

Juggling in your Right Mind

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Table of Contents

Introduction.....	3
The Basics.....	3
4-Count or Every-Other.....	3
Shower or Every's or 2-Count.....	4
3-Count or 1/3-Count.....	5
Pass-Pass-Self or 2/3-Count.....	5
ThunderShower or Ultimates or 1-Count.....	6
Pass-Self... or RR-LL or Cross-Self or Diagonal-Self.....	6
Jim's 3-Count.....	6
Pass to All Hands or Double-Straight-Crossed-Self.....	7
"3-Count, 2-Count, 1-Count, Self" or "P-S-S-P-S-P-P-S".....	7
1 Feeds 2.....	8
More Challenging Patterns.....	8
1 Feeds 2 3-Count or Pass-Pass-Self-Feed-2 or 3-Count Feed.....	8
1 Feeds 2 (All-Hands) or Ultimate Feed or Typewriter Feed.....	9
1 Feeds 3 (Machinegun Feed).....	9
1 Feeds 3 Faster or Machinegun Ultimate Feed 3.....	10
1 Feeds 3 3-Count or Typewriter Ultimate Feed 3.....	10
7 Club Ultimate Singles.....	11
Martins Mild-Madness.....	11
Martin's Mildness.....	12
Martins Madness.....	12
7 Club Variations.....	13
7-Club Singles.....	13
7-Clubs Left Handed.....	13
7-Club 3-Count.....	13
7-Club Mirror Image.....	13
Ultimate Variations.....	14
Synchronous Ultimates.....	14
Left-Right-Simul-Simul.....	14
Double Shower Feed (or The Gorilla).....	14
Triangle Patterns.....	15
Inside EveryOther:.....	15
Inside Every:	15
Outsides.....	15
3in-3out or 2in-2out?.....	15
3-Count.....	15
The Bermuda Triangle.....	15
Ultimate Triangle (inside or outside).....	16
Mirror Image Patterns.....	16

<u>Other Strange Patterns.....</u>	<u>16</u>
<u>The Stupid Pattern.....</u>	<u>17</u>
<u>The Less Stupid Pattern.....</u>	<u>17</u>
<u>P-P-S-D-S-D-S.....</u>	<u>17</u>
<u>P-P-S-D-S-D.....</u>	<u>17</u>
<u>P-P-S-D-S-D-H.....</u>	<u>17</u>
<u>P-P-S-D-D-H.....</u>	<u>17</u>
<u>5-4-3-2-1-2-3-4-5.....</u>	<u>17</u>
<u>Fast-Slow.....</u>	<u>17</u>

Introduction

This document is intended to explain and document a variety of basic to advanced passing patterns for 2 or more people. In some of the patterns, one person is passing to (feeding) more than just one other juggler. While in other patterns both the feeder and/or the feedy will be passing and receiving with both their left and right hands (ie. 3-Count). In other cases, there will be patterns where all jugglers are doing different things (ie. Passing and receiving from different jugglers while each is doing a different pattern). In most cases though, the intent of this document is to get more jugglers to see how passing with their LEFT hand opens up whole new world of passing patterns and possibilities. Since your right brain controls the left side of your body I have named this document "Juggling in your Right Mind"

I will try to start with the most basic passing patterns and work towards the more advanced ones but it will be for those daring enough to try them to decide what is easier or harder for them (and their partner(s)). In some cases I simply ask that you take some of the traditional right-hand passing patterns and try doing them with all left-hand passes; remember, you still do all your usual passing tricks?

Each pattern will be given one or more titles as they are often referred to by the various jugglers I've met. I will then describe how many jugglers (and clubs) are needed to execute the pattern along with a general configuration and description of how the pattern works. I will make use of some simple stick figure diagrams to help illustrate the configurations of each pattern and will also provide a set of notations to help understand what each hand is doing in each step (self or pass, right or left) of the pattern.

Having said that ...
Let the fun begin ...

The Basics

4-Count or Every-Other

This is a 2-person, 6-club pattern (2 people with 3 clubs each) and both partners face each other. This pattern is often also referred to as "Fast-Start-Every-Other" and is the most basic (common) passing pattern for 2 people. Typically started with each juggler taking 2 clubs in their right hand and one in their left, each juggler starts by passing a club from their right hand (fast-start) to their partner's left hand (straight across) followed by a series of 3 self throws (L-R-L) and then followed by another pass to their partner with the right hand. (Pass-Self-Self-Self-Pass-Self-Self-Pass...)

- While both the self throws and pass throws can incorporate tricks, in this and other patterns, trick throws will not be the focus of this document. I'm just here to explain the basics of executing each of the patterns described. So all trick throws are left to the imagination of the performers. Also, I will try to come up with a variety of shorthand notations for the patterns. For the above pattern, here are some examples of a few such notations you will see throughout this document.

R-L-R-L-R-L-R-L...
P-S-S-S-P-S-S-S...

- In the above notation, I use two lines, one to indicate which hand is doing what and another line to indicate what that hand does (P)ass or (S)elf.

RP-LS-RS-LS-RP-LS-RS-LS-RP...

- In this one line notation, I have simply combined "the hand" with "the action" (RP=Right Pass, LS=Left Self).

In this first pattern both partners do the same thing at the same time with the same hands.

Another variation on this pattern is to try doing it with all LEFT-HAND passes in which case you may want to start with 2 clubs in your left hand and one in the right and do ...

LP-RS-LS-RS-LP-RS-LS-RS...

If you're more used to starting with 2 clubs in your right hand you can start with either 1 or 3 self throws before the left-hand pass(es).

RS-LP-RS-LS-RS-LP-RS-LS-RS... or RS-LS-RS-LP-RS-LS-RS-LP...

Hint: To test out a pattern without actually doing it

I have often found it useful to simply hold your clubs and swing your arms in a motion that would indicate what you would do without actually doing it. For each throw that is a pass, you will swing your arm outward in the direction the pass should go (either straight or diagonal). For each step that is a self, you will swing your arm up towards your opposite shoulder. In more complex patterns it is useful to have all participants do this exercise to make everyone knows the pattern and everyone seems to be pointing in the right direction at the right time.

Shower or Every's or 2-Count

This pattern is similar to the last pattern. This pattern is for 2-people and 6-clubs. Both partners face each other. Start with 2 clubs in your right hand and 1 in your left. Start by passing with your right hand (fast-start) to your partner then do a self with the left hand followed by another pass immediately with the right. In fact, in this pattern, every action with the right hand is a pass and every action with the left hand is a self (left-to-right).

The notation for this pattern might be ...

