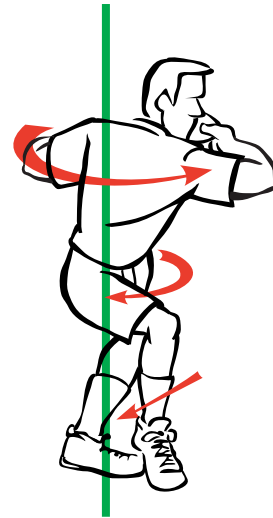


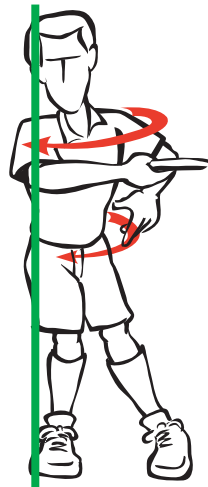
BACKHAND THROW

by Dave Dunipace illustrations by Tom Bant

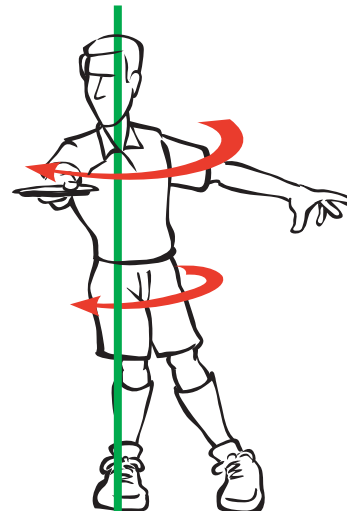
The arms are tucked into the torso. The upper body twists opposite of the throw as the front foot moves forward to the plant position. Center of gravity is behind the front foot. The throwing elbow should start as far back as is possible while still able to rotate quickly forward.



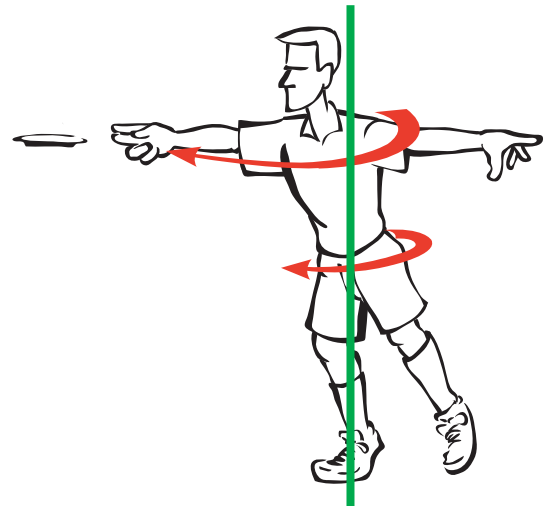
The front foot has been planted and hips have rotated. The shoulders then begin to turn, but the elbow has not straightened yet. Center of gravity begins to shift over the front foot.



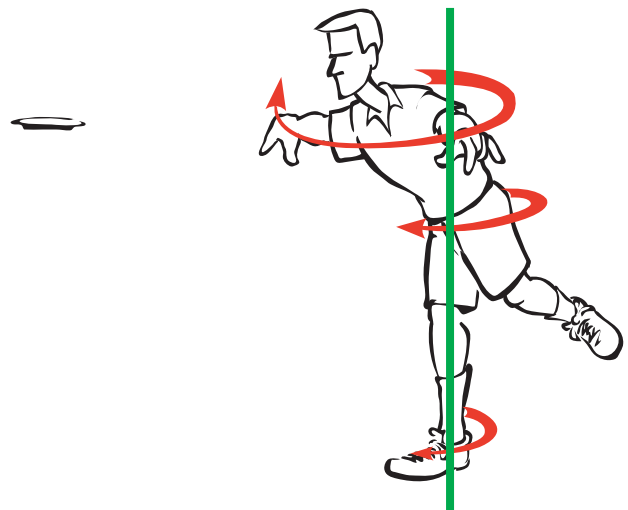
The shoulders and upper arm continue to turn as the elbow extends the disc into the snap position. The disc begins to pivot at the end of the elbow extension and will rip itself out of the grip as the arm and shoulders pull through with maximum force. The center of gravity moves up on the plant foot.



The disc is released as weight is now over the plant foot. The left foot comes off the ground and the plant foot begins to pivot in the follow-through motion.



The follow through pivot is necessary to relieve stress on the plant foot's knee, and to ensure maximum pull through power and speed. Momentum should be so great at this point, that it makes a pivot necessary.



The throwing arm continues to twist around the body as the hips complete their rotation and the golfer ends up pointing the opposite shoulder at the target.

