

TARGET

FROM AMATEUR TO PRO MAX SHOOTER

JASLEEN KAUR



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FOREWORD

Every skilled shooter begins as an amateur. What separates a professional from a beginner is not talent alone, but discipline, training, and mindset.

This book presents a structured approach to shooting-one that prioritizes safety, awareness, and gradual improvement. It encourages readers to respect the responsibility that comes with handling a weapon and to develop skills through correct practice rather than shortcuts.

“TARGET” serves as a guide for those who want to move forward with clarity and control. It reinforces the idea that true professionalism in shooting is built on knowledge, ethics, and self-discipline.

This book will be a valuable resource for learners who seek progress with responsibility.

EYES — FIXED ON — TARGET



CONSISTENCY
TURNS DREAMS
INTO
ACHIEVEMENTS.



INTRODUCTION

Shooting is not merely the act of firing a rifle; it is a discipline that combines skill, safety, patience, responsibility, and mental control. From the first time a beginner holds a rifle to the moment a professional shooter delivers a perfect shot under pressure, the journey is long, demanding, and deeply rewarding.

“Target: From Amateur to Pro Max Shooter” has been written to guide readers through this journey in a clear, structured, and responsible manner. This book is designed for beginners, enthusiasts, sport shooters, cadets, and aspiring professionals who wish to understand rifles not just as tools, but as instruments of precision and discipline.

The purpose of this book is to build a strong foundation—starting from the history and evolution of rifles, moving through safe handling, shooting techniques, firing positions, maintenance, and marksmanship fundamentals, and finally addressing the legal framework for rifle ownership in India. Special emphasis is placed on safety, because a true shooter is defined first by responsibility, not by accuracy alone.

This book does not promote misuse or unsafe practices. Instead, it promotes ethical shooting, lawful ownership, and continuous self-improvement. Every chapter is written with the belief that consistent practice, correct technique, and respect for the law can transform an amateur into a confident, controlled, and professional-level shooter.

Whether you are holding a rifle for the first time or refining your skills to reach competitive standards, this book aims to serve as a reliable companion on your shooting journey—from the target range to personal mastery.

FOCUS.
DISCIPLINE.
EXCELLENCE.

ABOUT THE AUTHOR

Mrs. Jasleen Kaur, born and raised in Chandigarh, is a renowned healthcare professional, accomplished nutritionist, artist, and administrator, as well as a passionate shooting enthusiast.



As the Director and CEO of Orthonova Joint & Trauma Hospital, Jalandhar, she has played a key role in developing and managing advanced healthcare systems while maintaining high standards of patient care.



Alongside her leadership in healthcare, she is also a dedicated mentor in marksmanship, guiding beginners with a focus on discipline, precision, and continuous improvement.



Her approach enhances accuracy and supports individuals in developing into skilled shooters, making her insights valuable for both amateurs and aspiring professionals.

CERTIFIED TRAINING & EXPERTISE

- ✓ She has successfully completed certified training in Introduction to Sporting Rifle, accredited by UK Rural Skills.
- ✓ Her training in sporting rifle techniques has been formally certified, reflecting both theoretical understanding and practical competence.
- ✓ She has also undertaken hands-on firearms training at **Gun For Hire** (America's Self Defense Institute) in the United States, acquiring practical experience with .308 calibre rifles and AK-platform systems, with a strong emphasis on safety and responsible handling.
- ✓ She is a **Life Member** of the District Rifle Shooting Association, Jalandhar, showcasing her passion for shooting sports.

“

Discipline on the range
builds confidence in life.”



LEADERSHIP

Leading with vision.
Serving with integrity.
Inspiring excellence.



MENTORSHIP

Guiding beginners.
Building skills.
Building confidence.



MARKSMANSHIP

Discipline. Focus.
Precision in practice.
Continuous improvement.



GROWTH

Learning always.
Improving every day.
Growing together.

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Chapter 1

History and Evolution of Rifles

THE FIRST GUNS

15th and 16th-Century Advancements

Origins of Rifling

Rifles vs. Muskets

Guru Gobind Singh Ji and the Warrior's Rifle

Guru Gobind Singh Ji and the Spirit of Shastar (Weapons)

The Role of Firearms in the Khalsa Army

The Concept of the "Rifle" in Guru Gobind Singh's Time

Symbolism of the Rifle in Sikh Martial Tradition

Training and Discipline with Weapons

The Rifle as a Tool of Justice, Not Cruelty

Legacy: The Rifle in Sikh History and Identity

18th –Century Advancements

Breech-Loading Innovations

Late 19th-Century Advancements

20th –Century Military Evolution Advancements

The Shift to Semi-Automatic Rifles

Modern Rifle Developments

Summary: In contemporary society, rifles serve many roles

Chapter 1

History and Evolution of Rifles

THE FIRST GUNS

- The first guns were hand cannons with smooth barrels.
- They lacked accuracy and consistency.
- They were unreliable.
- Shooters relied more on chance than precision.

15th and 16th-Century Advancements

During the 15th and 16th centuries, gunsmiths in Europe discovered that cutting spiral grooves inside the barrel caused the projectile to spin. This spinning motion stabilized the bullet in flight. This innovation, known as rifling, marked the birth of the rifle and forever changed projectile weapon design.

Origins of Rifling

- Rifling, helical grooves inside barrels first appeared around 1440 in Germany to spin projectiles for improved stability and accuracy beyond smoothbore muskets.
- These handmade weapons remained artisanal, limited to hunters and marksmen due to slow loading via muzzle.

Rifles vs. Muskets

For many years, rifles and muskets existed side by side. Muskets were faster to load and easier to maintain, making them suitable for large armies. Rifles, on the other hand, were slower to load but far more accurate.

Guru Gobind Singh Ji and the Warrior's Rifle

Introduction – The Warrior Saint

Guru Gobind Singh Ji, the Tenth Master of the Sikhs, was both a great spiritual guide and a fearless warrior. He taught that a true Sikh must be a saint-soldier (Sant-Sipahi) – one who lives with devotion to God and also stands ready to protect the weak and uphold justice. In this spirit, weapons, including early firearms, were not seen as tools

of violence, but as instruments of defence and righteousness in the hands of the Khalsa. This chapter explores the place of the rifle (and firearms in general) in the martial tradition established by Guru Gobind Singh Ji.

Guru Gobind Singh Ji and the Spirit of Shastar (Weapons)

Guru Gobind Singh Ji gave deep importance to Shastar (weapons) as part of the Sikh way of life. In the Dasam Granth and his teachings, he praised the sword (Kirpan) as a symbol of courage, justice, and divine power. He said that when all other means fail, it is righteous to take up the sword to protect Dharma. This same spirit extends to all weapons used by the Khalsa, including guns and rifles – they are not for aggression, but for defending the innocent, resisting tyranny, and maintaining order in society.

The Role of Firearms in the Khalsa Army

During the time of Guru Gobind Singh Ji and the early Khalsa, firearms like matchlock muskets and later flintlock guns were already in use in Indian armies. The Khalsa warriors adopted these weapons and used them with great skill in battles such as those at Anandpur Sahib, Chamkaur, and Muktsar. These early rifles and guns were not just tools of war; they were part of the Khalsa's discipline, training, and strategy. The Guru trained his Sikhs not only in sword and spear, but also in the use of firearms, teaching them to be accurate, disciplined, and fearless in battle.

The Concept of the “Rifle” in Guru Gobind Singh’s Time

Strictly speaking, the modern “rifle” (with rifled barrel for accuracy) came into common use after Guru Gobind Singh Ji's time. However, the concept of a long gun used by a soldier to strike from a distance was very much present. The early guns used by the Khalsa were matchlock and flintlock muskets, which were the rifles of that age. These weapons required great patience, skill, and courage to load and fire, especially under fire. Guru Gobind Singh Ji's army valued marksmanship, and the ability to hit a target with a gun was seen as a sign of a true warrior.

A well-known story tells of a Sikh who presented a musket (an old type of rifle) to Guru Gobind Singh Ji as an offering. The Guru then used it in a powerful lesson to show the courage of his Sikhs, proving that true bravery lies not in killing, but in fearlessness and faith. This story highlights how firearms were respected as tools of the Khalsa, but always under the control of wisdom and righteousness.

Guru Gobind Singh Ji, Bachittar Natak, Chapter Nine:

Description of the battle of Nadaun, Verses 16–18

Original Gurmukhi 16, 17, 18 with English Meaning And Translation

(Nadaun Battle, Verse 16–18)

- ੧੬
ਤਹਾਂ ਝਕ ਬਾਜਿਓ ਮਹਾਂ ਬੀਰ ਦਿਆਲੰ ॥
ਰਖੀ ਲਾਜ ਜੌਨੇ ਸਭੈ ਬਿਝੜਵਾਲੰ ॥੧੬॥
- Verse 16 (Nadaun Battle):
There the brave warrior Dayal also shot his arrow, and saved the honour of all the people of Bijharwal.
- ੧੭
ਤਵੰ ਕੀਟ ਤੋ ਲੋ ਤੁਫੰਗੀ ਸੰਭਾਰੇ ॥
ਹਿੰਦੈ ਝਕ ਰਾਵੰਤ ਕੇ ਤਕਿ ਮਾਰੇ ॥
ਗਿਰਿਓ ਝੂਮਿ ਝੂਮੈ ਕਰਿਯੋ ਜੁਧ ਸੁਧੰ ॥
ਤਉ ਮਾਰੁ ਬੇਲਿਯੋ ਮਹਾ ਮਾਨਿ ਕੋਰਧੰ ॥੧੭॥
- Verse 17:
*Then this humble person (the Guru himself) took up his matchlock gun and aimed it at one of the chiefs.
He reeled and fell down to the ground in the battle-field, yet even then he roared in anger.*
- ੧੮
ਤਜਿਯੋ ਤੁਪਕੰ ਬਾਨ ਪਾਨੰ ਸੰਭਾਰੇ ॥
ਚਤੁਰਬਾਨਯੰ ਲੈ ਸੁ ਸਬਿਯੰ ਪ੍ਰਹਾਰੇ ॥
ਤ੍ਰਿਯੋ ਬਾਨ ਲੈ ਬਾਮਪਾਨੰ ਚਲਾਝ ॥
ਲਗੇ ਯਾ ਲਗੇ ਨਾ ਕਛੁ ਜਾਨਿ ਪਾਝ ॥੧੮॥

Verse 18:

**I then threw away the gun and took the arrows in my hand:
With skill I discharged four with my right hand and three with my left hand;
Whether they struck anybody or not, I do not know.**

Symbolism of the Rifle in Sikh Martial Tradition

In Sikh tradition, every weapon has a spiritual meaning. The rifle, like the Kirpan, stands for readiness, courage, and the duty to protect. It reminds the Sikh that they must always be prepared to stand up against injustice, oppression, and cruelty. The rifle is not worshipped; it is respected as a tool given to the Khalsa to defend the weak and uphold truth. In this sense, the rifle becomes a symbol of the Khalsa's commitment to justice, just as the Kirpan is a symbol of sovereignty and self-respect.

Training and Discipline with Weapons

Guru Gobind Singh Ji laid great stress on training and discipline. The Khalsa were trained in the use of all weapons – sword, spear, bow, and gun – under the guidance of experienced warriors. They learned not only how to aim and fire, but also how to handle weapons with care, how to maintain them, and when it was right to use them. This training was not just physical; it was also moral. A Sikh was taught to use weapons only in defence, never in anger or for personal gain.

The Rifle as a Tool of Justice, Not Cruelty

Guru Gobind Singh Ji taught that weapons must be used with restraint and wisdom. The rifle, like any weapon, becomes a tool of justice when used to protect the innocent, stop cruelty, and defend the weak. It becomes a tool of cruelty when used in anger, for revenge, or to harm the innocent. The Sikh warrior is taught to fight with courage, but also with compassion – to be strong like a lion in battle, but gentle like a lamb in peace.

Legacy: The Rifle in Sikh History and Identity

After Guru Gobind Singh Ji, the Sikh Misls and later the Sikh Empire under Maharaja Ranjit Singh continued the tradition of skilled use of firearms. The Sikh soldiers became famous for their bravery and marksmanship, and the rifle remained a respected part of Sikh military identity. Even today, in Sikh history and culture, the image of the warrior with a gun (along with the Kirpan) reminds us of the Khalsa's duty to stand for justice, protect the weak, and live with courage and honour.

Summary

Guru Gobind Singh Ji did not use the modern rifle, but he gave the Khalsa the spirit and discipline to use all weapons, including firearms, in the service of justice. The rifle, in Sikh tradition, is not a symbol of violence, but of readiness, courage, and the duty to protect. When combined with faith, humility, and the teachings of the Gurus, the rifle becomes a sacred tool in the hands of the Khalsa – a reminder that true strength lies in defending truth and righteousness.

