CHAPTER 4

TRAINING PROGRAM

The intended outcome of all hand grenade training programs is to produce soldiers that are proficient in the use of hand grenades in any tactical situation. The training program should incorporate safe handling and throwing practices, which will reduce injuries not only in peacetime, hut in combat as well. Initially, training programs will require extensive direct supervision; but, as soldier proficiency increases, the amount of supervision required decreases.

4-1. OBJECTIVES

The hand grenade training program should progress using the crawl-walk-run methodology. The program progresses from fundamental to advanced training, culminating with the integration of hand grenades into situational and field training exercise. Once soldiers reach a high proficiency level, a sustainment program should be implemented to maintain this level. The following progrssive training program objectives are offered for use or modification:

- o Instruction on visual identification of hand grenades.
- o Instruction on capabilities of hand grenades.
- o Technical instruction on grenade function.
- o Instruction and practical exercises on fundamentals of gripping, throwing, and throwing positions.
- o Practical exercises using targets of different types at varied ranges that stress distance and accuracy.
- o Advance training courses listed in this chapter, except for the target engagements at varied ranges, accuracy, buddy teams, movement techniques, and weapon integration.

4-2. TRAINING COURSES

The training courses listed in this chapter, except for the standard Army hand grenade qualification course, are offered as models to assist units in meeting their training objectives. These courses may be modified to support the unit METL, terrain, and commander's intent.

a. Distance and Accuracy.

- (1) <u>Purpose</u>. The distance and accuracy course is the initial practical exercise soldiers should perform. It is designed to develop the soldier's proficiency in grenade throwing and reinforce proper throwing habits. To develop good safety habits, supervisors must ensure proper throwing techniques are used by the soldiers.
- (2) Conduct of training. The soldier should receive a course orientation, explanation, and demonstration. This must include clarification of the tasks, conditions, and standards for the course, followed by a demonstration that meets the stated standard. During initial hand grenade throwing, soldier should be allowed to observe the strike of the grenade. This feedback allows the soldier to gain an appreciation for the weight of the grenade and the amount of force required to accurately throw the grenade. Proper procedures for seeking cover after throwing a grenade should be stressed after the soldier acquires throwing accuracy. The following is a generic task, condition, and standard to assist units.

<u>TASK:</u> Engage a variety of targets at varying ranges up to 40 meters.

<u>CONDITION:</u> Given 12 practice grenades, individual equipment, and a four-station course with a variety of targets at distances of 20, 30, and 40 meters.

STANDARD: The soldier must successfully engage targets at each station with two out of three grenades, using the prone to kneeling or prone to standing and prone throwing positions. A target is successfully engaged when the grenade detonates within 5 meters of the target.

- (3) <u>Course</u> (Figure 4-1). A recommended four-station target course by target type and distance is --
 - A fighting position 30 meters from the throwing line.
 - o A trench target 40 meters from the throwing line.
 - o A fortifed mortar position 20 meters from the throwing line.
 - o Soldiers in open, during assault at 20 meters from throwing line.

The four stations may be combined if the terrain does not allow four stations.

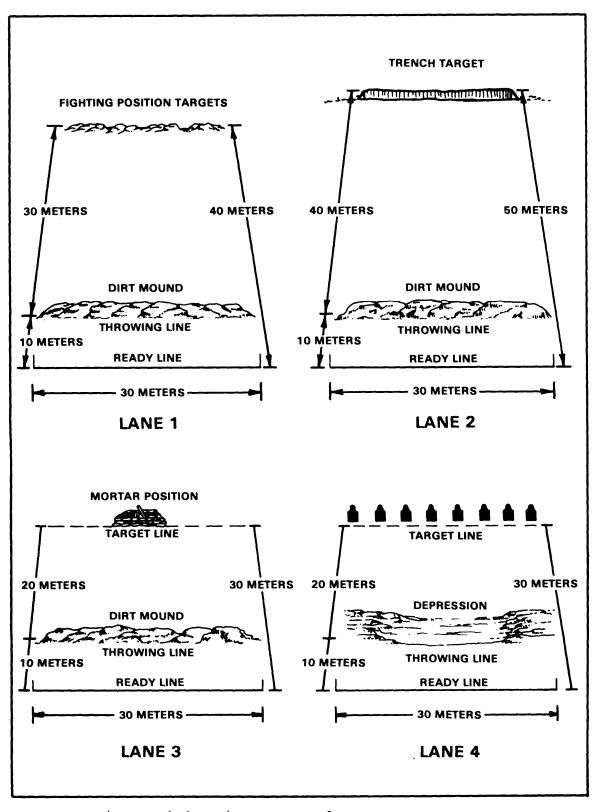


Figure 4-1. Distance and accuracy course.

