

**Learn to Juggle –
Success Guaranteed**

Urgent

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Stephan Ehlers, Author



Stephan Ehlers (born 1961) studied banking and advertising before acquiring the craft of communicating information as a “commodity” at a variety of agencies and specialist publishers. As chairman of Online-Anbietersvereinigung e. V. (German Online Service Provider Association) and project leader at the Institut für Btx und Telematik (Teletext and Telematics Institute), he focused on the growing importance of telecommunications and the Internet for the “commodity” of information. As sales director at Hohenstein Management Seminar Institute and motivation and communication trainer, he started to concentrate more on interpersonal communication of information and its wide-ranging impacts on behaviour. In 1995 Stephan Ehlers founded the company FQL - Fröhlich Qualität Liefern (Deliver Quality Joyfully), and since then has been a trainer, consultant, instructor and facilitator for prestigious companies (Deutsche Telekom, Commerzbank, McKinsey, Siemens, Nestle, Sport 2000, Fujitsu, British Telecom, T-Mobile, Ernst & Young). Awards he has won include the Management Business Award and the Rhetoric Competition of the German daily newspaper TAGESSPIEGEL.

The REHORULI juggling system was developed by Stephan Ehlers in 1995 and first presented in 1999 on the Internet (www.rehoruli.eu) and elsewhere. Since then, REHORULI has enjoyed increasing popularity. Its numerous awards have made REHORULI the most successful juggling method. Stephan Ehlers achieved his first world record in Berlin in July 2003, where 54 beginners used REHORULI to learn to juggle simultaneously in just 60 minutes. Two years later he improved on this world record in Weimar: 64 Thuringians succeeded in learning to juggle with three balls in a mere 55 minutes (www.rehoruli.eu).

Many celebrities, politicians and top sports personalities have learnt to juggle with Stephan Ehlers. His students of juggling have included BDI (German Industry Association) President Dr. Michael Rogowski, ex-Telekom chairman Dr. Ron Sommer, music guru Justus Franz, German Minister of Consumer Protection Renate Künast, film producer Bernd Eichinger and Grimme Award winner and actor Armin Rohde. Germany's most successful Olympic athlete, the outstanding sportswoman Birgit Fischer (9 gold medals), learnt rapidly and confidently to juggle with three balls using the REHORULI system.

Illustrator Marvin Clifford



Marvin Clifford (born 1983) discovered his passion for drawing at an early age and set his sights on becoming a cartoonist, achieving top marks for his high school diploma year in “Fine Arts”. French illustrator and comic artist Emmanuel “Manu” Murzeau heard of him and became his mentor. Later Marvin held his own comic workshops in the Wannsee Forum and soon followed in the footsteps of his mentor Murzeau as a lecturer in comic studies. In September 2005 Marvin Clifford finished his studies at the BTK – Berlin Technical Art School – gaining top marks. The comics and the film “Molps & Murphy” he completed as part of his degree won many fans on the Internet (www.molps.de). Alongside smaller illustration commissions for companies including Opel and Deutsche Bank, Marvin is a member of “Stenarts” – The Creative Team” (www.stenarts.com), a group of freelance comic illustrators and artists who work on a broad range of projects. He drew a 20-part comic strip series for Germany’s largest Internet community for the online roleplay “World of Warcraft”. There followed various short films, the JONGLORO design for this book and initial contact with the editor-in-chief of the German MAD magazine. Marvin has been head illustrator at FQL – Agency for Communication Management (www.fql.de) since September 2005.

JONGLORO presents the REHORULI exercises

JONGLORO is a character from the pen of Marvin Clifford.

JONGLORO will accompany you every step of the way, supplying an entertaining step-by-step presentation of each throw and catch exercise in the REHORULI juggling method.

In these days of digitalisation and PCs, it is worth emphasising that all the illustrations in this book, without exception, were done on paper by hand!

REHORULI - Learn to Juggle - Success Guaranteed !

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MPD – Make the Possible Doable

Many people only look where the light is good. Saying, Wales

It certainly counts as success when you finally learn how to juggle with three balls. The beauty of learning to juggle is that during the learning process you will encounter all the phases, and the virtues, you need for success.

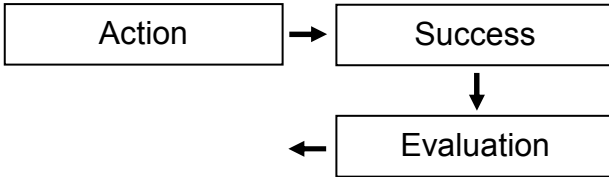
1. You have set yourself a target:
"I want to learn how to juggle with three balls."
2. You have to invest the time
and plan your training sessions
3. You will need perseverance.
4. You will have to concentrate...
on the balls, the throwing and catching...
5. You must take care not to be distracted.
6. You will experience setbacks.
7. You will have to motivate yourself to keep at it.
8. You must not flap or become anxious.
9. You will have to try completely new things with
an uncertain outcome.
And much more...

Your inner attitude will take on more significance than you might have expected.

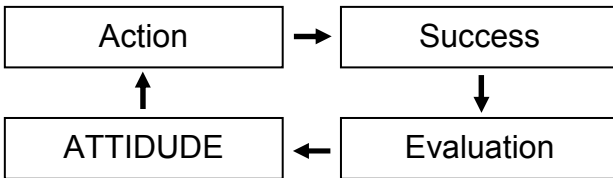
Success does not come of itself, is never a coincidence. Success is always a "personal story" of making the possible doable. No success is possible without effort. That is no different with juggling than any other private or business success.



Success is always a result. Success is something that “follows”. Every success is preceded by taking some action. Otherwise no success is possible. “**Action**” is the requirement. Success is always an individual matter. Everyone wants to achieve different aims: some people may be aware of their aims, others are not, but all have a “yardstick” for success. We all **evaluate** “our own” success or have our own measure for failure.



This evaluation has an accordingly powerful effect on our **attitude**. If we evaluate something “negatively”, then our attitude is accordingly “negative” ... this of course will also have an effect on our actions.



In a nutshell, our “actions” and our “evaluations” have enormous influence over our success. Our attitude to things is much more important. This means you should concentrate less on the external (dropping balls, etc.) and “go into yourself”, thinking of your (positive?) attitude to juggling. This is, of course, a little more difficult, as you need to be active yourself. For example, dropping the balls is something you notice “automatically”, and as such enters your consciousness more rapidly and directly. You quickly “evaluate” this situation ... probably negatively ... and straight away your attitude is affected.

The aim is to break this pattern ... by occasionally recalling your (positive!) attitude. Imagine yourself mastering the REHORULI exercise you are currently doing; that alone can be a help for the next, improved attempt.

The REHORULI Philosophy

1. REHORULI is an idea, a concept, a system. If you use REHORULI or learn to juggle with the REHORULI exercises, you will learn not only how to juggle, but also a great deal about yourself, your own perception and general rules for success. Successfully completing the REHORULI exercises guarantees you the personal, individual experience of those feelings of success. It also improves your physical and mental coordination and enhances self-confidence. In short: REHORULI and the juggling skills it teaches you provide you with more energy and zest for life.

1. REHORULI is demanding. Anyone between the ages of 8 and 88 should be able to learn how to juggle confidently and successfully with REHORULI. Juggling three balls confidently and successfully is the main aim and concern of REHORULI.

3. As a kind of "side effect", REHORULI also generates feelings of success and happiness. REHORULI's aim is to make it easy and possible for EVERYONE to learn how to juggle. If you can ride a bicycle, you have the ability to learn to juggle. In the same way that everyone is born to be successful. All you need is the courage to learn something new, and to overcome and accept something "strange and unfamiliar".

4. REHORULI is an open system, not a closed system, and is always open to further development, improvements and/or additions. Any ideas or suggestions on how to improve REHORULI in any way are more than welcome. Please don't hesitate to send me your tips, ideas and criticisms (info@rehoruli.eu).

Stephan Ehlers - July 2001

Requirements for Learning to Juggle

You are either a part of the problem or a part of the solution. I decided on the latter. Michael Gorbatschov

Though many might not believe it, you don't need any special abilities to learn how to juggle. Honestly! But a few basic points will make it easier for you to make progress:

1. If you really enjoy learning new things or learning to juggle, then the foundation stone of your success has already more or less been laid.
2. Follow the instructions in the book step by step as best you can.
3. Keep your patience even when things don't go right straight away.
4. You need to have three balls of the same size and weight. Each ball should weigh at least 90g. If you can't get balls which are suitable, you can also buy beanbags in a juggler's shop or order them online at www.rehoruli.eu.

If you have an Internet connection, you can take advantage of further options for using REHORULI. All the exercises described here are also available as a video file, which you can download free (www.rehoruli.eu). It enables you to see and check the exact sequence of movements in each juggling exercise. Before you start juggling: try NOT to skip any of the REHORULI exercises! Especially not if you are a juggling novice and want to juggle really "cleanly" ... i.e. relaxed, carefree and without effort.

Keeping to the sequence is not an absolute must, but for beginners and those new to juggling it is very helpful to go through ALL the REHORULI exercises. Even if one of the exercises simply doesn't work, it is better to go back and perfect the previous REHORULI exercises before you go on to the next exercise or leave one out.

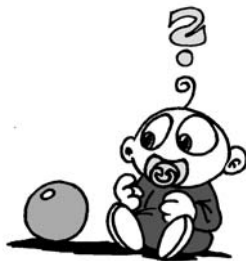
Here are a few basic rules which will help you on your way to learning how to juggle and keeping to the sequence:

- Think positive
- Be patient, don't force things
- Each "mistake" is an opportunity to learn
- Have the courage to face the challenge of learning something new
- Don't think too much, "doing" is better and more successful than "thinking"



Before you start – Important Preliminary considerations

We think too much! Yes, I really mean that. The most important thing in learning to juggle, and in juggling itself, is to keep your mind “free” ... and that’s something people find hard. And the older we get, the more difficult it becomes to “switch off our minds”. Very difficult indeed. But that is normal and should not worry us. By “mind” I mean our attitudes,



judgements, prejudices and everything which is “comfortable”. You need a good helping of self-motivation to learn how to juggle with three balls. It isn’t comfortable ... particularly for our minds. Buying a book that teaches us how to juggle is one thing; actually starting with the first throw-and-catch exercises is quite another. It feels different, and it takes effort. Being interested in juggling is quite different from trying it out for yourself! Totally different! Before you start with the first REHORULI exercise you should ...

