

Mills Mess Variations Workshop

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Matt Hall

THREE BALLS

Boston
Half
Reverse
Shower
Whirlwind
423
441
531
522
12345

FOUR BALLS

Boston
Half
Shower
534
552
633
[43]23
642
74414

FIVE BALLS

645
744
753
[54]24

ACKNOWLEDGEMENTS

I would like to thank Jack Boyce, for his truly helpful Juggling Lab program (<http://jugglinglab.sourceforge.net/>), without which I probably would not have figured out half of the above patterns. My deepest bow of respect goes to Charlie Dancey and his superlative *Encyclopaedia*, from which I learned the Mills Mess pattern.

RECOMMENDATIONS

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

- Sylvain Gaurnavault is truly a great ball juggler and his videos on Mills Mess and other patterns can be found here as well as on YouTube at <http://www.youtube.com/user/garnav>.
- Peapot Video's 3 Ball Different Ways—a classic exposure to many of the patterns listed above.
- Falco Schieffer's amazing videos, found on YouTube at <https://goo.gl/WsqH3Y>

FINAL COMMENTS

Remember, the key steps are equal throw height, shape, and calm hand movement. You can do it!!! =)

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