NOTE: Soldiers throw three grenades at each station. Two of the three grenades must be within 5 meters of the target. If the soldier does not meet the standard, additional training is required until he does.

NOTE: The number of practice throws a soldier needs depends upon his ability to meet the standard. Each soldier is evaluated individually.

- b. Practice Training Pit.
 - (1) <u>Purpose.</u> The practice pit si where soldiers prepare to throw live fragmentation grenades. Training here introduces the soldier to the throwing commands and provides additional throwing practice.
 - (2) Conduct of training. Soldiers are oriented to the practice training pit and given an explanation of the commands that will be used during actual throwing. Soldiers will then practice the actual procedures used during live pit training. The instructor must enforce correct throwing and safety procedures. Improper techniques or bad habits, which a soldier could carry over to live pit training, cannot be tolerated. The following is a generic task, condition, and standard to assist units.

TASK: Successfully throw practice hand grenade from the practice pit and follow all commands from the NCOIC.

<u>CONDITION:</u> Given individual equipment, to include flak vest, practice hand grenades, a practice pit that replicates a live pit, and an orientation and safety briefing.

STANDARD: Soldier must safely carry, arm, and throw two practice hand grenades from the practice pit while following the tower commands and safety NCO's instructions. Soldiers must not move from the cover of the pit until the command CLEAR or ALL CLEAR is given.

NOTE: The physical layout of the practice pit should replicate the live throw pit.

- c. Live Pit.
 - (1) <u>Purpose.</u> The live pit gives soldiers the opportunity to experience the sensations of throwing a live fragmentation grenade. This instills confidence in the soldiers' ability to throw the hand grenade and its lethality.

- (2) <u>Conduct of training.</u> The procedures and techniques of conducting live hand grenade range operations depend upon available facilities and their regulations. Each facility has its own safety features and training qualities, making it difficult to standardize the operating procedures. The following guidelines are provided to assist in the conduct of live hand grenade training:
 - o Soldiers must have practice pit training before training at the live/throwing pit (Figure 4-2).
 - o Soldiers must receive a safety briefing first.
 - o Throughout hand grenade training and particularly at a live pit, instructors must instill confidence in the soldiers--not apprehension. Hand grenades are inherently safe when used properly.
 - o Soldiers throwing a live hand grenade must have a target. This makes sense tactically and provides a safer training environment. (Consult local range regulations for restrictions.)
 - o If facilities permit (observation windows available), allow soldiers to observe live/throwing pit procedures before they throw live hand grenades. (See Figure 4-3 for suggested live pit layout.)
 - o Soldiers must attach hand grenades to ammunition pouches and carry them to the throwing pits.
 - o Soldiers must wear flak vests, helmets, and, if available, eye armor.

NOTE: Instructors must check soldiers by using the live hand grenade range operation checklist in Appendix B.

The following task, condition, and standard are offered for use.

<u>TASK:</u> Engage targets with a live fragmentation grenade.

<u>CONDITION:</u> Given individual equipment, to include helmet, LCE, and flak vest, a facility for live hand grenade throwing, and live fragmentation hand grenades attached to the ammunition pouch.

<u>STANDARD:</u> Soldier must safely arm and throw at least two live fragmentation hand grenades. Soldier must comply with all fire commands and instructions.

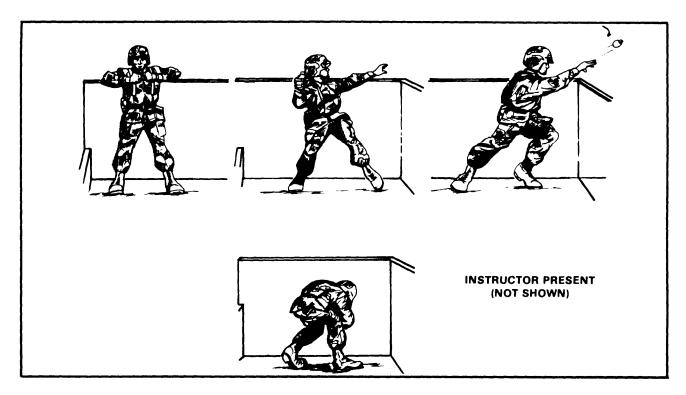


Figure 4-2. Live/throwing pit.

