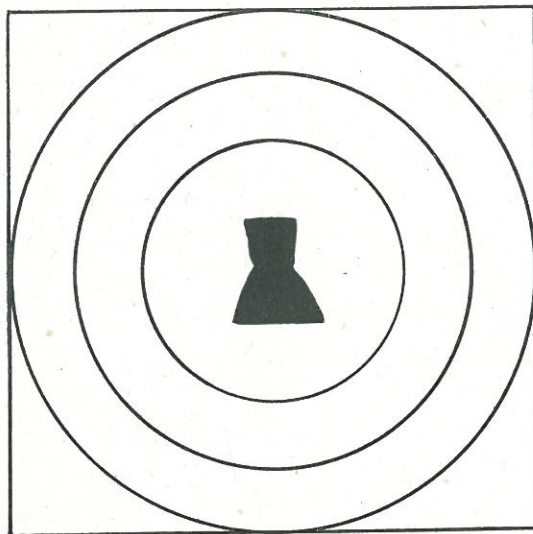


SPECIMEN RECORD SHEET



PRACTICE	H.Ps	RANGE	SCORE		TOTAL	DATE
			SIZE	M.P.I.		
GROUPING						
APPLICATION						
SNAP SHOOTING						
GRAND TOTAL						

NAME AND UNIT.....

RIFLE No.TYPE.....

RANGE SAFETY PRECAUTIONS.

An Officer should be placed in charge of any men who are using a range for live firing practice.

Accidents are avoided by strict range discipline and it will be his duty to ensure that the following regulations are carried out.

1. Dummy cartridges must not be brought to a live firing range.
2. Only those men who are about to fire will be on the firing point. The remainder will be at least 20 yards in rear.
3. Rifles will be inspected immediately before and after firing. For this purpose muzzles to be pointed towards the stop butts.
4. A red flag to be placed at the firing point. When lowered, it indicates that firing may be or has commenced. When raised, no firing to take place.
5. Rifles must not be loaded until the man is in the lying position with muzzle pointing towards the target. Words of command for this " Adopt the lying position "—" Load." Ammunition must not be issued until the men are on the firing point.
6. When firing has finished give order "Unload." Men unload and stand up. Inspect rifles.
7. Before moving to the targets the rifles to be laid on the firing point with the **breech open**.
8. The red flag to be then raised and men will not move forward until they receive the order.
9. On the completion of firing inspect all rifles and check up all ammunition.
10. Clean rifles.

BAYONET TRAINING INSTRUCTION.

Object.—To develop the offensive spirit and to teach the best methods of offence and defence. Useful for close quarter fighting; night fighting; clearing villages and woods and when it is necessary to kill without noise.

Provided the principles of training are carried out, standardised positions and actions are not desirable and each man should be encouraged to develop his own style.

On Guard.—Demonstrate and explain :—

Throw the rifle forward, bayonet leading, and grip it tightly with the left hand at the band and right hand at the small of the butt. At the same time advance the foot a walking pace forward. Left knee and left arm slightly bent, right leg straight and body leaning forward. Butt resting on the right forearm and close to the body. Rifle upright and bayonet pointing in the direction of the opponent's throat.

Rest Position.—Place the butt of the rifle between the feet.

Class practise in two ranks facing inwards.

High Port.—Demonstrate and explain :—

From the position of attention bring the rifle in front of body, magazine to the front and muzzle pointing over left shoulder. Hands in the same position as "On Guard" with right hand in line with waist belt.

Class practise "High Port" and "On Guard."

NOTES.—

1. When changing from "High Port" to "On Guard" and vice versa the class will always advance and not move backward.
- 2 To change over, ranks pass through each other at the "High Port," turn about and come "On Guard."

Point at Standing Dummy.—From the "On Guard" position, with the point of the bayonet about a foot from the dummy. Demonstrate and explain :—Use the left hand to guide the bayonet. With a vigorous movement and using the full weight of the body, thrust the rifle forward until the bayonet penetrates. During this movement the grip on the rifle must not be released, and the butt should not be raised. Withdraw the rifle until the bayonet is clear of the dummy and immediately return to the "On Guard" position with the bayonet pointing at the throat. On the command "Pass Through" move to the left and forward until clear of the dummy, turn about and rest.

Class practise.

Advancing Point.—From the "On Guard" position with the point of the bayonet about three feet from the dummy. Demonstrate and

explain :—Make a point as before and at the same time advance the rear foot. To assist in withdrawing it may be necessary to slip the left hand up the rifle. Then advance the rear foot and return "On Guard" on the left foot of the dummy and pass through.

