



BELGIAN PARCOURS SHOOTING ASSOCIATION

IPSC PISTOL INSTRUCTOR REFERENCE GUIDE



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Belgian Parcours Shooting Association

BPSA Pistol Instructor Reference Guide

Voorwoord - Avant-Propos

Deze referentiegids voor de Monitors, Pistol Instructors van de BPSA is de onontbeerlijke aanvulling op de basiscursus « Safety Rules and Basic Skills Course » bestemd voor de IPSC beginners. De nummering van de « Stages » (modulaire fiches) is identiek binnen de twee handleidingen en verwijst naar de ontwikkeling van dezelfde vaardigheden. Het gelijklopend gebruik van de twee publicaties vormt aldus een didactisch en pedagogisch leermiddel, zowel op het niveau van de leercurve (Stagiair) als het niveau van het onderricht (Monitor).

Ieder lesonderdeel van de « Pistol Instructor Reference Guide » is ontworpen met de beoogde verzekering dat de weergave van de grondbeginselen en technische schiethandelingen in alle veiligheid kunnen plaatsvinden. Iedere « Stage » van deze cursus is langdurig en intensief getest én beoordeeld en dit om de Pistol Instructors van de BPSA te kunnen laten beschikken over een efficiënt leerinstrument dat terzelfdertijd ook aanpasbaar is aan de lokale middelen en beperkingen zoals de infrastructuur, beschikbare tijden/periodes, aantal deelnemers....

De NFII geeft duidelijk de voorkeur aan een opleiding waarvan het doel is de kandidaten toe te laten zich vooral te concentreren op de veiligheid én de correcte uitvoering van de technische handelingen en dit gekoppeld met de ontwikkeling van de capaciteit om de orders en schietinstructies rigoreus op te volgen. Wij zijn ervan overtuigd dat dit ook de doelstellingen zijn van de BPSA Pistol Instructors en verwelkomen dan ook elke feedback.

Ce guide de référence à l'intention des Moniteurs Pistols Instructors de la BPSA est le complément indispensable au cours de formation de base « Safety Rules and Basic Skills Course » destiné aux débutants IPSC. La numérotation des « Stages » (fiches modulaires) est identique dans les deux manuels et réfère au développement des mêmes compétences. L'utilisation simultanée des deux publications constitue ainsi un support didactique et pédagogique commun, tant au niveau de l'apprentissage (Stagiaire), qu'au niveau de l'enseignement (Moniteur).

Chaque apprentissage du « Pistol Instructor Reference Guide » a été conçu pour s'assurer que la reproduction et l'exécution des fondamentaux et gestes techniques en action de tir soient réalisés en toute sécurité. Chaque « Stage » de ce cours a été longuement et intensivement testé et évalué afin de permettre aux Pistol Instructors de la BPSA de disposer d'un outil d'enseignement performant qui puisse également s'adapter aux ressources et contraintes locales telles qu'infrastructures, périodes-temps disponibles, nombres de participants, ...

Le NFII donne clairement sa préférence à un enseignement dont le but est de permettre aux candidats de se concentrer avant tout sur la sécurité des manipulations et l'exécution correcte des gestes techniques couplé avec le développement de la capacité à suivre et à respecter avec rigueur les ordres et instructions de tir, nous sommes persuadés qu'il en sera de même pour les Pistol Instructors de la BPSA dont les feedbacks sont les bienvenus.



Belgian Parcours Shooting Association

BPSA Pistol Instructor Reference Guide

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Introduction

IPSC is an international widespread shooting sport with the aim to elevate the modern sporting techniques of handling firearms in strict compliance with firearms' laws and international safety rules. This sport is worldwide represented by the **International Practical Shooting Confederation (IPSC)** which currently gathers more than 100 nations around the world. The three basic principles of Parcours Shooting are **Accuracy, Power** and **Speed** translated into Latin by "**Diligentia, Vis, Celeritas**" in short **DVC**, which is the motto of the IPSC World Body. IPSC is defined as a pure sports discipline with its own techniques, proper safety rules, specific regulations and national and international competitions. In Belgium, the official representative of the IPSC is the **Belgian Parcours Shooting Association (BPSA)**.

Headed by the **Development Officer (DO)**, the **National Firearms Instructors Institute (NFII)** is the organization responsible for the recruitment, organization and continuous training of the IPSC instructors of the Belgian Parcours Shooting Association (BPSA). The Development Officer (DO) is assisted by a Commission consisting of at least one Handgun Counselor and one Rifle & Shotgun Counselor.

Within BPSA Pistol Instructors (and Trainers) belonging to the NFII are certified Pistol Instructors who are in charge with the teaching and training of IPSC novices through the "**BPSA Safety Rules and Basic Skills Course**". This course is intended to be taught under the supervision of a qualified IPSC Pistol Instructor or Trainer.

The National Firearms Instructors Institute points out the importance of the tasks and duties of the IPSC Pistol Instructor who has a central and leading role in the image of excellence and perfection in the modern handling of firearms and the respect of safety rules that BPSA intends to promote, teach and implement among BPSA clubs member. The IPSC Instructor is often the first person within the club with who the IPSC candidate will be placed in contact and will have his "first steps" in Parcours Shooting. It is essential that this initial meeting between the applicant and our sport be provided by charismatic, certified and professionally trained IPSC Pistol Instructors who are fully qualified and competent to provide training in accordance with the fundamental principles and rules of IPSC.

Objectives of the Course

The BPSA Pistol Instructor Course is first and foremost a practical tool designed for a specific function of how IPSC should be safely, easily and professionally taught, trained and tested. Satisfactory completion of an IPSC course for beginners and the achievement of a competition/skill license by an IPSC novice is recognized in all IPSC Regions and so does Belgium.

The NFII does not enforce a particular sequence and duration for teaching IPSC beginners. The layout of the Pistol Instructor Course has intentionally been drafted in the form of modular manual that allow BPSA Instructors to adapt to most of the training situations they could face depending on the number of candidates, on the available shooting ranges and the time periods allocated for the training/practice of our sport.

NFII readily admits that, in function of his trainees, each Pistol Instructor is the sole judge to adapt the pace of progression of the BPSA introductory training program. However, it is the duty of each Pistol Instructor and/or BPSA Responsibles to ensure that at the end of their courses the candidates fully understand, possess and master perfectly all the knowledge (Safety Rules) and skills (Fundamentals and Shooting Techniques) listed in the BPSA Safety Rules and Basic Skills Course **BEFORE** giving them their annual BPSA license which gives them access to the competition and other clubs of the Federation.

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Each new learning has been designed to ensure that the reproduction and execution of technical fundamentals and actions while shooting is done safely. The NFII clearly gives preference to a teaching whose aim is to allow candidates to focus first and foremost on the safety of handling firearms and the correct execution of technical gestures coupled with the development of the ability to follow and strictly respect range orders and shooting instructions ("Range Management").

Qualities of a Pistol Instructor

Competence and Professionalism

The most important quality of an IPSC Pistol Instructor is the detailed knowledge of our sport beyond all the general rules and regulations. This knowledge includes an excellent understanding of the skills and the techniques that are required for effective training and practices of IPSC novices. Therefore it is mandatory for Pistol Instructors to maintain high standards of excellence in the practice of our sport, e.g. in taking part into the National Championship. As IPSC evolves over the time, it is crucial for Instructors to learn new information as the competition, training techniques and rules change. Coaching and Refresh Courses are an opportunity to learn these new techniques while gaining knowledge. Through this ongoing process of learning and training, Pistol Instructors provide only those services and use only those techniques for which they are qualified by certification, training or experience.

Communication Skills

Displaying good communications skills is essential for Shooting Instructors. You can have superior knowledge of our sport and being ranked among the best, but without sufficient communication skills that knowledge is never passed onto the shooters. As Pistol Instructor you will have to adapt with a wide variety of candidates and have the ability to interact with almost any type of person the best Instructors tailor their language to their audience, listen effectively, speak clearly and concisely and are able to adapt their communication skills to match the individual personalities of their candidates.

Confidence

A relationship of confidence must gradually be established between the individual shooter and the Instructor. This confidence must be acquired throughout the training period and must be reciprocal. The IPSC novice should progressively gain absolute confidence in himself through the training, developed skills and advices given by his Pistol Instructor. Therefore, an excellent individual knowledge of the IPSC techniques, a high quality instruction and a professional supervision are the basis of this confidence. Candidates respect a Shooting Instructors who is passionate about his sport itself and toward individuals.

Leadership and Motivation

You must be an organized Instructor to keep your audience motivated and focused on IPSC training. Your first commitment is being the expert who everyone looks up to for advises and guidelines. Being a good Pistol Instructor starts with setting and obeying rules and is displayed through always attending practice, leading by example, having a positive attitude and showing respect for the performance of your students, even when it's far from perfect. By motivating and inspiring through your words and actions, you increase the likelihood for success.

Safety

Safety is of prime importance in our sport and overrides all other considerations. Any safety infringement has to be dealt with and explained into details to the novices. In case of safety infringement, take the time to stop the training session, gather all the shooters and positively comment about the facts. The purpose is not to make a culprit of the candidate who did wrong but well to highlight what was the cause of this infringement and what has to be done in the future to prevent such a mistake.

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Patience

You must have patience to handle a long training schedule and sometimes frustrating attitudes of candidates. Our sport is a very technical one, it requires patience to handle the growth and development of the shooters. As Pistol Instructor you will have to display patience through your own self-control and discipline. Not all shooters will approach the learning process in the same way, therefore, it is important that the Pistol Instructor listen to the shooters as much as he may want the shooters to listen to him.

Respect and Objectivity

Instructors treat all novices the same, they never allow the smallest perception of favoritism. They are consistently calm, confident and efficient, they never ever intimidate the audience and are aware of individual differences.

Duties and Tasks of the Pistol Instructor

The Pistol Instructor is the reference person within the club with who the IPSC candidate will perform his basic training, as such he must be able to:

- Encourage club members who want to discover IPSC to attend the club training program and to continue to progress.
- Detail the federal and regional firearms legislation as the modalities of the practice of the discipline and the conditions to be met to be a member of a BPSA club
- Help the novice to choose his handgun as his equipment and gears.
- Dispense the "BPSA Safety Rules & Basic Skills Course" to a group of up to four beginners.

The Pistol Instructor organizes and supervises the training sessions of his BPSA club and must be able to :

- Organize a series of trainings aimed at developing one or more skills.
- Supervise and train practicing shooters during training sessions.
- Inform affiliates about the main rules of the Current IPSC Rule Book and BPSA guidelines allowing them to register and participate in national competitions.

Legislation, Rules and Membership

Rules and Laws.

It's the responsibility of every gun owner to be accustomed with Firearms laws and regulations, but while it clearly remains an individual responsibility, it's up to the club management and BPSA Instructors to ensure that they are aware of any change that could affect their membership and especially when accepting novices to the "BPSA Safety Rules and Basic Skills Course".

Before allowing the trainee to take the course, BPSA Club Delegates and Pistol Instructors should check and ensure that the candidates have or are in possession of the following documents :

- Be at least 18 years old. As Pistol Instructor, be prepare to inform the candidates on the exception that are granted for some youth starting at the age of 16.
- Have the legal documents authorizing the "will-be" IPSC shooter to possess and carry a weapon of a caliber greater than or equal to 9mm (.355 "Dia) within a shooting range (Firearm license Model N°4).
- BPSA is aware that some clubs allow the novice holding a Sport Shooting License for HG to take part to the course with a handgun belonging to another club member. While allowed by the law, but not recommended by NFII, the person whom the firearm is registered MUST be in attendance with the candidate at all time.
- .22 Caliber pistol are not accepted.

- Must be a member of a shooting sport federation recognized by the Competent Regional Authorities (1).
- Must be a member of a BPSA Club or a IPSC Section of a Shooting Club belonging to a sport Shooting Federation recognized by the Competent Regional Authorities.
- Must be a BPSA member in order to be properly insured against the specific risks of our sport.
- Must be in possession of a Sport Shooting License (2), which is mandatory for all BPSA members.
- Handgun, equipment and ammunition must be compliant with the IPSC guidelines and regulations.



(1) *Fédération reconnue : URSTBF (FR) – Erkende Federaties VSK en FROS (NL).*

(2) *Licence de Tireur Sportif (FR) or Sportschutterslicentie (NL)*

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Most importantly, Instructors must first ensure that no live ammunition is present in the training area. Under supervision of Instructors, students will then clear their pistol and magazines. Instructors have to strictly apply the safety checks according to the dry fire check procedures recommended by the NFII

At Stage 2 of the Instructor's Handbook, candidates are supposed to be in possession of their own pistol and magazines. Nearly all the pistols which are "from the factory" are ready to compete in IPSC. The most important characteristic of an IPSC gun is its reliability, a lot of modifications to the gun can increase recoil control, speed and grip, but a flawless pistol that is 100% reliable is a must to train, perform and compete.

In your role of Instructor, do not discourage or have a negative attitude towards a candidate who owns a type or a brand of pistol that is not often encountered on IPSC range. As long as the pair Gun/Holster is safe and practical and that the candidate feels well with his gun, let him start with it, he will afterwards discover by himself how well or not his pistol is suited for the practice of IPSC.

Divisions

As per stage 2 of SRBSC give a brief explanation about the main IPSC Division, do not windbag your students with too long and detailed explanation about the "Rules", you will have plenty of time during "off the air periods" to go into details with this matter. As soon as possible proceed to the **Gun and Gears Safety Check**.

The purpose of this exhaustive Gun and Gears Safety Check is to ensure that the firearms, magazines, gears and equipment of the candidates are safe to operate and compliant with the IPSC Rules. Take the time to provide the applicants with the right modification and/or explanations in order to be eligible for the desired Division. Bear in mind that an eight group student safety check runs about two hours !

Gun Check

Whilst maintaining a safe gun remains the entire personal responsibility of all candidates, carry on to the control of all guns while strictly observing the Four Golden Rules. For safe participation to the course, Instructor should check if the basic safeties of the guns owned by the candidates are well operating and function perfectly.

Invite the shooters to line up facing downrange into the shooting desk or in front of a table or, if large enough, in the safety zone. Let them unbag their guns, muzzle directed into a safe direction.

Talk them to "unload and show clear" and check if guns are unloaded. Start the safety check and inspect their guns thoroughly. Immediately correct unsafe actions like sweeping, muzzle in an unsafe direction, finger in trigger guard, ... Safety starts right here !

In the Safety Area or pointing their firearm in a safe direction and while under your direct supervision, verify the following :

Manual Safety

- With the hammer cocked and the safety on, press the trigger. The hammer should not drop.
- With the hammer cocked and the safety on, press the trigger. Release the trigger and take the safety down to the off position. The hammer should remain cocked.

Half Cock Notch

- Cock the hammer. Then holding the hammer, press the trigger, and release the hammer slowly. It should stop in the half cock position.

Disconnecter

- Check by cocking the hammer, and then open the slide, approximately 3mm. Press the trigger. The hammer should remain cocked or should not "strike".

Firing Pin

- Open and lock the slide rearward, firing pin should not protuberate from its housing.

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Magazines

FOUR magazines of a minimum capacity of 15 rounds are needed to complete the SRBSC.

For an efficient and smooth organization of the live fire drills during the shooting sessions, all candidates should be in possession of at least four magazines with a minimum capacity of 15 rounds. As two hits are required per IPSC target, an overall capacity of 16 rounds (15 + 1) gives to the Instructor ample possibilities to organize the strings of fire that are parts of the live fire exercises.

Having a group of novices with the same minimal magazine's capacity of 15 rounds enables the Instructor to organize all strings of fire in such a way that all students experience the same number of exercises and shoot the same amount of ammunition.

It allows all the students in the class to resume shooting and to reload at the same time and make "off the air period" as short as possible.

Maintenance of magazines are too often neglected by the shooters. Improperly maintained or excessive worn or damaged magazines are often one the main cause of jams and stoppage.

- Explain to the students that care and cleaning is necessary to ensure that their magazines will work effectively.
- Tell your student to keep oil away from their magazines as oil is a collector of dirt and powder buildup.
- If not OFM, recommend to fix base pads on the floor plate of the magazines, they will last longer.

Recommendations

- Present the Standard Division "Box" and detail how the compliance of the standard guns is made,
- Have a weight of 2.2Kg for testing the trigger pull of Production guns,
- Have a measurement system for the Open Division magazines and demonstrate to the students.

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Most importantly, Instructors must first ensure that no live ammunition is present in the training area. Under supervision of Instructors, students will then clear their pistol and magazines. Instructors have to strictly apply the safety checks according to the dry fire check procedures recommended by the NFII

Holster Check

Once all the guns and magazines have been cleared during stage 2 and that the Instructor has ensured that no live ammunition is present in the safety check area, students will be asked to present their holster and try if there are perfectly and safely suited for their guns.

The greatest concern of an Instructor about the holster is SAFETY. Explain in detail the most important requirements of an IPSC Holster. NEVER allowed an IPSC novice shooter to start the BPSA course with a non-compliant or an unsafe holster.

- A holster which does not completely cover the trigger guard and prevent access to the trigger of the handgun while holstered.
Comment : to prevent the activation of the trigger while holstered or when gripping the pistol.
- A holster which permits the muzzle of the handgun to point further than 1 meter from the feet while standing relaxed.
Comment : to prevent to have one's gun covering a person and to minimize the effect of a shot fired while gripping the pistol.
- A holster with the heel of the butt of the handgun below the top of the belt.
Comment : In order to have a firm retention of the holster from the belt and to prevent the use of thigh and assault holster.
- A holster which does not comply with the maximum distance (50 mm) allowed between the competitor's torso and the center of the longest dimension of the handgun grip and/or any reloading devices.
Comment : To prevent the weapon from snugging into clothes. Show how to use the shortest side of a credit card to check the distance between the gun and the torso.
- A shoulder holster or "tie-down" rig.
Comment : In order to prevent sweeping of the shooter's own body as people around
- A holster which is well positioned on the non-overlapping side of the belt.
Comment : It will be easier for the shooter to place his holster exactly at the same place on his waistband and/or on his gun side-hip. To prevent the immediate fall of the holster, should the belt loosen from the waistband.

NFII Instructors do not impose a type of holster as the choice of it mainly depends on the type of the handgun, but for first time IPSC shooters, NFII Instructors have a strong preference for "Production Holster" which completely cover the gun and have the advantages of being user-friendly, durable and generally affordable to all budgets.

Competition and Speed Holsters are commonly skeletonized ones and retain the gun by the muzzle and/or the trigger guard. While NFII Instructors do not recommend those competition holster for IPSC novices, advise the shooters to choose one model with at least two retentions points (muzzle and trigger guard).

Some small imperfections concerning the compliance of the holster to the division can be solved later on during the training program, but for safety sake it is of utmost importance that the gun is firmly and safely held and retained by the holster. This safety test is paramount before starting the technical gestures from the holster even when dry firing.

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Belt Check

The belt should be sturdy enough to support the weight of the student's equipment. If it is not the case, encourage the novices to use the "Classic" IPSC belt that consist of an inner belt worn through the belt loops (Minimum THREE belt loops) and an outer belt that firmly hold the equipment ant that sticks to the inner belt with Velcro.

Look for minimal movement from holster when placed on the belt.

Magazine Pouches Check

There are several sort of magazines pouches, the choice of them may vary greatly depending on the model of the firearms students own.

- Remind the students that a good magazine pouch should cover at least one third of the magazine.
- Check for the retention of the magazine and let the students experience it. Check if the pouches are firmly held at the belt, control the angle adjustment if they capable of a good retention while easily releasing the magazine.
- Explain to the students that durable and from good qualities pouches are along the years the cheaper ones.

