

STEP 1: The 3 Stack

UP STACKING

DOWN STACKING



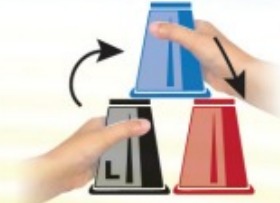
Start with 3 cups.



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



Lift middle cup with left hand and place on top.



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



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



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

PRACTICE!

L = Left Hand R = Right Hand

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



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

STEP 1: The 6 Stack

UP STACKING

DOWN STACKING

The fastest way to build a 6 stack is called the 3-2-1 method. Learn this method and practice it over and over.



Start with 6 cups.



Pick up 3 cups in right hand first and then 2 in left leaving 1.



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.

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



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.



Place hands around sides of cups as shown.



At the 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!
PRACTICE!
PRACTICE!**

TIP: When picking up more than one cup, hold cups loose with pinky under bottom cup. Spread cups apart with fingers.

TIP: Down stack the 6 in just two moves.

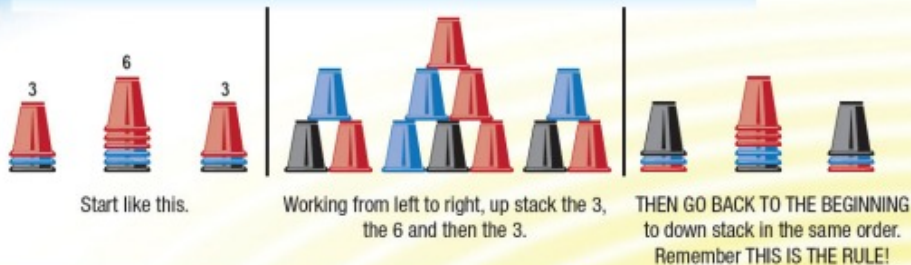
Move 1: Slide both hands down and out at same time.

Move 2: Pick up cups and place on center at same time.

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!

TIP: Go slow now to **STACK FAST** later. Use the 3-2-1 method on the 6 stack.



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

The Cycle Stack

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 where you started in a down-stacked 3-6-3. Here is the Cycle in 7 steps.

