



Pathfinder's Name \_\_\_\_\_

## Juggling

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1. Explain the following:

a. The difference between a flash and a juggle

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b. The difference between a cascade and a fountain

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2. Safety:

a. What are appropriate things to juggle?

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b. What are not appropriate things to juggle?

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3. Know what siteswap notation is and be able to explain the following patterns:

● 3 (3 ball juggling)

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● 4 (4 ball juggling)

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● 441 (3 ball U shape)

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● 53 (4 ball half shower)

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4. Know this additional siteswap notation:

- 55500 (3 up)
- 52512 (baby juggling pattern)
- 531
- 0123456
- 51 (3 ball shower)

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5. Explain the following:

a. How can you tell how many balls are in a siteswap pattern?

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b. Why is 352 an invalid pattern?

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c. Why is 351 an invalid pattern?

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

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7. Passing theory and practice:

a. What is a 3 count pattern?

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Why is it a common pattern for beginners?

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b. What is a slow start?

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c. What is a fast start?

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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

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

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