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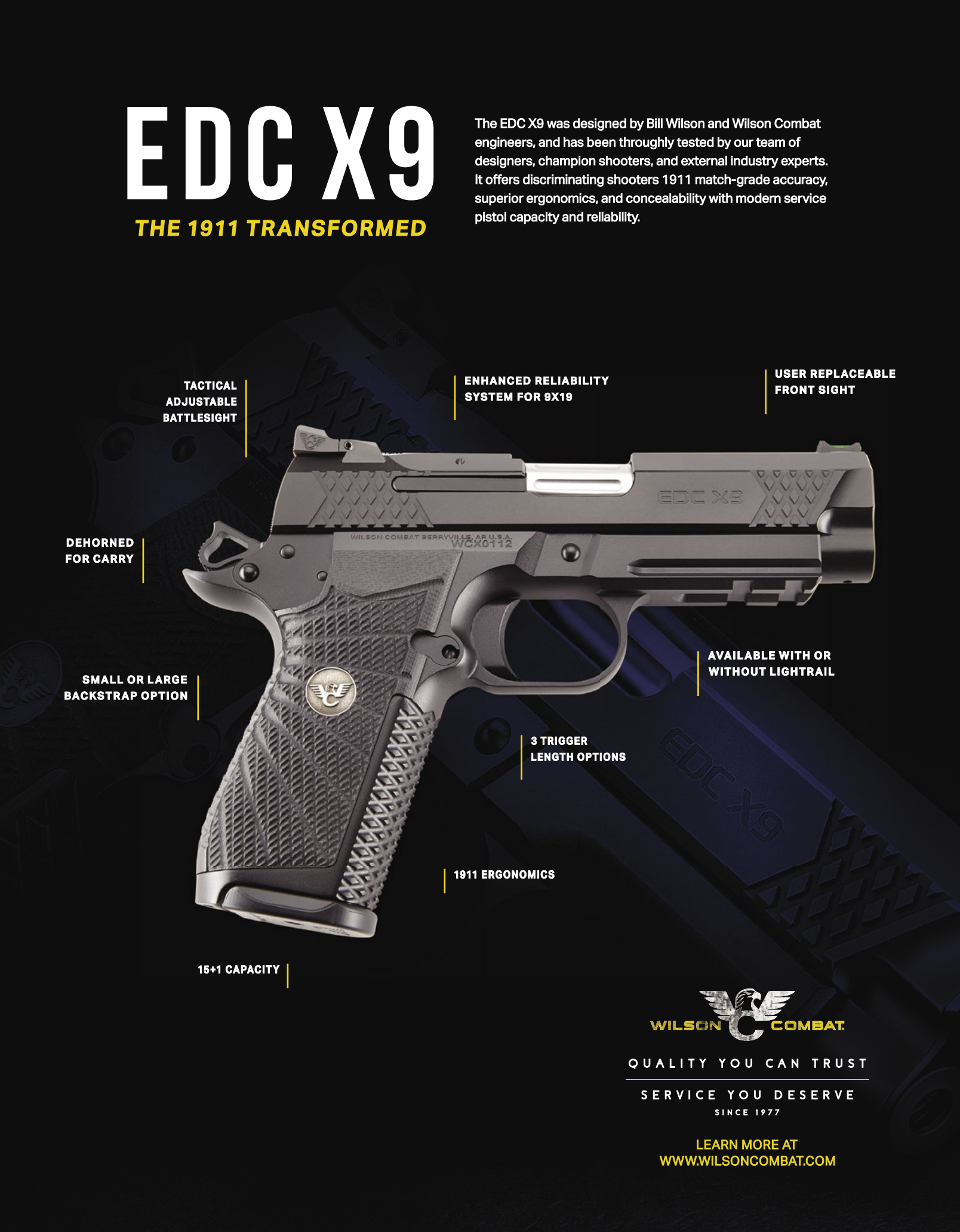

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CONTENTS

SUMMER 2019

OFFICIAL PUBLICATION OF THE IDPA
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FEATURES

12 RUN A BETTER MATCH
The Queen of Snacks
Putting a smile on your face and food in your belly. *By Erica Stone*

18 GEAR REVIEW
Wilson Combat AR9 Carbine
Step up your game with this top of the line PCC! *By Robert Ray*

32 SHOOTERS HEALTH
Neck Stretches for Shooters
Keep your head in the game with these three neck stretches. *By Erin Garvin*

COLUMNS

6 DIRECTOR'S LETTER
Preparing for the 2019 IDPA World Championship
Here comes PCC and carry optics!
By Joyce Wilson

8 FROM A WOMAN'S PERSPECTIVE
From High Atop Victory Mountain
Practice, patience and perseverance combine to land this lady on top. *By Kitty Richards*

14 ADAPTIVE SHOOTING TECHNIQUES
PCCs are a Perfect Fit!
Using a pistol caliber carbine to get back on the range. *By Rick Cicero*



26 PRO TIPS
PCC Anyone?
Control it like a pro. *By Michael Seeklander*

30 SPOTLIGHT
Ashton Lawrence
In a young man's dream. *By Walt Kloeppel*

MATCH REPORT

22 **IDPA China Championship, Sponsored by 360 Group**
Making IDPA part of the Chinese Spring Festivals.
By Huaiyi "Harry" Li

DEPARTMENTS

4 Industry News
34 Trophy Room
35 Match Calendar
36 Parting Shot



INDUSTRY NEWS

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ELECTRONIC SHOOTERS PROTECTION (ESP)

STEALTH

WORDS + PHOTOS ROBERT RAY



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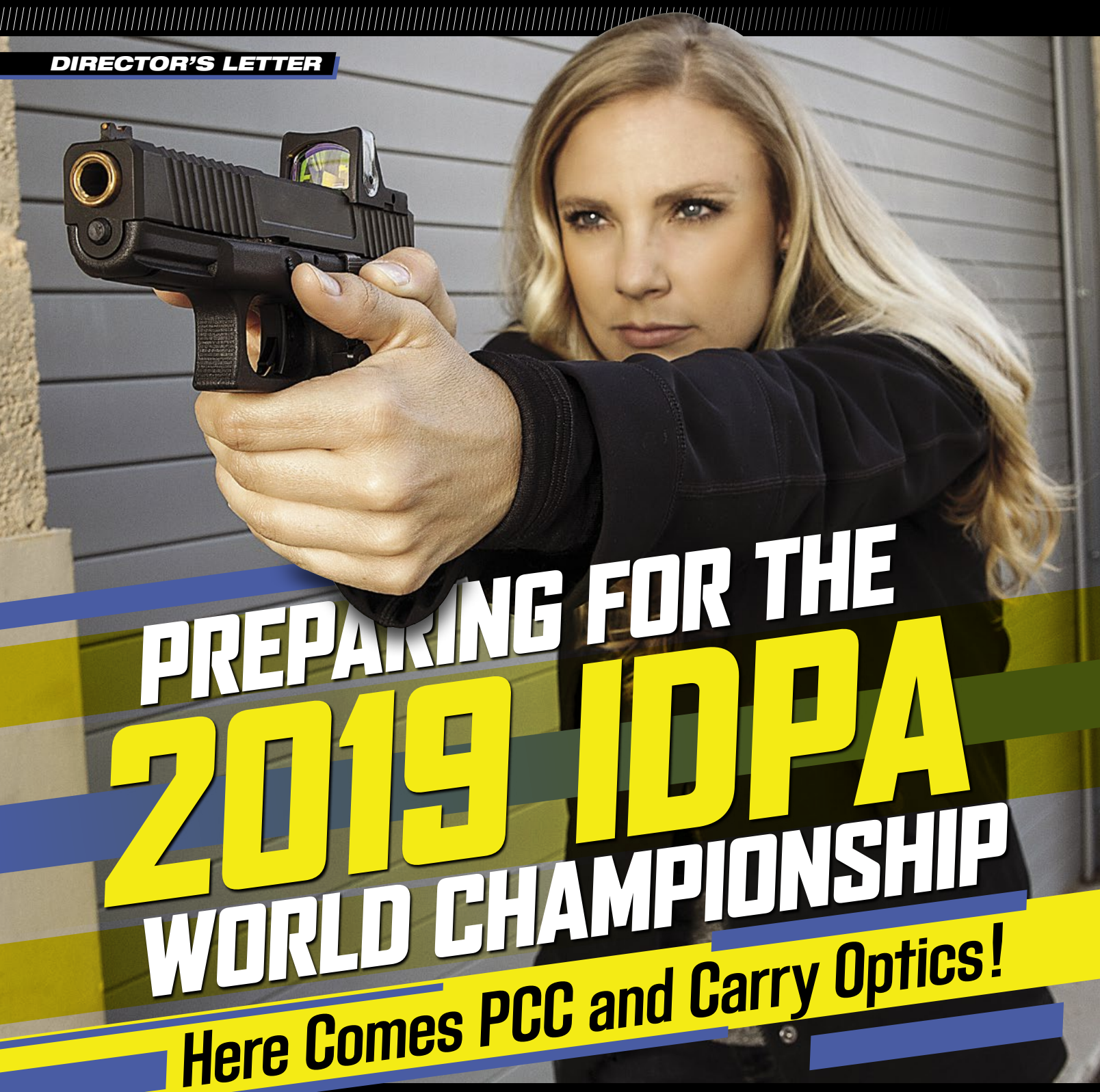

PREPARING FOR THE 2019 IDPA WORLD CHAMPIONSHIP

Here Comes PCC and Carry Optics!

