

WOW!

Be Juggling Within Minutes!

Bob Bruno

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Read Me First

Juggling is fascinating to watch and a lot of people wish they could do it.

Actually, juggling is much easier to learn than most people think.

If you follow the directions in this tutorial, you might be surprised that you can do it!

While there are numerous variations in the field of juggling, let's define what the goal is in this course.

Our working definition of juggling is tossing and catching various objects with the ability to juggle more objects than the number of hands we're using.

That may sound a little awkward. For clarification, it means that if you're using TWO hands, then you have to be juggling at least THREE objects. Some folks say they can juggle two objects and then proceed to toss and catch two objects using both hands. That does not meet our requirements. If we're juggling two objects, we can only use one hand. Yes, we will learn how to do that. But remember our definition involves more objects than hands.

So, you will learn how to juggle two objects with one hand, three objects with two hands, and several variations of this.

You will also learn how to juggle sticks and rings.

NOTE: Eventually, you're going to need the balls, the sticks, and the rings. If you order them now, you'll be completely ready to start juggling. Here is a link to the balls: (if you're on your computer, use the **Ctrl** key when clicking on the link and you'll be taken to the Amazon site where you can order the balls.)

https://www.amazon.com/JA-RU-Bounce-Rubber-Massage-Therapy/dp/B005B7P7UA/ref=sr_1_54?crid=D9LVJ2CIKX5S&dib=eyJ2ljojMSJ9.kx_zXTSxpJgVOn6SerjY9Yyv-8-AUN7xV5DBxFUXQiRYn2YJr7zkPMQD7aKVbFP5bGEitWMX4mx_Z5bylq87jfqku9G7JqAk5eiqhnMdp7tuzcl9GKB8pGBZvyoFFCdsddOj_yYi_LTAZQVYAZeF3PPxLgqg9Wnwt3QK-9aS2rB9Upv2U7OeXmpQnvCZ0dq7Re8peP4iszW0vMJFJh8gMKsktP86DTjAfkrcBPcjLIAxHYMRSB_8pv1IFC1c_dUrqWGM2kKiu1vKz3s5eYEmwYvEcYX7T-h7HZPNt0rI5Zc4LQH3rphi-BjJdsKN1r2H0eTrVmknre38QklhQS-wdcUL49KhJkNNouBY5D6Ka6Q10UIOr7ZOFiK3Pcfav12jNyx63ktnB3v9gBzZ7rU9W_slMd8QhJL2wQzTYFEViQRKm18VUfSRW64cCd83N_G.Snm3Fv50k4Z29hkb6j7s-

[QlZAfofoY8pnavGE4XFEc&dib tag=se&keywords=rubber+balls&qid=1735928580&sprefix=rubber+balls%2Caps%2C141&sr=8-54&xpid=vQ-dKUB6VgoHx](https://www.amazon.com/Zeekio-Junior-Juggling-Rings-Diameter/dp/B08TCKXXZG/ref=sr_1_1?dib=eyJ2IjoiMSJ9.xJ7fJAg-PcG56XUsw-Q9tzkUxWkHtFDfX3C5oW5DFbhb9nHqCZA56LHfThL9tbjzVnEXRJD6WpM7nQUFvJAJB2yrh6s57b92i2RV50g4_LgEqd2Ccew3KbJb6Rxn9luxfPU8g_2U1z-NapKs3JpXsea_aeSRGPm6bcdM-zYXBWTZZ1uBbXlb4oYEBqNXUttWnmdulhVfKaTXvDVyDSCCxc1_ZhTcBlyXyU0nKiAf3CFmiyri78cyURrp5uzae4jeA9cqOaCRiS6cTEPcHPm61EMlhjhBOMPTfWO8_tZBczxSYLR_O9fiwKUR0F6nXN5z1jGcQwqHZhRrBtMbJdfrEY8442CcJGKKTkkDkR2C7Plnp2cNkUq5U8HnytLIOBvxjbO4WDn73ewVUuVC_5aEjaKXQ4oHmeW3vewKIC1W1bUeyRUdqluhpykMo2hG1uv.11CBTpyirbElJqAhXR-)

The price is reasonable and having the extra ones available saves you bending over picking them up from the floor when that occurs. In the beginning, there will be a fair amount of that. We'll also discuss where and how you'll practice in the beginning to see how and why the extra balls will be handy.

