

PINOLE  
16-HOUR BASIC PATROL RIFLE OPERATOR COURSE  
HK MP-5 / AR15  
EXPANDED COURSE OUTLINE

**I. DAY ONE: Classroom**

**A. REGISTRATION/ORIENTATION**

1. Administrative Duties:
  - a. P.O.S.T. Rosters
  - b. Course Roster
2. Facilities:
  - a. Location of Restrooms
  - b. Water
  - c. Restaurants and other Services
  - d. Housekeeping

**B. INTRODUCTIONS**

1. Instructors should state the following:
  - a. Time in law enforcement
  - b. Time in firearms training
  - c. Specialty training and assignments
2. Students should state the following:
  - a. Time in law enforcement
  - b. Familiarity with rifle, if any
  - c. Any prior rifle training (i.e., military, SWAT, etc.)
  - d. What they expect from this Basic Patrol Tactical Rifle Course
3. Encourage the appropriate learning environment:
  - a. “Knowledge is a barrier to learning” - A. Normandy  
The best way to motivate adult learners is simply to *enhance* their reasons for enrolling and *decrease* the barriers. Instructors must learn why their students are enrolled...
  - b. “I know that I do not know.” – Aristotle
  - c. “I am not ashamed to confess that I am ignorant of what I do not know.” — Marcus Tullius Cicero

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**C. SAFETY DISCUSSION**

1. Firearms Safety Rules
  - a. Rule 1: All guns are considered loaded at all times and should be treated as such.
  - b. Rule 2: Keep the muzzle pointed in a safe direction.
  - c. Rule 3: Keep your finger off the trigger and out of the trigger guard until ready to fire.
  - d. Rule 4: Be sure of your target and beyond.

2. Classroom Safety Rules

Rifle Condition

- a. Fire control selector on safe
- b. Magazine removed from magazine well
- c. Bolt carrier held to rear by bolt catch
- d. Charging handle pushed forward into locked position (AR15)
- e. Chamber empty
- f. Magazines empty

Classroom Weapons Safety Check

- g. Come to a standing position with rifle in depressed muzzle hold
- h. Visually and physically ensure weapon chamber is empty
- i. Show weapon to officers on left and right sides, who will also visually and physically ensure weapon chamber is empty
- j. Show weapon to Instructor who will repeat the visual and physical chamber check
- k. Weapon is now considered safe and may be used for the classroom or other training
- l. Examine proving/dummy rounds to ensure they are not actual ammunition.
- m. Show to other officers to insure proving/dummy round is being used and not actual ammunition.

**NO LIVE AMMUNITION IN CLASSROOM!!!**

**NO LOADED MAGAZINES IN CLASSROOM**

**Only proving/dummy rounds** may be used for classroom training.

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3. A copy of the Pinole PD Safety Policy shall be made available to all students participating in this course.
4. Other Safety Considerations:
  - a. If a student “sweeps”, “covers”, or “lasers” anybody with the muzzle of his/her rifle, s/he will be warned the first time, and EXPELLED from the course for a second violation.
  - b. Eye and ear protection must be worn at all times during live fire exercises and demonstrations.
  - c. No live ammunition is allowed in the classroom at anytime!
  - d. All student rifles must have a chamber flag installed at all times except for live firing of ammunition and maintenance.
  - e. All personnel should wash their hands, face and clothing after firing or cleaning weapons.

**\*\*\* SAFETY RULES WILL BE REPEATED AFTER EVERY BREAK\*\*\***

**D. BACKGROUND / COURSE EXPECTATIONS**

1. The Instructor will advise the class of how the course came into being, how it was developed, and who has sponsored it.
2. Upon completion of the course, all students should achieve the following expectations:
  - a. **SAFETY AWARENESS AT ALL TIMES**
  - b. Students should be proficient in the use of the police pistol.
  - c. Be able to identify all major parts of the rifle.
  - d. Have a basic understanding of the rifle’s inherent capabilities and limitations.
  - e. Demonstrate proficiency when loading, unloading, clearing malfunctions, safe movement with, and firing the rifle.
  - f. Demonstrate proficiency in disassembly (field-stripping), cleaning and reassembly of the rifle.
  - g. Demonstrate proficiency in the safe carrying, retaining and controlling the rifle via the use of the rifle sling (2 or 3-point slings and variants strongly recommended)
  - h. Demonstrate proficiency in transitioning from rifle to pistol, and

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- from the pistol back to the rifle.
- i. The ability to pass the Pinole Police Department Qualification Course with a score of 70% or better.
3. The Lead Instructor will advise the students that this course is designed to provide fundamental safety and operating techniques for the MP-5 and AR15 type patrol rifle.

**THIS BASIC COURSE IS:**

- a. **NOT** about current law or individual agency policies
- b. **NOT** an Armorer's Course
- c. **NOT** an Advanced Rifle Course
- d. **NOT** a SWAT Rifle Course

**E. WEAPONS DEVELOPMENT**

1. The Instructor will provide a brief overview of the use of the rifle in law enforcement.

The majority of all armed encounters in law enforcement occur within 100 yards. Handgun training often includes shots out to 50 yards, and some exceptional shooters can demonstrate consistent accuracy out to 100 yards. The patrol rifle is not just for long range shooting, it is the most effective weapon available to the officer from 300 yards all the way down to arm's length.

