

Full-bore- Trinidad bound

Small-bore- Another Prairie Open

The



Sept 2019

Buffalo Chips

MANITOBA PROVINCIAL RIFLE ASSOCIATION

Air Rifle 22 Long Rifle High Power Rifle

Like always, if you have any questions, scores, tips or advice, comments, or have something that you would like to have published in the For Sale / Wanted section, email me at mprachips@gmail.com



The Results Issue

First let's congratulate Aakashdeep Purba who won Bronze in the Master class for Women's Air Pistol at the 2019 Grand Prix in B.C. earlier this year. While she practices at the S.S.P.C. on Tuesdays the majority of her training came from Air Pistol being part of her schooling before coming to Canada.

All the best to Bruce MacDonald who is representing Canada in Trinidad this October, at the West Indies Full Bore Championship.

Also Gerry Wiens will be down in Phoenix again at the Southwest Nationals on the Canadian team in early 2020. The 400+ spots were filled in six minutes when registration opened and there will be ten international teams competing.

A heads up, the 2020 MPRA Prairie Open will be held the weekend of January 3rd at our SSPC on Leola St. Competitors from across the country will be in attendance. Check out the MPRA Facebook page for updates.

Rob Wiebe is still opening up Gateway Gun Club, Monday evenings for all members to shoot 22LR prone. To get on his email list, contact him at rwiebe1@mts.net.

Finally to everyone going hunting and I remind you every year, stay safe and send me a photo of your trophy, hunting camp or something that might be of interest to the rest of us. The hunting photos are always a big hit so let's keep this going. .

As we say when we're training marksmen of all types, "When you're shooting good, shoot lots." Too often, when people are training they think the opposite. When they're shooting well, they think, "I've got that part; I'll just move on to something else." In fact, what they need to do is repeat the practice over and over in order to reinforce the correct performance. "Correct repetition is the mother of skill." Once you have figured out how to do something correctly, you need to repeat it, over and over, until the body and mind know only one way to perform the task. Linda K. Miller and Keith Cunningham, Secrets of Mental Marksmanship

MPRA Programs You May not be Familiar with

By Gord Oliver, V.P. Small-bore

I have been a member of the MPRA for about 5 years. I have shot with the Small-bore group for the entire period and have enjoyed it very much. I got into air gun shooting while vacationing at The Villages, in Florida and once back in Winnipeg, I sought out a club where I could continue with this sport. I came up with the "Air Pistol" side of the MPRA Small-bore, air gun group. We shot at The Firing Line Gun Club, while the current range was being set up, and then moved over to Leola Street, once remodeling of the Range, was complete.

For the first few years I continued to shoot Air Pistol. I enjoyed the fraternity, enthusiasm and instruction given by the people shooting pistols at the time, guys like **Don Lagimodiere**, and Jing Jai. I had a lot of fun hanging with the "Pistol Guys", while learning to shoot my air pistol as well as, learning the in's and out's of **Competitive Air Gun Target Shooting**.

A few years ago, I found that my hand was shaking a little more than it did over the years of shooting a pistol and ended up trying one of the MPRA's club rifles. The first time I tried the rifle, it took me 3 shots before I even hit the target from the standing position. It was not long before I tried shooting the rifle from a bench rest and in doing so, my score quickly improved.

Just prior to changing to a rifle, my brother and I had been shooting at least one morning a week in addition to my shooting with the evening pistol group and we found it was a great experience, not just the shooting, but; also just sitting around "talking and drinking coffee". We thought that perhaps other seniors might enjoy the experience and put together what we thought would make a good Senior Program. It was put to our MPRA Board and in turn they approved it and the Senior's Program was born. The senior's meet every Wednesday morning at about 11 am to shoot a couple of 60 shot matches. The MPRA supplies all the pistols and rifles, targets and shooting clothing (if you chose to wear it). The guys have a great old time drinking coffee, shooting, and talking (and solving the world's problems). The participants have their choice of a pistol or a rifle, as well as their shooting position, off hand or bench-rest (for either rifle or pistol). The seniors simply shoot for fun and to better their "Personal Best Scores". The atmosphere is relaxed, but we always keep safety in mind, as we want all our members to remain safe, while having a great time at our range. Those shooters that want competition can partake in the "Monthly Club Matches" which normally take place on the first Saturday of every month during the winter. The Senior Program has been ongoing continuously since the program started some three years ago.