RP-LS-RP-LS-RP-LS...

Both partners do the same thing at the same time with the same hands.

Note: In some passing patterns, a pass is done as a crossed pass (or diagonal) which means that the pass originates from your left (or right) hand and is passed to your partners same hand; your left to their left or your right to their right (see mirror image juggling below). In the patterns just described this is not the case. The passes are all straight passes going from your left (or right) hand to your partners opposite (straight across) hand; your right to their left or your left to their right. When crossed or diagonal passes are necessary, it will be indicated and described as such.

This pattern should also be tried with all left-hand passes, which would be considered a left hand shower pattern.

LP-RS-LP-RS-LP-RS...

It may be best to start this pattern with 2 clubs in your left and 1 in your right when trying to do this pattern. Or you could start with one right-left

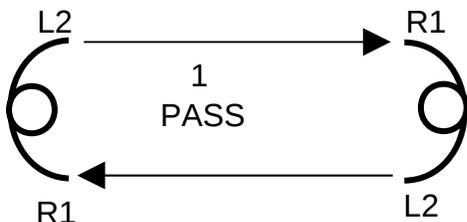


Figure 1



Figure 2

This introduction of my simple stick figure diagrams (see above) will be used to explain the notation you will see throughout this document. It is my intent that these diagrams help you to understand the configuration and order of the tossing of the patterns. Here I will explain the notations.

The first diagram shows that each jugglers starts with 2 clubs in their left-hand and 1 club in their right-hand (see **L2** and **R1** in fig.1). The first count of the pattern is a straight pass from each jugglers left-hand to there

partners right-hand. The next count (fig.2) is a right to left self. The arrows simply represent the direction of each toss on each count of the pattern.

Note: In both of these first two patterns, as well as all patterns, you have the choice of doing a “FastStart” or a “SlowStart”. A “FastStart” means that you will start the pattern right off with a pass with either the left or right hand depending on the pattern. A “SlowStart” usually means that you and your partner(s) will start the pattern with four (or less) self throws to sort of get things started before the first pass. In the classic “Right Hand 4-Count SlowStart” pattern, you and your partner will start with 2 clubs in your right hand and 1 in your left. You will start with a RS-LS-RS-LS before you do the first **RP** (right pass). This SlowStart method can be especially useful in DropBack patterns (tossing a club over your shoulder to a person behind you). Another option to get things going a bit quicker but still start with some self throws is to do a what I call Half-a-SlowStart in which you do only 2 self throws RS-LS-**RP**...

Challenge: For those somewhat more experienced passers this simple variation (left hand shower) can be found to be a bit challenging. In fact, if you are an accomplished passer of tricks during the normal right hand 4-Count (or 2-Count) passing patterns, try passing all your favorite tricks while now doing all left hand passes. Not that easy is it.

Tip: This previous section was just a warm-up to get you started with left-hand passing. You probably should practice these left-hand variations until you are comfortable and accurate with you left-hand passes before going on to the next set of patterns which truly begin incorporating both left and right hand passes into the patterns.

3-Count or 1/3-Count

This pattern is for 2-people and 6-clubs. Partners face each other. The pattern typically starts with each partner taking 2 clubs in their right hand and 1 club in their left. This pattern starts with a “FastStart” (PASS) with the right hand and is followed by 2 self’s and then a pass with the left hand. The pattern continues each time with 2 self’s and then a pass with each successive pass occurring with the alternate hand. Right-Pass, self, self, Left-Pass, self, self, Right-Pass, self, self, Left-Pass ... This is a very nice pattern and is another nice way to start developing your left hand passing skill. The notation for this pattern is **RP-LS-RS-LP-RS-LS-RP-LS-RS-LP-RS-LS**... Or start with whichever hand you choose and simply do P-S-S-P-S-S-P-S-S... Each pass is done as a straight across pass. A variety of tricks can also be thrown within this pattern. Also you’ll notice that each time you pass, you’ll be passing the same 2 clubs back and forth between you and your partner. In fact this is a good way to start and get this pattern working if you are having trouble. Each of you starts with a special (same color) club in your right hand and lead your fist throw with that club. Then be sure to simply pass that club back and forth, first with your right then with your left. In this pattern, both partners do the same thing at the same time with same hands. All passes are straight across.

Pass-Pass-Self or 2/3-Count

This pattern is for 2-people and 6-clubs. Partners face each other. This pattern starts with each partner taking 2 clubs in their right hand and 1 club in their left. This pattern starts with a “FastStart” (PASS) with the right hand and then is immediately followed with a pass from the left hand. That’s 2 passes back to back, right off the bat, first with the right and then immediately followed with a pass from the left, then comes a self and then another 2 consecutive passes. The tricky part of this pattern is that you will lead into each set of passes with the opposite hand, first with the right (R-L-S) then with the left (L-R-S). Here’s the notation: [RP-LP-RS]-[LP-RP-LS]-[RP-LP-RS]-[LP-RP-LS]... or [P-P-S]-[P-P-S]-[P-P-S]... ; (hence the name “Pass-Pass-Self”). With this pattern you may notice that the self is always the same club. Like in the 3-Count pattern above, if you try to use that special club each time you do the self-throw it may help the pattern come together. This is at least an intermediate level pattern if not an advanced one. So, don’t feel bad if you don’t get this right away. In this pattern, both partners do the same thing at the same time with the same hands. All passes are straight across.

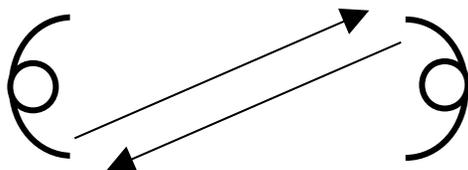
ThunderShower or Ultimates or 1-Count

This is a 2-person, 6-club pattern. This pattern starts with each person facing each other starting with 2 clubs in the right hand and 1 club in the left. This pattern can be tried first on one side and then on the other to help get the hang of it. The idea of this pattern is that **every throw is a pass** (with both hands). Try starting on just one side, say your right side with the 2 clubs you have in your right hand and the 1 club your partner has in her left hand. Try juggling the 3 clubs between you just on your right side (and your partner's left side). The person with the 2 clubs in their hand will start with a pass and your partner will respond by returning a pass of their club and so on. The pattern is P-P-P-P... More specifically when doing it on just one side for you it will be RP-RP-RP... and for your partner it will be LP-LP-LP... Now try the same thing but on the other side (your left side and your partner's right side.) To combine it, you will each lead with a pass "FastStart" from your right and then immediately follow with subsequent passes from both hands. In this pattern, it is best to keep the passes high, deep, and slow (lofty). Lob each pass high and slow so that it makes just one spin as in any normal pass. The passes need to be high, and deep, because each subsequent pass on the same side will need to go under the incoming pass. The notation is obviously RP-LP-RP-LP-RP-LP... or P-P-P-P-P... Each pass is straight across and both partners do the same thing at the same time with both hands. While this pattern is also at least an intermediate level pattern (or advanced) it may actually be or seem a bit easier than the P-P-S pattern above because there is actually less to think about.

