

INTRODUCTION TO JROTC MARKSMANSHIP

JROTC Marksmanship Instructor
Course, Section II

JROTC Marksmanship Instructor Course (JMIC)

Section II: Introduction to JROTC Marksmanship

This section reviews the history of rifle marksmanship, introduces the sport of shooting and shows how this sports activity fits into the JROTC program. This session also identifies the benefits of rifle marksmanship to JROTC cadets.

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Introduction to JROTC Marksmanship

Section Objective:

To introduce air rifle marksmanship and the sport of shooting; to show how these activities fit into the JROTC program



2.1 Introduction to JROTC Marksmanship

Section Objective:

The objective of this section is to familiarize JROTC Instructors and cadets with rifle marksmanship and the sport of shooting. It begins by taking a brief look at the origins and history of marksmanship. It goes on to describe the experiences that JROTC cadets receive from participation in marksmanship and how the positive values of rifle marksmanship support the values of the JROTC program.

What is Rifle Marksmanship?

*A SPORT SKILL WHERE A RIFLE
IS AIMED, CONTROLLED AND
FIRED SO AS TO CONSISTENTLY
HIT A DISTANT, DIFFICULT
TARGET*

2.2 What is Rifle Marksmanship?

Learning about rifle marksmanship starts with understanding what it is. Rifle marksmanship is defined as:

A SPORT SKILL WHERE A RIFLE IS AIMED, CONTROLLED AND FIRED SO AS TO CONSISTENTLY HIT A DISTANT, DIFFICULT TARGET

There are three key phrases in this definition:

- **Sport Skill.** Rifle marksmanship is a skill that can lead to competitions where athletes can compete on rifle teams at the school or club level and rise as high as the Olympic Games.
- **Aim-Control-Fire.** The fundamental sport skills of rifle marksmanship involve aiming the rifle, controlling its stability and releasing its trigger in precise coordination with aiming.
- **Consistently Hit a Distant, Difficult Target.** The objective of rifle marksmanship is not to fire shots randomly, but to develop the skills needed to fire them accurately so that difficult targets can be hit on a consistent basis.

Rifle Marksmanship Is:

- ◎ A sport with a military heritage
- ◎ An Olympic sport practiced world-wide
- ◎ A sport that stresses control, discipline, concentration and extreme precision
- ◎ An enjoyable, lifetime recreation & competition activity

2.3 Rifle Marksmanship Is:

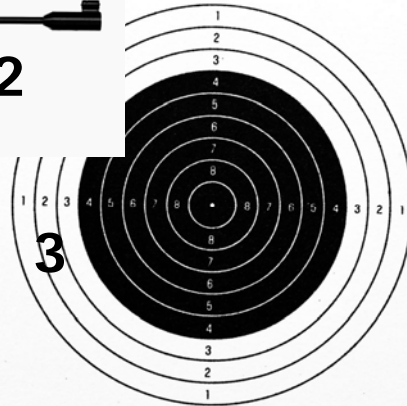
• **A Sport with a Military Heritage.** The sport of shooting is similar to almost all sports in that it for began as a skill humans needed for survival or military purposes. Soldiers who could shoot skillfully and accurately have been valued by military services for centuries. Accurate rifle marksmanship was developed by military leaders through training and competition.

• **An Olympic Sport.** The sport of shooting enjoys the prestige and recognition that goes with its status as an Olympic sport. 140 different countries practice organized forms of the Olympic shooting events and belong to the world governing body of shooting, the International Shooting Sport Federation. Shooting ranks among the top five participation sports in the world in terms of the numbers of people worldwide who practice target shooting.

• **A Sport that Stresses Control, Discipline, Concentration and Precision.** These are special qualities that are developed through rifle marksmanship practice. These skills also benefit marksmanship participants in other ways.

• **A Lifetime Sport.** People who participate in target shooting on a recreational or competitive basis range from 4-H BB gun competitors as young as nine or ten to people in their 70s and 80s. Shooting is a lifetime participation sport.

