



AFTER READING THE IMPORTANT INFORMATION ON THE SHIPPING INSERT, SCROLL DOWN TO FIND A GOOD READ ON WHY THE RELAX TRIGGER WORKS.



YOUR FREE FLIGHT

C-12 RELAX TRIGGER

LEFT HAND

SMALL

MEDIUM

LARGE

X-SMALL

X-LARGE

Caution


DO NOT USE THIS RELEASE UNTIL YOU READ AND UNDERSTAND ALL THE INFORMATION ON BOTH SIDES

Caution

WE WANT YOU TO GET THE FULL POTENTIAL OF THIS RELEASE AND WE KNOW THIS LOOKS LIKE A LOT OF WHAT MOST OF US HATE, INSTRUCTIONS. WE MAKE THIS RELEASE SO YOU CAN IMPROVE YOUR SHOOTING ABILITIES. YOU BOUGHT IT HAVING FAITH IN WHAT YOU HAVE READ ABOUT IT. SO LOOK AT THIS AS A NOTE FROM YOUR PERSONAL TRAINER THAT CAME WITH IT FOR FREE. A SMALL BIT OF READING AND PLAYING WITH YOUR BOW FOR 30 MINUTES. IN THE END IF YOU CAN SAY TO YOURSELF, I TRIED AND JUST CANNOT MAKE IT WORK, SEND IT BACK FOR REFUND. WE OBVIOUSLY THINK YOU CAN.

The Relax trigger models work just as the name describes, the serving or loop is engaged, the trigger is pulled and held back through the draw, on target the fingers and hand are relaxed and the shot is made. It is a traditional finger shot with a mechanism.

A couple tips before we start: It will make this much easier if you can drop your bows poundage to minimum, only if it is easy to do so. And you need thirty minutes of uninterrupted time "by yourself". Like Chevy Chase said, "Be one with the ball, Be the ball". With people helping you it will take 2 hours, and you will probably not get it.

Before you make a draw, you need to see and understand how the mechanism works. Sitting on an open chair, hold your bow across your lap, engage on serving or loop, pull the trigger back and hold it. Hang on to your riser so you can do a very light "one ounce pull" dry fire, just enough pull so you can see the action. For now we are not going to think about or try to relax just your finger, that will develop naturally. Just relax your entire hand as from a fist. Do a few of these dry fires until it gets smooth, not fast or slow, smooth is the word to think of. 

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Figure A

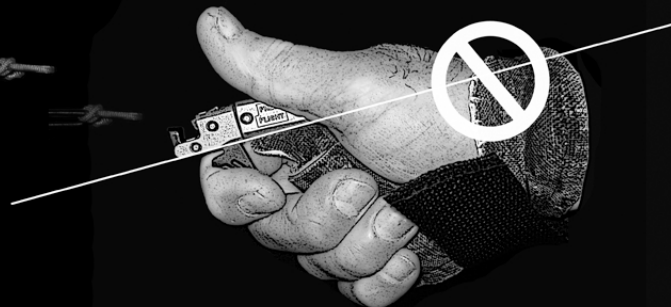


Figure B

Before we continue notice the figures above demonstrate what happens if you do not suspend the mechanism properly. The mechanism absolutely has to stay true to the center line of pull. Pulling too hard on the trigger at any time will cause a premature release.

With the mechanism still engaged, demonstrate to yourself what happens when you pull the trigger back hard. This is very important to understand as this next step will show you how this release can be shot wrong. While you are making a fist with your finger on the trigger also pulling in, notice you have moved the mechanism in toward your grip and off center. Now slowly relax your finger. You will see the mechanism straighten out, your trigger finger holding the shot, the lower fingers more of the grip. This is your sweet spot, the trigger finger is doing nothing but holding the shot. The mechanism is straight and suspended between your hand and the bows resistance. Now repeat the process of making a fist and relaxing, back and forth until you understand the suspension. Now stop when it is suspended on the center line and slowly relax your trigger finger until it releases. Keep doing this until it is stamped on your memory. Be sure you are relaxing the trigger "after" it has straightened out. In a short time and a little practice this will all become a natural motion.

The first draw. For obvious reasons take your first shots where an accidental release will not do any damage, as you should with all new equipment.

For every natural reason you will have a death grip fist with your first draw. This is very normal and a good idea. And this first relax shot is the important one that sticks in your head. Take your time. Just make a fist around the grip, feel the trigger, draw and (important), just let go and relax your entire hand, don't throw it open, don't think about suspension, don't think about your trigger finger, not fast and not slow, just let your hand relax.

The suspension of the mechanism discussed above is the only action that will keep you from using this release to its full potential. If you ever have a problem go back and work on it.