Pass-Self... or RR-LL or Cross-Self or Diagonal-Self

This is a 2-person, 6-club pattern. Each partner starts with 2 clubs in their right and 1 in their left with each partner facing each other. This pattern will be the first one to introduce a crossed or diagonal pass. In this pattern each of you will do 2 throws with the same hand back to back (R-R or L-L). The pattern is to throw a crossed right-hand pass immediately followed by a right self. The pattern then proceeds with a left crossed pass immediately followed by a left self. Each partner does the same thing at the same time with the same hands. Let me just get the notation out and then we'll talk more about it. The notation for this pattern will be RCP-RS-LCP-LS-RCP-RS-LCP-LS... In this notation the symbol, RCP will mean, "right-cross-pass". This pattern will require what is often referred to as "hurries". That is, the reason you need to do the self throw right after the pass throw is because you will have a club coming into the hand that just did the pass but there is still another club in that hand, hence you must hurry and get rid of it. This pattern has a tendency to want to speed-up. Again, remember to do slow, high (lofty) passes to keep this pattern from getting out of control. The first assumption is that if you both throw a crossed pass from the same hand that the clubs will collide in the middle. This can happen but doesn't have to happen. You will need to throw the clubs so that they pass each other to your inside. The view below is showing the right hand passes as looking down on the two jugglers. There is not much more I can say to describe this pattern.

As it's name states, the pattern is P-S-P-S-P-S... or R-R-L-L-R-R-L-L... (see the full notation above)



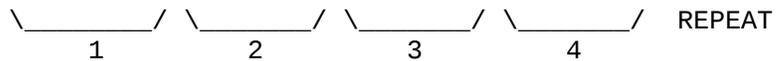
Jim's 3-Count

This is a 2-person, 6-club pattern. This is a nifty little variation on the regular 3-Count pattern described above that also combines the crossed passing and hurries that was just described (see Pass-Self above). Like the 3-Count pattern, in this pattern it is important that you focus on always passing the club back that was just passed to you. You can also go into (transition into) this pattern while doing the regular 3-Count pattern. The challenge for me to describing it is that this is the first pattern where the two jugglers are doing different things. The difference between this and the regular 3-Count is simply that one of the jugglers throws all crossed (diagonal) passes while the other juggler always throws straight passes. Let's call the jugglers "JUG-A" and "JUG-B"

I will now give the notation for each of the jugglers.

For JUG-A (who will do the crossed passes) it's: RCP-LS-RS-LCP-LS-RS-LCP-RS-LS-RCP-RS-LS-RCP-LS-RS...

For JUG-B (who will do all straight passes) it's: RP--RS-LS-RP--LS-RS-LP--LS-RS-LP--RS-LS-RP--RS-LS...



This pattern is also kind of long in that it only begins to repeat after the 4th cycle (4th pass). I can only stress the focus on passing back the club that you just received (as in the regular 3-Count pattern). Also, this is *like* the 3-Count pattern but it is clearly *not* the 3-Count pattern. It sort of feels like the 3-Count pattern but really feels a bit different because of the occasional double throw with the same hand (R-R or L-L) and the hurries. Just try it, you'll like it ... To transition into the pattern from the traditional 3-Count pattern, simply start juggling the 3-Count pattern and then at some point one of you will simply start throwing all crossed passes.

Pass to All Hands or Double-Straight-Crossed-Self

This is a 2-person, 6-club pattern. This is a bit of an interesting pattern and is also a bit challenging. The idea is that you will pass a club to each of the four hands between the two jugglers. First, each of the passes will be done with the right hand, then; each of the four passes will be done with the left hand. Each juggler starts with 2 clubs in their right hand and 1 in their left. The first throw is a double straight up (a "4" in sight-swap notation) followed by a right hand pass straight, then a crossed pass (R-to-R) and then a self (your R to your L). At that point, you will already have a club in your left hand, which will then be thrown as a double straight up, which becomes the first throw as the pattern now turns to the left side of things. You will then do a left straight pass, followed by a left crossed pass (L-to-L) and then a left self (your L to your R). You are now ready to repeat the whole pattern again now back on the right side of things. So, to recap from one juggler's perspective, you will first pass a club from your right hand to your right hand (that's the double straight up) then you will pass a club from your right hand to your partners left hand (straight pass) then you pass a club to your right hand to your partners right hand (R-to-R crossed pass) then you will pass a club from your right hand to your left hand (the self). All of these passes will have been done with your right hand and the passing was done in a sort of counter clockwise direction. After the right-to-left self throw you will begin a mirror image of the pattern now doing it with all left-hand passes in a clockwise direction; Double, Straight, Crossed, Self. Let's see if I can give a notation for this pattern ...

RD-RP-LS-RCP-RS-LD-LP-RS-LCP-LS... (Whoa, that's 10 counts!)

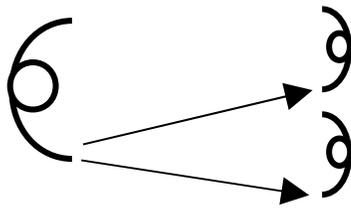
In this pattern, each partner does the same thing with the same hand at the same time.

"3-Count, 2-Count, 1-Count, Self" or "P-S-S-P-S-P-P-S"

This is a 2-person, 6-club pattern. This pattern is also somewhat tricky because it has a rather long wavelength (8 counts before it repeats). The second way I have denoted the title of this pattern may be the easier way of thinking about this pattern in terms of trying to do it. However, I will show you how both titles fit the description of this pattern. First, you have the 3-count, which is (P-S-S-P)-S-P-P-S. Next you have the 2-count which is P-S-S-(P-S-P)-P-S. Then you have the 1-count which is P-S-S-P-S-(P-P)-S. And finally you have the Self which is just P-S-S-P-S-P-P-(S). This is a fun and interesting pattern if you can get it down. It is not a symmetrical pattern in that when it repeats you always lead with a right-hand pass but also, you do different things on the right side from the left side. In other words it is not a mirrored/symmetrical pattern like 3-count. The pattern always starts with a pass from the right hand. As the beats of the pattern are described above, we are counting what both the right and left hand are doing. So, to be more exact, the pattern notation is RP-LS-RS-LP-RS-LP-RP-LS-(repeat). Of course, you could start and do the pattern with the left hand doing the first pass (flip the whole pattern around) if you're demented enough to try it that way (LP-RS-LS-RP-LS-RP-LP-RS-repeat).

