



The Leader in Sport Stacking
www.speedstacks.com

SPORT STACKING INSTRUCTIONS

Are you ready to try your hands at sport stacking? In order to STACK FAST, it's important to start slow and take your time to learn each step. Once you've got each stack mastered, you can speed it up, practice practice, practice and shoot for record times. These instructions are a companion to your Stacker Training DVD included with your set of Speed Stacks. Have fun! Stack early, stack often, **STACK FAST!**

These instructions have been developed in cooperation with the World Sport Stacking Association (WSSA) www.worldsportstackingassociation.org.



Speed Stacks® & StackMat®
The Official Cups
and Timing Device
of the WSSA

NOTE: For teaching purposes, these instructions are written for a right-hand dominant stacker. Left-hand dominant stackers can reverse the instructions for left and right hands. Be sure to practice each step several times before moving on to the next step.

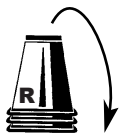
The 3-3-3 STACK

Left hand = Right hand =

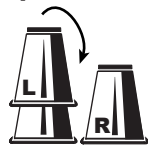
The 3-6-3 STACK

Step 1: The 3 Stack *The first basic pyramid in sport stacking. It's the place to start--so get ready, get set, GO!*

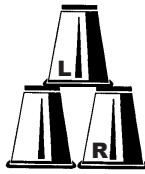
Up stacking



Start with 3 cups.



Lift top cup with right hand and set next to bottom cup.



Lift middle cup with left hand and place on top.

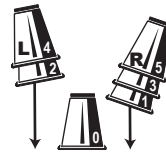
TIP Always grab and hold cups with hands on sides of cups, never tops of cups.

Step 1: The 6 Stack (3-2-1 Method) *The fastest way to build a 6 Stack. Learn this method and practice it over and over.*

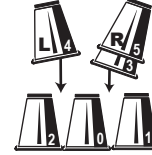
Up stacking



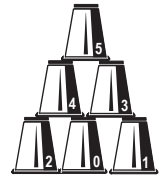
Start with 6 cups.



Pick up 3 cups in right hand first and then 2 in left leaving 1. Hold cups loose with "pinkies" under bottom cups. Spread cups apart with fingers.



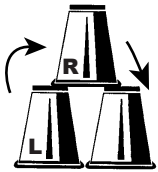
Release bottom cup in right hand to right of center cup. Release bottom cup from left hand to left of center cup. Three cups now form the base of your pyramid.



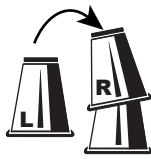
Release next cup in right hand on top of center and right cups that form base. Set cup in left hand next to it. Set last cup (in right hand) on top.

TIP Alternate your hands "Right, left, right, left, right."

Down stacking



Place right hand around side of top cup and left around side of bottom left cup.



Slide top cup in right hand down over bottom of right cup. Bring cup in left hand up, over and down on to middle cup, and...

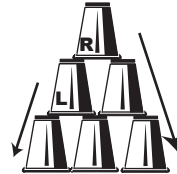


Voila! You are now back to your original stack of 3 cups and ready to go again.

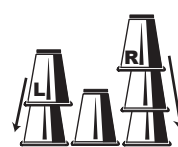
PRACTICE!

TIP Use a "light, soft touch." Slide, never slam.

Down stacking



Place hands around sides of cups as shown.



At same time, slide down right with right hand, and left with left hand.



Pick up 3 cups in right hand and 2 cups in left and put them back in one stack of 6.



There you have it. Now practice again and again...

Step 2: The 3-3-3 Stack



Two stacks of 3 cups.



Up stack left stack first, right stack second.



GO BACK and down stack from left to right.

PRACTICE!

RULE You must always go back to the beginning to down stack.

Step 2: The 3-6-3 Stack The second competitive stack in sport stacking combines the skills you've just learned. You now get to use your complete set of 12 cups. It's simple! Have fun practicing. Race a friend. Time yourself with your StackMat. Chart your personal best and try to beat it. Keep practicing!

