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Techniques

The art of Manipulation..... Xtreme style!

Here ya' go..... mild to wild, and everything in between.

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1-01 **Grip partials #1 forward** - learn to feel the connection to the other handle.
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1-03 **Rockers #1 basic** - build strength between fingers, a great exercise.
 1-04 **Rockers #2 with a roll** - same as in beginners, but add a roll between fingers.
 1-05 **Rockers #3 finger tip** - using alternating fingertips; rough on the pinky, but effective.
 1-06 **Rockers #4 xtreme** - a fantastic "side to side" finger strength builder.

1-07 **Rolls #1 closed** - powerful strength builder.
 1-08 **Rolls #2 balance** - develop a feel for the balance point.
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1-10 **Slides** - great for hand coordination.
 1-11 **Screw(drivers) closed** - helps to develop a feel of where the blade is facing.
 1-12 **Screw-slides** - another coordination builder.

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3-06 **Pass #1 vertical** - a great pass for flowing between hands, and moves.
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 3-08 **Pass #3 motion** - passing while in motion.

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4-07 **Half pivot & rolls** - a nice combination of pivots and rolls.

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 8-06 **Throw backhand to forward grip #2 catch** - the opposite of the above technique; going from open, to closed.
 8-07 **Throw backhand to forward grip #3 reverse** - interesting throw opening, for the backhand position forward.

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 8-12 **Throw pass #3 open rollover** - using the rollover for passing, with a throw.
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8-15 **Throw finger twirl #1 full** - just like it says.
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8-17 **Throw static, twirl to backhand open** - static throw with a twist, tape up for this one!

Forward grip

partials

Partial are exercises starting in a "stalled" position, meaning, you're smack dab in the middle of open & closed, with no movement between the two states. As a beginner, you'll no doubt find yourself in this predicament all too often. Don't fear.....get "connected".



1. Start in the position shown at left, stalled in the half open position (from a windmill opening).



2. In one smooth, but quick motion, pull the hand up toward the ceiling "sharply".



3. Tilt the wrist back a little if needed, toward the forearm.



4. Continue the motion.....



5.as the handle passes just over vertical, snap the hand downward.....



6. to complete the opening.

This exercise will help develop a sense of "connection" to the dangling blade. Don't cheat yourself on this exercise, don't allow the handle to swing before executing the move, start from a dead stop. This will come in very handy in the future.....trust me.

Backhand

partials

Another partial exercise, backhand this time. These exercises will help you develop the "connection" to the opposite handle.



1. Start in the position shown at left, backhand grip, half open.



2. The idea of this move, is to finish the opening without letting the latch handle swing at all, so.....



3. In one quick, smooth motion, sweep the hand upward (toward the ceiling).....



4.



5.and.....



6.as the handle reaches the top.....



7.snap the hand downward.....



8.into the backhand grip, open position.

Don't cheat yourself by swinging the handle before the the actual movement starts. After some time you'll be able to go from start to finish in the "blink of an eye".

Rockers

I noticed the biggest overall improvement in my techniques, after discovering this simple exercise. You'll find it works areas of your hand you probably never thought needed work. Don't use too much pressure in the beginning (squeezing) though, and only work until you experience a little discomfort.



1. Place the Balisong horizontally, between your index and middle fingers, at the balance point.



2. Now, with a little pressure applied "inward", move the fingers in opposite directions (if index moves right, middle moves left at the same time).....



3. causing the Balisong to wobble up & down.



4. Continue the motion until it becomes uncomfortable.



5.



6.



7.



8.

I only included pictures of the technique using the index and middle fingers so you could see the motion. This exercise should also be practiced between The thumb and index finger.... the middle and ring finger..... and the ring finger and pinky.

Don't over do this one! You're working an area that, most likely, has never been pushed. The muscles, and tendons of the hand and fingers are extremely delicate, and need to be developed over time. Don't risk giving yourself a case of "carpal tunnel syndrome"..... it's very unpleasant from what I've heard.

Rockers 2

with a Roll

This is a variation of the rocker exercise that throws a little more coordination into the mix. Like with the rocker exercise, Don't over do it!



1. Start in the same position as the basic rocker exercise.



2. Begin the rocking motion.



3.



4. Now, instead of using the opposite hand to move the Balisong to the next set of fingers to be worked.....



5.slowly and deliberately, roll it down to the next set of fingers.



6.



7. Just as in the roll exercise, you want to insert the fingers at the balance point.



8.



9.



10. Now, middle and ring fingers.....



11.



12.



13.....and roll.....



14.



15..... to the ring finger and pinky.

After reaching the bottom, you can work your way back up. Either backwards from the direction you came, or continue the rolls in the same direction across the front of the fingers.

Finger tip rockers

A variation on the basic rocker exercise, here we use the tips of the fingers .



1. The motion is the same as the rocker exercise, but instead of between the fingers, the position is fingerprints opposing.....



2.and always with the thumb.



3. Squeeze the opposing tips together slightly to add more power to the exercise.



4.



5. After you work the index finger for awhile, change to the middle finger and thumb..... then ring finger and thumb..... then pinky and thumb.....



6.



7.the finger changes, but the thumb always opposes.



8.

As with the basic rocker exercise, this one should be practiced for strength and duration. Remember, the thumb always opposes.

Xtreme rocker drill

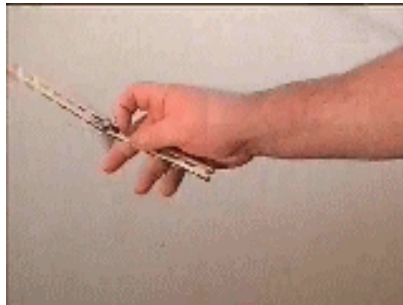
from the Tip of the Week Archive

This is a great exercise for building strength between fingers, or "side to side" strength. Working this will add lots of power to your finger twirl techniques.



1. This example starts in the open position, but can be started in the closed position as well.

The motion between the fingers is what counts.



2. The exercise is just a [Rocker drill](#) with the Balisong in the open position.



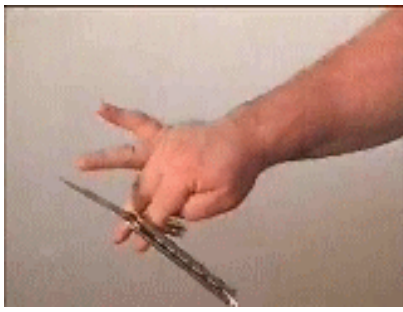
3. Rock the safe handle between your Index and Middle fingers several times.



4.



5.



6.



7. Then roll the safe handle between the Middle and Ring fingers. Repeat the rocking motion.



8.



9.



10.



11.



12. continue through to the Ring finger and Pinky.



13.



14.



15.



16.

I can't stress enough how much this exercise can increase your power and confidence. It's also great at working the "timing factor" between your fingers and your wrist.

Closed roll

Great for building strength and dexterity, this exercise will work on staying within the balance point of your Balisong.



1. Start in the forward grip, closed position. To start, bend the middle, ring finger and pinky in behind the Balisong. Notice the thumb and middle finger directly opposing each other "AT THE BALANCE POINT".



2. Use the index finger and thumb to bring the Balisong to vertical, and move the middle finger into the spot where the thumb is, again, at the balance point.



3.continue it around.



4.



5. Now replace the index finger with the ring finger, again, at the balance point.



6. Now replace the ring finger with the pinky, again, at the balance point.

7. Now roll it back in the other direction.



8.



9.



10.



11.



12.



For variation, instead of rolling back the same way you rolled down, try to keep rolling in the same direction, to bring it back up. This exercise should be practiced slowly and deliberately, as well as fast and furious. Duration is also something to try to increase over time.

Balance drill

This is a variation of the finger roll exercise. The difference here is the focus on balancing the Bali near your fingertips.



1. Start with the Balisong balanced on your Thumb.



2. Cover with the Index finger and turn over.....



3.balance on the Index finger.



4. Now roll to the.....



5.Middle finger.



6.



7. Ring finger



8.



9.and finally the Pinky. Now you can work it back up to the Thumb.

It's not that important how long you hold the balance on each finger, but try to work toward at least second or two.

Open roll

Taking the closed roll further. Great for working strength, as well as dexterity.

1. Start in the forward grip, open position.



2. Roll between the fingers, same as in the closed roll.....



3. only this time the balance point is going to be a little closer to the blade, so make sure you position yourself accordingly.



4.



5. Change direction.





6.



7. Always remember to place each finger at the balance point, exactly where the previous finger was. Don't allow your fingers to "walk" the length of the handle.



8.



9.



10.



11. Finish back where you started.

This exercise should be practiced slowly and deliberately, as well as fast and furious. Duration is also something to try to increase over time.

Slides

Slides are a great way to build confidence in your hands. They also afford you a smooth way to prepare for an opening in a different grip.



1. Start in the basic forward grip, closed position.



2. Slide your thumb and middle finger toward the butt slightly to provide the clearance need.

Bending your middle finger in will make the motion a bit easier.



3. Now let the Balisong slide around by straightening the middle finger and thumb. Straightening the two mentioned fingers will also help to add clearance. Use gravity to help the slide if necessary.



4.



5.



6.



7.



8.



9.

Continuous circles in both directions is what you're working toward. The longer you can go on, the better.

Screwdrivers

This strength exercise also doubles as a transition, in that it will allow you to easily "orient" the cutting edge of the blade when open. Great confidence builder as well.



1. The movement is executed just as it sounds, like you're turning a screwdriver.



2. For best results, place the thumb and index finger directly opposing, on the backs of their respective handles (the other fingers work as guides to keep the Balisong in place).....



3. and snap them in opposite directions.



4. When done correctly, your fingers should end up on the sides of the handles.



5.



6. Rotate in both directions.....



7.



8.



9.....as well as changing ends. You'll find it's a little easier to execute with the latch at the top (on tapered models, like basic Skeleton handle)..... adjust your technique accordingly.



10.



11.



12.

You will notice the true benefits of this exercise when done with the Balisong open. I practice a slash exercise, where I'll slash from, say, right to left.... snap the screwdriver (blade is now facing the other way), and quickly slash in the opposite direction.

I usually practice the closed version of this exercise while in my car driving to work.....just an example of how you can work your Bali while doing something else.

Screwslide

Combining two techniques together helps you see how continuous Balisong motion can be accomplished. Weaving in and out of different moves will ensure you're never caught off guard. Whatever position you find your Balisong in, you should be able to open it.



1. Start the screwdriver movement.



2.



3. Rotate it a few times.....



4.



5. Either direction is OK.....



6.



7.and it doesn't matter which end is up.



8. When you're ready.....



9....."plant" your middle finger tip and thumb..... and execute the slide.



10. Remember to pull your Middle finger and thumb back a little, toward the butt of the Balisong, to provide the necessary clearance



11.



12. Continue with the screwdriver rotations. Notice the other end of the handle is now "up".

This is a great confidence builder that may result in a few drops before you get it down. The good news is, you can practice this one seated so your precious Bali doesn't have far to fall.

Palm rotations

Horizontal

This is another exercise that will help with your balance, as well as your overall control of your Balisong.



1. Start with your closed Balisong laying across your open palm, just below the last knuckle line of your Middle finger



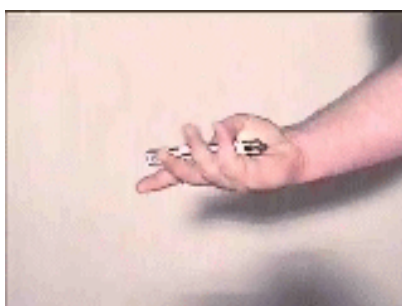
2. Now rotate the Bali horizontally in your palm, using the Thumb and fingers.



3.



4.



5. Notice how the fingers come up, one after another to keep the Balisong rotating.



6.



7.



8.



9.



10. During this exercise, the balance point of your Bali should always be in the same place in your palm.

Palm rotations

Vertical

This exercise is great for developing balance, and also making you comfortable in allowing the Balisong to move in your hand without your fingers controlling it.



1. Start with the Balisong lined up along your Middle finger. Dip your hand and allow the Bali to slide down toward your fingertips.



2. When the end of the Bali reaches your "Life line" (the line that goes across your palm).....



3.curl the fingers up bringing the Bali over.



4.



5. Open the fingers and let the Bali slide down again.



6.



7.



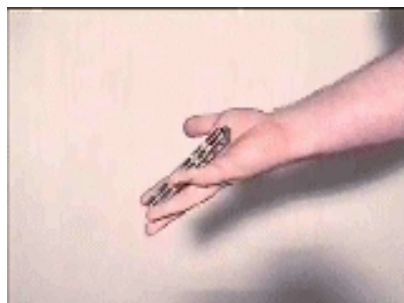
8. Again, when the end of the Bali reaches your "Life line"



9.curl the fingers up, bringing the Bali over.



10.



. 11. Continue for as long as you can, always keeping the Balisong aligned with the Middle finger.

Finger stretch

The key to getting the most from this exercise is, stretching the fingers (that are not holding the knife) back, and apart, as far as they can go.



1. Start with the Thumb holding the Balisong in place.

Stretch the remaining 4 fingers back, and apart as far as you can. Hold this position for a few seconds.



2. Move the Index finger into position.



3. Move the thumb away, and hold with the Index finger.

Stretch the remaining 4 fingers back, and apart as far as you can. Hold this position for a few seconds.



4. Move the Middle finger into position.



5. Move the Index finger away, and hold with the Middle finger.

Stretch the remaining 4 fingers back, and apart as far as you can. Hold this position for a few seconds.



6. Move the Ring finger into position.



7. Move the Middle finger away, and hold with the Ring finger.

Stretch the remaining 4 fingers back, and apart as far as you can. Hold this position for a few seconds.



8. Move the Pinky into position.



9. Move the Ring finger away, and hold with the Pinky.

Stretch the remaining 4 fingers back, and apart as far as you can. Hold this position for a few seconds.

Like I said before.....stretch and hold. Simple but effective.

Snap partial

from the Tip of the Week Archive

This move was originally a Tip, but I've since realized it's importance to my style. It's a great technique and comes in handy more often than you would think.



1. Start in the partial opening position, holding the safe handle.



2. Notice the position of the Index finger, right up against the back of the blade.



3. Squeeze the safe handle with the Pinky and Ring finger, as you shoot the Index finger forward.



4. This will launch the blade and bite handle quickly into.....



5.the forward grip, open position.

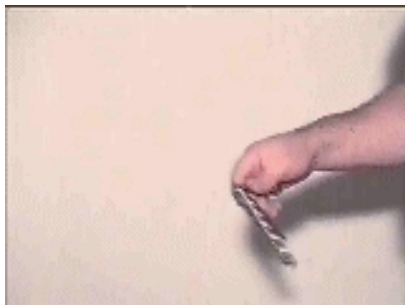
This move should be executed with little or NO arm movement, and can also be practiced into the closed position by starting with the Balisong inverted.

Fanning

This technique is more of an exercise in allowing the handle to rotate freely in your hand. But when you get it down it does have some "flashy" appeal to it.



1. Start in the Backhand grip, closed position.



2. Begin as if executing a Horizontal basic opening, but.....



3.



4.when the blade handle reaches the outside (just before ricochet), allow it to fall downward.



5. Use the momentum, and a little wrist action to continue the handles movement.....



6.up and around.



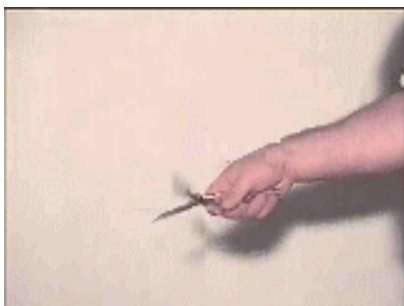
7.



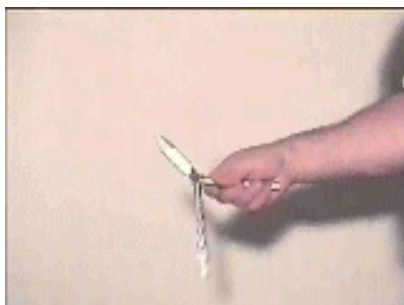
8. The spinning handle should resemble a Fan's rotation.



9.



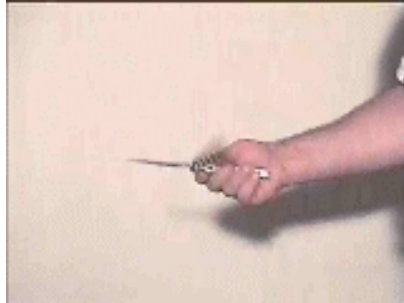
10.



11. Keep the rotations going as long as you want then.....



12.



13.



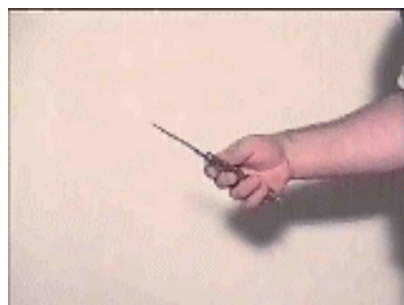
14.when you've had enough.....



15..... whip it over to.....



16.



17..... the forward grip, open position.

As mentioned earlier, when done correctly, the spinning blade and bite handle should resemble the blades of a rotating Fan.

Vertical opening

basic

This is a nice basic opening that will lead to smooth hand passes at the higher levels of skill. The movement should look like a "V" when done correctly.



1. Start in the forward grip, closed position.



2. Using your forearm and wrist together, swing the latch handle up, and slightly out, away from the body. Make sure you're holding the safe handle at this point or you'll get cut on the next step.



3. Ricochet the latch handle off of the back of your hand, then slightly dip the wrist downward.....



4.sending the blade and handle



5.downward, for a ricochet off of the index finger.



6. Here again, make sure you have the safe handle in hand or you'll get a major cut.



7. Pull the wrist back (toward the forearm) slightly, after the ricochet to whip the handle up.....



8.



9. To the finishing position.

In most Balisongs I've seen, the handle **without** the latch is the safe handle. This however is not an absolute, I have seen it the other way as well. Check the [Basic terms](#) page (under "clear" handle) to see how you can check for yourself.

Vertical 2

opening to the inside

A variation of the Vertical basic. This time starting IN, toward your body instead of OUT and away.



1. Start in the forward grip, closed position. Safe handle IN toward your palm.



2. Release the bite handle.....



3. and pull the motion IN toward your body.



4. Ricochet above the web of the Thumb.



5. Take the motion downward.



6.



7. Ricochet.....



8. and pull back up, the same as a regular Vertical basic.



9.



10. End in the forward grip, open position.

Horizontal

basic

The basic horizontal opening will give you a feel for the correct "grip" of the handle....."not too loose, not too tight". You'll also get to experience the ricochet, which might be a bit painful at first, but.... "No pain, no gain".....right?



1. Start in the forward grip, closed position.



2. Send the latch handle out



3.toward the back of your hand.



4. Just before the handle can strike the back of the hand, ease up on your grip to allow the handle to rotate in your palm. Let the momentum help you.



5. Continue the motion around. At this point the Balisong has completed a circle in front of your hand.



6. Keep it moving.....



7.



8. Now ricochet the back of the blade off of the back of your hand.....



9. this will send the Balisong in the opposite direction.....



10.



11.....until.....



12.you complete the opening, in the forward grip, open position.

To add speed and snap to the ricochets, torque the wrist in the direction the handle is moving, just at the point of contact.

Horizontal

variation

Here we have a variation of the basic horizontal opening. When executing it, you'll notice 5 distinct "clicks"



1. Start in the forward grip, closed position.



2. Send the latch handle out



3. and ricochet off the back of the hand.....



4. sending the handle in the other direction.



5.



6. Ricochet again, this time off of the index finger.....



7. and continue from here, with the basic horizontal opening.



8.



9.



10.



11.



12.



13.



14.



15. Finish in the forward grip, open position.

Repeat the above steps to close.

Windmills

This basic opening/closing move is simple at the beginners level, yet at an advanced level it becomes a lightening fast quick draw into the forward grip position.



1. Start in the basic forward grip, closed position. Latch handle should be "up".



2. Dip your wrist a little, as you allow the safe handle to fall away. To hold the grip, push (the handle) with your thumb into the area between the 1st and 2nd knuckle of your index finger. Straighten all other fingers and allow the handle to clear.



3. Pull your wrist back (toward your forearm) a little as the handle comes over.



4. Clear the thumb to allow the handle to pass.



5. End in the forward grip, open position.



6. Execute the same movement to close. This time you'll be holding the safe handle and allowing the latch handle to fall away.



