

1. What are vertical movements?
2. Vertical movements include actions taken to—
3. What are horizontal movements?
4. There are eight horizontal movement techniques while maintaining weapon orientation on the threat—
5. How should you move when shooting during forward movement?
6. During retrograde movement, the Soldier should—
7. During lateral movement, Soldiers should—
8. When executing a turn to either side, the Soldier will—

1. What are vertical movements?
 - a. Are those actions taken to change their firing posture or negotiate terrain or obstacles while actively seeking, orienting on, or engaging threats.
2. Vertical movements include actions taken to—
 - a. Change between any of the primary firing positions; standing, crouched,
 - b. kneeling, sitting, or prone.
 - c. Negotiate stairwells in urban environments.
 - d. Travel across inclined or descending surfaces, obstacles, or terrain.
3. What are horizontal movements?
 - a. Actions taken to negotiate the battlefield while actively seeking, orienting on, or engaging threats.
4. There are eight horizontal movement techniques while maintaining weapon orientation on the threat—
 - a. Forward - movement in a direction directly toward the adversary.
 - b. Retrograde - movement rearward, in a direction away from the threat while maintaining weapon orientation on the threat.
 - c. Lateral right/left - lateral, diagonal, forward, or retrograde movement to the right or left.
 - d. Turning left/right/about - actions taken by the Soldier to change the weapon orientation left/right or to the rear, followed by the Soldier's direction of travel turning to the same orientation.
5. How should you move when shooting during forward movement?
 - a. Roll the foot heel to toe to best provide a stable firing platform. Shooting while moving should be very close to the natural walking gait and come directly from the position obtained while stationary. Keep the weapon at the ready position. Always maintain awareness of the surroundings, both to your left and right, at all times during movement.
 - b. Maintain an aggressive position.
 - c. The feet should almost fall in line during movement. This straight-line movement will reduce the arc of movement and visible "bouncing" of the sight picture.
 - d. Keep the muzzle of the weapon facing down range toward the expected or detected threat.
 - e. Keep the hips as stationary as possible. Use the upper body as a turret, twisting at the waist, maintaining proper platform with the upper body.
6. During retrograde movement, the Soldier should—
 - a. Take only one or two steps that will open the distance or reposition the feet. Place the feet in a toe to heel manner and drop the center body mass by consciously bending the knees, using a reverse combat glide.
 - b. Maintain situational awareness of team members, debris, and terrain. Use the knees as a shock absorber to steady the body movement to maintain the stability of the upper body, stabilizing the rifle sight(s) on the target. Ensure all movement is smooth and steady to maintain stability. Bend forward at the waist to put as much mass as possible behind the weapon for recoil management. Keep the muzzle oriented downrange toward the expected or detected threat. Keep the

hips as stationary as possible. Use the upper body as a turret, twisting at the waist, maintaining proper platform with the upper body.

7. During lateral movement, Soldiers should—
 - a. Place their feet heel to toe and drop their center mass by consciously bending the knees.
 - b. Use the knees as a shock absorber to steady the body movement to maintain the stability of the upper body, stabilizing the rifle sight(s) on the target.
 - c. Ensure all movement is smooth and steady to maintain stability. Bend forward at the waist to put as much mass as possible behind the weapon for recoil management.
 - d. Roll the foot, heel to toe, as you place the foot on the ground and lift it up again to provide for the smoothest motion possible.
 - e. Keep the weapon at the alert or ready carry. Do not aim in on the target until ready to engage.
 - f. Maintain awareness of the surroundings, both to the left and right, at all times
 - g. during movement.
 - h. Trigger control when moving is based on the wobble area. The Soldier shoots
 - i. when the sights are most stable, not based on foot position.
 - j. Keep the muzzle of the weapon facing down range toward the threat.
 - k. When moving, the placement of the feet should be heel to toe.
 - l. Do not overstep or cross the feet, because this can decrease the Soldier's
 - m. balance and center of gravity.
 - n. Keep the hips as stationary as possible. Use the upper body as a turret,
 - o. twisting at the waist, maintaining proper platform with the upper body.
8. When executing a turn to either side, the Soldier will—
 - a. Look first. Turn head to the direction of the turn first.
 - b. Weapon follows the eyes. The Soldier moves the weapon smoothly to where
 - c. the eyes go.
 - d. Follow with the body. The body will begin movement with the movement
 - e. of the weapon. Soldiers finish the body movement smoothly to maintain the
 - f. best possible stability for the weapon.
 - g. Maintain situational awareness. The Soldier must be completely aware of
 - h. the surrounding terrain, particularly for tripping hazards. When necessary,
 - i. Soldiers should visually check their surroundings during the turning action
 - j. and return their vision to the target area as quickly as possible.