

The Highgate Collection

passing patterns for 2-4 people

compiled by Aidan Burns

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Two person passing patterns

Basic patterns

In a basic two person, six club passing pattern:

- you stand facing your partner about 10 - 15 feet apart;
- you both start with two clubs in your right hand and one in the left;
- you start by raising the clubs above your head, swinging them down to your side and then throwing the first pass with your right hand. This sequence: 'up, down, pass', is the juggling equivalent of 'ready, steady, go';
- passes from your right hand are thrown to your partner's left hand and vice-versa. These are straight passes (aka tramline passes);
- passes spin one and a half times but are known as singles;
- normal cascade throws are called selfs;
- you pass to an agreed rhythm, for example four count, where every fourth throw is a pass.

In some patterns all the passes are right handed. Other patterns are ambidextrous, with right and left handed passes. This table shows some of the most popular basic rhythms.

rhythm	passing sequence	handedness	other names
four count	pass self self self	right handed	every others
two count	pass self	right handed	everyys, shower
three count	pass self self	ambidextrous	waltzing
one count	pass	ambidextrous	ultimates, thunder shower
pass pass self	pass pass self	ambidextrous	ogilvies, 2/3 count

Passing etiquette

When passing:

- always keep count. For example chant 'pass, self, self' to yourself when waltzing;
- don't pass if you only have two clubs. This is known as passing the gap or holding through the gap;
- don't look away. Your partner might pass clubs to you, even if you think the pattern is finished!

It's useful to give your partner some feedback about their passes. For example, tell them if you'd like more spin on their passes or shorter or higher passes. Maybe hold your hand up and say: 'I'd like your passes here'. Also encourage them to comment on your passes by asking: 'are my passes all right?'

Colour coding patterns

You can colour code the passing clubs in some passing patterns. This helps with teaching the pattern and it's pretty too. For instance you can juggle three count with four green clubs and two red clubs so that the green clubs are always self throws and the red clubs are always passed. This is because you always pass the same two clubs in three count. You can colour code the passes in pass pass self too. Again you use four green clubs and two red ones, but this time the green clubs are always passed and the red ones are always self throws.

Causal diagrams

Basics

A causal diagram shows how each throw in a passing pattern causes another throw. For example, a right hand, straight pass to you causes you to throw the club in your left hand to catch the pass.

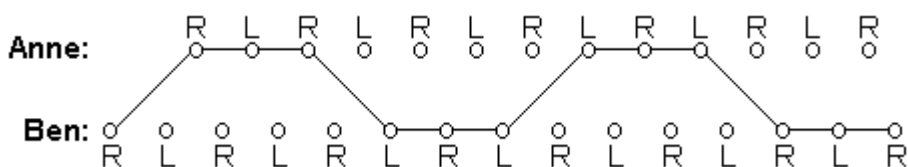
In a causal diagram:

- small circles in the same row show one juggler's throws. They are labelled R or L for right or left hand throws;
- small circles in the same column show throws on the same beat;
- the first throws are on the left of the diagram;
- an arrow pointing to a circle in the same row is a self;
- an arrow pointing to a circle in another row is a pass;
- an arrow pointing from one circle to a circle that's one, or one and a half beats to the right is a single spin throw;
- an arrow pointing to a circle two, or two and a half beats to the right is a double spin throw;
- an arrow pointing to a circle three, or three and a half beats to the right is a triple spin throw and so on;
- an arrow pointing from one circle back to itself is a hold;
- an arrow pointing to a circle one beat to the left is a zip;
- an arrow pointing to a circle two beats to the left is a gap;
- to work out the number of clubs in a pattern draw a vertical line through the causal diagram for the pattern. The number of forward pointing arrows that the line crosses minus the number of backward pointing arrows that it crosses is the number of clubs in the air. Add this to the number of hands to get the number of clubs in the pattern.

You can simplify causal diagrams by drawing lines instead of arrows. You only *need* arrows for zips and gaps. You can leave out the arrows for holds! Also you don't always *need* the labels R and L.

Five club patterns

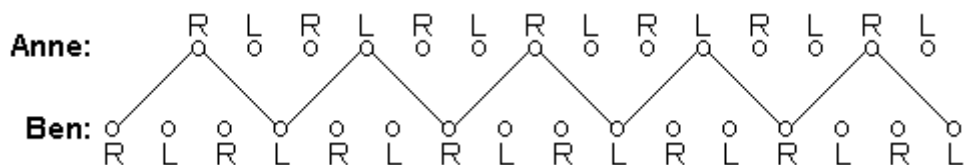
Five club three count



The sequence is pass hold hold hold hold self self. Ben starts with three clubs and throws crossing single passes. Anne starts one and a half beats later and throws straight single passes.

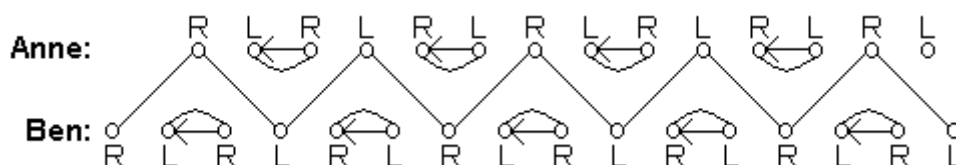
Colour coding: one red club, which is always passed, four green clubs that are always selfs.

Five club one count



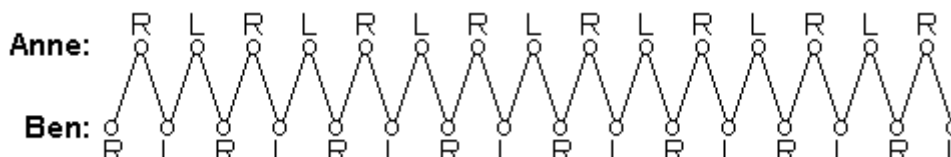
The sequence is pass hold hold. Ben starts with three clubs and throws crossing single passes. Anne starts one and a half beats later and throws straight single passes.

Pass self zip



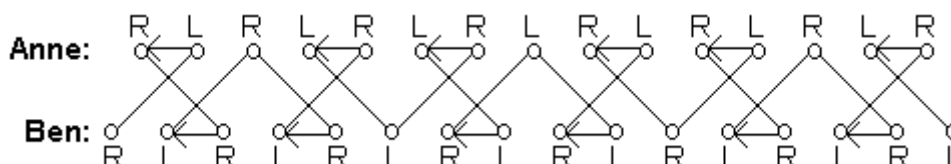
The sequence is pass self zip. A zip is bringing your hands together to pass a club from one hand to the other. It's also known as a hand across. Ben starts with three clubs and throws crossing single passes. Anne starts one and a half beats later and throws straight single passes.

Five club one count with zaps



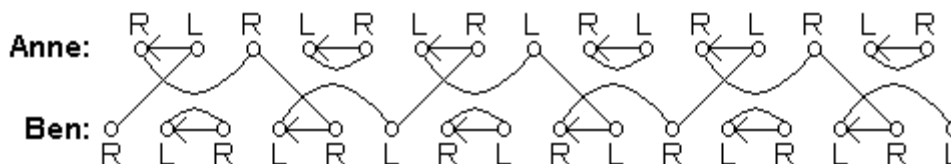
Ben starts with three clubs and throws crossing zaps. A zap is a half spin pass. Anne starts half a beat later and throws straight zaps.

Parsnip



Ben starts with three clubs and throws straight passes. His sequence is pass pass zip pass zip. Anne starts half a beat later throwing crossing passes. Her sequence is pass zip pass pass zip.

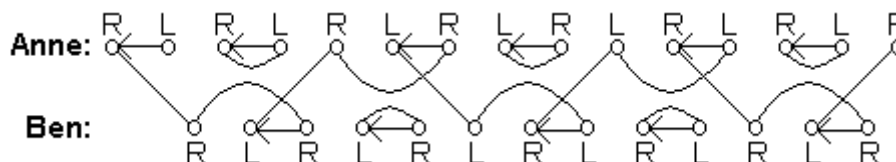
Five club why not?



Ben starts with three clubs and throws straight single passes. His sequence is pass self zip heff zip. A heff is a self double, thrown and caught with the same hand. Anne starts half a beat later throwing crossing single passes. Her sequence is heff zip pass self zip. You can switch between five club why not? and five club not why.

Colour coding: Two red clubs for the heffs and three green clubs for the passes and selfs.

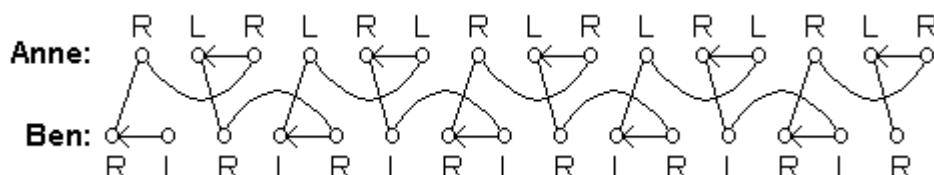
Five club not why



Anne starts with three clubs and throws crossing single passes. She starts with two clubs in her left hand but her first throw is right handed. Her sequence is pass zip self zip heff. Ben starts one and a half beats later throwing straight single passes. His sequence is heff pass zip self zip. You can switch between five club not why and five club why not?

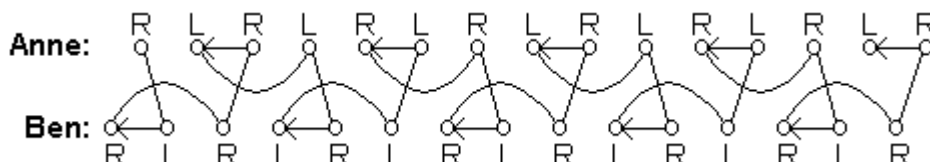
Colour coding: Two red clubs for the heffs and three green clubs for the passes and selfs.

Zap zip heff



Ben starts with three clubs and throws crossing zaps. He starts with two clubs in his left hand and his sequence is zap zip heff. Anne starts half a beat later throwing straight zaps. Her sequence is heff zap zip.

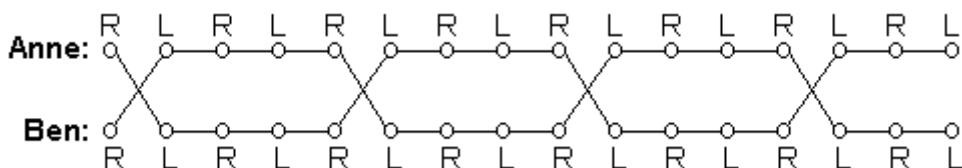
Heff zip zap



Ben starts with two clubs. His sequence is heff zip zap and he throws crossing zaps. Anne starts half a beat later with three clubs. Her sequence is zap heff zip and she throws straight zaps.

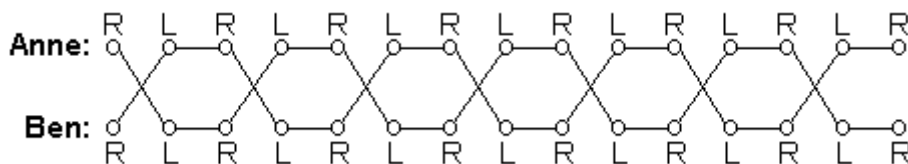
Popular right handed six club patterns

Four count



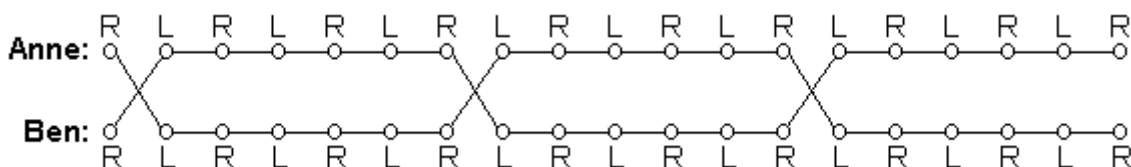
The sequence for four count is pass self self self. It helps if you say 'pass two three four' as you juggle four count. It's also called every others because every other right hand throw is a pass.

Two count



The sequence for two count is pass self. It's also known as everys because every right hand throw is a pass. Another name for two count is shower.

Six count

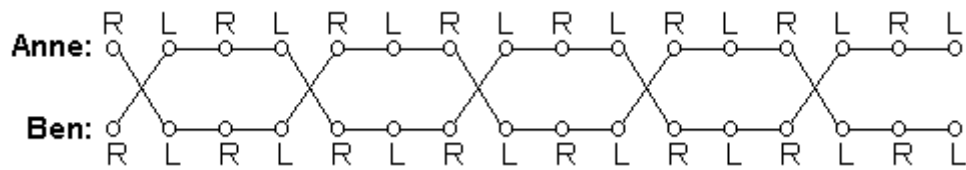


Every sixth throw is a pass. It helps if you say 'pass two three four five six' as you juggle six count.

Colour coding: two red clubs that are always right hand passes and left hand selfs and four green clubs that are always selfs.

Popular ambidextrous six club patterns

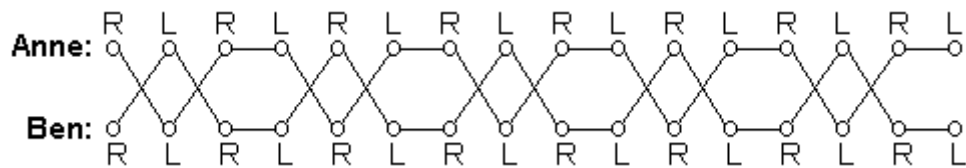
Three count



In three count every third throw is a pass. The passing sequence is pass self self.

Colour coding: two red clubs that are always passes and four green clubs that are always selfs.

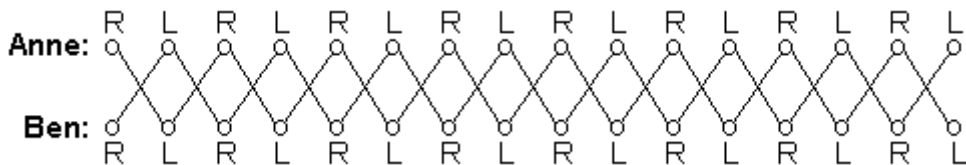
Pass pass self



The passing sequence for this pattern is pass pass self.

Colour coding: four red clubs that are always passes and two green clubs that are always selfs.

One count

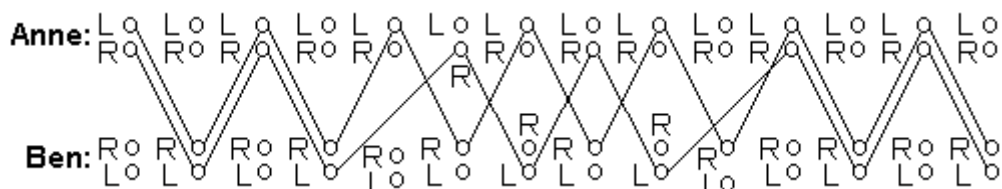


In this pattern every throw is a pass to your partner.

Synchronous one count

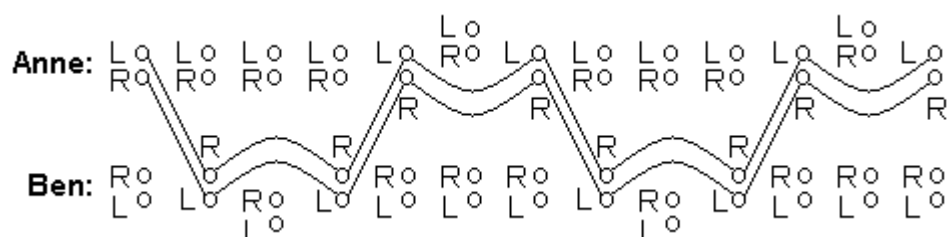


In synchronous one count each person throws two straight single passes at once. Anne starts with two clubs in each hand and Ben starts with one club in each hand. Anne throws two passes at once to Ben, one from each hand. On the next beat Ben throws two passes to Anne. The pattern repeats with Anne throwing two passes on one beat and Ben throwing two passes on the next beat.



To switch from synchronous one count to normal one count Ben throws a straight single pass with one hand and a straight double pass with the other. To switch back he throws a double pass followed by a single pass.

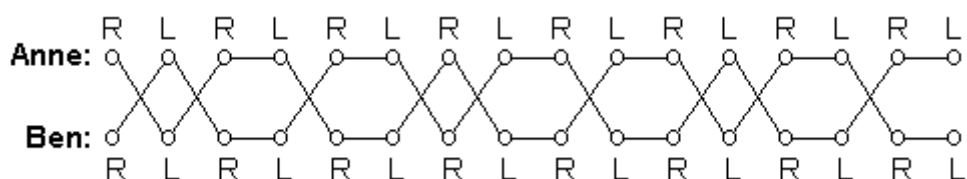
Synchronous one count with heffs



Anne throws two passes at once to Ben, one from each hand. On the next beat Ben throws two heffs. A heff is a double self, which is thrown and caught by the same hand. Two beats later Ben throws two passes to Anne. On the next beat Anne throws two heffs. Two beats later the pattern repeats.

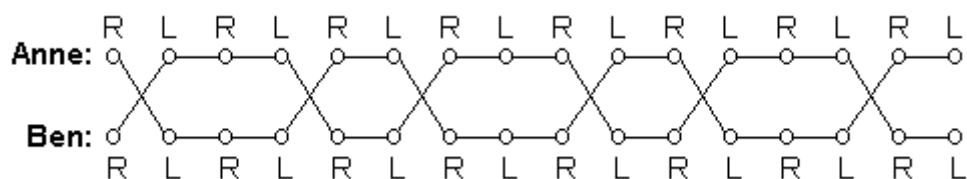
Colour coding: two red clubs that are always passes and four green clubs that are always heffs.

Bookends



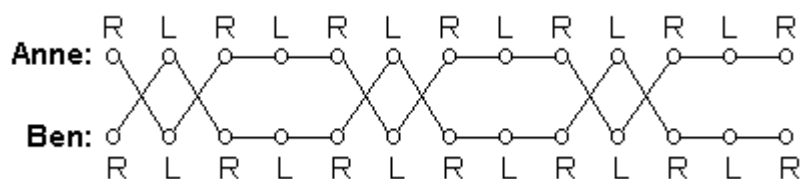
The passing sequence for this pattern is pass pass self pass self.

Inverted bookends



The passing sequence for this pattern is pass self self pass self.

Chocolate bar



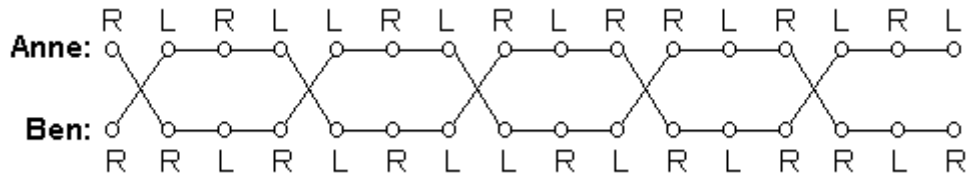
The passing sequence for this pattern is pass pass self self. The passes and selfs come in chunks, which is why it's called chocolate bar!

Jim's patterns

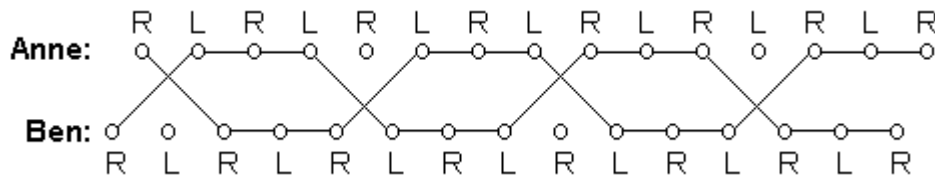
In these patterns all Anne's passes are crossing (right to left or left to right) and all Ben's passes are straight. This causes some hurries. A hurry is two consecutive throws from the same hand.

Jim's three count

In Jim's three count Ben's sequence is pass hurried self self pass self self with straight passes. Anne's sequence is pass self self pass hurried self self with crossing passes.



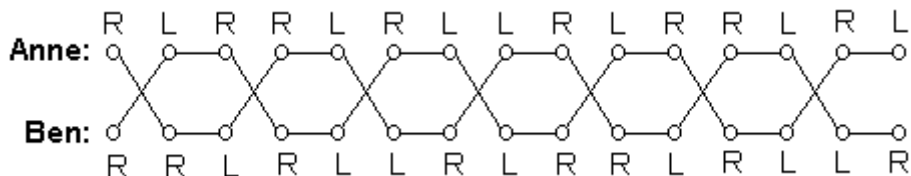
If Anne starts half a beat after Ben the hurries disappear. Ben's sequence becomes pass hold self self pass self self and Anne's is pass self self pass hold self self.



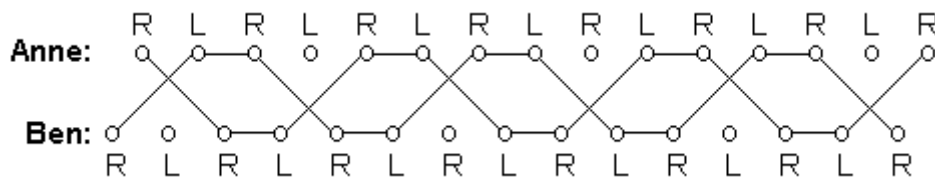
Colour coding: two red clubs that are always passes and four green clubs that are always selfs.

Jim's two count

In Jim's two count Ben's sequence is pass hurried self pass self with straight passes. Anne's sequence is pass self pass hurried self with crossing passes.



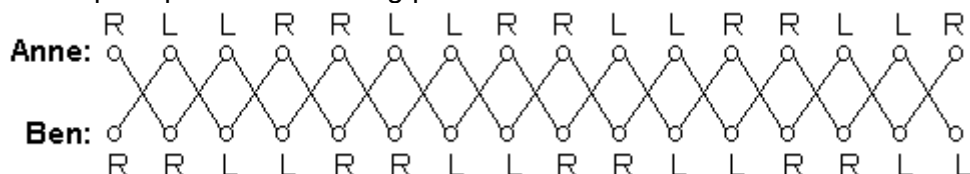
If Anne starts half a beat after Ben the hurries disappear. Ben's sequence becomes pass hold self pass self and Anne's is pass self pass hold self.



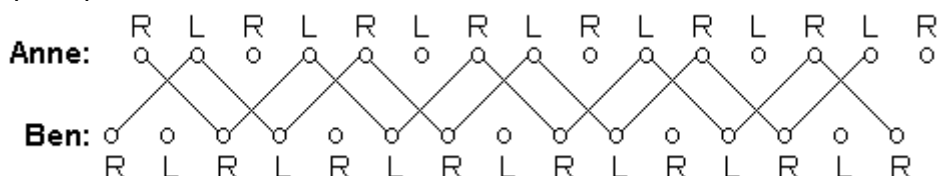
Colour coding: three green clubs which Anne always passes, but Ben throws as passes and selfs and three red clubs which Ben always passes, but Anne throws as passes and selfs.

Jim's one count

In Jim's one count Ben's sequence is pass hurried pass with straight passes. Anne's sequence is essentially hurried pass pass with crossing passes.



If Anne starts half a beat after Ben the hurries disappear. Ben's sequence becomes pass hold pass and Anne's is pass pass hold.



Four handed siteswaps

Vanilla siteswaps

You can think of vanilla siteswaps as passing patterns for two people, or in other words four hands. In vanilla four handed siteswaps:

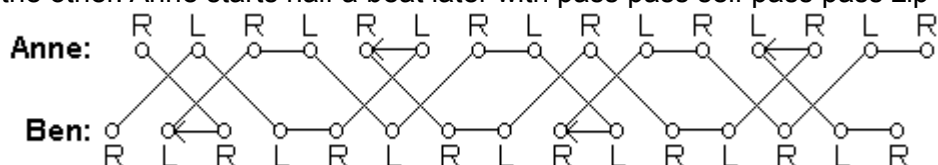
- the four hands take it in turns to throw: Anne's right hand, Ben's right hand, Anne's left hand, Ben's left hand;
- one juggler starts half a beat later;
- even numbers are selfs: 6 is a single self, 8 is a double self (a heff), a is a triple self and so on;
- 4 is a hold;
- 2 is a zip;
- 0 is a gap;
- odd numbers are passes: 7 is a single pass, 9 is a double pass, b is a triple pass and so on;
- 5 is a half spin pass (AKA pelf, zap or JoePass).
- 3 and 1 are difficult passes in face to face passing, but may feature in side by side passing, back to back passing or takeout patterns;
- one juggler throws straight single passes, crossing double passes, straight triple passes and so on, whereas the other throws crossing single passes, straight double passes, crossing triple passes and so on.

Jim's passing patterns without hurries are four handed siteswaps. Jim's three count is 7746666. Remember Ben's passing sequence is pass hold self self pass self self. In siteswap a single spin pass is 7, a hold is 4 and a self is 6. So Ben's sequence is 7466766. It's every other number from the whole siteswap: **77466667746666**. The remaining numbers are Anne's throws: 7667466. So her sequence is pass self self pass hold self self.

The siteswap for Jim's two count is 77466 and for Jim's one count it's 774.

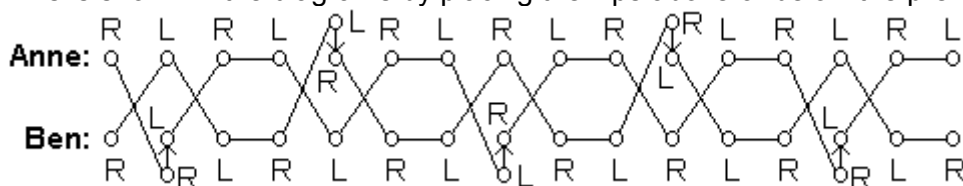
Mild madness (7777266)

Mild madness is a version of pass pass self where Anne's passes cross and Ben's passes are straight. Ben's sequence is pass pass zip self pass pass self. A zip is handing a club across from one hand to the other. Anne starts half a beat later with pass pass self pass pass zip self.



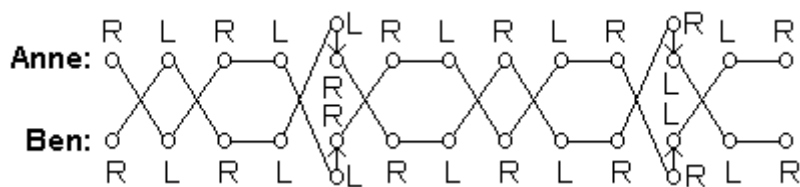
Colour coding: four red clubs that are always passes and two green clubs that are always selfs.

You can juggle mild madness with both jugglers starting at the same time. The zips are hurried in this pattern. This is shown in the diagrams by placing the zips above or below the previous passes!



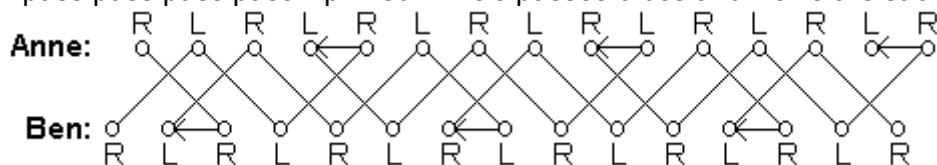
Mild madness variation

The sequence for both jugglers is pass pass self crossing pass crossing pass hurried zip hurried self.

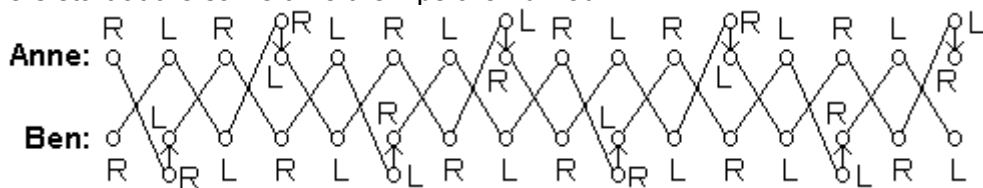


Martin's one count (77772)

In Martin's one count Ben's passing sequence is pass pass zip pass pass. Again Anne starts half a beat later with pass pass pass pass zip. Also Anne's passes cross and Ben's are straight.



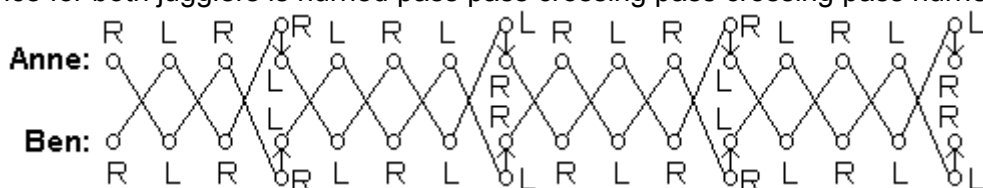
If both jugglers start at the same time the zips are hurried:



Colour coding: Three red clubs which Anne never zips and three blue clubs which Ben never zips.

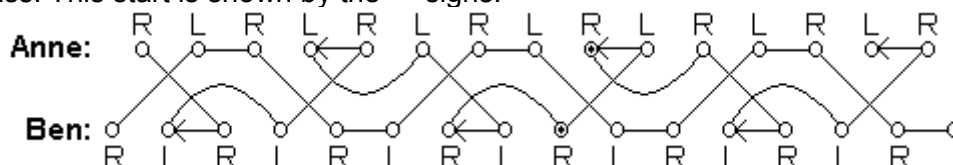
Martin's one count variation

The sequence for both jugglers is hurried pass pass crossing pass crossing pass hurried zip.



Why not? (77862)

In why not? Ben's sequence is pass heff zip pass self with straight passes. Anne starts half a beat later with pass self pass heff zip and her passes cross. Remember a heff is a double self, which is thrown and caught by the same hand. Ben can start with two clubs in each hand and juggle pass self pass heff zip. Then Anne starts half a beat later with one club in each hand and juggles heff zip pass self pass. This start is shown by the '+' signs.

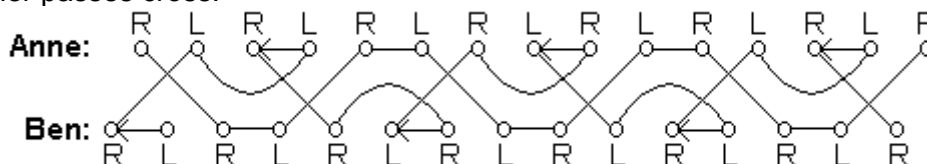


If you replace 'pass hold self' in Jim's two count with 'pass heff zip' you get why not? So you can learn it as a trick in Jim's two count. Also you can switch between why not? and not why.

Colour coding: Three red clubs for the heffs and three green clubs for the zips and selfs.

Not why (86772)

Ben starts with two clubs in his left hand and his sequence is pass zip self pass heff with straight passes. NB Ben still starts with a right hand pass! Anne starts half a beat later with pass heff pass zip self and her passes cross.

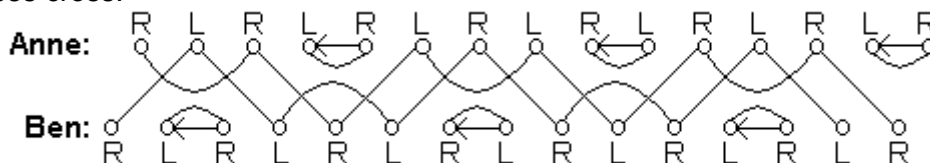


If you replace the 'self pass hold' in Jim's two count with 'heff pass zip' you get not why. So you can learn it as a trick in Jim's two count. Also you can switch between not why and why not?

Colour coding: Three red clubs for the heffs and three green clubs for the zips and selfs.

Maybe (78672)

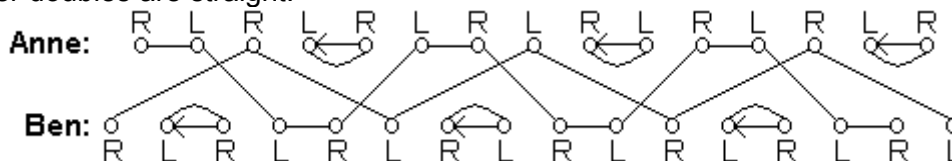
Maybe has the same throws as why not? and not why, but in a different order. Ben's sequence is pass self zip heff pass with straight passes. Anne starts half a beat later with heff pass pass self zip and her passes cross.



Colour coding: use two red clubs, two green clubs and two blue clubs. The red clubs are thrown as heffs and zips, the blue clubs are thrown as passes by Anne, but selfs and passes by Ben and the green clubs are thrown as passes by Ben, but selfs and passes by Anne.

Not likely (96672)

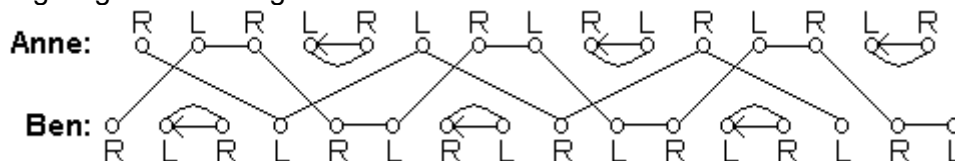
Ben's sequence is double-pass self zip self pass. Ben's singles are straight and his doubles cross. Anne starts half a beat later and her sequence is self pass double-pass self zip. Anne's singles cross and her doubles are straight.



Colour coding: three red clubs, which Anne always throws as double passes and three green clubs, which Ben always throws as double passes.

Maybe not (79662)

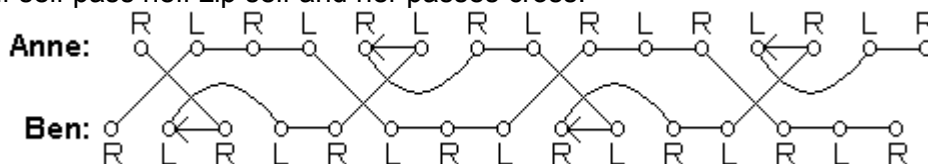
Ben's sequence is pass self zip double-pass self. Ben throws straight singles and crossing doubles. Anne starts half a beat later and her sequence is double-pass self pass self zip. Anne throws crossing singles and straight doubles.