A Message from **Joyce Wilson** IDPA EXECUTIVE DIRECTOR

THIS YEAR, FLAG DAY FALLS ON FRIDAY, JUNE 14TH, AND YOU CAN BET THE AMERICAN AND TEXAS FLAGS WILL BE waving in the wind at my house. I love this holiday because it allows us to showcase our pride in our culture, our nation, and our flag. In October, we will see many other flags flying along the road to the CMP Range in Talladega, Alabama. We are super excited to welcome our international shooters to the third IDPA World Championship.

Our first-ever Pistol Caliber Carbine (PCC) National Championship match will be held at the beginning of the week, with the World Championship Pistol divisions being shot the next 4 days. This will also be the first time that Carry Optics (CO) will be included in a Tier 5 match and we anticipate that our members, who have long asked for this division to be created, will respond with enthusiastic participation.

Based on early interest for these events (Oct. 22 PCC Championship and pistol divisions Oct. 23-26) we will be hosting shooters from Finland, South Africa, China, Italy, the Philippines, Thailand and many other nations. Like a universal Flag Day, we will proudly be displaying the flags of those countries to signify that our IDPA family is together in one place. I hope you can join us and celebrate with us!

As the year rolls on, so do deployed enhancements on our website. This quarter we enabled a new, easier uploader for classifier scores and match results. Historical match scores are being worked on as I type this in February. Much work, invisible to the naked eye, has been done to shore up our IT foundation, security and backend coding.

Upcoming features to look for are:

- **The long-awaited match history that will be restored to the website. This will include all sanctioned as well as many local matches.**
- **Continued improvements to Club, Match, and Member management tools, including scoring and classification improvements.**
- **Updated FAQs and instructional content around web tools.**



Joyce Wilson, IDPA Executive Director

- **A Nationals/Worlds point tracking system.**
- **Updated SO and SOI training tools and testing integration.**

The announcement of the elimination of Universal Classification was made earlier this spring through our usual avenues of communication: the IDPA website, the Tactical Brief, our hard-working Area Coordinators and International Points of Contact, and the ShootIDPA Facebook page. You, our members, have told us that Universal classification has put many shooters at a disadvantage by forcing them to shoot in a higher class than their skill level merits. In a nutshell, effective Jan. 1, 2020, Universal classifications will be removed from all member records. After that point, members will be required to have shot a classifier in the preceding 12 months to compete in their desired division(s). More detailed information is posted on **www.idpa.com** and I urge you to be familiar with it so that you are prepared for the 2020 shooting season.

I am looking forward to seeing you all on the range!

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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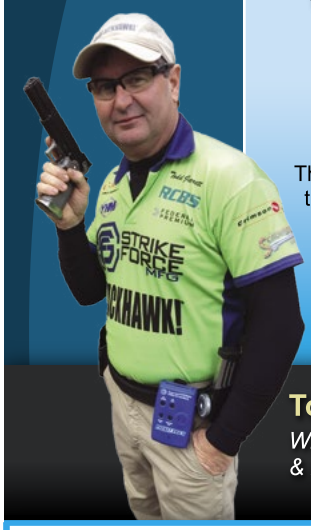

Todd Jarrett
Winner of dozens of major IPSC matches & multiple national & world championships



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Practice, Patience and Perseverance combine to land this lady on top

WORDS KITTY RICHARDS, LM18564

PHOTOS GEORGE SULLIVAN

ALECIA RUSSELL IS WELL-KNOWN AMONG HER LOCAL AND REGIONAL FELLOW SHOOTERS, BUT THE EPPING, NH native may not have the notoriety around the rest of the sport that she deserves. Last year, Alecia had the best overall score at a sanctioned match. Although IDPA doesn't track wins by gender, it is widely believed that this is the first time in the sport's history that a woman has beaten every other competitor in a match.

Having joined IDPA in 2016, this shooter began competing in the SSP /ESP divisions. "I went back and forth between them until I earned a match bump to SSP Master at the Florida State Championship in March 2018. Once I achieved SSP Master, I focused solely on ESP to work towards a Master classification in that division. Within a month, I achieved it and 4-gun Master status through the 5x5 classifier."

In August 2018, Alecia was the highest overall scoring shooter New England Regionals, a Tier 4 match. " I was very surprised; shocked actually, when I heard that I was in the lead. I shot very consistently and was pretty happy with my performance. I was not expecting to win. It was an overwhelming feeling to have earned a sanctioned match win against some fierce competition that day. There are so many accomplished shooters in my area." Was it her plan to place first in the match? "I do not set placement goals when I compete. I have discovered that my performance in matches greatly benefits from focusing solely on the process of shooting and not on the outcome. What has been most impactful to my success is learning from and having the support of an amazing mentor, as well as having an incredible passion for shooting that drives me to constantly seek improvement. I have dedicated an enormous amount of time and effort over the last few years towards training, dryfire, and acquiring as much match experience as possible."

Although not exposed to guns at an early age, it was a family connection that lead this Master to shooting. "After I got my LTC back in 2011, I only practiced sporadically with my brother, but he had showed me the basic safety aspects of gun handling. In May 2015, I decided to sign up for a defensive shotgun class at Sig Academy, in Epping NH. Among the students, I met a friend who was a very accomplished shooter. He has made a huge difference in my life. Since that first meeting, we have completed over 60 classes together, the majority at Sig Academy and several with other well-known guest instructors. We took a full year of primarily defensive classes together

before he suggested that I try competing in IDPA. He told me "nothing will improve your shooting more than competition". It's so true. I was hooked after my first match and never looked back."

Challenge is the name of the game for Russell. "I enjoy the challenge of action shooting. IDPA is so accuracy based you really need to focus on minimizing points down in order to excel. I love to test the skills that I have been practicing and to uncover weaknesses that I can work on. The people I have met, since the very first match I attended, have been unbelievably welcoming and supportive. I have made such a great group of friends since I joined the IDPA community and it grows with every match attended."

When asked about the 3 skills most needed to be successful in our sport, she responds, "Focus, accuracy and visual patience. Focus: blocking out distractions to concentrate on visualization and execution of your stage plan and the process of shooting. Accuracy: maintaining trigger control while recognizing the relationship between the front sight, rear sight, and target. Visual patience: stopping the sights for a fraction of time on the target, just long enough to see what you need to see in order to make the shot." She has some advice for other women seeking to reach this goal. "Get out there as much as possible. Practice, live fire and dryfire, will award you with a huge improvement in your skills. Expose yourself to as much match experience as you can. It will build confidence in your skills."

Helping Alecia along the way is her biggest supporter and her mentors. "My boyfriend Joe is definitely my biggest supporter. We train and compete together as much as possible; constantly pushing each other to be better. He has been there to celebrate with me during my best experiences and support me during my worst. Joe has been my biggest mentor in the sport, taking me under his wing and spending endless hours training with me and helping me learn all aspects of IDPA. His level of accuracy has always been something I aspire to. His understanding of technique, ability to self-analyze, and assess others is amazing. I feel fortunate to consider a few others to be mentors. I have taken multiple classes with Rob Leatham and Mike Seeklander, each time taking away a revelation that significantly changed something in my shooting. And Sig Academy instructors Gerry Tetreau and Steve Gilcreast have always gone out of their way to provide advice, support and critique during classes and at major competitions."

Preparing for the beep at the 2018 National Championship.



"Get the word out there to the women in your life. Let them know how competition will empower them to be comfortable with gun handling skills."

In addition to competition, Russell also is proficient as a concealed carry permit holder. She carries every day, "...except at work and if I am traveling out of state and can't bring it. I carry a Sig P365, which I love. It is a very accurate gun and small enough to conceal. I use an appendix holster from 508 Holsters, which I highly recommend." IDPA aids her with her carry skills. "Practicing gun handling skills in a controlled environment like IDPA will make you far more comfortable if you decide to carry a gun on a regular basis. Using a timer in practice and matches will help you learn performance on demand under stress."

Her vocation also aids he in the competition world. "I work in quality assurance at a large manufacturing company. Skills that translate between my work and shooting are attention to detail, accuracy, problem solving, analytical thinking, and consistently following a defined process."

The NH native ponders the challenges and advantages that female shooters face. "I think women face the same challenges as men in relation to building skills for competition. I feel the difference is that women may not be as likely to go to the range to practice or to a match by themselves. It can be intimidating because it is such a male dominated sport. I was fortunate to have a friend that eased my transition into competition." Bringing more women into the sport, she says, is, "Having friends, family members or a significant other to encourage and support makes a huge difference. Offering more frequent women's clinics at


Strong hand only is no obstacle for Alecia.

local clubs with various skill levels would expose women to their potential as a shooter. I think more attention on female role models might be helpful. Seeing someone like themselves succeed is always encouraging."

"Get the word out there to the women in your life. Let them know how competition will empower them to be comfortable with gun handling skills. Bring them to the range, a club practice or a local match. Introduce them to the sport, the people, and be a compassionate mentor", she says. And to the ladies, "Make time for YOU to learn and grow in the shooting sports. Women, especially with young families, might find it difficult to find time in their day or week to practice. Even if you can't get to the range, I have found that dryfire has helped me in a huge way. If you want to get better as a shooter, seek out training and opportunities to learn from others. Push yourself. Never give up, accept that there may be failure along the way. Improving your skills can be frustrating at times. We have all experienced this but keep working on it and you will improve."

"Bring them to the range, a club practice or a local match. Introduce them to the sport, the people, and be a compassionate mentor."

