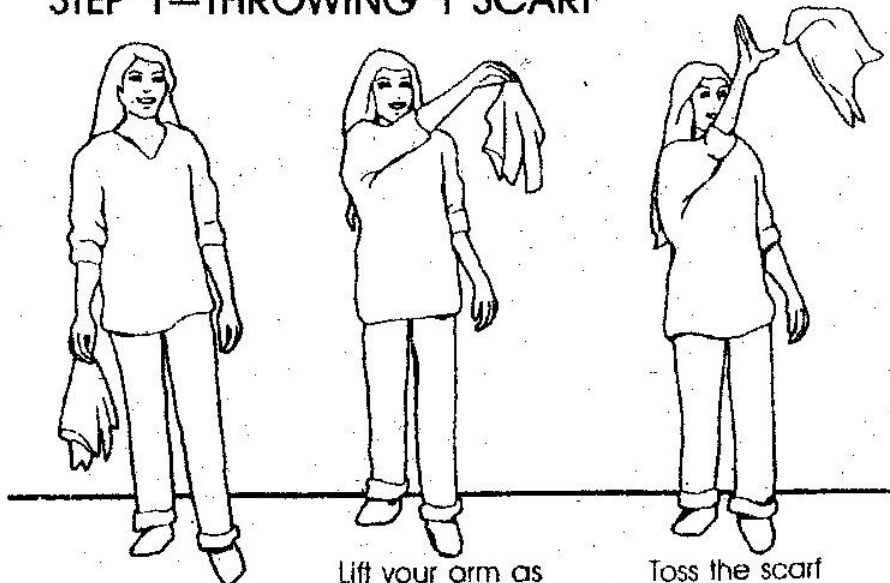

THE CASCADE

STEP 1—THROWING 1 SCARF



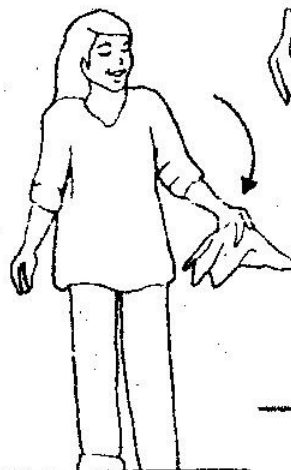
Hold one scarf
in the center
like a ghost.

Lift your arm as
high as you can
across your
chest.

Toss the scarf
with your palm
out, like waving
goodbye.



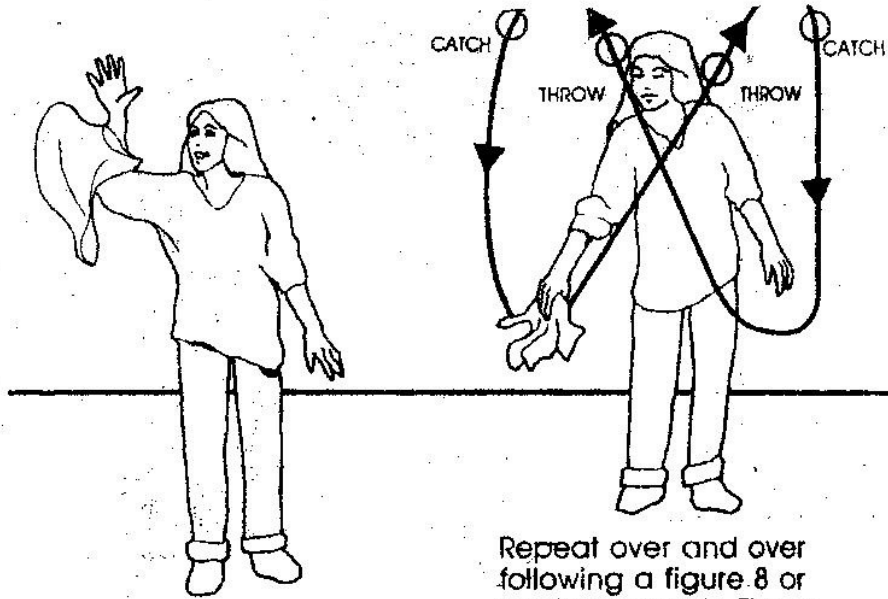
Reach high up
with your other
hand and
catch straight
down.



Claw like a lion.

