

Balls

Plate

Diabolo

Devil Stick

Juggling

with Balls, Plate, Diabolo
and Devil Stick



HENRYS

Content

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Introduction

Learn juggling in a few simple steps

People have always been fascinated by juggling. Playing with gravity evokes excitement and arouses curiosity. Not only from the audience, but also from the jugglers themselves. It is incredibly diverse and varied, and there is always something new to discover and try.

And the best thing is: **Anybody can learn it!**

We have compiled four short introductions to juggling for you in this booklet – balls, plate, diabolo, and devil stick – so that you can immediately achieve success as you practice.

Your coordination, endurance and concentration will increase significantly with each exercise. Your movements will become smoother, your timing and sense of rhythm will also improve, and you will enter a relaxing flow. It's so much fun that you won't want to stop.

So let's go. Have fun and good luck!

Balls

Juggling with Balls

In the cascade, the basic pattern of juggling, the balls follow the path of a horizontal figure 8. In the upper half of the horizontal figure 8, the balls are in the air, while in the lower half, they are held by the right and left hands.

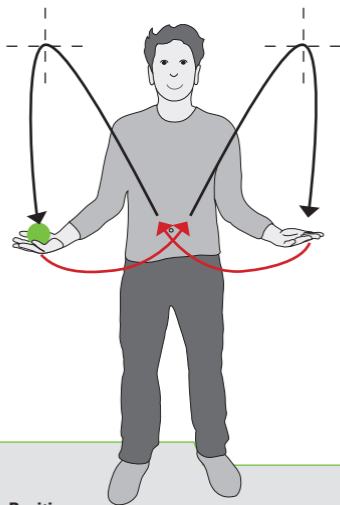
When juggling, concentrate on throwing the balls correctly and in a controlled manner, not on catching them. Juggling is also about being able to let go - in every respect; your flow will be better if you rather focus on throwing the balls diagonally upward from the palms, remembering that they should not roll over your fingertips during the launch.

It's also important that you don't watch the path of the ball. Only keep an eye on the high point of the ball's path, and try to look forward through the pattern. Your hand will automatically move to the correct position at hip height to catch the ball.

Right-handed or left-handed?

This does not matter in juggling, because each hand performs the same movements in the basic patterns. Therefore this introduction is equally good for right- and left-handers.

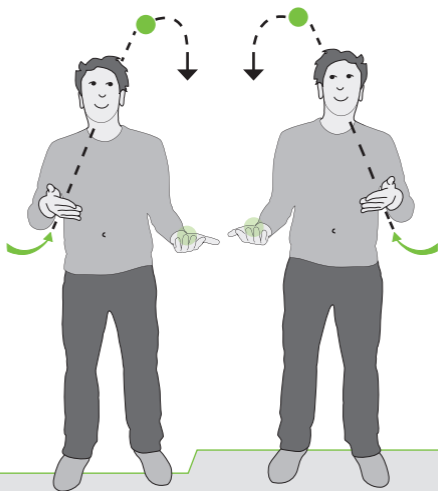
And so, let's go ...



Basic Position

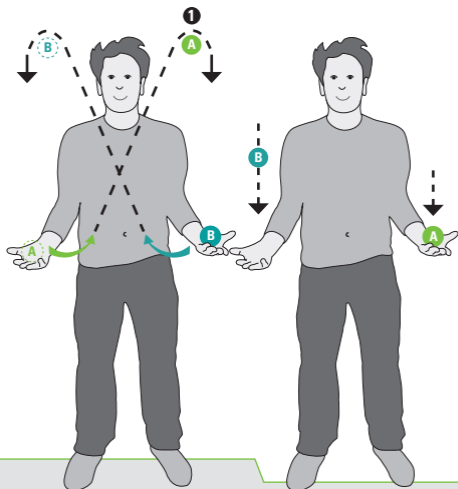
Place your feet shoulder-width apart. Your knees are loose. Your elbows are close to your body. Your forearms are horizontal and should point outward slightly. Your hands are about the height of your hips. Your palms face upward.

Step 1 Preliminary Exercise 1 Ball



Take a ball in your right hand, and from the palm throw it at the height of your navel to the upper left. Catch the ball at the height of your hips with your left hand. Then throw the ball from the palm of your left hand at the height of your navel toward the upper right. Catch the ball at the height of your hips with your right hand. Repeat this exercise until your movement is fluid.