Last year it was noted that there was a lack of programming for people that just wanted to shoot for fun (with perhaps a little competition thrown in). In answer to this observation, we started the MPRA AIR GUN TARGET SHOOTING LEAGUE.

The league meets every Tuesday and Thursday evening from 7:00 pm to around 9:00 pm. All League Shooters turn in at least one match result each week, which is recorded for both the individuals score as well as for the individuals team score. Each team is made up of 3 shooters, a pistol shooter, an off-hand shooter and a bench-rest shooter. The combined score of the team is recorded at the end of each week. Results are published each month, so that everyone can see where they stand individually as well as team wise. The League runs from October to the end of May, after which, we have an Awards Event. Metals and Trophies are awarded to the leading individuals in pistol, rifle off-hand as well as rifle, bench rest. Participants in the league may turn in match results from other programs they might be engaged in and are not required to necessarily attend league shooting nights.

The MPRA offers a number of different shooting areas to satisfy our members thirst to shoot. During the summer months, the Full-bore shooters meet at The St. Charles range while the .22 shooters meet at the Portage Range, as well as at the Gateway range. The full-bore shooting ends in the fall, just about the time the Air Gun League starts their season. Any full-bore shooter (or anyone interested in Target Shooting) is invited to come out to the Leola Street Range on a Tuesday or Thursday evening (starting in October) to try their luck (or skill) at 10 Meter Competition Target Shooting. Ten meters does not seem very far, until you consider that the 10 ring is about the size of a pin head! Age and skill are not a factor within our league, as everyone is welcome to join the program. We can accommodate all interested shooters (highly skilled and experienced or new to shooting). The MPRA supplies the pistols, rifles, electronic targets (automatically keep track of your score, etc.) and the pellets, however after you decide to join the league, everyone is asked to buy their own pellets (available through the club). You may also use your own air guns if you wish (after they are inspected by our range officer to insure that they meet our safety standards).

The MPRA has been around since 1872 and is one of the oldest Sporting Associations in Manitoba (or for that matter in Canada). It is divided into Full-bore and Small-bore activities, which allows a great number of shooting opportunities to satisfy the needs of not only new shooters but, even the most enthusiastic, Competition Target Shooters. We invite all MPRA members, and other interested persons to come out and join us in the Sport of "Air Gun Competition Target Shooting" or just "Shooting For Fun".

Novice Program -Wednesday Evening at 7:00 pm (starting in September of 2019) (coached)

Senior's Target Shooting Program - Wednesday Morning at 11:00 am (year round)

MPRA Air Gun Target Shooting League - Tuesday and Thursday evenings at 7:00 pm (starting in October of 2019 and concluding at the end of May 2020)

Advanced Shooters Program - Monday and Wednesday evenings at 7:00 pm (coached)

Full-bore Target Shooting - See schedule at: manitobarifle.ca - Shooting from 300m to 1000yds

10 Meter Pistol - Tuesday evenings at 7:00 pm (coached)

FOR FURTHER INFORMATION on the above programs or other MPRA activities including Full-bore competitive shooting, Contact GORD OLIVER at: 204-415-7919 (H) or 204-771-1987 (C)

2018-19 Target Shooting League





M.P.R.A PRESENTATION ANNUAL CHAMPIONSHIP
- 137TH ANNUAL AUGUST 3-5 2019 -

MARCUS J. JONES MATCH (Range: 300 m)

Target Rifle : J.A. Blackburn Challenge Cup: Match Winner: MURRAY SLOANE
 49-4

F-Open Class: DCRA Cup Match Winner: DENNIS LAIR
 50-9

FTR Class: President's Cup Match Winner GORD HULBERT
 50-5

TARGET RIFLE:	1. KEN NELSON	48-4
	2. PERRY MARSH	42-4
F -OPEN CLASS	1. KEVIN HAGEN	50-9
	2. JOHN TOSET	48-4
FTR CLASS	1. JAYSON DAENINCK	49-4
	2. CHARLES RIES	48-3

IMRE DOSZPOD MATCH Range: 600 yards)

