

How to use the Mobile Juggling Class

- 1. Use your phone like a coach. Practice with the practice routine tracks/videos as if a coach was telling you what to do and follow the instructions.**
- 2. Watch the videos of the tricks you are ready to learn. Don't watch ahead too far...just the information you need to work with.**
- 3. Slowly increase the amount of time you practice, as you get better but try not to do less than 5 days a week especially when learning. Regular practice pays off!**
- 4. Have someone video your progress every week or two and put the video file in your juggling progress folder so you can see your improvement.**
- 5. Don't let this course confine you—learn any trick you feel ready to learn and use other methods you find that you like.**
- 6. Move at your own pace. Don't look at how quickly others improve and learn. Just do your best.**
- 7. Try to form a juggling group at your church or Rec Center—it's good for you to juggle together and you can learn more tricks that way!**
- 8. Once you are doing more than 3 ball basic juggling—stretch and warm your muscles up before practice so you don't get injured.**

Mobile Juggling Class 3 Ball Beginning Level

Recommendations: Use beanbags or balls that don't bounce or roll away.

Practice with the video or track trying the 1,2 and 3 ball exercises for Ten minutes 5 days a week. Regular practice time is important—you are welcome to practice more—but don't practice less than 5 days each week. If you are struggling and need coaching help, watch some of the help videos. Also—if you aren't used to balls—see the scarf/bag juggling videos for learning.

1. **One ball exercise (reach 20 catches in a row.)**
2. **Two ball exercise (reach 20 catches in a row.)**
3. **Three ball exercise (reach 30 catches!)**

**PASS this test: 30 catches of three balls without a drop!
Then move to Basic Level 1!**

Mobile Juggling Class 3 Ball Basic Level 1

Recommendations: Remember to move to 1 ball to practice new throws. Warm up by gong for 30 catches with three and then start the video/track for the practice routine for Basic Level 1 and try each trick as best you can.

1. **One high**
2. **Over the Top (Rt/Lft)**
3. **Claw (Rt/Lft)**
4. **Columns**

**Sequence1: One High (X2), Rt Over (X2), Lft Over (X2),
Claw Rt (X2), Claw Lft (X2), Columns (X2)**

**Pass the sequence without a drop and move to
Basic Level 2 AND Beginner RINGS!**

Mobile Juggling Class 3 Ball Basic Level 2

Recommendations: Warm up with 50 catches of three and then go through your level one tricks. Your over the top throw is going to be used a lot in the level 2 tricks so get really comfortable with both hands.

1. **Half Shower (Rt/Lft)**
2. **Tennis**
3. **See Saw**
4. **2 in one hand (Rt/Lft)**
5. **Reverse Cascade**

**Sequence2: One High (X1), Rt Over (X1),
Claw Rt (X1), Columns (X2), Half Shower Rt (X4),
Half Shower Lft (X4), Tennis (X3), See Saw (X3),
2 in Rt (X4), 2 in Lft (X4), Reverse (X6)**

**Pass the sequence without a drop and move to
Basic Level 3 AND Beginning Passing.**

Mobile Juggling Class 3 Ball Basic Level 3

Recommendations: Warm up with 50 catches of three and then go through your level 1 & 2 tricks. You are at the point where you should warm up and stretch your muscles before you begin your practices.

1. **Stretch & Squeeze (4 cycles)**
2. **Neck Placement (2X)**
3. **Fake Columns (3X)**
4. **Under the Leg (Rt/Lft)**
5. **Shower (6 catches)**

Sequence Test for level 3

- | | |
|------------------------|--------------------------|
| 1. Stretch/Sqze (X12) | 7. 2 in rt/lft (X4) |
| 2. 1 High (X2) | 8. Reverse (X6) |
| 3. Half Shower Rt (X4) | 9. Shower (X6) |
| 4. Claw Rt/Lft (X4) | 10. Under leg (rt & lft) |
| 5. See-Saw (X4) | 11. Fake Columns (X3) |
| 6. Tennis (X3) | 12. Neck Placement (X2) |

Pass the sequence without a drop and move to Basic Level 4 AND Beginning 4 balls.

Mobile Juggling Class 3 Ball Basic Level 4

Recommendations: Warm up and stretch your muscles, then warm up with 75 catches of three. Then do the sequence test from level 3. Then start the practice routine for this level.

1. **Behind the Back (Rt/Lft)**
2. **Chop (Rt/Lft)**
3. **Pendulum (3X)**
4. **Ball on String fake (3X)**
5. **4-4-1 (2X)**

Sequence Test for level 4

- | | |
|-------------------------|-------------------------|
| 1. Half Shower Lft (X4) | 9. Fake Columns (X3) |
| 2. Claw Rt/Lft (X4) | 10. Neck Placement (X2) |
| 3. See-Saw (X4) | 11. Behind Back |
| 4. Tennis (X3) | 12. Chop (Rt & Lft) |
| 5. 2 in lft (X6) | 13. Pendulum (X3) |
| 6. Reverse (X9) | 14. Ball on String (X3) |
| 7. Shower (X6) | 15. 4-4-1 (X2) |
| 8. Under leg (rt & lft) | |

Pass the sequence without a drop and move to Basic Level 4 AND Beginning 4 balls.

Mobile Juggling Class 3 Ball Basic Level 5

Recommendations: Warm up and stretch your muscles, then warm up with 75 catches of three, stretch and squeeze while you do this. Then do the sequence test from level 4. Then start the practice routine for this level.