All Sports Have Three Common Components



1. Athletes
2. Sports Equipment
3. Scoring

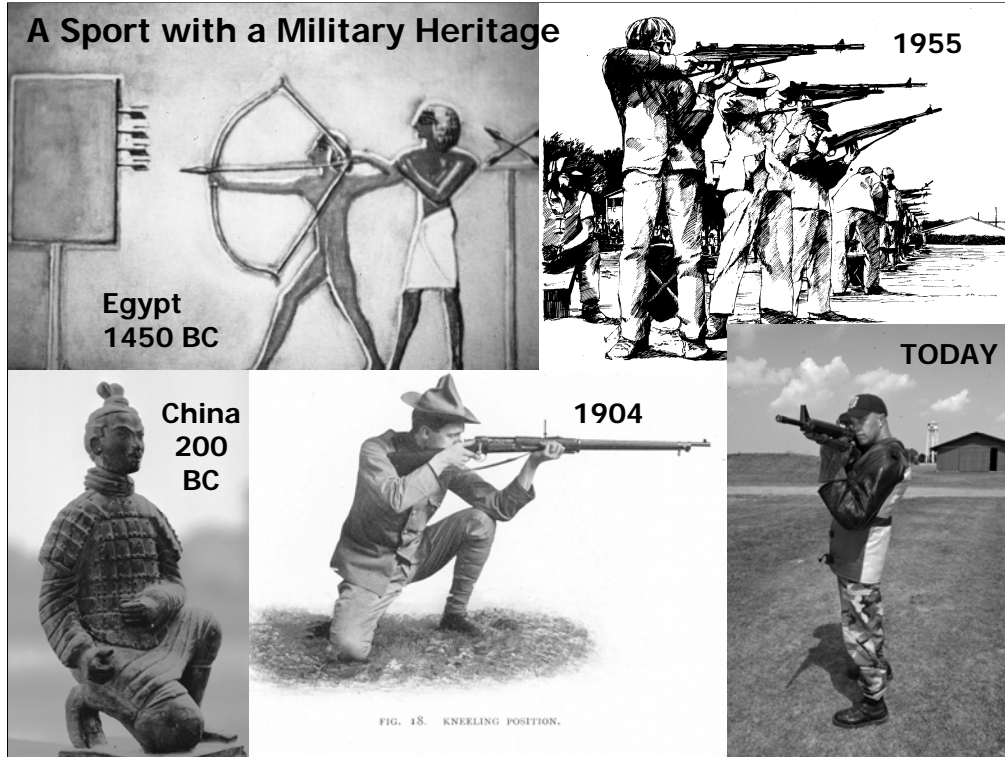
2.4 The Components of Sport--The Components of Shooting:

This slide illustrates how rifle marksmanship shares a common structure with all sports. All sports have three component parts: 1) athletes, 2) sports equipment and 3) scoring or a means of measuring results. In the sport of shooting those components are:

Athletes: Shooting athletes who acquire and demonstrate rifle marksmanship skills are called shooters (from the German Schuetzen).

Sports Equipment: In the sport of rifle marksmanship, the primary item of sports equipment is the rifle or air rifle used to fire at targets. Target rifles are sports equipment and not "weapons" and should not be called weapons. Target rifles have sights to facilitate aiming. Rifle shooters fire in different positions (the standing position is illustrated here) where they must control the rifles they fire. As they aim and control their rifles, they fire shots by releasing the triggers on their rifles.

Scoring: All sports also have a means of measuring the competitive performances of its athletes. In shooting, targets provide this means of measuring athlete performances. The target shown here is the 10-meter air rifle competition target that is used in JROTC competitions. Its ten ring is the 0.5mm dot in the center of the target. To score a ten, the shooter's shot must hit or touch that dot, which is only as large as a dot made by a sharp pencil. The further shots are from the 10 dot, the fewer points they score.



2.5 A Sport With A Military Heritage:

The sport of shooting is a “sport with a military heritage.” Its history began with the archery exploits of rulers and warriors in ancient Egypt and Assyria. This history continues to this day. Shooting now proudly recognizes the superb service rifle marksmanship of today’s Soldiers, Marines, Sailors and Airmen. Illustrations on this slide show:

Top left: An ancient **Egyptian archery instructor** teaches bow and arrow marksmanship to a student in 1450 BC to prepare him for military service.

