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IMAGE: © WORLD ARCHERY



THERE IS SOMETHING ABOUT IT

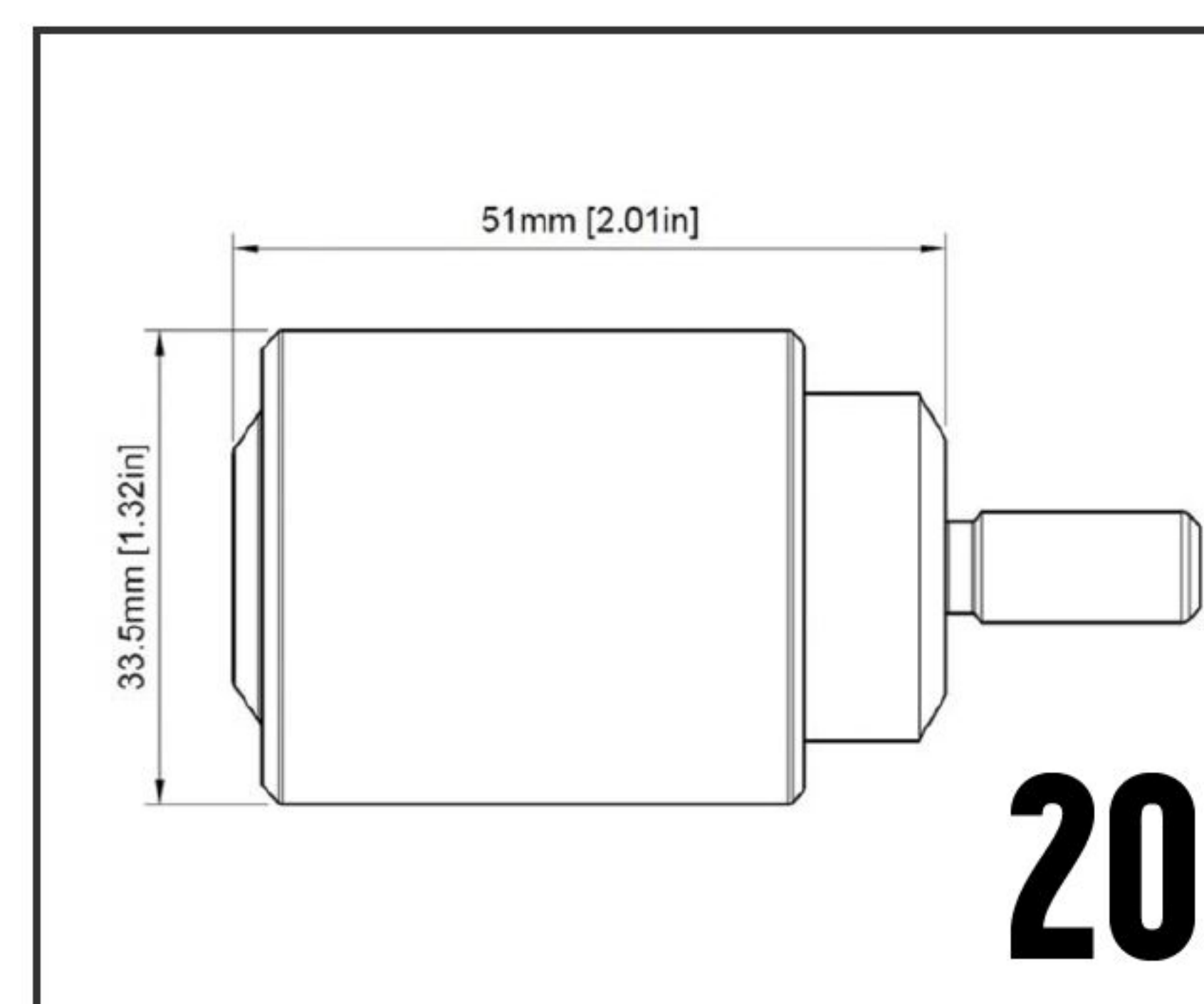
It's that time of the year – time for our annual Barebow Special. As always, the issue was put together with all archers in mind. I hope that barebow archers find a few interesting nuggets for themselves, and archers from other divisions and disciplines learn or discover something new. After all, we are all archers, doing the same thing, yet all doing it a little differently. In this Special we start off with the big Vegas Special report, which is swiftly followed by a wonderful letter by Roy Rose, and an exclusive interview with Oliver Øchkenholt, the barebow archer who was the talk of the town this year. Right after that we have the Unusual Suspects with the latest barebow-specific gear releases. We also have features on barebow tabs, weights and arrow rests, and a gear feature to get you ready for an overnight shoot. There is a technique article for the new

and developing stringwalker, another on using vet tape, and an ever-excellent piece by Dr James Park who explains the niceties of wind-drift. In the final feature we speak to the world's best veteran barebow archers and the up-and-coming fresh blood; each gives us three bits of advice on technique, gear and mental game. Please enjoy and maybe give barebow a try, because it is just so much fun! Off with the sights, Enjoy!

Kristina Dolgilevica, Editor
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THE FINAL SHOOTDOWN WAS SET UP ON A STAGE IN FRONT OF AN AUDIENCE HALL
IMAGE: © WORLD ARCHERY

2025 VEGAS SHOOT: GO BIG OR GO HOME

Felicity May shares her highlights from the biggest shoot in the world

The 2025 Vegas Shoot marked a significant milestone in the world of archery, not only for the high-level performances witnessed but also for its relocation to a new venue that definitely had pros and cons, (as you'd expect with anything new), in regard to the overall experience for participants and spectators alike.

A NEW ERA AT HORSESHOE AND PARIS

After twelve years hosted at the South Point Hotel and Casino, the 2025 Vegas Shoot, held from March 5-9, transferred to the Horseshoe, Paris and Planet Holiday complex on the Las Vegas Strip.

This strategic move aimed to accommodate the event's growing popularity and provide a

more centralised location for those attending. The new venue offers over 315,000 square feet of event space and thousands of hotel rooms, ensuring ample accommodation and facilities for the influx of archers and fans. This not only built upon the positive aspects of the South Point, but also introduced improvements such as more event space for competition and vendors, a stunning setting for the finals, a larger quantity of hotel rooms adjacent to the tournament, and a greater variety of restaurants and entertainment options.

BEFORE THE EVENT

Heading out to the event, those of us who only knew The Vegas Shoot at the Southpoint were a bit apprehensive. Where would we

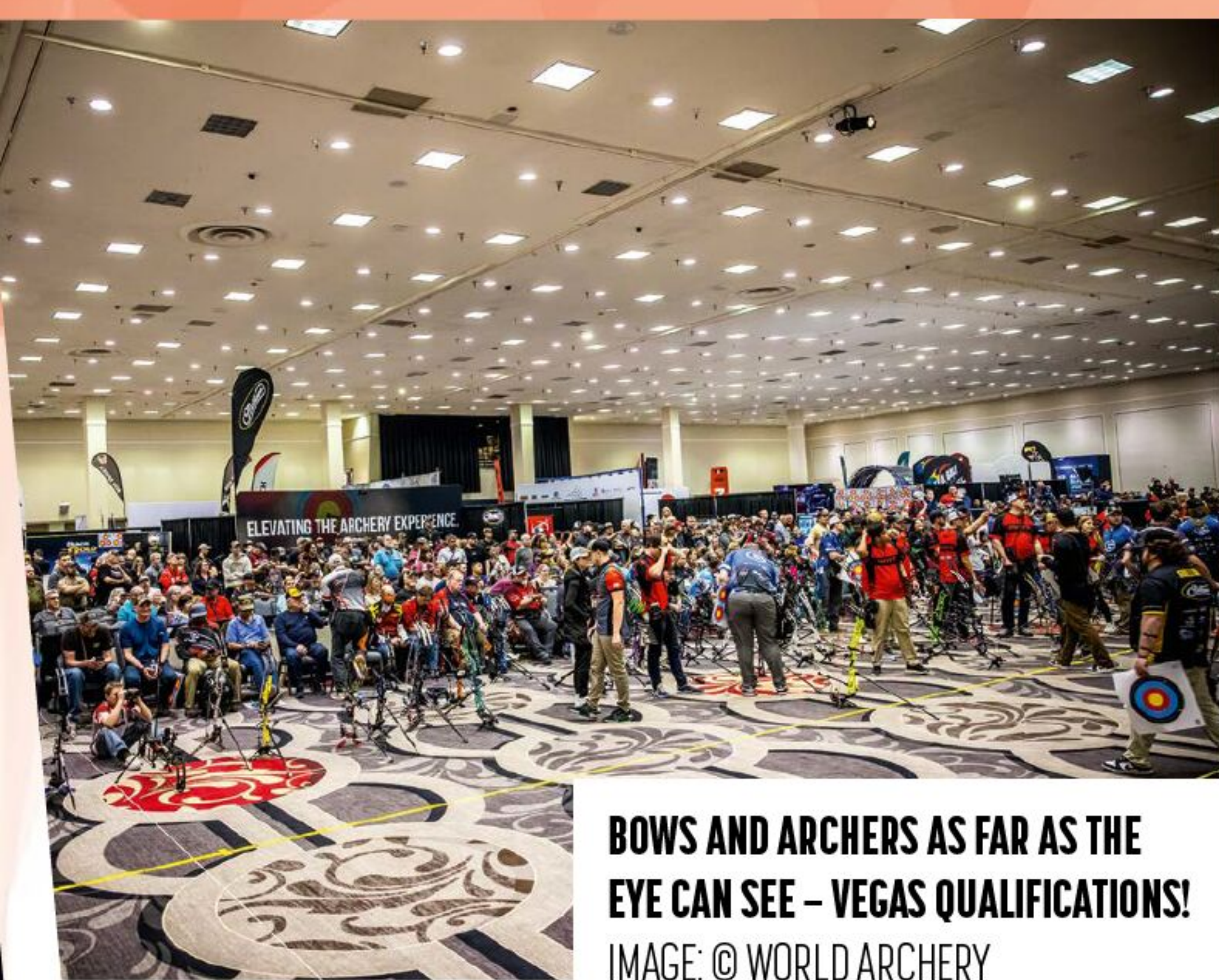
meet? Where would we eat? How would we know where to go?

However, the event had this all covered, with 'where to eat', 'how to get around' articles and an event map on their social media, so by the time we flew out the concerns had been replaced by excitement.

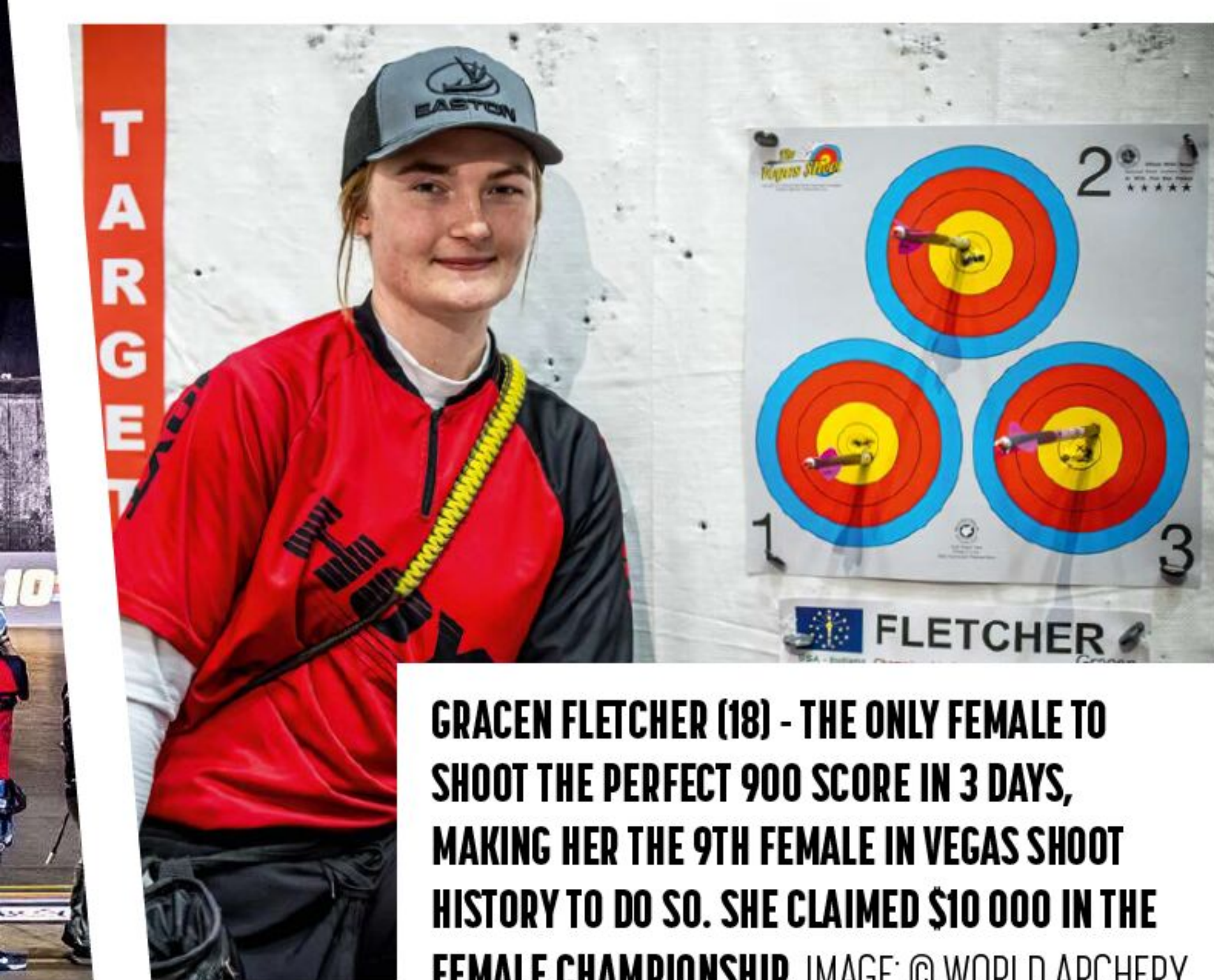
AT THE EVENT

Whilst there were a few hiccups, as you'd expect with a new event, in general things ran very smoothly. There were a few issues with practice space, and on the Sunday the event closed a storage room so they could have another room for Flights to take place.

A big con, which did not affect many archers, but did affect the elite, was that the Indoor World Series Final started at 6:00am



BOWS AND ARCHERS AS FAR AS THE EYE CAN SEE – VEGAS QUALIFICATIONS!
IMAGE: © WORLD ARCHERY



GRACEN FLETCHER (18) - THE ONLY FEMALE TO SHOOT THE PERFECT 900 SCORE IN 3 DAYS, MAKING HER THE 9TH FEMALE IN VEGAS SHOOT HISTORY TO DO SO. SHE CLAIMED \$10 000 IN THE FEMALE CHAMPIONSHIP. IMAGE: © WORLD ARCHERY

with practice, with matches starting at 6:45am, on the night that the clocks went forward, thus losing an hour of sleeping time. Bodie Turner did not turn up for his match against Sawyer Sullivan, and the same with Gracen Fletcher, who had won the Championships Women's Division the day before.

Getting around the venues was pretty easy, even though some archers were complaining through social media that they had to cover their bows to go from room to venue, unlike the South Point, though it wasn't actually that much of an issue and most people kept to the rules.

HIGHLIGHTS FROM THE FINALS

The 2025 Vegas Shoot came to an end in thrilling finals and nail-biting competition. In the Championship Open division, the spotlight was on Bodie Turner, who clinched his second Vegas Shoot title in three years, and Mathias Fullerton, who won last year.

The final rounds were intense, with Bruce Cull getting the crowd involved asking if the archers left should shoot 'inside out' 10s. Of course, the crowd wanted this. Mathias swapped to his X10s to try and pin the X without the 27's hitting the lines, though unfortunately it didn't pay off for him.



CANADA'S DEVAANG GUPTA UPSETS USA'S ELLISON IN A STUNNING SHOOT-OFF IMAGE: © WORLD ARCHERY

After a heart-stopping fourteenth end, Turner and Girard were the last competitors standing. In the sixteenth end, Turner delivered an impeccable inside-out ten (with 27's), securing the championship.

Seeing archers come out onto a finals stage in almost a darts entrance way, their name in lights with a head shot on a large screen, fireworks, and walk out music, it was great to see archery scale up even more! However, having two lines to shoot the Vegas finals was a bit too much and simply couldn't keep track of the 30 odd men shooting top and bottom line.

CONCLUSION

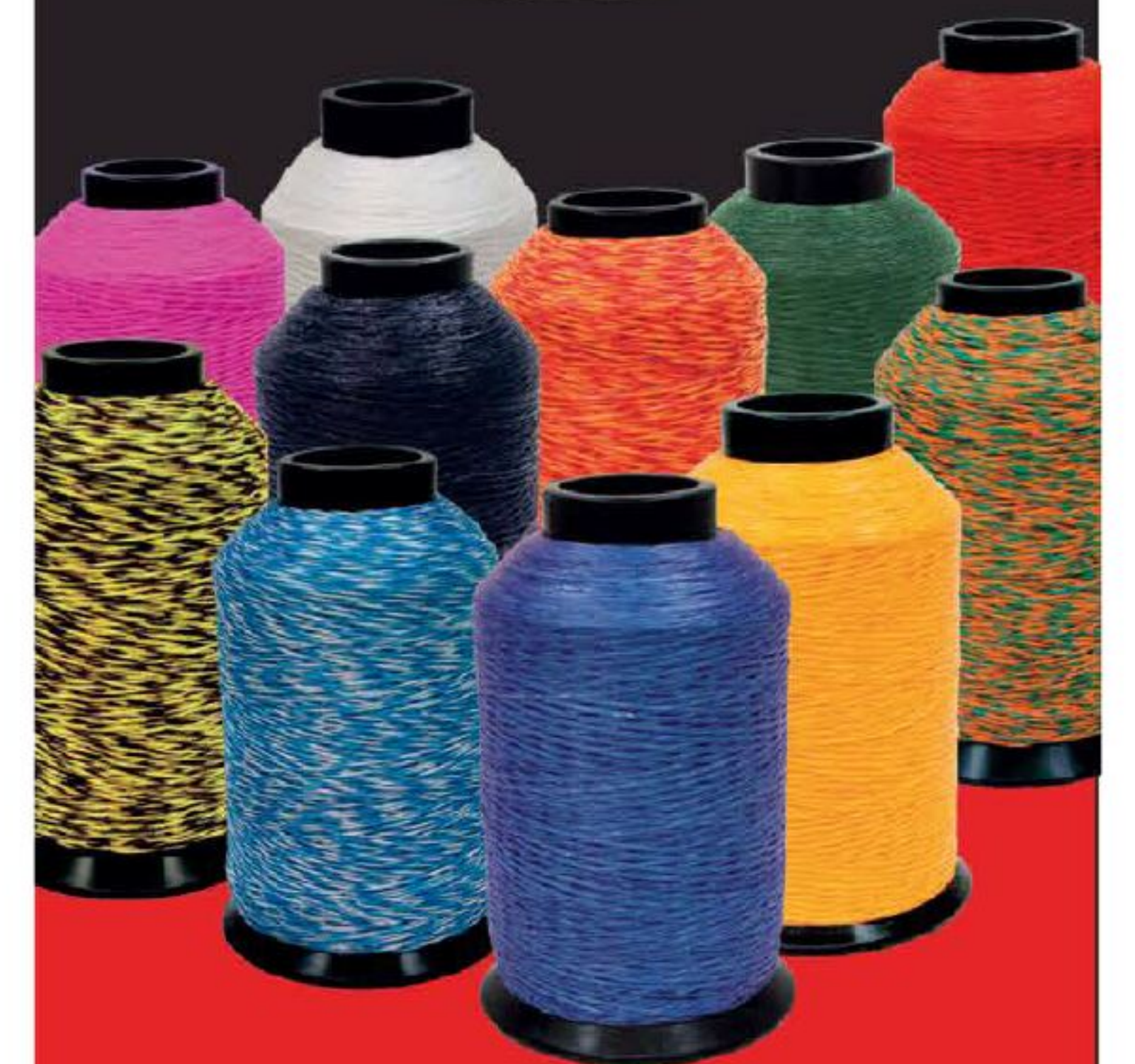
The 2025 Vegas Shoot not only delivered the most high-end competition but also marked a significant evolution in its history with the move to the Horseshoe and Paris complex. Bringing the event back to the Strip makes it even more of a 'must do' competition, rather than a 'want to do'. Any archer from around the world can go and shoot, compound, recurve, barebow. It is definitely worth the trip!

For now, we just wait for the 2026 dates and locations to come out, and then it is time to book that trip! 🎯

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THIS YEAR'S VEGAS 900 COUNT BY MANUFACTURER:

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1

DARTON
1

BOWTECH
1

ELITE
1

PSE
4

MATTHEWS
9

HOYT
15

GUYS AND GALS
IN RED SHIRTS
DOMINATED IN VEGAS



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2025 VEGAS SHOOT: GEAR, NUMBERS & STATISTICS

The city of Las Vegas is renowned for embracing diversity and success, and what better example could there be than the Vegas Shoot, when this year 3,857 archers competed across 57 different categories for their chance of a prize.

Every year the Vegas Shoot gives us a wealth of statistics; how many 900's were shot? Who had

the highest X count? How much prize money was awarded? But aside from the usual facts and figures of the tournament the biggest question on most people's lips is what bows are the winners using? A professional's success with the latest bow release can impact the popularity of a brand, so which manufacturers have triumphed at the biggest indoor tournament in the archery world is of especial interest.

MEN'S COMPOUND OPEN CHAMPIONSHIP FEATURED A HOYT CONCEPT X, SHOT BY THE RUNNER-UP NICOLAS GIRARD (LEFT), WHILE BODIE TURNER (RIGHT) DOMINATED AND CLAIMED THE TITLE WITH HIS MATHEWS TITLE, SHOOTING A PERFECT 900 WITH 89 OUT OF 90XS POSSIBLE OVER THE 3-DAY QUALIFICATIONS. BODIE TOOK HOME \$50 000 AND GIRARD, \$12 000.





DOUBLE WINNER, LADIES' INDOOR WORLD CHAMPION AND THE VEGAS SHOOT CHAMP, CASEY KAUFHOLD WITH HER DISTINCTIVE CUSTOM-PAINTED HOYT FORMULA XD. SHE CLAIMED THE \$6 000 PRIZE FOR THE VEGAS SHOOT WIN.



ANOTHER DOUBLE WINNER, MEN'S WORLD INDOOR CHAMPION, BRADY ELLISON AND HIS HOYT GMX 3. HE CLAIMED HIS PRIZE OF \$9 000 FOR THE VEGAS SHOOT CHAMPIONSHIP IN MALE RECURVE. BOTH BRADY AND CASEY BROUGHT USA A MIXED TEAM BRONZE FROM PARIS 2024 OLYMPIC GAMES.

OVERVIEW: COMPOUND AND RECURVE

The 2025 Vegas Shoot is the 58th in a 63-year history, and since its origins the competition has changed beyond recognition, so it's nearly impossible to correlate bow data from compound and recurve champions over the entire period. The past 15 years alone have seen podium appearances by an array of manufacturers across the four main championships, some more consistently than others.

In the open and female compound championship divisions it won't surprise you to know that the two most successful bow competitors have been Hoyt and Mathews, who have appeared on 38 and 25 Vegas podiums respectively, far exceeding their closest rivals PSE and Elite who have each achieved 8 podiums in these categories. Bowtech have made 6 podium appearances since 2010, followed by the 3 recently achieved

by Darton, whilst Prime and Mybo have registered only a single podium appearance in Vegas.

