



Match Book

# Namdal Open 2025

23.08.25 – Handgun

24.08.25 – PCC

## En stor takk til våre sponsorer

Now IT AS



Ing. Jorleif Lian AS



Brownells.no



Namdal Elektro AS



Inatur.no



Bilsenteret Namsos AS



Røyrvik Scooter og  
Maskin AS



Langnes Camping



Heia Gjestegård AS



PCM Utleie



SB Skog







# One Handed Ninja

by Thomas

## Start Position:

The start position is standing in red box, facing down range with wrists below belt. Handgun is loaded and holstered.

## Procedure:

On the start signal, engage all targets from within the shooting area using strong hand only.  
Steel must fall to be scored.

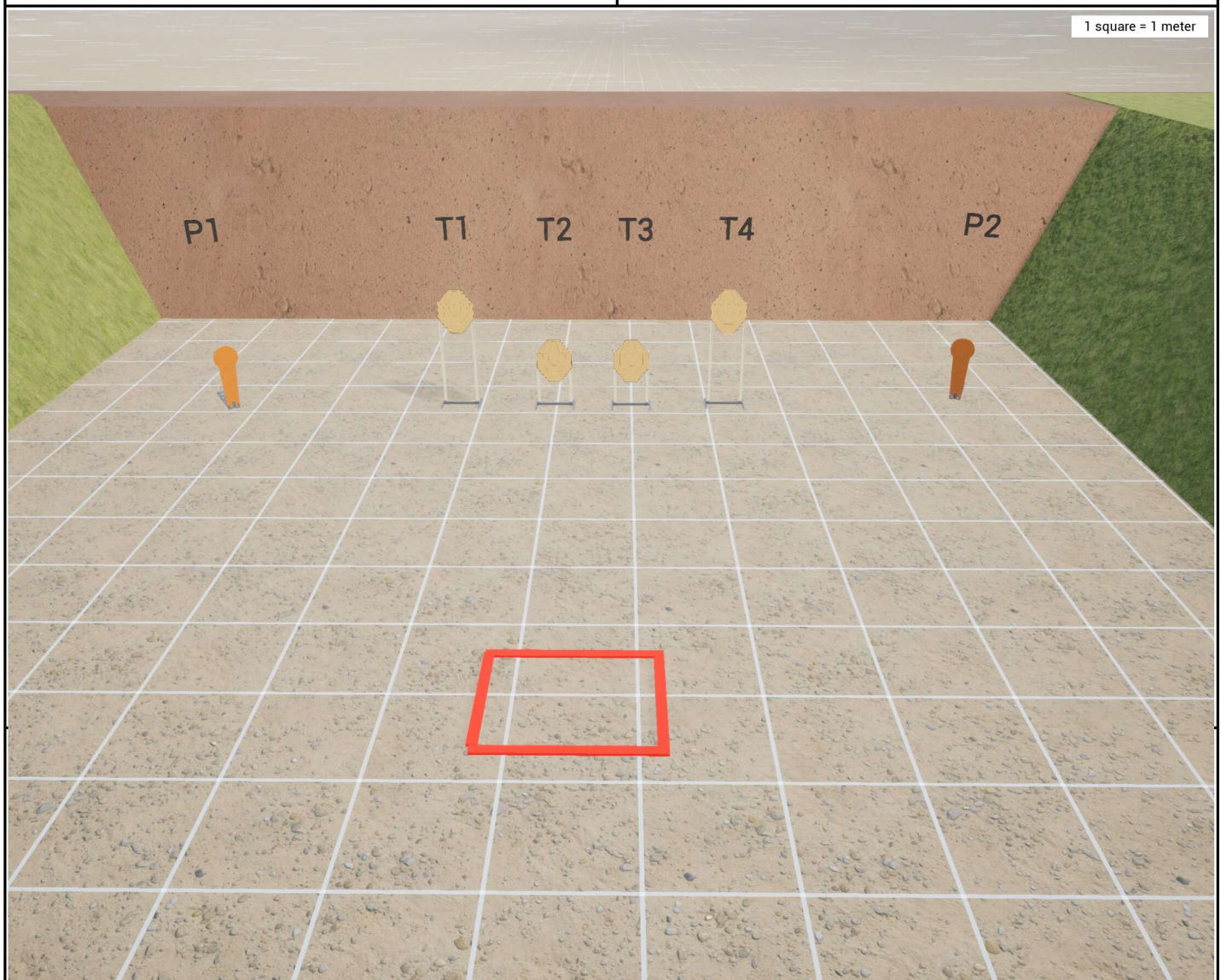
**Scoring** Best 2 hits on paper.

