

Lesson 17

Waist Circles and Waist Wraps

Intricate follow time patterns can be made around the waist. These tricks are difficult to explain and will take much practice to master. As well as reading this book, try to learn complicated movements from someone who can already smoothly perform them.

First warm up without the clubs. Include a special stretch with one arm behind your back and around your waist. Interlock this hand with the fingers of the other hand to gently pull the wrist forwards. Swap hands and repeat.

Waist Circles

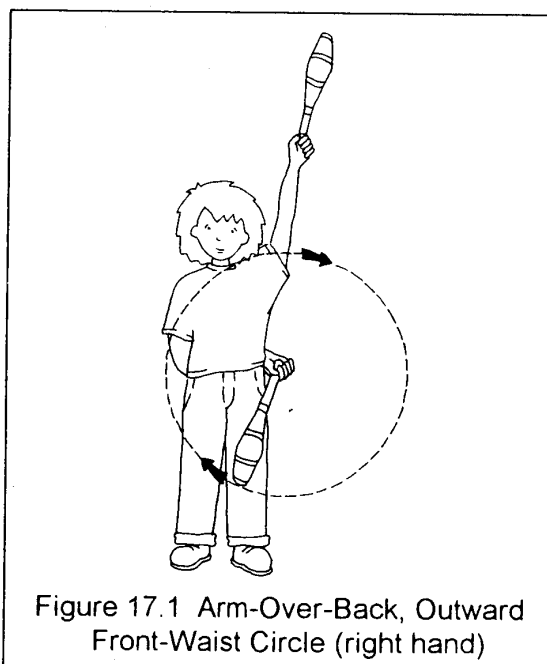
There are a total of four different waist circles as they can be made in two directions, by each hand. These circles are formed at the waist and require the arms to stretch around the middle of your body.

Two Arm-Over-Back Waist Circles

Arm-over-back circles use the ring grip (Figure 3.2, page 15) with one hand stretched around the back of the waist.

With the right hand, place the arm behind your back, flat at waist level. Stretch to make outward circles at the front of the body on the front vertical plane - Figure 17.1. Keep the other hand out of the way by raising it.

This is an arm-over-back, outward front-waist circle. It is called a front-waist circle because the club is circling in front at waist level. Try this swing in the inward direction and with the left hand.



Still with just one hand, but now using the ball-and-socket grip (Figure 7.1, page 28) make circles behind the back. The club rotates close behind the arm at the back of the body and this pattern is called an arm-over-back, back-waist circle.

Keeping the arm behind the back, perform back-waist circles outward, then inward. These are circles behind the body with the arm stretched behind the waist. Swap hands.

Continuous waist circles will feel awkward at first. Move on to trying figure 8 patterns under-arm which swap between front and back-waist circles. These resemble the lower-front and back hand circles of Lesson 7 (page 31), except that now the arm is kept stretched behind the body along the waist line. Still with one hand alone swing:

Arm-over-back, outward, front and back-waist circles.

Arm-over-back, inward, front and back-waist circles.

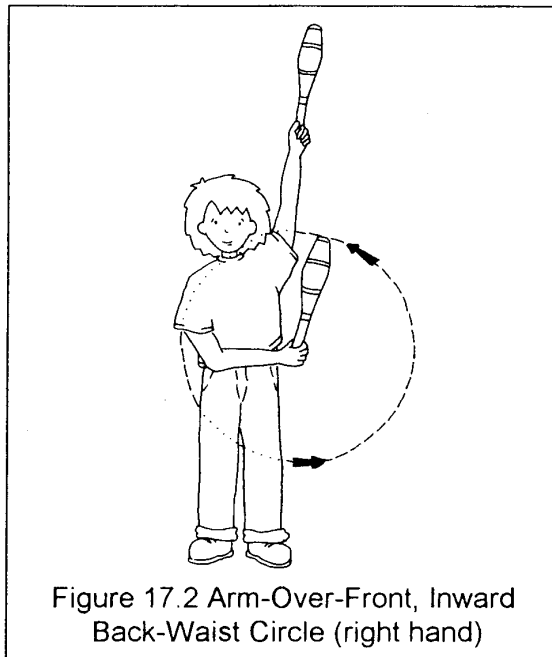
Two Arm-Over-Front Waist Circles

Start with a single arm stretched across the front of your body (arm-over-front). Hold the club in a ring grip.

Individually rotate each club under the opposite arm and behind the body in the outward and then inward directions. Figure 17.2 shows an arm-over-front, inward back-waist circle.

Keep the other hand out of the way by raising it.

Practise the twin circle performed at the front of the body, the arm-over-front, front-waist circle. Link front and back moves to swing arm-over-front, front and back-waist figure 8 patterns.



Still with the arm stretched along the front of the waist, swing circles at the front of the body, first in the outward and then the inward direction. Begin to change from the front to the back of your body, swinging front and back-waist figure 8 sweeps under the opposite arm.