7.



8.



9. Notice how you're alternating handles from the opening to the closing.

The variation would be to complete the opening & closing holding the safe handle only. To do this, you'll have to turn your wrist slightly (downward), and push the handle away with your thumb. With practice, you'll be able to open & close, over and over again, in rapid succession.....Try it!

Quick & Quiet

Forward grip opening

This is a nice opening for those times in life when you don't want to draw any unwanted attention.



1. Start in the Forward grip, closed position.....



2. with the safe handle facing in toward your palm



3.



4. Flip the bite handle out.



5.



6. As it reaches the outermost point.....



7. pull the handle in with the Index finger.



8.



9. Finish in the Forward grip, open position.

Double flip windmill

Adding a little spice to the basic Forward grip Windmill.



1. Start in the forward grip, closed position.



2. Begin by executing a regular Windmill opening, but.....



3. when the blade handle comes into the normal open position.....



4. flip the wrist to continue the motion around.



5.



6. At this point, you're coming into a typical Windmill closing..... so, as you did before, flip the wrist to continue the motion around.....



7.



8.



9.



10..... and end in the Forward grip, open position.

Repeat the above steps the same way to close.

Backhand windmills

Forward

This opening combines two different grips, the knuckle pinch, in the beginning, to a thumb pressure grip. How quickly you can execute the transition, will determine the outcome of the technique.

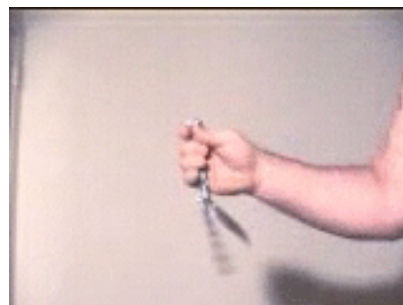


1. Start in the Backhand closed position, latch handle forward.



2. Open the latch with your thumb tip, and let the safe handle fall back toward your body.

Use the knuckle pinch grip to hold the handle and clear the thumb.



3. As the falling handle nears the bottom, Pull the wrist back slightly and....



4. flick the fingers out straight (so the incoming handle can enter) and replace with the thumb, for a thumb pressure grip.

The tilting of the wrist, and the fingers flicking forward, will help whip the handle into the open position.



5. Open.



6. Repeat the same movements to close.



7.



8.



9. Closed.

The key to this technique is the point where the grips change. The faster you can flick your fingers straight, the sooner they can be replaced by the thumb.

Backhand windmills

Backward

This one also uses two different grips, only this time it's the Thumb pressure grip that starts, and the knuckle pinch that finishes..... easier said than done.



1. Start in the Backhand closed position. either handle forward will do, example shows latch handle forward.



2. Flick the latch open with the thumb tip, and allow the forward facing handle to drop away.

Straighten out the fingers to let the handle clear. Use thumb pressure to hold the handle securely against the upper palm.



3.



4. As the handle reaches bottom, dip the wrist forward and down to help the handle over the top, while changing to knuckle pinch grip.



5. Clearing the thumb might take some work, but you'll get it.



6.



7. Repeat the above steps to close.



8.



9.



10.

This move is a little bit more difficult than the forward version. The hard part being the transition from Thumb pressure grip to Knuckle pinch grip. The Thumb is much more difficult to clear out of the way than the fingers. Keep at it, eventually it'll come.

To test yourself, see how many times you can execute the technique in a minute..... not an easy task!

Backhand

basic

A simple opening into the backhand position. Flows well when the body is in motion.



1. Starting in the Back hand position with the nub of the latch facing your palm, use your thumb tip to release the latch from the lock position.



2. Allow the latch handle to fall away.



3. Continue the motion, toward the back of your hand.



4. Just before the latch handle is about to ricochet off of the back of your hand.....



5.loosen your hold a little and let the handle rotate in your palm. The slot that covers the knife when closed should now be facing your palm.



6. The inertia of the technique should take care of it, but if you have a problem, do the type of motion described in the screwdriver exercise to turn it.



7. Continue the motion. Notice in frames 7 & 8, how the ring finger and pinky pull in, to close the grip.



8. This time, when the back of the blade approaches the back of your hand let it ricochet, causing the blade and latch handle to move in the opposite direction to finish the technique.



9. Tilting your wrist back slightly at the moment of ricochet, will add speed and power to the technique.



10.



11.



12. Finish in the Open position.

The knife can also be closed using the same motion, and should be practiced that way.

Backhand basic 2

This is a variation of the backhand basic. With practice, it can be snapped open very quickly.



1. Start in the Backhand grip, closed position. Safe handle should be "IN".



2. Turn your hand over and let the bite handle fall away.



3. A quick bend of the wrist outward will put some speed on the move



4.



5. As the bite handle comes around and just as it passes under the wrist.....



6.



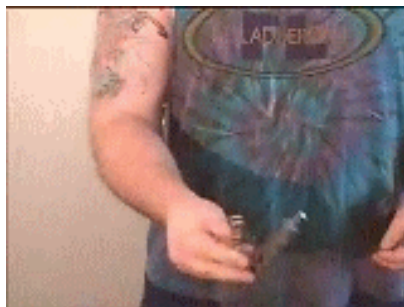
7. snap the wrist over and end in the Backhand grip, open position.

Backhand circle opening

A smooth, circular finger twirl opening in the Backhand position.



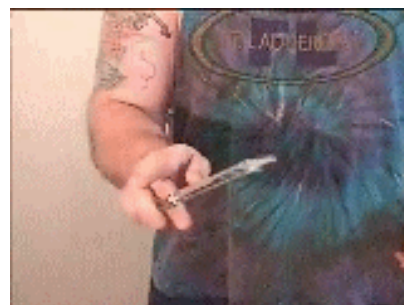
1. Start in the Backhand closed position, safe handle IN toward the palm.



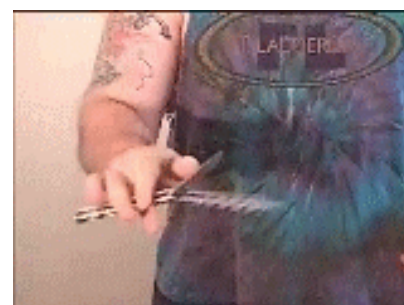
2. Begin the move as if executing a backhand basic opening. As the "bite" handle drops away, tuck the Ring finger and Pinky into the palm to allow the bite handle and blade to pass.



3. When they do (pass), straighten the Ring finger and Pinky. The safe handle should now be between the Middle and Ring fingers.....



4. with the bite handle and blade continuing around.



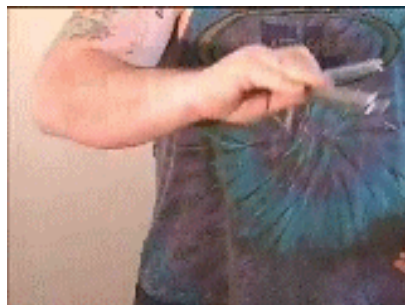
5. Roll the safe handle through, so it's between the Middle and Index fingers.



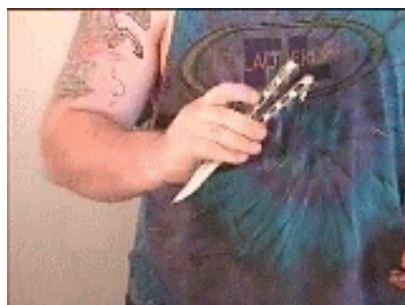
6. Clear the ring finger and Pinky again by straightening



7.



8. Plant the Thumb directly below the Index finger and roll it to the side of the safe handle.....



9..... which will allow the bite handle to come in, to the open position.

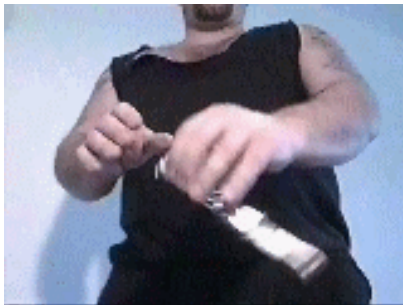
Be careful at the end of this move as your fingers will be positioned close to the blade.

Half pass

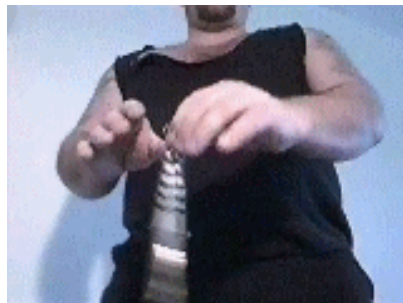
A simple but effective hand pass, based on the 1/2 pivot technique.



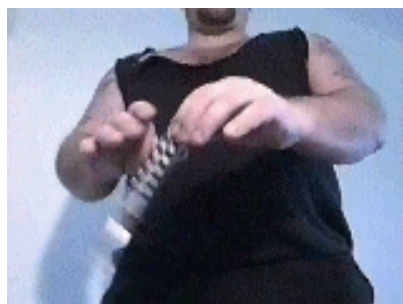
1. Start in the backhand grip, open position. The Balisong should be horizontal in front of you.



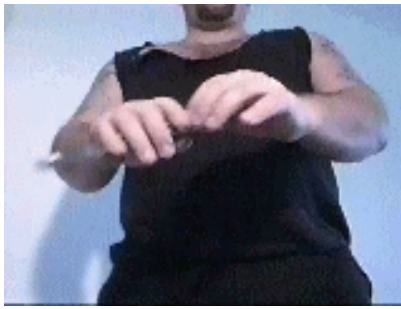
2. Allow the blade to fall downward while.....



3. moving the opposite hand into position for.....



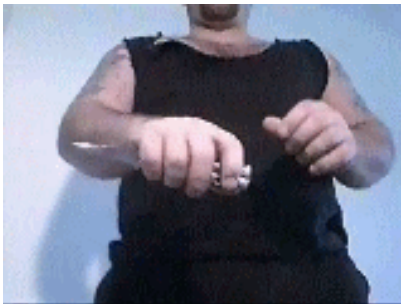
4.



5.



6.the catch.



7.

For a variation, after each 1/2 pass move into a 1/2 pivot forward..... or even a flip-out..... or both!

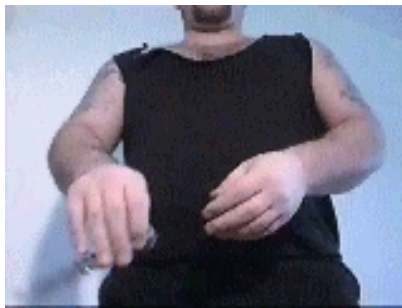
Pivot pass

full circle

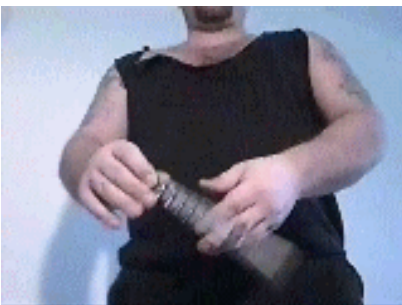
An interesting little pass exercise that takes the half pass one step further.



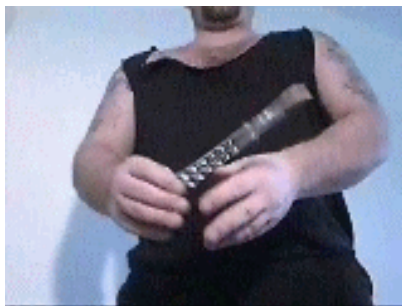
1. Start in the backhand grip, open position.



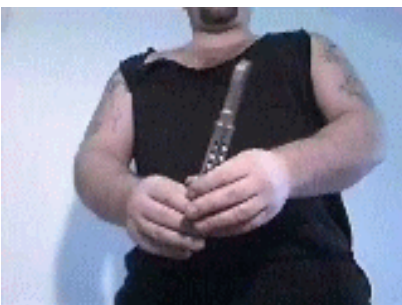
2. Let the Balisong fall away, maintaining your grip with the index finger tip and thumb. Again, to help keep your grip, position your fingers in the slot where the handles meet.



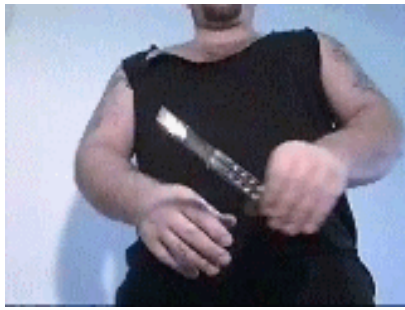
3.



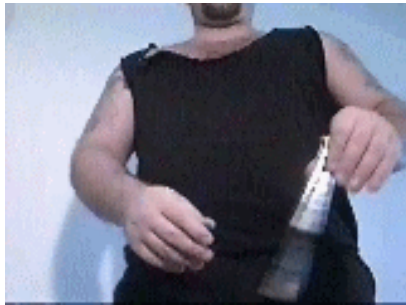
4. As the Balisong reaches a bit past horizontal.....



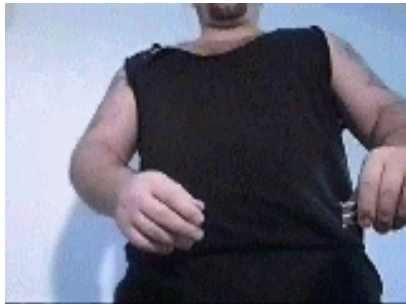
5.make the grab with the other hand (index finger and thumb), just above where the other fingers are.



6. Pull away, and finish.....



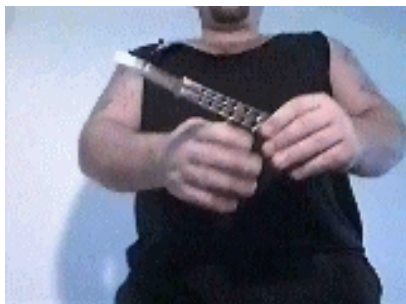
7.



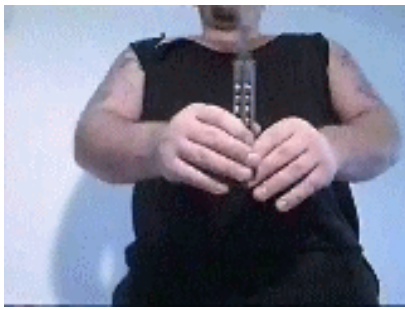
8. ...by ending up in the same starting position, only with the opposite hand.



9. Repeat the process in the other direction.



10.



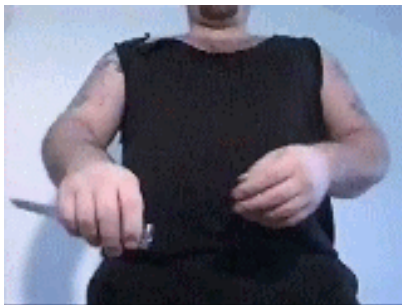
11.



12.



13.

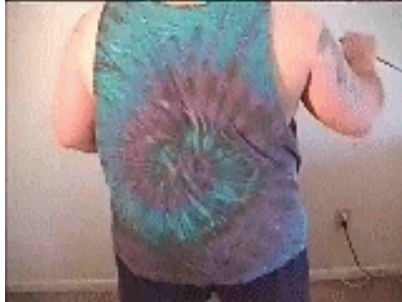


14. Finish back where you started.

This should be practiced back and fourth for as long as you can handle it.
Trying to increase the duration every once in awhile.

Pivot pass behind the back

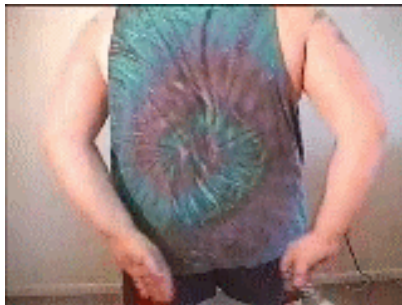
This is a very basic method of passing the Balisong behind your back. By using a Pivot, the move can be made very smooth and flowing.



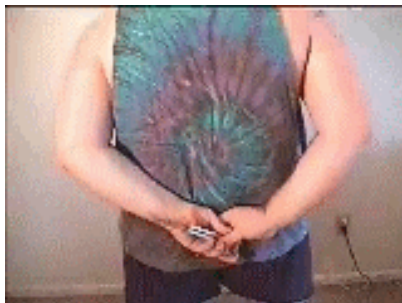
1. Start with the Balisong in the Backhand grip, open position.



2. Drop your hand down and behind you slightly.



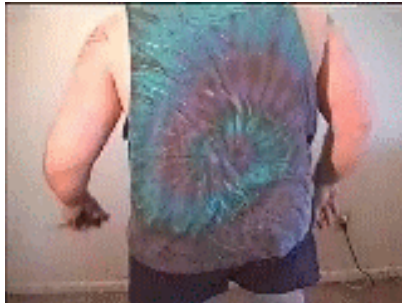
3. Once behind you, allow the Balisong to Pivot down and over.



4. Catch with the opposite hand.



5. Pull away.



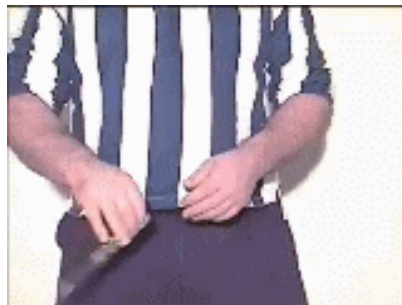
6. The Balisong should end up in the other hand, Backhand closed position.

Pivot & pass drill

This is one of my favorite exercises for working on the Pivots and the Pivot pass. This should be worked between hands for long sessions to increase endurance.



1. Start in the Backhand grip, open position.



2. Begin by executing a [Full circle Pivot pass](#).



3.



4.



5.



6.



7. Once you reach the Backhand grip position in the opposite hand.....



8. From here, Pivot the Balisong quickly forward.....



9.



10.



11.....so you end up in a Forward grip, open position.

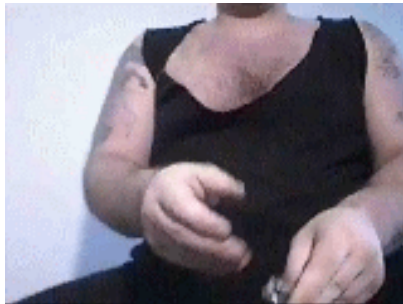
Pivot backward, and into a Full Pivot pass back to the hand you started with.

Vertical pass

Here's another good way to get your Balisong into the other hand.....
you have been practicing with both hands, right?



1. The technique starts like a windmill opening.....



2..... but.....



3.as the handle comes over, place your opposite hand, back of knuckles, over the web of the passing thumb. Catching hand should appear horizontal extending across your body.



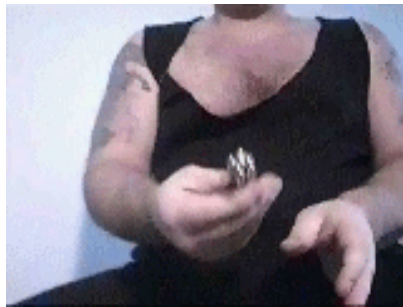
4. Make the catch.



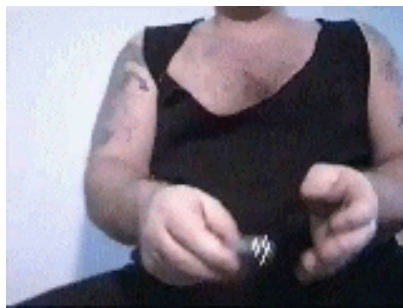
5. pull the catching hand back, just before you let go with the passing hand. This will keep you connected (more on this later) with the other handle, and will also add a "whip" to the close.



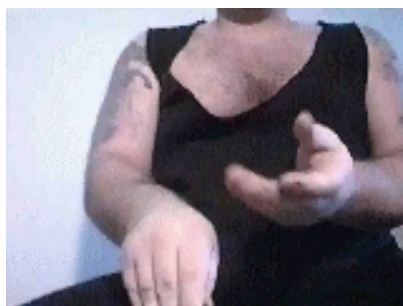
6.



7.



8. Continue on, changing hands until you're comfortable with the technique.



9.



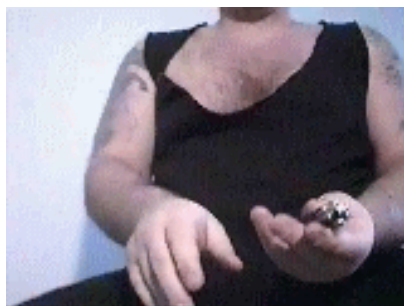
10.



11.



12.