Class practise.

Advancing Point at Ground Dummy.—From the "On Guard" position with the point of the bayonet about three feet from the ground dummy. Demonstrate and explain :—The point is made as at the standing dummy. To withdraw, slip the left hand up and place the left foot on the dummy. Return "On Guard."

(NOTE.—If another point is to be made at the standing dummy, the rifle is not brought to the "On Guard" position in between the two points. The second point is made from the "Withdraw" position).

Class practise two points.

Jab.—From the "Withdraw" position at the standing dummy. Demonstrate and explain :—Place the right hand just below the left hand, lower the butt and advance the rear foot. The body should now be in a crouching position with the feet together, the butt just clear of the ground and the point of the bayonet below the throat of the dummy. With an upward movement of the body, make a jab at the throat, withdraw, come "On Guard" on the left of the dummy, and pass through.

Class practise the jab.

Class practise two points and jab.

As proficiency increases these points should be made at the walk and then at the double.

Training Stick.

- (i) The training stick may be introduced at any time after the man has been taught a point and should be used at the end of each period as a quickening exercise.
- (ii) The class can practise in pairs, one with rifle and one using training stick or the instructor may form the class in a circle and himself use the training stick.

- (iii) Accuracy and correct actions with the rifle and training stick must not be sacrificed for speed.
- (iv) The training stick is held as in the "On Guard" position with the 'blob' forward and the 'ring' to the rear.
- (v) The ring to be kept upright, and when brought to the side, indicates that a point is to be made at it.
- (vi) All points will be made advancing and after making a point the man will cross over at the "High Port," turn about, and come "On Guard."
- (vii) When using the training stick do not move the hands. To place the ring on the left, bring the left foot to the rear, turn the body to the left and bring the 'blob' to the rear.
- (viii) To practise a 'jab,' bring the 'blob' over the left shoulder. This will bring the ring forward and it should be placed in front of the man's body and about the height of his shoulder.

PARRIES.

Object:—To teach how to ward off an opponent's bayonet and to create an opening for offensive action. Explain that the 'blob' on the training stick represents an opponent's bayonet.

Instructor with training stick and one man with rifle demonstrate :—

1. RIGHT PARRY AND KILL.

Actions of Instructor.

- (i) Training stick held in the "On Guard" position with the 'blob' about one foot away from the man's bayonet.
- (ii) Make a vigorous STATIONARY point at the man's right shoulder, at the same time releasing the training stick with the left hand, and allowing the right arm to go as far forward as possible.
- (iii) When the training stick is parried, allow the 'blob' to fall to the ground.

Actions of Man.

- (i) When the point is made with the training stick, parry it off to the right by quickly straightening the left arm.

- (ii) Immediately bring the point of the bayonet back to the instructor's body, make a STATIONARY point, withdraw and return "On Guard."

Class practise in pairs.

2. LEFT PARRY, BUTT STROKE AND KILL.

A little wider movement is necessary to make this parry. This brings the point of the bayonet off the opponent's body and would allow him to get inside the guard. It is, therefore, not possible to follow up this parry with a point.

Instructor with training stick and one man with rifle demonstrate :—

Actions of Instructor.

- (i) From the "On Guard" position make a point at the man's left shoulder, using the training stick as in the right parry.
- (ii) When it has been parried, STEP BACK, and place the ring on the right side and near to the ground ready for a point.
- (iii) After the point has been made bring the training stick to the "On Guard" position and face the man.

Actions of Man.

- (i) Parry the training stick off to the left.
- (ii) Make a butt stroke by stepping in with the rear foot, swinging the rifle round and bringing the bayonet over the left shoulder. During this movement the opponent would have been hit in the face by the toe of the butt.
- (iii) Make a point at the ring, withdraw, return "On Guard" and pass through.

Class practise in pairs.

DISARMS.

1. Man with rifle makes a STATIONARY point at Instructor's right shoulder.

Demonstrate and explain :—

- (i) Ward off the bayonet to the right with the left hand and step inside opponent's guard.

The Home Guard Pocket Manual

- (ii) Place both hands underneath the rifle and with the thumbs underneath and fingers on top, grip tightly the man's left hand.
- (iii) Turn the body to the right and place the left foot behind the man's forward foot.
- (iv) Still gripping the man's hand tightly, twist the rifle sharply to the right and at the same time trip him with the left foot.
- (v) Take the rifle from him and kill.

