

3-4-5 Ball Bounce Workshop

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3 balls

1. Cascade with 1 ball lift bounce
2. Cascade with 1 ball force bounce
3. Lift Cascade
4. Force Cascade
5. Robot Bounce
6. Double Bounce
7. Shower
8. Siteswaps: 441, 531

4 balls

1. Two-in-one-hand
2. Lift Fountain: async and sync
3. Column Bounce
4. Double Bounce
5. Synchronous Patterns (Lift/Force)
6. Siteswaps: 552, 534, 633, 615, etc...

5 balls

1. Scaffolding exercises: The snake, 3 ball flash, 4 ball flashes
2. Lift Bounce
3. Force Bounce
4. Double Bounce
5. Column Bounce
6. Multiplexes [54]24, etc...
7. Siteswaps: 88531, 85525, aa33333, etc...

NOTES—Remember, with bounce tricks, you can switch from ACTIVE and PASSIVE throws, and ACTIVE and PASSIVE catches. Furthermore, you can often make the same siteswap pattern look much different (and much harder) by changing the throws that are bounced and which throws are tossed. Use double bounce throws to add more time to do fun things like body passes and small siteswap sequences. Have fun and enjoy!!!

ACKNOWLEDGEMENTS

I have learned so many tricks from a good many people, but I must thank Emile Carey and Mark Faje for getting me started early on by showing me some great five-ball tricks. Also, Miguel Herrera was an early inspiration—his bounce and toss routine in Saltimbanco for Cirque du Soleil still rocks my world to this day. Lastly, I have been more recently floored by the videos of Emmanuel Perez—he is definitely one of the preeminent bouncers out there today.

RECOMMENDATIONS

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

- Miguel Herrera's bounce routine from the 1992 Individuals Championship at the IJA Festival in Montreal, Canada. (A later version can also be seen on Cirque du Soleil's Saltimbanco video)
- Vincent Bruel's bounce segments on The Siteswap DVD
- Bouncing in Paris
- Peapot video's The Big Bouncer Show
- Emmanuel Perez's videos on YouTube under the channel 'C2laballe'

Feedback: Please feel free to offer your comments and critiques about your experience during this workshop at:

<https://goo.gl/y4BDr7>

