

To play with diabolo the first thing you need to do is make sure the rope is the right length for you. Knot the rope on both wooden sticks so that the rope is completely stretched when your arms are opened to the sides.

Place the diabolo on the floor right in front of you.

Place the center of the rope under the center of the metal part of the diabolo and hold the rope with both hands by holding a wooden stick in each hand.

Roll the diabolo from side to side on the ground.(A)

After a few rolls back and forth, lift both sticks at the same time. Do not lift too fast or too high in the learning stages.

The diabolo is now rolling on the rope. Tap one wooden stick repeatedly to keep it rolling. This stage can be hard, so you have to practice a lot!(B)

If the diabolo is going away from you or towards you, move the hand you are tapping forward or backward.

The diabolo will feel unstable, but this is normal. Keep practicing moving your tapping hand forward or backwards and at slightly different speeds. You will eventually find your rhythm.

Once you have mastered this step, it is time to try to throw it up in the air, and of course, catch it! Remember to only try this once you are very comfortable with keeping the diabolo leveled and at a constant good speed.

To throw it up in the air, you have to move your arms outwards in a quick movement, stretching the rope. The diabolo will fly into the air! (C)

To catch it, position the rope under the diabolo's metal center as it comes down. This is tricky, so you may need to try it a few times.

There are many tricks you can do with the diabolo so check out youtube tutorials to become a diabolo expert!

Remember, patience and practice are key to mastering the diabolo.

A



B



C

