



SAGA SNIPPETS

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Tokyo 2020 Summer Olympics

<https://tokyo2020.org/en/sports/shooting/>

Overview of Shooting

In shooting, there are three disciplines; rifle and pistol where athletes shoot at stationary targets in a range and shotgun which involves hitting moving targets.

With the exceptions of the St Louis 1904 and Amsterdam 1928 Games, shooting has featured on every Olympic programme since the first modern Games in 1896. Women's events were added to the schedule at Los Angeles 1984.

In rifle and pistol, participants aim at a target with concentric circles, with those closer to the centre earning more points. There are four gun types and three distances: 50m rifle, 10m air rifle, 25m rapid fire pistol and 10m air pistol.

There are also three shooting positions: kneeling, where the athlete goes down on one knee and rests the gun on the other knee; prone, where the athlete shoots while lying down; and standing. Some events include all these positions.

Shotgun is the art of shooting at a flying target known commonly as a clay target. There are two varieties: trap, where the targets are thrown a long distance from a single trap; and skeet, where targets are thrown from traps on the left and right.

At Tokyo 2020, 10m air rifle, 10m air pistol and clay trap will be included as men's, women's and mixed events.

While physical fitness is important, athletes require deep reserves of mental strength. Victory may hinge on a single shot.

Event Programme

50m Rifle 3 Positions (Men/Women)
10m Air Rifle (Men/Women)
25m Rapid Fire Pistol (Men)
25m Pistol (Women)
10m Air Pistol (Men/Women)
Trap (Men/Women)
Skeet (Men/Women)
10m Air Rifle Mixed Team
10m Air Pistol Mixed Team
Trap Mixed Team

Aiming for victory

Despite the small targets, shooting has considerable spectator appeal. The tension prior to firing, the exhilaration of a successful shot and the dramatic changes in ranking caused by even the slightest inaccuracy all make for a compelling experience.

In 50m rifle 3 Positions events, 40 shots are taken from each of the kneeling, prone and standing positions. These events have a time limit of 2 hours 45 minutes for the main competition which decides the eight finalists, who then compete for medals over one hour. It is a supremely rigorous challenge and competitors are said to lose up to two kilograms in weight by the end.

The 25m rapid fire pistol is an event involving successive rapid fire in the standing position over short periods of



eight, six and four seconds. No automatic function is used, and all shots require the trigger to be pulled manually.

The 25m pistol is an event for women only in which the target is aimed at with one hand from the standing position. The event comprises 60 shots, split evenly between rounds of precision shooting and rapid shooting. This is a test of athletes' ability at both formats.

Clay shooting requires instant judgment and sharp reflexes. Trap is about hitting randomly released clays while moving between five shooting stations arranged in a



1985

2015

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line. Participants take two shots at each target.

Skeet sees competitors aiming at clays in a range of directions using a total of eight shooting stages. A total of 25 targets are released and, unlike trap, there's one shot per target. The shape of the range and wind direction are among the factors for athletes to consider.

Mixed events widening interest

Shooting is a global sport with athletes from around 100 countries typically participating at the Games. The biggest medal winner overall is the USA with China and Republic of Korea performing strongly. At London 2012, Republic of Korea gained three gold and two silver medals while the USA also topped the podium on three occasions.

Italy achieved notable success at Rio 2016. As well as two golds in the men's 10m air rifle and 50m rifle 3 Positions achieved by Niccolò Campriani, Italian shooters also won a gold and three silver medals in men's and women's skeet.

Other recent prominent athletes have included Christian Reitz (Germany), who won gold in rapid fire pistol at Rio 2016, and Gabriele Rossetti (Italy), who won gold in men's skeet.

With mixed events included in the Tokyo 2020 programme, new stars may well emerge.

Asaka Shooting Range

The Asaka Shooting Range hosted the shooting competitions for the Tokyo 1964 Games. During the 2020 Games, an Olympic-standard temporary facility will be constructed at this site.

Torch Journey

With the steady hand of a shooting Olympic champion, Anna Korakaki is set to become the first woman to start the Olympic torch relay for Tokyo 2020.

The Greek, who won the 25m pistol gold medal at Rio 2016, was chosen by the her nation's Olympic committee for the honour.

