



**\*\*\*Confidential Report\*\*\***

# **How To Handle Your "Assault Rifle" Like A Spec Ops Commando!**

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**The Underground Assault Rifle System**  
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# How To Handle Your "Assault Rifle" Like a Spec Ops Commando

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There's a simple answer to the question:

*"How do I learn how to hold and operate my assault rifle like a special operations commando?"*

The answer is, you can't.

Well, you can.

But you can't learn it from a special report and you can't become really good with an assault rifle without many hours of training. What you CAN do in reading a report like this, however, is learn the basics of tactical firearms handling.

When you've got the basics down, you'll no longer be holding your weapon like an amateur. You'll be well equipped to conduct the study of using your assault rifle, of training with your assault rifle, without ingraining a bunch of mistakes.

There's a saying that goes, "practice makes perfect." Strictly speaking, this isn't true. It is PERFECT practice that makes perfect.

If you practice something wrong, you'll only be ingraining and training repeated failure. These training mistakes will take forever to retrain, to erase later. Some people who learn a skill wrong never completely overcome early repeated errors like that.

## **First, What Is An Assault Rifle?**

Before we get into the topic in earnest, we need to define what we're talking about. Strictly speaking, there is no such thing as an "assault weapon" for most Americans.

The guns you think of as assault rifles are so named because they happen to look like fully automatic versions of military rifles. An assault rifle is, by its truest definition, a military caliber select-fire weapon.

The typical assault rifle in the hands of a soldier is a weapon firing either NATO Standard (5.56 x 45 mm) or what was once the Soviet military's rifle round (7.62 x 39 mm).

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There are other calibers (such as 5.45 x 39, which the Soviets fielded in the AK74 rifle) but these are, without a doubt, the two most common.

There is also the .308 (7.62 x 51 mm NATO) found in rifles like the M14 (the predecessor to the M16) and the sniper rifles used by United States Marines.

You, as a civilian, generally cannot buy a select-fire weapon. The rifles you buy are semi-automatic, meaning they fire once every time the trigger is pulled.

There are mechanical differences in civilian-legal rifles on the market today that are supposed to make it relatively difficult to convert those weapons to fully automatic.

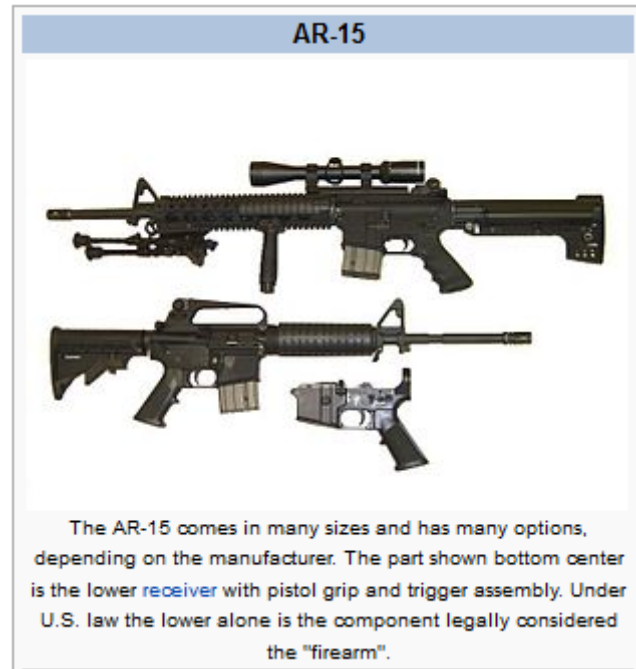
When you buy what we will call an “assault rifle” throughout this report, then, you are buying something that LOOKS like a select-fire military weapon, but which is really no different than most hunting rifles except for its cosmetics and the size of its magazine.

For the sake of simplicity, we will deal here with the two most common assault rifle analogs found in the United States.

**These are the AR15** (the civilian-legal, semi-automatic-only version of the M16 that is sold to the civilian market) **and the AK** (the civilian-legal, semi-automatic-only rifle patterned after the Soviets’ Kalashnikov assault rifle).

The AR15 fires the 5.56 x 45mm round and the AK fires the 7.62 x 39 mm round. There are exceptions and oddball rifles out there, but these are by far the most commonly found.

If you were to walk onto a shooting range where an assault rifle class was being held, *almost* every shooter on the firing line would be shooting an AR or an AK in those calibers.



