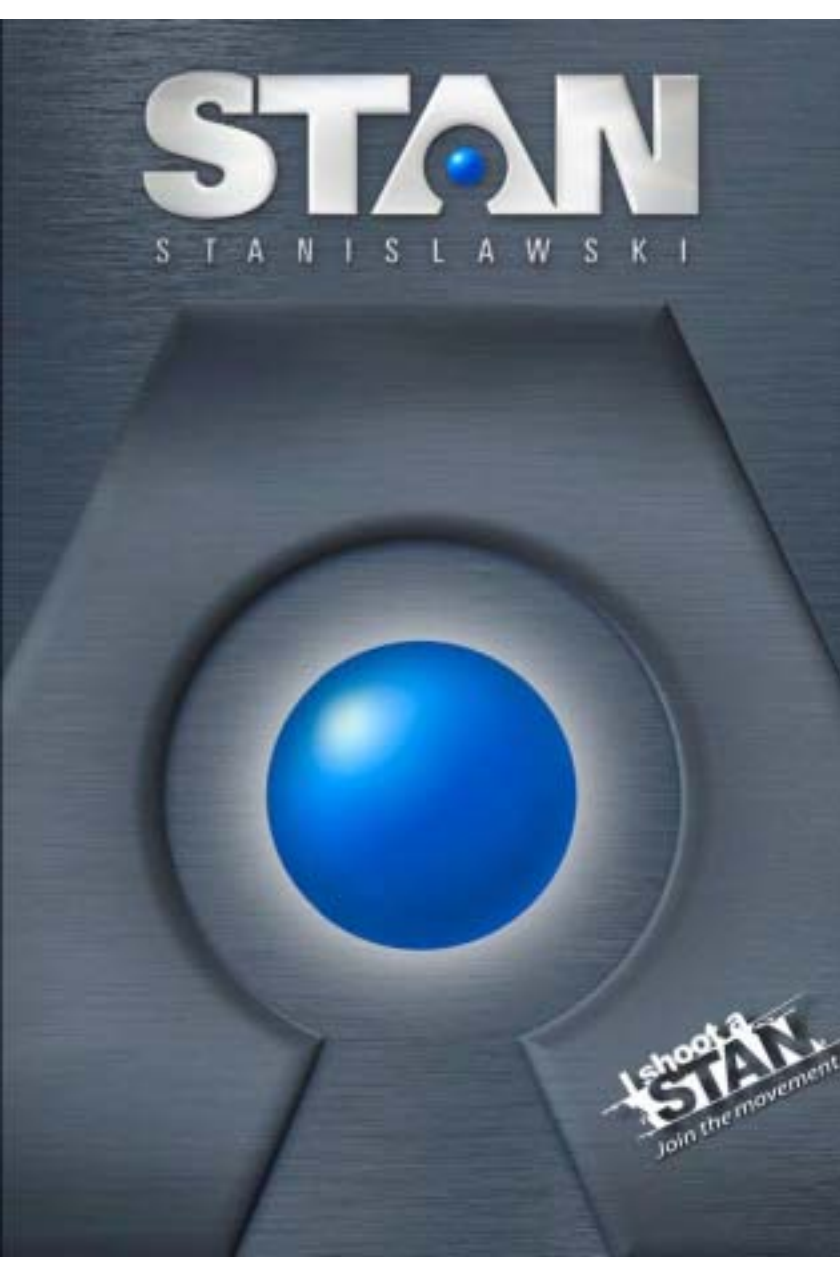

STAN
STANISLAWSKI
I shoot a STAN.
Join the movement

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!

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.

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 per-

fect 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 the 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.) 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.

Device Instructions

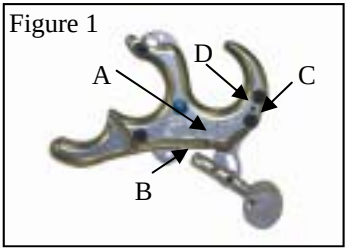
Super X2 (SX2) & Shootoff

General

The SX2 and the Shootoff work the same way. For purposes of this manual, we have used pictures of the SX2. The trigger tension and trigger travel adjustments are not entirely independent of one another. Adjusting one can slightly change the apparent setting of the other. For this reason, we suggest you adjust the mechanism by first setting your trigger travel, then adjusting your tension, then returning

to the trigger travel and so on until you have located the perfect setting to suit your shooting style. To set the trigger travel such that it is at a minimum, cock the release aid, then turn the trigger travel adjustment screw clockwise decreasing the trigger travel until the release goes off without having touched the trigger. Then back the trigger travel set screw out an eighth of a turn at a time as you try to cock the release. Do this until the release cocks, when it does, your release aid is set for minimum trigger travel.

