

SHOOTING THE STICK BOW

"Beginner Arrow Select Guide"

Anthony Camera, 3rd Edition

Assumption:

- 1) Recurve or long bow
- 2) Provides NOT the perfect arrow BUT a TUNABLE arrow
- 3) Arrow point weight is 100 gr (Point weight effects dynamic Spine & can be used to tune and arrow)

Procedure:

Use the cart below to select an acceptable Al arrow or acceptable arrow spine
 The chart lists Al arrow sizes, then meaured spine then spine nominclarure ie. Measured spine x 1000

CHART A

Aluminum Arrow Selection Chart

Arrow length(in)

Bow draw Wgt(lbs)	28	30	32
18-23	1516	1616	1716
24-27	1616	1716	1816
28-33	1716	1816	1916
34-42	1816	1916	2016

CHART B

Carbon/Carbon-Aluminum Arrow Selection Chart

(Raw Spine measurement ATM)

Arrow length(in)

Bow draw Wgt(lbs)	28	30	32
18-23	1.403	1.079	0.88

24-27	1.079	0.88	0.756		
28-33	0.88	0.756	0.623		
34-42	0.756	0.623	0.531		
CHART C					
<u>Carbon/Carbon-Aluminum Arrow Selection Chart</u>					
<u>Spine Nomenclature Conversion i.e. Raw spine * 1000</u>					
	<u>Arrow length(in)</u>				
Bow draw Wgt(lbs)	28	30	32		
18-23	1403	1079	880		
24-27	1079	880	756		
28-33	880	756	623		
34-42	756	623	531		
<u>Example:</u>					
Bow draw weight	30lbs				
Desired Arrow Length	30 inches				
<u>Aluminum Arrow selection</u>					
1) Go to chart A					
2) Select 30 lb Draw weight					
3) Select 30" arrow length					
4) The Al Arrow size-- 1816					
<u>Carbon/Carbon-AL Arrow Selection</u>					
1) Go to Chart B					
2) Select 30 lb Draw weight					
3) Select 30" arrow length					
4) The arrow size -- 756					

<i>Note: Most manufactures will not have an exact match of 756 so round up or down as ne</i>					
Ideal=756	Acceptable = 700/750,800				

