

Action Pistol Group

Presents:

Introduction
to
Competitive
Shooting (ITCS)

Set up: Coaches should plan to arrive at CSEC at least one hour prior to the start of the class to set up the stages.

Steel Challenge: “Accelerator” also known as Stage 5, goes in Bay 14. The sticks are labeled. They should be together in the CSEC Conex. The plates, stands, and top caps should be nearby. The sticks are labeled 5A thru 5E with A on the left and E on the right. You’ll also need a 4’ shooting box. No need to nail down.

USPSA Stage: 4 Walls (4’ x 6’), 6 wall stands, 4 USPSA targets, 2 USPSA targets with zebra hardcover, and 1 non-threat. 6 target stands, 12 five ft sticks, 2 four ft fault lines, and 6 eight ft fault lines. Nailing the starting fault line probably a good idea. Evaluate nailing the remaining lines, target stands and barrels based on wind.

IDPA Stage: 1 eight ft snow fence wall, 2 wall stands, 6 target stands, 1 large popper, activator, 1 turn and drop, 12 five ft sticks, 2 three ft sticks, 2 eight ft fault lines, 1 four ft fault line, 7 threat targets, 1 non-threat. Spikes, hammer, stapler, wrecking bar. Nail the wall stands, turn and drop, and popper.

Before class start time: Greet the students, check them in. Collect \$10 if they haven’t paid. Make sure they are not carrying a loaded gun. If so, take them to a safety table and unload them.

The lead instructor can literally read or closely paraphrase the next 3 pages

Introduction to Competitive Shooting Curriculum

Welcome to competitive shooting!

What it is: This class will give you the basic knowledge and skills to begin participating in 3 of the most popular action shooting sports in our country; International Defensive Pistol Association (IDPA), United States Practical Shooting Association (USPSA) and Steel Challenge.

Students should have read our Introduction to Competitive Shooting information on the APG website. **Has anyone not read the information?** If not, Coaches do a thorough equipment check at safety table.

Equipment Requirements

Everyone should have: Range bag or gear carrier, a Handgun, 100 rounds of Ammunition, a Holster, a sturdy belt, 3 Magazines or speed loaders, Magazine/speed loader carrier, Eye and ear protection.

Does anyone not have all these items?

Safety Briefing

Every shooter MUST know the Rules of Guns Safety.

- 1. Treat all guns as if they are loaded and keep them pointed in a safe direction!*
- 2. Never let the muzzle cover anything you are not willing to destroy.*
- 3. Keep your finger off the trigger until your sights are on the target.*
- 4. Be sure of your target and what is beyond it.*

COLD RANGE: Matches are conducted on a **COLD RANGE:** Your firearm must be completely unloaded and kept in your holster, unless you are under the supervision of a Range Officer. The magazine well and cylinder must be empty. Hammer or striker down. The only place you may handle your gun off the line is in the designated safety area and no ammunition may be handled in the safety area.

180 DEGREE RULE: Do not point your muzzle up range past the 180 degree line. When facing directly at the down-range berm, your muzzle must never go up-range past a 180 degree plane extending to either side (right and left) of the shooter.

FINGER OFF THE TRIGGER: Keep your finger off the trigger until you are actually engaging targets.

MATCH DISQUALIFICATION (DQ): A competitor who commits a safety infraction or any other prohibited activity will be disqualified from a match. For this training course, your Coaches will be nearby to help prevent you from committing a safety infraction and will provide appropriate feedback. A **severe infraction** may result in the student not finishing the course.

At this time, students should take their equipment over to the Bay 14 shooting shelter and don their **empty holster** and their magazine carrier. One by one, Coaches take students with their bagged firearm to a safety table and demonstrate unbagging and holstering (Large classes, use Bay 15 too). Then come back to Bay 14 shelter and load magazines until all students have empty guns in holster.

Gun Handling Skills (Dry Practice) No ammunition on the Student

After the students have their unloaded firearm in their holster, have them line up in a straight line, facing downrange, about 5 feet between each student to allow Coaches access to the students.

Exercise 1: Drawing from the holster. Lead Instructor will explain and demonstrate drawing from the holster from hands at sides. (Dry Practice)

1. Support hand to midsection, Strong hand to firearm.
2. Gun comes straight up to clear holster, finger straight.
3. Firing side elbow drops and muzzle rotates to the target.
4. Gun is pushed up and out towards the target, support hand joins as gun moves forward.
5. Bring gun to eye level, sights on target, finger on trigger,... press.

After the press, slowly return the gun to the holster in the reverse order as the draw.

