

Lifeline throwing

1. Coil the rope neatly so that it will not tangle as you throw it.
2. Take at least two thirds of the coils in your throwing hand and stand side on to your target. Keep the remaining coils in your holding hand with the end attached to your wrist with a loop.
3. Throw, letting the rope go when it is shoulder high. Keep your eye on the target. Practise!!

