

Stabilisation

LONG RODS | SIDE RODS | V-BARS | WEIGHTS

What is stabilisation?

Apart from looking like a satellite on the end of your bow, stabilisation in archery is the system of rods and weights attached to the end of a bow in order to help with maintaining stability during shooting. Think of it as a shooting aid; almost like how a tightrope walker might use a long pole to keep them balanced across the high wire.

Why use a stabilisation system?

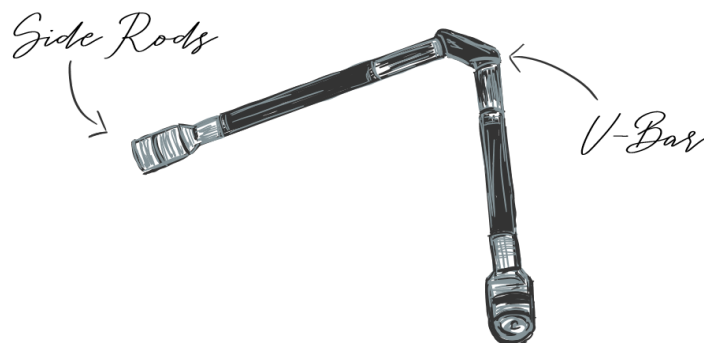
The most common reason archers use stabilisers is to stop the bow from tipping back towards them after they've released an arrow. Essentially, stabilisers help keep a bow balanced while an archer aims and tips the bow forward whilst absorbing some vibration when an arrow is released.

stabilisation systems:

The stabiliser set up you use will vary, as it depends on the archer and their bow. Typical components of stabilisation systems are a long rod, side rods, weights, a v-bar and an extender.



The length of the rod and the weights attached will affect the way in which the bow falls upon release, as well as reducing the amount of vibration felt.

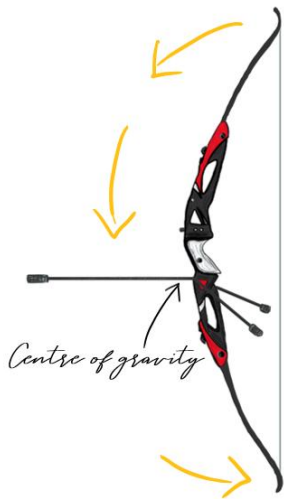


Side rods and V-Bars can be used to further reduce the amount of torque felt by the archer at full draw. The type of V-Bar used can affect the angle which the side rods sit: the preferred angle will depend on the archer. Typically, archers tend to offset their side rods, adding more weight to the side opposite their sight - this is more common with compound archers than recurve.

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Reigate Priory Bowmen

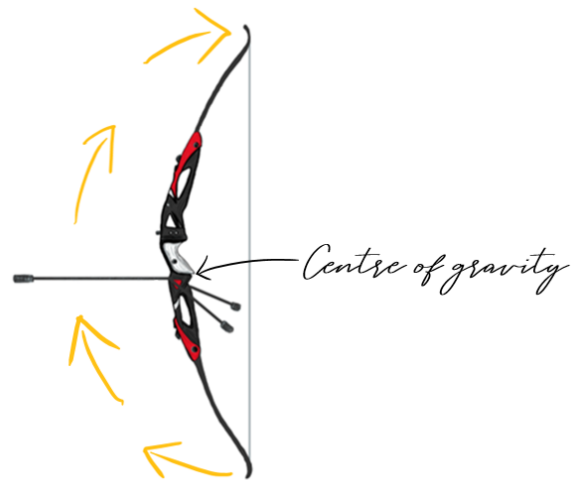


An extender is the small rod that sits between the riser and the v-bar. Extenders are used to move the weight in front of the bow, which can make the stabilisation system more effective. Just like side rods and long rods, extenders are available in different lengths.



If the centre of gravity is in front of the grip, the bow will roll forwards (see left). If the centre of gravity is very forwards, the bow will roll quickly, if further back, it will roll slower.

If the centre of gravity is behind the grip, the bow will roll backwards. (see right)



A good centre of gravity is somewhere up to 4" in front of the bow and at/below the grip of your riser. How far forwards the centre of gravity is depends on the archers' personal preference. Note, that weights on a long rod will move the centre of gravity forwards. Similarly, weights on the side rods will move the centre of gravity back.

Choosing Stabilisers:

Unlike arrows, there isn't a chart to help with selecting stabilisation set-ups; it all depends on individual choice.

Vibration is often the 'hidden enemy' of an archer, as it can cause muscle fatigue and discomfort when shooting. Taking the time to choose the right stabiliser set up for yourself will help to dampen vibrations, making shots feel more solid and comfortable.

Due to the number of variables that can occur with stabilisers, the only way to find the best system for you is trial and error. Coaches are willing to help you with this, but ultimately, you have to choose what feels and performs best for you.