- ...be totally determined to learn how to juggle.
- ...also believe firmly in yourself that you will manage it.
- ...accept setbacks in the learning process as a challenge or opportunity.
- ...develop less of a burning determination and more of a relaxed approach.
- ...say to yourself over and over again before you start: “I will do it”, “I can do it”.

And above all, you must motivate yourself when things don’t feel right or when your throwing and catching is not (yet) going the way it should! I mean that absolutely seriously!

Self-confidence only comes from within – never from outside. Juggling is a good example of how you can slowly build up your self-confidence and self-awareness by stepping gradually outside your limits. It is a personal thing – nothing and no-one can help from outside.

Learning speed and sequence is NOT predetermined!

Even though the REHORULI throw-and-catch exercises are numbered, it is not absolutely compulsory to do the exercises in this sequence! That should not make you uneasy – on the contrary: - it should and will give you strength! Find out for yourself which REHORULI exercises are helpful for you as you learn to juggle with three balls. It would certainly make sense to start with the exercises with one ball before you go on to throwing and catching two balls – but the sequence is not the decisive thing. Honestly.

Many people who have learned to juggle quickly and successfully with three balls have used the following sequence of exercises: REHORULI exercises 9, 10, 11, 5, 6, 7, 11, 12, 13, 14, 15, 20, 21, 17, 31, 32, and 33. All the exercises help to prepare you for juggling with three balls. You can decide the learning speed for yourself. In practice we have found that the best time is at least ten minutes, but never longer than one hour.

Why "active" self-motivation is helpful

Belief in yourself, “positive thinking” or whatever you want to call it is extremely important if you are learning how to juggle. Positive self-motivation is no guarantee that everything will be perfect straight away, but on the other hand I can guarantee that you will not make any progress at all if you constantly say to yourself “I can’t do it” or just curse.



Sometimes things simply need more time and take longer than you might hope or wish. You know that already from everyday life...!

Learning to juggle is a whole body experience or process which you must constantly pass through in each phase. I always like to compare learning to juggle with learning to ride a bicycle. Exactly the same thing happens. The body learns! You cannot learn to ride a bike by picturing it or having it explained to you – you have to DO it! It calls on your sense of balance and the simultaneous activities of the left and right hemispheres of the brain. And that's a lot of effort. When you ride a bike you fall off, when you juggle you drop the balls ... before things start to work properly.

Regardless of whether you think positively or not. Many people believe that as children they had no idea about “positive thinking” and that this was the very reason that they were able to master new challenges (such as riding a bicycle).

Even if it was an unconscious process when we were children, learning to cycle released our irrepressible (positive) willpower and determination to push our limits. This will or desire to be able to do it one day, plus the “keep-on-trying” effect, were the success factors. And juggling is exactly the same! Get yourself into a positive frame of mind, or better still: say aloud to yourself “I can juggle”, “I can do it” or something similar. Avoid phrases like “I might be able to do it”! Form your sentence consciously as if you already knew how to juggle.



**We finally get started
on the next page!**

Exercise 1: Reli – Right - Left

Make everything as simple as possible, but not simple.
Albert Einstein

The first exercise is relatively easy and more importantly looks easy too. A ball is thrown from the right hand to the left hand and vice versa. Back and forth. Throw up with the right, catch with the left – throw up with the left and catch with the right. However, before you start make sure of the following:

The ball should only reach forehead level at most – make sure that you don't throw the ball above your eye level. By the way, this applies to all REHORULI exercises.

Eye level is ideal!

There is a good reason why it is not useful to throw the ball above your eye level. Beginners especially have a tendency to throw higher, believing that “the higher I throw, the more time I have to concentrate on catching”. That is mathematically correct. The higher you throw, the longer it takes for the ball to return to your hand. As convincing as this argument may sound, the result is fatal. The higher you throw, the faster the ball returns, making it more difficult to catch. Even worse, your field of vision deteriorates. When you throw above eye level you lose sight of your hands, which causes (inner) stress or uneasiness. Throwing to eye, or at most forehead, level leaves you in total control.



If you have to raise your head because your throw is too high, you lose sight of your hands, which creates more insecurity, and therefore more inaccuracy. So remember, NEVER throw above eye level. If you do that right from the beginning, you'll make progress faster – guaranteed! Simply because you can see more (everything!).

Keep the arms loose when throwing – never extended.

Make sure that your elbows do not move forward from your body when throwing. Your elbows should not touch your body or press against your ribs. Throw and catch loosely and jauntily.

The arms stay down while throwing and catching

Check whether your “catching hand” has a tendency to move towards the ball when catching, or whether you are calm enough to wait for the ball to fall into your open hand.

Catching correctly involves a little “cushioning”

When “receiving” the ball, - i.e. when it is still in the air - your catching hand is open (forearm and upper arm at approximately right angles) – but just before the ball touches your hand, lower your hand a little to cushion the impact and throw the ball fluidly from there to the centre again. Only release the ball when your forearm is horizontal.

TIP: Try to catch the ball silently (!)

Try to catch the ball in such a way that there is no sound. Normally the ball hits your hand with a “slap”, creating a noise. Quiet or silent catching is only possible when the momentum of the ball is “cushioned” by the catching hand. Therefore your hand must go down a little when catching, otherwise there will be a noise. Just try it – it’s a good, effective exercise!



Exercise 2: ShowThe8

If you cannot accept small obstacles, you will ruin your great plans
Confucius

As an exception this simple exercise is done without a ball. You have to create a "figure of eight" in the air using both the right and left forefingers. This is a preliminary to REHORULI Exercise3 and is of great importance – also for all of the following exercises. But more about that later.



- Stand with your feet apart. Then draw a horizontal figure of eight – in mathematics, the symbol of infinity – in the air, first with your left hand and then with your right hand.
- Keep your head steady and follow your forefinger with your eyes. Try to make the eight as big as possible so that your eyes are forced to move as much as possible.
- Then place your hands together as in the illustration. With both your thumbs and forefingers make a hole and draw figures of eight with both hands in the air while looking through the hole. Make the eight as big as you possibly can by using your whole body to shift your weight from one side to the other. Move your eyes as far as possible to the outer edges of your field of vision.
- Listen to some music if you want to, ideally in 3/4 or waltz time. You can sing or hum along.
- Gradually make your movements and the figure of eight gradually smaller and smaller, so that at the end

your body is still and only your eyes are following your hand movements.

- Finish up by standing still with your eyes closed and think about what you have just done. Draw another two or three figures of eight in your thoughts with your eyes closed. This imaginary mental anchoring is just as important as the exercise itself.

This exercise is always good when you have the feeling that “I can’t go on”. When there are blockages or setbacks and catching and throwing suddenly does not work as well as it should.

The reason why Exercise 2 is so very important

This exercise is indeed without a ball but it nevertheless belongs to the three most important REHORULI Exercises! Drawing the figure of eight has a practical as well as a symbolic meaning. Every time you do this exercise, where you set your eyes and your whole body in motion, both halves of your brain are actively incorporated.

Both eyes and both sides of your body are active, and you are crossing the central axis of the body. The corpus callosum, that part of the brain which connects the left and right sides of your brain with 200 million nerve cords, is activated.

By using the corpus callosum to move, describe what you are feeling and acting, you are promoting the development of your brain.

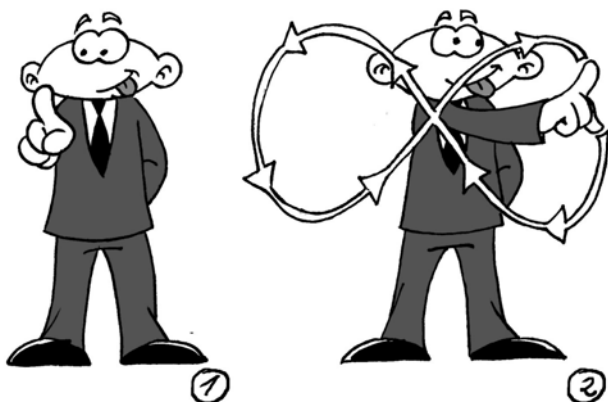
This exercise supports what is known as myelinisation of the many nerve cords in the corpus callosum. This functions so well because the nerve cords produce a substance called myelin, which acts as an insulating coat around the nerve cords and allows signals to be sent more smoothly from one half of the brain to the other, thus improving cooperation between the brain halves in the process.

Scientists have shown that our “brain performance” is up to two hundred times faster when myelinisation has taken place. In other words, one side of the body has a better idea of what the other side is doing. This is true for both halves of the body as well as both halves of the brain, and is an invaluable support when juggling.

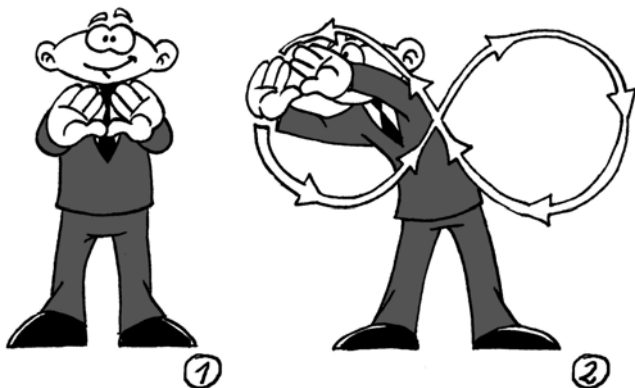
So, when one exercise or another just does not seem to be working well or there are other reasons for physical or mental uneasiness, the “figure of eight” is an excellent exercise to activate or recharge both sides of the body and brain.

The “figure of eight” has been used as an eye exercise for decades. The eye movement powerfully activates the fields of vision of the left and right eyes, so that we can arrange and coordinate optical impressions more easily - exactly what we urgently need in juggling.

First of all, draw a horizontal figure of eight through the air on an imaginary blackboard with your finger. First with one hand and then with the other.



Now draw a horizontal figure of eight, but with both hands together. Do it exactly the way JONGLORO demonstrates in the pictures with your thumb and forefinger together ... and look through this hole during the exercise. The figure of eight (see illustration) is big at the start but gradually gets smaller. It is important to do this at least ten times. This exercise activates the nerve tracts between the left and right halves of the brain.



