

National Yo-Yo League: Sport Division

1S - String Trick Ladder



Sleeper (3 seconds)

With your palm up, throw the yo-yo down. After the yo-yo leaves your hand turn your hand over and let the yo-yo spin for three seconds. Tug the string and catch the yo-yo.

Walk the Dog (1 foot)

Throw a Sleeper and let the yo-yo roll on the floor for at least one foot. Tug the string and catch the yo-yo.

Breakaway (shoulder to shoulder)

Throw the yo-yo out to the throw-hand side so that it reaches the end of the string near shoulder high while sleeping. Let it continue to swing downward and go halfway around the world. When the yo-yo reaches shoulder high on the opposite side tug the string and catch it.

Rock the Baby (3 full rocks)

Throw a Sleeper and fold the string around your freehand and form a triangle, or cradle, by pinching the string between your thumb and index finger of your throw-hand. Perform three full rocks of the yo-yo through the cradle. During each full rock the yo-yo passes through the cradle twice, once on the way out and once again on the way back. (Most variations of how the cradle is formed are acceptable.)

Flying Saucer (1 side)

(Also known as Sleeping Beauty and UFO) Throw yo-yo to either side causing the yo-yo to start corkscrewing and either tightening or loosening the string. Pick up string with freehand and raise the yo-yo so it is at or near the level of your throw-hand. Now drop the string off your freehand and let the yo-yo return to your hand.

Dizzy Baby (3 full rocks and 3 spins)

Perform three full rocks of Rock the Baby and then perform three Pinwheels through the cradle. Lower the yo-yo to the Sleeper position and tug on the string and catch the yo-yo.

Brain Twister (1 somersault)

Throw a Sleeper and then perform a front mount. Now let your throw-hand index finger come up around the yo-yo and push the string segments half way between the yo-yo and the freehand index finger causing the yo-yo to rotate around your freehand completing a somersault. Perform any dismount and catch the yo-yo.

Trapeze

Throw a Breakaway and catch the yo-yo on the string over your index finger of your freehand and let the yo-yo spin on the string. Perform any dismount and catch the yo-yo.

Double or Nothing

Throw a Breakaway and let the yo-yo string wrap your freehand index finger, and then wrap over your throw-hand index finger and continue over your freehand index finger a second time. As the yo-yo comes over your index finger catch the yo-yo on the string segment furthest from your body. Perform any dismount and catch the yo-yo.

Split the Atom (3 somersaults)

Throw a split-bottom mount and perform a pass under the yo-yo with your freehand index finger, then push forward into the double string segments with your freehand index finger followed by a pass under the yo-yo with your throw-hand index finger. Now push back on the string segments and perform 3 somersaults. Perform any dismount and catch the yo-yo.

Double-On Trapeze (Lindy Loop)

Throw a trapeze mount and let the yo-yo continue over the index finger and catch the yo-yo on the string again. Perform any dismount and catch the yo-yo.

Advanced Split the Atom (3-3-3)

Throw a Sleeper and perform three front Pinwheels. Lower the yo-yo back to the Sleeper position and perform a split-bottom mount. Now perform three Barrel Rolls. Next perform the two pass unders of Split the Atom followed by three somersaults. Perform any dismount and catch the yo-yo.

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Mach 5 (3 Reps)

Start with a split-bottom mount and perform a pass under the yo-yo with the index finger of your freehand, continue the motion of your freehand and pass over your throw-hand index finger, now perform a second pass under. You are now in the Mach 5 hold. With the yo-yo held between your index fingers, rotate your hands forwards around the yo-yo three times. Perform any dismount and catch the yo-yo.

Boingy Boingy (5 Reps)

Start with a split-bottom mount and while holding your freehand still cause the yo-yo to bounce out and back between string segments by performing short and quick up and down movements of your throw-hand. Each rep consists of a full bounce contacting the front and back segments. Perform any dismount and catch the yo-yo.

McBride Roller Coaster

Throw a side Around the World, continue into a second side world into a one-and-a-half mount, unwind into a reverse one-and-a-half mount, unwind into a Double of Nothing, then roll back into a trapeze, and then roll into a Triple or Nothing. Perform any dismount and catch the yo-yo.

Eli Hops (3 Reps)

Throw a trapeze mount and perform three hops (or pops). Hands don't need to touch during the three hops but each hop must use at least half the length of the string. Perform any dismount and catch the yo-yo.