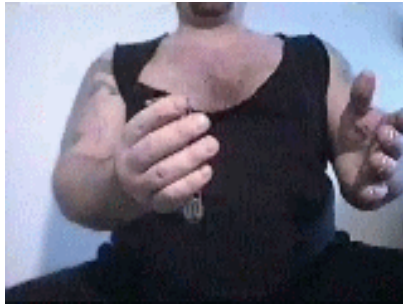
13.

When your confident with this exercise, add an opening/closing move, between the passes. The horizontal basic works well, as does the vertical basic..... play around with it!

Backhand

pass

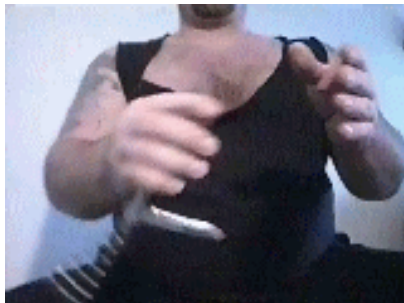
Here is a simple pass from the backhand position.



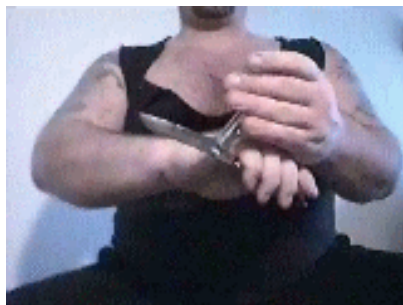
1. Start in the backhand grip, closed position, latch handle "in" toward your palm.



2. let the safe handle drop away, as if executing a basic backhand opening.



3. But, as the handle comes up, allow it to continue over the top.....



4.catch the handle with the opposite hand.



5. Pull the catching hand away a split second BEFORE letting go with the passing hand.....



6.this will keep the connection between the handles, as well as "whipping" the handle into.....



7.closed position , in the opposite hand.



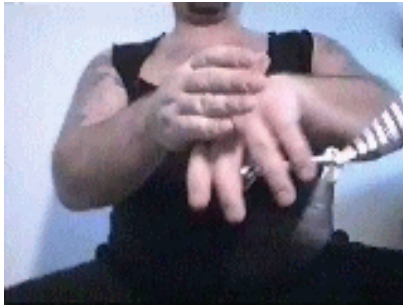
8. Repeat in the opposite direction.



9.



10.over.....



11.



12.....and over.....



13.



14.....until you get a feel for it.

As with all the techniques in this site, practice with both hands, in all directions, for as long as you can.

Motion pass

from a Vertical opening

This pass flows nicely from a Vertical opening to a Latch start opening. The technique can go on, between hands, for as long as you can stand it. Makes for a good repetitive drill.



1. Start in the forward grip, closed position.



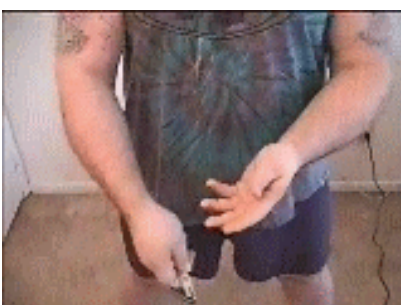
2. Execute a Vertical basic opening.



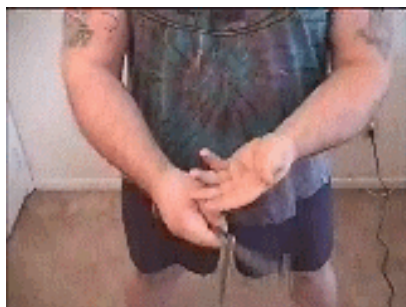
3.



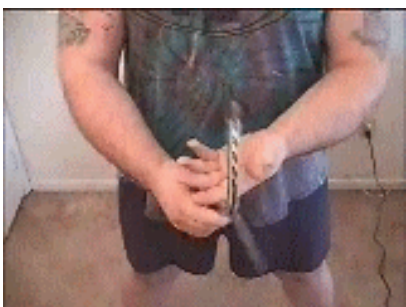
4.



5. As the Bali approaches the open position.....



6. insert the opposite hand, over the top of the passing hand



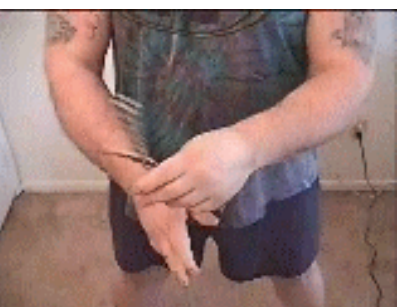
7. to make the pass. The bite handle will now be in the catching hand.



8.



9. Whip the safe handle over and into the closed position.



10.



11. From here, execute the [Latch start](#) opening.

Flip-slide pass

closed

This little finesse pass adds a flip and a slide, to build confidence in your fingers.



1. Start with the Balisong held in the left hand (for this example) with the middle finger and thumb directly opposing, just above the balance point. Move the right hand into position, middle finger above the left thumb (just below the pins), and thumb just below the left middle finger.



2. Push down with the right hand middle finger, flipping the butt of the Balisong forward.



3. The butt should be pointing slightly forward, and your middle finger and thumb should be directly opposing.



4. Now, let the butt of the Balisong slide inside and down (backward), into.....



5.



6.



7.the same starting position, but the opposite hand.



8. Repeat the movement in the other direction.



9.



10.



11.



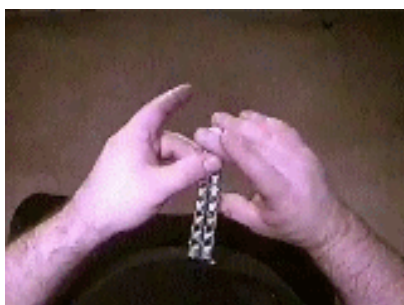
12.



13.



14.



15.

You could continue back and forth with this..... forever, if you wanted to.

Flip-slide pass

open

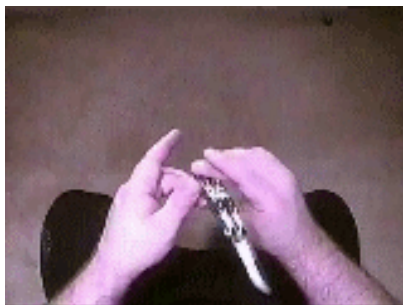
The same flip-slide pass as before, only open this time.



1. Start with the Balisong held in the left hand (for this example) with the middle finger and thumb directly opposing, just above the balance point. Move the right hand into position, middle finger above the left thumb (just below the butt), and thumb just below the left middle finger.



2.



3. Push down with the right hand middle finger, flipping the blade of the Balisong forward.



4.



5. The blade should be pointing slightly forward, and your middle finger and thumb should be directly opposing.



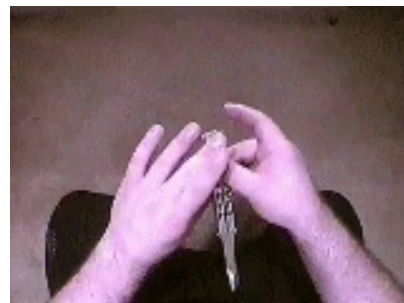
6. Now, let the blade of the Balisong slide inside and down (backward), into.....



7.



8.



9.the same starting position, but the opposite hand.



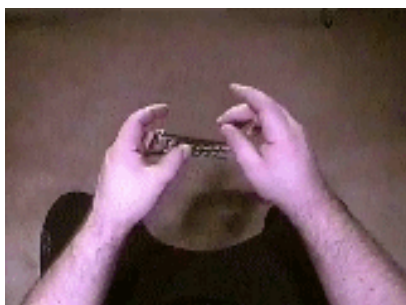
10. Repeat the movement in the other direction.



11.



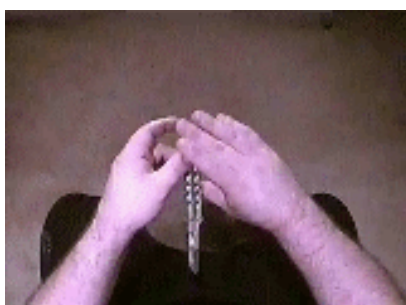
12.



13.



14.



15.

Backhand Pass 2 Under

This is a variation of the other Backhand pass. Only downward this time



1. Start in the Backhand grip closed position.



2. Slide the opposite hand into position for the catch under the passing hand.

As it reaches it's position, let the safe handle fall away (downward).



3. Make the catch and.....



4.pull away



5. Turn the wrist over, to help bring the safe handle up and into the closed position.



6. Now bring the hand that did the passing.....



7. into position.....



8.for the catch.



9. Repeat the above steps.....



10.



11.



12.



13...... until you return to the starting position.

This should be done back and fourth repetitively to build accuracy and endurance.

Backhand Pass

open

This is a nice smooth finesse pass that is confusing to look at straight on due to the catching hand covering before the switch. This gives it an advantage in self defense situations.



1. Start in the Forward grip, open position.



2.



3. Execute an inside Pivot



4.



5.into a Backhand grip.

During the Pivot, bring the opposite hand over and into position.....



6.for the switch.



7. Notice how the outer edge of the catching hand pulls the tip of the blade across the front of your body.



8. Open the passing hand and



9..... complete the exchange.

Backhand pivot pass

crossover

Pivot passes using a crossover method.



1. Start in a Backhand grip, open position.



2. Execute a half pivot while turning the hand palm up.



3. Position the receiving hand beneath the passing hand.



4. When the Balisong contacts the receiving hand, let go with the passing hand.....



5..... and complete the pass.



6.



7. Repeat the move in the other direction.



8.



9.



10.

Backhand pass

catching the same handle

Here is another pass where the receiving hand catches the same handle that the passing hand passes from.
(say that 10 times fast)



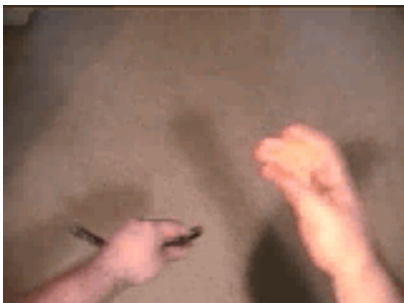
1. Start in the Backhand grip, closed position.



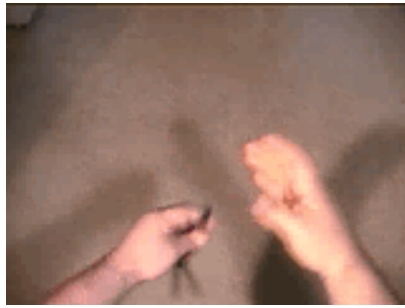
2.



3. Let the bite handle fall downward.



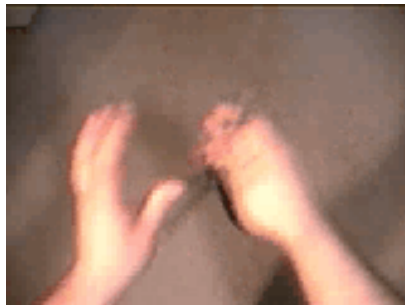
4. Ricochet off of the palm heel and bring the bite handle back upward.



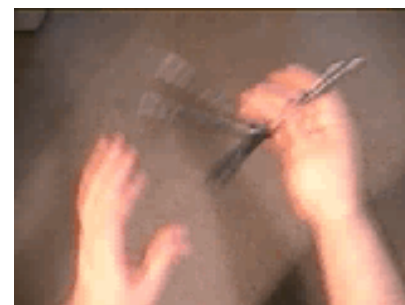
5. As the bite handle comes up position the receiving hand for the pass.



6. Ricochet off of the palm heel of the receiving hand at the same time the pass is made.



7.



8. Torque the wrist over.....



9. and snap it into the Backhand grip, open position.

Backhand to Forward grip

Pass

Here is another pass in the Backhand grip position. This time the catching hand will take the pass in the Forward grip.



1. Start in the Backhand grip, closed position. Bite handle should be in toward the palm.



2. Passing hand executes a regular Backhand over pass.

The catching hand is going into position palm out instead of in.....



3.



4.



5. this allows for the Forward grip catch position.



6. Release the passing hand and.....



7.



8.



9.



10. Finish by pulling away into a Horizontal or Vertical opening or closing (not shown here).

Check the GIF or AVI to see how I finish with a Horizontal opening.

Single handle pass

This is another easy way to pass between hands



1. Once again, the example shown starts in the open position.



2. Begin by executing a Horizontal basic closing.



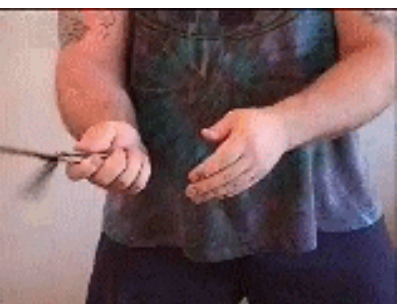
3.



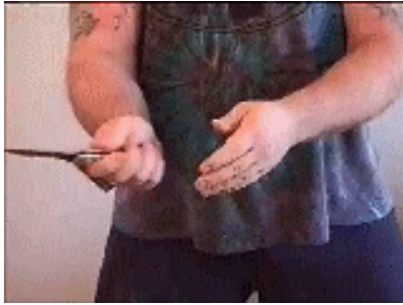
4.



5.



6.



7.



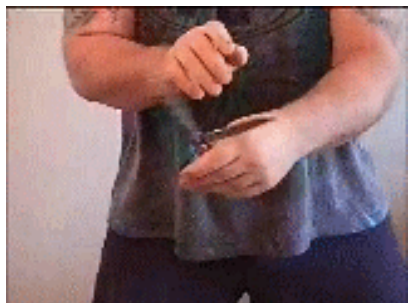
8. As the Bali approaches the closed position, insert the catching hand.



9.



10. Ricochet the Balisong off of the back of the catching hand while switching hands.



11. Pull the Balisong over.....



12..... into the forward grip, open position.

Half pivots

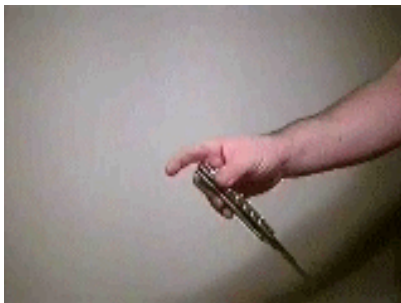
Half pivots are a great transition move. A way of getting from forward grip, to backhand grip in no time, with little effort.



1. Start in the forward grip, open position. Wrist bent in slightly. Thumb and middle finger directly opposing each other.



2. Flick the wrist out and away from the body a little, to start the motion.....



3.at the same time, point the index finger straight out so the butt will clear as it swings by, and let go with the ring finger and pinky.



4.



5. Stop the motion with the index finger, forward grip, open position.



6.



7. Repeat in the opposite direction.....



8.



9.



10.....until you're back where you started.

To keep the Balisong from flying out of your hand in steps 2 & 3, try to position the thumb and middle finger tips in the slot where the handles meet. The groove will help you keep your grip.

Pivots

Full

Here's another good strength, and confidence builder. Full pivots in and out.



1. Start in the backhand grip open position. Wrist bent slightly inward.



2. Like the 1/2 pivot, torque the wrist back a bit to set the motion. The handle is held **between the middle finger and thumb**.



3. But instead of stopping the motion with your index finger, allow the Balisong to pass over toward the web of your thumb.....



4.then.....



5.turn the wrist over (palm down) and slide your index finger to the same position as your middle finger.



6. At this point the Balisong is being held with the index finger and thumb.....



7. and pulled back into position to finish the outside pivot. From here we return with the inside pivot.



8. Still holding with the index finger and thumb.....



9...... and.....



10.turning the wrist over.



11.



12. Change the index finger, to the middle finger (and thumb), and pull it in to finish.



13. Finish in the same position you started in.

During the pivot when the Balisong is held with only two fingers, try to offset them just a little so the fingers can take some of the work. You'll find the pivot becomes much smoother. **EXAMPLE:** In the starting position, place your thumb just below the butt of the knife (on top), and your middle finger tip at about the balance point (below). Looking down you should be able to see both fingers. Your middle finger should be bent in a little. Now, straighten out your middle finger, while at the same time pushing down slightly (and pulling back) , with the thumb. Feel it?? It's the same when your palm up, only your index finger tip will be at the butt, and your thumb will be at, or near, the balance point.

Mega-pivots

In

Pushing the pivot to the limit. The motion will resemble a figure-eight when you get it going.



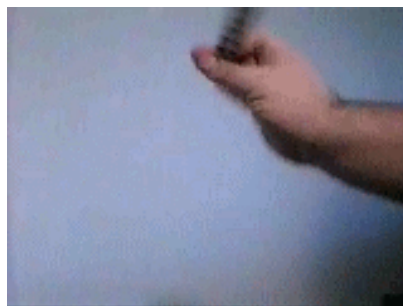
1. Start in the backhand grip open position.



2. Palm down, start the pivot "in" toward your body.



3. Bring it around.....



4.



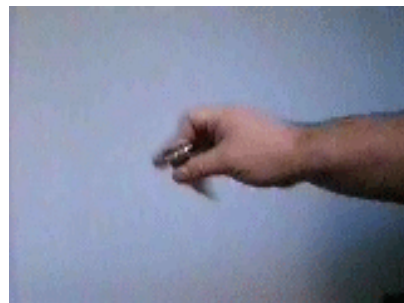
5.and turn the wrist over.



6. Remember the Balisong is being held **with the index finger and thumb**.....



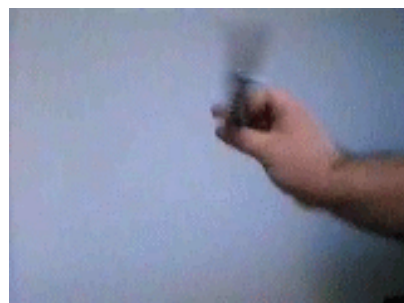
7. As it comes back in (where a regular pivot would finish), turn the wrist over again and continue the motion.



8.



9. Over.....



10.



11.....and over.....



12.



13.....and over.

The key to this technique is the constant turning of the wrist. Also, make sure you have a good position at the point where your thumb and index finger tip are holding the grip. As mentioned before, use the holes in a skeleton type handle, or the slot where the handles meet. Both spots will give you a good amount of control.

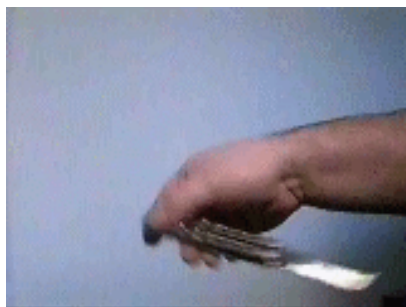
Mega-pivots

Out

Pushing the limits of the pivot. The continuous circular motion will help work your "feel" for the handle. The motion should resemble a figure-eight when you get it going.



1. Start in the backhand grip open position.



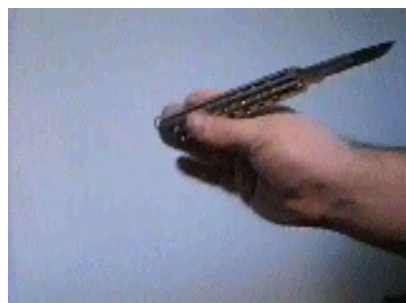
2. Start the pivot "out", away from your body.



3.



4. Continue the motion around then.....



5.as the Balisong nears the web of the thumb.....



6.quickly turn the wrist over and allow the circular motion to continue.



7. Here is where you'd would be finishing the technique on a regular full pivot. But instead of stopping when it reaches your palm.....



8. turn the wrist over again, to continue the motion.



9.



10.



11.



12.



13.

This should be done continuously for as long as you can, increasing the duration over time. The key to this technique is the constant turning of the wrist. Also, make sure you have a good position at the point where your thumb and index finger tip are holding the grip. As mentioned before, use the holes in a skeleton type handle, or the slot where the handles meet. Both spots will give you a good amount of control.

1/2 pivot-roll

forward

Tieing two moves together. In this case a half pivot back, into a forward rollover.



1. Start in the forward grip, open position.



2. Begin by executing a half pivot backward.....



3.except.....



4.as the blade reaches the bottom point, change the grip from middle finger and thumb opposing.....



5.to ring finger and thumb opposing, while at the same time.....



6.move the index and middle fingers over, just above the thumb.



7. Push down with the index and middle fingers as you clear the thumb out of the way.



8.



9......and finish where you started.

You might be asking yourself, why I called the second part of this move a "roll" instead of a "flip", since the motion is the same. The flip technique is executed on more of a horizontal plane, and snapped forward. The roll comes over the top from below, in a more fluid motion.

