

# YO-YO

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## ELECTIVE ADVENTURE



## SNAPSHOT OF ADVENTURE



The sleeper, over the falls, walk the dog, and around the world are just some of the tricks to learn with a yo-yo. Did you know that there are world champions of yo-yo? There are professional yo-yo champions who tour the world giving demonstrations and competing.

### REQUIREMENTS

Approved by

1. Learn the safety rules of using a yo-yo and always follow them. \_\_\_\_\_
2. Discover how to find the proper yo-yo string length for you. \_\_\_\_\_
3. Explain why it is important to have the correct string length and to be in the right location before throwing a yo-yo. \_\_\_\_\_
4. Demonstrate how to properly string a yo-yo using a slip knot. \_\_\_\_\_
5. Conduct the pendulum experiment with a yo-yo. Explain what happens to the yo-yo when the string is longer. \_\_\_\_\_
6. Show that you can properly wind a yo-yo. \_\_\_\_\_
7. Attempt each of the following: gravity pull, sleeper, breakaway. \_\_\_\_\_



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## REQUIREMENT 1

**Learn the safety rules of using a yo-yo and always follow them.**

When using a yo-yo, you want to use it in a safe manner. Here are three simple rules to using a yo-yo:

- ▶ Only use a yo-yo in a safe area where there are no hazards or other people.
- ▶ Before you throw, always make sure your yo-yo is attached to the string and the string is securely attached to your finger.
- ▶ Be careful not to hit anyone (including yourself) or anything with your yo-yo.





## REQUIREMENT 2

Discover how to find the proper yo-yo string length for you.

The length of your yo-yo string should be from your belly button to the floor.



### **REQUIREMENT 3**

**Explain why it is important to have the correct string length and to be in the right location before throwing a yo-yo.**

What are some things that can happen if your yo-yo string is too long?

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What are some things that can happen if your yo-yo string is too short?

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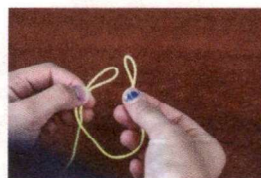
## REQUIREMENT 4

**Demonstrate how to properly string a yo-yo using a slip knot.**

Use a yo-yo string. One end of the yo-yo string is twisted, and the other end has a loop. Untwist the twisted end so that it can slide over the yo-yo and attach to the axle. The next step is to make sure your yo-yo string is the right length. Hold on to the string and let the yo-yo go all the way down to the floor. With the yo-yo on the floor and the string in hand, put the string where your belly button is; this will be the proper length for your string. Keeping one finger on your belly button, loop the string around that finger. Now tie an overhand knot on a bight to form a loop. Cut off any extra string.

### How to Tie a Slip Knot

- ▶ Make a loop by doubling the line back onto itself.
- ▶ Run the tag end back toward the loop and lay over the doubled lines.
- ▶ Make one or two turns with the tag end around the doubled lines and through a new loop created.



## REQUIREMENT 5

**Conduct the pendulum experiment with a yo-yo. Explain what happens to the yo-yo when the string is longer.**

With your fingers, hold the yo-yo's string about a foot up from the yo-yo, and gently swing the yo-yo from side to side. A pendulum can accurately measure time, and the amount of time the yo-yo takes to swing from left to right and back again is known as a period.

Now, gently swing your yo-yo from side to side again, but this time hold the string farther from the yo-yo — and then closer to it.



How to Conduct  
the Pendulum  
Experiment

What happened to the yo-yo when you held the string farther away?

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What happened to the yo-yo when you held the string closer?

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## REQUIREMENT 6

Show that you can properly wind a yo-yo.

Yo-yos with bearings or a loose axle will spin and won't wind if you just try to wrap the string around the yo-yo freely. Use your thumb to pin down the string against the side of the yo-yo when you begin winding. After a few winds around, you can release your thumb and finish winding the string.



How to String  
a Yo-Yo





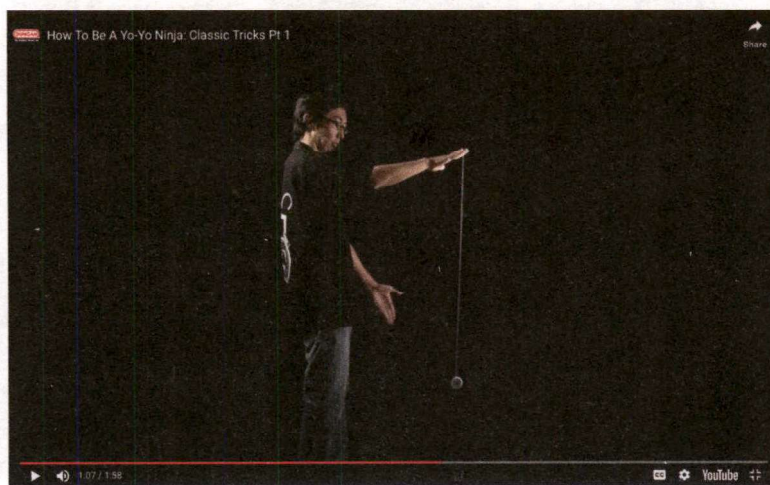
## REQUIREMENT 7

Attempt each of the following:  
gravity pull, sleeper, and breakaway.

With your den or family, it is best to learn these tricks by watching the tutorials on [scouting.org](http://scouting.org). You can find them by following the QR code below.



Gravity Pull, Sleeper,  
and Breakaway



### **Special Thank You**

On behalf of the BSA, a special thank you to the more than 25,000 volunteers and parents who provided feedback and guidance in developing the updates for the Cub Scout program that are reflected in this handbook.

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