

BACK² BASICS



Produced in association with Wales Archery

We all need a little help now and again. That's why we're running this series of back to basic guides by **Adam Lewis** of **Wales Archery**

THIS ISSUE: REFERENCES

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References are a great way to help improve scores and groupings by increasing the consistency of what we do, resulting in the same shot sequence every single time.

Anchor point

Your anchor point, no matter the bow style that you are shooting, is absolutely crucial. It directly affects your draw length, which in turn can affect the bow weight you are pulling. Whether you are shooting longbow, barebow or freestyle, choosing a point in which you can replicate every single time is of the utmost importance.

String picture

The string picture (shown below left) is where you see the string when at full draw somewhere on the bow, and is an important reference. Making sure this is in the same place every single time will lead to better groupings. Where the string picture is down to the individual, some of the most used places are alongside the riser, next to the sight ring or even in the middle of it.



Above: Beiter Micro Clicker

Clickers

The clicker is installed either behind the sight block or the riser face and has helped to improve scores more than any other archery accessory for freestyle archers. The clicker needs to be carefully set up and the archer's anchor, posture, alignment and head position all need to be set in the same repeatable location.

When this is done, if any discrepancies are made during the shot sequence, this will result in the clicker going off too soon – sometimes even before anchor is reached, or you could come to full draw and struggle to come through the clicker.

If either of these happens, the best course of action is to come down with the bow and reset the shot sequence. Due to the nature of clickers, it is best used on archers that have a consistent pre-draw position.

This will result in tighter groupings, especially at distance, as the exact same draw length is being archived every single time for increased consistency.

Nose buttons and kissers

Kissers and nose buttons act as a reference point for our mouth and nose; they are two different items but both work in a similar way.

They both help us to keep the same head position but care must be taken to set the head first then draw to the reference. Don't move your head to meet the kisser or nose button. They are both installed onto the string very easily and are generally inexpensive to purchase, whilst offering great results.



If you have any questions, please drop Adam a line at AdamL@walesarchery.com