

Selecting The Right Compound Bow

SELECTING THE RIGHT COMPOUND BOW

Have you ever asked yourself the question, which bow should I get, or which bow best fits me? Well we have! Here at Pick a Spot Archery we want to help you narrow down that "decision on selecting the right compound bow. We know that that decision could very well be the difference between hitting the spot or a total miss (between dead or alive). Like every other product on the market today, compound bows come in a vast variety of brands, shapes, colors, sizes, and levels of difficulty. If you're an archer of heart, or a new beginner, Pick a Spot Archery wants to help you through the process and steps on selecting your next bow and making that "decision.

Type of Bow

1- In the world of compound bows, there are two main types. The first type is a two-cam (or dual cam). The two-cam system features two perfectly symmetrical round or elliptical cams on each end of the bow. The other type is referred to or known as a single-cam bow (or solo cam). This type of bow has a round wheel on the top (which is called the idler wheel) and a wheel on the bottom which is called the cam (or round wheel). The bow in the illustration is a single-cam bow, as you can see it has round wheel on top and a power cam on the bottom. Choosing between the two types of compound bows is what we consider the first step. Everyone has their own personal beliefs and input on which cam system is the "best". Here at Pick a Spot Archery we take pride in saying single-cam bows are "the best" and our preference of choice. If you haven't noticed we only sell single cam [compound bows](#). Why? These are our reasons of belief.

- More efficient
- Tend to be faster
- More accurate
- More forgiving
- Less maintenance
- Less noise
- Less recoil, vibration
- No synchronization problems

Price

2- Once you have narrowed your choice down to the type of bow, it would then be smart to ask yourself, how much money do I have or want to spend? A good compound bow generally ranges \$300-\$700. The price difference is usually broke down to the material make of the bow. Just like an engine and leather seats can be to a car. The price can also be broke down to the basic simplicity of the bow itself. For example a youth/women's bow tends to run a lot cheaper than say a bow made for power and speed.

Determining Draw length

3- The next step in choosing the right bow we will call, determining the draw Length. Unlike a traditional recurve bow that can be drawn back to virtually any length, a compound bow will draw back only at a specific distance before it stops. Compound bows are made to shoot at full-draw position. To be able to shoot at full draw, one will need to know what his/her draw length is. Determining your "draw Length" is very important for proper shooting. The length must fit your arm length and is definitely essential in purchasing a compound bow. There are two methods for one to find his/her draw length.

1. The first and probably the most accurate are to measure your wingspan. Hold your arms straight out and measure from finger tip to finger tip. Round off to the nearest inch.

$$\text{Wingspan} = 2 \times \text{Draw Length}$$

64" Wingspan = 24 1/2" Draw Length
 65" Wingspan = 25" Draw Length
 66" Wingspan = 25 1/2" Draw Length
 67" Wingspan = 26" Draw Length
 68" Wingspan = 26 1/2" Draw Length
 69" Wingspan = 27" Draw Length
 70" Wingspan = 27 1/2" Draw Length
 71" Wingspan = 28" Draw Length
 72" Wingspan = 28 1/2" Draw Length
 73" Wingspan = 29" Draw Length
 74" Wingspan = 29 1/2" Draw Length
 75" Wingspan = 30" Draw Length
 76" Wingspan = 30 1/2" Draw Length
 77" Wingspan = 31" Draw Length

2. The second way of determining is as follows. Make a fist with your bow hand and touch it against a wall straight out to the side of your body as if you were shooting a bow. While you stand straight, in a good shooting posture, have someone measure the distance from the wall to the corner of your mouth.

Determining your Draw Weight

4- In determining your draw weight it will mostly depend on your stature and strength. The best thing to do is to start out light when shooting. Choose a weight that is easy to draw so you can build your muscles after repeated shooting. The chart below will give you an idea of what weight would be typical. Also keep in mind that if you are using your bow for hunting there will be certain restrictions on what weight is required for hunting.

Here are some general guidelines for choosing an appropriate draw weight. Of course, each individual is different. You should apply your common sense here and interpret these numbers with due respect to your own age, general physical condition, and Body Mass Index (BMI). Very Small Child (55-70 lbs.) 10-15 lbs. Small Child (70-100 lbs.) 15-25 lbs. Larger Child (100-130 lbs.) 25-35 lbs. Small Frame Women (100-130 lbs.) 25-35 lbs. Medium Frame Women (130-160 lbs) 30-40 lbs. Athletic Older Child (Boys 130-150 lbs.) 40-50 lbs. Small Frame Men (120-150 lbs.) 45-55 lbs. Large Frame Women (160+ lbs.) 45-55 lbs. Medium Frame Men (150-180 lbs.) 55-65 lbs. Large Frame Men (180+ lbs.) 65-75 lbs.

Final Decision

One of the best things you can do is to visit an archery shop and shoot a few bows to see which one feels the best and is most to your liking. Once you have determined on a bow that fits you to your liking, you will then need to fit the bow up with accessories (arrow rest, pins/sights, peeps, etc.). At [Pick a Spot Archery](#) we take pride in our selection of compound bows, and hope that you make one of ours your final decision and always remember aim small, miss small!

About the Author

Chris is an outdoorsman of heart. He has spent the last five years of his life teaching the young generation about the outdoors and the joy of archery.(<http://www.pickaspotarchery.com>)

Source: <http://www.articletrader.com>