

I.P.S.C. WORLD

Volume IV • Issue 2



WORLD SHOOT XVII SPECIAL REPORT

The Range, The Stages

Opening and Closing Ceremonies

The Beautiful and Sunny Florida

Interviews

Young Guns - Simo Partanen

Hot Shots - Michael Schütz

Leading Ladies - Emily Ngan

Best of the Best - Attila Kovacs



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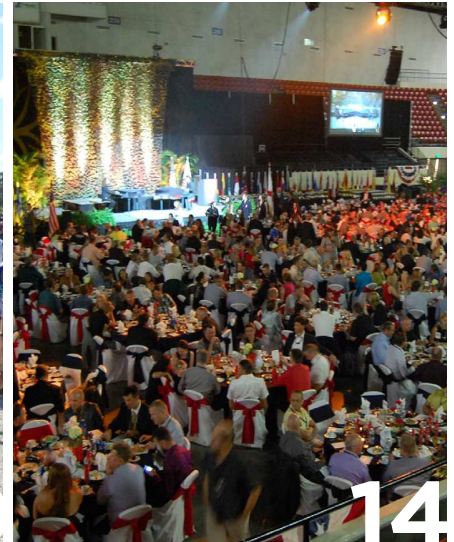
IN THIS ISSUE



4



10



14

FEATURES

- 4** **World Shoot XVII - Special Report**
Pre-Match
Opening Ceremony
- 10** **World Shoot XVII - Main Match Coverage**
The Stages, Courses of Fire, The Venue and Report
on Sponsors and Sightseeing
- 14** **World Shoot XVII - Results and Closing Ceremony**
Report on IPSC Champions, the Awards Ceremony
and the venue for the next World Shoot

INTERVIEWS

- 22** **Young Guns: Simo Partanen**
- 24** **Hot Shots: Michael Schütz**
- 26** **Senior Shootizens: Thierry Obriot**
- 28** **Leading Ladies: Emily Ngan**
- 38** **Best of the Best: Attila Kovacs**



SECTIONS

- 4** **President's Page**
- 18** **Regional Ramblings**
- 20** **On The Range**
- 31** **Practical Fitness**
- 33** **Match Medic**
- 36** **IROA Briefing**
- 40** **Air Crew**
- 44** **Products Corner**
- 46** **IPSC Trivia**
- 47** **Let's Go Shooting**





PRESIDENT'S PAGE



2015: Are You Ready?

Happy New Year to all our members. I hope everyone had an enjoyable time with family and friends over the holiday season. I also hope that you can keep your New Year's resolutions!

I'm delighted to report that 2014 was another fabulous year for IPSC.

The overall number of IPSC regions has grown, as have the number of Level III matches and the number of members within most regions. Additionally, we continue to see growth in the number of people applying to become International Range Officials.

The highlight of our 2014 competition calendar was the hugely successful IPSC Handgun World Shoot XVII, which was held last October in Florida, USA. A comprehensive report appears later in this issue of IPSCWorld.

2015 is truly going to be another event-packed year, as our competitors have an exciting menu of major match choices, with four Level IV matches and a Shotgun World Shoot enticing everyone to hit the road and to embark upon a new adventure:

Level IV African Handgun Championship, South Africa;
Level IV Pan-American Handgun Championship, Brazil;
Level IV Far East Asia Handgun Championship, Malaysia,
Level IV European Rifle Championship, Hungary;
Level V Shotgun World Shoot II, Italy.

More information about these matches will be posted to the IPSC website as more details become available. As usual, though, intending competitors must contact the Regional Director of their region of residence in order to apply for slots.

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The overall number of IPSC regions has grown, as have the number of Level III matches.



New Lifetime Achievement Award Winner

At WSXVII in Florida, it was my privilege to present our highest award, our Lifetime Achievement Award to Ian Fachie from Canada.

Ian might not be a familiar name to everyone, but if you ever used our original Match Scoring System (MSS), or if you ever used any aspect of the IPSC website, Ian has touched your life including IPSC Webmaster.

Behind the scenes, Ian also established a number of different management tools and databases, and these are used by Regional Directors, IPSC Committee Members and members of the IPSC Executive Team on a daily basis to assist them in the discharge of their duties.

I once again extend my sincere gratitude and appreciation to Ian for over a quarter of a century of service to IPSC and his friendship. I congratulate him on a much deserved award.



