



THROWING THE PITCH
 As the arm comes forward and down, the pitcher twists his arm so the back of his hand will face him.

Kazushi Tezuka demonstrates the technique of throwing the gyroball.

Photographs by Jeff Topping for the New York Times



▲ **SIGNATURE SPIN** If the ball were traveling in the direction of the (+), the gyro's spin would be clockwise around the (+).

▲ **AIR PRESSURE** The unique spin of the gyro does not cause pressure differences around the ball like other pitches do.

◀ **PRONOUNCED PRONATION** After a pitch is released, a pitcher's arm pronates to some degree — meaning the arm twists so the palm faces away from him with the thumb toward the ground. When throwing the gyro, the pronation begins before the release to create the side-over-side spin.

Sources: Kazushi Tezuka; Glenn S. Fleisig, Ph.D., American Sports Medicine Institute

Pitching Grips: How To Throw A Gyroball New York Times 2.11.2007