



IPSC BC

Your Instructor:

Murray "DOC" Gardner

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www.mdgardner.com



COURSE DATES : _____

WHERE: The Range Langley

Unit#2 – 9938 201st Avenue

Langley BC V1M 3E9 Lobby

START TIME: 5:45 PM

TRAINING COURSE STUDENT CHECK LIST PREREQUISITES

1. BEFORE REGISTERING YOU MUST

- 1.1. Send your QR Vax card, **PREFERRED**, and/or info or
- 1.2. Complete a Health Declaration Form I can provide on request

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=hmzyqaoWY0g&hd=1>
 - 2.5.2. 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, 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

4. SUSTENANCE

- 4.1. Coffee, water, snacks, (we do not leave the range)
- 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; results returned electronically. A searchable PDF is sent
 - 5.1.1. Read the Training Manual and all supplied materials for familiarity with the terms

6. FIRST DAY, 5:45 PM to 11:00 PM; give yourself EXTRA time to be there early

- 6.1. theory and learning the draw and other skills, approximately 3 hours
- 6.2. complete dry fire exercises

7. SECOND & THIRD DAYS 5:45 PM to 11:00 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. 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