



# THE BUCKHORN

This issue: Cardiac Crew interview -Upcoming Work Party Schedule -  
Rendezvous 3D Shoot - Technical Tip: Your Grip - KBH Potluck - Calendar - Instagram

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## Get to know the “Cardiac Crew” Part 1

When was the last time you took a walk through the beautiful 28 target roving field course at KBH Archers? Have you ever stopped to notice how there aren't many stinging nettles near the targets, how the boardwalks seem to get fixed up and stabilized, and how the course stays clean and accessible? All of that takes hard work by the KBH membership, and some of the hardest working men in our community are the three men we profiled for this newsletter - the affectionately self-titled “Cardiac Crew.” The name is a bit of humor derived from the heart troubles of the three members, but don't let the name fool you, these men are hard working, skilled, and valued community members!

If you have been out on the KBH range during normal daylight hours, then you have likely run into Ed, Frank, and Dave, the three members of the infamous and beloved “Cardiac Crew.” This esteemed group of gentlemen is responsible for much of the maintenance done on the range, as well as helping to create a welcoming atmosphere here at KBH. While they all began their archery journey in different places, these three Vietnam War veterans share many things in common: a good sense of humor, a

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## Future Work Parties

**Where:** KBH Grounds

**Goal:** Get the KBH community together to improve the quality of shooting/range experience for all members.

**How:** Equipment may be provided, we're currently taking an inventory of our gear.

**Projects Available:** Repairing and strengthening boardwalks, repair/replace target backstops, cleaning roofs of target shelters, trimming brush felling trees, clearing off trails, and more!

**When:** Keep an eye on your email. We will be sending out a survey to coordinate times and member skills.

## Rendezvous 3d Shoot

**Where:** KBH,  
3680 NE Old Belfair Hwy, Belfair,  
WA 98528

**What:**  
3D tournament, IBO scoring.  
Rangefinders allowed. All styles  
of archery welcome. Distance 0  
to 80 yards, unmarked.

**When:**  
July 31, August 1  
Saturday: registration opens 7  
last out 2pm  
Sunday: registration opens 7,  
last out 1pm

**Fees:** Cubs- Free!  
1 day: Adult \$15, Youth \$10  
2 days: Adult \$25, Youth \$15

long history of archery experience, and thankfully for KBH, dedication to their community and public service. When they see things wrong on the range, whether that's a tree branch hanging dangerously low, nettles growing over the boardwalks, or a target shelter that needs work, these three men have taken it upon themselves to get in there and fix the problem. In fact, this very interview was interrupted when Ryland and Tim were going to install new target bales for the upcoming state field shoot. The Cardiac Crew saw work that needed to be done, and they sprang up immediately to go do it!

To hear it from them, they would say, "This club ought to feel like a family. We all help each other whether we are hunting or target shooting, and we all look after the spaces we share." In that vein, KBH is launching a new work party system. These work parties are a great opportunity for our members to get involved and give back to the range they enjoy! **We will be emailing the membership a survey** so we can establish regularly occurring work times and match member skills with upcoming projects.

If you see any of the Cardiac Crew around KBH, say hello and thanks for their service, both to the country and to KBH. They might be known as the Cardiac Crew, but they're at the heart of KBH.



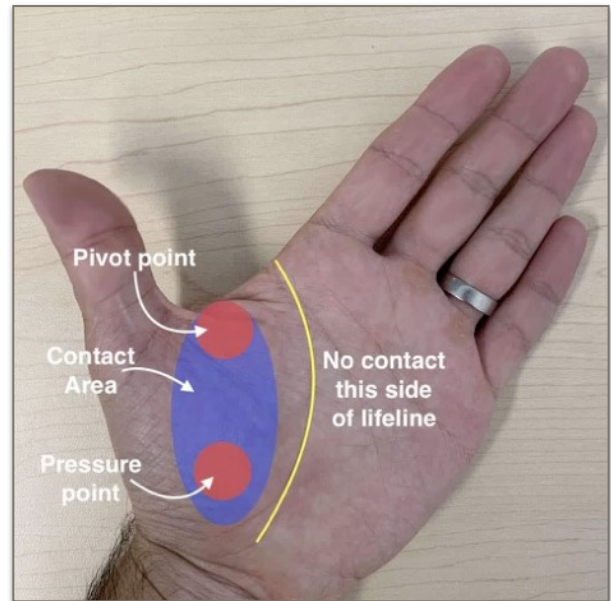
## Archery Tech Tip Article 1: Grip

In this article, we discuss grip, or more accurately described as hand placement, on your bow when shooting. The placement of the grip on the bow is one of the few things that is identical between all the styles of archery and one of the only places our body contacts the bow, so it is important to master the mechanics of the placement of your hand on the bow.

