

## PART 2

### COVER AND MOVEMENT

# DROPPING TO PRONE POSITION FROM A RUN



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1. Plant both feet in place.
2. Drop to knees, at same time slide hands to heel of rifle.
3. Fall forward, breaking fall with butt of rifle.
4. Roll into firing position or lie as flat as possible. If you think you've been observed and if there's ample concealment, move immediately to your left or right in the most practical manner -- creep, crawl, or roll.

# CREEPING AND CRAWLING



1. Rest body on lower legs, elbows and forearms.
2. Lift chest and stomach slightly off ground.
3. Body low, and keep head and butt down.
4. Keep knees always behind buttocks - drag body forward by alternately pulling with either arm.



1. Chest and stomach remain on ground.
2. Draw hands slowly back beside your head, keeping elbows down.
3. Draw up either leg and push body forward.
4. Keep the dirt out of the rifle by holding your thumb or finger over the muzzle.

## DROPPING TO GROUND FROM A RUN



From the run -----



While running, jump to a position with your feet on a line about 2 to 2½ feet apart. (This checks your forward motion). As your feet hit the ground, allow your knees to flex naturally, absorbing the shock - and starting the body towards the ground.



During this forward and downward motion of the knees, the body is bent slightly backward at the waist, this old tumblers' trick counteracts the downward motion and prevents injury to the knee caps.

The moment that the knees hit the ground, the body is thrown forward.

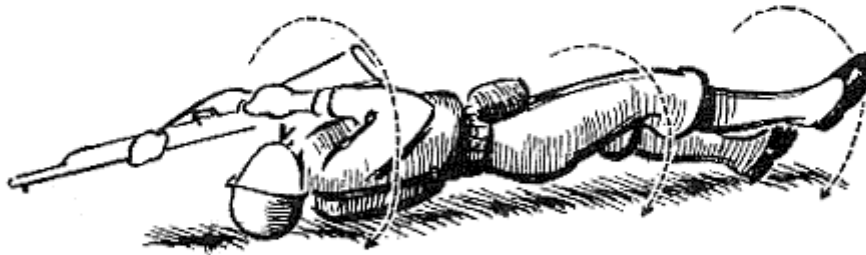




The weight is caught on the outstretched left hand which assists the body to the ground. The separate moves should be rehearsed until the entire procedure becomes one swift, smooth controlled operation.



INTO THE FIRING POSITION



Holding the rifle "in line" with the body, roll over to the right or left. If cover is available, creep or crawl to new position. Remember, the spot in which you dropped is watched!



INTO THE PRONE POSITION

TO MOVE FORWARD AT A RUN FROM PRONE POSITION



From the prone position -----



draw hands back



extend the arms



throw the right leg forward

and jump off to the right front,  
then run bent over with the left  
shoulder forward.

