



IPSC AUSTRALIA INC.
INTRODUCTORY SAFETY AND HOLSTER PROFICIENCY
COURSE
2012

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1 INTRODUCTION

- IPSC is a challenging and exciting sport** The sport of Practical Pistol Shooting is exciting and challenging as well as being one of the fastest growing shooting sports in the world. Courses of fire involve many aspects not found in the other more traditional shooting disciplines. These include movement by the shooter, drawing from the holster, moving targets, multiple targets and the freedom for the shooter to solve the shooting problems presented by the stage design.
- Diversity in the course of fire** The growing appeal of this sport lies in the diversity of the course of fire. By offering different courses of fire, rather than set types, practical shooting offers competitors the opportunity to improve their skills in many different areas. There are always new and different challenges for the practical shooting enthusiast.
- Emphasis on safe use of handguns** IPSC shooting matches are based on the principle of accuracy, power and speed. Matches are varied, with emphasis on the safe use of handguns. By participating in these matches IPSC shooters develop a high degree of safety and proficiency in the use of handguns as well as enjoying a great means of recreation.
- Members come from many backgrounds** As with many other popular sports, IPSC members come from a wide range of social and cultural backgrounds. Our membership includes just about any occupation you can name. IPSC is fortunate to have many women involved in its shooting programs. Husbands and wives and extended family groups often participate in practical shooting activities. Participants at IPSC competitions are all well trained advocates of safe gun handling and believe in good sportsmanship.
- We were all beginners at one time... ask for help** All members of IPSC who currently compete were once at the beginner stage. By becoming active in matches hosted by IPSC Clubs you will have the advantage of being advised by qualified range officials and range staff. Most competitors are more than willing to lend a hand getting you started. By using the IPSC Australia grading system, members are assured that they will face competition of an equal skill level. Don't forget that a good way to get started is to ask for assistance, help is always there.
- To start you need a reliable gun, suitable gun leather, eye/ear protection and enthusiasm** To get a started in practical pistol shooting all that is required is a reliable handgun, a suitable holster, belt and magazine pouches, eye and ear protection and a large dose of enthusiasm. During the training period your club will supervise the equipment you use. As your skill level increases, you may wish to add additional items that will help you in competition. As in any other recreational activity there is virtually no limit to the amount you may spend on firearms and associated equipment.

1.1 Course safety rules

'Cold range'

NO LIVE AMMUNITION IN CLASSROOM.

The Chief Instructor will prove and make safe all handguns to the class. All action proving dummy ammunition must be inspected by at least two separate Range Officers.

Students and their bags will be checked

All students and their bags and equipment must be checked for firearms and ammunition of any type before the class begins.

All students must understand that the classroom is a cold range. Students are not to introduce either firearms or ammunition of any type into the classroom environment.

Obey the instructors

Students must obey instructions from their Instructors and Range Officers throughout the course. Any student who fails to follow a command or violates safety rules will be ejected from the course.

1.2 Course outline

Aims

The aims of the course are:

- To introduce new members to IPSC.
- To provide a basic knowledge of handgun types and their safe handling.
- To teach the student the basic knowledge, gun handling skills and safety consciousness required of an IPSC shooter.
- To measure individual skill levels to ensure that all students have the basic level of safety skills.
- To qualify new shooters as holster proficient.

The course consists of three parts:

Part One – Theory

Sections 2-5

A theory component of four hours duration. Instruction covers:

- Safe handling of handguns
- Legislation pertaining to handguns
- Basic handgun types and actions
- Basic ballistics including reloading

A theory assessment will be carried out during this component of the course.

Part Two – Practical

Sections 6-8

A practical component of four hours duration. Instruction covers:

- Safe handling of handguns.
- Making safe a handgun.
- Loading and unloading a handgun.
- Safe clearance of malfunctions.
- Live fire exercises.
- How to safely draw from a holster.

Part Three – Assessment

A practical assessment in the safe handling of handguns will be conducted.

Section 9 / Annexure 4 **Safety is the primary concern in the sport of handgun shooting.**

Throughout the course, the instructor will be asking themselves one key question about each student. That is...

“Is this shooter a safe shooter?”

Training time This is an 8-hour training program made up of four hours theory and four hours practical training. This program can be completed in one 8 hour session or two four hour sessions. If the program is to be conducted over two sessions it is strongly recommended that both sessions be completed within a 28 day period.

4 hrs theory

4 hrs practical

Student loan equipment Students are not expected to have access to handguns or ancillary equipment. Generally, clubs will make guns, ammunition and accessories available for students to use during the course.

Teaching techniques On the range correct instructional techniques require instructors to introduce, explain and demonstrate a skill. Having been exposed to the techniques you will then practice with clear (empty and proved) handguns while the Range Officers coach.

Listen, learn, ask questions This is the time for students to ensure they have a good understanding of each technique. Students are encouraged to take advantage of this stage to ask questions, ask for help and listen to the advice given by the Instructors and Range Officers.

Correct mistakes early The best time to correct mistakes is before the live fire exercises.

 When the Chief Instructor is satisfied that students have shown they understand the demonstrated skill, students will proceed to live fire exercises where Range Officers will supervise and coach.

1.3 History of IPSC

IPSC started in the USA in the 1950's IPSC shooting had its origins in the USA in the early 50's. Over the years it has spread across the continents. Today IPSC is active in Europe, Australia, Central and South America and Africa.

Founded Missouri USA, May 1976 The International Practical Shooting Confederation (IPSC) was officially founded at the International Combat Pistol Conference held in Columbia, Missouri in May, 1976. Forty people from around the world were invited to attend this conference to determine the nature and the future of practical marksmanship. Colonel Jeff Cooper was acting Chairman and was acclaimed as the first IPSC World President.

First IPSC World President Col. Jeff Cooper attend this conference to determine the nature and the future of practical marksmanship. Colonel Jeff Cooper was acting Chairman and was acclaimed as the first IPSC World President.

Motto: The Confederation not only developed rules for the safe handling of firearms, they also compiled the 'eight principles' of practical shooting. The primary objective of these principles was, and continues to be, to promote accuracy, power and speed as three equal elements. As a result the motto **“Diligentia, Vis, Celeritas”** (Latin for accuracy, power and speed) was adopted.

Diligentia

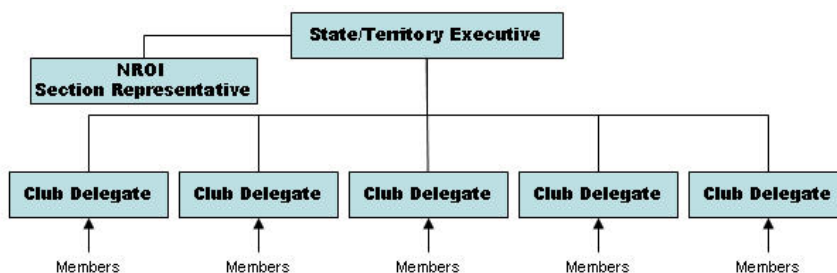
– Vis –

Celeritas

Today, the International Practical Shooting Confederation is promoted in more than sixty countries (called IPSC Regions) from Argentina to Zimbabwe. Every year, the elected representatives of these Regions meet at the IPSC General Assembly.

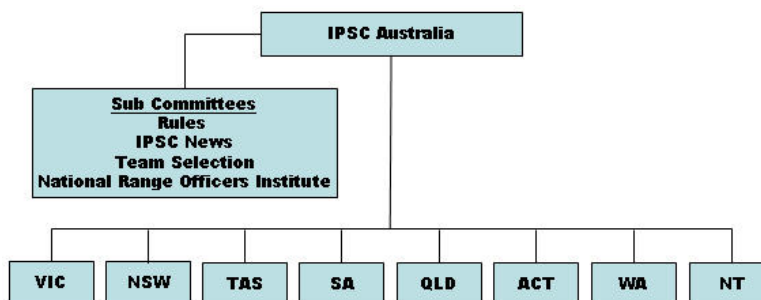
1.4 Structure of IPSC Australia

- Join through your Club** To be a member, an individual must join IPSC Australia through an affiliated Club.
- Clubs affiliate to Section** Clubs must be affiliated to IPSC Australia through their local State or Territory Section.
- Club Delegate** Each affiliated Club elects a Delegate to represent the Club at Section level. As an elected official, it is the task of each Delegate to convey the wishes of their Club to the Section Coordinator.
- State/Territory Sections** Delegates from affiliated Clubs direct the Section Coordinator in the day to day management of the Section. Management practices may vary between States and Territories. Generally Sections hold a monthly meeting. All affiliated Clubs may send representatives or delegates and participate in the management and control of the day to day functions of their Section.
- Section Coordinator elected** Each Section elects a Coordinator to represent all IPSC affiliated Clubs in their Section at the National level.