**Course Type** Short

**Rounds** 10 (50 points)

**Time Start** Audible

**Targets** 4 IPSC targets  
2 IPSC poppers



# One Handed Ninja

by Thomas

## WRITTEN STAGE BRIEFING

Welcome to stage 1. This stage is called "One Handed Ninja"

The crew on this stage is:  
And my name is:

This is a Short Course.  
There are 4 paper targets, 2 poppers.  
Minimum rounds to be scored: 10.  
Maximum points: 50

The safety angles are clearly marked by left and right post. Once shooter moves beyond the safety angle posts, 90 degree safety angle applies.

The start position is standing in red box, facing down range with wrists below belt. Handgun is loaded and holstered.

On the start signal, engage all targets from within the shooting area using strong hand only.  
Steel must fall to be scored.





# Fisherman's Friend

by Thomas

## Start Position:

The start position is sitting in boat, hands placed on knees, as demonstrated by RO  
Handgun is unloaded with empty chamber. Handgun and all magazines to be used must be placed on table.

## Procedure:

On the start signal, engage all targets visible from boat, while seated.  
Steel must fall to be scored.

**Scoring** Best 2 hits on paper.

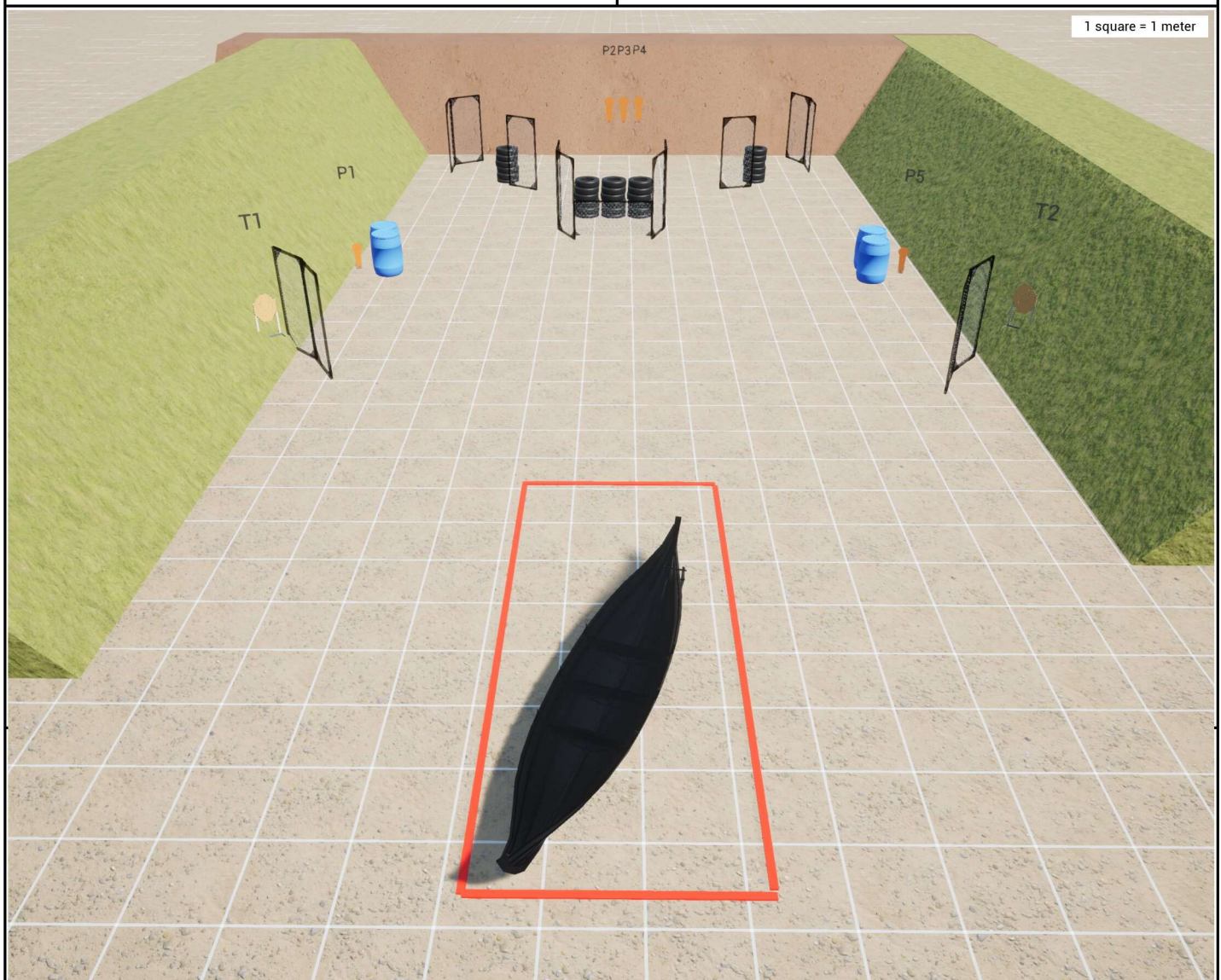
