



## How to Use a Bow Stringer

One of the first things you need to know when stringing a Recurve bow is that the large loop of the string goes on the top limb, while the small loop goes on the bottom limb. This order is important because the small loop will generally stay in position on the lower limb while stringing and unstringing the bow. And, the upper loop, or large loop, will be traveling up and down the limb when stringing and unstringing the bow. Since the limb tip is smaller than the width of the limb below the tip, the loop needs to be a bit larger.

The position of the bowstring is very important. The string's bottom loop must fit securely in the groove in the bottom limb. Before releasing pressure on the limbs, make sure that both string loops are still in the grooves on the limbs. Stringing the bow can be dangerous if not done properly.

The cord stringer method is the safest and most commonly used method.

The cord stringer comes as a long cord with leather pouches at both ends of the string. These pouches fit over each end of the limb.

To use the cord stringer, first hold the bow with the front face of the bow facing downward.

Grip the center of the riser with the hand that has the most control and strength.

With the bow facing down, put the larger pouch over the tip of the lower or bottom limb.

Then put the smallest pouch over the tip of the upper limb.

Make sure that both pouches are fitted securely over the tips.

The stringer cord should now be hanging below the bow.

Step on the stringer cord using the same side as the hand used to hold the bow.

Make sure the cord is in the middle or "ball" of your foot.

Pull upon the riser just enough to make the string taut, making sure that the lower end of the string is still securely sitting in the grooves on the lower limb.

While still pulling up slowly on the riser, guide the string into the notches of the upper limb.

Watch that your fingers stay to the sides of the limb, making sure not to place them between the bow string and the face of the bow.

To unstring a recurve bow, just reverse any of these processes.

When stringing the bow, there are a few important things to remember. First, always make sure that the string is seated properly in the grooves of the upper and lower limb before releasing pressure. Also, always remember that the archers' safety is the most important.