



Intensive Pistol Camp

South Africa



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Summary

What is it: SwissAAA offers the opportunity to participate in an intensive 6-day training camp in South Africa. The program is dedicated to mastering pistol shooting. It includes instruction, training and automation drill from basic to advanced level as well as the application of the skills in real-world scenarios and in IDPA competitive shooting.

Who should participate: Participants are welcome from beginner to experienced proficiency levels. You should be eager to learn, perfect and prove your pistol shooting skills.

What is the result: At the end of the camp you will have learned, honed and automated simple but effective pistol techniques based on a few fundamental principles.

You will (re-)learn safe, fast and effective pistol shooting using practical methods and equipment. Through repetition and automation you will be ready to apply your skills under changing and unexpected conditions.

As a beginner you will be trained to shoot on advanced level. As an experienced shooter you can hone and prove your skills and make sure that you have not picked up unnecessary and inefficient habits over time.

When is it: To be announced

Where is it: The camp will be on the fantastic facilities of the False Bay Sports Shooting Club near Cape Town, South Africa.

SwissAAA is organizing and performing this unique week in close collaboration with our partners from the False Bay Firearm Training Academy.

Participants

Participation is open for approved guests. Guests will have to conform to the standard SwissAAA rules for attending events.

Program

During the whole training camp, each day will be action packed from early morning to late evening. On occasion, night work will be performed. Consequently, there will be little to no time at all for sightseeing or entertainment during the week. Please plan your stay in South Africa accordingly so that you can profit fully from the program. We highly recommend to explore the magnificent country of South Africa and enjoy the many attractions it has to offer either before or after the camp.

Arrival

All the participants should arrive latest on Sunday evening at 6pm sharp in our camp HQ in Noordhoek.

Week Plan

Each day will start in the morning at 8am and conclude in the evening around 6pm. Some days will be extended until 11pm as needed. Periodic breaks and a one-hour lunch break will allow you to regain strength and concentration for the rest of the day.

The instructors will adapt the detail program to the actual situation. The speed and difficulty level will be modulated according to the daily performance of the participants. The safety of all involved persons will remain the top priority at all times.

The draft program for the week looks as follows:



Day	Program	Goals
Monday	<ul style="list-style-type: none"> ■ Set standards for safety and discipline for the week ■ Pistol Kick-Start Instruction ■ Pistol Kick-Start Test ■ Basic Drill Training 	<ul style="list-style-type: none"> ■ Safety Rules ■ Shooting Fundamentals ■ Positions ■ Manipulations ■ Shoot & Hit!
Tuesday	<ul style="list-style-type: none"> ■ Cold Start Exercise ■ Pistol Skill-Up Instruction ■ Pistol Skill-Up Test ■ Advanced Drill Training 	<ul style="list-style-type: none"> ■ Drawing ■ Self Defense ■ Emergency drills ■ Using cover ■ Evasive movements
Wednesday	<ul style="list-style-type: none"> ■ Cold Start Exercise ■ Concealed Carry Instruction ■ Low Light Instruction 	<ul style="list-style-type: none"> ■ Choosing Equipment ■ Turning ■ Moving ■ One-handed operation ■ Operation in low/no light
Thursday	<ul style="list-style-type: none"> ■ IDPA Introduction ■ IDPA Training ■ IDPA classifier match 	<ul style="list-style-type: none"> ■ Rules ■ Competition techniques ■ IDPA stages ■ IDPA classification
Friday	<ul style="list-style-type: none"> ■ Real-World Training ■ Pistol Thrive-Up Instruction 	<ul style="list-style-type: none"> ■ Identification & Action ■ Operating in pairs ■ Fighting injured
Saturday	<ul style="list-style-type: none"> ■ Compete in IDPA match 	<ul style="list-style-type: none"> ■ Competition

The program will be finalized according to the availability of the local instructors and the discussion and acceptance by the team.

Departure

Participants are free to follow their own schedule starting the next Sunday in the morning.

Equipment

There is a gun shop right on the range. We will pre-order the necessary rental weapons and ammunition for all registered participants.

If you have special needs, it is best to address them early. Many quality items can be acquired on South Africa. Since we cannot anticipate each participants needs please let us know beforehand and discuss what the possibilities are.

