

STAN

S T A N I S L A W S K I



shoot a
STAN
Join the movement

Ten Release Aid Safety and Care Tips

- 1.** Always draw your bow pointed at a target.
- 2.** Always assume the shot could activate at any time.
- 3.** Never draw your bow without an arrow on the string. Accidental release could dry fire your bow and damage your equipment.
- 4.** After any release aid adjustments, test the release before drawing your bow with it. (see getting the feel of your new Stan)
- 5.** Always draw your bow away from your face. Accidental release could result in facial injury.
- 6.** Always inspect your release and its rope or your D-loop before shooting. Replace any components that show wear immediately before shooting.
- 7.** Keep your release dry and free of debris.
- 8.** Never disassemble your release. If it needs service, contact the Stan Customer service department at 315-258-9269, and we will take care of you immediately.
- 9.** Your release aid should not need lubrication, but if you have to lube it use only dry lubrication such as graphite powder.
- 10.** If it gets dirty or dusty blow it out with compressed air.

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36 years ago Stanislawski Archery changed the way we shoot releases. With the invention of the triggerless backtension release, Stan paved the way for decades of wins and perfect scores.

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Welcome to the Stan family. We are proud of the products we produce and we are sure that you will love them too. All of us at Stan are dedicated to producing top quality release aids, and we are devoted to your success in the sport. Our products are not just smart design; they are tools to help you get more out of your archery experience. Thanks for choosing Stanislawski and good shooting!

How to Use this Manual

This manual is designed to be a step by step guide to help you get the most out of our products. We believe that a good foundation is important in the development of perfect shot execution. The manual will go through the technique involved in shooting the release and we will cover some exercises

that will help you learn the basic technique. Learning how to shoot the release before you begin aiming at a target is not imperative, but building a proper skill foundation will help you become more successful overall if you follow the steps and try not to jump ahead too quickly.

Getting the Feel of Your New STAN

It is tempting to jump right into shooting with your new release, but it is a good idea to do a dry run first. A shooting string is a great way to get the feel before you start shooting your bow. A shooting string is simple to make, it is just a piece of cord or string that is tied together to make a big loop. If you hook the big loop over your bow hand and hook the release to the other end, you can hold the loop at full draw just as you would your bow. You may

have to adjust your loop size so that it is tight when you are in your anchor.

Repeatedly shooting this loop will help you experiment with the feel and the proper motions to activate your new release. Once you get a feel that is working for you, continue to shoot the string loop until you have memorized the feel.



Basic release shooting technique

Back Tension Explained

The word back tension is used often when describing shot execution. Many shooters are mystified with the notion of "back tension." The general explanation of backtension often feels like it requires a medical degree and a body chart to locate ambiguous muscle groups that must be flexed and pinched at just the right interval while poking at your release trigger. Ultimately, it is a confusing distraction that takes our mind off aiming, and aiming is the most important task that must be completed without distraction to complete the perfect shot. Without perfect aim, perfect form alone will not produce perfect scores.

"Back tension" can be simplified to a basic feel. We refer to it as dynamic tension. Dynamic Tension is set up at the beginning of the draw and it continues through the release of the arrow. We feel that it is second only to aiming as the key fundamental part of shooting form that generates accuracy and consistency. The feel that you get with Dynamic Tension is the constant rearward pressure against the bow while you aim.

What is Dynamic Tension?

Dynamic Tension is a simple technique. You need to feel a balance between the solid bow arm and the pulling pressure of the release hand. The feeling should be like stretching a band between your bow hand and your release hand. This stretch increases as you commit to the shot. Most pro shooters set up their dynamic tension when they raise the bow to the target. The muscles that you use to draw the bow are the very same muscles that you use to aim the bow, and the back muscles will give you the most stability. As you reach full draw you should pull the bow into the stops and continue to apply mild pressure as you align your peep with the scope and the dot with the X. Once everything is centered and anchored in the center of the target, you will then commit to the shot. Slightly increase the tension against the bow. Begin relaxing the hand through the

shot (we will explain relaxing through the shot a little later.) Dynamic Tension reduces the amount of muscle groups involved in the shot. This will diminish muscle tremors that can cause sudden misses, quick shots, and general unsteadiness.

