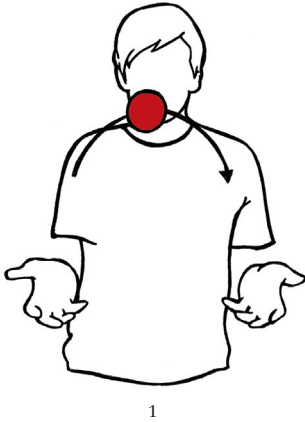


## JUGGLING

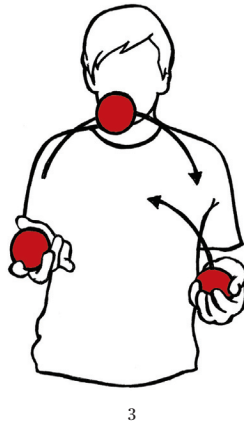
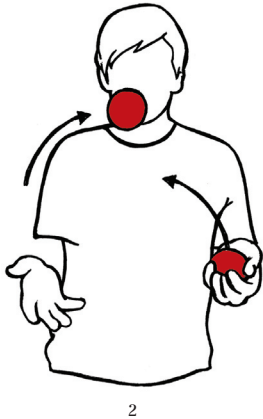
THIS IS THE SKILL of tossing objects in the air and catching them. First of all you will need three round balls, about the size of tennis balls. You can make excellent ones by putting a couple of handfuls of rice or flour into a balloon. If you use fruit, it will be very messy, so be prepared to eat them bruised. Alternatively, juggling balls can be bought from any toy store. It looks difficult, but on average it takes about an hour to learn, two at most.



1. Hold one ball in your right hand and gently lob it into your left. Now lob it back in the direction it came. Go back and forth with this until you are comfortable.

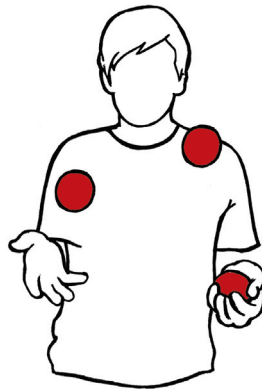
2. Now let's add another ball! Hold one ball in your right hand and one in your left. As you lob the ball from your right hand to your left, release the ball in your left hand and catch the incoming ball. The hard part is releasing the left-hand ball so that you lob it back to your right hand and catch it. This will take some practice, or you might pick it up immediately. Make sure both balls are flowing in a nice arc from hand to hand. This will give you more time to release and catch.

3. Ball three! Hold two balls in your right hand. Hold the third ball in your left hand. Lob the first ball from right to left and as you catch it in your left hand, release the second ball lobbing it back to your right. (This is just step 2, holding a third ball.)



The hard bit is releasing that third ball as you catch the second ball in your right hand, and lobbing the third ball back to your left hand. You must keep this lob-release-catch going from hand to hand. Practice, practice, practice!

Now for a fancy trick. Start in the beginning position (two balls in the right hand, one in the left), put your right hand behind your back and throw the two balls forward over your shoulder. As they sail over to the front, lob the left hand ball up as normal and catch the two coming over in your left and right hand. Yes, this is as hard as it sounds. Quickly lob the right-hand one to your left and catch the one in the air coming down. You are into the routine. This is an impressive start to juggling three balls, but it is very hard, so the best of luck.



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