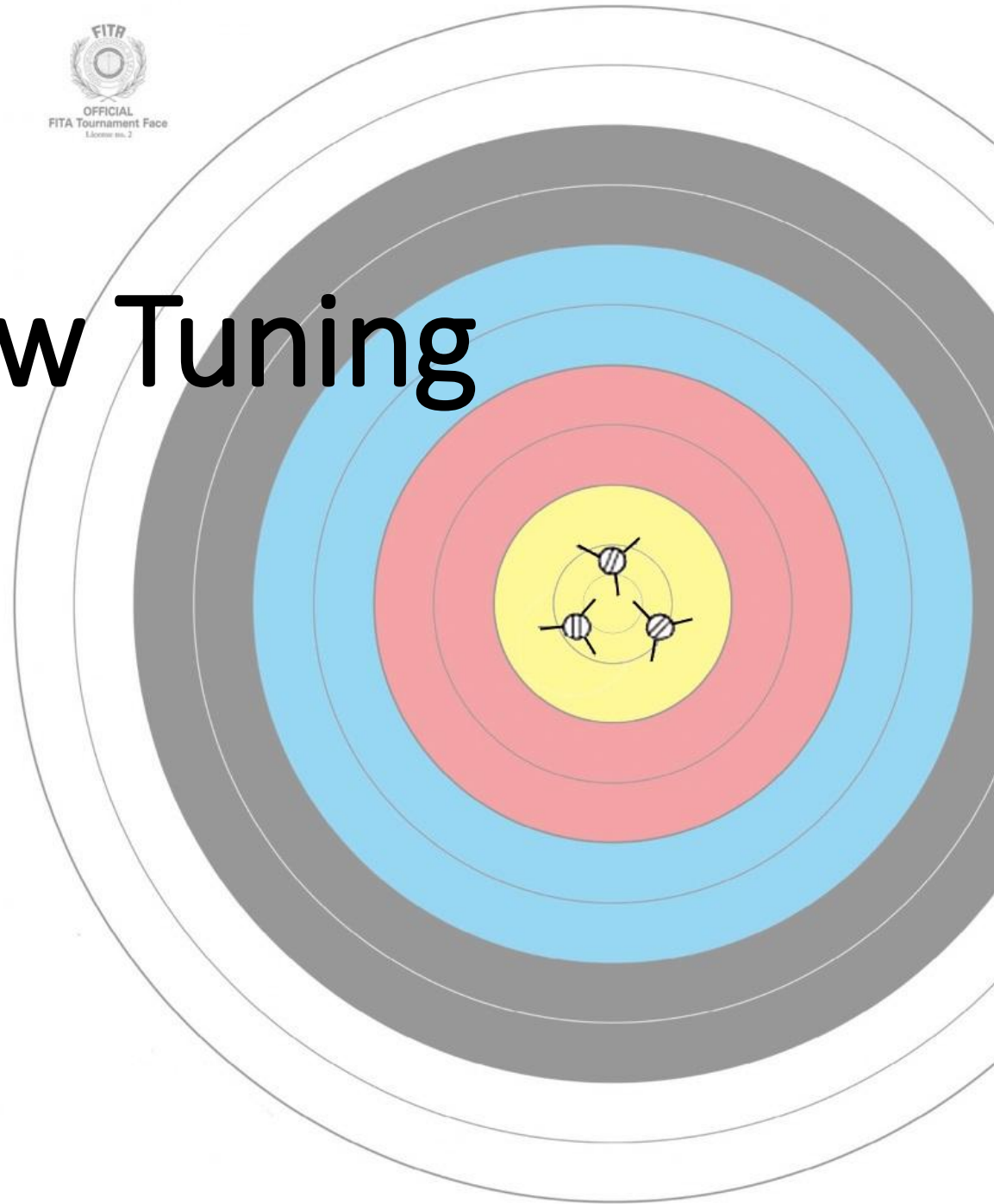




# Recurve Bow Tuning

By Andy Taylor

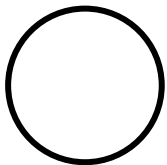


# Why Tune a bow

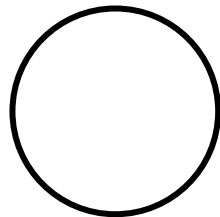
Tuning harmonises the bow/arrow/archer combination

