

IPSC WORLD

Volume IV • Issue 3



IPSC ACTION FOR EVERYONE!

Camaraderie In Colombia

2015 Victoria State Championship

2015 Phuket Open

Interviews

Young Guns - Alexander Kryuchin

Hot Shots - Edward Rivera

Leading Ladies - Laëtitia Daguanel

Best of the Best - Paul Anderson

Senior Shootizens: Marc Bouchoucha



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Our Goal: Constant Improvement

The first quarter of each year is traditionally slow, largely due to the inhospitable climates in many of our regions, especially those far north of the equator.

Despite the unbridled enthusiasm of IPSC competitors, and their warrior spirit, there's only so much they can do with chattering teeth and frozen trigger fingers caused by sub-zero temperatures!

However, to paraphrase an old British saying, the sun never sets on the IPSC World, so there was ample activity in sunnier and drier climates. The Level IV African Handgun Championship, hosted by South Africa in March, is one such example, but there were also numerous matches held in Asia and South America.

And of course regions with impressive indoor facilities, such as our dear comrades in Moscow, are never fazed by trivialities such as inclement weather. Come rain or come shine, the Muscovites keep shooting!

The next major match of 2015 is the rapidly approaching Level IV European Rifle Championship to be held in Hungary in June. Registrations are progressing smoothly, and we expect participation in this match to well exceed the previous record.

Other major events this year include the Pan-American Handgun Championship in Brazil, Shotgun World Shoot II in Italy, and the Far East Asia Handgun Championship in Malaysia. If you're interested in attending one or more of those matches, you can find links at the IPSC website.

IPSCWORLD
MAGAZINE

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The new Fast Track system could save competitors up to 2 hours of waiting time!

IPSC System Improvements

We've been quietly working behind the scenes on two new system improvements, one of which will certainly be welcomed by competitors, while the other will be useful to match organisers.

The first improvement is called **Fast Track**. After Regional Directors register their members for a Level IV or Level V match, the system will automatically send an email to each competitor 4 weeks ahead of the match date asking them to confirm their personal details.

If everything is 100% in order and the competitor clicks the OK button, they will be assigned a unique PIN by return email. On arrival at the Match Check-In venue, they can go straight to the Fast Track line and use their PIN for instant processing. This could save competitors up to 2 hours of waiting time.

If the registered details are incorrect, the competitor needs to advise their Regional Director of the changes that are necessary.

The second improvement is **Post Match Reports**. As soon as match results are uploaded online to the IPSC website, a new option will allow the match organiser to submit the post-match report. This will make the submission faster and simpler.

Both new improvements will be live shortly, and further information will be disseminated to regions in the near future.



Nick Alexakos
IPSC President

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Primera Valida Match

Primera Valida Match

Bogota, Colombia



In The Shadow Of Columbus!

Photos: Javier Miranda

What do reigning Miss Universe Paulina Vega, international pop star Shakira, actors Sofia Vergara & John Leguizamo, and fashion guru Nina Garcia all have in common? They were all born in Colombia!

The name Colombia was derived from the surname of intrepid explorer Christopher Columbus. The country is bordered to the northwest by Panama (which was originally part of Colombia), to the east by Venezuela and Brazil, and to the south by Ecuador and Peru.

Despite the bad reputation Colombia bore in the 1980s and early 1990s, the country has seen great progress, and tourism dramatically increasing due to aggressive publicity campaigns and considerable improvements in both infrastructure and safety.



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Primera Valida Match

Bogota, Colombia

Colombia is also the world's largest producer of emeralds, thereby making a visit to the country an attractive proposition for those seeking to expand their collection of the glorious green gemstone.

More importantly, Colombia is becoming an increasingly popular destination for adventurous IPSC competitors seeking an additional travel notch on their equipment belt!

The two-day Primera Valida match began on 21 March 2015, south of the capital city Bogotá, and was held at the School of Artillery of the Army shooting range, with Mr. CT Daniel Hernandez, who served as Quarter Master, proving to be an excellent host.

The country has seen great progress, and tourism dramatically increasing due to aggressive publicity campaigns and considerable improvements in both infrastructure and safety.

Others in the dynamic match management team included Match Director Rafael Hani and IROA member Jose Murillo who served as Range Master.

They were actively supported by IPSC Colombia Regional Director Augusto Cadena and, collectively, they all ensured that the 12 stage match was conducted efficiently, but in the usual IPSC spirit of camaraderie. There's nothing quite like an IPSC match embellished with a Latino flair.

For an unusual twist though, and in a concerted effort to further develop IPSC in the region among aspiring competitors, the match organisers managed to concurrently process competitors shooting full bore handguns and others shooting Action Air, a truly remarkable achievement!

In fact, the ceremonial first shot fired was a 6mm BB pellet, rather than the typical 9mm round.