**Target rifle: A.M. Blackburn Challenge Cup Match Winner: KEN NELSON
75-7**
**F-Open Class: Minister of Militia Cup Match Winner KEVIN HAGEN
74-7**
**FTR Class: Shea's Challenge Cup Match Winner GERRY WIENS
72-6**

TARGET RIFLE:	1. PERRY MARSH	68-3
	2. MURRAY SLOANE	67-2
F-OPEN CLASS	1. DENNIS LAIR	74-7
	2. TONY FIDEK	73-2
FTR CLASS	1. CHARLES RIES	71-7
	2. GORD HULBERT	70-6

E. L. DUNLOP MEMORIAL MATCH (Range 500 yards)

**Target Rifle: The Tribune Challenge Cup: Match Winner: KEN NELSON
49-7**
**F-Open Class: The Premier & Roderick Challenge Cup Match Winner KEVIN HAGEN
49-6**
**FTR Class: O'Keefe Challenge Trophy Match Winner: BARRY
HAMILTON 49-5**

TARGET RIFLE:	1. PERRY MARSH	49-3
	2. MURRAY SLOANE	48-5
F-OPEN CLASS	1. DENNIS LAIR	49-4
	2. MIKE GORCHYNSKI	48-3
FTR CLASS	1. CHARLES RIES	49-4
	2. GERRY WIENS	48-6

FOUNDERS' MATCH (Range 900 yards)

**Target Rifle: The Fighting Mermaid of Warsaw Match Winner: PERRY MARSH
69-2**
**F-Open Class: 1907 Birks Cup Match Winner: DENNIS LAIR
70-4**
**FTR Class: Gent Challenge Cup Match Winner: GORD HULBERT
63-2**

TARGET RIFLE:	1. KEN NELSON	68-3
	2. MURRAY SLOANE	65-1

F-OPEN CLASS	1. JOHN TOSET	69-5
	2. KEVIN HAGEN	69-3
FTR CLASS	1. CHARLES RIES	63-2
	2. JAYSON DAENINC	61-2

THE PRYED AGGREGATE BIRKS DINGWALL CUP

AGGREGATE WINNER: (M.J. JONES, I. Doszpod, Dunlop) KEVIN HAGEN
173-22

HIGH TARGET RIFLE:	KEN NELSON	172-18
HIGH F-OPEN CLASS	DENNIS LAIR	173-22
HIGH FTR CLASS:	GERRY WIENS	168-14

LT. GOV.'S MATCH , FIRST STAGE (Range: 300m, 500, 600 yards)

Target Rifle: The T.W. Taylor Challenge Cup: Match Winner: KEN NELSON 105-14
F Class: DCRA Silver Medal Match Winner: DENNIS LAIR 105-17

TARGET RIFLE:	1. MURRAY SLOANE	102-12
F-OPEN CLASS:	1. KEVIN HAGEN	105-14
FTR CLASS:	1. GORD HULBERT	105-14

THE MACDONALD STEWART FOUNDATION MATCH: (Range 600 yards)

Target Rifle: British Consols Challenge Trophy Match Winner: KEN NELSON 74-10
F – Open Class: Field Firing Challenge Cup Match Winner: KEVIN HAGEN 75-11
FTR Class: Lt Col F.J. Dingwall Cup Match Winner BARRY HAMILTON 73-8

TARGET RIFLE:	1. MURRAY SLOANE	74-5
	2. PERRY MARSH	70-4
F OPEN CLASS	1. DENNIS LAIR	74-8

	2. JOHN DALGLEISH	73-4
FTR CLASS	1. GERRY WIENS	71-5
	2. CHARLES REIS	71-2

NEWMAN MATCH: (Range 1000 yards)

Target Rifle Sir H.J. MacDonald Challenge Cup Match Winner: MURRAY SLOANE
47-3

F – Open Class: The Lieutenant Colonel T.H. Billman Cup
Match Winner DENNIS LAIR

47-2
FTR Class: George Newman Cup Match Winner GERRY WIENS
44-3

TARGET RIFLE: 1. KEN NELSON 43-2

F OPEN CLASS: 1. KEVIN HAGEN 45-4
2. JOHN TOSET 43-2

FTR CLASS: 1. CHARLES RIES 41-1
2. BARRY HAMILTON 41-0

THE GUTNICK AGGREGATE: WINGROVE CUP

AGGREGATE WINNER: (FOUNDERS, NEWMAN, MACDONALD STEWART), DENNIS LAIR
191-14

HIGH TARGET RIFLE: MURRAY SLOANE 186-9

HIGH F- OPEN CLASS: KEVIN HAGEN 189-18

HIGH FTR CLASS: GERRY WIENS 177-8

GRAND AGGREGATE:

(Aggregate scores in Jones, Brown, Founders, Dunlop, Newman,
MacDonald Stewart, & Lt. Gov. 1st Stage)

Target Rifle: The Hudson's Bay Company 1900 Cup /
Governor General's Silver Medal KEN NELSON

462-47

F – Open Class: McMeans Challenge Cup / DCRA Gold Medal DENNIS LAIR

469-51

FTR Class: HS Holt Cup / DCRA Gold Medal GERRY WIENS

445-25

TARGET RIFLE: 1. MURRAY SLOANE 452-32
2. PERRY MARSH 406-19

F-OPEN CLASS	1. KEVIN HAGEN	466-54
	2. JOHN TOSET	452-36
FTR CLASS	1. BARRY HAMILTON	444-26
	2. CHARLES RIES	441-24

THE GARRETT MEMORIAL AGGREGATE:
(Aggregate scores in the Jones, Founders & Newman)

GARRETT SHIELD	TARGET RIFLE	MURRAY SLOANE	161-6
THE BANKERS CUP	F- OPEN CLASS:	DENNIS LAIR	167-15
A.W. RIEDLE CUP	FTR CLASS:	GORD HULBERT	154-7

LIEUTENANT GOVERNOR'S MATCH FINAL

(Top MB./Lakehead: Manitoba Buffalo and the Visitor's Cup) KEVIN HAGEN 251-35

Thom Kelly Challenge Cup DCRA Gold Medal Ken Nelson 247-26

FTR Class, The Wynne Cup Barry Hamilton 245-16

TARGET RIFLE: 1 K Nelson 247-26
2. P Marsh 239-16

F-OPEN CLASS 1. K Hagen 251-35
2. D Lair 251-33

FTR CLASS: 1. B Hamilton 245-16
2. G Hulbert 244-22

THE OTTAWA AGGREGATE:

(Hudson Bay 1873 Silver Cup (Trophy #11 a), Buffalo Miniature, & MPRA Crest)

Manitoba High Power TR Rifle Champion

(Aggregate score in Grand Aggregate & Lt. Gov. 2nd. Stage)

Winner: DENNIS LAIR Score: 615-67

Second Place - Ottawa Agg Governor General's Bronze Medal

Winner: KEVIN HAGEN Score: 613-75

Top TARGET RIFLE in Ottawa Agg

- **Lord Strathcona Cup (Trophy # 11 d) DCRA Gold**

Winner: KEN NELSON Score: 604-59

TOP F CLASS TR Drewery trophy DCRA GOLD

WINNER BARRY HAMILTON Score 587-33

NOTE: The Second Highest scorer will win the GOVERNOR GENERALS BRONZE MEDAL

If the winner is FO then DCRA GOLD will go to highest FTR and Target rifle and vice-versa

TARGET RIFLE	1. K Nelson	604-59
	2. M Sloane	583-38
F CLASS OPEN	1. D Lair	615-67
	2. K Hagen	613-75
F CLASS TR	1. B Hamilton	587-33
	2. C Ries	585-37

THE 147th ANNIVERSARY AGGREGATE:

TARGET RIFLE WINNER THE RISK CUP: M Sloane 283-18
F OPEN CLASS WINNER THE OLD CONTEMPTIBLES CUP: D Lair 290-27
FTR THE DUPONT CHALLENGE TROPHY: G Wiens 273-16

TARGET RIFLE	1. M Sloane	283-18
	2. K Nelson	282-26
F OPEN	1. D Lair	290-27
	2. K Hagen	288-33
FTR	1. G Wiens	273-16
	2. B Hamilton	272-15