Class practise in pairs.

2. Man with rifle makes a STATIONARY point at the instructor's left shoulder.

Demonstrate and explain :—

- (i) Ward off the bayonet to the left with the right hand and step inside opponent's guard.
- (ii) Place the left hand underneath the rifle and with the thumb to the left and the fingers on top, grip tightly the man's left hand.
- (iii) (a) Give the left elbow a hard blow with the right fist.
(b) Grip the elbow and turn it sharply over.
(c) Place the hand on the rifle under the man's arm. Bring the right arm up sharply to the man's elbow.
- (iv) Take the rifle from him and kill.

Class practise in pairs.

NOTES :—

- (i) When practising 2 (iii) (a), (b), (c), care must be taken that the movements are not too vigorous or injuries will occur.
- (ii) On active service the success of a disarm depends on quickness and surprise.
- (iii) It should be explained that the feet, knees and fists would be used, i.e., in 1 (iii) above, instead of placing the left foot behind the opponent's foot, a vigorous backward kick would be much more effective.

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TEAM EXERCISES AND ASSAULT PRACTICES.

Exercises should be introduced during training which will :—

- (i) Inculcate the team spirit, combined with dash and determination.
- (ii) Bring in the use of the bullet and bayonet.
- (iii) Practise the Section Commanders in controlling their Sections throughout the assault.

EXAMPLES :—

No. 1.

Two Sections in extended order about 100 yards apart and facing inwards.

Each Section Commander orders "load"—"200"—5 rounds—"Fire"—"Stop"—"Prepare to Advance"—"Advance."

Sections advance at a steady double at the "High Port" until about 20 yards apart when they will come "On Guard," pass through, halt in the direction they are facing and be given another fire order.

No. 2.

A trench or screen to represent the starting point.

A few lines of ground and standing dummies, placed out on rough ground and the final line of dummies at the base of a ramp, if possible.

Blank ammunition if available.

The exercise to be tactically sound and a realistic picture painted.

A fire order given at the start and finish.

RESPIRATOR DRILL.

SLUNG POSITION.

The respirator when slung should be the last item of equipment to be put on.

Respirator slung over right shoulder, haversack on left side, press studs fastened and next to body.

ALERT POSITION.

Normal position when the respirator is put on before equipment. From the slung position. Slip the left arm through sling, and bring haversack in front of body. Undo press studs, withdraw cord and pass through "D" on right side of haversack.

Either (i) Raise haversack and allow sling to fall down back. Pass cord through sling and fasten to "D" on left side of haversack. Fold over flap towards body but do not fasten.

Or (ii) Fasten hook on left side of haversack to loop on left side of sling. Pass cord round body and fasten to "D" on left side of haversack. Fold over flap towards body, but do not fasten.

TO ADJUST RESPIRATOR.

Push back steel helmet so that the chin strap is round the neck. With right hand withdraw face piece and hold it in front of face with the thumbs inside the elastic bands. Dig chin into face piece and bring head harness over the head. Run fingers round to ensure that it is fitting correctly. Replace steel helmet. Breathe out hard once or twice to clear respirator of any gas.

TO REMOVE FACE PIECE.

Take a deep breath. Insert fingers of right hand between face piece and cheek and sniff gently.

If Gas Present.—Remove fingers and breathe out hard.

If Gas Not Present.—Push back steel helmet. Remove face piece with an upward movement. Replace steel helmet. Fold in forehead portion of respirator so that it separates eyepieces, return to haversack and fold flap over.

STEN MACHINE CARBINE. (See page 30.)

GENERAL DESCRIPTION.—This weapon can fire all types of 9 mm. round nose ammunition. It is fed by a box type magazine which holds 32 rounds. The gun can be fired from the shoulder or hip and the fixed backsight enables accurate shooting up to a range of 100 yds. Although provision is made for automatic and single shot firing the change lever should be set at A. The pressing and releasing of the trigger should be regulated when single shot firing is necessary. Safety is ensured by cocking the breech block and engaging the cocking handle in the short slot in the top of the casing.

To Load.—Pull back the cocking handle and engage it in the "safety" slot. Insert a loaded magazine into the opening on the left side of the carbine and ensure that the magazine catch engages correctly.

To Prepare for Firing.—Ensure that the finger is off the trigger. Pull the cocking handle from the "safety" slot and allow the breech block to go forward until held by the sear. The weapon is now ready to fire.

