

SAINTS GLOBAL

# ACTIVITY PLAN

## RIFLE SHOOTING

### INTELLECTUAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

#### THE CULMINATING EVENT

### The supervised range day

Between Sessions 3 and 4, each saint attends an approved rifle range under a certified instructor and range safety officer. He arrives with fitted eye and ear protection, follows every range command, fires multiple supervised groups from a supported position, analyzes his grouping, and cleans the rifle at the end. This is the field test for everything the four sessions prepare for.

OUTDOOR — AN APPROVED RIFLE RANGE, CERTIFIED INSTRUCTOR AND RSO PRESENT, PARENTS NOTIFIED

#### 4 SESSIONS IN THIS PLAN

## SESSION 1 · INTELLECTUAL CORE

⌚ 60 min target

# Safety culture and the law

*Build the safety culture before you ever touch a rifle.*

## SESSION AIM

Work the whole of Step 1 in one hour — what a projectile actually is, the four cardinal rules of firearm safety, the role of eye and ear protection, and the local and state laws every saint must know before the range day. Saints leave with the four rules memorized aloud, properly fitted PPE, and a one-paragraph written summary of the laws that apply to them.

## 🎯 WALK AWAY WITH

- Can explain projectile energy and why a rifle is only handled at an approved range
- Can say the four cardinal rules of firearm safety aloud, in order, without prompting
- Has eye and ear protection fitted and seal-checked, and knows the hygiene rule for lead exposure
- Has a written paragraph summarizing the local and state laws relevant to rifles, sourced from an official site

## 📦 BRING / SET UP

- A printed copy of the four cardinal rules of firearm safety (one per saint, plus a wall copy)
- Eye protection (safety glasses) and hearing protection (foam plugs and/or earmuffs), enough for every saint plus spares
- A baseball, a hammer, and a measuring tape — used to demonstrate energy and stopping distance, conceptually
- An inert training rifle or a clearly-marked dummy rifle for handling demonstrations only (no ammunition in the room)
- Printed access to the official state fish-and-wildlife or DPS firearms page (one per pair); pens and paper for the law summary
- BRC printouts and pens

## 🕒 THE HOUR

## BLOCK 1 · DISCUSSION Opener — Why a range, not a backyard

⌚ 5 min

Show the group a hammer and a baseball. Ask: 'Which one carries more energy when it's moving fast?' Then ask the same about a rifle round. A projectile's danger is its energy at distance — a rifle bullet still has lethal energy at a mile. That is why rifles only get fired at approved ranges, behind a real backstop. The whole session is built on that one fact.

## SESSION 1 · SAFETY CULTURE AND THE LAW (PAGE 2 OF 3)

## THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Walk the four rules aloud**

⌚ 15 min

1. Hand out the four-rules card. Read each rule aloud, one at a time. Have each youth read the rule back. The four rules are: treat every firearm as if it is loaded; never point the muzzle at anything you are not willing to destroy; keep your finger off the trigger until your sights are on target; know your target and what is beyond it.
2. For each rule, name what it asks of a saint in practice: open the action and confirm it yourself; hold the muzzle downrange or at the ground on every step; rest your finger straight along the receiver; identify both the target and the backstop before firing.
3. Then run the demonstration with the inert rifle. Pass it between two saints and have the receiver call any violation he sees aloud — sweep of the muzzle, finger on the trigger, action closed. Repeat until every pair runs the pass-off cleanly.
4. Close the block by going around the circle. Each youth recites the four rules in order from memory. Re-read if anyone hesitates. The goal is not speed — it is that the words come without thinking under pressure.

REQ 1A

REQ 1B

BLOCK 3 · SKILL PRACTICE **Fit the eye and ear protection**

⌚ 18 min

1. Lay out the PPE on a table: safety glasses, foam plugs, earmuffs. Walk the group through how each piece works — what it protects against, and what failure mode it has if fitted wrong.
2. Each youth fits eye protection first: full coverage at the sides, no gap at the brow, no slipping with movement. Pair up and check each other's fit.
3. Then fit ear protection. For foam plugs, roll the plug small, pull the ear up and back, insert deeply, hold while it expands. For earmuffs, full seal around the ear with no hair in the way. Plugs plus earmuffs is the better standard at most ranges.
4. Run the seal check: cup your hands over both ears and hum. The hum should not get louder. If it does, the seal is leaking. Refit.
5. Cover the hygiene rule plainly: lead exposure is real. No eating, drinking, or touching the face on the line. Wash hands with cold water and soap after every range session before any food. This is part of safety, not a comfort note.

