

BCSO 2 Day Rifle School

Expanded Outline

Version: 03-19-17

- I. Introduction, paperwork
 - a. Introduce Instructors
 - i. Rank/Name
 - ii. Experience
 - b. Introduce Course Objectives
 - i. Improve basic knowledge of M16 / AR15 platform weapons system
 - ii. Improve safe gun handling skills
 - iii. Provide information to assist with decision making skills
 - iv. Provide training in proper care and maintenance of rifles
 - c. Introduce Course Outline
 - i. Review timeline
 - d. Complete Course sign in / waivers
 - i. Complete required POST paperwork
 - ii. Complete liability waivers
- II. Patrol rifle history
 - a. Prevalence of shotguns in law enforcement
 - b. Seminal events
 - i. Texas Tower 1966
 - ii. North Hollywood Bank Robbery 1997
 - iii. Columbine High School 1999
 - c. BCSO History

- i. Pistol caliber carbines / deer rifles in trunks
 - ii. Mini 14's issued
 - iii. AR-15 pattern issued
- III. Patrol rifle legal issues
 - a. Penal Code 17170 Short barreled rifle defined
 - i. A rifle having a barrel or barrels of less than 16 inches in length
 - ii. A rifle with an overall length of less than 26 inches.
 - iii. Any weapon made from a rifle (whether by alteration, modification, or otherwise) if that weapon, as modified, has an overall length of less than 26 inches or a barrel or barrels of less than 16 inches in length.
 - iv. Any device that may be readily restored to fire a fixed cartridge which, when so restored, is a device defined in subdivisions (a) to (c), inclusive.
 - v. Any part, or combination of parts, designed and intended to convert a device into a device defined in subdivisions (a) to (c), inclusive, or any combination of parts from which a device defined in subdivisions (a) to (c), inclusive, may be readily assembled if those parts are in the possession or under the control of the same person.
 - b. Penal Code 33210 Manufacture, importation, sale or possession of short barreled rifle
 - i. Except as expressly provided in Sections 33215 to 33225, inclusive, and in Chapter 1 (commencing with Section 17700) of Division 2 of Title 2, and solely in accordance with those provisions, no person may manufacture, import into this state, keep for sale, offer for sale, give, lend, or possess any short-barreled rifle

or short-barreled shotgun. Nothing else in any provision listed in Section 16580 shall be construed as authorizing the manufacture, importation into the state, keeping for sale, offering for sale, or giving, lending, or possession of any short-barreled rifle or short-barreled shotgun.

- c. Penal Code section 32610(b)
 - i. Possession of Within Scope of Employment
 - d. Penal Code section 33220(b)
 - i. Training requirement
 - e. Case Law Tennessee v. Garner
 - f. Graham V. Connor
 - i. “Objective Reasonableness”
 - ii. Standard set by 4th amendment
 - iii. GVC sets standard as objectively reasonable to a law enforcement officer with your training and experience and the information available at the time
- IV. Policy / Safety brief
- a. Review BCSO Policy 2001 Use of Force
 - b. Review BCSO Policy 2012 Firearms
 - c. Provide range safety briefing
 - i. Eye and ear protection is to be worn by all parties on the range while live fire is taking place
 - ii. Body armor will be worn during all tactical and movement type courses
 - iii. No handling of handguns outside the holster unless at a safe table or under the direction of range staff.
 - iv. Long guns are to be kept slung muzzle down or in a rack unless at a safe table or under the direction of range staff.

- v. There is no safe “muzzle up” direction on the range. Keep muzzles oriented down or into a safe backstop.
- vi. 4 basic gun safety rules:
 - 1. Treat all guns as if they are loaded
 - 2. Don’t point a firearm at anything that you do not want to destroy
 - 3. Keep your finger off the trigger until your sights are on target and you have made the decision to shoot
 - 4. Know your target and what is beyond it. Know what is near the target that may move in front or behind the target.
- vii. After firing, engage manual safety or de-cock double/single action weapons
- viii. Identify the primary medical officer and the medical bag location
- ix. Notify an instructor if a pre-existing injury would be aggravated by or prevents you from completing an evolution as described.
- x. Injury reporting procedure:
 - 1. If an injury has occurred, take appropriate action to make the scene safe
 - 2. Notify nearest range staff
 - 3. Provide first aid if appropriate
 - 4. Primary instructor will be notified and will request appropriate resources through dispatch for a “training accident”
- xi. Everyone is a safety officer and can call “Stop” at any time to prevent unsafe situations from continuing

