Important Safety Rules for Parents
Supervising Family Archery

WARNING

DANGEROUS PROJECTILE:

- A mishandled arrow or bowstring may result in serious injury or even death.
- Parental Supervision Required.
- Bows and arrows are not toys.
- Failure to follow Instructions and Safety Warnings could result in serious or fatal injuries to the user or people in locations near user.

The user’s parent and/or user MUST read, understand and follow these Instructions and Safety Warnings:

- Always remember that an arrow shot from a bow is a deadly weapon!
- Never shoot toward a human being or pet or permit someone to hold a target for you!
- Never run with a bow or while carrying arrows; the point or nock of an arrow can cause serious injury.
- Be sure no one is standing in front of or to the sides of the archer while the bow is being drawn or shot! Be sure everyone is standing behind the archer.
- Shoot only at a suitable target material and backstop. Try first shots at closer distances of 5-10 paces to avoid errant shots or until the archer feels comfortable shooting the bow accurately.
- Never shoot an arrow up in the air, it can travel several hundred yards and land anywhere!
- Always use extreme care when pulling arrows from a target; arrows can come out suddenly, jerking backward forcefully poking into someone’s body, face or eyes without warning.
- Always have an adequate backstop in the area behind the target. Make sure the area behind the target is clear and free of objects that may be hazardous or cause the arrows to bounce off or be deflected.
- If shooting in a group, do not allow anyone to retrieve arrows until ALL arrows have been shot!
- Inspect your arrows before each shot to detect any cracks or damage & never use arrows that are damaged or too short! This is a matched set, do NOT shoot these arrows from any other bow.
- Replace your bowstring when it becomes worn or frayed.
- Always string your bow properly and carefully using a bow stringer!
- Store in a safe place. Keep out of the reach of children!
- Safety precautions must be taken with adult use or supervision just as with an air rifle, darts or any other potentially dangerous projectile.
- The buyer and user of this product acknowledge that this is a potentially dangerous product that can inflict serious or fatal injury.
Warranty: Product is warranted to be free from defect in manufacturing or materials for up to 6 months from Date of Purchase under normal intended use; Dated Lancaster Archery Supply receipt required for Warranty Service. Warranty does not cover abuse, damage or breakage due to accident, abuse or neglect. Please call the Archery Techxperts at (800) 829-7408 or e-mail tech@lancasterarchery.com for answers and solutions.

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Attach Upper & Lower Limbs onto Bow Handle with Limb Attachment Screws (hand tighten only) as Shown Above. (Figure 1A) The name & bow information are on the inside of the lower limb.

For questions about your new Recurve Bow, arrows, shooting technique, equipment or any archery related question, please call the Archery Techxperts at (800) 829-7408 or e-mail tech@lancasterarchery.com for answers and solutions.

**The ARROW:**
The arrow nock always has the groove positioned so that the index vane or feather (Figure 2) clears the bow and arrow rest in the best fashion.

**Nocking the Arrow:**
Place the arrow’s nock groove on the string. Make sure the arrow nock groove is completely seated on the string. The arrow should be nocked at 90 degrees (right angle) or just slightly above (1/8- ¼”) at the nock end to the string.(Figure 3)
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USING A RECURVE BOW STRINGER
It is strongly recommended that you use a bow stringer to string your recurve bow. Stringing a bow without the bow stringer is dangerous and can result in personal injury or even death and damage to your bow.

1. Slide the larger loop of the bow string over the top limb and slide to midway down the limb. (Diagram A1)

2. Attach the smaller loop of the string to the bottom limb tip into the string notches in the limb tip. (Diagram A2)

3. Slide the smaller tip cup of your bow stringer over the bow’s top limb tip until fully inserted but allowing room in the string notches for the bow string loop to slide into them. (Diagram B)

4. Slide the larger tip cup of your bow stringer over the bow’s bottom limb tip being careful to insure that the limb tip is fully inserted into the tip cup and the string loop is securely in the limb tip’s string notches. (Diagram C)

5. With the bow and limb tips facing up, the bow string and bow stringer cord drooping toward the floor, grip the handle of the bow and step on the stringer with both feet. (Diagram D1)

6. With one or both hands, pull the handle up vertically, flexing the limbs until sufficiently bent, then support or brace with one hand against your hip to maintain that position. (Diagram D1)

7. Using the other hand, slowly slide the string loop up the limb into the notch on the top limb tip. (Diagram D2)

8. Check that the bow string is seated securely in the string notches on each limb tip and then SLOWLY release pressure on the bow stringer, then remove the bow stringer cups as you re-check to insure the bow string is correctly positioned. The bow is now assembled, strung and ready to shoot.

To Un-string your Bow: Follow steps 3-6, then slide the top string loop out of the limb notches and slide it down the limb until slack, then release pressure on the bow stringer. (Diagram D3)

Please note: It is recommended that you unstring the bow after each use, unless you are going to shoot it within a few days; if a bow is shot regularly, it may remain strung, hung by the string.
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**Arm Guard:**  
Put the arm guard on the arm with which you hold the bow, (Left arm for a right hand archer) It should cover the inside of the lower arm to protect it from being slapped by the string when string is released. (Figure 4) Be sure to shoot with a relaxed bow arm elbow with the elbow very slightly bent and definitely NOT extended to the maximum.

**HOLDING THE STRING AND ARROW:**  
Hook the three fingers on the string at the first joint. Place the thumb and little finger together in a modified Boy Scout Salute. (Figures 5 & 6) Relax the knuckles of the drawing hand and spread the middle finger down away from the arrow nock to prevent “pinching” the arrow off of the arrow rest.

(Do NOT put index finger up to prevent arrow from coming off of arrow rest, spread fingers on string to prevent pinching.)
ARCHERY SHOT SEQUENCE

SHOOTING STANCE, DRAWING, ANCHORING AND AIM/RELEASE:

1. Stand with your body in line with the target. (Right-hand archers will have their left shoulder toward the target. These instructions are written for right-hand archers. Left-handers simply reverse instructions) (Figure 7)

2. Stand with the target slightly to the front of a line running from your left shoulder. (Figure 7)

3. Hold the bow in your left hand. Extend left arm toward the target with your head turned in a natural “looking at the target position.”

4. Place the arrow on the left hand side of the bow with the odd colored feather (index vane) facing the left. (Figure 2)

5. Nock the arrow on the string. (Figure 3)

6. Pull the string using your first three fingers of your right hand, with the arrow between your first and second fingers. Keep your left arm (holding the bow) slightly bent. Keep bow straight up and down. (Figure 7)

7. Pull the string to your face, anchoring with the top of your hand along your cheekbone and the kisser button or index finger touching the corner of your mouth under your right eye. (Figures 8A & 8B)

8. Once anchored on your face, using your right eye, aim at (or underneath) target and release bow string by simply relaxing your fingers. Two to four seconds should be taken to aim before releasing arrow. (Figure 8A)
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THE TARGET:
The paper target face shipped with this set should only be mounted on a suitable target butt of at least 2 feet in diameter in a safe area close to the ground that will accept the arrow and hold it without causing the arrow to bounce back, glance off or become damaged. (Examples include; Straw bales, 2” foam board, commercial archery target matt or a large cardboard box stuffed with rags) Any target must be placed in front of a much larger backstop such as backstop netting, a dirt mound, plywood or carpet to prevent errant shots from becoming hazardous.