Even with winning a Tier 4 match, Alecia still has some goals to address in IDPA. "I am shooting in the new Carry Optics division in 2019. I have been practicing with the red dot for the last few months and found it has its own challenges. My next goal in IDPA is to get to the Master level in that division." She is also excited to join a new IDPA club, Pioneer Sportsmen, Inc. located in Dunbarton, NH. "Pioneer has a very active and dedicated group of people running the IDPA program and I am really excited about joining the club. They also host the popular Tier 4 NH State Live Free or Die Championship each year. I am fortunate to live in a great location that also has three additional clubs within an hour and a half drive that host monthly IDPA matches. There is the opportunity to shoot almost every weekend from April to November."

Russel is not a one-trick pony. She enjoys other hobbies aside from shooting. "I love spending time outdoors. I enjoy hiking, camping, fishing, and snowboarding as well as reading and working out.

This winner shares some personal information with our readers by filling in the following comments:

- *"My dream job would be...": : If I could do anything, without regard to income, my dream would be to practice and compete full time. I have been hooked on competition since the first match I participated in. I am very passionate about shooting, I love the challenge, the excitement, the adrenaline, the focus required, and constantly striving to excel. I truly enjoy practicing as well. Time spent honing my skills, improving my weaknesses, and discovering better ways to do things is what drives me."*
- Three things she would like people to know about her: *1) I have an artistic side. I went to college for graphic design but did not pursue it as a career. Recently I tried my hand in oil painting and found a new hobby. 2) I enjoy traveling and all kinds of adventure. 3) When I discover something that I am passionate about, I put all of my effort into mastering it."*
- "Two things people DON'T know about her that would surprise them: *"I never considered myself a competitive person until I began shooting IDPA. I have three grown children; a daughter and twin boys, and a one-year old grandson."*

If you don't know Alecia Russell yet, keep watching her performances in IDPA and you soon will. TJ



ABOUT THE AUTHOR
Kitty Richards, LM18564
Kitty Richards is an SOI in New York and resides in northwestern Pennsylvania. She has been shooting IDPA since 2002 and works many sanctioned matches each year. Members can contact her at kitty@idpa.com.

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WORDS ERICA STONE, A724238

HABRDA/SHUTTERSTOCK

I STARTED PARTICIPATING IN LOCAL IDPA MATCHES AFTER MOVING 1000 MILES TO FLORIDA, WHERE EVERY person I knew was associated with my graduate school. I needed an activity to escape my studies and found shooting matches a much-needed break. Since I like to graze on food throughout the day, my other pastime of baking quickly overlapped, and people learned to expect that I would bring homemade goodies to share with my squad.

In 2017, Rick Denny asked me to SO his Sheepdog Challenge charity match for Trinity Rescue Mission, and one of my early thoughts was: "what can I do about snacks?" Thankfully, Rick agreed to the unconventional idea of having food at our stage, and the snack table concept was born. I warned my wonderful SO partner Duane Charter about the odd plan, bought a folding table to use as a buffet, and shopped at a warehouse store for a variety of snack items. Shooters who did not know me were baffled by the appearance of food on a stage, and some even seemed wary, as if I were a creep handing out candy from a van by the playground. "Yes, it is all free. No catch, just take some snacks if you want them." We got many confused looks that day.

Fast forward to Sheepdog Challenge 2018: armed with more time to plan and observations about what shooters prefer to eat, Duane and I set up "The Sheepdog Café" at our stage. We brought a tent, extra chairs, used a giant cooler as our coffee table, and increased the snack offerings. It seemed to give our stage a different vibe – a little more relaxed and social, at least until the shooting began.

People were more comfortable this time, and a few asked, "do you have any _____?" I am data driven, so I took notes on what shooters were requesting and which snacks were popular versus leftover. To continue improvements, I asked for new snack suggestions in an IDPA group on Facebook and compiled a shopping list more aligned with stated preferences for less sugar, increased salt and protein. I added cheese sticks, trail mix, salted nuts, bananas, pretzels, and protein bars to the existing cracker sandwiches, cookies, chips,

beef jerky, and granola bars. All selections obviously need to be inexpensive, available in bulk, individual packages, and relatively easy to transport. (Sorry Ricardo, your requested chocolate fountain is still a no-go.)

For our recent Tri-State Border Disorder, the MD Joel Hodges agreed that food adds to the enjoyment of a match and provided a reasonable budget. We transformed the centrally-located registration area into a snack table, where I encouraged shooters to stop between stages. Our spread included leftover staff day sandwiches in a marked cooler, cheese sticks in a separate labeled cooler, electrolyte packets, Rice Krispies Treats by special request, chocolate for a quick pick up, and all the items previously mentioned. I also provide Purell, hand wipes, and sunscreen, though hardly anyone seems to use them. Based on what was left, I will not buy pretzels again and will decrease the chocolate and Rice Krispie treats. Salted nuts and bananas went more quickly than expected and quantities of both will be increased in the future.

Shopping at the warehouse store, a wide selection of snacks for 125-150 people costs anywhere between $125-200. The goodwill it seems to generate is well worth the limited expense, and there is an added bonus: no excuse to be hangry if you are shooting a match with a snack table. Look for my purple tent on a stage at the upcoming Southeastern Regional Sand Gnat Challenge in April, and I hope to see more snack tables popping up at other future matches. Food and friends make everything better. TJ



Erica Stone at Tri-State Border Disorder 2019.

GINA WATSON

"When we squad with Erica, we don't go hungry."

—ADAM CROCKETT, FIRST COAST IDPA

Tri-State Border Disorder 2019 Snack Tracker

142 PEOPLE TOTAL: 30 STAFF, 112 SHOOTERS

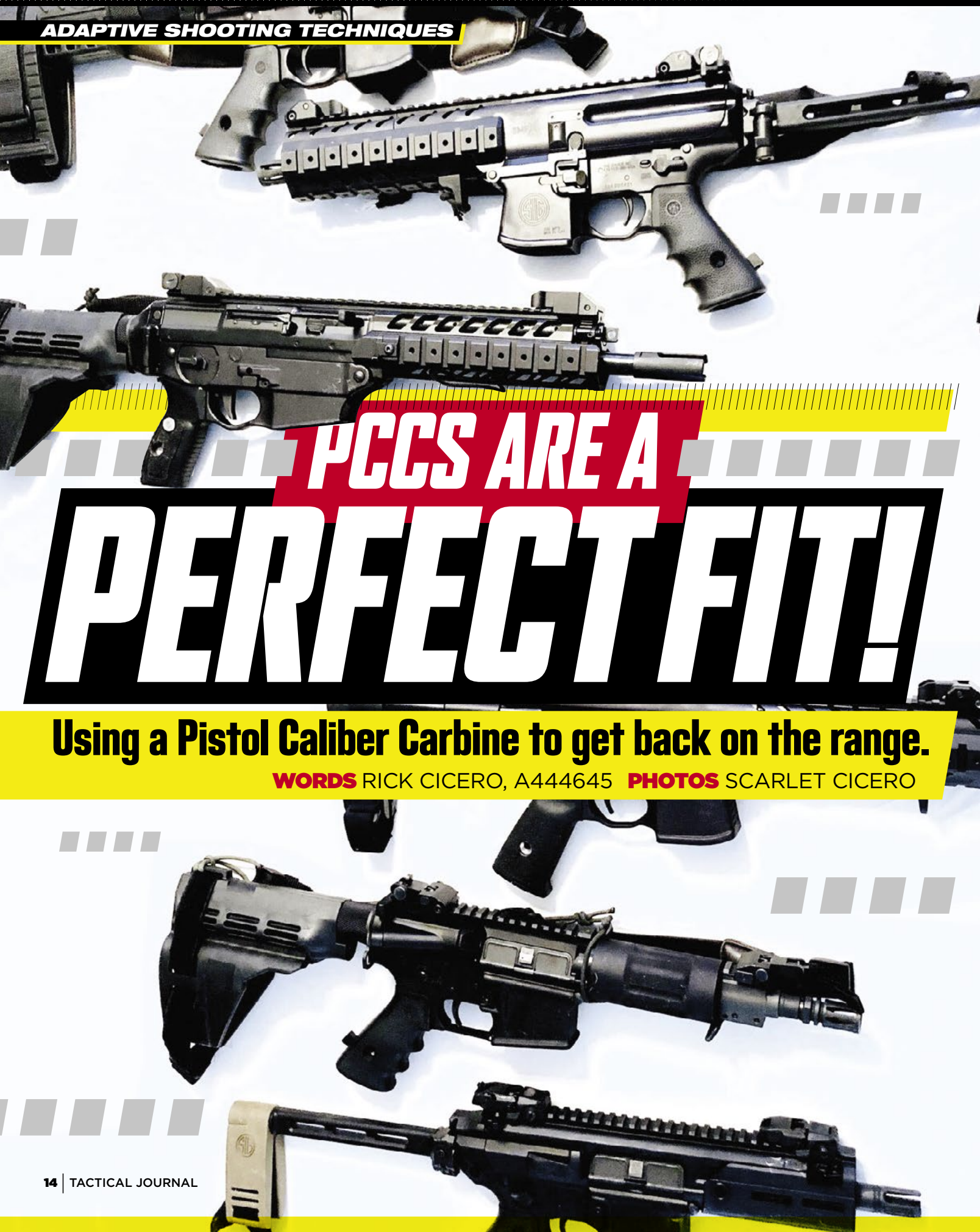
SNACK ITEM	PURCHASED	LEFTOVER
Bananas	31	0
Salted Nut Variety (1.75 oz)	24	0
Classic Trail Mix (2.75 oz)	24	0
Protein Chewy Granola Bars	26	0
Chewy Granola Bars	60	10
Beef Jerky (giant sticks)	24	0
Cheese Cracker Sandwiches (1.35 oz)	16	0
String Cheese (1 oz)	48	0
Potato Chip Variety (1.25-1.75 oz)	60	0
Mini Pretzels (100 cal)	36	15
Rice Krispies Treats	60	15
Chocolate Minis Variety	180	40
Cookies, bakery bulk	120	0
Electrolyte Powder Packs	60	0
Firehouse Sub Leftovers	15	0

ABOUT THE AUTHOR

Erica Stone, A724238

Erica Stone is a physician assistant who lives with her 2 dogs in Jacksonville, FL. Erica began shooting IDPA matches in 2014, is a safety officer, basic pistol instructor, and plans to start a local chapter of A Girl and A Gun Woman's Shooting League. She can be reached at: Erica.Stone12@gmail.com.