V. Deployment / Shooting Decision

- a. Deployment of rifle
 - i. Based on agency policy
 - ii. Based on reasonableness of deploying rifle
 - 1. Situation
 - 2. Environment
 - b. Shooting Decision
 - i. Based on applicable agency policy, State and Federal laws
 - ii. Know the limits and abilities of yourself and your weapon
 - iii. Use force that is legally and morally justified
- VI. Nomenclature / Specifications / Capabilities
- a. Nomenclature
 - i. Upper receiver
 - ii. Lower receiver
 - iii. Front and rear sights
 - iv. Optical sights
 - v. Bolt catch
 - vi. Bolt
 - vii. Forward assist
 - viii. Charging handle
 - ix. Dust cover
 - x. Safety / Selector switch
 - xi. Magazine release
 - xii. Magazine well
 - xiii. Magazine
 - xiv. Pivot pin
 - xv. Takedown pin
 - xvi. Sling
 - b. Specifications

- i. Type of Weapon
 - ii. Barrel Length
 - iii. Overall Length
 - iv. Caliber
 - v. Magazine Capacity
 - vi. Weight (empty)
 - vii. Type of Sights
 - viii. Approximate Muzzle Velocity
 - c. Capabilities
 - i. Maximum Range
 - ii. Maximum Effective Range
 - iii. Penetration of Soft Body Armor
 - iv. Full/Semi-Automatic
- VII. Disassembly / Reassembly
 - a. Separation of upper and lower receiver
 - b. Disassembly of bolt carrier group
 - c. Removal of buffer and buffer spring
 - d. Reassembly of above processes
- VIII. Cycle of operations
 - a. Review diagram/ animation of cycle of operation of semiautomatic AR-15 platform rifle
 - b. Explain relevance to understanding malfunctions
- IX. Tactical and SBR considerations
 - a. Tactical considerations
 - i. Based on agency guidelines and training
 - ii. Physical environment
 - iii. Be aware of cover and concealment
 - iv. Rifle caliber rounds will penetrate soft body armor. Works both ways.
 - v. Provides opportunity to maintain safe distance

- vi. Increased effective range over shotgun and handgun
- vii. More accurate than handgun or shotgun with slug
- viii. Easier to load / reload than shotgun
- ix. Larger ammunition capacity than shotgun

b. SBR Considerations

- i. Increase in mobility
- ii. Potential loss of velocity
 - 1. Loss effective range
 - 2. Loss of terminal ballistics
- iii. Increase in noise / overpressure for shooter and team
- iv. Decrease in sight radius (iron sights)
- v. Point of diminishing returns in length
- vi. Short barreled upper cannot be installed on lower that is not registered as an NFA rifle

X. Stance / Grip – Dry

a. Stance

i. Purpose

- 1. Provide stable platform for accurate shooting
- 2. Provide solid base to absorb and redirect recoil impulse to allow fast follow up shots if needed
- 3. Provide mobility when needed

ii. Features

- 1. Feet
 - a. shoulder width or slightly wider
 - b. Strong side foot back approximately 6 inches
 - c. 80% of weight on balls of feet (heels on ground but light)
 - d. Knees slightly bent – athletic position

- e. Foot position less important than balance and weight distribution
 - i. Foot position changes when moving or assuming various shooting positions
- 2. Shoulders
 - a. Slightly forward of hips
- 3. Gun mount / cheek weld
 - a. Stock between “pocket of shoulder” and directly under chin
 - i. The closer to the pocket, the more bladed the stance
 - b. Cheek bone firmly against stock
 - i. Lift shoulders to bring the rifle to the cheek
 - ii. Don’t roll the head down to the gun
 - iii. Head vertical
- 4. Grip
 - a. Firing hand grips with “firm handshake” strength
 - b. Support hand grips with firm grip and rearward pressure
 - c. Support hand positioning
 - i. Closer to muzzle provides more recoil control
 - 1. Increases fatigue
 - ii. Closer to lower receiver
 - 1. Decreased recoil control
 - 2. Can induce malfunctions if ejection port is covered by fingers

- d. Grip is affected by auxiliary equipment such as lights, lasers, foregrips, sling mounts etc. Know your equipment. Adjust equipment as appropriate.

