

Chinese Yo-Yo

The Chinese yo-yo has had many names, including *kouen gen* in China (loosely translated "making the bamboo whistle"), *flying cones* in 18th century Europe, and *diabolo* (from the Greek *dia* "through" and *ballo* "to throw"). Whatever you call it, it's a lot of fun! And these instructions will help you get started...

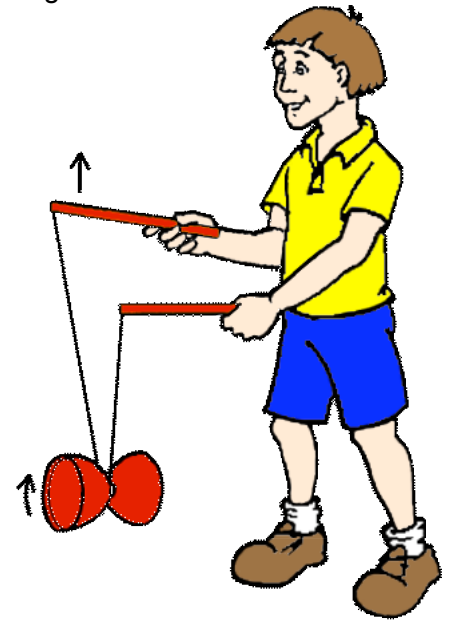
NOTE: These instructions are written for righties. Lefties can follow the instructions as written, or try everything opposite if it's easier.

GETTING STARTED

Place the yo-yo on the string and hold the handsticks. Start with the yo-yo on the ground to your right, roll it to a point in front of you, and pick it up. To keep it spinning, pull up quickly and repeatedly with the right handstick only. The left hand "gives" as the right pulls.

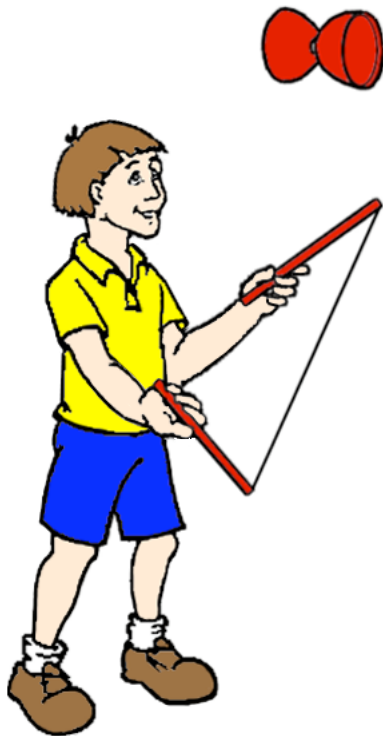
Keep the yo-yo parallel to the ground. If it tilts toward you, move your right hand away. If it tilts away, move your right hand toward you. Otherwise, keep the handsticks even and close together as you learn to spin the yo-yo.

NOTE: The faster the yo-yo spins, the more stable it is. So practice until you can get it spinning quickly and smoothly before you start trying tricks.



THROWING AND CATCHING

After you get the yo-yo spinning quickly and smoothly, pull your handsticks apart. This will send it up in the air. The harder you pull, the higher it goes. To catch the yo-yo, keep your handsticks apart until it comes down, then bring them back together as it lands on the string.



TRICKS IN THE AIR

Throw the yo-yo in the air and do a trick before catching it. Spin around. Jump over the string. Do the hula. Use your imagination!

STICK CATCHES

Throw the yo-yo in the air, point your handsticks toward each other, and catch it on one handstick. Then toss it to the other handstick or back onto the string.

MAKING CIRCLES

With the yo-yo spinning, put your leg over the string. Toss the yo-yo over your leg from left to right and back onto the string. With practice you can make it do circles around your legs, feet, arms, body...

PASSING WITH A PARTNER

Try passing one or more yo-yos between two or more people. You can pass side by side, facing each other, front to back, back to back, or long distance. The possibilities are endless!

For more help or resources, check out www.diaboloctricks.com or the links at www.InJest.com/extras.