

# “The Ultimate Guide Book”

Gain valuable knowledge of ultimate that would take years to learn on the field by reading this publication. From beginners to advanced players, this book will aid to your enjoyment and understanding of ultimate. Bring your game to levels never thought imaginable by learning the tips and secrets that will make you and your team more successful. Individual and team strategies from elementary to advanced as well as drills are covered in this complete publication.

### You will gain from this book:

- Rules of this exciting, growing and fun sport
- Basics of throwing and catching a disc
- Basic offensive and defensive strategies
- Advanced offensive and defensive strategies
- Drills for offensive and defensive improvement
- History of this evolving sport
- Profiles and interviews of legendary teams and players

“James knows the game and no matter what level you play, this book will help you to play better.”

—**Tom Kennedy**, Founder of Ultimate Player’s Association,  
World & Club Champion

*James Studarus is at the forefront of the sport of ultimate. He has successfully participated for over 10 years in the sport. His knowledge and expertise has led him to a World Championship, Club National Championships and College National Championships. This publication will share tips to make you and your team more successful in the fascinating sport of ultimate.*



\$11.95

# Fundamentals of Ultimate

James Studarus

FUNDAMENTALS OF ULTIMATE

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