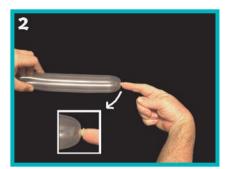


Tulip/Apple Twist Instructions



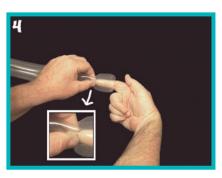




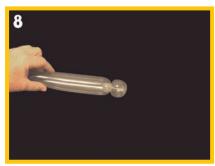












- 1. Inflate your balloon and tie a knot at the end.
- Place the tip of your index finger on the knot.To make the step 4 easier make sure the knot is on the very end of your finger.
- 3. Push the knot and your finger into the end of the balloon until your second knuckle is against the inflated portion of the balloon.
- **4.** Squeeze the sides of the balloon with your other hand and grab the knot.
- **5.** Slide your finger back out of the balloon making sure to keep a grip on the knot with your other hand.
- **6.** Twist the bubble formed on the end of the balloon locking the knot in place.
- 7. Another method that will help hold the tulip twist in place is to make a small bubble on the end of the balloon and push this bubble in with the knot like in step 3. Then reach through and grab the bubble like step 4.
- 8. Remove your finger and twist a small bubble on the end of the balloon capturing the knot and small bubble inside the balloon. The added friction of the small bubble inside the balloon will help hold the tulip twist in place.

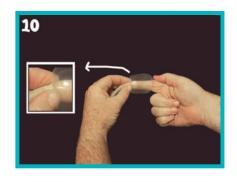


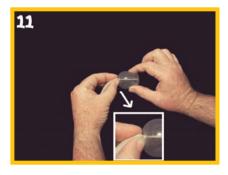




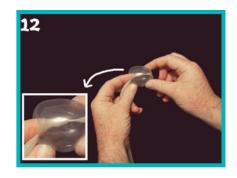


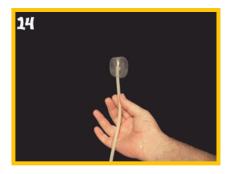
- **9.** To make a tulip inflate about a 1 to $1\frac{1}{2}$ inch bubble in a 260.
- 10. Push the knot into the bubble just like in step 3. This time push the knot in until it reaches the un-inflated portion of the balloon. Grab the knot through the balloon with your other hand.
- 11. Twist the bubble while holding the knot with your left hand to lock it into place.
- 12. Push the knot and the twist back into the bubble until it is about half-way into the bubble.
- 13. Remove your finger allowing the bubble to hold the knot and twist in place.
- **14.** You now have a tulip.











Stretch the Balloon Dude
Stretch & Company
http://stretchc.com
http://stretchc.com/dvds.html