Cold Fusion

Start with a Double or Nothing. Bring your throw-hand under the yo-yo, landing it on the outermost string, and then push your throw-hand index finger into the double strings. Bring your freehand under the yo-yo, landing it on the outermost string, and pull your freehand index finger out leaving you in a 1.5-mount. Sling the yo-yo over towards your freehand, then back over your throw-hand, letting the yo-yo wrap around your index finger one more time. Unravel the wraps and land the yo-yo back into a trapeze hold. Perform any dismount and catch the yo-yo.

Gerbil

Full momentum trapeze mount into an inside somersault continuing into a Lindy loop, then unwind the Lindy loop with an outside reverse somersault into a reverse Lindy loop. Unwind the reverse Lindy loop and intentionally miss landing a Lindy loop and land it on the flip over. Perform any dismount and catch the yo-yo

Pop n' Fresh (2 reps)

Perform a split-bottom mount directly into a Mach 5 hold (no string shortening somersaults allowed). The yo-yo will be on top of the strings between the throw-hand (front) and freehand (back). Perform a pop and quickly switch the position of the throw-hand and freehand. The yo-yo will now be on the bottom string in a split-bottom mount. Perform a second upward pop, and again quickly switch the position of the throw-hand and freehand. The yo-yo should be back on top of the strings completing one rep. Complete a second rep by performing two more pops. Perform any dismount and catch the yo-yo.

Kwijibo

Throw a trapeze mount, then perform an upward pop into a wrist-crossed one-and-a-half mount hold (with throw-hand over freehand), then roll throw-hand over and under freehand into a wrist-crossed one-and-a-half mount hold (with freehand over throw-hand), then pop to a double or nothing hold, then pop to a trapeze hold. Perform any dismount and catch the yo-yo. (Note that yo-yo must be popped upward on all three hops, and on the first pop the throw-hand must be clearly crossed over the freehand so that the yo-yo is caught in the middle of a 'close to' horizontal wrist-crossed one-and-a-half mount hold.)

Shock Wave (3 Reps)

Throw a trapeze mount. Next press your throw-hand thumb and index finger together, over the string, and wrap the string under your thumb and over the outside of your index finger by rolling your wrist towards your body. Now perform a "Magic Drop" by letting the yo-yo roll down the string and under and over your throw-hand index finger onto the string segment nearest your body. You will now be holding the yo-yo in a modified trapeze mount with the string going over your thumb and throw-hand and with your index fingers spreading the string segments of the trapeze. Now, while making sure not to drop the string off your throw-hand index finger, let the yo-yo roll back down the string under and over your freehand index finger landing on the string nearest your body. Now let the string drop off your throw-hand index finger and also let the outer segment drop off your freehand index finger. You should now be back in a trapeze hold, repeat twice more. End the trick with any dismount.

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Spirit Bomb

Throw a Breakaway over freehand index finger (not over thumb) into a wrist-bucket mount; perform a double pass under with freehand index finger. Pop yo-yo up, bring throw-hand under and catch yo-yo on outermost string segment. Pop yo-yo up, uncross arms, and catch yo-yo over freehand index finger back into wrist-bucket mount (Note that the yo-yo has to pass through the triangle formed over your throw-hand and land on bottom string segment). Perform a double pass under with freehand index finger onto back string segment and pull into trapeze hold.

Suicide Catch (2 Reps)

Throw a trapeze mount, let the yo-yo swing under the throw-hand and pull your freehand index finger out of the wrap and let the string segments loop over your throw-hand. As the loop comes over the throw-hand poke your freehand index finger back into the loop. At this point you should be back in a trapeze hold completing one rep. Perform a second rep back to a trapeze hold. End with any dismount and catch the yo-yo.

Iron Whip (2 Reps)

Throw a trapeze mount, grab an open loop with throw-hand, pop yo-yo out of trapeze, lasso yo-yo with a whip catch with the open loop, roll back to a trapeze hold. Perform a second rep. End with any dismount and catch the yo-yo.

Slack Trapeze

Throw a trapeze mount. Pop the yo-yo off the Trapeze, and pinch the string between the pointer and middle fingers on the freehand. With the throw-hand, throw the string over the freehand arm, forming a "U", and allow the part of the "U" furthest from you to mount itself onto the yo-yo in one continuous motion. Swing the yo-yo clockwise over the freehand and throw-hand and you will be back in a trapeze hold. End with any dismount and catch the yo-yo.