

Amio Poi by Jess Strassburg

Poi, knit in one piece, custom sized and weighted for you.

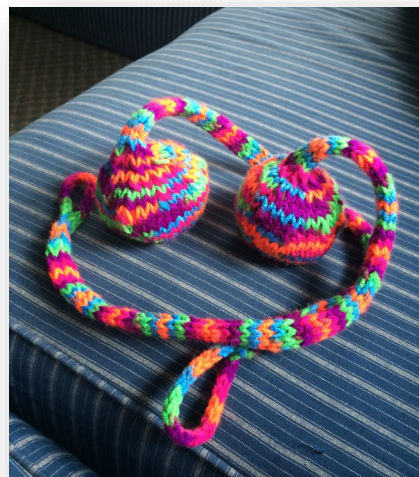
So what are Poi?

Poi refers to both a style of performing art and the equipment used for engaging in poi performance. As a performance art, poi involves swinging tethered weights through a variety of rhythmical and geometric patterns. Poi artists may also sing or dance while swinging their poi. Poi can be made from various materials with different handles, weights, and effects (such as fire).

Poi originated with the Māori people of New Zealand, where it is still practiced today. Poi has also gained a following in many other countries. The expansion of poi culture has led to a significant evolution of the styles practiced, the tools used, and the definition of the word "poi."

Beginners often learn using a simple pair of practice poi, which are typically constructed from soft materials such as socks or stockings that are weighted with soft household objects such as bean bags, juggling balls, balloons filled with legumes, or small toys. Simple poi can also be constructed from tennis balls and lengths of rope.

Source: Wikipedia.com



Materials and Tools

About 200 yds Hobby Lobby I love this Yarn in Dark Neons
Set of 4 Double Pointed Needles, US size 6/4mm
Uncooked rice, beans, sand or something else to weight your
poi
Plastic bag and some tape
Yarn needle

