

POI

STEP 1: GETTING STARTED

HOLDING THE POI

1. Hold out your hand, palm up.
2. Slip the knot between your index and middle fingers with the poi hanging down (*Fig. 1*).

RAILROAD TRACKS (A.K.A. THE WHEEL PLANE)

1. Imagine you're standing between two railroad tracks that run along both sides of your feet, out ahead of you (front) and out behind you (back).
2. Spin the poi along the line of the tracks, creating circles next to your body like wheels on a big wheelchair.



Fig. 1 Hold the poi like this.



NOTE: Here's the link to our companion online tutorial on poi ABCs: www.DIYCircusLab.com/tutorials.

STEP 2: ONE POI—FORWARD, BACKWARD, CROSSING

1. Starting with *one* poi in your favorite hand, stand facing front (looking down the tracks). Swing your arm back and forth along the railroad track to get a feel for the poi's weight.



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2. Forward: Using just your forearm, swing the poi up behind you and *down the front* along the railroad track. Continue circling from the wrist (*Fig. 2*).

- a. You know you're circling *Forward* if the poi hits your *Feet*.
- b. Switch hands and circle forward along the other track.

3. Backward: Using just your forearm, swing the poi up the front and *down behind you* along the railroad track. Continue circling from the wrist.

- a. You know you're circling *Backward* if the poi goes over your shoulder and hits your *Back*.
- b. Switch hands and circle backward along the other track.

4. Crossing Forward: This is the same motion as the forward weave in hooping.

- a. Circle one poi forward. As the poi swoops toward the back and UP, cross your arm over your body to the opposite side. Continue circling with your arm across your body (*Fig. 3*).
- b. As the poi swoops back and UP, uncross your arm to the original side.
- c. Switch hands and repeat.

5. Crossing Backward:

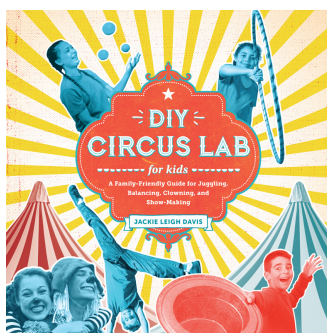
- a. As the poi swoops toward the front and UP, cross your arm over your body to the opposite side. Keep circling along the opposite track.
- b. As the poi swoops forward and UP, uncross your arm to the original side.
- c. Switch hands and repeat.



Fig. 2 One poi forward.



Fig. 3 One poi across body (forward).



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STEP 3: TWO POI—FORWARD AND BACKWARD IN SAME-TIME AND SPLIT-TIME

Now pick up the second poi.

1. **Same-time:** Spin both poi forward along the railroad tracks together in the same rhythm. They are parallel to each other, as if connected by an invisible thread.
2. **Split-time:** Change the rhythm so the poi alternate, chasing each other: one-two, one-two, one-two (Fig. 4).
3. Switch to spinning backward in same-time.
4. Spin backward in split-time.

STEP 4: THE TWO-BEAT WEAVE

1. **FIRST:** Spin both poi forward in *same-time*.
2. As the poi lift up behind you, cross your arms over your body and back again.
3. Repeat the same-time arm crossing, noticing which arm likes to go on top.
4. **THEN:** Spin forward in *split-time*.
5. Cross one arm over followed by the other, and back again (Fig. 5). The second arm goes over the first arm.



Fig. 4 Two poi, split-time.

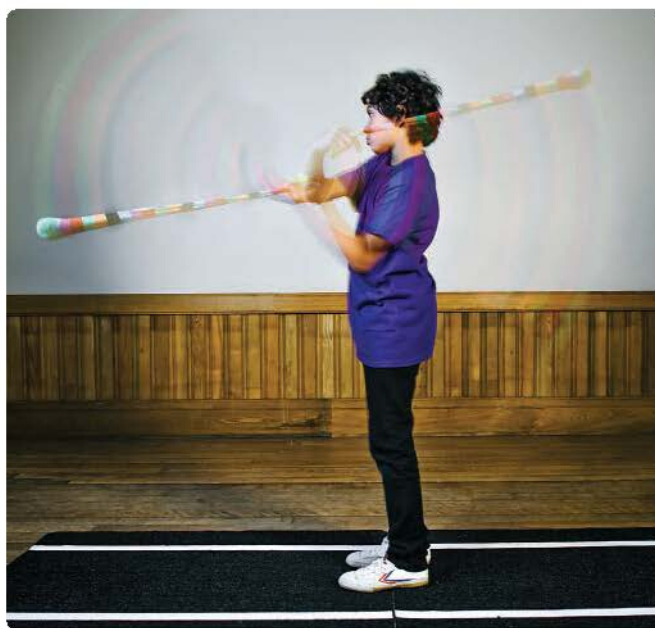


Fig. 5 Two-beat weave.



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Fig. 6 Turning: Sweep poi toward floor as you pivot 180 degrees.



Fig. 7 Turning: Arc poi toward sky as you pivot back to where you started.

STEP 5: SAME-TIME TURNS WITH TWO POI

1. Spin both poi forward in *same-time*.
2. Extending your arms forward and DOWN, sweep both poi toward the floor as you pivot a half turn and face the opposite direction (Fig. 6). You should now be spinning the poi backward.
3. From the backward spin, extend your arms forward and UP, arching both poi toward the ceiling as you pivot a half turn back to where you started (Fig. 7). You're now spinning the poi forward again. (This makes much more sense in the video tutorial!)

STEP 6: TAKE THE LEVEL 1 MASTERY TEST WITH TWO POI

1. Forward and backward, same-time and split-time.
2. Two-beat weave.
3. Same-time turns.
4. Style and smile!

Once you can do these ABCs on your own, you're ready to take your Next Steps! See Resources on page 140.



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