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Hi, my names Trav. Im a balloon twister (technically a balloonologist) at Downtown Disney in California. I also do many other events and parties. I was trained for about 4 months to make balloons and have spent the past 4 years refining and improving my skills learning over 350 different balloon creations. So enough about me, lets get to you!You too can learn to balloon twist, a handy skill to impress children and adults alike! You can bring joy to the children around you and watch adults transform back into 6 year olds. Balloon twisting is a very rewarding and fun skill to possess and is, at the very least, a great party trick. You may even be able to start a new business for yourself as a balloon twister, not a bad job in my opinion. A word of caution: Balloon twisting is not a skill most can learn over night. It takes time and practice and can be frustrating at times. However, there are creations that are fairly simple and will impress others and yourself nonetheless. These are the creations we will start with first. Id also like to note that it seems most people make it over a hump where after they learn a good foundation of the basics they are able to make pretty much anything imaginable. So the way I plan to teach balloon twisting to you is to start with what supplies you need, followed by some terminology and twist techniques, and then I will go on to explain how to make a number of specific balloon creations. So lets get to it!Balloon twisting is a magical skill that can turn a simple gathering into an unforgettable event. Whether youre looking to add fun to your next party or pick up a new hobby that will delight friends and family, balloon twisting is surprisingly easy to learn and incredibly rewarding. You dont need to be a professional entertainer to get started. With a few basic tools and some practice, youll be twisting your way to impressive creations in no time. This guide will walk you through everything you need to know to begin your balloon twisting journey, from the essential tools to creating your first balloon animal.1. Essential Tools Youll NeedBefore you start twisting, lets talk about the basics. The right tools can make all the difference in how quickly you pick up balloon twisting, preventing frustration along the way.BalloonsFor balloon twisting, 260 balloons are the go-to choice. The 260 refers to the size2 inches in diameter and 60 inches long when fully inflated. These balloons are designed to stretch and bend without popping, perfect for all your twisting adventures.Pro Tip: Stick with quality brands like Qualatex or Betaltalex to avoid constant popping.Balloon PumpBlowing up balloons by mouth is exhausting and nearly impossible with twisting balloons. A good balloon pump is your best friend.Manual or Electric: A basic manual hand pump is great for starters. Its portable, affordable, and gets the job done. As you get more into balloon twisting, you might want to invest in an electric pump, especially if you plan on making a lot of creations at once.MarkersMarkers arent necessary but are a fun way to add details to your balloon creations. Want to give your balloon dog a cute face or add personality to a balloon hat? A simple black marker will do the trick.2. Getting the Basics DownYouve got your tools readynow what? Before you can start making impressive balloon animals, youll need to master a few basic techniques. Dont worrytheses are easier than you might think, and with practice, theyll become second nature.Inflation and TyingProperly inflating your balloon is key. Over-inflate, and youll end up with a popped balloon; under-inflate, and you wont have enough room to twist.The Magic Tail: When you inflate your 260 balloon, leave about a 2-inch tail. This uninflated part is crucialit gives you the space you need to twist without popping the balloon.Tying the Knot: Once inflated, tie a knot at the end. Tying a secure knot is essential for keeping your balloon from deflating.Mastering Basic TwistsBalloon twisting isnt rocket science, but it does require learning a few basic twists. These twists are the building blocks for almost every balloon creation.The Basic Twist: This is your go-to move. Grab the balloon where you want the twist and twist it a few times. Hold onto your twist so it doesnt unravel as you continue.The Fold Twist: Need to make a loop? The fold twist is your answer. Fold the balloon and twist the folded section together. This is great for making ears, wings, or petals.The Pinch Twist: For smaller, rounded features like eyes or noses, the pinch twist is perfect. Make a small twist, then fold it and twist again, pinching it tightly.3. Your First Balloon Animal: The Classic Balloon DogLets start with a classic: the balloon dog. This simple design is perfect for practicing your new skills, and once youve got it down, youll be well on your way to more complex creations.Step-by-Step InstructionsInflate the Balloon: Inflate your 260 balloon, leaving about a 2-inch tail to give you enough space for twisting.Create the Nose and Ears: Make three basic twists in the balloon. The first segment will be the nose (about 2 inches long), and the next two segments will be the ears (each about 3 inches long). Twist the two ear segments together to lock them in place.Form the Neck and Front Legs: Make two more twists to create the neck (about 3 inches long) and the front legs (each about 4 inches long). Twist the two leg segments together to lock them in place.Create the Body and Back Legs: Make two more twists for the body (about 5 inches long) and the back legs (each about 4 inches long). Twist these together just like you did for the front legs.Finishing Touches: Your balloon dog is now complete! Adjust the twists as needed. If youre feeling creative, grab that marker and add a cute face to your new friend.Congratulations! Youve just made your first balloon animal. With practice, youll be able to whip up balloon dogs in no time.4. Moving On to More Complex DesignsNow that youve mastered the balloon dog, its time to step up your game. The great thing about balloon twisting is that once youve got the basics down, the possibilities are endless. Lets explore a few more designs that will impress your friends and family.Balloon SwordKids love balloon swordstheyre fun to make and even more fun to play with. The design involves creating a handle and a blade, and its a great way to practice your fold twist.Quick Tip: Make the handle slightly longer than the blade to ensure a comfortable grip for your little swashbucklers.Balloon HatBalloon hats are a hit at any party. Start with a basic circular band that fits around the head, and then get creative by adding elements like flowers, animals, or even crazy shapes on top.Creative Flair: Experiment with different colors and shapes to make each hat unique. The skys the limit! Credit: The Spruce / Wayne Kawamoto Heres the basic balloon twist that is the foundation