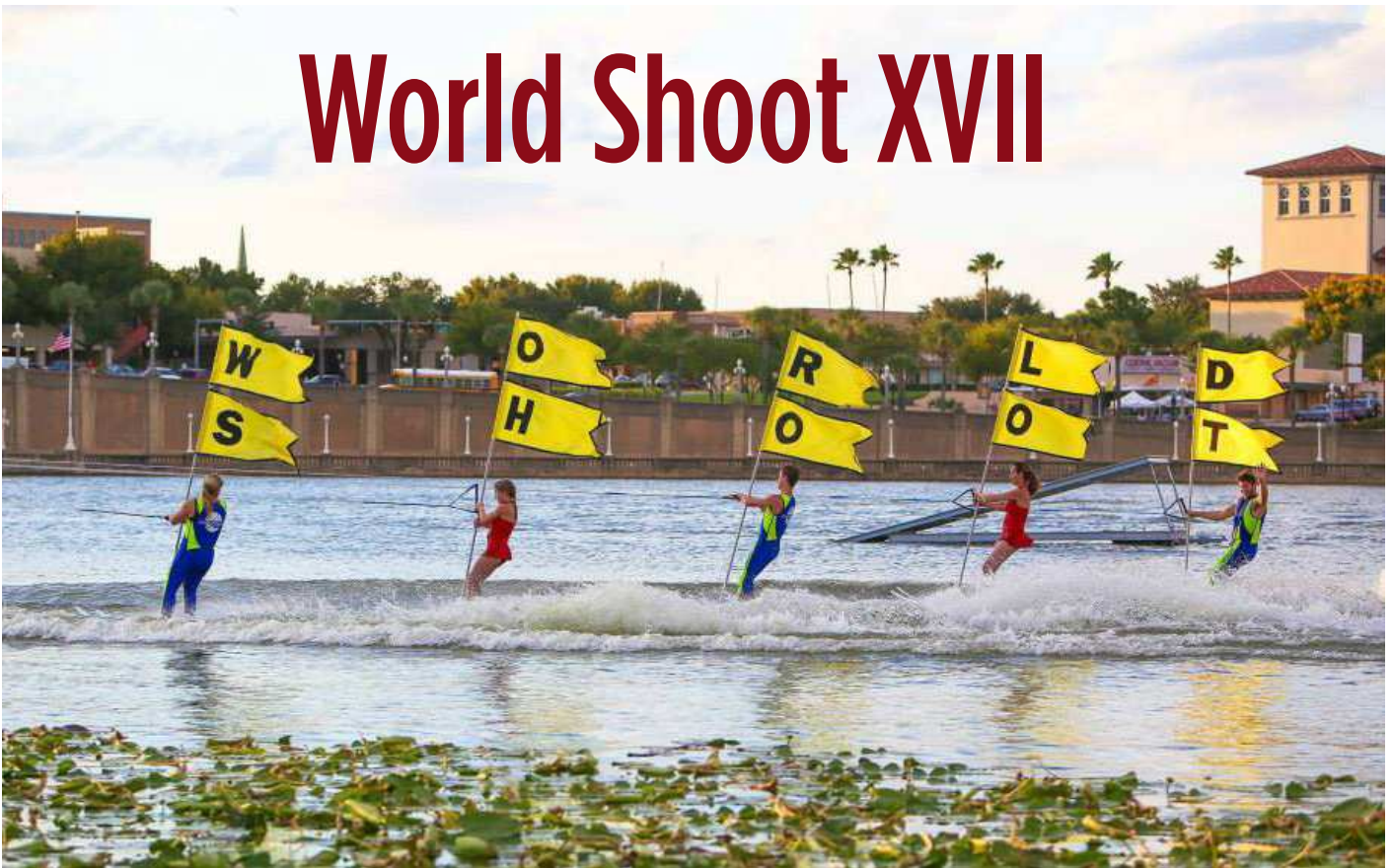
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World Shoot XVII



The Greatest Show On Earth!

Frostproof, Florida - U.S.A.

Over the past decade or so, IPSC has presented a series of first-class Handgun World Championships, and each of them have been particularly memorable in one unique way or another.

In 2002, it was the sheer sense of adventure of visiting South Africa, a nation exceptionally rich in fauna. In 2005, proximity to the Galapagos Islands and the chance of a truly Latino experience made Ecuador an alluring proposition.

In 2008, the mystique of Indonesia, coupled with the promise of typically friendly and efficient Asian hospitality, was tantalizing. And in 2011, the ancient culture, the romance of sun-drenched islands, and the magnificent monuments of Greece were surely the draw cards.

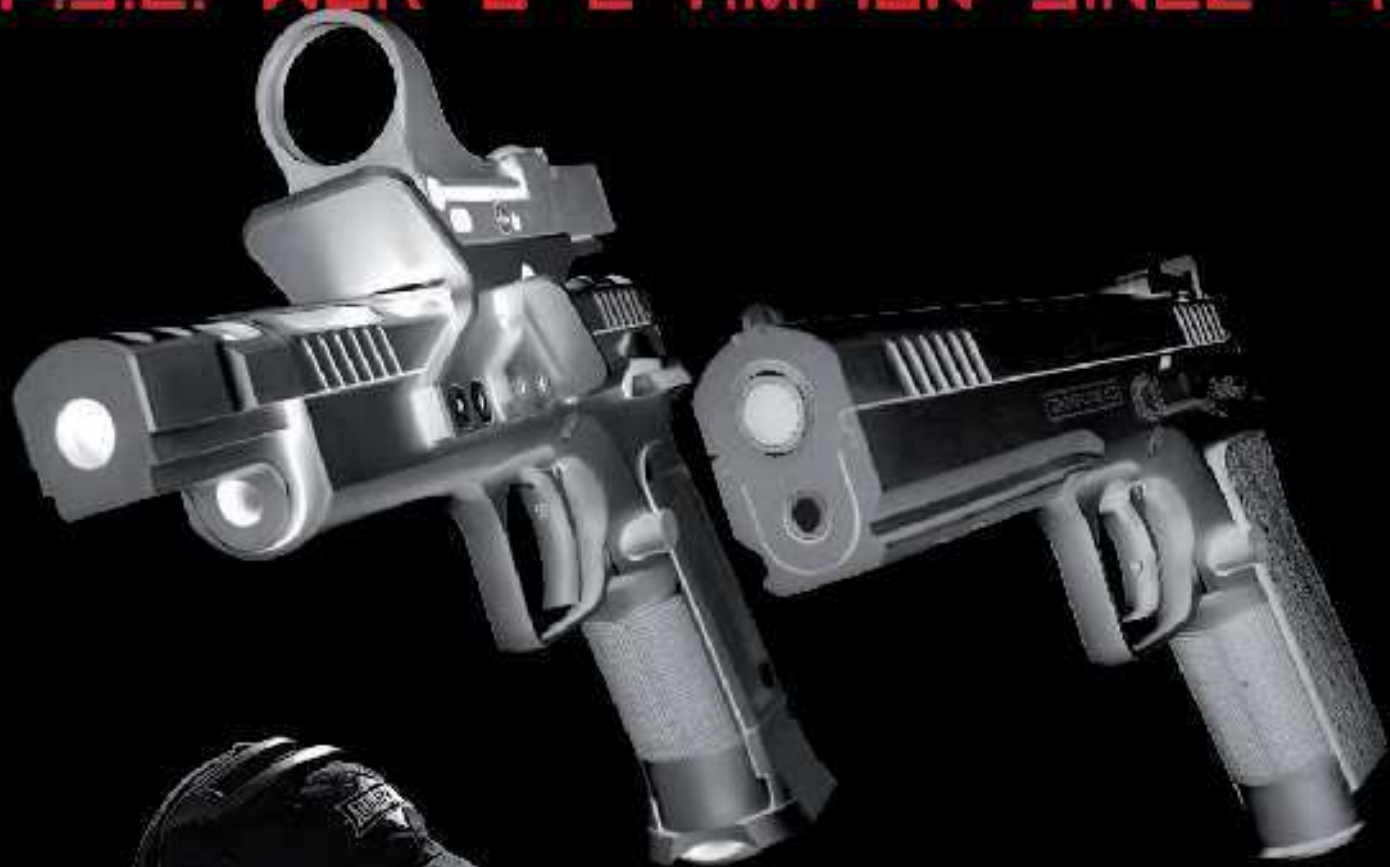
When the 2014 event was awarded to the USA, a number of other factors were at play.