XI. Efficient manipulations – Basic controls

a. Basic concept

- i. Training for efficiency allows necessary operations to be performed safely, consistently and effectively
- ii. Economy of motion is more important than speed of movement

b. Positioning

- i. Work takes place in area directly in front of body
- ii. Between sternum and chin height
 - 1. Prevents wasted motion moving head, body and gun down near belt line to perform operations
- iii. Trap stock with elbow of firing side

c. Hands

- i. Minimize disruption of firing hand
- ii. Minimize number of steps to perform a given task

d. Operations

- i. Operating charging handle
 - 1. Support hand pulls charging handle in all operations except locking bolt to rear
 - 2. Pull charging handle latch with middle knuckle of support hand index finger
 - a. More efficient than “slingshot” technique
 - b. Does not require dismounting rifle
- ii. Locking bolt to rear
 - 1. Move support handle to grip magazine well

2. Use support hand thumb to depress bottom of bolt release
 3. Use firing handle to pull charging handle to rear
 4. Push charging handle forward into locked position
- iii. Releasing bolt
 1. Move support hand to front of magazine well with fingers wrapped around magazine well
 2. Depress top of bolt release with support hand thumb
- XII. Loading / Unloading– Dry
- a. Cruiser loading
 - i. Defined
 1. Rifle chamber is empty, bolt closed, safety on, loaded magazine in rifle
 - ii. Procedure
 1. Remove magazine
 2. Pull charging handle to rear
 3. Visually inspect for empty chamber
 4. Release charging handle
 5. Engage safety
 6. Insert magazine
 7. Pull on magazine to ensure it is seated
 8. Close dust cover
 - b. Loading
 - i. Remove magazine
 - ii. Look at position of top round i.e. right or left
 - iii. Repeat location of top round three times i.e. “Right, right , right”

- iv. Seat magazine
- v. Pull charging handle all the way to rear and release
 - 1. Do not ride charging handle forward
 - 2. Allow buffer spring to work
- vi. Remove magazine and inspect location of top round
- vii. Re-seat magazine
- viii. Pull magazine to confirm seating
- ix. Close dust cover
- c. Unloading
 - i. Remove magazine
 - ii. Pull charging handle to rear
 - iii. Visually confirm empty chamber
 - iv. Release charging handle
 - v. Close dust cover
 - vi. Leave safety engaged
- d. Reloading
 - i. Trigger finger indexed on frame
 - ii. Trap stock with firing side elbow
 - iii. Depress magazine release with firing hand index finger while retrieving new magazine with support hand
 - iv. Seat new magazine
 - v. Pull new magazine to confirm seating
 - vi. Depress top of bolt release with thumb of support hand
 - vii. Reacquire support hand grip
- XIII. Fundamentals of marksmanship
 - a. Sight alignment
 - i. Iron sights
 - 1. Top of front post centered in center of “ghost ring” of rear sight

2. Large aperture of ghost ring easier to acquire, better in low light
 3. Small aperture better for precision / distance
- ii. Optical sights
1. Do not require alignment with iron sights
 2. Telescope sights such as ACOG's require proper eye relief and head position to eliminate "scope shadow"
 3. Intended point of aim should be at 12 o'clock edge of red dots

b. Sight picture

- i. Target at 12 o'clock edge of front sight post or dot
- ii. Front sight centered in ghost ring
- iii. Focus on front sight
- iv. Ghost ring blurred

c. Breathing

- i. Holding breath for extended period causes vision to blur and muscles to tremble
- ii. Slow breathing and hold breath just before breaking the shot

d. Trigger control

- i. Press trigger straight to rear without disturbing sight picture
- ii. Smooth trigger press, no yanking of trigger

e. Follow through

- i. Maintain front sight focus as rifle moves in recoil
- ii. Reacquire sight picture after recoil

