

Learn-to-Yo Stations

Create these 3 interactive Learn-to-Yo stations:

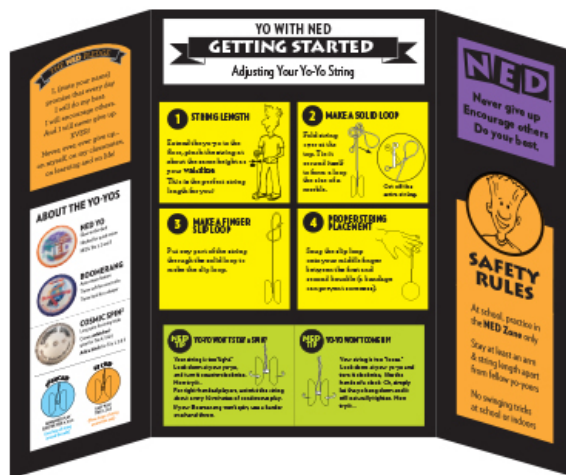
Station 1: Getting Started — Yo-Yo Basics

Station 2: NED Yo & Boomerang Yo — Trix 1-3

Station 3: Cosmic Spin Yo — Trix 4-6

This kit contains the graphics needed to complete these stations.

We recommend that you create 2 of each station to better accommodate the number of families attending the event.



SUGGESTED MATERIALS:

- Student, tri-fold presentation board -48" x 36"
- black is recommended
- Approximate cost is \$8 per yo-yo station.
- Color printer
- Cutting knife and/or scissors
- 8-1/2 x 11" paper - white and bright colors*
(card stock recommended)
- Glue or tape (double-stick preferred)

* If you are making 2 of each 3 stations, this chart indicates the color and # of sheets per color that are needed.

COLOR	# OF SHEETS
white	18
orange	18
yellow	16
green	14
blue	8
purple	6

Print: (Quantities are for 6 total stations)

- Print two copies of pages 5-8 on **white** paper. These are the station headers.
- Print two copies of pages 9-16 on **yellow** paper.
- Print two copies of pages 17-23 on **green** paper.
- Print two copies of pages 24-27 on **blue** paper.
- Print six copies of pages 28-30 on **orange** paper. *NED Pledge and Safety Rules*
- Print six copies of page 31 on **purple** paper. *NED Acronym*
- Print two copies (on color printer) of pages 32-36 on **white** paper.

Cut, combine and assemble stations:

- Cut printouts where indicated and assemble using the diagrams shown on pages 2-4 as reference.

Station 1: Getting Started — Yo-Yo Basics

THE NED PLEDGE

I promise that every day
I will do my best.
I will encourage others.
And I will never give up.
EVER!
Never, ever, ever give up...
on myself, on my classmates,
on learning and on life!


YO WITH NED GETTING STARTED

Adjusting Your Yo-Yo String


NED

Never give up
Encourage others
Do your best.


ABOUT THE YO-YOS




NED YO
Glow-in-the-dark
Hitched for quick return
NED's Trix 1, 2 and 3




BOOMERANG
Auto-return feature
Throw soft for most tricks
Throw hard for a sleeper



COSMIC SPIN²
Long spins for string tricks
Comes unhitched -
great for Trix 4, 5 & 6
Add a hitch for Trix 1, 2 & 3




UNHITCHED
ADVANCED PLAY
SLEEPER TRIX 4, 5 & 6
(one loop of string
around the axle)



HITCHED
EASY PLAY
TRIX 1, 2 & 3
(three loops of string
around the axle)

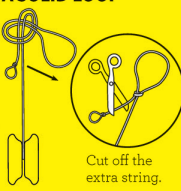
1 STRING LENGTH

Extend the yo-yo to the floor, pinch the string at about the same height as your **waistline**.
This is the perfect string length for you!




2 MAKE A SOLID LOOP

Fold string over at the top. Tie it around itself to form a loop the size of a marble.
Cut off the extra string.




3 MAKE A FINGER SLIP LOOP

Put any part of the string through the solid loop to make the slip loop.




4 PROPER STRING PLACEMENT

Snug the slip loop onto your middle finger between the first and second knuckle (a bandage can prevent soreness).




NED TIP YO-YO WON'T STAY & SPIN?

Your string is too "tight." Look down at your yo-yo, and turn it counterclockwise. Now try it...
For right-handed players, untwist the string about every 10 minutes of continuous play. If your Boomerang won't spin, use a harder overhand throw.



NED TIP YO-YO WON'T COME UP?

Your string is too "loose." Look down at your yo-yo and turn it clockwise, like the hands of a clock. Or, simply let the yo hang down and it will naturally tighten. Now try it...



SAFETY RULES

At school, practice in the **NED Zone** only

Stay at least an arm & string length apart from fellow yo-yoers

No swinging tricks at school or indoors

At this station, kids and parents will learn:

- How to adjust their yo-yo string to the proper length for them!
- The features of each yo-yo
- The difference between a hitched and unhitched yo-yo
- Answers to a couple of common questions.

Print:

- Several copies of *How to Replace Your String* for kids to take home.

Videos:

Ask the volunteers for this station to watch these videos before the event.

- theNEDshow.com/preparing-your-yo
- theNEDshow.com/hitch

Station 2: NED Yo and Boomerang Yo – Trix 1-3

THE NED PLEDGE

I promise that every day
I will do my best.
I will encourage others.
And I will never give up.
EVER!
Never, ever, ever give up...
on myself, on my classmates,
on learning and on life!

NED YO
Glow-in-the-dark
Hitched for quick return
NED's Trix 1, 2 and 3

BOOMERANG
Auto-return feature
Throw soft for most tricks
Throw hard for a sleeper

IF YOU HAVE A COSMIC SPIN²
You will need to add a **HITCH** your Cosmic Spin
to do these three tricks.

UNHITCHED
ADVANCED PLAY
SLEEPER TRIX 4, 5 & 6
(one loop of string
around the axle)

HITCHED
EASY PLAY
TRIX 1, 2 & 3
(three loops of string
around the axle)

HOW TO ADD A HITCH

1. Push the string down into the hole.
2. As you look down at your yo-yo, pull the string up and then pull the string around the axle.
3. Add two loops. The string loops at a 90-degree angle and then loops up and then loops around the axle.
4. Let go of the yo-yo and it will loop up and then loop around the axle. Now you are ready for TRIX 1, 2 & 3.

NED YO - BOOMERANG TRIX 1-2-3

1 NED'S SIX TRIX GRAVITY GRIPPER

1. Place the yo-yo in your hand with your palm up. Make sure the string wraps over the top of your yo-yo.
2. Make a muscle, curl your wrist and fling your arm straight out in front of you.
3. Release the yo-yo with a hard downward throw. Turn your palm over, and catch the yo-yo. **Good job!**

NED TIP If your yo-yo is not coming up, and ends up spinning on its side. Use your shoulder, elbow and wrist straight out in front of you before your hand downward throw.

2 NED'S SIX TRIX FLIP-FLOP

1. Release the yo-yo downward, like you would with the Gravity Gripper.
2. As the yo-yo comes up, direct it over your hand and back toward the floor.
3. As the yo-yo flops back down let it do a second Gravity Gripper.

3 NED'S SIX TRIX FORWARD PASS

1. Start with the yo-yo in your palm like you would for a Gravity Gripper. Turn your hand over (palm down) and let your arm hang to your side. Draw your yo-yo hand back... ready to swing it quickly forward.
2. As soon as you start to swing your arm forward, let go of the yo-yo, allowing the yo-yo to swing in front of you.
3. As the yo-yo comes back, turn your palm up to catch it. **Nice job** on the Forward Pass!

NED

Never give up
Encourage others
Do your best.

SAFETY RULES

At school, practice in the **NED Zone** only

Stay at least an arm & string length apart from fellow yo-yoers

No swinging tricks at school or indoors

At this station, kids and parents will learn:

- The features of the NED Yo and Boomerang Yo.
- How to add a hitch if they have a Cosmic Spin 2 Yo.
- Trix 1, 2 and 3 of NED's Six Trix.

Print:

- Several copies of **NED's Six Trix** for kids to take home.

Videos:


Ask the volunteers for this station to watch these videos before the event.

- theNEDshow.com/hitch
- theNEDshow.com/gravity-gripper
- theNEDshow.com/flip-flop
- theNEDshow.com/forward-pass


Station 3: Cosmic Spin Yo – Trix 4-6

THE NED PLEDGE


I promise that every day
I will do my best.
I will encourage others.
And I will never give up.
EVER!
Never, ever, ever give up...
on myself, on my classmates,
on learning and on life!



COSMIC SPIN²
Long spins for string tricks
Comes **unhitched** -
great for Trix 4, 5 & 6
Add a hitch for Trix 1, 2 & 3



UNHITCHED
ADVANCED PLAY
SLEEPER TRIX 4, 5 & 6
(one loop of string
around the axle)



HITCHED
EASY PLAY
TRIX 1, 2 & 3
(three loops of string
around the axle)

Learn to YO!
theNEDshow.com/kids

COSMIC SPIN
TRIX 4-5-6 (Sleeper Tricks)

4 NED'S SIX TRIX SPINNER

- Start this trick just like the Gravity Gripper, but gently stop your hand as the yo-yo reaches the end of the string. When done correctly, the yo-yo will spin or "sleep."
- Turn your hand over (palm down) and give the string a tug. If there is still enough spin, the yo-yo will climb back up the string right into your hand.