JOHN CHAPMAN 300 YARD AGGREGATE

Trophy To Be Announced

Target Rifle Winner Ken Nelson Score 83-18

Trophy To Be Announced

F – Open Class Winner Dennis Lair Score_85-15

Trophy To Be Announced

FTR Class Winner Gord Hulbert Score 85-12

MPRA HPS GOLD CROSS WINNERS – POSSIBLE SCORE

KEVIN HAGEN

MARCUS J JONES MATCH
MACDONALD STEWART MATCH

GORD HULBERT

MARCUS J JONES MATCH
LIEUTENANT GOVERNOR'S FIRST

DENNIS LAIR

MARCUS J JONES
LIEUTENANT GOVERNORS FIRST
LIEUTENANT GOVERNORS 900

KEN NELSON

IMRE DOSZPOD MATCH
LIEUTENANT GOVERNOR'S MATCH
LIEUTENANT GOVERNORS 900

CHARLES RIES

LIEUTENANT GOVERNORS 900

CMP ESTABLISHES MONTHLY BENCH LEAGUES DESIGNED FOR ALL AGES

CAMP PERRY, OH – If you’ve ever thought about trying out marksmanship but were unsure of where to begin, there are a few new matches tailored especially for you.



Participants in the indoor Monthly Airgun Bench League will fire lightweight, quiet air rifles from a sitting position – perfect for the older, intermediate and younger generations.

The Civilian Marksmanship Program (CMP), an organization dedicated to encouraging and practicing marksmanship safety and competition, has prepared a Monthly Airgun Bench League, to be fired only within the indoor airgun range at the Gary Anderson CMP Competition Center at Camp Perry, Ohio. The event is open to men, women and children of virtually all ages. No experience is necessary, and CMP staff members will oversee the match for

those needing a little help getting started as well as to ensure safety on the range.

The Gary Anderson CMP Competition Center, located only minutes from downtown Port Clinton, is home to sophisticated electronic target technology, harnessed by the CMP for public use each week and used in local and national-level competition – including the 2016 Olympic Trials.

The quiet, modest airguns are perfect for those wanting to ease into the sport. Powered only by CO₂ compressed air, the airguns deliver zero recoil and only a tiny puff of sound after firing small lead pellets – making them perfect for both young and mature-aged marksmen. Those in the Monthly Bench League will be firing with rifles placed gently upon “bean bags” or blocks, to provide a steadier hold and to allow the participant to rest without having to worry about holding the airgun.



Both Bench Leagues feature CMP Targets, programmed with electronic target technology that is easy and fun to use.

During the matches, competitors fire air rifles from a bench rest while seated towards 10m ISSF rifle targets placed within exclusive CMP Targets, specially designed to include LED monitors beside each participant that instantly display shot scores. The Course of Fire includes 30 shots, plus a period for sighters to practice. Scores will be calculated in decimals by the Kongsberg Technology Systems (KTS). Scores will also be shown overhead on large television monitors for spectators to stay in on the action.

Competitors may use their own rifles or borrow rifles that are available for use at the range for a small fee. The range also sells the pellets used when firing an airgun.

The matches will take place during CMP's Open Marksmanship Nights, held every Tuesday and Thursday from 5-8 p.m. at the Gary Anderson Competition Center at Camp Perry. Held entirely indoors, take the chance to escape the cold and learn something new this winter!

For more information, visit <http://thecmp.org/air/cmp-competition-center-event-matches/cmp-airgun-monthly-bench-league/>.



The outdoor .22 Rifle Bench League will take place at Camp Perry's Petrarca Range, which holds electronic targets capable of displaying each shot on a monitor next to each firing point.

In addition to the airgun league, a .22 Rifle Bench League will be held at Camp Perry's Petrarca Range, an outdoor covered 100-yard range that also houses CMP Targets. Like those used within the airgun range, Petrarca's outdoor electronic targets are powered with KTS technology to instantly record scores on an LED monitor placed beside each firing point.

The Course of Fire for the .22 Bench League will include 30 shots, plus sighters, with a .22 rimfire rifle placed upon a bench and directed toward a 200-yard simulated electronic target. Current CMP Rimfire Rules will be used for the match.

For more on the .22 Bench League, visit <http://thecmp.org/competitions/cmp-petrarca-monthly-22-bench-league/>. And don't forget, Petrarca Range is open for public use several Mondays throughout the year for use with both rifles and pistols!