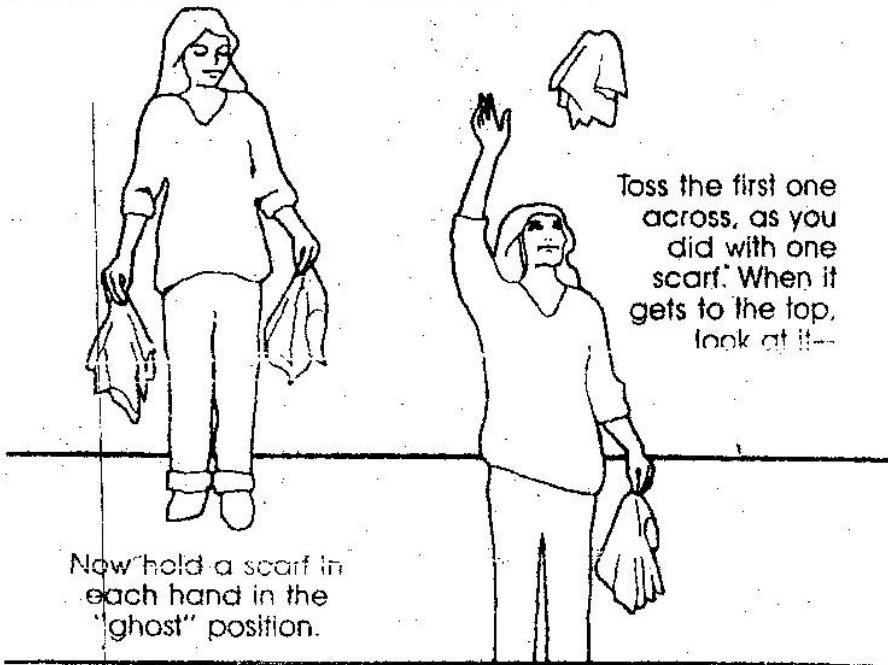


Now raise that
arm across the
other direction.



Claw downward again.

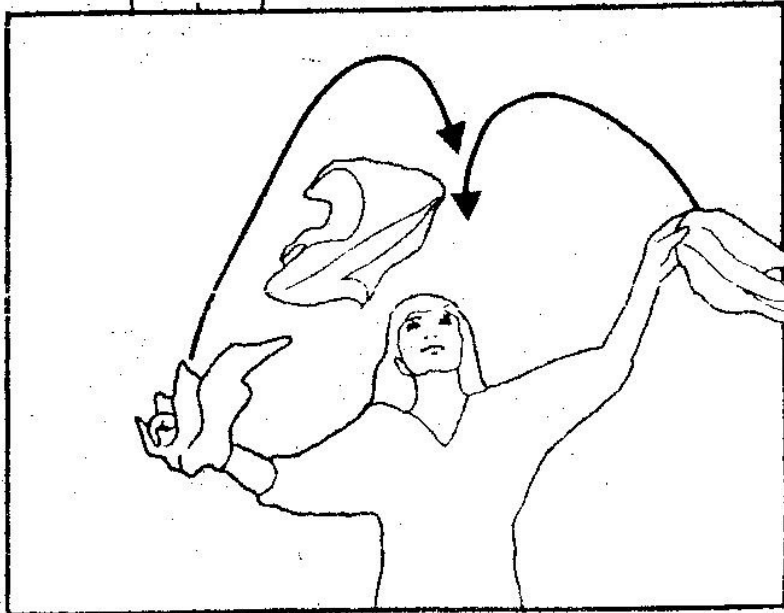
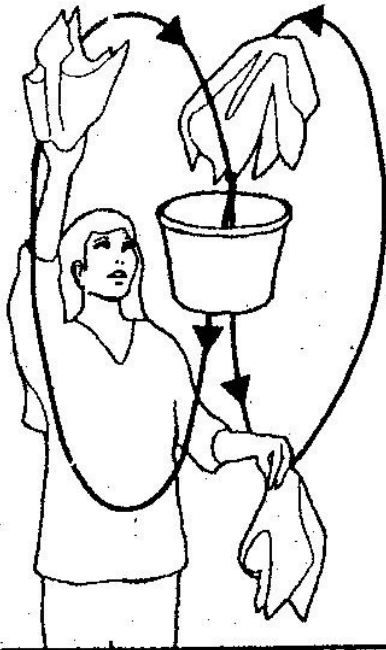
Repeat over and over following a figure 8 or infinity sign path. Throw across and catch down.



