

## Lesson 8

### Smooth Transitions

Effective club swinging routines have an entrancing flow, while at the same time weaving unexpected patterns. To achieve these, you must learn some techniques to change timing at will, with finesse! This lesson presents ideas on how to attain seamless transitions between tricks. The basic principle involves isolating one hand (usually one's stronger hand) and directing it to make the adjustment, while the other continues swinging.

#### Add a Solitary Hand Circle

In order to move from full-arm circles together into an alternating time pattern, first swing slow and even, synchronous time outward full-arm circles. Choose a single hand, either right or left, and consciously use it to make a solitary outward upper-front circle before going back to full-arm circles, now in alternating time.

**Begin swinging synchronous, outward, full-arm circles. Your chosen hand does one outward, upper-front hand circle. Meanwhile, the other hand continues with full-arm circles, so that the timing changes from synchronous to alternating time - Figure 8.1. Change back.**

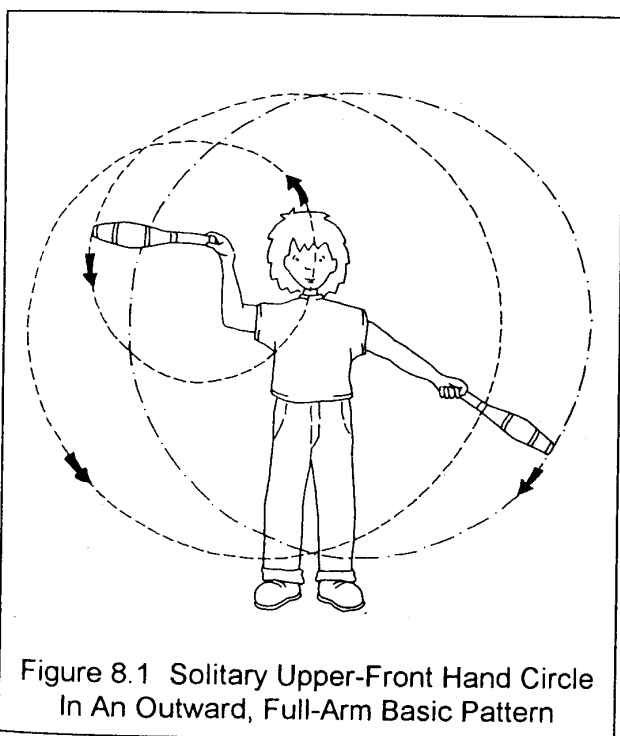


Figure 8.1 Solitary Upper-Front Hand Circle  
In An Outward, Full-Arm Basic Pattern

You may have to try this pattern several times since it involves a fair amount of control to isolate the two sides of the body, even for just one small hand circle! The hand that is not making the adjustment should never alter in its speed or rhythm from the basic full-arm circle.

Strengthen your weaker hand by using it to change timing, instead of always making adjustments with just the dominant hand.

**Variations include performing this move in the inward direction, or with a single lower-back circle. Try inward, full-arm circles with a lower-front hand circle to change rhythm.**

There do appear to be combinations of patterns and adjustments that force collisions. The message from this is to be careful to try any new adjustment moves slowly at first.

## Double Up One Hand Circle

Start from a figure 8 pattern of lower-front and back circles (the low reel) in alternating time. Concentrate on one hand and mentally instruct it to double up the front circle.

**Swing a low reel. The strong hand only performs a double front hand circle to change to synchronous time, outward, lower-front and backs. Change back into alternating time by doubling just the strong hand's front circle again. Repeat.**

This method allows a very smooth change of pattern without stopping. Variations include the same change inward and also in a high alternating upper-front and back circle pattern. Try the extra lower-front circle with your weaker hand as an exercise to develop that wrist.

## Isolation of Each Side with Split-Level Swinging

It can be attractive to swing a high pattern set against a contrasting low pattern on the other side of the body. The transition is via half a full-arm circle. In either the outward or the inward direction try the following pattern.

**From alternating, lower-front and back circles, one hand rises to begin high and alternating upper-front and shoulder circles. Figure 8.2. Swap levels apart again on the opposite side.**

The diagram only shows a single circle at each level because front and back circles are overlapping from the front view. Some variations include split-level swinging with continuous front or back hand circles, either in synchronous or alternating time.

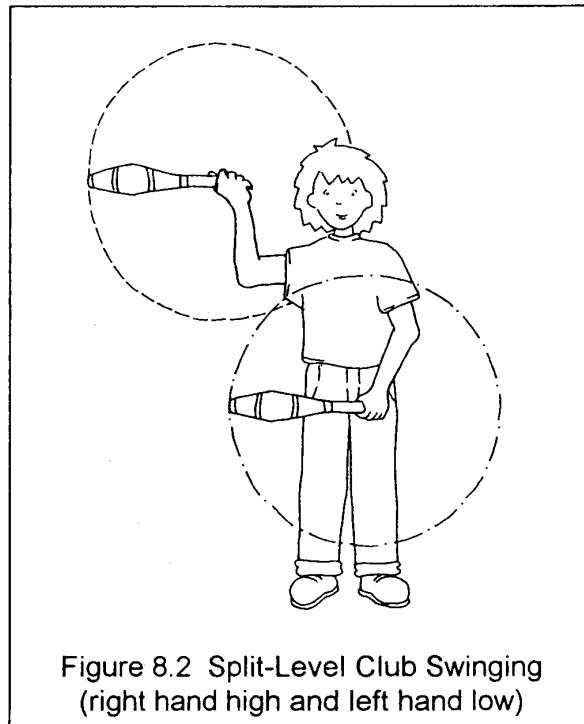


Figure 8.2 Split-Level Club Swinging  
(right hand high and left hand low)

## Changing Direction by Raising One Knee

When performing lower-front circles, it is possible to stop a club briefly by raising your knee. An example is to start swinging lower-front and back circles in alternating time (the low reel). On the outside of the outward lower-front swing, lift one leg and allow the same hand's club to stop horizontally across your knee for a second. Change direction with that club and begin swinging a parallel pattern.

Try this change with both hands, each knee and with a combination of timings, including patterns that incorporate full-arm circles.

## **One Hand Does a Free Style Solo**

From a swinging pattern that you find relaxing, just one hand can leave the other to perform a completely different move, or set of moves. This is what I call a free style. Such moves are fun, but require complete concentration, both to leave the symmetrical pattern and to rejoin it again at exactly the right moment. The next exercise starts from a low reel and once you have mastered it, try it while smiling!

**Swing fast, alternating, outward, lower-front and back circles. One hand leaves the pattern to perform a greatly slowed-down full-arm circle, perhaps with an upper-front circle. It can rejoin the original move either in synchronous time or off-synch.**

Attempt to make solos with each hand and at various tempos. For instance, the free style could be at twice the speed of the basic pattern. Use your imagination to think of impressive and original free style movements.

*This chapter is taken from*

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

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