This results in good, consistent arrow flight, which is more tolerant of shot variations

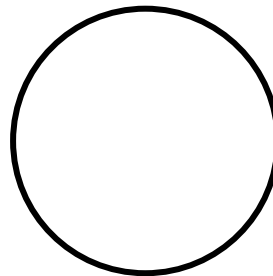
This gives consistent grouping at the level the archer can shoot



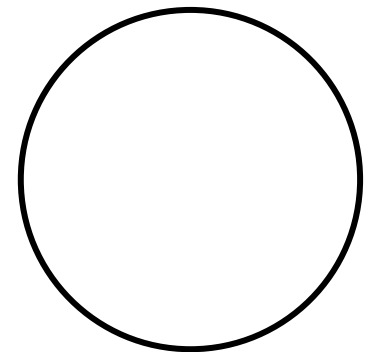
30m



50m



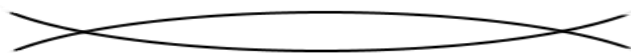
70m



90m

# Good basic arrow flight

Align Arrow Nodes



# Initial set-up assumptions

Basic set-up has been done

- Tiller
- Centreshot
- Bracing height
- Basic nocking point setting

Arrows are correct spine (from Easton charts etc)

# What do we adjust?

- Nocking point
- Centreshot
- Button Pressure
- And maybe more if we find the arrows are the wrong spine for the bow/archer

# Point to note

## **Before you start:**

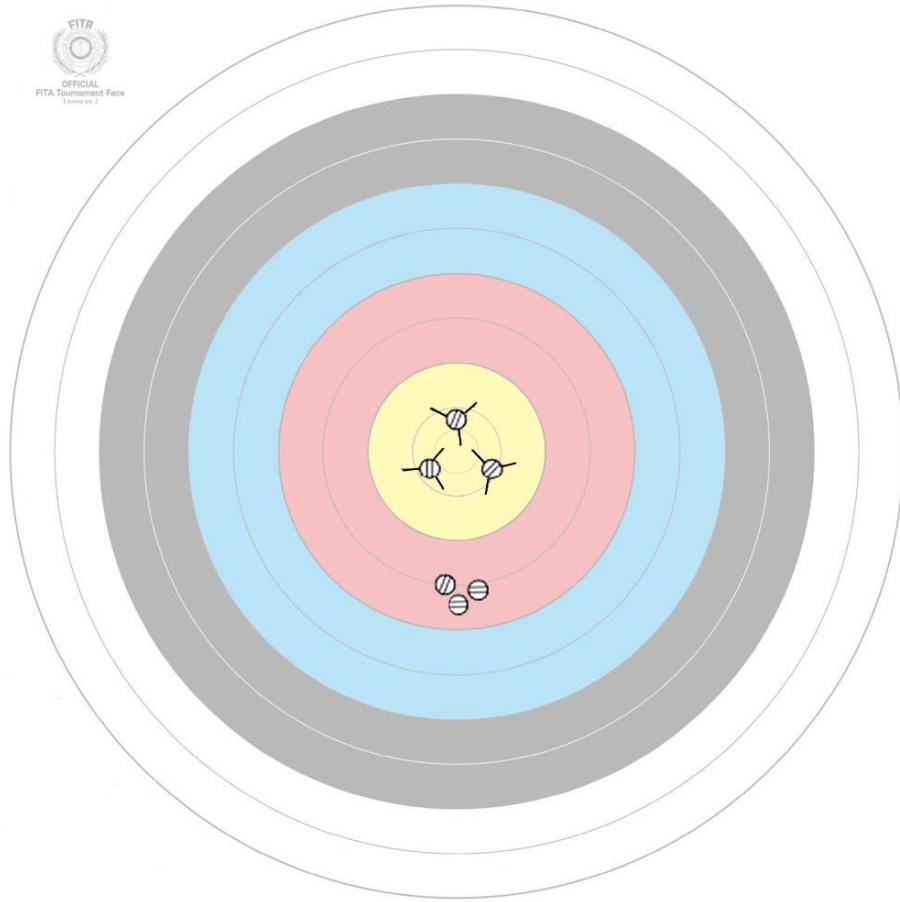
Record everything – if it all goes wrong you can put it back as it was

