

# Throwing fast with wind-up



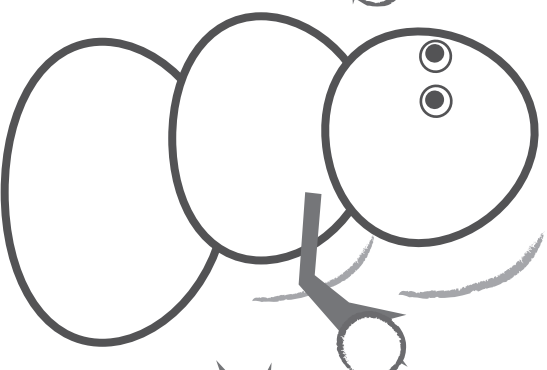
## Step 1

Take 15 Pictures



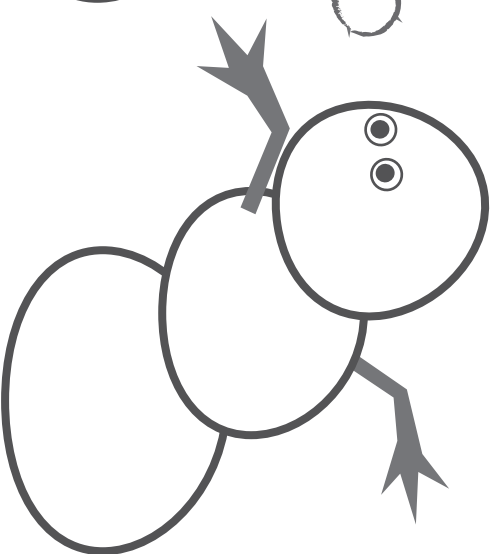
## Step 2

Lean body back and  
wind up arm in only  
3 pictures from start.  
Then take 10 pictures



## Step 3

Move head and upper  
body forward and bring  
front arm forward, take  
away back arm, the take  
only 1 picture



## Step 4

Lean body way forward  
putting throwing arm  
in front. Bring back other  
arm pointing up and back.  
Hold for 15 pictures.