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Also, the typical assault rifle has a thirty-round or twenty-round magazine. Various laws have, at different times, made those magazines illegal or slightly less legal than before. The law may well have changed by the time you read this.

A true assault rifle is meant to have a high-capacity magazine, however, so throughout this report when we talk about magazines and magazine changes, we are talking about standard-capacity 20- and 30-round mags.

## **The Assault Rifle Concept**

The assault rifle was arguably invented during World War 2 by the Germans, from whom we got the term “assault weapon.”

They invented a rifle called the “sturmgewehr,” which means, quite literally, “storm weapon.” Before the Germans innovated infantry tactics during World War II (they gave us the mobile fire team concept, for example, in which a machinegunner travels in the company of other soldiers in a small group, to form a flexible, adaptable unit that can respond quickly to changing battle conditions while bringing considerable firepower to bear), soldiers carried heavy rifles firing powerful bullets. In some ways this was a holdover from the days of trench warfare.

What every military on Earth eventually figured out, however, was that combat among soldiers took place over relatively short distances (between 100 and 300 yards).

There is no point in equipping a soldier with bullets capable of traveling much farther if, by giving him lighter bullets whose effective range is closer to the actual combat range, he can carry much more ammo.

The world’s militaries all figured out, more or less at the same time following World War 2, that they should be fielding rifles in lighter calibers with higher magazine capacities. In the United States, this meant the M16 was introduced (during the Vietnam War) to replace the heavier, clunkier M14.

In the Soviet Union, Mikhail Kalashnikov designed the AK47 rifle, which held thirty rounds in a detachable magazine and was a considerable improvement over the already excellent SKS carbine it replaced. (The SKS can be had with a detachable magazine, but the rifle the AK47 replaced had a ten-round internal mag that soldiers fed with stripper clips).

The Soviets even tried making their bullets smaller than they did on their first try, when they introduced the AK 74, The 5.45 x 39 millimeter bullet more closely resembles the 5.56 millimeter round the M16 fires.

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The point is that the modern civilian-legal semi-automatic rifle that looks like a military weapon — what we commonly and technically incorrectly call “assault weapons” — are not actually super-powerful death machines.

They’re relatively *weak* rifles, purposely designed to fire a relatively light round that, frankly, you wouldn’t often choose to shoot deer.

The 7.62 x 39 millimeter round that the AK and SKS fire are sometimes used to hunt deer, but the 5.56 NATO standard round is really a glorified varmint cartridge.

In the book *Blackhawk Down*, which tells the true story of combat in Somalia, the author relates the term “skinny popper.” The light 5.56 cartridge was deemed suitable for shooting the local emaciated Somalis because they didn’t have a great deal of body mass.

So why is the assault rifle popular?

It is, in fact, the best weapon to engage multiple opponents, while allowing you to remain mobile.

It’s lightweight, easy to shoot, short enough to be handy at close quarters, has relatively low recoil, and gives the shooter enough firepower (through twenty- and thirty-round magazines) to fend off a determined attacker (or group of attackers).

## Basic Tactical AR-15 and AK Handling

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You can't learn to handle a gun from the movies, but movies can be a great barometer of public consciousness when it comes to firearms.

If you look at action movies from the 1980s, you'll notice something blatantly obvious: Most of the actors fire their weapons from the hip, never once using their sights.

In the action classic *Predator*, not one of Arnold Schwarzenegger's team of supposedly elite commandos thinks to actually aim at a target.

In Chuck Norris' *Delta Force*, the only guy in the movie who actually knows how to use his sights is Lee Marvin, who was a tough guy's tough guy, born in an era when people knew what a gun was for.

Today, however, many films feature very accurate depictions of firearms handling and team tactics. This is because audiences are becoming more aware of the proper use of firearms.

As this happens, directors choose to have their actors professionally trained to up the realism in their films. The movie *Heat* with Al Pacino has some of the best depictions of modern "assault weapon" handling you'll find in a film.

The same is true of another, more obscure film, *Way of the Gun*, featuring Benicio Del Toro.

The biggest difference between the films showing good handling and the films showing fantasy action are that people who have been trained to use firearms *know to use the stocks and the sights*.

At one time it was very much in vogue to have a folding stock on your assault rifle. Folding the stock makes the weapon look "cooler" and makes it easier to fire it from the hip. The problem is that when you do this, you're not likely to hit much of anything.