NED TIP If your yo-yo is not coming up, and ends up spinning on its side, lean your shoulder, elbow and wrist straight out in front of you before your hand downward throw.

5 NED'S SIX TRIX WALK THE DOG

- Start by throwing a good Spinner. As the yo-yo swings forward, lightly let it touch down on the floor.
- Let the yo-yo "walk" in front of you.
- Before it runs out of spin give the string a small tug so the yo-yo will return to your hand.

NED TIP A hard floor surface (wood, gym, or kitchen) works best for "walking your dog!"


6 NED'S SIX TRIX ROCK THE BABY

- After throwing a good Spinner, grab the string a little above the middle with your free hand.
- Bend the string down with your yo-yo hand, and pinch the string about 5 inches (13 cm) above your yo-yo.
- Now swing the triangle down between you and your yo-yo and bring it into place, forming the cradle.

NED TIP Trying the trick before adding the spin is a great way to learn complicated tricks.

NED

Never give up
Encourage others
Do your best.



SAFETY RULES

At school, practice in the **NED Zone** only

Stay at least an arm & string length apart from fellow yo-yoers

No swinging tricks at school or indoors

At this station, kids and parents will learn:

- The features of the Cosmic Spin 2 Yo-yo.
- Trix 4, 5 and 6 of NED's Six Trix.

Print:

- Several copies of *NED's Six Trix* for kids to take home.

Videos:

Ask the volunteers of this station to watch these videos before the event

- theNEDshow.com/spinner
- theNEDshow.com/walk-the-dog
- theNEDshow.com/rock-the-baby

YO WIT

GETTING

Adjusting Your



H NED

STARTED

Yo-Yo String





COSMIC SPIN!

TRIX 4-5-6

(Sleeper Tricks)



EXCELERATOR

NED YO - BO

TRIX 1

-2-3

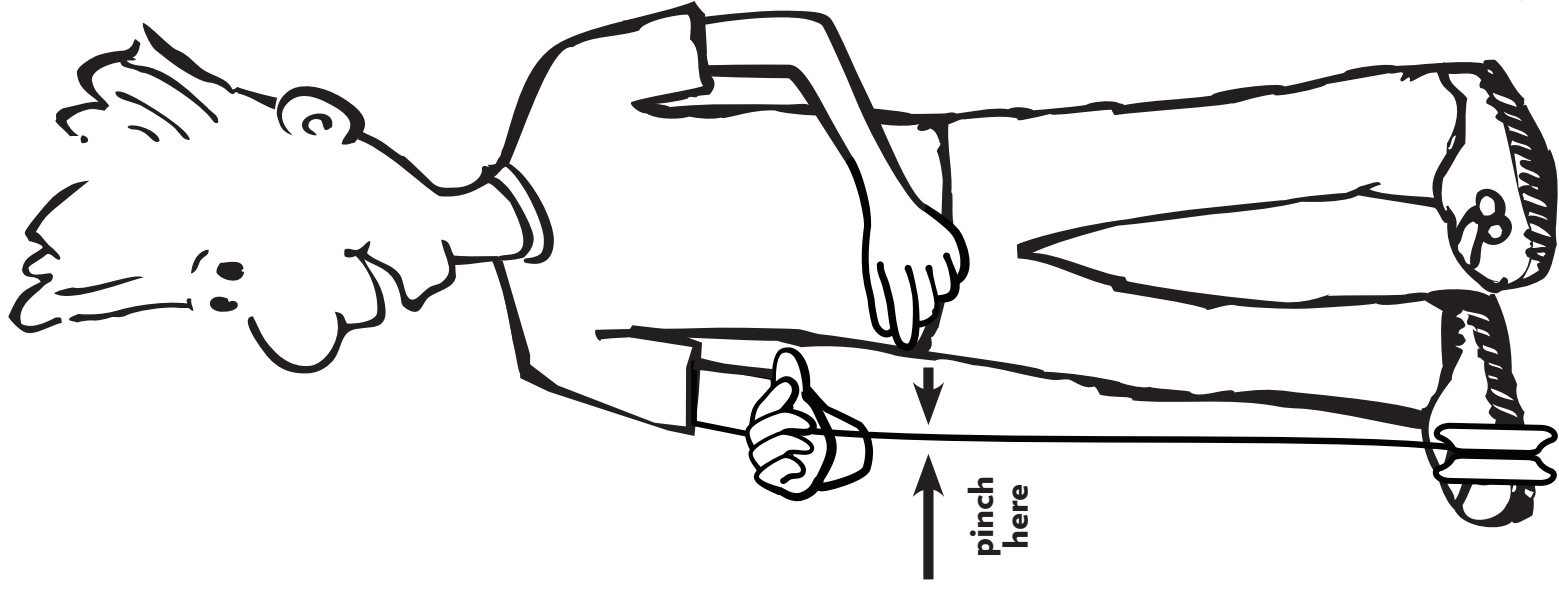
DOOMERANG

1

STRING LENGTH

Extend the yo-yo to the floor, pinch the string at about the same height as your **waistline**.

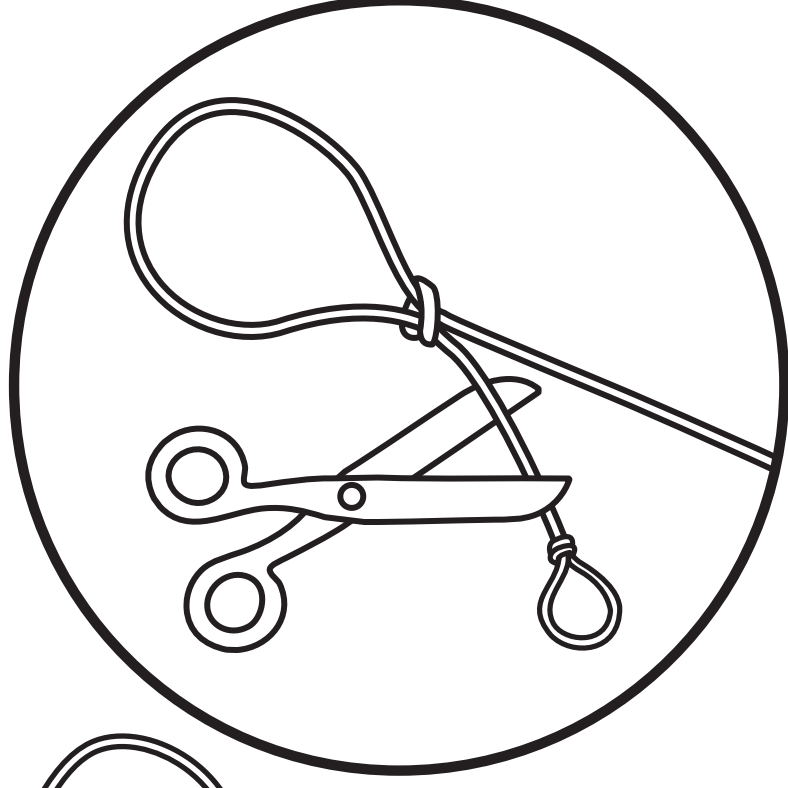
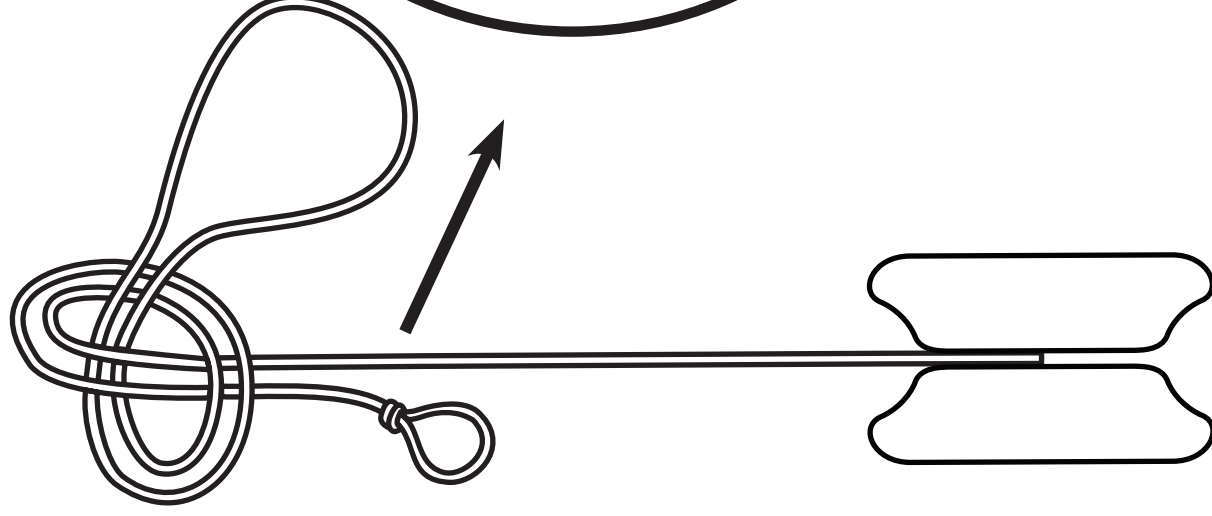
This is the perfect string length for you!



2

MAKE A SOLID LOOP

Fold string over at the top. Tie it around itself to form a loop the size of a marble.