NOTE: An early shotput athlete in the Olympics actually juggled three shotputs weighing 16 lbs. each.

For the sticks, you'll want to get a regular broom handle that's 60 inches long and approximately $\frac{3}{4}$ to 1 inch thick. You'll need to saw it into four pieces, 14 inches long. After making the four pieces, sand the edges where the saw may have left roughness from sawing. Ensure that there are no splinter type pieces sticking out from those edges as they will be a distraction.

You should take a felt-tip marker, a crayon, a small coat of paint and swab one of the ends of each stick covering about one to two inches. Use this marking to be able to visually identify the marked end versus the unmarked end.

That will enable you to later juggle pins, various tools such as hammers, and numerous other objects that basically have some length to them.

Here is a link to Home Depot for the broomstick:

<https://www.homedepot.com/p/True-Temper-60-in-Tapered-Broom-Handle-2700100/100605569>

Finally, here is a link to rings that are fine for your learning. I recommend getting the yellow color as they're easier to see.

https://www.amazon.com/Zeekio-Junior-Juggling-Rings-Diameter/dp/B08TCKXXZG/ref=sr_1_1?dib=eyJ2IjoiMSJ9.xJ7fJAg-PcG56XUsw-Q9tzkUxWkHtFDfX3C5oW5DFbhb9nHqCZA56LHfThL9tbjzVnEXRJD6WpM7nQUFvJAJB2yrh6s57b92i2RV50g4_LgEqd2Ccew3KbJb6Rxn9luxfPU8g_2U1z-NapKs3JpXsea_aeSRGPm6bcdM-zYXBWTZZ1uBbXlb4oYEBqNXUttWnmdulhVfKaTXvDVyDSCCxc1_ZhTcBlyXyU0nKiAf3CFmiyri78cyURrp5uzae4jeA9cqOaCRiS6cTEPcHPm61EMlhjhBOMPTfWO8_tZBczxSYLR_O9fiwKUR0F6nXN5z1jGcQwqHZhRrBtMbJdfrEY8442CcJGKKTkkDkR2C7Plnp2cNkUq5U8HnytLIOBvxjbO4WDn73ewVUuVC_5aEjaKXQ4oHmeW3vewKIC1W1bUeyRUdqluhpykMo2hG1uv.11CBTpyirbElJqAhXR-

MMdVRaidsTnWF7xkkd01dcJY&dib_tag=se&keywords=juggling%2Brings&qid=1736956805&sr=8-1&th=1

It is very important that you follow the directions in the steps of each lesson. This procedure has been used with over 200 people that I have taught to juggle. I know these steps work.

When I was teaching people how to juggle, I told them they would be juggling within 15 minutes. Everyone of them accomplished that.

Now that was with me training them one-on-one. With this book, you may not actually achieve that in 15 minutes. But, if you follow these directions, you should be very close to that time.

First of all, you need the objects that you want to start juggling. That's why we're talking about what you'll need and suggested links to get those objects.

Where to practice.

I would suggest finding a bed in a location where there is little to no traffic.

Standing next to the side of the bed is the ideal location. Put the balls all on the side of the bed slightly off-center of where you'll be juggling.

Using this location means that when you drop one of the balls the odds are that it will fall on the bed. That way, you only have to pick it up from the bed to try again. That's a lot easier than having to reach all the way down to the floor. Also, if one of the balls falls to the floor, just grab one of the extra balls to start over, instead of walking around to pick up the dropped ball. That saves you time and effort.

You will drop the objects you are juggling. If you were learning how to play a guitar you would miss a chord now and then while you're practicing. If you were learning how to hammer nails into wood, you would miss the nail a few times.

The point is, since you're learning to do some new physical task, you will make mistakes in the beginning. This is normal. Everyone will go through this.

With practice, the mistakes will occur less and less often.

The reason you want an area with little or no traffic is that people watching you practice will be compelled to comment or laugh at your efforts. That will interfere with your concentration. Just having someone watching you will interfere with your concentration. You will quickly discover that concentration is the major requirement in juggling.

