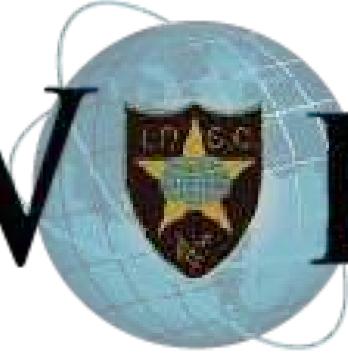


IPSCWORLD



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IPSCWORLD



PRESIDENT'S PAGE



IPSC 40th Anniversary

I still find it hard to believe that IPSC celebrates its 40th anniversary in 2016.

Based on what we've accomplished over the past four decades, you'd be forgiven for thinking that we're a much older organisation. However, as the saying goes, "Time flies when you're having fun", and we have fun in spades in IPSC.

Just consider how the world at large has changed over the same period.

In 1976, there was no internet or smartphones so, if you wanted to grab a copy of Queen's mega hit "Bohemian Rhapsody" as it raced up the popular music charts, you had to purchase a vinyl record, a cassette tape or possibly an 8-track tape!



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The Apple Computer company was just being formed, the first scheduled flight of the supersonic, delta-winged Concorde jet took place, while Sylvester Stallone portrayed "Rocky" for the first time.

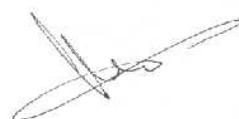
Jimmy Carter was elected US President, and a gallon of gasoline only cost 59 cents in the US.

At the same time, a small but hardy group of men were busy founding IPSC. A nostalgic look at our illustrious history appears later in this issue.

However, in addition to our quiet but determined evolution over the past 40 years, I'm proud that IPSC did so without any of the controversies that have beleaguered so many sports, particularly in recent times.

IPSC has never experienced financial irregularities or doping scandals. Our General Assemblies are a celebration of our unity and collective sense of purpose and we've always conducted our affairs with transparency and good governance, thanks to the unbridled enthusiasm of our volunteers.

I've said it before, and I'll say it again: IPSC is undoubtedly the safest, the most exciting and the most dynamic sports shooting organisation in the world, and we look forward to the next 40 years.



Nick Alexakos
IPSC President

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IPSC 40th Anniversary

IPSC 40th Anniversary



Dave Westerhout

And we are just getting started!

The Chinese have a saying: "a journey of a thousand miles begins with one step".

For IPSC, the auspicious first step was taken four decades ago at the instigation of Dick Thomas and Franklin Brown. They jointly convened the Columbia International Combat Pistol Conference (later abbreviated to the Columbia Conference) held in Columbia, Missouri, USA beginning 24 May 1976.

All in all, there were just 45 delegates at that humble, yet star-studded first conference, which lasted a week and where a lot of ground was covered.

Practical shooting stalwarts who attended from the USA included famous names such as Jeff Cooper, Ray Chapman, Rick Miller, Ken Hackathorn, Thell Reed, Bert Estes, Ron Lerch, Bruce Nelson, Jim Cirillo and Mike Harries.



Thell Reed



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However, from the very outset, the group had a truly international feel because other enthusiasts from 14 nations around the world also attended.

These included Kei Kunimoto from Japan, Nigel Hinton from England, Roger Swaelens from Belgium, Dave Westerhout from Rhodesia (now Zimbabwe), Gerry Gore, Barry Miller and Herbert Wong from South Africa, Graham Green from New Zealand, and Albert Pauckner from West Germany.

Although practical shooting originated in the USA in 1956 during what was known as “the leather slap days”, this was the first time concrete steps were taken to create an umbrella organisation so that the sport could develop.

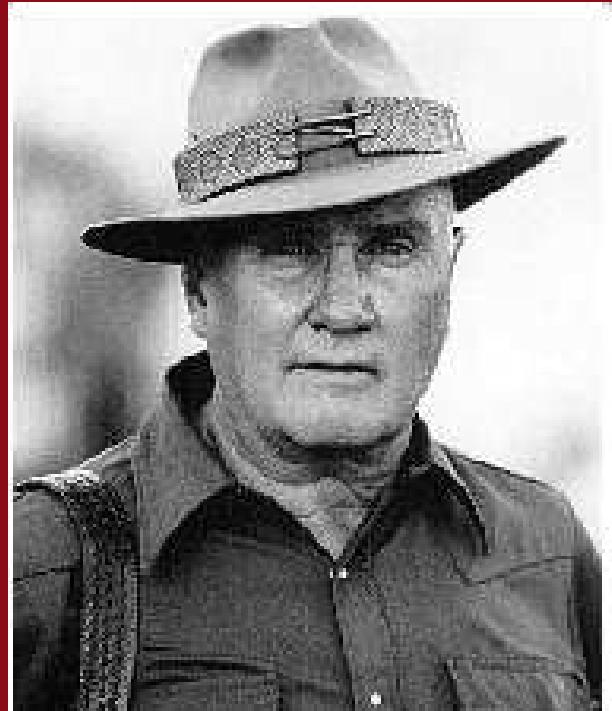
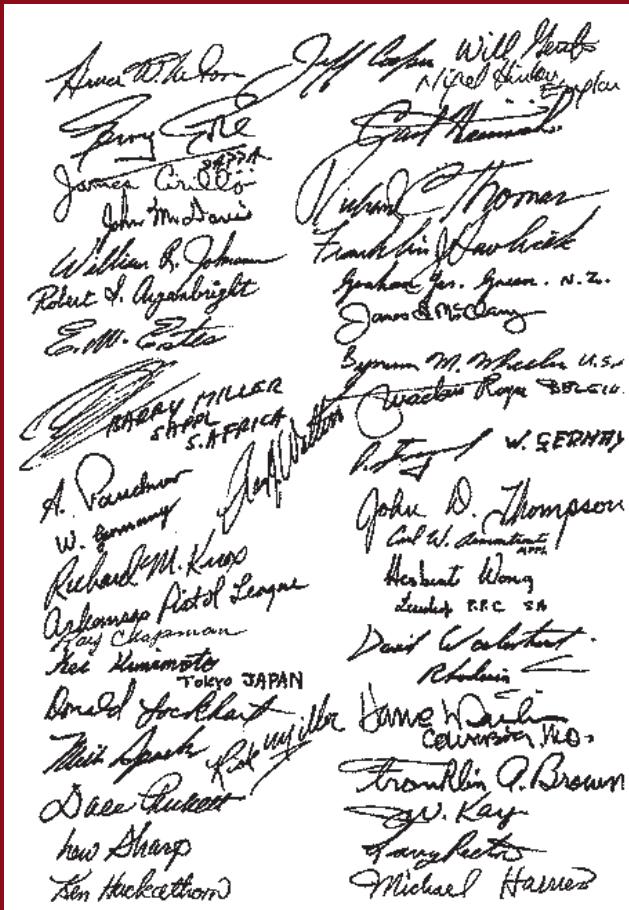
For IPSC, the auspicious first step was taken four decades ago, at the instigation of Dick Thomas and Franklin Brown.