Well done. Your wrists will be loosening up and becoming more flexible at performing circles close in around the waist.

Waist Figure 8's

Waist circles are linked with lower-front and back circles to form waist wraps. This first waist wrap pattern stays under one arm. It is most easily learnt in parallel time and then translated into the more lovely follow time pattern.

Stretch your left hand along your waist behind your back. With both hands, begin swinging outward, parallel circles under the right arm in figure 8's both in front and behind the back - Figure 17.3.

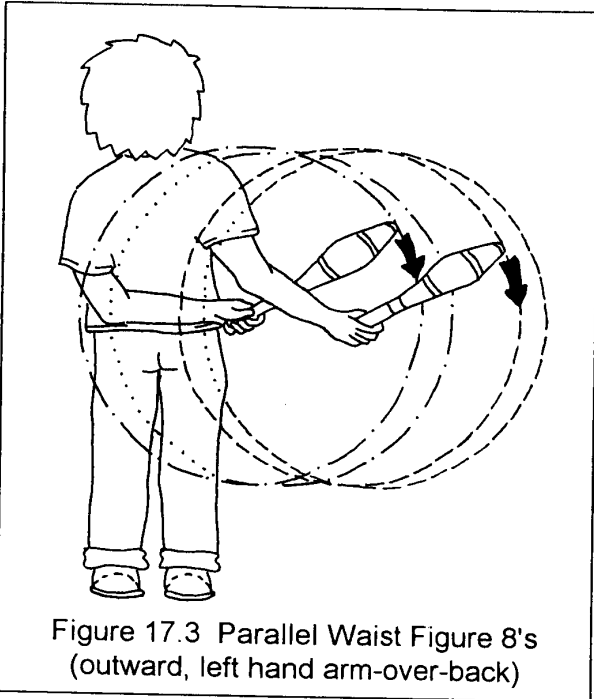


Figure 17.3 Parallel Waist Figure 8's
(outward, left hand arm-over-back)

Turn the clubs and wrists in and keep the back of the hand against your hip. (Figure 7.6, page 31.) Speed up the right hand to lead by half a circle in front of the left hand. This will bring the pattern into follow time.

Swing first the parallel and then follow time waist patterns inwards and with the right hand stretched behind the back. Learn them also with each arm-over-front in both the inward and outward directions. Be careful, but don't be surprised if you hit your elbows! I would suggest that you take a rest before learning the next pattern.

Back-Waist Wrap

The back-waist wrap is an impressive follow time pattern which moves across the back of the waist. It will feel strange to perform as it is asymmetrical. On the way across the back of the body there are a total of three circles as compared to just a single swing straight back to restart the motion, see Figure 17.4 opposite. It is best to learn this trick in parallel before performing the classic follow time movement. Use the ring grip.

With your left hand behind your back (Figure 17.3) begin a parallel, outward front-waist circle, moving into a circle directly behind the midline of the body and then an inward circle in front of the left side of your waist. Finally, you must swing straight across to begin an outward front-waist circle at front right position with the left hand behind the back.

Once you have the movement of three circles in parallel, change into follow time by speeding up the leading right hand, Figure 17.4. As a simplification only one trail is shown in the picture as the paths should more or less overlap. Try the trick in the opposite direction, i.e., beginning outward parallel circles on the left side of the body and also with the follow time wrap moving across the front of the body - a front-waist wrap.

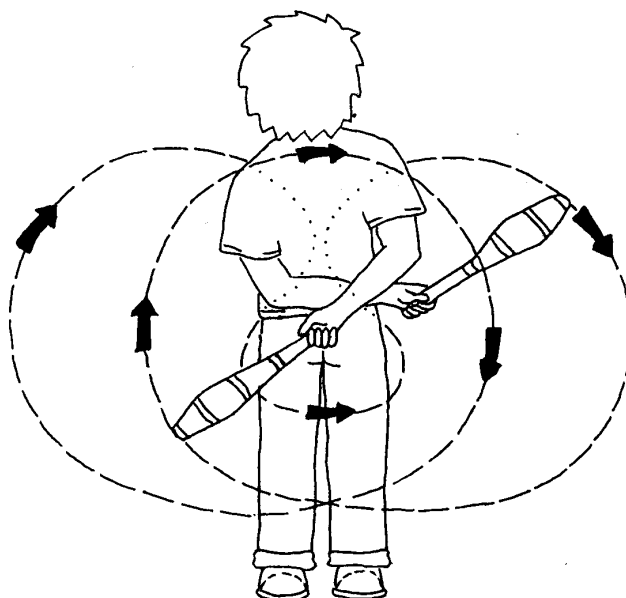


Figure 17.4 Three Circles Across the Back-Waist Wrap
(right to left behind the body)

Front-Waist Wrap

Front-waist wraps are made in exactly the same way as back-waist wraps, but with the three circles moving across the front of the body. Begin from swinging waist figure 8's with one arm stretched along the front of the waist. Introduce a circle in front of your navel and then an inward circle going behind the back before swinging across to restart the motion. As before, try the pattern in parallel before transferring into follow time.

