

## *What is IPSC? (Action Shooting )*

This new and exciting style of sport shooting had its origins in California in the early '50s. It quickly spread over the next few years to other continents including Europe, Australia, Central and South America, and Africa.

The International Practical Shooting Confederation (IPSC) was officially founded at the International Pistol Conference held in Columbia, Missouri, in May 1976. Forty people from around the world were invited to attend this Conference in order to determine the nature and future of practical marksmanship. Colonel Jeff Cooper was acting Chairman and acclaimed as the first IPSC World President. The promotion of accuracy, power, and speed as three equal elements was the prime objective of the Conference along with procedures and rules for safe gun handling. A constitution was established and the Confederation was born. The origins of practical shooting were developed and the motto - DVC - Diligentia, Vis, Celeritas (**Accuracy, Power, Speed**) was introduced to reflect this balanced objective.

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

In practical shooting, the competitor must try to blend accuracy, power, and speed, into a winning combination. Targets are 75 centimeters by 45 centimeters with a 15 centimeter center representing the "A zone" or bullseye. Most shooting takes place at close range, with rare shots out to 45 meters. Hitting a 15 centimeter A zone at 45 meters or less might seem easy to an experienced pistol shooter, but in IPSC only full power pistols are allowed (9mm or larger). This power minimum reflects the heritage of this modern sport, and mastering a full power handgun is considerably more difficult than shooting a light recoiling target pistol especially when the competitor is trying to go as fast as possible. Time, also plays a factor. In Comstock scored stages, the scores are divided by the time, adding to the challenge. Competitors may enter any one of five Divisions depending on the style of firearm they use.

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some matches even contain surprise stages where no one knows in advance what to expect. Although the roots are martial in origin, the sport matured from these beginnings, just as karate, fencing, or archery developed from their origins. Now, IPSC shooting is an international sport, emphasizing safety and safe gun handling, accuracy, power, and speed, in major competitions around the globe.

The crowning glory for practical shooting is to become the IPSC World Champion.

### **What is IPSC shooting?**

**IPSC shooting is dynamic and challenging, and one of the fastest growing shooting sports in the world today. Courses of fire utilize many aspects not found in the other more traditional shooting disciplines, such as 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.**

### **What makes IPSC shooting unique?**

The appeal of the sport lies in the diversity of the courses of fire available to the shooter. By offering different courses of fire, rather than set types, IPSC shooting continues to challenge the competitor to improve his skills in many different areas. There are continually new demands to challenge the IPSC shooting enthusiast.

### **What are IPSC Regions?**

Regions are the organizations which promote the sport of IPSC through the international confederation. All IPSC shooters become members of the international confederation by joining their affiliated Region.

**As NT, does not have a current section, those that are interested in competing can join IPSC ALBERTA as Alberta IPSC see us in the NT as Alberta members.**

**Additional information on membership on IPSC Alberta's web page.**

IPSC Alberta belongs under the region of Canada.

### **What type of matches does IPSC promote?**

IPSC shooting matches are based on the principles of accuracy, power and speed. The matches are varied and based on the safe use of the handgun. Participation in these matches will develop a high degree of safety and proficiency in the use of handguns, as well as providing a great means of recreation. Similar benefits are to be expected by participants in IPSC rifle and shotgun matches.

### **What kind of people compete in IPSC matches?**

As in any other popular sport, a wide variety of people enjoy IPSC shooting matches. Our membership spans almost every occupation, from craftsmen to executives. We are also fortunate to have many women involved in our shooting programs. It is not unusual to find husbands and wives or entire families participating in IPSC shooting activities. All of the people at our **competitions are strong believers in safety and safe gun handling** as well as good sportsmanship.

### **Is there a place in IPSC for beginners?**

Absolutely! All of those currently competing were once at the beginner stage. By becoming active in matches hosted by an IPSC club you will have the advantage of qualified range officials and courteous range staff. You will normally find IPSC shooters are pleased to give a hand in getting you started. By using a classification system for all competitors, you can be assured that you will be facing competition of an equal skill level. A good way to get started is to ask for assistance. We'll always help.

