Plate Spinning

by

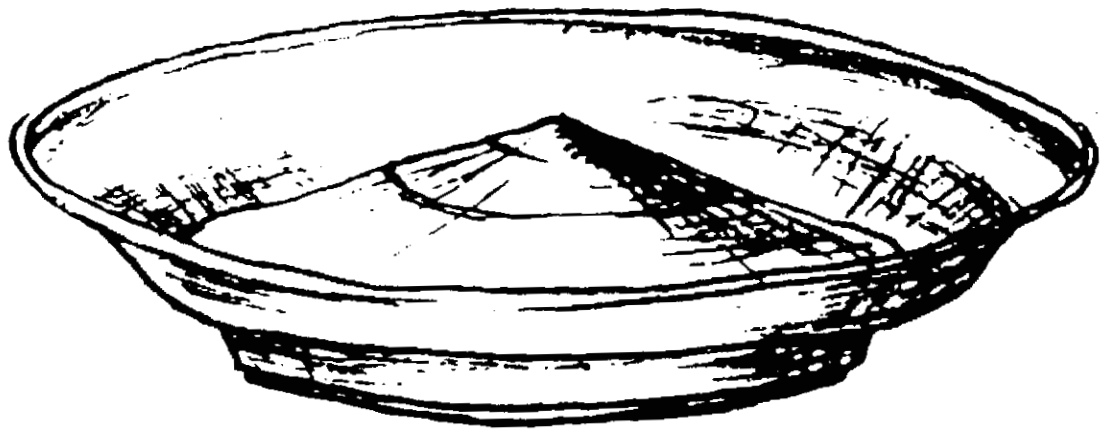
Cathy Valentine



Plate Spinning

Plate spinning simply involves twirling a plate around on the end of something pointed, like a stick or even your finger. You could try this with a normal household plate, but its a big drag when you've broken everything to eat your food off and its a real bore picking bits of china out of the furniture, the family dog and your grandmother!

So if you're smart you will use a plate specially made for spinning. This does not cost as much as using real plates, is much safer and its still good fun even though you miss out on that nice crashing noise when they hit the ground.

