

# BACK2BASICS

## Improve Your Scores with the Correct Arrow Spine



We all need a little help now and again. That's why we are running a new series of back to basics guides put together by **Adam Lewis of Wales Archery**. Here he takes a look at different types of arrow spines and how they affect your shooting.

In this article we will be covering the importance of selecting the correct arrow spine, and the differences between parallel, tapered and barrelled arrow shafts

### 1: Correct Arrow Spine

Some of the most important pieces of equipment to get right are your arrows, for ultimately they are what hit the target and score your points! When an arrow leaves your string it begins its cycle and, if the correct spine is chosen, it will flex around the bow then back in towards the riser straightening up without any contact with you or the bow. The end result is in an arrow that has a clean flight and is forgiving to shoot. If you shoot a bare shaft and the spine is correct, it will enter the target straight and true. Just what we want!

### 2: Weak Arrow Spine

If an arrow is too weak on the return, the back end will flex in towards the riser causing contact, and this then in turn will cause it to miss its cycle. A weak arrow can

enter the target at various different angles as it will be flexing all the way along its journey. The main problem here is that with a selection of weak arrows it will be almost impossible to get the same result every time making the grouping random at best. Also, if you shoot a bare shaft the arrow for a right-handed archer will be pointing right with the back end of the arrow out to the left.

### 3: Stiff Arrow Spine

When the arrow is too stiff it won't flex enough, and this will make it very critical to shoot, and any indifferences in the release will be very punishing. If you shoot a bare shaft, the arrow for a right-handed archer will point to the left with the back end of the arrow out to the right.

### Parallel Shaft

Parallel shafts are the type most commonly used for beginners because they are inexpensive to make and are generally a good quality, affordable item. Parallel shafts have more mass at the front and

rear than other tapered or barrelled shafts which mean that they have more inertia at the ends – particularly the rear – causing the arrow to flex more and potentially decreasing clearance for finger shooting.

### Tapered Shafts

A tapered shaft is thinner at the back resulting in reduced drag and a greater front of centre, resulting in a more forgiving release. A by-product of the tapering is a reduction in arrow weight which in turn increases speed.

### Barrelled Shafts

As good as a tapered shaft is for finger shooting, the barrelled shaft offers even greater advantages. Not only do you get all of the advantages of a tapered shaft but, by shifting the shaft balance forward front of centre, it allows for improved wind performance.

If you have any questions, please get in touch: [adamacl22@yahoo.co.uk](mailto:adamacl22@yahoo.co.uk)

