

# KNEES ! FURTHER ADVENTURES IN KENDAMA

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## Nose Balance (Hana Baransu/鼻バランス)

Grip: -> Common Grip



Lift up a loaded ken, and place it gently on the tip of your nose. Let go, and try to keep it there, balanced, for a few seconds.

To exit, pop the kendama up, using your legs to 'throw' it off the nose, and catch the whole shebang on its way down.



### \*Variation\*

How about a nose balance of a Candle?

## Axle Spin (Chuuzara Mawashi/中皿回し)

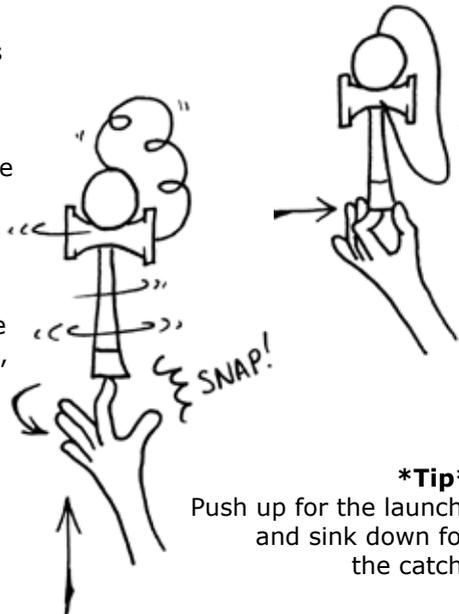
Grip: Non-standard

Grip a loaded ken by the base cup, as shown.

Now give a sharp twist with your thumb and middle finger, releasing the ken into a spinning balance, resting on your index finger.



You'll only manage short spins at first, but with a bit of practice, they'll last longer than you first thought possible!

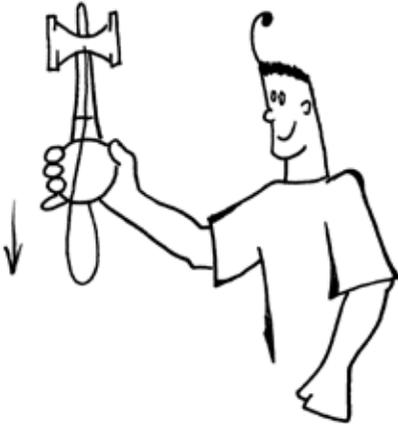


**\*Tip\***  
Push up for the launch, and sink down for the catch.

*In the balance*

## Lighthouse Somersault (Toudai Tonbogaeri/灯台とんぼ返り)

Grip: Ball Grip



As the ken rotates in the air, keep your eyes on the base cup once it comes into view.

Catch back in a Lighthouse, sinking the knees initially, but pushing back up again to correct the balance if necessary.



A Somersault trick is one where the ken starts off in a balance, is flipped 360° in the air, and caught back in the same balance it started in.

From a Lighthouse, push your arm forwards as you re-launch the ken. Use your knees to give height to the throw.



### **\*Difficult variations\***

2 spins? (Good luck!)

Moon Landing Somersault  
(Getsumen Chakuriku Tonbogaeri/  
月面着陸とんぼ返り)

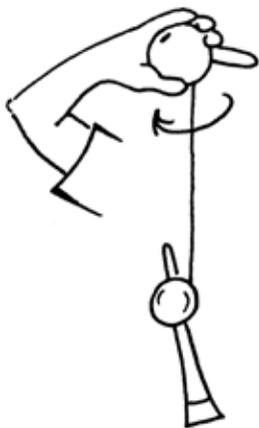
Bamboo Horse Somersault  
(Takeuma Tonbogaeri/たけうま陸とんぼ返り)

Transition from one ken-balance to another with a Somersault.

## C-Whip (Surakku Hoippu/スラックホイップ)

Grip: Inverted Ball Grip

This is an adaptation of a diabolo "slack string" trick.



Hold the ball in an inverted Ball grip, and stick out your index finger. Rotate your finger clockwise (viewed from above) around the string. The ball hole should now be facing across your body, and your palm slightly upwards.

Now gently hop the hanging ken upwards, whilst very sharply drawing a fairly large capital letter 'C' in the air with your index finger. (Now you know where the name came from!) Your wrist and palm should rotate in/downwards as you do this.



What should happen is that a loop of string should slacken, and travel over your hand and down towards the ken.

With a pinch of luck and a spot or two of practice, you should be able to get this loop to flick around the big cup. You'll then find yourself in a 1-handed cradle.

The simplest exit is to simply swap index fingers in the loop, then flick up to an Aeroplane catch.

There are more complicated exits too, but we'll let you discover those for yourself!

