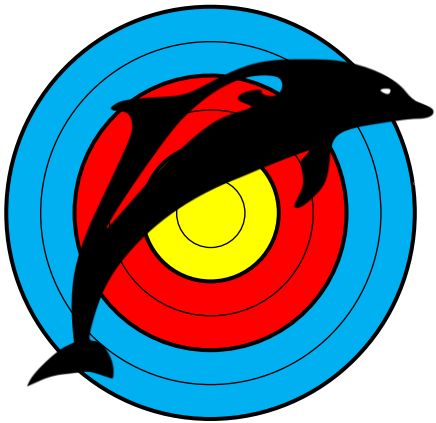


# Guide to buying your first bow





# Riser

- ▶ The riser is the most important part of the new bow and a good riser will last a long time.
- ▶ Risers can be brought second hand although it is a good idea to try a selection of risers first, try asking around the club to see different risers
- ▶ Always buy an ILF riser as they have the widest selection of available limbs
- ▶ Don't buy a riser online that you can't find for sale on an archery shop website, this probably means that it is a very old style and some of these are not very good





# Recurve vs barebow

## Recurve

- ▶ There is a lot more choice for recurve risers and if you are not sure which bowstyle you want to shoot you should get one of these.
- ▶ You can shoot a recurve riser as a barebow

## Barebow

- ▶ Barebow risers are very specialist and are designed to help you add more weight into the bottom of the bow because you are not allowed stabilisers.





# Bow length

- ▶ Bow length is a combination of riser and limb length
- ▶ Bow length should usually be your draw length +40"

		Riser Length		
		23"	25"	27"
Limb Size	Short	64"	66"	68"
	Medium	66"	68"	70"
	Long	68"	70"	72"
	Extra Long	70"	72"	74"

Most adults shoot a 25" riser unless you are very short or very tall. It is easier (and cheaper) to get short or long limbs to change the bow length

# Limbs

- ▶ When buying limbs you need to consider
  - ▶ Length
  - ▶ Draw weight
- ▶ Draw weight is how hard it is to pull the bow back, if you go too high too soon then you are likely to develop poor technique and could injure yourself
- ▶ Do not buy limbs online (except from an archery shop) they could be damaged and it is impossible to tell from photos
- ▶ Your first set of limbs should be cheap as you are likely to want to increase draw weight after shooting for a little while

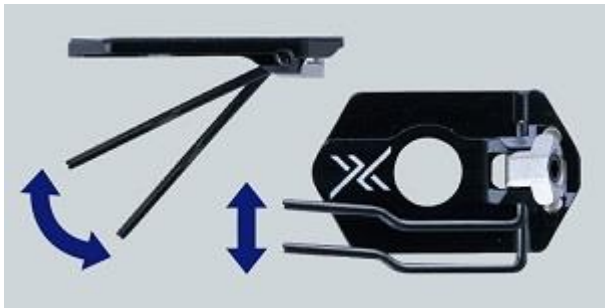




# Arrow rest

## Recurve

- ▶ For a recurve bow you want a light weight magnetic rest
- ▶ Ideally it should be adjustable so that you can set it correctly



## Barebow

- ▶ Barebow puts more stress on the rest and so you need a more solid rest normally a wrap around rest





# Pressure Button

- ▶ A button allows you to properly set up and tune your bow
- ▶ Recommend the Shibuya DX button which is a very good button at a reasonable price ~£25





# Tab

## Recurve

- ▶ Recurve tabs have a spacer to stop you pinching the arrows and often come with thumb and pinky rests which I suggest you take off when you start



## Barebow

- ▶ Barebow tabs don't have a split but do normally have markings for string walking







# Arrows

- ▶ Arrows are one of the hardest things to buy and I strongly recommend going to a proper archery shop to buy them
- ▶ When buying arrows you need to consider;
  - ▶ Length
  - ▶ Spine
  - ▶ Material
- ▶ As a new archer buy slightly longer arrows as your technique improves your draw length is likely to increase, you can always cut arrows later if required
- ▶ **Arrows must match the limbs so don't buy expensive arrows, when you increase your limb weight you will need new arrows**



# Arrows continued

- ▶ Arrows can either be;
  - ▶ Aluminium
  - ▶ Carbon
  - ▶ Carbon/Aluminium
- ▶ Carbon and carbon/aluminium arrows are normally thinner and faster which is great for shooting outdoors at longer distances
- ▶ Some clubs however will not allow you to shoot full carbon arrows outdoors as you cannot find them with a metal detector
- ▶ Arrow spine is a black art
- ▶ There are tables that can give you an indication based on your draw length and draw weight but these are only guides
- ▶ If your arrow is the wrong spine they are likely to go off to either side of the target



# Other stuff

## Required

- ▶ Stringer (webbing is best)
- ▶ Bow stand
- ▶ Bag
- ▶ String
- ▶ Quiver
- ▶ Sight (recurve)
- ▶ Finger sling
- ▶ Arm guard
- ▶ Arrow puller (essential with carbon arrows, recommended otherwise)

## Optional

- ▶ Long rod (recurve)
- ▶ Weight (barebow)

# DO NOT BUY YET

- ▶ Clicker
- ▶ Side rods
- ▶ V-bar
- ▶ Top rod
- ▶ Dampers



# Cost



Item	Range £260 - £3837	Expect cost for beginner ~£482
Riser	£70 - £1000	£150
Limbs	£50 - £800	£80
Arrow Rest	£5 - £75	£10
Pressure Button	£5 - £130	£25
Tab	£10 - £100	£30
Arrows (x12)	£70 - £900	£70
Stringer (webbing is best)	£3 - £15	£5
Arrow Puller	£3 - £20	£5
Bow stand	£5 - £40	£10
Bag	£10 - £150	£30
String	£8 - £20	£10
Quiver	£7 - £150	£10
Finger sling	£1 - £3	£2
Arm guard	£3 - £34	£10
Sight (recurve)	£10 - £400	£35