



Glossary of Flow Kupu

Are you new to fire and flow?

Are you wondering what that fancy sounding word you've read or overheard means?

Have you been around for a while, and want to check we know what we're talking about?

We've put together this list of helpful kupu/words to help you along on your flow journey.

Dipping Station

a.k.a. fuelling station, the area where fire spinners dip the wicks of their fire props in fuel, this area is away from the spinning area

Fire Arts

a.k.a. fire spinning, using fire as a tool to create movement-based art, with or without an object/prop

Fire Blanket

a special type of blanket specially designed for extinguishing fires on a person

Fire Breathing

the mouth is filled with fuel which is then vaporised (sprayed/spat out) with a flame in front of it

*fire breathing is one of the most dangerous forms of fire arts

Fire Dancing

manipulating a fire prop, usually blended with dance

Fire Eating

lit wicks are extinguished using the mouth

Fire Fleshing

moving a lit wick along the skin, often on the forearm, to create fire trails

Flow Artist

a person who is involved with flow arts and practises their discipline often, can also be referred to as a 'flowmie'

Flow Arts

play, a hobby, a sport, an art form, involves movement and object manipulation

Flow State

a term coined by Mihaly Csikszentmihalyi (pronounced Me-hi Chic-sent-me-hi), referring to being in a state of optimal experience, a.k.a. in the zone, or, moving meditation

Fuel

the flammable liquid the wick gets dipped in for fire spinning

Fuelling Station

a.k.a. dipping station, the area where fire spinners dip the wicks of their fire props in fuel, this area is away from the spinning area

Jam

a.k.a. spin jam/flow jam, refers to a gathering of flowmies for practice, skill sharing, idea bouncing and generation, and having heaps of fun

Kevlar

a strong synthetic fibre that is heat-resistant

Movements

a.k.a. tricks/moves, refers to a particular movement with a prop

- **Anti-spin:** refers to an object's rotation in relation to the body part controlling it (usually hand/arm), e.g. the arm is moving clockwise but the prop is rotating anti-clockwise, applies to any prop
- **In-spin:** refers to an object's rotation in relation to the body part controlling it (usually hand/arm), e.g. the arm is moving clockwise and the prop is rotating clockwise, applies to any prop
- **Isolation:** a technique where a part of the prop appears to be stuck in place while the rest of the prop moves around it, applies to any prop
- **Hybrid:** a technique where each hand executes a different trick, applies to double props

Object Manipulation

making inanimate objects move

Planes

the area in which the prop spins in relation to your body

- **Vertical planes:** the prop spins perpendicular to the horizon
 - **Wall plane:** the prop spins in front of you, perpendicular to your feet
 - **Dark (dark wall) plane:** the prop spins behind you **For wall plane, we use clockwise/anticlockwise when talking about direction*

- **Wheel plane:** the prop spins at your sides, parallel to your feet **For wheel plane, we use forwards/backwards when talking about direction*
- **Horizontal planes:** the prop spins parallel to the horizon
 - Earth plane: below your waist
 - Mountain plane: between your waist and head
 - Cloud plane: above your head

Props

refers to the objects manipulated in flow arts, e.g. poi, staff, hoop etc.

- **Ball props:** ball-based props such as poi, rope dart, contact juggling etc.
- **Day-flow props:** a.k.a. practice props, refers to props that do not have LED's and cannot be set on fire
- **Fire props:** refers to props with wicks that can be set on fire
- **LED props:** refers to props that can be lit with LEDs
- **Pixel props:** a type of LED prop where the lights create images as the prop is spun
- **Practice props:** a.k.a. day-flow props, refers to props that do not have LED's and cannot be set on fire
- **Stick props:** stick-based props such as staff, double staff, juggling sticks, levi wand etc.

Safety

refers to the person who is actively watching over flow artists while they spin fire, and will act as fire-fighter, first aid, and crowd control

Spin off

a method to safely remove excess fuel from a wick before lighting up, minimises the spray of fuel when spinning

Spin style

the way in which a person manipulates a prop

- **Spin/rotation:** using a finger and thumb grip to manipulate a prop, most common with stick props
- **Contact:** using various parts of your body to manipulate a prop, such as neck, arms etc. Keeping the prop in contact with your body, with minimal throws or finger-grip, applies to any prop
- **Flow:** a focus on flowing, dancing, and getting into a meditative state with your prop
- **Tech:** the technical aspects of spinning, with a strong focus on precise movement and complex geometric patterns

Tail

a piece of fabric added to the end of a prop to create extra drag (slows it down) and give a stunning visual effect

Timing and Direction

a double prop concept, refers to the way the two props spin in relation to each other

- **Together time:** when both props pass the same point at the same time
- **Split time:** when each prop passes the same point at a different time, usually 180 degrees apart, e.g. one poi is at the top of its rotation while the other poi is at the bottom
- **Same direction:** both props are spinning in the same direction, e.g. clockwise
- **Opposite direction:** both props are spinning in opposite directions, e.g. one is going forwards and the other is going backwards

Timing/Direction Combos

four fundamental ways to spin double props

- **Tog-same/TS:** props are spinning in together time, in the same direction
- **Tog-opp/TO:** props are spinning in together time, but in opposite directions
- **Split-same/SS:** props are spinning in split time, in the same direction
- **Split-opp/SO:** props are spinning in split time, in opposite directions

Wick

the part of the fire prop that gets soaked in fuel and set on fire