

ch #11 THE ELEMENTS

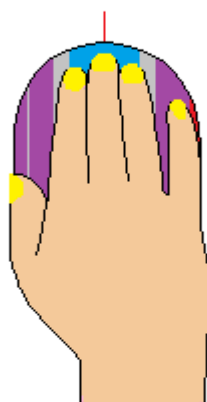
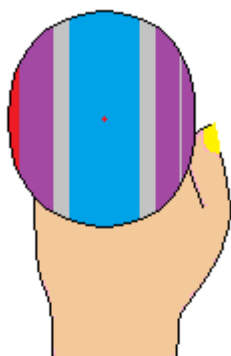
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This chapter defines the elements.

I have identified the following elements for inside throws:

- 1) The **grab** is holding the wood at the correct orientation.
- 2) The **grip** is placing your fingers and thumb relative to the running strip and label.
- 3) The **stance**.
- 4) The **position**.
- 5) The **squat** is bending your knees to lower the wood to the floor. It includes placing your **free hand** on your knee and rotating your throwing hand so the running strip is facing the correct direction.
- 6) The **hover** is when you hold the wood off the floor before the backswing.
- 7) The **heading** is the position of your head.
- 8) The **backswing** aka **Bswing** is swinging the wood back. It includes the **apogee** which is where you pause before the forward swing.
- 9) The **forwardswing** aka **Fswing**.
It includes the **release** and **follow-thru**
- 10) **Breathing** affects several elements.

FIG 101



YOUR GRAB & GRIP

For RF:

Place your throwing fingers under the wood with the label near your pinky.

Turn the wood upside-down (supporting it with your free hand).

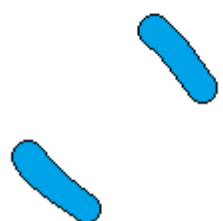
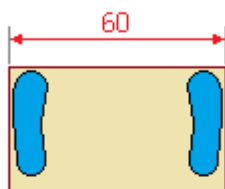
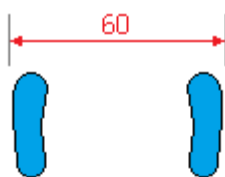
Place your middle finger along the centre of the running strip and the adjacent fingers touching the middle finger.

Move your thumb and pinky up the sides to prevent dropping the wood when you swing your arm.

NOTE

After some practice you might prefer to place your fingers **askew** but start with them on the running strip.

FIG 102



THE BASIC STANCE

<-- the basic inside stance

Why 60cm ?

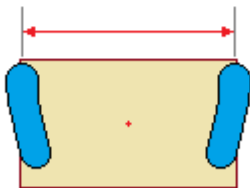
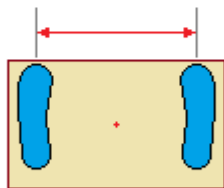
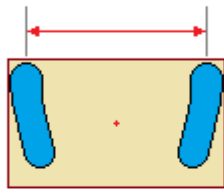
Because you can use the mat to measure 60cm and it "works" for me.

<-- the stance at 10°

<-- the stance at 350° (-10°).

<-- the stance at 305° (-45°).
It's the same stance but only a hooligan would throw at this angle.

FIG 103



YOUR STANCE

If the basic stance works for you then adopt it as your stance. Otherwise modify it so you are comfortable and can complete an inside throw without your arm hitting your leg.

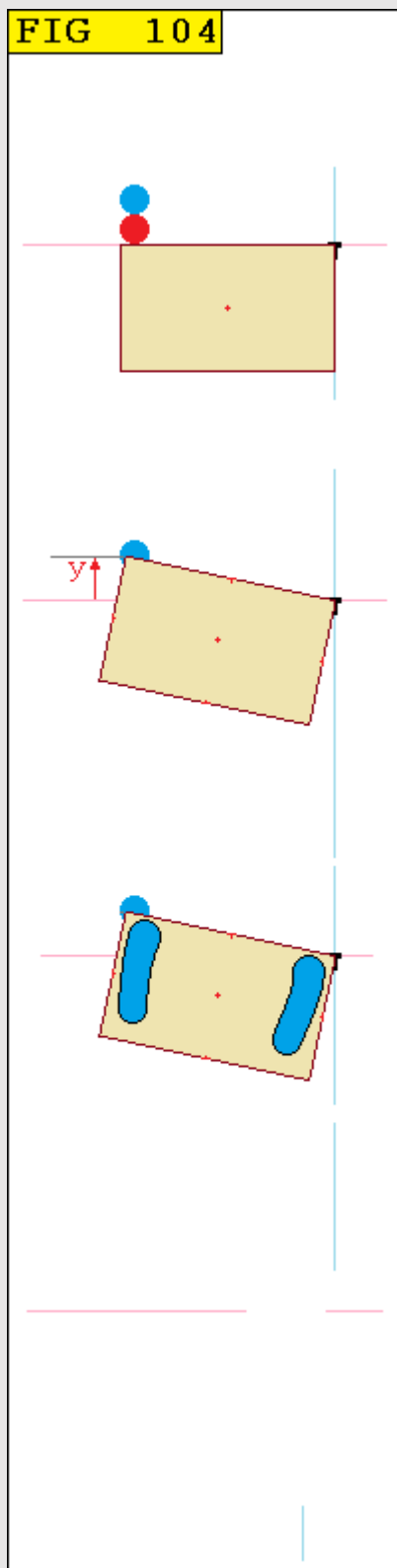
I find it uncomfortable to stand with my feet parallel (this is common among people with high IQ). So I rotate my heels inwards.

