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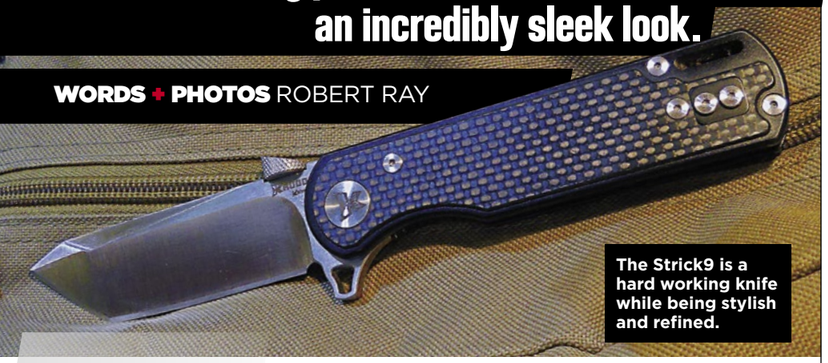
KRUDO KNIVES
STRICK9 FOLDER

Outstanding performance with an incredibly sleek look.

WORDS + PHOTOS ROBERT RAY



The Strick9 is a hard working knife while being stylish and refined.

I WAS INTRODUCED TO KRUDO KNIVES AND ITS FOUNDER, LOUIS KRUDO, at the 2018 IDPA National Championship. Louis was one of the Table Sponsors at the event and had great selection of his high quality products for display and sale. Spending some time talking with him, I found him to be funny, friendly and passionate about knife design and production. When you view and handle his knives, it is easy to see that passion brought to life. It is no wonder he had a steady crowd around his table during the match.

One of the knives that especially drew my attention was one of his newest offerings, the Strick9 folder. I have always liked a tanto style blade. I am generally hard on knives, often using them in ways they are not intended (think pry bar). This has resulted in more than one broken blade. I don't see that as being a problem in the future with the Strick9. This blade is 3 ¼ inches long and 3/16" thick providing you an incredibly tough blade. However, this thicker blade is finished with 4 different grinds that not only make this blade strong and functional but also gives it a very striking look. This combination of function and beauty continue throughout the knife.

The Strick9 also sports the knurled Thumb Wedge seen on most of Louis's designs. It not only acts as a one handed opener assist, it also provides a comfortable and positive stop to keep the thumb from riding forward onto the blade. The blade is held in the open position via a frame lock and the addition of a lower finger guard gives you confidence that you could safely drive this knife into a box (most likely), a person (not likely) or a marauding barbarian (go Conan) with no issues. The blade rides on ceramic ball bearing washers and incorporates a flipper for a silky smooth and fast one handed deployment of the blade.

The Strick9 uses carbon fiber scales held in place with stainless steel screws. The bright stainless contrasts with dark carbon fiber give the knife a sexy look like that of a high end sports car. The overall length when open is 7 ¾" and comes with a reversible pocket clip. In all, this is an extremely tough, functional yet sleek and stylish EDC knife. You would think that a knife of this quality would have a higher price tag attached to it but I am happy to say that the MSRP is only $165.00. That is a heck of a bargain on such a nice, well-built knife. If a tanto blade is not to your liking, Krudo has a number of other offerings and I am sure that there is one to fit your needs and style preference, all with a very reasonable price. Take a look at their website www.krudoknives.com and see for yourself. TJ

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DIRECTOR'S LETTER

ANTICIPATION FOR A NEW YEAR

GETTING READY FOR THE 2019 SHOOTING SEASON

A Message from Joyce Wilson_IDPA EXECUTIVE DIRECTOR



TWENTY-TWO YEARS AGO, THE INTERNATIONAL DEFENSIVE PISTOL ASSOCIATION WAS CREATED IN Marietta, OH as a way for friends to compete against each other in a defensive-based sport. Little did anyone expect the growth and success of our sport from those humble beginnings. I am proud that this growth came without significant membership dues increases. In these two decades our price has increased by only $10, keeping IDPA a value for our members.

1998 PRICE		2018 PRICE	% INCREASE
LOAF OF BREAD	.86	2.50	98%
GALLON OF GAS	$1.06	3.50	107%
DOZEN EGGS	.54	2.00	115%
IDPA MEMBERSHIP	$30	$40	29%

In 1996, IDPA had around 500 members in the US; today, we have 28,000 members from more than 72 countries. We are proud of the strides we have made in our organization and those who have worked hard to get us there. We can't, however, rest on our laurels; to keep pace with our market, we must continue this growth so that we can provide a better experience and services for our stakeholders.

In the past 6 months, we have experienced a perfect storm of positive indicators to propel us forward. Our membership is at an all-time high; sales of our products, memberships, matches and Pro Shop items have increased, signaling that it is time to add to our offerings (think PCC and Carry Optics). Our infrastructure has been strengthened by the new website and IT automation. We have outgrown our business systems and need to deploy new strategies to give our members what they want.

It was this perfect storm that was the basis for the business decision to move our Headquarters from Arkansas to Texas. Although not an easy decision to make, the ability to leverage existing infrastructure and be closer to the business, coupled with the friendly business climate in Texas, offered significant benefits. This move gave rise to much speculation and rumors on social media by folks who wanted "the back story". If there is any back story, it is this: our new Help Desk ticketing system has allowed us to answer questions in a faster and more expedient manner than a phone call. Questions about Rules, Equipment and Matches are now routed to our Area Coordinators and International Points of Contact. This was a goal for the past few years, but we never had a system and process that allowed us to get shooters to the appropriate resource (ACs and IPOCs) while building relationships between these roles and our members. Automation of membership and SOI credential processing has made turn-around time almost immediate. With future enhancements to our website, we will continue these gains for our members.

"We are preparing for the IDPA World Championship in Talladega, AL, in October. MD Rick Lund and AMDs Dede and Nicky Carter and Brian Ehrler are already knee-deep in planning."

Deployed enhancements include more functionality in member search options; printable SO certificates and membership cards; MD Member Lookup tool; and easier, more intuitive classifier and match scores uploader; and a match bump screen.

In tandem with these gains, we are preparing for the IDPA World Championship in Talladega, AL, in October. MD Rick Lund and AMDs Dede and Nicky Carter and Brian Ehrler are already knee-deep in planning. We anticipate about 30% of our shooters will be from outside the US and we are eager to host them. The PCC Nationals, and the entry of Carry Optics as an option for shooting, will add to the excitement of this event. Please mark your calendar for Oct. 22 (PCC Championship) and pistol divisions Oct. 23-26. Watch the website and the official IDPA Facebook page for applications to shoot and work the match.

Finally, if you're going to be attending the NRA Annual Meeting in Indianapolis in April, please stop by our booth and say hello. We value our members and would love to see you face-to-face.

Thank you for making this amazing growth possible!

Joyce L. Wilson

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

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WE ARE FAMILY: COMPETITION, CARING & CANCER

IDPA: It IS more than a Shooting Sport

WORDS JACKIE RUSSO, A833532

PHOTOS COURTESY OF REBECCA POTTER

WHEN YOU MEET REBECCA POTTER ONE IS STRUCK FIRST BY HER STUNNING BLUE EYES AND WARM SMILE – WHAT ONE may not realize is she is an intense and skilled competitive shooter. This seasoned IDPA member is an ESP Sharpshooter, has competed in countless local and major matches, trained with the finest firearms instructors and was victorious over two battles with ovarian cancer. Her tenacity and drive are unmistakable.

Sitting down under a canopy of trees in the misty gray gloom, after completing Washington's state match together, Rebecca spoke of IDPA, her IDPA family and her very personal battle against cancer.

She joined IDPA in 2006, after becoming interested in falling steel matches at the local range. When a friend introduced her and her husband, Rob (CDP Master) to speed steel and Steel Challenge, she was hooked on pistol competition. IDPA's stages, defensive pistol scenarios and a little friendly competition among squad members kept her returning for more challenges.

Not long after joining, Rebecca received devastating news – she was diagnosed with ovarian cancer. She was competing as a CDP Marksman at the time and receiving chemo treatments. After six months

"I wanted to let my fellow shooters know I was still around and coming back from this fight for my life. Cancer does not always mean a death sentence. You have to be a fighter and not let cancer win!"

and while in remission, determined not to regress in her progress in IDPA, she focused on improving her firearms skills and soon classified as a Sharpshooter.

For ten years, Rebecca was consistently competing in state and local matches with her reliable 1911, impressing many and winning plaques and admiration from others. A fierce competitor, she is always willing to help her fellow shooters who may be new to the sport or sharing stage strategy with fellow squad mates.