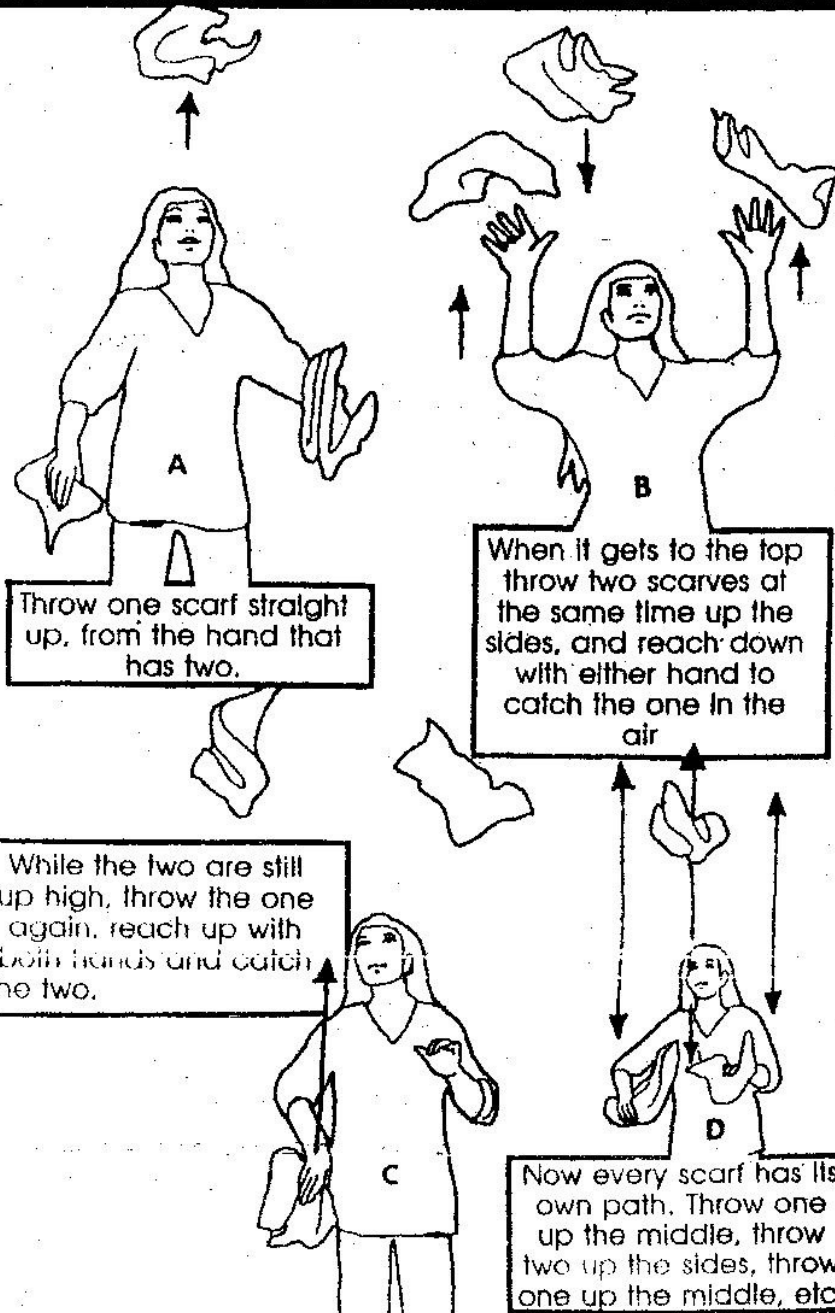
Now hold a scarf in each hand in the "ghost" position.

Toss the first one across, as you did with one scarf. When it gets to the top, look at it--

NOW TRY 3 SCARVES. Just imagine you have a bucket in front of you at eye level, start with the hand that has two, and drop them in the bucket, one by one.



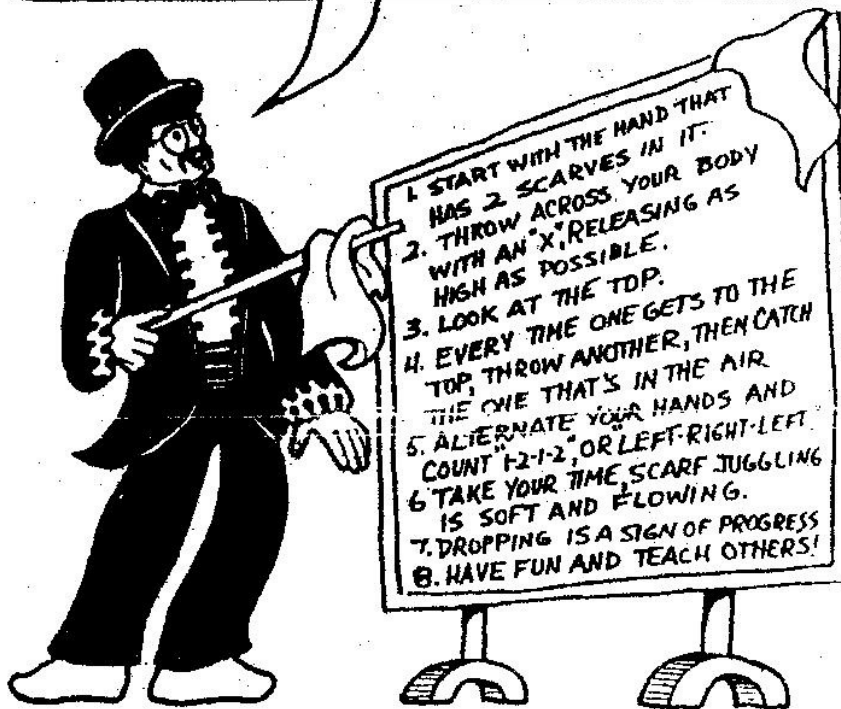
COLUMNS — THE EASIEST MOVE.



Accelerated Learning

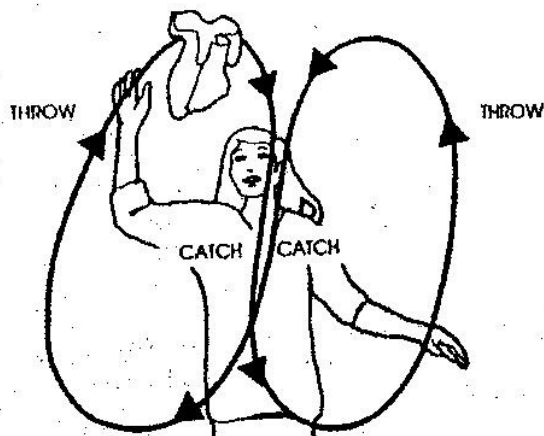
- Juggling is rhythmic, so why not turn on the music. In fact, you will learn faster if you put on a record with a good solid beat.
- Take a challenge. If you did three good throws, go on to four, if you did four, go on to ten, go for 20 or 50. Count your throws and keep exceeding your old record.
- Don't be satisfied just knowing this one pattern. Learn all the moves in this book, and then invent some new ones.