The distance from the middle of your Lfoot to the middle toe of your Rfoot is your toes to toes distance aka **T2T**.

<-- T2T reduced for a short person.

<-- T2T increased and heels rotated for a tall person. The further apart my feet are, the more uncomfortable it is to keep them parallel.

FIG 104



YOUR POSITION

Place the mat and two discs as shown.

NOTE

My club has 8cm dia velcro-backed plastic ditch markers aka **discs** that I use to mark various positions.

Rotate the mat about the T as shown. This moves the corner 12cm ahead of the TL which gives an angle of 12° .

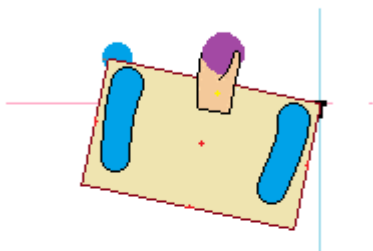
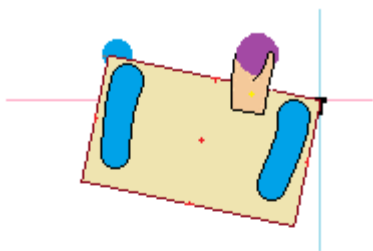
Don't bother getting it exact.

Adopt your stance on the mat.

NOTE

You might set the position (with the mat) before adopting your stance.

FIG 105



SQUAT & HOVER

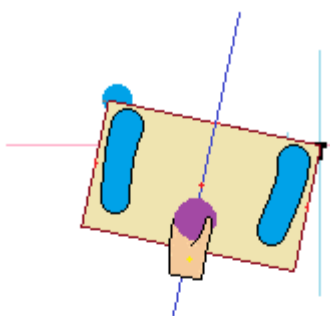
Palm beneath the wood.
Bend knees until the wood touches
the floor.
Place your free hand on your
knee.

Rotate your hand so the running
strip is in the direction you
wish to throw.
Adjust your heading to look along
the aiming line.

Lift the wood a small distance
above the floor.
Allow your throwing arm to hang
freely.

Now hovering.

FIG 106



BSWING & APOGEE

Swing your arm back and pause at apogee.

FIG 107

FSWING & RELEASE

Swing the wood forwards and release.

NOTE

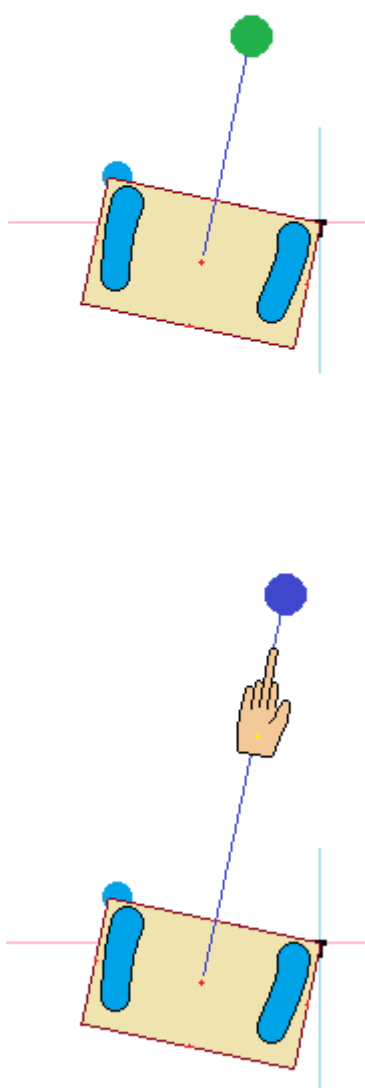
I don't know how I release the wood. It seems to happen by magic. One moment I'm holding it, the next moment I'm not. When thrown correctly, you will feel the wood departing your middle finger then hear it whistling as it runs.

Does it whistle a tune ?

No, it's like the last bit of air escaping a type when you depress the valve.

Follow-thru.

ie Continue your arm swing and keep your hand over the path.



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