18th –Century Advancements

- Pennsylvania or Kentucky long rifles, developed by German immigrants like Jacob Dickert by the 1730s, featured 40-inch barrels and smaller-caliber balls for 200-300 yard precision.
- Used in the American Revolution, these rifles offered superior accuracy over muskets (50-100 yards) but slower reload times hindered mass military use.
- Innovations included patched round balls to engage rifling tightly, enhancing velocity and wind resistance.

Breech-Loading Innovations

- Johann Dreyse's 1836 needle gun introduced paper cartridges and breech-loading for Prussian armies, firing 5-7 rounds per minute versus muskets' 2-3.
- Rimfire cartridges debuted in 1845 by Louis-Nicolas Flobert, followed by pinfire (1850s) and centerfire (1869) systems for metallic ammo.
- Samuel Colt's 1835 revolver concepts influenced early repeating rifles, reducing reliance on loose powder.

Late 19th- Century Advancements

The late 19th century saw the rise of the bolt-action rifle, one of the most influential designs in firearm history. Bolt-action rifles provided high accuracy, strong locking mechanisms, and reliable performance under harsh conditions.

20th –Century Military Evolution Advancements

- The M1 Garand (1936) semi-automatic used en bloc clips for eight .30-06 rounds, equipping U.S. forces in WWII.
- Germany's StG 44 (1944) defined assault rifles with intermediate 7.92x33mm cartridges for full-auto capability.

- Post-WWII shifts included NATO's 7.62x51mm, later 5.56x45mm for lighter, controllable fire.

The Shift to Semi-Automatic Rifles

- As technology advanced, inventors developed rifles capable of automatically loading the next cartridge after each shot. Semi-automatic rifles allowed soldiers and civilians to fire faster without manual cycling.
- These rifles increased fire efficiency while still requiring a trigger pull for each shot. This balance of speed and control made them popular for military service, law enforcement, and civilian use.

Modern Rifle Developments

- AR-15 platform, from Eugene Stoner's 1950s designs, popularized modular rifles with polymer stocks and optics.
- Precision rifles employ match-grade barrels and CNC manufacturing for sub-MOA accuracy in competitions.
- Accessories like suppressors, red-dot sights, and electronics enhance safety, hunting, and sport shooting.

Summary: In contemporary society, rifles serve many roles.

Chapter 2

Foundations of the Rifle

What Is a Rifle

Uses of Rifles

Working Mechanism of a Rifle

Main Parts of a Rifle

Types of Rifles

Accuracy In Rifles

Summary

Chapter 2

Foundations of the Rifle

What is a rifle?

A rifle is a long-barrel firearm designed to be fired from the shoulder, with spiral grooves (rifling) inside the barrel that spin the bullet for stability and accuracy.

- Rifling makes the bullet spin like a gyroscope, so it flies straighter over long distances.

Rifles are used in:

- Hunting.
- wildlife management (where legal).
- Sport shooting.
- Target shooting.
- Club matches
- Long-range competitions.
- Law-enforcement.
- Military.
- Security roles.

Working steps (mechanism) of a rifle

Loading: A cartridge is placed in the chamber, usually fed from a magazine by the action (bolt, lever, pump, or semi-auto system).

When the trigger is pressed, the rifle performs three main actions:

- Firing upon ignition: Pulling the trigger releases a firing pin that strikes the primer, igniting the powder and producing high-pressure gas.
- Pressure: The gunpowder burns instantly, creating high internal pressure.
- Bullet travel and cycling upon acceleration: Gas pushes the bullet down the rifled barrel and out of the muzzle, while the action extracts and ejects the empty case and may load the next round.

Main parts of a rifle

- Barrel: Long metal tube with rifling that guides and spins the bullet.
- Action/receiver: The working mechanism that loads, fires, locks, and unloads cartridges.

- Trigger group: The mechanical system that releases the firing pin when pressed.
- Stock: The body held to the shoulder, including butt, grip, and fore-end.
- Magazine: Stores cartridges and feeds them into the action (fixed or detachable).
- Sights or optics: Iron sights or scopes for aiming.
- Safety devices: Manual safety catch and related parts that help prevent unintended firing.

Types of rifles

- Bolt-action: Manually operated bolt; very common for hunting and precision shooting very accurate.
- Lever-action: Lever below the receiver cycles cartridges; traditional sporting design.
- Pump-action: Sliding fore-end moves to load and eject rounds.
- Semi-automatic: Uses gas or recoil energy to load the next round; fires once per trigger pull.
- Single-shot: Holds one cartridge at a time.
Simple, accurate, often used for training or hunting (where legal).

Accuracy in rifles

- Barrel quality and rifling: A straight, well-machined, properly rifled barrel improves consistency and tight shot groups.
- Ammunition match and stability: Using the correct cartridge, bullet weight, and twist rate for the barrel, plus stable shooting positions and good sights, greatly increases accuracy.

Summary

A rifle is a shoulder-fired long gun with a rifled barrel that spins the bullet for accuracy and range, used in hunting, sport shooting, and by military and security forces. It works by loading a cartridge into the chamber, igniting the powder with the firing pin, and pushing the bullet down the barrel, while repeating actions cycle the next round. Key parts include the barrel, action, trigger, stock, magazine, sights, and safety, and common types are bolt-action, lever-action, pump-action, semi-automatic, and single-shot. Accuracy depends on barrel quality, proper ammunition match, and good shooting technique.

Chapter 3

Safe Handling and Operation of Rifles

Introduction

Routine Safe Handling Procedures

Rifle Readiness States

How a Rifle Functions

Primary Rifle Components

Cartridge Components

When to Load Your Rifle

Unloading Your Rifle

Proper Methods of Carrying a Rifle

Avoiding Haste, Stress, and Unsafe Handling

Crawling and Movement with a Rifle

Safety Catch Discipline

Checking the Chamber

Handling a Misfire

Conduct Around the Public

Conduct When Meeting Law Enforcement

Summary: Building a Culture of Safety

Chapter 3

Safe Handling and Operation of Rifles

Introduction

Safe handling and correct operation of a rifle are essential for responsible firearm use. Safety depends on discipline, awareness, and proper habits rather than equipment alone. This chapter outlines basic handling rules, loading and unloading procedures, safe movement, and responsible conduct to prevent accidents and promote a strong culture of safety.

Routine Safe Procedure

1. Treat rifle as loaded at all times.
2. Muzzle should be pointed in safe direction at all times.
3. Finger off trigger until ready to shoot.
4. Check your rifle regularly for any damage or loose parts.
5. Know backstop and what's beyond target.

Rifle Readiness States

Unloaded: No ammunition in the chamber or magazine.

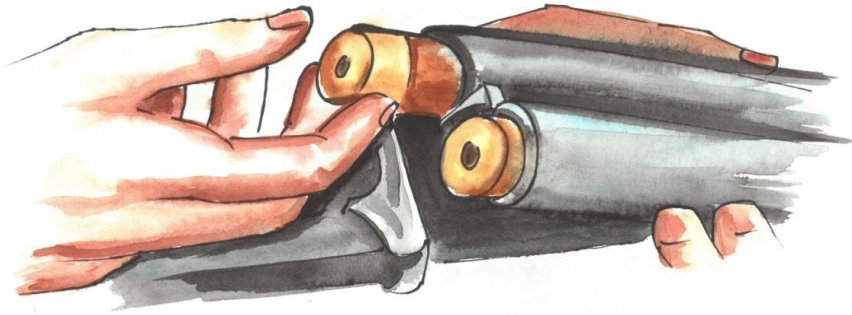
Loaded: Magazine contains ammunition; chamber remains empty.

Made Ready: Magazine fitted and a live round deliberately chambered.

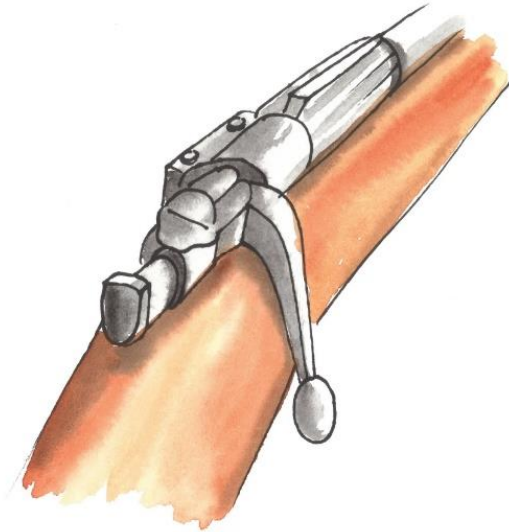
How a Rifle Functions

A rifle propels a bullet using expanding gases produced by burning propellant. Its operation follows a precise mechanical sequence:

1. Load: A cartridge is inserted into the magazine or chamber.



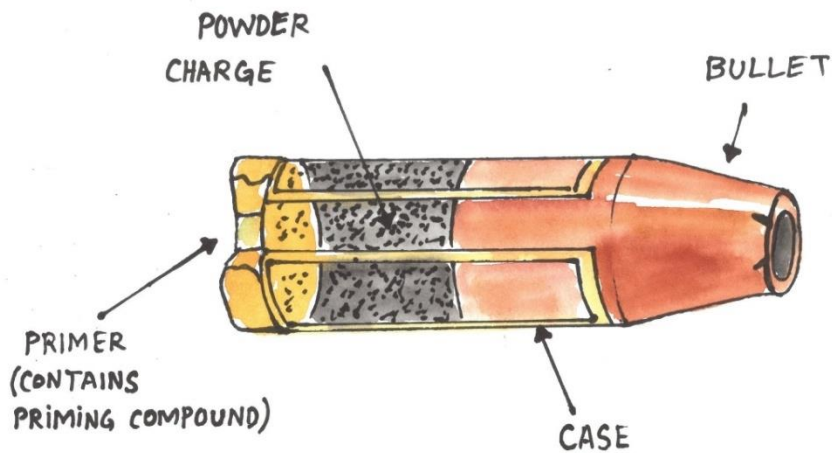
2. Lock: The bolt closes, securing the cartridge in position.



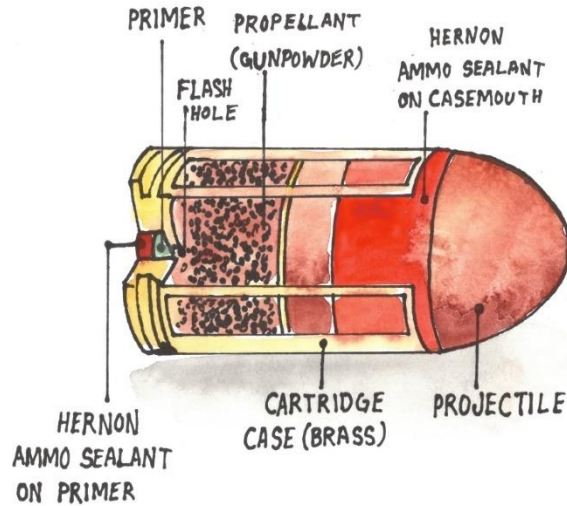
3. Aim: The shooter aligns the sights or optical system with the target.



4. Fire: The trigger releases the firing pin, striking the primer.



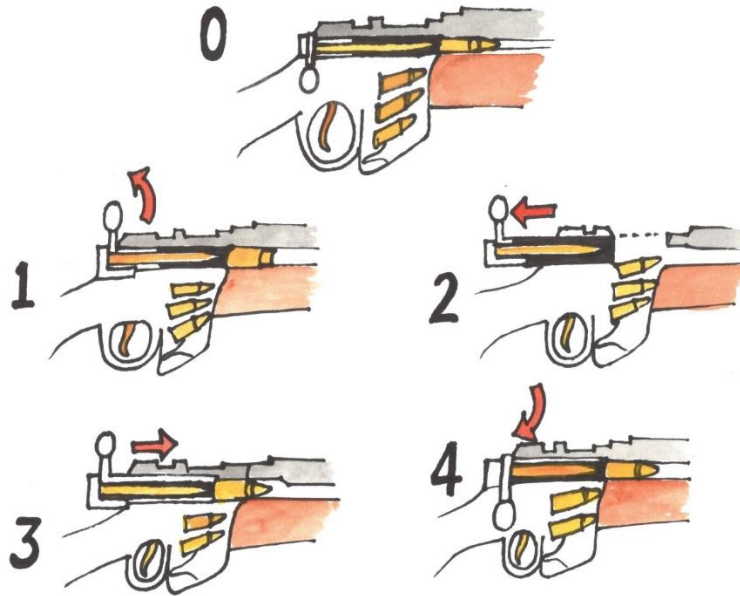
5. Ignition: The primer ignites the powder, generating high-pressure gas.



