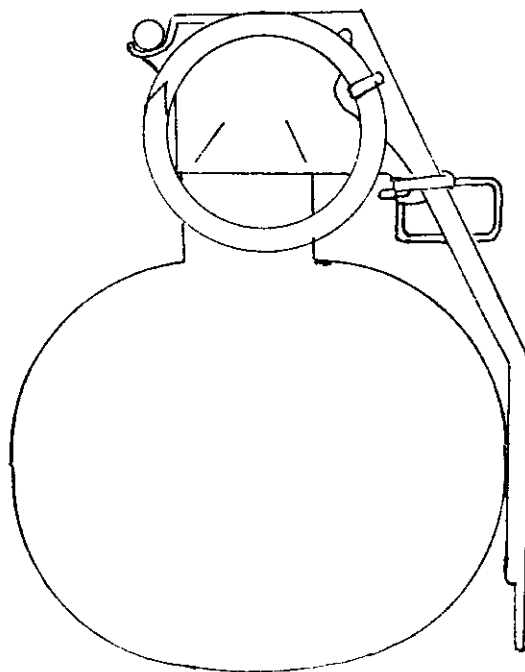


ESSENTIAL SUBJECT
PERFORMANCE ORIENTED TRAINING

STUDENT ADVANCE SHEET



IDENTIFY AND THROW
HAND GRENADES



JULY 1976

INDIVIDUAL TACTICAL MEASURES STUDENT ADVANCE SHEET

TRAINING STATION #2: Identify and throw hand grenades.

OBJECTIVE: Provided with grenades, identify by touch, fragmentation and illumination grenades, and from the appropriate position, with minimum grenadier exposure, remove safety clip, pull (or simulate pulling) the safety pin, and throw grenades to engage targets at ranges to 25 meters.

INSTRUCTIONS: The advance sheet for this training station contains the key teaching points for the instruction which you will receive. You should read through this sheet carefully to prepare yourself for instruction in and performance testing of the objective listed above. You should bring this advance sheet to class with you. The advance sheet for this training station has been broken down into the following parts:

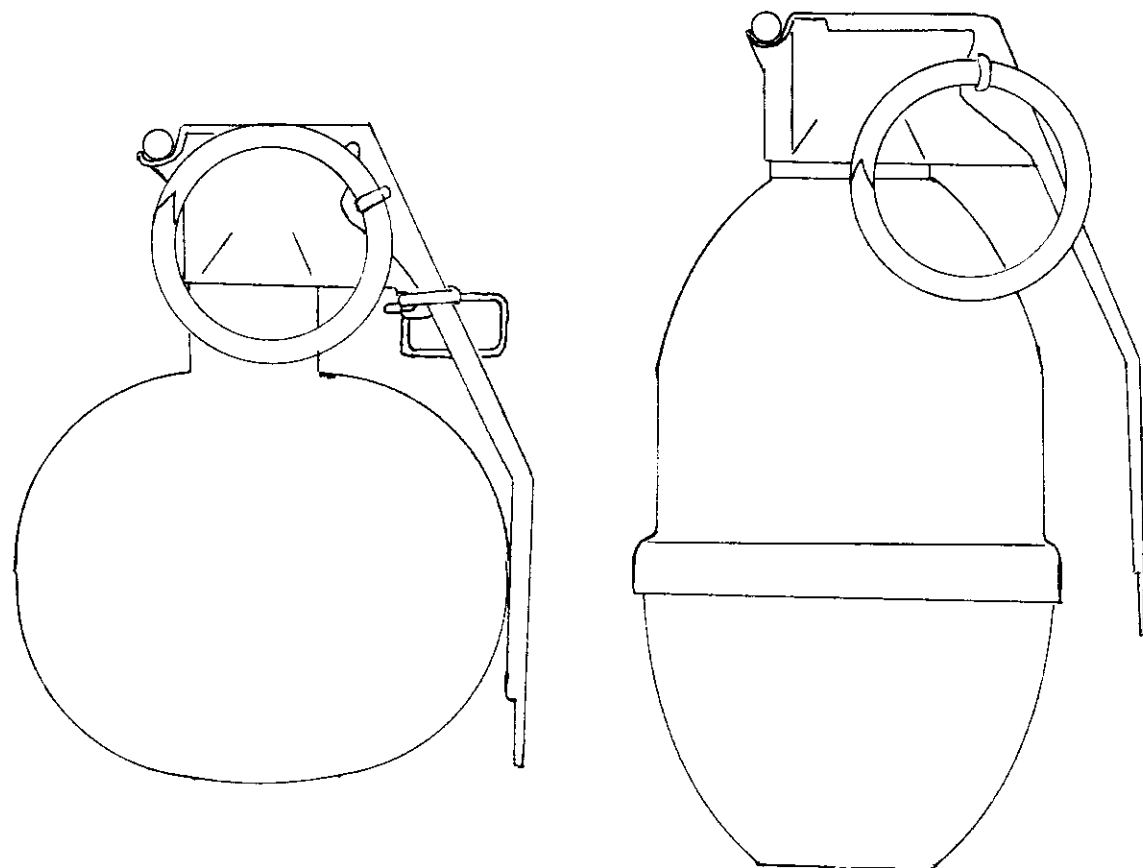
PART I: IDENTIFYING FRAGMENTATION AND ILLUMINATION GRENADES BY TOUCH

PART II: HOLDING THE GRENADE AND REMOVING THE SAFETY CLIP

PART III: BASIC THROWING TECHNIQUES

PART IV: THROWING POSITIONS

PART I: IDENTIFYING FRAGMENTATION AND ILLUMINATION GRENADES BY TOUCH



M67 Fragmentation/M69 Practice Fragmentation Grenade drawn to scale.

MK1 Illumination Grenade drawn to scale.

FRAGMENTATION

ILLUMINATION

- | | |
|--|---|
| STEP A: Shaped like a tennis ball. | Shaped like a goose egg. |
| STEP B: Neck joining fuse assembly to body. | No neck from fuse assembly to body. |
| STEP C: No ridge running around lower third of body. | Ridge running around lower third of body. |

PART II: Holding the grenade and removing the safety clip

NOTE: SAFETY IS THE PRIMARY FACTOR TO BE CONSIDERED WHEN DETERMINING THE PROPER METHOD OF HOLDING THE GRENADE. THE SAFETY CLIP MUST BE REMOVED FROM THE SAFETY LEVER BEFORE YOU ATTEMPT TO THROW THE M67 FRAGMENTATION GRENADE.