REQ 1B

## SESSION 1 · SAFETY CULTURE AND THE LAW (PAGE 3 OF 3)

## THE HOUR — CONTINUED

## BLOCK 4 · CREATIVE Summarize the laws that apply to you

⌚ 17 min

1. Pair up. Each pair gets one printed access point to the official state firearms and hunting regulations page. Do not use general-web summaries — use the state's own site.
2. Each pair finds and writes plain answers to four questions on paper: (1) What is the minimum legal age in this state to handle a rifle under adult supervision? (2) What rifles or actions are restricted? (3) What is the rule on transporting a rifle in a vehicle? (4) What wildlife is legally hunted with a rifle in this state, in which seasons?
3. Each pair then writes a single paragraph summary — five to seven sentences — in their own words, citing the page they read.
4. Read each pair's paragraph aloud. Other saints flag anything that sounds wrong or hedged. The leader checks accuracy and asks each saint to name one law he previously did not know or had wrong.

## REQ 1C

## BLOCK 5 · REFLECTION Close — Step 1 marked

⌚ 5 min

1. Around the circle: each youth recites the four cardinal rules aloud, one final time, in order.
2. Each saint takes the four-rules card home and puts it somewhere visible. The card travels with him to Session 2 and to the range day.

## AT THE CLOSE · DEBRIEF

1. Which of the four rules is the one you are most likely to forget when you're nervous or distracted?
2. What law did you learn today that you had wrong before?
3. Where in your hand do you feel the foam plug seated correctly — and what does it sound like when the seal is right?

📝 Mark 1a, 1b, and 1c after this session. All of Step 1 is earned in-session and does not depend on range time.

## SESSION 2 · INTELLECTUAL CORE

🕒 min target · 60 authored

# The rifle, the cartridge, and the readiness plan

*Understand the tool, plan the day, know what to do when something goes wrong.***SESSION AIM**

Open the rifle and the cartridge conceptually — main parts, the firing cycle, what an inert round looks like inside — then write a personal range readiness plan and rehearse the response to a misfire, hangfire, or squib. Saints leave with a labeled parts diagram they can teach back, a one-page written readiness plan, and a verbal call-and-response for malfunctions that they have done aloud.

**🎯 WALK AWAY WITH**

- Can point to and explain the main parts of a rifle and a cartridge using a diagram
- Has a written personal range readiness plan covering gear, conduct, command compliance, and stress response
- Can describe the correct response to a misfire, hangfire, and squib without prompting
- Can name the moment in which uncertainty means stopping, not fixing

**📦 BRING / SET UP**

- Printed rifle and cartridge cutaway diagrams (one per saint)
- An inert training rifle or clearly-marked dummy rifle, plus one inert cartridge (snap cap) — for pointing to parts only
- Readiness Plan worksheets (one per saint) with sections for gear, conduct, commands, and stress responses
- A whiteboard or chart paper for the malfunction decision tree
- BRC printouts and pens

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — One thing you carry from last week**

🕒 5 min

Round the room, fifteen seconds each: 'Which of the four rules did you say aloud to yourself in the last week, and when?' The answers will be quick. The point is to confirm the rules have left the room and entered the saint's life. If anyone forgot, recite all four together before moving on.

## SESSION 2 · THE RIFLE, THE CARTRIDGE, AND THE READINESS PLAN (PAGE 2 OF 3)

## THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Inside the rifle and the cartridge**

⌚ 17 min

1. Hand out the diagrams. Walk the rifle parts together: stock, action, barrel, muzzle, trigger, trigger guard, safety, magazine or chamber, sights or scope. For each part, name what it does in one sentence.
2. Trace the firing cycle on the diagram: load, chamber, fire, extract, eject, cock. Do not demonstrate this on the inert rifle until each youth can name the steps in order from the diagram.
3. Walk the cartridge: case, primer, powder, projectile. Pass a snap cap or inert cartridge around so each youth can see the geometry. Name what each component does and why a misaligned primer or a damaged case is dangerous.
4. Teach back: each youth picks a part of the rifle or the cartridge and explains it to the saint next to him by pointing to the diagram, not by reciting jargon. The neighbor asks one question. The teacher answers from the diagram.

