

Juggling



1. Explain the following:
 - a. The difference between a flash and a juggle
 - b. The difference between a cascade and a fountain
2. Safety:
 - a. What are appropriate things to juggle?
 - b. What are not appropriate things to juggle?
3. Know what siteswap notation is and be able to explain the following patterns:
 - 3 (3 ball juggling)
 - 4 (4 ball juggling)
 - 441 (3 ball U shape)
 - 53 (4 ball half shower)
4. Know this additional siteswap notation:
 - 55500 (3 up)
 - 52512 (baby juggling pattern)
 - 531
 - 0123456
 - 51 (3 ball shower)
5. Explain the following:
 - a. How can you tell how many balls are in a siteswap pattern?
 - b. Why is 352 an invalid pattern?
 - c. Why is 351 an invalid pattern?
6. Watch a video of three professional jugglers practicing their craft.
7. Passing theory and practice:
 - a. What is a 3 count pattern? Why is it a common pattern for beginners?
 - b. What is a slow start?
 - c. What is a fast start?
8. Complete two of the four following items:
 - a. Juggle 3 balls for at least 15 catches
 - b. Juggle 2 balls in 1 hand
 - c. Flash 4 balls
 - d. Pass with another person for at least 12 catches
9. How can juggling be used for evangelism or ministry?

Skill Level 1

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