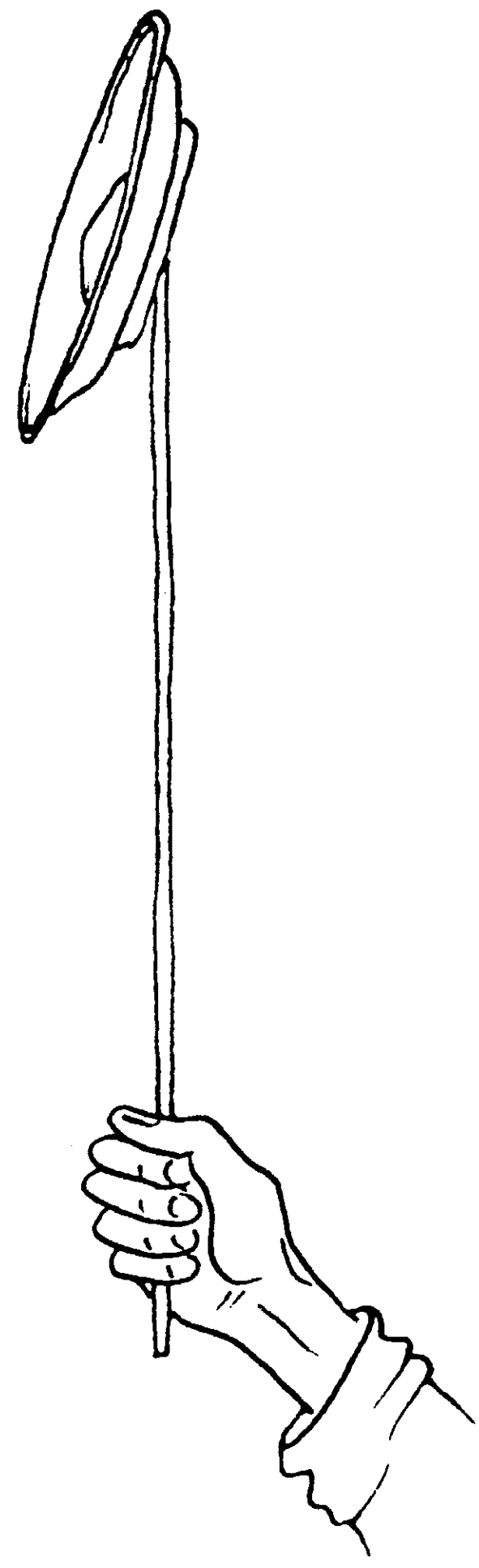


This is a plate made for spinning. If you have one, pick it up. Its made of plastic and feels kind of warm and light and friendly, not at all like the best dinner set. Notice how the rim is quite soft and flexible. The middle part is thicker and shaped into a shallow cone, which makes it pretty bad for eating your breakfast. Around the bottom is a deep, sloping ridge. We will call this the "foot" as that is what the plate normally stands on.

Getting Started

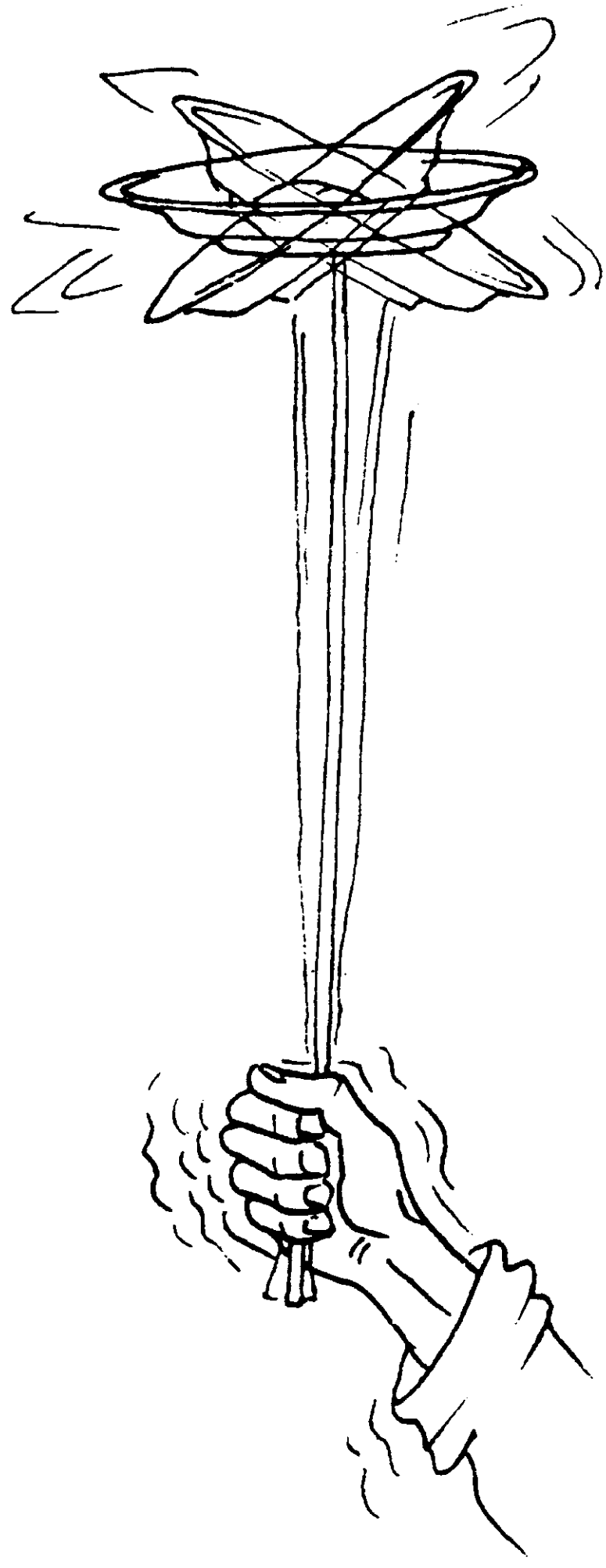
Hold the stick upright, gripping it comfortably near the bottom end.

