

## Balancing Feather (level: easy)

Indoor skill. The slightest outdoor breeze will knock the feather over.

### Balancing a feather on your Hand

Your hand should be outstretched, with the palm facing upwards. Start standing up as you might need to move around a little at first to keep the object upright!

Put the tip of the peacock feather on the palm of your hand with the 'eye' of the feather at the top.

Keep the feather as straight up as possible.

### The first balance

Always look at the top of the feather when you are balancing it.

Gently let go with your other hand.

If you notice it falling to the left, then move your hand slowly to the left. Whichever direction you can see that the feather is falling, move your hand (gently) in that direction to counterbalance.

When you are balancing an object, you are making sure that it cannot fall in any direction!

### Where else can I balance a feather?

On the back of your hand, finger and thumb tips, elbow, knee, foot, chin, forehead.

Once you have mastered balancing an object on the palm of your hand, you can try your fingertips (perhaps even slowly passing the object from fingertip to fingertip with a tiny throw). You can also try to balance yourself on one raised foot while balancing it on your raised foot!

Your chin and forehead are the safest places to balance a feather on your head, as objects that are balanced on your nose could slip and fall into your mouth or eye!

Remember: It's almost impossible to balance the feather if you can't see it!

### Transfers and hops

Push the feather up quickly and drop your hand a little to make it hop.

The feather can hop from hand to hand, palm of the hand to back of the hand, elbow to hand, hand to foot, anyplace you can think of!

### Throwing

Hold the feather like a paper airplane with the tip forward.

Aim it at the ceiling and throw as hard as you can!

It will turn around and come down. Catch it in a balance!

Two people can throw their feathers to each other at the same time.

### Advanced

Balance the feather (anywhere you like)

-without moving your feet.

-kneel down, sit down, lay down, then reverse, back to standing, keep the feather balanced the whole time.

### Unicorn balance

Let the feather start to fall forward, then start walking in the same direction at the same speed it is falling.

The feather will stay balanced at a 45 degree angle.

### Two feathers at the same time

One in each hand. Really difficult, but possible. Good luck!

### Care and Safety

The feathers are very delicate. Treat them gently.

Tickling each other and 'sword fighting' will quickly break them.

Try not to touch the eye of the feather.

If the stem of the feather gets a kink in it, fix it by wrapping scotch tape tightly around the kinked part.

Make sure that you are in a wide space without anything you can walk into or trip up, as you won't be able to look around you if you are balancing objects on your head and face!

## Hand Held Stilts (Level:easy)

Hold the stilts like crutches.

There is a left stilt and a right stilt.

You can adjust the height of the handles by pushing the little silver buttons on the side and sliding the handles to a new set of holes.

Make sure both stilts are set to the same height.

The handles can turn when you push in the buttons.

Each stilt can be set to left or right.

The stilt should go between your body and your arm. hold them like crutches.

Squeeze the stilt against your body.



The Wee stilts are like canes.

You hold the handles and pull up when you walk.



The aluminum stilts are only for little people

### How to walk

Pull the red handle up and bend your knee when you take a step.

Keep your foot on the bottom but lift it up when you pull on the handle.

Start with your back against the wall and practice lifting your hand and leg together.

When you are ready to walk lean forward a bit and lift the stilt.

If you lose your balance just step down and try again.

A helper can stand behind you and hold the red top of the stilts to help you balance.

when you start to get it they can slowly let go and you are walking by yourself!

### Skills

Walk forward Walk backwards Walk sideways

Turn around in a circle

Walk with little steps, walk with big steps

Jump with both stilts at the same time

Walk in time to music.

Spin on one stilt and try to turn 90 degrees. With practice you can do a 180 and a 360

### Care and Safety

The blue stilts are strong enough for everyone

The aluminum stilts are only for little people.

Big people will break them.If the handles come loose tighten them.

If the rubber feet wear out, put new ones on

Don't let go of your stilt suddenly, it might fall and hit someone.

## Diabolo (Level: Medium)

Indoors, Outdoors

### Getting Started

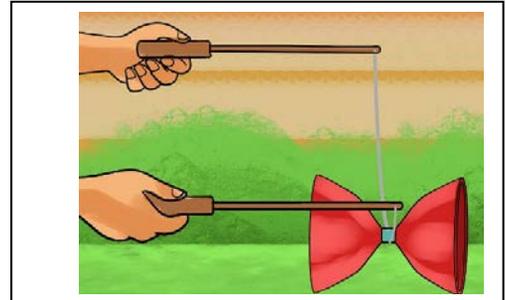
Your first goal is to get the diabolo spinning fast and smoothly. The length of the diabolo string should be approximately the same length as your arms outstretched.

The diabolo needs to spin in one direction, so keeping your hand sticks level with the ground, roll it along the ground, and then lift the diabolo off the ground slowly.

Keep the string fairly tight and make the diabolo spin by raising the stick that is on the same side you started rolling from, sharply several times a second (if you rolled the diabolo from left to right, then you would use the left handstick to keep it spinning and vice versa).

