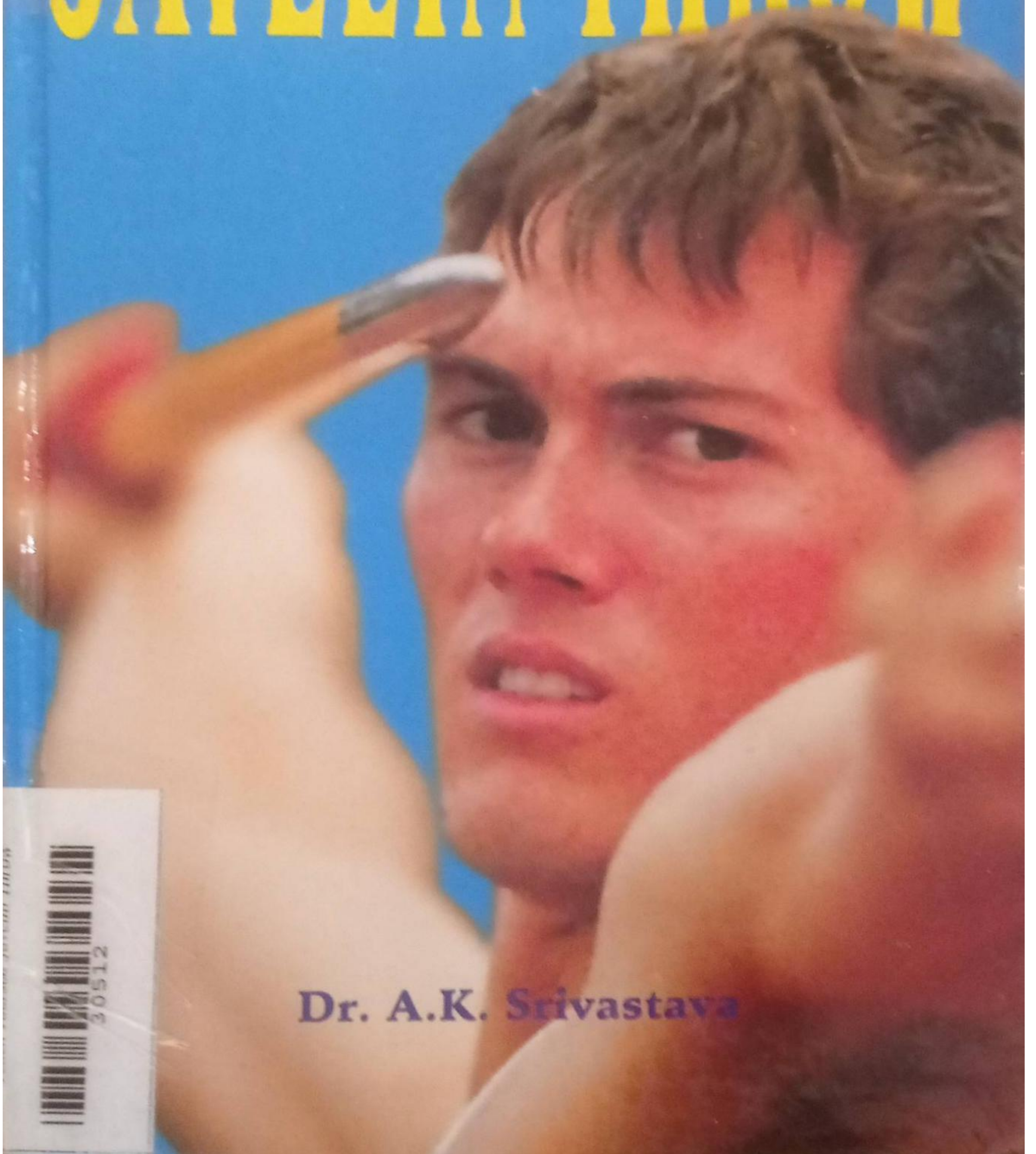


Teach Yourself

JAVELIN THROW

30512



Dr. A.K. Srivastava



CONTENTS

1. Historical Background of Javelin Throw	1-7
2. What Is Javelin Throwing	8-11
3. Equipments Required in Javelin Throwing	12-16
4. Qualities of a Successful Javelin Thrower	17-18
5. Teach Yourself Art of Javelin Throw	19-23
6. Techniques of Javelin Throwing	24-30
7. Grasping the Javelin	31-34
8. Carrying the Javelin	35-36
9. Five Steps Transition Phase	37-40
10. Run Up and Approach	41-44
11. Delivery	45-50
12. Methods of Throwing the Javelin	51-58
13. Differences in Various Styles of Throw	59-62
14. Essentials of Correct Form	63-72
15. Common Errors in Throwing the Javelin	73-74
16. Some Important Facts About Javelin Throw	75-80
17. Rules of Javelin Throw	81-83
18. Some Awarded Athletes	84-88