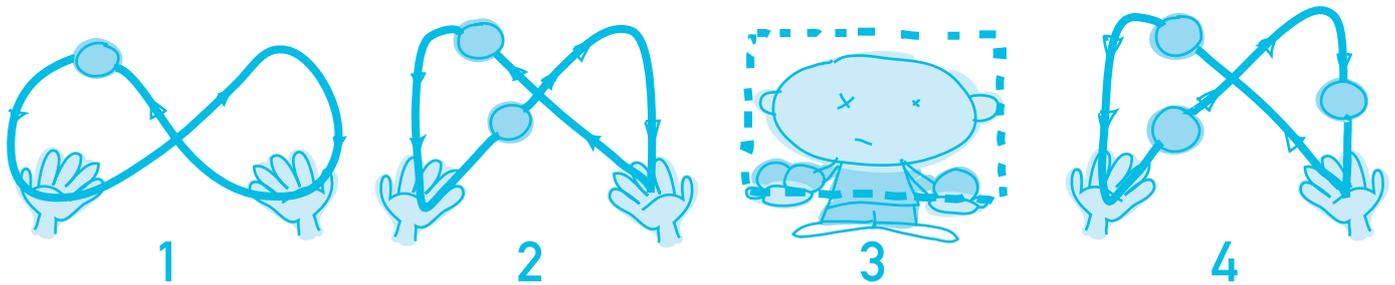


## guide to juggling



Ah, juggling. Like the mischievous high jinks of a clown or the magical happenings at a conjurer's whim, it's a skill many have enjoyed watching since childhood. But who will make the time to teach such a thing, just for the heck of it? The answer, happily, is the good folk at DMI! Without further ado, then, here's our guide to 3-ball juggling in 4 easy steps. Well. Maybe not easy...

Hold your arms loosely at the sides of your body and begin with just one ball in your dominant hand - we've used the right in our doodles and will now call this ball 1. Keep both palms up and gently toss the ball to an imagined point above your left hand; it should follow a gentle arc that peaks at about eye level, before it drops into the other hand. Once you've caught ball 1, toss it back again in a similar way. This is the basic pattern for the 'Cascade'.

Take a ball in each hand... Throw ball 1 in the arc exactly as before, and at the point when it's reached its peak, toss ball 2 across to your dominant hand. In this way, you can catch ball 1 in the same movement as you throw ball 2. Repeat this movement the other way around, too, so that as one ball leaves a hand, another arrives to replace it. If the balls were to be kept moving in this way and leave little vapour trails behind them, the whole thing might look a little like diagram 2

Okay. Now this is where the old patience can get a bit tested. Begin with ball 1 in between the thumb and index finger of your dominant hand; the middle finger curled around it... Ball 3 is also in that hand, held in the palm by the other two fingers. Ball 2 sits all alone in the other hand, diagram 3. Throw ball 1 and, as it peaks, throw ball 2, and as that comes to land in your dominant hand, toss ball 3 out. Continue in this way: if you're doing it, you're juggling (diagram 4)!

When you want to stop, simply keep one ball in the palm of your dominant hand and catch the other two so you wind up back in the start position. Remember! Start with the hand that holds 2 balls. Throw a ball to the opposite hand whenever the one 'above it' peaks. Throw the balls to eye level and watch the balls rather than those hands.

Tips: If you find you're moving forward as you juggle, try to keep the balls further from your fingers as you toss them. There's a good chance the balls are rolling out of those hands, rather than 'popping' from the palms. You might also try standing in front of a wall, or a bed, to stop you moving forward. In fact, if you stand over a bed, you don't have to keep stooping all the way down to pick up errant balls when you're not juggling.

If the balls are bashing into each other mid air, focus on keeping your throws even height at eye level. Finally, if you find yourself unable to throw ball 3 at the right time, it might be purely psychological! Try just throwing ball number 3 without bothering to catch number 2; it'll fall into place eventually.