Half pivot-roll

backward

Another combination of moves, so you can see how to stitch techniques together.

1. Start in the backhand grip, open position.



2. Begin by executing the half pivot.



3.



4. When you reach the forward position, allow the Balisong to slide backward.....



5.as you bend the ring finger and pinky in.....





6.to allow the Balisong to slide between the middle and ring fingers. As soon as the Balisong has gone as far as it can go between your fingers.....



7.push forward and up with the ring finger and pinky, causing the blade to rotate up and over the middle finger.



8.



9.



10. Cover with the index finger and thumb and bring into.....

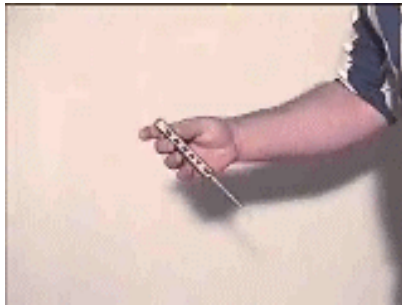


11.the same position you started in.

These combinations and transitions, will help you see how to move between techniques smoothly and fluidly. This will allow you to move in and out of different positions with confidence.

Pivot rolls

Working the Pivots and Rolls backward and forward.



1. Start in the Backhand grip, open position.



2. Execute a half pivot forward.....



3. with the handle riding on the Middle finger.

Notice the position of the Index finger, straight and out of the way.



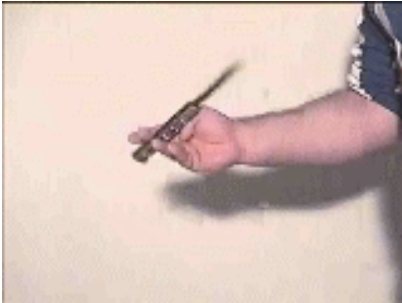
4. As the pivot reaches full forward, allow the tip of the Bali.....



5. to drop down over the Middle finger.



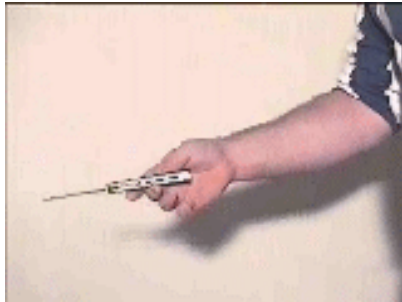
6. Scissor the handle between the Middle and Ring fingers.....



7. and dip the wrist a bit to bring the blade over.....



8.



9. and into the Forward grip position.



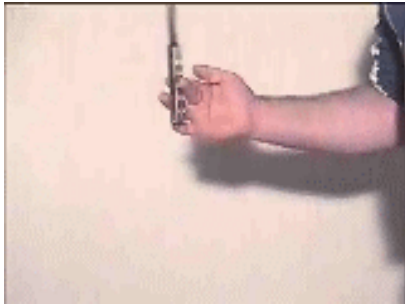
10. Now Pivot backward, again riding on the Middle finger



11. Notice the position of the Ring finger and Pinky as the Pivot reaches the back.



12. Push the handles forward with the Ring finger and Pinky to bring the blade up.....



13.



14.and over the Middle finger.....



15...... into the Backhand grip, open position.

[Click here to see an AVI of the Pivot roll exercise I do when working out with this technique.](#)

Flip out

Here's another way to get from forward grip, to backhand, with a flick of the wrist.



1. Start in the backhand grip, open position. Turn your wrist into the body a little.



2. Bring the index and middle fingers around the handle, just above the thumb, and.....



3.in the same motion, flick the wrist forward and clear the thumb out of the way.



4. To add stability to the finish, "plant" the thumb directly opposite the index finger, just above the ring finger.



5. To return, bring the middle, ring finger, and pinky around the handle and.....



6.push forward with the middle, ring finger, and pinky, while pulling the wrist back and clearing the thumb.



7.



8.and you're back in the starting position.

With a little practice you'll be able to go from, say, a forward stab, to a stab behind you, in the blink of an eye.

Flip out Roll back

This technique resembles the Half Pivot roll back, only this time we replace the pivot with a more explosive Flip out.



1. Start in the Backhand grip, open position.



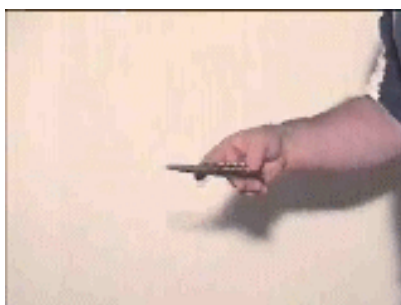
2. Begin the move by executing a Flip out.



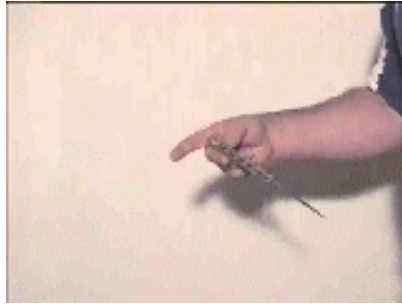
3.



4. Completed the Flip out position to a Forward grip.



5. From there, pivot backward and.....



6.



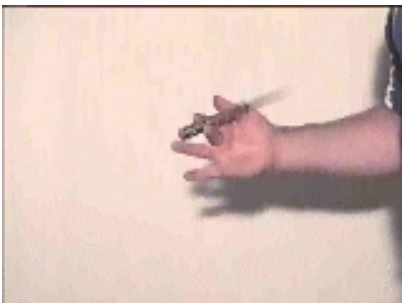
7.roll.....



8.



9.up and over.....



10.



11.



12. into the same position you started in.

Backhand flip out opening

This opening starts in the backhand position and ends up in the forward grip, open position.



1. Start in the Backhand grip, closed position.



2.



3. Allow the bite handle to fall away, as if executing a backhand basic opening.



4. As the bite handle the out side of your palm.....



5. switch your Index and Middle fingers over to the other side of the safe handle.



6. Push forward with the Index and Middle fingers while clearing the Thumb.



7.



8. Continue the motion around with the Bali between the Middle and ring fingers.



9.



10. Ricochet.....



11.



12..... into the Forward grip, open position

Bite handle opening

This opening will come in handy if you ever find yourself grabbing your Bali with the bite handle "in".



1. Start in the Forward grip, closed position with the bite handle in toward your palm.



2.



3. Begin by sending the safe handle out as if doing a Horizontal basic opening, except this time.....



4. Straighten out your Index, Middle finger, and Pinky to allow the safe handle to come behind the Index finger.



5. Catch with the Middle, Ring finger, and Pinky.



6. Clear the Thumb and.....



7.torque the wrist over to send the bite handle out to the side.



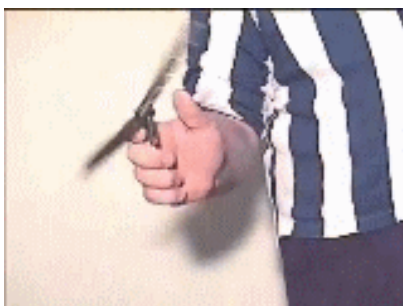
8.



9. Ricochet.....



10.and bring the bite handle back up.



11. Clear the Index finger out of the way.



12. Finish in the Forward grip, open position.

Latch handle

basic

This technique came about from my desire to be able to open my knife no matter how I found it in my hand. This technique starts with the latch handle "in" toward your palm. Rather than switch the knife around, I decided to "go with it".



1. Start, as mentioned above, with the latch handle in, forward grip, closed.



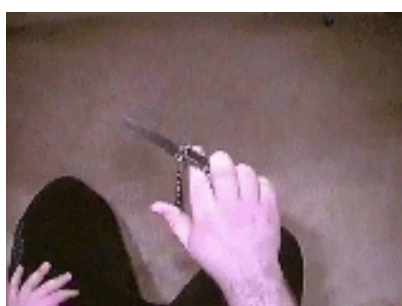
2. Swing the handle out.....



3.and straighten the middle, ring finger, and pinky, allowing the handle to come around behind the index finger.



4. Cover with the middle, ring finger and pinky, and, in the same motion.....



5.send the latch handle out.....



6.



7.and.....



8. ...around.....



9.....until.....



10.



.....11.you come to the ricochet point.



12.



13. From here, it's just a matter of a horizontal variation opening (shown), or the opening of your choice.



14.



15.



16.



17.



18.



19.



20.



21.



22.

The most important part of this technique is from the beginning, to about step 13, where you'll find yourself in a basic forward grip closed position. From there you can use the opening of your choice.

Latch handle

around to backhand closed

Heres a cool way to change positions. This ones done starting with the latch handle "in".



1. Start in the forward grip closed position, but with the latch handle into your palm.



2.



3.



4. Swing the handle out, and straighten the middle, ring finger, and pinky.



5.



6. Allow the handle to come around behind the index finger.



7. Cover with the middle, ring finger and pinky, and, in the same motion.....



8. Clear the thumb, push up with your index finger and down with your middle, ring finger and pinky to bring the handle over.



9. As the handle comes over the top, slide your thumb to where your middle finger just was.



10.



11. Continue the motion up until.....



12.



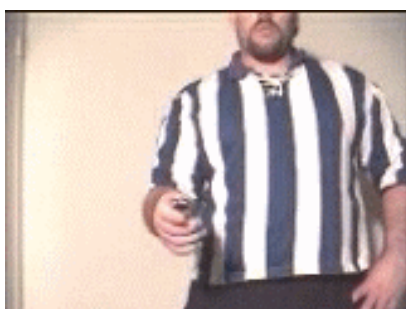
13.you finish in the backhand, closed position.

Here is just another example of a transitional technique that can take you from one move to a completely different move, with very little effort.

Backhand around

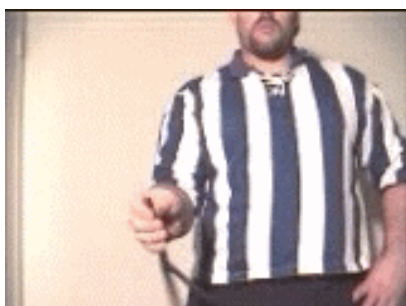
Half

This is the opposite of the "Latch start to Backhand closed" technique, covered earlier. Check the bottom of this page for an AVI of what they look like when done together.

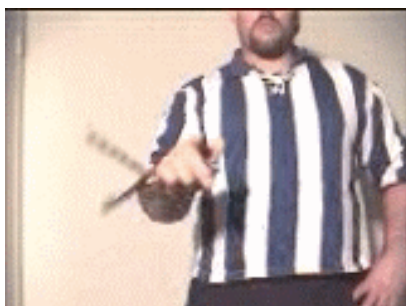


1. Start in the Backhand closed position, safe handle facing into your palm.

This is also the finishing position of the "Latch handle start to Backhand closed" technique

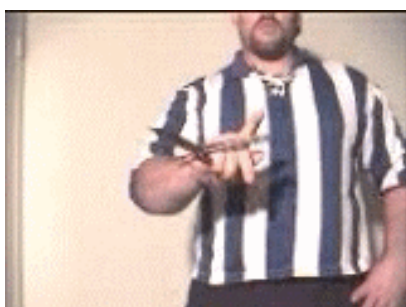


2. Let the latch handle fall away.



3. Turn the wrist over as the handle comes over the top of it.

Keep the Index finger pointed straight out to allow the incoming handle to clear.



4.



5. When you feel the latch handle hit the back of your hand, close the index finger around it, and place the Thumb on the side of the same handle, near the butt.

Add tension by pulling in lightly with the Index finger.



6. Let go with the Pinky, Ring, and middle fingers. If you added tension with the Index finger, the safe handle should whip right around.....



7.be careful to get your Index finger out of the way, as the sharp part of the blade will be coming right at it.



8. Turn your wrist over again (palm up) to allow the handle (and blade) to come back in to the Forward grip closed position.

The "Latch handle start to Backhand closed" technique, combined with this technique make for a great exercise.

[Click here to see what they look like when combined.](#)

Latch drop

This technique is a great "quick draw" opening in the backhand position. I'm sure it'll become one of your favorites.



1. Start in the basic backhand closed position with the latch in the groove of the middle knuckle of the index finger.



2. Cover the latch with your thumb to secure it in place.



3. Pull up with your hand as you let go with the middle, ring finger and pinky.



4.



5. Turning the wrist back a little will put some snap into the technique.



6. Finish with the latch handle "in" toward your palm.



7. Turn the Balisong in your hand, as in the screwdriver motion and.....



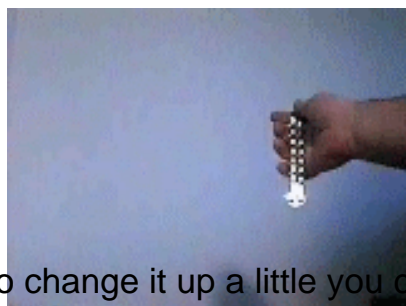
8. Repeat the above steps to close.



9.



10.



11. You should finish in the backhand closed position with the latch facing "in" toward your palm.

To change it up a little you could add a back hand pass into the mix. Perform the opening & closing as described above. You should finish with the latch handle "in", setting you up for a backhand pass with a safe handle catch. Repeat in the other direction. Continue for as long as you can.

Helicopters

One of the most important things to develop, is your "feel" for the grip of the handle. Not too loose, not too tight..... you have to allow the handle to spin within your palm when necessary. This exercise will help.



1. Start in the forward grip, closed position.



2. Send the latch handle out, as if executing a horizontal basic opening.



3. Bring the handle around as normal.....



4.



5.but.....



6.instead of ricocheting the blade off the back of your hand



7.allow the motion to continue.....



8.in continuous clockwise (in this case) circles.



9. Then when you're ready to change direction.....



10.ricochet off the back of the hand.....



11.



12...... and perform the circles counterclockwise.



13.



14.



15.



16.



17.



18.



19. Finish either open or closed, what's important is the feel for the grip during the rotations.

Perform the circles, in each direction, for as long as you can. Increase the duration over time.

Backhand helicopters

This is a little harder than the forward grip Helicopters because the Balisong has a tendency to slide down and out of the hand during execution.



1. Start as shown at left, safe handle in hand.



2. The idea of this exercise is to have the bite handle rotate either clockwise or counterclockwise.....



3.



4. in a horizontal plain beneath the hand.



5.



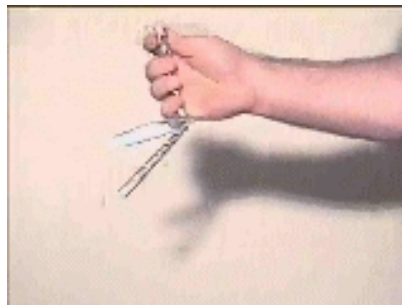
6. Try using a finger motion like the Screwdriver exercise between the fingers and Thumb.....



7.



8. and try to limit the amount of wrist/arm movement.



9.



10.



11.

Table tops

Closed

This coordination builder will let your hand develop a feel for the Balisong in an unnatural position (the back of your hand). Try to breathe deeply during this exercise, and Imagine the Balisong "sticking" to the back of your hand.

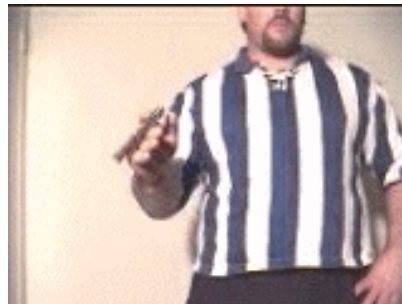


1. Starting position isn't too important, because the Balisong is closed.

This move can be started with a pivot forward (shown), or a Flip-out .

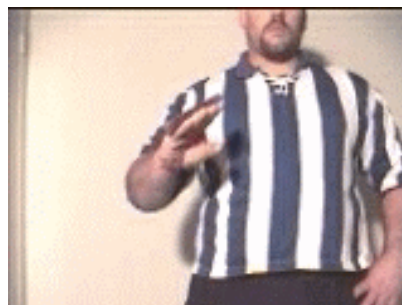


2.



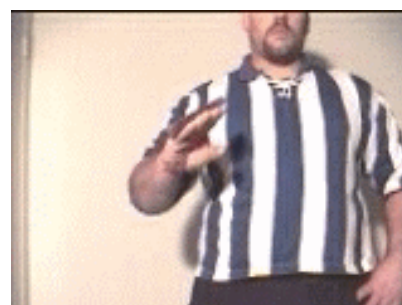
3. Allow the Balisong to pivot (or slide) forward, between the Index and Middle fingers.

As you do, rotate the wrist over to the palm down position.

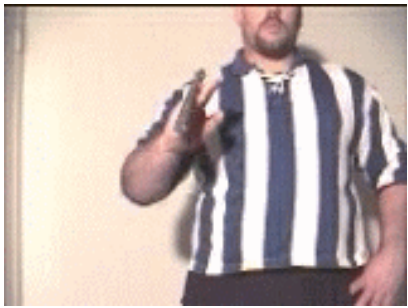


4. Stop in the Table top position, Balisong on the back of the hand, just below the fingernails.

Hold this position for a few seconds before continuing on.



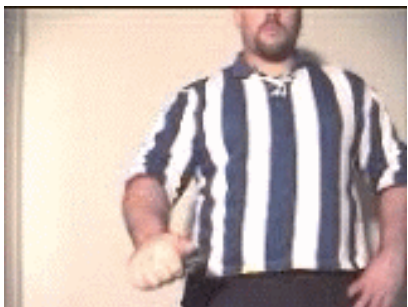
5. Tip the wrist (pinky side) down slightly, to start the Balisong sliding, while at the same time moving the hand upward.



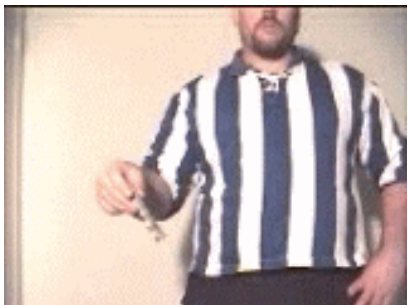
6. This will cause the balisong to flip over, into a position for a forward grip catch.



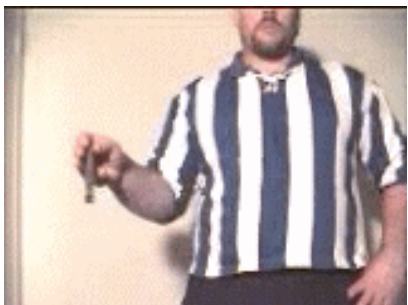
7.



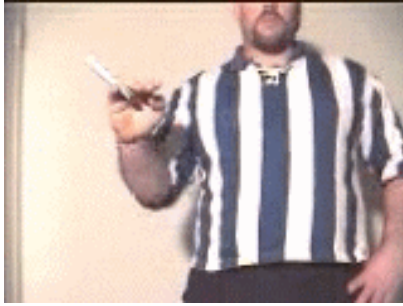
8. Ending catch position.



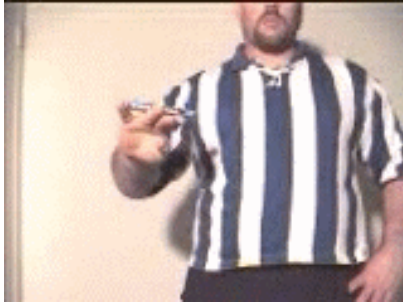
9. From here you want to pivot the Balisong back, allowing the handle to move.....



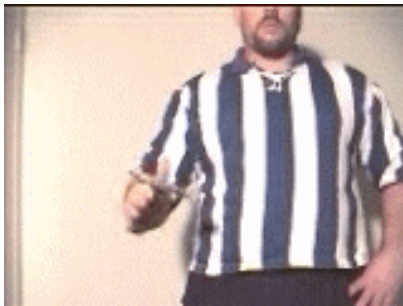
10.between the ring finger and pinky.



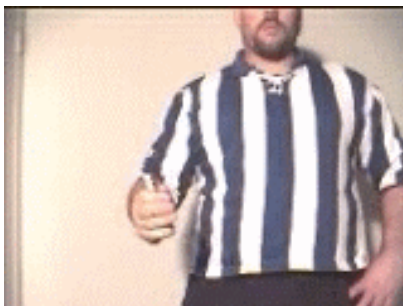
11. Now start to rotate the wrist over to the palm down position. Use the ring finger and pinky to help pull the Balisong over the top.