Perhaps the most important decision taken at the Columbia Conference was that practical shooting must be based on the balance of three fundamental criteria, namely Accuracy, Power and Speed.

In fact, those criteria are so important, they are embodied in the Latin words Diligentia, Vis, Celeritas which is the official IPSC motto, commonly referenced with the acronym DVC.

Some of the other key considerations for the group to initially discuss were explained in the October 1976 issue of Guns & Ammo magazine, in which Rick Miller wrote:

“Our first step, electing a president, proved to be rather easy. Someone nominated Jeff Cooper, and he was unanimously voted into office.” He also notes, “We decided to leave the word pistol out of the title because at some point in the future we may wish to promote practical rifle shooting.” Miller wrote that some of the



John Dean "Jeff" Cooper

IPSC 40th Anniversary



subjects they tried to resolve were "the standardization of a practical target, an acceptable method of power factoring, and the definition of practical holsters."

Of course, in 1976, handgun and holster choices were considerably simpler than they are today, because competitors basically had to choose between a single-stack 1911-genre pistol or a revolver.



The leather slap days

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IPSCWORLD

9



Ray Chapman



Smith&Wesson 10th Anniversary Special Edition

And there were no compensators, electronic scopes or flashy colors to muddy the decision!

Moreover, in 1976 there were no divisions, categories or classifications in IPSC. Everyone competed against everyone else for overall honours.

Over the last 40 years, IPSC consciously embarked upon a quiet but steady evolution. IPSC has also had a significant influence on the design and development of firearms and related items.

Perhaps most significantly, IPSC embarked upon a major paradigm shift to establish exactly who we are and what we do.

Like many other modern sports, practical shooting began as a martial art, and the objective in our case was for competitors to master gun handling skills for use in self-defense.

This is no different than the origins of the numerous Japanese and other martial arts, wrestling, boxing, kickboxing, archery and so on that teach its proponents how best to use their skills for the art of self-defense.



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Jim Cirillo



Mike Dillon and Rob Leatham

However, as those martial arts evolved, so did IPSC, but we did so in a much shorter timeframe.

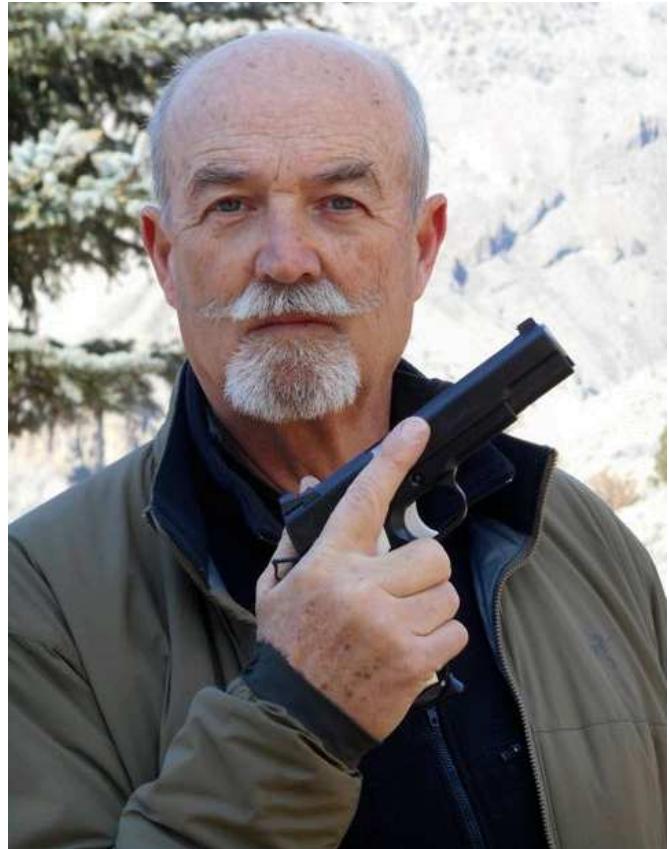
These days, IPSC is all about competitive and recreational sports shooting. We shoot at nondescript paper and metal targets, we do so against the clock, and we keep score to determine winners.

