

# Eglinton Detachment ACF

## **Moving With and Without a Rifle**

It is necessary to know the best way to move making maximum use of Cover so that it is possible to get close to your objective without being detected. Select the most suitable method of movement according to the type of cover encountered.

### **The Monkey Run**

- a. It is simply crawling on the hands and knees.
- b. It is useful behind cover about 600mm (2 feet) high.
- c. It is possible to go quite fast but only at the risk of noise.
- d. To be quiet, always choose a place where there are no twigs to crack. Put the hands on the ground and then the knees exactly where the hands have been.
- e. Keep the head and the backside down, but observe.
- f. With a rifle, hold it at the point of balance with one hand and see that no dirt gets into the muzzle.

### **The leopard crawl**

- a. It is crawling on elbows and on the inside of the knees.
- b. It is useful behind very low cover.
- c. Propel yourself by alternative elbows and knees, and roll the body a little as you bend each knee; or let one leg trail behind, and use only one knee. Keep the heels, head, body and elbows down, but observe.
- d. With a rifle, hold with the right hand on the pistol grip and then the left hand on the hand guard.

### **The roll**

- a. It is often the quickest way of getting away from a spot, such as a crest line (top of a slope), when seen by the enemy.
- b. Roll with the arms and the rifle, close into side.

### **The walk**

- a. Hold the rifle in the alert position so that it can be used instantly. The whole attitude must be alert, with the head up in order to observe.
- b. To be really quiet on hard ground, put the edge of the sole of the boot down first. To help the balance, keep the knees slightly bent.

**END OF LESSON**

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