

LEVEL 1

	From Hands	Off Bounce	From Ground
1. Right lace, Right Lace			
2. Left lace, Left Lace			
3. Right inside, Right Inside			
4. Left inside, Left inside			
5. Right outside, Right outside			
6. Left outside, Left outside			
7. Right heel, Right heel			
8. Left heel, Left heel			
9. Right thigh, Right thigh			
10. Left thigh, Left thigh			
11. Chest, Chest			
12. Right shoulder, Right Shoulder			
13. Left shoulder, Left Shoulder			
14. Head, Head			
15. Find a surface we haven't used! (I can think of 5 more at least! Can you think of any?)			
16. Set a juggling record for yourself. Use your hands to start it if you have to, or better yet off the bounce. But remember, you can't do that forever.			

These are the primary surfaces we will be using for all sequences. (Did you know we would have 14?)

Remember you need to be practicing lifting the ball into the air to start juggling (see LIFTS section). You will have to do it for Level 3!!
