

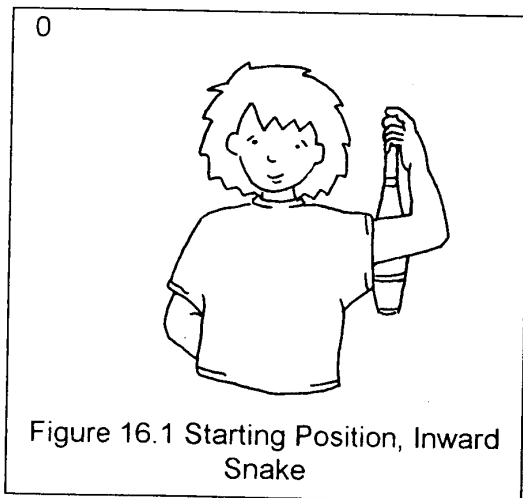
## Lesson 16

### Inward Snakes

The last two lessons have described snakes in only the outward direction. It's time to learn shoulder and hip snakes the opposite way - inward. Inward snakes are more challenging, but with perseverance, you will accomplish these patterns. Learning snakes in both directions opens up a wide range of combinations including parallel snakes and will make it possible for you to adapt many classic wide swinging patterns with snake variations.

#### Inward Shoulder Snakes

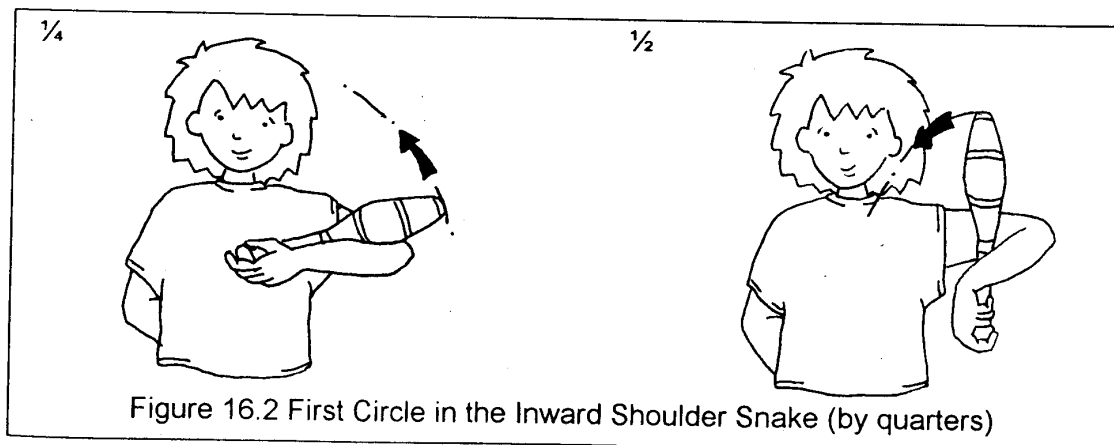
This move is the twin of the regular outward snake as described in Lesson 14 (page 52). Refresh your memory of the outward full snake at shoulder level by performing it with both hands in synchronous time. The inward direction is the same trick in reverse order and the pattern again consists of two full circles followed by a throw-off.



Hold a club in the snake grip, with your forefinger over the end of the knob (Figure 13.1, page 49). Figure 16.1 shows the starting position for the inward shoulder snake.

Check in a mirror that your elbow is in line with your shoulder and that the body of the club rests behind your upper arm. Your palm must be oriented inward, (toward your face) to begin the inward snake.

**First Circle - Start the club in an arc inward, toward your head. The base of the club is brought up as the wrist turns down in front of your body and towards your chest. Figure 16.2.**



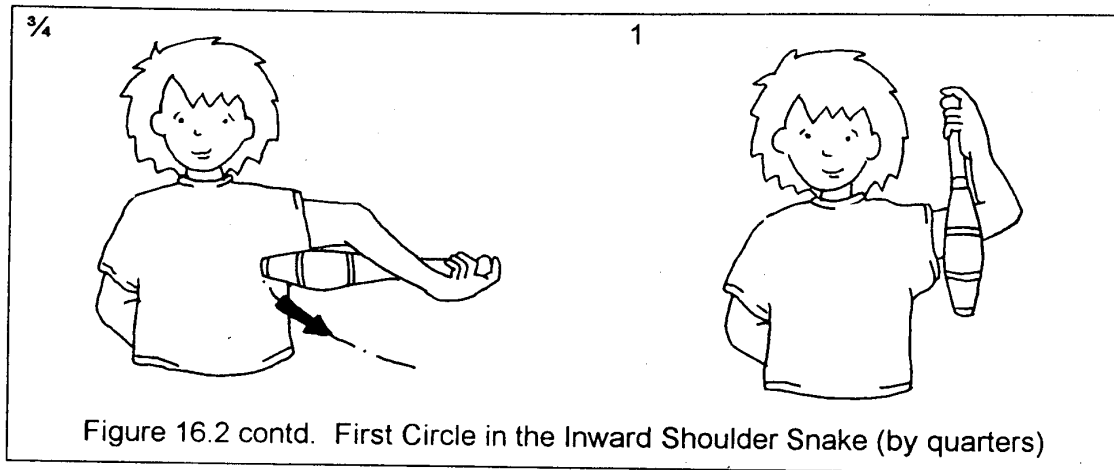


Figure 16.2 contd. First Circle in the Inward Shoulder Snake (by quarters)

It is very important to twist your palm toward your head before beginning the second circle.

