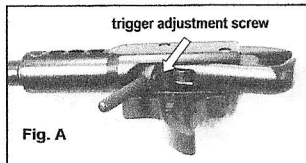


**IMPORTANT: We know archers hate to read directions, but if you don't read these directions, you'll probably never figure this release out!**

Congratulations on your decision to purchase "Bernie's CAN'T PUNCH™" back tension wrist-strap release. (Patent Number 5,845,628) It is a major step in overcoming your target panic and/or trigger punching.

Up until now, the most popular type of mechanical release, the index finger/wrist-strap/caliper, has been the hardest type of release to master correctly. The illusive "surprise" activation necessary to achieve the most consistent and accurate shot execution is usually only possible by mastering the triggerless "back tension" releases. Unfortunately, not everyone has the dedication, patience, or the weeks and months of practice time it takes to truly master this type of release. Therefore, a very large percentage of the shooters still prefer an index finger release. Because in the past this type of release could easily be anticipated, it's usually not long before shooters end up flinching, punching or jerking the trigger, or have some other form of target panic. So, why do you need to use back tension? The CAN'T PUNCH™ inventor, Bernie Pellerite, explains why... "The reason a truly surprise release is nearly impossible with an index finger release is because of the tremendous amount of tactile sensory nerves located on the tip or pad of the index finger. This makes the index finger our "smartest" and most sensitive digit, capable of feeling the difference between 1 and 2 pieces of paper. It's capable of sensing even the slightest movement of the trigger. The back muscles, however, cannot calibrate slight movements because of the lack of sensory nerves, plus they are not actually touching the trigger mechanism. The back tension releases are set off indirectly by squeezing the shoulder blades together (contracting the rhomboid muscles). This draws the elbow rearward and behind the head (in line with the arrow) which, in turn, rotates the release into firing position. This all takes the archer by surprise every shot, which is the most consistent way to shoot...simply start squeezing the back muscles together and immediately immerse into aiming. In 3 to 5 seconds, the release fires exactly the same way every time, because we can't anticipate or feel the trigger, and therefore change it a little, like we do with finger-activated releases that generate target panic and/or punching."

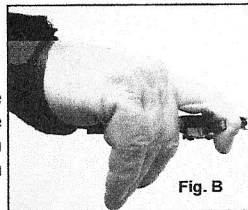
It is important to realize that archery is not really a sport . . . it is a discipline! Accuracy depends on exact duplication of each shot and demands that once the archer is immersed in aiming, the shot must go off subconsciously and a "smart" index finger will almost always interrupt this. Using the index finger takes direct thought, which interrupts the aiming process and splits the mind's attention between aiming and the trigger. The mind tries to monitor both the movement of the sight on the target and the movement of the finger on the trigger in an effort to control the exact moment of release, when everything is just right. This causes anxiety and fear of missing...target panic, punching the trigger, freezing or snaphooting. The human brain can only think of one thing at a time...aim, or move the trigger finger to activate the release.



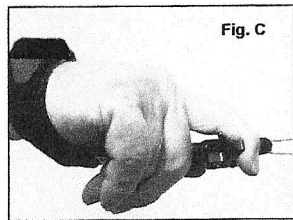
Before shooting your CAN'T PUNCH™, decrease the black trigger travel by turning the allen adjustment screw counter-clockwise (clockwise on the "Ole Faithful" rope head model) on the front base of the black trigger. See Fig. A. The factory setting is on the heavy side. The "real" (black) trigger should be set as light as possible, but will still hold when pulling against a string. Make sure it holds before pulling your bow back.

Your new release is fitted with a removable "idiot proof" CAN'T PUNCH™ feature. Here is how it works:

After closing the release jaws around string or loop, keep your finger behind the black trigger with a forward pressure as a safety until you are at full draw and the bow is pointed in a safe direction. Then place the first crease of the index finger on the red trigger (The Captivator™) heavy pressure on it. This keeps the index finger in an arch with the second pad barely touching the black Activator trigger. See Fig. B.



Once you are on target, keep pressure on the Captivator™ with the first joint only. Start relaxing the rest of the finger, back of the hand, wrist, and forearm, back to the tip of the elbow. (Relaxing will cause this whole unit to expand and straighten out, except for the first joint of the index finger, which remains locked on to the Captivator™. Some archers find it easier to let the hand slip out of the strap, while keeping pressure on the red Captivator™.) If the wrist is bent or the hand is NOT relaxed, the hand cannot slip through the strap. Simultaneously start squeezing the shoulder blades together, pushing the elbow straight back, in line with, and directly opposite the point of the arrow. Now immediately focus totally on the center of the target. As the elbow is drawn rearward, the natural arch of the finger (See Fig. B) will start to flatten out. See Fig. C. The second pad of the finger (between the first and second joint) will make contact with the black trigger, and after 3 to 4 seconds of steady and increasing rearward pulling and expanding the now relaxed draw arm unit, the release will fire and should be a total surprise, if



you are thinking about aiming while you are pulling.