And record changes at each stage

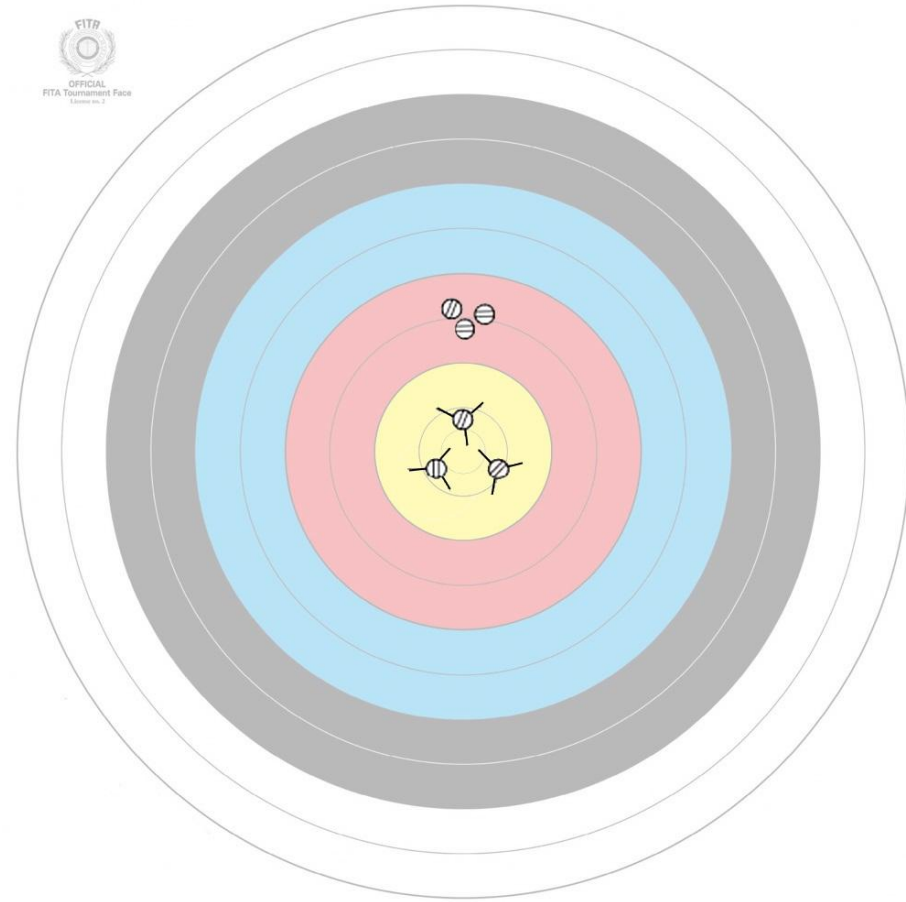
# Bare Shaft Tuning Test

- This is a good basic test for correct arrow spine and for getting the nocking point and pressure button set up fairly well
- Shoot at around 15m to 18m (15yd to 20yd)
- Shoot 3 fletched and 2 or 3 unfletched arrows
- **Note – all diagrams are for a right handed archer.**  
Reverse them horizontally for a left handed archer

