

SSAA Adelaide Target Shooters Club Inc



HANDGUN

Firearm and Range Safety and Proficiency Training Manual

This Course Is A Requirement For Obtaining
Firearms Licence Category H (Handgun)



ADELAIDE TARGET SHOOTERS

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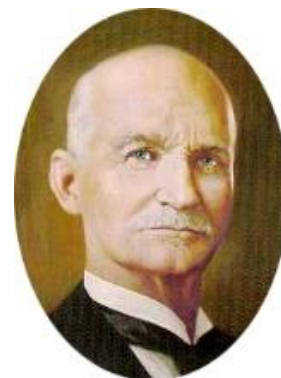


Introduction - Handgun For Category H

Category H

As a prerequisite to this course, trainees must have satisfactorily completed the **Firearm and Range Safety and Proficiency Training Manual** and passed both the Section 9 - Course Completion Test and the SAPOL Firearms Examination Paper.

To qualify for Handgun (H1) you must first obtain SAPOL approval, a National Police Check and 2 references. Then this training course comprises of a minimum 2 x Classroom safety and theory lessons and the following 6 (or more if required) practical lessons, 2 x Handgun semi-auto .22 rimfire, 2 x Handgun semi-auto centrefire and 2 x Revolver centrefire. This requires multiple Club visits to complete. There is a fee to cover the cost of the ammunition and items that you use.



After successfully completing the course and being issued with H1 you are not able to possess any Handgun for 6 months, nor supervise anyone else using them. During this time you must shoot a minimum of 3 events using a Club Handgun. Then until 1 year has passed there are strict limits on the types of Handguns that you can own. Annually you must participate in at least 6 Club organised competitive shooting matches for any single Handgun Category that you hold. If you have Handguns from multiple Categories, then a minimum of 4 matches for each Category is required.

Category 1 – air or gas operated handguns

Category 2 – .22 calibre rimfire handguns (long rifle or short)

Category 3 – centrefire handguns of not more than .38 calibre

Category 4 – handguns of more than .38 calibre

VIDEO - Firearm Safety No Second Chance

VIDEO - How a M1911 works

VIDEO - Shooting Tips from Sig Sauer



Firearms Regulations 2017 Category H Licence Info

Division 2—Special provisions relating to licence categories

14—Category 1 (shooting club) licences

- (1) Subject to this regulation, a category 1 (shooting club) licence authorises the licensee to possess firearms of a category specified on the licence for the purpose only of use as, or by a member of, a shooting club.
- (2) A category 1 (shooting club) licence must be limited to category A, B, C or H firearms (or a combination of such categories).
- (3) A category 1 (shooting club) licence is subject to the following conditions:
- (a) the licensee must be a shooting club or a person who is a member of a shooting club for each licence year of the licence;
- (b) the licensee must, within 28 days of becoming a member of a shooting club, notify the Registrar of that fact and the contact details of the club;
- (c) a firearm may only be used under the licence for hunting in the course of activities of a shooting club if the use of the firearm for that purpose is authorised under a category 3 (hunting) licence;
- (d) in the case of a licence authorising the licensee to possess a category C firearm for use as a member of a shooting club—
- (i) the licensee must be a member of The South Australian Clay Target Association Incorporated or the Australian Clay Target Association Incorporated and an active member of a shooting club affiliated with either of those associations for each licence year of the licence; and
- (ii) the firearm may only be used for the purpose of an activity of the shooting club conducted in accordance with the rules of the Australian Clay Target Association Incorporated; and
- (iii) either—
- (A) the licensee must have a special need for the firearm that cannot be met by a firearm of any other category because of the licensee's lack of strength or dexterity, or because of some other physical characteristic (as supported by such evidence or documents as may be required by the Registrar); or
- (B) the licensee was a person who, immediately before 15 November 1996, was a member of a shooting club affiliated with the Australian Clay Target Association and was, at that time, in lawful possession of a self-loading or pump action shotgun used for competitive clay target shooting;
- (e) in the case of a licence authorising the licensee to possess a category H firearm for use as a member of a shooting club—
- (i) the licensee must be an active member of a shooting club for each licence year of the licence; and
- (ii) the licensee may only possess a category H firearm if the licensee has held a category 1 (shooting club) licence authorising the possession of a category H firearm for 6 months or more; and
- (iii) unless the licensee has held a category 1 (shooting club) licence authorising the possession of a category H firearm for 12 months or more, the licensee is limited to the possession of handguns as follows:
- (A) one .177 calibre air pistol or one .22 calibre rim fire handgun (long rifle or short) or one centre fire handgun;
- (B) one .177 calibre air pistol and one .22 calibre rim fire handgun (long rifle or short);
- (C) one .177 calibre air pistol and one centre fire handgun; and
- (iv) subject to [subregulations \(4\) and \(5\)](#), the licensee may not possess—
- (A) a self-loading handgun (other than a revolver) with a barrel length of less than 120 mm; or
- (B) a revolver or single shot handgun in either case with a barrel length of less than 100 mm; or
- (C) a handgun with a manufactured or a modified magazine or cylinder capacity of more than

10 rounds; or

(D) a handgun of more than .38 calibre; and

(v) the licensee must use at least 1 handgun of each of the following kinds in the licensee's possession on at least 4 occasions in each licence year of the licence at shooting club organised shoots:

(A) air or gas operated handguns;

(B) .22 calibre rim fire handguns (long rifle or short);

(C) centre fire handguns of not more than .38 calibre;

(D) handguns of more than .38 calibre (if the licensee is allowed possession of such handguns under these regulations).

(4) Despite a restriction on barrel length set out in subregulation (3)(e)(iv), a category 1 (shooting club) licence may authorise the possession of a category H firearm with a shorter barrel if the Registrar is satisfied that the firearm is a visually distinctive and highly specialised target pistol.

(5) Despite the restriction on firearms of not more than .38 calibre in subregulation (3)(e)(iv)(D), a category 1 (shooting club) licence may authorise the possession of a category H firearm of more than .38 calibre if the Registrar is satisfied that the firearm is not of more than .45 calibre and is required for shooting events of the kind known as metallic silhouette or single (western) action.

(6) Subregulation (3)(e) does not apply to muzzle-loading handguns or percussion cap and ball handguns.

(7) A person 12 years of age or more and under the age of 18 years may be granted a category 1 (shooting club) licence subject to the following additional conditions and limitations:

(a) the person must need the licence in order to participate in a competition or competitions held in another State or Territory of the Commonwealth or in another country;

(b) the licence may only be granted for a term not exceeding 3 years;

(c) the person may not apply for a permit authorising the acquisition of a firearm.

(8) Pursuant to section 15(8) of the Act, a licence may be granted to a person referred to in subregulation (7) before 28 days have elapsed from the date of the application for the licence.

(9) For the purposes of this regulation, the barrel length of a category H firearm is to be measured as follows:

(a) in the case of a revolver, the length is to be measured from the muzzle to the breech end immediately in front of the cylinder;

(b) in the case of any other category H firearm, the length is to be measured from the muzzle to the breech face (including where the chamber is incorporated in the barrel);

(c) if the firearm is self-loading, the measurement must be taken when the slide is forward and the breech face or bolt is in a closed position;

(d) any alteration to the barrel that is permanently attached is to be included in the portion measured.

(10) For the purposes of subregulations (3)(d)(i) and (3)(e)(i), a person is an active member of a shooting club for a 12 month period if the person is—

(a) in the case of a member whose firearms licence authorises the use of category C firearms—a member of the club who has participated in shooting club organised competitive shooting matches for category C firearms on at least 4 occasions during the 12 months; or

(b) in the case of a member whose firearms licence authorises the use of category H firearms—a member of the club who has participated in shooting club organised competitive shooting matches for category H firearms on at least 6 occasions during the 12 months; or

(c) a member of the club who satisfies the Registrar that the member failed to meet the requirements of paragraph (b) during the 12 months, due to the member's ill health or employment obligations or some other reason accepted by the Registrar.



Handgun shooting guide

THIS HANDGUN SHOOTING guide will assist you in receiving initial training covering the safe handling and use of target handguns. Along with safety and shooting fundamentals, the training will include some of the legal responsibilities of target handgun ownership, basic description of parts and operation as well as range procedures.

Proper initial training will enhance your enjoyment of the sport, by giving you the knowledge and confidence required to build a set of fundamental skills and with practice, the confidence to participate in the activities of your club. This program addresses the basic knowledge needed for you to be a safety-conscious member of our Association.

From the start, it must be made clear that this manual is not designed as a coaching manual to assist in gaining better competitive scores or higher levels of accuracy, although some topics may assist in these aims. It is a plain English guide that has been developed as a resource to assist you during your initial safety training, as a new target handgun club member. It is in a simple format and only covers the basics in introductory form. Its purpose is to set some guidelines that can easily be referred to by you.

Safety

As with all firearms, safety must always be the first concern when handling or using any form of handgun. The need for safety exists wherever handguns are located or used, at home while cleaning, on the shooting range and during transportation from and to home.

The cause of all accidents involving firearms can be traced to ignorance or carelessness. Ignorance is a lack of knowledge being displayed by a person when they handle a firearm without knowing the safety rules or how the firearm operates and can be classed as a dangerous lack of knowledge. Equally dangerous is the person

Be sure the gun is safe to operate. Just like other sporting equipment, handguns need regular maintenance to remain operable and safe.

who, although knowing the correct firearm operation and safety rules, becomes careless in properly applying that knowledge. In both of these cases, accidents can easily happen. But when people practise responsible ownership and use of firearms, accidents do not happen.

Three fundamental safety rules

1. It is important that you are always aware of the direction the muzzle (front end of the barrel) is pointing in, which, while on the range, should be at an angle of 45° downwards, facing the target area. In this position, even if it were unintentionally discharged, it would not cause any injury or damage. This general safety rule may have additional restrictions if at an indoor range and as a shooter, you should make yourself aware of these if visiting an indoor range. Regardless of this, you are responsible for being aware at all times of where your muzzle is pointing. You should never point a handgun at another person, even when you know it is unloaded. Don't forget, a handgun has a very short barrel and a little movement can move the muzzle through a large arc.

2. Always keep your finger off the trigger until you are ready to shoot. When holding a handgun, a person has a natural tendency to place their index finger through the triggerguard and onto the trigger. When holding a handgun, you must consciously remember to straighten your index finger and rest it along the outside of the

triggerguard. With practice, this will become an automatic action. Do not touch the trigger until the range officer has given the command to fire and you are actually ready to fire at the target.

3. You must always keep the handgun unloaded until instructed to load by the range officer. When picking up a handgun, keep it pointed in a safe direction, with your finger outside the triggerguard and immediately remove the magazine, if fitted, and open the action if a handgun, or swing out the cylinder if a revolver. Then look into the chamber and magazine or cylinders to ensure all are clear of ammunition and therefore unloaded. If you are not sure how to open the action and unload the handgun, leave it alone and get help from a competent person. No handgun should be stored in a loaded condition and you must treat every handgun as if it were loaded.

General safety rules

The following safety rules should be observed when using or storing a handgun.

1. Be sure the gun is safe to operate. Just like other sporting equipment, handguns need regular maintenance to remain operable and safe. Regular cleaning and proper storage is essential. Have a gunsmith or the club armourer inspect it if you are not sure of the handgun's condition.

2. Know how to use the handgun safely before using it. Read the instruction manual or get a competent person, range officer or club instructor to show you how it

operates, its basic parts, how to safely open the handgun to see if it's loaded and how to remove ammunition from chambers and/or magazines. Nothing can replace safe firearms handling. Don't rely on a handgun's safety mechanism. Like any mechanical device, it can fail. Use it, but don't let it be a substitute for correct safe handling and observance of the three fundamental rules for firearms safety. A defective safety or firing mechanism could result in an accident. Don't play with the safety by changing its position constantly; if the safety is used leave it in the 'on' position until you have been instructed to fire.

3. Use only the correct ammunition for the handgun. Most handguns have the ammunition type stamped on the barrel. If in doubt, ask!

4. Wear eye and ear protection to protect yourself against the noise and debris that can be emitted from handguns. Appropriate footwear is also recommended.