NOW THAT YOU'VE GOTTEN STARTED, HERE'S HOW TO KEEP GOING....

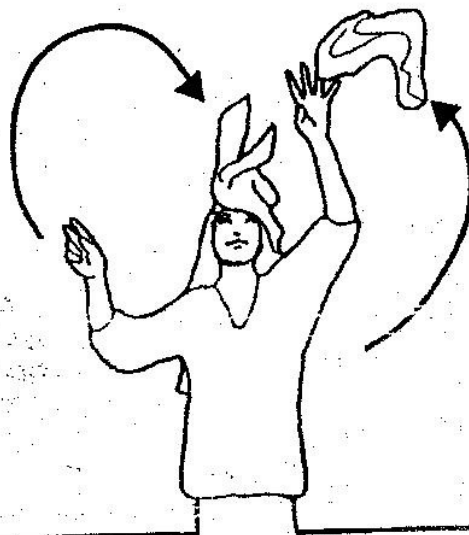


1. START WITH THE HAND THAT HAS 2 SCARVES IN IT.
2. THROW ACROSS YOUR BODY WITH AN "X", RELEASING AS HIGH AS POSSIBLE.
3. LOOK AT THE TOP.
4. EVERY TIME ONE GETS TO THE TOP, THROW ANOTHER, THEN CATCH THE ONE THAT'S IN THE AIR.
5. ALTERNATE YOUR HANDS AND COUNT "1-2-1-2", OR LEFT-RIGHT-LEFT.
6. TAKE YOUR TIME SCARF JUGGLING IS SOFT AND FLOWING.
7. DROPPING IS A SIGN OF PROGRESS.
8. HAVE FUN AND TEACH OTHERS!

REVERSE CASCADE



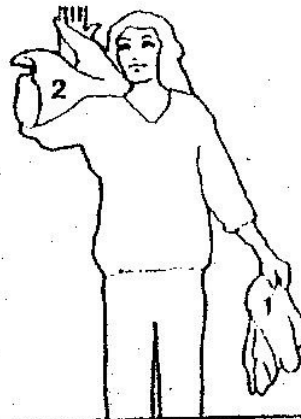
Throw one scarf in a figure 8, but this time it is an overhand throw which goes straight down the center.



Start with one in each hand. Throw one scarf overhand. When it begins to come down the center, throw the second with a big overhand movement. Catch the first, catch the second.



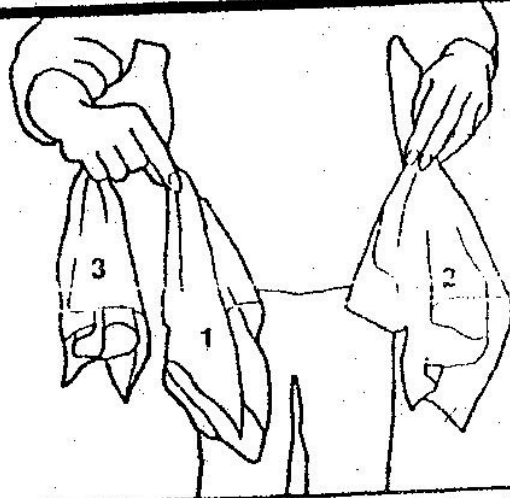
And throw the second scarf across in the opposite direction. The scarves make an "X" across your chest.



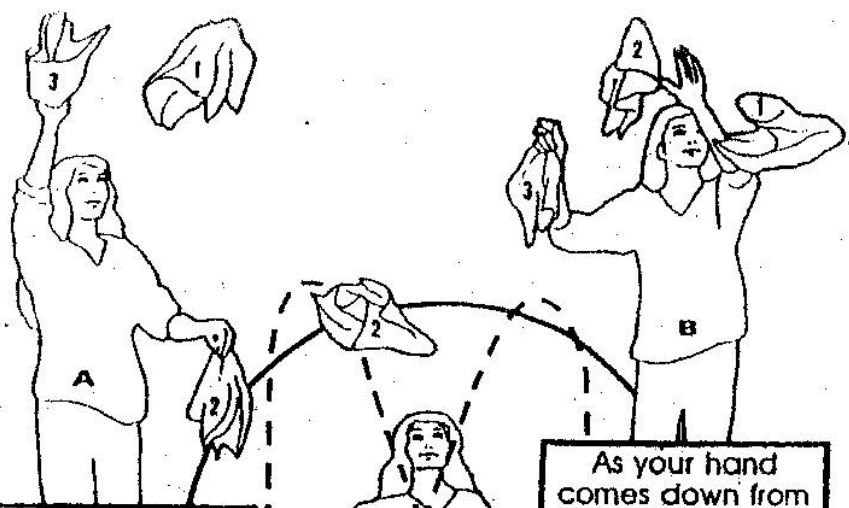
Catch the first scarf straight down, then catch the second one. Throw-Throw-Catch-Catch.

MOVING RIGHT ALONG.

THREE SCARVES!