XIV. Zeroing – Classroom

- a. Definition: Making Point of Aim (POA) and Point of Impact (POI) meet at a desired distance

- b. Describe trajectory of bullet vs. line of sight
 - c. Affected by
 - i. Velocity
 - ii. Bullet type
 - iii. Bullet weight
 - iv. Environment
 - v. Sight height
 - d. Describe effects of sight height
 - i. Standard iron / co-witnessed optic
 - ii. Optic mounted on top of carrying handle
 - e. Describe effects of various zero distances
 - i. 10 yard
 - ii. 25 yard
 - iii. 50 yard
 - iv. 100 yard
 - f. Effective range of rifle
 - g. Describe reasons BCSO chooses 50 yard zero as standard
- XV. Zero irons
- a. Confirm zero of rifles at range
- XVI. Precision Shooting Exercises
- a. Live fire drills emphasizing fundamentals of marksmanship on reduced size targets
- XVII. Basic positions
- a. Review purpose of shooting positions
 - i. Provide a stable shooting platform
 - ii. Take advantage of cover / concealment
 - iii. Take advantage of support
 - b. Review general concept of effective positions
 - i. Bone support vs. muscular support of rifle
 - ii. Maximize contact with the ground

- iii. Take best advantage of time / terrain / required stability
- iv. Dependent on personal factors such as fitness, flexibility and equipment
- c. Standing
 - i. Least stable
 - ii. Most mobile
 - iii. Highest profile
- d. Kneeling
 - i. Characteristics
 - 1. Next highest to standing
 - 2. More stable than standing
 - 3. Can be fast to acquire
 - 4. More comfortable than standing for long durations
 - ii. Variations
 - 1. High unsupported
 - 2. Supported
 - 3. Low kneeling
 - 4. Braced kneeling
 - 5. Stretch kneeling
 - iii. Key features
 - 1. Support side knee is up
 - 2. Firing side knee down
 - 3. Maximize contact of support side foot and firing side leg with the ground
 - 4. Support side elbow may be in contact with support side leg
 - a. Soft to hard contact only

- i. Knee cap and point of elbow should not be in contact
 - 5. Firing side elbow tight to body
 - 6. Same body position as basic standing stance
 - e. Sitting
 - i. Characteristics
 - 1. Lower position
 - 2. Slower to acquire
 - 3. Comfortable for long periods
 - 4. More stable than kneeling
 - ii. Variations
 - 1. Many variations of leg position are possible
 - a. Both feet flat on ground
 - b. Ankles crossed
 - c. Legs crossed
 - 2. Many variations of arm position
 - a. Arms crossed “cradling” rifle
 - b. Both elbows on thighs
 - c. Triceps on knees
 - d. Combinations of above
 - iii. Key features
 - 1. Butt in contact with ground
 - 2. Weight forward
 - 3. Both arms supported by legs if possible
 - a. Many variants
 - 4. Legs / feet in good contact with ground
 - f. Basic prone
 - i. Characteristics
 - 1. Lowest position
 - 2. Can be slow to move into / out of

3. Most stable
 4. Most comfortable for long durations
- ii. Variations
 1. Height dependent on arm position
- iii. Key features
 1. Body flat to ground
 2. Body in line with rifle and target
 3. Both legs straight behind body
 - a. Wider than shoulder width
 4. Insteps of feet flat to ground
 - a. Minimize movement
 5. Magazine in contact with ground
 6. Both elbows / arms in contact with ground
 7. Downward pressure on stock with body
 8. Solid cheek weld

