



Skill Levels – diabolo

Tick when young person has completed.

Pre Skills

P 1	Stand in front of diabolo facing the side of diabolo that looks like a bowl	
P 2	Roll start – roll the diabolo away from your dominant side and straight into the air	
P 3	Stand facing the side (P1) and put the ends of your sticks in line	
P 4	Correct the tilt	
P 5	Throw and catch	

Basic

B 1	Get the diabolo spinning and correct the tilt so the pattern is stable	
B 2	Throw and catch 5 times	

Intermediate

I 1	Learn to whip or Chinese whip	
I 2	Learn a trick online	
I 3	You can demonstrate 3 different tricks	
I 4	Learn to throw and catch with someone else*	

Advanced

I 2	Learn Chinese whip	
I 3	Make up a trick	
I 4	Perform a routing linking 5 tricks or demonstrate 5 drinks	
I 5	Help teach someone diabolo	
I 6	Learn two ways of doing diabolo with another person	

*If both right handed or left handed, if one right and one left handed stand opposite each other.