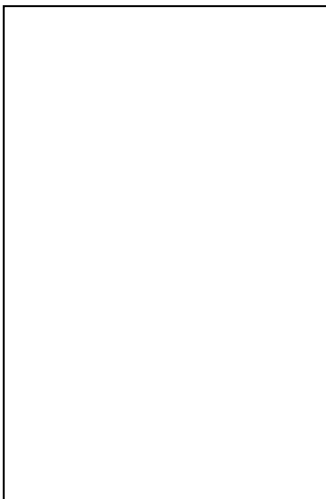


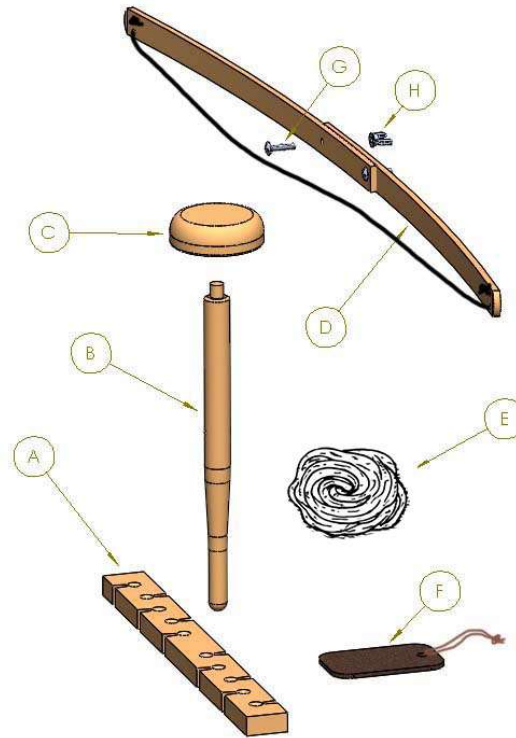


CB-202123
 Primitive Bow Drill
 Starter Kit
 User Guide



The following user guide is intended only as a basic starter kit to introduce you to the skill of primitive Bow Drill friction fire starting. The technique involves generating a small ember through the friction generated between a rotating spindle and a fireboard, then transferring that ember into a bundle of fine dry tinder.

Once you've become proficient at the skill using this kit, you can begin to attempt making your own bow drill using materials that can be found in nature.

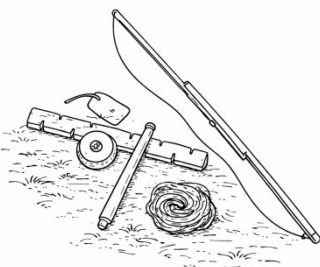


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A	Fireboard	E	Tinder material (bagged)
B	Spindle	F	Leather Ember Catcher
C	Bearing Block/Hand Hold	G	Screw
D	Bow Assembly	H	Wing Nut

Unpack:

Remove the components from the box and lay them out in front of you and familiarize yourself with all of the components.



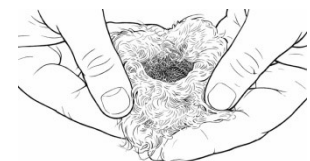
Assemble the Bow:

Expand the bow by rotating to the halves apart and then lining up the holes. Fasten them in place using the provided screw and wing nut.



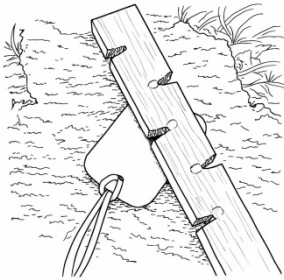
Prepare your tinder bundle

Before you do anything, take a generous amount of the provided jute wool tinder and form it into a small bird's nest shape. This is the material that you will use to actually ignite the hot ember into a burning flame.



Position the fireboard

Place the fireboard on the ground and position the leather ember catcher underneath one of the notches. This will catch the hot, black dust and keep it insulated from the cool ground. You will also use this to pick up the ember and transfer it to your tinder bundle.



Get into position:

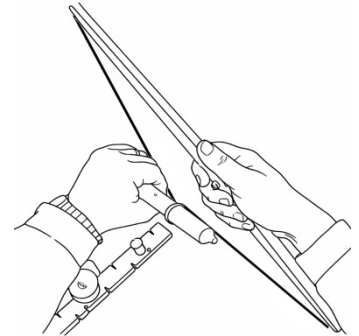
Kneel on your right knee with your left foot placed firmly on the fireboard about an inch or so to the left of the notch you'll be drilling on

Note: These instructions are based on right hand dexterity. Please reverse if you're left handed.



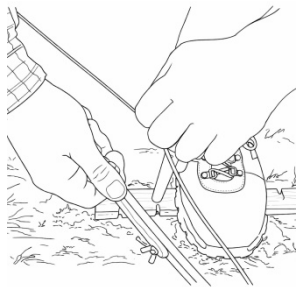
Hold the bow:

Grip the bow with your right hand. Place the spindle (small end up) against the inside of the string and then twist it to form a loop that wraps once around the large end of the spindle. It's going to want to untwist so hold it in place with your thumb and forefinger.



Position the Spindle:

Place the spindle into the notch divot, and then place the bearing block on top of the spindle and apply downward pressure. Brace the hand that holds the bearing block against the shin of your left leg. This will stabilize the spindle as you are drilling.



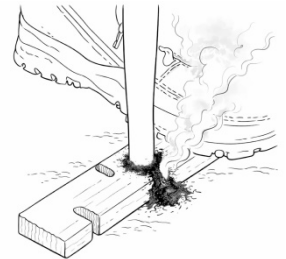
Begin the drilling motion:

Begin sawing the bow back and forth in long, smooth strokes to spin the spindle at a moderate pace with light pressure. At this point you are not yet trying to make fire. You are just warming up the wood and creating a small pile of black dust inside the notch. You shouldn't be working too hard at this point.



Increase speed and pressure:

Once the dust fills the notch and you see a thick plume of smoke, increase both your speed and downward pressure. Work vigorously to build heat until you see a thick plume of smoke. This is where you should be exerting quite a bit of effort.



Stop when the dust smokes on its own:

If the dust pile in the notch continues to smoke, it means you have a hot, useable ember. Gently remove the spindle and then carefully remove the fireboard. If the ember is stuck in the notch, give it a gentle tap with the spindle to release it. As long as the dust pile is smoking on its own there is no rush. Go ahead and catch your breath and allow the ember to smolder for a few minutes without disturbing it and allow it to grow.



Transfer the ember:

Very carefully pick up the leather ember catcher and gently place the smoking ember into the center of your prepared grass tinder bundle. Be super delicate here! If you lose the ember, you've wasted your hard work and sweat and will need to start all over.



Encourage the ember:

Gently fold the tinder bundle around the ember and start to gently blow on it. Use long, steady breaths to provide a consistent supply of oxygen, gradually increasing the airflow. Continue blowing until the tinder bundle ignites into a flame. At this point, place the bundle in your fire lay (prepared kindling and larger fuel) to build up your fire.

