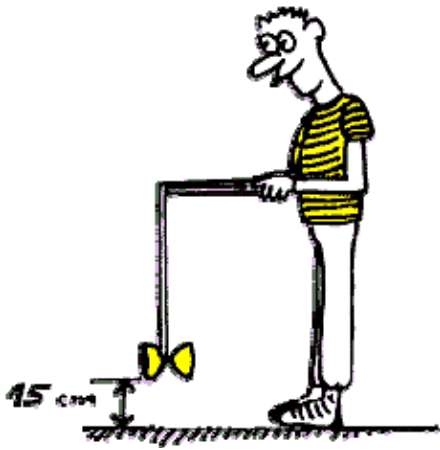


Instructions For Use

Preparation and basic stance



In order to establish the correct string length for yourself, assume the basic stance as illustrated in Fig. 1. Let your shoulders relax, hold your upper arms lightly against your sides, with the underarms holding the sticks horizontally, like somebody with a stiff back pushing a wheelbarrow!. Take care to note that the sticks should form an extension of your underarms.

With this stance, the diabolo hanging in the cord should be approx. 15cm above the ground. Should you happen to be taller than around 170cm, then a cord length of approx. three stick lengths is recommended. Don't forget to allow for the fact that the knots also require a specific cord length (i.e. add around 30cm extra).

Getting Started

Please note that these instructions are intended for right-handed users. Should you be left-handed, then simply substitute *left* for *right* and *right* for *left* when reading the following!

The most important thing to note from the very start, is that you should keep the diabolo spinning as fast as possible, since this alone maintains its stability! Hang the diabolo in the cord and set it on the ground to your right. Now draw the diabolo from right to left, which will set it rotating. As soon as the diabolo is at your left, lift it with both sticks.



Wind the string around the diabolo in the manner depicted in, and make the same motion as in (2) above. Here, it is important to take care during the backward stroke (when you move your right hand down, and your left hand upwards), that the cord tension is relaxed.

Errors and remedies

When you can't seem to get the diabolo spinning well enough, the main cause usually stems from the fact that you slow it down too much during the backward stroke.

To avoid this, the strokes must be asymmetric! Ensure during the upward movements that the

weight of the diabolo draws heavily on the string, but not during the downward stroke, where the diabolo should be practically weightless.

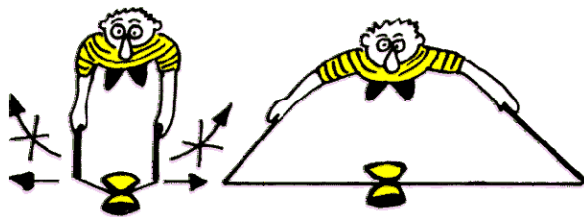
Should the diabolo tilt away from you, then draw the right-hand stick towards yourself, until its axis is horizontal again. Conversely, should it tilt towards you, then hold the right-hand stick further away. This form of correction may also be used during the acceleration phase.

When accelerating the diabolo in the manner described in (3), you will notice that the string can easily become wound up. This is commonly due to the fact that during the backward stroke (when the right hand is moved downwards), the string is still held too taut. A further possibility is that the string is too moist.

Should the diabolo axis happen to start rotating around the vertical axis, then the next best thing to do, is to turn with it.



The First Tricks



Throwing the diabolo up into the air ...

Assume the basic stance, and draw both arms rapidly and simultaneously outwards. Take care to ensure that the stick ends move in a straight line, not in a curve!

... and catching it again!

In order to catch the diabolo, stretch out your right arm and hold the stick vertically. Tension the cord, which should be positioned in front of your left hand. In this manner, you can easily take a bearing via the right-hand stick (see Fig. 8). As soon as the diabolo has landed, dampen its momentum with your right hand to avoid it jumping off the cord again. Should the diabolo happen to come down behind you, then avoid moving the stick ends in a circular fashion when throwing.





Elevator – How to make the diabolo climb up the cord.

For this trick, you must initially get the diabolo spinning extremely fast! Hold the right-hand stick in the air and loop the cord around the diabolo with your right-hand stick as described for the acceleration – step 3. With the correct amount of cord tension, the diabolo will roll upwards as demonstrated in Fig. 9. Just before it reaches the end of the cord, relax the tension and unwind the loop.

How to make the diabolo jump over your foot

Assume the basic stance, holding your arms wide apart. Now step on the cord with your right foot to the right of the diabolo. Simultaneously lift the cord with the left stick to flip the diabolo over your foot. Upon catching the diabolo again, release the tension with the right-hand stick and remove your foot from the cord in one rapid movement.



And now ... have fun practising!