

Lesson 15

Hip Snakes

Hip snakes are low snake patterns performed with the arms down by your sides. The swinger twists the club around the hip and forearm at waist level. As with the regular shoulder snake there are two complete circles and a throw off, making three circles in the whole movement. My diagrams are of the left hand, with views from both in front and behind the body and are labelled according to the number of half circles completed from 0, $\frac{1}{2}$ up to 3.

Outward Hip Snake

I first explain how to change from a ball-and-socket grip into the snake grip. Begin swinging a club in an outward, lower-back hand circle (Figure 7.4, page 30).

When the club base approaches the top of its arc, catch the handle into a snake grip with the hand behind your hip. Figure 15.1.

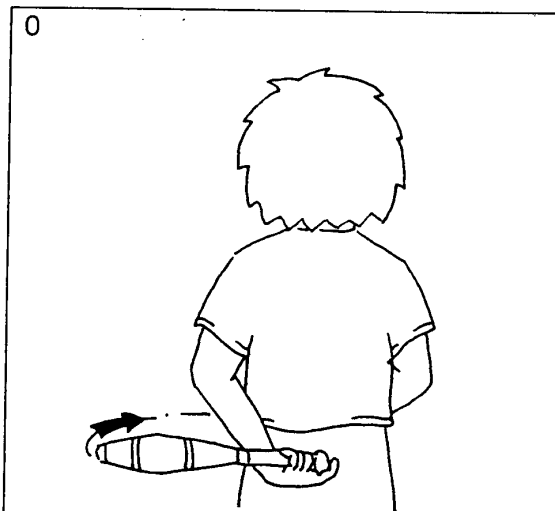


Figure 15.1. Snake Grip Behind the Body

Allow the club head to twist the wrist round to the front of the body with the club ending flat (horizontal) to the floor. Figure 15.2.