In October 2017, she received terrible news the cancer returned and it was stage 3 ovarian cancer. Mentally, she thought – "Heck. I kicked it before and I will do it again." Well – it wasn't quite so much. The initial surgery wasn't successful as the cancer was too great to remove. So the medical staff postponed further surgical interventions until initial chemo treatments were started and to assess the response. A second, successful surgery was performed in January 2018. As a decade had passed since her first battle in '06, and there were more treatment options available, however, these were accompanied by even more undesirable side effects. It wasn't something she had prepared emotionally to deal with; initially after the first unsuccessful surgery thoughts of dying were dominant. Then an outpouring of consistent prayers from family, friends and shooting friends poured in and a miracle happened- Remission!

As Rebecca recovered during the winter and spring of 2018, it didn't go unnoticed she and Rob would attend matches in the most inclement Pacific Northwest weather; ranging from rain and cold; cold with rain or



"Cancer does not always mean a death sentence. You have to be a fighter and not let cancer win!"

cold with rain- snow mixed. And Rebecca would be there competing. Laughing, she said, " I appreciated not being forced to tape the plastic draped targets during this time...it saved my strength for competition."

When asked to describe her motivation to leave the comforts of home and drive out to a soggy, chilly range for a match, Rebecca enthusiastically responded, "It made my week or ... month!" Elaborating , "The alternative of lying surrounded by four walls around gets pretty mundane, even when you are surrounded by your four-legged family members." Remaining positive and upbeat was important,

"I wanted to let my fellow shooters know I was still around and coming back from this fight for my life. Cancer does not always mean a death sentence. You have to be a fighter and not let cancer win!"

Anyone who has been dealt a severe emotional or physical crisis must have some small piece of wisdom, inspiration or advice to share for those who may be in similar situations. Regarding her experiences what resonates for her? "Yes – stay in the fight. When you can; practice or go to a local match to boost your morale! Do not stay down for too long, as it is harder to get back into the mainstream of life, if you do. Concentrating on front sights, fault lines and round counting goes a long way to keep your mind off your illness."

When speaking of her IDPA shooting



Family is not just who you share genes with but also who you choose to share your life with.

family. Simple, thoughtful touches, such as cards, and emails from others reaching out to her and Rob to let them know they were loved and not forgotten. Some arranged meals to be delivered or to assist with chores that appear mundane, but necessary. Every little help was a blessing and very appreciated.

During these times, no one was more dedicated and loving then her husband of 25 yrs, Rob; and she isn't saying this because he's seated next to her. Rob Potter is a well-regarded instructor and IDPA CDP Master Class shooter. He's been in the firearms industry for some time, currently at Aero Precision in Tacoma, WA. Recently, he's developed their own " Potter Range" on acreage they own in Pierce County Washington, where they practice all the essentials for IDPA success!

Family may be defined by blood or marriage, but there's something very special about the regular squad of shooters she competes with consistently. They've become like family –kind of dysfunctional, but in a good, not creepy way. Although each are strong competitors, there's a mutual caring and support for one another. Just ask Rebecca at the next IDPA match!

family, Rebecca smiles reflectively and says how caring and kind they were during a stressful and trying time for her and her

ABOUT THE AUTHOR
Jackie Russo, A833532
I've been shooting IDPA since 2016. Prior to joining IDPA, I spent nearly three decades in law enforcement, retiring as a police sergeant. In addition to uniformed patrol duty, during my career I've also served as a SWAT operator, detective, and crisis negotiator. Always an ambassador, I work to get more women out to the range and shooting with my, "Corgi Nation Pistol Team" (combining a love of Corgi dogs and pistol competition), along with membership with my local, "A Girl and a Gun" chapter in Puyallup, WA, and participation in, "Action Shooting International" matches.



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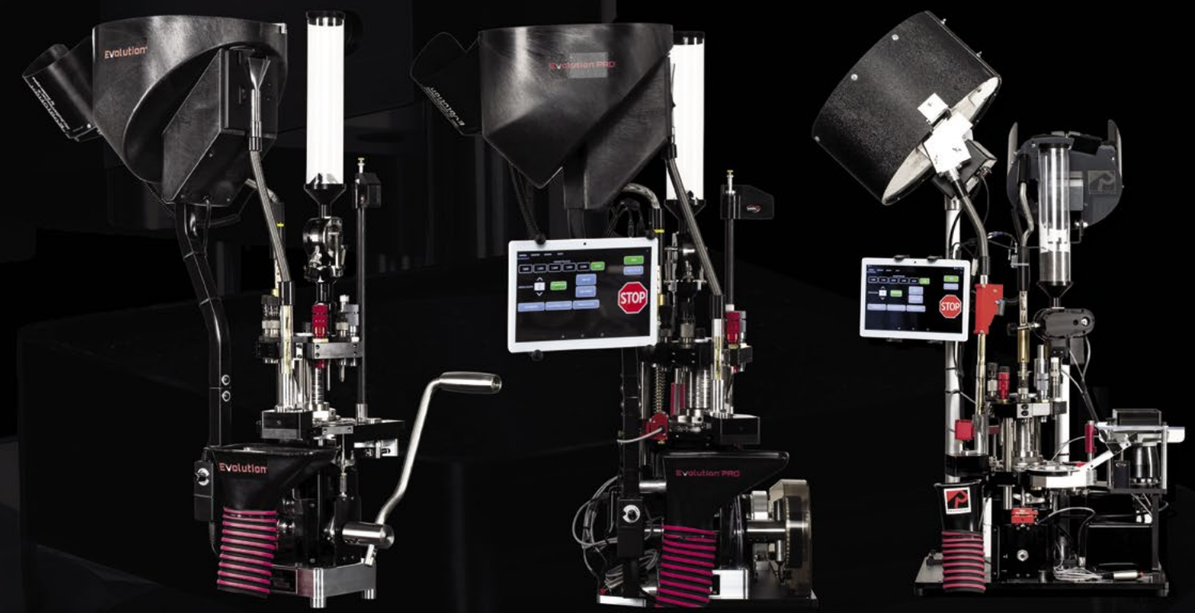

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At least the weather allowed for a little clear time to get this great overhead pic.

WISCONSIN 2018

IDPA CHAMPIONSHIP

Come Hell or High Water… we had a match!

WORDS MARK SLIVINSKI & MIKE HERRO **PHOTOS** BRIAN HECHEL & MIKE HERRO

THE STAFF OF THIS YEAR'S STATE IDPA CHAMPIONSHIP HAD THEIR HANDS FULL WITH TRYING TO EQUAL OR SURPASS last year's epic event. But they went out and did just that. The 2017 head count was a record for the state but was surpassed in this year's event. Under the leadership of Match Director John Bordeau and Head Safety Officer Bill Hatfield, 200 shooters experienced 13 diverse stages in Wisconsin's first Level 4 match.

Preparation for the match literally started on the drive home from the 2017 State Match. This is the forth year when involvement from every IDPA club in the state (Badger IDPA, Ripon IDPA, Hollow Point Defensive Shooters, Holmen Rod and Gun Club, Door County Rod and Gun Club) participated in stage design and actually ran their own submitted stage. In fact, members of Minnesota's IDPA club, also were part of the SO staff and were involved in running two stages. Because of the multiple club involvement, the State Match continues to grow in size and number of shooters. The match drew competitors from every corner of the state and many from other states as well. Wisconsin is now on the map offering an exciting well-run Tier 4 match, the first in State history.

The only fly in the ointment was Mother Nature. She did her best to try to dampen the spirit and enthusiasm of the staff. She failed, miserably. The staff was set to shoot the stages Friday morning after Thursday set up. Mother Nature delayed that by 5 hours or so; dumping buckets of rain on the Ripon range. The staff did not spend that time grumbling or complaining. The time was spent planning "What do we do 1st when the rain stops?"

Mother Nature delayed us by 5 hours or so; dumping buckets of rain on the Ripon range. The staff did not spend that time grumbling or complaining. The time was spent planning "What do we do 1st when the rain stops?"

What they did was:

- **Buy a sump pump to pump out flooded bays.**
- **Station gators in bays that were set up to shoot but flooded and impossible to walk on, so targets had to be scored and pasted by the gator driver.**
- **Repair or replace damaged tents and props.**
- **Rebuild shooting platforms on some stages.**



Hot but happy!



And so Mother Nature lost Round 1. The staff got to shoot the stages. Certainly under less than ideal conditions, but they finished just before dark and prepped for Saturday.