2. Advantages / Disadvantages of the Patrol Rifle vs. Pistol.

The rifles wound ballistics, ease of operation, accuracy, and high magazine capacity clearly make it the superior choice over the handgun, shotgun, or pistol-caliber carbine.

Minimally, the Instructor should cover the following rifle advantages:

- a. Accuracy
  - Capable of delivering consistent accuracy to 300 yards (100 yards MP-5)
- b. Distance
  - 0 - 656 yards (5.56mm)
- c. Firepower (defined as magazine capacity)
  - 20 and 30 round magazines
- d. Barrier / Soft Body Armor Penetration

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- Patrol Rifle ammunition tends to over-penetrate LESS in objects than pistol ammunition.
  - Patrol Rifle ammunition tends to expand / fragment more dramatically and consistently, without over-penetration.
3. North Hollywood Bank Robbery Video
    - a. Students will view a portion of the video. Suspects using high power rifles, patrol officers using 12ga and handguns. SWAT ends it with an MP-5.
    - b. Instructors will discuss the aftermath of the incident.
  4. Agency Use of Force Policies
    - a. Use of Force Options
    - b. Department Policy
    - c. Supporting Case Law
    - d. Use of Force Reporting Requirement

**F. CHARACTERISTICS AND CAPABILITIES**

1. The Heckler and Koch MP-5 is a 9mm, recoil-operated sub-machinegun, with stationary barrel and delayed roller locked bolt system. The weapon is shoulder fired and
  - a. Magazine fed (30 round)
  - b. Fire Control; Trigger group capable of firing 0 (safe), 1 round (semi-auto) or 2 rounds burst.
  - c. Features four rear sight aperture positions. Each corresponds to a uniform sight setting for firing at ranges from 25 – 100m.
  - d. Rate of fire, approx 800 rpm.
  - e. Multi-purpose sling.
  - f. PPD weapons are equipped with a white light mounted in the fore grip.
2. The AR15 rifle is a lightweight, magazine fed, gas operated, air cooled, shoulder fire weapon
  - a. Maximum effective range of 656 yards.
  - b. Semi-auto (single shot).
  - c. Bore and chamber chrome plated to reduce wear and fouling.
  - d. Hand guards are aluminum lined and vented for cooling purposes.
  - e. Trigger guard is equipped with a spring loaded retaining pin to allow the guard to be rotated out of the way for access when wearing gloves.
  - f. Ejection port cover prevents dirt and sand from getting into the rifle.

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- g. Muzzle compensator serves as a flash suppressor and assists in reducing muzzle jump.

**G. NOMENCLATURE**

*Adult Learning Considerations: Specific attention should be paid to the following issues when training Patrol Rifle Operators:*

1. Adult Learning Styles
  - a. Auditory: hearing the spoken word.
  - b. Visual: looking at images, demonstrations and body language.
  - c. Kinesthetic: doing and interacting.
  - d. Tactual: doing and interacting.
2. Equipment differences and/or similarities.
3. Students will be able to identify, verbally and by sight, the following parts of the rifle:
  - a. Upper receiver group:
    - Rear sight
    - Front sight
    - Hand guards
    - AR charging handle; MP-5 cocking lever
    - Ejection port
    - Dust cover (AR)And the following if present:
    - Forward assist (AR)
    - Carrying handle (AR)
    - Brass deflector (AR)
    - Flash suppressor (AR)
    - Weapon mounted white light.
  - b. Lower receiver group:
    - Stock.
    - Trigger group.
    - Fire control / “Safety” selector lever.
    - Magazine well.
    - Magazine release.
    - Bolt lock (AR)

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- Bolt release (AR)
- Takedown pins
  
- c. Bolt carrier group:
  - Bolt
  - Bolt carrier
  - Gas key (AR)
  - Firing pin
  - Firing pin retaining pin (AR)
  - Cam pin (AR)
  - Ejector
  - Extractor
  
- d. Magazine:
  - Body
  - Floor plate
  - Follower
  - Spring

*A short written test with “fill in the blank” answers to arrows pointing to listed rifle parts may be used in lieu of verbalization.*

**H. DISASSEMBLY / CLEANING / REASSEMBLY  
(FIELD STRIPPING)**

The Instructor shall employ the following teaching techniques:

- **ASK** the student **HOW** he/she **THINKS** it should be done.
- **TELL** the student how it is done.
- **SHOW** the student how it is done.
- **HAVE THE STUDENT SHOW** and **EXPLAIN** to you how and why it is done in this prescribed manner.

Field stripping of the rifle will be done several times within the allotted time, until the student demonstrates proficiency to the Instructor.

