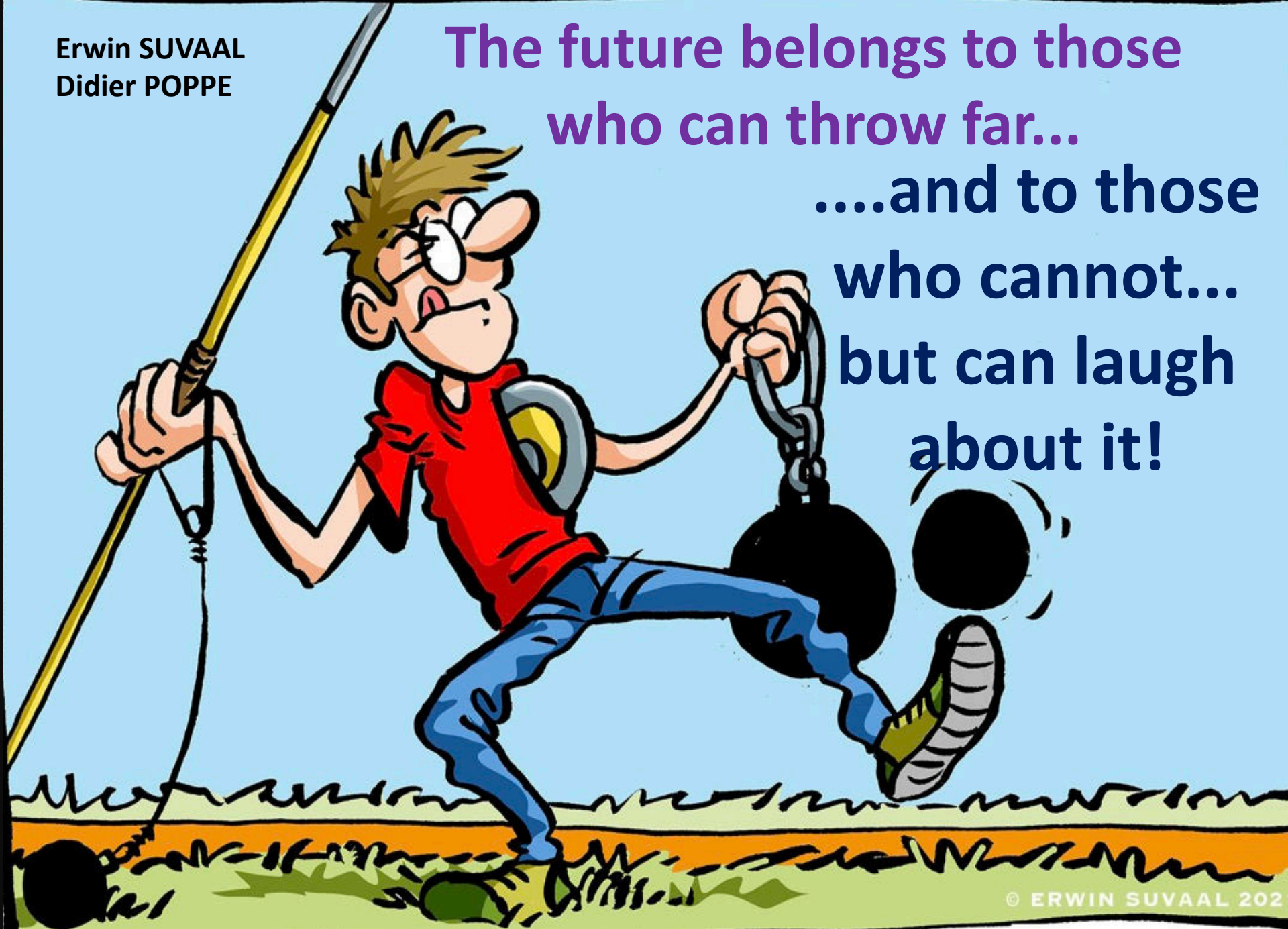


Erwin SUVAAL
Didier POPPE

The future belongs to those
who can throw far...

....and to those
who cannot...
but can laugh
about it!



HAMMER THROWING IS FUN !

Drawings by Erwin SUVAAL



Texts by Didier POPPE

English translation by James THOMAS

HAMMER THROWING IS FUN !

