

Chapter 4

Training

Training is essential to have efficient cell members and to accomplish a successful operation. It is essential to do rehearsal to find flaws in the plan. It will clarify what equipment is needed and what is unnecessary. It will also teach each member what their objectives are and provide them with situational awareness as well. In the training, initiative and confidence to face unforeseen events should be reinforced. Dry runs and live fire practices should be done. The training should be as close as the operation will be and in similar conditions. Most will act on autopilot during an operation. They will repeat the same mistakes they do during the training during an operation. The equipment and weapons used during the operation must be the same as in the training. Training should be a bit harder than the actual mission to prepare the members for the fatigue and the stress. Alternative plans should also be rehearsed in case the main plan fails or needs to be overturned. Individual training should be done only when necessary for specialized skills. Practicing with the whole team is much better.

How to perform underground training

Open source training: Training can be done by buying specialized books about the training required. Some video games can even be used to train.

Safe house: One way to train is to have an instructor to teach trainees in a safe house. This way, a small group can be effectively trained. It can be done using videos, dry erase board, Power Point, etc. It can include dry firing and using a pellet gun that will complement the training without even firing 1 bullet.

Suppressed weapons: Another way to train is to use sound suppressors. They will reduce the noise and let the members train without being discovered.

Out of the country training: The training can be done in a country where training is available to avoid detection by the security forces in the targeted country.

Here are some other ways that the training could be done:

1. Dry fire training
2. Shooting with a pellet gun
3. Using a public shooting range

4. Going to a hunting club
5. Shooter arcade games
6. Making an underground shooting range which can be done in a big basement or in the sewers.
Mattresses can be used to reduce the noise of the underground range
7. Going on the country side and shooting in the woods
8. Doing dry runs and rehearsals

Weapons fundamentals

Before learning how to use firearms, it is important to know their parts. This section contains the parts of the AKM, AR15 and pistol.

AKM



AR15



Pistol



Chamber: The chamber of a firearm is the portion of the barrel in which the bullet is inserted before being fired, as shown below:



Bolt: The bolt of a firearm is the part that blocks the rear opening of the chamber and receives the rearward push of the gas piston, as shown below:



Basic safety rules for handling a firearm

- The firearm must always be pointed in a safe direction
- The finger must always be off the trigger until the shooter is ready to shoot.
- The firearm must always be unloaded until ready to use
- The shooter should know what he is shooting at, and what's beyond it
- The shooter must make sure the firearm is safe to operate
- The shooter should wear ear eye and ear protection if possible



The finger should be kept extended alongside the firearm when the shooter is not ready to shoot, as shown in the above picture.

The dominant eye

The dominant is the eye used to aim when using a firearm.

To find the dominant eye, the member needs to do the following:

1. Looking at an object that is between 10 and 20 meters away
2. Forming a triangle with his hands and extending his arms
3. With both eyes open, the member uses the triangle to frame the object
4. Keeping the object within the triangle, the member alternate between closing his right and left eye.

When using his dominant eye, the object will remain in the member's view. When using his non-dominant eye, the object will disappear.



Firing positions

Before we begin, strong side means the side of the body where the rifle is held. The weak side means the opposite.

Prone:

- Both elbows should be solidly grounded
- Supporting elbow is directly under the rifle
- The magazine can be used for support with many firearms
- The strong leg is slightly bent
- If after the recoil the shooter's sight picture returns, the body alignment is good
- A backpack can also be used for support
- If the front of his rifle is supported, he can use his weak side hand to support the butt of the rifle for added stability



Sitting with crossed legs:

- Body is about 45 degrees to the target
- Ankles flat to the ground
- The upper body is bent forward from the waist
- The elbows rest over the knees



With open legs:

- Knees are up
- Feet are flat on the ground
- Legs spread about 45 degrees



Kneeling:

- Weak side knee and foot point at the target
- Supporting elbow over the knee
- Strong-side leg is out at about 90 degrees
- Knee is on the ground
- The shooter sits on his foot



Standing:

- Supporting elbow is resting on an out-thrust hip
- Weak side foot is pointed toward the target
- Feet are shoulder width apart
- Strong side foot is at 90 degrees
- Cheek firmly on the stock
- Supporting hand should be directly under the rifle



If the shooter is in a tactical situation, he can also have his body face the target and only have his arms to support the rifle.



Marksmanship Fundamentals

Breath control: The shooter needs to hold his breath at the right moment to have an accurate shot. He can take the shot while having empty lungs, which is the most stable or half-full lungs or three-quarters full. He needs to practice with the lungs empty, half full and three-quarters full to be prepared in case he doesn't have time to fully empty his lungs before taking a shot.

