

# IPSC WORLD

Volume IV • Issue 1



## IPSC WORLD 2.0 IS HERE!

INTRODUCING OUR NEW IMAGE

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## World Shoot XVII is finally here!

By the time you read this article, only a few weeks will remain before the first shots are fired at IPSC Handgun World Shoot XVII in Florida, USA.

The Main Match is full with 1,152 competitors, and we expect the Pre-Match for Regional Directors, Match Officials, Sponsors and VIPs to add another 200 competitors, thereby making the overall tally 1,352 competitors.

Of course, there will also be a large contingent of wives, husbands, children and friends coming along to support their competitors, and to witness the excitement first hand.

And let's not forget the hardy cadre of Match Officials. At last count, we had 60 IROA officials and 40 NROI officials on board, plus we also have a healthy smattering of IPSC Executives descending upon Florida in order to fulfill their respective roles.

We could not ask for a better team, and I am particularly proud of our Dynamic Directors, many of whom have given up a huge part of each day over the past 6 months to devote themselves to overseeing the colossal preparations required in incredible detail.

As always, the World Shoot will be friendly, because it is as much a social occasion as it is a sports shooting competition.

However, there's no doubt whatsoever in my mind that the competition will be fierce as competitors from 73 of our 93 Regions battle against occasionally elusive paper and metal targets, in an effort to take home a much-revered trophy.

And there will be some particularly notable battles to watch!

Five time IPSC Open Division World Champion Eric Grauffel from France has switched to Production Division for this championship so, apart from seeing if he can win another IPSC world title, the big

**PUBLISHER**  
Marco Hernandez  
media@ipsc.org

**LETTERS TO THE EDITOR**  
mailbox@ipsc.org

**ADVERTISING MANAGER**  
Alain Joly  
joly@ipsc.org

**MANAGING EDITOR**  
Vince Pinto  
pinto@ipsc.org

**CONTRIBUTING EDITORS:**  
Susan Recce  
Sean McCauley  
Ross Twemlow  
Hanneke Vermeulen  
Britta Kobler

**CONTRIBUTING PHOTOGRAPHERS:**  
Hanneke Vermeulen  
Britta Kobler

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## 60 IROA and 40 NROI officials are packing their bags, ready to make this the best World Shoot ever!

question is “Who will win the Open Division crown?”. With such a talented field of contenders chasing that dream, it will be a nail-biting adventure until the very last shot is fired and the final points are tallied.

Another interesting tidbit is that there has been a different IPSC Open Lady World Champion at each of the last four World Shoots, so it will be exciting to see whether we will see a new face occupying the coveted first place spot on the podium, or whether one of the former champions will rise again to reclaim her crown.

And we will also crown our inaugural IPSC Classic Division World Champion. With 101 competitors in the division, and a strong field of contenders, it’s anybody’s guess who will take home the gold.

The overall theme of this World Shoot is “Americana”, so the Opening Ceremony and the Awards Dinner will definitely be commensurate with the theme. However,

I cannot reveal any more details because I have been sworn to secrecy... on an IPSC rule book, no less! Additionally, the name of our shooting Areas and Stages will also give everyone a sense of Americana.

And what about our World Records? Quite a few were broken at our last Handgun World Shoot in 2011 in Rhodos, Greece, but there are others from as far back as 1999 that have yet to be broken.

What will happen in 2014?

So many questions, but we will not have answers until 19 October when the winners are officially announced. In the meantime, the excitement continues to build, and I eagerly look forward to seeing old friends, and hopefully making some new ones, in the very near future.

And remember, to get the latest updates hot from the range, follow us on Twitter: @ipscworldshoot



Nick Alexakos  
IPSC President

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# 2014 Extreme Euro Open

Hodonice, Czech Republic



Photos Hanneke Vermeulen

## Extreme Action and Fun!

By Hanneke Vermeulen

The Extreme Euro Open in the Czech Republic never fails to live up to its name.

Europe's largest Level III match boasts 30 stages which are shot over three half days. During the last week of May 2014, 650 competitors from 37 different IPSC regions descended upon the small Czech town of Hodonice, temporarily boosting its population by 35%!

In addition to competitors from across Europe, other competitors came from regions as far away as the USA, Ecuador, Brazil and the Philippines.

On the first day of the match, heavy rains caused many delays. Competitors huddled under their trusty umbrellas while puddles of mud formed on the stages.

At the end of the day the lower half of my black trousers had become brown, and we were obliged to leave our muddy shoes outside our hotel room door to avoid soiling the carpet in our room.





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# 2014 Extreme Euro Open Hodonice, Czech Republic

Thankfully, on the third day of the match day, Spring finally returned, so competitors and match officials alike could bask in the toasty sunlight. You could easily tell the difference that good weather can make by observing the cheesy smiles on our faces.

Despite the fickle weather, everyone enjoyed the match. A whopping 22 out of 30 stages had moving targets including bobbbers, swingers, popups or drop turners, and every single stage had at least two metal reactive targets.

On some of the bigger long courses, you had to run uphill and one shooting bay even had a small hill in the middle of the stage. Even the short courses in the

## Europe's largest Level III match boasts 30 stages which are shot over three half days.

smaller bays required at least two different shooting positions, often more, making them interesting to shoot.