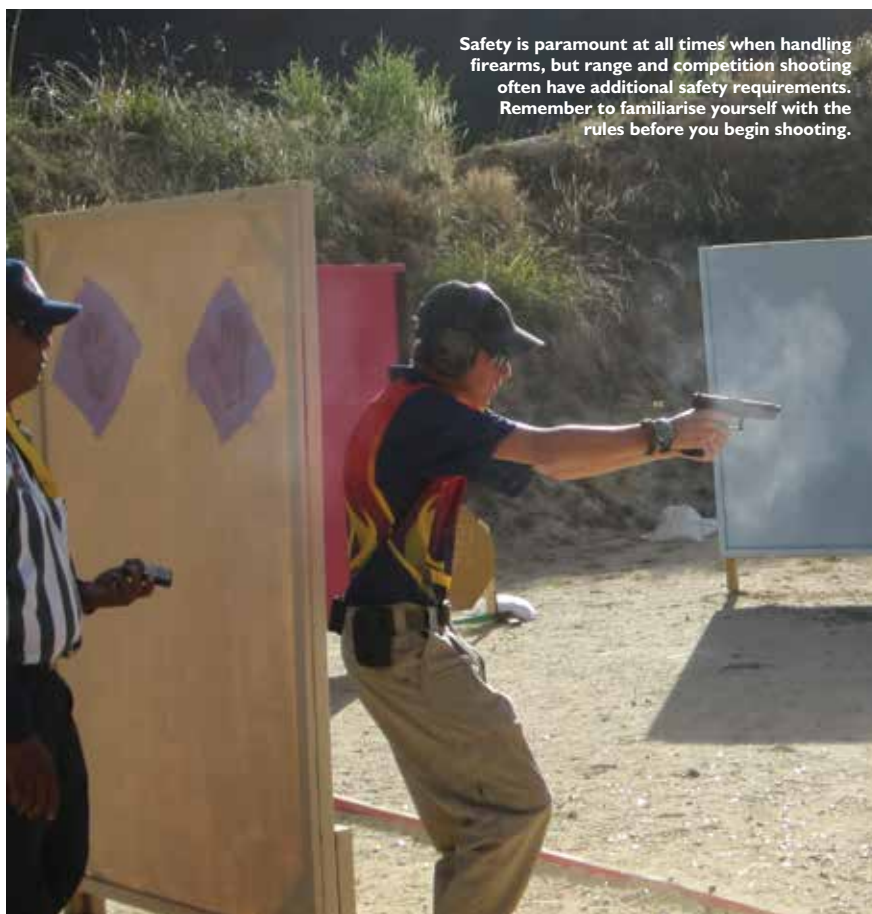
5. Remember that alcohol and firearms do not mix.

6. Store handguns so they are not accessible to unauthorised persons. Many factors must be considered when deciding where and how to store handguns. At all times you must follow and comply with your state's Firearms Registry requirements. This also applies to the transportation of handguns to the range or a firearms dealer or gunsmith. Ammunition must also be stored in accordance with manufacturers' recommendations and the requirements of the Police Firearms Registry guidelines.

7. Be aware that some types of handguns and shooting matches require additional safety precautions, especially when shooting at targets other than paper targets.

8. Carry out all safety checks of the handgun and any magazines prior to cleaning and always ensure no ammunition is present while cleaning your handgun. While cleaning your handgun use the opportunity to check it for correct function and damaged or broken parts. If a problem is discovered, don't try to fix it; take it to a gunsmith or return it to the manufacturer for repair.

9. Always be sure the barrel is free from obstructions, as a blocked barrel can cause a serious accident by bursting the barrel or action if a round is fired with the barrel in this condition. Before checking this, carry out the correct safety checks to ensure that



the handgun is unloaded and pointed in a safe direction.

10. When handing a handgun to another person, always be sure that the muzzle is pointed in a safe direction, your finger is off the trigger, the action is open and the magazine is unloaded and removed, or in the case of a revolver, the cylinder is open and empty. If you are passed a handgun that is not in this condition, then carry out the correct safety checks to satisfy yourself that the handgun is unloaded and in a safe condition.

Handgun types, parts and operation

A handgun is a mechanical device and as with any machine, it is necessary to understand how it works before it can be safely used and its operation mastered. In the hands of a responsible, knowledgeable and safety-conscious person, a handgun is safe. In order to begin to understand how a handgun functions, the names and definition of various handgun types and main components must first be identified.

The two main types of handguns in use

are the revolver and self-loading handgun. They consist of three major components: the frame, the barrel, and the action. Although both revolvers and self-loaders have these three main parts, some of these components have a slightly different function between the two.

Revolver

A revolver is a handgun that has a rotating cylinder designed to contain cartridges. The action of the trigger and/or hammer will rotate the cylinder and fire a cartridge. To understand how this firing process occurs and how to safely load and unload cartridges, it is necessary to first become familiar with the names and functions of the various parts of a revolver. These are:

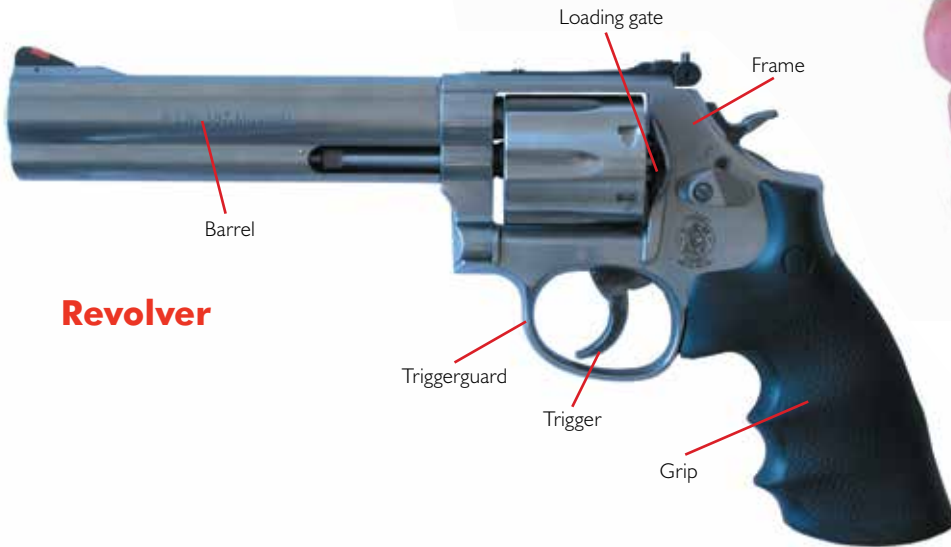
Frame: The revolver chassis to which all other parts are attached.

Grip panels: Are attached to the lower rear portion of the frame. Grip panels are usually composed of wood, rubber or moulded plastic and are attached to the frame with screws. These form the grip (handle) by which the shooter holds the revolver.

Revolver action open



Revolver



Self-loading handgun





The basics of good shooting include determining the best shooting hand, adopting a comfortable position and grip, properly aligning the sights, controlling your breathing, smoothly squeezing the trigger and following through on the shot.

Backstrap: The rear vertical portion of the frame that lies between the grip panels.

Triggerguard: Located on the underside of the frame and is designed to protect the trigger in order to reduce the possibility of an unintended firing.

Trigger: Located on the underside of the frame within the triggerguard. There is a 'hammer' attached to the rear of the frame. When the trigger is pulled it activates the hammer, which in turn causes the 'firing pin' to strike and fire the cartridge. In some revolvers, the firing pin is attached to the hammer; in others, it is located inside the frame.

In 'single-action' revolvers, the trigger performs only one action - releasing the hammer. The trigger does not 'cock' the hammer. The hammer must be cocked with the thumb and will stay in a cocked position until the trigger is pulled to release it.

In 'double-action' revolvers, the trigger performs two tasks. When it is pulled, it will cock and release the hammer, firing the revolver. Most double-action revolvers can also be fired in single-action mode by manually cocking the hammer with the thumb. The hammer will stay in the cocked position until released by pulling the trigger.

Barrel: The metal tube through which a bullet passes on its way to a target. The inside of the barrel is called the 'bore'. The bore has spiral grooves cut into it. The ridges of metal between these grooves are called the 'lands'. Together, the grooves and lands make up what is known as 'rifling'. Rifling makes the bullet spin as it leaves the barrel so that it will be more stable in flight and travel more accurately. The internal diameter of the barrel measured between the lands determines the calibre of the handgun. This distance is measured in hundredths of an inch (such as .22-calibre or .45-calibre) or in millimetres (such as 7.65mm or 9mm). The front end of the barrel where the bullet exits is called the 'muzzle'.

Sights: There is a rear-sight located on top of the rear of the frame and a front-sight located on top of the barrel at the muzzle end. These are used for aiming the revolver.

Action: The action comprises the moving parts used to load, fire and unload a handgun. The action of a revolver is made up of parts attached to or within the frame including the cylinder.

Cylinder: Holds individual cartridges, which are arranged in a circular pattern. Cylinders usually contain five or six

'chambers' into which the cartridges are placed. Each time the hammer moves to the rear, the cylinder rotates and brings a new chamber in line with the barrel and the firing pin, which fires the cartridge.

Cylinder release latch: Found on most revolvers, it releases the cylinder and allows it to swing out so cartridges can be loaded and unloaded. Most revolvers have an 'ejector' (also known as an 'extractor') and/or an 'ejector rod'. Although the operation and location of ejectors and ejector rods may vary, the purpose is the same - to remove cartridges from the cylinder.

Self-loading handguns

A self-loading (also known as a semi-automatic) handgun differs significantly from a revolver in its operation. After a cartridge is fired by pulling the trigger, the empty 'case' is extracted and ejected and a new cartridge is inserted into the chamber. Because a new cartridge is automatically 'loaded' or placed into the chamber, this type of handgun is sometimes referred to as an 'autoloader'.

Although the basic operation of a self-loading handgun differs from that of a revolver (one of the reasons for the name 'pistol' as opposed to the 'revolving' operation of a revolver), it still has all the same major components of the revolver, except for the cylinder. There are also some additional components on a self-loading handgun, as well as some differences in the operation of some components. These are:

Safety: Operated by a lever located on the handgun's frame. The safety is a mechanical device designed to reduce the chance of an accidental discharge by, in most cases, blocking the movement of the firing pin or action or both. Since safeties, like all mechanical devices, can malfunction, the prevention of an accident is ultimately the responsibility of the individual who is handling the handgun.

Slide: Located on top of the frame, at the rear of the barrel. It moves back and forth to chamber a cartridge, cock the action, fire, extract and eject an empty case after firing and reloading a new cartridge into the chamber. It also incorporates the firing pin. In some self-loading handguns, the slide also envelops the barrel or can be enclosed inside a fixed outer frame, in which case you may hear it referred to as the 'breechblock' or 'block'.



Good sight alignment, sight-picture and trigger control are critical to good handgun accuracy.

Slide stop: Also known as a 'slide lock' or 'slide release', the slide stop is designed to hold the slide of the self-loading handgun to the rear. Some self-loaders also have a part known as a 'decocking lever', which is used to lower the hammer and/or uncock the handgun.

Action: As can be seen by the description of the slide (which, in many cases, can also be referred to as the 'action') a large number of different mechanical designs exist for self-loaders and the actions can vary greatly. Some self-loaders have a hammer that strikes the firing pin; in others, the firing mechanism may be designed without a hammer. Those models that do not have a visible hammer are commonly referred to as 'hammerless', even though the hammer may actually be part of an internal firing mechanism. In all self-loading handguns, the first round (cartridge) must always be manually cycled into the chamber by retracting and then releasing the slide. As the slide returns to

the closed position, it removes a round of ammunition from the top of the magazine and inserts it into the chamber.

Magazine: A storage device designed to hold cartridges ready for insertion into the chamber. It replaces the cylinder of the revolver, but unlike the revolver cylinder, does not contain the chambers in which the firing process takes place. The chamber in a self-loader is located in the action end of the barrel. The cartridges in a magazine are forced upwards by the magazine spring to be picked up by the slide as it returns under pressure from a 'recoil' or 'slide spring' to the closed position after being pulled back to cock the handgun.

There are three different types of self-loading handguns: single-action, double-action, and double-action only. These actions rely on the function of the trigger for their different operations.

In a single-action self-loading handgun, the trigger performs a single task, releasing the

hammer or the firing mechanism so that the firing pin hits the cartridge.

In a double-action self-loading handgun, the trigger performs two tasks. It cocks and releases the hammer or internal firing mechanism for the first shot. After the first shot is fired, the movement of the slide will cock the hammer or internal firing mechanism for all successive shots and the trigger will be used only to release the hammer or internal firing mechanism. It then returns to a single-action function.

The trigger of a double-action-only self-loading handgun will cock and release the hammer or internal firing mechanism on the first and all successive shots. The slide will chamber a new cartridge after each shot, as it does for the other types of self-loaders, but it will not cock the firing mechanism. The cock-and-release action is accomplished by pulling the trigger for each shot. In this way, the action of the trigger is similar to that of a double-action revolver. However, in most

double-action-only self-loaders, the hammer cannot be manually cocked to a single-action position as it can in a double-action revolver.