In the recurve division Hoyt have been equally successful, leading the field with 50 podium placings across the men's and women's championship categories, closely followed by Win & Win's 29. MK Archery has achieved 4 podiums, whilst Fivics and PSE have 3 each. One surprising appearance in this category however is Mathews, back in 2010 when their collaboration with Sky Archery achieved a 3rd place.

COMPOUND SCENE-STEALERS

This year Hoyt's new Concept X was the compound star of the show, shooting fifteen perfect 900 scores across the different divisions. Gracen Fletcher took the women's title without the need for a shoot-off with her Concept X, when she didn't miss a single ten. Hoyt's Concept X is brand new for 2025

and the latest flagship compound bow in their incredible line up; available in three sizes from the super stable Concept X 40 to the compact Concept FX there is a bow to fit everyone whatever their draw length. Built around Hoyt's longest ever compound riser and driven by the new SCTR cam system, the Concept X has been optimised in every way to be one of the most stable and accurate target bows available.

While the compound Open Championship also featured a Hoyt Concept X courtesy of Nicolas Girard's 2nd place, the Mathews Title dominated the rest of the category: Bodie Turner set a new Vegas record of a perfect 900 with 89 out of 90 X's whilst Chris Perkins took 3rd place, both archers using the Mathews.

The Title is the latest flagship target bow from the compound powerhouse that is Mathews. Available in four different axle to axle lengths to suit archers of all sizes, the Mathews Title



NICO WIENER, WORLD INDOOR MEN'S COMPOUND CHAMP WITH HIS HOYT CONCEPT X, IN IMPACT BLUE COLOUR OPTION.



THE FORMIDABLE TANIA GELLENTHIEN, WHO RECENTLY GAVE BIRTH, ROCKED HER UNDERSTATED RIG, WINNING THE WORLD INDOOR SERIES COMPOUND WOMEN'S TITLE

WORLD INDOOR SERIES FINAL PODIUMS:

WOMENS RECURVE -

🥇 1ST HOYT, 🥈 2ND WIN&WIN WIAWIS, 🥉 3RD HOYT

MENS RECURVE -

🥇 1ST HOYT, 🥈 2ND HOYT, 🥉 3RD FIVICS

WOMENS COMPOUND -

🥇 1ST HOYT, 🥈 2ND MATHEWS, 🥉 3RD PSE

MENS COMPOUND -

🥇 1ST HOYT, 🥈 2ND HOYT, 🥉 3RD HOYT

WHAT HAPPENS IN VEGAS...

It's hard to predict the future stars of Vegas - a year is a very long time in archery - but if history has shown us anything it's that Hoyt aren't going anywhere as they continue to dominate at the biggest indoor tournament in the world.

Having your bow showcased by the most skilled and accurate archers in the world, in front of a crowd of 4,500 spectators and an online audience of over 15,000 viewers (in just the first 3 days alone), is an incredible achievement for any manufacturer. It's where reputations are built, and you can guarantee what happens in Vegas won't stay in Vegas. 🏹

is the culmination of years of research and collaboration with the world's top archers. With a host of clever tuning technologies, an incredibly stable riser design, and one of the most adaptable modular cam systems around, the Title has been designed to be the most accurate and repeatable bow on the tournament line.

RECURVE SCENE-STEALERS

In the recurve championships, Brady Ellison and Casey Kaufhold took 1st place in the men's and women's division, both using Hoyt bows. Ellison's Hoyt GMX 3 Series is the latest riser to carry the renowned GMX name; available in both 25" and 27" the GMX 3 is designed to perfectly harmonise the archer to the bow. It features a host of technologies and enhancements designed to make this one of the most stable and easy-to-tune recurve bows around.

Kaufhold's Hoyt Formula XD cut a sleek

and elegant figure on the tournament line and builds on Hoyt's medal winning pedigree. Designed with a grip to limb pivot geometry to optimise the tuning process, the Formula XD screams accuracy, and it's positively packed with clever features to customise the shooting experience which allows you to build the perfect-feeling bow. Seamlessly coupled with one of Hoyt's fantastic Formula limb models the Formula XD has shown itself to be a medal-winning package sure to find its way to the top of any podium.

WORLD INDOOR FINALS STATS

The Vegas shoot also hosts the World Archery Indoor Series Finals, and this gives us a second set of manufacturer statistics to look through. This year Hoyt once again featured prominently across the board with no less than 8 out of the 12 podium spots being won with one of their bows.

BAREBOW ARCHERS - THE UNHERALDED CHAMPIONS

By Roy Rose

Dedication: In loving memory of the great barebow archery pioneers of the past and with best wishes to the barebow archers of the present and future.

Editorial note: The exact date of the original letter cannot be confirmed, but it was first published in Bow, Dec 3, 2014. This version was transcribed from Roy Rose's manuscript letter and edited on March 24, 2025, by Kristina Dolgilevica.

A number of the world's finest archers continue to achieve superlative results with very little recognition, and without enjoying the profile of our Olympic aspirants, and our leading professional compounders.

These are the unheralded barebow recurvers, who only really come to notice when the World Field championships roll around each couple of years. [Once] dominated by the

Scandinavians and the Italians, there is now a much wider cross-section of Europeans who reign supreme; there are too many names to mention who are revered by their peers, yet they seldom rate more than a passing mention in the overall archery scene.

These archers exhibit amazing accuracy with a bow devoid of sights, clickers, and conventional stabilisers. Their utilisation of varying anchors, stringwalking, which facilitates on-target aiming at all distances – all this done to an excellent degree of accuracy with a basic bare recurve bow. Surely it ranks them with any achiever in the more recognised discipline.

My own continued interest in this talented division stems from my first experiences in the sport we all love. A tourist attraction on the famed Gold Coast of Australia was run by a former leading barebow shooter and his wife – it is where I first launched an arrow as an adult. My first competitive events were in the barebow class, then incorporating the NFAA 28 target rounds, with concessions to stabilisation and an under-the-shelf clicker system, both legal in those days. Using a corner of the mouth anchor and a three-finger-under hold, used by the then leading American Clifford Russell Necessary [10. 04.1930 – 28.12.2005], I quickly became a leading contender in,

“ Now in my eighties [corrected from the original letter] my admiration for the barebow archer remains as strong as ever. We should all take a little time to admire the genius of the elite in this division, archers supreme. ”

admittedly, a sparsely populated division. This was the sixties, and the Americans dominated worldwide, with Darrell Pace and Richard McKinney following on from Rogers and Ward in the Olympic recurve division and the world's best barebowers also aligned with the stars and stripes. My scores, although up with the best in the nation, were meagre by comparison, reasonable on my home course, where I had identified land marks to aim the point of the arrow at, less impressive on other courses, where guesswork became my prime ally.

Then came a major revelation! The latest copy of my NFAA magazine contained the national results from the USA, and a guy named Frank Gandy* from Florida had shot well over 500 for 28-target field, and an unbelievable perfect hunter round. This defied belief!

Being young, and highly motivated to succeed, I immediately sent off a letter to Mr Gandy (I had no real address or postcode, just Orlando, Florida, USA) in the vain hope that it would reach him, and in the even more unlikely eventuation that he would reply, as barebowers carefully guarded their aiming procedures in those days.

Miraculously, some four weeks later, a 13-page letter arrived from Frank and his wife Margaret, revealing the magic of these anchors, and walking the string, which meant this great archer could travel to any course and aim the point of his arrow on the target at every distance.

Of course, this revelation was exciting, but mastering it to anything like the level Frank had achieved was another challenge altogether. No sooner had my scores rocketed than Australia switched to FITA, and the new barebow rules meant no rods and no clicker! It was time to switch to the Olympic division, but my friendship with Frank

endured, and to readers not aware of his exploits, he too joined the sighted brigade, became the Professional Archers Association indoor and outdoor champion, and was the leading recurve pro shooter for almost a decade. He also assisted with coaching advice for Olympic squads, and in his later years became a national compound field champion.

Now in his seventies, he continues to shoot wonderful scores and head up veteran division competition. He has also recently been inducted into the American Archery Hall of Fame [2010]. His exploits over half a century as a barebow archer, then recurve sighted shooter and now a compounder, surely rank him as perhaps the finest all-round archery exponent of all time.

Today's elite barebowers repeatedly shoot scores that even very competent compounders would be proud of; they have refined the arts of multiple anchors and stringwalking. The mental aspect of barebow shooting at the highest level is a critical element. Without the aid of a triggering function such as the clicker or the surprise execution of the release aid, these archers need supreme composure to anchor, aim and execute under the pressure of the world event. Now in my eighties [corrected from the original letter] my admiration for the barebow archer remains as strong as ever. We should all take a little time to admire the genius of the elite in this division, archers supreme. ☺

*Frank Gandy, born 1936, died, 18 February 2024, aged 88.

Roy Rose, Bow's most longstanding contributor was inducted into the Australian Archery Hall of Fame in 2017. Thank you for all the contributions and wisdom.



FINAL WINNING ARROW AT THE WORLD 3D CHAMPIONSHIP IN SLOVENIA, 2024 IMAGE: © WORLD ARCHERY

OLIVER ØCHKENHOLT: CHASING THE PERFECT

Kristina Dolgilevica. On being self-taught, Lancaster and competition blues

Oliver Øchkenholt comes from a small Danish town of Bjæverskov in Køge. The 32-year-old's archery journey began around the age of 25, when, inspired by his late uncle, he picked up a compound bow. He then moved onto the traditional hunting-style bows, which eventually led him to barebow. Though he has only been shooting barebow for 3 years, Oliver has already made waves in the archery community, winning the individual gold at World Archery 3D Championships in Slovenia (2024), individual gold at the World Indoor

Series in Nîmes (2024), and capturing the Lancaster 2025 Barebow Men's champion title. Now a community support worker for the adolescents, this father of two is a former police officer with 9 years of service, a former personal trainer and a retired professional football player.

Many barebow archers are self-taught, including you; how did you go about learning? I started with compound, but as I was transitioning into traditional, my main resource was Youtube. I wasn't really watching

the tutorials much, but more people shooting, trying to mimic how they did things. Mat Zirnsak's *The Push* video is a good gateway into archery. He is like a hybrid and many hunters who transition into traditional archery, watch him, because he is half-hunting and half-Target archer.

But even going back when I was a small kid, I've always had affinity with archery; watching movies I've always had "a thing" for the archer, Robin Hood, Lord of the Rings and so on; Legolas was always my favourite. As kids we grew up in a forested area and would run

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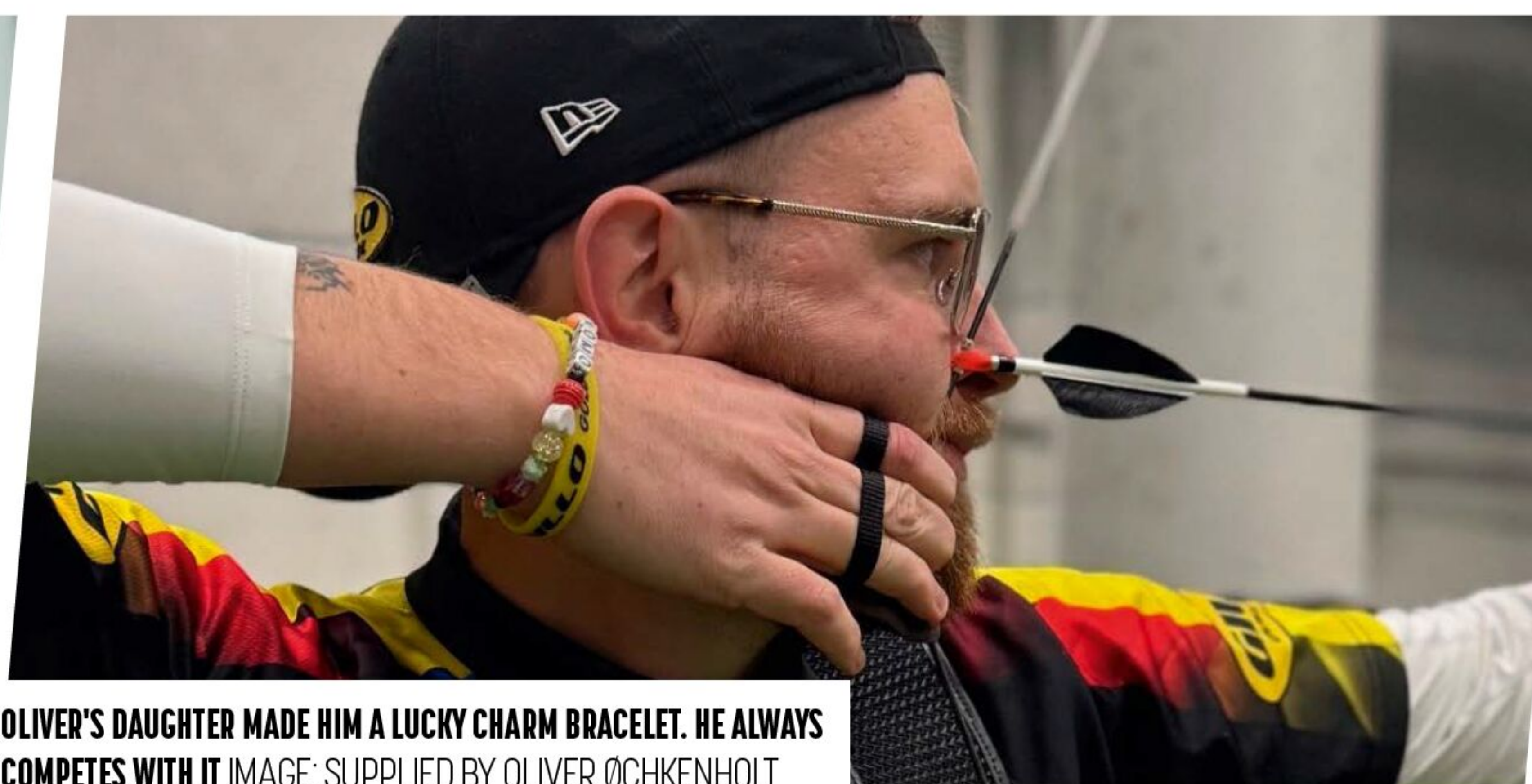


PROCYON C5 WOOD



**BACK AT WORK
AFTER WINNING THE
WORLD 3D CHAMPS IN
SLOVENIA (2024)**

IMAGE: SUPPLIED BY
OLIVER ØCHKENHOLT



**OLIVER'S DAUGHTER MADE HIM A LUCKY CHARM BRACELET. HE ALWAYS
COMPETES WITH IT** IMAGE: SUPPLIED BY OLIVER ØCHKENHOLT



WITH HIS SUPPORTIVE WIFE MILLE IMAGE: SUPPLIED BY OLIVER ØCHKENHOLT

down making bows out of sticks, so to me it's like throwing a rock - though I'm not good at throwing rocks. In kids' role-play, I was always the archer. When I was about eight years old, my parents gave me this fiberglass bow and I was running around with that. I still have it. The only thing that I regret is that I did not take up competitive archery earlier than I did. Though learning from Youtube is good, you can't really ask questions there, you have to go out and find out for yourself. Being self-taught was a positive experience for me.

What kind of observations were you making when you were watching archers online?

There have been these various points where I have cracked the code, so to speak. For instance, for a long while I was struggling with my anchor. Then I went onto looking at how some of the more successful archers were anchoring, finding my own way around it. For example, I noticed many of them were hooking their thumb behind the jawbone - they're using their teeth [for reference]. So, I played around with those until it got to me. Then I was looking at how they're gripping their bow, looking at all these small things, until I found what works for me. There have been many steps. But I have always been

curious, always chasing "the perfect", or at least what I believe is perfect. I break things down and start over, and that's where I believe I'm different to many others, because I'm never satisfied with what I have, I always need to try and get it better. That's why I think the longbow class will never work for me, because there isn't that option of tinkering around with the bow - I need that to have fun with archery. The way I see it is, that if you have a line, where you have totally organic selfbows on one side and the super modern compound on the other, barebow sits perfectly in the middle - it offers the best of both worlds.

Does that approach to tuning translate to your technique?

The having "the best of both worlds" also applies to the technique part for me. What I sometimes do is, I'll hang my barebow on the wall for two weeks and I'll only be shooting compound with back tension release; that will make my brain rethink everything I do with my back tension and pull-through. After two weeks, this will translate into my barebow, and my release will improve. I do that every once in a while, or my brain gets lazy. Then, sometimes I go to my longbow for a couple of weeks, which requires me to be

extremely consistent on my bow arm.

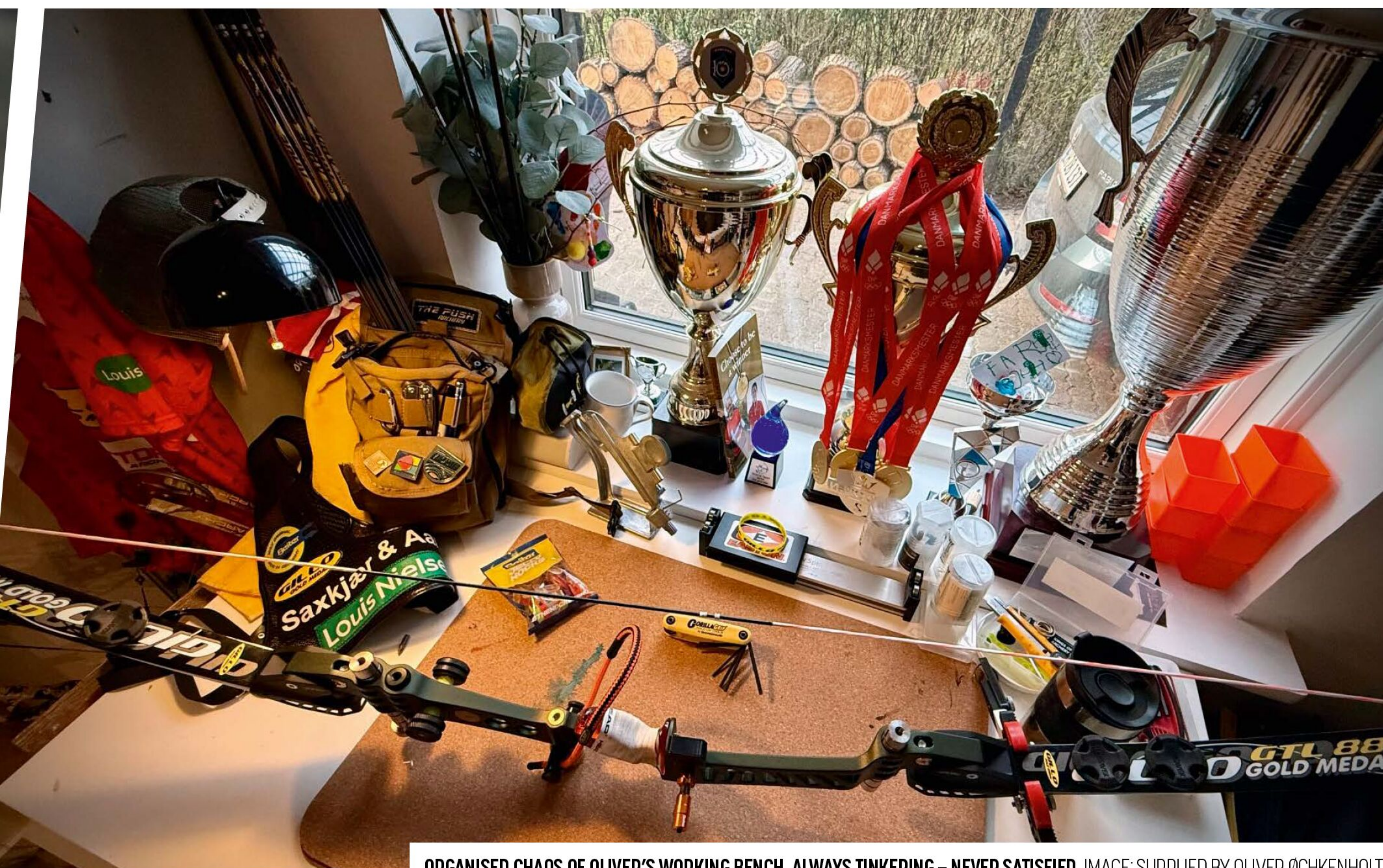
So that is kind of why for me barebow sits in the middle, because you need to be able to do both things successfully. I really believe that all archery classes can learn from each other, and all archers should use different bows.

What's your superpower in barebow archery?

One of the things I am really good at is tuning, picking the right equipment for the right game. I have lost a lot of money buying the wrong things, making bad decisions, but I have learned from that. I would not know as much as I do now, if I just listened to a coach and their recommendations. I have been so deep down the rabbit hole with all kinds of arrows, that I believe I am a specialist in that. It is because no one told me what to use or why; when I started out, I had to learn everything myself. I think that if you are forced to gain knowledge, that's the best way of becoming good at things.

Your recent Lancaster victory; tell me about that experience.

Funny thing. After I won Lancaster, I had about a hundred people write to me asking about my equipment, arrow spine, draw weight ... I have not had one person ask me



ORGANISED CHAOS OF OLIVER'S WORKING BENCH. ALWAYS TINKERING – NEVER SATISFIED. IMAGE: SUPPLIED BY OLIVER ØCHKENHOLT

how many hours I put into my training. It says a lot about the culture, in a way. Those who aren't curious about the right things, never get great. There are less of those who are curious, but those are the guys who make it to the top. For example, I shoot a lot with Mathias Fullerton, a good friend of mine. That guy, he is always there, it's a full-time job for him. But like me, he is always tinkering – all the time. Like me, he is never satisfied.

How do you prepare for tournaments?

