

Kung Fu Throwing

| | | Condensed | Complete |
|------------------------|----------------------|--|--|
| Part I Warm Up | 10 yds | 15 Forehands 15 Backhands 15 Hammers | 25 Forehands 25 Backhands 25 Hammers |
| | 20 yds | 15 Forehands 15 Backhands 15 Hammers | 25 Forehands 25 Backhands 25 Hammers |
| | 30 yds | 15 Forehands 15 Backhands 15 Hammers | 25 Forehands 25 Backhands 25 Hammers |
| | Comfort (~15 yds) | 15 Lefty Forehands 15 Lefty Backhands 15 Lefty Hammers | 25 Lefty Forehands 25 Lefty Backhands 25 Lefty Hammers |
| Part II The Kung Fu | Lowest Release | 10 Forehands 10 Backhands | |
| | Farthest Release | 10 Forehands 10 Backhands | |
| | Highest Release | 10 Forehands 10 Backhands | |
| | Compass Throws | 2 laps Forehands 2 laps Backhands | |
| | 2 yds | Rinky-dink: 100 as fast as possible (no grip changing) | |
| | Comfort (~15 yds) | 10 Forehand I/O 10 Forehand O/I 10 Backhand I/O 10 Backhand O/I | |
| Part III Hucking | ∞ | Huck for 10 minutes | |
| Part IV Pivoting | Comfort (~15 yds) | Fake/Pivot/Throw: 25 Forehands 25 Backhands | |
| Part V Stretch | | Seriously. Allocate time for this. | |