Equipment placement

When gun, magazines, holster, belt and magazine pouches equipment safety check is completed, demonstrate equipment placement following the Division requirements and make the necessary adjustments. Do NOT accept any other equipment placement that the one that is prescribed by the IPSC Rule, safety matters above all !

Eye Protection

Insist on the fact that very high quality eyes protections are ALWAYS mandatory on an IPSC Range, as well for spectators. Organic glasses are absolutely to be avoided. Glasses with interchangeable lenses are great as they allow the shooter to choose in function of the light conditions.

Ear Protection

Draw the attention of your candidate that like eye protections, ear protections are ALWAYS compulsory while practicing IPSC or as spectators too. Anyway, try to have some models of hearing protection with you during the class so that the shooters could try them out and decide the one that suits the best to them.

Baseball Cap

Very useful accessories in case of rain and heavy sun, recommend your novices to have a spare one as it is one of the most "forgotten" item on shooting ranges !

Knee pads

To be advised when kneeling or going prone as it not only protect the shooter's knees, but also offers more stability.

Shoes

Make your student aware of the diverse assortment of surface of shooting range they will encounter. Comfortable and sturdy off-road trail running shoe will generally provide the traction and the stability they need for most surfaces as a good support of their ankle.

Appropriate Dress

All sports are concerned with the image they present to the public and media and so does IPSC too. The clothing must convey positive images of what an IPSC shooter exactly is, BPSA does not want any confusion neither misunderstanding between our beloved sport and any kind of what could be considered as defensive shooting.

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As an IPSC Instructor, you are of the first certified BPSA officials with whom the novices will have their first contact. Be “crystal clear” about what an appropriate IPSC dress is and tell the shooters that any kind of military or “special-teams-look-like-clothes” as non-sporting colors like camouflage, khaki and tan brown are not only inadequate but are to be strictly avoided.

If the shooting session happens in the winter period recommend novices to wear warm clothes as cold can drastically affect not only their awareness, but their performances too like properly gripping the pistol. Some instructors recommend long sleeves and high round neck shirt so it can be a barrier against lead particles and ejected hot brass.

IPSC is an outdoor shooting sport, most of IPSC shooters are wearing sport outfit with bright colors, smart logo’s and banners of sponsors. However, IPSC novices will almost certainly enjoy their first match on an outdoor range if their clothes are smart and functional. Suggest them to choose for items that allow movement and remember them to take account of the weather forecasts.

Recommendations to IPSC Instructors

- **Loss of Eye or Ear Protection** : Do mention that when losing one (or both) of these protection during a COF, the shooter will be immediately be stopped by the range officials !
- Be in possession of a collection of “second hand” holsters gears and equipment. Despite all information provided in the SRBSC for IPSC Beginners, there are still students who will attend their first class without the required equipment, be prepare and expect that students will be short of holster, belt, mag pouches, eye/ear protections, ...
- Do take some tools with you to fit and fix the gun to the holster and as to place all the gears at the belt. Some students are totally unable to mount the Competition/Speed holsters they bought and come to the class with their holster not fixed or even in kit. Some nice to have are Allen screws, screwdrivers, pincers, scissors, duct tape, silicon spray,...

Stage 4	BPSA Pistol Instructor Reference Guide Targets - Power Factor - Chronograph	Page 1 of 2
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IPSC Targets

Diversity of Targets

Display a sample of IPSC targets or refer to stage 4 of SRBSC. Explain to the candidates that one of the principles of IPSC states “diversity is to be encouraged” to keep our sport from becoming formalized or standardized. This is why in IPSC there is a very large assortment of targets made out of cardboard or steel. Just summarized and describe a few of them like :

- IPSC Classic Target, IPSC Mini classic
- Cardboard with Hard Cover : painted, cut or with tape, No-shoot,...
- IPSC Popper, IPSC Mini Popper, IPSC Metal Plates round and rectangular, ...

Have a few words about reacting targets like Bobbers, running targets, moving targets,..., but avoid to go into details, your would-be IPSC shooters will have plenty of time to discover those “special” targets later on during their weekly training in their respective BPSA club.

IPSC Classic Target

Present the most common IPSC target “the classic one” and describe the three distinct scoring zones A-C-D.

Ask the students to pay attention on how the scoring zones of an IPSC paper target are “build”. Unlike a center fire target which has a symmetric structure, the IPSC Classic target has a vertical one and a “Central” scoring zone that is situated higher than the center of the “turtle” shape of it.

Those are the most relevant and particular characteristics of our “all-round” target that have to be pointed out as the shape and the lay-out of the scoring zones have some impact on how to correctly fire at it.

- Lack of a good trigger finger control (pushing/pulling) will immediately result in hits in the C Zone or further out of the target.
- Unlike the vast majority of center fire targets know by most of our candidates, shooters have to aim higher out of the center of the shape of the IPSC target in order to reach the largest and higher scoring zone.

Scoring the IPSC Targets

Explain how the “basic” scoring works, once again do not develop too fastidious explanations.

- Minimum of two hits per target.
- How a “Miss” is scored (“generally” called a Mike).
- How a hit in a No-Shoot is scored.
- How a hit in a Hard-Cover is scored.
- What happens when hits are touching the scoring line or when situated into the non-scoring boarder but not touching the scoring line.
- Metal target have to be down to score.

Power Factor (PF)

Effects of Power Factor

A simple way of presenting the effect of Power Factor is to have a Classic Target with in the three scoring zones the points that are awarded to both Major (5-4-2) and Minor (5-3-1) Power Factor and refer to stage 4 of SRBSC to present the minor and major floor of the three main Divisions (OD-SD-PD).

Have some words about the effect of how Power Factor is evaluated with IPSC Poppers (calibration), but at this level of education do not go into details, best is to display an IPSC Popper and recommend to the students to hit the calibration zone.

Determining the Power Factor

At "club" and BPSA matches, Power factor is generally claimed by the competitor and accepted as it is, except if e.g an IPSC Standard shooter uses a 9mm bullet and claims for Major PF.

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At Level III and higher level IPSC competitions, Power Factor is checked by firing the competitor's gun and ammunition through a chronograph.

Note

Emphasize to your students that If a competitor's ammunition, within the relevant division, doesn't attain the required minimum power factor (PF) as a result of the chronograph test than the following rules will apply:

- Ammunition fails to meet the Major PF → the competitor's scores will be recalculated as Minor, if achieved.
- Ammunition fails to meet the Minimum PF → the competitor may continue shooting the match, but his scores will not be entered into match results nor count for match recognition and awards. ②

Chronograph

The chronograph test

In the early hours of their basic training, your applicants are not to be completely familiar and expert with the chronograph test. NFII advise you to sum up the most important steps of this test and the general procedure that is apply during a BPSA/IPSC competition.

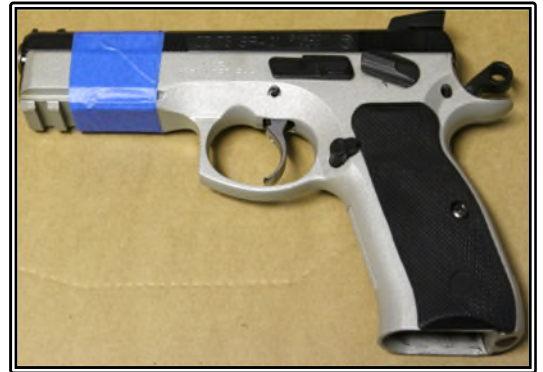
- While on stage, shooter have to provide a certain number of rounds to the Range Officer,
- At the chronograph stage a bullet will be pulled out from the competitor's ammunition and weighed.
- With the competitor's gun, his collected ammunitions are then fired through the chronograph to determine the bullet's velocity.
- Power Factor is finally calculated using the formula following a process described in the IPSC Rules (See stage 4 of SRBSC).

Reaching the right PF during the BPSA class is not significant at all, but in order to motivate them and make them curious about the PF of their ammunition (especially if reloaded) announce to the applicants that a chronograph test will be executed later on during a near routine shooting session along with their new club mates. This is also an easy mean to transform a weekly shooting session with a chronograph test into a social event during which more old members may come across new ones.

The objectives of Stage 4 are to raise simple and fundamental explanations about IPSC Targets, Power Factors as on the Chronograph Test. As an Instructor you will have plenty of opportunities to illustrate those rules, process and guidelines as to answer to a lot of questions about those three subjects during the applicant's basic training period, "off the air" time or during coffee time. While stage 4 of BPSA Pistol Instructor Reference Guide has not to be underestimated, better concentrate your duty and efforts on continuing to train the applicants on skills and technics rather than on formulas and procedures.

Preliminary Remarks

In your position of IPSC Instructor and when possible **ALWAYS** demonstrate with a “Blue Gun”, a “Didactic/Fake Gun” or a “duct-tape-fixed-gun” and colored snap caps for dry firing. In any cases, Instructors should ALWAYS double and triple check their weapons to make absolutely certain their guns are safe and clear.



NFII best advises to use **plastic colored dummy rounds** (snap caps) instead of inert ammunition, even with holes or without primer, if used in indoor shooting ranges with poor lightning conditions the latter are far too similar from live ammunition in weight and appearance.



Four Golden Rules & Range Commands

SAFETY is PARAMOUNT ! The **Four Golden Rules** and **Range Commands** are listed and described in detail in Stage 5 of the “*Safety Rules and Basic Skills Course*” for IPSC beginners. These basic rules and skills **MUST** be perfectly known, assimilated and mastered by the pistol instructor candidates before starting the NFII course.

In order to avoid any occurrences of happening in respect of these four basic rules during an official, national or international match, the Instructor/trainer should be very focused during training sessions and spot any kind of noncompliance with the general rule book. It is therefore of the utmost importance that even the slightest breach of safety is reflected to the novice shooter. Simulating infringements, especially during live fire sessions, is **NOT** advisable as it may lead to unsafe situations. Therefore any occurrences during normal training sessions should immediately be dealt with on an ‘as and when’ basis !

The aim of the National Firearms Instructors Institute (NFII) is not only to describe the Four Golden Rules and the range commands and to tell the applicants to repeat and apply them in a “parrot-like” repetition, but rather to have our trainees internalizing them through the many methods in various scenario that are taught to them. The NFII Pistol Instructor’s final objective is to train responsible shooters to modern and safe handling of firearms and to teach them on how to use the right shooting technics to keep themselves and others out of a risky situation while performing at the highest level possible.

Stage 5	BPSA Pistol Instructor Reference Guide Four Golden Rules - Range Commands- Dry Fire	Page 2 of 4
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Purposes

At “the end of the BPSA “Safety Rules and Basic Skills Course”, the shooter should be able to :

- Recognise and be attentive that his firearm, without exception, is to be considered as ALWAYS loaded.
- Recognise and be attentive that when his firearm (loaded or unloaded) is unholstered the muzzle is at ALL TIMES pointed in a safe direction i.e. within the 90° boundaries.
- Recognise and be attentive that when his firearm (loaded or unloaded) is unholstered and not pointing to a target, the triggerfinger is at ALL TIMES outside of the trigger guard.
- Recognise and be attentive that, prior to starting a stage, all participants have left the shooting area and that the latter is clear of any obstacles.
- Recognise and act upon the various range commands given by the Range Officer.

Guidelines

Those guidelines are meant to guide Instructors for live firing sessions. Instructors may consider to adapt them in function of the available space, the number of students, the time allowed for the training, ...

- Clearly indicate the ‘**Safety Area**’ with a sign and see to it that no ammo is being manipulated in that very area.
- In order to have a full overview on all shooting activities and to manage safety on the range, NFII Instructors advise to set up a firing line and a waiting zone.
 - **The firing line** is the place where all live fire shall take place, where guns will be handle and where the Instructores and shooters will be positioned.
 - **The waiting zone** is behind and parallel to the firing line, it is established approximately 2 meters behind the firing line, depending on available space.
- Point out and undoubtingly designate the firing line, if possible, it should be marked on the ground to have the shooters perfectly aligned.
- Instruct all shooters that no one shall move forward of the firing line until instructed to do so by the Instructors (or RO). No applicants shall move uprange or leave the firing line without being permitted to do so in respect of the current IPSC Rules.
- All applicants who have moved uprange from the firing line and who return to it will wait into the waiting zone until the Instructor declares the firing line is safe and that they may return to their shooting positions.
- All spectators must remain behind the waiting zone during live fire and dry fire sequences as well. Spectators are not allowed to move downrange until invited to do so.
- Clearly indicates the boundaries of the shooting area (90° Left/Right) and keep it clear of any obstacles e.g. empty brass on the floor can lead to unsafe shooting conditions.
- Keep track (preferably on record) of frequent occurrences during training sessions and evaluate the novice shooter accordingly.
- Debrief the novice shooters after a training session and mention the positives as well as the negative issues in respect of any infringements against the basic rules.
- Range commands should be given **exclusively in English** as you are not helping the novice shooters to prepare themselves for national or international matches if you frequently revert to the another language.

Training Methods

- With an **EMPTY** gun or “Blue Gun”, Go over the most common infractions as described in the basic course (Four Golden Rules).
- After you demonstrate a sample of the safety infringements, explain the range commands in detail and demonstrate them with an EMPTY gun and colored dummies, the candidates will exercise them afterwards during the required dry firing sessions while progressing into the course and the different modules of it
- During training sessions, with an EMPTY gun or “Blue Gun”, demonstrate the gun handling whilst going slowly through a stage i.e. the safe direction of the muzzle and how to visibly keep the finger outside the trigger guard.

Dry Fire Practice

Purposes

The goals of dry fire sequences are :

- To let the students becoming familiar with their firearms and the new skills and techniques they are learning. As exercises and drills are performed with cleared firearms and in a safe training area, Instructors should be able to determine very quickly which novices are having difficulty with the techniques and fundamentals.
- To give the time to the applicants to train on various techniques until those can be performed correctly and smoothly until the students are at ease and safe with the technique and able to complete the same technical gesture, the same manner, every single occurrence.
- To give the opportunity to the Instructor to talk quietly to the students as to the students to carefully listen to the Instructor without being distracted by the noise of live firing or feeling uncomfortable while handling a loaded firearm. Dry firing sequences are performed without earmuffs.
- To take the time to break down some techniques and to progress step by step in order to have every student from all levels progressing identically and reaching the same performance.
- As dry firing can easily be repetitiously practiced and smoothed out, it is an outstanding learning tool to rapidly, efficiently and naturally develop muscle memory and speed of motion.

It is for utmost importance that IPSC Instructors are aware that the more dry firing is practised, the more candidates become safe and comfortable with handling their gun before they go to live fire. Therefore, the NFII advises that whatever the shooting skills be taught, **dry fire** should **ALWAYS** be conducted prior to live fire.

On the other hand, once the new technics is well integrated and safely executed do not spend too much time on it, as too long or excessively rehearsals of drills may result in loss of attention.

Motto of Dry Firing Practice

**Dry firing consists of practicing firearms manipulations
without the presence of ANY live ammunition in the training area**

Guidelines

As IPSC Pistol Instructor **ALWAYS** apply the same **Dry Fire Safety Check** before proceeding to a dry fire practice. Depending on your local regulations or your training site, your dry fire safety check may slightly differ from the one that is proposed by the NFII. Whatever your safety ritual is, establish your own checklist and make a rigorous and identical habit out of it !

- **Step 1** : Point out what direction is considered downrange. That area should have a backstop or a concrete wall (With **NO** entrance) that will actually stop bullets in the event of an unintended discharge.
- **Step 2** : Check that the classroom training environment contains **NO** live ammunition, remove all shooting bags containing ammunition and thoroughly inspect the ground of the dry practice area for live ammunition that could have been inadvertently introduced or forgotten by a previous group of shooters.
- **Step 3** : Direct line the students and proceed to the "Unload and Show Clear Procedure". Once the guns of every students are **visually** controlled (broken extractor !) as **empty** and **clear**, place the students' guns in the required "Safety Check Status" to start the dry fire sequence.
- **Step 4** : Check the magazines to be clear of live ammunition and instruct to use a fixed amount of empty magazines, it will be easier to control ! Remove all extra magazines from their person !
- **Step 5** : Check the applicants holsters, magazines pouches, pants, shirts, vests and pockets and ensure there is **NO** live ammunition in those or on their person.
- **Step 6** : If needed, use **coloured** dummy rounds.

If, for any reasons, your students are interrupted during the dry fire session and have to leave the dry fire area, on their return, start your dry fire checklist all over again and go back to step 1. Apply the same procedure to clear the gun again. Failure to do so can result in an unwanted discharge. Train safely, respect your Safety Procedures.

Training methods

Training methods for dry fire practice are specific procedures developed with detailed explanations and safe teaching methods during the Level I Training Seminars intended for BPSA Instructors given under the auspices of the NFII and led by BPSA/IPSC Instructors and/or international IPSC Instructors from MISSIA.

“Safety Check Status”

NFII recommends THREE status to prepare EMPTY and CLEARED guns to practice dry fire in function of the manipulation skills, positions and movement necessary to operate or handle the gun based on the tasks that have to be taught and developed.

SINGLE Check

Gun EMPTY, but mechanically functional.

- Aimed to develop skills during which the handling of magazines and dummy rounds are needed.
- Shooters are on the same line, all of them are always under the direct supervision of the Instructor.



DOUBLE Check

Gun EMPTY, slide is locked and steadily fastened to the frame with a piece of duck-tape.

- Aimed to develop skills during which magazines changes and little movement are performed.
- Shooters are in front of their respective safety area and always under direct supervision of their Instructor.



TRIPLE Check

Gun EMPTY, slide is locked and steadily fastened to the frame with a piece of duck-tape, safety flag inserted into the barrel.

- Aimed to develop skills during which movement and position transition are needed.
- Shooters are in front of their respective safety area, but not always under direct supervision of their Instructor.



Stage 06	BPSA Pistol Instructor Reference Guide Stance - Grip - Draw	Page 1 of 5
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Description

Stance and grip are the crucial elements of IPSC shooting. IPSC is mostly around freestyle, which allows the competitor to use a two handed grip on the firearm and a versatile stance that best suits his morphology and that is adapted to the various types of shooting positions and COF, an IPSC shooter may encounter.

Stage 6 of BPSA “*Safety rules and Basic Course*” (SRBSC) is from a technical point of view the most important stage of all “sections” you will have to teach to your IPSC novices. You should devote all the necessary time and patience to this part of the BPSA SRBSC as you are providing your candidates with the foundation and the basic components of their future shooting platform, which is a mix of stance, grip and draw.

The Stance

A good shooting stance is natural, comfortable and versatile, allows for rapid movement and is easy to master by every novice. In IPSC the most commonly used stance is the Isosceles one, which became popular in the 1980’s when Brian Enos and Rob Leatham started using it ... with success.

The Grip

A proper grip reduces recoil for quick target acquisition, enhances trigger control, affords maximum control of the sights/dot when moving from one target to another, gives a strong aiming platform for shooting at multiple targets and increases accuracy. The most common grip is usually known as “the straight-thumbs technique” with hands high up on the gun.

The Draw

The draw is without any doubt the fundamental gesture that differentiates our discipline from any other and that makes IPSC so unique. The logical result of the draw is to achieve the best isosceles shooting position, with a firm and secure grip that causes the gun to point naturally at the target.

Purposes

At the “end of the stage”, the shooter should be able to :

- Acquire a good ‘personal’ stance based on the modified isosceles stance.
- Acquire a correct two-handed grip using the straight-thumb technique.
- Draw his firearm safely and subsequently have a consistent freestyle grip.

