

# Twirling Terminology

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## Parts of the Baton

**Ball:** Larger end of the baton

**Tip:** Smaller end of the baton

**Shaft:** Metal middle of the baton

## Positions of the baton and body

**Craddle:** Lay baton from hand up to elbow

**Free Hand:** The hand without the baton

**Salute:** Left hand on hip, baton perpendicular to floor with right hand at shoulder and baton extended to hip

**At ease:** Feet in second position with baton resting at leg or behind back

**Attention:** Feet in parallel first with baton in cradle position and free hand on hip

## Basic Twirls

**Horizontals:** Flat spins in one hand, with ball moving over arm and tip underneath

**Verticals:** Wrist twirls and ball stays on one side of arm, tip on the other

**Figure Eights:** Ball dips on one side of arm and then the other to form a figure eight

**Reverse Figure Eights:** Ball dips on outside of arm first then inside to form a figure eight

**Front Spin:** Thumb to ball, tip to ground, flip palm up, left on top, push to right hand, and return with grabbing right on top

**Flash (flourish):** Prep before a trick, pull up, head scratcher and behind back

**Reverse Flash:** Reverse figure eight behind back

**Box:** Horizontal overhead and then under arm

**Pinwheels (butterfly):** Lunge, reverse figure eights, flash, reverse figure eight to other side

**Arm Roll:** Baton rolls over forearm

**Elbow Roll:** Baton rolls over bent elbow

**Thumb Roll (thumb flip):** A toss where baton rolls off the thumb

**Little Joe Flips:** Thumb roll flips on one side to other hand and reverse figure eight to other side to flip again

**Box toss:** Horizontal box to toss with open hand

**Headscratcher:** Straight arm loop behind head

**Airplane:** Dead stick craddle turn up in front, down in back and back over in front as turn

**Backscratcher:** Bent arm loop behind back

**Waist Wrap:** Horizontal swing around waist and catch on opposite side in other hand

**Backhand Toss:** Open hand toss where hand flips down to under and up

**Backhand Catch:** Any catch with hand flipped over and palm up

**Spins:** A turn done while baton is in the air

**Illusions:** Step and swing leg in fan motion over as body bows down (1/2 of a cartwheel)

**Fujimi Toss:** To catch or toss from under leg

**Blind Catch:** Any catch completed at the back of the head or "blind"