TIP Go slow now to STACK FAST later. Use the 3-2-1 method on the 6 stack.

Step 3: The 3-3-3 Stack

The first competitive stack in sport stacking.

Three stacks of 3 cups.



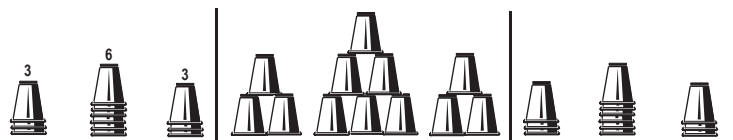
Up stack each stack, working from left to right.



GO BACK and down stack from left to right.

PRACTICE!

RULE Handle only one stack at a time.



Start like this.

Working from left to right, up stack the 3, the 6 and then the 3.

THEN GO BACK TO THE BEGINNING to down stack in the same order. Remember: THIS IS THE RULE!

RULE Fix your "fumbles" immediately when they happen.

3-3-3 World Record
2.43 seconds

Beginner: 10 seconds
Fast: 6 seconds
Really Fast: Under 4 seconds
World Class: Under 3 seconds

TIMES TO SHOOT FOR
STACK FAST!

Beginner: 15 seconds
Fast: 7 seconds
Really Fast: Under 5 seconds
World Class: Under 3.50 seconds

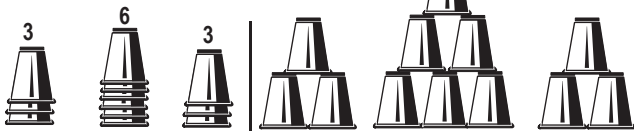
World Record **3-6-3**
2.72 seconds

The CYCLE STACK

The third and most complex of the competitive stacks in sport stacking is made up of three phases: a 3-6-3, followed by a 6-6 and a 1-10-1, all ending in the original down-stacked 3-6-3. Here is the Cycle in 8 steps.

PHASE ONE: 3-6-3

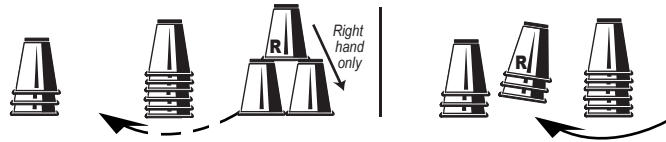
Step 1: Up stack the 3-6-3



Up stack a 3-6-3 from left to right.

TIP Continue to apply all previous tips.

Step 2: Down stack the 3-6-3 and transition to the 6-6

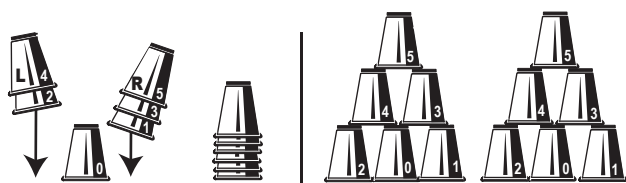


Return to the left and down stack the first 3 and then the 6. Down stack last 3 on right and bring to 3 on left, but don't put them "on" that 3. You are now ready to up stack the 6-6.

TIP Use right hand only to down stack last 3 on right while left hand positions itself over 3 on left--ready to up stack the first 6.

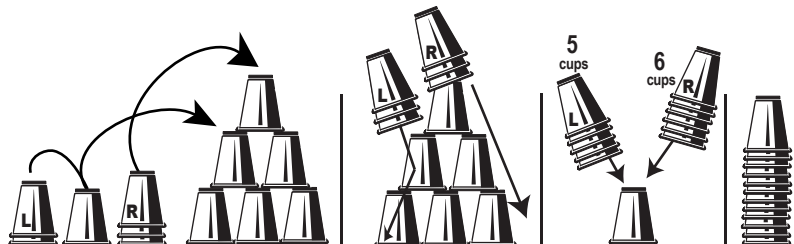
PHASE TWO: 6-6

Step 3: Up stack the 6-6



With left hand, pick up two cups off the left 3, leaving 1. Using the 3-2-1 method, up stack the first 6. Now up stack the second 6 (use 3-2-1 method)

Step 4: Down stack the 6-6 and transition to the 1-10-1



Use first 6 (partially down stacked with 3 cups in each hand) to down stack second 6 as shown. Finish with all 12 cups in a down-stack position. Now ready for 1-10-1.

