



DynoDisc



Introduction

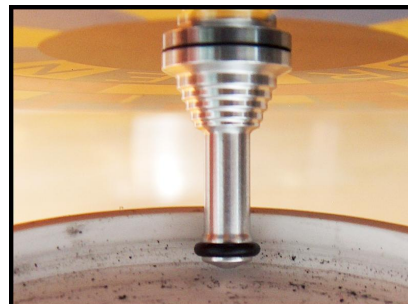
Spinning a DynoDisc can be great fun and is very easy to learn. After devoting a little time to practicing, making the DynoDisc perform will become second-nature.

This little tutorial should get you started on your way to becoming a Master DynoDisc spinner.

Let's look at the components. The discs are mounted on a spindle and held in place with a retainer knob. The Spinner Bowl is used to keep the DynoDisc spinning.

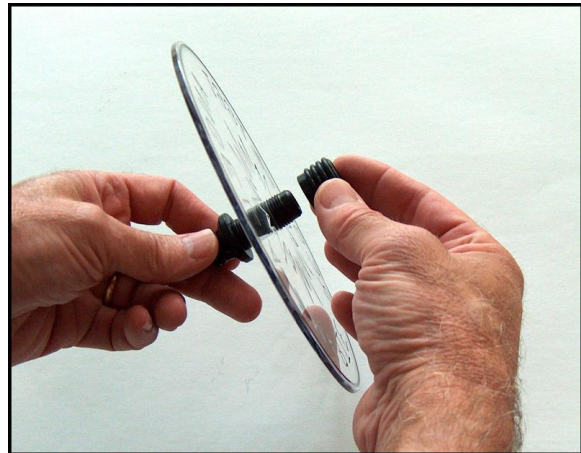
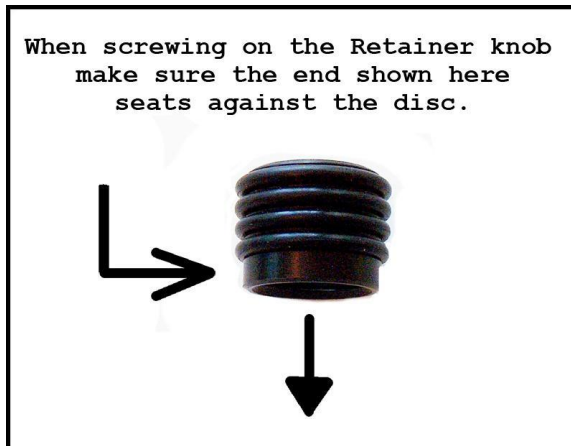


Before learning to spin, it is important to understand how the DynoDisc works. Look at the inside edge of the Spinner Bowl. When we move the bowl in quick circles, the little rubber ring at the bottom of the DynoDisc spindle comes in contact with this edge. This contact is what keeps the DynoDisc spinning. The faster we move the Spinner Bowl, the faster the DynoDisc will spin. This gives it more inertia, which keeps it upright and enables us to make the DynoDisc perform in spectacular ways.

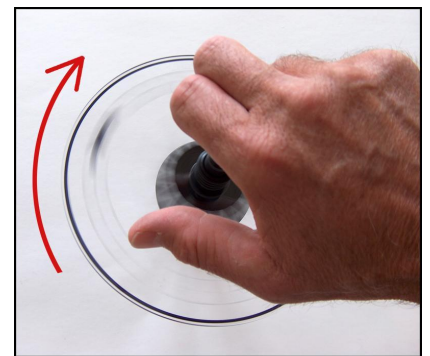
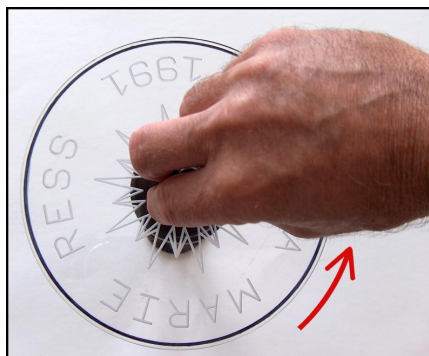
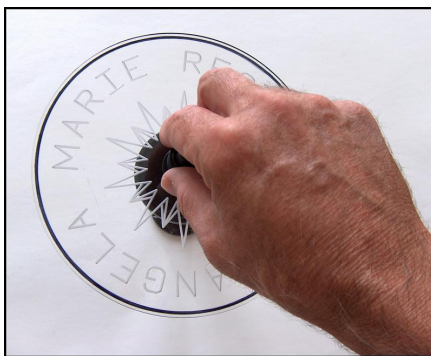


Spinning Instructions

Step 1 Take one of the clear DynoDiscs marked “Trainer” and slide it onto a spindle. Screw the retainer knob onto the spindle to hold the disc in place. The retainer knob doesn’t have to be real tight; just snug it up a little. We’ll be using a clear disc so it is easy to see the spindle in the Spinner Bowl as we practice.