Full-Waist Wrap

By linking together cycles of front and back-waist wraps it is possible to create a very beautiful club swinging movement that travels all the way around the waist. The full-waist wrap has a total of six circles, three in front and three behind the body, with each hand.

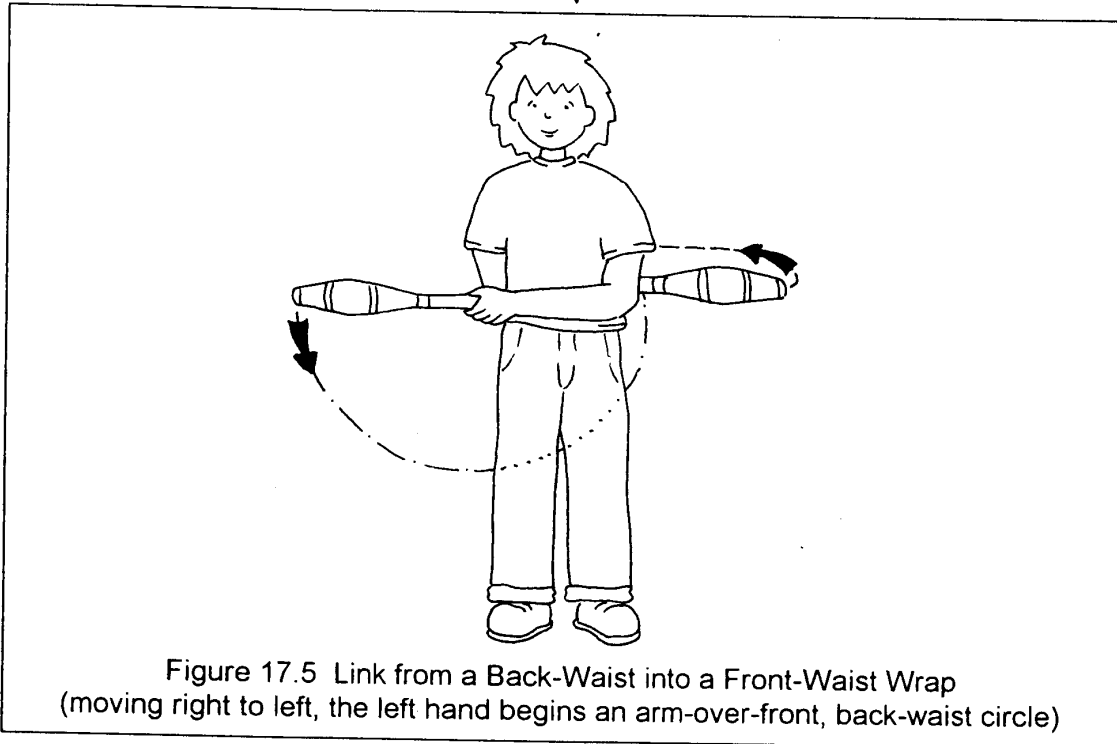
Directions are given for waist wraps moving from right to left. Use your right hand to lead this waist wrap while the left follows. Your right hand will always swing in the outward direction and the left in the inward direction.

The first step is to practise all six circles with each hand individually. Begin with your right hand on your right side and swing three outward lower-back circles - Figure 17.4. After completing three back circles travelling right to left, swing to return to the right side of the body and begin the three circles in a front-waist wrap (again moving right to left across). Learn to swing all six complementary inward circles around the waist with your left hand.

The adjustment from performing continuous back-waist wraps into swinging a full-waist wrap is made primarily by the follow hand, in this case the left. Your left hand leaves the normal back-waist wrap at the end of the third swing at the back left side of the body. This is the crucial position when the left hand must part from the other hand in order to move to the front right position. The left moves into an arm over-front, back-waist circle and is then rejoined with the right wrist.

Learn the full-waist wrap pattern in parallel time initially before speeding up the lead hand into the more lovely follow time movement.

Begin an outward, back-waist wrap from the right, as shown before in Figure 17.4. Link a front-waist wrap by using the left hand to move into an arm-over-front, back-waist circle, Figure 17.5.



Now for the link from the front-waist wrap to return to swinging a back-waist wrap.

The right hand leads the pattern behind to restart the back-waist wrap. The left hand follows from the front of the body to the back around the waist and starts an arm-over-back, front-waist circle.

The full-waist wrap is not an intuitively easy pattern to grasp as there are so many layers of circles. Give it a few practice sessions and note that strong half-waist wraps are essential building blocks. But, once you have these elements, linking front and back-waist wraps in parallel and then follow time will lead to success. An advantage of the full-waist wrap over either front or back waist wraps is that the more complex pattern consisting of six follow time circles is symmetrical and therefore more flowing.

All waist wraps will look best if you keep your wrists closely together for the majority of the circles. Remember to try the pattern in both directions. **Good work.**

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.
