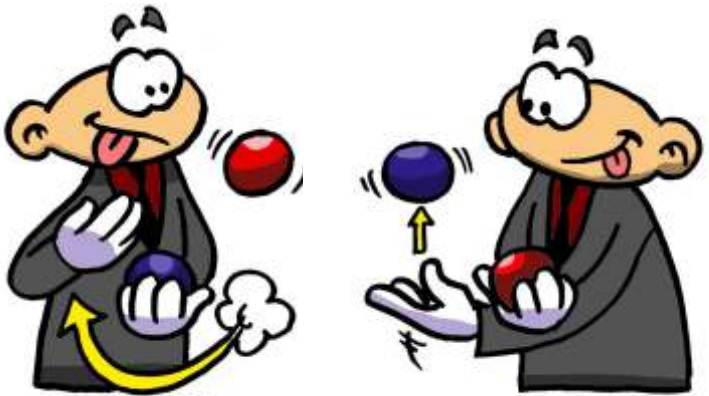


Learn to juggle with Jongloro



Illustrative Guide

Comfortable, conspicuous
unlike any other!



Hi there!

I'm really looking forward to assisting you in learning how to juggle. I will show you some throwing and catching exercises on the following pages, first with one and two balls, before you throw three balls and are able to catch safely. I love to teach people how to juggle with three juggling balls. It does not matter if you are small or large, thin or thick, or young or elderly. Juggling can really get to everyone. Several thousand children and adults in various countries have come to know this method of learning of how to juggle with three balls in a surprisingly short time.

I wish you lots of fun and success

Jongloro

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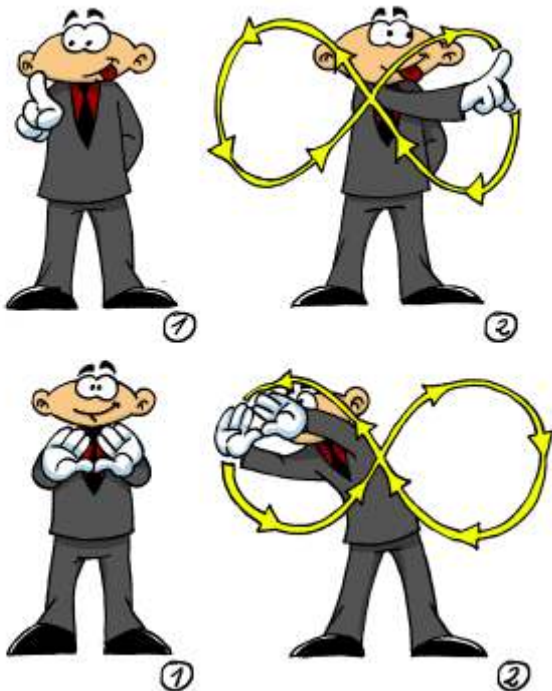
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Exercise 01



One ball is thrown from the right to the left hand and back again from your left to your right hand. Back and forth. The ball should not be higher than eye level!

Exercise 02



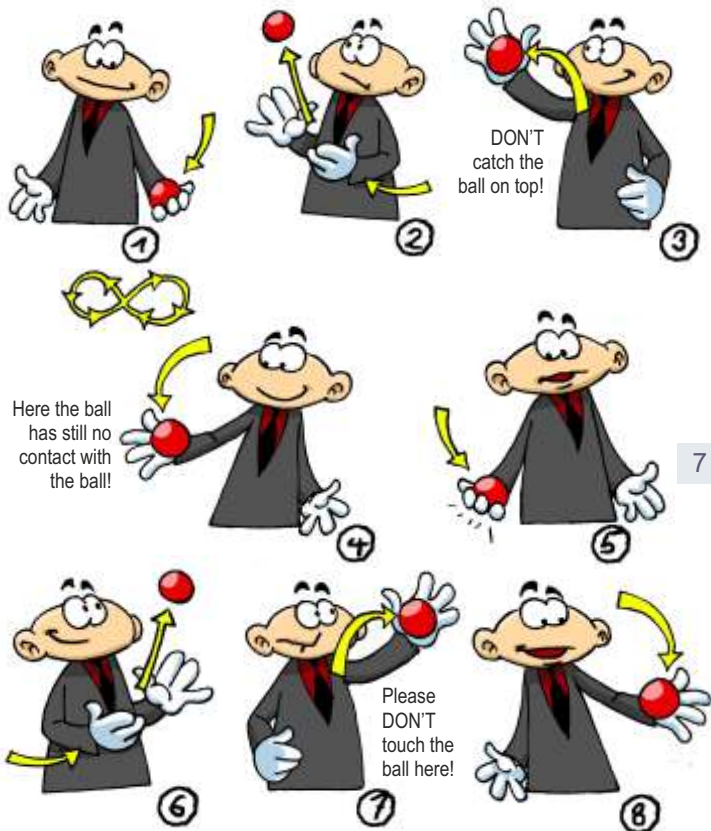
First of all you draw a "figure eight" with one finger in the air ... on an imaginary blackboard. Only with one hand, then with the other hand! - Then you paint another "lying eight", this time using both hands. Imitate JONGLORO as you can see on the bottom image (no. 1) showing the thumbs and index fingers together ... you look through this hole during the exercise. A big "lying eight" at the beginning (see illustration, no. 2), and then getting smaller and smaller. It's important to do at least ten repetitions. This exercise activates the nerve tracts between the left and right brain hemisphere.