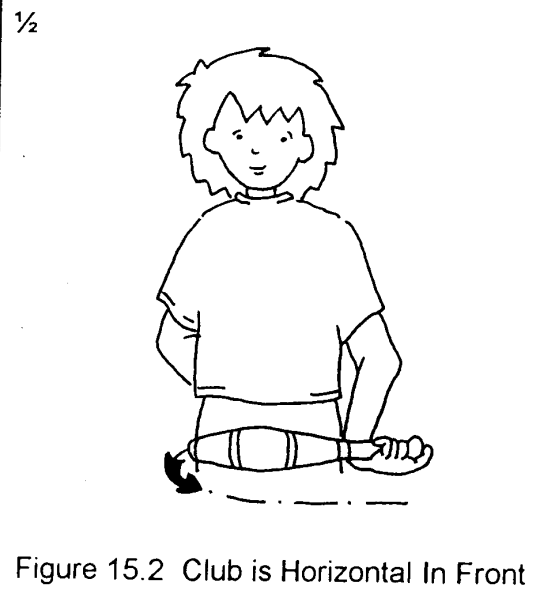


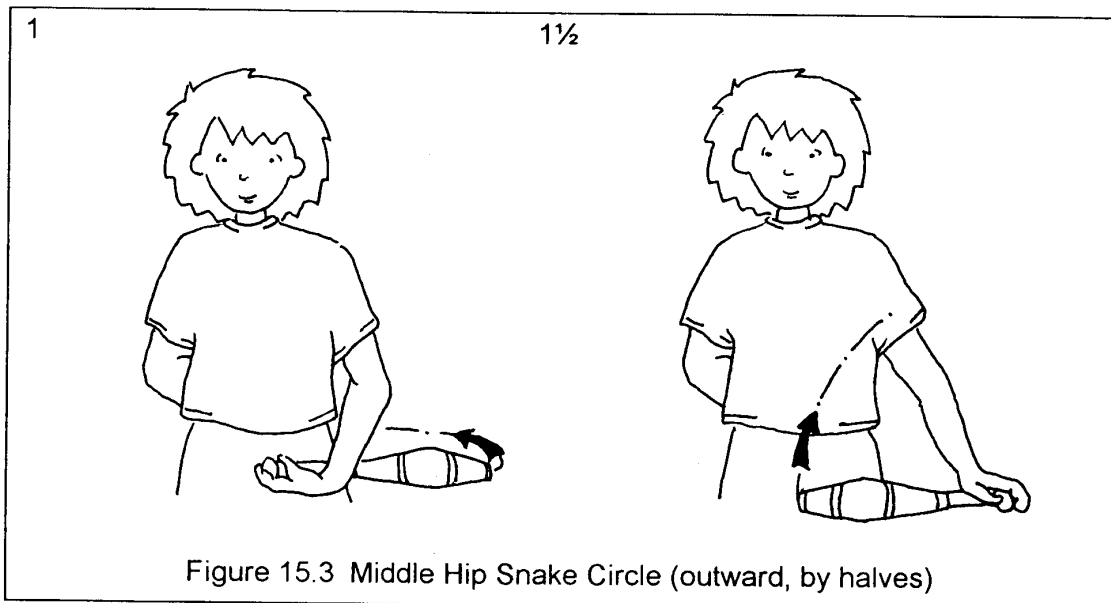
Figure 15.2 Club is Horizontal In Front

Middle Hip Snake Circle

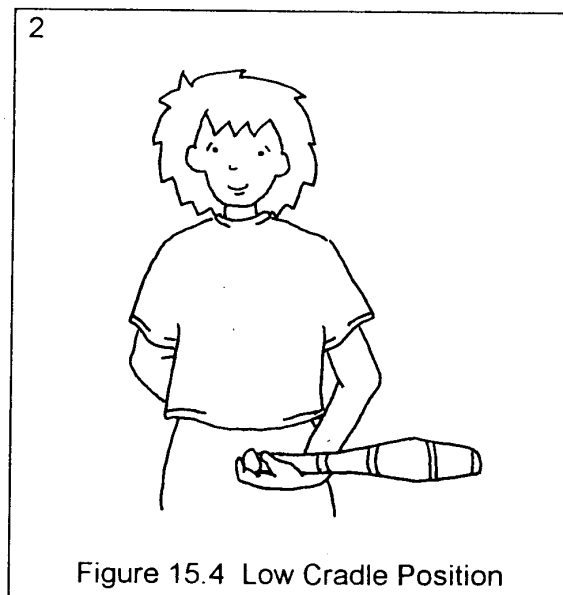
Start from the position shown in Figure 15.2. This circle is made in front of the body.

Keeping the club flat to the ground, twist your wrist in and towards your hip to move the club head outwards in a horizontal circle. Figure 15.3, by half circles.

Notice that in Figure 15.3, 1½ below the hand is pulled slightly away from the hip to allow the club space to slip under-arm.



Next, allow the club to return to the front horizontal plane by moving the club up and into a low cradle position. Figure 15.4.



Throw-Off

From a low cradle position, release all but your thumb and forefinger from the neck of the club to throw-off a full circle which is swung behind the body. The club ends behind the hip and you are then ready to restart a hip snake. Figure 15.5.

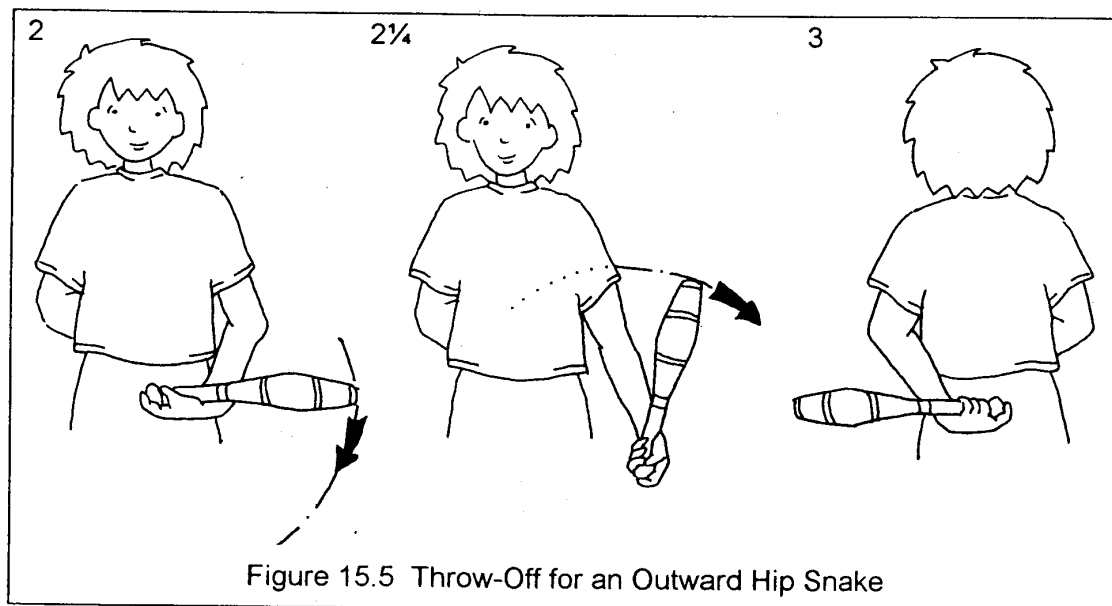


Figure 15.5 Throw-Off for an Outward Hip Snake

Continuous outward hip snakes can be performed in synchronous or alternating time.

Travelling Body Snakes

Experiment with linking hip snakes and the regular snakes of Lesson 14 (page 52) into what are called 'travelling body snakes' or 'rope snakes.' These tricks twist the clubs up and down the torso. Begin with just one hand swinging continuous outward hip snakes.

Upward - From a low cradle position (Figure 15.4), lift the arm to throw-off at shoulder level and catch the club in the start position for the outward shoulder snake. Figure 14.1 (Lesson 14).

Downward - Begin a regular outward snake and travel down the body, again using the cradle position as the crucial transition point into an outward hip snake throw-off.

In order to master this trick, the two parts must be joined into one flowing movement. Now with two clubs try outward travelling body snakes in synchronous and then alternating time. Rest between attempts at gaining the smoothness that makes these involved movements so fascinating to watch. **Well done!**

This chapter is taken from

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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.