### **Is IPSC shooting an expensive sport?**

As in any other recreational activity there is virtually no limit to the amount you may spend on firearms and associated equipment. However, to get a solid start in IPSC pistol shooting, all that is required is a reliable handgun, a suitable holster, ammunition, eye and ear protection, and a big dose of enthusiasm. As your skill level increases, you may wish to advance to other equipment or to add additional items that will help you in competitions.

### **What kinds of guns are used for IPSC shooting?**

You will see standard stock handguns as well as exotic custom guns in IPSC pistol competitions. We recommend that you determine what is the best choice as you begin to compete.

### **What are the advantages of being an IPSC member?**

IPSC offers many benefits to its membership, and the price of membership is probably less than a couple of boxes of ammunition. You will be a member of the organization that is helping to promote and develop the sport of IPSC shooting. You will have a direct influence on the directions that IPSC shooting will take in the future. You will usually receive a subscription to the national newsletter which will offer information on shooting, match schedules, and many other aspects of IPSC competitions.

You will be eligible to join and to participate in shooting activities at the local, regional, national, and international level. Each member should have an official rule book which details the regulations and scoring systems used in IPSC shooting.

You will receive support from IROA, and the National Range Officers Institute (NROI) who conduct clinics to improve shooting and to train Range Officials for competitions.

You will be a participant in the most dynamic and challenging shooting Sport in the World!

## **Principles of Practical Shooting**

The following principles are established to define the nature of practical marksmanship.

They are accepted by all members of

the International Practical Shooting Confederation as conditions of membership.

Practical competition is open to all reputable persons without regard to occupation; it may specifically not be limited to public servants. Accuracy, power and speed are the equivalent elements of practical shooting and practical competition must be conducted in such a way as to evaluate these elements equally. Firearm types are not separated, all compete together without handicap. This does not apply to the power of the firearms as power is an element to be recognized and rewarded.

Practical competition is a test of expertise in the use of practical firearms and equipment. Any item of equipment, or modification to equipment, which sacrifices practical functionality for a competitive advantage contravenes the principles of the sport. Practical competition is conducted using practical targets, which reflect the general size and shape of such objects as the firearms may reasonably be called upon to hit in their primary intended use. The challenge presented in practical competition must be realistic. Courses of fire must follow a practical rationale and simulate sensible hypothetical situations in which firearms might reasonably be used. Practical competition is diverse. Within the limits of realism, problems are constantly changed, never permitting unrealistic specialization of either technique or equipment. Courses of fire may be repeated, but no course may be repeated enough to allow its use as a definitive measure of practical shooting skill.

Practical competition is freestyle. In essence, the competitive problem is posed in general and the participant is permitted the freedom to solve it in the manner he considers best within the limitations of the competitive situation as provided.

## **Getting Started in IPSC**

### **Equipment**

#### **Handguns**

It should be emphasized that complex and expensive modifications are not needed to start practical shooting. Most pistols "out of the box" are quite adequate and most shooters strive to reach the limits of even a box standard pistol. Changes and modifications can always be made as you need them. Don't let yourself get caught up by the current fads and fashion.

Nothing is as important as reliability.

A reliable government model 1911 with standard sights and a standard trigger pull that functions 100% will win every time over a full-house race gun that doesn't work. If the handgun functions correctly with your ammo then all is well. If not, your first concern is to make the handgun reliable.

Modifications which improve accuracy are good sights and a good trigger. Modifications which increase comfort, control, handling, and speed are items like beavertails, extended magazine releases, checkering, extended thumb safeties, oversized magazine wells, etc.

### **Holsters**

The holster must cover the trigger and should allow the second finger to be placed on the stock when the shooter grasps the pistol as part of the draw.

The trigger being covered is important. It is also important for revolvers though it is sometimes difficult to find a holster that will do this properly. Police duty rigs are the only exception to this rule.

