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### E = AURES



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### GEAR CORNER

### **POCKET PRO** It's time to make this purchase.

THE SHOT TIMER, AN IN-**TEGRAL PIECE OF WHAT** WE DO IN THE ACTION shooting sports but oft times it is overlooked when we talk about the gear needed to compete. You have to have one to put on a match. Well ok, you don't really HAVE to have it. Sure, we could go back to the days of spotters with stop watches but who wants that? There are a number of nice, feature packed timers on the market but today I am going to talk about my "go to" timer, the Pocket Pro II by Competition Electronics.

I have been using **Competition Electronics** timers for years, starting with the original Pocket Pro. They are tough and easy to use. Before I went to work for IDPA, my old home club bought them for our range and they are still being used today, 15 years later. Sure, a dunking in a water hole or an accidental drop under a rolling MD's cart would do on in but largely they took a great amount of abuse and kept right on going. So, when it came time to pick up a new one I opted to upgrade to the Pocket Pro II. I have not been sorry that I did.

Number one, the Pocket Pro II has been holding up just as well as its predecessor. I admit I am tough on gear and this timer just takes it and keeps on going. It also has the same ease of use that the older model had (which you can



still buy), but it has been thoughtfully updated. The old boxy, square outer shell has gotten the "carry melt" treatment with the edges rounded over making it easier to hold for prolonged periods. Also the screen has been updated to a backlit graphics lcd. The backlit feature makes it easier to read on overcast, rainy days or other reduced lighting like night matches. The new screen is also configurable to show just the time or two other settings with additional data. The Pocket Pro II also has adjustable shot sensitivity, volume control and echo control. The buttons remain large and easy to use so fumbling around

trying to start a shooter.

In all, it is a nice unit and unlike some companies that will produce a newer model and then try and stick you with a higher price, Competition Electronics did not. The Pocket Pro and Pocket Pro II are the same price, \$129.95. A bonus offer by **Competition Electronics** is that if you buy 4 timers, they will send you a 5th one for free. Nice if you club needs timers. You can find out more about the Pocket Pro II and all the other great product offered by Competition Electronics by visiting their website www.competitionelectronics.com or on Facebook. 🔃



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#### ERRATUM

We would like to apologize to Rob Welch who wrote the nice article on becoming a SO in the last issue (pg. 26, Fall 2018). We incorrectly list another member's bio at the end of the article. The correct bio for Rob is: Rob is a retired USAF E-8. He has been shooting IDPA for five years now and still thinks that someday the Match Director is going to let him shoot a match without being the SO (silly boy). He spends his free time looking for that rarest of treasures, a four pound container of Titegroup for half off so he can keep shooting another couple of months without asking his wife for an increase in his allowance.



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### DIRECTOR'S LETTER

### And the World Championship in 2019

A MESSAGE FROM Joyce Wilson IDPA Executive Director

"WITHOUT CONTINUAL GROWTH AND PROGRESS, SUCH WORDS AS IMPROVE-MENT, ACHIEVEMENT, AND SUCCESS HAVE NO MEANING." These words, so wisely spoken by the great statesman Benjamin Franklin, resonate with me as I look at the growth and changes in the past year in our sport.

Six years ago, we embarked on a journey to build a website that offered more functionality to our members than did the old one. We succeeded, offering capacity for growth and a central repository for IDPA-related information and data. Our recent growth has again required that we look at ways to provide more and different capabilities to our members and to our staff. In an effort to increase automation to assist our shooters, match directors, and ACs/IPOCs, last month we rolled out a new website that supports this growth. Some of the new features include greatly enhanced tools for member, club, and event registration and management; a simplified process for uploading classifier scores; a modern interface with usability as the primary design goal; new sharing and social media tools for members to share their love for the sport; an updated RangeBag with more variety, great pricing, and order management/purchase history; and tools to help showcase our valuable vendors and partners' products and services.

As this initiative continues to mature, you will also see an exciting partnership with Practiscore, enabling tight integration with their brilliant tool; new tools for SOs, CSOs, and all State and Area Coordinators to manage and promote continuing education; a truly interactive and searchable



Rulebook; and tools for Sanctioned Match Directors to further strengthen MD tools for match and member management. I am excited about the direction we are moving and our increased ability to make *www. IDPA.com* easier to access for our users.

Our Continuing Education and Video Teams have been hard at work to synch their efforts with the new website. IDPA videos will now be available on the IDPA website via the member portal. Videos on rules, equipment, getting started in the sport and other commonly requested information will be available. As always, we love to have videos created by our members. If you have an idea for one, or better yet, would like to create a video, please contact our folks at *videos@idpa.com*.

Late 3rd quarter saw the release of some additional guidelines for the Carry Optics (CO) division. Although still a provisional division, we are watchfully waiting to see if CO will attract additional participants. As I write this, we do not have

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sufficient data for cast-in-stone classification brackets, so we have elected to use a shooter's highest classification in any other division while CO is in the provisional state. Given time, we will continue to collect CO classifier data and may adjust classification times accordingly. The opportunity to host carry optics in IDPA was requested by many shooters; however, there are currently far fewer competitors in CO than in any other division. We are hopeful this division will atChampionship provided me the opportunity to see my old friends and make new ones. Talladega, AL is HOT in September, but our members didn't seem to mind. "Southern Hospitality" was the theme of the match, and our hosts from the CMP Talladega Marksmanship Park exemplified that in every way. MD Chad Barber and AMDs Dede and Nicky Carter showed us a good time with their creative stage designs and well-trained staff. I saw lots of smiles from

### "The IDPA World Championship will be held at the CMP Range in Talladega, AL in October 2019. We will host a PCC Championship on October 22 and the World Pistol Championship will be October 23-26."

tract even more shooters to IDPA, but it will be difficult to maintain CO without more active participation.

September is one of my favorite months of the year because I get to see so many of my friends in one place! The IDPA National the shooters who shot the Pistol Caliber Carbine side match, as well.

