

The Morin Trainer RECURVE

This training tool is essential in order to accelerate your shooting evolution. This simulator also allows the coach or the teacher to convey their ideas without the distraction of real shooting. Teaching archery in physical education (34 years) resulted in several years of research. This teaching aid makes it possible for archers to improve various aspects of their shooting, on the technical level as the psychological level. This level of training is what archers need to memorize the feel and form of perfect shot execution. For the beginners as well as for the elite archers, it allows multiple repetitions in order to program, improve or simply maintain the muscular feel between the mental shot execution and the actual release of the shot. Each muscle involved in this operation must be activated so that each muscle fibre is used adequately to maximize a perfect shot.



Here is how it works

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 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 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 is 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) 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.

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