

DESCRIPTIONS OF JUGGLING SKILLS (#10-30)

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 toss 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.



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

JUGGLING JARGON-3

- 20) 3 different objects: Complete cascade pattern while juggling three objects of different shapes.
- 21) Bounce cascade: 3-ball cascade while bouncing balls.
- 22) Backscratch: Periodically toss 1 ball behind the back and continue the 3-ball cascade.
- 23) Elevator: Toss 1 ball vertically in front of you; while this ball is in the air, the outside balls are caught in each respective hand; then toss outside balls vertically, while catching the center ball with either hand.
- 24) Puppet: While doing a "piston" with one hand, drag 3rd ball above inside ball as if pulling it.
- 25) Shower: Pass all 3 balls from hand to hand in the same direction.
- 26) Bounce shower: Same as regular shower, with balls bouncing as they are passed from hand to hand.
- 27) 3-ball steal: Take three balls from partner while maintaining cascade from a position in front of or next to partner.
- 28) 3-ball exchange: Exchange predetermined ball with partner while cascading remaining balls to self. (i.e. Each person juggle three balls, tossing every fourth ball straight across to partner, who is arm's length away.)
- 29) 3-ring cascade: Same as "3-ball cascade", except rings are tossed and caught shoulder high with a sideward grip.
- 30) 3-club cascade: Same as "3-ball cascade", except each club is spun one rotation with each toss.