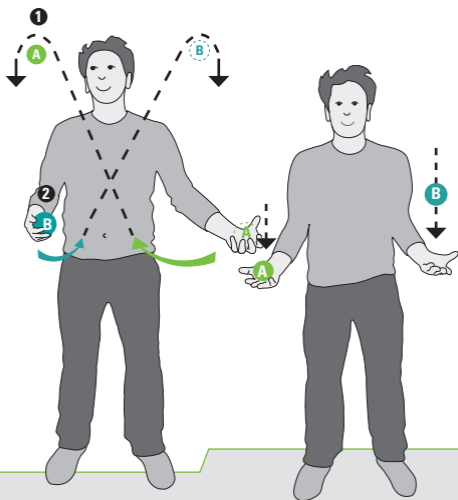
Step 2 Preliminary Exercise 2 Balls



Throw Ball **A** from your right hand at the height of your navel toward the upper left. When Ball **A** goes past the highest point of its path ① on the left side, throw Ball **B** from your left hand toward the upper right.

Catch Ball **A** with your left hand at approximately hip height. Then catch Ball **B** with your right hand at approximately hip height.

Step 2 Preliminary Exercise 2 Balls



Repeat this sequence of movements. Now begin with your left hand and throw Ball **A** toward the upper right. When this goes past the highest point ① of its path, throw Ball **B** ② from your right hand toward the upper left.

Catch Ball **A** in your right hand, and then Ball **B** in your left hand. Then begin again with Ball **A** from your right hand, and so on ...

Step 3 Juggling with 3 Balls

Juggling with 3 Balls

Now we want to transfer what we have learned to perform the cascade, the basic juggling pattern.

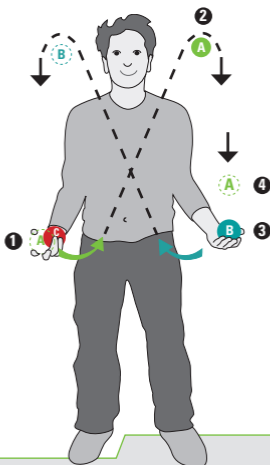
First of all, you should visualize how the balls move along the path of the horizontal figure 8. Your hands move in a circular path. A ball is caught on the outside, brought to the body center, then thrown upward at the level of the navel toward the other side. Strictly speaking, there is always only one ball in the air. The throwing rhythm alternates right, left, right, left ... And the balls will thereby always remain in the same order **A-B-C-A-B-C ...**

Tip: It is very helpful to recite the throwing rhythm out loud when practicing.

It is very important:

When juggling with 3 balls, always begin with the hand that holds two balls. You should begin this exercise from the right as well as from the left. And again, note that the balls should be thrown from the palms and not rolled from the fingertips.

Step 3 Juggling with 3 Balls

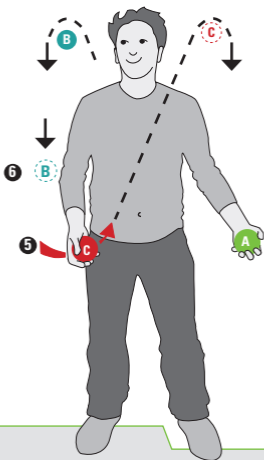


Take the two balls **A** and **C** in your right hand. Take Ball **B** in your left hand.

Throw Ball **A** ① from your right hand at navel height toward the upper left. Ball **C** remains in your right hand.

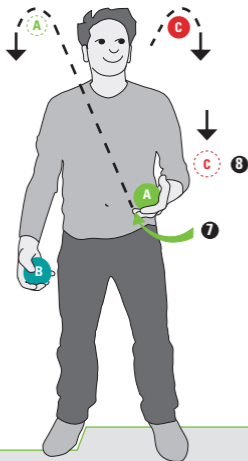
When Ball **A** goes past the highest point ② of its path on the left side, throw Ball **B** ③ from your left hand toward the upper right and catch Ball **A** ④ with your left hand.

Step 3 Juggling with 3 Balls



When Ball **B** goes past the highest point of its path on the right side, throw Ball **C** ⑤ from your right hand toward the upper left and catch Ball **B** ⑥ with your right hand.

