

ARROWVIRADE®

May 2010



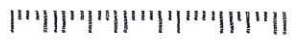
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archer must work overtime to correct the bow hand and keep it corrected.

DRAW LENGTH SETTING: What I wrote for indoor shooting in the March *ArrowTrade* issue is true again for 3-D shooters. The draw length of the bow must be set according to the archer's full-draw-position.

The standard I always use and recommend is simple; the archer is in proper full-draw position when his or her drawing forearm is directly behind the arrow. The drawing arm must be an extension of the arrow to ensure the proper shoulder, shoulder blade position and transfer of the "holding" into the back muscles. The elbow must be at least as high as the arrow or slightly higher. If not, then the archer must do the holding with their arm, will perform inconsistently and scoring will suffer - they'll miss left and right.

Drawing short or long will produce inconsistent shooting. The arms and not the core-skeleton will carry the loads at full draw and the muscles will get over-used, producing fatigue and inconsistencies.

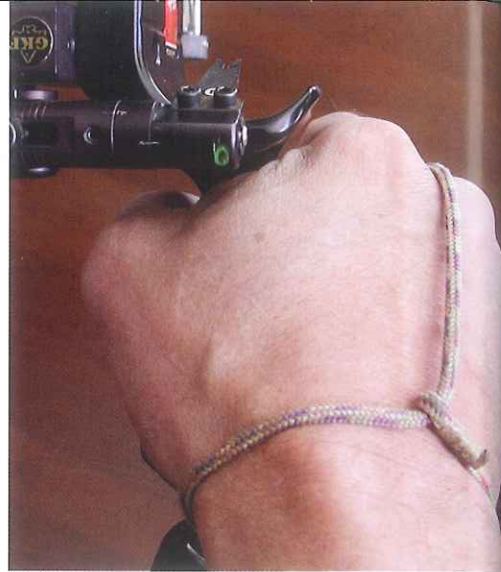
THE SIGHT PICTURE: As with indoor shooting the sight picture is critical to shooting success. The picture of the target must suit your eye and allow you to visually relax. You

have to get your eye relaxed so your mind can relax and stay on the right mental thought sequence instead of struggling to see the target.

3-D archery poses problems similar to field archery: dark targets, sun in the face, sun on the peep, sun on the target with shade on your face and even rain. Building the right scope and/or pin configuration is really important to aiming success and that configuration must accommodate all of the above mentioned sighting difficulties.

Many of the top professionals at the Lancaster Indoor Classic back in January were using their 3-D setup. You can pick most of them out by the lower, 0x to 4x, scope power they were using. This low power or no-power gives them a view of the entire animal target when shooting 3-D in the woods to accommodate those really dark or black target surfaces in the shadows. Having a 6x or 7x scope lens like I use for field target spots won't work because without seeing space around the outside of the animal you won't know what spot on the all-black surface you're aiming at.

The pin or pins you use must be visible in all of the light conditions in which you have to shoot. Most of the top professionals are using a lighted fiber optic. I use one on my hunting bow for those low-light hours you're in the woods: How did we see our



When the bow hand is placed correctly on the bow grip the index knuckle is higher than the thumb knuckle as shown. The design of the bow grip section should accommodate this feature of the anatomy so that the thumb pad is the only part of the palm that touches the bow grip.

sight before the advent of lighted pins and fiber optics?

BOW SIGHT LEVELING: This has to be done to any bow used for shooting up and down hill. The vertical slide-bar of the sight has to be plumb when the bow riser is plumb, the level bubble must show "level" at the same time and the third axis must be synchronized with the sight system.

The third axis involves setting the scope lens and its housing so that the lens is perpendicular to the



If you plan on shooting 3-D archery then you're going to be shooting some uphill and downhill targets and you have to prepare your sight properly so it's accurate. You sight has to be correctly set for third-axis accuracy by using a tool like the one by Hamskea Archery. A simple level bubble attached to the sight or riser will aid you in setting the third axis when the bow is tilted up or down toward a target on an incline.

arrow flight plane to the target. This is accomplished by changing the lens (or pins set) angle (in the horizontal plane) relative to the archer's face. If the third axis adjustment is not correct then the sight level will not read "true" level when the bow is raised or lowered to shoot on sloping ground. Without this adjustment you will shoot right on uphill targets and left on down-hillers or vice-versa.