It depends on the tournament, but I am always tournament-ready. I think it comes from my time in the police force, that's the kind of mentality I have. When I went to the 3D World championship [2024], I was thinking, how can I prepare for this in the way that no one else will? I knew that we will be shooting on a golf course in Mokrice, so I called my local golf course, asking if it were OK to walk around their turf. I did not shoot there, but I had a soccer ball. I threw it, did some measuring, practising my distance judging. I did this because I knew there will be greens and bunkers, elevation differences in this specific environment, and this way I will be better prepared than anyone else. I also knew that the weather forecast promised rainy days

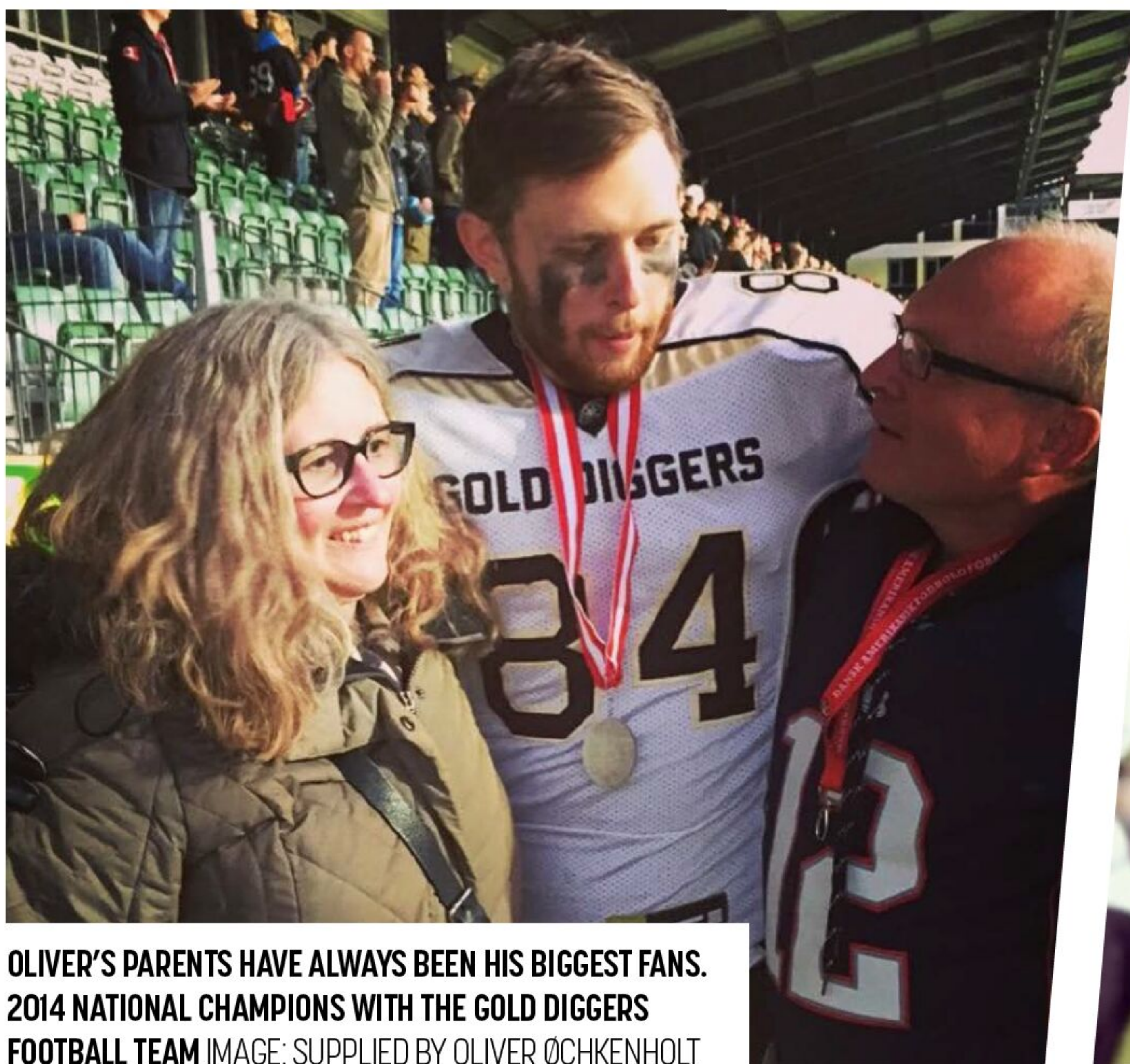
down there. So, two weeks prior, I would go out and shoot in my yard every time it rained here in Denmark. Other than that, I know I can shoot, and I don't need to shoot 200 arrows every day before a tournament. Being an elite athlete in any sport, the people that stand out are the ones doing things differently. My average training week looks different because I am a family man with little kids, and that's what I will always prioritise. I shoot when I feel like I have the time, normally late at night two, three, four times a week, after I tuck in my kids into bed; that intimacy with my kids is important and it will always come first.

Are all tournaments same to you?

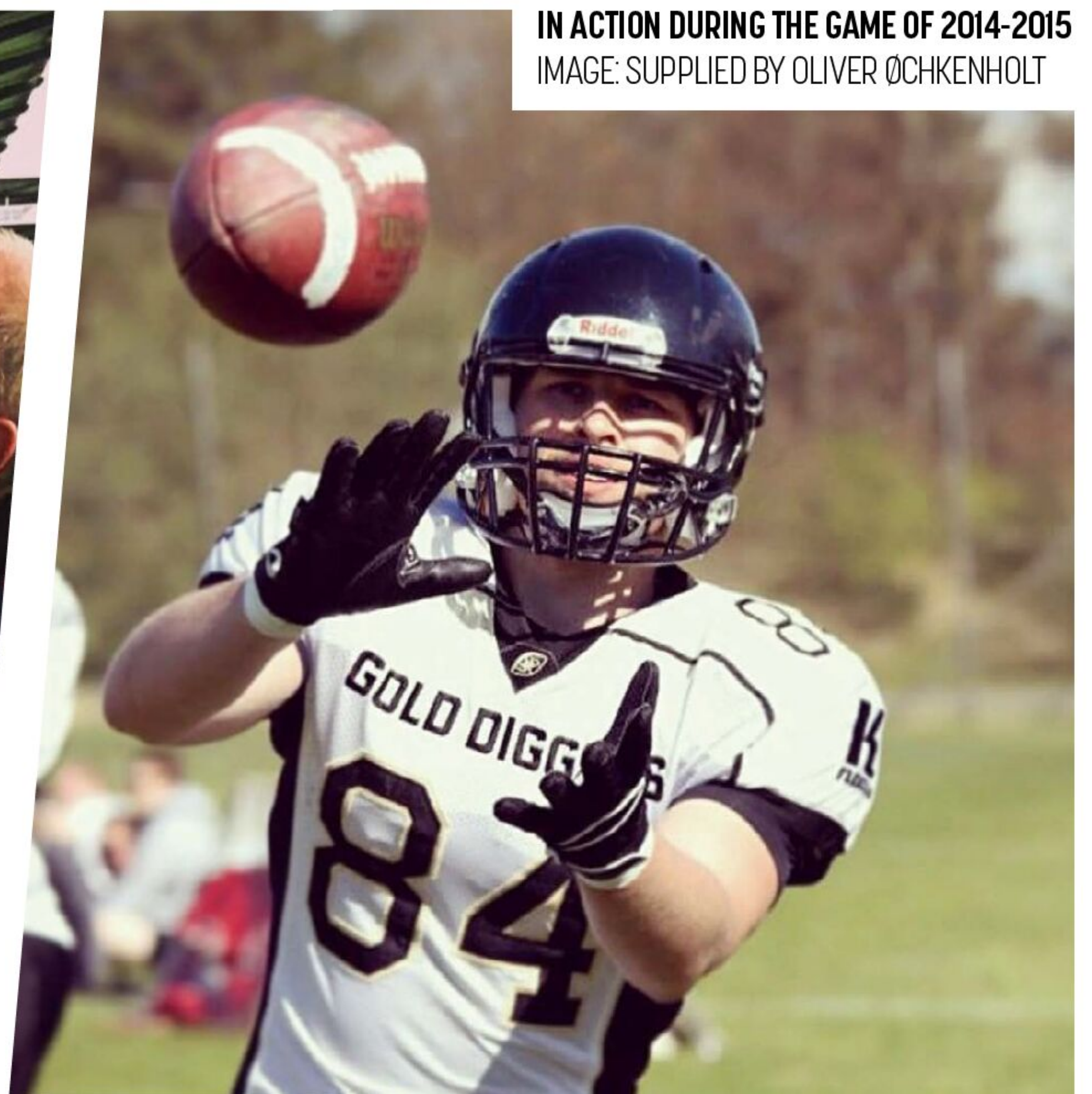
They are different. The biggest difference is the volume and level of competitors, as well as the level of prestige. Lancaster, for example, is something else. You have to treat it differently to a home league shoot, otherwise you will crash and burn. For example, if I shoot a National, I can have a bad day and still win, but if I go outside of the country, I can't. I need to perform at my highest, because it's more likely that there is somebody who is better than me and they have been working harder.

How did you prepare for Lancaster 2025?

For example, we have a lot of national tournaments in Denmark, say every three weeks or so. So, it's become a routine. Preparing for big events like Nimes, Kings of Archery or Lancaster, I need to get into what I call "the game mode". I'm switching on something mentally, I'm in the zone, and everything will be about that event; that normally happens the week before I go. The reason I switch that mode on is because I can't be like that all the time, and the moment I'm done with the event and my plane lands back in Copenhagen, I'm not a barebow archer – I am a dad. It is very difficult. I think it is the hardest part of what I'm doing right now is the juggling. Being a father is not difficult, but being a dad is. That is the most important thing for me and not being the best barebow archer in the world. But, on the other hand, I have to chase the dream to be a good dad. A prime example of that juggling is this: tomorrow we have the Nationals, but I also need to go and buy some food. I will prioritise, get up earlier, get some food and go to shoot the tournament. I'll be a dad first, then the archer. That's one of the biggest differences between barebow and the elite recurve or compound who do this full time, they have the



OLIVER'S PARENTS HAVE ALWAYS BEEN HIS BIGGEST FANS. 2014 NATIONAL CHAMPIONS WITH THE GOLD DIGGERS FOOTBALL TEAM IMAGE: SUPPLIED BY OLIVER ØCHKENHOLT



IN ACTION DURING THE GAME OF 2014-2015 IMAGE: SUPPLIED BY OLIVER ØCHKENHOLT

funding to be able to do this as a job. If I was able to cut off my job, I don't think I would because I really like my job.

What skills have you transferred from you past sports and professional life?

American football, aside from being a very physical sport, is a very theatrical sport, and there are so many motivational films about the guys who come from nothing into something. Before the game we always used to sit down for a pre-game huddle and we would have this pre-war moment as a team, to boost everyone's confidence. For example, my position on the field was the *defensive end*. What I did for two and a half hours was to run into the biggest guy on the field, the *tackle*. If I had any doubt about myself, he would crush me. So, I had to be extremely confident, with my self-talk going: "You will kick his ass no matter what". I've brought that with me into archery, every time I shoot a match, I need to be sure within myself that I will beat him. And if I have doubt or if I say, "It's OK to be second", or "I'm not sure because he is good", or "I won't get there", I need to say, "I am sure because I'm better". And I did that before the Lancaster finals – I decided that I will be confident. I told myself, "You deserve to be here, and you will kick his ass because you are better than him". That self-talk comes from American football.

Working as a police officer, you see things that no one should see. And the kind of pressure that I have been under in that job,

I think, mentally, that has changed me. I'm not saying that I am a cold bastard, but I

believe that I am not affected by shooting a silly little thing like an archery match; no one is dying, and we are doing something we enjoy. Why would I care about that? Pressure from that job cannot compare to anything else. There is a reason why so many police officers are diagnosed with PTSD, and it's because we are thrown into these insane things all the time with no preparation. So, it's like being thrown on a stage to perform at archery – "Bam! Go perform now".

I have a quote I like to turn to: "Bravery is not the absence of fear, but the actions in its presence". And many think that the officers are brave because they are not scared, but we are just like everybody else, we are scared, we just know how to work when being scared.

What are you working on right now?

My motivation. When you come home from the biggest competition in the world you need to find out what's next. Coming back home from Lancaster is actually tougher on me than I thought it would be. What I really wanted to do when I got home was to put out the 3D rig and shoot; I really miss outdoors, because I shot so many arrows indoors, in prep for Lancaster. For me archery is a lifestyle, it's a hobby, but I need to do it because I want to; it can never be something I have to do. As soon as I start thinking like "Oliver, you have to go and shoot the Nationals", then the problem happens. I need to want to shoot, otherwise I won't get out of it what I want. That's what I've been working at since Lancaster.

And how do you work on motivation?

I think I just try to accept that it's a thing. You hear it so often from the Olympic recurve archers; after the Olympics they are done, and there is four years until the next one. I think that's why so many of them just stop shooting after that, because there is such a long time until the next big thing. I've had this similar feeling after the World Champs where I won in 2024; I've had the blues, as the sports psychologists call it. After the big event you need to take a break, but the problem is that in archery there is no break because there are so many seasons, so you have to keep on going. Eventually I will have to take a break, because I am juggling work, super elite archery, and my family. At some point I'll have to step down and reinvent myself in the archery game, otherwise I will burn out. I'm not going anywhere yet but there is that thing where, every now and then, I need to get the "why I started archery" feeling back. I started archery for myself and because I thought it was fun.

Is archery a mental sport?

Yes. It's just like chess. Everybody can learn the movements, they are pretty basic, but not everybody can learn to handle the pressure that comes with it.

What's next?

The next big thing is the European 3D championship. 🕒

P.S.: Oliver did go to buy food early in the morning, and did end up winning the Nationals that day. Congratulations Oliver!



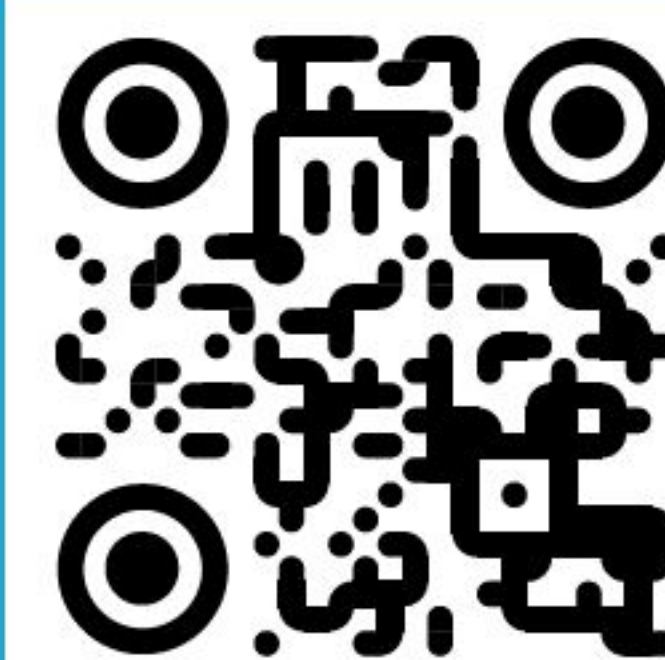
INVINSO V2

The Invinso V2 is Kinetic's flagship in the high-mid segment.

MATERIAL

Full CNC
6061-T651 aluminum

More info?



25" & 27"

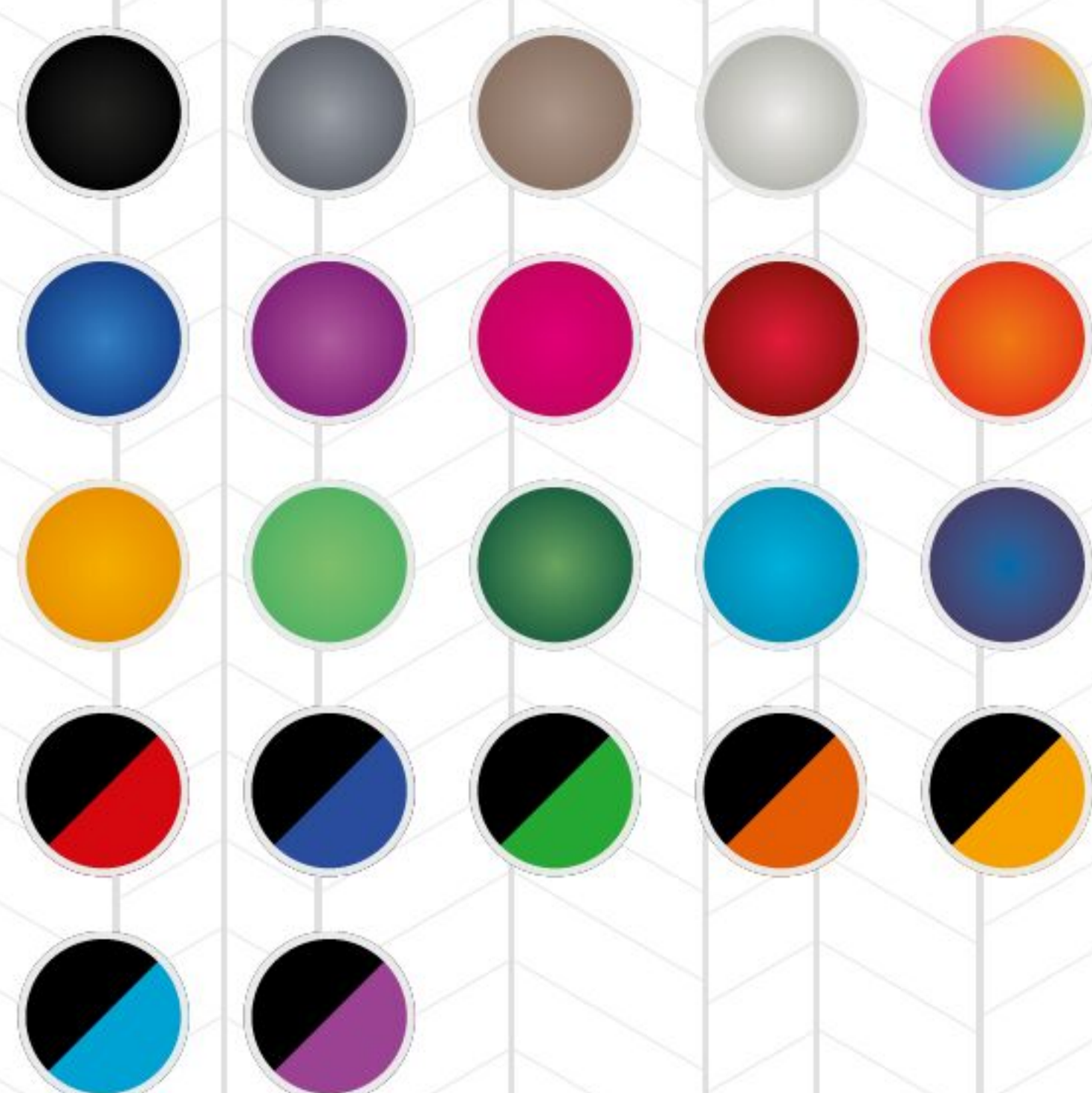
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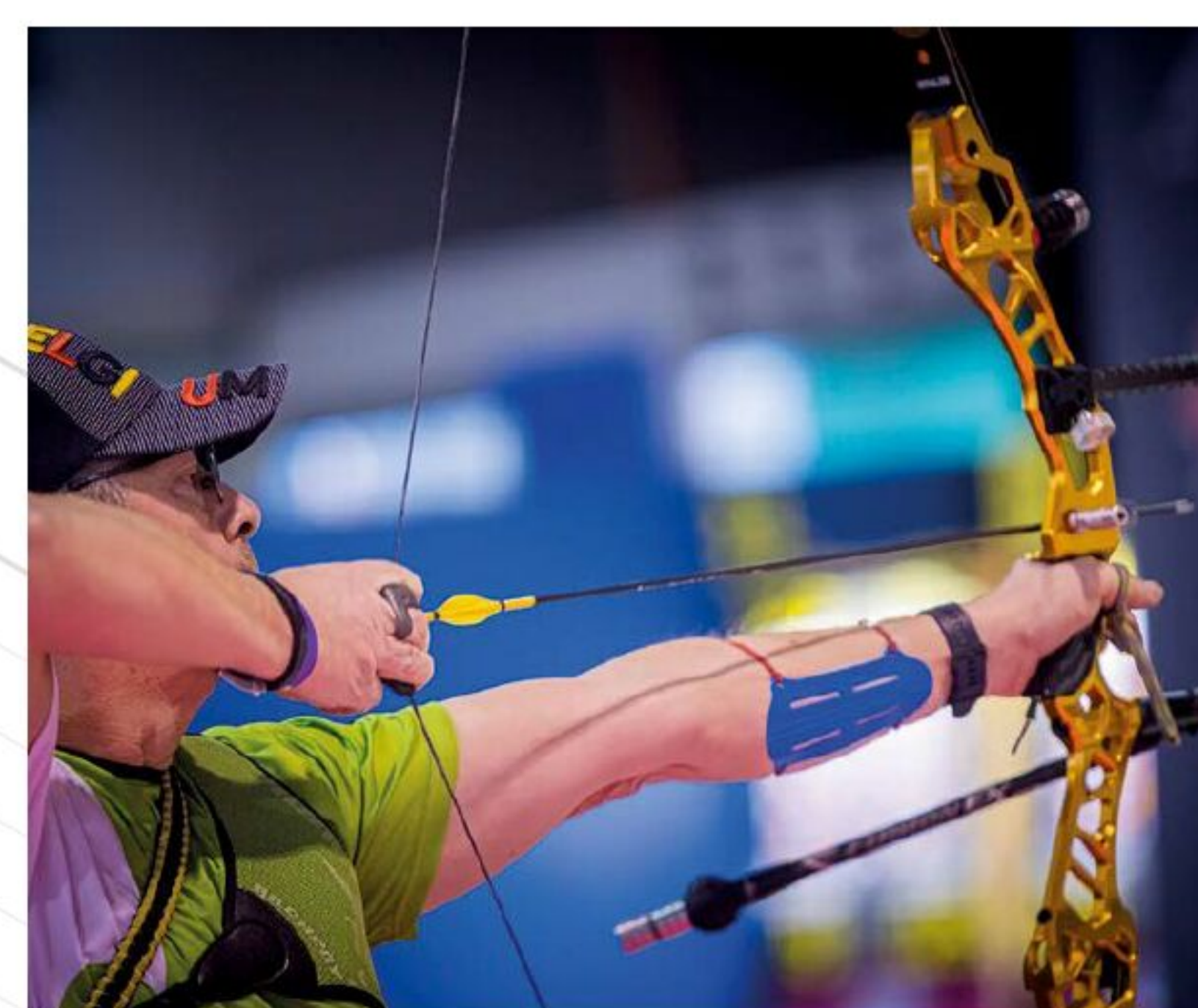
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COLORS



ANODIZED DUOTONE BLACK / TURQUOISE



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THE UNUSUAL SUSPECTS: WHAT'S NEW

Kristina Dolgilevica highlights the latest barebow gear releases

This edition of the Unusual Suspects will look at a few highlights, some recently released items, and some that we at Bow really like and recommend. It's always exciting to come across new gear, given advances in technology and the ways manufacturers always manage to find answers to the knottiest problems. There's no particular theme to the selection of barebow gear in this feature, apart from technological innovation and improvement. We hope you enjoy reading it, and find something to inspire you and make you start thinking about shopping for the summer season.

DAMPENED BAREBOW WEIGHT KAMINSKI ARCHERY

Barebow weights help improve bow balance and the feel of the bow. Lately we have seen several integrated weight solutions from various archery brands like Hoyt, Kinetic and Mybo, to name but a few. Though innovative, these solutions are designed to fit a specific brand of riser; it is almost as if the barebow market is shifting away from the free-weights altogether, offering all-in-one solutions to simplify the buying experience for the customer. Kaminski Archery decided to go for the trusted universal-fit free-weight which can be mounted onto any top or bottom bushing*. Engineered with a high-performance internal dampener, the Kaminski barebow weight is made from stainless steel, and comes in two finishes: stainless steel and black nitride. The certified calibrated accelerometer testing has shown over 60% peak vibration reduction, a great post-shot vibration absorption for those all-important shots that require a steady hand, and a better and overall smoother and quieter shot. Premium construction and finish, these weights include spacers and come in three size options: Small: 8oz (227g)

at €75, Medium: 14oz (397g) at €85, Large: 21oz (595g) at €95. Prices are competitive with other universal-fit free-weights on the market, and the best part about these is that it's yours for life to be fitted with any recurve riser.

For those who do not know yet, Kaminski Archery have opened their European branch in Austria, which will cut the delivery times. Be sure to check our double interview special with Jake and Heather Kaminski on their Austrian launch

in *Issue 184*, pp. 45 – 48. For more on details on this product visit www.eu.kaminskyarchery.com

**The weights will not pass the 12.2cm barebow ring with the geometry of the Hoyt Xceed, which is a consideration for those who wish to compete and pass the equipment checks. Otherwise, they are compatible with most risers on the market.*



IMAGE: EU.KAMINSKYARCHERY.COM

GMR - THE UNIVERSAL MAGNETIC REST BY GILLO

At last we see the Zniiper drop-away arrow rest challenged - and who better to do it than the barebow manufacturing giant Gillo of Italy. This item is fresh off the printing press, and by the time you read this, it should be available to order from the official distributors globally. This convertible arrow rest is designed for both recurve and barebow. Assembled as a vertical resistance rest it can be adapted to a drop-away, thanks to the special brass magnet holder. The drop-away function helps create the ultimate clearance between the bow and the arrow on release, thus eliminating arrow bounce whilst leaving arrow trajectory unaffected. Gillo tested the rest and warrants that it is good for any kind of arrow up to X23 Aluminium, the maximum compliant indoor shaft diameter allowance, with a 220 gr point. Available in LH and RH, this rest is compatible with all Gillo risers and is suitable for recurve risers from 12 to 16 mm window thickness and two plunger holes.