XVIII. Debrief

- a. Recap lessons of the day
- b. Obtain feedback about instructor performance

XIX. Safety Brief

- a. Provide range safety briefing
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XX. Sighting systems

a. Iron sights

i. Features

- 1. Front and rear sights required

ii. Variations

- 1. Fixed vs. folding
- 2. Tritium inserts

iii. Advantages

- 1. Reliable
- 2. Accurate
- 3. Durable
- 4. No batteries
- 5. No fogging in wet weather
- 6. No distortion

iv. Disadvantages

- 1. Slower to acquire
- 2. Requires more practice to be proficient
- 3. More difficult to align from unorthodox positions

b. Reflex sights (red dots)

i. Features

- 1. Aiming point projected on glass lens
- 2. Can be battery operated, tritium or collect ambient light
- 3. Some have etched reticles that work without batteries
- 4. Various “Co-witness” heights
- 5. Various mounting systems

ii. Advantages

1. Fastest to acquire
2. Requires less training for proficiency
3. Easier to acquire from unorthodox positions
 - a. Does not require aligning two sights

iii. Disadvantages

1. Batteries can fail
2. Glass can break
3. Glass can become fogged or obstructed
4. Water on lens can distort image

c. Telescopic sights

i. Features

1. Magnification
 - a. Fixed or variable
2. Numerous reticle options
3. Can have illuminated reticle

ii. Advantages

1. Increased observation capabilities
2. Aids in engagement of small or distant targets

iii. Disadvantages

1. Slower to acquire than non-magnified optics
2. Cannot use backup iron sights without removing optic
3. Requires more precise head position for eye relief and to avoid scope shadow

d. Laser sights

i. Features

1. Projects visible or infrared (IR) laser dot to desired point of aim
2. Various sizes

ii. Advantages

1. Does not require cheek weld or body alignment to aim
2. IR laser allows aiming while wearing NVG's

iii. Disadvantages

1. Battery dependent
2. Visible lasers can give away shooters position
3. Visible lasers can be difficult to see at distance and/or in bright environments
4. Can be obstructed by dirty lens
5. Occupies space on handguard- can affect hand position

XXI. Malfunctions – concepts

- a. Understand cycle of operations to better understand malfunctions
- b. Understand the why malfunctions occur to evaluate appropriate response
- c. Train for immediate reaction to malfunctions
- d. Limit options to increase speed of reaction (Hicks Law)

XXII. Type 1 malfunctions (failure to fire / feed)

- a. Defined: A type 1 malfunction occurs when round is not in the chamber, or a defective round is chambered. Pulling the trigger results in the hammer dropping with no shot being fired
- b. Primary causes:
 - i. Failure to chamber round when “Cruiser” loaded
 - ii. Failure to properly seat magazine prior to chambering round
 - iii. Magazine has become dislodged
 - iv. Damaged magazine

- v. Bad ammunition
- vi. Poor rifle maintenance
- c. Recognition: After the trigger is pulled, the rifle makes a “click” instead of a “bang”
- d. Correction:
 - i. Seat the magazine by slapping it firmly with the support hand
 - ii. Roll rifle so ejection port faces down
 - iii. Chamber a fresh round by pulling and releasing the charging handle with support handle
 - iv. Reassess situation and re-engage target if appropriate

XXIII. Type 2 malfunctions (stovepipe)

- a. Defined: A type 2 malfunction occurs when an expended round is trapped in the ejection port by the bolt. The rifle is out of battery and will not fire
- b. Primary causes:
 - i. Failure to fully eject spent round
 - ii. Obstacle has deflected round back into ejection port prior to bolt closing
- c. Recognition: Spent brass observed in the ejection port
- d. Correction:
 - i. Same as Type 1
 - ii. Seat the magazine by slapping it firmly with the support hand
 - iii. Roll rifle so ejection port faces down
 - iv. Chamber a fresh round by pulling and releasing the charging handle with support handle
 - v. Reassess situation and re-engage target if appropriate

