

# How to Throw & Catch your Master Designs Boomerang

## Grip

A good throw starts with the proper grip. The two main grips are the **cradle grip** and the **pinch grip**. The cradle grip is where the boomerang is grasped like you would a tennis racquet. The flat side of the boomerang is to the palm of the hand and the fingers wrapped around the shaped side. The thumb is either over the fingers (like a fist) or just above the index finger. Hold the boomerang as close to the end as possible to get maximum spin.

The **pinch grip** is the one I recommend since I get better spin and control. Place the boomerang between the thumb and forefinger with the thumb on the curved surface. Cock the boomerang back toward the wrist at about a 45° angle. Pinch tightly so that the boomerang “pops” from the fingers as the arm straightens out. This makes for a cleaner release and better spin which helps the boomerang return. See figure 1.



Figure 1

## Layover

The **Layover angle**, or lean of the boomerang, is the angle slightly less than perpendicular to the horizon. The proper layover is normally 75-80°, but each boomerang will have its own “proper” layover. Start with the suggested angle and work from there. See figure 2. **A boomerang that is thrown flat like a Flying Disk will not return.**

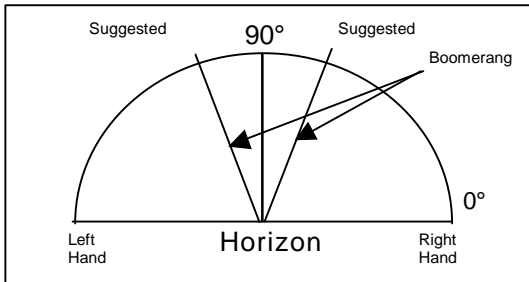


Figure 2

## Wind

Wind is a big factor in the proper return of a boomerang. **The best flights will be achieved in 0-10 mph winds**, however, after some practice you will be able to adjust for many wind conditions (within reason, of course) by throwing more into the wind, tuning the boomerang, or by adding weight or flaps. The suggested angle to the wind is between 45° and 90° to the right or left of the wind in direct relation to the throwing hand (See figure 3). **I prefer to throw almost 90° to the wind.** If the boomerang flies in front of you, turn more into the wind, if it flies behind you, turn further away from the wind.

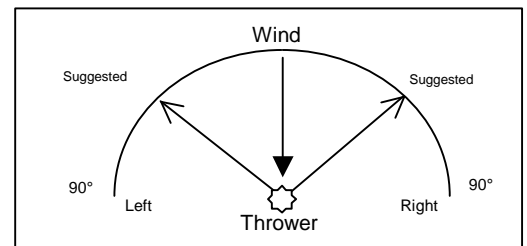


Figure 3

## DON'T THROW YET!!!

### Elevation

The natural tendency is to throw the boomerang at too steep an angle, but the boomerang will automatically climb as it progresses through the circle of flight. Normally you will want to throw the boomerang horizontal or 10° to 15° above the horizon. See figure 4. **If you throw too high, the boomerang will land behind you. If you throw too low, the boomerang will fly in front of you.**

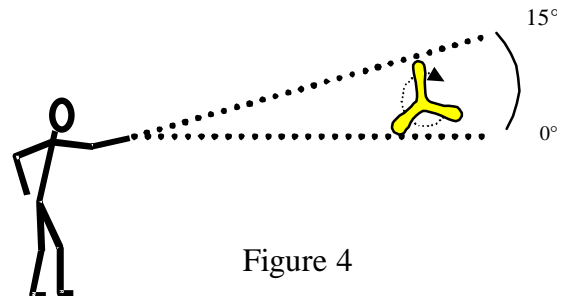


Figure 4

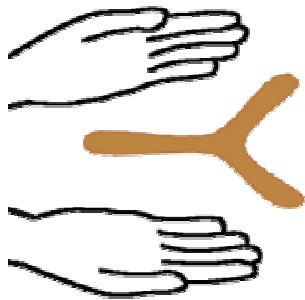


Figure 5

## Catching

When the boomerang comes back, it will be spinning relatively horizontal. The easiest and safest way to catch a boomerang is to reach out **BOTH** hands and attempt to CLAP them together on it as in figure 5. If the boomerang is moving very quickly, do not try to catch it! Later, after you have a better understanding of how the boomerang will react, you may try some trick catches or one-hand catches, but you should **exercise caution**. You should wear some kind of eye protection. I also recommend wearing cycling or weight lifting gloves, especially if you are attempting trick catches. These have open fingers for gripping the boomerang while throwing, but have extra padding in the palms, which comes in handy!