Sight pictures: It is important to align the sight correctly. If the shooter can shoot with both eyes open, it is even better as it will raise his situational awareness. The front sight should be in the middle of the rear sight and at the same height as shown below. There are several types of sights but the principle stays the same: align the rear sight with the front sight.



Proper grip: The same strength as when doing a handshake should be used. The grip is as high as the shooter can on the pistol grip.



Trigger control: Only the fingertip should be in contact with the trigger. The trigger should be pulled using the middle of the distal phalanx of the index finger as shown below.



Body position: Any support available should be used when available. The steadiest position is prone, then sitting, then kneeling and the least stable is standing. The bones are the foundation that holds the rifle, not the muscles. The shooter must use a comfortable position and adjust to his environment. The body is shifted towards the target so that the rifle naturally aligns with the target. The shooter must practice all positions and in many conditions to be ready to face any situations.

Follow-through: After pressing the trigger, the shooter must not react to the shot. There is some time between the time he presses the trigger and the time the bullet leaves the barrel. If he reacts during that time, he will reduce the accuracy.

Weapon drills and maintenance

Security measure :

The security measures exist to make sure the firearm is free of any bullets.

The shooter must follow these steps to accomplish the security measures:

1. Fire selector on safe
2. Incline weapon to the right
3. Arm the weapon and check if there is an ejection of a bullet
4. Arm again, hold the charging handle at the back, and check the chamber to make sure there is no bullet inside
5. Let the charging handle move forward
6. Put the fire selector on repetition
7. Aim in a safe direction and pull the trigger.

Loading:

1. Put the magazine in the weapon
2. Pull the magazine downward to make sure it's safely inside the weapon
3. Put your hand back on the handguard

Readying the weapon:

1. Adjust the distance on the sight
2. Arm the weapon
3. Put the weapon on safe

Unloading:

1. Put the fire selector on safe
2. Press the magazine release
3. Incline the weapon to the right
4. Arm the weapon and check for an ejection of a bullet
5. Arm again and check the chamber to make sure there is nothing inside

6. Let the charging handle go forward
7. Put the fire selector on repetition, aim in a safe direction, pull the trigger.

Overcoming jams

The bolt is forward:

1. Check the bolt position
2. Tap twice under the magazine
3. Pull the magazine down to make sure it is correctly inserted
4. Arm the weapon
5. Aim and shoot



The bolt is back ward:

1. Check the bolt position
2. Push the magazine release
3. Inspect the magazine and put it away
4. Insert a new magazine in the weapon
5. Pull the magazine down to make sure it is correctly inserted
6. Push the bolt catch or pull the charging handle depending on the weapon
7. Aim and shoot



The bolt is partially forward:

1. Check the bolt position
2. Pull the charging handle while holding the bolt catch or simply hold the charging handle backward depending on the weapon
3. Incline the weapon to the left and inspect the chamber
4. If the problem is solved: push the bolt catch or let go the charging handle depending on the weapon, aim and shoot



If the jam persists:

1. Press the magazine release
2. Incline the weapon to the right
3. Shake the weapon three times
4. Inspect the chamber again

If it still persists: the shooter must use tools to solve the problem.

Functionality Test

The function test should be done when getting a new firearm or after the cleaning of the firearm to make sure it was reassembled in the right way.

Here are the steps for a gas operated rifle with a fire selector that can make the weapon semi-automatic or automatic:

1. Arm the weapon
2. Put the fire selector on safe
3. Pull the trigger x3 (You should not hear anything since safe is supposed to prevent you from shooting)
4. Put the fire selector on repetition
5. Pull and hold the trigger (You should hear the hammer hit the firing pin)
6. Arm the weapon
7. Release the trigger
8. Pull the trigger and release it (You should hear the hammer hit the firing pin)
9. Put the fire selector on automatic
10. Arm the weapon
11. Pull and hold the trigger (You should hear the hammer hit the firing pin)
12. Arm the weapon
13. Release the trigger and pull it again (You should not hear the hammer since the trigger was being held while having the fire selector on automatic)

All gas-operated firearms are tested the same way, this guide should work for any gas-operated firearms. If the firearm is semi-automatic, the shooter simply stops at "Put the fire selector on automatic".

The basic of zeroing a rifle

What is zeroing?: It is simply aligning the sights of the rifle so the bullet hits where you aim at a certain distance.

How to adjust the sight:

The trick is to chase the impact of the bullet. At the shooting range, while facing the target, the shooter must adjust the firearm. If the impact is to the right, he moves the sight to the right, if the impact is to the left, he moves the sight to the left, if the impact is too high, he moves the sight higher, if the impact is too low, he moves the sight lower.

To adjust the zero of the rifle, the shooter must first set a target at 25 meters.

He must fire 3 shots groups and adjust the sight until he hits continuously the center of the target.

