

# IPSC WORLD

Volume V • Issue 2

## 2015 FAR EAST ASIA HANDGUN CHAMPIONSHIP

### Interviews

---

Young Guns - Seth Clagg

Hot Shots - Roberto Vezzoli

Leading Ladies - Anna Yants

Best of the Best - Stanislav Grubiak

Senior Shootizens - Bill Campbell



Sascha Back  
GECO Team Member



# GECO ACTION RIFLE AMMUNITION GECO - ALL YOU NEED

[geco-ammunition.com](http://geco-ammunition.com)

GECO is a registered trademark of RUAG Ammotec, a RUAG Group Company





## IN THIS ISSUE



## FEATURES

### 6 2015 Far East Asia Handgun Championship

Welcome to Breathtaking Johor, Malaysia!  
 Opening Ceremony  
 Fantastic Shooting Range  
 Courses of Fire  
 Beautiful Scenery and Tourism  
 Awards Ceremony

## INTERVIEWS

- 22 Young Guns
- 26 Hot Shots
- 28 Senior Shootizens
- 30 Leading Ladies
- 40 Best of the Best



## SECTIONS

- 4 President's Page
- 18 Regional Ramblings
- 20 On The Range
- 33 Practical Fitness
- 35 Match Medic
- 38 IROA Briefing
- 42 Action Shooting
- 44 Products Corner
- 46 IPSC Trivia
- 47 Let's Go Shooting





# Welcome to the IPSC Family!

The first quarter of each year is mainly used to fine-tune our roadmap for the rest of the year, and an important part of that process is holding our annual executive meeting.

This year we held our meeting in conjunction with the IWA Show in Germany.

In addition to the myriad of topics we covered during the intensive 2-day meeting, the IWA Show gave us an excellent opportunity to catch up informally with many Regional Directors and other key people in the shooting world.

## New Appointments

I'm delighted to announce that Sasja Barentsen, IPSC Netherlands Regional Director, has accepted the increasingly crucial role of IPSC Legislative Director. Sasja is a youthful and dynamic individual, who is intimately familiar with developments currently playing out in Europe.

Sasja has been in the forefront of recent communications among European Regional Directors, and I'm sure we're going to be hearing much more from him in the near future.



Sasja Barentsen



Taisto Takkumaki

# IPSC WORLD

## 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

## CONTRIBUTING PHOTOGRAPHERS:

Faizal Hussin

## PRODUCTION

TEK IT UP I.T. Services  
www.tekitup.ca



facebook/IPSCWorld



@IPSCWorld  
@IPSCWorldShoot



YouTube.com/IPSCWorld



Global Village  
ipsc.invisionzone.com

I'm also pleased to announce that Taisto Takkumaki of IPSC Finland is our new IPSC Rifle Director. Taisto is a prominent and active rifle aficionado who brings with him decades of experience.

I also take this opportunity to publicly thank retiring IPSC Rifle Director, Tim Andersen, Regional Director of IPSC Denmark, for his many years of valuable service.

### IPSC 40th Anniversary Pistols

In honor of the 40th anniversary of IPSC, a significant milestone, I'm excited to announce that prominent gun makers CZ, Tanfoglio and STI have all agreed to produce commemorative pistols.

More details will be released once the final designs have been approved, but I can assure you that these pistols promise to be beautiful versions of their most amazing models.

I imagine that the small, but hardy group of men who founded IPSC in 1976 would be proud to know that we currently have affiliated organisations in over 95 different

countries and territories, with a global membership of some 250,000 passionate devotees.

Today IPSC is not only well-structured and financially sound, it is undoubtedly the safest, the most exciting and the most dynamic sports shooting organisation in the world.



**Nick Alexakos**  
IPSC President

## SHOTGUN WORLD CHAMPIONSHIP OFFICIAL AMMUNITION



13-20 SEPTEMBER 2015 AGNA (PD)





## 2015 Far East Asia Handgun Championship



# Selamat Datang Ke Malaysia!

Photos: Faizal Hussin

After conducting a highly successful Level IV Australasian Handgun Championship in 2010, in joint venture with friendly neighbouring region IPSC Singapore, it was time for IPSC Malaysia to go it alone with a major match.

And they did a fantastic job!

Energetic Regional Director of IPSC Malaysia, YBM Tunku Abdul Jalil Ibni Tunku Osman, respectfully known locally as “TJ” for “Tunku Jalil”, was at the range every day from dawn to dusk to personally supervise activities as Match Director.

It's an honour to have a member of the Royal Family taking such an active interest in IPSC.





**SIGSAUER**<sup>®</sup>  
when it counts™

## X-FIVE ALLROUND 9mm WITHOUT COMPROMISE.



- 5" hammer forged match barrel
- tuned DA/SA trigger system
- full X-Series modularity
- micrometer-sight
- incl. proof-target 5 rds. at 25 m in 40 mm circle

### X-Five Allround

Modularity, quality, precision and reliability – P226 X-Five Allround delivers what SIG Sauer stands for!  
Be on target in Production Class with your full steel SIG Sauer X-Five!

SIG SAUER GmbH & Co. KG · D-24340 Eckernförde · Sauerstr. 2-6 · fon +49 (0)4351 471 0 · fax +49 (0)4351 471 160 · [www.sigsauer.de](http://www.sigsauer.de)

His aides-de-camp, Raja Azlan Shah and Faizal Hussin, competently served as his right and left hands, and the triumvirate worked together flawlessly as a team.

They were ably assisted by IROA Range Master Robby Atmadja from IPSC Indonesia, who was in turn supported by an enthusiastic cadre of local and international officials hailing from as far away as the Netherlands, Serbia, Poland and Germany.

In fact, Geno Sioda from IPSC Poland, crunched the numbers in a timely manner as Stats Director, and he was aided by a team of talented Malaysian ladies.

And, as always, officials from Australia, New Zealand and the Philippines added colourful repartee to the event.

**Despite coming from such disparate places, the inescapable magic of IPSC camaraderie ensured that everyone renewed old friendships, and made new ones to last a lifetime.**

The Opening Ceremony was held at the Puteri Harbour at Nusajaya, and it was a dignified event.

This competition was again held on the beautiful shooting range situated within a 2,500 hectare palm oil plantation at Kota Tinggi, a leisurely 40 minute drive from the official match hotels in Johor Bahru, the Capitol of Johor State.

The backdrop of thousands of gently swaying palm trees surrounding the shooting bays created a calming, tropical vista and complemented the attractive stage decorations, the colorful sponsor's signage, and the informative pictorial stage signs.