A weak-hand-only stage with a target at 25 meters, where the lower half was covered by a No Shoot, was the cause of numerous Misses and Procedural Penalties. Surely that target should've been classified as cruel and unusual punishment?

With 2014 being an IPSC Handgun World Shoot year, many top competitors were attracted to the match.

Three competitors from the Philippines eventually took home the gold: Edward Rivera in Classic Division, Jethro Dionisio in Standard Division, and Phillipp Chua in Revolver division. Our Filipino guests were understandably taken aback by the cold but they enjoyed the match nonetheless. They also agreed that it was good preparation for the World Shoot battle coming in October in Florida, USA.

Eric Grauffel convincingly won Production with an 11% crushing lead over the competitor in second place, while Spaniard and European champion Jorge Ballesteros took first place in Open.





# 2014 Extreme Euro Open



Jethro Dionisio



Frank Garcia

Jorge was extremely happy. "The stages were as awesome as last year," he said. I believe this match can be compared to any level IV or V match.

When American Max Michel, who placed second in Open, was asked if he was satisfied, he replied "Absolutely not!" while sporting a huge, sheepish grin on his face. "I actually forgot to shoot one of the pop-up targets which is a rare mistake on my part, but these things happen. Better to make that mistake here than at the World Shoot!"



Martina Sera



Jorge Ballesteros

Jokes aside, Max clearly enjoyed the match and the usual IPSC camaraderie. "I felt the stages were fun, challenging and very well balanced. The level of talent among my fellow competitors was awesome. It's a great match, and I hope to return soon."



# 2014 INFINITY OPEN

PHILIPPSBURG, GERMANY

Fun To The Power Of Infinity!

By Hanneke Vermeulen

Photos by Hanneke Vermeulen

The Infinity Open in the quaint German town of Philippsburg is one of Europe's must-shoot handgun matches.

The Infinity is known for its elaborate stage design and is the place where Europe's top IPSC competitors gather each year to compare their skills. This time, 359 competitors representing 26 IPSC regions, from Sweden to Singapore, and from Russia to the USA, arrived to take up the challenge.

In 2013, the stage designers might have been a little too creative, building a match that was a blast for the top competitors but very tough for everybody else. This year they toned down the design and this resulted in a pleasant mix of simple fun-to-shoot stages alongside more complex stages with lots of movement.

There were bobbing paper targets, popups, drop turners, bobbing plates, swingers and bear traps: all variations of target movement were used to make the stages varied and interesting to shoot.

On stage 18, pushing a button released an array of four swinging targets behind metal No Shoots.



On stage 3, dropping a ball into a pipe set five different targets in motion, including a mover. It was a case of movement mayhem!

Stage 9 was a short course you had to shoot strong-hand-only, while using your weak hand to roll the big blue barrel along as you shot through it. One competitor's reaction was particularly amusing. For German photographer Stefan Föll who, more often

**About two thirds of the stages had one or more moving targets, while only two out of the 19 stages did not contain reactive metal targets.**



# 2014 Infinity Open



than not, shoots many IPSC matches with his camera, this was the first big IPSC match he shot with a handgun.

“At first I was really scared about shooting strong hand,” he said. “But afterwards I wanted to take the barrel with me and shoot all other stages through it as well.” Clearly, a glutton for punishment!

As the Infinity was held the weekend following the Extreme Euro Open in the Czech Republic, many competitors elected to shoot both matches back-to-back, without going

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# 2014 Infinity Open

home in between. This is what five-time IPSC Open Division World Champion Eric Grauffel decided to do.

After winning Production Division at the EEO, Eric remained in the Czech Republic to conduct a two day course for young Czech competitors. He then drove to Philippsburg for the Infinity match, surprisingly with the intent of using his Open Division gun. "I really enjoyed myself, even if my shooting performance was below par. However, that's not really surprising because my last match shooting Open Division was in February, and I only managed to fire a few rounds in Open since then."

Of course, a 'below par' performance for Eric was still good enough to secure first place.

American Blake Miguez took home the first prize in Standard Division, while Spain's Eduardo de Cobos won Production Division.

Frenchman Julien Boit won Classic Division.

The gold medal for Revolver Division went to Phillip Chua from the Philippines, who also won the EEO the previous weekend.



With such an international crowd, the Infinity was like a mini World Shoot!.



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## EVERY YEAR IS THE YEAR OF THE ROOSTER!

# 2014 Rooster Mountain



Held at the Hanebjerg Skyttecente, situated in the center of the North Sealand district of Denmark, it is just 30 km from the national capital Copenhagen. It is also only 5 km from Hillerød, a town that has a famous castle, fine camping grounds, a variety of good hotels and restaurants, a shopping center and much more.

And it only takes 40 minutes to reach the beautiful beaches of the Baltic Sea.

The shooting centre is also surrounded by one of the finest fauna habitats in Denmark, and is home to the rare and endangered Sandlizard, which is on the European Union list of protected species.

The habitat also boasts other amazing creatures such as rare bats and two unusual species of snakes. Other more common animals frequent the area, including fox, deer, migrating geese, owls and other creatures who will instinctively seek refuge whenever shooting commences, even though they are not the targets

The neighbors from the nearby Glider Club were jokingly cautious enough to paint all their planes and gliders as No Shoots!

