BASIC TRICKS

Big Cup or 'Oozara' - view
Hold the kendama using the Sara Grip so that the spike points towards the floor and the ball hangs at the end of the string. Pull the ball straight up and scoop the kendama underneath to catch the ball in the big cup.

Small Cup or 'Kozara' - view
Hold the kendama using the Sara Grip so that the spike points towards the floor and the ball hangs at the end of the string. Pull the ball straight up and scoop the kendama underneath to catch the ball in the small cup.

Base Cup or 'Chuuzara' - view
Hold the kendama using the Sara Grip so that the spike points towards the floor and the ball hangs at the end of the string. Pull the ball straight up and catch the ball in the base cup.

Candle or 'Rousoku' - view
Hold the kendama using the Rousoku Grip so that the spike points towards the floor and the ball hangs at the end of the string. Pull the ball straight up and catch the ball in the base cup.

Pull-up-in/Spike or 'Tomeken' - view - view instruction video
Hold the kendama using the Ken Grip so that the spike points upwards at a slight angle and the ball hangs at the end of the string. Pull the ball straight up and scoop the kendama underneath to catch the ball on the spike.

Aeroplane or 'Hikouki' - view
Hold the ball in the Tama Grip so that the hole in the ball faces up and away from you and the kendama hangs below. With the other hand pull the kendama back towards you with the spike pointing away from you. Let go and swing the kendama up and catch it with the spike in the hole.

Swing In or 'Furiken' - view
Hold the kendama in the Ken grip. With the other hand pull the ball back towards you with the spike pointing away from you. Let go and swing the ball up and catch it on the spike.

Around Japan or 'Nihon isshuu' - view
Hold the kendama using the Ken grip. Pull the ball straight up and catch it in the small cup. From here throw the ball again and catch it in the big cup. From this position throw the ball one more time and catch it on the spike.

Around the World or 'Sekai isshuu' - view
Hold the kendama using the Ken grip. Pull the ball straight up and catch it in the small cup. From here throw the ball again, this time catching it in the big cup, and then again, catching it in the base cup. From this position throw the ball one more time and catch it on the spike.

Lighthouse or 'Toudai' - view
Using the Tama grip hold the ball so that the Kendama hangs below, spike upwards. Pull the
kendama straight up and catch it balanced on top of the ball, the base cup resting on top of the ball.

**Moshi Kame** - [view](#)
Hold the kendama using the Sara grip and throw the ball back and forth between the side cup and the base cup. Try to keep up a steady rhythm whilst doing this. See how many catches you can make before dropping!

**Advanced Tricks**

These are the tricks you will need to learn to progress through the BKA's Pre-Advanced and Advanced Level Tables. Clicking on 'View' will link you to the Japanese Kendama Association's gif animations for the individual tricks. Make sure you've learned all the [beginner's tricks](#) first!

**Around Prefecture** or 'Ken ishuu' - [view](#)
Hold the kendama using the Ken Grip so that the spike points upwards and the ball hangs at the end of the string. Pull the ball straight up and scoop the kendama underneath to catch the ball in the base cup. Then throw the ball up again and catch it on the spike.

**Slip-on-stick** or 'Ken saki suberi' - [view](#)
Hold the kendama using the Ken Grip so that the spike is parallel to the floor and the ball hangs at the end of the string. Pull the ball straight up and move the kendama underneath to catch the ball on the side of the spike, with the hole downwards. Then, without losing contact between the ball and the ken, slide the ball onto the spike.

**Earth Turn** or 'Chikyuu mawashi' - [view](#)
Start with a *Furiken*, then spin the ball off the spike with exactly one turn, and catch it back on the spike.

**Falling Down** or 'Saka otoshi' - [view](#)
Perform a *Toudai*, and then finish by flipping the ken to catch the spike in the hole.

**Reverse Swing In** or 'Ura furiken' - [view](#)
As *Furiken*, but the ball is swung in the other direction (ie towards you).

**Around the Cosmos** or 'Uchuu ishuu' - [view](#)
Hold the ball in the Ken Grip and execute the following catches in order: Body catch (resting on the side of the spike); Spike; Small cup; Spike; Big cup; Spike; Base cup; Spike.

**Bird** or 'Uguisu' - [view](#)
Start as for *Tomeken*, but catch the ball with the hole resting on the edge of the big cup, and leaning against the spike. The ken is angled slightly for the catch. Hold still for 3 seconds.

**Hanging Spike** or 'Tsurushi tomeken' - [view](#)
Hold the string so that the ball hangs down resting against the curve of the body of the ken (The top of the ball must be no higher than the tip of the spike). Throw the kendama up by the string, and with the same hand, grab the ken and catch the ball on the spike.
Jumping Stick or 'Haneken' - view
Start with Hikouki, then flip the ken out of the hole 360° and catch the spike back in the hole again.

1 Turn Aeroplane or 'Ikkaiten hikouki' - view
Start as for Hikouki, but give an extra tug on the string to make the ken flip an extra time before the catch.

1-Turn Lighthouse (Swing to lighthouse) or 'Ikkaiten toudai' - view
Swing the ken into a lighthouse catch, and hold for 3 seconds.

Slip Grip Special or 'Suberidome gokui' - view
Hold the kendama using the Secret Grip and pull the ball up to land balanced on the slip grip ridge. Hold for 3 seconds.

Bird Fly Over The Valley or 'Uguisu no taniwatari' - view
Start as Uguisu, then throw the ball straight up and catch on the small cup edge, then catch on spike.

Lighthouse Somersault or 'Toudai tonbogaeri' - view
Start with Toudai, then flip the ken 360° and catch back in lighthouse.

Hanging 1-Turn Aeroplane or 'Tsurushi ikkaiten hikouki' - view
Hold the string so that the ball hangs down resting against the curve of the body of the ken. Throw the kendama up away from you, then catch the ball, then catch the spike in the hole.

2-Turn Lighthouse or 'Nikaiten toudai' - view
As Ikkaiten toudai, but the ken makes an extra flip before landing on the ball.

* This straight from www.kendama.co.uk/tricks.html - It's the best list of tricks that I've discovered so far.