## REQ 2A

BLOCK 3 · CREATIVE **Write your range readiness plan**

⌚ 20 min

1. Hand out the Readiness Plan worksheet. The plan has four short sections — gear, conduct, command compliance, and stress responses — and fits on one page.
2. Gear: list what each youth will bring to the range day. Eye and ear protection (both, with backups), close-toed shoes, long sleeves, a brimmed hat, water, the four-rules card, the parts diagram, and any rifle or ammunition only as the instructor directs.
3. Conduct: write the behavior expectations in plain sentences. 'I follow every range command immediately. I keep the muzzle downrange or at the ground. I do not handle a rifle when the range is cold. I do not eat or touch my face on the line.'
4. Command compliance: list the standard range commands the youth expects and what each requires of him — for example, 'COMMENCE FIRING,' 'CEASE FIRE,' 'MAKE READY,' 'UNLOAD AND SHOW CLEAR,' 'RANGE IS COLD.' Confirm with the instructor before the range day whether these are the exact commands that will be used.
5. Stress responses: name three situations that might shake him — noise, waiting, a saint near him making a mistake — and write what he will do in each. The default is the same in all three: stop, breathe, keep the muzzle safe, ask the RSO.
6. Pair up and trade plans. Each youth spots one missing piece in his partner's plan and writes it in. Take the plan home and bring it back to Session 3.

## REQ 2B

## SESSION 2 · THE RIFLE, THE CARTRIDGE, AND THE READINESS PLAN (PAGE 3 OF 3)

## THE HOUR — CONTINUED

## BLOCK 4 · ROLEPLAY Rehearse the malfunction response

⌚ 13 min

1. On the whiteboard, draw the malfunction decision tree: hear or feel something wrong → stop → muzzle safe and downrange → finger off trigger → wait at least 30 seconds (longer if the instructor says) → signal the RSO → do not open the action until cleared.
2. Name the three you will train on. (1) Misfire: trigger pull, no shot. (2) Hangfire: trigger pull, delayed shot. (3) Squib: weak report or no report, projectile possibly lodged in the barrel.
3. Run the call-and-response. The leader calls out 'MISFIRE.' Every saint says aloud the response: 'Muzzle downrange, finger off trigger, wait, signal the RSO.' Repeat for 'HANGFIRE' and 'SQUIB' until every saint runs the response without hesitation.
4. Add the stress version. The leader calls a malfunction while two saints are mid-conversation or distracted. The whole group still has to respond correctly. Run this three or four times until distraction does not break the response.
5. Close the block with the rule that ties them together: when you are not sure what just happened, stop. Do not try to fix it. The RSO fixes it.

## REQ 2C

## BLOCK 5 · REFLECTION Close — Plan and rules at home

⌚ 5 min

1. Each saint reads his readiness plan one last time. If anything still feels vague, fix it before next week.
2. Confirm the date of the range day with the instructor — between Session 3 and Session 4. Each youth writes the date on the readiness plan now.

## AT THE CLOSE · DEBRIEF

1. Which part of the rifle did you have wrong before today, and what does it actually do?
2. What single line on your readiness plan are you least sure you will keep — and what would help you keep it?
3. Say the malfunction response aloud right now. Did you have to think about it, or did it come?

☑ Mark 2a, 2b, and 2c after this session. All of Step 2 is earned in-session.

## SESSION 3 · INTELLECTUAL CORE

🕒 min target · 60 authored

## Dry-fire, range commands, and lock the day

*Practice the fundamentals dry, rehearse the commands, lock in the range day.*

**SESSION AIM**

Run the five fundamentals one at a time in dry-fire, rehearse the range commands as call-and-response, and clean the rifle from start to finish using inert training aids. Saints leave with each fundamental practiced in isolation, the range commands learned aloud, the rifle cleaning procedure walked end to end, and the range day fully locked — date, transport, PPE, role with the instructor — on the readiness plan.

**🎯 WALK AWAY WITH**

- Has dry-fired each of the five fundamentals one at a time using an inert rifle and snap caps
- Can respond correctly to every standard range command without hesitation
- Has walked rifle cleaning end to end, with verbal safety checks at each step
- Has the range day locked: date, transport, PPE confirmed, instructor briefed, parent notified

**📦 BRING / SET UP**

- Printed five-fundamentals card (one per saint)
- Inert training rifle(s) or clearly-marked dummy rifle(s) with snap caps — one per pair if possible (no live ammunition)
- A penny or coin per saint (for the dry-fire trigger drill)
- Cleaning kit: rod, jag, patches, bore brush, cleaning solvent, lubricant, soft cloth — no live ammunition in the room
- Each saint's readiness plan from Session 2
- BRC printouts and pens

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — Six days out**

🕒 5 min

The range day is six days away. Round the room: each youth names one thing he has already done to be ready — gear confirmed, ride arranged, plan reread — and one thing he is still scrambling on. Write the scrambling list on the board. The session will close it before he leaves.