Once this is done, he verifies the zero by setting a target at 100 meters.

He must fire 3 shots groups and adjust the sight as necessary.

I will not go further into details since it differs between rifles and caliber.

Using a pistol

How to hold a pistol:

- The shooter holds the pistol with his dominant hand and places it high on the grip.
- The index finger is along the trigger guard
- The thumb is wrapped around the pistol grip, under the slide
- The support hand is wrapped around the strong hand with the thumb lapped over the strong hand thumb
- When firing the pistol, the strong arm should be stiff, with the support hand pulling slightly against the shooting hand



To load:

1. Insert a magazine
2. Pull the slide and let it go
3. Put the pistol on safe

To reload:

1. Press the magazine release
2. Remove the magazine
3. Insert a new magazine
4. Push the slide stop down

Cleaning a firearm

Cleaning the weapon is necessary for a firearm to function.

To clean the weapon, the shooter needs the following equipment:

- Cleaning rods
- Cleaning patches(2x2) and Q-tips
- Gun cleaner
- Gun oil
- Copper solvent
- Cleaning brushes

Here is an example of what a basic cleaning kit could look like:



The first step for the cleaning is to disassemble the firearm. Afterwards, the shooter uses the gun cleaner on every metal parts and waits a few minutes for it to act. Then, he rubs the metal parts with wipes or a toothbrush until the metal parts are clean. He must not hesitate to use more gun cleaner when rubbing. He must use some dry wipes to remove all the excess gun cleaner on the metal parts. He must apply gun oil on the metal parts to prevent rust from building and to make sure the moving parts of the firearms are lubricated.

There are 3 places where the shooter should not apply gun oil: the face of the bolt, inside the barrel and the chamber. If the shooter oils these parts, he should simply use a dry wipe to remove the oil.

To clean the barrel, the shooter must follow these steps:

- Use the bore brush dipped in the cleaner and rotate it in the chamber 8 to 10 times
- Use brush with cleaning patches on it and dip it in the cleaner. Run the brush from the chamber to the muzzle. Do it up to 20 times
- Use patches in the barrel until its clean and free of cleaner
- Use a patch with copper solvent in the bore and let it sit for 10 min
- Run patches in the bore until its clean
- Run a patch with some gun cleaner
- Run a patch containing light oil
- Run a dry patch in the barrel

A few other notes on cleaning a firearm:

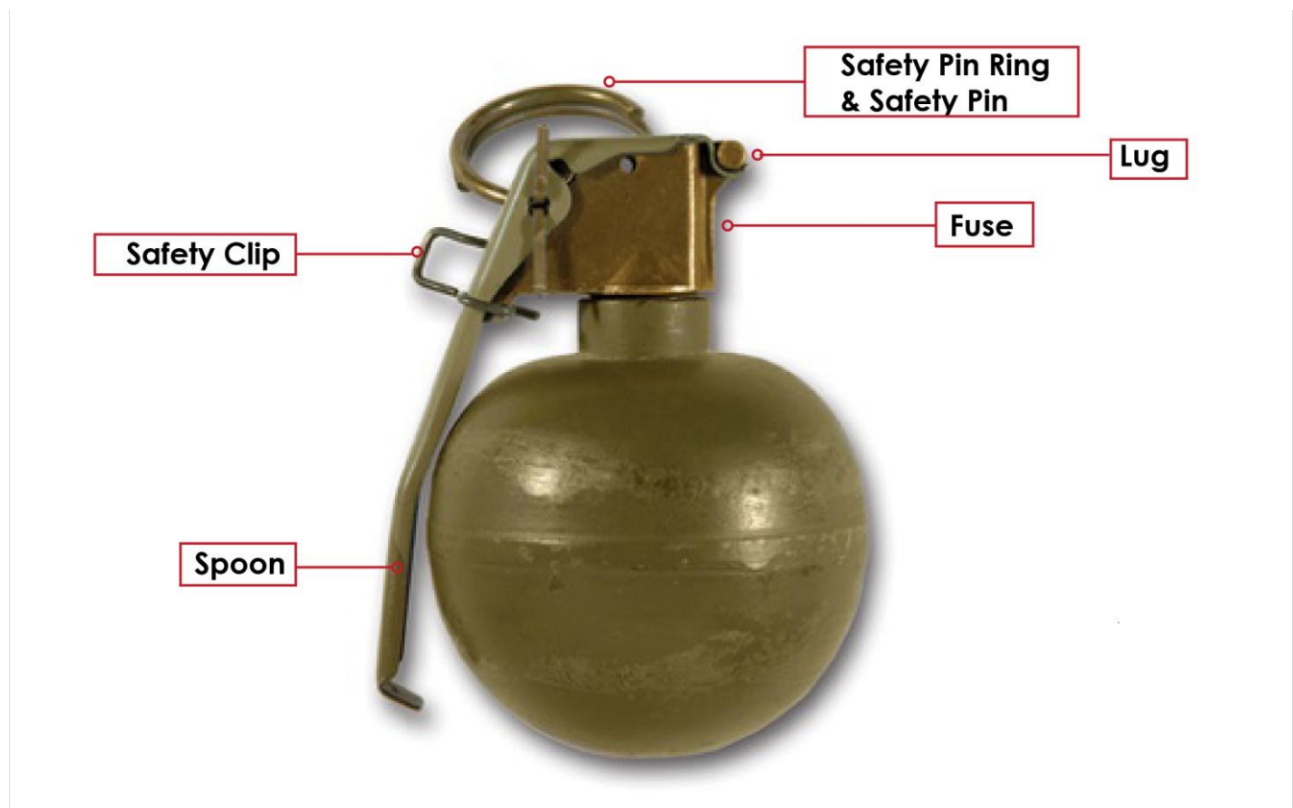
- When leaving for the field, the shooter should run one dry patch in the bore
- He must use minimal oil to lubricate the rifle as it will attract dust
- He must run a thin layer of oil on the external metal parts
- He must use a copper brush to remove rust and oil it afterwards
- In a desert area, the shooter must wipe the oil to avoid having sand sticking to the oil
- In an Arctic area, he must wipe the oil to avoid it freezing. He must not bring the rifle in a warm area to avoid the snow melting, getting in firearm and then freezing when he exits the area
- In a tropical area, he must watch out for rust and oil the firearm often.

