stores

1 x ?? targets with a ??mm square aiming mark per firer.

60 x .22 rounds per firer.

BLF2005. **Miscellaneous.**

- a. Ideally there should be little weather or wind, with good light.
- b. If the MPI of the groups in the prone position are badly misplaced from the CZP, the sights should be adjusted by the coach. These adjustments should be discussed with the firer.
- c. Additional time may be required if students require rest between the latter serials.

### CONDUCT OF THE LESSON

BLF2006. **Preliminaries**

- a. **Safety.** Normal safety precautions.
- b. **Range Safety Rules.** Explain and demonstrate as necessary the range safety rules.
- c. **Revision.** Rifle Lessons 1 – 4, rifle preparation for firing, and BLF1.
- d. **Confirmation.** Inspect rifles to confirm that they have been prepared for firing correctly.

BLF2007. **Introduction.** Explain that consistent accurate shooting is vital to Biathlon success; this is best achieved by minimising group sizes and maintenance of zero. And that a student will not achieve a good group without:

- a. Being determined that each shot will be a good one.
- b. They apply the marksmanship principles.
- c. They always aim in the same place i.e.....

d. That they can tell the coach what the aim picture was like at the moment of firing.

BLF2008. **Grouping.** Revise grouping and marksmanship principles.

BLF2009. **Practice Details:**

Practice	Range / Position	Ammo	Target/Exposure	Instructions
1. Grouping	25m Prone	5 rds	1x?mm square aiming mark.	Fire five round group for familiarization.
2. Grouping (Fire Three Times)	25m Prone	5 rds	As for Prac 1	1. Fire a five round group at the aiming mark. 2. Identify MPI, discuss sight picture, weather effects and group dimensions, and record group dimensions.
3. Grouping	25m Prone	5 rds	As for Prac 1	1. Fire a five round group at the aiming mark. 2. Identify MPI, discuss sight picture, weather effects and group dimensions, and record group dimensions. 3. Adjust for elevation and deflection as necessary – see paragraph BLF 2005b.
4. Grouping	25m Prone	5 rds	As for Prac 1	1. Fire a five round group to confirm zero and record group size. 2. If correct zero not achieved, repeat Practice 2 and 3. 3. Once zeroing is confirmed record the settings.
5. Grouping	25m Standing	5 rds	As for Prac 1	Fire five round group for familiarization.
6. Grouping (Fire Five Times)	25m Standing	5 rds	As for Prac 1	1. Fire a five round group at the aiming mark. 2. Identify MPI, discuss sight picture, weather effects and group dimensions and record group dimensions.

BLF20010. **Standards.** The groups that should be achieved in the repeat practices (2, 3, 4 and 6) are:

Prone	65mm
Standing Unsupported	140mm

BLF20011. **After Firing Procedure.** Confirm stripping, cleaning and assembling by practice. Rifles are to be inspected and left lightly oiled. Remind of post firing maintenance procedures for a minimum of five days after the rifle has been fired.

BLF20012. **End of Lesson Procedure.** Emphasise the critical importance of consistent shooting and the vital skill in correct zeroing procedure.

**ANSCHUTZ .22 BIATHLON RIFLE LFMT Stage 1 BLF3 – ZERO AND GROUP AT 25 METERS**

**INSTRUCTORS NOTES**

BLF3001. **Aim.** To confirm that the student can apply their group to the centre of the target from both the Prone and Standing Unsupported positions at 25m.

BLF3002. **Conduct.** The lesson may be conducted on either a barracks 25m range, a CGR, an ETR or a GR.

BLF3003. **Timings.** The lesson will take approximately 60 minutes to complete.

BLF3004. **Stores.**

Normal range stores

1 x ?? targets with a ??mm square aiming mark per firer.

60 x .22 rounds per firer.

BLF3005. **Miscellaneous.**

- a. Ideally there should be little weather or wind, with good light.
- b. Zeroing should take place at 25m.
- c. Additional time may be required if students require rest between the latter serials.

