



LINCOLN PARK ARCHERS



Presents



A Compound Bow- Setup Seminar

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LPA Seminar Topics for Today

Draw Length

Draw Weight Determination

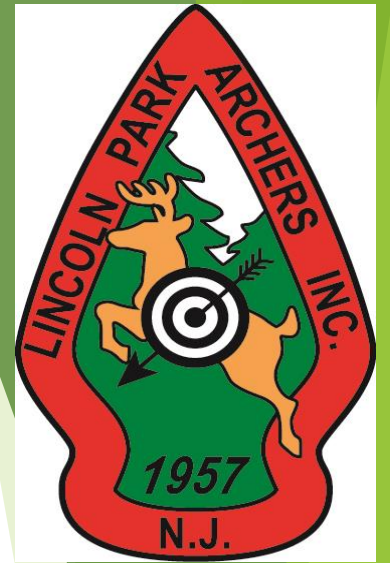
Cam Timing

Rest and Sight Install, Rest Launcher Height

Nocking Point Tie ins and D- Loop Install

Center Shot Adjustment

Peep Install - proper angle/ half the string material



LPA Seminar Topics Completed

Kisser button Install if used approx. 1”
above top loop knot

Peep and Kisser Adjustment According to
Shooter at Full Draw Anchor Position

Kisser Crimp and Peep final tie in (Serv
in Peep)

Nose button on string optional to a kisser

Draw Length Determination: Arm span method or draw length bow method.

Arm span
measurement tip of
middle finger to tip
of middle finger

Take this
measurement and
divide by 2.5

Example : 72"
measurement tip
to tip / divided by
 $2.5 = 28.8"$

Set Bow to
probably 29" cam
module setting

Have the shooter
draw the bow they
should look like
this.



Note string position on face, tip of nose.

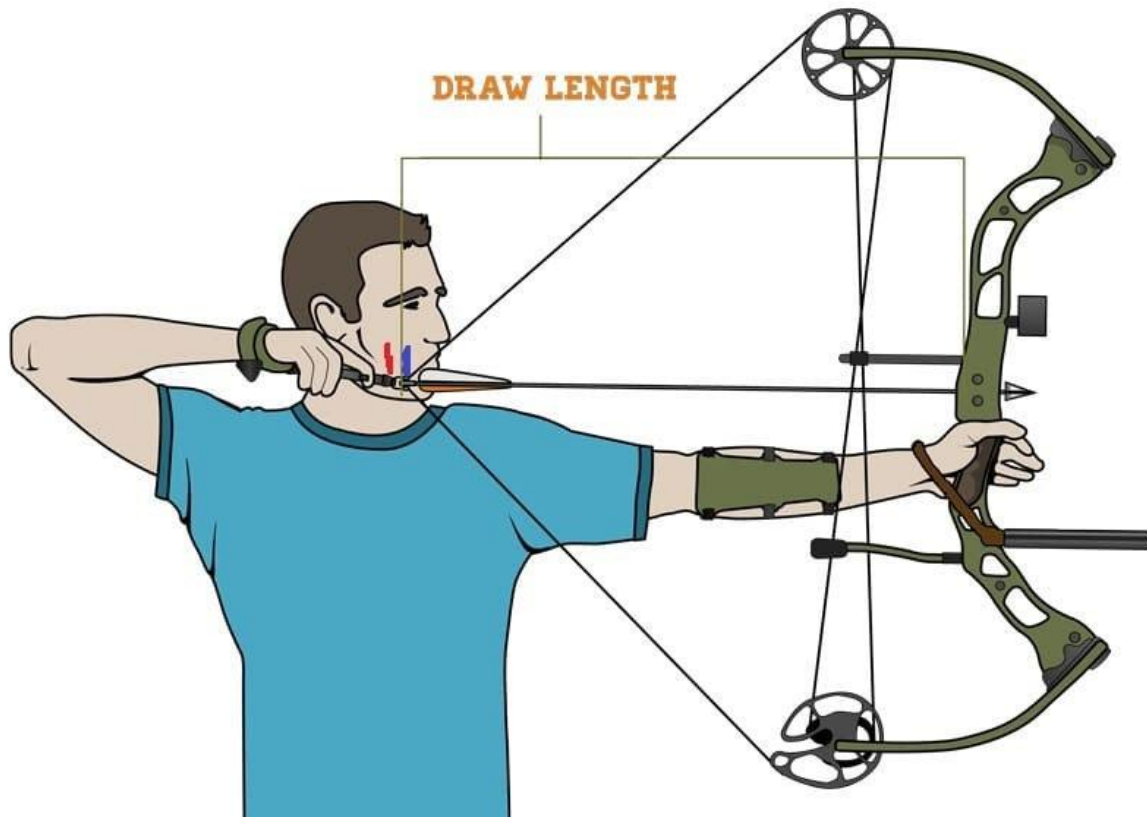
Head held erect.

