

Hooping, Hula Hooping and Hoopdance

Definitions:

Hooping is commonly used to describe hula hooping with customized or large/adult sized hoops.

Hooping has a very old history

www.ideafinder.com/history/inventions/hulahoop.htm. The word hula became associated with this practice in the early 1800s when British sailors noted the similarity between hooping and hula dancing.



Hoopdance is the combination of dance and hooping, and this is a diverse dance form.

Hoop care:

- To clean-wash with towel and gentle soap.
- Hoops thrive when used on soft carpet or grass. Asphalt, gravel, and cement destroy hoops.
- Please do not strike hoop against stuff—it will damage the hoop, possibly leave scuff marks on the hoop hits or harm someone/something.
- Hoops are also not for pulling between two or more people or leaning on: these things will break a hoop.

Hoop tips:

- Hooping is low impact yet strenuous exercise with cardiac and core muscle and bone strengthening qualities and possibilities. With any exercise there is risk; please be informed and check in with your medical practitioner(s) before beginning any exercise program.
- Please warm up your body and especially your joints like your ankles, knees, hips, and shoulders before hooping. To learn how to warm up before exercising and stretch after exercising, please consult a trained professional to help you. For some suggested warmups, stretches and strengthening exercises specific for hoopers check out the free videos under “programs” on www.thehoopingbody.com.
- Be aware of the space you take up when hooping, especially behind you.
- Please always ask before touching/borrowing/using someone else’s hoop.
- Children and pets: be conscious of them. Sometimes they run right into your hoop bubble. It's up to the hooper to not hit them. When they are around, keep a gentle focus on the ground at all times and practice grabbing/stopping your hoop to prevent accidents.

Learn more: for everything about hooping including classes, workshops, events, and how to make a hoop or where to buy/order some hoops check out www.hooping.org and www.hoopcity.ca and for free tutorials check out www.hoopdancetutorials.webs.com, www.hoop-trix.com, and www.hoopdeedoo.com.