

Walking Through Moves

It is often a good idea to “walk” the staff through a new move when you start to learn it.

By “walking through” a move I mean using your hands to make the staff move around your body in the way the tutorial describes.

The diagram below demonstrates how you would walk through a Halo (taught in tutorial 8). You can

walk through other moves in a similar way.

It can be pretty awkward, and sometimes impossible, to walk through some moves but it’s worth trying.

Walking a move through helps to familiarise yourself with both the movement of the staff and the motion of your body involved in the trick.

When you start a new tutorial, read through the whole thing so you understand the move. Then walk through the move (if possible) as many times as you need to before giving the move a go for real.

If you’re struggling with a trick, stop and walk through it again a few times.

