Juggling

1. Explain the following:
   a. The difference between a flash and a juggle
      _________________________________________________________________
      _________________________________________________________________
   b. The difference between a cascade and a fountain
      _________________________________________________________________
      _________________________________________________________________

2. Safety:
   a. What are appropriate things to juggle?
      _________________________________________________________________
      _________________________________________________________________
   b. What are not appropriate things to juggle?
      _________________________________________________________________
      _________________________________________________________________

3. Know what siteswap notation is and be able to explain the following patterns:
   ● 3   (3 ball juggling)
      _________________________________________________________________
      _________________________________________________________________
   ● 4   (4 ball juggling)
      _________________________________________________________________
      _________________________________________________________________
   ● 441 (3 ball U shape)
      _________________________________________________________________
      _________________________________________________________________
   ● 53  (4 ball half shower)
      _________________________________________________________________
      _________________________________________________________________
4. Know this additional siteswap notation:
   ● 55500 (3 up)
   ● 52512 (baby juggling pattern)
   ● 531
   ● 0123456
   ● 51 (3 ball shower)

5. Explain the following:
   a. How can you tell how many balls are in a siteswap pattern?
      _________________________________________________________________
      _________________________________________________________________

   b. Why is 352 an invalid pattern?
      _________________________________________________________________
      _________________________________________________________________

   c. Why is 351 an invalid pattern?
      _________________________________________________________________
      _________________________________________________________________

6. Watch a video of three professional jugglers practicing their craft.

   Date completed __________________________________________________________________

7. Passing theory and practice:
   a. What is a 3 count pattern?
      _________________________________________________________________
      _________________________________________________________________

      Why is it a common pattern for beginners?
      _________________________________________________________________

   b. What is a slow start?
      _________________________________________________________________

   c. What is a fast start?
      _________________________________________________________________
8. Complete two of the four following items:
   a. Juggle 3 balls for at least 15 catches
   b. Juggle 2 balls in 1 hand
   c. Flash 4 balls
   d. Pass with another person for at least 12 catches

   Date completed __________________________

9. How can juggling be used for evangelism or ministry?

   ___________________________________________
   ___________________________________________
   ___________________________________________
   ___________________________________________