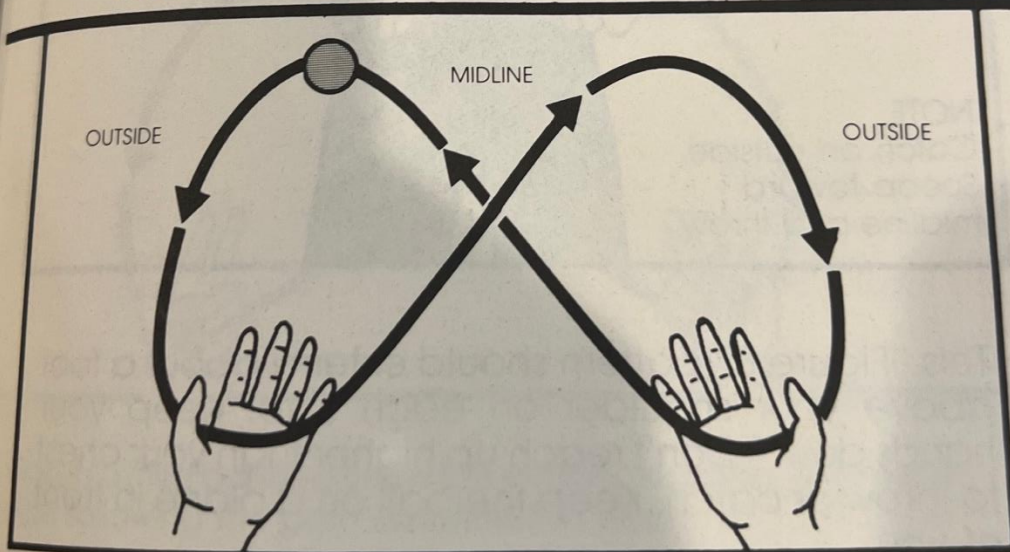


GETTING STARTED

THE CASCADE

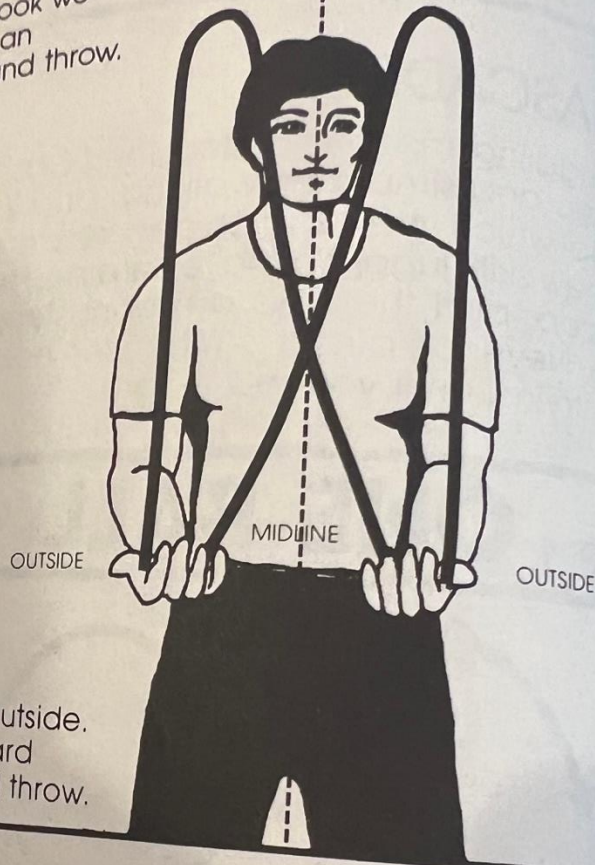
The first juggling move is called the "Cascade."
It's as basic and simple as walking, and is a rest position to which the juggler can return at will. Like any new skill, juggling moves are best learned step by step, and the keys are consistency and repetition. Never be afraid to make the next throw, just keep trying until you get it right.

