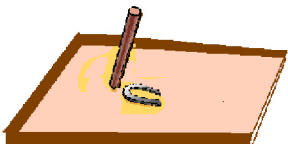


# THE JOHN MARTIN HORSESHOE SCHOOL FOR BEGINNERS

## LESSON ONE - **"ADDRESSING THE STAKE"**

"Addressing the stake" is the precious moment just before your delivery, it mentally prepares you to accurately pitch the shoe to the stake. Some players hold the shoe in front of their face and look through it, at the stake. Others hold it at various angles and look over or under it. Some hold it near their chest and push out toward the stake, or swing it over their head and drop down over the stake. Then there are those who swing their arm once or twice just up to the stake.. Regardless of how you "address the stake" the point is to align your shoe toward the stake so the feel, the timing and beginning of the delivery is natural, easy and consistently the same with each pitch. Good Luck. Stay tuned for lesson # two.. jm

**HELLO THERE STAKE!**



MARTIN ADDRESSES THE STAKE