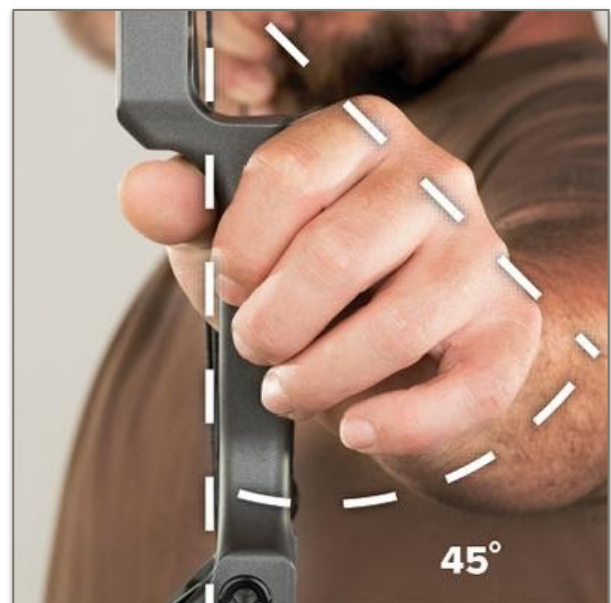
Before we start, remember that when you place the hand on the handle of your bow, you should not actually be gripping in the same way we might grip a gun or pick up a heavy object. The hand serves as a post upon which the bow will rest so that it cannot slide around as you draw it. The goal is to place the hand onto the handle of the bow in a repeatable way, but also in a way that does not influence our shots to the side.

To begin, look at the palm of whichever hand is holding the bow. You will notice a large line dividing your thumb from the rest of your hand. That line, called the “life line,” is the area where your bow grip should sit. This means that the base of your palm on the other side of your hand will not touch the bow at all. The diagram below will highlight and label the area of the hand placement onto the bow grip, and then we will see what it will look like when you place it on the bow.

When you set your hand into the bow, the most consistent way to do this is to set the “V” of your hand made between your index finger and thumb into the bow handle (labeled the “pivot point” above). Then rock the heel of your hand down as if you were throttling a motorcycle, allowing pressure to distribute across the area in blue all the way down to the base of the palm (labeled the “pressure point”). This will angle the knuckles of your hand off the bow at about 45 degrees or so. Using this process should give you a repeatable grip with good placement in your hand. In the end, the placement of your hand should look something like this.



Credit: OnlineArcheryAcademy.com



Credit: AmericanHunter.org

Notice that the archer is not actually squeezing the handle with his hands and that even if he did close his fingers, they would not even contact the bow.

This grip will eliminate many pressures that you might be placing on your bow that was causing you to miss to the sides, but more importantly, it will also keep you safe. Look at the difference between the two pictures below and notice how the grip affects where and how the string is relative to your arm. In the top image, you can see that both sides of the palm are on the bow, and as a result, there is zero clearance for the string. It is virtually guaranteed to strike the archers arm. Conversely, in the bottom photo you can see that there are now several inches of clearance between the arm and the string, protecting the archer and making the shot more consistent. Now that you have a good, repeatable, safe grip, here are some trouble shooting and advanced

tips to help make your archery technique even better!



### Advanced Tips

- Right handed archers- if you are missing to the right continually, even after moving your sight to the right, you could be struggling with a grip issue. Left handed archers, the same is true for you if you are missing left continually despite moving your sight.
- If you twang your arm and it leaves a short mark behind, then you are likely gripping the handle as the shot is released or just after.
- If the string twangs your arm with a longer mark, you likely have erroneous grip placement before the shot even goes off. (This is not the only reason for bowstrings twanging you, but it is a major one).
- If you find you have to adjust your grip at full draw, cancel the shot!



*Do you have a gear, technique, or other related archery question? We will answer it in the newsletter! Just send us an email at [nwtechnicalarchery@gmail.com](mailto:nwtechnicalarchery@gmail.com) and you may see your question show up in the next edition!*

*Questions are answered by Mike Whitfield, USAA Level 3*

# KBH Potluck: August 14, 4:00 pm

We'll have burgers, hotdogs, music, a free 3D novelty shoot on the campground, and an archery poker pay-to-play with cash prizes on the flat range. **Bring a dish to share** and meet your KBH community. An email will be sent with an RSVP link and more info. Have some summer fun with us!



Visit [www.kbh-archers.com/events](http://www.kbh-archers.com/events) to see what's happening on the range.

**KBH on Social Media!**  
@kbh\_archers (IG)  
KBH Archers (FB)

Have you taken a great photo during an event? Do you want a shout out on IG? Tag KBH in your photos and we're happy to share!

Want to see a topic in the an upcoming newsletter or have an article to submit? Let us know at: [contact@kbh-archers.com](mailto:contact@kbh-archers.com)



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