National level At the National level, the elected Section Coordinators represent, collectively, all of the IPSC affiliated Clubs in their Section. Section Coordinators direct the Regional Director.

Regional Director The Regional Director is elected from their number to represent our Region (Australia) at the IPSC World Assembly.



National Executive	The Regional Director and Section Coordinators consist of the Executive of IPSC Australia. There are a number of other non-executive positions which together make up the combined body which assists in the management of the organisation. The holders of these positions do not have a vote on the Executive of IPSC Australia and consist of but are not limited to the following positions and sub-committees:
Positions and sub-committees	<ul style="list-style-type: none"> • Deputy Regional Director • <input type="checkbox"/> Secretary • <input type="checkbox"/> Treasurer • Membership Officer • Newsletter Editor • <input type="checkbox"/> President (NROI) • <input type="checkbox"/> Special Projects Sub Committee • <input type="checkbox"/> Team Selection Sub Committee • <input type="checkbox"/> Rules Sub Committee
National Range Officers Institute	The National Range Officers Institute (NROI) is a sub-committee of IPSC Australia. The primary task of the NROI is to supply and train a pool of Range Officers to assist in the implementation and conduct of IPSC events.
NROI Section Representative	In addition to the President of NROI, each State has a Section Representative to the NROI who is appointed by agreement between the Section Coordinator and the NROI President.
RO training	Each Section Representative is responsible for maintaining a group of trained Range Officers and organising training seminars. The Section Representative also provides assistance and advice to the Section Coordinator on the interpretation of rules and procedures, the conduct of matches, and ensures that all sanctioned events are conducted in accordance with IPSC rules.
National level affiliation between IPSC and SSAA	Additionally all members of IPSC Australia are encouraged to affiliate to the Sporting Shooters Association of Australia (SSAA) due to an affiliation at a National level between the two organisations (IPSC and the SSAA).

2 SAFETY

2.1 General

Handling	<p>When dealing with handguns in any situation safety is paramount.</p> <p>Handguns should generally only be handled either:</p> <ul style="list-style-type: none">• at the range; or• at home. <p>In Section 2.2 the three fundamentals of gun control are described. Obey these three basic rules at all times whilst handling handguns for your safety and the safety of others.</p>
Safety at home	<p>All firearms stored at your home should be stored in accord with current legislative requirements of your State or Territory.</p>
Safe storage	<p>Handguns must be stored in an approved steel safe. Check with your State/Territory Firearms Registry for local safe storage rules.</p>
Keep ammunition separate	<p>Ammunition must be stored in a separate locked container.</p>
Away from children	<p>Children must not have access to the handguns or access to the safe at any time.</p>
Never loaded	<p>Handguns should never be loaded with live ammunition at home. On every occasion that a handgun is removed from the safe for any reason whatsoever the handgun should be proved to be unloaded and made safe.</p>
No drink... no drugs	<p>NEVER handle firearms whilst under the influence of alcohol or any other drug.</p>
Travelling to and from the range	<p>When transporting a handgun it should be stored in either a box or a pistol case in accordance with your State or Territory legislation. This both protects the handgun and ensures the contents are not readily visible. A trigger-lock is a simple, inexpensive means of disabling a handgun for transport or storage.</p>
Travel directly – do not stop	<p>When transporting the handgun you should travel directly to and from the range. Do not stop off to do some shopping on the way. Should your car be stolen your handguns would be stolen as well.</p>
Store out of sight	<p>Whilst travelling it is suggested you store your handguns in the boot of your vehicle as it is the most secure area and they will not be readily visible.</p>
Keep car in sight	<p>If you must stop en-route for fuel or refreshments, ensure that the vehicle is always locked and remains within your sight at all times.</p>
At the range	<p>Eye and hearing protection must be worn on the firing range.</p> <p>Ensure that suitable footwear is worn at all times.</p>

Keep safety rules	Adhere to all safety rules – that includes all Club and State or Territory rules and regulations. The firearm should remain in its box or cover until it can be removed in either a designated safety area or on the line under the direct control of a Range Officer.
Obey Range Officer	All commands from a Range Officer must be obeyed immediately. Failure to comply may result in a shooter being asked to leave the range.
Downrange or holstered	During and after the loading process the handgun must remain pointed downrange at all times unless holstered.
Off target, off trigger	When not engaging a target the finger must remain off the trigger.
Safe muzzle direction	Never let the muzzle of the handgun point in any direction which would let a round exit the range area or clear the backstop. Do not point the gun upwards (skywards) as it is not a safe direction.
Be aware of your feet	Be aware of the of the muzzle direction in relation to your feet and ground surface (e.g. concrete can cause splatter).
Safe handling	If you are not on the firing line, handguns should only be handled in designated safety areas.
No ammo in safety area	Do not handle loaded magazines in designated safety areas.
Load on command ONLY	Load the handgun under the control of a Range Officer at the command “Load and Make Ready”. DO NOT load the handgun at any other time.
Do not leave unattended	Do not leave any handguns unattended at any time.
If in doubt ‘prove safe’ and holster	If you have doubt at any time as to what to do, either holster the handgun or point it in a safe direction and seek assistance from a Range Officer. If a Range Officer is not available then ask an experienced Club member to help.
Lock open to lay gun down	When laying firearms down the cylinder must be open in the case of a revolver or the magazine removed and the slide locked back in the case of a semi-automatic pistol.
Clear malfunctions in safe direction	Whilst clearing malfunctions ensure that the muzzle remains pointed down range in a safe direction.
Never look down barrel	Never look down the barrel if checking for a stuck projectile.
Penalties	The importance of many of these safety guidelines is reflected in the penalties associated with any breach of the rules relating to safe gun handling. Specifically you should refer to Chapter 10 of the IPSC rules, which relate directly to safety.
See Rules Section 10	

2.2 *Three fundamentals of gun control*

Obey ALL safety rules... State, Club and Range Remember that each State, Club or Range may have individual safety requirements or local rules. Ensure that you are familiar with any such requirements prior to handling firearms or shooting. The easiest way to avoid any such problems is to ask an experienced local member.

Adhere to the fundamentals Prior to handling handguns or firearms of any type you must be aware of the three fundamentals of gun control. If you adhere to the fundamentals it will minimise the risk of unintentional discharge. In the event that you do have an unintentional discharge be assured that it will be frightening.

If you do not obey the three fundamentals of gun control it could be tragic.

Fundamental number one **The gun is always loaded.**

Always handle a gun as though it is loaded Every time you pick up or handle a gun, inspect it in a safe manner and always treat it as a loaded gun. Remember to be conscious of the muzzle direction.

Fundamental number two **Never point the gun at anything you are not prepared to shoot.**

Always point in a safe direction The only safe way to handle guns is to assume a worst case scenario: that the empty gun is going to fire. Since you are prepared for that, you only point the gun in a safe direction. This way if an unintentional discharge does occur it will be into a safe impact area and there will not be a tragedy.

Fundamental number three **Always be sure of your target and what is behind it.**

Know what is behind your target Bullets can penetrate a number of items before coming to a halt. Always identify your target and what is behind it before firing. If you are unsure do not fire. Always ensure that there is a safe impact area behind your target before firing.

2.3 *Safety in the classroom*

Cold Range

NO LIVE AMMUNITION IN CLASSROOM

No live ammunition

All students must understand that the classroom is a "cold range". Students are not to introduce firearms or ammunition of any type into the classroom.

The Chief Instructor will prove and make safe all handguns to the class. All action proving dummy ammunition will be inspected by at least two separate Range Officers.

Person and bag check

All students, their bags and equipment will be checked for firearms and ammunition prior to commencement of the class.

