

2 Baton Tricks

Single Release

Single Release w/ loop behind head, catch left

Single Release w/ One Spin

Double Release

Double Release w/ One Spin

Thumb Flip One Spin- pass behind back, catch left

Thumb Flip One Spin- hold baton behind back, catch right

Backhand Flip, pass behind back, catch right

Backhand Flip w/ One Spin- pass behind back, catch right

Verticals Swirls- both hands at the same time

Butterfly- continuous verticals in left hand

Horizontal Swirls- both hands at the same time

Horizontal One Spin- tuck pass at chest, catch right

Vertical Juggles

Thumb Flip w/ forward loop in left hand, catch right

Backhand Flip with butterfly, catch left

Shoulder Rolls- right, left, both

Finger Tip Flips- right, left, both, switch

Horizontal Toss, step left, kick right, pass under leg

Horizontal Toss, step right, kick left, pass under leg

Horizontal Toss Neckwrap- don't forget to slid baton before neck wrap!

Horizontal Tuck Pass

Alternating Swirls- horizontal in left hand, vertical in right hand

TRY w/ butterfly in right hand, thumb flip pass left behind
back, catch toss in left hand.

Double Wrist Rolls

Fancy ½ Spin- thumb flip, circle left arm, turn right, catch toss behind back

Horizontal Toss Backwrap

Horizontal Toss Waistwrap

Thumb Flip Lunge Left, pass under leg, catch left

Thumb Flip Lunge Right, pass under leg, catch left

Thumb Flip Double Lunge Passes

Next Level, 3 Batons!!!!

(Must show consistent ability with above tricks. Practice, Practice!!)