During these lessons, we'll be referring to your primary hand and secondary hand. Most people are right-handed, so their primary hand is the right one.

If you are left-handed, you'll be using your left hand as your primary hand.

While the figures in the lesson are displaying the right-handed perspective, use your left hand in those situations.

Practice time should range from 30 to 45 minutes. Do a minimum of 20 minutes every day.

The lessons are sequenced starting with the balls, followed by the sticks and progressing to the rings. It is highly recommended that you stick to that sequence. Once you have gotten past a sequence, you may feel free to go back to a previous object at any time.

It is also recommended that you get comfortable with doing a minimum of 100 catches with each of the objects.

So, let's get started!

Lesson 1 – Balls

For lesson 1, you'll start with round objects. For this you'll be using the rubber balls.

To begin, you must get used to the objects you'll be juggling.

If you were learning to bowl, you would practice throwing the bowling ball down the lane.

If you were learning baseball, you would practice playing catch with someone, so you could get used to handling the baseball.

So, to get started with the balls, you need to get used to the weight, size, and feel of them.

To begin, you will start out with one ball.

Look at Figure 1. Notice from the side view, that you'll start by holding your primary hand bent at the elbow at approximately a 90 degree angle. The ball will be in that hand.



Figure 1

Step 1 - Start by tossing the ball up in the air and catching it in the same hand. Your target in the toss is an area about 4 or 5 inches above your eyes and about a forearm's distance.

Refer to Figure 1 for perspective on the height and distance of the toss.

You should do this several times. The purpose of this is to get used to the weight and force of the ball.

You are also practicing aiming for that same spot above your eyes. Do this for 30 to 45 seconds.

Step 2 - Juggling means that you're going to be using both hands so you must learn to be comfortable doing the same thing with either hand.

Switch to your secondary hand and do the same tossing of the ball for 30 to 45 seconds.

In the beginning, you should do this same exercise at the beginning of every practice session.

Okay. After you've done the tossing and catching several times with each hand, you're ready to move on.

The next exercise involves using both hands.

Step 3 - Start with the ball in your primary hand. You're going to toss up the same as you did before, but this time you'll toss the ball with a little inclination towards the secondary hand. You'll catch this toss with the secondary hand. Refer to Figure 2.

Once you've caught it, toss it back up from the secondary hand and catch it in your primary hand.

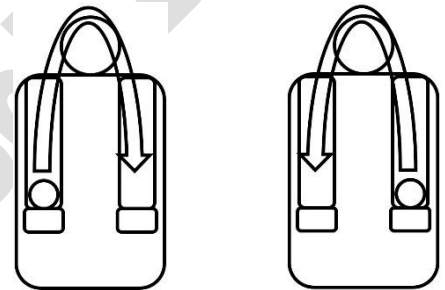


Figure 2

All of these tosses are aimed at a spot 4 to 5 inches above your eye level and at the forearm distance but aimed more in the center.

Now, just continue tossing it, repeating the same movements, primary to secondary, then back to the primary, back and forth for 30 to 45 seconds.

Okay. You are starting to get a little comfortable with tossing and catching the balls. You are also beginning to develop a bit of muscle memory in this tossing and catching.

Now we're going to get one step closer to juggling. These lead in steps are important to get that feeling that we will need.

The next step is getting into the critical area of timing. Timing is what makes juggling work! When you toss a ball into the air, it takes a certain amount of time to reach its peak or the highest point that it will travel to before it stops and begins to fall. The time it takes to fall will equal the time it took to reach that peak.

In Figure 3, notice that the first ball tossed is black and the second is white.

Step 4 –Start with one ball in each hand. Make a toss with the ball in the primary hand followed by a toss with the ball in the secondary hand. You'll catch the first toss in the secondary hand followed by catching the toss from the secondary hand into the primary hand. It'll be toss – toss – catch – catch. Or primary toss – secondary toss – primary catch – secondary catch. Refer to Figure 3.