Exercise 3: TakeThe8-overhead

Comfort enervates the spirit, difficulties train and strengthen it.
Francesco Petrarch

REHORULI Exercise 3 functions in the same way as exercise 2...but **with** the ball. The ball describes a figure of eight in the air. It is important here that the ball be thrown high and far outwards, so that the arms are held high and extended outwards when catching in order to bring the ball into the centre and from there throw it in the other direction.

The ball should only reach forehead level at the highest - make sure that you never throw the ball above your own eye level. As already mentioned in exercise 1, this applies to all REHORULI Exercises.

Throwing the ball to eye level is very important!

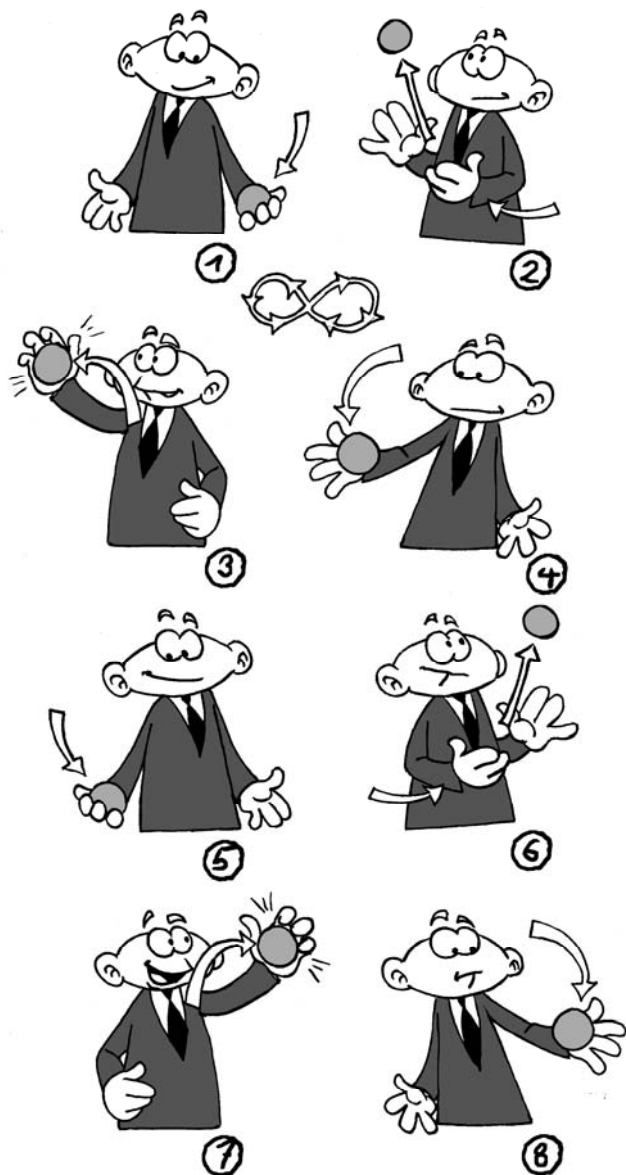
There is a good reason for not throwing the ball above head level. Read the note on eye level on page 23.

The ball is only touched/caught when it is up in the air

Make sure that you catch the ball from above. First throw the ball up (max. eye level) and outwards. Then the other hand follows the ball but only catches/grasps when the ball is high.

Throwing and catching fluidly – flowing movements

The aim is not to “somehow” produce a figure of eight. When you try it for the first time it may still be somewhat jerky or uneven. But that is the important thing; the decisive factor when throwing and catching is to produce a flowing movement. Throwing and catching should, if at all possible be done through fluid, flowing movements. By the way, the figure of eight pattern is the juggling pattern for three balls as well. So, the better things flow now, the better it will function later with 2 or 3 balls. Ball speed and arm movement speed are the same.



Video Files for his REHORULI Exercise can be accessed free under:
www.rehoruli.eu > REHORULI-Video < [REHORULI-Exercise03](#)

Exercise 4: TakeThe8-downunder

The greatest difficulties lie where we do not seek them.
Johann Wolfgang von Goethe

REHORULI Exercise 4 looks almost the same as exercise 3. But only just! When you look carefully you will see that the ball is not touched when it is high in the air, but only when it is caught when low down. Altogether different from REHORULI Exercise3.

The ball is not thrown above the head.

Eye level is ideal.

The catching hand follows the moving ball upwards

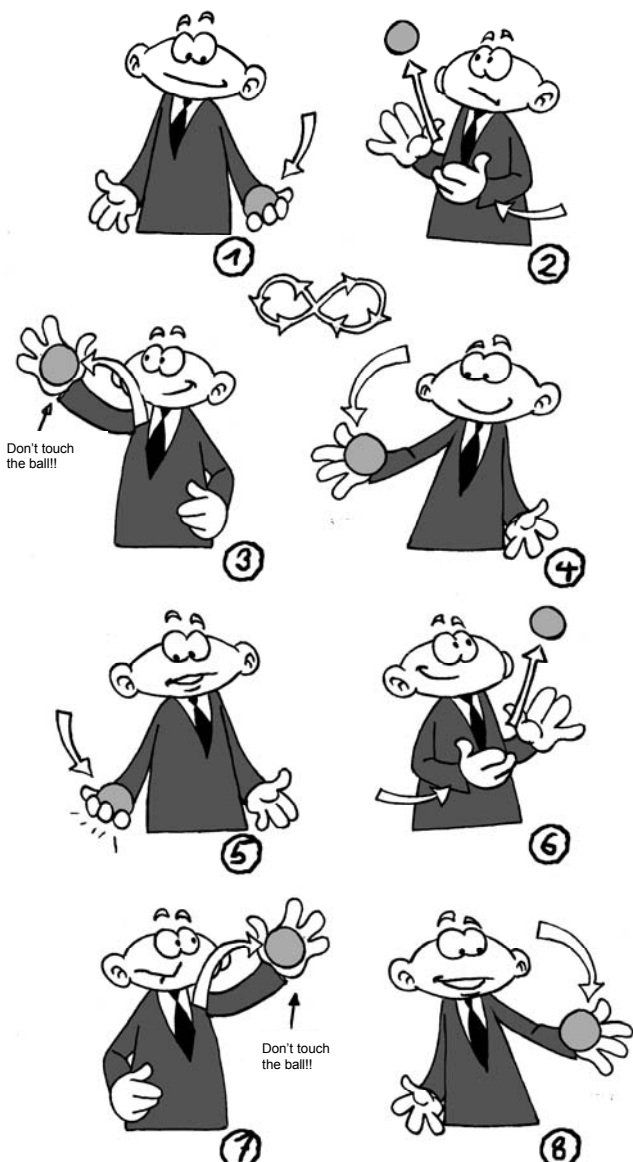
... but does not touch it! The hand is above the ball, and as the ball falls the hand follows at the same speed and only catches it when the hand is once again under the ball. First the throw – then the other hand follows.

At first you will have the feeling that you do not have enough time to slowly and casually bring your hand around the ball without first touching or catching it. This is normal. The eyes and body have to get used to it first.

This exercise only seems easy; in fact it is not. You may need 20 or 30 attempts before the throwing speed of the ball and the catching movements of the arm are smooth and even to both left and right.

Pay attention to fluid throwing and catching and flowing movements

...flowing movements are especially important to this exercise too.



Video Files for this REHORULI Exercise can be accessed free under:
www.rehoruli.eu > REHORULI-Video < [REHORULI-Exercise04](#)

Exercise 5: FallingDown_MoveUp

*Human love begins beyond desperation.
Jean-Paul Sartre*

REHORULI Exercise 5 is as demanding as the exercise with the horizontal figure of eight. Appearances can be deceptive here as well. It will take a few minutes to perfect this throw-and-catch exercise.

Tip: Start throwing with your weaker hand

Right-handed people should start with the right hand as their catch hand (above) and the left hand as throw hand (below).

Position of the arms and hands

The ball is in the “weaker” hand to start with and is held level with the navel. The other hand brings the ball from the left hand up to eye level and then drops it back into the left hand again. Your right hand stays up – only the ball falls.

The “weaker” (e.g. left) hand always stays down during the exercise

... at about navel level. The hand drops while catching, to reduce the ball’s momentum slightly in order to throw it vertically up to the right hand. The throw can, or must, be fairly fast, directly into the right hand.

The “stronger” (e.g. right) hand always stays at forehead level during the exercise

When catching, you must ensure that the right hand does not approach the ball. Hence the quick throw into the right hand. Ideally the right hand is only opened or closed, not moved, and remains at forehead level.

Try to avoid watching the ball as you catch it

When you are able to do the exercise well, try to look only at your right hand (above), and catch and throw “blindly” with the left hand.

Video Files for this REHORULI Exercise can be accessed free under:
www.rehoruli.eu > REHORULI-Video < [REHORULI-Exercise 05](#)



Exercise 6: FallingDown_MoveUp

The word difficulty need not be considered as existing by a spiritual person. Away with it!

Georg Christoph Lichtenberg

REHORULI Exercise 6 is exactly the same as REHORULI Exercise 5 but in reverse! This means the order of the hands is reversed – the hand that was down is now up and vice versa. Do not be surprised if it does not work as well as exercise 5 straight away. Your body has to rethink... you are actually starting from scratch, just like the other exercise. Do not underestimate this – both exercises have to be equally mastered. When juggling with three balls you need both arms and hands, therefore the exercise with two balls must be practised in reverse, otherwise your body and eyes lack 50% of the information needed.

Position of the arms and hands

The ball is now in the right hand to start with, and is positioned at the level of navel and hips. The left hand takes the ball out of the right hand up to eye level and again drops the ball into the right hand. Your left hand stays up – only the ball falls.

The right hand always stays down during the exercise

... at about navel level. The hand drops while catching to reduce the ball's momentum slightly, in order to throw it vertically again – directly into the left hand. The throw into the left hand can, or must, be fairly fast.