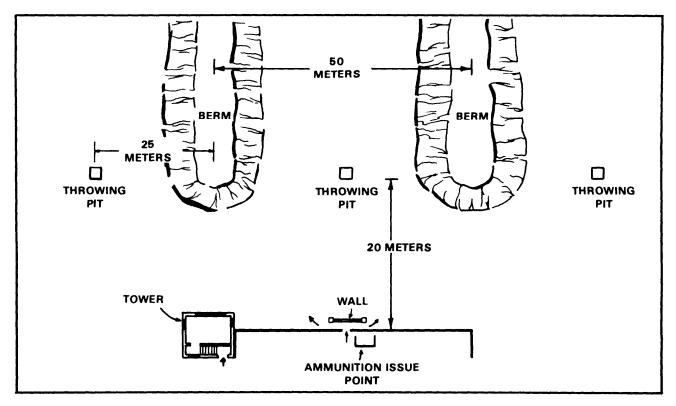


Figure 4-3. Suggested physical live pit layout.

- d. Hand Grenade Qualification Course.
 - (1) <u>Purpose.</u> The qualification course measures and evaluates the soldier's ability to engage a variety of targets with hand grenades using proper throwing techniques.
 - (2) <u>Conduct of training.</u> The qualification course should not be attempted until after training on the distance and accuracy course. This applies especially to units whose soldiers have not had any hand grenade training. The qualification course allows soldiers to use fuzed, practice hand grenades to engage targets in natural terrain under simulated combat conditions. An added incentive for soldiers to perform well is the award of a hand grenade qualification bar to be worn on his marksmanship medal.
 - (3) The actual course. The hand grenade qualification course is standardized throughout the US Army. It consists of seven stations with one evaluator per station. The course is conducted in two-man fighting position. ated individually. The stations and their requirements are as follows:
 - o <u>Station 1.</u> Engage a group of F-type silhouette targets in the open from a two-man fighting position. The targets will be located 35 meters (25 meters for female soldiers) to the front of the fighting position, simulating enemy movement through and beyond the squad's protective wire.
 - o <u>Station 2.</u> Engage a bunker using available cover and concealment. The bunker will have only one firing port oriented toward the direction of the buddy team's movement and a rear exit.
 - o <u>Station 3.</u> Engage a fortified 82-mm mortar position from 20 meters.
 - o <u>Station 4.</u> Engage a group of enemy targets behind cover 20 meters distant.
 - o <u>Station 5.</u> Clear an entry point to a trench line 25 meters distant.
 - o <u>Station 6.</u> Engage troops in a halted, open type wheeled vehicle, 25 meters distant.

o <u>Station 7.</u> Identify hand grenades. soldiers must be able to identify grenades by shape, color, markings and capabilities. For a suggested identification station, refer to Figure 4-4. While no two hand grenade qualification courses will be physically the same, the standards must be consistent. The DA Form 3517-R (Hand Grenade Qualification scorecard) at Figures 4-5 (front) and 4-6 (back) establishes the task, condition, standard, and scoring procedure for the qualification course. DA Form 3517-R will be locally reproduced on 8 1/2 - by 11 inch paper and is located at the back of this regulation. Qualification must be awarded only to those soldiers who meet these standards. The evaluator at each station will determine scoring in accordance with the standard scorecard. Figure 4-7 shows a sample physical layout.

