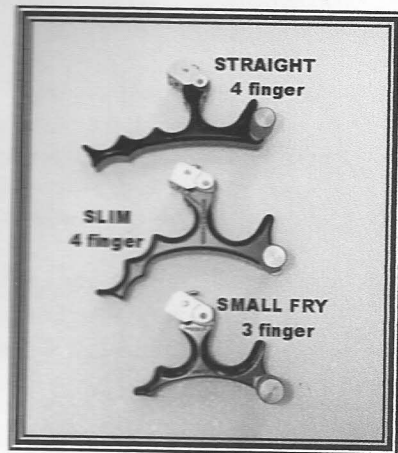


**Robinhood Video Productions, Inc.**

*... not just videos anymore!*

**1600 Reynoldsburg-New Albany Rd.  
Blacklick, Ohio 43004  
614-322-1038  
fax 614-322-1039  
www.robinhoodvideos.com  
AskBernie@aol.com**

**Bernie's** **KNUCKLE UNDER**  
**КНУКТЕ UNDER**  
**Back Tension Release**



**INSTRUCTION  
MANUAL**

072311

# OPERATING INSTRUCTIONS FOR BERNIE'S SLIM KNUCKLEUNDER<sup>TM</sup>

## ALSO SMALL FRY AND BRASS KNUCKLES

(Directions assume the shooter is right-handed. Reverse for left handed shooters)

Congratulations on your purchase of "Bernie's Slim KnuckleUnder<sup>TM</sup>", (pat. #6,945,241 B2) one of the finest "draw safe" back tension releases on the market today!

*NOTE: For safety's sake, always test fire your new release by pulling against a piece of release rope or by test shooting 2 to 3 feet from a target. Also, draw the bow away from your face until you are used to it.*

### TO LOAD:

- Can be shot directly from the hook (B), using a "D loop" on your bow string. See Figure 2. Make sure the hook is behind the cam (C). The spring (D) will return the hook to this position.

### PULL TO ANCHOR:

Pulling with all of the fingers, place the knuckle of the little finger (on the 4-finger model) under the handle, pressing up (counterclockwise) against the handle. See Figure 3. (On the 3-finger model, place the kuckle of the ring finger under the handle.) This

will help keep the handle in a safe position, to avoid prematurely firing. Pull the string back with most of the pressure on the index finger and thumb side of the release. (Use the adjustable thumb barrel (E) to help pull the bowstring back.) See Figure 4. Move the thumb barrel to an angle that's comfortable for your hand. Once you are at full draw, bring the little or ring finger back up to the handle with the other fingers. See Fig. 5

For best results, at anchor, the release should be held at a 45° angle (not flat against the face or with the palm down) and the groove of the 1<sup>st</sup> and 2<sup>nd</sup> knuckles should lock into the ridge of the jawbone or some other *solid* anchor. See Fig. 3 and 5.

### TO FIRE:

NOTE: "Bernie's KnuckleUnder<sup>TM</sup>" comes with a "Click-Cam<sup>TM</sup>", (Standard equipment is a ten thousandths inch groove on one edge of the cam) which gives a "click" to let you know when the release is "on the edge" and ready to fire. Other size "Click-Cams" are available. A few shooters prefer not to use the "Click-Cam<sup>TM</sup>". If so, see directions on how to reverse the cam to the smooth, no-click side.

clicker



**With** the Click-Cam™

- Slowly rotate the handle with your fingers (not the elbow or shoulder) *clockwise* by letting off the pressure on the thumb/index finger side and applying pressure to the little finger side, until you hear the “click”, which is the bottom of the hook engaging the groove in the Click-Cam™. **STOP PULLING...** or the release will fire!! **Don’t “give up” or release any pressure when you hear the click - this is a common mistake! When you hear the click, KEEP WHAT YOU’VE GOT!**

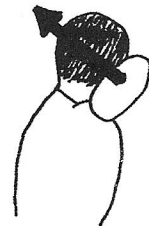
NOTE: If you pull too quickly to the second click, you may pull *past* the groove and set the release off, or you may pull well into the groove. This could cause the release to fire too quickly, because you are at the middle or the end of the ten thousandths groove, instead of at the very beginning of it.

IMPORTANT: *Be sure to keep the pressure you used with the little finger that you had to get to the click when you start your elbow rotation. If you relax the pressure, you may find it hard to pull the release off of the click with only back tension.*

- While *keeping the same firmness* on the little finger side of the handle as when you heard the click, *slowly* rotate your elbow **up and behind** your head about 1 inch. **Don’t pull straight back.** (It should take

about 3 to 4 seconds to fire the release.) When you move your elbow to fire, make sure your hand moves along with it. Some people move the elbow, but the hand is “stuck” to the side of the face. **The elbow and hand become all one unit.**

- Do NOT rotate the wrist, or squeeze with the middle, ring or little fingers. (This is called “cranking” or “control punching” and is *not* shooting with back tension.)



NOTE: For best results, your draw length should be set so your elbow tip is held *naturally* at least as high as your nose. See “*The Importance of Back Tension.*”

**Without** the Click-Cam™

- Without “cranking” the release, (don’t move the handle by moving the wrist or fingers), rotate your elbow **up and behind** your head (about 1 inch). The release will fire if you have the edge of the cam positioned close enough to the bottom edge of the hook (fast). *For safety’s sake, always test the release setting by pulling against a piece of string before you attempt to shoot an arrow.* If you find you’re having to rotate your elbow more than an inch and you feel like the point of your

elbow is past the midline behind your head, speed up the release and be more careful coming to full draw.

NOTE: This release is pre-set for using a "D-loop" on your bowstring. The travel is set for using back tension and should fire the release in about 1 inch of travel of your elbow. See page 7 for how to adjust travel.

#### **TO LET DOWN:**

If you find the need to let down (either before or after the click), simply rotate the handle *severely* counter-clockwise by applying all the pressure to the index and thumb side of the handle and letting up on the baby finger side.

#### **CAUTION!!**

**Overtightening set screw causes severe handle damage NOT covered under warranty. Use medium Loc-tite.**

#### **USE THREAD LOC:**

Once you have discovered which cam setting is best for you, put a small amount of *removable* Thread Loc (Loc-Tite® or other) on the travel adjustment set screw (J). This assures the screw doesn't back out or loosen over time, but the screw can still be turned when adjustments are necessary. We do not recommend putting Thread Loc on the cam set

screw (I), but it **MUST** be as tight as possible.

If you find that the axle (F) in the hood (H) is backing out, apply a **VERY** small amount of Thread Loc with a toothpick to the threads in the hood, **NOT** the threads of the axle. Tighten axle and wipe off excess. Allow to dry for several hours before use. Make sure when drying, place the release on the table with the threaded side of the hood **DOWN**, toward the table. This will help insure that no Thread Loc gets into the mechanism of the spacer, spring and hook.

- **Proper set-up for shooting with back tension.**

Back tension is simply a means to get the string elbow (held at approximately nose level) to move up and back behind the shooter's head in direct line with the arrow. The elbow typically only moves  $\frac{3}{4}$  to 1 inch. The muscle you use is the draw side rhomboid only, which is between the tip of the draw side shoulder blade and your spine (a little below arm pit level). Your hand/wrist/elbow are all set properly (straight and relaxed). Then, when the elbow reaches the point where it aligns with the arrow, the release should go off. If the elbow under- or over-rotates the imaginary line that the arrow is on and

Contract rhomboid muscles, string side only. This moves elbow into firing alignment.



