

# Juggling Instructions by GREG BENNICK

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Hi everyone!

To start, imagine two spots, about a foot above your right shoulder, and one about a foot above your left shoulder. These are your focus points. Think of them as targets.

**ONE BALL - STEP ONE:** Hold your arms with your elbow bent each at a 90 degree angle and your hands out in front of you, palms up. Start with only one ball. Hold the ball in your right hand and keep your left hand empty. Toss the ball across your body, at an angle, aiming for the imaginary spot above your left shoulder. The ball will peak at that spot. When it falls catch it in your left hand. Now toss it back from your left hand across to the imaginary spot on the right and catch it in your right hand. Try to keep your hands around waist level. Don't let them drift up too far to catch or toss the ball. Relax your shoulders. Don't think too much. Read that again: don't think too much. You'll be surprised that you don't have to watch the ball to catch it. Be patient, practice, and don't proceed until you are catching and throwing from right to left, and from left to right without dropping.

**TWO BALLS - STEP TWO:** Hold one ball in each hand. Throw the ball in your right hand across to your left hand. When the ball just passes the peak above your left shoulder (that imaginary point / your target) and starts on its way down, toss the ball from your left hand across your body towards the right. They cross in the air, but they don't cross at the same time. Its like one passes in front of you, and then the other does. Catch the first ball as it comes down with your left hand. Catch the second ball in your right hand. Stop. That's it for now. Don't think too much! Practice it until you can do it ten times in a row without dropping, and try starting with the left from time to time too. When you can go right-left-catch-catch and also left-right-catch-catch without dropping, ten times each, consider moving on.

**THREE BALLS - STEP THREE:** Hold two balls in your right hand. Hold the third ball in your left hand. (Left handed people can reverse this: start with two in the left and one in the right. Questions? Just email me anytime. I am left handed. It's a cruel and uncaring world, I know. I feel your pain.) Throw one of the balls in your right hand across to your left hand. This throw is EXACTLY like the first throw you tossed in STEP ONE above. When the ball passes the target spot above your left shoulder and starts on its way down, toss the ball held in your left hand back the other way just like you did with the second throw in STEP TWO. You're almost juggling. As that second ball passes its peak and is on the way down, toss the ball remaining in your right hand across to your left (this third throw is exactly like the first throw in STEP ONE). At this point stop. You just made three throws! That's juggling! Note where your hands are when they catch the balls, move back to the starting position, reset the balls (two in the right hand and one in the left) and then try again. To help keep your timing consistent, you might say "left" and "right" as you throw from each hand. It really helps. Practice until you can consistently catch the balls. Try to add a fourth throw (the fourth throw will come from your left hand to your right, and yes, it is just like the second throw of STEP TWO). Then a fifth throw (right to left, just like the first throw in STEP ONE). Remember that every throw out of your right hand is just like the first throw from STEP ONE. Every throw out of your left hand is just like the second throw from STEP TWO.

You are on your way to being a juggler!

