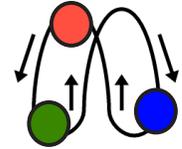


# Beanbag Juggling

Most people have spent all of their lives learning that they couldn't juggle. When people try to teach themselves, they draw on their image of juggling, an image that is false. People assume that juggling three items means keeping all of them in the air travelling around in a circle. Not true! A more accurate image would be that of a figure eight on its side. Here's a fast, easy way to learn this ancient skill. Check out your old beliefs, impress your friends, and have fun!



## 1. One Beanbag

After people have learned the juggling pattern with three scarves, many want to advance to beanbags. They usually pick up three beanbags. This is a mistake! Start with just one beanbag.

Throw it from hand to hand using a scooping, underhanded motion. The ball should peak a little above shoulder height on each side. The right hand throw should end up across from the left shoulder. When you are able to throw this beanbag evenly and well with both hands you are ready to go on to two beanbags.

## 2. Two Beanbags

Now hold a beanbag in each hand.

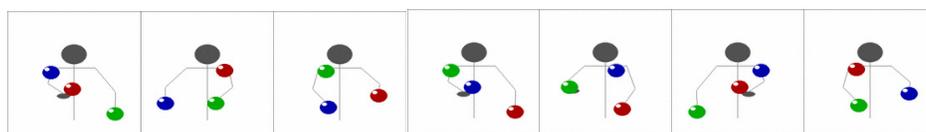
You will make two throws and then two catches. In a scooping, underhanded motion throw bag. When it peaks, throw the second bag, tossing it underneath the first bag. The two bags will change hands. Frequently with two throws, the non-dominant hand tends to throw wild. Concentrate on the throws made from this hand. It may help to start with the non-dominant hand. You are ready to go on to three when you can throw and catch these two consistently.

## 3. Three Beanbags

When you have two beanbags under control you are ready for three!

Place two bags in your dominant hand. Always start with the hand that has two and never throw from the same hand twice in a row. Throw bag #1 from your dominant hand. When it peaks throw the bag in your other hand across and underneath #1. Catch the first bag and throw #3 as #2 peaks. Remember: Drops are a sign of progress!!!

Try it over a table or bed while facing a blank wall. Do it for 15 minutes everyday for two weeks and you will be on your way to stardom!



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