**Course Type** Short

**Rounds** 9 (45 points)

**Time Start** Audible

**Ready Cond** Unloaded, empty chamber

**Targets**  
2 IPSC targets  
3 IPSC poppers  
2 IPSC mini poppers



# **Fisherman's Friend**

**by Thomas**

## **WRITTEN STAGE BRIEFING**

Welcome to stage 2. This stage is called "Fisherman's Friend"

This is a Short Course.

There are 2 paper targets, 5 poppers and 0 plates

Minimum rounds to be scored: 9.

Maximum points: 45

The safety angles are clearly marked by left and right post. Once shooter moves beyond the safety angle posts, 90 degree safety angle applies.

The start position is sitting in boat, hands placed on knees, as demonstrated by RO

Handgun is unloaded with empty chamber. Handgun and all magazines to be used must be placed on table.

On the start signal, engage all targets visible from boat, while seated.  
Steel must fall to be scored





# Abandon ship

by Thomas

## Start Position:

The start position is standing relaxed anywhere in the shooting area, facing down range. Handgun is loaded and holstered.

## Procedure:

On the start signal, engage all targets from within the shooting area.

Steel must fall to be scored.

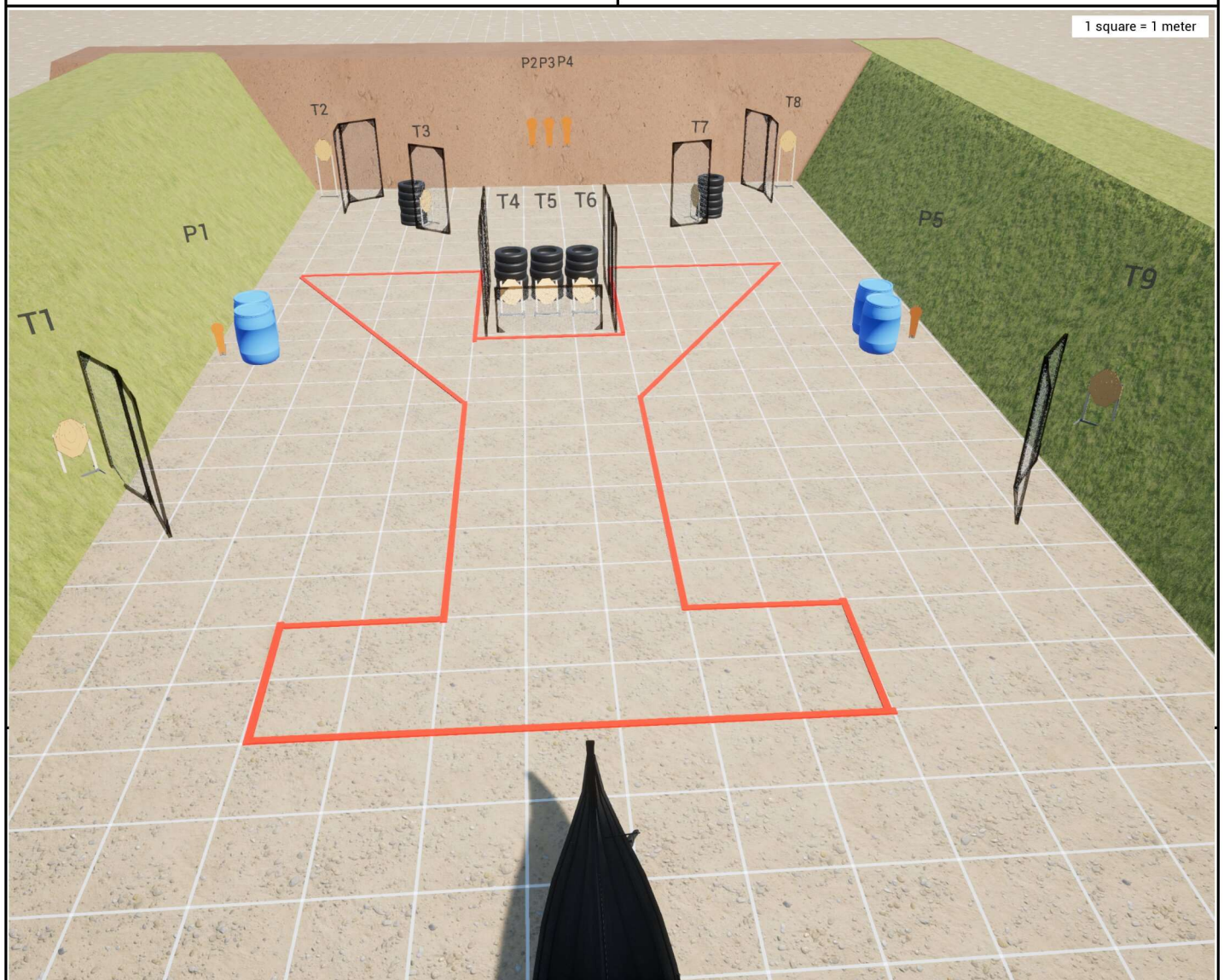
**Scoring** Best 2 hits on paper.