For Round 2, Mother Nature brought out the HEAT. Temps and humidity were in the 90s for much of the match. But MD John Bordeau was ready for that. With coolers stocked to the brim with water and energy drinks, with shade shelters at every bay, the shooters could focus on their stages without concern for the weather and its potential effect on them. They could focus on the variety of scenarios they were to deal with. Such as dragging a buddy to cover while engaging targets; fending off hungry coyotes from within your ice fishing shanty; saving patients and dentists from invaders; reacting to trouble at your local poker game and squelching an attempted break out at the local jail.

With the staff focused on giving the shooters a great match, Mother Nature lost Round 2.

The Results:

Match Overall went to local 3 gun competitor **Adam Sievert** competing in PCC.

Shawn Stallard – ESP Honors
Craig Christoffe – Top Gun in SSP
Jeff Thompson – CCP Title
Dustin Langan – CDP Title
Heath Krier – Revolver Honors
John Alexander – Champion in BUG.
Jordan EOP Anderson – High Lady Honors
Darrell Brown – High Senior
John Daniel Burf – High Junior

For those competitors who did not claim an award, the match prize table had $10,000 worth of donations from the generous sponsors of the match. A sample of donated items were firearms, holsters, bullets, clothing, range gear and even a Texas Star!!

Every competitor went home with something, to go along with his or her great match experience. Next year's championship is set for the Ripon range again. Come Hell or High Water; since that didn't stop us this year. Like some would say…This Match was Ripon Good!

RE-VAMPING Trigger Control & THE SUBSEQUENT SHOT

There is more to trigger control than saying "front sight...press."

WORDS RICK CICERO, A444645 **PHOTOS** SCARLET CICERO

FOR EVERY SHOOTER ON THE RANGE, WE DISCUSS TRIGGER CONTROL AND MULTIPLE ROUNDS ON TARGET accuracy. There have been many different explanations or spins on these aspects of shooting but it always boils down to moving the trigger to the rear without moving the sights while repeating it as fast as you can be accurate. The unfortunate fact is we find this task challenging with two healthy hands, never mind after an injury. As a young man, my Dad drove home the need to learn shooting skills with both hands. This helped greatly with becoming only handed, but it never addressed the loss of feeling and strength in my hand.

This is where every part of my other shooting fundamentals became so much more important! My improved stable foundation with a consistent grip provided the base to focus the movement of my trigger finger more effectively.

Occupational Therapy strengthened my hand the best they could but the lack of feeling and low maximum strength remained evident. It became time to use these challenges to my advantage, in fact the lower levels of feeling made the motion come with much less feedback from the trigger and any staging was removed. The lack of strength required once the trigger press was started it must continue as one fluid movement, thus another benefit



was found. These aspects are not unlike those of the aging or arthritic shooter. Many of our students have tried to resolve these challenges with custom triggers, only to find these triggers magnify their deficiencies and create safety violations.

This is where my revolver upbringing came back with bells and whistles. The .357 revolver offers training opportunities that no other firearms has. We can load an empty chamber, .38 wad cutter, .38 semi wad cutters, .38 special, .38 Plus "P", or .357 magnum. We can also fire single or double action and the sight plane does not move when the pistol is fired. Therefore the shooter need only focus on the front sight and trigger press.

Starting exercises with variable empty chambers and light loads with single action, the shooter builds consistency





Revolvers are great for working on trigger control with the option of short single action or longer double action.

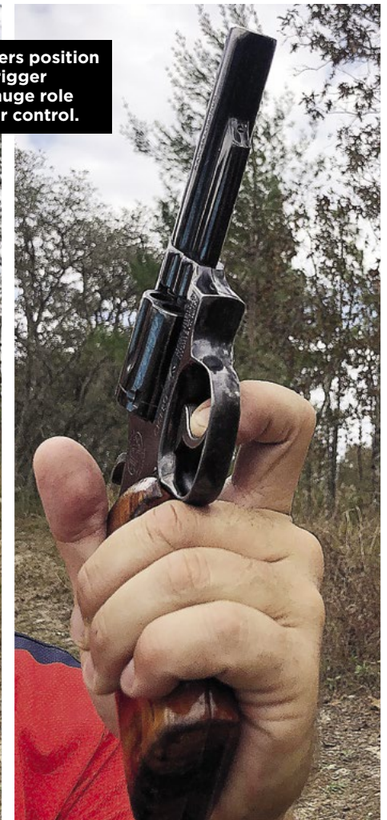
with controlled repetition. Once this is achieved we can vary the rounds to instill confidence in the shooter's accuracy. We are also provided a natural pause after the round is fired for the shooter to briefly hold the trigger to the rear and slowly release it under control while not just throwing the finger off, to instill follow through. Next we return to light loads and repeat these exercise in double action, providing the student with longer presses for focus on the sight without knowing an expected breaking point of the trigger. Using the same varied round aspect, the shooter is rewarded by the results in the target.

Within this sequence of training we evaluate the shooter's trigger finger placement and how it effects the results on the trigger movement. We are not focusing on what we want the shooter to use but what is most effective for that shooter. Some of our shooters must go into the trigger up to the first knuckle for strength while others shift to their fingertip due to a lack of sensation. Some students may even benefit from using the middle finger due to its longer length, increased strength, and newness of training to extinguish old bad habits. This is when the instructor must be most diligent in their observations and

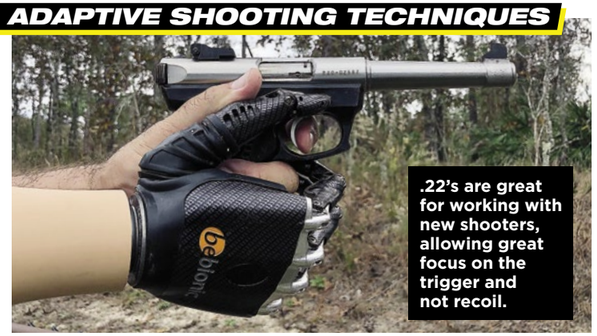
As a young man, my Dad drove home the need to learn shooting skills with both hands. This helped greatly with becoming only handed, but it never addressed the loss of feeling and strength in my hand.



The fingers position on the trigger plays a huge role in trigger control.







.22's are great for working with new shooters, allowing great focus on the trigger and not recoil.



realize when it changes later the shooter may have tried to a maximum point of training.

Now we move to a .22 semi-auto, I prefer a Ruger Mark series pistol type because the sights don't move with the action of the pistol. This varies the trigger type again while minimizing recoil without sacrificing accuracy. Once consistent in controlling movement forward and back on the trigger we introduce controlled pairs. This consists of one well aimed shot, reset of the trigger, confirmation of the sight picture, and another smooth press cycle of the trigger. This also magnifies errors such as the "flying finger" that many say is caused by the recoil. This shooter will invariably begin to realize on target evaluation that where the front sight was following recoil, is where the round impacted.

This now removes the nagging temptation to look at the target between shots and evaluate what they hitting. Improvement in front sight focus for consecutive shots and engagements begins to grow with this confidence. Even though it sounds simple, this is where the wheels often fall off. Therefore we encourage our students to shoot through one small hole and not look for specific locations for a shot group. Or, when possible, physically cut a small hole into the center of a blank target and strive to put every round through the hole so they are not seen, what an equalizer (it is suggested to start with a 6" hole and work down to a 3" hole while varying distance to challenge the shooter).

Now we can start putting this together while tightening their skills, using a variation of the "Up Drill". With the shooter loaded at the "Ready gun" or "Position 3", on command the shooter will present the pistol and fire one round at the target as soon as the sights are aligned, slowly reset the trigger, index and return to "Ready gun". This is repeated until the shooter has

With the shooter loaded at the "Ready gun" or "Position 3", on command the shooter will present the pistol and fire one round at the target as soon as the sights are aligned, slowly reset the trigger, index and return to "Ready gun".







a consistent group and is confident. The next iteration is to fire a controlled pair on command, slowly reset the trigger, index and return to "Ready gun".

Dependent on the student's confidence we introduce the "Two Finger Drill". This is a favorite that I started 20+ years ago to instill confidence in students that the pistol would not jump from their hand or injure them. In doing this drill it was evident that it also improved trigger control. To begin the





The "Two Finger Drill" can instill confidence in students that the pistol would not jump from their hand or injure them.