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Straighten the wrist, relax the hand, and try to let the hand "slip" through the strap. Remove any oil from both triggers that may cause your finger to slip or slide and prevent the release from firing consistently.

**In summary:**

**#1. Put the crease of your finger on the red trigger. Hang on tight!**

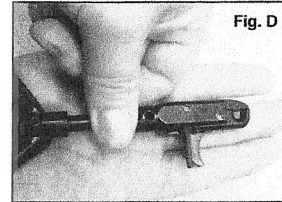
**#2 Relax the hand**

**#3 Pull your elbow back with your back muscles, between the shoulder blades**

**#4 Don't think about anything else except AIM!**

Depending on how fat or skinny your index finger is, the distance between the red trigger and the black trigger may vary from 1/16 inch to 1/4 inch apart.

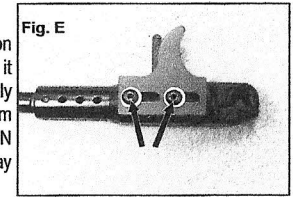
**IMPORTANT NOTE:**



The successful surprise release depends on properly fitting the wrist strap and release to the individual's hand and fingers. If the shooter has too much or too little finger contact on the two triggers, release will be difficult to fire consistently or in the desired amount of time. Adherence to the following system is necessary. After adjusting the wrist strap, pull the jaws of the release firmly toward the fingertips. The tip of the jaw should line up halfway between the first and second crease of the middle finger. See Fig. D. This allows the shooter to have enough room to put the index finger over the black trigger onto the red trigger without accidentally firing the release. NOTE: If you have

enough room to put the second or third joint of the index finger on to the red trigger, the release is adjusted too short for you. Too much finger wrap makes it nearly impossible to set the release off properly. Conversely, if only the fingertip is touching the red trigger, the release is adjusted too long and should be shortened up, as the release will probably fire prematurely. For the release to work properly, the red trigger must go in the first crease consistently on every shot.

If you are performing all of the information above correctly, the explosion should happen in 3 to 5 seconds. If you are doing everything properly and it takes too long to set the release off, move the red Captivator™ trigger slightly CLOSER to the black trigger by loosening the two allen screws on the bottom of the red trigger. See Fig. E (Caution! DO NOT OVER-TIGHTEN ALLEN SCREWS.) If it goes off too quickly, move the Captivator™ slightly farther away from the black trigger, so there is more space between the triggers.



**WARNING**

Because the set-up and measurements of the finger-to-trigger-to-release is critical to the success or failure of this product and because it's totally different than shooting other releases, make sure you test fire it at close range (3 to 10 feet) for about 50 shots so you can get used to activating the release properly. Don't try to immediately go through the learning curve at 20 yards while trying to hit a small target. It is suggested to test fire this product after the necessary adjustments have been made on an empty bale. This will allow your subconscious to absorb the exact "feel" of how to fire the release without the pressure of a hard-to-hit target. (You still need to focus on aiming.) See enclosed Trouble-Shooting tips. Reading them carefully will prevent 99% of the problems most people encounter.

If you try to punch this release, the index finger will arch up and away from the black trigger. Only relaxing and pulling through the shot will set this release off, if it is fitted properly.

By freeing your mind to know that you can't punch this release and you must relax and pull through the shot, you will quickly understand that all you have to do is:

1. Once at full draw, get in the general vicinity of the target (1 or 2 inches from the exact center is OK). Don't worry about really fine aiming yet.
2. Put good pressure on the red Captivator™ trigger. RELAX THE REST OF THE HAND!
3. Start consciously squeezing the shoulder blades together, which draws the elbow rearward. DO NOT let up on the Captivator™ or try to slide or roll the tip of the finger back on the black trigger. Let the hand "slip" back through the strap . . . sort of like trying to get out of handcuffs.
4. Move all conscious thought to the center of the target and keep it there. Subconsciously continue to relax and pull until explosion.
5. Follow through until the arrow hits the target or the hand touches your shoulder, etc.
6. Go collect your prize money or trophy! Remember, if you are not having fun, you're doing it wrong!

\*OVER\*

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