Lower left: An ancient **Chinese warrior** unearthed from the tomb of China’s first Emperor who ruled two centuries BC. The kneeling position used by this warrior 22 centuries ago bears a remarkable resemblance to the kneeling position used by competitive shooters today.

Lower Middle: This photo shows a **military kneeling position** used by an Army competitor in the second National Matches in 1904.

Top right: A group of **firers in the 1955 National Trophy Rifle Matches** in are using standing positions that resemble the archer’s standing position that was used by Assyrian warriors 25 centuries earlier.

Lower right: A member of the **U. S. Army Service Rifle Team** is shown firing in the standing position that is part of today’s service rifle competition. He is shown with an M16 service rifle that was “match conditioned” by for use in this difficult competition that involves firing at targets 200, 300 and 600 yards away and where firing is done in the standing, sitting and prone positions.



2.6 Shooting is an Olympic Sport:

Shooting is proud of its status as one of the most popular Olympic sports. The photos in this slide are from the most recent 2004 Olympic Games in Athens and the 2008 Olympic Games in Beijing.

Top left. The flags that flew over the 2008 Olympic shooting venues were (l. to r.) the Beijing Olympic Organizing Committee, the host country China, the International Shooting Sport Federation (ISSF) and the International Olympic Committee (IOC).

Top right. **Abinav Bindra, India** won the 2008 men's air rifle gold medal. He became a national hero by becoming the first athlete from India to ever win an individual Olympic gold medal.

Lower right: **USA shooter Matt Emmons** celebrates immediately after firing his last shot in the final round of the men's 50 meter prone position rifle event where he won an Olympic gold medal in 2004. Note how even in this moment of ultimate celebration, his rifle action is open and the muzzle is pointed up.

Lower left: **Katerina Kurkova Emmons, Czech Republic** (center), won the first gold medal of the 2008 Olympic Games in Beijing. IOC President Jacques Rogge came to the shooting range to present the medal.

Note Especially: These athletes won their Olympic medals in air rifle and three-position rifle events that are very similar to the three-position air rifle shooting that JROTC cadets learn and practice in JROTC marksmanship programs.

Olympic Shooting Facts

- ⊙ 4 Olympic sports involve marksmanship
- ⊙ Shooting is one of 26 summer Olympic sports
- ⊙ Olympic Shooting has 15 medal events
 - 9 men's and 6 women's events
 - 5 rifle, 5 pistol, 5 shotgun events
 - 4 air gun events (air rifle & air pistol)
- ⊙ Shooting ranks #3 in participating nations
- ⊙ JROTC 3-position air rifle was developed from Olympic rifle events (air rifle standing & 3-position smallbore)

2.7 Olympic Shooting Facts:

This fact sheet lists some important facts regarding the Olympic sport of shooting.

- Four Olympic sports involve marksmanship (shooting at targets). Those sports are:
 - **Shooting** (Summer Olympics), with rifle, pistol and shotgun events.
 - **Modern Pentathlon** (Summer Olympics), one of its five phases is pistol shooting.
 - **Archery** (Summer Olympics), a marksmanship sport using bows and arrows.
 - **Biathlon** (Winter Olympics), combines cross-country skiing and rifle shooting.
- Shooting is one of 26 sports that are now on the program of the Summer Olympic Games.
- Shooting has 15 different gold medal events:
 - Shooting has both men's and women's events.
 - Shooting has events in three disciplines—rifle, pistol and shotgun (clay target).
 - Four of the Olympic events are for air guns (2 air rifle and 2 air pistol).
- In the most recent Olympic Games in Beijing, 103 nations qualified shooters to participate. Only athletics (track & field) and swimming had more participating nations.
- The three-position air rifle event that is taught in JROTC rifle marksmanship is derived from two Olympic rifle events, 10-meter standing air rifle and 50-meter three-position smallbore rifle.

