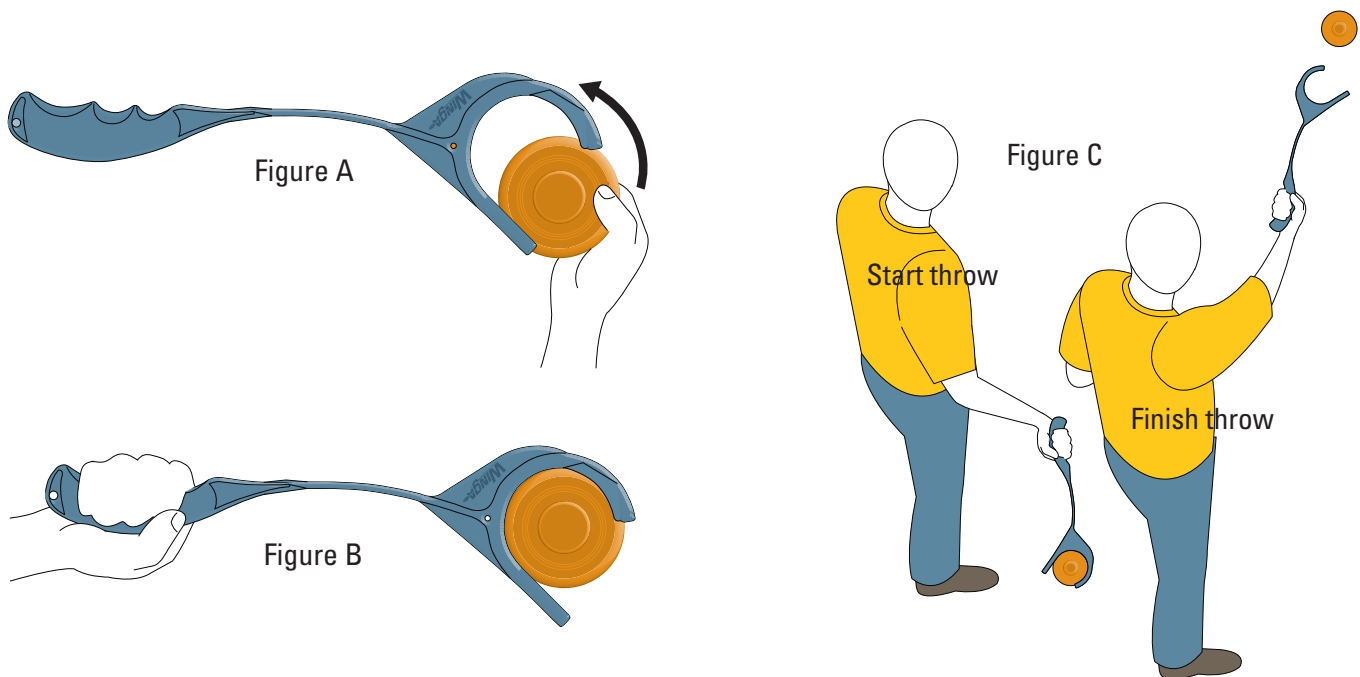


## Instructions for using the Winga:

**Loading the Winga:** Align the Winga disc with the C-shaped opening (See figure A), and then simply roll or push the Winga disc into place.

**Grip:** Grip handle firmly aligning fingers within the finger grooves, the flat side of the handle resting in your palm (See figure B). Make sure that the C-shaped opening is facing out, back towards your body as you get ready to wing the Winga disc.

**Body Position and Follow-Through:** Stand with legs spread at a 45 degree angle from intended direction of throw. Swing your arm through as if you were swinging a tennis racquet, stopping short as your arm reaches the front of your body (See figure C). Fetch and retrieve the Winga disc, then repeat.



## Adjustments:

**If your throws are slicing (veering right) or releasing early to wobbly short throws:**

- The disc grip may be too loose. Adjust by bending arms together slightly (See figure D). Be sure to adjust in very small increments.
- Disc may be too slippery - dry off and try again.

**If your throws are hooking (veering left) or not releasing:**

- The disc grip may be too tight. Adjust by bending arms apart slightly (figure D). Be sure to adjust in very small increments
- Disc may be dirty - wipe clean, dry off and try again.