Arrow Fletching in-between chin and lips

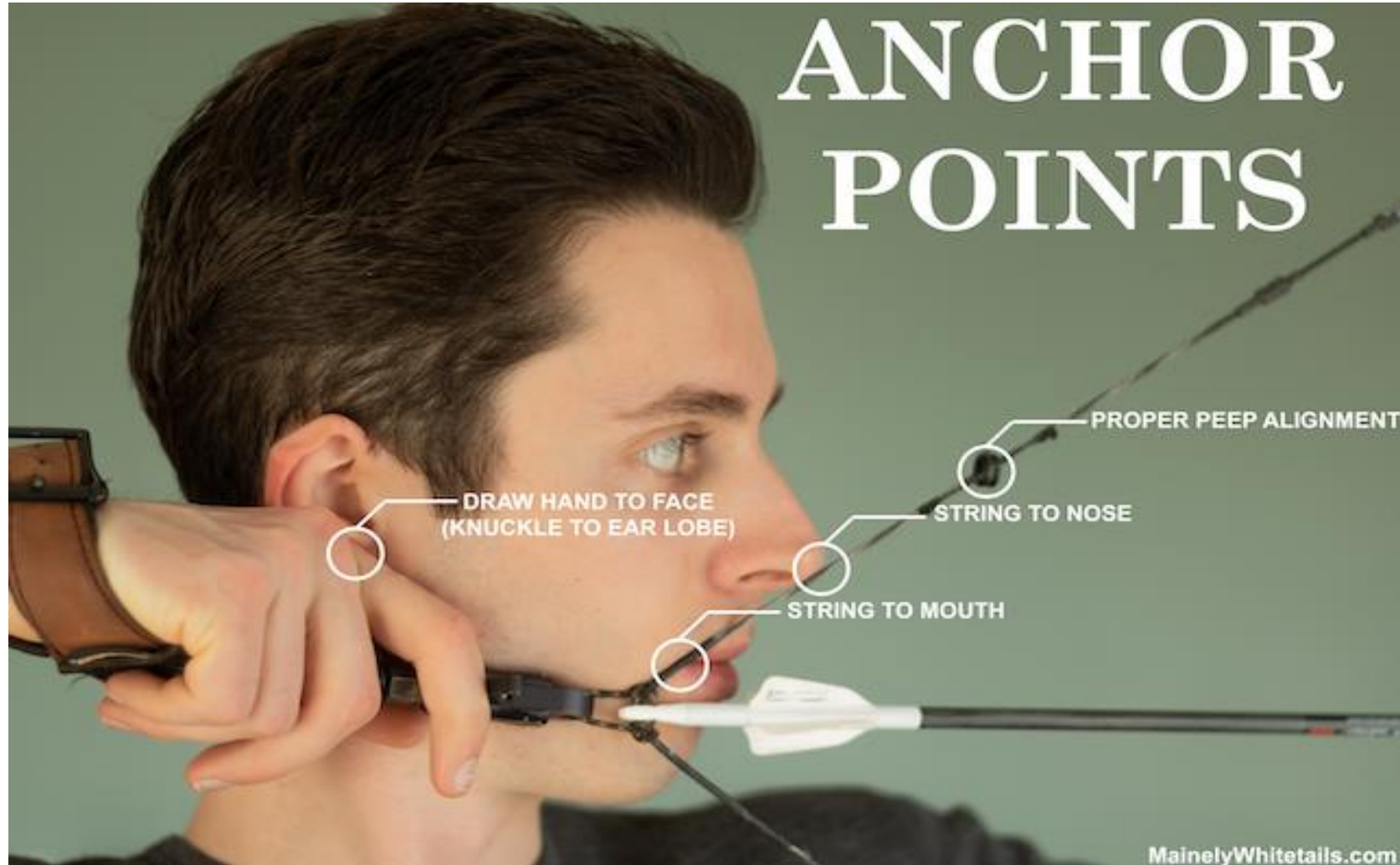
Strong/firm anchor against jawbone



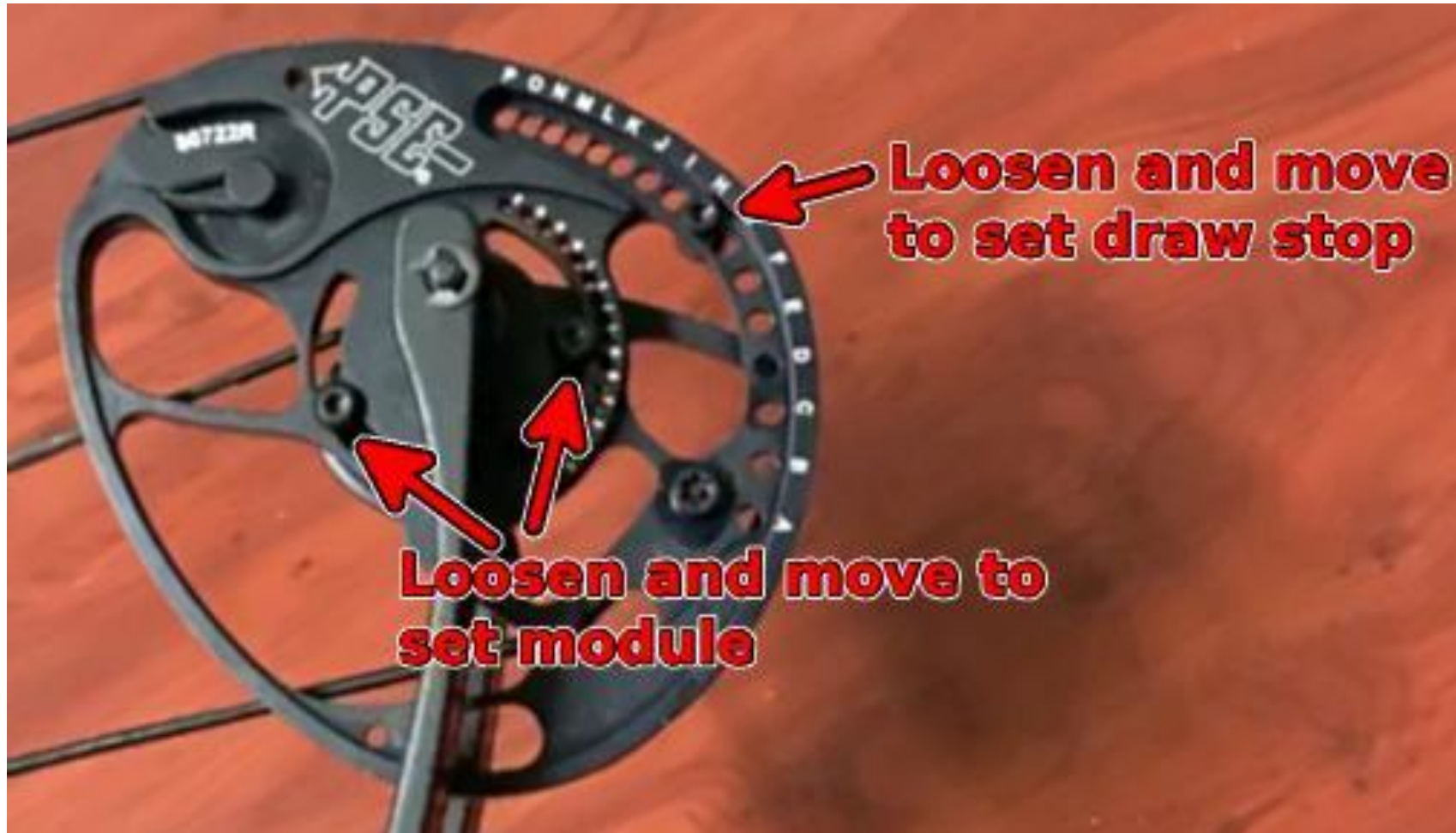
Body position on proper full draw position.



Caliper wrist release position when at full proper draw length



Draw length set completed by making adjustment to cam module and draw stop peg.



