



1. Basics about recurve and compound bows:

- **The Riser.** This is the handle of the bow; it's what you hold when you shoot. Risers get complicated, but here's what you need to know right now: the riser features the arrow rest, which is where you place your arrows before drawing. Recurve bows usually have an elevated rest (which is basically just a platform that the arrow sits on) and compound bows usually have a containment rest (see above).
- **The Limbs.** These are attached to the riser; they form the actual bow, with the top limb attached by the bow string to the bottom limb. You'll often hear the term "takedown bow" when you're talking about recurve bows—this is a bow where you can detach the old limbs, and replace them with newer, heavier limbs. Takedown bows are great for beginners, because you can put new limbs on the bow as you develop strength and accuracy.
- **The Bow String.** This is the string that connects the top limb to the bottom limb.
- **The Nock Point.** This is the spot on the bow string where you place the end of the arrow. The nocking point needs to stay in the same place, so that you can aim and shoot consistently.