

ASK BILL

I hope everyone is enjoying the warmer weather and I also hope you are getting ready for the outdoor archery season. This month's question came from someone getting their equipment ready for the longer range shooting he will be doing outdoors this summer.

Before we get to this month's question I would like to back up to last month's Q & A because it has come to my attention that the answer I gave was aimed at, or better applicable to, a specific group and most likely will not help some of you at all. The answer I gave was in response to an e-mail from an archer who said he understood what good shot execution was. To me that means he knows that to make a well executed shot you do not have a mental **shoot now** signal. Another term for this is punching but I think a **shoot now** signal better describes more aspects of the problem. Anyway, if you have a **shoot now** signal during your shot execution I don't believe my advice last month will help you at all. If you are not happy with your shooting, my advice would be to work on getting rid of the **shoot now** signal in your thought process. If you are happy with your shooting, then keep on enjoying this great game and don't let me mess it up for you. Now, let's get to this month's Q & A.

Question

Bill,

I am wondering how you decide what FOC you set your outdoor arrows to? The chart I looked at says 7% to 14% FOC. Closer to 7% for target and 14% for hunting. This seems to be a wide range. I wanted to set my new arrows up to shoot the longer distances. Any help would be nice.

Answer

I have never been very much concerned about FOC. I spent my efforts trying to get the arrow spine correct for the bow. The reason I say this is because you cannot change FOC without changing the spine because as you change to heavier or lighter points to change FOC you will also change the spine. I believe when people experiment with FOC and improve the grouping it is primarily because they found a better spine match for their bow. An easier way to get a spine change is to turn the limb bolts one direction or the other to change the poundage of the bow. Generally, I believe more forward of center is better in the wind but don't sacrifice spine to get there. I normally did not shoot much in the wind and always used the 7% NIBB points in my X7s instead of 9%. Those are my thoughts on it. Experiment from there and use what gives you the smallest groups.

Good luck and have fun,
Bill

Comments

I do my final bow tuning on the range working for the smallest groups I can get. When done, I don't care what any of the normal tuning tests show. Likewise, I do whatever I can to my arrows to get the smallest groups. When I'm done, I don't know whether the smaller groups are due to better spine match of arrows to the bow or better FOC and I don't care. I believe I am better off spending my time on shot execution, uphill and downhill shots, side hill shots and shooting in the wind and even the rain once in a while. This is what outdoor archery is all about. Shooting is more fun than balancing arrows and doing calculations so get your arrows grouping the best you can and then get out there and have some fun.

Thanks, Bill Schuh.