12. Bring the pinky under, and hold this position. Again, the Balisong should be just below the fingernails.



13. Now in one quick, smooth movement, switch the hand around (pinky under toward the body.....



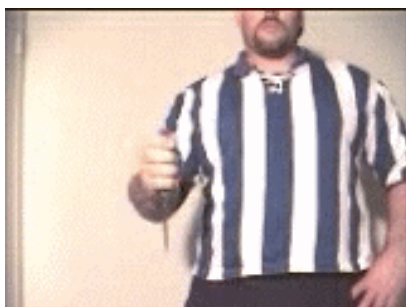
14......toward the palm up position.

The final Table top position can be held for longer durations as you get better. Moving your hand around in circular motions will also help to develop your coordination.

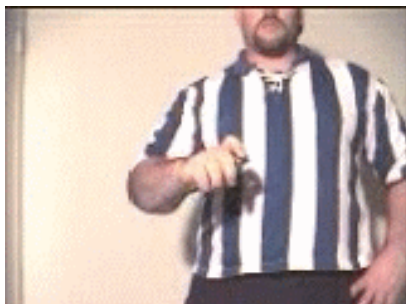
Table tops

Open

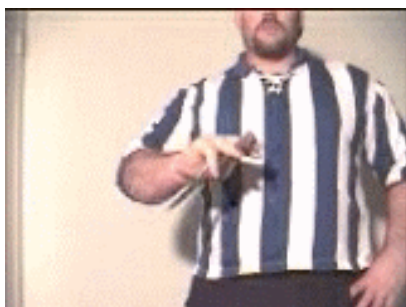
Coordination builder in the Open position.



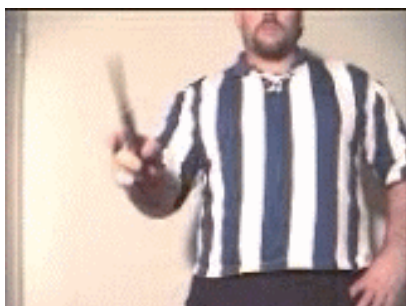
1. Start in the Backhand open position.



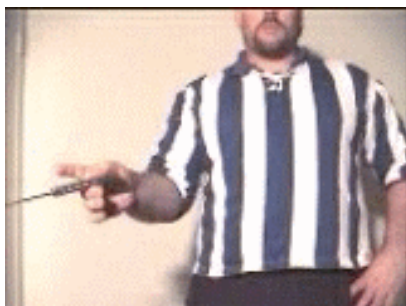
2.



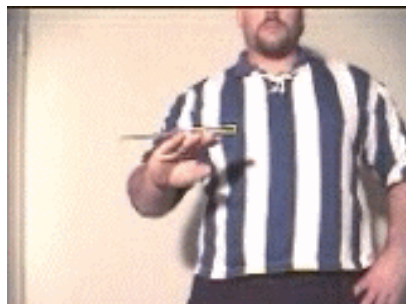
3. This move can be started with a pivot forward, or a Flip-out (shown).



4. As you flip the blade forward.....



5.allow it to continue over, between the index and middle fingers.

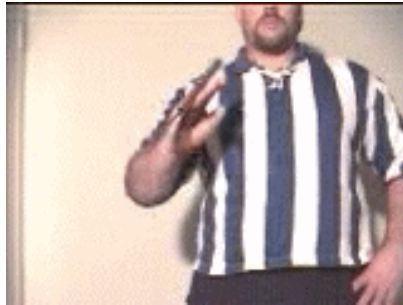


6. Rotate your wrist over so your hand is facing palm down, with the Balisong resting on top, just below the fingernails.

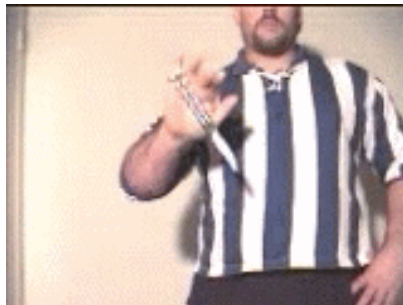
Hold this position for a few seconds.



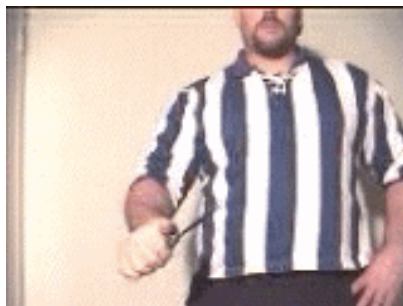
7. Tip the wrist (pinky side) down slightly, to start the Balisong sliding, while at the same time moving the hand upward.



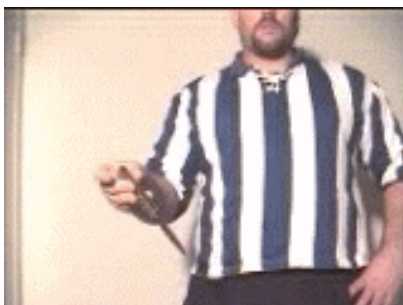
8.



9. This will cause the Balisong to flip over, into a position for a forward grip catch.



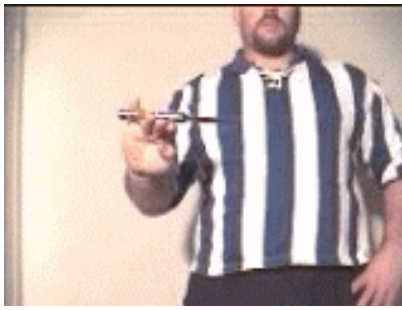
10. Ending catch position.



11. From here you want to pivot the Balisong back, allowing the handle to move in between the ring finger and pinky.



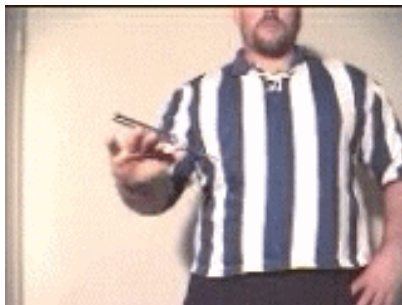
12. Now start to rotate the wrist over to the palm down position. Use the ring finger and pinky to help pull the Balisong over the top.



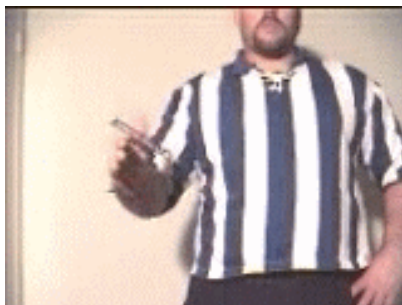
13.



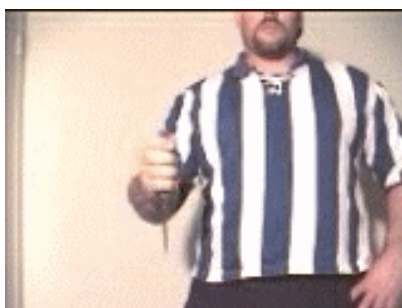
14. Bring the pinky under, and hold this position. Again, the Balisong should be just below the fingernails.



15. Now in one quick, smooth movement, switch the hand around (pinky under toward the body.....



16......toward the palm up position.



17. Finish in the same position you started in, Backhand grip.

The final Table top position can be held for longer durations as you get better. Moving your hand around in circular motions will also help to develop your coordination.

Try to imagine the Balisong "sticking" to the back of your hand.

Xtreme Table top

Taking the Table top to the next level. Another good "hand-eye" coordination builder.



1. Start in the backhand grip, open position.



2. Pivot the Balisong forward.....



3.



4.around.....



5. and into the Table top position.....



6. let the momentum of the Pivot continue on the back of your hand.



7.



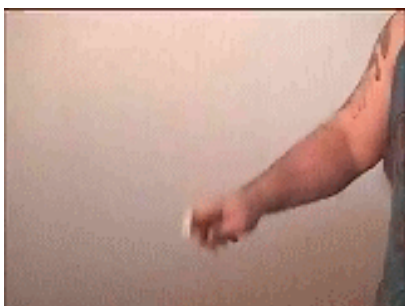
8. As the blade passes the Thumb.....



9.....tilt the hand



10.



11.



12. Catch in the backhand, closed pc

False Forward grip opening

This technique begins as though executing a Horizontal basic technique. A subtle finger twirl takes it to a Backhand opening.



1. Start in the Forward grip, closed position.



2. Begin by executing a Horizontal basic opening, except, as the bite handle swings out move your Index finger to the other side of the safe handle.



3. Let the bite handle extend forward, and just as it passes.....



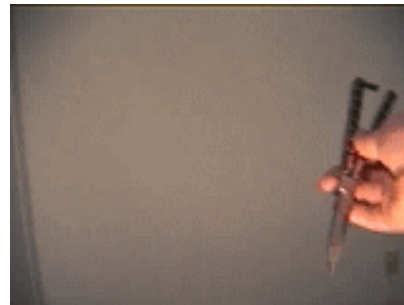
4. Pull the Thumb out of the way and let the butt of safe handle come around. As it does place the Thumb on the back side of the safe handle just above your Middle finger.....



5. and slide the Middle finger out to allow the bite handle to come around.



6. You're now holding with only your Index finger and Thumb.



7. Bring the Middle, Ring finger, and Pinky around to complete the move.

Click here to get an AVI from a different angle ([falseFG2](#)).

False Forward grip 2

This technique begins as though executing a basic Forward grip Windmill technique. A subtle finger twirl takes it to a Backhand opening.



1. Start in the Forward grip, closed position.



2.



3. Execute a basic Windmill opening.



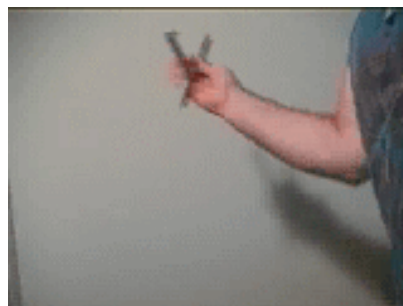
4. As the bite handle reaches the point where it's extending straight ahead, bring the Middle finger (Ring and Pinky as well) around to the position directly behind the Thumb.



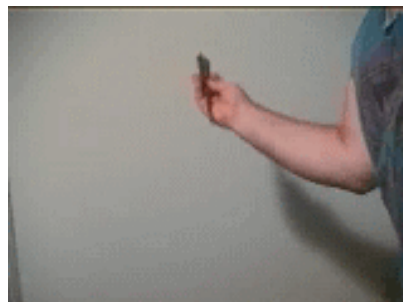
5. Now push the safe handle forward with the Middle finger. The Index finger should remain stiff to stabilize the twirl.



6. Continue the motion through until the bite handle approaches the full open position.....



7. when it does you Middle finger will be between the two handles. Pull it out of the way.....



8. and finish in the Backhand grip, open position.

False Backhand opening

This technique begins as though executing a Backhand basic technique..... but ends up in a Forward grip open position. With some practice, this technique can be snapped open very quickly.



1. Start in the Backhand grip, closed position.



2. As you begin, slide the Index finger downward toward the pivot point.



3. As the bite handle falls, tuck the Middle, Ring finger and Pinky in, so that the bite handle can pass beneath.



4. When the bite handle passes, straighten the Middle, Ring finger and Pinky out, and pull the Thumb out of the way and over to the other side of the safe handle.



5. Pull the Index finger back slightly so the bite handle can clear.....



6..... to the Forward grip, open position.

Hyper drop

Half circle

This technique is done using the open Balisong. The Hyper drop techniques are actually exercises to help you focus on the handle, while out of your hand. You'll find yourself recovering from drops faster, and in a manageable way.



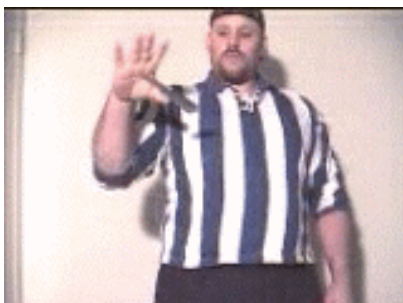
1. In this example we'll start in the Backhand grip, open position.



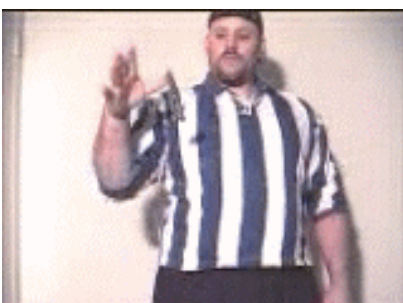
2. Raise your hand in a smooth motion.



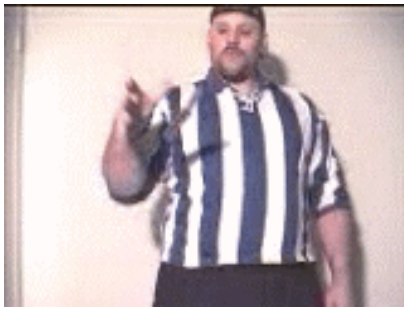
3. Release the Balisong, and allow it to make one rotation in the air.



4.



5.



6.



7.



8. Catch in the opposite grip. In this case, it would be Forward grip, open position.



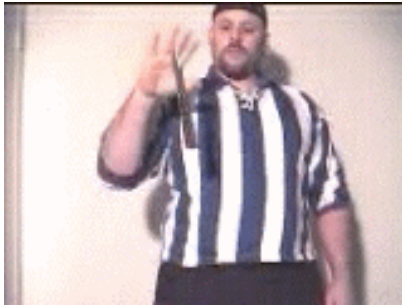
9.



10. Now take it back to Backhand grip.



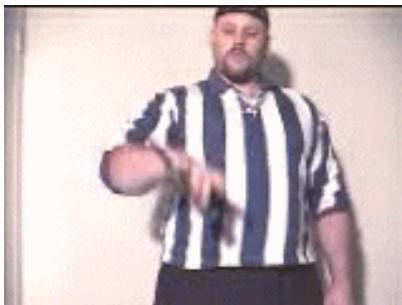
11.



12. Alternate between clockwise, and counter clockwise when you work on this exercise, always switching between Forward and Backhand grip.



13.



14.



15.

The position you start off in is not important to this exercise. Alternating between Forward grip, and Backhand grip is.

Smooth motion at the point of release is as well, as it dictates the motion of the Balisong in the air.

Hyper drop

Full circle

This technique is done using the open Balisong. The Hyper drop techniques are actually exercises to help you focus on the handle, while out of your hand. You'll find yourself recovering from drops faster, and in a manageable way.



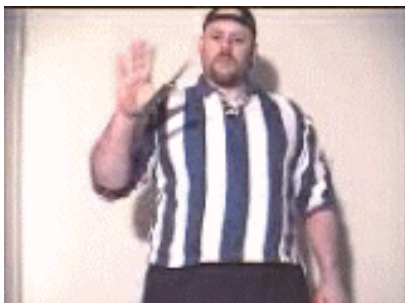
1. Start in the Backhand grip, open position.



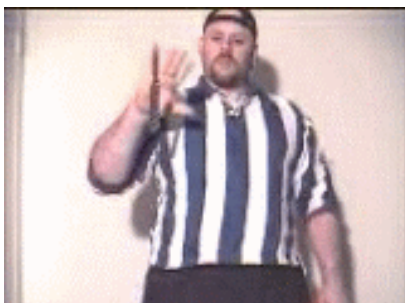
2. Lift your hand while turning your wrist "in".



3. Release when the Balisong reaches horizontal.



4.



5.



6.



7. After one rotation in the air, catch the Balisong in the same position you started in.



8.



9.



10. Now do the same thing, around the back of the hand this time.



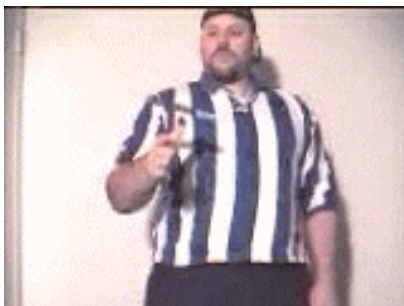
11.



12.



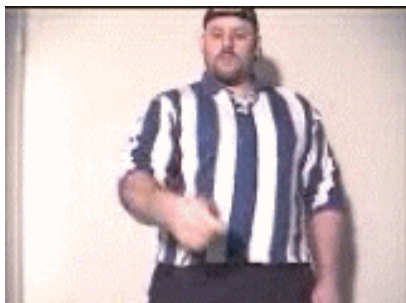
13.



14.



15.



16. Once again, catch in the Backhand grip, open position.

What you're actually doing here, is a succession of clockwise and counter clockwise rotations around your hand, always landing in the same position.

For this example, I only show the Backhand grip version. This should also be practiced in the Forward grip.

Basic twirl

Forward grip to Backhand Open

This is the first of the finger twirl openings I'm posting. I used the term "finger twirl" to remain consistent with the terminology you'll find in other book and video offerings.



1. Start in the Forward grip, closed position. Safe handle into your palm.

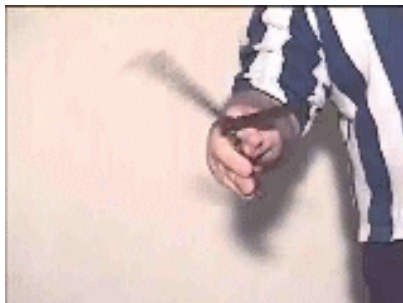


2. Begin the move with a Horizontal type opening.

Actually, it will more resemble the Horizontal variation in that the first thing you're going to do is a ricochet off of the back of your hand.



3. Before the ricochet.....



4.Insert your Index finger to the area just above the Thumb.



5.



6. This is the ricochet point mentioned in step two.



7. Torque your wrist over to send the blade and handle to the next ricochet point.



8.



9. Second ricochet.

At the moment of ricochet, pull the Thumb out.....



10...... and around to the other side, and scissor with the Index and Middle fingers to bring the handle over.



11.



12.



13. Torque your wrist over a little to speed up the movement.



14. Finish in the Backhand grip, open position.

Ending position will have your fingers "choked up" close to the blade. Keep the Thumb in position but open up the other fingers to stabilize.

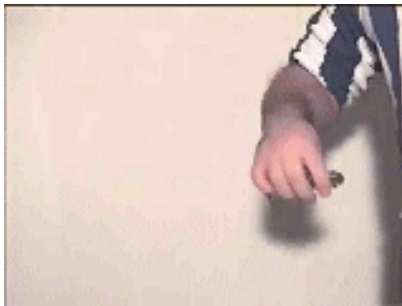
Make sure you check out the AVI to see the closing move, as it's just a little different from the opening.

Basic twirl 2

Vertical



1. Start in the Forward grip, closed position. Safe handle into your palm.



2. Begin the move with a modified Horizontal type opening, but instead of sending the bite handle out to the side, it's going to come over and down.



3.



4. Before the ricochet..... Insert your Index finger to the area just above the Thumb.



5. Ricochet



6.



7. Second ricochet.

At the moment of ricochet, pull the Thumb out.....



8. and around to the other side, and scissor with the Index and Middle fingers to bring the handle over.



9.



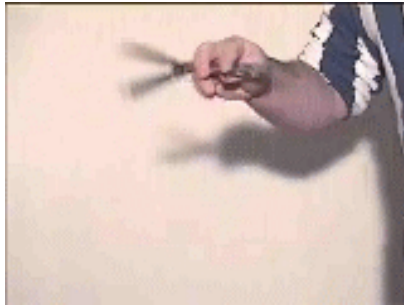
10. Torque your wrist over a little to speed up the movement.



11. Finish in the Backhand grip, open position.



12. To close, let the bite handle fall away and downward, while pulling your Ring finger and Pinky in toward your palm.



13. Continue the rotation up and.....



14.



15..... over the top of the Index finger.

Notice the turning over of the wrist in the last 4 steps.



16. Push down with your Ring finger and Pinky to send the handles back.....



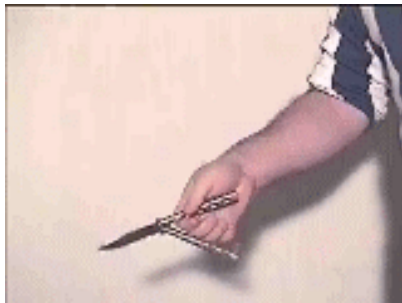
17..... insert the Index finger behind the handle.



18. Now roll through with the Index and Middle fingers while pulling the Ring finger and Pinky out of the way.



19. Continue over and down.....



20. Ricochet back up to.....



21.



