



**The Leader in the Sport of Cup Stacking**

Promotes hand-eye coordination, ambidexterity, quickness and concentration

[www.speedstacks.com](http://www.speedstacks.com)

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## The Basics of Cup Stacking in 5 Steps

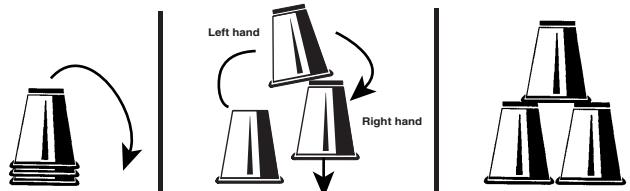
(Note: For teaching purposes, these instructions are written for a dominant right-handed stacker.  
Dominant left-handed stackers can reverse the instructions for left and right hands.)

### STEP 1

#### The 3 Stack

The 3 Stack is the most basic pyramid in cup stacking. It's the place to start, so ready, get set, go...

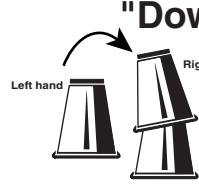
##### "Up stacking"



Start with only 3 cups all nested together.

Take the top cup off with your right hand and set it next to the bottom cup.

Take the second cup off with your left hand and place it on top to build your first pyramid.



##### "Down stacking"

To down stack, put your right hand on the top cup and your left hand on the bottom cup.

Slide the cup in your right hand down over the bottom right cup. Bring the cup in your left hand over the second cup, and voila...

You are now back to your original stack of 3 cups and ready to go again. Practice, practice, practice!

### STEP 2

#### The 3-3 Stack



Place two sets of 3 cups in front of you. Work from left to right.

Up stack the set on the left first. Then up stack the set on the right.

GO BACK to the first stack on your left. Down stack the first set, then the next.

### STEP 3

#### The 3-3-3 Stack Beginner Competition Stack



Start with 3 stacks of 3 cups, each nested together.

Up stack each stack working from left to right.

THEN GO BACK TO THE BEGINNING to down stack from left to right.

**Times to shoot for: 3-3-3**

**Beginner--10 seconds; Fast--6 seconds; Really Fast--under 4 seconds**

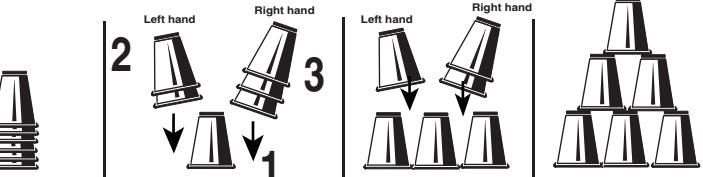
### STEP 4

#### The 6 Stack 3-2-1 Method

The 3-2-1 method is by far the fastest way to build a 6 Stack. Take your time to learn this method and practice it over and over; it's your ticket to really stacking fast.

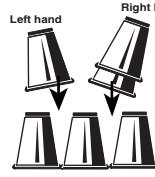
As you build your 6-cup pyramid you will be alternating your hands, right, left, right, left, right.

##### "Up stacking"

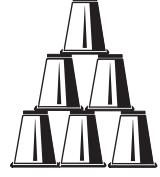


Start with 6 cups nested together in one stack in front of you.

Take 3 cups with your right hand and 2 cups with your left. Hold the cups loose with your pinkies under the bottom cups. Spread the cups apart with your fingers.

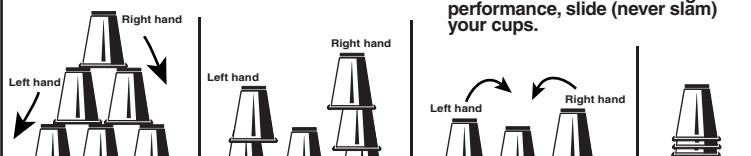


Release the bottom cup in your right hand down just to the right of the center cup. Release the bottom cup from your left hand to the left of the center cup so you now have 3 cups forming the base of your pyramid.



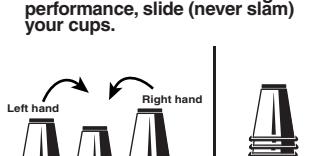
Release the next cup in your right hand on top of the center and right cups that form the base of the pyramid. Set the cup in your left hand next to it. Set the last cup in your right hand on top.

##### "Down stacking"



To down stack, put your right hand on the top cup and your left hand on the second cup on the left.

Slide to the right with your right hand and at the same time to the left with your left hand.



Take the 3 cups in your right hand and the 2 cups in your left and put them back in one stack of 6 cups.

There you have it. Now practice again and again and again...

### STEP 5 The 3-6-3 Stack Competition Stack

The 3-6-3 Stack combines the skills you have just learned in the 3 Stack and the 6 Stack. You now get to use your complete set of 12 cups. Working from left to right, stack 3, then 6, then 3, go back to the beginning and down stack. It's that simple, but remember in order to go fast later, it's important to go slow now. Take your time, don't forget to use the 3-2-1 method when stacking your 6 Stack, and have fun practicing. Race a friend, have someone time you, time yourself with a StackMat (our self-timing device made specifically for the sport of cup stacking), chart your personal best and try to beat it. Keep practicing...

It's really cool to have someone time you with a stopwatch. But do you know what's even cooler?

#### The Speed Stacks StackMat!

It's a stacking surface and stopwatch built into one where you time yourself! Check it out on our website: [www.speedstacks.com](http://www.speedstacks.com)

##### "Ready, get set, go..."



Start with 1 stack of 3 cups, 1 stack of 6, and 1 stack of 3.



Up stack the 3, the 6 (don't forget the 3-2-1 method), and then the 3.



THEN GO BACK TO THE BEGINNING to down stack in the same order.

**Times to shoot for: 3-6-3**  
**Beginner--15 seconds; Fast--7 seconds; Really Fast--under 5 seconds**

### The Cycle Stack

Premiere Competition Stack

The Cycle is the most complex of the competitive stacks. It consists of a 3-6-3 followed by a 6-6 then a 1-10-1 with a few fancy maneuvers in between, all ending with a down stacked 3-6-3. To give you a clue, a beginner doing the Cycle can expect a time of around 60 seconds. The world record for the Cycle is 7.43 seconds. (Step-by-step instructions for the Cycle are included in the Speed Stacks instructional video "See It, Believe It, Teach It!" The cost is \$9.95, plus shipping.)

Did you know the world record for the 3-6-3 is 2.72 seconds?

The world record for the Cycle is 7.43 seconds.

Note: These instructions have been developed in cooperation with the World Cup Stacking Association (WCSA). The WCSA was formed in 2001 to govern and promote the sport of cup stacking worldwide. The WCSA is a non-profit organization and serves as the official resource for rules and regulations to provide a consistent framework for cup stacking tournaments and events. For more information, call the WCSA at 303-814-8986 or check out the WCSA website at [www.worldcupstackingassociation.org](http://www.worldcupstackingassociation.org).