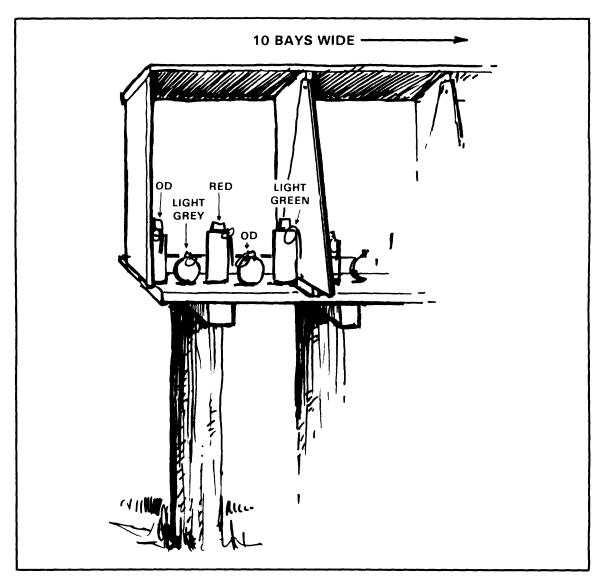


Figure 4-4. Suggested identification station.

HAND GRENADE QUALIFICATION SCORECARD

For use of this form, see FM 23-30; the proponent agency is TRADOC.

NOTE: In Addition to	the Requirements on thi	s Scorecard, the Soldier Must Throw T	wo Live Fragmenta	tion Grenades to	Qualify.		
A DATE LIVE GREN	IADES WERE THROWN	B INITIALS	B INITIALS				
17	7 SEPT. 88	1 8	KI				
C. NAME (Last, First	. Middle Initial)	D DATE	0				
MO	DORE, GAR	17.	17 SEPT. 88				
E GRADE	OORE, GAR -7	F SSAN 256-88-5011	G UNIT	1 - 2/			
H STATION		I TYPE TARGET	J GO	K NO-GO	L SCORER INITIALS		
1	Engage Enemy from Meters (25 Meters	om Fighting Positions at 35 - Females)			5.T.		
2	Engage Bunker				T.F.		
3	Engage 82-MM M	V		L.J.			
4	Engage Enemy Be	V		TW			
5	Engage Trench at	25 Meters			TW		
6	Engage Wheeled	Vehicle at 25 Meters			P		
7	Identify Hand Gree	nades	/		DF		
		M. QUALIFICATION STANDA	RD	<u> </u>			
		_	CHECK				
PASSED 7		EXPERT					
PASSED 6	FIRST CLASS						
PASSED 5		SECOND CLASS					
PASSED 4 OR							
N SIGNATURE OF	SCORER/OIC				L 		

DA FORM 3517-R, NOV 88

DA FORM 3517-R, JUL 69 IS OBSOLETE

Figure 4-5. Scorecard, front.

	ATION 1 Engage Enemy From Fighting I 35 Meters (25 Meters for Females)				ATION 6. Engage Vehicle at 25 Me	uers (Aneem	ng)	
	PERFORMANCE MEASURES	GO	NO-GO	PEF	RFORMANCE MEASURES	GO	NO-GO	
۹.	Detonated at Least One Grenade Within 5 Meters of the Center of Target	V			nated Within 1 Meter of Vehicle or n 5 Meters of Dismounting os.	/		
3.	Kept Exposure Time Under 3 Seconds.	/		B. Kept	Exposure Time Under 3 Seconds.			
Ο.	Returned to Covered Position After Each Throw	/			rned to Covered Position After Throw.	/		
D.	Used Proper Grip.	/		D. Used	Proper Grip.		V	
Ξ.	Used Proper Throwing Techniques.			E. Used Proper Throwing Techniques.		/		
F.	Completed Performance Measures 1A Through 1E Within 15 Seconds.	V			pleted Performance Measures 6A ugh 6E Within 15 Seconds.	/		
	STATION 2. Engage Bun	ker		STATION 7. Identify Hand Grenades				
۹.	Approached from Blind Side.	\			cted Fragmentation Grenade to ge Enemy Soldiers.			
В.	Checked for Bunker Opening.	/		B. Identified M8 Grenade as "White Smoke" or HC Smoke.			 	
C.	Detonated Grenade in Bunker.							
D.	Rolled Away from Bunker.			C. Identified M18 Grenades as "Colored Smoke" or "Purple (Etc.) Smoke". (If Specific Color is Stated, it Must be the Same as Color on the Training				
E.	Used Proper Grip.					_		
F.	Completed Performance Measures 2A Through 2E Within 15 Seconds.	/		Aid				
	STATION 3. Engage 82-MM Mortar Posit (Kneeling)	ion at 20 M	eters		ified M25A2 Grenade as CS or Control.			
Α.	Detonated at Least One Grenade Inside Mortar Position.	/		E. Ideni	ified M14 Grenades as Incendiary.			
B.	Kept Exposure Time Under 3 Seconds.			NOTE:	RES 7A			
C.	Returned to Covered Position After Each Throw.	/		THROUGH 7E. IF EXAMINEE CANNOT CORRECTLY STATE NAME OF GRENADE, B CAN CORRECTLY IDENTIFY ITS USE, THEN				
D.	Used Proper Grip.	/]	THE EXAMINEE WILL BE SCORED A			
Ε.	Used Proper Throwing Techniques.			NOTE:	NOTE: EACH PERFORMANCE MEASU		СН	
F.	Completed Performance Measures 3A Through 3E Within 15 Seconds.				STANDARD. A SOLDIER MUS	L BE GRADED ON A PASS/FAIL A SOLDIER MUST PASS ALL OF		
	STATION 4. Engage Enemy Behind Co (Alternate Prone)	ver at 20 M	eters		THESE STANDARDS TO RECE THAT STATION.	IVE A "GC)" ON	
Α.	Detonated at Least One Grenade Within 5 Meters of the Center of Target	/						
В.	Kept Exposure Time Under 3 Seconds.	~		1				
C.	Returned to Covered Position After Each Throw.	/		1				
D.	Used Proper Grip.]				
E.	Used Proper Throwing Techniques.							
F.	Completed Performance Measures 4A Through 4E Within 15 Seconds	/]				
	STATION 5. Engage Trench at 25 M	eters (Knee	ling)]				
Α.	Detonated at Least One Grenade Inside Trench.	V						
B.	Kept Exposure Time Under 3 Seconds.	/						
C.	Returned to Covered Position After Each Throw.	V						
D.	Used Proper Grip.		1					
	·		 	4				