Next year at this time, we will be rolling out the international red carpet for our shooting brethren from around the world as the Third IDPA World Shoot takes place at the CMP Talladega Marksmanship Park in Alabama. We have had huge growth in our sport outside the US and we are excited by the prospect of having these new clubs and members join us. Making a return engagement to the MD Circle is Rick Lund, who will be assisted by Brian Ehrler and Dede and Nicky Carter. We are giving those folks a one-month reprieve from meetings before they begin planning for 2019. Mark your calendars for next October. I hope to see you there!

The improvement, achievement and success of our sport is a manifestation of growth in membership, consistent and incremental improvements in infrastructure, and the enthusiasm of our members. Thank you for your part in moving us forward.

Merry Christmas,

laya L. Wilson

Joyce Wilson, #CL087 Joyce Wilson is the Executive Director of IDPA. Members can contact her at joyce@idpa.com



FROM A WON

MEN

WITH THE

RGHI

IDEAS FOR

PERSPECTIVE

# Contraction of the corner, men...you better start shopping!

WORDS KITTY RICHARDS, LM18564

### AS THE HOLIDAYS APPROACH, FROM A WOMAN'S PERSPECTIVE USUALLY ASKS IDPA LADIES WHAT THEY WANT FOR

Christmas. This year, we are turning the tables and asking a few of our male counterparts what they will be purchasing for the women they love.

### Santa Fe, NM native Kevin "K-Mart" Martinez is an IDPA SS. He and his wife Heather have been married for 5 years.

"The lady I'm buying for, Heather, has been my best friend for 13 years now. I would be lost without her, she's always making sure I'm not forgetting to do simple things like eat, drink water, sometimes even breath. Heather always puts everyone first, making sure you're happy and comfortable. She has been a member of IDPA since 2014, but she's been helping out at matches both big and small well before that. She loves to teach and help people; her goal is to be an SOI in NM. She has reached MM, and loves shooting her M&P that was built especially for her by our former NM AC, Toran Maynard. Toran took Heather under his wing, and Heather tells everyone he's a father figure to her. I tend to think all the friends I've made in the shooting world really like Heather and just put up with me.

She likes shooting in IDPA, it helps her practice for carrying concealed, she gets to

meet great people, and it's always a good excuse for a vacation when a sanctioned match is in another state. Best of all, we both have things we like to do but the other doesn't care for, (how can someone not like spending all day in Cabela's?) but we both love to shoot and get to spend quality time shooting matches together.

Shopping for Heather is easy, since she puts everyone else first there are always things she needs and wants. She's always in need of shoes, so if all else fails, some Air Max will do. The 3 things I know she's been wanting are: a new range bag by CED (the Rangepack medium); new sights for her M&P pro t(he Trijicon HD's in Orange);

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"I think I do like most husbands when I see something I think she might like: I occasionally try to "casually" mention it to her and see how she responds. Easier said than done, right guys?!?!"

and the 5.11 1.5" Casual Leather Belt in black. She's very spoiled so she'll more than likely get everything she wants.

I make lists all year long on gifts I want for Christmas and almost everything on my list tends to do with shooting, and things I'd use for IDPA. I would like the BCM FLAG Cover hat, either green or tan. I've also asked her for magazines for my M&P9c 2.0, of course, 15 rounders here in the great State of New Mexico.

IDPA has provided a hobby for Heather and I to do together. From reloading bullets, to cleaning the guns after, we get to spend some quality time together. Heather's always putting everyone first, 2018 is different, this year she is first. She's getting all the shooting classes, she's the first one getting put in for sanctioned matches between us, and I will caddy for her, load her mags, and pick up her brass so she can focus on the match."

### Newly minted IDPA MA Ashton Lawrence from Farmersville, TX, will be shopping for his mom, IDPA EX Memarie Lawrence.

"My mom has been shooting IDPA for 5 years! It has become one of her favorite sports and she gets very competitive. She enjoys the fun/competitive environment and that she gets to do something with her family to bond with them", says the effervescent 15-yeaar-old.

For Christmas, he says he will "...combine the two things she loves: guns and her family." On his list for his mom is, "A 5-day Mike Seeklander class so she can progress in IDPA; 147 grain Cimarron bullets for the training class and a Coolfire Trainer..." that the whole family can use. As for what he hopes his mom gets for him, he sounds wishful as he says, "A Wilson Combat CQB 9mm pistol." We hope Ashton gets what he wants!

### Will Schmied is an ESP/SS, CDP/SS from Hernando, MS. He will be shopping for his wife Chris, an ESP MM.

"Chris is not only my wife of 17 years, but also my best friend and shooting buddy! When not shooting, we enjoy camping, hiking and (gasp!) disc golf. I'd say I'm a solid NV at disc golf--but there's always hope to hang on to!"

Chris has been shooting IDPA since 2013 and shot her first sanctioned match in 2014--my first match as MD, the Miss'ippi Showdown 2014. Back then she was shooting a Glock 34 in SSP, but she's since happily moved into single stack land shooting CDP with a Remington R1 Enhanced and, most often (and currently) shooting ESP with a Wilson Combat CQB Elite.

She's been recently working on a ladies Tiger Team for IDPA, so I guess she enjoys IDPA. Beyond the Tiger Team, I think she likes IDPA mostly because it has given her the chance to really find the right pistols for herself--not just what someone at the gun store (or even me) thinks might be best. It has also given her the opportunity to build and validate her shooting skills under some simulated pressure, way different than just static line shooting or Steel Challenge shooting, which I think has made her more confident. She's also made quite a few friends at matches, so that's no small value there, either."

How does this quiet hubby find the right gift? "Shopping for Chris...well...I try not too! In all seriousness, it's both easy and complex at the same time. I think I do like most husbands when I see something I think she



Will & Chris Schmied



Memarie & Ashton Lawrence



might like: I occasionally try to "casually" mention it to her and see how she responds. Easier said than done, right guys?!?! In general, when it comes to shooting goodies as gifts, I mostly try to consider what challenges we're both facing (usually the same) and find something that I think I would like and then think how Chris might like it or use it. We really do use a lot of the same "gift" type things as they pertain to shooting and range time. For Christmas this year, I've been seriously looking at two different at-home training tools that I think Chris (and *I!) will benefit from greatly: The iDryfire* Laser Target (https://idryfire.com/) and the Coolfire Trainer (https://coolfiretrainer. com/), together as a combined training tool.



