Are you ready to try your hands at sport stacking?

The 3-3-3 Stack

The simplest stack in sport stacking.
It's the place to start—so get ready, get set, go!

If you want to STACK FAST, it's important to start slow and take your
time to learn each step. Once you've got each stack mastered, you
can speed it up, practice, practice, practice and shoot for record times.
These instructions are a companion to the STACK FAST! Stacker Training
DVD included with your set of Speed Stacks and online at the Speed
Stacks website. Have fun! Stack fast, Stack often, STACK FAST!
These instructions have been developed in cooperation
with the World Sport Stacking Association (WSSA)
www.WorldSportStackingAssociation.org

NOTE: For teaching purposes, these instructions are written for a right-hand dominant stacker.
Left-hand dominant stackers can reverse the instructions for left and right hand. Be sure to
practice each step several times before moving on to the next step.

STEP 1: The 3 Stack

UP STACKING

L = Left Hand   R = Right Hand

Start with 3 cups.
Lift top cup with right hand and set next to bottom cup.
Lift middle cup with left hand and place on top.

TIP: Always grab and hold cups with hands on sides of cups, never on tops of cups.

DOWN STACKING

Place right hand around side of top cup and left hand around side of bottom left cup.
Slide top cup in right hand down over bottom right cup. Bring cup in left hand up, over and down on to
middle cup, and...

TIP: Use a “light, soft touch.” Slide, never slam.

Vola! You are now back to your original stack of 3 cups and ready to go again.
PRACTICE!

STEP 2: The 3-3-3 Stack

Three stacks of 3 cups.
Up stack each stack, working from left to right.
Go back and down stack from left to right.

The first competitive stack in sport stacking.
PRACTICE!

RULE: You must always go back to the beginning to down stack.
RULE: Handle only one stack at a time.
(See DVD or website for more details.)

The 3-6-3 Stack

Here's the second competitive stack in sport stacking,
the 3-6-3. Get ready to amaze yourself as you first learn the 6 stack.

STEP 1: The 6 Stack

UP STACKING

The fastest way to build a 6 stack is called the 3-2-1 method.
Learn this method and practice it over and over.

Start with 6 cups.
Pick up 3 cups in right hand first and then 2 in left leaving 1.
Release bottom cup in right hand to right of center cup.
Release bottom cup from left hand to left of center cup.
Three cups now form the base of your pyramid.

TIP: When picking up more than one cup, hold cups loose with pinky under bottom cup.
Spread cups apart with fingers.

TIP: Alternate your hands: “Right, left, right, left, right.”

DOWN STACKING

Place hands around sides of cups as shown.
At the same time, slide down right with right hand, and left with left hand.
Pick up 3 cups in right hand and 2 cups in left and put them back in one stack of 6.

TIP: Down stack the 6 in just two moves.
Move 1: Slide both hands down and out at same time.
Move 2: Pick up cups and place on center at same time.

There you have it. Now ...
PRACTICE! PRACTICE! PRACTICE!
**STEP 2: The 3-6-3 Stack**

The second competitive stack in sport stacking combines the skills you’ve just learned. You now get to use your complete set of 12 cups. It’s simple! Have fun practicing. Race a friend. Time yourself with your StackMat. Chart your personal best and try to beat it. Keep practicing!

**TIP:** Go slow now to STACK FAST later. Use the 3-2-1 method on the 8 stack.

**RULE:** Fix your "fumbles" immediately when they happen.

![Stacking Diagram]

**Phase ONE: 3-6-3**

**STEP 1: Up stack the 3-6-3**

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

**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 the last 3 on right and bring over to the 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 the 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**

Using the 3-2-1 method, up stack the first 6. Now up stack the second 6 using the same 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. You are now ready for the 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.

**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 3 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” to complete the 10. Congratulations! Just 1 more step to go!

**TIP:** Memorize “Right, left, right center,” then use 3-2-1 method to complete the 10.

**The Cycle Stack**

The third and most complex of the competitive stacks is made up of three phases: a 3-6-3, followed by a 6-6 and a 1-10-1, all ending where you started in a down-stacked 3-6-3. Here is the Cycle in 7 steps.
**STEP 7: Down stack 10 ...**

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).

With single cups in each hand bring them into position above the 10 ready to down stack. Then "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.

**... and end in 3-6-3, Cycle complete!**

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 the 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!**

**TIP:** Now practice the Cycle stack over and over. Remember, go slow now to **STACK FAST** later!

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**TIMES TO SHOOT FOR:**

**STACK FAST®**

**Cycle**

**3-3-3**

Beginner: 10 seconds  
Fast: 6 seconds  
Really Fast: Under 4 seconds  
World Class: Under 3 seconds

**3-6-3**

Beginner: 15 seconds  
Fast: 7 seconds  
Really Fast: Under 5 seconds  
World Class: Under 3.50 seconds

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**StackMat®**

The best (and most fun) way to shoot for your own record times is with the Speed Stacks StackMat™. It is the official timing device of the World Sport Stacking Association (WSSA) and combines a precision Timer with an optimum stacking surface Mat. You can even keep track of your own personal best times with the memory feature, **STACK FAST!** And keep track of your best times to the hundredth of a second with your very own StackMat!

Visit www.speedstacks.com to learn more.

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**WSSA® (WORLD SPORT STACKING ASSOCIATION)**

Speed Stacks® is the official equipment of the WSSA

The World Sport Stacking Association is the governing body for the sport, setting the rules, regulations and standards. The WSSA promotes and sanctions Sport Stacking leagues, tournaments and records worldwide and hosts the annual WSSA World Sport Stacking Championships. Visit www.WorldSportStackingAssociation.org

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For current world records go to www.WorldSportStackingAssociation.org