

Juggling guidance to the online training

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DER GROSSE BAGATELLO



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Step 1

How to hold a juggling ball:



It is best to hold the juggling ball in your hand with all fingers and the thumb. This posture remains until the ball is thrown and is also assumed again after the ball is caught.

It is comparable to a "cup" in which the ball lies.

By enclosing the juggling ball, you keep control of the ball and can control the throwing direction in the best possible way.



When you throw the ball, you open your hand. I call this position "saucer".

The last point of contact with the ball is between the life line and the roots of the middle fingers.

This also allows you to precisely control the direction of the throw.

The planes:



The Home-Position:

Your arms angle 90°, your fingertips point forward with your palms facing up. It is as if you are carrying a tray.

That's why it's called the tray plane.

A second plane is the wall plane.

(Without picture)

Imagine you are standing with a distance of 50 cm in front of a wall. This will help you later not to throw the balls too far forward.



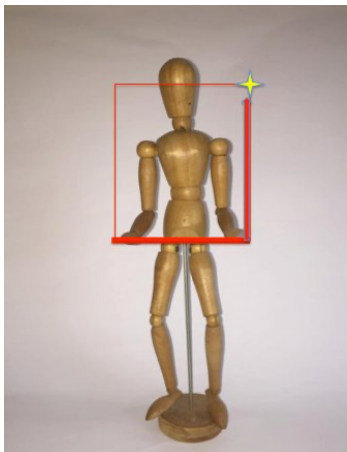
Das window:

Now imagine a window frame in front of your eyes.

Your hands form the two lower points of the frame, and the two upper points are located just above it, about forehead height.

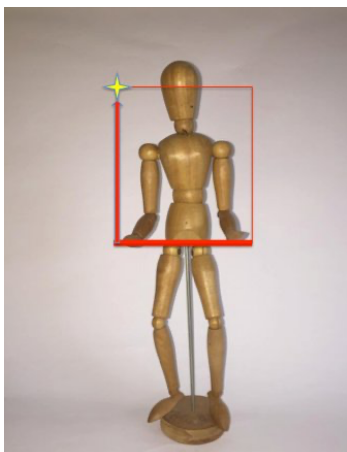
Step 2

The first throw



Take only one ball for now. Take it in your stronger hand (cup). Now throw it to the point just above it (star in the picture). Do not raise your arm too much. When throwing the ball, open your hand (saucer). When the ball comes down, catch it again at the lower position. The hand becomes a "cup" again.

Practice this until you can aim exactly at the point.

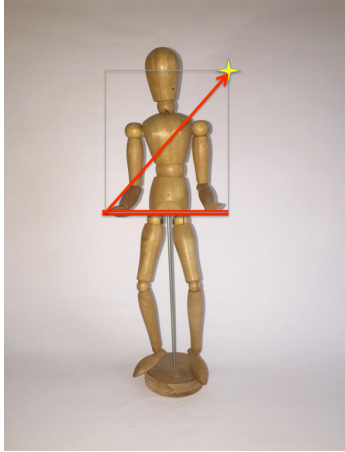


Changing sides

Now practice with the other hand as well. You might even practice a little more with this hand so that it works just as well as your "stronger" hand.

Step 3

The juggling pattern



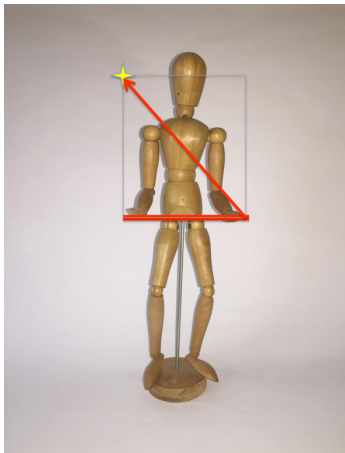
The diagonal throw 1

Now you learn the basic throw for 3-ball juggling!

You throw the ball from bottom right to top left (or from bottom left to top right). When the ball falls from there, you catch it with the other hand.

Now the ball has changed hands.

When you have caught it with the other hand, don't throw it back immediately, but check first: Has the hand become a "cup"? Because only when you have it firmly under control again can you execute the next throw accurately.