Place one end of the stick underneath the foot so that the plate just hangs there on its side.

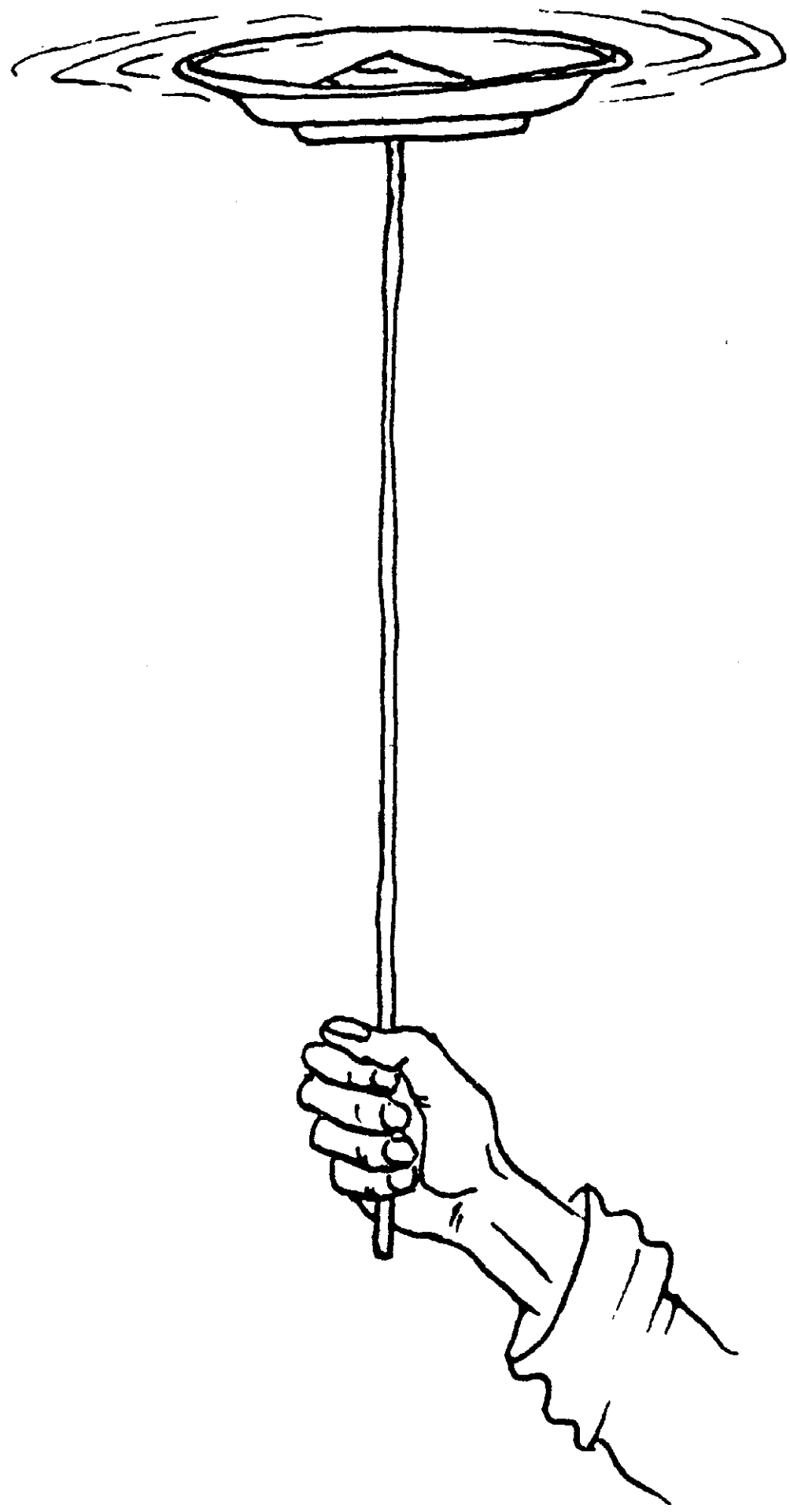


Slowly start to spin the plate around on the point of the stick. This is a “hand and wrist” action only. Keep your arm still. The stick should remain in the same place on the inside of the foot of the plate.