1. **Under Arm (Rt/Lft)**
2. **Head Placement (X3)**
3. **Over Shoulder (Rt/Lft)**
4. **Egg Beater (Rt/Lft)**
5. **Body Bounces (2 different)**
Sequence Test for level

- | | |
|-------------------------|----------------------------|
| 1. Half Shower Lft (X6) | 11. Behind Back |
| 2. Claw Rt/Lft (X6) | 12. Chop (Rt & Lft) |
| 3. See-Saw (X4) | 13. Pendulum (X3) |
| 4. Tennis (X3) | 14. Ball on String (X3) |
| 5. 2 in rt (X6) | 15. 4-4-1 (X2) |
| 6. Reverse (X9) | 16. Under Arm (rt/lft) |
| 7. Shower (X6) | 17. Head placement |
| 8. Under leg (rt & lft) | 18. Over Shoulder (Rt/lft) |
| 9. Fake Columns (X3) | 19. Egg Beater (Rt/Lft) |
| 10. Neck Placement (X2) | 20. Body bounces (2) |

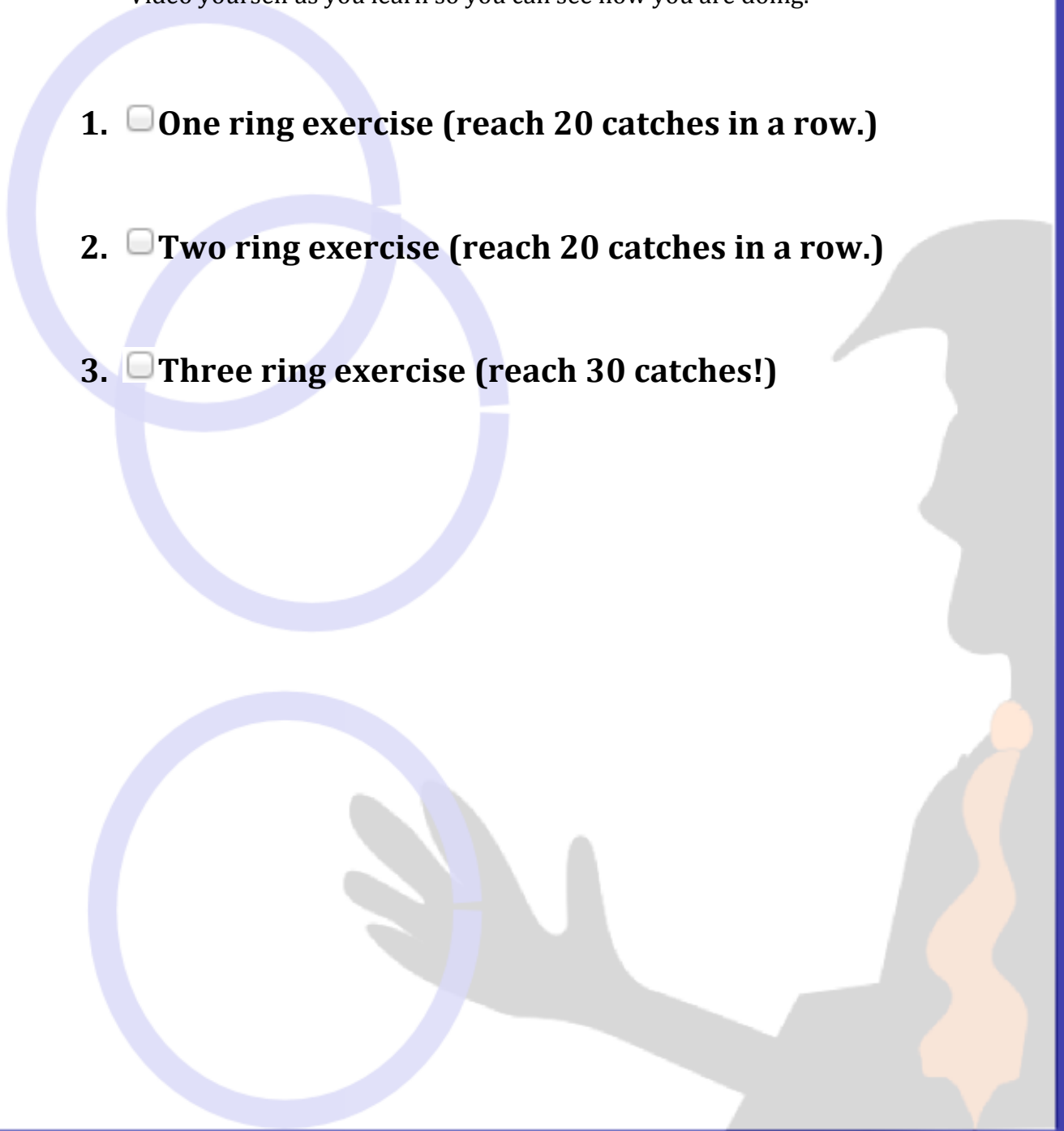
**Pass the sequence without a drop and move to
INTERMEDIATE SKILL LEVEL 1!**

Mobile Juggling Class 3 Ring Beginner

Recommendations: I recommend getting 6 or 7 rings if you have someone you could learn to pass with. Use several Velcro straps to bind the stack of rings tightly together—they won't get bent out of shape when they're all together. Use the track/video for learning 3 balls—do the 1 and 2 exercises and really focus on the release and the catch. Watch the position of your elbow, wrist and hand.

Video yourself as you learn so you can see how you are doing.

1. **One ring exercise (reach 20 catches in a row.)**
2. **Two ring exercise (reach 20 catches in a row.)**
3. **Three ring exercise (reach 30 catches!)**



Mobile Juggling Class 3 Rings Level 1

Recommendations: Warm up by juggling 3 rings to 30 catches. Then use the track or video to go through this level's practice routine.

1. **One High**
2. **Flat Over the Top**
3. **Ring on Ring Spin**
4. **Columns**
5. **Half-Shower Flat**

