

# Sports Adventure Shooting 2018

## Regular monthly training

### What follows L1 and L2?

Good news! Once you have completed L1 and for the L2 you are welcome to slot into our normal training sessions.

Doing L1 is an opportunity for the regulars and you to get an idea of your skill level and mindset. Both are crucial to SAFE participation in the sport. Unbridled ego's, arrogance and unsafe equipment have no place on the range.

A primary reason for starting Sas was to enable those who want to make sporting firearms practices a part of their lifestyle. Thus you must be prepared to maintain a minimal level of fitness and associate with like-minded individual in order to do so.

It is important to note that Sas is not an officially accredited with any other association or body. Training and practice is entirely dependent on the experience that each individual brings to the session.

Skills are shared and more importantly will be assessed on the range. Talk is one thing, performance is another.

### Why should you practice once a month?

All skills associated with shooting are perishable i.e. they fade over time.

Not all skills are necessarily appropriate for sport shooting or self-defence e.g. target identification is important for sport shooting point of view and from both a legal and moral viewpoint. Engaging the WRONG target quickly is as bad as missing the right target slowly.

Thus proper regular training is vital once the basics of pistol/rifle/shotgun are acquired.

It is important that skills learnt are practiced under realistic as possible conditions in order to be effective. Assessment by either the group and/or individuals ensures that bad theory will moderate bad practice.

The fact is that those who regularly participate in Sas have a huge diversity of training, skills and experience. Everyone has something to learn, everyone has something to teach.

Thus Sas participation coupled with regular feedback amongst the group, has the net effect of individuals being more aware of their performance. Not everything can be reduced to a scoresheet; many other variables also come into play.

No one has all the answers and experience to training, any suggestions will be tested to see if they work in on the range.

Between training sessions you should be keeping yourself in shape, this is good for all sorts of reasons and sports.

## Equipment

The level 1 and level 2 will give you a good idea of how well your kit/rig is setup. By training both with the L1 or L2 kit and with your EDC (every-day-carry) you will become more efficient with it.

## What types of things are practiced?

Whilst Sas has its core focus on shooting and moving, there are many other support skills that are compatible with someone who wants to train realistically AND safely. Example:

1. Navigation (Compass, map, GPS etc).
2. First aid (ABC particularly gunshot and stab wound, casualty evacuation).
3. Knife fighting and grappling (Combatives).
4. Gun fight in and around vehicles.
5. One handed and weak handed shooting drills draw, reloading.
6. Communications (Basic Radio procedure).
7. Training as part of a team, shooting and moving, hand signals.
8. Alternate weapons: such as knives, bows and arrows, clubs and batons.
9. Logistics and Planning: Preparing/administering training session etc.
10. Shooting at distance longer than 100m for rifle and 50m for handgun.
11. And many more.

## What is expected of me if I train with regular Sas guys and girls?

It is emphasized that whilst training is open to anyone willing and able to participate.

### **Skill level**

Each person has a different skill level depending on prior training and experience. If your skill levels are not what they should be in order to train safely, then you will be referred to a trainer in your area in order that you may receive the specific training need to be AT LEAST SAFE. ***This in no way is judgment of your future abilities. It is done in the interests of everybody's present safety INCLUDING YOURS.***

### **Mindset**

If you have trained properly you will most likely be a bit dirty and very sweaty. You might have ripped an article of clothing; some of your gear might get scuffed and if you are lucky you might even be bleeding..... a little bit, as opposed to a lot. ***This is not said to proclaim a sense of bravado about Sas.*** On the contrary during Sas training you have to maintain control:

- Your aggression/emotions/language.
- Your muzzle direction.
- Your trigger finger etc.

It is much about learning as it is about teaching.

There is a time and place for using obscene/insulting language etc. to place pressure on someone during training, but this is the exception, not the rule.

### ***Participation***

A prior sense of nervousness and excitement about training is good, however do not let it hold you back from either coming to observe a training session or better yet participate.

Once you have decided that you enjoy Sas, it is preferable that you commit to a once monthly practice. The reason for this is that the more you train the better you become. To skip training session means skills degrade, confidence turns into overconfidence, and your physical condition too deteriorates.

What is important to note is that any familiarity you have built up during team exercise will degrade, thus the risk of an accident increases, when practice or training is neglected.

Range fees are structured in such a way to encourage participation, and represent good value for money.

### ***Sportsmanship, professionalism and respect***

All participants are expected to be punctual, assist with putting up targets, clearing range and other range activities as need be. Fun and practice will always entail some work. Be prepared to do your part.

Foul language, personal verbal attacks on participant or range officer, recklessness, injuries etc. do nobody any good. Individuals behaving in such a manner will be asked/told/made to leave and never invited back. If necessary they will be reported for their behaviour/breaking of the law.

**Hope to see you on the range!**