

4-5 Club Multiplex Workshop

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Basic Terms and Definitions:

Self Stack [64], [86], etc...Both clubs go up in a vertical stack and land in the same hand.

Crossing Stack [53], [75], etc...Both clubs go up in a vertical stack and cross to the other hand.

Even Split (4x,4), (6x,6), etc...Both clubs split out of one hand to even heights and land in opposite hands.

Odd Split [43], [54], [65], etc...Both clubs split out of one hand to odd heights and land in opposite hands.

Exercises

Two club exercises are key. Always test yourself by checking if you can move or throw the lower club **WITHOUT RUSHING** before the high club arrives back in your hand. Play with your grip to find the best way to control the spin of **BOTH** clubs. Often, a less-than-optimal-grip will result in one club being over or under-spun.

Starts

Two fun starts with four clubs are: the simultaneous 4-club start using single-double from one hand and double-triple from the other hand and the staggered single-double from each hand respectively. Five club starts are totally doable, with one of the most common involving the simultaneous 4-club start mentioned above.

Four Clubs

[43]23	Basic 423 variation (right/right...left/left cadence), but then do it in Mills Mess.
(4x,2)(2,[4x4])	*Use a double spin as the 4x throw for more time, but a single spin is possible.
(4x,[22])(2,[4x4])(2,4)	* Makes for a slower pace than above. Multiplex, self, cross is the cadence.
[54]21	A great, fast little multiplex that let's you practice passing a club into a multiplex
[53]5223	Start off with a single spin throw, then do a crossing stack, followed by a double. Repeat.
[54]2423	A good practice for [54]24 with five clubs. Make your '4's lofty so they land after you have caught the multiplex.
[54]5123	Just plain fun-the challenge here is to make your multiplex split enough so you can throw the '5' through it.
[41][22]3	Funky variation taught by Luke Wilson. Another right/right...left/left cadence.
[51][22]2	Funky variation a la Luke. A double spin cascade with a club constantly swapped on the throw.

Five Clubs

(2,[4x4])([44x],2)	Also known as Multiplex Split Cascade
[53][53]522	Also known as Multiplex Stacked Cascade
[54][22]2	Another variation on the Multiplex Split Cascade
[54]24	Also known as the Gattoplex
[62]25	Also known as Martin

Notes

For the purpose of the workshop, multiplexes will be usually thrown as single-double spin combinations. However, it is entirely possible, and sometimes preferable to throw them as double-triple spins, or as single-single spins. Also, remember to cock your elbows and wrists to ensure a vertical throw of both clubs. Lastly and most importantly, remember to spot the **FIRST** club that begins the new multiplex. Aim for that spot on the club that will allow you to catch the second club and create a good multiplex grip.

Acknowledgements

I simply must thank Will Murray for teaching me how to throw proper multiplexes at his excellent workshop at the 2007 IJA Festival. Later, I received further inspiration and instruction from two club legends, Luke Wilson and Denis Paumier.

Recommendations

To see many of these and other techniques in action, I suggest you check out Lauri Koskinen @jugglingmastery and Liri Kamay @liri_kamay on Instagram. Going further back, you should definitely watch the Siteswap DVD (Denis Paumier section), Things You Can't Do 2 DVD (Will Murray section), and 1995 Individual Championships DVD (Jay Gilligan section).

Feedback

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