First and foremost, there's no doubt that having IPSC's Handgun World Shoot return to the place where IPSC was born in 1976 played a significant role, especially since the last time IPSC's premier event was hosted on American soil was 28 years ago in 1986, also in The Sunshine State of Florida.

However, the numerous family attractions available in Florida were compelling reasons that brought the anticipation of immersing in everything America had to offer to fever pitch, because everyone wanted to enjoy a taste of "Americana".

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The Opening Ceremony

The Opening Ceremony on October 12th was truly a spectacular event, in more ways than one!. Competitors and officials assembled at the staging area situated at the Lakeland Center, roughly a mile from their final destination, the magnificent Lake Mirror, where dignitaries, family, friends and well-wishers were seated in eager anticipation.

While everyone awaited arrival of the procession at Lake Mirror, entertainment was provided by the swinging sounds of the Harrison School of the Arts Jazz Band, which played a variety of well-known, foot-tapping American classics.

It's an impressive sight to see over 70 different national flags standing proudly, side-by-side, as a visual depiction of the global camaraderie that exists in IPSC.

Back at the staging area, after everyone had lined-up alphabetically behind their respective flags, motorcycle officers from the Lakeland Police Department gave an unhurried police escort as the procession leisurely meandered its way through the streets of Downtown Lakeland, much to the enjoyment of the wonderful townsfolk from the City of Lakeland who lined both sides of the streets to express their spirited support.

The waves and cheers from onlookers made everyone in the procession feel extremely welcome, as we did the entire time we were in Central Florida.

Additionally, glorious classic cars and multiple marching bands were interspersed at regular intervals throughout the parade, and they added even more color and whimsy to the procession.

The first taste of Americana was superb!



The Cypress Gardens Water Ski Team



Hot Rods escorting competitors to Lake Mirror



The American Cowgirls riding down Main Street

World Shoot XVII



The Lake Mirror grounds barely contained the IPSC excitement!

When each group arrived at the central rostrum at the stunning Lake Mirror, uniformed members of the Central Florida Aerospace Academy Air Force Junior Reserve Officers' Training Corps received the flags from each flag-bearer and, with military precision, respectfully placed them into a semi-circular array of flag holders that had been strategically placed on either side of the rostrum.

And as more and more fluttering flags were installed into their holders, the panoramic vista of Lake Mirror and its environs became increasingly striking and beautiful.

It's an impressive sight to see over 70 different national flags standing proudly, side-by-side, as a visual depiction of the global camaraderie that exists in IPSC.



Central Florida Aerospace Academy Junior ROTC

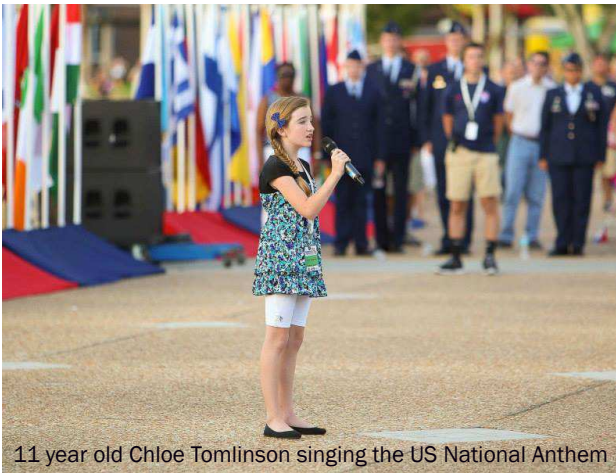
As the name of each arriving team was announced, the assembled crowd at Lake Mirror gave them another warm and energetic welcome.



However, when the large US contingent (who were placed last in the national procession, as all host nations are) finally arrived, the welcome understandably became more energetic, with passionate and stirring chants of "U-S-A" reverberating in and around the area.

The final group to enter the arena was the dedicated cadre of National and International Match Officials, hailing from 25 different nations. They were tasked with guiding and assisting competitors, many of whom were attending their first IPSC Handgun World Championship, to shoot safely for the duration of the competition.





11 year old Chloe Tomlinson singing the US National Anthem



The Northern Ireland contingent

After all the participants had arrived, everyone was asked to stand while a charming 11 year old Chloe Tomlinson gave an awe inspiring, a-cappella rendition of the US National Anthem “The Star-Spangled Banner”, much to the delight of the crowd. Her performance was truly exceptional.

That was quickly followed by an aerial display by light aircraft flying low over Lake Mirror, while the Cypress Gardens Water Ski team gave an exciting performance. Finally, a performer dazzled the crowd by using an absolutely amazing water-jet pack which made him resemble the evil Dr. Octopus from the Spiderman movie as he twirled acrobatically above the water!

After short speeches by Match Director Frank Garcia, and a number of Lakeland City and Polk County officials, IPSC President Nick Alexakos declared that the games were officially open.