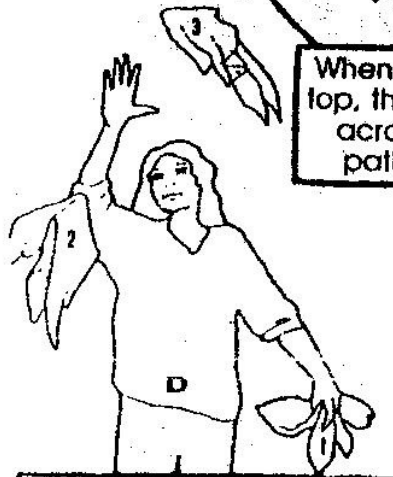
Now hold one scarf on your fingertips in the hand that has two. That's the first scarf you throw.



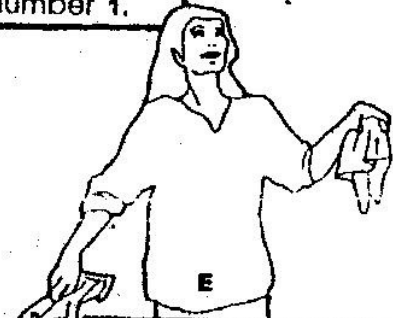
When No. 1 gets to the top, throw No. 2 from your other hand.

As your hand comes down from throwing No. 2, it catches No. 1.

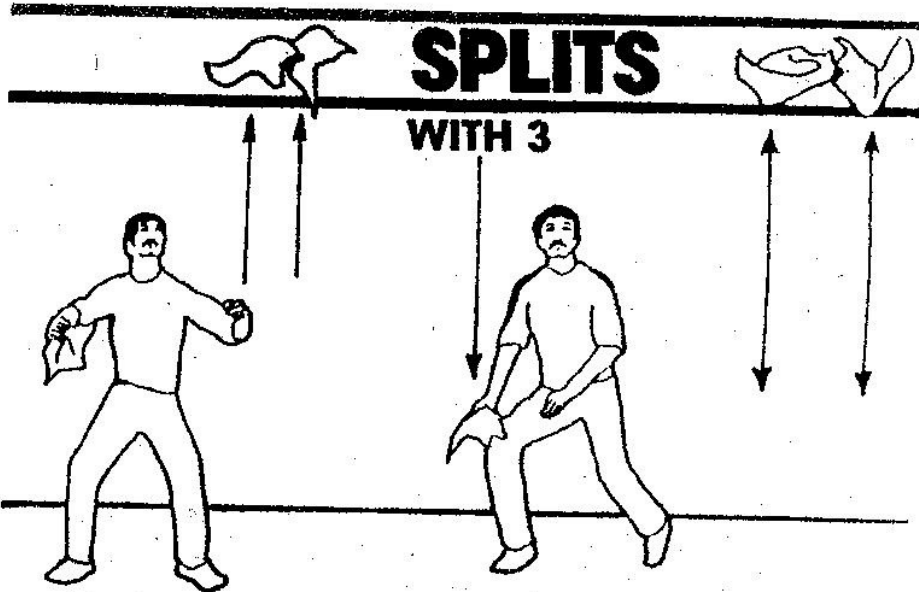
When No. 2 gets to the top, throw No. 3. It goes across on the same path as number 1.



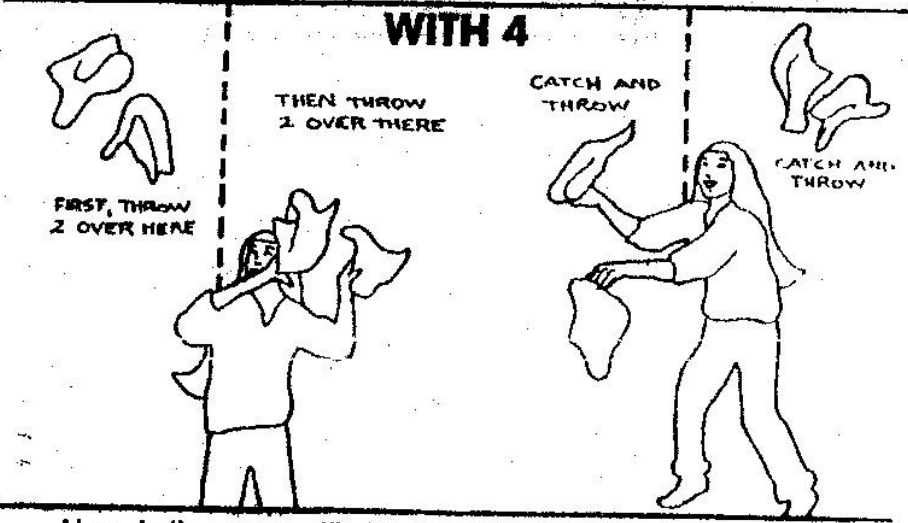
As your hand comes down from throwing No. 3, it catches No. 2, and you throw No. 4 (which is No. 1 coming around again).



"Look Mom, I'm juggling!" Just keep alternating your hands. Remember juggling is like walking—right-left-right-left-right-left.

