



Rifle Foundation Intensive Course

Version 1.0



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Summary

Goals

The intensive course provides a complete basic rifle education to the participants. It is focused on safe, simple and effective techniques.

The participants acquire a solid and complete foundation of rifle shooting without gaps or shortcuts.

Why an intensive course?

At the intensive course, as the name implies, the content will be taught in entirety, thoroughly and cost-efficient.

To divide the basic education into several modules has not proven satisfactory. That only works if all participants attend all modules in the correct sequence. In practical civilian life, this is hardly achievable. The result is that many participants miss certain topics, which causes gaps that are never properly closed later on. The intensive course avoids this.

Content

The content covers all topics of the rifle basic skills matrix. The material learned is universally applicable and independent of any subsequent specialization, for example a specific type of shooting sport.

Thanks to a mixture of theory, dry fire sessions, live fire training and objective tests, the course remains entertaining and effective at the same time. Costs and learning success are thus optimized.

The subject matter is covered completely and correctly and consolidated through repetition. Participants learn to understand and apply principles and see the reasons for certain procedures. This enables them to apply the new knowledge and skills later on in real-world situations.

Participants

Participants can be beginners or more experienced shooters.

The course is particularly suitable for shooters who come from static precision shooting, or who have gaps in their skills, or whose basic training dates back quite a while in the past.

Duration

The intensive course lasts 3 days and is completed in one go.

Course Content

Skills

The intensive course teaches the following skills:

- Understand and apply the four universal rules of firearms safety
- Understand and apply the five fundamentals of shooting
- Know the main rifle parts and their function
- Disassemble, assemble and maintain the rifle
- Safety position
- Ready position, shooting positions standing, kneeling, prone
- Basic manipulations: load, unload, PSC (Personal Safety Check), magazine change, emergency reload
- Precision shooting and hitting 5-100m



- Apply different aiming techniques
- Rapid hits and recoil control
- Simple and extended malfunction clearance
- Usage from right and left shoulder
- Rapid target transition
- Shooting and hitting under time pressure
- Optional: shooting and hitting while moving, positions behind barricades and so on (depending on the progress of the group)

Focus

Great emphasis is placed on the complete and correct execution of the techniques. This enables the participants to acquire a solid foundation for further developing their skills later on. Through dry fire, the techniques are first introduced in complete safety and the ammunition costs are optimized. Only when the participants are ready for it, they will move on to live fire.

The techniques are designed for safety, simplicity and effectiveness. Mistakes and inefficient habits are avoided right from the beginning. Practical tests are used to objectively assess learning progress and success. Potential weaknesses can be identified and corrected early on.

Because the course is completed in one go, there are no gaps and no half measures. There is enough time for all topics and for many repetitions.

Additional Topics

The speed of the course and the number of repetitions can be adjusted depending on the previous knowledge and progress of the participants. Additional techniques such as for example shooting while moving and shooting from positions behind barricades can be added accordingly.

Time Plan

Day 1		
Time	Activity	Location
13:00	Start course Introduction of the rifle	Classroom
14:30	Equipment check Application of the safety rules 5 fundamentals of shooting Basic manipulations Basic positions	Classroom, dojo
17:00	Break and dinner	
19:00	Improvised zero at 25m Applications	Range 5-25m
21:00	End of day 1	

Day 2



Time	Activity	Location
09:00	Repetitions Position kneeling Magazine change, emergency reload	Classroom, dojo
10:00	Zero at 100m Precision	Range 100m
12:00	Lunch break	
14:00	Applications Aiming techniques Recoil control Target transition	Range 5-25m
17:00	Practical test: Kick-Start	Range 5-25m
18:00	Disassembly, Re-assembly, Maintenance	Workshop
19:00	End of day 2 followed by mutual dinner	

Day 3		
Time	Activity	Location
09:00	Repetitions Malfunction clearance Shoulder change	Classroom, dojo
10:00	Applications Act under time pressure	Range 5-25m
12:00	Lunch break	
14:00	Repetitions	Range 5-25m
16:00	Practical test: Skill-Up	Range 5-25m
17:00	Conclusion, End of course	Classroom

Equipment

Personal Equipment

The following equipment will be used at the course:

Personal Equipment	
Safety	Eye and ear protection (earmuffs mandatory)
Rifle	Modern, semi-automatic rifle, caliber 5.56x45/.223, 7.62x39, .22lr or PCC/9x19 (other calibers please take contact)
Magazines	Preferrably 20-30 round magazines (other magazines please take contact) Minimum 2 magazines
Magazine pouches	Minimum 1 magazine pouch on belt or suitable side pockets on trauers to carry magazines
Drop Pouch	Drop pouch on belt or suitable side pockets on trauers to carry magazines
Safety Flag	Easily visible safety flag/empty chamber flag
Ammunition	Approx. 500 rounds



Cleaning kit	Complete rifle cleaning kit
Clothing	Functional clothing with a robust belt for magazine and drop pouches. No tactical gear or cammo-clothing (if in doubt, take contact).

Safe and reliable equipment is essential. Unsafe or unsuitable firearms, equipment or clothing may not be used on the course.

We strongly recommend that you seek expert advice before purchasing any rifles or equipment. We are happy to help or we can recommend suitable partners.

Rental

Upon request and prior agreement, rifles and equipment can be rented.

Other Topics

Personal Consulting

We are happy to provide personal advice on the course suitability and eligibility, procedures or equipment.

Terms and Conditions

The terms and conditions of SwissAAA apply.