REVERSE OF DA FORM 3517-R, NOV 88

Figure 4-6. Scorecard, back.

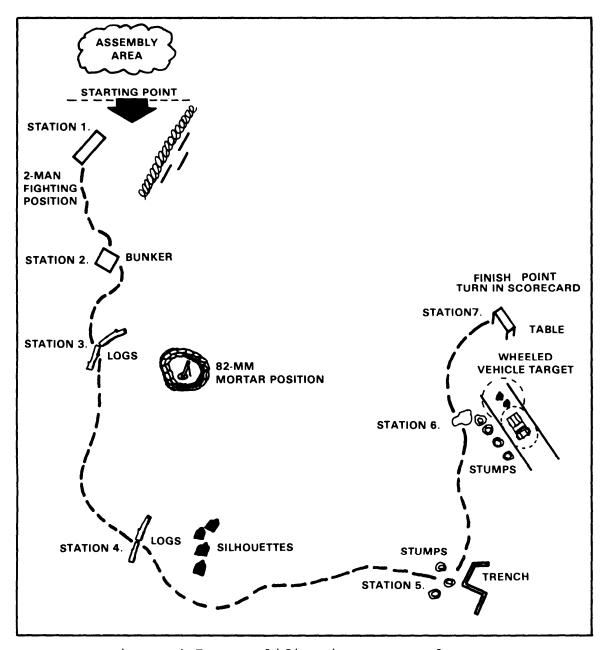


Figure 4-7. Qualification course layout.

e. Hand Grenade Confidence Course.

(1) <u>Purpose.</u> Once the soldier has developed his throwing proficiency and has been introduced to throwing casualty-producing hand grenades, he should be given an opportunity to apply his newly acquired proficiency in a simulated tactical situation requiring the use of grenades. The hand grenade confidence course is designed to accomplish this objective (Figure 4-8).