JROTC Rifle Marksmanship

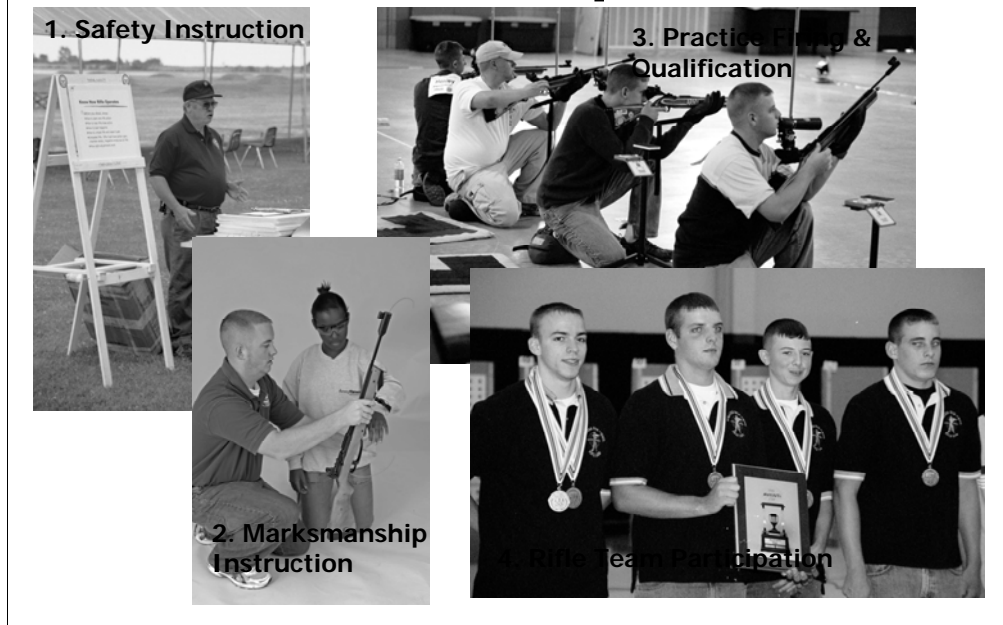
- ⊙ Popular activity for JROTC Cadets
- ⊙ Governed by Cadet Command Regulations
- ⊙ Uses 4.5mm (.177 cal.) target air rifles
- ⊙ Firing at 10 meters distance
- ⊙ Cadets learn gun safety & basic marksmanship in range firing activities
- ⊙ Competition firing in prone, standing, kneeling positions
- ⊙ Many units have JROTC Rifle Teams

2.8 JROTC Rifle Marksmanship:

This is a brief description of the JROTC Rifle Marksmanship program.

- **Popular Cadet Activity.** Rifle marksmanship is offered by Army, Marine Corps, Navy and Air Force JROTC units wherever this activity is approved by host schools. Almost all JROTC units offering rifle marksmanship report that it gives a significant boost to JROTC recruiting and retention.
- **Regulations.** Each of the four services now have regulations governing rifle marksmanship. These regulations establish a starting point for the rifle marksmanship programs offered in JROTC units. Instructors must be sure to study the regulations for their service.
- **4.5mm Target Air Rifles.** All JROTC rifle marksmanship activity is now done with 4.5 mm (.177 caliber) single shot target air rifles.
- **10M Distance.** All range firing activities in JROTC marksmanship programs are done on ranges that are 10 meters (33 feet) long. Firing may be done on indoor or outdoor ranges.
- **Gun Safety and Marksmanship Training.** All cadets who participate in rifle marksmanship receive gun safety training first and then practice rifle marksmanship in range firing activities.
- **Prone, Standing and Kneeling Positions.** JROTC competition firing is done in three standard firing positions.
- **JROTC Rifle Teams.** Many JROTC units give advanced cadets opportunities to represent their units and schools in three-position air rifle competitions.

Marksmanship Offers:



2.9 Marksmanship Offers JROTC Cadets:

These photos illustrate the variety of experiences JROTC cadets can have while participating in air rifle marksmanship.

