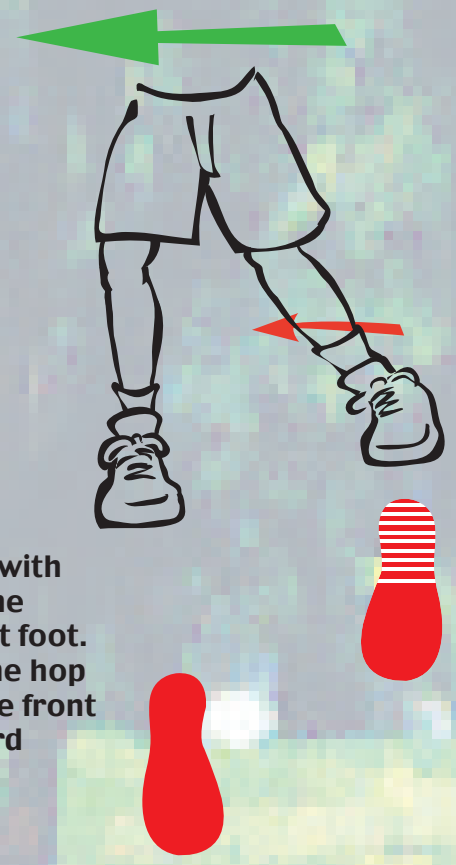


# THE X STEP (for the right handed back hand drive)

by Dave Dunipace - illustrations by Tom Bant

The X step moves you smoothly from the back of the tee pad to the front and into position to throw. It really is a "step, hop and a step" during which your momentum moves smoothly forward. Along with the drawings indicating leg positions, we have indicated foot placement and weight distribution with a step diagram. The solid coloring represents weight placement. The green arrows indicate the movement of the body from the back to the front of the tee.

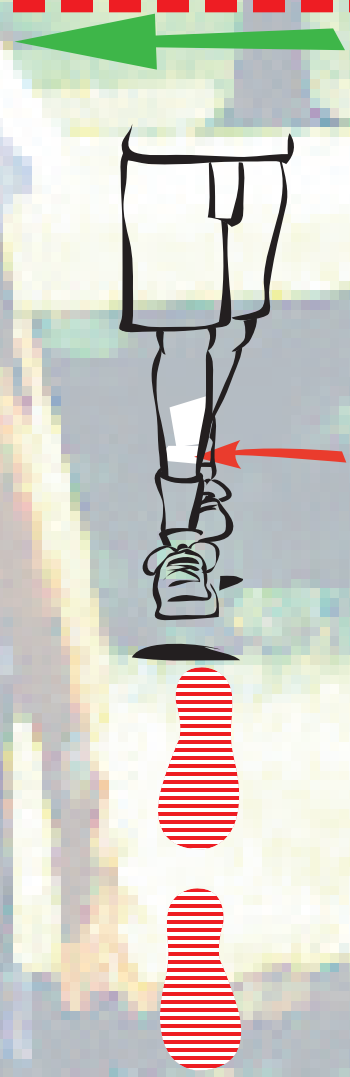


## 1. Front foot STEP

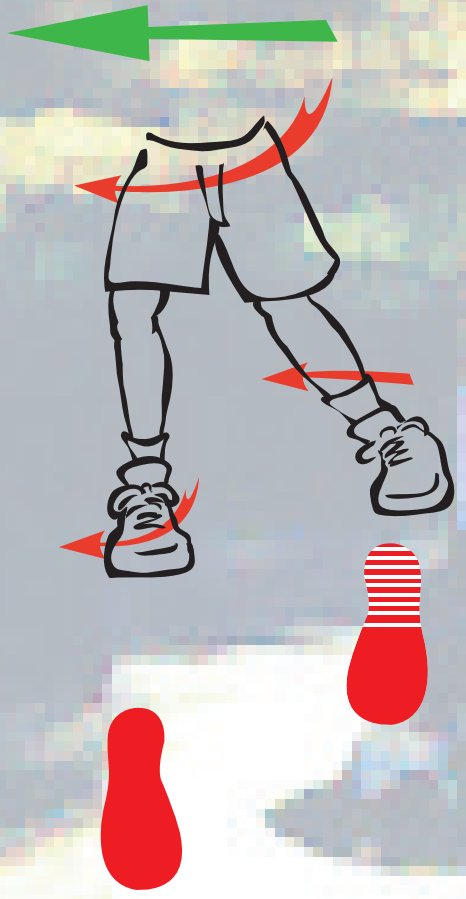
The X step begins (and ends) with both feet perpendicular to the target. Weight is on the front foot. The back foot pushes off to the hop and begins to slide behind the front foot. The body moves forward toward the plant and throw.

## 2. HOP to left foot

2a. Your back foot is behind your lead foot as you hop forward. At this point both feet are momentarily lifted off the ground as your body continues forward smoothly.



2b. The left foot lands with hips rotated back in position to throw. Your right foot is off the ground in preparation toward the plant step.



## 3. Front foot STEP to plant

When the lead foot plants the throw begins. Your hips rotate first followed by shoulders and arm motion. When your weight transfers and your hips and shoulders rotate, the back heel lifts and eventually so does the entire back foot in the follow through. Just after release of the disc the front foot must pivot to relieve stress on the knee.