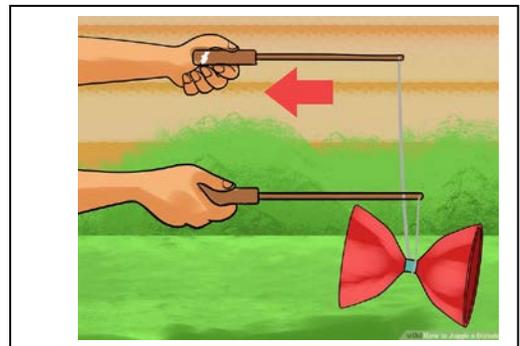
This is your **control stick** or **lifting stick**.

The other stick moves as little as possible.

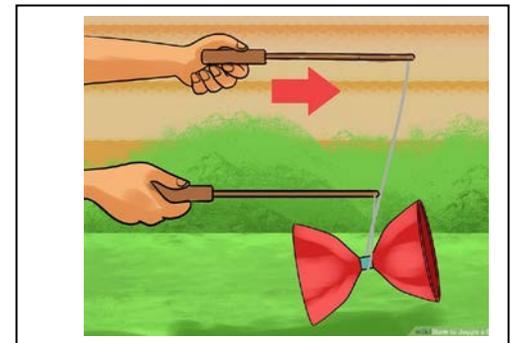


Tilting – You may find that when you are keeping the diabolo spinning, it starts tilting towards you or away from you. This means that the handsticks are not parallel to each other, so you need to move your control stick either towards or away from your body while still moving the control stick up and down to correct the problem.

If the diabolo tilts away from you, pull your control stick back, keeping it moving up and down.



If the diabolo tilts towards you, push your control stick forward, keeping it moving up and down.



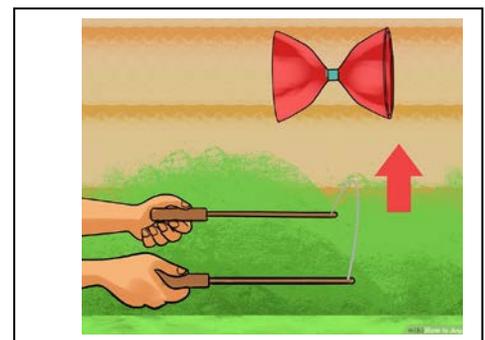
When the diabolo is level again, both hand sticks should be beside each other.

If the diabolo turns sideways move your body so you are always standing behind the open cup of the diabolo.

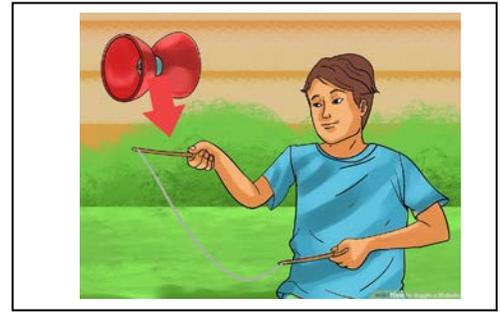
### First Diabolo Tricks - Medium

#### Throw and Catch

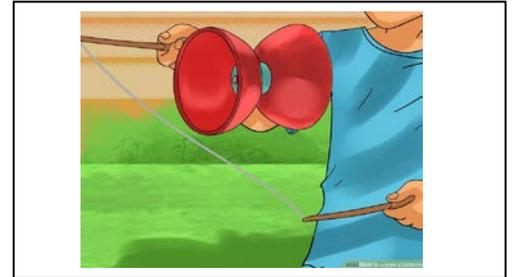
TO THROW: First, get the diabolo spinning fast and level, then lift your handsticks up and apart at the same time in a snapping motion until the string is tight. The diabolo will leave the string and fly straight up in the air.



**TO CATCH:** Once you have thrown the diabolo, keep the string tight and raise the handsticks to above head height. This allows you to look through the string and line it up with the falling diabolo axle (the middle bit)! Point your control stick at the diabolo and catch it on the string close to the control stick.



When the diabolo lands on the string, lower the handsticks and get the diabolo spinning fast again or do another throw! You have more room for error in catching than you may think, as you can see from the pictures of the diabolos on this page that you don't need to catch it exactly on the axle, as the cups slope towards the middle, so you have a good few inches on either side of the axle to try and catch with!



**Over the Foot** There are many body moves, where the diabolo jumps part of your body. The easiest is over the foot. You start by putting your foot on the string, and toss the diabolo from one side of your foot to the other, then let the string slacken so that the diabolo can roll under the foot on the string, then you can repeat the over the foot trick again!

**Trampoline** Once you have mastered the throw and catch, you can then try to bounce the diabolo off the string instead of catching it. Keep the string tight and above your head. When it lands, push the diabolo straight back up in the air again. Remember that the diabolo will slow down while in the air, so you may need to stop doing this trick after a few bounces so that you can speed up the diabolo again.

### **Rope Climb**

People love this one! All you need to do is get your diabolo spinning fast and wrap around the axle with your control stick, then hold the string vertically (pull the string tight), and the diabolo will climb the string. If the diabolo isn't spinning fast enough, then it may run out of power as it climbs, so quickly unloop the handstick so you can do the next trick or spin the diabolo faster!