IMAGE: © API-ARCHERY PRODUCTIONS ITALY SRL



Magnets used in the GMR are neodymium material, super powerful but also delicate. Neodymium (Nd) is a rare-earth element and a crucial component in high-strength permanent magnets, used in various applications in electronic devices, wind turbines, electric motor vehicles and more. The upside is that it is super light; the mass weight of the entire Gillo unit is approximately 36g, compared to Zniiper's 60g. Though super powerful, you must take great care when cleaning the mechanism, ensuring you do not use acetone, which oxidates and spalls

neodymium. The manufacturer recommends cleaning with denatured alcohol only.

The Gillo unit comes in aluminium, black anodised body, with an interchangeable 3D printed cover to protect the mechanism (pictured is the yellow cover; other colours available). Price TBC. Check local distributors and visit www.gilloarchery.it for full details.

RECURVE + GAS BOWSTRINGS

A bow string is a commonly overlooked aspect of the archer's gear, but it certainly deserves to be on top of that list – no shooting can take place without a reliable string. It does not only need to be durable, but it must also not stretch every time you pick up your bow. Recurve+ came out in 2024 and was co-developed by GAS and Brady Ellison over a three-year period. The end result is a revolutionary blend of materials with distinct properties that afford the ultimate softness and elasticity, without sacrificing string durability. The innovative RCX1200 material, manufactured exclusively by the BCY (another company we love at Bow), is a unique patented blend of SK75 and SK99 Dyneema which is responsible for minimising fibre elongation. Innovative SenseTek Suppression Loops are served with soft material which softens the draw feel; you will notice the serving is placed just below the end loops; this is done deliberately to dampen string sound and further soften the draw feel. Recurve+ takes special care of the barebow archer's needs and serves the string with a Powergrip centre to aid stringwalking. And you will be pleasantly surprised that once your custom order

IMAGE: GASBOWSTRINGS.COM



arrives, the serving length will always be WA regulation compliant, i.e. it will end beyond the archer's field of vision, so as not to be deemed an aiming aid. 16, 18 and 20 strand counts are available, and these equate to the regular 18, 20, and 22 strand count sizing respectively. The strings come in white only, but the serving colour options are endless and come in very pretty and unique

colours. Check out our double review for Recurve+ recurve and barebow strings in Issue 177, pp. 26 – 27, to learn why the string only comes in white and why our reviewers rate the string so highly. Happy to report that the strings reviewed are still in use by the reviewers a year on. Definitely our top choice. For full custom product details and orders go to www.gasbowstrings.com



NEW UUKHA U5 GENERATION LIMBS

Launched under #Feeltheflow, the French company introduced its fifth generation of ILF target limbs, with the new profile promising even more smoothness; it has been four years since the S-Curve range was introduced, and sixteen years since Uukha introduced their first innovative monolith carbon limb to the market. The latest U5 generation comes in three models: Omega, Sigma and Alpha. Omega is made from 100% carbon fibre and features the finest, lightest and strongest high-quality carbon fibres. Uukha compares its stability to the Sx+ model, but promises higher speeds. The model also promises an unmatched drawing and shooting experience, emphasising the feel and is this line's top product. Sigma, also high-end, is composed of 90% carbon fibre and 10% fiberglass; though fast, it offers more stability. Alpha is the entry level limb made with 70% carbon fibre and 30% fiberglass; this features 20% more carbon than the SX50s. Compared to the other two models, the Alpha limb is for the lower budget, but nevertheless, thanks to the speed advantage produced by the limb, it promises better performance under windy conditions, less wind drift, better sight marks and easier unmarked estimations at the longer distances. Uukha says: "To achieve an equivalent speed, you would need to draw up to 4 lbs more with other limbs on the market".

In addition to the smooth draw and finish, the U5 limb profile promises an enhanced experience of linearity in the draw. Also, the screwless design of this line allows further reduction in thickness mass weight of the limb, giving the Uukha that flowing and elegant look. Like all other top high-performance limbs on the market Uukha limbs are not cheap. However, a lot goes into research and development for this high-level carbon limb manufacturer, and these limbs are already causing (elegant) waves on the outdoor shooting lines. For more visit www.uukha.com.

R-CORE I AM BAREBOW GRIP FOR STRINGWALKING

R-Core need no introduction, but in case you are not familiar with the brand, the R-Core offer top quality custom bow grips for Olympians to intermediates and everyone in between. A bow grip must be personalised to the individual hand to get the best feel and power transfer – it must fit like a glove. Here we'd like to highlight one of the latest barebow-specific grip profiles that R-Core have codeveloped with Jake Kaminski, two-time Olympic medallist, professional archer and coach. The I AM Barebow grip features a very low wrist profile ideal for stringwalking, because as soon as our crawls grow big, we notice the difference in the feel of the pressure point in the bow grip; it can be very tricky to control the push-

pull balance if we don't feel what we want to feel. This grip has a flat shape and sharp edges to assist consistent hand placement. The pyramidal antislip featured on all I AM series grips is included in the design, and is applied as the diamond shape to the pressure point only. If you wish you can request the full palm antislip cover or other shapes for an improved feel of the pressure point. Like all other R-Core grips, this can be ordered in any colour under the sun, and can be made out of wood, glass-like, automotive, and plastic materials.

For full details on this and other custom grips, and for more information on the grip material properties visit www.rcore.co 



IMAGE: R-CORE.CO



MANUAL



SPECIFICATIONS

- ASSEMBLED AS VERTICAL RESISTANCE ADJUSTABLE REST
 - ALUMINUM BLACK ANODIZED BODY
 - SUPER POWER NEODYMIUM MAGNETS
- CAN BE CONVERTED TO DROP AWAY REST BY THE SPECIAL BRASS MAGNET HOLDER PROVIDED
 - TESTED FOR USE OF ANY KIND OF ARROW UP TO 23xx ALUMINUM WITH 220GR POINT
 - RH VERSION MODEL: GMR-98 / LH VERSION MODEL: GMR-99

GMR MAGNETIC REST

Universal magnetic rest for Recurve & Bare Bow risers



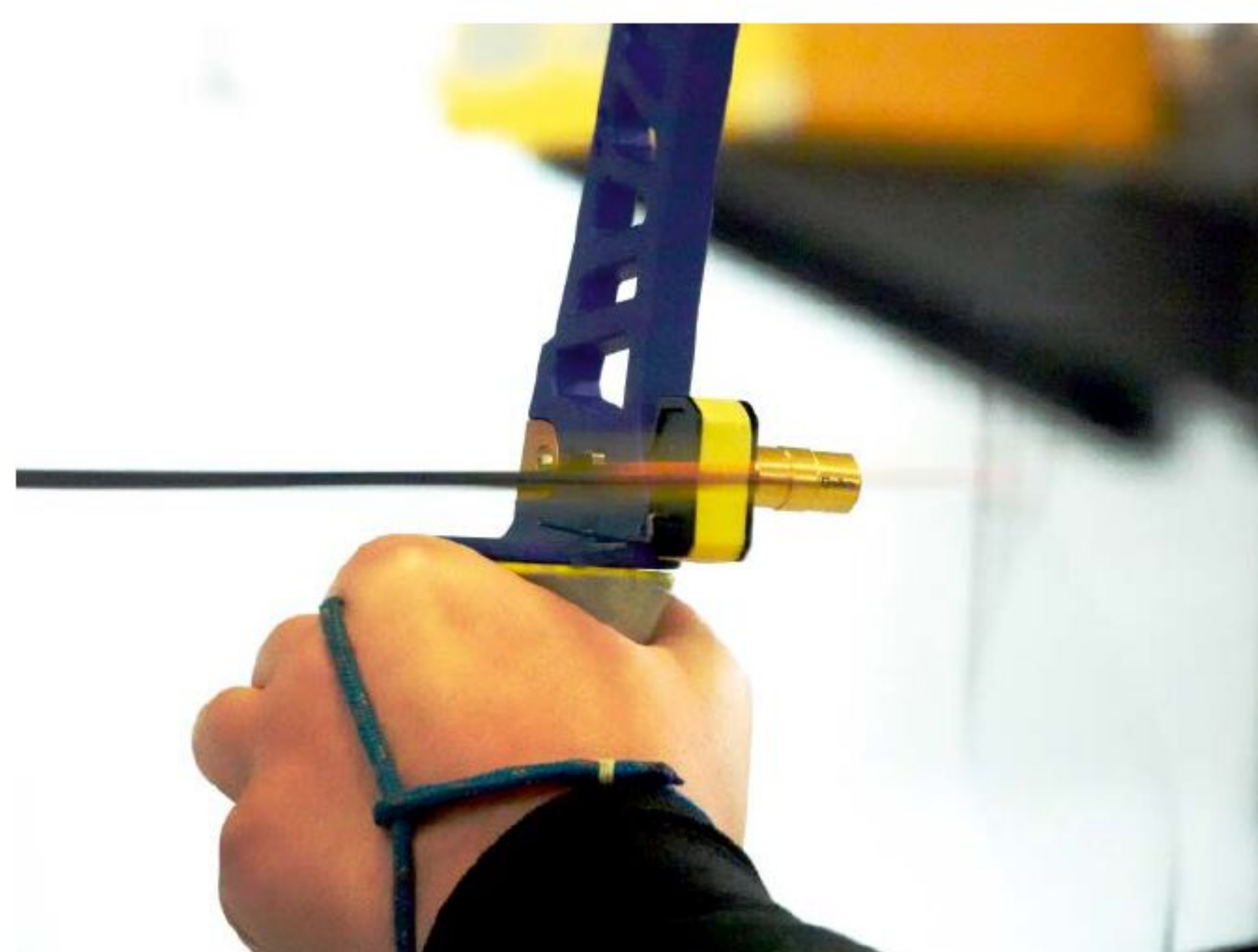
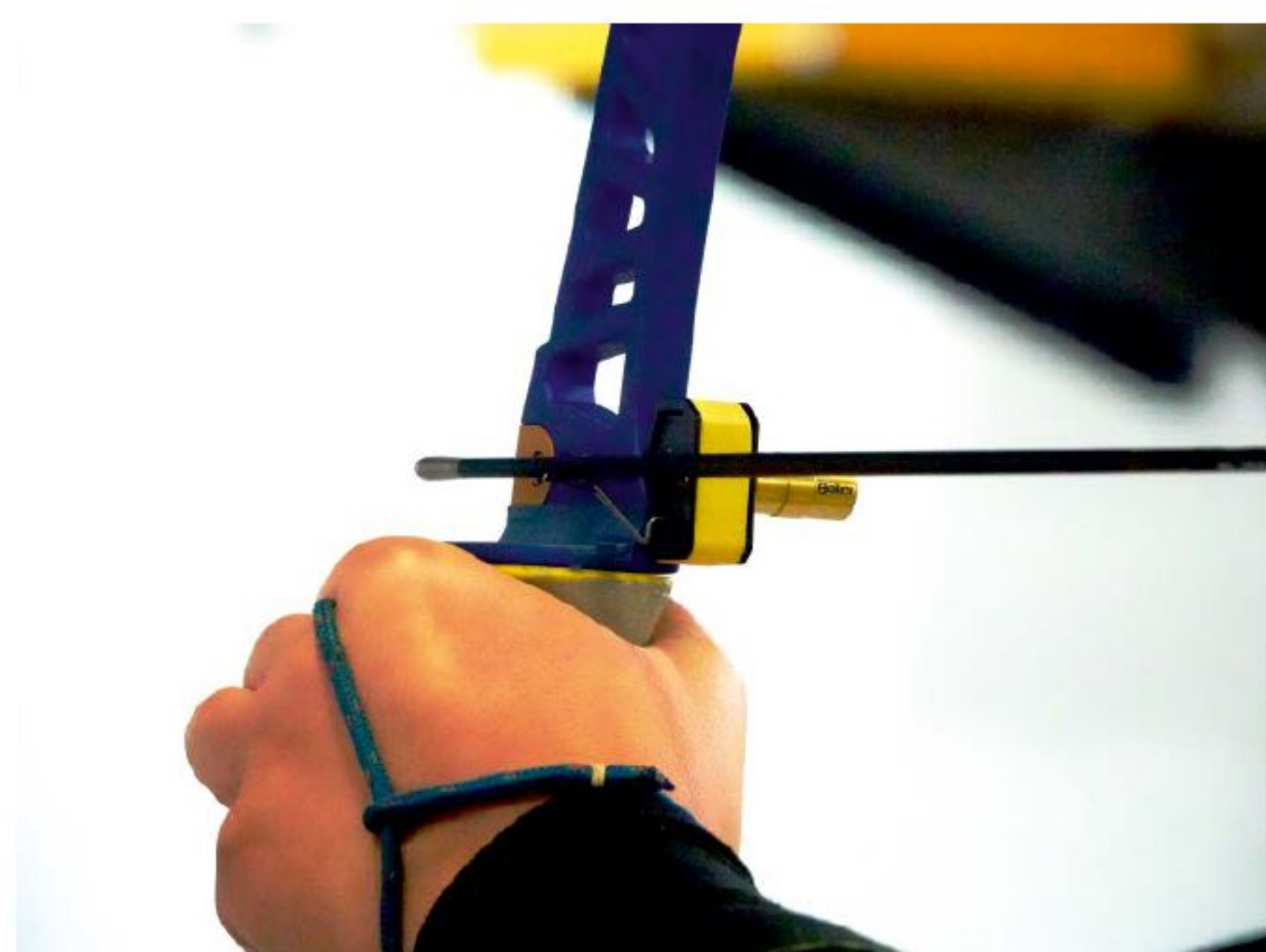
PACKING INCLUDES:

- BLACK AND YELLOW PLASTIC 3D PRINTED COVERS
- BRASS M8 x 1 THREADED BRASS SCREW HOLDER WITH 6 x 5 mm NEODYMIUM MAGNET, TO CONVERT REST TO DROP AWAY FUNCTION

ALL THE INFO ON THE WEBSITE



3D PRINTED PLASTIC COLOR COVER TO PROTECT INNER MECHANISM FROM RAIN AND DIRT



WWW.GILLOARCHERY.IT

IMAGE: © WORLD ARCHERY



HOW TO BECOME A GOOD STRINGWALKER

Kristina Dolgilevica

Stringwalking has become a fundamental skill for the fast-growing and highly competitive barebow class. Top performers from across all barebow competition formats choose to master stringwalking for its practicality, which, above all, affords a repeatable aiming picture. The key beneficiaries of this are Field and 3D athletes, whose fieldcraft is tested at a range of marked and unmarked distances – here gap-shooting alone will not work! Stringwalking helps achieve greater target accuracy; however, the journey to that point of mastery requires an archer to be patient, and, most important, methodical.

This piece will present a two-step process, derived from personal and professional experience, but is by no means the only way of approaching the subject. However, I feel that a developing barebow beginner, or a coach, stand to benefit most from this path, as it will help them learn more about themselves and their equipment - there is more to stringwalking than meets the eye. Should you wish to take a shortcut, skip to the second step at the end of this article.

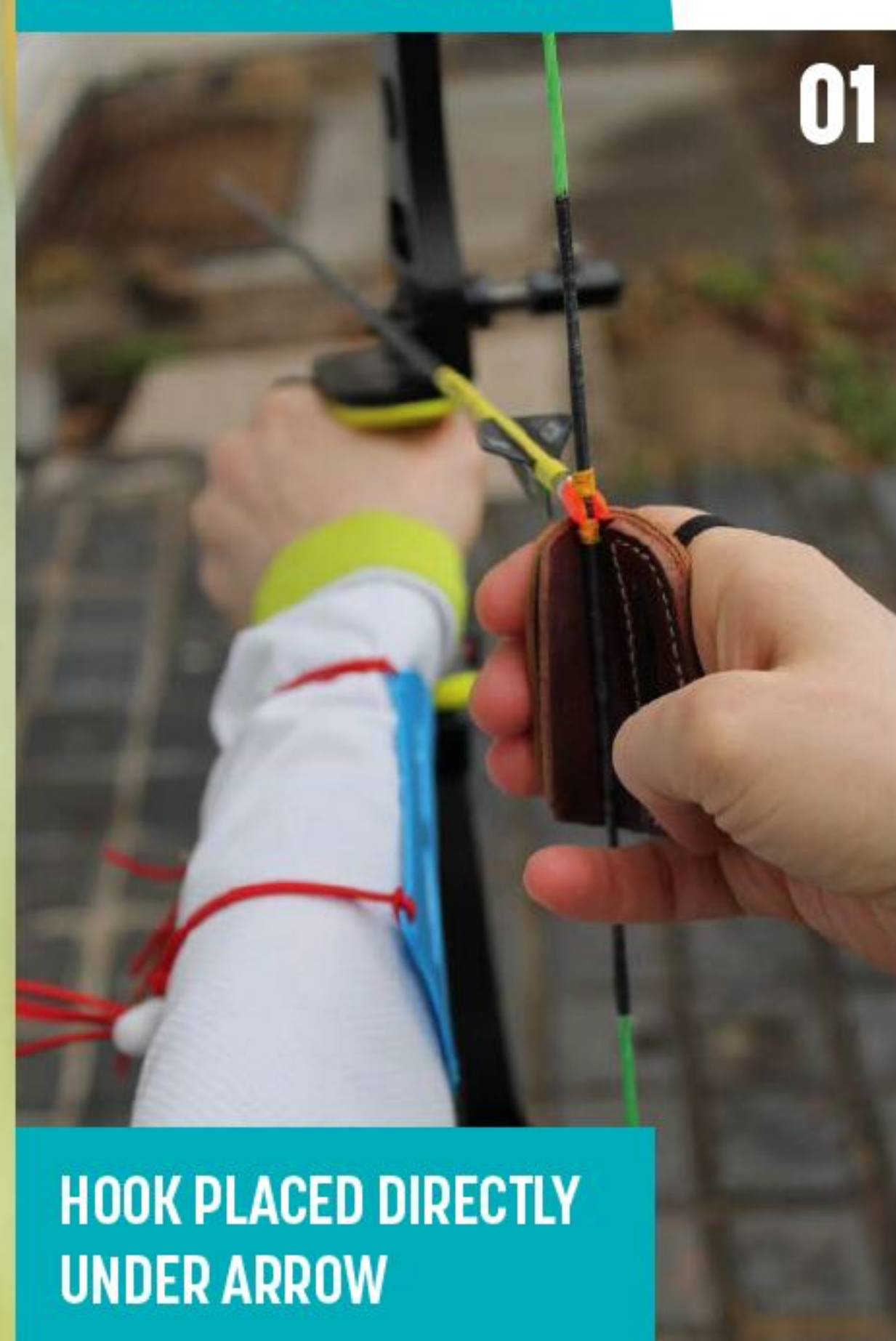
AIMING WITH BAREBOW

Knowledge gaps? Practical inconsistencies? You must iron those out to become an effective stringwalker. It is vital to have an in-depth understanding of your archery form, your individual anatomy and limitations,

your equipment, and your chosen field of play. This is the only way you will become consistent and gain confidence in your endeavours. One of the fundamental steps is understanding how barebow aiming works, so you can decide whether stringwalking is right for you.

Most barebow archers use the tip of the arrow as aiming reference and employ the following three methods of aiming: gap shooting, facewalking and stringwalking. The arrow tip is used for height sighting (up/down), the riser window and/or string for windage sighting (left/right). Each barebow archer will arrive at a unique combination in their own time. Some, David Jackson for example, opt for using their arrow rest needle or other parts

FIXING A CRAWL



HOOK PLACED DIRECTLY UNDER ARROW



COUNT MARKS; LIGHTLY DIG THUMBNAIL INTO SERVING THREAD



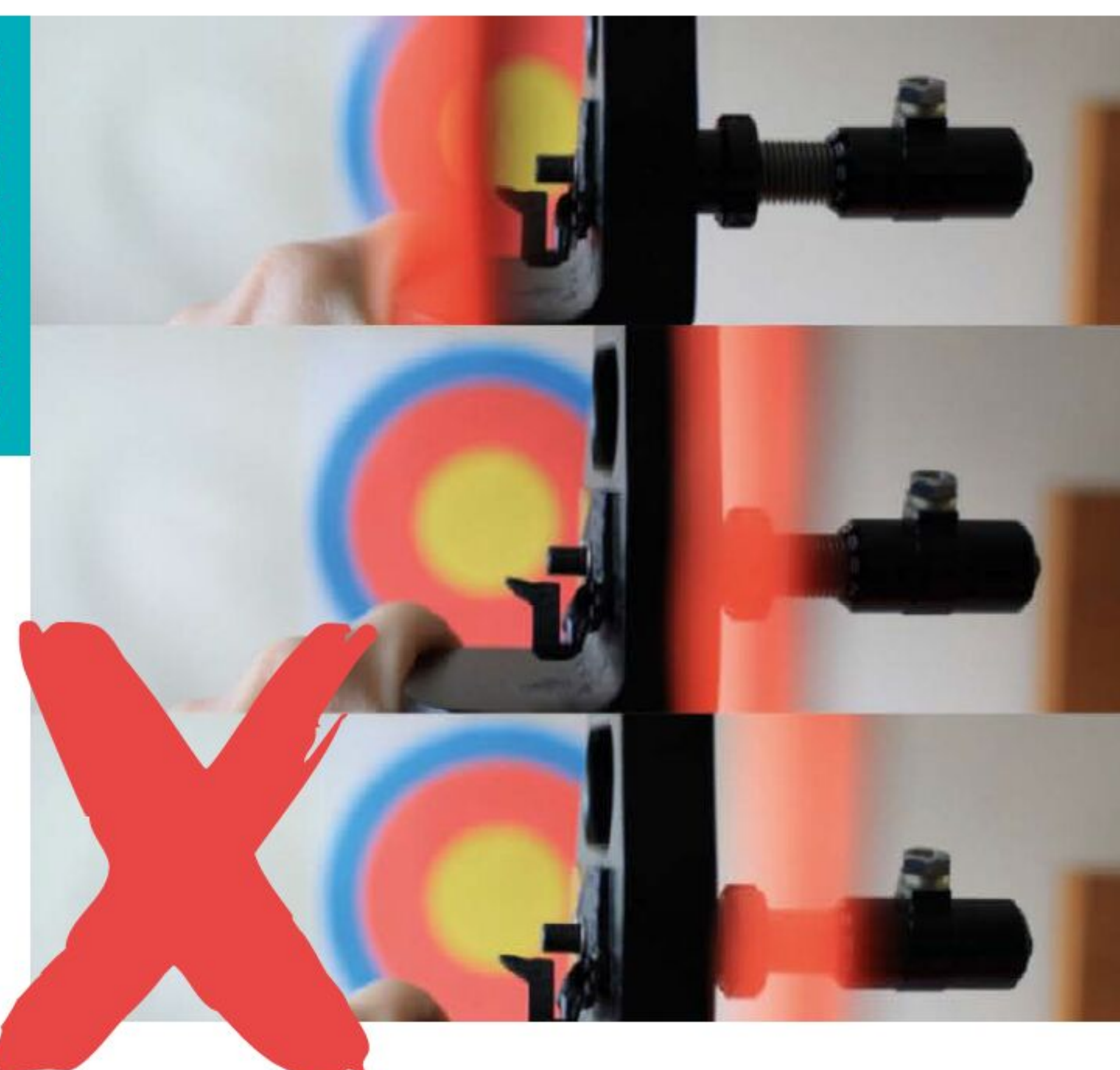
KEEP NAIL PRESSURE, TRANSFER HOOK UNDER IT



LIGHTLY PRE-DRAW TO MAINTAIN HOOK POSITION



STRING BLUR



of the riser as aiming reference.

