

TASK ANALYSIS OF THE NINE STEPS TO THE TEN RING

1. STANCE
Must be able to consistently stand in the same place in the same position.
2. NOCK
Must be able to get the arrow out of the quiver, turn it around, place it on the string, keep it on the arrow rest, maybe get a release on the string.
3. SET
Must be able to get bow into upright position, get bow hand and drawing hand positioned, get fingers on string and position shoulder.
4. PRE-DRAW
Must be able to get the sight on the target and begin to pull.
5. DRAW
Must be able to keep the sight on the target and continue pulling.
6. ANCHOR
7. AIM
8. RELEASE
9. FOLLOW THROUGH
All of these are so closely related, that you almost have to do them all together.

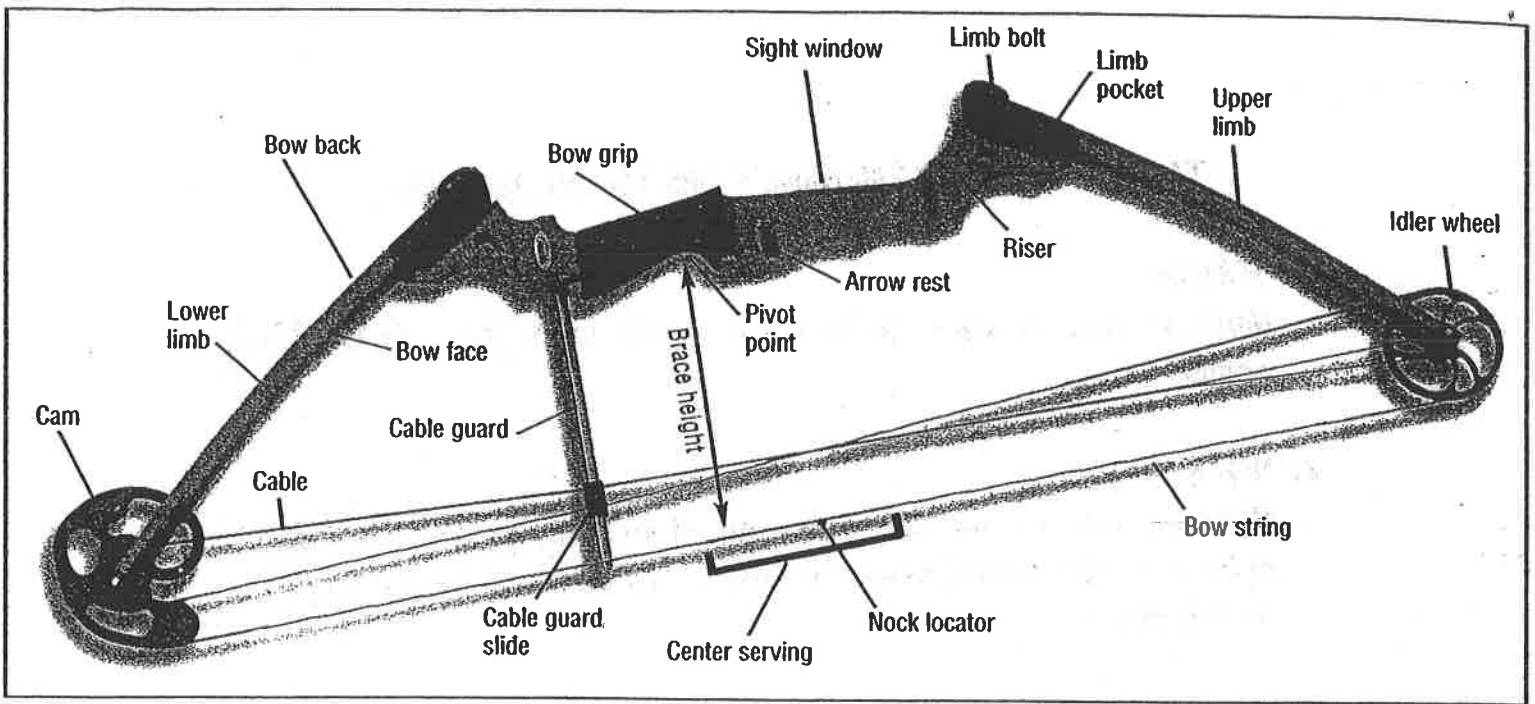


Fig. 7.2 Genesis® bow with parts labeled

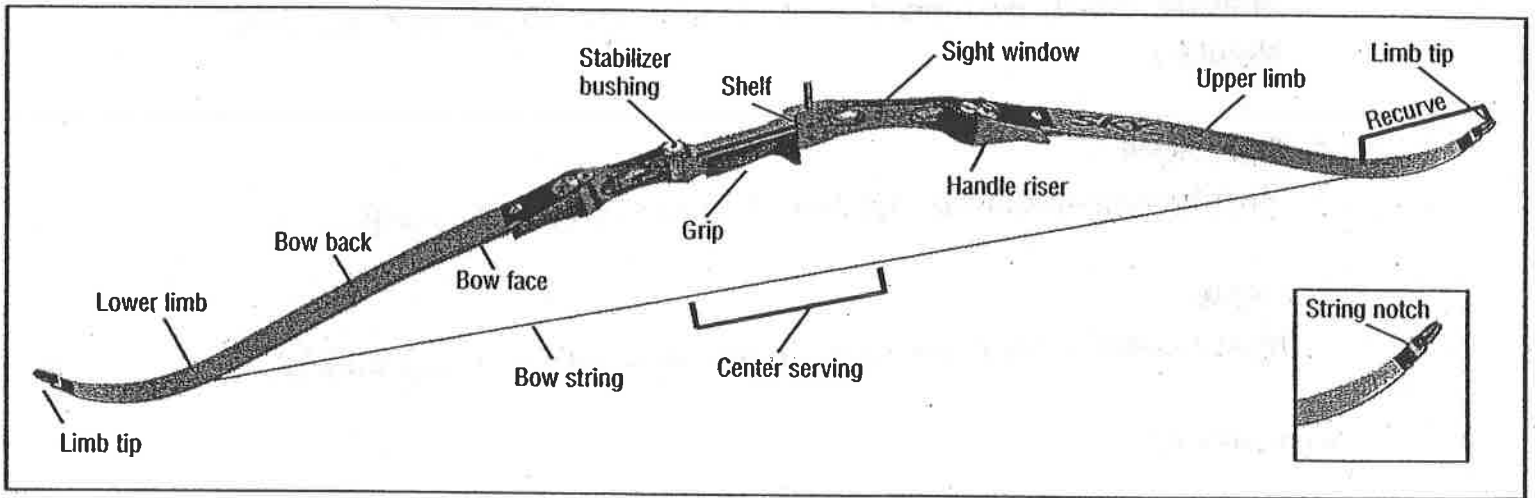


Fig. 7.3 Recurve bow with parts labeled

Fig. 7.5 Aluminum arrow with parts labeled