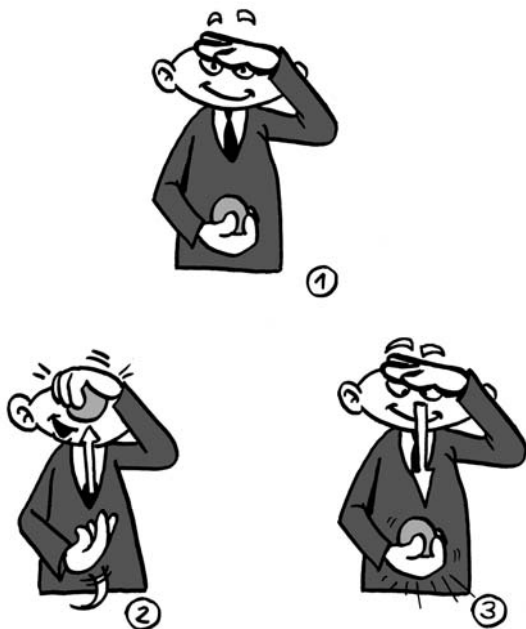
The left hand always stays at forehead level during the exercise

When catching, you must ensure that the right hand does not approach the ball. Hence the quick throw into the left hand. Ideally the left hand is only opened or closed and does not move.

Try to avoid watching the ball as you catch it

When you can do the exercise well try to look straight ahead at your raised left hand and attempt to catch and throw semi-blindly with the right hand. This should actually work with a little practice. This is a good exercise in juggling from the subconscious. Later on it will be important with 3 balls. One side (right or left) will always feel different. This is normal and you will always have to deal with this.

Video Files for this REHORULI Exercise can be accessed free under www.rehoruli.eu > REHORULI-Video < REHORULI-Exercise 06



Exercise 7: JumpMoveTouch

*The greatest difficulties lie where we do not seek them.
Johann Wolfgang von Goethe*

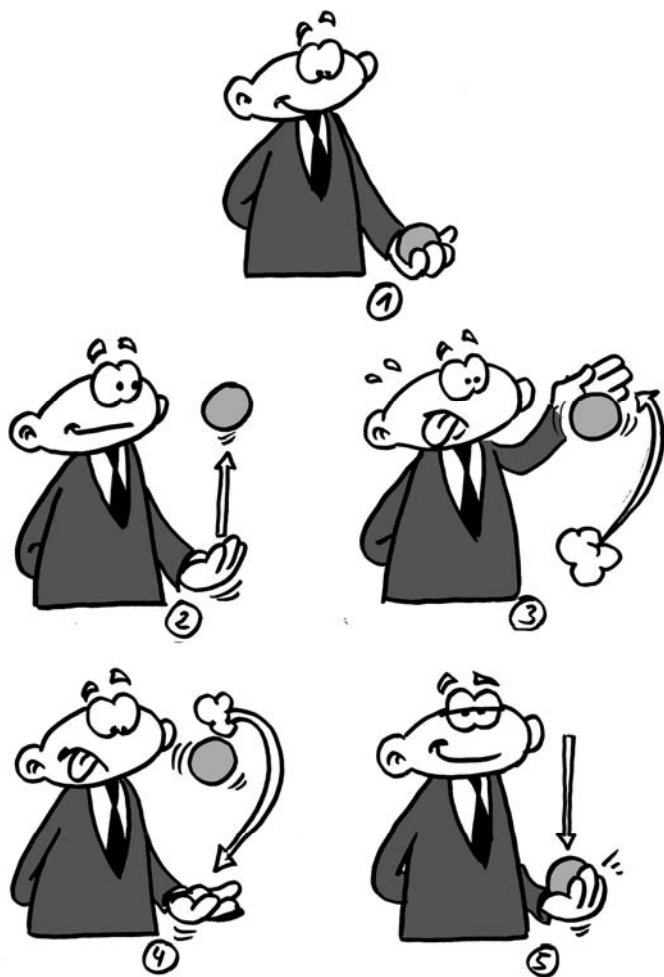
In this exercise we need only one ball and we work with one hand. However, at the beginning you will feel as if you “have your hands full”. The exercise prepares the hand for the throwing speed of the ball.

Start this exercise with your “weak” hand as well. If you are left-handed, start with your right hand. If you are right-handed start with the ball in your left hand.

Your arm is almost fully extended before you throw the ball up and to the side. Height is important. Eye level is ideal! As soon as you have thrown the ball, move your hand very quickly sideways up and over the ball (see JONGLORO illustration 3 right) then bring your hand down the same way quickly to catch the ball.

You will have to try this a few times before you develop the feeling for it. The first few times will seem extremely hectic. That is normal since your hand must be faster than the ball!

The same exercise is now done with the other hand, of course. Both hands – right and left – have to develop a feeling for the speed of the ball. The faster and more secure you are with this, the easier the rest of the REHORULI Exercises will be.



Exercise 8: Reli – Right - Left

It is not because something is difficult that we do not dare to do, it is rather that something is difficult because we do not dare to do it.
Lucius Annaeus Seneca

You already know REHORULI Exercise 8. It is the same exercise as REHORULI Exercise 1. However, try the exercise again. It will feel different, easier than during the first attempts. Before you begin, please follow these points absolutely:

The ball must only reach eye level...

for each throw now!

While throwing, the arms are loose and bent – never extended.

Make sure that your elbows stay at your body and do not move forward. The elbows should neither touch the body nor be “stuck” to it. Throw loosely and easily.

When catching, the arm stays down and never approaches the ball.

Check whether you have a tendency to move towards the ball with your hand when catching, or whether you are calm enough to wait for the ball to fall into your hand.

Catching silently is ideal!

Your best tester is your ear! The less you hear the catch, the better it really is. You hear nothing from a professional juggler. Follow your ear, and when you can hear nothing when throwing and catching you are almost beyond improvement.



Exercise 9: TwinChange

Let's admit it: we are prepared for any surprise, only the daily occurrences break over us like catastrophes.

Stanislav Jerzy Lee

Hold the hands crossed

Make sure that the pulse points of the hands lightly touch. Your arms are only correctly crossed when the right and the left pulse points are in contact.

Rotating the hands.....back and forth

Each hand is rotated simultaneously in a half turn. It is of enormous help to note that the pulse point of each hand always lies opposite that of the other hand. Always – that means that “pulse on pulse“ is NEVER changed. When you have done the pulse point contact exercise, try it leaving a little space between the pulse points of the right and left hands

Tip:

Try this exercise with friends or relatives. You will be amazed at the results. Almost one in two people who try this exercise for the first time find it difficult, at least at the beginning. Simply demonstrate the exercise and ask them to imitate you. Without any further explanation. Just demonstrate! Do not mention anything about pulse points or the like! Even at the beginning, when the hands are being brought into position mistakes are often made. It is difficult because this exercise engages the right and left sides of the brain simultaneously. Many people have problems activating both halves of the brain simultaneously.

By the way, the horizontal figure of eight (see REHORULI Exercise 2) helps here too. If REHORULI Exercise 8 still causes problems, then you should take a break. After the break, start with REHORULI Exercise 2 and then go on to REHORULI Exercise 9.

Video-Datei zu dieser REHORULI-Exercise kostenlos zum Abrufen:
www.rehoruli.eu > REHORULI-Video < **REHORULI-Exercise 09**



Exercise 10: TwinChange'n'Jump

*Even with stones which lie in your path, you can build beautiful things.
Johann Wolfgang von Goethe*

REHORULI Exercise10 goes one step further. As in REHORULI Exercise 9, the hands are crossed and the ball is alternately thrown up left and right.

The hands are kept crossed – during all phases now

“Pulse on pulse“ is a useful guideline here too.

Movements as flowing as possible

Crossing the hands back and forth should be done as loosely as possible. The arms are not extended, but angled loosely and lightly.

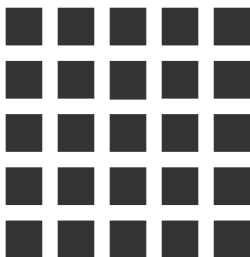
The height of the ball when throwing

... is not important. Tipping it up approx. 10-15 cm high is enough. It is only important that the ball leaves the hand and is then cleanly caught in order to start the reverse crossing. In other words, cushion the momentum of the ball when catching.

If you concentrate on throwing, crossing your hands will become automatic. You will (hopefully) cease to think about it any more. “Don’t think, just act” is the motto when juggling, and the same applies to these exercises.



Perception Test



Our eyes deceive us.....

*The grey shades at the intersections
of the white lines are an illusion!*

Exercise 11: TwinJump

*Maintaining equilibrium is the most successful movement of your life.
Friedl Beutelrock*

Now we have progressed so far that you can let go of both balls. This time it really is easy. Both balls are thrown up as parallel as possible and caught again.

Check the height of the ball – max. eye level!

Cushion the momentum of the balls when catching....

And move your hands down a little when you feel the ball. Under no circumstances should you move your hand towards the ball.

The hands stay down

... and are at (max.) navel level when throwing. Only release the ball when the arms are horizontal. Hands are down... arms are max. horizontal!

The closer the balls are together, the easier it is to catch

Ideally try to throw the balls up as closely parallel as possible, so that both balls reach maximum height at your eye level. JONGLORO (right) demonstrates the “advanced version”.... Hands and arm are a little farther apart.

“Space” between hands and balls

Since everybody normally has a “weak” and a “strong” hand, it is not so easy to throw both balls up to the same height at the start. However, it is vital for this exercise that both balls move parallel. This is only possible when the balls leave the hands early (at the latest at navel level) and stay down.

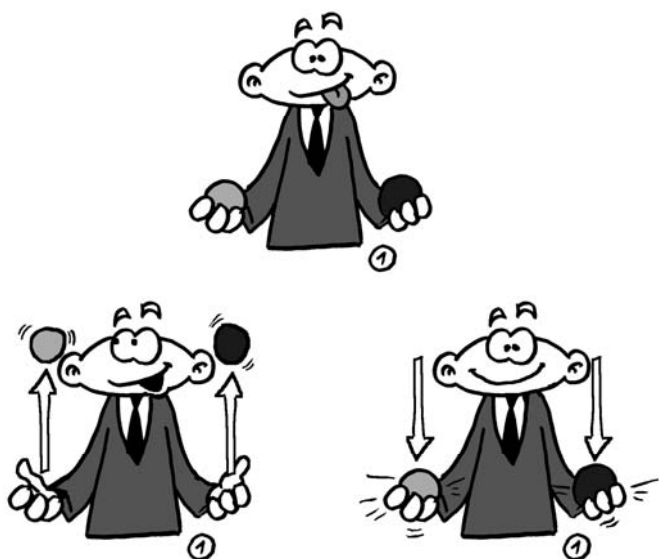
Tip:

Make sure that the arms and hands are not moved above navel level when throwing and catching.