IPSC also recognised the need for Divisions due to the huge variety of firearm choices that have emerged over the years. It's unlikely that our founders could have predicted that 20 round capacity handguns fitted with compensators and miniaturized electronic scopes would be extremely popular.

And, of course, along the way we also recognised the need to offer age and gender Categories, so that not only would firearms compete on a level playing field, but so would competitors.

Additionally, IPSC recognised a need to expand beyond handguns, and we now offer continental and world championships for Rifles, Shotguns and Action Air disciplines.

All in all, it's been a truly incredible 40 year journey. So many things have improved in those four decades, and we have no doubt that our sport will continue to grow.



Ken Hackathorn

IPSC 40th Anniversary



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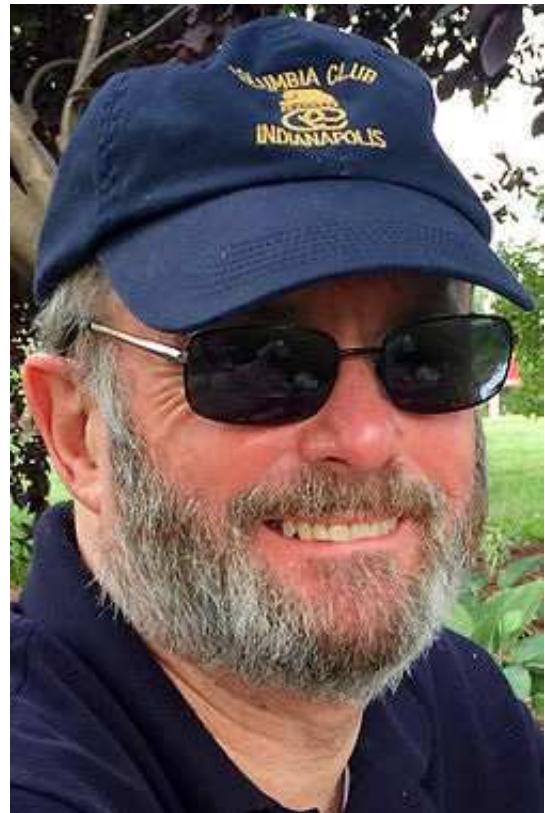


IPSC 40th Anniversary

However, there's one thing that is exactly the same today as it was in 1976: the amazing passion of our competitors and match officials, who regularly come together to hold competitions of a world class scale and quality.

Sport is and always should be a unifier of people, regardless of their nationality, ethnicity, gender, age or religious affiliation.

IPSC is proud to bring good people together from all walks of life in a spirit of friendly competition and camaraderie, and we look forward to the next 40 years with eager anticipation.