STEP 1 ONE BALL



Start with one ball. Throw it from hand to hand in a "Figure 8" or infinity sign pattern, with scooping underhand throws. Let go of the ball toward the midline of your body, and catch it toward the outside, carrying it back to the midline to throw again.

In this book we call this an underhand throw.



NOTE:
Catch on outside.
Scoop toward
midline and throw.

This "Figure 8" pattern should extend about a foot above your shoulder on each side. Keep your hands down. Don't reach up higher than your chest to throw or catch. Keep the ball on a plane in front of you.

When you can make a smooth figure 8 without pauses, and without recoiling or cocking your hand before throwing, you have passed the juggler's test. Repeat ten times and move on to Step 2.

STEP 2

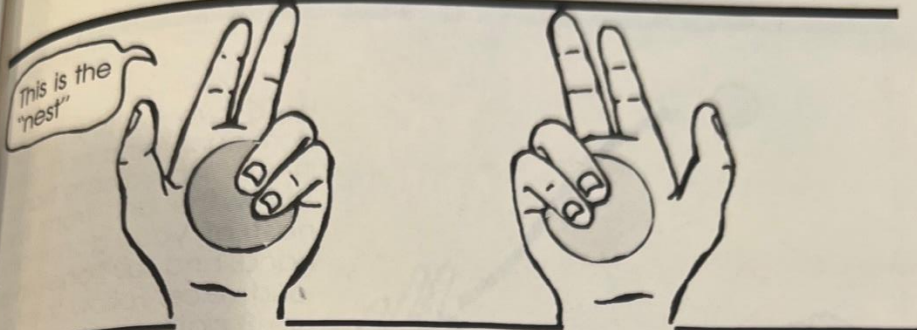
This is the "nest"

Pick up
shown
forefin

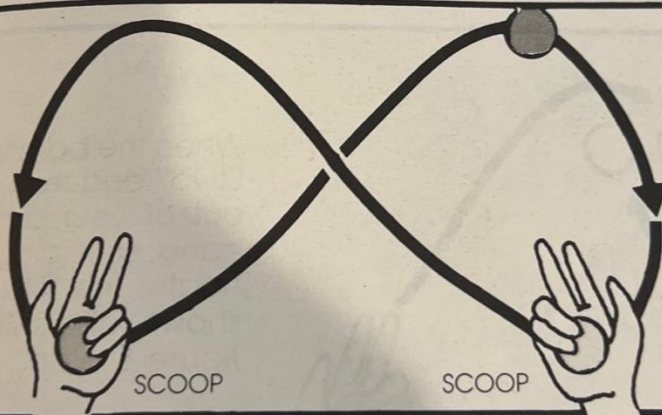
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STEP 2 **STARTING AND STOPPING**



Pick up two balls and hold them on the heels of your hands as shown so that you have room in the nest formed by your thumb, forefinger and middle finger for a third ball.



Pick up a third ball and throw it from hand to hand, from nest to nest, following the path described in Step 1.

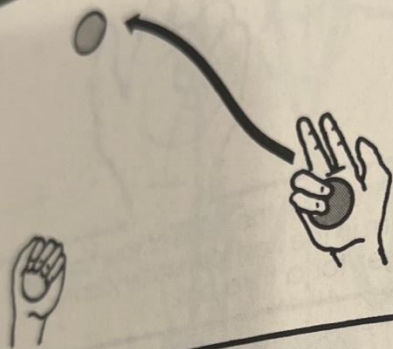
Remember the figure 8. You are not juggling yet. This is just a warm-up exercise to teach you how to begin and end the juggling routine.

When you can throw one ball from nest to nest ten times in a row without dropping it, move on Step 3.