Guidelines

Firstly, to facilitate communication and understanding between the Instructor and the students during the course, take the time to explain the following concepts : freestyle, weak and strong hand/leg/side, these explanations will make your teaching a lot easier !

As an IPSC Instructor, you should discourage the “Weaver Stance” and the “Thumb-over-Thumb” techniques when encountered with a novice shooter who has a law enforcement or military background since this stance and grip do not offer the required stability and do not allow proper firearm control.

If available, demonstrate the stance, the grip and the draw with a blue gun.

The Stance

There are three variations of the isosceles stance. The NFII recommends training the novices on the **Modified** one, but if it happens that a student is having heavy difficulties in achieving this position (e.g. : dominant/shooting eye NOT on his strong side), the Instructor may revert to one of the other two technics. Most important is just a matter of which works best for your trainees to achieve a consistent, efficient and natural shooting base.

The Isosceles

- The isosceles stance is a simple stance and is natural to perform for newbies. It is a two-handed technique whereby both arms are held straight, locking the elbows. Viewed from above, the arms and chest of the shooter describe an isosceles triangle, which gives the stance its name.
- Feet are parallel, on a single line and create a steady shooting base. Instructors will note that the positioning of the feet is easy to perform for many newbies as it seems natural, stable and comfortable.

Stage 06	BPSA Pistol Instructor Reference Guide Stance - Grip - Draw	Page 2 of 5
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- The head is slightly tucked in the shoulders and the upper body leans a few degrees forward, squared to the target.
- The isosceles stance passively absorbs the recoil of firing the handgun using the shooter's skeletal structure, rather than active muscular tension.

The Modified Isosceles

- The modified one is the other most commonly used stance in our sport. It is similar to the isosceles in that the applicant stands facing directly at the target.
- The feet are shoulder width apart, with the weak side foot being about 10 cm in front of the strong foot. The positioning of the feet in this stance gives the competitor more strength to handle the recoil of the firearm.
- The arms are outstretched equally towards the target, but are not locked. While wrist stays locked, elbows stay limber and are (slightly) bent to get fastest follow-up shot, shoulders are loose and down to increase upper body mobility.

The Modern Isosceles

- The modern isosceles shooting stance is a more aggressive, forward-leaning version of the modified isosceles. The shooter places the shoulders forward of the hips, the feet are shoulder-width apart, support-side foot slightly forward and the knees are bent. Feet and knees are forward of the hips.
- Shooter lean forward on the balls of his feet and place more pressure on the forward areas of them to prevent him from losing his balance and/or to “stand” on his heels.
- These modifications to the stance shift the center of mass forward and help the shooter to manage the gun’s recoil.

Attention points :

- Check how well your students are balanced when in the isosceles stance. In closing their eyes, the body should not fall neither forward or rearward.
- Be careful of “bad habits” like, leaning excessively forward, leaning the head too much forward/rearward, staying straight, ...

The Grip

The strong hand will grip the firearm as high as possible. The barrel, bones of the wrist, and the forearm should be inline. The three gripping fingers should apply uniform pressure on the front strap of the pistol right under the trigger guard. The pressure applied by the three fingers on the front strap should be resisted by equal pressure from the palm of the hand applied to the backstrap. There should be no lateral pressure applied to the firearm. The supporting hand wraps around the strong hand, with the fingers wrapping over the fingers, parallel to each other right under the trigger guard.

Thumbs are straight, strong-hand thumb is laid on top of the heel of the weak-hand thumb. Wrist of the support-hand is in a camming mode.

Attention points

- Check if the pressure applied to the front strap is uniform with the one to the backstrap as it can affect accuracy.
- Recommend your student to have the thumb of the strong hand rest on top of the safety (if available) using the latter as a type of thumb rest.
- When shooting the two handed grip, the supporting hand applies the pressure in the grip and the strong hand applies less pressure in order to maintain dexterity. The hands share a 60 – 40 percent grip ratio in favor of the supporting hand.
- The grip on the pistol should be tight enough to hold the firearm securely but not so tight that it causes the competitor's hands to shake.
- Good trigger control is keeping the trigger finger independent. The power of the grip should be in your weak hand to allow the strong hand to press the trigger easier. The best place on the trigger is the center of pad on first joint on trigger and the press should be straight back, depending of course, on the length of the trigger finger.

Stage 06	BPSA Pistol Instructor Reference Guide Stance - Grip - Draw	Page 3 of 5
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The Draw

The Draw technique is taught to the newbies through the “Four-Steps Draw Drill”, its easy “learnability” by new shooters makes it an excellent didactic method to obtain in a very short term a fluid, flexible and dynamic gesture. As IPSC Instructors, your aim is to break down this very specific technique to the slightest details and to progress “step by step” in order to make all your students aware of the importance of each gesture and features.

Each step of the draw ordered by the Instructor corresponds to a precise command given by a “Short & Small” monosyllabic expression.

Grip → Clear → Join → Stretch

The goal is to make students react in a uniform and unambiguous way and give the Instructor the opportunity to spot which novices are having difficulties and to correct immediately their movements.

Step 1 : *“Grip !” - Novice grip the firearm in the holster.*

- To acquire a smooth and fast draw make sure that the holster and the gun are aligned straight to the target.
- Once the novice grips the pistol, it will be his final grip that should not change throughout the shooting process.
- Control if the web of the shooting hand between the thumb and triggerfinger is as high as possible into the tang of the pistol, right under the beavertail.
- Shooting-hand thumb rests on the safety or is placed up high along the slide.
- Take care if the triggerfinger is well placed along the slide.

Step 2 : *“Clear !” – Shooter draws his pistol straight up out of the holster and directs it toward the target.*

- Muzzle must be high enough so that it is free of the holster.
- If more elevation of the gun is needed, recommend the shooter to elevate his gun in an upwards and backwards motion
- Check if support hand is positioned at chest/belt’s height, depending on the morphology of your novices.
- Take care if the triggerfinger is still along the slide and NOT in the triggerguard !
- Wrist stays straight or in line with the forearm, shoulder only is rotating.
- Barrel is kept parallel to the ground directed towards the target
- Instructor should pay attention that the newbie rotates his shoulder down and forward and not only his wrist. This movement gets the pistol pointed toward the target without disturbing the initial grip and provides sight alignment.

Step 3 : *“Join !” - Support hand comes across at chest/belt level and meets up with the shooting hand*

- Control if the weak hand wraps well around the front of the grip and the side, enclosing the entire grip, the pistol grip should nearly “disappear” in the hands of the applicants.
- Check if support-hand index finger is in firm contact with/under the triggerguard.
- Verify if barrel is kept parallel to the ground directed towards the target.
- Control if the external safety is well disengaged just before starting Step 4.
- Mind novice’s Index Finger, at the end of step 3 it should move into the triggerguard to rest on the trigger.

Step 4 : *“Stretch !” – Shooter extends both arms straight out and breaks the shot at the target.*

- Shooter’s arms are outstretched equally towards the target, remember your novices about the isosceles triangle !
- As the gun moves, remind the shooter to start searching for the front sight and to lining up his sights in order to get the best sight picture.

As the gun is cleared of the holster, it should move towards the target (from step 2 to 4) in a straight line. Do NOT accept “Bowlers” (directing their barrel to the ground) or “fly fishermen” (throwing their muzzle high to the sky). From the holster to the firing position the gun is never lower than it was previously.

Stage 06	BPSA Pistol Instructor Reference Guide Stance - Grip - Draw	Page 4 of 5
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When your applicants are able to perform every single step correctly you will gradually suppress step/commands 4, 3, 2 and 1 and pass to the usual range command in order to obtain a complete smooth and fluid draw and avoid “robot-like” repetition. The technical pointers of the “Four-Steps Draw Drill” are described in stage 6 of the SRBSC.

Training Methods

Demonstration and training of the three skills are made in this particular order and in dry fire sessions ONLY. Once the technics are well integrated and safely executed, progressively carry out with completes draws from the holster to the firing position.

- **Skill 1 : the Stance**

Demonstrate the modified isosceles stance and simultaneously let your student experiment it with bare hands, check and correct each of the candidates.

Take the time to demonstrate the modern one, which is a more aggressive stance.

Sum up from “Bottom to Top” of the body, make your commands as small as possible !

- Feet = shoulder-width apart
- Weak foot = slightly forward from the strong one
- Knees = flexed
- Upper Body = few degrees forward = shoulders facing the target
- Arms = extended = not locked = same height
- Head = slightly forward

- **Skill 2 : the Grip**

From the isosceles stance, demonstrate a firm grip on the firearm by going over the various stages :

- High grip on the pistol
- Force applied with the strong hand
- Joining of the weak hand
- Overlapping process
- Force applied by the weak hand

- **Skill 3 : the Draw**

From the holster, proceed with the “Four-step-technic” and simultaneously let your student experiment it with an EMPTY gun, check and correct each of the candidates.

Sum up from holster to firing position, make your commands as small as possible !

- Grip = High Grip
- Clear = Out of Holster
- Join = Shooting grip
- Stretch = Push to the target

Most importantly, Instructors must first ensure that no live ammunition is present in the training area. Under supervision of Instructors, students will then clear their pistol and magazines. Instructors have to strictly apply the safety checks according to the dry fire check procedures recommended by the NFII.

Dry fire Drills

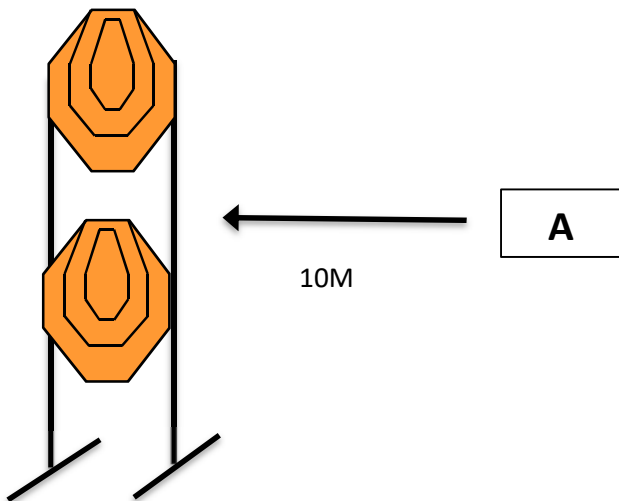
- Start position : Student get into isosceles stance with an EMPTY gun in the holster, arms along the body in a relaxed state.
- In respect with the prescription of stage 2, ensure that the applicant’s holster’s is well positioned on his belt and that the gun is safely retained.
- Starting from the holster with an EMPTY firearm, have your students performing the whole process starting from the relax position arms along the body to the firing position until the “break of the shot”.

- Progress step by step in order to have every student progressing identically all the candidates become safe and comfortable with handling their gun.
- At this stage, no other gripping techniques are demonstrated, as they will be described in a later stage of the course. (picking up from table, draw and grip whilst sitting down ;)
- With all respect due to safety, point out to your applicants that these dry fire drills can easily be practiced at home. Tell them that like Brian Enos and Rob Leatham, dry practice is the secret of Champions and is the best option to gain real skills at a high speed !

Stage Layout

From the isosceles stance, distance 10m

- From isosceles stance, ready condition, draw the firearm and simulate engaging top target with 01 shot.
- Novices repeat this exercise until Instructor estimated that his students are at ease and safe with the technique.



X Shooters

Stage 7	BPSA Pistol Instructor Reference Guide Loading/Unloading Procedures - Ready Conditions	Page 1 of 3
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Description

IPSC has probably the best set of safety rules and procedures of all shooting sports. Nevertheless, excellent safety rules and “crystal clear” processes cannot prevent any incident/accident if there is no clear communication between both shooter and Instructor/Range Officer. (Un)Loading procedures and sequences are a perfect example of a set of comprehensive range commands that have been developed in order to avoid any misunderstandings and confusions on the firing line.

All students must understand that it is **ONLY** under the direct control of a Range Officer or an IPSC Instructor and at the command “Load and Make Ready” that they may load their gun. Shooters are NEVER allowed to load their gun at any other time or place.

All BPSA trainings and IPSC competitions are run under the “Cold Range” ruling (vs Hot Range) that means that guns are ALWAYS empty/unloaded except when at the firing line and under the supervision of a Range Official.

Remember your applicants that once holstered, an unloaded gun may not be handled outside a designated safety area unless under the direct control of a Range Official.

Purposes

At “the end of the stage”, the shooter should be able to :

- Load and holster his gun safely under the control of a Range Officer/Official.
- Unload and holster his gun safely under the control of a Range Officer/Official.
- Show a cleared gun slide fully to the rear when inspected by a Range Officer/Club Official.
- Keep during the (un)load procedure his triggerfinger at ALL TIMES outside of the triggerguard.

Guidelines

Demonstrate and explain procedures and techniques to (Un-)load a gun as described in **stage 7** of the SRBSC and develop the following recommendations at each step of the commands given by the RO following the IPSC rules.

“Load And Make Ready” (LAMR)

- Ensure that your novices draw their gun with the same grip they will do when drawing to fire at targets. Do NOT allow sloppy grip, is it for shooting or loading/unloading, grip should be similar !
- Check for NOT sweeping the weak hand. Students first grip the gun and grab the magazine afterwards.
- Require your newbies to handle their gun at chest level, start right here to develop their “IPSC Platform” in maintaining their gun at chest/chin level with the aim to be as reactive and “ready” as possible when executing the COF.
- Tell your students that loading the gun occurs somewhat about the same height and distance as a magazine change.
- Learn them “NOW !” to index their magazine when grabbing it from the magazine pouch, so that they will act accordingly while operating magazines changes.
- Check if your trainees leave their slide travelling “freely” forward to lock the action without retaining it with their weak hand.
- Take care of “fly-fishermen” and “bowling players”.
- If some of your beginners are experiencing difficulties to pull the slide, advise them the following :
 - If so equipped, cock the external hammer, it will remove the power of the hammer spring applied to the back of the slide.
 - Bring the gun closer to your body.
 - Put your weak-hand thumb and fingertips on the serrations on both side of the slide.
 - Push the grip forward and simultaneously pull the slide rearward.
- Check if the external safety is applied before holstering and draw your students' attention to the fact that inserting a loaded gun into their holster without applying the external safety is a DQ case.

Stage 7	BPSA Pistol Instructor Reference Guide Loading/Unloading Procedures - Ready Conditions	Page 2 of 3
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- Let them know that the LAMR command also applies for a handgun in which a loaded magazine is inserted, but no live round is chambered.
- Control if their trigger finger is at all times kept outside the triggerguard, with the exception of double-action pistol. Best position for the trigger finger is along the slide to avoid any unattended “Bang” or any confusion with the Range Officer.

“If you are finished, UnLoad And Show Clear” (ULASC)

- Require your newbies to handle their gun at chest level, explain them that it will be easier for the Range Officer to inspect their gun.
- Especially for student with a law enforcement experience, have them maintaining their gun directed to the berm and not to the ground. An Accidental Discharge (AD) into the ground at close distance could result in severe injuries.
- When their magazine is dropped (while indexing it !) have them put it in a magazine pouch and strongly recommend NOT to hold it in their weak hand.
- Check if they use the rear or front serrations of the slide and instruct them NOT to leave their weak hand above the ejection port in order to prevent injury caused by a detonation (ejector striking primer).
- Have them pulling the slide back to eject the chambered live round onto the ground, they will have plenty of time to pick it up later on.
- Suggest them to pull the slide all the way to the rear and to repeat several time to make sure the chamber is empty. Novices should make sure their pistol is empty by **VISUALLY** checking the chamber (broken extractor!).
- Propose them not to hold their slide open until Range Officer inspects it, but rather to use the slide stop to lock it. If the instructor has several trainees to check, engaging the slide stop will be more comfortable awaiting for inspection.
- Control if the trigger finger of your shooters is at all times kept outside the triggerguard.

“If Clear, Hammer Down, holster” (ICHHD)

- Have your novices letting the slide down easily, retaining it gently until the action is closed. Recommend them not to slam down their slide as this action could irreparably damage their sear/hammer trigger job.
- With their firearm always pointing straight down range, instruct them to press the trigger so that their hammer falls, as this is their very last safety check to control if their gun is empty before they holster their gun.
- For safety sake and even if it comes to your ears that “...*Yes-But-The-World-Champion-Does-It...*”, do not teach to your novices to “rack-and-flip” the final round, this “unsafe” gesture increases the risk of sweeping, breaking the 90° or even causing a detonation.
- Inform your applicants that in some countries and/or as per local rules, they could be required to take an aimed shot at a target (gun at eyes’ level) should there be a live round in the chamber (!).
- Advise your applicants to drop their gun into the holster in a forward motion. Remember that the muzzle of the firearm should never point rearwards of the position of the holster.
- Without going into details, let them know that once the competitor's hands are clear of the holstered handgun, the course of fire is deemed to have ended.
- Control if the trigger finger of your shooters is at all times kept outside the triggerguard, except when instructed “hammer down” by the RO.

Gun Ready Conditions

Depending on the type of handguns owned by your student, ready conditions can be very different from each other. As an Instructor you have to be very attentive to rapidly and precisely know how your student want to use their gun (i.e.: DA pistol can be used in SA in SD) and to exactly identify the technical and mechanical details that operate the pistol’s safety(-ies) and action of their guns.

Stage 7	BPSA Pistol Instructor Reference Guide Loading/Unloading Procedures - Ready Conditions	Page 3 of 3
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- **Single Action (SA)**
 - Once the chamber is loaded and hammer fully cocked, your novices should apply the external safety with the SH thumb. For shooter with (very) short fingers, consider to advise them to activate the safety “on” with their WH index, so that they do not have to modify their grip.
 - If OEM/AFM available, ambidextrous safeties are a good option. Enlarged safeties could also solve the problem of shooters having short fingers (Mind PD rules !).
- **Double Action (DA)**
 - If some of your novices are competing in Production Division, the double action is a requirement for the first round fired and the hammer must be manually fully lowered. Novices have to pay a greater attention to this specific technique, when done correctly, it is not dangerous at all.
 - Once the action is locked, instruct your novices to pinch their hammer between their WH index and thumb and to pull it back in order to have it “disconnected” from the sear. In doing so, they can “feel” the power of the hammer spring and better control the release of it. While holding the hammer, trigger is pulled and hammer is then gently released forward and press against the firing pin door.
 - A second option is to release the hammer with the WH thumb in placing and pressing it on the top serrations of the hammer (if so equipped) and acting with a similar process as with the WH thumb/index.
- **Double Action with decocker mechanism**
 - If the pistol has a decocking lever, the latter must be used to de-cock the pistol and lower the hammer, without touching the trigger.
 - Note as a Instructor that it does not matter if the decocking mechanism places the hammer in a “half-cocked” mode, as per IPSC rules it is perfectly legal.
- **Double action only (DAO) and striker fired pistols**
 - No particular actions are required.

Most importantly, Instructors must first ensure that no live ammunition is present in the training area. Under supervision of Instructors, students will then clear their pistol and magazines. Instructors have to strictly apply the safety checks according to the dry fire check procedures recommended by the NFII.

Training Methods

Under Instructor’s supervision, novices should “practice, practice and practice...” while dryfiring with dummy rounds. Applicants should be given the opportunity to repeat enough time until they become safe and comfortable to proceed with the live loading and unloading sequences.

Remember your trainees that loading/unloading skills are not something “*once learned, never forgotten*”, but rather a perishable skill that has to be learned by continuous practice like their shooting skills.

