

## 11 Steps to Archery Success

1. **Stance:** Place one foot on each side of the shooting line, maintaining a comfortable, balanced posture
2. **Nock:** Place the arrow on the bowstring, ensuring the index (odd-colored) fletching is facing away from the bow.
3. **Draw Hand Set:** Grasp the bowstring with three (3) fingers, creating a hook in the first joint of your fingers
4. **Bow Hand Set:** Place the bow hand on the bow grip, with meaty part of your thumb inside the grip, ensuring the lifeline is aligned with the center of the grip.
5. **Pre-Draw:** Lift the bow arm towards the target, hinging at the shoulder, while keeping your drawing arm parallel to the ground.
6. **Draw:** Smoothly pull the string back towards your face, keeping your back muscles engaged.
7. **Anchor:** Establish a consistent anchor point, typically the corner of your mouth or your smile, to ensure repeatable form.
8. **Aim:** Align the string, arrow, and target, using your dominant eye as your rear sight.
9. **Shot Set-Up:** Maintain an active bow hand, engage your back muscles, and think about a slight rearward movement or your drawing shoulder, arm, and elbow.
10. **Release:** Relax your fingers and the back of your drawing hand simultaneously, allowing the arrow to fly.
11. **Follow Through & Reflect:** Continue the drawing hand movement backward, under your ear, and towards your shoulder, while the bow arm moves slightly forward, left, and down. Evaluate the shot and identify areas for improvement.

<https://www.youtube.com/watch?v=tm8y7d0hHKs&t=13s>

### Whistle Commands

**One (1) Whistle:** Shoot

**Two (2) Whistles** w/Command "Get Bow": Get Bow

**Three (3) Whistles** w/ Command "Go get arrows": Proceed to waiting line to count/remove arrows

**Five (5) Whistles:** STOP! Emergency on the Range