

THROW CUE CARDS

Backhand Throw

- Sideways Stance
- Thumb on Top of Disc
- Forefinger on Rim
- Windup, Disc Across Body
- Step with Same Side Foot
- Point Finger at Target and Release

Release from: Waist Level

- Disc Angle: 0° (flat)
- Rotation (rt-hand): Clockwise
- Disc Flight Path: Can be short or long distance, straight or curved pathway.

Forehand Throw

- Open Stance
- Thumb on Top of Disc
- Peace Sign on Bottom of Disc
- Dominant Side Step
- Knees Bent
- Flick Wrist

Release from: Waist Level

- Disc Angle: 0° (flat)
- Rotation (rt-hand): Counter-Clockwise
- Disc Flight Path: Can be short or long distance, straight or curved pathway.

Hammer Throw

- Forehand Grip
- Elbow Bent
- Elbow High, Back Scratch Position
- Step with Opposite Foot
- Release High

Release from: Above the Shoulder

- Disc Angle: 135°
- Rotation (rt-hand): Counter-Clockwise
- Disc Flight Path: Long distance, curved outward to the left and then back to the target (assuming rt-handed).

Chicken Wing Throw

- Open Stance
- Thumb in Cup
- Four Fingers on Top of Disc
- Arm Out and Parallel with Ground
- Pull Arm and Wrist Back
- Step with Opposite Foot
- Roll Shoulder
- Flick and Release

Release from: Shoulder Level

- Disc Angle: 0° (flat)
- Rotation (rt-hand): Counter-Clockwise
- Disc Flight Path: Long distance, straight or curved pathway.

Push Pass

- Backhand Grip
- Open Stance
- Arm Parallel to Ground
- Dominant Side Step
- Push and Flick, Disc Should Roll Off Forefinger

Release from: Waist Level

- Disc Angle: 0° (flat)
- Rotation (rt-hand): Clockwise
- Disc Flight Path: Short distance, straight pathway.

THROW CUE CARDS

Elevator Forehand Throw

- Forehand Grip
- Waist High, Disc Vertical
- Opposite Hand on Top
- Bring to Shoulder, Disc Horizontal
- Flick and Release High

Release from: Shoulder Level

- Disc Angle: 0° (flat)
- Rotation (rt-hand): Counter-Clockwise
- Disc Flight Path: Lofted high, short distance, straight or curved pathway.

Elevator Backhand Throw

- Sideways Stance
- Backhand Grip
- Two Hands, Opposite Hand for Support
- Step with Same Side Foot
- Get Low
- Windup, Disc Low
- Release High

Release from: Shoulder Level or Above

- Disc Angle: 0-45°
- Rotation (rt-hand): Clockwise
- Disc Flight Path: Lofted high, short or long distance, curved pathway.

High Release Backhand Throw

- Backhand Grip
- Sideways Stance
- Windup, Disc Across Body
- Step with Same Side Foot
- Reach Up
- Release High

Release from: Above Shoulder Level

- Disc Angle: 0-45°
- Rotation (rt-hand): Clockwise
- Disc Flight Path: Can be short or long distance, straight or curved pathway.

High Release Forehand Throw

- Forehand Grip
- Open Stance
- Dominant Side Step
- Disc Shoulder Level, then Reach High
- Flick Wrist
- Release High

Release from: Above the Shoulder

- Disc Angle: 0° (flat)
- Rotation (rt-hand): Counter-Clockwise
- Disc Flight Path: Can be short or long distance, straight or curved pathway.

Thumber Throw

- Open Stance
- Disc Upside-Down
- Thumb in Cup
- Four Fingers Underneath
- Pull Arm and Wrist Back
- Flick Wrist

Release from: Slightly Above the Shoulder

- Disc Angle: 45°
- Rotation (rt-hand): Counter-Clockwise
- Disc Flight Path: Long distance, curved outward right, then back to the target (assuming rt-handed).