

## Lesson 2

### Forward and Backward Full-Arm Circles and a Pirouette

This lesson explores movements performed in the vertical plane with the swinger facing side on to the audience. This vertical plane sideways is parallel to the two dotted lines passing through the shoulders of the person in Figure 2.1, viewed from above. The new plane is at right angles to the plane that we have thus far used, those shown as dashed lines both in front and behind the body. Turn yourself sideways to perform forward or backward moves as it is only from the side that a proper view is presented of full circles.

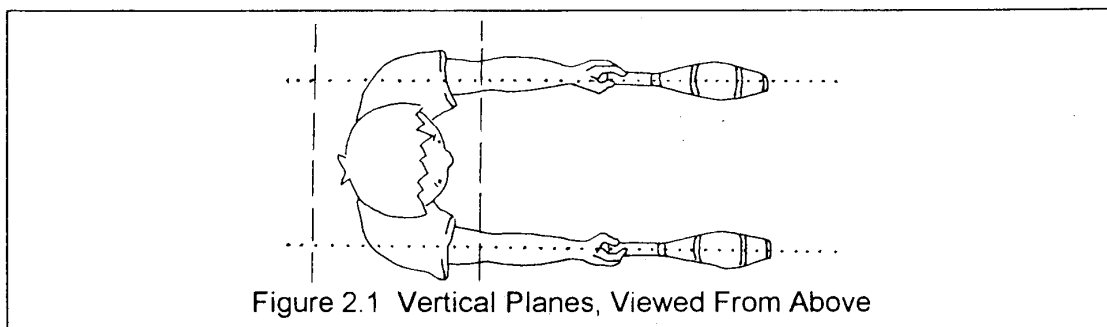


Figure 2.1 Vertical Planes, Viewed From Above

Symmetry is a very important aspect of achieving good club swinging arcs. The vertical planes are also described in Figure 2.2 below, in which the swinger stands in the centre of a space where two planes cross at an angle of exactly 90 degrees.