**Course Type** Medium

**Rounds** 23 (115 points)

**Time Start** Audible

**Targets**  
9 IPSC targets  
3 IPSC poppers  
2 IPSC mini poppers



**Abandon ship**  
**by Thomas**

## **WRITTEN STAGE BRIEFING**

Welcome to stage 3. This stage is called "Abandon ship"

This is a Medium Course.

There are 9 paper targets, 5 poppers and 0 plates

Minimum rounds to be scored: 23.

Maximum points: 115

The safety angles are clearly marked by left and right post. Once shooter moves beyond the safety angle posts, 90 degree safety angle applies.

The start position is standing relaxed anywhere in the shooting area, facing down range. Handgun is loaded and holstered.

On the start signal, engage all targets from within the shooting area.  
Steel must fall to be scored.





# More Ketchup

by Thomas

## Start Position:

The start position is standing anywhere in the shooting area, facing down range with wrists below belt. Handgun is loaded and holstered.

## Procedure:

On the audible start signal, engage all targets from within the shooting area.  
Steel must fall to score.

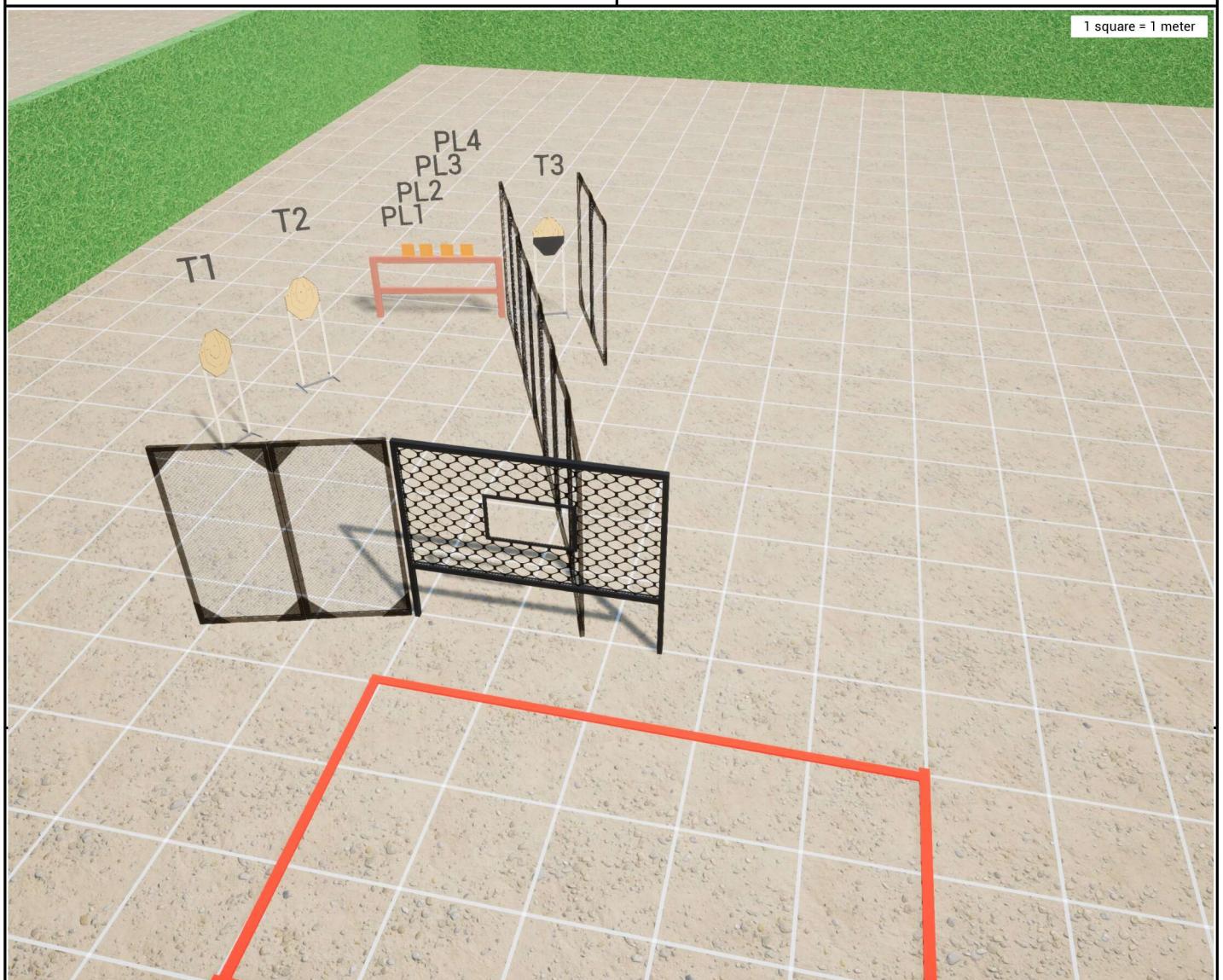
**Scoring** Best 2 hits on paper.

