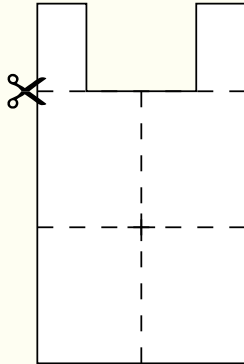


基本步骤 BASIC STEPS

材料: 长、宽小于30厘米的较厚塑料袋一个, 直径约2厘米的硬币一个, 橡皮筋一条, 剪刀一把。

Materials: one thicker plastic bag which is less than 30cm in length and width, one coin with the diameter of 2cm, one rubber band and a pair of scissors.

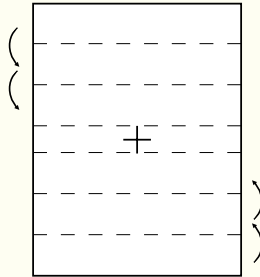
步骤1 STEP 1



将塑料袋的两个拎手剪掉, 横向对折后再纵向对折, 找出塑料袋的中心点, 做个标记。

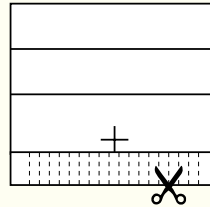
Cut away the two handles of the plastic bag, fold it horizontally and then vertically to find the central point of the bag and make a mark.

步骤2 STEP 2



塑料袋上下两端分别对折几次。
Fold several times on the upper and bottom ends of the bag.

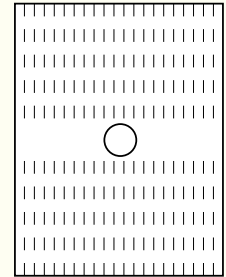
步骤3 STEP 3



将折好的两端纵向剪成宽度均等的条状, 每条约宽1厘米左右。

Cut the folded ends into 1 cm strips.

步骤4 STEP 4



将折叠处打开, 把硬币放在中心点上。

Open the folded part and put the coin on the central point.

步骤5 STEP 5



抓起塑料袋包好硬币, 另一只手拿起橡皮筋, 套在硬币下方的抓握点上, 一直绕到橡皮筋无法再缠绕为止。

Wrap up the coin with the plastic bag, take up the rubber band by another hand and entangle it with the grabbing point below the coin until the rubber band couldn't be entangled any more.

完成!
DONE!

小贴士 TIPS

也可以多准备几枚同样大小的硬币, 叠放在毽子底部, 以增加毽子的稳定度。

We may prepare more coins of the same size and put them on the bottom of the shuttlecock to make it more stable.