To comply with Danish regulations limiting noise levels emanating from shooting centers to a maximum of -75db, some 145, 000 metric tons of clean soil was added in order to heighten the berms and to contain the sound of gun fire.

This massive undertaking was completed just in time for the police to confirm compliance only a week before the match was scheduled to commence. This added considerably to the usual nerves experienced by the Match Organisers.

**By: Britta Kobler**





# 2014 Rooster Mountain



The match consisted of a 2 day Pre-Match for the 67 Range Officers and other Match Officials, and a 2 day Main Match. All up, 350 competitors from 13 IPSC regions battled for honours on 19 interesting courses of fire, which required a minimum of 352 rounds to complete.

The most popular course of fire was definitely Stage 9, a 32 round Long Course consisting of 13 paper targets, 1 plate, 2 poppers, 3 mini poppers and multiple no shoots. The stage required competitors to blaze a trail over a ramp, then up a small hill and this clearly tested everyone's stamina.



Match Director Henrik Lerfeldt and Range Master Claus Henneberg were ably supported by Jørgen Rigtrup, Per



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# 2014 Rooster Mountain

Bressendorff, Henrik Laursen, Henrik Lerfeld and many others preparing and running the match.

The Awards Presentation Ceremony was particularly exciting this year because a raffle was held for a Sig Sauer P226 X-Five pistol sponsored by Capsicum Nordic. Other generous sponsors included the Racket Inn Sporthotel Hamburg, Sonos.dk, Surefire, CZUB, P.S. Enterprise A/S and many more.

We were delighted to welcome for the first time Marcin Ciesielski from Hungary, Eduardo de Cobos from Spain (who took the Gold in Production Division), and Igor Altushkin and Viktor Boyarkin from Russia. They all pledged to return to the match next year.

And we invite you to join the match too.



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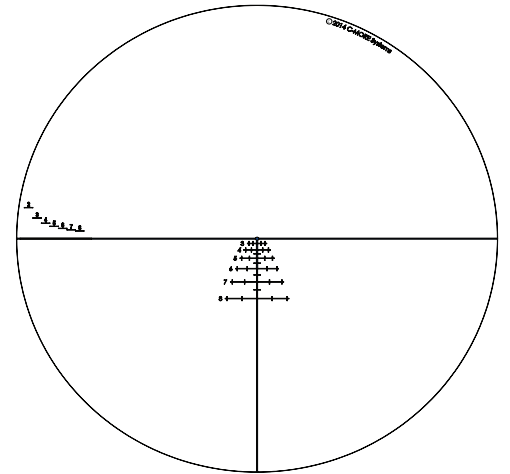
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# IPSC MALTA

Gun in the Sun



**REGIONAL DIRECTOR** Clive Brockdorff

**YEAR ESTABLISHED** 1997

**WEBSITE** [www.amacs-malta.org/web](http://www.amacs-malta.org/web)

As we all know, shooting sports have come under increasing pressure in recent years from those who want to ban private gun ownership simply because they do not like guns, even when used for sporting purposes. However, Malta's story is one which should encourage all those regions currently facing difficulties in trying to make IPSC grow in an unfriendly legal and cultural environment.

Malta, which is one of IPSC's smallest regions (both geographically and numerically), is a success story in that, until a few years ago firearms ownership other than shotguns, was strictly prohibited. Nowadays, this country boasts one of the most logical and sensible pieces of firearms legislation in Europe, allowing the pursuit of all forms of sport shooting.

This only came about after years of lobbying by AMACS, the Association of Maltese Arms Collectors and Shooters and representatives of IPSC in Malta.

Following on its success in changing the legislation (with unanimous support from across the political sphere), IPSC Malta did not rest on its laurels. Indeed, we brought over IPSC President Nick Alexakos back in





2008 to conduct Range Officer seminars in order to create a core of people around which the discipline could evolve.

Back then, we had no private ranges and could only make use of the local military facilities, by special permission. However, we always had a vision which would see IPSC grow in Malta. Today, we are well on the way to seeing that vision take shape.

While we have access to two private ranges which we use weekly for our training sessions as well as for up to five Level I competitions every year (handgun, but with a rifle event thrown in for good measure), there are also plans for a large scale range which will be capable of hosting Level IV events as well as being an ideal location for foreign shooters to make the best of our mild winters for training camps and smaller scale competitions.



**“...We have an excellent reputation within the local shooting community – not only for our shooting skills, but especially for our gun handling abilities and our attention to safety”**

This should hopefully take place within the next two years and should really put Malta on the map as a sport shooting venue.

IPSC is undeniably the fastest-growing shooting discipline in Malta. From a small core of half a dozen shooters four years ago, these days we have over thirty keen competitors with another twenty or so “hobby shooters”.

As Regional Director, I’m happy to say that we have an excellent reputation within the local shooting community – not only for our shooting skills, but especially for our gun handling abilities and our attention to safety.

For IPSC Malta, the sky is truly the limit and we look forward to meeting our friends from around the world as we start competing abroad and we especially look forward to a time in the not too distant future when we will be able to host you on our lovely island.

Clive Brockdorff  
Regional Director, Malta

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# How were you introduced to IPSC shooting?



