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## Chairman's Letter

Everyone has heard of the "X factor" and could probably describe it as being "that something extra that cannot be defined but can be sensed".

When we watch dancers or hear singers we can spot those with the "X factor" quite easily. But what about any discipline shooter for example a Pin Shooter or Combat Shooter or a Clay Target Shooter? Do certain shooters just have "that something extra that cannot be defined"? Can it be taught or learned? I somehow don't think so – it is either there or it is not. It can be honed but it has to be there on the first place.

You'll see that there are several members/shooters that clearly have the "X factor". Self-taught in every aspect some members dominates the sporting ranges and continues to wow us with their incredible scores. These legendary shooters are amongst us.

I have often been asked over the years how old one has to be to start any shooting. The answer that I always give is it depends upon the build of the youngster and whether or not the parents have the suitable firearms for the purpose. Any shooting is a family sport, from 9 to 90 and beyond. This is amply demonstrated to everyone by the diverse ages of the members.

Visiting the club ranges. What is exciting to see is the number of young shooters who clearly love our sport!

Just one word of caution though to all those eager parents: just go steady on the number of shots that your youngster fires in a day, also depending on the type of shooting discipline.

There is no research on the effects of recoil yet, we do know that excessive amounts of recoil can cause flinches and probably also physical problems with shoulders and backs.

Having fun on the shooting range is what our sport is all about and our club calendar events where members are clearly having lots of fun!

We say a very sad "goodbye" to Obie's father and Robert's wife that passed on recently. We send our sincerest condolences to Obie Oberholster and Robert's family and friends.

Thank you as always to all contributors – your input makes this newsletter a true member's newsletter.

Until next time – Good Shooting!!!

Geoff Muller

Chairman



## Sport Shooting or Hunting Firearm for Self Defence

Can I use my dedicated sport shooting/hunting firearm (Section 16 licence) and/or occasional sport shooting/ hunting firearm (Section 15 licence) for self-defence?

In terms of the Firearms Control Act 60 of 2000 (FCA), it is clear that Section 13 makes provision for a firearm licence granted specifically to a natural person for self-defence. However, in terms of Section 13(4), it is possible to use a Section 13 licence for other purposes: "A firearm in respect of which a licence has been issued in terms of this section may be used where it is safe to use the firearm and for a lawful purpose." Thus it stands to reason that a Section 13 licence can be used for occasional or dedicated sport shooting. Specifically with new sport shooters, this is quite often their only firearm when they start their sport shooting activities. The Section 13 licence is therefore being used for a lawful purpose – that is, sport shooting, and on a shooting range where it is safe to do so.

Section 15, which is a licence issued for occasional hunting and/or sport shooting, also has a clause with exactly the same wording, namely Section 15(4), which states: "A firearm in respect of which a licence has been issued in terms of this section may be used where it is safe to use the firearm and for a lawful purpose."

Section 16, which is a licence to possess a firearm for dedicated hunting and/or dedicated sport shooting, likewise has similar wording in Section 16(3), which states: "A firearm in respect of which a licence has been issued in terms of this section may be used where it is safe to use the firearm and for a lawful purpose."

Section 17, which deals with licences in a private collection, has a similar clause in Section 17(4): "A firearm in respect of which a licence has been issued in terms of this section may be used where it is safe to use the firearm and for a lawful purpose."

Interestingly enough, in terms of Section 16A, which is a licence to possess a firearm for professional hunting, 16A(3) states: "A firearm in respect of which a licence has been issued in terms of this section may be used by the professional hunter for his or her private use (my emphasis) and professional hunting purposes where it is safe to use the firearm and for a lawful purpose."

Section 20 deals with business licences, such as Section 20(2)(a) for security providers, 20(2)(b) for training providers, 20(2)(c) for use in the film industry, 20(2)(d) for game ranchers, 20(2)(e) to conduct a business in hunting, and 20(2)(f) for any other business purposes. Section 20(4) states: "A firearm in respect of which a licence was issued in terms of this section (my emphasis) may only be used as specified in the licence." Furthermore, in terms of Section 20(3), a licence issued in terms of this section must specify the business purpose in respect of which it has been issued.

