

# nsm man

THE LIFESTYLE MAGAZINE FOR SAFRA MEMBERS

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## GUNNING FOR GLORY

A TALE OF TWO SHOOTERS

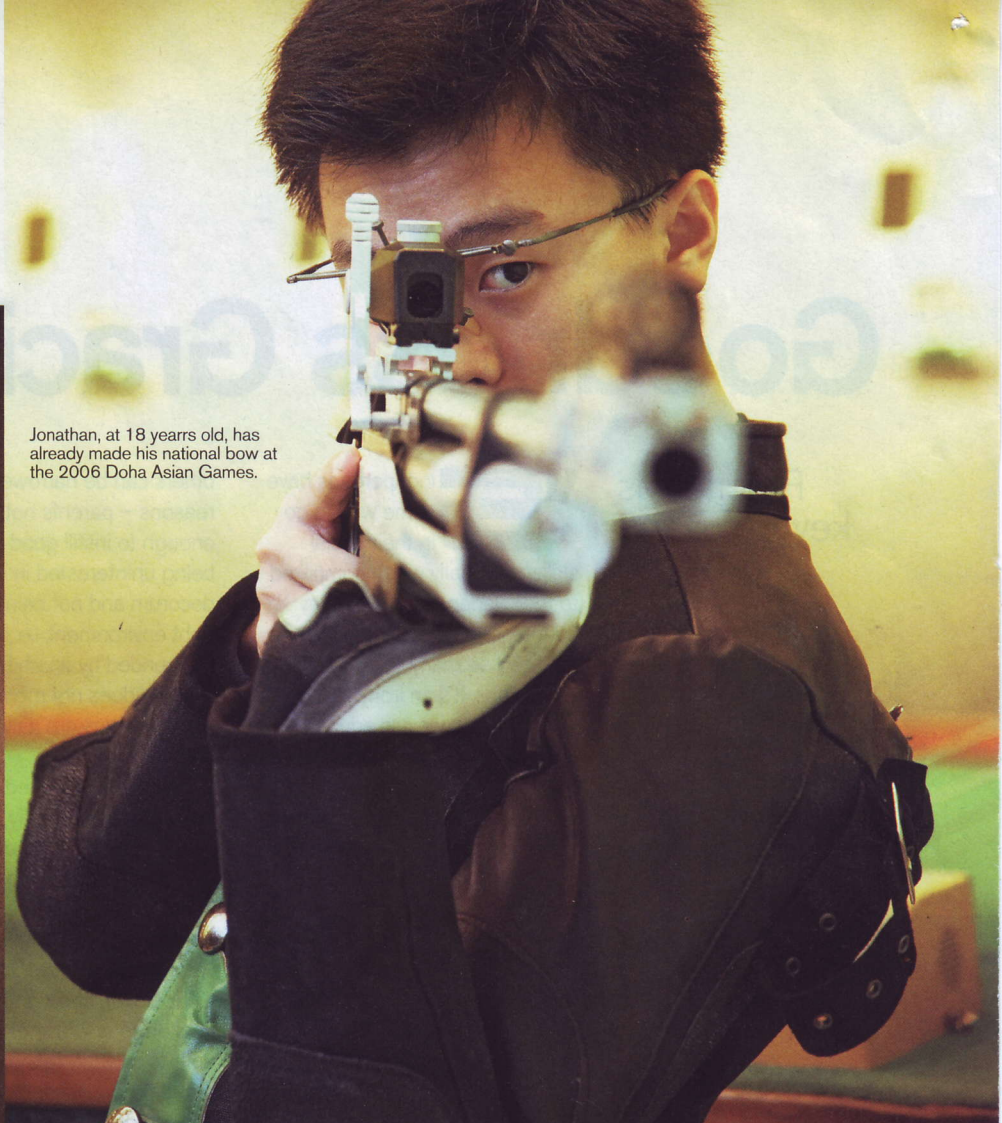
January/February  
2009

SAFRA

JOHN TAN K W  
S828XXXX  
Mar 2016  
ORDINARY A

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Jonathan, at 18 years old, has already made his national bow at the 2006 Doha Asian Games.



# Gunning for Glory

Making every shot count is the name of the game for a competitive shooter. FOO YONG HAN faces two marksmen at point blank range to discover their firing prowess.

