

LEVEL 4

	From Hands	From ground
1. Right Lace catch		
2. Left lace, catch		
3. Right lace, Left lace		
4. Left lace, right lace		
5. Right lace, right lace		
6. Left lace, left lace		
7. Right lace, left lace, right lace, catch		
8. Left lace, right lace, left lace, catch		
9. Right lace, head, catch		
10. Left lace, head, catch		
11. Right lace x 3		
12. Left lace x 3		
13. Right Lace, Left Lace, Right Lace, Left Lace		
14. Left lace, right lace, left lace, right lace		
15. Head stall, (Knees bent, half sit-up, ball resting on hairline) See how long you can keep it there	20 attempts	You may place the ball on your head.
16. Set a sitting juggling record		
17. Try juggling on the ground with 4 or more surfaces.		
18. Stand up and set a new personal juggling record starting the ball from the ground.		