2.4 Safety on the range

- Obey the signs** Ranges have clearly posted safety signs. Obey them.
- Eyes and ears** All instructors and students will ensure that appropriate eye and ear protection is worn prior to moving to the Range area.
- Rule 10.5.1** Always remember that once holstered a handgun may not be handled outside a designated safety area unless under the direct control of a Range Officer.
- Rule 10.5.3** If you drop a handgun (whether loaded or unloaded) during a course of fire, you will be disqualified from the Match.

2.5 Safety equipment

- Eyes** Safety glasses must be worn in all designated areas of the range. This includes designated safety areas. Prescription glasses may be considered suitable.
- Ears** Ear plugs or other ear protection must be worn to provide hearing protection suitable to range conditions. Individual comfort is the general rule for choosing or one or the other... some shooters choose to wear both.
- Clothing** Clothing should allow freedom of movement but not be so bulky as to impede the draw. 'Polo' style shirts are favoured by many.
- Rule 5.2.3** At least three belt loops are required to hold the gun belt.
- Footwear** Select comfortable, sturdy footwear. Remember that range surfaces may vary. Weather conditions affect the range surface. Safety is paramount. Shoes should provide grip on a variety of surfaces and weather conditions.

3 Legislation, Regulations and Rules

Your responsibility	It is the responsibility of every individual to familiarise themselves with National, State and Territory gun control regulations as well as the rules of the club that you join.
Keep up with changes	Rules and regulations change from time to time. It is your responsibility to ensure that you are aware of any changes. Bulletins may be issued by clubs to assist members, but it remains the responsibility of the individual shooter.
Know the rules and regulations	As a shooter it is important that you know the regulations that govern the transportation and storage of firearms. Remember that ignorance is no defence.
Legislation	Federal legislation governs the types and quantities of firearms that can be imported into Australia.
Rules	Club and Range rules may vary, but the basic principles still apply. Shooters are expected to abide by their Club and Range rules without exception. When visiting another Club or Range, check the local rules as they may differ from your own Club or Range. This particularly applies to bagging/unbagging and Safety Area rules which tend to be specific to each Range.

4 EQUIPMENT

4.1 What you need to start

Handguns	Most pistols which are “out of the box” are adequate for a new IPSC shooter. Any changes and modifications can always be made at a later date, as you need them. It should be emphasised that handguns that have undergone complex and expensive modifications are not necessary to successfully participate in practical shooting.
Reliability is crucial	Reliability is the most important factor. A reliable government model 1911 handgun (or similar) with standard sights and a standard trigger pull, that functions 100% of the time, will win every time over a fully customised Open Division gun that isn’t reliable. Your first concern is to have a reliable handgun.
Modifications	Modifications that improve accuracy are useful, these include good sights and a good trigger pull.
Don’t get caught by fads	Other types of modifications can increase comfort, control, handling and speed. These include items such as beavertails, extended magazine release, checkering, extended thumb safety and oversized magazine wells. Remember, don’t let yourself get caught up by the current fads and fashion, buy only what you need to get started safely and reliably.
Magazines	When using a self loading pistol you will need at least four magazines to cater for most courses of fire. Ensure that magazines are reliable and fall freely from the handgun when the magazine release button is depressed.
Speedloaders	Revolver shooters should have at least 6 (six round) speedloaders.
Carry extra in case of malfunction	In the event of clearing a malfunction you may be required to discard one or more magazines.
Holsters	Your choice of holster will depend upon your choice of handgun. There is no restriction on the style of holster you may select, however competitors must be aware of two important factors.
Muzzle angle whilst holstered	Whilst holstered, the muzzle angle of the pistol must point downwards to within one metre of the competitor.
Holster must cover trigger	The holster must cover the trigger and should allow the middle finger to be placed on the stock when the shooter grasps the pistol as part of the draw. The rules require that the trigger is covered.
Rule 5.2.7.4.	
Holster must allow grip	The design of the holster should enable the shooter to obtain a firm grip on the handgun with the strong hand without moving the handgun in the holster. It should not be necessary to change the grip after the handgun has been removed from the holster.
Holster placement	The holster should be placed on the gun belt in accordance with the rules governing the division in which you compete (Open, Standard, Production, Std Revolver or Modified Division).
Rule 5.2 & Appendices	

Match DQ if gun falls out of holster	Ensure that the handgun fits snugly within the holster and that no movement occurs within the holster. It is very important that the holster holds and retains the pistol firmly for safety reasons. This is reflected in the penalty of match disqualification for dropping the pistol during a course of fire.
Rule 10.5.3	
Magazine pouches	Magazine pouches are available in a variety of styles and should be manufactured in such a manner that ensures the competitor is able to obtain a proper grip on the magazine when removing it from the pouch.
Mags face forwards	<p>The front of all magazines should face forwards to facilitate the reloading process. All pouches should have sufficient retention capability to retain the magazines throughout a course of fire, yet release easily on demand.</p> <p>At least three pouches are generally needed; however this number may be dictated by the capacity of the magazines.</p>
Gun belt	<p>The gun belt should be approximately 1.75 inches (45mm) wide and must be of sufficient strength and rigidity to form a solid platform for the holster and magazine pouches.</p> <p>The holster and pouches should not be loose on the belt so as to be able to slide in an uncontrolled manner. Generally speaking belt, holster and pouches should be obtained from the one manufacturer to ensure compatibility between all three products.</p>
Demonstration equipment	Students should note the variety of equipment demonstrated.
Eye protection	Safety glasses should be worn at all times on the range. Styles with interchangeable lenses are often favoured allowing shooters to choose a lens colour to suit the prevailing light conditions.
Rule 5.4	
Hearing protection	There are many types of ear-plugs and ear-muffs. Shooters should adopt the type of hearing protection that best suits their comfort and needs. Some shooters prefer to use both ear-plugs and ear-muffs.
Rule 5.4	
Appropriate Dress	Clothing should not be offensive and allow freedom of movement. Competitors may be required to crawl through tunnels.
Rule 5.3	
Rule 5.2.3	<p>The waistband must have at least three belt loops to hold the gun belt.</p> <p>A 'polo' shirt or round neck t-shirt is suitable. Remember that ejected cases are hot and have been known to land down shirt-fronts!</p>
See Section 5 Ballistics	<p>A shooting/pistol licence is required to purchase ammunition.</p> <p>The ammunition required to complete this training course is supplied as a part of the course.</p>

4.2 Types of handguns used in IPSC

Two main types

There are two main types of handguns commonly utilised by members competing in IPSC handgun matches, these are:

- Revolvers
- Semi-automatic pistols

4.2.1 REVOLVERS

Description

Typical revolvers are six shot breech-loading handguns. A number of centre fire revolvers are currently being manufactured with a seven and eight shot capacity and some rim fire revolvers may hold up to nine rounds.

Solid frame with swing-out six-chamber cylinder

The majority of revolvers are produced with a solid frame and a swing out type of cylinder having six chambers located around a central axis and can be fired either double or single action. Nearly all revolvers may be fired either single action or double action.

Single action

Single action refers to a firing sequence when the hammer must be manually cocked and the manipulation of the trigger performs only one function, this being the release of the trigger.

Some single action type revolvers do not have a swing out cylinder and are loaded/unloaded and checked through a loading gate' located on the right hand side of the frame.

Double action

Double action refers to a firing sequence when the manipulation of the trigger performs two functions:

- the movement of the hammer from the decocked position back through the cocked position; and
- the release of the hammer as per single action.

Safety Check - revolver

The following sequence forms the safety precautions for a revolver (swing out cylinder)

- Hold the revolver with the strong hand, ensuring that your finger is outside the trigger guard.
- Release the cylinder catch and swing out the cylinder.
- Inspect the cylinder chambers to ensure they are clear of rounds. If rounds are present continue.
- Whilst maintaining a safe muzzle direction strike the ejector rod with the palm of the hand.
- Inspect the cylinder chambers to ensure they are clear of all rounds.
- Hold the revolver in such a manner that the Range Officer is able to inspect the cylinder and confirm that it is clear of ammunition.

- On the command “If gun clear, hammer down, holster” (if under the command of a Range Officer), the cylinder is then closed and the revolver is holstered.

NOTE: It is not necessary to cycle the revolver by depressing the trigger to ‘lower’ the hammer.