Draw weight determination

Draw weight can be adjusted by turning the limb bolts in or out. Each bow manufacturer will have a max number of turns you can turn out the limb bolts. No more than 8 on the Hoyt Ventum (Note: Some limb pockets have locking screws)

Bow scale to check poundage. Here at LPA we have a handheld bow scale tells you max draw weight and holding weight at full draw after holding at full draw for 3 seconds.

Bow should be comfortable to draw straight back, not overbowed where you need to raise the bow arm to draw the bow. Conserve movement/hunting scenario



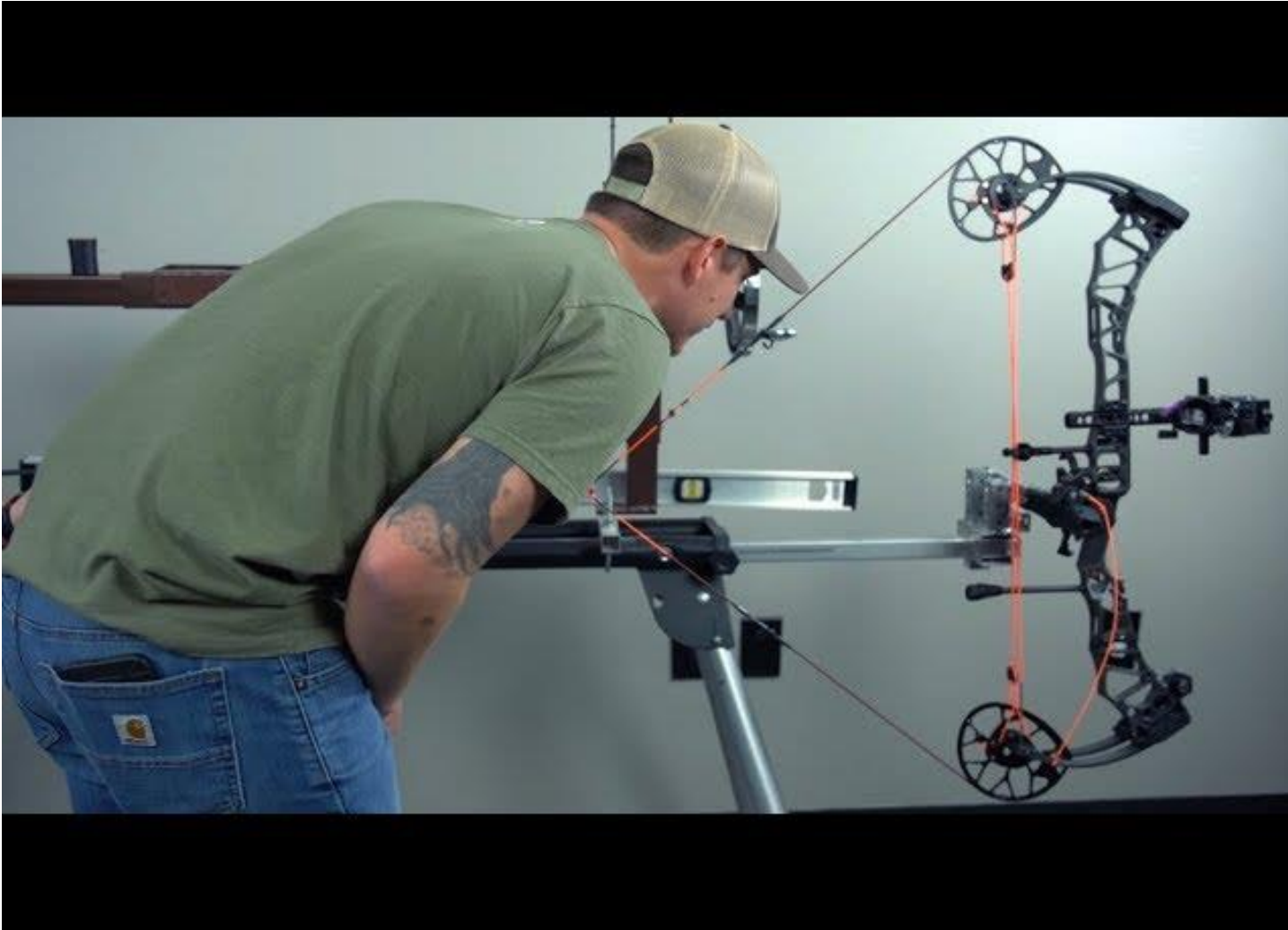
Cam Timing- Cable that hits first, shorten that cable. $\frac{1}{2}$ turn here will probably do the trick