Primera Valida Match



When it came to the presentation of awards, the only champion officially recognized for an IPSC President's Medal was Juan Charria, for his convincing win in Production Division.

However, other winners recognized locally included Carlos Restrepo (Open), Carlos Mora (Standard), Rafael Hani (Revolver) and Manuel Nieto (Action Air).

So, if you're interested in combining an IPSC match with some old world Latino charm, and perhaps a flutter on a gorgeous emerald, add Colombia to your IPSC bucket list.

And when you get there, tell them Shakira invited you!



2015 Victoria State Handgun Championship

LITTLE RIVER, AUSTRALIA



There's a saying in Australia's second most populous State of Victoria: "If you don't like the weather, just wait 20 minutes".

This was certainly true for the start of the Victorian Handgun Championships. In the week leading up to the match, the mercury had been hovering around the 30 °C mark, and it was so dry that the trees were hoping for the arrival of large packs of dingoes to irrigate them!

However, by the first day of the pre-match, everyone could see it was time to pay tribute to Bob Dylan by humming "A Hard Rain's A Gonna Fall". And it came down hard, right before the Main Match started.

Such is the luck of the draw!

The championship was hosted at Australia's premier IPSC shooting facility, namely the SSAA (Sporting Shooter's Association of Australia) Eagle Park range situated near Little River. The range is certainly no stranger to IPSC as it has previously hosted many major IPSC matches, including the Level IV Australasian Handgun Championship.



Traditionally, this match is always the second largest match in the country and, with almost 300 entries, it felt more like a National Championship.

Match Director Bill Campbell, an Australian of Scottish descent, served as Match Director and, as usual, his excellent organizational skills shone through. Thankfully though, this time he did not wear his kilt, because high winds are always a worrisome possibility at Little River.

The 12 courses of fire were varied and offered competitors many alternative ways to shoot them.

2015 Victoria State Handgun Championship



While Bill was tending to the range, his charming wife Julie tended to the kitchen (when she wasn't shooting), to help ensure that the hungry hordes from across the country had plenty of good tucker to eat in the club restaurant, which is actually owned and operated with panache by Mustafa Aksu.

Mustafa is always a great sponsor of the club's events, and this match was no exception.

Other unstinting benefactors included overall Match Sponsor Black Widow Projectiles, who generously donated prizes for the winners of every grade in every division. Additionally, Practical Shooting Supplies, the Golden Grill, Victor Precision, RICOH and National Photography all contributed to the match.

As far as the on-range crew was concerned, Daniel "Jug" Winnick, an IROA member, served as Range Master, and he was competently assisted by fellow IROA members Greg Moon, Steve Brown & Stephen Munday, plus a cadre of other national and international range officers.

Of course, it should go without saying that Jayne Moon, IPSC's Stats Sweetheart, took charge of the score sheets, in order to produce the match results with her inimitable style and efficiency.



Match Director Bill Campbell





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2015 Victoria State Handgun Championship

The 12 courses of fire were varied and offered competitors many alternative ways to shoot them. There were small plates, poppers, bobbbers, swingers, disappearing targets, and quite a few hard cover targets thrown in for good measure. This was by no means an easy match, with many traps for young players.

By the time the dust (and rain) had settled, the hot favourites emerged as winners.

Brodie McIntosh, who placed 3rd overall at the closely fought IPSC Handgun World Shoot XVII in Florida last year, convincingly took overall honours in Open Division.

Champions of the other divisions were Jonathan Loftes (Standard), Cameron Morris (Classic) and Adrian Peeters (Production). A more comprehensive set of match results are available at the IPSC website.

All-in-all, it's no surprise that the match was a huge success, thanks to the small but dedicated team of volunteers who are always willing to give their time and energy for the furtherance of IPSC.



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Match Director Bill Campbell briefing competitors.



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2015 Phuket Open



The 2015 Phuket IPSC Handgun Championship is the 11th iteration of what is unquestionably one of the most popular IPSC Level III sanctioned competitions in Asia, and the largest IPSC match in Thailand.

If you've never visited Thailand, the name Phuket is probably unfamiliar.

However, if you're a fan of James Bond, you saw images of this stunningly beautiful place in the movie "Man with the Golden Gun", where spectacular limestone cliffs emerge almost defiantly from a sea of crystal clear blue water.

In fact, the most famous landmark in Phang Nga Bay was christened James Bond Island, where the evil Scaramanga, played by Christopher Lee, supported by Nick Nack (the original Mini-Me!) played by Hervé Villechaize, did battle with our illustrious hero 007, played by Roger Moore.

It's therefore certainly an appropriate place for IPSC

competitors to gather in their collective quest to shoot all the evil, but thankfully defenseless, henchmen in the form of paper and metal targets!

The 2015 Phuket IPSC Handgun Championship is the 11th iteration of what is unquestionably one of the most popular IPSC Level III sanctioned competitions in Asia, and the largest IPSC match in Thailand.