In the hammer throw, one must be able to control two heads : the head of the hammer and the head of the thrower. The problem for the coach is to find which one has the best brain.



HAMMER THROWING IS FUN !

In The hammer throw, the hammer is turning and the thrower is turning . They better need to agree which way, because once they have started , there is no turning back !!



The more turns you do, the more likely it is to turn wrong ...

In this case, it is not recommended to take one hand from the handle and start counting the turns on your fingers



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-2023-

HAMMER THROWING IS FUN !

If you don't stop this mess immediately , I am going to put you inside a cage !



ERWIN
SUNAL
-2020-

DEP THROWS
COACHING

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2020



HAMMER THROWING IS FUN !

Throw the hammer, they said, it's the best way to break the ice and make friends ...well... but I cannot see any friend around there !



HAMMER THROWING IS FUN !

Good boy ! I must
now teach you how to
measure the throws!



HAMMER THROWING IS FUN !



You should stick to throwing snow balls, like everyone else !

ERWIN
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-2019-

HAMMER THROWING IS FUN !

NOOOO!
PLEASE, DON'T
TOUCH THIS !

This looks like fun.
Can I have a go ?



HAMMER THROWING IS FUN !



Here, you see,
and I did not even
need to do a turn!

DUP FITNESS
COACHING

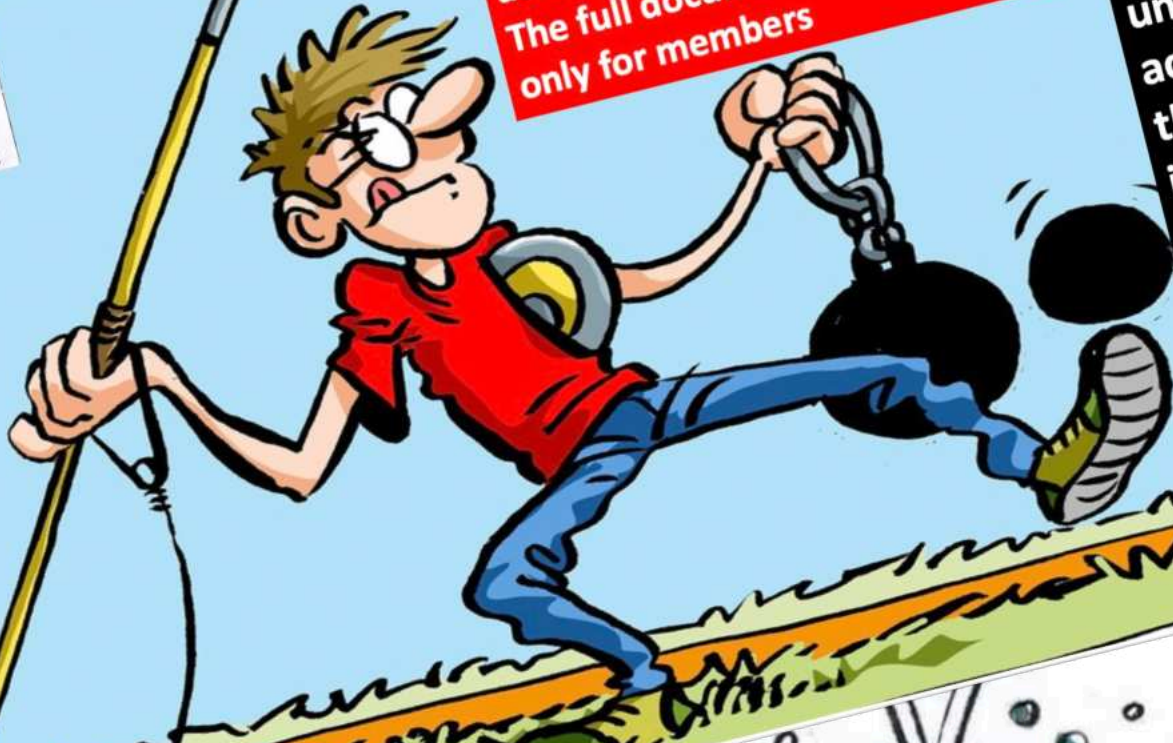
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HAMMER THROWING IS

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