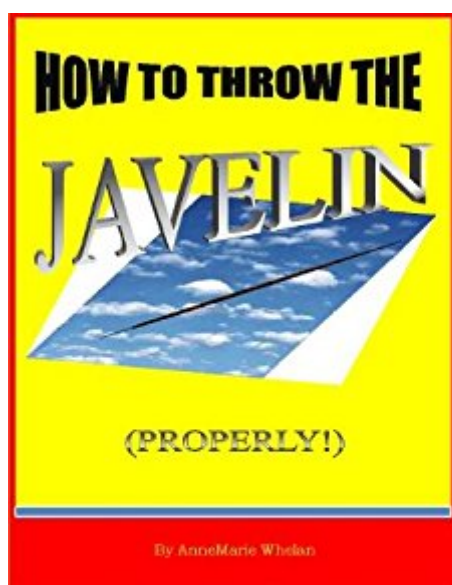


The book was found

# How To Throw The Javelin (Properly!)



## Synopsis

Javelin throwing is an unbelievably technical event. Unlike our hammer, discus and shot putting counterparts, we do not rely so much on strength and muscle as excellent coordination and rhythm! It is the combination of many many little things that makes the Javelin go further! My intention with this book is to teach you all about the art of throwing a Javelin. The information here comes from what I've learned in my nine years experience of throwing the Javelin combined with over two years of coaching. I loved throwing the Javelin and would still be throwing except for a knee injury (incurred while playing another sport I love - Soccer!). Fortunately, I never suffered an injury during my throwing career. I hope to teach you how to avoid injury and get the most from your throwing while breaking everything down into each part of the javelin throw.

## Book Information

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## Customer Reviews

Hard to believe in a book on javelin throwing there isn't one single photo of a javelin throw in action! There are photos showing proper grip, and how to stretch and warm up. But only long descriptions of what various body parts should be doing during the actual execution of the throw. The author is very enthusiastic about the javelin but apparently hasn't heard that a picture is worth a thousand words. Very disappointing.

Some of the diagrams do not have measurements. Makes it tough to figure the markings for the run up, which is crucial to the throw.

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