- 1. Safety Instruction.** The most important lessons in marksmanship are the gun safety training that teaches cadets how to handle guns safely and responsibly. The safety lessons learned in JROTC marksmanship are applicable to all guns.
- 2. Marksmanship Instruction.** Cadets receive detailed training in the skills that shooters must master in order to accurately fire at targets in the standard firing positions.
- 3. Practice Firing and Qualification.** Most JROTC marksmanship programs afford cadets many opportunities for practice firing and a chance to do qualification firing where they can earn badges or ribbons that may be worn on their JROTC uniforms. Cadets in this photo are practicing in the kneeling position.
- 4. Rifle Team Participation.** Many JROTC units also have rifle teams for cadets who wish to do additional practice and strive to excel in JROTC and open competitions. Many JROTC rifle teams travel to competitions that take place all over the USA.

JROTC Competition Opportunities

- ◎ JROTC Competition Program:
 - JROTC Postal Competitions
 - Regional JROTC competitions and leagues
 - Army, USMC, Navy & Air Force JROTC Service Championships
 - National JROTC Championship
- ◎ Open Junior Competitions:
 - High School Rifle Team Competitions
 - Regional and National Junior Competitions

2.10 JROTC Competition Opportunities:

Competition firing comes after completing safety and basic marksmanship instruction and qualification firing. The JROTC air rifle competition season begins in the fall with practice and annual postal competitions for each service. The full program of opportunities for JROTC unit rifle teams includes:

- **JROTC Postals.** In postal matches, participating teams fire official match targets at their home range. Every year, the CMP administers Army, USMC, Navy and Air Force JROTC programs where every JROTC unit with marksmanship can participate in team and individual competition in either sporter or precision air rifle classes. Scores in postals determine unit teams and individual cadets that advance to the JROTC Service Championships.
- **Regional JROTC Competitions.** JROTC units in many areas of the country compete with each other or form leagues that conduct postal or shoulder-to-shoulder matches.
- **Army, USMC, Navy & Air Force JROTC Championships.** Unit teams and at-large individual cadets who advance from the postals to this level compete for championship awards. These championships are shoulder-to-shoulder competitions where all qualifying cadets compete together in one location for individual and team sporter and precision air rifle titles for that service.
- **National JROTC Championship.** Each year the best JROTC unit teams and at-large individuals in each service championship advance to the JROTC Nationals. This is the most important competition of the year for JROTC marksmanship.
- **High School Rifle Teams.** In many schools, there is also a high school varsity or club rifle team that is open to JROTC cadets as well as to other students.
- **Regional & National Junior Competitions.** JROTC rifle teams often compete in junior regional and national competitions in three-position air rifle events sponsored by the National Three-Position Air Rifle Council or its member organizations.



2.11 National JROTC Air Rifle Championship:

The highlight of the annual JROTC competition year is the National JROTC Air Rifle Championship. Up to six JROTC unit teams and 12 at-large individuals qualify in the respective JROTC service championships to represent each of the four services in the JROTC Nationals. The photos in this slide show:

- Top left. The winning sporter class team in the 2008 JROTC Nationals, Ozark High School (MO) Army JROTC.
- Top right. The winning sporter class individual in the 2008 JROTC Nationals, Cadet Xentri Garza, R. L. Paschal High School (TX) Army JROTC.
- Bottom left. The winning precision class team in the 2008 JROTC Nationals, Union Grove High School (GA) Navy JROTC.
- Lower right. The winning precision class individual in the 2008 JROTC Nationals, Cadet Abigail Casey, Union Grove High School (GA) Navy JROTC.



2.12 Shooting Emphasizes and Develops Special Qualities:

One of the most important benefits of participating in the sport of shooting is that it develops certain skills and attributes in its participants that can help them perform better in school and in life. Skills or attributes that are enhanced by the marksmanship experience include:

- **Control.** The target shooter must learn to apply physical, mental and emotional control to be able to consistently fire accurate shots.
- **Discipline.** A high level of personal discipline is necessary in order to always handle guns safety and to perform the practice necessary to develop the skills required for success in this sport.
- **Concentration.** Target shooting is an intensely mental activity where participants develop the ability to concentrate and focus their attention on real performance factors. The improved concentration skills of shooters typically transfers to doing better work in school.
- **Extreme Precision.** The target used for air rifle target shooting has a ten ring that is really just a very tiny “dot.” To score the maximum of ten points on a single shot on this 10 meter target, the firer’s shot must hit or touch this dot that is only one-half millimeter in diameter. The effort to achieve such precision on a consistent, shot-after-shot basis yields the positive benefits of control, discipline and concentration.

