



Caring For and Using the Finnflie™

With proper care your Finnflie™ will last for many years. They can be thrown on turf or grass fields, are safer on the elbow than the 600/800g javelins and have safety points on both ends. But the real advantage is that they really teach how to make good flights - when you catch one, it flies great, and when you miss it, it's obvious, even to a beginner.

Caring For Your Finnflie™

Do's

1. Throw the Finnflie™ on a turf or grass field.
2. Store the Finnflie™ horizontally or vertically, but never with a bend.
3. Run with your Finnflie™ with a high arm, reaching back and with a nearly flat javelin.
4. Make the throw with a quick turn, not plunging forward, to put the left foot down quickly.

Don'ts

1. Throw the Finnflie™ indoors unless you have a large turf surface; you might bend the tail and you can't see the good flights anyway. Use a throwing ball.
2. Throw the Finnflie™ on cement. Duh!
3. Use the Finnflie™ as a stretching tool.
4. Pile stuff on it.

Using the Finnflie™

1. Take easy walking throws and experiment with flying the Finnflie™ so it lands flat, then nose first, then a little tail first. Repeat until you can make it land any way you want. This will help you learn how to fix flight problems.
2. Gradually increase your walking speed to jogging, then to running, and still be able to make flight corrections. The best flights are ones that land at a slight angle, nose first.
3. A common technique fault in javelin is a forward plunge during the throw. Try instead to make a quick turn from sideways to open, and using this action to put the left foot down quickly. With a little back arch and a high arm, the momentum of the run will provide power for the throw!