

Week 2 Flag Tosses

Objective: This week, we'd like to see how far your toss technique has come. You can choose 3 or 4 tosses for extra brownie points, but only 2 are required.

- Consider this a record of your skills, so choose the tosses that are at the top of your skill level that you can still achieve with the best possible technique.
- Remember that this may set you up for better placement in the future.

Standard Pole toss:

Technical Breakdown: Start with your right hand at the tab and your left hand at the bottom cheater. Initiate the toss by pulling your cheater hand straight down, and your tab hand straight up. You will release both hand at the same time. Catch can be straight up and down, shoulder-hip angle, or flat. Catch position is performers choice.

Free arms for this toss are right hand straight up, left hand straight down.

Standard Silk Toss:

Technical Breakdown: Start with your right hand a 1/3 into the silk with the pole behind your forearm and your left hand at the top cheater. Initiate the toss with a bottom cone. At the end of the cone you will push down with your cheater hand and pull up with your silk hand. You will release your cheater hand slightly before your silk hand, and flick your fingertips up at the last second to enhance the spin speed of the toss. Catch can be straight up and down, shoulder-hip angle, or flat. Catch position is performers choice, but both hands need to make contact with the pole at the same time.

Free arms for this toss are right hand straight up, left hand straight down.

Strip Toss:

Technical Breakdown: Start with both hands at the tab. Slide your left hand to the top crutch tip to strip the silk. Initiate the toss by lifting the pole straight up into the air, and placing your right hand palm up (money hand style) 6 inches above the top crutch tip. With your right hand only, rotate the pole down towards your left side and back up again. Release at the top of the rotation, flicking your fingertips at the end to enhance the spin speed of the toss.

Remember, it will help you to bring your right hand down slightly and back up before you release. Also, avoid getting a sail by rotating the silk into your right hand.

Free arms for this toss are both arms straight out from your side at shoulder level, palms up.

Single 45 Toss:

Technical Breakdown: Start with your right hand at the tab and your left hand at the bottom cheater. Your right hand should be connected to your right hip, and your left hand should be shoulder level with your left forearm parallel to the ground. The pole should be at a 45 degree angle on the right side of your body. From here you will bring your pole to flat at the collar bone level. **IMPORTANT!** Make sure you come straight to flat, following the 45 degree plane. Do not cut the plane by bringing your tip forward and up. You must come straight up to flat. Then, follow through to the release point, giving your right fingertips a slight flick forward. Your hands at the release point will be right hand in front of you at a 45 degree angle and left hand behind your head. Spot the tab, and catch on the left side of your body, right hand under at the tab and left hand over at the bottom cheater.

The 2 biggest issues you will have with this toss are breaking the plane in the initiation, and not releasing both hands at the same time at the release point.

If you are having trouble and you don't know what the issue is, have someone record a slow motion video of you so you can pin-point what to fix.

Free arms for this toss are right hand straight out in front of you at the 45° angle, and left hand behind your head like your grabbing your ponytail.

Remember guys, you can do this! I believe in you!

If at first you don't succeed, TRY TRY AGAIN! The only way to get better is to be persistent.