

**Task Analysis:**

**Skill: Arrow Retrieval**

**Visual Description:** Performer approaches and, standing sideways next to the target, places his target-side hand (palm down) flush against the target around an arrow's point of entry. Using his non-target side hand, he grasps the arrow tightly as close to the target as possible and, using a side-to-side twisting motion, pulls the arrow directly backwards, freeing it from the target.

<b><u>Movement Sequence</u></b>	<b><u>Movement Cues</u></b>
1. Stand Sideways next to target	Stand Sideways
2. Place target-side hand around an embedded arrow	Choose Arrow
3. Slide hand down arrow to target surface	Hand against target
4. Open the hand so the palm is flush to the target	* Palm flat
5. Take opposite hand and grasp arrow shaft	Pull-hand on
6. Slide pull hand down to target and grasp tightly	* Low Grip
7. Rotate the embedded arrow in the target	* Twist
8. Simultaneously pull arrow directly backward	* Remove

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\* = Four most critical points

**TASK COMPLEXITY VARIABLES**

LEARNER: \_\_Beginner

SKILL: \_\_Discrete = One definite beginning and end

ENVIRONMENT: \_Closed

**CHECKLIST:**

Student	Palm Flat	Low Grip	Twist	Remove
1				
2				
3				
4				