



Let's Make a Hoop!

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SUPPLIES

Ratcheting PVC cutters

3/4" 160 or 100 psi polyethylene irrigation tubing

3/4" connectors (plastic)

Colorful electrical tape and hockey tape

Pot of boiling water or a hair dryer

Space

A friend to help (it's always more fun with a friend!)

Tubing, connectors, electrical tape, and ratcheting PVC cutters can all be purchased at your local hardware store. Hockey tape is an inexpensive way to add grip to your hoop. You can find it at a sporting goods store. Tubing is sold in 100 ft. coils, and you can get quite a few hoops out of the coil. You'll need some room to make the hoops, so scope out the best spot in the house.

Uncoil the tubing and let it relax. It will be coiled up tightly when you buy it. Sometimes the very end of the tubing is straight (usually 6 inches or so). I cut that part off before I begin. Now comes the fun part — the math! If you want a 40" hoop you take the diameter (40") and multiply it by Pi (3.14):

$$40 \times 3.14 = 125.6''$$

You'll need 125.6" of tubing to make a circle that is 40" in diameter. Pretty neat, huh? Get out your measuring tape, and with a friend, carefully measure around the tubing.



Or, if you don't want to do the math, you can go for the "this is a big hoop that hits somewhere above the belly button" method. Use a section from the end of the coil to measure it against your body. While standing, make a circle with the tubing that comes to your navel or above, and cut it with the ratcheting PVC cutters. Bigger hoops are easier for beginners, remember. If you want to challenge yourself, or do quicker moves with the hoop, go smaller.

Boil the water or get out your hair dryer. The goal is to soften the end of the tubing to put the connector in. Put one end of the tubing about 2-3" into the water for 30 seconds. Take it out and push the connector halfway in. Repeat with the other end of the tubing, and then connect it with the exposed half of the tubing. You now have your hoop!

The fun (and challenging) part is the decorating. You can do all sorts of patterns (candy candy stripes, cross-over "plaids", solid blocks of color). Experiment and play, and see what patterns you like the best. Be patient. I recommend using less expensive tapes if you're new to making hoops. It's depressing to spend \$17.50 on a roll of super cool metallic tape and have half of it end up in a sticky wad on the floor. Start with electrical and hockey tape and when you're feeling solid with your taping skills, explore some of the resources below for different tapes. Fabric works great too, for an

all-grip surface to your hoop. Cut fabric into strips, and using spray adhesive to apply to your hoop. This is messy, and needs to be done outside. Summer is a good time for making fabric hoops! You will feel so proud of your first handmade hoop! There's nothing like it. Happy hooping!

TAPE SUPPLIERS

Identi-Tape

Discount Hoop Supply

Tape Brothers

Let's Learn to Hoop!

I teach group, private, and semi-private hoop classes. The schedule is on my website. A group class is great for the camaraderie and energy. Private and semi-private instruction is perfect if you're looking to learn specific moves or work on polishing what you already know. If you can't make it to a class, there are plenty of places online to learn! Since there were no instructors in my area when I started, I began my hoop journey with **SaFire**, and I highly recommend her Foundational Hoop Courses. You can find them here:

<http://www.hoopcity.ca/hooping-classes-hula-hoop-tricks-tutorials-lessons>

Deanne Love is also an excellent online instructor, and you can find her free (!) hoop tutorials here:

<http://www.youtube.com/user/hoopfusion>