

Kashaka Instructions



Image #1

Step 1: How to Hold:

If you are right-handed, start with your right hand. For left-handed people, do the opposite. Place the string between your index and middle finger, and put one ball in your palm. **(Image #1)**

Wrap the string around the back of your 3 fingers and place the second ball in your palm, under the ring and pinkie fingers. The two balls should be able to touch.

Please Note: For best results, it's good to use a Kashaka that properly fits the size of your hand:

The Right Size: With the 2 balls touching in your palm, the rope should be slack enough so you can fit 2 to 3 fingers from your other hand into the space between the rope and the back of your fingers **(Image #2)**. If the rope is too loose or too tight, the Kashaka balls will be more difficult to catch.



Image #2



Image #3

Step 2: Click-Catch:

First practice swinging the ball under your hand, back and forth. Move your arm back and forth so the ball swings in a pendulum motion, hitting the ball in your palm each time. The swinging ball should hit the other ball hard enough to move it up a bit.

Important Hint: Your fingers should be curved and ready to catch the swinging ball when it makes contact with the other ball.

Wait for the sound of the click, and then catch the ball using your ring and pinkie fingers **(Image #3)**. Be patient – it gets easier.

Step 3: Throw over the thumb and catch: Now try throwing out the loose ball so that it swings around the back of your fingers and **over your thumb** until it hits the ball in your hand **(Image #4)**. Your thumb should be free and not touching the ball in your palm – it acts like a spring as the balls make contact, and sends the swinging ball back. Catch the swinging ball as it returns to your palm and makes contact with the other ball. The ball will now be moving faster, and it will take some more practice to master the catch.

Hint: Catch the ball three times in a row before going over the thumb and catching.



Image #4



Image #5

Step 4: Shake your arm back and forth: Once you have practiced catching and releasing the Kashaka ball until you are comfortable, try shaking your arm back and forth (like you're hammering a nail into a wall) as you catch and release the ball **(Image #5)**. Try shaking the Kashaka until your arm gets used to the movement. Then throw and catch, shake, shake, shake, shake. Repeat

Step 5: Go wild: Master the basic moves and then come up with your own tricks. Try a second Kashaka in your other hand, and you will be able to create complex, funky polyrhythms. For more inspiration and to see video and hear sounds of Kashaka being played, go to www.kashaka.com. **Good luck, take your time, and enjoy!**



Making the world a little
funkier every day.

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