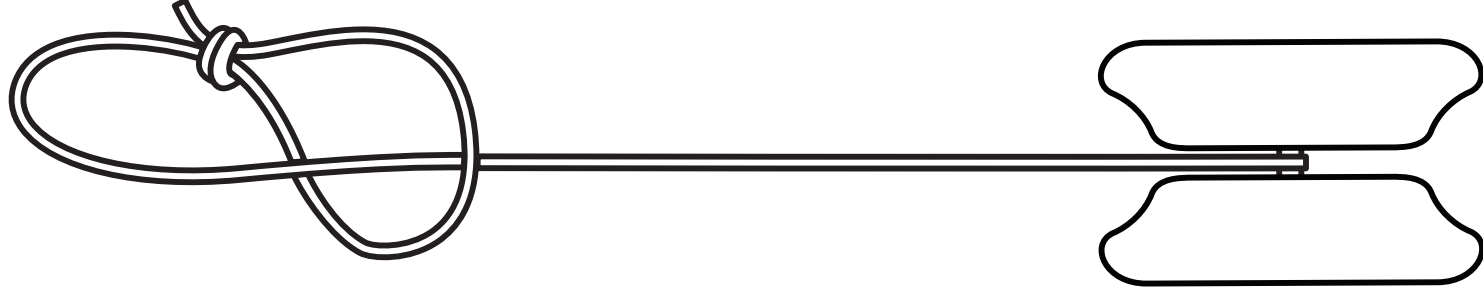


Cut off the extra string.

3

MAKE A FINGER SLIP LOOP

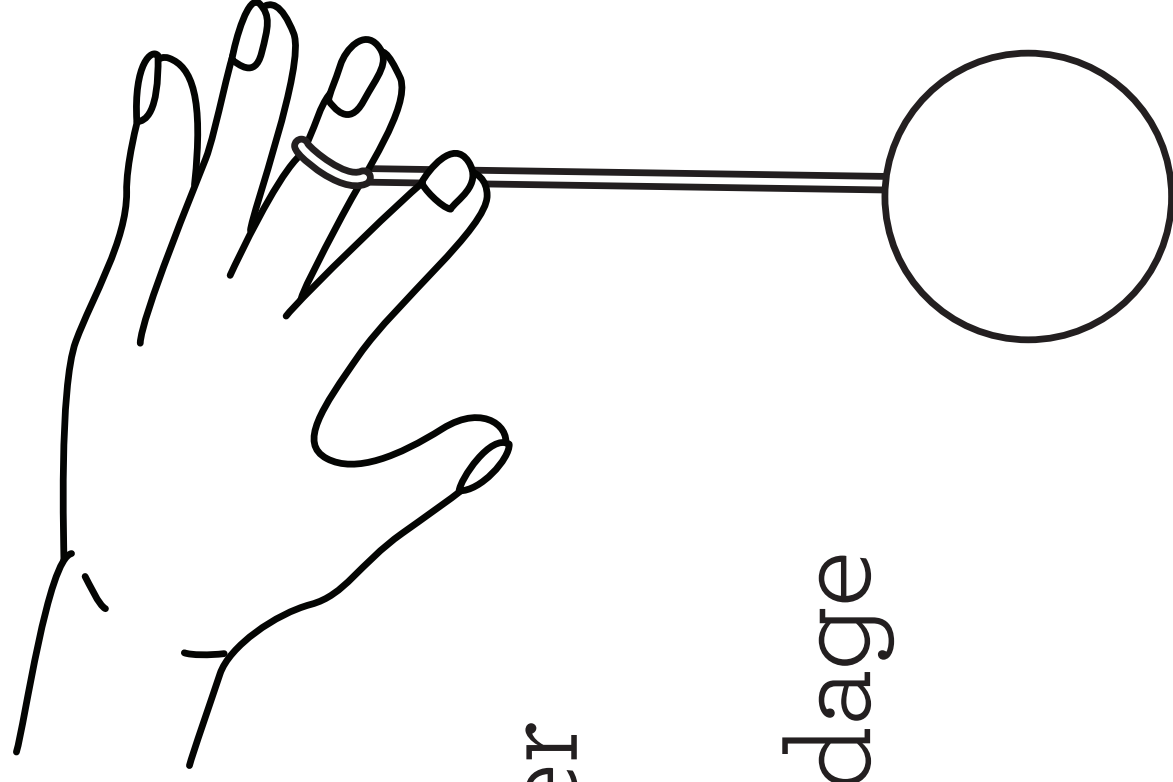
Put any part of the string through the solid loop to make the slip loop.



4

PROPER STRING PLACEMENT

Snug the slip loop onto your middle finger between the first and second knuckle (a bandage can prevent soreness).



1

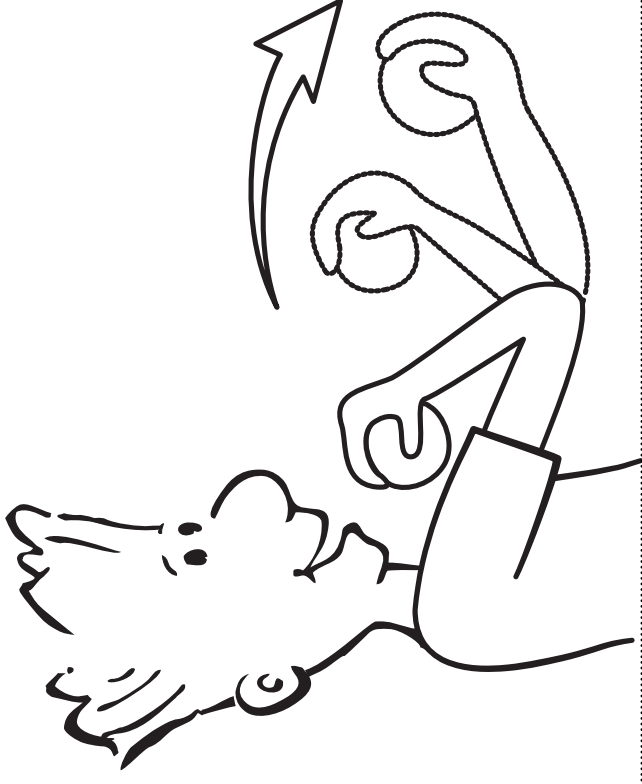
NED'S SIX TRIX™

GRAVITY GRIPPER

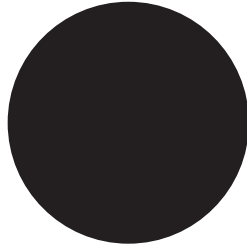
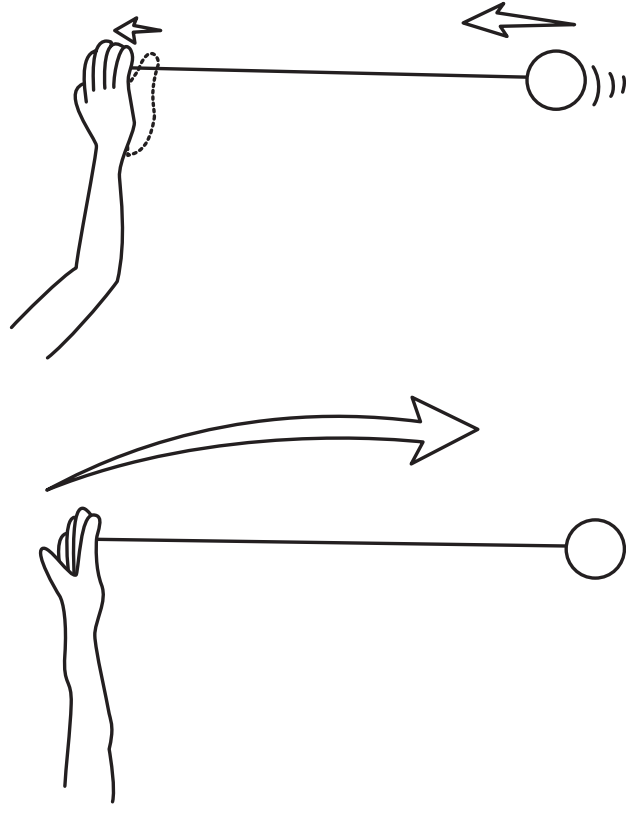
1. Place the yo-yo in your hand with your palm up. Make sure the string wraps over the top of your yo-yo.