The genuine friendliness and hospitality of the Thai people is why Thailand is known internationally as the Land Of Smiles, and this is certainly a major draw card for the match organisers.

The 2015 event, held on 22-23 March, welcomed 231 competitors from 12



2015 Phuket Open



IPSC regions, namely Thailand, USA, China, Hong Kong, Macau, Malaysia, Singapore, the Philippines, Indonesia, Laos, Russia and Australia.

The diversity of the nationalities, many of whom travelled long distances, is testament to the popularity of this annual event.

The match, held at the Phuket Shooting Range, consisted of 14 challenging courses of fire. Those who have shot matches previously in Thailand will know that the stages they build not only force competitors to use every IPSC shooting skill in their bag of tricks, the stages are always beautifully decorated.

Owner of the range, Ms. Jurairat Kraitat, served as Match Director. IROA Range Officer Jatuphol "Lek" Prachayaporn served as Range Master, while IROA Stats Officer Tony Jetsada Phae-Araya (aka The Man with the Infectious Smile), crunched the numbers as Stats Director.

They were capably supported by a cadre of 50 Range officers, 5 Stats Officers and 50 other helpers.

The Awards Ceremony was honored by the presence of three VIPs, namely Thailand Practical Shooting Association President General Winai Phattiyakul,



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2015 Phuket Open
Phuket, Thailand



2015 Phuket Open

former Thai Marine Commander General Winai Klominn, and Chief of Staff, Third Naval Area Command, General Somchai Na Bangchang.

Those gentleman were tasked with presenting awards to all the winners, which included E-La Arif (THA), Jethro Dionisio (PHI), Veeranon Kritsada (THA), and Osatasat, Kanchit (THA), who took overall honours in Open, Standard, Production and Revolver divisions respectively.

If you're looking for somewhere new and exciting to shoot an IPSC competition, you will be hard pressed to find a better destination than Thailand, but in particular Phuket.

Check the Match Calendar at the IPSC website for details of the 2016 event, and start making plans.



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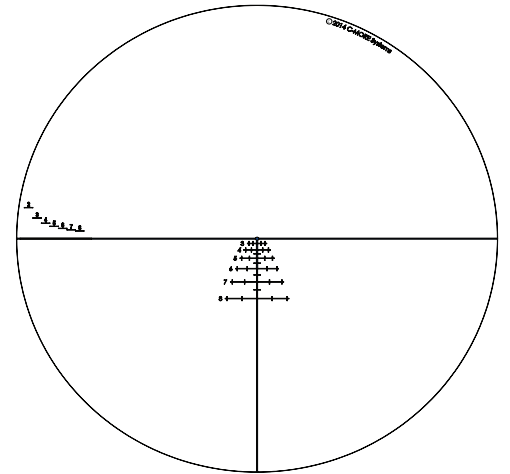
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IPSC MACAU

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REGIONAL DIRECTOR Bernard Lei

YEAR ESTABLISHED 1997

WEBSITE www.ipscmacau.org

The former sleepy, Portuguese enclave of Macau, which reverted to Chinese sovereignty in 1999 (2 years after Hong Kong), certainly punches above its weight, in more ways than one.

With only some 31 square kilometres (12 square miles), and with 624,000 residents, Macau is the most densely populated place in the world. However, when you're visiting Macau, you never get a feeling of being crowded, and this is probably because a large chunk of Macau's population spends a lot of time indoors!

Why indoors? Macau is undoubtedly the gaming capital of the world, and is often called "The Monte Carlo of the Orient", so the tiny ground level land mass is boosted considerably by high rise buildings which house Macau's casinos. And those casinos are astonishing. Macau's 2013 gaming revenues of US\$45 billion are 7 times the revenues of Las Vegas which only managed to generate just over US\$6 billion in the same year.

IPSC Macau was originally formed in 1997, and it was definitively accepted as a full member of IPSC in 1998.

Initially, IPSC growth was understandably slow due to a severe lack of shooting ranges in such a geographically small territory but, where there's a will, there's a way.



IPSC Macau successfully negotiated with the Macau Police Training School to use their “Carriera De Tiro Das FSM” shooting range on Coloane Island from time to time.

However, using the range for IPSC matches poses huge challenges, because there are only two shooting bays. The larger one is 100 metres long by 50 metres wide, while the adjacent smaller range is only 25 metres long and 25 metres wide.

So, how can IPSC Macau possibly hold an IPSC Level III match, requiring a minimum of 12 stages, in such a small facility?. By being determined and creative!

A few days before the annual Level III Handgun match, huge (and very expensive to rent!) concrete slabs are trucked to the range, and they are used to sub-divide the larger range into 4 IPSC stages. As there is no vehicular access to the smaller range, it is divided into 2 stages through the use of ropes.

But that’s only 6 stages!