Colour coding: three red clubs, which Anne always throws as double passes and three green clubs, which Ben always throws as double passes.

Jim's three count why not? variation (7786266)

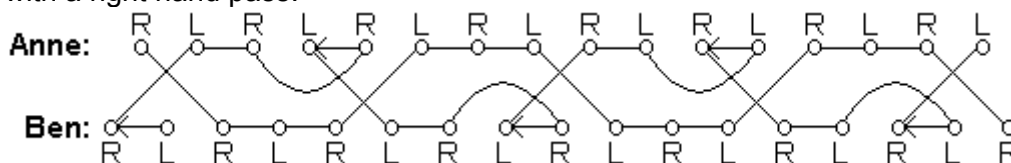
Ben's sequence is pass heff zip self pass self self with straight passes. Anne starts half a beat later with pass self self pass heff zip self and her passes cross.



Colour coding: two red clubs that are always passes, the heffs are always thrown with two blue clubs and the zips are always done with two green clubs.

Jim's three count not why variation (7726686)

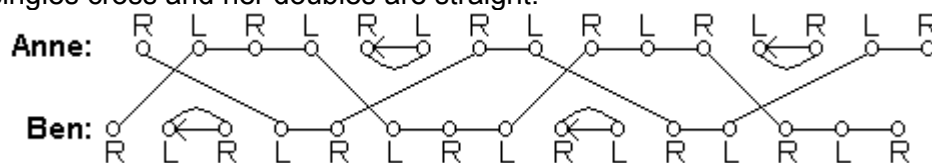
Ben starts pass hold, then his sequence is self self pass self heff pass zip with straight passes. Anne starts half a beat later with pass self heff pass zip self self and her passes cross. Ben can start with two clubs in his left hand. Then his sequence is pass zip self self pass self heff. NB Ben still starts with a right hand pass!



Colour coding: two red clubs that are always passes, the heffs are always thrown with two blue clubs and the zips are always done with two green clubs.

Jim's three count maybe not variation (7966266)

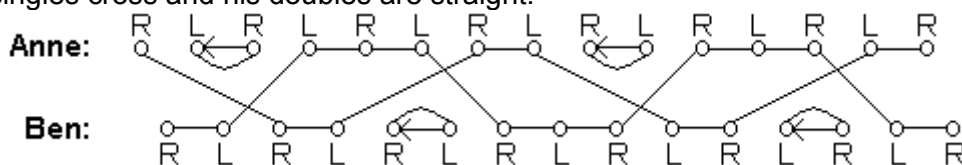
Ben's sequence is pass self zip self double-pass self self. Ben's singles are straight and his doubles cross. Anne starts half a beat later and her sequence is double-pass self self pass self zip self. Anne's singles cross and her doubles are straight.



Colour coding: three red clubs which Ben throws as doubles and three green clubs which Anne throws as doubles.

9667266

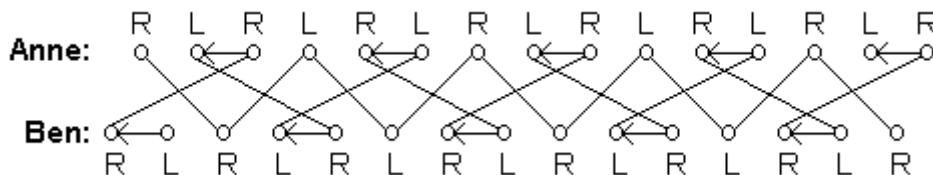
Anne's sequence is double-pass self zip self self pass self. Anne's singles are straight and her doubles cross. Ben starts half a beat later and his sequence is self pass self double-pass self zip self. Ben's singles cross and his doubles are straight.



Colour coding: three red clubs which Ben throws as doubles and three green clubs which Anne throws as doubles.

972

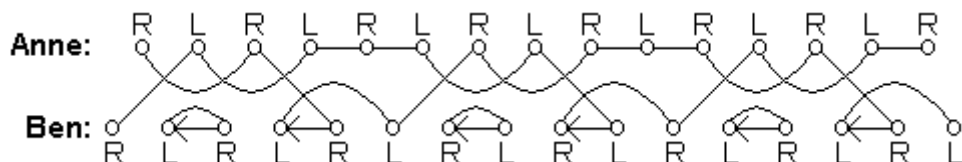
Ben starts double-pass hold and then his sequence is single-pass double-pass zip (single double zip). Ben's singles are straight and his doubles are crossed. Anne starts half a beat later with single double zip. Anne's singles are crossed and her doubles are straight. Ben can start with two clubs in his left hand and then his sequence is double zip single. NB Ben still starts with a right hand pass!



Colour coding 1: three red clubs that are always double passes and three green clubs that are always single passes.

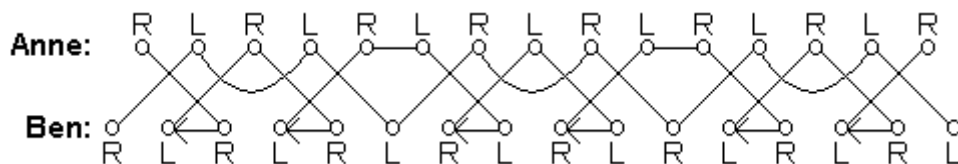
Colour coding 2: use two red clubs, two green clubs and two blue clubs so that each double pass and the following single pass are made with the same colour club.

Five club why not? vs five count popcorn



Ben passes five club why not? His sequence is pass self zip heff zip and his passes are straight. Anne passes five count popcorn. She starts half a beat after Ben. Her sequence is heff heff pass self self and her passes cross. This is a good practice pattern for five count popcorn.

Parsnip vs funky bookends



Ben passes parsnip. His sequence is pass pass zip pass zip and his passes are straight. Anne starts half a beat later and passes funky bookends. Her sequence is pass heff pass pass self and her passes cross. This is a good practice pattern for funky bookends.

Synchronous four handed siteswaps 1

Synchronous siteswaps 1

You can think of synchronous siteswaps as passing patterns for two people, or in other words four hands.

In synchronous four handed siteswaps:

- two hands throw at one time: Anne's right hand and Ben's right hand, then Anne's left hand and Ben's left hand;
- throws made at the same time are shown in brackets;
- both jugglers start together;
- even numbers are selfs: 6 is a single self, 8 is a double self, *a* is a triple self and so on;
- 4 is a hold;
- 2 is a zip;
- 0 is a gap;
- 6x is a straight single pass, 8x is a crossing double pass, ax is a straight triple pass and so on;
- 4x, 2x and 0x are difficult passes in face to face passing, but may feature in side by side passing, back to back passing or takeout patterns.

Basic patterns

We've already seen several examples of synchronous four handed siteswaps. Here are the siteswaps for some of the most popular basic rhythms:

four count: (6x,6x)(6,6)(6,6)(6,6)

two count: (6x,6x)(6,6)

three count: (6x,6x)(6,6)(6,6)

one count: (6x,6x)

pass pass self: (6x,6x)(6x,6x)(6,6)

Synchronous four handed siteswaps get more interesting with seven or more clubs!

Synchronous four handed siteswaps 2

Synchronous siteswaps 2

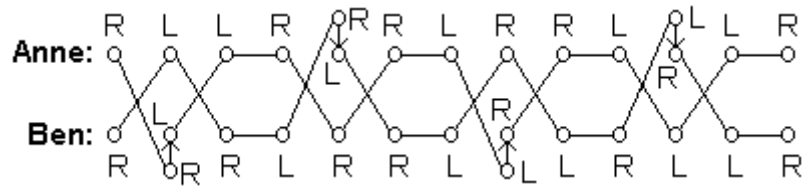
You can pass synchronous four handed siteswaps slightly differently:

- two hands throw at one time: Anne's *right* hand and Ben's *left* hand, then Anne's *left* hand and Ben's *right* hand;
- throws made at the same time are shown in brackets;
- both jugglers start together. Ben starts with two clubs in his left hand. His first throw is from his left hand;
- even numbers are selfs: 6 is a single self, 8 is a double self, *a* is a triple self and so on;
- 4 is a hold;
- 2 is a zip;
- 0 is a gap;
- 6x is a *crossing* single pass, 8x is a *straight* double pass, ax is a *crossing* triple pass and so on;
- 4x, 2x and 0x are difficult passes in face to face passing, but may feature in side by side passing, back to back passing or takeout patterns.

Some examples of this type of synchronous pattern are seven club two count and classic six count popcorn.

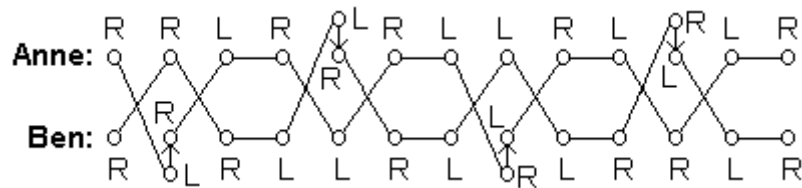
Spotlight patterns

Spotlight



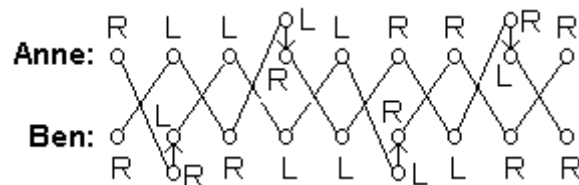
This is a variation of mild madness where each juggler passes two consecutive throws to the same hand. Anne's sequence is crossing pass pass hurried self crossing pass pass zip hurried self. Ben's sequence is pass crossing pass zip hurried self pass crossing pass hurried self.

Reverse spotlight



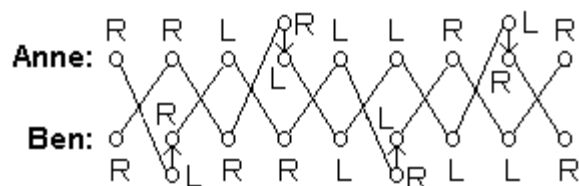
This is a variation of mild madness where each juggler passes two consecutive throws from the same hand. Anne's sequence is pass hurried crossing pass self pass hurried crossing pass zip self. Ben's sequence is crossing pass hurried pass zip self crossing pass hurried pass self.

One count spotlight



This is a variation of Martin's one count where each juggler passes two consecutive throws to the same hand. Anne's sequence is essentially hurried crossing pass pass hurried crossing pass pass zip. Ben's sequence is pass crossing pass zip hurried pass crossing pass.

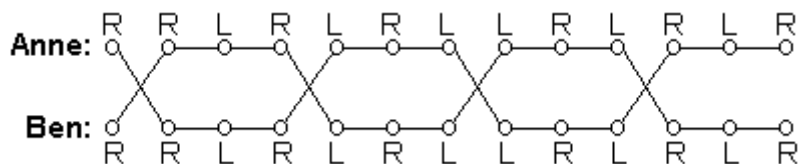
One count reverse spotlight



This is a variation of Martin's one count where each juggler passes two consecutive throws from the same hand. Anne's sequence is essentially hurried pass hurried crossing pass pass hurried crossing pass zip. Ben's sequence is crossing pass hurried pass zip crossing pass hurried pass.

Odds and sods

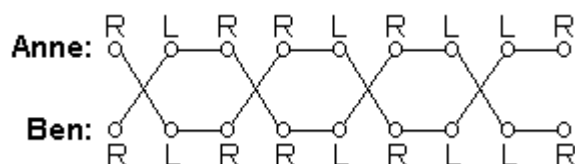
Jim's style three count



The sequence for both jugglers is crossing pass hurried self self pass self self.

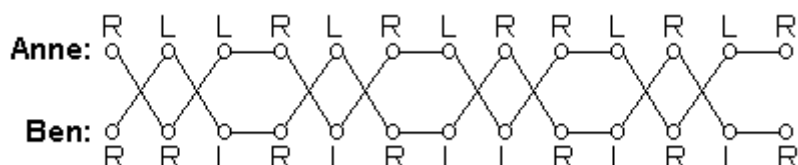
Colour coding: two red clubs that are always passes and four green clubs that are always selfs.

Jim's style two count



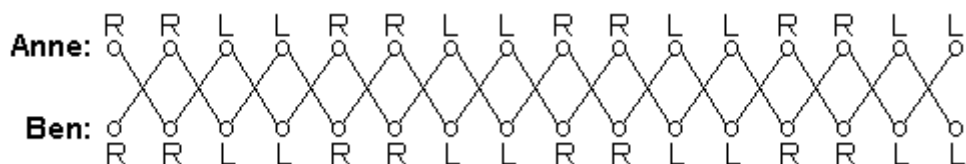
The sequence for both jugglers is pass self crossing pass hurried self.

Jim's style pass pass self



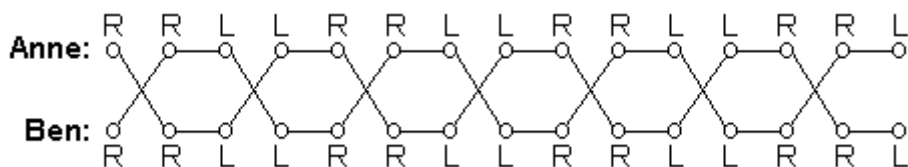
Anne's sequence is crossing pass crossing pass hurried self pass pass self. All Ben's passes are straight and his passing sequence is pass hurried pass self pass pass self.

Jim's style one count



The sequence for both jugglers is crossing pass hurried pass.

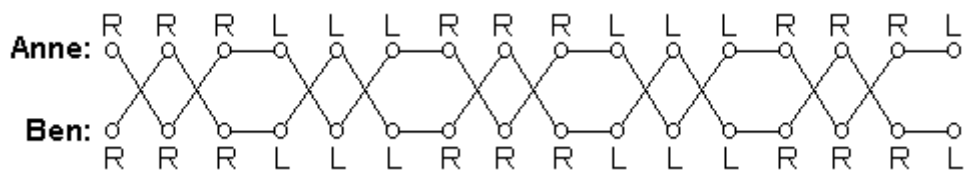
Crossing two count with hurries



The sequence for both jugglers is crossing pass hurried self.

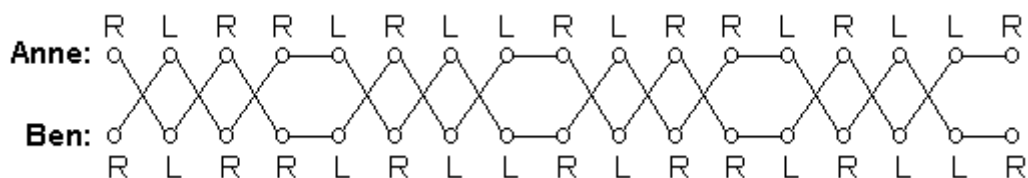
Colour coding: two green clubs which are always right hand passes, two blue clubs which are always left hand passes and two white clubs which are always selfs.

Crossing pass pass self with hurries



The sequence for both jugglers is crossing pass hurried crossing pass hurried self.

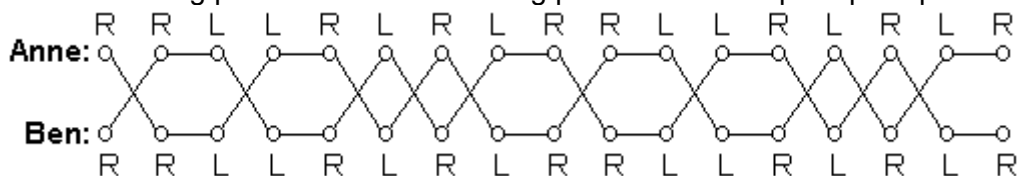
The bitch



The sequence for both jugglers is pass pass crossing pass hurried self.

A sailor went to sea

The sequence is crossing pass hurried self crossing pass hurried self pass pass pass self.



As you juggle you sing the following song:

A sai - lor went to sea, sea, sea to
crossing pass hurry crossing pass hurry pass pass pass self

see what he could see, see, see but
crossing pass hurry crossing pass hurry pass pass pass self

all that he could see, see, see was the
crossing pass hurry crossing pass hurry pass pass pass self

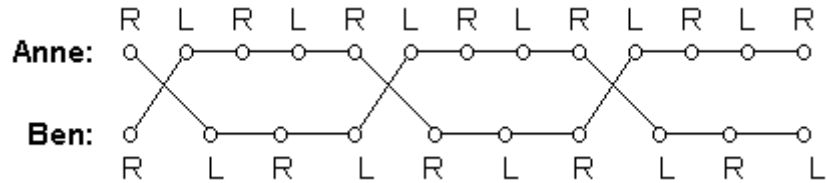
bot - tom of the deep blue sea, sea, sea!
crossing pass hurry crossing pass hurry pass pass pass self

The diagram also shows how the song's words are associated with the passing pattern. It's actually based on a hand clapping game! A crossing right hand pass corresponds to clapping your right hand with your partner's right hand, a self corresponds to clapping your own hands together and a straight pass corresponds to clapping both your hands with both your partner's hands.

Slow fast patterns

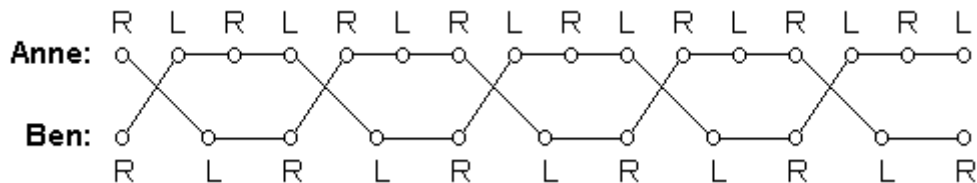
In these patterns the jugglers pass on different rhythms. As a result they juggle at different speeds. Also they alternate between straight and crossing passes.

Three count vs four count



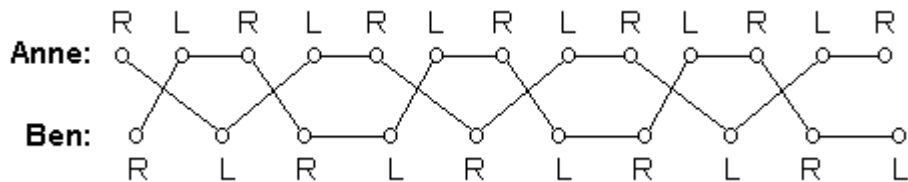
Anne passes on four count. Her sequence is pass self self self crossing pass self self self. Ben passes on three count. He throws all his passes to Anne's left hand. His sequence is pass self self crossing pass self self. Anne has to juggle faster than Ben.

Three count vs two count



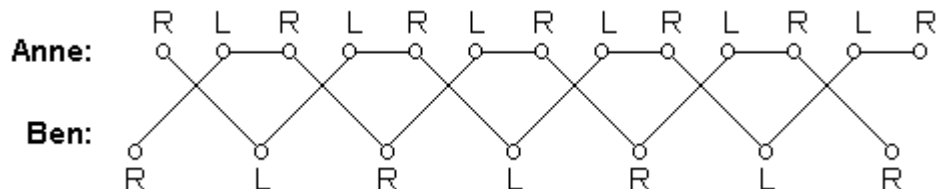
Anne passes on three count. She throws all her passes to Ben's left hand. Her sequence is pass self self crossing pass self self. Ben passes on two count. His sequence is pass self crossing pass self. Anne has to juggle faster than Ben.

Pass pass self vs two count



Anne passes on two count. Her sequence is pass self crossing pass self. Ben's pattern is pass pass self. He throws all his passes to Anne's left hand. His sequence is pass crossing pass self crossing pass pass self. Anne has to juggle faster than Ben.

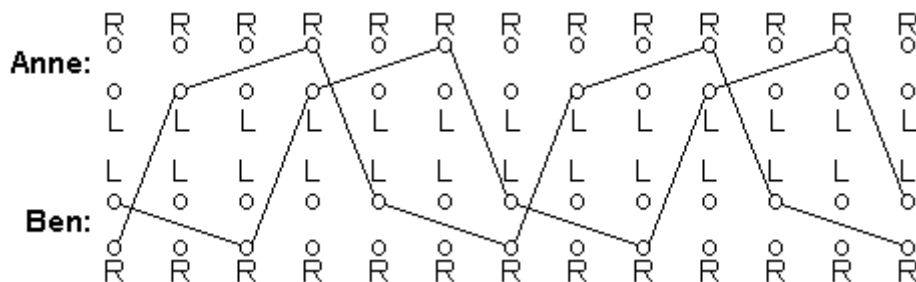
One count vs two count



Anne passes on two count. Her sequence is pass self crossing pass self. Ben passes on one count. He throws all his passes to Anne's left hand. His sequence is pass crossing pass. Anne has to juggle faster than Ben.

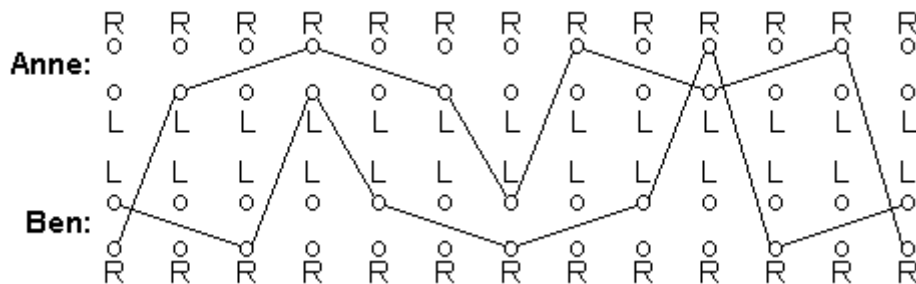
Synchronous popcorn style patterns

Pattern 1 (right handed)



Ben starts with four clubs. He throws a right hand pass and left hand crossing double self at the same time. Then he throws a right hand pass. Then he throws a left hand crossing double self. Anne starts one beat later with two clubs. Her sequence is the same as Ben's, but she starts with a left hand crossing double self.

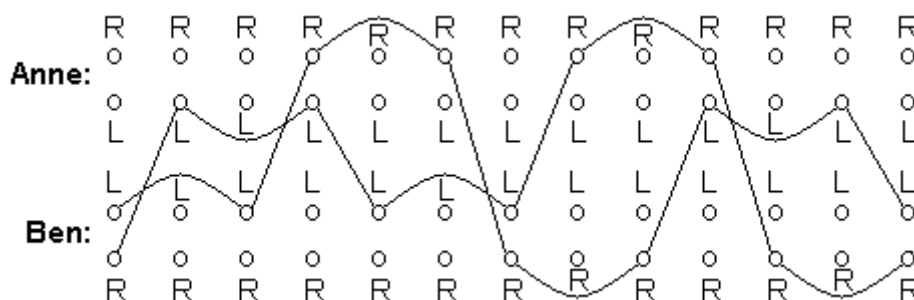
Pattern 2 (ambidextrous version)



Ben starts with four clubs. He throws a right hand pass and left hand crossing double self at the same time. Then he throws a right hand pass. Then he throws a left hand crossing double self. Then he throws a left hand pass and right hand crossing double self at the same time. Then he throws a left hand pass. Then he throws a right hand crossing double self. All Ben's passes are straight. Anne starts one beat later with two clubs. Her sequence is the same as Ben's but she starts with a left hand crossing double self. All Anne's passes are crossing.

Colour coding: two red clubs that are always passes and four green clubs that are always selves.

Pattern 3 (ambidextrous variation with heffs)

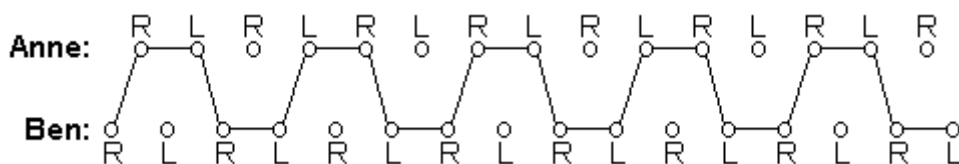


Ben starts with four clubs. He throws a right hand pass and left hand heff at the same time. Then he throws a left hand pass. Then he throws a left hand heff. Then he throws a left hand pass and right hand heff at the same time. Then he throws a right hand pass. Then he throws a right hand heff. All Ben's passes are straight. Anne starts one beat later with two clubs. Her sequence is the same as Ben's but she starts with a left hand heff. All Anne's passes are crossing.

Colour coding: two red clubs that are always passes and four green clubs that are always heffs.

Patterns with zaps

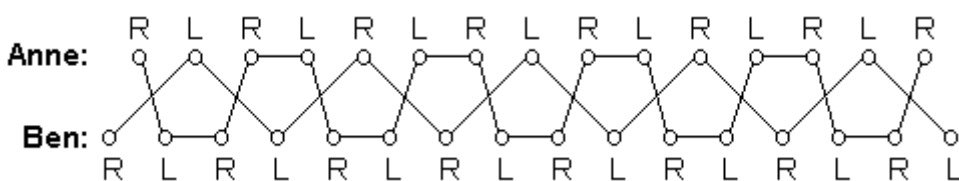
Five club practice pattern (564)



Ben starts with three clubs. His sequence is zap hold self. All his zaps cross. Anne starts half a beat later with two clubs. Her sequence is self zap hold. All her zaps are straight.

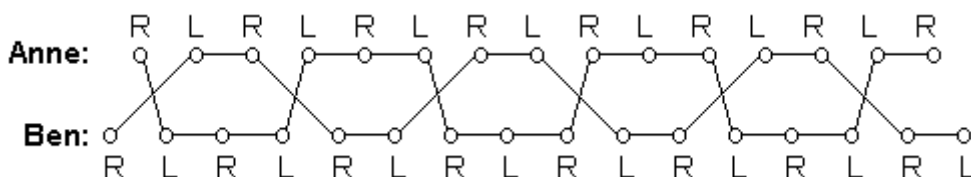
Colour coding: three red clubs that are always passed and two green clubs that are always selfs.

Pass self zap (756)



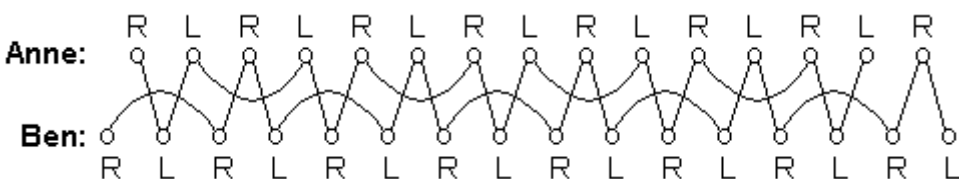
Ben's sequence is pass self zap. His passes are straight and his zaps cross. Anne starts half a beat later and her sequence is zap self pass. Anne's passes cross and her zaps are straight.

75666



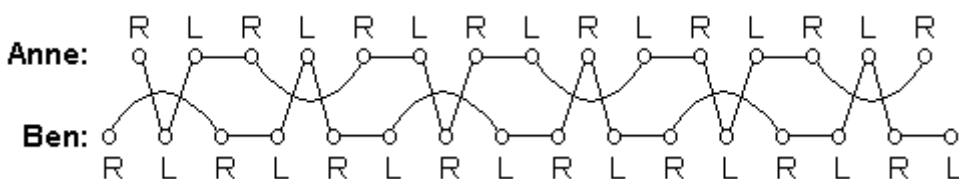
Ben's sequence is pass self self zap self. He throws straight passes and crossing zaps. Anne starts half a beat later. Her sequence is zap self pass self self. She throws crossing passes and straight zaps.

Zap zap heff (855)



Ben's sequence is heff zap zap and his zaps cross. Anne starts half a beat later. Her sequence is zap heff zap and her zaps are straight. Zap zip heff and heff zip zap are good practice for this.

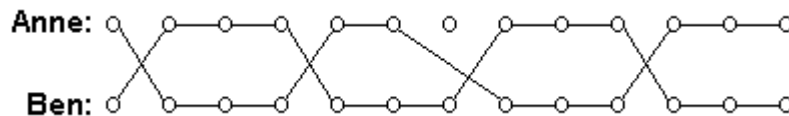
85566



Ben's sequence is heff zap self zap self and his zaps cross. Anne starts half a beat later and her sequence is zap self heff zap self and her zaps are straight.

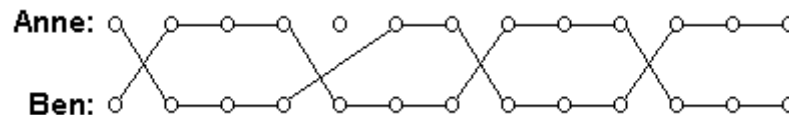
In this game you pass on three count and you decide whether to make straight or crossed passes every time you pass. So on any pass you can have both jugglers passing with the same hand or both passing with different hands and you can have both passing straight, both passing crossed or one passing straight and the other crossed. There is the potential for collisions, but you can reduce this by passing towards the outside of the pattern.

This game becomes much more interesting if you allow double and triple passes. In three count there are two common double passes. The first is an early double. The sequence for this is pass self double hold self self.



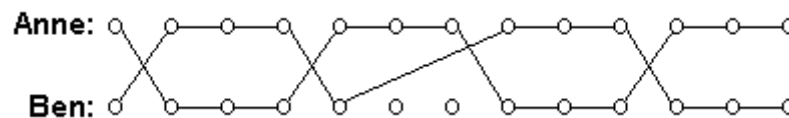
Here Anne throws an early double and Ben's pattern is unchanged. Note that there are no labels for the hands in this diagram. This is because you can make this throw with your right or left hand. Also in Jim's three count this pass can be straight or crossing.

The second double pass is a late double. This is thrown on the passing beat and it changes your partner's pattern.



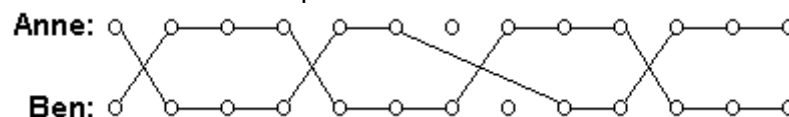
Here Ben throws a late double and Anne responds with the sequence pass hold self.

The two common triple passes in three count are the early and late triple.



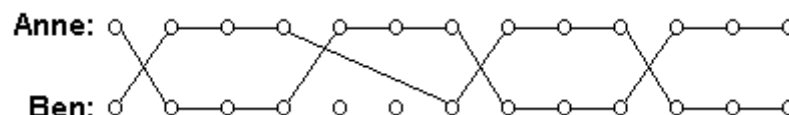
Here Ben throws an early triple. His sequence is pass triple hold hold self self. Anne's pattern isn't changed by this pass.

In the next example Anne throws a late triple.



Anne's sequence is pass self triple hold self self. Ben responds with the sequence pass hold self.

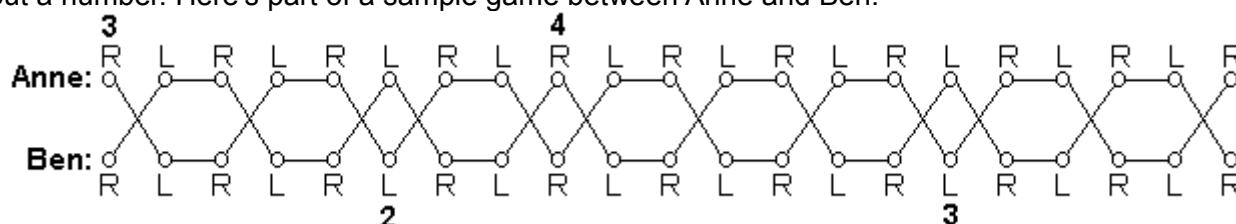
You can also throw a triple on the pass beat. This is a very late triple.



Here Anne throws a very late triple and Ben responds pass hold hold.

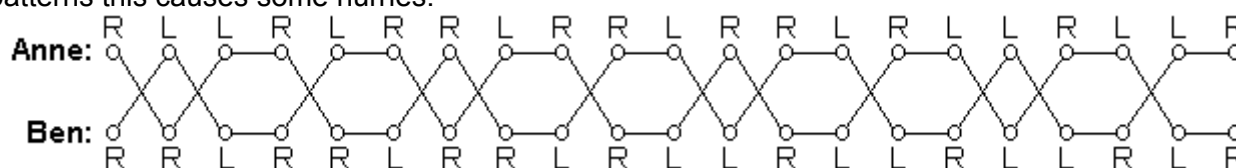
Alternating two count

Anne and Ben start passing two count with right hand passes. On the first pass Anne calls out a number, say three. After the third pass they switch to left hand two count and Ben calls out a number, say two. After two more passes they switch back to right hand two count and Anne calls out a number. Here's part of a sample game between Anne and Ben:



Jim's bookends (aka brainstorm)

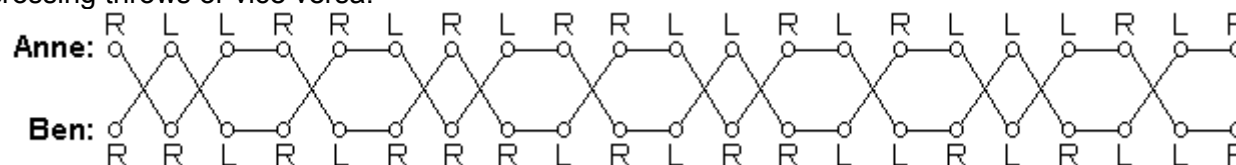
This is a variation of bookends. Ben's passes are straight and Anne's passes cross. Like all Jim's patterns this causes some hurries.



For a real challenge switch from straight to crossing passes or vice versa when you reach the start!

