

BACK2BASICS

recurve strings

If you need specialist help, **just ask!**



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 the dos and don'ts of recurve strings and using them to tune your bow.

Nock fit

The most important thing to get right first is the nock fit. The arrow should come off the string with a gentle tap. If the arrow is falling off too easily, it effectively means that the bow is being dry fired. Instead of the energy being transferred into the arrow what happens is the energy goes right into the limbs and this is what happened in figure 1.

On the other hand, if the nock fit is too small and you have to hit the string with some force to get it off, it means extra energy is being spent to allow the arrow to release from the string. This takes precious energy away from the limbs, resulting in poor performance.

Strand count

Strand count is the number of strands in the string. That can vary depending on the material used and its weight. What is considered normal on a high-end recurve string in BCY is anything from 14 to 18 strands but when compared to 8190, that 18 strand string would be the equivalent of 24 strands.

We don't want to use too many or too few strands when making a string. If we used 14 strands with 8125g on a 40lb recurve, the string would be harsh on the fingers and the bow would feel very aggressive. Using too many strands, such as 18 on a 22 lb bow, would reduce performance. As a rule of thumb, 14 strands up to 30lb, 16 strands 32-38lb and 18 strands anything from 38lb-plus.

Bracing height

This is the measurement from your pressure button hole to your string when strung up, most bows have a different recommended bracing height depending on multiple different factors such as bow style, bow length, manufacturer and limb tip design. Most recurve bows will have a bracing height range adjustment of 2cm so a Hoyt Grand Prix 68" bow has a bracing height range of 21.5 - 23.5cm and you can use that room to find the sweet spot in the bracing height range. The way to do this is by setting your bracing height at either the maximum or minimum then shoot three or four arrows and listen to the sound it makes then put four more twists into the string and repeat the process. What you are looking for is for



the bow to sound the quietest. There might be two-three sweet spots and normally these spots group better as well.

Nocking point

The goal is to set the nocking point horizontally so that the arrow leaves the bow at a perfect angle without any clearance issues. Normally if you have clearance issues the tell-tale sign is marks appearing on the shelf below the arrow rest. This can also be caused by finger pressure. The nocking point is tied on, rather than brass ones. These slow down the string. Removing the brass nocking point also gives cleaner string travel.

How to tune your string to your bow

If your nock fit is too tight or too loose, you will need to re-serve with either a thicker or thinner material. It's important to get this right. If your arrows are coming out a little stiff but your pressure button is set to a good stiffness, you can remove a few strands out of the string to quicken it up. Reducing your bracing height will speed up the bow resulting in more energy going into the arrow. That will straighten up your arrow.

If you are shooting barebow and indoors, you really want to slow that arrow down. You can increase the number of strands in your string and raise your nocking point. This will slow the arrow down while the arrow is aiming lower down at a better aiming point. ©