Holding.—Do not hold the magazine. The correct grip with the left hand is the barrel nut. No appreciable heat is felt in the barrel nut until after 8 magazines have been fired continuously in short bursts. Keep the fingers clear of the ejection opening.

Firing.—Firing will continue as long as pressure is maintained on the trigger or until the magazine is emptied.

To Unload.—Release the magazine catch, remove the magazine and press the trigger.

Care and Cleaning.—Normal cleaning should be carried out. The barrel can be cleaned with a rifle pull-through but must be removed first, as the pull-through weight is too long to go through the ejection opening. The weapon is designed to operate without the use of oil and must be dry for firing. For storing the barrel and breech block should be oiled.

Stoppages.—If the gun stops apply the following action.

- (i) Cock the gun and put at safety.
- (ii) Remove the magazine and any live round or empty case which may lie in the casing.
- (iii) Press the trigger and cock the gun.
- (iv) Change the magazine and continue firing.

If the stoppage persists unload the gun, examine the breech block face for dirt and the mechanism for damaged or broken parts.

Mechanism.—On pressing the trigger the return spring forces the breech block forward. A cartridge is placed in the chamber and fired. Part of the explosive force drives the breech block to the rear. This action ejects the empty case and compresses the return spring. This action will continue as long as there are rounds in the magazine and the trigger is pressed. When the trigger is released the breech block is held to the rear. The weapon is loaded and ready to fire.

·300 BROWNING AUTOMATIC RIFLE. (See page 31)

GENERAL DESCRIPTION.—The rifle is an automatic weapon operated by gas and spring. There are three sizes of gas port denoted by three circles on the head of the regulator. The setting should be that which gives the most reliable functioning, normally the smallest. The circle required should be uppermost towards the barrel. The rifle is capable of a high rate of accurate fire when used as a single shot weapon. Owing to the difficulty of holding the rifle when firing bursts these should be used only in an emergency. A change lever is placed on the rifle which can be set at A for automatic, S for safety or F for single shot firing.

The magazine holds 20 rounds.

Magazine Filling :—Hold the magazine in the left hand with the rib away from the body. Place the cartridge in singly on the magazine platform with the right hand and press downwards and backwards with the thumb of the left hand.

To Empty.—Press each round forward with the point of a bullet.

Loading.—This can be carried out in any convenient position. When standing, hold the small of the butt with the right hand and rest the butt in the groin. Place the magazine in with the left hand and force upwards until it engages. Pull back the cocking handle and push it forward. Place the change lever at S if not firing.

Unloading.—Press the stud in the front part of the trigger guard and remove the magazine. Put the change lever to F or A and press the trigger.

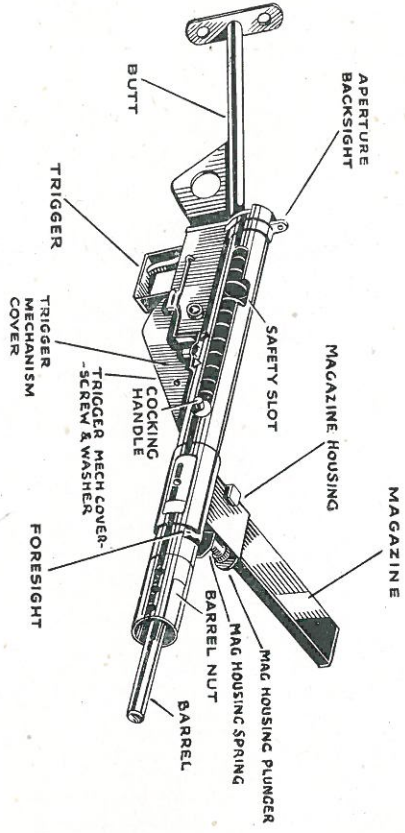
Sighting.—The aperture battle sight is accurate for distances up to 400 yds. The adjustment of the leaf sight and the method of aiming is the same as with the P17 rifle.

Firing.—Set the change lever according to the type fire required. There is only one pressure on the trigger and when firing single shots the trigger must be completely released after each shot. Single shots can be fired as rapidly as the trigger can be pressed and released.

