**Kung Fu Throwing - Developed by Mike Cadwell**

(Comfort Distance = 10-15 yards),(Each # of throw is per partner)

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| I – Warm Up - MAKE SURE TO PIVOT   * **Warm up lap** * **10 Yards**   + 25 forehands   + 25 backhands   + 25 hammers * **20 yards**   + 25 forehands   + 25 backhands   + 25 hammers * **30 yards**   + 25 forehands   + 25 backhands   + 25 hammers * **Comfort Distance**   + 25 lefty forehands   + 25 lefty backhands   + 25 lefty hammers * **Stretch 5-10 minutes**   + 10 small arm circles (both arms)   + 10 large arm circles (both arms)   + 10 over unders (5 per direction) - *Imagine there is a waist-high hurdle to your right that you need to side step over and then go under, back to where you started* | II – The Kung Fu (**Comfort Distance)**   * **Release point**   + 10 lowest release forehand   + 10 lowest release backhand   + 10 farest release forehand   + 10 farest release backhand   + 10 highest release forehand   + 10 highest release backhand * **Compass throwing** *- Imagine a compass with your pivot foot at the center. Pivot N and throw. Pivot NE and throw. Pivot E and throw and so on around the compass*   + Forehand compass   + Backhand compass   + Forehand compass   + Backhand compass * **Rinky-dink.**    + 100 throws at a distance of 2-yards. No re-gripping after catch. * **IO/OI**   + 10 forehand IO   + 10 backhand OI   + 10 forehand OI   + 10 backhand IO |
| III – The Huck   * **Stationary Huck**    + 10 forehand   + 10 backhand * **Run, Catch, Huck**    + Put the disc out in front of you, catch, huck. Simulates an upline pass from a teammate.   + 10 forehand   + 10 backhand | IV – Pivoting and Focus (**Comfort Distance)**   * **Fake, pivot, throw** (Pivot to comfort, imagine having a 50% mark)   + 10 forehand fakes —> backhand throws   + 10 backhand fakes —> forehand throws |

Part V – Static Stretching

Do it. All the recent press about in ineffectiveness of stretching has to do with the effects of stretching before working out. The science on stretching after is still solidly pro-stretching.