## SESSION 3 · DRY-FIRE, RANGE COMMANDS, AND LOCK THE DAY (PAGE 2 OF 3)

## THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Dry-fire the five fundamentals, one at a time**

⌚ 22 min

1. Hand out the five-fundamentals card. Walk the five aloud: aiming (sight alignment, then sight picture); breath control (fire in the natural respiratory pause); hold (bone support, relaxed muscle); trigger control (straight back, no surprise to the rifle); follow-through (stay on the sights through the break).
2. Set up the dry-fire line. Inert rifles only. Snap caps in place. Confirm chambers empty aloud. Targets pinned to the wall at a safe height. Muzzles in one direction.
3. Run each fundamental in isolation for two to three minutes. (1) Aiming only: hold the sight picture on the target. Eye focus on the front sight. (2) Breath only: settle the sight picture in the natural pause after a half-exhale. (3) Hold only: shift the body, not the grip, until the sights return naturally to the target. (4) Trigger only: balance a penny on the barrel; press the trigger straight to the rear without dropping it. (5) Follow-through only: dry-fire, then say aloud where the front sight was when the shot broke.
4. Combine. Each youth runs all five together for ten dry-fire shots. The saint beside him watches and calls one thing — only one — to fix. Switch.
5. Read the group diagnostic on the back of the card. Tight group, off center is good — sights need adjustment, fundamentals are working. Vertical stringing is breath. Low and left is trigger jerk. Saints carry this language to the range.

REQ 3B

BLOCK 3 · ROLEPLAY **Rehearse the range commands aloud**

⌚ 13 min

1. Stand the group up in a line. Name the standard commands the instructor will use on the range day. Walk through each: 'RANGE IS COLD' — no one touches a rifle, all rifles benched with actions open. 'MAKE READY' — load and prepare on the instructor's signal. 'COMMENCE FIRING' — engage targets. 'CEASE FIRE' — stop immediately, finger off trigger, muzzle safe. 'UNLOAD AND SHOW CLEAR' — open the action, remove the magazine, show the chamber empty.
2. Run it as call-and-response. The leader calls one command at a time, varying the order. Each youth acts the corresponding behavior with the inert rifle or with empty hands if there is no rifle in front of him.
3. Add the disagreement scenario. The leader calls 'COMMENCE FIRING.' Then, mid-action, calls 'CEASE FIRE.' Every rifle stops mid-motion, fingers off triggers, muzzles downrange. Repeat until the cease-fire response is immediate, without exception.
4. Close the block with the rule that holds it together: when the RSO speaks, the line obeys without question. That immediate obedience is what keeps the range safe.

REQ 3A

## SESSION 3 · DRY-FIRE, RANGE COMMANDS, AND LOCK THE DAY (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 4 · SKILL PRACTICE **Clean the rifle, end to end**

⌚ 13 min

1. Lay out the cleaning kit. No live ammunition in the room — confirm aloud. Each youth verbalizes: 'Magazine out. Action open. Chamber empty.' He checks visually and physically before any cleaning begins.
2. Walk the cleaning order together. (1) Clear the rifle. (2) Run a solvent-soaked patch through the bore from breech to muzzle if possible. (3) Run the bore brush through, same direction, several passes. (4) Run dry patches until they come out clean. (5) Lightly oil the bore and the wear points. (6) Wipe the exterior. (7) Reassemble. (8) Verify the rifle is unloaded one more time before storage.
3. Cover storage and transport briefly. At home: rifle and ammunition stored separately, both locked, out of reach of younger siblings. In a vehicle: cased, action open if law and range policy allow, in the trunk where local law requires.
4. Close the block with the rule: the rifle stays handled with the same care during cleaning and storage as it does on the line. Most accidental discharges at home happen during cleaning, after the saint thought the rifle was clear.

## REQ 3D

BLOCK 5 · REFLECTION **Close — Range day: when, where, who, what**

⌚ 7 min

1. Walk each saint's readiness plan one more time. Confirm: date and arrival time at the range, ride arranged, PPE in the bag (eye protection, two kinds of ear protection), four-rules card and five-fundamentals card in the bag, water, food eaten before arrival (not on the line).
2. Confirm the rifle situation: which rifle each saint is using (his own under instructor approval, a club rifle, or the instructor's), and how the rifle and ammunition will be transported and by whom.
3. Parents notified. The instructor has the roster. The leader confirms aloud that every saint has the date, the time, the address, and the contact number for the instructor.
4. Each youth reads the date out loud. Then the four rules, in order, one more time as a group. The next time these are said aloud will be on the line.

