



## NATIONAL ARCHERY IN THE SCHOOLS PROGRAM

### Nock tying instructions

Use the nock square to determine the nock position. Mark the string with a marker or “white out”. With your string already marked, start to tie knots as follows. Starting from the mark work your way up the string tying standard knots from front to back as shown.



### Knot sequence

Bring both ends around the front and finish off the nock by tying a square knot (right-over-left with the first tie and left-over-right to finish). Use pliers to pull the knot as tight as possible. Now, either cut or burn the excess string off as close to the knot as possible. Next, spread glue on the knot and nock to harden it and keep things tight. **DO NOT** allow the glue to soak through to the center serving or bow string. You want to be able to twist the knock up and down the serving to adjust nock height. (You might have to work at the nock a bit to get it to move at first.)

