

National Yo-Yo League: Sport Division

2S - Looping Trick Ladder



Forward Pass

Start with your throw-hand at your side with the palm of your throw-hand facing backward. Swing your arm forward and let the yo-yo drop out of your hand so the yo-yo goes straight out horizontally. As soon as the yo-yo reaches the end of the string pull the yo-yo back to your hand and catch the yo-yo.

Inside Loop (3 Reps)

Start with a forward pass throw but don't catch the yo-yo as it returns. Instead, guide the yo-yo back out with a flick of your wrist on the inside of your arm. At this point you have completed one rep. Perform two or more additional reps and catch the yo-yo.

Tidal Wave

(also known as Skin the Cat) Throw a Sleeper and place your freehand index finger behind the string in contact with the string and your throw-hand. Now pull down on the string with your throw-hand and in one continuous motion cause the yo-yo to go over your freehand index finger. As the yo-yo comes over your freehand index finger throw it out with a flick of your wrist into a loop. Catch the yo-yo as it returns back to your hand.

Time Warp

Throw an Around the World and as the yo-yo tries to return to your hand don't catch it. Instead, using a Punching Bag motion, regenerate into a retro Around the World and catch the yo-yo after a full rotation back to a Sleeper.

Hop the Fence (3 Reps)

Throw yo-yo down with a Gravity Pull motion. As the yo-yo comes back up the string let it hop over the palm of your throw-hand sending it back down with a roll of your wrist. At this point you have completed one rep of Hop the Fence. Complete two or more additional reps and catch the yo-yo.

Planet Hop (3 Reps)

This trick starts just like Hop the Fence but as the yo-yo returns let it hop over the top of your throw-hand and downward towards your body as the yo-yo returns again let it hop outward over the top of your throw-hand and back down. At this point you have completed one rep of Planet Hop. Complete two or more additional reps and catch the yo-yo. Note that this trick is like an upside down Reach for the Moon.

Inside Loop (10 Reps)

Same as trick number two except perform ten or more reps and catch the yo-yo.

Sidewinder (Both Sides)

This trick is performed in two parts. Throw a Sleeper and move your throw-hand to one side and then tug on the string to make it return. As the yo-yo returns it should corkscrew because your hand is off to the side and not directly above the yo-yo. The corkscrewing will either tighten or loosen the string. As the yo-yo gets even with your throw-hand catch the yo-yo to the side. Repeat this trick to the other side. This

is the only non-looping trick in this ladder but it is included since this is the string adjustment method used by most two-hand players.

Warp Drive (3 Regenerations)

Throw a forward pass and as the yo-yo returns towards your throw-hand regenerate into an Around the World. As the yo-yo returns towards your hand, regenerate again into a second Around the World. Regenerate one more time and catch the yo-yo after the third Around the World.

Reach for the Moon (3 Reps)

Start with an upward forward pass type throw and as the yo-yo returns towards your throw-hand let the yo-yo loop under your wrist and shoot straight upward. As the yo-yo comes back down throw the yo-yo outward with a looping action along the same path as the original upward forward pass throw. At this point you have completed one rep of Reach for the Moon. Complete two or more additional reps and catch the yo-yo.

Inside/Outside Loop (10 Reps)

Start with an Inside loop and as the yo-yo returns cause the yo-yo to loop to the outside of your throw-hand. This completes one rep of the trick consisting of one Inside loop followed by one Outside loop. Continue alternating between Inside/Outside loop until you have completed ten or more reps and catch the yo-yo.

Planet Hop (10 Reps)

Same as trick number six except perform ten or more reps and catch the yo-yo.

Vertical Punch (10 Reps)

You may throw the yo-yo directly up into Vertical Punch and perform ten or more reps of this trick. Alternately, you may also start with a Reach for the Moon start and commence the Vertical Punch as the yo-yo starts its vertical loop around your throw-hand.

Punching Bag (10 Reps)

You may start this trick with Hop the Fence and work up into Punching Bag or immediately start with Punches that are between 45 degrees and 135 degrees of vertical. Perform ten or more reps and catch the yo-yo.

Fountain (3-3-3)

This trick starts with three reps of Hop the Fence (under 45 degrees), followed by a transition to three reps of Punching Bag (between 45 & 135 degrees), ending with a transition up to three Vertical Punches (above 135 degrees). Catch the yo-yo after the third rep of Vertical Punches. You may not perform more than three reps of any of the three elements of this trick.

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At this point in the ladder you will be able to change your yo-yos.

2-Hand Loop (10 Reps)

This trick is ten or more reps of Inside Loop with each hand. The loops may be performed simultaneously or alternately. The count starts on the second hand completing a loop.

Milk the Cow (10 Reps)

This trick is ten or more reps of Hop the Fence with each hand. The hops may be performed simultaneously or alternately. The count starts on the second hand completing a hop.

Ride the Horse (10 Reps)

This trick is Inside Loops with one hand while performing ten or more reps of Hop the Fence, behind you, with the other hand. You must stand with both feet lined up together. The count will start when one hand is looping and the Hop the Fences are behind your heels as the yo-yo reaches the end of the string. Once the count starts, all the Hop the Fences must stay behind your heels.

Loop/Moon (10 Reps)

This trick is performed by doing Inside Loops with one hand while performing ten or more reps of Reach for the Moon with the other hand. You may start the loops first and then start the Moons or you can start both yo-yos at the same time. The count will be on the Moons after looping has commenced.

Warp Drive/Time Warp

Start with one rep of Warp Drive simultaneously with each hand (see trick description number nine above). With one hand perform a second rep of Warp Drive while with the other hand punch into a retro Around the World as in a Time Warp (see trick description number nine above). Catch both yo-yos after the World/retro-World combination.

2-Hand Vertical Punch (10 Reps)

You may start by throwing the yo-yos directly upward into Vertical Punch or you may start them from a Forward Pass/Reach for the Moon start. Perform 10 or more reps of Vertical Punch with each hand and catch the yo-yos. The punches may be performed simultaneously or alternately. The count starts on the second hand completing a Vertical Punch.

Sword & Shield (3 Reps)

This trick must start with an Around the World and end after at least three worlds. The loops must start during the first world and at least one loop must pass through the trajectory of each of the three (or more) worlds. If one or more additional worlds are thrown, at least one loop must pass through the trajectory of each world.

Clione [video]

(also known as Fantasia) Start with three or more reps of Milk the Cow and transition each hand to outside Hop the Fence, now bring the outside hops up to three or more reps of Vertical Punches by performing a behind the back Fountain. The elements of this trick may be performed simultaneously or alternately.

Staircase [video]

(also known as Tornado/Circular Fountain) This trick starts with three or more reps of Milk the Cow in front, or to one side, and works it's way up into Vertical Punches while the player rotates a full 360 degrees. After both feet are planted, perform three or more reps of Vertical Punches and catch both yo-yos.

Kurukuru Milk (5 Reps)

(also known as Rolling Cows) You may start this trick with one or more reps of Milk the Cow and move into wrist-roll Milk the Cows or you may start immediately with wrist-roll Milk the Cows. Once your wrists are rolling over each other, perform five or more reps of wrist-roll Milk the Cows and catch both yo-yos. Alternately, after the five reps are completed, you may move out of the wrist roll cows, back to be Milk the Cows, and then catch the yo-yos.