**CONDUCT OF THE LESSON**

BLF3006. **Preliminaries**

- a. **Safety.** Normal safety precautions.
- b. **Range Safety Rules.** Explain and demonstrate as necessary the range safety rules.
- c. **Revision.** Rifle Lessons 1 – 8, BLF1 and 2.

BLF3007. **Introduction.** Explain that consistent accurate shooting is vital to Biathlon success; this is best achieved by minimising group sizes and maintenance of zero.

BLF3008. **Grouping and Zeroing.** Revise grouping and marksmanship principles and the mechanics and procedure to zero.

BLF3009. **Practice Details:**

Practice	Range / Position	Ammo	Target/Exposure	Instructions
1. Grouping	25m Prone	5 rds	1x??mm square aiming mark.	Fire five round group for familiarization.
2. Grouping	25m	5 rds	As for Prac 1	1. Fire a five round group at

(Fire Three Times)	Prone			the aiming mark. 2. Identify MPI, discuss sight picture, weather effects and group dimensions and record group dimensions.
3. Grouping	25m Prone	5 rds	As for Prac 1	1. Fire a five round group at the aiming mark. 2. Identify MPI and record group dimensions. 3. Student to adjust for elevation and deflection as necessary.
4. Grouping	25m Prone	5 rds	As for Prac 1	1. Fire a five round group to confirm zero and record group size. 2. If correct zero not achieved, repeat Practices 2 and 3. 3. Once zeroing is confirmed record the settings.
5. Grouping	25m Standing	5 rds	As for Prac 1	Fire five round group for familiarization.
6. Grouping (Fire Five Times)	25m Standing	5 rds	As for Prac 1	1. Fire a five round group at the aiming mark. 2. Identify MPI, discuss sight picture, weather effects and group dimensions and record group dimensions.

BLF30010. **Standards.** The groups that should be achieved in the repeat practices (2, 3, 4 and 6) are:

Prone	65mm
Standing Unsupported	140mm

BLF30011. **After Firing Procedure.** Confirm stripping, cleaning and assembling by practice. Rifles are to be left lightly oiled. Remind of post firing maintenance procedures for a minimum of five days after the rifle has been fired.

BLF30012. **End of Lesson Procedure.** Emphasise the critical importance of consistent shooting and the vital skill in correct zeroing procedure.

**ANSCHUTZ .22 BIATHLON RIFLE BLF4 –  
APPLICATION OF FIRE (1) AT 25M**

**INSTRUCTORS NOTES**

BLF4001. **Aim.** To give practice in the application of fire at 25m whilst introducing graduated physical activity and gathering shooting data.

BLF4002. **Conduct.** The lesson may be conducted on either a barracks 25m range, a CGR, an ETR or a GR.

BLF4003. **Timings.** The lesson will take approximately 60 minutes to complete.

BLF4004. **Stores.**

Normal range stores

Stop watch

Whistle

1 x ?? targets with a ??mm square aiming mark per firer.

60 x .22 rounds per firer.

**CONDUCT OF THE LESSON**

BLF4005. **Preliminaries**

a. **Safety.** Normal safety precautions.

b. **Range Safety Rules.** Explain and demonstrate as necessary the range safety rules.

c. **Revision.** Rifle Lessons 1 – 8 and BLF 1-3.

BLF4006. **Introduction.** Explain that consistent accurate shooting is vital to Biathlon success; this is best achieved by minimising group sizes and maintenance of zero. However, Biathlon training demands the mix of accurate shooting with extreme physical activity. This practice is designed to introduce the student to target engagement with a raised heart rate.

