

Juggling

Teach yourself to juggle just in time to celebrate International Clown Week!

Collect:

3 handkerchiefs or dishtowels

Start out with one.

1. Hold one handkerchief or dishtowel by one corner.
2. Lift your arm as high as you can across your body and toss the towel into the air.
3. Reach high up with your other hand and catch it as you bring your hand down.
4. Repeat this move to throw the towel back to the first hand.

Try for two.

1. Hold one handkerchief or dishtowel in each hand.
2. Using that same crossbody technique, toss a towel from one hand. Once the towel reaches its peak (as high as it will go on the toss), toss the second towel.
3. Catch the towels on the downswing of your arms, following the rhythm of toss, toss, catch, catch. It may even help you to say "toss, toss, catch, catch" out loud.

Go for three!

1. Place two handkerchiefs or dishtowels in your preferred hand and one in your weaker hand.
2. Throw one towel from your preferred hand. Once it reaches peak, throw the towel in your weaker hand.
3. When the second towel reaches peak, throw the third towel.
4. Keep alternating throws between your hands.

Is there really science to juggling?

Juggling is all about patterns, so there is actually a lot of mathematics and physics going on. Jugglers also have a good sense of proprioception—a sense of the relative position of one's own body parts and their movements.

The juggled objects follow a mathematical curve when they are thrown into the air, but jugglers don't need to look at the entire curve or path of the object. When jugglers look at the peak, or top of the curve, their brain can figure out where the object will come down.