## AT THE CLOSE · DEBRIEF

1. Which of the five fundamentals did you find hardest to isolate in dry-fire, and what does your group on a target look like when that one slips?
2. Which range command do you think will hit you the hardest in the moment — and what is your move when it does?
3. What single thing about the range day is still unclear to you right now, before you leave the room?

☑ *Mark 3b (dry-fire half) and 3d after this session. Do not mark 3a, the live-fire half of 3b, or 3c now — those are earned at the range day and the leader marks them at the event itself, verified in Session 4. Confirm every saint has his date, ride, PPE, and instructor contact.*

## SESSION 4 · INTELLECTUAL CORE

🕒 min target · 60 authored

## Range report, stewardship, and BRC sign-off

*Review the range day, name the next supervised step, and sign off the badge.*

**SESSION AIM**

The review session after the range day. Saints present what they actually fired and learned, verify their groups against the five fundamentals, discuss how restraint and obedience to the RSO shaped what happened on the line, and connect responsible rifle handling to one supervised, lawful next step. The session ends with the BRC signed and the rifle cleaning verified once more if any saint still needs it.

**🎯 WALK AWAY WITH**

- Has presented his range targets and named which fundamental shaped each group
- Has named one concrete moment on the line where restraint mattered
- Has named one supervised, lawful next step in rifle shooting or a related field
- Has a signed BRC

**📦 BRING / SET UP**

- Each saint's range targets from the range day (kept by the instructor or carried home)
- The five-fundamentals card and the four-rules card
- Each saint's readiness plan from Sessions 2 and 3, marked up after the day
- BRC printouts (final review) and pens
- Half-sheets for the reflection step in the close

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — Range day report**

🕒 5 min

Go around the circle. Each saint answers in one sentence: what was the range day like? Do not comment or compare; let each saint name his version. The answers usually range from 'harder than I thought' to 'I was surprised how quiet I got.' Listen for what is hard to say.

## SESSION 4 · RANGE REPORT, STEWARDSHIP, AND BRC SIGN-OFF (PAGE 2 OF 3)

## THE HOUR — CONTINUED

BLOCK 2 · CREATIVE **Read your targets**

⌚ 18 min

1. Each saint lays his targets out in front of him on a table or on the floor. Saints whose targets stayed at the range bring a phone photo or a written description from the instructor.
2. Each youth picks one group and reads it aloud to the room. He names: what fundamental he thinks shaped that group (tight off-center = sights, vertical = breath, low-left = trigger jerk, scattered = combination), and what he tried next.
3. If sight adjustment was permitted at the range, each saint explains the move he made — windage and elevation, direction and amount — and what happened on the confirmation group. If adjustment was not permitted, he explains what he would have done and why.
4. The group asks one question per saint. The leader listens for whether the reasoning is real or borrowed. Reasoning matters more than the mechanical adjustment.

REQ 3B

REQ 3C

BLOCK 3 · REFLECTION **Conduct on the line**

⌚ 14 min

1. Pair up with a saint who was on the line next to you on the range day. Six minutes each — one talks, the other listens. No advice and no comparing. Each youth describes one specific moment where he felt the pressure on the line and what he did. Examples: a command came faster than he expected; his finger drifted to the trigger before he meant to; a saint near him made a mistake and he had to stay in his own lane; he wanted to take a shot he was not sure of.
2. Switch and repeat for six minutes.
3. Come back to the circle. Each saint names one thing — one — that he did right that he was not sure he would do. The leader writes nothing down here. This block is about putting language on what restraint actually looked like.

REQ 3A

REQ 4A

## SESSION 4 · RANGE REPORT, STEWARDSHIP, AND BRC SIGN-OFF (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 4 · DISCUSSION **Stewardship and a real next step**

⌚ 15 min

1. Open with a scenario. A saint your age, not in this group, is handling a rifle carelessly at a family gathering — pointing it without checking the action, finger near the trigger. What do you do? Walk it together for three minutes. The answer is some version of: speak up, step back, get an adult, do not pretend it is fine.
2. Then turn the room to stewardship. A rifle puts real consequences in a saint's hands. Most of what the four sessions have built — the rules, the commands, the patience, the practice — is so that those consequences are handled with care, lawfully, and under authority. Saints who carry that discipline carry it into hunting, sport, and any career that uses these skills.
3. Name a real next step. Each youth names one supervised, lawful pathway he could pursue: a hunter education course, a competitive shooting league, a state-park youth marksmanship program, a future career path that uses these skills under authority (military, law enforcement, conservation, sport coaching). The step must be supervised, lawful, and one he could actually take in the next year.
4. The leader listens for tone. If the answer drifts toward bravado or fascination, redirect to the saint's actual circumstances and the supervised path that fits them.