Qualities of Marksmanship

- ⊙ Safety—one of the safest youth sports
- ⊙ Open to All--Gender, size, speed, etc. do not determine success
- ⊙ Practice, not ability, makes the difference
- ⊙ Teaches life skills—discipline, responsibility, rewards of hard work
- ⊙ Teaches control, respect for others
- ⊙ It's fun—scoring a ten is a big thrill!

2.12 Qualities of Marksmanship:

The “qualities” that result from marksmanship participation are positive and beneficial. These qualities or benefits of marksmanship include:

• **Safety:** Statistics compiled by the CMP as well as similar statistics provided by the National Safety Council, National Shooting Sports Foundation and other organizations confirm that air rifle shooting and the shooting sports are among the safest of all sports. Properly conducted, rifle is the safest sport a school can offer.

• **Open to All.** Shooting is a sport where boys and girls can compete together on an equal basis. It is also a sport where physical size, speed or strength has almost nothing to do with chances for ultimate success. Champion shooters represent both sexes and have many different physical characteristics.

• **Practice, Not Ability.** Shooting is a sport where only practice can develop the motor skills, muscular coordination and concentration abilities needed to consistently scores tens. So-called natural ability that is so vital in many sports makes very little difference in shooting. The most important natural ability in shooting may be an interest in shooting and a desire to work hard in practice and competition.

• **Teaches Life Skills.** One of the real benefits of marksmanship is that it teaches valuable life skills that can benefit those who participate in the shooting sports throughout their lives.

• **Teaches Control and Respect for Others.** Rifle marksmanship is unique in that it does not require aggressive actions against opponents. In target shooting, the shooter's competitive energies must be directed towards an inanimate target that is ten meters downrange and not directly against an opponent. This allows target shooting participants to learn special qualities of self-control and emotional-control as well as a unique respect for their opponents.

• **It's Fun.** One of the most important reasons young people participate in any sport is that they enjoy the sport. People who participate in shooting do it because it really is fun.

Why Marksmanship in JROTC?

- ⊙ **Popular, fun, exciting and uniquely challenging**
- ⊙ **Teaches safety through rules and responsibility**
- ⊙ **Develops life skills—discipline, self-control, emotional control**
- ⊙ **Enhances performance skills—concentration, goal setting, teamwork**
- ⊙ **An Olympic sport with a military heritage**
- ⊙ **A high school and NCAA college sport, cadets can earn scholarships**

2.13 Why Marksmanship in JROTC:

This summary statement responds to the question of why marksmanship is offered as part of the JROTC program.

Popular, fun, exciting and challenging. JROTC cadets are motivated and excited by the unique challenges that rifle marksmanship provides. Whenever marksmanship is offered by a JROTC unit it is very popular with cadets and becomes an important means of supporting recruitment and retention for JROTC units.

Safety. When conducted according to established safety procedures, rifle marksmanship is extremely safe.

Life Skills. One of the unique benefits of target shooting is that it does a great job of teaching life skills like discipline, self-control and emotional control.

Performance Skills. Rifle marksmanship also teaches and enhances important human performance skills such as concentration, goal setting and teamwork. These are skills that can benefit students' academic performances as well.

Olympic Sport with a Military Heritage. Marksmanship as a sport originated from ancient martial or military requirements. It continues to be a skill that military commanders hold in high esteem. From this military heritage, shooting became recognized as an Olympic sport that gives all who participate in it a chance to live the Olympic dream.

High School and NCCA Sport. Rifle is recognized as a high school sport in many states and offers participants opportunities to earn athletic letters. Rifle also is recognized by the NCAA as one of its championship sports. Outstanding rifle shooters can aspire to earn college athletic department scholarships or one of the CMP ROTC scholarships that are awarded annually to JROTC or ROTC cadets who excel in marksmanship.