

Error Patterns - caused by Equipment

The error patterns described below relate to right-handed archers.

For left-handed archers, the left and right error causes should be reversed.

Arrows High	Arrows Low
<ul style="list-style-type: none"> • Arrow nocking point too low • Arrow riding up sloping arrow rest • Nocks not aligned on shaft, point up at end • Stiffer lower limb on bow • Arrow moves down string during draw/release • Degree of fletching angle not uniform • Weight variations in arrows • Point of balance variation in arrows • String height variation 	<ul style="list-style-type: none"> • Arrow nocking point too high • Arrow dropping off worn rest on release • Nocks not aligned on shaft, point down at end • Stiffer upper limb on bow • Arrow moves up string during draw/release • Degree of fletching angle not uniform • Weight variations in arrows • Point of balance variation in arrows • String height variation • Badly worn, frayed or loose fletches • Badly worn or ridged finger tab • Armguard or clothing catching on bowstring • Fletches hitting bow or arrow rest on release

Arrows Left	Arrows Right
<p>Nocks very loose or too tight on string</p> <ul style="list-style-type: none"> • Worn arrow rest • Fletches hitting bow or arrow rest on release • Bow limbs twisted • Bow limbs not aligned • Fletches not large enough to control arrow • Weight variations in arrow points • Arrow rest too far forward or back from pressure point of bow • Nocks not aligned on shaft, pointing to left at end • Pressure point out too far centre shot location • Arrow hitting outside edge of bow window • Arrow spine too stiff 	<p>Nocks very loose or too tight on string</p> <ul style="list-style-type: none"> • Worn arrow rest • Fletches hitting bow or arrow rest on release • Bow limbs twisted • Bow limbs not aligned • Fletches not large enough to control arrow • Weight variations in arrow points • Arrow rest too far forward or back from pressure point of bow • Nocks not aligned on shaft, pointing right at end • Pressure point too near centre shot location • Arrow hitting inside edge of bow window • Arrow spine too soft • Bow brace height is too low • Bow limbs very loose

Scattered
<p>Combination of one or more of above faults</p> <ul style="list-style-type: none"> • Nocks not aligned, pointing all directions • Nocks worn or not matched • Arrows not matched for weight • Arrows not matched for spine • Broken strand in bowstring • Not enough strands in bowstring • Bent arrows • Loose sight and/or sight pin

Error Patterns - caused by Archer, once equipment fixed!

Arrows High	Arrows Low
<p>Bow hand</p> <ul style="list-style-type: none"> • lower on grip • more relaxed than usual, increasing bow cast • more pressure on the thumb muscle than usual • jerking up on release <p>Bow arm</p> <ul style="list-style-type: none"> • more extended than usual, increases draw length 	<p>Bow Hand</p> <ul style="list-style-type: none"> • grip higher on bow, increases stress on upper limb • grip tighter than usual, reducing cast of bow • high wrist style, not usual grip style • dropping on release, lowers elevation of shot <p>Bow Arm</p> <ul style="list-style-type: none"> • bent more than usual, reduces draw length

<ul style="list-style-type: none"> • more relaxed than usual, increasing bow cast <p>Bow shoulder</p> <ul style="list-style-type: none"> • extended more than usual, increasing draw length <p>Drawing hand</p> <ul style="list-style-type: none"> • moving backwards further after release • fingers pinching down on arrow nock • plucking the string and peeking to see where arrow went • greater pressure taken on the third finger • flicking fingers down on release • allowing fingers to release in order from top to bottom <p>Drawing arm</p> <ul style="list-style-type: none"> • elbow elevation too high <p>Head</p> <ul style="list-style-type: none"> • string held too lightly against chin • lifting nose away from string just before release • tilting head back • having gap between teeth, lowering chin position <p>Other</p> <ul style="list-style-type: none"> • shooting faster than usual 	<ul style="list-style-type: none"> • over-extended/locked ⇨ lack of follow through <p>Bow Shoulder</p> <ul style="list-style-type: none"> • collapses and rises up, reduces draw length • hunched shoulders, lack of back tension, reduces draw length <p>Drawing Hand</p> <ul style="list-style-type: none"> • flinching or double release • dead or static release, when live release is usual • forward release, reduces cast of bow • more pressure on index finger than usual • fingers pinching arrow nock • low elbow alignment • more tension in the knuckles or back of the hand • string touching face less than usual • plucking string, causes left/right error as well <p>Head</p> <ul style="list-style-type: none"> • looking up or peeking, lowers bow during release • dropped down during anchor and release <p>Other</p> <ul style="list-style-type: none"> • aiming longer than usual • drawing shorter than usual • bowstring catching on loose clothing • shooting through clicker
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Arrows Left	Arrows Right
<p>Bow Hand</p> <ul style="list-style-type: none"> • placed further right on grip, causing torqued bow • wrist bent inwards, bow moves left on release • tilting top limb to the right • moving to the left on release <p>Bow Arm</p> <ul style="list-style-type: none"> • over-extended or locked <p>Bow Shoulder</p> <ul style="list-style-type: none"> • pointed to the left <p>Drawing Hand</p> <ul style="list-style-type: none"> • plucking the bowstring on release • string alignment further right than usual • not at full draw and anchored prior to release <p>Head</p> <ul style="list-style-type: none"> • moving teeth position, moves chin for anchor • held forward offline with body <p>Other</p> <ul style="list-style-type: none"> • leaning body backwards • bowstring hitting loose clothing on release • loss of back tension on release 	<p>Bow Hand</p> <ul style="list-style-type: none"> • placed further left on grip, causing torque in bow • wrist bent outwards, bow moves right on release • tilting top limb to the left • moving to the right on release <p>Drawing Hand</p> <ul style="list-style-type: none"> • plucking the bowstring • string alignment further left than usual <p>Other</p> <ul style="list-style-type: none"> • shooting through clicker • body twisting to the right on release