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JUGGLER PSYCHOLOGY
CONTACT

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Exercises in the psychology of skillfulness:

1. Try again the exercise of throwing a small, light object, like a juggler. All your movements must be in relation to this object. You must always have the feeling that it is well done.

2. Then use a chair and move in relation to it.

3. Then alternate between the small object and the chair. The purpose of these exercises is to establish a feeling of confidence.

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Now do the exercises with couples, establishing contact and then moving. Then do the exercises with groups of four.

Place the chairs in the center of the room, leaving very little space between each chair. Then, in groups, run through the chairs, trying not to disturb them. This will increase your feeling of confidence in your ability to move lightly and easily and to have control over your body.