In this article, the aiming picture stands for everything in your field of vision during aiming, actively (in focus) and passively (blurry) in the periphery.

IMPORTANCE OF STRING BLUR

It is good advice to incorporate the string blur into the aiming picture to achieve greater target consistency. String blur, also known as the “string haze” or “string picture”, acts as a rear sight, helping you stay in the same line and ensuring a more solid and repeatable anchor. In the absence of the clicker, having the same solid anchor is crucial for the barebow archer as it will guarantee more consistent draw length, encouraging better control of shot timing, resulting in a more repeatable expansion. String blur is most often checked either 1) during the set-up position, i.e. before the draw 2) during the draw, or 3) at the anchor stage, depending on personal preference. Here make sure not to refocus your eye on the string, and instead perform a passive check only, whilst staying active on the target, your focal point. Those barebow archers who choose to focus their eye on

the arrow tip whilst keeping the target face passive (blurry), are likewise advised to not divert their eye to the string, away from the primary focal point, as shifting the gaze may result in loss of concentration, often leading to loss of physical bodily control of the shot, unnecessary tension in the hook, or loss of expansion, for example.

GAP SHOOTING

With gap shooting, both anchor and hook are fixed, sighting taking place outside of the target centre. The arrow tip is positioned in a different place in relation to the target, creating a different aiming picture at every distance, until the ‘point-on’ is established - (where you aim in the centre and hit it). Beginners are often asked to aim off to the right or left to compensate for technical inconsistencies. Once their alignment, head position, anchor, bow grip and release are in check, they begin to aim closer to, or along the vertical plane, thus creating a more reliable and less complicated aiming picture; the more experienced barebow archers will adjust the plunger tension to better centre their shot.

It is commonplace for gap shooters to

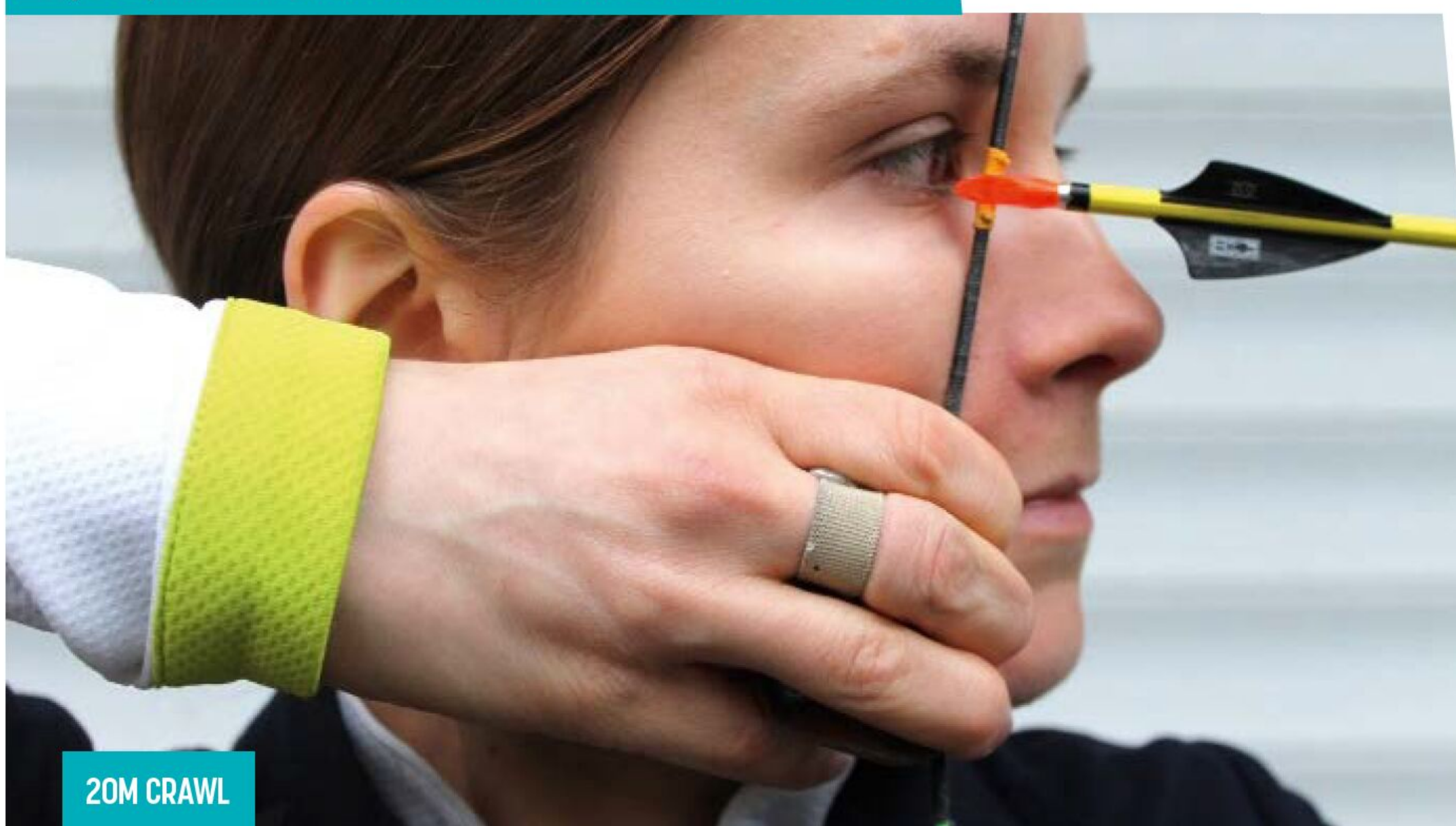
place their hook directly under the arrow's nock and have a linear anchor - along and under the cheekbone, for example. In addition, many of them will not worry about the windage sighting at this stage (or at all), keeping to the simplest form, aiming passively.

FACEWALKING AND STRINGWALKING

Facewalking and stringwalking are about creating a repeatable aiming picture at various distances. Much like with the recurve sight, the archer's eye wants to find the arrow tip around the gold at all distances. With facewalking, the hook on the string is often fixed, and it is the anchoring hand that “walks” along the face. Those changes in anchor are known as “face crawls”. It is very uncommon for the experienced archer to rely on facewalking, as this method is difficult to replicate under competition conditions, multiple anchor changes compromising draw length consistency. Facewalking and stringwalking are often combined.

With stringwalking, the anchor is normally fixed for draw length consistency, and the hook moves along the string. The basic principle of adjustment is simple:

20, 30, 40M CRAWLS WITH THE SAME ANCHOR



the hook moves up (towards the arrow nock) for longer distances, and down (away from the nock) for shorter. The distance between the arrow nock and the fixed hook is commonly known as the “crawl”, and will be individual for each shooting distance and for each archer. Crawls are determined and measured via the use of an evenly marked or stitched barebow tab. (See pages 36 – 38 of this issue for tab examples)

Indoor (18m) archers will have long crawls (big gap), outdoor (50m and beyond) short crawls. 70m+ and those shooting lighter poundage may switch to a split-finger hook and tab, and often to an Olympic style anchor. In the latter case and with long crawls, ensure you change your tiller and nock point height to achieve better bow balance.

AIMING PICTURE: WHAT DO I WANT TO SEE?

What the barebow archer wants to see or focus on in their picture is a matter of personal preference. In most cases, the aiming picture is passive, meaning objects closer to the archer are blurry and the target in focus.

As we have established, both stringwalkers and facewalkers are working towards being able to see the same picture in their field of vision, and gap shooters will aim to have same anchor and hook position, but what they see in front of them will change with each distance.

Observing individual routines confirms how individual each archer really is: some archers stare down the target throughout the shot cycle, expecting the entire blurry picture to settle during or after anchoring; some deliberately track their arrow's descent, settling at a 12 o'clock black/blue line during set-up, before settling the arrow's tip in the

centre at full draw (similar to recurve top-down approach to aiming); some include the string blur, and shift attention to it at a specific point; some shift their gaze multiple times to different places, like Cinzia Noziglia. Initially, she does not appear to have much focus on the target, gazes down inside her drawing arm palm during set-up, anchors closing the non-dominant eye, before looking at the target. You are beginning to see how complex and individual this process becomes.

However sophisticated, that aiming process will always be to an extent both fully conscious and subconscious; notice what comes naturally to you and what can be seen as an unnecessary distraction.

EQUIPMENT CONSIDERATIONS FOR STRINGWALKING

The top three choices for arrow tip alignment are: the 6 o'clock, or floating directly under the gold, bullseye uncovered (aka “lollipoping”); directly in the centre, covering the gold; and 12 o'clock of the 9 ring. Each fixed string crawl will dictate the angle for the arrow's launch, determining its trajectory. For longer crawls, the aiming picture will vary slightly, as the arrow shaft will begin to slope downward - you will no longer see the same “straight” barrel of a gun. If you decide to stick to the indoor scene, it is a good idea to make additional adjustments to the string nock height, lowering it slightly, firstly to even out that aiming picture, and secondly to minimise the “arrow bounce” against the arrow rest.

When the arrow shaft is on the downward slope it will be putting extra stress on the arrow rest, breaking it much more quickly; but most important, it will make for an unpredictable and aggressive arrow

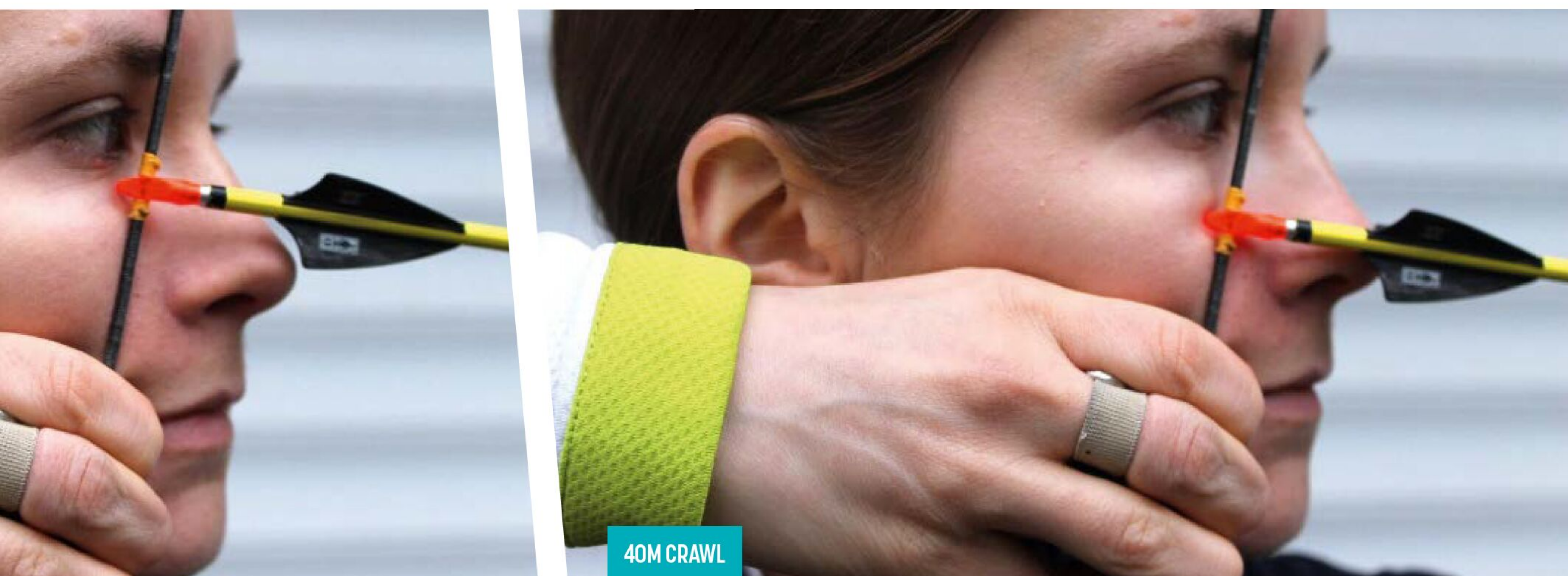
flight, often sending your arrow sky high. Another key consideration regarding the equipment is the tiller. With longer crawls, the hook is placed much lower on the bow string, stressing the lower limb and thus unbalancing the setup; this is not good for the limb long term. You will notice the bow grip pressure point changes, but try not to overload your bow with too much extra additional weight. Check your riser manufacturer specifications and adjust your tiller to negative: lower limb bolt out, upper limb bolt in, and only then gradually add the extra weights.

WHERE TO START: THE WALK-BACK

One of the best ways to approach stringwalking is by using one of the variations of the walk-back method. The method described here is a personal favourite, a process I have arrived at through practice, and the one I recommend to my students. It is a longer and more disciplined approach, which will get the developing archer to experience a variety of distances in a structured way, making them more adventurous and less fearful of longer distances. It is a useful exercise for coaches who only have a theoretical knowledge of barebow.

WHAT YOU NEED

Both steps take place at a comfortable starting distance of 30m. Ensure you have a ground-measuring tape, a 122cm FITA target, a notepad or phone, barebow tab, a minimum of six arrows, and opt for a less windy day. There will be a lot of position changes, so make necessary arrangements to allow movement along the range; if not possible, ensure the target boss can be moved; follow same advice if tuning indoors.



40M CRAWL

It is best to start at a flat Target range, before moving to the more challenging Field or 3D courses. Once Target crawls are established (i.e., 5, 10, 15, 20m etc), those can serve as individual starting points for the much smaller Field target faces set at same distances, but at various inclines, depending on the range, same for 3D and its “kill zones”.

STEP 1: THE POINT-ON

Set your bow to neutral tiller (both limbs equal), place your hook directly under the arrow without touching the nock, anchor along and under the cheekbone, arrow tip sighting in the middle (or any of the preferred alignments listed above). All these variables will stay the same throughout Step 1. The only change is the distance between you and the target. Note that if not tuned, your plunger spring tension may need adjustment, provided your grouping is consistent.

Shoot a few ends, until groupings begin to emerge. You will likely hit top black or white. Note down the distance and the colour (e.g.: 30m – 12 o'clock white/black). Move back by 5m and repeat the same shooting process, continuing to observe and making notes. Your grouping will begin to drop. Move further by one metre at a time to find the precise number for your point-on. Stay for as long as you need at any distance, only moving after you have achieved target consistency. You may wish to increase the number of ends as the distance between you and the target increases.

‘Point-on’ depends largely on the bow’s power and arrow’s length and specs, but for many it will be around the 50m mark. My personal point-on with 36lbs and 28inch Easton’s ACG’s is at 48m. I will not need to stringwalk at Target and opt to use gap shooting by aiming 12 o'clock above target centre.

This will teach you about the limitations of your equipment and how to conduct your stringwalking process, i.e., through a deliberate repetitive process of testing and recording. By keeping your equipment and your form unchanged, you may begin to discover your form issues. During the process of walking back (or moving the target), the groupings will likely begin to spread a little. This will help you pinpoint the technical inconsistencies that may need ironing out. If you cannot read your arrow groupings, or your groupings are too spread out and inconsistent, ask a coach to help you. Could this be related to anxiety or internal pressure over having to perform at longer distances? Make the necessary arrangements to fix your form issues before you move onto to the next stage, otherwise your stringwalking may turn into a frustrating and inconsistent experience.

STEP 2: FIND YOUR CRAWL

Return or set up at 30m as described in the previous step. Keep your bow tiller at neutral for now but be aware of any bow grip pressure changes once you begin to stringwalk. Maintain the same anchor and aiming picture – your hook will begin to ‘walk’ at this stage. The crawl adjustment principle is kept simple and is based on colour to tab mark matching. A single tab mark will equate to the value of one colour. A 122cm FITA target face has fairly big blocks of colour and it is normal for one tab mark to match one colour at that distance. However, it will depend on the performance of your arrow shaft as well as your bow’s power.

If your tab has both full and half-marks, then you can equate those to the concentric

rings, of which there are 10 (2 for each colour). Shoot a couple of ends with a neutral starting set-up, noting the grouping. Say it lands 12 o'clock white. It is four full colours up from the bullseye; count four full marks down the tab, fix the crawl and proceed to shoot a few ends again. I note that my grouping lands just above at 12 o'clock red and will move by another half-mark, making it a total of 4 ½ marks. My arrows now land in the middle and I will have fixed my first “crawl” for 30m as 4 ½. Next, I will decide to fix my 35, 40, 45m crawls. Remember that you no longer need to return to neutral set up. For 35m you can use your 30m crawl. Your grouping will drop, and your “crawl” will move up by the number of colours and/or rings. Next, I will test out my 30m “crawl” against 18m, fixing my indoor crawl and adjusting the tiller. Once the crawls are fixed and established (5, 10, 15, 20m etc), you can use those as a baseline to test out in Field or 3D at same distances, but various inclines.

FINAL NOTE

This is a starting point and one way of doing it. A lot will depend on your equipment, for example, you may find that one colour equals to two full marks for you. Keep it simple at the start and slowly work your way through it, keeping notes on any of the changes you make. Remember if your form or equipment change at any point, so will the crawls. This may seem laborious, but trust me, by going through this process methodically and with patience, you will learn so much about your archery and, moreover, you will have the confidence in your performance thanks to the time spent on this exhaustive process. Competence leads to confidence. 🕒

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ESSENTIAL OVERNIGHT CAMPING GEAR FOR ARCHERS

Felicity May reminds you what to pack and picks her favourites for an archery away-day

Camping overnight at an archery competition requires careful planning to ensure comfort, performance, and efficiency. Unlike a casual camping trip, archers need to focus on rest, hydration, and maintaining their gear, all whilst dealing with unpredictable outdoor conditions. From shelter and sleeping arrangements to food, hydration, and archery gear maintenance, here's what you'll need to make the experience smooth and successful.





SHELTER AND SLEEPING GEAR

A reliable tent is the foundation of your overnight setup. Look for a lightweight but sturdy tent that can handle varying weather conditions, whether it's unexpected rain or strong winds. A good option is a two- or three-person tent with proper ventilation to prevent condensation.

Along with a tent, a quality sleeping bag rated for the expected temperatures is crucial. If it's a colder season, opt for an insulated sleeping pad or air mattress to keep yourself off the cold ground. A compact pillow and a lightweight camping blanket can also improve sleep quality, helping you wake up refreshed for the competition.



GO FOR A WELL-INSULATED SLEEPING BAG, LAY IT OVER AN INFLATABLE MATTRESS WHEN THE NIGHTS ARE COLD
IMAGE: MOUNTAINWAREHOUSE.COM

LIGHTWEIGHT BUT STURDY, WELL-VENTILATED, WEATHER-PROOF 2 – 3 PERSON TENT IS A MUST
IMAGE: DECATHLON



CLOTHING AND PERSONAL ESSENTIALS

Packing the right clothing can mean the difference between a comfortable experience and a miserable one. Dress in moisture-wicking base layers to stay dry and bring a weather-resistant outer layer for unexpected rain or wind.

A hat and sunglasses help with sun protection, while a comfortable pair of waterproof boots ensures you stay dry and steady on various terrains. At night, an extra set of warm clothes and thick socks can make sleeping more comfortable. Don't forget personal items like a headlamp or torch, a small first-aid kit, sunscreen, insect repellent, and biodegradable wipes for quick cleanups.



THIS LARGER COOL BOX IS GREAT
FOR LONGER TRIPS
IMAGE: UK.YETI.COM

**A HIGH-QUALITY COOLER
WITH EXCELLENT ICE
RETENTION IS CRUCIAL,
ESPECIALLY FOR
MULTI-DAY ARCHERY
COMPETITIONS**



COOLERS: KEEP YOUR FOOD AND DRINKS FRESH

Coolers are essential for keeping food and drinks fresh during overnight archery camping trips, ensuring that perishables stay cold and safe to consume. A high-quality cooler with excellent ice retention is crucial, especially for multi-day archery competitions where access to fresh supplies is limited.

Yeti coolers, for example, are known for their superior insulation and durability, making them a reliable choice for campers. The Yeti Tundra Cooler is ideal for extended trips, featuring thick PermaFrost™ insulation that keeps ice frozen for days and a bear-resistant design for added security in remote areas.

For campers who don't need to go long distances from the archery field to their campsite, the Yeti Roadie 48 Wheeled Cooler offers excellent cooling performance with the convenience of mobility. Its durable wheels handle rough terrain effortlessly, making it perfect for shorter stays or drive-up campsites.

Whether you're storing fresh meals, snacks, investing in a well-insulated cooler like those from Yeti ensures that your food stays fresh, allowing you to focus on enjoying your time outdoors.

YETI'S ROADIE 48 WHEEL COOL BOX
HAS EXCELLENT ICE RETENTION
AND IS COMPACT ENOUGH TO MOVE
ALONG TO THE RANGE
IMAGE: UK.YETI.COM





DRINKS: STAYING HYDRATED THROUGHOUT THE DAY AND NIGHT

Staying hydrated is crucial during an overnight archery competition, where long hours outdoors and physical exertion can quickly lead to dehydration. Proper drinkware ensures that beverages stay at the right temperature, whether you need cold water to stay refreshed throughout the day or a hot drink to start your morning.

Insulated stainless steel bottles are ideal for maintaining drink temperatures and withstanding the rigors of outdoor camping. The Yeti Rambler Bottles are an excellent choice, keeping water ice-cold for up to 24 hours, making them perfect for archers who need consistent hydration between rounds. Their durable construction can handle drops and rough conditions at camp, while the leak-proof Chug Cap allows for quick and effortless sips during breaks.

For those who prefer a warm drink before heading to the range, insulated tumblers help maintain heat for hours, ensuring that coffee or tea stays piping hot. A spill-resistant lid, such as Yeti's MagSlider™, adds convenience by preventing leaks while on the go.

Choosing high-quality drinkware means archers can stay focused on their performance without worrying about their drinks becoming warm or spilling. Investing in a reliable insulated bottle or tumbler ensures that you remain hydrated, energised, and ready for competition, making it an essential part of any overnight archery camping setup.

INSULATED RAMBLERS ARE GREAT FOR ANY HOT OR COLD LIQUIDS AND FIT IN THE RUCKSACK SIDE POCKET PERFECTLY
IMAGE: UK.YETI.COM

HOT DRINKWARE IS GOOD FOR COLD DAYS AND FOR KEEPING YOUR COFFEE HOT IN THE MORNINGS
IMAGE: UK.YETI.COM



FOOD AND COOKING ESSENTIALS

Proper nutrition fuels performance, so packing easy-to-prepare, high-protein meals and snacks is essential. A small camping stove or portable propane burner makes cooking quick and efficient, especially for heating up oatmeal, soups, or pasta. Don't forget utensils, a lightweight pot, and a mug for coffee or tea.

If fire restrictions allow, a collapsible grill can be a great addition for cooking meats or roasting vegetables. For snacks, protein bars, jerky, nuts, and dried fruit are great options that don't require cooking, and are great for a weekend of sport. A small cooler, like a Yeti Roadie, helps keep perishable food fresh throughout the competition weekend.

With the right setup, camping at an archery competition can be an enjoyable and rewarding experience. Prioritising rest, hydration, and equipment care will help you stay focused and perform at your best throughout the event. 🕒

A COMPACT COOKING STOVE TOP CAN MAKE YOUR TRIP MORE HOMELY, ENSURING GOOD SUSTENANCE
IMAGE: PUBLIC DOMAIN





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BAREBOW WEIGHTS: WHAT'S ALLOWED?

