

JUGGLING JARGON-1

NAME:

DATES

SKILL									
1) 2-leaf cascade (scarves)									
2) Picking 2 leaves									
3) 2-leaf piston									
4) 2-leaf orbit									
5) 3-leaf cascade									
6) 2-ball cascade									
7) 2-ball piston									
8) 2-ball orbit									
9) 3-ball cascade (up to 100)									

For all items, record # consecutive catches up to 20, except where noted.



JUGGLING JARGON-2

DATES

SKILL									
10) Dribble (1/8) *									
11) Moonshot (1/8) *									
12) Rebound (1/4) *									
13) Wall cascade									
14) Underdog (1/8) *									
15) Rainbow (1/4) *									
16) Tennis *									
17) Reverse cascade									
18) Snatch (1/4) *									
19) Snatch cascade									
20) 3 balls different size									
21) 3-ring cascade									

* Record # of times you do trick while juggling 3 balls continuously. For other items, record # consecutive catches.

DESCRIPTIONS OF JUGGLING SKILLS (#1-21)

JUGGLING JARGON-1

- 1) 2-leaf cascade: With one leaf in each hand, toss Leaf 1 across body, then Leaf 2 other direction across body. Catch leaves in opposite hands. Cadence is toss, toss, catch, catch.
- 2) Picking 2 leaves: With two leaves in one hand, toss Leaf 1 vertically, then Leaf 2. Then catch Leaf 1 followed by Leaf 2 (with the same hand that did the tossing). Cadence is toss, toss, catch, catch.
- 3) 2-leaf piston: Same as "Picking 2 leaves", except done continuously.
- 4) 2-leaf orbit: With two leaves in 1 hand, toss Leaf 1 up and to the outside, followed by Leaf 2. Continue pattern.
- 5) 3-leaf cascade: Same as 2-leaf cascade, except begin with two leaves in Hand 1 and one in Hand 2. Toss a leaf from Hand 1 first; then continue sequence without stopping.
- 6) 2-ball cascade:
- 7) 2-ball piston: Items 6-9 are same as leaf/scarf skills, except balls are held waist high with underhand grip.
- 8) 2-ball orbit:
- 9) 3-ball cascade:



When you master these skills, try Sylvester's standard 14-ball cascade!

JUGGLING JARGON-2

- 10) Dribble: Periodically allow 1 ball to bounce on floor; hold other 2 balls; when 1st ball returns, resume cascade.
- 11) Moon shot: Periodically pop 1 ball high; hold other 2 balls; when 1st ball returns, resume cascade.
- 12) Rebound: Periodically toss 1 ball against the wall and continue 3-ball cascade.
- 13) Wall cascade: Toss all 3 balls against the wall in cascade pattern.
- 14) Underdog: Periodically toss 1 ball under the leg and continue 3-ball cascade.
- 15) Rainbow: Periodically toss 1 ball over, rather than under, the arcs made by the other balls (easier and looks nicer if rainbow ball is different color).
- 16) Tennis: Toss the same odd-colored ball back and forth over the top of arcs made by other balls.
- 17) Reverse cascade: Toss all 3 balls reverse direction; each ball passes over the arc made by previous ball.
- 18) Snatch: Periodically catch 1 ball with an overhand grip at higher level during 3-ball cascade.
- 19) Snatch cascade: Catch all 3 balls with overhand grip at higher level.
- 20) 3 different size balls: Juggle a volleyball, softball, and golf ball in the regular cascade pattern.