4.2.2 SEMI-AUTOMATIC PISTOLS

Semi-automatic pistol

A semi-automatic pistol is a mechanically locked, recoil operated handgun featuring either a single or double action trigger (or combination) and fitted with some form of safety mechanism.

The term ‘semi-automatic’ pistol by accepted usage signifies a handgun in which manipulation of the trigger when the chamber and magazine are loaded will:

1. Fire the cartridge in the chamber
2. Eject the fired cartridge case
3. Cocks the firing mechanism ready for the next shot and
4. Loads a cartridge from the magazine into the chamber in position for firing.

Some gas operated semi-automatic and blowback pistols are available however the majority of semi-automatic pistols are recoil operated.

Most double action pistols perform as single action once they have been fired as the slide movement recocks the hammer.

Magazines for semi-automatic pistols are generally inserted in the grip area through the base of the grip. Some variations may be inserted down through the breech or in front of the trigger guard. Magazine capacity may vary between five and twenty rounds.

Safety check

The following sequence forms the safety precautions for a semi-automatic pistol:

- Hold the pistol in your strong hand, ensuring that your trigger finger is outside the trigger guard.
- Ensure that the safety catch is in ‘safe’ position.
- Depress the magazine release and remove the magazine.
- Move the safety catch to the “off” position.
- With the muzzle pointed in a safe direction rack the slide, and allow the cartridge (if present) to eject
- Visually inspect the chamber to ensure that there is no round present.

- On the command “If gun clear, hammer down, holster,” the slide is allowed to travel forward.
- With the muzzle pointed in a safe direction the trigger is depressed to fire the action.

This is the definitive safety check.

The pistol is then holstered.

4.3 Divisions

Open: Appendix D1	Minimum power factor 160 for major, maximum magazine size 170 mm, optics sights and compensators allowed.
Standard: Appendix D2	Minimum cartridge size 9x19. Minimum 40 cal. to make 'major', no compensators or optic sights and must fit in box.
Production: Appendix D4	To qualify for Production division the gun must be “out of the box” with no modification whatsoever. Model No.s listed on IPSC web site Minor calibre only. Minimum cartridge size/bullet diameter 9x19/9mm.
Revolver Standard Division: Appendix D5	Maximum of 6 rounds to be fired before reloading, no optic sights or compensators allowed.

4.4 Modifications

Refer to Rule Book	For a full description of the modifications allowed, refer to the appropriate Appendices of the IPSC Rules (14th Edition) for each Division.
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5 BASIC BALLISTICS

The purpose of this section is to give students a basic understanding of what occurs when a bullet is actually fired. Knowledge of how far a bullet will travel is imperative in understanding the dangers associated with all firearms. Due care must be taken in selecting appropriate range areas with suitable backstops.

The IPSC shooter will only utilise centre fire cartridges in competition. Rim fire cartridges are often of value as a training medium and for introducing younger participants to the sport.

How a cartridge works

Conventional cartridges as we know them have been in common use in their current form for over 130 years. The cartridge comprises the following components:

Cartridge Case

The cartridge case is generally made from brass; however examples may be found of copper, aluminium or steel. Brass cases are suitable for reloading due to the inherent properties of brass which allows the case to expand and contract during the discharge of the round. The brass case has properties enabling it to be resized during the reloading process.

Primers

Primers come in two types in cartridges, centre fire and rim fire.

Rim fire primers

Rim fire cartridges cannot be reloaded. The priming compound is located in the rim of the cartridge cases and is ignited when the firing spin strikes the rim of the case detonating the primer compound. This priming compound is placed in the rim during the manufacturing process and cannot be replaced.

Centre fire primers

Centre fire cartridges as their name denotes, have a primer located in the centre of the cartridge case base. The primers in centre fire cases are replaceable which enables the cartridge to be reloaded. Centre fire primers are self contained units and consist of a cup, priming compound and anvil. The firing pin strikes the primer and the priming compound is ignited when the compound is compressed between the cup and the anvil.

Propellant powder

Propellant powder is designed to burn progressively and creates vast volumes of gas which drive the projectile out of the barrel. Smokeless powder was developed in the latter part of the 1800's and is based on a nitrocellulose material. Propellant powders are manufactured to burn at various controlled speeds. Calibre, bullet weight and desired velocity are all taken into consideration in the process of selecting a powder for a particular use. Propellant powders should never be blended and recommended loads should never be exceeded.

Projectiles	Projectiles come in a multitude of designs, weights and sizes. The designs of many projectiles lend themselves to particular applications. Projectiles may be manufactured from lead of varying degrees of hardness. These lead projectiles may be gas-checked, plastic coated, tin or copper washed. Jacketed, semi jacketed or solid copper projectiles are also available. Round nose, wadcutter, semi wadcutter, hollow point and truncated cone are just a few of the many designs available.
Primer ignition	A cartridge is fired when the firing pin firmly dents the primer, the priming compound is crushed between the anvil and the primer cup and the primer compound detonates. The ignition of the primer sends a flame (in the case of a centre fire cartridge) through the primer hole in the base of the cartridge case into the propellant charge.
Powder burns – creating gas	The propellant inside the cartridge case ignites and burns at an even rate albeit incredibly fast. There is a common misconception that the propellant powder explodes and the force of this explosion is what discharges the projectile. This is a fallacy. What actually occurs is that the powder commences to burn and produces hot expanding gases. It is the pressure from these expanding gases which exerts pressure in all directions and eventually drives the projectile down the barrel.
Gas expands	As the gases expand they seek an avenue of least resistance. As the breeching mechanism of the firearm does not allow the gases to escape through the chamber area this leaves the projectile as the area which offers the least amount of resistance. The expanding gases start the projectile down the barrel. The propellant powder continues to burn and accelerates the projectile up until the point where the projectile exits the barrel.
Projectile forced down barrel by gas	As the projectile travels down the barrel the expanding gases force the projectile into the rifling in the barrel which in turns causes the projectile to spin at the same rate as the twist in the barrel. This spinning enhances the stability of the projectile and aids in the accuracy of the firearm.
Recoil	As each action must have an equal and opposite reaction we discover that the reaction to the discharge of the projectile is what is known as recoil. The force generated and imparted to the projectile is equalled by a similar force that forces the firearm rearwards. The amount of recoil felt when firing a gun is the maximum amount of force that can be delivered by the projectile when it strikes a target.
Average range 2k	<p>The average maximum range of a handgun round is in the vicinity of 2 kilometres; however some magnum handgun rounds can travel out to 3 kilometres. Therefore a shooter must always remain acutely aware of what is behind the target at which they are shooting and the effectiveness of any backstops.</p> <p>As Power, (Vis), is recognised as an inherent part of IPSC shooting, it is necessary that the power of cartridges are able to be measured and subsequently rewarded through the power factors of ‘major’ and ‘minor’.</p>

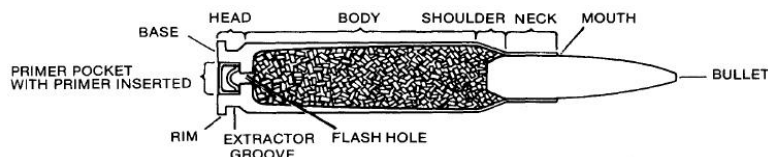


DIAGRAM OF CENTRE FIRE CARTRIDGE (sectioned)

Power factor

$$\frac{\text{Bullet weight} \times \text{velocity}}{1000}$$

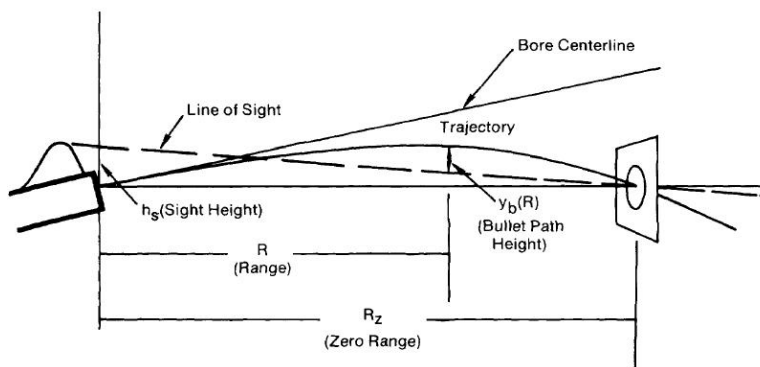
The power factor of a round is calculated by multiplying the bullet weight in grains by the velocity (Feet per second). The resultant figure is then divided by 1000. The minimum power factor for major is 175 and minor is 125. If a competitor nominates major power factor but fails to meet this level he will be downgraded to minor power factor.

