

# IPSC WORLD



Volume IV • Issue 4

MAGAZINE

## 2015 EUROPEAN RIFLE CHAMPIONSHIP

Special Coverage:  
2015 European Rifle  
Championship

2015 Shootersis Cup

### Interviews

Young Guns - Hunter Cayll

Hot Shots - Denis Altuna

Leading Ladies - Hilde Nakling

Best of the Best - Joey Racaza

Senior Shootizens: Joel Gerard



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## 2015: One of our best IPSC years ever!

As the saying goes “Time flies when you’re having fun”. As there’s no doubt that we always have fun in IPSC, we’re already in the third quarter of 2015. And what a year it’s been!

The recently concluded IPSC Level IV European Rifle Championship in Hungary, and the IPSC Level IV Pan-American Handgun Championship in Brazil were both highly successful matches and I’m proud of the way our officials and competitors embraced both events with their tireless energy.

As I write this article, I’m enjoying an invigorating cup of espresso and a tasty plate of homemade pasta at the Le Tre Piume (“The Three Feathers”) shooting range in Agna, not far from Venice, Italy where the second IPSC Level V Shotgun World Championship is well underway.

The range is not only a magnificent venue for shooting, the other facilities are all extremely comfortable and modern. I’m therefore not surprised to again see beaming smiles on the faces of competitors and officials alike as they bask in the superb environment, which has been blessed with clear blue skies and cool breezes.

A full report will appear in the next issue of IPSC World.

The 2015 IPSC General Assembly was held on Saturday 12 September in conjunction with the Shotgun World Shoot and, as usual, it was another opportunity for Regional Directors to help guide us forward on our path to even bigger and better things for the undoubtedly promising future of IPSC.

It’s such a pleasure for me to see delegates from such diverse backgrounds embarking on a unified and common path as we continue

# IPSC WORLD

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## New additions to the IPSC family this year include the Cayman Islands, Cyprus and Guyana.

to expand the fun and excitement of IPSC around the globe.

New additions to the IPSC family this year include the Cayman Islands, Cyprus and Guyana. We welcome our new regions with open arms and we look forward to seeing their development in the years to come.

My next stop for 2015 is the IPSC Level IV Far East Asia Handgun Championship to be held in Malaysia in October at the beautiful Kota Tinggi shooting range in Johor Baru situated just across the causeway from neighboring Singapore.

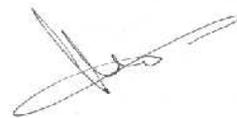
### IPSC Smartphone App Launched!

I'm thrilled to announce that IPSC has launched an official app, so that members can access all features from the IPSC website on their smartphones in a "finger-friendly" way.

The app gives mobile access to our most popular features such as our Match Calendar, Match Results, a list of our member Regions, IROA information, World Records and various publications which can easily be downloaded to portable devices.



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## 2015 European Rifle Championship

Felsőtárkány, Hungary

## Rubik's Rifle!

Photos: Erik Bjaelkvall

Hungary, landlocked between Slovakia, Romania, Serbia, Croatia, Slovenia, Austria and the Ukraine, is a stunningly beautiful country, despite the lack of ocean views.

And while Hungary might not immediately spring to mind during discussions at cocktail parties, the nation has had many notable contributors to our modern world.

For example, Albert Szent-Györgyi won the Nobel Prize in Physiology in 1937 when he discovered Vitamin C, while Dennis Gabor won the Nobel Prize in Physics in 1971 for inventing Holography.

And who can possibly forget László Bíró who invented such an essential product, the ballpoint pen, in 1938 or Ernő Rubik who invented the Rubik's Cube in 1974?

Hungary's capital Budapest, a stylish and classical city, is home to multiple UNESCO World Heritage sites. These include the famous library Bibliotheca Corviniana, and the magnificent neo-renaissance Hungarian State Opera House.

The name Budapest derives from a combination of the names of the two districts, Buda and Pest, situated respectively on the West and East sides of the famous Danube River which gently meanders its way through the center of the city.

However, the IPSC 2015 European Rifle Championship was held in Felsőtárkány, an ancient and historic municipality situated at the foothills of the Bükk Mountains.

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# 2015 European Rifle Championship

Felsotárkány, Hungary

Competitors arriving at the Listz Ferenc international Airport therefore had to embark upon a 160 kilometers, but picturesque drive north to reach the shooting range.

Match Director Zoltan Vincze from IPSC Hungary ensured that the 30 Courses Of Fire varied considerably and they included everything from relatively easy 25 meter challenges all the way up to far more difficult 300 meter challenges.

Stage 6, which had 17 IPSC Mini Paper Targets and 6 IPSC Poppers placed up to 300 meters away from the initial shooting location, and which also required competitors to move through some 30 meters of

**And while Hungary might not immediately spring to mind during discussions at cocktail parties, the nation has had many notable contributors to our modern world.**

corridor to reach the final shooting location, was particularly memorable.

If you walked from stage to stage, it was clear that the dominant rifles of choice were based upon the highly popular AR15 platform shooting a 5.56mm bullet, but I doubt you would see two rifles of an identical color and configuration. The variety of rifles on racks was astonishing.

However, there were many competitors who opted for the larger calibre 7.62mm models based on the AK47 platform.

Interestingly, the overall Match Sponsor was the Kalashnikov Group, and their presence at the match generated considerable interest in their AK47 variants.

