

### GENERAL INFORMATION:

The Diabolo is an ancient Chinese spinning game similar to a yoyo except that it is not xed to a string. It is a challenging, fun activity that oers significant opportunity for skill development. It can be played solo or with partners, where the challenge grows and grows!

### Starting OFF

- Start with your Diabolo on the ground to the right side of your body, with the string taut
- Roll it along the ground from right to left
- When it passes your left foot lift hand sticks to raise it o the ground
- Keep it spinning in an anti-clockwise direction by making short and regular upwards movements with your right hand only
- The left hand slows the Diabolo down

### SOME TRICKS TO TRY:

#### Tilting

- Stand directly behind the cup ends of your Diabolo
- If your Diabolo starts to tilt away fr om you, pull back with your right hand stick, as you continue to spin the Diabolo, your Diabolo starts to tilt towards you, push your right hand stick away from your body

#### Throw and Catch

- Get your Diabolo spinning in the middle of the string
- Pull your hand sticks apart and your Diabolo will y straight up
- To catch, hold the sticks above your head with the string taut, and aim to catch the Diabolo near the right hand stick

#### The Elevator

- Start by getting your Diabolo spinning fast
- Hold your left hand stick straight up above your head
- With your right hand stick loop the string around your Diabolo
- By pulling the string taut, but not too ti ght, your Diabolo will start moving to the top oor!
- When the Diabolo is almost to the top, use the left hand stick in an anticlockwise direction to un-loop the string

#### Waterfall

- Turn your body to face your left hand stick
- Use your right hand stick to pull the string over the end of the left hand stick and down enough until the string rests next to the spinning Diabolo axle
- By pulling down quickly on your right hand stick the Diabolo will rise up and ow over the left hand stick

#### Round The World

- Swing your Diabolo around to the left then turn your body to the left as well
- Let the Diabolo swing around between your arms

#### The Spin Off

- By crossing your right hand over your left your Diabolo will go faster
- If it starts to tilt cross left over right Jumping
- With the Diabolo spinning near the left hand stick, place your foot down near the middle of the string and pull your left hand up to jump the Diabolo up over your foot
- Try using your thigh for an extra challenge