Description

The IPSC motto ***Diligentia, Vis, Celeritas***, in this particular order, clearly indicates that IPSC shooting is a tradeoff whereby the shooter is always looking for the perfect balance between **Accuracy** (Diligentia) and **Speed** (Celeritas) in order to obtain the best possible results. Add to this that in most cases paper targets need to be engaged twice (with a controlled pair or a so called “double tap”) and the novices may find at the beginning of their training sessions that the result might look a bit awkward.

Make your students aware and very conscious of what you mean when you say that shooting “accurately” does not mean shooting slowly, it means shooting consciously, going from accuracy to speed. Shooting consciously, means shooting as fast as they can maintaining a proper focus and certainly hit the “A zone” of the target. Remember the motto : *“Speed is good, but Accuracy is final”* !

Tell your trainees that when experienced shooters are asked about this question 99% of them would say that accuracy is more important for practical shooting and this is understandable, because after every miss, the shooter must re-engage the target that results in a loss of valuable time.

First, have your applicant paying attention and realizing that the controlled pair technique is NOT a flurry of shots. Two shots are delivered as quickly as the shooter is able to acquire the sights after recoil and fire again. This means that each shot is a deliberate and controlled shot. A Controlled Pair, as an example, is a bit “slower” than the Double Tap and delivered at longer distances and with greater care in respect of accuracy.

Purposes

At “the end of the stage”, the shooter should be able to :

- Deliver accurate shots within the “Alpha Zone” of the target at various distances
- Perform controlled pairs and double taps within the “Alpha Zone” of the target at various distances.
- Get rid of unmanaged shots – so-called “trigger flinch” or commonly called “flinching”.

Guidelines

The Four Fundamentals

The Instructor to familiarize himself with Stage 8 of the SRBSC for IPSC beginners. Remind the trainee that in view of accuracy the FOUR fundamentals are applicable.

Sight Alignment - Sight Picture - Trigger Control – Follow Through

Sight Alignment

- Make certain that all your novices exactly know which one of their eyes is the dominant one ! But if one of your student is able to shoot with both eyes open, let him go for it, it is a great skill and a fantastic advantage !
- Sight alignment starts right away as the gun is off the holster, Forearm, wrist and gun stay aligned during the whole draw process.
- Sight alignment is pure geometry, having top of front and rear sight aligned with an equal amount of light on each side of the post. Aim is to have the Front/Rear sights aligned when going for the sight alignment.

Sight Picture

- Sight picture is the superposition of the sights on the target with the Dominant Eye - Front/Rear sights – Target, all four elements aligned.
- Have your students aiming for the “A-Zone” and NOT for the whole target !
- Front sight is clear and sharp, while the target and rear sight are fuzzy, claim, enforce, assert that accuracy is all about the **FRONT SIGHT** !

Trigger Control

- As an Instructor, bear in mind that they are different types of trigger actions. Single-action, double-action for the first shot, double action only and striker fired guns. The action of a good trigger control is based on the same principle, but you will have to adapt your way of teaching in function of the guns owned by your novices.

- The basic principle is to pull the trigger straight of the rear without disturbing the sight picture and sight alignment, it is easy to say, but not to practice and sometimes not to teach ! The MISSIA Instructors have developed three methods of teaching that works the best to prevent or to get rid of trigger freeze or flinching, see here below on “how to proceed” in the chapter “Training Methods”.
- Each shot fired is a single, distinct and controlled action on the trigger.
- Know about the trigger reset and how important is to stay in contact with the trigger to deliver an accurate shot and to restrain the movement and the jerking of the trigger.
- Ensure that the fingertip is well positioned on the trigger, nevertheless bear in mind that some people have longer/shorter finger trigger, so adapt the grip accordingly. It would be counterproductive to absolutely require the novice to have his finger well positioned on the trigger while his grip is very awkward.
- Remind the trainee to maintain a uniform grip and control muscle tension on his firearm.

Follow Through

- In IPSC a basic follow-through could be defined as the speed in which the shooter is able to track his sight during the arc of recoil of the gun and to fire the next shot while maintaining a consistent grip and a smooth trigger control.
- Ask your trainee to be able to recall what the sight picture looked like as they break the shot, making it possible to “call the shot”. “Calling one’s shot” is a great skill that prevent the shooter NOT to look or to “listen” (Metal one) at the target to know if he hits it or not !
- Have your students trusting their sights and see the sights through the shot, tell them to avoid “peering” at the target once they fired at. As a good example, shooters do not look for their hits on a target at 50m, why should they do for a target at 5m ?
- Emphasize on the importance of keeping the trigger finger in contact with the trigger and to release it only far enough to reset the sear in order to break the follow-up shot as soon as possible with the fewer movement possible of the trigger finger.
- Be aware as an Instructor that being able to detect and evaluate follow-through is not an easy matter. Only a total awareness and knowledge of all fundamentals can bring you about correct analysis of this technique. NFII Instructors advise their Instructors NOT to spend too much time on this skill with novices as it needs a lot of fired shots before realizing how to deal with this technique.

Controlled Pair and Double Tap

- IPSC requires the shooter most of the time to deliver two shots on a target. This can be done through a controlled pair or a double tap. Using one or the other technique will depend mainly on the distance of the target(s) or the available hit zone. The goal of double taps is to decrease the split time between two shots while maintaining the two hits in the “A-Zone”.
- In general, (on a “No-shoot-free” IPSC target) and depending on the shooters skills, **Double Taps (DT)** are used for distances between 1-5m. When engaging targets ahead of 5m, a **Controlled Pair (CP)** of shots is made.
- Controlled Pair (CP), instruct your novices to :
 - Achieve a first sight picture for the first shot.
 - Release the trigger finger only far enough to reset the sear.
 - Keep the index finger in contact with the trigger during the whole reset/pull process of the trigger travel.
 - Allow the front sight to settle back down in the rear sight to achieve a second sight picture. In other words, follow-up shots are shots of aimed fire.
- Double Tap (DT), advise your applicants to :
 - Take a high, tight, slightly harder grip on the pistol.
 - Acquire the target, aim and fire.

- Reacquire the target as soon as it is possible to with the recoil, and get a “flash sight picture” with the front sight, and fire again.
- The main difference between the two techniques is that with a Controlled Pair, trainees should apply the Four Fundamentals while the Double tap is mostly a question of a perfect grip and smooth trigger control.
- **NFII Instructors strongly advise** to start teaching the novices with the **Controlled Pair technique** as it involves not only the learning of the Four Fundamentals, but also provides the students with the foundations of a strong “firing platform” unlike double tap that is a more advanced technique.

Flinching and/or Jerking the Trigger

- Getting rid of flinching/jerking the trigger is mostly a matter of mind-set around the action of the subconscious mind rather than developing a burst of particular trigger finger techniques. Sum up in simple terms, the role of the subconscious mind is the part of our “brain” that is outside of our conscious awareness which defines all reactions and automatic actions we can become aware of if we think about them.
- For example, our ability to drive a car. Once we get skilled, we stop thinking which gears to use, which pedals to press, or which mirror to look at, yet can always become aware of what was done once we think about it.
- If we translate this to shooting we see that inaccurate shots as a result of flinching occur because of our minds defence mechanism where novice and experienced shooters will anticipate on the blast and recoil by jerking the trigger.

Time to go to live fire and to be “Practical” !

After extensive dry fire drills from stage 6 (Stance-Grip-Draw), stage 7 (Loading/Unloading, Safety Measures) to Stage 8 (Accuracy-Double Tap), have your students going down to the “game” and start live firing !

Most importantly, Instructors must first ensure that no live ammunition is present in the training area. Under supervision of Instructors, students will then clear their pistol and magazines. Instructors have to strictly apply the safety checks according to the Dry Fire Check procedures recommended by the NFII.

Training Method

Step 1 : The Four Fundamentals, Controlled Pair and Double tap

Dry Fire

- Demonstrate sight alignment and sight picture
- Demonstrate how to position the fingertip on the trigger and how to balance a coin just behind the front sight to determine the quality of your trigger pull.
- Demonstrate how mechanically the sear is reset after you release the trigger far enough, recommend your students to listen to the typical “Click” and the slight movement of the trigger which happen when the when the sear is reset. Have your students experimenting this feeling in dry fire.
- Emphasize the importance of dry fire exercises at home to develop the appropriate muscle memory with all respect due to **SAFETY** when dry practicing !

Live Fire

This live fire session will be an extensive one as you have to be very concerned about the fundamentals your novices are experimenting and as you want your students to perform the best they can

Stage 08	BPSA Pistol Instructor Reference Guide Fundamentals of Accuracy - Controlled Pair	Page 4 of 7
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Starting in isosceles stance (10m)

1. 15 X : 1 X 1 shot freestyle on T1 (Repeat string if necessary !).
2. 15 X : 1 X 1 shot freestyle on T2. (Repeat string if necessary !).
3. 14 X : 1 X 1 shot freestyle on T3 – 1 X 1 shot freestyle on T4.

Score and patch

Instructors note

- If needed, fix a piece of coloured sticker or duck-tape (10X10cm) in the largest scoring zone of the A-Zone, it will be easier for your novices to spot exactly where to aim at.
- String 1 is performed “sequentially” under the Five Step Draw Drill method (Commands are given one by one).
- String 2 is performed while gradually reducing the Five Step Draw Drill method starting with suppressing the command “stretch” and finishing with the “Beep” only !
- String 3 is meant to check if accuracy/group are the same with the first shot (T3) and second one (T4). This analysis/feedback is very important especially for students with double action guns.

Starting in isosceles stance (10m)

4. 14 X : 1 X 2 shot (CP) freestyle on T1. (Repeat string if necessary).

Score and Patch

5. 10 X : 1 X 1 shot (CP) freestyle on T1 – 1 X 2 shot (CP) freestyle on T2.
6. 07 X : 1 X 2 shot (CP) freestyle on T3 – 1 X 2 shot (CP) freestyle on T4.

Score and patch

Instructors note

- String 4 is aimed to develop the Controlled Pair and especially the grouping of it.
- String 5 is meant to check if accuracy/group are the same with the first shot (T3) and the follow-up ones (T4), especially with double action guns.
- String 6 gives the Instructor the opportunity to comment on the accuracy/group on both T3 and T4.

Starting in isosceles stance (10m)

7. 08 X : 1 X 1 shot (CP) freestyle on **T3**, T1, T4, T2
8. 08 X : 1 X 1 shot (CP) freestyle on **T3** - 1 X 1 shot (CP) freestyle on T1 - 1 X 2 shots (CP) freestyle on T2.

Score and Patch

9. 06 X : 1 X 1 shot (CP) freestyle on **T3** - 1 X 2 shots (CP) freestyle on T4 - 1 X 2 shots (CP) freestyle on T2.
10. 04 X : 1 X 2 shots (CP) freestyle on T1, T2, T3, T4.

Score and patch

Instructors note

- Always engage T3 as the FIRST target, to check and comment consistency on the first shot of your applicants.
- String 7 to 10 are aimed to develop the four fundamentals, the controlled pair and target transition in executing longer string of fire in order to give the Instructor ample time and occurrences to check how the novices apply the taught techniques : trigger control, high grip, recoil management, correct stance, follow-through of the sights,...

Starting in isosceles stance (03 to 05m)

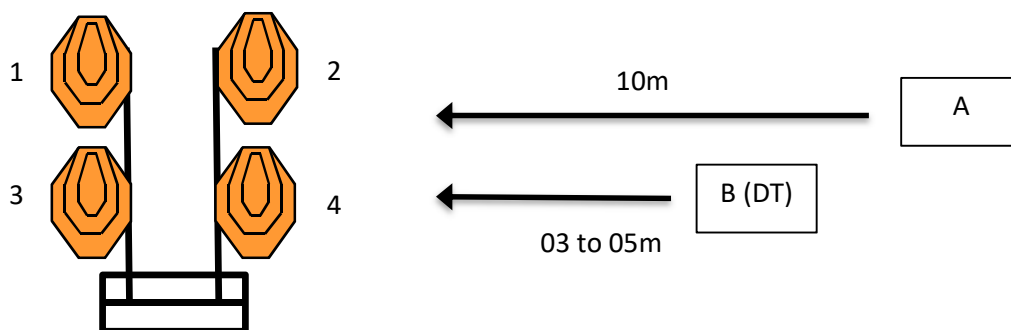
11. 08 X : 1 X 2 shot (DT) freestyle on T1.
12. 07 X : 1 X 2 shot (DT) freestyle on T3 – 1 X 2 shot (DT) freestyle on T4.

Score and Patch

Instructors note

- Stage 11 to 12 are meant to make the trainees discovering the “feeling” of what a double tap is and how to achieve good scoring hits at that distance.
- Do not allow your students to neglect their sight picture and/or to take a sloppy grip, speed is great, but a good sight picture and a master grip are a “must” !

Stage Layout



Step 2 : Flinching and/or Jerking the trigger

MISSIA recommends three methods in order to help novices eliminating or reducing the negative effects of flinching and/or jerking the trigger.

Instructor should explain and demonstrate those three methods to the applicants having difficulties with accuracy/group shooting and give them the time to train on those various techniques until they can achieve acceptable scoring hits.

Those three processes are endorsed by MISSIA for delivering accurate and grouped shots by reconditioning the subconscious mind in order to stop flinching. These exercises can be performed at various distances with a minimum of 10m going to a maximum of 25m.

Method 1 : Assisted Shooting

- The trainee unholsters and loads his firearm (“load & make ready” command, but not re-holstering the firearm). Whilst aiming at the centre of the target, the trainee straightens his trigger finger outside the trigger guard.
- The Instructor stands beside him and will actually pull the trigger by putting his hand over the trainee’s strong hand and taking control of the trigger.
- In doing so, the trainee’s subconscious mind will be tricked by not knowing when the shot will break and thus will not be able to anticipate on the blast and recoil.

Instructor note

As an Instructor/Trainer you will notice that the shots delivered will be grouped together in the target.

Method 2 : Combined Live Fire and Empty Chamber (as an exercise for the controlled pair)

- Issue the load & make ready command but not to re-holster and tell the trainee to put one round in the chamber and subsequently to take out his magazine.
- Now the firearm can only be fired once, but will complete a full cycle.
- Ask the trainee to aim at the centre of the target and deliver two shots. The first shot will be with the live ammo and the second shot will be with an empty firearm (empty chamber).
- In doing so, the novice shooter AND the Instructor will notice from the second occurrence or shot if the shooter is flinching or not.
- If flinching occurs, make him to repeat the exercise until no flinch can be seen with the “second shot”.

Instructor Note

- Also tell the shooter to make this exercise part of his shooting routine.
- In a later stage, the shooter can load his magazine with two rounds and deliver three shots.
- If, during this later stage, the shots are wide apart, take a step back to the first part of the exercise.
- Alternatively, this exercise can also be done by introducing dummy rounds amidst the live ones.

Method 3 : Trigger Control

- Issue the “load & make ready” command but not to re-holster the firearm.
- Make the trainee to aim at the centre of the target and “play” with the trigger taking it back and forth until the shot breaks. These “unexpected” shots will deliver centred and grouped impacts on the target.
- Again, this exercise is aimed at tricking the subconscious mind where the latter will not know when the shot will break and will thus not be able to anticipate on the blast and recoil by letting you to jerk the trigger.

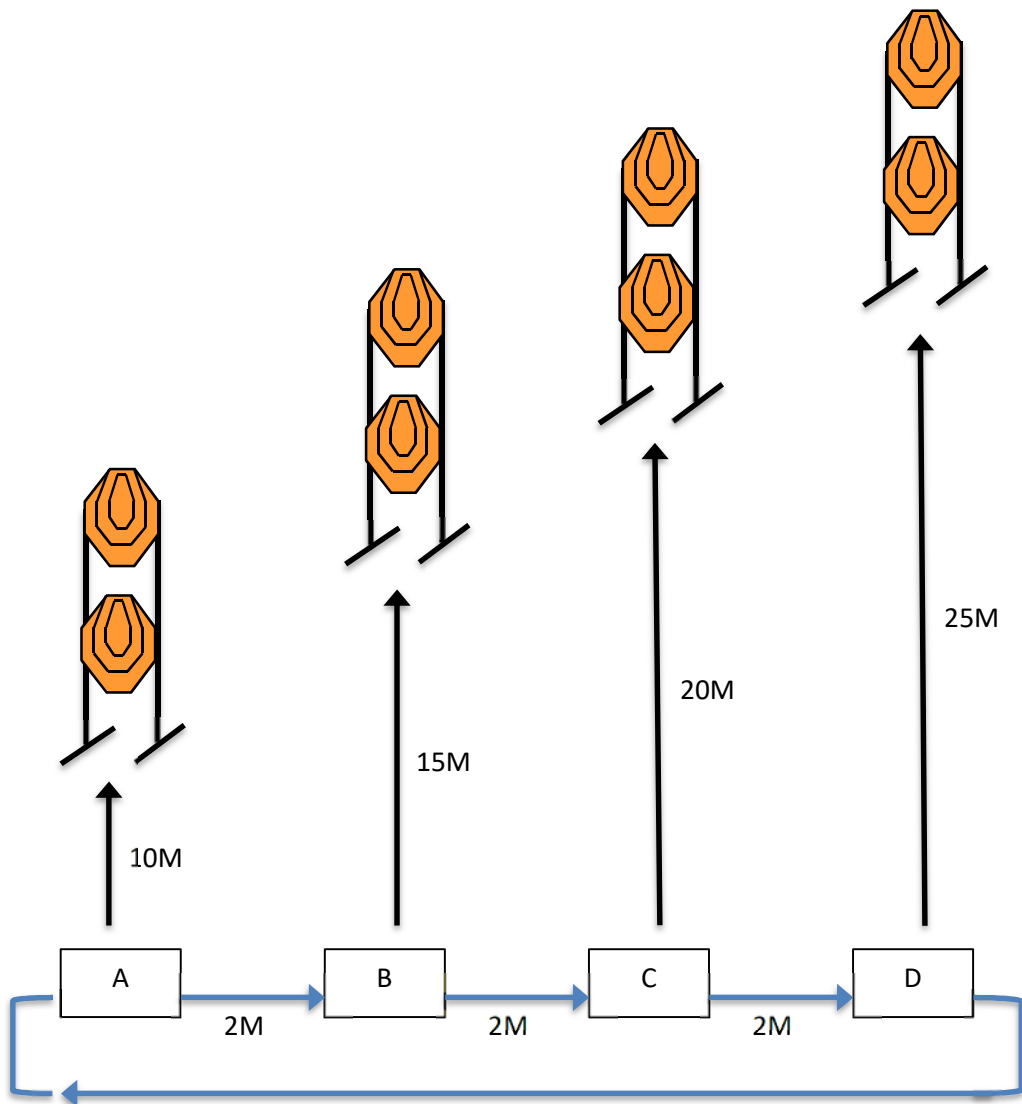
Most importantly, Instructors must first ensure that no live ammunition is present in the training area. Under supervision of Instructors, students will then clear their pistol and magazines. Instructors have to strictly apply the safety checks according to the dry fire check procedures recommended by the NFII.

Dry Fire Drills

- In a first instance, method 1 can easily be performed with an empty firearm.
- But as the purpose of the three methods is to check the impacts on target so dry fire exercises to eliminate flinching can best be performed at home.
 - With an empty gun, draw from holster and engage various dots or mini IPSC targets on a wall simulating multiple distances.
 - Put a coin (0.10€) behind your front sight and smoothly and consistently pull the trigger.