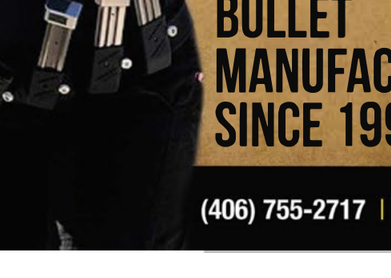
shooter ensures the stance and grip remain the same with both hands. The shooter drops the support hand while maintaining the stance, and remove the strong hand little and ring finger from the pistol. It is critical at this point that the strong hand is properly placed behind the back-strap and high on the beaver-tail.

As the shooter moves the trigger to the rear it magnifies any improper movements. This should be conducted repeatedly dry to instill confidence and an understanding of the sight stability. Using a lower caliber is suggested but this can be conducted with up to a .45 safely. Ensure your shooter has a complete and smooth follow through with each individual shot before moving to controlled pairs.

Once controlled pairs are consistent and accurate, begin to vary from one round to multiple round drills. Upon completion we will add the support hand palm only. This provides the stabilizing palm to palm to palm pressure without the influence of the fingers. Watch for compensatory movement of the fingers at this stage. Repeated success now helps to focus the shooter's attention on the trigger movement throughout the cycle.

Even though these drills are for rehabilitating the challenged shooter, they work to aid all shooters. These fundamentals are where I return regularly to maintain my focus and suggest any shooter will benefit from going back to basics. The basics are never over rated to keep your skills razor sharp. TJ





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.

INAUGURAL NEW MEXICO IDPA BLUE LINE PRO AM

Helping to give back to those who have given so much to us.

WORDS JAY KOLLER, A36483 **PHOTOS** JAMIE LENBERG AND JAY KOLLER

The Inaugural New Mexico IDPA Blue Line Pro Am, presented by Calibers Shooting Sports Center, was an idea two years in the making. The match staff and other local shooters at Del Norte Gun Club were getting tired of the negative press surrounding police officers around the nation. The idea developed into holding a match that was put on by civilians for the benefit of law enforcement and military. This was not only a show of support, but meant to be a public statement, as a community we are behind those who put on a uniform every day to protect our freedom and day to day life.

The first step in putting on this match was to find the best way to deliver the contributions sponsors and shooters were going to make. Two exceptional, closely run charities were chosen. On the LEO side, Ten-82 (www.ten82.com) was chosen and on the military side, Horses for Heroes. (www.horsesforheroes.com). Both are local New Mexico charities that don't just give out money. They are boots on the ground, helping people when they need it most and making a lasting and meaningful difference.

Ten-82 is an organization that helps officers in their time of need. They have helped officers and their families get through tough times and back on their feet when they had to deal with anything from cancer, to home security, or even tough pregnancies. It was especially meaningful

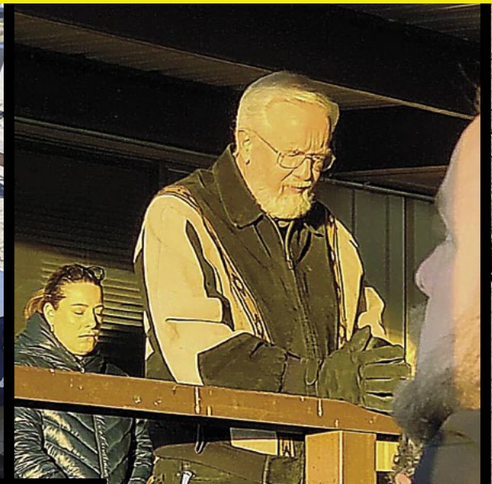


None of the stages had scenarios. In place of scenarios each stage had a story of a Law Enforcement officer that went above and beyond, or made the ultimate sacrifice.

















Everyone was enthusiastic to be showing support for our men and women in blue.





for one shooter who came out and paid their match fee to give back. He was once a beneficiary of Ten-82 when he contracted Guillain-Barre Syndrome, putting him in a wheelchair. In part from the help he received from Ten-82, he is out of that chair shooting the match and back on duty.

Horses for Heroes is a unique horsemanship, wellness, and skill-set restructuring program where our military vets can utilize the skills they have acquired and apply them to a productive ranch setting. The program is free to all post 9/11 Veterans and active military, especially those who have sustained PTSD, physical injuries, or have experienced combat trauma during their time serving our country. They participate in many aspects of ranch life, including working with horses and cattle and more importantly, experiencing the camaraderie with cowboys who are Veterans themselves.

In continuing with the theme of civilians together with our friends in blue (and camo) we decided to add a Pro Am component, pairing a military or law enforcement officer, or a master class shooter with a civilian. The response was overwhelming to this, first of its kind match so we quickly opened up the Pro Am component to all shooters. The challenge was how to make it IDPA legal, equitable, and most of all fun! We ended up assigning a point system to the levels of classification. Masters were 5, Experts 4, Sharpshooter 3, Marksman 2 and Novice 1. The combined team point value could be no more than 7. This made for a great pairing of experienced shooters with those new to the sport.

Every competitor shot for individual score, in addition each two person team's score was combined and awards were given to 1st, 2nd, 3rd and 4th. We also gave out a most Accurate

Team trophy that went to Joey and Jackie Russo, both Law Enforcement and Husband and Wife from Washington State.

An unintended benefit was many shooters wanted to participate in the Pro Am, but did not have partners that would fit the team point system criteria. Those shooters had the option to be paired with someone else at random. This made for a great social setting and people from across the country got to make new friends and cheer them on in a competitive setting, making for lasting relationships, and solidifying the community that is IDPA.

The match started at pre-registration Friday night after the SO shoot, at Kaktus Brewery in Bernallio, New Mexico. Competitors were offered a free flight of beer and discounted pizza while they checked in. It turned out to be a highlight to those that participated as there was lots of old friends catching up and talk of matches and strategy. Having a social event as part of the match is something we will definitely continue, as it really made for tight group when the match was complete.

The next morning we started early, before the sun was up at 7:00 a.m. New Mexico days are short in winter, getting dark around 5:30 p.m. and we wanted to make sure everyone was on their way home safely by dusk. The timing could not be more perfect. Rio Rancho City Council Member, James Owen started the opening ceremony with an invocation. Then the Rio Rancho Police Department honored us all by presenting our Nations Colors. It was a beautiful scene with the November sun cresting the Sandia Mountains as the Pledge of Allegiance was recited followed by the National Anthem. The pride of the group was palpable.

The 12 stage match was designed to be fast, but challenging. The makeup of 8 long form stages, two standards, and two short drill stages kept everything moving. There was very little back up and the stellar SOs











The ProAm component of the match proved to be very popular with shooters. Four of the 2-person teams had a small side bet on their performance with proceeds going to the charity of the winning team's choice. After the match, the shooters, all pet owners, elected to donate the funds to a local veterinarian clinic to offset medical expenses for pet owners in need. Here DMV Jamie Lenberg, also a shooter in the match, displays the donation those 4 teams made to the VCA West Mesa Animal Hospital.



kept everything fair and moving well. Each squad had a squad SO that kept shooters organized and kept track of paper backups to the electronic scoring system, allowing shooters to focus on the match.

All of the stages were fast, but had extensive hard cover and no shoots, so it challenged novice and master shooters alike. Clubs from around the state not only contributed designs, but also equipment making this a true state wide effort. The most popular stages were stage 6, "Cuffed", provided by Zero Down out of Espanola and stage 9, "It's No Headache", provide by Los Alamos.

Cuffed was a 16 round stage where you shot the entire course handcuffed and seated. Limited mobility made for interesting reloads, and a drop turner at 20 yards proved to be quite a challenge.

It's No Headache had a great mix of surprise swinging targets and multiple positions of cover that were easy to blow by if you were not paying attention. In fact one of our MDs got the first match FP when he blew by a position and engaged a full array from outside of cover.

Probably the least favorite stage, but most challenging, was stage 3 "Ammo in the Basket". This stage required you to stow your ammo in a basket and carry it strong hand, making the most efficient way of shooting the stage weak hand the entire time. It proved to be something not many people have ever done, including the MDs partner who lovingly renamed the stage "Jay is an A$$."

The most important part of the stage and the match was not the shooting. It was in the written stage brief. None of the stages had scenarios. In place of scenarios each stage had a story of a Law Enforcement officer that went above and beyond, or made the ultimate sacrifice.

Although sometimes heavy and emotional, it reminded us at every stage what we were there to do and give homage to our servants and protectors. It was especially hard to hear the stories that ended with a date that marked the officers End of Watch, but we were also uplifted to hear stories of officers that gave their own money and time to help those in need.