Cam Timing Marks



Check Cam Timing On Draw Board on our Last Chance Easy press



Rest and Sight Install



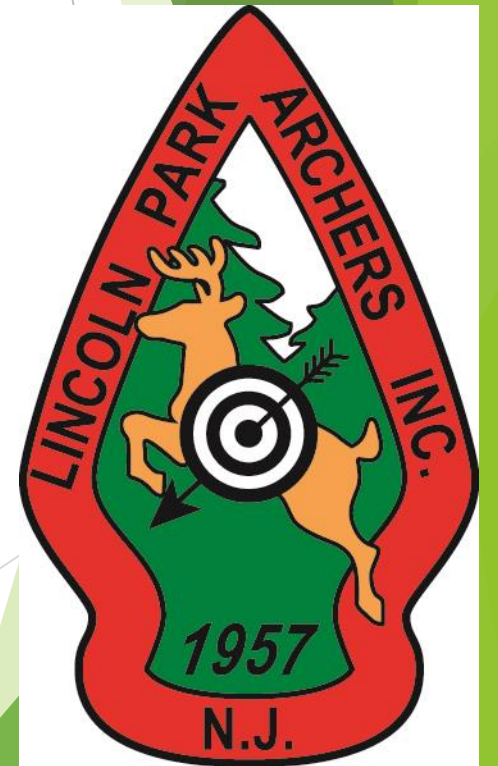
Cable driven Rest- QAD



Limb Driven Rest- Hamskea

Rest Install Continued- Rest

- ▶ Make bow level using a vice
- ▶ Install rest body and level the body (MAKE SURE THERE IS CLEARANCE) tighten main bolt, and secure locking screw
- ▶ Cable driven, press bow/install cable on the down cable
- ▶ Limb driven install pad on limb install cable using loop knot, double half hitch
- ▶ Have launcher in up position (Loosen limb driven string) and put arrow on rest launcher and determine nocking point. Arrow should pass through berger button and arrow should be level then mark position for nocking point tie ins and loop placement.



Nocking point tie ins and D-Loop Install.



- ▶ With the arrow going through the berger hole the Rest launcher height is then set.
- ▶ Put arrow level on the arrow and move nock of the arrow up and down on string to find the level point. This is where the arrow should be nocked.
- ▶ Take a silver marker and mark the top and bottom of the arrow nock on the string. This is the tie in points of the nocking point. Or let the arrow hang while against the launcher of the rest.
- ▶ Tie in the nock points, with the top set right against the arrow. Bottom set about 1 mm off the arrow nock to eliminate arrow pinch at full draw. Use over and under knots. Three under and three over.



Nocking points tie ins.



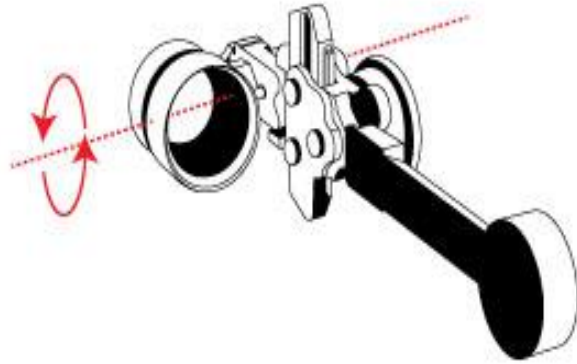
D- loop Install



- ▶ Once you have your nock set tie ins done, install your d-Loop.
- ▶ Cut a piece of D-Loop material about five inches long.
- ▶ Tap one end of the loop until the end frays quite a bit. Then melt the tip with a lighter, try not to burn the end , just melt it. When you have a nice roundish bulb on the end press the end against the lighter to flatten it somewhat. This bulbed end will stop the loop from pulling out when you tie in the Loop Material.
- ▶ See D-Loop Station on how to tie your D- loop. Knots will be on opposite sides of the bow string.
- ▶ When finished with your loop tie in, cut the loop material so that only about ¼” is remaining. Fry that end as well and melt it like you did to the first end. When done with the melted ends, tighten the loop material to desired length with a pair od loop pliers and your done.



