

ch #15 BASE THROWS

ver: 25/10/26

This chapter explains base throws.

REMINDER

The contact point (CP) is where the wood hits the floor.

ANOTHER REMINDER

δ denotes the required throwing angle.

If the wood is thrown at an angle δ and the CP is on the CL, the wood will arrive on the CL (assuming a clean throw with no tilting etc).

COROLLARY

If the wood is thrown at an angle δ and the CP is zcm from the CL, the wood will arrive zcm from the CL. (It's like moving the CL zcm sideways.)

A **base throw** is a throw where the CP is on the CL and the wood comes to rest on the CL just in front of the far T.

There are two base throws - forehand and backhand.

Surely there are four - RF, RB, LF and LB ?

Yes. I forgot about Lefties.

The position for a base throw is referred to as a **base throw position** aka **base position**.

Every throw (wherever you want the wood to arrive) can be made from a base position or from a base position shifted sideways.

FIG 101

THE CONTACT POINT

I use a green wood to indicate the CP.

Adopt your throwing position and throw some woods. Shift the mat sideways (L or R) until the CP is on the CL.

NOTE

It's difficult to see exactly where the wood hits the floor. Don't worry because a few cm (L or R, ahead or behind) will make very little difference unless you are exceptionally consistent.

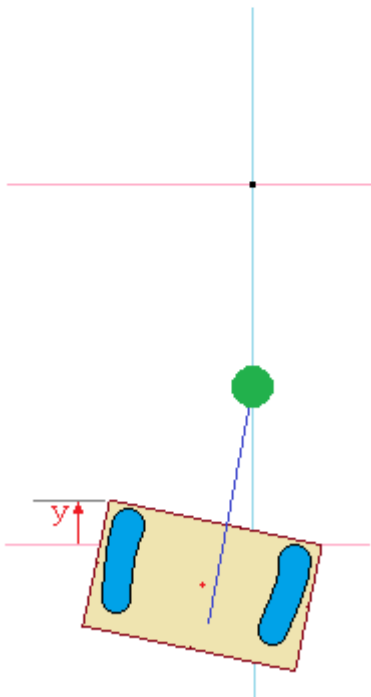
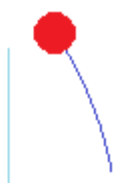


FIG 102



ADJUSTING δ (decrease)

For a RF throw:

If woods arrive to the R of the CL, decrease δ by decreasing y .

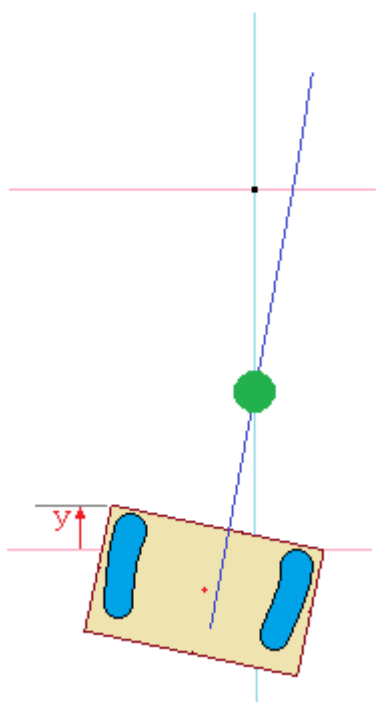
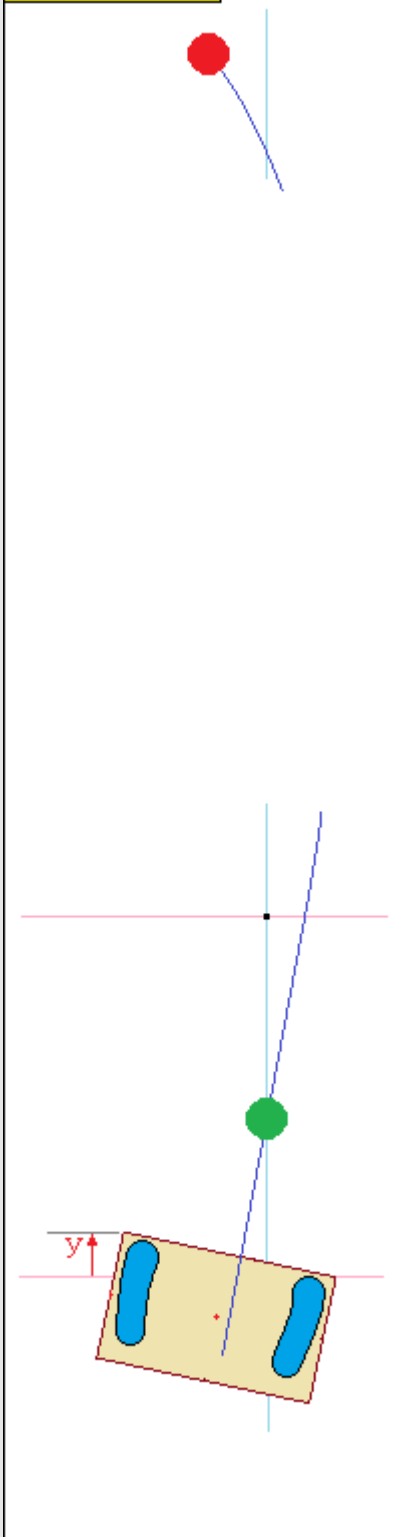