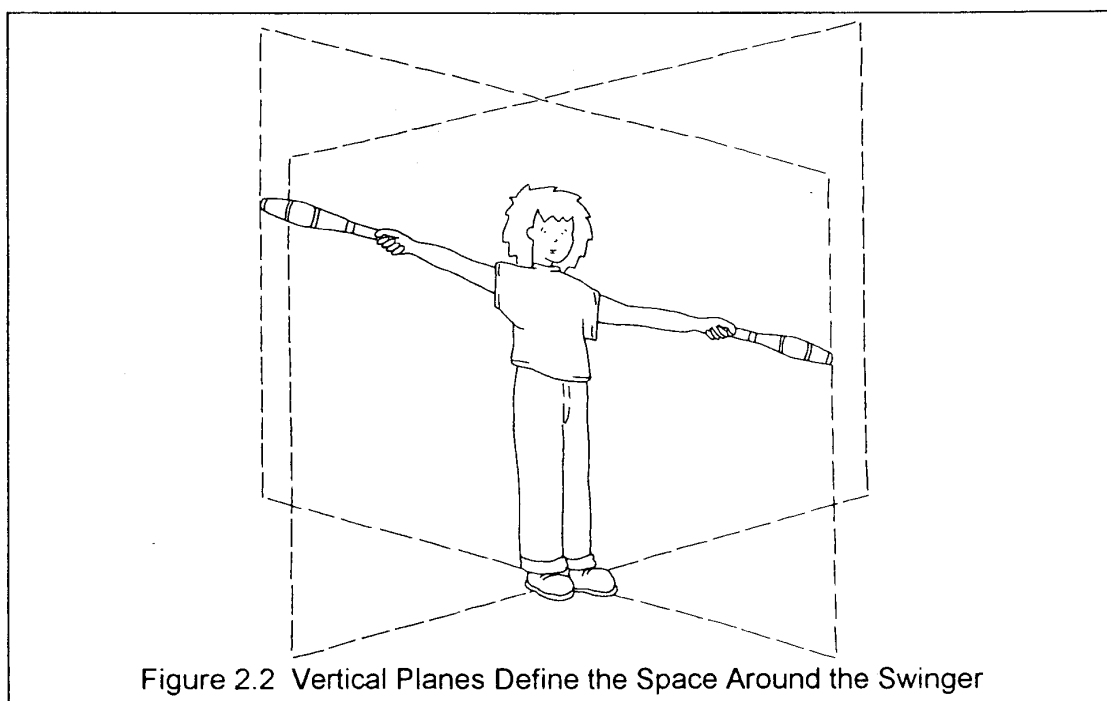


Figure 2.2 Vertical Planes Define the Space Around the Swinger

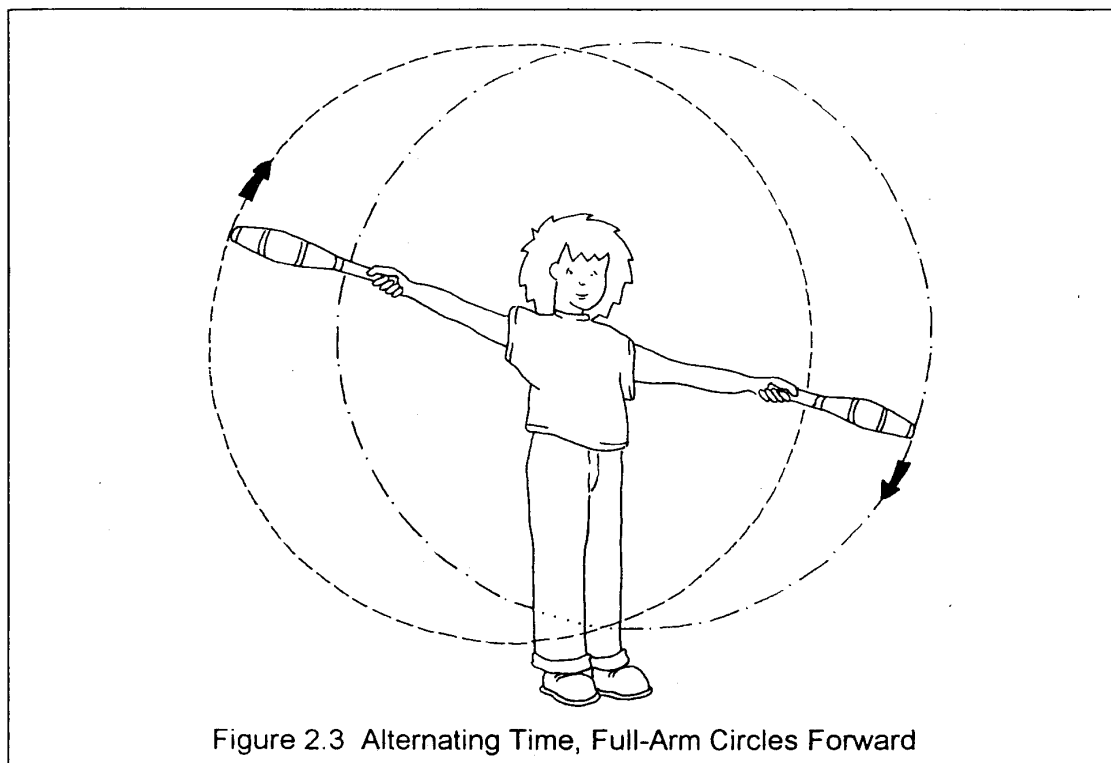
#### Full-Arm Circles Forward

For all the following movements you must hold each club in a solid grip (Figure 1.2 on page 7 shows a solid grip). With each arm in turn, swing forward circles taking care that the arm and club are held straight and in a perfect line.