BLF4007. **Practice Details:**

Practice	Range / Position	Ammo	Target/Exposure	Instructions
1. Grouping	25m Prone	5 rds	1x??mm square aiming mark.	1. Fire a five round group at the aiming mark. 2. Identify MPI and adjust for elevation and deflection as necessary.
2. Grouping	25m Prone	5 rds	As for Prac 1	1. Jog on the spot behind the firing point for 1 minute and complete 5 press-ups. 2. Fire a five round group at the aiming mark. 3. Identify MPI, discuss

				weather effects, sight picture and marksmanship challenges, and record group dimensions.
3. Grouping	25m Prone	5 rds	As for Prac 1	<ol style="list-style-type: none"> <li>1. Jog on the spot behind the firing point for 2 minutes and complete 10 press-ups.</li> <li>2. Fire a five round group at the aiming mark.</li> <li>3. Identify MPI, discuss weather effects, sight picture and marksmanship challenges and record group dimensions.</li> </ol>
4. Grouping	25m Prone	5 rds	As for Prac 1. Grouping to be completed in 30 seconds.	<ol style="list-style-type: none"> <li>1. Jog on the spot behind the firing point for 3 minutes and complete 20 press-ups.</li> <li>2. Fire a five round group at the aiming mark in 30 seconds.</li> <li>3. Identify MPI, discuss weather effects, sight picture and marksmanship challenges, and record group dimensions.</li> </ol>
5. Grouping	25m Prone	5 rds	As for Prac 1. Grouping to be completed in 25 seconds.	<ol style="list-style-type: none"> <li>1. Jog on the spot behind the firing point for 3 minutes and complete 20 press-ups.</li> <li>2. Fire a five round group at the aiming mark in 25 seconds.</li> <li>3. Identify MPI, discuss weather effects, sight picture and marksmanship challenges, and record group dimensions.</li> </ol>
6. Grouping	25m Prone	5 rds	As for Prac 1. Grouping to be completed in 20 seconds.	<ol style="list-style-type: none"> <li>1. Jog on the spot behind the firing point for 3 minutes and complete 20 press-ups.</li> <li>2. Fire a five round group at the aiming mark in 20 seconds.</li> <li>3. Identify MPI, discuss weather effects, sight picture and marksmanship challenges, and record group dimensions.</li> <li>4. Student to adjust for elevation and deflection as necessary.</li> </ol>
7. Grouping	25m	5 rds	As for Prac 1	<ol style="list-style-type: none"> <li>1. Fire a five round group at</li> </ol>

	Standing			the aiming mark. 2. Identify MPI.
8. Grouping	25m Standing	5 rds	As for Prac 1	1. Jog on the spot behind the firing point for 1 minute and complete 5 press-ups. 2. Fire a five round group at the aiming mark. 3. Identify MPI, discuss weather effects, sight picture and marksmanship challenges, and record group dimensions.
9. Grouping	25m Standing	5 rds	As for Prac 1	1. Jog on the spot behind the firing point for 2 minutes and complete 10 press-ups. 2. Fire a five round group at the aiming mark. 3. Identify MPI, discuss weather effects, sight picture and marksmanship challenges, and record group dimensions.
10. Grouping	25m Standing	5 rds	As for Prac 1 Grouping to be completed in 30 seconds.	1. Jog on the spot behind the firing point for 3 minutes and complete 20 press-ups. 2. Fire a five round group at the aiming mark in 30 seconds. 3. Identify MPI, discuss weather effects, sight picture and marksmanship challenges, and record group dimensions.
11. Grouping	25m Standing	5 rds	As for Prac 1 Grouping to be completed in 25 seconds	1. Jog on the spot behind the firing point for 3 minutes and complete 20 press-ups. 2. Fire a five round group at the aiming mark in 25 seconds. 3. Identify MPI, discuss weather effects, sight picture and marksmanship challenges, and record group dimensions.
12. Grouping	25m Standing	5 rds	As for Prac 1 Grouping to be completed in 20 seconds	1. Jog on the spot behind the firing point for 3 minutes and complete 20 press-ups. 2. Fire a five round group at the aiming mark in 20 seconds. 3. Identify MPI, discuss

				weather effects, sight picture and marksmanship challenges, and record group dimensions.
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BLF4008. **Standards.** The groups that should be achieved are:

Prone	65mm
Standing Unsupported	140mm

BLF4009. **End of Lesson Procedure.** Emphasise the critical importance of correct zeroing procedure, upper-body physical development to handle, hold and aim the rifle correctly and the need for swift physical recovery to reduce heart rate.

