

Peggy Spins!

“Silk down, Silk up, Silk up, Silk down”

Objective: This exercise aims to Help performers better understand weight manipulation of the flag and complex timing in a group setting, as well as build muscle through the finer groups of the forearm.

Technical breakdown: Peggy spins alternate between regular drop spins, and drop spins into a money hand. (**This hand out will explain Peggy spins on the right side. You will do everything opposite for the left side)

Begin with your flag at right flat, right hand at the tab and left at the bottom cheater.

Slide your left hand to meet the right at the tab.

Begin your first drop spin by continuing the rotation and placing your tab into your left hand. Both hands should be thumb down at the tab. Your flag should be silk down.

Remove your right hand and use the left to continue the rotation. Once your flag gets to a left 45° with your silk up, place your right hand as a “money hand” splitting the tab and the cheater.

Rotate your flag 3/4 of the way around, until your silk is straight up again. Here, you will regrab your left hand ABOVE your right hand, both thumbs down!

Use your left hand to bring your flag back to the 45° position, this time with your silk down. Again, grab your right hand “money hand”.

Continue rotating your silk up and back down again, and regard your left hand ABOVE your right, both thumbs down.

Basically... You’re doing drop spins, except every other grab will be a “money hand” at the 45°.

Helpful hints!!

1. Use your left thumb to pull down after every “money hand” grab to give yourself a little extra power. Not too hard though!
2. Make sure to think about being straight up and down on the regular grab, and 45° on the “money hand” grab. It will help you with pace and timing.
3. Remember that this exercise follows a pattern. There are 4 steps, and as simply as possible it goes ***“Silk down, Silk up, Silk up, Silk down”*** and it just repeats like that the whole time. ^^Say that to your self if you are getting lost.

Just keep trying, guard! You can do this, I believe in you!!! :)

Check this out if you need help: <https://www.youtube.com/watch?v=Q6oDD872wnc>