Activating the Release by Relaxing Through the Shot

Whether you are using a triggerless Stan or one of our models that are trigger activated, the technique is the same with only minor adjustments. The art of activating the release is pretty basic. Essentially what should happen is as you pull against the bow and build dynamic tension between you and the bow, you will allow your index and middle finger to yield or soften against your pulling pressure. If you are shooting a Triggerless Stan, that yield of pressure causes the release to rotate just enough to cause it to fire giving you a complete surprise release. If you are shooting a Thumb button or an Eagle release, (which triggers with the middle finger) you will start with a heavier than normal trigger tension. Wrap your thumb or finger over the trigger and apply a tiny amount of pressure to it. As you pull and allow your index finger to yield to the pressure, the tension transfers to the button or trigger. This slight transfer of pressure as you relax your hand through the shot will cause a nice smooth surprise release.

Ultimately you are striving for a surprise release. You do not want to be concerned when it is going to fire.

A perfect shot would seem something like this: You draw the bow and squeeze into the stops. You align the peep and scope and bring the target into view. You will give it a half a beat to begin its normal motion in the center of the target (depending on experience this will be a little wobbly or very steady. Practice and conditioning will improve your hold over time.)

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Your sight is as steady as it ever gets and you commit to the shot. Allow your Dynamic tension to build on your release fingers through pulling into the stops. The tip of your elbow is in perfect line with the dot in your scope and it is pulling straight away. To activate the shot your index finger softens on the release and allows the handle to pivot slightly (there is very little perceivable motion here, but you can feel it) and POOF! The shot is released. You hold the form for about 3 beats for follow through and you are ready to reset. You have just shot a perfect arrow. You can adjust the speed of your release to get the proper feel and timing.

Transferring the Feel to Your Bow

As you get used to the feel of Dynamic Tension and you get used to yielding through the release to activate the shot, your exercise with the shooting loop will be important. It will help you memorize the feel and commit it to muscle memory. The more automatic these motions are before you go to the bow, the more consistent your shot sequence will be.

An easy way to transfer the feel to your bow is to shoot at a very close range without a target. When shooting the blank bale, it is important that you do not aim at anything, and resist the temptation to aim at your previous arrow. The point of this exercise is to acquaint yourself with the feel of shooting with your new release without the extra distraction of aiming.

Remember, these exercises can be boring and it is tempting to skip forward and begin shooting as normal, but the more time you spend here developing a broad foundation through these exercises; the more accurate you will be in the long run. Spend enough time at this stage to get your shot execution as normal and comfortable as you can. Compare the feel to the shooting string to be sure that you have it down.

Incorporating the Feel Into Your Full Shot Routine

The final step is to learn to aim and commit shot execution to muscle memory and allow it

to happen naturally. For many shooters, sight movement and release problems are correlated, so learning to accept sight movement and continue with great shot execution is important. One of the best ways to accomplish this is to start off shooting targets at a very close range. Set up a target and shoot a few well aimed shots at 5 yards. Be mindful of the release and be sure that the feel and speed feels the same as it does with your string and the bow on the blank bale. Once you are comfortable with this, you can step back to ten yards. If you really want to get the full use of this exercise you can shoot full games on your favorite target to build confidence and get used to the feel of the automatic release while your sight moves in the center of the target. When you feel like you have it down and your shot execution feels great, you can step back to 15 yards and repeat. Slowly stepping back and gradually getting used to accepting sight movement will help your shot execution remain consistent. As you get better and become a stronger archer, your sight movement will get smaller and smaller and your average will rise along with your improvements.

Following these simple steps to acquaint yourself with your new Stan release and its function will take you a long way towards higher scores and overall consistency.

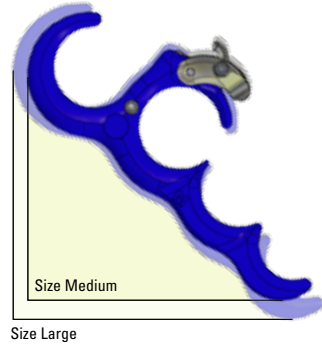
Before you do anything else

Take a second and study the manual section that pertains to your individual model and discover all of the adjustment and features that your release has to offer. The adjustments on your new release are easy to make, but careful adjustments are important. To be sure you don't inadvertently damage your release right out of the box, go over all the instructions for your particular release model thoroughly before you begin.



Stan ErgoFit Technology

Not everyone can shoot just any release. We recognize the fact that fit and feel have a lot to do with perfect shot execution. Now with Stan's new ErgoFit Technology, we have produced exact copies of release aids in two different sizes. The feel and overall style remains the same, however it is 10% smaller to fit medium size hands. No more "one size fits all" releases. Now anyone can find a release that fits and Stan has just the one for you.