Yes, indeed so, once the first 6 stages have been shot by all competitors on Saturday, the stages are knocked down in the evening and are rebuilt to present the second 6 stages for everyone to shoot on Sunday.

Did we mention that the nice folks at IPSC Macau are determined and creative?

Of course, the challenges above forces IPSC Macau to limit participation to a maximum of 150 competitors, but they still manage to accommodate their own competitors and a large contingent from Hong Kong.

However, they are always delighted to welcome a smattering of competitors from other regions in Asia such as China, Singapore, Taiwan, Malaysia, Thailand and the Philippines.

Additionally, the entire cadre of Range Officers are imported from outside Macau, with IPSC Philippines usually supplying the bulk of officials, most of them members of IROA. However, in recent years, IPSC Taiwan has also made a notable contribution of human resources.

So, if you want to experience the mystique of the Orient, a fun IPSC shooting match, and excellent choice of Chinese and Portuguese cuisines, and perhaps have a flutter on the blackjack or roulette tables, come visit us in Macau!

Our annual Level III match is always held in the 4th quarter of each year, and you can check the dates on the IPSC website.



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How do you prepare mentally before shooting a stage?



Lau Yiu Fung JOE, 33
Hair Stylist
CHINA

I try always to run through the whole stage in my mind visualizing targets and shooting positions; right after Load and Make Ready is said I apply everything I know and repeat my plan, technique, skills, and simply relax and let my body act.



Jerome Chua, 38
Estimator
UNITED STATES

Prior to shooting a stage I need to visually walk the stage a few times and set up my plan, then I decide which course of action to take. I make sure to see each target and understand differences (high, low, hardcover, no-shoots, swinger, bobbars, etc.).



Fotopoulos Alexandros, 33
Florist
GREECE

I always try to recall all the steps I made during the walkthrough... keep smiling and trying to keep calm and have the best results possible!!

Always thinking positive! Shoot and enjoy :)



Sergio Cal, 49
Sales Manager
GUATEMALA

Right before I'm about to start, I like to follow these practices:

1. Close my eyes and focus.
2. Two minutes of dry fire practice.
3. Take a few deep breaths for oxygenating mind and muscles.



Sarah Harding, 27
City of Toronto Employee
CANADA

I take a moment to listen to my favourite song while looking over my gear.

When I'm ready to go I think to myself: "Hot damn..Alphas..I'm comin' for ya!"



Thanatphong Kunraksa, 26
Cargo Co-ordinator Airasia
THAILAND

I like to focus on the stage walkthrough and memorize as much as I can, keeping every detail in my head, so when the Range Officer calls me up I am fully ready!



Javier Miranda, 40
Business Owner
COLOMBIA

I actually prepare quite a few minutes before shooting. I just: 1) Assume the ready position, 2) Make the stage mentally just once, and 3) Face the first target... then wait for the start signal and shoot following the plan I just prepared.



Fredrick Barker, 42
Asset Owner
SWITZERLAND

After the briefing I analyze how to negotiate the stage, figure out the order the targets are to be shot in, where and when to make the mag changes (if necessary). Finally I sit back, close my eyes and visualize the whole stage in my mind.



Jetsada Phae-Araya, 40
Business Owner
THAILAND

Clear your mind, visualize the stage and trust your instincts and training. I always keep in mind being safe and having fun as the only goals; I love IPSC shooting and I always try to enter a stage with that motivation in mind.

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Alexander Kryuchin

AGE 11
REGION Russia



How did you first hear about IPSC?

I started going to the shooting range at a very young age. I liked to spend time watching my father Vitaly, and my elder brothers Konstantin and Nikita shooting.

For how long have you been shooting?

I started shooting when I was 8 years old, so that makes it over 3 years.

What division do you shoot and why?

I shoot in Open Division because I like using a a gun with a red-dot scope and a compensator. Also because it looks so cool!



What is the coolest about IPSC shooting?

During IPSC matches, the other competitors and the Range Officers treat me as an equal, not as a child.

What inspired you to begin shooting?

We are a shooting family, and our greatest love is IPSC. It's so great that we can all spend time with each other sharing a common interest.

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

As I said, all my family is shooting, so they understand me. My friends envy me and they also want to shoot. Sometimes my father supervises my friends to try shooting with me.



What are the biggest challenges you have when shooting IPSC?

I want to win, but everyone is more experienced than me, so I must be patient and continue my training and development.

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

At school I practice judo, and I also like downhill skiing.

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

I think that the most difficult thing in shooting is controlling your emotions and your adrenaline. Perhaps yoga might be useful for some people, but it's not for me!



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EDWARD RIVERA

ACCURACY AND SPEED

REGION: Philippines

How many years have you been shooting?

I've been shooting for around 12 years now. I started at the age of 26.

What do you like best about IPSC shooting?