2019 Western Canada F/class Championships

The 2019 Western Canada F/class Championships were held this year at the homestead range in Alberta. Total attendance was 30 competitors with 17 open and 13 ftr shooters. Ranges fired were 8 and 900 meters, with the team event shot at 900. The weather cooperated for most of the match with rain on the registration/site-in day followed by lots of sunny but cool days. The winds were, of course, tricky to say the least gusting on the second day over 60 kph interspersed with lots of boil and switchbacks. Cameradarie at this annual event is great with new and old competitors being greeted like they had been seen just last month. Every one had a really good time both on the line and later at the "crying wall" followed by a few cold ones while reminiscing over lost points and WHERE THE HELL DID THAT COME FROM. Manitoba was represented in both classes by Adrian Robertson and Gerry Wiens shooting FTR and John Toset and Darrell McLean shooting F/O. At the end of the first day Gerry and Darrell both won bronze for 800 meters. The second

day saw no Manitobans taking prizes however day three saw Gerry take first in the daily agg. And also be part of the winners of the team event with the 'Rudders'. Grand aggregate winners were Marc Thibault of BC for F/O and Dave Harry of AB for F/TR The prize table was packed with loot from an assortment of sponsors with every one claiming a decent prize and the number one door prize sponsored by our own PGWDTI going to Albertan Bill Watts, I hope you enjoy my prize Bill . A new prize was added this year, the Ryan Wyenberg sportsmanship award. This award is to go to the person that best exemplifies the heart of our sport, helping out other shooters and promoting the sport in a positive way. .

Basics of Shooting: Breath Control

by Larry Quandahl - Friday, February 2, 2018



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Thousands of words have been written about how to breathe when shooting, but you can boil it all down to using the Keep It Short & Simple (KISS) method. The KISS method of breath control is to stop breathing while you aim

and fire the shot. Of course, the million-dollar question is what is the best way for you to control your breathing (by which we mean interrupting the natural breathing cycle) while aiming and firing the shot. Should the lungs be full? Two-thirds full? As close to empty as possible?

Before we answer these questions, we should remember a few basic facts:

1. Breathing is automatic. We breathe without conscious effort. Our bodies will inhale and exhale no matter how hard we try to temporarily halt the process.

2. The body has a natural breathing cycle: a. The chest and diaphragm expand, pulling air into the lungs; b. The chest and diaphragm relax, pushing air out of the lungs.

3. Breathing while firing the shot hurts accuracy because it increases the movement of the aligned sights on the target (wobble area).

The best time to control the breathing cycle is during what's called the "respiratory pause." This is when you're done exhaling, but it isn't something you should have to think about. Don't force air out, because forcing air out makes you contract your chest muscles...which is the last thing you want.

During the respiratory pause, your chest muscles are relaxed, and you can stop breathing longer without feeling uncomfortable. If you try to stop breathing while your lungs are filled with air, you'll begin to experience muscle discomfort sooner than if your lungs are mostly empty and the muscles involved with breathing are relaxed.

How long can you extend the respiratory pause? That depends on your physical condition and state of mind. Under normal circumstances, a shooter can extend a respiratory pause for eight seconds, 10 at the most. Problems begin to occur in several areas when breathing is stopped for longer than that period. Visual acuity is the first victim of the lack of oxygen. Instead of a true image of sight alignment and sight picture, we see a burned-in image of what existed at the time vision began to fail. Another concern with overextending the respiratory pause is your body starts crying for air, which makes you stop paying attention to your sight alignment/sight picture and start paying attention to your need to breathe.

Depending on your shooting discipline, you can modify your use of the respiratory pause. Some air can be retained in your lungs to help establish your natural point of aim. For example, the amount of air retained in the lungs affects the vertical natural point of aim. When developing a shooting position,

remember that bone support is the goal. Bones do not fatigue or stretch like muscles do.

An exception to the use of the respiratory pause technique for breath control occurs when physical stress is present (as in running, or some international pistol disciplines). For example, a hunter has just run up a small hill and dropped into position to shoot the largest buck she has ever seen. She stops her breathing during a respiratory pause, and the crosshairs are jumping all over the place. This movement is due to her heart pounding and lungs demanding air. She does not have time to relax and let her heart and breathing slow down. What does she do? She takes a full breath and holds it. This will steady the position and allow for a quick shot. Remember, this technique only works for a very short period of time.

