

# Axe Throwing 101

The basics that get the axe to stick — every time

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Axe throwing looks like pure instinct but it's a technique sport. The axe needs exactly one full rotation to hit the target flush. This guide gives you the grip, stance, and release to make that happen consistently.

## The two-hand throw (beginners start here)

- Grip: both hands on the handle, thumbs wrapped around the front, not stacked on the back.
- Stance: square to the target, feet shoulder-width, dominant foot slightly back.
- Wind-up: raise axe overhead until head is behind you, keeping wrists firm.
- Release: push forward, release when hands are at eye level — let the axe go, don't flip your wrists.

## Fix your rotation

- Axe hits handle-first (too far away): take one step closer to the target.
- Axe hits blade-upside-down (too close): take one step back.
- Wild left/right: your follow-through is drifting — keep your eyes on the bullseye through the full throw.

## One-hand throw (once you're consistent)

- Same mechanics, dominant hand only, grip at the base of the handle.
- The rotation is the same — just less power behind it, so you'll stand slightly closer.
- Never sacrifice accuracy for power. Stick it first, then add power.

## Insider glossary

**Bullseye** — The center ring — usually worth 6 points in competitive formats.

**Killshot** — The blue dot at 10 o'clock and 2 o'clock on the board — worth 8 points, call it before you throw.

**Hatchet** — A smaller, lighter throwing axe — different balance point than a competition axe.

**Rotten Bull** — When your axe sticks but slides down before the judge marks it.

## Starter checklist

- Closed-toe shoes (required at all venues)
- Athleticwear (arms move freely)

- A target with soft wood (pine/poplar)
- Competition-weight axe (1.75-2lb head)

**Therapy is expensive. Axes are \$25/hr — axe-throwing tee at [15d0.com/shop/axe-throwing/](https://15d0.com/shop/axe-throwing/)**