

SPORT STACKING INSTRUCTIONS

AMAYA

Sport

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Speed Cups

Are you ready to try your hands at sport stacking? In order to STACK FAST, it's important to start slow and take your time to learn each step. Once you've got each stack mastered, you can speed it up, practice, practice, practice and shoot for record times. These instructions are a companion to your Stacker Training DVD included with your set of Speed Stacks. Have fun! Stack early, stack often, STACK FAST!

NOTE: For teaching purposes, these instructions are written for a right-hand dominant stacker. Left-hand dominant stackers can reverse the instructions for left and right hands. Be sure to practice each step several times before moving on to the next step.

The 3-3-3 STACK

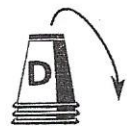
Left hand = **I**



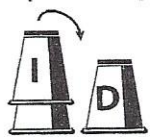
Step 1: The 3 Stack

The first basic pyramid in sport stacking. It's the place to start, so get ready, get set, GO!

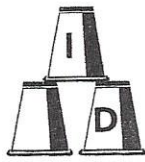
Up stacking



Start with 3 cups.



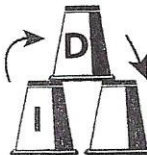
Lift top cup with right hand and set next to bottom cup.



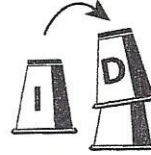
Lift middle cup with left hand and place on top.

TIP: Always grab and hold cups with hands on sides of cups, never tops of cups.

Down stacking



Place right hand around side of top cup and left around side of bottom left cup.



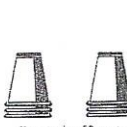
Slide top cup in right hand down over bottom of right cup, bring cup in left hand up, over and down on to middle cup, and...



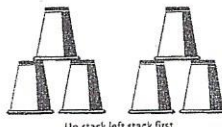
Voilà! You are now back to your original stack of 3 cups and ready to go again.

TIP: Use a "light, soft touch." Slide, never slam.

Step 2: The 3-3 Stack



Two stacks of 3 cups.



Up stack left stack first, right stack second.



GO BACK and down stack from left to right.

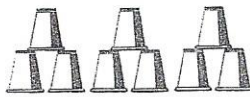
RULE: You must always go back to the beginning to down stack.

Step 3: The 3-3-3 Stack

The first competitive stack in sport stacking.



Three stacks of 3 cups.



Up stack each stack, working from left to right.



GO BACK and down stack from left to right.

RULE: Handle only one stack at a time.



D = Right hand

The 3-6-3 STACK

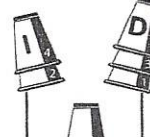
Step 1: The 6 Stack

The fastest way to build a 6 Stack. Learn this method and practice it over and over.

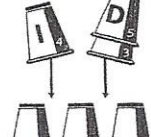
Up stacking



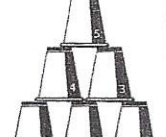
Start with 6 cups.



Pick up 3 cups in right hand first and then 2 in left leaving 1. Hold cups loose with "pinkies" under bottom cups. Spread cups apart with fingers.



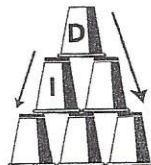
Release bottom cup in right hand to right of center cup. Release bottom cup from left hand to left of center cup. Three cups now form the base of your pyramid.



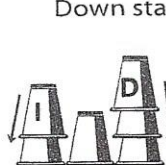
Release next cup in right hand on top of center and right cups that form base. Set cup in left hand next to it. Set last cup in right hand on top.

TIP: Alternate your hands "Right, left, right, left, right."

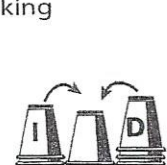
Down stacking



Place hands around sides of cups as shown.



At same time, slide down right with right hand, and left with left hand.



Pick up 3 cups in right hand and 2 cups in left and put them back in one stack of 6.



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

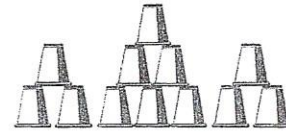
TIP: Practice slow now to stack fast in the future.

Step 2: The 3-6-3 Stack

The second competitive stack in sport stacking combines the skills you've just learned. You now get to use your complete set of 12 cups. It's simple! Have fun practicing. Race a friend. Time yourself with your StackMat. Chart your personal best and try to beat it. Keep practicing!



Start like this.



Working from left to right, up stack the 3, the 6 and then the 3.



THEN GO BACK TO THE BEGINNING to down stack in the same order. Remember THIS IS THE RULE!

RULE: Fix your "fumbles" immediately when they happen.

Stack 3-3-3

Beginner: 10 seconds.
Amateur: 6 seconds.
Competition: 4 seconds.

Times to shoot for exercises

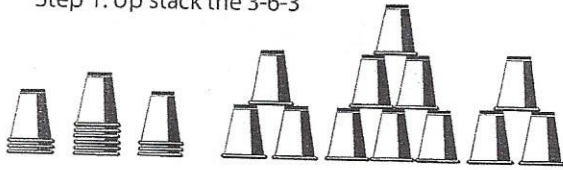
Stack 3-6-3

Beginner: 15 seconds.
Amateur: 7 seconds.
Competition: 5 seconds.

The CYCLE STACK

PHASE ONE: 3-6-3

Step 1: Up stack the 3-6-3

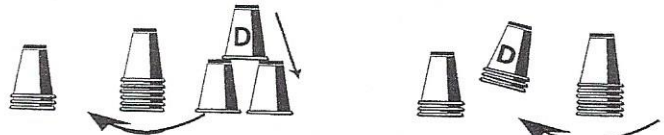


Up stack a 3-6-3 from left to right.

TIP: Continue to apply all previous tips.

