

JUGGLING SKILLS

1. Tummy Catcher Scarf Juggler—primarily for pre-school and kindergarten students. Catching 1 scarf on body parts—i.e.—head,elbow,back,etc.
2. Criss Cross Apple Sauce Scarf Juggler—2 scarves, “toss,toss,catch,catch” or “criss cross, applesauce”. The first scarf thrown is the first scarf caught.
3. Two In One Hand Scarf Juggler—2 scarves in one hand. “Pull a tissue, pull a tissue.” Scarves tossed straight up and side by side.
4. Column Scarf Juggler—3 scarves, toss one up the middle, two up the sides.
5. Cascade Scarf Juggler—3 scarves following the pattern of the infinity sign. Criss cross applesauce, over and over again.
6. Reverse Cascade Scarf Juggler—3 scarves, throwing out and coming towards the middle. Like twirling double dutch jump ropes.

Looking for a great workout without having to go to the gym or buy expensive equipment? Try juggling!!! Juggling is a super fitness activity that also helps improve concentration, eye-hand coordination, sequencing, patterning, crossing mid-line, and self confidence. Equipment is very inexpensive, and can be used in a reasonably small space.

Begin with the simplest skills and work your way up to more challenging ones. Or try to combine all the skills that you have learned. You'll be surprised what you can do!!! Once you have mastered scarf juggling, try the same skills using juggling balls.

Source: The Complete Juggler: All The Steps from Beginner to Professional
By Dave Finnigan, 1992