I'm also eagerly awaiting Mike Seeklander's 2019 training schedule as I think Chris would have an excellent time at a 3-day class with Mike--I took Mike's 5 day class in 2018 and I will definitely be going back (cannot recommend his classes enough!). Beyond that, I've been requested to build some sort of attachment for our range cart that will hold an umbrella to help make those sunny and hot Southern days at the range a little easier to endure."

What would Will like to see under the

Christmas tree from Chris? "For Christmas, from Chris, I am really having a hard time coming with anything. As far as pistols go, we're both set. The same holds true for bags, shoes, vests, eye protection, ear protection, etc. I'd like to say a new Mark 7 Reloading Evolution (https://www. markvii-loading.com/The-Evolution\_p\_410. html) press (the new hotness), but that's not too realistic or needed."

From a Woman's Perspective hopes these gentlemen have given other men

something to think about as they are Christmas shopping. As for the ladies? If you love your guy, do him a favor and make a list!

Merry Christmas and Happy New Year!

#### ABOUT THE AUTHOR Kitty Richards, LM18564

Kitty Richards is an SOI in New York and resides in northwestern Pennsylvania. She has been shooting IDPA since 2002 and works many sanctioned matches each year. Members can contact her at kitty@idpa.com.

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Looks like the start of a Sergio Leone movie, better call Clint Eastwood.

MATCH REVIEW

## RETURN TO THE HIGHLING THE HIGHLING THE

### Running like a well oiled machine, the only rust in this match is in the name.

WORDS KITTY RICHARDS, LM18564 PHOTOS KITTY RICHARDS

IF YOU TRAVEL THROUGH WESTERN NEW YORK, PENNSYLVANIA, OHIO AND WEST VIRGINIA, YOU WILL BECOME familiar with the term "Rustbelt". This region received that name in the late 1970s, after a sharp decline in industrial work left many factories, coal mines and steel mills abandoned and desolate, causing increased rust from exposure to the elements.

Some folks may consider *Rustbelt* to be a pejorative term, but the Match Director of the 2018 Pennsylvania State Rustbelt Championship disagrees. "*I'm proud of being from here*", MD Bob McClain shares. "Last year we decided to honor our area with an industrial theme. The area has lots of former steel mills that are no longer viable. Rustbelt to me means hard-working folks and an area that is bouncing back. We are very proud of the fact that we were a swing state to the 2016 election. We wanted "Last year we decided to honor our area with an industrial theme. The area has lots of former steel mills that are no longer viable. Rustbelt to me means hard-working folks and an area that is bouncing back."

to celebrate the Rustbelt, and so included that as part of the name of the state championship."

Joyce Wilson, Executive Director of IDPA, traveled to Wampum, PA, on her way to the National Championship. A native of West Virginia, it was her first time at the Rustbelt match and she *"felt like I was*  coming home! I was blessed to be around lots of good friends from the area. As I flew in, I could look around and be reminded of the beautiful country that makes up this place that means so much to me. It was also heartwarming to see how the club and the participants came together, battling rain and working together to support the



match and the IDPA program at Lawrence County. The hospitality, from treats served throughout the day at the match to dinner at the home of a club member, made me remember why I love this place so much."

Wintersville, OH native Chip Leas traveled from his home in Atlanta, GA, to shoot the match. His return brought back lots of memories. "*The early days* of *IDPA were spawned here with people like John Sayle, Ken Hackathorn, Scott Warren and Joyce Fowler Wilson, all icons* of the shooting sports. I attended the Mountaineer Classic around 1982, one of the first matches in the area, and it sported a prize table worth about \$10,000, unheard of at that time. This was a great match, and coming home brought back memories of all the good times."

IDPA Distinguished Master Scott Warren is originally from Shadyside, Ohio, and is very familiar with the Rustbelt. "I travel a lot when I shoot and I get to see a lot of the country. The Upper Ohio Valley, Pittsburgh, West Virginia are the heartland of the country and the birthplace of our sport. People here are genuine, and this area has the feel of a small-town city. I love coming back because the sincerity of the personalities is refreshing."

Author Thomas Wolfe may have believed that you can never go home again, but it appears that the 2018 PA State Rustbelt Championship proved him wrong.

#### **ABOUT THE AUTHOR**

Kitty Richards, LM18564 Kitty Richards is an SOI in New York and resides in northwestern Pennsylvania. She has been shooting IDPA since 2002 and works many sanctioned matches each year. Members can contact her at kitty@idpa.com.



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### ADAPTIVE SHOOTING TECHNIQUES



Reduced hand strength or lack of support hand can be overcome with new techniques. WORDS RICK CICERO, A444645 PHOTOS LYNN LA ROE

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### SINCE THE ORIGIN OF THE HAND GUN, THERE HAVE BEEN A MULTITUDE OF UNIQUE GRIPS FOR EFFECTIVE

shooting. in fact, as a young man, I remember instructors who taught that pistols are "hand" guns and not "hands" guns. There was a perceived perspective of weakness if you needed two hands to shoot them. However, two handed grips have advanced from the "Wrist grip," "Tea-cup," "Point shoulder," "Revolver" and "Weaver," to "Fighter," "Stacked thumbs" and "Strong grip" options. Each grip had its advantages and was developed for credible reasons; however, what is most practical and functional has resulted in the grips we use today.

Following injury, the current Occupational Therapy philosophy is to motivate the patient to return to the tasks they did prior to their injury using the same methods. Many of our students have settled for muddling through with diminished strength, sensation, and function to attain a mediocre level of performance. In our program we don't settle for that; when students have a healthy or more effective option to learn to shoot with their other arm/hand, we put it to work.

As for me, when I lost my strong arm, I also lost considerable strength and

sensation in my left hand. This left me with a total challenge to put my years as a firearms instructor to task and make the best grip possible. I began with the initial address on the pistol in the holster, using a solid "gunfighter" position. With the wrist flexed and locked, I can put as much palm as possible on the back-strap for recoil management and balance. Keeping the thumb along the frame pointed toward the target while firmly grasping my fingers has established the basis of my grip and what we teach.