When everything is running well...

1. Hands stay down when catching and throwing, and...
2. ...the balls are visibly parallel.
3. The balls are almost exactly at eye level prior to falling.
4. Now try to catch silently as well. It really is possible to catch silently!

Video Files for this REHORULI Exercise can be accessed free under www.rehoruli.eu > REHORULI-Video < **REHORULI-Exercise 11**



Exercise 12: Jump'Touch'Back

The best time to deal with a problem is before it occurs.

Ray Winston Freemann

In this exercise one ball is thrown up and the other is held and moved with the arm. This looks easy but it must be practised until it feels “easy”.

Throw the ball with the left hand and move the right arm simultaneously

... is the “secret” of this exercise. These movements must take place simultaneously. The left hand throws the ball vertically, while the right hand simultaneously moves horizontally over to the left palm. Just when the ball has reached maximum height and starts to fall, move the right hand with its ball back to the starting position.

The ball only reaches eye level.

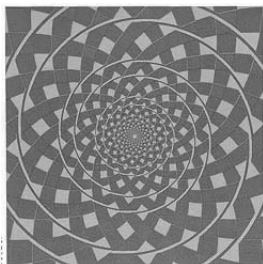
The left hand throws and catches the thrown ball.

The ball in the right hand is moved to and from the left palm.

Make sure that the ball actually touches the left palm.



Perception Test



What do you see?
An endless spiral?

It is actually a sequence of circles!

Exercise 13: Jump'Touch'Back

*Don't spend your time looking for an obstacle, perhaps there is none.
Franz Kafka*

Exactly the same as REHORULI Exercise 12 – but in reverse!

Throw the ball with the left hand and move the right arm simultaneously

It must be simultaneous. The right hand throws the ball vertically while the left hand simultaneously moves horizontally over to the right palm. Just when the ball has reached maximum height and starts to fall, move the left hand with its ball back to the starting position.

The ball only reaches eye level.

The right hand throws and catches the thrown ball.

The ball in the left hand is moved to and from the right palm.

Make sure that the ball really touches the right palm.

Perception Test



What do you see first?

A duck or a rabbit?



Exercise 14: Jump'n'Cross

Life can complicate itself to such an extent that in the end everything seems simple.

Wieslaw Brudzinski

This REHORULI Exercise is similar to REHORULI Exercise 12 and 13. Here the ball is thrown up vertically and the other ball is held and moved. However, this exercise is much more difficult since it is a “crossover” movement for body and eye.

The left hand throws the ball up vertically and also catches

While the ball is up in the air, the right hand....
.....moves between the ball and the left hand across the central body axis (navel height) and stays there.(3 & 4)

The left hand throws again and the right hand returns to position

Again above the palm that has already thrown and under the ball which is in the air.

During this exercise it will be noticeable how helpful it is to keep the throwing hand down while throwing AND catching.

Tips:

Your body may try one possible avoidance strategy – the right arm is passed under the left arm. This happens very often. The body wants to work at the lowest level of effort. Very often you do not notice this and you believe that you are doing the REHORULI Exercise correctly. So watch carefully. The arm is moved under the ball and over the throwing arm.

Do NOT try to throw and move simultaneously. This is very difficult. It is much easier to first throw and afterwards move the other arm through horizontally
Counting helps: 1=throw and 2=move the other arm.

Video Files for this REHORULI Exercise can be accessed free under:
www.rehoruli.eu > REHORULI-Video < **REHORULI-Exercise 14**



Exercise 15: Jump'n'Cross

Every crisis conceals the opportunity to learn from it.
Anneliese Fuch

This exercise is exactly the same as REHORULI Exercise 14- but in reverse.

The right hand throws the ball up and also catches

When the ball has reached its highest point,
the left hand moves between the ball and the right hand
across the central body axis and stays there. (3 & 4)

**The right hand throws again – and the left hand returns
to position**

Again above the palm which has already thrown and under
the ball which is in the air.

Video Files for this REHORULI Exercise can be accessed free under:
www.rehoruli.eu > REHORULI-Video < **REHORULI-Exercise 15**



We need individual letters, but we always read the word as a whole!

In this little experiment you'll be astounded to find out how we actually read. The following is a text which at first glance appears to be just a jumble of letters. When you look carefully, however, you'll see that you can read the text reasonably fluidly and well.

Jmubeled Ltteres!!

Acnicrodcg ot a sduty crradeid out at an Esilgnh Uvniserity, it deos not mttar how the ltteres are odreerd in a wrod. The olny ipmroatnt tnhig is that the frsit and lsat ltteres of the wrod are in the crrcet psoition . The rset of the ltteres can be cmolpeety jmueld and you can siitl raed whtiout porbelms. This is bceuae we do not raed ecah ltteer idnidivlluay but in cmopelte wrods.

A translation of the above "Jumble of Letters"

According to a study carried out at an English University, it does not matter how the letters are ordered in a word. The only important thing is that the first and last letters of the word are in the correct position. The rest of the letters can be completely jumbled and you can still read without problems. This is because we do not read each letter individually but in complete words.

Try it! Write a short text (3-4) sentences and jumble the letters of each word, leaving the first and last letters in place. Then give the text to your partner or a colleague at work to read. They'll be able to read the text. It's also a very original idea for invitations or other events.

Exercise 16: TwinJump'n'Change

To toil and battle resistance is as necessary to man as burrowing is to a mole.

Arthur Schopenhauer

This exercise is similar to REHORULI Exercise 11, in which both balls are thrown and caught parallel. Both balls are thrown parallel here too; however, you have to catch the balls with your arms crossed!

Only your hands are crossed, NOT the balls!

Check the height of the balls: max. eye level.

Cushion the momentum of the balls when catching...

and lower your hands a little when you feel the ball. Under no circumstances should your hands move towards the ball when catching.

Hands stay down

... and are held horizontally when throwing. Only release the balls when your arms are horizontal.

The nearer the balls, the easier they are to catch

Ideally you should throw the balls up as close together as possible .. so that each ball is in front of your eyes when at maximum height.

Leave as much "air" as possible between your hands and the balls. Only cross or move your hands when the balls are in the air.

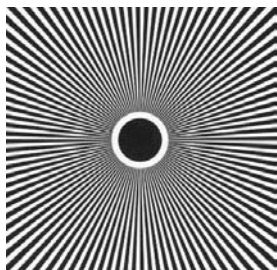
Crossing your hands appears to be difficult because your eyes see the balls flying parallel. This requires both brain halves to be calm, and must be trained. Very often the balls are thrown crossed over – be careful. Both balls must travel parallel and as close together as possible.

Flurrying has no place here. Start by throwing the balls cleanly and in parallel. Only when you see both balls up in the air should you cross your arms and allow the balls to fall automatically into each hand.

JONGLORO shows how this is done in illustrations 1-3 on page 59. You can see from picture 2 that the arms are still parallel when the balls have reached eye level. Only then are the arms crossed!

JONGLORO shows you yet ANOTHER position for the arms in 4 and 5. Here the balls are thrown with crossed arms (4). After the throw, the arms separate in order to catch the balls in parallel.

Perception Test



Can you see the circular shadows?

The arrangement of the rays cause our eyes to see circular shadows which do not exist in reality.

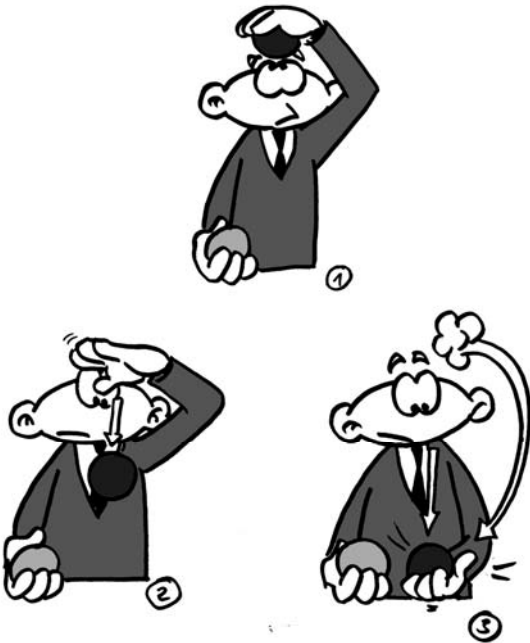


Exercise 17: FallDown'Move

I am not sure if things would be better if they were different. But things have to change if they are to get better.

Georg Christoph Lichtenberg

Preparing for REHORULI Exercise 17, we have one ball in each hand. One hand goes to forehead level and drops the ball (in the picture it's the left hand) in order to catch it with the same hand. As you can see with JONGLORO (below), the right hand does nothing. Try this with both sides now. Raise the ball with your left arm to forehead level and drop it to catch it with the same hand. The arm passes the ball on the outside as the ball falls into the open hand below. Try this a couple of times with your left and right hands. This is how your hand learns to judge the speed of the ball.



Now you can upgrade this by moving the other hand with the ball upwards at the same time as the ball is falling! Now both arms are moving. Make sure that both arms move in semi-circles. The exercise is much easier to describe and show with JONGLORO that it is to actually perform. If you keep your eye on the ball at all times and let it drop **straight** down, the exercise will be much easier. The exercise can be made more difficult by increasing the speed. It takes the body a little time to get used to this exercise.



Exercise 18: FollowTheBall

*The simpler the problem, the deeper we must search for a solution.
Marie Freifrau von Ebner-Eschenbach*

Here is a similar exercise for a little relaxation and relief.

One ball is held with your right hand and the other ball is thrown “straight” with your left hand.

The ball you are holding follows the ball which is thrown.

The ball in the right hand is always above the other ball which is thrown and caught by the left hand.

If possible, the distance between the two balls should always be the same. It should look as if the bottom ball is being attracted “magnetically” by the top ball.

Tip:

First throw the ball up and down between navel and eye level, using the same hand to throw and catch - a simple, ordinary throw/catch movement. While you throw and catch with one hand, move the other hand (holding the ball) above the ball being thrown, and follow the throws – up and down. The balls never touch each other. The arm / hand which is above does no more than move up and down parallel to the ball being thrown.