I like the adrenaline and the competition. IPSC enables me to visit new places and to meet new people. I also love that it is an individual sport that requires individual training.

How often do you practice at the range?

I practice at least 3 times a week with a minimum of 300 rounds each practice. When I'm shooting very well, I sometimes reach 1,000 rounds. Weekends are for competitions.

What is your match pistol and ammo?

Right now I use my own customized gun. It's a 40SW calibre pistol. I also reload my own ammunition, using 180 grain Teflon coated heads.



Who do you consider your inspiration or mentor?

My mentor is Nelson Uygongco, a very good Filipino shooter as well. I call him my Master. He taught me a lot of great things, not only in this sport, but also in a lot of other aspects in life.

My inspiration is my partner. Without her by my side, I would not be able to do all the things that I'm doing now. We are a team.



What advice do you have for up and coming shooters?

They need to train hard, be serious with training, and love what they are doing. It is not enough that they are at the range every day firing bullets. They should know the correct way of handling a gun. Practice accuracy first before speed. Speed develops later. Get a good coach who will teach them not just the right fundamentals, but the right attitude. Be always humble and modest in victory, and gracious in defeat.



How do you prepare mentally for a match?

I forego all negative thoughts. A lot of times, during international matches, I don't get to use my own ammunition because of problems with shipment. Using match ammunition will generally breed negative thoughts because of compatibility issues with my gun. Anything less than good preparation will breed negative thoughts. If the equipment fails in the middle of a match, I deal with it positively. I do not let it affect my determination; equipment failures give me more drive!

Any special nutrition or diet?

I refrain from drinking soda or beer two months before an important match. I also bring nutritional gels during matches for energy.

Any special exercises?

Stationary bike and pushups at home. I also do sprints at the range before the start of each training. I don't have a regular workout routine. I only do it when I feel that my body needs it. However, for big matches like the World Shoot, I try to lose weight, and exercise becomes a weekly routine.

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MARC BOUCHOUCHA

REGION: MONACO

AGE: 67



When and where did you first discover IPSC shooting?

In 1995 with my friend Albert Hazan from Monaco. He started IPSC before me and convinced me to try. It was immediately a revelation, because I found the same sensations as karate, but with a gun.

My early results at competition were encouraging, because I finished 3rd in my category at the 1998 European Handgun Championship in Greece, and 7th in my category at the 1999 World Shoot in the Philippines.

Which divisions do you shoot, and why?

Open division, because my vision is not good enough for other divisions.

Also it's fun to have a personalized gun. My first was a Caspian 38 SA.

Which make and model firearm do you use?

I use a Tanfoglio Gold Custom 38 super, the same short frame model used by Eric Grauffel. It is very reliable, and very easy to maintain.

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

They know I need a challenge and, despite the fact that I'll soon be 68 years old, during competition I feel like a kid.

The matches are held in different stages and different scenarios, so it's very interesting to find the strategy to shoot it each stage efficiently. It requires concentration and dynamism.

What inspired you to begin shooting?

I was previously a Karate champion and a member of



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



the French team, but as I got older, I started looking for something else with similar qualities. I started by shooting Olympic style events, but my friend Albert convinced me to try IPSC and I immediately knew it was this kind of shooting that I really wanted to do.

What other sports or activities do you also enjoy?

Tennis and swimming.

Do you have any tips for the Young Guns?

Never forget the IPSC motto DVC: Diligentia (accuracy), Vis (Power) and Celeritas (speed). Find a compromise between those three elements, but always do so safely, the cornerstone of IPSC. When competitors first take up IPSC shooting, they invariably want to be fast but, in general, the results are initially disappointing. Focus first on Accuracy and, with experience, speed will improve quickly.



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LAËTITIA DAGUENEL

REGION: FRANCE



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

A police friend introduced me to IPSC because he noticed that I was bored shooting Olympic style shooting events.

How long have you been shooting?

I first started shooting at age 12, and I took up IPSC shooting at age 14, so it's been 13 years.

Which division do you shoot, and why?

I shoot Production Division because it uses commonly available firearms, so it allows you to develop essential IPSC skills. I think it is also the most challenging division because the guns are not highly customised. I really love Production.

What do you think about the social aspects of IPSC?

IPSC is a sport that brings together responsible firearm enthusiasts in a competitive and a social environment. I love how IPSC is a global family of passionate people.

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

They are happy and proud of me, and they encourage and support me. My father is also an active IPSC competitor and we get together from time to time at the shooting range.



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

IPSC takes an important place in my life. It's not easy devoting as much time as I would like to IPSC, but I'm fortunate to have an understanding boss who allows me more time for training and competitions.

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

Running, bodybuilding and Wing Chun Kung Fu.

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

We need to identify women who want to excel in all aspects of their lives and give them another opportunity. IPSC is one of the few sports where men and women compete together, alongside each other. Moreover, the

physical differences between men and woman are far less conspicuous in IPSC.