Many shooters in the military, police and competition use a "strong grip" approach in which they grip the pistol as tightly as physically possible with both hands (regardless of strong hand placement). This method removes most movement and recoil under operation. Unfortunately, most of us lack the strength to use this grip effectively; the result is usually excessive fatigue, poor hand placement on the grip and shaking. Our approach is to grasp the grip firmly, but not tightly, similar to grasping a ripe banana or a raw egg.

As a one-handed shooter, this grasp has been even more critical for endurance. Now that modern science has provided me a support hand, the ability to push the palms together to complete the grip again is now



A good grip starts before the gun ever leaves the holster.





The grip continuously evolves, at one time the "wrist"(L) & "tea-cup"(R) grips were common but have been surpassed by better techniques.





The left pic shows a proper grip placement of the non-dominant hand.

"Many of our students have settled for muddling through with diminished strength, sensation, and function to attain a mediocre level of performance. In our program we don't settle for that."



a reality. This leads us back to our students and where we have used these lessons.

acomfortable single hand grip that I use. Once established, we add a support hand, if available, starting with the palm filling the remaining grip space fully. The palms of both hands push together creating the strength of the grip, not squeezing the fingers toward the palm.

The support thumb is stacked under the strong thumb, pointing toward the target along the frame in the area of the takedown lever. It is critical not to exaggerate this placement, resulting in the thumb landing on the rail area or even the trigger guard. There are also some instructors using a "Fonzie" thumb positioning; this offers no measurable benefit. This positioning also tends to cause interference with the slide stop, causing the slide to either lock back in cycle or not lock back on an empty magazine. The thumbs should also remain comfortable and not be "drilled into the side of the frame". Again, there is no additional control from this, only fatigue. (If the thumb of either hand is missing, the remainder of the hand or device is placed accordingly to fill as much of the grip area as possible.)





If functional, the support hand fingers are wrapped comfortably around the strong hand fingers.

These fingers should never intertwine with or squeeze the strong hand fingers. This is counterproductive and just plain uncomfortable. If the support hand fingers do not function, the palm pressure on the grip is the key. If the shooter does not have functional fingers, strong fingers, or requires use of a prosthetic device, this approach removes previous strength expectation and the shooter now has overcome yet another obstacle.

This grip approach is also beneficial to those with small hands or very large hands by using each hand to its maximum benefit. We develop confidence in our shooter's grip with what we call "The Two Finger Drill". This drill was developed 20 years ago when I was teaching a young police officer who repeatedly dropped the pistol, stating "It was too much to hold." The drill begins with the realization, while having the palm firmly placed behind the back-strap and the beaver tail, only the thumb and middle finger are required to control the pistol when discharged and through recoil. Later, just the palm and thumb of the support hand are added. The students truly appreciate the benefit of the palms pushing together when they see the added stability and accuracy. (There is much more to this drill with huge benefits, but that is for the next article).

The comfort and balance of this grip enhances our shooters' recoil management, confidence, subsequent shot times, trigger control abilities, and even created the ability for a shooter with only two fingers to become an accomplished pistol shooter again. Never let a life change stop you from living and getting the most out of life!

### ABOUT THE AUTHOR Rick Cicero, A444645

I am a former Army Paratrooper and was blessed to be in the SOF community. This is what truly created the heart that helped me survive and now thrive. After service, I was a police officer, firearms instructor and canine handler until I retired due to an injury. I became a military contractor. In Afghanistan, I encountered an IED which took my right arm and leg. Now I am the Lead Instructor for HAVA's Learn to Shoot Again Program.







# A CHAMPIONAL CHAMPIONSHIP

A lotta Smiles, a lotta shooting and a whole lotta fun at this years Championship. words robert ray, A05118 **PHOTOS** BRETT RUSSO & GEORGE SULLIVAN





### Shooters and Stages

The first day of regular competition for the 2018 US National Championship started as most matches do, with eager anticipation. Words of welcome from the MD's, the pledge of allegiance and a prayer preceded the competitors streaming out to their bays, yearning to put themselves to the test against a wide field of fellow shooters.

This was to be one of the most ambitious US Nationals to date with 18 stages of fire and 275 required rounds. There were well more than that fired by most competitors due to tight shots, a hoard of non-threats and a number of pieces of steel hard cover. The challenge was further enhanced by the addition of a number of moving targets including some ingenious pneumatic driven pop ups and out and back (peek a boo) targets.

Weather also played a factor as we "enjoyed" sustained, sunny, 92 plus degree days with humidity in the "OMG, I am growing gills" range. Still, even with the heat, the range employees and our beverage cart guy, Wayne Ritchie, did fantastic work in keeping everyone hydrated. This helped keep a smile on everyone's faces and allowed our competitors to enjoy the challenge and fun of competing. Well, there was one 15 minute spell of actual rain but it only made things MORE humid. You may have noticed the white "sheds" on the targets. Those were courtesy of Chuck Limpert and Dry Fire Tech Rain Shields. When the forecast was calling torrential rain (that never showed), Chuck graciously offered to drive down from Delaware at the last second to deliver them to the match. While we did not get anything more than that one spell of rain, in those 15 minutes it rained HARD! The Rain Shields worked like a charm. No lacquering targets, no bagging targets and they are reusable. Can't beat that!



### MATCH REVIEW

### Sponsors and Side matches

There was more to do than just shoot the match. We had a number of very generous sponsors that contributed to the match. A swing by the prize list was in order with many competitors taking home new toys. We cannot put on a match of this size without the support and generosity of our great sponsors. Please take a look at the list and take a moment to thank them.

If you did not happen to win a prize, we also had several vendors set up at the match with great products and better prices. Comp-Tac Holsters, Hunters HD Gold glasses, Precision Sport Accessories with custom molded ear plugs and glasses, Krudo Knives and Stick This On moral patches all enjoyed entreating with our members during the match and providing them with great products.

Did not get enough shooting? You also had the option of competing in the PCC side match sponsored by Ruger and Federal ammunition. You could also support a worthy cause and try your hand at the HAVA (Honored American Veterans Afield) plate rack challenge. Both side matches not only offered more shooting but you also had the chance to win a gun at each!