In addition to a large contingent from IPSC Malaysia, there were competitors from Australia, China, the Czech Republic, Hong Kong, Indonesia, Ireland, Japan, Macau, Mongolia, Papua New Guinea, the Philippines, Russia, Serbia, Singapore, Spain, Sri Lanka and Thailand.






# 2015 Far East Asia Handgun Championship



Despite coming from such disparate places, the inescapable magic of IPSC camaraderie ensured that everyone renewed old friendships and made new ones to last a lifetime.


IPSC is about Safety, Excellence in Shooting and Fun, and all three were clearly evident in Malaysia.



**SHOT HUNT**  
THE DECIBEL HUNTER

Protect and Enhance  
your hearing

**NEW ELECTRONIC  
EARPLUGS**



MADE IN ITALY



*Eric Grauffel*



### Ambient sound volume

The earpieces have three different hearing programs each with a specific volume setting.

- **Program 1: No amplification.** Suitable for situations where you need to concentrate and isolate yourself from external sounds.
- **Program 2: Weak amplification** of environmental sounds. Suitable for restoring the natural hearing.
- **Program 3: Accentuated amplification** of environmental sounds. Suitable for enhancing listening to all sounds.

[www.shothunt.com](http://www.shothunt.com)  
[info@shothunt.com](mailto:info@shothunt.com)



Euro Sonit S.r.l. - Via Principe Eugenio 13  
20155 Milano (MI)  
Tel. 02 33101657 - Fax 02 33103372



Competitors were challenged by 24 Courses of Fire ranging from 12 round Short Courses up to 32 round Long Courses, with a variety of other size courses in between.

The centrally located competitor's area offered an interesting variety of local Malaysian cuisine for lunch each day. The nearby sponsors and vendors tables displayed a plethora of merchandise that was briskly snapped up by participants eager to acquire the latest accessories and match souvenirs.

The divisions with the most competitors were Production (41%), Open (32%) and Standard (22%). Although there were competitors in Classic (4%) and Revolver (1%) divisions, unfortunately there were insufficient numbers for the latter two divisions to be officially recognised.



**Competitors were challenged by 24 Courses of Fire ranging from 12 round Short Courses up to 32 round Long Courses, with a variety of other size courses in between.**

# 2015 Far East Asia Handgun Championship



As usual, IROA Officials are always ready for action with a big smile!



The high tech powder  
for perfectionists

- High performance
- Available
- Reproducible



[www.reload-swiss.com](http://www.reload-swiss.com)



**TANFOGLIO**

DISCOVER TANFOGLIO WORLD





# 2015 Far East Asia Handgun Championship





The lavish Awards Dinner was held at the Persada Johor International Convention Centre.

Although Eduardo de Cobos from IPSC Spain and Josef Rakusan from the Czech Republic won overall honours in Production and Standard Divisions respectively, they could not be crowned Far East Asian champions.

However, they nonetheless earned an IPSC President's Medal for their home regions.





**GHOST-USA.COM**  
**GHOSTINTERNATIONAL.COM**

**GHOST**



## 2015 Far East Asia Handgun Championship

The new Far East Asian Champions for 2015 are Edcel Gino (Open) and Kahlil Viray (Standard), both of them hailing from the Philippines. However, Nattaaphum Kamolwong from Thailand prevented a Filipino grand slam by becoming Far East Asia Champion in Production Division.

A full set of results, including Category placings, are available at the IPSC website.

The next Far East Asia Handgun Championship is scheduled for 2018 in Indonesia so if you want to experience the thrill and excitement of Asia, along with the fabulous food, start making your long term plans now!