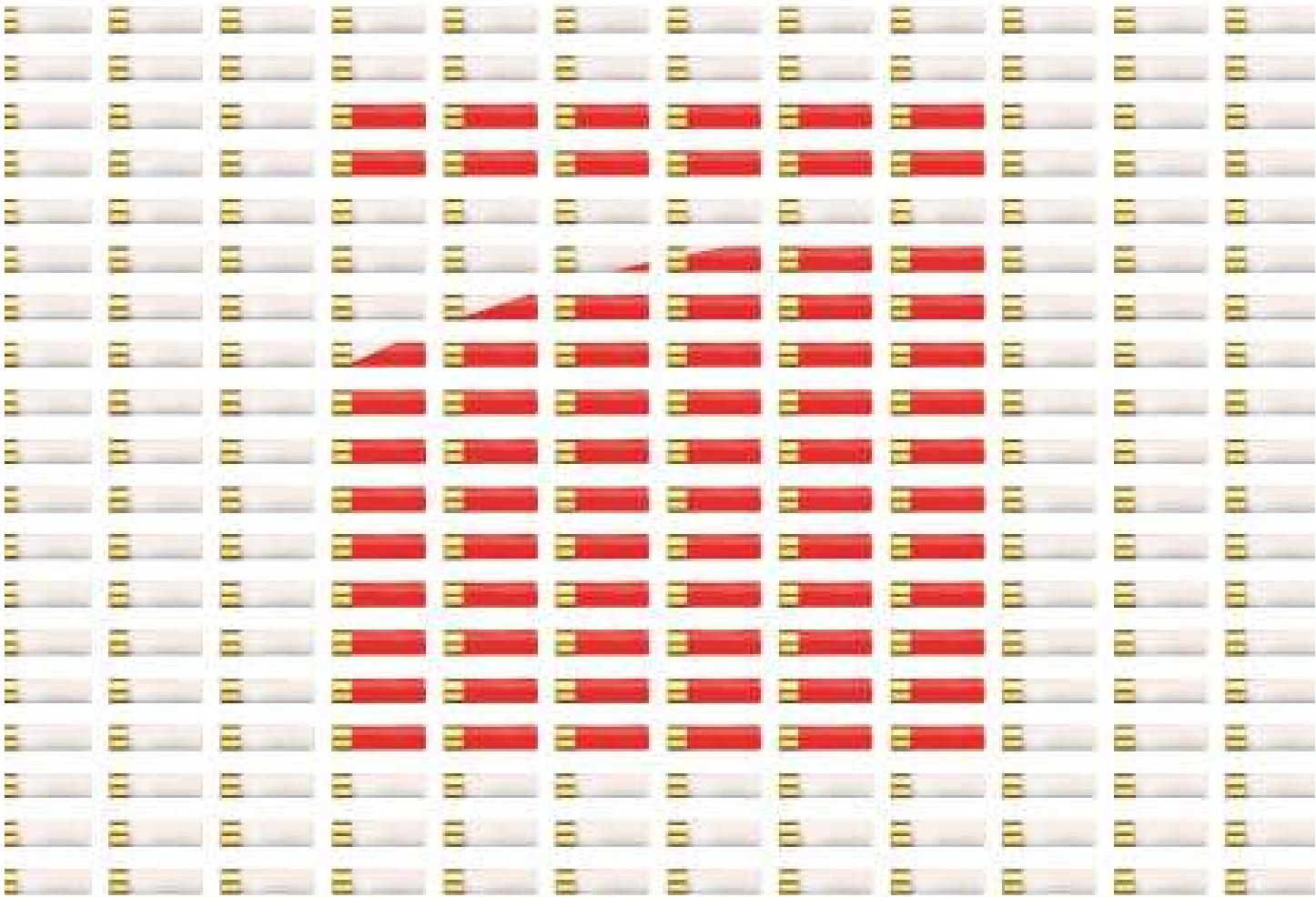


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REGIONAL DIRECTOR Khaled Aljerayed

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Although originally accepted as a provisional member of IPSC in 2009, IPSC Kuwait did not make much progress in the ensuing years and the region was finally declared vacant at the end of 2015.

However, we were fortunate to quickly identify a new partner in the gulf state, so the new, revitalized region of IPSC Kuwait is once again on the Agenda of the 2016 IPSC Assembly for provisional acceptance.





And, despite still being a provisional region, we are impressed that, under the leadership of Khaled Aljerayed, the new region has not wasted any time in getting organised.

In June 2016, IPSC Kuwait graciously invited IROA Vice President Juergen Tegge to conduct an IROA Level I Range Officer Seminar at the impressive Crowne Plaza Hotel in Kuwait City.

Of course, when the hotel's Sales Director, is one of the students, it should be no surprise that the welcome was warm, and the accommodations were excellent!

All in all, there were 16 young and eager students, including one lady, all aspiring to become Range Officers and therefore the foundation of IPSC Kuwait.

Although Kuwait is technically classified as being part of Western Asia, and is included in IPSC's Australasian Zone, we fully expect that members of the new region will most likely gain exposure to IPSC competitions in Europe, due to the proximity.

The State of Kuwait is remarkable in so many ways, but one of the most amazing statistics is that the relatively small population of 4.2 million residents is comprised of only 30% Kuwaiti, but 70% expatriates!

Kuwait is a constitutional emirate with a high income economy, backed by the world's 6th largest oil reserves. According to the World Bank, the country has the 4th highest per capita income in the world. It is also regarded as the most democratic country in the region.

We are delighted to welcome Kuwait back into the IPSC family, and we hope that they will be a conduit assisting to spread the fun and excitement of IPSC throughout the gulf area.





Why did you start shooting IPSC?



Jhay Chua, 40
Construction Estimator
UNITED STATES

Because it's fun, exciting and you get to meet a lot of new friends. We all share the passion of shooting competitively. The adrenaline rush is priceless, but the culture and camaraderie is amazing!



Ari Honkala, 56
Manager
FINLAND

I started IPSC 15 years ago after listening to my colleague with whom I was shooting ISSF pistol at club level for many years (he started IPSC one year earlier). ISSF disciplines were good background, but now I shoot IPSC exclusively.



Gerd Wedemeier, 59
Retired Army Official
GERMANY

I started IPSC shooting more or less accidentally. I joined the German Shooting Federation in 1998 and started with competitions in the standard program. My friend and I then formed a club dedicated only to IPSC shooting, and we have been very active ever since.



Yury Nikolaev, 37
I.T. Manager
RUSSIA

First and foremost I love to shoot. I started with IPSC because competition is the only way to truly test your skills. IPSC has enabled me to meet lots of great people and make lots of new friends!!



