Testing For Proper Bow Grip

Here are a couple of ways to test your bow grip to see if you are twisting your bow (bow torque) during the shot. Bow torque will cause left or right shots.

First, test your grip by shooting at close range (approximately 5 yards) with your normal grip position. Now, rather than aiming at the target with your bow sight, (but making certain you will hit the target) simply watch the front stabilizer and observe the direction that the stabilizer moves as the bow leaves the bow hand during the shot. Shoot enough arrows to be sure how the bow reacts and if it reacts consistently.

If the stabilizer kicks to the right (for a right hand archer - opposite for left hand archers), this usually means that there is too much grip pressure on the left side of the grip, i.e. the grip is too high on that side. If the stabilizer kicks to the left (again for right hand archers), it most likely means there is unequal pressure (greater height) on the right side of the grip. Keep in mind that the bow hand must be well relaxed so not to influence the test. When the stabilizer leaves the hand directly toward the target (disregarding up or down motions in the stabilizer), the grip is most likely correct for your shooting style.

Another way of identifying a properly contoured grip is to pour water, or even a little cooking oil on the grip while fully relaxing the bow hand. If the grip allows you to keep your bow hand position without the hand wanting to slip out of the grip, but only slipping vertically toward the grip throat (pivot point), that is a good sign that the grip is "neutral", i.e. the pressure is equalized on each side of the grip. Take care not to allow the bow to slip out of your hand as severe injury may occur.