Trigger finger still itching, well wonder on down to the Expo bay and try some of the nifty guns and ammo offered by Blackwater Precision ammo, Glock and Wilson Combat. It is always a great day to shoot other peoples guns and ammo.











### MATCH REVIEW

### Scores and Staff

At the end of a hard week of stiff competition, we finally crowned the US Division Champions for 2018 including, for the first time, a Distinguished Master in the Back Up Gun Division. You can find out a little more about our new BUG DM later on in this issue.

### Our Division Champions are: Back Up Gun Eric Fuson

Compact Carry Pistol Bradley Eadens Custom Defensive Pistol Elias Frangoulis

Enhanced Service Pistol Mike Seeklander Stock Service Pistol Sean Griffith Revolver

Jess Christensen

This was our second year of using Practiscore for the US National Championship and each year it gets easier and faster. A special Thank you to Practiscore for developing the system and to Paul, Allison and Anthony for herding the scoring pads.

I would also like to thank our incredible crew of Safety Officers, Stats and other Staff that helped make this match happen. This year temperatures and humidity combined to make this the most brutal match weather I can remember. Through it all, our staff worked long days with smiles on their faces and upbeat, positive attitudes. They did everything in their power to ensure that the match not only ran well, but that the competitors truly enjoyed every bit of the experience. If you enjoyed looking at the photos from the match and would like to see more, you can go to photos.idpa.com and look under the events tab. Also, be sure to keep an eye on Shooting USA. The wonderful John Scoutten and his incredibly talented crew were there covering the match and that episode should air later this year.

I hope we see them and you there again next year when we will have the 2019 IDPA World Championship, October 22-26. Start your planning now!























# PERFORMANCE UPGRADES BY ANY NEASURE



Valen Lung (ab OpeciaL) (44 SPECIAL) (44 SPECIAL) (44 SPECIAL) (45 ACP (149 ACP) (140 A

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### SURVEY

### **CHAMPIONSHIP EQUIPMENT SURVEY**

### **Top 10 Competition Models**

MODEL	COUNT	%
Glock 34	45	17%
Glock 19	31	11%
Glock 17	11	4%
Sig P320 X-Five	9	3%
S&W 625	8	3%
S&W M&P Pro	6	2%
CZ SP01 Shadow	5	2%
Glock 41	5	2%
Springfield XDM	5	2%
Wilson Combat CQB Elite	5	2%
(272 FIREARMS REPORTED)		

### Top 10 Competition Firearm Brands

BRAND	COUNT	%
Glock	103	37%
Smith & Wesson	31	11%
Wilson Combat	24	9%
CZ	22	8%
Springfield Armory	20	7%
Sig Sauer	15	5%
STI	13	5%
Walther	11	4%
Heckler & Koch	5	2%
Tanfoglio	5	2%

(280 FIREARMS AND BRANDS REPORTED)

### Top 10 Competition Holsters Manufacturers

BRAND	COUNT	%
Comp-Tac	85	33%
Blade-Tech	51	20%
Master-Tac	25	11%
Safariland	24	9%
Blackhawk	10	4%
Red Hill Tactical	6	2%
Ready Tactical	5	2%
Ares Tactical	4	2%
Fobus	4	2%
Cook's Holsters	3	1%
(261 HOLSTERS REPORTED)		

### **Top 5 Powders Used**

MANUFACTURER	COUNT	%
TiteGroup (Hodgdon)	87	46%
N320 (VihtaVuori)	14	7%
231 (Winchester)	7	4%
Clays (Hodgdon)	6	3%
Clean Shot (Shooters World)	6	3%
(189 ENTRIES REPORTED)		

### **Top 5 Sight Manufacturers**

MANUFACTURER	COUNT	%
Dawson Precision	88	40%
Warren Tactical	24	11%
Factory	23	11%
Wilson Combat	22	10%
Taran Tactical	9	4%
(219 ENTRIES REPORTED)		

### Top 5 Range Bag Manufacturers

BRAND	COUNT	%
GPS	27	14%
Midway USA	27	14%
5.11 Tactical	21	11%
CED	13	7%
Shooters Connection	8	4%
(193 ENTRIES REPORTED)		

Top 5 Bullet Manufacturers		
MANUFACTURER	COUNT	%
X Treme	29	16%
Blue Bullets	23	13%
Berry's	14	8%
Bayou Bullets	13	7%
Black Bullets International	13	7%
(176 ENTRIES REPORTED)		

### Top 5 Concealment Garment Manufacturers

BRAND	COUNT	%
5.11 Tactical	57	28%
Armadillo Concealment	53	26%
Propper	12	6%
Woolrich	9	4%
DCS Advantage	8	4%
(205 ENTRIES REPORTED)		

### Top 10 Concealed Carry Firearm Brands

BRAND	COUNT	%
Glock	95	44%
Smith & Wesson	35	16%
Sig Sauer	15	7%
Springfield Armory	13	6%
Wilson Combat	9	4%
CZ	7	3%
Ruger	6	3%
Heckler & Koch	5	2%
Walther	5	2%
Kahr	4	2%
(215 FIREARMS AND BRAND	S REPORTED)	

### Top 10 Concealed Carry Firearm Models

BRAND	COUNT	%
Glock 19	45	21%
Glock 43	25	12%
S&W M&P Shield (9mm)	22	10%
Glock 26	7	3%
Glock 23	5	2%
S&W M&P Shield (.40)	4	2%
Glock 17	3	1%
Beretta PX 4 Compact	5	2%
CZ P-01	2	1%
CZ P10C	2	1%
(215 FIREARMS REPORTED)		

### **CONCEALED CARRY PERMITS**

Of the 243 responses, 214 of our competitors have a concealed carry permit.

