

### Holding the Discus

The throwing hand is placed on top of the discus, the fingers are spread and pushed forward over the edge until the end pads of the forefingers curl around the rim. The thumb rests on top. The wrist is rigid and the palm is flat against the discus.

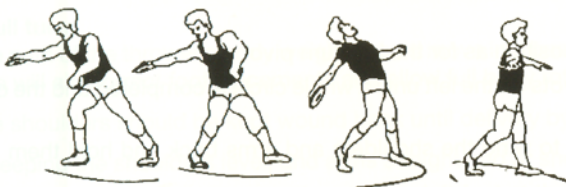


Fig 8

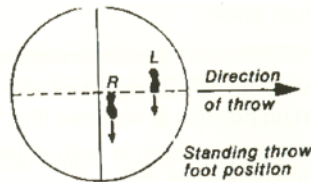


Fig 9

### Wind up swing

#### Starting Position

- feet correctly placed (as above)
- discus held at the front with the right hand and supported underneath the left hand
- most of the body weight is shifted onto the ball of the left foot

#### To Wind Up

- the right arm swings to the rear in a wide flat circle
- the body weight shifts to the bending right leg with the right foot pivoting to the rear
- the wind up continues until the right foot, right knee and head are in a vertical line
- the shoulders are level
- the right arm is behind the right hip at shoulder height having travelled almost a full circle

#### To Unwind

- the athlete pivots on the right foot thus rotating forward the right knee and hip and extending the right leg horizontally
- this happens against a straightening left leg and blocking left side
- as the right side of the body comes over the left leg the right arm whips around to the side at shoulder height

There should be three phases in this whole movement:

- (i) A deliberate unhurried long movement wind up.
- (ii) The unwind when the hips are rotated to the front and the arms and shoulders trail behind.
- (iii) The unwind of the shoulders when the right arm finishes the throwing movement.