Video Files for this REHORULI Exercise can be accessed free under:
www.rehoruli.eu > REHORULI-Video < REHORULI-Exercise 18



Exercise 19: FollowTheBall

Greatness is so rare because simplicity is so difficult.
Elfriede Hable

This exercise works in the same way as REHORULI Exercise 18 – but in reverse!

One ball is held in your left hand, and the other ball is thrown with your right.

The ball which is being held follows the ball being thrown .

The ball in the left hand is always above the ball which has been thrown and caught with the right hand.

The distance between the balls should be preferably be the same.... It should look as if the bottom ball is being “magnetically“ attracted by the top ball.



Exercise 20: FollowTheBall

*The greatest risk of our time is the fear of risk.
Helmut Schoek*

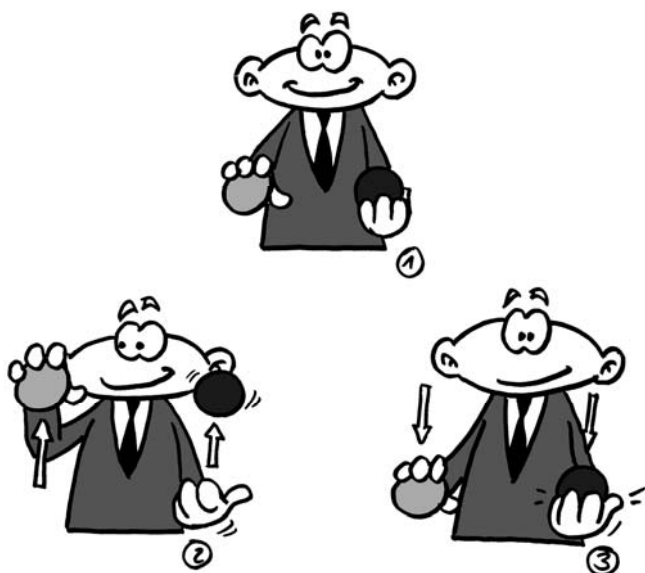
This exercise is similar to the previous two REHORULI Exercises 18 and 19. The hands start out not one above the other, but at the same level.

One ball is held in the right hand and the other is thrown with the left hand.

The ball which is being held follows the ball being thrown.

The ball in the right hand is always **at the same level** as the ball being thrown and caught by the left hand.

The distance between the balls should preferably be the same... it should appear as if the thrown ball is being “magnetically” controlled by the “moving” hand.



Exercise 21: FollowTheBall

Worse than difficulties is the tendency to avoid them.
Emil Oesch

This exercise works the same way as REHORULI Exercise 19, but in reverse!

One ball is held in the left hand and the other is thrown with the right hand. The ball which is being held follows the ball being thrown.

The ball in the left hand is always **at the same level** as the ball being thrown and caught by the right hand. It is extremely important that you master this exercise from the left and the right.

Perception Test

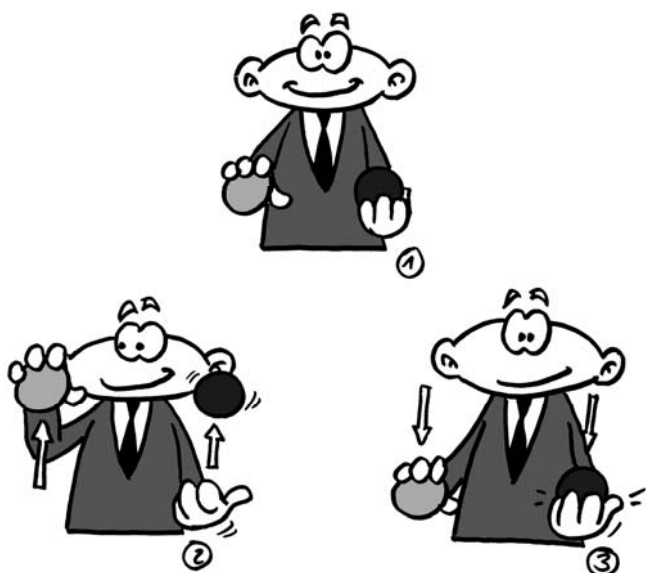
What do you see first?



The young lady or the old crone?

*It doesn't matter whether you first see the young lady or the old crone in this picture...the other lady in each case is really in the picture... It only takes a little more time until we see her! It's also not a problem if you can only see **one** lady. I'll be happy to send you the "solution" by e-mail. Simply write to info@rehoruli.eu.*

Video Files for this REHORULI Exercise can be accessed free under:
www.rehoruli.eu > REHORULI-Video < **REHORULI-Exercise 21**



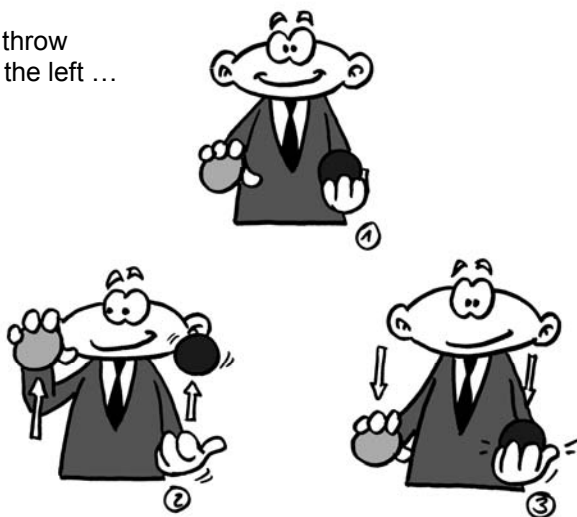
Interim Test: Exercises 20+21 in succession!

Now try the two exercises, 20 & 21 in succession. One ball is held with your left hand and the other is thrown with your right. The ball to be thrown follows the ball you have just thrown. Now your right hand throws and the left follows. This is extremely demanding, since both hands have to be “turned” before the throw. Start slowly and calmly. You have plenty of time! If you find the changeover from one hand to the other is difficult, here is a

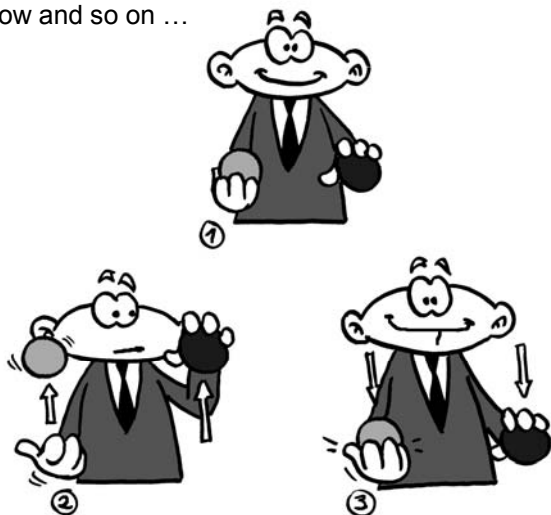
Tip:

Before you start, make sure that both hands are low down, with the throwing hand open (ball presented upwards) and the other hand closed (ball presented downwards). The open hand throws and the other hand follows... up and down. Stop! Before the next throw, turn your hands. The hand which has just thrown turns downwards, and the other hand, which has followed the throw, turns upwards (ball presented upwards). The open hand now throws the ball and the closed hand follows. Slowly, one step after the other. First throw right, then left, then right, then left and so on. Make sure that the hands are turned over when down – before the throw.

First throw
from the left ...



... after catching – turn your hands once while down and
then throw from the right. Left throw – turn hands, right
throw and so on ...



Exercise 22: Jump'n'TakeOver

We have always believed that we must attack the greatest problems directly; we have never thought about the fact that we could re-shape the problems by re-shaping ourselves.

Anais Nin

In REHORULI Exercise 2 one ball is held in the "home" position, and the other ball is thrown under the arm which is holding the ball and caught again over the arm.

The left arm is extended forward and moved as little as possible

The arm is not extended fully; it's enough if the lower arm is turned to the middle and the elbow is just in front of the upper part of the body.

The right hand throws the ball up from UNDER the left arm.

The ball should travel vertically to a maximum of eye or shoulder level (the ball rises vertically and remains on the outside, does NOT cross the left arm or drop inwards towards the body's centre.

The left hand catches the ball which is thrown ABOVE the left arm

So, you have to be fast when throwing and finally catching above the arm. Nevertheless, there is no need to rush. Watch the video on the Internet and you can see that there is enough time to move one arm over the other.



Exercise 23: Jump'n'TakeOver

A hero is someone who believes that he can overcome anything But today we seem no longer to believe that we can overcome our difficulties. We have discarded the ideal of the hero.

Anais Nin

This exercise works the same way as REHORULI Exercise 22 but in reverse!

The right arm is extended forward and moved as little as possible

Don't stretch out the arm fully. It's enough to have the forearm forward with the elbow just in front of the upper part of the body.

The left hand now throws the ball upwards from under the right arm.

The ball should travel vertically, to a maximum of eye or shoulder level (the ball travels vertically and stays on the outside and does NOT cross the left arm or drop inwards towards the body's centre).

The left hand catches the thrown ball above the right arm

You have to be fast when throwing and finally moving one arm over the other.



Exercise 24: Jump'n'TakeOver

No problem will be solved if we wait indolently for others to do something about it.

Martin Luther King Jr.

This exercise combines REHORULI Exercises 22 and 23. When you have mastered exercises 22 and 23 you will be able to manage this exercise easily. Even though much of this exercise involves crossing over, it will feel harmonious and rhythmic to you.

Cross your arms - the balls are facing upwards

The arm which is lower throws the ball first – the ball is caught above the other arm

Just as you learned in exercises 22 and 23.

The arms stay in position after throwing and catching

Now the other arm is below, so this hand throws the ball

... which is again caught over the other arm.

Alternate throwing and catching now.



Exercise 25: Jump'n'TakeOver

Anyone who takes everything lightly will have many difficulties.
Laotse

Now you can put a little more dynamism into what you've just learned. Do exactly the same as before, but make sure you start by squatting down and doing the exercise at the same ball height as you catch the ball. The arm stops moving as soon as you catch the ball and remains at the same height. The exercise gives the impression of going upstairs, step by step.