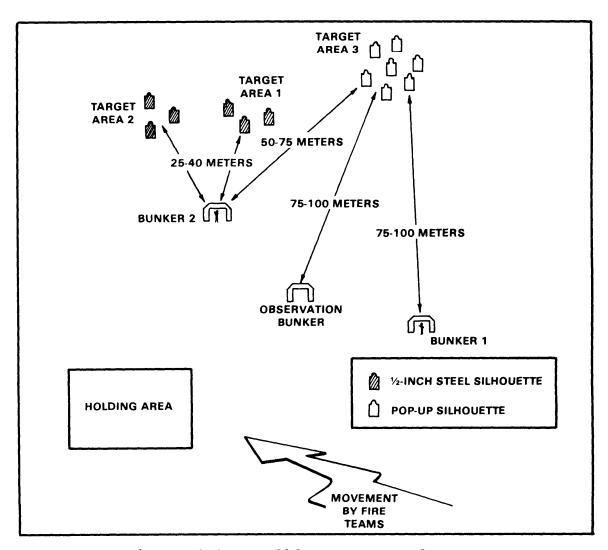


Figure 4-8. Confidence course layout.

- (2) <u>Conduct.</u> The hand grenade confidence course has a practice and a live course, each consisting of an assembly area, a final coordination line, an initial holding area, a covering position, a throwing position, and a final holding area.
 - (a) The course is begun with an orientation period covering the characteristics and functioning of the practice and fragmentation hand grenades, safety considerations governing the conduct of training, and a discussion and demonstration of the conduct of the course for the entire unit being trained.
 - (b) Following the initial orientation, each squad member is given a number (1-9). Each platoon is moved to a separate assembly area for the practice course

where the OIC of the range presents a tactical situation. Unfuzed practice hand grenades are issued to the platoon for the practice conduct of the course. (All personnel are inspected by the OIC before they negotiate the course to make certain that all grenades are properly secured.)

NOTE: The OIC should determine whether to issue grenades to the soldiers in the holding area or at the throwing bunker, depending upon their experience and proficiency.

- (c) The first squad moves in a line formation, ALPHA team on the right, from a tree line that represents the final coordination line of the practice course.
- Upon arrival at a mound representing the initial holding area, the squad is taken under fire by a machine gun simulator. The squad leader sends two men from the right side of the line to bunker number one near the objective. One man lays down a base of fire at target area number three. The control NCO directs the number one man on the right to move to bunker number two within hand grenade range of the objective. From bunker number two, the soldier continues to fire his weapon until all far targets are suppressed. He then observes target area number one and engages it with a practice hand grenade. When the grenade is thrown, the safety officer commands ALL DOWN. This command pertains to everyone in the training area. At this time, all personnel get behind protective cover. After the grenade functions (the safety officer counts to seven, which indicates the amount of time personnel must remain behind the protective cover) , the soldier engages target area number two with a second practice hand grenade. When the grenade is thrown, the safety officer commands ALL DOWN.
- (e) The soldier who threw the grenades moves by the most direct route back to the final holding area where he is critiqued by the critique NCO. Covering fire is continued from bunker number one. The squad leader then sends a new man to bunder number one where he provides covering fire for the number two man who moves to bunker number two to throw his grenades. After the second grenade functions, the soldier being critiqued by the critique NCO moves directly to the initial holding area.

- (f) The above sequence is repeated until all squad personnel have thrown grenades and provided covering fire. The first soldier to throw grenades provides covering fire for the last man to throw.
- (g) After the first group has finished the practice course and has been critiqued, it returns to the assembly area and then moves to the live course for the final run with fragmentation grenades. After the first group has completed the practice course, the practice and live courses are run concurrently on separate training areas.

NOTE: In the practice course, blank rifle ammunition and practice grenades are used. Live ammunition and two live grenades are used in the conduct of the live course.

NOTE: Take off blank adapters before issuing live ammunition.

- (h) The safety officer on the practice course must carefully observe the actions of soldiers throwing practice grenades. If the safety officer detects any unsafe acts or extreme nervousness on a thrower's part, the thrower will be identified to the critique NCO. The critique NCO will point out the thrower's mistakes and send him back through the practice course. In some instances, it may be necessary to place an individual who has extreme difficulty in properly handling grenades under the control of an assistant instructor for detailed instruction. In no instance will a man be allowed to throw live fragmentation grenades until he has clearly demonstrated his ability to throw practice grenades during the practice conduct of the course.
- (3) <u>Safety personnel</u>. The following safety personnel are required for the hand grenade confidence course:
 - (a) Officer in charge. The OIC or NCOIC, who will be an E7 or above, is responsible for the overall conduct of the problem, presentation of bleacher orientation, and tactical briefing. After issuing the operation order in the assembly area, the safety officer is positioned in the safety bunker where he has the immediate responsibility of supervising hand grenade throwing.