1. Removal of Bolt Carrier Group from Upper/Lower Receiver Groups:
  - a. Remove Magazine.
  - b. Lock bolt to the rear.

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- c. Fire Control / "Safety" selector lever on SAFE.
  - d. **Mechanically, Visually, and Physically** (MVP) inspect the empty chamber, ejection port, and magazine well.
  - e. Release bolt forward.
  - f. Remove the sling from the front mount. (MP-5)
  - g. Push rear disassembly pin from left to right side.
  - h. Allow lower receiver or MP-5 trigger group, to pivot down. (MP-5 Rear Stock is now removed.)
  - i. Push receiver pivot pin.
  - j. Separate the upper receiver from the lower receiver/MP-5 trigger group.
  - k. Pull charging handle to the rear.
  - l. Remove the bolt carrier group.
  - m. Remove the charging handle (AR).
2. Disassembly of Bolt Carrier Group (AR):
- a. Remove the firing pin retaining pin.
  - b. Pull the firing pin out.
  - c. Rotate the cam pin 90 degrees and pull out.
  - d. Pull bolt from bolt carrier.
  - e. Press on the rear of the extractor and use the firing pin to push out the extractor-retaining pin.
  - f. Remove the extractor (**do not remove the spring from the extractor.**)
- Disassembly of the Bolt Carrier Assembly MP-5:
- a. Rotate the bolt head 90\* toward your body.
  - b. Detach the bolt head from the locking piece.
  - c. Remove the locking piece, firing pin and firing pin spring from the bolt carrier.
3. Disassembly of Lower Receiver (AR):
- a. Press in the buffer and depress buffer retainer
  - b. Press hammer downward and ease the buffer action spring forward and out of the receiver.
  - c. Separate the buffer and buffer spring.
4. Cleaning / Lubricating of Weapon:

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Maintenance of the rifle should be done after each use, when ever the rifle has been exposed to inclement weather, monthly, or as directed by Department Policies and Procedures. This will ensure the proper functioning of the rifle.

- a. Clean and lightly lubricate barrel using rods, brass brush, and patches.
- b. Clean barrel chamber using chamber brush and patches (several passes).
- c. Clean the interior of the upper receiver with a nylon brush.
- d. Clean and lightly oil the lower receiver with a rag or patches.
- e. Clean exterior of weapon with rag and Cleaner Lubricant Protector (CLP) or other solvent.
- f. Clean the gas tube with pipe cleaner swab. (AR)
- g. Clean and lightly lubricate all parts of bolt carrier group using brass brush, nylon brush, swabs, patches, and/or a rag.

5. Reassembly of Bolt Carrier Group (AR):

- a. Insert bolt into bolt carrier. While holding bolt carrier in the hand, turn and face bolt towards your face. Rotate bolt so the extractor is in roughly the 10 o'clock position.
- b. Insert cam pin and rotate 90 degrees.
- c. Insert firing pin. Press on back of firing pin to ensure it is fully inserted. (This will cause major problems if it is not!)
- d. Insert firing pin retaining pin.
- e. Holding onto bolt carrier, "snap" the entire mechanism so the bolt moves to its most forward position. (This is known as "cam snap" and is needed to insert the bolt carrier group back into the upper receiver group.

Reassembly of Bolt Carrier Assembly MP-5:

- a. Insert firing pin, firing pin spring and locking piece into the bolt head.
- b. Insert all parts in the bolt carrier in such a manner that the lug on the locking piece is guided through the recess in the bolt carrier.
- c. Rotate the bolt head until it engages. The rollers should "click" audibly.

6. Reassembly of Weapon:

**AR-15 SAFETY ADVISORY!!!!** When reassembling the rifle, you must ensure that the bolt cam pin is properly installed, and also that the gas

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rings on the bolt are staggered. Failure to do these things may result in the rifle exploding when fired.

To reassemble the rifle, reverse the disassembly procedure.

- a. Turn upper receiver so the top of the weapon is facing the floor, barrel is parallel with the floor.
- b. Insert charging handle (if removed) and pull out roughly 2-3 inches.
- c. Perform “cam snap” with bolt carrier group and insert into upper receiver group with bolt facing barrel (forward) and gas key inserted into the charging handle.
- d. Push bolt carrier and charging handle forward until the charging handle “clicks” into place.
- e. Ensure hammer is cocked.
- f. Connect upper receiver to lower receiver and push in takedown pins.
- g. Attach hand guards.

7. Function Check:

**Ensure the rifle is unloaded! Mechanically, Visually, and Physically** inspect the empty chamber, ejection port, and magazine well.

- a. Pull the charging handle to the rear and release.
- b. Set the Fire Control / Safety selector lever to “SAFE” and squeeze the trigger. The hammer should not fall.
- c. Set the Fire Control / Safety selector lever to “FIRE”.
- d. Squeeze the trigger and hold it to the rear. The hammer should fall with a loud “click.”
- e. Pull the charging handle to the rear and release it. Release the trigger slowly. You should **feel** and hear a quiet “click” as the sear engages.
- f. Squeeze the trigger. The hammer should fall with a loud “click.” If the hammer has fallen before the trigger squeeze, field strip and check the assembly.

**I. BALLISTICS / TRAJECTORIES OVERVIEW**

1. Ballistics:

*The Instructor will advise students that the standard 55 grain FMJ is sensitive to speed, and needs to go no slower than 2650 fps at the muzzle to maximize terminal ballistic potential.*

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A rifle bullet is lighter than a handgun round, but is fired at a much higher velocity. This gives it greater kinetic energy to transfer to whatever it hits, which equals greater wounding characteristics.

The design of the rifle bullet (light in weight, long and thin in shape) ensures that when it hits something, it will tumble. As it tumbles, it presents a much greater face to the object it strikes, causing it to rapidly bleed off its kinetic energy into that object. This virtually eliminates over penetration issues, since the rifle round will usually expend its energy into the first object it hits.