2. Make a muscle, curl your wrist and fling your arm straight out in front of you.



3. Release the yo-yo with a hard downward throw. Turn your palm over, and catch the yo-yo. **Good job!**



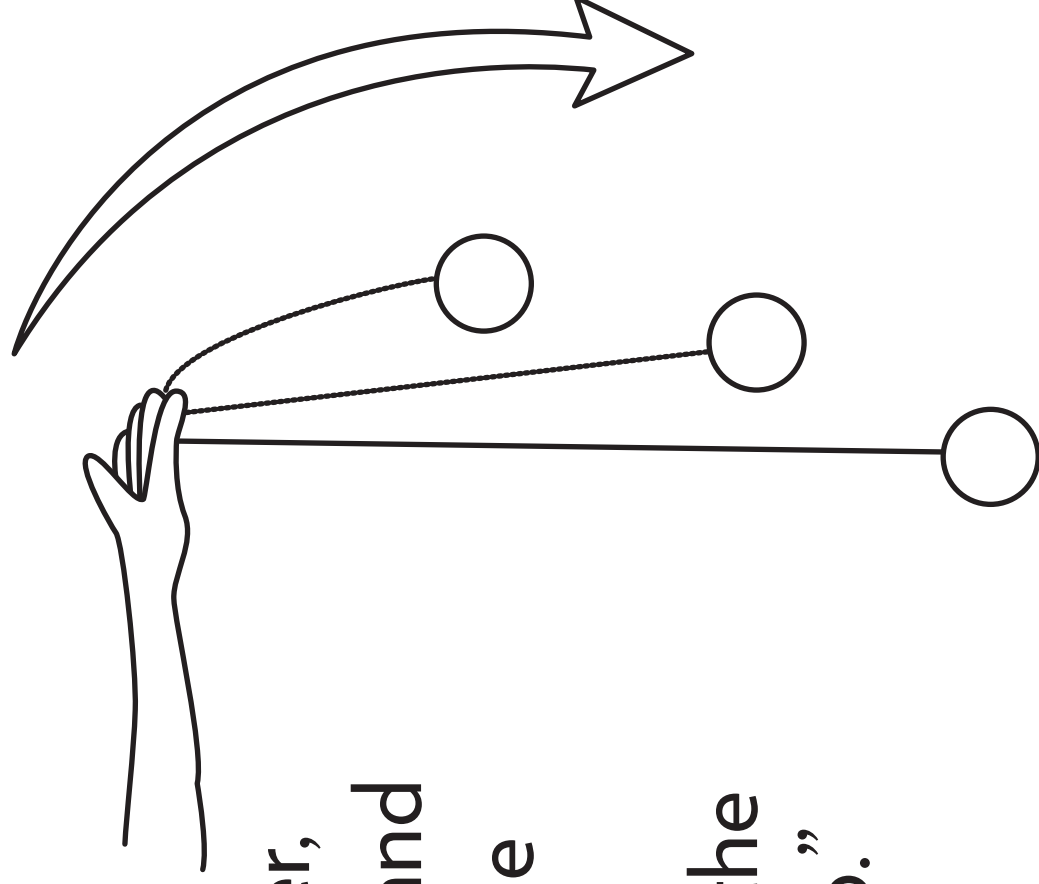
If your yo-yo is not coming up, and ends up spinning on its side...line your shoulder, elbow and wrist straight out in front of you before your hard downward throw.

4

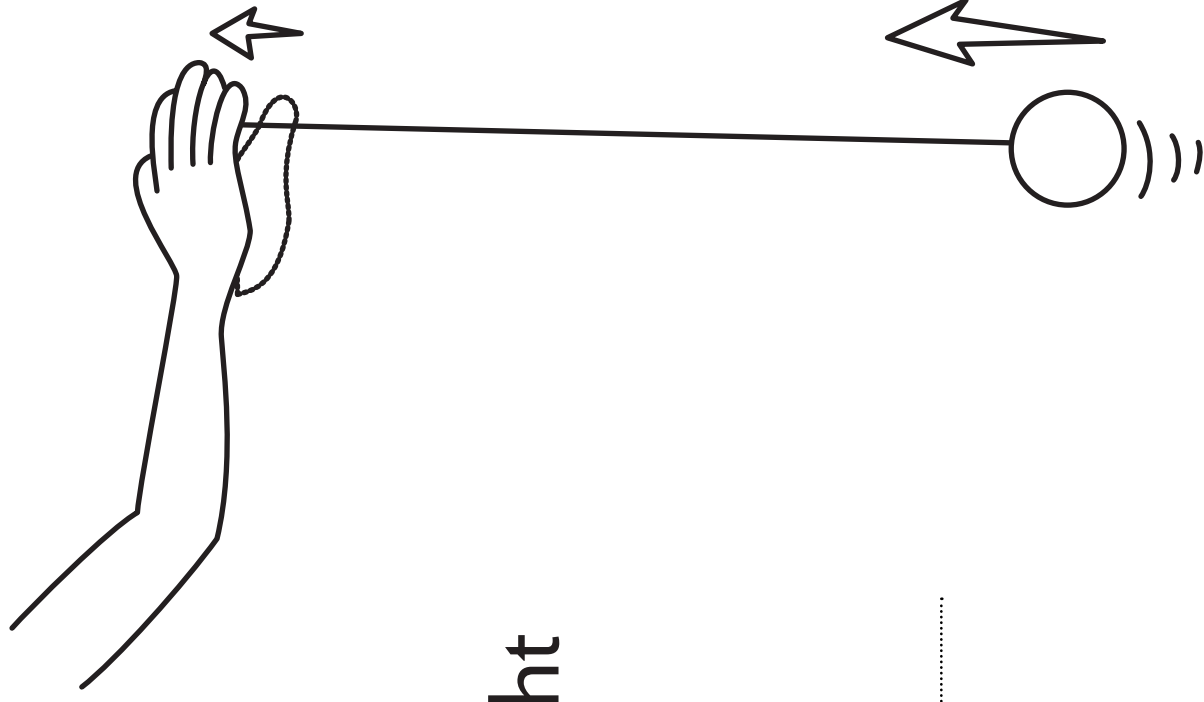
NED'S SIX TRIX™

SPINNER

1. Start this trick just like the Gravity Gripper, but gently stop your hand as the yo-yo reaches the end of the string. When done correctly, the yo-yo will spin or “sleep.”



2. Turn your hand over (palm down) and give the string a tug. If there is still enough spin, the yo-yo will climb back up the string right into your hand.



The harder you throw your yo-yo down, the longer it will spin.

NED TIP

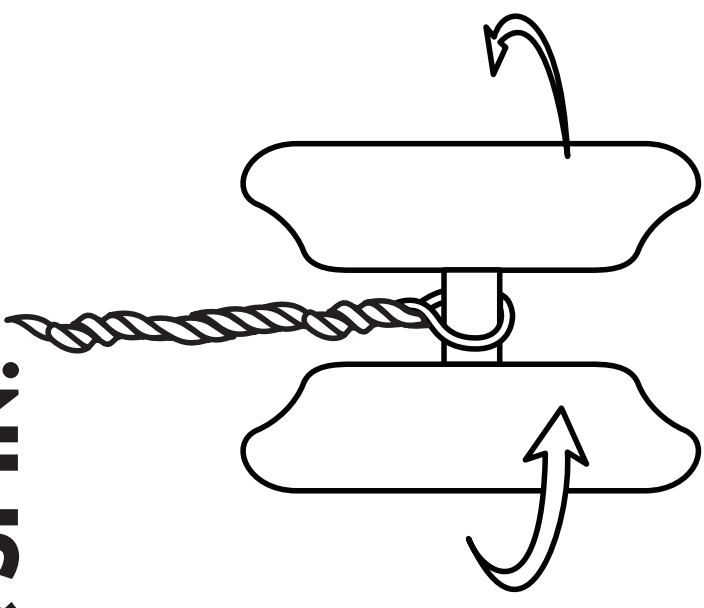
YO-YO WON'T STAY & SPIN?

Your string is too “tight.”

Look down at your yo-yo, and turn it counterclockwise. (Like the hands of a clock, moving backward.)

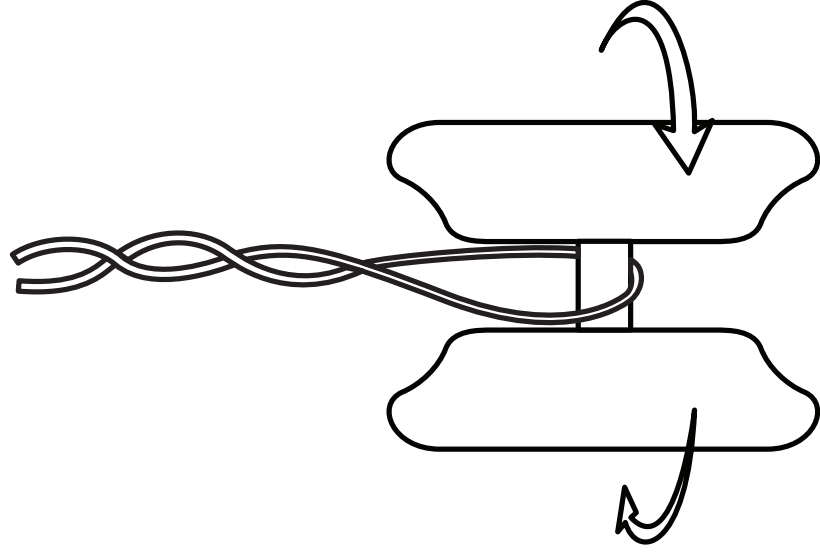
Now try it...

If your Boomerang won't spin, use a harder overhand throw.



NED TIP

YO-YO WON'T COME UP?



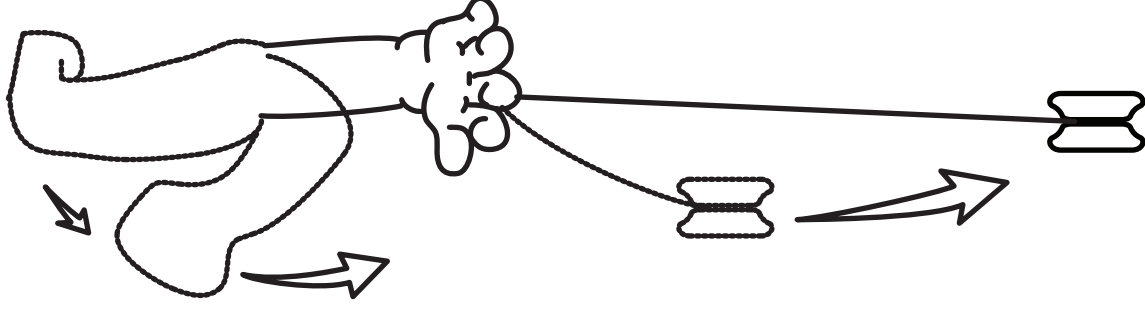
Your string is too “loose.” Look down at your yo-yo and turn it clockwise. Or, simply let the yo hang down and it will naturally tighten. Now try it...