### **Care and Safety**

Very little care is needed.

You will have to untie knots many times.

When you are finished with the diabolo hold the hand sticks close together and wrap the string tightly around both sticks, until you have a little loop left at the end. Tuck that loop between the sticks.

Retie the string if it comes loose.

Retighten the axle if it comes loose also.

When you toss the diabolo in the air make sure no one is close when it comes down.

## Flower Sticks (Level: Easy and Medium)

Inside, outside

You will have two silicon hand sticks and one flower stick

There are two ways to use the Flower sticks:

Tricks using both hand sticks at the same time - Easy

Tricks using the hand sticks one at a time (Tick, Tock) - Medium



### Getting started

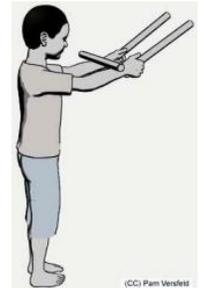
#### Rolls

Hold your hand sticks straight out in front of you, with the flower stick on top at the end of the hand sticks.

Lift your arms up, and the flower stick will start to roll towards you. When it does the rubber flowers on the ends will open up. Nice!

#### Easy Tricks

Roll towards you, all the way up your arms to your neck, roll away from you, roll onto a friend's stick.

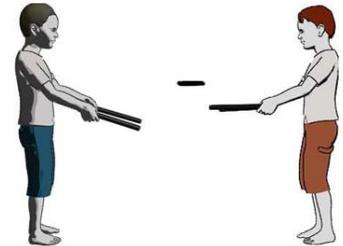


#### Throws

With the flower stick on top of the hand sticks, lift both hand sticks quickly and throw the flower stick up, try to keep it level, and catch on the hand sticks again.

#### Easy Tricks

Throw and catch, throw the stick up and make it spin half way and catch, throw it up and make it do a full spin and catch. Do all the same tricks, but throwing and catching with a partner.



#### Medium tricks

Stand with your back to your partner and throw the stick over your head and your partner catches it.

Run around behind your partner and they throw over their head to you.

You and your partner each throw your sticks to each other at the same time. One has to throw higher so the flower sticks don't hit in the air.

### Getting started with Tick Tock

#### Kneel on the floor

-Lay the flower stick on the ground, and put one hand stick under the right side of it and the other hand stick over the left side.

-Hold your hand sticks parallel out in front of you, a little more than shoulder width apart.

-You want the top of the stick to go back and forth, landing on top of the hand stick on the other side.

-Toss it back and forth, catching the flower stick on the receiving hand stick each time.

-Don't hit it, just throw it and catch it once, then wait a couple of seconds.

-You want to move the hand sticks together UP AND DOWN ONLY.

-This, is the real secret to learning flower stick quickly and is the most important thing to understand. **TTP!**

The flower stick is supposed to rotate around its centre. The centre of the stick stays in the middle.

When you're tossing the stick back and forth, do it with a quick motion from your elbow and wrist.

Don't move your upper arm, and whatever you do, don't move your hand sticks sideways, if you move only up and down, the flower stick will spin all by itself. It looks great!

Now sit up on your knees and try to keep the flower stick going back and forth between the hand sticks without touching the floor. Keep practicing and try to do it while standing up.

## Care and Safety

Very little care required. Be careful to not break the hand sticks.

If you throw the stick high in the air, be careful of other people around you.

## Unicycle Level: Hard

Indoors, outdoors      Ready Position

Riding a unicycle is really difficult, but don't give up. When you can finally do it it's one of the best feelings in the world. Annd you will be able to do something almost no one else can do! You should be proud of yourself!

### Step 1 – Find Support

You can get two friends and have them stand next to you and hold their shoulders, you can hold onto a railing, or lean on tables.

Put 2 or 4 folding rectangular tables beside each other in a row or a square.

Leave a space of about a foot and a half between them.

Stand between the tables and get comfortable with the seat and mounting yourself on the unicycle. With the unicycle in front of you facing forward, grab the front of the seat and walk forward so the seat is comfortably between your legs, keeping both feet on the ground. Place one hand on the table. Make sure one pedal is all the way down in the 6 o'clock position. Put one foot on that pedal.

Put your second hand on the other table and rock yourself forward,

Now put your other foot on the pedal that is in the 12 o'clock position.

Sit up straight.

While you support yourself on the tables, practice pedaling forward and backward half way in each direction. This will allow you to get comfortable sitting on the unicycle.

### Step 2 – Ride With Support

After you get comfortable sitting on the unicycle and manipulating the pedals push yourself forward and walk your hands along the tables.

Try to keep your back straight and in line with the seat stem of the unicycle.

Resist the urge to lean forward. This makes the unicycle lean backwards.

Work your way around the tables. If you are feeling comfortable go around the outside of the table leaning with only one hand.