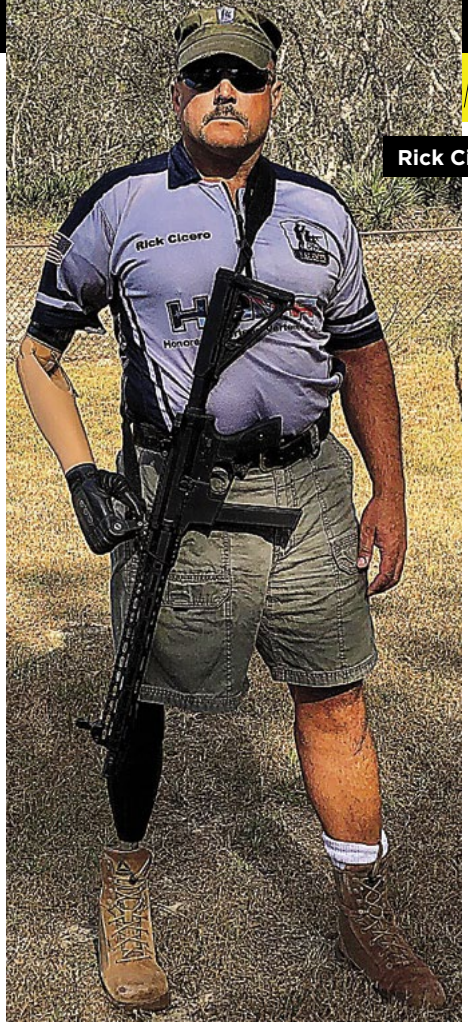




PCCS ARE A PERFECT FIT!

Using a Pistol Caliber Carbine to get back on the range.

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



Rick Cicero

THE LOSS OF MY ARM AND LEG WERE A HUGE LEARNING LESSON FOR ME IN THE USE OF A LONG GUN, WHETHER IT is with a brace or a stock. Even as my pistol work improved and I learned to shoot a rifle from a bench, standing and shooting a long gun remained elusive. In early 2013 an associate from the VA introduced me to a fellow veteran who had a "great idea" for guys just like me.

Alex was the creator of the brace. When I first picked it up, my life changed. What is now the "Sig Brace" was attached to a .556 AR pistol. As I strapped it on and dry fired for the first time, it was like taking my first steps again! When the first few rounds left the barrel, I knew this was the start of something great.

Since the brace was new and I was the first one-armed guy to use it, I had to find the best way to approach the grip, stance, sighting (positions and systems) and balance. Work at this I did, and before I realized it, I was building the skills I could later use to shoot a long gun standing again.

With my stance slightly bladed, the pistol slightly canted and adding a sling made it an accurate tool with one hand out to 100 yards repeatedly. Surprisingly the best sighting systems were either simple iron sights or a low profile optic like the Sig Sauer Romeo 4. After experimenting with offsets and other options, they never had the consistency and accuracy of those basics. As with all sighting options it has to be natural; by holding the pistol at a 20-30 degree cant, the consistency was achieved.

But it wasn't until I received my first 9mm chambered braced gun that I really started to improve my skills and stability. The lower calibers offered a lighter weight, less recoil, less muzzle flash, and similar accuracy. Working with these platforms translated into better carbine skills with a stock and sling.

The offering of different caliber and size systems improved has improved the PCC resources at every turn. Caliber options range from .22, 9mm, .40, 10mm, to .45 for the needs and desires of all shooters. Products like the the Sig Sauer MPX, Kris Vector, IWI micro-Uzi, CZ Scorpion, Mossberg, Ruger and QC-10 offer a wide variety that are readily available. Custom companies like Wilson Combat even offer some of the best performance on the range.

As with any instructional tool, having these options is a huge benefit. These products provide variety in size, weight, balance and sight plane to give us the best tools possible for teaching injured shooters to have real options. We begin once we are able to put our students in a comfortable stance and manipulate their arms up into a shooting position without a firearm. Once they can demonstrate the strength and dexterity we place the pistol in their hand to have them raise the pistol to the shooting position without employing the brace. This provides them the ability to find the sights independently and feel the brace on their forearm.

For the one armed shooter without a sling, the strong arm is extended straight out so the brace falls naturally on the forearm and the sights fall into the line of sight. If the shooter has a functioning support arm, that hand or prosthetic is placed on the magazine well. The support arm is extended straight out (or as far as possible) and the pistol is pushed into it for the start of a consistent stable platform.

Next, we employ a two point sling to push against and create more points of



It wasn't until I received my first 9mm chambered braced gun that I really started to improve my skills and stability.



Canting the gun can help achieve a more stable shooting stance and increase accuracy



Sig is continually improving on its brace design.

contact for stability. This also naturally brings the brace in place on the shooter's forearm. The sling is attached to the top of the brace at the rear and forward of the magazine well on the pistol. The sling is routed over the shooter's strong shoulder, across the back and under the support arm. The support arm position remains the same and sets the stopping point for the sling. For those without a support arm, the sling is adjusted to a length according if they had a support arm. This puts a flex in the strong elbow for more strength; the sling gives them the stability they would be missing otherwise. The strong elbow is flexed down for comfort and endurance. After repeated dry fire repetitions, adjust the brace to the shooter's forearm.

The brace is adjusted to be snug at the strap but not tight when the shooter is in position. With the brace and sling adjusted we now have five points of contact for the shooter with two arms and four for the shooter with one hand. These points of contact are the forward and rear sling points, the pistol grip, the brace and the shoulders. Now we are ready for the first shots, as with every other platform, we progress with distance, drills and caliber. I have and will always enjoy the freedom and accuracy the brace gives me.

Over the years, the brace has evolved in several different designs, including an adjustable version. The most recent design from Sig Sauer which offers every advancement I have sought over the years. This version offers a lower profile attachment from the traditional buffer tube, a slim yet very stable brace, a swivel mount and the ability to fold it along side of the pistol.

The flexibility of these platforms suit a great many students -- regardless of their physical challenges. The variety of braces, sighting options, slings and the addition of a Quick Clip, create many options for our students. The Quick Clip provides the shooter (especially the one armed shooter) with a stable point to improve loading, movement and malfunction clearing. The options for mounting are either the front rail or pistol grip, without impairing the shooter or the operation of the pistol. The attachment affixes to a pin mounted on either the belt or a vest to secure it to the shooter and released with the press of a button.

These drills and options have now established a foundation/stance, strength, grip, trigger control, sighting skills, and balance for our shooter. Once the shooter has mastered the braced guns they are ready for a "stock" carbine. Using these same fundamentals, the shooter can apply them with the same approach as the Braced guns.

With the same stance and grip we employ the sling in the very same fashion and establish a "Cheek Weld" position which is directly in line with the braced approach. The stock is not placed on the shoulder as with the traditional approach, rather with the shooter more squared to the target the stock is toed just below the collarbone. From the collarbone the stock is rolled up to the cheek, to create the "Cheek Weld". This puts the sights in front of the shooter's eyes without twisting their



The addition of a Quick Clip can greatly enhance the ability of a one armed shooter to safely and enjoyably compete.





The use of a sling can also significantly enhance the ability of a disabled shooter to compete.

neck, back, hips, or shoulders. The sling tightens across their back and stabilizes the rifle.

This position further enhances the challenged shooter's work space for reloads and malfunction clearing. The major change is to use the support hand to maintain the position while the strong hand conducts the operations.

The Brace approach changes the traditional three points of contact (shoulder and two hands) to five or six. These points are now the collarbone, cheek, strong hand, sling mounts, shoulders, and support hand (if applicable). This creates a tool that may be a better competitive tool for those with upper extremity issues over a traditional pistol. While with our veteran community, the PCC platform gives them an advantage since we all started with the similar base from the AR. Employing all of these advancements can empower the challenged shooter to enjoy shooting safely and effectively for all. In the end, IDPA is open to all shooters in all avenues with the PCC being even more available than most ever imagined. 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.





Perfect for the range and home defense, the AR9 is easy for the whole family to use.

WILSON COMBAT AR9 CARBINE

Step up your game with this top of the line PCC!

