



Pistol Intensive Camp Thailand

January 5-12, 2025

Version 1.1



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Summary

The camp

The Pistol Intensive Camp is dedicated to competitive pistol shooting. The participants practice shooting fundamentals, movement techniques, physical and mental fitness, difficult targets, dynamic shooting stages and join a competition at the end of the week. The program includes instruction, coaching, drills, sport tactics and tests.

We build a small team of 4 to maximum 8 shooters that stays together during the camp. The participants learn from the instructors but can also observe the other team members and profit from their experience.

SwissAAA works together with local contacts to provide an optimal practice environment and an overall enjoyable experience.

What to expect

In the Pistol Intensive Camp you will enhance your knowledge as well as your skills. You will learn how to improve your hits and how to save time in order to optimize your score. You will be guided through a proven set of exercises and drills.

Through careful analysis of your techniques and mindset you will be coached to improve your overall performance step by step. Apart from shooting, the training will address physical and mental fitness, efficiency of movement, stage tactics and match strategy. Progress will be measured continuously by performing specific tests and analyzing the results.

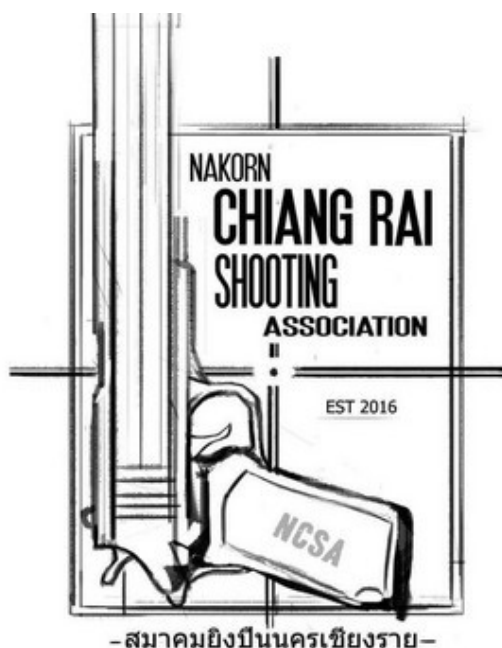
Finally, you will represent your home country and our SwissAAA team in an international shooting competition with top local and international shooters.

Participants

Participants must already have a solid basic pistol education and be safe around firearms at all times. You must be a CMA member. If you are eager to learn, train and compete in a both demanding and fun environment then come and join the team!

Location

The practice sessions will be held at the Nakornchaingrai shooting range in Chiang Rai. The competition will be held at the Tiger Tac shooting range in Bangkok.





Program

The shooting practice sessions will be complemented with specialized fitness lessons. The program will be balanced between instruction, practice, drills, fitness and recovery. After the training there will be ample time to relax, dip in the hotel pool, visit some local attractions, have a delicious Thai dinner and get a good nights sleep.

Towards the end of the week the team will travel to Bangkok, have a day's rest and then enter the competition.

We highly recommend to make a plan to further explore the magnificent country of Thailand and enjoy more of the many attractions it has to offer before or after the camp.

Arrival and Departure

Arrival: In Chiang Rai team hotel - latest on Sunday, January 5 at 18:00h

Departure: From Bangkok team hotel – earliest on Monday, January 13 in the morning

Week Plan

We will work along the proven SwissAAA pistol drill level methodology combining effective shooting techniques with efficient movements, superior muscle memory and winning mental performance.

Quite some time will be invested on methods to improve efficiency and effectivity in competitive shooting. The contents will be adapted to the actual skill level and progress of the participants. The speed of advance and the level of difficulty will be modulated according to the performance and the needs of the participants. The safety of all involved persons will remain the top priority at all times.

The draft standard program for the week looks as follows:

Day	Program	Goals
Sunday	<ul style="list-style-type: none"> ■ Arrival and Welcome 	<ul style="list-style-type: none"> ■ Get ready for the week
Monday	<ul style="list-style-type: none"> ■ Skills Test ■ L1 Drills: Fundamentals ■ Shooting Fitness 	<ul style="list-style-type: none"> ■ Baseline ■ Eliminate fund. Errors ■ Trigger whole body
Tuesday	<ul style="list-style-type: none"> ■ L2 Drills: Box & Cover ■ L2 Drills: Double Tap, FTF 	<ul style="list-style-type: none"> ■ Eff. Movement and Positions ■ Grip! Front Sight! Trigger!
Wednesday	<ul style="list-style-type: none"> ■ L3 Drills: Swinger, Bobber, Turner ■ Free time, sightseeing, temple visit 	<ul style="list-style-type: none"> ■ Confident Hits on Diff. Targets ■ Culture & Fun
Thursday	<ul style="list-style-type: none"> ■ Shooting Fitness ■ L4 Drills: Stage Sequence ■ Focused Repetitions 	<ul style="list-style-type: none"> ■ Trigger whole body ■ Apply & Test in stage sequence ■ Competition Preparation
Friday	<ul style="list-style-type: none"> ■ Skills Test ■ Focused Repetitions ■ Travel to Bangkok 	<ul style="list-style-type: none"> ■ Check Baselines ■ Championship Preparation
Saturday	<ul style="list-style-type: none"> ■ Free Time, Preparations 	<ul style="list-style-type: none"> ■ Re-Focus & Gain Strength
Sunday	<ul style="list-style-type: none"> ■ Tiger Tac CMA competition ■ Dinner & Party 	<ul style="list-style-type: none"> ■ Compete and have fun! ■ Camp end celebration
Monday	<ul style="list-style-type: none"> ■ Departure 	

Usually, the action will start each morning at 09:00 and conclude in the evening around 17:00. Periodic breaks and a lunch break will allow you to regain strength and concentration for the remaining challenges of the day.