Adam Miller looks at what's WA compliant for the barebow recurve riser

When you look at barebow archers on the line, you may notice more variety in equipment than with the Olympic recurve set-up. Archers will fine-tune their bows to get the best riser balance and feel, but sometimes it can be a bit confusing; some risers will be bristling with extra protrusions of all kinds. These would be additional weights and dampeners. Let's take a quick look at what is allowed so you can finetune your bow with ease.

In barebow, weights are used to balance and stabilise the bow, because long rods and side rods are not permitted. Dampers or dampeners are used to further reduce the post-shot vibration; these normally look like small rubber blocks, or flattened rubber discs when attached to the limbs. When you start using these, you notice your bow sounds much quieter.

Stabiliser or riser weights are allowed and should be attached directly to the riser. There is no limit on the number of weights that you can use, but the riser with the weights attached must be able to fit through a special barebow inspection ring with the bow fully strung. This ring has an internal diameter of 12.2cm: "The unbraced bow complete with permitted accessories shall be capable of passing through a hole or ring with a 12.2cm inside diameter +/-0.5mm."; WA Rule Book 11.4

Some manufacturers make special barebow weights, while others offer crafted weights designed to fit specific risers. Angled stabiliser

inserts provided by the manufacturer will almost always be rule-compliant. However, any kind of angular brackets or connectors are not allowed as the weights need to be attached directly to the riser.

Vibration dampeners are now also permitted; they can be attached directly to the riser or to the weights, or "they may be installed in the riser by the manufacturer" (WA 11.4.6.1). Limb dampeners

are also permitted. Weights and dampeners may be added below and above the riser's grip, but must not aid the athlete in aiming

or ranging in any way. Here again, the weights and dampeners combined must still pass through the inspection ring without flexing the dampeners.

Compound Barebow is popular in some parts of the world, and the rules here can vary. Usually a short front stabiliser is permissible, but it must not exceed 12 inches in length.

If you're unsure about your setup, always check with a coach or another knowledgeable barebow archer in your club. Make use of an inspection ring, as judges will be checking at competitions! 🎯

USEFUL RULE BOOKS:

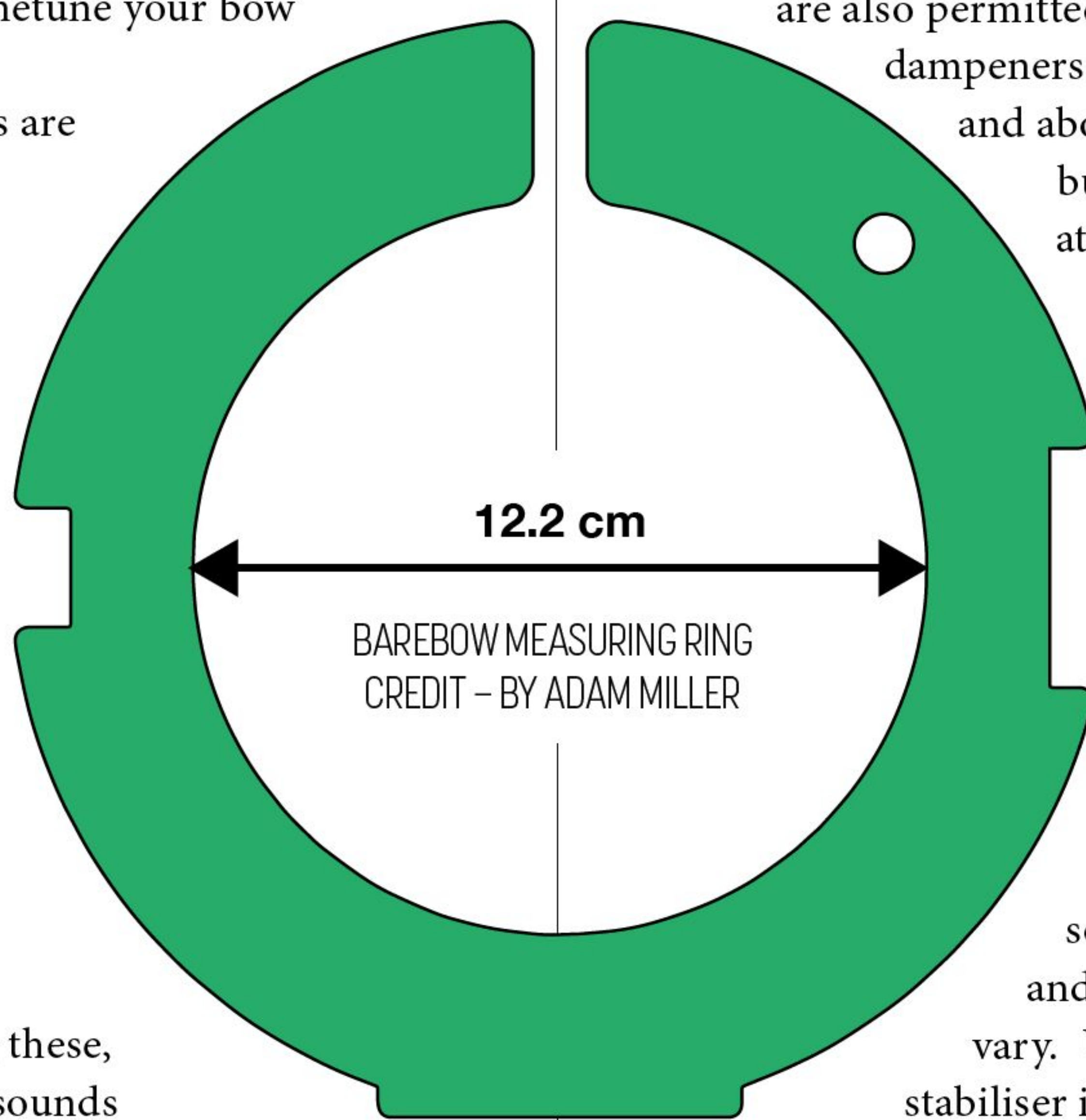
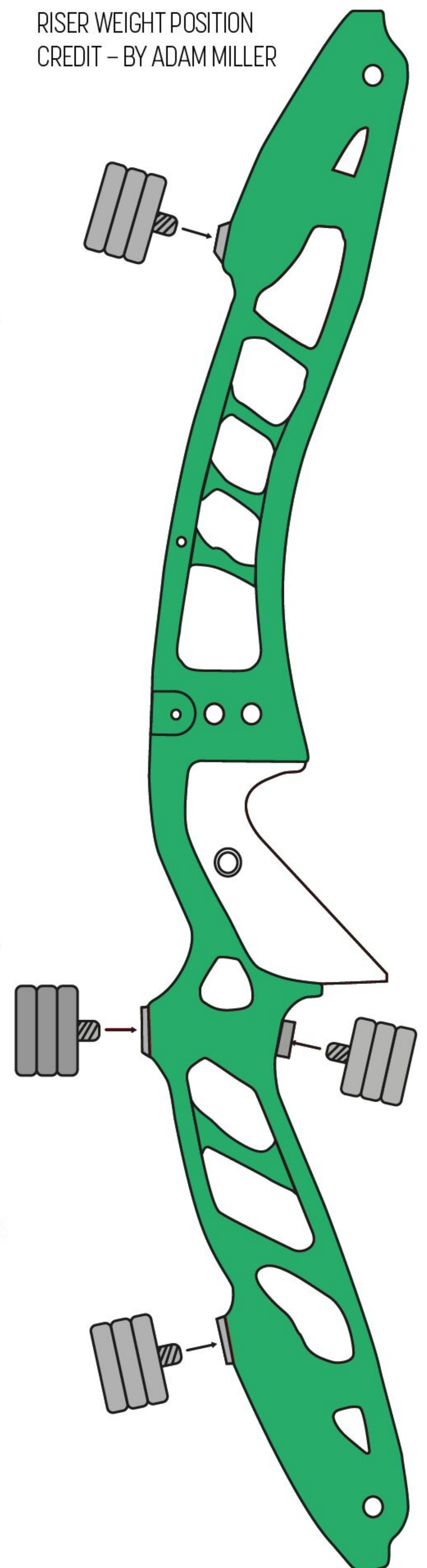
World Archery rule books can be found here:

www.worldarchery.sport/rulebook

Book 3. Target Archery. Chapter 11, Article 11.4, Barebow Division

Book 4. Field and 3D Archery. Chapter 22, Article 22.3, Barebow Division

RISER WEIGHT POSITION
CREDIT – BY ADAM MILLER



EDITOR'S QUIZ: CAN YOU GUESS THE ARCHER BY THEIR RIG? E-MAIL ANSWERS TO EDITOR@BOW-INTERNATIONAL.COM

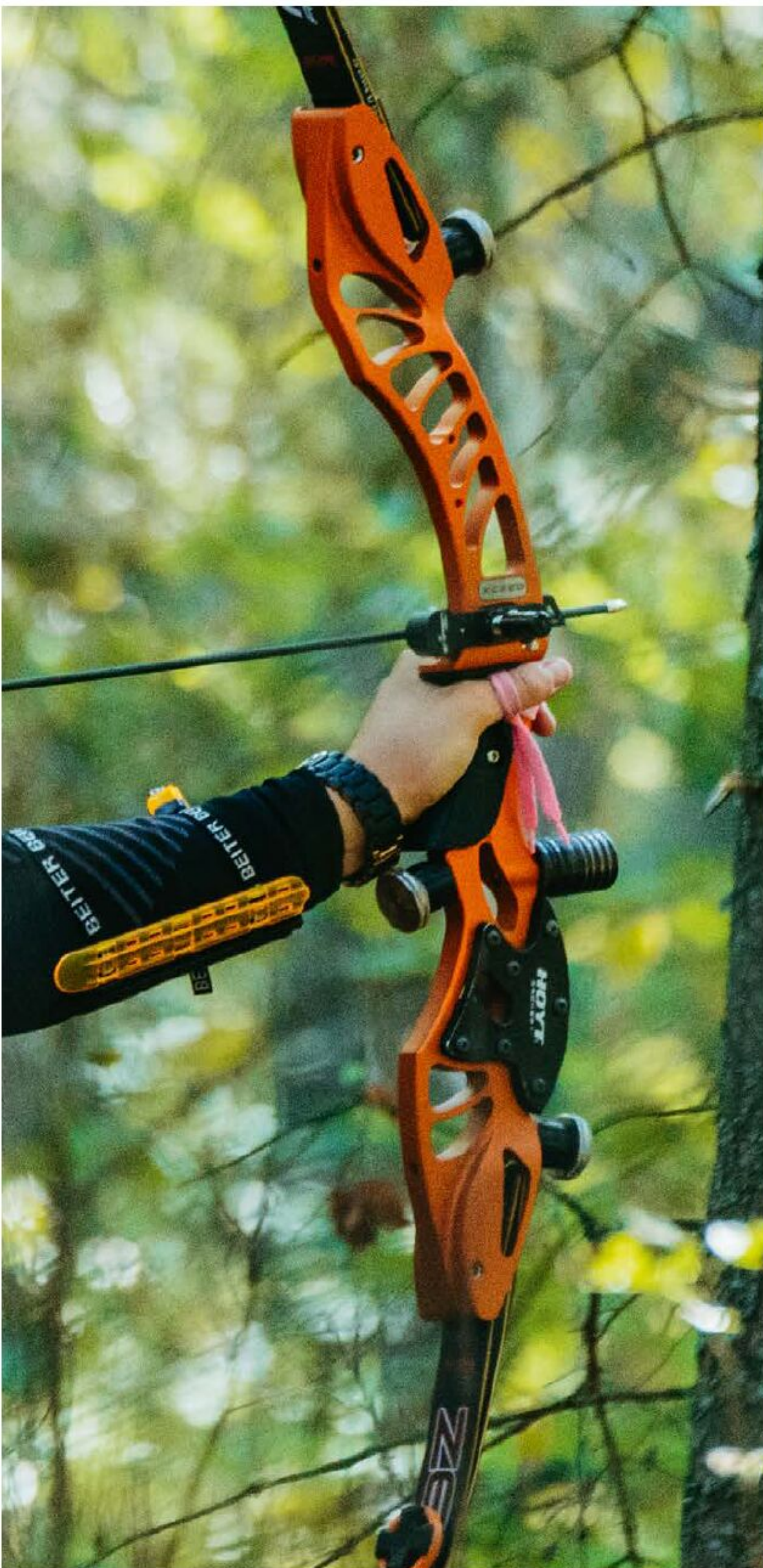


IMAGE: © WORLD ARCHERY



TOP 5

METAL PLATE TABS FOR STRINGWALKING

Kristina Dolgilevica: what to choose to keep on walkin'

WHAT TO LOOK FOR IN A TAB

Writing with the most comfortable pen, eating with the most comfortable fork, or cutting with the most comfortable knife – a familiar feeling that extends to the most comfortable finger tab, and the one with the snugest fit. Archers seek to find and modify a tab so it serves as an extension of their hand, and does not impede the anchor or the release, whilst providing protection for the fingers. It is particularly important for barebow archers, whose hands come closer to the face

at anchor. A good tab must feel custom-fitted, the perfect weight, and secure.

Today, almost every barebow archer you see on a marked or unmarked Field or a 3D course will stringwalk to find their aim at a range of distances. They need a reliable and well-marked tab to find their crawls time and time again. Whilst some archers opt for a leather tab with the machine or hand-stitched hard leather plate, most will prefer a metal plate with laser-markings. The downside of the threaded stitches is that they wear and lose their uniformity

over time, leaving the archer to doubt their crawl estimations, and potentially making the tab unusable in world-ranked or national events, at which the marks must be uniform in size and spacing; here is where the metal plate wins. The metal plate is reliable, solid, laser-etched, weather- and wear-proof. The sturdier plate can come in different shapes, be made of different materials for individual fitting and feel, and can help the archer achieve a more solid anchor, facilitating better draw length control. Repeatable draw length equals



more controlled expansions, equals tighter grouping on the target.

Etched precision marks provide a reliable reference every time, boosting the archer's competency and skill.

Metal plate tabs are pricier, but as with the recurve tabs, you can keep the same comfortable device whilst exchanging the modular components, like the leather face, every now and then. I have been using the same plate for eight years. Here is an interesting selection of my top picks, some good old ones and some new.

ZARA BAREBOW LUXURY TAB

IMAGE: LANCASTERARCHERYSUPPLY.COM; DISPORT.IT



01

ZARA BAREBOW LUXURY TAB

Produced entirely in Italy by a barebow archer and fashion goods maker, Antonio Zara, this brass-plate tab uses the highest quality materials and comes with a thin adjustable and detachable finger separator. The use of a separator by barebow archers is uncommon, but those who place most of the string weight distribution on two fingers (index and middle), or like to have a deep hook, may find that it assists in managing the weight, helping them feel when the fingers slip. The golden brass plate has smooth rounded edges, covers the entire length of the face, and is laser-etched with full and half marks; uniquely, the lines bleed over and continue along the entire front face of the cordovan layer. These vertical lines are meant to help prevent vertical slipping along the string, especially important if you change crawls frequently. The smooth brown cordovan leather front face is backed with a microfiber back layer. This Zara tab comes with a simple elastic cord and is easily adjusted and fixed with a plastic toggle lock. This heavier, uncomplicated tab for three finger shooters comes in LH and RH, in five sizes: XS, S, M, L, XL. Italy's top choice.

BLACK MAMBA TRADITIONAL 2 HD TAB (BRASS)

IMAGE: BLACKMAMBAARCHERY.COM



02

BLACK MAMBA TRADITIONAL SERIES

Another popular choice is the Black Mamba series of one-size-fits-all tabs for RH and LH. Traditional 1-, 2- and 3-tab models come with a 6061 CNC anodized aluminium plate, whereas the Traditional 2 HD comes with a heavier brass plate. All models come with a two-position stainless steel buckle option, and either one or two finger-strap setup, a beautiful olive drab suede backing layer, and laser engraved plate markings along the front edge of the plate, 1/16 inch apart from top to bottom. The buckle is buried into the plate resulting in the lowest profile possible, providing maximum security of attachment to the shooter's hand. You will note the plate does not cover the entire backing length; this is done to ensure universal fit and to allow you to trim it to your liking - the entire edge of the plate has been machined with a radius, eliminating any sharp edges. The more expensive models use the high-grade Horween Cordovan Leather, USA's most durable, colour-saturated leather, known for its soft, pliable texture, ideal for finger tabs; available in Split and No-Split face. An additional 1/8-inch CNC Brass Modular Weight Plate, compatible with the T 2 and Brass T 2 models, is available for an even heavier feel.

BICASTER ARCHERY TAB BAREBOW PRO

IMAGE: DISPORT.IT



03

BICASTER ARCHERY TAB BAREBOW PRO

A perfect fit for three-finger shooters, this cordovan leather face tab comes with a brass plate and is available in LH and RH models. Like all others, this tab can be cut for a precise fit, but it's the plate that sets this tab aside. Thanks to its design the aluminium scale plate allows 5mm adjustment to suit the individual palm (as shown in the image). The cordovan face is complemented with soft microfibre leather, and the comfortable suede backing is harmonised with a robust elastic cord and aluminium cord lock. Like other more sophisticated Pro barebow tabs this one is modular, meaning that all important components that are prone to user wear are replaceable. Available in M and L sizes. This tab is very popular in Europe.

ZNIPER EVO TAB

IMAGE: JVD-ARCHERY.COM



04

ZNIPER TAB EVO

This is the most modular and versatile barebow tab on the market. Designed by Michael Meyer, the ambidextrous one-size-fits-all model allows for the installing of anchor plates, aiding the solidity of anchor position, and has the option of spacing the marks to your preference. The metal grip marks can be repositioned and fixed according to the WA 1mm spacing or any other uniform pattern – templates for all configurations and installation tools are provided. The face uses the finest Cordovan, with the second layer being Kangaroo, known for its softness and pliability. Because it is an ambidextrous tab, the finger locking system is moveable, and can be fixed at nine different positions. The design allows for the addition of the finger spacer – there are many options and you can get creative with it.

FIVICS BAREBOW FALCON CORDOVAN

IMAGE: JVD-ARCHERY.COM



05

FIVICS FINGER TAB BAREBOW FALCON CORDOVAN

This barebow Pro tab is a relative newcomer from the Korean company Fivics. Its simplistic and clean design, with a thin finger-spacer, comes from a company that has 20 years of innovation on the Olympic archery scene; Bow has noticed their efforts in tapping into the elite barebow market with their risers and limbs in the recent times. The spacer is there to ensure a more stable hook and can be manipulated for individual fit via a screw-system adjustment. The locking system consists of an elastic cord and a plastic lock, and it is great to see that the cord has been integrated well along the facing side of the tab - some may prefer to feel a bit of that fabric material against the face when anchoring, using it as extra insurance to aid an accurate draw length check. A good choice for three-finger shooters who prefer a lighter feel. Available in RH and LH, in S and L sizes.

For full specs on tabs mentioned in this article visit: disport.it, blackmambaarchery.com, bicaster.com, fivics-usa.com, zniper-archery.com Visit favourite local distributors for product availability.

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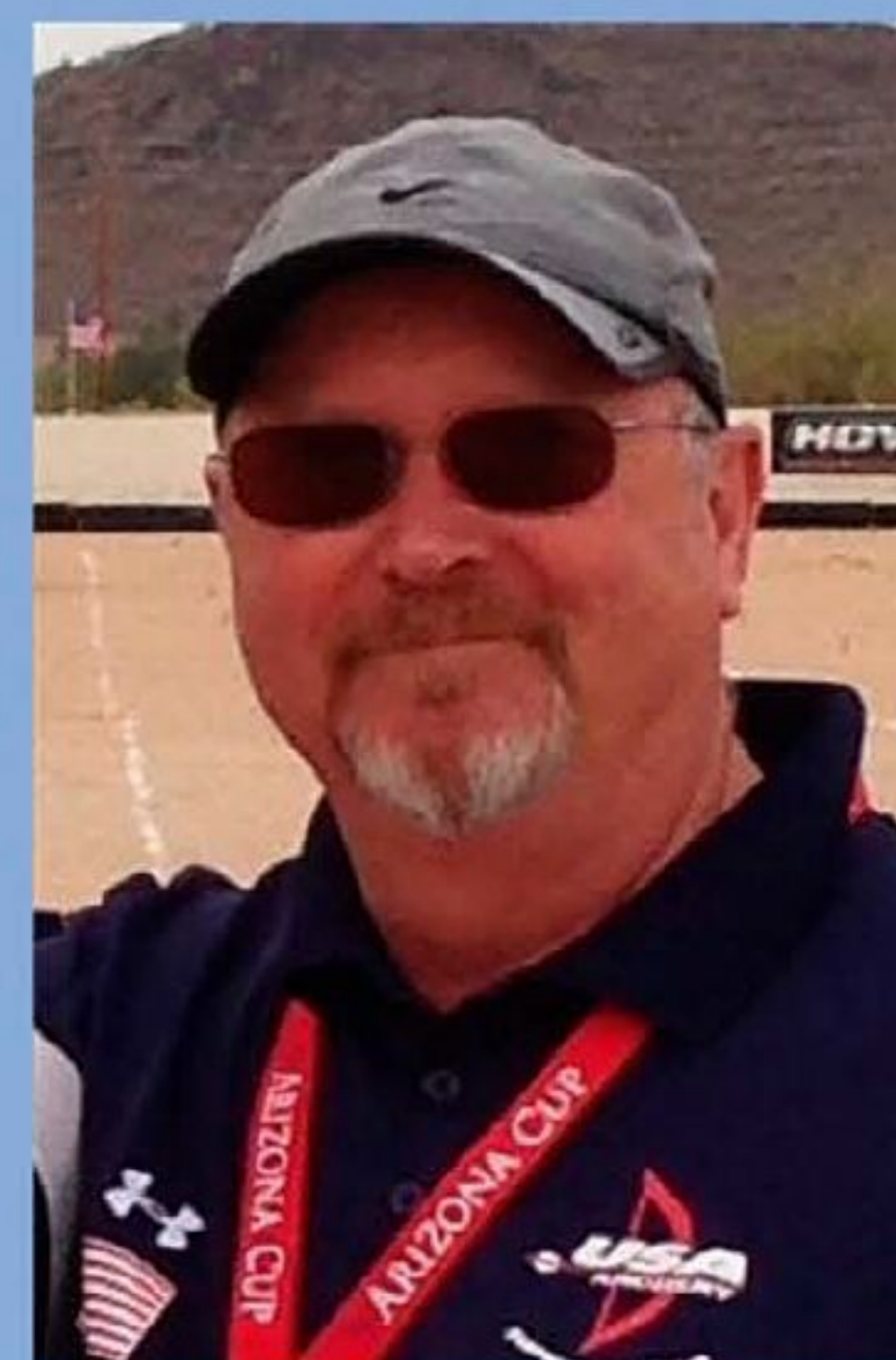
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ARE ALL ARROW RESTS BAREBOW-FRIENDLY?

Adam Miller looks at what's on the market and the pros and cons

There are many different styles of arrow rest on the market. From the plastic stick-on to the wrap-around and the full metal magnetic type. At first glance, you might assume that any standard recurve arrow rest would suit a barebow archer, but is that the case?

THE STICK-ON PLASTIC REST

This is the absolute basic and cheapest kind available; it will set you back by under £2. The basic plastic rest, like the great little Hoyt Super Arrow Rest, is the kind you would usually find initially supplied with your bow. However, it is considered reliable for a skilled archer, and there are even some Olympic archers that still use this type of rest at big international tournaments. Though easy to replace, this rest wears quickly and will be too fragile for a barebow archer who stringwalks. A stronger metal arm would be a better choice here, as it is capable of withstanding the pressure that will be applied to the arm as the archer progresses through a range of distances and shooting angles. So if your opt for this most basic type, make sure you have plenty of spares.



