



Shooting & Training in China

*"Looking for solutions will lead to success.  
Looking for excuses will lead to failure."*

 Canadian Airgun Grand Prix

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- Objective
  - To introduce an overview of training methodology used in China
- Performance objective
  - Review selection process
  - Review MQS values and progressions
  - Review training emphasis

 Objectives

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- Juniors are less than or equal to 15 years of age.
- Youths are 16 to 18 years of age.
- There are youth competitions. Juniors and youths can compete in them, as well as senior comps.
- Seniors cannot compete in youth comps.

 Youth & Junior Age Limits

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- Some physiological preferences
  - Reasonably good vision
  - Large hand-size (max. grip surface)
  - Trigger finger 7cm long at 12-13 y.o.
  - Tends to be average+ fitness,
  - shorter athletes with lower center of gravity (mature females: approx. 160 cm & 58-62 kg)
- Tests
  - Stacking spent .22 casings
  - Held paper waver (portrait @ arm's length)
  - "Operation" game

 Sport School Selection (Pistol)

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- RFP shooters selected by personality & coach's intuition (train RFP only)
- FP selected based on extraordinary hold, only after established in AP.

 Sport School Selection (Pistol)

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- 8 year olds (novices): focus on form / rhythm
- 12 year olds: more technical orientation
- 6 days a week, every week of the year with no real break
- Concentrated training: 2 months off during the regular school year, students spend full day at technical school training and shooting
- Breaks do occur: during the Olympics, the kids had the time off to watch, play, etc. Also possibly during the quadrennial Nationals.

 Intention of Training

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- Most start shooting early (early teens)
- Progression by scores, but coach may suggest "try another discipline" (or out)
- Each gun is assigned and fitted to a specific shooter.
- Different grades of equipment. As you advance and improve, equipment improves. (Morini CM22 is below Pardini SP!!!)
- Physical program is core (i.e. hold plank 1 min and aerobic (jog 3 times per week – distance 2 km. as JR. – 3km in 20 min. as SR.)

**Sport School Progression**

Event	1st Grade	2nd Grade	3rd Grade
50m - 30 - Match Prone	290 (96.7)	278 (92.7)	270 (90.0)
50m - 3x10 - 3-P Match	275 (91.7)	265 (88.3)	255 (85.0)
50m - 30 - Sport Rifle	292 (97.3)	285 (95.0)	278 (92.7)
50m - 3x10 - 3-P Sport Rifle	282 (94.0)	272 (90.7)	265 (88.3)
10m - 20 - Air Rifle	-	170 (85.0)	160 (80.0)
10m - 20 - Air Pistol	-	184 (92.0)	179 (89.5)

**Youth/Jr. M/F MQS Values (%)**

Event	1st Grade	2nd Grade	3rd Grade
50m - 3x20 - 3-P Match Rifle [M]	570 (95.0)	560 (93.3)	555 (92.5)
10m - 40 - Air Rifle [M]	384 (96.0)	372 (93.0)	360 (90.0)
50m - 30 - Free Pistol [M]	279 (93.0)	272 (90.7)	265 (88.3)
10m - 40 - Air Pistol [M]	375 (93.8)	368 (92.0)	358 (89.5)
25m - 8s.x30+6s.x30 - RFP.22s [M]	584 (97.3)	570 (95.0)	565 (94.2)
25m - 15+15 - Sport Pistol [F]	290 (96.7)	282 (94.0)	272 (90.7)

**Youth/Jr. M vs F MQS Values (%)**

- Advancement from school system
- Possible as senior to join
  - Told to train in sport school with juniors
  - Progression then by scores
- Top school shooters selected to compete at provincial match
  - Must have min. 1 year exp.
  - Top 3 watched by provincial coach
- Once on provincial team, move into training facility dormitory for majority of year

**Provincial Team Selection**

Event	Int'l Rank	Nat'l Rank	1st Grade	2nd Grade	3rd Grade
10m - 60 - Air Pistol	586	586	570	562	555
10m - 60 - Air Rifle	597	596	580	575	570
25m - 60 - rpd pistol	588	586	575	560	555
25m - 60 - std pistol	578	578	571	-	-
50m - 3x40 - 3-P	1170	1168	1156	1145	1135
50m - 60 - Free Pistol	568	565	550	535	520
50m - 60 - Rifle Prone	597	596	588	582	575

**Sr. Men's MQS Values**

Event	Int'l Rank	Nat'l Rank	1st Grade	2nd Grade	3rd Grade
10m - 40 - Air Pistol	387	385	375	365	358
10m - 40 - Air Rifle	399	398	388	380	370
25m - 30+30 - Sport Pistol	589	586	570	560	550
50m - 3x20 - 3-P	588	585	572	560	550
50m - 60 - Rifle Prone	595	595	587	578	570

**Sr. Women's MQS Values**



- Precision discipline foremost
  - Rapidfire shooting only after high level of precision proficiency is attained
- Form/style adherence critical
  - Individual style is not considered until you achieve Provincial Team membership
- Skill development over endurance
  - High quality half-matches & subsets

 **Development Training Emphasis**  
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- 1 hour of physical training and 5-6 hours shooting/technical
- Start with 20 minutes dryfiring against a blank wall
- Then 4-5 hours of DF on blank target in position
- Beginner/novice will DF 15 minutes, rest for 10 min and then repeat
- Advanced shooter will DF 50 minutes to just over an hour if being pushed, then rest for 10-15 min, then repeat

 **Daily Training (1)**  
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- 20 min. wall holding/DF
- + 20 min DF in position
- Livefire until rounds expended
- If release not feeling right, okay to switch between dryfiring and livefiring
- Complete remainder of day dryfiring

 **Daily Training (2)**  
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