

This invention relates to mechanical arms and can be used in sports shooting and hunting. An arbalest has a bed, a mechanism for bow-string holding connected to it, a release mechanism with trigger, a bow with string and tension mechanism. The bed fixed section of tension mechanism is placed, this is arranged as jack, for instance, rack jack, and on the movable section of tension mechanism connected to the fixed one lock of release mechanism is placed, this at the same time if the mechanism for string holding.