**Course Type** Short

**Rounds** 10 (50 points)

**Time Start** Audible

**Targets** 3 IPSC targets  
4 IPSC plates



## **More Ketchup**

**by Thomas**

# **WRITTEN STAGE BRIEFING**

Welcome to stage 4. This stage is called "More Ketchup"

The crew on this stage is:  
And my name is:

This is a Short Course.  
There are 3 paper targets, 4 plates  
Minimum rounds to be scored: 10.  
Maximum points: 50

The safety angles are clearly marked by left and right post. Once shooter moves beyond the safety angle posts, 90 degree safety angle applies.

The start position is standing anywhere in the shooting area, facing down range with wrists below belt. Handgun is loaded and holstered.

On the audible start signal, engage all targets from within the shooting area. Steel must fall to score.





# Tusenfryd

by Thomas

## Start Position:

The start position is standing anywhere in the shooting area, facing down range with wrists below belt. Handgun is loaded and holstered.

## Procedure:

On the audible start signal, engage all targets from within the shooting area.

Steel must fall to be scored.

Popper 1 activates Bobber 1

Popper 2 activates Bobber 2

Stomp plate activates Swinger 1 and Swinger 2

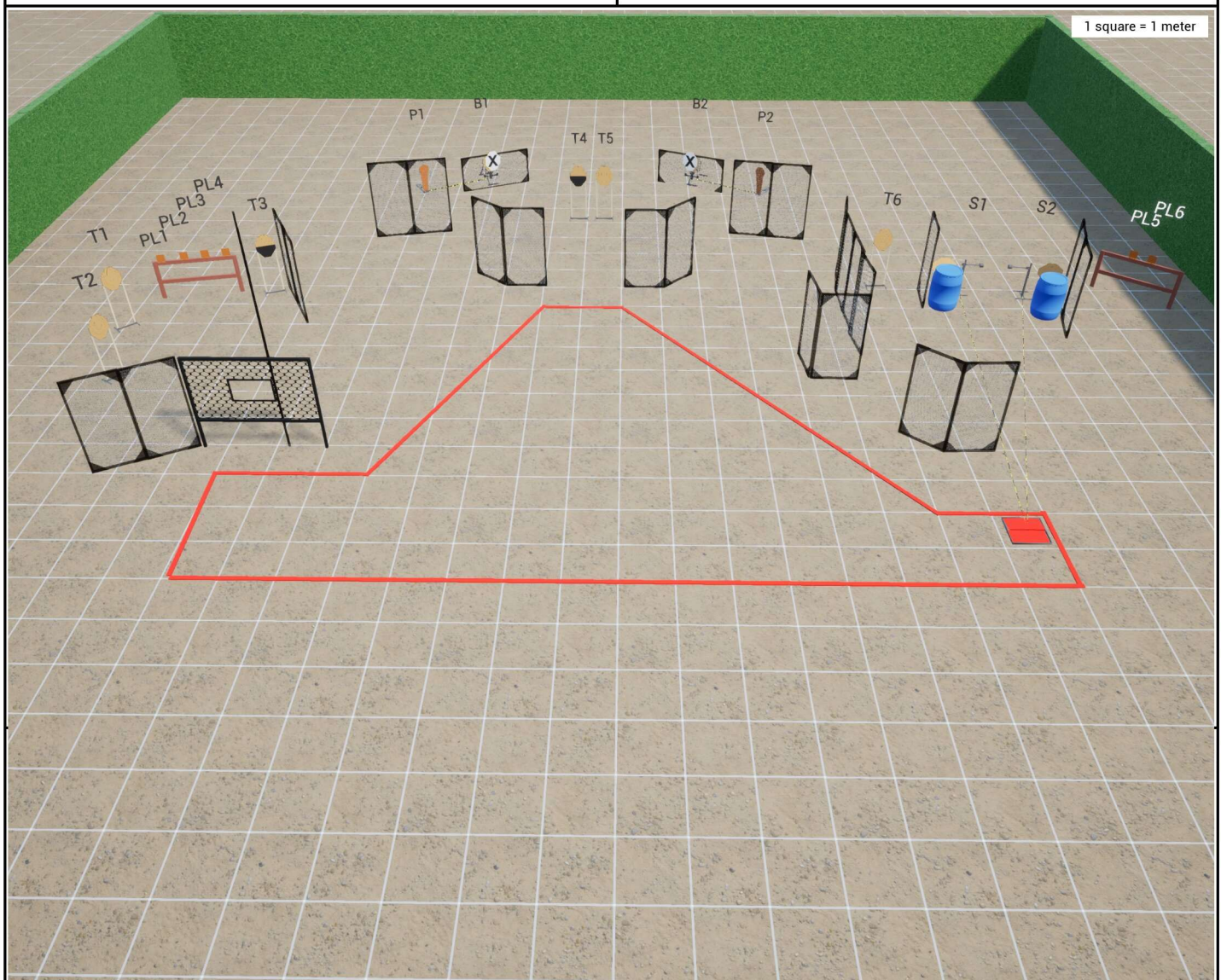
**Scoring** Best 2 hits on paper.

**Course Type** Long

**Rounds** 28 (140 points)

**Time Start** Audible

**Targets** 10 IPSC targets  
2 IPSC poppers  
6 IPSC plates  
2 No-shoots





**Tusenfryd**

**by Thomas**

## **WRITTEN STAGE BRIEFING**

Welcome to stage 5. This stage is called "Tusenfryd"

This is a Long Course.

There are 10 paper targets, 2 poppers and 6 plates

Minimum rounds to be scored: 28.

Maximum points: 140

The safety angles are clearly marked by left and right post. Once shooter moves beyond the safety angle posts, 90 degree safety angle applies.

The start position is standing anywhere in the shooting area, facing down range with wrists below belt. Handgun is loaded and holstered.

On the audible start signal, engage all targets from within the shooting area. Steel must fall to be scored.

Popper 1 activates Bobber 1

Popper 2 activates Bobber 2

Stomp plate activates Swinger 1 and Swinger 2



# Famous Last Words

by Thomas

## Start Position:

The start position is standing anywhere in the shooting area, facing down range with wrists below belt. Handgun is loaded and holstered.

## Procedure:

On the audible start signal, engage all targets from within the shooting area.  
Steel must fall to be scored.