His declaration was quickly followed by an exciting fireworks display over Lake Mirror.



The waves and cheers from onlookers made everyone in the procession feel extremely welcome, as we did the entire time we were in Central Florida.



The Range

The Universal Shooting Academy range at Frostproof had been extensively expanded in the three years leading up to the event. The long, thermometer-shaped, central corridor had most of the 30 shooting stages situated on either side, with the final group of stages situated within the “bubble” at the far end.

Each stage had been fitted with sturdy shelters, and both the range and other surfaces had received ample preparation against the elements. Thankfully, though, we were blessed with fine weather for the duration of the event. The nearby Vendor Tent was quite large, and we suspect that a lot of US currency changed hands as competitors scrambled to buy match souvenirs and other products.

There’s no doubt that the capital expenditures at the range will serve it well for decades to come.

The stages were attractively decorated by the Alexander Family, a three-man team of talented individuals who used their skills to bring the stages to life. Of course, each stage and area displayed the banner of the respective sponsor, and this served to add more vibrancy and color.

The Competition

Although there were over 1,300 competitors participating, IPSC’s half-day format where competitors shoot either in the morning or in the afternoon, on a rotating schedule, meant that a maximum of 50% of the field were shooting the stages at any one time. As such, the range was always busy, but it never felt crowded.

The standard ratio of 3 Short Courses to 2 Medium Courses to 1 Long Course was observed, and the various challenges they presented required



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World Shoot XVII

competitors to utilize every skill in their armory if they were to have any chance of success.

As usual, there were traps for young players! While everyone took an extra nanosecond to aim more carefully at targets placed at 15 meters and beyond, the misleading ease of targets that were placed at under 10 meters were taken for granted and, sadly, many competitors suffered misses on them.

Signature stages included Stage 13 where 10 rounds had to be fired while competitors were standing inside a V shaped platform. Another was Stage 4, where the 29 rounds had to be fired while moving along a winding passageway.

The 2014 IPSC General Assembly

Held on October 11th at the Lakeland Center, this annual gathering of Regional Directors from around the globe was a friendly and productive event, as usual.

The key points of business included approval of modified rules for 2015, presentation and approval of the 2013 accounts, reports from the IPSC President and other members of the IPSC Executive, the admittance of three new provisional regions (Gibraltar, India and Panama), and other house-keeping matters, including updates in respect of the match calendar for the next three years.

The venue for the 2017 IPSC Handgun World Championship was put to a vote, and France emerged victorious over the other two contenders Brazil and Thailand.

The Awards Dinner

Although having over 1,300 competitors is already a new record for an IPSC World Championship, attendance at the Awards Dinner on 19 October surpassed 1,800 people, as family and friends joined competitors, officials and sponsors to celebrate the end of yet another successful event.

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Old and new friends gathered at the excellently built stages



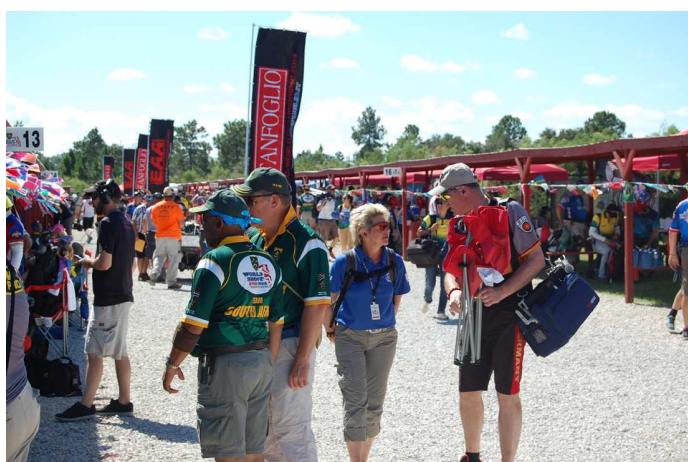
As guests entered the venue, they were treated to the soothing sounds of the Howl At The Moon band, who naturally played a variety of popular American songs.

They were soon followed by the Wild West Performers, two cowboys who impressed us with their clever lassoing and whip-cracking skills. However, their gun-handling skills, while certainly acrobatic and entertaining, caused everyone in the room to cringe somewhat!

After a number of short speeches and presentations by the Match Director and the IPSC President, it was time to begin awarding prizes. First up were the individual awards and, after a short break, team awards were presented.



The fantastic Stats Office team led by the restless Jayne Moon as usual performed a flawless job!



World Shoot XVII



The overall individual champions were Rob Leatham (USA, Classic Division), Max Michel (USA, Open Division), Eric Grauffel (France, Production Division), Ricardo Lopez (Ecuador, Revolver Division) and Nils Jonasson (USA, Standard Division).

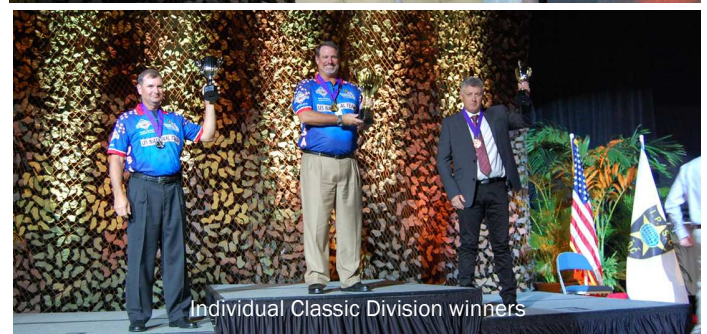
A more comprehensive set of results has been uploaded to the IPSC website.

As far as playing National anthems for winners was concerned, The Star-Spangled Banner obviously enjoyed the most air time, due to the depth and strength of the huge American contingent.

However, other nations were not totally overlooked, with Advance Australia Fair, La Marseillaise and the national anthems of Ecuador, Finland, Russia and



The oldest and youngest competitors



Individual Classic Division winners



The Wild West Performers in action



Open Senior Teams



Our wonderful match sponsors



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Open Junior Teams



Open Lady Teams



World Shoot XVII

the Philippines among others to enjoy a bit of air time.