3. Internal Ballistics
  - a. what happens inside of the firearm
4. External Ballistics
  - b. what happens during the bullet's flight
5. Terminal Ballistics
  - c. what happens when the projectile strikes the target
6. Incapacitation
  - a. Physiological factors
  - b. Components of wounding
  - c. Penetration
  - d. Permanent cavitation
  - e. Temporary cavitation
  - f. Fragmentation
  - g. Wound cavity
  - h. Psychological factors
7. Twist Rates and Bullet Weights:

The rate of rifling twist determines the optimum bullet weight for a given caliber and speed of the bullet by applying the proper spin on the bullet to prevent the bullet from yawing and pitching. Heavier bullets will need a faster twist rate.

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Expressed in terms of the number of revolutions per inch of barrel length, this ratio is commonly expressed by designations such as 1:9, 1/9 or 1 in 9 twist, the 1 represents 1 twist, and the 9 represents inches of barrel length.

So, a 1 in 9 twist is 1 complete bullet revolution every 9 inches of barrel length traveled.

- a. Rifle barrels with a twist rate of **1 rotation in 14 inches or SLOWER** should use bullets **NO HEAVIER than 55 grains** – as tumbling (destabilization) may occur.
- b. Rifle barrels with a twist rate of **1 rotation in 7 inches or FASTER** should use bullets **NO LIGHTER than 55 grains** – as the bullet may come apart (pre-fragment) before striking the target.

**Students should consult their Department Armorer or Firearms Instructors on these policy issues.**

8. Trajectory (Arc of Flight for projectile):

Instructors will explain the trajectory of the .223 Remington/5.56 NATO, as **the initial intersection at 50 yards is essentially the same point of impact at the secondary intersection at 200 yards.**

While there is a nominal difference in the point of impact of approximately 1-3 inches, between **50 and 250-yards, this small difference is acceptable for the police mission.**

9. **AMMUNITON: SAAMI .223 Remington/5.56mm NATO**

5.56 mm NATO rifles will chamber and fire .223 Remington (SAAMI) ammunition. .223 Remington (SAAMI) rifle chambers can sustain severe damage using 5.56mm NATO type ammunition. This is because NATO ammunition is .125” longer in the case neck of the cartridge and is loaded with slightly more gun powder. This slight increase in gun powder produces approx 68,000 psi of chamber pressure, whereas the .223 Remington produces approx 65,000 psi of chamber pressure. The pressure difference can cause a catastrophic failure resulting in the .223 rifle EXPLODING! The results can prove **FATAL** to the shooter.

## **J. SIGHTING SYSTEMS**

1. Mechanical

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- a. Iron
  - b. Mechanical Offset (Line of bore vs. line of sights at CQB distances)
2. Optical
- a. EoTech
  - b. AimPoint
  - c. Trijicon
3. Specialized
- a. Telescopic Scope
  - b. Night Vision
  - c. Thermal
  - d. Laser

**K. GUN HANDLING / SLINGS / “The Combat TRIAD”**

1. “The SLING is to the RIFLE, what the HOLSTER is to the PISTOL.”  
**THE USE OF A TACTICAL SLING IS REQUIRED!**
2. Traditional and Tactical Slings:
  - a. Single Point
  - b. Two Point
  - c. Three Point
  - d. Hasty
  - e. Military Rifle Sling
3. The Instructor will cover the meaning of the following SAFETY terms:
  - a. “TOTALLY SAFE” (“safety” on, magazine out, bolt locked open)
  - b. “Let ’em Hang!” Fire Control / Safety selector is on “SAFE”, rifle is allowed to hang by the sling, barrel down.
4. “The Combat Triad”
  - a. Mindset
    - Your mind is your greatest weapon. Your handgun is only a tool, you can wield it well or poorly, and the difference will be how well you have properly conditioned your mind to deal with a given confrontation. The element of Mindset of the Combat Triad is the

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foundation on which everything else is based. It is the most critical.

- b. Marksmanship
    - The second element is Marksmanship. Certainly, one must be able to shoot well enough to resolve the threat in a lethal encounter. You must be able to shoot well enough to solve your problem under stress and when things are going wrong. A high-stress training situation instills confidence in one's abilities, which relates to your mental preparedness to deal with a threat directed at you, your partner, or at the community.
  - c. Manipulation / Gun Handling
    - The third element is manipulation. No matter which weapon you use, it is man-made, imperfect, and can/will fail. You can find yourself in several different situations, i.e., single attacker, multiple attacker, low-light, etc.; however, these problems are all part of your gun-handling methodology. If you have learned and trained in a proven, effective system, you will probably handle any difficulties and come out on top. With your gun-handling comes a level of confidence that comes from knowing you can deal with situations that require more than just firing a shot or two. Again, interrelated is your mental preparedness (Mindset).
5. Cover the following gun handling terms, positions and protocols:
- a. Master Grip
    - Strong hand, firm on “pistol grip” of rifle.
    - Trigger finger indexed on the receiver, until ready to fire.
    - Thumb riding on Fire Control / Safety selector.
    - Reaction side hand on fore grip supporting barrel. (Not the magazine)
  - b. Low Ready
    - Muzzle is depressed below eye level.
    - Butt of weapon is set in strong shoulder.
    - Strong hand on pistol grip, thumb/finger on safety.
    - Reaction side hand on fore end.
  - c. Cover Position
    - Weapon sighted on “target.”
    - Butt of weapon is set in strong shoulder.
    - Strong hand on pistol grip, thumb/finger on safety.

