

How to Juggle

Supplemental instructions for the How 2 Festival video.

Stand with your feet shoulder distance apart with knees slightly bent.

Arms bent at a 90 degree angle at the elbows. Hands are palms up in front of your body.

Start with one ball. Toss it up from one hand to about eye level and have it drop into the other hand. Repeat this practice tossing one ball back and forth to establish the “X” pattern described in the video.

Add a second ball. Start with one ball in each hand. Toss the first ball up. While the first ball is in the air, toss the second ball up. Catch the first ball with the hand that tossed the second ball and catch the second ball with the hand that tossed the first ball. Practice this multiple times. (See Video)

Keep balls moving within the same plane. Do not toss the balls too far away from your body or too close to your body. They should be tossed always at the same distance from your body as your hands. (See sideview on video)

And now, add the third ball. Start with two balls in one hand. Toss one of these balls from this hand to start the pattern you have already learned. You will then repeat the basic tosses of the “X” pattern. You will always have one ball up in the air throughout the juggling process.

Practice, practice practice!

Have fun!

Bean bag type juggling balls are recommended. “Juggling Balls for Beginners” available on [amazon.com](https://www.amazon.com).

Search Youtube for additional videos on How to Juggle.