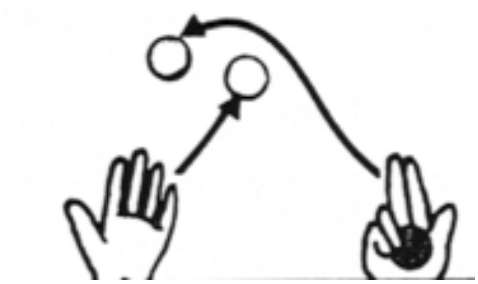
SUBMITTED BY
Irmgard

ON
2015.09.02

★ ★ ★ ★ ★
Keine Stimmen

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.

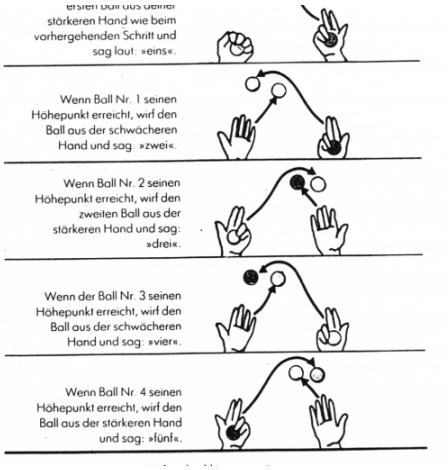
Continuous Juggling:

- 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



Learn to juggle

Weitere Informationen

Categories
Games and activities

Tags
Juggling
Relaxation
Acrobatics
Coordination
Aktivität

Age
No data available.

Number of participants
No data available.

Bible
This information is missing.

Duration
No data available.

Terrain / surroundings
In enclosed spaces

Material
A lot of work

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Categories
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