Weapons		
Item	Details	Mandatory
Handgun	Upon invitation to a competitive sports shooting event, it is possible to temporarily import a handgun along with a maximum of 200 rounds. For those interested to do that we will organize the invitation and provide guidance about the process. Otherwise the handgun has to be rented at the range.	Yes Temporary import or rent



	We recommend 9×19 calibre for cost efficiency. Mandatory are a minimum of 4 magazines in total.	
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Ammunition		
Item	Details	Mandatory
9x19	We will pre-order the necessary ammunition needed for all participants.	Yes Buy

Personal Equipment		
Item	Details	Mandatory
Eye/Ear	Eye and ear protection. We recommend to bring sun and low light options for the eyes.	Yes Bring
First Aid Kit	Minimal personal first aid kit.	Yes Bring
Holsters	Minimum one IDPA legal holster. Additional holsters (e.g. for open duty carry) are recommended. For those not importing their own handguns we will check on type of rental gun and availability of holsters beforehand.	Yes Bring or Buy
Belt	Suitable belts for open and IDPA legal carry.	Yes Bring
Cleaning kit	Cleaning kits for 9mm. All participants will need to be able to maintain their firearms.	Yes Bring
Flash light	Flash light that can be hand-held incl. a carry possibility. Optional are mounting possibilities.	Yes Bring
Footwear	Sturdy footwear is an absolute must.	Yes Bring
Shirt or vest	Suitable for concealed carry as required for IDPA competition.	Yes Bring
Cap/Hat	Bring along a suitable cap and hat for sun protection.	Yes Bring
Gloves	Light sturdy gloves can be useful for intensive drill exercises and other challenges.	Recommended Bring or Buy
Pads	Elbow and knee pads are recommended as the ground can be hard, rocky and generally unforgiving.	Recommended Bring or Buy
Long Trousers	While shorts may look and feel cool, a sturdy pair of long trousers is highly recommended.	Recommended Bring or Buy

When assembling your equipment remember that we will be outdoors and in mid-summer. The sun can be very intensive so it is wise to bring good sun protection and to cover the head. It can rain occasionally, so some light rain gear might be useful as well.



Travel

Flights

There are many flights from Switzerland to Cape Town. Edelweiss flies directly from Zurich to Cape Town. Most other options involve at least one stop. If you are bringing along your own handgun, consult with the airline on possible transportation restrictions.

You will need to book your own flights around the course dates.

Rental Cars

We recommend to hire and share cars to get to and from the range and other locations.

One little thing: South Africans drive on the 'wrong' side, so stay alert especially at night!

Accommodation

You will need to organize your accommodation near Simons Town or Noordhoek. We recommend to stay at the Ocean Golf guesthouse in Noordhoek.

Course Cost

Pricing to be announced.

Registration

Will be available when the camp is announced.

Some more rules

Conduct

Safety is the paramount principle for the whole camp. Make sure you handle your firearms safely at all times even when exhausted. It's better to act a little slower but stay safe than to rush things and be sorry later. Your head is the most important body part for all the challenges of the week. Stay on top of what you are doing at all times!

The participants will work as a team throughout the whole duration of the camp. Everybody will have an equal chance to learn and perform according to his or her abilities. If you see another person struggling get outside of your comfort zone to help him or her and make the team successful.

All participants need to be on time and ready to perform as the program demands. Breaks are taken as a group and not individually. If you feel you have to leave the group for whatever reason, ask your instructor first.

Be polite and show respect to all persons at all times. To all other shooters, visitors of the range, workers, personnel of the facility and so on you are an ambassador of SwissAAA and our sport.

Registration and Cancellation

Once the above mentioned pre-payment is received and the participant is approved by SwissAAA (if applicable), the registration is deemed definitive.

Cancellation by the participant is only possible for reasons of 'force majeure' such as e.g. grave illness or accident. For any refund, corresponding proof will have to be produced such as e.g. medical certificates or police records that clearly show that the participant could not anticipate the situation



and he or she is prevented from participating beyond any doubt. SwissAAA has to be notified in writing with all required documentation latest 30 days prior to camp start. Later than that, a full refund may not be possible due to the necessary pre-payments performed by then. From 10 days prior to camp start onwards no refund is possible at all.

Cancellation by SwissAAA is possible at any time for violation of safety rules or gross misconduct such as for example:

the concerned person

- has made false statements to get registered
- poses a safety risk to himself or herself or any other person
- demonstrates gravely undisciplined behaviour such as disobeying the instructors or violating range rules

Such a cancellation can be done prior to the event or on the spot by the instructor in charge. No refund whatsoever is possible if SwissAAA cancels a participant.



Links

False Bay Sports Shooting Club	www.falsebaysportshooting.co.za
False Bay Firearm Training Academy	www.firearmtrainingacademy.co.za
IDPA	www.idpa.com
Edelweiss	www.edelweissair.ch
Rhino Car Hire	www.rhinocarhire.com
South Africa Tourism	www.southafrica.net
Cape Town Tourism Info	www.capetown.travel
Simons Town Tourism Info	www.simonstown.com