As far as divisions go, Open Semi-Auto Division was clearly the most popular as 74% of competitors opted to



# 2015 European Rifle Championship



shoot highly customized rifles with scopes and magnifiers. Standard Semi-Auto Division was the second most popular division with 25% competitor support.

When it came to Match Officials, the match was competently staffed.

Range Master Ola Dahlback from IPSC Sweden, ably assisted by Deputy Range Master Attila Kovacs from IPSC Hungary, both members of the International Range Officers Association (IROA), did a truly fabulous job of keeping everything operating efficiently and on schedule.

Crunching numbers in the Stats shack were two more IROA members, namely Milos Terzic from IPSC Czech Republic and Tapio Sokura from IPSC Finland, who produced match results in a timely manner.





Of course, the range crew included a cadre of national and international officials who hailed from over a dozen different IPSC regions from Europe and beyond.

After all the dust had settled, and after many hundred thousand rounds were safely fired down range, it was clear that the Nordic dominance at IPSC Rifle competitions had not waned.

The overall winner of Open Semi-Auto division was Raine Peltokoski from IPSC Finland, while fellow Finn Sami Hautamaki was overall winner in Standard Semi-Auto division.

Adding more notches to the Nordic victory belt was Johan Hansen from IPSC Sweden who, despite always looking as youthful as a boisterous teenager, won the Open Semi-Auto Senior category. The winner of Standard Semi-Auto Senior was Armin Meesit from IPSC Estonia.

However, the Italians were not going to allow the Nordic regions to totally dominate the awards, and they were determined not to go home without some gold of their own.



**After all the dust had settled...it was clear that the Nordic dominance at IPSC Rifle competitions had not waned.**

# 2015 European Rifle Championship



The irrepressible Irene Canetta from IPSC Italy won the Open Semi-Auto Lady category, while her compatriot Massimo Corazzini won the Open Semi-Auto Super Senior category.

This competition was the 3rd European Rifle Championship following the 2009 event in Norway, and the 2012 event in Bulgaria, and each time the number of competitors continues to climb.

Excitement is therefore at fever pitch in anticipation of the first IPSC Rifle World Shoot to be held in 2016 in Russia. Check the match calendar at the IPSC website for more information.



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# 2015 European Rifle Championship



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## AN ADVENTURE IN PARADISE!

# 2015 Shootersis Cup



Despite all the gloom and doom surrounding the Greek economy over the past 12 months or so, the spirit of IPSC competitors and officials never wanes.

Opa! Welcome to the inaugural 2015 ShooterSIS / SIG Sauer Cup held in May 2015.

Greece is not only the birthplace of democracy (and some really cool food delights), it has been blessed by various Greek Gods with an abundance of sun, sand, sparkling waters and magnificent vistas.

It is truly a Mediterranean paradise steeped in unrivaled mythology.

To participate in this particular match, competitors only needed to book one of many cheap flights available directly to Athens, then casually drive along a scenic route for about 30 mins to a seaside hotel near the shooting range, itself not very far from the iconic Parthenon.

What a way to spend a weekend! The match hosted over 250 competitors, many of whom breezed through the international airport, thanks to the terrific efforts of Greek Customs Officials.

Competitors came from all parts of the globe. They included a large contingent from Israel, as well as others from the USA, Bulgaria, Austria, Germany, Spain and the Czech Republic.

The 18 courses of fire required each competitor to fire a minimum of 300 rounds in order to successfully complete the match. Each stage had its own design and displayed a theme from a different Greek city.



# 2015 Shootersis Cup



And the stage constructions were awesome. Organizers put a lot of time and money into creating the stage decorations. There were buildings, bridges and castles to get competitors into the mood.

However, the stages were technical and challenged competitors to adopt different shooting positions and angles.

Match Director Ioannis Anastasopoulos said ““We did our best in organizing the match, and the smiles on the competitor’s faces is the best reward for us. We promise that we are going to use the experience gained from this match to offer an even better match next year!”

Jorge Ballesteros from Spain, one of IPSC’s world-class competitors, commented “It’s really impressive how the match achieved such a good balance from stage to stage, and to give so many shooting options for competitors”.

The 18 stage match was held over two days, with every competitor shooting 10 stages on Saturday and 8 stages on Sunday.

Thanks to the hard work and timeliness of the range crew, led by Range Master Kurt Kreuzer from Austria,



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# 2015 Shootersis Cup Athens, Greece



## 2015 Shootersis Cup

and other Match Officials, the awards ceremony commenced exactly on time, soon after the final shots were fired on Sunday.

The divisional winners were (Open) Jorge Ballesteros from Spain, (Standard) Athanasios Papadakos from Greece, (Classic) Faj Tran from Sweden, (Production) Alexandros Sklavis from Greece, and (Revolver) Zdenek Nemecek from the Czech Republic.

If you want to enjoy a fantastic match, surrounded by the natural beauty of Greece, keep an eye on the Match Calendar at the IPSC website for details of the 2016 event.