The stock on the rifle is there for a reason. A folding stock is intended to make an assault rifle easier to carry and store. It should be extended when you actually shoot. This allows you to use the sights of the rifle, which is why you'll actually have a chance of hitting something a hundred yards away.

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While the operation of every assault rifle varies depending on the weapon's controls and configuration, there are certain basic principles that simply do not change. You will instantly improve your handling of an assault weapon if you follow these basic rules.

## ***Shoulder the Weapon***

Take the shoulder stock of the rifle and put it against your shoulder. The bottom corner of that stock becomes a pivot. When you bring the rifle up to line up the sights and actually take a shot, the rifle pivots on the bottom corner of the stock at its rear, bringing the top corner up against your body and pulling the whole rifle back into you tightly.

When you want to lower the weapon, don't drop it forward. Instead, pivot it on that bottom corner of the stock again, letting it move diagonally across your body. Your hand stays on the grip and your finger comes out of the trigger guard, indexing along the receiver. From this position, called a "patrol carry," you could snap the rifle back up to your shoulder on that bottom-corner stock pivot if you had to get off a shot quickly.

While actively moving around with the rifle, it should stay shouldered like that, either up with the sights aligned, or across your body in the patrol carry. This way, it will be ready when you need it.

## ***Finger Outside the Trigger Guard***

You probably already know to keep your finger off the trigger until you are ready to shoot. Do not, however, simply lay your finger along the trigger guard next to the trigger. Under stress, your hand could clench, bringing your finger over the trigger again and firing the weapon.

Instead, index your finger up along the receiver, at the top of the trigger guard. This keeps your finger near the trigger but stops you from accidentally firing your weapon under stress. Obviously, when you get ready to fire, your finger goes back into the guard.

## ***Use a Foregrip, the Magazine, or the Magazine Well***

Picture a 1920s-era Thompson gun. It has the round drum magazine deemed too bulky and noisy for warfare (which is why US troops used stick magazines during World War 2). It also has a grooved vertical foregrip. The weapon is iconic of the era. But have you stopped to think about that foregrip?



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There are some versions of the Kalashnikov rifle that have a wooden foregrip very similar to the Thompson. The fact is that it's easier to shoot a weapon if both of your hands are positioned in roughly the same way. You should, therefore, install a foregrip on your assault rifle if it is possible to do so. If not, or if you do not have one available, use the magazine well of the AR15 or the magazine of the AK as a forward grip. You'll see soldiers and law enforcement officers holding their weapons like this.

A foregrip also facilitates transferring the weapon from one side of the body to the other if you have to switch shooting hands (most commonly because you're on the wrong side of a barrier or a piece of cover that blocks your strong side). It allows you to take the weight of the weapon while shifting the rifle from side to side and swapping your hands on the grips.

### ***Keep Your Elbows In***

Many beginning shooters, and even some experienced ones, make the mistake of letting their elbows drift out away from the body. This is the dreaded "chicken wing." Keep your elbows in, tight to your body, when firing and handling your weapon. This makes you more compact and promotes better stability.

### ***Nose Over Toes, Knees Slightly Bent***

One way to spot an inexperienced shooter is to look for someone who is leaning backward as he fires. This is the default reaction many people have to firearms. When shooting and when moving with your assault rifle, you should be leaning forward, with your nose over your toes and your knees slightly bent. Your but is kicked out behind you. Yes, it may look silly, and you may wonder, "why am I crouching down like this?"

There are multiple reasons for this posture. It makes it easier for you to absorb the relatively light recoil of the weapon, which makes follow-up shots more accurate. It also helps create a stable platform from which to fire. More importantly, however, it makes it more difficult for an enemy who closes on you to knock you down or put you off balance if he collides with you. This posture promotes *forward drive*, which means you are bringing the fight to the other fellow and "leaning into the wind," so to speak.

### ***Use the Sights***

Even with the sights lined up before them, many shooters will just start snapping off point-shots with their barrel vaguely aligned to the target. This is natural under stress, but the whole point of your rifle is that it can reach out and touch someone farther away than can a pistol. Use the sights. The "iron sights" of your AK or AR are

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perfectly sufficient, but many shooters mount large red-dot or “holographic” sights on their rifles that make it easier to pick up a target quickly.