**P**aternal influence drove these two SAFRA Shooting Club members into pulling the trigger.

"My dad used to tell me about his army adventures and that got me interested in shooting," relates 18-year-old Jonathan Koh.

Trap shooter Lee Wung Yew, 42, tells his story. He recalls: "My father was one of the pioneer competitive shooters here and he used to bring me along for his practices. That was how shooting grew on me."

One thing led to another and Jonathan and Wung Yew soon found themselves representing Singapore at a young age.

Jonathan made his national bow at the 2006 Doha Asian Games at 16 while a 19-year-old Wung Yew burst onto the national stage at the 1985 SEA Games in Thailand.

Glory followed; Jonathan bagged individual and team golds for the 10-metre Air Rifle category in the 2007 SEA Games and Wung Yew bagged multiple SEA Games golds and made his mark at major regional and international championships.

### Trigger to perfection

For Jonathan, the air rifle was his initiation to shooting, joining the shooting club as a co-

curricular activity when he was in secondary school. Wung Yew also started out with the air rifle but later switched to trap shooting when he was 14.

He explains: "I switched to trap because it was more exciting. Moving a shotgun to track small clay targets streaking at 200km/h speeds is extremely challenging. Originally meant to replace bird shooting, it (trap shooting) brings out the hunter instinct in all of us, making the experience doubly thrilling."

Practice makes perfect and Jonathan and Wung Yew try their best to live up to this belief. "I train at the SAFRA Yishun Country

PHOTOS WINSTON CHUANG & DARREN CHANG

Club (SYCC) Indoor Air Weapons Range nearly every day since I'm done with my 'A' Levels," shares Jonathan.

"Each session, I would spend three hours honing my skills and there is no better place to do so than in the SYCC Indoor Range. Of all the ranges I have been to around the world, this is one of the best," he adds.

Wung Yew also practises three hours each session but can only spare two or three days a week for training due to work commitments. The college physical education teacher trains at the Singapore Shooting Association's (SSA) National Shooting Centre.

### Target for success

The recipe for success in air rifle and trap shooting competitions varies significantly.

"Indoor air rifle tournaments require a lot of patience and focus, as you will be shooting the same stationary target 60 - 70 times over. Therefore, you should approach every shot like it's your first," emphasises Jonathan.


He continues: "Before you fire, make sure the rear and front sights are aligned with the target and adopt a posture you are

comfortable with. Control your breathing when you are about to shoot."

Breathing however, is not so much an issue with trap shooting. According to Wung Yew, trap shooting is dynamic as it deals with fast-moving objects. Pursue and shoot, he says. Sharp reflexes aside, one must train constantly to be able to instinctively take down the targets in succession.

Wung Yew offers: "Although the shotgun is not heavy - weighing slightly over 3kg, lifting it up and down over prolonged periods can strain your shoulder and back muscles. To prevent this, swim and go for massage therapy."

Despite appearing in three Olympics (1996, 2004 and 2008), four Asian Games (1990, 1994, 1998 and 2002) and four Commonwealth Games (1990, 1998, 2002 and 2006), Wung Yew is not resting on his laurels and looks forward to the 2010 Commonwealth and Asian Games as well as the 2012 Olympics. As for Jonathan, his meteoric rise saw him land the 2008 Sports Boy of the Year Award.

There is no doubt that when the day of reckoning comes, both these men will be firing on all cylinders. 

## AIMING TO BE THE BEST

The SYCC Indoor Air Weapons Range is the largest and best-equipped air weapons range in Singapore. The range, built in 2006 according to International Sports Shooting Federation (ISSF) standards, has a 33-lane competition arena, a nine-lane training arena, a fully automated target retrieval system and a 200-seater gallery. The facility is also a regular training ground for many national shooters, who are also SAFRA Shooting Club members. In addition, it will be the official venue for shooting events in the first Asian Youth Games (AYG) from June 29 to July 7 this year.

## WELCOME TO THE CLUB

The SAFRA Shooting Club organises various training programmes and regular local and inter-club competitions for members, such as the monthly indoor air weapons shoot jointly organised by the club and the SSA. As an affiliated member of the SSA, members of the SAFRA Shooting Club also enjoy the privilege of using the SSA's National Shooting Centre for a variety of shooting categories.



Wung Yew has received several accolades from shooting games since he was 19.