

Through Legs: This combines curls, transfers and body moves and has many variations.

Try curling the ball behind you, carrying it down between your legs and transferring it to your other hand under your crotch. Now, carry the ball up and to “home” position [Fig. 34 Really].

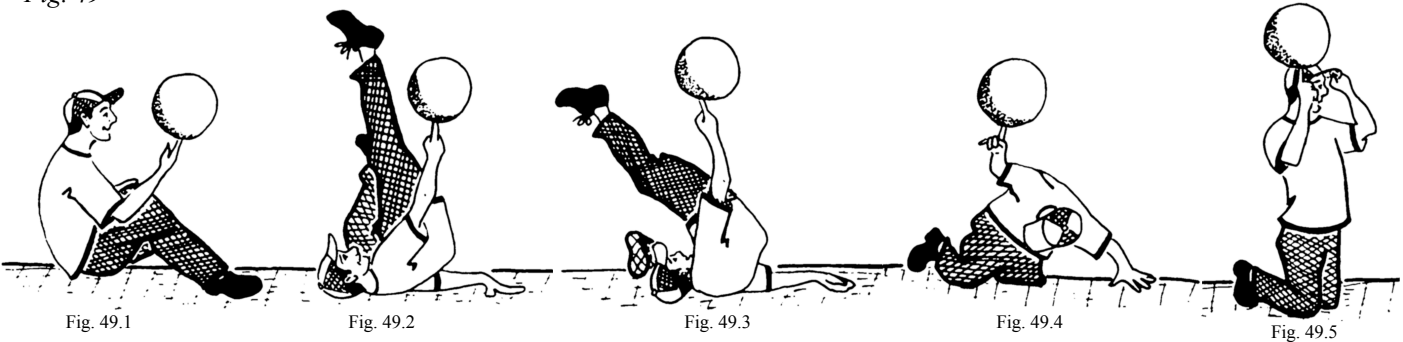
Try similar moves starting from in front and from behind. Use reverse curl starts and standard starts. **Experiment and play!**

It’s nice to make the ball travel a “figure-8” around both of your legs, but that’s quite a challenge as it requires such a long spin duration.

Lying Down Transfer Thru Legs: Spin and then lie down or start your spin while sitting. Lift a leg and transfer behind one calf then the other. You can make a nice figure-8 around your up-raised legs [Fig. 48]. Beats regular crunches.

Backward Roll: Keep a good strong spin going while doing a backwards shoulder roll over the shoulder that isn’t supporting a spinning ball. Practice first by just trying to point at the sky with your empty ball-spinning hand throughout the roll.

Fig. 49



I first sit with my legs out and with my left hand on the ground beside my left thigh [Figs 49.1-2].

I then roll backward onto my left shoulder by bringing my legs up and over that shoulder while pushing my left hand downward against the floor to slowly push myself over the rest of the way [Fig. 49.3]. The prettiest moment is Fig. 49.2. Pause here for applause then roll out.

I curl my body as I roll so that I end up on my knees [Fig. 49.4].

Finally, I stand again [Fig. 49.5]. Woah, headrush!

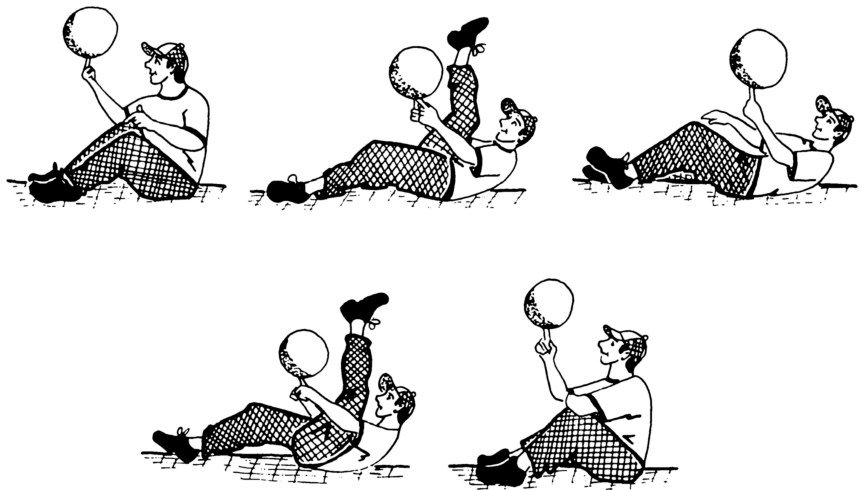


Fig. 48 Just a hand to hand transfer around your legs.