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- Reaction side hand on fore end.
  - Maintain the muzzle on the subject's waist, so you can easily see the hands.
  - Maintain distance from suspect to avoid muzzle grab.
- d. Depressed Muzzle / Interior Guard / "Safety Circle"
- Muzzle is pointed at the ground away from your feet.
  - Stock is flat against your shoulder.
  - Master Grip.
  - This is a useful technique for crowded hallways, approaching doorways or entering rooms where your opponent may attempt a muzzle grab.
- e. [REDACTED]
- [REDACTED] signals to partner officers that you need to reload or correct a malfunction.
  - [REDACTED] is the response a cover officer gives to acknowledge the officer requesting cover. The cover officer must be in position and capable of delivering rounds on target to protect their partner.
  - [REDACTED] signals to partner officers that you are loaded and ready to get back in the fight.

**L. MARKSMANSHIP FUNDAMENTALS**

1. Discuss the following fundamentals:
  - a. **Eye Dominance Exercise:** The rifle should be shouldered on the same side as the dominant eye. Have student make a triangle with both hands and move back to the focused eye.
  - b. **Sight Alignment:** The relationship between the rear and front sights. The sight alignment is the relationship between the front sight, rear sight, and your eye. You must center the tip of the front sight post vertically and horizontally in the rear sight aperture.
  - c. **Sight picture:** Emphasize clarity of the FRONT SIGHT and WHY! (That's where the bullet comes out!)  
The sight picture is the placement of your perfectly aligned sights on the target. Place the front sight slightly below where you want the round to strike – this is known as the "pumpkin on a post" method.
  - d. **Trigger Squeeze:** Squeeze should be defined as constant pressure

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toward the rear of the gun – using just the PAD of the index finger – where the center of the index fingerprint is found.

- e. **Follow-Through:** Maintaining sight alignment and sight picture until the shot is complete.
2. **BRASS:** To help maximize rifle accuracy, students are encouraged to use the following acronym. (See BRASS Signage.)
    - **B** reathe (hold it, then exhale slowly)
    - **R** elax
    - **A** im
    - **S** queeze (prelude to TRIGGER RESET done now)
    - **S** urprise! (Break of trigger)

3. Trigger and Breath Control

Trigger control is the smooth operation of the trigger that causes the rifle to fire without disturbing the sight alignment or the sight picture. Trigger is pulled all the way to the rear in one smooth continuous motion, and then held there for one beat in time.

Trigger reset is allowing the trigger to move forward while maintaining tension, until the sear is “reset”, and while simultaneously recovering your sights. You should feel the click in the tip of your trigger finger.

Proper breath control is important. Breathing causes your body to move. Not breathing for more than a few seconds causes your body to move. You should breathe normally while you align your sights, then exhale naturally, squeezing the trigger during the natural respiratory pause between the exhale and the inhale.

4. Zeroing Briefing (AR): (Also See ZEROING Signage.)
  - a. Move the rear sight in the same direction as the bullet.
  - b. If electronic/optical sights are to be used, the sight’s reticle should be moved in the direction of the bullet impact.
  - c. If the front sight is to be moved, it moves in the OPPOSITE direction of the bullet impact.
  - d. If your are zeroed at 50 yards, your point of aim-point of impact will differ at different distances:
    - At 0 yards – bullet strikes 2.5 inches below point of aim

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- At 25 yards – bullet strikes 1.1 inches below point of aim
  - At 50 yards – point of aim equals point of impact
  - At 75 yards – bullet strikes .9 inches above point of aim
  - At 100 yards – bullet strikes 1.5 inches above point of aim
  - At 300 yards – point of aim equals point of impact
5. Cheek Weld and Eye Relief:
- a. The cheek weld is the point of firm contact between the cheek and the stock of the rifle. Changing the placement of the cheek on the stock will alter your zero. Maintain the same cheek weld for every shot. Eye relief is the distance from the rear sight to the aiming eye. Normal eye relief is from two to six inches, depending on the shooter. Whatever distance works for you is the correct distance. You must maintain consistent eye relief from shot to shot to be able to achieve consistent accuracy.

**M. LOADING, UNLOADING & CLEARING PRACTICAL**

1. Loading
- a. Magazines
    - The follower of the magazine has a simulated round of ammunition molded into it. Ammunition should be inserted into the magazine so it faces the same direction of the molded piece.
    - Ammunition should be placed in from the top and pushed squarely downward.
    - Advise on loaders and stripper clips
    - Discuss 28 rounds vs. 30 rounds in a 30 round AR magazine. (MilSpec vs Magpul)
  - b. PUSH-PULL-TILT-RACK
    - **PUSH** the magazine into the magazine well, cartridge nose in the direction of the muzzle, straight up until an audible “click” is heard
    - **PULL** on the magazine to ensure it is inserted/locked into position
    - **TILT** the rifle to the side and downward (for gravity assist when the bolt is released forward)
    - **RACK** the charging handle to the rear and release to allow the strength of the buffer spring to close the action.
    - Place the selector on **SAFE**
    - Remind students that the MP-5 fire control / safety lever is not dependant on the bolt and should be on SAFE throughout loading. Steps are PUSH-PULL-RACK.