Korakaki will have her torch lit by a symbolic high priestess at the flame-lighting ceremony in Ancient Olympia, March 12.



The Olympic torch relay route

After completing the first part of the relay, Korakaki will pass the torch to Athens 2004 women's marathon champion Mizuki Noguchi in Olympia, western Greece.

Japanese triple Olympic champions Tadahiro Nomura (judo) and Saori Yoshida (wrestling) will also carry the torch, to complete it's eight day journey through Greece.

Tokyo organising committee officials will then receive the flame at the Panathenaic Stadium in Athens, with Greek Rio 2016 pole vault gold medallist Katerina Stefanidi it's final carrier, before being transported from Greece to Japan via. aircraft.

After arriving in Japan on March 20, the Olympic flame will visit all 47 prefectures in Japan over 121 days.

The tour will begin from the north-eastern Tohoku region, where nearly 16,000 lost their lives to the 2011 earthquake and tsunami.

The torch relay will end in traditional form, with the flame being carried into the newly-rebuilt National Stadium, before lighting the main cauldron at the opening ceremony, July 24

Trivia

Why do some shooters wear a patch over one eye?

When their dominant eye is opposite to their dominant hand. It is difficult to make an accurate shot if your dominant eye and hand are not on the same side. Closing one eye while shooting would reduce accuracy so some athletes with their dominant eye and hand on opposite sides use an eye patch.

Armed Self-Defense: What is Cover?



by Jeff Johnston
Thursday, February 20, 2020

If you've read up on tactics for home defense, no doubt you've seen the word "cover" used copiously. That's because confronting an attacker is not only about offensive tactics--stopping the threat--but about defensive tactics. To put it bluntly, it's not just about shooting a criminal, but also not getting shot; therefore strategically using cover is vital for your family's defense plan.

In terms of "cover," there are two major types: concealing cover and protective cover. In your home, workplace or place of frequent dwelling, you should know the difference between these types of cover and incorporate them into your strategic plan accordingly.

Concealing cover is anything that prevents you from being detected by your antagonist, or at least decreases the ease at which an attacker can see you. Fact is, if an attacker can't see you, it's much more difficult for him to attack you. In essence, concealing cover means making yourself invisible or reducing the size of your target--or what is exposed to danger. Concealing cover ideally allows you to move from one location to another undetected. (A long wall is the best example.)

Concealing cover is best utilized if no part of your body is visible

from it, because if an attacker knows you are behind the couch for example--maybe he can see your shoe sticking out--he can take steps to get an advantage, such as moving around the couch to flank you or simply shooting through the couch, because a couch is not a protective cover.

That brings us to protective cover. Protective cover is anything that can protect you from being struck by a bullet--or whatever weapon the threat has in possession. But because protective cover is not all made the same, and because guns vary widely in their ability to penetrate objects, defining what is protective cover is tricky. To simplify, you should be aware of some generalities.

First, all concealing cover is not protective cover, and all protective cover is not necessarily concealing cover. (Think of bullet-proof glass, where the attacker can see you, but cannot shoot through the glass.)

Sheet rock-and-wooden stud walls are concealing cover, but are not a reliable form of protective cover. Sure, a bullet could strike a stud and either stop or be deflected, but there is more insulation than wood in a stud-built wall, and so the chances are higher that a bullet will penetrate the sheet rock, travel in between studs, and sail through the other side of the sheetrock wall before striking you. So you really shouldn't think of a typical interior home wall as protective cover. However, brick, cement and rock walls will stop most bullets, so these types of walls are protective cover. Use them to your advantage whenever possible.

Doors are also tricky. Even relatively tame 9mm handgun bullets will easily go through a double

sided, thin-gauge metal door; I know because I've tested it. Solid hardwood doors are better, but it all depends on the density and thickness of the door as well as the firearm used. If the attacker is firing a centerfire rifle, all but the heaviest of steel doors probably will not do for protective cover. Beds, bookshelves, furniture and flatscreen tvs? Don't bet your life on them. Gun safes? Now we're talking. A good quality steel gun safe provides excellent cover from the bullets of most firearms. Even so, do not camp behind it for too long unless it is defensible and its position is incapable of being flanked--such as if it's in a windowless basement or a safe room.