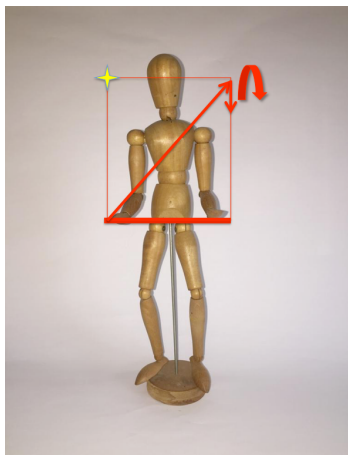
The diagonal throw 2

Now you throw the ball from the catcher's hand over the diagonal back to the other hand.

Again, make sure you catch the ball safely in the "cup".

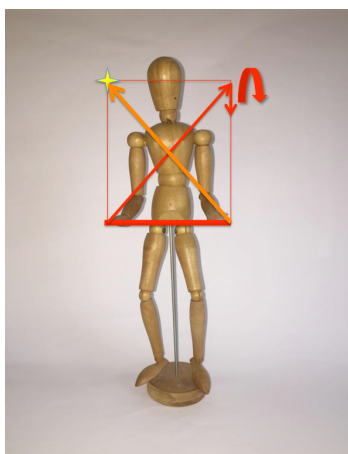
!! Many people who are learning to juggle are subject to a habit here that you absolutely must break! Namely, you must not "pass" the ball to the other hand at the bottom of the tablet level. The balls are **always thrown** diagonally across the **top points** from one hand to the other.**!!**

Two balls

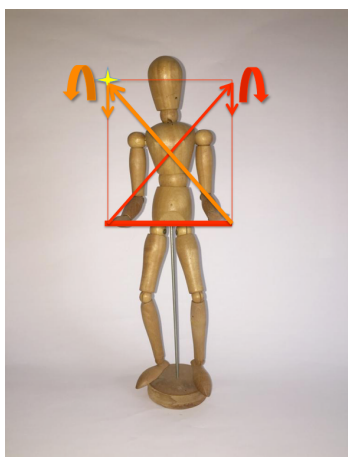


Now it gets exciting!
Take a ball in each hand.

Throw the ball from your stronger hand
to the diagonal upper turning point.
The moment it arrives there...



...you throw the ball from the other hand
under the falling ball diagonally to the
opposite upper turning point.
Attention: Throw really only when the
first ball starts to fall down. This will give
you time for the third ball later.



Then you catch both balls one after the
other.
A steady rhythm is created.

Throw / throw / catch / catch.

When you have caught both balls, stop
for a moment, look where your catching
hands have landed (too far outside,
stretched forward...?).
They should be back at the starting
points of the "tray".
Actually you can juggle now, because
nothing will change, except for... that the
third ball is added.

The third ball



To master juggling three balls, you must be able to hold two balls in one hand.

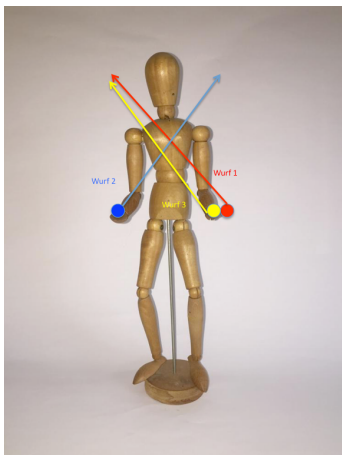
Take your stronger hand and hold one ball with your thumb, index and middle finger.

The other ball you hold between the palm of your hand, your ring finger and your little finger.

Exercise:

You first throw the front ball to the diagonal top point. When it is there, throw the other ball. Make sure that you are able to throw both balls in succession at the same height.

The three ball pattern



Now you have learned everything you need to juggle three balls.

Hold two balls with your stronger hand and one in the other.

Always start with the hand holding the two balls. Throw the front one diagonally to the opposite point. When it starts to fall down, throw the ball from the other hand. When it starts to fall down, you throw the third one. So nothing changes from the two-ball pattern.

The hands now throw alternately.

Congratulations!

Now I wish you a lot of fun while practicing. For questions feel free to contact me.

Burkhard Schmidt

DER GROSSE BAGATELLO

<https://www.bagatello.de/en/> <https://www.profi-zauberei.de/en/>

Mail: info@bagatello.de

Phone: +49 221 977 2122