

Fine Tuning Your Arrow Rest

Once you have set your rest to centershot (string aligned dead center with the center of the arrow for release shooters; string aligned slightly to the right of the arrow for finger shooters), try the *walk-back* method of fine-tuning. Put a small target face at the top of a target butt. Set your sight for 15 yards. Do not change your sight setting for any of the following shots. Stand about five yards from the butt and shoot 2 or 3 arrows at the bullseye of your target face. Move back five yards, and without resetting your sight, shoot 2-3 more arrows at the same target bullseye. Keep moving back in five-yard increments, shooting arrows at each distance without resetting your sight. Stop when your arrows are hitting near the bottom of the target butt.

Your arrow rest is tuned perfectly for center shot if your arrows march down the target butt in a straight line.

For **finger shooters**. If the arrows form a straight line but angle to either side, there is a pressure problem with the arrow rest (if you use a plunger, the spring is too weak if the arrows trail off to the right, for a right-handed archer). If the arrow line curves out to the right and comes back toward the center, the rest is too far to the right. If the arrow line curves out to the left and comes back toward the center, the rest is too far to the left. Make small adjustments to the rest and reshoot until your arrows form a straight line down the target.

For **release shooters**. If the arrows form a vertical line walking out to the left (for a right-handed shooter) move your rest to the right very slightly and retest (and vice versa) until the line of arrows is directly below the bullseye set at the top of the target butt.