

Beginner's Guide to the History and Technique of Kilts Throwing

Kilts throwing is an ancient Scottish tradition that has been practiced for centuries. It is a sport that requires strength, skill, and precision. In this beginner's guide, we will explore the history of kilts throwing, the different types of kilts that can be used, and the basic technique for throwing a kilt.



The Highland Games: A Beginner's Guide to History, Kilts & Throwing by Gareth Ainsworth

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History of Kilts Throwing

The origins of kilts throwing can be traced back to the early days of the Highland Games, which were held in Scotland as early as the 11th century. These games were a way for the Scottish clans to test their strength and agility, and kilts throwing was one of the most popular events. The first recorded kilts throwing competition was held in 1860 at the Braemar Gathering, and the sport has been growing in popularity ever since.

Over the years, kilts throwing has evolved into a highly competitive sport, with world championships being held annually. The current world record for the men's kilts throwing event is 26.81 meters, set by Lochie Macdonald in 2022. The women's world record is 23.99 meters, set by Laura Muir in 2021.

Types of Kilts Used for Throwing

There are two main types of kilts that can be used for throwing: the traditional Scottish kilt and the modern throwing kilt. The traditional Scottish kilt is made of heavy wool and is pleated all around. It is typically worn with a sporran, a small leather pouch that is worn in front of the kilt. The modern throwing kilt is made of a lighter material, such as cotton or synthetic fabric, and is not pleated. It is designed to be more aerodynamic and easier to throw.

Basic Technique for Throwing a Kilt

The basic technique for throwing a kilt is as follows:

1. Stand with your feet shoulder-width apart and your knees slightly bent.
2. Hold the kilt in your right hand, with the bottom edge of the kilt resting on your shoulder.
3. Swing your right arm back and then forward, using your whole body to generate power.
4. Release the kilt at the top of your swing, aiming for a point about 10 meters in front of you.
5. Follow through with your swing, keeping your arm extended.

Tips for Improving Your Kilts Throwing

Here are a few tips for improving your kilts throwing technique:

- Practice regularly. The more you practice, the better your technique will become.
- Use a kilt that is the right size and weight for you.
- Make sure your kilt is properly pleated.
- Use a throwing stand to help you practice your technique.
- Get feedback from a coach or experienced thrower.

Resources for Kilts Throwing

There are a number of resources available to help you learn more about kilts throwing. Here are a few:

- **The Scottish Highland Games Association (SHGA):** The SHGA is the governing body for Highland Games in Scotland. They offer a variety of resources for kilts throwing, including rules and regulations, competition schedules, and training information.
- **The World Highland Games Federation (WHGF):** The WHGF is the international governing body for Highland Games. They offer a variety of resources for kilts throwing, including world rankings, competition schedules, and training information.
- **The Kilts Throwing Academy:** The Kilts Throwing Academy is a private organization that offers a variety of kilts throwing instructional resources, including online courses, DVDs, and in-person workshops.

Kilts throwing is a challenging but rewarding sport that can be enjoyed by people of all ages and abilities. If you are interested in learning more about kilts throwing, I encourage you to check out the resources listed above. With a little practice, you can master the basic technique and start competing in Highland Games.



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