

BENCH PRESS

Hold arms in front of body, arm bent at 90 degrees. Both feet are pointing forward to target. Step with lead foot at the same time, the throwing arm goes up and back behind the head as the lead arm is moving down and forward toward the target.



KARATE KID or TAPPING

Start with lead leg at leg lift top height. Hands are about 12" apart and with tap together as the lead leg goes straight down. Arms come up to throwing angles.



FLY FISHING

Circle device from front of body, over the shoulder, to behind head.



FLAMINGO

Start with lead leg at highest point for leg lift drop foot straight down as front hip starts forward toward the target. Arms come up to throwing angles.



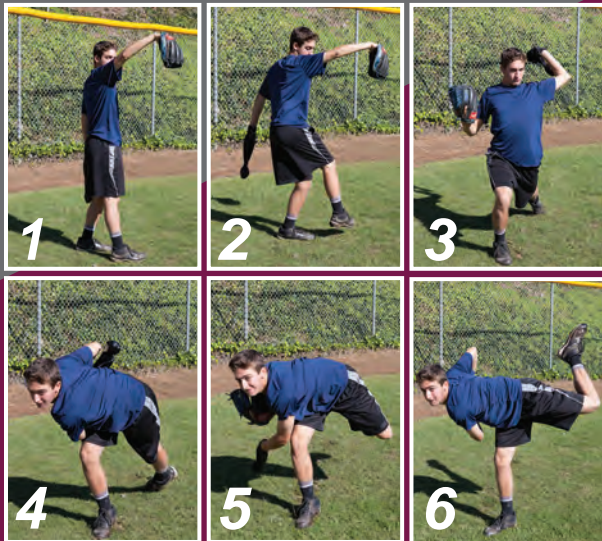
LAWN MOWER W/THROW

Spread your feet apart (Approximately stride length). Bend at the waist with glove/bullwhip close to the front knee. Turn your hips and shoulders backwards so you are now facing the opposite direction. When your lead shoulder is pointing in the opposite direction disconnect your glove/bullwhip. Circle bullwhip in full arc and throw.



C-DRAGS

Lead foot makes a reverse "C" close to the ground as the arms come up to throwing angles.



LONG TOSS

Moving forwards quickly, cross your feet and arms. Throw the bullwhip as if you were trying to throw a ball to the fence on your field.



PULL-DOWNS

Using cross on power bounces (lifting lead leg to lift height, hop forward on drive leg) throw the ball as if you were throwing to your partner at 60' or to your catcher.