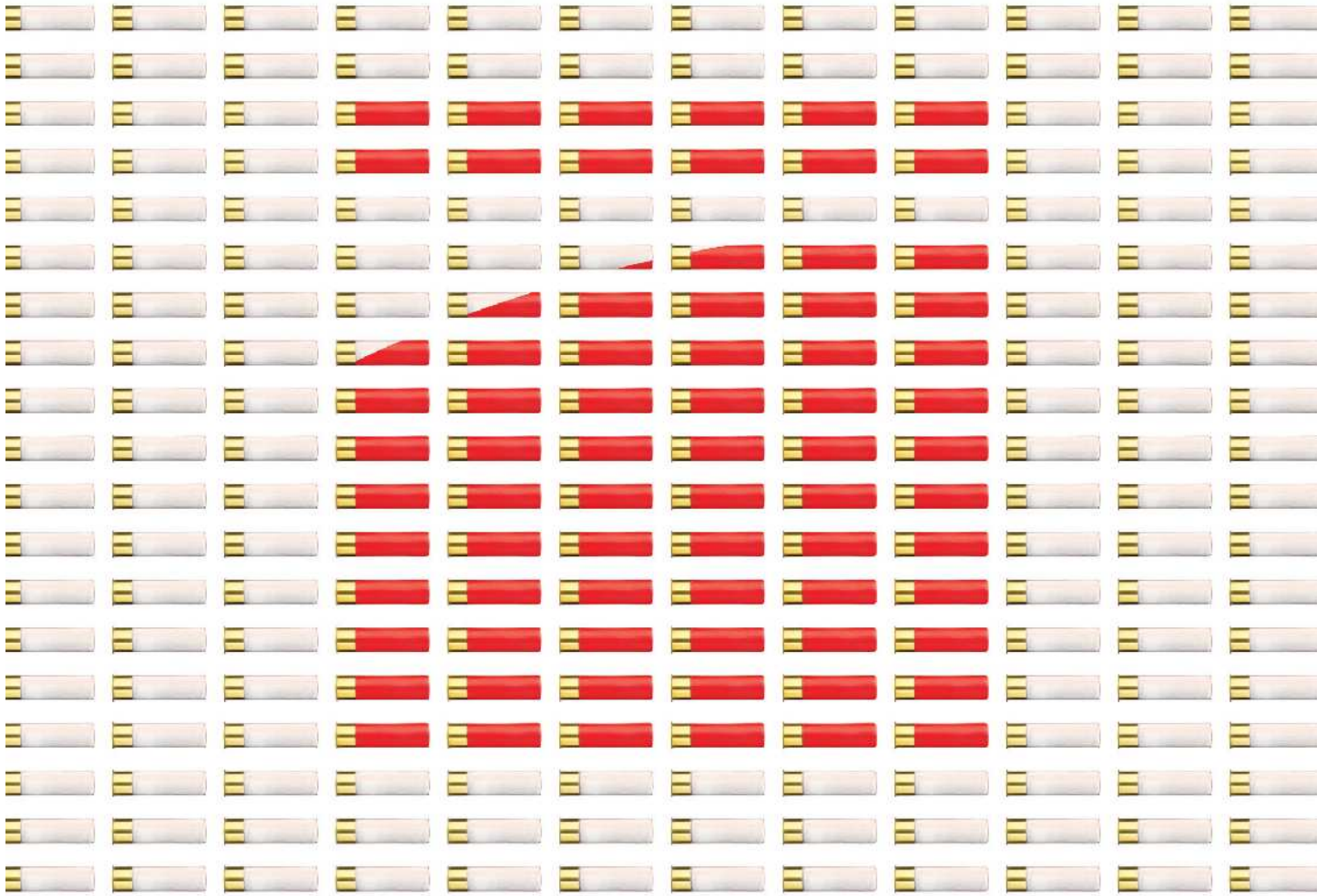


*the winning choice*

**ADCC**<sup>®</sup>

Tel. +39 030 8370301  
info@adccustom.com  
www.adccustom.com





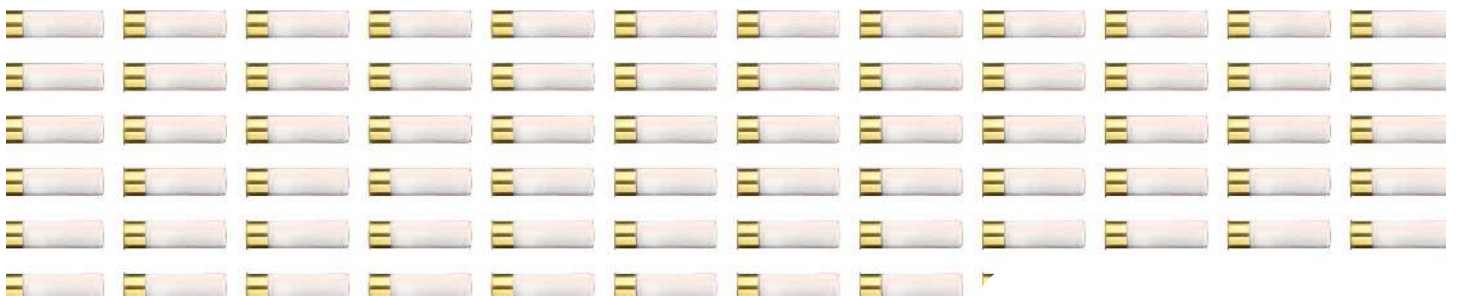
BENELLI YOUR CHOICE

# SHOTGUN

WORLD CHAMPIONSHIP

AGNA | 2015

TOGETHER TO WIN



[www.benelli.it](http://www.benelli.it)

 **Benelli**



# REGIONAL RAMBLINGS



**REGIONAL DIRECTOR** Gareth Graham

**YEAR ESTABLISHED** 1977

**WEBSITE** <http://www.ipsc.org.au>

Shortly after the Columbia Conference in the USA, which established IPSC in 1976, Australia was one of the first international countries to welcome the exciting new dynamic sport.

The Professional Pistol League of Australia (PPLA) in Melbourne, the Mayne Nickless Pistol Club and the South Australian Police Pistol Club in Adelaide, and the Sporting Shooters Association of Australia (SSAA) quickly embraced IPSC.

About the same time, the Pine Valley Pistol Club in Perth and the Queensland Practical Shooting League in Brisbane, amongst others, were also quick to sign up.

Under the direction and guidance of Heinz Raz, editor of the SSAA Shooters Journal, IPSC Australia was established. The IPSC world body recognised us along with the USA, the UK, South Africa, Rhodesia (now Zimbabwe) and a handful of other countries.

The first order of business was organisation of an inaugural National Championship. This event was hosted at the SSAA range in Adelaide over the 1977 Easter weekend, just 6 months after our formation.

It was a fairly modest match, with just 45 eager competitors from around Australia ready to shoot 3 stages. When the final



scores were tallied, Max Wray from the Pine Valley Pistol Club became our first national champion.

After the event, a general meeting of competitors from each of the states elected Heinz to be our first Regional Director.



Heinz Raz

Things progressed quickly and, within a matter of months, 26 clubs from South Australia, Victoria, Western Australia and Queensland had affiliated. By 1979, Tasmania and the Northern Territory had joined too.

We also welcomed a group from New Zealand who wanted their “Big Brother” to help them get organised at home.



Shortly thereafter, we created our own magazine, the IPSC Australia News, in which each area gave a brief report on the activities at State and Club level. It also contained key information from the IPSC world body, in particular feedback from IPSC President Jeff Cooper.

By now, IPSC Australia was functioning fully as a region under the IPSC world body. Each State and Territory was

called a Section, with listed Clubs and individual members all registered with our national body.

Our membership quickly grew to 1,500 which made us the second largest region in the world after South Africa. The UK was the third largest region followed by the USA in fourth place.

Every State organised a handgun championship, some also arranged rifle and shotgun events.



After the successful 1981 national championship, Heinz stood down as Regional Director and he passed the torch to Michael Hudson, who served for 10 years up to 1991. He was followed by Brian Gatenby, Bonnie Thomas, Des Lilley and our incumbent Regional Director Gareth Graham.

Despite draconian changes made to Australian gun laws in 1996, which had a huge negative impact on our sport, our competitors and Range Officials continue to actively participate with distinction in major matches around the world, albeit at a competitive disadvantage.

We hope that our continual appeals to government for more reasonable and realistic gun laws will once again enable us to one day host another Continental or World Championship, like when we hosted the 1990 IPSC Handgun World Shoot.

In 2016, we celebrate our 40th Anniversary as a member of the worldwide IPSC community, so we hope this important milestone will be the beginning of another 40 years.





## Which match is on your bucket list?



**Igor Nadolski, 39**  
I.T. Manager  
**BELARUS**

I would love to visit one of the Australasian matches. Some time ago I took part in a small match in that part of the world (Singapore) and I really loved it! People and weather are very different from what we have here in Europe.



**Jean-Pierre Le Maître, 60**  
Retired Pilot  
**PHILIPPINES**

The culmination of our sport passion would probably be to participate in the most prestigious match of all and in my homeland, the WSXVIII in France.