In terms of Section 21 providing a temporary authorisation to possess a firearm, Section 21(5) stipulates: "A firearm in respect of which an authorisation has been issued in terms of this section may be used only –



- (a) if the Registrar by endorsement on the authorisation permits such use; and
- (b) in accordance with such conditions as may be prescribed and imposed by the Registrar.”

The above is a short rundown of the relevant sections in order to give the reader a better understanding thereof.

For the purposes of this article, let's say you have now used a firearm licensed to you other than in terms of Section 13 for self-defence, against an unlawful and violent attack, which more than likely may be a handgun for sport shooting, but may be your hunting rifle or shotgun, and that your defense of private self-defence has been accepted by the court. In such a situation, can you be charged and convicted in terms of any section/s of the FCA?

Of particular relevance is Section 120 (Offences, Penalties, and Administrative Fines), which states in 120 (1):

## Section 120 Offences

(1) A person is guilty of an offence if he or she contravenes or fails to comply with any:

- (a) provision of this Act;
- (b) condition of a licence, permit or authorisation issued or granted by or under this Act; or
- (c) provision, direction or requirement of a notice issued under this Act.”

There are other offences created in terms of Section 120, such as discharging a firearm, or using a firearm under the influence of alcohol, etc. which are not relevant for the purposes of this article.

In my opinion, were you to be charged in terms of Section 120 (1)(a), (b) or (c), following a situation where you have defended your life lawfully, you would be entitled to rely on the subsections referred to as above in Sections 15, 16 and 17, and would be entitled to declare you were using the firearm where it is safe to use. That is, the firearm was in a holster and concealed on your person, and that you were using the firearm for a lawful purpose, namely defending your life against an unlawful attack.

## Before you 'use' a firearm

Please note that the term 'use' of a firearm, in my opinion, can have a fairly broad meaning, which includes not only firing the firearm, but also pointing and handling. There may, however, be different opinions on the definition of the word 'use' in this regard, and a more a restrictive interpretation may be applied. Whether one can be charged in terms of Section 120 (1), or any other section, will depend on each particular person's circumstances, the situation you find yourself in, and where and when the unlawful attack occurs.

For instance, were you to be at home and happen to have your occasional or dedicated sport



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shooting firearm on or near you at the time of the attack, or were on a hunting trip and had used your hunting rifle, or were on your way to the shooting range and had to use your sport shooting firearm, whether handgun, shotgun or rifle, and were you to use the said firearm in self-defence against a violent and unlawful attack, I believe there is a very small probability of being charged for contravening any section of the FCA or of Section 120 in particular. Furthermore, it would be difficult for the State to pursue a conviction in the face of the lawful defense of your own life.

Please note that the conservative view is that when you are travelling with your sport shooting and/ or hunting firearm, it should be transported in an unloaded condition. Thus if you adhere to this conservative view, when driving to or from the shooting range or the hunting area, one may have great difficulties explaining why you had a loaded sporting or hunting firearm in the car. However, should the firearm be unloaded and bagged (as it should be) and you had a loaded magazine (against which there is no prohibition), one could easily load the firearm and deploy it in self-defence.

The burning question perhaps is whether you may carry your occasional or dedicated firearm for self-defence for a lengthy period or on a permanent basis. This is not an easy one to answer, as one must bear in mind that the intention of the FCA in terms of Section 13 was to create a category for the specific purpose of defending yourself, whereas Sections 15, 16 and 17 have other purposes.

One can also understand the purpose of Section 13 (4) in that it allows a person to use that firearm for sporting and training purposes. But with the similar clauses in Sections 15, 16 and 17, there might be a problem. When using such a firearm for self-defence, is it lawful? Yes, in the eyes of the defender, but ultimately it would be for the court to decide. If the defense of self-defence is not upheld, such a person will almost certainly be guilty of contravening Section 120 in that he did not use the firearm in accordance with the licence for which it was issued.

There is also great concern from some quarters that, because Section 13 is clear in that one may possess only one handgun or shotgun for self-defence, that the sport shooter or hunter, according to the popular argument, would be entitled to decide by himself or herself what to carry when and under what circumstances; also, that he or she wishes to carry a back-up gun, or two or even three guns, for self-defence, which may even be a semi-auto rifle in the guise of an M4/ LM5/ or whatever.