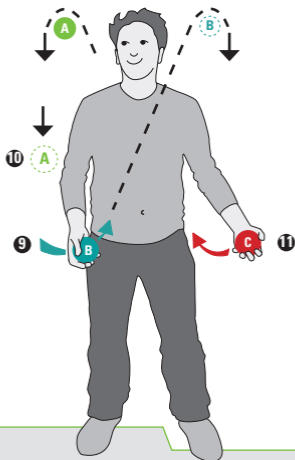
Step 3 Juggling with 3 Balls



When Ball **C** goes past the highest point of its path on the left side, throw Ball **A** ⑦ from your left hand toward the upper right and catch Ball **C** ⑧ at with your left hand.

When Ball **A** goes past the highest point of its path on the right side, throw Ball **B** ⑨ from your right hand toward the upper left and catch Ball **A** ⑩ with your right hand.

Step 3 Juggling with 3 Balls



Throw Ball **C** ⑪ again toward the upper right and catch Ball **B** with your left hand. Now each ball has gone through the horizontal figure 8 one time, and you start all over again with your right hand and Ball **A**. Or you catch Ball **C** in your right hand and take a well-deserved break, because you did it:

You can juggle. Great!

Plate

A short introduction to your new Spinning Plate Set

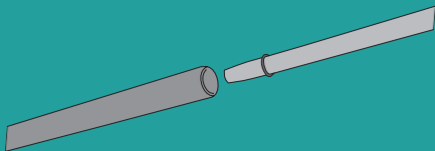
The set consists of a special spinning plate and a separable wand. So the set fits in any bag!

Your spinning plate is remarkable because it has two levels of difficulty. It has an inner and an outer ring on its underside (**see Fig. 1**).

It is easier to spin the plate with the wand using the inner ring, and more difficult using the outer ring. You can see how quickly the plate spins through its geometric pattern.

First, push the flat side of the thinner wand tightly into the hole of the thicker wand. The black rubber ring will disappear into the hole, and will provide a tight connection.

With some effort, the two parts of the wand can be disassembled again.

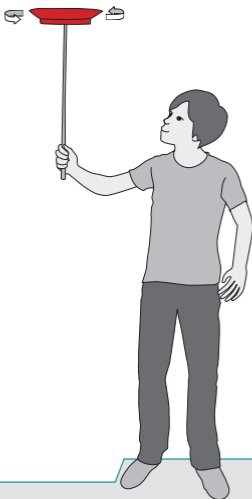


Spinning the Plate



Take the thick end of the wand in your hand. The thin tip should point straight up. With your other hand, hang the plate on the wand tip, either on the inner or outer ring, depending on the desired level of difficulty. Now move your wrist with small round movements. The wand tip's movement forms a circle and the plate slowly rises until it is horizontal.

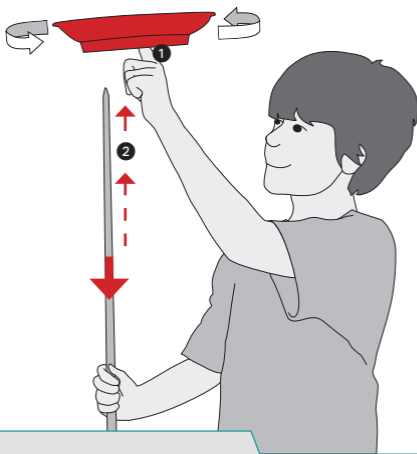
Spinning Up the Plate



When the edge of the plate has become horizontal, stop your wrist movement so that the wand stands vertical. The wand tip slips into the exact middle of the plate and the plate spins without further assistance from you. Is it working out? Terrific!

Toss the plate up and catch it again on the wand tip. Or transfer the spinning plate from the wand to the tip of your left index finger.

Transfer the Plate



To transfer the plate, move your index finger ① up along the stick ② into the middle of the plate. When your fingernail touches the middle of the plate, pull the wand away downward. Now spin the plate on your finger. You can then again transfer the plate back to the wand. Or you can toss it upward and catch it on the wand.

Naturally, you can invent your own tricks.

Have fun!