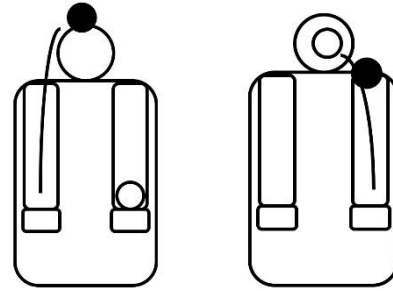


Figure 3

The figures in Figure 3 may be a little deceptive. We said that there is a gap in timing between the tosses. The second toss of the ball in the opposite hand occurs while the first ball is dropping. occurs while the first

This is the first time that we're involving both hands at almost the same time. The key word is "almost".

IMPORTANT NOTE: There is actually a delay between these two tosses. The time involved in this delay is the time it takes for the first toss to reach its peak height at that space four or five inches above eye level.

SECOND IMPORTANT NOTE: All of the tosses will be UNDER the previously tossed ball. There may be a tendency to toss the ball over the previous ball. Avoid that tendency.

The timing in this is tossing the second ball at the same time that the first one reaches its peak.

The timing is based on the fact that the time the ball takes to reach its peak is the same time that it takes for the ball to fall into your hand.

Having read this explanation of timing, repeat Step 4 five or six more times, concentrating on the timing.

Now we're going to start juggling.

This time, you'll start with two balls in your primary hand and one ball in the secondary hand. See Figure 5. Notice the two different areas indicated in the figure. The thumb and two fingers are holding one of the balls, while the other two fingers and base area of the hand are holding the second ball.