# Nocking Point Adjustment



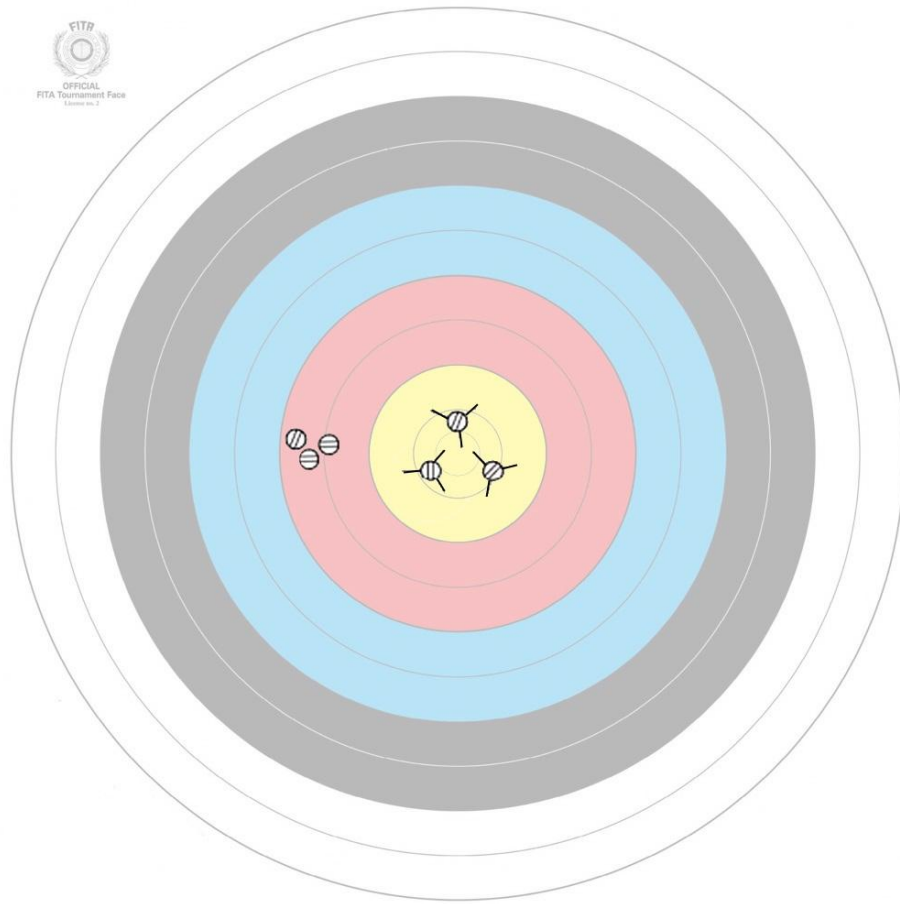
Nocking point too high



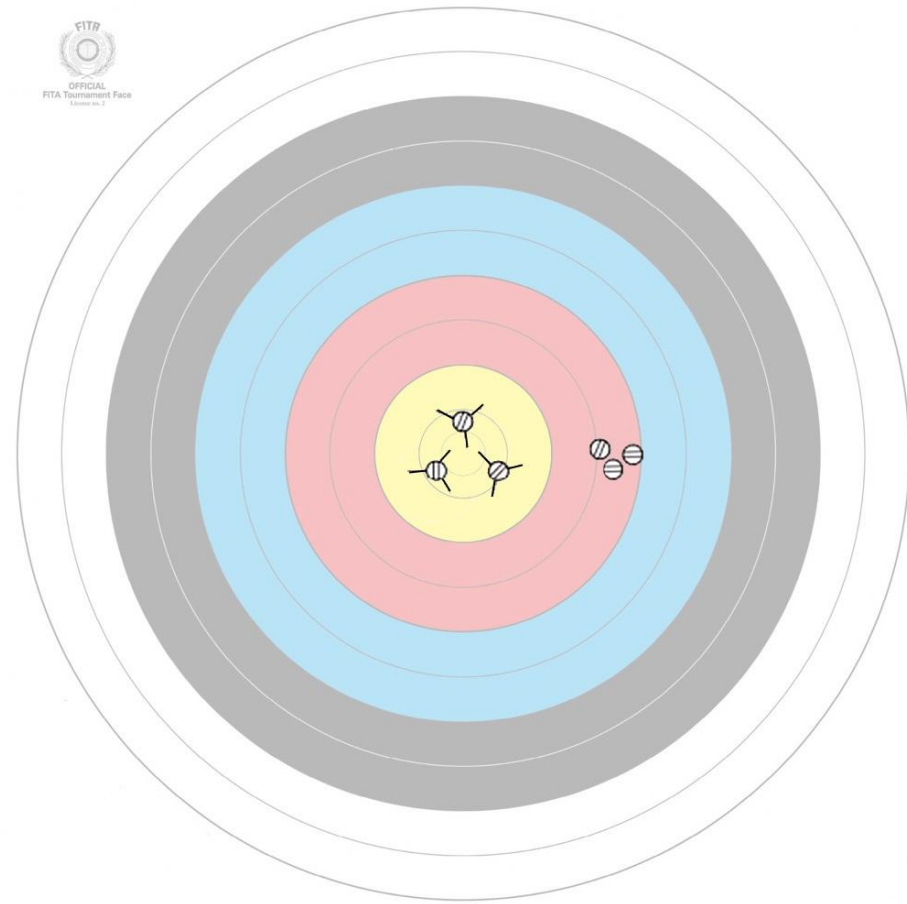
Nocking point too low



