

*HENRYS*

ULTIMATE  
*YOYO*  
SYSTEMS

A YO-YO TRICK BOOK FROM HENRYS  
WITH TIPS AND TRICKS FROM MARKUS SPRINGER



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[www.henrys-online.de](http://www.henrys-online.de)

The yo-yo is not only one of the oldest toys in the world but also one of the most modern pieces of fun-sport equipment as well. It offers an infinite variety of tricks and other possibilities - all at the end of a string, all waiting for you to discover them. This little booklet will help you to take your first steps into the wonderful world of the yo-yo.

Have fun trying out the tricks it shows you!

Markus "Jumper" Springer



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## Basics

### Adjusting the string length

You should adjust the length of the yo-yo string to suit your height so that the yo-yo doesn't strike the ground when you throw it.

Set the yo-yo between your feet, pull the string taut up as far as your belly button, cut off the excess and make a new loop in the end of the string.

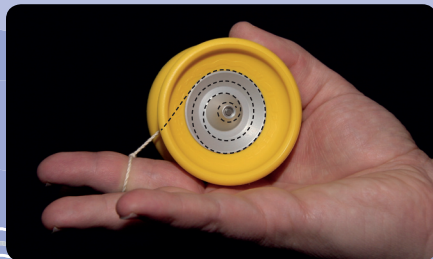
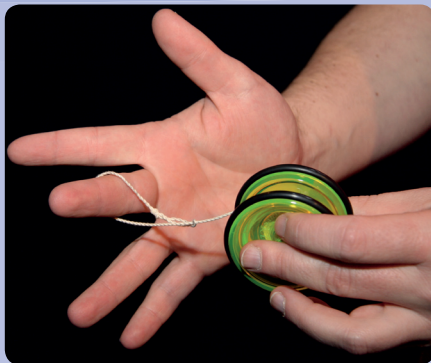


### Finger loop and starting position

Pull the string through the loop to make an adjustable slip-knot. Insert your middle finger into the slip-knot and pull the string tight. This will prevent it slipping from your finger.

The slip-knot should sit between the first and second knuckle of your finger.

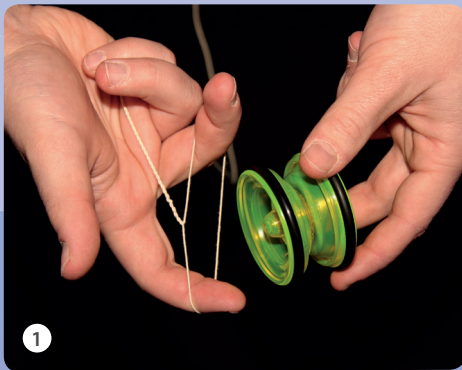
Hold the yo-yo in your upward palm with the string wrapped so that it comes off your middle finger and goes up over the top of the yo-yo as shown.

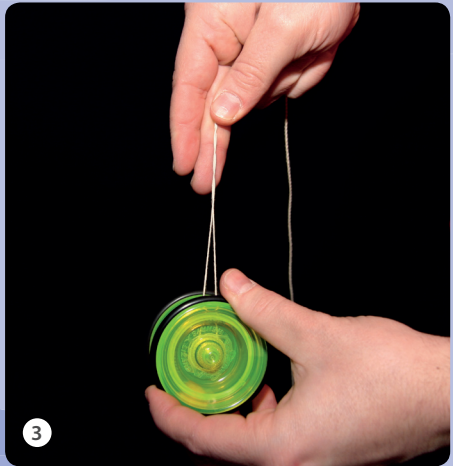
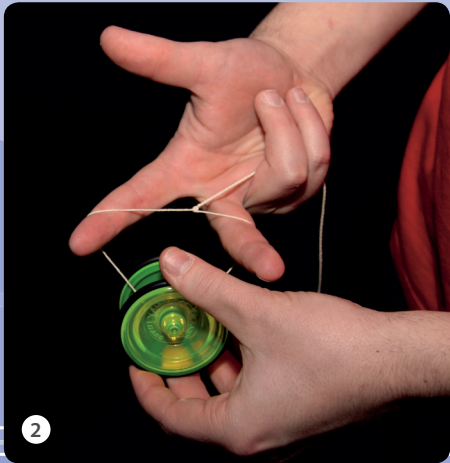


### Changing the string

Your yo-yo string is subject to wear and must be regularly replaced by a new one. This needs to be done at the very latest when it looks dirty and frayed. First of all, take the yo-yo apart by twisting the two halves apart and remove the old string. Then set the two halves together again and retighten the yo-yo so that the new string doesn't get stuck between the axle and the half-shell. Now twist the new string open at the bottom end to form a loop and slip it over the axle. That's it!

Always check your string before you begin to play: first of all, if the string breaks the yo-yo can fly off and injure humans and materials, and secondly, frayed or worn string can impair the performance of your yo-yo.





### **Winding the yo-yo**

To wind a transaxle yo-yo, you cannot simply wind the string around the axle as the transaxle will cause the yo-yo to merely spin in the string loop.

To ensure that the string has enough friction to wind up, place your index finger across the string gap and wind the first two rounds of the string onto the yo-yo over your finger. Then remove your finger from these loops and simply continue winding the string onto the yo-yo.



## Sleeper

Start with a backhand throw from your upward palm. Snap your wrist out quickly but strongly to flick the yo-yo downwards; don't let it strike the floor.

When the yo-yo has reached the end of the string, turn your hand over so that the palm is facing downwards and give the string a slight tug to wake the yo-yo out of the sleeping state. It will then return to your hand and you can catch it. The Sleeper is the basis for string tricks.



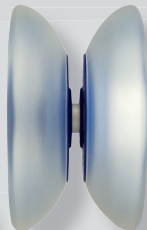
## YO-YOS MADE IN GERMANY!

All our yo-yos are manufactured by us directly in Karlsruhe - Germany. This allows us to guarantee consistent high quality and the use of pure, non-toxic materials.

All HENRY'S yo-yos feature our patented QUICK-TRICK string gap adjustment system. This innovative mechanism allows the string gap to be adjusted at lightning speed so that the yo-yo can be fine-tuned to suit the respective tricks and styles. Simply twist the two shells in or out to widen or narrow the string gap. Adjustable for the whole range of string tricks from Up'n Down to Loop mode.



