

# Hammer Throw: 13 answers to 13 problems

## 13 Simple answers to 13 Hard problems in the Hammer Throw

Freely translated from Yuri Sedych's video by Basie Koen

1. On entry, the low point must be **EXACTLY** on the middle ( $0^\circ$ ) line. Low point in front, high point at the back ( $180^\circ$ )
2. Accelerate the hammer on the last swing. Move the ball/hammer head with your arms around you.
3. **ACCELERATE** the hammer from the right/left side through the low ( $0^\circ$ ) point, actively '**PUSHING**' the hammer across the low ( $0^\circ$ ) point, around you, in the throwing direction.
4. Start the movement of the footwork when the hammer goes through the low ( $0^\circ$ ) point. Do not go before or after the  $0^\circ$ -line. Depart when the hammer reaches exactly the  $0^\circ$ -line. [Wait for the hammer reaches the  $0^\circ$ -mark]
5. The turning feet must work **TOGETHER** with the hammer. When the hammer goes through the  $0^\circ$ -line the feet start turning.
6. Keep both feet on the ground! Keep turning from the  $0^\circ$ -line to approximately the  $110^\circ$ -mark, pass the  $90^\circ$ !
7. On completion of the first turn, coming back to the  $0^\circ$ -position, the feet and hips should '**CLOSE**', thereby establishing/starting the double support phase. Closing the driving foot inwards. Do not end this movement too soon. Work back to the same position at the start.
8. During the single support phase (i.e. the second half of the turn) the action is a short, fast one. Spinning on the outside of the ball of the foot.

9. Always keep the shoulders perpendicular to the hammer with equal pull/puch from both shoulders. [Triangle formed by the shoulders and the hands] . **NEVER PULL WITH THE LEADING SHOULDER.** Shoulders on the same line as the hammer. [Hammer, hands, head in line].
10. Both shoulders should stay “down” and relaxed. **NEVER PULL THE SHOULDERS UP.**
11. Touch down with the driving foot will start the double support phase; the hammer should be up towards the high point at 180°. Accelerate hard on the right/left side through the pow (0°) point. [Accelerate on touch down with the right foot behind the right shoulder] Touch down while the hammer is still back near the 180°.
12. With regard to the **RHYTHM** each turn must become quicker, accelerating (driving) harder and harder each time from the right/left side through the low (0°) point. Pushing the hammer hard with the arms.
13. The **DELIVERY** of the hammer must be a natural continuation of the turning. Do not work towards a “finish” (delivery). Throw as if there will follow another turn. Do not think “delivery”; think about how you turn...not how you finish!