

JB

CLASSIC

JUGGLING BALLS



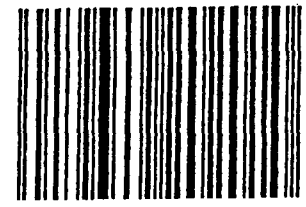
FUN AND
EASY TO
LEARN

AMAZE
FRIENDS
& FAMILY

INSTRUCTIONS INCLUDED

Ages 5 and up

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JUGGLING INSTRUCTIONS

A. Take a ball in each hand. Hold the balls out in front of you at waist height. Toss the ball in your right hand over to the left hand. Immediately after throwing the first ball, throw the left hand ball over to the right hand. Try to throw the balls so they fly in an arc at eye level. Catch each ball and repeat. Keep practicing until you can control the flight of each ball and you can catch them each time.

B. Take two balls in your right hand and one in your left. Repeat Step A. This time, just before you catch the ball in your right hand, throw the third ball. Don't worry about catching the third ball just yet. Practice catching two balls and getting the third into the air.

C. Once you are comfortable with Step B, try catching the third ball in your left hand. You'll notice that it is not so easy, so throw the ball in your left hand just before the third ball reaches it. Simply repeat that action and – voila – you are juggling! The more you practice, the better you'll become.

