

## Common mistakes and how to stop doing them:

Many jugglers walk forwards when they first start learning. That's okay! Try making your pattern slightly wider, and think about putting more weight in your heels.

If your hands move up when you juggle, you're trying to make catches too early! Let the ball fall into your hand.

Sometimes, it might feel like the balls are coming down all at once. This is because you are throwing them up too quickly! Try to slow down your rhythm and throw slightly higher.



### Congratulations on learning to juggle!

We hope you've enjoyed this quick juggling lesson!  
These balls and instructions are yours to keep.

If you'd like to pay it forward and sponsor another free juggling kit for a child or local community program, you can find details here:

[www.modernvaudevillepress.com/sponsor](http://www.modernvaudevillepress.com/sponsor)

booklet designed by Sarah Baker  
[www.sarahevbaker.com](http://www.sarahevbaker.com)

# LEARN HOW TO JUGGLE THREE BALLS!

### Congratulations!

You've just found a free "learn to juggle" set, compliments of Modern Vaudeville Press!

Juggling has been scientifically proven to make the brain more efficient, improve memory, and cultivate discipline. Besides that, it's fun!

Once you've mastered the basics, check out our book "Juggling: What It Is and How to Do It" at your public library to continue your journey!

### Enjoy!



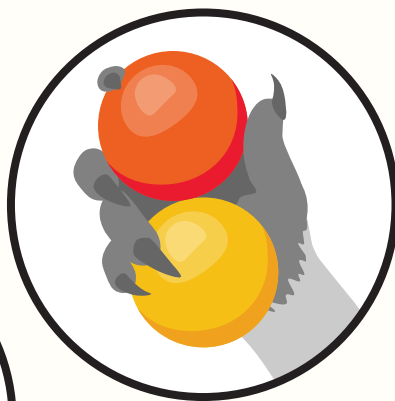
Modern Vaudeville Press  
[www.jugglingbook.com](http://www.jugglingbook.com)



1.



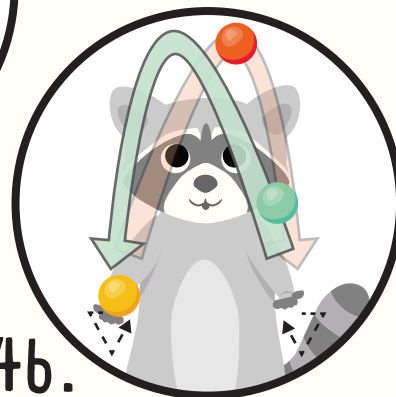
2.



3.



4a.



4b.



4c.



Always start with a good juggling stance!

- straight, upright posture
- shoulders relaxed
- elbows bent, hands at navel height
- soft bend in the knees
- feet planted shoulder-width apart

## Step 1:

Throw one ball from one hand to the other, scooping your throwing hand from outside the body to inside the body. The ball travels up, across, and falls into the opposite hand. Throw from right hand to left, and left hand to right.

## Step 2:

With one ball in each hand, repeat step 1 but with two balls and two separate throws. The first ball travels up and across. When it reaches the very top of its path, make the second throw. "Throw... Throw... Catch... Catch..."

## Step 3:

Now, add the third ball. Hold it in your dominant hand like this: One ball sits between the thumb and forefingers, while the other is held in the palm. Always start juggling with the ball between the thumb and forefingers first.

## Step 4:

Starting with the hand holding two balls, make the first two alternating throws (4a, 4b) as in the "throw throw catch catch" exercise in step 2... only now, when the second ball is at its peak, make a third throw (4c).

## Step 5:

The next step is to become more confident with the third throw. At first, it will feel rushed: slow down! Try starting with either hand. When you're ready, try making a fourth throw when the third throw is at its peak!

## Step 6:

The next step is simply practicing! You can add more throws in the exact same way. Juggling three balls is simply throwing the next ball as the one before it is returning to a hand. Can you get six throws and catches? Ten? 100?!