

2-Day Homeschool Itinerary: Tomahawk Axe Throwing

Day 1: Aim, Throw, and Learn – The Physics and Precision of Axe Throwing

Morning Activity:

- **Location:** [Tomahawk Axe Throwing](#)
- **Focus:**
 - Introduction to axe throwing as a sport and skill
 - Safety overview, grip, stance, and technique demonstration
 - Practice session with coaches for proper form and aim
- **Subjects Covered:** PE, Physics, Math, Safety

Educational Tie-In:

- Discuss force, motion, and angle of release
- Measure throwing distances and calculate success ratios

Lunch Stop:

- **New Restaurant: Abendigo's Grill & Patio**
 - Great for families with outdoor seating, burgers, sandwiches, and salads—something for everyone after a high-energy morning.

Afternoon Session:

- Mini competition using team-based scoring
 - Quick history chat: Vikings, lumberjacks, and early axe tools
 - Journal reflection prompt: “What surprised you about axe throwing?”
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Day 2: History, Accuracy & Focus – Mental Discipline Through Axe Throwing

Morning Activity:

- **Location:** Cabin or picnic space
- **Focus:**
 - Dive into the history and cultural significance of axes across civilizations
 - Compare axe throwing to other target-based sports (archery, darts)
 - Design your own axe-throwing target using geometry principles

Lunch Stop:

- **New Restaurant: The Hochhut**
 - Kid-friendly comfort food like chili dogs, pulled pork, and sundaes—great for casual and quick bites.

Afternoon Session:

- Return to **Tomahawk Axe Throwing** for a second round—students apply feedback from Day 1
- Discuss mental discipline, patience, and focus
- Wrap-up with the “**Exploring Axe Throwing**” quiz
- Closing group share: “What did I learn about myself through axe throwing?”

Optional Treat:

- **Ice Cream Break: Okie Girls Coffee & Ice Cream** for a sweet ending to the unit!