Lizard



Cobra



Viper



Tiger Snake



Coral Snake



## Tricks

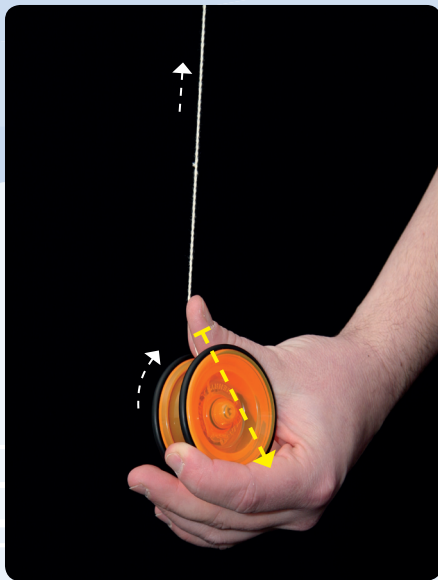
### Walk the Dog

Throw a fast Sleeper and set the yo-yo gently onto the ground. The spinning motion will make it walk forward.

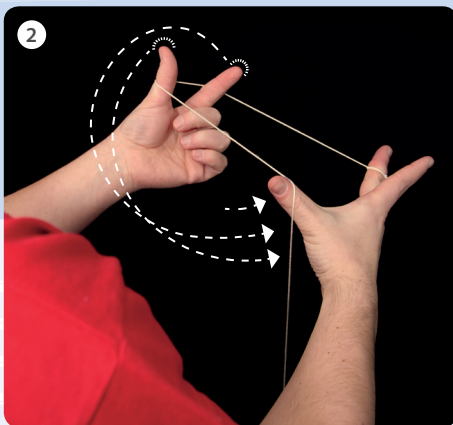
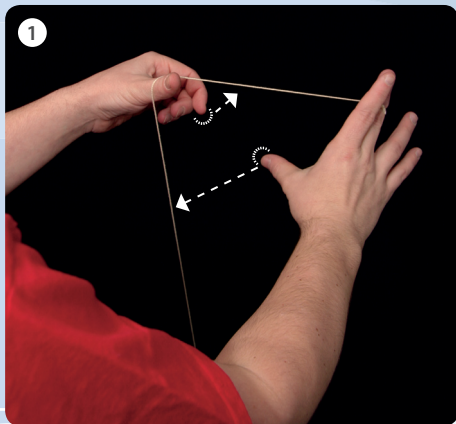


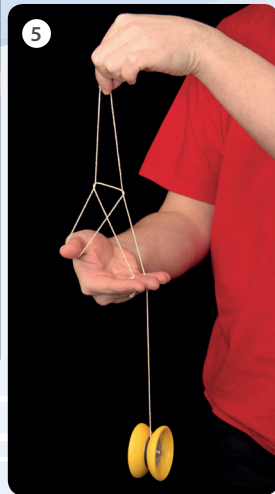
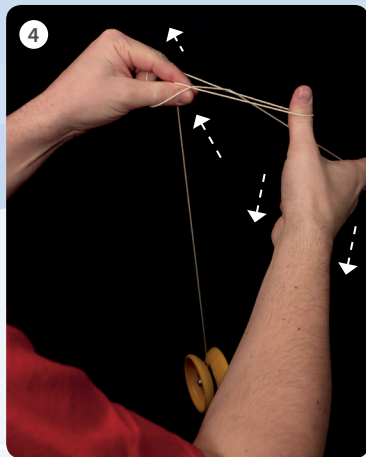
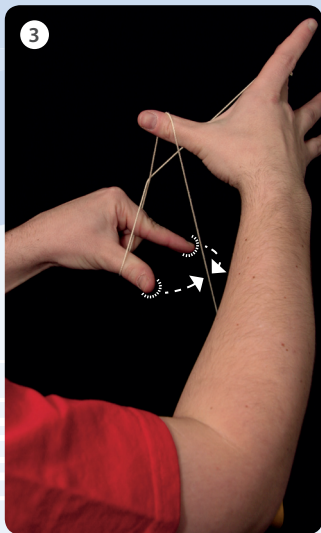
### Thumb wind / Fast rewind

This trick is very helpful for winding the yo-yo up quickly. Pull the string tight and flick the yo-yo round with your thumb. The yo-yo should start to spin and, when given a slight tug at the same time, return to your hand.



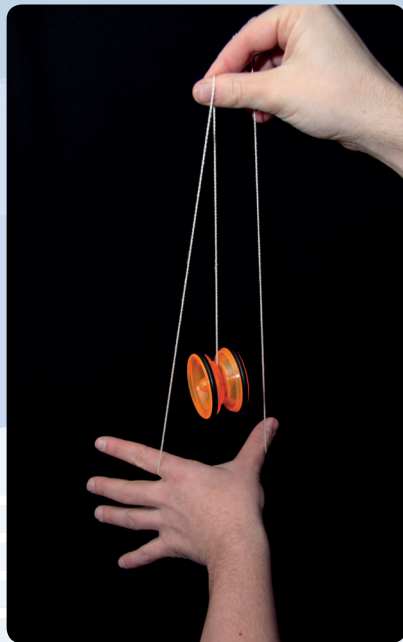
## Eiffel Tower

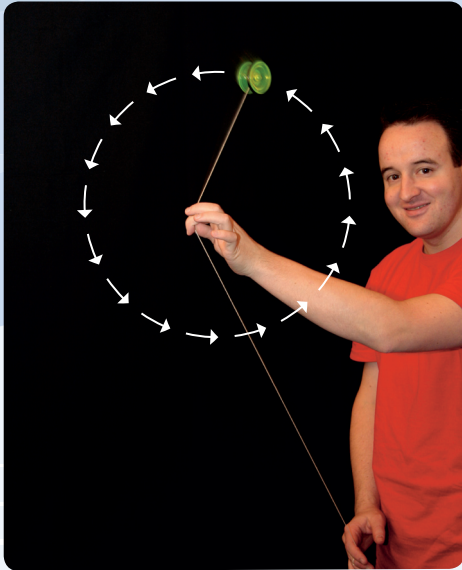




### Rock the Baby

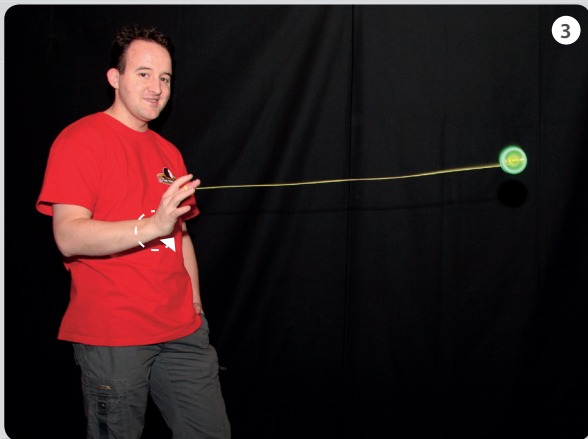
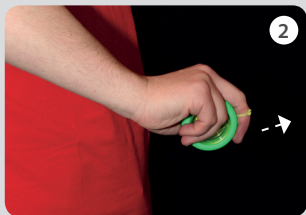
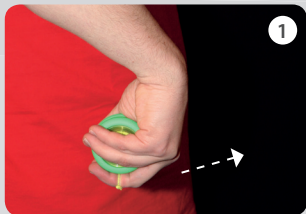
1. Throw a Sleeper and push the string forward with the index finger of your free hand.
2. Grip the string about 10 cm above the yo-yo with the thumb and index finger of your throw hand and pull the yo-yo upwards. At the same time, move your free hand down and push the now double string apart with your thumb and index finger.
3. Let the yo-yo swing back and forth in the triangle you have created and "Rock the Baby"!





