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The Art Of Throwing: The Definitive Guide To Thrown Weapons Techniques [DVD Included]



Synopsis

Concise and informative, *The Art of Throwing* is the ultimate introduction to the exciting world of throwing weapons. It provides thorough explanation and instruction on everything from grips and stances, targets and trajectories, and even how to construct your own weapons. The fundamentals of weapon throwing are easy to learn, but mastering aim—let alone mastering aim with a variety of weapons— involves time, effort and practice. Let *The Art of Throwing* ease your transition from novice to expert with its detailed, but easy to follow instructions from an author who has spent years mastering his technique. With a foreword by knife throwing legend Joe "Brokenfeather" Darrah, this edition includes updated information and an hour-long instructional DVD to better aid newcomers in learning the basics or help experienced throwers perfect their techniques. *The Art of Throwing* includes: Basic concepts—Grips, Methods, and Mechanics Throwing implements—The Bagakay, the knife, the ax, and the spear Japanese throwing implements—The Shuriken and the Shaken Chinese throwing implements—The flying dart, the golden coin dart, the flying steel olive, and the flying sticker Other throwing implements—The western dart and the boomerang Sport and defensive throwing Weapon and hand care

Book Information

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Customer Reviews

lots of stories about what he has done and people he knows lots of graphs of how many times he stuck and missed less than a quarter of the book is about technique I would not buy the book again

It's very Easy to follow!!!! the fact that it also has a dvd with the instructions really helped to fasten

things up.

It covers any and all weapons that you would want to throw I rate it a strong 4 stars for that reason. I have been able to throw my throwing knives and several other knives much better now. I'm not ready for any contest yet that is still a ways off.

this was WELL worth the money!! It showed me several different weapons and how to use them. This book and dvd will keep me busy for a while.

I would've given it 5 Stars if the DVD would've played all the way through. It played about halfway through then froze up and wouldn't play anymore. The book on the other hand has very amazing information and resources to help a person like me that is new to knife throwing. I would recommend this book to anyone, but would warn them not to expect much from the DVD.

The author covers important points on technique within the pages of this Book. It is a wonderful learning tool. Highly recommended.

great book a must have if this is your hobbie this book will enlighten you too many tips too mention this is a show all

This was a Christmas present. He loved it! Plus it shows how to throw them.

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