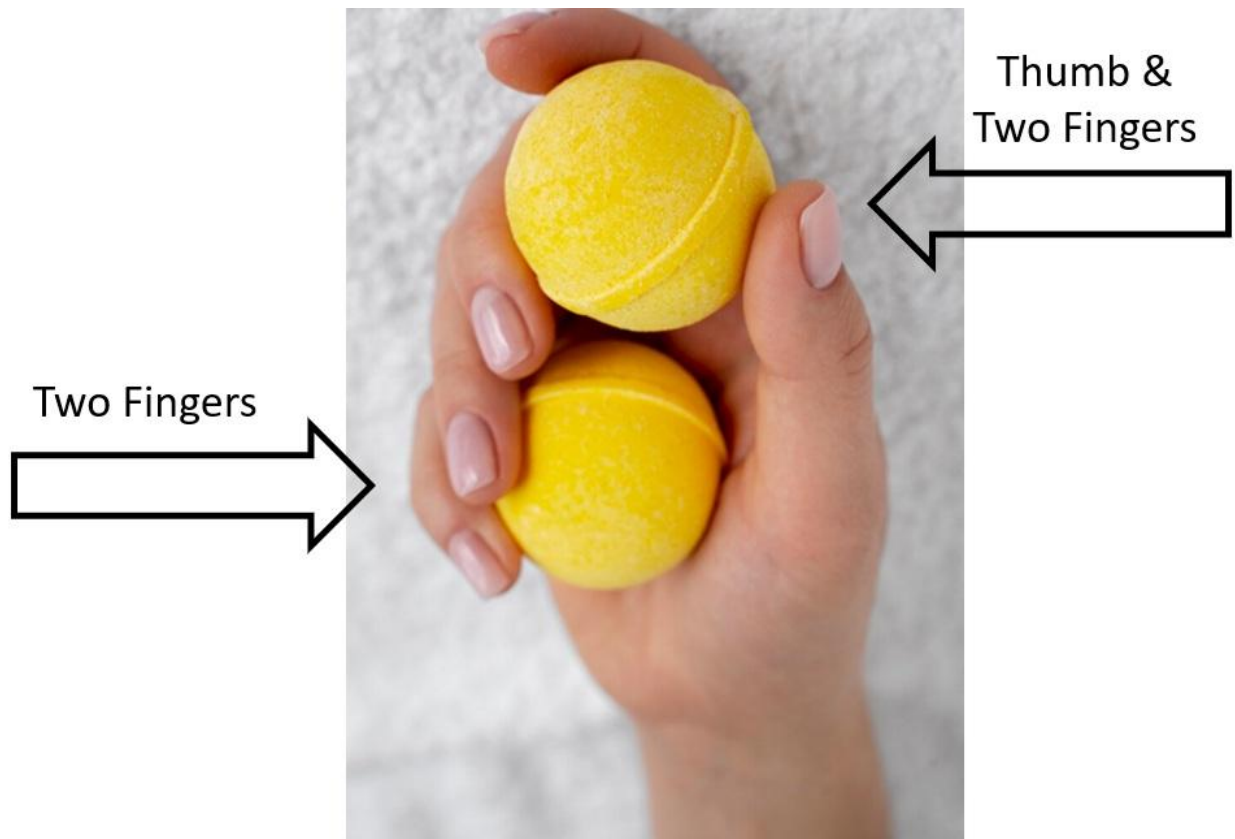


Figure 5

Step 5 – The first thing you will do is repeat Step 4. The reason you’re doing this is to get a feel for tossing the two balls and catching them while you’re still holding that second ball in the primary hand and NOT tossing it, yet.

Do this five times.

The reason for doing this is to get used to having that second ball in your primary hand. When you actually juggle, you will always START with that extra ball in your primary hand and you need to get used to that feeling.

Step 6 – Starting with your primary hand, toss the first ball, then toss the second ball, and finally, toss the third ball. As in step 5, catch each ball in the opposite hand. Stop. You should end up with one ball in the primary hand and two balls in the secondary hand.

If you were tempted to continue tossing, that’s okay. The point of tossing three was to get used to that movement, that routine.

If you stopped and caught all three balls in the correct hands, congratulations.

Put the balls back in the correct starting hands and do it again. And again.

Remember one of the first suggestions is to stand next to a bed to practice. You will drop a ball regularly in the beginning and picking up the ball from the bed is a lot easier than having to reach all the way down to the floor.

Step 7 – Repeat Step 6 without stopping. Count how many tosses or catches you make before you drop one. After a couple of tries, skip to the major notes that follows.

Major notes here: After doing this a few times, you'll notice a couple of reasons why you're dropping the balls.

Remember, one of the first directions you received was to aim for that spot that was a few inches above eye level and at a distance of the length of your forearm.

Hitting that target takes practice. Remember when we talked about a bowling ball or a baseball. It takes some practice to hit that target consistently.

Also, one of the differences about the bowling ball or baseball is that once you've thrown it, you're done.

With juggling, you don't stop. You keep throwing one ball after another.

There are a couple of problems that are common to beginners. Having suffered through these myself and identified them as being common among beginners, let's discuss them with suggested solutions.

The first one is a tendency to toss the ball a little forward. In other words, it's going a little further away from you. You keep having to reach further and further to catch the ball. So, keep aiming for that same distance of the forearm.

The second common problem is one of the balls hitting another ball in midair. This will occur all too often in the beginning. Remember the description of the hand and arm movements and the associated arcs necessary to get the balls to the opposite hands. Those movements are necessary and, done properly, will keep the balls separate from each other in their travels between hands.

Notice the motion of the forearms when you're tossing the balls. That circular motion is intended to indicate the movement of the forearms as you're tossing and catching the balls.

Note that when tossing, the ball is released at the first point while the catching occurs at the second point.

Also notice that the ball is released under the ball that was tossed first.

While you may start doing this unconsciously it helps to understand the mechanics of this movement. It will make a difference in later steps.

Okay, back to Step 7. Continue tossing/catching till you make ten catches without a drop. Don't go any further till you have made ten catches.

AHA! Now you've done it. You are actually juggling!

Take a moment and think about what you've done. You've learned the basics. You are juggling and you understand why and how you've accomplished this. You have an understanding of how the mechanics of basic juggling work.

NOTE: Don't go any further till you have been able to make those ten catches!

Congratulate yourself on an awesome accomplishment!

As you continue to practice, set yourself a goal. Practice juggling three balls until you can make 100 catches. The goal in doing this is to make basic juggling as natural as breathing.

You will start with balls. After getting comfortable with the balls, you'll be able to easily transition to various round, or semi-round, objects such as balls, apples, oranges, baseballs, etc.

It is suggested that you practice for awhile. Normally, I would suggest practicing for 30 to 45 minutes. I would also suggest not practicing for longer than 45 minutes. After that amount of time, you will tend to tire of focusing properly. It will be counterproductive to do it for any longer than that. At a minimum, practice at least 20 minutes every day. That's a pretty brief period of time, but enough to ensure the juggling becomes a natural thing.

Congratulate yourself for getting this far!!!