### Step 3 – Ride With No Support

After you learn how to ride a unicycle while holding onto the tables, it's time to go for it and ride on your own. You probably won't make it very far, but don't give up. You will have to try this many, many, many times before you get it. Go to the end of the tables and with both hands push off. Make sure you and the unicycle are leaning forward together. Pedal like crazy and get as far as you can. You will fall off the unicycle. When you do make sure you fall forward. The unicycle will fall behind you.

If you fall behind the unicycle, that means you were bent at the waist and the unicycle was leaning backwards. Again make sure your back and the unicycle are in a straight line.

### Step 4 - Set a Goal

It's a good idea when you first start riding without support that you create a goal and go that far.

If you are on a gym floor, pick a line that is close to you and try to get to it.

When you finally make it, pick a new line and try to get there.

If you don't give up, and keep trying, you will suddenly ride much further than you thought you could.

You will feel great! Now you will never give up!

### Care

A unicycle has to be taken care of just like a bicycle.

Keep the tire full, all the nuts and bolts on the unicycle should be tight.

Make sure the seat is tight. You may have to adjust the height of the seat.

There is a quick release lever under the seat.

If the unicycle is too tall you may have to cut the seat stem. Take it out completely, cut a bit off and try again.

### Safety

Same rules a learning to ride a bicycle. You will fall down. Wearing a helmet is a good idea.

If you fall the unicycle may go forward. Make sure no one is near you when you try to ride by yourself.

## Ball Juggling (Level: Medium)

Indoor, outdoor

All these moves are the same as Scarf Juggling, but now your arms stay beside your body.

Do all throws from the elbow with the palms of your hands facing up.

When you catch the balls, don't reach up, like you did with the scarves, but let the balls fall back to your hands.

### Step 1

#### Throw and Catch

Stand with your elbows, bent about 90 degrees, at your side, with your wrists up. Throw a ball in a gentle arc from one hand to the other, peaking at the height of the top of your head or a little higher. Look at the point where you want the ball to peak, and try another throw as you continue to watch that spot in the air. You'll find that you only need to watch the ball at the top to be able to catch it. When catching a ball, don't reach up to grab it, but let the ball come down to your hand. Try a few more throws and catches (both left-to-right and right-to-left) without looking away from that spot when the throws peak.



### Step 2

#### The Exchange

Now hold a ball in each hand, and throw the one from your left hand towards your right just like you did before. Keep watching that spot at the top of the arc. When the first ball peaks, throw the second one from your right hand towards your left, just as high as the first ball. Aim the second throw under the path of the first ball. The second ball should peak a few inches to the left of where the first ball peaked. Watching the peaks, catch the first ball in your right hand, and a moment later, catch the second ball in your left hand.

Your pattern is (Throw, Throw, Catch, Catch)

This may seem tricky at first, but just a few minutes of practice will make it seem very easy. Try it both ways, starting with the left hand throw first and with the right hand throw first. Keep working on it until you're catching both balls fairly consistently and can start with either hand. If it's feeling pretty good, move on to step 3. If you're having some trouble, here are some tips that may help:



Relax, and keep practicing.

Take your time. Don't throw the second ball until the first one peaks.

Let the balls come to your hands. Don't reach up to catch them.

**Throw both balls to the same height.** Watch the point where the balls peak.

Try a different height. If it seems you just don't have enough time when the balls are in the air, try throwing a little higher. If all your throws seem to go all over the place, try throwing a little lower.

You may find your throws (especially the second throw) going forward and out of reach.

Try to throw sideways, and use your elbows NOT your shoulders.

Concentrate on keeping the throws close to you, so they come down close to the catching hand.

Try starting with the other hand for a while.

If the balls are hitting each other, remember to aim your second throw under the path of the first one. That is, you make the throws from the center of the pattern, and catch the balls a little further out to the sides.

### Step 3

#### The Flash **TTP!**

Hold two balls in your left hand and one in your right. Throw one of the balls from your left hand towards your right and when it peaks, throw the next ball from your right hand towards your left. That leaves your right hand empty in time to catch the first ball.

So far this is what you did in step 2, but this time when the second ball peaks, throw the third ball from your left hand toward your right. You'll catch the second ball in your left hand, and a moment later you'll catch the third ball in your right hand.

Your pattern is (Throw, Throw) (Catch, Throw) (Catch, Catch) (3 Throws, 3 Catches)

Don't get discouraged if it takes many tries before you catch all three balls. If you're having trouble, look at the tips listed with step 2. They also apply to this step and step 4. Practice until you've caught all 3 balls several times.



### Step 4

#### The 3 Ball Cascade

Do the same thing you did in step three, but when the third throw peaks, make another throw from the hand where that ball will land. Once that works, do the same thing but when the fourth throw peaks, make a fifth throw from the hand where the fourth one will land. When you get that, go on for a sixth throw and so on.

Congratulations! You're juggling! You're doing the most common juggling pattern, the 3 ball cascade. And there's no reason to stop. Every time a ball peaks, throw the next one from the hand where it will be caught. Very soon you'll find your hands have learned the rhythm: right-left-right-left... Keep count of the number of throws you make, and try to break your own record.

#### Easy trick

When you can do a 3 ball cascade, here is a trick that looks great.