2

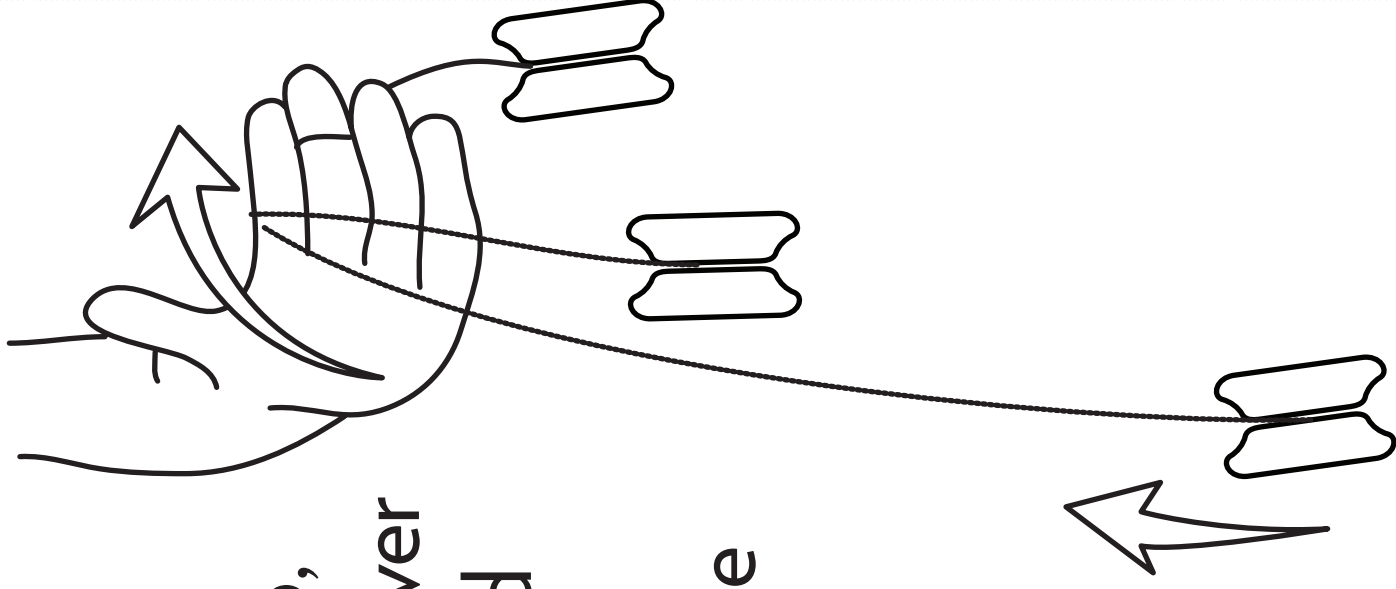
NED'S SIX TRIX™

FLIP-FLOP

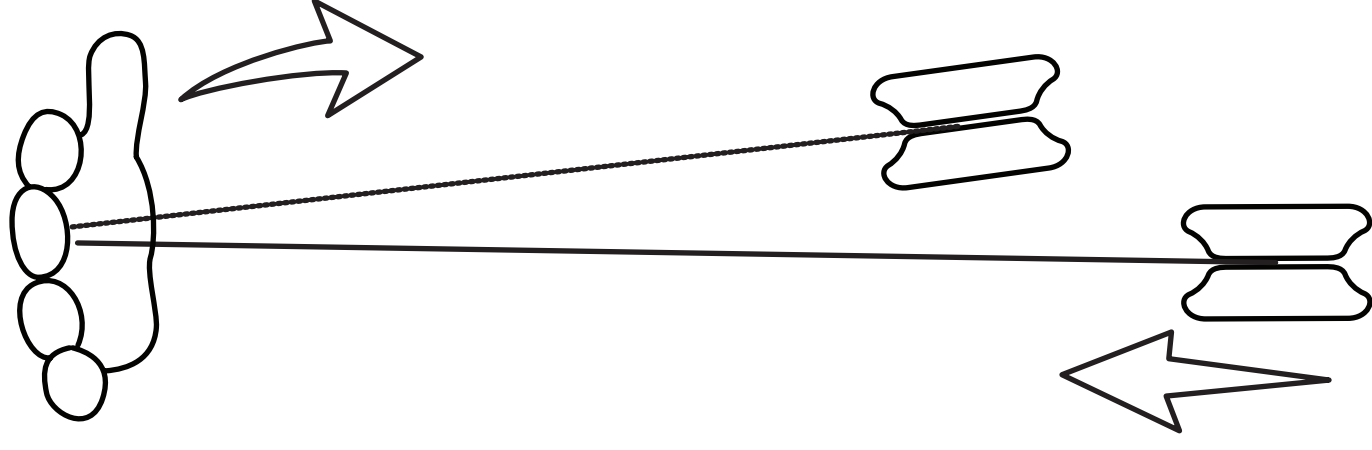
1. Release the yo-yo downward, like you would with the Gravity Gripper.