At the January ATA Show I ran across a nifty and simple third-axis tool called the Easy Third Axis Level by Hamskea Archery Solutions (hamskeearchery.com). Attach it to the vertical sight bar and follow the directions to make the simple adjustments that allow you to raise or lower your bow and be certain that the level bubble reads accurately for "true" level.

ARROW REST SELECTION: You may see a few more drop-away arrow rests on the 3-D circuit but most of the top professionals will be using the launcher. Last issue I presented the equipment survey I did at the Lancaster Indoor Classic show-

ing that 86 percent of the 280 participating shooters used a launcher - that will be very close to what you see in 3-D.

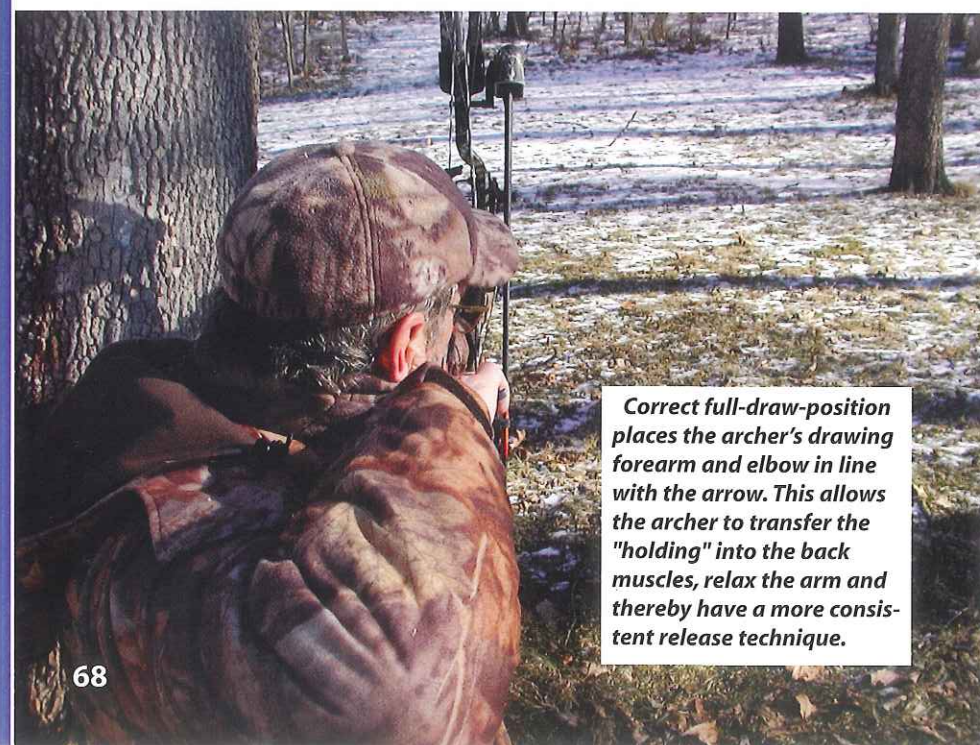
Keep the tuning simple and effective. Start with a .010 inch thick launcher set at about a 35 to 40 degree tilt. Use the paper test to get the optimum nocking point setting and to eliminate shaft sizes that are not appropriate. Try a stiffer .012 inch launcher as well to find which groups best.

D-LOOP: How you attach the D-loop to the bowstring is a big part of bow tuning. There are at least six ways to prepare the loop on the string but the two most popular seem to be the loop tied directly over and under the nock or a nock locator tied under the nock and the loop attached under it and directly over the nock. The one to use is the one that groups the best but you have to try them to know for sure.

STABILIZERS: To shoot high scores outside is just like shooting inside. The bow must be balanced to do two things: First, it must aim well



One of the new 3-D bows, the Destroyer 350, by BowTech is shown here at the 2010 ATA Show by Sales Representative Nick Drobeck. Its 32.4 inch length, 6 inch brace height and binary cam system allows this bow to shoot at 350 fps.



Correct full-draw-position places the archer's drawing forearm and elbow in line with the arrow. This allows the archer to transfer the "holding" into the back muscles, relax the arm and thereby have a more consistent release technique.



Having sight pins or a scope lens that is clearly visible in poor light conditions is essential to 3-D success. Fiber optic pins with or without battery lights make seeing in dark conditions far easier than using the old-style pins. My hunting sight has only three pins here but for 3-D I use four. More than four gets a little too crowded for my eyes although younger eyes can handle more.

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