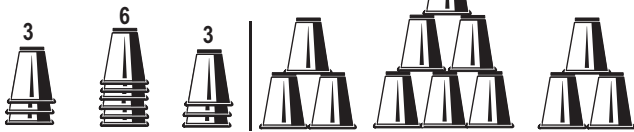


The CYCLE STACK

The third and most complex of the competitive stacks in sport stacking is made up of three phases: a 3-6-3, followed by a 6-6 and a 1-10-1, all ending in the original down-stacked 3-6-3. Here is the Cycle in 8 steps.

PHASE ONE: 3-6-3

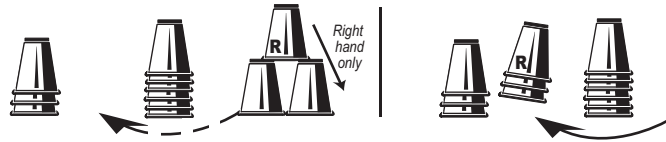
Step 1: Up stack the 3-6-3



Up stack a 3-6-3 from left to right.

TIP Continue to apply all previous tips.

Step 2: Down stack the 3-6-3 and transition to the 6-6

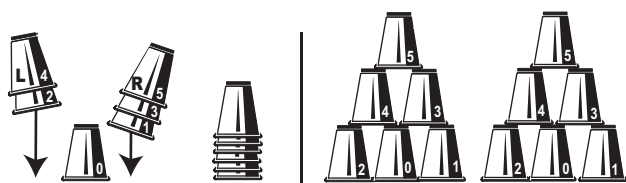


Return to the left and down stack the first 3 and then the 6. Down stack last 3 on right and bring to 3 on left, but don't put them "on" that 3. You are now ready to up stack the 6-6.

TIP Use right hand only to down stack last 3 on right while left hand positions itself over 3 on left--ready to up stack the first 6.

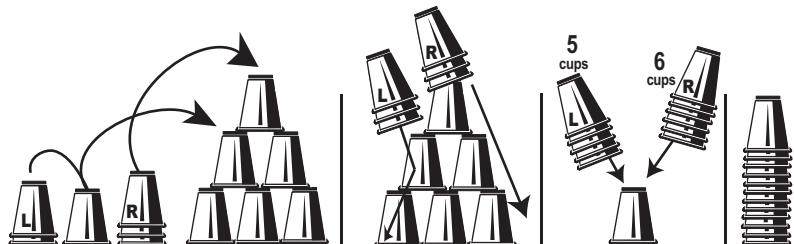
PHASE TWO: 6-6

Step 3: Up stack the 6-6



With left hand, pick up two cups off the left 3, leaving 1. Using the 3-2-1 method, up stack the first 6. Now up stack the second 6 (use 3-2-1 method)

Step 4: Down stack the 6-6 and transition to the 1-10-1



Use first 6 (partially down stacked with 3 cups in each hand) to down stack second 6 as shown. Finish with all 12 cups in a down-stack position. Now ready for 1-10-1.

PHASE THREE: 1-10-1

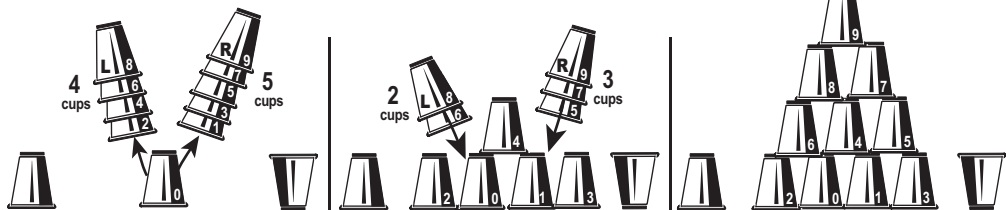
Step 5: Place single cups



Take one cup in each hand off top of 12, flipping one upside down (you choose) and place on either side of what is now a 10 stack.

TIP To place upside-down cup, rather than rotating cup in your hand, simply turn your hand, thumb down and palm facing out.

Step 6: Up stack 10 (5-4-1 method)



Using the 5-4-1 method, pick up 5 cups in right hand first and then 4 in left, leaving 1 cup. Start with right hand and drop 1 cup to right of remaining cup. Then drop 1 to left with left hand. Now drop 1 to right with right hand forming base of 4. Next drop 1 from left hand on the "center" of the second level. From here, alternate "right, left, right, left, right" to complete the 10. Congratulations! Just 2 more steps to go!

TIP Memorize "Right, left, right center," then use 3-2-1 method to complete the 10.

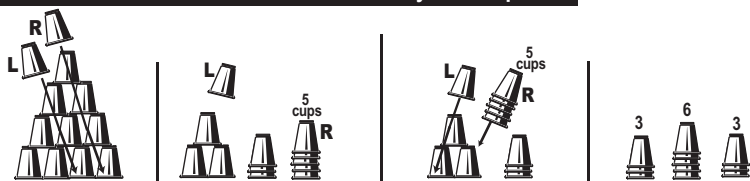
Step 7: Turn & "tap" single cups



To begin down stack of 1-10-1, single cups need to be turned to their **opposite edges** and "**tapped**" once on the stacking surface. Then bring them into position above the 10 ready to down stack.

TIP Grab single cups with hands in the same position as you placed them originally (hand on upside-down cup is placed thumb down and palm out). Now turn both cups in the same direction as if turning off two water faucets at the same time.

Step 8: Down stack the 10 and end in 3-6-3. Cycle complete!



With single cups in each hand "drag" both hands diagonally down from upper left to lower right through the 10. Right hand takes down 4 outer cups, while left hand takes down inner 3.

TIP The left hand with single cup actually "knocks down" 3 inner cups, one on to another, and remains in air ready to down stack remaining 3-cup pyramid.

Right hand then picks up all 5 cups and brings them up, right beside the left hand holding the single cup. Both hands now "drag" diagonally down from upper right to lower left through remaining 3 stack. Left hand takes down 2 outer cups, while right hand places 5 cups onto the single cup in the middle, thereby ending in a 3-6-3. **YOU DID IT!**

CYCLE World Record
7.43 seconds

TIMESTO SHOOT FOR →

Beginner: □ 30-60 seconds
Fast: □ 15 seconds

Really Fast: □ Under 13 seconds
World Class: Under 10 seconds