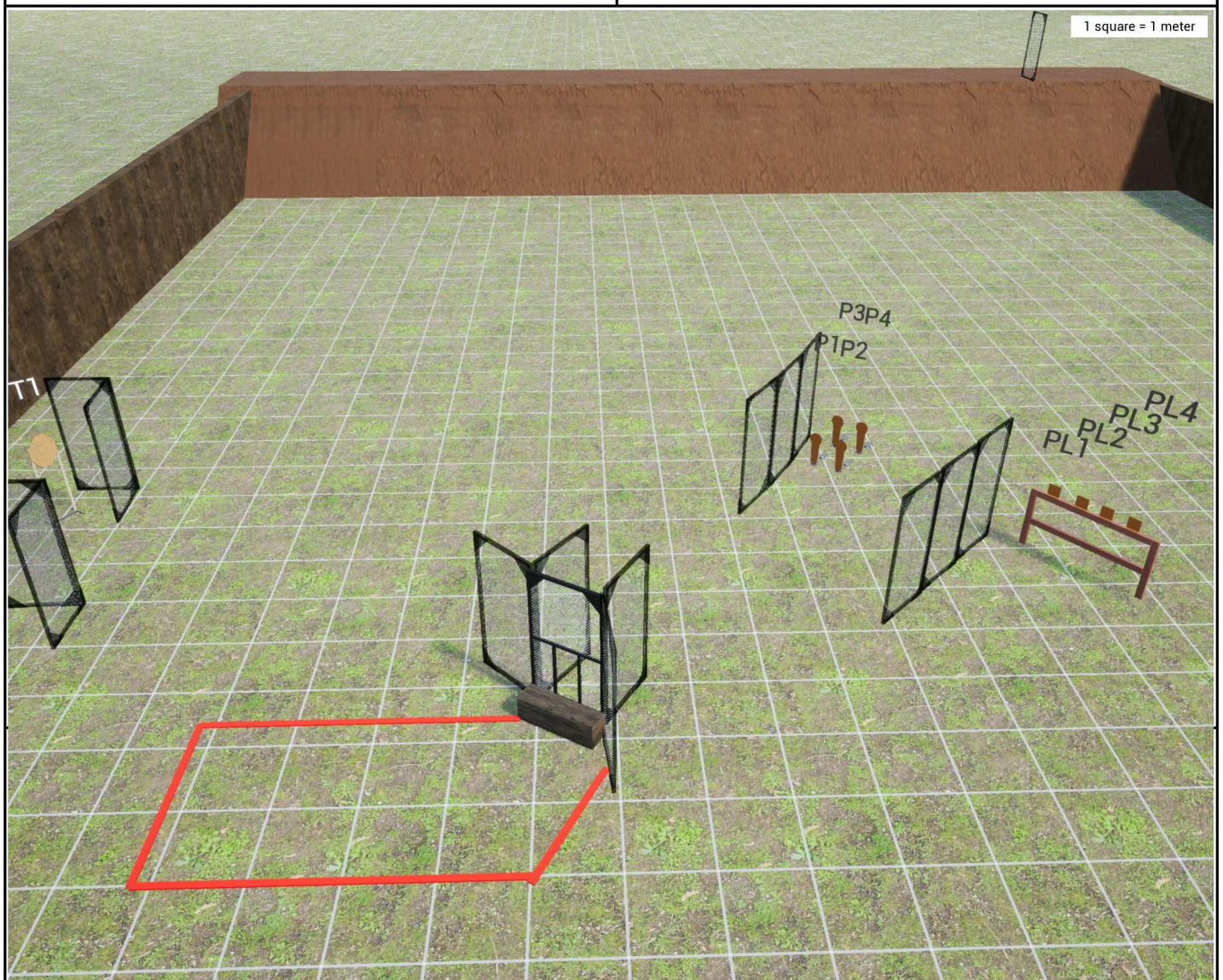
**Scoring** Best 2 hits on paper.

**Course Type** Short

**Rounds** 10 (50 points)

**Time Start** Audible

**Targets**  
1 IPSC target  
4 IPSC mini poppers  
4 IPSC plates



# **Famous Last Words**

**by Thomas**

## **WRITTEN STAGE BRIEFING**

Welcome to stage 6. This stage is called "Famous Last Words"

The crew on this stage is:  
And my name is:

This is a Short Course.  
There is 1 paper target, 4 poppers and 4 plates  
Minimum rounds to be scored: 10.  
Maximum points: 50

The safety angles are clearly marked by left and right post. Once shooter moves beyond the safety angle posts, 90 degree safety angle applies.

The start position is standing anywhere in the shooting area, facing down range with wrists below belt. Handgun is loaded and holstered.

On the audible start signal, engage all targets from within the shooting area. Steel must fall to be scored.





# Full Body Exercise For Seniors

by Thomas

## Start Position:

The start position is standing anywhere in the shooting area, facing down range with wrists below belt. Handgun is loaded and holstered.

## Procedure:

On the audible start signal, engage all targets from within the shooting area.

Steel must fall to be scored.

Stomp plate activates plate swinger.

