

Recurve Basic Bow Set-up

1. Care of String

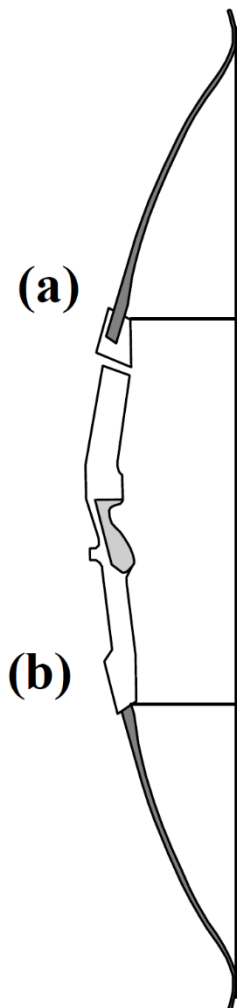
Wax the string regularly to lubricate and prevent ballooning, loop string together to maintain twists.

2. Limb Alignment

Ensure the string is aligned with the centre of the limbs. If you have them use Beiter Limb Gauges.

3. Tiller

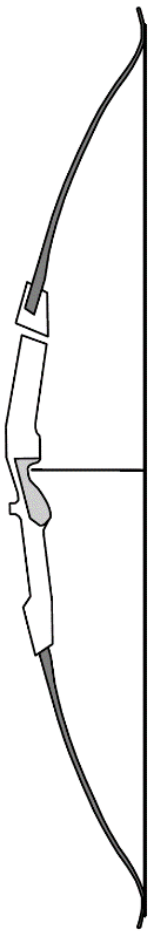
(a) should be $\frac{1}{8}$ " to $\frac{1}{4}$ " or 3mm to 6mm greater than (b) to achieve positive tiller.



To adjust the tiller:

- Always de-string the bow before making any adjustment.
- Adjust each limb bolt equally and in opposite directions to maintain draw weight.

4. Brace Height



Measured from either the string to the throat of the handle or to the centre of the button, usually with a bow square.

The following are suitable brace heights for various lengths of bows:

62" - $7\frac{3}{4}$ - $8\frac{1}{2}$ or 196 – 216mm

64" - 8 - $8\frac{3}{4}$ or 203 – 222mm

66" - $8\frac{1}{4}$ – 9 or 210 – 229mm

68" - $8\frac{1}{2}$ - $9\frac{1}{4}$ or 216 – 235mm

70" - $8\frac{3}{4}$ - $9\frac{1}{2}$ or 222 – 241mm

But please check your riser manual or with your riser manufacturer about recommended brace heights.

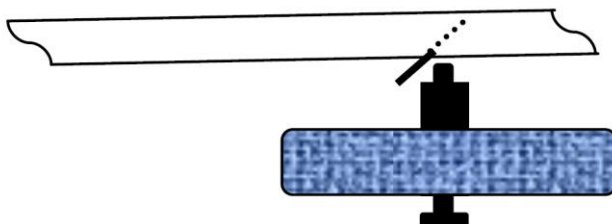
A lower brace height will give a more forgiving shot and slightly less draw weight.

A higher brace height will give a more precise shot and slightly higher draw weight and slightly lower arrow velocity.

The best brace height for you and your bow will give the best groups.

5. Arrow Rest

Set arrow rest so that the centre of the arrow aligns with the centre of the button plunger. The arm of the arrow rest should not be visible when an arrow is fitted and viewed from above.

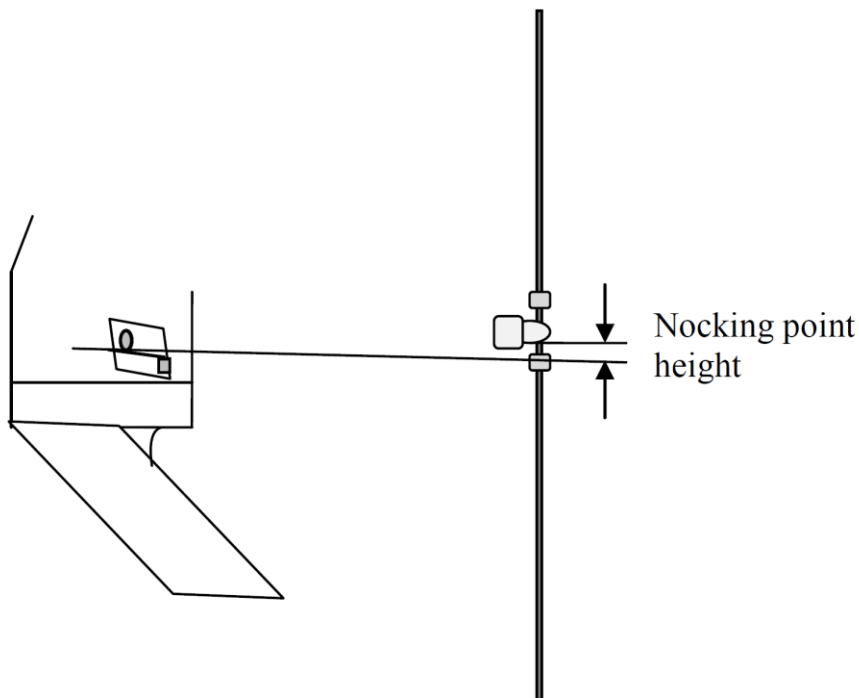


6. Button / Plunger

Set the spring tension to medium, about the same pressure as the clicker in a ball point pen.