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

Do not hesitate! This is a fun and challenging sport where women can compete equally with men. Better still, enjoy IPSC with the main man in your life, whether he is your father, brother, son, boyfriend or husband. IPSC is too much fun to only be enjoyed by men!



"IPSC is one of the few sports where men and women compete together, alongside each other"



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A photograph of two women from behind, wearing IPSC shooting gear. The woman on the right has 'MAX RIVERA' on her shirt. The woman on the left has 'KATI' on her shirt. They are both wearing 'RSL' (Rifles Shooting League) shirts. The background is a blurred outdoor setting.

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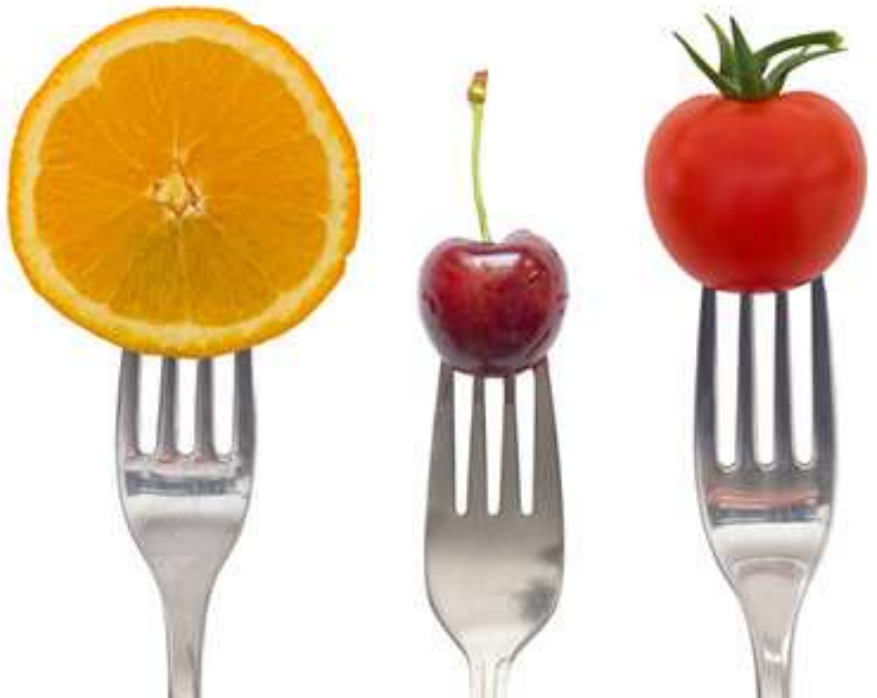
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WEIGHT GAIN WHILE DIETING

Sean McCauley, CSCS, CISSN



All too often people seem to become a little panicked when they are in the midst of a diet and step on the scale to see it go up one, two or even three pounds, seemingly overnight. How can that happen they ask?

When we look at physiology, the answers are right in front of us. And it is useful to take a look at this for two reasons. First, knowing how the body works is going to help you develop the best-possible dieting strategy and, secondly, it will go a long ways towards helping you shrug off the small upward movements you see when you diet.

So why does the body “gain” weight while dieting? Simply said, it’s a very normal thing. It’s not body fat - just the weight of the food in your GI system for the most part. The body is very dynamic and with that comes a very normal fluctuation in weight on a day to day basis. It is this fluctuation that people don’t account for most of the time. Indeed, the human body is incredibly dynamic. And while our goal is body fat loss, we

are dealing with a whole host of variables that are infinitely more complex than that alone. Let’s look at why that is the case.

Muscle, fat, skin, organs, blood volume, water, food volume in your stomach, food volume in your GI tract, liquid waste in your kidneys and bladder and muscle glycogen to name a few. All these things are in a constant fluctuation throughout the course of the day. When you step on a scale, it’s like taking a snapshot of your body at that particular moment in time. Often times you will see a drop in the scale, but after a day of increased food volume (note, I did not say higher numbers - just higher volume), more water, or maybe a missed workout you will see a jump on the scale. But again, it’s very normal.

Did you know that it takes at least 12 hours for food to work its way through your GI tract? That means the food you ate at your last couple of meals before a morning weigh-in will definitely be present on the scale. And if you ever want to see how much that can impact things, just realize that a liter of water weighs about 2 pounds. That puts a gallon of water at over 8 pounds. A plate of food can weigh a pound. It does not take long to see how this stuff adds up. And how it can and will impact the scale.

So what do we do with this? Simply said, we just make a few changes. First, we need to change our expectations. Most people expect to lose weight each day they diet. And while you may be losing fat each day you diet, there are going to be a lot of days where the weight of the other variables

The body is very dynamic and with that comes a very normal fluctuation in weight on a day to day basis.



