

BALANCING, JUGGLING, AND

A WORKSHOP BY THOM - THOM@THOMWALL.COM

JUGGLING AND BALANCING!

① BALANCING CRASH COURSE!

- GET A LONG WOODEN DOWEL - 1-2" DIAMETER, #3 AT MOST HARDWARE STORES.
- PUT IT ON THE PLACE OF YOUR CHAIRS, WORK ON HOLDING THE BALANCE FOR TWO MINUTES WITHOUT MOVING YOUR FEET!
- WHEN YOU GET 2:00 CLEAN, CUT 2" OFF OF THE DOWEL.
- RINSE, REPEAT! ... UNTIL YOU'RE USING A CLUB! CONGRATULATIONS!

② DRILL #1 ↳ JUGGLING

- PICK A SPOT ON THE CEILING.
- ACTIVELY LOOK AT IT.
- JUGGLE
- ("ACTIVE" - HOW MANY LIVES ARE THERE? WHERE DOES THAT PIPE RUN? HOW MANY SPOTS ARE THERE? ETC!)

③ DRILLS #2-#100 ↳ BALANCING WHILE JUGGLING

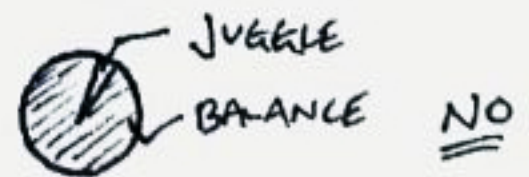
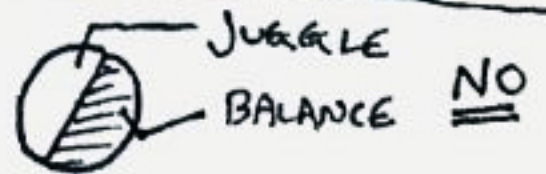
- BALANCE A CLUB, 1 BALL IN EACH HAND. THROW INTO FIELD OF VISION, CATCH.
- BALANCE, 2 BALLS IN 1 HAND
- 423 - TALL + SLOW
- ↳ MARK KOLBUSZ HEADBOUNCE TUTORIAL.
- 3 CLUBS - 1 THROW 2 THROWS ... ETC.



BIG IMPORTANT NOTE!

LOTS OF PEOPLE TALK ABOUT THIS TRICK AND CALL IT "THREE CLUBS WITH A BALANCE." THIS IS MISLEADING.

WHERE IS YOUR FOCUS?



THE TRICK IS ACTUALLY LEARNING TO PUT 100% OF YOUR FOCUS ON THE CLUB ON YOUR FACE - NEVER ON THE JUGGLING. IT SHOULD REALLY BE CALLED "BALANCING AND JUGGLING" OR "BALANCING WITH A JUGGLE!"