

- 1<sup>st</sup>) Swing the hammer around your head and accelerate it in the horizontal plane
- 2<sup>nd</sup>) The weight pulls you around, turn full circle 3 times pivoting on your left leg (end each turn facing away from throwing zone)
- 3<sup>rd</sup>) Remember to follow the weight of the hammer ( it guides you), holding tight on to the handle. Continue accelerating the hammer, but now in the diagonal plane.
- 4<sup>th</sup>) The final movement begins in the hips (these move ahead of the torso), continues in the torso and finishes with both arms. This movement is also in the diagonal plane.
- 5<sup>th</sup>) Release the hammer before reaching the front. (you should be at 90 degrees to the throwing zone at the point of release. **DON'T THROW AFTER THIS POINT. CONTROL YOUR MOVEMENT FIRST**)