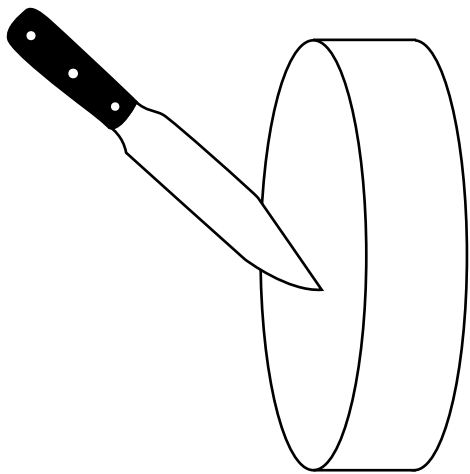


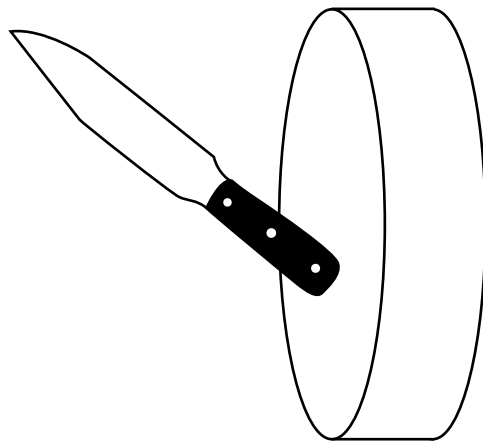
# Throwing The Knife

To begin, stand in front of the target with your back to it. Take between five to seven steps. Turn and face the target. Hold the knife by the handle, not the point. Throw it just as you would a baseball and it will turn by itself. Do not “flip” your wrist. You do not have to throw it very hard. Stare at where you want the knife to go.

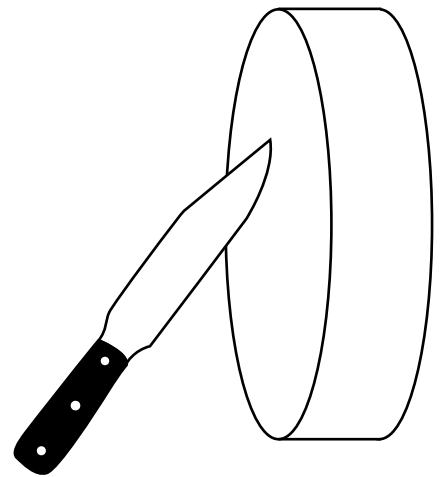
The trick is to throw it the same every time. If it doesn't stick, you will have to move closer or farther away. From five to seven steps away, the knife should rotate one turn and stick in the block with the handle pointing slightly up. If the knife hits the block before it makes one full turn, then move farther away. If it turns more than once before it reaches the block, move closer. Put a marker on the ground so you know exactly where you stood when you threw.



Correct  
Distance



Too Far  
Away



Too Close