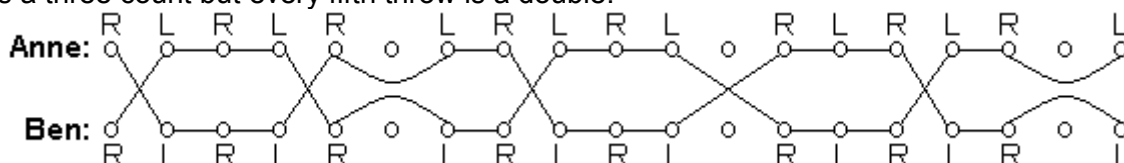
Jim's bookends variation

A variation of Jim's bookends where each juggler alternates between two straight throws and two crossing throws or vice versa.



Three count from hell

This is a three count but every fifth throw is a double!

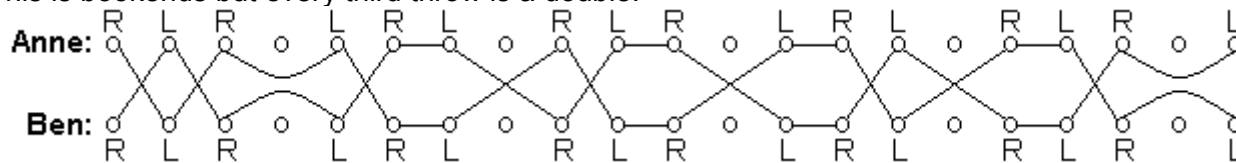


Note that double passes are straight and the self doubles are from right to left or vice versa. The diagram shows half the pattern as the whole sequence repeats starting with a left hand pass.

Colour coding: two red clubs that are always passes and four green clubs that are always selfs.

Bookends from hell

This is bookends but every third throw is a double.

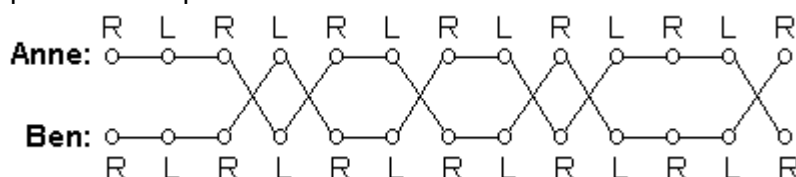


Once again double passes are straight and the self doubles are from right to left or vice versa. The diagram shows half the pattern as the whole sequence repeats starting with a left hand pass.

Colour coding: two red clubs that are always doubles and four green clubs.

Fizz buzz

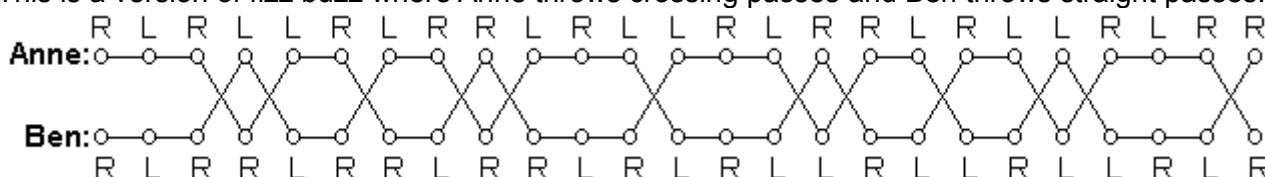
This is a passing version of the counting game fizz buzz. In that game you count but say fizz for multiples of three, buzz for multiples of four and fizz buzz for multiples of three and four. In the passing game you pass on multiples of three or four.



Unusually the pattern starts with two selfs because one and two aren't multiples of three or four. It's more interesting if you make multiples of three *and* four into crossing passes. Then the sequence is twice as long. If that's still too easy try doing fizz buzz from hell - make every fifth throw a double!

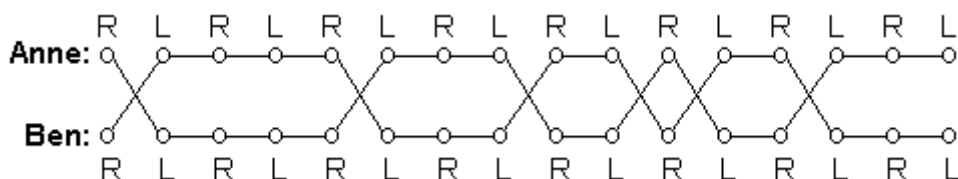
Jim's fizz buzz

This is a version of fizz buzz where Anne throws crossing passes and Ben throws straight passes.



Countdown

You start off by passing four count. On the next pass you do three count, then you pass two count and then you pass one count. Having counted down from four count to one count, you start counting up to four count.

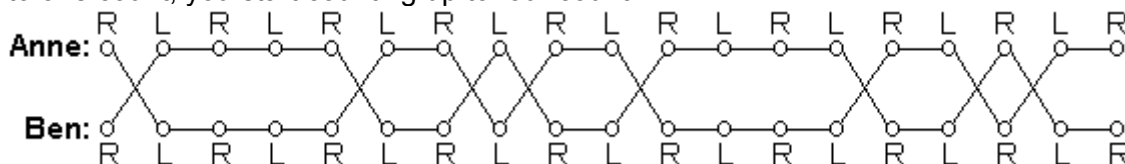


The diagram shows half of the pattern because the whole sequence repeats starting with the left hand.

Colour coding: use two blue clubs, two green clubs and two red clubs so that the four count and one count passes are always blue clubs, the two count passes are always green clubs and two red clubs are always selfs.

Geometric countdown

This is like the countdown but instead of subtracting one from or adding one to the previous count after each pass, you halve or double the count after each pass. You start off by passing four count. On the next pass you do two count and then you pass one count. Having counted down from four count to one count, you start counting up to four count.



Colour coding: use two blue clubs, two green clubs and two red clubs so that the four count and one count passes are always blue clubs, the two count passes are always green clubs and two red clubs are always selfs.

Spelling game

In this game you think of words and then both jugglers spell them out as you juggle. For every consonant in the word you pass and for every vowel you throw a self. So if the word is 'juggling' you throw pass self pass pass pass self pass pass. You could have a base pattern such as three count, then between each word you pass two rounds of three count while you choose the next word.

Colour coded pattern 1

One juggler starts with three green clubs and the other starts with three red clubs. You pass on four count and if the club you're passing is green you throw a straight pass whereas if it's red you throw a crossing pass. You can also try this pattern on two count or experiment with other rhythms.

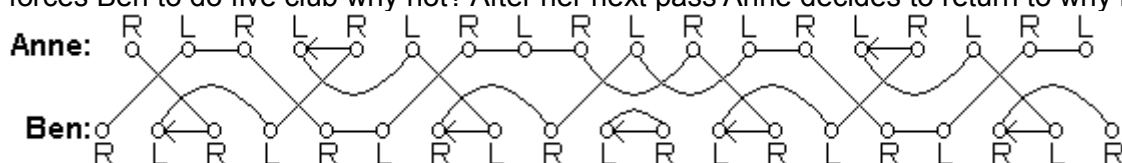
Colour coded pattern 2

You need two green clubs, two blue clubs and a red and an orange club. The orange club is a special club. Whoever has the orange club is the leader. If the leader passes a blue club then you pass on four count. If they pass a green club you pass on three count. If they pass a red or orange club you pass on two count. Sometimes the pattern gets stuck, for instance if both the green clubs are being passed every time. You can change this by throwing a double pass.

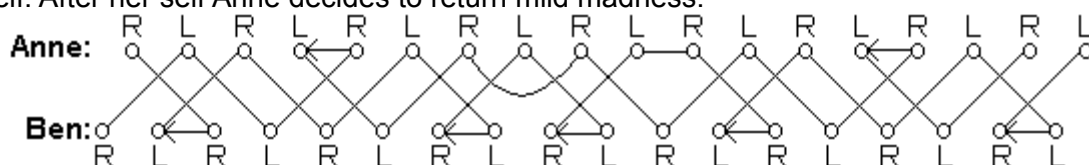
Hijacking patterns

Both jugglers start juggling the same pattern, but then one of them decides to switch to another pattern and forces their partner to change their pattern as a result. Here are a couple of examples:

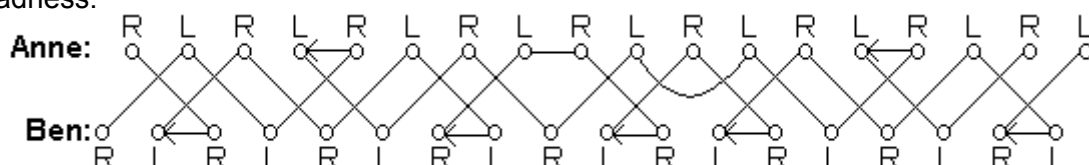
Anne and Ben start passing why not? After her third pass Anne decides to do five count popcorn, which forces Ben to do five club why not? After her next pass Anne decides to return to why not?



Anne and Ben start passing mild madness. After her zip Anne decides to do funky bookends, which forces Ben to do parsnip. In this example Anne starts funky bookends by juggling pass heff pass pass self. After her self Anne decides to return mild madness.



Here's another way Anne can hijack mild madness to do funky bookends. In this example Anne starts funky bookends by juggling pass pass self pass heff. After her heff Anne decides to return to mild madness.



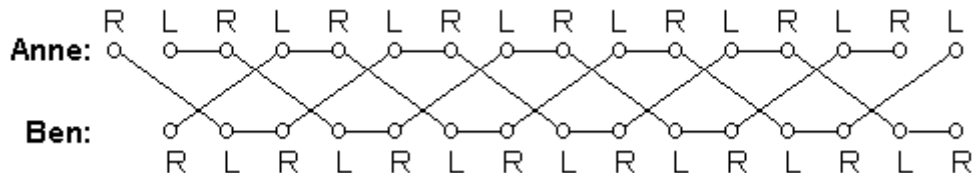
In all these examples Anne can hijack the pattern for as long as she likes. The response to the hijacking is fairly natural (it might take a couple of attempts to get it) as is returning to the original pattern. Naturally Ben can also hijack the pattern.

Seven club patterns

In these patterns one juggler starts with four clubs, two in each hand and the other starts with two clubs in the right hand and one in the left. They both start with right hand throws.

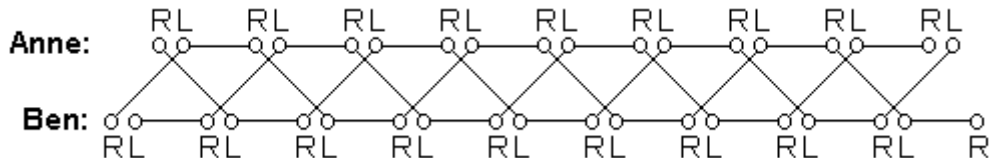
Two count on doubles (8x,6)(6,8x)

Both jugglers pass on two count throwing straight double passes with the right hand and selfs with the left. Anne starts with four clubs and her first throw is a double pass. Ben starts when Anne's pass is half way (one beat later) and his first throw is a double pass. Ben can start at the same time if he starts with two clubs in his left hand and his first throw is a left hand self.

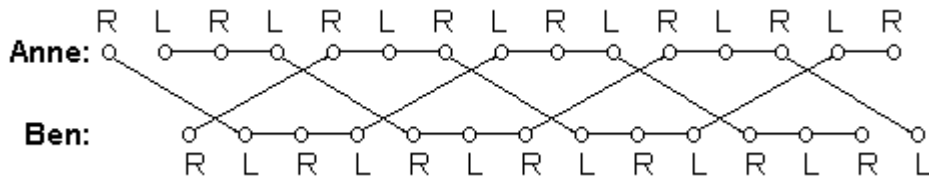


Two count on singles

To pass seven club two count with straight single passes you have to fudge the timing. Ben starts with four clubs and his first throw is a pass. Anne starts with a pass when Ben's pass is half way.



Three count on doubles (966)

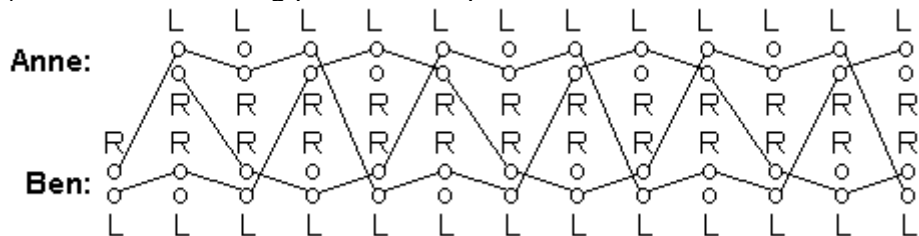


Both jugglers pass on three count throwing double passes. Anne starts with four clubs and throws straight passes. Her first throw is a right hand pass. Ben throws crossing double passes and he starts one and a half beats later with a right hand pass.

Colour coding: three red clubs that are always passes and four green clubs that are always selfs.

Three count on singles (techno)

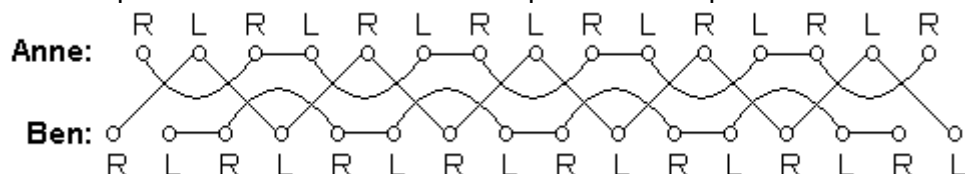
To pass three count on singles the sequence for both jugglers is right hand pass and left hand self simultaneously, right hand self, left hand pass and right hand self simultaneously, left hand self. Ben starts with four clubs and throws straight passes. Anne starts when Ben's first pass is half way (one beat later) and throws crossing passes. This pattern is also known as three count techno.



Colour coding: three red clubs that are always passes and four green clubs that are always selfs.

French three count (786)

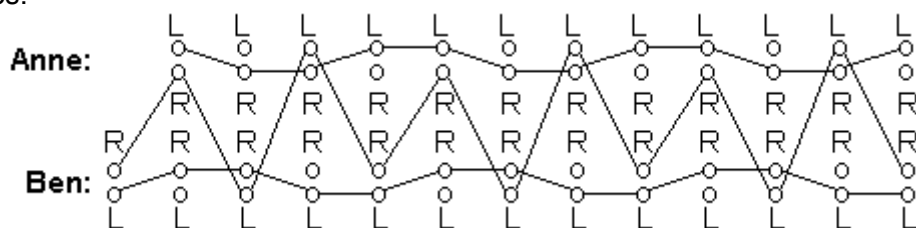
Ben starts with four clubs. His passes are straight and his sequence is pass self heff. Anne starts half a beat later. Her passes are crossed and her sequence is heff pass self.



Colour coding: five red clubs that are passes and heffs and two green clubs that are always selfs.

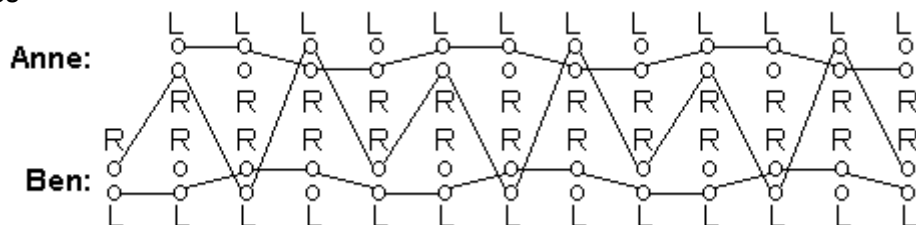
French three count techno #1

The sequence for both jugglers is right hand pass and left hand self at the same time, right hand straight single self, left hand pass and right hand self at the same time, left hand straight single self. Ben starts with four clubs and throws crossing passes. Anne starts one beat later and throws straight passes.



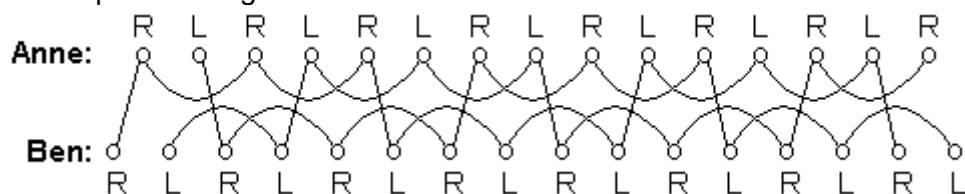
French three count techno #2

The sequence for both jugglers is right hand pass and left hand straight single self at the same time, left hand self, left hand pass and right hand straight single self at the same time, right hand self. Ben starts with four clubs and throws crossing passes. Anne starts one beat later and throws straight passes.



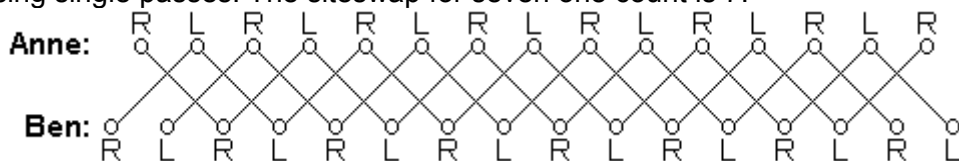
Three count with zaps and heffs (588)

Ben starts with four clubs. His zaps are crossed and his sequence is zap heff heff. Anne starts half a beat later. She has one club in her right hand and two clubs in her left hand. Her sequence is heff zap heff and her zaps are straight.



One count

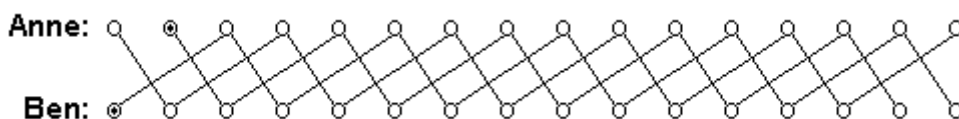
Ben starts with four clubs and throws straight single passes. Anne starts half a beat later and throws crossing single passes. The siteswap for seven one count is 7.



A good practice pattern for seven club one count is the six club pattern 77772.

One count singles vs doubles (8x,6x)

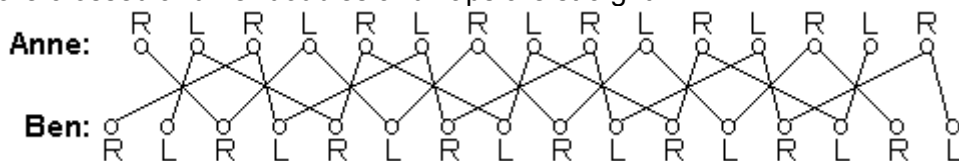
Anne starts with four clubs and throws straight singles. Ben starts at the same time and throws crossing doubles.



There is an alternative version of this pattern. Ben starts with four clubs and throws straight doubles. Anne starts when Ben's pass is half way and throws crossing singles. The start for this variation is marked with '+' signs.

One count with zaps, singles and doubles (975)

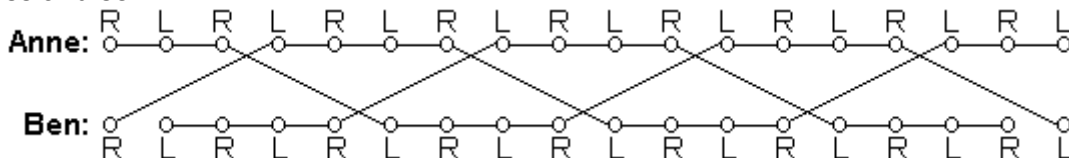
Ben starts with four clubs. His sequence is double zap single. His singles are straight and his doubles and zaps are crossed. Anne starts half a beat later. Her sequence is single double zap. Her singles are crossed and her doubles and zaps are straight.



Colour coding: three white clubs, two red clubs and two green clubs. The white clubs are always double passes, Ben throws his single passes with red clubs and his zaps with green clubs and Anne throws her single passes with green clubs and her zaps with red clubs.

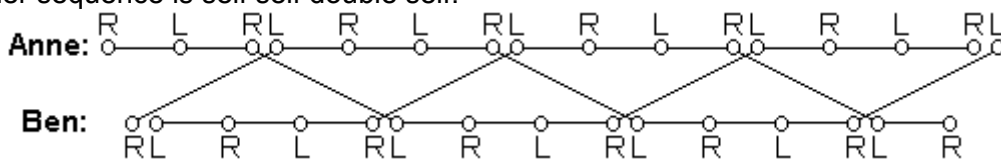
Four count on triples (ax,6)(6,6)(6,ax)(6,6)

Both jugglers pass on four count throwing straight triple passes with the right hand. Ben starts with four clubs and his sequence is triple self self self. Anne starts at the same time and her sequence is self self triple self. This pattern is also known as triple self because the right hand throws are triple-pass and self.



Four count on doubles

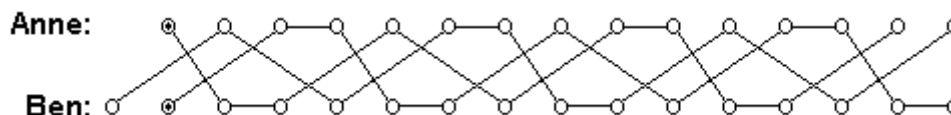
You can pass seven club four count with straight double passes. To do this you have to fudge the timing. Ben starts with four clubs and his sequence is double self self self. Anne starts at the same time and her sequence is self self double self.



Seven club pass pass self

There are many seven club pass pass self patterns. Each pattern has two variations. The start for the second variation of each pattern is marked with '+' signs.

$(8x, 6x)(6, 8x)(8x, 6)$



If both jugglers pass straight doubles then Ben starts with four clubs and his sequence is double double self. Anne starts one beat later and her sequence is single double self. Anne's single passes cross.

If both jugglers pass crossing doubles then Anne starts with four clubs and her sequence is single double self. Anne's singles are straight. Ben starts at the same time and his sequence is double self double.

777966



An asynchronous version of $(8x, 6x)(6, 8x)(8x, 6)$. If Ben passes straight singles then he starts with four clubs and his sequence is pass pass self. Anne starts half a beat later. She passes crossing singles and straight doubles and her sequence is single double self.

If Anne passes straight singles and crossing doubles then she starts with four clubs and her sequence is single double self. Ben starts half a beat later. He passes crossing singles and his sequence is pass self pass.

777786



If Ben's passes are straight and Anne's are crossed then Ben starts with four clubs and his sequence is pass pass heff. Anne starts half a beat later and her sequence is pass pass self.

If Anne's passes are straight and Ben's are crossed then Anne starts with four clubs and her sequence is pass pass self. Ben starts half a beat later and his sequence is pass heff pass.

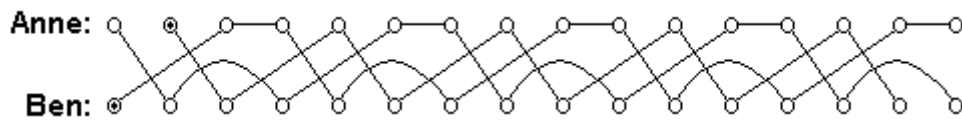
$(8x, 6x)(8x, 6x)(6, 8)$



A synchronous version of 777786. If Ben's passes are straight and Anne's are crossed then Ben starts with four clubs and his sequence is pass pass heff. Anne starts at the same time and her sequence is double double self.

If Ben's passes are crossed and Anne's are straight then Anne starts with four clubs and her sequence is double double self. Ben starts one beat later and his sequence is pass heff pass.

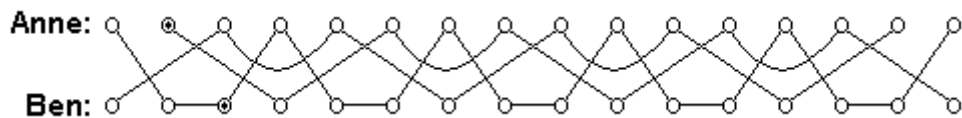
(8x,6x)(8,6x)(8x,6)



Another synchronous version of 777786. If Ben's passes are crossed and Anne's are straight then Anne starts with four clubs and her sequence is pass pass self. Ben starts at the same time and his sequence is double heff double.

If Ben's passes are straight and Anne's are crossed then Ben starts with four clubs and his sequence is double heff double. Anne starts when Ben's pass is half way and her sequence is pass self pass.

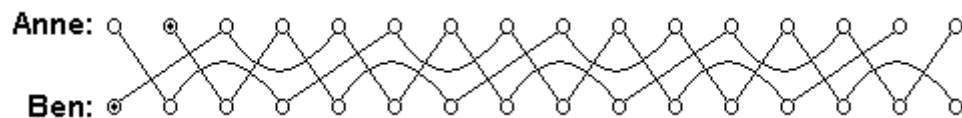
(8x,6x)(6,8x)(6x,8)



If both jugglers pass straight singles and crossing doubles then Anne starts with four clubs and her sequence is single double heff. Ben starts at the same time and his sequence is double self single.

If both jugglers pass crossing singles and straight doubles then Anne starts with four clubs and her sequence is double heff single. Ben starts when one beat later and his sequence is single double self.

(8x,6x)(8,6x)(6x,8)



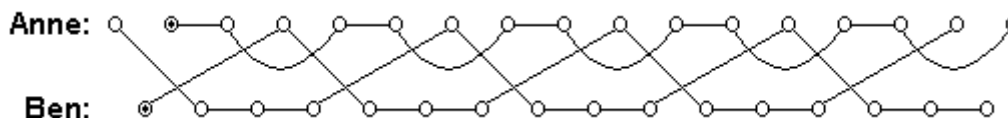
If both jugglers pass straight singles then Anne starts with four clubs and her sequence is pass pass heff. Ben starts at the same time and his sequence is double heff single. Ben's doubles cross.

If both jugglers pass crossing singles then Ben starts with four clubs. Ben's sequence is double heff single and he passes straight doubles. Anne starts one beat later and her sequence is pass self pass.

Asymmetric seven club three count patterns

This section contains a selection of seven club three count patterns. Each pattern has two variations. The start for the second variation of each pattern is marked with '+' signs.

796686



Anne passes French three count and Ben passes three count on doubles. If both jugglers throw straight passes, Anne starts with four clubs and her sequence is pass self heff. Ben starts half a beat later and his sequence is double self self.

If both jugglers throw crossing passes, Ben starts with four clubs and his sequence is double self self. Anne starts half a beat later and her sequence is self heff pass.

You can switch between heff pass self and double self self without affecting your partner's pattern.

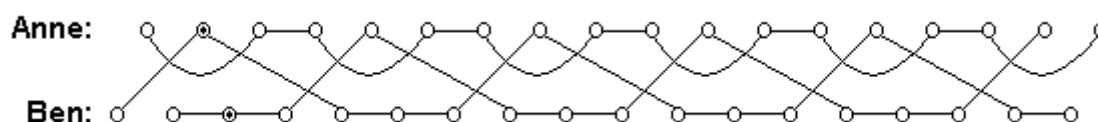
(6,8x)(8,6)(8x,6)



A synchronous version of 796686. If the passes are crossing, Anne starts with four clubs and her sequence is double self self. Ben starts at the same time and his sequence is self heff double.

If the passes are straight, Anne starts with four clubs and her sequence is double self self. Ben starts one beat later and his sequence is heff double self.

786966



Another variation of 796686. If the passes are straight Ben starts with four clubs and his sequence is pass self self. Anne starts half a beat later and her sequence is heff double self.

If the passes are crossing, Anne starts with four clubs and her sequence is double self heff. Ben starts one beat later and his sequence is self pass self.

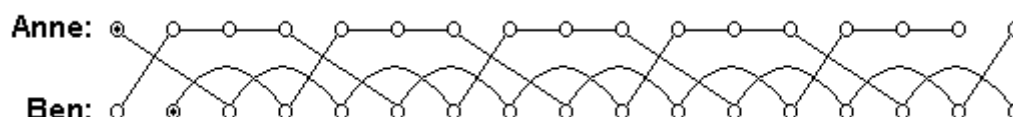
778686



In this pattern Anne passes on three count and Ben passes on three count with heffs. If Ben throws straight passes he starts with four clubs and his sequence is pass heff heff. Anne starts half a beat later throwing crossing passes and her sequence is pass self self.

If Anne throws straight passes she starts with four clubs and her sequence is pass self self. Ben starts half a beat later throwing crossing passes and his sequence is heff heff pass.

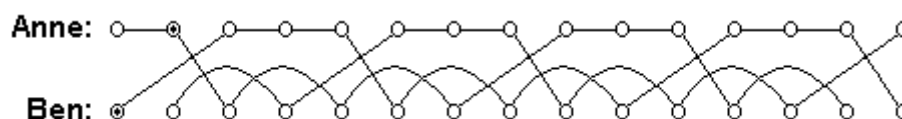
(6x,8x)(8,6)(8,6)



A synchronous version of 778686. If Ben's passes are straight and Anne's are crossing then Ben starts with four clubs and his sequence is pass heff heff. Anne starts at the same time and her sequence is double self self.

If Anne's passes are straight and Ben's are crossing then Anne starts with four clubs and her sequence is double self self. Ben starts one beat later and his sequence is heff heff pass.

(8x,6)(8,6x)(8,6)



Another synchronous version of 778686. If Anne's passes are straight and Ben's are crossing then Ben starts with four clubs and his sequence is double heff heff. Anne starts at the same time and her sequence is self pass self.

If Ben's passes are straight and Anne's are crossing then Ben starts with four clubs and his sequence is double heff heff. Anne starts one beat later and her sequence is pass self self.

(8,6x)(8x,6)(6,8)



A synchronous version of French three count. If Anne's passes are straight and Ben's are crossing then Anne starts with four clubs and her sequence is pass self heff. Ben starts at the same time and his sequence is heff double self.

If Ben's passes are straight and Anne's are crossing then Ben starts with four clubs and his sequence is double self heff. Anne starts one beat later and her sequence is heff pass self.

(6x,8)(8,6x)(8,6)



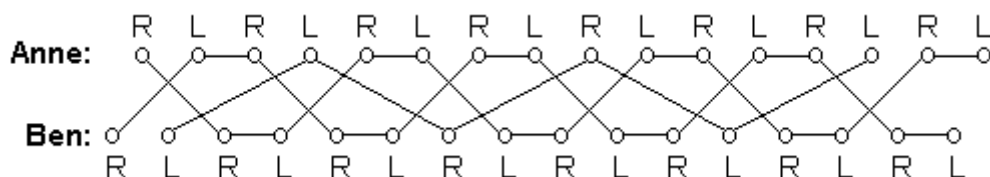
In this pattern if both jugglers throw straight passes then Ben starts with four clubs and his sequence is pass heff heff. Anne starts at the same time and her sequence is heff pass self.

If both jugglers throw crossing passes then Ben starts with four clubs and his sequence is pass heff heff. Anne starts one beat later and her sequence is pass self heff.

Seven club bookends

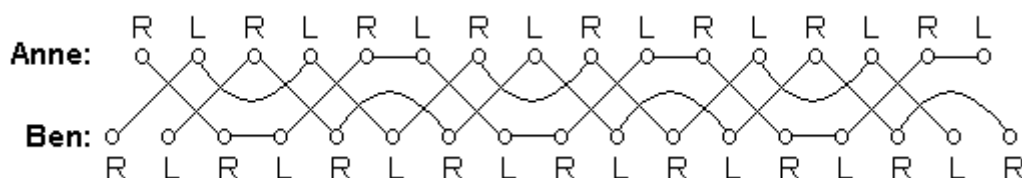
Here are three symmetric seven club bookends patterns:

77966



Ben starts with four clubs. He passes straight singles and crossing doubles and his sequence is single double self single self. Anne starts half a beat later. She passes crossing singles and straight doubles and her sequence is single self single double self.

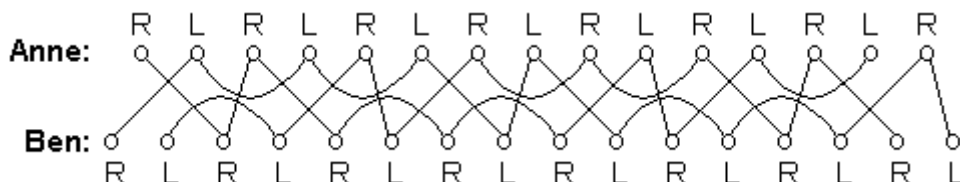
Funky bookends (77786)



Ben starts with four clubs. His passes are straight and his sequence is pass pass self pass heff. Anne starts half a beat later. Her passes are crossed and her sequence is pass heff pass pass self.

Colour coding: use three red clubs, two green clubs and two blue clubs. The red clubs are thrown as heffs and passes, the blue clubs are thrown as passes by Anne, but selfs and passes by Ben and the green clubs are thrown as passes by Ben, but selfs and passes by Anne.

77885

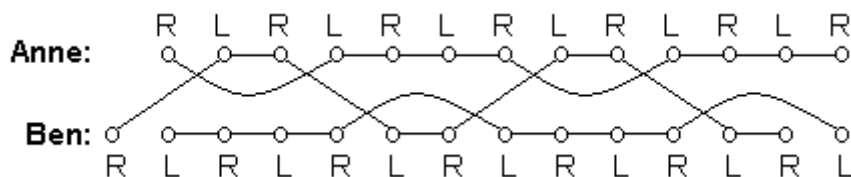


Ben starts with four clubs. His sequence is pass heff zap pass heff. His passes are straight and his zaps are crossed. Anne starts half a beat later. Her sequence is pass heff pass heff zap. Her passes are crossed and her zaps are straight.

Colour coding: one white club, two red clubs, two green clubs and two blue clubs. The white club is always thrown as a zap. Also each pair of consecutive passes is made with the same colour clubs as is each pair of consecutive heffs.

