

Compound Bow Mechanics Seminar

Major Parts of a Compound Bow

- 1) **Riser**
 - a) Reflex riser
 - b) Deflex riser
 - c) Straight riser
- 2) **Limbs**
 - a) Parallel
 - b) One piece
 - c) Two piece
- 3) **Cams**
 - a) Single/solo
 - b) Binary
 - c) Cam & ½
 - d) Hybrid

Bow Accessories

- 1) **Arrow rests**
 - a) Blade
 - b) Drop away
 - (1) limb attach
 - (2) cable attach
 - c) Side Pressure
 - d) Spring
- 2) **Sights**
 - a) Multiple Pin
 - b) Movable
 - c) Scopes/Lenses
- 3) **Peeps**
 - a) Aperture size
 - b) Clarifier
 - c) Verifier
- 4) **Strings & Cables**
 - a) String
 - b) Cable
 - c) Serving
- 5) **Arrows**
 - a) Arrow Material/types
 - a) Spine/diameter
 - b) Outdoor target arrow
 - c) Indoor arrow
 - d) 3D arrow
 - e) Point weight selection
 - f) Arrow building
- 6) **Release aids**
 - a) Wrist
 - b) Thumb
 - c) Back Tension
 - d) Tension Release
- 7) **Stabilizers & back bars**
 - a) Length
 - b) Weight selection
 - c) Position

Bow Setup

- 1) **Bow Selection**
 - a) Fit bow to Athlete
 - b) Draw weight
 - c) Draw Length
 - d) Axle to axle
 - e) Brace height
 - f) ATA/IBO Speed
- 2) **Arrow Selection/set-up**
 - a) Arrows
 - b) Points
 - c) Vanes
 - d) Wraps
 - e) Nocks
- 3) **Peeps**
 - a) Set peep height
 - i) Indoor
 - ii) Outdoor
 - b) Aperture sizes
 - c) Verifiers
 - d) Clarifiers
- 4) **Nocking point**
 - a) D-loop
 - b) Nock sets
 - c) Arrow rest alignment
- 5) **Bow Tuning**
 - a) Axle to axle measurement
 - b) Cam Lean
 - c) Cam timing
 - d) Nocking point
 - e) Rest
 - f) Sight/Scope
 - g) Second and third axis setup
 - h) Center Shot
 - i) Tiller Tune
 - j) Paper Tune
 - k) Arrow grouping
 - l) Bare Shaft Tuning
- 6) **Bow Press**
 - i) Types of bow presses
 - ii) Safety/use
 - iii) String/Cable Replacement