Conclusion

At the end of the event, 1,300 competitors safely fired over 650,000 rounds downrange, and this is testament to the superb gun-handling skills of our competitors, and the excellent training of our Match Officials.

All things considered, IPSC Handgun World Shoot XVII in Florida raised the bar to such a dizzying height, there's no doubt that the moniker "Best World Shoot Ever" is a fitting tribute, and one that will be extremely difficult to outshine in the future.



Individual Production Division winners



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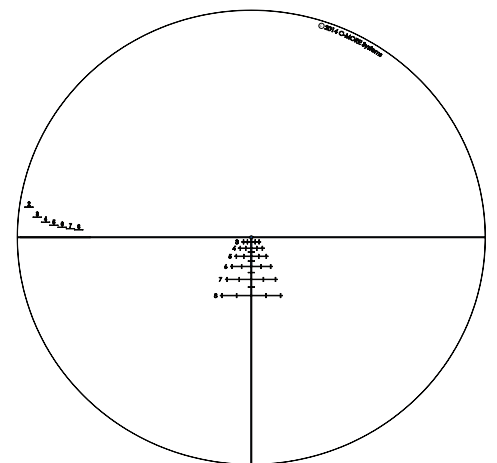
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The Slovak Republic (or Slovakia) is a country situated in the heart of Europe, with a total area 49,0039 sq km and a population 5.38 million.

Some 80% of the country is mountainous, with the highest peak being Gerlach Peak (2,655 metres). Popular mountain sport activities among the High Tatras include skiing, snowboarding and cycling.

The most famous rivers are the Danube, Vah, Hron, Ipeľ, Hornád and Nitra, but only the Danube is used for river transportation. The longest river is Vah. The largest reservoir is Zemplínska Šírava, which is also called The Slovak Sea.

The country is rich in fauna, and most animal species live in the mountainous woodland. A vibrant agricultural industry has nearly 50% of land being arable and used for growing wheat, corn, sugar, beet, hops, sunflower, potatoes and tobacco. Farming of sheep, pigs, cattle and poultry are primary industries. Communist rule ended in Czechoslovakia during the peaceful Velvet Revolution. On January 1st 1993, into two independent states were created: the Czech Republic and the Slovak Republic.



Slovakia became a democratic republic with a parliamentary system, and the capital city is Bratislava, which is famous for cultural monuments, museums and galleries. Across the country you can find nice mountains, national parks, historical towns with numerous spas using the healing power of waters, modern shopping centres, cinemas, theatres and pubs, among other exciting tourist attractions.



IPSC was established in Slovakia in 1997, when the Slovak Association of Practical Shooting was formed. We are proud of our competitors who have represented our country at international IPSC Handgun matches. For example, Andrej Hrnčiarik became IPSC Production Division Junior World Champion in 2011, in addition to previously being European Champion in 2010.

Slovakia became a democratic republic with a parliamentary system, and the capital city is Bratislava, which is famous for cultural monuments, museums and galleries.

Marián Vysny took overall 1st place at the IPSC Latin American Handgun Championship in 2010, and he has also placed highly at other IPSC matches held in Europe. Ivan Hos took 1st place at the inaugural IPSC Shotgun World Championship in Hungary in 2012.

Last year two of our range officials, Grubiak Stanislav and Szabó Alexander, became members of IROA. Although our country is rather small, our presence can be felt at various levels in IPSC.

We also organise a number of IPSC Level III matches each year, including the famous Mosquito Handgun Match, the Bathory Cup, the Arsenal Cup, the Danube Cup, and of course the Slovak National Championship.

We currently have 25 shooting clubs in Slovakia, and we expect that our membership growth will continue to expand as more and more people learn about the fun and excitement of IPSC shooting.

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Do you prefer open sights or optics? Why?



Hans Simanihuruk, 22
Student
INDONESIA

I prefer open sights since it's more challenging because you need to stabilize rear and front sights. Another reason is I find it simpler because there's no need for battery and on/off switch. Finally, it's cheaper than optics.



Alexander Hellström, 24
Steel Worker
SWEDEN

I prefer open sights because in my opinion they are more reliable over time due to simplicity and robustness. I also think I focus more on every shot to feel the bullseye rather than just seeing it.



Premek Marek, 32
Real Estate Investor
CZECH REPUBLIC

I prefer open sights for several reasons. First is the faster acquisition time for the first shot and sight line closer to the bore line. Also my accuracy is better with open sights due to vision issues (short sighted and astigmatism).



Mark Gonzalez, 27
I.T. Help Desk Specialist
UNITED STATES

I prefer optics since with age comes difficulties adjusting my eyesight.

Despite the fact that optics can be a bit more expensive, I find them very easy for me to adjust on the range.



Stéphane Quertinier, 46
Chief of Police
FRANCE

I think IPSC shooters must master both sighting systems. The open sights remain the fundamental target of the shooting, while optics bring some comfort. Still, I have a preference for optical sighting.



Tim Yepes, 39
Businessman
BRASIL

I prefer open sights because I find them very simple to adjust and maintain. There is no expensive optics to buy and keep safe, they don't break as easy and overall I find them more reliable.



Claudia Alcázar, 39
Full Time Mom
GUATEMALA

I prefer open sights, because I'm used to them... also there's the added bonus that they don't depend on batteries!



Markus Drott, 52
Teamlead Technical Service
GERMANY

I prefer optics because there are less technical parts which can go wrong on the stage.

It's more the "pure" shooting, with as less technical aids as possible.



Pia Clerté, 44
Marketing Manager
SWEDEN

I feel open sights are more challenging to use because of the need of perfect alignment of the eye and the sight axis, and also because your aiming eye is focused on the front sight, not on the target, while the other eye is closed.

