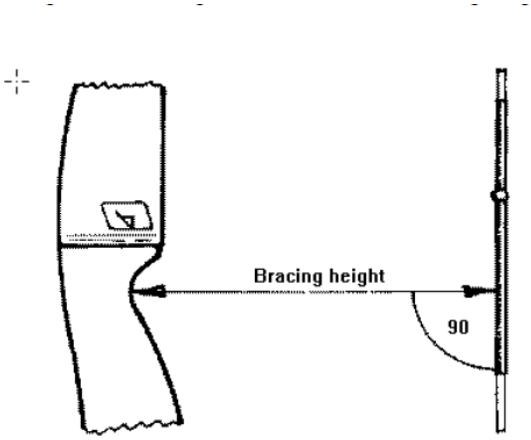
Set-up and Tuning Pictures

Taken from “Reference guide for Recurve archers”

Brace height and Centre shot

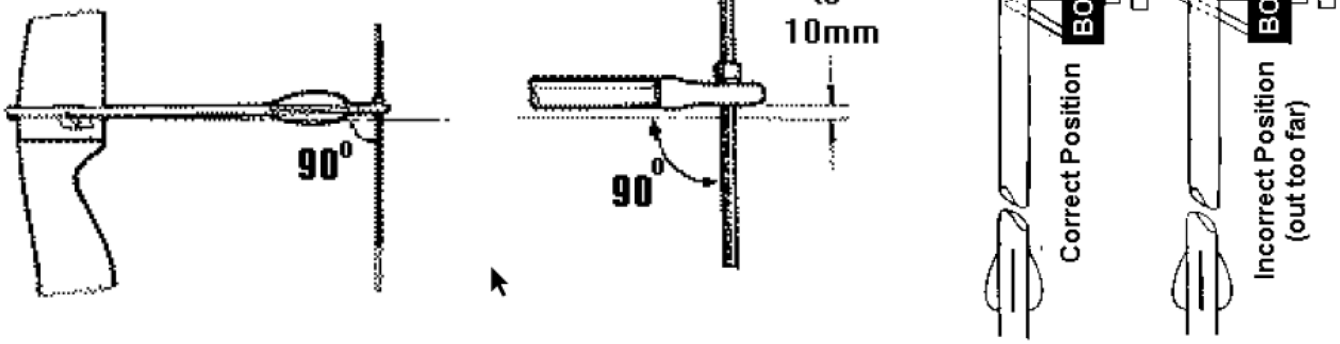


Bracing Height is measured from the pressure button to the bowstring at 90 degrees. Most bows will have a recommended brace height given by the manufacturer.

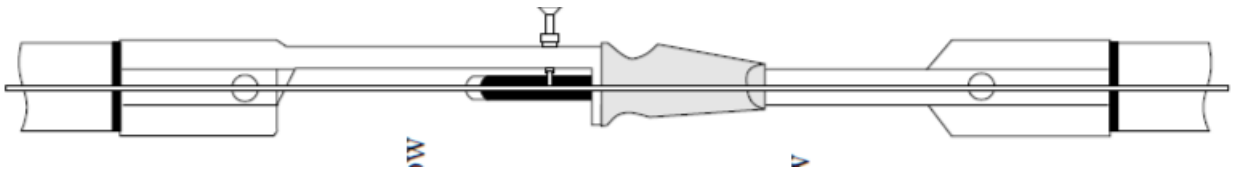
If the brace height is not known, then a rough guide for recurves is:-
70 inch bow = 8.50 to 9.75 inches,
68 inch bow = 8.25 to 9.50 inches,
66 inch bow = 8.00 to 9.25 inches.
64 inch bow = 7.75 to 9.00 inches.
The ideal brace height for a bow is one that produces the quietest release with the least amount of vibration in the bow.

To give some guidance, on my bow a 64.5” string will give a 6.75” bracing height (too long!), a 62.75” string will give a 9.25” bracing height (too short!!), and a 63” string will give a bracing height of 8.75” (Just right! – for my bow). I have found that 4 or 5 twists can make as much as 1/8” difference in the bracing height.

Nocking point and arrow rest



Limb Alignment



Tuning

Close up (5m) arrow orientation

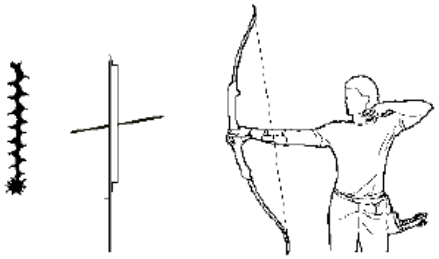


Fig.1

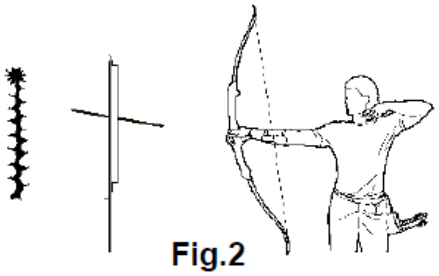


Fig.2

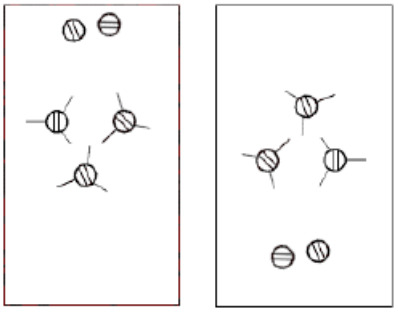
Picture is from paper tune, but can be done directly onto target from about 5m. Look at how arrow lands in boss:

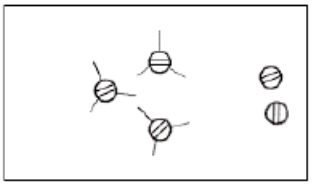
- Nock high ⇨ lower nocking point
- Nock low ⇨ raise nocking point
- Nock left ⇨ Shaft too weak (stiff for LH)
- Nock right ⇨ Shaft too stiff (weak for RH)

Sort nocking point issues before worrying about left/right issues

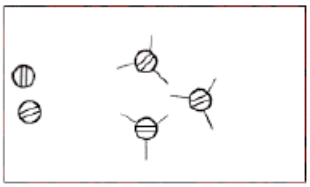
Bareshaft tuning (18m - 30m)

Sort nocking point issues before worrying about left/right issues





Shaft too weak (stiff for LH)
- Reduce bow poundage



Shaft too stiff (weak for LH)
- Increase bow poundage

Walkback tuning (5m - 40m) aim at top of target, sight set to 15m