# Pressure Button Adjustment

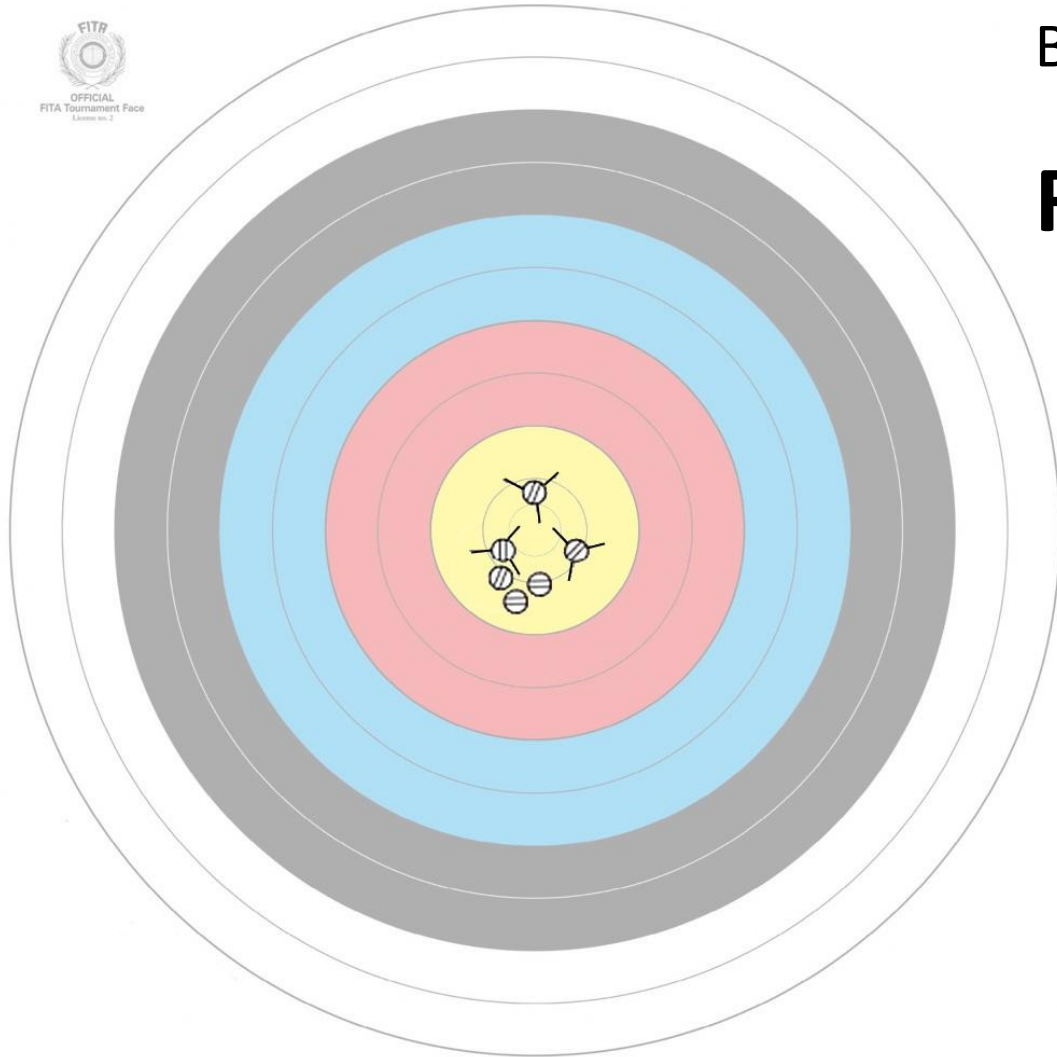


Button spring too stiff



Button spring too weak

# Good Initial Tune



Before you go any further.....