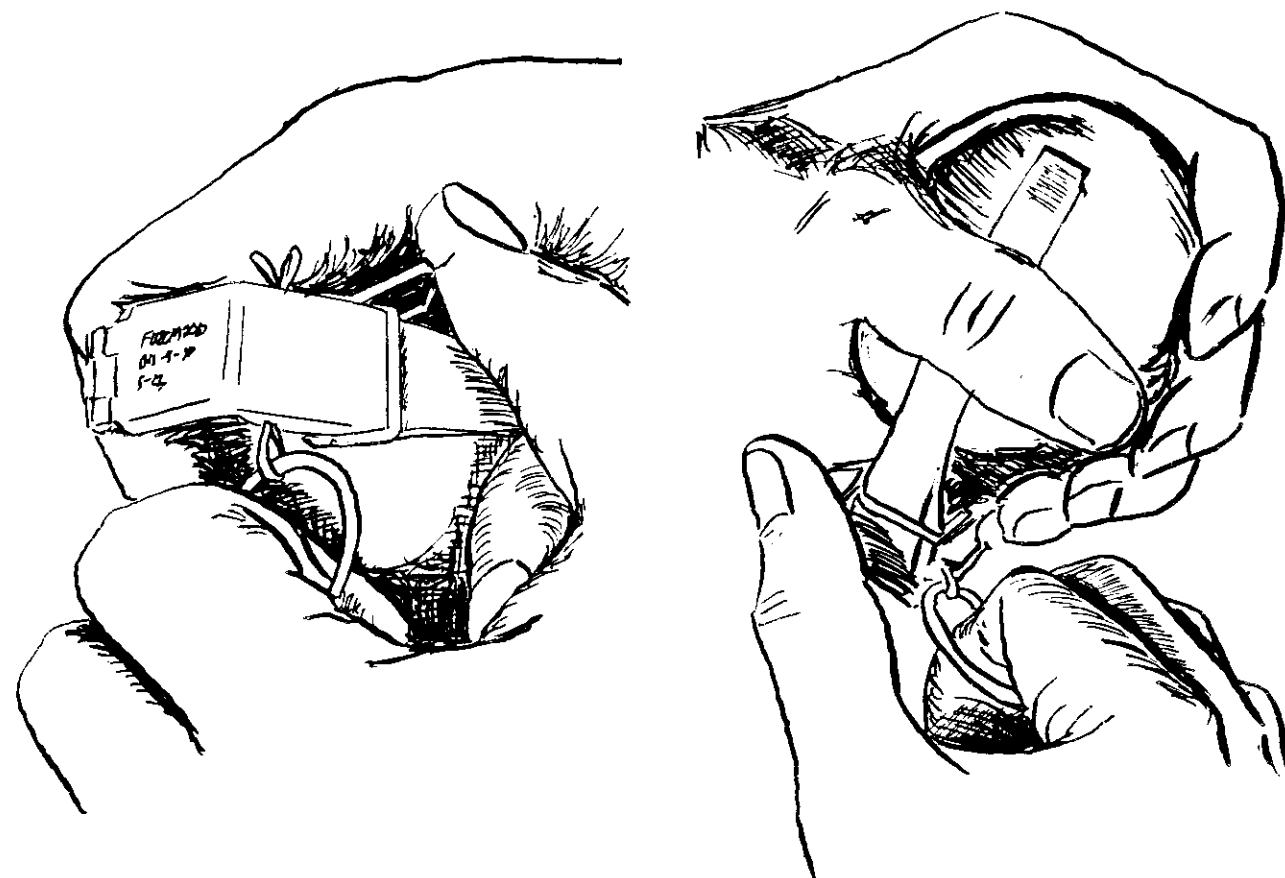


Fig 1. RIGHT HANDED THROWER

Fig 2. LEFT HANDED THROWER

RIGHT HAND THROWING

LEFT HAND THROWING

- | | |
|--|--|
| STEP A: Grasp grenade with right thumb holding safety lever. | Grasp grenade with left thumb holding safety lever. |
| STEP B: Insert left index finger into pull ring and left thumb over the safety lever onto the square end of the safety clip. | Insert right index finger into pull ring and right thumb over the safety lever onto the square end of the safety clip. |
| STEP C: Pull the safety pin with the left index finger while rotating the safety clip to the left with the left thumb. | Pull the safety pin with the right index finger while rotating the safety clip to the right with the right thumb. |

EFFECTIVE CASUALTY RADIUS OF THE FRAGMENTATION GRENADE:



PART III: Basic throwing techniques

THROWING TECHNIQUES:

1. Insure correct hold.
2. Remove safety clip.
3. Pull safety pin.
4. Throw grenade to within 15 meters of target.
5. Take available cover.

PART IV: Throwing positions

1. STANDING POSITION:

- | | | |
|---|-----------------------------|--|
| STEP A: Balance your weight. Grenade shoulder high. Remove safety clip and pull pin with twisting motion. | STEP B: Look at the target. | STEP C: Throw with natural motion. Follow through. |
|---|-----------------------------|--|





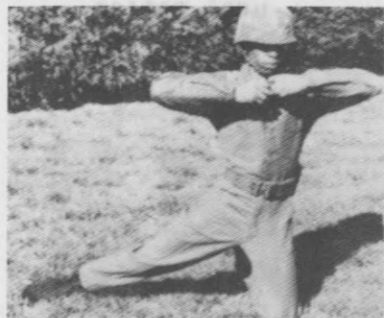
STEP D: Take cover; if none available, drop to prone position with helmet facing the target.

2. KNEELING POSITION:

STEP A: Kneel comfortably. Remove safety clip and pull pin with twisting motion.

STEP B: Look at the target.

STEP C: Throw naturally. Push off with foot.



STEP D: Take cover.



AS2-6

3. PRONE TO KNEELING POSITION:

STEP A: Hold grenade forward so that you can see the safety pin. Remove the safety clip and pull pin with a twisting motion.



STEP B: Assume kneeling position. Look at the target, throw, and take cover as above.



4. ALTERNATE PRONE:

STEP A: Position body perpendicular to intended flight.



STEP B: Brace right foot firmly on ground. Remove safety clip, pull pin, and hold grenade away from your body, arm cocked for throwing.



STEP C: Look at the target and throw grenade by pushing off with foot and pulling downward with outstretched left arm.



STEP D: Follow through. Take cover.