7. Nocking Point – $\frac{1}{4}$ " to $\frac{1}{2}$ " or 6mm to 12mm

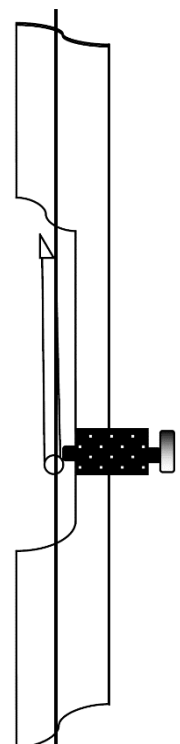
Use a bow square to set the knocking point. Some nocks are of a smaller diameter than the arrows so this must be considered when setting the nocking point.



8. Centre Shot

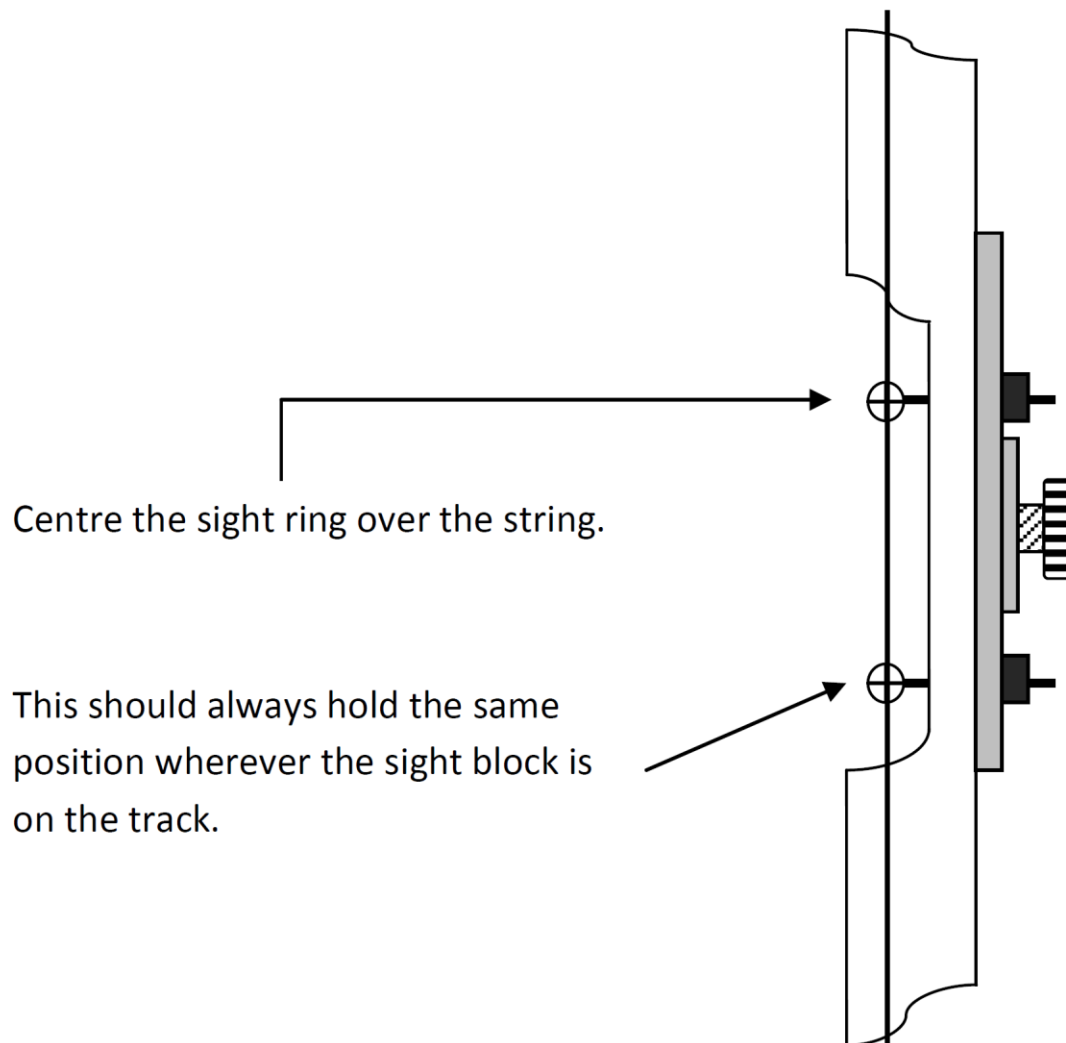
Adjust the button so that the point is just outside the string (for right hand archer).

Some archers with parallel shafts (not barrelled) prefer to see the arrow sit centrally to the string. (The string cuts the arrow straight down the middle).



9. Sight

Centre the sight ring over the string. This should always hold the same position wherever the sight block is on the track.



Finally

Following the points above should get your bow to a good initial setup and shooting well. Later, the bow can be tuned for even greater performance.

For further reading please see these documents:

Tuning for Tens

<https://www.elyarchers.org.uk/documents/Tuning-For-Tens.pdf>

Easton Tuning Guide

<https://www.elyarchers.org.uk/documents/Easton-Tuning-Guide.pdf>