WORDS ROBERT RAY. A05118 **PHOTOS** STEVE WOODS



IT SEEMS WE ALL ARE ON THE CONSTANT LOOKOUT FOR A BARGAIN. IT IS ALMOST A NATIONAL PASTIME. WE GO to work and talk to our coworkers, or more likely, get on Facebook and brag about our quest for a one. Even better when we find that great bargain. Unfortunately, there are those that equate the lowest price to being a "bargain." While that can be true, one of the definitions of bargain is "a thing bought or offered for sale more cheaply than is usual or expected." That part at the end is what I am focused on here. A thing bought or offered for sale more cheaply than is usual OR EXPECTED. This this is exactly what I found when I picked up the Wilson Combat AR9 Carbine, a gun that offered more for my money than I expected. We all know that Wilson Combat is a superb, high end custom gun manufacturer and products of their quality do come with a price. However, what you get for those hard-earned dollars is indeed a bargain.

The Wilson Combat AR9 Carbine is based on the widely adopted and utilized AR platform but the AR9 is specifically designed for the 9mm and to be ultra-reliable and perform with amazing accuracy. This, in of itself, is more than a number of its competitors that only use converted AR15 lowers. The Wilson Combat lower is milled from a solid block of BILLet AR-7075 aluminum. It comes in a flat top configuration with two models, one that accepts Glock



Although you can't see it, there is a huge smile on my face after a day shooting the AR9.



The Wilson Combat AR9 is incredibly fun to shoot and packs the reliability, accuracy and craftmanship that you would expect from a Wilson product.

Magazines and one that uses Beretta magazines. Both lowers are engineered to hold the bolt open after the last shot when using most standard 9mm service magazines. The magazine release and bolt releases are both oversized, making the easy to find and manipulate under match pressure.

Wilson has also built the lower with an integral trigger guard and flared the magazine well. I especially appreciate the flared mag well as it makes for an easier and speedier reload. While the lower has been optimized for 9mm, it still accepts standard AR accessories such as triggers, grips and controls. But why would you want to do that when Wilson includes its BCM Starburst Gunfighter Grip, Wilson/Roger Super Stoc and best of all, the Wilson Combat TTU (Tactical Trigger Unit). The TTU is a two-stage trigger that breaks at a crisp 4.50 pounds. This is really one of the best AR triggers on the market.

The upper is also milled out of the same type of aluminum billet as the lower and uses a proprietary bolt and barrel. The aluminum upper and lower are both hard anodized and finished with Wilsons proprietary Armor-Tuff coating. The bolt comes with a tuned heavy-duty claw extractor and plunger ejector. Wilson claims that this set up increase's reliability with most common bullet shapes and after running a host of different types through mime I have to agree.

The march grade barrel is button rifled with a 1-10" twist. It is available in a 14.7" (fluted) or 16" (fluted or unfluted) barrel length and has a threaded muzzle (5/8 x 24) with Q-COMP Flash Hider. The handguard is Wilsons T.R.I.M. Rail and can be switched out to other AR compatible furniture. The quick detach sling points make it easy to mount or unmount the sling depending on my needs.

All of this is carefully crafted and assembled by some of the best gunsmiths in the business. I have personally met a number of them over the years and their passion and attention to detail is evident in every gun they build. It is hard to find a more dedicated group of people. This is easy to see when you inspect the gun and even more so when you get it out on the range.

Let's just simply say that running this gun in practice and local matches is a pure joy. I ran it with an Aimpoint Carbine Optic and could not have been happier. I used to love running rifles in our local, home grown



Wilson Combat mills the lower out of a proprietary billet of aluminum.

3 gun matches but the cost of ammo was more than I liked when it was .223 or .308 blowing out the end of the barrel. The AR9 is cheap to feed and easy for anyone to shoot. Holding unsupported on the center of an IDPA target at 40 yards, you can pump holes in the zero ring just as fast as you can pull the trigger. Recoil is almost nonexistent and when firing, it is so quiet that you almost do not need ear protection (please still use ear protection). It is so quiet that you have to exercise caution when using a timer as it is easy for the timer to miss picking up the sound of the shots. The gun is lightweight and easy to drive from target to target. Best of all, snap in a 32 round Glock magazine and no reloads for you on that stage. Besides myself, I have put the AR9 in the hands of a number of different people running a number of different bullet weights and profiles. The gun ran perfectly no matter what we threw at it.

It is a great intro gun for those that may be new to firearms or for those that handguns may be less easy to shoot. At one of the first matches I shot with the AR9, I allowed friend to give it a try. Bryan is missing a number of digits on his left hand and while he can and does shoot IDPA perfectly fine with a pistol, the rifle was easier for him to run. The AR9 was easier on his hand and that combined with his love of rifles made this and great combo. Rick Cicero dedicates his Adaptive Shooters article on the use of a PCC gun for disabled shooters elsewhere in this issue.

The Wilson Combat AR9 is incredibly fun to shoot and packs the reliability, accuracy and craftmanship that you would expect from a Wilson product. The MSRP is $1995.00 and well worth the cost. When you start adding everything up I think you will find that you do get more for your money that you expected and that folks, is a bargain. For more information on the Wilson AR(Carbine or any of Wilsons other fine products you can find them at www.wilsoncombat.com. Till the next time we see you on the range, be safe and have a great shooting season. TJ

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Robert is a lifelong hunter and recreational shooter He has competed in IDPA for over 22 years. He resides in Berryville with his wife and 2 sons and can be reached at idparob@gmail.com.





2019 IDPA CHINA CHAMPIONSHIP

SPONSORED BY 360 GROUP

Making IDPA part of the Chinese Spring Festivals

WORDS HUAIYI "HARRY" LI, CN608258 **PHOTOS** COURTESY OF HUAIYI "HARRY" LI

THE ANNUAL 2019 IDPA CHINA CHAMPIONSHIP SPONSORED BY 360 GROUP WAS HELD ON PHANOM SHOOTING range, Chachoengsao, Thailand on February 10. The match was organized by IDPA China Official, IDPA Thailand & Dalian Shooting Association as match co-organizers.

Innovation Breakthrough, & IDPA China Championship Continue to Lead The Way

The practical shooting match IDPA China Championship, known by IDPA shooters as "the new style of celebrating Chinese Spring Festival", is now in its second season this year. The IDPA China Championship is a professional event organized by IDPA China Official /Victory Necessary Sports Culture Development Co., Ltd. This organization, promoting the development of practical shooting training, and the match in China gave Chinese shooters a chance to host their own IDPA international match. This year's IDPA China Championship was also sponsored by the world's top Internet security enterprise "360 Group".

Professional, Interesting Event with Strong Influence Around The World

The IDPA China Championship was a professional, high-end match with profound culture connotations, interesting stages and beautiful match awards; it has become Chinese shooters "You must not miss" event. In terms of the Chinese cultural influence, it was evident throughout the match. This year's event received high interest from IDPA's HQ. IDPA China Championship has become one of the unique ways for Chinese shooters to celebrate Chinese Spring festivals and proved to be a Spring Festival gift for the world offered by China's shooting Industry!

Large-Scale Event With Strong Support

The event attracted 117 shooters from more than six countries and regions (China,

Thailand, Malaysia, Austria, Macao China, Taiwan China, etc.). Moreover, this event has also created a new height for Chinese safety officers (referred to as SOs) to officiate the IDPA match. Chinese SOs come from all walks of life, including seven police and law enforcement officers. They performed their duties strictly to ensure safety and fairness of the event.

Lively & Interesting Stages, Opening Up a Fresh Outlook

The greatest charm of IDPA is that stages must "originate from real life scenarios". The stages of IDPA China Championship are still the main attraction. Ten well-designed interactive and participative stages were produced by Chinese SOs, and supervised by match director, stage general designer & supervisor Huaiyi Li. They demonstrated both Chinese traditional culture and modern society values. The Chinese elements stages "Making Dumplings", "Go home to celebrate the New year", the story stage "Star Signing" and the much difficult stage "Never surrender" impressed shooters deeply, truly ignited the passion of every shooter, and let shooters from different countries feel the special joy of Chinese Spring Festival in IDPA !

Take Public Welfare Action. Practice Good Deeds.

As a special part of IDPA China Championship this year, we donated part of the profits of the event to the "Fund for the Junai Public Welfare Development Service Center" to help adolescents who were disabled and lost relatives as a result of the earthquake disaster in Sichuan. This donation was offered with love to achieve dreams for children, and we are willing to help provide them a better future.

All Have One Heart, Different Industries Links Together

With the title Sponsor of "360 Group", more than eight companies became our partner sponsors as well. Thus, we would like to thank these partners for their support, they are:

- **Mr. Feng Zhang:** Bronze Kirin Trophy for shooters
- **5.11 Tactical and 5.11 Tactical Beijing:** AMP Series awards for shooters and equipment for SOs
- **Hui An Rong Chuang Technology Co., Ltd:** Jade medal for shooters
- **B Bird Bird's Nest in Thailand:** Bird's nest & mask for SOs
- **Lang Teng DaoGuangdongpolice equipment Co., Ltd:** Noise reduction





























IDPA China Championship has become one of the unique ways for Chinese shooters to celebrate Chinese Spring festivals and has proved to be a Spring Festival gift for the world offered by China's shooting Industry.



headset, training boots for shooters

- **Drun Rocks Tactical:** Training boots for shooters.
- **Warrior Culture Tactical Equipment:** Blueye anti-fragment glasses for shooters.
- **Zhao Chen Outdoor supplies Co., Ltd.:** Pocket Pro2 timer, judgment equipment for SOs.