There were two elements that made this first of its kind match a success. First was the SOs and support staff. They put in countless hours making sure the Pro Am portion worked, as well as set up, strike, and running a very smooth event. SOs and CSOs from Arizona, Texas, New Mexico and Colorado all spent their time and money to put on a great match, some giving up vacation time to support this venture. We are so grateful to have that kind of support.

The second was the sponsors. The presenting sponsor, Calibers Shooting Sports Center purchased all the targets for the match, and donated a $2500 rifle to the prize table.

Southwest Gunsmith Technologies made the beautiful metal awards and laser engraved them. They also gave away hundreds of dollars' worth of gunsmith work. Los Lunas Gun Club, Solid State Designs, and Themis Consulting, as well as Springfield Armory donated prize table pistols with the match logo engraved. Hearing Protection Services donated custom ear protection and Wilson Combat filled the prize table with a wide variety of gear for competitors. The host, Del Norte Gun Club, donated all their resources, proving they are a premiere sponsor of shooting sports and our LEO and Military members.

ot just sponsorship that made this match work. The community was really behind us. Rio Grande Practical Shooters, Albuquerque's USPSA club, donated the tablets and their expertise with Practiscore allowing the scores to be posted 10 minutes after the last shot.

They were not only behind us in logistical support but 6 of their members became IDPA members just to shoot this match.

The match achieved its goal. Shooters from all over the Southwest and as far as Washington and Pennsylvania came to shoot this match and show that they were willing to support those that support us. LEOs from Texas, New Mexico, Colorado, Border Patrol and even a Marshal were present. Military was represented by all branches. Because of this we gave away over $6,000 dollars. $3000 to Horses for Heroes and $3000 to Ten-82.

We look forward to growing this concept and next year give away more to our charities.

As we were leaving the range, a LEO competitor pulled me aside and thanked me for including one of the stories that replaced the scenarios. He talked about one in particular, the story of fallen Officer James Largo. "Thanks for including that, he was a friend of mine." For me personally, this was the highlight.

As a Match Director I am forever grateful and humbled by what IDPA, shooters, and the shooting community has accomplished.

You all are great people. TJ

ABOUT THE AUTHOR
Jay Koller, A36483
I found IDPA in 2009 when searching for a supplement to self-defense training. That gave me the competitive bug and I have expanded my focus into other disciplines including USPSA and 3 Gun. Last year I achieved Master class in CDP. From 2010 – 2018 I served as both a club MD and sanctioned match AMD and MD for various matches, I think the most important roll of a match director is to facilitate development of new shooters and ensure integrity and match quality for all. In real life I run a live event production company that travels the globe producing corporate events.



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KEVIN "K-MART" MARTINEZ

Unlike the national chain store, this is a decidedly "Pro Gun" K-Mart

WORDS TJ STAFF



My buddy Toran told me something that's stuck "Buy once, cry once" and that has stuck in my head prior to every purchase.



SANTA FE, NM, IS THE HOME OF KEVIN "K-MART" MARTINEZ. IN THIS ISSUE, K-MART OPENS UP HIS RANGE BAG TO show us what he carries to the range with him.

"I'm a sharp shooter from Santa Fe NM, the MD for our local club Zero Down, and the State Coordinator for NM" Kevin states. "I've shot, worked, and been DQ'd the smallest matches about 5 people, to Nationals. Every match I learn something, from the latest gear, latest rules, and how to work with people to get the best experience out of every match. I've been participating in IDPA for a few years now, enough to see what gear works. My buddy Toran told me something that's stuck "Buy once, cry once" and that has stuck in my head prior to every purchase. That's helped me get some good gear that I hope lasts me till I can't see my sights anymore."

This IDPA Sharpshooter starts with a good foundation, a MidwayUSA Competition range bag. "This is my second one I've bought so far, the first match I went to everyone was carrying these around and the price is great. I like that it holds everything I need for a match, I can't think of anything I don't like about it."

Martinez stores the following items in his bag:

Holster: "I use a Safariland 5198 for my pistol and Safariland 773 for my magazines. I've tried many holsters and I just love my Safariland."

Glasses: "Rudy Project Stratofly, so comfy I forget they are on."

Accessories: "I have a bunch of accessories: MSA ear pro molded ear plugs, a disposable poncho, 5.11 vest, range keys, Pocket Pro II, first aid supplies, squib rod, a few tools, Pro Grip, and a bunch of magazines."

Personal Items: Wet Ones, LeadOff wipes, cool towel, sunscreen, HotHands, matches, and beer salt. Martinez says, "The beer salt helps on New Mexico's extra hot days."

Favorite Item: "My favorite thing on my bag is an awesome charm made for me by [IDPA shooter] Sarah-Jane Maynard of Colorado and formerly one of our New Mexico shooters".

If you run into Kevin or his wife on the range, be sure to say hi. You will not find two nicer people. Thank you Kevin for letting us take a look in your range bag. TJ



IN THE BAG

1. Midway Competition Range Bag
2. Competition electronics Pocket Pro II
3. Emergency rain poncho
4. Extra ear plugs for anyone who forgot theirs
5. Tweezers, Nail clipper, lighter, plus red and green fiber optic rods
6. Spare parts
7. Safariland holster and mag pouches
8. Squib rods
9. MSA ear pro molded ear plugs
10. Ear muffs
11. Beer salt
12. Rudy Project Stratofly
13. Personal charm
14. Pro grip
15. Basic home made first aid kit
16. Pocket trauma kit
17. Sun screen and cooling towel

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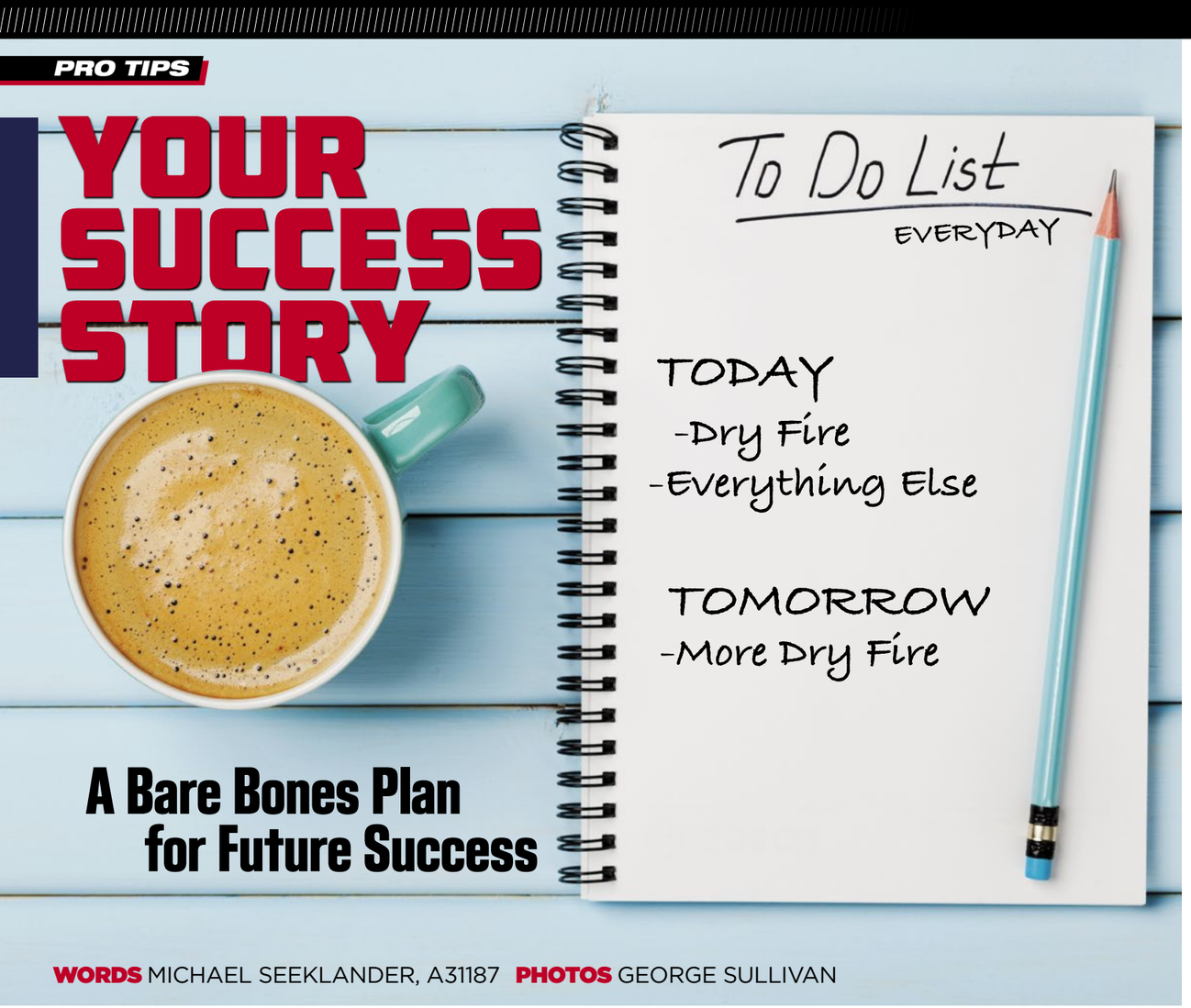


A Bare Bones Plan for Future Success

WORDS MICHAEL SEEKLANDER, A31187 **PHOTOS** GEORGE SULLIVAN

MY LEAST FAVORITE COMMENT AT ANY MATCH "...WELL AT LEAST YOU'RE HAVING FUN, RIGHT?!" TYPICALLY THIS comment follows a series of questions and answers: "How's your match going Mike?" "Not well so far, I had a little oops on the last stage and clipped a non-threat." "Well that stinks! But at least you're having fun right?!"