### Top 5 Concealed Carry Ammo Manufacturers

BRAND	COUNT	%
FEDERAL	54	31%
HORNADY	48	27%
SPEER	24	14%
WINCHESTER	14	8%
HANDLOADS	6	3%
(175 ENTRIES REPORTED)		

### AMMUNITION TYPE USED

Factory > 76
Handloads > 162
(238 ENTRIES REPORTED)

### **BULLET TYPE USED**

- Molly Coated 70
- Jacketed 48
- Plated > 44
- Lead > 12

(174 ENTRIES REPORTED)



### **RELOADING PRESS**

*Of the 186 responses to this question, 154 use a DILLON PRESS.* 



A THIS AND A THIS AND

### What you should be thinking and what you should NOT be thinking during your next match.

WORDS MICHAEL SEEKLANDER, A31187 PHOTOS GEORGE SULLIVAN

### I ADMIT THAT TITLE WAS MEANT TO DRAW YOUR ATTENTION, AND EVEN CAUSE SOME CONFLICT IN YOUR MIND.

THIS IS I'

Since you are reading...it worked! So, am I saying that practical shooting does not require "thinking" to be successful? Of course not! What I am saying is that what you are thinking about, and when you are thinking it is often the cause of much heartache. So let me ask you a question: Have you ever had an epic melt down on a stage that required a skillset that you know you possess, yet you simply failed to execute? In that failure, did you find that things simply went off the tracks faster than you could have imagined, leaving you absolutely no time to "stop" the process from unfolding. An example I had at a national match one year was that of me shooting misses on difficult headshots in a stage, all while knowing I was shooting misses. The problem was that the stage was nearly over before I could get ahold of the reigns.

So let's analyze what we need in order to perform well on a stage, and by well I mean at your ability, because face it, you only have the ability to shoot like YOU. First, we have to have the shooting skills needed on the stage, and they have to be ingrained to the point where they do not require conscious thought. Second, we need to have a good stage plan, and it must be memorized (hopefully visualized a bunch of times before we run it). And third, we need to execute the plan and process a huge amount of information using a mind state that possesses that amount of processing power, i.e. the subconscious.

Let's discuss the two different areas of the mind you utilize to perform any skill, the conscious and the subconscious (sometimes called unconscious) portions of the brain. They are both extremely powerful, and each has its own job. The conscious is the analytical, present part of the brain that we use to receive information, analyze it, and act on it. It is powerful, but can really only process one thing at a time. Now let's contrast the subconscious, an extremely powerful portion of the brain that can ingrain habits (think programs) and run several of them all at once with almost no effort. Consider that while you read this you don't have to think about breathing or beating your heart, and you certainly did not think about turning on the blinker when you turned into your house tonight in your car. It was all automatic.

Let me talk about the three things we have to do to perform well on a stage again, and under each I will list what area/s of the brain we use to accomplish each if we are doing our job:

**A.** Have the skills needed on the stage, and they have to be ingrained to the point where they do not require conscious thought.

• Conscious mind directs training repetitions (thousands) while analyzing sensory information such as sight picture and grip



by visualizing (running it from start to finish) until it is memorized (if you are not doing this, shame on you!). The conscious directs the action and hands off to the subconscious to an extent, although in this case they work somewhat together since the action of using the stage plan in a match is more memory than an automated process. ing loop to correct and perfect training repetitions, allowing the skill to be written into the subconscious incorrectly. Then the conscious mind tells the shooter to go "fast" because the timer went off. This normally results in an epic failure because the subconscious programming as not been developed and the conscious mind is screaming an improper command ("go fast!"). In

### "I spend a large majority of my time in training classes fixing deeply ingrained improper training repetitions. Take the time to learn the process perfectly in the beginning!"

pressure combined with knowledge to guide the repetitions to be as perfect as possible. This leads to the ingraining (mylenation) of the different skills (example: see acceptable sight picture, pull trigger) at the subconscious level. BOTH the conscious and subconscious work in concert to accomplish this skill. The conscious mind gets to direct the actions, to ensure the correct skill is ingrained and then the subconscious gets to program it for future use. Once the program is written, keep in mind that is cannot be simply deleted from the subconscious. It must be overwritten with a different program if you choose to change it. That is why ingraining PERFECT repetitions is so critical at this stage.

**B.** Have a good stage plan, and it must be memorized (hopefully visualized a bunch of times before we run it).

• Conscious mind recons stage information, analyzes different possibilities and outcomes, and selects the best stage plan based on the information it received. The conscious mind repeats the selected plan **C.** Execute the plan and process a huge amount of information with a mind state that possesses that amount of processing power, i.e. the subconscious.

• Now it is time for the subconscious to shine. The KEY here is that the information processing has to happen so fast that the conscious mind simply cannot keep up. Think about the complexity of shooting two shots on three targets of varying distances in different positions and all of the sensory processing that takes place to shoot that array correctly. There is simply too much to process for the conscious mind to handle when things are happening fast. The shooter MUST allow the ingrained skill and subconscious to take over.

So how does this relate to a failed stage and melt down as referred to above? The problem happens when we do not let different portions of the brain do their job, and instead they end up in conflict. Here are the most common examples of this:

**1.** The most common one: Shooter does not properly use the conscious process-



### PRO TIPS

terms of a shooting related error, a perfect example is the common habit of moving the gun while pulling the trigger. The shooter failed to: A. pay attention to the gun movement via sensory feedback (feel and vision) and B. fix the problem and ingrain perfect repetitions during their practice sessions. Hence, an improperly ingrained skills now exists of moving the gun every time they pull the trigger. Do you think that with this improperly ingrained skill, and the conscious mind screaming "go fast" the shooter will ever succeed? NO!

2. An example of a mental conflict: Shooter does properly use the conscious processing loop to correct and perfect training repetitions, allowing the skill to be written into the subconscious correctly. But during the execution phase of the stage (buzzer goes off), the shooter tries to "think" through the shooting process with the conscious mind, which slows the process down or even worse, causes a direct conflict that usually results in the before mentioned "melt down." Now keep in mind that this mistake is trying to think through



### Having a good stage plan starts with paying attention to the walk through. You can jam mags or other administrative work afterward.

the execution of the shooting (sights, trigger, grip, etc.), not the stage itself. The shooting skills have to be automated at this point. You CAN NOT consciously think fast enough during the stage to get that "flow" we all work toward. Believe it or not, most of the anxiety that you may feel pre-stage is when you are trying to "think" through both your plan, and the shooting. Instead, think about the plan, and trust your ingrained



skills to handle the shooting (if you are at that level).