Another example in which the respiratory pause is not used to control breathing is in international pistol disciplines. The technique used by these shooters is to inhale as the pistol is raised from the “ready position”—with the muzzle pointed downward at a 45-degree angle—to the target, then hold air in the lungs while the shot or string is fired. Twenty seconds is the time limit for timed fire, which is a long time to hold one’s breath. One option is to shoot the string faster, before breathing becomes a problem.

Remember when we mentioned the KISS method earlier? Here are some short, simple exercises that will help you learn what we mean:

Exercise 1.

Ask an instructor, coach or observer to watch you while you hold your breath. If you’re like most beginning shooters, you’ll take a deep breath and hold it. Holding the lungs full requires the chest muscles to work overtime. Fatigue will set in. While you’re doing this, your body is under stress.

Exercise 2.

Exhale all the air from your lungs. If you’re like most beginning shooters, you will push all the air out of your lungs, requiring you to breathe more quickly than normal.

Exercise 3.

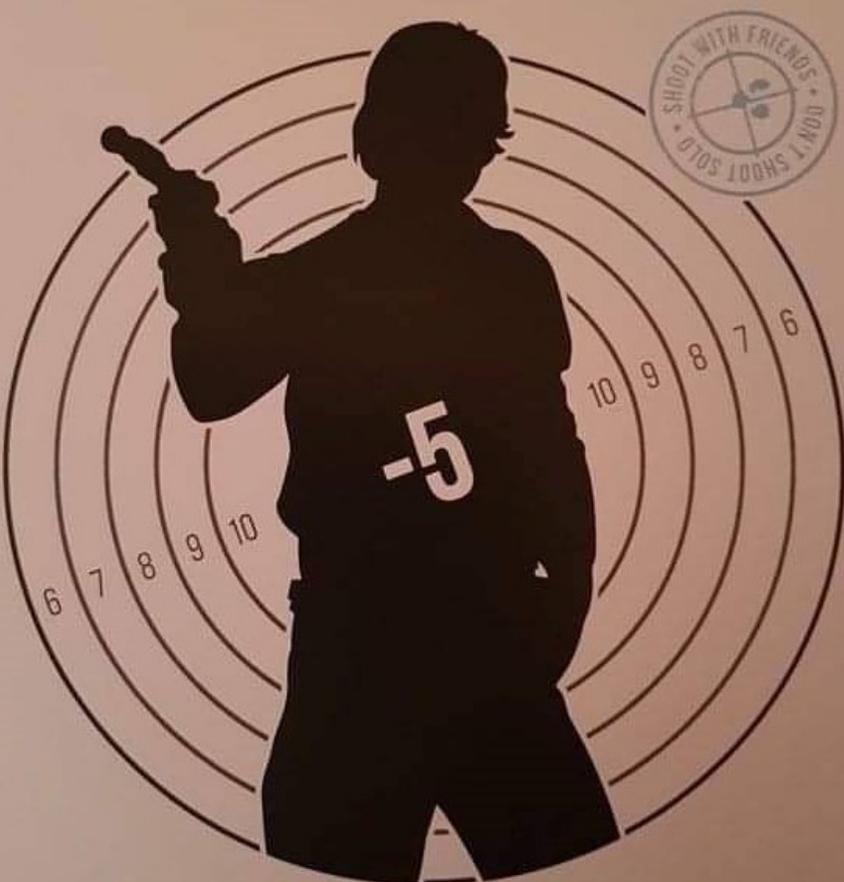
Ask your instructor or coach to give you a signal to just stop breathing. You’ll naturally stop breathing right at the respiratory pause!

To integrate breath control into the act of firing and completing the shot, you must stop breathing to check the natural point of aim. During this time, you are using up your air supply. To ensure you have an adequate air supply, you

can take a short breath or two to oxygenate the lungs. This restarts your internal time clock for firing the shot. Many techniques modify the breathing cycle to support the firing of the shot. Experiment and have fun discovering what works best for your shooting discipline.

STORMTROOPER CHALLENGE

SHOOT LIKE A STORMTROOPER AND DON'T HIT HIM!



20 SHOTS / UPWARDS SCORING / MINUS 5 PTS EVERYTIME YOU HIT HIM

DISTANCE	CALIBER	SCORE

SHOW US YOUR SCORES!
@THREE29DESIGN