At the end of the day, the issue might be decided upon by a magistrate or judge. He or she may decide on whether there had been wrongful intent rather than unlawfulness, especially if intent is found to be a requirement. If one argues that wrongful intent is a requirement, obviously the State has to, among other things, prove knowledge of unlawfulness.

The prosecutor may have a problem should the accused have had an honest and bona fide belief that he or she was entitled to do what he or she did. However, the question of whether his/her belief was reasonable would also come into play – that is, would the reasonable person also have thought he/she was entitled to carry, as opposed to use, any gun for self-defence?

The best advice I can give is to always have a rational and factual reason for having a Section 15, 16 or 17 firearm on you at the time that the incident occurred, such as that you were on your way to a shooting range, on your way to a hunting trip or hunting at the time. Although some circumstances may possibly be covered by a state of emergency (defense of necessity), the use of a sport shooting

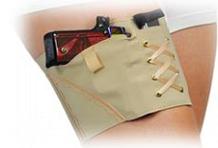


or hunting firearm may negate, or at the very least frustrate, the objectives, as well as act against the spirit of, the FCA.

It is best in all circumstances, in my opinion, to follow the intention of the FCA, and to rather use your Section 13 licence for self-defence wherever possible, and to use any other firearms for the purposes for which they were registered. However, this is a hotly-debated and divisive topic. So far, to the best of my knowledge, the specific issue of a person carrying a Section 15 or 16 licence permanently, or being charged in terms of Section 120 in these particular circumstances, has not yet been decided upon by our courts.



## Everyday Carry



In the days of the American West, pioneers trekked the length and breadth of the country in buckskin clothing with a rifle in their hand and a bag slung over the one shoulder. These 'mountain men' could pay no greater compliment to one another when greeting each other after a long time in the Wilderness, than saying "You've put on weight". In those days, it meant that the moccasin-clad individual had not only survived the epic ordeal, but had actually thrived in it.

While the rifle of the day was almost always either a percussion or flint 'Kentucky' or 'Plainsman', the bag under the arm was as individual as the person carrying it. Such a bag was called a 'possibilities bag' and contained powder, patch, ball, flannel, and all the odds and ends that the pioneer might need during his encounters in the harsh American outdoors. Some even contained treasured possessions such as a locket of hair from a sweetheart, or a diary and quill.

Meeting more modern everyday challenges The modern day equivalent of these mountain men, the 'city slicker', negotiates the concrete jungle instead of the wilderness like his wise forebears did. And while the old man would have felt quite at home crossing a raging river, trying to negotiate across modern traffic with its taxis and SUVs would most likely leave him splattered on the tarmac. And so the 'possibilities bag' of yesteryear has been replaced with the modern equivalent – the EDC bag.

Usually made from a military grade 500D Cordura fabric and fitted with clips, zips, and MOLLE (Modular Lightweight Load-carrying Equipment) strips, this bag is designed to meet the needs of a different kind of adventurer... You. Usually available in three subdued colours: black, olive drab (green), or khaki, these bags can be very different in design and shape, in order to match the user's requirements.

All will contain a large main compartment, with secondary compartments that are fitted with MOLLE webbing on the inside or outside, to allow further division of your kit. MOLLE is a name with military origins, used for a series of loops and runners that connect pouches to bags, vests, and equipment, and allows them to be taken off or changed easily. It is the way of the future, and I predict that in the next few years there will be no other system available. Although black and olive drab are popular,



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these colours pull the eye and scream 'tactical operator', so unless you want to be 'pinged' as such, I suggest going with the khaki colour option. The simple 'messenger bag' – an over the shoulder single compartment bag made popular by the character Jack Bauer in the series '24' is still the way to go, if you want to draw little attention. It might pay to have internal compartments sewn in, however, so that you don't have to go digging around inside searching for your baton between your keys and tissues!

