

Meredith Hill

Juggling Club

How to Juggle - Learn to Juggle

It's fun!

Impress your friends!

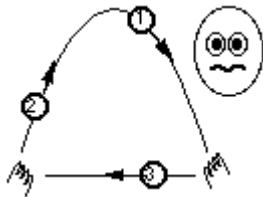
Play and get exercise at the same time!

Improve eye-hand coordination, reflexes, and self-confidence!

Are you ready to juggle?

The basic three ball juggle can be learned by most people in a short amount of time... maybe half an hour with help from a good teacher or perhaps a few days on your own. Go through these instructions at your own pace. Before you try each step, **relax** and visualize what you want to happen. With a little practice and patience, juggling will become easy.

Before you start, it's important to accept that dropping is inevitable. Work on making good throws at first, and worry about catching them later. Many people find that juggling over a bed saves a lot of time and energy in picking up drops.

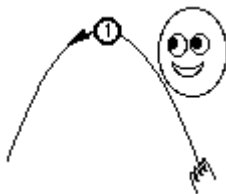


You may be assuming that you're going to learn to throw three balls in a circle.

This is called the "shower" pattern and is actually a difficult way to juggle.

Perhaps you can learn it later, but I will teach you the easiest, most basic way to juggle, called the "cascade" pattern. It is shown at the top of these instructions. To learn the cascade, you need to start with one ball...

HOW TO LEARN A BASIC THREE BALL JUGGLE



One ball: learning the basic throw and catch

The first and most important thing to learn is to throw and catch one ball correctly. This is the only move you'll need to learn the three ball cascade: Hold both hands in front of you with your palms facing up. Cradle a ball loosely in one hand, and lower the hand down by your side before throwing. The goal is to have the ball land in the other hand. so throw the ball up and a

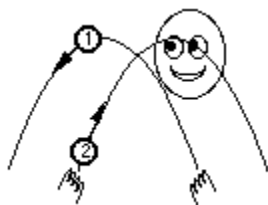
little bit across.

- Throw using the elbow, not the wrist or shoulder.
- Try to throw the ball about as high as the top of your head.
- Watch the ball as it reaches its peak in the air, picture where it will land, and then hold your other hand under it.
- Do not reach up to catch the ball; the ball will come down to you.

If you don't catch the ball on the first try, don't worry. It's more important to make a good throw and stay relaxed. The catch will follow naturally.

Spend a few minutes throwing one ball back and forth, right to left and left to right. Each time, try to throw the ball to the same height and keep your hands level with each other. Practice until this move is smooth and easy.

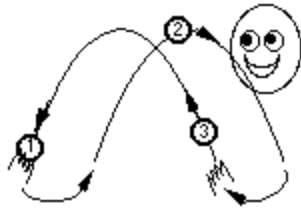
Congratulations! You've learned the basic move needed for juggling!



Two balls: almost juggling

Now you are ready for two balls. Hold one ball in each hand. Throw one of the balls up and across the same as you just learned. **When this first ball starts coming down, then throw the second ball up and across.** Each ball should cross over to the opposite hand. Throw, throw, catch, catch.

- Look at the picture at the top of these instructions for proper hand position.
- Both balls should peak at the same height (but not at the same time).
- Take a pause in between the two throws. Juggling works best when done relaxed and slowly.
- Do not throw 1 ball up and then hand the other across. (This is the #1 mistake with 2 balls.)
- Practice the two throws and two catches **starting with either hand** until it feels easy.



Three balls: where real juggling begins!

First, just hold 3 balls, placing 2 in the hand that you want to start with and 1 in the other hand. Then, the first 2 throws will be the same as you just did with 2 balls... but when ball 2 is coming down, throw up ball 3. If you catch them all, they will each land in the opposite hand from where they started.

- Remember, pause between each throw and try to throw each ball to the same height.
 - Just make 3 throws and then stop and relax.
- Congratulations! You are now officially a juggler!

Mastering the three ball cascade

When doing three throws starts to become reliable, don't stop at three throws, just keep going. When one comes down, throw the next one up, always alternating right and left in an even rhythm. Counting the number of throws can help you track your progress.

Curing common juggling problems

I have three pieces of advice:

1. Concentrate on what you want to happen.
2. Work on consistent, steady throws.
3. Relax.

If you are having trouble catching the balls, think about where you are throwing them. The most common problem for beginners is throwing too far out in front of you. To cure this problem, you need to throw the balls straight up in front of your face. It may help to imagine a glass wall two feet in front of you, to actually juggle in front of a wall, or to try juggling while walking backwards.

The best way to improve your juggling is to practice. The more time you put in, the better your juggling will be.

