

County Oak Archery Club



Making Your String Ready To Shoot

Trevor Tulett

Field Captain

So, you got a new bow, goody!!!! What now?

Well hopefully you a got **"String"** supplied with it or ordered one with it.

This should be 4.5 inch shorter than the **bows stated size** for Dacron strings, or 3.5 inch shorter than the **bows stated size** for High speed strings. This works for all Recurve styles of bows

Next find out what **Brace Height** your particular bow needs to be set to.

This can be tricky as some manufacturers give out this information freely and others you end up trawling the Internet for and then using the nearest thing you can find!

My SF 70inch is about 9 ¾ inch (Target Recurve), my 60 inch Ragim Deer (hunter style bow) is about 8 ½ inch, to give you some clue.

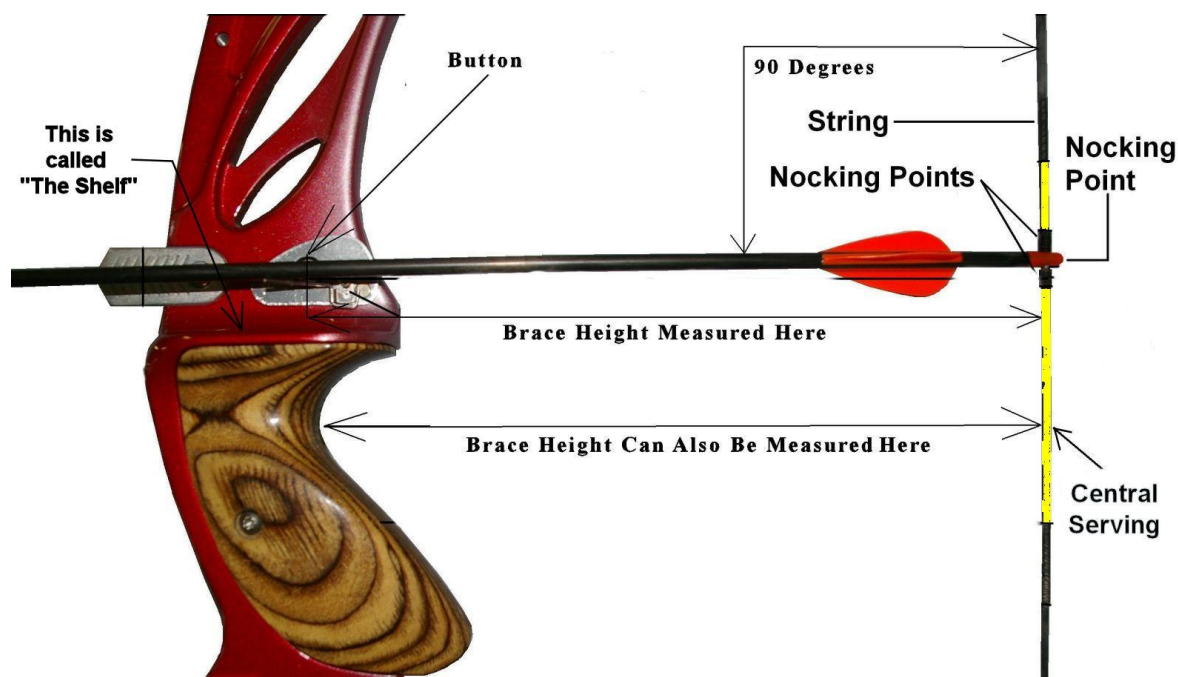
Having worked out your **brace height** grab your string and put 20 to 30 twists in it.

Place the top loop (larger of the two end loops) over and down a bit the top limb, then place the small loop on the bottom limbs nock and use a **stringer** to string the bow.

Warning!! If you've never strung a bow before ask a more expert archer to show you as a trip to A&E is never fun!

Using a **Brace Height Gauge**, also known as a **Bow Square**, measure the brace height.

This is done by clipping a **Brace Height Gauge** on to the central serving part of the string and reading the measuring part over the centre of the button, or if you haven't got a button measure to the lowest part of the handgrip as shown in fig 01 below.



If you find that the brace height is too low, then unstring the string leaving the top loop on the bow and take the bottom loop and put 5 to 10 more twists on, until the required height is reached, restringing each time.

Conversely if the brace height is too high, then do the opposite and untwist the string till the height is reached.

Next, give the string a good wax. If you haven't done this before, get your wax and dap a small blob of it on the strands about every 2 to 3 inches or so then, using small leather pad (say 25mm by 25mm), fold it over the strands and rub vigorously up down between the central serving and the loops (top & bottom) avoid the served areas (parts with wrapping round).

This flattens out the twists and makes it more aerodynamic, plus helps stop it from untwisting. (But personally I put something round the end loops to stop that when the string is off the bow)

Tips

I find if you put more twists than you need it is easier as going down from too high and working your way down to the right height is better than working the other way round.