The holster should be such that the shooter can get a firm grip on the pistol with the strong hand without moving the pistol in the holster, and should not have to change the grip after the pistol has started to move. The holster should be placed on the belt so that once the hand is dropped onto the pistol, a firm firing grip may be obtained. The pistol should fit snugly into the holster so that no movement within the holster occurs. The holster should hold the pistol firmly.

### **Magazine Requirements**

At least 4 magazines, and probably more, are required for most courses of fire. The magazines should drop easily when the magazine catch is depressed.

### **Magazine Pouches**

Pouches should be cut low enough to ensure that the shooter can get a proper grip on the magazine. The front of all magazines should be facing forward. A minimum of three pouches are required.

Magazine pouches should expose half or so of the magazine for easy grip and should have adequate retention yet release on demand.

### **Gun Belt**

The belt should be 1.75 inches wide and must be of sufficient strength and stiffness to hold the holster in the same position at all times. The holster should not be able to slide on the belt and the belt and holster loops should be the same size as the belt.

### **Safety and Responsibility**

It must be emphasized that the standards for safety and safe gun- handling are very high and are rigorously enforced. The excellent safety record of practical shooting is no accident. It is a direct result of these high standards.

## **Basic Firearm Safety Rules**

**All firearms are always considered to be loaded.**

**The muzzle must always be pointed down range and in a safe direction - never allow the muzzle to cover anything you are not willing to shoot.**

**Keep your finger off the trigger and out of the trigger guard, except when actually shooting at targets.**

**Be sure of where the bullet is going to end up. Range Safety and Safety Areas**

In addition to the four basic safety rules, there are further rules for safety. These procedural safety rules involve safe gun-handling and common sense.

**Once holstered, handguns may not, under any circumstances, be handled in any fashion outside the Safety Area without the express authorization of a Range Officer.**

**The uncasing and casing of the firearm must always take place at the Safety Area. The handling of ammunition in any Safety Area is strictly prohibited.**

**Pistols are carried in the holster from stage to stage. They are always, unloaded, with the hammer down, and no magazine inserted.**

**Eye and ear protection must be worn at all times while on the range whether shooting or not.**

### **Range Commands and Procedures**

The following are the basic commands and procedures for loading and unloading.

"Load and make ready"

"If you are finished, unload and show clear"

"If Clear, Hammer Down, Holster"

"Range is clear"

#### **"Load and Make Ready"**

On the command of the range officer, Load and Make Ready, the shooter is on the firing line facing downrange:

Unholsters the pistol.

Immediately points it down range with the strong hand on the grip, and the trigger finger well outside the trigger guard.

Inserts a magazine containing only one round with the weak hand.

Locks the elbow, with the arm extended, muzzle pointed downrange.

Turns the pistol slightly horizontal (toward the weak side).

Pinches the slide between the thumb of the weak hand and index finger using the rearmost slide serrations.

With a push/pull motion assertively pulls back the slide all the way and releases it so that the cartridge in the magazine is chambered, always pointing down range.

Immediately applies the safety.

Removes the empty magazine and stores in a pocket or drops it (it really shouldn't be put back in a magazine pouch where it could be later grabbed by mistake).

Inserts a fully charged magazine, all the time keeping the trigger finger well outside the trigger guard.

Holsters the pistol, always with the safety applied. The shooter now has a pistol in the holster which is cocked and locked with the safety on and loaded to full capacity (at all times the trigger finger is kept out of the trigger guard).

#### **"Unload and Show Clear"**

Following the command of the range officer, Unload and Show Clear, the shooter will:

With a self loader:

Points the pistol down range with the strong hand and the trigger finger well outside of the trigger guard.

Removes the magazine.

Drops the magazine or put it somewhere other than a magazine pouch. Do not try to hold the magazine in the other hand.

Moves the safety off.

Extends the arm, pointing the pistol always down range.

