



# Recurve



The Recurve bow, sometimes referred to as 'Olympic' or 'Reflex', is probably the most commonly practiced bow style in modern archery. It is widely used in competition thanks to its wide range of options, easy availability and challenging yet fun nature. Recurve is also an extremely precise style of bow, and in experienced hands, can achieve amazing feats of accuracy. (An apple on the head at 70 metres, anyone?)

A recurve bow is generally comprised of three main parts; the riser, the limbs and the shooting aids. The riser is the central part of the bow, which is generally made of either solid metal, or composite materials such as fibreglass or carbon. It is this part that the archer holds onto when shooting the bow and will generally have an ergonomically shaped grip attached to or moulded into its shape. There will also be many points of attachment for various shooting aids, such as sights, arrow rests, dampeners and rods and weights for changing the bow's balance. Also, at the top and bottom of the riser are machined pockets for the limbs to fit into the bow. Limbs come in matched pairs of a top and bottom limb, which are each slightly differing in their composition to suit their position on the bow. They are made from a huge range of different materials, from basic wooden constructions to multiple layers of space age materials such as carbon and syntactic foam. Limbs are of a curved appearance and when attached to a bow and joined with a string, give it the familiar curves that people recognise as the shape of a bow. This is also where the name 'recurve' comes from. As for shooting aids, these come in huge varieties all serve different purposes;

- Bow sights to assist in aiming at the target.
- Arrow rests which give the arrow a solid, consistent platform from which to launch.
- Pressure button which sits between the arrow and the bow, helping to maintain consistent position on the rest and give it an effective flight at the moment of launch.

Rods (long and short) & dampeners to change the weight, balance and feel of a bow.

It is entirely down to the archer which riser, limbs and shooting aids they choose to shoot with. You will very rarely find 2 archers with exactly the same equipment, especially at tournament level with archers having bows tuned exactly to their individual needs.