

PRACTICALLY SPEAKING

August, 2005

It's not easy writing about IPSC in the depths of winter, but hopefully when this Bullshooter arrives, spring will be on its way, and practice and competition can get back to full swing.

Between then and now a new World Champion will be crowned and hopefully New Zealand's representatives at the World Shoot, Steve Clough, Steve Welsh, Greg Dickson and Wendy Clough will have had success as competitors and ambassadors in the growing world of IPSC.

On behalf of PNZ I'd like to thank them for their awesome commitment to the sport and wish them all the best for the event.

At the same time the governing body of IPSC, The General Assembly, will meet and ratify new rules, which will most likely come into effect at the start of next year.

The hot topic at this meeting is likely to be the continued development of Production Division; clarification and simplification of the rules is inevitable, so if you feel the need to tinker with perfection just hold on for a couple of months!

With spring comes the Nationals, I posted details in the last issue, if you missed it, keep the 24-27 November free with Rifle and Shotgun Events at Rotorua on the 24/5 and the Handgun Match at Hamilton on the 26/7. Be assured this will be an awesome experience for shooters of all abilities. Many visitors compliment the friendly and welcoming atmosphere at our matches, so don't be shy, the Nationals are for everyone!

The bleaker months do provide a great opportunity to hone our fundamental skills, and dry firing is an excellent way of improving scores. Almost everything we do at match time can be practiced at home without ammunition just be sure to practice safely!

One of the most basic IPSC skills is gripping the pistol correctly; it's also a skill that is often neglected by newer shooters.

A good grip allows us consistency from shot to shot and minimises the time taken to recover from recoil. Physical limitations may restrict your options, so bear those goals in mind.

A good grip is firm enough to not allow the gun to move in our hands but allows us to shoot without the tension that often manifests itself in the dreaded trigger freeze and those 'choppy' transitions between targets, remember smooth is fast.

Strength is good, but tension isn't so, exercising the forearms and triceps will help. For a simple but effective exercise all you need is a hammer, (guys might need a light sledge). Grip it as normal and in isolation raise and lower it from the wrist through as full an arch as you can manage, both with the hammer in front of you and behind.

The best shooters in the world use a variant of the two grips pictured. Most shoot with the left index finger under the trigger guard, but both Jerry Barnhart and World Champ Eric Grauffel wrap their weak hand index finger around the front of the triggerguard. Both methods see the thumbs firmly pressed into one another above the safety of a 1911 type pistol.

If you aren't using these techniques, give them a go, before the big matches come round again! Be safe.

Phil Dunlop

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