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Dear Customer:

Thank you for your support of LifeCycle Gear and for purchasing a Handy Clicker. It's my hope that the Handy Clicker will help to restore fun and success to those many archers and bowhunters who suffer from target panic and other shooting problems.

Below are basic directions for using the Handy Clicker. Additional information is available at www.yourlifecyclegear.com and on our YouTube channel.

Please feel free to contact me if you have questions.

Background and Shot Integration:

The Handy Clicker is a shooting aid that I developed to help cure target panic and establish a highly controlled shot activation system that involves physical and auditory cues. It's super easy to use and unlike other systems, such as bow-mounted clickers or grip seers, the Handy Clicker travels with you and not on your bow, enabling you to accurately shoot any bow and arrow combination that you pick up. It's versatile, as well, and can be used in either your bow hand or string hand.

It typically takes 6-24 months for any activity, like shooting a bow, to become completely subconscious or automatic. This is why new shooters are often excellent shots right out of the gate. Nothing is automatic, so their brains allow them to think through and act upon every step of the shot without confusion.

Target panic creeps in when the brain subconsciously and uncontrollably anticipates the next step, which is often acquisition of a certain sight picture. This sight picture/release relationship compels you to shoot before you have reached anchor; or forces you to hold off target and then swing on target for an erratic release.

The Handy Clicker breaks the psychological and physical connections among the stage of your draw cycle, your sight picture, and your urge to release. It takes away the automatic movement and compels you to follow a controlled, step-by-step process. It moves the shooting process to become deliberate and physical, instead of subconscious and automatic.

That said, it takes effort and mental grit. You have to stay focused and in your shot cycle. Saying something to yourself, like a mantra, can be helpful. So for example, you lock into your draw, maintain back tension and say "keep squeezing, keep squeezing," until the Handy Clicker's spring steel tab collapses and the click goes off.

For most shooters, it will take 50-100 shots to get used to the Handy Clicker—that is getting it adjusted and deciding where it works best, bow hand or string hand. Then it will take another 50-100 shots before you start seeing marked improvement in accuracy. Once it all falls together, you'll see a giant improvement in both group size and accuracy.

To get the most from the Handy Clicker, you must have an established shot sequence or "blueprint" that governs your shot in a stepwise fashion. For more on this, I recommend checking out Chapter 3 of my book (A Traditional Bowhunter's

Path), Joel Turner's Shot IQ program, Tom Clum, Sr.'s Solid Archery Mechanics, or The P. A. C. K. at The Push Archery's website.

Making Adjustments:

The Handy Clicker has two main parts--the leather clicker pouch, which holds a spring-steel clicker, and the finger thong. The finger thong can be adjusted for your finger and hand size.

To adjust for finger size, hold the Handy Clicker with the logo facing you, then insert your finger through the bottom loop. Now, slide the two wooden beads up or down so the shock cord is snug, but not too tight, on your finger. You'll notice after the adjustment that there is still a loop of material sticking up.

To eliminate the loop, take the Handy Clicker off and put it back on by first inserting your finger through the upper loop and then the lower loop. Now the adjustment for finger size should be complete.



To adjust where the leather pouch falls along the palm of your hand or on your bow's riser, simply slide the pouch up or down the shock cord and then secure with the beads.

After you are comfortable with the Handy Clicker, you can knot or cut the excess shock cord from the side without the logo and burn the ends to keep them from fraying.

String Hand:

Everyone is different, but what seems to work best when using the Handy Clicker in the string hand, is to insert your middle finger through the thong and adjust as described above, with the spring steel tab resting approximately over the place where your little finger meets your hand. The Handy Clicker is then operated with the thumb. This works whether you are shooting split finger or three fingers under. This method works seamlessly if you are using a glove.

If using a tab, you'll probably need to experiment, but switching the Handy Clicker to the index finger will most likely be required.



Bow Hand:

Everyone is different, but what seems to work best when using the Handy Clicker in the bow hand, is to insert your index finger through the thong and adjust as described above. When gripping the bow, allow the Handy Clicker to ride on the back of the riser and apply pressure to the spring steel tab with your middle finger to operate the Handy Clicker.



When shooting with the Handy Clicker in your string or bow hand, come to anchor as you normally would and slowly squeeze the Handy Clicker to activate your shot. Use enough pressure to trigger the Handy Clicker within 4-6 seconds after reaching anchor and transferring the bow's weight to your back.

There is no single, best way to use the Handy Clicker. Feel free to experiment to discover what works best for your hand size and shape, and shooting style.

The Handy Clicker comes with a one-year warranty. If you experience problems within the first 12 months, please feel free to contact me and I will replace or repair your Handy Clicker.

Also, please feel free to contact me with questions and let me know about your experiences with the Handy Clicker.

Keep the Traditional Spirit Alive!

Ron Rohrbush