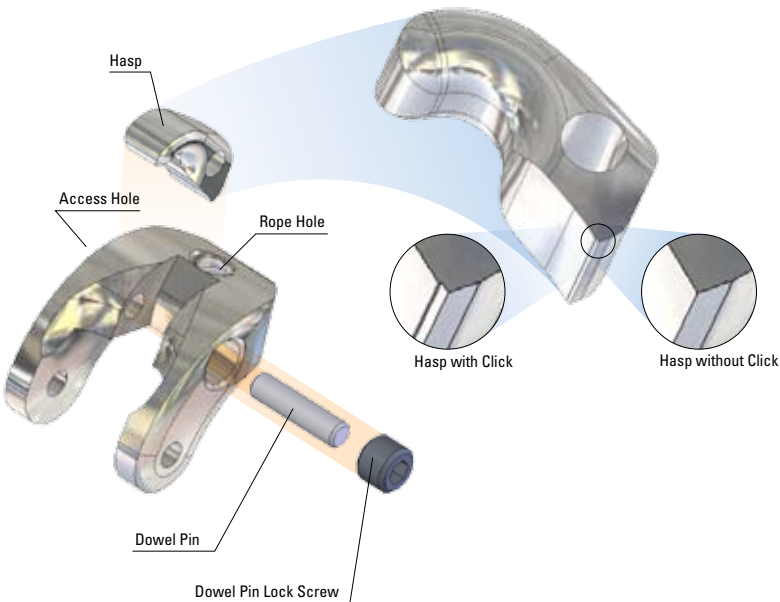


Stan Hinge Head

Your new Micro III and MagMicro releases have an innovative new head. The hasp may be interchanged to give you clicker mode. The new Clicker Hasp will give you an audible click to let you know that your release is staged and ready to fire. You now have a choice. You can shoot with a click or you can use your new release with no click.

Changing the Hasp

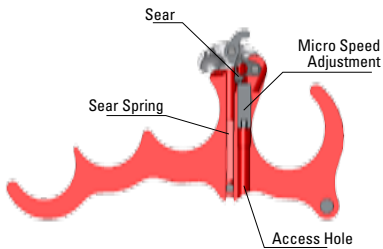
Remove the dowel pin set screw. Insert a .050 hex key into the access hole and push the dowel pin out. Remove the hasp and replace with the clicker hasp. Line up the holes in the hasp and the head and replace the dowel. Replace the dowel set screw and make sure it is secure.



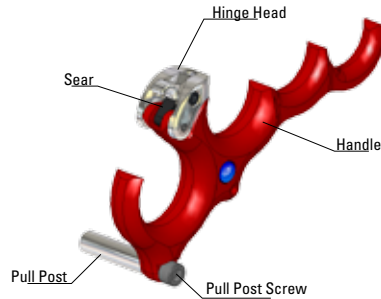
Micro III Features

Adjustments

The micro adjustments on the Stan Micro III are very easy to make. Loosen the set screw on the side of the release body and slide your hex key into the adjustment hole. To make your release slower, turn the screw clockwise. To make it faster, turn the screw counter clockwise.



The micro adjustment feature makes it very easy to set your Micro III for your own personal shot timing. Be aware of your aiming pattern and set your release so that it fires before the shot degrades or becomes unsteady. Practice with this feature regularly to get the hang of how much adjustment equals what amount of shot time.



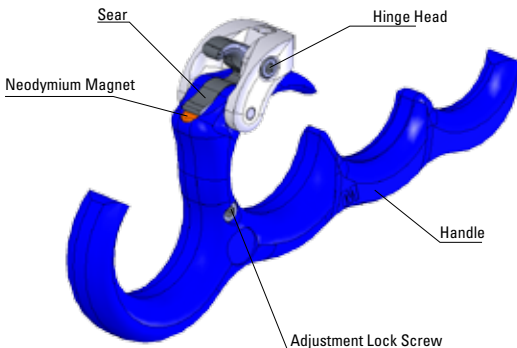
TIP: The adjustment on the Micro III is very fine and hard to see. Place your finger on top of the sear while turning the screw. This will allow you to feel the sear move while you make very fine adjustments for speed.

