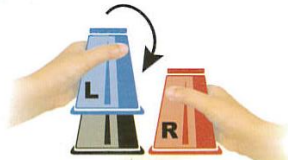


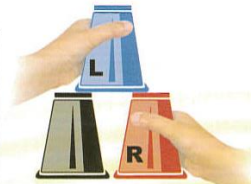
STEP 1: The 3 Stack UP STACKING



Start with 3 cups.



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



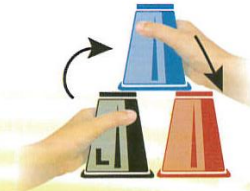
Lift middle cup with left hand and place on top.

L = Left Hand R = Right Hand



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

DOWN STACKING



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!

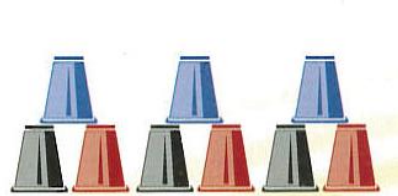
TIP: Use a "light, soft touch." Slide, never slam.

STEP 2: 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.

PRACTICE!

RULE: You must always go back to the beginning to down stack. **RULE:** Handle only one stack at a time. (See website for more details.)

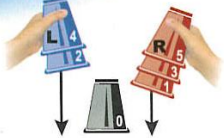
STEP 1: The 6 Stack

UP 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.



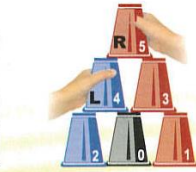
Start with 6 cups.



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.



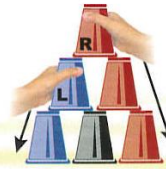
Release next cup in right hand on top of center and right cups that form base. Set cup in left hand next to it. Set last cup (in right hand) on top.

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



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

DOWN STACKING



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: 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.

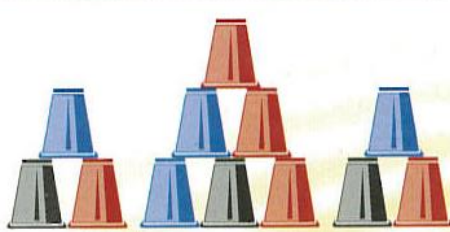
STEP 2: The 3-6-3 Stack

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!

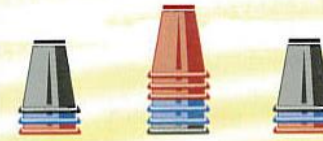
TIP: Go slow now to **STACK FAST** later. Use the 3-2-1 method on the 6 stack.



Start like this.



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

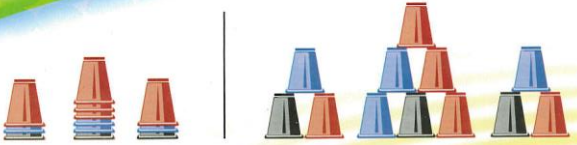


THEN GO BACK TO THE BEGINNING to down stack in the same order. Remember **THIS IS THE RULE!**

RULE: Fix your "fumbles" when they happen.

Phase ONE: 3-6-3

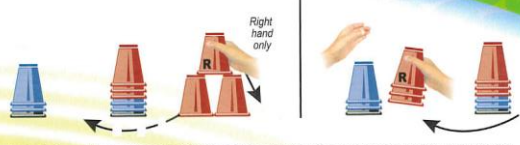
STEP 1: Up stack the 3-6-3



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

TIP: Continue to apply all previous tips.

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

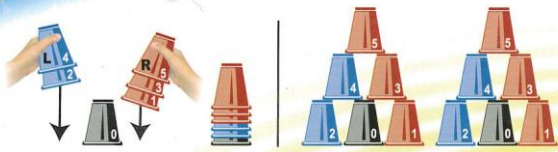


Return to the left and down stack the first 3 and then the 6. Down stack the last 3 on right and bring over to the 3 on left, but don't put them "on" that 3. You are now ready to up stack the 6-6.

TIP: Use right hand only to down stack last 3 on the 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



Using the 3-2-1 method, up stack the first 6. Now up stack the second 6 using the same 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 you are ready for the 1-10-1.

Phase THREE: 1-10-1

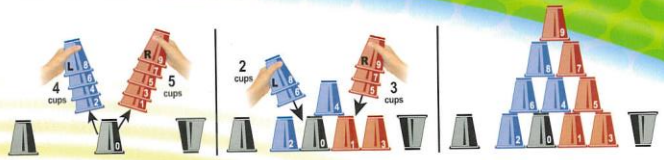
STEP 5: Place single cups



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.

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



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 1 more step to go!

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

STEP 7: Down stack 10 ...

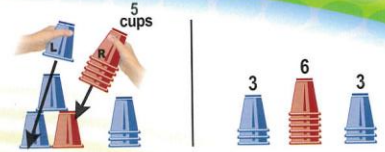


Grab single cups with hands in the same position as you placed them originally (hand on upside-down cup is placed thumb down and palm out).

With single cups in each hand bring them into position above the 10 ready to down stack. Then "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.

TIP: The left hand with single cup actually "knocks down" 3 inner cups, one on to another, and remains in

... and end in 3-6-3. Cycle complete!



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 the 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: Now practice the Cycle stack over and over. Remember, go slow now to STACK FAST later!