What goes inside? Everything you could possibly need during the day. This could include: A small first aid kit (possible including pain meds, plasters, Regmakers' – a local brand of caffeine tablet, and Immodium tablets), spare magazines for your pistol (or two speed-loaders for your 'rollie'), torch and spare batteries, two or three snap glow sticks, cable ties, cell phone charger and universal plug, notebook, sanitary wipes or toilet roll, and a 750ml sealed bottle of prepared water. Even if you are only stuck in town with car problems, this is a good enough reason to have items like these at hand. You never know what the day is going to throw at you. The idea of the EDC bag is that it contains everything you will need for at least 24 hours if the lights go out and the proverbial pawpaw hits the fan.

The 'go bag' The large version of the EDC bag is the bag that goes in the boot of your car, usually referred to as a 'go bag'. This bag contains everything that is inside your EDC, along with extras of everything. Think outside of the box regarding what goes in here. Not wanting to give potential thieves out there a shopping list of what's in my Jeep, here's an example of what could go in your 'go bag': a change of clothes, windbreaker, solar charger, reflective blanket, salt tablets, sweets, and extra water. Then also add the usual stuff like torches, knives, and spare ammunition (please note however, that if leaving this bag outside of a safe or your direct control, ammunition can not legally be left inside it).

I have heard that 'operators' that work in foreign countries also have a similar bag at the foot of their bed, ready to go at a moment's notice, called a 'bug out bag'. They sew a few gold sovereign coins into the lining and they are 'good to go' almost anywhere in the world. A few notes of well-known foreign currency wouldn't hurt either. There are those that will call you paranoid at this point. But in today's world we see those same people walk around asking you if you have a spare charger because their cellphone is about to die. If those people lost their bank cards, they would be without any means to feed themselves until their bank decided to issue them with a new one.

Those who prepare will always be ridiculed by those who don't. I have friends who unfortunately know that there is at least 50 litres of prepared water, gas cylinders, and medical supplies at my house. They always joke about congregating at my place if there is a 'zombie apocalypse'. In every joke there is a small truth though, and for this reason I have stopped telling anyone about my long term storage plan (except of course for you). Because the true dog-eat-dog nature of human beings means that IF something did happen and there was a shortage of resources, that unprepared close friend of yours would probably turn very nasty if you refused him a portion of your limited stash. Plan and be prepared for the worst, but believe in the best.





It is my opinion that Section 24 is bad law and could be deemed to be unconstitutional. Legislation should not have the effect of criminalising any part of the population, especially where the firearm in question is not an illegal firearm, but was lawfully acquired and registered previously, either under the old 1969 Act or under the new Firearms Control Act.

However, now is the time for all firearm licence holders, whether they be using the firearm for self-defence or sport shooting, to join one of the firearm lobby groups such as SAGA or GOSA and/or one of the other sport shooting or hunting or collector bodies



## Mossberg 4x4: Affordable entry-level rifle package

O.F. Mossberg & Sons (commonly known as Mossberg) is the oldest family-owned firearm manufa

cturer in the United States. It was founded in 1919 by Oscar Frederick Mossberg and his two sons, Iver and Harold Mossberg. Mossberg started off by producing simple, economic firearms for the civilian market. The company quickly learnt to tap into the knowledge of others. It employed key staff members from companies such as Colt, Marlin Firearms, Smith & Wesson and Winchester to not only expand its product range, but also to increase the overall production rate.

Following the success of the Brownie, a four-barreled .22 calibre handgun, it developed .22 calibre rifles, shotguns and rifles scopes, spawning a period of diversification within the sporting goods market. In 1940, Mossberg produced the HI line of .22 target and sporting rifles. This platform was extremely popular with the shooting community, with the range only discontinued in 1960.

In 1961, Mossberg designed and produced the iconic 500 series pump action shotguns, which eventually become one of the most-produced sporting firearms in the world, with over ten million examples. It has seen action as a military weapon in both the Gulf and Iraq wars. Mossberg has subsequently focused on producing rifles (bolt action and self-loading platforms) and shotguns, including both pump action and self-loading derivatives. The company has grown to become a major player in the firearm industry both in the United States and internationally.

