

## Learn to juggle



Juggling Is a physically and mentally relaxing activity

### JONGLING

- Helps to discover and encourage natural coordination skills
- Helps to develop patience and self-confidence
- Can have the same calming effect as music
- Is rhythmic, so can be accompanied by music
- Helps release energy in creative ways

What every juggler should remember:

- Whoever drops balls is not showing clumsiness, but progress. It shows that a learning process is underway.
- Once the balls are in flight, reason and thought processes are unnecessary. Thinking takes up too much time.
- Exercise is the only key to success.

### Continuous Juggling:

- Throw the first ball from your stronger hand and say out loud, "one"
- When ball #1 peaks, throw the ball from your weaker hand and say, "two".
- When ball #2 peaks, throw the 2nd ball from your stronger hand and say, "three".
- When ball #3 peaks, throw the ball from the weaker hand and say, "four".
- When ball #4 peaks, throw the 2nd ball from the stronger hand and say, "five".
- Keep throwing and counting.

**See picture below**

NOTE: You should also learn to start with two balls in your weaker hand. You should be able to do the start and finish with both the weaker and stronger hand.

## Continuous juggling

ersten Ball aus deiner stärkeren Hand wie beim Vorhergehenden Schritt und sag laut: »eins«.



Wenn Ball Nr. 1 seinen Höhepunkt erreicht, wirf den Ball aus der schwächeren Hand und sag: »zwei«.



Wenn Ball Nr. 2 seinen Höhepunkt erreicht, wirf den zweiten Ball aus der stärkeren Hand und sag: »drei«.



Wenn der Ball Nr. 3 seinen Höhepunkt erreicht, wirf den Ball aus der schwächeren Hand und sag: »vier«.



Wenn Ball Nr. 4 seinen Höhepunkt erreicht, wirf den Ball aus der stärkeren Hand und sag: »fünf«.



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