Step 2 Ready for some action? The first thing to learn is the proper way to start the disc spinning. Sit upright in a comfortable chair as you do this. Set the Spinner Bowl on the table and use your left hand to keep it stable. Grasp the retainer knob with your thumb and first two fingers, set the DynoDisc in the bowl, then twist your fingers in a clockwise motion to start the spin. Do this several times. Your goal should be to consistently spin the disc flat and with little wobble. You can put some extra “oomph” in the spin by cocking your wrist a little before starting the spin.



- 1) Set the disc in the bowl
- 2) Cock your wrist by twisting the disc backwards a little
- 3) Give the disc a quick spin as shown

Step 3 Place the DynoDisc “Practice Pad” on the table and set the Spinner Bowl inside the yellow circle. Hold the base of the Spinner Bowl with your left hand and start the DynoDisc spinning in the bowl the same way you did in **Step 2**, using your thumb and first two fingers to grasp the retainer knob.



Using a baseball style grip, grasp the Spinner Bowl with the right hand and start moving it smoothly in a circular motion around the inside of the yellow circle in the direction shown by the red arrow. You should move the Spinner Bowl fast enough to keep the bottom of the spindle in contact with the sidewall of the Spinner Bowl, at least 2-3 times around the yellow circle every second. **Avoid jerky movements.** Quickly the DynoDisc will accelerate and before long it will be screaming!

Step 4 Repeat Step 3 !! It is very important at this point to be able to consistently start the DynoDisc spinning in the Spinner Bowl and then **keep it spinning**. Look through the disc as you are spinning it and make sure the spindle is in constant contact with the inside edge of the Spinner Bowl. Use smooth circular strokes to accelerate the DynoDisc. **Don't be afraid to go fast.** Spin for a while, then stop and start over. Do this as many times as needed until you are confident in your spinning ability.

Step 5 In this next step we will leave the table behind and control the DynoDisc from any position, whether standing or seated. Start the DynoDisc spinning on the PracticePad as before, moving the Spinner Bowl rapidly around the inside of the yellow circle until the DynoDisc is going fast and smooth. Stay seated in your chair as you practice this. **As you keep moving the Spinner Bowl in circles, slowly raise it up an inch or so off the table.** Concentrate on keeping it moving around the inside of the yellow circle. Everything should be the same except the Spinner Bowl will be above the table. Continue until you feel comfortable with this, then set the Spinner Bowl back down on the table. Give the Spinner Bowl a few quick spins to be sure the disc is going fast, then stand up, pick it up again and resume spinning from a standing position. The hard part at first will be keeping your circles round. Do it slowly and concentrate on smoothness. It won't take very long until it seems effortless.



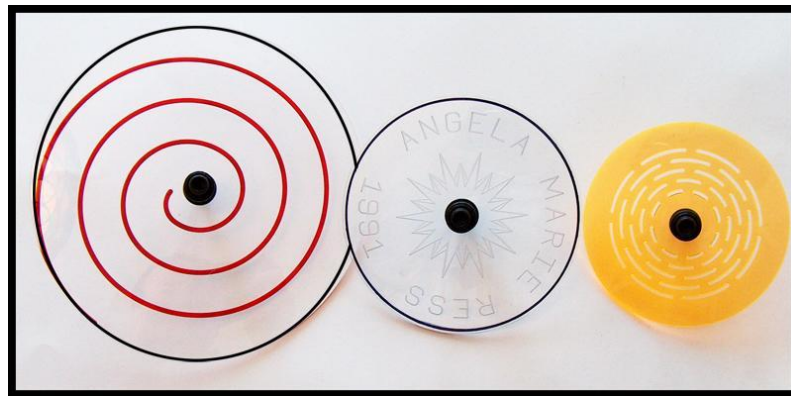
At this point you may find it more comfortable to switch to a golf-style grip instead of the baseball grip. Over time you will develop your own style and system for spinning.

Before moving on to the next session, add different sizes and combinations of discs together to make a new DynoDisc. See how it spins. Try another combination. Your technique will improve as well as your confidence.

Learning to “Stack”

It’s time to learn how to spin more than one DynoDisc at a time by stacking them up on one another. **Remember this basic principle: The bigger, heavier combinations of discs go on the bottom, and each combination added should be lighter than the one below it.** Be sure to practice over a soft surface, too. You’re going to have a few wrecks :-)

Step 1 The first thing we will do is put together three DynoDiscs. For the bottom one we will use the big clear disc that has a red spiral in it. The middle disc will be our original clear trainer, and for the top DynoDisc mount the 6” yellow disc on a spindle.