**ANSCHUTZ .22 BIATHLON RIFLE BLF5 –  
APPLICATION OF FIRE 2 AT 25M**

**INSTRUCTORS NOTES**

BLF7001. **Aim.** To further develop the application of fire at 25m by engaging different targets and gather shooting data.

BLF7002. **Conduct.** The lesson may be conducted on either a barracks 25m range, a CGR, an ETR or a GR.

BLF7003. **Timings.** The lesson will take approximately 60 minutes to complete.

BLF7004. **Stores.**

Normal range stores

Stop watch

Whistle

2 x ?? targets with a ??mm square aiming mark per firer. Biathlon “5-ring” paper targets may be used in place of the two Fig ? if available; the engagement order is up to Student personal preference.

90 x .22 rounds per firer.

**CONDUCT OF THE LESSON**

BLF7005. **Preliminaries**

a. **Safety.** Normal safety precautions.

b. **Range Safety Rules.** Explain and demonstrate as necessary the range safety rules.

c. **Revision.** Rifle Lessons 1 – 8 and BLF 1-3.

BLF7006. **Introduction.** Explain that consistent accurate shooting is vital to Biathlon success; this is best achieved by minimising group sizes and maintenance of zero. However, Biathlon training demands the mix of accurate shooting on targets one to five with extreme physical activity. This practice is designed to introduce the student to the engagement of different targets with each round.

BLF7007. **Practice Details:**

Practice	Range / Position	Ammo	Target/Exposure	Instructions
1. Grouping	25m Prone	5 rds	1x??mm square aiming mark.	1. Fire a five round group at the aiming mark. 2. Identify MPI and adjust for elevation and deflection as necessary.
2. Grouping (Fire Twice)	25m Prone	5 rds	As for Prac 1	1. Fire one round at the left hand target, the second at the right hand target, the third at the left hand target,

				<p>the fourth at the right hand target and the fifth on the left hand target, whilst minimising each group at the aiming mark.</p> <p>2. Identify MPI, discuss weather effects, sight picture and marksmanship challenges and record group dimensions.</p>
3. Grouping	25m Prone	5 rds	As for Prac 1, but to be completed in 30 seconds	<p>1. Repeat Practice 2 in 30 seconds.</p> <p>2. Identify MPI and record group dimensions.</p>
4. Grouping	25m Prone	5 rds	As for Prac 1. Grouping to be completed in 25 seconds.	<p>1. Repeat Practice 2 in 25 seconds.</p> <p>2. Identify MPI and record group dimensions.</p>
5. Grouping	25m Prone	5 rds	As for Prac 1. Grouping to be completed in 20 seconds.	<p>1. Repeat Practice 2 in 20 seconds.</p> <p>2. Identify MPI, discuss weather effects, sight picture and marksmanship challenges and record group dimensions.</p>
6. Grouping	25m Standing	5 rds	As for Prac 1	<p>1. Fire a five round group at the aiming mark.</p> <p>2. Identify MPI.</p>
7. Grouping (Fire Twice)	25m Standing	5 rds	As for Prac 1	<p>1. Fire one round at the left hand target, the second at the right hand target, the third at the left hand target, the fourth at the right hand target and the fifth on the left hand target, whilst minimising each group at the aiming mark.</p> <p>2. Identify MPI, discuss weather effects, sight picture and marksmanship challenges, and record group dimensions.</p>
8. Grouping	25m Standing	5 rds	As for Prac 1 Grouping to be completed in 30 seconds.	<p>1. Repeat Practice 7 in 30 seconds.</p> <p>2. Identify MPI and record group dimensions.</p>
9. Grouping	25m Standing	5 rds	As for Prac 1 Grouping to be completed in 25 seconds.	<p>1. Repeat Practice 7 in 25 seconds.</p> <p>2. Identify MPI and record group dimensions.</p>
10. Grouping	25m	5 rds	As for Prac 1	<p>1. Repeat Practice 7 in 20</p>

	Standing		Grouping to be completed in 20 seconds	seconds. 2. Identify MPI and record group dimensions.
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BLF7008. **Standards.** The groups that should be achieved are:

Prone	65mm
Standing Unsupported	140mm

BLF7009. **End of Lesson Procedure.** Emphasise the critical importance of upper-body physical development (to handle, hold and aim the rifle correctly), swift target acquisition and establishing rhythm.