Live Fire Drills

- The live fire drills (*accuracy only*) can be performed with four shooters in a row (see stage layout) which will then rotate to exercise the various distances.
- **NO** simultaneous fire, but first shooter “A” to complete his exercise, then shooter “B”, “C” and “D”.
- When “D” has finished all shooters move on position to the right and the exercise is restarted until all shooters have done all four distances.
- Note: Variations to these recurring exercises can be introduced in a later stage like strong and weak hand only.
- Method 1
 - Engage top target 2X in assisted mode.
 - Engage bottom target 2X in non-assisted mode.
 - Check and evaluate impacts.
Score and Patch !
 - Repeat the exercise multiple times (at least 3X) or until no difference is seen between “assisted” and “non-assisted” shooting.
- Method 2
 - Engage top target 5X using method 2.
 - Engage bottom target 5X using method 2.
 - Check and evaluate impacts from first shots.
Score and Patch !
 - Repeat the exercise multiple times (at least 3X).
- Method 3
 - Engage top target 5X using method 3.
 - Engage bottom target 5X using method 3.
 - Check and evaluate impacts.
Score and Patch !
 - Repeat the exercise multiple times (at least 3X).

Stage Layout

Stage 09	BPSA Pistol Instructor Reference Guide Magazine Changes - Reloads	Page 1 of 3
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Description

The majority of the Courses of Fire (COF) within IPSC require the competitor to perform magazine changes (Reloads) in order to complete the stage(s).

As the reloading process is a time consuming activity, the IPSC shooter will need to carefully plan this activity prior to commencing the stage, i.e. during a walkthrough and ideally execute a reload during “off-time”. The keen competitor will perform reloads i.e. during position transition or during movements in order not to find himself already to be in a next shooting position and still has to perform a reload which will result in a drastic waste of valuable time. Reloads during movement will be develop in details later on in **Stage 12**.

Stage requirements (even for short courses) could specify a mandatory reload to be performed prior to the end of the stage even when there is no “off-time” for the shooter. This brings along an extra “stress” moment, since the reload needs to be performed smoothly and correctly with no room for error.

Reloads can also be requested with magazines that are placed on stage props which adds to the degree of difficulty of performing a smooth magazine change. This skill will arise in **Stage 15**.

All these elements make that performing reloads need to become ‘second nature’ to the IPSC shooter and need to be executed by the subconscious mind, “without thinking”.

Purposes

At “the end of the stage”, the shooter should be able to :

- Repeatedly perform a safe, smooth and correct reload from the first magazine pouch.
- Perform easy and accurate reloads from various magazines pouches.
- Determine the “off-time” during a stage walkthrough i.e. where to perform a reload.

Guidelines

The Instructor to familiarize himself with Stage 9 of SRBSC for IPSC beginners. When attending the course and as strongly recommended by NFII, **each applicant should own at least FOUR magazines with a minimum capacity of 15 rounds** (preferably 16). As an Instructor :

- Keep a close eye on the trigger finger when the shooter performs a reload.
- Keep a close eye on the position of the muzzle of the firearm during the exercises (angles !!!)
- Pay attention to your newbies if they keep their gun at chest/chin level during the whole “reloading” process. Correct “bowlers” and “fly-fishermen” !
- Control if the shooter maintains his head up, if he brings his gun at eyes level, and if he looks at his magwell when inserting his magazine.
- If for any reasons, the trainee is unable to reach (or operate) the magazine catch with the thumb of his shooting hand (what regularly happens with women, short fingers), consider teaching him execute this movement with his weak hand thumb before grabbing the “fresh” magazine.
- Check the novice’s magazine pouches and the way the magazines are seated within these pouches (Ammo top directed to the target) in order to ascertain a good grip on the magazine when drawing it from the pouch.
- Advise the shooter to place his weak-hand index finger straight alongside the “fresh” magazine to better guide it to the magwell. Top of the mag floor is placed in the middle of the weak-hand palm. In order to give a convenient push to lock the fresh mag into the magwell.
- Verify if the strong-hand thumb is well directed high up to leave room for the weak hand to envelop the grip again when magazine change comes to its end.
- Never allowed a sloppy and/or inconsistently grip after a magazine change !
- As your trainees usually take care of their “precious” gun, recommend them to take care of their magazines to ensure they function flawlessly; (springs, lips, not oiled, free of burned powder, additional Mag pads,...).
- Consider telling your newbie to label or mark their magazines in order to detect the ones that are damaged or are causing jams.
- Optional (Depending on your class /course management)
 - Reloading the gun when the slide is locked back by the slide stop (magazine is empty).
 - Reloading when starting with an empty gun in holster.

Training Method

- In respect of the above guidelines, demonstrate the correct firearm handling to perform a reload from the magazine pouches as described per stage 9 of the SRBSC.
- To make sure your students are applying the right technique, mark the inside of their magwell with non-permanent marker or simply fix a coloured patch at the mouth of it.
- To reproduce the exact shape of a "loaded magazine, have your applicants fill in their two magazines with dummy rounds.
- When dry fire practicing, all shooters should assume the exact firing position they take when engaging target, i.e. index finger on the trigger, master grip, ...



- **Mag Change Three Steps methods.** NFII advises to teach sequentially in a "Three Step Method" with small and simple "range commands". Teaching sequentially will give the Instructor the opportunities to remedy to incorrect transitional movements, to adjust details and to improve the technical gesture of his newbies.

Press -> Grab -> Join

- **Step 1 : "Press !"** - With his strong-hand thumb, shooter presses the magazine catch, ejects his mags, brings his gun closer to his chest/chin and simultaneously place his weak-hand index on his spare Mag still in its pouch.
- **Step 2 : "Grab !"** - Shooter holds his spare mag out of his pouch and while looking at his magwell, inserts it in his gun.
- **Step 3 : "Join !"** - Support hand wraps the strong-hand and move to its master grip with thumbs straight towards the target.
- Setup a small stage on paper/blackboard or take an example from a stage from the BPSA published COF and ask the candidates how, where and why they would perform a reload.
- Emphasize the importance of dry fire reload exercises at home to develop the appropriate muscle memory.

Most importantly, Instructors must first ensure that no live ammunition is present in the training area. Under supervision of Instructors, students will then clear their pistol and magazines. Instructors have to strictly apply the safety checks according to the Dry Fire Check procedures recommended by the NFII

Dry fire Drills

- Starting in isosceles stance aiming at T1
 - With 01 magazine inserted into the gun and with 01 empty magazines seated in the foremost front pouch.
 - Perform one magazine change (Mag Change).
 - Repeat the exercise until Instructor estimates the technique is well integrated and safely executed.
- Starting in isosceles stance aiming at T1
 - With 02 magazines seated in the foremost rear pouches and 01 magazine in the firearm
 - Perform a first magazine change, simulate firing at T1 and perform a second Mag change.

Live Fire Drills

Starting and remaining in isosceles stance (firearm ready condition in holster)

1. 15 X : 1 X 1 shot on T1 – **Reload** – 1 X 1 shot on T2.
2. 10 X : 1 X 1 shots on T3 – **Reload** – 1 X 2 shots on T4.

String 1 and 2 are also meant to check if accuracy/group are the same with the first shot (T1/T3) and the follow-up ones (T2) or CP's (T4). This is especially true, as the newbies have to modify their grip during the reload what may have an impact on their accuracy.

Score and patch!

Starting and remaining in isosceles stance (firearm ready condition in holster)

3. 8 X : 1 X 1 shot on T3, 1 X 1 shot on T4 – **Reload** – 1 X 1 shot on T1, 1 X 1 shot on T2.
4. 8 X : 2 X 2 shots on T3 – **Reload** – 2 X 2 shots on T2.

Score and patch!

Starting and remaining in isosceles stance (firearm ready condition in holster)

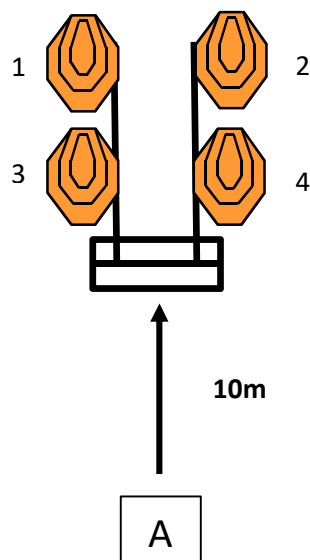
5. 8 X : 1 X 1 shot on T3 – **Reload** – 1 X 1 shot on T1 – **Reload** – 1 X 1 shot on T4.
6. 8 X : 1 X 1 shot on T3 – **Reload** – 1 X 1 shot on T2 – **Reload** – 1 X 1 shot on T4 – **Reload** – 1 X 1 shot on T1.

Score and patch!

Recommendation :

- Keep alerted for the firearm muzzle direction and see to it that the trigger finger is outside the trigger guard when the shooter performs a reload.
- Take care of the “swing”, some trainees may execute to grab their Mags placed in their foremost rear pouches. NFII Instructors often notice a kind of “bad conditioned reflex” of making his body, shoulders and forearms (upper body) excessively turning on their weak side. This swing could lead to breaking the 90° rule.
- Do **NOT** let your newbies retrieving their Mags without a command issued by the Instructor, e.g. “**Mag !**”. Some Mags may fall a few meters ahead of the firing line, picking-up one’s Mag ahead of one’s fellow shooters would be a severe safety infringement and would be very risky for oneself.
- When lining up your newbies on the firing line, take care to place the left-handed shooters on the right side of the range and the right-handed ones on the left side.
- Optional to these exercises
 - Reloading the gun when the slide is locked back by the slide stop (magazine is empty).
 - Reloading when starting with an empty gun in holster.

Stage Layout



Stage 10	BPSA Pistol Instructor Reference Guide Shooting Positions - Strong - Weak Hand Stance	Page 1 of 3
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Description

Some courses of fire (COF) require the competitor to commence shooting 'strong hand', 'weak hand' or even transfer the firearm from 'strong' to 'weak' hand and this from various isosceles starting positions (drawing from the holster , picking up the firearm from a table or stage prop) and/or firearm conditions ('empty' , 'loaded' or 'ready condition').

Given the nature of these stances, positions and conditions, care should be taken not to jeopardize the safety rules as laid down in the general IPSC rule book as the likelihood for accidental discharges (AD's) may increase due to incorrect gun handling. It is therefore paramount for the Instructor to introduce the following training methods as part of each training session for the novice shooter to feel comfortable and to get acquainted with the weak/hand shooting techniques.

Purpose

At "the end of the stage", the shooter should be able to :

- Assume the different isosceles for strong and weak shooting when drawing from the holster.
- Transfer the firearm from strong hand to weak hand (two methods)
- Shoot reasonable groups whilst in a specific stance by managing his sight picture and recoil.

Guidelines

The Instructor to familiarize himself with Stage 10 of the SRBSC for IPSC beginners.

- Keep a close eye on the position of the shooters body /arms and the muzzle of the firearm during the exercises.
- Keep a close eye on the triggerfinger when the shooter draws his firearm to assume the strong/weak hand position.
- Be aware that the non-shooting arm does not come into contact with the shooting one, as it will be considered as a forbidden assistance.
- When drawing the firearm from the holster with the strong hand and subsequently transferring to the weak hand verify that the safety is disengaged (if the latter is present). When the firearm is equipped with an external right handed safety, the latter is disengaged before transferring to weak hand, but firearms equipped with an external ambidextrous safety, the latter is only to be disengaged when the firearm is in the weak hand.

Training Method

Step 1

From the isosceles stance – drawing from holster – strong hand only

- Start from your "Isosceles Stance" with your feet spread apart (shoulder-width) and the 'gun-side-foot' moved forward at about the same level as your weak foot.
- Draw your gun, finger off the trigger and muzzle pointing downrange.
- Bring the weak hand to the chest to increase body stability, lean forward aggressively and slightly roll the shoulders forward to better manage the effects of the recoil.
- Disengage the manual safety (if applicable) and move finger inside the trigger guard and extend your arm to the target.
- Advise the shooters not to turn or twist their upper body/shoulders, they should maintain a similar shooting platform as to their isosceles stance when shooting freestyle.
- Propose them to cant the pistol slightly inboard. Tilting the gun a little bit towards the center of the body could help them to improve their recoil management and sights recovery back on target

Step 2

From the isosceles stance – transfer between strong and weak hand – Method 1 of the basic course

- Start from your "Isosceles Stance" with your feet spread apart (shoulder-width) and the 'gun-side-foot' slightly moved back about +/- 20cm.
- Draw your gun from the holster, strong hand only, finger off the trigger and muzzle pointing downrange.

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- Disengage the manual right handed safety (**if applicable**).
- Transfer the firearm from strong to weak hand (as per method 1 of the basic course) making sure that the finger is outside the trigger guard.
- Bring the strong hand to the chest to increase body stability.
- Disengage the ambidextrous manual safety and move finger inside the trigger guard.
- lean forward aggressively and slightly roll the shoulders forward to better manage the effects of the recoil.
- Demonstrate with the gun slightly tilted towards your strong side and explain how this technique offers a more natural position and gives more control over the gun. This method is also aiding the shooter to align the sights in front of his dominant eye.

Step 3

From the isosceles stance – Transfer between strong and weak - Method 2 of the basic course.

- From the holster, grip the gun lower on the butt, so that it leaves an empty space under the beavertail of the pistol.
- With the right handed thumb, disengage the manual right handed safety (**if applicable**).
- Transfer the firearm from strong to weak hand making sure that the finger is outside the trigger guard and go ahead as in Step 2.

Most importantly, Instructors must first ensure that no live ammunition is present in the training area. Under supervision of Instructors, students will then clear their pistol and magazines. Instructors have to strictly apply the safety checks according to the dry fire check procedures recommended by the NFII

Dry fire Drills

Drill 1

- From the holster with the strong hand.
- Repeat 10X or more until you are satisfied with the way the pistol is held.

Drill 2

- From the holster and transfer to the weak hand.
- Repeat 10X, idem as Drill 1.

Drill 3

- Transfer from Freestyle platform to strong hand only.
- Repeat 10X, idem as Drill 1.

Drill 4

- Transfer from strong hand to weak hand only from shooters shooting stance.
- Repeat 10X, idem as Drill 1.
- The shooter must be able to demonstrate a same, smooth and controlled presentation of the gun when transferring the pistol from one hand to the other as he is doing "Freestyle".
- When exercising, pay attention to the direction of the muzzle, whether the finger is off the trigger and safety engaged (if applicable).

Live Fire Drills (distance 7 - 10m)

Drill 1 : Drawing from holster – strong hand only

1. 10 X 1 shots on T2.
2. 8 X 2 shots on T4.

Drill 2 : Drawing from holster – weak hand only

3. 10 X 1 shots on T1.
4. 8 X 2 shots on T3.

Score and patch

Drill 3 : From the isosceles stance - Transfer from the freestyle platform to strong hand

5. 5X : 1 X shot freestyle on T1 – 2 X shots on T2 strong hand only

6. 4X : 2 X shots freestyle on T1 – 2 X shots on T2 strong hand only

Drill 4 : From the isosceles stance - Transfer from the freestyle platform to weak hand

7. 5X : 1 X shot freestyle on T4 – 2 X shots on T3 weak hand only.

8. 4X : 2 X shots freestyle on T4 – 2 X shots on T3 weak hand only.

Score and patch

Drill 5 : From the isosceles stance

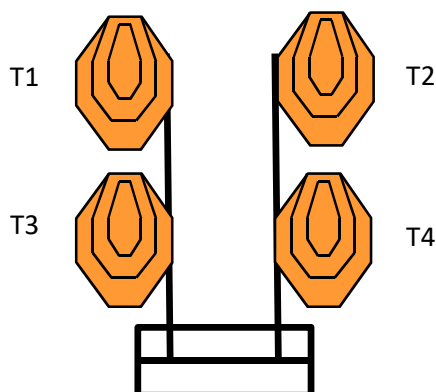
9. 4X : 2 X shots freestyle on T4 – Reload - 2 X shots on T2 strong hand only

10. 4X : 2 X shots freestyle on T3 – Reload - 2 X shots on T1 weak hand only.

Adding a mandatory reload between the two shooting positions gives the shooters the opportunity to train on their previous skill they learned on stage 9.

Score and patch

Stage Layout



Description

Squatting and kneeling positions are frequently used in stages containing low apertures or windows. Shooting through low apertures requires a stable position in order to obtain a good sight alignment and subsequent sight picture. Depending on the size of the aperture, number of targets, type of shots, the next firing position and the morphology of the shooter, it will be up to the latter to decide which method to use being the squatted or kneeling position in the knowledge that both positions have their own advantages and disadvantages.

On the one hand squatting offers greater mobility, requires less time to stand up and is more suited for nearby targets whilst on the other hand a kneeling position offers more stability thus allowing for a quicker sight picture and more accurate shots especially on distant targets or when shooting around a barricade or from behind props.

Purpose

At “the end of the stage”, the shooter should be able to :

- Safely assume squatting positions as well as kneeling positions.
- Keep his finger out of the trigger guard when changing position from standing to kneeling (or reverse).
- Test his ability in delivering accurate shots and deciding on the shooting position that suits him best to engage the targets.
- Manage his sight picture and recoil whilst in one or the other position and shoot reasonable groups.

Guidelines

The Instructor to familiarize himself with Stage 11 of SRBSC for IPSC beginners

- Advise the shooter to spread his feet further apart prior to assume the squatting position. This to increase his stability and to lower his center of gravity to the ground.
- Advise the shooter to slightly lean forward in order to manage the felt recoil.
- Propose to use knee pads as shock absorbers for a kneeling position.
- When kneeling, advise the shooter to always place the ‘holster side knee’ on the ground.

Squatting method

- Draw your gun, finger off the trigger and muzzle pointing downrange.
- Spread your feet apart and squat.
- Extend both arms towards the target, lean slightly forward and align your sights.
- Make the shooter aware that, whilst in this position, it is difficult to manage the gun recoil, visual patience will be needed.

Kneeling method

- Draw your gun, finger off the trigger and muzzle pointing downrange.
- Kick your strong foot backwards (or step forward with the weak foot) and assume the kneeling position.
- Extend both arms towards the target, lean slightly forward from the waist and align your sights.
- The shooter should practice each method (step forward/backward) to determine which works the best for him.
- When the shooter has finished and with the finger outside of the trigger guard and the muzzle pointing downrange, explain him that, under the supervision of the Range Officer, he has to stand up prior to unloading his firearm. The purpose is that he clears his handgun in his ‘routine’ stance and not in an uneasy and uncommon position.

Most importantly, Instructors must first ensure that no live ammunition is present in the training area. Under supervision of Instructors, students will then clear their pistol and magazines. Instructors have to strictly apply the safety checks according to the dry fire check procedures recommended by the NFII.

Dry fire Drills

Practice both methods from shooting stance as isosceles stance – keep an eye on the position of the shooters back i.e. not to lean too much forward.

Drill 1

- 10 X From standing while aiming to squatting
- 5 X From standing while aiming to kneeling, step forward
- 5 X From standing while aiming to kneeling, step backward

Drill 2

- 5 X Starting in the isosceles position to squatting
- 10 X Starting in the isosceles position to kneeling, step forward/backward (leave the shooter choose the technic that suits him the best).
- Start with the shooters in their shooting stance, aiming at a target, for novices this is easier than griping the pistol from the holster and immediately squatting/kneeling.
- The purpose is to teach to the shooters to avoid sweeping of their holster side leg when extending it forward and to check if they have their index out of the trigger guard when changing position.
- During the ten occurrences, pay attention to the direction of the muzzle and whether the finger is off the trigger.
- Shooters should practice with their eye protection and headset on in order to test the angle of their head – especially for those shooters wearing dual focus glasses.

Live Fire Drills

Drill 1

Starting in the isosceles position, distance to targets 10 meters T1 (Upper port) and T2 (Low port).

