

## **Bow Tuning**

Here's a short and sweet breakdown on the very basics of Bow Tuning. Please refer to the Bow Tuning PowerPoint pdf for greater depth and information.

Pressure Button: for softer, wind out. For stiffer, wind in.

1. Bare Shaft Test: three unfletched, three fletched
2. Nocking Point:
  - a. Fletched above unfletched = too high (if more than 3cm gap)
  - b. Unfletched above fletched = too low (if more than 3cm gap)
3. Pressure Button Adjustment:
  - a. Unfletched arrows 3-5cm to the left = okay. If any more, reduce the spring pressure
  - b. Unfletched to the right = add spring pressure

## **For Walk Back Tuning:**

(straight, spring; bendy, button)

- Vertical Line = good
- Bends to the Left = move centre shot in
- Bends to the right = move centre shot out
- Straight line left = reduce spring pressure
- Straight line right = add spring pressure
- S Shaped = add loads of pressure to give curve line. Then adjust centre shot to remove the curve. Then adjust spring until you get the vertical line.