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YOUNG GUNS



Simo Partanen

AGE 19
REGION Finland

How did you first hear about IPSC?

From my father. He's been shooting since the late 80's, so eventually I found IPSC.

For how long have you been shooting?

Well, my first matches and nationals were in 2007 when I was 12 years old. During the first three years I didn't train that much but in 2010, in preparation for the IPSC European Handgun Championship in Serbia, I started to do some training. Following that competition, I was totally in love with IPSC shooting.

What division do you shoot and why?

Open Division, because it's like IPSC's Formula 1! The thing I love most about Open Division is the speed.



What is the coolest about IPSC shooting?

There are many cool things in IPSC so it's really hard to put one ahead of another, but if I have to choose one I'd say it's the action. When you're attempting a stage, there's so much running, moving, changing positions, shooting far and near.

What inspired you to begin shooting?

Actually when I was a kid I didn't even like shooting. Sometimes my dad took me to the range but I was never interested in just staying still and aiming for bull's-eye. I needed action! Then one day he thought I was old enough to try IPSC and it was my thing right from the start. I like the fact that speed also counts and it was a thing which inspired me.



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

Of course my family supports me and thinks this is a great sport. And I must thank them for doing that and thinking like that. Also as far as I know my friends think in the same way. I mean this sport is great.

What are the biggest challenges you have when shooting IPSC?

I don't have any huge challenges when enjoying this sport. However, as this sport is not the cheapest, there is always the question about funding, so I feel lucky and happy that my family has the resources to help me. Nowadays, I also get some help from my sponsors, and that's deeply appreciated.

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

Soccer! I love it!. I played it for 12 years before I quit about 18 months ago. IPSC took too much time, but I still hugely enjoy playing soccer and I hope in the future I'd be able to start my "second soccer career"! To exercise, I go running, gym training and play badminton.



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Michael Schütz

GERMAN PRECISION

REGION: Germany

How many years have you been shooting?

About 21 years now.

What do you like best about IPSC shooting?

The dynamic action and planning my strategy on how best to shoot each course of fire.

How often do you practice at the range?

I practice 3-4 times per week.

What is your match pistol and ammo?

I use a Heckler Koch USP in 40SW caliber.

How do you prepare mentally for a match?

I get a good night's sleep, and that allows me to have a positive attitude and no stress during the match.



Any special nutrition or diet?

I eat lots of sweets and nuts, and I enjoy isotonic drinks.

Any special exercises?

No. I find that practicing IPSC gives me plenty of exercise!

Do you dry fire or use an airsoft gun at home?

No. I'm lucky enough that I can practice with live ammunition at the range as frequently as I need to.

Who do you consider your inspiration or mentor?

Nobody in particular, but of course I'm inspired by all IPSC World Champions.

How do you unwind at the end of the day?

Laughing a lot and having a good dinner with friends.

Are you active in any other sport?

At home I do some muscle strengthening exercises and I also play soccer sometimes.

What advice do you have for up and coming shooters?

Train in short, concentrated sequences, rather than going through marathonic sessions. Also make sure that you only train when you're in a good, relaxed mood and are able to have fun. Allow breaks after intense matches.



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THIERRY OBRIOT



REGION: FRANCE

AGE: 60

When and where did you first discover IPSC shooting?

In 1997 I attended the French IPSC championship in Arcachon, and I began shooting in 2000.

Since then I have been completely hooked on IPSC and I enjoy very much going to matches and meeting new people from different parts of France and the world!

Which divisions do you shoot, and why?

Open Division because it is the IPSC Division I enjoy the most.

Which make and model firearm do you use?

Tanfoglio Gold Custom in 38 Super calibre.

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

My family are active competitors in various shooting sports. My daughter Juliette was Junior



“ I enjoy very much going to matches and meeting new people from different parts of France and the world!”



French Champion in 10 meters Air Pistol in 2000, Also my son Emile enjoys IPSC shooting. All my friends who we introduced to IPSC find it to be tremendously exciting.

What inspired you to begin shooting?

I began by shooting ISSF, but I soon switched to IPSC for the adrenalin rush and the possibility of infinite progress.

What other sports or activities do you also enjoy?

Windsurfing and pétanque.

Do you have any tips for the Young Guns?

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LEADING LADIES

EMILY NGAN

REGION: HONG KONG



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

It's difficult to obtain an arms license in Hong Kong and difficult to get a membership in a gun club due to the tough requirements. Before I joined my first Gun Club in Hong Kong 25 years ago, I thought shooting was very dangerous. After I did my first safety shooting course I realized that it is quite safe if you practice safe shooting. In 1993, my gun club introduced IPSC shooting which was very new to everyone. IPSC proved to be very challenging and one must really practice hard to do well in a competition. Once I started, I became addicted to the fun and the challenges.

How long have you been shooting?

Over 25 years.

Which division do you shoot, and why?

Open Division, because I love the speed.

What do you think about the social aspects of IPSC?

I have a lot of shooting buddies that I've known for over 20 years. It's a great joy to practice and travel around the world with them to participate in different IPSC competitions. Travelling with a bunch of good friends adds the extra touch to the social aspects.



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

My family thinks it is very cool for a lady to shoot as a hobby and they really support the sport.

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

Let them know how successful female competitors can be and that IPSC is not a male-only sport.

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

I am a very organized person so balancing my IPSC shooting activities with my other commitments is never a problem for me.



“Travelling with a bunch of good friends adds the extra touch to the social aspects”

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

Never think too much. Just enjoy IPSC shooting and all the wonderful friends you will make around the world!

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

I love travelling and being able to travel around the world is one of the great attractions of IPSC Shooting. I also enjoy Yoga and I go to the gym as a fitness training to prepare me better for shooting.



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A LESSON IN PREPARATION: ~~UN~~PREPARED TWO ARE ONE. ONE IS NONE.



Sean McCauley, CSCS, CISSN

Make no mistake about it. You are an athlete. And you do a lot of things to ensure that we are as good as we can be the day of the competition.