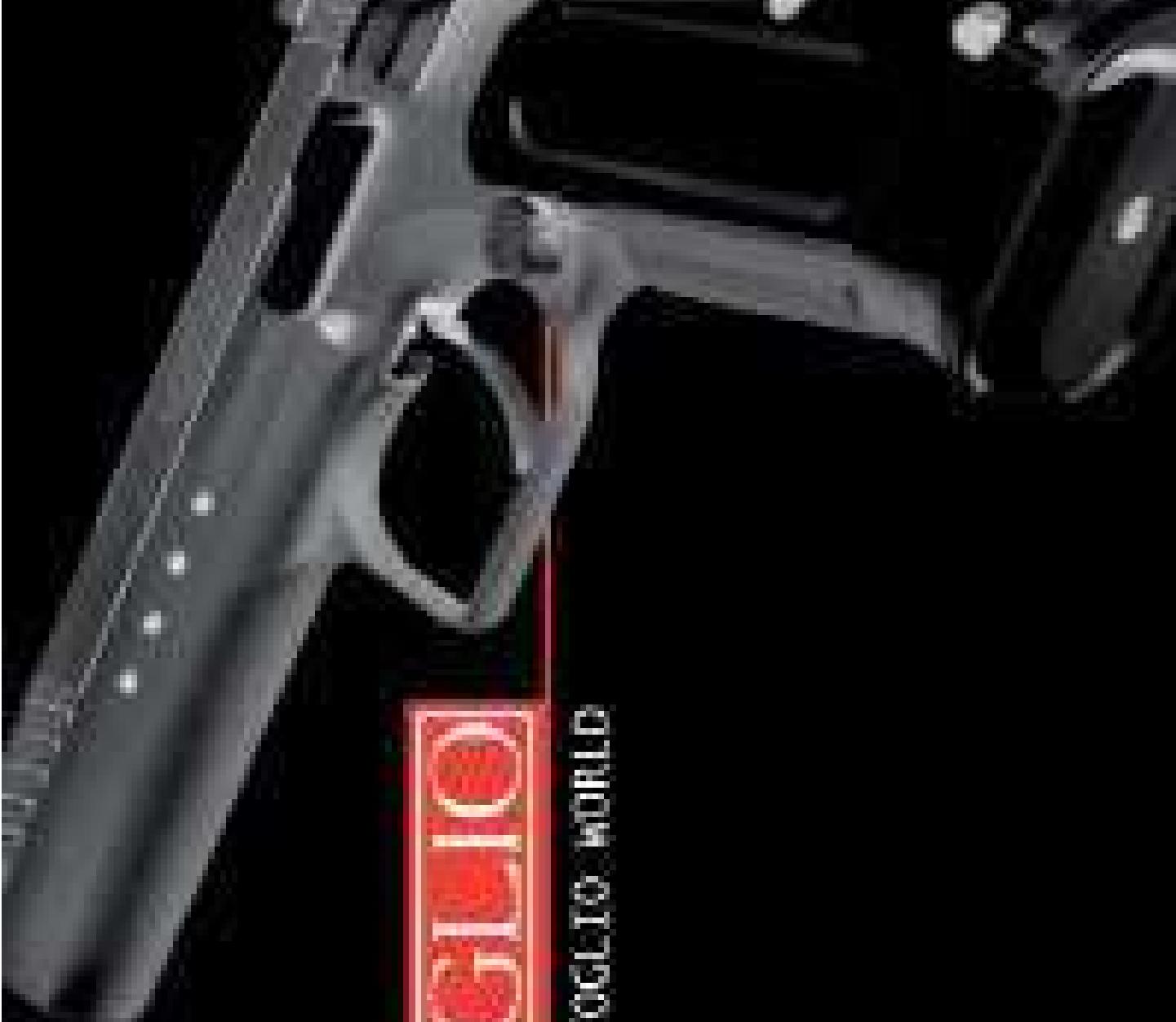
Kenrick Mohammed, 43
Supervisor Mech. Services
TRINIDAD AND TOBAGO

As a young, developing shooter I was motivated by watching pioneering IPSC competitors such as Chip McCormick, Jerry Barnhart, Brian Enos, Michael Plaxco and Rob Leatham.



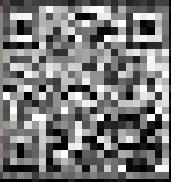
Jean-Luc Cornet, 56
I.T. Coach
BELGIUM

I started shooting in the 80's. I was bored with conventional target shooting, and IPSC was far more exciting. Articles written by Roger Swaelens from Belgium, after he attended the IPSC Columbia Conference, greatly motivated me..



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YOUNG GUNS

Nikita Kryuchin

AGE: 17
REGION: Russia



How did you first hear about IPSC?

My father is the founder of IPSC in Russia and the Regional Director, so it would be really difficult not to hear about it!.

For how long have you been shooting?

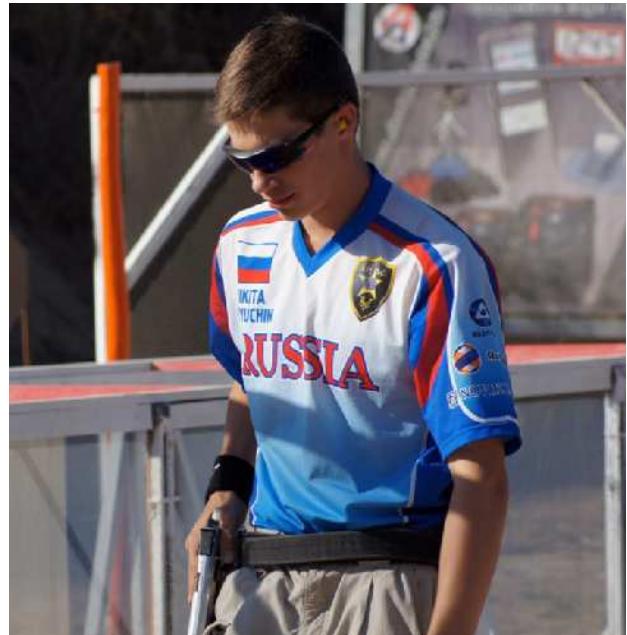
I've been shooting since I was a young child. I guess it's been 10 years, but not continuously.

What division do you shoot and why?

I shoot in Production Division mainly because the ammo is easy to buy, and also because we have the strongest IPSC production junior team in the world.

What is the coolest about IPSC shooting?

It's not as common as many other sports. Also, many people my age are not as lucky as I am being part of a shooting family that helps me defray my expenses.





What inspired you to begin shooting?

I was inspired by my parents when they started competing and winning large IPSC matches.

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

Our family's second surname is IPSC, and shooting has always been a passion for all of us. Some of my friends cannot understand it until they try it, but everyone thinks it's cool that I do it.

What are the biggest challenges you have when shooting IPSC?