Perception Test



The diagonals are actually perfectly straight and precisely parallel, even though our eyes try to tell us something different at first glance.

Video Files for this REHORULI Exercise can be accessed free under:
www.rehoruli.eu > REHORULI-Video < REHORULI-Exercise 25



Exercise 26: Jump'n'TakeOver

Talent finds solutions, genius discovers problems.
Hans Krailsheimer

Now we do the same as we did in REHORULI Exercise 23 – but downwards. So we have to start with the arm which is above.

We cross our arms and start to throw the ball up a little with the top arm (a few centimeters) in order to catch it with the same arm again from under the other arm. So, “throw above the arm and catch under the arm”. Exactly the reverse.

The same procedure applies downwards – when you continue the exercise at the same height as you have caught the balls.



Exercise 27: Jump'n'ChangeTheSide

If you cannot accept small obstacles, you will ruin great plans.
Confucius

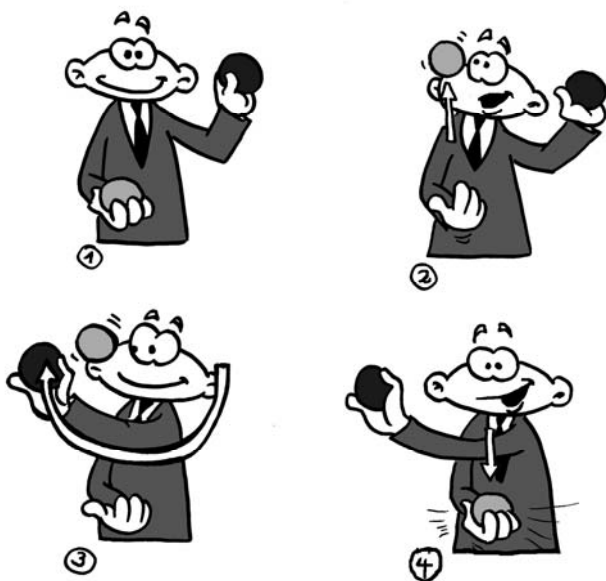
Here you have to first “draw” a U shape in the air with your right hand, while the other arm/ball stays down at navel height. Then throw the ball vertically with your left hand from navel height to a maximum of eye level. While the ball is travelling upwards, move your right arm/ball in a U shape again, through and between the left hand and the upper ball. The U shape remains unchanged. Both arms remain unchanged. The right arm moves downwards again and the left hand throws the ball vertically upwards. The right arm/ball can be moved upwards again between the ball and the left hand. The whole exercise takes place in a flowing back and forth, in and out movement. The vertical throw and catch as well as the U shape remain constant throughout.

Video Files for this REHORULI Exercise can be accessed free under:
www.rehoruli.eu > REHORULI-Video < [REHORULI-Exercise 27](#)



Exercise 28: Jump'n'ChangeTheSide

Exactly the same exercise only in reverse. The left hand "draws" the U shape, and the right hand throws and catches.



Video Files for this REHORULI Exercise can be accessed free under:
www.rehoruli.eu > REHORULI-Video < [REHORULI-Exercise 28](#)

Exercise 29: MoonJumper

*The heaviest things we have to bear are those we have taken too lightly.
O.W. (Otto Wilhelm) Fischer*

Here again, there are two movements hidden in this REHORULI Exercise. You do something similar to exercises 25 and 26; however, this time you draw a circle and not a U in the air.

The right arm moves in an anti-clockwise circle.

The left arm throws the ball up

... when the right arm is down.

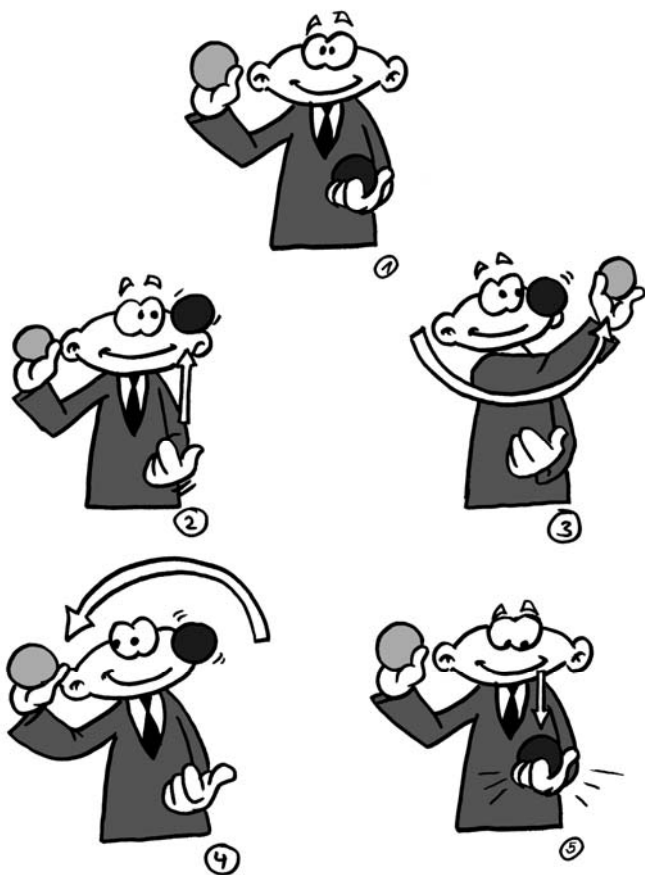
While the ball is rising, the arm travels between the ball and the throwing hand.

Pay attention to creating flowing left and right hand movements.

In the middle, you stop with your right arm up

and move this arm and the ball in the opposite direction – clockwise!

As before, only the left hand throws and catches.



Exercise 30: MoonJumper

There is nothing on the earth without arduousness.

Johann Wolfgang von Goethe

Here you do the same exercise – but in reverse. The left hand “draws” the circle. The right hand throws the ball vertically from navel to eye level and catches it again.

The left arm moves in an anti-clockwise circle

The right arm throws the ball up

... when the left arm is down.

While the ball is rising, the arm travels between the ball and the throwing hand.

Pay attention to creating flowing left and right hand movements.

In the middle you stop with your left arm up

...and move this arm and the ball in the opposite direction – clockwise!

As before, only the right hand throws and catches.



①



②



③



④



⑤

Exercise 31: ChangeToChange

*Anyone who waits for problems to come to them will have even more.
Günter Bauer*

When you have mastered this exercise as well as all the others(!), you are nearly at your goal, and can start working with three balls. Beforehand, however, you must master this exercise for left and right. This exercise is **an absolute must** for juggling with three balls. If you have not mastered it, throwing and catching three balls will not work. So, once again check that you have not only tried out **all** REHORULI Exercises (01-30), but have also mastered each one. The order is unimportant, but your body must have gone through and experienced each exercise a number of times. Attention: in this exercise, for the first time you have to throw both balls consecutively and also cross them over. Eyes and brain have lots to do!

Both lower arms are extended slightly forward – elbows stay at body level.

The right hand throws the ball up towards the centre (maximum eye level)

When the ball has reached the highest point the left hand now throws the ball under the other ball up to the centre.

The ball which was thrown with the right hand is now caught with the left.

The ball which was thrown with the left hand is now caught with the right.

Both balls are thrown up – one after the other (not together)

If you find yourself passing the second ball over to the other hand when you have thrown the first ball, then this is fairly normal first time around. Bewildering things are happening for your eyes and body, so a chance is sought to do things the short way in order to reduce internal stress. Remember! Both balls must be thrown up directly from your hand, and both balls should reach eye level. One after the other!

The second ball is NOT thrown (or handed) horizontally across to the other side, but thrown up through the centre and under the other ball.

Even though it is enticing and seems to offer more security – the balls are thrown up to the centre in the direction of your nose and always under the other ball.

!!! REHORULI Exercise 31 rarely succeeds on the first go!!!

This exercise is the most difficult for beginners. It is therefore completely normal for you to have difficulty acquainting yourself with this REHORULI Exercise. So, here's a tip as to how you can mentally prepare yourself for this exercise.

Tip: Start with the arm movements – without throwing the balls!

- 1) Allow both arms to fall – both arms hang downwards with a ball in each hand.
- 2) Move one hand holding a ball (your weakest hand) to your navel. The hand is open with the ball facing upwards.
- 3) From there, move your hand to your nose.
- 4) Before you stretch out this arm, (right hand = outside right / left hand = outside left), ...

- 5) ...move the other hand towards your navel.
- 6) While you stretch the upper hand out and downwards, the hand in front of your navel moves up towards your nose...
- 7) And is extended outwards, on towards the body's central axis, and so on.

Imagine you are starting to throw the ball from the bottom left upwards (instead of throwing, you move the ball from your navel to your nose!). When the ball from your hand has reached its highest point, the other hand begins the "imagined" throw from below (you move the ball from navel to nose).

Video Files for this REHORULI Exercise can be accessed free under:
www.rehoruli.eu > REHORULI-Video < **REHORULI-Exercise 31**



Exercise 32: ChangeToChange

*Even with stones which lie in your path, you can build beautiful things.
Erich Kästner*

Now try REHORULI Exercise 31 more fluidly and from left to right. It is very helpful to use different coloured balls for this exercise.

Throwing the ball with your left hand is the first throw. Throwing the other ball with your right hand is the second throw. Now try it precisely the other way round - the first throw with your right hand and the second throw with your left hand.

It helps to count along out loud, "1" and "2". "1", "2", "1", "2" and so on. At "1" you always have the same ball in your hand and the same goes for "2".

"1" stands for the first throw and "2" stands for the second throw. At every throw, count "1" and "2" out loud. Different coloured balls are really helpful for this exercise! Each colour has the same throw number. So to start off, your left hand throws first, and then the right hand carries out the first throw. Alternately.

If you don't have different coloured balls, then count or say loudly just before the throw:

Left (1st throw) – Right (2nd throw)

Right (1st throw) - Left (2nd throw)

and so on.

Left (1st throw) - Right (2nd throw)

Right (1st throw) - Left (2nd throw)

Left (1st throw) - Right (2nd throw)

Right (1st throw) - Left (2nd throw)

Both arms are extended slightly outwards – elbows rest lightly against the body.

The left hand throws the ball up through the centre.

When the ball has reached its highest point (eye level!), the right hand now throws the other ball under the upper ball into the centre.