- (b) Squad leaders. The squad leaders alternate moving squads to and from the initial holding areas. They are responsible for ensuring that all personnel are behind protective cover in the initial holding area when grenades are being thrown. Squad leaders must check each soldier's grenades before he moves from the initial holding area to bunker number one.
- (c) Safety officer. The safety officer is the senior assistant instructor. He will be an E6 or above, or an ES serving in an E6 position. He is positioned in bunker number one where he controls the movement of all personnel both before and after each grenade is thrown; he also controls the soldier furnishing covering fire.
- (d) Critique NCO. The critique NCO is positioned in the final holding area. He administers a critique to each thrower immediately after the man arrives from bunker number two. To ensure continuity, the critique NCO will observe the same squad during both the practice and live courses. The critique NCO will brief each member of the squad after both the practice and live courses. He then returns to the practice course to observe another squad.
- (4) Training facility. The training facility for the hand grenade confidence course consists of a practice grenade course for throwing the M69 practice grenades and a live grenade course for throwing fragmentation grenades. These two courses are constructed alike and close together in order to allow easy movement from one to the other. The hand grenade confidence course should be conducted concurrently with another 2-hour period of instruction in order to minimize terrain and personnel requirements. Time breakdown for the conduct of training is as follows:
 - o Initial orientation: 20 minutes
 - o Tactical situation briefing, ammunition issue, and inspection prior to crossing the final coordination line: 10 minutes.
 - Practice run: 35 minutes. (Practice and live runs are run concurrently after the first squad completes the practice run.)

- (5) Ammunition. Each soldier needs 40 rounds of blank, 5.56-mm cartridges; 40 rounds of live cartridges; two grenades, M69 unfuzed; and two M67 series, fragmentation hand grenades. For each demonstration, 40 rounds of blank, 5.56-mm cartridges and two practice hand grenades, M69 unfuzed, are required.
- (6) <u>Ranges.</u> The range used for the confidence course consists of two separate areas, each consisting of an assembly area, a final coordination line, an initial holding area, a covering position, a throwing position, a final holding area, a safety officer's observation point, and two target areas.
 - (a) Assembly area. This area is used as a briefing point and an ammunition issue point. It should be a cleared area, sufficiently large to accommodate a 48-to 60-man platoon.
 - (b) Final coordination line. This line should be a prominent terrain feature, such as a woodline or stream bed, and located between the assembly area and the objective. Ideally, the area between the final coordination line and the objective should slope uphill. This is the last location outside the surface danger zone where personnel may maneuver freely without the need for cover to protect soldiers from fragmentation danger.
 - (c) Initial holding area. This area should be located 30 to 50 meters forward of the final coordination line. The area should be a mound or a roadside ditch that is long enough to accommodate nine men and high enough to afford protection for a kneeling man.
 - (d) Covering position. This position should be a mound or parapet 2 meters (5 feet) high and 3 meters (8 feet) wide across its front side. The position should be 5 meters forward of the right flank of the initial holding area.
 - (e) Throwing position. This position should be a mound or a parapet 1.5 meters high a-rid, 2 meters wide. The position should be located about 15 meters to the left front of the covering position.
 - (f) Observation point. This is the safety officer's observation point. It should be a pit affording the minimum frontal protection. The position is located 10 meters to the rear of the throwing position.

- (g) Final holding area. This area should have characteristics similar to the initial holding area. The position must accommodate a minimum of two kneeling men. It is located 5 meters to the left of the safety officer's observation point.
- (h) Targets. There are three separate target areas in each course (practice or live). The target areas on the practice confidence course should clearly be marked "practice targets".
 - o Target area one. This is the impact area for the first hand grenade. The target should be a cluster of 1/2-inch steel E silhouette targets located at ranges varying from 25 to 40 meters.
 - o Target area two. This is the impact area for the second hand grenade. The target consists of a cluster of ten 1/2-inch steel E silhouettes. This target should be unmarked and located at ranges varying from 25 to 40 meters and 50 meters to the left of target area one.
 - o Target area three. This is the target area for M16 fire. The target consists of a cluster of 15 to 20 E pop-up silhouettes located 50 to 100 meters from bunkers one and two.
- (i) Training area (general). The training area should be located on slightly sloping terrain. As much natural vegetation as possible should be left on the site.