Lesson 2 - Sticks

We finally get to take a break from the balls.

At this point, you now know how to juggle. That's a real accomplishment and you are justified in giving yourself a great pat on the back!

If you've been following the recommended guidelines and have been practicing for the minimum of 20 minutes a day, you now have a good feeling about your comfort level.

You'll quickly notice that the steps in learning to juggle the sticks are, with minor deviations, identical to the steps you performed in learning how to juggle the balls.

NOTE: You'll quickly see that the steps here are identical to the steps you did in **Lesson 1**. We're repeating them here for convenience.

Step 1

Take one of the sticks in your primary hand and toss it in the air the same as you did in the very beginning with the balls. When you toss it, do it in such a way that the stick makes one spin in the air before you catch it. Doing this means that you'll catch the stick on the same end that you released it. Use the marked end of the stick to know that you've made one spin to complete the step. In other words, think of the marked end as the "handle". Holding the marked end in your hand, making one spin means that the marked end will be the end that you catch in your hand.

As with the ball, do this several times till you are comfortable with it.

Step 2

Switch hands and do the same tossing for 30 to 45 seconds.

Okay. After you've done the tossing and catching several times with each hand, you're ready to move on.

The next exercise involves using both hands.

Step 3 - Start with the stick in your primary hand. You're going to toss up the same as you did before, but this time you'll toss the stick with a little inclination towards the secondary hand. You'll catch this toss with the secondary hand.

Once you've caught it, toss it back up from the secondary hand and catch it in your primary hand.

All of these tosses are aimed at that spot 4 to 5 inches above your eye level and at the forearm distance.

Now, just continue tossing it, repeating the same movements, primary to secondary, then back to the primary, back and forth for 30 to 45 seconds.

Okay. You are starting to get a little comfortable with tossing and catching the sticks. You are also beginning to develop a bit of muscle memory in this tossing and catching.

Now we're going to get one step closer to juggling the sticks. These lead in steps are important to get that same feeling that we will need.

Step 4 – Start with one stick in each hand. Make a toss with the stick in the primary hand followed by a toss with the stick in the secondary hand. You'll catch the first toss in the secondary hand followed by catching the toss from the secondary hand into the primary hand. It'll be toss – toss – catch – catch. Or primary (toss) – Primary (toss) - secondary (catch) –secondary (catch).

Repeat this five times.

This is the second time that we're involving both hands at almost the same time. The key word is "almost".

As before, with the balls, there is the delay between these two tosses. The time involved in this delay is the time it takes for the first tossed stick to reach its peak height at that space four or five inches above eye level.

Your timing in this is tossing the second stick at the same time that the first one reaches its peak.

The timing is based on the fact that the time the stick takes to reach its peak is the same time that it takes for the stick to fall into your hand.

Having read this explanation of timing, repeat Step 4 five more times concentrating on the timing.

Now we're going to start juggling the sticks.

This time, you'll start with two sticks in your primary hand and one stick in the secondary hand.

Step 5 – The first thing you will do is repeat Step 4. The reason you're doing this is to get a feel for tossing the two sticks and catching them while you're still holding that second stick in the primary hand and NOT tossing it, yet.

Do this five times.

The reason for doing this is to get used to having that second stick in your primary hand. When you actually juggle, you will always START with that extra stick in your primary hand and you need to get used to that feeling.

Step 6 – Starting with your primary hand, toss the first stick, then toss the second stick, and finally, toss the third stick. As in step 5, catch each stick in the opposite hand. Stop. You should end up with one stick in the primary hand and two sticks in the secondary hand.

If you were tempted to continue tossing, that's okay. The point of tossing three was to get used to that movement, that routine.

If you stopped and caught all three sticks in the correct hands, congratulations.

Put the sticks back in the correct hands and do it again. And again.

Remember one of the first suggestions is to stand next to a bed to practice. You drop a stick regularly in the beginning and picking up the stick from the bed is a lot easier than having to reach all the way down to the floor.

Step 7 – Repeat Step 6 without stopping. Count how many tosses or catches you make before you drop one.

Major note here. After doing this a few times, you'll notice a couple of reasons why you're dropping the sticks.