Twirl the stick faster so that the plate picks up speed.



When the plate spins flatly and smoothly, stop the hand movements and point the stick straight up toward the centre of the plate, which will then spin freely.





Tricks

Once you have the plate spinning nicely on the end of the stick it will be quite stable, even when you move it around or hold the stick at a severe angle. So why not amaze your friends and astound your family by showing them some of these tricks? Better get lots of practice in first!

Throws

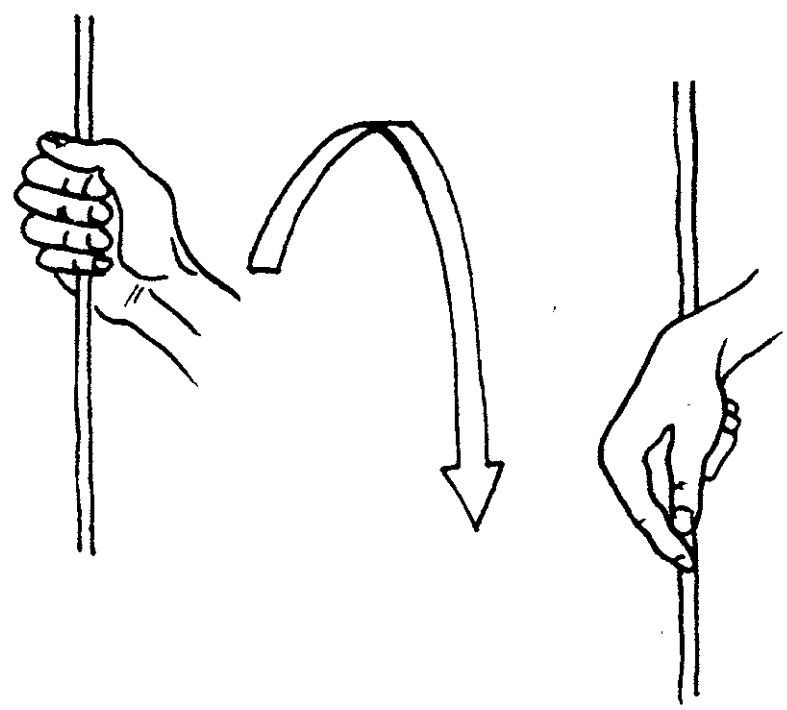
Easy! Just throw the plate into the air and then catch it on the end of the stick again with the plate still spinning. Not too high though!



The Flip

Throw the plate into the air, then turn the stick upside down and catch the plate on the other end. Is it still spinning?

Using a twisting action of your arm bring the plate under the arm, moving from front to back.



Under the Leg

Get the plate spinning well. Raise up one leg and pass the plate and stick underneath it. As it comes across swop the stick over to the other hand so that you can bring it back up. Alternatively, when the plate is clear past your leg, thow it into the air. Now bring the stick back and up to catch it again.

Try it with each leg!



Under the Arm

Using a twisting action with your arm bring the plate under the arm, moving fromfront to back.