1. 5 X : Standing X 1 shots T1, Squatting X 2 shots T2
2. 10 X : Standing X 2 shots T1, Kneeling X 2 shots T2 (5 X step forward, 5 X step backward). For safety sake, check that all shooters are applying a similar technic, all step forward or backward, IOT keep them aligned.

Score and Patch

Drill 2

Starting in the isosceles position, distance to targets 10 meters (T1 and T2).

3. 5 X squatting through the low port, 5 X 2 shots T2.
4. 5 X kneeling through the low port, 5 X 2 shots T2.

Drill 3

Starting in the isosceles position, distance to targets 10 meters (T1 and T2).

5. 5 X : Standing X 2 shots T1, Reload, Squatting X 2 shots T2
6. 5 X : Standing X 2 shots T1, Reload, Kneeling X 2 shots T2

Adding a mandatory reload between the two positions gives the shooters the opportunity to train on their previous skills they learned on stage 9.

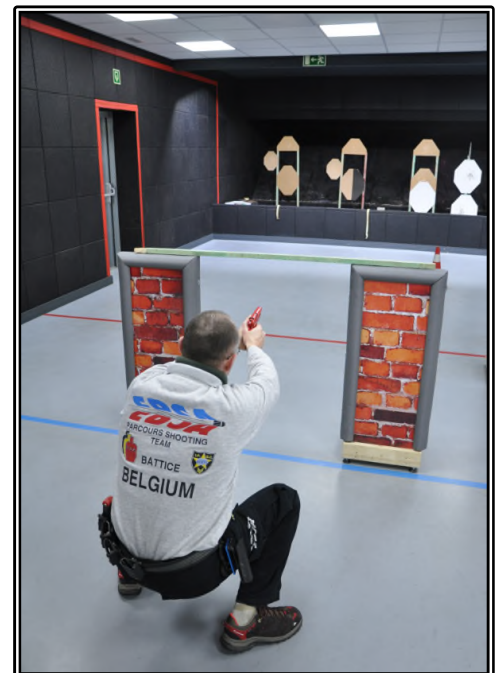
Score and patch

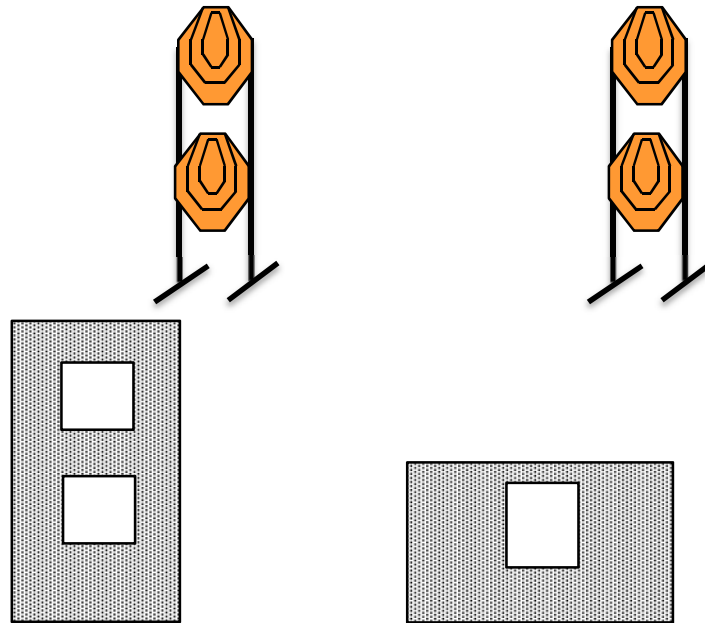
Drill 4

You can switch the positions and change the distance of the targets i.e. Squatted shooting on T2 (distant target) and shooting kneeled on T1 (nearest target), this to demonstrate that it is not obvious to shoot at distant targets from a squatted position.

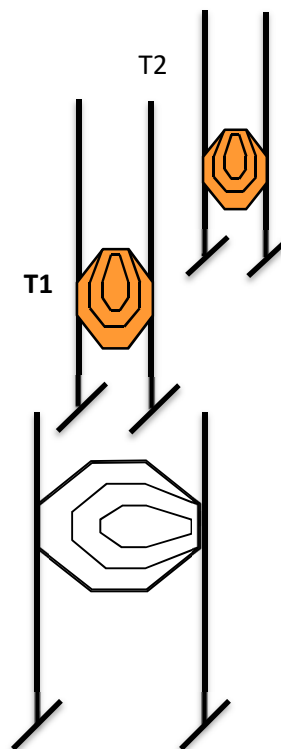
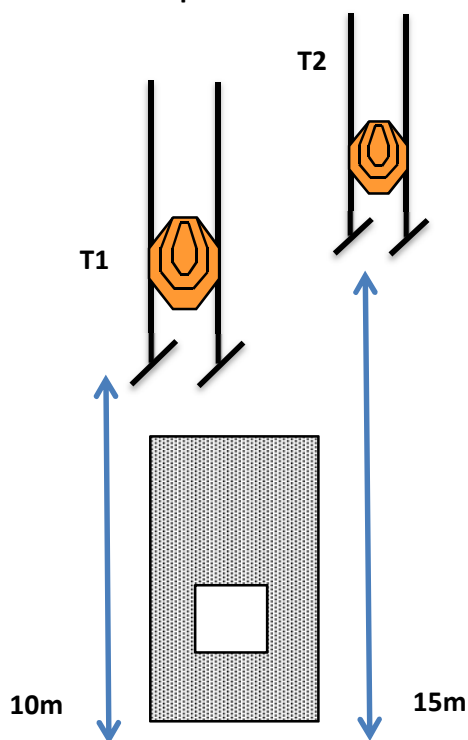
7. 5 X squatting, 5 X 2 shots T2.
8. 5 X kneeling, 5 X 2 shots T1.

Score and patch



Stage Layout**Drill 1, 2 and 3****Drill 4**

T1 and T2 are to be **placed low** on the stand !!



Alternatively, or when you do not have barricades with apertures, you can use a piece of cardboard stapled between 2 holders or even a non-shoot target.

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Description

Given the dynamic nature of IPSC, most of the courses include movements between shooting positions and transitions such as going left to right, going prone, kneeling, shooting through apertures etc...It is therefore paramount that during these movements and transitions the basic safety rules as laid down in the *Handgun Competition Rules* are applied at all times. During training sessions, the Instructor/Trainer has to keep a close eye (*and not a closed eye !!!*) on the novice or even advanced shooter in terms of the firearm muzzle direction, the 90° rule, whether the finger is outside of the trigger guard when the shooter is in movement or during shooting position transitions. On the other hand, the shooter himself must also be consciously and constantly aware of these requirements when entering into a course of fire.

Purpose

At “the end of the stage”, the shooter should be able to :

- Safely move forward from a shooting position to another one.
- Safely move sideways between shooting positions (left to right and vice versa).
- Safely move uprange using 4 methods (so called “**Back**”).
- Perform a reload when in movement from one shooting position to another one.
- Bring the gun to a high ready when moving from a shooting position to another one.
- Manage his sight picture and recoil when arriving in a shooting position after movement and test his ability in delivering accurate shots.
- Respect the 90° angles at all times.

Guidelines

The Instructor to familiarize himself with Stage 12 of SRBSC for IPSC beginners.

- The Instructor demonstrates to the novice shooters how to hold the firearm :
 - when moving forward.
 - When moving from left to right (sideways) and vice versa.
 - When running uprange using the TWO methods.
 - When reloading while moving forward, transferring sideways and/or running uprange.
- Explain to the novice shooter to always direct his feet in the direction he wants to move and also to LOOK in the direction he is moving to prevent him from bumping into obstacles and thus creating a risky situation.
- While all transitions have to be carefully planned in order to increase speed and to minimize time-wasting activities or motions, once the movement is correctly organized, tell your novices to “Just Run !”
- When moving forward and sideways, indicate to your students to bring their gun back closer to their body approximately at the same height at which they join their hands when drawing their gun out of the holster (Step 3, Join !).
- In order to move faster, recommend the novices to remove the support hand from the gun, but if the different shooting locations are just a few steps away, they should maintain a two-handed handgun grip (High Ready) as with both hands on the gun, they will have their final grip done to acquire their sights and to fire their first shot more aggressively and efficiently.
- Tell your newbies to be aware of the position of their sights before leaving a position toward another one, shooters should first ensure a correct sight picture to finish their shot string prior to starting to run and to worry about the next target and/or position, especially if the last shot is a difficult one, and unfortunately this is often the kind of shot the RO call a “Mike” !
- Recommend your trainees to extend their arms and to bring the gun to the ‘shooting height’ when they are two/three steps away from their shooting positions. Extending the arms will naturally slow down the shooters and help them to balance their body to re-assume the isosceles stance.
- A reload should preferably be done when in movement from one shooting position to another. Except when running uprange and/or for safety reasons. A reload has to be performed immediately after the shooter heads towards his next shooting position with the aim to prevent arriving at the next shooting position with an unloaded pistol.

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Every time a shooter moves, his first concern should be to be ready to engage the next targets when entering a shooting box or transferring to the next port/apertures/shooting position. Advise your trainees NOT to remain rooted in their shooting zone with their eyes fixated at the already shot target(s). Also explain that competitors should always maintain their gun in the “High Ready” position.

Exiting and entering shooting positions are time consuming activities so the NFII strongly recommends IPSC Pistol Instructors to dedicate all the time and training required to teach these techniques to new IPSC shooters as they are essential basic skills needed to quickly progress in our sport !

Training Methods

Moving Forward

From the isosceles stance draw your gun, finger off the trigger and muzzle pointing downrange.

- Direct your feet to the next shooting position and extend your strong arm and hand holding the gun, the firearm muzzle directed downrange about the height of your chin.
- Tilt your pistol slightly towards the center of your body. This will help you to run more comfortably as long as you bring it straight up again (sight alignment) when extending your arms before entering your next shooting position.
- Move and run towards the forward shooting position.
- When arriving in the forward shooting position, extend your arms, resume the free style grip, bring the gun up and re-assume the isosceles stance.
- Repeat this exercise with a two-handed grip on a shorter distance. Advise your shooters to slightly open their support hand when in motion in order not to stress their hands and forearms and consequently slowing down.

Moving Left to Right & vice versa

From the isosceles stance draw your gun, finger off the trigger and muzzle pointing downrange.

- Direct your feet to the next shooting position and extend your strong arm and hand holding the gun, the firearm muzzle still directed downrange about the height of your chin – it is easier to move with the firearm slightly tilted, this will keep the gun in parallel to the ground and the muzzle pointed in the safe area (90° zone.)
- Move towards the shooting position situated on the right side.
- When arriving at the right side shooting position, re-assume the isosceles stance.

Reload and Moving Forward, Left to Right (and reverse)

From the isosceles stance draw your gun, finger off the trigger and muzzle pointing downrange.

- Direct your feet to the next shooting position and extend your strong arm and hand holding the gun, the firearm muzzle still directed downrange – it’s easier to move with the firearm slightly tilted inward.
- When exiting your shooting position, have your magwell directed towards your body (support side), drop your magazine whilst in movement, retrieve a spare one from the pouches and perform your magazine change while moving towards to the next shooting position.
- When arriving in the next shooting position, re-assume the isosceles stance and engage targets.



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Recommendation

- Moving from left to right for a right handed shooter increases the risk of sweeping the weak arm, and vice-versa for a left handed shooter.
- Performing a reload when moving from right to left for a right handed shooter increases the risk of breaching the 90° rule, for a safe reload, advise your newbies to tilt the strong hand wrist outward and to bring their elbow closer to the body while ejecting the magazine
- Keep an eye on the trigger finger and look for the muzzle to be directed in the 90° zone especially when shooters are performing reloads in motion or when shooters start to pivot on their support/strong side to re-acquire their free style grip and isosceles stance.

Running Uprange – Remarks

Newcomers as well as experienced shooters are sometimes very nervous when they have to execute an uprange movement in a COF, usually called a “Back”. Some shooters are so unsure about this transition that they will slow down whilst running uprange in order not to breach the 90° rule, this will of course result in a huge loss of time. Whoever they are, newbies or ace competitors, this transition is key and the right techniques should be taught to safely and efficiently deal with this advanced application of the basic skills, but very well spread into modern COF.

Running Uprange – Gun Up the Support Shoulder

Option 1 - TWO handed

Commonly used by right handed shooters when the next shooting position is situated on their left side when performing a “Back”.

For left handed shooters the next shooting position is on their right side !

- From the isosceles stance draw your gun, finger off the trigger and muzzle pointing downrange.
- Turn around 180° to your ‘strong hand’ side, direct your feet to the next shooting position and hold the firearm with both hands above your support shoulder height, muzzle directed towards the backstop – do not sweep your shoulder!
- Move towards the next shooting position and look at the ‘stop spot’.
- When arriving in the next shooting position, re-assume the isosceles stance by pivoting your body 180° towards your support side.

Option 2 - ONE handed

Commonly used as an alternative to Option 1 by right handed shooters when the next shooting position is situated on their left side when performing a “Back”.

For left handed shooters the next shooting position is on their right side !

- From the isosceles stance draw your gun, finger off the trigger and muzzle pointing downrange.
- Turn around 180° to your ‘strong hand’ side, direct your feet to the next shooting position and hold the firearm with one hand above shoulder height, muzzle directed towards the backstop – do not sweep your shoulder!
- Move towards the next shooting position and look at the ‘stop spot’.
- When arriving in the next shooting position, re-assume the isosceles stance by pivoting your body 180° towards your support side.

Running Uprange – Trailing the Gun

Commonly used by right handed shooters when the next shooting position is situated on their right side when performing a “Back”.

For left handed shooters the next shooting position is on their left side !

- From the isosceles stance draw your gun, finger off the trigger and muzzle pointing downrange.
- Turn around 180° to your ‘strong hand’ side, direct your feet to the next shooting position and hold the firearm at full arm extension behind you and upside down as you were trailing it
- Move towards the next shooting position and look at the ‘stop spot’.
- When arriving upon the next shooting position, progressively bring up your gun to shoulder’s height keeping it parallel to the ground and perpendicular to the target, re-assume the isosceles stance by turning your body 180° towards your strong side.

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Running Uprange – Reloading the Gun

It's obvious that, Gun Up the Support Shoulder -Option 1 - TWO handed, is NOT suitable to perform a reload when running uprange.

Gun Up the Support Shoulder, ONE handed

- From the isosceles stance draw your gun, finger off the trigger and muzzle pointing downrange.
- Turn around 180° to your 'strong hand' side, direct your feet to the next shooting position and hold the firearm with one hand above shoulder height, muzzle directed towards the backstop, do not sweep your shoulder!
- Move towards the next shooting position and look at the 'stop spot', drop your magazine whilst in movement, retrieve a spare magazine from the pouches.
- When arriving in the next shooting position, re-assume the isosceles stance by turning your body 180°, insert the spare magazine and engage targets.

Trailing the Gun

- From the isosceles stance draw your gun, finger off the trigger and muzzle pointing downrange.
- Drop your used magazine, before pivoting, otherwise it will not fall as your magwell will be directed upwards.
- Turn around 180° to your 'strong hand' side, direct your feet to the next shooting position and hold the firearm behind you and upside down.
- Move towards the next shooting position and look at the "stop spot".
- When arriving in the next shooting position, re-assume the isosceles stance by turning your body 180°, insert the spare magazine and engage targets.

Recommendation

- Be aware to take the necessary safety measures when training with left handed shooters !
- Keep an eye on the trigger finger and look for the muzzle to be directed in the 90° zone especially when shooters start to pivot on their support/strong side to reacquire their free style grip and isosceles stance.

Most importantly, Instructors must first ensure that no live ammunition is present in the training area. Under supervision of Instructors, students will then clear their pistol and magazines. Instructors have to strictly apply the safety checks according to the dry fire check procedures recommended by the NFII.

Dry fire Drills

Practice all methods from isosceles stance with an empty gun and empty magazines. Novices to repeat these exercises until the Instructor estimates that his students are at ease and safe with the technique. Magazines contains two colored dummies in order to simulate a loaded magazine.

- Left to right movement with empty firearm – No magazine inserted.
- Right to left movement with empty firearm – No magazine inserted.
- Left to right movement with empty magazine inserted - Reload with empty magazines.
- Right to left movement with empty magazine inserted - Reload with empty magazines.
- Moving uprange "*gun up the support shoulder*" Option 1 and 2 with empty firearm – No magazine inserted.
- Moving uprange "*gun up the support shoulder*" with empty magazine inserted - Reload with empty magazines.
- Moving uprange "*trailing the gun*" with empty firearm – No magazine inserted.
- Moving uprange "*trailing the gun*" with empty magazine inserted - Reload with empty magazines.

Live Fire Drills

From isosceles stance – Firearm in ready condition

Forward movement

1. 4X : 2 shots T1 → 2 shots T2.
2. 4 X: 2 shots T3 → 2 shots T2.
3. 4 X : 2 shots T1 or T3 → Reload → 2 shots T2.

Score and patch

Sideways movement

4. 4 X : 2 shots T1 → 2 shots T3.
5. 4 X : 2 shots T3 → 2 shots T1.
6. 4 X : 2 shots T1 → Reload → 2 shots T3.
7. 4 X : 2 shots T3 → Reload → 2 shots T1.

Score and patch



Uprange movement

Right handed shooters

8. 4 X : 2 shots T2 → 2 shots T1 – Trailing the gun.
9. 4 X : 2 shots T2 → 2 shots T3– Gun up the support shoulder-ONE handed.
10. 4 X : 2 shots T2 → Reload → 2 shots T1– Trailing the gun.
11. 4 X : 2 shots T2 → Reload → 2 shots T3– Gun up the support shoulder-ONE handed.

Score and patch

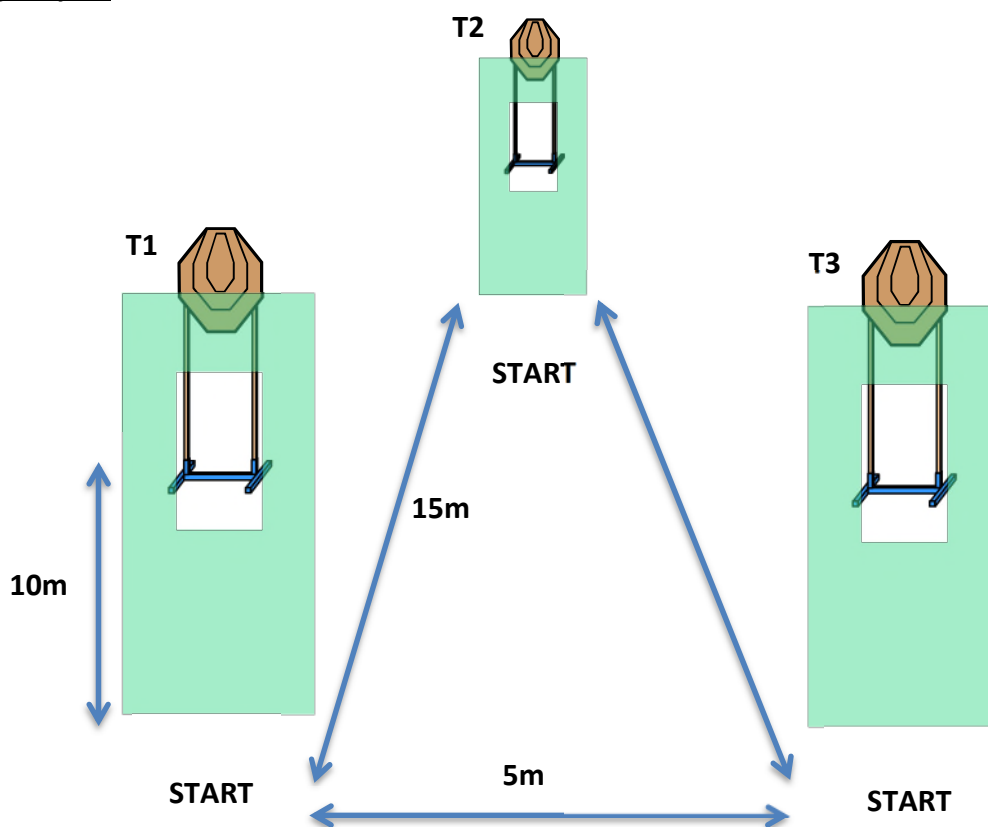
Left handed shooters

12. 4 X : 2 shots T2 → 2 shots T1 – Gun up the support shoulder-ONE handed.
13. 4 X : 2 shots T2 → 2 shots T3 – Trailing the gun.
14. 4 X : 2 shots T2 → reload → 2 shots T1– Gun up the support shoulder-ONE handed.
15. 4 X : 2 shots T2 → Reload → 2 shots T3– Trailing the gun.