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2. Unloading/Clearing
  - a. Place the fire control / safety selector on **SAFE**.
  - b. **PRESS** the magazine release and **REMOVE** the magazine.
  - c. **PULL** the charging handle to the rear, but **DO NOT RELEASE IT**.
  - d. **PRESS** the bolt stop button – release the charging handle **SLOWLY** – locking the bolt to the rear.

**MP-5: Pull the charging handle to the rear and up to locked position in one smooth movement.**

**MVP check the Chamber, Ejection Port and Magazine Well! (aka “3 step check”)**

- **MECHANICALLY** (Rack)
- **VISUALLY** (Look)
- **PHYSICALLY** (Insert finger)

3. Press or Chamber Check
  - a. Pull charging handle back approx 1-2 inches
  - b. Rotate the weapon ninety degrees so ejection port is facing up
  - c. Visually inspect chamber (in low light; physically check)
  - d. Upon completion, release charging handle (do not ride it forward)
  - e. Tap the forward assist to ensure the bolt is fully forward (AR)
4. Reloading Drills

Instructors should **ASK, TELL, SHOW** and **HAVE SHOWN TO THEM**, the prescribed method of reloading. See details below.

Instructors may use dummy magazines for demonstration, but a firearm safety device must be installed.

**BEFORE LIVE FIRE** – The Lead Instructor will review the Range Safety Protocols, as to verbiage, and voice commands.

- a. Two to three rounds per magazine will be loaded to maximize reloading opportunities.
- b. Students will keep the operating hand on the rifle, using the support hand for reloading.

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- c. Students will load the weapon using one spare magazine, which is to be carried in the shooters reaction side rear pocket or bailout bag. (AR) MP-5s will reload with the coupled magazines as issued by PPD.
- d. This drill should be conducted at quarter and half speeds before moving to full speed.

**\*\*\*SPECIAL CONCERNS: Instructors should EMPHASIZE that Distance = Reaction Time = Increased Safety.\*\*\***

**N. SHOOTING POSITIONS**

Distances: Multiple: 50 yards to 10 feet\*

1. Instructors will ASK, TELL, SHOW AND HAVE SHOWN TO THEM the following shooting positions:
  - a. Prone\*
  - b. Kneeling supported\*\*
  - c. Kneeling unsupported\*\*
  - d. Standing supported
  - e. Standing unsupported
  - f. Support handed shooting / eye dominance\*\*\*
  - g. Use of the Barricade

**BEFORE LIVE FIRE – The Lead Instructor will review the Range Safety Protocols, as to verbiage, voice and whistle commands.**

**SPECIAL CONCERNS:**

\*Instructors should EMPHASIZE that mobility must increase as distance decreases. Distance = Reaction Time = Increased Safety.

\*As we get closer, our rate of fire INCREASES! Get Closer = Shoot Faster!

\*With more distance, mobility is less necessary.

\*\*Students should take care to avoid direct elbow-to-knee (bone-to-bone) contact.

\*\*\*With rifles, the same side eye as the shooting hand should be used.

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**ON THE RANGE:**

**O. ZEROING OF RIFLES PRACTICAL:**

1. **One Team will zero at a time.** One Team will shoot, while the other Team is staged for fire. Instructors will advise when they are ready for further instruction. Target retrieval occurs when both Teams have completed zeroing. Zeroing should occur twice.
2. **Loading and Operating the Rifle:**

The Lead Instructor will give the following RANGE SAFETY PROTOCOL COMMANDS as necessary:

  - a. “IS THERE ANY ONE THE LINE THAT IS NOT READY TO COMPLETE THIS DRILL?” Repeated.
  - b. (Once ALL shooters are ready), “THE LINE IS READY.”
  - c. “FROM A SAFE RIFLE (bolt locked open, and on safe), LOAD YOUR RIFLE! Magazine inserted, bolt closed, on safe.
  - d. 1 round on the command to fire, “THREAT!” Shooter will come up on target while moving the fire control/safety selector to FIRE position and deliver the number of rounds specified.
  - e. CEASE FIRE! Shooters will move the fire control/safety selector to SAFE and lower the rifle to the Low Ready.
3. 25 yard M4 Zeroing Targets will be used (AR), then verified at 50 yards.
4. MP-5s are zeroed by armorer.

**P. THE CYCLE OF OPERATION AND MALFUNCTIONS**

1. Instructors will discuss the **Cycle of Operation:**
  - a. Firing
  - b. Unlocking
  - c. Extracting
  - d. Ejecting
  - e. Cocking
  - f. Feeding / Chambering
  - g. Locking
2. Instructors will discuss the respective **Malfunctions:**
  - a. Failure to Feed

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- b. Failure to Fire
- c. Failure to Extract
- d. Failure to Eject

Instructors will **ASK, TELL, SHOW AND HAVE SHOWN TO THEM**, the remedy for two of the four Failures to Function: **PUSH-PULL-TILT-RACK**

Instructors will then **ASK, TELL, SHOW AND HAVE SHOWN TO THEM** the remedy for a Failure to Extract or Eject: **RACK-LOCK-STRIP-TILT-RACK-RACK**

For a Failure to Extract, the bolt **MUST BE LOCKED** to the rear to relieve spring pressure on the next cartridge.

