

POI HANDLES AND GRIPS

HANDLE/GRIP TYPES and their PROs

VARIATIONS - zoom in for details!

* = recommended variation

SINGLE LOOP HANDLE

- PINCH GRIP & ANCHORED PINCH GRIP

- precise control
- versatile
- quick and easy



SINGLE LOOP HANDLE

- FINGER HITCH GRIP

- secure
- hand is relaxed
- comfortable



backside finger hitch grip

palmside finger hitch grip

recommended example also known as "Jedi grip"

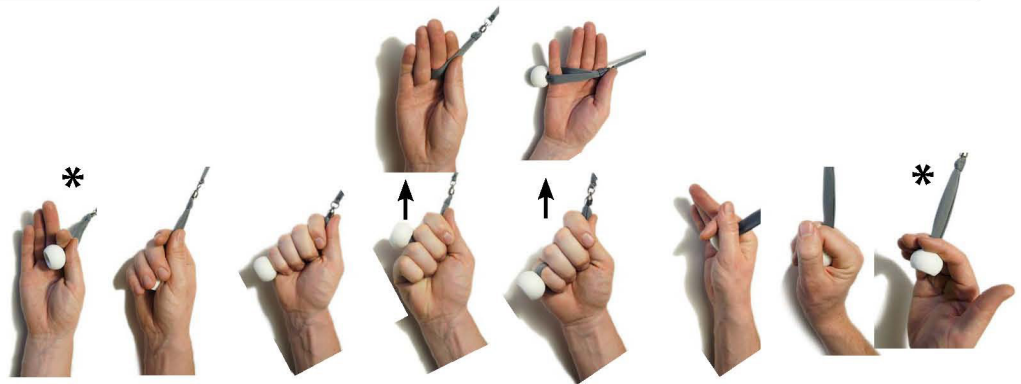
How to tie a finger hitch:

Pics show backside finger hitch.
Reverse direction for palmside.



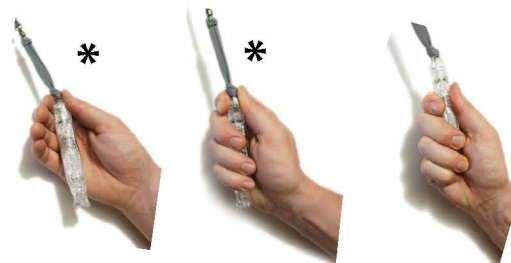
KNOB HANDLES

- great for tosses
- adjustable weight
- comfortable
- quick and easy to use
- attaches to single flowloop handle (floop)



FLOWLIGHT HANDLE GRIPS

- illuminated handle
- comfortable
- quick and easy to use
- attaches to floop
- extra flowlight = awesome



How to wrap up to temporarily shorten your poi



wrapping up w/ knob handles



wrapping up w/ flowlight handle