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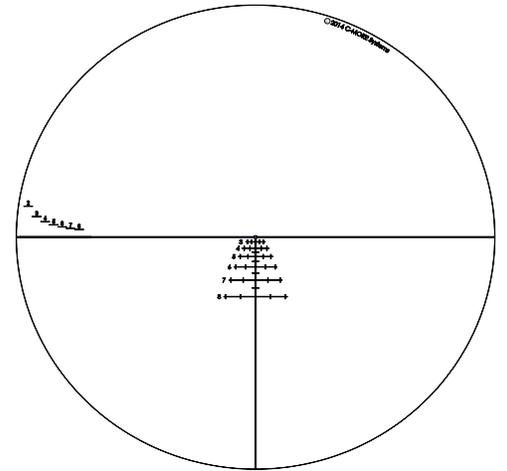
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**REGIONAL DIRECTOR** Mario Apap

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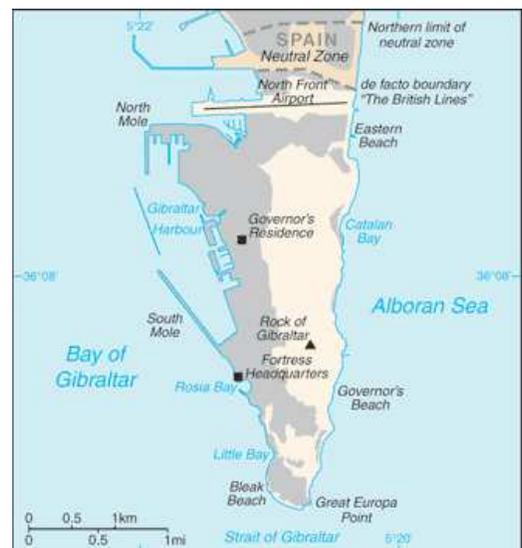
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Since men first braved the sea, the Bay of Gibraltar has sheltered ships and sailors. To the ancient Greeks, Gibraltar marked the limit to the known world. To pass beyond it was to sail to certain destruction over the bottomless waterfall at the edge of the world. Thus the many findings of offerings made to the Gods by these and other civilisations such as the Phoenicians and Carthaginians in the many caves on the shorelines.

During the American War of Independence, the combined forces of France and Spain besieged Gibraltar for four and a half years. The body of Nelson, preserved in a barrel of rum, was brought to Gibraltar after his magnificent victory at Trafalgar and, in the Second World War, the Rock was a key factor in British victories in the Mediterranean.

The size of Gibraltar's population is circa 30,000. Throughout its history, Gibraltar has been inhabited by a range of immigrants from differing cultural backgrounds including Spanish, Genoese, Maltese, Moroccan, Jewish and Portuguese who combined with the British settlers to form a varied and multi-racial community.

Gibraltar was ceded in perpetuity by Spain to Great Britain under the Treaty of Utrecht 1713. Gibraltar's 2006 Constitution guarantees that Britain will never enter into arrangements that would place the people of Gibraltar under the sovereignty of any other state against their democratically expressed wishes.



IPSC Gibraltar is a small but active new region having been provisionally accepted at the General Assembly in Florida in 2014, and now finally ratified as full members in the General Assembly in Italy in 2015. Although we have been practicing practical shooting for some years, it is only within the last 7-8 years that we have progressed and really taken on board the essence of IPSC shooting. Our roots, for many years, were originally in small bore target shooting but once we tried practical shooting there was no going back!

Now that we are full members of IPSC we are looking forward to hopefully running a Level 3 Match within our facilities in the very near future. We hope to attract as many shooters as possible taken into account our excellent location, weather and facilities.



There is currently no ban on the importation of any type of firearms and ammo for sporting use as used in IPSC Handgun divisions. The Government of Gibraltar is fully behind IPSC Gibraltar and it will support any endeavours on our part to host any form of international competition.

To enhance our capacity to run matches as effectively as possible, we already have eight of our members certified to IROA Level 1. This course was very successfully delivered by IROA Vice President Juergen Tegge. We also adopted a training and development program in collaboration with IPSC Canada which graciously allowed us to use their successful "Black Badge" system.

A brand new shooting complex, funded by the Government of Gibraltar, which also caters to IPSC will hopefully be completed by the end of 2015. One of the reasons for joining IPSC is the possibility of competing abroad and representing Gibraltar at Level III matches and above. This is already happening and as time progresses we will be sending more of our shooters to matches in other regions.



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## ON THE RANGE

# What is the one thing about an IPSC match you would tell others?



**Jacek Waszkiewicz, 36**  
**Marketing Manager**  
**SPAIN**

I tell my friends that IPSC is the most beautiful action sport, not only because it improves abilities like concentration, strength but also allows meeting a lot of fantastic people from different cities and countries.



**Sandy Wu, 39**  
**Entrepreneur**  
**INDONESIA**

I would tell others that when I go to the range it is Happy Shooting Day for me!. Because of that continuous exciting and adrenaline-rush surroundings like fireworks sound, I guarantee you are going to love this sport!



**Mike Turgeon, 45**  
**Industrial Mechanic**  
**CANADA**

When called up, and you get the command LOAD and MAKE READY your heart starts to beat a little faster, and you're going over the stage in your mind, then you hear ARE YOU READY, STAND BY, you go attacking the stage.



**Jerome Chua, 39**  
**Construction Estimator**  
**UNITED STATES**

It is pure FUN. Shooting in IPSC is all about shooting, moving through courses, doing it fast and accurately.

Pure adrenalin and excitement when you are shooting specially in big matches.



**Thanatphong Kunraksa, 26**  
**Cargo Co-Ordinator**  
**THAILAND**

I take every single match I shoot as a learning opportunity which I use to identify what I did right and also what areas I need to improve. At the end of the day, everything is about IPSC fun!



**Claudia Alcázar, 39**  
**Landscape Designer**  
**GUATEMALA**

IPSC it's all about having fun with your shooting pals, but don't take the match too seriously because you will suffer!