### *After Shooting, Check the Area*

If you’ve watched a professional-level shooting class you may see the participants glancing left and right, or even behind them, as if they’re suspicious somebody saw what they were doing. This is a standard check done to see if there are other threats in the area after you have presumably dealt with the one directly in front of you. This type of habitual check helps prevent you from tunneling in on just what is right in front of you. Make sure, however, that you don’t do this by rote, just shoving your head left and right without really seeing what you’re looking at.

# Fundamentals of Short-Range Combat (SRC) With Assault Rifles

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During SRC, there is little or no margin for error. Too slow a shot at the enemy, too fast a shot at a noncombatant, or inaccurate shots can all be disastrous for the soldier. There are four fundamentals: proper weapon ready positions and firing stance, aiming technique, aim point, and trigger manipulation.

Mastery of these fundamentals is key to the soldier's ability to survive and accomplish his mission in close quarters. All SRC- and SRM-related training should begin with a review of the principles of safe weapon handling—assume the weapon is always loaded and never point the weapon at anything you do not intend to destroy.

a. **Firing Stance and Ready Positions.** Regardless of the ready position used, soldiers must always assume the correct firing stance to ensure stability and accuracy when engaging targets. The two weapon ready positions are the high ready and low ready

(1) **Firing Stance.** The feet are kept approximately shoulder-width apart. Toes are pointed straight to the front (direction of movement). The firing side foot is slightly staggered to the rear of the nonfiring side foot. Knees are slightly bent and the upper body is leaned slightly forward. Shoulders are square and pulled back, not rolled over or slouched.

The head is up and both eyes are open. When engaging targets, the gunner holds the weapon with the butt of the weapon firmly against his shoulder and the firing side elbow close against the body (Figures 7-34 and 7-35).

(2) **High Ready Position** (Figure 7-34). The butt of the weapon is held under the armpit, with the barrel pointed slightly up so that the top of the front sight post is just below the line of sight but still within the gunner's peripheral vision. The nonfiring hand grasps the handguards toward the front sling swivel, the trigger finger is outside of the trigger well, and the thumb of the firing hand is on the selector lever. To engage a target from the high ready, the gunner pushes the weapon forward as if to bayonet the target and brings the butt stock firmly against the shoulder as it slides up the body. This technique is best suited for the lineup outside of a building, room, or bunker entrance.

(3) **Low Ready Position** (Figure 7-35). The butt of the weapon is placed firmly in the pocket of the shoulder with the barrel pointed down at a 45-degree angle. The nonfiring hand grasps the handguards toward the front sling swivel, the trigger finger is outside of

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the trigger well, and the thumb of the firing hand is on the selector lever. To engage a target from the low ready, the gunner brings the weapon up until the proper sight picture is achieved. This technique is best suited for movement inside of buildings.

(4) ***Movement Techniques.*** Soldiers must practice moving with their weapons up until they no longer look at the ground but concentrate on their sectors of responsibility. Soldiers must avoid stumbling over their own feet. The low ready method is the best method to use when moving or turning. To execute a left turn the soldier places his firing foot forward, shifts all his weight to the firing foot, and pivots, bringing the non-firing foot forward to complete the turn. To turn to the right the firing foot is to the rear, the weight is evenly distributed between the feet, and the body pivots on both feet. To turn to the rear, the firing foot is forward, the weight is placed on the firing foot and the body pivots similar to the drill movement “rear march.”

(5) ***Kneeling Position.*** Although short-range engagements generally take place from the standing position a soldier may be required to engage targets from the kneeling position. The kneeling position is generally used when correcting a weapons malfunction.



**Figure 7-34. Weapon held at the high ready.**

b. **Aiming Techniques.** Four aiming techniques are used during SRC. Each has advantages and disadvantages and the soldier must understand when, how, and where to use each technique.

(1) ***Slow Aimed Fire.*** This technique is the slowest but most accurate. It consists of

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taking a steady position, properly aligning the sight picture, and squeezing off rounds. This technique should only be used to engage targets in excess of 25 meters when good cover and concealment is available or when the need for accuracy overrides the need for speed.



**Figure 7-35. Weapon held at the low ready.**

(2) **Rapid Aimed Fire.** This technique utilizes an imperfect sight picture. When using this technique the soldier focuses on the target and raises his weapon until the target is obscured by the front sight post assembly. Elevation is less critical than windage when using this technique. This aiming technique is extremely effective on targets from 0 to 15 meters and at a rapid rate of fire.