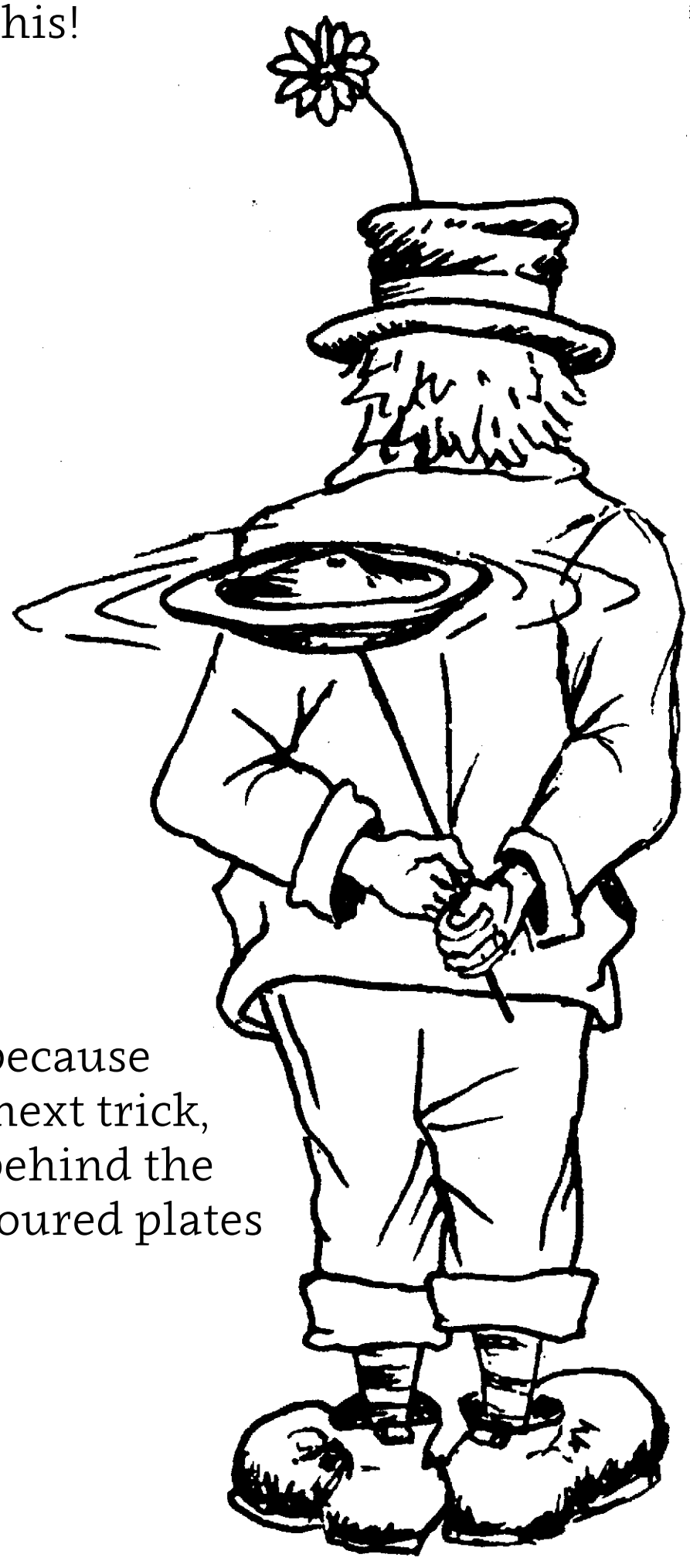




Continue the movement around your arm and upwards to return the plate to where it started. To do this you need to change your grip on the stick, without dropping it or losing the plate. Practice first with just the stick.

Behind the back

This is a bit easier, simply pass the plate and stick from one hand to the other behind you, keeping the plate well clear of your body. Of course you can't see what is happening to the plate while you are doing this!