MAG Micro Features

Adjustments

Adjusting the MAG Micro is a snap, loosen the speed adjustment set screw and insert your hex key into the back of the release. Rotate the screw clockwise to make the release

faster and rotate counter clockwise to make the release slower. The powerful Neodymium Rare Earth magnet keeps the sear in contact with the adjustment screw.



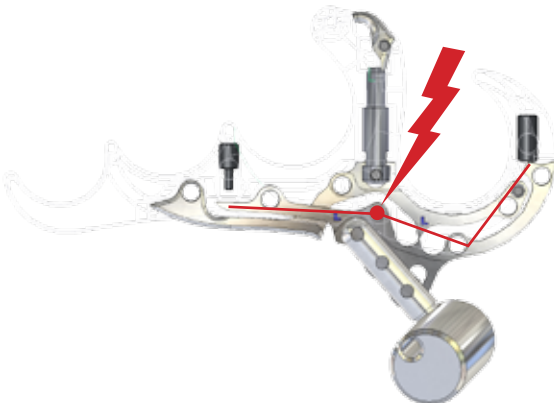
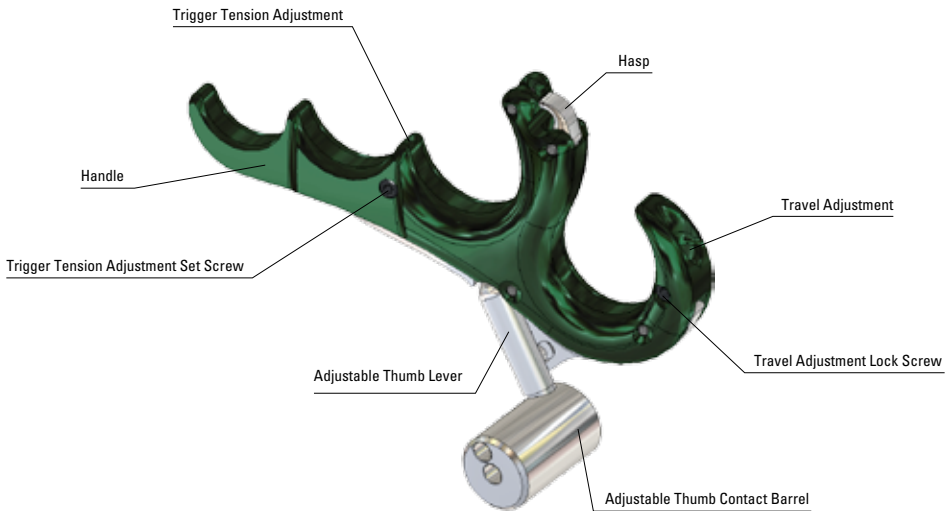
Warning: Never allow Neodymium magnets near a person with a pacemaker or similar medical device. The strong magnetic fields of the magnet can affect the operation of such devices. Neodymium magnets will lose their magnetic properties if heated above 175° F (80°C.)

Super X Features

Adjustments

The release speed is adjusted by setting the spring tension. Loosen the release speed set screw and insert your hex key into the access hole at the tip of the third finger. Loosen the screw (counter clockwise) to reduce the spring tension. This will make the release trigger tension lighter. Turning the adjustment screw clockwise will make the release tension higher.

The travel adjustment is in the index finger ring. Loosen the set screw and cock the release. Tighten the travel adjustment until the release snaps, then back it off a quarter turn. Try cocking the release again. If it engages, everything is ready to go. If it does not engage, you have the travel adjustment too tight. Loosen it just a tad more until you are able to engage the release. The travel and tension adjustments are correlated, so you may have to experiment with both settings to find your sweet spot. Once you get the hang of it, you can make adjustments on the fly to match your game speed that day.



Caution - When making your initial adjustments, be careful and do not tighten both the tension adjustment and travel adjustment down together. Doing so will bend the trigger over its center point. When you feel an adjustment get firm or tight while turning, STOP!

