

Are you ready to try your hands at sport stacking?

The 3-3-3 Stack



If you want to **STACK FAST**, it's important to start slow and take your time to learn each step. Once you've got each stack mastered, you can speed it up, practice, practice, practice and shoot for record times. These instructions are a companion to the **STACK FAST** Stacker Training DVD included with your set of Speed Stacks and online at the Speed Stacks website. **Have fun! Stack early, Stack often, STACK FAST!**

These instructions have been developed in cooperation with the World Sport Stacking Association (WSSA) www.WorldSportStackingAssociation.org



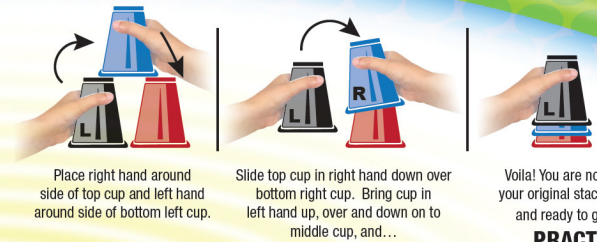
The simplest stack in sport stacking. It's the place to start—so get ready, get set, GO!



NOTE: For teaching purposes, these instructions are written for a right-hand dominant stacker. Left-hand dominant stackers can reverse the instructions for left and right hand. Be sure to practice each step several times before moving on to the next step.

STEP 1: The 3 Stack UP STACKING

DOWN STACKING



L = Left Hand R = Right Hand



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

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

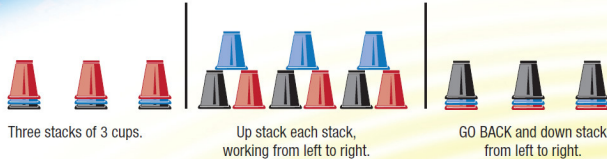
Voilà! You are now back to your original stack of 3 cups and ready to go again. **PRACTICE!**

STEP 2: The 3-3-3 Stack

The 3-6-3 Stack

The first competitive stack in sport stacking.

Here's the second competitive stack in sport stacking, the 3-6-3. Get ready to amaze yourself as you first learn the 6 stack.



PRACTICE!

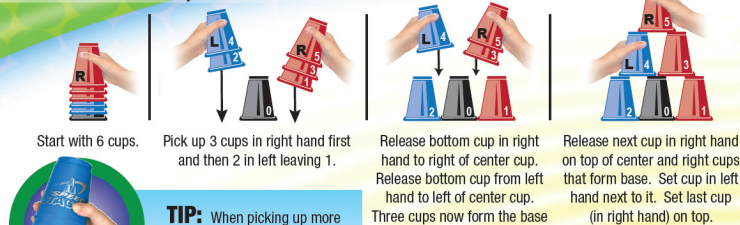
RULE: You must always go back to the beginning to down stack. **RULE:** Handle only one stack at a time. (See DVD or website for more details.)



STEP 1: The 6 Stack UP STACKING

DOWN 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.



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

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

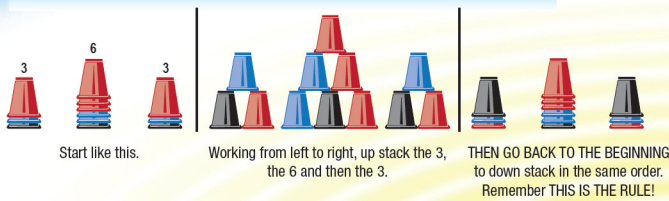
TIP: Down stack the 6 in just two moves.
Move 1: Slide both hands down and out at same time.
Move 2: Pick up cups and place on center at same time.

There you have it. Now ... **PRACTICE! PRACTICE! PRACTICE!**

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.



RULE: Fix your "fumbles" immediately when they happen.

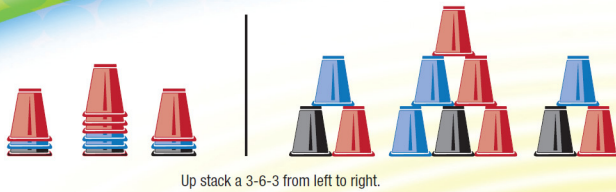
The Cycle Stack

The third and most complex of the competitive stacks in sport stacking is made up of three phases: a 3-6-3, followed by a 6-6 and a 1-10-1, all ending where you started in a down-stacked 3-6-3. Here is the Cycle in 7 steps.

