



Glossary of terms used for Disc Golf...

- RHBH – Right hand backhanded throw
- Stable – Disc remain straight during throw
- LHFH – Left hand forehand throw
- HYSER – Angled throw
- Shots! – Power shot = high speed
- Go for shot – risky shot
- Scobby shot – Backhand grip next to your right ear and throw a RHBH
- Overhead shot – vertical shot/overhead baseball throw.
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