



Headquarters
New Zealand Defence Force
Defence House
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Wellington Mail Centre
Lower Hutt 5045
New Zealand

OIA-2026-5845

6th July 2026

Dear [REDACTED]

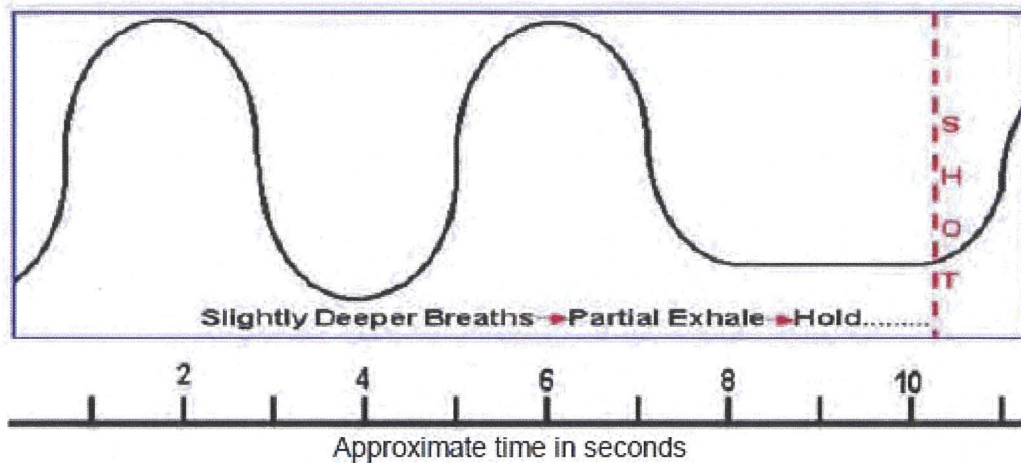
I refer to your email of 11 June 2026 requesting, under the Official Information Act 1982 (OIA):

I am requesting copies of the unclassified training manuals, instructional pamphlets, or reference materials currently or historically utilized by the New Zealand Defence Force (NZDF) regarding basic rifle marksmanship principles—specifically the sections detailing "Breathing Control," the "Natural Respiratory Pause," and techniques taught to personnel for stabilizing the heart rate and minimizing physical body movement during firing.

The following excerpt concerning breathing is taken from the relevant training material:

Breathing. The firer must learn to control the breathing process during the firing of each shot to achieve standards of consistency necessary to group the rounds on the target to the accuracy standards required. Applying a systematic breathing cycle during the final stages of releasing the shot is an important element of this. Observing the cycle shown at Figure 2-4 during the aiming and releasing of each shot promotes this consistency, shot after shot. This in turn creates a consistent influence on the weapon; shot by shot.

The procedure is simple enough but requires thorough instruction and practice to make this part of the firer's natural technique. To hold the breath properly the firer takes a breath, lets it out, inhales normally, lets a little out until comfortable, holds, and then fires. It is difficult to maintain a steady position for a prolonged period while refining the aim picture. The firer should therefore be taught to inhale and exhale normally, stopping just prior to the moment of the natural respiratory pause. The shot must then be fired before the onset of any discomfort from the pause in breathing. This aspect of the firer's technique must become instinctive, recognisable to the firer as an integral part of the overall process of firing and complementary to the comfort of the position.



You have the right, under section 28(3) of the OIA, to ask an Ombudsman to review this response to your request. Information about how to make a complaint is available at www.ombudsman.parliament.nz or freephone 0800 802 602.

Please note that responses to official information requests are proactively released where possible. This response to your request will be published shortly on the NZDF website, with your personal information removed.

Yours sincerely

GA Motley

Brigadier

Chief of Staff HQNZDF