2. As the yo-yo comes up, direct it over your hand and back toward the floor.



3. As the yo-yo flops back down let it do a second Gravity Gripper.

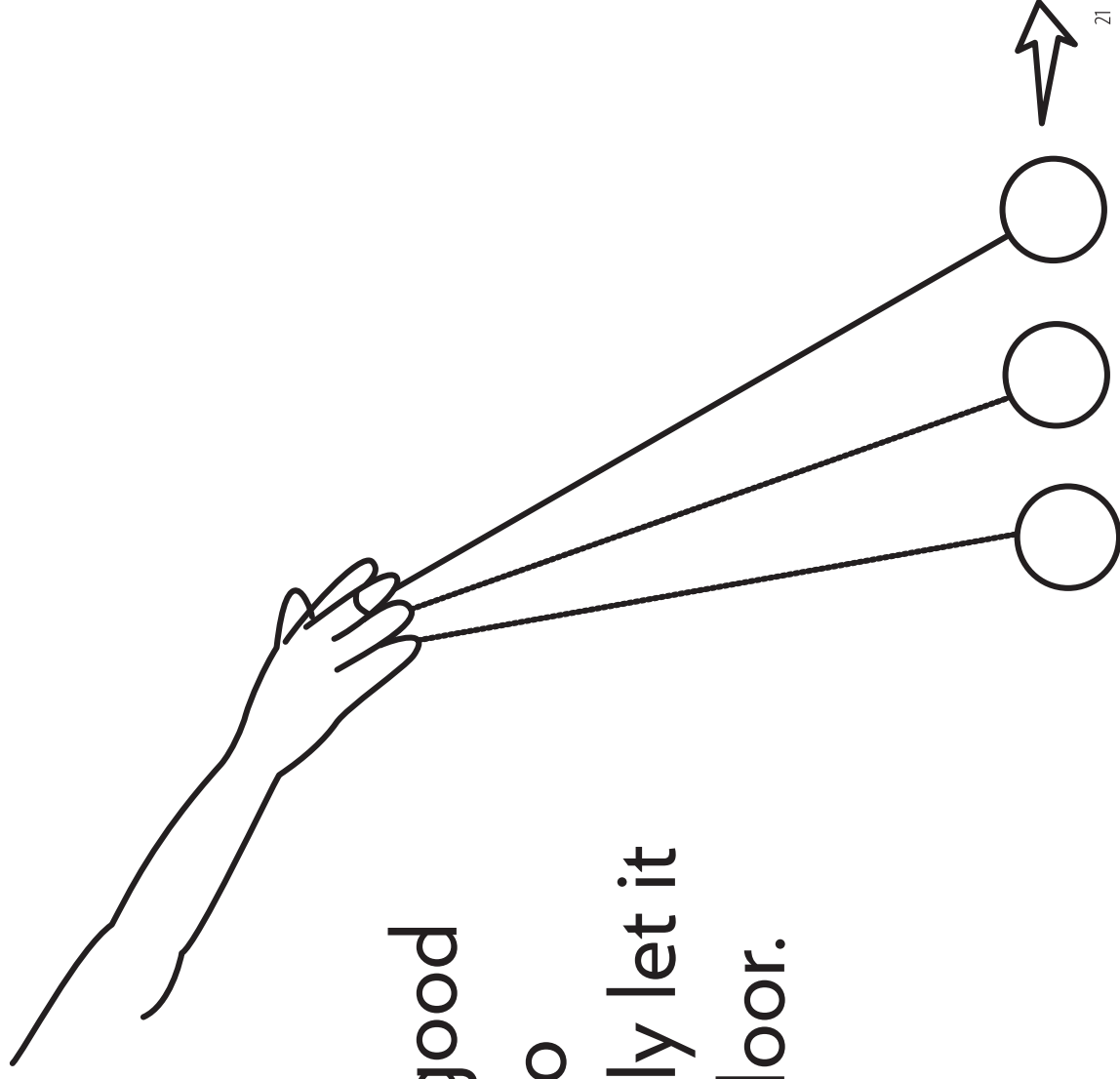


5

NED'S SIX TRIX™

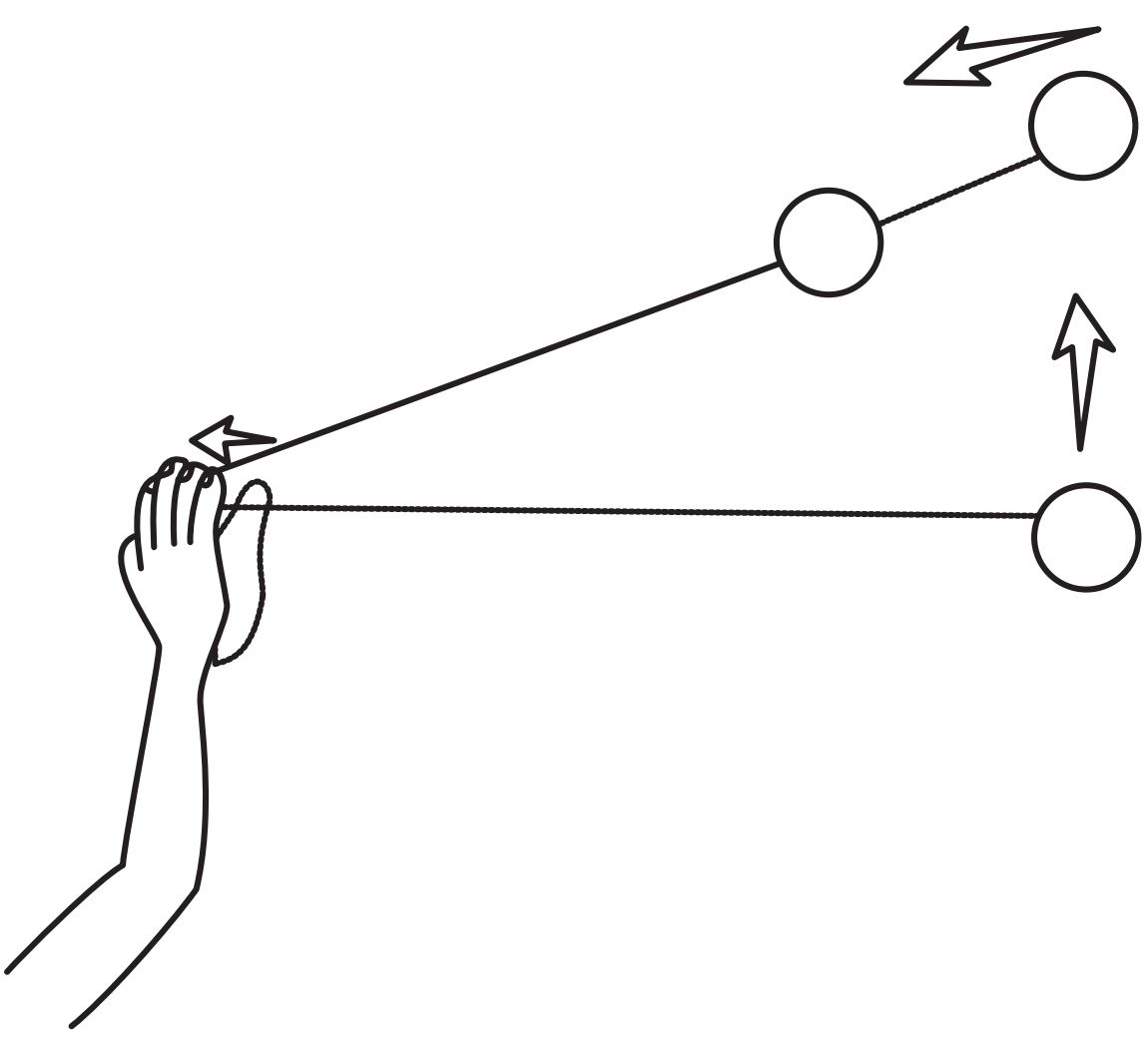
WALK THE DOG

1. Start by throwing a good Spinner. As the yo-yo swings forward, lightly let it touch down on the floor.



2. Let the yo-yo “walk” in front of you.

3. Before it runs out of spin give the string a small tug so the yo-yo will return to your hand.



**NED
TIP**

A hard floor surface (wood, gym, or kitchen) works best for “walking your dog!”

Learn
to yo!

theNEDshow.com/kids

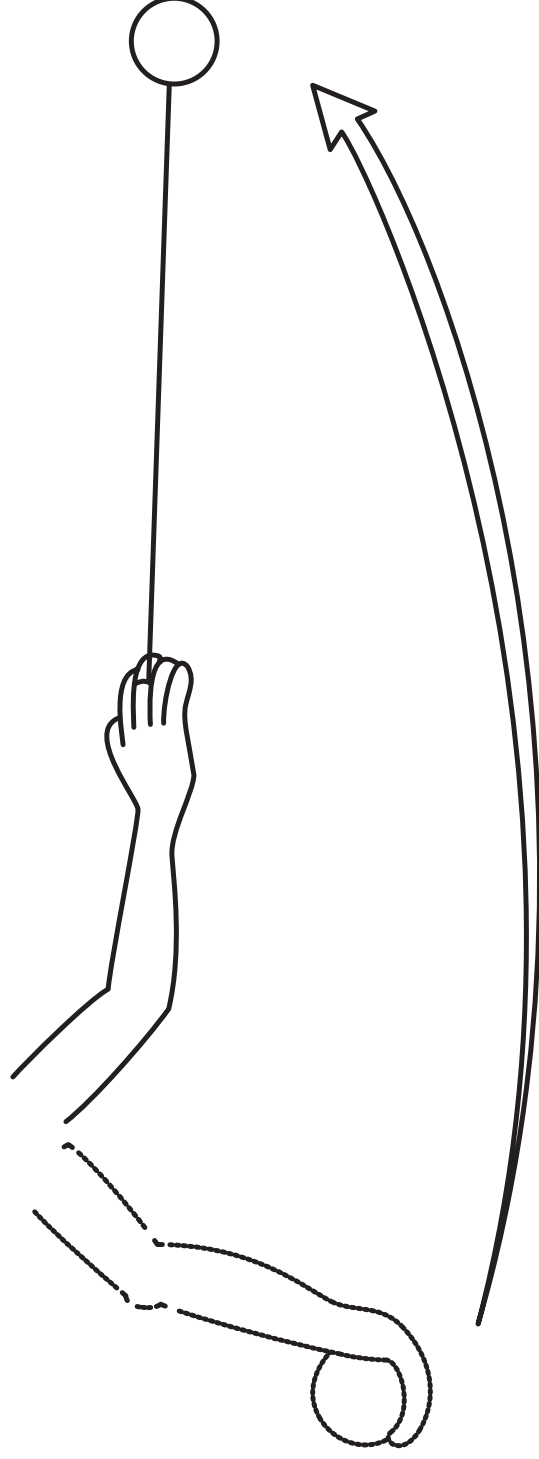


3

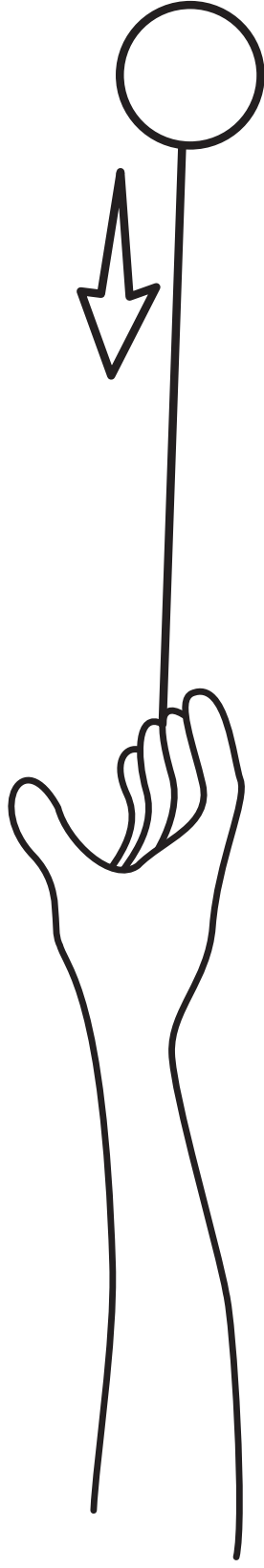
NED'S SIX TRIX™

FORWARD PASS

1. Start with the yo-yo in your palm like you would for a Gravity Gripper. Turn your hand over (**palm down**) and let your arm hang to your side. Draw your yo-yo hand back... ready to swing it quickly forward.



2. Let go of your yo-yo while it's behind you, and at the same instant, thrust your arm and hand forward in a swinging motion, leading with the back of your hand.
3. As the yo-yo comes back, turn your **palm up** to catch it. **Nice job** on the Forward Pass!