**ANSCHUTZ .22 BIATHLON RIFLE LFMT Stage 2 BLF6 – APPLICATION OF FIRE 3 AT 50 METRES**

**INSTRUCTORS NOTES**

BLF6001. **Aim.** To give practice in the application of fire at 50m and gather shooting data.

BLF6002. **Conduct.** The lesson may be conducted on either a barracks 50m range, a CGR, an ETR or a GR.

BLF6003. **Timings.** The lesson will take approximately 60 minutes to complete.

BLF6004. **Stores.**

- Normal range stores
- Stop watch
- Whistle
- 1 x ?? targets with a ??mm square aiming mark per firer.
- 60 x .22 rounds per firer (dependant upon immediate success).

**CONDUCT OF THE LESSON**

BLF6005. **Preliminaries**

- a. **Safety.** Normal safety precautions.
- b. **Range Safety Rules.** Explain and demonstrate as necessary the range safety rules.
- c. **Revision.** Rifle Lessons 1 – 4.

BLF6006. **Introduction.** Explain that consistent accurate shooting is vital to Biathlon success; this is best achieved by minimising group sizes and maintenance of zero. However, Biathlon training demands the mix of accurate shooting with extreme physical activity. This practice is designed to introduce the student to target engagement at 50 m with a raised heart rate.

BLF6007. **Practice Details:**

Practice	Range / Position	Ammo	Target/Exposure	Instructions
1. Grouping	50m Prone	5 rds	1x??mm square aiming mark.	1. Fire a five round group at the aiming mark. 2. Identify MPI, discuss weather effects, sight picture and marksmanship challenges and record group dimensions. 3. Student to adjust for elevation and deflection as necessary.
2. Grouping	50m	5 rds	As for Prac 1	1. Jog on the spot behind

	Prone			the firing point for 1 minute and complete 5 press-ups. 2. Fire a five round group at the aiming mark. 3. Identify MPI and record group dimensions.
3. Grouping	50m Prone	5 rds	As for Prac 1	1. Jog on the spot behind the firing point for 2 minutes and complete 10 press-ups. 2. Fire a five round group at the aiming mark. 3. Identify MPI and record group dimensions.
4. Grouping	50m Prone	5 rds	As for Prac 1. Grouping to be completed in 30 seconds.	1. Jog on the spot behind the firing point for 3 minutes and complete 20 press-ups. 2. Fire a five round group at the aiming mark in 30 seconds. 3. Identify MPI and record group dimensions.
5. Grouping	50m Prone	5 rds	As for Prac 1. Grouping to be completed in 25 seconds.	1. Jog on the spot behind the firing point for 3 minutes and complete 20 press-ups. 2. Fire a five round group at the aiming mark in 25 seconds. 3. Identify MPI and record group dimensions.
6. Grouping	50m Prone	5 rds	As for Prac 1. Grouping to be completed in 20 seconds.	1. Jog on the spot behind the firing point for 3 minutes and complete 20 press-ups. 2. Fire a five round group at the aiming mark in 20 seconds. 3. Identify MPI, discuss weather effects, sight picture and marksmanship challenges and record group dimensions, and record group dimensions.
7. Grouping	50m Standing	5 rds	As for Prac 1	1. Fire a five round group at the aiming mark. 2. Identify MPI, discuss weather effects, sight picture and marksmanship challenges and record group dimensions.
8. Grouping	50m Standing	5 rds	As for Prac 1	1. Jog on the spot behind the firing point for 1 minute and complete 5 press-ups.

