

4-Clubs: A Mixed Bag Workshop

February 11, 2017

Matt Hall

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>