

Index and Glossary

Alternating Time: Hands move in the same direction, but one half revolution apart, out of synch. (p.10 and Lesson 6, p. 25)

Arm Circle (full-arm or large arm circle): Wide diameter circles which pivot around the shoulder and use the solid grip. (p. 7, 14)

Backward Direction: Movement in the side vertical plane that passes through your body from your front to your back. Circles rise in front and then lower behind the body in the direction of swimming backstroke. (p. 5, 12)

Ball-and-Socket Grip: The knob of the club is the ball and the hand makes a socket with thumb and first two fingers. (p. 28)

Baton: A short wooden or metal rod which can be caught at either end. (p. 38, 90)

Beating: Making an audible sound by hitting equipment together in a controlled manner. (p. 73-74)

Black Light: Another name for ultraviolet light. (p. 2, 86-88)

Bulb or body: The widest part of a club. (p. 7)

Chase: See Cross Follow. (p. 42)

Club: A stick with one end thinner than the other, e.g. juggling clubs, golf clubs. Lightweight juggling clubs evolved from Indian clubs, which were heavy and made of wood. (p. 7)

Club Swinging: Skill of directing two clubs in circular patterns around the body. (p. 3)

Cradle: The control position where equipment rests on the forearm, as though you were holding a baby. (p. 49, 70-71)

Cross-Follow: A famous swinging move where one club exactly follows the path of the first club by a quarter of a revolution and the wrists seem to be hooked together. (p. 42)


Cross-Overs: A swing where the wrists cross each other at the front of the body. (p. 41)

Curl: Patterns which spiral in a figure 8 under-arm. (p. 49-51)

Devil Stick (or flower stick): An Oriental form of gyroscopic juggling in which a baton is juggled using short sticks to replace the hands. The central stick is tapped back and forth by two hand sticks and appears to be suspended in mid air. (p. 38, 90)

Double Time: All circles are performed twice. (p. 22)

Elbow Circle: Medium sized circles which pivot around the elbow. (p. 19)

Figure 8: Pattern made by combining two circles of the same size into a continuous loop, like an infinity sign , or a figure 8 on its side. (p. 30, 37, 40)

Fire Swinging: Club swinging with lit fire torches. The fire leaves stunning optical trails when swung at night or against a dark background. (p. 80-83).

Fluorescence (or day-glow): The property of absorbing light of short (invisible) wavelength and emitting light of longer (visible) wavelength. Props must be brightly coloured to shine up well under ultraviolet light. (p. 86-88)

Full-Arm Circle: Wide diameter circles with the shoulder at their centre. (p. 7)

Follow Hand: In follow-time, the subdominant hand which chases the lead hand. (p. 43)

Follow Time: Usually with a figure 8 pattern, one club leads and the other follows so that clubs stay half a circle apart at all times. (p. 42)

Forward Direction: Movement in the vertical plane that passes through your body from your front to your back. Circles fall at the front and then rise behind the body as happens when performing a swimming stroke known as "the crawl". (p. 5, 12)

Fountain: Complex pattern with changes between forward and backward cross-follows. The full-fountain is made with 6 circles with each hand. (p. 66-69)

Front Propeller: Pole spinning pattern of a two handed spin in the vertical plane directly in front of the body. (p. 72)

Front Vertical Plane (or wall pane): Imaginary, flat, perpendicular surface directly in front, upright and at right angles to the horizon. (p. 9, 12)

Half Snake: Only the first, or last, part of a complete snake is performed, shortening the length of the snake movement to two circles instead of three. (p. 57)

Hand Circle: Small sized circles which pivot around the wrist. (p. 15)

Helicopter: Flat spin made on the horizontal plane, parallel to the floor. (p. 38)

Hip Snake: Snakes performed with the arms hanging down by the sides so that the clubs wrap around the forearms at hip level. (p. 56, 61)

Horizontal Plane: Imaginary flat surface, parallel to the floor and horizon. (p. 36)

Indian Clubs: Heavy wooden pins, shaped like modern juggling clubs, traditionally used for swinging, e.g. in the nineteenth century.