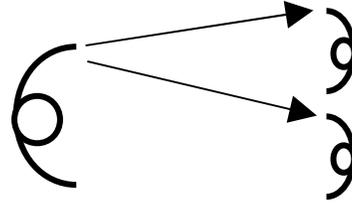
1 Feeds 2

This pattern is for 3-people and 9-clubs. This is not a very hard pattern and is a good next step for anyone who can do the right hand shower pattern well. The pattern involves one person (the feeder) facing two other juggling partners (the feedies) who will stand next to each other both facing the feeder. In this pattern the two feedies do the 4-Count pattern but start offset from each other in timing by two beats and the feeder does a shower pattern alternating a pass to each of her feedies. See the passing notations for the Shower pattern and the 4-Count pattern above. To make things more fun and or interesting, try doing a Left-Hand feed with everyone doing all left-hand passes.



Right-Handed

OR



Left-Handed

More Challenging Patterns

1 Feeds 2 3-Count or Pass-Pass-Self-Feed-2 or 3-Count Feed

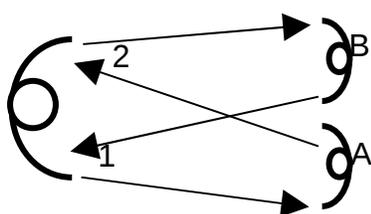
This is a 3-person, 9-club pattern. In general, the feeder will be doing the Pass-Pass-Self pattern while feeding her two partners who will each be doing the 3-Count pattern (offset in time). The feeder stands facing her two partners. Each person starts with 2 clubs in their right hand and 1 club in their left. To help explain this pattern assume the feeder is facing her two partners and we'll call the partner to her right JUG-A and the partner to her left JUG-B; the feeder will simply be referred to as "The Feeder". While every pass throw is straight across, it may seem like a crossed throw at times to the feeder since she is standing between the two partners (see picture diagram for 1-Feeds-2 above). Again since each person is doing slightly different things I'll try to explain the sequence for each juggler one at a time. I'll start by giving the notations for each of the jugglers then explain the pattern a little more.

Feeder's notation: **RAL - LBR - RS - - LAR - RBL - LS...** (where RAL = feeder's right to JUG-A's left)

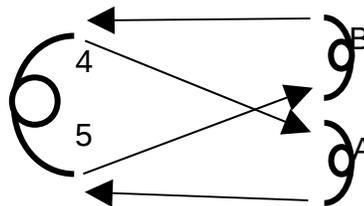
JUG-A's notation: **RP - - LS - - RS - - LP - - RS - - LS...**

JUG-B's notation: **RS - - LP - - RS - - LS - - RP - - LS...**

Here are few things to note and possibly to make things a bit easier. The feeder should always start with the person to her right. Also, the person to the left (JUG-B) must start with a right-self and then start the 3-Count pattern leading with a left-hand pass as their first pass. The person on the left (JUG-B) can also just start with 2 clubs in their left and just wait 1 count before they start but this is not recommended because it often messes up the timing of the pattern. Finally, another way for the feeder to remember what they are supposed to do is to keep thinking Outside-Outside-Self-Inside-Inside-Self... In other words, the first right and left passes go to their partners outside hands (then a self) and then the next two passes (left and right passes) go to their partners inside hands.



3=RS



6=LS Then Repeat

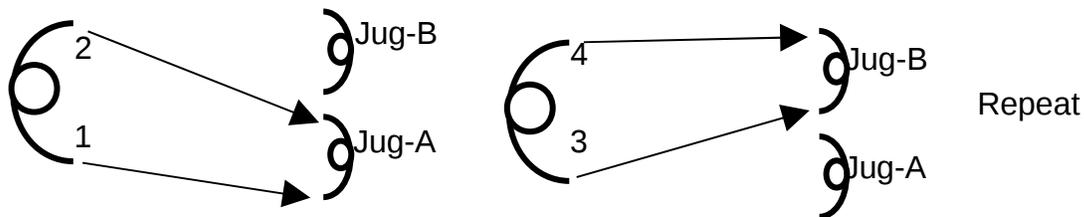
As this pattern progress, another thing for the feeder to remember is that she will always start a set of passes with a pass to JUG-A first, either with her right hand or with her left hand. In other words for each P-P-S either L-R-S or R-L-S the passes will always go to JUG-A then JUG-B. Note that in the diagram above, step-4 is the first set of passes in the L-R-S combination and that first pass is to JUG-A.

1 Feeds 2 (All-Hands) or Ultimate Feed or Typewriter Feed

This is a 3-person, 9-club pattern. In general, the feeder will be doing Ultimates (see Ultimates above) while her two partners will be doing a pattern I have not yet described which we'll call Pass-Pass-Self-Self. In this pattern the feeder stands facing her two partners. Each person starts with 2 clubs in their right hand and 1 club in their left. The feeder is going to feed each of the hands of her partners starting from the far right and working toward the far left all the way down the line starting with JUG-A (the partner to the right). The partners (JUG-A to the feeders right and JUG-B to the feeders left) will be doing a series of Pass-Pass-Self-Self with each pass leading with their right hand. The notations for this pattern are as follows ...

Feeder's notation: RAL - LAR - RBL - LBR...repeat (where RAL = feeder's right to JUG-A's left)
 JUG-A's notation: RFL - LFR - RS - - LS ...repeat (where RFL = JUG-A's right to feeder's left)
 JUG-B's notation: RS - - LS - - RFL - LFR...repeat (where LFR = JUG-B's left to feeder's right)

Again, note that the feeder starts passing to the person to their right and in an Ultimate pattern fashion passes to JUG-A's left hand then immediately to JUG-A's right hand and then JUG-B's left hand then JUG-B's right hand. Every throw for the feeder is a pass in this pattern; hence Ultimate. All passes in this pattern by all jugglers are straight across passes; no crossed (diagonal) passes. In addition, since it takes 2 counts to get to JUG-B, he can either just pause for 2 counts or start with 2 self throws as indicated by the notation. See how I tried to get the notations to line up so to sync the feeder's notation with those of JUG-A and JUG-B above.