And remember... to only hit the A's and do it as fast as you can.



**Norbert Baraoidan, 48**  
**Systems Analyst**  
**UNITED STATES**

If there's one thing about IPSC matches for me to mention is the level of UNITY from people around the world who share a common passion with the highest respect for one another.



**Thiago Rechie, 35**  
**Entrepreneur**  
**BRASIL**

What I always tell everybody is that IPSC shooting is a very safe, challenging and exciting sport. It demands speed, concentration and more important they willing to have fun!



**Ronaldo Barcelona, 45**  
**CEO Technology Company**  
**PHILIPPINES**

I always say that Practical Shooting gives you a lot of excitement, makes you very happy and forget all your problems. I am also very proud to represent the Philippines and see all my friends from all over the world!

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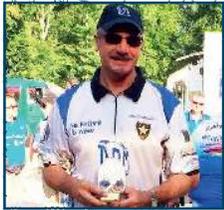
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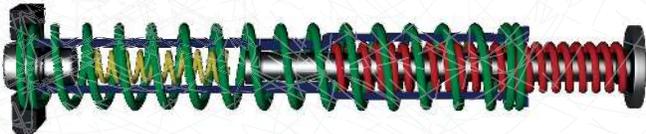
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# Hunter Cayll

**AGE 20**  
**REGION United States**



### How did you first hear about IPSC?

I first began competitive shooting about a year ago. The first type of competitive shooting I decided to try was the sport of 3 Gun.

### For how long have you been shooting?

I shoot 3 Gun as a profession but, after I decided to go straight into 3 Gun, my pistol shooting skills started deteriorating. I then found out about the sport of IPSC shooting and decided to try monthly local matches to improve my pistol shooting skills. I had no idea that IPSC had it's own version of shotgun and rifle matches until mid-summer of 2015. Around June of 2015 I was told I should come try to compete at the IPSC Shotgun World Shoot in order to really test my abilities against all the other incredible shotgun shooters in the world.



### What division do you shoot and why?

I shoot Open Division mainly because my not having hands keeps me from loading standard shotguns at a competitive level. I can do it, but not as quickly as required to keep pace with other competitors. Shooting Open Division allows me to load just as fast as every other competitor in the division.

### What is the coolest about IPSC shooting?

IPSC shooting is much more different than the type of shooting I'm used to doing on a regular basis. IPSC requires much more precision and spontaneous movement, which I have found can be quite a fun challenge.

### What inspired you to begin shooting?

I mainly wanted to become a competitive shooter for the fact to say I can. Many people come up with excuses on a regular basis on why they can't do this or they can't do that and it is absolutely absurd. One's limitations are only set by one's mind. I wanted to do something that many people would think was impossible.

### What do your friends and family think about you shooting IPSC?

My friends and family give me full support throughout my endeavors in the shooting world. My family gave me that "can do" attitude by never sheltering me and telling me I couldn't do something because they were afraid I would fail. They knew I could do anything I wanted to do, as long as I put my mind to it.

### What are the biggest challenges you have when shooting IPSC?

The biggest challenge to me so far in shooting has to be the travel and cost. Although I'm working to make shooting a full time profession I still pay for a good majority of the expenses.

### What other sports or activities do you enjoy besides IPSC shooting?

I shoot 3 Gun on a regular basis which is quite different to IPSC, but is still shooting. I used to play many other types of sports as well but nothing can compare to the world of competitive shooting.

### What other sport(s) do you think help with IPSC shooting?

I believe any type of sport that helps with your mental game and footwork will make you a fantastic IPSC competitor.



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# DENIS ALTUNA

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**REGION:** France

### **How many years have you been shooting?**

I started shooting IPSC in 1995, and I shot my first competition in 1996. I became a member of the French National Team in 1999 for the Handgun World Shoot in Cebu. Since then, I've shot all Handgun World Shoots and all European Handgun Championships.

### **What do you like best about IPSC shooting?**

IPSC offers such a variety of challenges, and it's very demanding on mental preparedness. Most of all, though, I love the action. We must move, we must be accurate, we must be fast and we must deal with targets placed at varying distances. IPSC is a very big part of my life. In fact, I think I manage my professional life strategy the way I prepare for an IPSC match.

### **How often do you practice at the range?**

At least once a week, but when there is major match looming, I go to the range at least twice a week, and with a real training program in mind. I want to be able to say "I know how to do it well".



### What is your match pistol and ammo?

Thanks to my sponsor SIDAM, I use a beautiful Smith & Wesson 1911 Pro Series in Classic Division. I just changed the regular front sight for a fiber optic sight from Dawson Precision. I changed to Classic Division after many years shooting in Standard and Production, and I had so much fun returning to the same style of single stack gun that I used when I first started IPSC.

I shoot 9 mm factory ammo from Alsa Pro and Sellier Bellot. It's a big advantage to be able to shoot in 9mm, because you can easily find that calibre around the world and not be worried by the maximum of 5 kilos you can take on the aircraft.

### How do you prepare mentally for a match?

This is the most important thing, and it was my biggest weak point. I say "was" because now, I manage things completely differently. I focus on the fact that it's a game, and I'm there to have fun. I trust my gun and ammo, so I can focus on the essential mental aspects. I try to be calm, and not lose energy.

### Any special nutrition or diet?

Not really. I'm lucky because I'm still 95 kilo since I stopped playing rugby 20 years ago. However, being French, my special nutrition is red wine, which I drink in moderation when I'm not shooting.