(3) **Aimed Quick Kill.** The aimed quick kill technique is the quickest and most accurate method of engaging targets up to 12 meters. Experienced soldiers may use the technique at greater ranges, as they become familiar with it. When using this technique, the soldier aims over the rear sight, down the length of the carry handle, and places the top 1/2 to 3/4 of an inch of the front sight post assembly on the target.

(4) **Instinctive Fire.** This is the least accurate technique and should only be used in emergencies. It relies on instinct, experience, and muscle memory. The firer concentrates on the target and points the weapon in the general direction of the target. While gripping the handguards with the nonfiring hand he extends the index finger to the front, automatically aiming the weapon on a line towards the target.

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c. **Aim Point.** Short-range engagements fall into two categories based on the mission and hostile threat. Most short-range engagements will be decided by who hits his target with the first round first. During this type of engagement it is more important to knock the enemy soldier down as quickly as possible than it is to kill him immediately. During this type of engagement soldiers must aim at the “lethal zone” (center mass) of the target as in regular rifle marksmanship. Although shots to the center of the target may prove to be eventually fatal they may not immediately incapacitate the enemy. During SRC a shot that does not immediately incapacitate the enemy may be no better than a clean miss.

Because of this, and the possible presence of military equipment or protective vests, soldiers must be able to not only engage soldiers in the “lethal zone” but also to engage them with “incapacitating” shots.

(1) **Lethal Shot Placement.** The lethal zone of the target is center mass between the waist and the chest. Shots in this area maximize the hydrostatic shock of the round (Figure 7- 36). Due to the nature of SRC, soldiers must continue to engage targets until they go down.



**Figure 7-36. Lethal zone aim point.**

(2) **Incapacitating Shot Placement** (Figure 7-37). The only shot placement that

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guarantees immediate and total incapacitation is one roughly centered in the face, below the middle of the forehead and the upper lip, and from the eyes in. Shots to the side of the head should be centered between the crown of the skull and the middle of the ear opening, from the center of the cheekbones to the middle of the back of the head.



**Figure 7-37. Incapacitation zone aim points.**

d. **Trigger Manipulation.** Short-range combat engagements are usually quick, violent, and deadly. Due to the reduced reaction time, imperfect sight picture, and requirement to effectively place rounds into threat targets, soldiers must fire multiple rounds during each engagement to survive. Multiple shots may be fired either through the use of a controlled pair or automatic weapons fire.

(1) **Controlled Pair.** A controlled pair is two rounds fired in rapid succession. The soldier fires the first round and allows the weapon to move in its natural arc without fighting the recoil. The firer rapidly brings the weapon back on target and fires a second round.

Soldiers must practice the “controlled pair” until it becomes instinctive. Controlled pairs should be fired at single targets until they go down. When multiple targets are present the soldier must fire a controlled pair at each target, then reengage any targets left standing. Rapid, aimed, semiautomatic fire is the most accurate method of engaging targets during SRC.

(2) **Automatic Fire.** Automatic weapons fire may be necessary to maximize violence of action or gain fire superiority when gaining a foothold in a room, building, or trench. When properly trained, soldiers should be able to fire six rounds (two three-round bursts) in the same time it takes to fire a controlled pair. The accuracy of engaging targets can be equal to that of semiautomatic fire at 10 meters with practice. The key to firing a weapon on burst or automatic is to squeeze the trigger, not jerk it.

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(a) For the majority of soldiers, fully automatic fire is rarely effective and can lead to unnecessary noncombatant casualties or fratricide. Not only is fully automatic fire inaccurate and difficult to control, but also rapidly empties ammunition magazines. A soldier who finds himself out of ammunition with an armed, uninjured enemy soldier during SRC will become a casualty unless a fellow soldier intervenes.

(b) Controlled three-round bursts are better than automatic fire but they are only slightly faster and not as accurate or effective as rapid, aimed, semiautomatic fire.

(3) ***Failure Drill.*** To make sure a target is completely neutralized, soldiers should be trained to execute the failure drill. A controlled pair is fired at the lethal zone of the target, then a single shot to the incapacitating zone. This type of target engagement is particularly useful when engaging targets wearing body armor.



## Reloading the Assault Rifle (Tactical Reloading)

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There is an important principle when manipulating and reloading your assault rifle, related to keeping it shouldered.