6. Bullet Travel: The bullet is forced through the rifled barrel, gaining spin for accuracy.



7. Cycle: The spent case is ejected manually (bolt-action) or automatically (semi-automatic).

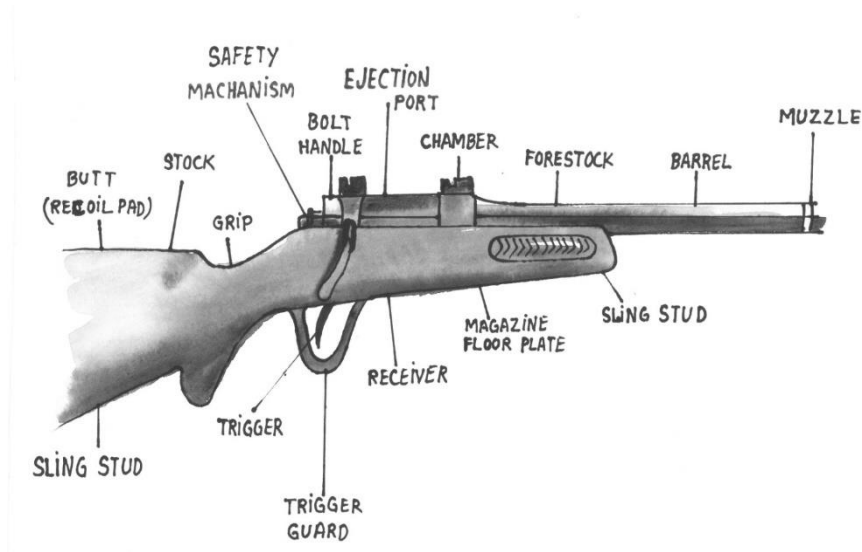


8. Repeat / Safe: The system is ready for the next shot or can be returned to a safe state.

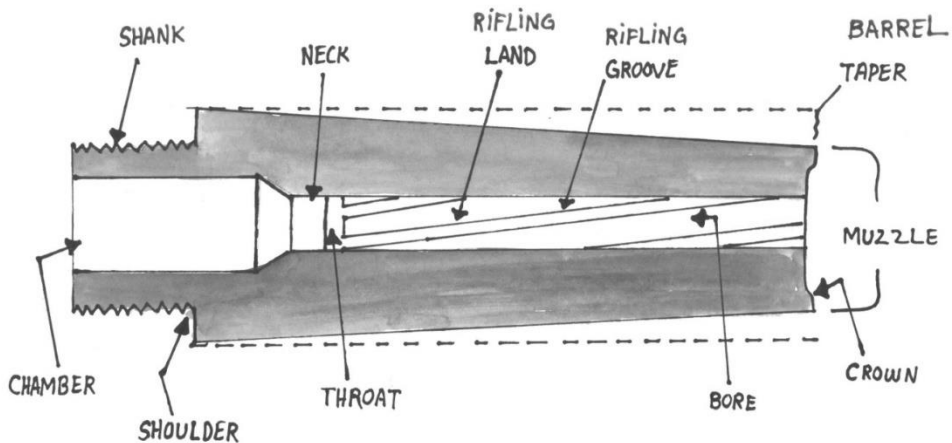


3. Primary Rifle Components

- Action & Bolt: The mechanical core that loads, locks, fires, and ejects each cartridge.



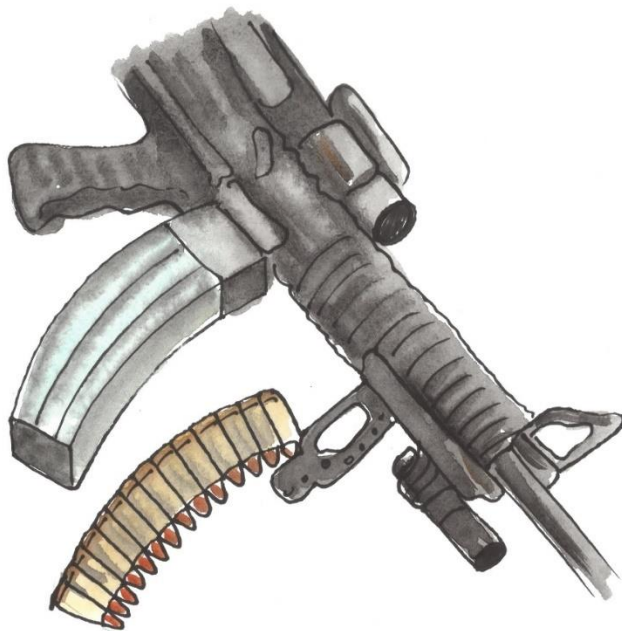
- Barrel & Receiver: The precision-machined pathway that stabilises the bullet and houses the chamber.



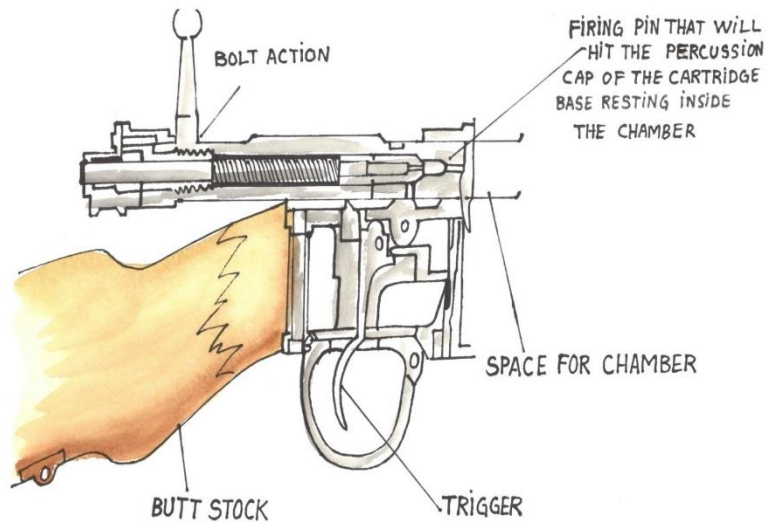
- Stock: Provides structure, balance, and shoulder support for controlled shooting.



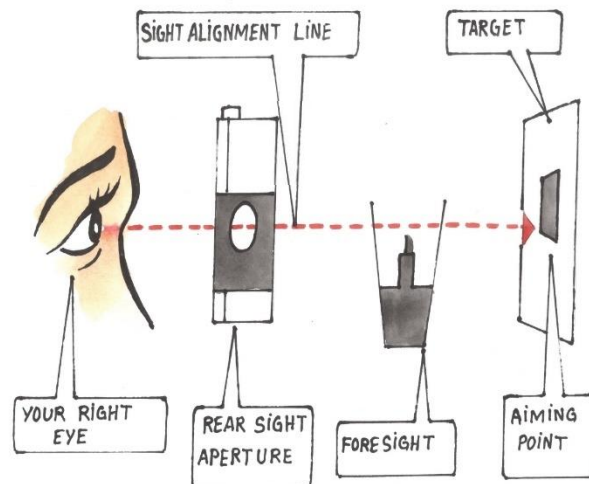
- Magazine: Stores cartridges and feeds them smoothly into the action.



- Trigger & Safety: The firing release system, with safety controls to prevent unintended discharge.

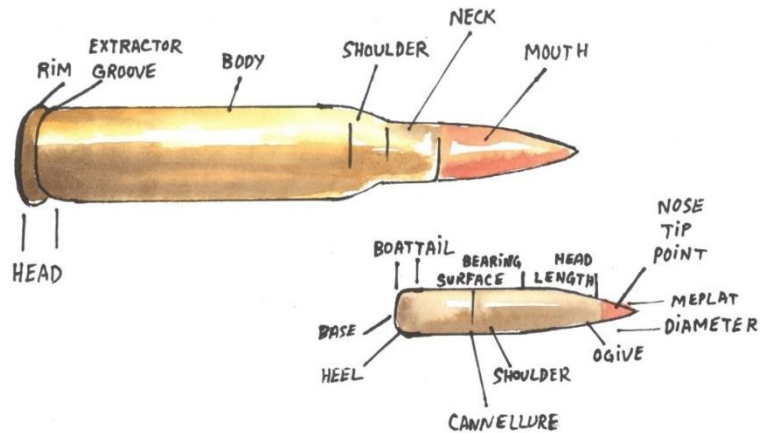


- Sights / Optics: Devices that allow accurate target alignment and distance judgement.

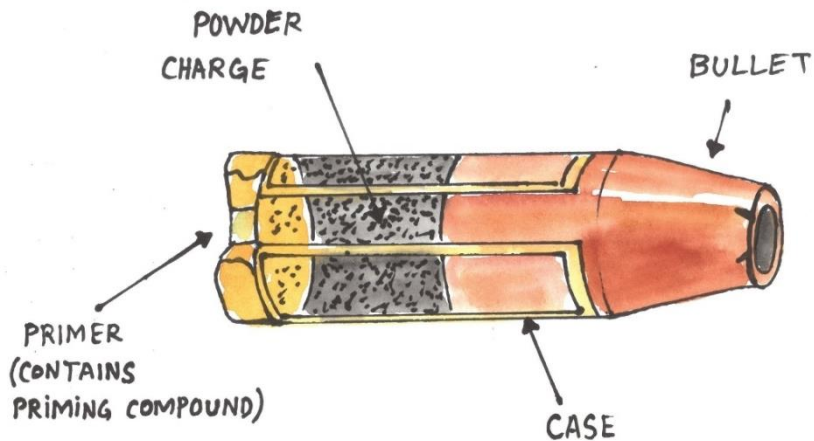


4. Cartridge Components

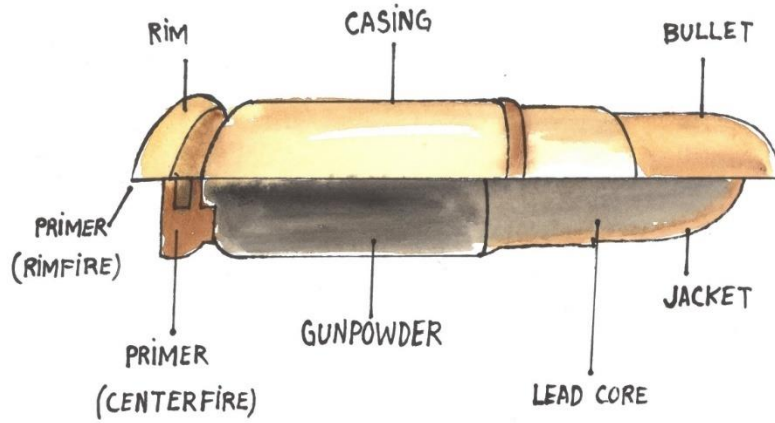
- Bullet: The projectile that is fired.



- Case: The container that holds all elements together.
- Primer: Creates the initial spark for ignition.
- Powder: Burns rapidly to generate propelling gas.



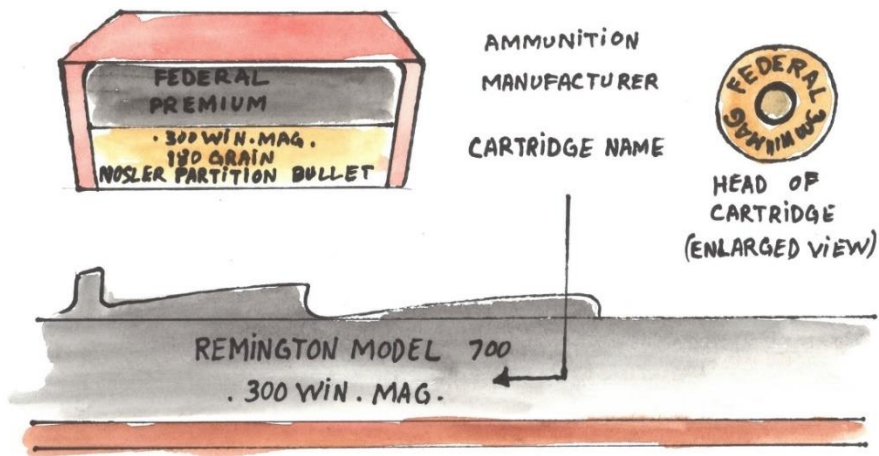
- Rim / Base: Assists extraction and provides identification markings.



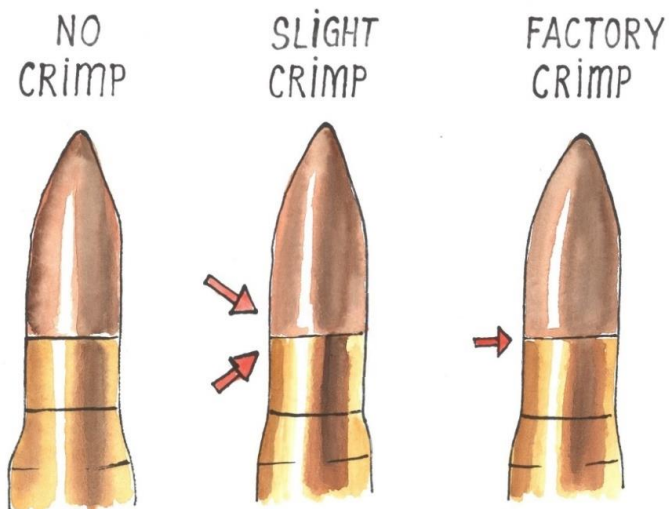
- Neck / Shoulder: Secures the bullet in place.



- Headstamp: Indicates caliber and manufacturer.