### Design and ergonomics

Although well known for its shotguns, which can be seen around the world in different competition circuits, Mossberg also produces good value-for-money bolt-action rifles. The company has always believed in providing the firearm owner with the best possible rifle at a reasonable price. The Mossberg 4x4 was built on the success of the Mossberg 100 ATR (All-Terrain Rifle). It has evolved into a well-balanced rifle package capable of providing impressive accuracy on demand. The 'stealth



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bomber' look of the all-black Mossberg provides the shooter with a very good first impression.

When you look at the different components, the rifle impresses the shooter even more. The 4x4 is offered in a variety of cartridges such as 22-250 Remington, 243 Winchester, 7mm-08 Remington, 308 Winchester, 25-06 Remington, 270 Winchester, 30-06 Springfield, 7mm Remington Magnum, 300 Winchester Magnum, and 338 Winchester Magnum. Some of the most recent 4x4 variations are also offered in the new Winchester Short Magnums, such as 270 WSM, 7 mm WSM, and 300 WSM.

Perhaps the most noticeable feature is what Mossberg terms its Lightning Bolt Action (LBA) trigger system. The trigger on the test rifle broke cleanly, with little creep or over travel – a nice bonus on an entry-level rifle. The LBA trigger can also be adjusted by the user from 2.0 lbs to 7.0 lbs. However, adjusting the trigger requires removing the stock and adjusting the set screw on the front of the trigger group.

The Mossberg 4x4 also includes a detachable box magazine. This is a useful feature for those hunters who like to completely unload their rifles while stalking or walking in the veldt. The magazine itself is plastic, as is the housing retaining clip. While plastic is not the most durable material, the test rifle did not show any sign of degradation whatsoever.

All Mossberg 4x4s feature a free floating, button rifled fluted barrel with recessed crown, as well as a pre installed weaver bases. While weaver bases are not terribly expensive, bundling the bases with the rifle saves costs when procuring a new rifle. The Mossberg 4x4 is fitted with an attractive spiral fluted bolt featuring an ergonomic bolt angle. The knurled/ serrated bolt handle offers plenty of grip for quick follow-up shots as well as enhancing shooter comfort. The test rifle came fitted with a light and functional black skeletonised synthetic stock.

Mossberg has taken the time to texture the pistol grip and forend on the stock. Unfortunately the sling swivel studs are also plastic and part of the design of the stock. Plastic studs tend to rip out under heavy use, so it may be worth the while to simply Dremel out the plastic studs and screw in metal studs.

The Mossberg 4x4 is fitted with a soft recoil pad to soak up recoil. While the synthetic stock is plain, the wood stock variants tend to have a more substantial stock with metal sling swivel studs.

## Conclusion

The Mossberg 4x4 represents the evolution of the hugely popular 100 ATR rifle platform, which is well known in the United States market. The 4x4 offers a well-constructed rifle with top-end features at a very competitive price. In South Africa this rifle is available in .243 Winchester, .270 Winchester, .308 Winchester as well as 30-06 Springfield.

“Would you buy this rifle?” My answer would be yes.

The trigger is deceptively good, the action is super smooth, and the recessed crown is something you find on high-end rifles, just to mention a few of the features.



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“What would you change?” is the next question.

Personally I would change the rifle stock. While the synthetic stock makes this a ‘lightweight’ hunting rifle easy to carry when hunting for prolonged periods, I would opt for a laminated wood stock from Boyds or Makers, for example. Or I would even have one produced locally, as it will add rigidity to the rifle and increase accuracy and reduce felt recoil, which is lacking with the synthetic stock. The overall weight of the rifle will definitely increase with the wooden stock, but the added benefits far outweigh any negative aspects such as this.

## Design overview and specifications

Make	Mossberg
Model	4x4
Calibre	.308 Winchester (tested)
Finish	Matte blue
Action	Bolt action
Stock	Black skeletonised synthetic stock
Style	Monte Carlo with forend barrel vents
Twist	1:10"
Barrel length	22.00" (558 mm)
Barrel construction	Carbon-steel fluted barrel
Length of pull	13.75"
Overall length	1 182.62 mm
Weight	3.06 kg (without optic and mounts)
Trigger pull	Adjustable from 2.0 lbs to 7.0 lbs (2.5 lbs as tested)
Magazine capacity	Five-round box magazine
Muzzle break	No
Swivel studs	yes front and rear
Sights	none
Application	Hunting

The Mossberg 4x4 is imported and distributed by City Guns of Cape Town, and retails for the low price of only R5 999 while limited stocks last.



