

Lesson 18

Half and Full Fountains

Fountains incorporate both forward and backward cross-follow movements into dynamic patterns in follow time. These tricks are technically demanding, and yet, if you have read this far into the book you will have developed very supple wrists and these tricks are within your reach if you have a little determination.

Lower-Fountain

Low half fountains are a combination of forward and backward cross-follows performed just below the waist and flat to the front vertical plane. The pattern incorporates three positions for circles moving across the body. Look back at Lesson 11 (page 42) and retry the cross-follow movement in both the forward and backward directions.

With your feet always to the front, twist your body slightly to perform a forward cross-follow on the left side of the body. After the left hand has swung over the right, arc the right hand to the front so that the clubs are straight and horizontal as shown in Figure 18.1.

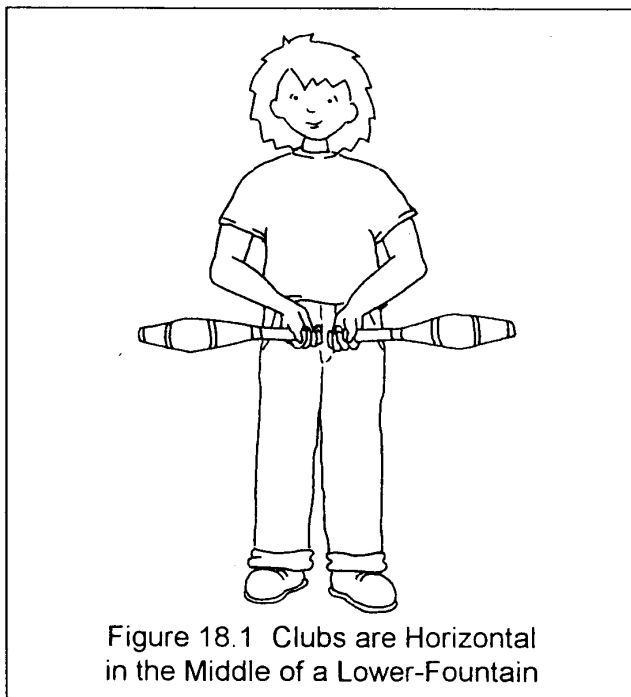


Figure 18.1 Clubs are Horizontal in the Middle of a Lower-Fountain

The figure shows the crucial change position between forward and backward cross-follows during a lower-fountain. At all times in the movement the clubs are in line as though they were one straight stick and the wrists stay glued close together.

From the position shown in Figure 18.1 move across to the right side of the body into a backward cross-follow by swinging the left hand under the right, now in the backward direction.

The change from a forward into a backward cross-follow is accomplished by each hand making a circle directly in front of the body. Figure 18.2 (over the page) shows the three positions for circles in the lower-fountain. The diagram is simplified to show the trail of only one club, as the paths will almost overlap.

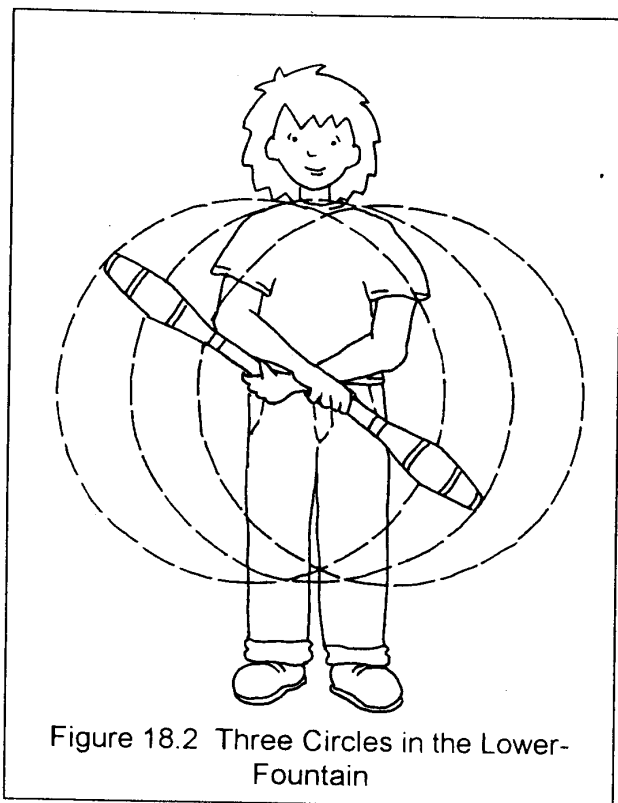


Figure 18.2 Three Circles in the Lower-Fountain

Practise moving from backward into low forward cross-follows across the body, both with the right leading and then with the left hand leading (reverse the directions). Make sure that you can smoothly change directions. Try turning in a pirouette on the spot while swinging lower-fountains.

Prepare to add the upper fountain by opening the arms out into backward, alternating time full-arm circles. This pattern should flow out of the backward cross-follow, with a backward motion naturally travelling upwards. Move across the top of the body with a 180 degree turn overhead by following the high club down and into the forward direction (as for a full-arm pirouette, page 14.)

Upper-Fountain

This is a similar trick to the lower-fountain except that it is performed around the head and shoulders. Upper-fountains are slightly more difficult as high position changes of direction are tiring. First look back at the windmill as described in Lesson 12 (page 46) and swing the movement at least four times. The upper-fountain requires two further circles and these are made above each shoulder. I recommend trying opposite shoulder swings as a warm up.

Just with a single club in the right hand, swing upper-back circles over the opposite shoulder with your arm across the front of your body. Swing circles in both directions with each hand.

