

# FAQs for Shooting Sport

## **Is it a Safe Sport?**

Though the equipment used for shooting sports can be dangerous, when compared to other sporting activities (football, swimming, walking etc.) shooting is a quite safe sport.

## **What are the benefits of shooting as a sport?**

- **Builds Physical Discipline:**

In an age of the “couch potato”, this sport can help build many physical disciplines that are not only healthy but enjoyable. Increased strength, improved stamina, elevated hand-eye coordination and fine motor skills are just a few of the physical disciplines acquired in these sports that apply to life in general.

- **Increases Mental Discipline:**

The sport of shooting, to the surprise of many, is primarily a mental sport. Experienced marksmen think sport shooting is 90% mental. Concentration levels are sharpened and expanded.

## **Is it affordable?**

Well of course it is affordable!! How do you think people like Suma Shirur, Tejaswini Sawant, Vijay Kumar, Jitu Rai, etc. from humble backgrounds are competing at such a high level? Believe it or not most athletes hail from really humble backgrounds and what matters at the end of the day is your ability to work hard and sincerely.

## **What is the right age to start Shooting?**

Any one above 10 years of age can start shooting. There is no such upper limit we have shooter who started the sports in their 40's and 50's and reached national level.

## **I wear numbered glasses, Can I do Shooting?**

Yes, off course there are special shooting glasses designed for shooter having eye power.

## **Do I need an arms license to start Shooting at Lakshya Shooting Club?**

No, you don't need arm license for starting shooting at Lakshya Shooting Club, since we have 10m Shooting Range at our academy and weapon used for 10m Rifle/Pistol events are Air weapons of .177 calibre, having muzzle energy less than 20 Joules, which doesn't require any arms license.