C-12 Relax Trigger / Loop Hook Relax trigger

This seems like information overload but it is a good read and if you are going to shoot the relax trigger, knowing how and why it works will allow you to use it to its full potential. The new video is also a must see as it shows you the different trigger options. Try them all and find the one that fits you best.

The Relax Trigger works just as the name describes, the serving or loop is engaged, the trigger is pulled and held back through the draw, find your target and relax your finger. It is a three finger/tab shot with a mechanism. The trigger is being described as being relaxed but to relax just one finger is difficult. Just as in a finger/tab release you want to relax all the muscles in your hand. With the relax trigger mechanism, because your trigger finger is physically taking charge so to speak, when you think of the shot process and the word "Relax" as your cue, the index/trigger finger muscles are automatically relaxed ahead of the remaining muscles. That is because your index finger gets most of your attention for everything you do. The relax trigger is also less complicated "less mental traffic", because that is what it is, traffic. Your thought process after the draw and on target is traffic coming to an end point doing 70 mph in heavy four lane traffic. Muscles are tight, heart is racing, adrenaline pump goes to high, take the shot, no, yes, now, no not yet. At that point with a pull trigger, you have to make a lot of muscles move to get the shot right. With a relax trigger your muscles are already at that point, you do not have to make your muscles do anything more, you are ahead of the traffic, all the muscles in your hand and arm "want" to relax and your shot is just waiting to happen.

Imagine you are picking up a brick off the ground with one hand, clasping both sides with your fingers. Picking it up to waist high and holding it, imagine all the muscles it takes to keep it there. Now imagine how much easier it will be to let go. Letting the index finger muscles relax as opposed to commanding the muscles to constrict may seem similar, and for everyday applications you would not even think about it. But this is archery and they are definitely not the same.

There are thousands of things that have to happen just to make your finger move. It is many muscles along with tendons, joints and ligaments extending all the way back to your elbow. Hold your arm out and pull your trigger finger in, you can see them moving. So when you are holding at full draw all these muscles are under tension and it does not matter if your index finger is floating free, your total muscle package to hold that draw includes the muscles at the end of that package, your trigger finger. Again like the traffic, with a relax trigger your hand and finger muscles are already at that point waiting for you to relax.

Is the relax trigger perfect, absolutely not. Can it be punched like a pull trigger, yes it can. At full draw and on target, with the relax trigger you are still telling your muscles what to do, the big difference is you are telling them what they want to hear. They want to reject any talk of adding to their fatigue.

At the point of no return, in that millisecond of a thought when you own the shot, If you are not clear and positive on that thought or have a millisecond of doubt, caught in between as it were, at that point you are going to punch it no matter what. But sometimes it is mental clutter that gives you that doubt and hesitation. The Free Flight Relax Trigger has a way of calming things down. What do you usually do to calm yourself down, you relax. It is an option to use to improve your shot and build your confidence, and a good proven one. In the world of shooting sports where a relax trigger is applicable, the top shooters are usually using a relax trigger.

More on the subject

WHY THE RELAX TRIGGER WORKS

Archers the most part did not know what a flinch or "target panic" was until the mechanical release was invented. Target panic is a very debatable subject but it mostly comes down to a short circuit in the process between the thought of pulling the trigger/making a muscle move, and the anticipation of a muscle command to do so. Of course there are different levels, from those that say they never have the

problem to those that are ruined by it. But it is safe to say that if you are pulling a trigger using muscle command at some level you are missing targets because of it. The shooters that dedicate themselves to being the best shots in archery are either shooting a tab or are using the many different configurations of back tension mechanisms, all trying to get that perfect surprise shot. All for the purpose of negating the short circuit in the muscle command process. Back tension releases work very well, all you have to do is spend hundreds of hours learning how to deal with the motion while staying on target. If you are hunting you then have to be sure your target does not see this motion and take off with a white tail waving goodbye.

Whether you are a shooter that admits to it or you think you might have a flinch the relax trigger will help you get rid of it. The key phrase here is "help you get rid of it". The problems that arise are in your head, not in a mechanism. You have to work with the mechanisms of the shot, work with your thought process. A mechanism doing it for you will bite you in the end and make it worse.

And the Free Flight Relax Trigger is no different, it will not fix anything if you are not willing to work with it. What it does do is give you an option that allows you to take your thought process out of the shot by making it smooth and easy. Very few relax triggers are returned for not satisfied, which is a tell for how well they work. So few that we do not mind at all giving you a refund if you try one and it does not improve your groups.

On top of all that, you will like the comfort and 15lbs less felt draw weight.

Don't forget to watch the video, It shows what relaxing is all about.