**Archery Whistle commands and the 11 steps for shooting**

2 whistle blasts means you may select your bow

1 whistle blasts means you make nock you arrow and begin shooting

3 whistle blasts you may retrieve your arrows

5 or more whistle blasts means you need to let down your bow and put your bow and arrows away

**The 11 steps for shooting**

1. Stance
2. Nock Arrow
3. Drawing hand set
4. Bow hand set
5. Pre-draw
6. Draw
7. Anchor
8. Aim
9. Shot set-up
10. Release
11. Follow through