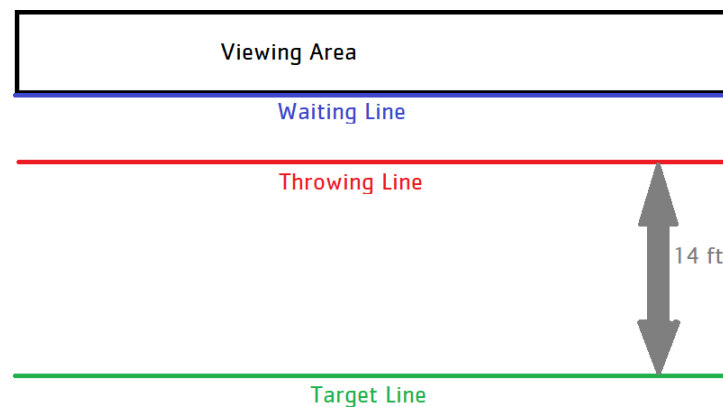


Tomahawk Throwing

Curriculum and Lesson Plan

Range Set Up:

- Two lines should be established on range:
 - Waiting line- participants stay behind the line while waiting to throw
 - Throwing Line- Participants currently throwing throw from behind this line. Throwing line is about 14 feet from target.
- Targets should be inspected for cracks and severe damage that make sticking the tomahawks impossible.
- Tomahawks should be inspected for cracked handles or damaged heads.
- Maintenance or your supervisor should be alerted to severely damaged target or tomahawks.



Safety Rules:

- NO ONE SHOULD BE ON THE RANGE WHILE TOMAHAWKS ARE BEING THROWN
- Participants must be able to listen to the safety rules and conduct themselves in a way that keeps themselves and other throwers safe
- In order to facilitate the above rule parents/guardians/adult leaders may join a thrower on the line even if they are not throwing
- Tomahawks should remain in resting until told to begin throwing
- Participants should not grab tomahawks by the blade
- Tomahawks should only be thrown overhand- one or two hands on handle

- Participants should step back from throwing line after throwing
- Tomahawks should only be collected when told to do so (either when all throwers are done at the tomahawk range OR when all thrower and archers are done at the archery range)
- Participants should walk back to firing line while collecting tomahawks and return them to a resting position.
- Participants should only collect the tomahawks they threw
- Throwing too hard or improperly can result in the tomahawk returning to firing line

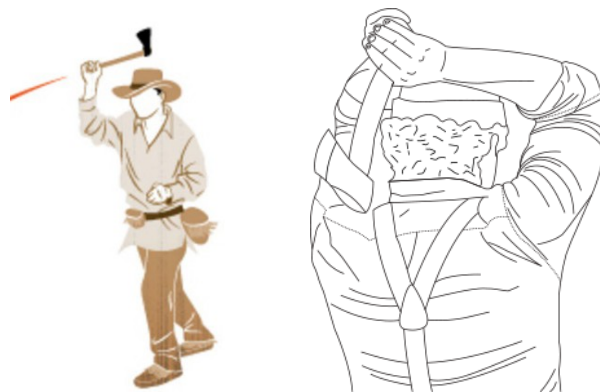
STAFF SHOULD EXPLAIN RANGE RULES AS WELL AS EXPLAIN AND DEMONSTRATE A THROW*

*sticking the tomahawk is not necessary- demonstrating safe use is

Throwing the Tomahawk:

When Throwing: (examples at bottom of page)

- Make sure the tomahawk blade is pointing toward your target
- Pitcher's position
 - Position your feet in the pitcher's position with one foot forward and one back. If throwing one handed opposite foot of throwing hand should be forward.
- Hold handle at base of tomahawk
 - Hold the handle near or at the base with the tomahawk blade at the top.
- Straight back & straight forward
 - Bring the tomahawk straight back and throw straight forward aiming for your target.
- Follow through
 - Follow through with your arm(s) while still keeping your wrist locked.



General Tips

- Stances should be upright and level. Stand like you're about to throw a ball.
- Grip the tomahawk like you would a hammer
- Arm(s) should be raised straight without bending the shoulder, extended towards the target.
- Tomahawk should be held straight so it won't wobble when throwing.

Goals and Impact:

Participants will...

- have a fun and enjoyable experience on the range
- practice a new skill that could become a hobby
- be able to responsibly throw a tomahawk and be on a range
- get a full body exercise through the nature of tomahawk throwing
- reduce stress by focusing on the task at hand
- gain a sense of pride in their accomplishment

GOALS AND IMPACT ARE THE ANSWER TO THE QUESTION "Why do we have this as a program area?"

Information and Pictures Found:

Wendell, B. (n.d.). How to Throw a Tomahawk. Retrieved December 7, 2018, from <http://www.hatchetsandaxes.com/how-to-throw-a-tomahawk>

Axe Throwing Rules. (n.d.). Retrieved December 7, 2018, from <https://worldaxethrowingleague.com/axe-throwing-rules/#section-j>