Two people can juggle the same 3 balls, each using one hand.

Stand beside each other with your inside hands behind your backs.

The person on the right uses only their right hand, and the person on the left uses only their left hand.

Decide who starts with 2 balls. You have to make each throw a little higher and a little wider.

Take turns on each side.

#### Care and Safety

The balls are soft and can be wiped clean.

Do not treat them like sports balls.

Try not to step on them, and do not throw them hard against a wall or floor, they will break open.

With lots of use they will get softer, and be even easier to catch.

If the stitching on a ball splits open, it can be easily stitched back together.

These juggling balls are very safe.

Do not throw them at other people, use them only for juggling.

## Scarf Juggling (Level: Medium)

Indoor skill

### How to juggle three scarves

- 1 One Scarf Throw** Hold the scarf at one corner. Let it hang down. Pull it across your body and up. Let it go at the top of the other side. Reach up high with your other hand and pull the scarf down (this is called clawing). Now throw it back to the first hand! Try to make each throw go to the same height (peak).
- 2 Two Scarf Throw** Hold a scarf in each hand. Throw the scarf from your strong hand like you did in 1. When it gets to the top of the other side let it go and throw the second scarf from your other hand like you did in 1. Then claw the first scarf down and claw the second scarf down. One at a time.

The throws and catches should follow a nice 4 beat rhythm (throw, throw, catch, catch).

Do not throw or catch both scarves at the same time!

It sounds complicated but it's actually pretty simple. **TTP!**

Remember to practice starting from your weaker hand also.

- 3 Three Scarf cascade** Put two scarves in your strong hand (you will need to experiment to find a good way to hold them to be able to make a good clean first throw) and one scarf in your weaker hand. Throw one scarf from your strong hand like you did in 1 (don't let go of the other scarf in that hand), and when it reaches its peak, throw the scarf from your second hand, like you did in 2. When that scarf reaches its peak, you can throw the third scarf, and then just keep alternating throws between hands! Don't forget the catches.

The cascade pattern is a figure 8 so you could go on forever!

### Scarf Juggling Tricks

**Columns** Throw one scarf straight up in line with the centre of your body, then when this scarf reaches its peak, throw the other two scarves (one from each hand) up on either side of the middle scarf. Catch the middle scarf, toss it again, catch the outer scarves and toss them, and keep going!

**Under the legs** Start your routine by throwing a scarf under your leg. Make sure you can throw it so that it still goes to a decent height and you can continue your pattern. Remember that you can throw with your left hand under each leg, and also with your right hand under each leg, thus giving you 4 different moves! Now try doing these moves while juggling a cascade pattern!

**Kickup** Start your routine with one scarf balanced on your foot, then kick it up into the juggling pattern. Alternatively, at some point in your routine, let the scarf fall onto the foot and you can pause and accept some applause before kicking it back into the pattern!

**Two in one hand** Practice throwing two scarves in one hand in a clockwise and then anti-clockwise direction. Now practice with your weaker hand!

**Catch on head** Throw a scarf extra high and make sure you can get your head underneath it, and let it gently fall on your head! From this move, you can either let the scarf fall towards a hand to continue juggling, or blow the scarf back into the air and continue!

Try landing all 3 on your head in quick succession, or continually switching the scarf colors on your head!

**Blow Up** As the scarf falls towards your hand, blow as much air in its direction. You can blow the scarf out in front of you, or even back up in the air! It helps if the falling scarf is as flat as possible, rather than scrunched up.

Head-Wipe Show how tiring this scarf juggling is, by throwing a scarf high, then taking time to mop your sweaty forehead with another scarf in your hand!

Blanket Throw scarf up as high as you can, then lie down on the floor and let the scarf land on top of you like a blanket!

Care and Safety

Very easy to care for. Keep them clean, try not to rip them.

They can be washed.

Scarves are very safe. Don't eat them or stick them up your nose! (This is a joke!)

## Plate Spinning (level: easy)

Indoor, outdoor (if it's not too windy)

### How to spin one plate

The plate is pushed up in the middle. The stick has a small point. Balance the centre of the plate on the point of the stick. With your other hand, point two fingers and your thumb downwards and touch the top of the plate like a little tripod. Turn your wrist like you are winding something up and spin it.

Try not to move your arm, just your fingers.

This Takes Practice! (TTP!) If the plate falls off the stick, try again, but do it more and more gently until it works, then work up to spinning it fast.

The faster the plate spins, the more stable it is.

To keep it spinning you can brush the edge of the plate with your fingers.

Easy tricks While your plate is spinning, try these:

-Hold the stick up high, stand on one foot, lean forward, and say TA DAAA!!

-Stand on one spot and lean the stick to one side then the other. The plate will stay level!

-Turn around on one spot with the plate above you like holding an umbrella.

Finger balance Hold the plate so you can see the underside. Touch the side of the stick with the finger of your other hand and slide it up the stick until the plate is spinning on your finger nail. Then put it back on the stick.

Toss the plate from your finger to the stick. Catch it gently!