Adjusting Trigger Tension



1) Loosen the tension locking set screw (Figure 1, letter D) such that the adjustment screw turns but still feels as though there is some slight resistance from the locking set screw.
2) Turning the tension adjustment set screw (Figure 1, letter C) clockwise increases the tension, turning it counter clockwise reduces it. **CAUTION - Be careful not to back the adjustment set screw out so far that it falls out of the release aid. Adjust the set screw until you find the desired tension then tighten the locking set screw down. The tension locking set screw does not need to be overly tight, just a quarter turn to a half turn is sufficient. **CAUTION - Over tightening the locking set screw can result in stripping said set screw or the release handle.

Adjusting Trigger Travel

1) Loosen the travel locking set screw (Figure 1, letter A) such that the adjustment screw turns but still feels as though there is some slight resistance from the locking set screw.
2) Turning the travel adjustment set screw (Figure 1, letter B) clockwise decreases the trigger travel; turning it counter clockwise increases trigger travel. **CAUTION – Be careful not to back the set screw out so far that it falls out of the release aid. Adjust the set screw until you find the desired trigger travel, then tighten the locking set screw down. The tension locking

set screw does not need to be overly tight, just a quarter turn to a half turn is sufficient. **CAUTION - Over tightening the locking set screw can result in stripping the set screw or the release handle.

Adjusting the Thumb Lever

The thumb lever on your new SX2 is fully adjustable for tilt, projection, and thumb button orientation. 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.

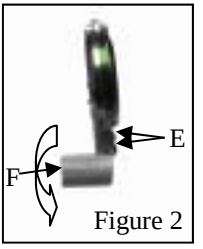


Figure 2

1) To adjust the tilt, loosen the two buttonhead cap screws noted at E, Tighten the one closest to the release enough to provide nominal resistance to prevent the thumb lever assembly from swinging freely.
2) To adjust projection in or out, there are two methods, first you can change the bolt holes used to attach the thumb lever assembly to the release aid. Second, you can loosen the set screw in the thumb barrel noted at F in Figure 2 such that the thumb barrel spins relatively freely. Rotate the thumb barrel about the lever such that it moves in or out to your liking. When you have found the setting you prefer, tighten the set screw to keep it in place. BE CAREFUL NOT TO OVER TIGHTEN IT. THE THREAD COUNT IS 10, BE SURE NOT TO TURN THE THUMB BARREL OUT BEYOND SEVEN THREADS.
3) To adjust thumb button orientation, simply loosen the set screw identified by F in Figure 2 and rotate the thumb button until you find the location that best suits you.

Micro III

Speed

The micro adjustments on the Stan Micro III are very easy to make.

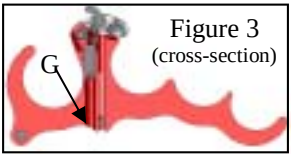


Figure 3
(cross-section)

1) Loosen the set screw on the side of the release body and slide your hex key into the adjustment hole noted at

G on Figure 3.

2) To make your release slower, turn the screw clockwise. To make it faster, turn the screw counter clockwise.

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. Hinge Head Handle Pull Post Screw

MagMicro

Speed

Adjusting the MAG Micro is a snap:

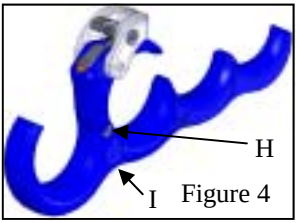


Figure 4

1) loosen the speed adjustment set screw (H, Figure 4) and insert your hex key into I, Figure 4 on the back of the release.
2) Rotate the screw recessed in the hole labeled I (Figure 4) clockwise to make the release faster and rotate counter clockwise to make the release slower.

CAUTION Powerful Neodymium Rare Earth magnet keeps the sear in contact with the adjustment screw. 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.)