

Axe Throwing

Instructions



Guidelines for throwing:

Throwing an Axe

Grip is very important. This axe is heavy and needs two hands to hold it. The grip needed for this axe is very similar to the grip you'd take for a baseball bat. Your weaker hand will go near the base of the handle and your other hand directly above the first.

Stance. Feet should be shoulder width apart. Have your stronger foot behind a full step. Have the axe out in front of you with the head facing the target before you throw

Throwing. Transfer your weight on to your back foot while raising the axe over your head. Lean forward and transfer your weight back on to your front foot while bringing the axe back over your head and release. It is important that you keep the axe head straight and in line with the direction you are throwing.



Throwing a Hatchet

Grip is very important. To grip the hatchet, take it in your leading hand. Open your palm in to a hand shake position and put the handle part of the hatchet in to your hand with the head away from you and facing down.

Stance. Feet should be shoulder with apart. Have your opposing foot a step back from the side you wield the hatchet with.

Throwing. Lower the hatchet to your side with the head in line with the direction you are throwing. When raising the hatchet to throw, ensure that you keep it straight and in line with the direction in which you are throwing. This will help keep the head straight in flight. If it is not straight when you release it, the wobble will amplify in the air and is likely to miss or bounce off the target. When you are ready to throw, bring your opposing foot forward as you raise your arm with the hatchet. Release the hatchet right after you have taken the step forward with your opposing foot.



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Guidelines for the session:

Please make yourself familiar with this instruction sheet and RAMS for this activity.

For this activity you will have an Adventure Camps Activity instructor running the session.

There will at all times only be two contestants and a One Big Adventure staff member on the throwing range. A designated area will be established by the Instructor for spectating at a safe distance.

Happy Throwing!!

Game:

Old School

In this game, there are 3 matches. Each match has 5 throws. Two people compete at the same time. Whoever gets the highest score of their combined 5 throws will win the match. If you win 2 out of 3 matches, you win the game!

The objective is to get as close as possible to the centre of the target block. The points for the target are as below:

Red Centre=5points

Black ring=3points

White ring=1point

The part of the axe head lodged closest to the centre will determine the point/s scored. For example, if the axe head is lodged in to both the red centre and the black ring, the participant will be awarded 5 points because the closest part of the axe head lodged is in the red.