1. Students will then demonstrate the draw “by the numbers” as Coach reads the instructions above. Students do not race ahead of the verbal commands.
2. Students will then demonstrate the draw “Instructor call numbers only”. When complete, return the gun to the holster in reverse order.
3. Finally, on the “go” command the student will demonstrate the draw and return to holster on their own.

Exercise 2: Range Commands. Instructor demonstration: Lead instructor will call out the commands and demonstrate the expected behavior. (Dry Practice)

THE RANGE IS HOT / EYES AND EARS: Check to make sure you have your eye and hearing protection on. If you are not the shooter, check those around you.

MAKE READY/LOAD AND MAKE READY: This command signifies the start of “the course of fire”. Under the supervision of the Range Officer, the competitor must face down range and prepare the firearm in accordance with the defined start condition for the stage. (Instructor simulates loading a magazine and preparing for the stage)

ARE YOU READY? A positive response is appreciated but not required. Lack of a response from the competitor will be acknowledged as notice to proceed by the RO/SO.

STAND BY: This command will be followed by the start signal within 1 to 4 seconds.

START SIGNAL (Beep from Timer): The signal for the competitor to begin their course of fire.

MUZZLE: The muzzle of your gun is very near the 180 or your muzzle is pointed in an unsafe direction.

FINGER: Your finger is on the trigger or over the trigger guard when your sight are not on a target.

STOP: This is the most important command. When the Range Officer or anyone issues this command, the competitor must immediately cease firing, stop moving, keep the gun pointed in a safe direction and wait for further instruction from the Range Officer.

IF YOU ARE FINISHED, UNLOAD AND SHOW CLEAR: (DO NOT RACE AHEAD OF THE RO/SO'S COMMANDS)

If the competitor has finished shooting, he will keep the muzzle pointed down range, remove and stow the magazine, hold the slide open or lock it open, and show the RO an empty chamber. Revolvers remove ammunition from the cylinder and present cylinder swung out and empty.

IF CLEAR, HAMMER DOWN, HOLSTER: While pointing the firearm safely downrange, the competitor must perform a final safety check of the firearm as follows:

Auto-loaders – release the slide and pull the trigger (without touching the hammer or decocker, if any).

Revolvers – close the empty cylinder (without touching the hammer, if any).

If the gun proves to be clear, the competitor must holster their firearm.

If the gun does not prove to be clear, the Range Officer will resume the commands from “IF Finished ...”

RANGE IS CLEAR: This declaration signifies the end of the course of fire. Once the declaration is made, officials and competitors may move forward to score, patch, reset targets etc.

Additional Considerations

EVERYONE MUST HELP OUT: This is a volunteer sport and without volunteers there is no sport. The match goes much smoother when everyone helps tape targets, set steel, set activators, pick up brass, score, etc.

UNSPORTSMANLIKE CONDUCT: Competitors can be disqualified from a match for conduct which a Range Officer deems to be unsportsmanlike such as cheating, dishonesty, or behavior likely to bring the sport into disrepute.

Note to the Instructors: The goal of this class is to make sure the students can perform safely and get a taste of the three sports. **Shoot safely and have fun. That's it!** There is not time to teach them **all** the rules or all the ways they can DQ. **The words to use for each sport are below.** Detailed explanations will bore them and cause the class to run long. They can read the rules over time and they will learn most of them as they shoot the matches.

Move on to the Steel Challenge!

Steel Challenge: [Read the rules at scsa.org/rules](https://scsa.org/rules)

There are eight standardized stages for Steel Challenge. The goal is for the shooter is to engage the four target plates from the shooting box, fast as possible, and then hit the stop plate. On most of the stages, the shooter will shoot five strings of fire and the worst string will be thrown out.

Instructor brief and then demonstrate the stage. Then students will take turns shooting the stage. Scores will be recorded on the paper scoresheets. In the interest of time, we will only shoot 3 strings. **The student may only shoot 15 rounds maximum or 30 seconds maximum on any given string.**

USPSA: [Read the rules at uspsa.org/rules](https://uspsa.org/rules)

This sport is designed to evaluate accuracy, power and speed equally, using practical firearms and equipment. Courses of Fire follow a practical rationale and simulate hypothetical situations in which firearms might reasonably be used. Practical competition is freestyle. Within the safety limitations, the participant is permitted the freedom to shoot the stage in the manner he/she considers best.

The goal for the shooter is to engage the targets in the “A” scoring zones from the shooting area as fast as possible. Safety remains paramount!

Instructor brief and then demonstrate the stage. Students will take turns shooting the stage and the time will be recorded on the students score sheet. The score sheet breaks out how the final score is determined.