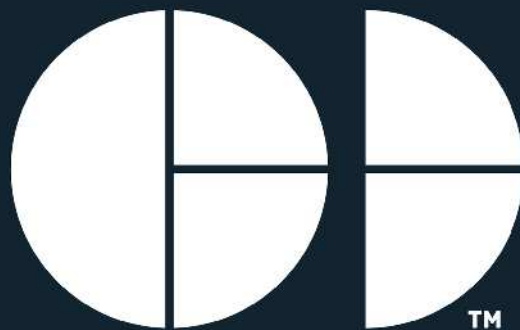
PRACTICAL FITNESS

Did you know that it takes at least 12 hours for food to work its way through your GI tract?

occludes your visual progress on the scale. That means you can be losing body fat and actually see a small jump on the scale. Remember, our physiology does not care about our thoughts on the matter. So don't let your thoughts on a given day get in the way of your weight loss.

Secondly, we need to weigh in every single day we diet. Some people already do this. Others hate doing this because they get frustrated when they do not see that forward progress on a daily basis. And that is not exactly unreasonable. But the problem with not weighing in each day is this: If you only weigh in once or twice a week, you'll only get part of the picture.

So even if it's painful for you to see the scale jump a pound or two when you are dieting (as it is for many), weigh in each day. Shrug off the days when you see a jump or no change. Realize that if the scale goes up, it is no way a reflection of your diet (assuming you are doing what you need to be doing and that you stuck to the plan perfectly).



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As most IPSC matches are conducted outdoors, there's always a possibility that competitors can fall victim to insect bites or stings.

Dealing With Flying or Creepy Crawlies

As most IPSC matches are conducted outdoors, there's always a possibility that competitors can fall victim to insect bites or stings.

Most insect bites and stings cause small reactions that are confined to the area of the bite. They can usually be treated by a First Aid responder, but see a doctor if your symptoms are severe.

As soon as you've been stung by a bee, remove the sting and venom sac if it's been left in your skin. Do this by scraping it out, either with your fingernails or something with a hard edge, such as a credit card.

When removing the sting, be careful not to spread the venom further under your skin and don't puncture the venom sac. Don't pinch the sting out with your fingers or a pair of tweezers because you may spread the venom.

Wasps and hornets don't usually leave the sting behind, so they might sting you again. If you've been stung and the wasp or hornet is still in the area, walk away calmly to avoid being stung again.

Most insect bites and stings just cause minor itching or swelling that usually clears up within several hours.

Minor bites and stings can be treated by washing the affected area with soap and water, then placing a cold compress (a flannel or cloth cooled with cold water) over the affected area to reduce swelling.

If the bite or sting is painful or swollen, you can also wrap an ice pack in a towel and place it on the swelling. Take painkillers, such as paracetamol or ibuprofen, if necessary. Use a spray or cream that contains local anesthetic, antihistamine or mild hydrocortisone (1%) on the affected area to improve comfort.





MATCH MEDIC

Most insect bites and stings just cause minor itching or swelling that usually clears up within several hours.

If you develop blisters after being bitten by an insect, don't burst them because they may become infected. Blisters don't usually cause pain unless they rupture and expose the new skin underneath. If possible, use an adhesive bandage to protect the blistered area.

If the bite or sting fills with pus and feels tender to touch, or if your glands swell up and you feel unwell with flu-like symptoms, immediately seek professional help because you may be going into anaphylactic shock, which is very serious and can be fatal.

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.

In such an event, it's essential to have the victim immediately transported to hospital, preferably by ambulance.

And it's always wise to keep mosquito repellent in your pocket or range bag. While a mosquito bite will not cause pain, there's always the possibility they are carrying the West Nile virus or perhaps Lyme disease.



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DINO EVANGELINOS
IROA PRESIDENT

MEMBERSHIP REPORT

OUR NUMBERS ARE GROWING!

IROA Officials who reported online the match points they earned during 2014, by the deadline of 31 January 2015, were all processed by the end of February.

If you reported your 2014 match activity on time, but note anomalies on your personal page at the IPSC website, send an email with supporting documentation to iroa@ipsc.org for assistance.

While you're checking your point status, remember to also check that your correct email address and other contact details are listed, otherwise you will not receive important IROA communiqués.

Membership Increase

I'm pleased to announce that the IROA membership continues to grow, and that we currently have a grand total of 538 officials. Within the ranks we have 38 Range Masters, 89 Chief Range Officers, and 28 Stats Officers.



Kristina Petkova (IPSC Bulgaria) only IROA official certified in ALL four disciplines (Handgun, Rifle, Shotgun and Action Air)

Each IROA Official is certified for either Handgun, Rifle, Shotgun or Action Air, but many officials have multiple certifications. However, one official, Kristina Petkova from IPSC Bulgaria, is the only IROA official certified in all four disciplines.