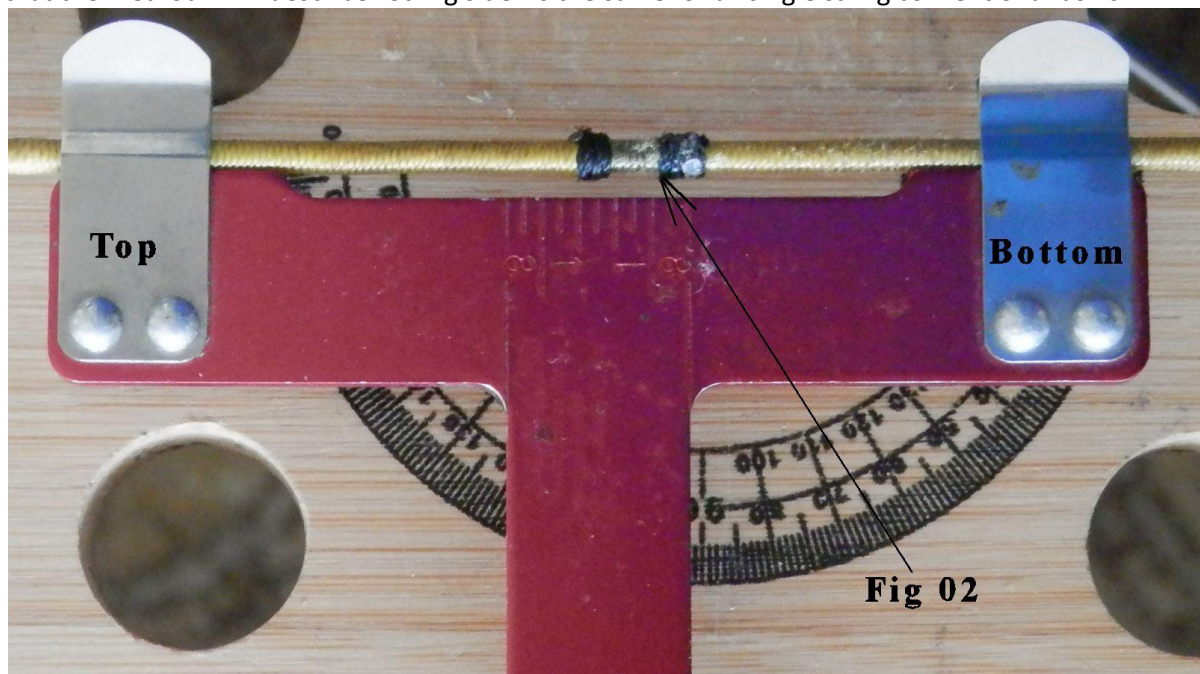
Also, when putting a new string on, it pays to brace it a little higher at first because once it's been waxed and shot it will naturally drop at bit; I normally add about ¼ inch for Dacron and for all other types (high speed strings) about 1/8 inch.

Placing the Nocking Points

The type and style bow governs where to place your **Brace Height Gauge**; if you have no arrow rest then gently place the long part of the gauge on the shelf of your bow or in the case of a longbow the top of the hand that you hold the bow with.

Remember if you're using the method above you will need feathers on your arrows and not vanes!

If you have a rest then gently place the long part of the gauge on top of the rest, once you've got that the method I will describe "String side" is the same for all single string conventional bows.



The picture above shows how my barebow is nocked; notice (fig 02) that it is slightly higher than you think it should be. There are two reasons for this. Firstly, you have to take the arrows diameter into consideration. Out of this bow I shoot a 1916 arrow, which is nearly 8mm diameter and has a nock 4 mm wide, therefore it is 2mm from the bottom of the arrow. With thinner arrows this becomes less of a problem due to the fact that the nocks are the same or closer to the arrow diameter.

Secondly, even though generally when putting in nocking points you try to get your arrow close to 90 degrees to the string. Remember hardly any bow shoots arrows out of the middle; also, I shoot 1 over 2 under. Therefore, to counteract this, you put about $\frac{1}{2}$ a degree downward bias on your arrow. If you shoot 3 under you may need slightly more.

Note that if your nocking point is too high or too low it will affect your arrow flight by making it "Porpoise" (meaning wobbling up and down as it flies)

If this is your first bow I recommend using brass clamp-on nocks, because for a beginner they can be removed without too much trouble if placed in error.

Note that there are other methods of nocking, these I will try to cover later on.

Things needed

Brace Height gauge

Nocking pliers

String Wax (beeswax if you like)

Small Square of Leather (or something like it)

Brass nocks

Bow Stringer

Helpful You Tube Videos

One of these will hopefully cover the type of bow you shoot:

https://www.youtube.com/watch?v=0bOcsWGf_HE (general bow stick on rest)

https://www.youtube.com/watch?v=Pgi_gygGNC0 (target Recurve) (rest with tied nocks)

<https://www.youtube.com/watch?v=UIXelaSp3dQ> (off the shelf more traditional)

If you need help don't be afraid to ask. All members of the COAC committee are experienced archers and will be able to help, or at least know the right person to ask. So don't worry if Ross, Marvin or Dave are not there, why not try some other members, you never know we might just know a thing or two about it.