



IPSC BC

Your Instructor:
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COURSE DATES : _____

WHERE: Abby F&G Club
4161 Lakemount Road
Abbotsford BC V2T 6Z6 Rang#1 Indoor Range
START TIME: 8:45 AM
\$10/day Day Card non-members

TRAINING COURSE STUDENT CHECK LIST PREREQUISITES

1. BEFORE THE COURSE YOU SHOULD

- 1.1. be able to hit a 8.5"X 11" paper at 15m at your own time, with your pistol, 9/10 times
- 1.2. know how your pistol works and name its parts; slide lock, mag release, safety, etc.
- 1.3. be able to **SAFELY** decock CZ SP01 and similar pistols
- 1.4. be able to clean your pistol, including minor disassembly if required
- 1.5. Watch these videos;
 - 1.5.1. <http://www.youtube.com/watch?v=hmzyqaoWY0g&hd=1>
 - 1.5.2. https://www.youtube.com/watch?v=t08_d7iFapA&feature=youtu.be

2. FOR THE COURSE, you will need the following:

- 2.1. Equipment - if you have any problems getting equipment, see the back of this page for products I carry
 - 2.1.1. A pistol, preferably a single action semi-automatic, but any centrefire 9mm Luger or larger will work
 - 2.1.2. 400 rounds of, ammunition, light loads are acceptable
 - 2.1.3. A holster, without trigger finger release, 3 magazines, magazine pouches and a sturdy belt
 - 2.1.4. Eye and hearing protection
 - 2.1.5. Pen and paper for notes and marking the exams

3. SUSTENANCE

- 3.1. Coffee, water, snacks, lunch (we do not leave the range either day)
- 3.2. Clothing
 - 3.2.1. We are on an indoor range which can be cool; dress in layers
 - 3.2.2. A cap for protection from the falling brass

4. SCHEDULE

- 4.1. Before the first session
 - 4.1.1. Complete the Open Book Exam from the Rule Book provided **BEFORE** the first session; this may take up to 2.5 hours
 - 4.1.2. A searchable PDF copy is available at ipsc.org
 - 4.1.3. Read the Training Manual for familiarity with the terms

5. FIRST DAY, 8:45 AM to 5:30 PM; give yourself EXTRA time to be there early

- 5.1. theory and learning the draw and other skills, approximately 3 hours
- 5.2. begin live fire qualification exercises

6. SECOND DAY 8:45 AM to 5:30 PM

- 6.1. completion of live fire qualification exercises
- 6.2. knee pads and/or a prone/yoga mat for the last day are strongly suggested for the concrete floor

7. AFTER THE COURSE IS OVER

- 7.1. You will
 - 7.1.1. Be provided your written exam marks
 - 7.1.2. Use your phone to complete an anonymous Instructor Evaluation Form

8. TO FINISH YOUR COURSE REQUIREMENTS:

- 8.1. After your successfully complete your first Qualifier, your name will be forwarded to the Training Course Coordinator who will send you your pin and certificate