REQ 4A

REQ 4B

BLOCK 5 · REFLECTION **BRC sign-off**

⌚ 8 min

1. Walk the BRC with each saint one at a time while the rest of the group cleans up. Confirm each requirement against the range day notes from the instructor and the session record.
2. For 3a, 3b, and 3c, confirm against the instructor's notes — the saint maintained safety discipline from arrival through departure, applied the five fundamentals during live fire, and fired and analyzed supervised groups from a supported position. If the instructor flagged anything outstanding, write the dated re-do plan on the BRC.
3. Final sign-off when the BRC is complete. Hand the four-rules card back to the saint as he leaves. The card stays with him.

## AT THE CLOSE · DEBRIEF

1. What is the one range command that hit you hardest on the day, and what did you actually do in your hands and your eyes when it came?
2. Where in your group did the fundamental you trained least show up — and what would you change in next time's dry-fire?
3. What is the supervised next step you named, and what is the first thing you have to do to actually take it?

✓ *Mark 3a, 3b (now complete), and 3c after the targets block — these were earned at the range day and verified here. Mark 4a after the conduct-on-the-line block and 4b after the stewardship block. Anything outstanding gets a dated deadline on the BRC; final sign-off completes when the remaining work is submitted.*

HANDOUT 1 OF 2

FROM SESSION 1 — WALK THE FOUR RULES ALOUD

# The Four Cardinal Rules of Firearm Safety

Hand out at the start of Session 1. Saints carry it to every dry-fire block and to the range day.

## RIFLE SHOOTING · FIELD CARD

### Know the four rules before you handle a rifle.

Any one of these, broken, makes the next one matter. All four, kept, makes the range safe.

#### THE FOUR RULES

say each aloud · in order · before the line

#### 1 Treat every firearm as if it is loaded.

No exceptions for what you saw the last person check.

##### WHAT THIS ASKS

Open the action and confirm it yourself.  
Verbalize: "action open, chamber empty."

##### WHAT IT CATCHES

A friend hands you a rifle and says  
"it's clear." You check anyway.

#### 2 Never point the muzzle at anything you are not willing to destroy.

The muzzle is always pointed somewhere. Choose where.

##### WHAT THIS ASKS

Hold the muzzle downrange or at the ground  
on every step, every turn, every pass-off.

##### WHAT IT CATCHES

You turn to ask a question and the  
barrel sweeps the saint beside you.

#### 3 Keep your finger off the trigger until your sights are on target.

The trigger is the last decision, not the first.

##### WHAT THIS ASKS

Rest your finger straight along the receiver  
until the moment you decide to fire.

##### WHAT IT CATCHES

You stumble or are startled. A finger  
resting on the trigger fires the rifle.

#### 4 Know your target and what is beyond it.

A bullet does not stop because the target did.

##### WHAT THIS ASKS

Identify the target. Identify the backstop.  
If either is unclear, do not fire.

##### WHAT IT CATCHES

A target on a ridgeline with houses  
behind it. The shot is not yours to take.

**Say the four rules aloud, in order, every time you pick up a rifle.**

Range commands sit on top of these rules. The commands vary by range; the four rules are the same everywhere.

Print this handout for in-person reference during session 1 — walk the four rules aloud.

*Hand out before dry-fire. Saints carry it to the range day for self-diagnosis between groups.*

Run them one at a time in dry-fire until each is automatic. Combine them slowly on the line.

in order · one shot at a time

**WHAT TO FEEL** Eye focus on the front sight, not the target.

**WHAT TO FEEL** No chest motion lifting the sights up and down.

**WHAT TO FEEL** Sights return to the target when you blink and re-aim.

**WHAT TO FEEL** The break should mildly surprise you, not your shoulder.

**WHAT TO FEEL** Sights still aligned a half-second after the shot.

**TAL** tight group = good: off-center = sights: loose = fundamental



**Change one variable between groups so you know which fundamental moved the shot.**

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