**Jose Luis Beltrami, 60**  
I.T. Professional  
**URUGUAY**

I always wanted to attend the Latin-American Handgun Championship, and I hope to realise my dream this year in Colombia.



**Sean O'Donovan, 51**  
Data Base Administrator  
**SOUTH AFRICA**

After having so much fun shooting the IPSC Handgun World Shoot in 2014 in the USA, I would not hesitate to go back again, and perhaps shoot the American Nationals and see as much of the USA as possible.



**Stephen Borge, 28**  
I.T. Engineer  
**MALTA**

Out of any competition it would be great to attend a World Shoot to represent my region of Gibraltar, and compete among the world's best shooters!



**Jetsada Phae-Araya, 40**  
Real Estate Developer  
**THAILAND**

Extreme Euro Open Championship LIII and Mongolia IPSC Championship LIII are two matches I would love to attend. I think it would be a great experience for me.



**Need banners for the competition ?  
We print and deliver directly at the range**

- PVC Banners
- Wind Banners
- Flags
- Wind flags
- Posters
- Match book



**Tél : +33 1 41 17 40 40  
@mail : altunaipsc@coptos.com**



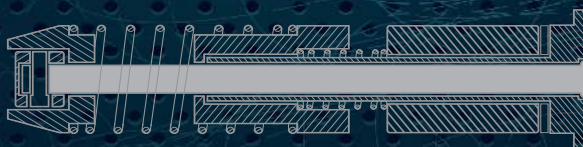
**DPM Systems Technologies Ltd**  
[www.dpmsystems.com](http://www.dpmsystems.com)

**The New DPM Telescopic Recoil System for AK-47 Platforms**



U.S. PATENT APPLICATION NO. 14/930,901

**The World's Only Recoil Buffer Assembly for M-16 & AR-15 Platform Weapons with Full User Adjustability**



US PATENT 9,080,823 B1

**Firearms Recoil Improvement  
The Future Is Now With Unique Tactical Products**



# Seth Clagg

**AGE: 17**  
**REGION: United States**



### How did you first hear about IPSC?

I first learned of IPSC shooting through family members. When my uncle, Shane Coley, made the USA Open Junior Team for the 2008 Handgun World Shoot, it really spurred my interest. The idea of shooting on the move at targets sounded like a lot of fun.

### For how long have you been shooting?

I have been shooting for almost four years.

### What division do you shoot and why?

I started in Production and have stuck with it. My family thought it was best for me to learn the fundamentals of shooting with traditional sights. Although I've shot some matches in Open with electronic sights, I prefer the challenge of competing in Production.



### What is the coolest about IPSC shooting?

I think everything about it makes it cool. I like the spirit of competition and the camaraderie that I experience at every match. I've made so many friends from all over the world. I do not know many sports available to juniors that can offer what IPSC provides.



### What inspired you to begin shooting?

As I mentioned before, my uncle played a big part in my involvement. I've always had a passion for guns, and watching him shoot really inspired me to try it. Once I shot my first match in 2012 with my dad, I never looked back.

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

My friends think what I do is very cool. My family is very supportive by attending my matches and helping pay for the expenses involved.

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

School is a priority for me, so I have to choose wisely the matches I shoot during the year to avoid a lot of absences. Fortunately, my teachers and school admin are very helpful and they support me fully to succeed in what I do. My other big challenge is one faced by many competitors: I need basic necessities such as guns, ammo, and other ancillary equipment. I'm so grateful for the support I receive from Atlanta Arms, Tanfoglio, and Ghost International. I would not be where I am today without them and the support of my family.

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

I enjoy playing soccer, lacrosse, and track.

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

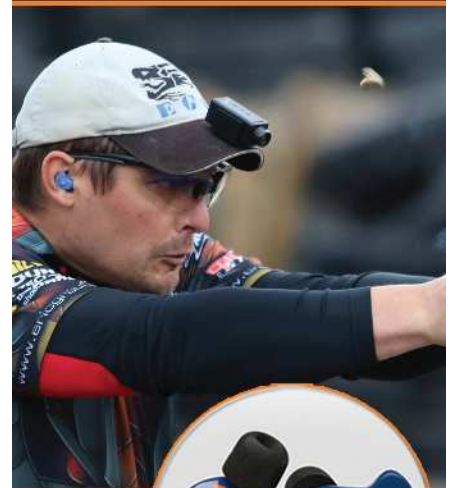
Steel Challenge is an amazing sport that really hones my shooting skills. There is some crossover in training that helps with my speed and accuracy.



**SHOT HUNT**  
THE DECIBEL HUNTER

**Protect and Enhance  
your hearing**

**NEW ELECTRONIC  
EARPLUGS**



*Eric  
Grauffel*



#### **Ambient sound volume**

The earpieces have three different hearing programs each with a specific volume setting.

- **Program 1: No amplification.** Suitable for situations where you need to concentrate and isolate yourself from external sounds.
- **Program 2: Weak amplification** of environmental sounds. Suitable for restoring the natural hearing.
- **Program 3: Accentuated amplification** of environmental sounds. Suitable for enhancing listening to all sounds.

www.shothunt.com  
info@shothunt.com



Euro Sonit S.r.l. - Via Principe Eugenio 13  
20155 Milano (MI)  
Tel. 02 33101657 - Fax 02 33103372

# CZ 75 TS ORANGE



[WWW.CZUB.CZ](http://WWW.CZUB.CZ)



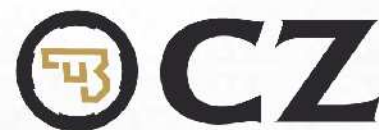
[INFO@CZUB.CZ](mailto:INFO@CZUB.CZ)



[FACEBOOK.COM/CESKAZBROJOVKA.CZ](https://FACEBOOK.COM/CESKAZBROJOVKA.CZ)



# CZ 75 SP-01 SHADOW ORANGE





### How many years have you been shooting?

I started shooting when I was 5 years old. When I was 14, I started target shooting competitions with air pistols and 22LR pistols, and I was successful in national and international matches. I came to IPSC in 1994, and I joined the Italian national team in 1996. In 2009 the Italian Federation appointed me as coach of the national shotgun and rifle teams.

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

I especially love that every IPSC match is different. You never get bored, because you use different types of firearms and a huge variety of targets. You meet a lot of competitors from around the world who share the same passion to have fun in absolute safety.

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

It depends on the time of the year: In some months, I only train once every 15-20 days. Workouts increase when a major match is approaching, when I train 4-5 times a week.