For uniformity, we refer to these issues as MALFUNCTIONS. Schools and courses often refer to these malfunctions in different terms: Stage 1-4 Malfunctions, Stoppages, Stage 2 Malfunctions are often called “Misfires,” and Stage 3 Malfunctions are often called “Double-Feeds.”

Students should consider addressing these malfunctions **ONLY FROM BEHIND COVER**, and only as reasonable distances provide reaction time. The shooter should also know as they clear a malfunction, his/her threat may have moved.

**The SUPPORT HAND should be used to CLEAR the rifle. The FIRING HAND remains on the rifle operating controls. The rifle stock MAY be tucked under the firing arm for additional support.**

**Q. TRANSITIONS DRILLS: RIFLE TO PISTOL 30 min.**

Distance: 25 yards or CLOSER\*

Instructors should **ASK, TELL, SHOW and HAVE SHOWN TO THEM**, the prescribed method for transitioning from rifle to pistol. See details below.

**INSTRUCTORS SHOULD DEMONSTRATE THE PROPER TRANSITION METHOD – depending on the type of sling used.**

**BEFORE LIVE FIRE – The Lead Instructor will review the Range Safety Protocols, as to verbiage, voice and whistle commands.**

- Rifle Magazines will be loaded with 7 live rounds and 3 “dummy” rounds each. Pistol Magazines will be loaded to capacity.

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- When the rifle is Fails to Fire, the student will assume that rifle has malfunctioned, and transition to their pistol.
- The shooter will release the Master Grip; use their reaction side support hand to lower the muzzle and guide the rifle close in at the waist. Draw the pistol and fire one handed.
- If a 2-point sling is used, the student will release the Master Grip, using the reaction side hand to guide the muzzle up, close to the chest and draw the pistol one-handed. **This will be different for right handed shooters who shoot the rifle left-handed due to left eye dominance.**
- **TRIGGER RESET** should be used during this drill.
- **Side stepping** during transitions should be discussed.

\*\*\*Remember: Get Closer = Shoot Faster!\*\*\*

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**R. WEAPONS CLEANING: Safe Area**

Instructors should ask, tell, show and have shown to them the prescribed method to field strip, clean, reassemble and function check of the patrol rifle.

**S. FEEDBACK DISCUSSION: Classroom**

1. Students' perception checks should be conducted regularly during all training evolutions.
2. Minimally, group feedback should be solicited at the end of each day.

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**II. DAY TWO: Classroom**

**A. SAFETY INSPECTION /ADMINISTRATIVE DUTIES**

1. P.O.S.T. Course Roster
2. Course Roster

*As all students have already been taught the safe use of the carry sling -- ALL students should start the day in a STANDING, SAFE and SLUNG position BEHIND their chairs.*

Instructors will ensure that all rifles are TOTALLY SAFE (No magazine, bolt locked to the rear, rifle on SAFE) BEFORE the rifles may be placed on tables.

**\*\*\*STUDENTS ARE HENCEFORTH EXPECTED TO KEEP THEIR "SAFE AND SLUNG" RIFLES UPON THEIR PERSONS THROUGHOUT THE DAY (except during the lunch break, OR when using the restroom)\*\*\***

**B. LIABILITY**

1. Use of Deadly Force
  - a. Tennessee v. Garner
2. Reasonable Force
  - a. Graham v. Conner
3. Obedience to Department Policy
  - a. LBPOA v. Long Beach

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**C. LAW ENFORCEMENT OFFICERS KILLED & ASSAULTED (LEOKA)**

1. California Peace Officers killed feloniously by gunfire
2. California Peace Officers killed by rifle or long guns
3. Tactical Analysis

**ON THE RANGE:**

**D. SHOOTING ON THE MOVE**

1. Instructors will ASK, TELL, SHOW AND HAVE SHOWN TO THEM the following shooting movements:
  - a. Advancing
  - b. Tactical Retreat
  - c. Lateral Movements
  - d. 4-way Movement

**\*\*\*INSTRUCTOR DEMONSTRATION REQUIRED\*\*\***

- **Students will be instructed to fire on each step, only as a foot strikes the ground.**
- **This course of fire will be done one officer at a time, to maximize safety.**
- **The Instructor will be behind the individual student, REPEATING VERBAL COMMANDS to the student to move as follows, at the Instructor's discretion:**
  - ✓ **Forward: "IN!"**
  - ✓ **Backward: "OUT!"**
  - ✓ **"LEFT!"**
  - ✓ **"RIGHT!"**

2. Moving & Firing Drill

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- a. Load two magazines with 10 rounds each.
- b. Start at 15-yard line.
- c. Load and make ready.
- d. Fire five rounds while moving forward to the 7-yard line.
- e. Fire five rounds while moving backward to the 15-yard line.
- f. Fire five rounds while moving to your right.
- g. Fire five rounds while moving to your left.

**E. PIVOTING MOVEMENT DRILLS**

Distance: 10 yards or less

Instructors will ASK, TELL, SHOW AND HAVE SHOWN TO THEM the following shooting movements:

1. Standing Pivots
  - a. The student will look in the direction of the threat.
  - b. The student will control the muzzle of the rifle when moving 90 degree (right or left) towards the threat.
  - c. The students will not “sweep” his/her own feet or the feet of his/her neighbors.
  - d. Immediately after firing upon the threat, the student will scan his/her surroundings, including (head only) towards the rear.
2. Kneeling Pivots
  - a. The student will look in the direction of the threat
  - b. The student will control the muzzle of the rifle when moving 90 degree (right or left) towards the threat.
  - c. The students will not “sweep” his/her own feet or the feet of his/her neighbors.
  - d. Immediately after firing upon the threat, the student will scan his/her surroundings, including (head only) towards the rear.