Inward Direction: Direction usually on the vertical plane parallel to that between your shoulders. From start position with hands at chest level, the arms rise in towards the mid line of the body (left hand rises to the right and the right hand moves up and left). On the horizontal plane, inward circles move towards the mid line of your body after they peak. (p. 6, 10-11)

Juggle: An act of dexterity and manipulation; to toss, hold, balance, handle or manipulate objects skillfully. The most popular juggling pattern is the cascade with 3 objects thrown and caught while moving in a figure of eight motion between the hands. (p. 73-74)

Juggling Clubs: Usually made from plastic and designed to have a balanced spin when tossed. Also used for club swinging. (p. 7, 89)

Lead Hand: The hand dominating the direction of a trick. In follow time, the first hand taking the move. (p. 42-43)

Luminous (or glow-in-the-dark): Material able to take in and store light which is then released over a period of time. (p. 85-88)

Mid line: Imaginary line exactly dividing the body into two symmetrical halves. It cuts between the eyes, through the nose and the tummy button and between the legs.

Modern Rhythmic Gymnastics: An Olympic sport and discipline in which women gracefully manipulate objects (including very lightweight clubs) whilst performing gymnastics in time to music. (p. 3)

Outward Direction: Movements usually in a plane that is parallel to that between your shoulders. Clubs move from the centre of the body (in starting position, p. 8) and go towards the outside of the body. On the horizontal plane, outward circles are those moving out from the mid line to the outside of the body. (p. 6, 11)

Opposition Time: One side rotates circles forward, whilst at the same time the other spins backward. (p. 14, 17)

Parallel: Hands move together, continually side by side. One hand takes one direction, and the other follows its path so that clubs remain the same distance apart at all points. Parallel moves can go left or right. (p. 11)

Pendulum: A move that is not circular. Instead there is a half swing from side to side, like the motion of a see-saw. (p. 48)

Pirouette: A 360-degree turn executed by the performer. (p. 14)

Placement: Instead of being held always in the hand, the equipment is placed to rest for a moment on some part of the body, e.g. under the knee, on the shoulder. (p. 75)

Pole Spinning: The action of rotating a stick (such as a broom stick) to spin in circular patterns. (p. 27, 38, 40, 69-71)

Popular Reel: Outward, combination full-arm and shoulder circles in alternating time. (p. 25)

Reel: A class of club swinging patterns in alternating time, usually on the front vertical plane. (p. 25, 32)

Ring Grip: A grip in which a ring is made around the club knob by thumb and forefinger, allowing the knob enough play to rotate freely. (p. 15)

Side Vertical Plane: Imaginary flat surface running parallel to the mid line from the front to the back of the body. It is perpendicular to the horizon and contains the forward and backward directions. (p. 12)

Short Reel: Alternating time lower-front and back hand circles on the front vertical plane. (p. 31)

Shoulder Circle (or upper-back circle): Hand sized circles made slightly behind the shoulder. (p. 19)

Snake: The clubs coil around the forearms, being the part of the arm from the elbow to the wrist. Lessons 13 - 16 are devoted to snake moves (p. 49-61).

Solid Grip: Strong grip on the club with the knob held between the thumb and first two fingers. (p. 7)

Synchronous Time: Both hands move, at the same time, simultaneously in a single direction. (p. 11)

Torches: Fire clubs for fire swinging or fire juggling. (p. 80-82, 89-90)

Transition: A planned change from one move to another in a routine, Lesson 8 (p. 33)

Tray Plane: The level horizontal plane in which a flat swing moves. It is parallel to the floor and horizon (e.g. a helicopter spin). (p. 36)

Ultraviolet Light (or black light): UV is a light frequency that enhances fluorescent equipment. Club swinging under uv is extremely effective as the special lighting emphasizes the moving patterns of the clubs. (p. 2, 86-88)

Waist Wrap: Follow-time pattern circling around the waist. (p. 64-66)

Wall Plane: Imaginary perpendicular surface within which certain swinging moves are supposed to stay. The most used vertical planes are: a) parallel to the planes either directly in front, or behind the body; or b) at right angles to the first plane, parallel with the mid line of your body between the eyes down through the nose. (p. 12)

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www.cosmosjugglers.co.uk - see the *Holidays* pages for Anna's annual May and August UK events for club swingers, poi & pole spinners, jugglers, fire enthusiasts and glow-in-the dark/UV performers.