- *Score and patch*



Stage Layout



Stage 13	BPSA Pistol Instructor Reference Guide Shooting Positions – Barricades – Apertures – Doors	Page 1 of 3
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Description

Barricades, apertures, windows and doors are frequently used stage props in order to force competitors into engaging targets whilst in uncommon shooting positions.

Each of these stage props has its own particularities and thus requires a different approach in terms of shooting stance and gun handling.

Purposes

At “the end of the stage”, the shooter should be able to :

- Engage targets situated behind, and visually blocked by a barricade.
- Approach and subsequently shoot through apertures and windows.
- Safely open a door to engage targets beyond this stage prop.

Guidelines

The Instructor to familiarize himself with Stage 13 of SRBSC for IPSC beginners.

- If you do not have stage props like barricades, windows and doors at your disposal, alternatively you can create those props from a piece of cardboard attached between posts – be inventive !!
- When using a barricade with ‘hidden’ targets behind it, create a box with ‘fault lines’ in order to force the shooter to lean from left to right and vice versa.
- Keep a close eye on the position of the muzzle of the firearm during the exercises (sweeping !)
- Make the shooter aware to memorize the place of those targets, which are hidden by barricades or doors.
- Place a high importance on the ‘walkthrough’. Ex: in which direction a door opens and to test the opening mechanism.

Training Method

As previously explained, each of the stage props require a different approach and subsequent shooting position.

Barricades

- When the shooter arrives in a shooting position where the targets are ‘hidden’ by a barricade, he should keep a fair amount of distance from the obstacle (arm length + gun ++) as standing too close could create problems with stance, target alignment and limit options for targets transition.
- The gun is brought closer to the body with the finger visibly outside the trigger guard until he has a clear sight picture on the targets. From this point the shooter can bring his body weight onto his lead foot whilst still maintaining a stable stance i.e. the weak foot should be on the ground and not forced up in the air, extend his arms and engage the targets. In any case, advise your newcomers to avoid getting into an awkward position
- When shooting from the dominant side of a barricade, recommend your shooters to keep their gun straight up as to maintain the tracking of their sights as they usually do. However, when it comes to the support side of a barricade (more difficult), it is common to slightly tilt the gun.
- While not “academic” as a “Modified Weaver” stance, tilting the gun can help to maintain an acceptable and stable stance to deliver accurate shots.
- When shooting from the support side, clearance should be given to allow ejected brass to “fly” freely from the ejection port and to prevent cases to drop back into the ejection port of the slide thus risking a malfunction.
- Hands, arms or gun should never come in contact with the barricade as leaning on it will drastically increase the recoil of the gun and could cause a malfunction. It will also increase the split-time between shots since the shooter needs to reacquire the sights for follow-up shots.
- While firing at targets, the shooter should not cross the fault lines if used.



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Apertures and windows

- The shooter should never 'rush' towards an aperture but slow down in the last few steps, pointing his firearm in the direction of the targets situated behind the opening, stabilize his body and, depending on the height of the opening, find his center of gravity to obtain a correct and stable stance.
- When shooting through apertures or windows is required, advise the shooter not to move the muzzle of his firearm into the opening(s) to eliminate the risk of the firearm touching the prop during recoil which may damage the sights. It will also hinder a smooth transition to another shooting position.

Doors

- Advise the shooter when approaching a door and reaching for the opening mechanism, care should be taken not to sweep any part of his body.
- The firearm should be held at shoulder height, finger visibly outside the trigger guard, with the muzzle pointing within the confines of the 90° safety angle whilst opening the door with the weak hand.
- When operating (opening) a door or an aperture, the support hand will always be maintained lower than the shooting hand or be on the side of it. For safety reasons, the enlacement of the pistol by the support hand has to be preferably executed from beneath the pistol alike drawing it from the holster.
- When no opening mechanism is present, the shooter should never try to open the door with the muzzle of his firearm because of the high risk of bumping into the door and pulling the trigger.

Most importantly, Instructors must first ensure that no live ammunition is present in the training area. Under supervision of Instructors, students will then clear their pistol and magazines. Instructors strictly apply the dry fire practice safety checks accordingly to the Dry Firing Check procedures recommended by the NFII.

Dry fire Drills

Have your trainees practicing the approach of a barricade, aperture and door, and if the case maybe, as long as it is necessary for them to feel comfortable and at ease with the technics.

Barricades

Starting in isosceles stance and drawing the gun :

- 5 X Train shooting from the left side of the barricade.
- 5 X Train shooting from the right side of the barricade.

Apertures

Starting in isosceles stance +/- 2m away from the barricade and drawing the gun :

- 5 X starting from the left side of the barricade.
- 5 X starting from the right side of the barricade.
- 5 X starting behind the barricade.

Doors (equipped with a locking mechanism)

Starting in isosceles stance +/- 2m away from the door and drawing the gun :

- 5 X Opening the door while "pushing" it.
- 5 X Opening the door while "pulling" it.

Recommendations

- During the occurrences, pay attention to the direction of the muzzle, sweeping and whether the finger is off the trigger.
- Use a barricade with an aperture that can be covered with a NS target in order to avoid the use of multiple stage props.
- Use a door equipped with a handle and a locking mechanism. If you are lucky enough to have a "versatile" door (door maybe open push/pull from both sides), You may consider to teach your novices on how to open it while pushing/pulling it from the left side to the right side and vice versa.

Live Fire Drills

Barricades

Starting in isosceles stance behind a barricade and within the confines of a box.

1. 5 X : From the right side 2 shots T2.
2. 5 X : From the left side 2 shots T1.
3. 4 X : From the right side 2 shots T1 – 2 shots T2.
4. 4 X : From the left side 2 shots T2 – 2 shots T1.

Score and patch !

Apertures

Starting in isosceles stance make the shooter approach an aperture from three different directions.

5. 5 X : From the left side 2 shots T3.
6. 5 X : From the right side 2 shots T3.
7. 5 X : From the behind the barricade 2 shots T3.
8. 5 X : From three different direction, but mingled positions 5 X 2 shots T 4.

Score and patch !

Doors

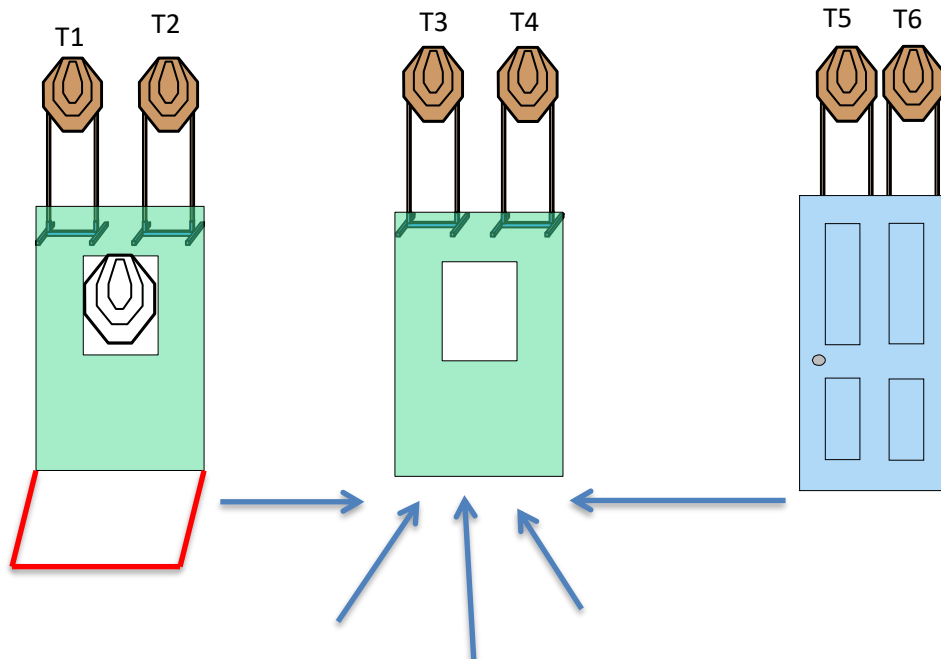
Starting in isosceles stance make the shooter approach a door / open it and engage targets

9. 8 X : Opening the door while “pushing” it 5 X 2 shots T5.
10. 8 X : Opening the door while “pulling” it 5 X 2 shots on T6.

Score and patch !

Stage Layout

If multiple shooters are present, you can duplicate each setup.



Stage 14	BPSA Pistol Instructor Reference Guide Shooting Position - Prone	Page 1 of 2
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Description

Prone shooting is an awkward shooting skill used to shoot through very low ports and apertures or seldom to deliver highly accurate shots on very long range targets. This shooting position while not uncommon is uncomfortable as the upper body and head are stretched and in a totally different position as in your freestyle stance. Prone shooting is a position in which the morphology of the shooter will affect his shooting.

Purposes

At the end of the stage, the shooter should be able to :

- Safely go prone as fast as possible in choosing the best methods and to evaluate the time it takes him to from the standing to the prone position.
- Have the shooter testing his ability in delivering accurate shots and deciding on the shooting position (Isosceles/Weaver) that suits him the best to engage the targets.
- Shoot group while being prone,
- Work on his sight picture and recoil management in that particular position.

Guidelines

- Advise the shooter to test his prone position while wearing a baseball cap as his field of view could be drastically reduced because of the stiff bill (visor) projected in front.
- Propose them to use knees and forearm pads.
- When going prone, insist on the direction of your barrel as your finger index is clearly off the trigger guard.
- Draw the attention of the shooter on not sweeping any part of his body, especially his weak arm.
- Insist on having the shooter lying on his weak-side leg, if needed grip the shooter's legs and install him taking the right position.
- Show the shooter how to have a sight picture which is clear of any obstacles, demonstrate while raising your forearms slightly upwards with the elbows still touching the ground in order to show them how to proceed.
- Shooter should be aware that gun control in this position is much difficult to master, visual patience will be needed.
- Recommend them to ask the RO if they may go prone with their gun at the belt as their barrel will be directed pointing rearwards.
- When the shooter is finished and with the finger outside the trigger guard and the muzzle pointing downrange, explain him that he has to stand up prior to unloading his firearm under the supervision of the Range Officer. The purpose is that he clears his handgun in his routine stance and not in an uneasy and uncommon position.

Training Method

Demonstrate the different positions for going prone, Isosceles and Weaver

Weaver Method

The trainee should :

- Draw his gun, finger off the trigger and muzzle pointing downrange,
- Take a long step forward with his "weak" foot.
- Lean forward and simultaneously extend his weak hand in front of him and place it on the ground.
- Bend his knees until his strong-side knee reaches the ground.
- Finally start rolling and lay his body down on his shooting side while bending his weak-side leg in an angle of about 90 degrees.
- Extend his arms and with his head resting on the inner side of his strong arm, place his pistol on the ground and align his sights.

Isosceles Method

The trainee should :

- Draw his gun, finger off the trigger and muzzle pointing downrange.
- Repeat points 2 and 3 of Method 1.
- Extend his feet/legs behind him and with the support of his non-shooting hand on the ground, lay flat on the ground, perpendicular to the targets.
- Extend both arms flat in front of him and, with the pistol butt resting on the ground, align his sights.

Most importantly, Instructors must first ensure that no live ammunition is present in the training area. Under supervision of Instructors, students will then clear their pistol and magazines. Instructors have to strictly apply the safety checks according to the Dry Fire Check procedures recommended by the NFII.

Dry fire Drills

Have your applicants practicing both methods to go prone as the two shooting positions.

- 5 X Weaver prone.
- 5 X Isosceles prone.
- For the ten occurrences, look for the direction of the barrel and finger off the trigger.
- Shooters should practice with their glasses and headset in place in order to test the angle of their head as when it is resting on the inner side (muscle) of their strong arm and that it changes then the height of their grip.

Live Fire Drills

Starting in the Relax position, distance 25 meters

Going prone :

1. 05 X Weaver prone : 5 X 3 shots T3 (low targets).
2. 05 X Isosceles prone : 5 X 3 shots T4 (low targets).

Check and evaluate accuracy.

Score and patch !

From prone position at shooter's choice

3. 10 X : 1 X 1 shot on T1.
4. 08 X : 1 X 1 shot on T1 - 1 X 1 shot on T2.

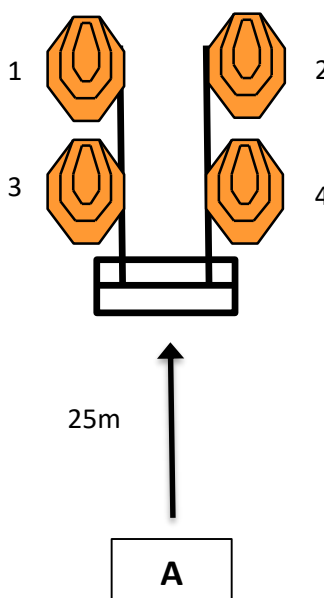
Check and evaluate accuracy

5. 07 X : 1 X 2 shots T3 and 1 X 2 shots T4.

Score and patch !

Stage Layout

All targets are placed low on the stand
IOT make them easy to shoot.



Stage 15	BPSA Pistol Instructor Reference Guide Sitting – Picking Up From Table	Page 1 of 2
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Description

Some Courses of Fire (COF) require the competitor to commence shooting in a seated position whilst other COF require a seated position merely as a 'starting position'. Stage briefings will be accordingly and may require different starting positions e.g. 'hands on the knees'; 'hands on the table'; 'hands on the markings' or 'your back against the chair back' or a combination of these...

It's very likely that when a seated position is requested, a table or other similar stage prop will be in front of the shooter for the firearm and/or magazine(s) to be put flat on the surface of the table or prop. Markings may indicate the position of the firearm – needles to say that the muzzle of the firearm must always be pointed downrange. On rare occasions it might also be required to take a seated position with the firearm holstered and the magazines in the pouches. The latter position requires a specific sitting position in order for the muzzle of the firearm not to point beyond the 1 meter radius.

Purposes

At "the end of the stage", the shooter should be able to :

- Assume the different seated positions including the one with a holstered firearm.
- Pick up the firearm from a table or stage prop for free style or strong/weak hand shooting (2 methods)
- Shoot reasonable groups whilst in a seated position by managing his sight picture and recoil.
- Simultaneously assume the Isosceles stance whilst picking up and/or loading the firearm and commence shooting.

Guidelines

The Instructor to familiarize himself with Stage 15 of SRBSC for IPSC beginners.

- Use an appropriate chair with no armrests as standing up from a chair with armrests could result in the holster or pouches to get stuck and could create a dangerous situation.
- Keep a close eye on the position of the muzzle of the firearm during the exercises (sweeping !)
- Advise the shooter to always wait for the RO commands prior to assuming the seated position or to put the firearm and/or magazines on the table or stage prop.
- Advise the shooter that, when putting his firearm flat on the table or prop, this could accidentally engage the magazine release button.
- When magazines are to be put on the table or prop for use during the course of fire, advice the shooter to place the magazines with the 'back' on the table (bullets facing upwards) to enable the shooter to pick them up in the same way as they would do when drawing them from the pouches.
- Advise the shooter to check the position of his feet in case the seated position is a mere 'starting position' in order for him to achieve a steady stance when standing up to engage the targets.

Demonstrate the **different positions** for sitting down / standing up (Isosceles stance).

- Demonstrate **the picking up of a loaded firearm from a table** for free style shooting (use of both hands)
- Demonstrate **the picking up from a table** and loading sequence with firearm and magazine(s) on the table in various modes i.e. :
 - "Make ready' with magazine(s) on the table.
 - "Load and make ready" with magazine inserted, but no bullet chambered.
- Demonstrate the **simultaneous movements** of standing up and loading the firearm to acquire a steady stance.
- Demonstrate **drawing from the holster** whilst in a seated position – bend the 'strong leg' in such a way that the muzzle of the firearm is pointing well within the 1 meter radius.
- Demonstrate **the picking up of a loaded firearm from a table** for strong/weak hand shooting (use of 1 hand only !).

Most importantly, Instructors must first ensure that no live ammunition is present in the training area. Under supervision of Instructors, students will then clear their pistol and magazines. Instructors strictly apply the dry fire practice safety checks accordingly to the Dry Firing Check procedures recommended by the NFII.

Dry fire Drills

- Dry fire practice using a combination of the described methods 1-5 at least ten times or, if necessary, until you estimate all trainees display that they are safe and familiar with the new skill.
- During the occurrences, emphasize on having a firm, neutral and routine grip from picking-up from the table, pay attention to the direction of the muzzle and whether the finger is off the trigger.

Live Fire Drills

Starting and remaining in seated position

1. 8 X 2 shots on T1 with gun flat on the table – ready condition, safety engaged – free style
2. 4 X 2 shots on T3 with empty gun and magazines on the table – free style
3. 4 X 2 shots on T4 with gun flat on the table - magazine inserted but no bullet chambered – free style

Score and patch

Recommendation : For a smooth organization of drills 2 and 3, make the candidates loading their four magazines with two rounds only. After the first shooting string is completed, gun will end with the slide open. Execute then the “Unload and Show Clear” procedure followed by “If Clear, Hammer Down”. Once the gun has been cleared, it can be laid down again on the table and the second string of fire can start with an empty gun.

Starting in seated position and moving to standing isosceles stance.

4. 8 X 2 shots on T1 with gun flat on the table – ready condition, safety engaged – free style
5. 4 X 2 shots on T3 with empty gun and magazines on the table – free style
6. 4 X 2 shots on T4 with gun flat on the table - magazine inserted but no bullet chambered – free style.

Score and patch

Recommendation : Operate with drills 5 and 6 like 2 and 3 and have the candidates loading their magazines with two rounds only.

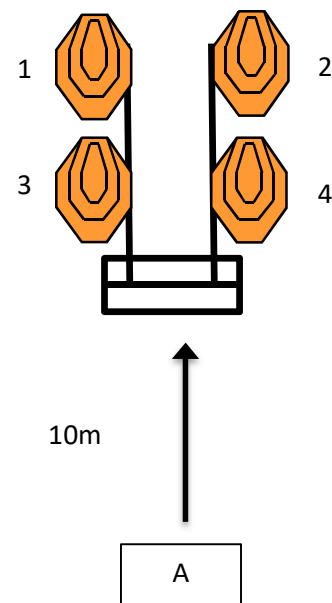
Starting in seated position and moving to standing isosceles stance.