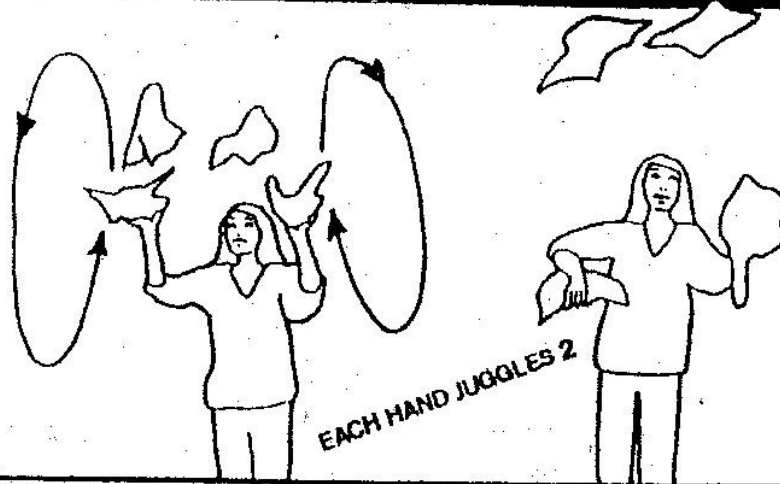


Toss two scarves using both hands. Throw them up one side. When they peak throw a scarf up on the other side. Now go back, catch the two and throw them again. Then the 1, then the 2....etc.



Now do the same with 4 scarves. Lean to the right and throw one from each hand. Then lean to the left and toss the other two straight up. Hurry back to the right, catch the first two and throw them again. Reach quickly to the left, catch those two and throw them again.

4 SCARVES SIMULTANEOUSLY



Throw 2 scarves up the center, so they arc toward the outside. When they peak, throw the next two along the same paths, reach up and catch the first two again.

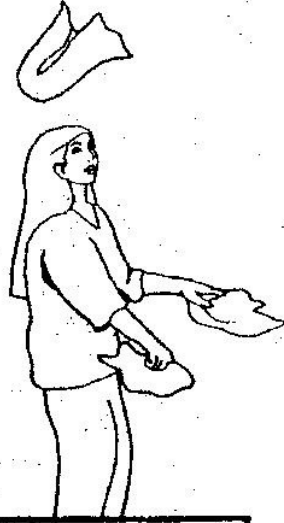
4 SCARVES STAGGERED



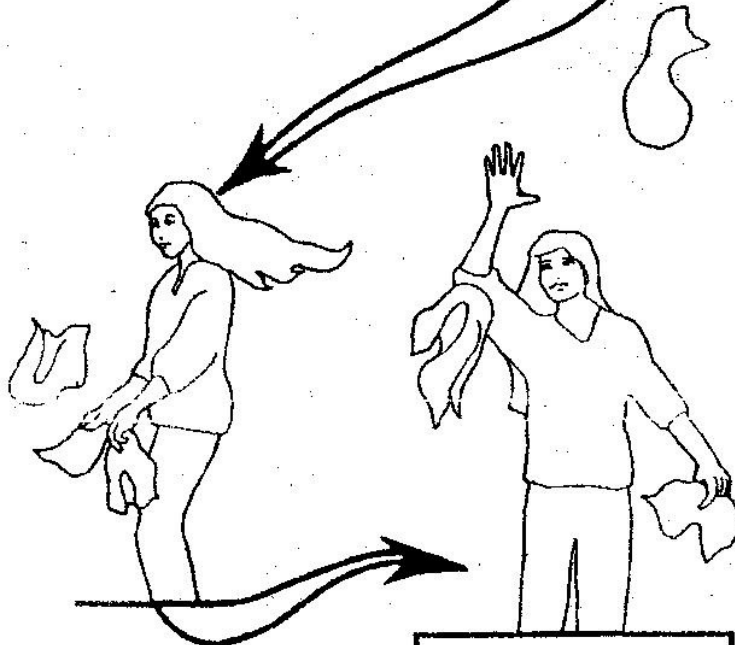
Throw the first right hand scarf and immediately afterward throw the first left hand scarf. As quickly as possible, throw a second right, and catch the first one, throw a second left and catch the first one. Now it is just a matter of alternating. Throw and catch right—throw and catch left.



Toss one up. —

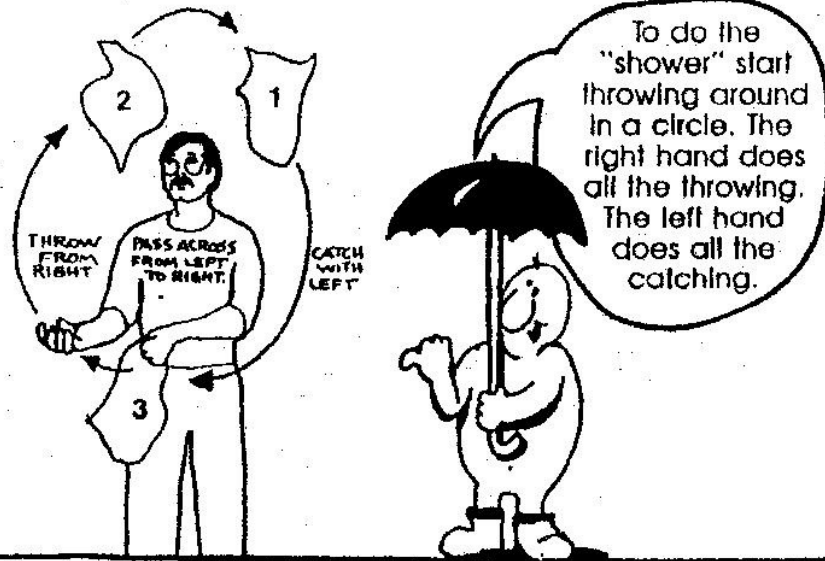


do a full pirouette —



and keep juggling.

