



## Throwing Instructions

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### SAFETY RULES:

1. Read all pages attached including the Disclaimer below
2. The length and width of your throwing area needs to be 2 to 3 times the range of your boomerang.
3. Never throw your boomerang at or near anyone or anything
4. Never catch your boomerang at eye level. Wait until your boomerang is moving slow and hovering below your shoulders to catch it.
5. Never take your eyes off a boomerang in flight. Remember when you throw your boomerang you are the target.

### DISCLAIMER:

Throwing a boomerang is a skill much like most sports. Even following the throwing instructions you'll find that it will take practice to get your rang to return to you. Following the SAFETY RULES and THROWING INSTRUCTIONS is very important. By failing to follow the SAFETY RULES AND THROWING INSTRUCTIONS you put yourself and others around you in danger. These rangs can cause serious injury to you and others. My rangs will return to the thrower when thrown properly however, they can behave erratically when thrown in windy conditions or by inexperienced throwers. By throwing your rang you agree to hold me harmless of any damage or injury that may occur. It is your responsibility to inform other throwers of these SAFETY RULES AND THROWING INSTRUCTIONS.

### WEBSITE: [WoodZoneSports.com](http://WoodZoneSports.com)

Check out my website for a detailed, step by step video demonstration on how to throw a boomerang, boomerang games, instructions on how to make your own boomerang and other great information.

### GRIP:

A good throw starts with the proper grip. There are two different types of grips. Both grips require that you hold your boomerang so that the curved side or decorative side faces you and the flat side faces away. Both of the following grips work for dual and tri-blade boomerangs. The elbow of the boomerang can be facing forward or backward (as shown in diagram 1 and 1a). The first grip (as shown in diagram 2) is the pinch grip- hold your boomerang between your thumb and index finger. Pinch tightly so that when you release your boomerang it gives it the spin it will need to return to you. The second grip (as shown in diagram 3) is the forefinger grip- hold your boomerang in the palm of your hand with your thumb, index, and forefinger wrapped around the curved side. Experiment with both and see which grip works best for your throwing style.

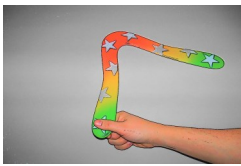


Diagram 1



Diagram 1a

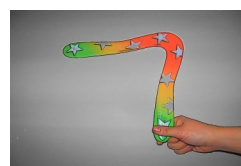


Diagram 2

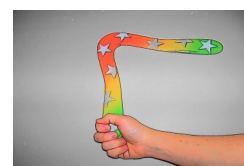


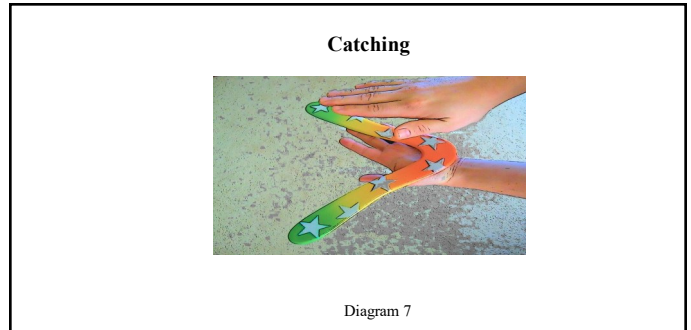
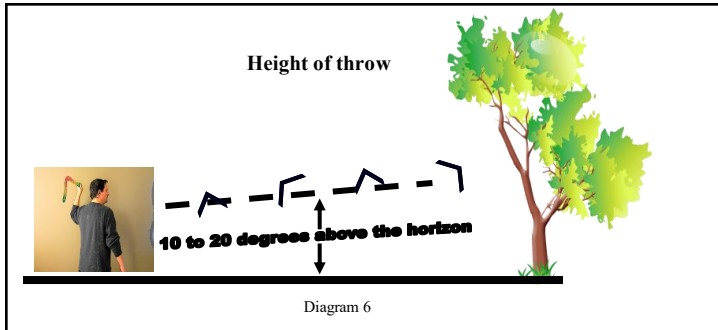
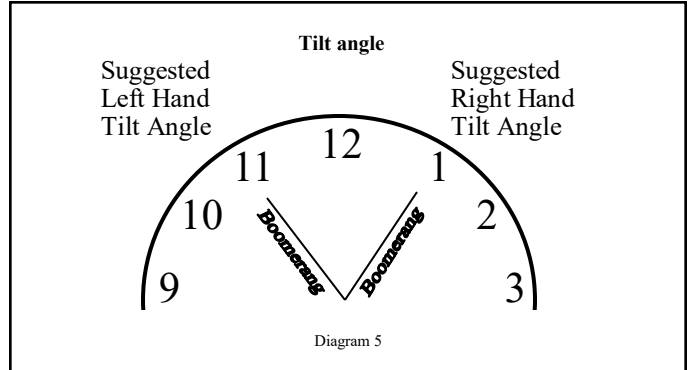
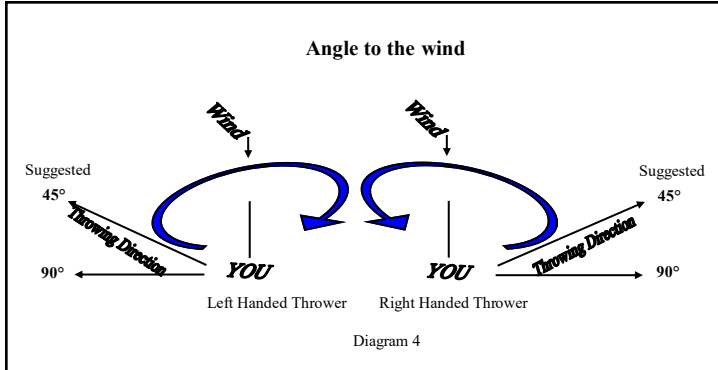
Diagram 3

