

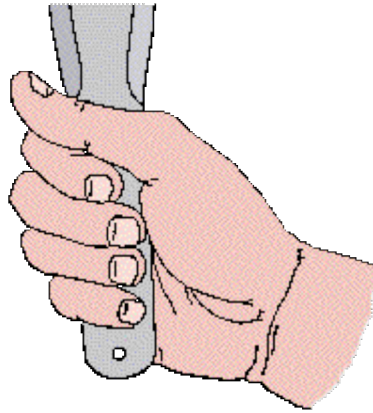
HOLDING A THROWING KNIFE

THROWING KNIVES SHOULD NOT BE SHARP

How you hold the knife for a successful throw depends on a variety of factors, including:

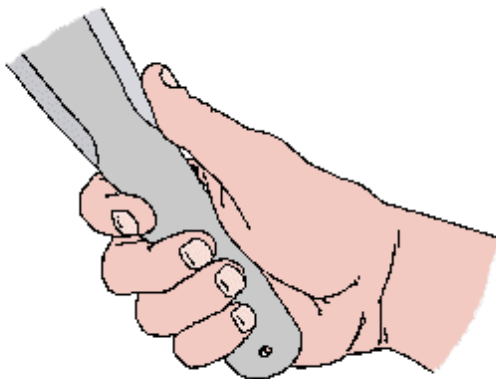
- The distance you stand from the target
- The amount of spin you put on the knife upon release
- Length of your arm
- How you stand (left or right leg forward)
- Where you hold the knife (bottom or top of the handle or blade)

THUMB DOWN or HAMMER GRIP



This is the basic throwing grip used for full turn throws. All other grips are modifications of the hammer grip. The knife is held as one would hold the handle of a hammer.

THUMB UP

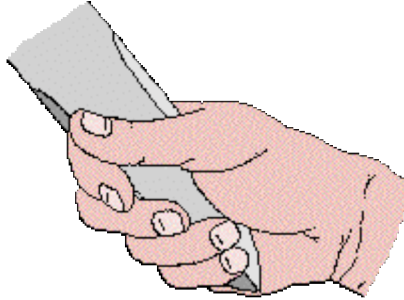


This modified hammer grip is used for full turn throws. The knife is held with the thumb on the edge of the blade. A variant of this is to put the index finger along the edge of the blade.

THUMB UP AND THUMB DOWN ARE ALSO USED FOR AXES

THE VERTICAL BLADE GRIP

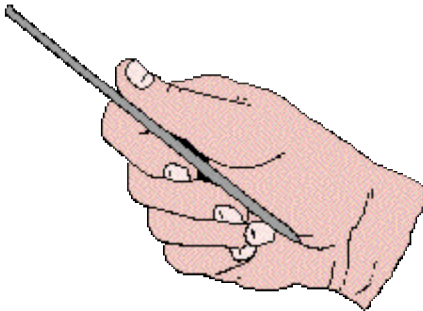
'This grip can be either thumb up or thumb down. It is generally used for half turn throws.



Use this grip only for knives with non-sharpened edges.

THE HORIZONTAL BLADE GRIP

This grip will stick the knife with the blade parallel with the ground surface. This is particularly hard on the knife as there is a greater tendency to break the tip off.



Use this grip only for knives with non-sharpened edges.