

You will learn to juggle. I encourage you to practice and practice with an open mind and heart. If you try and try and try (practice simple first you will develop the hand eye coordination necessary for success) you will improve. If you simply say I can not then you never will.

Juggling scarves is a simple task that translates to life. In life we can do and accomplish any thing we decide we can. We simply have to put in the basic steps and practice to achieve. You are preparing to continue your education yet with out learning your alphabet and learning to count fathering your education would not happen.

I know you can learn to juggle. Begin with tossing only one scarf. Only after this is easy do you go to two scarves. Practice alternating throwing the scarves up (right hand scarf up catch right then left hand scarf up catch left). Once you have mastered the single hand toss up and catch, try throwing right hand scarf to left side of the body and catch with the left hand. Repeat the single across the body to the opposite side. When this becomes easy, try a scarf in each hand (throw the right scarf toward the left side of the body and before you catch it with your left hand throw the scarf in your left hand toward the right side then catch left and catch right). You will have to practice the across the body throws and catches a lot before you add the third scarf. Adding the third scarf will require one scarf is in the air at all times. Remember the scarves and their throwing order scarf one right hand index and forefinger, scarf two in left hand and scarf three right hand held by little finger and palm. The Throwing order is scarf 1, scarf 2, and then scarf 3. First simply practice throwing in order with out regard to catching. Repeat order several times. Watch the scarves and develop your sense of timing. In your practice, take your time and simply develop the rhythm and feel for the scarves, your hands, how much you have to rely on your peripheral vision. Pace your self and be patient with your self. Remember skills are learned and practice is necessary. After practicing the order of throws remember throw right catch left, simply add throw scarf 2 before you catch scarf one and throw scarf 3 before you catch scarf 2. The last part is to remember throw before you catch this will always leave one scarf in the air.