IDPA: [Read the rules at idpa.com](http://idpa.com) [Click: Resources > Rulebook](#)

IDPA is a self-defense scenario-based sport based on concealed carry. Handguns, holsters and other equipment should be suitable for concealed carry self-defense. All courses of fire will be shot using a concealment garment unless stipulated otherwise. Shooting from behind cover is a basic premise of IDPA. Firearms with similar characteristics are grouped together and people with similar skill levels compete against each other.

The goal for the shooter is to engage the targets in the “Zero” scoring zones as fast as possible, using available cover. Targets in the open will be engaged near to far. When cover is available, targets will be engaged by “slicing the pie” (which means, shoot the first target you see as you peek around a wall even if the next target is closer). Surprise targets may suddenly take priority. Explain the magazine loading requirements for what ever firearm the student has.

Instructor brief and then demonstrate the stage. Students will take turns shooting the stage and the time will be recorded on the students score sheet.

Closing: Thank the students for coming to the class and encourage them to attend the next APG match. Also encourage them to tell their friends how much fun they had!

Steel Challenge matches: 1st Sunday of the month

IDPA matches: 1st Saturday of the month

USPSA matches: 3rd Saturday of the month

Intro to Competitive Shooting: 2nd Saturday or Sunday of the month

Lots more information is available on actionpistolgroup.com

Solicit help in taking down the stages!

Name _____

Steel Challenge – Accelerator

 Division _____

String 1		String 2		String 3		Total
Raw	Pen	Raw	Pen	Raw	Pen	
_____	_____	_____	_____	_____	_____	_____

Drop the worst score

USPSA: Division _____ **Major / Minor** Raw Time: _____

Possible Points: 60 **5-4-2 / 5-3-1**

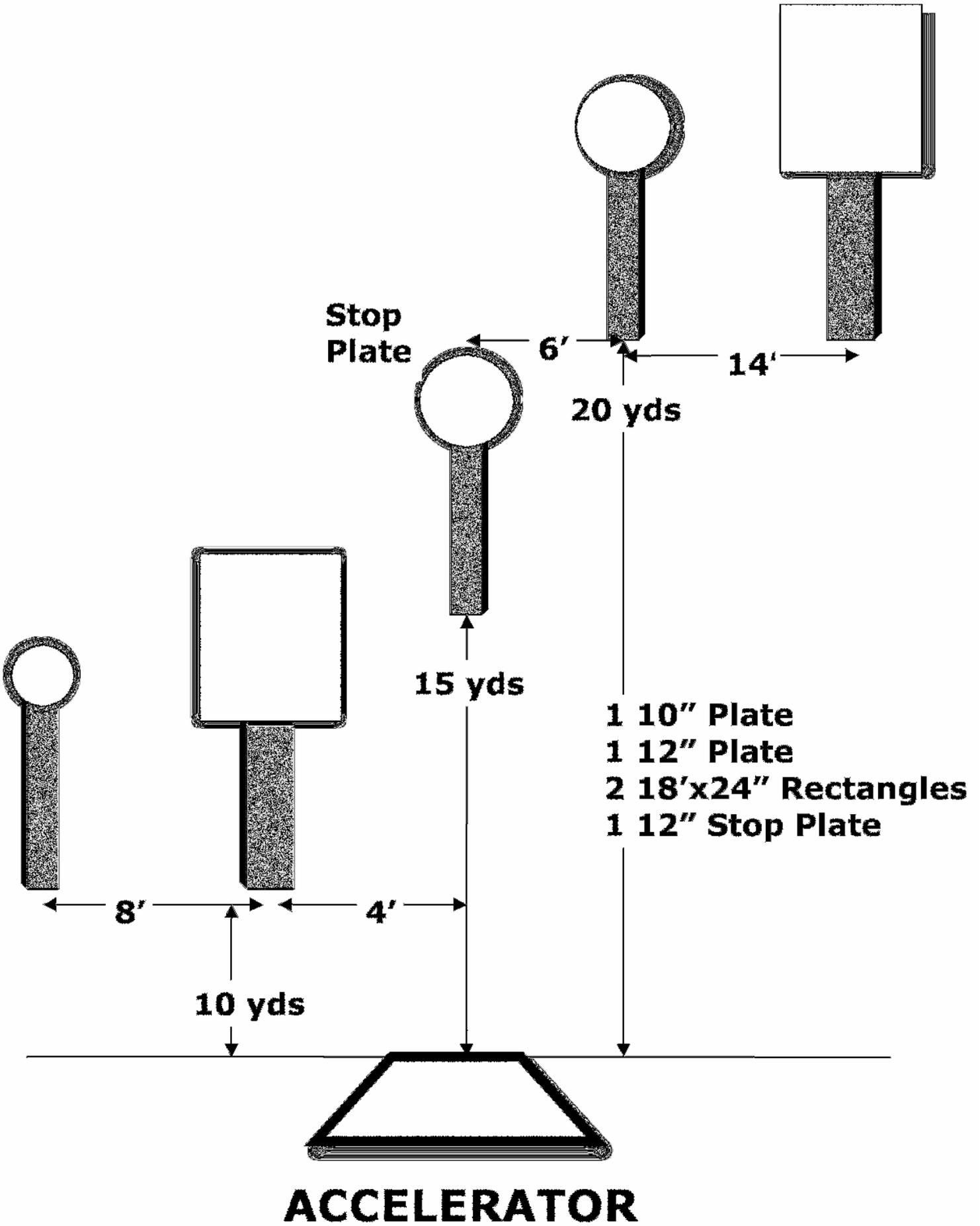
	A	C	D	M	NS	NPM	PROC
	5	4/3	2/1	Miss	No Shoot	No Pen Miss	Procedural
Tgt 1	_____	_____	_____	_____	_____	_____	_____
Tgt 2	_____	_____	_____	_____	_____	_____	_____
Tgt 3	_____	_____	_____	_____	_____	_____	_____
Tgt 4	_____	_____	_____	_____	_____	_____	_____
Tgt 5	_____	_____	_____	_____	_____	_____	_____
Tgt 6	_____	_____	_____	_____	_____	_____	_____

