

Thirsk Bowmen
Checklist for simple tuning before shooting

Its worth keeping this checklist in your bow case and referring to it each time you set your bow up. If anything is not appearing to be correct, and you don't feel confident about identifying or rectifying any issue, consult a more senior archer.

1. Is your equipment in sound general condition?

- check any fraying on string, damage to limbs, damage to arrows, nocks and fletchings, etc

2. Have you fitted your limbs correctly onto the riser?

- and check that the limbs and string are the right way around / up.

3. Are your limbs set correctly into limb sockets?

- take light tension on the string and release.

4. Is your string aligned to your limbs?

- hold the bow away from you and check the string runs along the centre of the bow belly

5. Check your bracing height

- is it consistent with your recorded bracing height?

My recorded **Bracing Height:**

6. Check your tillers

- are they consistent with your recorded top and bottom tiller? And is your bottom tiller 3-5mm less than top tiller (except in exceptions such as compound)?

My recorded **Top Tiller:**

My recorded **Bottom Tiller:**

7. Check your nocking point

- is it 4-5mm above square?

8. Is your sight track parallel with the string?

- also check that the sight and components are secure

9. With an arrow nocked, is the arrow pile just showing outside the string, when the bow is held in-line?

- offset to left for right handed archer, and vice versa.