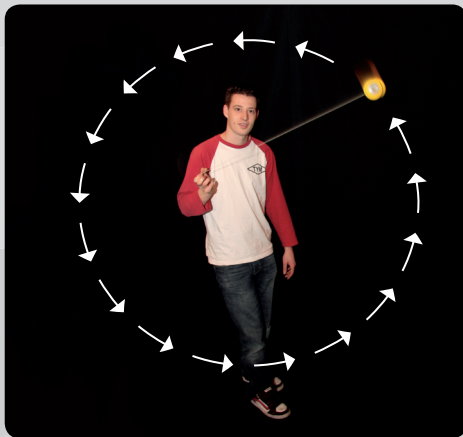
### Pinwheel

Start with a Sleeper. Run the index finger of your free hand along the string away from your body and draw it up to chin height. Pinch the string with your index finger and thumb approximately 20 cm above the yo-yo. Grip the string with your thumb and index finger and swing the yo-yo around in a small circle.



### Forward Pass

Let your arm hang loosely. The back of your hand is facing forwards. Swing your arm from behind your back and throw the yo-yo forwards. Turn your hand and catch the yo-yo with your open hand in front of you. A yo-yo with more response is helpful for this trick.



### **Around the World**

Start as you would for a Forward Pass but throw the yo-yo a bit harder diagonally outwards and upwards. The yo-yo will swing in a large arc. When it has turned a full circle, tug it slightly to make it return to your hand. Catch it as you would for a Forward Pass.



AXYS – Modular axle system, compatible with all Henrys yo-yos.

## AXYS

### Speed Explosion

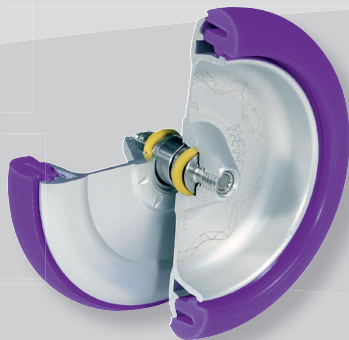
The complete axle incorporating a high-speed precision ball bearing and two ball bearing caps, no grease or oil lubrication required, for maximum acceleration and speed.

### Shockhead

The complete axle with fixed wooden bearing. For specialists and specific competitions.

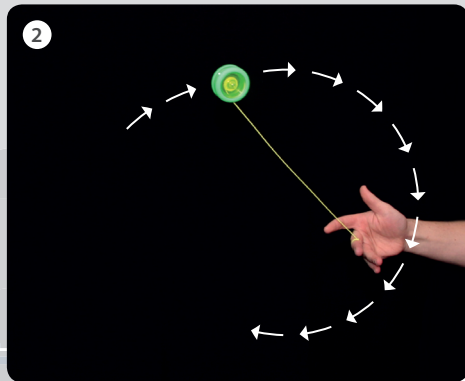
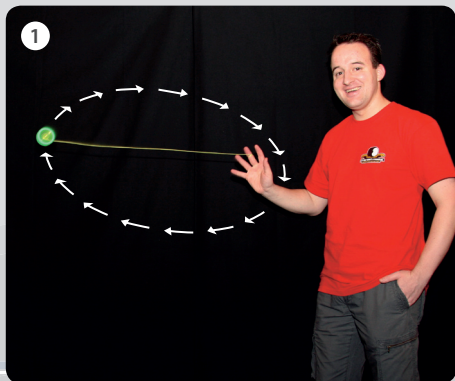
### Slider

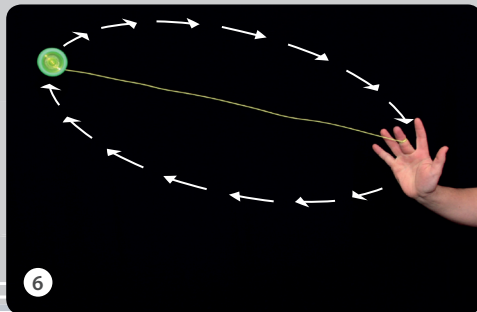
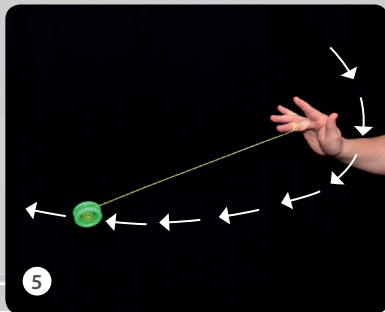
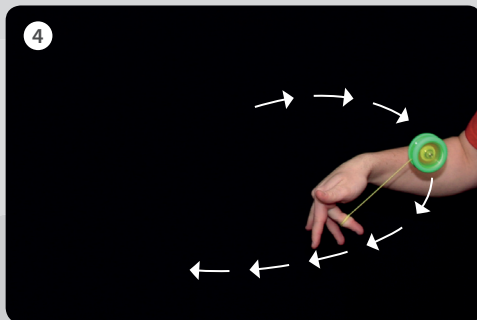
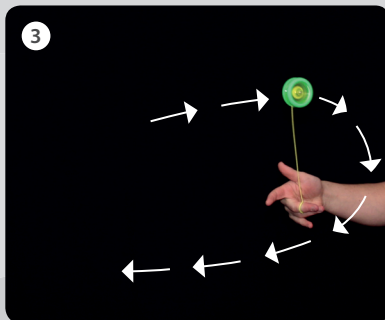
The complete axle comprising a silicon polymer sliding bearing. Optimized for minimum friction and absolutely maintenance-free.



