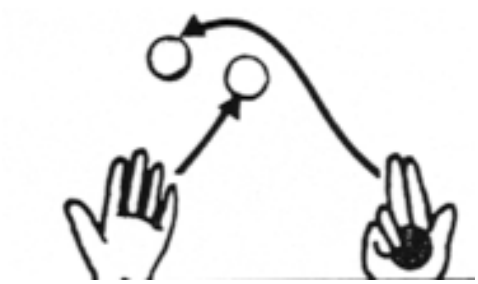
SUBMITTED BY
Irmgard

ON
2015.09.02

★ ★ ★ ★ ★
Keine Stimmen

# Learn to juggle



Juggling Is a physically and mentally relaxing activity

JONGLING

- Helps to discover and encourage natural coordination skills
- Helps to develop patience and self-confidence
- Can have the same calming effect as music
- Is rhythmic, so can be accompanied by music
- Helps release energy in creative ways

What every juggler should remember:

- Whoever drops balls is not showing clumsiness, but progress. It shows that a learning process is underway.
- Once the balls are in flight, reason and thought processes are unnecessary. Thinking takes up too much time.
- Exercise is the only key to success.

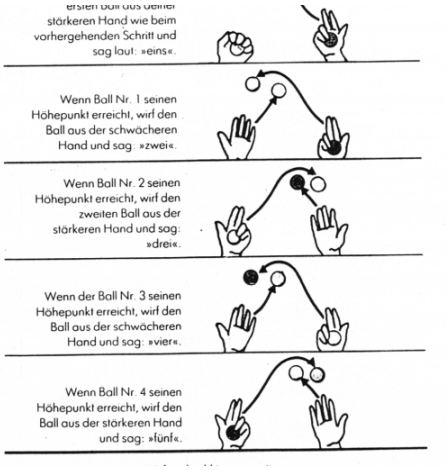
**Continuous Juggling**:

- Throw the first ball from your stronger hand and say out loud, "one"
- When ball #1 peaks, throw the ball from your weaker hand and say, "two".
- When ball #2 peaks, throw the 2nd ball from your stronger hand and say, "three".
- When ball #3 peaks, throw the ball from the weaker hand and say, "four".
- When ball #4 peaks, throw the 2nd ball from the stronger hand and say, "five".
- Keep throwing and counting.

**See picture below**

NOTE: You should also learn to start with two balls in your weaker hand. You should be able to do the start and finish with both the weaker and stronger hand.

## Continuous juggling




Learn to juggle

## Weitere Informationen

*Categories*
Games and activities

*Tags*
Juggling
Relaxation
Acrobatics
Coordination
Aktivität

*Age*
No data available.

*Number of participants*
No data available.

*Bible*
This information is missing.

*Duration*
No data available.

*Terrain / surroundings*
In enclosed spaces

*Material*
A lot of work

*File download*
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Contents
Categories
Tags
Age
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