- Another pattern for 2 people and 6 clubs is Pass-Pass-Self-Self. This is a little harder than 3-Count but a bit easier than Pass-Pass-Self. Try it, you'll like it ... RP-LP-RS-LS... Everyone does the same thing at the same time with the same hands.
- This pattern can also be done with 3 people of different skill levels. In this variation, JUG-A simply does the 4-Count pattern while JUG-B does a L-R-L-S pattern (P-P-P-S). The feeder is still doing an Ultimate pattern (perhaps the hardest) while JUG-A is doing the easiest pattern (Right-Hand 4-Count). JUG-B is also doing a rather challenging pattern of Left-Hand $\frac{3}{4}$ -Count. For another twist, if JUG-A is capable of doing a Left-Hand 4-Count (not too difficult), then, have him stand to the feeders left and do the first pass (a left to JUG-A) and then do R-L-R to JUG-B who is now on your right. This may also be a bit easier for JUG-B if she is not quite up to the L-R-L-S pattern. For some reason R-L-R-S is a bit easier than L-R-L-S.

1 Feeds 3 (Machinegun Feed)

This is a 4-person, 12-club pattern. This pattern is simply an extension to the 1-Feeds-2 pattern described above. This pattern is good for people of varying skill levels because for the 2 people on the outside of the 3-person line-up it goes very slow. The feeder must be able to do a right hand shower pattern very well and most likely be able to catch a lot of garbage from the perhaps more novice players. In this pattern the feeder faces a

line of 3 apposing partners. Everyone starts with 2 clubs in their right hand and 1 club in their left. The feeder starts with the person to the right, passing to their left hand and simply goes down the line (moving to the left) passing to each person's left hand. Once the feeder has passed to the 3rd person he starts back down the line (now moving to the right). With the feeder facing his trio we have JUG-A, JUG-B, and JUG-C from right to left. The feeder is doing a right hand Shower pattern, while the JUG-B is doing a 4-Count pattern. JUG-A and JUG-C are doing a 6-Count pattern (slow, lots of self's). The notations are as follows ...

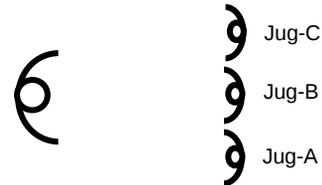
Feeder's notation : RAL - LS - RBL - LS - RCL - LS - RBL - LS - RAL - LS - RBL - LS - RCL - LS - RBL - LS...
 JUG-A's notation : (RP) - LS - RS - LS - RS - LS - RS - LS - (RP) - LS - RS - LS - RS - LS - RS - LS...
 JUG-B's notation : RS - LS - (RP) - LS - RS - LS - (RP) - LS - RS - LS - (RP) - LS - RS - LS - (RP) - LS...
 JUG-C's notation : RS - LS - RS - LS - (RP) - LS - RS - LS - RS - LS - RS - LS - (RP) - LS - RS - LS...

- This pattern may get very boring for the jugglers on the ends if they are better jugglers. I guess they could do all sorts of tricks to make it more fun and interesting. This pattern is good if JUG-A and JUG-C are beginners and JUG-B is average and the feeder is good.
- Also, try doing it with all left hand passes.

1 Feeds 3 Faster or Machinegun Ultimate Feed 3

This is a 4-person, 12-club pattern (like the above). This pattern is also good if the players are of various skill levels. In general, in this pattern the feeder will be doing Ultimates, the jugglers on the ends of the 3-person line up will each be doing 4-Count and the juggler in the middle (JUG-B) will be doing a Left-Hand Shower. In this pattern the feeder will be passing with his right hand alternately to the jugglers on the ends (JUG-A and JUG-C). He will also be passing every pass with his left hand (feeders left hand shower) to the middle juggler (JUG-B). While all passes by all players in this pattern are straight across passes, the pass from the feeder to JUG-C will feel very crossed. This is a very cool pattern but the feeder must be careful since the clubs are coming in quickly from all directions and it may be hard to turn off this pattern once it has started. The notations for this pattern are as follows ...

Feeder's notation: RAL - LBR - RCL - LBR - RAL - LBR - RCL - LBR...
 JUG-A's notation: (RFL) - LS - RS - LS - (RFL) - LS - RS - LS...
 JUG-B's notation: RS - (LFR) - RS - (LFR) - RS - (LFR) - RS - (LFR)...
 JUG-C's notation: RS - LS - (RFL) - LS - RS - LS - (RFL) - LS...



- Notice, this is just like the 1-Feeds-3 pattern above only faster (and harder, especially for the feeder). Also the term "Machinegun" is used to refer to a pattern that moves up and then down a line. Kind of like how you would spray bullets coming from a machinegun. The term "Typewriter" is used to refer to a pattern moving down the line and then jumps back to the beginning of the line; like a typewriter.

1 Feeds 3 3-Count or Typewriter Ultimate Feed 3

This is a 4-person, 12-club pattern. In this pattern each of the feedies do the basic 3-Count pattern while the feeder does an Ultimate Typewriter sort of pattern that is rather difficult to keep straight who your passing to and to which hand and from which hand. It's kind of like doing Pass-Pass-Self for the first time (only harder). So, in this pattern the feeder stands facing a 3-person line up. Each person starts with 2 clubs in their right hand and 1 club in their left. The feeder will start with the person to his right. Just like the pattern above the first three throws for the feeder are the same, but unlike the pattern above this pattern is a Typewriter pattern and not a Machinegun pattern. The next 3 throws start back at the beginning of the line and this time you will go down the line with all of your passing hands switched. The only good thing about this pattern is that all passes for all players are straight across passes; no crossed passes. The feeder will probably feel this is NOT the case at all but it is. The only other good thing I have to say about this pattern is that once you have wired 2 passes down the line your done and the pattern repeats. So lets just get to the notations.

Feeder's notation: RAL - LBR - RCL - (first pass down the line) - LAR - RBL - LCR- (second pass down the line)...repeat
 JUG-A's notation: (RFL) - LS - RS - (LFR) - RS - LS...

JUG-B's notation: RS - -LFR-RS -
JUG-C's notation: RS - -LS - -RFL -

-LS - -RFL -LS...
-LS - -RS - -LFR...

You can see in this notation that for the feeder it's R-L-R-L-R-L...and he passes to juggler A-B-C-A-B-C...
Remember also in these notations ...