Your job in your house is to identify places, walls, furniture or features that can be used as protective cover and concealing cover if your home ever comes under attack. Discuss this with your family, and tell them that if they hear guns, they should use the identified concealing cover to move undetected to protective cover. Hopefully, you've established a safe room or another dedicated space inside the home that contains unflankable protective cover. However, a good hiding place--concealing cover--is a great option on its own.

None of these scenarios are fun to think about--and there are no absolute solutions to a random event that could unfold in myriad directions. But thinking about cover now, and how you and your family can use what's available in an emergency, is better than waiting until your life depends on it.

<https://www.nrafamily.org/articles/2020/2/20/armed-self-defense-what-is-cover/>

10 Ways to Help Teach Safe Gun Handling

*Extracted from
<https://www.nrafamily.org/articles/2020/1/31/10-ways-to-help-teach-safe-gun-handling/>*

by Wendy LaFever
 Friday, January 31, 2020

Mentoring someone who is brand-new to firearms can be one of the great joys in life. You get to show someone the proper and safe way to handle guns; you can change their entire perception of gun ownership (and gun owners); and you get to watch the smile dawn on their face as they realize that yes, they can do this too. But it's also a terrific responsibility. Someone who's introduced to firearms in the wrong way can be forever hesitant to pick one up again...or, worse, they may walk away from the experience with a negative view of what guns and shooting are all about. So it's crucial to make sure that a new shooter's experience is a positive one. Here are 10 tips to help make sure that it is.

1. Safety, safety, safety

Someone who has never actually shot a gun before is likely to have learned everything they do know from entertainment media, and as we all know, much of that is wrong. In particular, unsafe gun handling practices are regularly depicted in movies and on TV. (How many times have you seen the "good cop" go striding into a darkened room with their finger on the trigger? Don't get me started.) So long before you ever put a real gun in your "student's" hands, sit down with them and explain just how important the rules are.

2. Practice safety ahead of time

Get a "blue gun" (or, failing that, a squirt gun) and let your new shooter practice how to hold it with their finger outside the trigger guard. Show them how they

need to move around the gun when it's on a table, so they'll know not to stand in front of it when on the range. If you have a laser pen (or, better still, a laser that you can mount on the blue gun), let them practice with that. Walk them through the situations they might encounter on the range, so they won't panic if something unexpected happens.

3. Model safety yourself

When you finally get your newbie to the range, make sure that you practice what you preach. Many experienced shooters can become complacent...it's just human nature. So ensure that when you're loading and unloading your guns from their cases, loading the guns themselves, and handling the firearms, that you are always following the rules yourself. To the letter. No excuses.

4. Choose a quiet day at the range

One of the things that tends to be the most surprising to a new shooter is just how loud gunfire can be, particularly in an enclosed space. Most new shooters are shocked by the way that you can feel the noise as much as you can hear it, and it can be quite intimidating. You don't want your new shooter to be flinching every time the guy in the stall next to you sends a .308 Lapua downrange. If you already have a range that you attend regularly, you're probably already familiar with when it tends to be busy and when it isn't. But nevertheless, it couldn't hurt to put in a call to the range officer and make sure that the day you've chosen to bring your mentee in is going to be a quiet one.

5. Speaking of which...

Double up on ear protection. Make sure your new shooter has both soft foam plugs and earmuffs, and ensure that those plugs and muffs fit them correctly before you



get there. If at all possible, take them to the store ahead of time and let them try them on. Then buy them their own ear protection.

And while you're at it, make sure that they have ANSI-rated safety glasses that wrap all the way around their eye area. There's nothing that will turn a new shooter off like having someone else's hot brass casing lodge itself in between their shooting glasses and their face.

6. Manage their expectations

I've already gotten started, so I might as well keep ragging on the entertainment media. How many times have you seen this in the movies: Someone needs to learn how to shoot. Their friend puts a pistol in their hands. They grip it effortlessly, and with grim determination begin to send rounds downrange. A few seconds later, they proudly pull back a target with a perfect 1-inch hole in the center. Sigh.