No Pains No Gains! Bumper Harvest In The New Year

Top shooters from Southeast Asia showed their best, while a number of China's prospective shooters emerged this year. In this event, four Chinese powers: IDPA China official, IDPA Phuket, Weapon gear tactics and Mucang Hui formed the Chinese Squad, showing professional, serious, polite and self-confident of Chinese shooters. Moreover, the strong Chinese culture elements caught the eyes of foreign shooters.

Overcome Difficulties of Holding The Match and Create Miracles

The preparation of this event is a huge challenge for the staff of IDPA China official. The first obstacles were the match preparation and communication cost with a foreign country. (*Editor's note: the restrictive gun laws in China make hosting the event much easier in more gun friendly Thailand*) More than 300 minutes voice calls from China to Thailand, over 20 emails among the United States, Thailand and China as well. As sponsors and partners continued to emerge, the match poster was changed to no less than 6 versions. All the staff almost worked day and night, except for meals and sleep, and were involved in the communication, decision making and supervision.

The second great difficulty was time. During the Chinese Spring Festival, we had to overcome huge supplier and express logistics difficulties. A large part of match awards, had to be shipped from China to Thailand, such as some Chinese characteristic materials, like the dumpling props used in the "making dumplings" stage. The average baggage weight of one staff is as high as 40 kilograms.

Partial Event Material

However, the biggest impact on the event, happening three days before the match, was the change of the shooting range. The original shooting range suddenly received a transfer notice. Because their defense mission was transformed from the Queen to the Thai king himself, it meant that we couldn't hold the event at that range. This change not only brought the traffic inconvenience to shooters, but also led to huge chain reaction effect.

New Range Preparation

The change of the shooting range increased the cost and time of transportation, led to the reduction of shooters number (many shooters gave up because the new shooting range was too far away), staff, guns and bullets transfer. Thailand has strict regulations of civilian guns and ammunition, this placed great pressure on us. These situations almost made it impossible to hold the match.

Because of the loss of Royal Guard manpower support, SOs and other staff had to take on more responsibilities. Each stage should be at least two SOs (one Chinese SO and one Thailand SO), while reduced to only one SO It meant that each SO had to undertake the workload of two. What's more, this was most Chinese SOs first time participation in the IDPA international match. With the tremendous physical exertion, language barrier, practical test of their judge standards and skills, SOs performed their best both physically and mentally.

Chinese S.O Team

Despite that, we were determined to host IDPA China Championship at any cost. With joint efforts of our Thai partners and the support of each shooter, finally we overcame numerous difficulties and successfully and safely completed the match on time! TJ

RANKINGS OF CHINESE SHOOTERS

Chen Chen, CCP-MA Champion, Chinese Champion, law enforcement Champion
Liang Wei, SSP-MM Champion, Chinese second place, Stage 2 Champion
Lei Huang, SSP-SS Champion, Chinese third place
Wei Yuan, CCP-SS Champion, Chinese fourth place
Changling Lu, ESP-SS Champion, Chinese fifth place
Nan Mei, SSP-UN Champion
Xiangjun Pan, ESP-NV Champion
Chen Yang, CCP-MM Champion
Xiaowen Zhang, ESP-MM Champion
Zheng Chu, lady fourth place.

ABOUT THE AUTHOR

Huaiyi "Harry" Li, CN608258

"Huaiyi Li, nick named Harry, from Beijing. He is a sports shooting event consultant of China's ministry of public security and vice President of the Dalian Shooting Association. He loves shooting sports very much and is currently the only MD in mainland China with experience in organizing large-scale competitions. When he joined IDPA in 2016, very few people in China knew about IDPA. So far, the promotion of IDPA in mainland China has been effective. Even the 2018 2nd world police pistol competition, with his efforts, adopted and borrowed the IDPA's core rules.



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Control It Like A Pro

WORDS MICHAEL SEEKLANDER, A31187
PHOTOS STEVE WOODS



NE?

SPRING IS UPON US! AND THAT MEANS MORE SHOOTING, AND MORE MATCHES. HAPPY TIMES! IN ONE OF IDPA's newest divisions we get to run and gun with Pistol Caliber Carbines. There honestly isn't much more fun that you can have with a gun.

If you watch today's top-level PCC shooters, they are truly taking the skill of speed shooting to the next level. It is almost unbelievable how fast, and accurate they are running these guns. This article will give you some key tips to shooting your PCC as good as you possibly can.

Since I know you want me to get right to the point, let's get right to the key details. To fire quick follow up shots, recoil control must be maximized, to improve your recoil control, follow these steps (some of these were taken from my book Your Defensive Rifle Training Program):

Set the feet up so that you are Athletic! This is a key idea that means that your body position and feet must always be set up so that you are stable, and can move. Often times in classes I get specific about foot placement and give examples, but as of lately I prefer student to think in terms of being athletic. For example, a normal Rifle/Carbine stance may have a wide stance with square feet with the strong side foot slightly behind the support side foot. The weight would be on the balls of the feet, and the knees bent. This is athletic. Compare that to a position where the shooter needs to lean around a wall to the right and shoot several targets. A right-handed shooter be better off placing the right foot forward of the left foot in this case since they would be leaning to the right. If the right foot was back, they would be off balance.

Keep the weight forward. Most shooters want to blade the body off more than necessary. Squaring up with the strong foot only slightly back allows one to mount the rifle more centered on the chest (see step 4) while staying centered offers the benefit of keeping the pelvic girdle as square as possible to the target improving the stability and mobility of the shooter. "Weight forward" simply means that the nose should be over the toes. One key point here is that if the upper body weight is forward, then to remain balanced (and athletic), the lower body (think glutes!) needs to counter that and be slightly to the rear.

Grip the gun high with the strong hand. This is a phrase we often use with a handgun, but it applies to a rifle too. Your shooting hand, the one on the pistol grip that controls the fire systems, should be as high on the pistol grip as possible. Once you find this position, ensure you apply grip pressure and pull the rifle straight back into the chest (where the stock is mounted) when shooting. Simply resting the shooting hand there will not do the trick.

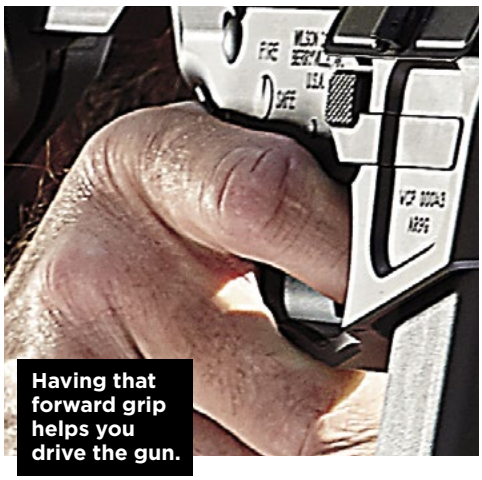
NOTE: ALWAYS ride the safety! A key point with the strong hand position on the AR systems is to ride the safety with that the thumb. If you are shooting with the left hand and do not have an ambidextrous safety on the rifle, you will have to either switch your thumb to the other side of the gun, or use your index finger to manipulate the safety. This ensures that the safety can be clicked off quickly as the rifle is mount-

When you are shooting any long gun, if you learn to apply the right pressure in the right spots you can truly shoot much faster than you think possible.

ed into the shooting position. I have had students fail to disengage the safety many times during training, simply because they did not pay attention to this key point.

Mount the gun as centered as possible. This is a big key to controlling recoil and one that almost everyone I have worked with misses to some extent. I, like many of you, was taught a standard bladed stance (by both my father and the U.S. Marine Corps), which is more traditional and places the stock on the outer portion of the shoulder. The problem is that this placement of the stock allows the gun to turn the body as the rifle pushes backward. This causes the sights (or dot) to cycle high right or left (for a left-handed shooter). To find the proper centered spot on your chest, stand mostly square to the target with head erect and looking forward. One key thing to notice here is that mounting the gun in the right sport will dramatically change how effective you are when shooting while moving. If the gun is more centered on the chest, it will tend to move less.

Grip the hand guard as far forward as feasible with the support hand. When mounting the gun, ensure that your support hand is gripping the hand guard as far forward as possible while pulling the rifle straight to the rear. Gripping forward on the hand guard like this will do several things. First, it will increase the recoil control of that hand due to having greater leverage on the front of the gun. Secondly, it offers a better mechanical advantage if one has to snap the gun to a new target, once again due to leverage. We do this often in stages, so make sure to give it a try!



Having that forward grip helps you drive the gun.

Drive the chin into the stock/cheek weld area. This is a secret little key that I stumbled onto in the last few years. One day on the range I realized that while I always worked hard on obtaining a good cheek weld on the stock, I wasn't putting enough pressure on the stock with my face. Once I pushed my cheek into it with a bit more pressure, the dot settled that much more for me.

Drop the strong side elbow and drive the shoulder forward. Once you have mounted the rifle in the manner described above, your next focus will be to drop the strong side elbow and drive the shoulder forward. This will do a couple things for you. First, it will flex the front deltoid and pectoral muscle on that side of the chest, which will solidify the rifle's position and





The closer to center that you mount the gun, the less it will be able to push you off target.

increase the pressure of the stock mounted to the chest. Secondly, it will keep the elbow low and out of the way so that it is less likely to get hit by bullets when shooting around cover or to bump into walls on the stage when you are moving.

Minimize and press. Now that you have mounted the rifle into a secure "platform," all you will have to do is minimize the movement and press. The pressure on the gun should be substantial, but also neutral in a sense – straight to the rear except for the pressure required to hold the rifle upright. Therefore, be careful not to pull the rifle off to one side or another.