Probably school when I have to go to competitions, because I was never a natural talent studying, so missing schooldays makes it even harder, but it's worth it.

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

Weightlifting, powerlifting, kickboxing, Crossfit, sprinting, tennis, golf, table tennis and calisthenics.

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

Martial arts (any kind), football, track and field, ice hockey etc.

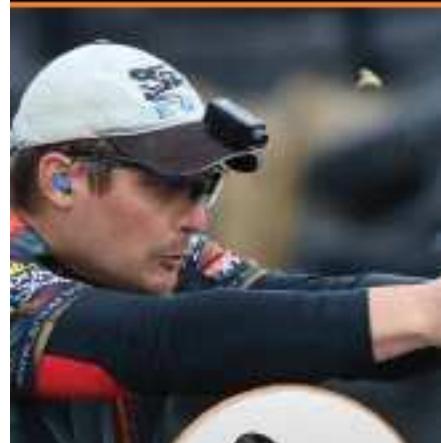


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HOT SHOTS



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REGION: UNITED STATES



How many years have you been shooting?

I've been shooting since I was three years old, and I started competing when I was twelve.

What do you like best about IPSC shooting?

I really like that the IPSC format allows me to come up with the best stage plan for each course of fire. It allows competitors to focus on what we are doing.

How often do you practice at the range?

I practice at the range every chance I get, but at least weekly. It's important for me to train often so I can improve my performance and not just maintain my current level.

What is your match pistol and ammo?

I compete in Standard Division with a Glock G35 in 40 caliber.



ANDERSON KITH CREATIVE

How do you prepare mentally for a match?

Before a match I like to get a massage, so that I have a relaxed mind and body which enables me to perform better.

Any special nutrition or diet?

I eat just about everything, in moderation, in my daily life. During training and during competitions, I stick to the diet my sport dietitian prescribed to me.

Any special exercises?

I have a detail exercise plan specific to what I need when shooting. It's top secret but a key aspect is being quick and light on my feet.

Who do you consider your inspiration or mentor?

My coach Marco Pedrana, is a big reason why I've grown from being a professional shooter to a true professional athlete. Many of the top competitors only focus on their shooting skills, but there's so much more to train and study than just firing the gun.

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

I don't dry fire or use an airsoft gun very much because I prefer to shoot live fire. If I'm having trouble with a specific skill, then I will dry fire so I don't have the distraction of the recoil while trying to fix my mistake.

How do you unwind at the end of the day?

At the end of the day I usually spend time relaxing with my family in preparation for the next day.

Are you active in any other sport?

When I was younger I played a lot of sports, but when I turned fourteen I choose to focus exclusively on shooting. Every now and then I will play a pickup game of basketball just to have fun and be active.

What advice do you have for up and coming shooters?

For up and coming shooters, my best advice is to train hard, but find balance in your life so you don't get burnt out, because it can happen.



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ALEXANDER SZABÓ

REGION: SLOVAK REPUBLIC
AGE: 53

When and where did you first discover IPSC shooting?

I was introduced to IPSC shooting in 2000 when my friends took me a shooting range for the first time. I quickly became addicted to this exciting and attractive sport.

Which divisions do you shoot, and why?

I prefer Open Division, and I would say that this particular division gives me the most opportunities of enjoying the mental and physical complexity of this shooting discipline.

Which make and model firearm do you use?

I currently use an STI Trubor pistol.

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

All my friends are big fans and are very supportive because they see me happy when I prepare for and shoot IPSC competitions. I'm also thankful that my family has a great understanding of my passion for IPSC, so they give me time and space to pursue my beloved hobby as often as possible.

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 but going on 62, but age is just a number, not a state of mind.

What inspired you to begin shooting?

The most inspiring thing was the wide variety of shooting challenges presented during IPSC competition and the never-ending ingenuity of stage designers.

“Be nice to our hard-working Range Officers, be supportive to everyone around you, and contribute to the overall friendly atmosphere on every stage you shoot...”



What other sports or activities do you also enjoy?

I enjoy mountain bike riding, and sometimes jogging..

Do you have any tips for the Young Guns?

Be nice to our hard-working Range Officers, be supportive to everyone around you, and contribute to the overall friendly atmosphere on every stage you shoot, even though you might not win anything at the beginning.



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REGION: Greece

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

I was introduced to IPSC by a good friend without at first knowing the exact nature of the sport other than the fact that it was oriented towards action shooting. After watching my first IPSC match, I immediately knew that IPSC was the perfect shooting discipline for me.

How long have you been shooting?

I started shooting IPSC in 2009. Since then, I have participated in three World Shoots.

Which division do you shoot, and why?

I started in 2009 shooting Production with a CZ SP-01 handgun, as I thought it was the right division to learn the fundamentals of using a handgun and also the rules of the game. I now compete in Open Division with a Limcat 38 Super race gun. This is where most female competitors shoot nowadays and it is the division that allows competitors to push their limits.



What do you think about the social aspects of IPSC?

IPSC has an incredible culture consisting of like minded people who love guns, shooting and socializing. Every time I travel abroad, even if it is work related, I get to meet competitors from other countries. We think alike, and we are connected via a unique bond.

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

When I am not at the range training or at home dry firing and I have some free time, I will go on line and watch IPSC shooting videos. Most of my friends are IPSC competitors!



to the bad weather, so I usually go to ski resorts for some snowboarding. I'm also a certified dive master and have travelled a lot around the world in the past. My favourite diving place is the Red Sea.