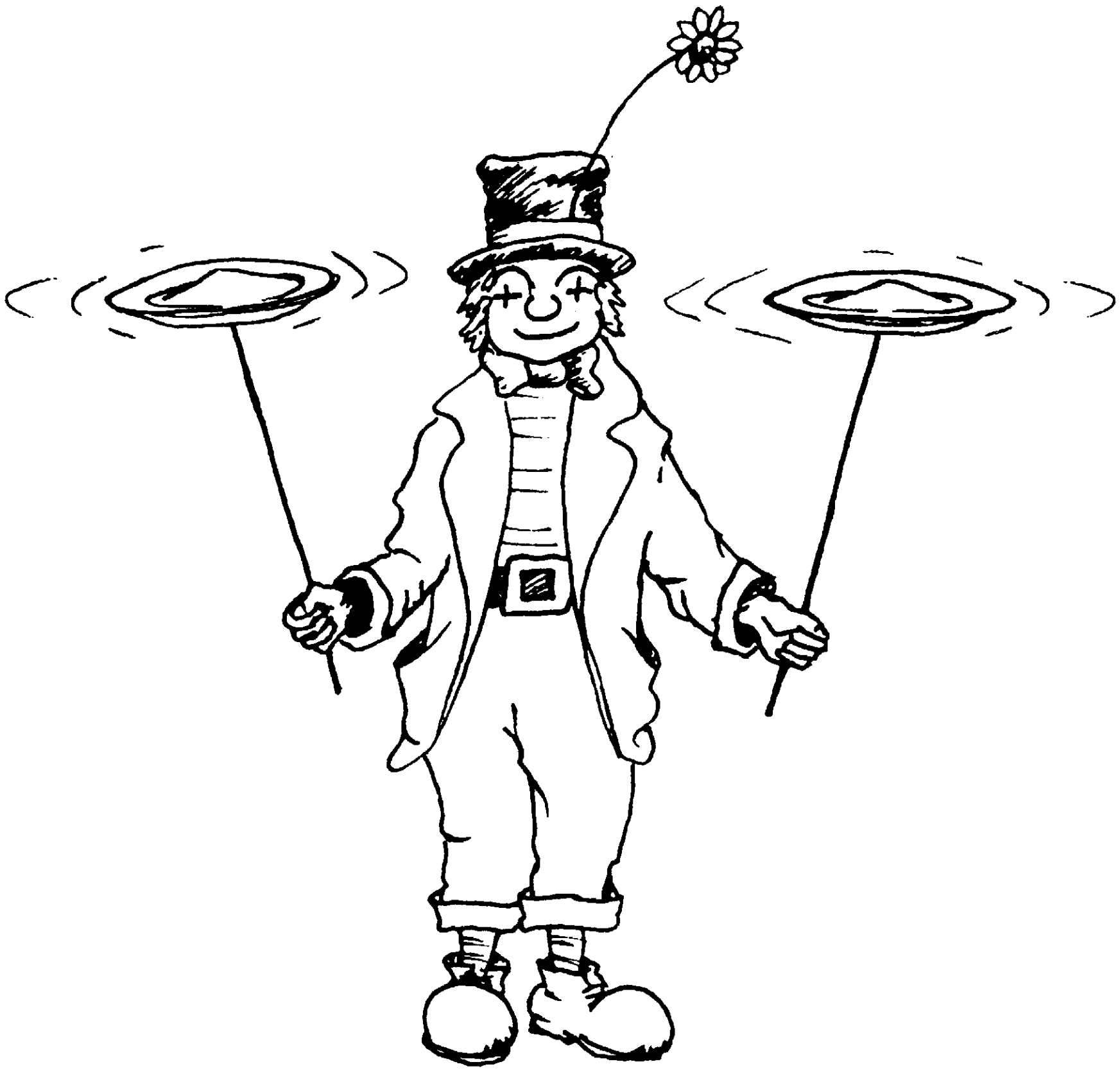


No problem? That's good, because when you have learnt the next trick, you can try a double pass behind the back. Use two different coloured plates for the best effect.

The Ultimate — Spinning 2 Plates

First learn to start a spinning plate with the “wrong” hand (that is the left if you are right handed or the right if you are left handed). You may find this is quite difficult at first, but keep trying.

Done it? Good, now using a second plate and stick start up a plate in each hand at the same time.