$$\frac{\text{Points}}{\text{Penalties}} - \frac{\text{Points}}{\text{Penalties}} \div \frac{\text{Time}}{\text{Time}} = \text{Hit Factor} \quad \text{or}$$
$$\frac{\text{Points}}{\text{Penalties}} - \frac{\text{Points}}{\text{Penalties}} \div \frac{\text{Time}}{\text{Time}} = \text{(Points/Sec)}$$

IDPA: Division _____ Raw Time: _____

Tgt 1 Points down: _____	Tgt 2 Points down: _____
Tgt 3 Points down: _____	Tgt 4 Points down: _____
Tgt 5 Points down: _____	Tgt 6 Points down: _____
Tgt 7 Points down: _____	Steel 1 Points down: _____
"Penalties": Hits on Non-threat: _____	Procedurals: _____

$$\frac{\text{Raw Time}}{\text{Raw Time}} + \frac{\text{Points Down}}{\text{Points Down}} + \frac{\text{Penalties}}{\text{Penalties}} = \text{Final Score}$$



Introduction to Competitive Shooting

Introduction to IDPA – Course of Fire

Written Stage Briefing for IDPA Stage

START POSITION:

Gun loaded to division capacity and holstered. Standing at SP, toes touching line, facing T1 with hands naturally relaxed at sides.

SCENARIO:

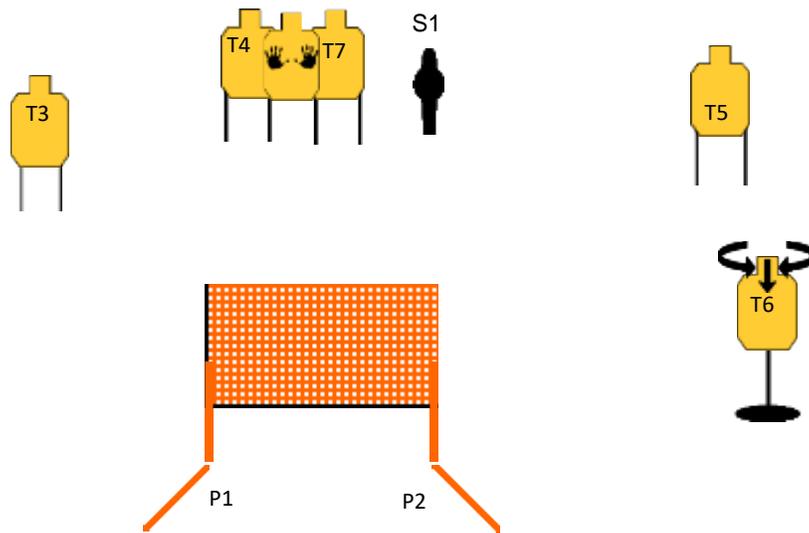
You are leaving the mini-mart when you are attacked by muggers. Save yourself and your friend who is still inside the store.

PROCEDURE:

At the signal engage T1 with 2 rounds to the body and one round to the head, T2- T7 with 2 rounds each and steel with a minimum of 1 round. Steel must fall to score.

S1 activates T6 (double drop turner).

Fault lines at P1 & P2 delineate proper use of cover and the positions from which to engage T3 - T7. Remember, you must "slice the pie" for tactical priority in IDPA. This stage is "unlimited" and you can take make-up shots if you desire, or if you see that you have a miss or a bad hit on a target.



Coaches will show you how to use tactical priority and cover at P1 & P2