### THROWING:

Until you are an advanced thrower it's a good idea to stand in the middle of the field/park where you are throwing. You'll find that if you throw your rang too hard when it returns to you it could fly 30 feet or more behind you. Again, make sure no one or anything is in your throwing area. There are five main factors that will affect your throw. **First: Stance.** If you're a right handed thrower your left foot needs to be in front of you. If you're a left handed thrower your right foot needs to be in front of you. When you throw your boomerang your throw should be similar to when you throw a ball. You step into your throw. **Second: Spin.** The successful return of your boomerang depends on spin. Spin mostly comes from a good snap of the wrist. If you don't have any spin your boomerang will not come back. Try throwing a ball, casting a fishing rod, or throwing a dart without snapping your wrist. You'll see that the baseball throw, casting of the fishing rod, and dart throw will not be as good as when you snap your wrist. If you are using the pinch grip the snap of the wrist is similar to when you throw a dart. If you are using the forefinger grip the snap of the wrist is similar to when you cast a fishing rod. **Third: Angle to the wind.** You can use a flag or throw some grass into the air to determine the direction of the wind. Once you know the direction of the wind you'll want to position yourself so that the wind is blowing towards the front of you. If the wind conditions are above 8 mph please don't throw your rang go fly a kite. Now that you know the direction of the wind and the force of the wind you'll want to throw your rang (as shown in diagram 4) between 45 and 90 degrees to the right of the wind if you are a right handed thrower or to the left of the wind if you are a left handed thrower. So, basically you want to throw your rang across the wind.

**THROWING:**

**Fourth: Tilt angle.** This is very important. Keeping in mind that 12 o'clock is vertical your tilt angle (as shown in diagram 5) should be between 10 and 12 o'clock if you're a left handed thrower or between 12 and 2 o'clock if you're a right handed thrower. Suggested tilt angle for left handed throwers is 11 o'clock and suggested tilt angle for right handed throwers is 1 o'clock. Experiment with this because some boomerangs like less tilt angle and some like more tilt angle. Never throw at 9 or 3 o'clock. This would be a side arm throw like your throwing a frisbee. Your boomerang will swoop up and dive back down at you. You can get hurt this way and this will most likely break your boomerang. **Fifth: Height of throw.** You should throw your rang (as shown in diagram 6) between 10 to 20 degrees above the horizon. This is accomplished by locating an object (typically a tall tree) that is in front of you but not in your throwing area and throwing your rang as if you wanted it to hit a spot on that object about a third of the way up from the ground.



**CATCHING:**

The best way to catch your rang (as shown in diagram 7) is by trying to clap your hands together as it hovers down towards you. A rang that is catchable should be slowing down as it approaches you and it should be lying flat towards the end of its flight. It should also be below your shoulders before you try and catch it. Never try and catch a rang that is above your shoulders, diving or moving fast. You may want to wear gloves such as cycling or weight lifting gloves since these have padding in the palms and open fingers which will allow you to still grip your rang when you throw it.

*Important Throwing Information about your boomerang. Please locate your boomerang below (color does not matter) for information concerning boomerang range, tilt angle, and wind condition needed. You can find wind conditions for your area at [www.usairnet.com/weather/maps/current/wind-speed/](http://www.usairnet.com/weather/maps/current/wind-speed/)*



Boomerang name: Ninja  
Boomerang range: 25 yards  
Boomerang tilt angle: Left 11 o'clock,  
\*\*\*\*\*Right 1 o'clock  
Boomerang wind conditions: 0 to 4mph



Boomerang name: Scorpion  
Boomerang range: 35 yards  
Boomerang tilt angle: Left 11 o'clock,  
\*\*\*\*\*Right 1 o'clock  
Boomerang wind conditions: 2 to 5mph



Boomerang name: Uber  
Boomerang range: 35 yards  
Boomerang tilt angle: Left 11 o'clock,  
\*\*\*\*\*Right 1 o'clock  
Boomerang wind conditions: 2 to 5mph



Boomerang name: Mosquito  
Boomerang range: 20 yards  
Boomerang tilt angle: Left 11 o'clock,  
\*\*\*\*\*Right 1 o'clock  
Boomerang wind conditions: 0 to 4mph



Boomerang name: Flying Wing  
Boomerang range: 25 yards  
Boomerang tilt angle: Left 10 o'clock,  
\*\*\*\*\*Right 2 o'clock  
Boomerang wind conditions: 2 to 5mph