- Crimp: The tightened edge that seals the bullet into the case.



When to Load Your Rifle

1. Only in safe shooting area like range or field.
2. Make sure the target area is clear and safe before loading.
3. After chamber check confirms empty.
4. Muzzle down, action open first.
5. Load the rifle just before shooting, not earlier.

6. Load one round at a time for control.
7. Engage the safety catch immediately after loading.
8. Conduct loading in a stable, controlled environment to maintain full situational awareness.
9. Refrain from loading in crowded environments.

Unloading Your Rifle

- Unload the rifle as soon as shooting is finished.
- Point muzzle safe, finger off trigger.
- Remove the magazine first (if applicable).
- Open action fully to eject round.
- Shake magazine to drop extras.
- Visually and physically check the chamber is empty.
- Keep the rifle pointed in a safe direction during unloading.

Carrying a Rifle

1. Two-hand cradle: Muzzle up or down, trigger guarded.
 - Ensure the muzzle always faces a safe direction during movement.
2. Carry the rifle unloaded whenever possible.
3. Use a sling for better balance and long-distance control.
4. Avoid swinging the rifle carelessly while walking.
5. Avoid any unnecessary contact with the trigger.
6. Never carry a rifle with your finger on the trigger.
7. Cross trails muzzle first, announce presence.
8. Keep the safety engaged while you are on the move.
9. Never loaded unless hunting actively.

Avoid Haste and Stress

- Do not rush any rifle handling activity.
- Stress can lead to mistakes and accidents.
- Breathe deep before handling.
- Take breaks if frustrated or tired.
- Take slow, controlled movements while loading or unloading.
- Calm handling ensures better safety and accuracy.
- Double-check steps under pressure.

Crawling with a Rifle

- Muzzle forward, off trigger.
- Keep barrel elevated above ground.
- Use elbows and knees, rifle alongside body.
- Stop and check before standing.
- Do not place pressure on the trigger area.
- After crawling, inspect the rifle before use.

Safety Catch Discipline

- Engage only after loaded and aimed.
- Never rely on it alone (finger stays off).
- Test function dry before live use.
- Disengage smoothly just before firing.
- Do not rely only on the safety (safe handling is equally important).
- Make checking the safety a regular habit.

Checking the Chamber

- Check the chamber every time you pick up a rifle.
- Open the bolt or action fully.
- Look inside the chamber with your eyes.
- Feel the chamber with your finger if safe to do so.
- Never assume the chamber is empty without checking.

Handling a Misfire

- Keep muzzle on target 30 seconds.
- Recognize that delayed discharges may occur unexpectedly.
- After the waiting period, unload and inspect the rifle carefully.
- Recock and try again gently.
- If fails, unload safely.
- Inspect for squib or defect before reload.
- Do not resume firing until the misfire's cause is thoroughly identified and addressed.

Meeting the Public

- Unload immediately, action open.
- Muzzle away, hands visible.
- Explain calmly if asked.
- Be Respectful.
- Step aside from paths.
- Avoid displaying the rifle unnecessarily.
- Follow all local laws and safety norms.

Meeting the Police

- Hands up, rifle down unloaded.
- Announce "Unloaded firearm" loudly.
- Keep the rifle unloaded and visible if instructed.
- Follow all commands slowly.
- Inform them clearly that you are carrying a firearm.
- Show required documents when asked.
- No sudden moves.

Summary

Discipline, patience, and awareness prevent accidents. Safe rifle handling is a daily responsibility, not an option. Respect for others and the law is essential for firearm users. Following routine safety procedures builds confidence and control. A safe shooter is always a responsible shooter.

Chapter 4

Safe Shooting Procedures

Introduction

Importance of Training

Risk Assessment on New Ground

Importance of a Clear Backstop

Hearing Protection

Bullet Travel Distance and Safe Angles

Poor Visibility and Close-Range Risks

Shooting at Close Range

Safety When Shooting With Others

Checking for Muzzle Blockage

Clear Line of Sight

Cover, Fences, and Barriers

Passing a Firearm Safely

Negotiating Obstacles

Shooting Considerations

Ricochet Risk and Bullet Types

Reducing Ricochet Risk

Summary

Chapter 4

Safe Shooting Procedures

Introduction

Safe shooting requires careful judgement, awareness of your surroundings, and a commitment to controlling every shot responsibly.

Importance of Training

- Structured training develops reliable habits and sharpens decision-making.
- A well-trained shooter remains composed and consistently prioritises safety.

Risk Assessment on New Ground

- Before firing, analyse the environment for houses, roads, livestock, or people.
- Study the full terrain first.
- Do not shoot until you fully understand the terrain and potential hazards.

A Clear Backstop Is Essential

- Always fire toward a solid, reliable backstop such as a hill or earth bank.
- It prevents bullets from travelling beyond the target and protects others.

Hearing Protection

- Gunfire can cause permanent hearing loss.
- Use plugs or muffs that block noise.
- Pick ones that still let you hear talk.
- Quality ear protection reduces noise while still allowing clear communication.

Bullet Travel Distance and Angles

- Bullets can travel long distances or change direction after impact.
- Maintain safe muzzle angles and always direct shots toward a secure backstop.

Poor Visibility in Close Shots

- Fog, low light, or heavy rain can hide obstacles and people.
- Avoid shooting when visibility is reduced or the target cannot be confirmed.

Shooting at Close Range

- Ensure the muzzle is free from obstruction and clear of debris.
- Be aware that hard surfaces nearby can cause dangerous bullet splash.

Safety When Shooting With Others

- Agree on safe arcs of fire and shooting positions before beginning.
- Move forward only when all firearms are unloaded and confirmed safe.

Check for Muzzle Blockage

- Examine the muzzle for mud, snow, or foreign material.
- A blocked muzzle can create dangerously high pressure and damage the barrel.
- Blocks cause explosive pressure.

Clear Line of Sight

- Positively identify the target and the area behind it.
- Never fire at indistinct shapes, movement, or sound.
- Sight must be sharp and sure.

Cover and Fences

- Do not rest the muzzle on fences, stones, or metal surfaces.
- Unload your firearm before crossing any fence or barrier.

Passing a Firearm

- Open the action, prove the firearm is empty, and pass it only when the other person is prepared to receive it.

Negotiating Obstacles

- Unload the firearm when climbing, crossing uneven ground, or moving through obstacles.
- Take your time to reduce the chance of slips or drops.

Shooting Considerations

- Confirm that the target is lawful, the background is safe, and lighting conditions allow precise identification.

Ricochet Risk and Bullet Types

- Hard bullets can deflect off stones or firm ground, whereas softer bullets tend to deform or fragment on impact.
- Match ammo to ground.

Reducing Ricochet Risk

- Avoid firing at hard, sloping, or unpredictable surfaces.
- Never shoot at water, as bullets can skip across the surface at high speed.

Summary

Safe shooting depends on sound judgement, deliberate preparation, and respect for the capability and consequences of every shot.

Chapter 5

Firing Positions and Shooting Techniques

Introduction to Firing Positions

General Guidelines for Firing Positions

Prone Firing Position

Sitting Firing Position

Standing (Offhand) Firing Position

Leaning and Supported Firing Positions

Shooting from Elevated Positions

High Seats and Shooting Cages

Shooting from Vehicles

Key Tips for Improved Accuracy

Summary: Building Stability and Precision

Chapter 5

Firing Positions and Shooting Techniques

Introduction

A firing position is the way a shooter places their body and firearm while aiming and firing. The correct firing position improves accuracy, stability, comfort, and safety. Learning proper positions helps the shooter maintain control and reduce unnecessary movement during firing.

General Guidelines for Firing Positions

1. Always maintain a balanced and comfortable posture.
2. Safety first : Finger off trigger until ready, identify target and beyond, maintain muzzle control.
3. Keep the firearm firmly supported using bones rather than muscles.
 - exhale partially, hold briefly, then fire.
4. Align your body naturally with the target to avoid strain.
5. Control breathing before taking the shot.
6. Maintain a steady grip and correct trigger control.
7. Always follow firearm safety rules in every position.

Prone Position

1. Lie flat on stomach with legs spread slightly for balance.
2. Plant elbows firmly on ground for maximum stability.
3. Ideal for long-range shots due to body weight anchoring rifle.
4. Position cheek snug against stock with consistent weld.
5. Use bipod or rolled jacket under forearm for extra support.

Sitting Position



1. Sit with legs crossed or extended, back straight.
2. Rest elbows on knees forming tripod support.
3. Excellent for uneven terrain up to 300 yards.
4. Lean slightly forward with firm rifle grip.
5. Quicker to assume than prone, less stable for extreme ranges.



Standing Position



1. Feet shoulder-width apart, knees slightly flexed.
2. Lean forward from waist into the shot.
3. Dominant hand forward on forearm, other hand pulls into shoulder pocket.
4. Best for quick close-range shots or mobile situations.
5. Use sling for tension or brace against tree for stability.



Leaning Position



1. Lean upper body against solid object (tree, rock wall).
2. Firing shoulder touches support for stability.
3. Forward hand high on rifle for leverage.
4. Maintain consistent cheek weld.
5. Perfect for wooded areas using natural obstacles.



Target: From Amateur to Pro Max Shooter



Shooting from Elevated Positions



1. Distribute weight evenly to counter gravity.
2. Angle body slightly downhill for balance.
3. Use non-firing hand to grip secure hold.
4. Adjust aim upward to compensate bullet drop.
5. Stay back from edges to prevent falls.



High Seats and Shooting Cages



1. Sit upright with back against rail, feet braced.
2. Rest rifle forearm on padded shooting rail.
3. Keep elbows low for steady platform.
4. Scan slowly to avoid startling game below.
5. Practice dry-firing to adapt to confined space.



Shooting from Vehicles

1. Exit vehicle when possible for best stability.
2. Brace rifle over open door/window sill (never barrel on metal).
3. Position prone across hood or seat if needed.
4. Turn engine off to eliminate vibrations.
5. Ensure clear line of fire away from passengers.

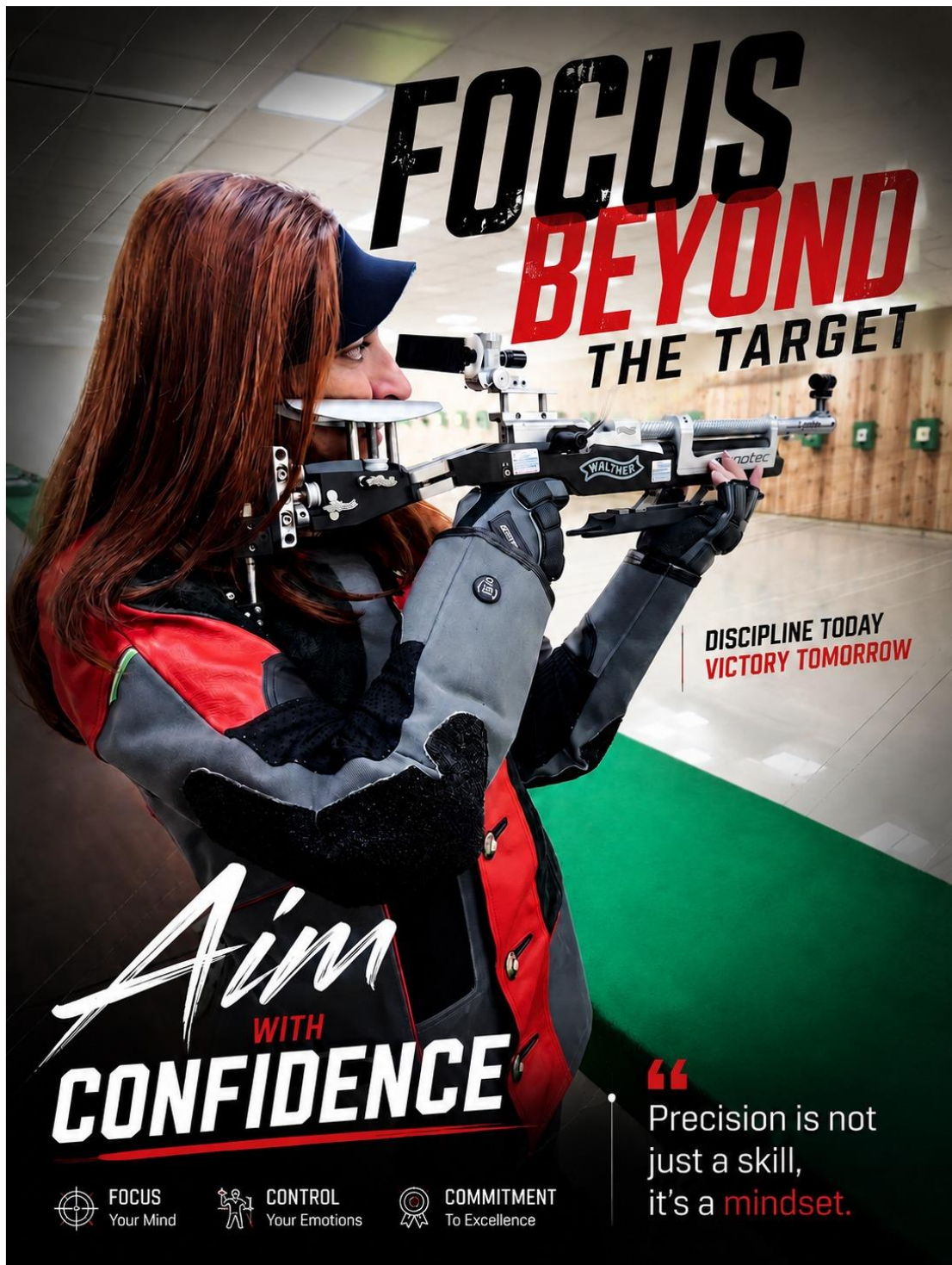
Key Tips for Improved Accuracy

1. Dry practice daily to refine form without ammo.
2. Use rear bag under buttstock for fine adjustments.
3. Follow through-hold sight picture 2 seconds after shot.