**Ryan McKinnon, 33**  
Consultant  
**GUYANA**

I was introduced by a group of buddies in 2006. As a keen photographer the guys invited me to take shots (photos) of them competing in a local match; then I did extensive research online and eventually started months later.



**Iranil Santos Jr. , 39**  
Government Employee  
**BRASIL**

I started shooting IPSC when I was 7 years old, thanks to my uncle and my father who were among those responsible for bringing IPSC to my hometown. I am now an avid shooter and will be attending the next World Shoot.



**Walter Hornby, 59**  
Retired  
**CANADA**

In 1983 I saw a video of IPSC at the Calgary gun show. However it was 10 years later in the Northwest Territories that I actually did my Black Badge Course and started to shoot IPSC.



**Divan du Bruyn, 16**  
Student  
**SOUTH AFRICA**

I started at 8 with a Walther P22 and moved up to an STI 2011 .40. I am shooting Standard and enjoying every moment shooting with my father.



**Afzal Moosa, 42**  
Businessman  
**SOUTH AFRICA**

I was introduced to it by my cousin Farouk Khan of (RBSSC) Richards Bay Sport Shooting Club.



**Carlos Chacin, 43**  
Businessman  
**VENEZUELA**

I went one day as a guest to support my state's team to the Venezuela's Open. It seemed so exciting and full of adrenaline once the timer beeped; I've been shooting since then (7 years).





**Isaac Tu, 19**  
**Student**  
**TAIWAN**

One day my friend asked me if I'd like to join his IPSC team (they needed a Classic Division Shooter). After understanding what IPSC was, I found it is a pretty challenging exercise.



**Charles Mercanti, 60**  
**Forest Technologist**  
**CANADA**

I was introduced to IPSC in Prince George, British Columbia by a Black Badge instructor...the rest is history. This photo is from the 2014 Canadian Nationals Pitt Meadows BC.



**Magnus von Brömsen, 52**  
**Web Developer**  
**Sweden**

A friend asked me if I could join her to a course to get a IPSC license. This was November 2010 - and a month later I shot my first match! Now, I cannot imagine shooting anything else but IPSC. It is exciting and fun!



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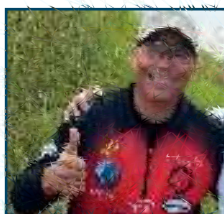
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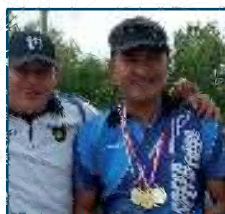
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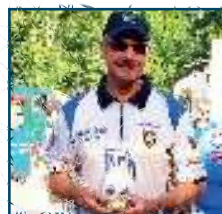
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# Diomari Ivan L. Tayag

**AGE 19**  
**REGION Philippines**



## How did you first hear about IPSC?

My father was already involved in IPSC shooting for many years.

The first time I saw my father shooting a match was the first time I was bitten by the IPSC bug, and I've never looked back.

## For how long have you been shooting?

I have been shooting for almost 6 years. I started my shooting career when I was 13 years old.

## What division do you shoot and why?

I shoot Production Division, because my father was using his production gun when he started teaching me how to shoot.





### What is the coolest about IPSC shooting?

The coolest thing about IPSC are the courses of fire. Moving targets, swingers, pop-up targets and many more. The never-ending variety makes them so interesting. You never get bored shooting IPSC.

### What inspired you to begin shooting?

My father was my greatest inspiration. Of course, after you start shooting, it's impossible to quit. The thrill just keeps growing!

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

At first, they thought shooting was a dangerous thing for a 13 year old boy. However, as the years passed, they realized that IPSC shooters are the safest and the most disciplined of all gun owners.



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

I need to divide my time between studying and shooting. I always need to practice after school. It's a difficult balance sometimes, but I enjoying IPSC shooting and I enjoy my studies too, so there's no reason why I can't do them both.

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

Basketball is my main sport away from the shooting range. I also love badminton and doing physical exercise to keep myself fit.

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

Basketball generally helps improve your stamina, and swimming is good for cardiovascular endurance.



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# LESGAR MURDOCK

## COOL RUNNINGS

**REGION:** Jamaica

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

About 16 years now.

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

The diversity of having a lot of moving targets and long distance shots. I like the challenge as this helps to make me a better shooter. I like to test my self in every area of shooting, both physically and mentally.

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

I practice 3-4 times per week. I normally set up drills and practice on my weak areas.

**What is your match pistol and ammo?**

My match pistol is a 38 Super calibre pistol made by Akai Custom Guns in Sunrise, Florida. It's a very flat and soft shooting gun with minimal recoil. I prefer using 38 Super even though many people choose to go with 9mm in major power factor due to the availability of cheaper brass, but for me the 9mm causes too much muzzle flip, and that makes it harder to track the sights.





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

My mentor is American Max Michel, who has had a great impact on my shooting career. He has offered training and solid guidance over the years and this has significantly contributed to my achievements to date. World Champion Eric Grauffel is an inspiration; he is a very calm and humble guy.

Whenever we see each other we chat a little and exchange valuable thoughts. I look up to them both as great competitors and I know one day I will become the World Champion. That's my goal right now.

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

Always have a goal. Know how far you want to reach, what you want to achieve and go after it. Train hard and be consistent. As I always say "practice makes perfect".



