

## The Morin Trainer Recurve (recurve and warm-up)

Originally designed for recurve shooters (classical or traditional), it is made relatively the same as the compound model, but does not include internal wall device. This model produces a gradual increase in tension while stretching the elastic. Despite the quality of product, excessive stretching can shorten the duration of life of your elastic also causing a false shoots. This model is largely used by Olympic, instinctive and traditional style shooters.

Like the others, there is a mechanism for a quick adjustment of draw length. This allows the adjustment of the pressure to obtain specific load for successful movement. The trainer is also used to program every section of the shooting sequence. By increasing the pressure, you can strengthen the muscles that specifically request each step, but it is important to reduce the pressure to avoid flaw in your shoots. It is also an important tool for warming up before shooting sessions, and by opposition to the common used elastic, it provides a projection to supports the carry away motion. As for the fingers release, it is preferable to protect the forearm to avoid repetitive friction.



1- The adjustment node makes it possible to modify by the draw length the pressure of the elastic. The photo (cut away view) shows the operation of this part. To add or shorten your weight, you only have to pull down the 1.a part to unlock, then to pull up or down the part 1.b to shorten or to lengthen the trainer. Moving part 1 near the bow hand will limit the projection of this piece.

2- Because of this new elastic tube, you can stretch up to your draw length establish to get the pressure desire. For a better release, it is advisable to work with a comfortable pressure (mechanical release aid or fingers).

3- This loop allows the use of a release. For finger shooting, this part can be moved to the bottom in order to leave space.

4- Sling - The sling is necessary in order to limit the effect of projection during release. During the movement, part 4.a allows an adjustment in order to prevent the sling from falling off. In order not to impair your shooting, it is important to place the part 4.b such as the photo shows in diagram (5) (always use the safety sling).

5- The hand holding the bow must be placed at the angle corresponding to your bow grip (5.a). At full extension, resist without stiffening the hand in order to allow a direct and straight projection upon release. If the lower cord has tendency to slip, place your thumb as forward as possible (5.b) in order to simulate the support of your bow.

6- The excess cord makes it possible to vary the length specifically to your draw length. Hanging a lightweight at the end of this loop (6.a) (or adding an elastic tie to your foot) is possible, in order to improve the stability of your shooting or simply to simulate the weight of your bow. The swinging of this weight could also develop the ability necessary to stabilize your sight even in the wind.

7- Helping you to better perceive and improve all the alternatives of shooting with your fingers.

8- Refines all aspects of the release of your choice.

SAFETY TIP : During your practice, wearing the sling is a must in order to limit the projection of this apparatus. Visualize the projection path and make sure the space is clear. This is not designed to simulate the real load of your bow but rather to simulate or plan a movement without constraint of overload. It is also recommended to wear an arm guard or long sleeve and if possible a sweat band to the wrist to prevent injury cause by the fingers release.

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