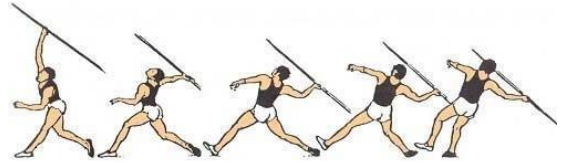


Javelin



How it works:

A javelin is a light spear designed primarily to be thrown, historically as a ranged weapon, but today predominantly for sport. The javelin is almost always thrown by hand, unlike the bow and arrow and slingshot, which shoot projectiles from a mechanism. However, devices do exist to assist the javelin thrower in achieving greater distance, generally called spear-throwers.

A warrior or soldier armed primarily with one or more javelins is a javelineer.

The **javelin throw** is a track and field event where the javelin, a spear about 2.5 m (8 ft 2 in) in length, is thrown. The javelin thrower gains momentum by running within a predetermined area. Javelin throwing is an event of both the men's decathlon and the women's heptathlon.

History:

Many African kingdoms have used the javelin as their main weapon since ancient times. Typical African warfare was based on ritualized stand-off encounters involving throwing javelins without advancing for close combat. In the flag of Eswatini there is a shield and two javelins, which symbolize the protection from the country's enemies.

Zulu

The Zulu warriors used a long version of the assegai javelin as their primary weapon. The Zulu legendary leader Shaka initiated military reforms in which a short stabbing spear, with a long, swordlike spearhead named *iklwa*, had become the Zulu warrior's main weapon and was used as a *mêlée* weapon. The assegai was not discarded, but was used for an initial missile assault. With the larger shields, introduced by Shaka to the Zulu army, the short spears used as stabbing swords and the opening phase of javelin attack the Zulu regiments were quite similar to the Roman legion with its *Scutum*, *Gladius* and *Pilum* tactical combination.

Did you know?:

The word javelin comes from Middle English and it derives from Old French *javelin*, a diminutive of *javelot*, which meant spear.

In Norse mythology, Odin, the chief god, carried a javelin or spear called *Gungnir*.

The god *Runesocesius* is identified as a "god of the javelin".

In international competition, men throw a javelin between 2.6 and 2.7m in length and 800g in weight, and women throw a javelin between 2.2 and 2.3m in length and 600g in weight. The javelin has a grip, about 150mm wide, made of cord and located at

the javelin's centre of gravity from the javelin tip for the men's javelin and 0.8 to 0.92m from the javelin tip for the women's javelin.

World records:

The current (as of 2017) men's world record is held by **Jan Železný** at 98.48 m (1996)

<https://www.youtube.com/watch?v=All8xV8t8x8>



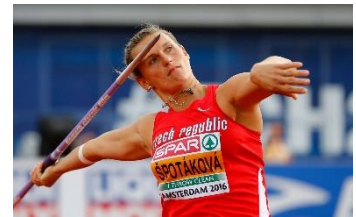
The farthest javelin throw by a female athlete is 72.28 m (237 ft 1.6 in), by Barbora Špotáková (Czech Republic) at the IAAF World Athletics Final in Stuttgart, Germany, on 13 September 2008.

<https://www.bing.com/videos/search?q=Barbora+%c5%a0pot%3%a1kov%3%a1&&view=detail&id=CAE620924F4F2B053C1CCAE620924F4F2B053C1C&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3DBarbora%2B%25c5%25a0pot%25c3%25a1kov%25c3%25a1%26FORM%3DHDRSC4>

Javelin techniques:

Stage one

- Hold the javelin in the fold of the hand along the length of the palm.
- Grip the back of the javelin cord with the thumb and ensure the first two joints of the index finger are behind the cord.



Stage two (approach run)

- A distance of between 13 to 19 strides away from the throwing line should be used for the run up. In addition, place an additional marker five steps away from the throwing line.
- Hold the javelin at head height, with the arm bent and the elbow pointing forward.
- Ensure the palm of your hand is facing upwards and begin running with your hips high and the javelin parallel to the ground.
- Maintain a controlled increasing speed throughout the run-up.

Stage three

- On reaching the second marker, place the right foot down and move the throwing arm straight forward and then back until the arm is fully stretched at shoulder height.
- Begin to bring the hips around and turn so the left shoulder is facing the throwing line and keep the feet pointing forward.
- Keep driving the right leg forwards and upwards and the javelin pointing in the direction of the throw.

Stage four

- On the penultimate step, begin to lower the back of the javelin, keep it close to the head with the point in line of the eyebrows.
- At the same time, push off the left leg and take a longer, flatter drive step off the right leg.

- Begin to lean back and land the left leg in front of the right leg before the right foot touches the ground.
- As the right foot touches the ground, keep it ahead of the hips and shoulders, the heel is quickly lifted and rotates clockwise until the foot finishes up on the little toe.
- Keep the shoulders in line with the direction of the throw and the left arm across the chest.

Stage five

- Bring the left leg forward and land flat-footed with toes pointing forward.
- Keep the left leg braced and straight and the left leg lands soon after the right foot.
- With both legs on the ground, turn the right hip quickly forward and up to bring it square with the delivery area. The chest and shoulders must follow.
- The right elbow will follow by rotating outwards and up, alongside the head, while the right shoulder is pulled through and the arm forward and upward extension.
- The delivery arm must start its final action when the hand is above the shoulder.
- The launching takes place above the left foot. The outward rotation of the elbow along with the release of the fingers on the javelin causes the javelin to rotate clockwise to create stability during flight

Question time:

Who holds the men's world record?

How many stages are there to the javelin technique?

Who is identified as a "god of the javelin"?

What is the length of a female athlete's javelin?

What is the weight of a men's javelin?