**Second Circle - Start position shown in the last picture of Figure 16.2 (1). Push the club inward and downward so that the club is forced under your elbow and behind your body. At the end of the second circle you are in the same position as for the start of an outward snake.**

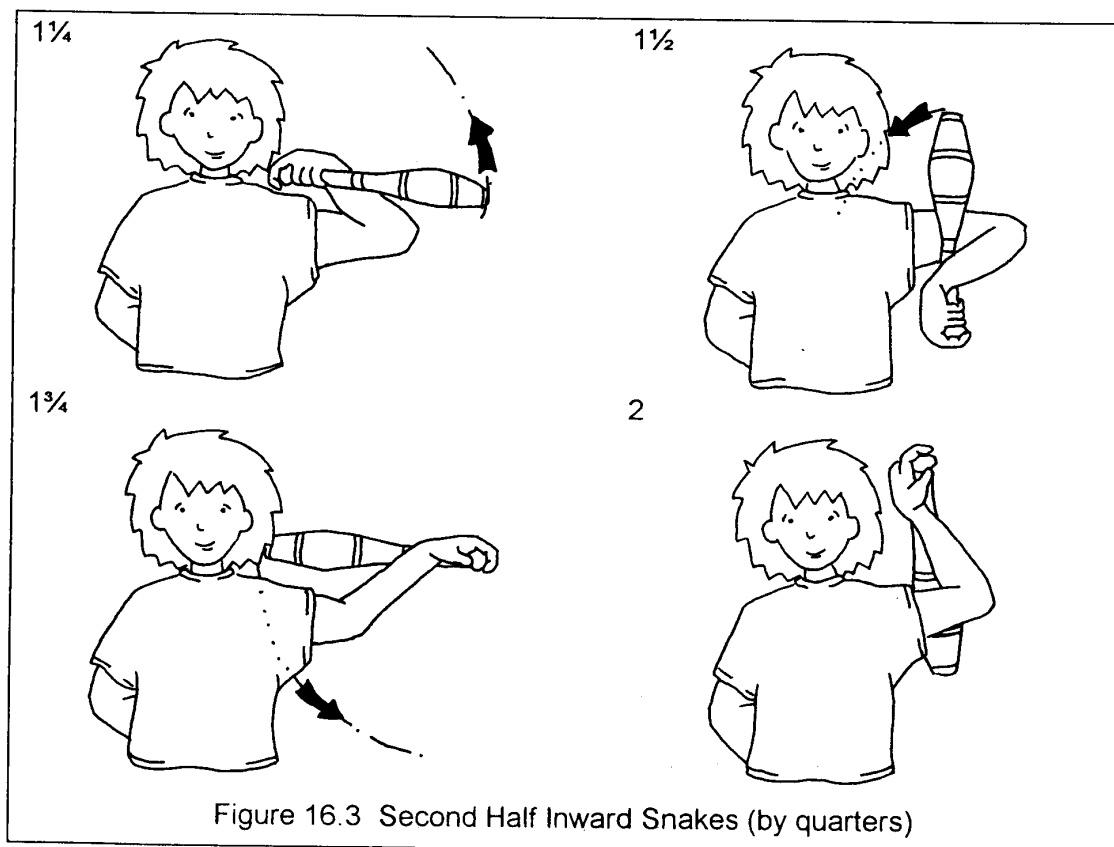


Figure 16.3 Second Half Inward Snakes (by quarters)

The second circle of the inward snake feels slightly peculiar because you seem to be "faking" (i.e. doing very little) while pushing the club behind the arm. A throw-off towards the head completes the inward shoulder snake and this is simply the reverse order of the throw-off shown in Figure 14.4, page 53.

Aim to keep your elbows high and in line with your shoulders when trying the following timings.

**Synchronous time inward shoulder snakes.**

**Alternating time inward shoulder snakes.**

**Parallel snakes first to the left and then right.**

Attempt to work both hands equally and gain a true balance of strength in your arm muscles. Movements involving continuous snakes may take quite a long time before beginning to feel smooth and comfortable. You should also recognise that alternating and parallel snakes are difficult patterns and expect them to take many hours to perfect.

### **Inward Hip Snake**

This is the twin move to the outward hip snake of Lesson 15 (page 56). Readers who have reached this far in the book will be experienced at reversing the direction of their club swinging patterns. Refresh your memory by performing synchronised outward hip snakes. Beginning from cradle position, attempt the hip snake in the opposite direction by looking at the diagrams in Lesson 15 in backwards order.

**First Circle - The club head lowers inward and as you push your hand down and toward the outside of your body. Pull your hand up and the club will be held just underneath your forearm at the end of a small front circle. Figure 15.3, 1 on page 57.**

The next part of the move will feel peculiarly like "cheating" as you push the club.

**The forearm pushes down on the club to move it behind the body and ready for the throw-off at lower-back position. Figure 15.1, page 56.**

A throw-off completes the inward hip snake and this is the reverse order of the diagrams in Figure 15.5 on page 58. Synchronous, alternating and parallel hip snakes are all possible. **Have fun experimenting!**

*This chapter is taken from*

### **Modern Club Swinging and Pole Spinning**

Butterfingers 1994. ISBN 0 9513240 8 X. © Anna Jillings

**[www.cosmosjugglers.co.uk](http://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.