Grenade

How to throw a grenade:

1. The user must inspect that the grenade is intact and that all the parts are present (Lug/Fuse/Safety pin ring/Safety clip/Safety pin)
2. He takes the grenade with his left hand with the spoon in his palm and put the index finger of his right hand in the safety pin ring.
3. He brings the left hand behind himself at hips level and retains the safety pin ring with the index finger of his right hand.
4. He looks at the grenade in his left hand (to make sure it's not the pin but the grenade itself).
5. He throws the grenade by bringing his arm over his head in a circular motion.
6. He yells: Frag out
7. He looks where the grenade lands and takes cover

If he changes his mind, he can safely put the safety pin back on the grenade and use it later.



How Molotov cocktails are made:

1. An empty glass bottle and some cloth are used
2. The user fills 3/4 of a bottle with gasoline, so it will break more easily
3. A cloth is inserted in the bottle, plugging it and leaving some of the cloth hanging outside of the bottle.
4. Tape is used to close the bottle
5. Gasoline is poured on the tip of the cloth
6. The Molotov cocktail is lit and throwed

Quality matches can be used and taped to the bottle instead of using a cloth to light the Molotov. This will make the Molotov cocktail easy and safe to transport.

Gasoline can be mixed with a thickening agent like: tar, styrofoam, motor oil, to make the flames stick to the target and make a thick smoke that will make people gag.

To use it effectively against vehicles, the Molotov cocktail should be thrown at the bottom of the vehicle since the flames go up and will burn it more effectively this way.



Physiological response

Firefight induces severe physiological responses. Knowing what could happen will mentally prepare a cell member when facing these responses and will permit him to better understand how to train.

Here is the possible physiological response a member could face in a life or death situation:

- Losing the control of his bladder and bowel (Eating lightly and going to the bathroom before an operation is a good idea)
- Noise reduction (tunnel hearing)
- Tunnel vision
- No near vision (myopic)
- Losing fine motor skills
- In a low light setting, the brain can increase the auditory sense and reduce the vision
- Sense of pain decreases
- Feeling like time slowed down
- Paralysis (sometime it is simply a feeling of slow motion)
- Dissociation (dream like state)
- Seeing a worst fear happening
- Distorted sense of distance (enemy may seem closer than it is)
- 75% of trained people will react on autopilot during a firefight

After the firefight, the member will still react to what happened. He may be sexually aroused after the operation. Also, if one of his teammates dies in the action, his first reaction will most likely be that he is glad it is not he. The member should not feel bad about it since it is a natural reaction linked to a will to survive.

To get rid of the residual adrenaline, the member should go to the gym or go for a run, take a shower and sleep. Sleep is the best way to fight stress. Normally, someone needs 3 to 4 days to recover to be efficient again in another firefight.

Tactical breathing

Tactical breathing is useful when facing a highly stressful situation and stress needs to be lowered.

Here are the steps for tactical breathing:

1. Inhale deeply through the nose to the count of 4
2. Hold that breath to the count of 4
3. Slowly exhale through the mouth to the count of 4
4. Hold the empty breath to the count of 4
5. Repeat these steps 4 times