22.the Forward grip, closed position,

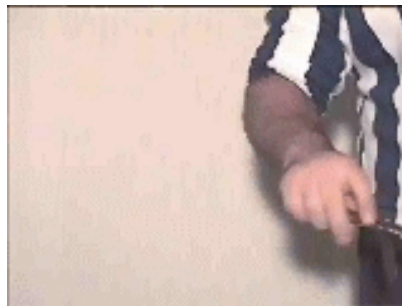
Full twirl open & close

Horizontal

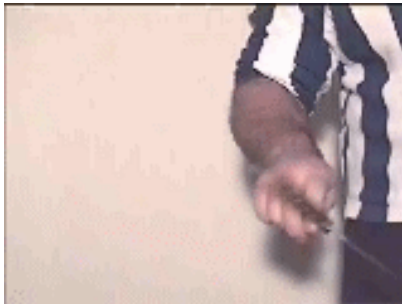
This is a great move to challenge your dexterity. Check for the link at the bottom of this page for a good exercise to help strengthen your finger twirls.



1. Start in the Forward grip, closed position and.....



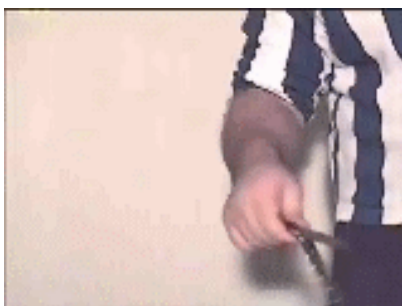
2. begin the move by executing a Horizontal basic opening.



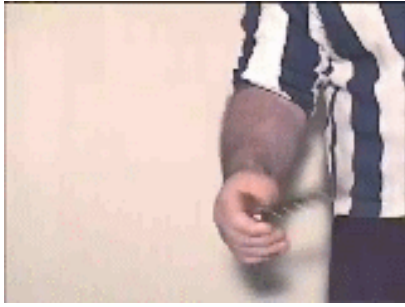
3.



4.



5.



6.



7.



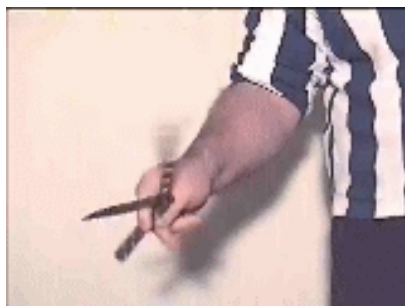
8.



9. This is the ricochet point where, in a Horizontal basic, you would crank the wrist over to the open position.....



10..... but instead, bring your Middle, Ring finger, and Pinky behind the handle near the Thumb, and torque the wrist over.



11.



12. Roll the safe handle over between the Index and Middle fingers.....



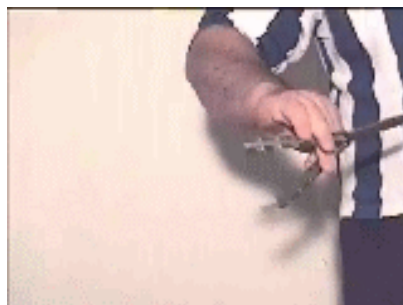
13. continue the roll over.....



14......between the Middle and Ring fingers.



15.



16. Ricochet at this point and



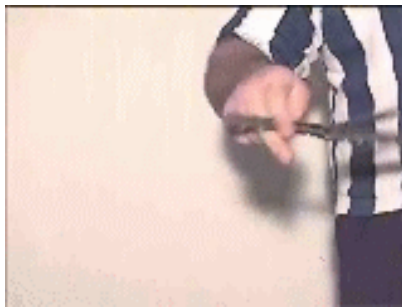
17.twirl back through the same fingers.



18.



19.



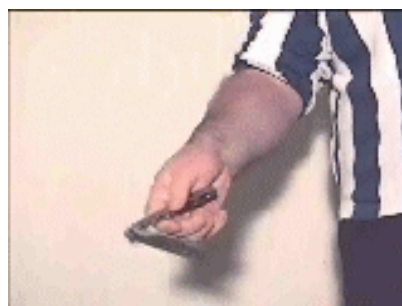
20. As you're about to extend the roll over the Index finger.....



21.plant the Thumb directly opposite the Index finger, and slide the Middle finger out of the way.



22.



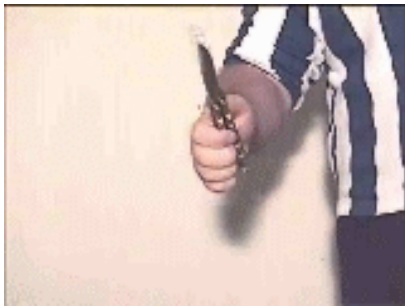
23. Ricochet again and.....



24.



25..... flip your wrist back to.....



26. Finish in the Forward grip, open position.

Repeat the above motions exactly the same to close.

Keep an eye on the wrist positions throughout this move. Torquing the wrist over will add centrifugal force to keep the opposing handle extended, and out of the way.

[Check out this AVI](#) for a good exercise to help make your Horizontal finger twirl stronger.

Full twirl open & close

Vertical

This is another great move to challenge your dexterity. Check for the link at the bottom of this page for a good exercise to help strengthen your finger twirls.



1. Start in the Forward grip, closed position and.....



2. begin the move by executing a modified Horizontal basic opening.

Instead of initiating the move out and to the side, bring it over and downward.



3.



4.



5.



6.



7.



8.



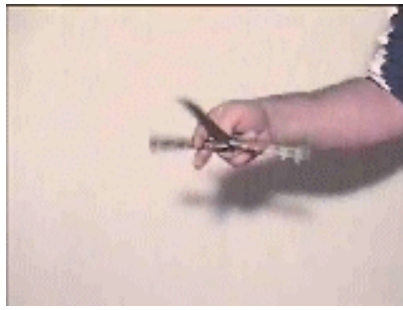
9. This is the ricochet point where, in a Horizontal (or Vertical) basic, you would crank the wrist over to the open position.....



10. but instead, bring your Middle, Ring finger, and Pinky behind the handle near the Thumb, and torque the wrist back a bit.



11.



12. Roll the safe handle over between the Index and Middle fingers.....



13. continue the roll over.....



14.between the Middle and Ring fingers.



15.



16. Ricochet at this point and



17.twirl back through the same fingers.



18.



19.



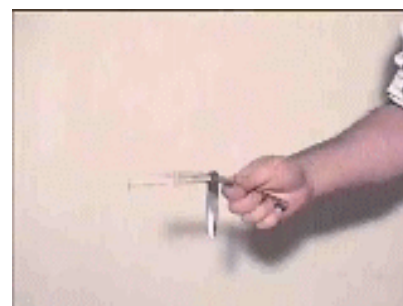
20. As you're about to extend the roll over the Index finger.....



21.plant the Thumb directly opposite the Index finger, and slide the Middle finger out of the way.



22. Ricochet again and.....



23.



24. flip your wrist back to.....



25. Finish in the Forward grip, open position.

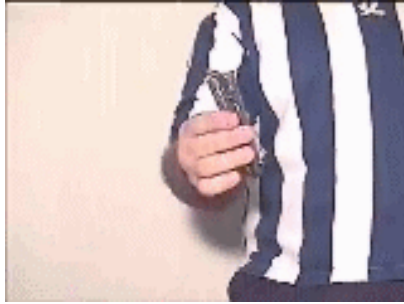
Repeat the above motions exactly the same to close.

Keep an eye on the wrist positions throughout this move. Torquing the wrist over will add centrifugal force to keep the opposing handle extended, and out of the way.

[Check out this AVI](#) for a good exercise to help make your Vertical finger twirl stronger.

Backhand twirl opening

Using the finger twirl technique in the Backhand position.



1. Start in the Backhand grip, closed position.



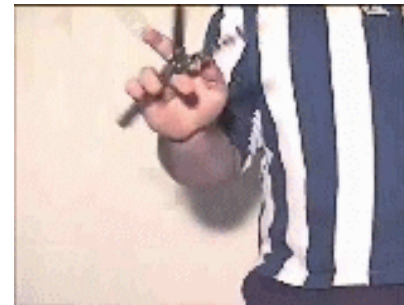
2. Let the bite handle fall down and away.



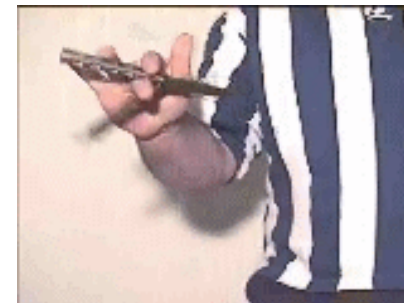
3. Notice that the Ring finger and Pinky are on the opposite side of the handle from the Index finger.....



4.this allows the bite handle to rotate through and into the twirl.



5. Twirl over the back of the Middle finger.....



6.and push down with the Index finger to continue the motion.



7.



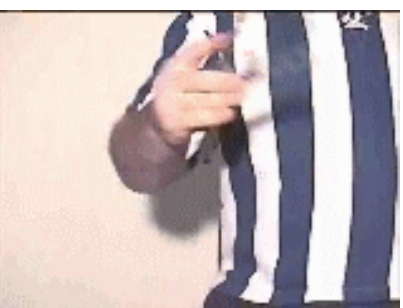
8.



9. From here, flip the wrist over.....



10.



11. and bring the handles together.



12. Finish in the Backhand grip, open position.

This move is actually a little easier to do (for me anyway) on the horizontal plain, but it made for a bad camera angle. Try it and see if you notice a difference.

Back hand flip out twirl

This takes the backhand flip out opening a little further.



1. Start in the backhand grip, closed position.



2. Start by executing a Backhand flip out opening.



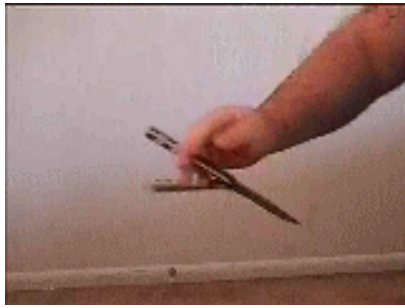
3.



4.



5.



6.



7.



8.



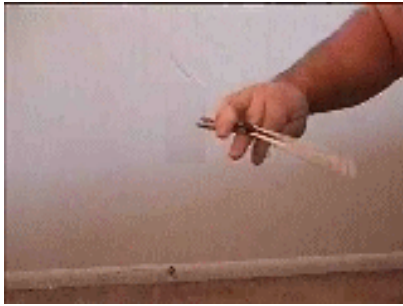
9. Instead of bringing the Balisong over into the open position, tuck the Middle finger in, and do a finger twirl type roll between the fingers.



10.



11.



12.



13. Stop the twirl with a ricochet.....



14.



15..... and twirl back.



16.



17.



18. Ricochet again into.....



19.



20. A forward grip, open position.

Forward grip to Backhand

Switches

Changing from the Forward grip open, to the Backhand grip open, and back.....using a finger twirl.



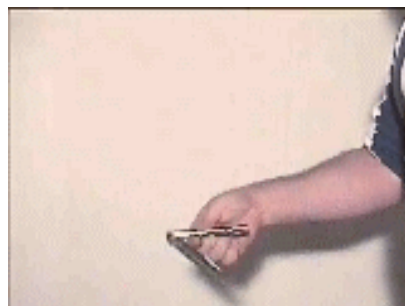
1. Start in the Forward grip, open position.



2. Send the bite handle over and down.



3.



4. Ricochet point

Notice the position of the Middle, Ring finger, and Pinky at this point, pulled in toward the palm.



5. Torque the wrist back a bit to get the bite handle coming back up, and straighten out the Middle finger so it can help push the safe handle forward.



6. Allow the motion to continue all the way around.....



7.

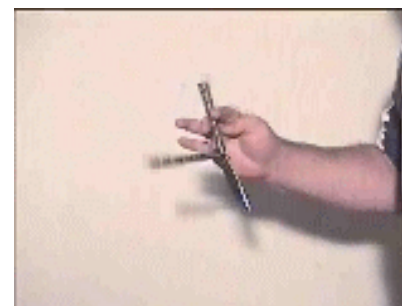


8.



9.to a Backhand grip, open position.

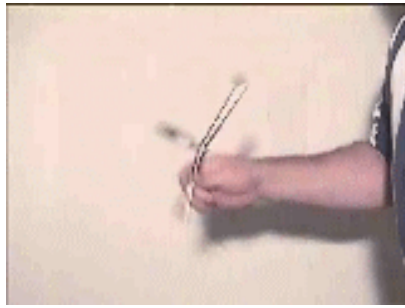
You can end the technique here by pulling your Middle finger out from between the handles, or.....



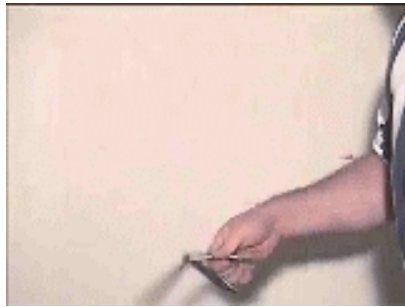
10.take it back in the opposite direction.....



11.



12.



13.



14.



15.



16..... back to the Forward grip, open position.

Backhand to Forward grip

twirl

Heres a good way to go from a Backhand grip to a Forward grip using a finger twirl technique.

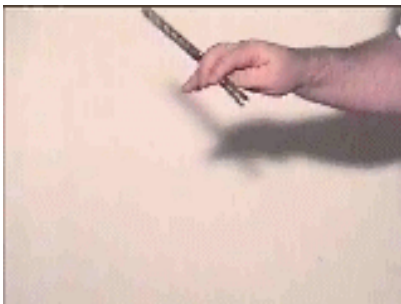


1. Start in the Backhand grip, open position. Safe handle should be In toward your palm.



2. At the same time do the following:
~ Pull the Ring finger and Pinky in, to allow the blade and bite handle to pass through.

~ Let the bite handle drop away and.....



3. turn the wrist over to pull the movement through.



4.



5. Ricochet

Notice the position of the Index finger. It should be pulled inward to allow the back of the safe handle to pass by.



6. As the ricochet starts the motion of the bite handle outward, straighten the Index finger.....



7. and pull the Ring finger and Pinky out of the way, continuing the motion around with the safe handle between the Index and Middle fingers.



8. Plant the Thumb just above where the Middle finger is, to send the motion downward.



9. Bring the Middle finger around with the other fingers and ricochet



10.sending the blade and bite handle upward.



11. From this point you can close if you'd like, or.....



12..... continue the motion around.



13.



14.



15..... and end in the Forward grip, open position.

The "torqueing" over of the wrist is important to the finger twirl techniques as the added centrifugal force will help keep the opposing handle extended and allow time for the finger insertions.

Finger twirl pass

Leading

A same handle pass hitting "head on", reversing the motion into a Backhand opening.



1. Start in the Forward grip, closed position.



2. Begin by executing a Horizontal basic opening.



3.



4.



5.



6. After the ricochet that would lead into the open position, move the catching hand into position.



7. The catching hand should be positioned with the Index finger extending straight forward, and the Middle, Ring finger, and Pinky tucked in toward the palm.



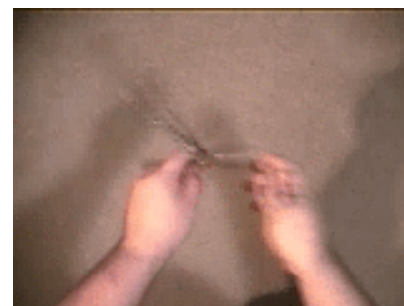
8.



9. As the Bite handle comes over the top, execute a Same handle pass.



10. At this point, the back of the safe handle is against the inside of the Index finger and against the the knuckles of the other three fingers.



11. As the Bite handle ricochets, straighten the Middle, Ring finger, and Pinky and turn the wrist over.



12. Safe handle should be between the Index and Middle fingers.



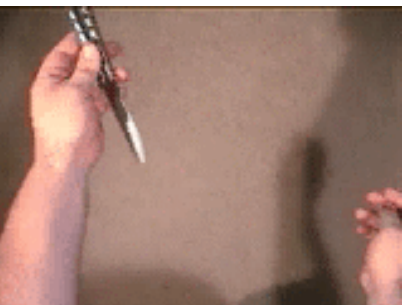
13. Ricochet off of the palm heel.....



14.



15.



15...... and pull it up into the Backhand open position.

Finger twirl pass 2

Trailing

Another same handle finger twirl pass, but instead of hitting the catching hand "head on", we're allowing the motion to continue and grabbing from the "trailing" side of the handle.

1. Start in the Forward grip, closed position.



2. Begin by executing a Horizontal basic opening.



3.



4.



5. After the ricochet that would lead into the open position, move the catching hand into position.





6. The Index finger of the Right hand (in this case) points down toward the floor and the Middle, Ring fingers and Pinky are extended straight out. This gives the clearance for the safe handle to be passed between the Index and Middle fingers of the left hand.



7.



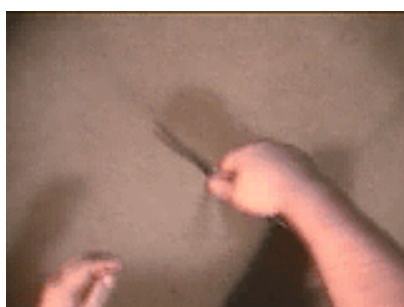
8.



9. After the pass, turn you wrist over to keep the motion going and you're in position to finish the move with a Horizontal basic opening.



10.



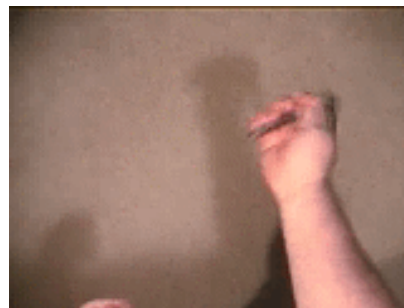
11.



12.



13.



14.



15.



16.

Check here ([TRtwirlpass2 drill](#)) for a good practice drill.

Backhand twirl pass

A cool finger twirl pass from the back side, grabbing the same handle.



1. Start in a backhand grip, closed position. Safe handle "IN".



2. Start the motion as if executing a Backhand basic opening.

You'll find it easier if you pull your Ring finger and Pinky off of the handle.....



3.and let the safe handle come around between the Middle and Ring fingers of the right hand.



4. The Index finger of the Left hand (in this case) points down toward the floor and the Middle, Ring fingers and Pinky are extended straight out. This gives the clearance for the safe handle to be passed between the Index and Middle fingers of the left hand.



5.



6. After the pass, turn you wrist over to keep the motion going and you're in position to finish the move with a Horizontal basic opening.



7.



8.



9.



10.



11.



12.

Finger twirl Windmill

opening

Adding a Finger twirl to a basic Windmill creates a flashy opening technique..... if you can get it down, that is.



1. Start in the Forward grip, closed position.



2. Begin by executing a basic Windmill opening movement.



3.



4. As the bite handle extends, tuck the Middle, Ring finger and Pinky in. This will allow the butt of the safe handle to pass by.



5. When it passes, straighten the Middle, Ring finger and Pinky.....



6..... and allow the safe handle to roll through.....



7. Continue through until the safe handle is.....



8.between the Middle and Ring fingers.



9. Allow the bite handle to come in to the open position, between the Middle and Ring fingers.

Reposition the Index and Middle fingers (not shown) in a Forward grip, open position.

Bite handle

Twirl

This technique is a bit long and complicated, but once you get it down, it's a lot of fun..... and it looks cool too.



1. Start in the Forward grip, closed position with the bite handle in toward your palm.



2. Begin by sending the safe handle out as if doing a Horizontal basic opening, except this time.....



3. Straighten out your Index, Middle finger, and Pinky to allow the safe handle to come behind the Index finger.

Catch with the Middle finger only and.....



4. clear the Thumb and start the twirl through your Index and Middle fingers.....



5.



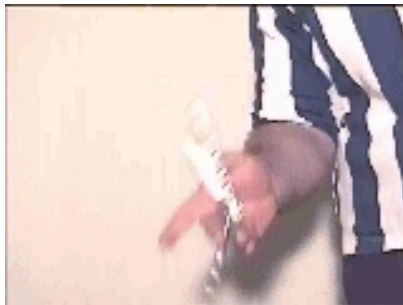
6.through to your Middle, and Ring fingers.



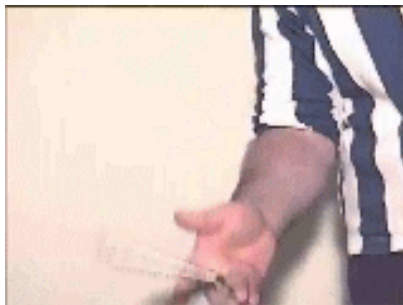
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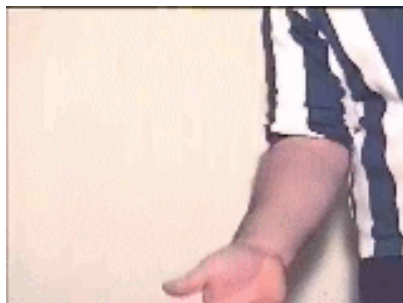
8. As the blade and the bite handle start to extend over the Middle finger, turn the wrist over..... facing palm up.



