

THE SOCK NINJA

--:-- *Sock-Ball Types* --:--

Note: I use above-the-ankle socks for all sock ball types. Experiment with different sizes.

1. The Doughnut:

The Doughnut is the bread and butter of the sock ninja. Requiring only one sock, and zero modifications to the sock, it is the fastest single-sock sock-ball to make and arguably the most reliable.

Materials: 1 sock



Step 1: Starting at the opening, roll down the sides.



Step 2: Continue rolling until the closed side of the doughnut is flat. The open side should resemble a delicious zombie-repellant doughnut.

2.The Rock:

The Rock is one of the hardest, and most compact, sock-balls that you can make. They are surprisingly accurate and small enough to hold more than one in each hand.

Materials: 1 sock



Step 1: Tie a knot in the sock, 1.5 inches from the opening of the sock.



Step 2: Using the closed and open ends of the sock, tie a knot in the sock *around* the knot that you made in step 1. Afterwards, both ends should be sticking out of the knot. The closed end should look like a little tongue, and the original 1.5 inches of the opened side should look like a fan/wedge.

Step 3: Fold the open end of the sock around the knot to create your sock ball.



3. Straight out of the Drawer:

Most people fold their socks like this.

Materials: 2 socks



Step 1: Match the two socks up.



Step 2: Fold one sock into the other sock by pressing the middle of both socks through the hole of one. The inside of the sock should show through.

Step 3: Roll the sock until one sock covers the other. Should look like a potato.



4.The Sushi-Roll:

The Sushi-Roll is comfortable to hold and dense enough to travel far. It is very easy to store on clips, because of its loop shape. It is a reliable sock-ball, but takes time to make and requires 2 socks.

Materials: 1 Doughnut 1 Sock



Step 1: Put the Doughnut into your other sock, as far in as it will go.



Step 2: Thread the closed end, filled with the Doughnut, through the open end as far as it will go.

5. The Bola:

One of the more difficult socks to make, and use, the Bola is nonetheless arguably the most difficult to dodge, when thrown correctly.

Materials: 1 sock



Step 1: Tie a knot on each end of the sock, as close to the ends as possible.



Step 2: Tie a third knot over the knot that you tied at the closed end.

Step 3: Tighten all of the knots.

Usage: Throw sidearm, holding the smaller end, so that the Bola spins. The picture on the left is of a Frisbee, but the throwing motion is very similar.



6. The Mushroom:

The Mushroom is a variant on the Doughnut with a solid center and domed surface.

Materials: 1 sock



Step 1: Tie a knot as close to the closed end of the sock as possible.



Step 2: Starting at the open end, roll down the sides.

Step 3: Continue rolling until the doughnut shape encloses the knot made on the closed end.



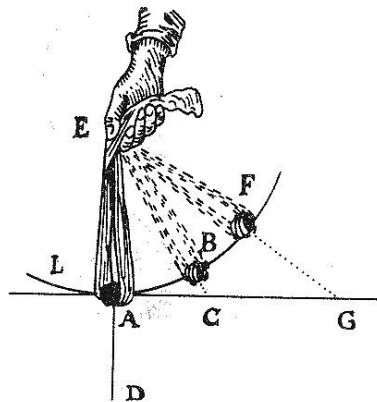
7. The Rocket:

The Rocket is more fun than it is useful. It is a combination between the Bola and the Doughnut.

Materials: 1 The Bola 1 The Doughnut



Step 1: Stick the big end of the Bola inside the Doughnut hole.



Usage: Swing the Bola and flip the top cone off like a rocket! You then have a Bola ready to throw right away too.

And lastly... Make your own! These are only suggestions.