Think of reloading your rifle as walking with your girlfriend when a pretty woman walks past you both. It's okay to look... but don't get CAUGHT looking. By the same token, it's okay to take your eyes off the target to glance at your magazine when reloading the rifle, but don't stare at it.

And whatever you do, do not become a "filthy groin-loader." This occurs when you drop the weapon to waist level or thereabouts and stare down while trying to manage your reload. In so doing you take your eyes off potential threats and take your barrel down and off target.

When reloading, then, you want to do so as quickly as you can without taking your barrel off target too much.

You can either keep the weapon shouldered while you drop and swap magazines, or you can retract your arm at the elbow, bringing the weapon in slightly and raising the barrel somewhat, which gives you easier access to the magazine (while still keeping the barrel up so you can bring it back on target more quickly).

A typical magazine change, then, would look like this:

- You run empty, you pull your arm in at the elbow, you drop the empty magazine (yanking it out physically with your off hand is one option)
- and you then bring the new magazine up and lock it into the weapon.
- Then you push your elbow forward again to bring the weapon to proper alignment while running the bolt to chamber a round.

If you have an AR, running the bolt could be done by slapping the bolt release on the side of the weapon. If you have an AK, you'll need to reach UNDER the rifle to yank the bolt back with your off hand. Never take your firing hand off the weapon during a reload. Use the off hand for all of these activities.

The reason the charging handle of the AK is on the "wrong" side of the rifle, if you are right-handed, is because the handle is part of the bolt (Mikhail designed his weapon to have as few moving parts as possible). The charging handle on the AR15, by contrast, is designed to be ambidextrous.

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It's relatively easy to put a new magazine straight up the magazine well of an AR. The AK, however, is more difficult. The magazine of the AK must be inserted at an angle and then rotated up and into the magazine well. This can be incredibly frustrating to do under stress.

It will take quite a bit of practice before you can do this quickly, but it CAN be done.

There are videos of Spetznaz operators and even civilians on YouTube who can do this as fast as you could reload an AR.

Keep in mind that the magazine release on the AK is basically just a huge piece of sheet metal with a powerful spring behind it. You can slap this release with a loaded magazine to physically shove the empty magazine out and away from the weapon.

This is one way to speed up the process of dropping the old AK magazine and inserting the new one.

## Clearing Jams

The military teaches a simple acronym for jam clearance: SPORTS. If you are shooting and your weapon stops working, follow these steps:

**S**lap the magazine and then tug on it to make sure it is seated properly.

**P**ull the bolt back and

**O**bserve the chamber to make sure you don't have a round misfed.

**R**elease the charging handle to send the bolt forward.

**T**ap the forward bolt assist if it's an AR (a step that does not apply to AKs, although you could tap the charging handle to make sure the bolt has properly seated).

**S**queeze the trigger.

If you do all this and the weapon still does not fire, change magazines and try again.

## Moving with the Assault Rifle

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Welcome to the shortest chapter ... why?

It's because the funny thing about moving and shooting is that you're not going to do either one very well when you try to do both at the same time.

It's far better to run to cover and THEN shoot while not moving, if that option is available to you. When it isn't, you'll have to move and shoot at the same time.

Your task, when shooting and moving, is to create a stable platform from which to shoot. In your nose-over-toes, knees-bent posture, practice gliding forward, sideways, and backwards while moving your feet from heel to toe as you step. The more smoothly you can do this, the more stable will be your upper body.

Make sure you do not bob up and down with each step. You want your upper body to stay in the same position relative to the terrain as your shock-absorbing knees and hips carry you gliding across the ground.

There is another old saying when it comes to moving and shooting:

***“Smooth is fast and fast is smooth.”***

Focus on making your movements fluid and complete, not on doing things as quickly as you possibly can.

The shooter who calmly does his movements and mechanics smoothly and confidently will generally defeat the shooter who rushes and makes simple mistakes.

Now, let's talk about some Tactical Accessories that you should look into, to make your Rifle more "battle ready".

# Tactical Accessories for your Assault Rifle

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A running joke among shooters is that some gun owners will mount everything and the kitchen sink to their rifles, resulting in weapons so overloaded with gear that they're heavy and awkward.

There aren't that many accessories you truly have to have for your rifle. Out of the box, a stock AR or AK is a very effective weapon.

The following are accessories you might consider, however, some of which are more important than others.