RAL = Feeder's right to JUG-A's left
LBR = Feeder's left to JUG-B's right
RFL = JUG-X's right to feeder's left
LS = left self
RS = right left

7 Club Ultimate Singles

This is a 2-person, 7-club pattern. This pattern is really cool but not TOO hard. In this pattern, one person will pass all crossed (diagonal) passes and the other partner will pass all straight passes. The pattern starts with one person holding 4 clubs (2 in each hand) and the other person holding 3 clubs (2 and 1). The person with 4 clubs starts by passing the first club to his partner to the hand that has only 1 club. So if the person starting with 4 clubs is going to be the one doing all crossed passes then his first pass will be a crossed pass to his partners hand that starts off with just 1 club. Or, if the person with 4 clubs will be doing all straight passes then he will start by passing straight across to his partners hand which is holding just 1 club. The person starting with 3 clubs must start passing pretty much at the same time as the person with 4 clubs and will start their first pass from the hand holding 2 clubs (either straight or crossed). Unlike the normal 7-club passing pattern with double (or single) spins where the second person (starting with 3 clubs) waits one count before starting, both people will start at just about the same time. The person starting with 3 clubs may want to wait just a hair before starting (1/4 of a count). All passes must be high and slow, however, this pattern will progress at a faster pace than the normal 6-club Ultimate pattern. I don't see much reason for notations in this pattern. Basically, it is an Ultimate pattern for both jugglers (every throw is a pass). The only difference, again, is that one juggler will pass all crossed passes while the other passes all straight passes.

Martins Mild-Madness

This is a 2-person, 6-club pattern. This is probably the hardest pattern to do and the hardest to explain as well. In this pattern both jugglers will be doing a variation of the Pass-Pass-Self pattern, however, one of the jugglers will be doing all crossed passes, while the other juggler will be doing all straight passes. Sounds easy enough so far. The tricky part is the introduction of a new thing called a "Handacross". The Handacross is basically like doing a "1" with a club from the "Site Swap" notation. Taking a club from your left (or right) hand and simply handing it across to your other hand. No spin, just hand it across. Both jugglers will start with 2 clubs in their right hand and 1 in their left. Here are the notations.

For the juggler doing all straight passes the notation will be ...
RP-LP-[R to L Handacross-LS]-RP-LP-RS-LP-RP-[L to R Handacross-RS]-LP-RP-LS...

For the juggler doing all the crossed passes the notation will be ...
RCP-LCP-RS-LCP-RCP-[L to R Handacross-RS]-LCP-RCP-LS-RCP-LCP-[R to L Handacross-LS]...

In other words this funky Handacross-Self move will happen every other time and it will be offset for each juggler. The person passing the straight passes will do it the first time but not the second time but then again on the 3rd and 5th ... time. The person passing the crossed passes will NOT do it the first time but will do it on the 2nd, 4th, 6th,... time. For each time that you don't do it, it is the normal Pass-Pass-Self pattern. For each time that you do, do it, it will be Pass-Pass-(Handacross-Self). Note that the Handacross-Self move all happens in just 1 count since the handacross part takes virtually no time.

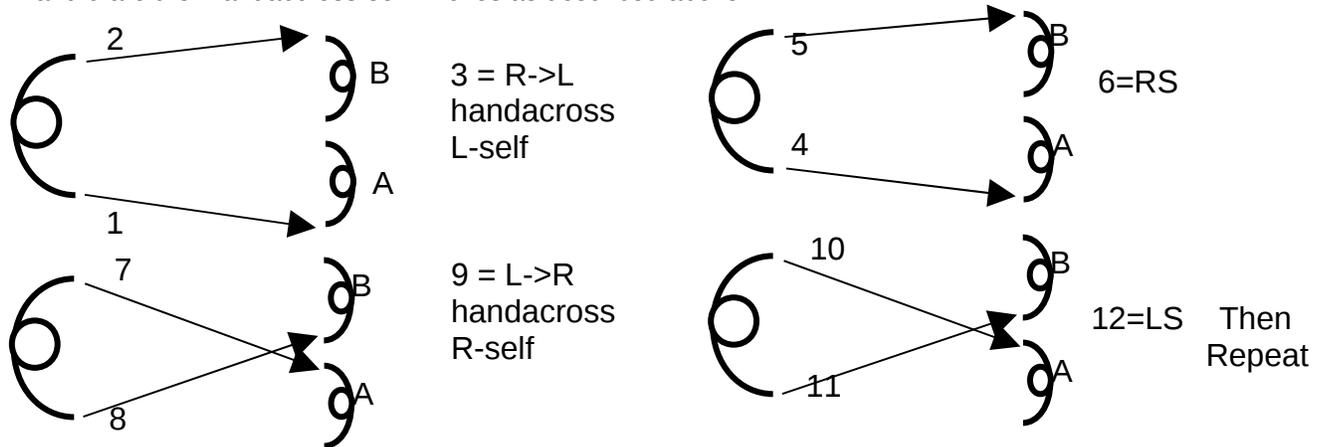
The trickiest part of this pattern is getting the Handacross-Self moves down in both the R-to-L and L-to-R directions. You may start to get it in one direction but then have difficulty getting it down in the other direction mainly because the pattern takes a long time to get through one entire cycle (12 throws). To aid in this try

switching off who throws the straight passes and who throws the crossed passes. The other thing to do is for both of you to start with 2 clubs in your left hand and 1 in your right and try starting the pattern leading with your left hand (just switch all the L's and R's in the above notation or just start at the 7th step in the notation). These tips will allow you to make the various Handacross-Self moves in either direction come earlier in the sequence; allowing you to practice them in both directions. Another thing to watch out for is the initial instinct to do a Reachacross instead of the Handacross. That is to catch one of the incoming clubs by reaching with your opposite hand across your body to catch the incoming club. What will be happening is you will have a hand free (empty) and another hand with a club in it and with almost no time to react a club will coming in to that occupied hand. That is where the Handacross needs to have occurred but a natural instinct is simply reach across with that empty hand to make the catch. Don't do this!

Another way to practice all the Handacrosses (yet also quite challenging) is to alternate the straight passes with the crossed passes. So the person starting with the straight passes will do SP-SP-Self then CP-CP-Self then SP-SP-Self (where SP=straight pass and CP=crossed pass). Your partner will need to do the same thing only opposite. The result will be that the person starting with the straight passes will have to do ALL the Handacrosses every time and their partner will do NONE.

Martin's Mildness

This is the feeding version of the above pattern. It is a 3-person 9-club pattern. In this pattern the feeder is basically doing what was just described above but must now be sure he passes to the correct hand of the correct person. The feedies are doing crossed passing version of Jim's 3-Count (I believe). In most all of the feed patterns described, I have found that it is best if all the participants start with 2 clubs in their right and 1 in their left and for everyone to start at the same time even if some of the feedies have to wait 1, 2, or even 3 counts before their first pass. It helps synchronize the timing of the pattern for everyone, especially the feeder. It will take 12 passes by the feeder to complete one full cycle of this pattern. The diagram below is for the benefit of the feeder. It counts out and shows each of his passes. Note that for each set of passes he always passes to JUG-A first. The slogan I use to help keep this pattern straight in my head is "outside-outside-self-inside-inside-self-inside-inside-self-outside-outside-self...". Note that not every self is really just a self, throw 3 and 9 are the "handacross-self" moves as described above.