**One hand reaches straight up. Swing the arm to the front and down, then back to a high position above the head. Repeat 4 times and with the other hand.**

**Swing full-arm circles in alternating time - like swimming the crawl, but with your elbows always straight. Figure 2.3.**

When swinging alternating full-arm circles, you may find it easier if you allow your body to twist slightly. Watch sideways in a mirror and your arms should seem to be connected as though they were a straight stick. Try walking forwards or backwards while performing this alternating time move.



The anatomy of the shoulder does not allow the behind-the-back part of the move to be done with both hands at once and synchronous time circles will feel uncomfortable unless you allow your arms to reach out to the sides.

### **Full-Arm Circles Backward**

The opposite of the previous move is to swing full-arm circles in the backward direction. This direction was explained in the warm up chapter on page 5.

**Lift one hand up to the front of you until it is reaching straight up in the air. Continue upwards in the direction of swimming backstroke. Repeat 4 times and swap hands.**

**Alternating time full-arm circles backward.**

Try moving around your practice space while swinging full-arm alternating moves. Improve your coordination by synchronizing your arms and legs, either together or in alternating time.

## Adding A Pirouette

It is possible to turn your body on the spot from swinging an alternating full-arm pattern on the side vertical plane. The feet do most of the turning, while the arms help the momentum of the whole body spin.

**Begin alternating full-arm circles forward. As one club is approaching its lowest point, turn the feet around one half turn towards it. Notice that the arms are now making backward circles. Complete the turn by following a high backward club around. Lastly, try a full pirouette.**

Tips for this one are relax and go slowly. Pretty soon, your arms won't feel as if they are flailing wildly and you will have mastered a neat turning full-arm pirouette.

Prepare for a turn by standing with your feet crossed. The straight leg makes the turn by spinning on the ball of the foot while the other foot acts to steady the pirouette. Take a rest if you begin to get dizzy. Alternatively, a technique called "spotting" can help avoid disorientation. Spotting involves focusing on a distant point until the last possible instant of a pirouette. Then, quickly whip your head around and regain your concentration on that spot.

## Opposition Time with Forward and Backward Full-Arm Circles

Opposition timing is a useful transitional move as well as a real coordination teaser.

**Opposition Time:** One arm circles forward, while at the same time the other arm is swung in the backward direction.

**Start with both arms straight up in the air. One full-arm circle goes forward and the other backward, synchronously and in perfect opposition - Figure 2.4. Arms pass each other at the highest and lowest positions. Stop high and then swap sides.**

The essence of this timing is that the two arms should always be doing exactly opposite moves. So, if you notice that both arms are going in the same direction (either both forward or backward), stop and start again.

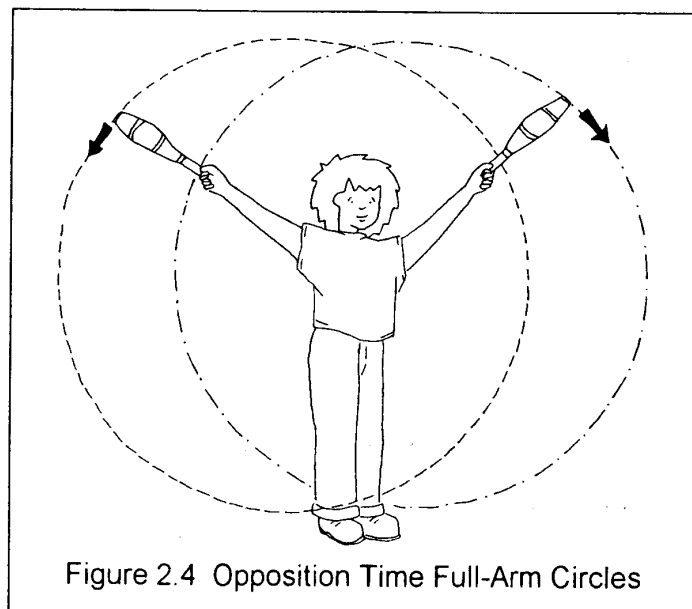


Figure 2.4 Opposition Time Full-Arm Circles

*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.