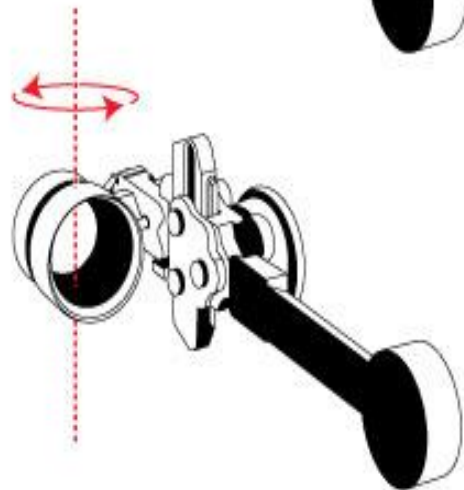
FIRST AXIS



SECOND AXIS



THIRD AXIS



1st, 2nd and 3rd adjustment on sight.

- ▶ 1st axis- sight rail level to the string level
- ▶ 2nd axis - Sight Housing level up and down to brite site levels.
- ▶ 3rd Axis- Housing is level pointing up and down, if not, use 3rd axis leveling screws to adjust. This adjustment is an in or out adjustment of the sight housing making the housing at a right angle to the arrow/string.



How do we set our sight axis adjustments?
By using our Brite Site sight leveler we have here in our LPA workshop.

There are other methods as well to set 3rd axis, such as Full draw setting for aiming up and down which is, in some bow techs opinion, the preferred method, however the brite site leveler will do a fine job in most circumstances.

Setting Center Shot

The center shot relates to the perfect alignment of the arrow rest to the bowstring's nocking point. ... Some archers use laser tools or bow squares to line up the nocking point and arrow rest. Others just eyeball it and adjust when they paper tune later in the bow tuning process.

- ▶ Add leveled sight back to bow.
- ▶ For example, adjust a Hoyt Ventum to center shot on the left- right position of the rest to 13/16" from riser (Center of Arrow) move pins on sight in line with arrow. Bows can vary 5/8" - 1" center shot. Fine tune during paper tune.
- ▶ Second technique for finding center shot is looking down cam groove of the upper cam with string alignment through the center of the of riser and sight window, place rest so that a Nocked Arrow is in line with the string and adjust sight pins also in alignment. Fine tune during paper tune.





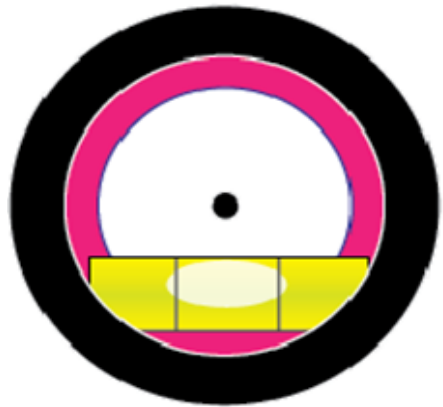
Peep Install

- ▶ Peep sight is a small round holed device that comes in different materials, i.e., plastic or aluminum and can come in different sizes, from 1/32" to 1/4" (3/16" & 1/4" are common hunting size peep sights)
- ▶ The peep is placed into your bow string to act basically as a rear sight or an aligner to line up your sight pin on the target using two different points making the aiming of your bow more accurate. There are available accessories such as clarifiers(making the target clearer), or verifiers (Making the Pins clearer) that can be placed inside the peep sight, such as specialty or Hamskea peep products. These are generally used when a lens is used in the sight housing itself.
- ▶ Peeps can install anywhere from 5.5" to 6.5" but can vary according to the distance from the center of your nocking point to wherever you need it to be. Some variables can be ATA length of the bow creating different string angles, or your face structure etc.
- ▶ Set up should be so that you can look directly through the peep when you are at full draw and anchored.





