

Knife Throwing

Grip for Throwing

The pinch grip is used to throw light knives fast, suddenly and with force. The knife has to be gripped (pinched) between thumb and index finger, in a manner that it is a straight extension of your arm. You hold it with the 2/3 of your finger that are next to your hand and the thumb.



Trajectory of the Throwing Knife and Correct Distance to the Target

Try to always make the same movements with your arm and body, with always the same force. Once you have mastered the constant movement for the throw, you can now find the distance from the target where the knives stick if you throw with this movement.

In the flight towards the target, the knife will turn around its center of gravity and the blade and handle will take turns pointing to the target. The throwing knife will rotate in a way that, if thrown from the blade, the handle will go downwards at first.

A different number of knife rotations require different distances and grips. The distance to obtain a stick throwing with a blade grip and one and one half rotations is about 15 feet from the target. This is always measured from the tip of your rear foot. Grip the knife at the blade, throw it, and after one and one half rotations it should stick. If it doesn't, move back or forward a little. If it sticks with the handle angling down, move back a few inches. If it sticks with the handle angling up, move forward a few inches.

How to Throw a Knife (The following knife throwing instructions are for right-handers; left-handers simply switch sides.)

Beginning with the stance, your right foot is the back one (toes at distance mark), your left foot is in front. The gap between the two is about two of your feet (your actual foot, not the measure). The heels are on a line. The two feet form a 45° angle (left 12 o'clock, right 1:30 o'clock position) or wider. Both knees are bent, especially the front one. The weight rests primarily on the ball of your back foot (behind your toes).



For the throw, the weight is shifted to the left foot while the right arm with the knife is brought to the front.

Both arms are straight and point to the target, which is in the height of the chest. The right arm now makes a round and smooth swing to the back, the knife is even behind the head. Then it swings forward towards the target, like you wanted to chop off some branch between you and the target. While swinging forward, the weight is shifted to rest on the front foot, the chest follows this movement. The right shoulder does not move, it remains in a (tilted) line with the left.

As the knife arm is about in line with the left one and points exactly to the target, quickly release the knife and snap your fingers back together. Do not stop the swing of the knife throw, go on with the movement. This is called the follow through and considered very important for a good stick.