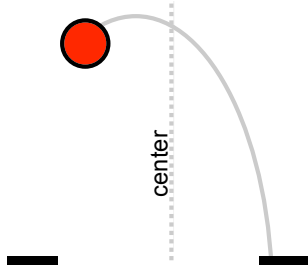


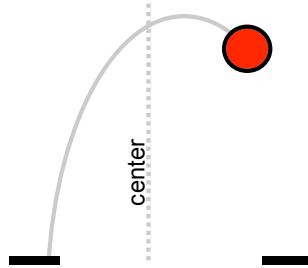
How To Juggle

Whether you want to challenge yourself, impress your friends, or annoy your neighbors, these instructions can help you get started. Try using balls or beanbags about the size and weight of lacrosse balls. Then you can learn to juggle almost anything. Feel free to copy and share this page with others. Most of all, have fun!

ONE



Throw one object in an arc from hand to hand with a scooping underhand throw.

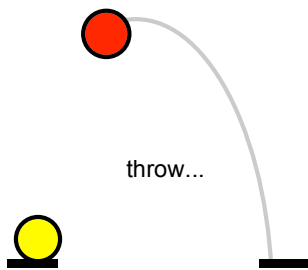


Then throw across the other way. Throws should peak at about head level, just off center.

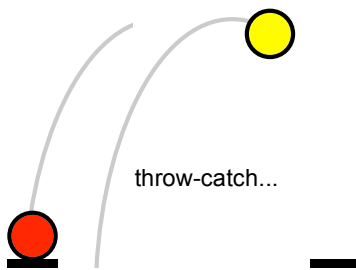
HELPFUL HINTS:

- *LOOK AT THE TOP* of the pattern, not at your hands.
- *FOCUS ON THE THROWS*, and the catches will come.
- *PRACTICE EACH STEP* until it is consistent before going on.
- *BREATHE*. This will help you stay relaxed... and conscious.

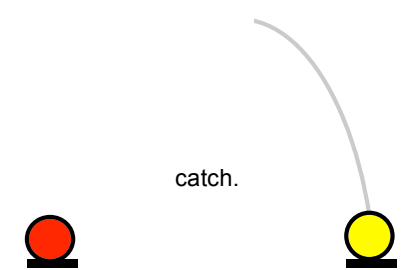
TWO



Hold an object in each hand. Throw one across with a scooping underhand throw as before.



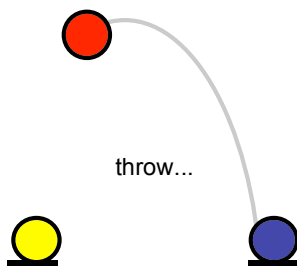
When the first object peaks, throw the second under it to the same height and catch the first.



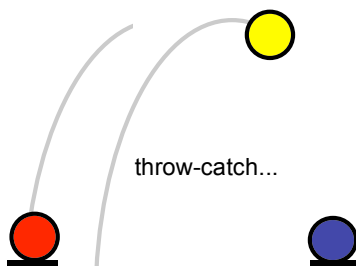
Then catch the second object. Practice until you can do this starting with either hand.

NOTE: Do not throw both at the same time or pass the second object straight across. Instead, wait until the first object peaks before throwing the second, and throw to the same height on both sides.

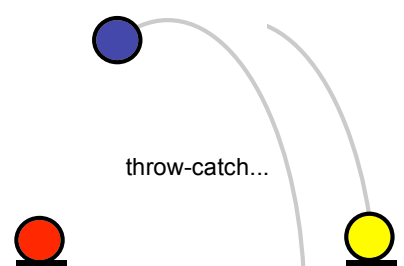
THREE



Hold two in one hand and one in the other. Starting with the hand that has two, throw one across.



When the first object peaks, throw the second under it and catch the first.



When the second object peaks, throw the third under it and catch the second. And so on...

NOTE: Once you can do three throws, try four or more. Keep setting new goals. With practice and persistence, you can learn to juggle. For more help or resources, go to www.InJest.com/extras.