

# What is This?

This is a flying disc (sometimes called a "Frisbee")! This 175 gram DiscCraft UltraStar is the official Ultimate Canada game disc used by all ages and all skill levels. Check out our web version of this introduction here: <https://ciu.calgaryultimate.org/self-start>

## How to Use Your New Disc

### Throwing

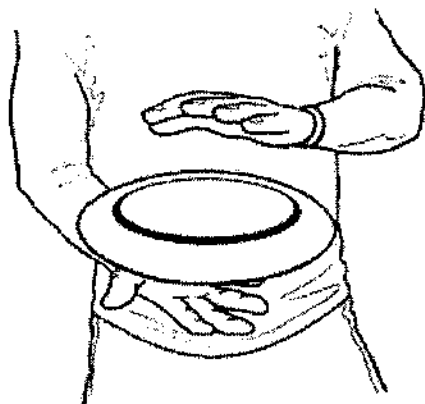
The backhand is the easiest and the most commonly used throw. For most people it is the most natural way to throw a disc. You put four fingers in the cup of the disc with your thumb on top. If you are right-handed you would stand straight up, twist to the left, bend your wrist and elbow in front of you so they are in front of the disc (reverse for lefties). Then un-do all of that in one steady motion releasing the disc. Try to keep the disc as level as possible and to give it spin. Remember that most of the spin comes from bending your wrist then snapping it. Backhand can be used for short, medium, and long-range passing.



For more help throwing (including learning more throws), check out this great video tutorial <https://www.youtube.com/watch?v=INQexzqzw4>

### Catching

The most basic of the two-handed techniques is the Pancake Catch. This is good for straightforward throws because all you have to do is catch the disc safely with your palms facing each other like a pancake. When attempting this, keep your hands in front of and close to your body with both hands at right angles to gather the disc.



For more help catching, check out this video tutorial <https://www.youtube.com/watch?v=imB11iTeGZc>

# More Fun Activities!

## Trick Shots

A great way to practice your throws is to attempt trick shots. You can make challenges for yourself, such as throwing the disc into a basketball hoop, or bouncing it off a wall into a large container, or getting it to fly through a narrow opening. Your imagination is the only limit.

To see some really epic trick shots check out this video

<https://www.youtube.com/watch?v=9DRpUYWjHW8>

## Trick Catches and Moves

Try catching with one hand, with your left hand, behind your back, between your legs. You can also tip it from underneath with one hand and catch it with the other. Experiment with spinning it on your finger or rolling it along your arms - be creative.

To see some basic freestyles moves, check out this video

[https://www.youtube.com/watch?v=qOuV\\_hi0HC8](https://www.youtube.com/watch?v=qOuV_hi0HC8)

## Urban Disc Golf

Urban disc golf is a fun game for practicing your throws. It's like actual golf where you try to get your disc to hit a target in the least number of throws possible. You can use any objects as your targets, such as trees, telephone poles, garbage cans, benches, or soccer goals. Make sure you choose somewhere safe and choose targets that won't get damaged by the disc. Focus on increasing your accuracy and your distance.

To see urban disc golf in action, check out this video

<https://www.youtube.com/watch?v=viW4pLHSYGk>

## Want More??? Join Calgary Juniors Ultimate

Calgary Juniors Ultimate has programs perfect for new players aged 8 - 19. You can learn all of the fundamentals of Ultimate Frisbee and see what it's like to play in actual games.

<https://www.playultimate.ca>