**Record everything**

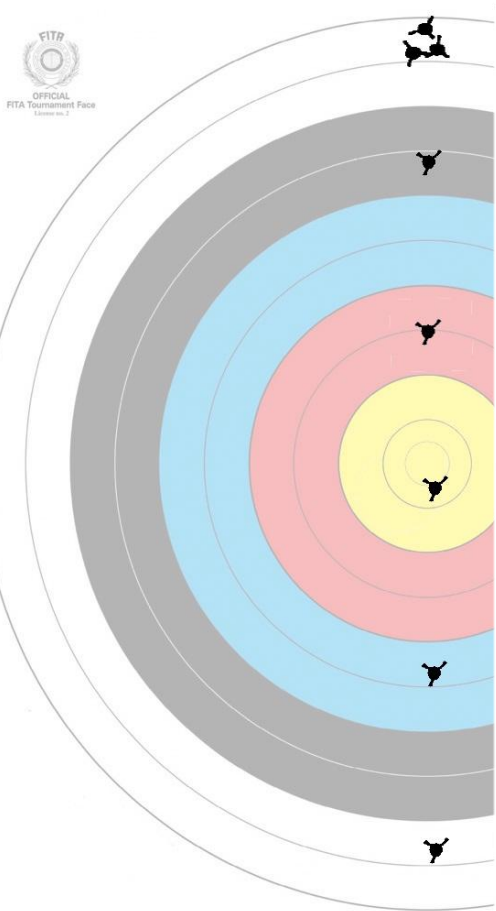
# Walkback Tuning

- Helps fine tune centreshot and spring
- Shoot from 10m to 40m or 50m, in 5m intervals
- Fletched arrows only
- Do this on a fairly calm day

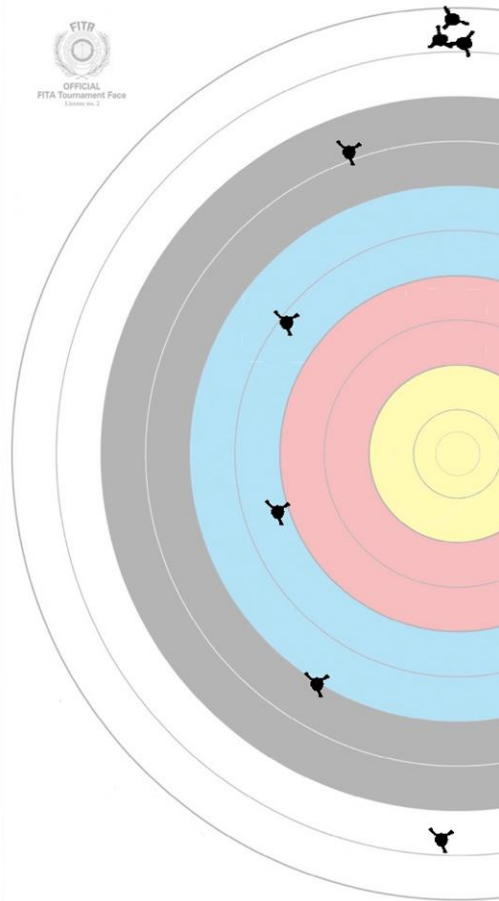
Before you start:

- Have a good tune from bare shafts
- Make sure you've recorded all your settings
- Adjust sight so arrows hit about 6" from top of boss when aimed at gold at 5m. Or use tape to mark an aiming point

