

Archery - Short Range / Indoor Shooting FAQs

We're moving into winter here in the great Pacific Northwest! With everything that's going on, Archery will be staying outside this year. To meet the need for outdoor class space, Enso has created a couple of new class areas – Cedar and Iron Dojang.

Cedar Dojang is the covered deck beside the main building and is the current home of our archery classes. Iron Dojang is a new structure in our lower parking lot, which in the future could house some archery classes.

With the change in season, comes a change in weather, and we thought there might be questions. This week, we've put together a Frequently Asked Questions (FAQ) guide for Short Range / Indoor Shooting. See next page...

Archery - Short Range / Indoor Shooting FAQs

Class Space

Why Is The Range / Space Different?

With the change in season comes a change in weather. It is now dark before classes even start and often raining or wet. There might even be snow on the ground.

What Is The Short Range We Use?

In years past, archery has transitioned to an upstairs room within the main Enso Training Facility.

In the 2020 - 2021 Fall / Winter season, Archery has transitioned primarily to the Cedar Dojang (the covered deck beside the main Enso Training Facility). Some classes may also occur in the Iron Dojang (a new structure in the lower parking lot).

Short / Indoor ranges are 5 - 15 yards.

Are The Targets Different?

We mainly use the same targets from our field range. But students have the opportunity (at the instructor's discretion) to use others that are not feasible in the field.

Equipment

Is The Equipment Different?

We use the same archery equipment year round. Students may try different equipment, with the instructor's approval and supervision, to work on different aspects of shooting.

Does Cold, Damp Weather Affect The Equipment?

Yes, the bows should not spend too much time outside, strung for use. We store the Enso Center equipment in the main Enso Training Facility, bring it out just before class time, and put it away right after.

To acclimate the bows to the temperature change (from inside to outside), we recommend drawing and easing down without shooting a few times to "warm up" the bow and yourself.

To protect the strings from water damage and prevent freezing, they are re-waxed regularly.

At the end of class, all equipment should be wiped down to remove any condensation before returning them to storage.

Does Cold, Damp Weather Affect Shooting?

The cold weather will make the bows a bit stiffer & harder to draw. Students may choose to transition to lighter poundage equipment.

The cold, winter air is denser than warm, summer air. This adds air resistance and causes the arrows to travel a bit slower and drop a bit below the aim point. For shorter ranges this change is negligible.

Falling rain or snow can make aiming more difficult and the bow slippery to hold onto. Our winter range is covered to prevent this issue.

Benefits

What Are Some Of The Benefits Of Short Range / Indoor Practice?

Short range shooting uses exactly the same muscles & techniques as regular field shooting. Students continue working on creating their “muscle memory” and mental focus.

Short ranges reduce the risk of missing the target and generally lead to more arrows hitting closer to the center of the target. Both of which allow students to relax & focus more on their fundamentals.

Closer targets also allow students to make minute changes to their stance, draw or aim and get immediate feedback with less walking. They can see where every arrow hits the target.

Practice Shoots

Our instructors have a list of short range practice shoots they can set up to add variety.

Some ideas include:

- **Blank Target** - Allow students to focus on execution rather than target point, helps reduce over-thinking
- **Blind Shoot** - Allow students to draw, aim, settle to anchor with eyes closed, then open eyes for a basic check before release, helps students bring focus to the mechanics of the shot
- **Moving Target** - Allow students to practice faster aim / execution, reduces over-thinking
- **Glow Targets (Shoot In The Dark)** - Removes excess visual information. Helps students focus on form & execution
- **Sitting (Kneeling)** - Allow students to try changing their stance / body position in a safe, controlled environment

Other

What Other Things Can I Do To Enhance My Archery?

Add some at home stretching to help maintain flexibility and core strength. Check out our other newsletters for archery stretching suggestions. <https://ensocenter.org/programs-prices/archery#articles>

Try Yoga to work on stability, balance and core strength. You can find the Enso Center Yoga class schedule at <https://ensocenter.org/class-schedule>

Stay hydrated to ease muscle aches.