4. Maintain consistent scope eye relief to avoid injury.
5. Read wind conditions and let mirage/heat waves settle.

Summary

Proper firing positions are essential for safe and accurate shooting. Each position has its own purpose and advantage. Regular practice and correct posture help build confidence, reduce fatigue, and improve overall shooting performance.



**FOCUS
BEYOND
THE TARGET**

**DISCIPLINE TODAY
VICTORY TOMORROW**

**Aim
WITH
CONFIDENCE**

**“ Precision is not
just a skill,
it’s a **mindset**. ”**

 **FOCUS**
Your Mind

 **CONTROL**
Your Emotions

 **COMMITMENT**
To Excellence

Chapter 6

Firearm Maintenance and Care

Introduction to Firearm Care

Core Maintenance Rules

Essential Cleaning Equipment

Preparation Before Cleaning

Everyday Quick Cleaning Routine

Thorough Deep Cleaning Procedure

Handling Add-Ons and Accessories

Maintenance of Muzzle Devices and [Suppressors

Bolt and Action Tune-Up

Stock and Grip Care

Optics and Sights Maintenance

Summary

Chapter 6

Firearm Maintenance and Care

Introduction to Firearm Care

Keeping your firearm in top shape isn't just good practice—it's essential for safety, smooth performance, and longevity. Routine upkeep wards off rust, boosts accuracy, and cuts down on unexpected jams, ensuring your gear is ready when you need it most.

Core Maintenance Rules

Follow these foundational steps every time to stay safe and effective.

1. ***Always Unload First***: Double-check—no ammo in the mag or chamber—before touching the insides.
2. ***Clean Promptly***: Hit it right after shooting or if it's been sitting unused for ages.
3. ***Stick to Proper Supplies***: Only use cleaners, solvents, and lubes made for guns; generics can damage finishes.
4. ***Go Light on Lube***: A tiny film prevents friction and rust—overdo it, and you'll just trap grime.
5. ***Heed the Manual***: Each model's maker spells out the best method; don't improvise.
6. ***Store Smart***: Keep it in a cool, dry spot, locked away from kids and thieves.

Must-Have Cleaning Gear

Stock up on these basics—they make the job quick and thorough.

1. ***Cleaning Rod or Bore Snake***: Pulls through the barrel to scrub out gunk.
2. ***Bore Brush***: Scrubs stubborn residue like burnt powder.
3. ***Patches***: Swabs the bore and parts clean.
4. ***Solvent***: Dissolves fouling without harming metal.
5. ***Gun Oil or Lube***: Shields against corrosion and keeps actions slick.

6. ***Nylon Brush***: Hits crevices and small components.
7. ***Work Mat***: Saves your table from scratches and solvents.

Prep Before Cleaning

Set yourself up right to avoid mishaps.

1. ***Confirm It's Empty***: Eject the mag, rack the slide, peer into the chamber.
2. ***Pick a Good Spot***: Bright light, stable surface, away from flammables.
3. ***Line Up Your Tools***: Everything at hand—no mid-job fumbling.
4. ***Review the Field-Strip Guide***: Know how to safely take it apart per the manual.

Everyday Quick Clean (After Casual Sessions)

For light use, this 10-minute routine keeps things humming.

1. ***Barrel Blast***: Snake or rod with brush and solvent-soaked patches until they come out clean.
2. ***Exterior Wipe-Down***: Cloth off fingerprints, dust, and sweat.
3. ***Sparse Oil***: Dab on rails, trigger bar—wipe excess.
4. ***Cycle Check***: Dry-fire and work the action; it should feel crisp.

Thorough Deep Clean (After 15-25 Rounds or Weekly)

When fouling builds up, go all-in for peak condition.

1. ***Disassemble Fully***: Only as far as the manual allows—no heroics.
2. ***Barrel Deep Dive***: Multiple passes to banish copper, lead, or carbon.
3. ***Scrub Internals***: Bolt carrier, recoil spring, chamber—get every nook.
4. ***Damage Hunt***: Eyeball for pitting, bent pins, weak springs.
5. ***Targeted Lube***: Hit high-friction spots sparingly.
6. ***Rebuild and Test***: Snap it back, function-check without ammo.

Handling Add-Ons and Accessories

Don't neglect the extras—they fail if ignored.

1. ***Detach First***: Off with optics, grips, lights for standalone cleaning.

2. ***Rail and Mount Scrub***: Clear debris from attachment points.
3. ***Torque Test***: Snug everything to spec post-clean.

Muzzle Devices and Suppressors

These hotspots clog fast—stay on them.

1. ***Frequent Flush***: Solvent out carbon from baffles or ports.
2. ***Thread Check***: Clean and inspect for cross-threading risks.
3. ***Dry It Out***: No trapped water leading to rust.
4. ***Align on Reinstall***: Perfect fit prevents baffle strikes.

Bolt and Action Tune-Up

The heart of reliability lives here.

1. ***Bolt Face Polish***: Brush away residue from lugs and extractor.
2. ***Part Scrutiny***: Springs bouncy? Pins intact?
3. ***Minimal Oil***: Just enough for silkiness.
4. ***Smooth Cycling***: Should glide without binding.

Stock and Grip Care

Keep the handle feeling good.

1. ***Surface Wipe***: Dry cloth or mild soap for synthetics.
2. ***Wood Nourish***: Light furniture oil to fend off dries and splits.
3. ***Crack Patrol***: Spot looseness or fractures early.
4. ***Moisture Dodge***: Dry storage only—no damp bags.

Optics and Sights Maintenance

Clear glass means precise shots.

1. ***Lens Cloth***: Microfiber cloth, no spit or paper towels.
2. ***Check Mounting Screws***: Ensure scope mounts are tight.
3. ***Gentle Cleaners***: Optics spray only—skip ammonia.
4. ***Protect When Not In Use***: Use lens covers during storage.

Summary

Consistent care turns a firearm into a trusted tool-safe, accurate, and built to last. Proper cleaning extends the life of the firearm. Attention to all parts, including attachments and optics, improves performance. Cover every inch, from bore to bipod, and you'll shoot confidently for years.

Chapter 7

Rifle Marksmanship Fundamentals

- Introduction to Marksmanship
- Fundamental Principles of Marksmanship
- Pre-Shot Routine and Mental Preparation
- Shooting Position and Stability
- Sight Alignment and Sight Picture
- Breathing Control and Shot Timing
- Breathing Techniques for Accuracy
- Trigger Control and Follow-Through
- Environmental Factors Affecting Accuracy
- Shooter's Physical and Mental Condition
- Distance, Zeroing, and Ballistic Awareness
- Key Marksmanship Tips and Best Practices
- Summary: Building Precision Through Practice

Chapter 7

Rifle Marksmanship Fundamentals

Introduction

1. Marksmanship is the skill of hitting a target accurately and consistently.
2. It depends on proper technique, discipline, and regular practice.
3. It blends technique, discipline, and practice for consistent precision across hunting, sports, or defense.
4. Good marksmanship improves safety, confidence, and shooting performance.

Fundamental Marksmanship Principles

1. Maintain a stable shooting position.
2. Use correct sight alignment and sight picture.
3. Control breathing during the shot.
4. Apply smooth and steady trigger pressure.
5. Follow through after the shot to maintain accuracy.

Pre-Shot Routine (Before Taking a Shot)

1. Check firearm safety and confirm the target.
2. Verify, distance, and safe backstop clearance.
3. Adjust your shooting position for comfort and balance.
4. Assume stable position suited to terrain and range.
5. Ensure proper grip and shoulder placement.
6. Align sights correctly with the target.
7. Load only after full area scan and mechanics check.
8. Dry-fire to confirm sight picture and trigger reset.
9. Control breathing and relax the body.
10. Execute mental walkthrough of breathing, trigger, and hold.

11. Focus fully before pressing the trigger.

Shooting Position and Stability

1. Choose a position that provides maximum support.
2. Match position to scenario:-prone for distance, standing for mobility.
3. Create bone-supported structure with elbows, knees, or rests.
4. Keep the body relaxed but firm.
5. Employ slings or bags to reduce wobble without strain.
6. Use natural bone support rather than muscle tension.
7. Confirm hold by watching sights steady for several seconds.
8. Maintain consistent posture for every shot.

Sight Alignment and Focus

1. Align the front sight properly with the rear sight.
2. Keep the front sight clear and sharp.
3. Position sights exactly on target center mass.
4. Keep consistent eye relief to avoid scope issues.
5. Hold picture steady before advancing to trigger.
6. Avoid shifting focus between sights and target during the shot.

Breathing Control

1. Normal respiration shifts chest, disrupting aim stability.
2. Proper breathing reduces body movement.
3. Take slow, natural breaths before firing.
4. Pause briefly after exhaling to take the shot.
5. Avoid holding breath for too long.
6. Limit holds to under 8 seconds to prevent oxygen tremors.
7. Align shot timing with body's natural pause point.
8. Rehearse holds to match personal shot cadence.

Breathing Techniques

1. Inhale deeply and exhale halfway, pause and fire.
2. Fire during the natural breathing pause.
3. Maintain a steady rhythm while breathing.
4. Practice breathing control regularly for consistency.
5. Mirror practice reveals and corrects chest motion.

Trigger Control and Follow-Through

1. Press the trigger smoothly and straight back.
2. Avoid jerking or sudden movements.
3. Increase pressure steadily rearward without side movement.
4. Keep the sights aligned during the trigger press.
5. Maintain position and focus after the shot is fired.

Factors Affecting Accuracy

Environmental Conditions

1. Wind can change bullet direction. Wind drifts bullets:-apply full-value holds at distance.
2. Light conditions affect sight visibility.
3. Lighting shifts target perception:-seek consistent shade.
4. Weather can influence shooter comfort and stability.
5. Temperature changes powder performance and impact.
6. Terrain may limit shooting positions.
7. Humidity subtly alters but predictably influences path.

Shooter's Physical Condition

1. Fatigue reduces control and focus. Fatigue induces tremors; elevated pulse magnifies sway.
2. Dehydration impairs concentration and hold steadiness.
3. Stress affects breathing and trigger control.

4. Proper rest improves performance.
5. Cold numbs fingers:-warm hands for precise control.
6. Build endurance fitness for prolonged positions.

Distance and Zeroing

1. Account for drop with elevation beyond confirmed zero.
2. Longer distances require precise adjustments.
3. Zeroing ensures the firearm is accurately sighted.
4. Wind multiplies over yards:-verify holds empirically.
5. Regular zero checks maintain accuracy.
6. Reconfirm after ammo, optic, or position shifts.
7. Know your firearm's effective range.

Key Marksmanship Tips

1. Daily 15-minute dry-fire ingrains fundamentals.
2. Fire 3-5 round groups to diagnose patterns.
3. Focus on fundamentals rather than speed.
4. Stay calm and patient while shooting.
5. Log conditions with each session for analysis.
6. Select ammo matching rifle twist and quality standards.
7. Analyze each shot to improve performance.
8. Clean barrel every 50-100 rounds for velocity consistency.
9. Always prioritize safety and discipline.

Summary

Marksmanship is built on strong fundamentals and practice. Consistent technique leads to better accuracy. Mental focus is as important as physical skill. Prioritize safety in all fundamentals. Continuous refinement marks elite shooters. A disciplined shooter develops confidence and precision over time.

Chapter 8

Legal Framework for Rifle Ownership in India

Legal Foundation: Indian Arms Act, 1959

Introduction: Purpose of Rifle Laws in India

Law and Licence: Arms Act Basis

Types of Firearms Under Indian Law

Licensing Purpose Categories

Eligibility Criteria for Rifle Licence

Application Procedure: Step-by-Step Process

Licence Validity, Renewal, and Duration

Role of State Authorities and Police

Punjab Police Rules for Rifle Licences

Practical Guide to Rifle Licensing in Punjab

Types of Rifles Permitted for Civilians

Restrictions, Prohibitions, and Penalties

Common Legal Misunderstandings

Summary: Legal Responsibility of Rifle Owners

Chapter 8

Legal Framework for Rifle Ownership in India

Legal Basis: Indian Arms Act, 1959

INTRODUCTION: THE PURPOSE OF RIFLE LAWS

In India, rifles are regulated to protect public safety, social order, and national security. The law treats a rifle not as ordinary property but as a controlled instrument that demands accountability. Civilian possession is allowed only through legal permission, not personal choice.