Some self-loading handguns may vary from the above descriptions due to the large variety of mechanical designs available today. Always be sure to carefully read and understand the instruction manual for each handgun. If you are unsure or questions still exist, be sure to consult a knowledgeable person.

The fundamentals of handgun shooting

To shoot a handgun accurately, it is first necessary to learn and understand the fundamentals or basic essential components of handgun shooting. These fundamentals include determining the best shooting hand, shooting positions, grip, breathing control, sight alignment, trigger squeeze and follow-through. These fundamentals must be properly performed every time a handgun is fired.

Shooting hand

Before any practice can be carried out, or indeed a shot fired, the shooter must first determine which hand will be used to grip and fire the handgun. As a general rule of thumb it is recommended that a shooter use the hand which is on the same side of the body as the dominant eye.

Position

Proper body position is essential in order to shoot a good accurate shot. When learning any shooting position, the following basic steps must be followed:

- Carefully study and practise adopting the correct body position that will be shown to you by the instructor.
- Practise the position without holding a handgun.
- Practise the position with a handgun.
- Practise obtaining and maintaining the correct grip.
- Adjust your body position so that the handgun points naturally at the target when you raise your arm to take a sight-picture.

A variety of positions can be used when shooting a handgun. The three basic handgun positions will be examined after you have an understanding of the fundamentals. These are the bench rest position, two-handed standing and one-handed standing.

Grip

To achieve a proper grip:

- Keep the handgun pointed in a safe direction and your fingers away from the trigger.
- Using the non-shooting hand, place the handgun in the grip of the shooting hand.

- Fit the 'V' formed by the thumb and finger of the shooting hand as high as possible on the backstrap of the frame.
- Align the handgun so that it forms an imaginary straight line from the muzzle, along the barrel through the wrist and forearm.
- Grip the handgun using the base of the thumb and the lower three fingers of the shooting hand.
- The pressure of the grip should be directed straight to the rear.
- Hold the handgun firmly, but without exerting so much pressure that you are straining or causing your hand to shake.
- Your index finger should be placed along the outside of the triggerguard or frame of the handgun, not on the trigger. Always keep the index finger off the trigger until ready to shoot.
- The thumb should lie relaxed along the side of the frame at a level above that of the index finger.
- Uniformity is the most important feature of a proper grip. The grip should be the same each time the handgun is handled. This knowledge should be applied when practising the basic handgun positions.

Spread the hand and push the 'V' as high as possible into the back of the grip.



When holding a self-loader, keep your hands clear of the slide upon recoil.



Cocking a single-action revolver with the thumb of the left hand.

The trigger finger should be clear of the grip and should not touch the handgun (not shown) anywhere except at the trigger. The thumb and fingertips should be relaxed.



The trigger should be pulled straight back with the pressure on the first half of the pad of the finger.



This handgunner is shooting from the prone position, with only his elbow and the butt of the handgun for support.

Breathing control

In order to minimise body movement, your breath must be held while firing. Before each shot, take a breath, let out enough air to be comfortable and hold the remaining breath while firing the shot. Because firing will usually occur within a few seconds, there should be no difficulty from lack of oxygen.

However, if the breath is held too long, muscle tremors may start. If tremors begin to occur, take the index finger off the trigger while keeping the muzzle pointed in a safe direction, lower the gun to 45 degrees, relax briefly, take a few breaths and begin the firing cycle again.

Sight alignment

Sight alignment is the relationship of the front and rear sights. The eye must be lined up with the front and rear sights and the sights positioned so that their alignment is correct. Proper alignment of the two sights means that the top of the front-sight is even with the top of the rear-sight. The front-sight must also be centred in the notch of the rear-sight so that there is an equal amount of space on each side of the front-sight. Correct sight alignment is the key to accurate shooting. Angular misalignment of the front-sight with the rear-sight introduces an error that is multiplied with distance.

To fire an accurate shot, it is essential to concentrate on the front-sight while squeezing the trigger. The eye is capable of focusing clearly on only one object at a time. It cannot keep the rear-sight, the front-sight and the target in focus at the same time. When the eye is focused properly for a shot, the front-sight should appear sharp and clear, the rear-sight should appear a little less sharp and the target should look blurred.

No shooter, no matter how expert, can hold a handgun in a firing position without some movement. This movement is called the 'arc of movement'. The very best that any shooter can do is to keep the arc of movement at a minimum; it cannot be eliminated. While maintaining a correct sight-picture, the shooter should gently squeeze the trigger while concentrating on minimising the arc of movement.

'Dry-firing' is the 'shooting' of an unloaded firearm. It is useful in practising marksmanship skills and allows a new shooter to concentrate on sight alignment and trigger squeeze without being distracted by the noise or recoil of live ammunition. Dry-firing is a good training exercise and can be practised at home by picking out a point on the wall and going through a firing sequence. Dry-firing practice will provide an opportunity to the new shooter to become

familiar with properly applying good shooting fundamentals, especially trigger squeeze and sight alignment.

Always be absolutely certain that the handgun is unloaded and that it never points in the direction of any other person. Don't forget, you must obey all firearm safety rules whenever handling a handgun, even when dry-firing.

Trigger squeeze

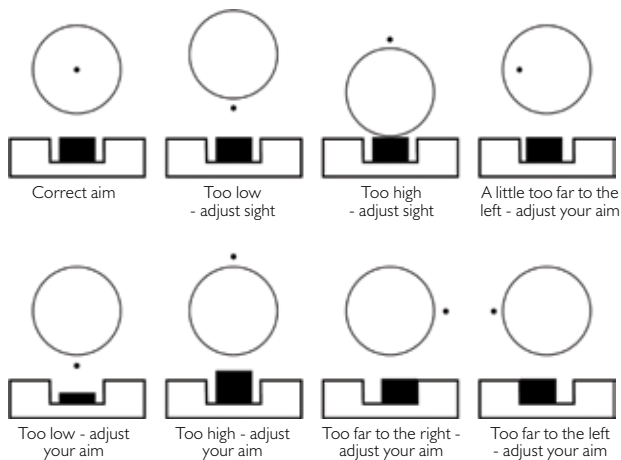
To properly squeeze the trigger, start to apply pressure to the trigger as soon as the sights come down into the white aiming area of the target. You should continue to apply steady pressure with the trigger finger while you concentrate on the sight-picture and wait for the shot to break. If the shot does not break within eight to 10 seconds, you should lower the handgun, relax and breathe, then try again.

Follow-through

As the shot breaks, remember to continue to focus on the sight-picture. After the recoil, the sights should return to the position held before the release of the shot. Hold this sight-picture for one to two seconds before lowering your arm. The sight-picture at the instant of the shot breaking will indicate the probable position of the shot on the target.

The sight-picture

Correct sight alignment is the key to accurate shooting. The following eight figures show how to identify alignment problems in the sight-picture.



Common shooting errors

Most shooters' problems result from the failure to properly apply the two most important shooting fundamentals: sight alignment and trigger squeeze. However, other factors may also cause a shooter to have problems in properly delivering a shot to the target.

Illustrated in this section are eight common errors committed by many handgun shooters. Study the 'Target errors' guide carefully, for the solution to a troublesome shooting problem might be found here. Be aware, however, that explanations other than the ones suggested here may also apply to the illustrated problem. Shooters who are having problems should seek advice from a handgun instructor or coach.

The shooting situations pictured assume that the handgun and ammunition are functioning correctly, that the handgun sights are adjusted properly and that the shooter is right-handed. The shot groups for a left-handed shooter will appear on the opposite side from the shot groups illustrated.

1. The shooter has 'heeled' the shots high on the target. This error is caused by anticipating the shot and, at the last moment before firing, giving the handgun a slight push with the heel of the hand. The front-sight moves up to the right and the bullets strike the target in the 1 to 2.30 o'clock zone.

2. The shots are strung over to the 2.30 to 3 o'clock zone and are caused when the shooter 'thumps' the handgun. Just as the shot begins, the shooter pushes the right

thumb against the side of the frame, causing the aligned sights to move to the right.

3. This is what happens when a shooter's grip tightens as the trigger is squeezed. This target area is known as the 'lobster' area - just as a lobster's claw clamps together, the shooter's hand clamps or snatches at the last second. This movement caused the front-sight to dip low and to the right, pushing the shots to the 3.30 to 5 o'clock zone.

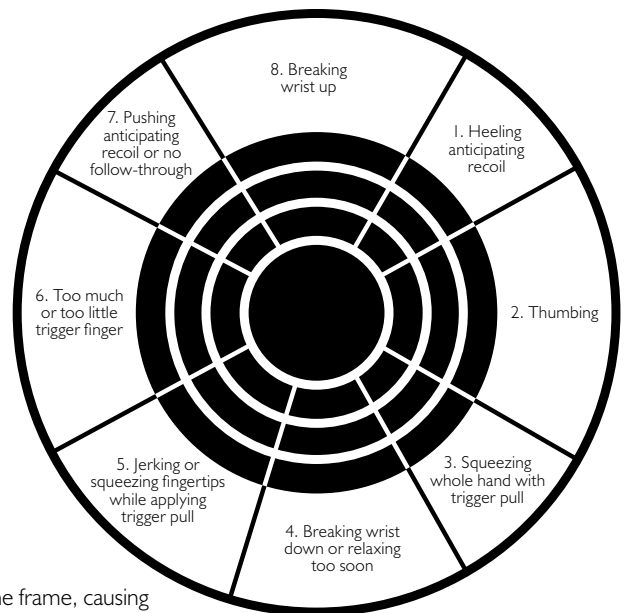
4. The shot string in the 5 to 6.30 o'clock area is caused when the shooter 'breaks' the wrist - another form of anticipation. The shooter expects the handgun to recoil at a known instant and tries to fight or control this anticipated recoil by cocking the wrist downward. The shooter may subconsciously believe that the recoil can be lessened by holding the wrist down. This shot group can also be caused by a shooter who relaxes too soon. The opposite of this can also occur whereby the shooter 'breaks' the wrist up instead of down; this is shown as example 8.

5. This pattern is caused when the shooter jerks the trigger, causing the front-sight to dip low and to the left before the bullet leaves the barrel. To correct this type of error, the trigger must be slowly squeezed until the shot fires, being careful while squeezing not to disturb the sight alignment and sight-picture.

6. This pattern is created when the shooter does not properly place the index

Target errors

This target can be used as a quick reference guide to determine the probable cause of an ill-placed shot. The target applies to right-handed shooters, so would be reversed for left-handed shooters.



finger on the trigger. In such cases, the shooter has a tendency to squeeze the trigger at an angle instead of straight to the rear. This improper squeeze causes the muzzle to shift to the left, with the shots striking in the 8.30 to 9.30 o'clock zone.

7. This pattern shows the effect of 'riding the recoil', where the shooter anticipates the recoil and makes the handgun recoil before it really happens. This type of pattern can also be caused by improper follow-through, in that the shooter releases the trigger finger too soon and may flip the finger forward, causing the front-sight to rise to the left. Errors of this nature will usually produce shots in the 9.30 to 12 o'clock zone.

While not shown in the 'Target errors' guide, beginner shooters can often commit many different errors, resulting in a target with shots scattered in many places. Such a target may be caused by the shooter's inconsistency, including changing the grip between shots, focusing on the target instead of the front-sight on some shots, failing to align the sights properly and so on. The pattern could also be caused by a new shooter's lack of holding strength and a resultant large arc of movement. To improve handgun skills, shooters should carefully and periodically review the fundamentals of handgun shooting to determine if they are missing any basic principles.

Handgun choices

For new target shooters, the best handgun with which to learn the fundamentals is a .22-calibre target handgun. The fundamentals are the same for all handguns, but the .22-calibre handgun offers many advantages. It has minimal recoil and noise and the ammunition is inexpensive, which allows for greater practice. Most .22s are very accurate and they are relatively cheap to purchase.

Either a revolver or self-loading handgun may be used during basic marksmanship training, although a self-loading handgun offers more versatility and is easier to master. If a revolver is chosen, it would be preferable to choose a double-action over a single-action, but it should be fired in single-action mode whenever possible. By shooting in single-action mode, less pressure will be needed to pull the trigger and it will be easier to concentrate on sight alignment and trigger squeeze.

Once your competency levels, accuracy and confidence have improved, you can then start to look and inquire with other shooters as to other types of handguns and their suitability for various matches and competition.

Handgun shooting positions

A variety of positions can be used when shooting a handgun. The three basic handgun positions are the bench rest position, two-handed standing and one-handed standing.

