Multiplex Fundamentals Workshop
Monday, August 5, 2019
Matt Hall

Basic Terms and Definitions:

Self Stack [64], [86], etc…Both balls go up in a vertical stack and land in the same hand.
Crossing Stack [53], [75], etc…Both balls go up in a vertical stack and cross to the other hand.
Even Split (4x,4), (6x,6), etc…Both balls split out of one hand to even heights and land in opposite hands.
Odd Split [54], [65], [76], etc…Both balls split out of one hand to odd heights and land in opposite hands.
Single Triplex [654], etc…One ball crosses to other hand while remaining stack lands in throwing hand.
Double Triplex [765], etc…Two balls cross to other hand while remaining ball lands in throwing hand.

FOUR BALLS

[43]23 Basic, but then do it in Mills Mess. Burkes Barrage movements and synch throws (Kevin Axtell).
([64],4)(0,2)* A good practice pattern for your stacks.
(6x,[4x4])(0,4x)(2,4x)* A good practice for throwing even splits, and you can pirouette under it.
[54]21 A great, fast little multiplex that gets you ready for five and six ball variations.
[54]6122 Slow rhythm, but great aesthetic if you get the throw heights just right. Stacks up diagonally.
[64]1621 A box-type trick a la Jay Gilligan. Five-ball variation is even better. *(2x,[46])(2,6)([46],2x)(6,2)*

FIVE BALLS

[53]25 Basically 552 with a stacked multiplex. Spread the multiplex well, as the low ball is grabbed and thrown as the next multiplex before the high ball lands.
[54]24 Basic 5 Ball Multiplex with Right/Right-Left-Left throwing rhythm. You can also toss the 2 (Jay Gilligan). You can also do it in Mills Mess (Ben Beever).
[64]23 Basic, but then do it with the '3' ball thrown between the splits (Jay Gilligan.)
[65]6125 A great looking pattern that feels a bit like a five ball version of '615'.
[75]21 The five ball version of [54]21. In both cases, you are throwing a multiplex with one hand, catching one ball with the same hand, immediately shoving it over to the other hand, where it forms the multiplex on the other side and the cycle repeats. [97]2421 comes from Stefan P.
[87]333 or [87]531 or [87]441 In this case, toss your [65] a bit higher and do something funky with the resulting extra beats. Enter with a 4 from the left and throw the [87] from the right.
[76]3126 and [76]3324 Symmetrical versions of the [76] family. Plenty of variations to be found here.
24[22]3[765]31 Double Triplex, two-ball shower, self, cross…repeat the pattern
24[22]3[764]8171671455555 A one-off blast from Ben Beever!

SIX BALLS

[54][76]422 Tough to get looking just right, but a beautiful pattern to run
[54]27 and [65]25 Both right/right-left/left patterns that resemble each other. The [65] version is a bit easier.
[76]23 A fun six ball version of 723 with four balls. Cold start with a 7 to begin. Hot enter with 77 and exit with 4
[75]24 You can do it straight out of six ball stack cascade. Just push the multiplex throws higher, and it drops into right/right-left/left rhythm.
[86]22 A classic six ball multiplex pattern that will test your stack throwing ability.
[87]21 The six ball version of [54]21 and [75]21. Cold start with [87] from the left, and then from the right, and then pass one ball from the right to the left hand to form the next multiplex, which is then thrown. The rhythm of "multiplex, pass, multiplex, pass…" starts from there.

NOTES—The key to good multiplexing is elbow-wrist-finger movement, in that order. For Self Stacks, make sure the balls line up with your forearm. For Even Splits, twist your wrist to that the balls are perpendicular to your forearm and bring your hand up through the balls as you release. For Odd Splits, it is a matter of twisting your

wrist in the direction you want the high ball to go. Think "slap" for [54] and "shotput" for a [65]. My little memory device for you, as you need it. Remember, you can often take 4 ball patterns with '4' and make it a [43] for a 5 ball pattern, or put a [53] in for a '5'.

ACKNOWLEDGEMENTS

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

Bonus Random Bits:

Tricks from Michael Karas

[46]25[22]4 ([64]23 with extra throw on the bottom ball of the [64]).
(4,[46])(2,6x)([22],4)* Same as above, with synchronous 4 thrown together
(4,[46])(4,6x)(2,4)* more of a (6x,4)* variation with a multiplex gather, and an extra 4 throw.

From Warren Hammond

(2x,[64])(8x,6)(2,2x)*

Variation on [75]21 shown to me by Stefan Periaden

1[98]142 enter with 66 and exit with 3

New Trick from Ivan Pecel

([64],6)(2x,2)*

Random Stuff

24[51] enter with 5 and exit with 3

25[75]51 and its higher throw version, 25[97]5151

24[76]731

26[43]

1[86]172 enter with 66 and exit with 3

7 **28[53]** 5

33 6[33][33] 4[45][56]