Popcorns

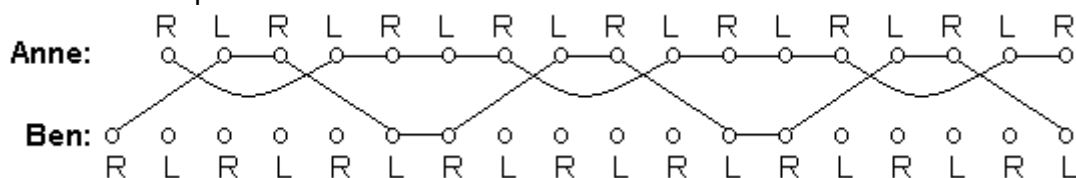
Classic six count popcorn (8x,6)(6,a)(6,6)(6,8x)(a,6)(6,6)



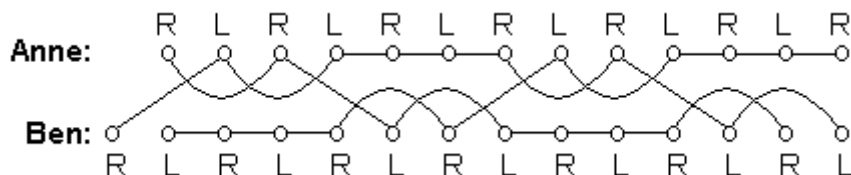
Ben starts with four clubs. His sequence is double self self self triple-self self. Anne starts when Ben's pass is half way. Her sequence is triple-self self double self self self. Both jugglers throw straight double passes.

Colour coding: Two red clubs that are always selfs and five white clubs.

There is a six club training pattern for popcorn. Both jugglers start with three clubs. Ben's sequence is double hold hold hold hold self. For Anne the pattern is just like the full seven club popcorn. Ben doesn't have much to do, but that way he can make his double passes very nice to help Anne to learn the pattern.

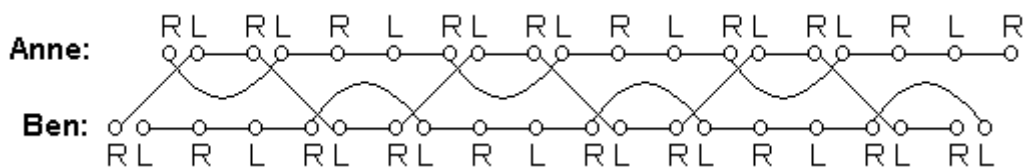


Classic popcorn with heffs (8x,6)(6,8)(6,8)(6,8x)(8,6)(8,6)



You can replace the triple-self self in popcorn with heff heff. Some people find this pattern easier. Ben starts with four clubs. His sequence is double self self self heff heff. Anne starts when Ben's pass is half way. Her sequence is heff heff double self self self. Both jugglers throw straight double passes.

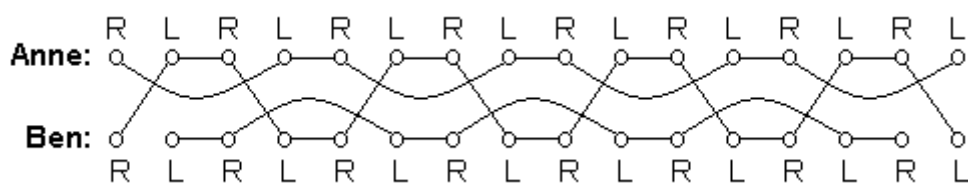
Techno popcorn



You can juggle classic popcorn with single passes and double-selfs (instead of triple-selfs). This is known as techno popcorn. To do this you have to fudge the timing. Ben starts with four clubs. His sequence is pass self self self double-self self. Anne starts when Ben's pass is half way. Her sequence is double-self self pass self self self. Both jugglers throw straight passes and the double-selfs are from right to left (not heffs).

Colour coding: Two red clubs that are always selfs and five white clubs.

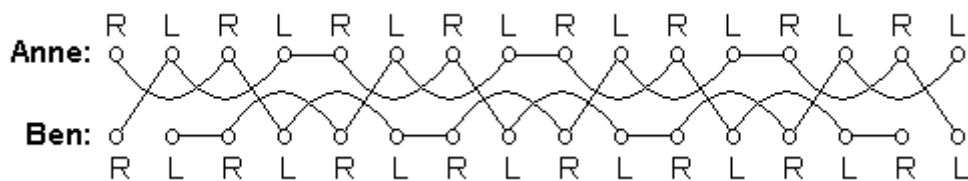
Four count popcorn (6x,a)(6,6)(a,6x)(6,6)



Ben starts with four clubs. His sequence is pass self triple-self self. Anne starts at the same time as Ben. Her sequence is triple-self self pass self. Both jugglers throw straight passes.

Colour coding: use three red clubs and four green clubs so that the passes are always red clubs and the triple-selves are always green clubs.

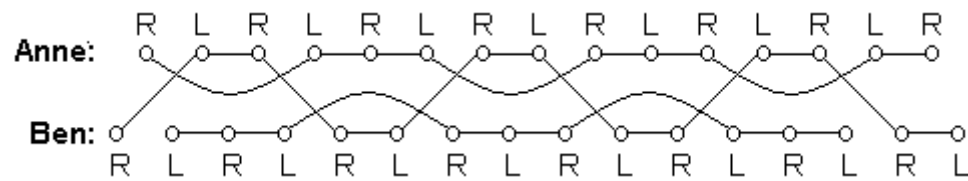
Four count popcorn with heffs (6x,8)(6,8)(8,6x)(8,6)



Ben starts with four clubs. His sequence is pass self heff heff. Anne starts at the same time as Ben. Her sequence is heff heff pass self. Both jugglers throw straight passes.

Colour coding: use three red clubs and four green clubs so that the passes are always red clubs and the heffs are always green clubs.

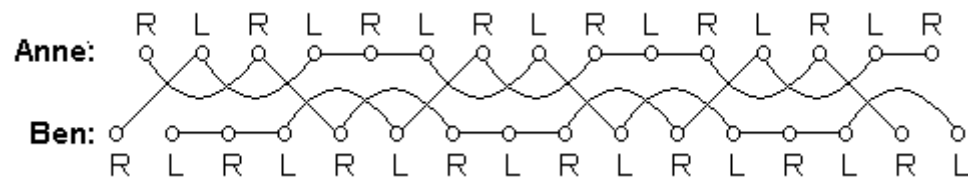
Five count popcorn (7a666)



Ben starts with four clubs. His sequence is pass self self triple-self self with straight passes. Anne starts half a beat later. Her sequence is triple-self self pass self self with crossing passes.

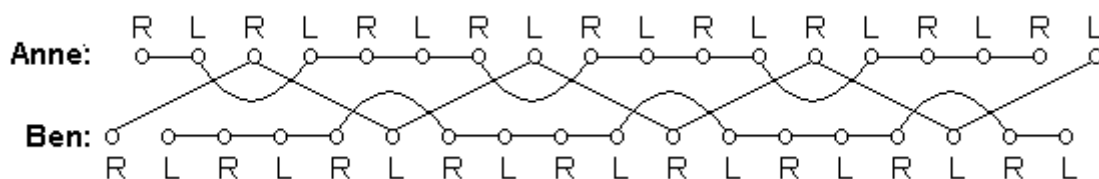
Colour coding: two red clubs which are always thrown as triple-selves and five green clubs.

Five count popcorn with heffs (78686)



Ben starts with four clubs. His passes are straight and his sequence is pass self self heff heff. Anne starts half a beat later. Her passes are crossed and her sequence is heff heff pass self self.

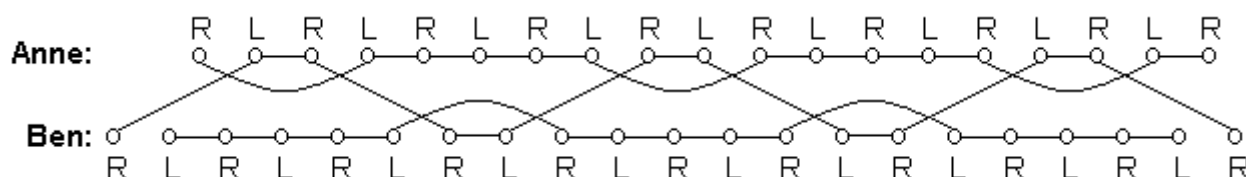
Five count popcorn with double passes and heffs (96686)



Ben starts with four clubs. His sequence is double self self self heff with crossing passes. Anne starts half a beat later. Her sequence is self heff double self self with straight passes.

Colour coding: use three red clubs and four green clubs so that the passes are always red clubs.

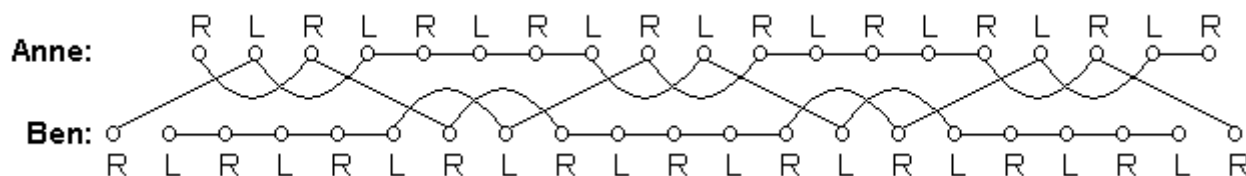
Seven count popcorn (double passes)



Ben starts with four clubs. He throws straight double passes and his sequence is double self self self self triple-self self. Anne starts one and a half beats later. She throws crossing double passes and her sequence is triple-self self double self self self self. The siteswap for this pattern is 966a666.

Colour coding: use three red clubs and four green clubs so that the passes are always red clubs and the triple-selfs are always green clubs.

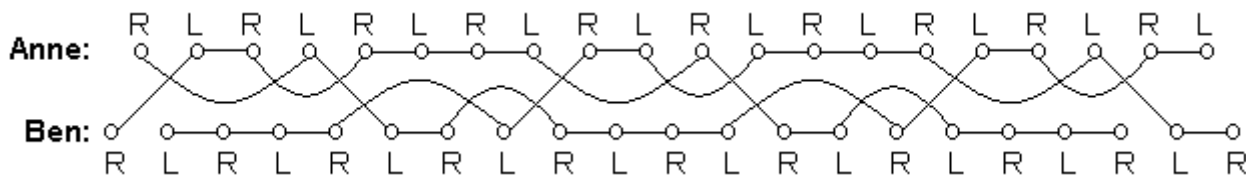
Seven count popcorn (double passes with heffs)



Ben starts with four clubs. He throws straight double passes and his sequence is double self self self self heff heff. Anne starts one and a half beats later. She throws crossing double passes and her sequence is heff heff double self self self self self. The siteswap for this pattern is 9668686.

Colour coding: use three red clubs and four green clubs so that the passes are always red clubs and the heffs are always green clubs.

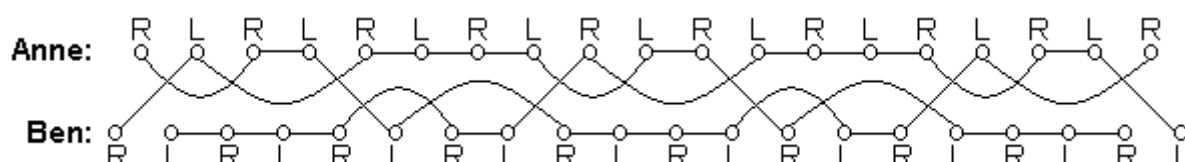
Seven count popcorn (single passes with 534)



Ben starts with four clubs. He throws straight single passes and his sequence is pass self self self triple-self self heff. Anne starts half a beat later. She throws crossing single passes and her sequence is triple-self self heff pass self self self self. The siteswap for this pattern is 7a66686.

Colour coding: use one red club two blue clubs and four green clubs so that the red club is always passed, the heffs are always blue clubs and the triple-selfs are always green clubs.

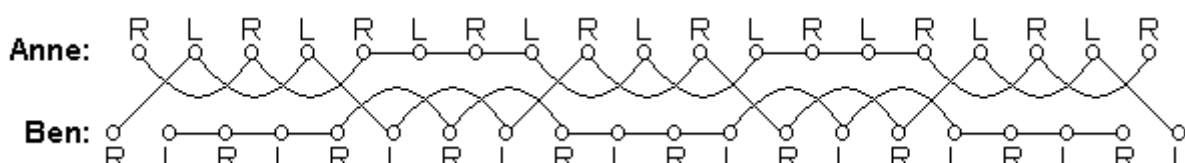
Seven count popcorn (single passes with 453)



Ben starts with four clubs. He throws straight single passes and his sequence is pass self self self heff triple-self self. Anne starts half a beat later. She throws crossing single passes and her sequence is heff triple-self self pass self self self. The siteswap for this pattern is 786a666.

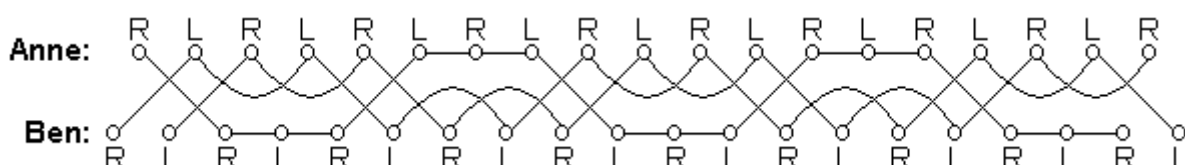
Colour coding: use one red club two blue clubs and four green clubs so that the red club is always passed, the heffs are always blue clubs and the triple-selves are always green clubs.

Seven count popcorn (single passes with heffs)



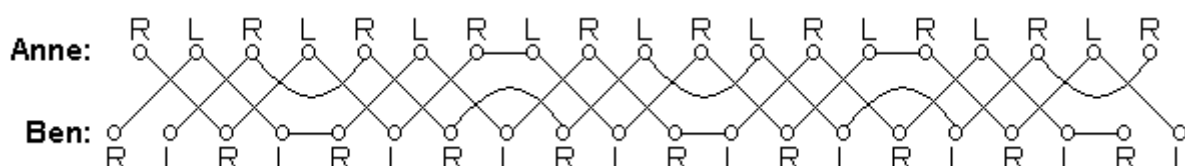
Ben starts with four clubs. He throws straight single passes and his sequence is pass self self self heff heff heff. Anne starts half a beat later. She throws crossing single passes and her sequence is heff heff heff pass self self self. The siteswap for this pattern is 7868686.

7778686



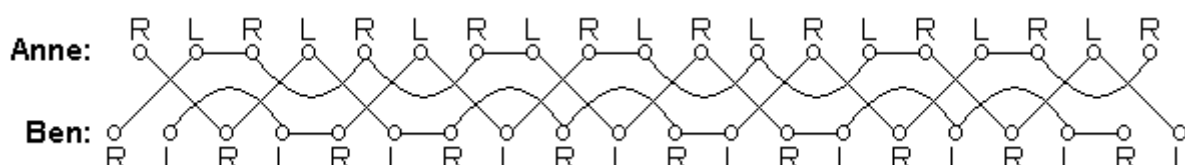
Ben starts with four clubs. He throws straight single passes and his sequence is pass pass self self pass heff heff. Anne starts half a beat later. She throws crossing single passes and her sequence is pass heff heff pass pass self self.

777786



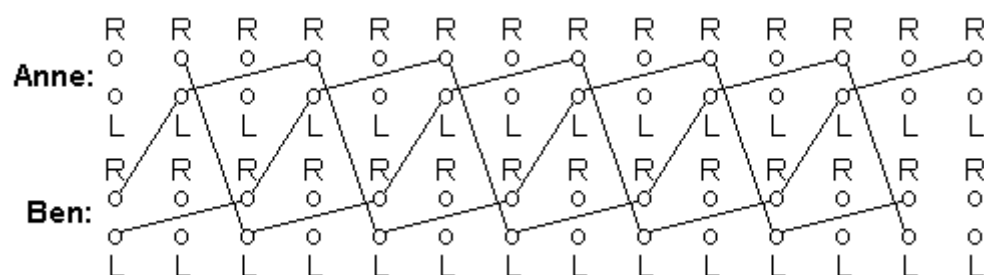
Ben starts with four clubs. He throws straight single passes and his sequence is pass pass pass self pass pass heff. Anne starts half a beat later. She throws crossing single passes and her sequence is pass pass heff pass pass pass self.

7786786



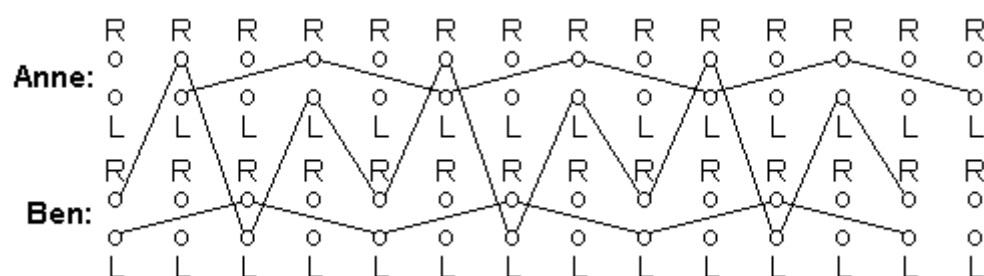
Ben starts with four clubs. He throws straight single passes and his sequence is pass heff pass self pass self heff. Anne starts half a beat later. She throws crossing single passes and her sequence is pass self heff pass heff pass self.

The dark side of seven club two count



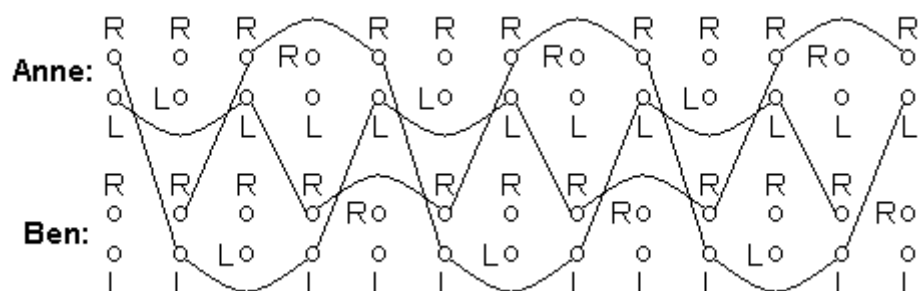
The sequence for both jugglers is straight right hand pass and double self from left to right at the same time. Ben starts with four clubs and Anne starts one beat later. The synchronous popcorn style pattern 1 is a good practice pattern.

Ambidextrous variation



Ben starts with four clubs and his sequence is right hand crossing pass and left hand double self at the same time then left hand crossing pass and right hand double self at the same time. Anne starts one beat later with one club in her right hand and two clubs in her left hand. Her sequence is the same, but she throws straight passes. The synchronous popcorn style pattern 2 is a good practice pattern.

Scratch your head

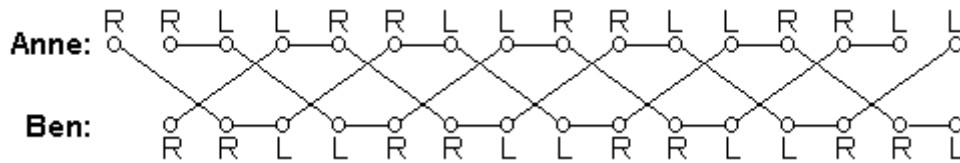


Anne starts with four clubs and her sequence is right hand straight pass and left hand heff at the same time then left hand straight pass and right hand heff at the same time. Ben starts one beat later. His sequence is the same, but he throws crossing passes. The synchronous popcorn style pattern 3 (page 31) is a good practice pattern.

Colour coding: three red clubs which are always passed and four green clubs that are always heffs.

More seven club patterns

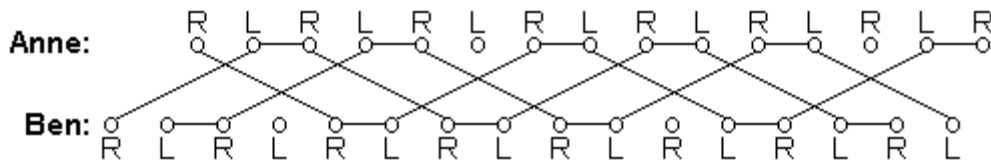
Oddz godz



This is a seven club two count pattern where all the selfs are hurried. Anne starts with three clubs in her right hand and one in her left hand. Her sequence is crossing right double pass hurried right self crossing left double pass hurried left self. Ben starts one beat later and his sequence is straight right double pass hurried right self straight left double pass hurried left self.

Colour coding: five red clubs which are always passed and two green clubs that are always selfs.

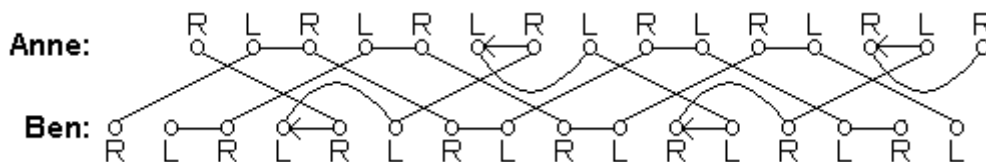
Seven club Jim's two count (9669964)



Ben starts with four clubs. His sequence is pass self pass hold self pass self. All Ben's passes are straight doubles. Anne starts one and a half beats later. Her sequence is pass self pass self pass hold self. All Anne's passes are crossing doubles.

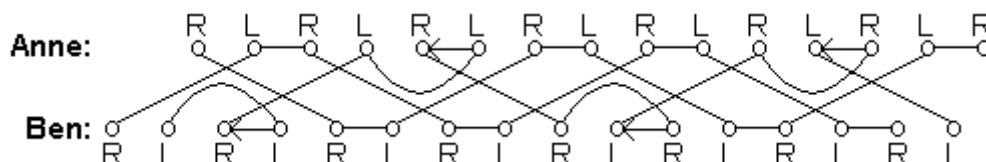
Colour coding: three white clubs, two green clubs and two red clubs. Both jugglers do two selfs with each white club before passing it. Ben does one self with each red club before passing it, but always passes green clubs. Anne does one self with each green club before passing it, but always passes red clubs.

Seven club why not? style pattern (9968926)



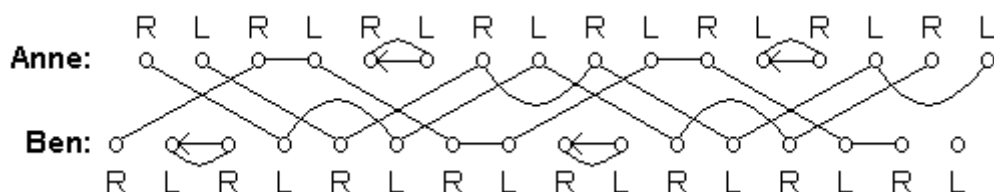
If you replace hold self in seven club Jim's two count with heff zip you get this why not? style pattern. Ben starts with four clubs and his sequence is pass self pass heff zip pass self. All Ben's passes are straight doubles. Anne starts one and a half beats later and her sequence is pass self pass self pass heff zip. All Anne's passes are crossing doubles.

Seven club not why style pattern (9689962)



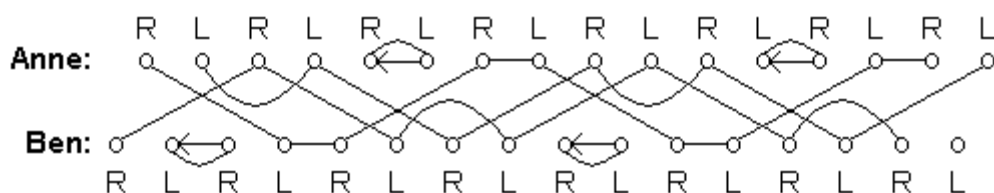
If you replace self pass hold in seven club Jim's two count with heff pass zip you get this not why style pattern. Ben starts with four clubs and his sequence is pass heff pass zip self pass self. All Ben's passes are straight doubles. Anne starts one and a half beats later and her sequence is pass self pass heff pass zip self. All Anne's passes are crossing doubles.

Seven club maybe style pattern 1 (9969268)



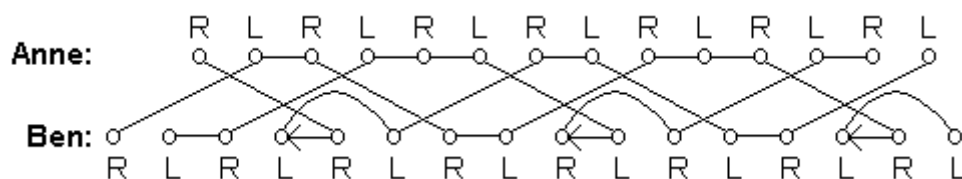
This pattern has the same throws as the why not? and not why style patterns but in a different order. Ben starts with three clubs and his sequence is pass self zip heff pass pass self. All Ben's passes are crossing doubles. Anne starts with four clubs half a beat later and her sequence is pass pass self pass self zip heff. All Anne's passes are straight doubles.

Seven club maybe style pattern 2 (9968296)



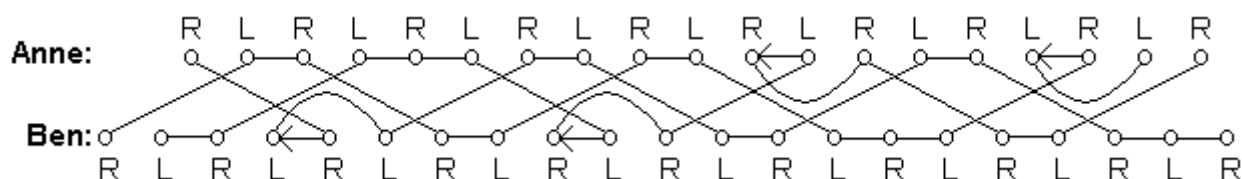
This is another variation of the why not? and not why style patterns. Ben starts with three clubs and his sequence is pass self zip self pass heff pass. All Ben's passes are crossing doubles. Anne starts with four clubs half a beat later and her sequence is pass heff pass pass self zip self. All Anne's passes are straight doubles.

Why rei? (9669968926)



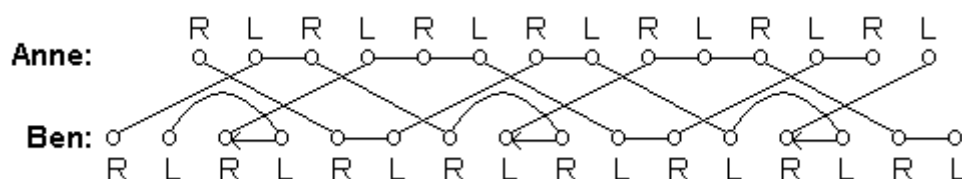
Ben juggles why not? with straight double passes. Anne starts one and a half beats later juggling inverted bookends with crossing double passes.

Stealing the why rei? pattern



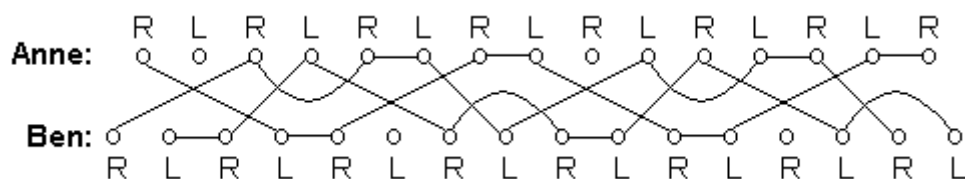
Anne can steal the seven club why not? pattern by changing her pattern from self double self double self to double heff zip double self. Ben's pattern changes from double self double heff zip to double self double self self. Ben can steal the pattern back too!

Rei why (9669689962)



This pattern is just like why rei? but Ben juggles not why with straight double passes. Anne can't steal this pattern unless Ben switches to why not?

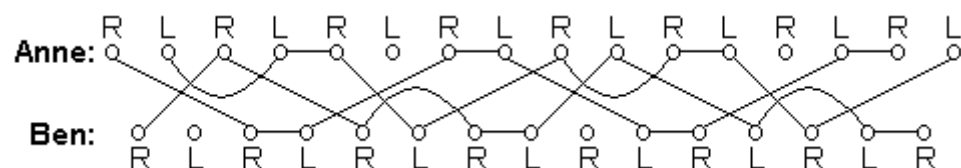
Jim's two count variation #1 (9964786)



Ben starts with four clubs and throws straight singles and crossing doubles. His sequence is double self single self double hold heff. Anne starts half a beat later and throws crossing singles and straight doubles. Her sequence is double hold heff double self single self.

Colour coding: use one red club, two green clubs and four blue clubs so that the red club is always passed, the heffs are always green clubs and the double passes are always blue clubs.

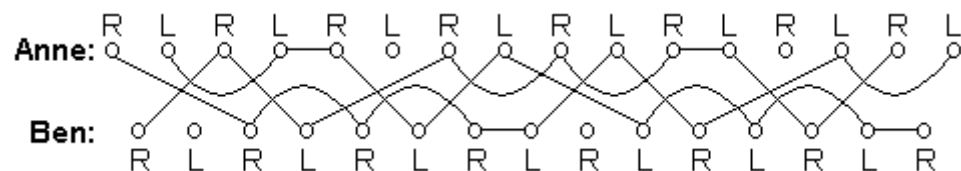
Jim's two count variation #2 (9784966)



Anne starts with four clubs and throws straight singles and crossing doubles. Her sequence is double heff double self single hold self. Ben starts half a beat later and throws crossing singles and straight doubles. His sequence is single hold self double heff double self.

Colour coding: one red club that's always a single pass, three blue clubs that are double passes and heffs and three green clubs that are double passes and selfs.

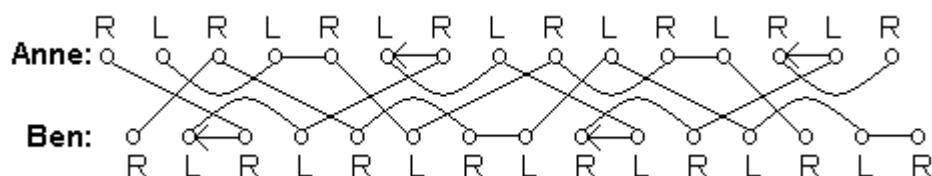
Jim's two count variation #3 (9784786)



Anne starts with four clubs and throws straight singles and crossing doubles. Her sequence is double heff single self single hold heff. Ben starts half a beat later and throws crossing singles and straight doubles. His sequence is single hold heff double heff single self.

Colour coding: two red clubs that are always a single pass, two blue clubs that are never passed and five green clubs.

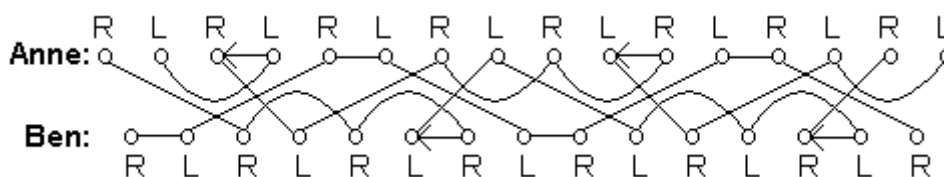
Why not? variation (9788926)



Anne starts with four clubs and throws straight singles and crossing doubles. Her sequence is double heff double self single heff zip. Ben starts half a beat later and throws crossing singles and straight doubles. His sequence is single heff zip double heff double self.

Colour coding: one red club that's always a single pass and six green clubs.

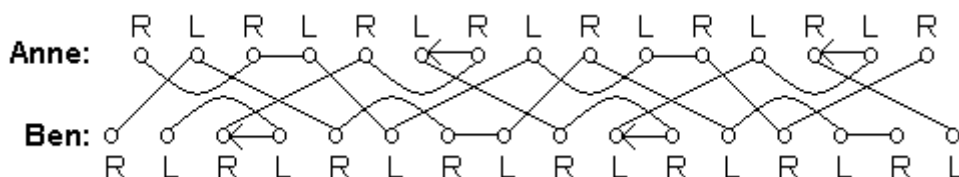
Not why variation #1 (9689782)



Anne starts with four clubs and throws straight singles and crossing doubles. Her sequence is double heff single zip self double heff. Ben starts half a beat later and throws crossing singles and straight doubles. His sequence is self double heff double heff single zip.

Colour coding: one red club that's always a single pass and six green clubs.

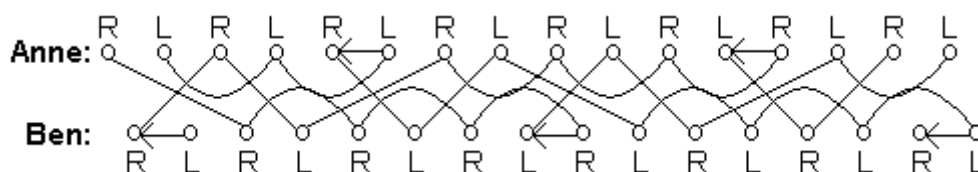
Not why variation #2 (7889962)



Ben starts with four clubs and throws straight singles and crossing doubles. His sequence is single heff double zip heff double self. Anne starts half a beat later and throws crossing singles and straight doubles. Her sequence is heff double self single heff double zip.

Colour coding: one red club that's always a single pass and six green clubs.

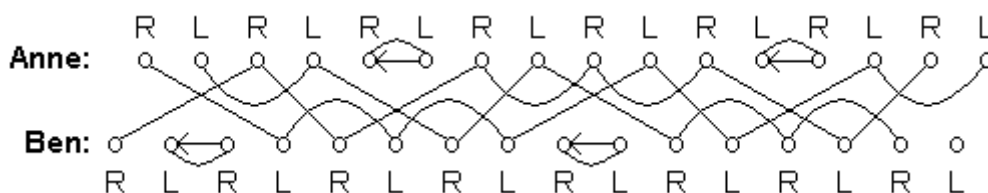
Not why variation #3 (9782788)



Anne starts with four clubs and throws straight singles and crossing doubles. Her sequence is double heff single heff single zip heff. Ben starts half a beat later with two clubs in his left hand, but his first throw is right handed. He throws crossing singles and straight doubles. Ben's sequence is single zip heff double heff single heff.

