

# Knife Throwing and Your Health

Before starting any exercise program, Anaerobic or Aerobic, you should consult your health care professional and discuss your exercise program before starting.

Eccentric Isotonic exercise, such as knife throwing entails, is also called 'active range of motion exercise.' The muscle shortens during Isotonic exercise and muscle contraction causes a rise in the heart rate and a marked increase in stroke volume that results in an increase in cardiac output and a net decrease in peripheral resistance (due to vasodilatation of contracted muscles). Isotonic exercise such as knife throwing will produce a moderate rise in systolic blood pressure, but the diastolic pressure usually remains unchanged.

Anaerobic exercise is typically used by athletes in non-endurance sports to build power. Muscles that are trained under anaerobic conditions develop biologically differently giving them greater performance in short duration activities. The contraction and release of muscles from start to finish of a single knife throw is a good example of this. Knife throwing utilizes the entire muscular structure in the act of throwing a knife.

Swimming is a very similar exercise in that it utilizes all the muscles of the body. The successful knife thrower develops muscle memory in the consistency of the contraction and release of muscles used in the delivery of the knife.

The Anaerobic threshold is the exercise intensity at which lactate starts to accumulate in the blood stream. This happens when it is produced faster than it can be removed (metabolized). This point is sometimes referred to as the lactate threshold or the onset of blood lactate accumulation.

Knife throwing unless done in excess of a thrower's fitness level is an exercise that is normally below the anaerobic threshold and any lactate produced by the muscles is removed by the body without it building up. It is advisable to include an Aerobic regime with your daily knife throwing activities such as walking, cycling or swimming to increase proper breathing techniques and an increase in general fitness.

The Anaerobic threshold is a useful measure for deciding exercise intensity. Not overdoing either the anaerobic value of knife throwing or the aerobic value of walking, swimming, or other activities that will use a large amount of oxygen and gross muscle movement, is important. Soreness or blood lactate accumulation will soon disappear with a consistently increasing workout regimen.

In other words, start out slow and increase your throwing and your choice of aerobic exercise in a systematic manner. Throwing one hundred knives from half or one spin and walking a half a mile a few days is recommended to get you started to stay below your lactate threshold.

An increase every three to four days in both the Anaerobic and Aerobic exercise should suffice to build your endurance to the desired level when starting knife throwing if you have had a sedentary lifestyle.

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