

## Club Spin Control & Exercises Workshop by Luke Wilson

Thursday, August 8, 2019

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### INTRODUCTION:

Luke Wilson taught this workshop for years before passing away in 2012, and after much research and discussion with many friends and contemporaries of Luke, I have re-constructed his sequence of instruction and some of the various exercises he used in teaching students to control spin, as well as methods of correction for when a club was over/under-spun. Added together, these exercises pave the way to some amazing tricks in their own right, and definitely will broaden the student's general club technical vocabulary.

### ORIGINS:

Luke taught fundamentals of spin control and how to correct a club if it was caught by the "wrong" end. Your options at this point are to throw:

A half-spin

A one and a half-spin

OR.....

You could correct the club as it lands in your hand by using an:

Oh Shit-*defined as a ½ spin throw to correct/change position of a club (knob to head or head to knob)*

Slap Back-*defined as hitting a club to induce a ½ spin (at least) to correct/change position of a club.*

The reverse versions of the above were also possible: Reverse Oh Shit and Slap Backs of the knob end instead of the head.

According to Luke the most aesthetically pleasing way to correct a wrong end catch in a 3 club cascade is by throwing a half spin, rather than the one and a half (1.5) spin which feels more obvious to the untrained juggler. A 1.5 spin throw attracts attention to the mistake where as a half spin is a less noticeable way to recover.

### FUNDAMENTAL TECHNIQUES:

Some exercises Luke suggested are:

**Single-double-triple spin** with 3 clubs (each hand gets a workout on each spin)

You can extend the sequence with **Single-double-triple-double-triple-single** (1-2-3-2-3-1)

Longer version: **Single-double-triple-double-triple-single-triple-single-double** (1-2-3-2-3-1-3-1-2)

Longest version: 1-1-2-1-2-3-2-3-3-3-1-3-1-2-1-2-2-2-3-2-3-1-3-1-1 (see backside for an easier diagram\*\*)

**Flat-Half-Full-Half-Flat:** The title speaks for itself. Juggle a three-club cascade by repeating the sequence of these five throws. According to Luke's own words: "I wanted to make the simplest and shortest sequence that would change sides, in which a club would not do the same thing twice in a row. After 15 throws, the sequence reproduces on the other side. At the end of 30 throws, we find ourselves at the starting point."

### SAMPLE TRICKS:

1. Half spins (or flats) with oh shits in between.
2. Full spins with 2 oh shits (single spin or flats)
3. One and a half spins with 3 oh shits
4. Slap Backs in Cascade (single spins)
5. Slap Backs in Cascade (flats)
6. Slap Backs & Oh Shits in Cascade (single spins)
7. 423 with Reverse Oh Shits (2)
8. 423 with Flats (4) and Double Spins (2)

**EXTENSIONS**— I developed a five-throw sequence that works spin control and oh-shits equally on both sides. It can be written as:

Flat (0). Half (.5). Single (1). One and a half spin (1.5). Double (2). As the .5 and 1.5 throws land, you use oh shits to return them to a regular handle grip and prepare for the next throw.

As suggested by Maksim Komaro, juggle an asynchronous fountain with four clubs. One hand throws single-single-double all the time, while the other throws double-double-single. And do not try to cheat by making it synchronized with the single thrown at the same height as the doubles. Andreas does another version where each hand in a four-club asynchronous fountain throws single-double-flat. Not hard enough for you? Do it in Mills Mess like Andreas.

## ACKNOWLEDGEMENTS

First and last, this workshop is Luke's and not mine. That said, any errors in sequencing or content are mine. I would like to thank Jay Gilligan and Erik Aberg, who were kind enough to encourage my idea of keeping Luke's teachings available to other jugglers. I would also like to thank previous students of Luke: Lana Bolin, Arron Sparks, Dan Grider, and Nathan Peterson for their memories that were added to my own. Lana's memories in particular provided the first breakthrough in reconstructing his workshop, and Arron's additions were equally invaluable.

## RECOMMENDATIONS

To see many of these and other techniques in action, I suggest you check out the following:

- *Tactile*, by Luke Wilson and currently available through Gandini Press at: <https://goo.gl/zzp1EN>
- Luke's Red-Blue Routine from Renegade Stage at MadFest 2007 on YouTube at: <https://goo.gl/8SXbxz>
- Luke's writings at: <https://circusgeeks.co.uk/author/cubecheat/>
- Luke's flawless routine at Moisture Festival 2011: <https://goo.gl/QNA542>

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

\*\*Easier to Remember 1-2-3 Pyramid Structure

1  
12  
123  
23  
3  
31  
312  
12  
2  
23  
231  
31  
1

Congratulations! You have made through ONE SIDE. Now, work the other hand.