



## INSTRUCTIONS



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- Flip Trix™ foot game (includes: footplate attached to ball with cord, attached to cord winder).
- Tricks DVD • Carry case

### PLAY PREPARATION

1. Fasten the foot plate to your shoe with the narrow end outwards toward your toes (figures 1-2).
2. Thread the cord with winder between your legs (figure 3). Hold the winder in the hand opposite the side that you fastened Flip Trix™ to your foot.

### FLIP TRIX™ GAME PLAY INSTRUCTIONS

1. Loosen the cord and extend the distance between foot plate and ball to 40 cm – 60 cm (16 – 24 inches).
2. Take the ball in your free hand and hold it stretched tight over your playing foot.
3. Start bouncing the ball firmly towards one side, so that it jumps in an arc over your foot. Remember that the cord must always be tight (figure 4).
4. Now you are ready to launch the basic momentum. Give the ball a good bounce as described above and let it rebound back and forth over your foot. So that momentum is not lost, you must tap your foot at the same time, right and left and pivot on your heel. The cord should be pulled tightly at all times.
5. Starting from this basic momentum, you can arrange your own play now. By releasing the cord from the winder, the arc of the bouncing ball becomes increasingly wider. Attempt to vary the speed of the ball for slow or fast paced Flip Trix™ action.

### FLIP TRIX™ TRICKS

Flip Trix™ is a dynamic fast action foot game which lets you flip it, skip it, as well as do several cool tricks. Show off to your friends with the yoyo flip, below the foot loop and all the other fun tricks on the tricks DVD.

As soon as you control the basic momentum, your own creativity is demanded! Flip It is a crazy foot game in which there are no rules and no limits. Play it alone or with friends. Create your own flip action and show off your new tricks! Become a super Flip Trix™ champion!

