



Bow Tuning

Tuning 1: Initial set-up

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AIM:

After the session you should:

- Be able to identify the main bow set-up measurements
 - Know how to apply basic tests for nocking point height, centre-shot and button tension
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OUTLINE:

Introduction		5 min
Self-assessment (optional)	Individual exercise	10 min
Measurements; Bracing height and Tiller	Practical	10 min
Alignment	Practical	10 min
Nocking point and centre-shot check (<i>working in pairs</i>)	Practical	20 min
Simple button tension check	Practical	20 min

EQUIPMENT:

You will need access to:

- Bracing height gauge
- Pressure button adjustment tools (Allen keys)
- Nocking point adjustment equipment (e.g. pliers/nocking points for metal nocking points; sharp knife, twine/floss and glue for traditional twine nocking points)
- A notebook, to record measurements and changes

Initial set-up demonstration

The following exercises *demonstrate* the basic measurements and tests used in initial bow set-up and coarse tuning. To apply the tests and tune the bow, you will need to set aside additional time. When the basic set-up is reasonably close, the checks and adjustments can usually be completed in 1-2 hours.

1 Basic measurements

Measure and record your current Bracing height, Nocking point height and Tiller

Nocking point:_____ Brace height:_____ Tiller:_____

2 Alignment check and adjustment

Check your current bow alignment (centre-shot). Adjust to perfect centre-shot, counting full turns of the button. Record the number of turns.

Initial setting was ___ Turns past centre.

Re-set the button to the original position.

3 Basic nocking point and centre-shot check.

3.1 Carry out the basic test for nocking point height. Observe and record the arrow position. Repeat the test, shooting with the arrow above the top nocking point. Observe the result. What happened?

3.2 Using your normal nocking point, repeat the test. Move the pressure button three turns INTO the bow (3 turns past centre) and observe the arrow position. What happened?

4 Simple button tuning

1. Adjust the sight to a position above the arrow (see the diagram in the leaflet). At 20 yards, shoot an end at an aiming mark.

2. Increase the button TENSION 2 turns, and shoot another end. Repeat until you see a consistent effect.

What happened?