Colour coding: two red clubs that are always a single pass, and five green clubs.

Maybe variation (9968278)

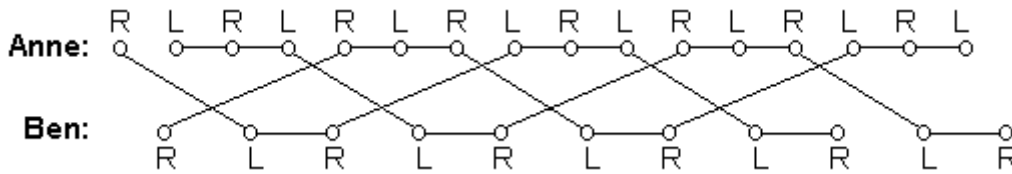


Ben starts with four clubs and throws straight singles and crossing doubles. His sequence is double self zip heff double heff single. Anne starts half a beat later and throws crossing singles and straight doubles. Her sequence is double heff single double self zip heff.

Colour coding: one red club that's always a single pass and six green clubs.

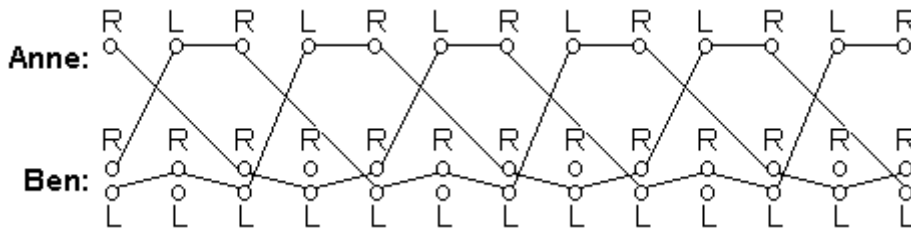
Seven club slow fast patterns

Three count vs two count



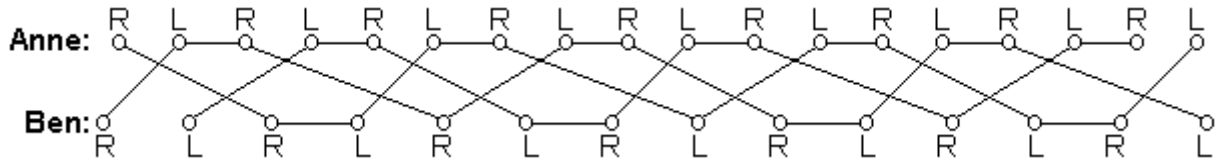
Anne starts with four clubs and passes three count on doubles. She throws all her passes to Ben's left hand. Ben passes two count on doubles and alternates crossing and straight passes.

Techno vs two count



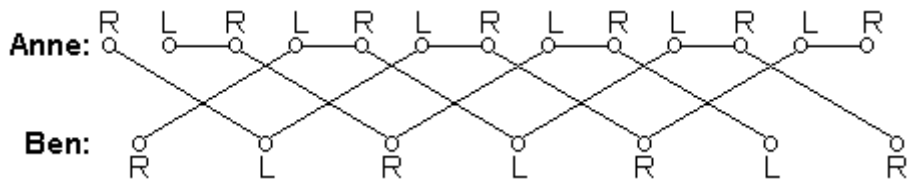
Ben starts with four clubs and juggles three count techno with single passes. He throws all his passes to Anne's left hand. Anne starts at the same time juggling two count on doubles and she alternates crossing and straight passes.

Pass pass self vs two count



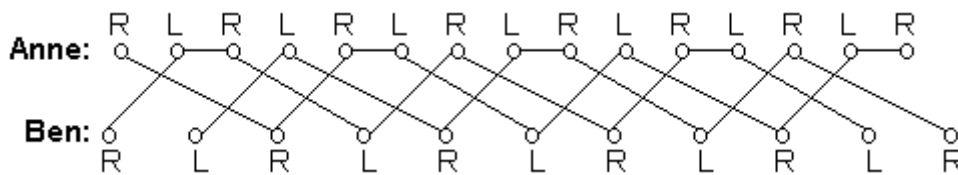
Ben starts with four clubs and juggles pass pass self with single passes. He throws all his passes to Anne's left hand. Anne starts at the same time juggling two count on doubles and she alternates two crossing and two straight passes.

One count vs two count



Anne starts with four clubs and passes two count on doubles. Ben starts half a beat later. He passes one count on doubles. Anne and Ben both alternate straight and crossing passes.

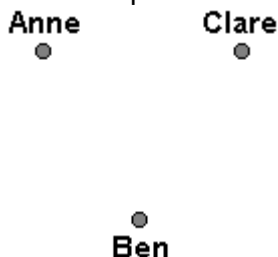
One count vs pass pass self



Ben starts with four clubs and passes one count on singles. His sequence is straight pass crossing pass crossing pass straight pass. Anne starts at the same time and passes pass pass self on doubles. Her sequence is crossing pass straight pass straight pass crossing pass.

Three person feeds

A three person feed has a feeder and two feedees. The feeder passes to both of the feedees, but the feedees only pass to the feeder. In our examples Ben is the feeder.



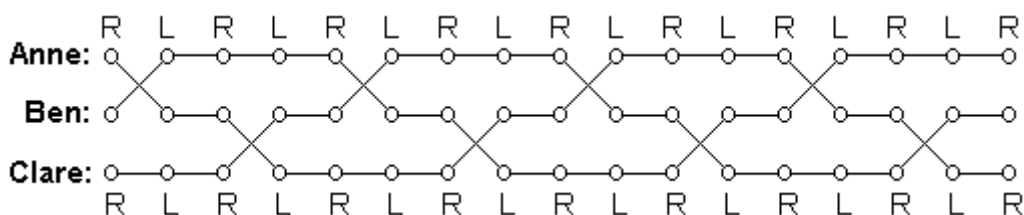
In ambidextrous feeds the feeder can throw inside or outside passes. Inside passes are right hand passes to the feedee on the left or left hand passes to the feedee on the right. Outside passes are right hand passes to the feedee on the right or left hand passes to the feedee on the left.

The natural and magic set of clubs

The natural set of clubs is a set of nine clubs for colour coding many three person patterns. The set contains three clubs of each of three different colours. In our examples there will be three red clubs, three yellow clubs and three green clubs.

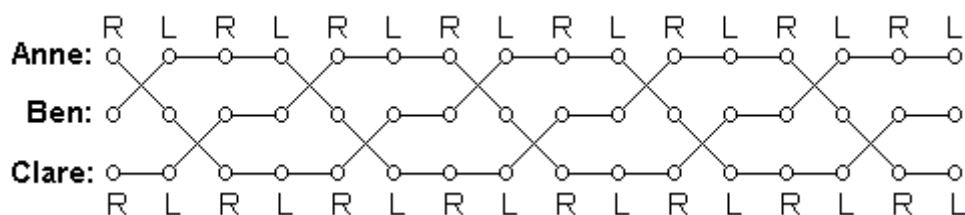
The magic set of clubs is another set of nine clubs for colour coding many three person patterns. Take the natural set of clubs and replace one club of each colour with a white club. In our examples there will be three white clubs, two red clubs, two yellow clubs and two green clubs.

Two count feed



Ben passes on two count alternating his passes to Anne and Clare. Anne and Clare pass on four count. One of them starts with a pass (a fast start) and the other starts with two selfs (a slow start).

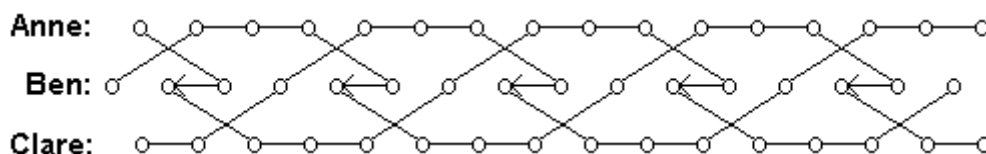
Pass pass self feed



Ben juggles pass pass self. His sequence is inside inside self outside outside self or Anne Clare self. Anne and Clare pass on three count. Anne starts with a pass and Clare starts with a self.

Colour coding: use the magic set of clubs so that Anne and Ben pass red clubs, Ben and Clare pass yellow clubs, Anne has green clubs for selfs and Ben and Clare have white clubs for selfs.

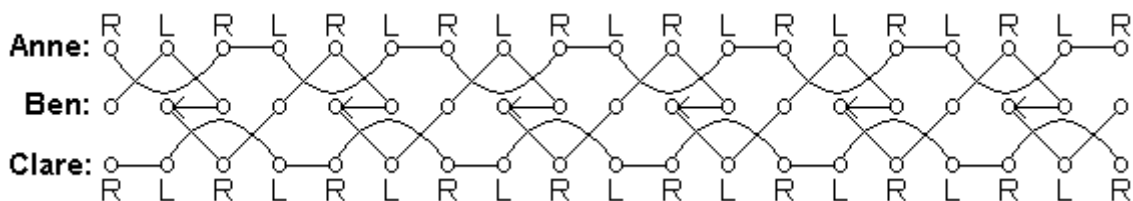
Pass pass zip feeds



Ben's sequence is Anne Clare zip. Anne's sequence is Ben self self and Clare's is self Ben self.

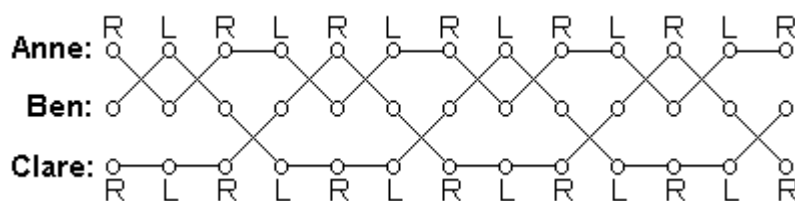
If Ben starts right handed, he throws straight passes and Anne and Clare throw crossing passes. If Ben starts left handed, he throws crossing passes and Anne and Clare throw straight passes.

Pass pass zip feeding French three count



Ben's sequence is Anne Clare zip. Anne and Clare pass French three count (pass self heff). Anne starts with a heff and Clare starts with a self. All the passes are straight.

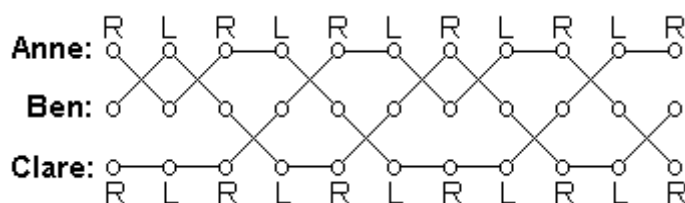
One count feed



Ben passes on one count. His sequence is Anne Anne Clare. Anne juggles pass pass self and starts with two passes. Clare passes on three count and starts with two selfs.

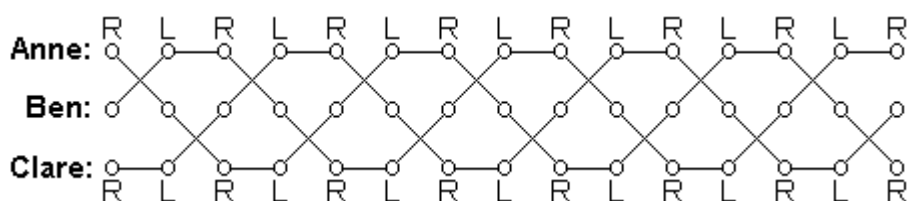
Colour coding: use the natural set of clubs so that Anne and Ben pass red and yellow clubs and Ben and Clare pass green clubs. If you use the magic set of clubs the white clubs are always selfs.

One count feed variation



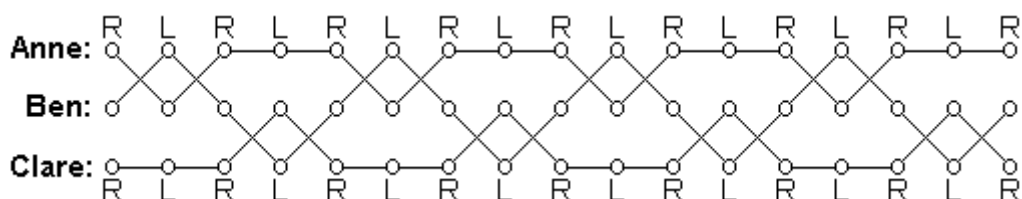
Ben passes on one count. His sequence is Anne Anne Clare Anne Clare. Anne juggles bookends and starts with two passes. Clare juggles inverted bookends and starts with two selfs.

Gorilla



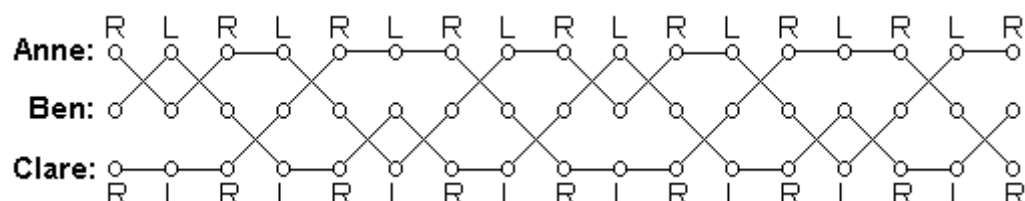
Ben passes on one count. He alternates his passes to Anne and Clare. Anne passes two count and starts with a pass. Clare starts with a self and passes left handed two count.

Suburban terror feed



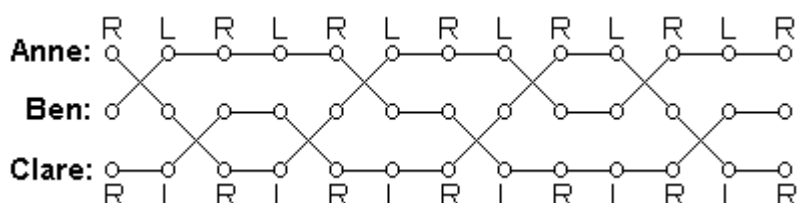
Ben passes on one count. He alternates two passes to Anne and two passes to Clare. Anne and Clare pass chocolate bar. Anne starts with two passes and Clare starts with two selfs.

Countdown feed



Ben feeds on one count. His sequence is Anne Anne Clare Anne Clare Clare Anne Clare. Anne and Clare pass to Ben with a countdown from three count. Anne's sequence is pass pass self pass self self pass self. Clare's sequence is self self pass self pass pass self pass.

Civil war feed



Ben feeds pass pass self. His sequence is Anne Clare self Clare Anne self Clare Anne self Anne Clare self. Anne and Clare pass to Ben with a countdown from four count to two count. Anne's sequence is pass self self self pass self self pass self self. Clare's sequence is self pass self pass self self self self pass self.

Colour coding 1: use three yellow clubs that are always selfs, one red club that's always the four count pass, one green club that's always the two count pass and four blue clubs that are the three count passes.

Colour coding 2: use the magic set of clubs so that Ben passes two red clubs with Anne, two yellow clubs with Clare, two green clubs with Anne and Clare and the white clubs are always selfs.

Mild madness feeds

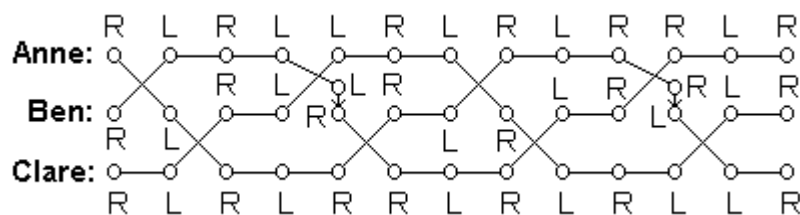


Ben passes mild madness. His sequence is Anne Clare zip self Anne Clare self. Anne and Clare pass Jim's three count. Anne starts with a pass and Clare starts with a self.

In Martin's mildness Ben throws straight passes and Anne and Clare throw crossing passes. In Martin's madness Ben starts left handed, so his passes cross and Anne's and Clare's are straight.

Colour coding: use the magic set of clubs so that Anne and Ben pass red clubs, Ben and Clare pass yellow clubs, Anne has green clubs for selfs and Ben and Clare have white clubs for selfs.

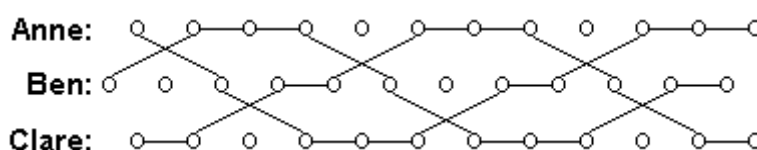
Mild madness variation feeding Jim's style three count



Ben passes the mild madness variation. His sequence is Anne Clare self crossing pass to Anne crossing pass to Clare hurried zip hurried self. Anne and Clare pass to Ben on Jim's style three count. Anne's sequence is pass self self crossing pass hurried self self. Clare's sequence is self pass self self crossing pass hurried self.

Colour coding: use the magic set of clubs so that Anne and Ben pass red clubs, Ben and Clare pass yellow clubs, Anne has green clubs for selfs and Ben and Clare have white clubs for selfs.

Martin's neurosis/psychosis



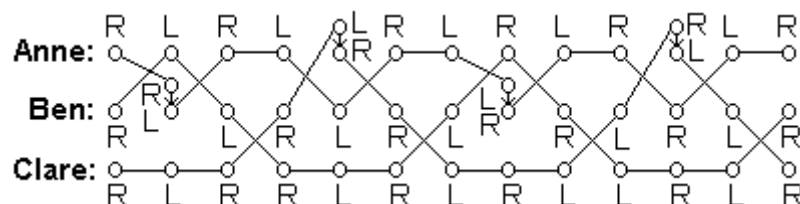
Ben's sequence is Anne hold Clare self Anne Clare hold self Anne Clare self. Anne and Clare start half a beat later. Anne's sequence is Ben self self Ben hold self self Ben hold self self. Clare's sequence is self Ben hold self self Ben self self Ben hold self.

If all three jugglers start with their right hand then Ben throws straight passes and Anne and Clare throw crossing passes. This pattern is called Martin's neurosis.

If Ben starts with his left hand then Ben throws crossing passes and Anne and Clare throw straight passes. This pattern is called Martin's psychosis.

Colour coding: five red clubs that the feedees always pass and four green clubs that are selfs.

Scattered sunshine

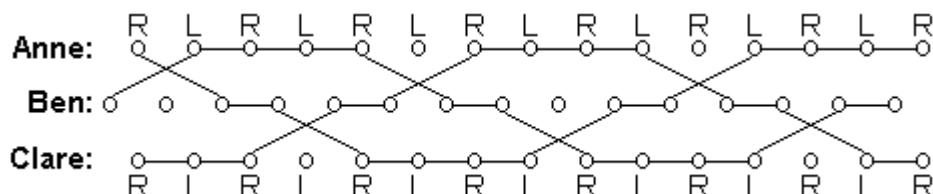


Ben passes a Martin's style one count. His sequence is Anne Anne zip Clare Anne Anne Clare. Anne juggles mild madness. Clare juggles Jim's three count but starts with two selfs. Ben throws straight passes, Anne throws crossing passes and Clare alternates crossing and straight passes.

If Ben starts left handed then Ben throws crossing passes, Anne throws straight passes and Clare alternates straight and crossing passes.

Colour coding: use the natural set of clubs so that Anne and Ben pass red and yellow clubs and Ben and Clare pass green clubs. If you use the magic set of clubs the white clubs are always selfs.

Jim's two count feed (Rachel's feed)

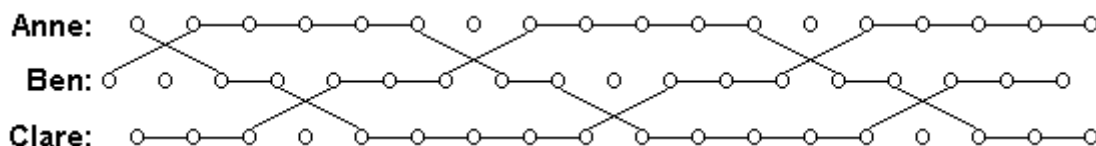


Ben passes a Jim's style two count. His sequence is Anne hold self Clare self Anne self Clare hold self Anne self Clare self. Anne and Clare start half a beat later passing a Jim's style four count. Anne's sequence is pass self self self pass hold self self self pass hold self self self. Clare's sequence is self self pass hold self self self pass self self self pass hold self. Ben throws straight passes and Anne and Clare throw crossing passes. Everyone can start at the same time, then the holds disappear and the self after each hold becomes a hurried self.

If Ben starts left handed then his passes cross and Anne's and Clare's are straight.

Colour coding: use two red clubs, two green clubs and five white clubs. Ben passes red clubs with Anne, green clubs with Clare and white clubs with Anne and Clare.

Jim's inverted bookends feed



Ben passes a Jim's style inverted bookends. His sequence is Anne hold self Clare self self Anne self Clare hold self self Anne self Clare self self. Anne and Clare start half a beat later passing a Jim's style five count. Anne's sequence is pass self self self self pass hold self self self self pass hold self self self self. Clare's sequence is self self pass hold self self self self pass self self self self pass hold self self. Ben throws straight passes and Anne and Clare throw crossing passes. The diagram shows half the pattern. When it repeats it starts left handed. Everyone can start at the same time, then the holds disappear and the self after each hold becomes a hurried self.

If Ben starts left handed then he throws crossing passes and Anne and Clare throw straight passes.

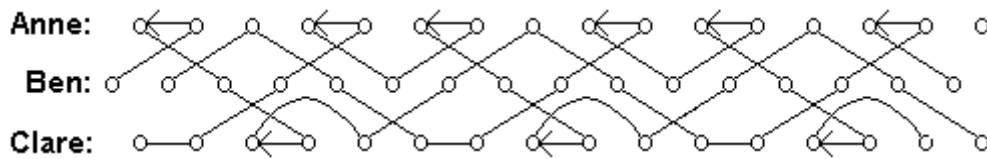
Three person period 5 feeds

This section contains three person feeds made from period 5 four handed siteswaps. In all these patterns if everyone starts right handed then Ben's passes are straight and Anne's and Clare's passes cross. If Ben starts left handed then his passes cross and Anne's and Clare's are straight.

This list of feeds is not exhaustive as many period 5 patterns are interchangeable: Wherever you have why not? you could juggle Jim's two count, not why or not likely; instead of maybe you could juggle maybe not; funky bookends can be replaced with 77966 and there are three versions of five count popcorn.

You can also remove a club from some feeds if you replace five count popcorn with five club why not or you replace funky bookends with parsnip. Alternatively you can add a club to some feeds if you replace five club why not with five count popcorn or you replace parsnip with funky bookends.

One count feed #1



Parsnip feed #2



Ben feeds on parsnip. His sequence is Clare Clare zip Anne zip. Anne starts half a beat later with four clubs and juggles five count popcorn. Her sequence is Ben self self triple-self self. Clare starts with two clubs one beat after Anne. She juggles maybe and her sequence is heff Ben Ben self zip.

Why not? feed



Ben starts with four clubs. He feeds on why not? with straight passes. His sequence is Anne self Clare heff zip. Anne and Clare start half a beat later. Anne starts with three clubs and passes to Ben on five count popcorn with crossing passes. Clare starts with two clubs and passes to Ben on five club why not? with crossing passes. Her sequence is self zip heff zip pass.

Maybe feed



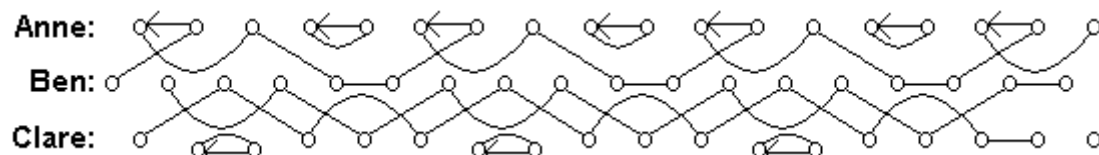
Ben starts with four clubs. He feeds on maybe with straight passes. His sequence is Anne Clare self zip heff. Anne starts half a beat later. She starts with three clubs and passes to Ben on five count popcorn with crossing passes. Clare starts one beat after Anne with two clubs. She passes to Ben on five club why not? with crossing passes. Her sequence is heff zip pass self zip and her first throw is from her left hand.

Bookends feed #1



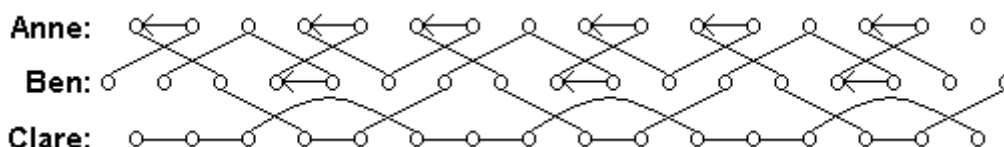
Ben starts with four clubs. He feeds on funky bookends with straight passes. His sequence is Anne self Clare heff Clare. Anne and Clare start half a beat later. Anne starts with two clubs and passes to Ben on five club why not? with crossing passes. Her sequence is heff zip pass self zip. Clare passes why not? to Ben with crossing passes. Her sequence is self pass heff zip pass.

Bookends feed #2



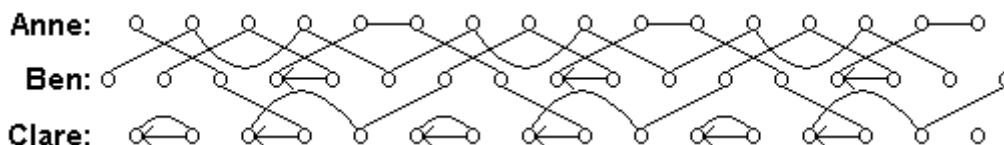
Ben starts with four clubs. He feeds on funky bookends with straight passes. His sequence is Anne heff Clare Clare self. Anne and Clare start half a beat later. Anne starts with two clubs and passes to Ben on five club why not? with crossing passes. Her sequence is heff zip pass self zip. Clare passes on maybe to Ben with crossing passes. Her sequence is pass self zip heff pass.

Martin's one count feed #1



Ben starts with four clubs. He feeds on Martin's one count with straight passes. His sequence is Anne Anne Clare Anne zip. Anne and Clare start half a beat later. Anne starts with two clubs and passes to Ben on parsnip with crossing passes. Her sequence is pass zip pass pass zip. Clare passes five count popcorn to Ben with crossing passes. Her sequence is self self triple-self self pass.

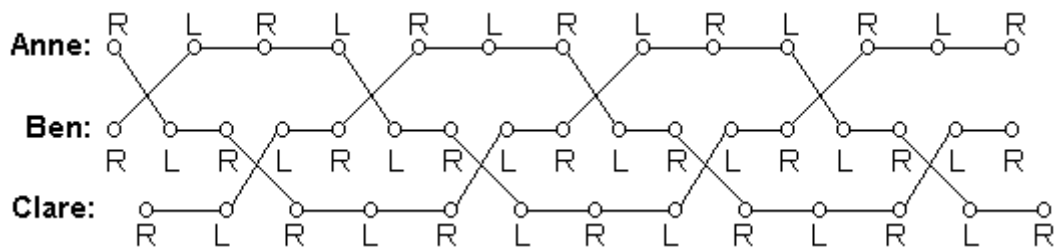
Martin's one count feed #2



Ben starts with four clubs. He feeds on Martin's one count with straight passes. His sequence is Anne Anne Clare Anne zip. Anne and Clare start half a beat later. Anne passes to Ben on funky bookends with crossing passes. Her sequence is pass heff pass pass self. Clare passes five club why not? to Ben with crossing passes. She starts with two clubs and her sequence is self zip heff zip pass.

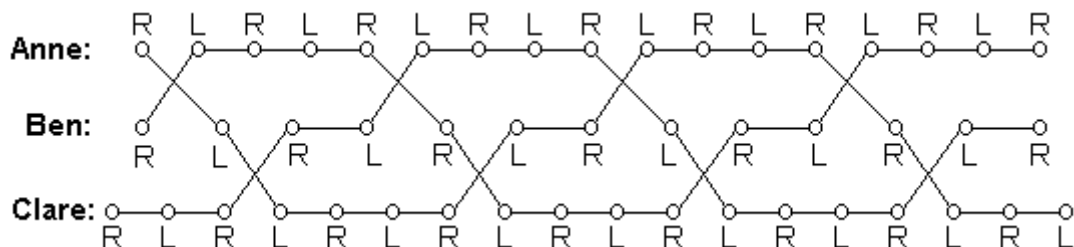
Slow fast feeds

Two count feeding three count



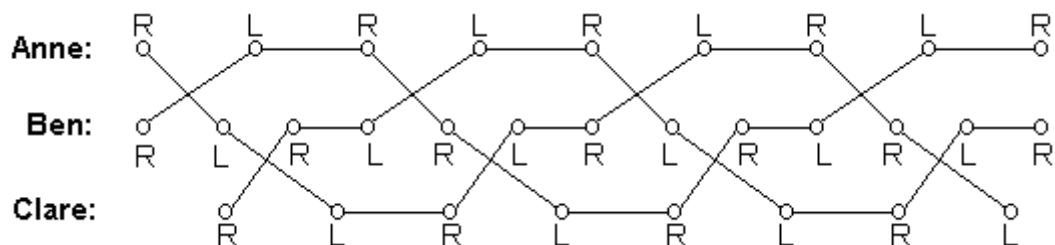
Ben feeds on two count. He passes straight to Anne, crossing to Clare, crossing to Anne, straight to Clare. Anne and Clare pass on three count and they always pass to Ben's left hand. Anne starts with a pass and Clare starts with a self. Ben juggles faster than Anne and Clare.

Pass pass self feeding four count



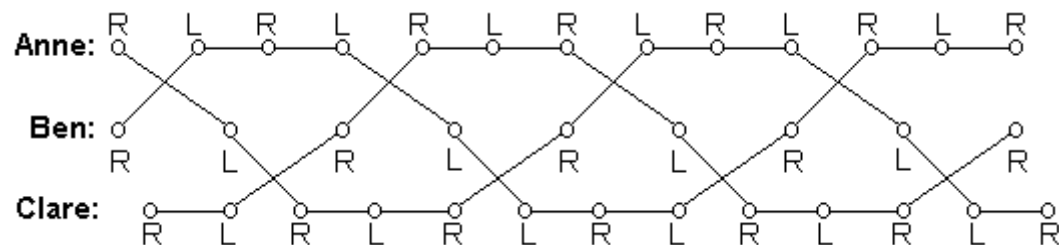
Ben juggles pass pass self. He always passes to the feedees' left hands. Anne and Clare pass on four count. Anne starts with a pass and alternates straight and crossing passes. Clare starts with a self and alternates crossing and straight passes. Ben juggles slower than Anne and Clare.

Pass pass self feeding two count



Ben juggles pass pass self. He always passes to the feedees' left hands. Anne and Clare pass on two count. Anne starts with a pass and alternates straight and crossing passes. Clare starts with a self and alternates crossing and straight passes. Ben juggles faster than Anne and Clare.

One count feeding three count

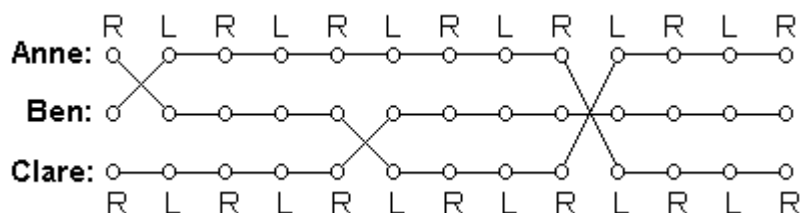


Ben passes on one count. He passes straight to Anne, straight to Clare, crossing to Anne, crossing to Clare. Anne and Clare pass on three count. Anne starts with a pass and always passes to Ben's left hand. Clare starts with a self and always passes to Ben's right hand. Ben juggles slower than Anne and Clare.

Three person feasts

In a feast every juggler passes to every other juggler in turn, including themselves!

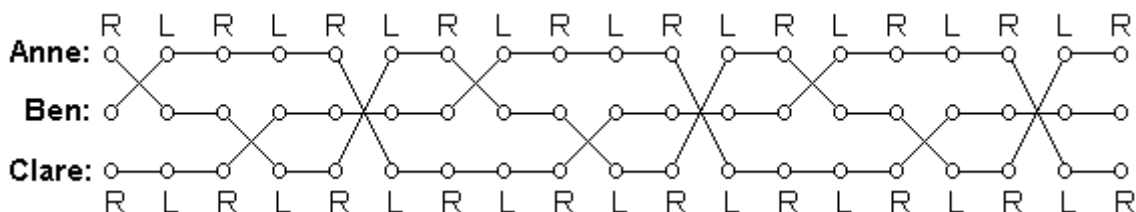
Four count feast



Everyone passes on four count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne.

Colour coding: use the natural set of clubs so that Anne and Ben pass red clubs, Ben and Clare pass yellow clubs and Anne and Clare pass green clubs. If you use the magic set of clubs then the white clubs are always selfs.