**BEFORE LIVE FIRE – The Lead Instructor will review the Range Safety Protocols, as to verbiage, and voice commands.**

- This exercise should be done with an EMPTY rifle, before live fire is used.
- This drill should be conducted at quarter and half speeds before moving at full speed.

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- TRIGGER RESET should be used during this drill.
  - Commands are **LOOK, MOVE, THREAT, RECOVER**. A command CHALLENGE may be used in lieu of Threat, to ensure the operator is not anticipating the use of force.
3. Pivot and Fire Drill (10-yard line) repeated twice from each position.
- a. Load and make ready one magazine 30 rounds.
  - b. Left shoulder toward the target.
  - c. Pivot to your left, fire three rounds, scan/recover to low ready.
  - d. Right shoulder toward the target.
  - e. Pivot to your right, fire three rounds, scan/recover to low ready.
  - f. Back to the target, turn to target, fire three rounds, scan/recover to low ready.

**F. BARRICADE SHOOTING**

1. BEFORE LIVE FIRE – The Lead Instructor will review the Range Safety Protocols, as to verbiage and voice commands.
2. Review the following MARKSMANSHIP fundamentals:
- a. Eye Dominance
  - b. Sight Alignment
  - c. Sight Picture
  - d. Trigger Squeeze
  - e. Follow-Through
3. Review the acronym BRASS:
- **B**reathe (hold it, and then exhale slowly)
  - **R**elax
  - **A**im
  - **S**queeze (prelude to TRIGGER RESET done now)
  - **S**urprise!
4. Barricade Drill or Stair Drills
- a. Load one magazine 10 rounds, one magazine 20 rounds.
  - b. Each shooter put up two transitional targets
  - c. Pistol loaded (one magazine)

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- d. At 50 yd barricade prone fire four rounds at each target in 32 seconds (8 rounds)
- e. At 25 yd barricade kneeling fire four rounds at each target in 36 seconds (8 rounds) Rifle reload required.
- f. At 15 yd barricade standing fire four rounds at each target in 20 seconds (8 rounds)
- g. At 7 yd barricade fire four rounds at each target in 15 seconds. Requires transition to pistol to complete course of fire. MP-5 on 2 round burst.
- h. PISTOL – MAGAZINE OUT, SLIDE LOCKED BACK.
- i. RIFLE – SAFETY ON, MAGAZINE OUT, BOLT LOCKED BACK.

**G. QUALIFICATION SHOOT**

1. Pinole PD Rifle Course
  - a. At the 25 yard line, fire 30 rounds in 75 seconds.  
10 rounds Standing, 10 rounds kneeling, 10 rounds Prone
  - b. At the 15 yard line, fire 14 rounds in 30 seconds.  
7 rounds standing, 7 rounds kneeling
  - c. At the 7 yard line, fire 16 rounds standing in 20 seconds (MP-5 in 2 round burst)
  - d. Scoring: 60 rounds x 5 points = 300 possible

**H. DISTANCE DRILLS**

1. Check zero at 50 yards

**I. SHOOTING IN PAIRS**

1. Two Officers together fire from one barricade against multiple targets.
  - a. Officers will verbalize with [REDACTED]
    - [REDACTED] signals to partner officers that you need to reload or correct a malfunction.
    - [REDACTED] is the response a cover officer gives to acknowledge the officer requesting cover. The cover officer must be in position and capable of delivering rounds on target to protect their partner.
    - [REDACTED] signals to partner officers that you are loaded and ready to get back in the fight.
  - b. Instructor will load the shooters magazines and incorporate “dummy” rounds to simulate a malfunction and force the pair to verbalize.
  - c. After completing the first relay, moving from one barricade to another will be incorporated. The officer prepared for movement

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will shout, [REDACTED] The cover officer will reply, [REDACTED] At which time, the first officer will move to the far side of the next barricade and engage the targets.

- d. The second officer will then shout, [REDACTED] The cover officer will reply, [REDACTED]
- e. **This exercise is a One to One Student/Instructor ratio.** All other shooters will be off the firing line.

**J. Close Quarter Battle (CQB)**

- 1. **Close-Contact Distance (arm's length from target)**
  - a. Load and make ready 7 rounds of rifle ammunition.
  - b. Duty pistol with at least 2 rounds.
  - c. With rifle in the inside ready position.
  - d. Strike at target and fire three rounds (failure drills\*\*) while backing up three steps.
  - e. Strike at target and fire three rounds (failure drills\*\*) while backing up three steps.
  - f. Strike at target and fire three rounds (failure drills\*\*) while backing up (you will have to transition.)
  - g. SAFETY ON – MAGAZINE OUT – BOLT LOCKED BACK.

\*\* Failure drills, fire two rounds center mass, one to cranial vault

**IN THE CLASSROOM:**

**K. WRITTEN TEST**

**L. CERTIFICATES / AWARDS**

**M. COURSE EVALUATIONS**

**N. AFTER ACTION DISCUSSION**

**O. WEAPONS CLEANING**

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