Diabolo

A short introduction to your new prop

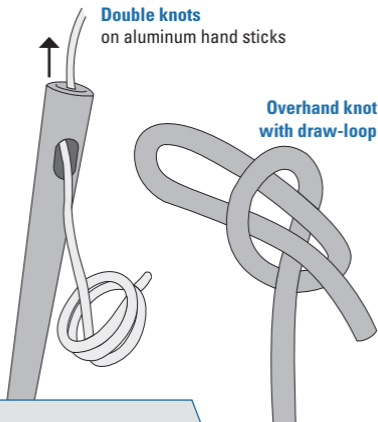
Your diabolo set consists of the diabolo and two hand sticks, which are connected by a string. The diabolo must always be spinning quickly in order for you to balance it on the string and do tricks. It rolls on the string with greater stability as it spins faster, giving you more time to do tricks. If it does not spin, it loses balance and topples from the string. You generate spinning by repeatedly pulling the hand piece with your right hand with short upward strokes. The diabolo spins counter-clockwise on its axle through recurring, one-sided friction from the string.

Important! This introduction is written for right-handers. This means that the impulse for acceleration must always come from your right hand. The diabolo therefore spins counter-clockwise. For left-handers, apply the corresponding opposite sides.

Adjust the string length

The diabolo should hang approximately 20 to 30 cm above the ground on the string in the basic position. You may need to adjust the string length.

Diabolo Preparation



In order to determine the best string length for yourself, secure the ends of the string with an overhand knot instead of a double knot. With this type of knot, you can change the length of the string quickly and flexibly as you wish, without needing to shorten the string by cutting.

Note: The string is subject to wear and tear. It should be replaced if it is damaged, dirty or too rough.

Diabolo Hand Sticks

HENRYS Wooden Hand Sticks:

Push an end of the string through the small hole in the hand stick and make a double knot on the other side, where the hole is larger. About 1 cm of string should remain behind the knot, so that you can pull the knot out again from the hole. Then pull on the string, so that the knot disappears into the larger hole. Repeat this with the other end of the string on the other hand stick and adjust to the desired length.

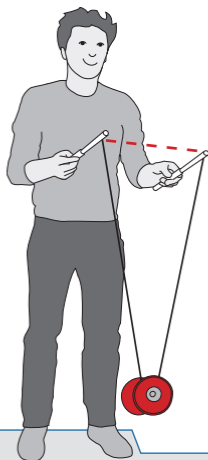
HENRYS Aluminum Hand Sticks:

Push the string from the front into the point of the stick, and then continue as described above.

HENRYS Carbon and Fiberglass Hand Sticks:

Push the string into the point of the stick from above to below, until it comes out the end of the handle. Use an overhand knot with draw-loop. You can not only quickly change the length of the string, but you also have more possibilities for tricks.

Diabolo Basic Position



Place your feet approximately shoulder-width apart. Your shoulders are relaxed, your upper arms are close to the body. Your lower arms are parallel to one another and to the ground as well as at right angles to your upper arms. The hand sticks are also parallel to each other and the ground. The tips are at the same height. The diabolo hangs at the middle of the string. The axle of the diabolo points toward you.

Diabolo Start



Hang the diabolo on the string and lay it on the ground to the right before. The string runs under the diabolo's axle. Then move the hand sticks in front of you from right to left so that the diabolo rolls to the left side. Lift the diabolo somewhat off the ground at your left foot and assume the basic position. The diabolo now spins slowly counterclockwise in front of the middle of your body on the string. You must properly accelerate it now so that it continues to spin and retains its balance.

Acceleration

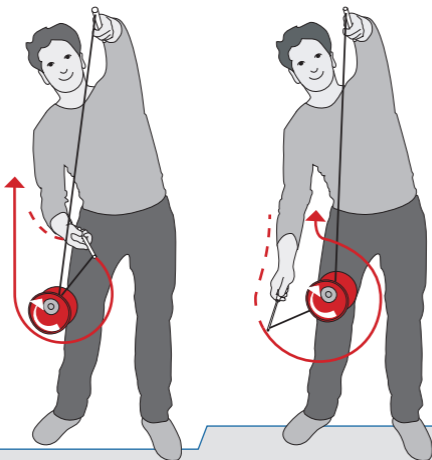
There are many methods for accelerating the diabolo. We limit ourselves to the basic methods here. For all of these methods, the hands are not synchronized. It is important that the impulse always **comes from the right hand only**. Your left hand remains passive. It merely follows the lead of the right hand and then returns to the basic position.