## Loop the Loop

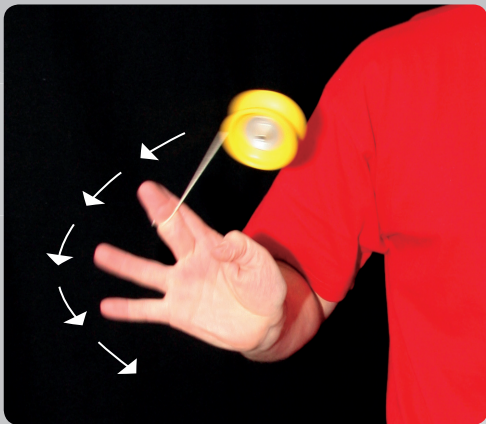
Throw a Forward Pass. As the yo-yo comes back don't catch it but rather snap it quickly forward again from the wrist. The yo-yo passes by on the inside of the wrist. This trick can be repeated as often as you like. A yo-yo with more response is helpful for this trick.





### Regeneration

While the yo-yo is spinning in a sleeper, it is accelerated outwards and dropped into a fast sleeper. First of all you wake up the yo-yo. However, you don't catch it directly with your hand but quickly snap it back into a sleeper again. This allows you to perform long, fluid combos without catching the yo-yo.



## UFO

Throw the yo-yo diagonally at a 45 degree angle downwards to the left (as a right-hander). If you throw it flat enough, you can let it sleep horizontally to perform a UFO.

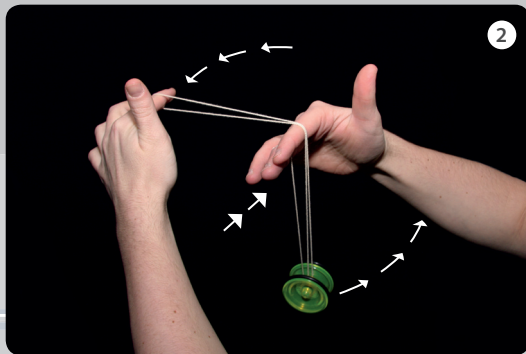
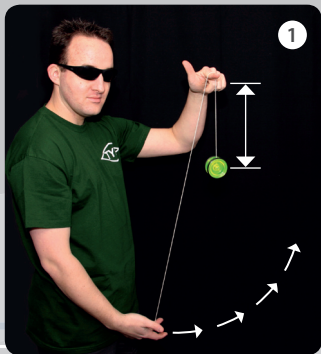
Grip the string approximately 20 cm above the yo-yo and lift the yo-yo upwards so that it keeps rotating on its side. With a short tug of your free hand you can recall the yo-yo to your throw hand.

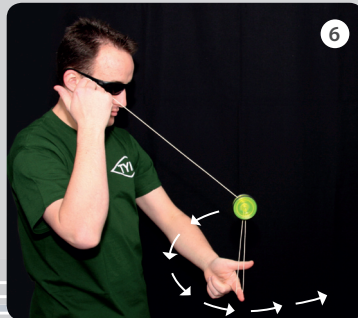
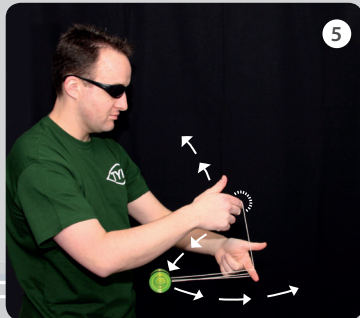
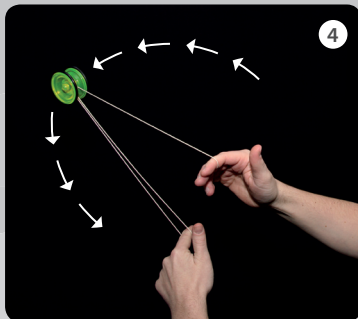
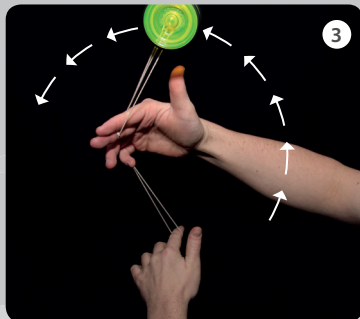
This trick quickly unravels twisted strings and adjusts string tension. Throwing a UFO to the right tightens up the string. A yo-yo with more response is helpful for this trick.



### Braintwister

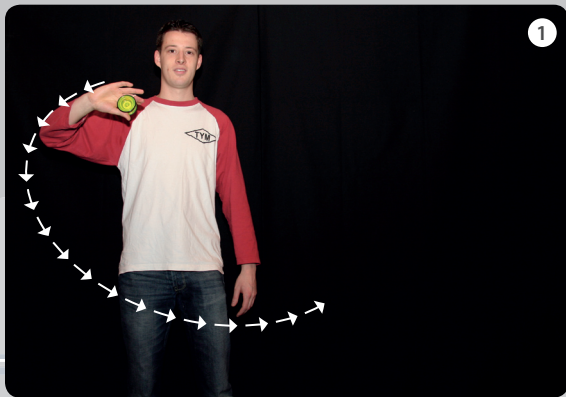
Start with a hard Sleeper. Push the index finger of your free hand forward into the string. Run it up the string until it is approximately 1/3 of the string length above the yo-yo. At the same time, move the throw hand holding the end of the string underneath the yo-yo and then bring it upwards. Push the string with the index finger of your throw hand and swing the yo-yo forwards. (With a little practice, you can repeat the loop as often as you like.) To finish off the trick, flip the yo-yo off the string and wake it up.

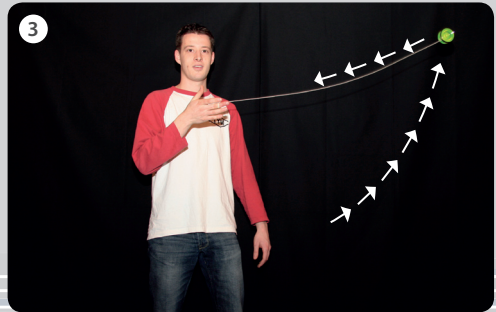
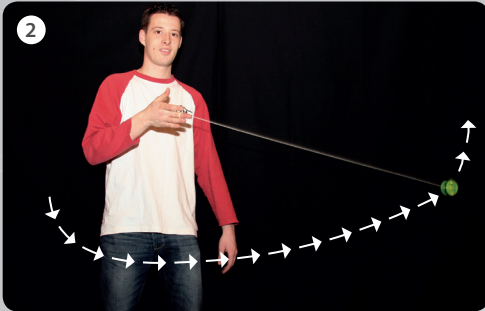


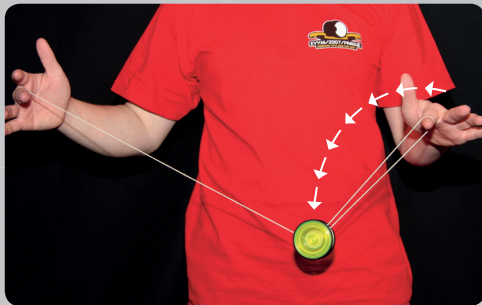


## Breakaway

Throw the yo-yo sideways to the right (as a right-hander) away from your body. Let it then swing back in front of you to the left and recall it by tugging on the string. In Breakaway, the yo-yo turns in the opposite direction to the normal Sleeper so that it forms the basis for all side-style tricks.