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

When I started shooting IPSC, a friend gave me a video of Rob Leatham. A few years later, I finally had the pleasure of meeting him. He remains my inspiration.

### How do you unwind at the end of the day?

When I get home in the evening, the hardest work begins, that of a father. Only when all are sleeping can I retreat into my den and relax by hand-loading ammunition, or playing guitar.

### Are you active in any other sport?

Not really. I live at the foot of the Alps, so I can just go up a mountain to reconnect with nature.

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

Focus on your goals, and leave nothing to chance. Seek guidance from more experienced competitors, but never forget to have fun.



### What is your match pistol and ammo?

In Handgun, I shoot Classic Division with a 1911 pistol by ADC Master Elite in 40SW. In Standard Rifle, I use an Oberland Target 20 M4 using 55 grain FMJ bullets from Fiocchi. In Shotgun, I use my Beretta 1301 Comp with various types of Fiocchi bird, buck and slug ammunition.

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

In our sport, mental preparation is a key component to achieve a positive performance. The sequence of acts preparatory to the match are important to make sure that my psychology is ready for optimum performance. The main thing is to check my equipment carefully and test it thoroughly before the match. Knowing that my equipment is operating flawlessly allows me to focus on match strategy.

### Any special nutrition or diet?

Diet is important. I always try to maintain a balanced diet to avoid unpleasant surprises.

### Any special exercises?

My personal fitness regime involves a number of exercise techniques which I utilise during the season.



# BILL CAMPBELL

**REGION: AUSTRALIA**

**AGE: 62**



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

I had been training in martial arts for around 15 years and I was working in security. One of my team members was actively into shooting, and he invited me to attend one weekend. I've been hooked on IPSC ever since, some 30 years now.

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

I have always shot Open Division as I found it to be the most challenging; seeing how fast I could go whilst maintaining accuracy. Of course when I started in IPSC there was only one division anyway.

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

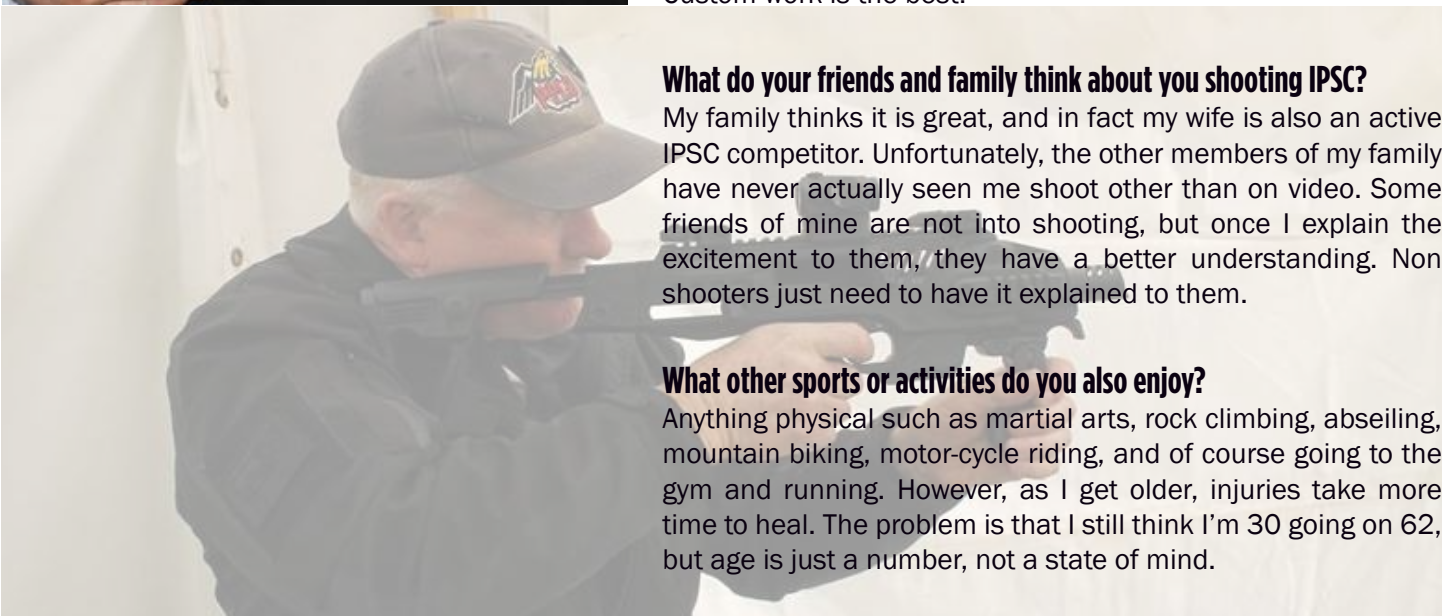
Currently an STI 2011 Match Master with a Trubor top end. I had this combination carried out by Muscrat Custom and it is the best thing I have ever had done to any of my guns. Very accurate and flatter shooting due to changes to the recoil system. Muscrat Custom work is the best!

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

My family thinks it is great, and in fact my wife is also an active IPSC competitor. Unfortunately, the other members of my family have never actually seen me shoot other than on video. Some friends of mine are not into shooting, but once I explain the excitement to them, they have a better understanding. Non shooters just need to have it explained to them.

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

Anything physical such as martial arts, rock climbing, abseiling, mountain biking, motor-cycle riding, and of course going to the gym and running. However, as I get older, injuries take more time to heal. The problem is that I still think I'm 30 going on 62, but age is just a number, not a state of mind.



**“Never forget to work on your basics, because they are the foundation of good shooting. You cannot build a house on mud, so strong basics will develop good foundation to do anything.”**



**What inspired you to begin shooting?**

Because of my martial arts training, I saw it as an extension of those skills. I also like the challenge of being able to shoot fast, accurately and on the move.

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

Basics! Never forget to work on your basics, because they are the foundation of good shooting. You cannot build a house on mud, so strong basics will develop a good foundation to do anything. Never, ever give up. Forget the word “can’t” and do everything you need to do to become your best. Finally don’t be a “Prima Donna”. God knows we have enough of them already.



**[www.jrholster.com](http://www.jrholster.com)**

**FAST DRAW • FASTEST HOLSTER  
GEAR OF THE CHAMPIONS**

**GINOVATION**  
**AUTOMATIC LOCK**  
**SAFE, FAST, RELIABLE**



## LEADING LADIES

# ANNA YANTS



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

Some instructors from IPSC Russia came to our country to hold a seminar and match. It was a great way for me to learn about IPSC shooting. It was a new, exciting and challenging experience for me. I was so happy to pass all the tests and it made me fall in love with IPSC, which has changed my life for the better.