Equipment

Weapons		
Item	Details	Mandatory
Handgun	You will have to rent the handguns to be used in the camp and competition. Expect G19/17/34 type, depending on your preference.	Yes Rent

Ammunition		
Item	Details	Mandatory
9x19mm	You will have to buy the ammunition for the camp and the competition at local prices.	Yes Buy

Personal Equipment		
Item	Details	Mandatory
CMA Gear	Please bring full CMA competition gear including eyes/ears, holster, mag pouches, concealment. Depending on the preferred rental gun you can rent the holster/mag pouches accordingly.	Yes Bring/Rent
First Aid Kit	Personal first aid kit.	Yes Bring
Cleaning kit	Cleaning kits for 9mm. All participants will need to be able to maintain their firearms.	Yes Bring
Footwear	Sturdy footwear is an absolute must.	Yes Bring
Cap/Hat	Bring along a suitable cap and hat for sun protection.	Yes Bring
Rain Gear	Bring light rain gear to prepare for those rain showers.	Yes Bring
Gloves	Light sturdy gloves can be useful for intensive drill exercises and other challenges.	Recommended Bring
Pads	Elbow and knee pads are recommended as the ground can be hard, rocky and generally unforgiving.	Recommended Bring
Long Trousers	While shorts may look and feel cool, a sturdy pair of long trousers is highly recommended.	Recommended Bring

When assembling your equipment remember that we will be outdoors in Thailand. Afternoon temperatures and sun intensity can be rather high. There's a slight possibility of light rain.

Travel

Permits

Visa: Swiss citizens can enter Thailand and stay for a maximum 30 days, without any special visa requirements.

Flights



You will need to book your own flights around the course dates. We will coordinate the Friday flights from Chiang Rai to Bangkok such that the team can travel together.

Local Transportation

We will coordinate the local transportation with rental cars for efficiency.

Accommodation

The goal is to stay at the same place or very near of each other. We will coordinate the accommodation in Chiang Rai and in Bangkok as a team. We recommend the Phowadol Resort & Spa in Chiang Rai and the Abloom Exclusive Apartments in Bangkok.

Cost

The costs for the camp includes several parts. One part has to be paid in advance, other parts are paid directly on site or are depending on the individual travel arrangements.

Item	Cost [CHF]	Payment	Remarks
Camp Fee	800.00	In advance	Includes: instruction, range fee/material, fitness, match fee
Gun Rental	300.00	At site	Estimation
Ammunition	600.00	At site	Estimation
Hotel	500.00	At site	Estimation
Lunch at range	30.00	At site	Estimation
Other Food	Tbd		Individual breakfast, dinner, beverages
Transportation	Tbd		Individual, grouping possible
Flights	Tbd		Individual
Other expenses	Tbd		Individual

The actual cost might vary depending on the currency exchange rate, local price fluctuations and so on.

Registration

Please register online on practiscore for the camp. You will be automatically registered to the competition.

A participant needs to present evidence of at least one of the following:

- ability to legally possess a firearm in country of residence and clear criminal record
- active member of a law enforcement agency with armed duty

and all of the following:

- membership with CMA
- coverage of liability insurance in the equivalent of minimum CHF 5'000'000.-
- copy of passport
- signed registration and indemnity forms of SwissAAA

SwissAAA reserves the right to approve or disapprove participation without elaboration of reasons.



Some more rules

Conduct

Safety is the paramount goal of 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 everybody 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 sportsmen, visitors, workers, personnel of the facility and so on.

Cancellation

After the definitive registration, 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 presented 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 60 days prior to camp start. From 30 days prior to camp start onwards no refund is possible at all. Any refund amount, whether full or partial, is solely determined by SwissAAA. Under no circumstances, any claims can be made for any refunds.

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, for example, 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 for the above reasons.

Links

CMA Sport	https://www.cma-sport.com
Nakornchiangrai Shooting Range	https://nakornchiangrai-shooting-range.business.site/ https://www.facebook.com/NakornChiangRaiShootingRange/
Tiger Tac Shooting Range	https://www.facebook.com/TIGER-TAC-Academy-Shooting-Range-104096192115104/
Practiscore (Camp):	https://www.practiscore.com/events/cma-pistol-intensive-camp-thailand/participants/create
Phowadol Resort & Spa	https://phowadol.mydirectstay.com/
Abloom Apartments	https://abloombangkok.com/