

adding panache

Index Finger Spin

First put out your hand as though to "shake hands". Isolate the index finger and move it inwards to make a "trigger" or hook, Figure 1a. The difficult part is keeping all the other fingers straight. With the free hand, put a ring on the middle section of the hooked index finger between the first and second joints from the knuckle, Figure 1b. Slowly spin either forwards (away from you) or backwards (towards you), trying to keep the ring on the vertical plane. Swap hands. Change your planes by moving your hands out to the sides with your arms straight (like a crucifix).



Fig. 1a



Fig. 1b

Stopping

From either direction of spin (forward or backward), grab hold of the ring with all fingers through the middle and the thumb around the outside when it is furthest away from you. Stop the ring in the next quarter-turn by following through, so that if you were spinning forward, the ring stops low and if you were spinning

backward, the ring stops high. Try spinning one in each hand together and stop both in the same position after a single circle. Then, try spinning in opposition (one forward starting with your hand high, and one backward, starting low) with sharp and confident stops.

Pirouette

My personal preference is to spin backward and to take the ring down, under my arm, and then lift it as I walk around the front. Try it without a spin and notice that if the inside edge were covered in soot a full circle pattern would be left on the finger. A pirouette can be done with both

hands spinning backwards if one ring goes up, the other goes down and they are kept on a parallel, vertical plane - Figure 2a (start and finish), Figure 2b (90°), Figure 2c (180°) while 270° is the mirror image of Figure 2b.

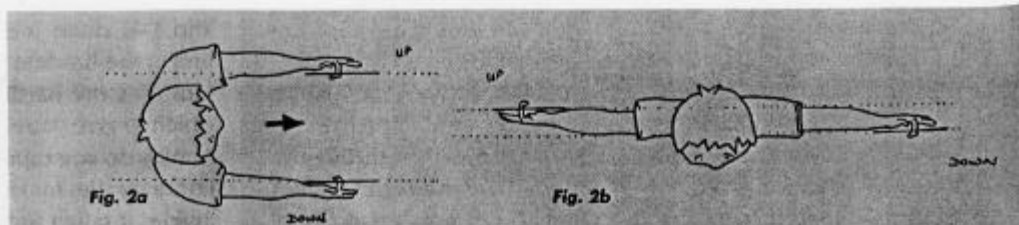


Fig. 2a

Fig. 2b

A spin with a ring, like a flourish with a club, is visually exciting and can be used to add panache and contrast to toss juggling. It's easy and playful. Even young children enjoy spinning rings on their forearms and will quickly learn to spin two, one on each arm.

Use an upward circular motion from a start with the rings held palm up. Two can be done syn-

chronously, alternating, in parallel and in opposition (one in each direction).

However, for performance, extra control is needed and achieved by spinning on the index finger. Have fun trying this workshop, but use no more energy than necessary to keep the spin going. Rest your fingers before they bruise and use rings with smooth edges to avoid cuts.

Flower Pattern

Two rings on the same finger creates a beautiful "flowering" pattern when the rings split apart, Figure 3. One way of forcing the split is to rub the rings briefly against the fleshy part of the palm under the thumb. Once split, keep your finger absolutely still. Only when the pattern slows down will you need to give it an extra push with a small spiralling motion. It will take some practice to sense the right moment. Pirouettes are possible with flowering rings on each hand.

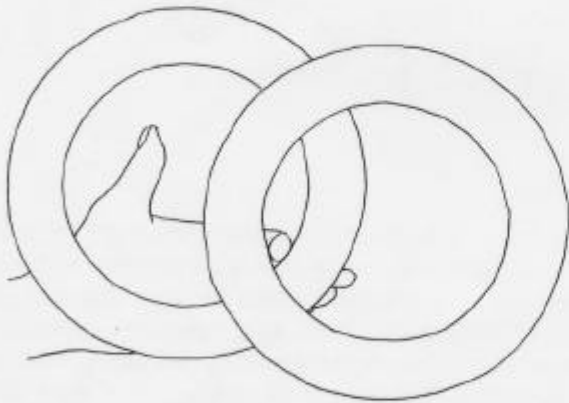


Bild 3

Ring spinning looks best with a mix of brightly coloured rings and is enhanced with ultraviolet light. There are many similarities to club swinging in terms of keeping planes, symmetry and the combinations and timings of patterns, except that most of this workshop can be done sitting down!

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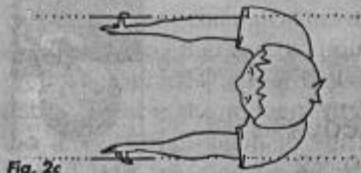


Fig. 2c

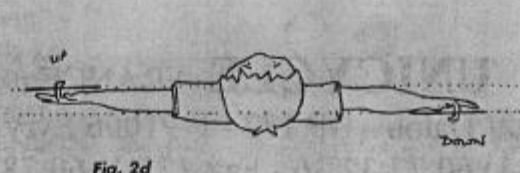


Fig. 2d

From more workshops like this get the book:

**Modern Club Swinging
and Pole Spinning**

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

Download the entire book for free from:

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.