If you want to learn more

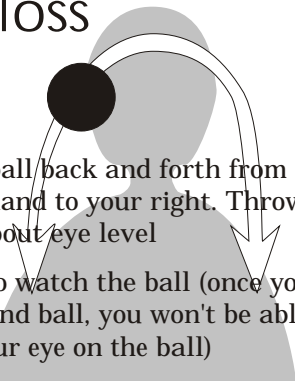
After you have mastered the three balls, you may want to learn some tricks or add in more balls. You may even want to learn to juggle clubs, rings or other props. (Kids: do not try to juggle fire, knives, or other dangerous objects. They should be learned only under professional supervision.) Juggling can be a lifelong adventure; there's always something new to learn.

You can learn more about juggling on the internet. The [Tricks](#) is a great resource. You can find other jugglers and maybe even a juggling club that meets near you.

Learn to Juggle

with Paul Isaak

Step One: The Toss



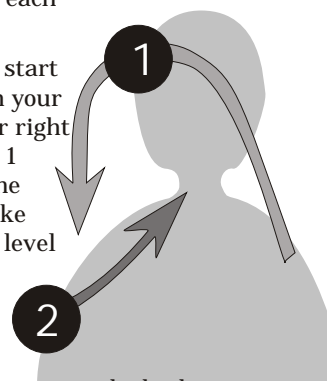
Toss one ball back and forth from your left hand to your right. Throw the ball about eye level

Try not to watch the ball (once you add a second ball, you won't be able to keep your eye on the ball)

Practice till you can consistently make the throws about eye level

Step Two: The Exchange

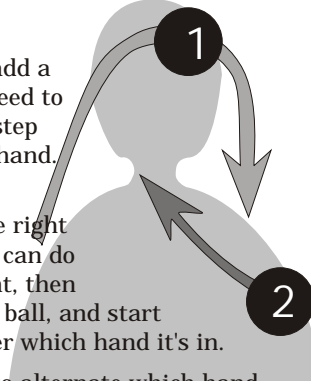
Begin with one ball in each hand.



If you're right handed start by tossing Ball 1 from your left hand towards your right (eye level). When Ball 1 peaks, toss Ball 2 to the inside of ball one. Make sure you toss it to eye level as well. Catch Ball 1. Catch Ball 2

Make sure that both balls go to the same height Try to maintain a smooth rhythm .

The Exchange Part Two



Before you can add a third ball, you need to be able to start step two with either hand.

Repeat step two starting with the right hand. Once you can do it from your right, then pick one color of ball, and start with it, no matter which hand it's in.

This forces you to alternate which hand you start with. Practice this lots, as it's the most important step.

Juggling Links... Websites with Juggling Info.

www.funnyjuggler.com/juggling

Paul Isaak's Web site, which has animated juggling instructions for three ball juggling, three ball tricks, four ball juggling, and diabolo juggling. You can also order juggling props and books on-line.

www.juggling.org

The Juggling Information Service. This site has juggling links to prop vendors, web pages of jugglers & Juggling clubs. Also there are videos of some of the worlds best jugglers.

www.everwonder.com/david/juggle/

Provides lessons, videoclips and tricks.

Books worth finding at your library

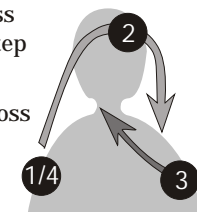
The Complete Juggler - Dave Finnigan

Juggling For the Complete Klutz - John Cassidy

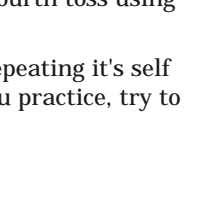
Step Three: Juggling



Place two balls into the right hand (or the left if you prefer).



Toss one of the balls in your right hand toward the left hand. When Ball 1 peaks, toss Ball 2 under it, just like in step two. Catch Ball one.



Wait till Ball 2 peaks, then toss Ball 3 under it, and to Eye Level. Again this is just like step two. When Ball 3 reaches it's peak, make the fourth toss using Ball 1 again under Ball 3.

As you can see Step two is repeating it's self over, and over. Each time you practice, try to make one extra throw.

Tips

- Practice often, but only as long as it's still fun. Take a break before you get frustrated. It will feel easier when you come back to it.
- Don't throw the balls to high, or they will come down too fast. Eye-level is perfect.
- Throws should go left & right, and up & down, but NOT forwards or back.



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Juggling Equipment Online

The Juggling Store: <http://www.jugglingstore.com/>

Goof Proof Juggling: <http://www.goofproofjuggling.com/>

Todd Smith Juggling Equipment: <http://www.toddsmith.com/>

Juggling Equipment from Higgins Brothers: <http://www.higginsbrothers.com/>