The ball which is thrown with the left hand is now caught with the right hand. The ball which is thrown with the right hand is now caught with the left hand.

Please note that both balls are thrown up directly from your hand in the direction of your nose, and both balls should reach a maximum height of eye level. Consecutively!

Do NOT throw to the other side – throw up through the middle! The more fluidly and simply you do this exercise, the easier and better it is to learn the following exercise.

Video Files for this REHORULI Exercise can be accessed free under:
www.rehoruli.eu > REHORULI-Video < **REHORULI-Exercise 32**



Exercise 33: FirstStepsOfThree

Problems are the poles between which the tension love needs is created.
Max Mell

So, here we are – now you can add the third ball. But before you start it might be a good idea to repeat some of the exercises between 1 and 30 – just to check and feel how confident you are over the individual exercises.

Take two balls in your left hand and one in your right hand. Or you can do it with two balls in your right hand and one ball in your left hand too. You have to decide what is best for yourself. Sooner or later you can start with either your left or right. The most important thing is that the first throw is from the hand containing two balls!

The legs are spread a little apart - in line with your shoulders. You are standing at ease and breathing calmly.

The first two throws and catching are done exactly as in REHORULI Exercises 31 and 32. Now we are going to try three throws and three catches...

The first throw is always from the hand which holds the two balls.

When the thrown ball has reached its maximum height, then throw the second ball up through the middle and catch the other ball.

If this does not work at first go – that is more or less normal.....

....and nothing to be worried about! In certain cases it could help to throw all three balls at the right time but **not** to catch.

Let's be serious – joking aside: if this final exercise poses problems for you, then try to throw the balls at the right time and using the right “system“ = each ball is thrown on the inside and up in the direction of your nose – without attempting to catch them! This helps you at least to grasp the idea of the system (always throw a ball when the ball previously thrown has reached its highest point and is starting to descend). Most importantly, all the balls are thrown during this intermediate exercise. Many people have great difficulty releasing the third ball during this exercise.

When you have successfully thrown and caught three times... then try throwing and catching four times....

That is the next and final step towards lasting success. When you can throw and catch the balls four times you have the “worst” behind you. And the best thing is that you will never forget how to do this once you have repeatedly done it four times successfully. It's like learning to ride a bicycle. You never forget how to do this, because this is also an intensive physical experience that can never be forgotten.



Practice Tip!

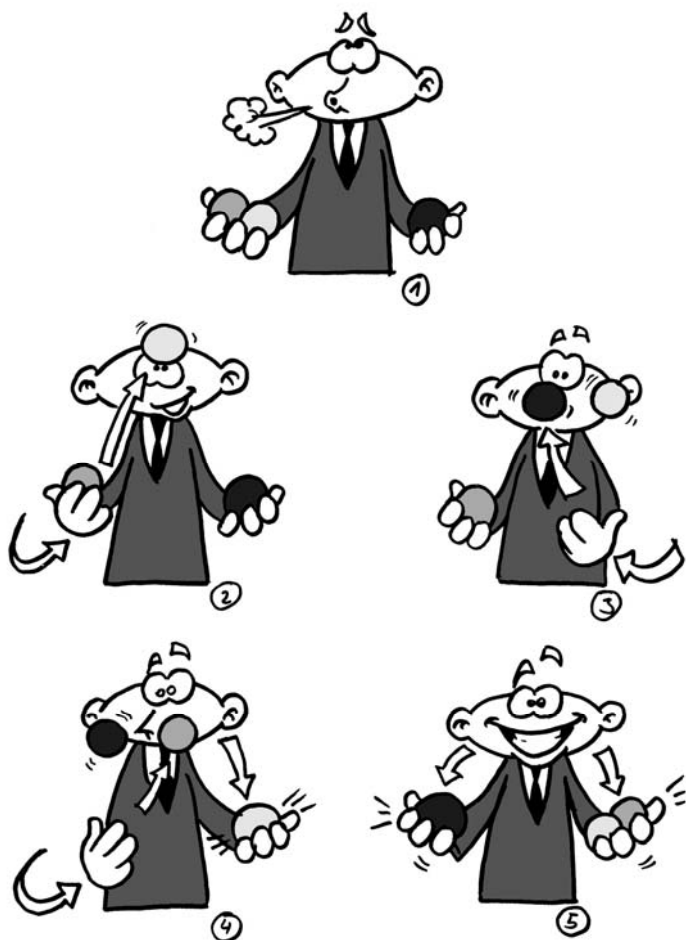
If this does not work at first go – which is more or less normal! – write down here what actually does not work. It is important that you note down the results or what does not work exactly here **immediately** after it didn't work:

If it does not work at all, then try another few REHORULI Exercises just to settle down and build up your confidence. Concentrate on throwing, NOT catching. Clean, timely throwing is much more important than catching. Catching comes later “automatically”. You don't have to believe it – just do it! Even when that doesn't work, then throw consciously – WITHOUT catching. Just throw – the balls fall to the ground one after the other. If all that doesn't work, you can write me an eMail stating exactly what “doesn't work”. Your notes will be helpful here. First of all I have to know what didn't work! info@rehoruli.eu

Exercise 34: KingOfThree

You will gradually learn to throw the balls smoothly and consistently. Pay attention to a fluid, rounded series of movements.

Video Files for this REHORULI Exercise can be accessed free under:
www.rehoruli.eu > REHORULI-Video < REHORULI-Exercise 34



System Errors!?

Tips & Tricks on How to Juggle „cleanly“

How do you tell the difference between “clean” and “unclean” juggling? Test yourself and find out how “cleanly” you juggle!

1. Arms or hands too high

This happens very often. The issue of security is firmly rooted in all of us, and as a result it can easily happen that your arms or hands move up to catch the balls without your even noticing. Try to make sure that your arms/ hands stay **DOWN** when you throw **AND** when you catch. If that is difficult, try catching quietly or silently! Regarding this, read the tip on page 24 again!



2. Try throwing **11 times and catching 11 times** one after the other ... when you have managed that 11 consecutive times with no mistakes, you have achieved a certain amount of “security” in your juggling. Then afterwards try it again and catch each ball quietly ... ideally with no sound at all.

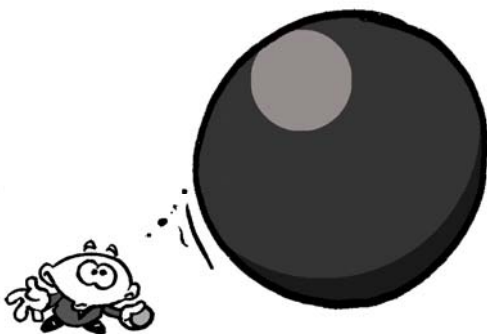
3. Try to **look away from the balls you are throwing or stare at a fixed point in the room** while you throw the balls. In other words do not pay direct attention to the balls any more when you are throwing/catching.

4. Make sure that **none of the balls you throw goes higher than eye-level**. All the throws should reach the level of the eyes or forehead at most – never higher.

5. When throwing, you should make sure that the ball is thrown from below (arm/hand is low down). The ideal situation is that the ball is thrown (i.e. leaves the surface of the hand) from below navel level.

6. If the ball goes too high

The main problem with “throwing too high” is that only a very few people notice that they are throwing the balls “too high”.



Tip:

Try juggling in front of a mirror or let a second person “check” that your throws only go as high as your eye level. If the balls are still going too high, then stare fixedly straight ahead and imagine – in your mind’s eye – that the balls “stand still” in front in front of your eyes, i.e. they reach exactly that height. Keep staring fixedly straight ahead even when the balls ascend beyond your eye-level.

7. I can't "let go" of the third ball

If you have successfully completed all the two-ball exercises but now are having problems with three balls – this is normal. It happens very often that it just simply will not work when you have to throw the third ball.

Tip: Try consciously NOT to catch it! You throw all the balls up - in the correct speed – and, after throwing them, let them all drop. Throwing is more important than catching. Much more important! Your body will learn/store this throwing movement process.

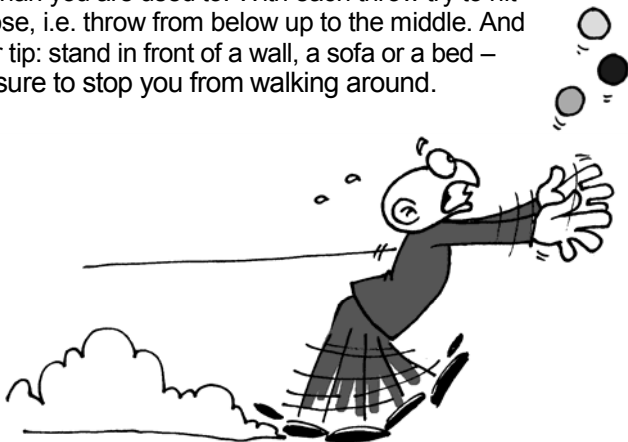
When you are throwing, make absolutely sure that each throw goes from the outside to the inside (towards your nose!)

Four or five tries without catching – and then immediately afterwards, bring in catching again. At least three cycles should now be possible.



8. When I am juggling I can't stay on one spot

Here too, throwing earlier can help. Throw the balls earlier than you are used to. With each throw try to hit your nose, i.e. throw from below up to the middle. And another tip: stand in front of a wall, a sofa or a bed – that is sure to stop you from walking around.



9. At least one ball always goes too far away or too far forward

The problem of throwing too far forward is relatively common and also is connected to the strongly rooted “need for security” which is in everyone. In most cases of the problem of throwing too far forward, the ball is being thrown too late!

The first thing is to make sure the balls get thrown at the right moment. Simply throw the balls a fraction earlier than you usually do. You should also make sure that your hands never go any higher than the level of your navel, both when you throw the balls and, above all, when you catch them. If throwing “earlier” and keeping your “hands down” doesn’t seem to work, the

next thing to try is to keep your elbows against your body. No matter how the balls get thrown, your elbows should not make any kind of forward movement (!) when you catch, but should stay relaxed next to your body. You shouldn’t have your elbows dug into your ribs when you are doing this.



10. Quiet catching! The less that can be heard when you catch the balls, the safer and cleaner your juggling is.



Juggling promotes
Concentration & Relaxation
Flexibility & Endurance
Coordination & Perception
Self-Confidence & Interaction

Urgent

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