

skills practice

knocking cups off poles

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ever tried knocking a cup off a pole? it looks easy, but takes hours and hours of practice. especially if you want to enter into a skills competition.

only trouble is, that when you practice alone, and manage to knock the cup off the pole, you have to bring your fighter down, run and put the cup back on the pole, and re-launch till you manage again.

after getting really frustrated [and tired], and speaking to bruce lambert about it, he suggested a method using a rubber band.

i rushed out and bought three broom sticks, a few plastic cups and some rubber bands. the method is really simple and quick to assemble.

drill a 0.25 inch [5mm] hole, about 1 inch [25mm] down from the top of the broom stick. using a soldering iron. make two holes in the base of the cup, about 0.75 inch [18mm] apart. take a 1.5 inch [25mm] piece of bamboo [spine off-cuts are perfect] and make two small notches about 0.75 inch [18mm] apart. they should roughly correspond with the two holes in the base of the cup.

assemble it as shown in the diagram on the right.

please note: you'll have to adjust where you drill the hole through the broom stick, according to the length of the rubber band.

the best part is never having to run and replace the cup every time you manage to knock it. and because of the rubber band, you'll always hear a loud "knuccck" when you are successful.

