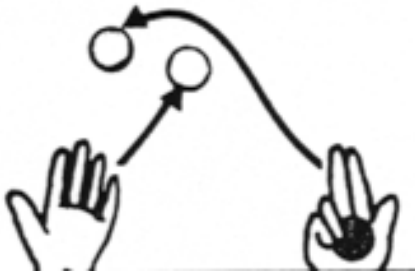


## Jonglieren lernen



Jonglieren Ist eine körperlich und geistig entspannende Tätigkeit

### 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.

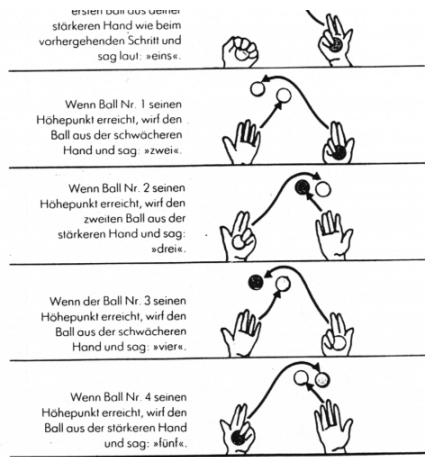
### Continuous Juggling:

- 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