Bench rest

The fundamentals that have been explained can best be applied by using the bench rest position as the introduction to handgun shooting. This position permits the use of a sandbag or other object to support the hands and the handgun at the proper height and allows the shooter to concentrate on proper sight alignment and trigger squeeze.

The following guidelines for gripping and operating the handgun are for a right-handed shooter; left-handed shooters should make appropriate adjustments to these guidelines.

- Sit behind a bench or table and face the target.
- Keeping the handgun pointed downrange, with your finger off the trigger, place the handgun in your right hand while taking a proper grip on the handgun as previously explained and practised.

- After correctly gripping the handgun in the right hand, place the heel of the left hand against the heel of the right hand.
- Rest the left thumb on top of the right thumb and wrap the fingers of the left hand firmly around the fingers of the right hand. Caution: To avoid injury when using a self-loader, be careful not to place the left thumb in the path that will be taken by the slide when it recoils after a shot is fired.
- Fully extend both arms in front of the body with the hands (not the handgun) resting on the sandbags.
- Position the handgun so that it points naturally at the target.

Two-handed standing

The two-handed standing position is perhaps the easiest position for a new shooter. Both hands will be used to support the handgun when shooting, making it easier to hold the handgun steady.

While keeping the handgun pointed downrange and your finger off the trigger and using the proper grip, take the handgun in your right hand as previously outlined.



Shooting in the two-handed standing position. Note how even after the shot, the shooter maintains a stable stance and firm grip for good follow-through.



Some events require the shooter to move quickly through stations, shoot beside barricades or adopt different shooting positions. Understanding and obeying the commands spoken by a range officer is even more important in these situations.

After correctly gripping the handgun in the right hand, there are two different methods that can be used to support the right hand.

1. Rest the bottom of the grip portion of the frame and the heel of the right hand in the palm of the left hand. Hold the fingers of the left hand firmly up along the side of the right hand.

2. Place the heel of the left hand against the heel of the right hand. Rest the thumb on top of the right hand. Wrap the fingers of the left hand firmly around the fingers of the right hand.

- Face the target squarely with the body directly in front of the target. Place your feet shoulder-width apart with body weight distributed evenly. Keep your legs straight, back bent slightly backward, head erect and arms fully extended.
- After taking the above position and while using a proper two-handed grip, bring the handgun up to eye level. The handgun should point naturally at the centre of the target.

One-handed standing

The one-handed standing position is used in many competitive handgun shooting matches. Because only one hand is used when holding the weight of the handgun, there is not as much support as with a two-handed standing position. The one-handed position is required in these competitive events because it is more challenging than the two-handed position. However, this position can be easily mastered with practice and the use of the correct technique and position.

- Keeping the handgun pointed downrange at 45 degrees with the finger outside the triggerguard, hold the handgun using the correct grip in the right hand.
- To establish a natural point of aim, position the body at an angle of approximately 45 degrees to the target with the right side of the body closest to the target.
- To find if you are in the best position, raise the right arm in line with the target then turning your head away, rotate the

arm in a small circular pattern. Stop the motion when you feel your arm is in a comfortable, 'natural' position.

- Turn your head back towards the target. Look at the target and if your hand is pointing towards the centre of the target area, a natural point of aim has been established.
- If the hand is not pointing at the centre of the target area, move the left foot and pivot the right foot until the hand is pointing correctly. Turn the head away and repeat the arm rotation and pointing steps again. Keep repeating these steps until a natural point of aim has been achieved.
- Once you have confirmed a natural point of aim, ensure your body is positioned with your feet shoulder-width apart, weight evenly distributed and legs straight, but not tense. Your body and head should be erect, but comfortable.
- When raised, the right arm should be fully extended with the wrist and elbow locked in place.

- The left hand should be relaxed and placed in a pocket, or hooked in a belt or waistband. If the left hand is left hanging by the side it can become a distraction and can also affect the stability of your shooting position.
- You are now ready to bring the handgun up to eye level and commence a firing sequence.

Other shooting positions can be used successfully in addition to those described in this section and with experience you will become familiar with them. However, the one-handed and two-handed standing positions are the ones more commonly used.

Safety at the range

An approved SSAA range is one of the safest places to enjoy shooting. Standard SSAA range commands are used to control the shooting and maintain uniform safety practices.

The overall person in charge of the range is known as the 'range captain'. They have people assisting them called 'range officers'. These people's primary duty is the control of all shooting and associated activities on the range. They are responsible for ensuring that shooters obey all safety rules and that the range operates in a safe manner for the benefit of all shooters.

The range officer is generally the person who conducts the matches at the range and is the one who gives the verbal instructions, or 'range commands', to shooters on the firing line and during the course of a match. The purpose of these range commands is to provide clear, concise instructions, in a standardised form to all shooters. These commands must be obeyed by all shooters on the range in order to ensure the safety of all personnel on the range.

Each shooter is responsible for knowing, understanding and obeying all of the commands spoken by the range officer. Commonly used commands are:

"Load": When the range officer gives this command to shooters on the firing line, the handgun may be loaded. Ammunition is placed into the cylinders or the magazine and the cylinder closed or the magazine fitted to the pistol. The handgun must be held pointing downrange at 45 degrees. Prior to this command the pistol or revolver should

be placed on the bench with either cylinder swung open, or magazine removed and empty and action open.

"Are you ready?": When this command is given by the range officer, shooters may cock the hammer on revolvers, or work the slide to place a round of ammunition into the chamber of pistols. The shooter must still hold the firearm pointing downrange at an angle of 45 degrees towards the ground.

"Fire": The signal to commence firing may be a verbal command such as "Fire" or "Commence firing", or another signal such as a whistle blast or the action of the targets turning towards the shooters. As the signal to fire may change due to the type of match to be shot, you should ask the range officer prior to the match if unsure. When the command to fire is given, shooters may commence firing the sequence.

"Cease fire": May also be signalled by the range officer calling "Cease firing", "Stop", a whistle blast, the targets turning away from the shooters, or one of a number of other means. Once again, if you are unsure, seek clarification from the range officer. When the command "Cease fire" is given, shooters must stop firing immediately; even if in the process of pulling the trigger the shot must be stopped. Fingers must be removed from the trigger, the handgun held at 45 degrees to the ground pointing towards the

target. The shooter must wait for further instructions from the range officer.

Don't assume that the range officer is just calling the completion of that particular sequence of fire. The range officer may have seen a situation that you are not aware of that could lead to a breach of safety if left to continue, or some other activity that calls for the immediate cessation of shooting.

"Unload": With the firearm pointing downrange, swing out the cylinder and remove all cartridges from the chambers if a revolver, or remove and unload the magazine and pull and lock open the slide, clearing the chamber of any ammunition if a pistol.

"Show clear": Still keeping the muzzle pointing downrange, hold the firearm so that the range officer can look into and inspect the chambers of the cylinders for a revolver, or the magazine and chamber if a pistol.

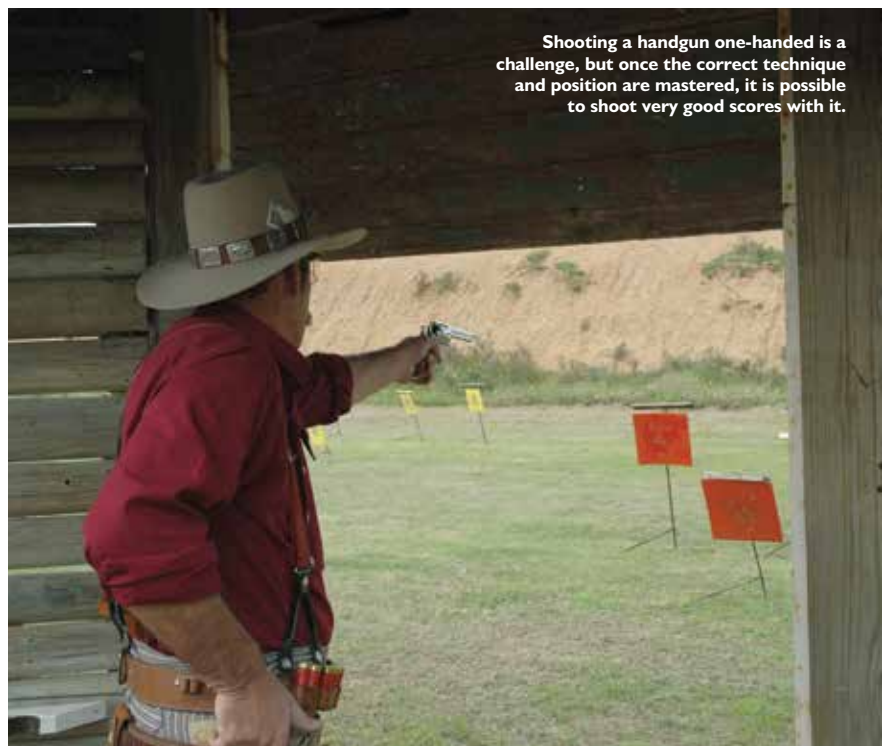
When visiting a new range, ensure you report to the range officer and make yourself aware of the range commands in use.

Exercises

There are many exercises you can do to help perfect your shooting technique. Some exercises are:

Single-shot exercise

Loading and firing off one shot at a time at the centre area of a blank target. A total



Shooting a handgun one-handed is a challenge, but once the correct technique and position are mastered, it is possible to shoot very good scores with it.



Some events permit shooters to adopt a shooting position they are most comfortable in. Practise shooting one- and two-handed and from various stances and positions until you find what works best for you.

of five shots will be fired. For a revolver, load only one round into the cylinder. Remember that the cylinder will rotate when the hammer is cocked. In order to load the chamber that will be rotated into the firing position when the hammer is cocked, it is necessary to know in which direction the cylinder will turn. This direction is not the same for all revolvers. Use single-action mode by cocking the hammer. Don't use double-action mode for this practice.

For a self-loading handgun, load only one round into the magazine. Don't try to bypass the magazine by manually inserting a round directly into the chamber. If the cartridge is not seated properly in the chamber, it is possible for the slide to hit and ignite the primer and hence the powder as the slide returns to its forward position.

Relax and don't rush. Concentrate on keeping the sights aligned while squeezing the trigger slowly to the rear. Remember that the firing of the shot should come as a surprise. Fire the total of five shots under the control of the trainer and/or range officer. When you are finished, carry out the correct unloading and clearance procedure and when directed by the range officer inspect the target.

Five-shot precision exercise

This exercise will involve the loading and firing of five rounds in the handgun. All five rounds will be fired at the centre area of a blank target. If using a revolver that has more than five chambers, be sure to close the cylinder with an empty chamber under the hammer.

As in the single-shot exercise, be sure that when the cylinder rotates that a loaded chamber will rotate into the firing position when the hammer is cocked. If using a self-loading handgun, load all five rounds into the magazine.

Once again, fire all five shots onto the target with the blank side facing you, relaxing between shots and concentrating on trigger and sight control. To be a good shot you must be consistent and always perform the fundamentals correctly, the same way and in the same length of time.

By using this consistent technique, good rhythm can be achieved. The rhythm pattern that is used in slow-fire shooting is achieved through practice and this will be the same pattern that will be used in rapid-fire shooting. The pace will quicken, but the pattern will remain the same.

When the exercise is finished, carry out

the same safety checks as you did in the previous exercise.

Rapid-fire exercise

Load and fire five more rounds in quick sequence, once again onto a blank target. The exercise is completed when all five shots have been fired. When you are finished, carry out the correct unloading and safety checks.

Sight adjustment

If shots are consistently grouping away from the centre of the target, it may be necessary to adjust the sights so that the bullets will hit the centre of the target.

Always move the rear-sight in the same direction that the bullet impact on the target should move to be on the point of aim. For example, if the shots are hitting to the right, move the rear-sight to the left. If the shots are hitting high, move the rear-sight down. After making the adjustments, fire five more shots to see where the bullets are hitting. If necessary, make further adjustments to the sights and repeat the grouping shots until the bullets are hitting at the point of aim.

Practice

The exercises will provide a basic initiation to handgun shooting. However, to improve or maintain shooting skills, it is necessary to practise on a regular basis. Shooting at a bullseye target is a good way to practise marksmanship skills and the scores that are shot can be recorded and monitored for improvement.

