



# Take Your Bow

Newsletter of Cromer Archers

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## John's golds

No, the camera cannot lie. On June 13<sup>th</sup>, at 50 m John P achieved the golds with his recurve bow, as you see in the picture.



## Dates when there will be no shooting – reminder

11 July because of Duke of Edinburgh Award campers

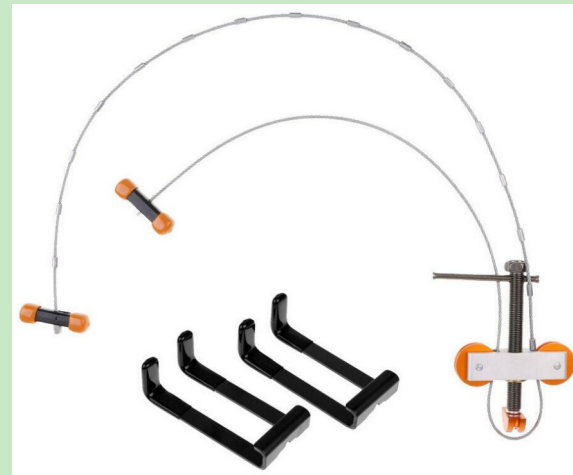
All of August due to caravanners

12 September because of Duke of Edinburgh Award campers

## Review: Using a Junxing compound bow press

The strings on compound bows are under constant tension. They are never removed except to replace them. To do that the limbs must be compressed, which takes a lot of force. Because of that there is a chance of injury if things go wrong - **see end**.

Shops use a bench press but they are expensive at £450 upwards. For occasional use you can buy a cable-based portable press like this:



I bought one on eBay direct from China for £30 including postage. I expected to have to wait a long time for it, but, having ordered it on

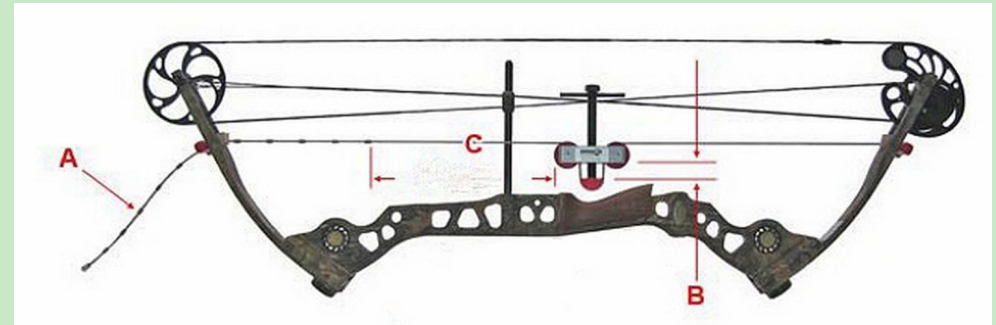
the 14<sup>th</sup> April, it arrived on the 30<sup>th</sup>. On the left is the press itself and on the right the adaptors for split limb compounds.



First impressions were very good. The parts are very solidly made and the instructions are written in surprisingly good English.

You also need two small squares of thick leather or plastic about 30 mm square to protect the limbs, which are not supplied. You could cut them from a thick leather belt that has shrunk (!) since you last wore it. The two black prongy things are for when each limb is split into two all the way back to the riser rather than having a V cutout.

This picture shows dimensions that will be mentioned later.



Here is the bow press in position on a very old Browning compound that I decided was too ancient to risk shooting. There are too many bits that might have gone wrong. I decided to let it down and dismantle it ready to dispose of it. If I want to shoot compound again I'll buy a new bow, probably a Mathews.



Slip the cross-pieces through the V cutouts in the limbs.

### To replace the bow string

Turn the screw so that dimension B is 25 mm.

### To dismantle the bow completely

If dismantling the bow, much more let off is needed. Ideally turn the screw clockwise so that dimension B is 12 – 25 mm from its maximum value.

Then pull the cable as tight as you can with dimension A is as big as possible.

Lock the metal lumps into the cross-pieces as shown here:



Move the pulley part so that dimension C is at least 100 mm.

Protect the limbs with the squares of leather or plastic.



Now turn the screw so the tension is removed from the bowstring. Remove and replace the string if that is what you are doing, then reverse the above.

If dismantling the bow, remove the string and then turn the screw until all of the tension is out of the limbs. You might need to fiddle with dimension B if it is too small to remove the string.

### How did it go?

As you see from the above photo I had to use the extreme ends of the cable as the bow is old and large. I could not turn the screw even up to half way. I wondered whether I would be able to let the bow off enough. I greased the thread, but it still creaked a bit as I tightened it to pull on the limbs. The bow string slackened enough for me to remove it. I then turned the screw so as to slacken the bow. Fortunately I got it far enough that the other cables were fairly slack before I got to the bottom of the thread. I then used an allen key to unscrew the bolts holding the limbs on. I did this at arms length just in case but all was well and I disposed of the pieces.

### Split limbs

If using the prongs for limbs with no V cutout, fit the cable into the prong pieces as though into the limb Vs then hook the other ends of the prongs on to the extreme ends of the limbs. Take great care to fit them in place securely. To be honest when I put them in place to see how it worked I thought it rather easy for them to slip off.

### End - warning

There is a lot of energy permanently stored in compound bow limbs. If this is released suddenly by mistake it will cause bits to lash or fly around. Limbs might shatter. At the very least wear thick eye protection and coverings for your arms to stop them being injured. Don't get your face close to the bow until all of the tension has been released.

## Words

Archery has passed almost as many words and phrases into normal English as boats and the sea. Parthian shot (Parting shot) for example. Keith and I are especially fond of words, especially those long composite German ones. I like to make them up, but the other day I read a document about real foreign words that need a whole sentence in English. I came across **Backpfeifengesicht**, the nearest in English being, 'A face badly in need of a fist.' It brought a face to mind. My real favourite though is **drachenfutter**. This is the chocolates or flowers that a man buys for his partner when on the way after being out with the lads rather longer than he said. Your phone app will translate it for you.

## Graham from Clickers

Clickers is the only archery shop for miles around. I thought it might be interesting for Graham, who owns it, to let us know about new things or events that might interest us that we don't yet know about. No money or favours are involved, just mutual interest. There is nothing this month but he has said that he will do it when something suitable turns up, so watch this space.

## Website

Type [cromerarchers.org.uk](http://cromerarchers.org.uk) into your browser or click the link. You will see the club's website. Remember its **your** website so tell me what **you** want to see on it.