7. 8 X 2 shots on T1 with gun flat on the table – strong hand only
8. 8 X 2 shots on T2 with gun flat on the table – weak hand only
9. 8 X 2 shots on T4 with gun ready condition and holstered – free style

Score and patch

Stage Layout

- T3 and T4 are placed low on the stand in order to make T3 and T4 easier to shoot whilst in isosceles stance.
- Targets are at least at 10 meters.



Stage 16	BPSA Pistol Instructor Reference Guide BPSA Novice's First IPSC Match	Page 1 of 2
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Description

At this point, the novice shooter has successfully terminated the *'Safety Rules and Basic Skills Course for IPSC Beginners'* and progresses towards participation in a first IPSC match.

This is a big step for the shooter and puts him immediately out of his comfort zone with new faces, new range situations and last but not least new Range Officers and other officials.

As an Instructor / trainer it is of the utmost importance to accompany your novice shooters to their first IPSC match and to guide them through the different aspects of an official match.

The novice shooter will obviously be nervous and it is the prime task of the Instructor to reassure him.

It IS clear that when introducing a novice shooter to a first official match, the latter is preferably a level II match.

Guidelines

Reminders to the novice shooter:

Remind the novice shooter that a match is a social event as well as a shooting contest.

Make the him aware to forget about speed, to just focus on safety and to follow the instructions of the Range Officers.

Repeat him to pay attention to the learned fundamentals and to apply them without any haste. To focus on the direction of the muzzle of his firearm in any given circumstance and also remind him to have the trigger finger outside the trigger guard when not in the process of shooting on targets.

Make the novice shooter to focus on shooting all "A" hits whilst maintaining a good sight picture.

In practice:

Accompany the novice shooters during the stage(s) walkthrough and ask him how he will tackle the course of fire – where he will perform reloads, which targets to engage and in which order he will engage them.

Tell the novice shooter that when he will be online and waiting for the start signal to go off, he will feel an adrenaline rush which is quite normal in the given circumstances – even experienced shooters encounter this.

After the physical walkthrough, make him to paint a mental picture in his mind of the course of fire and to perform a mental walkthrough inclusive the area's where he will need to do reloads.

Also make the acting Range Officer and other match officials aware that it's the novice shooter first official match.

At the end of each stage, debrief the novice shooter and elaborate on the positives as well as the negatives.

When the match results are published, take some time to sit down with the novice shooter and go over the 'verification list' to check in a positive manner what could be improved in terms of points, time, no-shoots and eventual procedural errors.

Some Mental Pointers

Over-riding of disturbing factors that will influence the novice shooter:

'Worry never' produces a happy solution to any problem, and only serves to fill your head with unnecessary poisonous fuzz. It will consume you and your performance.

As an Instructor/trainer you should get the message across that shooting is a sport to be enjoyed. If your competitor loses his temper every time he has a bad run you should ask him : "Who are you mad at"? In doing so, it will make him accept some bad with the good and help him to 'recover' from a less performant situation.

Dealing with match pressure or match tension

Match tension or “match pressure” is a condition created by uncertainty and suspense with their accompanying anxieties. A few pointers to overcome this tension:

Literally take a breather - breathe deeply, three or four repetitions should be sufficient, and when you have finished, you should feel much more relaxed.

Sit down and concentrate on relaxing your muscular system, stay like this for quite a few minutes.

Take a break! Get away from it all for a few minutes, use the scoring and patching time to “step back” from the situation.

Get as much match experience as possible – Match experience is a great leveler of Match Pressures.

The better and the more often you have trained under Match conditions, the less nervous you will become.

Avoidance of over-confidence

Overconfidence diminishes a shooter's control and co-ordination, he will become unaware of hazardous conditions, and the fine balance on which his performance index depends is upset.

As an Instructor/trainer you should explain to your competitor not to be overconfident or 'cocky' even if he has just put up the best performance of his life – tell him to be grateful that he was confident and skillful enough to be able to meet his peak performance. Overconfidence is a conscious thought state – your shooting should be reflexive or sub-conscious.

If you practice what you know, and at the same time are completely confident, then you are capable of a performance exceeding any previous level of personal accomplishment



Stage 17	BPSA Pistol Instructor Reference Guide Warnings – Procedurals - Penalties - Disqualifications	Page 1 of 2
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Description

Warnings, procedurals, penalties and disqualifications are described in detail in stage 17 of the '*Safety Rules and Basic Skills Course for beginners.*'

In order to avoid any such occurrences of happening during an official national or international match, the Instructor/trainer should be very focused during training sessions and spot any kind of noncompliance with the general rule book. It is therefore of the utmost importance that even the slightest breach is reflected to the novice shooter.

Simulating breaches, especially during live fire sessions, is not advisable as it may lead to unsafe situations. Therefore any occurrences during normal training sessions should immediately be dealt with on an 'as and when' basis !!

Purpose

At "the end of the stage", the shooter should be able to :

- Recognize any breach that could lead to sanctions as described in the basic course.
- Not to repeat any occurrence during a live fire training session or match.
- Recognize and be attentive of any fault lines, 90° shooting positions etc... during a walkthrough and to act accordingly.

Guidelines

- Be very precise in your stage briefings during training sessions – treat them as if they were match briefings.
- Keep track (preferably on record) of frequent occurrences and evaluate the novice shooter accordingly.
- Clearly indicate the 'safety area' with a sign and see to it that no ammo is being manipulated in the area.
- Perform random checks on the novice shooters equipment.
- Debrief the novice shooters after a training session and mention the positives as well as the negative issues in respect of breaches.

Training Method

- Go over the most common infractions as described in the basic course
- Put fault lines in place and check how the novice shooters deal with these restrictions.
- Include mandatory reloads in training session stages and advise the shooter of non-compliance.
- During a training session, with an EMPTY gun and not being online to start a course of fire, cock the hammer of your holstered firearm (if possible) and ask the novice shooters if they see anything wrong without giving any further guidelines.
- Creeping and moving away from the starting position is very common with novice shooters – put the timer on 'instant' and wait a bit longer than usual for the beep signal to go off after the 'are you ready' command.
- Check whether the novice shooters will enter/move through the course of fire during a training session without your prior approval. Advise them not to display this behavior and issue a proper warning.
- Stipulate strong hand shooting with the firearm to be picked up from a table and check whether the novice shooter doesn't scoop or touches the firearm with the weak hand. Advise him accordingly.
- Point out not to seek increased stability on the ground, barricade or another prop when firing shots.
- Whilst it is very difficult and unsafe to demonstrate an accidental discharge (AD) – go over the various occurrences which are to be considered as an AD.
- Put some targets on 90° and, as an aid, put some markings on the floor.
- If possible, introduce a door or trap into the training sessions and watch out for sweeping.
- Introduce multiple displacements and check whether the finger is outside the trigger guard when moving from one shooting position to another.

Dry fire Drills

- Picking up a firearm from a table free style and pay attention to the direction of the muzzle and whether the finger is off the trigger

- Picking up a firearm from a table strong hand / weak hand only pay attention to the direction of the muzzle and whether the finger is off the trigger.
- Moving from one shooting position to another and pay attention to the direction of the muzzle and whether the finger is off the trigger.
- Use random 'start beeps' in order for the shooter not to react upon 'counting the seconds'.
- Practice the transfer of the firearm between hands.

Live Fire Drills

Simulating breaches is a very hard thing to do and could lead to unsafe situations especially during live fire drills. Therefore, practice only those safe drills where there is a likelihood of non-compliance. e.g.:

Starting in isosceles stance. (Practice drill for 2 shooters – behind the barricade – behind table)

1. 3 X : 2 shots on T1 with empty gun and magazines on the table – free style / 2nd shooter engages T3.
Score and patch

2. 3 X : 2 shots on T1 with gun flat on the table 'ready condition' – strong hand only / 2nd shooter engages T3.

3. 3 X : 2 shots on T2 with gun flat on the table 'ready condition' – weak hand only / 2nd shooter engages T4.

Score and patch

4. 3 X : 2 shots on T1 strong hand only → switch to weak hand and 2 shots on T2 / 2nd shooter T3&T4.

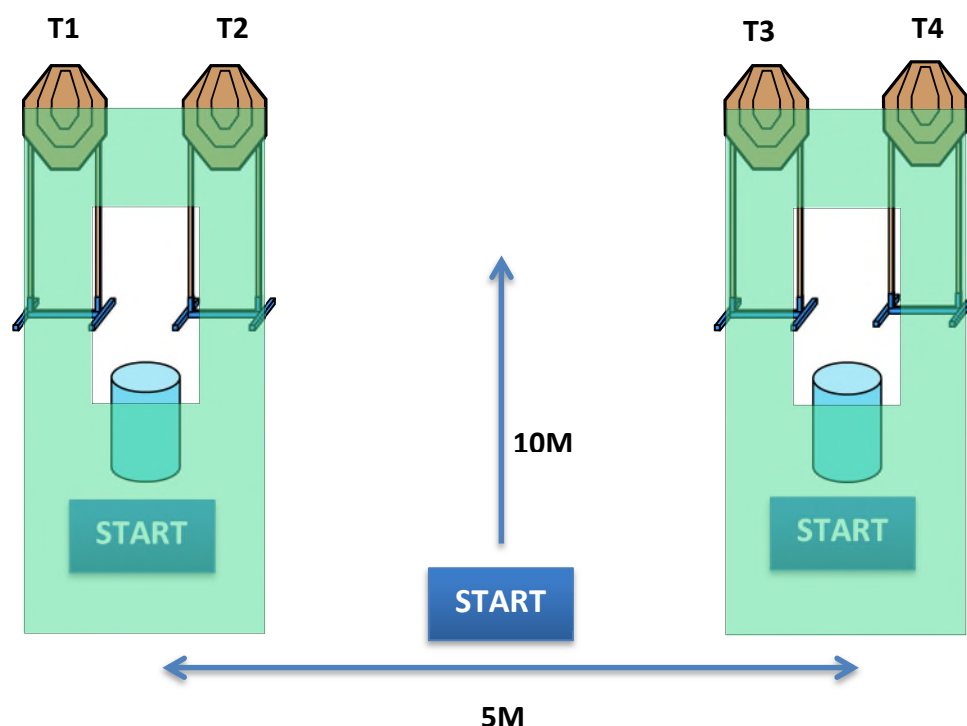
Starting in isosceles stance ready condition. (practice drill for 1 shooter – INTRODUCE 2 barricades)

Purpose is to check whether the index finger is outside the trigger guard when moving from one position to another.

5. 3 X : 2 shots on T1 – 2 shots on T3 – 2 shots on T2 – 2 shots on T4 – free style.

Score and patch

Stage Layout



Stage 18	BPSA Pistol Instructor Reference Guide Handguns Malfunctions – Clearance Drills	Page 1 of 2
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Preliminary Remark

The NFII willingly excluded stage 18 from the IPSC novice training program (SRBSC) as well as from the instructor plan, class and schedule. The clearance drill techniques for solving handgun malfunctions are already included in the courses and subsequent tests to procure a sport shooting license issued by the recognised Belgian Shooting Federations. Clearing handgun malfunctions is not IPSC specific and is a skill that all sport shooters should master, regardless of the practiced discipline.

However, the NFII instructors point out that the vast majority of IPSC beginners do not fully master this skill and that it would be advisable to make a refresh of this skill during the IPSC novice training session whilst it is not formally included in the SRBSC program. The NFII therefore does not advise to develop this skill as a “stand alone” competence, but rather to train it on an ‘as and when’ basis.

Description

A handgun is a piece of machinery, and much like other machines, there’s always a chance that it may not work as it should. Usually, this is either caused by a malfunction, which means something mechanical has broken, or a stoppage, which disrupts the gun’s cycle of operation and can be caused by a range of factors like failure to feed, lock, chamber, eject, extract, double-feed, tip-up malfunction..., which can have a very negative effect at the most crucial moment of the competition.

Most of handgun stoppages are caused by dirty and unlubricated firearms or inappropriate ammunition, but in the first place, the culprits are often improperly maintained or excessive worn out or damaged magazines. Explain to the students that care and cleaning is necessary to ensure that their magazines will work effectively and tell them to keep oil away from their magazines as oil is a collector of dirt and powder buildup.

Purposes

During his training session (SRBSC), the shooter should be able to :

- To identify the three types of common stoppages,
- To use the correct clearing technique in function of the detected malfunction,
- To be attentive that when clearing his firearm to have his triggerfinger at **ALL TIMES** outside of the trigger guard.

Guidelines

The Instructor to familiarize himself with Stage 18 of SRBSC for IPSC beginners.

- When malfunctions happen during the training session, go over the most common causes of them as described in the basic course. Do not windbag your students with too long and detailed explanation about all the differences between a double feed, a tip-up malfunction, a misfire, a failure to extract, eject, chamber, lock,..., just retain the generic wording “*failure to go into battery*”. You will have plenty of time to describe one or another malfunctions during their training session as to go into details with this matter during “off the air periods”.
- Simulating stoppages during live fire training sessions and with live ammunition is not advisable at all, but taking benefit from handgun malfunctions on a “as and when basis” are from great value for an Instructor, it is well known that the “best” feedback is the one that is given by a fellow shooter.
- Do not hesitate to take the time to interrupt the course and immediately debrief the novice shooters about the failure on hand and explain into detail on how to clear it.
- Tell your students to be calm and attentive while experiencing a malfunction, too many shooters are getting nervous and anxious when their gun is jamming and experience “brain fade” about the four golden rules.
- Point out that, while cycling their slide to eject a round, they should not place their support hand above the ejection port as in the case of a detonation they could suffer from severe injuries.
- When in a COF, advise the shooter not to pick up their magazines when dropped on the ground, but to take a fresh one from the belt.

- After solving a jam, advise your beginners not to try to make up for lost time. Lost time never catches up, but they can still achieve the maximum number of points while maintaining the maximum accuracy and go for full “A’s”.
- Propose your newbies to label (1, 2, 3,...) their magazines so that they can easily identify the one(s) that is (are) not functioning properly.

Training Method

- In respect of the above guidelines, demonstrate the correct firearm handling to clear malfunctions as described per stage 18 of the SRBSC.
- To reproduce the exact shape of a “loaded magazine, have your applicants fill in their magazines with dummy rounds.
- When dry fire practicing, all shooters should assume the exact firing position they take when engaging target, i.e. index finger on the trigger, master grip, stance, ...

Most importantly, Instructors must first ensure that no live ammunition is present in the training area. Under supervision of Instructors, students will then clear their pistol and magazines. Instructors have to strictly apply the safety checks according to the dry fire check procedures recommended by the NFII

Dry Fire Drills

“Stovepipe”

- While having the novice chambering a dummy round, instructor inserts an empty case into the ejection port causing the stovepipe.
- Shooter assumes the freestyle position aiming at target.
- At Instructor’s signal (timer “buzzer”), shooter wipes out the jammed casing.

Failure to feed or “Click”

- The novice inserts a magazine filled with dummy rounds and assumes the freestyle position aiming at target without chambering a round.
- Instructor unlocks the magazine, causing it to drop a few millimetres, but is still retained in the magazine well.
- At Instructor’s signal (timer “buzzer”), shooter pulls the trigger, causes the distinct “Click” and then go to the “Tap and Rack” technique.
- To hear the distinct “Click”, have your applicants listening to the demonstration without earmuffs.





Failure to go into battery – Immediate Action (IA)

- Using the trainee’s firearm, Instructor inserts a magazine filled with dummy rounds and causes a jam in simulating e.g. a double-feed.
- Newbie assume the freestyle position aiming at target.
- At Instructor’s signal (timer “buzzer”), shooter pulls the trigger and applies the Immediate Action (IA).

Live Fire Drill

One of the most informative live fire drill to train students to clear jams is for the Instructor to prepare several magazines with a mixture of live and dummy rounds. When the applicant starts shooting and that the gun goes “Click”, it indicates that the gun has malfunctioned and that the shooter needs to fix it while using the Immediate Action technique. This drill is also a tremendous and effective practice to check if the novice is anticipating the shot or jerking the trigger should the muzzle dip. **Safety is paramount**, the greatest safety checks and measures should be taken at the end of this drill to absolutely avoid storing live rounds with dummies.



NFII Requirements		01 Instructor		02 Instructors
Class Format - # Shooters		≤ 02 	≤ 04 	≤ 08 
Class Schedule - Time required		21 Hr	25 Hr	30 Hr
Introduction				
Introduction – Objectives - Membership	First contact and administration preferably to be done in a pre-meeting			
The Shooting Tools				
Divisions – Handguns – Magazines	01.30Hr	01.30Hr	02.00Hr	
Holster - Gear - Equipment - Accessories				
Targets - Power Factor – Chronograph				
Safety Rules – Dry Fire				
Four Golden Rules - Range Commands – Dry Fire	00.30Hr	00.30Hr	01.00Hr	
Basics and Fundamentals				
Stance - Grip – Draw	02.00Hr	02.00Hr	03.00Hr	
Loading/Unloading Procedures - Ready Conditions	01.30Hr	01.30Hr	02.00Hr	
Fundamentals of Accuracy – Controlled Pair	01.30Hr	01.30Hr	02.00Hr	
Magazine Changes - Reloads	01.30Hr	02.00Hr	02.00Hr	
Shooting Positions				
Strong - Weak Hand Stance	01.30Hr	02.00Hr	02.00Hr	
Squatting - Kneeling	01.00Hr	02.00Hr	02.00Hr	
Positions Transitions	04.00Hr	05.00Hr	06.00Hr	
Barricades - Apertures - Doors	01.00Hr	02.00Hr	02.00Hr	
Prone	01.00Hr	01.00Hr	01.30Hr	
Sitting - Picking Up From Table	01.00Hr	01.00Hr	01.30Hr	
Qualification Course Of Fire				
BPSA Novice’s First IPSC Match	IPSC Level I match of +/- 03.00Hrs			
Warnings – Procedurals – Penalties - Disqualifications				
Handguns Malfunctions				
Clearance Drills	To be carried on a “as needed basis”			

Recommendations

- Since the first contact with the novice is very important and should not be underestimated in terms of giving information and administrative workload its needless to say that this is to be scheduled preferably outside of the planned training sessions. Try to take advantage of this key moment to simultaneously go through the unavoidable red tape and to highlight the objectives of the courses. As the case may be, request some help from your club management to assist the novices in completing the necessary paperwork.
- It's equally important to advise the novice that its crucial not to interrupt the sequence of the training sessions i.e. to carefully schedule in the course data as it will be very difficult if not impossible to pick up on skipped training sessions.
- NFII requires a minimum training period of 18 hours for group of a maximum of 02 novices. This period should not be shortened in order not to jeopardize the quality of the teachings in respect of our safety rules.
- Consider having 02.00Hrs of spare time for the overall sessions.
- Level I IPSC Match, set up easy stages that are technically oriented. Given that SRBSC training is done using paper targets, it is advisable, at this point in time, to introduce some metal targets in the Course Design.

Belgian Parcours Shooting Association

IPSC Pistol Instructor Reference Guide

Bibliography & References

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- “Shooting from Within”, a guide to maximum performance, *J. Michael PLAXCO*
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- « Safety and Orientation Course – Handgun » (from IPSC website), International Practical Shooting Association (IPSC)
- « Safety Rules and Basic Skills Course », Belgian Parcours Shooting Association (BPSA)
- “UKPSA_Handgun_Competency_Check-issue1” and “UKPSA Safety Course Combined Curriculum Rev 0” with the courtesy of UKPSA RD.
- Master International Shooting Safety Instructors Association (MISSIA), Instructor Seminar, Level I Handgun, Syllabus V1.

(*) Recommended



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