THE SHOWER



Start by throwing twice in a row. Then push the third scarf across from left to right, and throw it along the same path.

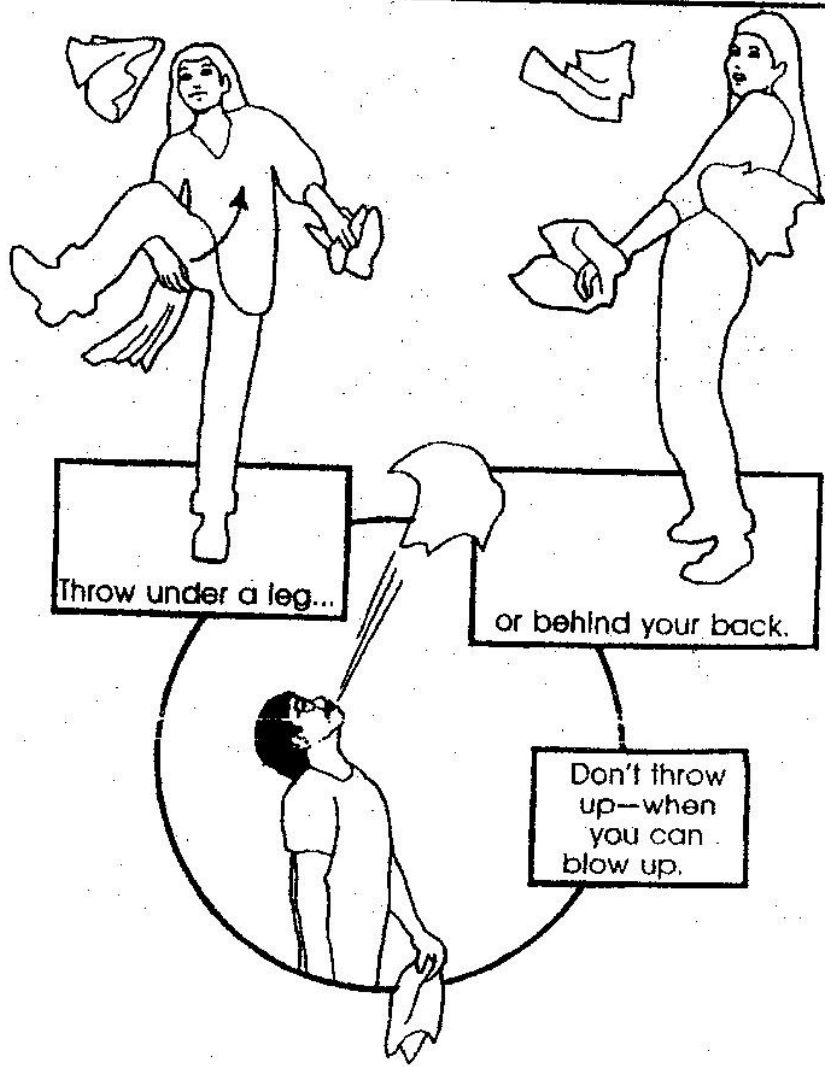


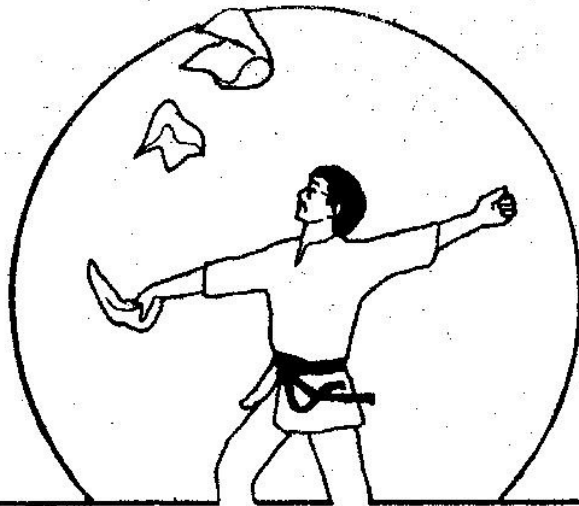
Toss one scarf high. As it descends sweep the scarf in your right hand around in a big circle, once, twice or three times. Throw that scarf and keep juggling.

COMBINED MOVES

Now that you can juggle three scarves three different ways, combine your moves. Start with the cascade, shift to the reverse cascade without stopping, then go to columns, and back to the cascade.

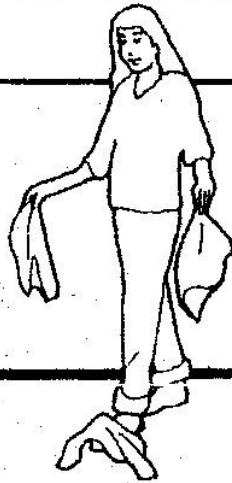
FANCY STUFF—While juggling the cascade.