**PEEPSIGHT
TOO SMALL**



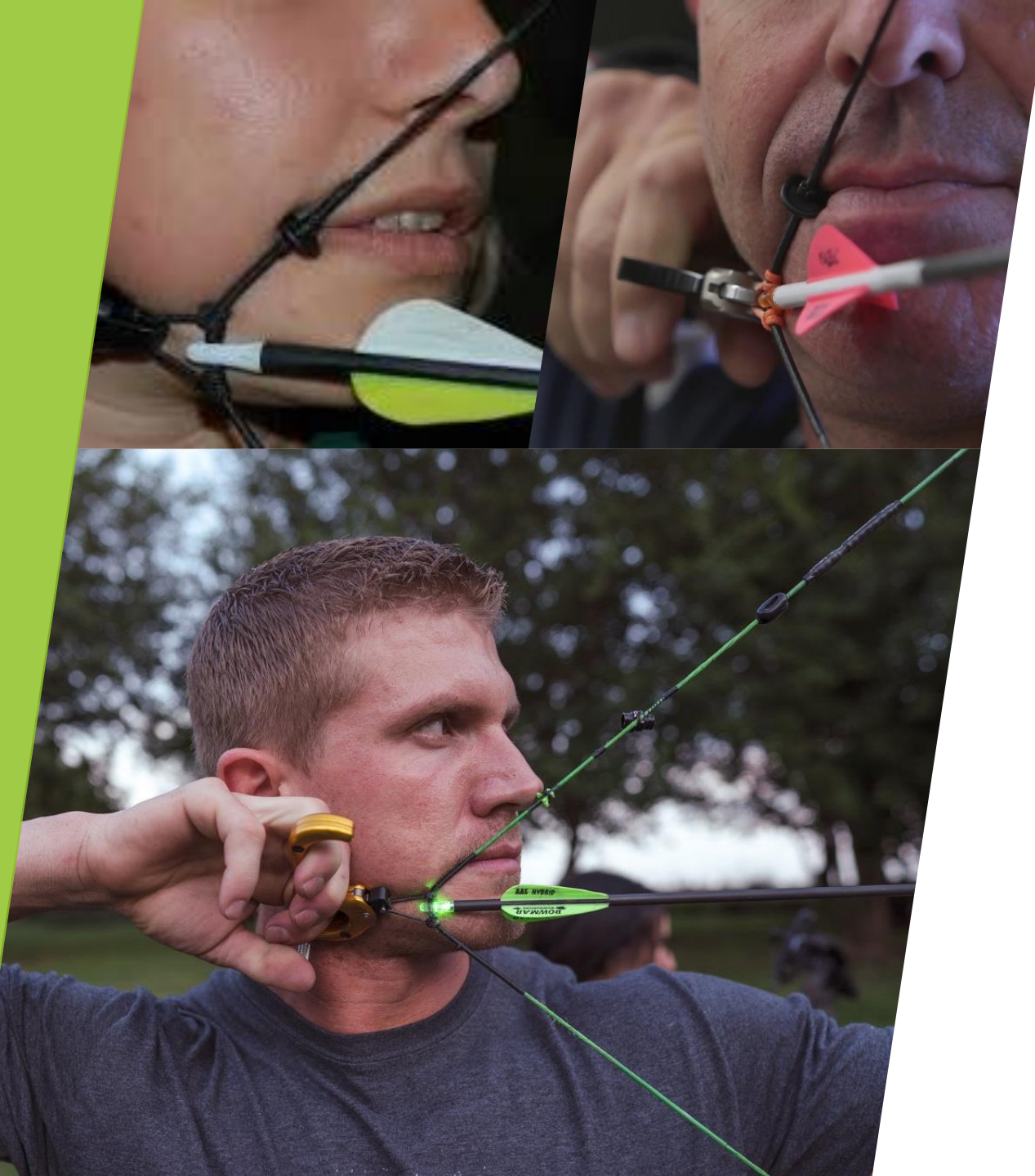
**PEEPSIGHT
CORRECT**



**PEEPSIGHT
TOO BIG**

Halo Effect

- ▶ Many archers “Halo” the peep around their sight housing for more consistency in their shot. This can be done with different size peeps or moving your sight in or out.
- ▶ Peep Halo effect creates a much more accurate sight alignment.



Kisser Button/Nose Button Install- Optional

- ▶ Kisser is generally installed one inch above the top d-Loop knot on the bowstring and adjusted to each archers' requirements.
- ▶ Kisser is used for the archer to come back to the same reference point(Back Corner of the mouth) to aid in anchoring the same way every time.
- ▶ Nose button - achieves same thing, assists in getting a precise, same anchor point for each shot.
- ▶ Advantage of nose button over tip of nose is that the sharp edges of the nose button really won't let you push hard against the string with tip of nose, which leads to more consistent nose tip touch.

Intro to Bow Set Up
Seminar Done!!

(Count off
1-4 of group, establishing four groups)

Please Move onto Our
Group workstations

1-4

Thank you and enjoy
the hands-on portion
of this seminar!!