### Any special exercises?

I use to be professional sportsman when I was younger, and this helps me stay in shape for many years after. My job is also physical, and this helps me a lot. I don't need to go to gym at the end of the day.

### Who do you consider your inspiration or mentor?

My inspiration and mentor is Alain Joly, the man I regard as my second father. There is also Eric Grauffel, my team mate for many years. Eric is a bastion of simplicity, kindness and friendship. And of course my better half, Lenka Horejsi. She cares about my mental approach to shooting (and taking care of her guns!).

### What advice do you have for up and coming shooters?

Never be satisfied with your current level. There are always ways to improve. Learn from the best.

Your progress is the reward of your training, but never forget to have fun.





# JOEL GERARD

**REGION: FRANCE**

**AGE: 64**



**When and where did you first discover IPSC shooting?**

It was in Belgium in 1982, after reading about IPSC in shooting magazines. One day I went to a shooting range and I explained that I would like to participate, so a Range Officer explained the basic rules and commands. I started off by patching targets for 4 squads, then the RO handed me a stopwatch (there were no electronic timers at that time) and he asked me to run competitors.

not waste your shots, and your reloading technique becomes very important. I think that Classic Division should be a mandatory passage for young competitors. I also shoot IPSC Rifle, a discipline even more technical than handgun. There are many more parameters to manage, and sometimes you have to adapt to find a solution during the match.

**Which make and model firearm do you use?**

For me, it's an SVI Sight Tracker 5.4" model in 40S&W, For Classic division, I have 2 pistols, one in 40S&W and another in 9mm. For Rifle, I use a Knight's Armament 16" SR-15 MOD2 in 5.56x45.

**What do your friends and family think about you shooting IPSC?**

They are all supportive. In fact, those who are not so familiar with firearms or shooting are rather impressed by the skill and techniques required to shoot IPSC competently, and think that this discipline should be on TV.



During that experience, I had the honor to officiate for Ray Chapman, IPSC's first Handgun World Champion. He was a big guy who wore jeans and a yellow polo, and he shot a 6" Government Model 1911 pistol in 45ACP which he carried in a cross-draw holster. Once I saw Ray shooting, I was immediately attracted to IPSC.

**Which divisions do you shoot, and why?**

For a long time I shot in Standard Division, but now I prefer Classic Division. Due to the lower capacity, you must

**“It’s very interesting to find the strategy to shoot each stage efficiently.  
It requires concentration and dynamism”**



**What other sports or activities do you also enjoy?**

I practiced Judo from the age of 12 to 45, until physical problems made me stop. Now I do VTT cycling.

**Do you have any tips for the Young Guns?**

From the start get a good coach and learn good habits and attitudes. Work on basic drills from 5 to 50 meters at each training session. Working on shooting in moving situations serves no purpose if you don't shoot well from a static position. The only rule for shooting IPSC is hit the A every time, as fast as possible.



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# HILDE NAKLING

REGION: NORWAY



### Who and/or what inspired you to begin IPSC shooting?

My father Vidar, who was European Handgun Champion in 1980, before I was born. I watched him shooting matches starting from I was just a few years old. He never pushed me towards competitive shooting though; that was my own decision!

### How long have you been shooting?

My dad first took me to the range when I was about 5, shooting a cut down single shot 22LR rifle. I joined the local pistol club as a regular member in 2004, and then I started shooting on a regular basis. My first IPSC match was in 2006. I finished last in Standard division!

### Which division do you shoot, and why?

Standard division, in major caliber. Having rather small female hands I'm not too happy with double action guns, but I do like the challenge of shooting iron sights. I also like to be able to modify and customize my guns,

so Standard was an obvious choice. I shot Minor power factor in Standard for six years before changing to Major.

### What do you think about the social aspects of IPSC?

I met my partner, Steinar, on the shooting range, that says it all, doesn't it? I have also met a lot of other fantastic people through IPSC. However, at a major match, I tend to close myself in my little bubble and don't notice much about what 's going on around me.



### How do you balance your IPSC shooting activities with your other commitments?

About a year before the last Handgun World Shoot I quit my job as a nurse, and only worked part time when it suited my practice and competition schedule. It hurt financially, but paid off in results!

On a weekly basis, I try to schedule my practice, work and other activities at least one week ahead. To me, that makes it easier to make time for all my plans.

### What other sports or activities do you enjoy besides IPSC shooting?

Running and weight training to support the shooting. As a teenager, I did figure skating and Shotokan karate for a few years. I also love knitting!



*“Set yourself high goals and work patiently towards them. A goal that seems impossible today may be a reality in the future!”*

### What is the best way to get more female competitors into IPSC?

There should be age categories within the female category. I don't think that a 50 year old woman should have to compete either against women who are 25 years younger, or against men her own age! The same argument goes for juniors. How can you attract young ladies to the sport, when the term “lady junior” is nonexistent?

### What tips do you have for other aspiring female IPSC competitors?

Set yourself high goals and work patiently towards them. A goal that seems impossible today may be a reality in the future!



