

**TASK ANALYSIS**  
**Archery T-Form**

SKILL: Archery T-form Shot

VISUAL DESCRIPTION: Performer positions himself sideways to target, nocks an arrow and, keeping the target-side arm straight out toward the target, draws back using the tips of three fingers to his ear, aims, and releases the arrow.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

- |  |                           |
|--|---------------------------|
| <b>1. Sideways Stance to Target</b>              | <b>* Sideways Address</b> |
| <b>2. Hold bow horizontally toward target</b>    | <b>Knuckles up</b>        |
| <b>3. Nock an arrow w/index feather up</b>       | <b>Odd color up</b>       |
| <b>4. Grip string with three finger tips</b>     | <b>* 3-finger grip</b>    |
| <b>5. Straighten bow arm to target</b>           | <b>Bow-arm out</b>        |
| <b>6. Draw back bow-string and arrow to ear</b>  | <b>* Draw back</b>        |
| <b>7. Take careful aim down the arrow length</b> | <b>Take Aim</b>           |
| <b>8. Release by relaxing the 3-finger grip</b>  | <b>* Easy Release</b>     |

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

LEARNER: Beginner

SKILL: Discrete = One definite beginning and end

ENVIRONMENT: (outside = open) (indoors = Closed) Flat surface, downhill, or uphill.

Shorter/Longer distances. Bigger/smaller targets. Timed contest. Stationary/moving targets.

**CHECKLIST:**

Student	Sideways Stance	3-finger grip	Draw back to ear	Relaxing release
1				
2				
3				
4				