

4-5 Club Multiplex Workshop

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Basic Terms and Definitions:

Self Stack [64], [86], etc. . . Both clubs go up in a vertical stack and land in the same hand.

Crossing Stack [53], [75], etc. . . Both clubs go up in a vertical stack and cross to the other hand.

Even Split (4x,4), (6x,6), etc. . . Both clubs split out of one hand to even heights and land in opposite hands.

Odd Split [43], [54], [65], etc. . . Both clubs split out of one hand to odd heights and land in opposite hands.

FOUR CLUBS

[43]23 Basic, but then do it in Mills Mess.

[43]41 Trickier than you might think. It helps to reach for the 3 a little bit—it has a tendency to go synchronous—that's okay.

(4x,2)(2,[4x4])* Use a double spin as the 4x throw for more time, but a single spin is possible.

(4x,[22])(2,[4x4])(2,4)* Makes for a slower pace than above. Multiplex, self, cross is the cadence.

[54]21 A great, fast little multiplex that let's you practice passing a club into a multiplex

[53]5223 Start off with a single spin throw, then do a crossing stack, followed by a double. Repeat.

[54]2423 A good practice for [54]24 with five clubs. Make your '4's lofty so they land after you have caught the multiplex.

[54]5123 Just plain fun—the challenge here is to make your multiplex split enough so you can throw the '5' through it.

[41][22]3

[51][22]2

FIVE CLUBS

(2,[4x4])([44x],2)

[53][53]522

[54][22]2

[54]24

[62]25 Also known as Martin

NOTES—For the purpose of the workshop, multiplexes will be usually thrown as single-double spin combinations. However, it is entirely possible, and sometimes preferable to throw them as double-triple spins. Also, remember to cock your elbows and wrists to ensure a vertical throw of both clubs.

ACKNOWLEDGEMENTS

I simply must thank Will Murray for teaching me how to throw proper multiplexes at his excellent workshop at the 2007 IJA Festival. Later, I received further inspiration and instruction from two club legends, Luke Wilson and Denis Paumier.

RECOMMENDATIONS

To see many of these and other techniques in action, I suggest you view the Siteswap DVD (Denis

Paumier section), Things You Can't Do 2 (Will Murray section), and 1995 Individual Championships Tape (Jay Gilligan section).