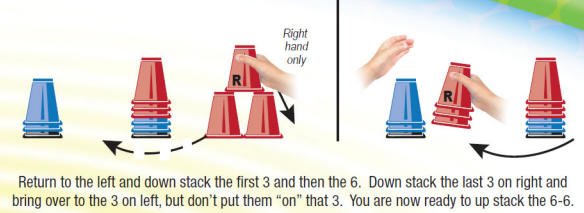


Phase ONE: 3-6-3

STEP 1: Up stack the 3-6-3



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

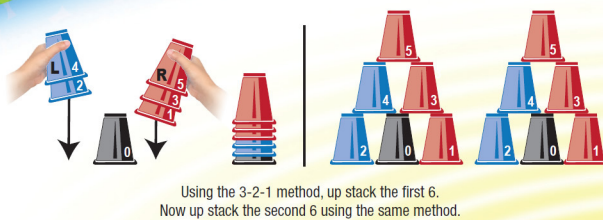


TIP: Continue to apply all previous tips.

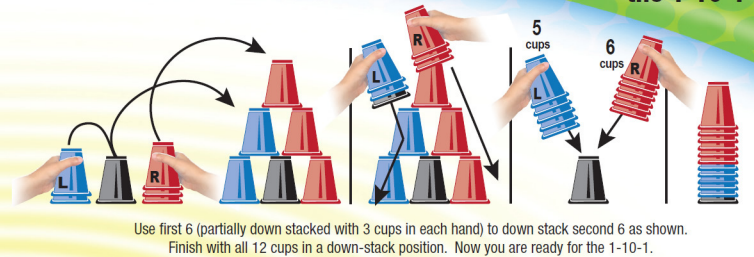
TIP: Use right hand only to down stack last 3 on the right while left hand positions itself over 3 on left—ready to up stack the first 6.

Phase TWO: 6-6

STEP 3: Up stack the 6-6

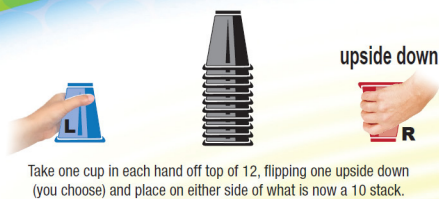


STEP 4: Down stack the 6-6 and transition to the 1-10-1



Phase THREE: 1-10-1

STEP 5: Place single cups



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!

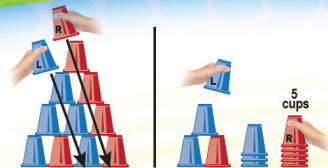
TIP: Memorize "Right, left, right center," then use 3-2-1 method to complete the 10.

STEP 7: Down stack 10 ...

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

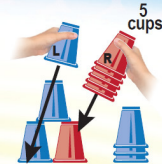


Grab single cups with hands in the same position as you placed them originally (hand on upside-down cup is placed thumb down and palm out).



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 air ready to down stack remaining 3-cup pyramid.



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!

TIMES TO SHOOT FOR:
STACK FAST®

3-3-3	
Beginner:	10 seconds
Fast:	6 seconds
Really Fast:	Under 4 seconds
World Class:	Under 3 seconds
3-6-3	
Beginner:	15 seconds
Fast:	7 seconds
Really Fast:	Under 5 seconds
World Class:	Under 3.50 seconds



CYCLE

Beginner:	30-60 seconds
Fast:	15 seconds
Really Fast:	Under 13 seconds
World Class:	Under 10 seconds

For current world records go to www.WorldSportStackingAssociation.org

StackMat®

The best (and most fun) way to shoot for your own record times is with the **Speed Stacks StackMat®**. It is the official timing device of the World Sport Stacking Association (WSSA) and combines a precision Timer with an optimum stacking surface Mat. You can even keep track of your own personal best times with the memory feature. **STACK FAST!** And keep track of your best times to the hundredth of a second with your very own StackMat!

Visit www.speedstacks.com to learn more.



Official Equipment of the WSSA

WSSA® (WORLD SPORT STACKING ASSOCIATION)

Speed Stacks® is the official equipment of the WSSA



The World Sport Stacking Association is the governing body for the sport, setting the rules, regulations and standards. The WSSA promotes and sanctions Sport Stacking leagues, tournaments and records worldwide and hosts the annual WSSA World Sport Stacking Championships. Visit www.WorldSportStackingAssociation.org



Visit www.speedstacks.com