PHASE THREE: 1-10-1

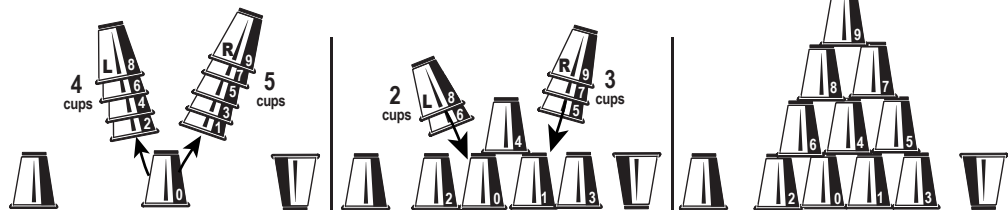
Step 5: Place single cups



Take one cup in each hand off top of 12, flipping one upside down (you choose) and place on either side of what is now a 10 stack.

TIP To place upside-down cup, rather than rotating cup in your hand, simply turn your hand, thumb down and palm facing out.

Step 6: Up stack 10 (5-4-1 method)



Using the 5-4-1 method, pick up 5 cups in right hand first and then 4 in left, leaving 1 cup. Start with right hand and drop 1 cup to right of remaining cup. Then drop 1 to left with left hand. Now drop 1 to right with right hand forming base of 4. Next drop 1 from left hand on the "center" of the second level. From here, alternate "right, left, right, left, right" to complete the 10. Congratulations! Just 2 more steps to go!

TIP Memorize "Right, left, right center," then use 3-2-1 method to complete the 10.

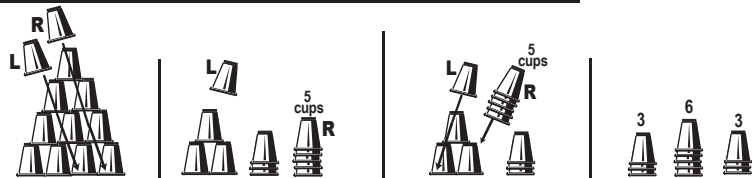
Step 7: Turn & "tap" single cups



To begin down stack of 1-10-1, single cups need to be turned to their **opposite edges** and "**tapped**" once on the stacking surface. Then bring them into position above the 10 ready to down stack.

TIP Grab single cups with hands in the same position as you placed them originally (hand on upside-down cup is placed thumb down and palm out). Now turn both cups in the same direction as if turning off two water faucets at the same time.

Step 8: Down stack the 10 and end in 3-6-3. Cycle complete!



With single cups in each hand "drag" both hands diagonally down from upper left to lower right through the 10. Right hand takes down 4 outer cups, while left hand takes down inner 3.

TIP The left hand with single cup actually "knocks down" 3 inner cups, one on to another, and remains in air ready to down stack remaining 3-cup pyramid.

Right hand then picks up all 5 cups and brings them up, right beside the left hand holding the single cup. Both hands now "drag" diagonally down from upper right to lower left through remaining 3 stack. Left hand takes down 2 outer cups, while right hand places 5 cups onto the single cup in the middle, thereby ending in a 3-6-3. **YOU DID IT!**

CYCLE World Record
7.43 seconds

TIMESTO SHOOT FOR →

Beginner: □ 30-60 seconds
Fast: □ 15 seconds

Really Fast: □ Under 13 seconds
World Class: □ Under 10 seconds