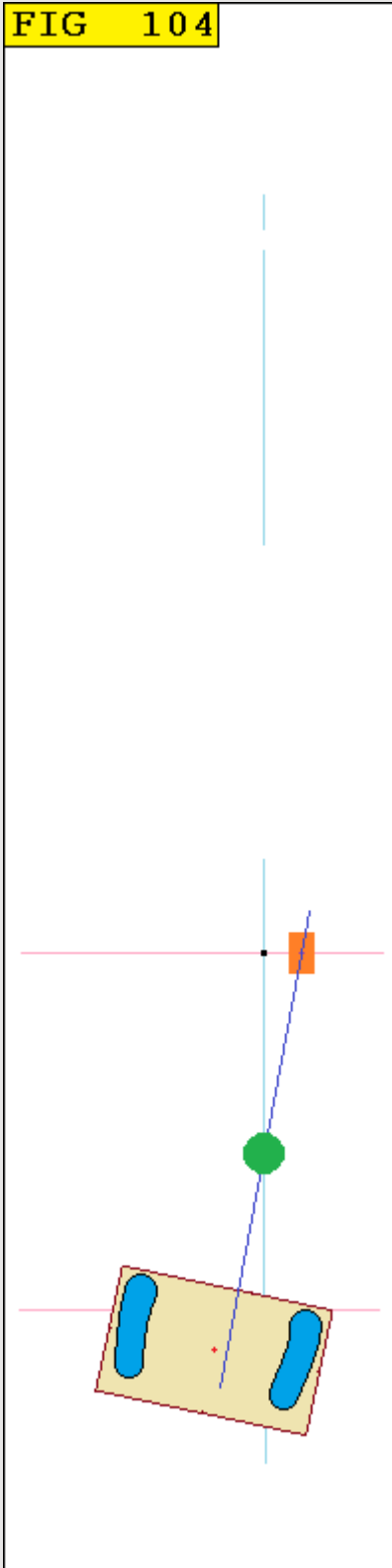
FIG 103



ADJUSTING δ (increase)

If woods arrive to the L of the CL, increase δ by increasing y .

FIG 104



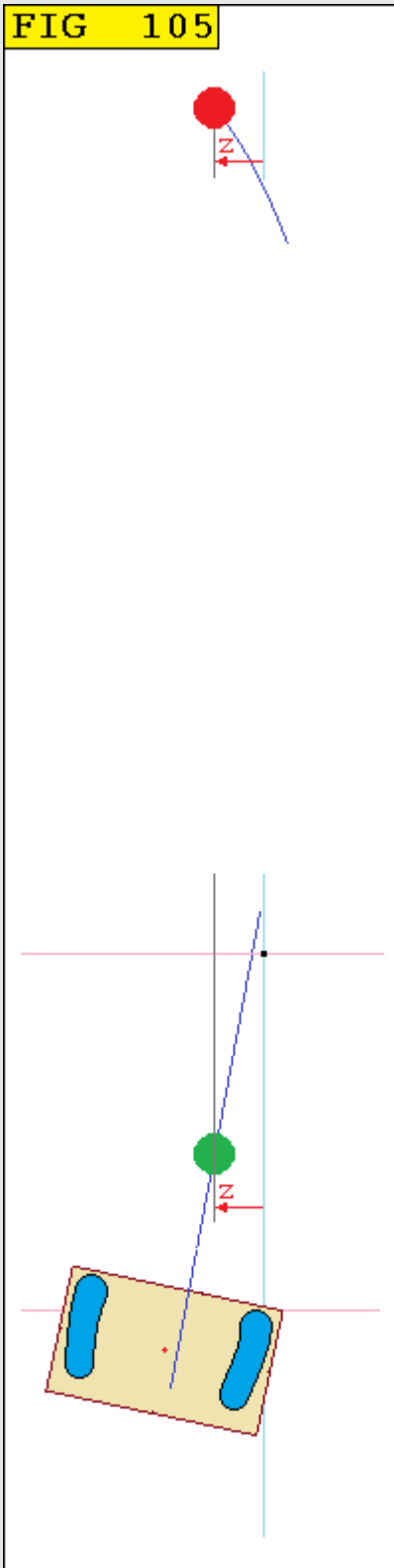
TIP

Place a felt where the wood crosses the 1m line.
Aim at the felt (until your muscle memory gets the message).

NOTE

You may regard the position of the felt as defining the base position.

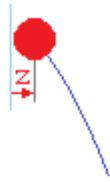
FIG 105



TO ARRIVE OFF-CENTRE (L)

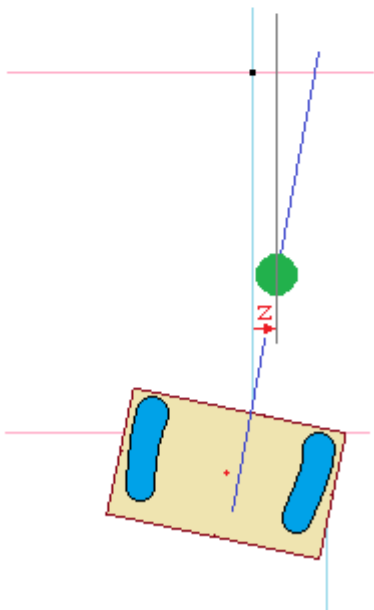
If you want the wood to arrive zcm to the L of the CL, move the base position (your feet) zcm to the L.

FIG 106



TO ARRIVE OFF-CENTRE (R)

If you want the wood to arrive zcm to the R of the CL, move the base position zcm to the R.



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