Minimum power factor

If a competitor nominates minor power factor and fails to meet the required level they are unable to be scored for that match as their ammunition has not met the minimum required power factor (they may continue shooting for fun but no scores may be entered).

Bullet path

As soon as the projectile leaves the barrel it comes under the effect of both gravity and air resistance. These two forces progressively slow down the projectile and cause the projectile to fall to the ground. As a result, as the target range increases the shooter has to aim higher to strike the target. At the ranges in which a handgun is generally used (up to 50 metres) this effect is generally negligible and is greatly effected by such factors as bullet weight and velocity.



5.1 Basic reloading information

Cost effective alternative

In order to become proficient in IPSC competitors utilise a large amount of ammunition in practice. Factory ammunition is relatively expensive and it soon becomes evident that reloading ammunition is a cheaper alternative.

Many competitors use reloaded ammunition

Reloading is an integral part of competitive shooting. Very few competitors have the resources to use factory ammunition. A less expensive alternative is to purchase reloaded ammunition. Reloading is a cost-effective option once the initial outlay for equipment has been recouped.

- Saving of approx 80% on the cost of factory rounds** Rather than being considered a chore, reloading your own ammunition can give great satisfaction. The process may appear daunting at first, but it is actually quite simple and the results will often exceed the quality of mass produced factory ammunition. In general terms, reloaded ammunition costs approximately 10% to 20% of factory ammunition plus your time and effort.
- Reloading process** Reloading reverses the process of firing a cartridge. When a cartridge is reloaded the components utilised when firing are replaced and the cartridge case is returned to dimensions which allow it to be re-chambered. The steps involved in reloading a cartridge are:
- The case is resized.
 - The spent primer is removed and replaced with a new primer.
 - A fresh powder charge is loaded.
 - A new projectile is seated.
- Beware pitfalls** Reloading is a simple process which can be carried out by any person. However there are a number of pitfalls for the unwary. The choice of propellant powder and amount is critical and must be carried out in conjunction with research from appropriate reloading manuals or manufacturers handbooks.
- Use manuals/handbooks for reference**
- Never blend powders** At **no time** must propellant powders be blended or used in excess of the manufacturers recommended data.
- Get professional advice** Before starting to reload cartridges it is appropriate for the beginner to seek advice from others with experience in this field. In the absence of such sources of information, gun shop proprietors and shooting organisations often hold classes in basic reloading skills.
- Basic rules for reloading** When reloading, these basic rules should be followed:
- First have a full understanding of the reloading process.
 - Always wear eye protection whilst reloading.
 - Do not smoke whilst reloading.
 - Store powder and primers out of the reach of children and in accordance with your State or Territory regulations.
 - Develop a set routine and do not rush.
 - Do not use propellant powder unless you know what it is and where it came from.
 - Do not exceed recommended loads.
 - Keep the reloading area neat and tidy.
 - Promptly clean up any spilled powder or primers.
 - Pay attention to detail when setting scales, powder throwers and seating depths.

6 PRACTICAL COMPONENT

During this component of the training you will be required to handle firearms.

NO LIVE AMMUNITION is to be introduced to the training environment until the last component commences.

Any safety breach will result in ejection from the course Your knowledge of safety and your gun handling skills will be continually assessed throughout this session. A breach of safety during this component of the course will result in your immediate ejection from the course and you will be classified as being not yet competent and required to re-take the course at a later date.

'eyes and ears' required Before beginning the live fire sequence all students must obtain and wear suitable eye and hearing protection.

6.1 Range communications

Rule 8.3 At this point it is the responsibility of all students to have an understanding of the basic Range Commands. These Range Commands dictate the shooter's actions when shooting. This applies to competition or when practicing under the control of a Range Officer. These commands are explained below:

"LOAD AND MAKE READY" **LOAD AND MAKE READY:** On this command the shooter may draw the handgun, load and carry out any preparation (turn on electronic sights etc), apply the safety (if fitted) and re-holster the handgun.

"ARE YOU READY" **ARE YOU READY:** On this command the shooter is given an opportunity to inform the Range Officer that they are not ready to commence the course of fire.

If a shooter is not ready they must notify the Range Officer in a loud voice "NOT READY".

"STANDBY" **STANDBY:** This will be followed (within 1 – 4 seconds) by the cue to commence firing. The cue may be verbal, audible, visual or self starting.

"STOP" In the event the Range Command '**STOP**' is shouted by the Range Officer the shooter must immediately cease all activity, point the handgun in a safe direction (generally downrange) and await further commands from the Range Officer.

"IF YOU ARE FINISHED UNLOAD AND SHOW CLEAR" **IF YOU ARE FINISHED UNLOAD AND SHOW CLEAR:** On this command the shooter unloads the handgun and holds the handgun, muzzle down range, in such a manner that the Range Officer is able to visually and/or physically inspect that the chamber is empty and the gun has had the ammunition source removed.

“IF CLEAR, HAMMER DOWN, HOLSTER” **IF CLEAR, HAMMER DOWN, HOLSTER:** On this command the shooter lowers the slide. In a safe direction, action the trigger to drop the hammer on the empty chamber (not carried out with revolvers where the cylinder is shut.). This is the definitive safety check that the handgun is safe. The handgun is then holstered.

“RANGE IS CLEAR” **RANGE IS CLEAR:** No person may move forward, off or from the firing line until this command is given.

6.2 Safe handling of handguns

Demonstration The instructor will demonstrate safety precautions for each of the two types of handguns.

Revolver

- Hold the revolver with your strong hand, ensuring that the finger is outside the trigger guard.
- Release the cylinder catch and swing out the cylinder.
- Inspect the cylinder chambers to ensure they are clear of rounds. If any rounds are present continue.
- Transfer the revolver to the weak hand, point the muzzle in a safe direction and strike the ejector rod to remove the cartridges/spent cases.

Semi-automatic pistol

- Inspect the cylinder chambers to ensure they are clear of all rounds.
- Hold the pistol in your strong hand, ensuring that the trigger finger is outside the trigger guard.
- Ensure the safety catch is in the ‘safe’ position.
- Depress the magazine release and remove the magazine.
- With the muzzle pointed in a safe direction rack the slide, and allow the cartridge to eject (if present).
- Visually inspect the chamber to ensure no round is present.
- Allow the slide to travel forward.
- With the muzzle pointed in a safe direction fire the action (the definitive safety check).

IMPORTANT The safety precautions described above **MUST** be carried out whenever you remove a handgun from:

- The safe
- The gun bag/case at the range
- When being handed to another person
- When being received from another person
- Prior to being loaded

- At the conclusion of shooting
- Prior to cleaning
- When being lodged in the safe at home
- If there is any doubt whatsoever as to the condition of the handgun

At the conclusion of this module you will be able to display the correct application of safety precautions on both types of handguns.

6.3 Loading & unloading a handgun

Demonstration

Using action proving dummy ammunition the instructor will demonstrate the correct loading and unloading techniques for both types of handguns using appropriate safety precautions and displaying a high level of gun handling skills.

Semi automatic pistols will be loaded to the condition where there is a round in the chamber and the action uncocked by means of a de-cocking lever or the safety catch applied.

At the conclusion of the demonstration students are to demonstrate their knowledge in loading and unloading handguns.

NOTE: This session is to be carried out in a live fire environment (if this is not practicable a safe 'down range' area is to be designated). All action proving dummy ammunition is to be inspected by the instructor and students prior to the commencement of the session. No live ammunition is to be present in the environment.

6.4 Safe clearance of malfunctions

Types of malfunction

Malfunctions in handguns may be classified in one of the following areas:

- Failure to feed.
- Failure to fire.
- Failure to extract.
- Failure to eject.

Revolver

In a revolver the failure to fire and failure to eject are the only potential malfunctions, these may be treated as follows:

Failure to fire: Initial action is to action the trigger again. This rotates the cylinder and brings a new round into position for firing.

NOTE: Most failures to fire in revolvers can be traced to weak/worn hammer springs or hammer springs which have been backed off to ease the trigger pull.

