

KAT 1/08

**MEC**  
**OLYMPISCHES**  
**PISTOLENSCHIESSEN**

Best. Nr.: 405 **39,80 €**

Air pistol  
Sport pistol



Free pistol  
Rapid-fire pistol  
Standard pistol

**OLYMPISCHES**  
**PISTOLEN**  
**SCHIESSEN**



TECHNIK - TRAINING - TAKTIK - PSYCHE - WAFFEN  
MEC  

All you need to know about pistol shooting. 220 pages, in colour more than 1200 photos, drawings and graphics. National and international Top-Athletes in pictures; plus comprehensive studio shots of, among others, sportpistol world champion *Munkh-bayar Dojsuren*, olympic champion free pistol *Uwe Potteck* and three times olympic champion *Ralf Schumann*. With contributions from national coaches as well as 14 other prominent coaches and shooters. The first pistol book to offer an

exhaustive discussion of all the relevant themes, divided into technical (*precision and duelling*) training, tactics, psyche and guns. With up-to-date sections on Bundesliga, youth training, aiming analysis systems, ammunition test, mental training, coaching,... In each case with theory, practical recommendations and concrete exercises. A book for shooters of all performance levels, for coaches and leaders and all friends of the sport. **ISBN 3-9809746-6-9** English version in work...

HEINZ REINKEMEIER, GABY BÜHLMANN, DR. ALFRED KONIETZNY, PETER KRANEIS, BARBARA GEORGI, ALFONS MESSERSCHMITT, JAN-ERIK AEPLY, MATTHIAS HAHN, USCHI SEIFERT, ULRICH EICHSTÄDT, MICHEL ANSERMET, RALF SCHUMANN, NINO SALUKVADZE, UWE POTTECK, DR. ROBERT LOKE, GRETJE REINEMER, WOLFRAM KRIEGLER und MIKE HECKER



**Die Psyche des Schusses**

Theory, Training plan and Exercises. *Gaby Bühlmann & Heinz Reinkemeier* First edition August 2005, **ISBN 3-9809746-4-2** 200 pages, bound, colour, more than 1000 pictures including a relaxation CD. Shooters are firmly convinced of the special importance of the 'psychological factors' in competition.

This book brings together all that is worth knowing in understandable form. Each chapter contains concrete exercises, plus a training plan with relaxation exercises on CD. *A necessary lesson for all those who want to survive in competition. Overcoming nervousness is no secret, just a question of appropriate training at the right time.*



**MEC**  
**DIE PSYCHE**  
**DES SCHUSSES**

Best. Nr.: 404 **39,80 €**

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*G. Bühlmann & H. Reinkemeier* Audio-CD with Training plan. First edition August 2005, **ISBN 3-980974-5-0** Five exercise sequences for relaxation over a total of 90 minutes, with training plan.

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*This CD has been used successfully in clinics and therapeutical practices as well as for all-round use in daily life.*

**MEC**  
**Entspannungstraining**  
**für Sportler**

Best. Nr.: 520 **19,90 €**



Teaching poster  
**AUFGELEGT-SCHIESSEN**

Heinz Reinkemeier, Peter Eckhardt, Helmut Hermann, Hans-Otto Raukohl. DIN-A 1, colour, with commentary.

Supported shooting is booming. The newest discipline in the championship programme of the German Shooting Federation is gaining participants at an extraordinary rate. From the outset, MEC and centra have followed this trend. Special sights and aiming aids, the first fully-fledged stock and many other solutions in detail can be found in this catalogue. With the publication of this first teaching poster for followers, beginners and experts alike can get a view of the basics. The decorative poster in 50 x 80 format settles the most important issues at a glance and a closer look also reveals many interesting details. Available for a modest fee, the poster is despatched folded.



**MEC**  
**AUFGELEGT-SCHIESSEN**  
Poster, August 2007, 50 x 80 centimetres, colour, with detailed commentaries. Delivery folded to DIN A4 Format.

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