

Cigar Box Fundamentals Workshop

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Basics

1. Middle Box releases Click Clack (top, bottom, top and bottom)
2. End turn (half and full) End Turn (end turn with take out, end turn with end around)
3. Grip Change (right, left, both)
4. Middle Box Flip (half and full) X, Y, Z axis
5. End Flips (half, full,) X, Y, Z axis "use your fingers more than your wrists."
6. Take Outs left and right, palm down only, top and bottom (variations)
7. End Arounds (variations) same as Take Outs
8. Hand-overs (over and under)
9. Cross Arm (switch hands to cross, carry box to cross, cross to middle box spin exit)
10. Tumbles (regular and reverse)
11. Shuffle Stacks (outside and inside, plus daymont)
12. Body Moves (leg, back)
13. Elevators (regular, pass, middle/bottom, top/bottom, top/middle)
14. Two Box manipulation (end/end, side/side, variations)
15. Vertical Box Moves (Tumble start into I, into T, half, end to end, take-outs, shower, forks, forks with flourish)
16. Pirouettes (1-2-3, cross arm, end around to pirouette, vertical stack, horizontal stack, elevator, foot catch?)

Variations

1. Grip Change (grip change with take out, grip change with underside take out)
2. Middle Box Flip (with arm swing, 3 box horizontal flip, middle box flip with async hands position)
3. End Flip (take out, end around, tumble, under leg, cross arm grab)
4. Take Out (double, triple, take out to hand over, take out to hand over to take out, take out toss-flat/spin)
5. End Arounds (end around to end turn, end around to cross arm, double end around, double end around to cross arm, around the world, around the world with take out)
6. Hand Over/Conveyor (take out, under leg, behind back, behind back with take out, conveyor top/bottom with take outs, conveyor with bottom box spin)
7. Cross Arm (take outs and cross arm to cross arm)
8. Tumbles (with end spin, with end turn)
9. Shuffle stacks (toss, take out, end flip-take out, cross arm grab, t-stall, hit, glacier, rainbow [2x only])
10. Body Moves (arm stall, arm stall middle box spin, take out to arm stall, arm stall to arm roll, double arm stall, cross arm foot catch, carry to cross arm foot catch, end around to cross arm foot catch, foot catch to foot roll, Ivan's wrist roll, and tumble to wrist roll)
11. Elevators (2 box, under leg, behind back, toss, shuffle stack, shuffle stack take out, glacier, double pass, double pass with shuffle stack and take out)
12. Freezes (take out, end around, double end around, shove to middle, elevator cross arm, Dan's shuffle stack switch, Take-out freeze middle box full spin, take out freeze middle box half spin to take out)
13. Anti Gravity (top, bottom, Sebas version)
14. Two/Three Box Balance & Manipulation (Shuffle Stack T-Catch and Slide, Sebas centrifugal, Charlie Brown Penguins, Tim Kelly 3 box lean balance, Patz Pyramids vertical/horizontal, Mr. Domino Balance Toss,
15. Hits/Rebounds (basic middle box hit, take out hit, end around hit, tumble hits, shuffle stack hit, Pachinko, tumble-toss-reverse hit)

ACKNOWLEDGEMENTS

I started boxing because I saw Jeff Mason win the 1988 IJA Individuals competition with a box routine that I believe stands the test of time. On that same VHS tape, I saw Charlie Brown do a quick little bit with boxes that was so smooth and fun. From then on, I wanted to do boxes. When I moved out to the Bay Area from Chicago in 1999, I was lucky to meet up with some of the best players of the West Coast Style—Dan Holzman, Tim Kelly, and Jeff Daymont. They definitely took me in and schooled me in the latest tricks and style. Lastly, this workshop list was created when Ivan Pecel took me on a cruise ship to Alaska with the goal of filming and creating a definitive instructional video for cigar boxes. We filmed perfect versions of every single one of the tricks above, and the footage is still sitting on Ivan's hard drive. One day....

RECOMMENDATIONS

If you're looking for further inspiration, I recommend coming to my Japanese cigar box tricks workshop later this week, or at least viewing my IJA Tutorial on Japanese-style tricks at: <https://tinyurl.com/japnboxtutorial>. There are also many great boxers on Instagram right now putting out a great deal of content. Some of them are: matsungo6705, edzen_box, 634suzujin, leapingliam7, lukie_boxmonkey, and cigarboxjuggler (the Anthony Gatto of the cigar box world—Eric Bates).

Feedback: Please feel free to offer your comments and critiques about your experience during this workshop at: <https://goo.gl/y4BDr7>