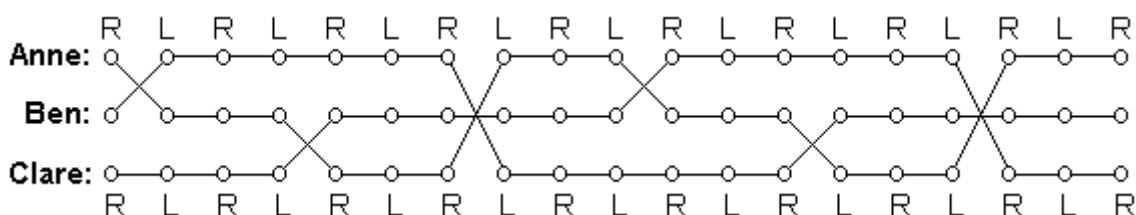
Two count feast



Everyone passes on two count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne.

Colour coding: use the natural set of clubs so that Anne and Ben pass red clubs, Ben and Clare pass yellow clubs and Anne and Clare pass green clubs. If you use the magic set of clubs then the white clubs are always selfs.

Three count feast

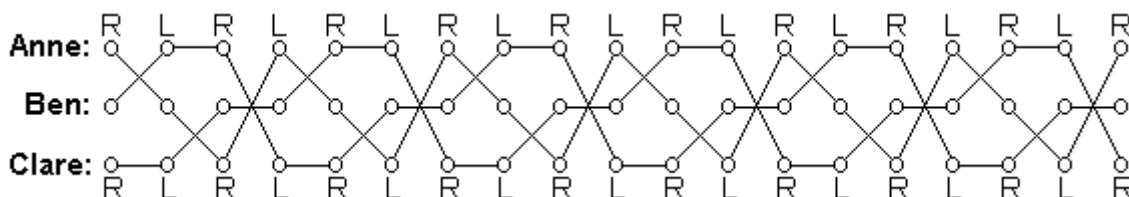


Everyone passes on three count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne.

Colour coding 1: use the magic set of clubs so that the white clubs are passing clubs, Anne has red clubs for selfs, Ben has yellow clubs for selfs and Clare has green clubs for selfs.

Colour coding 2: one red club is always passed, one yellow club is always a right hand self and a left hand pass, one green club is always a right hand pass and a left hand self and six white clubs are always selfs.

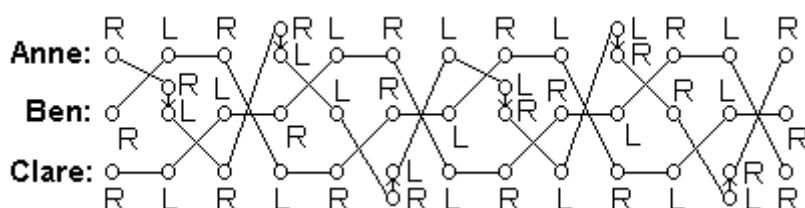
One count feast



Everyone passes on one count and passes to everyone else, including themselves. In this pattern everyone is juggling pass pass self but out of phase.

Colour coding: use the natural set of clubs so that Anne and Ben pass red clubs, Ben and Clare pass yellow clubs and Anne and Clare pass green clubs. If you use the magic set of clubs then the white clubs are always self.

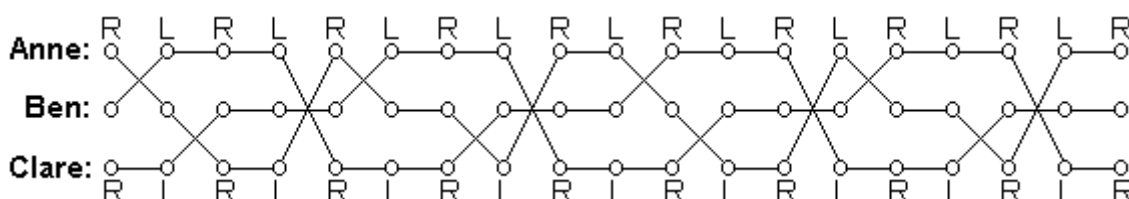
Mild madness version of the one count feast



In this variation of the one count feast everyone passes mild madness out of phase. All Ben's passes are straight, all Clare's passes cross and Anne throws straight passes to Clare and crossing passes to Ben. Anne's sequence is Ben self Clare Ben zip self Clare. Ben's sequence is Anne Clare zip self Anne Clare self. Clare's sequence is self Ben Anne self Ben Anne zip.

Colour coding: use the natural set of clubs so that Anne and Ben pass red clubs, Ben and Clare pass yellow clubs and Anne and Clare pass green clubs. If you use the magic set of clubs then the white clubs are always self.

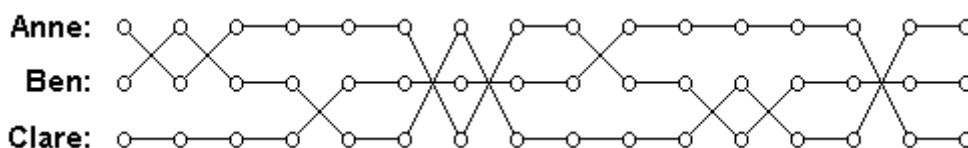
Pass pass self feast (JED's nightmare)



Everyone juggles pass pass self and passes to everyone else, including themselves. Anne's sequence is Ben self self Clare Ben self self Clare self. Ben's sequence is Anne Clare self self Anne self Clare self self. Clare's sequence is self Ben self Anne self self Ben Anne self.

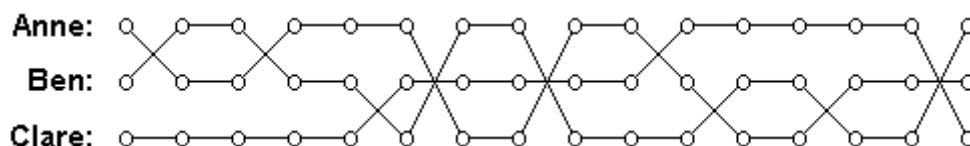
Colour coding: use the magic set of clubs so that the red clubs are always passed, the yellow clubs are left hand passes and right hand selfs, the green clubs are right hand passes and left hand selfs and the white clubs are always selfs.

Bookends feast #1



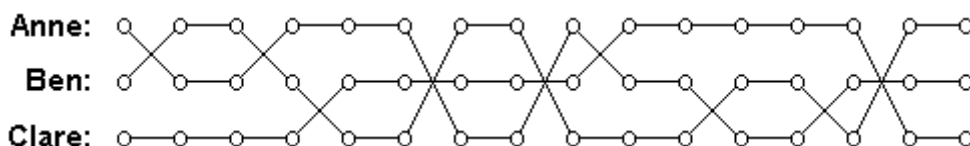
Everyone passes on bookends to each person including themselves. They alternate two passes to one person and one pass to the next and the sequence is pass pass self pass self.

Bookends feast #2



Everyone passes on bookends to each person including themselves. They alternate two passes to one person and one pass to the next and the sequence is pass self pass self pass.

Bookends feast #3



Everyone passes on bookends to each person including themselves. They alternate two passes to one person and one pass to the next and the sequence is pass self pass pass self.

Colour coding: use the natural set of clubs so that Anne and Ben pass red and green clubs, Ben and Clare pass red and yellow clubs and Anne and Clare pass green and yellow clubs.

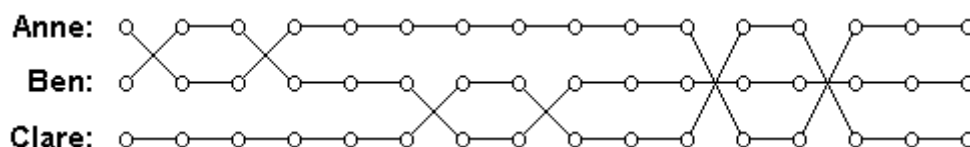
Inverted bookends feast #1



Everyone passes on inverted bookends. Everyone passes to each person including themselves and the sequence is pass self pass self self.

Colour coding: use the natural set of clubs so that Anne and Ben pass red and green clubs, Ben and Clare pass red and yellow clubs and Anne and Clare pass green and yellow clubs.

Inverted bookends feast #2



Everyone passes on inverted bookends. Everyone passes twice to each person including themselves and the sequence is pass self pass self self.

Colour coding: use the natural set of clubs so that Anne and Ben pass red and green clubs, Ben and Clare pass red and yellow clubs and Anne and Clare pass green and yellow clubs.

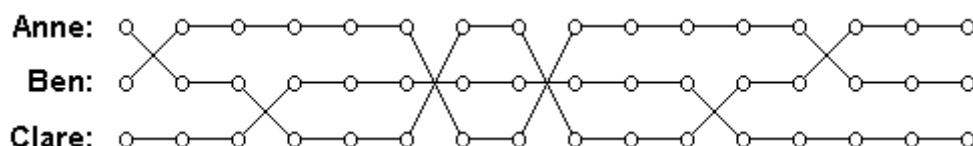
Inverted bookends feast #3



Everyone passes on inverted bookends. Everyone passes twice to each person including themselves and the sequence is pass self self pass self self.

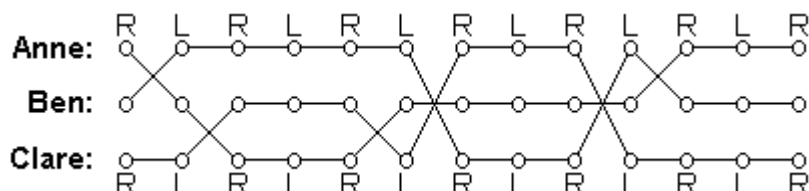
Colour coding: use the magic set of clubs so that Anne and Ben pass red clubs, Ben and Clare pass yellow clubs and Anne, Clare pass green clubs and the white clubs are always selfs.

Trilogy



Everyone passes on inverted bookends. Anne's sequence is from feast #1, Ben's sequence from feast #2 and Clare's sequence is from feast #3.

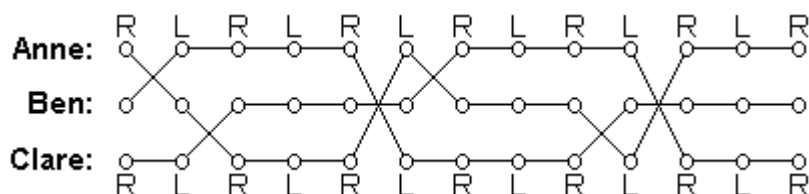
Chocolate Bar Feast #1



Everyone passes on chocolate bar and passes to everyone twice including themselves. The sequence for each juggler is an odd countdown pattern. For example Ben's sequence is one count, three count, five count, three count.

Colour coding: use the magic set of clubs so that Anne and Ben pass red clubs, Ben and Clare pass yellow clubs and Anne, Clare pass green clubs and the white clubs are always selfs.

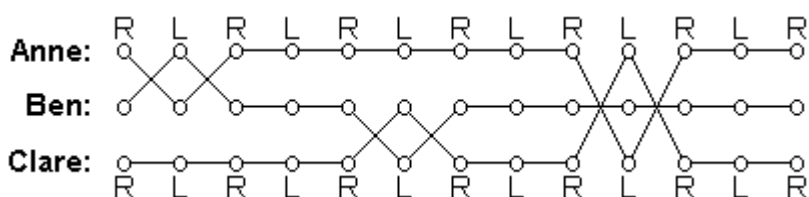
Chocolate Bar feast #2



Everyone passes on chocolate bar and passes to everyone twice including themselves. The sequence for each juggler is one count, four count, three count, four count.

Colour coding: use the natural set of clubs so that Anne and Ben pass red and green clubs, Ben and Clare pass red and yellow clubs and Anne and Clare pass green and yellow clubs.

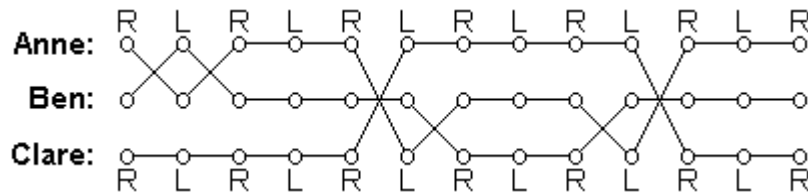
Chocolate Bar Feast #3



Everyone passes on chocolate bar and passes to everyone twice including themselves.

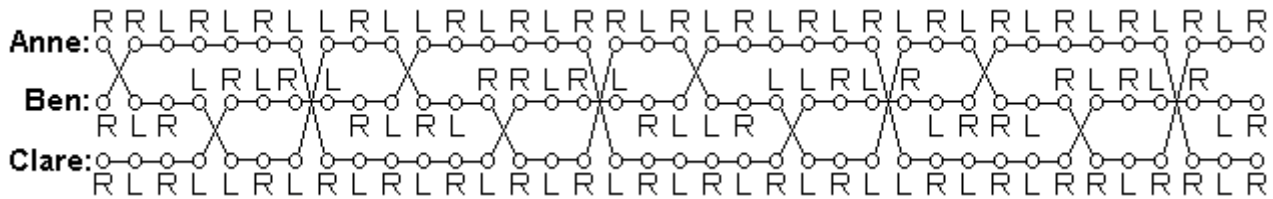
Colour coding: use the natural set of clubs so that Anne and Ben pass red and green clubs, Ben and Clare pass red and yellow clubs and Anne and Clare pass green and yellow clubs.

Trifle



Everyone passes on chocolate bar and passes to everyone twice including themselves. Anne's sequence is from feast #1, Ben's sequence from feast #2 and Clare's sequence is from feast #3.

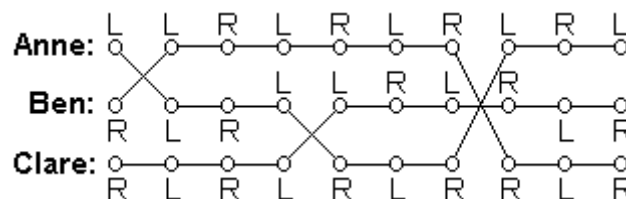
Jim's three count feast #1



Everyone passes on three count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Anne throws straight passes, Ben throws crossing passes and Clare throws straight passes to Ben and crossing passes to Anne. Some of the selfs are hurries!

Colour coding: use the magic set of clubs so that the white clubs are passing clubs, Anne has red clubs for selfs, Ben has yellow clubs for selfs and Clare has green clubs for selfs.

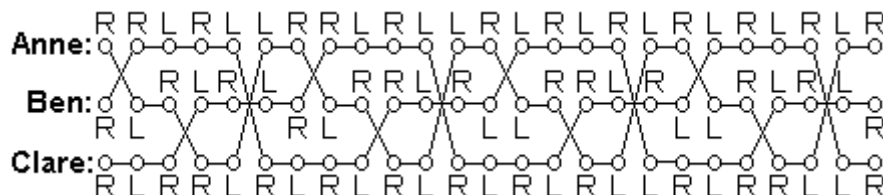
Jim's three count feast #2



Everyone passes on three count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Anne throws crossing passes and starts with her left hand, Ben throws straight passes and Clare throws crossing passes to Ben and straight passes to Anne. Some of the selfs are hurries!

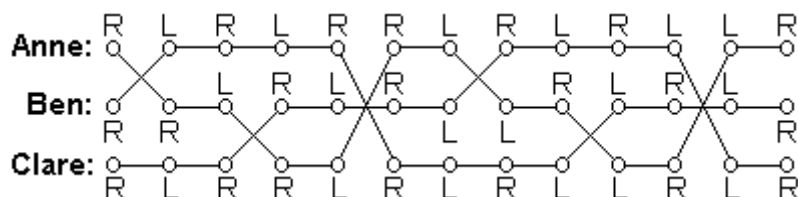
Colour coding: use the magic set of clubs so that the white clubs are passing clubs, Anne has red clubs for selfs, Ben has yellow clubs for selfs and Clare has green clubs for selfs.

Jim's two count feast #1



Everyone passes on two count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Anne throws straight passes, Ben throws crossing passes and Clare throws straight passes to Ben and crossing passes to Anne. Some of the selfs are hurries!

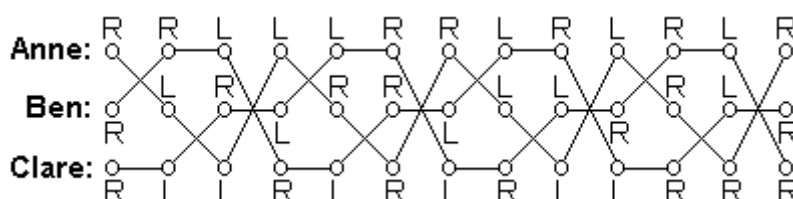
Jim's two count feast #2



Everyone passes on two count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Anne throws crossing passes, Ben throws straight passes and Clare throws crossing passes to Ben and straight passes to Anne. Some of the selfs are hurries!

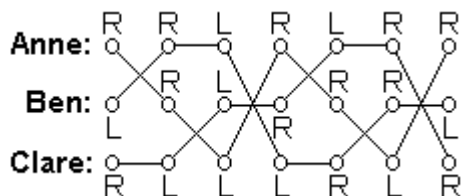
Colour coding: use the natural set of clubs so that Anne and Ben pass red clubs, Ben and Clare pass yellow clubs and Anne and Clare pass green clubs.

Jim's one count feast #1



Everyone passes on one count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Anne throws straight passes, Ben throws crossing passes and Clare throws straight passes to Ben and crossing passes to Anne. Some of the passes and selfs are hurries!

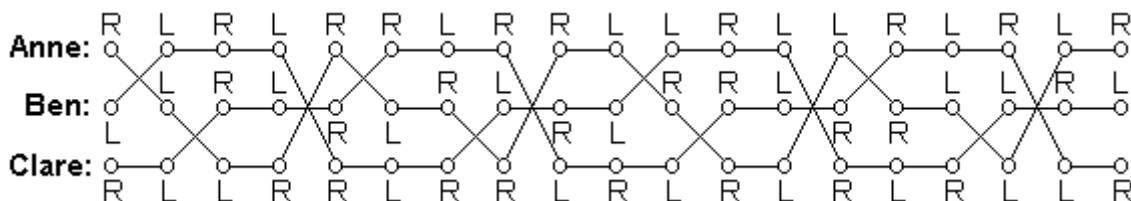
Jim's one count feast #2



Everyone passes on one count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Anne throws crossing passes, Ben throws straight passes and starts with his left hand and Clare throws crossing passes to Ben and straight passes to Anne. Some of the passes and selfs are hurries!

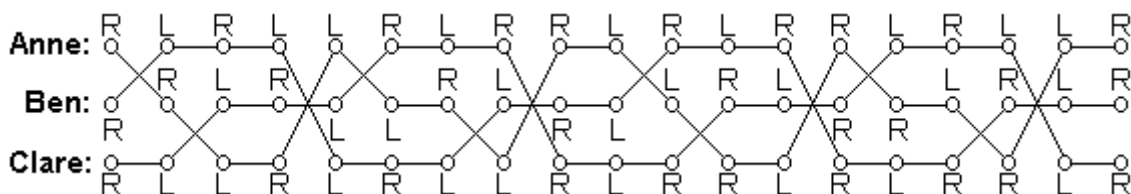
Colour coding: use the natural set of clubs so that Anne and Ben pass red and green clubs, Ben and Clare pass red and yellow clubs and Anne and Clare pass green and yellow clubs.

Jim's pass pass self feast #1



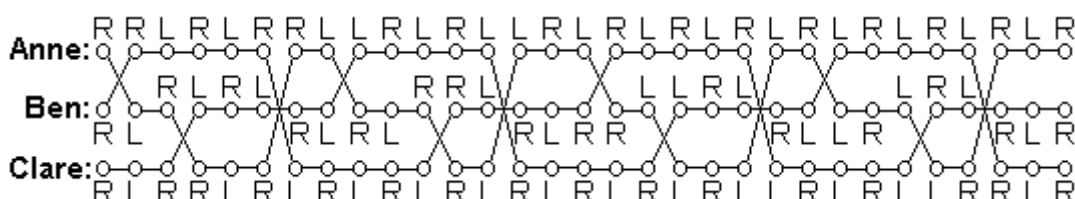
Everyone juggles pass pass self. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Anne throws straight passes, Ben throws crossing passes and starts with his left hand and Clare throws straight passes to Ben and crossing passes to Anne. Some of the passes and selfs are hurries!

Jim's pass pass self feast #2



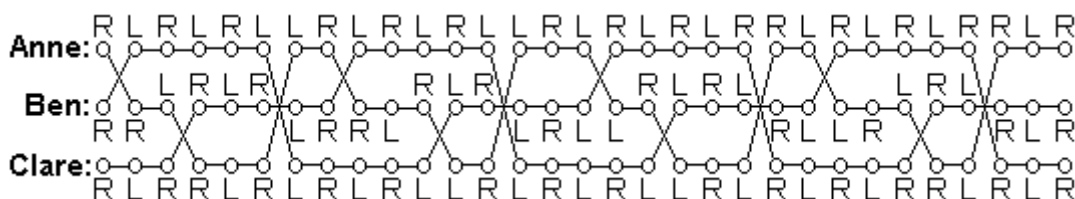
Everyone juggles pass pass self. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Anne throws crossing passes, Ben throws straight passes and Clare throws crossing passes to Ben and straight passes to Anne. Some of the passes and selfs are hurries!

Jim's inverted bookends feast #1



Everyone juggles inverted bookends. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Anne throws straight passes, Ben throws crossing passes and starts with his left hand and Clare throws straight passes to Ben and crossing passes to Anne. Some of the selfs are hurries!

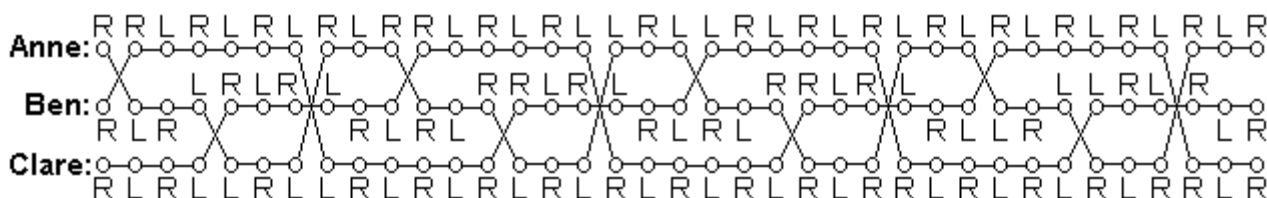
Jim's inverted bookends feast #2



Everyone juggles inverted bookends. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Anne throws crossing passes, Ben throws straight passes and Clare throws crossing passes to Ben and straight passes to Anne. Some of the selfs are hurries!

Colour coding: use the natural set of clubs so that Anne and Ben pass red and green clubs, Ben and Clare pass red and yellow clubs and Anne and Clare pass green and yellow clubs.

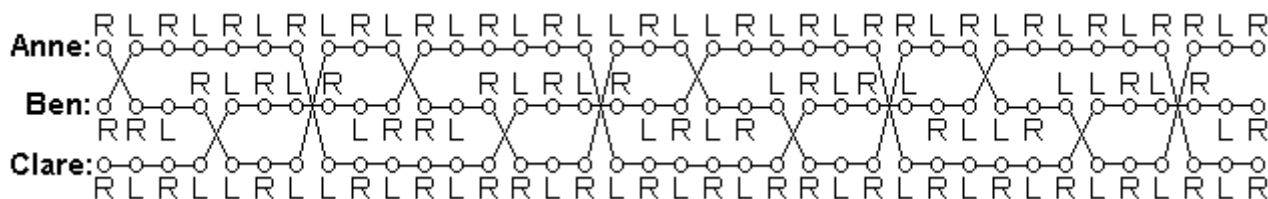
Three count Rick's picnic #1



Everyone passes on three count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. At the start Ben throws crossing passes and Anne and Clare throw straight passes. After you pass to yourself you switch from crossing passes to straight passes or vice versa. Some of the selfs are hurries!

Colour coding: use the magic set of clubs so that the white clubs are passing clubs, Anne has red clubs for selfs, Ben has yellow clubs for selfs and Clare has green clubs for selfs.

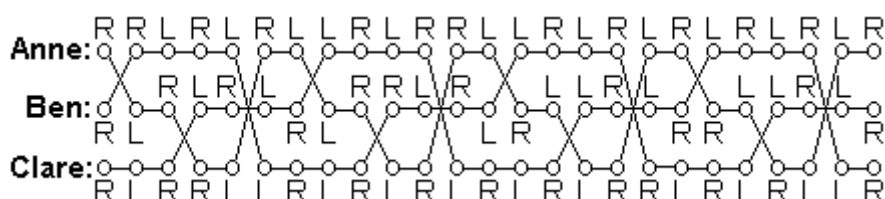
Three count Rick's picnic #2



Everyone passes on three count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. At the start Ben throws straight passes and Anne and Clare throw crossing passes. After you pass to yourself you switch from crossing passes to straight passes or vice versa. Some of the selfs are hurries!

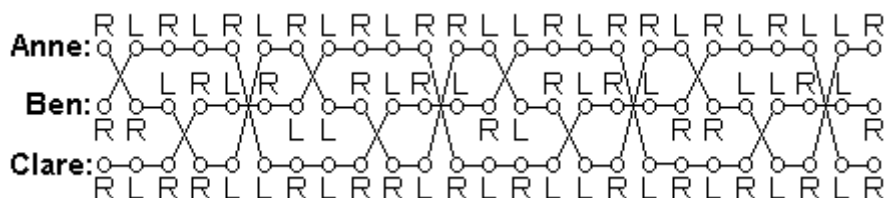
Colour coding: use the magic set of clubs so that the white clubs are passing clubs, Anne has red clubs for selfs, Ben has yellow clubs for selfs and Clare has green clubs for selfs.

Two count Rick's picnic #1



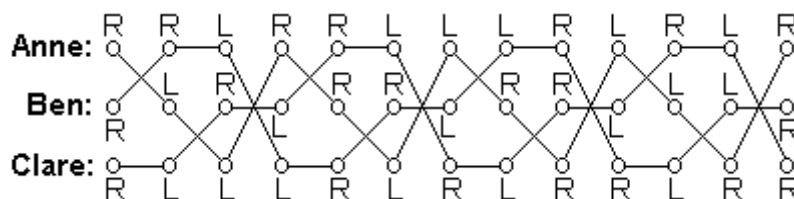
Everyone passes on two count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. At the start Ben throws crossing passes and Anne and Clare throw straight passes. After you pass to yourself you switch from crossing passes to straight passes or vice versa. Some of the selfs are hurries!

Two count Rick's picnic #2



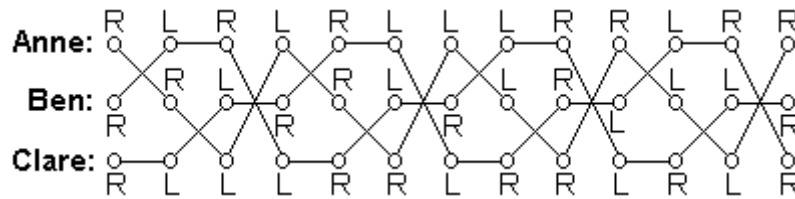
Everyone passes on two count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. At the start Ben throws straight passes and Anne and Clare throw crossing passes. After you pass to yourself you switch from crossing passes to straight passes or vice versa. Some of the selfs are hurries!

One count Rick's picnic #1



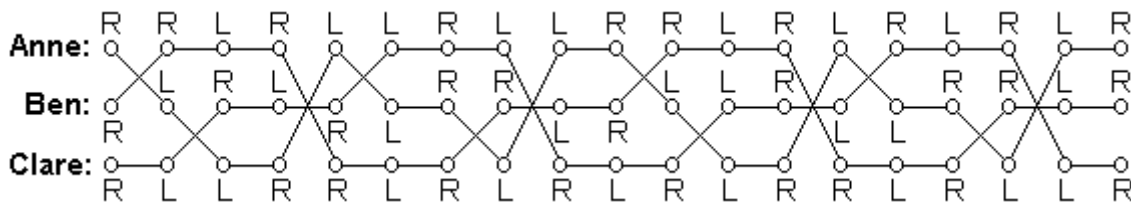
Everyone passes on one count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. At the start Ben throws crossing passes and Anne and Clare throw straight passes. After you pass to yourself you switch from crossing passes to straight passes or vice versa. Some of the passes and selfs are hurries!

One count Rick's picnic #2



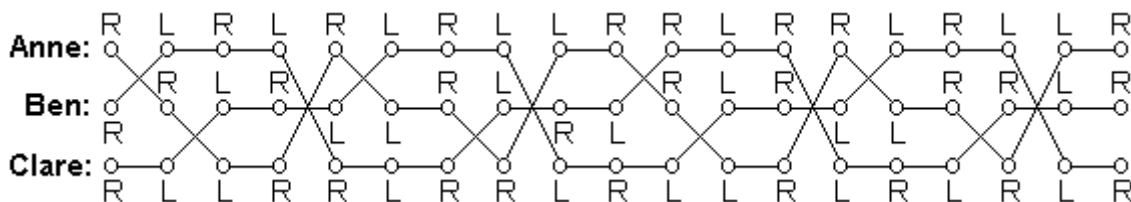
Everyone passes on one count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. At the start Ben throws straight passes and Anne and Clare throw crossing passes. After you pass to yourself you switch from crossing passes to straight passes or vice versa. Some of the passes and selfs are hurries!

Pass pass self Rick's picnic #1



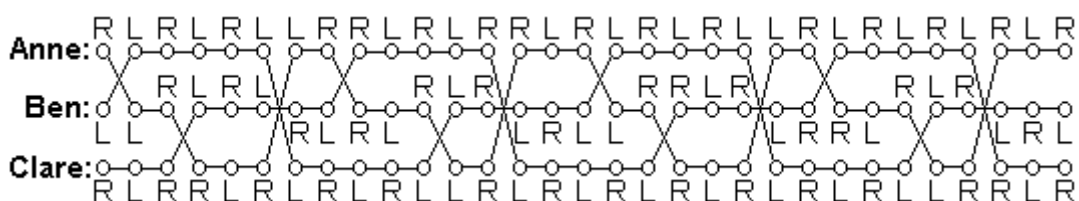
Everyone juggles pass pass self. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. At the start Ben throws crossing passes and Anne and Clare throw straight passes. After you pass to yourself you switch from crossing passes to straight passes or vice versa. Some of the selfs are hurries!

Pass pass self Rick's picnic #2



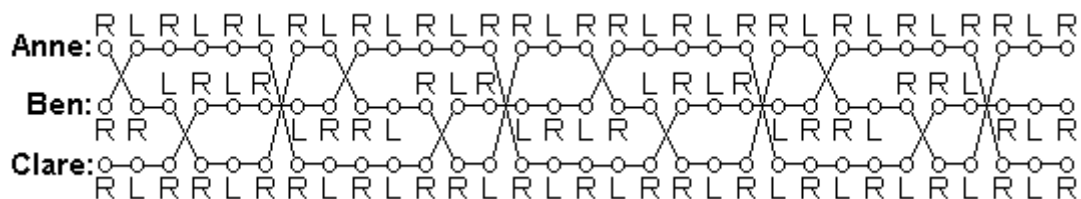
Everyone juggles pass pass self. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. At the start Ben throws straight passes and Anne and Clare throw crossing passes. After you pass to yourself you switch from crossing passes to straight passes or vice versa. Some of the passes and selfs are hurries!

Inverted bookends Rick's picnic #1



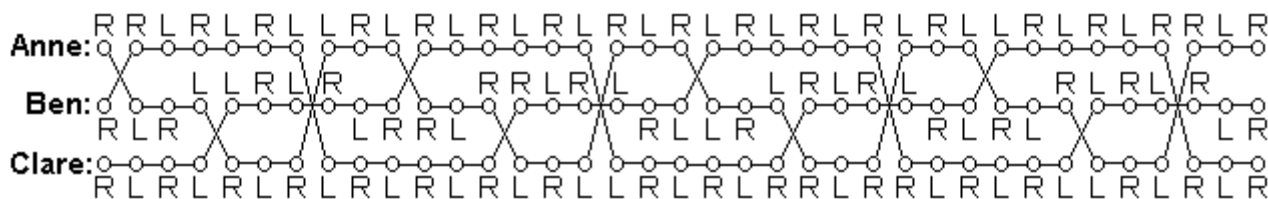
Everyone juggles inverted bookends. Anne passes to Ben, then herself, then Clare. Ben starts with his left hand and passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. At the start Ben throws crossing passes and Anne and Clare throw straight passes. After you pass to yourself you switch from crossing passes to straight passes or vice versa. Some of the selfs are hurries!

Inverted bookends Rick's picnic #2



Everyone juggles inverted bookends. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. At the start Ben throws straight passes and Anne and Clare throw crossing passes. After you pass to yourself you switch from crossing passes to straight passes or vice versa. Some of the selfs are hurries!

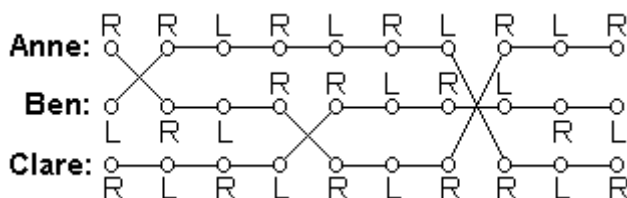
Three count lunchbox #1



Everyone passes on three count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Everyone throws crossing passes to the person on their left and straight passes to the person on their right.

Colour coding: use the magic set of clubs so that the white clubs are passing clubs, Anne has red clubs for selfs, Ben has yellow clubs for selfs and Clare has green clubs for selfs.