Arms and Basis (Law and Licence)

What the Law Is

- The Arms Act, 1959 is the *primary law* governing acquisition, possession, carry, transfer, sale, manufacture, import & export of firearms, ammunition, and associated activities in India.

License Required

- No person may acquire, possess, or carry a firearm or ammunition without a valid licence issued under the Act and Rules.
- This applies to rifles, shotguns, pistols/revolvers, and air rifles where applicable.

Types of Firearms in Indian Law

Prohibited Bore (PB) vs Non-Prohibited Bore (NPB)

- Prohibited Bore (PB) - includes high-power military/automatic calibre* guns and other restricted firearms. Not available to general civilians except in rare special cases.
- Non-Prohibited Bore (NPB) - includes rifles (.22 LR sporting rifles, etc.), shotguns, and revolvers of smaller calibre that civilians can apply for under licence.

- *Example:* .303, 7.62mm, 9mm etc. are usually PB; sport rifle bores like .22 LR are NPB.

Licensing Purpose Categories

Under Indian law, a licence must be justified with a genuine purpose. Typical categories include:

Self-defence

- If an applicant's life/property is under credible threat - requires police and magistrate/authority verification.
- Note: *Courts have ruled it's not an automatic right*; state authorities have *discretion* to refuse based on public safety/peace.

Sports Shooting

- For sports shooters (clubs/associations), with certification from recognized bodies, additional weapons allowed beyond regular limit.

Crop & Animal Protection

- Rare cases where rifle licence may be given for protection against wild animals - needs wildlife permit proof.

Institutional Licenses

- Banks, private security agencies, educational institutions etc., for operational security. These follow separate forms.

Eligibility - Core Criteria

To apply for a rifle or firearm licence:

✓ Age & Citizenship

- Must be an Indian citizen and typically 21 years or older (some categories may differ).

Character & Background

- Absolutely no criminal record, including arms/cognizable offenses -police verification checks this.
- Must not be of unsound mind or drugs/alcohol dependent.

Need/Threat Justification

- License authority requires a ‘reasoned necessity’ (personal risk, livelihood, sport). A casual desire does not suffice.

Other Documents

- Identity proofs (Aadhaar, etc.), address, photographs, medical/fitness certificates, character references.

Training

- While not always mandatory *before* applying, training in safe firearm handling is strongly expected and often arranged by authorities.

Application & Procedure - Step by Step

1. Application Submission

- You apply to the Licensing Authority (District Magistrate / Deputy Commissioner / Police Commissioner depending on jurisdiction).

2. Required Forms

- Arms Rules, 2016: Form II, III, IV for individual licences; supporting documents per rule 11.

3. Police Verification & Report

- Local police conduct background & antecedent checks - character, criminal record, threat level.

4. Authority Decision

- Licensing Authority issues licence or refuses, must justify refusal if no legitimate need is proven (judicial precedents confirm this discretion).

5. Licence Grant

- If all conditions met, licence granted (usually for five years).

6. Post-Approval

- The licence lists exact firearms permitted, usually with a UIN (Unique Identification Number) which you must supply/maintain.

RIFLE LICENCE APPLICATION & PROCEDURE (INDIA)

Step No.	Stage	What Happens
1	Applicant	Person decides to apply for rifle licence
2	Who Can Apply	Indian citizen, mentally fit, clean criminal record
3	Minimum Age	As decided by licensing authority (generally adult applicant)
4	Valid Reason	Self-defence, sport shooting, crop protection, security needs
5	Application	Application submitted (online or offline)
6	Documents	Identity, address, and reason verified
7	Police Verification	Background and local inquiry conducted
8	Police Report	Report sent to licensing authority
9	Authority Review	DM / ADM / Commissioner reviews case
10	Decision	Licence approved or rejected
11	Approval Guarantee	No automatic approval even if documents are complete
12	License Validity	Time-bound (generally up to 5 years as per rules)
13	Area Validity	District/State/ All-India (as mentioned on license)
14	Licence Issued	Rifle licence granted (if approved)

AFTER LICENCE IS GRANTED

Step No.	Stage	What Happens
1	Purchase Permission	Permission to buy rifle issued
2	Rifle Purchase	Rifle bought from authorized dealer
3	Licence Entry	Weapon details entered on licence
4	Safe Storage	Rifle stored as per legal rules
5	Legal Use	Rifle used only within licence limits

LICENCE RENEWAL TABLE (SIMPLE)

Step No.	Stage	What Happens
1	Expiry	Licence validity period ends
2	Renewal Application	Renewal request submitted
3	Police Verification	Fresh background check
4	Authority Decision	Licence renewed or cancelled

Renewal & Duration

- Validity: Typically 5 years.

- Renewal: Apply before expiry - late renewal may lead to cancellation.
- UIN compliance is now mandatory for validity

Punjab Police Rules

Punjab does not have a completely separate law from the central Arms Act, but the Punjab Police Rules list procedures for officers and note:

Police Officers & Private Guns

- Even police officers must get a proper licence to keep private arms. Exceptions exist for *issue-of-equipment* within service arms.

Administration under Right to Service Act (Punjab)

- Punjab's Right to Service (RTS) Act adds timelines for arms licence services such as:
 - Verification period (e.g., 15 days for police check)
 - Personal hearing opportunity if required
 - Duplicate licence, NOC for sale, jurisdiction extension within defined timelines.

Weapon Count Allowed

- Government notifications (Punjab home dept) show:
 - Individuals: up to 2 weapons of any type
 - Rifle-club members: similar with specific limits
 - Sports persons: up to 14 weapons depending on sport category.

This doesn't circumvent central law- it supplements how Punjab administers it.

Restrictions & Penalties

Carrying Without Licence

- Illegal to carry or have a firearm without a licence - punishable by fines and/or imprisonment under Sections 27–30 of the Arms Act.

Licence Revocation

- Misuse, wrong info, drug cases, threatening behaviour, or public display may lead to cancellation. Punjab Police have undertaken licence reviews and actions against misuse.

Important “Legal Keywords”

- Mandatory police antecedent verification
- Genuine necessity / threat justification
- Non-Prohibited Bore (NPB) vs Prohibited Bore
- UIN (Unique Identification Number)
- Form II / Form III / Form IV (Arms Rules)
- Discretionary refusal by licensing authority
- Punjab Right to Service Act timelines
- Sports-specific exemptions
- Police background plus magisterial approval

Punjab Police – Practical Guide (Rifle Licence)

1. DOCUMENT CHECKLIST (Punjab - Individual Rifle Licence)

Mandatory Documents

- ✓ Application Form (online / district arms branch)
- ✓ Aadhaar Card (identity + address proof)
- ✓ Voter ID / Passport (secondary ID)
- ✓ Residence Proof (electricity bill / registry / rent agreement)
- ✓ 4–6 Passport Size Photos
- ✓ Medical Fitness Certificate (Govt / Registered Doctor)
- ✓ Character Certificate (Sarpanch / Gazetted Officer / MLA letter – optional but helpful)
- ✓ Self-Affidavit (no criminal case, no mental illness, no drug addiction)

✓ Reason Statement (VERY IMPORTANT - explained below)

If Applying for Sports Rifle

✓ Shooting Club Membership Certificate

✓ District / State / National Shooting Federation Letter

✓ Participation Proof (competitions / practice)

2. POLICE VERIFICATION (Punjab Process)

After submission:

Local Police Checks

- Criminal record (FIR / challan / NDPS / Arms Act cases)
- Neighbour verification
- Family background
- Past behaviour & reputation
- Mental stability
- Alcohol / drug dependency
- Key Legal Point

Even one serious criminal case = high chance of rejection

3. LICENSING AUTHORITY (Punjab)

Depending on area:

- District Magistrate (DC)
- Additional DC
- Commissioner of Police (urban areas)

They check:

- Police report
- Your need justification
- Public safety risk

- Law & order impact

IMPORTANT

Arms licence is NOT A FUNDAMENTAL RIGHT

It is a PRIVILEGE granted with responsibility.

4. HOW TO WRITE A STRONG “REASON STATEMENT”

✗ Weak Reason (Often Rejected)

“For self-defence and personal safety”

✓ Strong Reason

“I am a resident of ____ village/area. Due to my profession/business/agricultural activity and late-hour movement, I have faced security concerns. I seek a Non-Prohibited Bore rifle strictly for lawful self-protection and safety of life and property, and I undertake to follow all Arms Act provisions.”

5. HOW MANY WEAPONS ARE ALLOWED (Punjab)

Normal Individual

- Maximum: 2 weapons
 - Example: 1 rifle + 1 shotgun

Sports Shooter

- Up to 10–14 weapons (depending on category & level)

Weapon type & calibre must be mentioned on licence

6. TIME LIMIT (Punjab - RTS Act)

Approximate timeline:

- Application + Police Report: 30-45 days
- Authority decision: 60-90 days

Delay can happen if:

- Police report negative
- Incomplete documents
- Weak justification

7. SAFE STORAGE RULES

- ✓ Weapon must be kept locked
- ✓ Ammunition stored separately
- ✓ No public display (weddings / reels / celebrations)
- ✓ Carry only when legally justified
- ✓ Licence must be carried with weapon

Misuse = Immediate cancellation + criminal case

8. COMMON REASONS FOR REJECTION (Punjab)

- Criminal background (even old cases)
- Drug / NDPS involvement
- Social media weapon display
- Weak or fake threat claims
- Political influence misuse
- Mental health concerns

9. LEGAL CONSEQUENCES (Punjab + Central Law)

Violation	Result
Weapon without licence	Jail + fine
False info	Licence cancelled
Misuse	Arms Act case
Late renewal	Seizure

Mental Instability is observed.

10. ROLE OF PUNJAB POLICE

Punjab Police conduct:

- Detailed background verification
- Local intelligence assessment
- Ongoing monitoring of licence holders

Their report significantly influences licensing decisions.

11. TYPES OF RIFLES PERMITTED FOR CIVILIANS

Civilian licences generally allow:

- Bolt-action rifles
- Sporting and target rifles
- Certain non-prohibited bore rifles

Automatic and military-grade rifles are prohibited for civilian possession.

12. COMMON LEGAL MISUNDERSTANDINGS

- A rifle licence does not permit public display
- Private property does not allow unrestricted firing
- Inherited rifles require licence transfer

Ignorance of the law is not a legal defense.

Summary

Rifle ownership in India is governed by strict central laws, implemented by state authorities. Punjab applies enhanced scrutiny. Legal possession depends on compliance, discipline, and respect for public safety.

Chapter 9

Ballistics – How Distance, Gravity, and Wind Affect the Shot

Introduction to Ballistics

What Ballistics Means in Shooting

Types of Ballistics

How Distance Affects the Shot

Effect of Gravity

Bullet Drop and Trajectory Tables

Air Resistance (Drag) and Ballistic Coefficient

Wind and Its Effect on the Bullet

Wind Direction and Value

Headwind and Tailwind Effects

Shooting at Angles (Uphill / Downhill)

Understanding Zeroing and Hold-Over

Ballistics in Air Rifle vs Firearm

Other Factors Affecting Trajectory

Practical Implications for Shooters

Common Ballistic Errors by Beginners

Practical Tips

Summary

Chapter 9

Ballistics – How Distance, Gravity, and Wind Affect the Shot

Introduction to Ballistics

Ballistics is the science that explains how a projectile travels from the moment it leaves the barrel until it reaches the target. For a shooter aiming to progress from amateur to professional level, understanding ballistics is essential for consistent accuracy.

What Ballistics Means in Shooting

In shooting, ballistics helps explain why a bullet does not travel in a straight line and why shots deviate due to natural forces. Knowledge of ballistics allows shooters to predict and correct shot placement.

Types of Ballistics

- Internal Ballistics – What happens inside the barrel
- External Ballistics – Bullet movement through air
- Terminal Ballistics – Bullet behaviour on impact

This chapter focuses mainly on external ballistics.

How Distance Affects the Shot

Distance has a direct effect on the accuracy of a shot. As the distance between the shooter and the target increases, the bullet takes more time to reach the target. During this longer flight time, gravity pulls the bullet downward and air resistance slows it, causing greater bullet drop and reduced stability. Small aiming or trigger errors that are hardly noticeable at short range become much larger at longer distances, spreading the shot group. Wind also has more time to push the bullet sideways over longer distances. For this reason, shooting at longer ranges requires precise distance estimation, correct sight adjustments, and consistent shooting technique.