## Keep it simple and stay alive by James Smart



My last article addressed the approach to training and what should be thought about and done, regardless of the discipline. In this article, we’ll focus on the kind of training, how to focus on street survival and any lurking pitfalls. It’s quite possible that the most critical moment of dealing with an attack is the moment of recognition. That is, the moment when you



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realise that you are being, or are about to be, attacked.

If you apply the awareness colour code that I shared in my previous article, you should see it coming and have the opportunity to escape. In fact, your Number One priority should be to escape. Even in the event of an attack taking you by surprise, you still can determine the outcome by your reaction.

Your highest chance of success is to have a plan in place, and to train according to that plan. In an earlier article, I went through the MAC process (Move, Assess, Communicate). This should be the foundation of your plan. If you have space, MAC will help you to either keep that space, persuading the criminal to leave, perhaps buy you time to escape, or create the opportunity to act offensively. Have a default action and a default reaction. Know what you are going to do, because it will make it that much easier to carry it through.

First prize is either the attacker or yourself leaving the scene. However, if you have to act, what will you do? If the attacker attacks first, what will your response be? The Gracie family took the martial arts world by storm back in the early 1980s and 1990s, beating everyone from Karate to Kung Fu, and from wrestlers to boxers. Was their ongoing success due to a set of special techniques? Was it because they were superhuman? No! It was simply because they had a philosophy of how to win a fight, plus they were the first martial artists to have a plan. Most martial artists wait for something to happen and then react. The Gracies knew that they wanted to get the fight onto the floor, and they had a plan to get it there. They executed their plan and, 99.9% of the time, it worked.

Having a plan will help your brain function under the stress of a fight or any interaction with criminal elements. The 'Fight, Flight or Freeze' response is wired into us on a very primitive level. 'Flight' is the strongest of these instincts. That makes sense because your highest chance of escaping injury is to avoid physical combat. If escape is impossible, you must choose between 'Fight' or 'Freeze'. If an attacker approaches with an arm extended towards your head, then your brain will automatically look for an appropriate response. If you have a plan, your conscious thought process is to select that plan and initiate action, all in milliseconds. Take too long, as in not having a plan and subsequently being unprepared, and the attacker will simply leave you to play catch-up.

A brain without a plan is a brain that freezes, which means you become a victim, whereafter the fight is over. 'Practice your simple, effective plan and avoid analysis paralysis.' However, keep the plan simple. When teaching students, I describe a fight as being like climbing a tree. If you stand at the bottom of the tree and look at all the layers of branches in an attempt to decide how you are going to get to the top, it's likely that you'll get lost in contemplating all of the possibilities. If you do start climbing, things may well change as you climb. If you stand and only look at the trunk and make a plan to get to the first branch, it's most likely that the rest will sort itself out and become clearer as you continue to climb. I have been very fortunate over the years to have trained with people from five different Special Forces units around the world. 'Keep it stupid simple' is such a universal axiom that it's even used by the British SAS, albeit with a slight adaptation: "Keep it so simple a stupid person could do it". There are many similarities between what these disparate units do. If it is simple and it works, then everyone should do it.

Over and above this, I have noticed that what they all do extraordinarily well is fundamental to all of them. There is no over-complication to what they do, and when I say none, I really mean none. What



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makes them different from everyone else is that they never, ever get the basics wrong. I guess it could be likened to the more moving parts that comprise your technique, the greater the probability of something going wrong and disrupting it. I once trained with a recruit fresh from an Israeli Recon unit, a specialist in unarmed combat. I asked him to show me his unit's 'pistol disarm technique', but he said I would be disappointed. I replied that, on the contrary, I would be delighted. He suggested I should don a protective helmet for safety and use a training (dummy) gun. I put on the helmet and pointed the gun at his head. His reaction definitely surprised me, for when he grabbed the gun, he punched me in the face. After a short recovery, I said: "That was cool, but you didn't step off the line of the weapon." His reply surprised me even more than the punch in the face. "No, you don't need to step off the line of the weapon, because we've proved that someone can grab the gun and move it before the attacker can pull the trigger". All I could think was: "I wonder who drew the short straw in proving that?"