### Transfers

Hold 2 sticks. Switch the plate from stick to stick, or to a friend's stick.

Stick to finger, finger to stick, anything you can think of.

Stack two plates together and spin on one stick. It will spin longer. Throws don't work very well though.

### Medium tricks

Under the Leg Pass the stick under your leg to your other hand.

Hold the stick close to the plate so you don't have to lift your leg really high! Do this slowly.

### Spin on other items

The arm of your glasses, a pencil, the handle end of a spoon.

Throw the plate from stick to stick, or to friend's stick. Throw to each others' stick at the same time. **TTP!**

With a friend helping try to see how many sticks you can hold and how many plates you can spin at the same time. Two? Six? A million? Hold the sticks between your fingers (Like wolverine!)

### Hard tricks **TTP!**

Do all the balancing tricks you did with the feather. Do not balance the stick and plate on your nose!

Throw, Tap and Catch Toss the plate from the stick, tap the side of the plate lightly (so as not to knock it off balance or alter its course), then catch back on the stick. Now try throwing and tapping twice or even three times! Not as easy as it might seem!

Take a Sip! Start the plate spinning then pick up a cup with your spare hand. Insert the stick into the handle and tilt the cup towards you whilst holding the stick and the handle of the cup (so it doesn't slide down) then slowly take a drink of the contents of the cup. very simple trick but looks very impressive (misc, UK)

Hold two spinning plates. Work your fingers up both sticks, then lift the plates onto your index fingers, drop the sticks and let the plates spin on your fingernails. TA DAAA!

Try to balance a feather on the spinning plate. Don't spin it too fast. Look at the top of the feather.

### Ninja Hard trick TTP!

ONE HANDED SPIN: Place the stick on the rim of the plate (just like a jacket hanging from a hook). Start twirling the stick making a cone shape. Slowly let your plate circle the stick, so that the rest of the plate is not touching the stick. Steadily increase your circular wrist motion so the plate speeds up. Do not move your arm at all, just your wrist. The stick should go around the plate, not the plate around the stick. It should not stay at the same point on the plate). Keep gradually increasing the speed and you will see the plate become horizontal. All you need to do at this stage is to stop spinning your stick. The underside is sloped, so the stick will slide to the middle.

### Care and Safety

The stick is plastic. It can break easily. Tape it back together.

You can replace the stick with a ¼ inch wooden dowel.

Make a very small point on the end. Be very careful with a wooden plate stick.

You have a pointed stick. No running, no poking no sword fighting.

Do not balance the plate and stick on your nose.

## Poi Spinning (level:easy)

Indoor, outdoor

Practice all poi tricks spinning clockwise, and counter clockwise.

Practice all poi tricks with your right hand and your left hand.

It's great fun to spin poi in time with music.

Find a good space.

The ideal place to practice poi is either outside in good weather, or in an open space with a high ceiling indoors.

### Beginner Poi with one hand.

Hold the loops of the poi upwards like bunny ears. With the palm of your other hand facing up, put your middle and index fingers in the loops, and squeeze your hand into a loose fist. The string should be roughly the same length as your arm. With your elbow bent, hold your hand out and spin the poi in front of you like the propeller of an airplane.

Practice spinning in both directions.

### Easy tricks

Pretend you are in a big invisible box.

Spin the poi in the front side of the box (the propeller), and the top (the helicopter)

With your left hand spin the poi on the left side of the box, and your right hand on the right side.

### Here's a nice finish.

Do the propeller. Point your index and middle fingers forward and let the string wrap up on your fingers. TA DAAA!

### Medium tricks

Bring your right hand across your chest to the left side. Spin the poi on the left side of the box.

Same for the left hand on the right side.

Lean forward and spin the poi on the bottom side of the box in front of you, like you're twirling a lasso!

The Figure 8(or The Weave). Spin the poi from the left side to the right side of the box making a figure 8 in front of you. Reverse with the other hand.

Do the Helicopter, and without stopping, sit down, lay down, and stand back up.

Two poi. Spin one poi in each hand at the same time in the same direction. Left side and right side.

Spin one poi in each hand, in the same direction, but start one poi first.

The second one follows one beat later. Left side and right side. Clockwise and Counter clockwise.

### Hard tricks

Spin one poi behind you like the propeller of a boat.

Figure 8 from top to bottom (helicopter to stir the soup, and back)

Figure 8 from front to back (propeller to boat propeller, and back)

### Ninja Hard TTP!

The figure 8 with two poi. One poi starts the Figure 8 and the other poi follows. Left side right side.

### Care and Safety

The poi has a tennis ball inside with a fishing leader swivel.

After lots of use the swivel might break. Replace the swivel with a new one.

Pay attention to what you are doing.

The tennis ball inside the poi is soft but make sure no one is near you when swinging your poi.

Be very careful to not hit yourself. You have to concentrate.

## Ready Position

This is the body position which helps you relax, react quickly, and balance better.

