



Skill Levels – 3 Scarf Juggling

Juggling with 3 scarves first can help young people quickly understand how juggling works. Good example of scarf juggling <https://www.youtube.com/watch?v=1esOebTkDZo>

Explanation of these pre-skills at end. Tick when young person has completed.

Pre Skills

P 1	Blow scarf in air with 2 hands	
P 2	One scarf from hand to hand	
P 3	2 hands crossing, throw, throw, drop, drop	
P 4	2 hand crossing, throw, throw, drop, drop	
P 5	3 hands , throw out and drop on floor	
P 6	3 hands, throwing and catching – catch 3 to pass level.	

Basic

B1	You can juggle 3 scarves in the cascade pattern for 10 throws	
----	---	--

Intermediate

I 1	You can Juggle scarves in the cascade pattern for 15 throws	
I 2	You can demonstrate 3 different tricks	
I 3	Invent a trick	

Advanced

I 2	You can demonstrate two tricks with another person	
I 3	Help teach someone to juggle scarves	
I 4	You can perform 4 tricks.	

P-1 , For fun, hold scarf out with both hands in front of your mouth, blow it and see how high it can go!

P-2, One scarf from hand to hand.

Person juggles inside a square using waist as bottom and top of head as top, hold scarf cleanly with left hand take it diagonally from bottom left corner to top right corner, let the scarf fall and catch it at waist height or so with the right hand (don't put hand up to catch it) . Then take straight from bottom right hand corner diagonally to top right hand corner let it fall down to waist height. (don't put hand up to catch it) Don't throw left to right like a rainbow.

P-3, 2 scarves crossing in 2 hands – throw, throw, drop, drop,

Left hand bottom take scarf diagonally to top right and when it is at the top then drop, then at this point, take scarf in right hand from right bottom diagonally to top left and let go.

Then pause as it is not a continuous pattern then start again from the right hand rather than the left.

P-4, 2 scarves crossing in 2 hands – throw, throw, catch, catch

Same as above but after second throw, as soon as you have thrown the next scarf catch the one you previously threw.

Then pause as it is not a continuous pattern then start again from the right hand rather than the left.

P-5 3 scarves in 2 hands – throw out and drop on floor

Start with two scarves in your dominant hand and one in the other. The hand that is holding two scarves holds one between first finger and thumb and other in back of hand. Throw across in same way as 2 pattern to opposite corner in box as explained before, dominant, non dominant, dominant and drop all the scarves. This gives the person the opportunity to understand how the throws work.

P-6 scarves in 2 hands, throwing and catching

Start with two scarves in your dominant hand and one in the other.

Throw across in same way as 2 pattern to opposite corner in box as explained before, dominant, non dominant, dominant . Apart from first throw each time, throw when scarf is at top corner and then catch. Practice and slowly build up number of catches you can do.