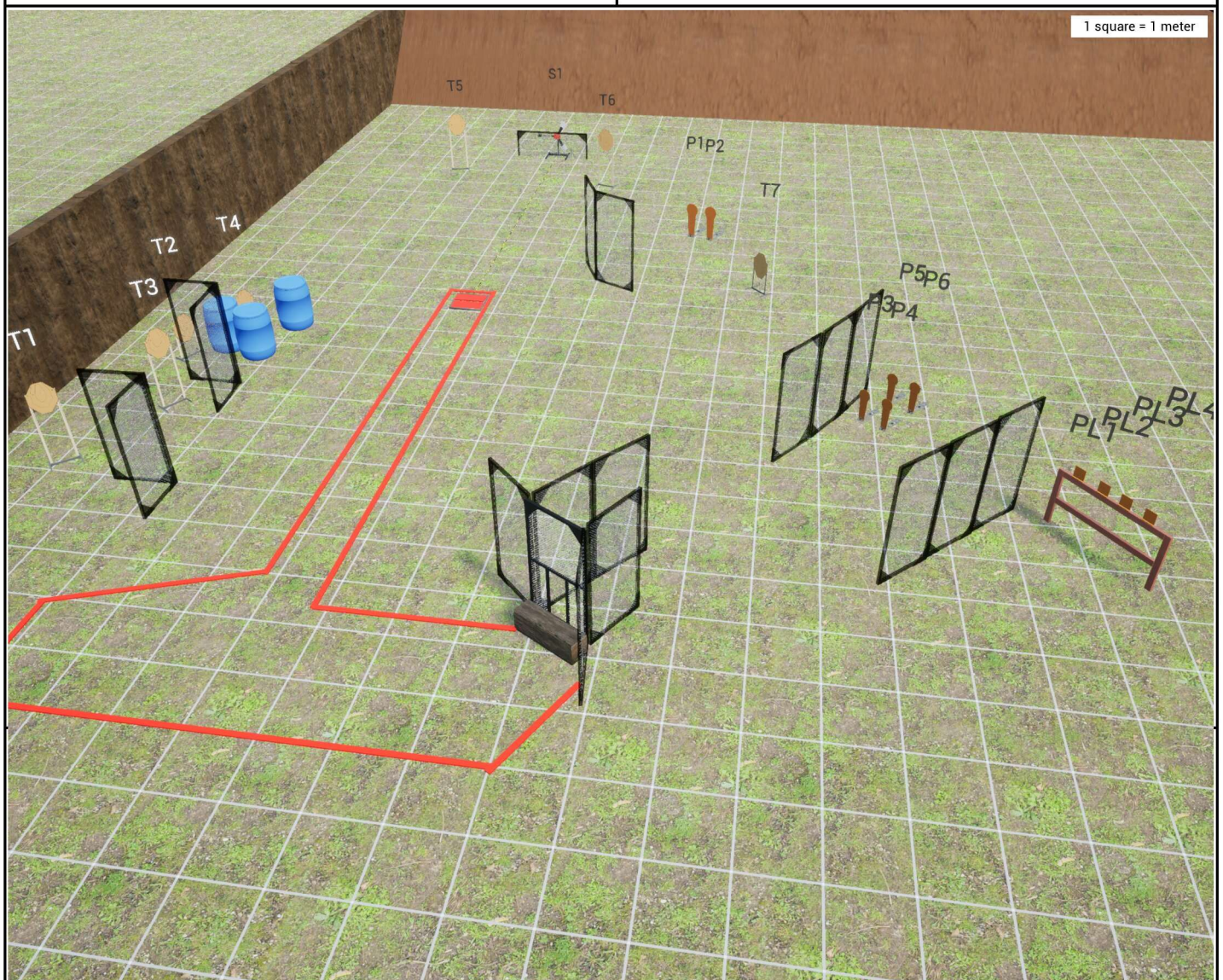
**Scoring** Best 2 hits on paper.

**Course Type** Long

**Rounds** 26 (130 points)

**Time Start** Audible

**Targets** 7 IPSC targets, 12 steel



# Full Body Exercise For Seniors

by Thomas

## WRITTEN STAGE BRIEFING

Welcome to stage 7. This stage is called "Full Body Exercise For Seniors"

This is a Long Course.

There are 7 paper targets, 6 poppers and 4 plates

Minimum rounds to be scored: 26.

Maximum points: 130

The safety angles are clearly marked by left and right post. Once shooter moves beyond the safety angle posts, 90 degree safety angle applies.

The start position is standing anywhere in the shooting area, facing down range with wrists below belt. Handgun is loaded and holstered.

On the audible start signal, engage all targets from within the shooting area.

Steel must fall to be scored.

Stomp plate activates plate swinger.