

## FLICKING

Students 1<sup>st</sup> grade and under can learn to flick a marble.

1. Place your hand palm down on the table.
2. Hook a finger, behind your thumb or finger.
3. Flick it several times.
4. Now place a marble in front of your fingernail.\*
5. Flick the marble.

You place the marble against your finger nail so it doesn't hurt.



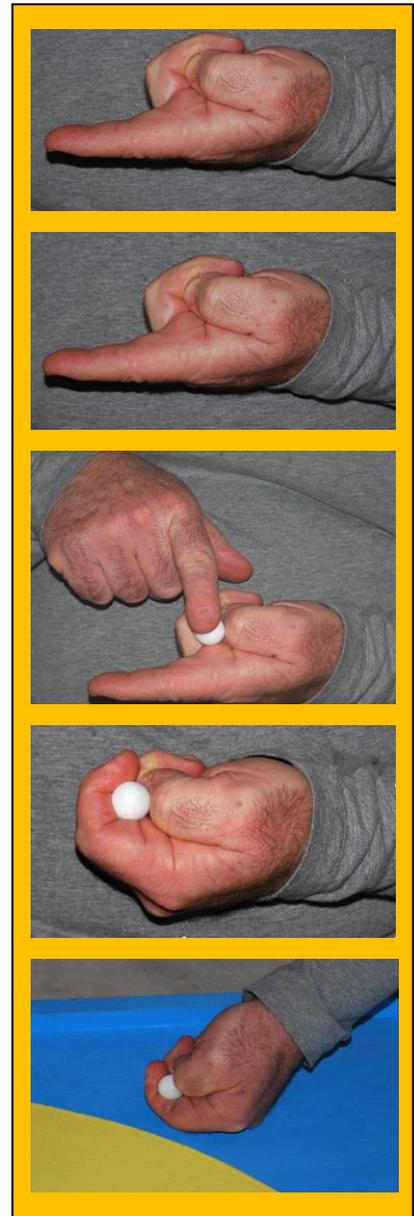
## KNUCKLE DOWN

Learning to **Knuckle Down** can be frustrating, but once you get it you will be unstoppable!

1. Make a fist and point your index finger.
2. Tuck your thumb behind your middle finger and lock it tight.
3. Practice flicking your thumb like you are flipping a coin.
4. If your other fingers move, hold them still with your other hand.
5. Curse your index finger and place your shooter in the crease and hold it against the back of your thumb.
6. Set your hand, “knuckles down”, ready to shoot.
7. Flip the shooter with your thumb, with a POW!
8. Be careful to not lift or shooter hand or move it forward.
9. Your thumb should be pointing straight at the target after you shoot.

Bruce Breslow (Moon Marble Co.) and Marvin Oline (Des Moines, IA) both share the following script they use with students, for learning to shoot Knuckles Down:

*“Wrap your fingers around your thumb, like you are pointing a gun. Flick your thumb<sup>4</sup>. Do it several times. If you need to steady your fingers, wrap your other hand around your shooter hand. Now place your shooter marble between your pointing finger and your thumbnail. Hold it tight against your thumbnail. Set your fist on the ring, knuckles touching. Flick the shooter with a POW!”*



<sup>4</sup> I have found learning to flick your thumb, powerfully, is key.