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

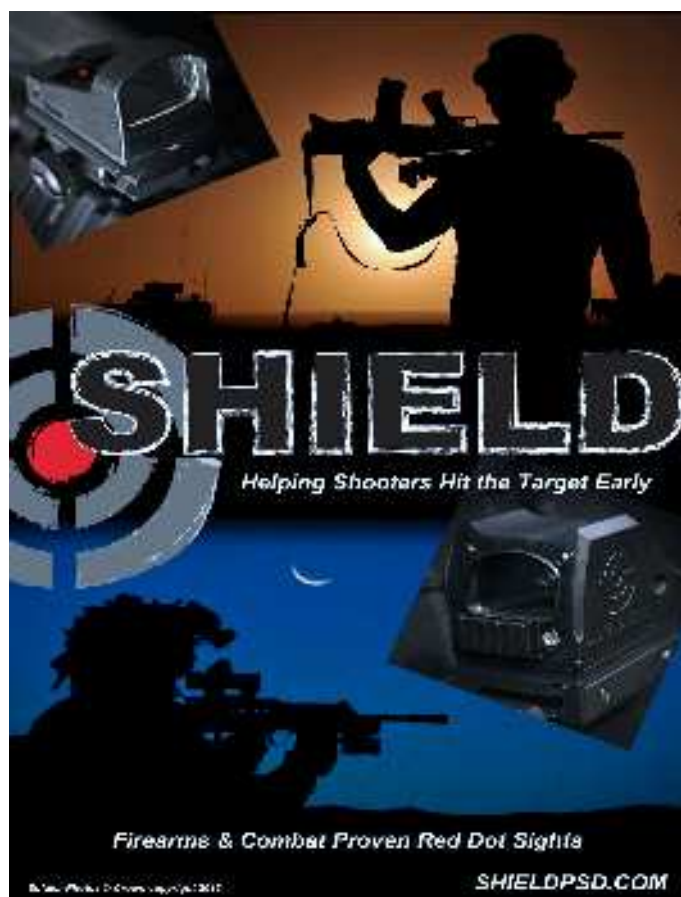
My mental preparation for a match is easier now than before. In the past, I would put myself under pressure but with experience over the years I've become a better shooter. Before I start my first stage I pray and ask the Lord to guide me as I go along shooting the tournament. My main focus is to shoot points at my speed and be consistent throughout.

### **Any special nutrition or diet?**

I try to eat healthy everyday, lots of vegetables and fruits.

### **Any special exercises?**

My exercise routine involves attending the CrossFit Gym approximately 4 times per week. CrossFit has helped me tremendously, mainly by helping me to physically be very explosive. I've always been told that I'm fast on my feet like my fellow Jamaican Usain Bolt! If you want to become a great shooter I think everyone should have a high fitness level.





# MICHAEL AUGER

**REGION: CANADA**

**AGE: 65**



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

In 1990, I was shooting trap at North Peel Gun Club in North Brampton in Ontario and I saw some guys doing action pistol shooting on plates and IPSC targets. I was really interested and joined the pistol section and soon bought a Colt 1911 to shoot. Later I purchased a modified CZ for Open Division and I started shooting IPSC in 1991 and I've been actively involved ever since.

grip with shaped grip tape in 38 Supercomp with C-More aluminum scope on an upright Doubletap mount. I practice with 9MM barrel in the one of them to save the high cost of Supercomp brass. I also have a 5" Infinity Standard pistol in 40 S&W.

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

When I was in my late 40's and mid 50's they thought I was away shooting at matches a little too much, but were always supportive and cheered me on. Now in my mid 60's I don't enter as many matches, but I still really enjoy going to major matches around the world with my spouse Laura and my shooting buddies.

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

Primarily I shoot Open. I love the way it's possible to hit any target with the red dot sight and the low muzzle flip, but mostly I love the thrill of trying and go as fast as possible, my bad knees notwithstanding. I also shoot Standard at times just to remind myself how solidly I need to hold the pistol. Shooting Open allows you to see just what can be done with a pistol.

**What inspired you to begin shooting?**

I always like shooting as I grew up in the Roy Rogers, Cisco Kid era so I always had BB or pellet guns. Later I did some 22 rifle in Boy Scouts as a natural progression. A friend introduced me to shooting Trap but when I saw how much fun it was shooting IPSC, I had to try it and soon I was totally hooked.



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

My Open guns are a pair of Infinity IMM with IEE metal



**“ I grew up in the Roy Rogers, Cisco Kid era so I always had BB or pellet guns...”**



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

I used to play hockey, water ski, and downhill ski but now my knees need replacement. However, I still do some bicycling ( I have a motorized bike as well) and I can still do some windsurfing. I like to get up north in Ontario and go boating at the lake. Of course going for drinks and dinner with friends after we go shooting is one of the really enjoyable things about shooting IPSC.

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

The number 1 thing I think new shooters need to learn is how to call your shots and learn the discipline to do it for every shot. Although it seems

to be a shooting sport, IPSC is really a mental game so thinking and planning stage runs and visualizing the stage in your head is very important. Two rules I use in planning to shoot a stage are: (1) Do as little as possible, and (2) closer is better, unless it breaks rule 1. Practice the things you don't like, such as strong and weak hand, partials at distance, and so on, so they won't seem difficult when you run into them at matches. Finally, if you really want do well in IPSC, take some lessons from a top shooter so you won't ingrain bad habits into your shooting or gun handling.



