

# Baton twirling - a complete illustrated guide

**Lion Books - [vip.stumagz.com](http://vip.stumagz.com): Customer reviews: Baton Twirling: A Complete Illustrated Guide**



Description: Diagrams and text instruct the beginning, intermediate, and advanced twirler in the various techniques of baton twirling.

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Tags: #How #to: #Staff #Spinning

**Star Line Baton Co, Inc.**

A longer staff spins a lot slower due to its length and weight, but the wide diameter of its spin more than make up for this. Seeders: 1 Leechers: 2 Ajoutée: 3 ans 4871ba73e05a3718db1a4f194e671812581ef866 Fichiers: A.

**Baton Twirling : A Complete Illustrated Guide by Doris Wheelus 9780874603101**

I think that more attention could have been paid to the details and nuances of the twirls, i. Also known as deebesticks, a great deal of the techniques evolved from martial art forms such as bo and jo stick, eskrima and aikido.

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Also see details below for buying a ready made fire staff. Let the front end drop downwards and to the outside of your arm, and 'whip' it hard, so it spins one complete revolution and back to its starting point.

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A cane would balance on the performer's forehead and a top hat was thrown to be caught on the top end of the cane. It turns out that a lot of club swinging moves are actually long pole moves, with a gap in the middle of the pole.

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The source that I used was a trinket store in the local Chinatown.

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