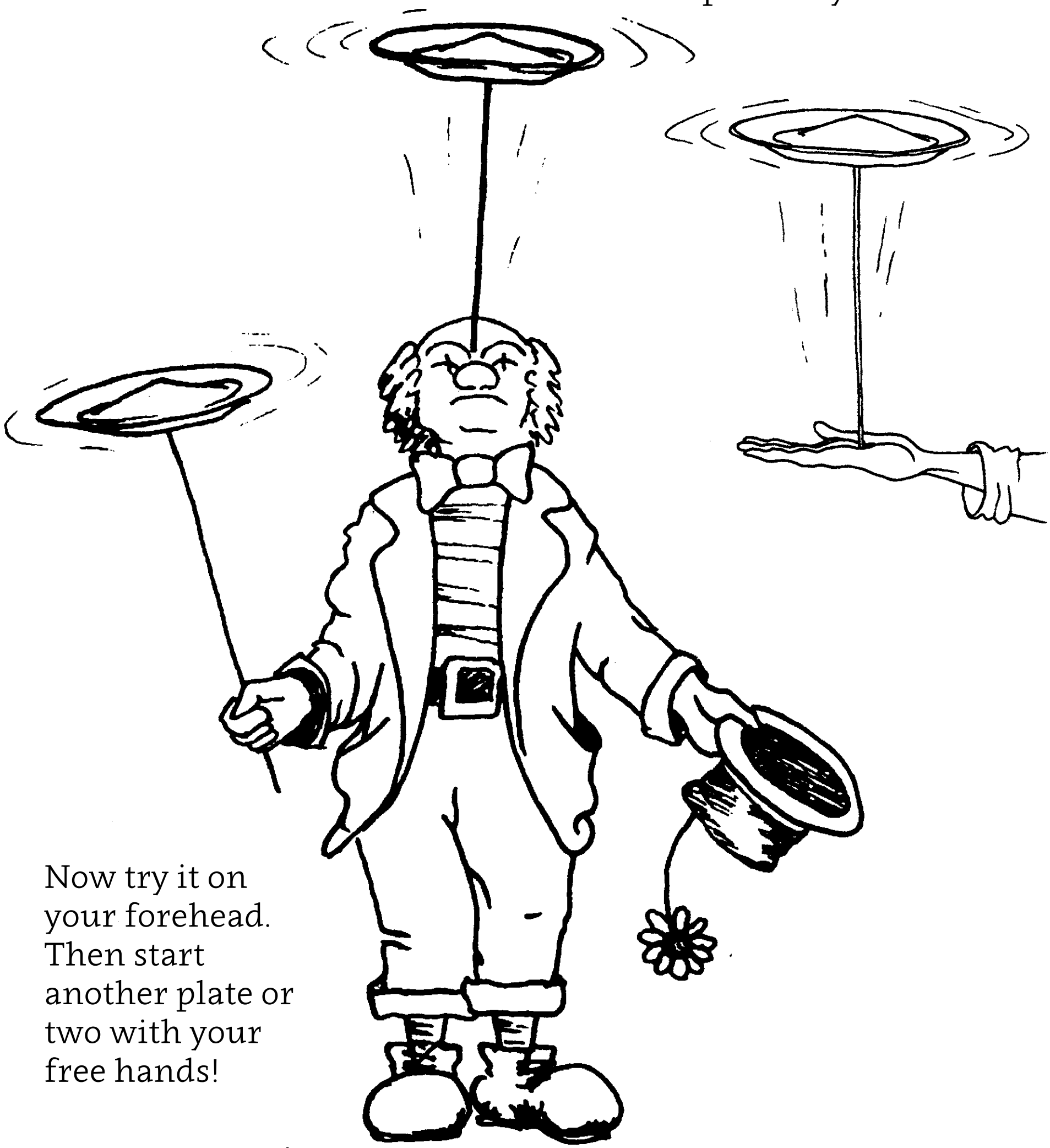
More Tricks

OK, so you're really smart and can do all the basic moves. Well that is only the beginning. You can develop lots more variations of the first tricks or invent others. It's all up to you.

How about doing the previous tricks, using a finger instead of the stick?



Or when then the plate is spinning nicely on the stick, balance it on the flat palm of your hand.