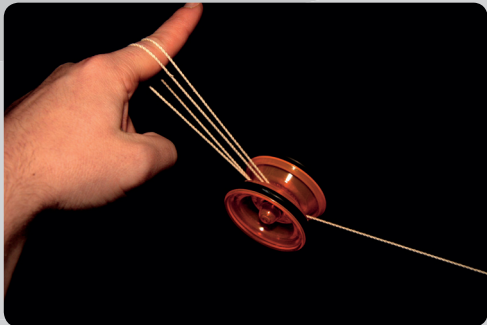
### Trapeze

Start with a Breakaway to the right and when the yo-yo has swung back to the left in front of your body, extend the index finger of your free hand and catch the string on it near to the yo-yo.

When the string and the yo-yo swing around the index finger, try to catch the yo-yo on the long part of the string. This trick is also called "Man On The Flying Trapeze".

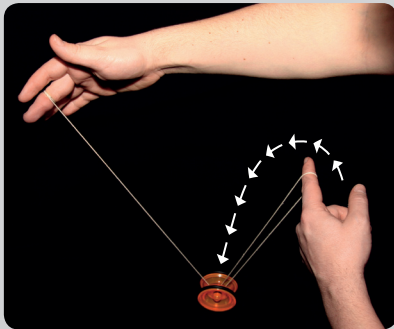
### Lindy Loop

Throw a Trapeze but swing the string twice around over your finger. Can you do this even more often?



### Under Mount

Throw a Sleeper and use the momentum of the yo-yo to swing it round to land directly on the string again.

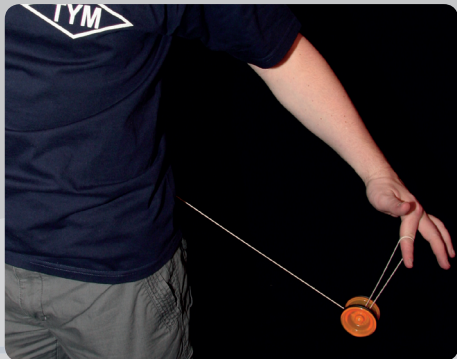






### Behind Trapeze

Throw a sideways Around the World and at the beginning of the second circle, swing the yo-yo behind your back and catch it there in a Trapeze.



### Eli Hops

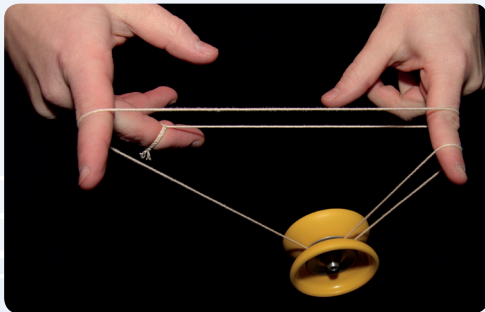
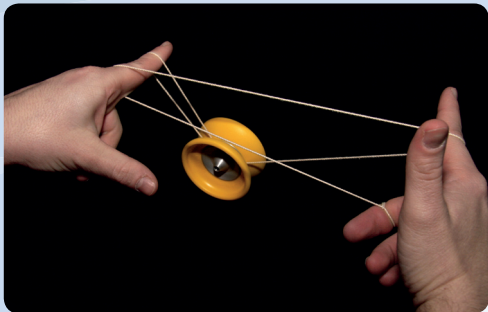
Start with a Trapeze. Pop the yo-yo up above your head while at the same time widening and narrowing the distance between your hands on the string. Land the yo-yo onto the string. This impressive trick can be repeated as often as you like. A yo-yo with less response is helpful for this trick.

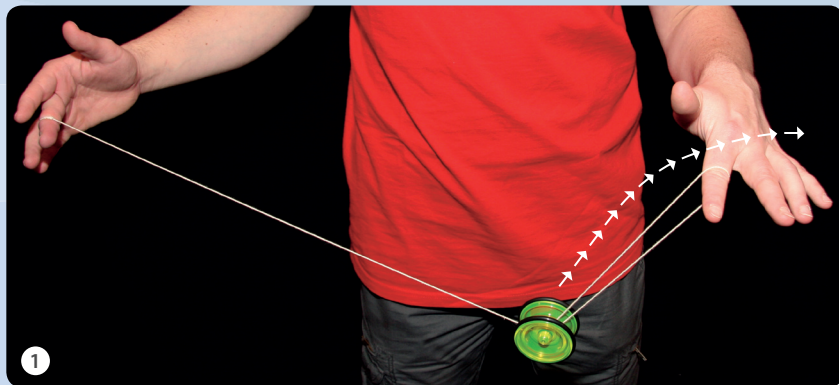


### **Double or Nothing**

Start as you would for a Trapeze with a Breakaway and swing the yo-yo over the index finger of your free hand. However, the distance between your hands is shorter for the Double or Nothing. Position the index finger of your throw hand and swing the yo-yo around it.

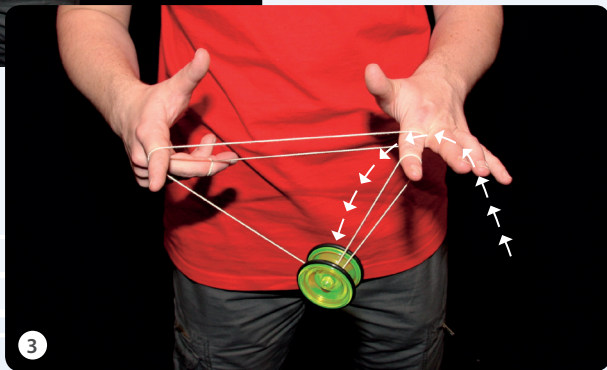
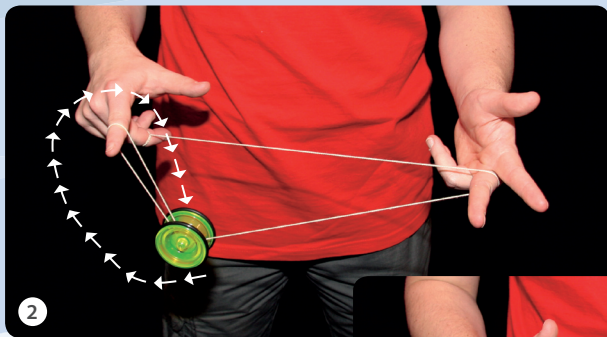
Now the yo-yo must loop around the index finger of the other hand and land on the front string. To dismount you can let all the strings drop again or finish the Double or Nothing with a windmill. To do this, simply drop the string from the index finger of your throw hand and swing the yo-yo outwards over the other hand twice.