- 1 - Head Up
- 2 - Arms Out
- 3 - Back Straight
- 4 - Knees Bent

1, 2, 3, 4 - Rola Bola, Slackline, Tightwire, and Unicycle

1, 3, 4 - Juggling and all hand skills

1, 2, 3 - Stilt walking

## Rola Bola Level: Medium

Indoors, outdoors

Ready Position

First Moves – Standard Balance, Stop and Start

Learn with the black roll. Use the blue roll only after you pass the first set of tests!

Feet should be equal distance apart from the middle of the board. This makes sure your weight is as equally distributed across the whole board as possible.

Your knees should remain bent at all times!

Keep your back straight, This helps you to keep your centre of gravity over the roll.

Eyes straight ahead helps to make sure you are not staring down at the board which can put you off balance.

It may help to focus on a point at eye level in the distance.

A standard balance is where you stand on the board with one foot at each end. The next step is to shift your weight sideways so the board balances on top of the cylinder. You can use a support or a friend to help you get into position. Your friend should stand behind you and hold your elbows from underneath.

From here, you try to keep the board from moving, and especially stop the ends from touching the ground on either side! Please note that the aim isn't to remain still on the board, but to gently rock from side to side. Pump your knees up and down one at a time so the board moves like a see saw or teeter totter.

Try to increase the amount of time you stay balanced until it becomes really easy. Then try rocking the board faster!

**HOW TO STOP:** From a standard balance position, and keeping a light contact with your support, let the board move to one side. Placing all your weight on that foot (the farthest foot from the cylinder), the end of the board should touch the mat gently.

### Having Problems?

**The Board is Drifting** If you find that when you try to balance, you start drifting to one side and you end up falling off or coming to a stop with one end of the board on the ground, then bear in mind that you must take a load of your weight temporarily off the side of the board you are drifting towards. If you imagine a set of scales with equal measures on each side, and then you add some more weight to one side, then naturally the scales would tip towards that end. If the weights were then added to the other side also, then you would counter-balance and return to a standard balance movement!

**The Board is Twisting** If you find that the board is twisting forwards and backwards instead of side-to-side then this is because your hips are rotating! Your hips should just be swinging from side to side, and not in every direction! Once you have mastered the standard balance, play about with your posture (so that you can get used to recovering your balance from all sorts of positions!) This will also help you to quickly master many more tricks...

### First Set of Tricks To Learn

Balance for 10 seconds without stopping, or letting the board touch the ground.

Balance for 10 seconds with your arms crossed in front of you.

Balance for 10 seconds with your arms crossed behind you.

Balance for 10 seconds with one hand patting your head, and the other hand rubbing your stomach in a circle.

Balance for 40 seconds and do tricks 1 - 4 without stopping. Someone should test you.

Now you are ready to try the big roll!

**Surfing** This is where you balance on the rola bola so it looks like you are surfing (eg feet both pointed in the same direction, along the board, and in a slight crouch position). Best advice is to work through the standard balance tricks once again, but with your feet in the surfing position!

**Crouch / Squat** Slowly lower yourself into a crouching position, touch the top of the board and then raise yourself back up to a standing position. While lowering yourself, it can be easy to completely lose your balance because your centre of gravity is also shifting, so take your time and be careful!

Jump off the board while balancing. Crouch down, and when you feel very balanced, do a frog hop backwards off the board with both legs at the same time, and take a bow. TA DAAA!

What props could I use while I am on the Rola Bola?

All the circus skills you learned with your hands can be done while you are balancing on the rola bola. For any props you want to use, be sure that you have practiced with them plenty of times without using the rola-bola. You won't be able to move forwards and backwards to catch things, so your juggling must be smooth!

Care

Almost no care required. Don't let the board get wet.

Safety

Set the rola bola on the foam mats provided. This will make it roll just a little slower while you are learning.

Put gym mats on either side of the puzzle mats, so that if you fall you won't get hurt.

Do not use the big roll until you are good on the small black roll.

Make sure no one is standing beside you when you are practicing. The board could bump them in the shin. Ouch!

## Slackline Level: Medium

### Indoor, Outdoor Ready Position

Barefoot or gym shoes are OK. Socks are a little slippery.

Using bare feet will allow you to feel the line better and find your balance more quickly.

### Beginning

-Place one foot lengthwise in the middle of the slackline.

-Step on the line so that it runs from between your big toe and second toe back to the middle of the heel.

-It is going to wobble a lot. This is natural; everyone wobbles the first time.

-Take a couple deep breaths and settle yourself. Relax as much as you can your foot will be less shaky on the line.

-Focus intently on a single point, such as the end. This will help you find and keep your balance. Try not to look straight down at your feet on the line. Looking down at the wobbling line will simply make you wobble as well.

-Put your arms out wide, slightly bent and keep an upright posture.

-Center your weight directly over the foot on the line. With one smooth, balanced motion stand up on that leg.

-Balance on one foot, and move your arms up and down, like a highwire walker using a balance pole.

-Try not to balance with your body, don't bend at the waist or the hip. This moves your body away from the line.

If you are standing on one foot you can move the leg that is in the air to help your balance also.

-Bend the leg that is on the slackline. Bending your leg lowers your center of gravity slightly and allows you to more easily find your balance and absorb the movements of the line.