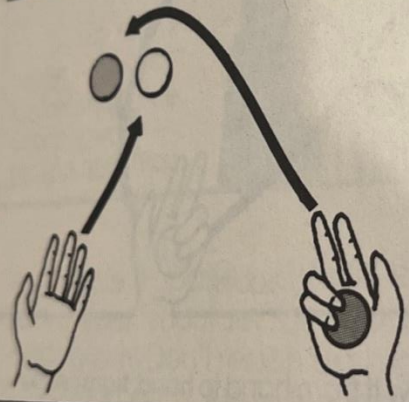
EXCHANGING TWO BALLS

STEP 3

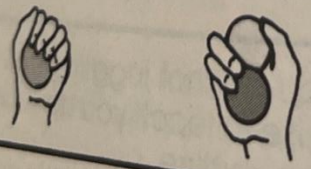
Hold two balls in your dominant hand and one in your subordinate hand. Throw the ball from the nest of your dominant hand, and say "one" in a loud voice. Follow the figure 8 path.



When the ball peaks, say "two" and throw the ball out of your subordinate hand, scooping it underneath the first ball as shown, also following the figure 8 path.



The two balls should cross in the air and change hands.



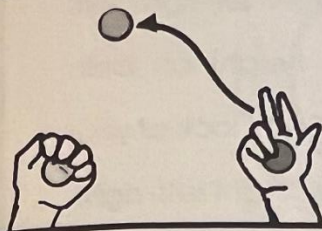
When you can exchange two balls ten times in a row without a drop, move on to Step 4.

STEP 4

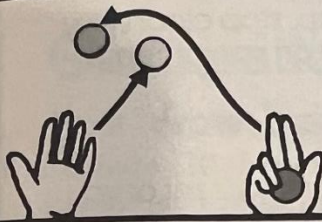
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STEP 4

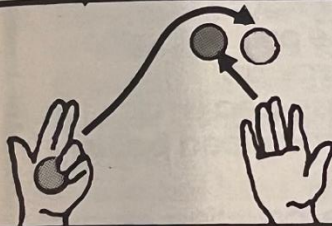
CONTINUING TO JUGGLE



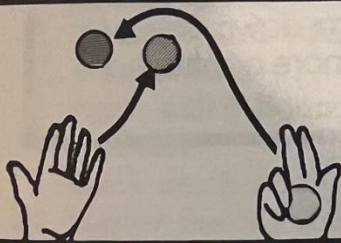
Start again. Throw the first ball from your dominant hand, just as you did in the previous step and say "one."



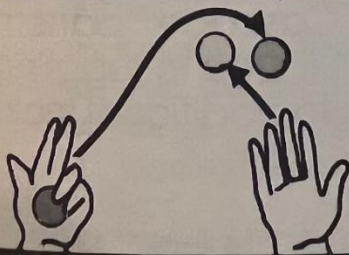
When Ball 1 peaks, throw the ball from your subordinate hand and say "two."



When Ball 2 peaks, throw the ball from your dominant hand and say "three."



When Ball 3 peaks, throw the ball from your subordinate hand and say "four."



When Ball 4 peaks, throw the ball from your dominant hand and say "five."

Keep throwing and keep counting.

NOTE: Learn to start with two balls in your subordinate hand. You should be able to start with either hand and finish in either hand.

REMEMBER

1. Start with the hand that has two.
2. Every time a ball peaks, throw another one with a scooping underhand throw.
3. Alternate hands left-right- left-right- left-right.
4. Throw to the same height on both sides.
5. Focus on the peaks. Don't look at your hands.
6. Count out loud, or say "right-left- right-left."
7. When you want to stop, stop cleanly by catching the last ball on your three finger nest.
8. Remember every ball follows that same figure 8 path.
9. Keep the balls in a plane in front of you —don't throw them forward.
10. There should always be one ball in the air, and one on the way up.
11. Go slowly, wait for those peaks, don't worry about drops—a dropped ball is a sign of progress.
12. Eventually give up the counting, and bring the whole pattern down below your eyes. That's where more controlled juggling begins.

Now that you have this basic "Cascade" pattern, you have taken the most difficult step in juggling. Don't be complacent; move on to additional tricks.