Effect of Gravity

Gravity affects every bullet the moment it leaves the barrel. Although the bullet travels forward at high speed, gravity continuously pulls it downward toward the earth. This causes the bullet to follow a curved path, not a straight line. At short distances, the drop caused by gravity is very small and often unnoticeable, but as distance increases, gravity has more time to act on the bullet, resulting in greater drop. Shooters compensate for this effect by adjusting their sights or aiming slightly higher on the target. Gravity cannot be stopped or reduced, but by understanding its effect, shooters can predict bullet drop and place accurate shots at different distances.

Bullet Drop and Trajectory Tables

Bullet drop is the vertical distance the bullet falls below the line of departure (the straight line from muzzle to target).

Trajectory tables show drop (in inches, cm, or MOA/mils) at various distances for a given cartridge, zero, and environmental conditions. These tables are based on muzzle velocity, ballistic coefficient (BC), and zero distance, and are essential for long-range shooting.

Modern ballistic apps and rangefinders use this data to give shooters precise elevation corrections for any range.

Air Resistance (Drag) and Ballistic Coefficient

Air resistance (drag) slows the bullet down as it travels, reducing its velocity and energy over distance. Drag increases with the square of velocity, so high-velocity bullets lose speed rapidly at first, then more slowly as they slow down.

Ballistic coefficient (BC) measures how efficiently a bullet overcomes drag; a higher BC means less drag, flatter trajectory, and better wind resistance.

Heavy, streamlined bullets (e.g., boat-tail spitzers) have higher BCs and perform better at long range than light, blunt bullets.

Wind and Its Effect on the Bullet

Wind pushes the bullet sideways (wind drift) and can also slightly affect its vertical path (aerodynamic jump). Crosswind is the most common and significant wind effect, causing the bullet to drift left or right depending on wind direction and speed.

The farther the target, the more time the wind has to act, so wind drift increases with distance. For example, a 10 mph crosswind may move a bullet a few inches at 100 yd, but several feet at 500–1000 yd.

Wind Direction and Value

Wind direction is usually described as full-value (90° crosswind), half-value (45°), or no-value (headwind/tailwind). Full-value wind has the maximum effect on drift; half-value wind has about half that effect; headwind/tailwind mainly affects drop, not drift.

Shooters estimate wind speed and direction using flags, vegetation, mirage, and experience, then apply corrections in MOA or mils.

Headwind and Tailwind Effects

A headwind increases the bullet's relative velocity through the air, increasing drag and causing slightly more drop.

A tailwind reduces relative velocity, decreasing drag and causing slightly less drop.

In practice, pure head/tail winds are rare; most wind has both crosswind and head/tail components, so shooters must estimate the net effect.

Shooting at Angles (Uphill/Downhill)

When shooting uphill or downhill, gravity acts vertically, not along the line of sight, so the bullet drops less than on level ground.

This causes the bullet to hit higher than expected if no correction is made, even at the same zero distance.

To compensate, shooters must aim slightly lower on steep uphill/downhill shots, using angle-compensated rangefinders or ballistic apps.

- Zeroing aligns the rifle to hit a target at a specific distance
- Hold-over is aiming slightly above the target to compensate for drop

Both techniques are critical for accurate shooting.

Ballistics in Air Rifle vs Firearm

- Air rifles have slower velocity and greater drop
- Firearms travel faster but still experience gravity and wind effects

Understanding both helps shooters adapt across disciplines.

Other Factors Affecting Trajectory

- Altitude and Air Density: At higher altitudes, thinner air reduces drag, resulting in flatter trajectories and less drop.
- Temperature and Humidity: Cold, dense air increases drag; hot, thin air reduces drag, affecting drop and wind drift.
- Spin Drift and Coriolis: At very long range, the bullet's spin and the Earth's rotation cause small but measurable drift and elevation changes.

Practical Implications for Shooters

- Know your cartridge's muzzle velocity and BC to predict drop and wind drift accurately.
- Use ballistic tables or apps to determine elevation and windage corrections for any range and angle.
- Practice wind reading and angle shooting to build confidence in real-world conditions.

Common Ballistic Errors by Beginners

- Ignoring wind
- Incorrect distance estimation
- Over-adjusting sights
- Poor consistency in ammunition

Practical Tips

- Practice at known distances
- Observe shot groups
- Keep a shooting log
- Learn gradual adjustments, not sudden changes

Summary

Ballistics knowledge transforms guesswork into calculated shooting. Mastery of distance, gravity, and wind builds confidence and accuracy in every shot.

Chapter 10

Trajectory and Impact: The Mechanics of Bullet Travel

Introduction to Bullet Trajectory

What Is Trajectory

Stages of Bullet Flight

Line of Sight vs Bullet Path

Angle of Fire and Its Effect

Trajectory Curves Explained

Factors Affecting Impact Point

Penetration and Energy Transfer

Consistency and Shot Grouping

Reading Impact Patterns

Improving Impact Accuracy

Summary

Chapter 10

Trajectory and Impact: The Mechanics of Bullet Travel

Introduction to Bullet Trajectory

Trajectory is the curved path followed by a bullet from muzzle to target. Understanding this path allows shooters to predict impact accurately and make correct adjustments for distance, wind, and angle.

What Is Trajectory

Trajectory is not straight. It is a curved path shaped by gravity and air resistance. The bullet rises slightly above the line of departure, reaches a peak, and then falls toward the target as gravity pulls it down.

Stages of Bullet Flight

- Initial rise – Just after leaving the muzzle, the bullet climbs above the line of departure due to the barrel's upward angle.
- Maximum height (apex) – The highest point of the bullet's arc, where it stops rising and begins to fall.
- Gradual drop – After the apex, gravity pulls the bullet down, and drag slows it, causing the path to curve downward toward the target.

Each stage affects the bullet's position relative to the line of sight and determines the final impact point.

Line of Sight vs Bullet Path

- Line of sight is the straight line from the shooter's eye, through the sights or scope, to the target.
- Bullet path is the actual curved flight of the bullet, which crosses the line of sight at the zero distance and then falls below it.

Sights are adjusted so that the bullet's curved trajectory intersects the line of sight at a chosen distance (e.g., 100 or 200 yards).

Angle of Fire and Its Effect

Shooting uphill or downhill changes the effective distance that gravity acts on the bullet. Gravity pulls straight down, not along the line of sight, so on steep angles, the bullet drops less than on level ground.

This causes the bullet to hit higher than expected if no correction is made, especially at long range. To compensate, shooters must aim slightly lower on steep uphill/downhill shots.

Trajectory Curves Explained

Trajectory depends on:

- Muzzle velocity – Higher velocity produces a flatter, shorter trajectory.
- Bullet weight and shape (BC) – Heavier, streamlined bullets resist drag better and have flatter, more predictable curves.
- Air resistance (drag) – Thinner air (high altitude) reduces drag and flattens the curve; dense air increases drag and steepens it.

Flatter trajectories are easier to manage and more forgiving of small errors in range estimation.

Factors Affecting Impact Point

- Trigger control – Jerking the trigger moves the rifle and shifts the impact point.
- Rifle stability – Poor support, wobble, or inconsistent position cause vertical and horizontal stringing.
- Ammunition consistency – Variations in powder charge, bullet weight, and velocity change the trajectory and impact.
- Environmental conditions – Wind, temperature, humidity, and altitude all affect bullet flight and final impact.

Impact accuracy reflects overall shooting discipline, not just the rifle or cartridge.

Penetration and Energy Transfer

Higher velocity and heavier bullets deliver more energy to the target, increasing penetration and tissue damage.

Proper trajectory ensures that the bullet arrives at the target with enough speed and stability to penetrate effectively and transfer energy efficiently.

Consistency and Shot Grouping

Professional shooters focus on tight shot groups, not just individual hits. Consistent fundamentals (stance, grip, breath, trigger) and consistent ammunition produce a predictable trajectory and tight groups.

A small group at a known distance shows that the shooter and rifle are working together; a large group indicates a problem in technique or equipment.

Reading Impact Patterns

Shot patterns reveal:

- Shooter errors – Vertical stringing often means poor trigger control; horizontal stringing suggests wind or inconsistent hold.
- Sight misalignment – A consistent offset (e.g., all shots high and left) means the sights need adjustment.
- Wind influence – Shots drifting in one direction, especially at longer ranges, indicate wind drift that was not corrected.

Correct analysis of the pattern leads to specific corrections in technique, sight settings, or wind reading.

Improving Impact Accuracy

- Maintain the same shooting routine for every shot (position, support, breathing, trigger squeeze).
- Control breathing and apply smooth, consistent trigger pressure without disturbing the sight picture.
- Make small, deliberate adjustments to sights or hold; avoid large, random changes.

Practice at known distances with good feedback (targets, spotting scope, or spotter) is the best way to improve impact accuracy.

Summary

Understanding trajectory and impact mechanics bridges theory and practice. Accurate shooters do not fight physics – they learn how gravity, distance, wind, and equipment affect the bullet, and they work with those forces to place shots precisely where intended.

Chapter 11

Zeroing a Rifle Scope: A Detailed Guide

Introduction to Scope Zeroing
Meaning and Purpose of Zeroing
Understanding Scope Adjustments
Choosing the Correct Zeroing Distance
Equipment Required for Zeroing
Preparing the Rifle and Scope
Bore Sighting: The First Step
Live Fire Zeroing Procedure
Making Precise Adjustments
Confirming and Finalizing Zero
Common Zeroing Mistakes
Safety Considerations During Zeroing
Importance of Proper Zeroing
Summary

Chapter 11

Zeroing a Rifle Scope: A Detailed Guide

Introduction to Scope Zeroing

Zeroing a rifle scope is one of the most critical skills for any shooter. No matter how advanced a rifle or scope may be, accuracy cannot be achieved unless the sights are correctly aligned with the bullet's point of impact. This process ensures that where the shooter aims is exactly where the bullet strikes.

Meaning and Purpose of Zeroing

Zeroing refers to adjusting a rifle's sights or scope so that the point of aim matches the point of impact at a chosen distance. The primary purpose of zeroing is consistency, precision, and confidence in shooting, whether for target practice, sports competition, or lawful hunting.

Understanding Scope Adjustments

Most rifle scopes have two main adjustment turrets:

- Elevation Adjustment – moves the point of impact up or down.
- Windage Adjustment – moves the point of impact left or right.

Adjustments are usually measured in MOA (Minute of Angle) or MRAD (Milliradian), allowing fine and repeatable corrections.

Choosing the Correct Zeroing Distance

The zeroing distance depends on the intended use of the rifle:

- 25–50 meters: Initial zero or indoor ranges
- 100 meters: Standard zero for most rifles
- Longer distances: Advanced or competition shooting

A 100-meter zero is widely accepted as the most practical and balanced choice.

Equipment Required for Zeroing

Essential equipment includes:

- Rifle with mounted scope
- Correct ammunition
- Stable shooting rest or bench
- Paper targets with clear markings
- Tools for scope adjustment
- Eye and ear protection

Using consistent ammunition is crucial for reliable zeroing results.

Preparing the Rifle and Scope

Before firing:

- Ensure the scope is securely mounted
- Check that screws and rings are tight
- Level the scope correctly
- Confirm the rifle is clean and safe

Improper mounting can make accurate zeroing impossible.

Bore Sighting: The First Step

Bore sighting is a preliminary alignment method that helps bring shots onto the target paper. This can be done using:

- A bore-sighting tool, or
- Visual alignment through the barrel (where applicable)

Bore sighting does not replace live firing but saves time and ammunition.

Live Fire Zeroing Procedure

1. Fire a controlled group of 3 shots
2. Observe the center of the group
3. Adjust elevation and windage accordingly
4. Fire another group to confirm movement

Always adjust based on group center, not individual shots.

Making Precise Adjustments

Adjustments should be made gradually and carefully. Follow the scope markings and turn the turrets in the indicated direction. Rushing this step often leads to overcorrection and frustration.

Confirming and Finalizing Zero

Once the group centers on the target:

- Fire an additional confirmation group
- Ensure consistency
- Lock turrets if the scope allows

This final confirmation ensures the rifle is properly zeroed.

Common Zeroing Mistakes

Common errors include:

- Changing ammunition mid-process
- Poor shooting position
- Ignoring group patterns
- Over-adjusting the scope

Patience and consistency are key to successful zeroing.

Safety Considerations During Zeroing

Safety must never be compromised:

- Follow all range rules
- Maintain muzzle discipline
- Use protective equipment
- Handle the rifle responsibly at all times

Zeroing should always be done in a controlled and safe environment.

Importance of Proper Zeroing

A properly zeroed rifle:

- Enhances accuracy
- Builds shooter confidence
- Reduces wasted ammunition
- Promotes ethical and responsible shooting

Zeroing is not a one-time task but should be checked regularly.

Summary

Zeroing a rifle scope means adjusting it so that where you aim is exactly where the bullet hits at a chosen distance (like 100 meters). It involves using the scope's elevation and windage turrets to correct the point of impact, based on shot groups fired from a stable position. A proper zero improves accuracy, saves ammunition, and builds confidence, but it must be done carefully, with consistent ammo and good technique, and checked regularly for reliable shooting.