XXIV. Type 3 malfunctions (Double feed / feedway stoppage/ failure to extract)

- a. Defined: A type 3 malfunction occurs when the rifle is feeding a live round into a chamber already occupied by a live or spent round
 - b. Primary causes:
 - i. Broken or worn extractor
 - ii. Damaged or worn feed lips on magazine
 - iii. "Short stroking" charging handle
 - iv. Stuck case
 - v. Improper maintenance
 - c. Recognition:
 - i. Observed double feed through ejection port
 - ii. Bolt has limited movement to rear when charging handle is pulled
 - iii. Bolt does not return forward when charging handle is released
 - d. Correction:
 - i. Lock bolt to rear
 - ii. Remove magazine
 - iii. Dislodge stuck round with fingers if necessary
 - iv. Cycle bolt until stoppage is cleared
 - v. Reload rifle using different magazine if available
 - vi. Reassess situation and re-engage target if appropriate
- XXV. Transition to handgun
- a. Purpose:
 - i. Continue to fight when rifle malfunctions, runs empty or is otherwise not suitable to the situation at hand
 - ii. Transition to handgun is faster than correcting malfunctions or performing rifle reloads
 - b. Variations
 - i. Dependent upon type of sling

c. Procedure

- i. Ensure rifle is in safe condition
 1. Shot empty
 2. Malfunctioned
 3. Or safety engaged
- ii. Guide rifle to support side with support hand while acquiring handgun with strong hand
- iii. Draw handgun with strong hand
- iv. Release rifle with support hand and acquire two handed grip if appropriate

XXVI. Presentations to target (Pivots, moving offline)

a. Purpose

- i. Train to react to threats
- ii. Action is faster than reaction
 1. Break opponents OODA loop by making him react to your movement

b. Procedure- pivots

- i. Snap head towards threat
- ii. Let the body follow the head
- iii. Maintain balance and athletic posture
- iv. Perform pivots by turning aggressively into the threat rather than turning away

c. Procedure- stepping off line

- i. Move laterally and diagonally from the threat
- ii. Maintain an athletic stance and drive off the trailing leg
- iii. Present weapon while moving
 1. Do not move, then present

XXVII. Live fire malfunctions

- a. Perform live fire repetitions of type 1,2 and 3 malfunctions

XXVIII. Malfunction drill (3 kittens)

- a. Conduct malfunction clearances on 3-4 rifles without prior knowledge of what malfunctions will be present

XXIX. Multiple target drills

- a. When transitioning between targets
 - i. Maintain balanced posture
 - ii. Snap the eyes to specific point on next target
 - iii. Drive gun to that point

b. Incorporate reloads into drills

XXX. Shooting on the move

- a. Purpose
 - i. Conducted to move to a position of advantage or while already in motion i.e. conducting entries
- b. Decision to shoot on the move affected by
 - i. Target size
 - ii. Distance
 - iii. Terrain
 - iv. Individual skill level
- c. Procedure – Forward
 - i. Maintain athletic stance
 - ii. Knees bent
 - iii. Feet shoulder width apart
 - iv. Walk in a smooth fashion
 - v. Place the heels of the foot on the ground first and roll the weight towards the toes
 - vi. Avoid bobbing up and down by bending the knees
 - vii. Avoid swaying side to side by not setting stance too wide
- d. Procedure – Backward
 - i. Maintain athletic stance

- ii. Knees bent
- iii. Feet shoulder width apart
- iv. Walk in a smooth fashion
- v. Pick up foot higher than normal
- vi. Step back and place toe on ground first
- vii. Roll the weight towards the heel
- viii. Shorter strides when backing helps smooth the motion

e. Procedure – Lateral

- i. Proceed as in forward motion
- ii. Turn at the waist, isolating the torso from the motion of the legs

XXXI. Various distance shoot

- a. Live fire at various distance based on agency mission and environment

XXXII. Close quarter tactical shooting

- a. Purpose- utilize various techniques to shorten the weapons platform in order to minimize telegraphing of position and for retention of weapon

b. Techniques

i. Under the arm

1. Maximum retention
2. More comfortable for long periods
3. Easier to use one handed (opening doors, etc)
4. Good natural point of aim

ii. Over the shoulder

1. Better for searching over objects / low cover

xxxiii. Cleaning and maintenance

- a. Review disassembly procedures
- b. Show how to properly clean and lubricate
 - i. Bolt

- ii. Chamber
- iii. Bore
- iv. Trigger group
- v. Buffer