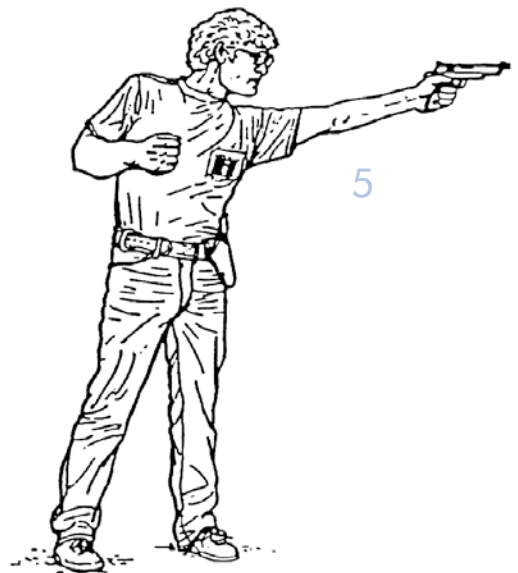
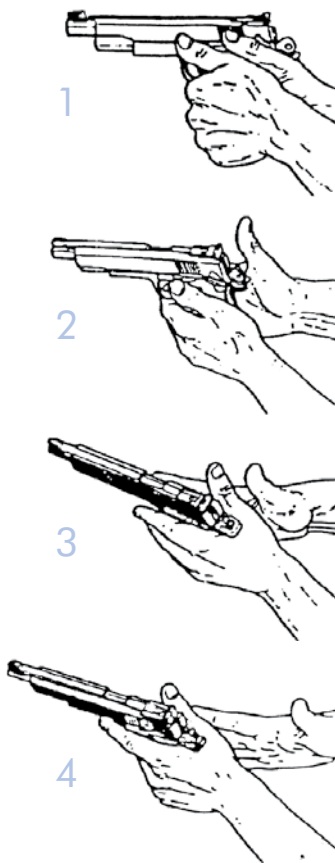
You should now have a level of competence and confidence that will allow you to commence improving your skill levels through practice and continue to enhance your knowledge and enjoyment of the sport of target handgun shooting.

Master tips - the switchover

The solid grip is essential in practical shooting disciplines and it's especially important when shooting with the weak hand only. This right-handed technique allows for a quick, safe switchover and gives maximum control over recoil. The process is reversed for left-handed shooters.

1. From the draw, as soon as the muzzle is pointing safely downrange, disengage the safety with the right thumb.

2. Tilt the left palm slightly upward while moving the thumbs and trigger finger away from the handgun.



3. Rock the gun into the web of the left hand, thumb replacing thumb around the grip safety.

4. Wipe it off; that is, draw the right hand sharply to the rear, along the plane created by the extended fingers.

5. The elbow points downward and the arm and wrist are locked. Keep the left shoulder lower than the right in order to get more weight over the gun and thereby dampen the vertical recoil.

Master tips - going prone

This right-handed technique shows you how to 'go prone' during competition. The process is reversed for left-handed shooters.

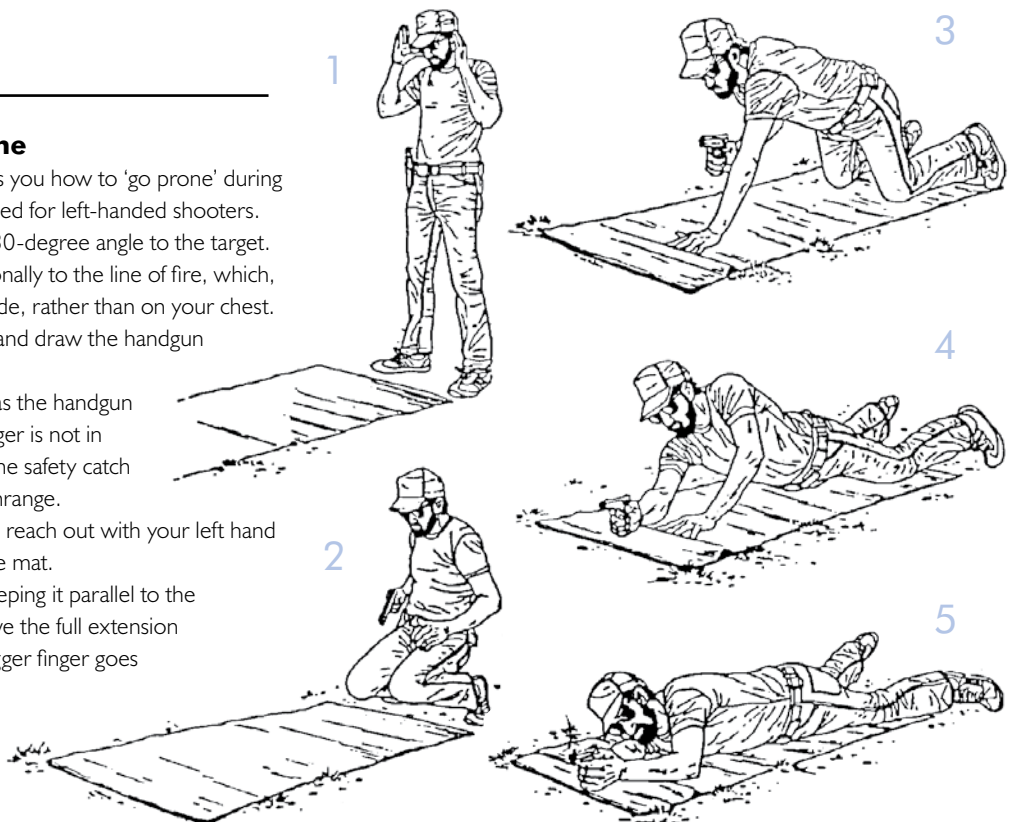
1. Position your mat at about a 30-degree angle to the target. This automatically places you diagonally to the line of fire, which, in turn, forces you to lie on your side, rather than on your chest. On the start signal, get a firm grip and draw the handgun from the holster.

2. Drop to your knees as soon as the handgun has cleared leather. The trigger finger is not in the triggerguard at this stage, but the safety catch is on. The muzzle is pointing downrange.

3. As your knees hit the ground, reach out with your left hand as far as possible and plant it on the mat.

4. Extend your gun arm fully, keeping it parallel to the ground; that way, you'll already have the full extension when you hit the ground. Your trigger finger goes in. The safety catch is released.

5. Let the right side of your body collapse onto the mat, then bring in your weak hand and you're ready to shoot.





Combined Services

THE COMBINED SERVICES discipline commenced in the 1980s in Victoria and Queensland, but is now proudly shot in all states and territories. Although previously called Military or Service Rifle, in recent years, the discipline has adopted Pistol competition, with the discipline now being a combination of the services.

The aim of Combined Services is to encourage organised competitive shooting with a view towards a better knowledge of the safe handling and the proper care of service firearms. The objective is to allow anyone to get into the sport quite cheaply and compete on an equal footing.

Rifle classes

Standard military rifles are the order of the day in these events, with the 3-Positional Core (from which a competitor's grading is obtained) being the principal event shot. The

The aim of Combined Services is to encourage organised competitive shooting with a view towards a better knowledge of the safe handling and the proper care of service firearms.

most popular rifles used in competition are SMLEs and Swedish Mausers, with P14s, M17s and K98s being used as well.

The list of events has been added to in recent years and the popularity of the use of these firearms has increased, most likely due to the lower ammunition costs and the challenge of using small-calibre firearms.

The rifles used in Combined Services Rifle competitions must fall into one of the following classes.

Class A

Class A rifles comprise close-range (100m) short-barrel (21") centrefire carbine-type rifles.

Class B

Class B rifles comprise medium-range (200 to 300m) bolt-action or lever-action centre-fire manually operated or self-loading repeating rifles.



These competitors are shooting their revolvers and pistols from the standing unsupported position.

Class C

Class C rifles comprise long-range (500m-plus) long-barrel centrefire rifles, including antique military rifles.

Class D

Class D rifles comprise breechloading cartridge rifles such as black powder single-shot centrefire rifles and falling-block-action centrefire rifles.

Class E

Class E rifles comprise muzzleloading, single-shot and non-cartridge breechloading rifles, including antique military rifles.

Class F

Class F (Sniping) rifles comprise two sub-classes. Class F1 includes Vintage Sniper Rifles of genuine unmodified as-issued and faithful reproductions as before January 1, 1946, while Class F2 includes Sniper Rifles of genuine unmodified as-issued and faithful reproductions as after January 2, 1946. Class F rifles may only be used in events organised for their class or combination of classes.

Class T

Class T (Tactical) rifles comprise rifles of service origin fitted with a telescopic sight with a rangefinding reticle, as may be employed by the Combined Services, intended for precision shooting between 25 and 600m. Such rifles may be genuine 'sniper' rifles as-issued or may be a rifle built up to meet these requirements as after January 1, 1991. Class T rifles may only be used in events organised for their class or combination of classes.

Class H

Class H (Modified/Accurised) rifles comprise rifles of service origin and calibre with modification beyond service specifications (such as plastic stock, floating barrel, glass-bedded barrel, lightened trigger action and so forth), or modification to enhance accuracy beyond the specification of the original regular service issue rifle and adopted or evaluated for use by a defence or law enforcement organisation for special issue, for purposes other than as a Class F rifle. Class H rifles may only be

used in events organised for their class or combination of classes.

Class J

Class J (Modified/Accurised) scope-equipped rifles comprise Class H rifles, which have been fitted with telescopic sights. Class J rifles may only be used in events organised for their class or combination of classes.

Class TR

Class TR (Training Rifles) comprise but are not limited to .22 Training Rifles and .310 Martini Cadet, provided documentary proof is provided to support the rifle's eligibility.

Other rifle information

Combined Services Rifle competition permits the use of any standard military service sling (either of original or faithful reproduction). However, it must be attached to the original sling mounting on the rifle, and not attached by buttons or straps to the body or clothing of the shooter or to any external mechanical supports such as a post or rail. A single point sling may be used, provided it is standard issue for that rifle. >



Combined Services Rifle shooters are permitted to use any standard military service original or reproduction sling to support their shooting.

The rifle's trigger must be the standard military trigger, with a pull weight no less than 1.2kg (2.64lb). The rifle's buttstock may be shortened, but not 'sporterised', and nothing (such as a pistol grip or cheekpiece) may be added, unless the rifle is reclassified and shot in Class F, H or J. A recoil pad may be used if it is of a slip-on type and has no hooks protruding. The use of recoil pads is the exception rather than the rule and its intended application is to be 'in the spirit of the competition'.

Webbing or belts carrying magazine pouches may not be used for support and shooting coats may not have any devices to stiffen or restrict the body. The rifle sling must not be fixed to the clothing by any means. Leather jackets are specifically excluded. Coats with shoulder or elbow pads are permitted. Gloves or mittens are not permitted, unless required for medical reasons.

Optical aids such as spotting scopes or binoculars are not permitted during events, except under the direction of a designated official for target checking.

Pistol classes

Pistols must comply with the state firearms legislation for the state of residency of the member, who must also possess the appropriate handgun licence and registration. The 3-Positional Core match is used to obtain the competitor's grade. The rule book contains many different matches for Pistol, several of which are shot as graded, while the rest are contested as open.

Pistols used in Combined Services Pistol competition must fall into one of the following classes.

Class 1

Class 1 (Defence) handguns comprise original issue or faithful reproduction centrefire

service handguns, with a modified barrel length or calibre only to comply with national and state laws. Competitors may use revolvers or self-loading pistols, which are or have been on regular issue to an army, navy or air force.

Class 2

Class 2 (Law Enforcement/Police) handguns comprise original issue or faithful reproduction centrefire service handguns, with a modified barrel length or calibre only to comply with national and state laws. Competitors may use revolvers or self-loading pistols, which are or have been on general issue to defence or law enforcement organisations. A Class 1 handgun cannot be classed as a Class 2 handgun.

Class 3

Class 3 (Accurised/Modified/Target) handguns comprise any Class 1 or 2 service issue centrefire handgun or faithful reproduction that has been modified from its original specification, either post-production or at the factory, and may feature target-shooting-adjustable sights, hand-customised grips, barrels, trigger systems, trigger saddles or compensators.

Class 4

Class 4 (Rimfire) handguns comprise any rimfire handgun that substantially replicates the functions of a Class 1, 2 or 3 handgun.

Class 5

Class 5 (Black Powder) handguns comprise any original issue or faithful reproduction black powder military handgun, either a revolver or single-shot pistol, which has been on general issue to an army, navy, police or paramilitary force.

Other pistol information

Combined Services Pistol competition permits the use of a handgun with a trigger weight no less than 1.36kg. Both stages of double-action triggers on revolvers must comply in both stages.

The holsters used must be practical, safe, serviceable and fit the handgun. In supplementary events, where there is a requirement to draw from the holster, the shooter must hold their state or territory's qualification and the holster must be of a type that covers the trigger.



Gloves or mittens are not permitted, unless required for medical reasons.

Optical aids such as telescopic, red dot and optical sights, spotting scopes or binoculars are not permitted during the competition, except under direction of a designated official for target checking. A shooter may not use or wear any optical aids or devices of any type that provide an unfair advantage to them.