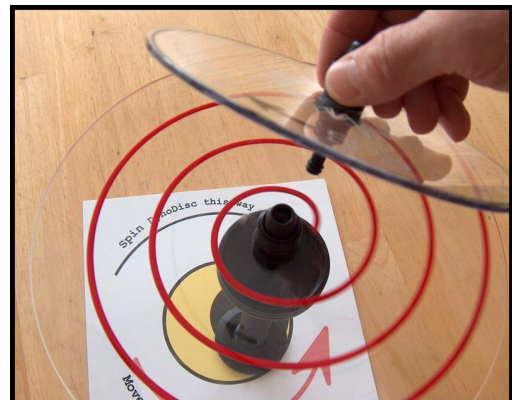


Step 2 Set the Spinner Bowl down on the PracticePad in the yellow circle. Start the big bottom disc spinning in the Spinner Bowl and crank it up to a fast speed. Remember, it will take longer to do this than it would for a smaller disc. **It is especially important to keep the bottom disc running fast when stacking.**

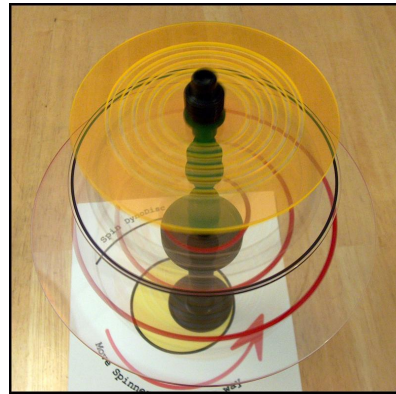
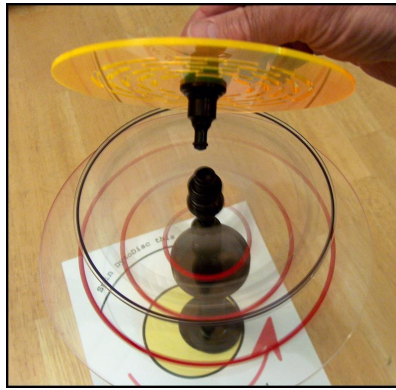
Step 3 Place your left hand on the base of the Spinner Bowl to hold it steady. Grasp the trainer disc with the thumb and first two fingers of your right hand. Gently lower it into the top of the spindle that the bottom disc is mounted to.

Just as it completely enters the cavity, give it a little clockwise twist to help get it started.

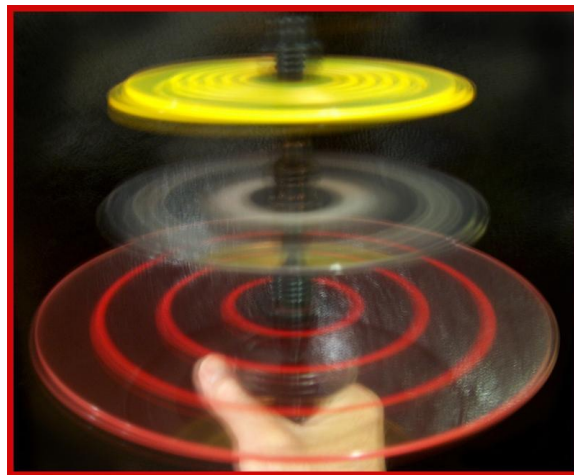
Wait a few seconds for the discs to stabilize, then grasp the Spinner Bowl using a baseball grip and accelerate the two DynoDiscs as long as it takes for both to be going fast and smooth.



Step 4 Repeat the same process you used in **Step 3** to add the yellow top disc to your stack.



Step 5 After the stack stabilizes and you have all three DynoDiscs spinning fast, pick the stack up and keep it spinning.



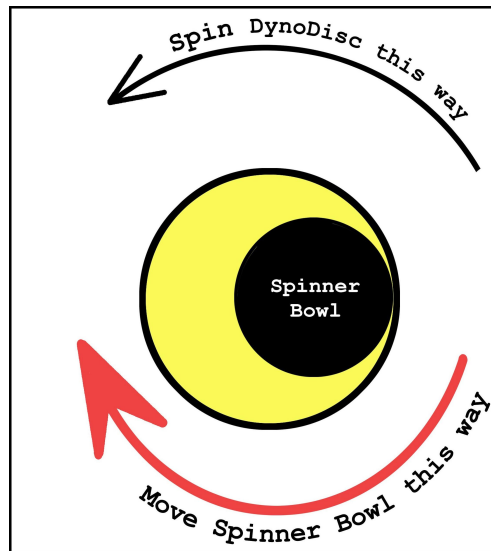
When you've mastered this exercise, make up any combinations you desire and try spinning them. You'll be amazed how quickly your skills will improve!



Congratulations! You're a Master DynoDisc Spinner!

Left-handed Spinning

The instructions in this booklet are for right-handed spinners. While it is possible for left-handers to do it with the right hand, it may be easier to use the left. There is a special PracticePad made up for left-handed spinners to use. The only difference is that the directions to move the Spinner Bowl and DynoDisc are reversed.



Left-handed PracticePad

When you read the Spinning Instructions, just reverse anything that pertains to hands used or directions. In other words, if it says to hold the Spinner Bowl with the right hand, then use your left. If it says to give the disc a clockwise twist, then twist it counter-clockwise instead. Also, be aware that the initial process of rapidly starting a DynoDisc spinning in the Spinner Bowl counter-clockwise may result in the retainer knob coming loose. You may have to snug it up a little tighter.

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Whichever hand you are using when spinning a DynoDisc, the most important rule to remember is that the DynoDisc and Spinner Bowl must always move in **opposite** circular directions.