

Shooting

Contestants fire at a target using either a rifle or pistol and compete for the highest total score. In shooting events where it's a contest of the athletes' ultimate concentration, even their breathing and heartbeat can affect them as they fire at the target. In recent years the contestants' skills and the performance of the guns used in the competitions have improved, which has resulted in an increasing number of high-level battles.

Rules:

Basically the same rules as for regular shooting.

Contestants shoot a set number of bullets within the time limit and compete for the total score. Depending on the event, they use different guns (air and powder guns) and shoot the target from distances of 10 meters, 25 meters or 50 meters. In rifle shooting, contestants shoot in a standing, kneeling and prone position. The maximum score for a single shot is either 10 or 10.9 points, depending on the event. The farther away from the centre, the lower the score.

Column:

In the 10 meters air rifle event, contestants must keep firing at the centre of the target, which has a diameter of just 0.5 millimeters. They must also read the wind strength and direction because climatic factors such as the weather affect events where contestants aim at a target from a distance of 50 meters. A single mistake can often affect the results so contestants need considerable mental strength to maintain concentration. Shooting made its Paralympic debut at the Toronto 1976 Games and has attracted an increasing number of competitors in recent years. A recent rise in the countries competing, including Ukraine and India, means no one can tell which country will win a medal.

The Japanese team have continuously participated since the Sydney 2000 Games and some contestants have finished in the top 8.

Trivia:

In the 50 meters rifle 3 positions event, contestants shoot 40 bullets in each of the 3 different positions (120 shots in total), which is why the event is dubbed a "rifle marathon".

Venue:

At the Tokyo 2020 Paralympic Games, shooting will be held at the Asaka Shooting Range.