A) Nervous Trembling and Gentle Pulling

The tips of the sticks are at the same height. Your left hand remains in the basic position. You now “tremble” with your right hand, so that the right hand stick moves back and forth quickly, but only a few centimeters.

Alternatively, you can also gently pull the hand stick higher up with your right hand. Your left hand follows the lead of the string, somewhat downward. The string rubs the axle and the diabolo continues to spin counterclockwise. If it is nearly at the left hand stick, move your right hand downward quickly again to the basic position. Since the left hand does nothing and the right hand quickly moves downward to the basic position, the string briefly loses contact with the axle. Thus, the diabolo is not slowed down. Repeat these movements. The diabolo receives renewed angular momentum and moves ever more quickly with each upward movement of your right hand.

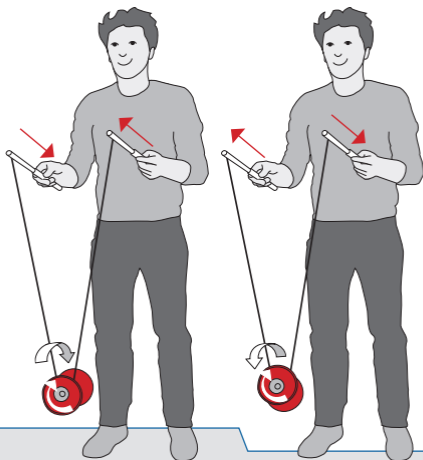
Diabolo Wrap



B) Wrap

From the basic position, guide the right hand stick around the diabolo with a quick, counterclockwise movement. Now accelerate the diabolo as described above with your right hand. After you spin the diabolo quickly enough, move the right hand stick around the diabolo in a clockwise direction. Incidentally, you can also use this method right from the start. You only need to put the string around the axle once and then go!

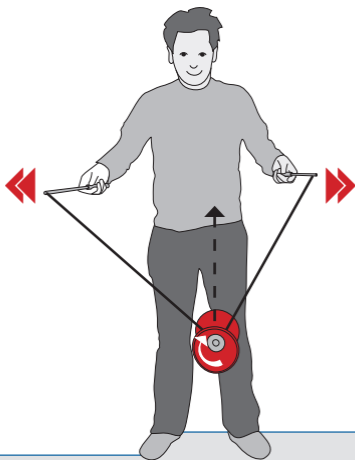
Diabolo Correction



If the diabolo tips forward (**left figure**), correct it by moving the right hand stick backward and the left hand stick forward.

If the diabolo tips backward (**right figure**), move the right hand stick forward and the left hand stick backward. If the diabolo spins sideways away from you, just simply turn along with it. The diabolo's axle should always point to you. You can find other methods in specialized literature or on the Internet.

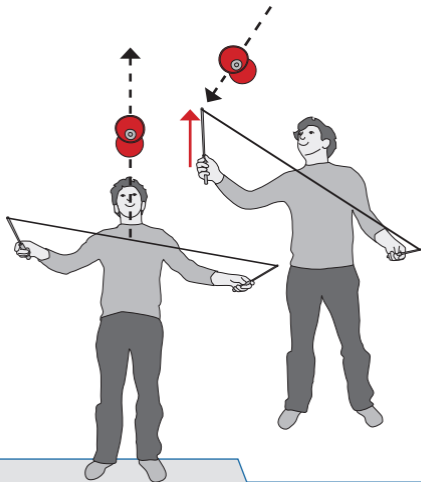
Diabolo High Toss and Catch



High Toss and Catch

When the diabolo is hanging and spinning on the string, abruptly pull the two sticks apart so that the string is taut. The diabolo will then fly straight up.

Diabolo High Toss and Catch



To catch the diabolo, stretch the string, aim upward toward the diabolo with the right hand stick, and catch it with the taut string of the right hand stick.

The high toss and catch is a basic trick which you should master.

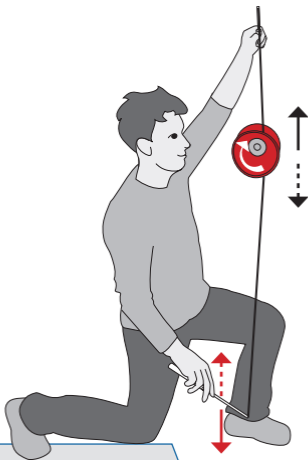
Diabolo Elevator



The elevator is another amazing trick that you should master.

