

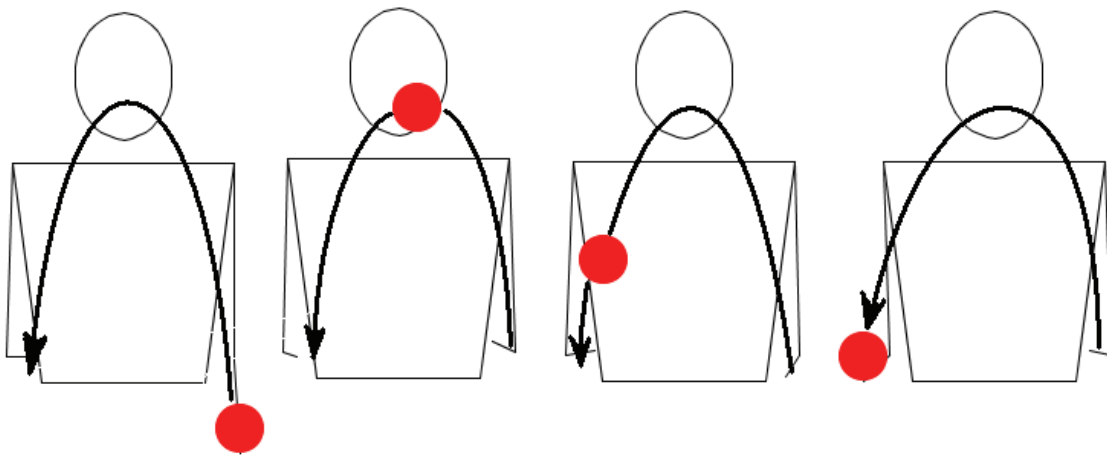
Learning how to juggle takes some **practice** but it is so rewarding. How fast you learn depends on how much you practice. Once you learn you won't be able to stop!

Here are some general guidelines you will want to follow to make this learning process easier:

- Relax your body
- Keep your legs about shoulder width apart
- Bend your knees slightly

Step 1 – Proper throw for the three ball cascade.

This is a throw that arches nicely at about eye level. Throw with your arm not your wrist. Catch the ball like you are catching an egg... *gently*

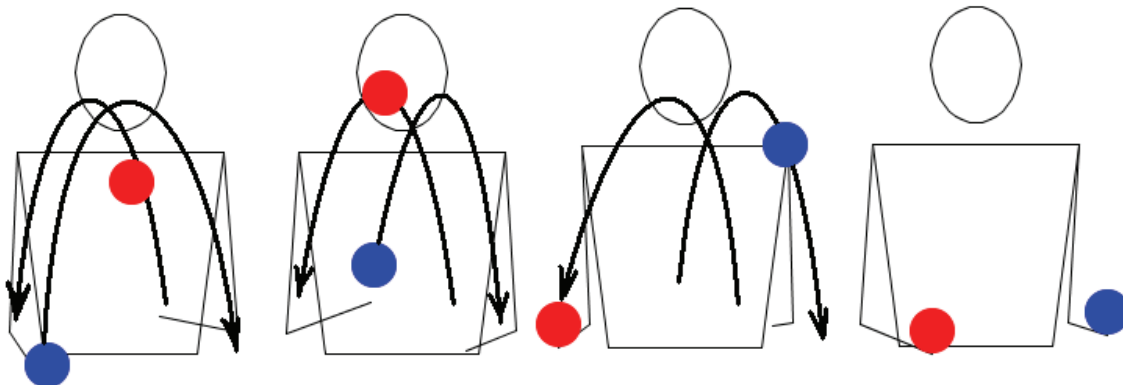


Step 2 – Throwing a 2 ball cascade

Throw each object the same way you threw one ball. Start by throwing the first ball. When it is almost to your other hand, throw the second one.

This is one of the hardest parts... don't throw the second one too soon!

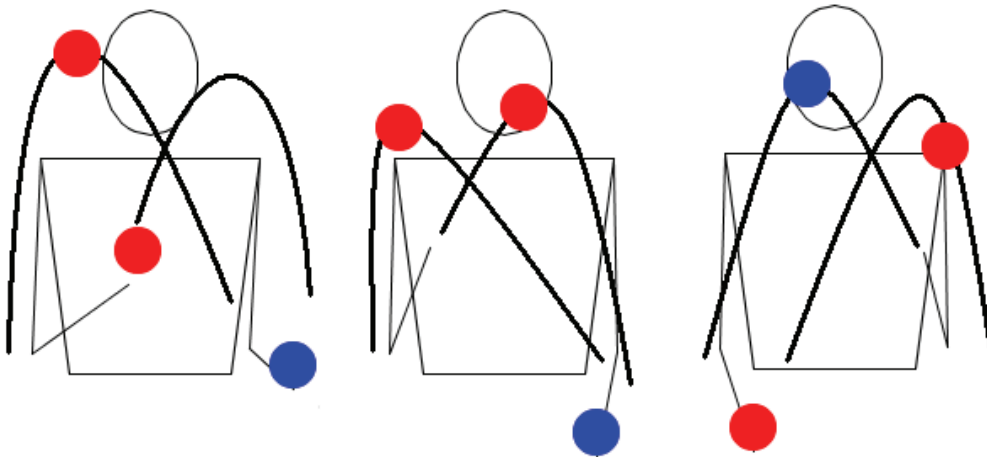
Once you get the timing of the throw down, practice throwing back and forth, alternating hands.



Step 3 – Throwing a 3 ball cascade

This is nothing different from a 2 ball cascade as far as how you throw. The only thing new here is obviously the 3rd ball. Start with 2 balls in one hand and begin by throwing only 1 of those balls. Each time you throw a ball, you must throw a ball from the other hand.

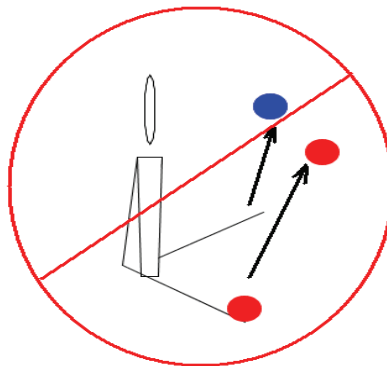
I can't say much more than that except, go for it! Just force yourself to throw each time alternating hands. You'll drop a lot at first but you're going to get it soon!



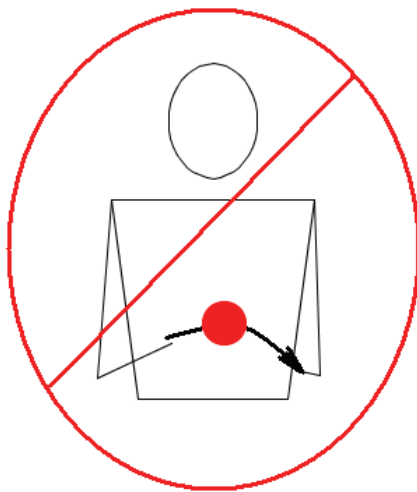
Some common difficulties for new jugglers:

Throwing forward instead of along a flat plane to the other hand.

Juggling while facing a wall may help this problem



Sticking your tongue out! Yes, everyone does this at first.



Handing off instead of tossing.

It's a hard habit to break for beginners, but you just have to say no!

**DON'T
GIVE UP!**