Let me close with the fact that when you are shooting any long gun, if you learn to apply the right pressure in the right spots you can truly shoot much faster than you think possible. I often have students lock down on a proper stance and mount and then I demonstrate the speed with which they can control the recoil and get hits by pulling the trigger for them. The results are really amazing sometimes. So set up several targets, say at 10, 20 and 30 yards and start working on building that perfect position that will let you really run that Carbine!

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.

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ASHTON LAWRENCE

In a Young Man's Dream

WORDS WALT KLOEPPEL, A56663
PHOTOS COURTESY PHOTOS COURTESY OF ASHTON LAWRENCE

JUST LOOK AT ANY IDPA MAJOR MATCH ACROSS THE NATION AND YOU'LL SEE ONE GROUP THAT'S ALWAYS WELL REP-resented - the Senior Division. Yep, lots of us gray beards out there still trying to prove we still can. But if IDPA is to remain a strong competitive shooting sanction in the future, as it currently enjoys, we will need more junior shooters to join our ranks. Among the body of IDPA, we have kids and grandkids. Hopefully, they have been introduced to firearms in one form or another. And, through safe handling, enthusiastic plinking of soda cans, or even running a timer for dad ... a small percentage of those young guns will step up to the competition plate. This issue's Member's Spotlight will introduce such an individual – Ashton Lawrence - and show us old guys, and gals, that there is hope for our sport for years to come.

Ashton is a 10th grader in Merit, Texas ... population – 215 (if everybody's home). Ashton comes from a hunting family, so his intro to firearms came at a young age. His grandparents owned land in Oklahoma where the entire family would spend time together deer hunting. But besides hunting, Ashton enjoyed the backyard competitions with his family on the weekends.

"I started out with a .22 single shot. We'd shoot in the backyard, but the real fun was when I moved up to a .223 and started shooting watermelons. I never missed. Soon I became known as the watermelon smashing champion," said Ashton.

You might say being crowned the watermelon king was what lured Ashton to set his sights down the road to something a bit more challenging. Ashton's parents are both active IDPA competitors and safety officers. To say young Ashton was chomping at the bit to try IDPA would be an understatement. Mom and dad jumped through a lot of hoops to make sure Ashton had his ducks in a row to become an IDPA member by his 12th birthday. Two days later, Ashton shot his first sanctioned match at the Oklahoma State IDPA Championship held at the United States Shooting Academy in Tulsa. Ashton was hooked.

Ashton classified as an SSP Novice. But he was committed to excellence, practicing every chance he had. With his parents running the IDPA matches at Jacob's Plain Gun Club, he got those chances.

"It's a great place for me to practice," said Ashton. "As members, we work to maintain the range, but after the work, we get to practice, and I always look forward to that."

Memarie thinks the shooting sports has been a blessing for the entire family.

"I grew up around guns but really never thought about competing. When I finally started getting interested, of course my husband was all excited about it. We all started shooting together. As the older Ashton gets ... as a mom ... it's hard to find things to do with a teenage boy. You know, they're into their video games, and baseball. So, this has just been great for all of us because we get to do something that we can all do together. We might all be a little bit competitive too," laughed Memarie. "So, we all give each other a hard time. We spend time together whether its practicing or shooting, or traveling to the next match. It's something that I, as a mother, can do with my teenage son and a lot of moms don't have that."

Of course, there were priorities to be maintained, such as church, where Ashton enjoys volunteering his time. Ashton attends Bland High School, where he's active in the student council, a BETA club member, as

well as an A-B student. He played school baseball for a while but soon he switched to golf, because the tournament scheduling didn't interfere with matches, and he has an understanding coach who gets it.

Ashton's classmates weren't sure at first what to think about their competitive shooter classmate. But we are talking about Texas, so firearm handling wasn't exactly out of the norm for them.

"A lot of my friends thinks it's cool," said Ashton. "In the beginning, a lot of them didn't believe me, but then I started posting videos and soon they started asking how I did that. Then everyone thought it was pretty cool."

In no time Ashton was racking up top Junior wins at various state matches ... Mississippi, Louisiana, Arkansas, Oklahoma ... people were starting to take notice.

Memarie said her son had set some pretty high goals after the first few wins.

"He shot his first match on his 12th birthday and he just loved it. The following year he got a plaque and was sitting with the Wilson group. They were cheering him on and were very encouraging. Afterwards he told John and I that he wanted to shoot on their team. My husband and I were like ... golly ... we didn't know what to do to get him on that team, but that was his goal. He didn't want to shoot for anyone else. He only wanted to shoot for Wilson."

Ashton started out in SSP, but soon switched to ESP, match bumping to Sharpshooter in 2016. Another match bump in 2018 put him in Expert. By now the focus was there.

"One season last year, he just came out blazing," said Memarie. "He went with his dad to the Louisiana State Championship and got a bump (expert), and two months later, at the Gulf Coast Championship, got a bump to Master. I thought good grief, I guess it finally all just sunk in and started making sense. Ever since then he hasn't backed down. He's done really well. My husband picks on him a lot. I'm going to beat you at the next match he tells him."

Of course, I had to ask Ashton a very loaded question - are you the better shot than your mom and dad?

"I seem to think so," laughed Ashton. "For the longest time I could beat my mom, but not my dad ... until about a year or so ago ... I started beating my Dad. I don't think he was too happy about that but he enjoyed the competition."

I think young Ashton would be surprised at their answer on that.

"I always believed Ashton had the ability to perform well in any of the shooting sports he participates in, and yes, I was shocked that it happened so quickly," said John. "It was like something clicked for him and it all just came together. Am I not happy? Not at all – I am ecstatic and very proud of Ashton. We have a sport where we can participate and compete together as a family, travel and enjoy time with each other. Both his mother and I are excited to see him grow further and see him achieve his next goal. Will I ever beat him again? Probably not – but I'm good with that.



Ashton with his mom and dad, Memarie and John Lawrence.

Developing Skills & Setting Goals

"I do a lot more live fire than dry fire," said Ashton. "But I wish I did a little more dry fire than what I do. I recently started using Mike Seeklander's dry fire training regimen. That really helps me."

Ashton shot his first IDPA US National Championship in 2018 where he placed 2nd in the Junior Division – very impressive for a 15-year-old's first "Nats" rodeo.

Again, folks took notice. At the Arkansas Fall Brawl in October, Team Wilson Combat approached Ashton and his parents with the invite for Ashton to become a member of the Wilson Combat team.

"I said absolutely! Who wouldn't want to shoot for Wilson Combat!" said Ashton - somewhere up on cloud nine.

Ashton officially became a team member in December and joins Ryan Hern, as the only two juniors on the team.

"Ryan is a great teammate I can talk to. We bounce things off each other and it really helps," says Ashton. "I always wanted to be on the Wilson Combat Team. That was really like one of my big life goals... to be part of that team."

Ashton's future goal is to become a weapon engineer. "My goal is to do internship at Wilson Combat. I'm really interested in the custom arms industry."

The future looks bright indeed for this young competitor. Mandy Bachman, who herself was just getting started at the same time as Ashton at a match they shared, and is now a well-known competitor in her own right, reflected on her newest team member.

"Fast forward a few years ... he is now a Master class shooter and a member of the Wilson Combat shooting team. He set goals for himself, stayed dedicated, put in the work and is now climbing the ranks in the competitive shooting sports. He may not be that little kid that I met in 2015 anymore, but he has turned into a fantastic shooter and most importantly a young man full of class and professionalism. I am so proud to call him a teammate. This kid is going places."

Mom and dad are very proud of their son's accomplishments for sure. No doubt, having a celebrity Master now under their roof probably has its own dynamics to adjust to, but John and Memarie keep his humble balance in check.

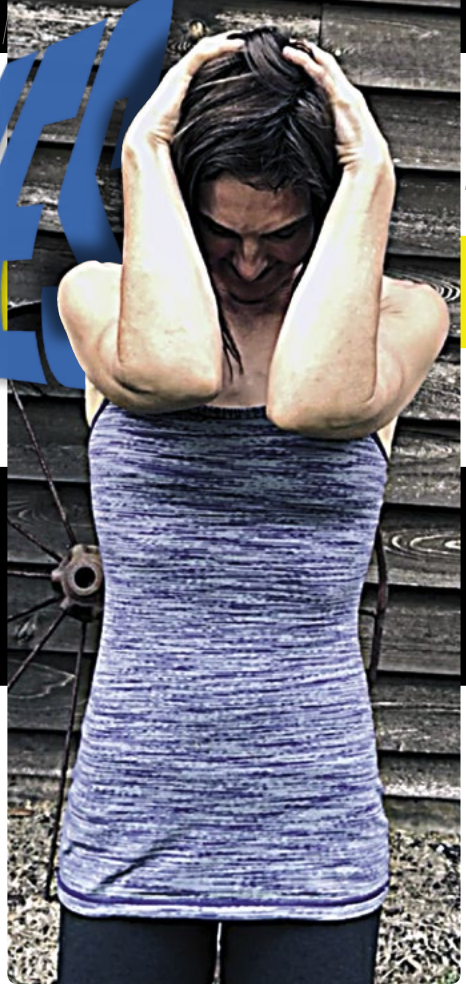
And he still has to do the dishes. TJ

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.

NECK STRETCHES FOR SHOOTERS

Keep your head in the game with these three neck stretches.