Targets

The targets used in Rifle competitions include the standard 1200x1200mm SSAA Military/Service Rifle target (Core Target), which has a large black aiming point. A mini 600x600mm Core Target has been developed and is available for specific matches, but can also be used to simulate longer distances on ranges with range limits. Scoring is taken at target value, with the centre 'V' bull used to decide tied scores. A shot that touches the line is given the higher value.

The targets used in Pistol competition include the SSAA Military Pistol Target 2001. Scoring is at target value, with the centre 'X' bull used to decide a tied score. Once again, a shot that touches the line is scored at the higher value.

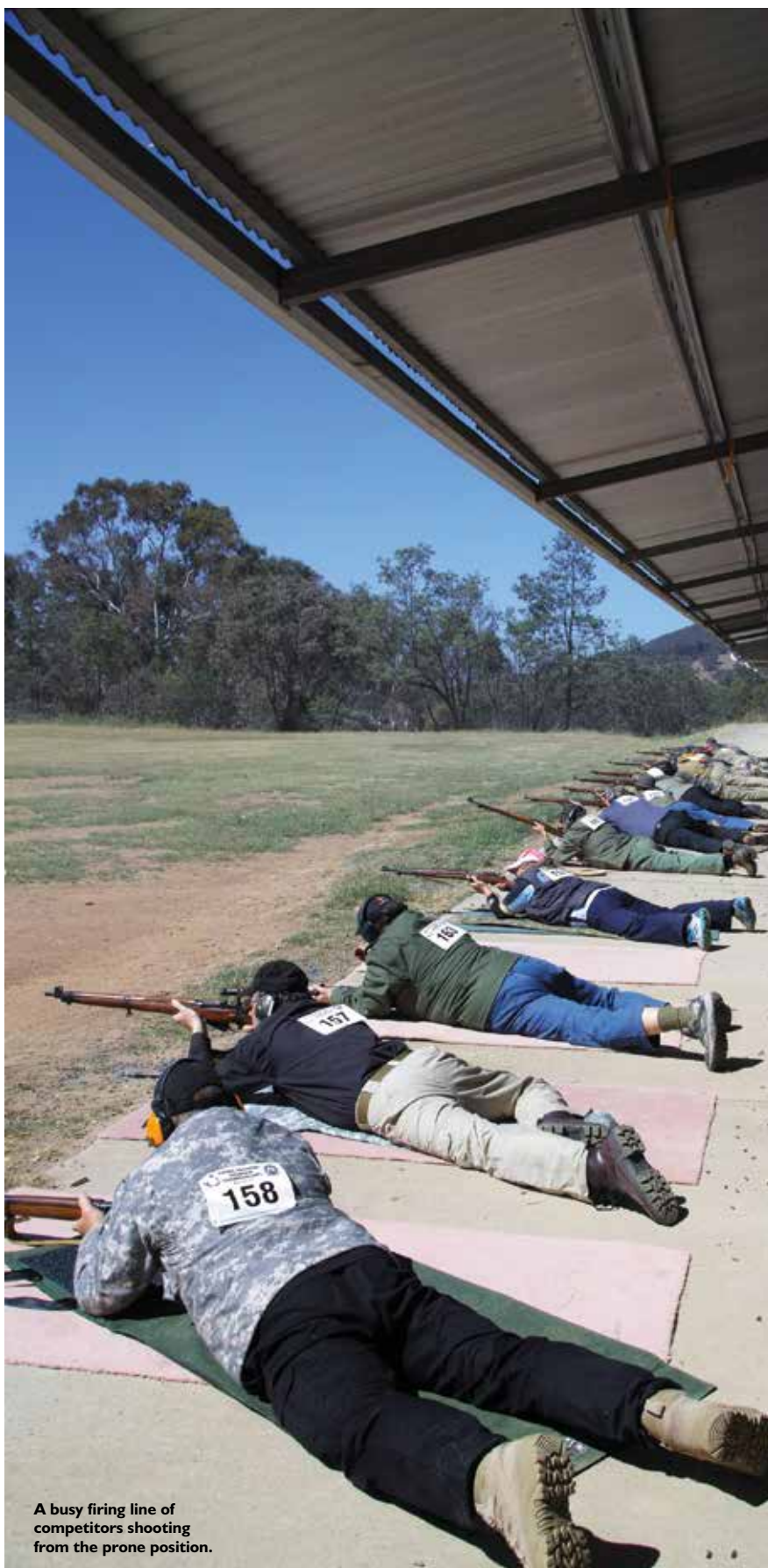
Ammunition

Combined Services permits the use of any ammunition that is allowed by law and approved for use at that particular range. The same ammunition, type and loading must be used throughout an event. The spirit and intent of this discipline is embodied in the use of standard military-specification loads. For instance, if a handgun is marked as a .357, then .357 loads must be used. This engenders the full recoil effect of such firearms and recovering of sighting for successive shots fired.

Handgun projectiles may be lead alloy round-nose, lead alloy semi-wadcutter or jacketed ammunition, depending on range approvals. Chargers or loaded magazines may be used on the firing point in the course of the competition, where permitted by particular match rules.

Additional information

ssaa.org.au/combinedservices



A busy firing line of competitors shooting from the prone position.

Handgun Metallic Silhouette

SILHOUETTE SHOOTING HAD its origins in Mexico in the early 1900s, when the Mexican Revolutionary general Pancho Villa's troops used live animals as targets in long-range rifle shooting contests. Live animals were replaced with metal silhouette targets in about 1950. This new rifle competition 'migrated' to the United States in the mid-1960s and developed quite a following there.

The first Handgun Metallic Silhouette match, using the same targets at shorter ranges, was conducted in 1975 in Arizona and was very well received by shooters. One year later, the International Handgun Metallic Silhouette Association (IHMSA) was formed and the sport grew. The match soon came

In Handgun Metallic Silhouette, competitors shoot handguns to knock over metal targets shaped like chickens, pigs, turkeys and rams.

to Australia and by the early 1980s, matches were being conducted around the country.

Targets and scoring

In Handgun Metallic Silhouette, competitors shoot handguns to knock over metal targets shaped like chickens, pigs, turkeys and rams. They are of varying thicknesses and are placed at ranges between 10 and 200m, depending on the calibre of the handgun

being used. A steel stand is set into the ground and the targets are placed on it in groups of five, with each five-target group called a 'bank'.

Targets are fired upon in timed two-minute stages, firing at five targets per stage, in order, from left to right. The target must be knocked over to score. Any hit that doesn't topple the target is scored as a miss, no matter how good the shot was.



A competitor shoots the Field Pistol Production Any Sight match, while his spotter looks on.



A view from the range line, showing the animal-shaped silhouette targets.

Matches

Handgun Metallic Silhouette comprises three official matches, with each match subdivided into categories.

Big Bore

Big Bore matches require the use of centrefire handguns to knock down the almost life-sized targets, which are placed as follows: chickens at 50m, pigs at 100m, turkeys at 150m and rams at 200m. The matches are broken up into several main categories for competition: Production, Revolver, Standing, Unlimited, Unlimited Standing, Unlimited Any Sight, Unlimited Half Scale and Unlimited Any Sight Half Scale.

Smallbore

Smallbore matches require the use of rimfire handguns to knock down chickens at 25m, pigs at 50m, turkeys at 75m and rams at 100m. You might expect that because the range distances are halved that the targets would also be half-sized - not so. The targets are scaled down to three-eighths of full size, which makes this match more difficult to shoot compared to the full-sized Big Bore match. There is also a 50m Rimfire match, using one-fifth-scale targets, which is popular with clubs having restricted ranges.

Smallbore is conducted using the same

rules as Big Bore, except only .22 Long Rifle ammunition may be used and it must be fired as manufactured. No Magnum or hyper-velocity (stingers, etc) ammunition may be used. Smallbore matches are broken into several main categories: Production, Revolver, Standing, Unlimited, Unlimited Any Sight, Unlimited Fifth Scale and Unlimited Any Sight Fifth Scale.

Field Pistol

Field Pistol is a centrefire match available to clubs with a range limited to 100m. It is shot at the same ranges as Smallbore, but requires centrefire handguns. The targets for this match are scaled down to half-size and are much heavier than the Smallbore targets.

Field Pistol matches include only two categories: Production requires stock handguns with factory sights, while Production Any Sight requires stock handguns fitted with scopes, red dots or other optical devices. The scope, mounts and other optical devices must be used as manufactured, with no modifications.

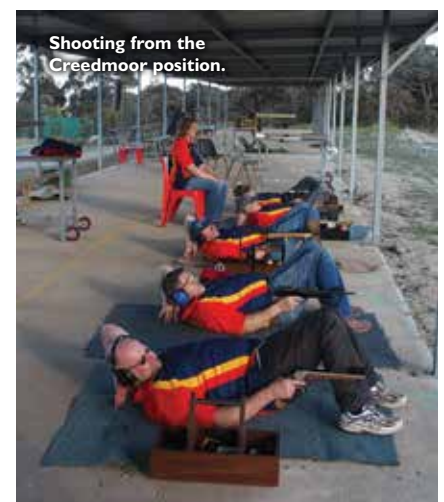
The firearms used in Field Pistol are further limited to chamber only straight-walled handgun cartridges of standard manufacture with a maximum case length of 1.29" (32.76mm). Both Field Pistol categories are fired from the standing position only.

Firearms and categories

The handguns used in the Big Bore and Smallbore matches fall into four categories.

Production

Production category handguns are the mainstay of Handgun Metallic Silhouette. This category was introduced to allow shooters to compete on an even footing as far as equipment was concerned. The handgun must be used complete in form, finish and mechanical function as manufactured, with few modifications allowed. Aftermarket sights and grips may be fitted, provided they are catalogue items and can be fitted



Shooting from the Creedmoor position.

without modification to the handgun or the part.

Barrel length must not exceed 10.75" (273mm) and the weight of the handgun with all accessories must not exceed 4lb (1.8kg) unloaded. A trigger job may be performed by polishing the sear engagement surfaces of the trigger and hammer. The factory springs may be modified, but no aftermarket parts may be used. Muzzle brakes or ported barrels are not allowed in this category. Bolt-action handguns are not allowed in the Production category, but all other types of action are acceptable.

Revolver

The Revolver category is self-explanatory, but the revolver must also meet the Production category rules, in that it must be a Production revolver. The handgun must be loaded with five rounds and fired as a revolver, although the same handgun may be loaded individually if later used in the Unlimited category.

Standing

The Standing category is also largely self-explanatory; the handgun must be fired from a standing position. The firearm used for this category must be a Production-class handgun and may be a single-shot, revolver or self-loader. The handgun may be held with one or both hands, with no support



A close-up of the smallest Handgun Metallic Silhouette targets, the chickens.

to the shooting arm between the wrist and shoulder.

Unlimited

In the Unlimited categories, the shooter's imagination can practically run wild as far as handgun selection is concerned. The only restrictions affecting an Unlimited handgun are a barrel length and sight radius limit of 381mm (15") and a maximum weight limit of 2.7kg (6lb). There is no restriction on calibre or action type, and many of the centrefire bolt-action handguns are chambered in rifle calibres.

Other rules

Apart from quality firearms, the Handgun Metallic Silhouette shooter requires certain other pieces of equipment. With rifle-like

loads being used in pistol-length barrels, the noise generated on the firing line can be high, so good-quality ear protection is recommended. Many shooters choose to wear earplugs, as well as muffs.

Eye protection is recommended when in the immediate vicinity of the firing line, as splashback from close field targets may result. Eye and ear protection is also often recommended for spotters using scopes or binoculars within close proximity when shooting is in process.

Most shooters also choose to wear an elbow guard or pad on their shooting arm when shooting in the Creedmoor or back position. A leg guard or blast shield is also required when shooting a revolver from the Creedmoor position.

Getting started

If you'd like to try Handgun Metallic Silhouette, contact your SSAA state or territory office to find the nearest range that conducts the match. That might sound obvious, but 200m handgun ranges are not all that common, so you might like to start with a club that shoots the 50m match. Undoubtedly, someone at that club will also shoot the Big Bore matches and there is your contact.

You don't need to turn up for the first time with a match-ready Silhouette handgun. Most shooters are very obliging and if you're suitably licensed, they'll let you borrow a firearm and have a few shots. In this situation, it is good policy to offer to pay for the ammo or buy the owner a coffee after the shoot.

Additional information

ssaa.org.au/handgunsilhouette



One chicken target down, four to go!



Target Pistol

TARGET PISTOL IS the result of the SSAA adopting the American NRA Target Pistol match as its international target handgun discipline in 2005. The discipline itself is a single-handed handgun sport where shooters engage paper targets at 25 and 50m with a variety of handgun types and calibres.