for everything that you make through the art of balloon twisting. This skill allows you twist a balloon into segments that form your creations. The basic twist is used with a lock twistto create all types of balloon shapes. Grasp the balloon in one hand near the end. Youll probably want to do this with your non-dominant hand. Credit: The Spruce / Wayne Kawamoto Using your free hand, grasp the balloon with your other hand and twist the balloon until you're left with a segment in your left hand. The arrow in the picture demonstrates the twisting action think of turning a lid on a peanut butter jar. The dotted line represents the part of the balloon that will twist and form a segment in your left hand. Credit: The Spruce / Wayne Kawamoto This picture shows the final balloon segment, the basic building block of balloon sculpting, which you have just created. An important point, notice how I'm holding both newly-formed sections of the balloon in my hand. At this point, if I let go of the second segment, the balloon will untwist. To keep the balloon twisted, you'll need to learn the lock twist. Credit: yannp / Getty Images The flower balloon animal is a cute, crowd-pleasing balloon sculpture. Unlike the basic flower balloon, this flower is more attractive due to its denser petals. To make this balloon figure, you will need to know how to make a fold twist. Inflate the balloon to about 2 inches from the end. Credit: The Spruce / Wayne Kawamoto Make a small fold twist using a balloon segment that is about 4 inches long. Repeat the process for another four petals, for a total of five, trying to make each one the same size as the first fold twist. Straighten out the five-fold twists so they form the petals of a flower. You're done with the petals. Credit: The Spruce / Wayne Kawamoto Inflate the second (probably green) balloon and leave a 1/2 inch of the inflated balloon at the end. Taking the nozzle end of the green balloon, make a small basic twist, about 1 inch in length. Join this basic twist to the center of the flower petals. To do this, stretch the basic twist away from the rest of the balloon (stem), and insert the flower, so the petals reside between the nozzle twist and the rest of the balloon. Credit: The Spruce / Wayne Kawamoto At this point, you have three options for the center of the balloon flower: Leave the basic twist as-is.When you join the "stem" to the petals of the flower, you'll have a nozzle showing in the middle of the flower. This is fine, but it's probably the least finished of the options. A plus, this is the fastest method to make a flower balloon if you're pressed for time or have lots of people waiting in line.Finish the basic twist after joining the stem to the flower and then take the nozzle and wrap it around the flower, in between the petals. You'll have a flower center that doesn't show the nozzle.Make a tulip twist in the flower's center.Before joining the basic twist of the stem to the flower, make a tulip twist in the nozzle end. Attach the tulip twist to the flower petals as you did in option one. If you like, you can add "leaves" by twisting the "stem" with a couple of fold twists as you would for a basic sword balloon. In this case, you're essentially making the handguard for the sword, but are forming "leaves." The technique to quickly make a handguard for a sword applies here to make the leaves. Today, Monsieur Ballon will teach you... how to make a flower! To make the petals of the flower, we are going to start by inflating a balloon all the way to the tip, without leaving any room at the end. However, once the balloon is fully inflated, we will need to let the air escape a little bit, to lower the pressure and soften the balloon. Then, by pressing the tip of the balloon, we can give ourselves a slightly wider margin, which we will attach to the balloon knot to form one big loop. Make sure the air pressure is evenly balanced all along the big loop. Then, stretch the balloon like this, find the halfway mark on the loop, which needs to be exactly opposite the knot, in order to get two segments of equal length. Then, take the two segments together in your hands, being sure to divide their length into three parts as equal as possible. Ok, now this next bit will be a bit tricky! With each of your hands, alternating each time, you need to press and twist the two segments around together as if you were making a regular bubble, except here, you're making 2 bubbles together, and on top of it your hands can't move entirely freely because they're working more or less at the same time on two different parts of the balloon. Feel free to pause the video, try it a couple of times, you should get the hang of it eventually. Once you have your 6 balloon segments made, place them in a zigzag like this. Press, bring the 6 parts together, taking them between your thumb and forefinger, like this. Next take 3 petals from the same side of the zigzag and twist them around their base, to keep all the petals together in place. Then, move away your thumb and forefinger, and arrange the petals more nicely. There... the hardest part is over! Now let's take another balloon, green preferably, to make the stem. Inflate it leaving a margin of about three fingers, tie the knot, and evenly spread out the air pressure. We're going to start with a tulip-twist. As a reminder, it's about pushing the knot back inside the balloon with your forefinger, you gently pull out your finger and finally, press and twist, to keep the tulip-twist in place. Let's go back to the petals, stretching apart any two at random, in order to give us enough space to house the base of the tulip-twist up to the center of the petals. To minimize pressure and avoid one of either balloons bursting, you need to push the tulip-twist gently twisting it slightly, rather than forcing it all in one go. Once the core of the flower is firmly seated in the middle of the petals, make a small little bubble, then a second one of the same size, which we'll make into a pinch-twist. The idea is that the petals of the flower should be the same length as the stem. Control the air one last time... so that there's no room left in the remaining portion of balloon and the air pressure in it is evenly spread out. We are now going to make a zigzag with the remaining portion of balloon, and place our hand at the center of the zigzag. The last segment of the balloon, and the segment supporting the petals, should both stick out a little from the zigzag. Press and block the center of the zigzag, by pivoting each side of the zigzag, opposite to each other, with your thumb and forefinger. Like this, we have formed, in one single motion, two loops of equal size which will form the leaves of the flower. Make sure the bottom and top of the stem are centered in the middle of the leaves. Give the stem a little curve so that its shape looks a bit more natural... There it is! Say it with flowers! 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