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# GABRIELE KRAUSHOFER

REGION: AUSTRIA



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

My husband. He bought me a Glock 17 pistol set with magazines, a belt and a holster. Also, in our home gun club, the president wanted to form a ladies IPSC Team, so that was further inspiration.

### How long have you been shooting?

I started shooting in 1990. Since then, I was European Open Lady Champion in 1995, 1998, 2001, 2004, 2007 and 2010. However, my greatest achievement was when I became IPSC Open Lady World Champion at the World Shoot in Ecuador in 2005.

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

After my first European Championship with Glock, where I finished second with 99%, I changed to Open Division with 9mm Major Caspian. Since 1998, I've used a Spanish SPS 1911 with C-More sight. To keep the enormous costs of ammunition low, I shoot only 9mm,

and for practice I use cheap factory ammo. I must say thanks to my sponsors and supporters for helping me to achieve my successes.

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

If you shoot competitions all over the world, you invariably make very good friends in each country. For me, it's been a wonderful experience meeting so many people in different countries, and to enjoy their cultures. This exposure also opens your mind and it gives you the possibility to see worldwide issues with clearer eyes.

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

They are very proud of my successes. Most of them try to obtain information about our sport in daily or weekly news, but only sometimes are there stories about IPSC or me in the media. Of course, then all my friends and family are really happy for me.



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

To be on top, you must focus, so it's necessary to manage your time properly. I have trained many hours during the week, and attended competitions all over the world, to get as much knowledge and experience as possible. This also means that my holidays are usually held at a shooting range!

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

Before I started shooting I was an indoor pool diver, and I had really good reflexes. As an Austrian Lady, I am naturally a good snow skier, and I like to go fast downhill. Ten years ago I started riding motor-bikes. Currently I ride a BMW K1300S or a K1300R, depending on my mood.



***“To be on top, you must focus, so it's necessary to manage your time properly”***

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

I think the best way is encouraging females to recruit other females, because the sensitivity and needs will be better understood. Males are too dominant when demonstrating their skills with guns to female shooters.

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

Nobody is perfect and you can't start with a title. You must train and get some match experience, but if you don't reach a realistic goal within the first 2

years, you must rethink your strategy. Make your training as effective as possible. This means quality training over quantity. It also helps if you have a good coach or partner at your side.



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# THE PERPETUAL DIET

Sean McCauley, CSCS, CISSN



**Most of us have struggled with our weight in some point of our lives... from “getting fit” to simply be healthy, dieting is something we know if necessary... but, are we doing it right?**

Every single week, I have clients reach their goals. Sometimes it’s for a competition. But often times it’s just a client who wanted to lose weight. Regardless of who it is or what the goal might be, there is a commonality in that the clients all use the scale to tell them what their weight is along the way so we have empirical data by which to make decisions moving forward.

And that is great. It works. People see the weight loss over time with the tracking methods we use and they hit their goals. Then I get an email that goes something like this: “OK, now what?”

It’s a great email to get. It means mission-accomplished, but it also means we need to transition

from the dieting mindset to the maintenance mindset. On the surface, that seems very simple, but they are two different things.

Getting to that goal weight was a structured endeavor. You tracked your food, you charted things out, you weighed in and you watched the slow, steady progress. Along the way however you developed an unintentional emotional connection to that bathroom scale.

You wanted to see a drop every single day for a long time. Only now you have hit the goal. And now, seemingly overnight, we have to switch gears and not want to lose weight anymore. That’s where it gets complex, not because of the nutrition, but

because of the mindset. Simply said, you have to get your brain to stop wanting to see weight loss. That’s easier said than done.

And rest assured, it’s your mindset that needs to change here. Your body, and specifically your metabolic rate, operate independently from your emotions. Your metabolic rate doesn’t feel anything. It doesn’t feel that you deserve a high carb day, and it doesn’t feel joy when you hit a goal or have a higher carb day.

Once you hit your goal, we need to break away from the “I want to lose weight” mentality very fast. We have to realize that

**Nobody stays the exact same weight for very long. It’s normal to see some weight fluctuation and the amount of weight fluctuation is dependent on who you are.**



## PRACTICAL FITNESS


# Getting to that goal weight is a structured endeavor.

from here on out, the scale will hover in the general area we are in right now, but hovering means some ups and downs.

Nobody stays the exact same weight for very long. It's normal to see some weight fluctuation and the amount of weight fluctuation is dependent on who you are. It's all based on the person, their food intake, their water intake, their GI system and hormonal levels as well.

So are we perpetually dieting? Absolutely not. We are always going to have to eat healthy, and remain accountable for the food we eat. That's just real life. We'll always have to be smart and work hard. But once you hit your goal, we'll slowly move the food levels up from those dieting levels.

Your metabolic rate will speed up. You can start to integrate more and more food and soon, you'll find that while you are still eating healthy, you are eating more. It won't feel like a diet anymore. It'll just feel normal. Your body weight may creep up a couple of pounds simply due to normal muscle glycogen storage and synthesis. You won't gain any fat if you manage the food levels correctly.

