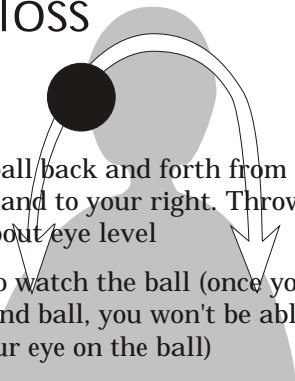


# Learn to Juggle

## with Paul Isaak

### Step One: The Toss



Toss one ball back and forth from your left hand to your right. Throw the ball about eye level

Try not to watch the ball (once you add a second ball, you won't be able to keep your eye on the ball)

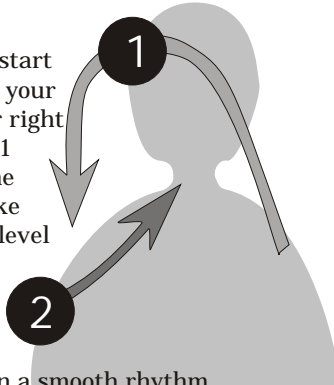
Practice till you can consistently make the throws about eye level

### Step Two: The Exchange

Begin with one ball in each hand.

If you're right handed start by tossing Ball 1 from your left hand towards your right (eye level). When Ball 1 peaks, toss Ball 2 to the inside of ball one. Make sure you toss it to eye level as well. Catch Ball 1. Catch Ball 2

Make sure that both balls go to the same height Try to maintain a smooth rhythm.

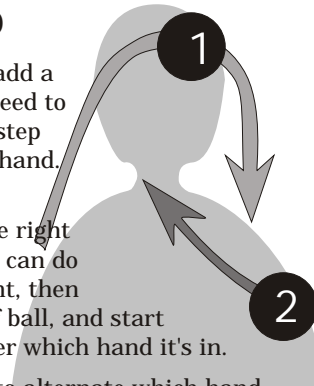


### The Exchange Part Two

Before you can add a third ball, you need to be able to start step two with either hand.

Repeat step two starting with the right hand. Once you can do it from your right, then pick one color of ball, and start with it, no matter which hand it's in.

This forces you to alternate which hand you start with. Practice this lots, as it's the most important step.



### Juggling Links...

Website with Juggling Info.

[www.funnyjuggler.com](http://www.funnyjuggler.com)

Paul Isaak's Web site, which has animated juggling instructions for three ball juggling, three ball tricks, four ball juggling, and diabolo juggling. You can also order juggling props and books on-line.

[www.juggling.org](http://www.juggling.org)

The Juggling Information Service. This site has juggling links to prop vendors, web pages of jugglers & Juggling clubs. Also there are videos of some of the worlds best jugglers.

[news:rec.juggling](http://news:rec.juggling)

The Juggling Newsgroup. lets you read and post comments about juggling along with jugglers from around the world.

### Books

worth finding at your library

The Complete Juggler - Dave Finnigan

Juggling For the Complete Klutz - John Cassidy

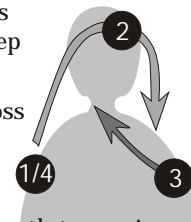
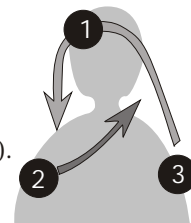
### Step Three: Juggling

Place two balls into the right hand (or the left if you prefer).

Toss one of the balls in your right hand toward the left hand. When Ball 1 peaks, toss Ball 2 under it, just like in step two. Catch Ball one.

Wait till Ball 2 peaks, then toss Ball 3 under it, and to Eye Level. Again this is just like step two. When Ball 3 reaches it's peak, make the fourth toss using Ball 1 again under Ball 3.

As you can see Step two is repeating it's self over, and over. Each time you practice, try to make one extra throw.



### Tips

- Practice often, but only as long as it's still fun. Take a break before you get frustrated. It will feel easier when you come back to it.
- Don't throw the balls to high, or they will come down too fast. Eye-level is perfect.
- Throws should go left & right, and up & down, but NOT forwards or back.