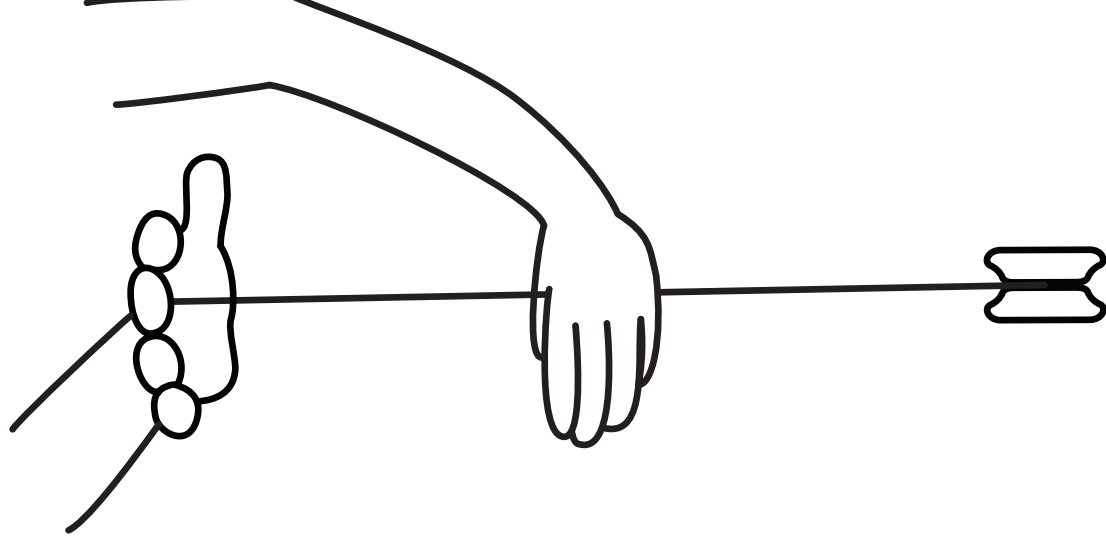


6

NED'S SIX TRIX™

ROCK THE BABY

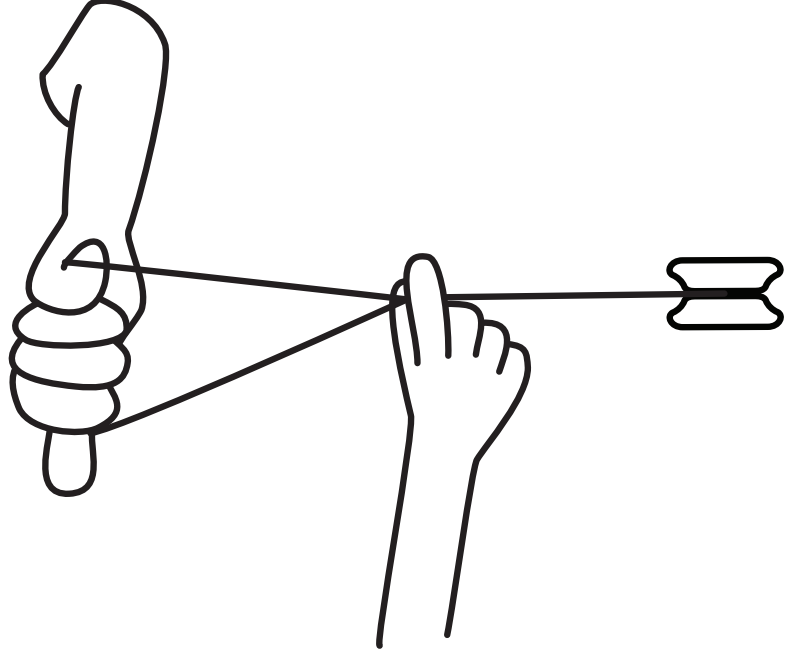
1. After throwing a good Spinner, grab the string a little above the middle with your free hand.



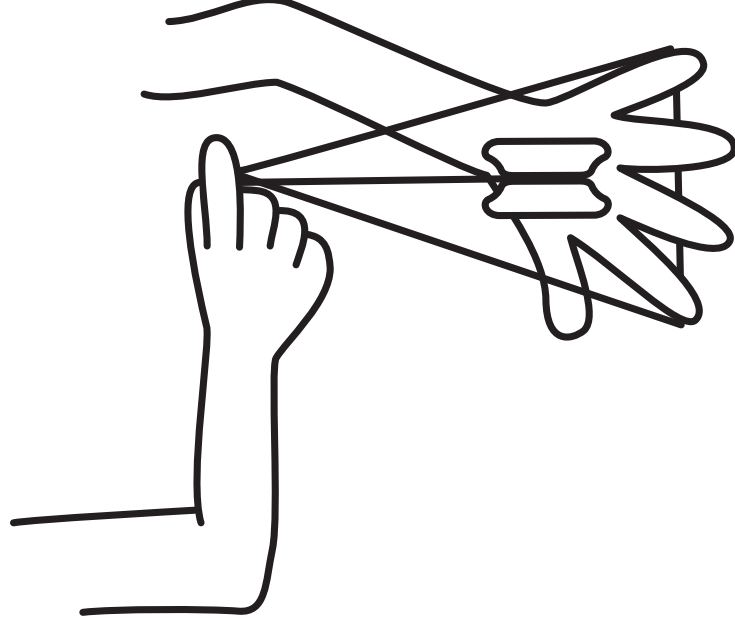
NED
TIP

Try the trick a few times before adding the spin.

2. Bend the string down with your yo-yo hand, and pinch the string about 5 inches (13 cm) above your yo-yo.



3. Now swing the triangle down between you and your yo-yo and bring it into place, forming the cradle.





THE **NED** PLEDGE

I promise that every day
I will do my best.

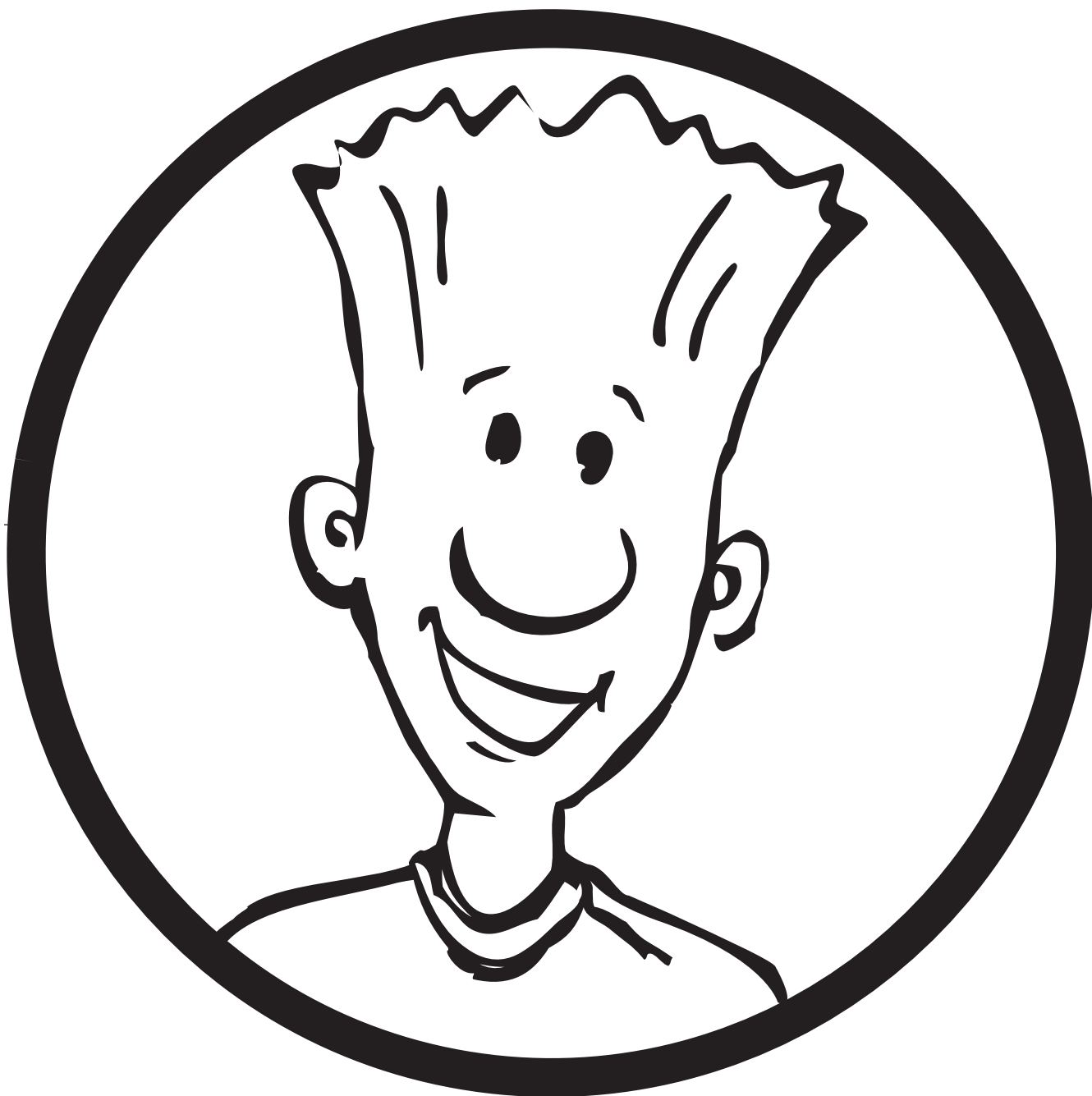
I will encourage others.

And I will never give up.

EVER!

Never, ever, ever give up...
on myself, on my classmates,
on learning and on life!

✂ CUT



SAFETY RULES

At school, only yo
in the **NED Zone**.