With the other hand, pinches rear slide serrations with thumb and first finger.

Pulls the slide back sharply to eject the chambered live round onto the ground.

Holds the slide open until range officer inspects the firearm by locking slide back, as follows:

Turns slightly sideways and with the pistol always pointing down range, cups the weak hand on the slide, making sure never pass the hand in front of the muzzle, then shifts the right hand so that the thumb is under the slide-lock and exerting a slight upward pressure, rack the slide rearwards with a push/pull movement until the slide locks back into position.

The shooter then stands for inspection, facing down range with pistol pointing down range, the trigger finger always well outside the trigger guard, magazine out, slide locked back, and chamber exposed to view for Range Officer inspection.

#### **With a revolver:**

Takes the finger out of the trigger guard.

Presses the cylinder latch, opens, and dumps the cartridges on the ground.

Continue to face down range with the cylinder open for inspection, always with the trigger finger well outside the trigger guard. The muzzle always pointed downrange.

#### **"If Clear, Hammer Down, Holster"**

This is the command after the range officer inspects the firearm making sure that there is no magazine in the magazine well and no cartridge in the chamber.

Always with the trigger finger well outside the trigger guard.

With the slide locked back, extends the pistol to arms length and applies the pinch grip at the back of the slide.

Lets the slide down easily, retaining the pinch grip until the action is closed.

With the pistol always pointing down range and into the backstop, presses the trigger so that the hammer falls. If, through inadvertence, there is a cartridge in the chamber, there will be a discharge down range in a safe direction which will immediately draw attention to the inadvertence without danger. It should be stressed that the hammer must be dropped by pressing the trigger so that if there is a cartridge in the chamber, it will discharge. This will insure that there is no possibility

the pistol will be holstered with a live cartridge in the chamber.

Holsters an empty pistol (always be careful with muzzle direction, never point the muzzle back to find the holster). Keep the muzzle down range and bring the pistol back until the muzzle will drop into the holster in a forward motion and insert into the holster.

## **The Stance**

Should be standing relaxed, natural and comfortable. Many people feel more stable and comfortable with strong side foot dropped back a few inches in a slight boxing type of stance. Experiment, find the stance that feels natural and without conscious effort. This will allow you to achieve consistency in your draw.

## **The Grip and the Draw**

This is the sequence of events from the pistol in the holster to the first shot fired. It is best described in a step-by-step sequence.

### **The Grip**

The shooter's strong hand grasps the grip of the pistol by coming up from the bottom. The second, third and fourth fingers come up on the stock with the trigger finger well away from the trigger guard. The thumb should rest on top of the safety. The safety remains on at all times during the draw.

The other hand moves forward of the center of the stomach with the fingers extended and together and the palm vertical. The palm is about 6 to 8" out from the stomach. The position of the weak hand is in line with the push of the pistol towards the target.

### **Clearing the Holster**

The pistol is drawn from the holster, always with the safety on and the trigger finger well clear of the trigger guard. When the muzzle clears the holster, it should immediately be pointing downrange.

The shooter commences to push the pistol toward the target where the two hands come together onto the grip. The hands come together with the weak hand fingers over the strong hand gripping the stock. The weak hand thumb on top or along side the strong hand thumb. After the two hands come together on the way to the target the safety is wiped off with

the strong hand thumb. The trigger finger is always outside of the trigger guard.

The push out to the target continues. Then trigger finger comes into the trigger guard and the shooter is still looking at the target. The movement to the target is continued to the line of sight. The finger comes onto the trigger. The shooter changes focus from the target onto the front sight for the flash sight picture, presses the trigger for the surprise break always focusing on the front sight. When these steps are put together smoothly the result is a definite push out from the holster to the target, not an upwards swinging motion which would go up past the target. With practice, the shooter will have the sights on target and will only have to confirm this as the trigger is pressed. The strong arm should be fully extended but slightly unlocked at the elbow. Try for it to be in same position every time. The head and shoulders should remain erect and motionless. The support arm should be slightly more bent at the elbow with a slight pulling back effect.

