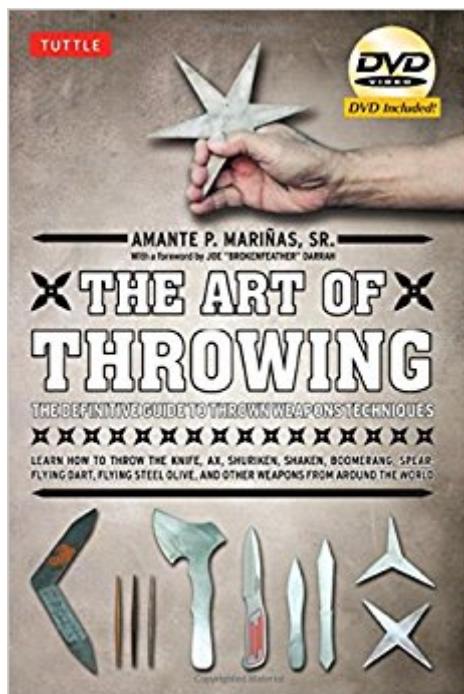


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# The Art Of Throwing: The Definitive Guide To Thrown Weapons Techniques [DVD Included]



## Synopsis

Concise and informative, The Art of Throwing is the ultimate introduction to the exciting world of throwing weapons. It provides thorough explanation and instruction on everything from grips and stances, targets and trajectories, and even how to construct your own weapons. The fundamentals of weapon throwing are easy to learn, but mastering aim—let alone mastering aim with a variety of weapons— involves time, effort and practice. Let The Art of Throwing ease your transition from novice to expert with its detailed, but easy to follow instructions from an author who has spent years mastering his technique. With a foreword by knife throwing legend Joe "Brokenfeather" Darrah, this edition includes updated information and an hour-long instructional DVD to better aid newcomers in learning the basics or help experienced throwers perfect their techniques. The Art of Throwing includes:

- Basic concepts—Grips, Methods, and Mechanics
- Throwing implements—The Bagakay, the knife, the ax, and the spear
- Japanese throwing implements—The Shuriken and the Shaken
- Chinese throwing implements—The flying dart, the golden coin dart, the flying steel olive, and the flying sticker
- Other throwing implements—The western dart and the boomerang
- Sport and defensive throwing
- Weapon and hand care

## Book Information

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## Customer Reviews

"The author's innovative instructional comments, his use of learning curves, and even his suggestions for suitable target materials, are all quite practical. Much of the material he presents is not available elsewhere."—Journal of Asian Martial Arts --This text refers to an out of print or

unavailable edition of this title.

Amante P. Marinas Sr. holds black belts in aikido from the Philippine Aikido Club under Sensei Ambrosio Gavileno and in shorin-ryu from the Commando Karate Club under Sensei Latino Gonzalez and Sensei Anselmo "Pop" Santos. He studied the snake form of kungfu under Sifu Benito Coo before immigrating to the US and has been practicing his family's fighting system, Pananandata, since he was eight years old. He has authored several books on the subject of knife and weapons throwing, as well as on the Filipino martial arts.

lots of stories about what he has done and people he knowslots of graphs of how many times he stuck and missedless than a quarter of the book is about techniqueI would not buy the book again

This is a good book for a beginner. After reading and implementing the stance, grips and equations I was able to go outside with a set of \$12 knives and actually stick a few. It takes patience and practice, just as the author says, but with determination and focus on the keys points made by the author anyone is capable of throwing weapons.

this was WELL worth the money!! It showed me several different weapons and how to use them. This book and dvd will keep me busy for a while.

This is a good book on Throwing. The author collected learning curve statistics that were very motivational in nature. If at first you don't succeed, try, try again. The wonderful thing about the book was the variety of things that were thrown. Get the book and open up some doors in your throwing skills. I would hope the author is continuing writing good books of this nature and as an avid reader hope that a book would be written blunt thrown objects, and or other projectile launchers.

I would've given it 5 Stars if the DVD would've played all the way through. It played about halfway through then froze up and wouldn't play anymore. The book on the other hand has very amazing information and resources to help a person like me that is new to knife throwing. I would recommend this book to anyone, but would warn them not to expect much from the DVD.

It covers any and all weapons that you would want to throw I rate it a strong 4 stars for that reason. I have been able to throw my throwing knives and several other knives much better now. I'm not

ready for any contest yet that is still a ways off.

This book has improved my knowledge of why I was messing up when throwing knives. It also taught me some interesting tips to impress friends.

great book a must have if this is your hobbie this book will enlighten you too many tips too mention this is a show all

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