



## Fire Staff Passing Routine

To be eligible to be passed for fire it must be shown that you can complete the following staff routine confidently and safely.

This must be performed in front of two passed committee members.

Note: It is not required that you can complete this routine with a fire staff, only with a normal unlit staff.

### START

Right Hand Forward Weave  
Left Hand Reverse Weave  
Right Hand Forward Weave  
Behind The Back  
Extended Left Hand Reverse Weave  
Right Hand Reverse Weave  
Shoulder Stall  
Right Hand Reverse Corkscrew  
Left Hand Forwards Corkscrew  
Left Leg Stall  
Right Leg Stall  
Reverse Front Weave With Side Spin  
Over The Head  
Behind The Back  
Pendulum  
Bring To Front  
Overhand Stall

### FINISH

I would rather see a routine done slowly and safely than fast and frantic, staff often looks better when paced.

### Extras

If all of the above comes naturally then here are some more things to try:

- Conveyor
- Halo Roll
- Fish Tails
- Throws
- Extended moves [finger spins/arm folds]
- Leg Passes
- Palm Spins