I therefore extend our heartiest congratulations to Kristina from the rest of the IROA family on her impressive achievement, and I hope this will encourage others to follow her lead.

IROA Level II Seminars

Officials are reminded that a dedicated Level II Rifle Seminar will be held on 6 June 2015 in Hungary, in conjunction with the European Rifle Championships.

Moreover, a dedicated Level II Shotgun Seminar will be held on 4 September 2015 in conjunction with Shotgun World Shoot II in Italy.

This will be followed on 5 September by a First Aid Seminar. Successful students will be certified as First Aid Officers, and will be given a small red cross that can be affixed to their IROA shirts.

If you reported your 2014 match activity on time, but note anomalies on your personal page at the IPSC website, send an email with supporting documentation to iroa@ipsc.org for assistance.

If you would like to participate in one or more of the seminars, but have yet to express your interest, send an email to iroa@ipsc.org as soon as possible, in order to request a place.

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!



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BEST OF THE BEST

PAUL ANDERSON

REGION: NEW ZEALAND



How many years have you been officiating?

I started IPSC shooting in the mid 1990's and I began officiating at club level around 2004. In 2009 I became a NROI member. In 2012 I joined IROA and I had plenty to keep me busy due to the rapidly approaching 2013 Australasian Handgun Championship.

What do you like best about officiating?

I have always advocated impartiality and treating others as I would like to be treated. Being an official at a match brings you in contact with every participant. You meet new people, have new experiences and challenges, and you get to travel and grow. Best of all, you get to catch up with old mates, build relationships and foster new friendships.

What was your most memorable match? Why?

I must say the 2013 Australasian Handgun Championship. Right from the inception of New Zealand and Australia agreeing to jointly host this event, the involvement and massive commitment required of key personnel would determine success or failure of the event. I had the rather daunting responsibility of serving as Deputy Range Master. Thankfully, everything went as planned, and even the weather gods shone on the match.

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

You can easily fill your bag with all and sundry, as there are many and varied things required. I carry a small pair of end nips, which are great for the speedy removal of staples, along with a



good quality multi tool and squib rod. I always have a small supply of medical plasters in case someone gets a minor hand injury while building the stages. I also stock up on electrolyte powder to add to water for that extra lift you sometimes require. And I always carry spare scoring overlays, in case someone has forgotten to bring theirs.

What advice do you have for aspiring officials?

Just because you're an official, don't stop shooting. Remember what started you down this path. Always be prepared to put your hand up and ask if you're unsure or have any doubts. Show everyone respect and treat them impartially, be safe, be happy and above all, enjoy yourself.



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ACTION AIR

STEADY GROWTH



As IPSC Action Air continues to expand around the globe, more successful Level II and III matches keep attracting avid shooters worldwide!

IPSC Action Air competitions are continually being introduced into more regions.

In recent months, matches have been held in Belgium, Colombia, Finland, Indonesia, Malaysia, the Philippines, Poland, Slovakia, Thailand and Russia, in addition to the numerous matches regularly held in Action Air strongholds like China, Hong Kong, Japan and Taiwan.

Moreover, the first officially IPSC Level III sanctioned Action Air match in Great Britain, comprising 12 stages and requiring a total of 205 pellets, was held in the north of England on 2 May 2015, with competitors from as far away as Hong Kong in attendance.

Another IPSC Action Air match, scheduled in Great Britain on 12 July, is currently awaiting IPSC Level III sanctioning.

It should also be noted that IPSC Action Air matches have not been limited to semi-auto handguns. There have been revolvers, rifles and shotguns used, and occasionally some of them have been combined into 2-Gun and 3-Gun Tournaments and Grand Tournaments.

One of the real benefits of IPSC Action Air is that youngsters can be introduced to safe gun handling at an early age so,





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IPSC Action Air matches have not been limited to semi-auto handguns. There have been revolvers, rifles and shotguns used.

AIR CREW



by the time they are ready to move up to big bore guns, they have the discipline necessary to ensure safety for themselves and other participants at a match.

Additionally, IPSC Action Air enables competitors to shoot indoors when inclement weather prevents them from enjoying their favourite sport outdoors.

And the considerably lower cost of Action Air consumables such as propellant gas and pellets versus the cost of live, full bore ammunition is an added benefit to those on a tight budget.

Of course, the overarching benefit of IPSC is that it brings good people together, from all walks of life and from all cultures and social backgrounds, in a spirit of sportsmanship and camaraderie.



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REGIONS WORLDWIDE

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IPSC REGIONS - AUSTRALASIA

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**IPSC REGIONS - NORTH AND
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IPSC REGIONS - SOUTH AMERICA

48

IPSC REGIONS - EUROPE

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IPSC REGIONS - WORLDWIDE

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IN THE NEXT ISSUE

SPECIAL COVERAGE:
2015 EUROPEAN RIFLE CHAMPIONSHIP

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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