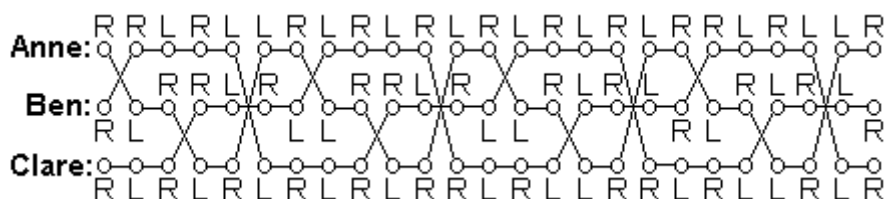
Three count lunchbox #2



Everyone passes on three count. Anne passes to Ben, then herself, then Clare. Ben starts left handed and passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Everyone throws straight passes to the person on their left and crossing passes to the person on their right.

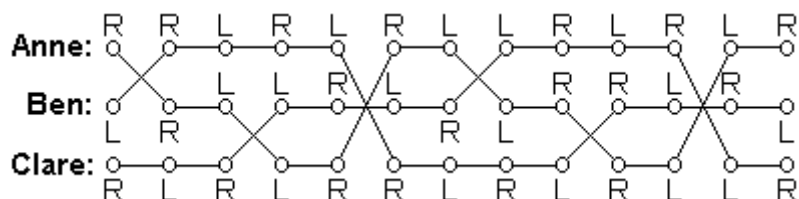
Colour coding: use the magic set of clubs so that the white clubs are passing clubs, Anne has red clubs for selfs, Ben has yellow clubs for selfs and Clare has green clubs for selfs.

Two count lunchbox #1



Everyone passes on two count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Everyone throws crossing passes to the person on their left and straight passes to the person on their right.

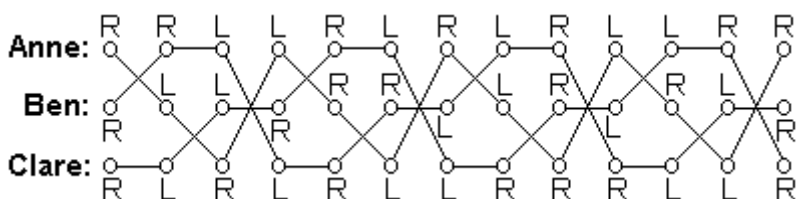
Two count lunchbox #2



Everyone passes on two count. Anne passes to Ben, then herself, then Clare. Ben starts left handed and passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Everyone throws straight passes to the person on their left and crossing passes to the person on their right.

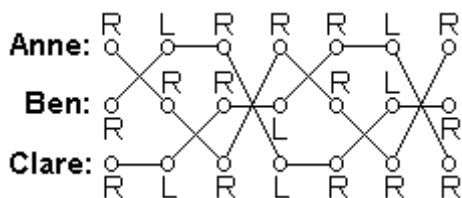
Colour coding: use the natural set of clubs so that Anne and Ben pass red clubs, Ben and Clare pass yellow clubs and Anne and Clare pass green clubs.

One count lunchbox #1



Everyone passes on one count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Everyone throws crossing passes to the person on their left and straight passes to the person on their right. Some of the passes and selfs are hurries!

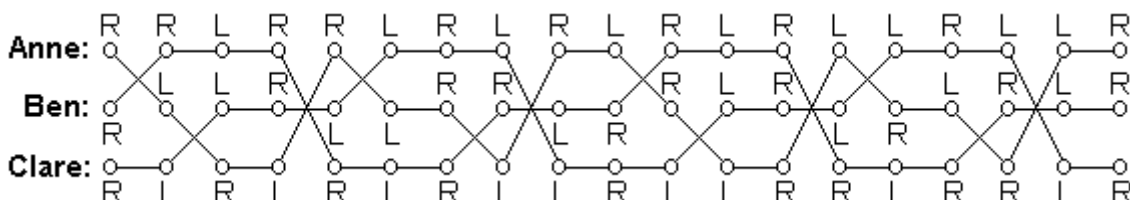
One count lunchbox #2



Everyone passes on one count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Everyone throws straight passes to the person on their left and crossing passes to the person on their right. Some of the passes and selfs are hurries!

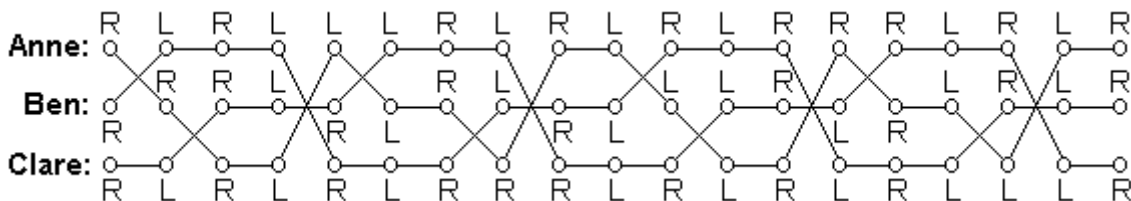
Colour coding: use the natural set of clubs so that Anne and Ben pass red and green clubs, Ben and Clare pass red and yellow clubs and Anne and Clare pass green and yellow clubs.

Pass pass self lunchbox #1



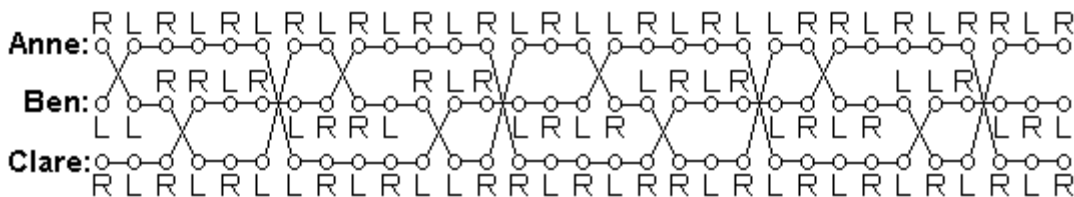
Everyone juggles pass pass self. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Everyone throws crossing passes to the person on their left and straight passes to the person on their right. Some of the passes and selfs are hurries!

Pass pass self lunchbox #2



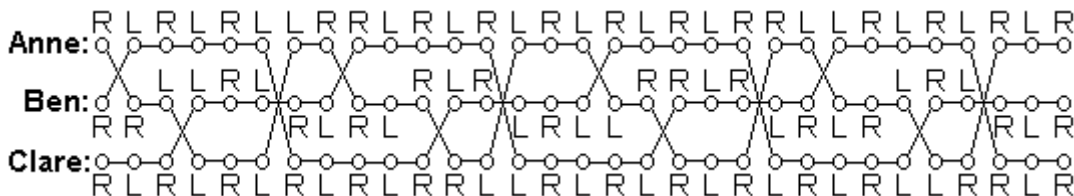
Everyone juggles pass pass self. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Everyone throws straight passes to the person on their left and crossing passes to the person on their right. Some of the passes and selfs are hurries!

Inverted bookends lunchbox #1



Everyone juggles inverted bookends. Anne passes to Ben, then herself, then Clare. Ben starts with his left hand and passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Everyone throws crossing passes to the person on their left and straight passes to the person on their right. Some of the selfs are hurries!

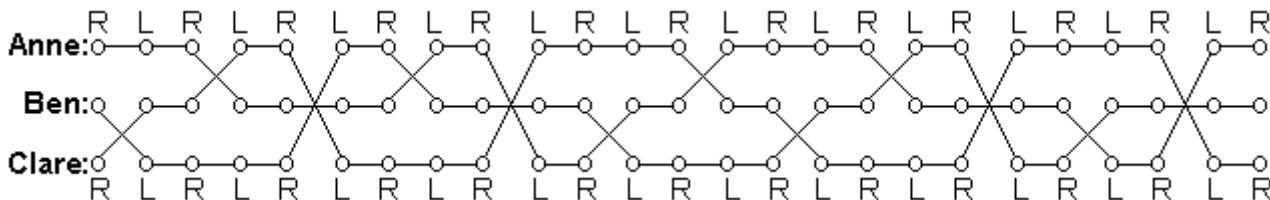
Inverted bookends lunchbox #2



Everyone juggles inverted bookends. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Everyone throws straight passes to the person on their left and crossing passes to the person on their right. Some of the selfs are hurries!

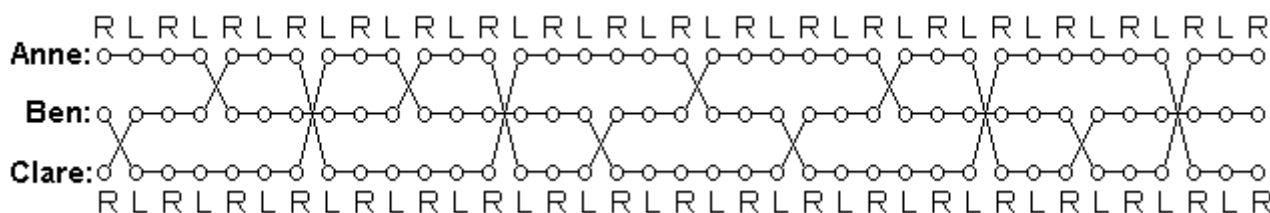
Colour coding: use the natural set of clubs so that Anne and Ben pass red and green clubs, Ben and Clare pass red and yellow clubs and Anne and Clare pass green and yellow clubs.

Pulsar



This is a type of revolving two count feed. Each juggler makes two passes as a two count feeder and then the person on their left becomes the next feeder. The first feeder passes to their right and then to their left. The next feeder passes to their left and then to their right. The pattern continues like this, each new feeder passes in the opposite way to the previous feeder.

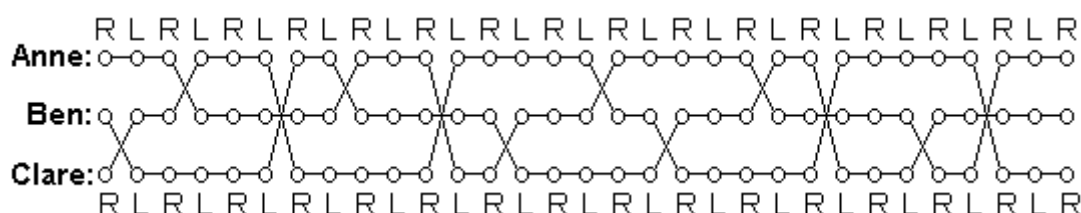
Ambidextrous pulsar (three count feed)



This is an ambidextrous version of the pulsar. It's the same as the right handed version except the feeder passes on three count.

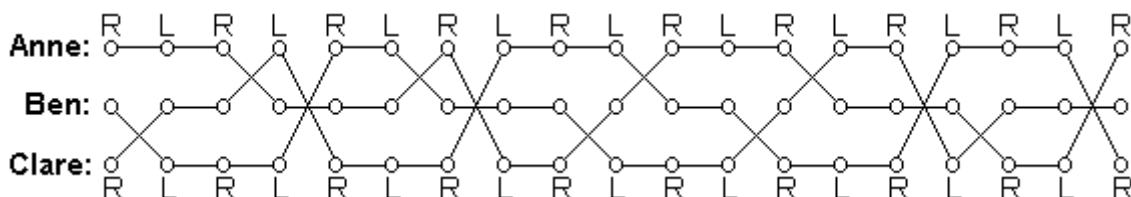
Colour coding: use the magic set of clubs so that the white clubs are passing clubs, Anne has red clubs for selfs, Ben has yellow clubs for selfs and Clare has green clubs for selfs.

Ambidextrous pulsar (inverted bookends feed)



In this ambidextrous version of the pulsar the feeder passes on inverted bookends.

Ambidextrous pulsar (pass self pass feed)

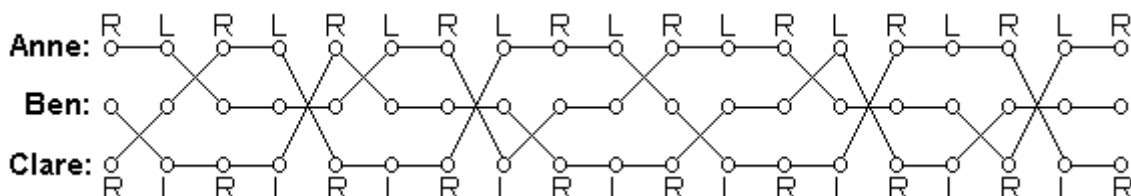


In this ambidextrous version of the pulsar the feeder does pass self pass.

Colour coding 1: six red clubs that are passing clubs and three white clubs that are always selfs.

Colour coding 2: use the magic set of clubs so that Anne and Ben pass red and yellow clubs, Ben and Clare pass red and green clubs, Clare and Anne pass yellow and green clubs and everyone has a white clubs that's always a self.

Ambidextrous pulsar (pass pass self feed)

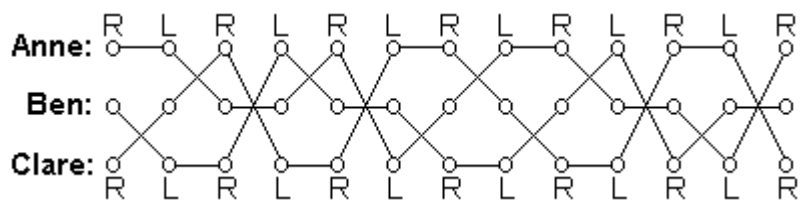


In this ambidextrous version of the pulsar the feeder does pass pass self.

Colour coding 1: six red clubs that are passing clubs and three white clubs that are always selfs.

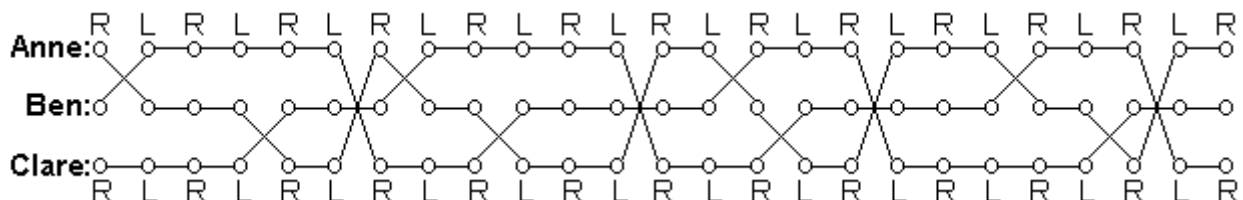
Colour coding 2: use the magic set of clubs so that Anne and Ben pass red and yellow clubs, Ben and Clare pass red and green clubs, Clare and Anne pass yellow and green clubs and everyone has a white clubs that's always a self.

Ambidextrous pulsar (one count feed)



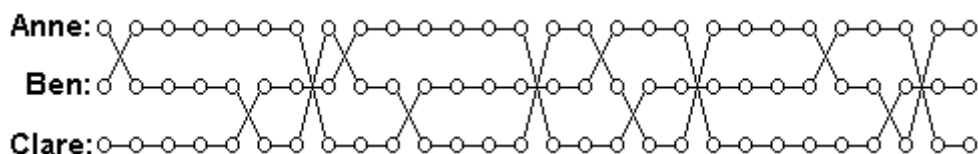
In this ambidextrous version of the pulsar the feeder does one count.

Countdown feast



Everyone juggles a countdown from three count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. Note that the three count pass moves around the pattern, but is always a right handed pass. For a truly ambidextrous pattern for three jugglers try a countdown feast from six count, but beware that it will take a long time to get through the pattern!

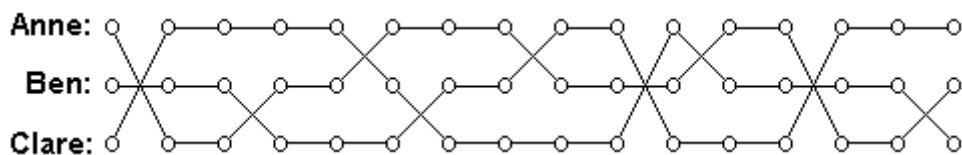
Geometric countdown feast



Everyone juggles a geometric countdown from four count. Anne passes to Ben, then herself, then Clare. Ben passes to Anne, then Clare, then himself. Clare passes to herself, then Ben, then Anne. The diagram shows half the pattern. When it repeats it starts with the left hand!

Colour coding: use that magic set of clubs so that the six count passes are always yellow clubs, the three count passes are always green clubs, all the other passes are always red clubs and everyone has a white club that's always a self.

Quasar

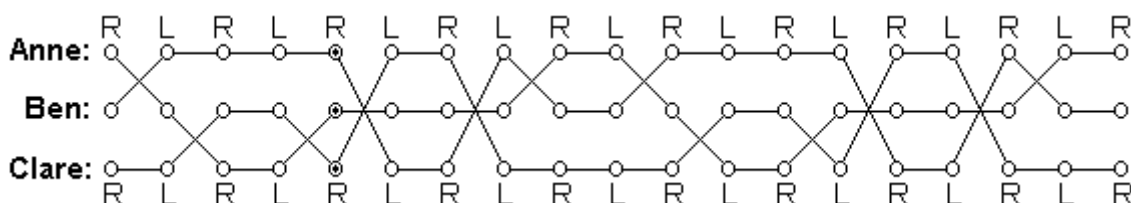


This is a selfless countdown feast. Everyone juggles a countdown from four count out of phase. Every pass is an exchange and you alternate who you pass to except when you're passing on three count. The diagram shows half the pattern. When it repeats it starts with the left hand!

The quasar is also a revolving bookends feed!

Colour coding: use the natural set of clubs so that Anne and Ben pass red clubs, Ben and Clare pass yellow clubs and Anne and Clare pass green clubs. If you use the magic set of clubs then the white clubs are always selfs. Note that for each juggler the four count and one count passes are always one colour club and the two count passes are always another colour club.

Anti quasar



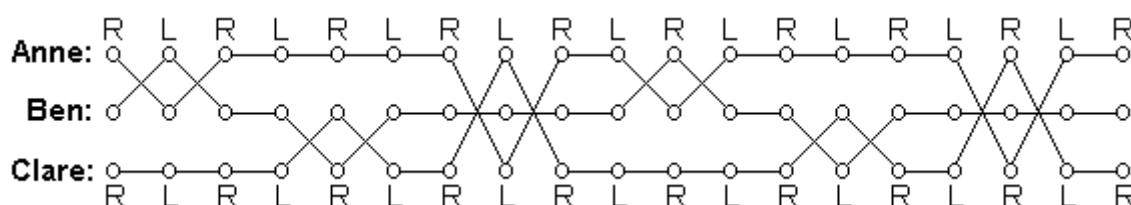
This is a selfless geometric countdown feast. Everyone juggles a geometric countdown from four count out of phase. Every pass is an exchange and you alternate who you pass to except when you're passing on two count.

The antiquasar is also a pass self pass feast. Starting from the passes marked '+', Anne throws pass self pass to Clare, then to Ben and then to herself. Ben throws pass self pass to himself, then to Anne, then to Clare. Clare throws pass self pass to Anne, then to herself, then to Ben.

Colour coding 1: use the natural set of clubs so that the four count and one count passes are always green clubs, the two count passes are red clubs and the yellow clubs are always selfs.

Colour coding 2: use the magic set of clubs so that the red clubs are always passed, the yellow clubs are left hand passes and right hand selfs, the green clubs are right hand passes and left hand selfs and the white clubs are always selfs.

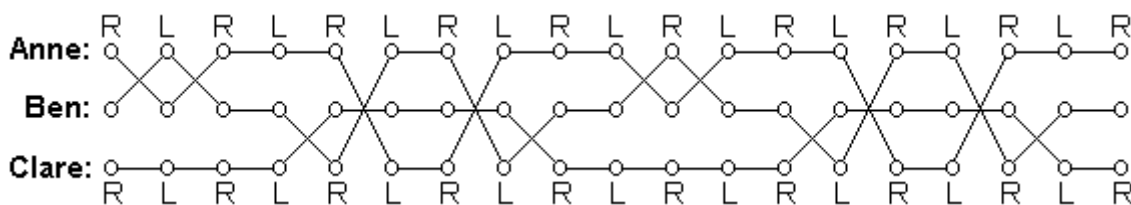
Double three count feast



This is like a three count feast but you make two passes to each person. Anne's sequence is Ben Ben self self self Clare Clare self. Ben's sequence is Anne Anne self Clare Clare self self self. Clare's sequence is self self self Ben Ben self Anne Anne self.

Colour coding: use the magic set of clubs so that the red clubs are always passed, the yellow clubs are left hand passes and right hand selfs, the green clubs are right hand passes and left hand selfs and the white clubs are always selfs.

Trinity

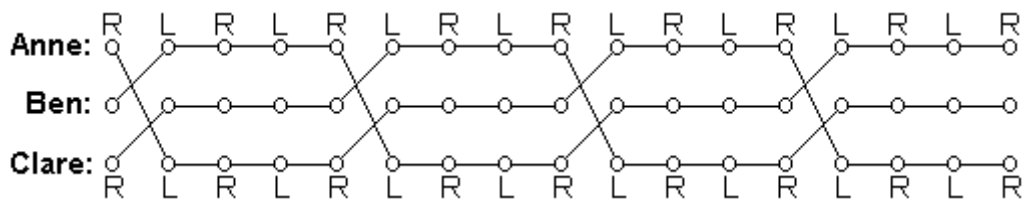


Anne's sequence is Ben Ben self self Clare self Clare self self. It's the sequence from JED's nightmare. Ben's sequence is Anne Anne self Clare self self self Clare self. It's the sequence from the antiquasar. Clare's sequence is self self self Ben Anne self Anne Ben self. It's the sequence from the double three count feast.

Colour coding: use the magic set of clubs so that the red clubs are always passed, the yellow clubs are left hand passes and right hand selfs, the green clubs are right hand passes and left hand selfs and the white clubs are always selfs.

Triangles

Four count triangle on ins



Everyone juggles four count and passes to the person on their left. So every pass is a triangular pass. You can do a four count triangle on outs. Then you pass to the person on their right. Also you could do a four count triangle on ins and outs. Then you alternate passes to the left and the right.

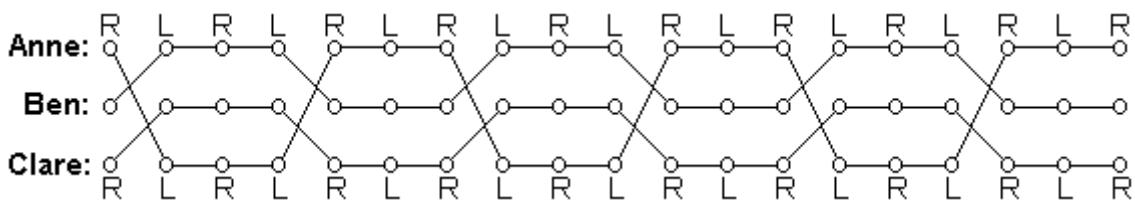
Any two person passing rhythm where both jugglers do the same thing at the same time can be juggled in a three person triangle like this.

Dropback line



You can juggle a four count triangle as a dropback line. All three jugglers stand in a line. Anne and Ben are facing Clare and Clare is facing Ben. Anne passes to Clare, Clare passes to Ben and Ben throws his passes over his head to Anne. Ben's passes are called dropbacks. This can also be done on three count, two count, one count or pass pass self.

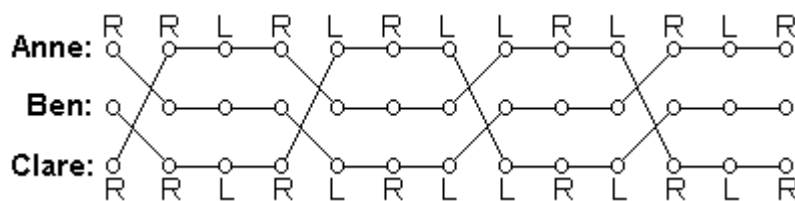
Three count triangle on ins



Everyone juggles three count and throws right hand passes to the person on the left and left hand passes to the person on the right. You can do a three count triangle on outs or on ins and outs. Another nice three count triangle variation is inside inside outside outside.

Colour coding: use the magic set of clubs so that the white clubs are passing clubs, Anne has red clubs for selfs, Ben has yellow clubs for selfs and Clare has green clubs for selfs.

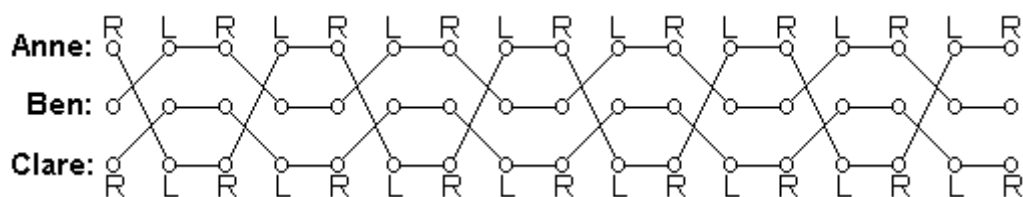
Jim's style three count triangle on outs



Everyone juggles Jim's style three count and throws right hand passes to the person on the right and left hand passes to the person on the left. You can do a Jim's style three count triangle on ins or on ins and outs. Another nice variation is inside inside outside outside.

Colour coding: use the magic set of clubs so that the white clubs are passing clubs, Anne has red clubs for selfs, Ben has yellow clubs for selfs and Clare has green clubs for selfs.

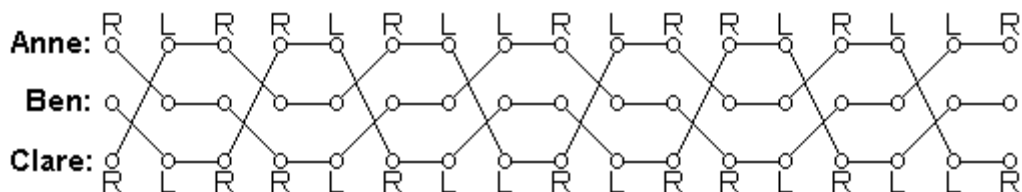
Two count triangle on ins and outs



Everyone feeds on two count and alternates passes to the left and the right.

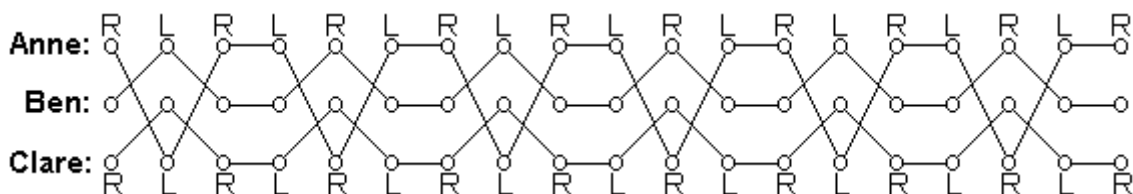
Colour coding: use the natural set of clubs so that Anne and Ben pass red clubs, Ben and Clare pass yellow clubs and Anne and Clare pass green clubs.

Jim's style two count triangle on outs



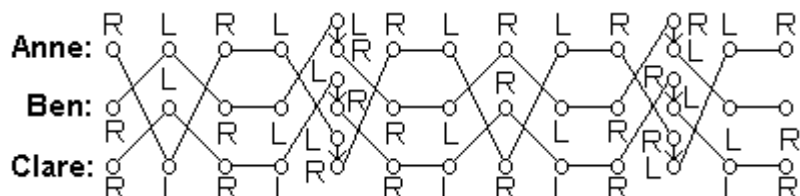
Everyone juggles Jim's style two count and throws right hand passes to the person on the right and left hand passes to the person on the left. You can do this triangle on ins or on ins and outs.

Pass pass self triangle



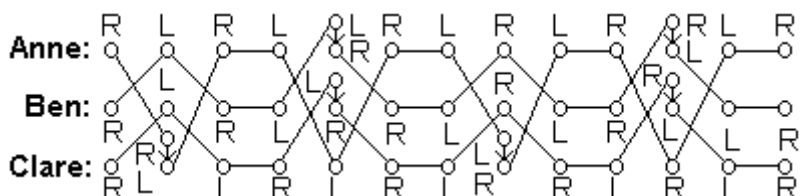
Everyone juggles a pass pass self feed.

Mild madness variation triangle #1



Everyone juggles mild madness variation and alternates passes to the left and the right.

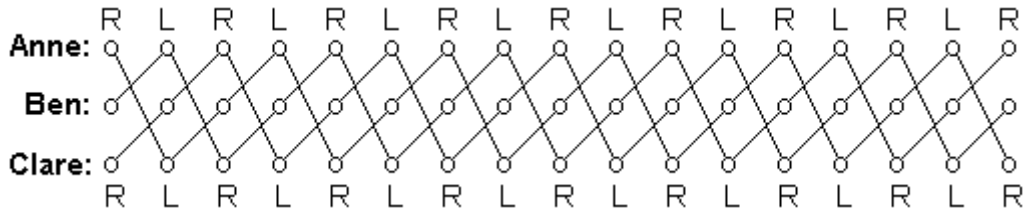
Mild madness variation triangle #2



Everyone feeds mild madness variation. Anne's sequence is pass pass self pass pass zip self and she throws crossing passes to Clare and alternates straight and crossing passes to Ben. Ben and Clare's sequence is pass pass zip self pass pass self. Ben alternates straight and crossing passes to Anne and throws crossing passes to Clare. All Clare's passes are straight.

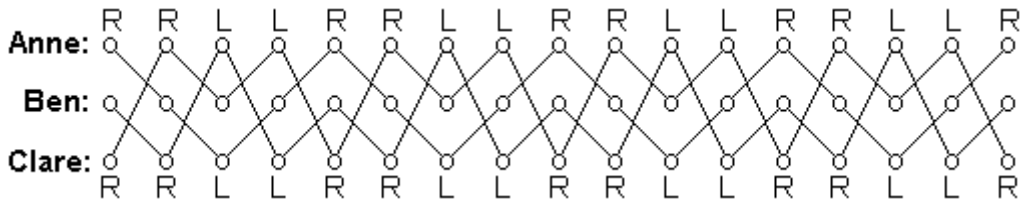
If Clare starts left handed she throws crossing passes. Anne throws straight passes to Clare and alternates crossing and straight passes to Ben. Ben alternates straight and crossing passes to Anne and throws straight passes to Clare.

One count triangle on ins and outs



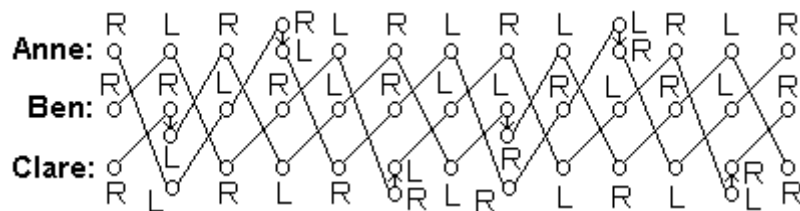
Everyone juggles one count and passes to the person on their left. You can do a one count triangle on ins or outs. Then the passes alternate to the left and the right or vice versa. Another nice one count triangle variation is inside inside outside outside.

Jim's style one count triangle on outs



Everyone juggles Jim's style one count and throws right hand passes to the person on the right and left hand passes to the person on the left. You can do a Jim's style one count triangle on ins or on ins and outs. Another nice Jim's style one count triangle variation is inside inside outside outside.

Martin's style one count triangle on ins and outs

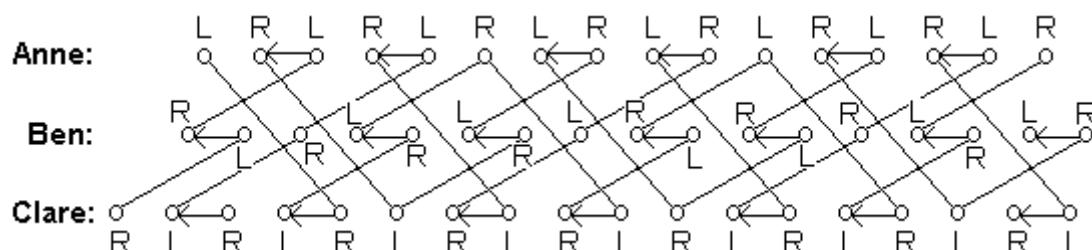


Anne throws straight passes to Clare. Her sequence is pass pass pass pass zip pass pass. Ben throws straight passes to Anne. His sequence is pass pass zip pass pass pass pass. Clare throws crossing passes to Ben. Her sequence is pass pass pass pass pass pass zip.

You can do this pattern on ins followed by outs. Everyone makes six passes on ins then six passes on outs. Anne's sequence is Clare Ben Clare Ben zip Clare Ben. She passes straight to Clare and crossed to Ben. Ben's sequence is Anne Clare zip Anne Clare Anne Clare. He passes straight to Anne and crossed to Clare. Clare's sequence is Ben Anne Ben Anne Ben Anne zip. She passes crossed to Ben and straight to Anne.

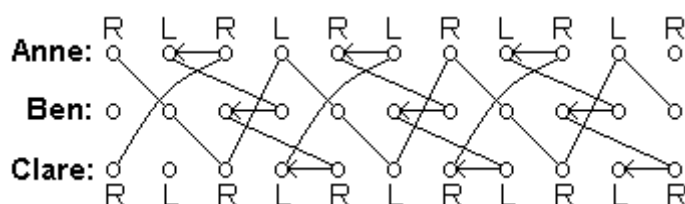
In another variation you can make two passes to each juggler. Anne's sequence is in out out in zip out in. She passes straight to Clare and crossed to Ben. Ben's sequence is in out zip in out out in. He passes straight to Anne and crossed to Clare. Clare's sequence is in out out in in out zip. She passes crossed to Ben and straight to Anne.

Parsnip triangle



Everyone passes parsnip on straight doubles. Clare starts with three clubs in her right hand and one in her left. She passes to Ben and her sequence is pass pass zip pass zip. Ben starts one and a third beats later with two clubs. He passes to Anne and his sequence is pass zip pass pass zip. Anne starts with two clubs in her left hand and one in her right hand. She starts with her left hand a third of a beat after Ben, and passes to Anne. Her sequence is pass pass zip pass zip.

