

# The training

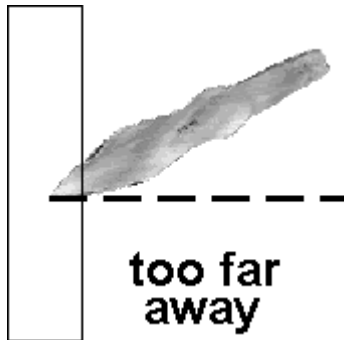
Do try to get practice as often as possible! Twice a week would be perfect, but you will learn it even if you don't have that much time to spare.

To be in good shape for throwing, try to do 20-40 pushups every evening. In the beginning, your fingers will most likely be too weak, so try to get exercise with finger weights or springs until you feel that the knives leave the hand when you want them to.

Keep the training sessions short at first. After 15 minutes, your arms will get tired, and you lose your concentration. You will get very few sticks, and perhaps even adopt a bad throwing style!

**Accuracy:** Do not aim at a whole area, but at one specific point, e.g. an irregularity in the grain of the wood. Most likely you will notice that your knives do not stick in the target point, but in a specific direction beside it. Now it is easy, just move the point you are aiming at in your mind.

For the target point, you have some possibilities: really paint it on the wood, use playing cards or pieces of fabric. You can also make rings to throw into. Make sure to sprawl the little targets all over the target board, it will thank you by lasting longer, and you have more diversity for your practice throws. But leave an empty margin around your marks so that not too many knives miss the board.



To correct the distance to the target, you must know how the throwing knife rotates: If thrown from the handle, the blade will first go down. Such, if the knife sticks handle up, it rotated too much, meaning it has traveled too long because you stand too far away from the target. If it sticks handle down, you should move back. And seeing just the back of the handle, you can proudly call it a perfect stick.

Move only a few centimeters back or forth to find the right distance. You should only change one parameter of the throw at a time (e.g. the distance or the grip). That way, you know why your knife suddenly doesn't stick any more.