**Visual Archery Instructions**

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| **Whistle Commands** | **Proper Archery form/technique** |
| 1. **Get Ready!**

**(2 whistles****)**  | **Step 1: Determine eye dominance** |
| 1. **FIRE!**

 **(1 whistle** **)** | **Step 2: Proper Grip/Hand placement** |
| **Front hand placement** | **Back hand placement** |
| 1. **Grab Your Arrows!**

**(3 whistles** **)**  |  **Step 3: Drawing the bow** |