



Overview of the B-rdy Rifle/PCC Handling System (BRHS) methodology

Lesson 1 - Fundamentals

- Introduction, safety, equipment, rifle handling basics (stock setup), target evaluation and shot trajectory
- Checking, loading and unloading the weapon and basics of the ammo management
- B-rdy Shooting Basics Tetragon (BSBT):
 - Posture - Stance, footing and weight distribution - left guard, right guard
 - Grip - stock placement, control hand role, two-handed grip, sling setup, advantages and disadvantages of sling systems
 - Trigger release and reset and precision re-fire
 - Eye work - sighting in and sighting out, sight correction, ballistics - MOA vs MRAD, zeroing the weapon
- Charging from various positions - low ready, high ready, mid-ready, relaxed position (off shoulder), carry position
- BSBT quality diagnostics
- Post-shot routine – target and gun check, 360 scan
- Shoulder and grip changes
- B-rdy Performance Oriented Training - dynamic shooting, time vs acceptable outcome

Lesson 2 (+ review from previous lesson)

- Tactical reloading as the preferred method of reloading
- Multiple Target Engagement - carrying and shooting at multiple targets - eye work, rhythm, directions, body work
- Building the stance and weight distribution in one step from movement in multiple directions
- Movements - assuming a stable stance from movement (forward and backward)
- Sidesteps

Lesson 3 (+ repetition of previous lessons)

- Movement in different directions - forward/backward/left/right, basics of moving in a team (sighting), commands and coordination
- Engagement and shooting after changing position:
 - Kneeling position - stability, lowering silhouette, low vs. high kneeling, scan when increasing position.
 - Prone position - types
 - Sitting position
- Complex movement in a different directions

Lesson 4 (+ review of previous lessons)

- Shooting during the movement - forward/backward/left/right - switching guard when moving sideways.
- One-handed operation of the rifle and loading, unloading

Lesson 5

- Shooting Drills and B-rdy Performance Training - Mosambiq, Transition Drill, Chinging guards drill, Movement drills

- Thorough review of previous lessons - shooting drills at various distances, position changes
- Shooting at contact distance to different sides with the rifle

Lesson 6 (+ repetition of previous lessons)

- FX scenario
- Shooting drills
- Response to malfunction by switching weapons - primary to pistol and variations - switch to two-handed grip, switch to one-handed grip with rifle control, use of light on rifle

Lesson 7 (+ review of previous lessons)

- Malfunction solving based on the Movement Means Life principle
- Empty magazine malfunction (emergency reload)
- Misfire
- Stoppages and types
- Comprehensive exercises on unexpected malfunctions with movement to cover

Lesson 8 (+ review of previous lessons)

- Malfunctions solving single handed:
 - Empty magazine malfunction (emergency reload) – strong and support hand
 - Misfire – strong and support hand
 - Stoppage and types - – strong and support hand

Lesson 9 - Comprehensive Repetition of Fundamentals

- B-rdy Performance Shooting - Precision stance building, weapon handling, triggering
- Resolving UNEXPECTED malfunctions following shooting and moving in different directions

Lesson 10 (+ review of previous lessons)

- Covers and basics of teamwork
 - Cover vs concealment, material, ammunition
 - Types of covers
 - Distance from target and use of support
 - Getting to cover - distance from cover (golden rule)
 - Position of weapon on cover
 - Tilt (head position and center of gravity)
 - Right vs. Left cover (guard substitutions)
 - Moves to cover forward, moves to cover backward
 - Vertical position change (kneeling, lying, sitting)
 - Horizontal cover - close and longer distance transfer changes (warp shift)
 - Slicing the pie - limited penetration (LP), footwork, search fire
 - Malfunctions
 - Transfers between covers and space overview
 - Buddy to buddy drills

Lesson 11 (+ review of previous lessons) Shooting drills, stages and scenarios

- Teamwork basics, moving between covers
- Shooting situations

Lesson 12 (+ review of previous lessons)

- Lowlight conditions with a rifle