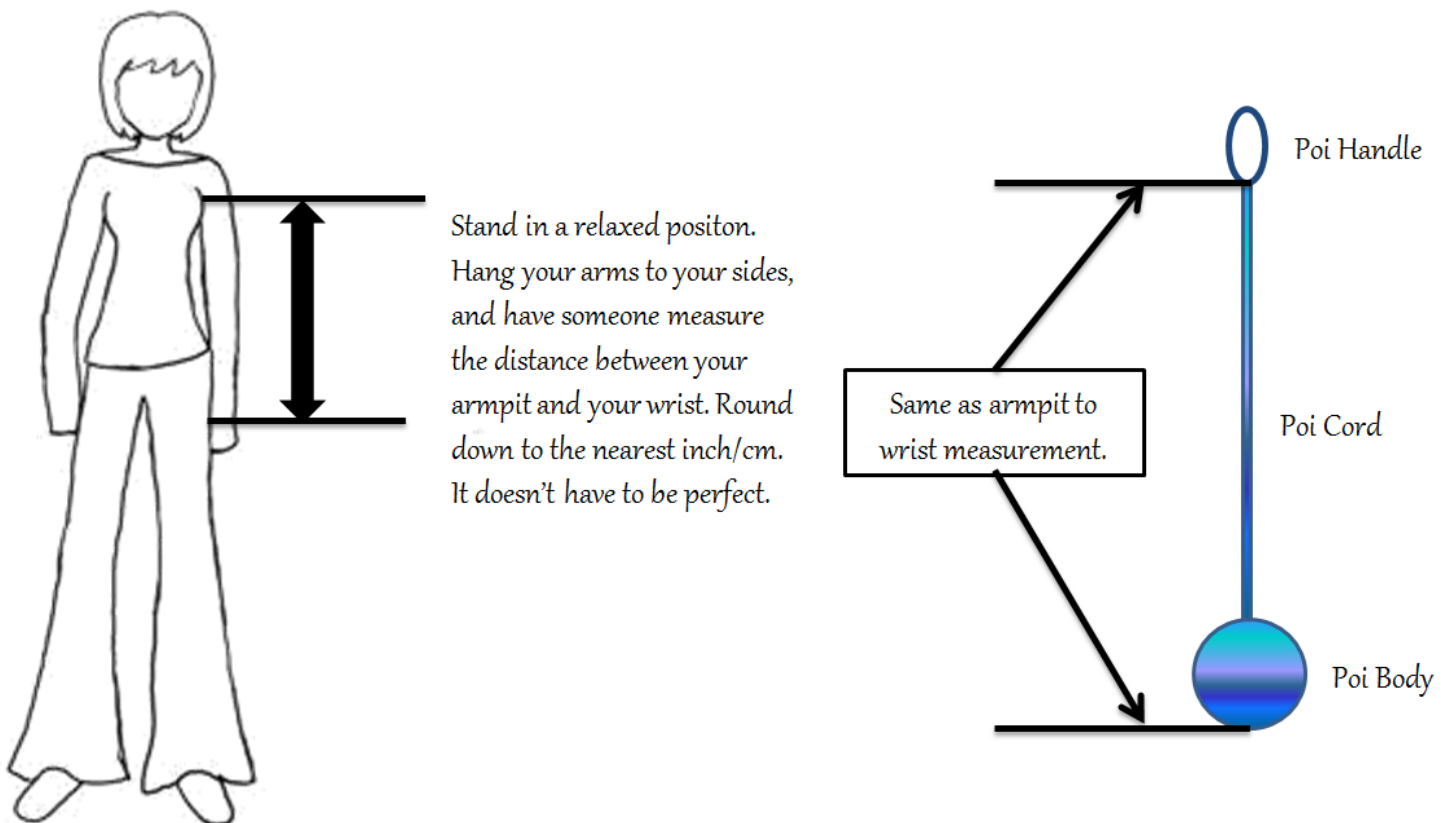
Abbreviations

k: knit
p: purl
k2tog: knit 2 stitches together
ml: make a stitch by placing the bar between the stitches on the left needle and knitting it through the back loop
st(s): stitch(es)
Rds: rounds

What size Poi are right for you?

The length of your poi is very important, but not an exact science. It all depends on how it feels for you. These measurements may change over time, especially if you are still growing. Also as you gain skill, you may want to experiment with different lengths to accomplish different things. The poi will stretch over time. The weight of the poi body will pull on the poi cord as you spin.

If you are making these as a gift, 18"/45cm is a good place for adult/teen and 12"/30cm for a child.



Making the Weights

Poi need to be weighted just right. If they are too light and they won't spin correctly, too heavy and you'll be sorry when they knock you in the head.

Fill a small plastic bag with rice, beans, sand, or a Nerf ball. Make sure it cannot leak, or has any sharp edges. Determine how heavy you want your poi to be and make two weights.

If you are unsure where to start, use 1/4 cup/60mL of uncooked rice, double bagged in plastic to be safe. Tie the end in a knot and seal with some tape to be sure.

Poi Body

Start your poi from the bottom. Using double pointed needles, cast on 9 stitches placing 3 stitches on each of 3 needles. Join to work in the round being careful not to twist the stitches. Place a stitch marker on the first stitch.

Rnd 1: knit

Rnd 2: (k1, m1, k1, m1, k1) repeat to the end of the round (5 sts per needle, 15 sts total)

Rnd 3: knit

Rnd 4: (k1, m1, knit to the last stitch on the needle, m1, k1) repeat on each needle.

Rnd 5: knit

Repeat rounds 4 and 5 until there are 15 stitches on each needle,

45 stitches total.

End with a round 4.

Stop and make your weights, place them inside your knitted work.



Decrease rounds:

Rnd 1: (k3, k2tog) repeat to the end of the round (12 sts per needle, 36 sts total remain)

Rnd 2: (k2, k2tog) repeat to the end of the round (9 sts per needle, 27 sts total remain)

Place the end from the cast on stitches on a yarn needle. Gather up and close the hole at the cast on end of the poi. Pull the end to the inside and trim.

Rnds 3 and 4: knit

Rnd 5: (k1, k2tog) repeat to the end of the round (6 sts per needle, 18 sts total remain)

Rnd 6: (k2tog) repeat to the end of the round (3 sts per needle, 9 sts total remain)

Rnd 7: (k1, k2tog) repeat to the end of the round (2 sts per needle, 6 sts total remain)

Poi Cord

Transfer the 6 stitches to one needle.

Create an I Cord to the length measured earlier on page 2.

After that, transfer 3 stitches to a scrap of waste yarn or second needle.

Proceed to handle instructions.

I cords with DPNs:

- 1) Cast on the desired number of stitches.
- 2) Knit across the row, do not turn your work.
- 3) Slide the work to the opposite end of the needle.
- 4) Knit a second row by bringing the yarn behind the work and starting with the first stitch. Tug the work from the bottom after each first stitch to help it to take shape and to even out the tension.

Repeat steps 3 and 4 until you reach your desired length.

Poi Handle

Working the needle with the active yarn, continue a 3 stitch I cord for 4"/10cm.

Using your yarn needle, weave the 3 stitches from the I cord with the 3 stitches from the second needle. Take the needle and weave the yarn from one stitch of the cord to one on the second needle, back and forth until all stitches are woven together.

Make sure the ends are stitched tight so they don't come undone as you spin.

Make second poi to complete your set.



*References for Poi
supplies and tutorials*

www.homeofpoi.com

www.flowtoys.com

www.playpoi.com



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“Āmio” means spin in Maori.



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"Life's like a movie, make your own ending.
Keep believing, keep pretending."

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