

TOD'S STUFF

Handmade knives & historical goods

How to use a sling

Slings were and still are used for war because they are very dangerous – respect that and use them as you would a gun or bow.

The direction and the force the stone leaves the sling with is down to your skill, when you are learning it is likely to be in pretty much any direction so make sure there is no one anywhere near you – including behind you!

Generally use larger stones than you think you should, with practice you should get an egg sized stone 150 meters, but remember you have been throwing stones since you were 2 years old or so and it will take a little time to get good distance and accuracy.

Try to keep your movements smooth and considered and you should avoid wrenching your shoulder too much (almost guaranteed at the start).

Place the loop on the cord on your index finger and the knot on the other end of the cord between your thumb and first finger. Find a golf ball sized stone and place it in the pouch so that the sling hangs vertically down.

Give your hand a slight backward movement then swing it forward to make a full circle moving more from the elbow rather than the shoulder. The sling will now be whirling round with (hopefully) the stone still in it. As the sling starts vertically down when you start moving it, it starts to whirl in a vertical circle but during the first rotation start to move the swing from a vertical towards a horizontal swing. Everyone is different but during the first revolution the sling should move from a vertical circle to a circle at 45 degrees and during the second from 45 to horizontal. Allow the sling one or more revolutions until you are comfortable with the rhythm and then release the knot so that sling opens and the loop stays attached to your finger. A last moment acceleration will provide you with more power but may wrench your shoulder and loose accuracy – experiment.

Distance

Distance is easier than accuracy and is a good place to start as it is easier on the shoulder. Simply use larger stones and keep the swing at about 45 degrees so that the sling is released on the upward swing. 150 meters is achievable and with an egg sized stone dropping from 70 – 80 meters you can see why it made such an effective weapon.

Accuracy

Use conker sized stones and take the whirl of the sling to the horizontal before releasing the knot. You should achieve a very flat trajectory for 25 meters or so fairly easily though in what direction is down to lots practice.

Realistically 4 hours of practice should allow you to be competent and years to be really skilled.

Any problems – give me a ring on 07957 434775.

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