4-3. COLLECTIVE TRAINING

Two aspects of preparing for combat are training and rehearsals. When training collective tasks or rehearsing a particular combat mission, noncommissioned officers must analyze the collective tasks to be trained and select the individual tasks that support these collective tasks. They must then integrate these individual tasks into the training and rehearsals.

a. Training managers decide which collective tasks they must practice by analyzing the operation outlines contained in the appropriate mission training plan. The operation outlines lay out the collective tasks required to execute a critical wartime mission. Noncommissioned officers find the individual tasks that support collective tasks by referring to the mission-task matrix in the ap-

propriate platoon mission training plan. They find the correct training standards in the appropriate soldier's manual task. They use the squad and platoon MTP (ARTEP 7-8-MTP) and FMs 7-8 and 7-70 to see how to use the individual tasks to do their collective tasks.

- b. As an example, a team leader learns that his platoon is going to practice the ARTEP mission: attack. He analyzes the mission outline for attack and determines which collective tasks his squad may have to do as part of this mission. Several of these tasks require soldiers to engage in close combat.
- c. Soldiers must use hand grenades any time they engage the enemy in close combat. Collective tasks that require close combat are: conduct fire and movement, disengage, knock out bunker, clear a trench line, conduct a raid, conduct hasty ambush, conduct point ambush, defend, and clear a building. Drills that require close combat are: react to contact, break contact, and react to ambush. When units train or rehearse these tasks, they should also train and evaluate the use of hand grenades. Once soldiers can safely arm and throw live fragmentation grenades, units should integrate the use of grenades into collective tasks rather than training it as a separate event. Use simulation or live hand grenades, as appropriate, against realistic targets while practicing the collective task. Noncommissioned officers tell soldiers when and how to use the grenades, evaluate their use, correct mistakes, and retrain soldiers as necessary.

4-4. SAMPLE SQUAD SITUATIONAL TRAINING EXERCISE

Present soldiers with tactical situations in an STX requiring hand grenade use in conjunction with other fire team or squad weapons that force soldiers to make sound tactical decisions on hand grenade employment.

- a. The STX must be a realistic training event that improves the soldier's hand grenade throwing skill, the use of his individual weapon, and the collective skills of his fire team and squad.
- b. There are no firm guidelines for an STX (Figure 4-9). Consider including hand grenade tasks in the tactical scenario that are best suited to the unit's METL. The close combat tasks listed in paragraph 4-3c should also be offered in a unit STX training program. Soldiers should carry practice hand grenades whenever they carry their individual weapon. They should be required to use both to

maximize their individual capabilities. The use of opposing forces enhances training realism. Opposing force objectives for specific tasks can be found in ARTEP 7-8-MTP.

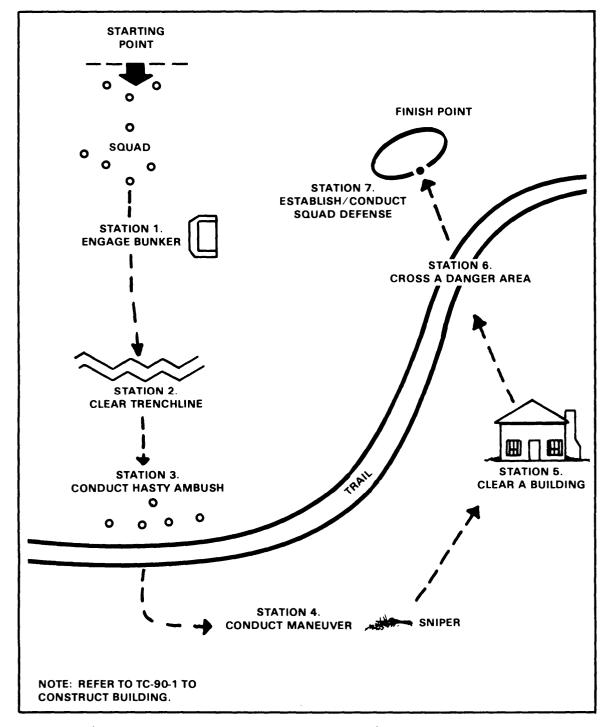


Figure 4-9. Sample squad STX with hand grenade.