

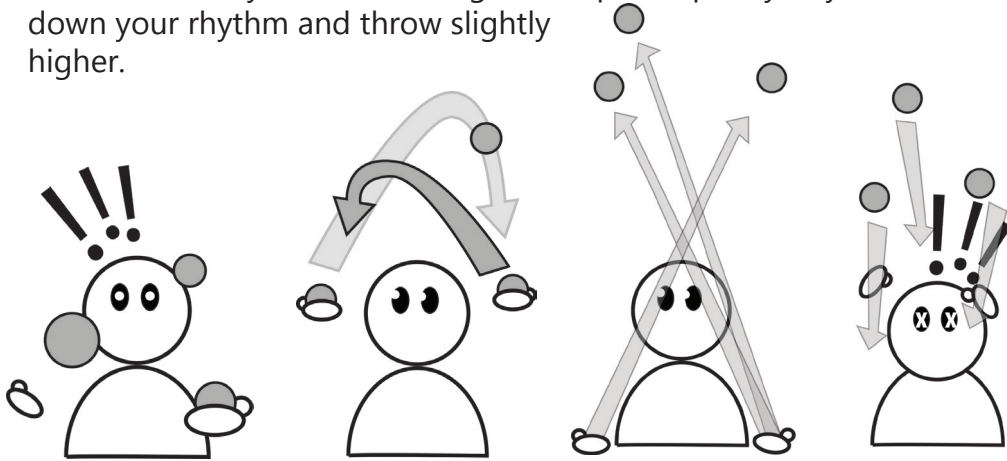
Common Mistakes (and how to stop doing them.)

5

Many jugglers walk forwards when they first start learning. That's okay! Try making your pattern slightly wider, and think about putting more weight in your heels.

If your hands move up when you juggle, you're trying to make catches too early! Let the ball fall into your hand.

Sometimes, it might feel like the balls are coming down all at once. This is because you are throwing them up too quickly! Try to slow down your rhythm and throw slightly higher.



We hope you've enjoyed this quick juggling lesson!

These balls and instructions are yours to keep.

If you'd like to pay it forward and sponsor another free juggling kit for a child or local community program, you can find details here:

www.modernvaudevillepress.com/sponsor

LEARN TO JUGGLE THREE BALLS!

Congratulations!

You've just found a **free** "learn to juggle" set, compliments of Modern Vaudeville Press!

Juggling has been scientifically proven to make the brain more efficient, improve memory, and cultivate discipline. Besides that, it's fun!

These balls are made from 100% recycled materials and are filled with 100g of iodized table salt. The balls are made from an antimicrobial plastic, making them safe to handle in these pandemic times.

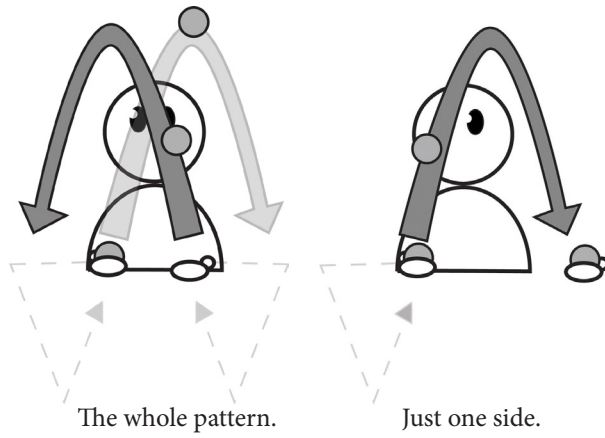
Once you've mastered the basics, check out our book "Juggling: What It Is and How to Do It" at your public library to continue your journey!

Enjoy!

Modern Vaudeville Press
www.jugglingbook.com

1 **Juggling** is the art of throwing and catching multiple objects. It looks complicated, but it's actually quite simple!

When we juggle, **balls are thrown from one hand to the other**. Each hand is making the same motion: the hand scoops from the outside of the body to the inside of the body. **The ball travels up and across, falling into the opposite hand.**

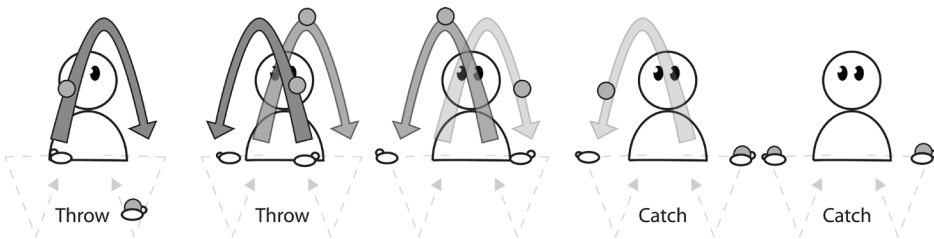


Practice this throw with one ball. Throw from the right hand to the left hand, as well as from the left hand to the right hand.

How many perfect throws can you make?

2 **Now, put one ball in each hand.** We are going to do the exact same thing as before, only now with two balls and two throws. The first ball travels up and across. When it reaches the very top of its path, make the second throw. The second throw will pass underneath the first ball. **"Throw... Throw... Catch... Catch..."**

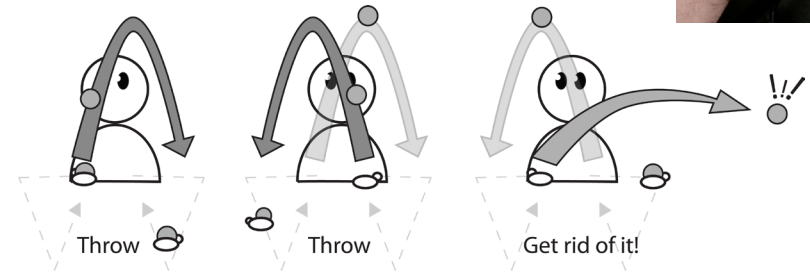
Can you do this ten times in a row? Can you do this starting with the opposite hand? When you try this, make sure each throw happens independently of one another. **Don't throw both balls at once!**



3 **Now, we add the third ball.** Hold it in your dominant hand like this: One ball sits between the thumb and forefingers, while the other is held in the palm. We will always start juggling with the ball between the thumb and forefingers.



Starting with the hand holding two balls, make the first two throws as in the "throw throw catch catch" exercise... only now, **when the second ball is at its peak, make a third throw.**



4 The next step is becoming more confident with the third throw. At first, it will feel rushed: slow down! The worst that can happen is a drop. Try this exercise starting with either hand. When you feel ready, try making a fourth throw. (That happens when the third throw is at its peak!)

Congratulations! You're juggling!

The next step is simply practicing! You can add additional throws in the exact same way. Juggling three balls is simply throwing the next ball as the one before it is returning to a hand. Can you get six throws and catches? Ten? How about one hundred?