

DIABOLO

Getting Started

1. Start by setting the Diabolo on the string and then on the floor to your right.
2. Set the Diabolo in front of your right foot, stand up and move further to the right if possible. The further the Diabolo is set to your right, the more spin is possible.
3. Before rolling the Diabolo, point your stick at the Diabolo off to your left. The string from stick to the Diabolo should be fairly taut – if not, position the Diabolo even further right.
4. Now begin rolling the Diabolo across the floor in front of you by lifting up the right stick. Start rolling slowly at first then accelerate faster as the Diabolo moves to the left.
5. As the Diabolo reaches a point in front of you (just before the place where your left foot is positioned) gently lift up the Diabolo using both sticks held approximately 10cm apart.
6. The Diabolo should be spinning counter-clockwise. Try to centre the Diabolo and, keeping your left hand still, move your right stick up and down causing the Diabolo to roll backwards and forwards along the string.

(Note: If you are left-handed, reverse the references to “right” and “left” in the synopsis given above)

Tips

If the Diabolo's near cup is tilted down towards you, put your right stick forward and keep pulling until the Diabolo is in the correct position.

If the Diabolo's near cup is tilted up towards you, put your right stick back and keep pulling until the Diabolo is in the correct position.

Remember

With patience and practice, you will gradually be able to master the technique and be able to progress to performing the many tricks which can be performed as part of this fascinating pastime.