Strongly accelerate the diabolo. Then turn yourself one quarter counterclockwise. Now you see the diabolo's axle. Stretch the left hand stick upward. Then move the right hand stick around the axle forward and downward and carefully pull the stick downward. The string is wrapped around the axle.

Diabolo Elevator



The diabolo now “travels” upward on the string! If you slacken the tension a little, the diabolo remains standing on the string or it slides downward. If you increase the tension somewhat, it again travels upward. If the diabolo is almost up at the left hand stick, move the left hand stick away from you toward the front, and return to the basic position. Then the diabolo is free again. You can find more tricks in specialist literature or if you search online. We wish you much fun and success!

Devil Stick

A short introduction to your new prop

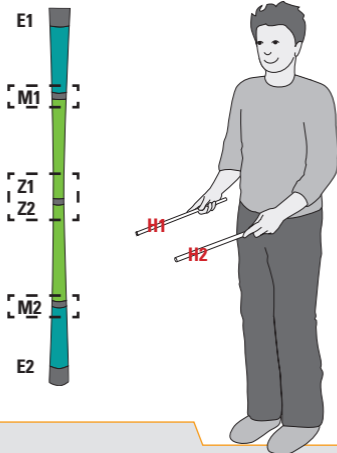
Your devil stick set consists of a devil stick and two silicone-covered hand sticks. The devil stick is thinner in the middle than the ends. These have a greater mass, by which the devil stick can smoothly swing back and forth between the hand sticks. The silicone coating gives the hand sticks good traction on the devil stick and provides for better control while playing.

Contact Points

The devil stick has two contact points on each side, which you should ideally touch while performing basic tricks:

- approximately in the middle (**M1 and M2**) between the center and the ends (**E1 and E2**) and
- in the region of 1 cm to 2 cm next to the middle point (**Z1 and Z2**).

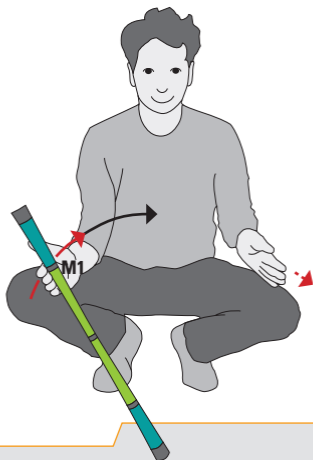
Devil Stick



The contact points (**H1** and **H2**) on the hand sticks lie 1 cm to 3 cm from the ends of the sticks.

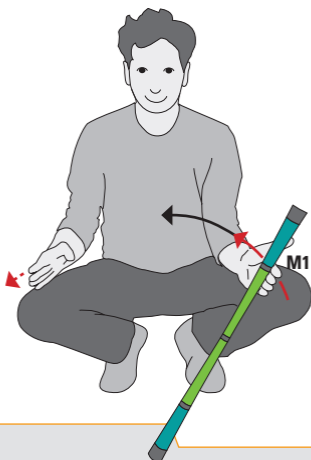
The upper ends of the devil sticks are tossed from one side to the other at contact point **M1** with the hand sticks.

Step 1 without Hand Sticks



Squat down and place the devil stick in front of you on the ground. Your lower arms should be horizontal, parallel to each other and approximately shoulder-width from each other. Put **M1** of the devil stick in your outstretched right hand. Toss the upper end of the devil stick to the left side. Before the devil stick becomes horizontal, lightly brake it at the upper part at **M1** with your outstretched left hand, by lightly moving your hand outward.

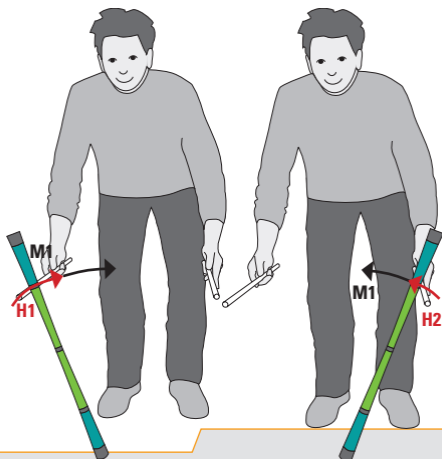
Step 1 without Hand Sticks



Important: do not catch the devil stick!