### How long have you been shooting?

I have been shooting for about 18 months. I try to train as often as possible, but shooting sports are quite expensive in my country.

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

For Handgun, I shoot either Standard or Production Divisions. For Shotgun, I enjoy Open and Standard Manual. I try to shoot in whichever division has the most competitors, so that I can compare my results against more people.



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

IPSC is excellent for social interaction and it is much more exciting than boring sports like golf. IPSC shooting also inspires me to maintain good physical health so that I can perform at the highest level.

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

I am a trained artist, and I find that the critical eye I need for my art is also useful when shooting IPSC. Knowledge about firearms helps me easily find a common language with men, once they get over the initial shock!



paintball. However, I still enjoy some “girlie” hobbies such as make-up, needlework, drawing, training in photo model art, and collecting high heel shoes.

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

I think the best way is for existing female IPSC competitors to take their girlfriends to the range for an introductory lesson in gun safety and IPSC shooting skills.

**“Ask a female IPSC competitor to be your mentor”**

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

Ask a female IPSC competitor to be your mentor. It’s a great way to make new friends.

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

Besides IPSC shooting, I enjoy sea diving, sky diving, equestrian sports, hunting, mountain trekking, and sports



**SHIELD SIGHTS**  
MILITARY PROVEN RED DOTS

SHIELD MINI-SIGHT  
SMALLEST,  
TOUGHEST,  
LIGHTEST IN ITS CLASS.

SWITCHABLE INTERFACE SIGHT

SWITCH BETWEEN 4 RETICLE CHOICES ON THE GO  
MANUAL & AUTO BRIGHTNESS ADJUSTMENT

[WWW.SHIELDPSD.COM](http://WWW.SHIELDPSD.COM)

**AZOT**  
Research & Production  
Company

**NRG**  
Match  
SPECIAL AUTO  
SUPERIOR

# Saiga 12 version 340

## The firearm of world champions



**Alena Kostina** – 2016 shotgun world championship 1st place open lady  
**Vassilina** – 2015 shotgun world championship shoot-off 1st place open, team 1st place open  
**Maria Sharova** – 2016 shotgun world championship shoot-off 1st place open lady

New gas system improves reliability and operates with light loads

Muzzlebreak eliminates muzzle rise and reduces recoil



Better ergonomics

Magazine release resembles pistol ergonomics, allowing you to use your thumb to drop the magazine



**KALASHNIKOV**

KALASHNIKOV GROUP

FOR RESPONSIBLE GUN OWNERSHIP





# WEIGHT LOSS EXPECTATIONS



Sean McCauley, CSCS, CISSN

## When it comes to succeeding in fitness, it's all about managing expectations along the way.

You can lose 5 pounds or 500 pounds. But if you get so frustrated that you quit along the way, neither of them will happen.

Body fat loss happens slowly. We would all love to hear otherwise but we are all constrained by the reality of human metabolism. Far too often we see people trying to lose as much as they can, as fast as they can. Maybe because they want abs or want to step on stage on a certain day, but whatever the motive, they make a mistake of putting a timeline to it. And putting your goals to a specific timeline is the single biggest killer of results and goals in the entire realm of fitness. Yes I said that. Your time-based goals are likely to kill your success because it adds a layer

of stress you don't need in your life. And when that happens, it's a game-changer. The process goes from fun to feeling like a job very fast. Before you know it, you don't want to do it anymore. Or at the very least you are not having fun.

With a timeline for weight loss comes daily expectations. Only the scale does not move for you every single day. Indeed, it goes up and down. If you were to graph weight loss for the average person over the course of say 3 months, it would look pretty ugly. It would not be a smooth, linear line moving downward daily. But the other variables going on inside your body (food in your GI, water, carb storage, hormonal profiles, et) occlude that daily drop.



**People don't fall off diets because of overwhelming success. They fall off because of underwhelming success. All that is rooted in expectation.**



## PRACTICAL FITNESS

# *Your time-based goals are likely to kill your success because it adds a layer of stress you don't need in your life.*

We have to accept that even when we do things perfectly, there will be days when the scale goes up. There will also be days when the scale goes down. And that's great. Because when you look at that graph of the real persons weight loss, while a bit ugly and non-linear, it will be trending downward over time. That is the progress people need to focus on.

The best way for a person to enjoy that weight loss and see it happen is to manage expectations of daily weight loss and daily progress. If you don't do that you simply will not have the staying-power to maintain what they are doing long enough to get to the goal. We've all known somebody who ran into that issue. They burned out at the gym. Why? Not because of the progress they were making but rather because they didn't think it was happening fast enough. Same with the food.

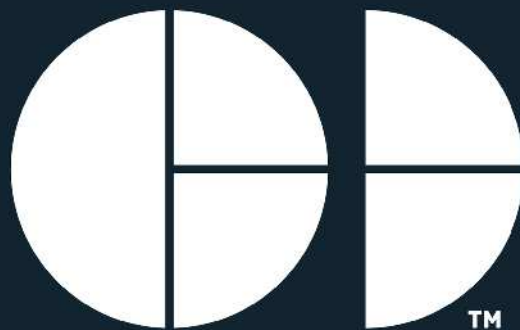


People don't fall off diets because of overwhelming success. They fall off because of underwhelming success. All that is rooted in expectation.

Focus on the process that you are working. Trust it. If you don't trust the process, change it. Change your coach or change something else. But you have to KNOW that what you are doing WILL work. There is no room for doubt here because that again starts toying with your emotions. Be patient but persistent.

Let's rehash the plan here:

- 1) Set goals but not specific timelines.
- 2) Manage daily expectations. Limit them to things you control like nutrition and training.
- 3) Remove emotion from the number see on the scale. It's not a commentary on your success on a given day.
- 4) Maintain positive control on the things you can control. Namely your daily food intake and your daily exercise levels. Optimize them.
- 5) Trust the process. Focus on the big picture every day. Remember what you are fighting for.



# CLOUD DEFENSIVE

RESIDENTIAL AND CORPORATE DEFENSE CONSULTANTS

[clouddefensive.com](http://clouddefensive.com)



# Food Poisoning

Food poisoning is a common, yet distressing and sometimes life-threatening problem for millions of people around the world. Depending on the type of infection, people can actually die as a result of food poisoning.

