

# CONTENTS

## Introduction

Greetings .....	p. 1
Introduction.....	p. 2
Terminology Guide .....	p. 4
How the Tutorials Work .....	p. 6
How to Learn .....	p. 10

## Tutorials **p. 14**

1. Hand Wraps .....	p. 15
2. Rotor .....	p. 18
3. Neck Wrap .....	p. 21
4. Stalls and Movement Exercises .....	p. 25
5. Underarm Trap .....	p. 36
6. Foot Stalls .....	p. 40
7. Elbow Wraps and Conveyor Belt .....	p. 47
8. Halo .....	p. 58
9. Steve .....	p. 63

## Appendices

**p. 74**

1. Where to Go Now .....	p. 75
2. The Internet and Community Learning ...	p. 76
3. Other Forms of Staff Spinning.....	p. 77
4. Choosing a Staff.....	p. 79
5. Fire Safety .....	p. 81
6. About the Author .....	p. 84
7. Acknowledgements.....	p. 85