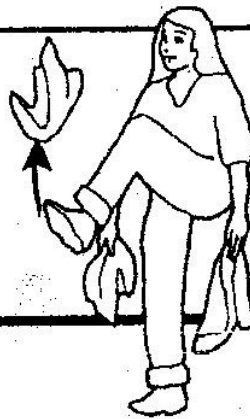


Or try the black belt of scarf juggling—3 in one hand.

Hint: Move quickly. Catch the scarves one at a time. Go for the lowest one each time. There is no set pattern. Just keep them off the floor.



Pick up

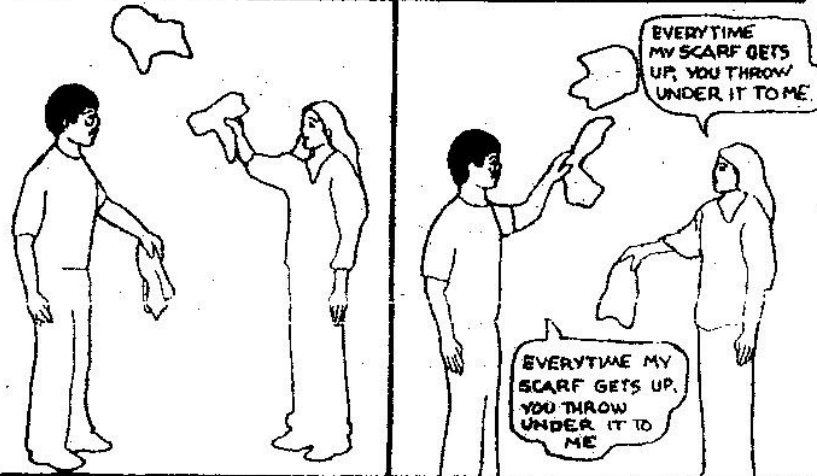
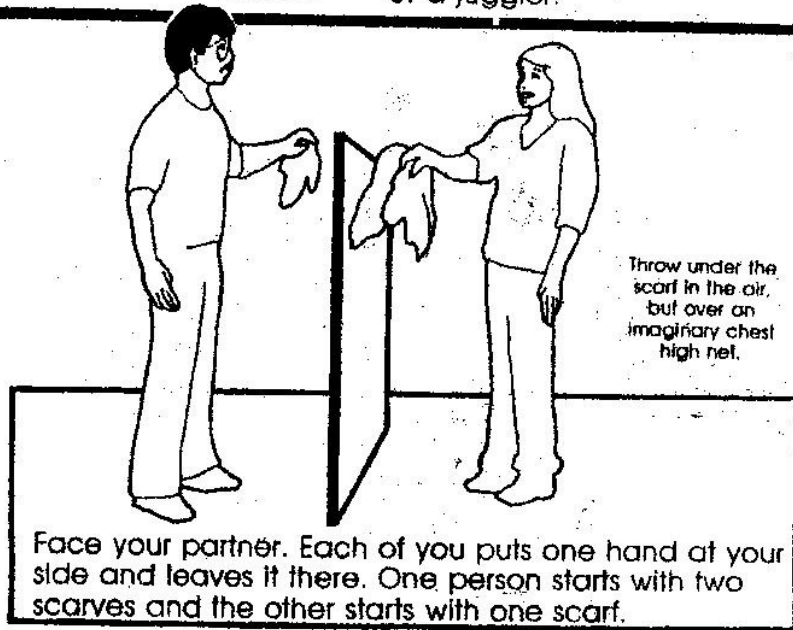


With a kick up

Hint: When the kicked scarf gets up, toss one of the others and start juggling.

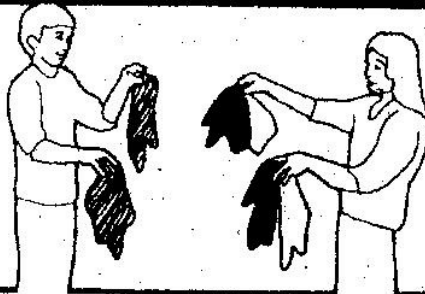
JUGGLING 3 SCARVES WITH A PARTNER—

Each person is like one hand of a juggler.

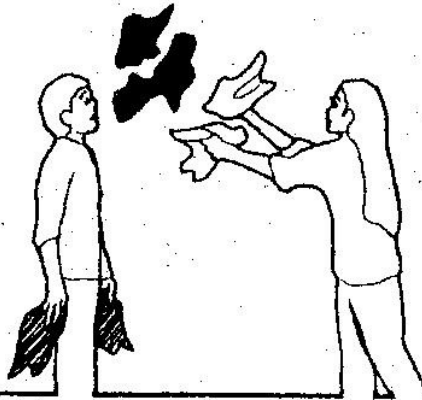


The person with two scarves starts. When their throw gets half way across, the second person throws. Then just keep alternating. No. 1, No. 2, No. 1, No. 2.

JUGGLING 6 SCARVES WITH A PARTNER



Now use both hands. One person holds four scarves, the other holds two.



The person with 4 scarves goes first. Throw 2.



REMEMBER THE NET

When they get half way the other person throws 2. Just keep alternating. Me-You-Me-You-Me-You.