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THE UNITED STATES ARMY MARKSMANSHIP UNIT



INTERNATIONAL RIFLE MARKSMANSHIP GUIDE

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FOREWORD

The purpose of this manual is to record the principles and techniques of International Rifle shooting with the primary objective of improving the shooters performance in competition. The techniques and ideas put forth in this manual represent the collective thinking of the United States medal winners of the last World Championships, Pan American and Olympic Games. These techniques and ideas are not to be taken as the final word or solution to success in international shooting but rather the best information presently available to guide the development of the international rifle shooter. Every shooter is an individual, differing from his fellow marksmen physically, mentally and in shooting background; thus, success in international rifle shooting is the direct result of the individual's ability to modify a standard training program to meet his own requirements.

A shooters progress in International Rifle shooting is directly proportional to his desire to achieve and his ability to clearly analyze his performance. This manual is designed to help the shooter with his analysis. For simplicity, the text is written in a manner that pertains to right handed shooters.

The validity of the material presented herein is attested to by the results attained in recent years and at present. United States Army International Rifle Teams and individual shooters, using the techniques described in these pages have continued to win in world competition. The effectiveness of training methods is measured by the success in competition.

This manual is dedicated to the shooter who is seriously interested in attaining maximum control of his developed skill in the art of International Rifle competitive marksmanship.



SIDNEY R. HINDS, JR.
Colonel, Infantry
Commanding



Figure 1. Olympic Gold Medal.



Figure 2. International Distinguished Badge.