**3.** Another example, but this one of laziness: Shooter does properly use the conscious processing loop to correct and perfect training repetitions, allowing the skill to be written into the subconscious correctly. But during the planning process of the stage, fails to select a good plan, and more importantly ingrain and memorize the plan with visualization. This results in a shooter that has plenty of engine (speed and accuracy skill), but it is undirected and does not flow, usually resulting in getting lost, missing set ups, and even skipping targets.

### **Some Takeaways**

**BEGINNER SHOOTERS** - One key that I do want to point out for you is that some of you might be very new to this game, and have not had the time to ingrain your shooting skills at the subconscious level. That is perfectly fine, as long as you pay attention to example one and learn from it. This is incredibly important for the new

shooters: You MUST take the time to learn proper technique and patiently ingrain your skills as perfectly as possible during your training repetitions. I spend a large majority of my time in training classes fixing deeply ingrained improper training repetitions. Take the time to learn the process perfectly in the beginning!

**EXPERIENCED SHOOTERS -** Your issue is going to be making sure you allow the conscious and subconscious to work in conjunction, yet not in conflict. You should have your shooting skills ingrained to a subconscious level, in which case once the buzzer goes off, free your mind to execute the shooting. Use the conscious mind at that point to make small decisions on the stage as necessary to run it as smoothly as possible (set ups, target order, contingency plans, etc.). DO NOT try to think through the shooting. And lastly, if you find yourself executing poor shots, then humble yourself and go back to step one and spend some time ingraining perfect repetitions to correct your shooting deficiency.

In closing I hope you have a simple

understanding of how you might simplify the "mental game" and more importantly, understand how to utilize the incredible powers you have in your brain to begin to perform like you want to. It is very very important that you use the correct processes to develop the right skills in order to perform well, as well as know when you should be thinking and analyzing, versus letting the subconscious mind go and just shooting. After all, if you have done the work (training repetitions), then when you get to the match there is nothing left but handling the logistics! Now, if you have NOT done that work...well, then shame on you.

Until Then - Train Hard! 🔃

#### ABOUT THE AUTHOR Michael Seeklander, A31187

Currently Mike Seeklander is owner of Shooting-Performance LLC (www.shooting-performance.com), a full service training company and the American Warrior Society (www.americanwarriorsociety.com). Mike is also the co-host of The Best Defense and Rapid Fire featured on the Outdoor Channel.

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# ELSS Winning – It's Not About the Gun.

WORDS WALT KLOEPPEL, A56663 PHOTOS COURTESY OF GEORGE SULLIVAN

### "DID YOU HEAR ABOUT THE GUY WHO TOOK BUG DIVISION CHAMP WITH A GLOCK 43 AT THE NATS?!"

"Whaa? No way."

### Way.

There's always a lot of buzz about who won what at the champion's championship ... of course we're talking about the 2018 IDPA US National Championship held in Talladega.

Among all that name dropping stands Eric Fuson. A six gun Master, three of those being Distinguished, who took the challenge of the first BUG category ever held at the US Nationals. He won Division Champ with his wife's carry gun, a Glock 43. So, let's find out more about the guy who shoots for Wilson Combat and shows up with a Glock at show time.

Eric Fuson grew up on a small farm in Bunch, Oklahoma. As long as he can remember there were always guns on the farm, mostly .22s and shotguns, and mostly for hunting, and some plinking too. Muzzleloaders were present as well, as that's what his Dad, Marvin, really enjoyed shooting the most. Primitive black powder rifles and all the paraphernalia to go with it became the hobby he shared with his son Eric, and soon they were competing at matches.

"Shooting black powder matches was my intro to competitive shooting," said Eric. "Dad was into it and taught me everything about it. The most money I've ever won at a competition was at one of those muzzleloader matches. At one match. they would take the top five of the match for a shoot off. This consisted of an axe blade in front of two clay pigeons at 50 yards. The idea was to split the ball with the axe and break the pigeons on both sides. But nobody ever did it," laughed Eric. But one day the planets aligned perfectly. "I pulled the lucky shot out and managed to split it. No doubt I'd never do it again in another 100 shots, but I did it that once."



Though his Dad had no interest in handguns, Eric bought his first pistol at 16, a Ruger P94. He found he enjoyed informal target shooting and plinking with it around the farm. He was pretty good with it too.

But like all of us, he grew up fast and it was soon time to figure out a career path after high school. He was always interested in law enforcement, so he enrolled in criminal justice. He then took a job with the Tulsa Housing Authority for the next three years, overlapping as a reserve officer with the Wagner Police Department outside of Tulsa. From there he went to work with the Oklahoma Police Supply, managing firearm sales that he really found to his liking, and his pocket book.

In 2004, a friend introduced Eric to his first IDPA match at the Oil Capital Rod & Gun Club in Coweta, Oklahoma.

"My previous shooting had always been

on the police department and I always took the highest awards there, so I thought I was a good shot," said Eric. He entered the match with his carry gun, a Glock 22 (.40 cal.). "As I recall there was about 30 shooters at that club match and about 27 of them just stomped me good," laughed Eric.

But Eric was hooked and got busy. "/ was a self-taught shooter and I taught myself all wrong. I made it up to Sharpshooter, but then, no matter how hard I tried, I was stuck there. So, I sought out a professional instructor with the Tulsa Defense Shooting Academy to figure out what I was doing wrong. That catapulted my technique to literally jump from Sharpshooter to Master in less than six weeks.

One thing I learned was to pick one platform of firearm and stick with it. That way you'll know that gun inside and out. The more intimate you are with one particular firearm, the more you can concentrate on the match and the less you have to think about how to manipulate the gun." Eric also committed his competitive passion to lots of live fire ... as much as 40,000 rounds annually.

"When you're developing your skillset, it is important to have as much live fire as you can possibly afford. It is the best technique repeated often for draws, reloads, target acquisition, shooting on the move, trigger manipulation, sight alignment, follow through ... all those fundamentals of marksmanship practiced repeatedly, over and over again."

Eric is the co-owner and general manager of 2A Shooting Center in Tulsa, Ok. He is a senior member of the Instructor cadre at the Tulsa Defensive Shooting Academy, and has been a professional firearms instructor since 2004.