The point is that his routine was simple to remember and execute. It simply couldn't fail. The kicker though is that human nature seeks ever more complicated solutions. From a fighting point of view, we are likely influenced by movies to pursue what looks impressive and possibly unnecessarily complex. We see this in many martial arts. Ju Jitsu as practiced by Samurai warriors was remarkably simpler than the variant we observe today. Instead of solving a problem with a simple and effective solution, we are influenced by contrary opinion and thereby complicate the sequence. Practice your simple, effective plan and avoid analysis paralysis.

A top combat instructor told me that the mark of an advanced student is one who can flawlessly apply the fundamentals in the face of noise, chaos and fright. In your practice sessions, concentrate on the hardest, most demanding training that you can manage. Consistency will deliver smooth and powerful technique. "It's much harder," as Bruce Lee said, "to be the man who practiced one kick 10 000 times, than to be the one who practiced 10 000 kicks once." Practice being hit (albeit safely). If the first time you are hit is in the street, it's highly likely that moment will be the end of your fight. If you are repeatedly hit in training, you'll get used to it. A hit in the street will blend into your expectations; it will summon your reflexes and release an effective sequence in response. You can't be too fit for a fight.

Consider a gunfight: if you came out victorious, you'd never think "Wow, my gun was just too big for that", or that "I had too much ammo." In a situation where you are in fear, you are going to get a huge adrenalin boost. There are many consequences of this, one of which is that your heart rate will go through the roof. In this regard, 145 beats per minute would not be unusual. Your heart will be racing, you will be out of breath and only gross motor function will remain. As someone said to me: "No threading needles in a gunfight." Over the last few months, I have seen an alarming increase in videos of people carrying out gun disarms with their partner, using a real and loaded gun, or knife defense with real knives. Apart from the obvious danger of being shot or stabbed, this simply isn't realistic. Your training partner holding that loaded pistol or sharp knife is simply not going to attack with the same force as would a criminal in the street. Even subconsciously, there will be a degree of holding back, of knowing what is coming next, which translates into a lack of conviction.

I have found that if I am using a dummy knife or simulation pistol (with the correct protective clothing, of course), I am aggressively committed to the attack, which is therefore much more realistic. When you train, finish the technique or scenario that you are rehearsing in the manner that you would want



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to see it concluded in reality. If you are training with pepper spray, get your partner to behave as if they have just been 'pepper sprayed'. If you carry out a gun disarm, don't finish by giving the gun back to your partner. Instead drop the gun and access your own training pistol, simply because you know the condition of your pistol and not his. Move, drop his pistol, get yours out and issue assertive verbal commands. Have your training partner get down on his knees with his hands on his head, or get him to go for the one you have dropped, and then consider the decisions you might need to take.

Avoid finishing any scenario by praising yourself unnecessarily until you have carried out the technique all the way to its conclusion.

For self-protection courses, seminars and one-on-one training, please contact james@streetsmartcombatives.com or call on 0828074732. Find us on Facebook at [https://www.facebook.com/ StreetSmartSolutions/](https://www.facebook.com/StreetSmartSolutions/)



## The HuntEx E-Cape Hunter's Fair

The HuntEx E-Cape Hunter's Fair by Adrian Luppnow

Mentors Estate, Jeffrey's Bay, 27-29 May 2016

This was the second year that HuntEx was held in the Eastern Cape. According to Deon Erasmus 3 540 visitors passed through the gates over the three days.

There were fewer visitors this year compared to 2015, but some exhibitors reported increased sales and many have provisionally booked for the next HuntEx E-Cape Hunter's Fair which is planned for 26 – 28 May 2017. The HuntEx E-Cape Hunter's Fair is the third instalment of the popular HuntEx fairs held at the Gallagher Convention Centre in Midrand and Rhebokskloof Wine Estate in the Western Cape. The Eastern Cape has a long history of hunting and is one of South Africa's premier hunting destinations; the inclusion of HuntEx to a hunting calendar is a welcome addition. Hunters and shooters in the Eastern Cape now have their own local hunting and outdoor expo that doesn't entail travelling out of the province.