Play at a string's
length away from
others.

No swinging tricks
at school.

NED®

**Never give up
Encourage others
Do your best.®**

 CUT

ABOUT THE YO-YOS



NED YO

Glow-in-the-dark

Hitched for quick return

Ideal for NED's Trix 1, 2
and 3



BOOMERANG

Auto-return feature

Throw soft for most tricks

Throw hard for a sleeper

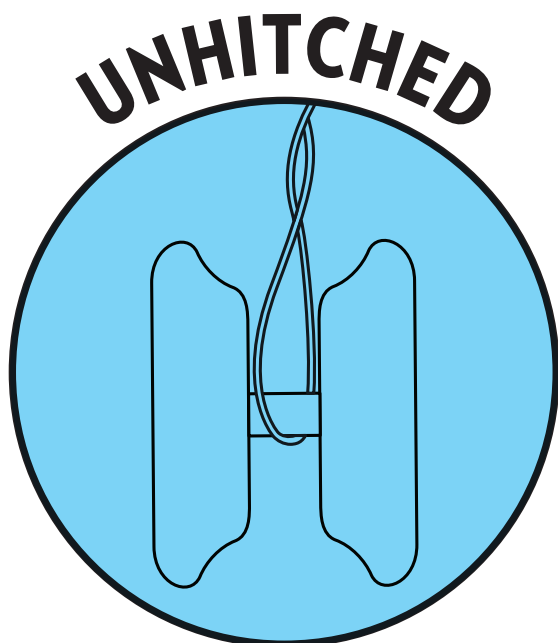


COSMIC SPIN²/ EXCELERATOR

Long spins for string tricks

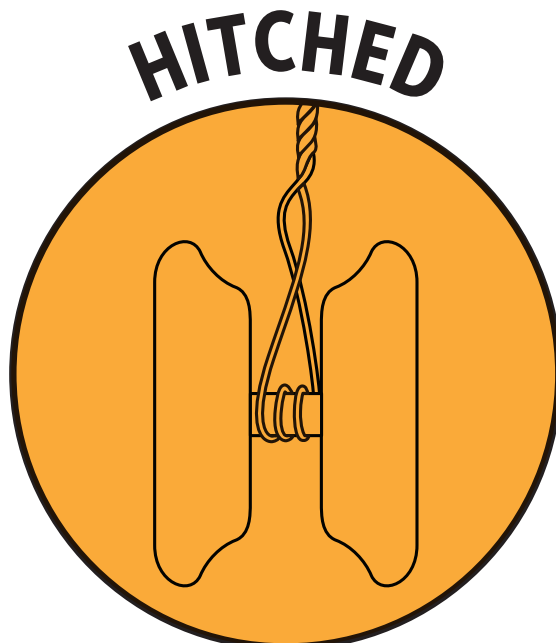
Comes **unhitched** -
great for Trix 4, 5 & 6

Add a hitch for Trix 1, 2 & 3



ADVANCED PLAY
SLEEPER TRIX 4, 5 & 6

(one string wrap
around the axle)



EASY PLAY
TRIX 1, 2 & 3

(three string wraps
around the axle)



NED YO

Glow-in-the-dark

Hitched for quick return

Ideal for NED's Trix 1, 2
and 3



BOOMERANG

Auto-return feature

Throw soft for most tricks

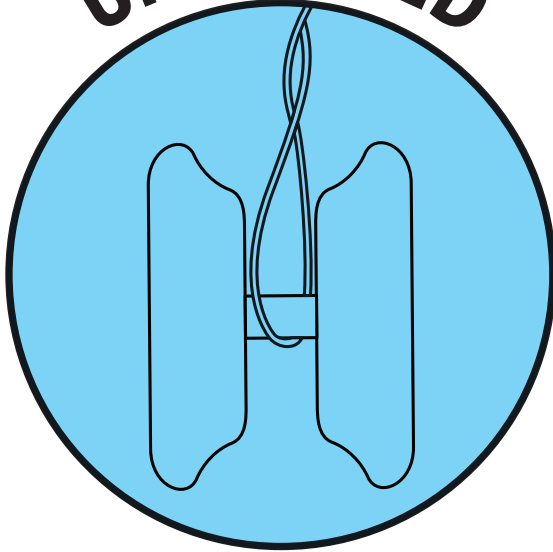
Throw hard for a sleeper

IF YOU HAVE A COMIC SPIN² OR EXCELERATOR



You will need to add a HITCH your Cosmic Spin or EXCELerator to do these three tricks.

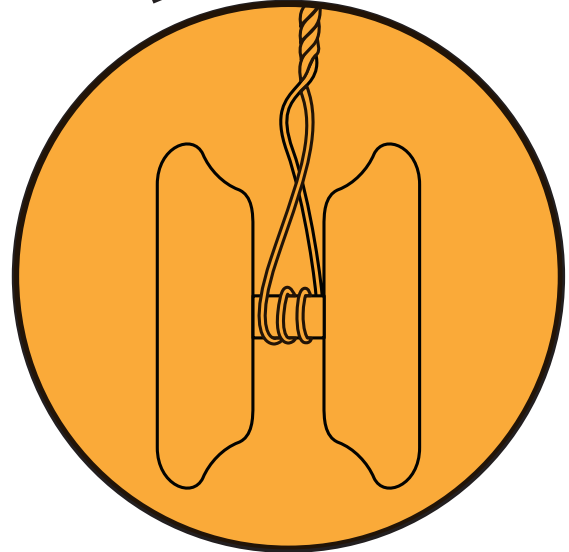
UNHITCHED



**ADVANCED PLAY
SLEEPER TRIX 4, 5 & 6**

(one string wrap
around the axle)

HITCHED

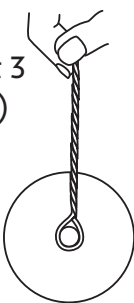


**EASY PLAY
TRIX 1, 2 & 3**

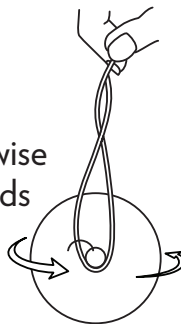
(three string wraps
around the axle)

HOW TO ADD A HITCH

1. Pinch the string about 3 inches (7cm) above your yo-yo.



2. As you look down at your yo-yo, spin it counterclockwise until the strands of string split apart.



3. Add one wrap at a time until there are 3 wraps (*NED Yo*) or 5 wraps (*Cosmic Spin/Excelerator* around the axle).

4. Let go of the pinched string, and the yo-yo will spin, returning the string to its natural position. Now you are ready for TRIX 1, 2 & 3!

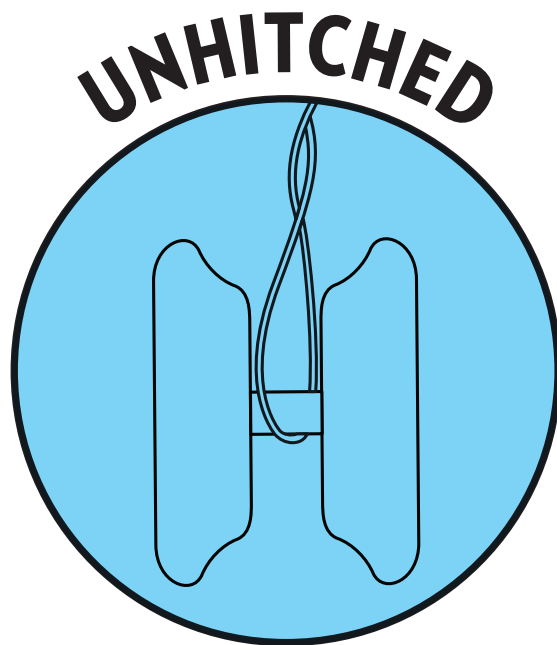


COSMIC SPIN²/ EXCELERATOR

Long spins for string tricks

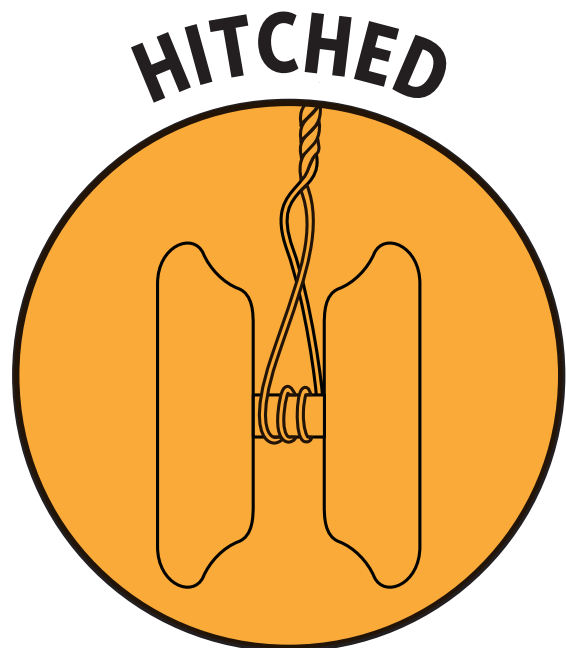
Comes **unhitched** -
great for Trix 4, 5 & 6

Add a hitch for Trix 1, 2 & 3



ADVANCED PLAY
SLEEPER TRIX 4, 5 & 6

(one string wrap
around the axle)



EASY PLAY
TRIX 1, 2 & 3

(three string wraps
around the axle)