The third and most complex of the competitive stacks in sport stacking is made up of three phases: a 3-6-3, followed by a 6-6 and a 1-10-1, all ending in the original down-stacked 3-6-3. Here is the Cycle in 8 steps.

Step 2: Down stack the 3-6-3 and transition to the 6-6

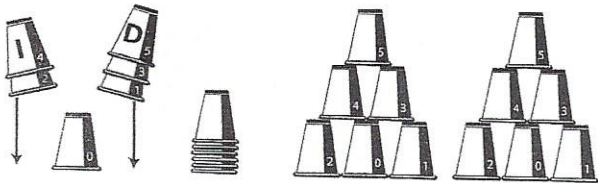


Return to the left and down stack the first 3 and then the 6. Down stack last 3 on right and bring to 3 on left, but don't put them "on" that 3. You are now ready to up stack the 6-6.

TIP: Use right hand only to down stack last 3 on right while left hand positions itself over 3 on left—ready to up stack the first 6.

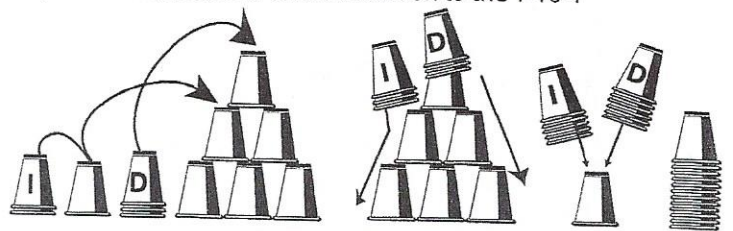
PHASE TWO: 6-6

Step 3: Up stack the 6-6



With left hand, pick up two cups off the left 3, leaving 1. Using the 3-2-1 method, up stack the first 6. Now up stack the second 6 (use 3-2-1 method)

Step 4: Down stack the 6-6 and transition to the 1-10-1

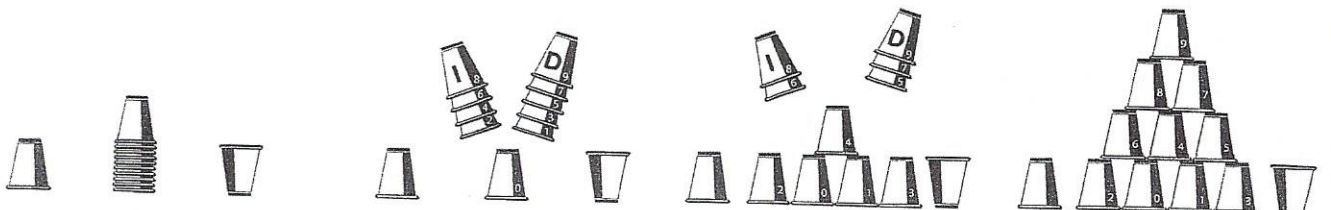


Use first 6 (partially down stacked with 3 cups in each hand) to down stack second 6 as shown. Finish with all 12 cups in a down-stack position. Now ready for 1-10-1.

PHASE THREE: 1-10-1

Step 5: Place single cups

Step 6: Up stack 10 (5-4-1 method)



Take one cup in each hand off top of 12, flipping one upside down (you choose) and place on either side of what is now a 10 stack.

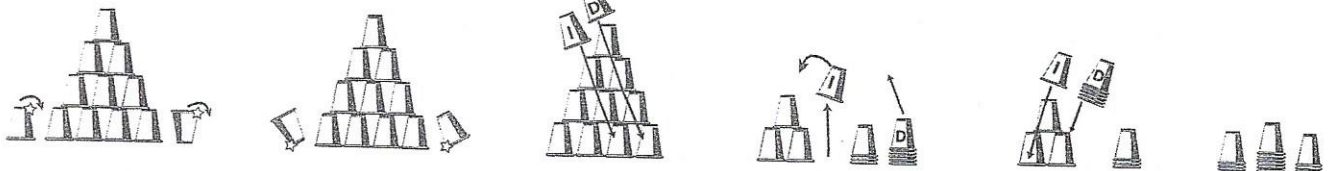
TIP: To place upside-down cup, rather than rotating cup in your hand, simply turn your hand, thumb down and palm facing out.

Using the 5-4-1 method, pick up 5 cups in right hand first and then 4 in left, leaving 1 cup. Start with right hand and drop 1 cup to right of remaining cup. Then drop 1 to left with left hand. Now drop 1 to right with right hand forming base of 4. Next drop 1 from left hand on the "center" of the second level. From here, alternate "right, left, right, left, right" to complete the 10. Congratulations! Just 2 more steps to go!

TIP: Memorize "Right, left, right center," then use 3-2-1 method to complete the 10.

Step 7: Turn & "tap" single cups

Step 8: Down stack the 10 and end in 3-6-3. Cycle complete!



To begin down stack of 1-10-1, single cups need to be turned to their opposite edges and "tapped" once on the stacking surface. Then bring them into position above the 10 ready to down stack.

⇨ Tap this edge

With single cups in each hand "drag" both hands diagonally down from upper left to lower right through the 10. Right hand takes down 4 outer cups, while left hand takes down inner 3. Right hand then picks up all 5 cups and brings them up, right beside the left hand holding the single cup. Both hands now "drag" diagonally down from upper right to lower left through remaining 3 stack. Left hand takes down 2 outer cups, while right hand places 5 cups onto the single cup in the middle, thereby ending in a 3-6-3. YOU DID IT!

TIP: The left hand with single cup actually "knocks down" 3 inner cups, one on to another, and remains in air ready to down stack remaining 3-cup pyramid.

Times to shoot for:

Beginner:	30 - 60 seconds.
Amateur:	15 seconds.
Competition:	13 seconds.