

# How to juggle the Juggling is a Snap! way.

by [jugglingman](#) on September 15, 2007

## Table of Contents

intro: How to juggle the Juggling is a Snap! way. ....	2
step 1: Toss one bean bag from your dominant hand to the other. ....	2
Video .....	2
step 2: Do #1 again, but this time snap your fingers in the catching hand before your catch. ....	2
Video .....	2
step 3: Do #2 again, but do it starting with your non-dominant hand. ....	3
Video .....	3
step 4: Do #2 again, but this time do it continuously. ....	3
Video .....	3
step 5: Now for 2 bean bags. ....	4
Video .....	4
step 6: Here, do #5, but this time do it continuously. ....	4
Video .....	4
step 7: 3 balls! ....	5
Video .....	5
step 8: Congratulations, have fun, amaze your cat, etc. etc. ....	5
Video .....	5
Related Instructables .....	6
Advertisements .....	6
Customized Instructable T-shirts .....	6
Comments .....	6

## intro: How to juggle the Juggling is a Snap! way.

This instructable teaches you how to juggle using a new, gradual, and supportive method. If you want to see a quick version of this method at any time, go here: [Juggling is a Snap! - Lite :-\)](#)

If you just can't get enough of Juggling is a Snap!, and you'd like to learn more, click here now: [Juggling is a Snap! - The Blog](#).

You'll need 3 objects. Tennis-ball-sized bean bags are good. (If you find yourself struggling at any time, click here: [www.jugglingisasnap.org](http://www.jugglingisasnap.org). The juggling instruction at this site is extremely supportive, more gradual, and just as free. Login in and follow the instructions.)



### step 1: Toss one bean bag from your dominant hand to the other.

Step 1. Toss one bean bag from your dominant hand to the other. Yes, step one is that easy. However, you want to get it just right. The bean bag should peak out at head height. Your hands shouldn't move too much, and should be relaxed.



### step 2: Do #1 again, but this time snap your fingers in the catching hand before your catch.

Step 2. Do #1 again, but this time snap your fingers in the catching hand before your catch. Master this. Make sure every step is mastered completely before moving on. Each time you catch, stop, and put the bean bag back in your dominant hand.





**step 3: Do #2 again, but do it starting with your non-dominant hand.**

Step 3. Do #2 again, but do it starting with your non-dominant hand. For some folks one hand is much better than the other. It might take extra time for this hand. Be patient and gentle with it. It's just a hand, give it a break, already!



CLICK TO PLAY VIDEO 



**step 4: Do #2 again, but this time do it continuously.**

Step 4. Do #2 again, but this time do it continuously. Instead of putting the bean bag back in the throwing hand, just pass it back in the same arc. You can feel the beat: snap, snap, catch. Count your catches. When you can make 10 consecutive catches, you've mastered this skill. You're doing the 3 bean bag pattern with 1 bean bag and 2 snaps.



CLICK TO PLAY VIDEO 



### step 5: Now for 2 bean bags.

Step 5. You're doing great! Now for 2 bean bags. Here's where the video comes in really handy at [www.jugglingisasnap.org](http://www.jugglingisasnap.org). Start with one bean bag in each hand. Make the same throw that you've been practicing with your dominant hand. Before the first thrown ball is caught, free up the non-dominant hand by tossing that ball under and inside of the first ball. Two throws two catches. Stop! (I hope you got all that.) A picture is worth a thousand words, though, which puts a video at about two thousand, and a slo-mo video at about three thousand, so go to [www.jugglingisasnap.org](http://www.jugglingisasnap.org).



### step 6: Here, do #5, but this time do it continuously.

Step 6. You're getting close! Step 6 should be almost deja vu after step 4. Here, do #5, but this time do it continuously. Instead of putting the bean bag back in the throwing hand, just pass it back in the same arc. You can feel the beat: snap, catch, catch. Count your catches. When you can make 20 consecutive catches, you've mastered this skill. You're doing the 3 bean bag pattern with 2 bean bags and 1 snap.



### step 7: 3 balls!

Step 7. It's downhill from here. 3 balls! (Theme music please.) Substitute a bean bag for the last snap in Step #6. Three throws, three catches, stop! Remember that every throw goes under and inside of the incoming ball.



### step 8: Congratulations, have fun, amaze your cat, etc. etc.

Step 8. This is it! Do #7, but don't stop. Count your catches. When you can make 30 consecutive catches, you're a juggler. Congratulations, have fun, amaze your cat, etc.,etc. If you're not juggling yet, go to: [www.jugglingisasnap.org](http://www.jugglingisasnap.org). Keep working, I know you can do it!



## Related Instructables



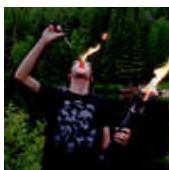
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## Comments

8 comments

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**jugglingman** says:

Wow! The instructables viewers give great feedback. Done. I've eliminated the extraneous references and given you fabulous videos! Please let me know how to further improve! Enjoy! You can do it!

Sep 15, 2007. 7:59 PM [REPLY](#)



**sardines454** says:

ugh-so many reference's and no pics worth anything. if your intents really are to help people learn please add some helpful pics or videos and more than one reference is really over doing it

Sep 15, 2007. 12:59 PM [REPLY](#)



**Kiteman** says:

So many references to your site...

Sep 15, 2007. 10:39 AM [REPLY](#)

Sorry, smacks of spam.



**jugglingman** says:

Kite - Ok, fair enough. I'll tell you what I'm gonna do. I'll take out some references and I'll throw in some videos.

Sep 15, 2007. 12:49 PM [REPLY](#)



**jugglingman** says:

Kite - OK, I took out half of the references to [www.jugglingisasnap.org](http://www.jugglingisasnap.org). Whoops, I did it again!

Sep 15, 2007. 12:55 PM [REPLY](#)



**jugglingman** says:

Videos coming up!

Sep 15, 2007. 12:55 PM [REPLY](#)



**ninja slacker** says:

I really dont care (because I all ready can juggle 3&4) but how about a video.  
Also why do I have to be 18 to learn how to juggle?

Sep 15, 2007. 11:43 AM [REPLY](#)



**jugglingman** says:

Jinx - I hear you, I wouldn't care either if I had four down. I'll come out with a 5-ball video for you. In the meantime, please check out my good 3-ball stuff at the end of this video:

Sep 15, 2007. 12:46 PM [REPLY](#)

Snap - lite

Good question. No, you can do the tutorial at <19, I just can't use your data for my study.

[http://www.instructables.com/id/How-to-juggle-the-Juggling-is-a-Snap!-way./](http://www.instructables.com/id/How-to-juggle-the-Juggling-is-a-Snap!-way/)