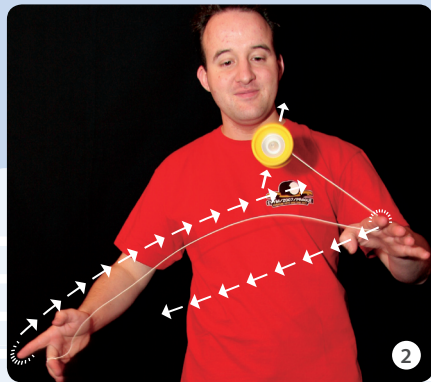
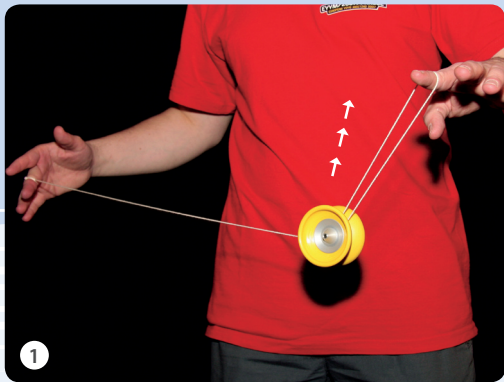
### Rollercoaster

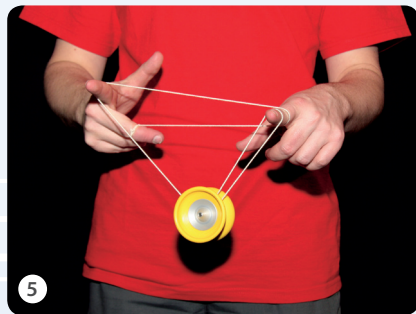
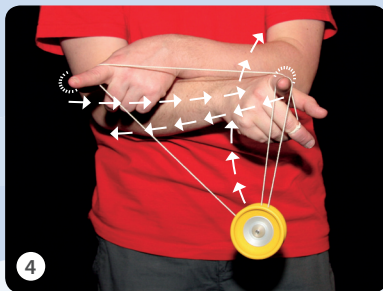
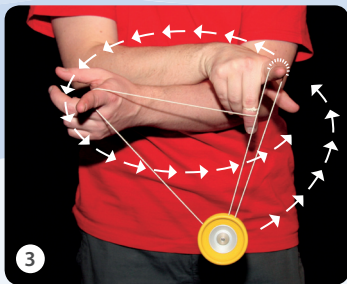
This trick also begins with a Trapeze. Exit the Trapeze by letting the string run over the middle finger of your hand and then catching it with the throw hand to make a smaller Trapeze (see Figure 2). Double back from there and continue directly into the Double or Nothing. Finish off with a Windmill and there you are, you have ridden the Rollercoaster!



## Kwijibo

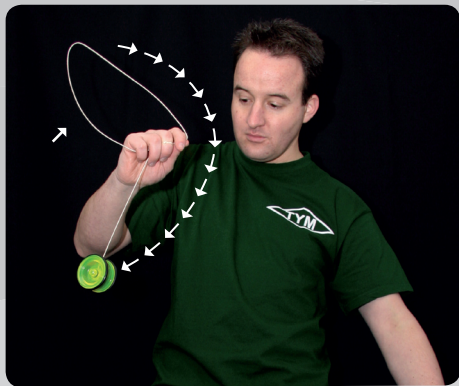
Start with a Trapeze. Pop the yo-yo up in the air, cross your arms (right over left) and catch the yo-yo on the front string. Now cross your arms in the other direction (left over right), pop the yo-yo once more into the air and catch it in a Double or Nothing. Finish off as for a Double or Nothing.



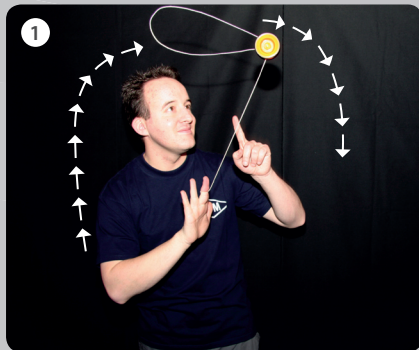


## Iron Whip

Throw a Trapeze. Grip the string leading to the yo-yo below the index finger of your free hand with the index, middle and ring fingers of the throw hand. Remove your index finger from the Trapeze while swinging the complete loop backwards and then whip it around the yo-yo. For this trick, the momentum must come from the wrist. To add more Iron Whips, simply use the index finger and start again from the beginning.



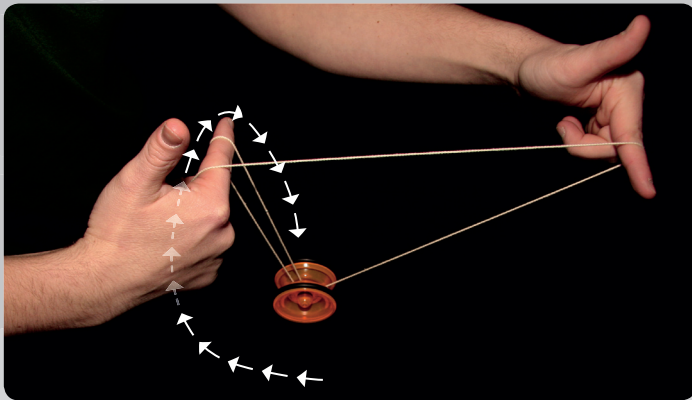




### Suicide

This trick begins with a Trapeze. Continue by moving the hand holding the Trapeze to your throw hand and gently throw off the loop while in motion by drawing out your index finger.

Now the loop should swing around your yo-yo hand. Catch the loop onto your index finger again.