Many of the matches have their roots in previous eras and types of service pistol shooting. Indeed, the discipline originated in the late 19th century as a means of training and competing with handguns. The Olympic Standard Pistol match traces its origins to an adaption of the NRA Standard .22 section, with the slow-fire stage brought back from 50 to 25 yards.

The discipline itself is a single-handed handgun sport where shooters engage paper targets at 25 and 50m with a variety of handgun types and calibres.

Firearms and classes

Target Pistol comprises several main events and side matches, with each based around the class of handgun used. The use of telescopes or spotting scopes to spot shots is permitted. However, sighting shots are not permitted as part of the course of fire.

All events are registered and graded via the National Discipline Chairman. Once shot, scores are sent in for registration and a graded copy is returned. The Chairman maintains the national grading register for all competitors.



Any .22-calibre Pistol or Revolver

This permits the use of any .22-calibre handgun using any .22 rimfire cartridge having an overall length of no more than 1.1" or a projectile heavier than 40 grains. The handgun's barrel length must be no longer than 10" and the trigger pull weight must be no less than 2lb. Any sights including a telescopic or red dot sight may be used. Iron sights are to be no more than 10" apart. Sights that project an image onto the target are not permitted.

These handguns may be shot in either the National Match Course (30 shots) or the full 900 Match (90 shots), which forms one half of the 1800 Aggregate Match principal event at National Championships.

Standard Smallbore Pistol .22-calibre Rimfire

This permits the use of any .22 rimfire pistol with metallic/iron sights only. The pistol's trigger pull weight must be no less than 2lb. Orthopaedic grips are permitted. Standard Smallbore Pistol .22-calibre Rimfire is largely historical and is aimed at how Target Pistol was contested in its early days. With iron-sighted handguns such as the High Standard, Standard Smallbore Pistol .22-calibre Rimfire was superseded by Any .22-calibre Pistol or Revolver and is now largely shot as a side event at some State Championships and the National Postal Championships.

The basic rules for this event form the basis for other side events such as the Made in America match, which is contested with US-manufactured handguns conforming to these rules, principally as a junior competition.



This Feinwerkbau pistol with Aimpoint sights satisfies the Any .22-calibre Pistol or Revolver match.

The course of fire used for all variations is the National Match Course (30 shots).

International Mayleigh

This permits the use of the same handguns as used in the Any .22-calibre Pistol or Revolver event. The course of fire is 30 shots at 50m.

Distinguished Revolver

This permits the use of any revolver capable of chambering and firing a 158-grain round-nose or semi-wadcutter .38 Special cartridge. The revolver must be factory manufactured, with no external modifications. Stocks are to be factory or as

near as possible to factory configurations, with a mirror-image left and right grip. Orthopaedic grips are not permitted. The revolver's barrel length is to be no longer than 6.5". Fixed or adjustable rear-sights are permitted, but adjustable fore sights are not. The revolver's trigger must have single- and double-action capability, and the trigger pull weight must be no less than 2.5lb when tested in single-action mode. Trigger shoes, compensators, tape or sticky substances on the stock and non-original triggerstops are not permitted.

Distinguished Revolver pays tribute to the revolver's historical domination in police forces the world over. In the US, the event is very prestigious, with competitors vying to qualify for the Distinguished badge, which service personnel can wear as part of their uniform. The course of fire is the National Match Course.

Any Centrefire Pistol or Revolver

This permits the use of any .32-calibre (7.65mm) or larger centrefire handgun. The handgun's barrel length including the cylinder is to be no longer than 10", and the trigger pull weight is to be no less than 2.5lb. Any sights including a telescopic or red dot sight may be used. Iron sights are to be no more than 10" apart. Sights that project an image onto the target are not permitted.

Any Centrefire pistol or revolver may



The Smith & Wesson 586 satisfies the rules for a Distinguished Revolver class firearm.

be shot in the National Match Course or the full 900 Match Course. As a 900 Match Course, it forms the other half of the 1800 Aggregate Match at National Championships.

Any .45 Pistol or Revolver

This permits the use of any .45-calibre centrefire handgun, where permitted by state or territory law. The handgun's barrel length including the cylinder is to be no longer than 10". The trigger pull for revolvers is to be no less than 2.5lb, while the trigger pull for .45-calibre self-loading pistols is to be no less than 3.5lb. Any sights including a telescopic or red dot sight may be used. Iron sights are to be no more than 10" apart. Sights that project an image onto the target are not permitted. Where permitted, the Any .45 Pistol may be used to shoot the Any Centrefire match as well.

Any .45 pistol or revolver may be shot in the National Match Course or the full 900 Match Course. As a 900 Match Course, it forms the other third of the 2700 Aggregate Match at International Championships.

M9 Distinguished Service Pistol Match

This permits the use of a Beretta 92 9mm pistol of US-issue type or a commercial pistol of the same type and calibre. The handgun's barrel length is to be between 4.9 and 5", and the handgun's overall length is to be between 8.52 and 8.62". The sights are to be no more than 7.25" apart. The stocks are to be no more than 1.5" wide and may not be of a wraparound design. Tape may be used on the fore-strap or grip-rear, but may not be wrapped around the grip. The trigger pull weight is to be no less than 2.5lb. Any safe 9mm Parabellum load with a minimum 115-grain projectile may be used. The double-action capability of the firing mechanism must be operable. A long list of pistol modifications is permitted, including replacement barrels, slides and sights.

In the US, the M9 Distinguished Service Pistol Match forms the Service Pistol match and may be shot with either a current-issue Beretta M9 9mm or the previous standard 1911 .45 Auto in service-issue format. Due to restrictions on .45-calibre handguns in Australia, we limit this match to the Beretta M9 9mm.

The match is to military service personnel



The Distinguished Revolver class only permits the use of factory-manufactured revolvers in .38 Special calibre.



Any .22-calibre pistol or revolver may be used in the International Mayleigh match.

as to what the Distinguished Revolver match is to police officers. Once again, in the US, there is a Distinguished badge to be contested, which has a coveted place on a serving soldier's uniform. There are also several side matches based on the Beretta M9. The DCM match is shot using unaltered, as-issued M9 handguns. The course of fire used for all variations is the National Match Course.

Open Revolver Match

This is an important side event, which uses an Any Sight .32- (7.65mm) to .38-calibre revolver with a maximum barrel length including its cylinder of 10". The handgun barrel may be rebarrelled and fitted with

custom grips, and the trigger weight is to be no less than 2.5lb.

Open Revolver Match includes a class of handgun that recreates the golden age of the revolver in the Any Centrefire Pistol or Revolver event, and is principally shot today in the Harry Reeves Memorial Match in the US. The course of fire is the National Match Course.

Courses of fire

Target Pistol includes four courses of fire.

National Match Course

The National Match Course comprises one string of 10 shots slow-fire at 50m/yards in 10 minutes, two strings of five shots timed

fire at 25m/yards with 20 seconds per string, and two strings of five shots rapid-fire at 25m/yards with 10 seconds per string. This course of fire is applicable to all firearm classes, except International Mayleigh.

900 Match Course

The 900 Match Course is the basis for National Championships and comprises two strings of 10 shots slow-fire at 50m/yards with 10 minutes per string; the 30 shots from the National Match Course; four strings of five shots timed fire at 25m/yards with 20 seconds per string; and four strings of five shots rapid-fire at 25m/yards with 10 seconds per string, totalling 90 shots. The course of fire is applicable to the Any .22-calibre Pistol or Revolver and Any Centrefire Pistol or Revolver firearm classes.

International Mayleigh Match

The International Mayleigh Match is based on an international postal match, which has been running for more than 50 years and is shot as a side match at National Championships. It permits the use of the same handguns as used in the Any .22-calibre Pistol or Revolver class and

comprises three strings of 10 shots slow-fire at 50m with 10 minutes per string.

Short Course Match

The Short Course Match comprises the same course of fire as the National Match Course and 900 Match Course, except the slow-fire stage is shot at 25m/yards on a greatly reduced size B16 target. The Short Course Match has the same value for grading purposes as the normal distance matches.

Targets and scoring

The National Match Course and 900 Match Course is shot on NRA B6 50-yard and B8 25-yard targets, which are widely available in Australia. The only difference between the two targets is there is one less ring colored black on the B8; the actual ring sizes and values are identical. The FI Mayleigh 50-yard slow-fire pistol target is the same as the B6 and may be used for both distances. All have rings from 10x down to 5.

The International Mayleigh Match is shot on the International Slow Fire Target, while the Short Course Match is shot on the NRA B16 25-yard slow-fire target and the FI Mayleigh or B8 25-yard timed and rapid-fire targets.



Shooters score and patch out their targets in preparation for the next match.

Targets are scored after each 10-shot stage. If a bullet hole touches the scoring ring of a higher value, the higher value is awarded to the shooter. Official score-sheets are available via email from the National Discipline Chairman.

Additional information

ssaa.org.au/targetpistol



Action Match

ACTION MATCH IS one of the most demanding handgun competitions available. Developed in 1979 by John Bianchi, a former LAPD police officer and then CEO of holster manufacturing company Bianchi International, the match included variations from existing handgun competitions such as IPSC and PPC. The Bianchi Cup Invitational Pistol Tournament became famous as the world's richest handgun event and attracts the world's best handgun competitors. In 1985, the NRA took control of the Bianchi Cup and now hosts the event annually in Missouri. The SSAA regularly sends a team to this prestigious event to compete against shooters from around the world.

The SSAA continues to promote Action Match to ensure all sporting shooters who legally own and use sporting handguns can access national and international competitions to further develop their competitive skills and justify ownership of their firearm. The SSAA Action Match National Championships culminates in the Smith & Wesson Cup.

A strong dedication is required to remain within this disciplined sporting activity, but participation brings immense personal satisfaction.

Prerequisites

Those considering entering Action Match need to be aware of some basic prerequisites. The process to obtain a firearm licence to possess and use handguns for legitimate sporting purposes requires a focused sense of purpose. Joining a handgun club, fulfilling the probation attendance requirements, satisfying your state or territory's judicial requirements for the issue of a firearms licence, undertaking both a personal obligation and legal requirement for adequate security of your handgun, and meeting the club attendance regime are all steps that must be overcome before you even think about the self-discipline required to develop your skills within Action Match. Clubs will assist you in understanding the

process involved and achieving your desired outcome.

The 2002 Australian National Handgun Agreement redefined on a national basis the rules by which sporting handgun shooting could be undertaken. A strong dedication is required to remain within this disciplined sporting activity, but participation brings immense personal satisfaction.

Firearms and classes

Action Match permits the use of revolvers and self-loading pistols. Australia's 2002 handgun legislation prescribes that all calibres must be not greater than .38, except for those events such as Handgun Metallic Silhouette or Single Action. Action Match competitors therefore can use either a .38



A good stance and firm two-handed grip assist in accurate shooting in this fast-paced discipline.

Super or 9mm Parabellum in self-loaders or a .38 Special/.357 Magnum in revolvers. The minimum calibre allowed by the NRA rules for any handgun of any type in any class is 9mm, fuelled by no less than a power factor (bullet weight x muzzle velocity) of 120,000. Action Match firearm classes include Open, Metallic Sight and Production. Holsters must be safe, practical,

serviceable and suited to the pistol used and must retain the handgun during any activity within a course of fire.

In 2009, the SSAA signed an agreement with the United States Practical Shooting Association to manage the handgun shooting competition of Steel Challenge as a sub-discipline of the Action Match discipline. Steel Challenge is an exciting sport to participate

in as well as observe because like the many Metallic Silhouette competitions, there is instant feedback regarding a hit or miss on the steel targets.

Open

Open class includes highly modified firearms with optical sights permitted and allows other major changes to the handgun,



In Steel Challenge, competitors shoot from a stationary position at static steel plates.



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including 'wings' for stabilising the handgun when used in conjunction with the barricade. These are the types of firearms that are generally used in competition. When you read of possible scores being shot and winners being decided upon the X-ring count, you can be assured that they are using specialised handguns fitted with optical sights.

Metallic Sight

Metallic Sight class does not allow the use of peep, optical or electronic sights, orthopaedic grips, thumb rests or compensators or ported barrels. The barrel length of self-loading pistols is limited to 6.25" and revolvers to 8.625". These handguns normally have custom frame extensions fitted to the base of the pistol grip, so when the competitor goes into the prone position, the metal sights settle at the right 'attitude' in relation to the target. These handguns, either revolver or self-loading pistol, are normally

modified to ensure maximum accuracy coupled with reliability.

