



## **Bulletin Volume 1-13**

By Clemson University Service

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1905 Excerpt: .the hammer throw a position is taken at the near edge of the 7foot ring facing directly opposite to the direction in which the hammer is to go. The ball is swung around the head, slowly at first, the arms are kept straight, and the hammer swung as near the ground as possible. When swinging rapidly and while high in the air over the left shoulder, it is turned loose. After this swing has been acquired, a turn can be practiced. (See Fig. 3 Plate IV.) The turn is to give the ball greater velocity. The hammer is loosened in the same position as before. As in the case of the shot, care must be taken that no part of the body strikes the ground outside the circle. TRACK AND FIELD SPORTS The following dont s should be remembered Don ts to in track work: be...



## Reviews

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