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

"IPSC has an incredible culture consisting of like minded people who love guns, shooting and socializing"

A positive initiative by the Greek shooting federation is that female competitors do not have to pay the entry fee in order to participate in a match. We need to get more women into the sport and also familiarize them with the safe use of firearms.

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

I'm also into diving and snowboarding. During the cold winter months, not many IPSC matches are organized due

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

I try every day to evolve as a person and become a better competitor. Being involved in competition will teach you the proper discipline and the fact that there is no ceiling.

An advertisement for SHIELD SIGHTS. It features a large target icon with a red dot in the center. The word "SHIELD" is written in large, bold letters above "SIGHTS" and "MILITARY PROVEN RED DOTS". Below the text, there are several images of different types of red dot sights and a handgun. One sight is labeled "SHIELD MINI-SIGHT SMALLEST, TOUGHEST, LIGHTEST IN ITS CLASS.". Another sight is labeled "SWITCHABLE INTERFACE SIGHT". A handgun is shown with the text "SWITCH BETWEEN 4 RETICLE CHOICES ON THE GO MANUAL & AUTO BRIGHTNESS ADJUSTMENT". At the bottom, the website "WWW.SHIELDPSD.COM" is listed.

An advertisement for AZOT Research & Production Company. The company logo is a shield with a star and the letters "I.P.S.C." and "AZOT". The word "AZOT" is written in large, stylized letters above "Research & Production Company". In the foreground, there is a handgun and several boxes of ammunition. One box is labeled "NRG Match" and "Precision Ammunition". The background is a textured gray surface.

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Aleks Kostina - 2015 shotgun world championship 1st place open lady

Vassilisa Ili - 2015 shotgun world championship shoot-off 1st place open, team 1st place open

Maria Shurina - 2015 shotgun world championship shoot-off 1st place open lady

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METABOLIC DAMAGE



Sean McCauley, CSCS, CISSN

Finding the right balance between calories intake and an active lifestyle is the key to keep your metabolism active.

"I can't lose weight. I'm eating virtually nothing and I still don't lose". Those are words that everybody will hear from somebody at some point. So is it true? Can that person really not lose body weight? Can a person eat starvation-levels of food and not reduce their body weight? The answers may surprise you, and there are several things we need to look at here.

1) Adherence. About 80% of the time when people say they are eating low levels of food and are not losing weight, they are actually doing that. The other 20% of the time they are over-eating, bingeing or just not tracking what they are eating. So if you want to avoid having to go really low on carbs,

the first thing you do is make sure you don't binge. Make sure you track all your food. Be precise and be consistent.

2) Genetics. Some people have very slow met rates on the best of days. Some people just don't need a lot of food (endomorphs). And some of those people have additional challenges like thyroid disorders, etc. Disorders that truly do slow their metabolic rates dramatically. For people with this situation, weight loss can be slow. But to be clear, they can and do still lose body weight when they handle things well.

3) Metabolic suppression. Some people who eat very low levels of carbs actually have strong



About 80% of the time when people say they are eating low levels of food and are not losing weight, they are actually doing that.



PRACTICAL FITNESS

The hardest part about rebuilding your metabolic rate isn't the food levels, it's watching the scale pretty much stay stationary as we start to add food back in.

metabolic rates, given a period of normalcy and have merely suppressed their metabolic rates through poor dieting. I would categorize these folks into two classes: a) people who are dieting too long and have just inched the food levels too low and b) people who didn't know any better and just dropped carbs way too low from the start (think keto dieting). Both have the same result: metabolically suppressed people who stop losing weight and easily regain weight after the fact.

The hardest part about rebuilding your metabolic rate isn't the food levels, it's watching the scale pretty much stay stationary as we start to add food back in. You can't lose tons of body fat and rebuild a metabolic rate at the same time. You can absolutely see a little weight loss when you do this, as that met rate picks up. Competitors see this happen all the time as they start to add food back in. They'll get harder and tighter and they will actually get leaner too. But if you need to lose 50 pounds of fat and are eating 40g of carbs right now with no weight loss results, we need to look at this as a 2 step process: rebuild the metabolic rate as effectively as possible and then move into the weight loss. So it's not as simple as just "rebuild the metabolic rate". We have to approach this intelligently on behalf of each person and their need.



So yes, you can absolutely be dieting on very low carbs and not see weight loss. But it's equally possible you are just cheating. And while your genetics could hose you, you can lose weight regardless. The biggest factor though is you. What you do right now. You can keep dieting on low carbs or you can decide that you are going to stop what's not working and fix it by ramping up your metabolic rate (and patience) and put yourself in a position to hit the goal. It's up to you. But if you want long-term success, there is only one choice here, and low-carb dieting is not it. If you want to perform well on the range or anywhere else in life, you need to fuel your body well and you need to be accountable for what you eat.



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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.

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:

Stop the activity that caused the cramp.

Gently stretch and massage the cramping muscle.

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.

Dealing With 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.



MATCH MEDIC

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.

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.



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IROA BRIEFING



DINO EVANGELINOS
IROA PRESIDENT

2016 SCORECARD

WRAPPING UP ANOTHER GREAT IPSC YEAR!

It's been another busy year for IROA officials supporting our major matches.

The first event of the year was the Level IV Latin American Handgun Championship at Barranquilla y Cartagena in Colombia, where IROA Range Master Ricardo Lima from Brazil was fully supported by a team of dedicated IROA officials from across the Americas.

