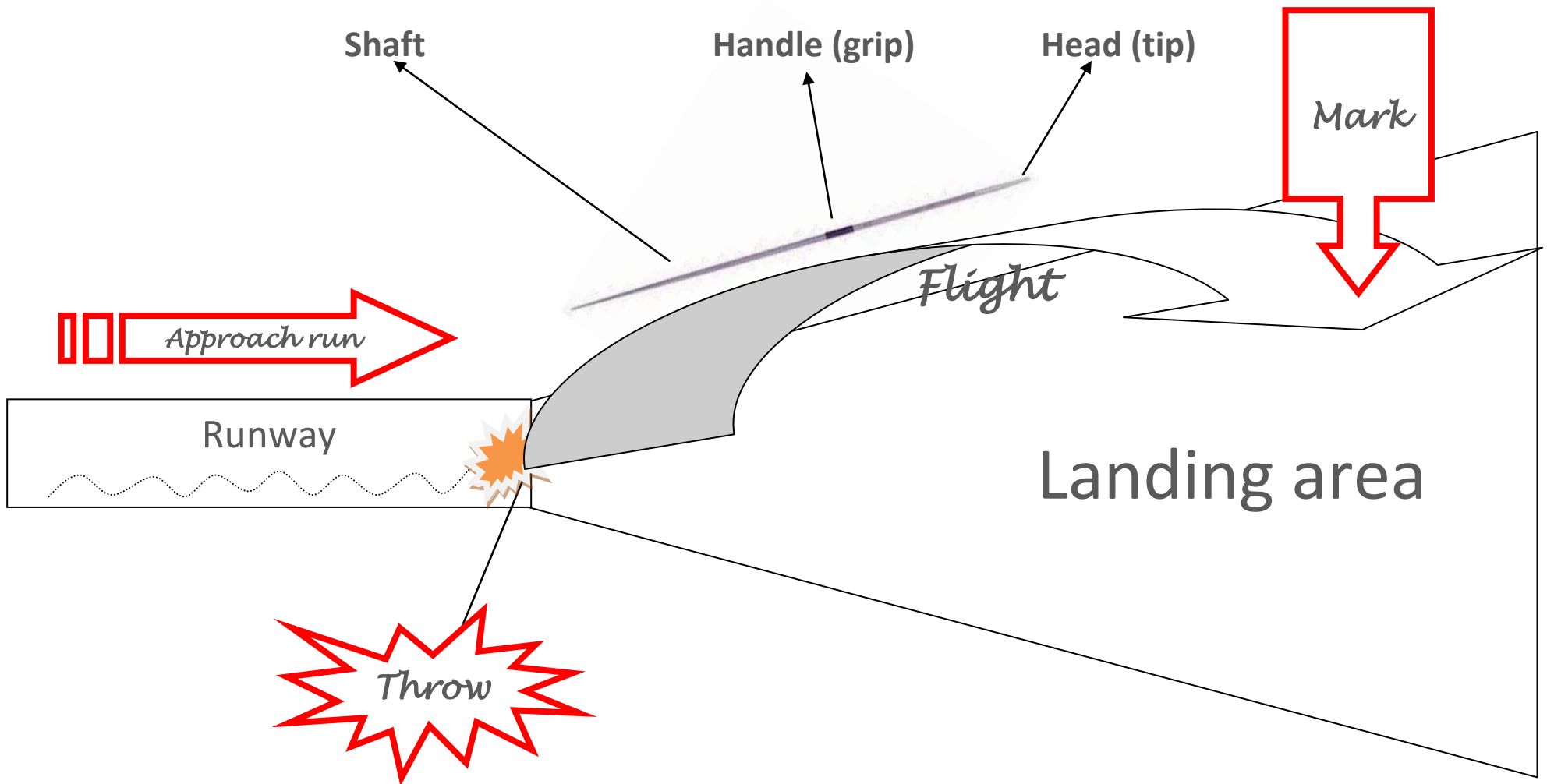


Javelin throw



Javelin throw

Grip



Start



Carry



Approach run.

Back swing

Shoulder in advance

Throw



30 - 35°

Last step

*Remember : to throw far you need speed AND right angle
(30 - 35 °).*