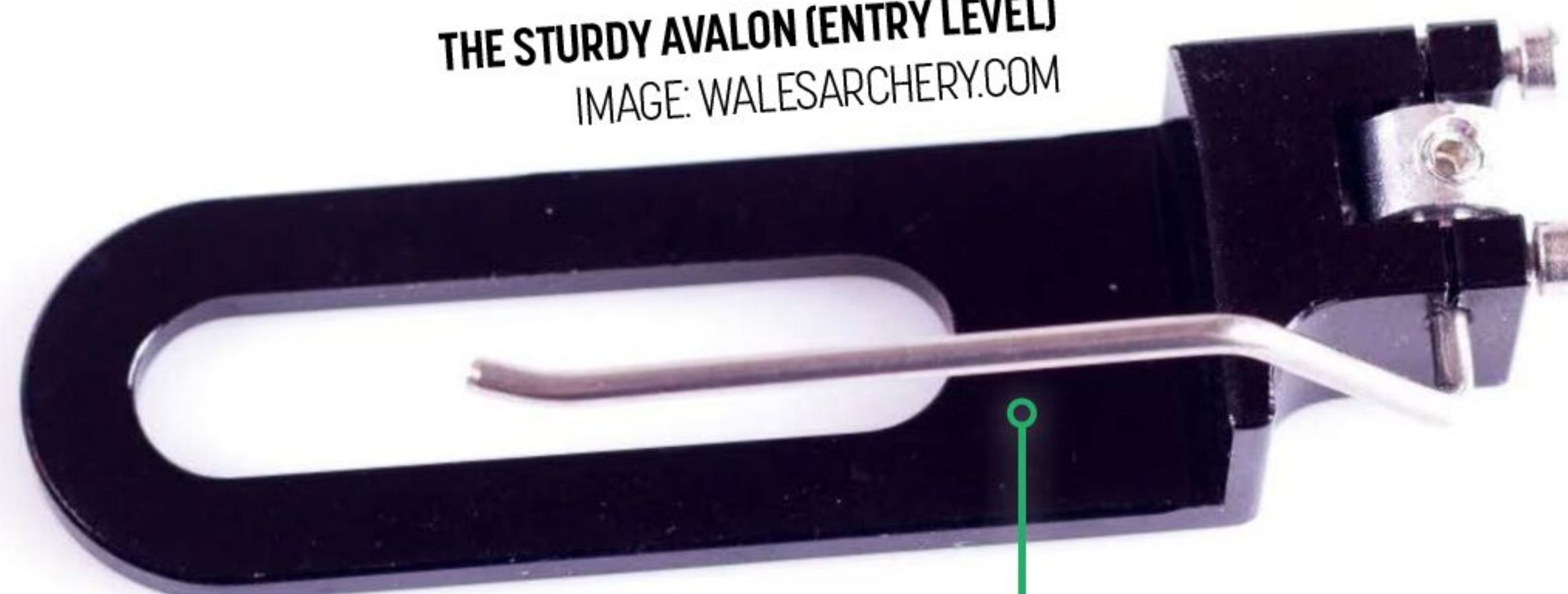
HOYT SUPER REST – THE TRUSTED BASIC
IMAGE: JVD-ARCHERY.COM

THE STICK-ON METAL REST

The metal stick-on is a lot stronger, and should therefore last longer; the prices range from £2 to £30+. Most of these rests include a magnetic feature so the rest will fold away to assist arrow clearance. The downside is that often there will be no replacement parts, meaning if something breaks, you'll have to replace the whole rest. At the higher end of the range, you will find the more expensive Shibuya Ultima Magnetic Arrow Rest, a favourite amongst recurve archers. This option offers spares, the metal arm as well as replacement glue pads, which is handy if you decide to switch the riser. In addition, the Ultima rest allows you to micro-adjust the height, giving you some room to play, allowing you to adjust for a variety of arrow shaft diameters. Is this the perfect rest? For a recurve archer yes, but for barebow - not so much. Yes, it has a more reliable and stronger metal arm, but as the target distances change and the arrow angle gets more extreme, the force being applied to such a small metal arm can cause it to bend or even break. The verdict: not an ideal solution, and a bit pricy for what it is, especially if it breaks too often.



THE STURDY AVALON (ENTRY LEVEL)
IMAGE: WALESARCHERY.COM



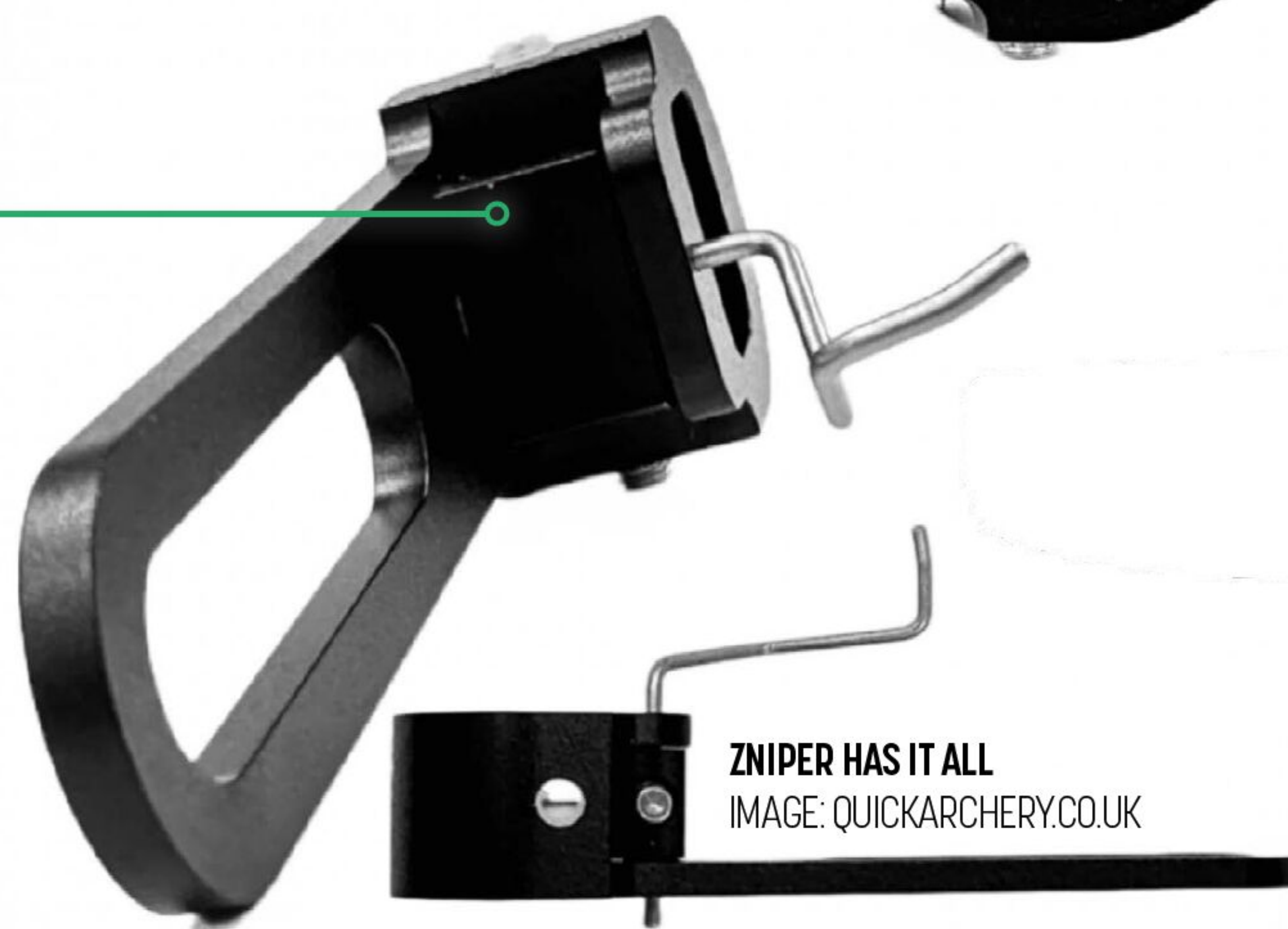
THE WRAP-AROUND

This option can be cheaper than the metal stick-on and is reliable; prices may range from £9 to £22+, depending on brand. The magnetic metal wrap-around rest mounts to the bow via the spare pressure button hole found on most modern bows. The rest is held in place with a screw, with the main body of the rest located at the back of the riser, and a thick, robust metal arm extending and wrapping around towards the front, to fit under the pressure button. The arm is adjustable, vertically and horizontally, and is suitable for stringwalking. Avalon is a great entry level rest, but it won't last forever. Virtually all wrap-arounds offer spares, and the arm will likely be the only part that will require replacing.



THE DROP-AWAY

The Zniper brand is probably the most popular barebow rest on the market. This rest has been specifically designed with barebow archers in mind, and most of the top barebow archers in the world now use it. Fully adjustable and extremely reliable, it allows for micro-adjustments on all planes and, thanks to its technology, gives the ultimate clearance on release, with the arm dropping out of the arrow's path. This arrow rest is a worthy investment for the barebow archer. But like most things in archery it's always good to have a spare, so make sure to be equipped with spare parts, just in case.



CONCLUSION

Get a reliable, strong metal rest. Buy the best you can afford, as you don't want your rest to fail you in a high-pressure situation. And always carry spare parts! ☺

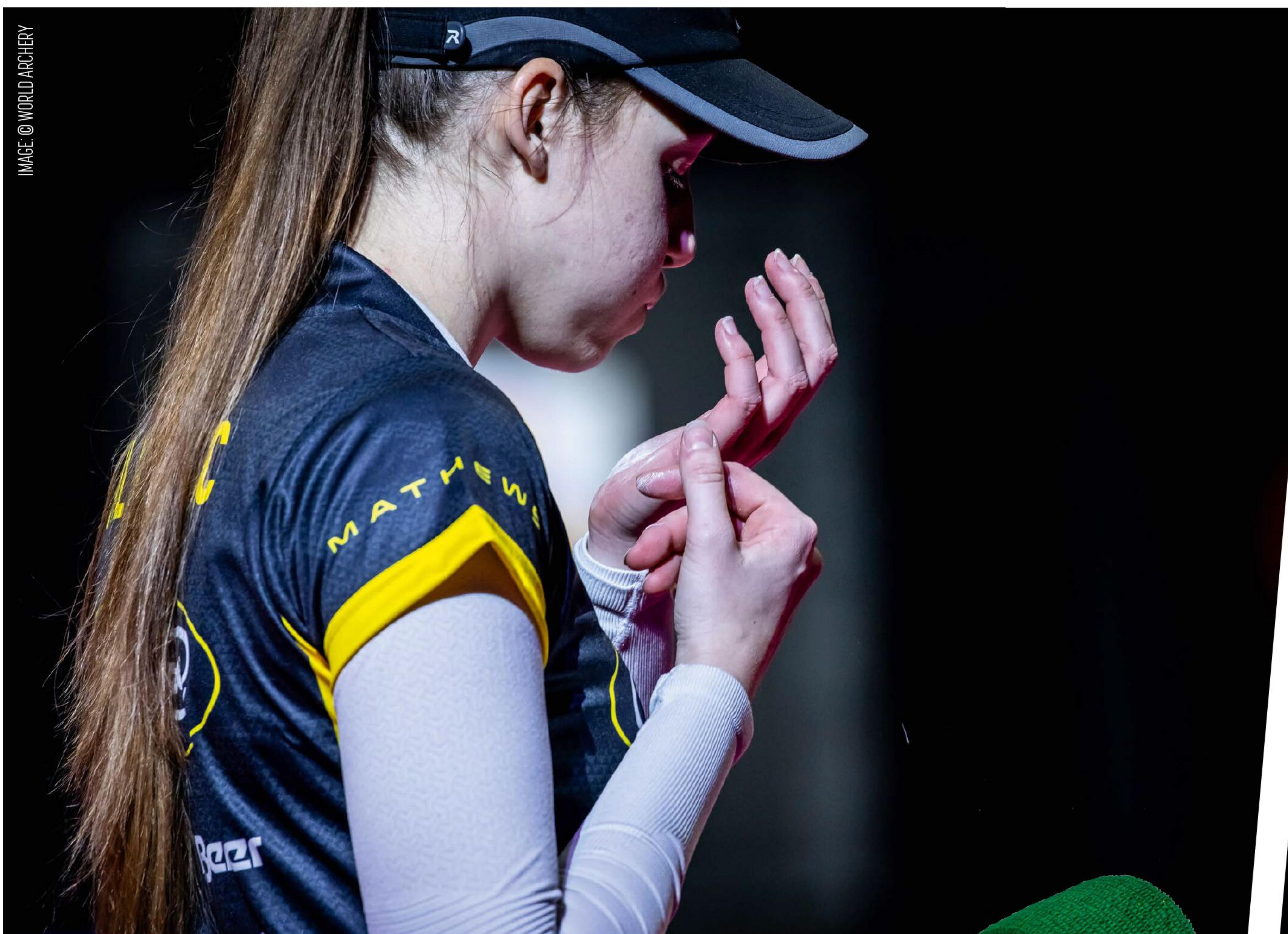


IMAGE: PHYSICAL-SPORTS.CO.UK



VET WRAP AND WHY ARCHERS USE IT

Felicity May looks at the benefits of using the veterinary wrap in archery

Recurve archery is a precision sport that requires consistency and control, and archers rely on their fingers to draw and release the bowstring accurately. While finger tabs are essential for protecting the fingers and ensuring a smooth release, some archers add an extra layer of vet wrap (a stretchy, self-adhering bandage) under their tabs for additional protection and comfort. Here are some of the key reasons why vet wrap is used.

EASY APPLICATION AND REMOVAL

Vet wrap is popular because it is lightweight, breathable, and easy to apply and remove. Unlike adhesive bandages, vet wrap doesn't stick to the skin, making it painless and easy to remove at the end of a shooting session. Its self-adhesive properties ensure it stays securely in place while in use, but it won't leave behind any sticky residue or irritate the skin. This convenience and versatility make vet wrap a practical addition to any archer's toolkit.

BETTER FINGER PROTECTION

One of the main reasons archers use vet wrap is to provide additional protection for their fingers from the pressure and friction of the bowstring. Although finger tabs are designed to absorb much of the string's impact, some archers still experience discomfort, calluses, even bruising, especially after prolonged shooting sessions.

This is particularly common in high poundage bow users. By wrapping their fingers



GB'S OLYMPIAN PENNY HEALEY USES VET TAPE OUTDOORS AND INDOORS IMAGE: © WORLD ARCHERY

with vet wrap, archers add a cushioned layer that helps distribute pressure more evenly, reducing the risk of finger pain or injury.

CUSTOMISED FIT AND COMFORT

Every archer has a unique hand shape and individual preferences in how they want their hand to fit; finger tabs are not always a perfect fit out of the box. Vet wrap allows archers to fine-tune the fit of their finger tabs, ensuring a snug and comfortable feel. The fact that it is reusable is an added benefit.

The wrap forms around the fingers and helps create a uniform thickness under the tab, preventing pinching or rubbing that could lead to blisters or hot spots. A well-fitted finger tab with vet wrap not only protects the fingers but also improves overall shooting comfort and concentration during long practice sessions or competitions.

IMPROVED GRIP AND STABILITY

Sweaty hands, high humidity or rain can cause finger tabs to slip, compromising the archer's

grip and control over the bowstring. Vet wrap is slightly tacky, which can help anchor the tab more securely in place.

This added grip enhances stability and consistency in finger placement, ensuring a cleaner release with less chance of string torque or inconsistency. By using vet wrap, archers can maintain better control over their shots, especially in changing weather conditions.

ABSORBING VIBRATION AND SHOCK

When shooting, releasing the string transfers significant energy through the archer's fingers and hand. This shock and vibration can be particularly noticeable with high-performance bows or after extended shooting periods.

Vet wrap helps absorb some of the vibrations from the string, reducing finger fatigue and making the shooting experience more pleasant. Less vibration also contributes to smoother, more controlled follow-through, which can positively impact accuracy over time.

INJURY PREVENTION DURING RECOVERY

For archers recovering from finger injuries or chronic conditions like tendonitis, vet wrap can be a lifesaver. Wrapping the fingers provides additional support and cushioning that helps prevent re-aggravating the injury.

It can also be used to reduce pressure on sensitive or tender areas without sacrificing shooting performance. This allows archers to continue practising while giving their fingers the extra care they need to heal.

CONCLUSION

While finger tabs are essential for protecting the archer's fingers from the bowstring, vet wrap offers additional benefits that can enhance comfort, grip, and injury prevention. By adding a layer of vet wrap under the tab, recurve archers can improve their overall shooting experience and focus on perfecting their technique. Whether you're a beginner or a seasoned competitor, incorporating vet wrap into your routine can help keep your fingers in top condition and ensure consistent shots. 🎯

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MINIMISING SCORE LOSS TO THE WIND

*Dr James Park presents a simplified
analysis of wind drift*

On the target range, wind drift is an important consideration. Even the best archers do not allow for drift perfectly, so it is an important area of score loss. Aside from optimising our techniques to deal with wind, how can we optimise our equipment?

FOREWORD

I have modelled wind drift in considerable detail (and have models that let me compare different equipment), but that is much too complex for a typical magazine article. Perhaps we can remove some of the complexity by making a few careful simplifying assumptions. That should point us in the right directions for our equipment. I need to include a little bit of mathematics, but hopefully it will not be too onerous (the mathematics for the full model with no simplifying assumptions is indeed quite onerous). If you are not keen on mathematics, just go straight to the conclusions at the end.

WIND DRIFT: CALCULATIONS & ASSUMPTIONS

The aerodynamic drag on an arrow depends primarily on the surface area of the shaft. That is, we are ignoring the point, fletches and nock, and assuming the shaft is not flexing. Hence, for a given shaft length, it is approximately proportional to the shaft diameter. The drag also depends on the arrow speed squared.

That is, assuming the only contributor to drag is the shaft surface area

$$Drag \sim 0.5 \cdot \rho \cdot C_d \cdot A_{shaft} \cdot V_{arrow}^2$$

Where:
 ρ is the air density
 C_d is the drag coefficient
 A is the area
 V is the velocity

The initial arrow velocity depends on the stored energy of the bow, the bow's virtual mass, and the arrow mass. Assume the arrow mass is a lot greater than the bow's virtual mass.

That is:

$$V_{arrow} \sim \left(\frac{2 \cdot E_{bow}}{M_{arrow}} \right)^{0.5}$$

Where:
 E is the stored energy
 M is the mass

That is:

$$Drag \sim 0.5 \cdot \rho_{air} \cdot C_d \cdot A_{shaft} \times \left(\frac{2 \cdot E_{bow}}{M_{arrow}} \right)$$

The lateral component of the drag causes the arrow to drift to the side in wind. Assume the wind velocity is a lot smaller than the arrow velocity.

$$F_{lateral} \sim \frac{V_{wind}}{V_{arrow}} \cdot Drag$$

Where:
 F is the force

The arrow's flight time, assuming a straight-line path to the target and a constant arrow speed during the flight is:

$$t \sim \frac{D_{target}}{V_{arrow}}$$

Where:
 D is the distance

The lateral acceleration is:

$$a = \frac{F_{lateral}}{M_{arrow}}$$



HERE IS A SCREENSHOT FROM ONE OF THE APPLICATIONS I USE TO STUDY THESE TYPES OF THINGS IN GREATER DETAIL.

Hence, the drift is:

$$\text{Drift} \sim 0.5 * a * t^2$$

$$\text{Drift} \sim 0.5 * \frac{F_{\text{lateral}}}{M_{\text{arrow}}} * \left(\frac{D_{\text{target}}}{V_{\text{arrow}}} \right)^2$$

$$\text{Drift} \sim 0.5 * \frac{V_{\text{wind}}}{V_{\text{arrow}} * M_{\text{arrow}}} * \text{Drag} * \left(\frac{D_{\text{target}}}{V_{\text{arrow}}} \right)^2$$

$$\text{Drift} \sim 0.5 * \frac{V_{\text{wind}}}{V_{\text{arrow}} * M_{\text{arrow}}} * 0.5 * \rho_{\text{air}} * C_d * A_{\text{shaft}} * V_{\text{arrow}}^2 * \left(\frac{D_{\text{target}}}{V_{\text{arrow}}} \right)^2$$

$$\text{Drift} \sim 0.25 * \frac{V_{\text{wind}}}{V_{\text{arrow}} * M_{\text{arrow}}} * \rho_{\text{air}} * C_d * A_{\text{shaft}} * D_{\text{target}}^2$$

Hence:

$$\text{Drift} \propto \frac{V_{\text{wind}} * \rho_{\text{air}} * C_d * A_{\text{shaft}} * D_{\text{target}}^2}{V_{\text{arrow}} * M_{\text{arrow}}}$$

$$\text{Drift} \propto \frac{V_{\text{wind}} * \rho_{\text{air}} * C_d * A_{\text{shaft}} * D_{\text{target}}^2}{M_{\text{arrow}}} * \left(\frac{M_{\text{arrow}}}{2 * E_{\text{bow}}} \right)^{0.5}$$

$$\text{Drift} \propto \frac{V_{\text{wind}} * \rho_{\text{air}} * C_d * A_{\text{shaft}} * D_{\text{target}}^2}{M_{\text{arrow}}^{0.5} * E_{\text{bow}}^{0.5}}$$

And finally:

$$\text{Drift} \propto \frac{V_{\text{wind}} * \rho_{\text{air}} * C_d * d_{\text{shaft}} * l_{\text{shaft}} * D_{\text{target}}^2}{M_{\text{arrow}}^{0.5} * E_{\text{bow}}^{0.5}}$$

That is, wind drift is approximately:

- directly proportional to the wind strength.
- directly proportional to the shaft's drag coefficient.
- directly proportional to the arrow's shaft diameter.
- directly proportional to the target distance squared, and hence much worse at long distances.
- inversely proportional to the square root of the mass of the arrow.
- inversely proportional to the square root of the stored energy of the bow.

CONCLUSIONS

Note that these assumptions lead to the need for a few small corrections:

- The path taken by the arrow is not a straight line to the target – a slower arrow has a longer path and hence more time to drift, slightly reducing the advantage of a heavier arrow.
- A heavier arrow extracts a little more energy from the bow than a lighter arrow, slightly increasing the advantage of a heavier arrow.
- The arrow loses speed during its flight – and remember that the drag is proportional to the velocity squared. That gives an additional advantage for a heavier arrow.
- There is more to the arrow than the shaft, slightly reducing the advantage of the smaller diameter. Nevertheless, a smaller diameter will still be better.
- A longer arrow shaft will also be heavier, minimising the impact of additional length.
- A stiffer arrow of the same type will have a larger diameter but also more mass, minimising the difference in drift.
- The diameter is not constant along the shaft for some arrow types – smaller diameters at the front and/or rear are an advantage.

While it is a complex topic, these conclusions from a simple analysis are nicely compatible with the full, detailed modelling, which is nice.

That is, overall, for the target range the most important choice to minimise wind drift is arrow shaft diameter – it needs to be minimised. (I have modelled many arrow types and spines, and from all of those the X10 will have the least wind drift). Using a heavy point certainly helps, but it is not sufficient to overcome a larger shaft diameter. ☹



THREE MOST USEFUL TIPS FROM THE WORLD'S BEST

By Kristina Dolgilevica

Humans are curious by nature. We want to know what our counterparts are doing, how they are doing it, and what works for them. But why is that? Most of us know that every archer is unique and individual, and many say that barebow archers in particular are the most unique individuals of them all, technically and otherwise. The purpose of this piece is not to provide the “secrets of success”, or examples for imitation. On the contrary, this piece is about a collective of competitively successful barebow archers and their professional reflections and insights, the purpose of which is to make your archery life easier so you can

focus on what truly matters most – your individual journey and enjoyment of the sport. In sports, as is true of any other learning environment, we share one environment and similar experiences and have one thing in common, that is doing what we love – archery.