We plan our meals carefully. We weigh everything out to the gram for weeks on end. And we all know the training and practice itself is intense. Yet there is one thing that seems to stump people on a pretty regular basis. It is the challenge of being able to meet the unexpected developments in our day-to-day lives and maintain our diets during those times.

Many of our most elite military units have a saying that says “Two are one. One is none”. They apply this in a lot of different ways. But the concept is simple: Always have a backup in a given situation. Granted, we are not jumping out of planes and saving the day in this sport. However, we should borrow a page from their playbook here.

So how do we apply this? Let’s start with nutrition. Planning and packing daily meals is nothing new. But what if something happened to your cooler? What if you dropped a meal in the dirt (that just happened to a client actually). What if you pack enough food for the next 6 hours but you suddenly find yourself stuck on the side of the road for another 6 hours? Are you prepared for this?

Most people might say “How do you prepare for that? There are too many unknowns”. A great point. If you put your mind to it, you will be surprised with what you can come up with to mitigate these crazy things that could potentially throw your diet a huge curveball.

First, I recommend packing several extra meals each day when you leave the house. Take extra water too. We all take X amount of food and water when we diet because we know that is what we are going to need. Take a few extra meals though. This will cover you a lot more than you may think.

Secondly, take the extra food idea one step further. The military often uses what is called a “bug-out bag”. Inside this small bag, they put the bare-bone survival essentials. If the military operator has to leave a scene instantly and abandon all their gear, this is the bag they have on their person 24/7. This bag saves their life in that moment. Again, a concept we should

What if you pack enough food for the next 6 hours but you suddenly find yourself stuck on the side of the road for another 6 hours? Are you prepared for this?



PRACTICAL FITNESS

Choose foods that last a long time if properly sealed and stored.

use. Take this and apply it to your diet, it'll save that too in a pinch. Get a small bag or container of some sort. Inside it, pack some non-perishable essentials. For me, I pack things like protein powder, beef jerky, dried fruit and oats. Choose foods that last a long time if properly sealed and stored. Then put that pack in your car. Or your purse. Or your locker at work. If you really want to cover your bases, make a couple of these and leave them wherever you frequent.

Some may think this is a little crazy. But think for a second. Is it really that crazy in the scope of everything else we do to be at our absolute best? Is being prepared for the unknown a bad idea? Most of us have a fire extinguisher in the house. We have smoke alarms. We have first-aid kits. This is merely an extension of that kind of planning.

Crazy or just good preparation? I'll let you guys decide. When you do, just ask yourself this one question: would I want to stand next to a person this dedicated when I compete? I'll bet the answer is a resounding "no". And that means you should probably get a small pack put together with your essentials in it. It'll take your overall result to the next level. Two are one. One is none. It may save the day for us too.



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The most common cause of an ankle sprain is applying weight to the foot when it is either inverted or in an everted position.

Dealing With An Ankle Sprain

The most common of all ankle injuries, an ankle sprain, occurs when the ligaments surrounding the ankle joint are stretched beyond their ability to withstand the force and end up tearing. The tear can be minor or major and the recovery time generally depends on the degree of the sprain.

The most common cause of an ankle sprain is applying weight to the foot when it is either inverted or in an everted position. Commonly, this happens while running or jumping on an uneven surface.

The foot rolls in (inversion) or out (eversion) and the ligaments are stretched. Occasionally a loud “snap” or “pop” is heard at the time of the sprain. This is usually followed by pain and swelling of the ankle. This type of sprain, while sometimes due to a lack of lower limb strength, endurance or flexibility, is also often the result of a lack of balance.

Ankle sprains are generally classified by the degree of severity. These include:

Grade I - stretch and/or minor tear of the ligament without laxity (loosening).

Grade II - tear of ligament plus some laxity.

Grade III - complete tear of the affected ligament (very loose).

For immediate relief, you can use the R.I.C.E. treatment plan:

Rest: Avoid weight bearing for 24 hours or longer for a severe sprain.

Ice: Apply ice (bagged, crushed ice wrapped in a thin towel) to the ankle joint.

Compression: Wrap the ankle with an elastic bandage (start at the toes and wrap up to the calf).

Elevation: Raise the ankle above the hip or heart to reduce swelling.

After those initial steps, seek professional medical treatment

Dealing With Cramps

If you've ever had muscle spasms or muscle cramps, you know they can be extremely painful. In some cases, a muscle may spasm so forcefully that it results in a bruise on the skin.



MATCH MEDIC

Cramps usually go away on their own without treatment.

Most muscle spasms and cramps are involuntary contractions of a muscle. A serious muscle spasm doesn't release on its own and requires manual stretching to help relax and lengthen the shortened muscle.

Spasms and cramps can be mild or extremely painful. While they can happen to any skeletal muscle, they are most common in the legs and feet and muscles that cross two joints (the calf muscle, for example). Cramps can involve part of a muscle or all the muscles in a group.



Muscle cramps range in intensity from a slight twitch or tic to severe pain. A cramped muscle can feel rock-hard and last a few seconds to several minutes or longer. It is not uncommon for cramps to ease up and then return several times before they go away entirely.

Cramps usually go away on their own without treatment, but these tips appear to help speed the healing process:

- 1) Stop the activity that caused the cramp.
- 2) Gently stretch and massage the cramping muscle.
- 3) Hold the joint in a stretched position until the cramp stops.

If the cramp does not recede after observing the above, seek professional medical attention.



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IROA BRIEFING



IROA Officials at World Shoot XVII Opening Ceremony



DINO EVANGELINOS
IROA PRESIDENT

PREPARE FOR 2015!

IROA NEWS AND UPDATES FOR THE UPCOMING YEAR

Happy New Year to all IROA Officials, and thank you for your tireless efforts again during 2014.

Points Reporting

It's that time of year again when IROA officials have a final opportunity to report the points they earned working matches during 2014, and to submit the relevant supporting documentation.

