

Kneeling Position Checklist

Build your position then pick up your rifle

- 1 Clothing is comfortable and loose, not bunched behind left knee. Right boot may be unlaced.
- 2 Shooter faces about 15 degrees right of line of fire.
- 3 Right thigh angle is 20-60 degrees to right of line of fire. Very little weight is put on it.
- 4 The diameter of the kneeling roll is decided by how stable forward/backward the shooter feels.
- 5 The right foot should not be angled left or right. Place your tailbone on the heel of the shoe.
- 6 The left foot is parallel to the left thigh. May be turned inward slightly.
- 7 The lower left leg is vertical or slightly forward, never backward.
- 8 The spine is vertical when viewed from behind.
- 9 The top half of the spine slumps forward.
- 10 The sling supports the rifle and the left arm is relaxed.
- 11 The left arm is straight when viewed from above. Pretend you are holding a tray of drinks.
- 12 The left forearm and thigh form a straight line when viewed from the side.
- 13 The right hand is placed on the pistol grip to produce a straight back trigger pull.
- 14 The trigger finger is parallel to the barrel.
- 15 The right arm is relaxed and comfortable.
- 16 The right shoulder is relaxed.
- 17 Head is tipped forward slightly and the eyes are level.
- 18 Eye relief is 2-6 inches. Eyeball to sight iris.
- 19 The buttplate or hook is adjusted in a neutral position.
- 20 Check your muscle groups for incorrect tensions.
- 21 Rifle may be canted.

To minimize lateral movement check for:

- 1 no hook in the left elbow
- 2 level eyes
- 3 left shin vertical when viewed from the front
- 4 vertical spine when viewed from the back
- 5 center of gravity above a line drawn between the roll and the left foot



Adjust your position slightly to accommodate your body's daily changes.

Your kneeling scores should be very close to your prone scores.

Have someone take a picture of you in a good position for future reference.