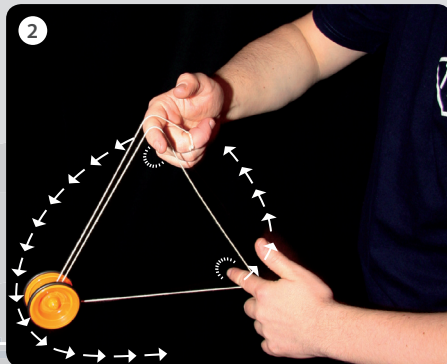
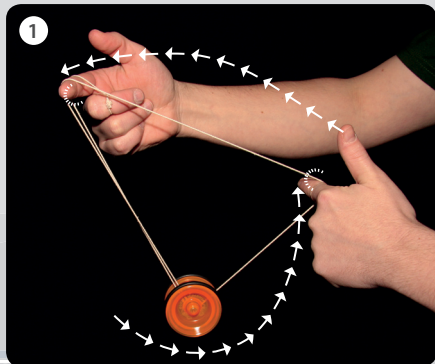


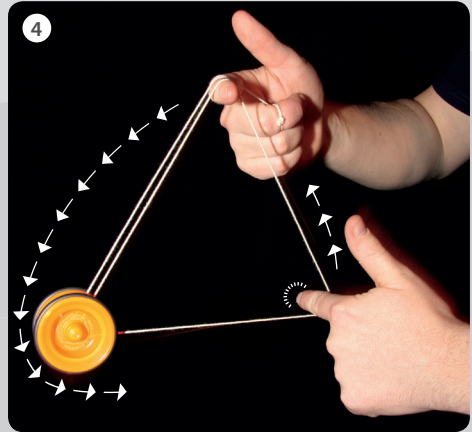
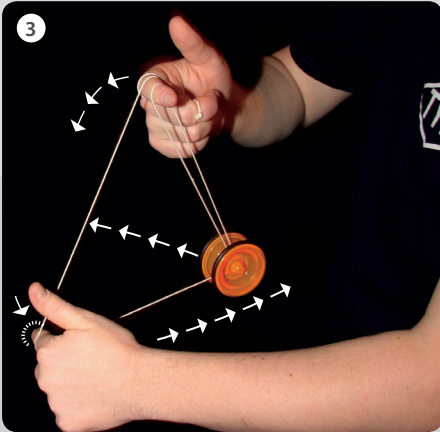
### **Split Bottom Mount**

Throw a Sleeper. Then swing the yo-yo forwards. Push the index finger of your free hand into the string when the yo-yo returns and use the momentum to swing the yo-yo over the index finger of the throw hand and mount it on the string. It is easier if only the index finger of the throw hand is extended. Split Bottom Mount is the basic starting figure for many tricks.

## Atomic Fire

Begin with the Split Bottom Mount. Pass the index finger of your free hand below the yo-yo and then catch the yo-yo onto the front string. Then pass the index finger of your throw hand below the yo-yo and land the yo-yo onto the single string. Repeat these steps as often as you like. To finish off, just let all the strings drop from your fingers.

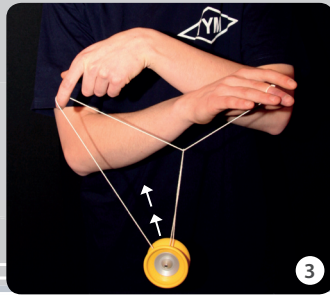
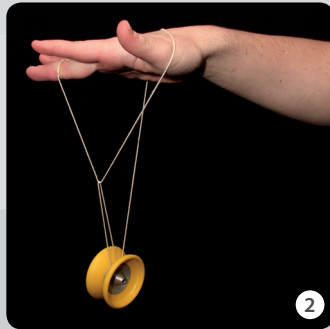
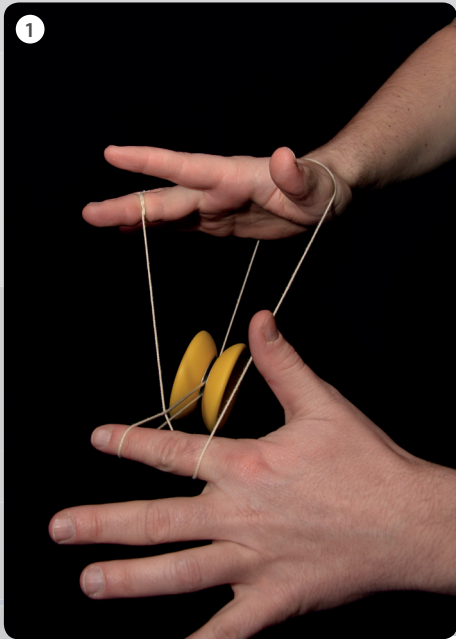




### **Wrist Mount**

Wrist Mount is an opening trick for complex string tricks. Start as you would for Double or Nothing, but instead of running the string around the index finger of your throw hand, let it swing over your wrist. Now swing the yo-yo over the index finger and land it on the middle string of the triangle you have formed. And there you have it; the Wrist Mount!

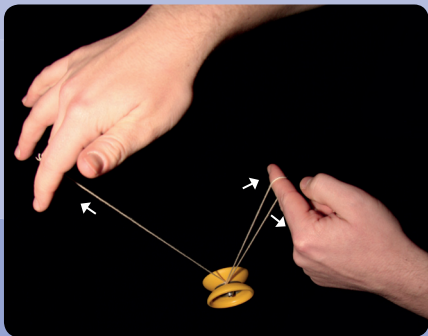
One nice way to finish off here is a triangle: remove your index finger completely and let the yo-yo dangle from the throw hand. Hold the string over your wrist with your free hand and draw the throw hand towards your body. Cross your arms (left over right). And there you have the Triangle! To finish off, pop the yo-yo out of the Triangle in towards your body to prevent knots. Welcome to the world of complex string tricks!



## Bind

Yo-yos with very little response can usually only be recalled to your hand with what is known as a Bind. To wake up such a yo-yo, you have to more or less take care of creating more response yourself. You can do this by increasing the number of strings for the axle to catch onto.

The Bind works as follows: start with a Trapeze or an Under Mount and pull the loop made by this trick over the yo-yo. The additional loop now wraps more string around the axle so that by drawing the loop into the string gap, you can recall an unresponsive yo-yo to your hand. This also works when the yo-yo is spinning in the opposite direction (Backspin Bind).