Now, it's true that there is such a thing as a "natural." However, most of us need plenty of time and practice to master the gestalt of hand-eye coordination, proper grip, trigger squeeze, sight picture and all of the other things that go into shooting accurately. Before you get to the range, make

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sure your newbie knows that they may barely get their shots on paper their first time out. Reassure them that it's quite normal, and that all you or anyone else really cares about is that they handle the firearm safely.

7. Start small

If your new shooter is interested in learning because they want a firearm for personal protection, it may be quite tempting to start them out with a gun designed specifically for that. A snub-nosed lightweight .357 revolver, perhaps, or a 12-gauge shotgun with an 18-inch barrel. Please resist this temptation, at least the first time out. Many guns designed for personal protection offer thumping recoil and (since most personal-defense situations happen at very close range) not the greatest accuracy in the world. It's possible your new shooter may later want to try something bigger, so by all means, bring the larger calibers along. But start with something in a .22...preferably something with a long barrel and good sights, so they can experience some success before they tackle the more challenging guns.

Speaking of making it easy to succeed, instead of bringing bullseye targets, why not use paper plates instead (if your range allows it)? Any hit on the plate will count as a "win," and your newbie won't be stressing about the fact that they didn't put their first shots right on the bullseye.

8. Stay calm

I call this one the "throw the grenade" story. Picture this: You are in the passenger seat of your car. In the driver's seat is a 16-year-old girl who has had her learner's permit for a week. You're taking her out on the highway for the first time. You ask her to take the next exit ramp. She nods, brakes a little, signals...and

drives straight past the "WRONG WAY" signs and up the next on ramp. What do you do? Well, that 16-year-old girl was me, and the man in the passenger seat was my father. What he did was he said, very calmly, "OK, now why don't you go ahead and pull over?"

"Huh? Why?" I asked.

"Just go ahead and pull over into the breakdown lane," he replied, sounding like he might be sitting in his recliner and sipping on a hot cocoa.

So I did. And about five seconds later, a pickup truck came tearing down past us in the other direction at about 45 miles an hour. After I recovered from the realization that I'd almost just gotten us creamed, I asked my dad, an Army colonel, how he'd stayed so calm.

"Well, because if I'd yelled at you, you would have panicked. Locked up. Kept doing what you were doing while you tried to figure out why I was yelling. I learned that training soldiers. I can't tell you how many times I've stood next to a soldier who has just thrown the firing pin, and is now looking at me expectantly with the grenade in his hand. And what I always say is, just as calm as can be, 'OK, that's great. Now throw the grenade.'"

Why am I telling you this incredibly embarrassing story of my first adventures on our public highways? Because it's entirely possible that, caught up in the excitement and trying to concentrate on a bunch of new things at once, your mentee might make a mistake. Perhaps he or she leaves the gun pointed downrange after the RO has called a ceasefire. Or hands you the gun without verifying that the chamber is empty. What's important is that you remain calm, and simply tell them in a conversational tone what to do next. If you must take over the

situation yourself, by all means do so, but don't do anything to panic them. (Hopefully, there won't be any grenades—or Ford Tauruses—involved.)

9. It's not about you

Another thing that can be very tempting for an experienced shooter is to show off just a bit. Hey, we're all human. Do resist the temptation to take the gun from your new shooter's hands and show them just how many bullets you can put through the same hole in that target. Remember, this is for them. Praise them for the hits that they do make, and positively reinforce every time they do something safely and correctly.

10. Follow up

You're all done shooting, the guns have been put away, and now it's time to go home. The lesson isn't over, though. Ask them how they felt about the experience, and listen to their answers. If they still have questions, answer as honestly as you can. If you don't know the answers, find someone who does. Perhaps they may be interested in receiving further instruction.

Most importantly, invite them along the next time you go to the range, too. Until they make some friends in the shooting community, they may be hesitant to go back to the range by themselves. Have you taken a new shooter to the range recently?