I visited the HuntEx E-Cape Hunter's Fair on Friday 27 May 2016 as it would be quieter. Smaller crowds meant more time could be spent at stalls chatting with exhibitors and it gives you a chance to really look and go through all the items they have on display and I can say I was not disappointed.

The HuntEx organisers really have this event down to a fine art with proceedings running smoothly. Admit ably the HuntEx E-Cape is the smallest of the three expos, but they did a very good job none the less. The popular HuntEx lottery draw was held each day with the lucky winner receiving a rifle as first prize. Handmade knives, Wildman vouchers and other prizes were also available as lucky draw prizes. Nico Roets demonstrated reloading and Deli Spices demonstrated how to debone a carcass



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and how to prepare game meat. The second Kouga East Cape Game Auction presented by GWK was held on Saturday 28 May with golden wildebeest, swart wit pens, buffalo, giraffe, kudu and water buck to name a few, coming under the hammer.

You would be mistaken thinking that HuntEx is only about firearms, bullets and camouflage clothing, the entire family is catered for and it is worth the effort bringing the whole family along to enjoy the expo. This year had the little ones entertained with a jumping castle, four wheel pedal bikes, paintball shooting and BB pistol shooting. Ladies not interested in shooting could browse through the Snappy Chef stall, beautifully hand crafted leather bags and crafted solid silver jewellery by Patrick Mavros, whose customers include royalty

Peregrine Bullets caught my eye as they are introducing a line of premium locally manufactured self-defence bullets, alongside their already popular range of hunting bullets. The guys at the Peregrine stand were very knowledgeable about their product and were willing to answer all my questions. I know from past experience that the only premium self defence bullets available are imported, making their supply erratic and expensive. The SD range of bullets will be made available in 9mm, 357, 40, 44, 45 & 50 Cal. The 9mm bullet was available at HuntEx and weighs in at 100 grains with test velocities in the region of 1190fps and looks very impressive.

A 9mm bullet recovered from ballistic gel was on display and showed remarkable expansion to roughly double the bullet diameter. The SD bullet is monolithic and therefore lead free as with all Peregrine bullets. This is important as the bullet will not break up like a lead core bullet as it expands and will retain most of its original weight.

Peregrine Bullets hosted a gong shoot over all three days of the fair using reloaded .223 Remington Peregrine Bullets. Cash prizes were up for grabs with a rifle as the grand prize. Shooters could bring their own rifles or use a supplied rifle at the range. Shooters had to pay an entry fee of R100, complete the necessary paperwork and take a mandatory breathalyser test before being shuttled off to the shooting range.

One gadget that was of interest at the National Cartridge Company stall was the Seek Thermal, Reveal XR hand held thermal imager. The unit is small and compact and was amazingly easy to use and a fraction of the price compared to other thermal imaging units on the market. The Reveal XR is small and powerful with a built-in monitor and a claimed range of 270m for large objects. Several stalls had almost any camouflage clothing design and pattern you can think of. The Humansdorp Co-Op ran an amazing special on Howa hunting rifles with a large dedicated display showing the different stock configurations and calibers available.

Outdoor activities included clay target shooting and archery. Magnum archery had a selection of compound hunting bows which could be put through their paces at a Gemsbuck paper target or a 3D Springbuck target. You could then visit the Magnum archery stand and get yourself kitted out if the archery bug bit.

The historical hunting camp site was very interesting and displayed traditional hunting equipment and black powder rifles with a voortrekker ox wagon in the background. A Pedersoli African Double .54/12 bore black powder rifle was beautifully displayed in a custom handmade leather case. Dr. Vosloo



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spoke of some interesting ways of starting a fire, but the highlight must have been the children who were given an opportunity to fire a small cannon.

A wide range of vehicles and 4x4 accessories were on display as well as small tractors; TLB's and ride on mowers. There were several knife makers at the expo. Their knives are really a work of art with one exhibitor mentioning that one knife on display took just over sixty hours to create.

If you couldn't make the HuntEx E-Cape Hunter's Fair 2016 you really missed out, it will be worthwhile including HuntEx 2017 to your hunting programme as it looks to be bigger and better.