Exercise 03



Exercise 03 is like Exercise 02 ... only with a juggling ball. The ball describes the "lying eight" in the air. It is important that the ball is thrown high and far to the outside so that the arms reach the ball high and outside when you catch it. Then lead the ball to the center and then in the other direction to throw again.

Exercise 04



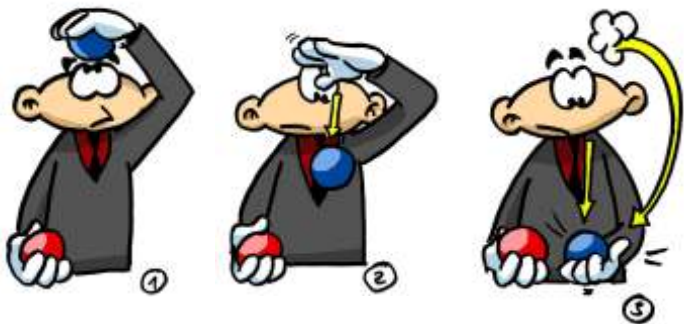
Exercise 04 looks almost the same as Exercise 03...but only a little. The ball should now NOT be touched on top, i.e. the hand should be placed above the ball. The first contact with the ball is only at the bottom when the ball is caught! This means that the hand is circling left and right over the thrown ball.

Exercise 16



This exercise is difficult, even if it looks easy. So it's normal if you do not succeed right away! Both balls are thrown straight up parallel ... That's the easy part. When seeing the balls at eye level, you cross your arms, and the balls are caught with your arms crossed! This is the hard part of this exercise. Parallel throwing and catching and the same with arms crossed are two different operations! The arms may move only out of the cross-over position when the balls are thrown (in parallel). This requires tremendous composure. This exercise might take several attempts until it works.

Exercise 17



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In preparation for this exercise, we will take one ball in each hand, take a hand to forehead height, drop the ball (in the figure, your left hand) and to catch it with the same hand again. The other arm (right) doesn't do anything for the time being. Please try this with both sides one after the other. Put your arm high with the ball in front of your eye and let the ball drop with the same hand - catch the ball at the bottom. While the ball falls, the arm passes the ball at the outside. The ball falls into the open hand in front of your navel. This should be done a couple of times with your right and left hand. The hand "learns" about the pace of the ball.

Now you increase this exercise by putting up the one hand with the ball - parallel to the falling ball of the other hand. Both arms move now. Please pay attention that both arms move in a "semi-circle." The exercise is described and illustrated easier with Jonglolo, than it will actually feel. If you can keep an eye on the juggling ball continuously and let it fall "straight", then the exercise will be much easier.

Exercise 26



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Now we do the same as in Exercise 25 - only in reverse. For this you have to start with the arm that is above. Cross your arms and begin with the upper arm to throw the ball a little up (a few centimeters), then catch the ball under the other with the same hand. Now throw above the arm and catch under the arm. Thus, it is moving downwards, if you keep doing the exercise at the level where you have caught the balls.

Exercise 27



In this exercise, you paint with your right hand a "U" in the air - the other arm / ball stays down at the center of the body. Then, with your left hand, you throw the ball straight up (to eye level). While the ball goes up, you go through the gap with your right hand between the thrown ball and your left hand. Repeat the move from the opposite side. The whole exercise is done in one smooth movement back and forth. The vertical throw and the catch and the "U-shape" stay the same.

Exercise 32



If you succeeded in Exercise 31, then now try to drop the other hand first. Before you start with three balls, it is very important that this exercise is mastered with either hand, i.e. each hand must first be able to throw the ball once. Different colored balls help a lot. If you have balls in the same color, mark one ball, e.g. with a rubber band or tape. Then you can count. Example: the red ball is always the first one to be released (1), the blue ball is the second (2). At each drop-round 1-2, 1-2, 1-2 etc. You realise the fact that one ball color is always "1" and the other ball always "2". So you always throw the first drop with whichever hand that received it.

To learn how to juggle is the same as learning how to cycle. It's not easy. But you enjoy it tremendously. You simply "stay tuned". Successful people continue at the point where the unsuccessful stop.



I can learn at MY own speed

Juggling is one of the best brain exercises. I like that.

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Juggling is a great way to (re)discover joyful learning and to transform uncertainty step by step into certainty. This is beneficial in both School and professions.



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Juggling promotes
Concentration & Relaxation
Flexibility & Endurance
Coordination & Perception
Self-Confidence & Interaction

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