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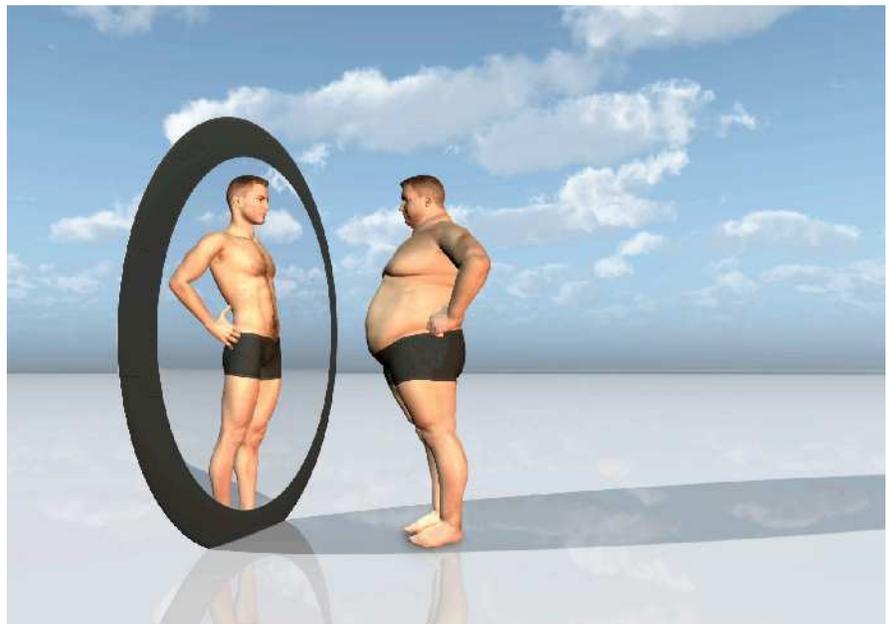


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# USE THE MIRROR TO YOUR ADVANTAGE



Sean McCauley, CSCS, CISSN

**When you are dieting or trying to optimize your nutrition, you probably use the scale.  
And if you have read my previous articles, you are hopefully  
tracking your macronutrients as well.**

Charting things out, looking for patterns of weight loss/gain and manipulating the food levels accordingly to achieve your goals. That's the name of the game.

But there is another potent tool in your arsenal here. The mirror. Most people use it to shave or fix their hair. But the smart dieters and athletes of the world use it as a tool. And I am not talking about merely looking at yourself to say "I'm in shape" or "I need to lose some weight". I am talking about learning your body. Learning to recognize what you look like when your muscle glycogen stores are full, in particular.

Muscle glycogen is how your body stores carbohydrate – meaning

it is stored fuel. And much like a battery, your body can store X amount of energy. When you eat beyond your body's ability to store it, you create new fat and store that. But stored muscle glycogen is fantastic for people NOT looking to lose weight. It means they have all the energy their body's need for the sake of athletic performance.

So how do you use the scale to your advantage? If you spend a minute every day, you can turn that scale into a tool. First, only do this in the morning, right out of bed. Go to the bathroom, step on the scale. Note that number. Then look in the mirror, preferably naked. Why naked? Because clothes change the way you look. Even underwear can change the aesthetics of what



**Smart dieters and athletes of the world use it [the mirror] as a tool.**



## PRACTICAL FITNESS

***If you are looking to lose weight, you know you need to pull the carbs back to position your body for weight loss.***

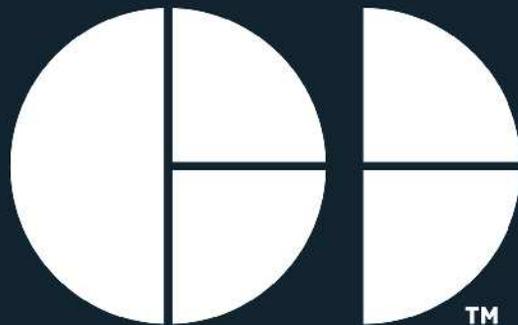
you see. Take away all the variables and you get a better look. Look at your arms and legs and chest and core. What do you see?

Do your arms look fuller or harder than normal? Do your legs? Or do they seem flatter and a bit softer than normal? How about your chest and back? Do they feel tighter or flatter? Carefully trained eyes can see these changes day to day in a physique and nobody can judge a body better than the owner. You know your body.

If you are looking smaller or flatter, that means your muscle glycogen stores are lower. Meaning you are in a position to lose some body if you want. But if you are feeling flat and need to perform well, that tells you to increase the carb intake that day to fill those stores up.

Conversely, if you are feeling fuller and harder that means your muscle glycogen stores are fuller. Your body is ready to perform optimally (from an energy perspective anyways) and you are good to go. If you are feeling that and are looking to lose weight, you know you need to pull the carbs back to position your body for weight loss.

You can learn a lot from the mirror. Start using it as a tool in the toolbox.



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**If you are allergic to a substance, your immune system overreacts to this allergen by releasing chemicals that cause allergy symptoms.**

## Anaphylactic Shock

In the last issue, we spoke about the possibility of falling victim to insect bites or stings.

We also stated that most insect bites and stings usually cause small reactions that are confined to the area of the bite. They can usually be treated by a First Aid responder.

In a worst case scenario though, the victim of a bite or sting can experience an allergic reaction and go into anaphylactic shock, a very serious condition which can be fatal if not treated immediately.

And, sometimes, the allergic reaction is not immediately apparent!

However, other causes of anaphylactic shock can include an allergic reaction to certain foods such as peanuts, tree nuts (e.g. almonds, walnuts, cashews, and Brazil nuts), sesame, fish, shellfish, dairy products and eggs.

If you are allergic to a substance, your immune system overreacts to this allergen by releasing chemicals that cause allergy symptoms. Typically, these bothersome symptoms occur in one location of the body.