Martins Madness

This is basically the same pattern as described above (Martins Mildness) except that in this case the feedies do the straight passing variation of Jim's 3-Count and the feeder does all the crossed (diagonal) passes. For the feeder this pattern is just as difficult if not more so since when it comes time to do the outside passes you must do what is referred to as an "extreme". This would be passing from the feeders right hand to the Jug-B's right hand and from the feeders left hand to Jug-A's left hand. What I try to think about when doing this pattern is "extreme-extreme-self-inside-inside-self-inside-inside-self-extreme-extreme-self...". You still have to do the "handacross's" as well.

7 Club Variations

These are patterns for 2-persons and 7-clubs. The variations here are not that hard but do add a twist to the normal 7-club passing patterns. The normal (most common) 7-club patterns are where one person starts with 4-clubs (2 in each hand) and the other person starts with 3-clubs (2 in the right and 1 in the left). The person with 4 clubs starts by throwing a right double straight across and then continues to do a right hand shower pattern with each right hand throw being a straight across double. His partner will try and wait a moment before starting but will then begin to do the same right hand straight across double shower pattern. This pattern often looks good because there are a lot of clubs flying high in the air.

The variations are as follows:

7-Club Singles

First try doing this same pattern as single spin passes instead of doubles. This pattern is quite doable and is just a little faster than a 6-club shower pattern. Try to throw each pass high and slow (lofty). The key is for the person starting with 3 clubs to wait as long as possible before starting to give the person starting with 4 clubs a chance to start showering after getting that first throw off.

7-Clubs Left Handed

Consider trying both the traditional 7-club doubles pattern and the 7-club singles pattern with all Left-Hand passes instead of Right-Hand passes.

7-Club 3-Count

The next variation is the 7-club 3-count pattern. In this pattern we go back to throwing doubles but both partners will be alternating between right and left hand passes. The other variation here is that one person will be doing all crossed (diagonal) passes while the other person does all straight passes. The person with 4 clubs will start. Depending on whether they are doing the straight or crossed passes they need to throw their first double so that it travels towards their partner's hand that is holding one club. So if the leader (the one starting with 4 clubs) is going to throw straight passes and their partner is starting with 2 clubs in their right hand and one in their left, then the leader must start by throwing a straight right double then do a LS-RS then a left straight double. Meanwhile their partner (the one starting with 3 clubs) should wait as in the normal 7-club doubles and then start by throwing a right crossed double. Things continue with the normal 3-count rhythm only throwing all doubles.

7-Club Mirror Image

This next variation goes back to single spins but now has both partners doing crossed passes. One partner will do all R-to-R passes and the other will do all L-to-L passes. Again the leader (starting with 4 clubs) will throw their first pass to their partner's hand holding 1 club. The trick here is to decide who will throw all the lefts and who will throw all the rights. The other trick is getting the timing just right so that the clubs do not collide in the middle as each club will be passing through the middle in a tic-tock fashion quite close. One other thing I think I should mention is that the person doing the L-to-L passes will need to start with 2 clubs in their left hand (assuming also that they are starting with 3 clubs rather than 4).

Ultimate Variations

An ultimate pattern, just means that all throws are passes; there are no self throws. These throws (passes) can be synchronous or asynchronous (meaning that you may throw with both the left and right hands at the same time or alternating R-L-R-L...). The basic ultimate pattern for 2-people and 6-clubs is described above however there are some variations.

These variations are as follows:

Synchronous Ultimates

The leader starts with 4 clubs (2 in each hand) and the follower starts with 2 clubs (1 in each hand). The leader starts by throwing a club from both their right and left hands at the same time, straight across, single spin. The pattern proceeds with each partner returning 2 clubs at the same time out of each hand. It is best to try to throw the clubs from the middle of your body towards the outside; but be careful not to get too wide.

Left-Right-Simul-Simul

This pattern is a 2-person 6-club pattern with both partners starting with 3 clubs each. This pattern also combines both synchronous and asynchronous ultimate passing. While this pattern may seem like it should be easy, it is probably as difficult to do, as it will be to describe, though it is a relatively simple pattern (in theory). Both partners will be doing the same thing just not at the same time. There are probably a variety of ways this pattern can be started but this is the way I know how to start it so that is how I'm going to describe it. Even though both partners start with 3 clubs, I'm going to refer to one of the partners as the leader just so I can distinguish things. OK, here we go. The leader will start with 2 clubs in their right and 1 in their left. The follower will start with 2 clubs in their left hand and 1 in their right. All single club passes are crossed and all synchronous (2-club) passes (simul) are straight. All passes are single spin even though I refer to this pattern as "Left-Right-Double-Double" it is simply to denote the single club passes from the synchronous (2-club) passes. Anyway, the leader starts with a crossed pass from their right hand to their partner's right hand while their partner responds with a straight synchronous pass of 2 clubs. The pattern then proceeds with the leader doing 2 synchronous (2-club) passes in a row while his partner does a LCP-RCP. The leader then does LCP-RCP and his partner does 2 synchronous passes in a row. So the pattern looks something like this ...

Leader: RCP--Sync-Sync-LCP--RCP--Sync-Sync-...

Follower: Sync-LCP--RCP--Sync-Sync-LCP--RCP--...

Note that in this pattern there is not quite enough time for each of the single LCP and RCP passes to take a full count in time, as do the synchronous (2-club) throws. As such, the LCP-RCP come in a rather rapid succession taking about 1½ counts (or less) in time.

Double Shower Feed (or The Gorilla)

This is a 3-person 10-club pattern in which 1 juggler will be feeding the two other jugglers but unlike the normal (easy) feed whereby the feedies are doing 4-count (or every-other), in this pattern the feedies are doing 2-count (or everies or shower or whatever you like to call it). In this pattern the feeder will start with 4-clubs (2 in her left and 2 in her right). This pattern can be done synchronously or asynchronously. To make it easy (if I can say that) the feeder will feed the left hand of both partners (the feedies) while the feedy on the left will shower to the feeders left hand and the feedy on the right will shower to the feeders right hand. This pattern has been called "The Gorilla" because if done synchronously then the feeder can make grunting noises with each synchronous pass and his arm motions should resemble that of a gorilla ☺. Obviously there are many variations here since the feeder can pass any combination of inside or outside passes to the feedies plus it can be done synchronously or asynchronously (8 possibilities, try and collect them all). This one is not as hard as you might think.