And at the end of the day, you'll be at your goal weight and you won't be dieting. That's the goal. 



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# RU OK?™

A conversation could change a life.

**In light of the recent and untimely passing of actor/comedian Robin Williams, I'd like to discuss mental health and depression.**

## MENTAL HEALTH

**Ross Twemlow  
Paramedic (Australia)**

It's a really touchy subject, but it is one that will affect everyone at some stage in their lives, so let's take a closer look.

Mental Health is defined as: a state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life.

Lots of things can affect the way we feel on a daily basis, and this is where we can start coming apart at the seams. It always starts as a small thing and it will continue to grow until it manifests itself with either emotional outbursts or by withdrawal from society.

Most issues are built up over a long period, they just don't appear overnight. If you look back to your childhood and school days, most people will have been subjected to some form of bullying or ridicule. This can often carry on into work and adult life. Lots of people who suffer at the hands of a bully just don't know how to stop it from happening and never seek help from it as they have been let down by a system they don't trust anymore.

These issues can be quite traumatic, and there are people out there that can't carry on a normal life for fear

of being bullied or ridiculed. This leads to a depressive cycle, where medications can be used to help control the person's mental state. In Australia, over 50% of adults over the age of 25 are on some type of medication to assist with their moods. It doesn't mean you're crazy; it just means you're receiving help to try combating a depressive cycle.

And this is where we, as friends and family members, come into it.

One local program is called the "R U OK?" day and, as the title implies, it encourages us to ask people, if they're OK. This is a great idea, but it needs to be spread much further than just one day. How about we treat every day as "R U OK" day and direct the question to our friends and family. If you see a change in their behavior, then it doesn't hurt to ask.

As a Paramedic, I have attended over 40 suicides by people suffering from depression and other mental health issues. At a personal level, I've lost 6 friends to suicide arising from depressive illnesses. I had my suspicions that some of them were having difficulties, but I had no idea about the others. And it's truly sad to think that these friends were suffering so badly yet they felt they couldn't ask for help.



**MATCH MEDIC**

# Unfortunately, sometimes we don't see these signs until it's way too late...

And I really struggle with it sometimes. One of my friends who took his own life was hurting so badly for a long time, yet neither I nor his family had any idea that he was suffering from severe depression. People can hide things very well, but there are always chinks in the armor that give warning signs.

Unfortunately, sometimes we don't see these signs until it's way to late.

This is where we, as friends and families, need to be more aware. We see things that we feel aren't quite right, but we let them pass. However, this is where we need to pay particular attention because these are the chinks in the armor that we must address.

When we notice these seemingly small things, it takes less than a minute to ask someone "R U OK?". Even if they say they're fine, don't dismiss your original concerns. Keep an eye on them and, over time, you may see more signs that will confirm your suspicions.

So what can we do to help? Well there are many support services around the world that deal with mental illness and depression. If you're concerned about someone or yourself, call them and ask what you can do for your friend, or what can you do to help yourself.

Yes it's scary, and yes it's embarrassing but, yes, it can happen to you or someone close to you!

So let's support one another as much as we can. If we can change the outlook of just 1 person, then we've made a difference, and that's all that matters!!

Stay safe out there guys and girls, and see you on a range soon!!



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### EXPLAINING THE IROA SEMINARS

IPSC President Nick Alexakos has already made some interesting observations about IPSC Handgun World Shoot XVII in Florida, so I would like to highlight some IROA events.

We will be conducting two IROA Range Officer Seminars in conjunction with the championship.

The Level I Seminar, which will be conducted over two days (30 September and 1 October), provides valuable information for NROI Range Officials aspiring to boost their general knowledge, hopefully as part of their journey to seek membership of IROA.

However, successful completion of a Level I Seminar alone does not automatically make you an IROA Official, but it is a prerequisite for people intending to ultimately apply for membership.

The Level I Seminar also introduces students to our three primary shooting disciplines: Handgun, Rifle and Shotgun.

Working the 2014 Extreme Euro Open





There are necessary differences in the operation of each type of match, so this seminar is designed to serve as an informative primer, even if you don't yet have matches of all three disciplines in your Region.

The Level II Seminar, which will also be conducted over two days (2-3 October), is always specific to one of our disciplines, and this one will focus on Handgun. It is also a prerequisite for anyone intent on seeking a promotion in IROA from Range Officer to a higher accreditation.

If you are interested in attending either or both of the seminars, send an email to [iroa@ipsc.org](mailto:iroa@ipsc.org) to reserve your place.

## IROA Accoutrements

Current IROA Officials who would like to purchase and collect official IROA garments and related regalia at World Shoot WSXVII in Florida should place an order as soon as

possible, so that we can ensure that whatever you need, in the correct size, is part of our inventory.

As a service to members, we are also willing to bring other items from the IPSC Store.

To place your order, send an email to [store@ipsc.org](mailto:store@ipsc.org)

Finally, I just wanted to write a few words about World Shoot XVII: I am very happy to announce that the lineup of IROA and NROI Officials has been finalized and

published on the match website ([www.worldshootusa.com](http://www.worldshootusa.com)).

I have no doubt this will be a memorable World Shoot since the calibre of the officiating will be at the highest level; a lot of work has been put into ensuring that every detail is covered and all the officials are ready to rock!



