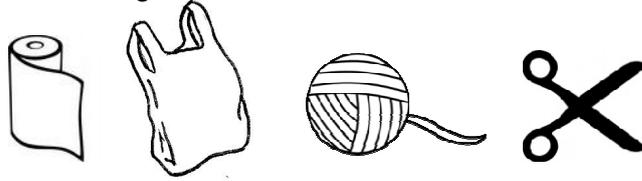


How to make your own Maori Poi

This is a simple Maori practice poi you can make.

To make it you will need the following;

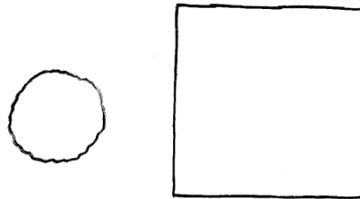
- Paper Towel
- Plastic bag
- Wool
- Scissors



Step 1 Cut 6 strands of the wool to about 80cm. (You want it a bit longer so you can tie it around the paper towel ball).

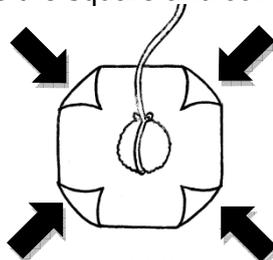
Step 2 Plait the wool using the 6 strands to make your cord (you want to make it thick so that it is easy to learn with).

Step 3 Squash the paper towel into a ball, it should be roughly the size of a tennis ball. Tie one end of the cord around the ball.

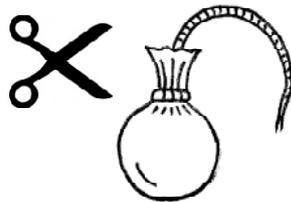


Step 4 Cut the plastic bag into a square roughly 40cm x 40cm.

Step 5 Place the ball into the square and cover it with the plastic bag square.



Step 6 Tie the plastic bag in the middle using the cord.



Step 7 Trim the excess plastic bag square with scissors



Step 8 Tie a knot into the end of your cord to use as a handle.

Now repeat this process and you will have your first set of Maori Poi to practice with. This is a very basic Maori Poi. If you want to make a sturdier one you can use fabric instead of a plastic bag and you can use a heavy filling such as a tennis ball wrapped in paper towel or even rice. Just remember that the heavier it is, it will hurt a bit more when it hits you.