



# JUGGLING

## JUGGLING BEGINNING & ENDINGS

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### DESCRIPTION

Creating a juggling routine is easy and fun, but you have to have a show-stopping opening and ending trick to really make an impact. Learn along with Pilar as Nick and Dave teach her some really terrific beginnings and endings!

### MATERIALS

- juggling balls or bean bags
- juggling rings
- juggling pins
- scarves

### DIRECTIONS

1. Beginnings: If you're using scarves, start by tilting your head back, putting a scarf on your face, and blowing it into the air before you begin juggling.
2. If you're using rings, you can try throwing them up in the air and catching one with your neck, the other two with your arms.
3. Using balls, you can try throwing them out from behind your back and catching them before juggling.
4. Clubs are fun to use, because you can balance them, flip them over and pass them to your partner to create an eye-catching opening.
5. Endings: After juggling with scarves, throw one up high, spin around and punch it with a catch.
6. If you're using clubs, throw one into the air in a big high spin, and try catching them all with one hand. Once you've gotten good at that, you can attempt a triple spin with a pirouette catch!
7. Try using different combinations of these beginnings and endings as part of your juggling routine! You can use a friend as a partner to pass your objects back and forth.