

The Morin Trainer (compound and recurve)

This training tool is essential in order to accelerate your shooting evolution. This simulator also allows the coach to transmit his ideas without the matter of a real shooting.

Teaching physical education resulted in several years of research. This teaching aid makes it possible for several athletes to improve various aspects of their shooting, on the technical level as psychological in order to be reproduced as well on the international scene. For the beginners as well as for the professionals, it allows multiple repetitions in order to program, improve or simply maintain a kinesthesia feeling between the practices of shooting. Each muscle involved in this operation must be activated so that each muscle fiber is used adequately to maximize a perfect shoot.

Here is how it works



1- The adjustment node makes it possible to modify your draw length. The photo out of mortise shows the operation of the adjustment node. To add or shorten your draw length, you only have to pull on the 1.a part then to pull on the cord 1.b to lengthen or 1.c to shorten.

2- Because of the internal part, the elastic tube is stretched from 5 to 6 inches. For better simulating the final part of the lengthening-piece, it stops abruptly to use a barrier in order to give the pressure necessary to release of the finger or the release.

3- This loop allows inserting a release. For the fingers 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 us in diagram (5).

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 projection. 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 draw length approximately from 22 to 36 inches. Hanging a lightweight at the end of this loop (6.a) is possible, in order to improve the stability of your shooting or simply to simulate gravity of your bow. The swinging of this weight could also develop the ability necessary to stabilize your sight.

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 obligatory in order to limit the projection of this apparatus. Envisioning a secure space is mandatory. This is not designed to simulate the real load of your bow but rather to simulate or plan a movement without constraint of overload.

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