

Week One – Basics

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HSSP 4502: Introductory to Intermediate Poi

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Making Your Own Poi

Poi can be made of almost any weight and tether, but by far the best thing to spin with as a beginner is something that is 1) heavy enough to keep its momentum and direction and 2) light/soft enough to not hurt when you hit yourself (trust me, you will hit yourself). One of the most common introductory sets of poi consists of taking crew-length socks and stuffing them with tennis balls. You are free to use the poi provided during the course, but *you may not take them home with you.*

Week One Patterns

Two-Handed Timings:

- Same Time, Same Direction
- Split Time, Same Direction
- Same Time, Opposite Direction
- Split Time, Opposite Direction

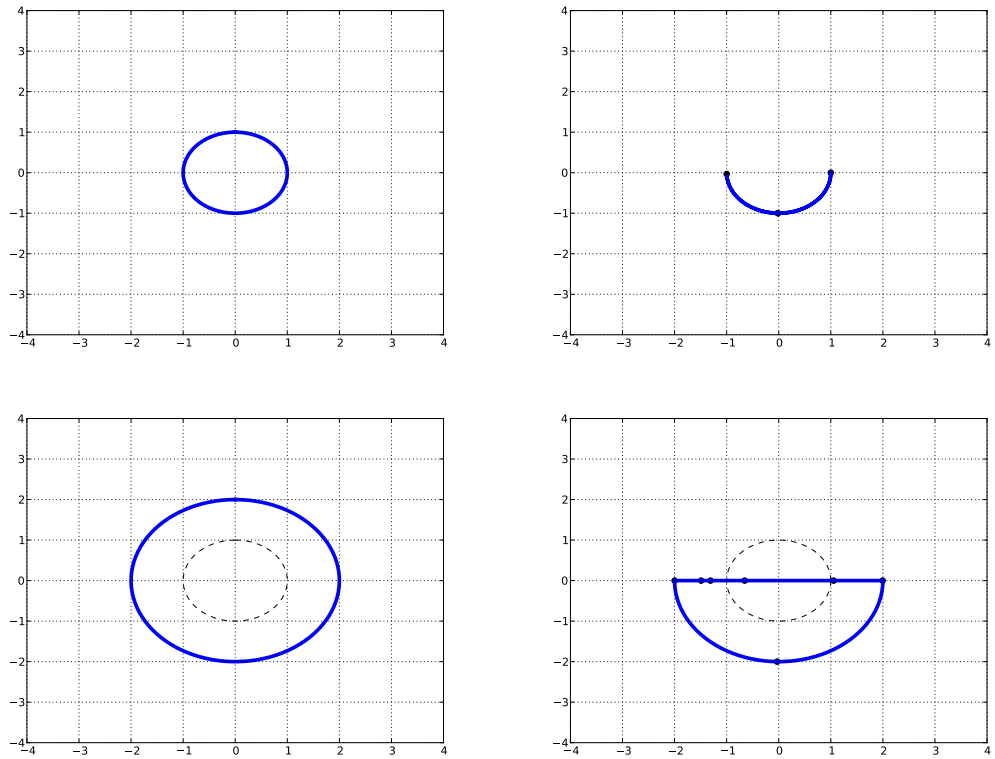


Figure 1: From top-left to bottom-right: a zero-radius extension, a zero-radius pendulum, a unit-radius extension, and a unit-radius pendulum.