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



HAVE YOU EVER NOTICED YOUR NECK BEING TIGHT AFTER SHOOTING, SLEEPING IN AN AWKWARD POSITION, OR AFTER a long trips? Neck muscles have to work extra hard in forward-head positions that shooting and everyday chores like working on the computer or being on a phone require. These muscles are often over-recruited in high stress situations or from defending ourselves from cold or wind.

Excess tension in neck muscles can cause headaches, neck pain, and shoulder dysfunction. Adequate neck flexibility improves the ability to see and engage targets around walls and barriers and through ports or tight spots as well as focusing on a position or a far outside target while moving and shooting.

Try these three neck stretches at the range to relieve tension and improve flexibility.



1) Side Neck & Trapezius Stretch

CUES **Take the right ear to the right shoulder. To Increase the stretch, use the right hand to gently assist the head towards the right shoulder while reaching the left arm down towards the floor. Hold at a very stretch gentle sensation ~20 seconds.**



2) Upper Trapezius and Levator Scapula Stretch

CUES **Keeping the torso vertical, take the right ear to the right shoulder then tilt the chin diagonally downwards towards the right front chest between the clavicle and sternum.**

•To increase the stretch, place your right hand on the back of the head and gently assist the head diagonally towards the right side of the chest while you reach the left hand towards the floor. Hold at a very gentle sensation for ~20 seconds.

3) Back of the Neck & Upper Back Stretch

CUES **Keep the spine upright and tuck the chin (mouth is closed) towards the chest until you feel the back of the neck and possibly the middle upper back stretching.**

•To increase the stretch, place hands on the back of the skull to apply more gentle pressure, and close the elbows towards each other under your face until you feel the stretch along the back of the neck as low the middle upper back.

•Hold at a very gentle sensation for 20 seconds.

•In all the neck stretches, Watch For

•Keep both shoulder blades down the back.

•Except for the neck, keep the rest of the spine vertical.

•Err on the side of a gentle stretch, and not too aggressive, with the neck.

Try these three neck stretches to keep yourself in top shooting stretch. TJ

Erin Garvin, Exercise Physiologist, shooter.
erin@empowerpilates.net

•Erin's Easy Stretch with Low Back Care on-line Video and Muscles Release, Trigger Point Therapy, & Muscle Stretches on the Foam Roller on-line video are at empowerpilates.net.



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WINNER'S CIRCLE

Another fantastic Gulf Coast Championship. A big "Thank You" to all the hard working staff and their tireless Match Director! We would also like to give a big "Congratulations" to all the competitors. We look forward to seeing you all on the range at the next match.



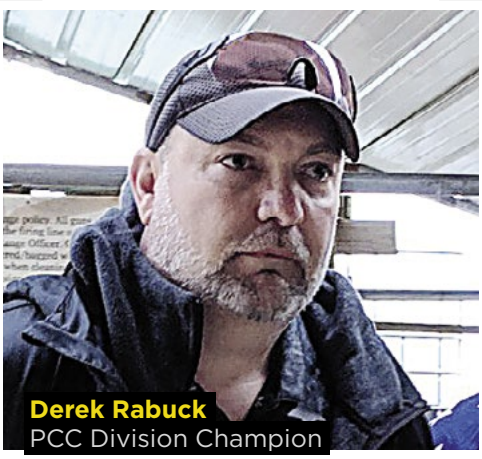
Andy Stockwell
1st ESP MM



Austin Proulx CDP
Division Champion



Daniel Thompson
1st CO EX



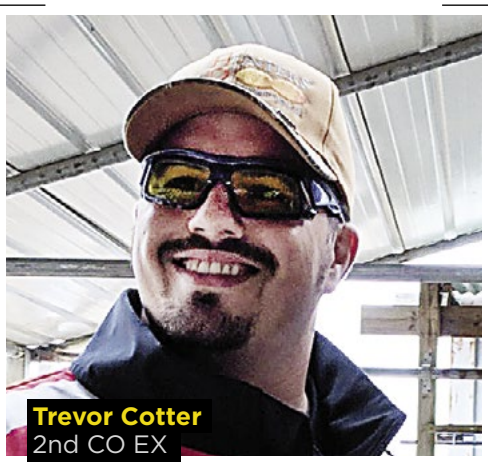
Derek Rabuck
PCC Division Champion



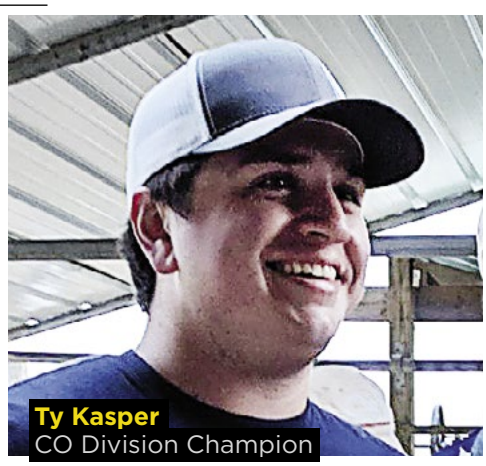
Karl Schlinsog
Most Accurate



Olayemi Bakare
1st ESP SS



Trevor Cotter
2nd CO EX



Ty Kasper
CO Division Champion

2019 UPCOMING MATCHES

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

START DATE	EVENT NAME	HOST CLUB
May 17	2019 Great Lakes Regional	Linwood - Bay Sportsman's Club
May 17	BCPL Battle at Bedford IDPA Match	Bedford County Pistol League
May 17	2019 AAFG "Blind Old Pete" Developer's Cup Annapolis Maryland	Anne Arundel Fish and Game Association
May 25	IDPA Poland National Match 2019	Petruci Shooting Torun
May 25	TruGlo 2019 Texas State IDPA Championship	Collin County IDPA
May 25	Archangel Rocky Mountain Regional	Action Pistol Group
May 25	Miss'ippi Showdown 2019 PCC-REV-BUG (Tier 2)	Desoto Rifle and Pistol Club
May 25	Miss'ippi Showdown 2019 CCP-CDP (Tier 2)	Desoto Rifle and Pistol Club
May 26	PPL IDPA Championship 2019 #2	Phumpailin IDPA
May 26	Miss'ippi Showdown 2019 SSP-ESP-CO (Tier 2)	Desoto Rifle and Pistol Club
May 31	Delaware State 2019 IDPA Championship Match	Bridgeville Rifle and Pistol Club
June 1	Minnesota State IDPA Championship - Northern Challenge	Twin Cities Action Shooting
June 5	The Carolina Cup at The Range At True North LLC	The Range at True North
June 7	2019 New Mexico Scorcher	Del Norte Defensive Shooters
June 8	Battle of Berestechko	Klub Strzelecki Defendu
June 8	Southern Region PCC and CO IDPA Championship 2019	Cross Timbers Action Shooting Association
June 15	PFGA IDPA Ontario Provincial Championships	Peterborough Fish and Game Association
June 15	The 2019 Wisconsin IDPA Championship presented by DG Bullets	Ripon Defensive Pistol Shooters
June 20	2019 Illinois State IDPA Championship	Bloomington IDPA
June 21	Virginia State IDPA Match	Kettlefoot Rod and Gun Club
June 28	Battle of Saratoga - 2019 (Tier 3)	Sara Spa Rod and Gun Club, Inc.
July 11	Rose City IDPA Championship 2019	Rose City IDPA
July 13	2019 Granducatio Tuscia Trophy	Devils Arezzo
July 20	2019 Iowa State IDPA Championship	Ankeny Ikes Practical Shooters
July 20	NC Mountaineer Classic State Match	Watauga Gun Club-IDPA
July 27	Hoosier Daddy 5	St. Joseph County Conservation And Sportsman Club
August 3	Atomic City Challenge	Los Alamos Sportmens' Club
August 16	2019 Michigan State IDPA Championship (Tier 3)	Wayne county Raccoon Hunters
August 16	2019 SIG SAUER New England Regional Championship	Harvard Sportsmen's Club
August 30	2019 Walking in Memphis Regional IDPA Shootout PRESENTED BY TEAM ZEROSPORTS	Memphis Sports Shooting Association
August 31	2019 Colorado State Championship	Action Pistol Group
September 27	Tri-County Sportsmen Challenge 2019	Tri-County Sportsman's League
September 27	Lone State IDPA Championship 2019	Cross Timbers Action Shooting Association
September 27	Prarie Dell Shootout 2019	Brittany Shooting Park, Ltd.
September 27	Liberty Match at Valley Forge	Lower Providence Rod and Gun Club
September 28	Battle at the Boondocks 2019	Boondocks IDPA
October 4	12th Annual Indiana State IDPA Championship Match (Tier 3)	Atlanta Conservation Club
October 4	Mountain Valley Melee IDPA Regional	Mountain Valley Sportsman's Association (MVSA)
October 11	Holiday Havoc 2019	WSSC Practical Action Shooting
October 18	Battle of Belton 2019 SC State Championship!	Belton Gun Club
October 22	PCC US National Championship (Tier 5)	CMP Talladega hosted by IDPA HQ
October 23-26	IDPA World Championship (Tier 5)	CMP Talladega hosted by IDPA HQ

PARTING SHOT

PRESENTED BY IDPA

IDPA 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.



READY TO CAPTION THIS?

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

What do you mean I really choked on that last stage? Who's choking now?
—Kirk Wright, A971502

Second Place

Please explain to me one more time how hard I should should be holding my pistol.
—Charles Adams, A749102

Third Place

Uhhhh Mandy, Start Position is seated, HANDS ON TABLE! —Mike Wilkerson, A793976



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