

# THE ART OF SPEAR THROWING

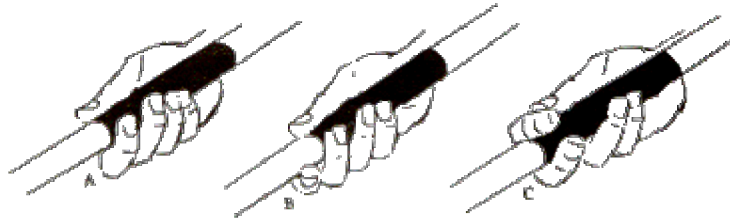
**BALANCE POINT:** Find the balance point by holding your hand flat with the palm up. Put the spear in the palm and move it until you find the balance point. Mark the spot with a pencil dot.

**STANCE:** A right-handed thrower should start in a martial arts T-stance. The left foot points at the target and the other is 45° - 90° to it. The knees should be loose, not locked. You should be able to rock back and forth by moving your knees. If you look on old Greek vases and sculptures of spear throwers, you will see that they point their left arm directly at the target. The spear is held close to the head, with the right arm bent at about a 90° angle.



**ANCHOR POINT:** You must hold the spear exactly the same each time you throw. The best way to do this is to anchor a fingertip or thumb on a rune cut into the shaft near the balance point. If the spear hits the target butt down, move your grip back a bit. If it hit point down, move your grip forward a bit.

**GRIP:** There are a variety of ways to hold a spear. Start with grip A shown below. Experiment with the other grips and see what feels best for you. Another grip, not shown, is the pencil grip. The spear shaft is held with only the fingertips.



**THROW:** The key is to understand that the spear must move from behind your head to the release point in a **straight line** (along the long axis of the shaft). Keep the spear shaft near your head at all times during the throw. Do not throw side-armed. This will cause the spear to hit the target sideways. At the end of your throw your spear hand should be pointing at the target.