



## IPSC BC

Your Instructor:

**Murray "DOC" Gardner**

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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

### TRAINING COURSE STUDENT CHECK LIST PREREQUISITES

#### 1. BEFORE REGISTERING YOU MUST

1.1. Complete the Health Form from my web page and read the requirements there

#### 2. BEFORE THE COURSE YOU SHOULD

2.1. be able to hit a 8.5"X 11" paper at 15m at your own time, with your pistol, 9/10 times

2.2. know how your pistol works and name its parts; slide lock, mag release, safety, etc.

2.3. be able to **SAFELY** decock CZ SP01 and similar pistols

2.4. be able to clean your pistol, including minor disassembly if required

2.5. Watch these videos;

2.5.1. <http://www.youtube.com/watch?v=hmzyqaoWv0g&hd=1>

2.5.2. [https://www.youtube.com/watch?v=t08\\_d7iFapA&feature=youtu.be](https://www.youtube.com/watch?v=t08_d7iFapA&feature=youtu.be)

2.5.3. My Silvercore podcast at mdgardner.com

2.5.4. Basic draw information - <https://www.youtube.com/watch?v=WU6W4d2w-0Q>

#### 3. FOR THE COURSE, you will need the following:

3.1. Equipment - if you have any problems getting equipment, see the back of this page for products I carry

3.1.1. A pistol, preferably a single action semi-automatic, but any centrefire 9mm Luger or larger will work

3.1.2. 400 rounds of, ammunition, light loads are acceptable

3.1.3. A holster, without trigger finger release, 3 magazines, magazine pouches and a sturdy belt

3.1.4. Eye and hearing protection

3.1.5. Pen and paper for notes and marking the exams

#### 4. SUSTENANCE

4.1. Coffee, water, snacks, lunch (we do not leave the range either day)

4.2. Clothing

4.2.1. We are on an indoor range which can be cool; dress in layers

4.2.2. A cap for protection from the falling brass

#### 5. SCHEDULE

5.1. Before the first session, complete the Open Book Exam from the Rule Book provided **BEFORE** the first session; this may take up to 2.5 hours

5.1.1. A searchable PDF copy is available at ipsc.org

5.1.2. Read the Training Manual for familiarity with the terms

#### 6. FIRST DAY, 8:45 AM to 4:30 PM; give yourself EXTRA time to be there early

6.1. theory and learning the draw and other skills, approximately 3 hours

6.2. begin live fire qualification exercises

#### 7. SECOND DAY 8:45 AM to 6:00 PM

7.1. completion of live fire qualification exercises

7.2. knee pads and/or a prone/yoga mat for the last day are strongly suggested for the concrete floor

#### 8. AFTER THE COURSE IS OVER

8.1. You will be provided your written exam marks

8.2. Use your phone to complete an anonymous Instructor Evaluation Form

#### 9. TO FINISH YOUR COURSE REQUIREMENTS:

9.1. After successfully completing your first Qualifier, the Training Course Coordinator will send you a pin and certificate