Pistol-Practice Goal: Make It Second Nature

by Sheriff Jim Wilson
Tuesday, December 10, 2019

Experiencing a violent criminal attack will likely be the most-stressful experience a person ever has. It will likely come when a person least expects it. It could very well come under low-light conditions when it is difficult to see the attacker and know exactly what he or she plans. It may involve multiple attackers, which makes it even more difficult for the armed citizen to keep tabs on them and what they are up to. In short, the armed citizen is going to have their hands full just keeping up with what is going on and implementing a personal-defense plan.

For this reason, the management of the defensive firearm must be second nature. There will simply be too much going on for a person to waste time and effort trying to get their firearm into action.

Make no mistake about it, any shots fired by the armed citizen must be conscious, deliberate and necessary responses to the violent threat, but the preparation for delivery of those shots must be learned and practiced skills so that the citizen's focus can continue to be on dealing with the threat.

This is the main reason that we caution the defensive shooter to make every effort to always carry their firearm in the same location on their body and to minimize the times that it is carried elsewhere. It is also the reason so much emphasis is placed upon practicing the pistol presentation.

practice

practice

practice

Some years ago, a sheriff friend of mine was severely wounded when he reached for the gun that he usually carried on his right hip only to remember, too late, that his gun was shoved into his waistband on the other side.

We continually caution armed citizens to avoid switching gun types for defensive carry for the same reason. They are the ones who talk about carrying a single-action semi-automatic, a striker-fired pistol and a DA revolver in "regular rotation," as they like to call it. When the balloon goes up, this is the person who won't remember if the particular gun they are wearing today has an external safety or not. Is it the one that has the light trigger or the long DA pull? Or is this the one with the sights slightly off and prints hits several inches to the left at 15 yards?

If a person is going to switch carry guns, he or she should do so only after several trips to the shooting range. A good deal of time should be spent practicing the presentation with that particular gun, both in dry practice and live fire. How the gun operates and where it hits at a given range should be second nature to the shooter.

In studies of citizen-involved shootings, we have found that the matter is usually resolved with the ammunition in the gun. There just aren't that many instances of armed citizens having to reload

during a gunfight. All of which is fine until a person becomes the exception to the rule. Murphy has a way of doing that, you know. Therefore, the reload must also be second nature.

I have practiced the speed load with my 1911 so many times that I find that I can do it without even looking at the pistol at all. On the other hand, I still have to glance at a revolver when recharging it with a speedloader or with a speed strip.

In either case, it is an excellent idea to perform the reload with the gun up high, near the face, at least as high as the top of your shirt pockets. The head is held erect and focused on the threat (or threats) while the reload takes place. In this manner, it is much easier to glance at the firearm, if such is needed, and return to keeping tabs on the bad guys.

In short, it is important to practice all of these elements of gun handling until they become second nature. Every time we take our gun out of the holster—such as taking it off at night—is an opportunity to practice our pistol presentation. It doesn't take any longer, and each time allows us to make that presentation correctly.

Watch this space ...for more interesting firearm snippets

Continued... Pistol-Practice Goal: Make It Second Nature

The same thing goes with reloading. While practicing at the range or simply enjoying an informal plinking session, we can practice recharging that gun in the proper defensive manner. The repetition makes such functions become second nature.

I have heard that a person needs to perform a particular function something like 3,000 times in order for it to become second nature. Whatever the exact number of times might be, it shows the importance of practice.

We seek professional training in order to learn how to do it right. And then we commit ourselves to practicing that exact movement however many times it takes us for it to become an unconscious function.

Criminal attacks are chaotic, traumatic events. In order to have a chance of survival, the armed citizen must stay focused on what is going on around him and in putting his defensive plan into action. Gun handling is an important part of survival, but it must be an almost-unconscious act.

Have a plan. Put your good training to work. And make your gun handling second nature.

[https://
www.shootingillustrated.com/
articles/2019/12/10/pistol-practice-
goal-make-it-second-nature/](https://www.shootingillustrated.com/articles/2019/12/10/pistol-practice-goal-make-it-second-nature/)

Save the Date: HuntEx 2020

SAGA will once again be exhibiting at HuntEx and be able to process your renewal and sign up new members at the show.

One change this year— SAGA will be in Hall 5 at stand number 537.

Save the date: 24 to 27 April 2020

(24th is VIP day)

Where: Gallagher Convention Centre, Midrand