-Continue to wave your free arms and legs around to help you balance.

-Repeat these steps until you can balance for at least 15 seconds.

-Now do all of that with your other foot! You want the balance to be the same on either leg. TTP!

-Once you can keep your balance on either foot, attempt taking a step. Balance on one foot, take a step and immediately balance on that foot. Don't take another step until you are balanced again.

Eventually you can walk the slackline from one end to the other. You will notice the feel of the line changes as you walk across. The ends are tighter, and the middle is bouncier and moves sideways more.

These are small steps you can take to improve your slack lining effectively, by slowly taking on harder and harder tasks. Mount the line on one foot with a friend sitting on the line.

Balance with both feet, one behind the other, on the line.

Take small steps forward.

Take small steps backwards.

Mount the line sideways (shoulders parallel to the line) with both feet, one at a time.

Turn on the line.

### Care

Make sure the slackline is set up by an instructor.

If the line is too loose you can tighten it with the tensioner on the end.

Make sure the support pole across the bottom is in the anchor ends properly.

### Safety

Make sure someone is with you spotting while you try for the first time.

A helper can hold your arm lightly while you balance and walk.

They can also sit on the line a few feet away from you. This takes some sway and bounce out of the line. As you get better, have your friend move further away on the line to allow for more wobble.

When starting out, you can help each other while learning to balance--have a spotter stand/walk next to the line. If you practice walking back and forth with a shoulder to lean on, you'll soon find that you don't need training wheels any more!

Do not play on the wire, or tease someone while they are learning. If you are distracted you can get hurt.

Your slackline is a practice model. Do not attempt a real slackline without expert coaching.

# Strap on Stilts Assembly Instructions

Here they are.

- 2- lower stilt legs(with rubber feet)
- 2-upper stilt legs(with Velcro)
- 2-feet
- 1-allen key



1 - hardware package



Each stilt can be put together with only 2 bolts.

1. Choose the height you want the stilts. The more the legs overlap, the shorter the stilts will be.



2. Put the washers on the bolts. With the velcro on the upper stilt leg facing up, push the bolts through the leg from the other side, then through the lower stilt leg, and then through the wooden spacer.

Repeat for the other stilt.

3. Put the wooden foot over the bolts.



The foot has a wooden heel and a row of single slots on one side and a row of double slots on the other. Make sure the row of single slots is next to the upper stilt leg.



With the allen key tighten the bolts.



Double check: Make sure the big loop of velcro on the upper stilt leg is over the foot.

Repeat for the other stilt.



Make sure you have a left foot and a right foot.

The stilts should look like mirror images of each other.



## How to Put Your Stilts On

1. Put your leg through the upper stilt loop of velcro, put your foot on the wooden foot plate, and tighten the upper velcro around the calf of your leg. Stick the velcro to itself.



2. Tighten the velcro around the toe of your shoe.



3. Tighten the velcro around the ankle of your shoe. Make sure your heel is against the back of the foot plate and not on top of it.



## How to Walk on Stilts (Level: easy to medium)

Indoors, Outdoors

Ready position 1, 2, 3, 4(knees will be straight and bent at different times)

When your stilts are on, put on your knee pads, and wrist guards.

### Beginning

Hold the hands of someone bigger than you to help you stand up.

Your helper should hold your hands at chest height so you don't lean over.

Stand up smoothly and straight. Stand tall with your head up. You should feel relaxed and loose.

Lift your stilts one at a time to get used to the extra weight.

Never walk normally with stilts, always march. Lift your foot up every time you take a step.

Do not walk by yourself yet.

Start walking forward. try not to look down. Look forward.

Do not lean forward at the waist. Keep your back straight.

Skills (With a helper)

### Easy

-Try to take small steps, try fast steps and low steps.

-Holding the hands of your helper try turning around on one spot. Both ways.

-Box step. Take two steps forward. then two steps back, like you are stepping on the corners of a square on the floor.

### Medium

When you are more comfortable walking, your helper can hold their arms on either side of you. You can hold the tops of their arms and let go when you want. If you lose your balance grab their arms. If you fall, they can grab you.

Practice holding onto a railing or onto a wall. when you feel more comfortable try walking by yourself, but always have your helper near you.

### If You Fall

If you lose your balance do not try to run or stumble forward to catch your balance.

It never works! Just crumple down and land on 4 points, your 2 wrist guards and 2 knee pads.

You'll be fine!

To get back up, sit on the floor with your legs and stilts in front of you.

Your helper should squat down behind you, and put their straight arms under your armpits, and with a straight back lift you up like a forklift.

Keep practicing!

### Care and Safety

Always make sure all bolts are tight on the stilts.

Do not let the velcro get dirty, or get grass or threads stuck in it. Clean the velcro whenever you can.

Replace the velcro when it stops sticking.

After lots of walking you will have to replace the rubber feet.

Always wear wrist guards and knee pads.

Always make sure someone bigger than you is around to help.

Try not to walk on an uneven surface, or uphill or downhill. Never go up and down steps!

Do not run with the stilts until you are really good.

Wear a safety helmet.