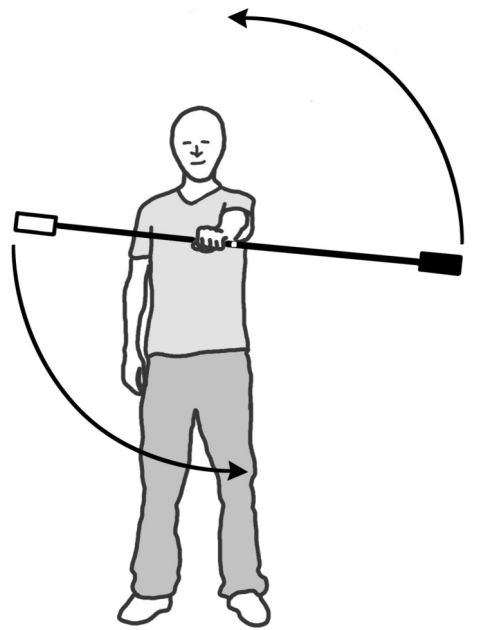
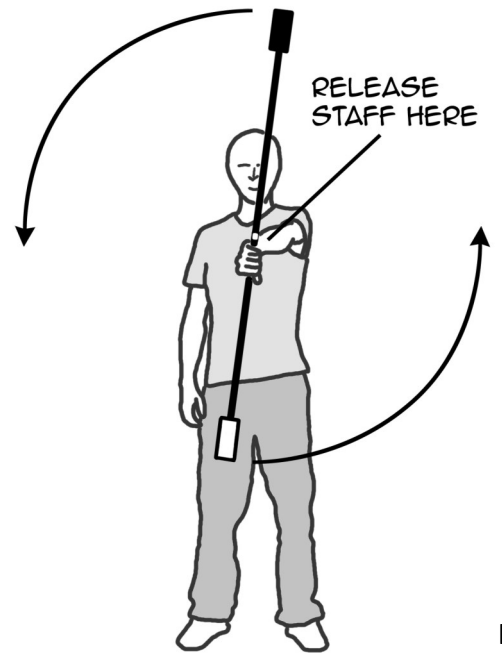


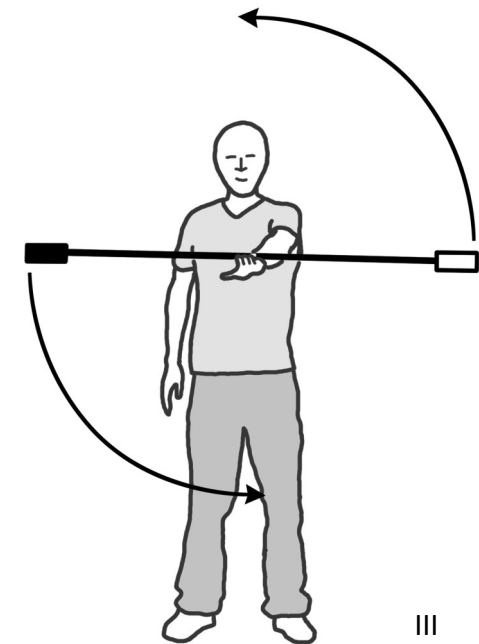
Tutorial



I



II



III

1. Start by holding the staff horizontally in your right hand, palm down, so the black end points right, as above. Hold the staff roughly 5cms inside the centre point.
2. From here rotate the black end of the staff upwards, through a quarter-beat until the staff (and your hand) is vertical, with the black end pointing up and you're in the position shown in diagram II.
3. At this point let go of the staff, without stopping its momentum, and allow it to rotate on to the back of your hand just behind the knuckle of your little finger.
4. As the staff rotates through the quarter-beat indicated above, start to twist your right hand back the other way so your palm is down again by the point shown in diagram III.
5. The staff's centre point should move onto the *middle* of the back of your hand – this is why you started by holding the staff off-centre.
6. The staff will continue to rotate another quarter-beat, as the arrows above show, and start to move off the back of your hand on the thumb side.