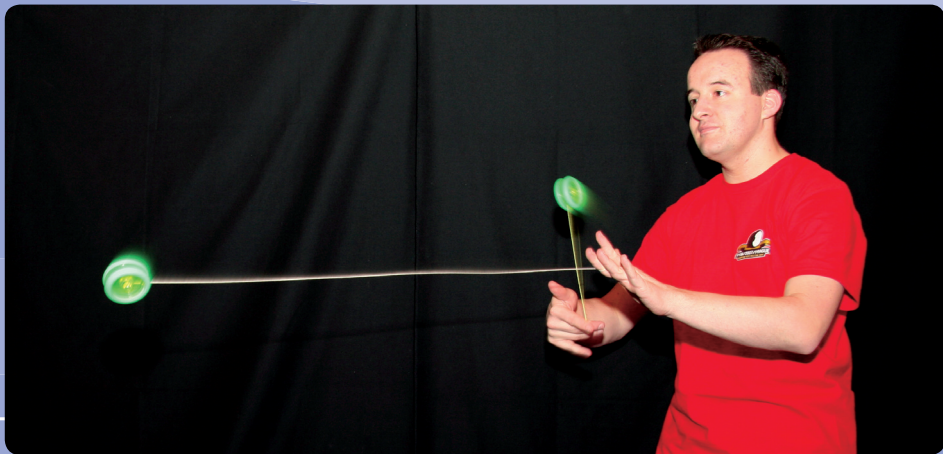
## Skyrocket

This is the classic final act trick: throw a Sleeper. Take the string from your finger, jerk the yo-yo up and then let go of the string so that it flies up into the air like a rocket. You can catch the falling yo-yo in your shirt or trousers pocket.



## Two Handed

Playing tricks with two yo-yos at the same time is quite a challenge. First of all, try playing a few tricks with your other hand. Then take two yo-yos and try out two-handed Around the Worlds or Loops.





**Want to try more?**

Then try combining tricks or even inventing your own tricks. For more ideas you can visit [www.TYM.de](http://www.TYM.de)

## Dictionary

### 1A or Single A

A yo-yo play style with a normal yo-yo.

### 2A or Double A

A style using two yo-yos, one in each hand. Mostly Loop and Wrap tricks.

### 3A or Triple A

A style using two yo-yos, one in each hand. In contrast to 2A, the main focus lies on string tricks, not on loops.

### 4A oder Offstring

A style with a string that is not attached to the axle. Is played similar to a Diabolo.

### 5A oder Counterweight

Play style in which the yo-yo is not attached to the hand but rather to a counterweight such as a dice.

### Axle

Basic component of a yo-yo. Connects the two yo-yo halves to each other. Depending on the yo-yo, the axle can be assembled with different kinds of bearings (e.g. ball bearings, plastic slide bearings).

### Adjustable String Gap a.k.a. Quicktrick on Henrys yo-yos

The system that allows the width of the string gap to be adjusted to fine-tune yo-yo response. Depending on the yo-yo, gap adjustment can range from "Non-sleeping" to "No-longer-returning".

### AXYS

Modular axle system, compatible for all Henrys yo-yos.

### Bind

The use of an additional string around the axle to revive an unresponsive yo-yo.

### German Championship

A competition awarding the title of German Yo-Yo Champion. Organized by the German Yo-Yo Association, GYYA.

### DJ

TYM (Team Yo-Yo Maniacs) member Daniel Springer, playing yo-yo since 2000. German Yo-Yo Team Championship 2005 together with his brother Markus.

### Forum

German yo-yo forum at <http://Forum.TYM.de>

### Grind

Yo-yo spins on an object or part of your body.

**GYA**

German Yo-Yo Association - [www.GYA.de](http://www.GYA.de) - founded 1999.

**High Speed Bearings**

Ball bearings or silicon polymer sliding bearings.

**Jumper**

TYM (Team Yo-Yo Maniacs) member Markus Springer, playing yo-yo since 1996. Director of the GYA since 1999. Also won German Yo-Yo Team Championship in 2005 together with his brother Daniel.

**Concave Bearing**

Ball bearing with concave shape so that the string always runs in the middle.

**Mount**

Beginning of a trick such as Front Mount, Wrist Mount or Split Bottom Mount.

**Pinchen**

Holding the string together inside a trick.

**Response**

A yo-yo with good response returns to your hand easily. When it returns only with great difficulty it has low response.

The response in all Henrys yo-yos can be adjusted individually and infinitely in just the wink of an eye with the Quicktrick system.

**Sidestyle**

Tricks performed parallel to body, i.e. to the side.

**String changing**

As the string is subject to wear it must be replaced regularly to prevent it breaking. A new, clean string plays better than an old, soiled one.

**Starburst**

A pattern of grooves or bumps on inner surface of yo-yo half-shells to increase response.

**TYM**

Abbreviation for Team Yo-Yo Maniacs.

**TYM.de**

Homepage of the Team Yo-Yo Maniacs.

**Whips**

Tricks in which the yo-yo is caught in a loop (whipped).

**Wrap**

Tricks in which string is wrapped around part of body.



### **Information on Henrys**

Henrys products are part and parcel of the equipment used by professionals and champions on stages all over the world.



Our juggling clubs, Pirouette, Albatros, Classic, Delphin and the latest model, Mirage, also keep jugglers and audiences happy worldwide. "Made in Karlsruhe" has become an international byword for balance, design, unbeatable service and quality in the world of skill toys.

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### **Henrys also supplies:**

balls, cigar boxes, devil sticks, fire-juggling equipment, poi, unicycles, walking globes, rola bolas, tight-ropes, trapezes and, of course, yo-yos.



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**Web links**

**Henry's homepage with information and online shop**

[www.Henrys-online.de](http://www.Henrys-online.de)

**Team Yo-Yo Maniacs**

[www.TYM.de](http://www.TYM.de)

**German Yo-Yo Association**

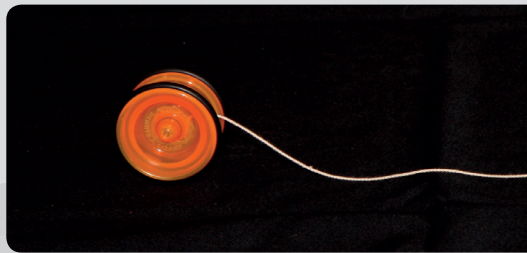
[www.GYYA.de](http://www.GYYA.de)

**German Yo-Yo Forum**

<http://Forum.TYM.de>

**European yo-yo homepage**

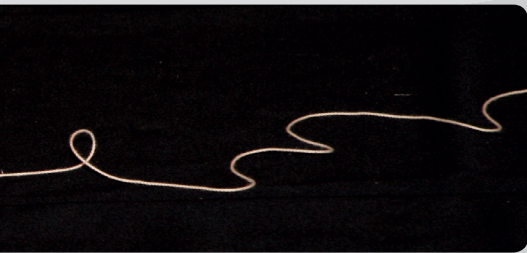
<http://Europe.TYM.de>



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You're the best!



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