- You can't mount accessories at all if you don't have accessory rails. Consider changing out the forearm on your AK or AR to a model that has accessory rails if you don't already have them. There are some clamp-on accessories for the AK that mount a few rails forward of the forearm, for mounting flashlights or even a foregrip.
- Mount a foregrip to your assault rifle if you can, for the reasons previously explained.
- Mount a flashlight on your weapon. It's very difficult to manipulate a flashlight while also handling a rifle. Mounting the light directly to the weapon solves this problem. Avoid any light or laser system that includes a cable attached to an activator switch, however. These cables can snag on things and get broken or ripped out, rendering the light useless. Instead, choose a light whose switch is still part of the body of the light. Whenever possible, mount the light at six-o'clock position, under the rifle, so that it can be activated with either hand.
- Install a "Tango Down" grip on your AR. This is an exceptionally comfortable, ergonomic grip that makes it much easier to shoot the AR for extended periods. Grips with grooves in them should be avoided at all costs, because these tear up the hands over time.
- Install an extended charging handle on your AR. There are charging handles that replace the plunger on the AR with an identical plunger featuring an extended metal bar. This turns the charging handle into something like that found on an AK. It makes it easier to simply slap the bolt backward with the

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side of your hand, rather than pulling it back with two fingers like you would on a stock AR.

- You don't need those fancy pull-loops on the end of your magazines, but they don't hurt anything and may help a little with magazine changes.
- If you put a sling on your rifle, make sure it is a single point sling. This is a sling that attaches to only the rear of your weapon, allowing you to let the sling take the weight of the rifle while leaving the rifle free to be moved around your body. Anything but a single point sling will quickly become more complicated or more limiting than you want to deal with (unless you unsling the rifle completely). The single point sling lets you leave the rifle attached to your body, but doesn't interfere with its operation.

Those are just some of the accessories you can use. Remember, it's not about how many "cool things" you can stick on your Rifle, it's about finding out what you personally NEED to make it better for self defense.

Think efficiency, not "collect it all!"

# Practice, Practice, Practice

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One thing you'll notice about the men and women who teach the use of assault rifles is that they're not big gun collectors.

They have a few weapons, yes, but for the most part, they practice and train with only one or two rifles and pistols with which they become extremely familiar.

There is an old saying, **“Beware the man with only one gun.”**

This is because, presumably, if all you ever shoot is the same weapon, you will naturally become very good with it.

Instead of amassing a treasure-trove of firearms, pare your arsenal down to only what you need (and spare parts for these items). Then spend the rest of your money, and your time, on ammunition and training.

No amount of studying will help you more than hands-on, live-fire practice with your assault weapon. Only through actual trigger time will you be able to improve your skills.

So get out there and practice!

Not having ammo is not an excuse either. Live-Fire is not the only way to practice. You can practice without firing a single shot, in the privacy and comfort of your own house, it's called "Dry Firing".

You do it exactly like the name sounds -- you fire your weapon while practicing using it -- without ever firing off an actual shot.

### **Navy SEAL tips for dry firing**

I took these tips from a blog post by a former Navy SEAL who now trains people:

Follow them before dry firing each time:

- Come up with a plan of what you're going to practice. This should be written down in your range book as well so you can review what you need to work on. *You do have a range book, don't you?*
- If you're at home, go in a room by yourself and shut the door. If others are around or you are at the range, make sure you observe all the normal range safety rules.

## How To Handle Your Assault Rifle Like A Spec Ops Commando

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- Turn off the TV, radio, computer, iPod, cell phone, and any other device that could conceivably distract you.
- Clear the gun, magazines and any equipment you'll be using of all live ammunition and put it across the room (in another room is even better).
- Find a small target in a safe place with a bullet-proof backing.
- Review your range book and the fundamentals of marksmanship.
- Get into position and check your gun again. Be absolutely sure the chamber and magazine well are clear!
- Say to yourself, "*I'm beginning dry-fire practice*" to mentally prepare yourself.
- Go through the list of techniques you need to work on. If you make a mistake, go back and correct it right away to make sure you're not practicing bad habits. If you do it wrong once, you need to do it right seven times to erase that training scar.

For more information, his full blog post can be found here:

<http://centermassgroup.com/2011/06/dry-fire/> as any talk of dry firing and extensive drills is beyond the scope of this book.

### **Now, you know what to do ...**

Get out there and practice, practice, practice with your "Assault Weapon" so you know how to use it when the time comes!