However, some people are susceptible to a much more serious anaphylactic reaction. This reaction typically affects more than one part of the body at the same time. It can also affect blood pressure.

Typically, people become aware early in life that certain food products must be avoided at all costs.

Unfortunately, when eating out, you can never be 100% sure that the product you want to avoid is not part of the foodstuff you're about to eat.





**MATCH MEDIC**

...other causes of anaphylactic shock can include an allergic reaction to certain foods such as peanuts, sesame, fish, shellfish, dairy products and eggs.

Adrenaline auto-injectors are prescribed for those believed to be at risk. Adrenaline (also known as epinephrine), acts quickly to constrict blood vessels, relax smooth muscles in the lungs to improve breathing, stimulate the heartbeat and help to stop swelling around the face and lips.

Symptoms of anaphylactic shock can include swelling of the mouth, throat or tongue, difficulty swallowing, difficulty breathing, shortness of breath or wheezing, difficulty talking, flushing (feeling hot and red), stomach cramps, nausea or vomiting, feeling weak, collapsing or falling unconscious.

**Epipens:**



**Anapens:**



In such an event, it's essential to have the victim immediately transported to hospital, preferably by ambulance, even if the patient has already self-medicated with an adrenaline auto-injector.

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I'm happy to report that our two most recent high level seminars, held in conjunction with the IPSC Level V Shotgun World Championship in Italy, were a tremendous success. In fact, both seminars were oversubscribed!

The first seminar was the Level II Shotgun Seminar held on 4 September. There were 15 attendees hailing from 9 different IPSC Regions.

The second event was the inaugural IROA First Aid Seminar held on 5 September, which proved to be timely. A competitor at the Shotgun World Shoot suffered a heart attack while at the range and, if it wasn't for the immediate action of freshly qualified IROA Officials who administered CPR, I doubt the competitor would be alive today.

I am immensely proud of the attending IROA officials, who were honoured during the Awards Dinner of the Shotgun World Shoot.



The Kalashnikov Group of Russia are our newest sponsor of IROA shirts.

## New IROA Shirts Sponsor

I'm delighted to announce that the Kalashnikov Group of Russia are our newest sponsor of IROA shirts. You will therefore start seeing their familiar logo on shirt sleeves soon. I take this opportunity to remind all officials that the only IROA shirts approved for Level IV or higher matches are those bearing either the Kalashnikov or Tanfoglio logos.

Official IROA shirts with earlier logos may continue to be worn at Level III or lower matches.

## Post-Match Reports:

If you work a Level III or higher match, but you do not see it as one of the available choices when reporting your points, that means whoever is responsible for submitting the Post-Match Report has failed to do so.

In such an event, please do not contact IROA, but instead contact the Range Master, Stats Director or the Match Director for assistance.

That's all for this issue. I look forward to catching up with as many IROA officials as possible during the year on a range somewhere!



First Aid Seminar demonstration of the right way to give CPR proved priceless on the range few days later.



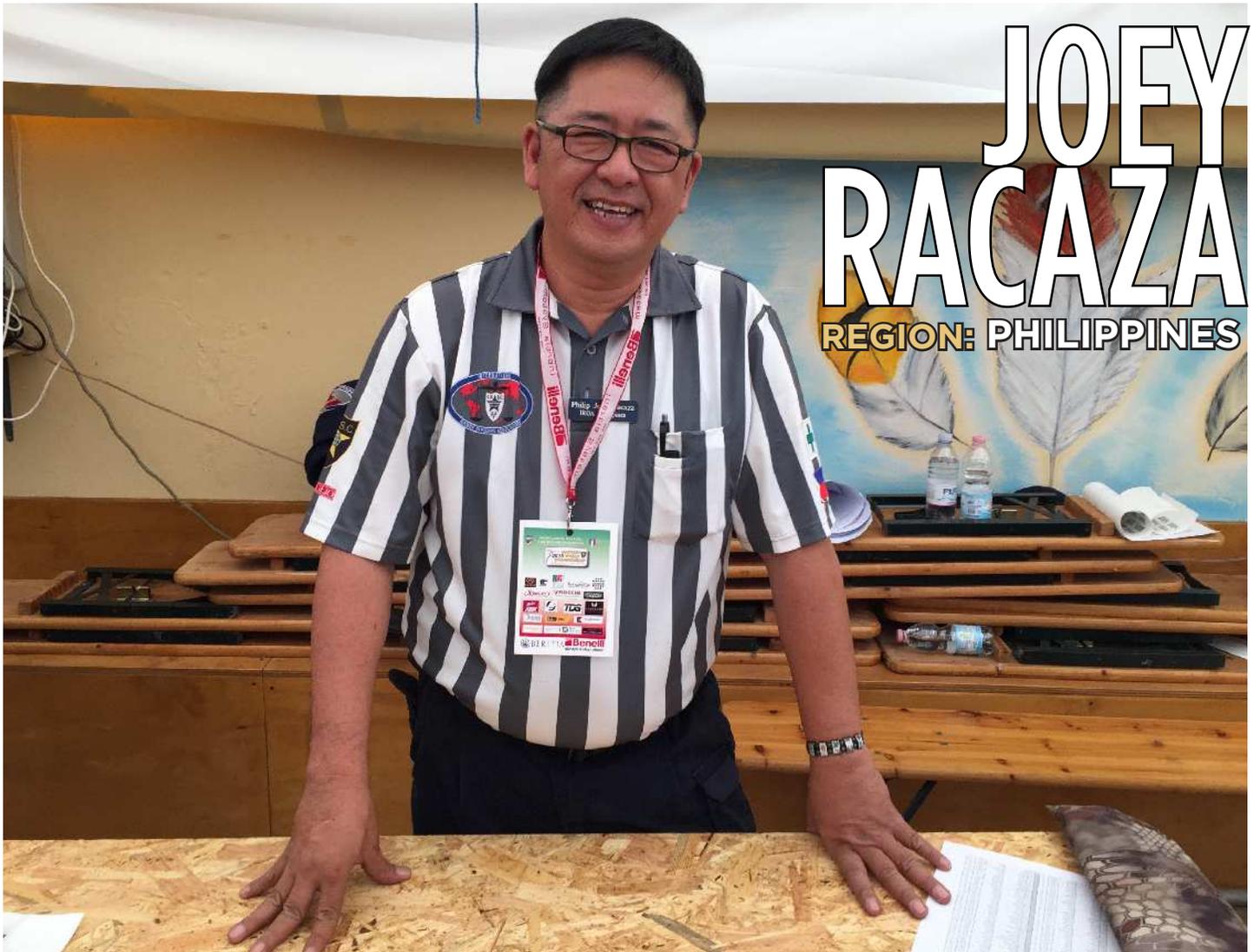
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## BEST OF THE BEST