Remember, one of the first directions you received was to aim for that spot that was a few inches above eye level and at a distance of the length of your forearm.

Hitting that target takes practice. Remember when we talked about a bowling ball or a baseball. It takes some practice to hit that target consistently.

Also, one of the differences about the bowling ball or baseball is that once you've thrown it, you're done.

With juggling, you don't stop. You keep throwing one object after another.

Another common problem is a tendency to toss the stick a little forward. You keep having to reach further and further to catch the stick. Again, aim for that same distance of the forearm.

The last common problem is one of the sticks hitting another stick in midair.

Notice the motion of the forearms when you're tossing the sticks. That circular motion is intended to indicate the movement of the forearms as you're tossing and catching the sticks.

Note that when tossing, the stick is released at the first point while the catching occurs at the second point.

Also notice that the stick is released under the stick that was tossed first.

While you may start doing this unconsciously it helps to understand the mechanics of this movement. It will make a difference in later steps.

Okay, back to Step 7. Continue tossing/catching till you make ten catches without a drop.

AHA! Now you've done it. You are actually juggling sticks!

Lesson 3 – Rings

Now we'll begin using the last major objects, the rings. The steps will be a repetition of lessons 1 and 2. The difference will be how you hold, toss, and catch the rings.

There's no set way to hold the ring.

Step 1

Again, a bit of déjà vu. Take one in your primary hand and toss it in the air the same as you did in the very beginning with the ball. When you toss it, aim for that area about 4 or 5 inches above your eye level. Since it's a circular object, there's no end to catch.

As with the ball, do this several times till you are comfortable with it.

Step 2 - Switch hands and do the same tossing for 30 to 45 seconds.

Okay. After you've done the tossing and catching several times with each hand, you're ready to move on.

The next exercise involves using both hands.

Step 3 - Start with the ring in your primary hand. You're going to toss up the same as you did before, but this time you'll toss the ring with a little inclination towards the secondary hand. You'll catch this toss with the secondary hand.

Once you've caught it, toss it back up from the secondary hand and catch it in your primary hand.

All of these tosses are aimed at that spot 4 to 5 inches above your eye level and at the forearm distance.

Now, just continue tossing it, repeating the same movements, primary to secondary, then back to the primary, back and forth for 30 to 45 seconds.

Okay. You are starting to get a little comfortable with tossing and catching the ring. You are also beginning to develop a bit of muscle memory in this tossing and catching.

Now we're going to get one step closer to juggling the rings. These lead in steps are important to get "that same feeling" that we will need.

Step 4 – Start with one ring in each hand. Make a toss with the ring in the primary hand followed by a toss with the ring in the secondary hand. You'll catch the first toss in the

secondary hand followed by catching the toss from the secondary hand into the primary hand. It'll be toss – toss – catch – catch. Or primary – secondary – primary – secondary.

Repeat this five times.

This is the first time with the rings that we're involving both hands at almost the same time. Again, the key word is "almost".

There is actually a delay between these two tosses. The time involved in this delay is the time it takes for the first tossed ring to reach its peak height at that space four or five inches above eye level.

The timing in this is tossing the second ring at the same time that the first one reaches its peak.

The timing is based on the fact that the time the ring takes to reach its peak is the same time that it takes for the ring to fall into your hand.

Having read this explanation of timing, repeat Step 4 five more times concentrating on the timing.

Now we're going to start juggling the rings.

This time, you'll start with two rings in your primary hand and one ring in the secondary hand. ***The thumb and two fingers are holding one of the rings, while the other two fingers and base area of the hand are holding the second ring.***

Step 5 – The first thing you will do is repeat Step 4. The reason you're doing this is to get a feel for tossing the two rings and catching them while you're still holding that second ring in the primary hand and NOT tossing it, yet.

Do this five times.

The reason for doing this is to get used to having that second ring in your primary hand. When you actually juggle, you will always START with that extra ring in your primary hand and you need to get used to that feeling.

Step 6 – Starting with your primary hand, toss the first ring, then toss the second ring, and finally, toss the third stick. As in step 5, catch each stick in the opposite hand. Stop. You should end up with one ring in the primary hand and two rings in the secondary hand.

If you were tempted to continue tossing, that's okay. The point of tossing three was to get used to that movement, that routine.