				<p>2. Fire a five round group at the aiming mark.</p> <p>3. Identify MPI and record group dimensions.</p>
9. Grouping	50m Standing	5 rds	As for Prac 1	<p>1. Jog on the spot behind the firing point for 2 minutes and complete 10 press-ups.</p> <p>2. Fire a five round group at the aiming mark.</p> <p>3. Identify MPI and record group dimensions.</p>
10. Grouping	50m Standing	5 rds	As for Prac 1 Grouping to be completed in 30 seconds.	<p>1. Jog on the spot behind the firing point for 3 minutes and complete 20 press-ups.</p> <p>2. Fire a five round group at the aiming mark in 30 seconds.</p> <p>3. Identify MPI and record group dimensions.</p>
11. Grouping	50m Standing	5 rds	As for Prac 1 Grouping to be completed in 25 seconds	<p>1. Jog on the spot behind the firing point for 3 minutes and complete 20 press-ups.</p> <p>2. Fire a five round group at the aiming mark in 25 seconds.</p> <p>3. Identify MPI and record group dimensions.</p>
12. Grouping	50m Standing	5 rds	As for Prac 1 Grouping to be completed in 20 seconds	<p>1. Jog on the spot behind the firing point for 3 minutes and complete 20 press-ups.</p> <p>2. Fire a five round group at the aiming mark in 20 seconds.</p> <p>3. Identify MPI, discuss weather effects, sight picture and marksmanship challenges and record group dimensions.</p>

BLF6008. **Standards.** The groups that should be achieved are:

Prone	65mm
Standing Unsupported	140mm

BLF6009. **End of Lesson Procedure.** Emphasise increased importance of correct zeroing at 50m, and the need for rhythm and swift physical recovery to reduce heart rate.

**ANSCHUTZ .22 BIATHLON RIFLE LFMT Stage 2 BLF7 – APPLICATION OF FIRE 4 AT 50M**

**INSTRUCTORS NOTES**

BLF7001. **Aim.** To further practice the application of fire at 50m by engaging different targets with each shot and gather shooting data.

BLF7002. **Conduct.** The lesson may be conducted on either a barracks 50m range, a CGR, an ETR or a GR.

BLF7003. **Timings.** The lesson will take approximately 60 minutes to complete.

BLF7004. **Stores.**

Normal range stores

Stop watch

Whistle

2 x ?? targets with a ??mm square aiming mark per firer. If available, Biathlon “5 Ring” paper targets may be used, engaged in any order (left to right, right to left or centre outwards, dependant upon Student preference).

90 x .22 rounds per firer.

**CONDUCT OF THE LESSON**

BLF7005. **Preliminaries**

a. **Safety.** Normal safety precautions.

b. **Range Safety Rules.** Explain and demonstrate as necessary the range safety rules.

c. **Revision.** Rifle Lessons 1 – 8 and BLF 1-6.

BLF7006. **Introduction.** Explain that consistent accurate shooting is vital to Biathlon success; this is best achieved by minimising group sizes and maintenance of zero. However, Biathlon training demands the mix of accurate shooting with extreme physical activity. This practice is designed to introduce the student to the engagement of different targets with each round.

BLF7007. **Practice Details:**

Practice	Range / Position	Ammo	Target/Exposure	Instructions
1. Grouping	50m Prone	5 rds	1x??mm square aiming mark.	1. Fire a five round group at the aiming mark. 2. Identify MPI. 3. Student to adjust for elevation and deflection as necessary.
2. Grouping (Fire Twice)	50m Prone	5 rds	As for Prac 1	1. Fire one round at the left hand target, the second at the right hand target, the