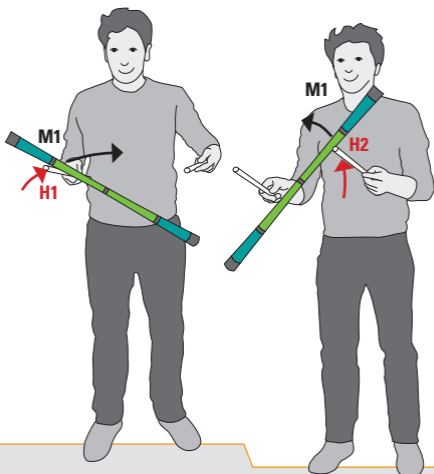
Then, toss the devil stick inward again with your left hand again back to your right hand. Lightly brake it at **M1** with your outstretched right hand. Continuously repeat this sequence of movements. After a short time, lift the hovering devil stick off the ground and toss it back and forth between your two hands. Is it working out? Then it is time for the next step.

Step 2 with Hand Sticks



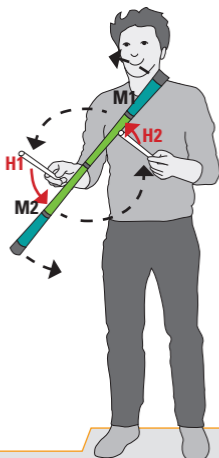
Hold the hand sticks horizontal and parallel to each other. The devil stick lies with **M1** on **H1**. Toss the upper end of the devil stick to the left side. Lightly brake it as described above with the left hand stick at **M1**. Then toss the devil stick back again to the right side. Lightly brake it with the right hand stick. And again to the left side. If the devil stick lifts off the ground, slowly straighten up your upper body and continue the sequence of movements.

Step 2 with Hand Sticks



Before the devil stick becomes horizontal, lightly brake it with the hand stick at **M1** and then toss it back to the other side. The devil stick appears to be held hovering by an invisible hand through this back and forth motion between the hand sticks. **Important:** Do not strike the devil stick. Instead, lightly brake it and then toss it to the other side with an inward movement in combination with a light tap upward.

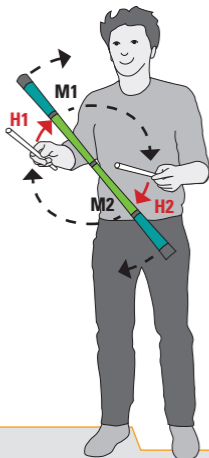
Devil Stick Double Hit



Double Hit

Next, practice the double hit on the ground. Lay the devil stick with **M1** on **H1**, **H2** touching **M2**. Toss the devil stick upward toward the left with **H1** and simultaneously with **H2** downward toward the right. Then quickly move **H2** left upward to the height of **M1** and **H1** right downward to the height of **M2**. When the hand sticks simultaneously touch the contact points of the devil stick in opposing back and forth motion, the devil stick is struck back in the other direction.

Devil Stick Double Hit



Now quickly move **H1** upward and **H2** quickly downward, in order to strike the devil stick into the other direction again.

Do you have good control of the devil stick? Then you can try other tricks, such as a half or full turn of the devil stick, the propeller with one hand or the circular saw.

You can find instructions for these in specialist literature or on the Internet.

Last, but not least

That was a great start, but far from everything there is to know.

Because the wonderful thing about juggling is the spectrum of unlimited possibilities and variations.

Whether it be the type of props or the number of objects: 3, 4, 5, ...10 ...

Anything is possible. Also with patterns, sequences and movements: What goes for the left also goes for the right. Whatever can be done in front of the body, can also be done behind the back. Whether it's hands, feet, neck, nose, ears or head - all parts of the body can be used, be as creative as you dare!

Learning juggling will open up a fantastic, nearly infinite cosmos of creative movements.

You will always find the perfect equipment of excellent quality at Henrys.

Innovative props made of high quality, durable materials, free of harmful substances, and recyclable.

And: all made in Germany.

Henrys Juggling Equipment – the first choice for professional and recreational juggling, trusted for quality, durability and service.





40-page tutorial manual, in English, to plates, balls, diabolo and devil stick with many tricks and illustrations.

HENRYS

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Henrys GmbH
 Produktion und Großhandel
 In den Kuhwiesen 10
 D-76149 Karlsruhe, Germany