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## BEST OF THE BEST

# KRISTINA PETKOVA

REGION: BULGARIA



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

The first time I held a timer was in 2007 when I became a National Range Officer. I was only 19 years old at that time. Three years later in 2010, I was accepted by IROA as an International Range Officer. Right now, I have managed to obtain accreditation in all four IPSC disciplines – Handgun, Shotgun, Rifle & Action Air.

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

I enjoy the opportunity to meet so many different people from different countries and to strike up new friendships. Officiating has given me the chance to travel to many new places and to take part in great IPSC events. Thanks to officiating I develop my ability to concentrate and work under pressure.

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

It was in 2010. I'd just become an IROA member when I took part in the IPSC European Handgun Championship in Serbia. That was my first big match as a RO, and as a competitor. It was so exciting for me because the organization was remarkable. Great opening and closing ceremonies, and stage designs with an incredible outlook.

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

I have equipment ready for each match. I always have a Rule Book with me of course, two overlays and a magnifier, staple gun, scoreboard and pens, but the most important things that I never forget are my good mood and smile!





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

Always have sharp eyes and an accurate assessment, combined with a friendly outlook. Never be ashamed to ask questions if you don't know something; we are humans, and everybody makes mistakes. And never forget we are there to safely assist competitors to enjoy each stage because IPSC is primarily about fun.

I really like the saying I've heard from other range officers that IPSC competitors are our most valuable customers, so we have to make them shopaholics!



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# AIR COLOMBIA



## As IPSC Action Air continues to expand around the globe, the bug has finally reached Colombia!

IPSC Colombia's Board of directors unanimously approved the sanctioning of Action Air under their competition schedule effective from August 2014.

Initial events were organized by Javier Miranda, who encouraged his social media friends to try practical shooting, even though they were not fully aware of IPSC's existence. The plan was to shoot 6mm air guns, without specific rules, following a course of six to ten rounded black and white papers, timed with a stopwatch. This created lots of good vibe.

After Googling the internet for rules on how to compete and improve our matches, IPSC was found as the foremost global reference for practical shooting. It was clear: IPSC was the right path to follow. The contacts began with us reaching out to the IPSC Secretary,

who introduced us to the regional Director of IPSC Colombia. Both gave us valuable tips on how to get the sport sanctioned by IPSC Colombia's board of directors.

Some five months later, and with thanks to the support of Luis Augusto Cadena, the IPSC Colombia Regional Director, Club de Tiro Práctico Bogotá (Bogotá Practical Shooting Club) was born, initially with only five practitioners, but with the full technical support of IPSC Colombia's Production Division champion Jose Daniel Alvarez.

After a few months of Sunday practices, and now with 11 members, we adopted IPSC Action Air Competition Rules, and Club Bogotá officially applied to IPSC Colombia for, and received, formal acceptance. Colombia is the third Latin American country to adopt







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# AIR CREW



Javier A Miranda Del Risco, Claudia Albadan, Juan David Celis, Patricia Helena Fierro Vitola, Johann Martinez and Andres Cepeda at Escuela de Caballería.

IPSC Action Air, following in the steps of IPSC Argentina and IPSC Chile.

Unlike other countries organizing Action Air matches, when it came to Division selection we nominated Production Division as our primary division, due to the ease of finding replicas under IPSC's Approved Gun List.

It is also worth mentioning that even replica guns, sights, magazines, optics, etc. require a government permit prior to their importation. However, once imported, they can be freely sold in sporting goods stores, but they are only available for purchase by people over 18 years. Minors under the age of 18 must be under the direct supervision of someone over 18.

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## Colombia is the third Latin American country to adopt IPSC Action Air, following in the steps of IPSC Argentina and IPSC Chile.

**AIR CREW**



Colombia is a country with tough gun laws, but Action Air replicas are treated by law as pneumatic guns, not as replicas or toys, but they must not be used in any manner that may endanger or intimidate members of the public.

Our team has already organised four Level II Matches, and we will have a Level III match in November. We therefore hope this will encourage other Regions in Latin America and beyond to accept the invitation to our match.

We still have many things to do but, as the Chinese say, "Every journey of 1,000 miles begins with 1 step"!



Action Air in Colombia is rapidly catching up and membership is growing at a steady pace

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## IPSC TRIVIA



# WORLD SHOOT XVII TRIVIA

COMPETITOR REGISTRATION

**101**

Classic Division

**385**

Open Division

**410**

Production Division

**399**

Standard Division

**47**

Revolver Division

**1,342**

Total Competitors



LET'S GO SHOOTING



# UPCOMING MATCHES

## U.S. IPSC NATIONALS

UNITED STATES  
OCTOBER 21, 2014



## VIII ETAPA DO PAULISTA DE IPSC

BRASIL  
NOVEMBER 1, 2014



## IN THE NEXT ISSUE

SPECIAL COVERAGE:  
WORLD SHOOT XVII

## NEXT "ON THE RANGE" QUESTION

Do you prefer open sights or optics? Why?

Send your response by email to [ipscmedia@ipsc.org](mailto:ipscmedia@ipsc.org) (minimum 30 words) with your name, age, occupation, country of residence and a photo of you and we will publish your response in the next issue!



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