Depending on where we are in our individual journey, we can benefit from a few important words from someone we respect, consider a mentor, a role model, or a contender against whom we wish to shoot in the future. Some of us need to be reminded of the most important things, some may require practical advice to optimise their preparation or strategy, and some may find it beneficial hearing from those they look up to.

For this piece I have spoken to a broad

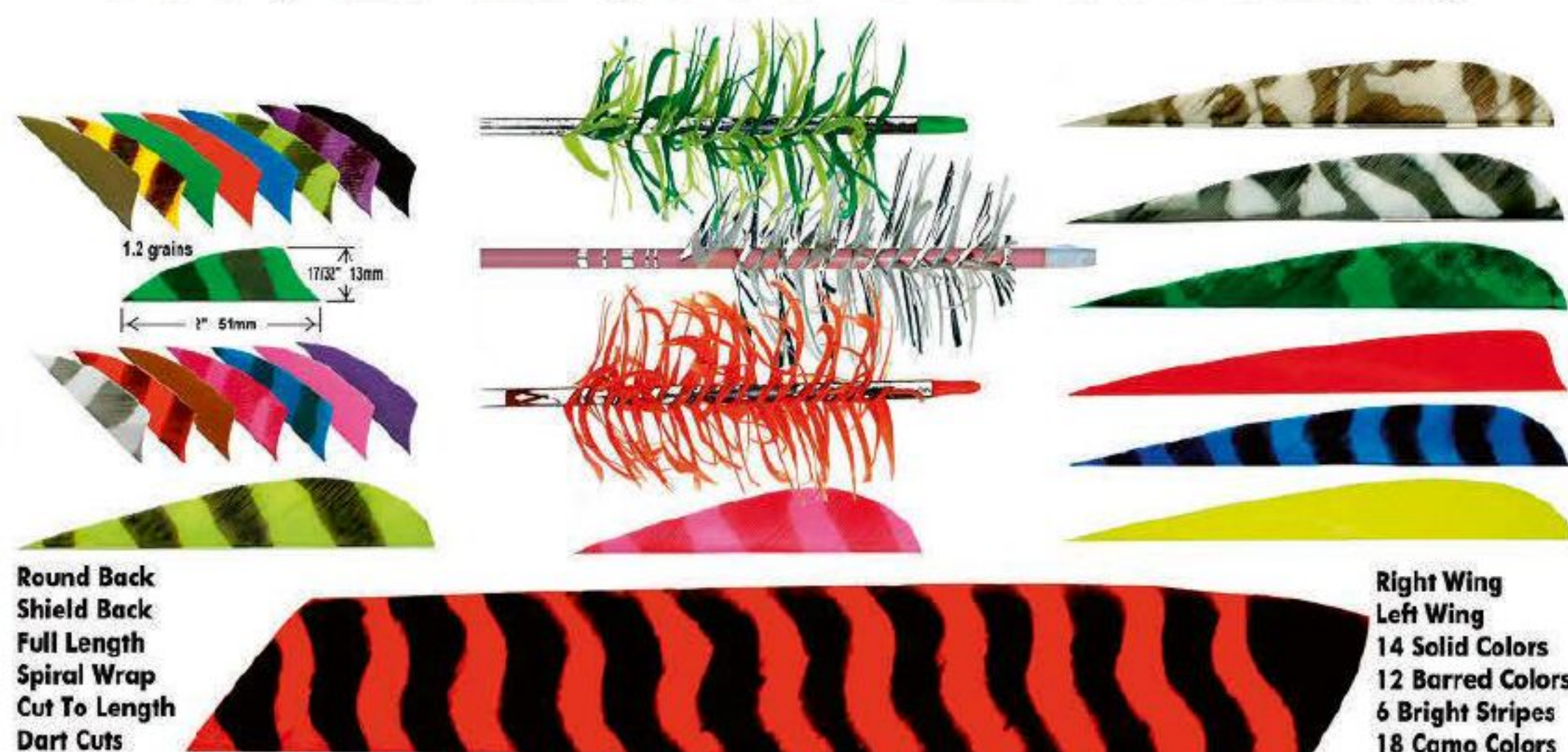
selection of barebow archers from around the world asking them to share their most useful tips on technique, equipment and mental training. You will notice that technical and equipment advice will differ more, showing the individual approach and needs of each athlete; but the vast majority of mental tips will speak of one and the same essential – mindfulness and self-regulation in the moment. I hope you enjoy this piece and find a nugget of wisdom that will resonate with you.

“By three methods we may learn wisdom: first, by reflection, which is the noblest; second, by imitation, which is the easiest; third, by experience, which is the bitterest”, Confucius.

A Special Thanks to All who took time to contribute to this collective piece!

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**JOHN DEMMER III, 45 (USA),
USA'S WINNINGEST INDOOR AND OUTDOOR,
WORLD MEDALLIST**

IMAGE: BOW INTERNATIONAL ARCHIVE

TECHNIQUE

It is most important to achieve proper alignment. Getting into proper alignment allows me to get the most consistent results downrange. When your bow arm, shoulders and release forearm are in perfect alignment, i.e., your foundation, is already pointing downrange towards the bullseye, it makes it much easier for you to hit the middle. To help find that strong and stable alignment, you can film yourself from an overhead angle, or you can draw your bow in front of a mirror.

EQUIPMENT

Double check your gear before a shoot or practice. Make a gear checklist and take the time to go over the gear every time; it's all too easy to be in a hurry to get things rolling. My checklist is as follows. First, I make sure all my bolts, weights, plunger, and limbs are all locked in and stable. Then, I check the measurements of my brace height, tiller, and nock point to make sure that they are where they're supposed to be. Then I'll take a quick look at the alignment to make sure nothing has wandered. A quick two-minute equipment maintenance check can prevent a bad day from happening.

MENTAL

No shot is more important than your current shot, so always stay in the moment of every shot. Whenever I don't stay in the moment, my shooting goes downhill quite fast. That means no distractions are allowed. Everything must go step by step. Never let your mind fast-forward anything in your process. Every step has its moment. Make sure you take your time and give every moment it's due time before you move onto the next moment.



**WILLIAM "ALEX" MELNIK,
36 (CANADA)
SILVER MEDAL
BAREBOW MEN,
TERNI 2022 WORLD
ARCHERY 3D CHAMPS**



IMAGE: © WORLD ARCHERY

TECHNIQUE

I find the reaction of the bow after the shot can dictate if the forces of the bow arm and release were in line. If the bow jumps straight to target, then everything was correct. If it jumps to the left or right then most likely the alignment was not correct.

EQUIPMENT

When adding weight to your riser, try to put it as close to the limb pockets as possible, instead of in the stabilizer hole provided for an Olympic style stabilizer. This provides a greater moment of inertia and can help stop some bow torque.

MENTAL

The only way to get better at shooting arrows under pressure is to do it more often. Seek high stress situations in which to test your shooting and make them the norm.



**CINZIA NOZIGLIA,
40 (ITALY)
GOAT. HISTORIC TRIPLE
GOLD IN WORLD FIELD,
3D CHAMPS AND
WORLD GAMES.**



IMAGE: © WORLD ARCHERY

TECHNIQUE

I think that the most important thing is to know your sequence of shooting absolutely. You must be sure of what you have to do - every single check and every sensation must be clear. In training work to improve the confidence in your shooting sequence.

EQUIPMENT

Have equipment to suit the level of the archer. A top-end bow in the hands of a new archer is totally useless; here an entry level bow, with standard configuration is more appropriate. However, the top archer will need their top-end bow customised to their individual needs. Equipment must develop along with the archer.

MENTAL

I think that it is a very personal aspect, and everyone will have to find their own way of thinking, their own mindset during competition. Focus on technique, not on scores, and believe in yourself.



IMAGE: © WORLD ARCHERY

**KRISTINA MARIA PRUCCOLI, 45 (SAN MARINO)
2024 EUROPEAN INDOOR CHAMPION;
HIGHLY SKILLED AT INDOOR GAME**

TECHNIQUE

Be disciplined and intentional about your training. Be selective about what your focus is for different parts of your training and hone that. I often hear people saying I shoot a certain number of arrows a week. Yes, training will make you a better shooter but how you train in those shooting sessions matters. If you have something you want to refine or develop, it is important to dedicate time in the training session just to that skill or goal. My sessions are often long, and I break them up into the specific concepts that I am working on. Examples are: aim point, float, release, forward pressure, anchor, confidence, process pattern, heart rate, etc.

EQUIPMENT

My grip and tab are the foundation of my equipment. After the bow has been tuned, riser, limbs, plunger and rest, it comes down to my grip and tab; I use Jager Archery Products for both. The Champion grip has excellent texture that keeps consistent contact with my hand no matter the weather conditions. The tab I am using isn't on the market yet, but it will be soon. I like that I can sense my finger pressure much more accurately than with a leather tab.

MENTAL

Take the time to physically write with pen and paper what you are working towards, what you will accomplish. What will happen each time you step to the line. How well will you negotiate stress. What you will achieve. I spend about 3-5 minutes every session before I train writing in my journal. Often it sounds like, "I enjoy and I am comfortable shooting well", "I am confident in my shot process", "Each shot will be taken with control and ease", "I know what I am doing and how to do it"... and so on. I am reiterating the ability to shoot well and imprinting the goal that I want to achieve.



**DAVID JACKSON,
32 (FRANCE)
EUROPE'S BEST WORLD
FIELD AND 3D ARCHER;
WORLD CHAMPION
AND MEDALLIST**



IMAGE: © WORLD ARCHERY

TECHNIQUE

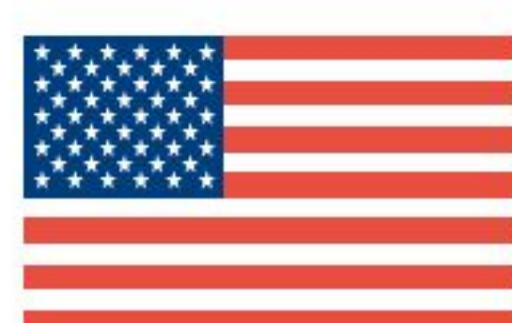
Whatever you do, consistency is key. Foundations come first with a solid posture. Then come the bone alignments at full draw, a solid anchor point, consistent string hook and grip position, and finally comes how you put everything in motion, with as much simplicity and relaxation as possible, using tension only where it is required.

EQUIPMENT

Don't overthink bow tuning or any high-end bow that you love. Make sure that you are confident in what you have and that it will not hold you back. Tiller, brace height, knocking point height, all of these are personal, depending on the equipment itself and on how you shoot; any tiller, positive or negative, works within reasonable margins. If it groups good, feels good in your hands, and sounds good, you've got a tune. Do not just copy other people's tunes and find what works for you.

MENTAL

It is important to expose yourself to situations where you feel anxious and to work through them. Setting realistic goals and expectations is also very important. Through exposure and repetition, you will slowly but surely expand your comfort zone, lowering your level of anxiety and stress in the process.



**MEDINA OTAJAGIC,
15 (USA)
BAREBOW WOMEN'S
CHAMPION 2025
AT LANCASTER CLASSIC**



IMAGE: SUPPLIED BY MEDINA

TECHNIQUE

Establishing a consistent breathing pattern. A steady breathing routine before every shot helps me stay focused and keeps my mind calm.

EQUIPMENT

Use the right finger tab. A well-fitted finger tab allows me to feel my anchor point more effectively while also protecting my fingers.

MENTAL

Focus on the next shot. Avoid dwelling on past shots—once the arrow leaves the bow, the only thing that matters is preparing for the next one.



WILCO VAN CLEEF-BOLTON, 44 (GB)
NATIONAL GB TOUR CHAMPION 2022

TECHNIQUE

The shot should always be dynamic, not static. When you reach full draw, you don't stop—you keep pushing and pulling, continuously building tension. This is where tension and direction become crucial: the right amount of tension in the right direction. Push your bow arm toward the target, driving the arrow toward your point of aim, while simultaneously increasing back tension on your draw side. These two forces work together to create balance. The exact balance is personal—you might prefer more push, more pull, or a 50/50 split. Focus on finding that feeling of balance before executing your shot, and you'll see your groups tighten and your draw length become more consistent.

EQUIPMENT

Balance between bow weight and draw weight is key. If you have a heavy draw weight but little weight on your riser, the bow will feel twitchy at full draw. On the other hand, if your bow is too heavy compared to your draw weight, you'll struggle to hold the bow up. The ideal balance is when the tension of the string naturally holds the bow in place at full draw, allowing for a steady hold and aim. From there, you can adjust slightly lighter or heavier depending on what aiming pattern works best for you.

MENTAL

Rehearse your shot. If you've just shot a bad arrow, aren't grouping as well as you'd like, or simply want to reinforce your process, mentally rehearse your shot before taking it. Visualise each step—from nocking the arrow to follow-through—and imagine the arrow landing exactly where you want it. Feel the sensation of executing a perfect shot. A good shot is more likely to follow another good shot, and since the brain doesn't distinguish between imagination and reality, this mental rehearsal strengthens your shot process. I call this my reset.



BAICAN CIPRIAN, 20 (ROMANIA)
2025 EUROPEAN INDOOR CHAMPION, WORLD MEDALLIST



TECHNIQUE

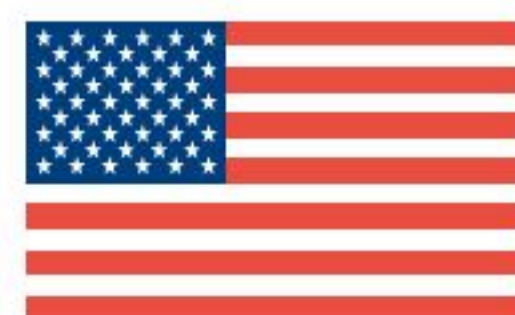
Technique varies from one athlete to another depending on their physique. What is important is to set good anchor points on the face that ensure stability and comfort during arrow release. In my case, I place my index finger at the corner of my mouth, while the rest of my hand aligns with my jawbone.

EQUIPMENT

At the moment, I shoot with a Hoyt GMX 3 bow that grants me excellent performance, however, this factor is very much dependent on each athlete and their preferences. The key is to find a combination that works for you, which mainly includes high quality equipment to avoid unpleasant situations.

MENTAL

I occasionally work with a sport psychologist who helps me channel my energy, control my heart rate and breathing before and during competitions. Listening to relaxing music is also a significant part of my mental routine.



FAWN GIRARD, 46 (USA)
2024 WORLD FIELD CHAMPION, WORLD MEDALLIST



TECHNIQUE

The most useful technique is based on form and process. An archer needs to develop their own process and be able to repeat this consistently. Without repeatable form and process it is hard to correct mistakes in the shot.

EQUIPMENT

Most useful equipment is your own body and health. If you're not the best you, you cannot expect to perform at your best.

MENTAL

Most useful mental game tip - stay in your game and do the best for yourself that day. Do not compare yourself to others until it is all over.

IMAGE: SUPPLIED BY RENE BEKKER



RENE BEKKER, 43 (GB)
2023 IFAA UKIFAC CHAMPION, FIRST BRIT TO MAKE
THE LANCASTER CLASSIC PODIUM SHOOT-OUT

TECHNIQUE

Pushing and pulling through the shot. When at aim, imagine pulling through the last millimetre of the clicker, just before you loose the arrow. This increases stability, gives a steadier aim, and cleans up your release. In turn you can expect to reduce the number of wayward shots, and deliver more reliable, competition-winning scores.

EQUIPMENT

Invest time in building a great set of arrows. If you don't build your own arrows, you should seriously consider doing so, as nearly all top archers make up their own. You're looking to optimise consistency across your set. Once you've determined your spine and arrow length, carefully consider: 1) precisely cutting and squaring the ends of the shafts, 2) measuring spine on all soft sides and hard sides, marking the soft side, 3) determine which group of shafts are most similar to each other, these will form your best matched arrows which you can prioritise using, 4) also use the soft side marking to build all your arrows in the same orientation, 5) match your heaviest points to your lightest shafts to give a more consistent average – you can try to use a bit more glue to bring the weight up if needed. Look after your arrows, and they will look after you. Every point counts!

MENTAL

Visualisation (rehearsal). Research has shown the significant power and tangible benefits of visualisation, forming part of Olympic athlete's armouries. It works like a mental muscle memory. Visualise walking into the venue, the range, standing on the line, nocking your arrow, setting your crawl and grip, drawing up, aiming, executing the perfect shot, the arrow landing in the ten, and your celebration. I tend to do this about a week before, the day before, the morning of, and just before shooting.



RAYMOND HUANG,
39 (CANADA)
2024 LANCASTER
CLASSIC BAREBOW
CHAMPION



IMAGE: SUPPLIED BY RAYMOND HUANG

TECHNIQUE

Pay close attention to your bow hand. The placement of your hand on the grip should be consistent, and both your bow hand and wrist must remain entirely relaxed. Even the slightest pressure can alter the trajectory of your shot as you release the bow.

EQUIPMENT

Opt for a finger sling rather than a wrist sling. By following Tip #1, a finger sling becomes essential. A wrist sling can subconsciously prevent your wrist from staying relaxed. As the bow moves forward upon release, your body may instinctively engage the wrist to catch the bow, thereby hindering your form and relaxation.

MENTAL

BREATHE. Take a deep breath in, then exhale slowly. The science behind controlled breathing is well-established, and its benefits are tried, tested, and proven. Beyond calming your nerves and regulating your heart rate, deep breathing sharpens your focus and saturates your body with oxygen—an essential component for peak performance. You need oxygen—**BREATHE!**

IMAGE: © WORLD ARCHERY



ALICIA BAUMERT,
24 (FRANCE)
3D WORLD TEAM
AND INDIVIDUAL
GOLD MEDALS, 2024



TECHNIQUE

Only focus on one or two things at a time. Last year I had to pay attention to the string picture and to my pressure point in the grip and at the moment I only focus on my grip.

EQUIPMENT

I have to admit that I would have trouble tuning my bow on my own, so find someone that can help you. I know how to manage if I ever have a problem during a competition, so it's not that bad.

MENTAL

It's just archery, so just shoot!

FINAL NOTE

Why Barebow? Final Note. Reflections



IMAGE: © WORLD ARCHERY

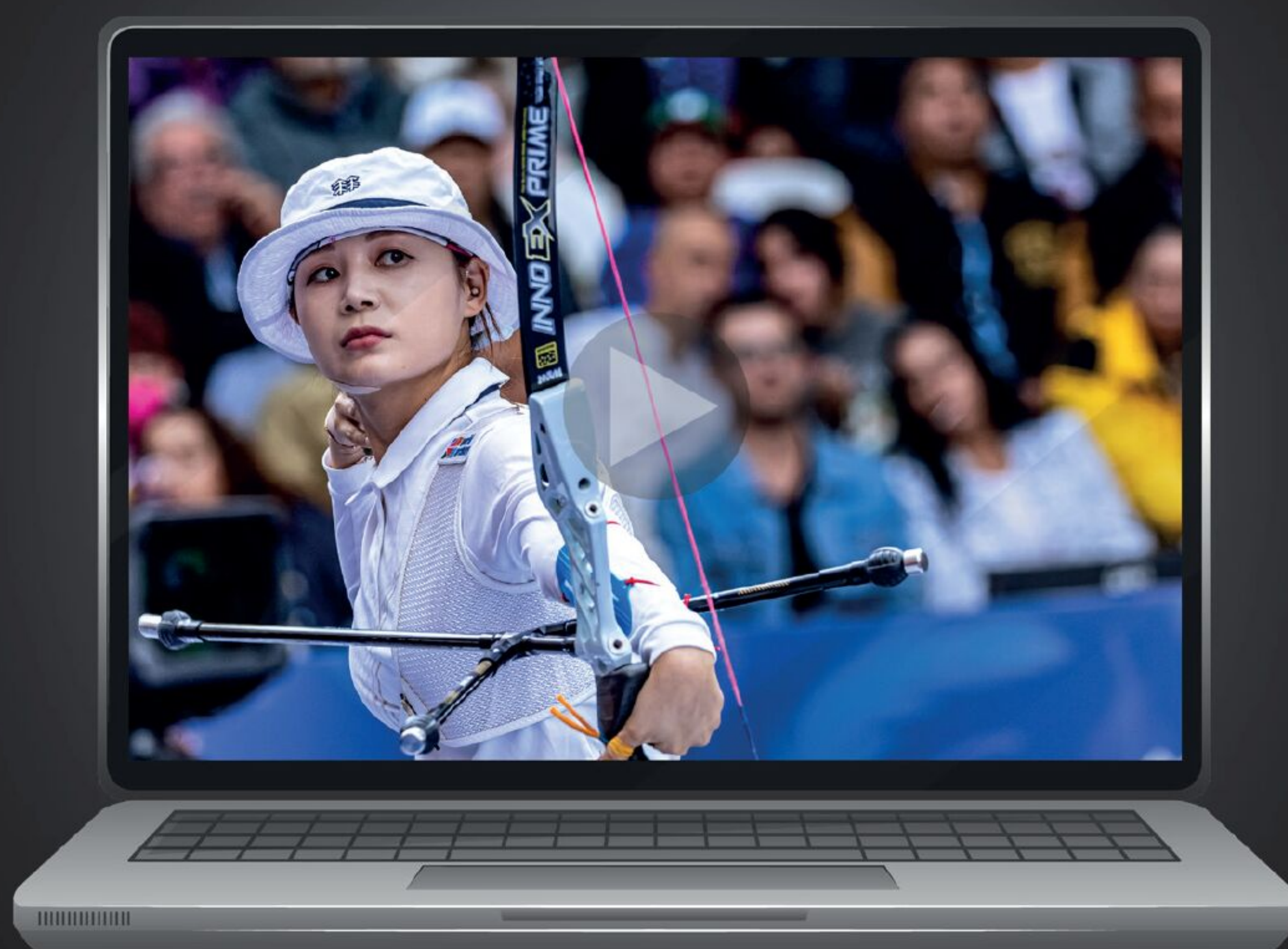
Why shoot barebow? I have been shooting barebow for over 10 years now and often get asked why I made that choice.

As a coach and an archer I like all bows and each offers something to the shooter. I do not like to single out any particular discipline of archery, and therefore comparison in terms of superiority is not valid. An archer chooses the bow based on the feel – it just feels right. I see any implement in the hands of someone skilled in a particular discipline to a musical instrument; you are essentially playing the same instrument as your colleague, be it guitar, violin, or whatever;

but each one will have its distinctive feel and idiosyncrasies. Some go for a Gretsch, some for the Ibanez, some go for Hoyt, some for Wiawis, others go for Gillo, and some for Mybo. It is not the instrument that makes an archer a good archer – it's the archer who makes it work for themselves, who builds a rapport. What barebow gives that recurve or compound perhaps do not, is that sense of “unfinished business” – it pushes the archer to strive for perfection in another way, whilst reminding you, in case you had forgotten, that perfection is unattainable – or at least, unsustainable! The barebow archer has more freedom

to explore. It is not just about achieving target accuracy, it is about the challenge of finding ways to do it. Though it gives a stronger sense of agency in one's performance, we also know there are many barebow archers who end up with performance issues, like the so-called “target panic”. There is a reason for this, but it is hidden within the mind of the archer. We will delve into the sports psychology in much greater detail in upcoming issues, and I hope that some of you will find that type of content beneficial, or at least of interest. But for now – run wild, the great barebow archer! 🎯

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