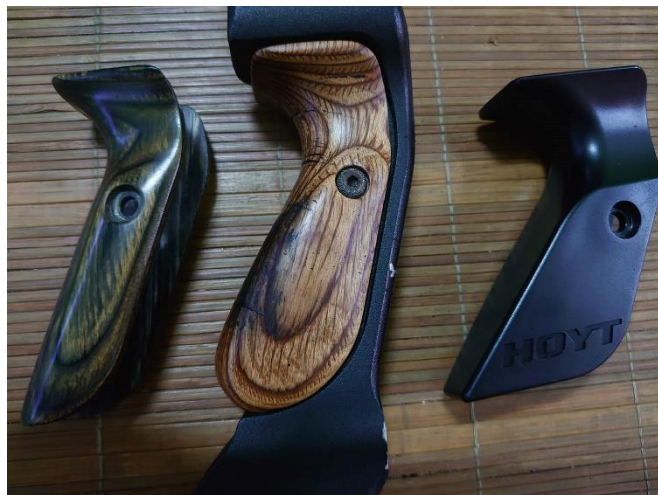


Taken from a Facebook post on 'The Barebow Group' page by Rohafizan Wan here is the link (membership of the group page required).

<https://www.facebook.com/groups/barebow/permalink/10160290610579848/>

GRIP HEIGHT SELECTION



It is generally accepted that bow grip wrist have three different heights; low (around 30 degrees and below), medium (around 37.5 degree), and high (around 45 degree and higher). But how we can determine which height suits us best?

For obvious reasons, pinpointing which grip height is the best for specific categories will be difficult. But certainly we can have some selection guide so that we can narrow down the choices to select few this making the selection easier.

Therefore I will share my guide on the grip selection so that it may help my fellow archers choose the best grip be it off the shelf ones or customised. This is based on my experience shooting grips in various wrist height throughout my adventures so far.

Please note that my guide here is not a textbook solution to any grip problem, so always exercise good judgement when selecting one.

My two basic rule of thumb when selecting bow grip are as follows:

1. Lower angle will be beneficial to those that shoot with relaxed (bend) bow arm style, while higher angle benefits more to those that shoots with extended (straighter) bow arm style.
2. Lower angle is better for those that shoot with bow hand relatively higher than bow shoulder (example: high bow hand high anchor style like barebow), while higher grip angle is better for those that shoot with bow hand low to almost level as their bow shoulder (example; low bow hand low anchor like recurve). This is based on the consideration of the shooting form is level in parallel to the ground instead of the body bending downwards or tilting upwards.

The reason behind these two basic rules - from my personal experience - is to promote a natural and relaxed wrist at full draw for any given bow arm style, while maintaining the correct pressure point at the base of the thumb. Shooting with extended, straighter bow arm with low wrist grip seems a workable idea; however given how little contact point between the grip and bow hand as the result of this - as well as how close the pressure point is to the pivot point due to almost no contact happened between the grip and the base of the thumb where the pressure point should be - making it a less stable platform to shoot with. Bending the wrist so that the base of the thumb meet the grip could be the obvious solution, however this will be problematic to the wrist because the thumb side of the wrist will compress while the other side will stretch thus making shooting experience more uncomfortable.

Similarly using high wrist grip with relaxed bow arm also looks like workable idea, but in my own experience actually difficult to make it work. Relaxed, bend bow arm with combined with high

wrist will also cause uncomfortable wrist angle at full draw where the pinky finger side of the wrist will be compressed and the thumb side stretched.

You will find the same wrist problem happen when moving the bow hand higher or lower relative to the bow shoulder, particularly when using mismatched grip.

This also explains why medium to low wrist grip tend to be preferred in barebow, while medium to high wrist grip tend to be favoured by recurve. Few will be exception to this norm.

So with these two rules of thumb already explained, you may get a good picture on what kind of grip height you require to optimise your form and shooting experience. Some additional points to consider:

1. Your grip selection - be it in height and/or shape - must be uncompromisingly tailored to your shooting form, style, and technique provided all three has been corrected and perfected. Equipment fit is something that the archer must strive to do instead of having to adapt themselves to the bow. Adapting will mean changing or destroying the foundation and style that was build by many years of effort and struggle.
2. On the other side of the spectrum, using customised grip with incorrect technique alongside style and shooting form that were still under development is a premature move and should be avoided. Therefore I will advise against getting custom grip for newbies until they have developed proper technique, form, and style so that equipment fit is the next step of their advancement. When they reach that step, custom grip will help to refine their form and shooting.
3. Take your hand size into consideration when determining the suitable grip. Some shape or design works better for small hands, while some are best for those with big hands.
4. Do lots of reviews by reading, querying, and observations before buying. Direct copy by buying what the others or the champs are using will do no good unless you can mimic their style.
5. Once you have put the grip on your bow, commit to it for at least six months. Some point drops should be expected in the process, but do not get undeterred by it. Put all effort to get along with it, and you will see improvements from the change.

In case things gets even worse after that, consider getting new grips. Make sure do the homework thoroughly before buying another.

Good luck shopping around, and hope you will find your grip soon!

Comments from other page users.

- [Sheuna Takalia Battle](#) Thanks! This is great information
- [Luke Pritchard](#) Great summary. I've always found it interesting that compound archers tend to shoot low grip but recurve archers seem in general to prefer a higher grip. I've recently flattened the back of my grip and lowered it somewhat and I'm finding it significantly easier to positively engage the pressure point at full draw. My conclusions generally tally with your observations.
- [Tamás Szájer](#) I found the lower grip angle to be more tolerant of the changing pressure direction. The distances also resulted in a more even TAB scale.
- [Gaël Veerasamy](#) have you noticed compound bows (which, as you noted, usually have a low grip) has the arrow in the centre of the riser whereas recurves (and BB) have the grip pivot point at the centre of the riser? Compound anchors are typically higher than olympic so what you said about lowgrips/high anchor makes sense.

That being said... I also noticed many dedicated bb risers still come with the typical recurve high grip

[Rohafizan Wan](#) replied

[Jerry Ratliff](#) It doesn't matter what bow I shoot i like shooting off the riser or I don't buy the bow

- **Rohafizan Wan** My first bow - Hoyt Buffalo - came with the wood grip on the picture left as standard. Never get the hang of that grip because to shoot such a grip well, I need to bend my bow arm and it cause lots of inconsistencies between shot to shot.

Personally I found that I shot better with straight, extended bow arm style as it gives me more consistent draw length.

- **Patrick Huston** I'm definitely a fan of low grips. Reduces tension throughout the forearm.
- **Danny Odum** This is such a well stated post. Anyone trying to setup a barebow and get it right could get something from it. All new barebow shooters should save it as a reference guide.
- **Aris Korbetis** In general, when string walking with a high angle, you get different pressure to your wrist due to different angles caused by your crawls. At different angles you have different traction on the grip.
- **Kurt Riestler** My appreciation for your deeply interesting posting, Rohafizan! Due to this, I paid more attention on my bow hand / Hoyt grip again. Feels a more relaxed wrist and a fitting pressure point. So I achieved better scores immediately. Thx!