				<p>third at the left hand target, the fourth at the right hand target and the fifth on the left hand target, whilst minimising each group at the aiming mark.</p> <p>2. Identify MPI and record group dimensions.</p>
3. Grouping	50m Prone	5 rds	As for Prac 1, but to be completed in 30 seconds	<p>1. Repeat Practice 2 in 30 seconds.</p> <p>2. Identify MPI, and record group dimensions.</p>
4. Grouping	50m Prone	5 rds	As for Prac 1. Grouping to be completed in 25 seconds.	<p>1. Repeat Practice 2 in 25 seconds.</p> <p>2. Identify MPI and record group dimensions.</p>
5. Grouping	50m Prone	5 rds	As for Prac 1. Grouping to be completed in 20 seconds.	<p>1. Repeat Practice 2 in 20 seconds.</p> <p>2. Identify MPI, discuss weather effects, sight picture and marksmanship challenges and record group dimensions.</p>
6. Grouping	50m Standing	5 rds	As for Prac 1	<p>1. Fire a five round group at the aiming mark.</p> <p>2. Identify MPI.</p>
7. Grouping (Fire Twice)	50m Standing	5 rds	As for Prac 1	<p>1. Fire one round at the left hand target, the second at the right hand target, the third at the left hand target, the fourth at the right hand target and the fifth on the left hand target, whilst minimising each group at the aiming mark.</p> <p>2. Identify MPI and record group dimensions.</p>
8. Grouping	50m Standing	5 rds	As for Prac 1 Grouping to be completed in 30 seconds.	<p>1. Repeat Practice 7 in 30 seconds.</p> <p>2. Identify MPI and record group dimensions.</p>
9. Grouping	50m Standing	5 rds	As for Prac 1 Grouping to be completed in 25 seconds.	<p>1. Repeat Practice 7 in 25 seconds.</p> <p>2. Identify MPI and record group dimensions.</p>
10. Grouping	50m Standing	5 rds	As for Prac 1 Grouping to be completed in 20 seconds	<p>1. Repeat Practice 7 in 20 seconds.</p> <p>2. Identify MPI, discuss weather effects, sight picture and marksmanship challenges and record group</p>

				dimensions.
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BLF7008. **Standards.** The groups that should be achieved are:

Prone	65mm
Standing Unsupported	140mm

BLF7009. **End of Lesson Procedure.** Emphasise the critical importance of upper-body physical development (to handle, hold and aim the rifle correctly), swift target acquisition, and the establishment of rhythm.

### LFMT Stage 3

## ANSCHUTZ .22 BIATHLON RIFLE ANNUAL WEAPON ASSESSMENT

### INSTRUCTORS NOTES

BLF8001. **ABWT.** The Biathlon Rifle ABWT is to be passed by all Biathletes during initial Biathlon training and is to be passed annually by all British Biathletes prior to competing in the their first competition of the season.

BLF8002. **Ranges.** Biathlon Rifle ABWT can be fired on a Barracks 50m, ETR, GR or CGR.

BLF8003. **Timing.** Each detail will take approximately 40 minutes to complete all practices.

BLF8004. **Rules.**

- a. The dress and equipment for this test is to be suitable sports dress, with training shoes and issued serviceable hearing protection.
- b. No extra time will be given for stoppages.
- c. Coaching and signalling are not permitted.

BLF8005. **Time Charts.** A time chart is included after the Practice Details.

BLF8006. **Stores.**

Normal range stores

Stop watch

Whistle

2 x Fig ?? targets per firer—marked with a ?? mm circle (for prone engagements) and ??mm circle (for Standing engagements). Biathlon “5 Ring” paper targets may be used, engaged in any order (left to right, right to left or centre outwards, dependant upon individual preference).

30 x .22 rounds per firer.

BLF8007. **Scoring.** One point per hit in the inner ?? mm circle (Prone) or outer ??mm circle Standing.

BLF8008. **Standards.** To achieve the required standard the firer must achieve the OMS at each position (see Table ?? below). Failure to achieve the OMS at each position will constitute a failure of the BLF lesson. However, only the practices at the position where the OMS was not met need to be fired again. Firers who fail are to undergo further practice, with coaching for the areas of weakness, before re-testing.

