

Raise arm well above shoulder height Keep elbow and wrist stiff and straight

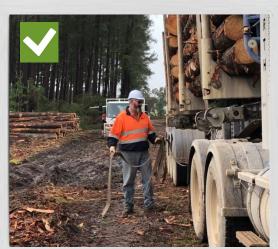


Keep arm just above shoulder height Increase the use of your wrist & elbow



Bundle all the rope and hold in one hand

Throw the whole bundle over

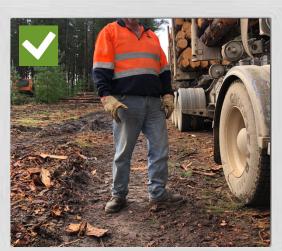


Hold only 1m of rope in throwing hand

Throw over 1m of rope & let the rest follow



Stand with a narrow base of support Feet facing away from throwing direction



Stand with a wide base of support
Feet facing towards throwing direction