Failure to eject: Failure to eject occurs in a revolver when the ejection rod is not depressed with enough force to remove the cases from the cylinder. It is common for the cartridge case to slip underneath the ejector when this occurs. To remedy this malfunction the ejector start must be fully depressed and the stuck cartridge case removed using a finger nail or small screwdriver.

Semi-automatic pistol

In a semi-automatic pistol there are a variety of malfunctions which include:

- 'Stove' pipe
- Double feed
- Failure to extract due to torn cartridge rim, stuck case or broken extractor
- Failure to feed due to inappropriate projectile design
- Failure to eject due to low powered ammunition, broken ejector
- Failure to fire due to mechanical malfunction or round not properly chambered (disconnecter will not allow pistol to discharge)

A common malfunction amongst novice shooters and reloaders is the phenomenon known as a 'Squib Load'. This occurs where the powder charge has been left out of the cartridge.

Sometimes the projectile from a squib load will clear the barrel under the force generated by the primer alone, however it is not uncommon the projectile to be left lodged within the barrel.

In the circumstances where another round may be chambered and fired, the resulting extreme pressure generated has the potential to damage the firearm and injure the shooter.

In case of a squib load, cease firing and immediately inspect the handgun for a projectile stuck in the barrel.

There are many varied techniques for clearing the above malfunctions and your instructors will display techniques as are appropriate whilst ensuring that appropriate safety procedures are followed.

Off trigger

Whilst clearing malfunctions it is of paramount importance that the finger must remain outside the trigger guard and the muzzle must be in a safe direction.

Safe muzzle direction

Ensure your hands remain clear of the muzzle and ejection port in order to prevent injury in case of an unintentional discharge.

See Rule 10.5.8

Remember that you may be disqualified from a match for clearing a malfunction while your finger is on the trigger.

6.5 Safety checks on handguns

The instructor will explain and demonstrate the following safety checks. You will then carry out the checks yourself

Revolver Safety Check

Check and clear the revolver, when clear close the cylinder and check for function of the hammer block.

Do this by; cocking the revolver, press the trigger whilst holding the hammer, release the trigger and slowly lower the hammer. The safety bar should rise to prevent the hammer nose from striking where a round would be chambered.

Semi-auto Safety Check

Check and clear the pistol, when clear check:

Safety catch: Action the slide, engage the safety catch, press the trigger firmly then release the trigger, disengage the safety catch, the hammer should *not* drop.

Half cock notch: Cock the hammer, hold the hammer and press the trigger, release the trigger and slowly lower the hammer, the hammer should *stop* at half cock notch.

Disconnecter: Cock the hammer, move the slide back approx. 1/8 inch, press the trigger, the hammer should *not* drop.

If you are not familiar with the gun

In the event that you are using a firearm with which you are unfamiliar, be it a Club gun or the property of a fellow shooter, use the safety checks described above prior to use.

No student will handle a handgun unless they are on the firing line and under the direct control of a Range Officer.

When you began the class you were *unconsciously unskilled*. You were unaware that you didn't know.

By the end of the class you will have advanced to being *consciously unskilled*.

At this point your gun handling skills will probably be low with awkward movements, but you know this and now you can change it. *Practice* will bring steady improvement as you move towards becoming *consciously skilled*.

7 LIVE FIRE EXERCISES

Safe gun handling	Prior to the commencement of live fire exercise all action proving dummy ammunition must be retrieved from students and removed from the training area before the introduction of live ammunition.
Emphasis on safety	At this stage of the training the emphasis is on safe gun handling and not accuracy.
Restriction on calibre	It is recommended that during this phase of training students are restricted to calibres such as .22 rim fire, .38 special and 9mm. It is also advisable not to use heavy calibre handguns unless you have had previous experience with handguns.
Equipment on table	The live fire exercises will be carried out with both handgun and ammunition/magazines on a table.
Ready position	<p>All shooting will be carried out from the 'ready' position.</p> <p>For the purpose of these exercises the ready position is defined as having the gun gripped in both hands, pointing downrange at a 45 degree angle to the ground, with the finger off of the trigger.</p>
Phase 1	<p>Using a revolver or semi automatic pistol the student is to carry out the relevant safety precautions.</p> <p>Once the student has received the appropriate commands, they will load and fire a single round at a target situated 5 metres away.</p> <p>The student will then reload and fire 5 individual rounds at the same target.</p> <p>At the conclusion of the exercise the student is to carry out relevant safety precautions again and render the handgun safe.</p> <p>NOTE: Exercise will be repeated until the instructor is satisfied that the student has displayed the necessary gun handling skills</p>
Phase 2	<p>Using a revolver or semi automatic pistol the student is to carry out the relevant safety precautions and once they have received the appropriate commands they will load and fire six rounds in their own time at a target 5 metres away.</p> <p>The student will then reload with a further six rounds and repeat the exercises.</p> <p>At the conclusion of this exercise the student is to carry out relevant safety precautions again and render the handgun safe.</p> <p>NOTE: Exercise will be repeated until the instructor is satisfied that the student has displayed the necessary gun handling skills.</p>

Phase 3

Using a semi-automatic pistol the student is to carry out the relevant safety precautions and once they have received the appropriate commands they will load a magazine supplied by the instructor and fire six individual rounds in their own time at a target 5 metres away.

The student will then to reload with a further six rounds using another magazine supplied by the instructor and will repeat the exercise.

At the conclusion of the exercise the student is to carry out relevant safety precautions and render the handgun safe.

NOTE: Exercise is to be repeated until the instructor is satisfied that the student has displayed the necessary gun handling skills.

NOTE: The instructor will load a minimum of 4 action proving dummy rounds into the two magazines to simulate a failure to fire. The student is required to clear the malfunction using the necessary and safe gun handling skills.

Phase 4

Using a revolver or semi automatic pistol the student is to carry out the relevant safety precautions and once they have received the appropriate commands load and fire six rounds in their own time using their strong hand only at a target 5 metres away.

The student will then reload with a further six rounds and repeat the exercise.

At the conclusion of the exercise the student is carry out the necessary safety precautions and render the handgun safe.

NOTE: Exercise is to be repeated until the instructor is satisfied that the student has displayed the necessary gun handling skills.

Phase 5

Using a revolver or semi automatic pistol the student is to carry out the relevant safety precautions. Once they have received the appropriate commands load and fire a single round at a target 5 metres away, the student will then reload with a further single round and repeat the exercise, this exercise is to be repeated a further four times for a total of six shots.

At the conclusion of the exercise the student will carry out the necessary safety precautions and render the handgun safe.

NOTE: Exercise is to be repeated until the instructor is satisfied that the student has displayed the necessary gun handling skills.

NOTE: The pistol is to lock back after each shot is fired prior to being reloaded.

Proficiency required

The student must be proficient in all of the above exercises before attempting the holster proficiency test.

8 HOLSTER PROFICIENCY

8.1 IPSC start positions

After learning how to handle a handgun safely the novice IPSC shooter needs to learn how to safely draw the handgun from the holster. IPSC shooting is the only style of pistol shooting which requires competitors to commence shooting from a variety of start positions, such as:

Facing down range, handgun holstered.

Facing **UP RANGE**, handgun holstered.

Facing 90 degrees to the start line.

These are a few of the start positions that may confront an IPSC shooter during just one match. There is one consistent theme that must be adhered to during all of these scenarios.

Safety

From the moment when the shooter makes the transition from the time that the handgun is put to rest in preparation for the start, to the time that the last round is fired during the course of fire **SAFETY MUST BE OBSERVED AT ALL TIMES.**

The novice shooter must be aware that during the learning process **speed is absolutely and totally irrelevant. Safety is the paramount factor.**

Speed comes with practice

Speed will only come with practice. There are no great tricks to performing a fast draw and the time between a fast draw and a slow draw are of no consequence to novice shooters.

Perfect practice makes perfect

A recognised training maxim is that **PERFECT PRACTICE MAKES PERFECT.** This is particularly true in the art of learning how to draw a handgun. Slow, perfect practice will invoke muscle memory (after numerous repetitions) which will allow for fast, perfect and safe draws of the handgun in due course.

The draw can be broken down into a number of stages to assist the novice shooter. These stages if practiced in correct order will assist the novice in establishing a pattern that can be adapted to all start procedures.