Food poisoning is an illness caused by eating contaminated food. It's not usually serious and most people get better within a few days without treatment.

In most cases, food is contaminated by bacteria such as campylobacter, salmonella, shigella, E. coli, listeria, botulism or norovirus.

The symptoms of food poisoning usually begin within one to two days of eating contaminated food, although they may start at any point between a few hours and several weeks later.

Main symptoms include nausea, vomiting, diarrhea, stomach cramps or abdominal pain, a lack of energy or weakness, a loss of appetite, fever, aching muscles or chills.

To minimise the risk of food poisoning, wash hands frequently during and after food preparation, or after handling reptiles, birds or after contact with pet feces.

Maintaining good hydration is the first priority when treating food poisoning. Try to drink plenty of water, even if you can only sip it. Eat when you feel up to it, but try small, light meals at first and stick to bland foods such as toast, crackers, bananas and rice until you begin to feel better.





**MATCH MEDIC**

# The symptoms of food poisoning usually begin within one to two days of eating contaminated food.

## 7 TIPS TO AVOID FOOD POISONING

**1 CHECK**  
Best Before date

When in doubt

**2 THROW IT OUT**



**3 TEMPERATURE**

Cook to the right

Poultry  
165°F

Ground Meats  
160°F

Whole meats  
145°F



**4 REFRIGERATE**

Food should be refrigerated or frozen within 2 hours on a hot day

**5 CLEAN**  
everything in your kitchen with hot and soapy water

- Utensils
- Cooking surfaces
- Cutting board
- Hands



**6 SEPARATE**

raw meats from cooked foods when shopping or preparing foods

Oral rehydration solutions (ORS), which are available from pharmacies, are recommended for more vulnerable people, such as pregnant women, young children and people over 60.

The same is true of people with a long-term underlying condition, such as inflammatory bowel disease (IBD), heart valve disease, diabetes or kidney disease.

However, you should seek medical assistance if your symptoms are severe.

For example, if you're unable to keep down any fluids because you are vomiting repeatedly, or if you have symptoms of severe dehydration such as confusion, a rapid heartbeat, sunken eyes and passing little or no urine.



FOR

# IPSC

## PROFESSIONALS

**W** WWW.CZUB.CZ

**E** INFO@CZUB.CZ

**F** FACEBOOK.COM/CESKAZBROJOVKA.CZ



# GO FAST.



DVC OPEN  
.38 Super/9mm

It's everything you want in a custom race gun—  
except the price. You get after market performance features  
and custom quality right out of the box.



Precision Made.  
Performance Defined.  
[www.STIGUNS.com](http://www.STIGUNS.com)



**DINO EVANGELINOS**  
IROA PRESIDENT

## 2016 CALL-UPS

**ONCE AGAIN MEMBERS ANSWERING THE CALL!**

I'm pleased to report that the annual points reporting for the 2015 calendar year went smoothly and all data was processed in the first week of February.

We now have a total of 600 members comprised of 38 Range Masters, 86 Chief Range Officers, 410 Range Officers, 26 Stats Officers and 40 Provisional members.

Our IROA family continues to grow and it's fantastic to see we have so many dedicated individuals ready, willing and able to serve our burgeoning match calendar.

The enthusiasm of our officials is evidenced by the tremendous response rate we received to our three most recent Level IV match call-ups for 2016, namely the Australasian Handgun in Indonesia, the European Handgun in Hungary and the Latin American Handgun in Colombia.

Once again, it's going to be a hectic year, but I know that the Best Of The Best are up to the task.



I'm also delighted to see that there has been considerable interest in our recently introduced First Aid Seminar. This year, we will be conducting those seminars in conjunction with the previously mentioned Level IV matches in Indonesia and Hungary.

There will also be a Level II Range Officer seminar offered at the match in Hungary.




Jayne Moon, no doubt the Queen of IPSC Stats

### In Memoriam.

It is with profound sadness that I report the passing of IROA Stats Officer Jayne Moon, who finally succumbed to cancer in January after a long and courageous battle.

Jayne was universally loved by everyone who had the honour of meeting her at one of the many matches at which she officiated, always with distinction. Jayne's infectious smile and friendly nature will never be forgotten, nor will her unparalleled service and dedication to IPSC and IROA.

I know everyone joins me in sending our condolences to the surviving members of her family. May she rest in peace.



SPONSOR OF THE IPSC SHOTGUN 2015 WORLD CHAMPIONSHIP

**KALASHNIKOV**  
GROUP



FOR RESPONSIBLE GUN OWNERSHIP



## BEST OF THE BEST

# STANISLAV GRUBIAK

REGION: SLOVAK REPUBLIC



### How many years have you been officiating?

I began officiating in 2009. Since then, I've gained valuable experience at the largest matches in my own and neighbouring regions.

### What do you like best about officiating?

I enjoy travelling to competitions. In addition to catching up with old friends and making new friends at matches, it's also fun to see them during the journey such as when we're at the aircraft boarding gate, or when we see each other at restaurants, petrol stations, shopping malls and so on.

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

Every match is a unique experience. I think the most memorable are matches I attend for the first time in new places. There's a greater chance to meet new people, especially the crew who built the match.