9.



10.



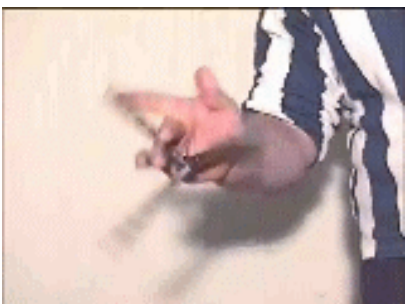
11. At this point the safe handle should be resting on the first knuckle of your Middle finger, with the Ring finger and Pinky on the opposite side of the handle. The back of the blade should be touching your Middle finger, and the blade and bite handle should be pointing down toward the floor.



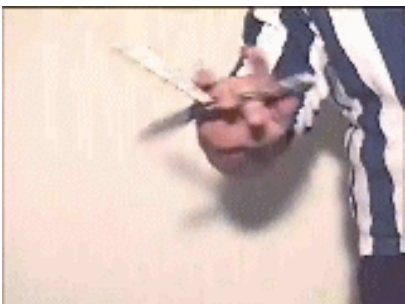
12. Turn the wrist over from here.....



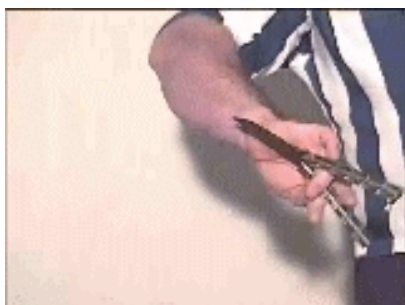
13.



14.



15.



16..... to a palm out position with the handles straddling the Ring finger.



17. Flip the wrist over again, to get the bite handle moving



18.



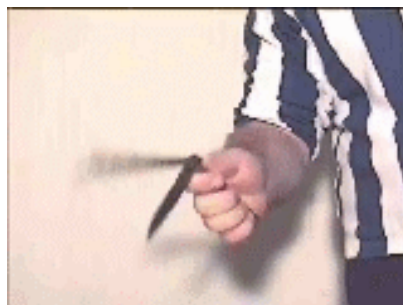
19.



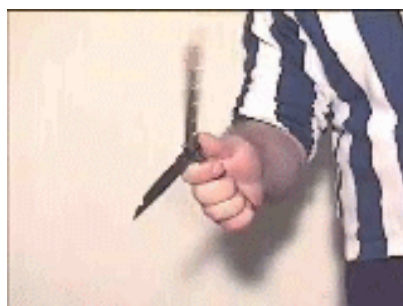
20.slide the Index in next to the Middle finger to stabilize the technique.



21. Finish by ricocheting upward into.....



22.



23.



24.



25..... a Forward grip, open position.

This technique can also be finished at step 12 if you prefer, by ricocheting the bite handle up (as in the finish of a Vertical basic opening).

Finger twirl/Ricochet

This is more of an exercise in getting your fingers out of the way (or "cleared") than anything else. It's also a great timing and dexterity builder for your fingers and wrists.



1. Once again, the example shown starts in the open position.



2. Clear the Index finger, and send the blade and bite handle out.



3.



4. Ricochet off of the Middle finger.



5. Notice the finger positioning.



6.



7. Ricochet off of the Index finger, and slide the Thumb around to the side of the safe handle that the Middle finger is on. Position it just below.



8. As you bring the handle around again.....



9. Clear the Middle finger and allow the Thumb to take it's place on the handle.



10. This puts you in the backhand position, coming around to close.



11. Ricochet off of the Thumb, sending the handle back in the other direction.

The Ring finger and Pinky should be tucked in at this point allowing the bite handle and blade to come past.



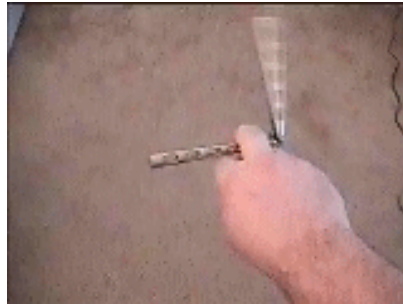
12. When they do pass, straighten the Ring finger and Pinky and continue the roll between the Middle and Index fingers.



13.



14. Ricochet again.....



15...... into the other direction. Allow the safe handle to continue through as you switch the Index finger around to the other side of the handle.



16. Allow the handle to continue around, rolling between the Index and Middle fingers.



17. Clear the Thumb and slide it around to the other side of the safe handle



18.



19. Which brings you around to ricochet into.....



20.



21..... the forward grip, open position.

This move should also be practiced in the closed position as it has a different feel to it.

The AVI linked at the upper left, shows this technique from the side view. It might be a better angle to see whats going on.

Rollover

Heres another bit of Xtreme coolness. I think you'll like this one, and the opening technique that it turns into. But for now, just the basics.



1. Start in the Forward grip, closed position.



2. Begin by letting the bite handle fall away.

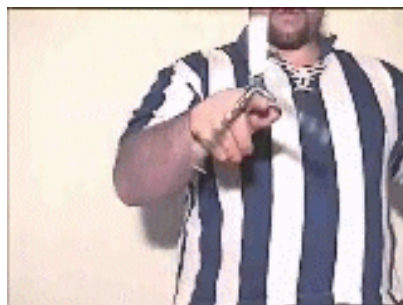
It actually doesn't matter which handle you start with. You'll probably get cut either way if you don't tape up in the beginning



3. Bring the rotation up and over the Index finger.



4. Let go with all the fingers and.....



5. let the Balisong roll over the top of your Index finger.



6.



7. As the bite handle whips over, catch it with your Index finger and Thumb, on the **SIDE** of the handles, as the sharp part of the blade is coming at you.....



8.



9.while rolling your wrist over slightly.



10. Finish in the backhand grip, closed position.

Rollover to Backhand

Opening

Now we'll take that rollover technique, and apply it to an opening.....
In this case, to a Backhand grip.



1. Start in the Forward grip, closed position.



2. Begin the technique by executing a Basic Windmill.



3.



4. As the bite handle (in this case) comes up, place your Index finger on the back of the safe handle just below the pivot PINs.



5.



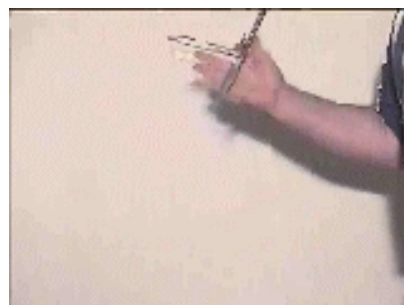
6. As the bite handle comes over, let go with your other fingers, leaving your Index finger in place.



7. Let the Balisong roll over the Index finger.



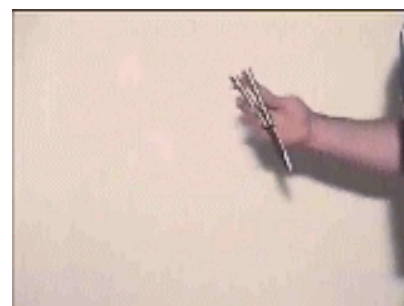
8. As the back of the safe handle comes around, place your Thumb in position to catch with your Index finger.



9. Pull your wrist back a little to continue the motion of the bite handle.



10.



11. Finish in the Backhand grip, open position.

Rollover opening 2

from the Outside, In

Another rollover type opening. This time from the outside, in.



1. Start in the forward grip, closed position.

In the example I start the move with a [Horizontal variation](#) opening.



2.



3.



4.



5.



6.



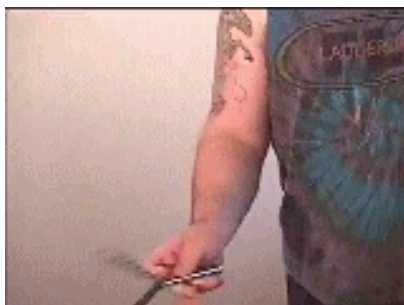
7.



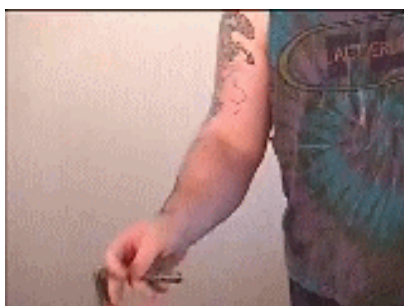
8.



9.



10. Leading up to the final ricochet to the open position, insert your Index finger between the handles.



11. Ricochet.

Notice the Index finger position.



12. Pull the blade and bite handle back over.....



13..... and clear the fingers to allow the handles to do the rollover.



14.



15. Insert the Thumb to stop the safe handle as it comes over, and allow the bite handle to continue.....



16..... into the backhand grip, open position.

Outside - In rollover

Another rollover technique coming from around the back side this time.



1. Start in the backhand grip, closed position, palm up.



2. Slide the Index finger down toward the pivot point. You're now holding the handle with the Index finger and Thumb.

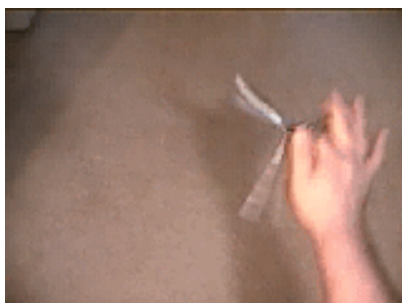


3. Let go of the bite handle and as it falls away, turn the wrist over to add a little momentum.

Make sure to keep the Index finger pointing downward and the Middle, Ring finger, and Pinky tucked in.



4. As the bite handle comes around



5. As the bite handle comes around to the other side of the Index finger, straighten the Middle, Ring finger, and Pinky , and pull the Thumb away.



6.



7.When the blade passes by, stop the safe handle with the Thumb.



8.Finish in the Backhand grip, open position.

Be carefull to adjust your grip, as you're Ring finger and Pinky will be hanging over the blade at the end of the move.

Thumb rollover

AKA: Y2K rollover

This is a very cool move once you nail it a few times. The trick is to keep the **connection** between the Balisong and your thumb. It's not a throw. The Bali has to "walk" over your Thumb.



1. Start in the Backhand grip, closed position. Bite handle should be facing IN toward your palm.

I find that tilting the Bali forward slightly makes this move a little easier.



2. Allow the safe handle to drop down and away.



3. As the Bali swings through.....



4.pull your Thumb in toward your body slightly. This will become the guide for your Bali to roll over.



5. Let the Handles wrap around your Thumb, and roll over it.

At this point the safe handle has just entered the palm.



6. Close your fingers around the safe handle before the blade enters.



7. Allow the blade and bite handle to continue downward.....



8. until they ricochet and come back up.....



9.



10.



11. Into the forward grip, open position.

Make sure you start with the BITE handle in to begin the move. If you don't you'll get cut on the ricochet before the opening.

Thumb rollover 2

Here is another rollover move for those wanting to "push their luck". Go slow with this one. It's very easy to end up grabbing the blade and getting a major cut. The Ring finger is at the most risk. Trust me!



1. Start in the Backhand grip, closed position.



2. Bring the bite handle up, as if executing a basic Windmill opening.



3.



4. As the bite handle comes over, stick your Thumb tip in as close to the pivot point as possible.



5. Roll (don't throw) the handles over.



6.



7.



8. As the safe handle comes around, close your fingers a little to stop it.



9. end in a Forward grip, open position.



10.

Make sure to keep the connection between the Thumb and Balisong as the handles roll over. You don't want this move to be a throw.

Rollover pass, twirl open

Turning the Rollover technique into a passing move.



1. Start in the forward grip, closed position. Begin by executing a basic Windmill opening.



2.



3. As the bite handle comes up and over, insert the Index finger (opposite hand) into the pivot point. Palm facing up. Middle, Ring finger, and Pinky tucked in.



4. Allow the Balisong to roll over your Index finger. The bite handle will come over first, followed by the blade.



5. When the blade clears, straighten the Middle, Ring finger, and Pinky.



6. Let the motion continue.....



7.into the forward grip, open position.

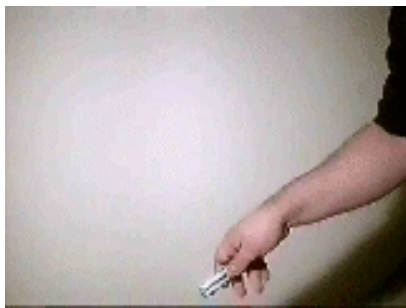
check out this AVI ([rollOpasstwirl3](#)) for another view. You might be able to see the pass better.

Static throw

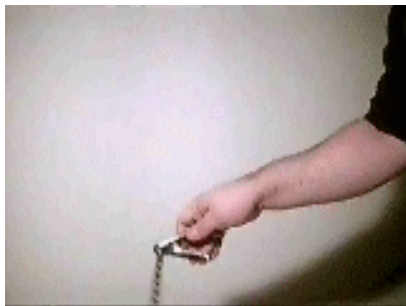
This throw is a little more difficult, because there's not much motion beforehand to gauge or set-up.



1. Start in the forward grip, closed position, with the latch handle "up".



2.



3. Let the handle fall away, as in a windmill opening. Make sure to clear the fingers out of the way. Keep the motion smooth or the throw will be all over the place. Not a pretty sight!



4. Setting up with the thumb on the top, of the back of the handle is impossible, due to the lack of motion. Your thumb is actually pinching the handle against the 3rd knuckle of the index finger. Pulling the hand back toward you at the point of release will help to keep the spin true using speed.



5.



6.



7.as usual, one rotation should do it.



8.



9.



10.and make the catch.



11. Finish as seen at left, or repeat the same set of motions to close (a little more difficult).

Motion throw

From Vertical opening

This is a good technique to toss into your freestyle repertoire. The use of movement before the throw takes a little getting used to, but once mastered, you'll find the spin speed of your throws increasing. That will make this beast a little easier to manage.



1. Start in the forward grip closed position, latch handle down.



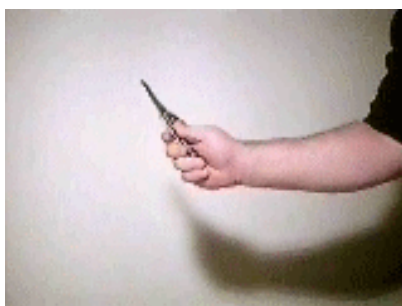
2. Perform a basic vertical opening until.....



3.



4.



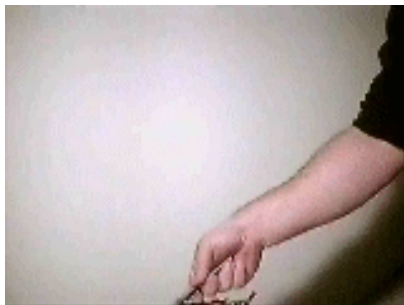
5.



6.



7.



8.here. At the point of the second ricochet (off the index finger).....



9.....place your thumb square on the back of the handle, pointing forward (parallel with the handle). This will ensure that you have a good set-up for the throw.



10. And release.....the set-up is important to ensuring the trueness of the rotation. That is to say, the knife won't wobble uncontrollably, side to side, while in the air.



11. Keep the hand in the exact same place as when you released, then.....



12.after one full rotation.....



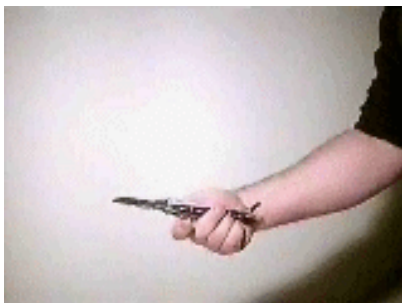
13.



14.the handle your going to catch is going to come around, RIGHT AFTER THE BLADE. Notice in the picture how close it actually is. At this point just prior to the catch, the latch handle coming over the top will whip the blade out of the way.



15. This is why it's important not to move your hand from the point of the throw. The timing and positioning, is very important to a successful catch



16. Finish in the forward grip, open position.

I usually stick to one rotation in the air with throwing techniques. They're much more consistant in their motion and therefore easier to judge on the catch.

Backhand over

Throw

Here's a cool throw from the Backhand closed position. It'll be coming over the back of your hand, so you'll be looking into the rotation. The catch on this one is a bit tricky, so watch it.



1. Start in the Backhand closed position, with the safe handle facing into your palm.



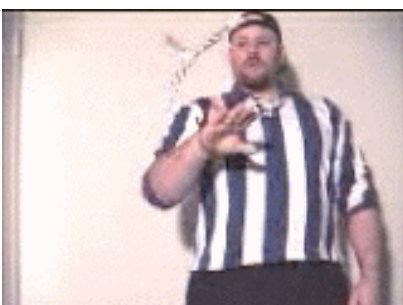
2. Let the latch handle drop away.



3. Turn your wrist over, to palm down, as.....



4.you make the release.



5.



6. Once again, you want about a full rotation.



7.



8. As the safe handle comes over the top, turn your wrist over again (palm up).....



9.



10.and make the catch.



11. Finish up in the Forward grip, open position.

Be careful of the catch on this one. I suggest you try this technique in front of your bed, and just let the Balisong land on it while you study the motion in the air. Then, once you're comfortable, try to make the catch.

Backhand over throw

Pass

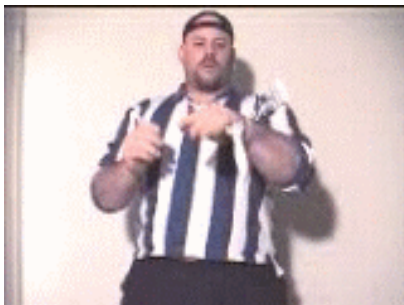
This is the same technique as the Backhand over, except that you're going to make the catch with the opposite hand.



1. start in the Backhand closed position, safe handle facing into your palm.



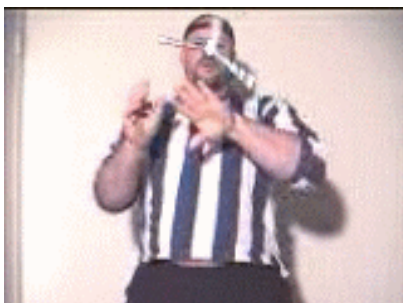
2. Let the latch handle drop away.



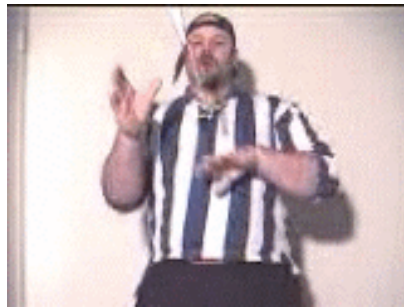
3. Turn your wrist over, to palm down, as.....



4.you make the release.



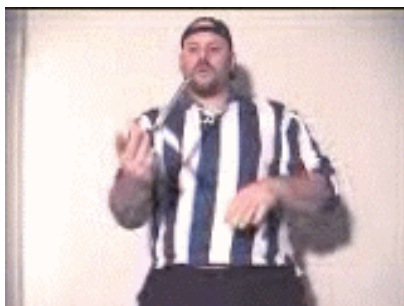
5.



6. Bring the opposite hand into position for the catch.



7. Again, the safe handle will be coming in.



8.



9.and, make the catch.



10. End in the Backhand grip, open position.

Once again, I suggest you try this technique in front of your bed, and just let the Balisong land on it while you study the motion in the air. Then, once you're comfortable, try to make the catch.

Backhand to Forward grip

Throw

This a cool little change-up. Throwing from the Backhand grip open position, to the Forward grip open position.



1. Start in a Backhand grip open position.

**** Make sure the Balisong is NOT latched in the open position. ****

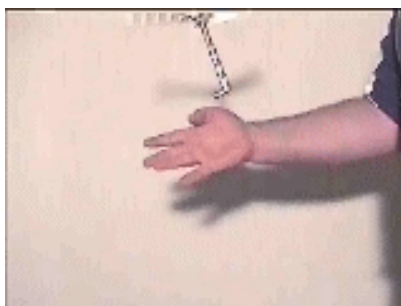
Dip the Butt toward the floor slightly before.....



2.flipping up, with a backward spin.



3.



4.



5.



6. One rotation should be enough.



7.



8.



