

Published based on [Basic Advice On Throwing Knives For Novices](#)

Basic Advice On Throwing Knives For Novices

Safety really should be a serious concern when you start to understand how to chuck [throwing knives](#) for obvious reasons. Folks around you and also your self will then end up being not as likely to be injured from your knives.

You will definitely want to be aware of your surroundings and make certain that there are no pets or children around your target area. If you want you can set up some sort of boundary, maybe with some rope to keep kids and animals from entering the area you'll be throwing in. That way a ricocheting knife will not fly and hit anyone close by.

Electrical tape can be used to wrap around the blade of your knife if it happens to be sharp. Then you can throw your knives by the blade and not risk getting cut by them.

Especially if other beginners are around you will want to take care to be extra careful with your knives.

A good distance to start from for knife throwing is roughly six to eight feet from your target. This distance will make the knife rotate just half of a full rotation in the air before hitting the target. If your knife sticks straight into the target you are at the perfect distance. If the handle is high or low you will need to adjust your distance to the target accordingly.

Then you can use math to find the right distance to get in more rotations of the knife. You can multiply to get three or more rotations before the knife hits the target.

How your throwing knives hit the target will be affected by a lot of small, seemingly inconsequential things. For instance, a knife that has a heavy handle will be easier to throw by holding its blade. And it's easier to throw a blade heavy knife by its handle.

For a longer distance a heavier knife is much better. With more weight you won't have to strain your arm as much to throw a longer distance. Light knives, on the other hand, are a lot better for short distance throwing.

You should never snap your wrist when you throw knives. This is because it will be difficult to snap it the same way every single time. That will interfere with becoming a consistently accurate thrower. Try to keep your wrist locked instead of snapping your wrist.

And you might find that after a while of throwing your arm will get tired. This may cause you to try to snap your wrist to compensate for your tiredness. At this point you should probably take a rest until the next day so you can come back strong. That way your practice will be more productive and fruitful.

I've covered only a few of the basics of throwing [blades](#) so much more can be learned. When you get good at throwing it can be hours of fun.

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