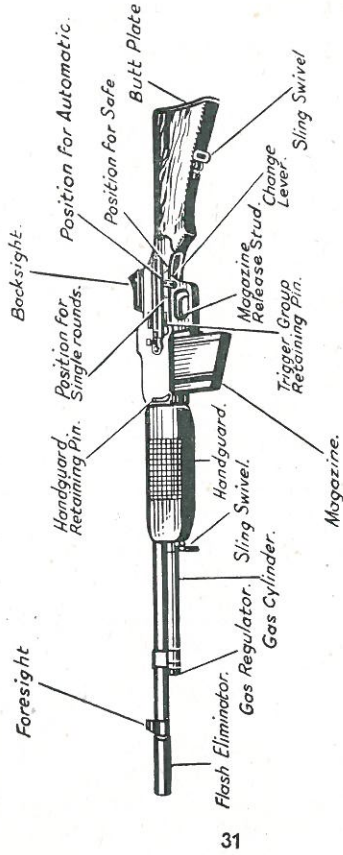
Stoppages.—If the rifle stops apply the following action. Cock the rifle. Remove the magazine. Press the trigger. Change the magazine if empty. Load and fire. If the rifle will not fire; unload and examine for obstruction in the body or chamber. Should faulty extraction or ejection occur the gas regulator must be adjusted to the next largest hole. The rifle should be cleaned at the first opportunity, paying special attention to the gas affected parts.

Mechanism.—On pressing the trigger the return spring forces the piston and bolt forward. This action takes a cartridge from the magazine into the chamber, locks the breech and fires the cartridge. Some of the gases following the bullet pass through the gas vent into the gas cylinder and force the piston and bolt to the rear. This action unlocks the breach, extracts and ejects the empty case and compresses the return spring. The backward and forward action will continue as long as there are rounds in the magazine and the trigger is pressed. When the trigger is released or when the change lever is set to F the moving parts are held to the rear. The rifle is loaded and ready to fire.

STEN MACHINE CARBINE.



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.300 BROWNING AUTOMATIC RIFLE.

TESTS OF ELEMENTARY TRAINING

Object :—

- (i) To set a standard which men can reach by practising in their own time.
- (ii) To enable leaders to determine when men have reached a sufficient standard to be classified as trained.
- (iii) By periodical testing to ensure that trained men have retained their efficiency.
- (iv) To give leaders a guide as to what points of training require further practice.

NOTES :—

- (i) For tests 2 and 6 dummy cartridges should be used. For the remaining tests care must be taken that the rifle is **NOT LOADED** and that dummy cartridges are **NOT** used.
- (ii) The conditions of the test must be adhered to strictly.

No. 1. General Knowledge.

Questions framed to bring out :—

Location of Bn., Coy., and Pl. Headquarters. Position of vital points such as Post Office, Police Station, Elec. Works, etc., near man's post. Nearest route from the post to various Hdqrs. Alternate routes to various points if main routes become impassable. Procedure for challenging, searching and detaining persons acting suspiciously. What kit to bring and place of assembly in case of alarm.

No. 2. Firing Positions.

Men tested in loading and firing the rifle in all firing positions. Those who commit serious faults will fail. The points to note which are given on pages 8-11 and 33-38 will serve as a guide to the examiner



POINTS TO NOTE.	LYING. LOADING POSITION.	REASONS.
Legs apart	Steadiness.
Heels flat	No undue exposure.
Firm grip with both hands	Control.
Forefinger clear of trigger	Safety.
Watching front	Keep target in view.



USE OF COVER. SMALL FOLD IN GROUND.
No undue exposure. Watching front.



LYING. AIMING POSITION.

POINTS TO NOTE.	REASONS.
Left wrist and forearm under rifle	Support.
Rifle held firmly into shoulder	Control and steadiness.
First pressure taken.	
Body is oblique	To get the left arm well forward



LYING. FRONT VIEW.
Note position of elbows, hand and left wrist and forearm.



LYING. AIMING POSITION.

POINTS TO NOTE.	REASONS.
Eye well back from cocking piece.....	To allow quick re-loading.
Firm grip with both hands.....	Control.
Left hand well forward	Support.
First joint of forefinger round trigger	To press trigger.
Cheek resting on butt	Steadiness in aiming.



KNEELING. LOADING POSITION.

POINTS TO NOTE.

Right knee turned outwards	} Steadiness
Sitting on right heel	
Body evenly balanced	
Left forearm resting on left knee	} Support. Safety. To get left hand forward.
Muzzle pointing upwards	
Body oblique.....	

REASONS.



SITTING. LOADING POSITION.

Legs apart. Feet firmly fixed into ground. Both arms rested.