Triangle Patterns

These patterns are like feed patterns, but each of the three jugglers all pass to each other. We'll start with some easy ones and move towards some more challenging ones. All of these patterns are for 3-persons and 9-clubs. Below is a diagram to help you understand the orientation of the jugglers and the throws.

Inside EveryOther:

Everyone starts with 2-clubs in their right hand and one in their left. We start with a fast start, each person passing on the inside to the partner on his left with his right hand and receiving from his partner on his right. This pattern precedes in the normal every-other style in sort of a clockwise rotation continuing with right hand passes to your partner on your left and receiving from your partner on your right.

Inside Every:

This is the same pattern just a bit faster.

Outsides

The trick here is that the pattern is a bit wider which makes it harder to see where things are going to and coming from. The main trick to these patterns is to keep looking straight ahead and just use your peripheral vision (and the force) to know where to throw and where to catch. Too much moving your head and you will probably have difficulty keeping your end of the pattern going.

3in-3out or 2in-2out?

Now take the Inside and Outside patterns from above and simply combine them doing 3 (or 2) insides followed by 3 (or 2) outsides.

Note: So far the patterns are all your usual right hand passing patterns put into a triangle orientation. Try doing all of these above patterns with left hand passes.

3-Count

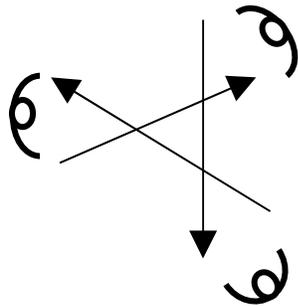
In this little goodie, we combine left and right hand passing with our old friend the 3-count. This pattern can be done with all inside passes or all outside passes. Another variation is to always pass to the same person whereby all the right hand passes are inside passes and all the left hand passes are outside passes (or visa versa). One more variation is to do 2 passes in the 3-count sequence with the partner on your right (one R-hand and one L-hand pass) then turn and do 2 passes in 3-count style to the partner on your left then repeat.

The Bermuda Triangle

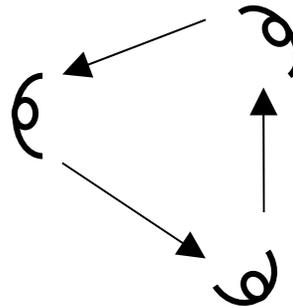
This pattern does a nice job of combining the inside and outside passes with the pass-pass-self pattern. This is a fairly advance pattern but basically you will do pass-pass-self in a triangle formation doing something like inside-inside-self-outside-outside-self-... Of course you can vary this pattern by doing all inside (or outside) passes and altering the direction after each self. One more variation like from above is to do the 2 passes to the same partner (to your right) then do the self and follow with 2 passes to the partner on your left (this one is quite challenging).

Ultimate Triangle (inside or outside)

Now this is the ultimate triangle pattern. No really! This is usually done with all inside passes (because it's easier). Try to keep the pattern slow and accurate and keep looking forward; this one will really screw with you if you keep turning your head. Try switching from inside passes to outside passes on the fly after every 4 passes (inside-inside-inside-inside-outside-outside-outside-outside-...).



Inside



Outside

Mirror Image Patterns

Mirror image patterns are passing patterns where the same thing is happening on the same side of each juggler from the perspective of the juggler as if the juggler was looking in a mirror. The trick to all of these patterns is simply that one person starts with 2 clubs in their left hand while the other starts with 2 clubs in their right hand and all passes are crossed (diagonal). The other trick (to help avoid collisions) is to try an off-set the passing slightly in time so that one juggler is passing just slightly later than the other juggler. In an earlier section of this document I described the "7-Club Mirror Image" pattern which is really the essence of all the mirror image patterns. The idea is that most all patterns can be juggled in mirror style. Here are few to try...

- o 4-Count
- o 2-Count
- o 3-Count
- o Pass-Pass-Self
- o 7-Club Single-Spin

Just remember that one person starts with 2 clubs in their left while the other starts with 2 clubs in their right and all passes are crossed (diagonal)

Other Strange Patterns

Here we have a set of patterns that I have come across that are just interesting to try and include both left and right hand passing involved in them. In this next set of patterns I have started with more difficult patterns first and then work my way toward some somewhat easier ones.

The Stupid Pattern

This is a rather difficult pattern but has a slightly easier variation which I will describe next. The basic notation for this pattern is "diagonal-diagonal-handacross" (I'll use "D" from now on to denote a diagonal or crosses pass and an "H" to denote a handacross). Thus this pattern is simply D-D-H. Try to throw each pass (diagonal) high and slow (lofty) since this pattern has a tendency to want to speed up very quickly. For a little more notation detail on this stupid pattern, keep in mind that this is effectively an Ultimate pattern with each person starting with 2 clubs in their right hand and 1 in their left. The pattern proceeds with R-L-R-L... but the handacross (while taking no time) do use up one of the counts of the pattern effectively stuffing 3 counts of the pattern into only 2 counts worth of time. The pattern is RD-LD-(R=>L H)-LD-RD-(L=>R H)... If that helps any.

The Less Stupid Pattern

For those brave enough to have tried the above pattern but found it a bit too challenging, here is a slightly easier variation. In this variation I throw in 2 self's to allow you a little time to regain some control over the pattern before diving into another set of stupidity. The basic notation for this pattern is D-D-H-S-S. You'd be surprised how much a few extra self's can make a pattern go from very challenging to doable. Another reason this pattern is a bit easier is because we are now only stuffing 5 counts of pattern into 4 counts worth of time; more counts and more time overall. This pattern is RD-LD-(R=>L H)-S-S-LD-RD-(L=>R H)-S-S...

These next few patterns involve combining short strings of other patterns together to form a new pattern

P-P-S-D-S-D-S

This and the next few patterns all start with one segment of Pass-Pass-Self followed by something else and then you repeat the whole pattern. Some (most) of these patterns are symmetrical which are patterns I usually like more than asymmetrical patterns. This first one is not really too hard.

P-P-S-D-S-D

P-P-S-D-S-D-H

P-P-S-D-D-H

5-4-3-2-1-2-3-4-5

Fast-Slow

Martins Psychosis

7-club Feed with 3 people and 11 clubs with all doubles ultimate for the feeder

Simul Patterns

4-Count

MCL34

Simul Triangle

4-Person Feast w/ P-P-S