

Freezes Workshop

Friday, August 9, 2019

Matt Hall

THREE BALLS

One-Up, Two-Up

522 (Teruki Okamoto/Mike Moore)

62223

64140

63303 (not really, but fun)

64500 (push the 5)

74400

Assymetrical Patterns

23[54]550

Synchronous Patterns

[[64],4](0,2)* (Maksim's pattern)

(6x,[4x4])(0,4x)(2,4x)*

(8,8)(4,4)(0,0)

(6x,0)(4,6x)

(4,8)(4,4)(4,0)*

FOUR BALLS

Symmetrical Patterns

[54]6122

24[64]40 (like async version of Maksim's)

24[65]30 (push the [65] and claw 3 after the 4)

Asynchronous Patterns

8440 (easy)

64640 (funky and fun)

78401 (maybe as a one-off, tough to run)

80840 (doable, but trickier than you think)

ACKNOWLEDGEMENTS

I would like to thank Maksim Komaro for doing a freeze-type move in 3 Balls Different Ways (Box with a Lid) and to Teruki Okamoto for doing a lovely freeze in his 2007 IJA Juniors 3 ball routine. Furthermore, I have to thank Dan Holzman and Tim Kelly for teaching me freezes in cigar box technique. Back to Maksim Komaro, because without his four-ball trick listed above, I would have never thought of the idea of a freeze in a toss-juggling pattern. Emmanuel Perez deserves credit for also putting many freeze-type moves in his ball bouncing routines—check his YouTube channel: C2laballe. You can see several Japanese jugglers using these techniques in their videos and more recently, Gauthier Tritschler has added to the game with some excellent work in his videos: <https://goo.gl/IvNI5a>.

RECOMMENDATIONS

This technique is still relatively new, so my suggestion to you is to EXPERIMENT. Look for patterns that might give you that extra beat or two to grab a ball and then let it go again. Look for patterns with 0's, 4's, and 2's. I have found a few samples so far, but I think there is a lot more gold out there just waiting to be discovered.

FINAL COMMENTS

Remember, you want to catch the ball at its peak, hold for half a beat or a beat, and let it drop straight down. Lastly, think about making the throwing hand move smoothly and directly into the freeze catch.

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