Shortly thereafter, and on the other side of the world, colourful IROA Range Master Chepit Dulay from the Philippines had a hardy crew of enthusiastic IROA officials helping him conduct the Level IV Australasian Handgun Championship in Surabaya, Indonesia.

And as this issue goes to print, a veritable army of IROA officials are on their way to Felsőtárkány in Hungary to give their support to IROA Range Master Zoran Stamenković as he takes charge of the European Handgun Championship,



invariably the second largest competition on our match calendar after the triennial Handgun World Shoot.

The passion, devotion and enthusiasm of our IROA officials, often under extreme time pressure, is an essential element to the success of our major matches. I therefore once again ask competitors to express their gratitude by saying “thank you” to the Range Officers at each stage of the match.

Those two words cost nothing, but they mean so much to our officials.

If you’re a certified Range Officer in your Region, and you’re interested in serving internationally, I urge you to review the IROA Application Form available at the IPSC website.

We’re always in the market for more good people to join the ranks of the “Best of the best”



J.J. Carrasquero and Carlos Graciano sharing a smile after a job well done at the 2016 Latin American Handgun Championship



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BEST OF THE BEST



How many years have you been officiating?

I started shooting IPSC rifle in 2005. In 2006 I started with handgun, and in 2007 it was shotgun. Later, my good friend Peter Schouwink convinced me to become a Range Officer, and I did so in October 2008. In 2011, my other friend Dick Seger suggested that I apply for membership of IROA so, in June 2013, I became an IROA handgun range officer. I now have accreditation for handgun, rifle and shotgun.

What do you like best about officiating?

Shooting matches is always great fun with the guys and gals in your squad but, when you're officiating, you have the pleasure of meeting all the competitors. And then you see how the IPSC family really works. It is one big family, and after a while you get to know a lot of them.

You also learn a lot at each match you officiate.



What was your most memorable match? Why?

In fact there were two memorable matches. The first one was a match in Baexem in Holland. Keith Marshall and myself were trying to get shotgun going in Holland and this was the very first level 3 shotgun match in Holland. It was a match with 10 stages on two 25 meter ranges.

When all the squads finished the first two stages, I took off my RO shirt and shot the two stages myself, then converted those stages to two new stages. I then put on my RO shirt and let the squads shoot again. This continued until all stages were shot. I was surprised that after all that switching between competitor and official I won an IPSC President's Medal in Standard Manual Division.

The other match was the Bayern Cup in 2014. I was my birthday that weekend, and Range Master Norbert Freimüller made me CRO of a special stage. It was a stage in memorial of Peter Schouwink who had recently passed away. The stage was decorated with tulips, match shirts and RO shirts from Peter.

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

I have a little box that used to hold my business cards. It now holds four scoring overlays, a magnifier card,

and a reminder card with the rule numbers and a short description. Besides that, I always have a staple gun in my RO bag, a multi-tool, small flashlight, a tape measure, the rule books and of course a good sense of humor.

What advice do you have for aspiring officials?

My advice for shooters who want to become a range officer is that if you like the game and don't mind the hard work (it sometimes is) then go for it. Officiating opens up a whole new world for you in IPSC. You become as I call it, a service provider.





ACTION SHOOTING

Raising the Bar



IPSC has always been on the cutting edge of shooting technology and we want to keep innovating our Action Air.

On 1 October 2016, the IPSC General Assembly, to be convened in Hungary, will be asked to consider and approve what might at first view seem to be an inconsequential rule change, but the implications are huge and exciting!

If the change is approved, organisers of Action Air competitions will be authorised to use electronic, self-indicating targets instead of traditional paper targets. This means targets will not need to be restored after each competitor finishes shooting, so stages and matches will progress considerably faster.

The use of electronic self-indicating targets will also reduce manpower needs, as considerably fewer target reset staff will be required. Moreover, Range Officers will not need to spend valuable time gauging borderline hits on targets.



WATS

Wireless ActionAir Target System

ACTION SHOOTING



More importantly, as each shot hits the self-indicating targets, sensors will electronically register the value of the A, C or D hit achieved, and an LED will glow so that competitors can obtain instant feedback about the hits they achieved instead of waiting for the possibly unhappy outcome later during the traditional scoring process.

The data will immediately be sent to a central computer which will instantaneously calculate each competitor's score in real time. No more waiting!

The use of electronic self-indicating targets will therefore also reduce manpower needs, as considerably fewer target reset staff will be required.

The development of the electronic target system, known as the Wireless Actionair Target System (WATS), was initiated by Mr. Károly Krizsán, Regional Director of IPSC Hungary.

He embarked upon this ambitious and revolutionary project in the hope that his region, which will proudly host the inaugural IPSC Action Air World Championship in 2017, can utilise the latest technology to make the championship even more memorable

A video of the system in action can be seen at
<http://tinyurl.com/zhl8juq>





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DID YOU KNOW?

In the early days of IPSC, long before the arrival of modern locking holsters, competitors were required to undergo a Holster Safety Test by doing a forward roll with an unloaded, holstered handgun to ensure that the holster would safely retain the handgun.

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LET'S GO SHOOTING



UPCOMING MATCHES

EUROPEAN HANDGUN CHAMPIONSHIP

HUNGARY
OCTOBER 3-8, 2016



2016 ARGENTINA NATIONALS

ARGENTINA
OCTOBER 9-10, 2016



IN THE NEXT ISSUE

Special Report

2016 European Handgun Championship

NEXT “ON THE RANGE” QUESTION

What is your favorite IPSC Division and
why?

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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