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Three Ball Digest: All You'll Ever Need To Know About Juggling Three Balls Plus Mastering The Headroll



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Customer Reviews

I'm a pretty skilled 3 ball juggler and there are still lots of things in Franco's book that I had never thought about. It includes sections on body throws, bounce tricks, starts, finishes, spin tricks, etc, all of which are interesting and could be included into a 3 ball routine, of which he includes several samples for different skill levels at the end. Also in this book, there is a chapter on learning how to juggle and basic tricks for someone who has never juggled before, but this is not a book that I would recommend for a first-timer, since there aren't too many pictures and the explanation can be a bit hard to follow at times. After all of the juggling sections there the other part of the title: mastering the headroll. This is an incredibly difficult skill and Franco, obviously a master, does a good job of breaking it down, though practice is the only thing that will really help you get better with this. And finally, there are the 56 photographs at the end of the book of famous jugglers doing what they do best, in particular featuring their headrolls, all of which are great. Anyone who is interested in the history and culture of juggling will love this section and even if you're not, many of them are wonderful photos in their own right. So all considered, this is a great book where there is a generally a dearth of great books: 3 ball juggling.

This a must buy for jugglers. Franco's book contains a unique collection of classic photos coupled with an extremely comprehensive array of 3 ball tricks ranging from the cascade to complex body rolls and flourishes. But perhaps the most valuable element of the book is his "Mastering the Headroll" section which provides everything one could every wish to now in a step-by-step approach

to learning all the variations of this exquisite move.

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