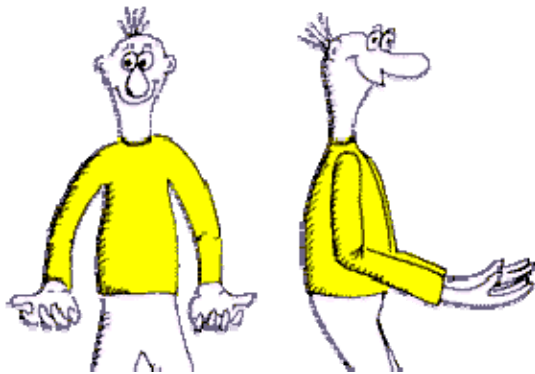


An Introduction In Juggling With Balls



Keep your Forearms in a horizontal posture;
the upper arm and forearm approximately forming a right angle;
Bring your upper arms slightly forward and keep your elbows quite close to your body.

Exercising With One Ball

Take one ball in your right hand, the palm facing upwards. Now throw the ball to the left hand in an arc-shaped curve, and catch it in your left. The vertex of the ball's trajectory should not be more than 4 inches (10cm) above, and slightly to the left of your forehead. The ball receives its momentum from the forearm. The hand slightly supports the throwing motion by moving 2-3 inches towards the upper left. The ball is thus thrown off nearly at the centre of your body.

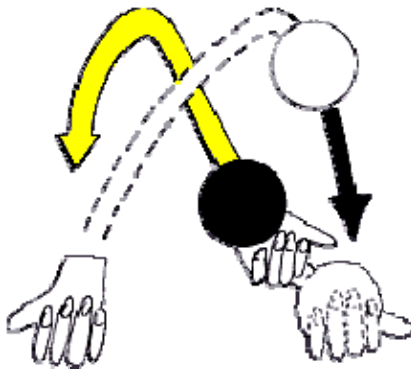
The catching hand should be drawn 2-3 inches towards the arriving ball. Subsequently, throw the ball back in the same manner from left to right.



Exercising With Two Balls

This time, take one ball in your right and left hand respectively. Now throw the right-hand ball in an arc-shaped curve towards your left hand. When the ball has reached the vertex of its trajectory, throw the other ball from left to right.

Moreover, pay attention to throwing the second ball at the exact instant (i.e. when the first one is at its vertex). Otherwise your rhythm and timing will turn out to be incorrect and you will most probably have difficulty in future in when juggling with 3 balls.



Juggling With Three Balls

Juggling with three balls at first requires that you take two balls in one hand: one of the balls rests on the index and the middle finger, the other one in the palm.

Note: For the sake of simplicity, take 2 balls in your right hand if you are right-handed, or take 2 balls in your left hand if you are left-handed.

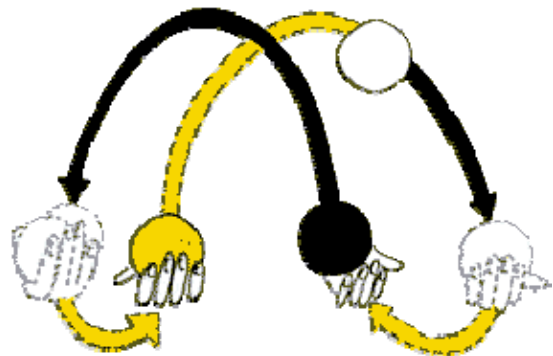
Start throwing with the hand that holds 2 balls. The ball resting on the fingers is thrown first. In order to avoid throwing two balls at a time, hold on to the ball on the palm with your ring finger and little finger.

In the first step, just catch the first ball you threw with your other hand and repeat this several times in order to get the feeling for the throw and the catch of the third ball.



Throw the white ball to your left hand. When it has reached its vertex, throw the black ball. When the black ball again has reached its vertex, throw the yellow ball. Meanwhile, your left hand has caught the white ball. This is the basic pattern for juggling with 3 balls.

Looking at the trajectories of the balls and the movements of your hand, you will see a horizontal figure-of-eight. Should you have any difficulty in finding the correct rhythm, just throw the balls without catching them at first. The white ball and the yellow ball should then be on the floor next to your left foot. The time interval between the landing of the individual balls should be constant. You will easily hear it by the plopping sound of the balls as they land.



Now have fun practising!!!!