### **How many years have you been officiating?**

I started working as an official in 1997, and my first major match was the Handgun World Shoot in Cebu, Philippines in 1999. I also worked the Handgun World Shoots in Guayaquil, Ecuador (2005) and in Bali, Indonesia (2008), but there have been so many other matches I've worked that sometimes I forget!

### **What do you like best about officiating?**

I love working on all kinds of IPSC matches in all disciplines: rifle, shotgun, handgun and action air. The variety is awesome! The best part for me officiating at IPSC matches is that it gives me a great opportunity to see my friends from all over the world, and to make new friends.

### **What was your most memorable match? Why?**

Definitely the Handgun World Shoot in Ecuador in 2005. It was very challenging match, but it was also a very rewarding experience. The host country was great, and of course all the IPSC camaraderie makes my work very easy!

### **In addition to a timer, what other equipment do you use?**

I always carry a multitool, and of course I always have the rule book applicable to the match in my pocket. I also made my own unofficial IPSC ruler which helps me a great deal because it simplifies many measurements I must check as an official. It's very light and convenient, and it's 100% customized for IPSC work. I've given away many of them to other officials.

### What advice do you have for aspiring officials?

It is extremely important that you study and apply all the knowledge you can get from the rule book and from official seminars. You must always be prepared to continue applying what you've learned. At every match, you see and learn something new, so it never gets stale.

In addition to being a knowledgeable official, you must also treat every competitor with respect and courtesy. Also, always try to share experiences and best practices with your fellow match officials.

Lastly don't forget that IPSC is an demanding discipline to officiate, but it's also lots of fun. You must conduct your stage with a firm and decisive hand, but always with a big smile on your face!



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# World Shoot 2017!



**Final details and logistics of the inaugural IPSC Action Air World Shoot are still being worked out, but we expect there will be 30 stages, just like our Handgun, Rifle and Shotgun World Shoots.**

We're delighted to announce that the inaugural IPSC Action Air World Shoot was approved by the 2015 IPSC Assembly, and the championship will be held in Hungary in 2017, the same year as the next Handgun World Shoot in France.

Although the dates have not yet been finalized, we expect that this milestone will garner significant interest from Action Air aficionados from around the globe.

Since IPSC Action Air was formally approved by the IPSC Assembly in 2009, the new discipline began gaining a foothold in many different regions including Belgium, Colombia, Finland, Indonesia, Poland, Malaysia, Great Britain, the Philippines, Slovakia, Thailand and Russia.

Of course, IPSC Action Air strongholds like China, Hong Kong, Japan and Taiwan continue to flourish, and matches are held every weekend.

While final details and logistics of the inaugural IPSC Action Air World Shoot are still being worked out, we expect there will be 30 stages, just like our Handgun, Rifle and Shotgun World Shoots.

All existing divisions, namely Open, Standard, Classic and Production will all be recognised, as will all age and gender categories that meet the minimum numbers.





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**IPSC Action Air strongholds like China, Hong Kong, Japan and Taiwan continue to flourish, and matches are held every weekend.**

**AIR CREW**



On a related note, a revised Action Air rule applicable to Standard and Classic Divisions, which allows guns to be checked for overall size by being placed inside the IPSC box without a magazine inserted, will take effect from January 1st, 2016.

These are exciting times for our Action Air family!

So, if you're interested in vying for the title of IPSC Action Air World Champion, start making your plans now.



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## IPSC TRIVIA



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# TRIVIA

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DAYS IN OPERATION

**12,029**  
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NUMBER OF POSTS

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NUMBER OF MODERATORS

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NUMBER OF POSTS FROM  
TOP POSTER

**415**  
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# UPCOMING MATCHES

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OCTOBER 23-25, 2015



## KAMPIOENSCHAP IPSC HANDGUN 2015

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NOVEMBER 14-16, 2015



## IN THE NEXT ISSUE

SPECIAL COVERAGE:

2015 SHOTGUN  
WORLD SHOOT

## NEXT "ON THE RANGE" QUESTION

How do you spend your non-shooting time at  
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and we will publish your response in the next issue!



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