My answer to that is NO! And yours should be, too. It is NOT fun to perform poorly. People tell themselves they are having fun when they stink because that is the easy way out. The hard way is to admit that they want to do well, and are angry or irritated because they did not. Let's be honest with ourselves!

Now I know some of you are saying, "But Mike, this is just my hobby, and I do it for fun!" Right, flying RC Airplanes and Helicopters is fun and a hobby too, but do you get a huge smile on your face when you crash your little Red Robin RC remote plane into the ground so hard the thing spontaneously combusts? And I know it is a blast for you golfers to slice one right into the local course pond right? After all, you are just on the golf course to have fun, right? NOT.

I think you understand my point, and if you are buying what I am selling and ready to admit that you want to do well, then read on. If not, move on to the next article because I don't really want to help create another competitor that might kick my butt in a future match. :)

Glad to see you are still with me! Now that the rant is over, let me get to the point of this article. I want to create a principle based program that any recreational (read: limited time and resources) shooter can follow and dramatically improve.

Rule One: Don't Waste Time

I recently had a guest on my podcast (American Warrior Show) that had a brilliant answer for how he accomplished as much as he does. His answer was something like this (not an exact quote): "You know all that time where you sit down to watch TV for thirty minutes, or scroll through social media for ten, or sleep in an extra forty five? I don't do any of that..." Boom! The light goes on. Don't waste time that you can spend on something of value.

Your Application: Master your Manipulations with the DDR-100 - That is a fancy name for your Daily Dry-fire Repetitions of which you will do one hundred each day. Why? Because I want you to enter the next shooting season with an incredibly high level of skill in all of your firearm manipulations, and body movements. Basically anything that is not directly tied to resetting and returning the gun from recoil (because we are not shooting) will be worked on during your DDR-100. How do you figure out what to work on? Simply watch a video of you shooting a stage. What did you do during the stage in terms of manipulations and movements? An example would be a stage where you started with your hands on a tool of some sort, then had to step to the right while you drew your handgun and leaned slightly to the right to shoot the first target around a piece of cover. Translate that to your DDR-100: Stepping Draw (Right) with a slight lean (Right). Now practice that 100 times in a row, and work on mastering that particular skill.

This seems like a lot of work Mike, how long will it take? Check this out, I timed myself performing an escalating speed series of the static (non moving) draw and it took me exactly eight minutes and nineteen seconds to get all one hundred perfect repetitions in. So, you might ask what I mean by "daily?" It means every day! Not twice a week, not every weekday, but EVERY day. Why every day? Because if you set a goal to do this every day (remember, it takes less than ten minutes), then a life related event that causes you to miss a day still has you practicing something six days a week. Compare that to a goal where you plan to work a skill three days a week, and a life event takes over leaving you with two. What method do you think will make you better, six days of practice or two?

I want to dig into the details of the DDR-100 (Daily Dry-fire Repetitions) so you



All it takes is less than 10 minutes a day to improve your game.

SHUTTERSTOCK

I want to create a principle based program that any recreational (read: limited time and resources) shooter can follow and dramatically improve.

understand how to attack this. First of all, these repetitions have to be done at a time when you can absolutely maximize your focus on every single repetition. I am talking focus like you are all jacked up on Mountain Dew and maybe a few shots of espresso to top it off. Like so focused that a small nuclear device going off somewhere close would not even be noticed by you...
I am talking focus, folks!

Here is how I want you to approach each session:
1. Do 100 reps of something you want to work on.
2. Do NOT practice a complex skill requiring multiple steps, instead work on one skill or even a piece of a skill.
3. Mentally FOCUS 100% on exactly what you are working on to maximize your practice return.
4. Start at a deliberate pace and increase the speed of the reps as you can perform the skill PERFECTLY.
5. Prioritize your training in a logical order that makes most sense.
6. Practice the SAME skill several times in a row, if you need to work on it more, don't move on until you are ready.
7. Be consistent and do not miss a day

A "sample" schedule might be:
Day 1 - Tap, rack, grip
Day 2 - Extend, Prep, Press (two hands)
Day 3 - Extend, Prep, Press (strong hand)
Day 4 - Extend, Prep, Press (support hand)
Day 5 - Static Draw
Day 6 - Stepping Draw
Day 7 - Slide Lock Reload



You perform well when you train well but that does not mean having to spend all day at it.

It is NOT fun to perform poorly. People tell themselves they are having fun when they stink because that is the easy way out.

Rule Two: Use Time Effectively

Not wasting time (rule one) does nothing for you if the saved time is not used for something worthwhile. Since we already know that you are going to work every single skill you need to perform well OTHER than shooting in your DDR-100, then what do we work on during live fire practice sessions? Shooting better!

Your Application: Master your Shooting Skills by Minimizing Complexity - Do you want to become a better shooter? That requires you understand what the aspect of shooting good is. For our sport, it is pretty simple: align the gun with the targets aiming area you wish to hit, and keep it there while you fire the gun, and repeat as necessary (two shots for example). It is that simple. The problem is that most shooters focus on things other than shooting when practicing, like perfecting their draw, or moving from position A to position B. While we might need to perform those skills in a more complex drill, the non-shooting skills should all be perfected in your DDR-100, right?

What I am recommending is that you spend a huge amount of your time and focus in any given live fire practice session focusing on the elements of shooting, NOT manipulating or moving (unless you are shooting while moving). Each of us has limited time and resources for live fire practice, so it is critical that you focus on shooting during that practice, rather than mastering manipulations. Focus your mental energy on these things:

- **Feel:** Grip pressure, finger placement, muscular tension, tendon lock, etc. What minimizes the "guns" lift, and what maximizes its return? The gun is always telling you a story when you fire it, you simply have to hear it.
- **See:** What do you actually need to align the gun? Front sight, rear sight, target. How much or little visual focus on each to ensure the gun is pointed where you want it to be? What do the sights do as you pull the trigger? How fast can you pull the trigger without them moving? How much can they move, yet you still hit what you want to hit?
- **Automate:** Once the gun fires, your job is to get it ready to fire again as quickly as possible. This means literally getting the trigger forward (and sometimes your finger off it) and back to a firing position as fast as possible. Some shots can be hit with an acceleration of the trigger finger straight back through the trigger, while others require you to feel the "wall" (trigger prep) while correcting the gun alignment and pulling. How fast can you move your finger forward to start the process? How fast can you pull the trigger without moving the gun out of the acceptable aiming area? These are the questions you should be asking during live fire practice.

Paying attention to the above requires that you simplify your drills as much as possible in your practice sessions. Often times I start a session with a simple drill where I am extending the gun and firing one or more shots, paying attention to the things mentioned earlier, trying to improve and learn from what I am feeling and seeing. Then I attempt to do it faster, and faster. Once I feel like I have accomplished what I need to, I might add one simple element such as a lean to the right during that same drill. I am trying to watch and learn how that effects the guns recoil and recovery. It is as simple as that.

In closing, remember the title of this article. This is your success story. It requires that you write it. If you have shot even one match, you have the knowledge to break down and write your own practice program, using the DDR-100 to master manipulations and movements in less than fifteen minutes a day, and live fire sessions (as many as time and $$ allow) to work on becoming a better shot. Now all you have to do is begin. Write your story!

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.