### **Sight Alignment and Trigger Control**

As in any type of shooting, sight alignment and trigger control play a major role in accuracy. Because of the element of speed, practical shooters must learn and understand the concept of the acceptable sight picture for the shot required. A five yard sight picture is much different from a twenty-five yard sight picture. The shooter must learn through practice what is an acceptable sight picture for each type of shot. Good trigger control is



keeping the trigger finger independent of grip. The best place on the trigger is the center of pad on first joint on trigger, and the press should be straight back.

The best way to learn good trigger control is by dry firing.

## **Choosing Your Equipment**

Disclaimer - The following is for reference only. It is based on my opinion and is simply that my OPINION. As with any sport you can start out as basic as you like or start out near the top when it comes to equipment. No matter what equipment you buy there will always be differing opinions about it. What I'm offering here is a look into what I use, what most people use, and my opinions behind it. In the end your choice is your choice, I can only hope that this information helps you make an educated decision as to starting equipment for IPSC.

Shooting Equipment / Gear for IPSC is like buying a car. Lots of options and personal likes & dislikes. This is just a starting point for you the new shooter.

Before you run out and buy a gun and equipment, you need to figure out where you would like to start out in IPSC. Follow this through and by time your done you will have a good idea what you would like to buy.

I can't give you exact costs but where possible I can give you a ballpark figure to work with.

I'll try to show you "High End" and "Low End" products you can use to get started. There is nothing wrong starting out on the low end and working your way up. That's how I started but then again I didn't have this page to help me out.

### **Division & Power Factor**

To choose a firearm we need to know what Division you would like to shoot. Power Factor is then explained for that Division.

- 1] Choosing a Division
- 2] Power Factor Explained

### **Primary Equipment**

- 1) Choosing a pistol
- 2) Additional mags
- 3] Choosing a Holster Rig

## **Choosing the Gun**

- 1] Standard Division Guns
- 2] Production Division Guns

- 3] Revolver Division Guns
- 4] Classic Division Guns
- 3] Open Division Guns

#### Secondary Equipment

- 1) Accessories
- 2) Reloading / Ammo
- 3) Personal Safety Equipment

Now before you run out and buy all your equipment I STRONGLY recommend that you go to a local IPSC match and talk with active shooters. Most of us know what PROPER equipment is needed to get started. Have you ever run out and bought something only to find in your haste to get going quickly you bought the wrong stuff?

You don't want to do this in IPSC.

I'll be honest, this is NOT a cheap sport/hobby, and if you buy the wrong equipment off the start it just means more \$\$\$ out of your pocket in the long run. So my point is do it right the first time!.

The best advice is to show up at a match and ASK questions. IPSC shooters love to talk and most take pride in showing you their gun. If you ask nicely most will even let you shoot their gun. This is the key to finding out what you like. Try to shoot as many competitors guns as humanly possible. Then sit back after watching a match and listen to competitors debate/argue over what is the best gun out there. In the end it will come down to your decision of what feels and shoots the best for YOU. Ask the shooters where they buy there equipment, do they have a favorite gunsmith?, can I shoot your gun again? Also in Canada all new shooters are REQUIRED to take a Black Badge Training Course. This course teaches you over (2) days how to draw from a holster, reload on the run, IPSC safety rules and range commands, and much much more!. This course is very intense and you will come out feeling very comfortable, safe and ready to shoot our sport.

### **So all bogged down with info??? Here is the skinny :**

- 1) Get your FAC**
- 2) Find the RIGHT gun for you and buy it!**
- 3) Get familiar with your gun.**
- 4) Buy your equipment (Holster, Mag Pouches, Etc.)**
- 5) Take our Black Badge Training Course.**
- 6) Join IPSC ALBERTA!**
- 7) Practice, Practice, Practice.**
- 8 ) Get your range permits.**
- 9) Come out to shoot a match.**
- 10) Have Fun!!!!**