

Fast Figure 8s

Fast Figure 8's are great warm ups for Volleys, Sydney Flashes, Queensland Flashes, and other multiple-crack moves.

You will use your skill with the Overhand Flick and your ability to set your whip backward with a flick of your wrist.

Throw the whip forward in a Circus Crack. After it cracks, "bounce" the cracker backward beside you, letting it pass over the top of your hand. In other words, you throw the whip forward, then set it behind you before it hits the ground. If you do it well, you have a vertical crack forward which immediately rolls into a vertical crack behind you. There is no pause between the two cracks.

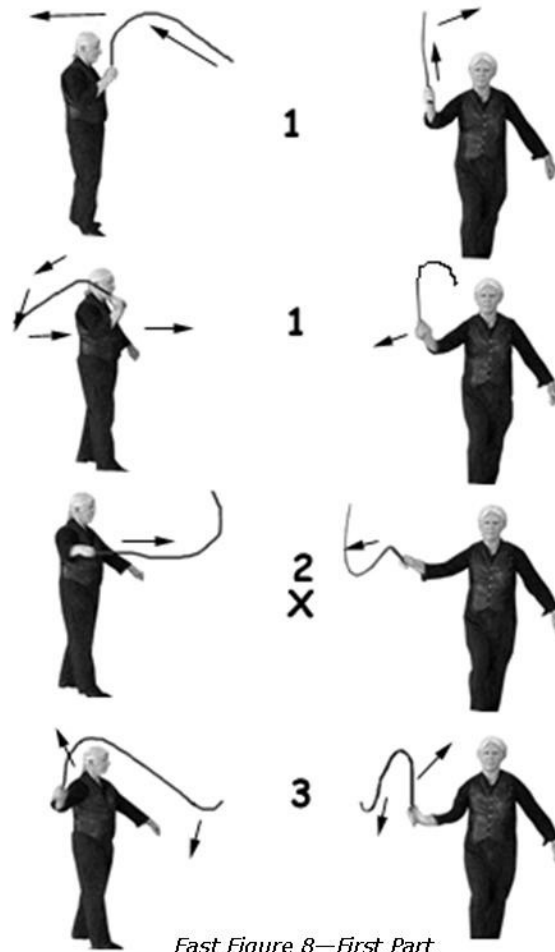


Fast Figure 8— One Complete Cycle
"X" is the first crack point before you pull

QUEENSLAND FLASH

The Queensland Flash is a Fast Figure 8 followed by a Circus Crack.

To do this three-crack move, crack in front, crack behind, then crack it again as it rises in front. You can do these all day, and they are dramatic performed with two whips.



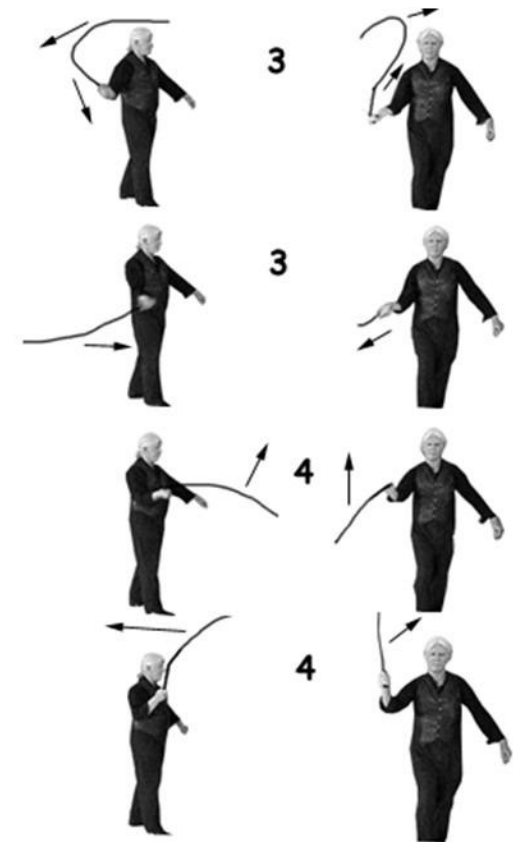
Fast Figure 8—First Part

SYDNEY FLASH

The SYDNEY FLASH is the Queensland Flash with this difference: instead of starting with a Circus Crack forward, throw an Overhand Flick.

This one is more difficult to do continuously, because your whip has to stop and change direction from the rising movement (after the third crack) in order to execute the overhand throw forward for the next Sydney Flash.

And yes, you can perform Reverse Queensland Flashes and Sydney Flashes with the first crack occurring behind you.



Fast Figure 8—Second Part

VOLLEY

A VOLLEY is simply cracking the whip back and forth. Every crack becomes the start of the next crack. Keep the handle almost straight up, but angle the handle very slightly outward for the thong to pass by your hand.

Use your whole arm. You have more control over the line of your whip if you use your arm, not just your wrist.

When most people start a throw backward, they usually angle the handle out at 45-degrees, but this will make the whip want to gyre back at an awkward angle. Remember: the crack starts in the setup, not just in the execution. As with most activities, foreplay