BRAD EADENS

Simple Kind of Man



WORDS WALT KLOEPPEL, A56663
PHOTOS COURTESY PHOTOS COURTESY OF BRAD EADENS

LYNYRD SKYNYRD'S SONG, "SIMPLE MAN," RESPECTFULLY CAME TO MIND AFTER INTERVIEWING FIVE-GUN MASTER Brad Eadens. "... Mama told me, when I was young ..."

Webster's simple definition: "easily understood or done; presenting no difficulty; straight forward." Yep, Brad in a nut shell.

Born and raised in Henderson, Kentucky, Brad had a good life with his mom, dad and six siblings. Brad was the youngest of his three brothers and two sisters. His dad was a hard-working guy doing everything from factory maintenance to oil field work, whatever it took to support his family. They did alright.

For whatever reason, Brad's older brothers weren't into hunting or firearms. But when Brad's older sister bought a Marlin Model 60 .22 for their dad, Brad's eyes lit up.

"As a youngster, I was just amazed at it. I had only seen guns on TV. But Dad wasn't afraid to put it in my hand and teach me what I needed to know to safely handle it. I've been amazed with firearms ever since," said Brad.

His Dad would press bottle caps into a tree trunk and let him practice on them. "I thought that was the smallest target in the world, there's no possible way I could hit that bottle cap, but he forced me to do it and I was better for it. You want to talk about learning some trigger control and some sight alignment ... that'll help you."

As a disciplined marksman, Brad turned to hunting and spent a lot of quality time with his dad in the woods. "Squirrel hunting was my favorite, that was my favorite past time with Dad too." You can bet young Brad kept the stew pot full.

"When I was in high school, I shot on the rifle team [Precision Air Rifle]. We had a good team, in fact, we were pretty unstoppable in competition. Unfortunately, that kind of ruined rifles for me." But at 16, his dad got him a S&W 22A Sport and Brad found the challenge of a handgun was exactly what he was looking for. "I still have that Smith .22," said Brad.

Ask any gun enthusiast in Kentucky, or many surrounding states, and they'll tell you the candy store mecca is Whittaker Guns. This is where Brad met the owner's son, Chris Whittaker.

"Chris Whittaker is one of my best friends. Really, I actually got started in IDPA because of the Whittakers."

Though Brad was a glass technician for 16 years at a local glass shop, he spent so much time at Whittaker Guns, he ended up working for them.

"I started coming in on the weekends to help them out, and eventually the decision was made to open up their range to the public full time, so Chris called me and asked if I wanted to run it ... and I am," smiled Brad.

Brad shot local IDPA matches for about four years before shooting his first major in 2013.



Receiving the IDPA 2018 Nationals CCP Distinguished Master trophy.

"I didn't want to shoot one because I was scared to death that I didn't think I was ready," said Brad.

While Brad was unsure of himself, Scott Hurt, Brad's local "IDPA hero" took him under his wing. "He said I was ready and if I didn't shoot a major, I was a wasted talent. So, I took that to heart and started shooting majors," said Brad.

"From that very first major, I figured out I had a nerve problem - bad. I just felt I couldn't afford to do anything wrong and it affected me for my first few majors. I could get close [winning] but I just couldn't get over the hump. We had a guy who shot with us who was a psychiatrist. So, I had a visit with him and told him I couldn't stay focused mentally, couldn't move past any mistakes and my nerves were shot when I was on the line. He said, "I can help you.""

"I did one visit with him and he helped me with calming myself and taking me to a different place. And it worked. After that one visit, I won the next five majors in a row. From that point on, I really concentrated on stage planning. I found by breaking down the stage, I could be as fast as possible by doing what I needed to be doing within that stage."

After great success in SSP and ESP, Brad looked at the challenge of the new CCP Division. He liked the new planning of the round count difference and practiced a lot of dry firing, developing that second reload. "My live fire routine started to click and then it all started coming together at once. I really like CCP, it keeps me interested."

2018 IDPA US National Championship

After months of hard work and dedicated practice, Brad's first US Nationals almost didn't happen for him. Six weeks before the "Nats," Brad's mother, Rella, passed away after a hard battle with cancer at the age of 71.

"I lost my Mom. I had never lost anyone I was close to. It's been difficult for me. I just didn't feel like I could get mentally right again. I'm still coping with that. I didn't think I could be mentally strong enough to go to the Nationals. My wife asked me, "What have you been preparing for? You've done all this training and shooting, you're completely committed to it. There's nothing that takes precedence over it, so what is your end game?" Well, the Nationals is the big show. She kind of gave me that look, there you go, so I went."

With that, Brad set out for Talladega on a mission. His wife was 100 percent behind him, and he knew his Mom was watching from above.

"I don't know why, but I wasn't nervous. I was going to do what I always do and then see where I was when the cards fell."

For anyone fortunate enough to shoot the Nationals, the excitement is evident with some of the best competitors in the field about to go toe-to-toe. Several of Brad's friends buzzed his ear that he was about to go against TGO, aka Rob Leatham, in that CCP Master Division.

"Now, not to take anything in the world away from Rob Leatham, because he's amazing. He was the guy of the division, but you know there were seven or eight other Masters, so I was thinking in my head, he's not the only guy to worry about. I think that's what helped me to focus on myself. I shot really well on the first day, and a bad start and a bad end on the second day, but it ended up not hurting me too bad. I felt like I was close in points to the others after some quick math in my head, but I wasn't sure."

CCP Distinguished Master

"I was actually in the restroom at the CMP clubhouse trying to get cleaned up for the banquet and my phone started going nuts," laughed Brad, "... with congratulatory messages and I hadn't even seen the results yet. Needless to say, I was very excited. Still am. Obviously that's my biggest competitive shooting accomplishment. Man, it was a surreal moment thinking I won a National Championship. I didn't do anything different than I would've in any other match. And that just worked out in my favor," said Brad. "I really want to go after the CCP World Championship next year. That's my goal."

IDPA Brotherhood

"What I like about IDPA is the people. I think the people of IDPA are the most welcoming people of any shooting discipline. You can make IDPA whatever you want. You can go there just to improve your self defense skills, really learn your weapon and how to handle it. Or, you can come in and treat it as a game only and have just as much fun as anyone. IDPA gives you that option.

Family Affair

"I have a very supportive wife (Julie). I'm gone a lot. Shooting every weekend whether it be matches or practice, but she understands what it means to me. She's very proud of the success I've had in it."

Brad's 6-year-old daughter is already showing interest in what Dad's doing. She already runs the timer for him during dry fire.

"I'm hoping she's going to have interest in competing. I have no doubt she'll be just like me because its evident that whatever she decides she likes, she goes after it. I've told people that if she decides she wants to shoot competitively, I'm going to quit and just coach her. I'm just going to enjoy watching her. I have a wonderful wife and daughter. I really have the life most guys dream of."

A good life, good family, and good friends. Yep, what most guys dream of. I think I hear that Skynyrd song again. TJ

ABOUT THE AUTHOR
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.

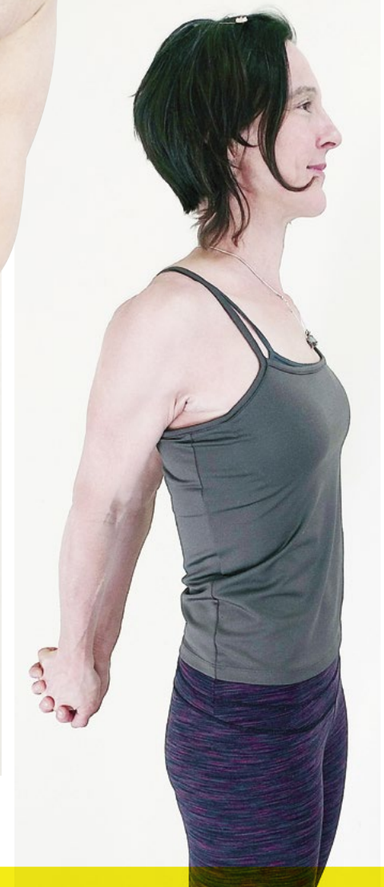


3 EASY STRETCHES To Help Keep You In Shooting Shape

Don't let your next match or practice session end on a sore note.

WORDS ERIN GARVIN, A422924 **PHOTOS** JAN ARTHUR







FEELING TIGHT AFTER YOU SHOOT? OUR SPORT PLACES REPETITIVE PHYSICAL STRESSES AND DEMANDS ON THE BODY that can lead to pain, decreased range of motion, and reduced performance when we're overly tight. Try these three easy stretches at the range after each practice session or match to get your body back to peak condition. Hold each stretch for 20-30 seconds at the edge of mild discomfort, but with no pain. Breathe calmly throughout the stretches.