Now try it on your forehead. Then start another plate or two with your free hands!

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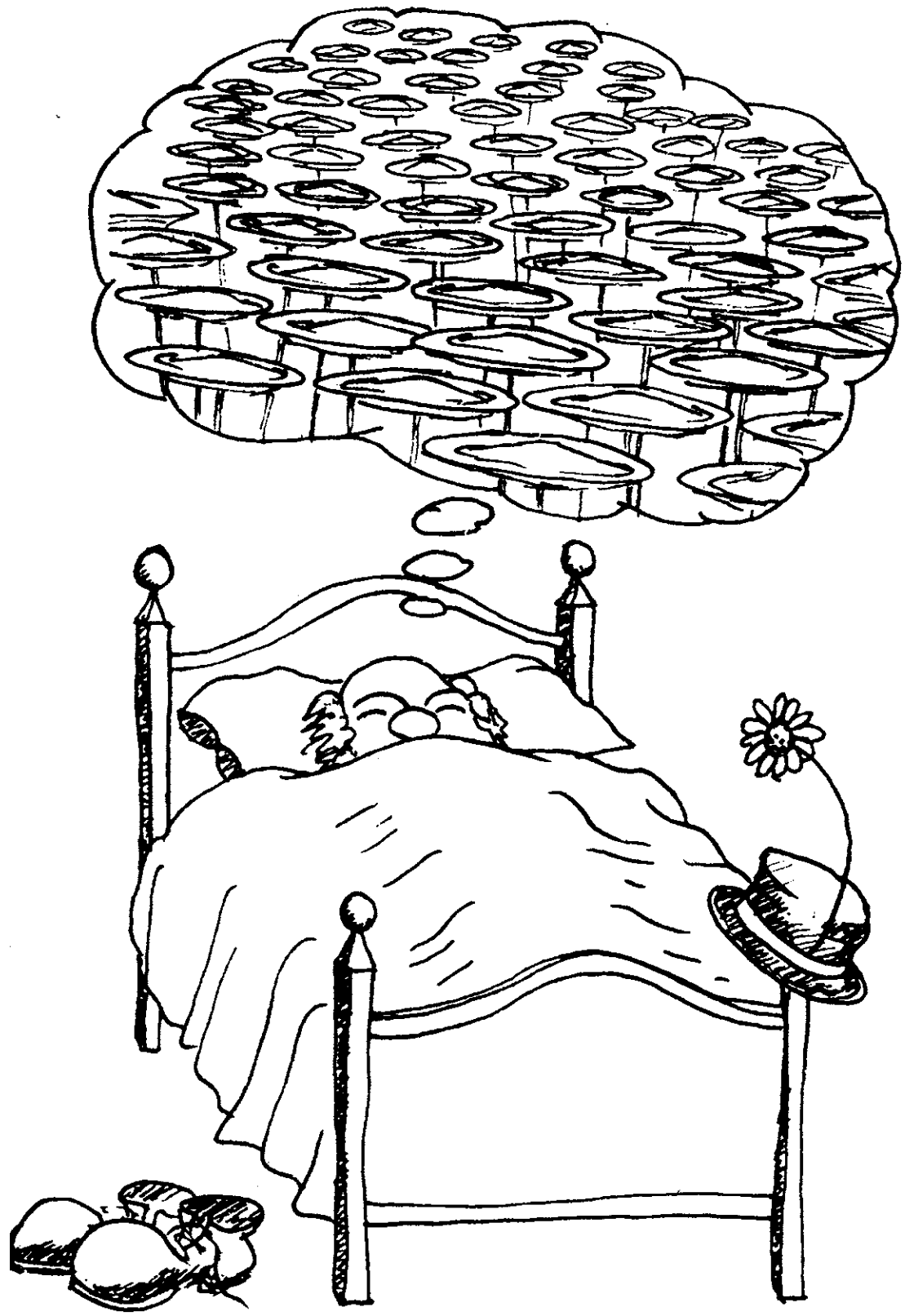
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