

## 4-Clubs: A Mixed Bag Workshop

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### **BEGINNER**

Drop to 3  
Kick up to 4  
Synch Splits  
53 (double-singles)  
Triples  
Singles

### **INTERMEDIATE**

Multiplexes ([43]23 is one of the easiest)  
552  
534  
Side (Flat Spins)  
Shower  
633  
642  
7441  
7531

### **ADVANCED**

Flats  
Half-Spins  
1 ½ Spin-Oh Shits  
1 ½ Slap Backs  
Mills Mess  
Scissors  
Backcrosses  
Siteswaps (615, 741, 23456, (6x4)(4x,2)\*, etc...)  
Siteswaps with body moves or spin variations

### **ACKNOWLEDGEMENTS**

There are simply too many people to name in this section—most of the tricks I have learned to love with four clubs were shown to me by other jugglers at a convention; or seen by me in one juggling video or another.

### **RECOMMENDATIONS**

To see many of these and other techniques in action, I suggest you view the following videos and websites:

- Thomas Dietz's video series contains a ton of even harder four club tricks, and in my opinion remains the standard for four-club burliness (Malte Peter also holds up the German honor in his videos).
- Juggling in Stockholm and Nordic Objects 9-1 contain many of the tricks listed above, in addition to many other great variations.
- Adam Kariotis' 1997 IJA Juniors routine and Jay Gilligan's 1995 IJA Seniors routine both come to mind as excellent examples of four club routines. These videos are worth checking out for sure.

### **FINAL COMMENTS**

I would like to see four club tricks approach the level of four ball tricks in some ways. Visually, four clubs can be very powerful, without the straight-out difficulty of five clubs. After watching Wes Peden run 4-club Mills Mess in flats, I sincerely believe we are going to start seeing really hard tricks in the next few years.

**Feedback:** Please feel free to offer your comments and critiques about your experience during this workshop at:  
<https://goo.gl/y4BDr7>