

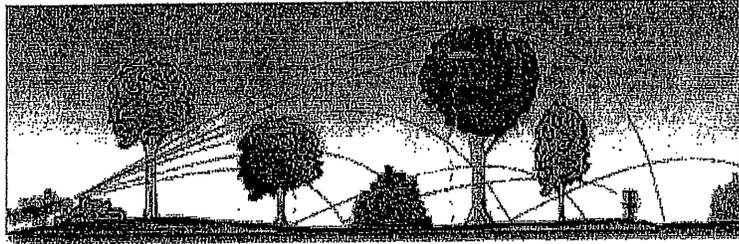
City of New Holstein
 Kiwanis Park
 Disc Golf Course

1	275
2	215
3	165
4	275
5	280
6	185
7	220
8	340
9	325

DISC GOLF INSTRUCTIONS

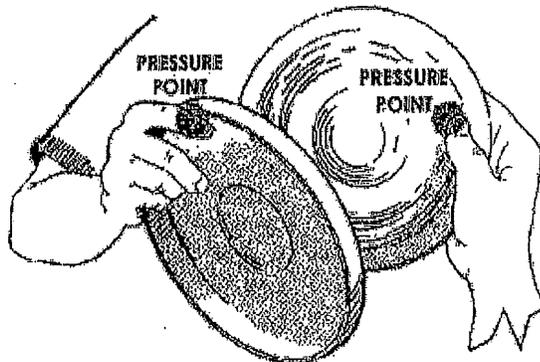
- Throwing
- Proper Grip
- Foot Placement
- Anhizer & Hyzer
- The Back Hand Throw
- Tee Off
- The Putt

THROWING



The biggest problem with throwing a disc is that most new players have to unlearn bad habits. This short instruction is aimed in that direction.

PRESSURE POINT DRAWING [BACK TO THE TOP OF THE PAGE](#)



BACK HAND GRIP

The basic throw is backhand and the proper grip is the key. Look at the drawing, then pick up your disc and imitate it. Almost the entire grip is between the thumb and index finger. The other fingers change the angle of release or help add more grip. Many players learn to throw by using the thumb and finger grip only. Remember the harder your throw the harder your pinch. Relax the rest of your body and throw. Don't try to establish a record until you throw

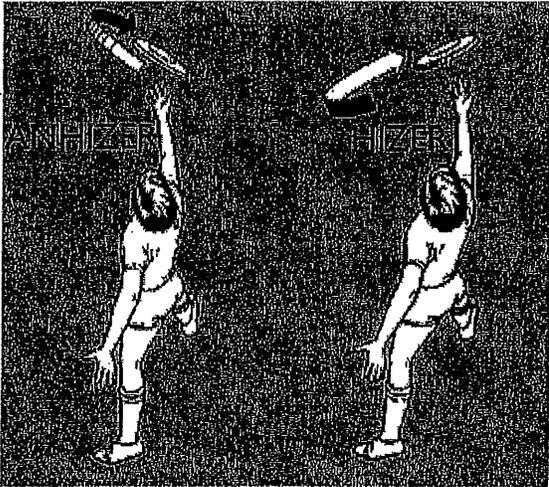
and follow through are relaxed and consistent.

FOOT PLACEMENT

The stance for a drive is shoulders and feet in line with the line representing the line of throw you desire. The distance throw is always on this line. As you get closer to the hole and are making an approach throw, you can loosen up your foot placement to as much as 45 degree for a putt.

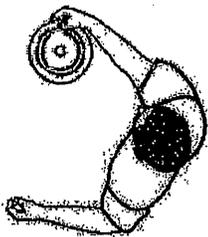
The back swing is like winding a spring. Plant your feet on the line. Sit down two or three inches to loosen your hips then bring the disc back as far as you can reach. Your arm should be directly over the line to the target and your wrist should be cocked so that the disc is touching the inside of your throwing arm. The throw is an unwinding of the spring, first the ankles, knees, hips, stomach, shoulders and lastly your arm. If you feel like you have snapped a whip, you are getting the idea.

ANHIZER & HYZER BACK TO THE TOP OF THE PAGE



To throw a left curve, tilt the disc to the left and a right curve tilt disc to the right. Experiment!

THE BACK HAND THROW BACK TO THE TOP OF THE PAGE



**The Wind Up
use a
Tight Grip
and a
Cocked Wrist**

There are many schools of thought as to bending the elbow during the backswing. The fully extended arm is the longest fulcrum we have available to throw with. Why take a chance that it may not be fully extended during the throw? Start with it straight and end with it straight. This will insure maximum hand velocity and you won't have to worry about timing.

Stand with your shoulders and feet in line with the direction of flight. Start the back-swing with your wrist cocked and the side of the disc furthest away from you. Your right elbow aimed at the spot on the ground about 20' away from you. Your right elbow should be straight and rigid. Complete your back-swing at a point as far back as you can stretch, like winding a spring.

TEE OFF AND FLY FREELY BACK TO THE TOP OF THE PAGE



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between your thumb and index finger needs to be increased.

Flex your knees, squat down 2" and start your throw (unwind) from your ankles, knees, hips, stomach, shoulders, arm, and last, but most important your wrist. Then follow through, let your arm continue to swing until it pulls your shoulders around with it. If the disc wants to turn over as it leaves your hand you may have allowed the edge furthest from you to come up, or your grip

THE PUTT BACK TO THE TOP OF THE PAGE

The putt is your most important throw. Turn 45 degrees from the line, hold the disc in the same grip you drive with. Paint the target up and down to be sure you are lined up, focus on one link of chain. Take A REHEARSAL throw in your mind and throw. Focus and practice. A word of caution, only imitate a CHAMPION!

.....and pick up any trash!