During the course of learning how to draw and fire the handgun, it is intended and assumed that all students will adopt a two handed grip on the handgun.

There are many methods of gripping the handgun and the instructor will show an appropriate grip for the novice to commence with. A basic two handed grip must provide the safe and secure purchase of the handgun which allows ready access to all controls such as safety catches, slide stops, magazine and cylinder releases.

8.2 The draw

Step 1

On the signal to commence the shooter must, from the start position, move his or her hands to establish a firm, correct grip on the handgun. The finger must not be on the trigger (if the trigger is uncovered) and the safety catch must remain in the safe position.

If a thumb snap is fitted to the holster, then the thumb should be placed in a position so as to 'break the snap'. If the grip is not correct now is the time to make any necessary adjustments and ensure that a correct grip is established prior to proceeding.



The shooter must not proceed past this point unless they are facing down range and the muzzle of the handgun is pointing in a safe down range direction when drawn from the holster.

Step 2

The shooter at this point may break the snap (if fitted).

Step 3

The handgun is now drawn from the holster, the finger is still off the trigger and the safety catch remains in the safe position.



Step 4

As soon as the muzzle is clear of the holster it is rotated towards the target to be engaged. **This is always in a safe, down range direction.** The trigger finger remains off the trigger.

Step 5

The handgun is then pushed toward the target and as the muzzle of the handgun clears the body the support hand moves in from the side towards the handgun to establish the two handed grip. **ENSURE THAT THE SUPPORT HAND DOES NOT COME IN FRONT OF THE MUZZLE AT ANY TIME.** The trigger finger continues to remain off the trigger.



Step 6

The handgun is now held securely in a correct grip and is lifting to the target area. As the handgun approaches the target the safety (if fitted) may be deactivated.



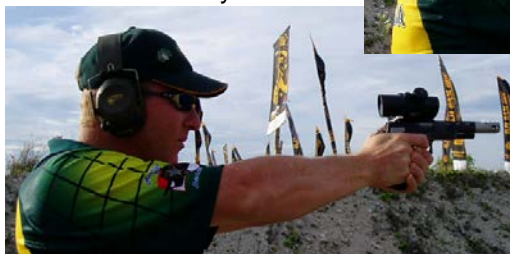
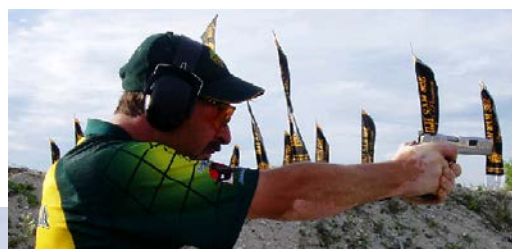
NOTE

The trigger finger continues to remain off the trigger.

Step 7

At this point the shooter is searching for the sights of the handgun and as the sights move into the target the trigger finger comes onto the trigger. At this stage the draw is complete and the shooter should then be focusing on the front sight of the handgun and concentrating on trigger control.

During this whole process the aim of the shooter is to safely remove the handgun from the holster to a point where a shot may be fired



at a target and commence the course of fire.

Rule 10.5.2

IPSC shooting is a dynamic sport. It is not unusual for a competitor to draw and engage targets whilst moving, often at varying angles which may call upon the shooter to exercise a degree of caution to avoid pointing the muzzle up range. This would be a serious safety breach and will AT LEAST lead to the shooter being disqualified from a match.

It is imperative that all shooters are conscious that during all movement (even from standing to kneeling or prone or changing magazines) the trigger finger must remain off the trigger and that the safety catch should be applied.



It cannot be stressed too heavily that during the learning process, novice shooters must impose self discipline upon themselves and perform within their capabilities.

Beginners should know their limitations

From the analysis of safety breaches and subsequent disqualifications over many years, it is obvious that safety breaches occur as a direct result of shooters exceeding their capabilities during the excitement of the match.

Most courses of fire in IPSC matches involve movement either during or shortly after the draw, because of this it is imperative that shooters have a sound understanding of the safety requirements of such actions.

Some of these movements may involve a shooter turning to face down range, going prone or kneeling immediately upon the cue to commence. **It is important that whilst adopting these positions the shooter is continually aware of the muzzle direction of the handgun.**

When facing in any direction other than directly down range, the shooter must not proceed past step 1 (establishing the grip) until they are facing downrange.

When going prone the shooter must ensure that the handgun has been removed from the holster and is pointed down range, clear of the body, before lowering themselves to the ground.

Equipment View

Equipment View

Open Division



Standard Division



As courses of fire sometimes commence with the shooter seated, it is essential that the shooter considers the position of the holster and is aware of the muzzle direction when drawing the handgun to avoid 'sweeping' their body. This can also occur inadvertently when the shooter is required to open a door with the weak hand when the handgun is already in the strong hand.

When carrying out movements required in match stages with a handgun drawn and in the hand, the shooter must be aware at all times of the direction in which the muzzle is pointed, in relation to the range and to various parts of their own body.

9 PRACTICAL HOLSTER TEST

Having had the above steps explained and demonstrated by the instructor the student must now practice and demonstrate the seven steps of the draw with an unloaded handgun.

When the instructor is satisfied that the student has achieved a satisfactory level of competency in the basics of drawing the handgun and dry firing a single shot, the student may then demonstrate drawing the handgun from the following positions. The student must display the appropriate gun handling skills whilst moving to and from a number of different shoot positions. These shooting positions include

- Standing upright to the kneeling position.
- Standing upright to the prone position.
- Standing upright behind a barricade to the right side of the barricade.
- Standing upright behind a barricade to the left side of the barricade.
- Standing upright behind a barricade to both sides of the barricade.
- Standing upright facing down range (180 degrees).
- Standing upright facing cross range (90 degrees).
- Standing upright, drawing and moving forward 5 paces to engage a target.

When the instructor is satisfied that the student has displayed a satisfactory level of competency in the above drills, the student may move onto the following live fire drills.

Drill 1 Standing with hands loose by the sides the student will draw and fire 1 shot at a target 5 metres away.

(repeated five times for a total of six rounds)

Drill 2 Standing with hands loose by the sides the student will draw, go to the kneeling position and fire 1 shot at a target 5 metres away.

(repeated five times for a total of six rounds)

Drill 3 Standing with hands loose by the sides the student will draw, go to the prone position and fire 1 shot at a target 5 metres away. (The Instructor is to ensure that the target has been set up close to ground level)

(repeated five times for a total of six rounds)

Drill 4 Standing with hands loose by the sides, behind a barricade the student will draw and fire 1 shot from the **right** side of the barricade at a target 5 metres away.

(repeated 1 for a total of two rounds)

- Drill 5** Standing with hands loose by the sides, behind a barricade the student will draw and fire 1 shot from the **left** side of the barricade at a target 5 metres away.
- (repeated 1 for a total of two rounds)
- Drill 6** Standing with hands loose by the sides, behind a barricade the student will draw and engage a target at 5 metres with 1 shot from the right hand side of the barricade and 1 shot from the left hand side of the barricade.
- (for a total of 2 rounds)
- Drill 7** Standing facing up range with hands loose by the sides the student will turn, draw and fire 1 shot at a target at 5 metres away.
- (repeated five times for a total of 6 rounds)
- Drill 8** Standing facing 90 degrees to the firing line with hands loose by the sides the student will turn, draw and fire 1 shot at a target 5 metres away.
- (repeated five times for a total of six rounds)
- Drill 9** Standing with hands loose by the sides the student will draw and move forward approximately 5 paces and fire 1 shot at a target 5 metres away.
- (repeated five times for a total of six rounds)
- Assessment criteria** All shots fired are to hit the target. (Total of 42 rounds)
- Instructors are to watch for the following common errors:
- The finger moving into the trigger guard prematurely.
 - The safety catch being activated prematurely
 - Muzzle direction.
 - Sweeping of the body or hand with the muzzle.
 - Muzzle direction whilst moving around the barricade.
 - Muzzle direction whilst moving to engage targets.
 - Finger to be removed from trigger whilst moving between shoot positions.