IPSC standard guns and Service pistols can shoot in this category. Most of the top Action Match competitors enjoy shooting both classes of firearms if and when the competition facilities allow.

Production

Production class allows a handgun, which, according to the NRA rule book, is or has been a catalogue item readily available to the licensed general public and is equipped with metallic sights. IPSC Production handguns suit this class.

International rules dictate that the calibre must be 9mm or larger, although recent changes to Australian firearm laws restrict Australian sporting shooters from owning handguns above .38 Special/9mm in calibre to specific disciplines, so for Action Match shooters, the 9mm Parabellum, .38

Special, .38 Super, .357 SIG or .38-45 are appropriate.

The rules specifically prohibit 'custom shop' models. When you see scores shot with Production and Open class handguns, you will observe the disparity that indicates the advantage that optical sights offer. This category will, however, start you going in Action Match for a minimal cost. Luckily, for Australian handgun competitors, there are a number of experienced custom gunsmiths who are capable of modifying a stock handgun to a serious competitive standard. These gunsmiths are conversant with Action Match rules and what can and can't be done to your handgun to ensure compliance with those rules.

Steel Challenge

Steel Challenge is a rimfire and centrefire handgun shooting event. Rimfire firearms are to be chambered in .22 Long Rifle calibre only, while centrefire handguns must be



Competitors await the signal to shoot from behind the barricades.

chambered in the minimum calibre of .38 Special (9mm). All rounds must travel at a minimum of 750fps. Multiple-projectile and Magnum loads are not permitted.

The use of holsters is permitted and they should be mounted in the general vicinity of the waist and must retain the handgun. Triggers may not be fully exposed, with the exception of western holsters for single-action revolvers. Rimfire competition does not involve the use of a holster.

Courses of fire

While the NRA rule book lists several courses of fire for shooting Action Match competition, the Bianchi Cup normally consists of four 'stages': Practical, Barricade, Moving Target and Falling Plates.

Practical

The Practical event has four stages from 10, 15, 25 and 50 yards. Facing two targets downrange, the competitor engages targets with various time limitations.

Barricade

The Barricade event is similar, but the



When shooting from the prone position, the shooter's arms and handgun may only be supported by the ground or a shooting mat.



The Falling Plates event is a real crowd-pleaser due to its high visual effect.

competitor may use a barricade situated at 10, 15, 25 and 35 yards.

Moving Target

The Moving Target (Modified) event has the competitor facing a target, which comes from behind cover and travels 60ft in six seconds before again being covered from fire. The competitor engages each target during four stages at 10, 15, 20 and 25 yards within the six-second exposure time.

Falling Plates

The Falling Plates event is probably the most recognisable Action Match stage and requires the competitor to engage 6x8"-diameter metal 'plate' targets in various time-frames from distances of 10, 15, 20 and 25 yards. It is acknowledged as the most unforgiving stage, as each miss takes away 10 points, and multiple misses can be fatal for hopes of a winning position. However, it is not unusual for top competitors to successfully hit all plates, and shoot-offs are becoming more prevalent in high-level matches. Unlike some other forms of handgun events, the Falling Plates match is a crowd-pleaser due to its high visual effect. Forty-eight rounds are fired for a possible score of 480 points on each stage. The total match score is 1920, with the winner often decided by the number of X-ring hits obtained in the 10-ring.

Steel Challenge

Steel Challenge comprises eight stages, in which competitors are required to shoot from a stationary position at static steel plates. The eight stages shot are

Accelerator, Five to Go, Outer Limits, Pendulum, Roundabout, Showdown, Smoke & Hope and Speed Option. Each stage is unique in its design and offers a different challenge to the shooter. All courses of fire are shot from a single shooting box, except for Showdown and Outer Limits, which have two and three shooting boxes respectively.

Steel Challenge scoring is simple: Your time is your score. There are five plate targets, with four being primary plates and the fifth being the 'stop plate'. Each of the primary plates must be hit at least once

during each string of fire, followed by the stop plate, which must be hit last to stop the time. Competitors may fire as many rounds as they deem necessary for each string of fire. The best four out of five strings will be counted as the total score for each stage, except for Outer Limits, which will be the best three out of four runs. The total score for all stages will determine the order of finish for final standings.

Additional information

ssaa.org.au/actionmatch



Action Match permits the use of revolvers and self-loading pistols from 9mm- to .39-calibre.

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SSAA Adelaide Target Shooters Club Inc
Firearm and Range Safety and Proficiency Training
Handgun H1 Practical Lesson 1 - Semi-auto Rimfire (50 Rounds)

Trainees Name _____ Date _____

Firearms Licence No. _____

- Trainee has satisfactorily completed classroom theory and Handgun safety lesson.
- 1. Loads magazine correctly.
- 2. On the command 'load and make ready' picks up the firearm in the correct manner. Checks that the safety catch (if fitted) is on and that finger is clear of the trigger. Inserts a loaded magazine. Allows the action forward.
- 3. Keeps the muzzle in a safe direction down range at all times while in the 'ready' position, 45 degrees to ground and finger off the trigger resting alongside the trigger guard.
- 4. Checks that hands and fingers are clear of the action.
- 5. Waits for 'are you ready' and does not respond if 'ready'. Clearly advises the Range Officer if 'not ready'.
- 6. Waits correctly during 'standby'.
- 7. On the command 'commence fire' brings the firearm up to the firing position and moves the safety catch (if fitted) off. Aims, places finger on the trigger and when ready to fire gently squeezes.
- 8. Fires the correct number of rounds. Places the safety catch (if fitted) on and returns to the 'ready' position awaiting the 'unload and show clear' command. Finger is off the trigger resting alongside the trigger guard.
- 9. On the command 'unload and show clear' correctly removes the magazine and if required opens the action and engages the slide stop. Places the firearm correctly on the bench for inspection and clearing by the Range Officer. Inserts an orange or yellow Empty Chamber Flag. Keeps the firearm safely pointed down range throughout this procedure.
- 10. Understands that Handguns must never be left unattended on the Range, always locked away or holstered.

Misfires, Stoppages, Jams

- 1. Understands and follows mandatory hangfire, misfire or squib load procedures. Knows the SSAA stuck live round requirement.
- 2. Is able to safely clear a misfired or jammed round in the chamber; a) Tap and Rack, or if that does not resolve the issue - b) remove magazine then Rack.
- 3. Is able to safely clear a jammed case - stove pipe.
- 4. Is able to safely evaluate and clear other stoppages or jams.

Overall Safety and Handling

- 1. Displays a responsible and mature attitude concerning the safety requirements when handling firearms and is able to describe and show safe conduct at all times.
- 2. Is able to explain and exhibit correct stance, grip, sighting, breathing, trigger control and follow-through.
- 3. Is able to safely shoot; standing, single handed, prone, kneeling, sitting.
- 4. Precisely follows the directions of the Range Officer.

Competent Yes No

Comments _____

Firearm Safety Training Instructor Name _____

SAPOL Accreditation No. _____

Firearm Safety Training Instructor Signature _____

SSAA Adelaide Target Shooters Club Inc
Firearm and Range Safety and Proficiency Training
Handgun H1 Practical Lesson 2 - Semi-auto Centrefire (50 Rounds)

Trainees Name _____ Date _____

Firearms Licence No. _____

- Trainee has satisfactorily completed classroom theory and Handgun safety lesson.
- 1. Loads magazine correctly.
- 2. On the command 'load and make ready' picks up the firearm in the correct manner. Checks that the safety catch (if fitted) is on and that finger is clear of the trigger. Inserts a loaded magazine. Allows the action forward.
- 3. Keeps the muzzle in a safe direction down range at all times while in the 'ready' position, 45 degrees to ground and finger off the trigger resting alongside the trigger guard.
- 4. Checks that hands and fingers are clear of the action.
- 5. Waits for 'are you ready' and does not respond if 'ready'. Clearly advises the Range Officer if 'not ready'.
- 6. Waits correctly during 'standby'.
- 7. On the command 'commence fire' brings the firearm up to the firing position and moves the safety catch (if fitted) off. Aims, places finger on the trigger and when ready to fire gently squeezes.
- 8. Fires the correct number of rounds. Places the safety catch (if fitted) on and returns to the 'ready' position awaiting the 'unload and show clear' command. Finger is off the trigger resting alongside the trigger guard.
- 9. On the command 'unload and show clear' correctly removes the magazine and if required opens the action and engages the slide stop. Places the firearm correctly on the bench for inspection and clearing by the Range Officer. Inserts an orange or yellow Empty Chamber Flag. Keeps the firearm safely pointed down range throughout this procedure.
- 10. Understands that Handguns must never be left unattended on the Range, always locked away or holstered.

Misfires, Stoppages, Jams

- 1. Understands and follows mandatory hangfire, misfire or squib load procedures. Knows the SSAA stuck live round requirement.
- 2. Is able to safely clear a misfired or jammed round in the chamber; a) Tap and Rack, or if that does not resolve the issue - b) remove magazine then Rack.
- 3. Is able to safely clear a jammed case - stove pipe.
- 4. Is able to safely evaluate and clear other stoppages or jams.

Overall Safety and Handling

- 1. Displays a responsible and mature attitude concerning the safety requirements when handling firearms and is able to describe and show safe conduct at all times.
- 2. Is able to explain and exhibit correct stance, grip, sighting, breathing, trigger control and follow-through.
- 3. Is able to safely shoot; standing, single handed, prone, kneeling, sitting.
- 4. Precisely follows the directions of the Range Officer.

Competent Yes No

Comments _____

Firearm Safety Training Instructor Name _____

SAPOL Accreditation No. _____

Firearm Safety Training Instructor Signature _____

SSAA Adelaide Target Shooters Club Inc
Firearm and Range Safety and Proficiency Training
Handgun H1 Practical Lesson 3 - Revolver Centrefire (50 Rounds)

Trainees Name _____ Date _____

Firearms Licence No. _____

- Trainee has satisfactorily completed classroom theory and Handgun safety lesson.
- 1. Loads cylinder correctly. Optional - loads 'Speed Loader' or 'Jet Loader' correctly.
- 2. On the command 'load and make ready' picks up the firearm in the correct manner ensuring that the finger is clear of the trigger. Inserts rounds into cylinder chambers then closes and latches the cylinder correctly.
- 3. Keeps the muzzle in a safe direction down range at all times while in the 'ready' position, 45 degrees to ground and finger off the trigger resting alongside the trigger guard.
- 4. Checks that hands and fingers are clear of the action and cylinder to barrel gap.
- 5. Waits for 'are you ready' and does not respond if 'ready'. Clearly advises the Range Officer if 'not ready'.
- 6. Waits correctly during 'standby'.
- 7. On the command 'commence fire' brings the firearm up to the firing position. Aims, places finger on the trigger and when ready to fire gently squeezes.
- 8. Fires the correct number of rounds then returns to the 'ready' position awaiting the 'unload and show clear' command. Finger is off the trigger resting alongside the trigger guard.
- 9. On the command 'unload and show clear' correctly disengages the cylinder release latch and swings the cylinder fully open. Then presses the ejector rod to eject the fired cases. Places the firearm correctly on the bench for inspection and clearing by the Range Officer. Inserts an orange or yellow Empty Chamber Flag. Keeps the firearm safely pointed down range throughout this procedure.
- 10. Understands that Handguns must never be left unattended on the Range, always locked away or holstered.

Misfires, Stoppages, Jams

- 1. Understands and follows mandatory hangfire, misfire or squib load procedures. Knows the SSAA stuck live round requirement.
- 2. Is able to safely clear a misfired round from the revolving chamber.
- 3. Is able to safely clear a jammed round from the revolving chamber.
- 4. Is able to safely evaluate and clear other stoppages or jams.

Overall Safety and Handling

- 1. Displays a responsible and mature attitude concerning the safety requirements when handling firearms and is able to describe and show safe conduct at all times.
- 2. Is able to explain and exhibit correct stance, grip, sighting, breathing, trigger control and follow-through.
- 3. Is able to capably shoot; single action, double action.
- 4. Is able to safely shoot; standing, single handed, prone, kneeling, sitting.
- 5. Precisely follows the directions of the Range Officer.

Competent Yes No

Comments _____

Firearm Safety Training Instructor Name _____

SAPOL Accreditation No. _____

Firearm Safety Instructor Signature _____

The author wishes to thank his mother and John Moses Browning, and also respectfully acknowledges the following references and sources used in the preparation of this exceptional Handgun Safety and Proficiency Training Manual:

- The Sporting Shooters Association of Australia.
- SSAA Handgun Shooting Guide.
- Firearms Regulations 2017.
- Videos and illustrations from public domain shooting and firearm related sources.



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