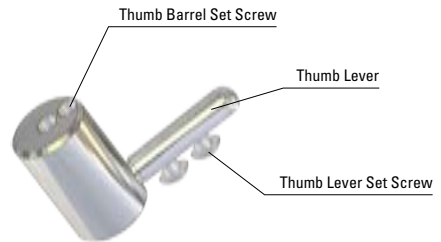
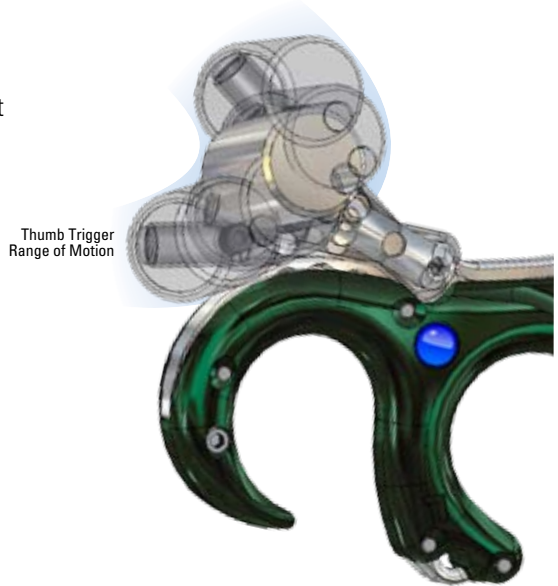
Setting the Super X Thumb Lever and Contact Barrel

The thumb lever and barrel has more adjustment features than any release on the market. The adjustments on the barrel will swivel, project, and hinge over a full range. This will allow anyone to find the perfect setting and angle to match their natural shooting style.

To find the best starting place, draw your bow to full draw and anchor. Casually bring your thumb to the trigger without reaching for it. Note how the trigger naturally aligns with your thumb. Move the hinge adjustment of the thumb post so it matches the nearest location of your thumb in a relaxed position.

Adjust the projection of the release by one of two ways. Either rotating the thumb barrel in and out, or by setting the thumb lever farther in or out on the thumb trigger.

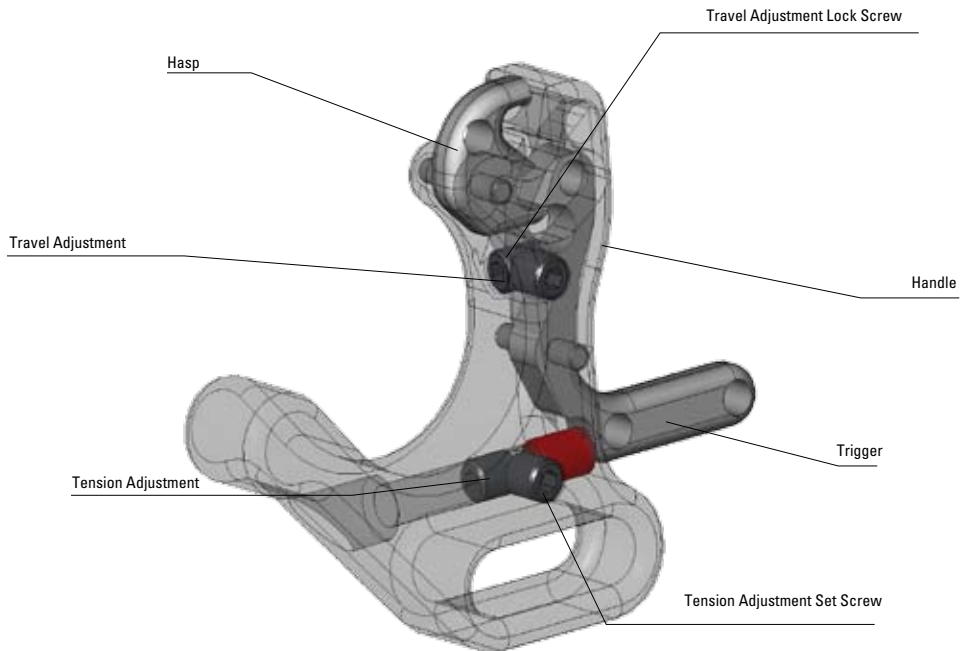
Finally set the angle of the thumb barrel to match the natural angle of your thumb at rest. Swivel the barrel into position and tighten the set screw.



Eagle Features

Adjustments

The eagle releases have two adjustments. To change the trigger travel adjustment, loosen the trigger travel set screw and tighten the screw (clockwise) to reduce the sear engagement.



NOTICE: The Eagle is a single sear release, so it is possible to set it too light to engage. Test the release for engagement before you pull your bow with it. Turn the screw counter clockwise to increase the sear engagement.

The trigger pressure is independently adjustable. Loosen the trigger pressure set screw and rotate the trigger pressure clockwise to increase the tension. Rotate the screw counter clockwise to decrease the tension.

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