If you stopped and caught all three rings in the right hands, congratulations.

Put the rings back in the correct hands and do it again. And again.

Remember one of the first suggestions is to stand next to a bed to practice. You drop a ring regularly in the beginning and picking up the ring from the bed is a lot easier than having to reach all the way down to the floor.

Step 7 – Repeat Step 6 without stopping. Count how many tosses or catches you make before you drop one.

Major note here. After doing this a few times, you'll notice a couple of reasons why you're dropping the rings.

Remember, one of the first directions you received was to aim for that spot that was a few inches above eye level and at a distance of the length of your forearm.

Hitting that target takes practice. Remember when we talked about the balls or sticks, it takes some practice to hit that target consistently.

Just like the balls and sticks, there is a tendency to toss the ring a little forward. You keep having to reach further and further to catch the ring. Again, aim for that same distance of the forearm.

The last common problem is one of the rings hitting another ring in midair.

Notice the motion of the forearms when you're tossing the rings. That circular motion is intended to indicate the movement of the forearms as you're tossing and catching the rings.

Note that when tossing, the ring is released at the first point while the catching occurs at the second point.

Also notice that the ring is released under the ring that was tossed first.

While you may start doing this unconsciously it helps to understand the mechanics of this movement. It will make a difference in later steps.

Okay, back to Step 7. Continue tossing/catching till you make ten catches without a drop.

AHA! Now you've done it. You are actually juggling rings!

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Lesson 4 – Change Up

Okay. You've actually learned to juggle!

But that's just the beginning! Now we're going to get a little variety into this.

Remember, we said you were tossing each of the balls under the previous ball.

Well, now we're going to do it a little differently.

Step 1

You'll start out juggling normally, each ball going under the previous for a few tosses.

But around the 3rd or 4th toss, you're going to toss a ball **over** the previous one.

I would suggest that you do this toss from your primary hand, simply because it will be more comfortable that way.

It will seem a little awkward at first.

After doing the "over" toss, continue juggling back the normal way. If you drop one, just pick it up and start again.

Do this several times until it begins to feel normal.

After doing this a few times, juggling normally, then tossing one over and reverting back to normal. Take a brief break and think about the mechanical shift that you're doing to make this happen.

Step 2

Now, you're going to repeat this maneuver, but with the secondary hand.

As before, do this a few times, till it becomes comfortable.

Wow! Now you've stepped it up a notch!

Step 3

Okay. Now you'll start off as before, juggling normally.

This time, on the 3rd or 4th toss, you toss one over from the primary hand and immediately followed with the next toss as an over from the **secondary** hand.

You are actually putting some variety into your routine.

After you've done that a few times, take a short break.

Step 4

This step is a big one.

Start out with normal juggling and when you feel comfortable start to toss over with each hand and keep doing it. You'll be doing exactly the opposite with every toss going over.

Step 5

This is it. Start normal, then do over, then under, then over, then under.

Now you can repeat these same steps with the sticks and the rings.

You're there! You've actually put some major variation into your juggling!

And Here You Are

You've gotten to the point where you can start to use your imagination.

If you haven't already, think about other objects you can juggle.

You did the balls. What other round objects can you think of? There are apples, oranges, or other round objects.

You did the sticks. What other linear objects can you think of? You can do various tools like screwdrivers, hammers, batons, or other linear objects.

You did the rings. What other ring-like objects can you think of? There are rolls of tape, plates, frisbees or other ring-like objects.

You learned to do different patterns like throwing over the previous object instead of under it.

I learned to juggle fireballs and knives and later learned to do machetes.

WARNING: I do NOT necessarily recommend using the fireballs or swords! They can be very dangerous! I do not recommend attempting to do these without some serious recognition about the hazards involved!

After practicing for a few months, you may consider juggling for an audience.

If you do consider entertaining for a group, you need to think about the atmosphere you want to create. Just watching a juggler toss objects in various patterns is entertaining in itself, but there should be something in your routine that sets you apart.

I used humor in my routines. Some jugglers have jokes that they use to intersperse in their show. My humor was silent with a musical background.

With adequate practice, you can do it! If you have followed the directions I provided and put in the time and practice, you have become a juggler!

Congratulations!