Next swing a series of 3 high circles across the body. It feels most natural to move up and across from a backward into a forward pattern. Start with an inward shoulder circle, then a mid-front circle directly over the head and finally an opposite shoulder swing down with a full-arm circle to start again. Try the 3 high circles with each hand and then with both in parallel time. The lead hand (inward) can then speed up slightly into follow time.

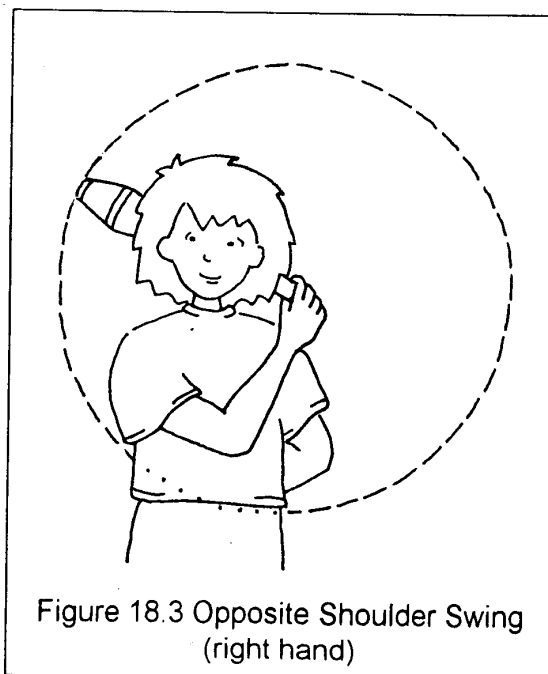


Figure 18.3 Opposite Shoulder Swing (right hand)

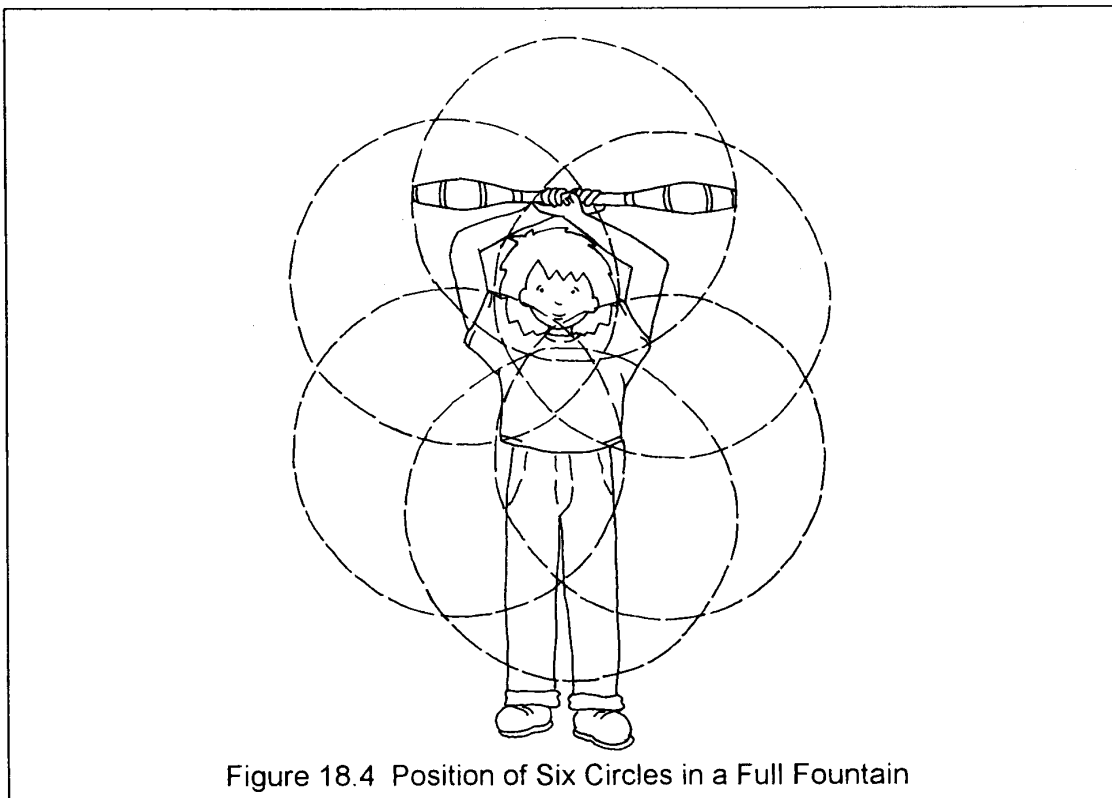
Swing a high backward, cross-follow on the right side of the body around your right shoulder. When the right hand swings over the left begin to move across the body in to the change position with both clubs horizontal, now in front of your face. This is a windmill in front of the head. Keep moving left to begin forward direction high cross-follows over the left shoulder.

Swing half full-arm circles down to restart the upper fountain again on the right side of the body. Repeat several times and then change direction so that the left hand leads the pattern across from left to right.

Full Fountain

Lower and upper fountains can be linked to form the classic full fountain. Figure 18.4 gives a simplified view of the full fountain which consists of six cross-follow patterns in a full circle around the body. There are twelve linked circular trails in the actual pattern.

It is easiest to swing backwards up and into an upper-fountain and forwards downward into a lower-fountain. The full fountain is stunning, but will take a great deal of practice until it is smooth, round and exactly flat to the front vertical plane.



I recommend that you work on the lower-fountain and once flowing, move the backward direction cross-follow up to shoulder level to begin an upper-fountain. Once you are able to move directly between upper and lower-fountains, you will have accomplished a full fountain. **Well done - you should feel very proud of yourself!**

This chapter is taken from

**Modern Club Swinging
and Pole Spinning**

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

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.