1) Cow Face Pose:

This is great Two-For-One stretch getting both arms stretched in one move. Raise your right arm overhead and bend the elbow so it's pointing up and the hand is reaching down your back as if patting yourself on the back. Take your left hand behind you like you are putting yourself in a handcuff position. See how close you can get your hands together behind your back. If the hands don't touch, hold a towel or other extension to keep both arms in the stretch.

The top arm position is stretching the triceps, shoulder, and latissimus dorsi. The left arm should feel a stretch in the front, left shoulder. The stretches on both arms should feel mild to moderate, but Never painful.

Switch Arms and notice how the dominant arm usually feels tighter when it's behind you in a handcuff position. You may want to stretch the tighter side longer.

Key Points:

• Keep the left shoulder open and don't allow it to roll forward.
• Stand upright with good posture as you hold the stretch. Keep the head over the spine so that, from the side, the ear is in line with the shoulder, and not poking forward.
• Keep the lower (lumbar) spine in its natural gentle inward curve so that it doesn't get more sway back as can sometimes happen when an arm is overhead. Imagine the pelvis is a bowl of water and you don't want to let water spill forward or backwards. The ribs are over the pelvis and not in front of or behind the pelvis.

2) Forearm, Hand Stretch/ Pressing Prayer Pose:

Place the entire surface of your palms together in front of your sternum in the middle of your chest. While keeping the palms glued together, gently flip the hands so that the finger tips face the sternum and the palms face away from the body. That may be enough stretch, but if you need more, gently press the hands away from the sternum allowing the palms to separate until you feel a stretch on the bottom of the forearms and hands. Hold for about 20-30 seconds.

Key Point:

• Keep the shoulders down the back since they tend to creep up the neck towards the ears.

3) Shoulder/ Front Chest Stretch:

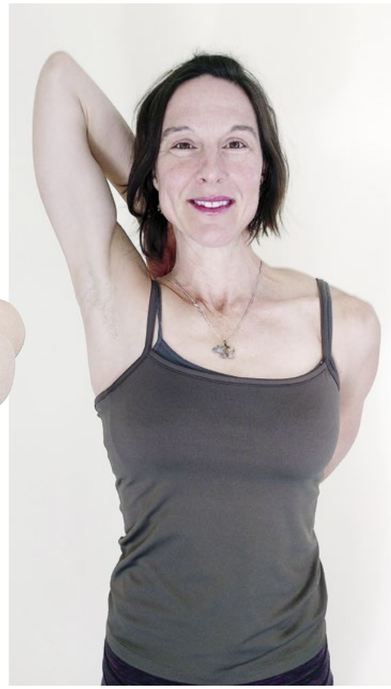
Interlace the fingers at the lower back. Lift the arms away from the back while keeping an upright posture. For more stretch, press the palms together. Hold the stretch at the edge of mild discomfort for about 30 seconds.

Key Points:

• The head will try to poke forward so keep the head over the spine so that, from the side view, the ear is in line with the shoulder.
• Relax the shoulders down the back and away from the ears.
• Keep the shoulders open so they don't roll forward as the arms lift.







WINNER'S CIRCLE

Lots of smiling faces at The Inaugural New Mexico IDPA Blue Line Pro Am. Congratulations to everyone that came out to help support these men and women. What a fantastic event to help benefit those that give so much. We can never say "Thank you" enough.



Eric France
High LE



Gary Zilik
CDP MM



Gilbert Gallegos
2nd SSP SS



Harrison Rakes
CO Division Champion



Jasper Domenici
2nd ESP SS



Mike Harper
CCP Division Champion



Russell Gardiner
1st SSP NV



Sherry Gutierrez
2nd ESP MM

2019 UPCOMING MATCHES

Visit idpa.com/matches to find a match near you.

START DATE	EVENT NAME	HOST CLUB
February 17, 2019	Valentine Carry Gun IDPA Regional at Prado (Tier 3)	CA-IDPA Shooters
March 1, 2019	2019 Louisiana State IDPA Championshipo (Tier 3)	South Louisiana IDPA
March 1, 2019	Frommer Cup 2019o (Tier 2)	Bel SE
March 23, 2019	Tri-State Border Disordero (Tier 2)	Capital City IDPA
March 23, 2019	Coastal Carolina Challenge	Ant Hill IDPA Club
March 29, 2019	2019 Gulf Coast Championship	West Houston Shooters Club
March 30, 2019	2019 Rocky Top Rumbleo (Tier 3)	Dead Zero IDPA
April 5, 2019	Virginia Indoor Regionalo (Tier 2)	Norfolk County Rifle Range
April 13, 2019	Arkansas State Championship 2019o (Tier 3)	
April 27, 2019	2019 Sand Gnat Challengo (Tier 2)	17 South Practical Shooters Club
May 3, 2019	Maryland State Matcho (Tier 4)	Sanner's Lake Sportsmen Club
May 10, 2019	2019 OK State IDPA Championship Matcho (Tier 3)	United States Shooting Academy
May 11, 2019	2018 Palmetto Classic IDPA Regionao (Tier 2)	Anderson Practical Pistol Club
May 25, 2019	IDPA Poland National Match 2019o (Tier 2)	Petruci Shooting Torun
May 25, 2019	TruGlo 2019 Texas State IDPA Championshipo (Tier4)	Collin County IDPA
May 25, 2019	Rocky Mountain Regionao (Tier 4)	Action Pistol Group
May 25, 2019	Miss'ippi Showdown 2019 PCC-REV-BUGo (Tier 2)	Desoto Rifle and Pistol Group
May 25, 2019	Miss'ippi Showdown 2019 SSP-ESP-COo (Tier 2)	Desoto Rifle and Pistol Group
May 26, 2019	Miss'ippi Showdown 2019 SSP-ESP-COo (Tier 2)	Desoto Rifle and Pistol Group
June 5, 2019	The Carolina Cup at The Range At True North LLCo (Tier 3)	The Range at True North
June 8, 2019	Battle of Berestechkoo (Tier 2)	Klub Strzelecki Defendu
June 8, 2019	Southern Region PCC and CO IDPA Championship 2019o (Tier 3)	Cross Timbers Action Shooting Association
June 20, 2019	2019 Illinois State IDPA Championshio (Tier 3)	Bloomington IDPA, Illinois
June 21, 2019	Virginia State IDPA Matcho (Tier 2)	Kettlefoot Rod and Gun Club
June 28, 2019	Battle Of Saratogao (Tier 3)	Sara Spa Rod and Gun Club
July 27. 2019	Hoosier Daddy 5o (Tier 2)	St. Joseph County Conservation and Sportsman Club
August 31, 2019	2019 Colorado State Championshipo (Tier 4)	Action Pistol Group
September 27, 2019	Lone Star IDPA Championship 2019o (Tier 4)	Cross Timbers Action Shooting Association, Texas
September 28, 2019	Battle at the Boondocks 2019o (Tier 3)	Boondocks IDPA, Mississippi
October 19, 2019	Battle of Belton 2019 SC State Championshipo (Tier 3)	Belton Gun Club, South Carolina
October 22, 2019	PCC US National Championshipo (Tier 5)	CMP Talladega hosted by IDPA HQ, Alabama
October 23-26, 2019	IDPA World Championshipo (Tier 5)	CMP Talladega hosted by IDPA HQ, Alabama

PARTING SHOT

PRESENTED BY COMP-TAC

Comp-Tac Victory Gear is giving you the opportunity to take a parting shot-but be kind, we don't want to hit you with a Failure To Do Right. Submit your own original caption for the photo below by emailing it to partingshot@IDPA.com. We suggest you don't post your entry on Social Media to keep others from "stealing" your idea. Once your entry is received a super secret panel of judges (think of them as a Trilateral Comission or the Illuminati) will review the entries and select their top three. So bring the funny.



XXXXXXXXXX

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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

"I said "I!" like to shoot under the no-shoots". "And I said "I!" like to shoot over'em!" —Rob Henry, A992533

Second Place

I'm sayin' it broke the line, down zero. "And I'm sayin it didn't, down one."
—Larry Hall, A14734

Third Place

I Don't Care's the shooter...Who's the shooter? No, Who's in the hole. I Don't Know, who's the shooter? No Who's in the hole, I Don't Care is the shooter... —Mike Wilkerson, A793976



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