9. Catch in the Forward grip, open position.

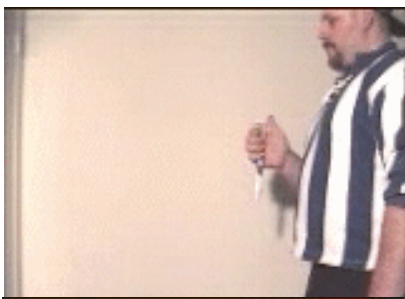
It might take awhile to get the feel of this technique. The flip especially has to be just right, too much power on the flip and you won't get the handle separation in the air, not enough and the Bali will come blade down into your palm.

Practice this one over a bed and let the Balisong drop while you watch for the right rotation.

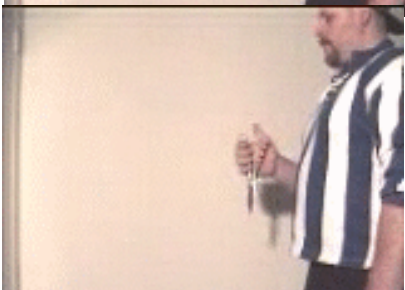
Backhand open throw

To forward grip closed

Here's an interesting throw from the Backhand position. This time we're going to start with the Balisong open, and catch it in the forward grip, closed position.



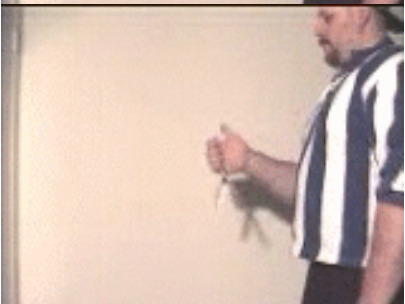
1. Start in the Backhand grip, open position, latch handle facing forward.



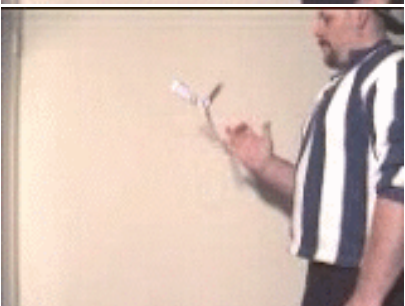
2. Start the technique as if doing a Backhand windmill, forward.



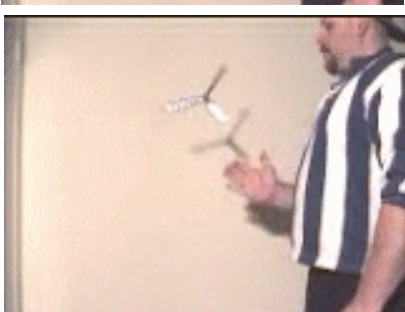
3.



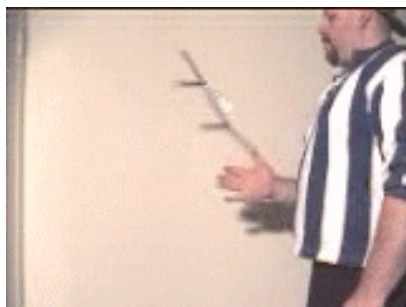
4. As the safe handle reaches bottom, release, tipping your wrist back a bit to add momentum.



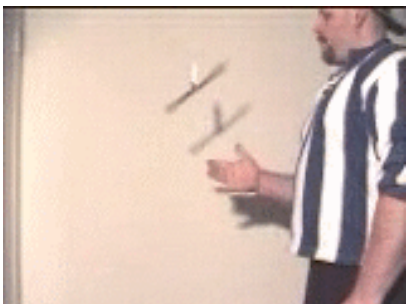
5.



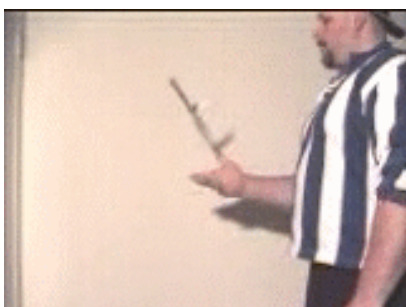
6.



7.



8.



9. Move your hand down slightly and turn the wrist over (palm up) to prepare for the catch.



10.



11. You may find yourself over rotating in the beginning. In that case you may make the catch open..... no big deal.



12.

This is another difficult throw. Be careful not to let the Balisong come back at you, at the point of release. If this happens to you, try letting go sooner. That should solve the problem.

Backhand open, to Forward grip open

throw

Going from backhand open to Forward grip open with the use of a throw.



1. Start in the backhand grip, open position.



2. Let the bite handle fall and dip the wrist slightly.



3. Ricochet off of the palm heel.



4. As the bite handle comes up.....



5.release.



6.



7. Turn your wrist over, palm up, and prepare for the catch.



8.



9.



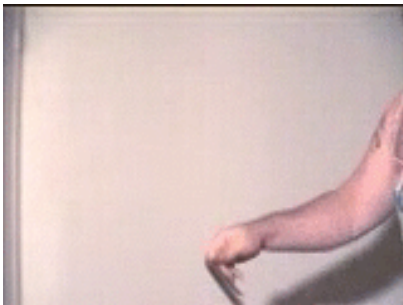
10. Catch in the forward grip, open position.

Vertical throw to Backhand open catch

This technique can be done from a static start, as well as the motion start (shown).



1. Start in the Forward grip closed position, safe handle into your palm.



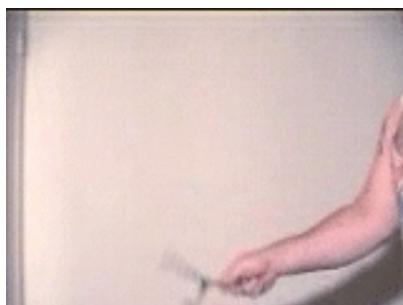
2. Execute a regular Vertical opening to begin the move.



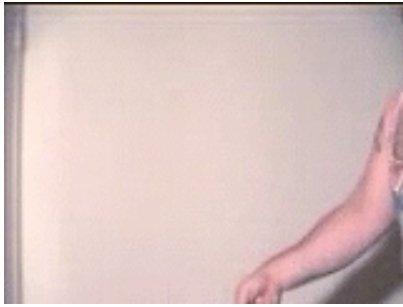
3. As mentioned, this can, and should, be practiced from a static start as well.



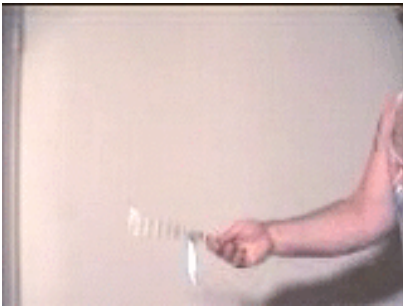
4. Ricochete off of the back of the hand, and send the handle downward.



5.



6. Ricochete, off of the fingers and bring the handle back upward.



7.



8. Release.....



9.and start bringing your hand up.....



10.to the catch position.



11. Centrifugal force will whip the blade over, and out of the way.....



12. just in time for the safe handle to enter the web of the Thumb.



13. Ending in the Backhand grip open position catch.

Notice that you're only looking at about half a rotation, so the move from release, up to the catch position, must be a quick one.

Backhand throw

Backward

This throw opening starts in the backhand position, and floats over the back of the hand, forward. The catch is tricky, so be careful.



1. Start in the Backhand closed position.



2. Allow the bite handle to fall down and back.



3. As the bite handle reaches the bottom, (before it contacts the side of your palm), tilt your hand to the palm down position and release.



4. If you timed it right, the Bali should make one rotation above your hand, moving slightly forward.



5. Tilt your hand back.....



6. to vertical, to prepare for the catch.



7. As you can see by the position of my hand, the catch is made with the safe handle in a vertical position.



8. This is because the Bali is rotating forward, as opposed to the usual backward spin you are accustomed to.



9.



10. End in the Forward grip, open position.

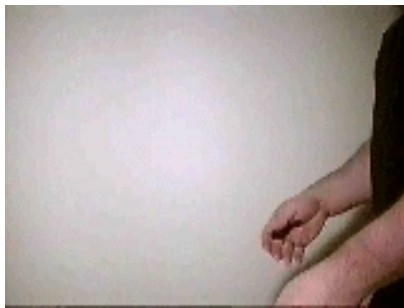
Static throw

Pass

Again, be careful with this one. There's no set-up motion involved. Your technique has to be "right-on" for this to work.



1. Start in the forward grip, closed position, with the latch handle "up".



2. Make sure all motions are smooth!



3. Let the handle fall away, as in a windmill opening. Make sure to clear the fingers out of the way. Keep the motion smooth or the throw will be all over the place.



4. Setting up with the thumb on the top, of the back of the handle is impossible, due to the lack of motion. Your thumb is actually pinching the handle against the 3rd knuckle of the index finger. Pulling the hand back toward you at the point of release will help to keep the spin true using speed.



5. The throw should be done at the center line of your body. Right in front of your belly button.



6.



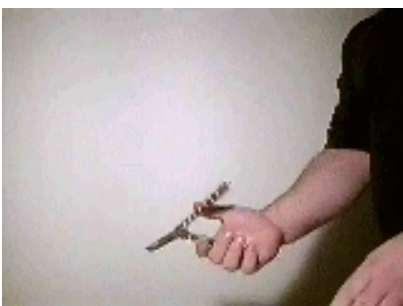
7.



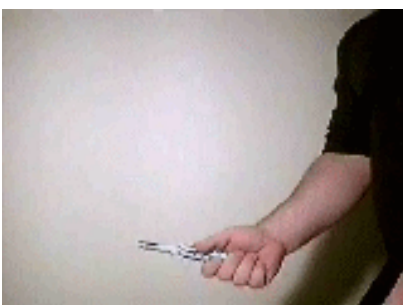
8. Move the catching hand into position. Again exactly (or as close as possible) to where the throwing hand was on the center line.



9. Again the top handle coming over whips the blade clear.



10.

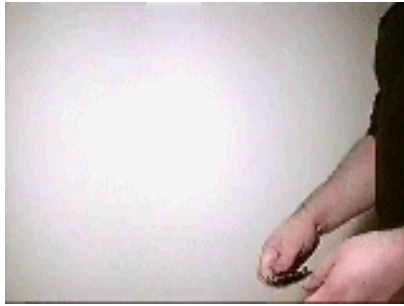


11. And finish with a catch in the opposite hand.

Motion throw

pass

OOOOooooo..... now we're getting somewhere. Shock and amaze your friends with this little beauty. But If you end up blowing it and have to call an ambulance, make up a good story. It's less embarrassing that way.



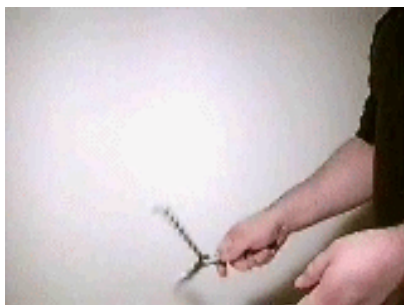
1. Start in the forward grip, closed position.



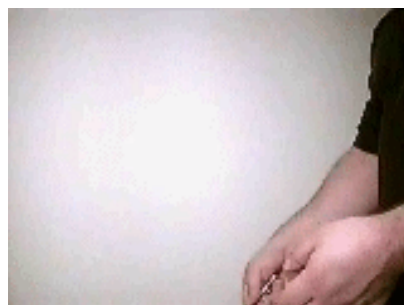
2. Perform a basic vertical opening until.....



3.



4.



5.here. At the point of the second ricochet (off the index finger).....



6.place your thumb square on the back of the handle, pointing forward (parallel with the handle). This will ensure that you have a good set-up for the throw.



7. Release at about the center line of the body right in front of your belly button.....



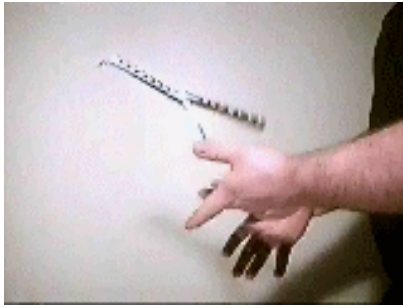
8.



9...... now start sliding the opposite hand into position for the catch.



10. Make sure you put it exactly where the other hand was, at the center line of your body.



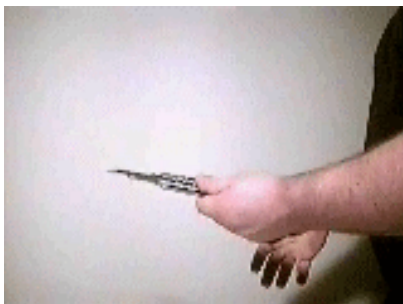
11.....the handle your going to catch is going to come around, **RIGHT AFTER THE BLADE.** At this point just prior to the catch, the latch handle coming over the top will whip the blade out of the way.



12.



13.



14. Finish in the forward grip, open position.

This is another one you can work back and fourth for hours. and you definitely should. This technique can also be done starting with a horizontal opening. Try it that way as well, see which way you like better.

Rollover throw pass

Adding a throw into the rollover pass.



1. Start in the forward grip, closed position. Begin by executing a basic Windmill opening.



2. As the bite handle comes up and over, insert the Index finger (opposite hand) into the pivot point.



3. Allow the Balisong to roll over your Index finger once.....



4.



5.



6..... then flip your Finger upward. Timing is the key here. You're going to have to play around with it until you can "feel" the right moment.



7.



8.



9.



10. Catch in the open position with either hand.

Check this AVI out ([Passthrow 2](#)) to see how to lead in with a Vertical basic technique.

Backhand Hyper drop

Pass

In this version of the backhand Hyper drop, we'll be turning it into a passing move.



1. Start in the Backhand grip (either hand), open position.

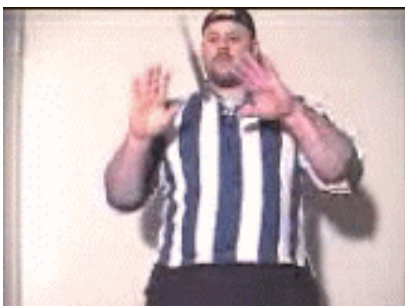


2. Move your hand up.....

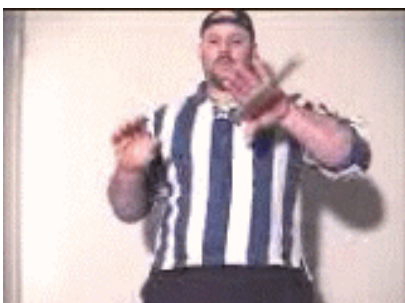


3. and let go.

Keep in mind, you are not throwing the Balisong. You are merely moving your hands and gently letting go of it.



4. The tip of the Balisong should create an imaginary arc in the air as it moves from one hand to the other.



5.



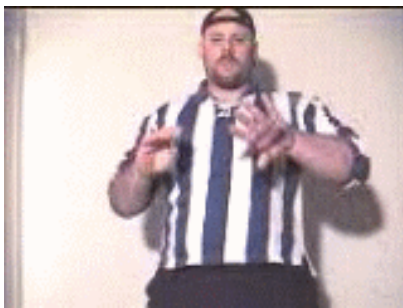
6.



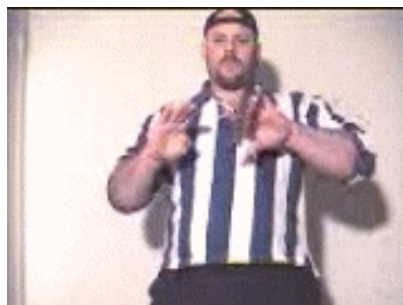
7. Catch the Balisong in the same position, but the opposite hand.



8.



9. Repeat the move back over.



10. Try your hardest to keep the movement controlled.



11.



12.



13. Continue the technique back and forth between your hands.

Remember, don't throw..... smooth, fluid movement is what you want to achieve.

Focus on the handle, watch how it arcs across your body. Try to make the catch as smooth as possible.

Pivot throw

Pass

Here, we'll turn a simple pivot into a more exciting throw pass. You may find it necessary to tighten the latch point. If so, remember not to tighten the latch handle, but the slot the latch slides into instead.



1. Start in the Backhand grip, open position.



2. Allow the Balisong to pivot downward.



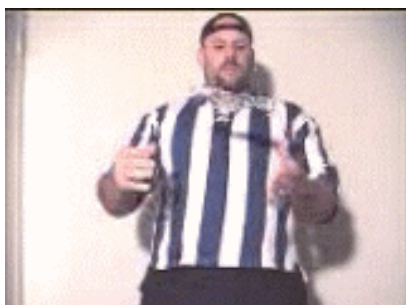
3. At about the point it reaches horizontal (in front of your body), release.



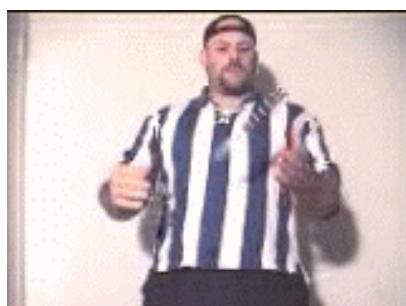
4.



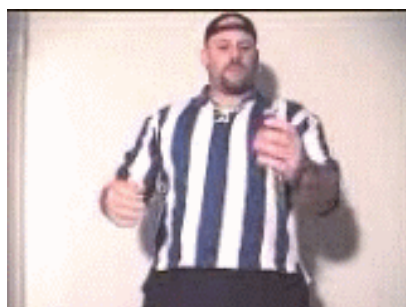
5. You should get about one rotation in the air before the catch.



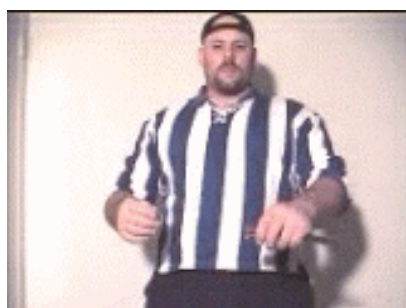
6.



7.



8. Catch in the same position, opposite hand.



9.

Work this exercise between hands, keeping the movement smooth and controlled.

Focus should be on the handle.

Finger twirl throw

Now lets do the finger twirl opening Xtreme style.



1. Start in the Forward grip, closed position.



2. This move can be initiated with a [Vertical](#) or [Horizontal](#) finger twirl opening..... the choice is yours.

Check the links above if your not sure of either of those moves.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.



13.



14.



15.



16.



17. This would be the point where you would ricochet into the open position on a regular Full Finger twirl opening.....



18.but instead



19.ricochet up to a throw.



20.



21.



22.



23.



24. And finish by catching in the Forward grip, open position.

You can also take this technique one step beyond, by turning it into a throw pass. All you have to do is make the catch with the opposite hand.

Finger twirl throw 2

Another finger twirl throw opening, only this time the throw is made from between the Index and Middle fingers.



1. For this example I started in the open position, and will use 3 ricochets to lead into the throw.



2. Notice the Balisong between the Index and Middle fingers.

This "lead in" has a close resemblance to the Xtreme rocker drill.



3. Ricochet one.



4.



5. Ricochet two.



6.



7.



8. Notice how the hand dips down slightly for the third ricochet. This helps to stop the downward motion in a way that gives you better control of the Balisong.



9. Sweep the hand forward, and release.



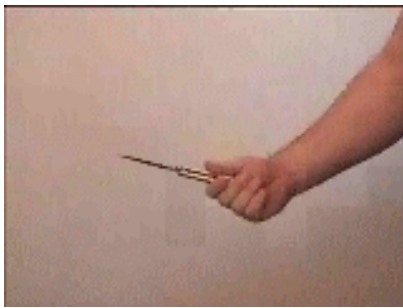
10.



11.



12. Turn the hand over, palm UP, to make the catch.



13. Catch in the forward grip, open position.

I used a simple lead in to the throw for the example. Play around with it and see what other angles you can get into position from.

Static throw, twirl to Backhand

If you never taped the blade before, NOW would be a good time to do it..... at least until you get the timing down.



1. Start in the Forward grip, closed position, bite handle "IN".



2. Begin the move by executing a Static throw.



3.



4. You do NOT want to add the Whip move to increase the spin as you normally would.



5.



6.



7. You want to make sure to keep your Middle finger tucked in and you Index finger extended.



8. As soon as you feel the bite handle hit your Index finger, push the Middle finger forward (extend it) scissoring against the Index finger, and turn your wrist over.



9.



10. Finish in the Backhand, open position.

Be VERY, VERY careful with this one. The timing is tricky and if you don't get it right, the scissor move in step #8 will happen ON the blade and not the handle.