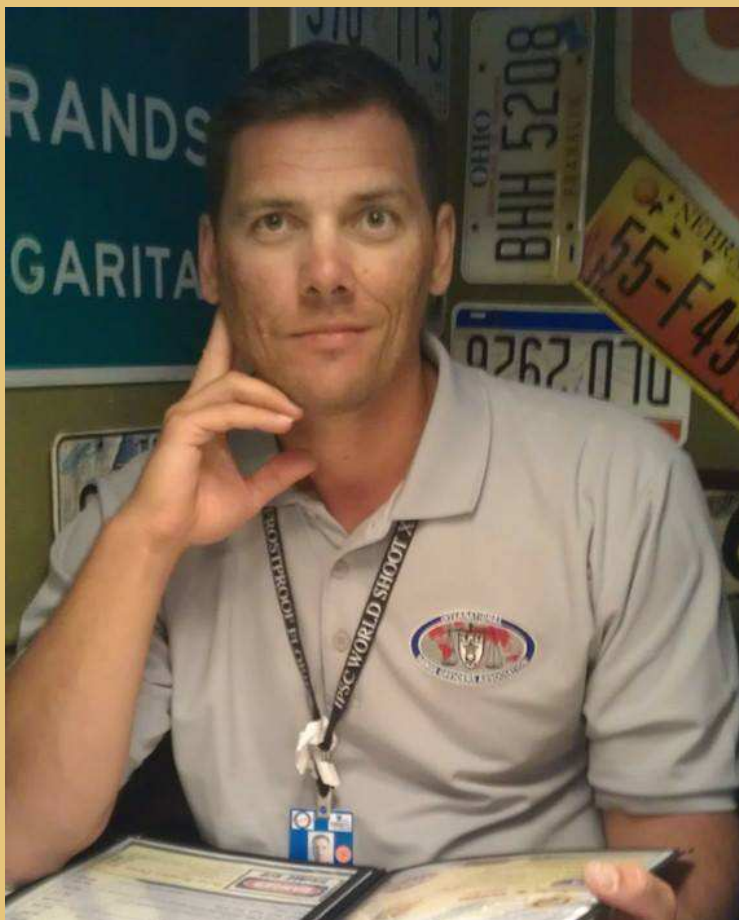


**In addition to a timer, what other equipment do you use?**

For starters, the scheduling timetable and squad list. I also have a small first aid bag, in addition to a primed brass with a bit of powder capped with wool to help clear squibs. Of course I always have the latest rulebook, scoring overlays and a target tacker, but the most important thing I take to matches is a smile and a good sense of humour.

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

Officiating is not for everyone. It's demanding work and long days, but you must be as clear with the last competitor of the day as you were with the first. Be fair, be friendly, be helpful to all competitors, but also treat your fellow officials as brothers and sisters.



**FIOCCHI**



## Great Britain Level III Northern Action Air Championship



### IPSC Great Britain began to actively promote Action Air with their first Level III match in 2015.

As the 2016 event attracted twice as many competitors as the inaugural event, I think we can safely say that the momentum for the growth of Action Air in Great Britain is unstoppable.

We also believe that the inaugural IPSC Action Air World Championship to be held in Hungary in 2017 was a further incentive for competitors to sharpen their shooting skills.

The Carlisle Small Arms Club, situated in the Cumbria region of North West England close to the Lake District National Park, was proud to host the match again on the 2-3 April.

And IPSC Great Britain heavyweights were out in force serving as key personnel for the match.

These included Secretary Vanessa Duffy, who fulfilled the role of Match Director, while IPSC Great Britain Regional Director Kevin Strowger served as Range Master. Crunching numbers in the Stats shack was the always cheerful IROA member Graham Wilkes.

And the support of official match sponsor Practical Shooting Supplies made a significant contribution to the success of the event.

However, the passion and dedication of the competitors must also be acknowledged, with some of them embarking





## ACTION SHOOTING

upon a 700 mile (1,100 kilometre) round trip in order to participate, in addition to requiring an overnight stay at one of the local hotels.

We were particularly delighted to welcome a father & daughter team, and a couple of father & son teams too. Seeing families shooting together is always a pleasing sight.

An interesting statistic is that some 50% of the competitors were shooting their very first IPSC Level III match and the feedback afterwards was unanimously positive.

### ***The support of official match sponsor Practical Shooting Supplies made a significant contribution to the success of the event.***

The match required a minimum of 204 projectiles to complete the 12 testing and technical courses of fire. They required lots of movement in all directions and required engaging targets from a variety of shooting positions. In addition to the usual sea of static paper and metal targets, moving targets of all descriptions were added to increase the challenge.

After the dust had settled, it was time to recognise the winners and award prizes.

Mark Farrar from Great Britain took overall honours in Open Division, while his compatriot Mathew Wyborn emerged as overall champion in Standard Division. A full set of results is available at the IPSC website.

All-in-all, the smiling faces and camaraderie confirmed that it was great match.

We therefore expect that the next Action Air event on the IPSC Great Britain calendar, the Grange Summer Championship to be held in Coventry in July 2016, will also be a successful event.





# PRODUCTS CORNER



## GECO

### 22LR DYNAM-X

The new GECO.22lr DYNAM-X was specifically designed and tailored to the needs of IPSC competitors.

Its non-polluting primer and innovative coating reduces lead emissions by up to 90%. So competitors are exposed to considerably lower emissions out on the course or in enclosed shooting ranges.

[WWW.GECO-MUNITION.DE](http://WWW.GECO-MUNITION.DE)



## ASG

### PROTECTIVE GLASSES

A stylish adjustable ergonomic design, with ventilation in frame and nose bridge, that provides comfortable protection with full peripheral vision.

Clear lens for general applications that require impact protection. They are CE certified, your guarantee for safe reliable protection..

[WWW.ACTIONSPORTGAMES.COM](http://WWW.ACTIONSPORTGAMES.COM)



## BIOAMMO TECHNOLOGIES

### GREENBB BIODEGRADABLE AMMO

GreenBB® is specifically designed for use in airsoft replicas and airsoft enthusiasts for recreation.

Our patented ingredients combined with our strict quality control systems result in the production of the world's most accurate biodegradable non-marking training ammunition.

[WWW.BIOAMMO.ES](http://WWW.BIOAMMO.ES)



## GARDEN MOUNTAIN

### GUNVAULT MULTI DELUXE SAFE

Made of heavy-duty 16-gauge steel, built-in computer protects from unwanted entry with 12 million user-selected access codes.

Audio motion detector and battery warning.

[WWW.GARDENMOUNTAIN.COM](http://WWW.GARDENMOUNTAIN.COM)



# ***DID YOU KNOW?***

At the Columbia Conference in Missouri, USA in 1976 when IPSC was born, there were delegates from Japan, England, Belgium, Rhodesia (now Zimbabwe), South Africa, New Zealand and (West) Germany, in addition to a large contingent from the USA.

## **Have you Downloaded the Official IPSC Mobile App?**



Available on the  
**App Store**



Available on the  
**Google play**

**Search For**

IPSC Official App



LET'S GO SHOOTING



# UPCOMING MATCHES

## TARNOVO OPEN CUP

BULGARIA  
APRIL 23-24, 2016



## EXTREME EURO OPEN 2016

CZECH REPUBLIC  
JUNE 2-4, 2016



## IN THE NEXT ISSUE

40th Australian National  
Championship

IPSC Thailand 30th  
Anniversary

## NEXT "ON THE RANGE" QUESTION

### Why did you start shooting IPSC?

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!

Official  
I.P.S.C.  
IPSC STORE

[WWW.IPSCSTORE.ORG](http://WWW.IPSCSTORE.ORG)  
@IPSCSTORE



**TANFOGLIO**

DISCOVER TANFOGLIO WORLD