10 IMPORTANT RULES FOR NEW SHOOTERS

Common traps	The following group of rules are those most often breached by competitors in their first IPSC events. These rules are all based on SAFETY. Breaking any one of them will invariably result in a match disqualification.
Learn the rules	Having a working understanding of these rules and the ability to apply this knowledge will improve a shooter's gun handling skills. The end result will be that they are a safer shooter and will not be placed in a position where they experience the heartache of being disqualified from a match.
Match Disqualifications	<p>Match disqualifications do occur and can be very disheartening to both new and experienced competitors. Match disqualifications generally occur as a result of a breach of safety and as such are treated very seriously. An analysis of a number of incidents which resulted in disqualifications over the past years have shown that generally, the main cause is directly related to the competitor pushing themselves beyond their capabilities.</p> <p>Whilst IPSC shooting lends itself towards an individual 'pushing the envelope' it is incumbent upon each individual to know their limits and to operate within their capabilities.</p> <p>Knowledge of the following rules will assist the new members avoiding this pitfall.</p>
Off target, off trigger Rule 10.5.8	Malfunctions Match DQ, when clearing a malfunction that requires the lowering of the handgun from aiming at a target the trigger finger must be outside the trigger guard.
Off trigger when moving Rule 8.5 / Rule 10.5.10	Movement Match DQ in the event of a competitor moving (more than 1 step or changing positions) without the trigger finger being removed from the trigger guard, safety catch should be applied.
Unsafe handling: dropping gun; breaking 90° rule Rule 10.3	Unsafe Gun Handling Match DQ, covers such occurrences as breaking 90 degrees, dropping the handgun, being found with a loaded firearm not under the control of a Range Officer, unauthorised handling of a firearm, having a loaded firearm holstered and safety not activated.
Accidental Discharge Rule 10.4	Accidental Discharge Match DQ, where round strikes within 3 metres of shooter or in an unsafe direction, during loading, reloading unloading or during remedial action, whilst moving (except whilst engaging targets).
Bad behaviour Rule 10.6	Unsportsmanlike Behaviour Match DQ in the event of gross unsportsmanlike behaviour.
Drug free Rule 10.7	Safety regulations & procedures Match DQ in the event that a competitor attends to compete and is under the influence of alcohol or drugs.

Be a Novice

When you attend the range as a novice shooter, do not be embarrassed about your lack of knowledge or expertise when in the presence of experienced shooters. Remember that everyone was a novice at some point in time. Make yourself known to these people and inform them that you are new to the sport and that you may require assistance, they will be only too glad to help.

It is also advisable to let the Range Officers know that you are new to the sport and they too will give you extra assistance in order to make your shooting experience a positive one.

The greatest source from which a new shooter can gain information is to watch and learn from experienced shooters. Watch them, don't be afraid to ask questions and you will soon be on your way to enjoying the most exciting form of pistol shooting available.

Registration Form

SAFETY & HOLSTER PROFICIENCY COURSE

Seminar Location _____ Date _____

Surname _____ First Name _____

Date of Birth _____

Address _____

City _____ State/Postcode _____

Phone (Home) _____

(Business) _____

(Mobile) _____

Region: Australasia Section: _____

Club: _____ IPSC No. _____

Member's Signature _____

FOR OFFICIAL USE ONLY – DO NOT WRITE BELOW THIS LINE

Instructor(s) _____

Practical Component: PASS
 FAIL

Live Fire Exercise: PASS
 FAIL

Holster Proficiency Test: PASS
 FAIL

Practical Holster Test: PASS
 FAIL

Written Exam (80%) PASS
 FAIL

Grading Match: YES
 NO

DIVISION: OPEN STD PROD STD REV
M A B C D

Instructor Signature: _____ DATE: _____

This form is to be forwarded to National Membership Secretary. It is recommended that copies are retained at Section and Club level.

Annexure 1 Assessment criteria 'Live Fire Exercises'

#	Description	Gun Handling Skills	All on target?	Comments	Pass/Fail
1	Load and fire a single round at a target 5 metres away Repeat 4 times Total 5 rounds				
2	Load and fire 5 rounds at a target 5 metres away Repeat once Total 10 rounds				
3	Semi-auto pistol ONLY Load and fire 5 rounds at a target 5 metres away Repeat once Total 10 rounds NOTE: instructor will simulate four malfunctions				
4	Load and fire 5 rounds. Reload. Fire a further 5 rounds at a target 5 metres away. Strong hand only Total 10 rounds				
5	Load and fire a single round. Reload. Fire a further round at a target 5 metres away Repeat 4 times Total 10 rounds				

OVERALL ASSESSMENT:

PASS **FAIL**

Instructor: Name _____

Signature _____

Student Name _____

Club: _____

Annexure 2 Assessment criteria 'The Draw'

#	Description	Gun Handling Skills	All on target?	Comments	Pass/Fail
1	Establish grip. If necessary, turn and face down range				
2	Establish down range direction. Break snap (if fitted)				
3	Handgun may be drawn. Finger remains off trigger. Safety catch remains on.				
4	Muzzle is rotated towards target. Finger remains off trigger.				
5	Handgun is pushed towards target and two-handed grip is established. Finger remains off trigger				
6	Handgun secure in two-handed grip. As muzzle approaches the target the safety is de-activated. Finger remains off trigger.				
7	As the sights move onto the target the finger moves onto the trigger.				

OVERALL ASSESSMENT:

PASS **FAIL**

Instructor: Name _____

Signature _____

Student Name _____

Club: _____

Annexure 3 Assessment criteria 'Practical Test'

#	Description	Gun Handling Skills	All on target?	Comments	Pass/Fail
1	Draw and fire a single round at a target 5 metres away Repeat 4 times Total 5 rounds				
2	Draw go to a kneeling position and fire a single round at a target 5 metres away Repeat 4 times Total 5 rounds				
3	Draw go to prone position and fire a single round at a target 5 metres away Repeat 4 times Total 5 rounds				
4	From behind a barricade draw and fire a single round from the right side of the barricade at a target 5 metres away Repeat once Total 2 rounds				
5	From behind a barricade draw and fire a single round from the left side of the barricade at a target 5 metres away Repeat once Total 2 rounds				
6	From behind a barricade draw and engage a target 5 metres away with a single round from the right side of the barricade and a single round from the left side of the barricade Total 2 rounds				
7	Facing up range, turn, draw and fire a single round at a target 5 metres away Repeat 4 times Total 5 rounds				
8	Facing 90 degrees to the firing line turn draw and fire 1 round at a target 5 metres away. Repeat 4 times Total 5 rounds				
9	Draw, move forward five paces and fire a single round at a target 5 metres away Repeat 4 times Total 5 rounds				

OVERALL ASSESSMENT:

PASS FAIL

Instructor: Name _____

Signature _____

Student Name _____

Club: _____

Annexure 4 Written Exam

1. When holstered must the trigger of the handgun be covered?
 - A. Yes
 - B. No

2. Dropping a handgun, whether loaded or not, during a course of fire will result in:
 - A. Disqualification from that stage.
 - B. A warning if the gun is unloaded and disqualification from the match if it is loaded.
 - C. Forfeiture of all score for that stage.
 - D. Disqualification from the match.

3. A bullet striking the ground less than _____ metres downrange from the competitor will be considered an accidental discharge and will result in _____ from the match.

4. The trigger finger must be outside the trigger guard at all times during movement and reloading.
 - A. True
 - B. False

5. Gross unsportsmanlike conduct may result in disqualification from the match.
 - A. True
 - B. False

6. Any discharge during loading, unloading or remedial action shall result in:
 - A. Disqualification from the stage.
 - B. A procedural penalty.
 - C. Disqualification from the match.

7. While running through a stage, a competitor's handgun falls to the ground. Which process should now be adopted with this shooter:
 - A. Award a zero score for that stage.
 - B. Permit the competitor to reshoot the stage.
 - C. Have the competitor submit to a holster test, if his holster passes he re-shoots the stage; if it fails he gets a zero score for that stage.
 - D. Disqualification from the match.

8. May a competitor going through a low tunnel (3 feet/1 metre high) draw a handgun while in the tunnel?
 - A. Yes
 - B. No

9. A Range Officer, for reasons of safety, may provide assistance to a competitor once the start signal has been given.
 - A. True
 - B. False

10. While clearing a malfunction the finger must be outside the trigger guard.
 - A. Yes, if clearly lowered down from aiming at the target.
 - B. No, as long as the handgun is safely pointing downrange.