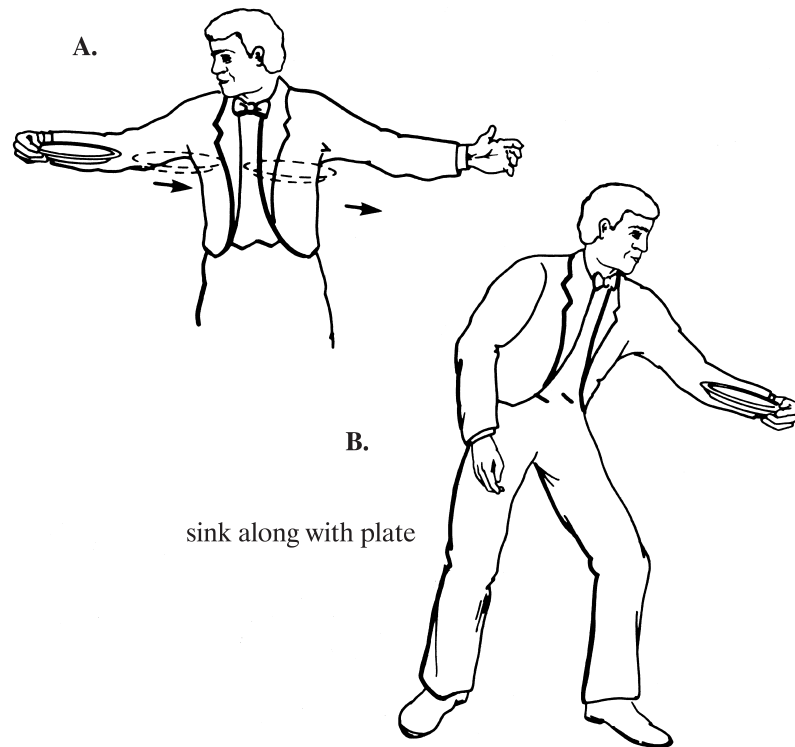


## ROLLS

These two plate rolls send the plate from hand to hand, one across the front of the body, the other across the back.

Begin the front plate roll with arms spread and the plate held in the right hand parallel to the floor as shown in illustration #23. With an inward flick of the wrist, roll the plate up your arm with as much spin as possible. The plate will not be in contact all the way across your body, but will tend to bounce off several contact points along the arms and chest. Gravity will be pulling the plate down, so you will have to sink a bit along with the plate to catch it in your left hand.

Illustration #23



A mirror will come in handy to learn the plate roll across the back. With the plate in the right hand (fingers on top, thumb on bottom) spread the arms, the right arm a little higher than the left. Try to give the plate a smooth, straight, and slightly inclined course from

hand to hand. Release the plate with an inward flick of the wrist, duck your head forward, and catch the plate in your left hand about knee high. The mirror will help you see how you can use body movement to keep the plate on course as it rolls.

## SLIDES

The most common move of this type is the trick in which the plate slides off the elbow to be caught inches from the floor. To make this move more interesting, try tossing the plate to the elbow, pancake style, from around the back, through the legs, or even from the same hand. To catch the plate, raise the upper arm so it is parallel to the floor and bring your hand up near your shoulder. This will make a flat “table” for the plate to land on. As the plate lands, hold your “table” position, but bend slightly at the knees to absorb the shock of the landing.

Now you are in the position for the elbow slide (illustration #24). Lower your elbow smoothly, allowing the plate to slide off toward the floor. As the plate falls, lean over, extend your arm fully, and catch the plate a few inches from the floor as shown. (Remember that there is plenty of room for showmanship with this move. Resist the urge to snatch the plate out of the air at waist level.)

Illustration #24

