

Disney

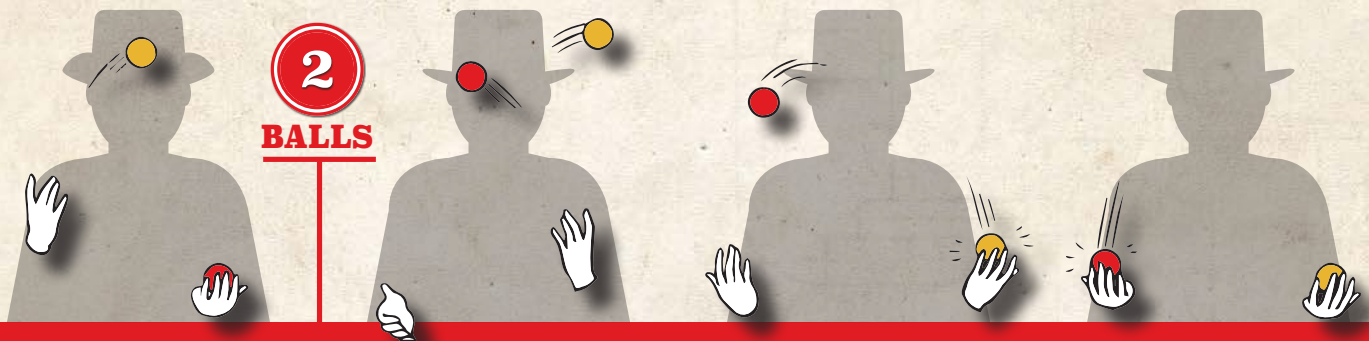
# DUMBO

## HOW TO JUGGLE

Juggling sharpens your mind and quickens your reflexes!



Practice tossing one ball, back and forth, from one hand to the other, keeping your hands low. Make your tosses arc at the same height each time, just above your forehead. Keep practicing until your tosses are consistent in both directions.



Start with a ball in each hand. Toss the ball in your right hand over to your left, just like you have been practicing. As the ball reaches its peak, toss the ball in your left hand over to your right, under the path of the coming ball. Catch the falling ball in your left hand. Catch the falling ball in your right hand. Keep practicing until you reach consistency.



Start with two balls in your right hand and one in your left. Toss one ball from your right hand over to your left like you have practiced. As that ball reaches its peak, toss the ball in your left hand over to your right like you have practiced. As the second ball reaches its peak, catch the descending ball in your left hand and immediately toss the third ball from right hand over to the left and catch the descending ball in your right hand. Then, catch the third ball in your left hand. You should now have two balls in your left hand and one in your right.



Repeat this sequence until you have it down. Then, try continuing through without stopping. Take your time and have fun learning how to juggle!

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