

Visual Archery Instructions

Whistle Commands

1. Get Ready!
(2 whistles 📢 📢)



Proper Archery form/technique

Step 1: Determine eye dominance



2. FIRE!
(1 whistle 📢)



Step 2: Proper Grip/Hand placement

Front hand placement



Back hand placement



3. Grab Your Arrows!
(3 whistles 📢 📢 📢)



Step 3: Drawing the bow

