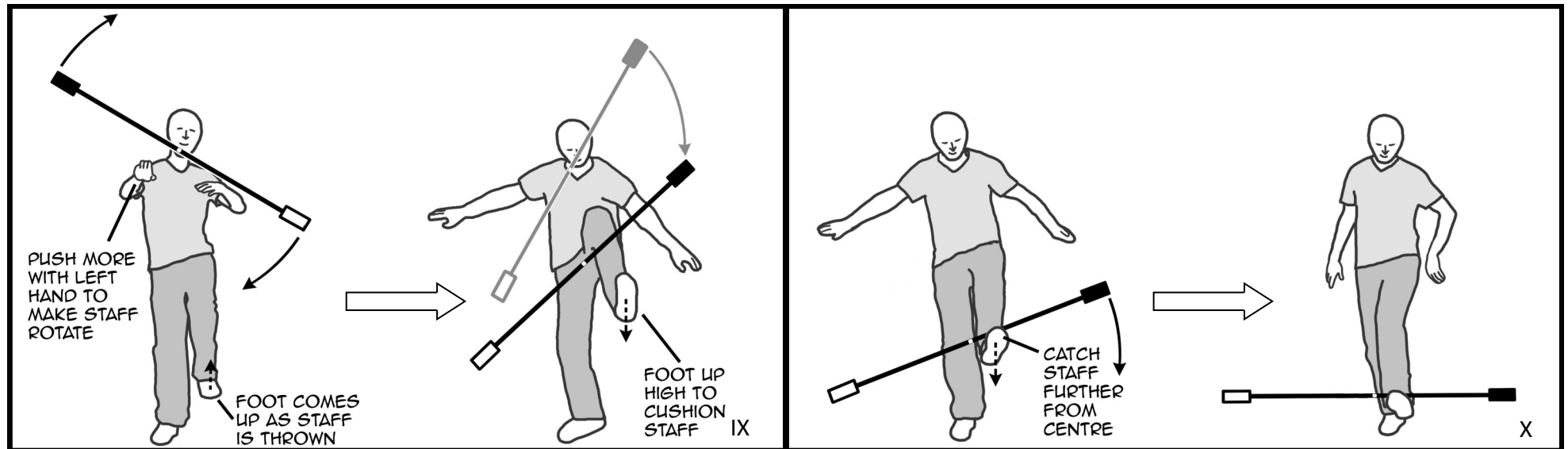


## Tutorial — Part 3: Rotating Stall



1. Start exactly how you started the previous parts of this tutorial, with the staff resting on the backs of your hands.

Again, give the staff a small throw, but this time give it more force with your left hand to make the staff rotate in the air with the black end going up. Try not to throw the staff too far to the right.

Controlling this rotation is key to getting this stall right; the staff needs to rotate a half-beat from your hands to where it would hit the floor if your foot didn't get in the way.

As you throw the staff start to bring your leg up, as you did in parts 1 and 2, only bring it higher this time. Your foot should be starting to move back down as the staff starts to fall.

2. It will help to position your foot slightly further from the staff's centre point than you did in part 2. This is because you not only have to cushion the staff's downward motion but its rotation as well. This is also why you lifted your leg higher than before.

The staff should make contact with your foot while it's still at an angle and at roughly knee-height. Continue to lower your foot, cushioning the staff as you do, ideally stopping its motion and stalling the staff as it reaches horizontal and before your foot meets the floor.

As you stall the staff there will be a split second where the staff is motionless. The white end will then start to tip down because your foot is off-centre towards the black end.