

How to use a Hinge Click.

by Marcus Annears

Using a Click

One of the most misunderstood elements on modern hinge (back tension) releases is the “Click” feature.

The Click is a feature that activates towards the end of the release rotation. It provides an audible and tactile notice that the release is not far off firing.

It does 2 things

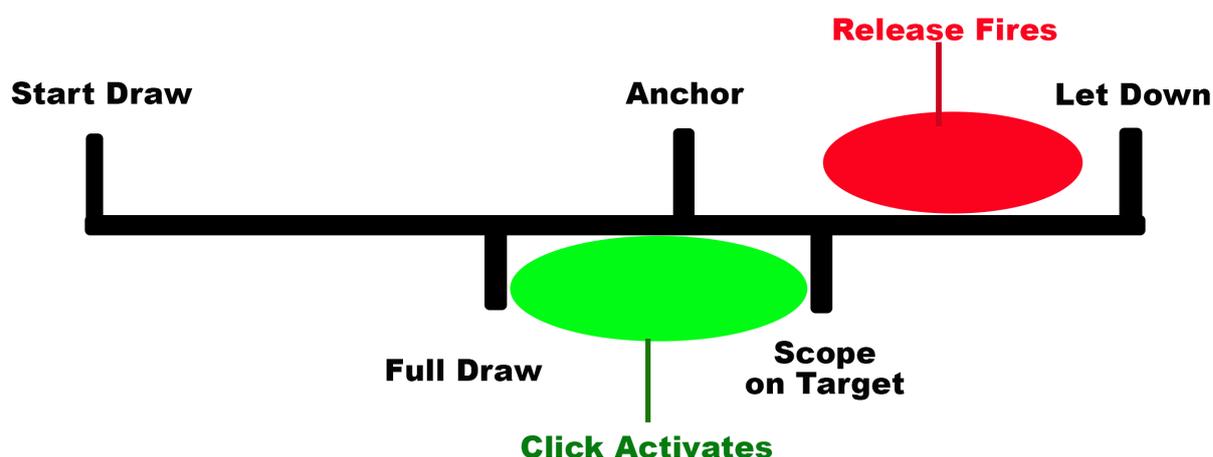
Gives you a safety. As you draw the release if you put too much pressure on your 2nd and 3rd fingers the release will “click” and let you know you are firing the release as you draw. In this case transfer your weight to your index finger and thumb and let down and start again. Because of the audible click you are nicely protected from misfiring. For those that get stressed about misfiring this can remove a lot of anxiety and tension.

Provides you a consistent starting point on your shot. The travel distance will always be the same which can assist in helping your own consistency.

How to Use.

With the click draw the bow with your weight mostly on your thumb and index finger. I use some weight on my second and third fingers, however best to keep it mostly on your thumb, especially when you start.

Once you hit full draw and move into your anchor your hand should relax and straighten up. At this point the release should hit the click point. With the click now activated and you at full draw keep your load on your index finger and move the sight onto target. There are many different ways to fire the release at this point however the general method is to pull into the stops as you relax your index finger and hand till the release fires.



This image is a timeline of the shot process

- 1) Start the draw.
- 2) Hit full draw, this is the point where your cams hit the stops only.
- 3) Move into your anchor position

Click Zone

- 4) After anchor move your scope onto the centre of the target and begin shot execution

Release Zone

5) If the release has not fired and the shot starts to break down, let the bow down.

You can see here we have the release clicking anywhere from hitting full draw to before the scope hits the middle of the target. You can not start the shot execution until the release clicks. So click before you start.

The red area indicates the shot firing. If the shot doesn't go after a comfortable period of time, let down.

How NOT to use

Its not usually good to talk about the negatives, however in this case it may help.

Biggest mistake that people make with the click is that they use it as the "firing indicator".

This is where the archer gets to full draw, works the release and after waiting it clicks and they fire the shot, often with a quick forceful motion. This can cause problems with erratic shots and also makes the shot cognitive or deliberate rather than producing a surprise release.

Another mistake is that people will work the shot, aiming, then CLICK. That can cause the archer to jump with surprise. This indicates that the release is clicking too late. Do not start the shot without the release clicking first, otherwise you are interrupting your click.

Alternatives

Some people want to shoot a hinge without a click and that's more than OK. Many of the Australian target records have been shot with hinges using no-click setups. Some people talk down hinges without clicks saying you will knock your teeth out. This is a total fabrication. If your release is misfiring, you need to set it heavier.

Hinges are not triggers. Many people set their triggers hair light and then hope to shoot a hinge the same way. That's not the best way to go. You want travel and learn to use that travel.

If you find the click too disruptive, but want a release that fires at a consistent point another alternative is a hinge with a safety such as the Truball Sweet Spot release. With this release you can draw with pressure on any finger. Once you hit full draw disengage the safety, anchor, then execute the shot. It can give you the best of both worlds. Again the key is to disengage the safety BEFORE you start aiming. (in the green zone)

Hopefully this method will give you more confidence in using the click on your hinge style release.

<http://www.urbanarcherysupplies.com/...hp/blog/click/>