Remember that you must first register your points online, after which you must submit a points card, with each match signed by the applicable Match Director. Both sides of the points card can be scanned and submitted to IROA by email: iroa@ipsc.org

As usual, the reporting deadline is 31 January, and that date is rapidly approaching.

Any IROA member not current by the deadline (and provisional members), will not receive Call-Up notices in



respect of the four Level IV matches or the Shotgun World Shoot mentioned by the IPSC President in his column.

Member Records

I also take this opportunity to remind all IROA officials to ensure that your contact and other details, in particular your current email address, are updated online, failing which you will not receive important IROA communications.

IROA Level II Shotgun and Rifle Seminars

I'm delighted to announce that the Shotgun and Rifle specific modules have been completed, and they will shortly be uploaded to the Regional Director's protected page at the IPSC website. Please note that these seminars will be conducted respectively in conjunction with Shotgun World Shoot II in Italy and the 2015 European Rifle Championship in Hungary.

First Aid Seminar

This is a new item on the training menu. It was devised by IPSC Ukraine Regional Director Alexander Milyukov, who is a certified paramedic. The inaugural seminar will be held in conjunction with Shotgun World Shoot II in Italy later this year.

"...Remember that you must first register your points online, after which you must submit a points card, with each match signed by the applicable Match Director."

The one-day seminar will provide instruction on how first responders can treat everything from light wounds and minor injuries, all the way up to Cardio

Pulmonary Resuscitation (CPR), and emergency situation management.

Successful students will be certified as First Aid Officers, and they will be given a small red cross that can be affixed to their IROA uniform.

See you soon at the range!



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BEST OF THE BEST

ATTILA KOVACS

REGION: HUNGARY



How many years have you been officiating?

Five years as a NROI official, and two years as an IROA Range Officer.

What do you like best about officiating?

Meeting new people, both fellow Range Officers and competitors alike. I also love the opportunities that IPSC gives me to travel. This has greatly broadened my horizons and introduced me to so many different cultures.

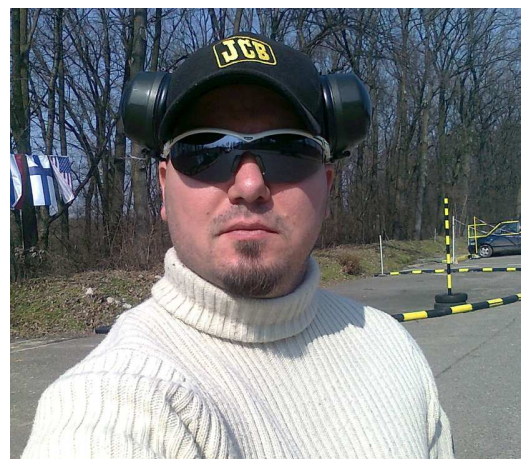
What was your most memorable match? Why?

The Mosquito Match in the Slovak Republic in 2012. It was my first foreign Level III. My CRO Dick Seger passed me the timer, and just told me “Let’s go...”.

It was memorable because I experienced so many new issues but I was happy that I could resolve them.

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

Overlays, tape measure and a magazine length gauge. Of course, I never attend an IPSC match without my rule book. It’s very important to have it handy, not only for my personal reference, but also to help me explain rules to competitors.





What advice do you have for aspiring officials?

Be empathetic with the competitor, while remaining firm and in control of your stage. If you must issue a disqualification, make sure you explain your reasons fully and carefully to the competitor.



He or she will not be happy with the DQ, but at least will know that you've done your job properly.



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IPSC TAIWAN

The 2014 IPSC Level III Action Air Championship held in Taiwan proved that Action Air is more vibrant than ever!

IPSC Action Air continues to expand around the world, but one hive of activity is IPSC Taiwan, where their 2014 IPSC Level III Action Air Championship was held from 7-9 November.

The 12 courses of fire required a total of 205 pellets. Most competitors came from the Australasian Zone, and representatives from Taiwan, Hong Kong, China, Macau, Thailand and Singapore were in attendance to compete for honours.

IPSC Taiwan Regional Director Philip Chen Hsin Hung served as Match Director, while IROA Range Master Rey Ganaban (who is also Executive Director of the IPSC Philippines National Range Officers Institute), served as Range Master for the match. Kay Wang from IPSC Taiwan was Stats Director.

However, a number of other prominent IPSC personalities were also in attendance, including IROA Range Master Ian Chow from IPSC Papua New Guinea, IROA Chief Range Officer Sarath de Zoysa from IPSC Sri Lanka, and IPSC Singapore Regional Director Matthew Lee.





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AIR CREW



Despite being a relatively young region, IPSC China garnered most of the honours, with Ho Sze Ko winning overall in Open Division, Lau Yiu Fung winning overall in Standard Division, and Ng Man Kai taking overall honours in Production Division.

Chen Pin Yu from IPSC Taiwan was Standard Junior Champion, denying China a clean sweep!



Despite being a relatively young region, IPSC China garnered most of the honours

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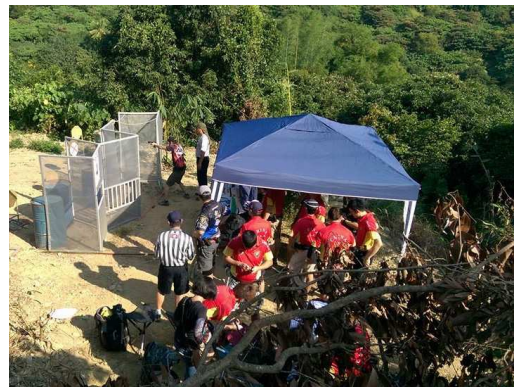
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SOUTH AFRICA
MARCH 19, 2015



IN THE NEXT ISSUE

2015 IPSC LEVEL IV COMPETITION REPORT

NEXT "ON THE RANGE" QUESTION

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

Send your response by email to 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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