



WRJH Required Fundamentals for Tryouts

Intro Videos

<https://m.youtube.com/watch?v=s4yl355qk-Y>

<https://m.youtube.com/watch?v=TF-z17XEsbg>

Wrist twirls

<https://m.youtube.com/watch?v=hZzLBpxV9bY>

Horizontal flat spins

<https://m.youtube.com/watch?v=by43N9dq1G0>

Figure 8s

<https://m.youtube.com/watch?v=QU3oA8LH3RA>

Two Hand Spin

<https://m.youtube.com/watch?v=RdvYqb68H34>

Reverse Figure 8s

https://m.youtube.com/watch?v=IW_U4lhsHVo

Horizontal Flat Toss

<https://m.youtube.com/watch?v=2U8UsHaGDCc>

Time Toss

<https://m.youtube.com/watch?v=mGDnhWoi3cl>

4-finger twirl (baton rolls over the back of your hand)

<https://m.youtube.com/watch?v=nBJQPoA4EoY>

8-finger twirl

<https://m.youtube.com/watch?v=D2kHYe-S9iM>

Elbow Roll (catch thumb down; not palm up)

<https://m.youtube.com/watch?v=-YOb4KBoClc>

One turn (bonus)

<https://m.youtube.com/watch?v=G5v8q3EJwQo>