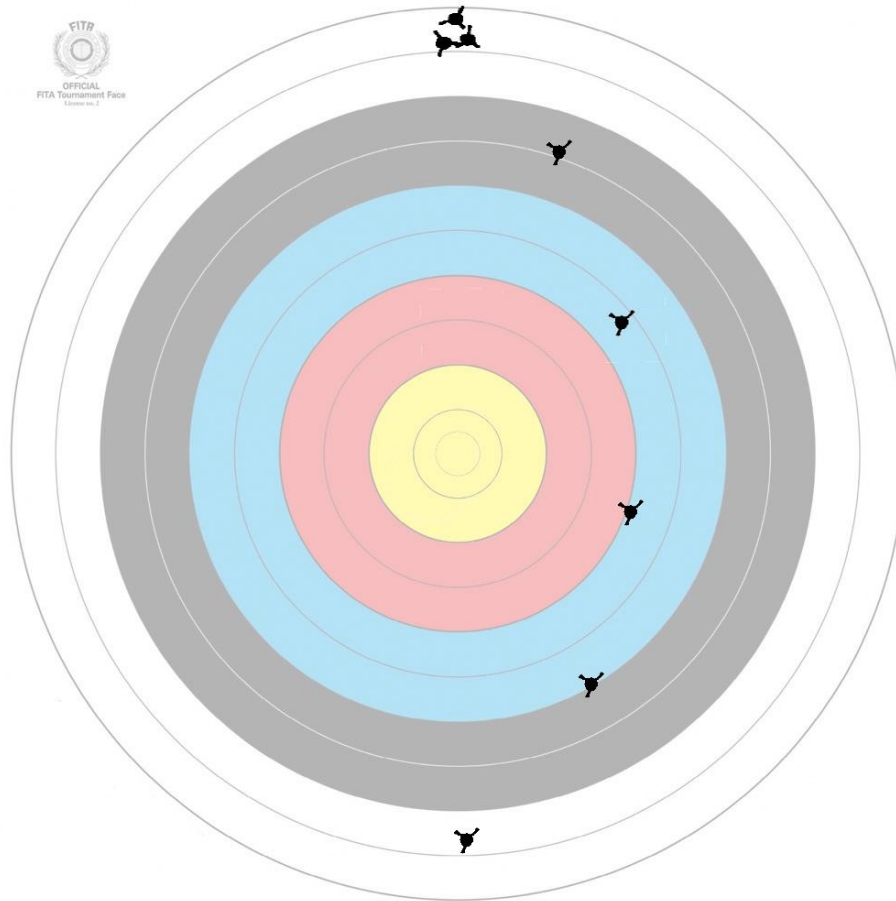
# Walkback patterns - centreshot



Good tune – vertical line

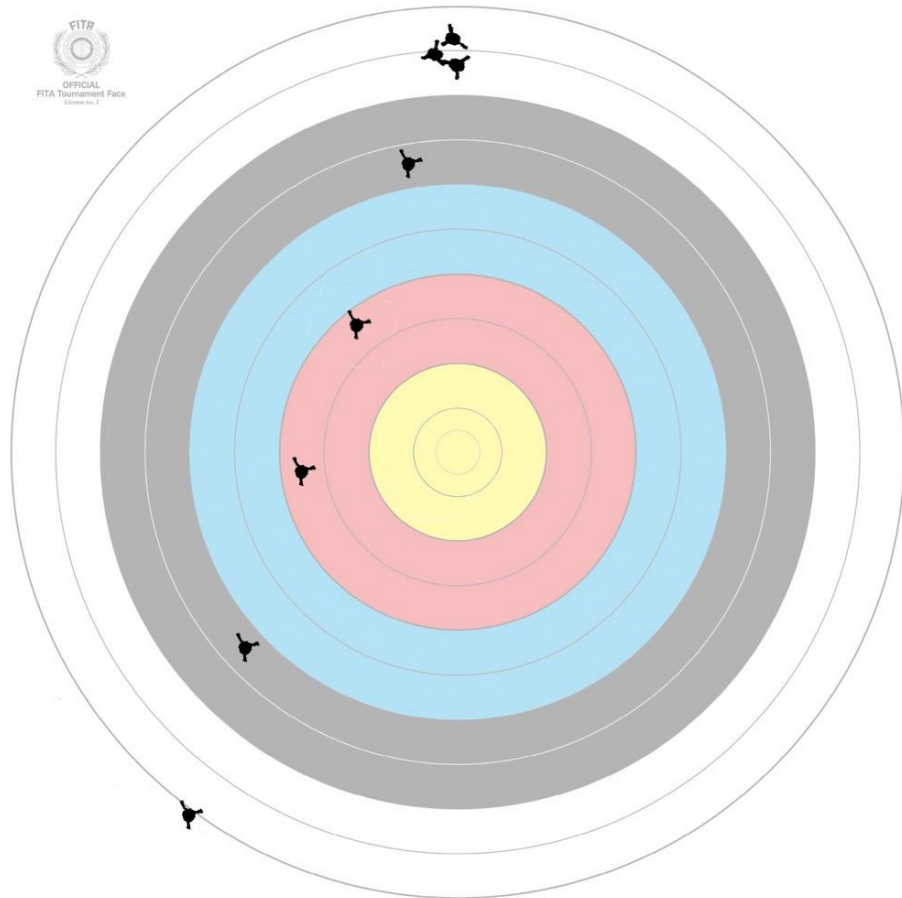


Move button in

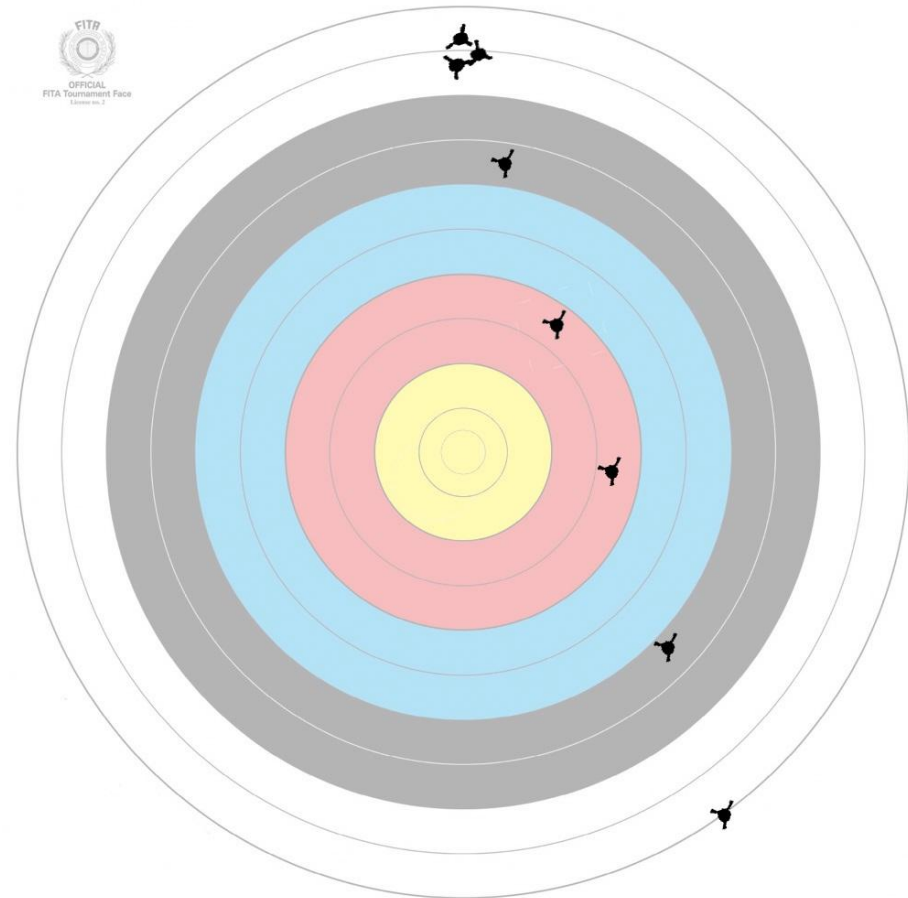


Move button out

# Walkback patterns – spring pressure



Spring is too stiff



Spring is too weak

# Summary

- We can only tune as well as we can shoot
- We tune the system, not the bow
- If anything changes (form, equipment, arrows) we should retune

# References

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<https://www.youtube.com/watch?v=EfyzL9C-8WY> [Accessed 9 Nov 2017]