Ser	Range	Shoot	Total Rounds	OMS Requirement		Highest Possible Score (HPS)
				Score	% Hits	
1	50m	Prone	5	4	80%	5
2	50m	Standing	5	4	80%	5
3	50m	Standing/Prone	5	4	80%	5
4	50m	Prone/Standing	5	4	80%	5

5	50m	Run Prone	5	3	60%	5
6	50m	Run Standing	5	3	60%	5

To qualify for Marksman all practices are to be completed and the firer must achieve a score of 26 (86%) or more of the HPS of 30 for the entire shoot. Biathletes achieving a non-marksman passing score are NOT permitted to re-shoot practices in order to qualify for Marksman.

## CONDUCT OF THE LESSON

### BLF8009. Preliminaries.

- a. **Safety.** Normal safety precautions.
- b. **Range Safety Rules.** Explain and demonstrate as necessary the range safety rules.
- c. **Exposure Initiation.** Target exposure initiation and end will be indicated by whistle blast.

### BLF80010. Practice Details. The ABWT Practice Details are as follows:

Practice	Range / Position	Ammo	Target/Exposure	Instructions
1. Rapid	50m Prone	5 rounds	1. 2 x Pair Fig ? 2. 1x 20 second exposure.	1. Firers in the prone position made safe. 2. Order " <b>watch and shoot</b> ". 3. Firers fire five rounds at the inner circle, alternating individual rounds between each target (LRLRL or RLRLR) during the exposure. 4. Record the scores.
2. Rapid	50m Standing	5 rounds	1. 2 x Fig ? 2. 1x 20 second exposure.	1. Firers in the standing position, made safe. 2. Order " <b>watch and shoot</b> ". 3. Firers fire five rounds at the outer circle, alternating individual rounds between each target (LRLRL or RLRLR) during the exposure. 4. Record the scores.
3. Snap/Rapid	50m Prone	5 rounds	1. 2 x Fig ? 2. 1 x 25 second exposure.	1. Firers in the standing alert position, made safe.

				<p>2. Order “<b>Watch and Shoot</b>”.</p> <p>3. On the whistle firers adopt the prone position and fire 5 rounds at the inner circle, alternating individual rounds between each target (LRLRL or RLRLR) during the exposure.</p> <p>4. Record the scores.</p>
4. Snap/Rapid	50m Prone	5 rounds	<p>1. 2 x Fig ?</p> <p>2. 1 x 20 second exposure.</p>	<p>1. Firers in the prone position, made safe.</p> <p>2. Order “<b>Watch and Shoot</b>”.</p> <p>3. On the whistle firers adopt the standing position and fire 5 rounds at the outer circle, alternating individual rounds between each target (LRLRL or RLRLR) during the exposure.</p> <p>4. Record the scores.</p>
5. Rapid	50m Prone	5 rounds	<p>1. 2 x Fig ?</p> <p>2. 1x 1 second exposure followed ?? seconds later by 1 x 20 second exposure.</p>	<p>1. Firers in the standing position on the 300m point, made safe.</p> <p>2. Order “<b>Watch and Shoot</b>”.</p> <p>3. On the first whistle firers run to the 50m firing point, adopt the prone position and make ready.</p> <p>4. ?? seconds after the initial whistle, there will one exposure of 20 seconds, fire 5 rounds from the prone position at the inner circle alternating individual rounds between each target (LRLRL or RLRLR).</p> <p>6. Record the scores.</p>
6. Rapid	50m	5	1. 2 x Fig ?	1. Firers in the

	Standing	rounds	2. 1x 1 second exposure followed ?? seconds later by 1 x 20 second exposure.	standing position on the 300m point, made safe. 2. Order " <b>Watch and Shoot</b> ". 3. On the first whistle firers run to the 50m firing point, and make ready. 4. ?? seconds after the first whistle, there will one exposure of 20 seconds, fire 5 rounds from the standing position at the outer circle alternating individual rounds between each target (LRLRL or RLRLR). 6. Record the scores.
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BLF80011. **End of Lesson Procedure.** Emphasise the critical importance of upper-body physical development (to handle, hold and aim the rifle correctly), swift target acquisition, and the establishment of rhythm.

BLF80012.