He is also a co-owner of the Trails End Trading Company pawn shop in Tulsa, which he opened in March. And when their website says they have the most experienced fire arm experts of any pawn shop, they're not kiddina.

As we see, Eric has a knack to stay busy. He and his wife, Gabriela, and their three teenage boys live in Tulsa ... and yeah, they all shoot too.

### **Wilson Combat Team**

As Eric kept stacking up the wins, someone else was paying attention to him. In 2006, Bill Wilson approached Eric and told him he was putting together a pistol team and would he be interested in joining.

"I jumped at the opportunity!" said Eric. "It was 1911 from then on. I learned so much about the 1911, and my confidence was so

strong with that weapon, that it was what I started packing as my daily carry gun."

Other than revolver, all Eric's upgrades to Master were match bumps. "I figured that was the only way I'd know I was truly ready to perform at that level," said Eric.

He was at the highest levels when he came to the 2018 US Nationals. But a Wilson Combat 1911 wasn't coming with him.

"It kind of happened almost as a joke," said Eric. "Here I am, running a business and started another, no time to practice, no time to shoot matches. Not having that practice time is just so detrimental to performance. Then I thought, BUG division had never been held at the National Championship, but this was the first time to shoot a pocket gun. The one thing I felt I had going is that I can shoot any gun I put in my hand accurately. I may or may not be able to shoot it quickly, or manipulate it exceptionally well - but lining up the sights and putting the round on paper where it needs to be did not worry me - no matter how much practice I didn't have. I just realized that if I could shoot the speed in which I know I could make my points, everything else would just fall in place."

You might say it was almost the perfect storm for Eric to try a Glock. For the first

time Wilson Combat started offering their line of customization for Glock pistols. So with that, Eric sent his wife's Glock 43 to get some "enhancing" done. He did not lighten the trigger though, as his wife, Gabriela, wanted it back without any surprises.

More than a few evebrows raised at Eric's quest. I asked him if anyone poked fun about it ... his reply was no. "My team mates almost seemed solemn about it. I'm not sure if they were proud of me, or felt sorry for me," laughed Eric.

But when the smoke cleared for 18 grueling stages over two days, the tally began and at the end, Eric Fuson received his place as the 2018 BUG Distinguished Master.

IDPA was born out of a movement not to be an equipment race sanction. It really is all about the shooter - Eric Fuson is proof of that. 🔃

### Walt Kloeppel, A56663

Walt Kloeppel is an Army Veteran and retired as a writer/editor from the U.S. Army Recruiting Command in 2010 after 36 years combined Army/Civil Service time. A former metallic silhouette/bullseye shooter, he joined the IDPA ranks in 2013. He resides with his wife in Nashville, TN.



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TROPHY ROOM

Congratulations to everyone that braved the brutal heat to compete in this years US National Championship. Despite the heat and humidity, there were a ton of smiling faces and great shooting. We look forward to seeing you there again next year for the World Championship. And remember, to see more great photos of the match and even buy a copy for yourself you can go to photos.idpa.com.

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INTERNATIONAL

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SSP MM 1st Place



Gast

(imiko Donahue

ESP EX 6th Place

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Yiyao Feng SSP MM 2nd Place

INTERNATION/

**Ashley Sullivan** ESP SS 6th Place EFENSIVE PISTOL AS

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### **MARING UPCOMING** Visit idpa.com/matches to find a match near you.

START DATE	EVENT NAME	HOST CLUB
11/25/18	IDPA Eagle Winter Day&Night Challenge	Petruci Shooting Torun, Poland
12/1/18	Florida IDPA CCP Sheepdog Trials	Flagler IDPA
12/8/18	Battle at the Boondocks	Boondocks Firearms Training Academy, Mississippi
1/19/19	South Florida Defensive Challenge (Tier 2)	Tropical Sport Shooting Association
3/1/19	2019 Louisiana State IDPA Championship	South Louisiana IDPA
3/23/19	Tri-State Border Disorder	Capital City IDPA, Florida
3/23/19	Coastal Carolina Challenge	Ant Hill IDPA Club , North Carolina
3/30/19	2019 Rocky Top Rumble (Tier 3)	Dead Zero IDPA, Tennessee
4/13/19	Arkanas State Championship (Tier 4)	Central Arkansas Shooters Association
4/27/19	2019 Sand Gnat Challenge	17 South Rod and Gun Club, Georgia
5/25/19	IDPA Poland National Match 2019	Strzelnica Gesin
5/25/19	Mississippi Showdown 2019 PCC-REV-BUG (Tier 2)	Desoto Rifle & Pistol Club
5/25/19	Mississippi Showdown 2019 CCP-CDP (Tier 2)	Desoto Rifle & Pistol Club
5/26/19	Mississippi Showdown 2019 SSP-ESP-CO (Tier 2)	Desoto Rifle & Pistol Club
6/5/19	The Carolina Cup at The Range At True North LLC	The Range at True North, North Carolina
6/29/19	Battle of Saratoga	CPAL - Columbia Pistol Action League
7/27/19	Hoosier Daddy 5	St. Joseph County Conservation And Sportsman Club
10/19/19	Battle of Belton IDPA State Match of SC 2019	Belton Gun Club,South Carolina

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### READY TO CAPTION THIS?



### **HOW TO ENTER**

### Step #1:

Think of something funny to caption the photo above.

#### Step #2:

Email your (hopefully) funny caption to partingshot@idpa.com

### Step #3:

Sit around waiting to find out if you won, all the while complaining about the whole process being unfair in not recognizing your obvious comedic genius.

#### Step #4:

Cross your fingers, hope we like your wry sense of humor best.

### PARTING SHOT WINNERS FROM OUR LAST ISSUE

### Winner

This is my man purse, there are many like it, but this one is mine... all mine." —Bob Ciuffa, A27176

### Second Place

"Call it a purse one more time, I dare you."—Pat Gooch, A145370

### Third Place

"Demonstrating standard equipment for the new "Off-Body Carry" (OBC) Division of IDPA" –Bryan Bryan, A238450

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