RIFLE TRAINING WORKBOOK

MULTIPLE CHOICE QUESTIONS (MCQs)

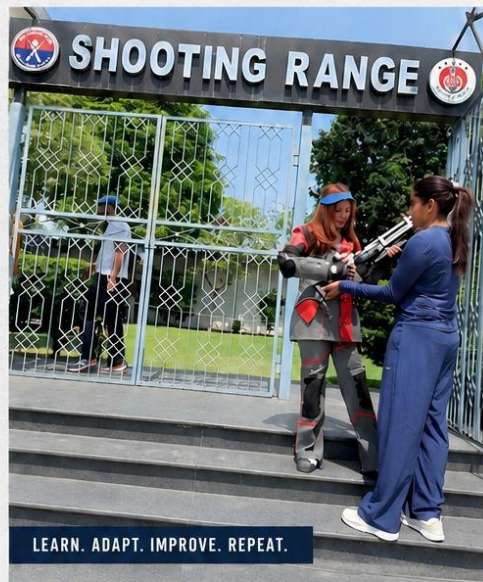
Rifle shooting is the perfect blend of discipline, balance, and breath. Every shot is a step closer to mastery.

THE STANCE THAT BUILDS CONFIDENCE.



TEAM SPIRIT, STEADY HEARTS.

“ It's not about being the best, it's about being better than you were yesterday.



LEARN. ADAPT. IMPROVE. REPEAT.

RIFLE TRAINING WORKBOOK

Multiple Choice Questions (MCQs)

1. Early rifles evolved mainly from:
 - A) Cannons
 - B) Smooth-bore firearms
 - C) Bows
 - D) Pistols
2. Rifles replaced muskets primarily because of better:
 - A) Cost
 - B) Accuracy
 - C) Weight
 - D) Appearance
3. Rifling improved bullet performance by:
 - A) Slowing speed
 - B) Adding spin
 - C) Reducing range
 - D) Increasing noise
4. Modern rifles developed due to advances in:
 - A) Art
 - B) Technology and materials
 - C) Clothing
 - D) Decoration
5. The defining feature of a rifle is:
 - A) Smooth barrel
 - B) Rifled barrel
 - C) Short length
 - D) Heavy weight

6. Rifling inside the barrel helps in:
 - A) Decoration
 - B) Bullet stability
 - C) Noise control
 - D) Cooling
7. Rifles are commonly used for:
 - A) Signalling
 - B) Sports and defence
 - C) Fireworks
 - D) Display only
8. Understanding rifle basics helps improve:
 - A) Speed
 - B) Safety and accuracy
 - C) Noise
 - D) Weight
9. Every rifle should be treated as:
 - A) Unloaded
 - B) Safe
 - C) Loaded
 - D) Empty
10. The muzzle should always point in a:
 - A) Random direction
 - B) Safe direction
 - C) Upward direction
 - D) Downward direction
11. Trigger discipline means:
 - A) Finger always on trigger
 - B) Finger off trigger until ready to fire
 - C) Fast trigger pull
 - D) Loose grip

12. Safe handling reduces the risk of:
 - A) Accuracy
 - B) Accidents
 - C) Training
 - D) Discipline
13. Safety rules should be followed:
 - A) Only in competition
 - B) Occasionally
 - C) At all times
 - D) By beginners only
14. Before firing, a shooter must check:
 - A) Rifle color
 - B) Target and surroundings
 - C) Clothing
 - D) Time
15. Eye and ear protection are:
 - A) Optional
 - B) Mandatory
 - C) Decorative
 - D) Unnecessary
16. Safe shooting requires:
 - A) Speed
 - B) Awareness and control
 - C) Power
 - D) Aggression
17. The prone position means:
 - A) Standing
 - B) Sitting
 - C) Lying flat
 - D) Kneeling

18. Proper firing position improves:
 - A) Noise
 - B) Stability and accuracy
 - C) Weight
 - D) Speed
19. A stable position helps control:
 - A) Wind
 - B) Recoil
 - C) Distance
 - D) Bullet size
20. Shooting techniques focus on:
 - A) Strength only
 - B) Control and consistency
 - C) Decoration
 - D) Appearance
21. Regular cleaning helps maintain:
 - A) Rust
 - B) Accuracy
 - C) Noise
 - D) Damage
22. A dirty rifle may cause:
 - A) Better accuracy
 - B) Malfunctions
 - C) No effect
 - D) Faster firing
23. Safe storage of rifles should be:
 - A) Loaded
 - B) Open access
 - C) Locked and secure
 - D) Public

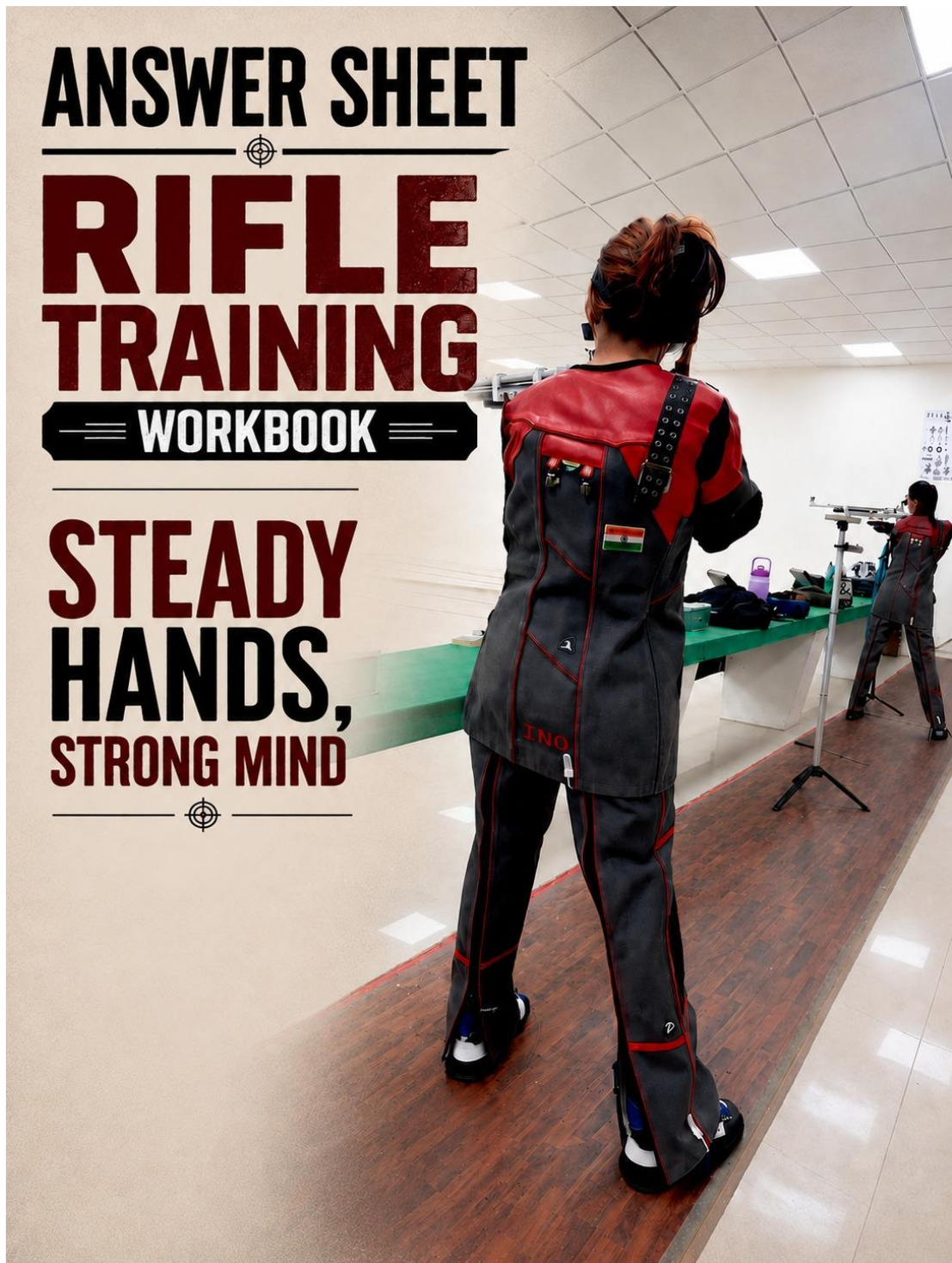
- 24. Maintenance should be performed:
 - A) Once only
 - B) Never
 - C) Regularly
 - D) Randomly
- 25. Marksmanship primarily focuses on:
 - A) Strength
 - B) Accuracy
 - C) Noise
 - D) Speed
- 26. Proper breathing helps improve:
 - A) Rifle weight
 - B) Shot consistency
 - C) Recoil
 - D) Scope power
- 27. Trigger control should be:
 - A) Sudden
 - B) Smooth and steady
 - C) Fast
 - D) Forceful
- 28. Marksmanship requires:
 - A) Luck
 - B) Discipline and practice
 - C) Aggression
 - D) Power
- 29. Rifle ownership in India is governed by:
 - A) Civil Code
 - B) Arms Act
 - C) Traffic Law
 - D) Penal Code

30. A valid arms license is:
 - A) Optional
 - B) Mandatory
 - C) Temporary
 - D) Automatic
31. Firearms should be used only for:
 - A) Display
 - B) Lawful purposes
 - C) Celebration
 - D) Fear
32. Violation of arms laws can result in:
 - A) Rewards
 - B) Penalties
 - C) Promotion
 - D) Benefits
33. Bullet drop is caused mainly by:
 - A) Wind
 - B) Gravity
 - C) Noise
 - D) Color
34. Wind affects the bullet by:
 - A) Increasing speed
 - B) Changing direction
 - C) Stopping motion
 - D) Cooling
35. Longer distances require:
 - A) No adjustment
 - B) Ballistic knowledge
 - C) Faster firing
 - D) Less focus

36. Ballistics studies:
 - A) Rifle design
 - B) Bullet behavior in flight
 - C) Cleaning
 - D) Storage
37. Bullet trajectory is:
 - A) Straight
 - B) Curved
 - C) Vertical
 - D) Random
38. Bullet impact depends on:
 - A) Speed and distance
 - B) Rifle color
 - C) Shooter clothing
 - D) Trigger size
39. Trajectory knowledge helps shooters to:
 - A) Guess shots
 - B) Adjust aim
 - C) Ignore wind
 - D) Fire blindly
40. Bullet energy decreases as:
 - A) Distance increases
 - B) Distance decreases
 - C) Weight increases
 - D) Time stops
41. Zeroing a scope means:
 - A) Cleaning the scope
 - B) Aligning point of aim with point of impact
 - C) Increasing magnification
 - D) Locking the rifle

42. Elevation adjustment moves impact:
- A) Left–right
 - B) Up–down
 - C) Forward
 - D) Backward
43. Windage adjustment affects:
- A) Vertical movement
 - B) Horizontal movement
 - C) Speed
 - D) Recoil
44. Zeroing should be done in a:
- A) Public place
 - B) Safe, controlled environment
 - C) Hurry
 - D) Casual manner
45. Guru Gobind Singh Ji was:
- A) A Mughal ruler
 - B) The tenth Sikh Guru
 - C) A general only
 - D) A poet only
46. The concept of *Sant-Sipahi* represents:
- A) Power alone
 - B) Warrior with spiritual discipline
 - C) Silence
 - D) Wealth
47. Weapons were viewed as tools for:
- A) Entertainment
 - B) Justice and self-defence
 - C) Aggression
 - D) Fear

48. The warrior's rifle symbolizes:
- A) Technology
 - B) Power without ethics
 - C) Skill guided by discipline
 - D) Speed
49. During zeroing, the rifle should ideally be supported by:
- A) Handheld position
 - B) Bipod or sandbags
 - C) Standing posture
 - D) One-hand grip
50. After making scope adjustments, what should be done next?
- A) Change ammunition
 - B) Increase magnification
 - C) Fire another group to confirm adjustment
 - D) Clean the barrel immediately



ANSWER SHEET

RIFLE TRAINING WORKBOOK

Question Correct Option

1	B
2	B
3	B
4	B
5	B
6	B
7	B
8	B
9	C
10	B
11	B
12	B
13	C
14	B
15	B
16	B
17	C
18	B
19	B
20	B
21	B
22	B
23	C
24	C
25	B
26	B
27	B
28	B
29	B

Target: From Amateur to Pro Max Shooter

30	B
31	B
32	B
33	B
34	B
35	B
36	B
37	B
38	A
39	B
40	A
41	B
42	B
43	B
44	B
45	B
46	B
47	B
48	C
49	B
50	C

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AFTERWORD

Reaching the end of this book does not mean the end of learning-it marks the beginning of disciplined practice.

Shooting mastery is a continuous journey. There will always be room to improve accuracy, control emotions, and strengthen mental focus. What matters most is maintaining respect for safety rules and ethical conduct at every stage.

Remember, the real target is not just the bullseye.

It is self-control, responsibility, and consistency.

Carry forward what you have learned, practice with awareness, and always prioritize safety above all.

-Jasleen Kaur