

STRINGING YOUR RECURVE BOW

Brace height recommendation (front of riser to string) 10" - 11"

1. With the target side of your bow facing up, insert the bottom limb tip into the leather or nylon cup of the stringer.
2. Put the top limb tip through the loop at the other end of the stringer, positioning the rubber block on top of the limb surface, and as close to the bowstring loop as possible.
3. Standing on the stringer cord with both feet, pull your bow up by the middle of the handle, and slide your top bowstring loop into place in the string grooves.
4. Be sure the string is properly seated in your string grooves before releasing tension.
5. Reverse procedure to unstring bow.

STRINGING YOUR LONG BOW

Brace height recommendation (front of riser to string) 9" - 10"

1. Put one of the leather tongues over the lower end of the bow. See that the string lies exactly in the notch of the bow tip.
2. Put the other leather tongue over the tip of the upper end of the bow. If necessary, put a piece of cloth into the leather tongue in order to guarantee the ideal position on the tip, so that the notch of the string is free.
3. Put one foot on the stringer and pull up the bow until the string of the bow slides exactly into the notch of the bow tip.
4. To release the tension of the bow just do these steps the other way around.