

Shooting the Stickbow - A Practical Approach to Classical Archery

The 10 steps for setting up an Olympic style target bow

1. Set the weight/tiller adjustments to either full deflex for a new shooter (to keep the bow as light as possible) or at their midpoints for a more experienced archer (to provide as much positive or negative adjustment as possible).
2. Loosen the plunger depth ring and screw it into the riser so it protrudes approximately 1/4" into the sight window (the exact amount will depend on how far past center shot the sight window has been cut).
3. Set the spring tension to medium / stiff, by turning the adjustment sleeve and the screw at the end of the plunger clockwise and locking them in place with their lock screws.
4. Place the rest on the riser and position it so the flipper arm is pointing slightly upward and will center the arrow on the plunger button.
5. Adjust the plunger to give a small amount of positive arrow offset from center shot.
6. String the bow and affix a nocking point so that the arrow nock is approximately 1/8" – 1/4" above perpendicular.
7. Attach the stabilizers and sight.
8. Stand approximately 10 yards from the target and zero the sight. Remember it's a good idea to have someone watch your alignment to the target on the first shot just in case you're off by more than a safe amount.
9. Re-zero the sight at 20 yards and start shooting!
10. When you're comfortable with the bow, begin the tuning process.