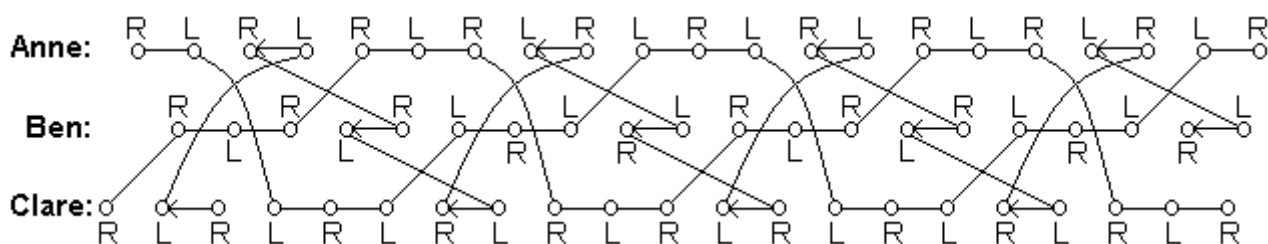
972 triangle (eight clubs)



Anne starts with three clubs. She passes to Ben and her sequence is single double zip. Ben starts with two clubs one beat later. He passes to Clare and his sequence is also single double zip. Ben's first pass is left handed. Clare starts with three clubs at the same time as Anne. She passes to Anne and starts double hold. Then her sequence is single double zip. Clare can start with two clubs in her left hand but make her first throw with her right hand. Then her sequence is double zip single. All the single passes are straight and the double passes cross.

Colour coding: four red clubs that are always double passes and four green clubs that are always single passes.

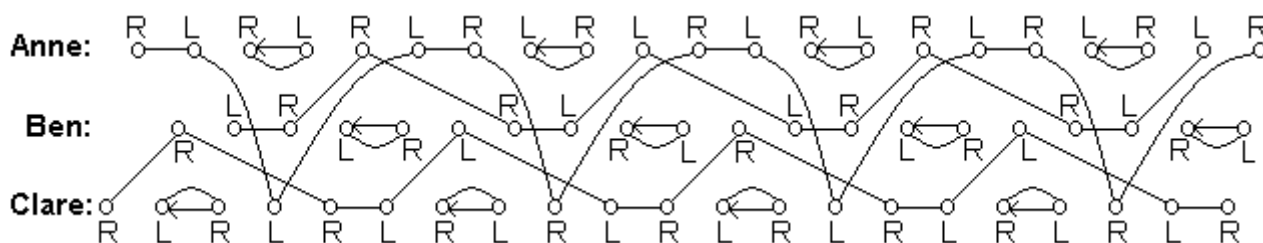
Menno's triangle



Everyone's sequence is single double zip self self and all the passes cross. Clare starts with three clubs in her right hand and one in her left hand. Clare's sequence is Ben double to Anne zip self self. Anne starts a third of a beat later and her sequence is self Clare double to Ben zip self. Ben starts with two clubs. He starts a third of a beat after Anne and his sequence is self self Anne double to Clare zip.

Colour coding: use two red clubs, which are always the single passes and seven white clubs.

Maybe not triangle

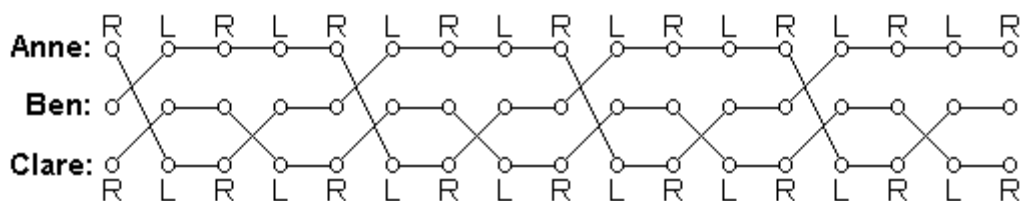


In this variation of Menno's triangle everyone juggles maybe not. Everyone's sequence is single self zip double self and all the passes cross. Clare's sequence is Ben self zip double to Anne self. Anne starts a third of a beat later and her sequence is self Clare self zip double to Ben. Ben starts a third of a beat after Anne and his sequence is double to Clare self Anne self zip.

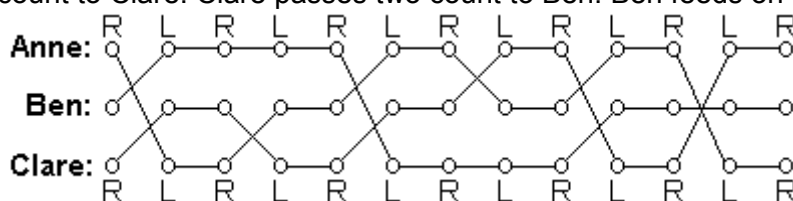
Colour coding: use two red clubs, which are always the single passes and seven white clubs.

Mixed count triangles

Two count, two count, four count triangle

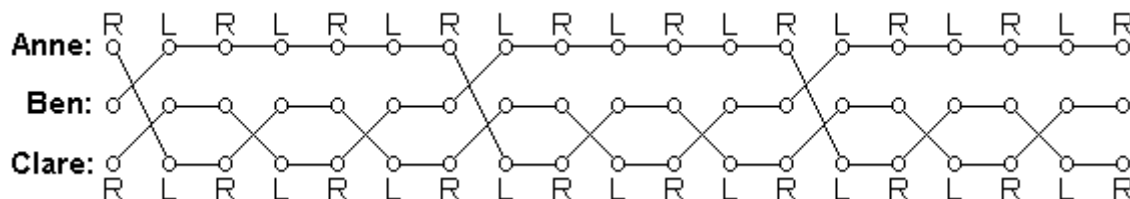


Anne passes four count to Clare. Clare passes two count to Ben. Ben feeds on two count.



Once you have tried all three positions, change the pattern every four beats. Anne starts passing four count to Clare then switches to a two count feed for two passes then passes two count to Clare for two passes. Ben starts with a two count feed for two passes then passes two count to Anne for two passes then passes four count to Anne. Clare passes two count to Ben for two passes then passes four count to Ben then switches to a two count feed for two passes.

Two count, two count, six count triangle

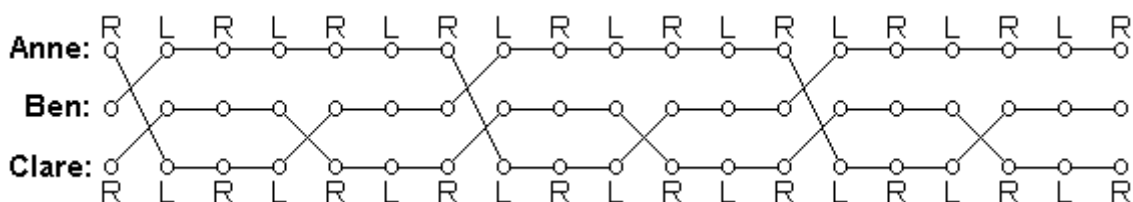


Anne passes six count to Clare. Clare passes two count to Ben. Ben feeds on two count.

Once you have tried all three positions, change the pattern every six beats.

Colour coding: use the magic set of clubs so that the passes are always white clubs, Anne has two green clubs that are always selfs and Ben and Clare pass red and yellow clubs.

Three count, three count, six count triangle

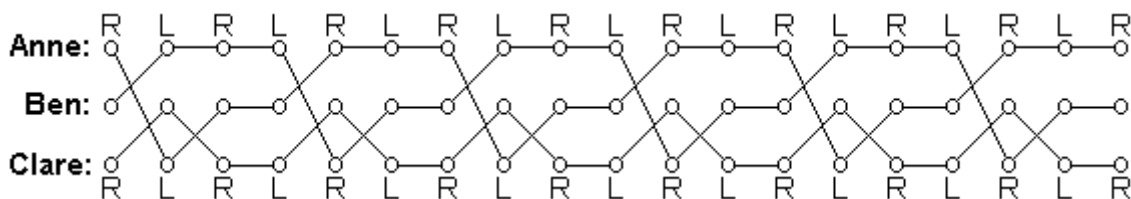


Anne passes six count to Clare. Clare passes three count to Ben. Ben feeds on three count.

Once you have tried all three positions, change the pattern every six beats.

Colour coding: use the magic set of clubs so that the passes are always white clubs, Anne's selfs are red clubs, Ben's selfs are yellow clubs and Clare's selfs are green clubs.

Pass pass self, pass pass self, three count triangle (Tarim's triangle)



Anne passes three count to Clare. Clare passes to Ben on pass pass self. Ben does a pass pass self feed alternating his passes to Anne and Clare.

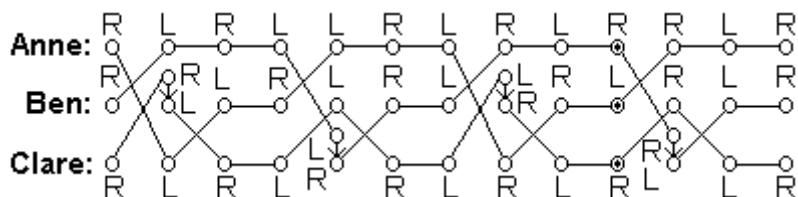


In this variation Anne passes to Ben on pass pass self. Clare passes three count to Anne, but starts with a self. Ben's pattern is unchanged.


Colour coding: use the magic set of clubs so that the white clubs are always passed, the two jugglers doing pass pass self pass red clubs and have yellow clubs for selfs and the three counter has green clubs for selfs.

Once you have tried all three positions, change the pattern every six beats or every three beats.

Mild madness, mild madness, Jim's three count triangle

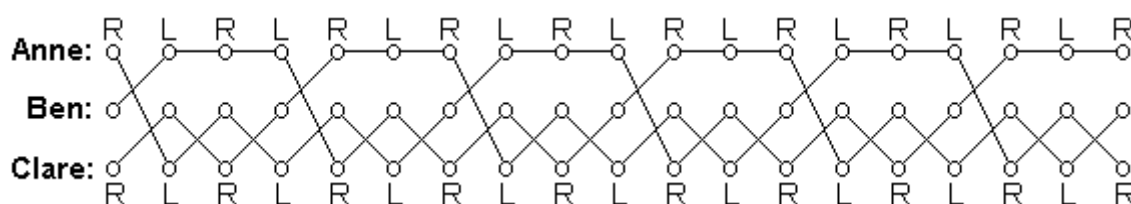


Anne passes Jim's three count to Clare. She alternates straight and crossing passes. Clare passes mild madness to Ben. All her passes cross. Ben feeds Martin's mildness alternating his passes to Anne and Clare. All his passes are straight.

Ben can throw crossing passes then he feed Martin's madness and Clare throws straight passes. In this variation if everyone starts with the passes marked '+'.


Colour coding: same colour coding as pass pass self, pass pass self, three count triangle.

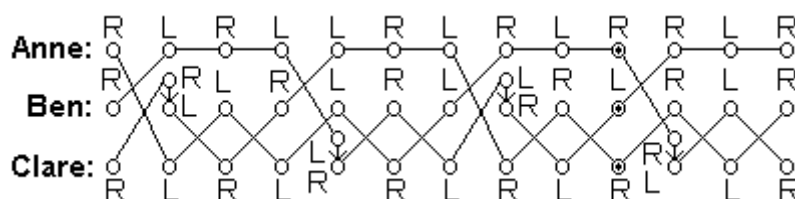
One count, one count three count triangle



Anne passes three count to Clare. Ben's sequence is Anne Clare Clare. Clare passes one count to Ben.

Colour coding: use the magic set of clubs so that the white clubs are always passed, Ben and Clare pass red and yellow clubs and Anne has green clubs for self.

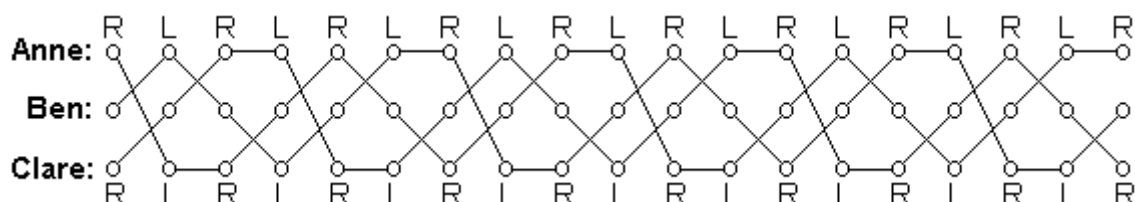
Martin's style one count, Martin's style one count, Jim's three count triangle



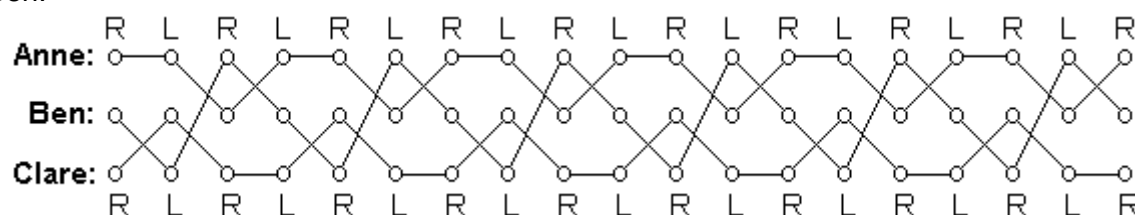
Anne passes to Clare on Jim's three count. She alternates straight and crossing passes. Ben's sequence is Anne Clare zip Clare Anne Clare Clare. Ben throws straight passes. Clare passes to Ben on Martin's style one count with crossing passes.

If Ben throws crossing passes, then Clare throws straight passes. In this variation everyone starts with the passes marked '+'.
 Colour coding: same colour coding as one count, one count, three count triangle.

Pass pass self, pass pass self, one count triangle



Anne's sequence is Clare Ben self. Ben's sequence is Anne Anne Clare. Clare's sequence is Ben self Ben.

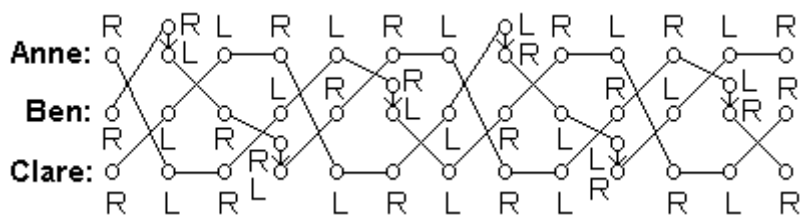


You can have the triangular pass on the second beat of every three beats. Anne's sequence is self Ben Ben. Ben's sequence is Clare Clare Anne. Clare's sequence is Ben Anne self.

Colour coding: use the magic set of clubs so that the white clubs are always passed, Ben and Clare pass red clubs, Ben and Anne pass yellow clubs the green clubs are self.

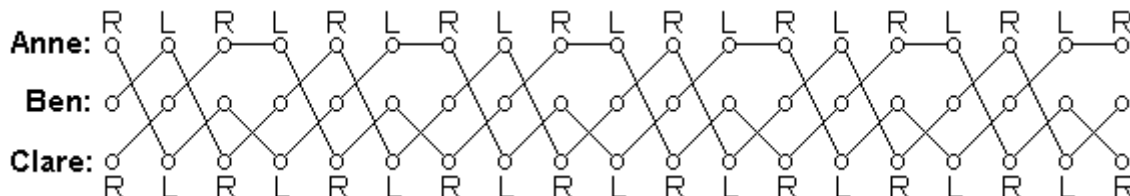
In both these patterns once everyone has tried all three positions you can change the whole pattern every six beats or even every three beats.

Mild madness, mild madness, Martin's style one count triangle

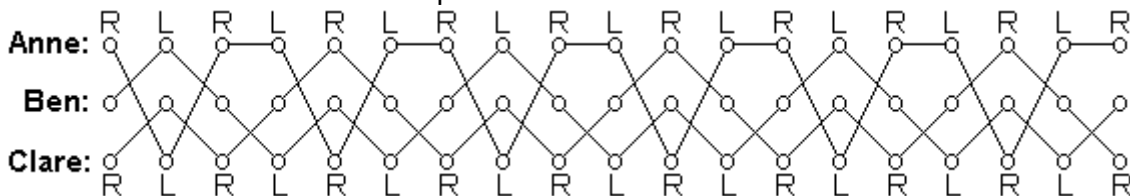


Anne passes mild madness alternating her passes to Clare and Ben. All her passes are straight. Ben's sequence is Anne Anne Clare Anne Anne Clare zip. All Ben's passes cross. Clare's sequence is pass self pass pass zip self pass. All her passes are straight passes to Ben.

One count, one count, pass pass self triangle



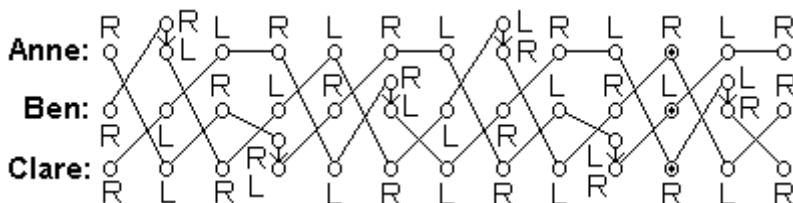
Anne passes to Clare on pass pass self. Ben's sequence is Anne Anne Clare. Ben's position is like the feeder in the one count feed. Clare passes to Ben on one count.



In this variation Anne's sequence is Clare Ben self. Ben's sequence is Anne Clare Clare. Clare's sequence is Ben Anne Ben.

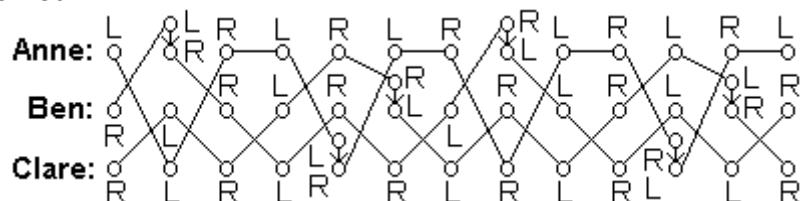
You can change the whole of these patterns every six beats or even every three beats.

Martin's style one count, Martin's style one count, mild madness triangle



Anne passes mild madness to Clare. Ben's sequence is Anne Anne Clare Anne Anne Clare zip and he throws crossing passes. Clare passes Martin's style one count to Ben.

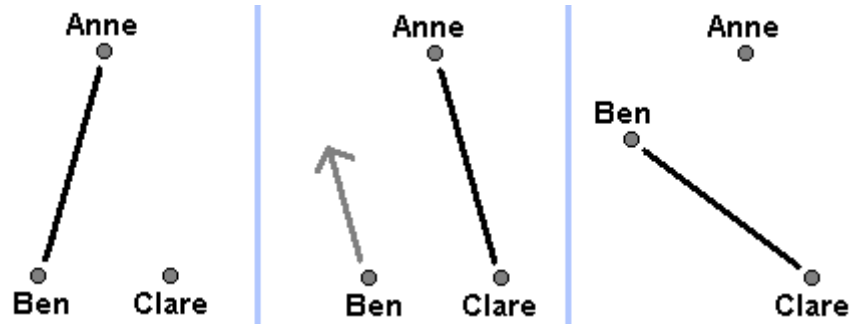
If Ben throws straight passes, then Clare throws crossing passes. In this variation everyone starts with the passes marked '+'. The diagram shows '+' marks on the first pass of each participant's sequence.



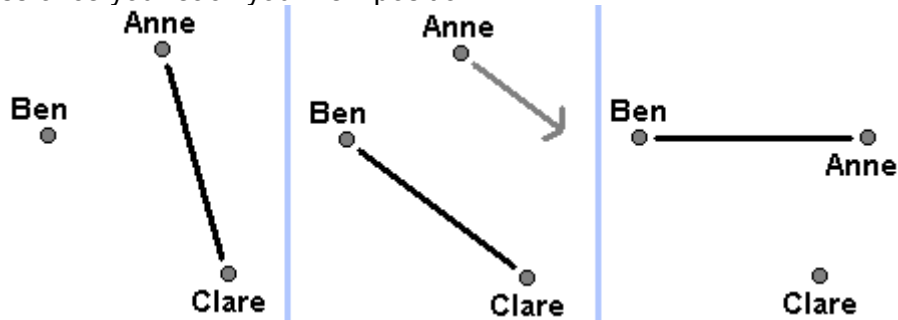
Anne feeds Martin's madness. She starts left handed throwing crossing passes and her sequence is Clare Ben zip self Clare Ben self. Ben's sequence is Anne Clare Clare Anne Clare Clare zip. Clare's sequence is Ben Anne Ben Ben zip Anne Ben. Ben and Clare throw straight passes.

Runarounds

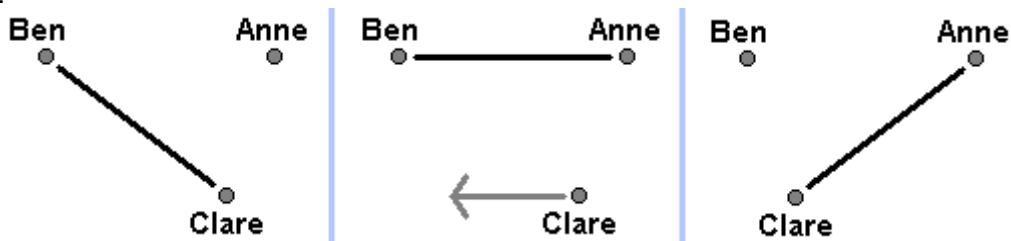
A runaround is a three person pattern with walking which is based on a feed. At the start of the pattern Anne is the feeder and Ben and Clare are feedees.



In a clockwise runaround the feedee on the left is always the next person to walk. In this case it's Ben. After a pass to Anne, Ben walks across the pattern to stand next to Anne. Anne makes one more pass as the feeder to Clare and then becomes a feedee. This pass is also Clare's first pass as the feeder. In many runarounds you have three beats to walk across the pattern, so you can juggle four count as you walk. Alternatively you can catch the incoming pass, stop juggling and start with a pass once you reach your new position.



Now Clare is the feeder and Anne and Ben are the feedees. Anne is on the left so it's her turn to walk. After a pass to Clare, Anne walks across the pattern to stand next to Clare. Clare makes one more pass as the feeder to Ben and then becomes a feedee. This pass is also Ben's first pass as the feeder.

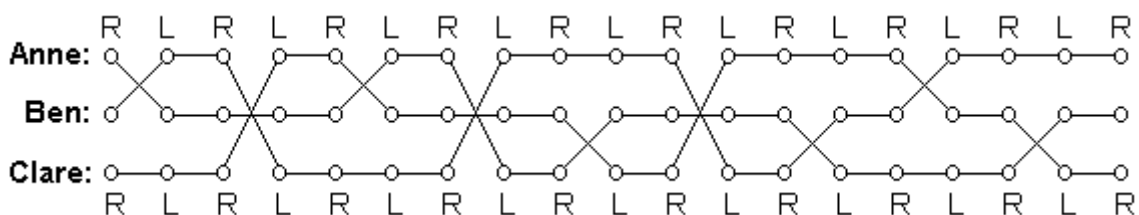


Now Ben is the feeder and Anne and Clare are the feedees. Clare is on the left so it's her turn to walk. After a pass to Ben, Clare walks across the pattern to stand next to Ben. Ben makes one more pass as the feeder to Anne and then becomes a feedee. This pass is also Anne's first pass as the feeder.

Now we're back at the start, with Anne feeding Ben and Clare.

In an anticlockwise runaround the feedee on the right is always the next person to walk.

Two count runaround



Anne starts feeding a two count feed. Ben and Clare are passing on four count. After his second pass Ben walks across the pattern to stand next to Anne. Then Clare becomes the feeder.

After two passes as a feedee Anne walks across the pattern to stand next to Clare. Then Ben becomes the feeder.

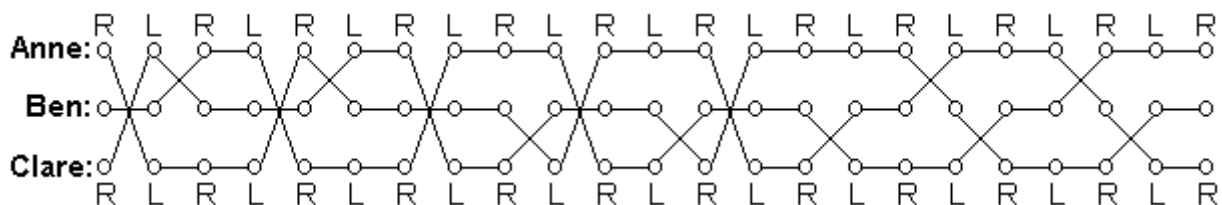
Clare could walk across the pattern after two passes as a feedee and then Anne would become the feeder again. NB you do not have to walk after a set number of passes as a feedee. You can walk whenever you want. Also in a two count feed the anticlockwise runaround is much the same as the clockwise runaround.

If everyone always walks as soon as they can the sequence for this pattern is a two count feast.

Colour coding 1: use one red club, one yellow club, one green club and six white clubs so that each feedee receives a red, a yellow and then a green club before they walk across the pattern.

Colour coding 2: use the natural set of clubs so that each feedee walks across the pattern when they receive green clubs. Everyone starts with a red and yellow club in their right hand and a green club in their left hand. The diagram shows this pattern.

Clockwise pass pass self runaround



Anne starts feeding a pass pass self feed. Ben and Clare are passing on three count. After his second pass Ben walks across the pattern to stand next to Anne. Ben juggles four count as he walks. Anne's next pass with Clare is her first pass of three count. Clare throws one self after this pass and then starts juggling a pass pass self feed.

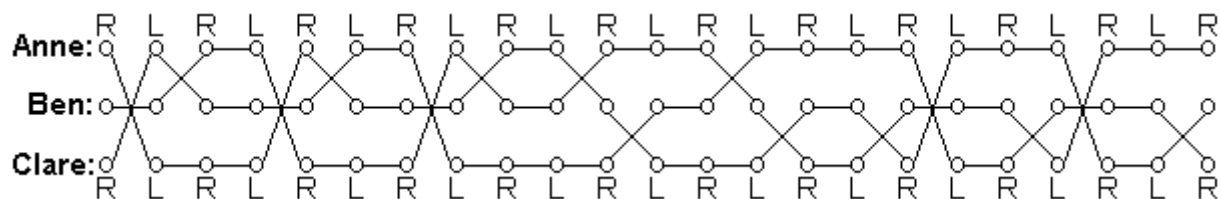
After three passes as a feedee Anne walks across the pattern to stand next to Clare. Anne juggles four count as she walks. Clare's next pass with Ben is her first pass of three count. Ben throws one self after this pass and then starts juggling a pass pass self feed.

Clare could walk across the pattern after three passes as a feedee and then Anne would become the feeder again. NB you do not have to walk after a set number of passes as a feedee. You can walk whenever you want. You can walk on a right hand pass or a left hand pass in this pattern.

If everyone always walks as soon as they can the sequence for this pattern is the quasar.

Colour coding: use the natural set of clubs so that Anne and Ben pass red clubs, Ben and Clare pass yellow clubs and Anne and Clare pass green clubs. If you use the magic set of clubs then the white clubs are always selfs.

Anticlockwise pass pass self runaround



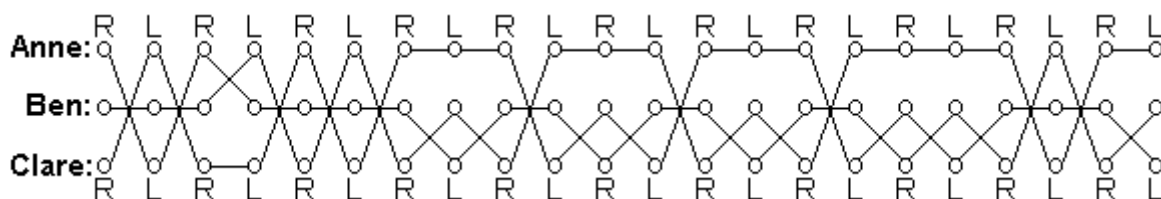
Anne starts feeding a pass pass self feed. Ben and Clare are passing on three count. After her third pass Clare walks across the pattern to stand next to Anne. Clare juggles four count as she walks. Anne's next pass with Ben is her last pass as the feeder. Ben throws one self after this pass and then starts juggling a pass pass self feed. So Anne ends up throwing two passes in a row to Ben with one self in between. The second pass is her first pass as a feedee.

After two passes as a feedee Anne walks across the pattern to stand next to Ben. Anne juggles four count as she walks. Ben's next pass with Clare is his last pass as the feeder. Clare throws one self after this pass and then starts juggling a pass pass self feed. So Ben ends up throwing two passes in a row to Clare with one self in between. The second pass is his first pass as a feedee.

Ben could walk across the pattern after three passes as a feedee and then Anne would become the feeder again. NB you do not have to walk after a set number of passes as a feedee. You can walk whenever you want. You can walk on a right hand pass or a left hand pass in this pattern.

If everyone always walks as soon as they can the sequence for this pattern is the anti quasar.

One count runaround



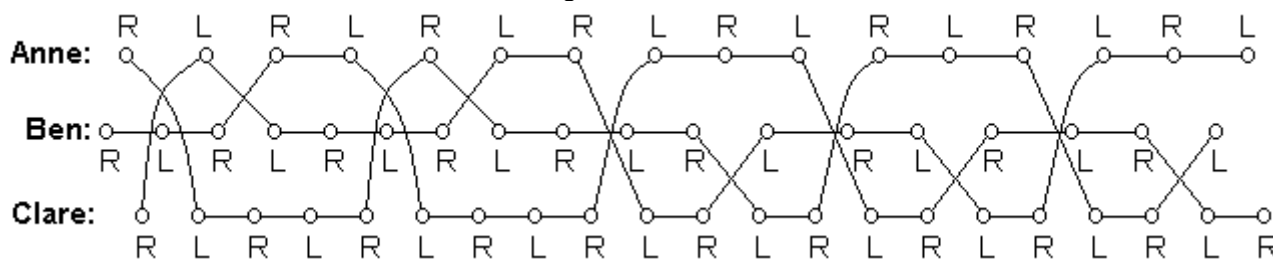
Anne starts feeding a one count feed. Ben is passing to Anne on pass pass self and Clare is passing on three count. After his first pass Ben walks across the pattern to stand next to Anne. Ben juggles four count as he walks. Anne's next two passes with Clare are her last passes as the feeder. After these passes Clare starts juggling a one count feed. Anne ends up throwing three passes in a row to Clare. The third pass is her first pass as a three count feedee.

After three passes as a feedee Anne walks across the pattern to stand next to Ben. Anne juggles four count as she walks. Clare's next two passes with Ben are her last passes as the feeder. After these passes Ben starts juggling a one count feed. Clare ends up throwing three passes in a row to Ben. The third pass is her first pass as a three count feedee.

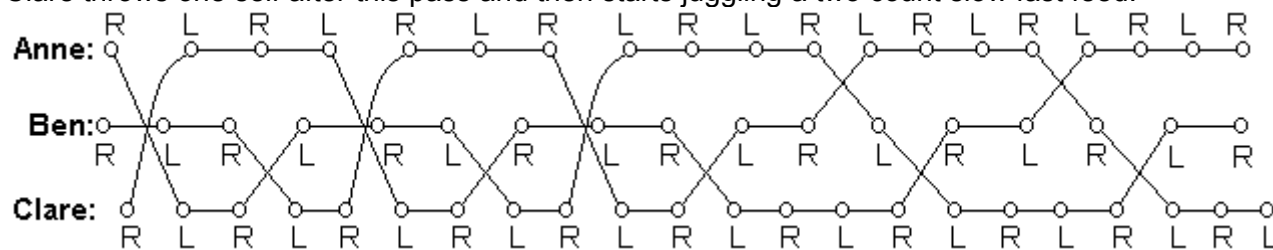
Clare could walk across the pattern after three passes as a feedee and then Anne would become the feeder again. NB you do not have to walk after a set number of passes as a feedee. You can walk whenever you want. You can walk on a right hand pass or a left hand pass in this pattern.

Rotating confusion

This is a runaround between two slow fast feeds. The first feed is pass pass self feeding four count. The second feed is two count feeding three count.



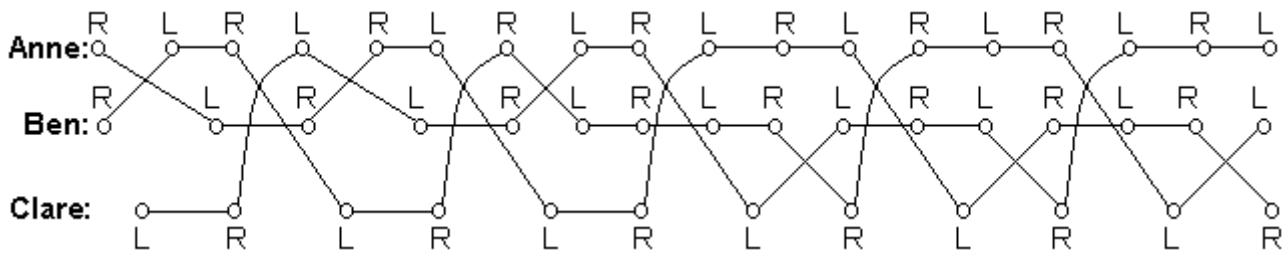
Anne starts feeding a pass pass self slow fast feed. Ben and Clare are passing on four count. After a straight right hand pass Ben walks across the pattern to stand next to Anne. He juggles four count as he walks and then becomes a feedee in three count. His first pass as a three count feedee is a straight right hand pass. Anne's next pass with Clare is her first pass of three count. Clare throws one self after this pass and then starts juggling a two count slow fast feed.



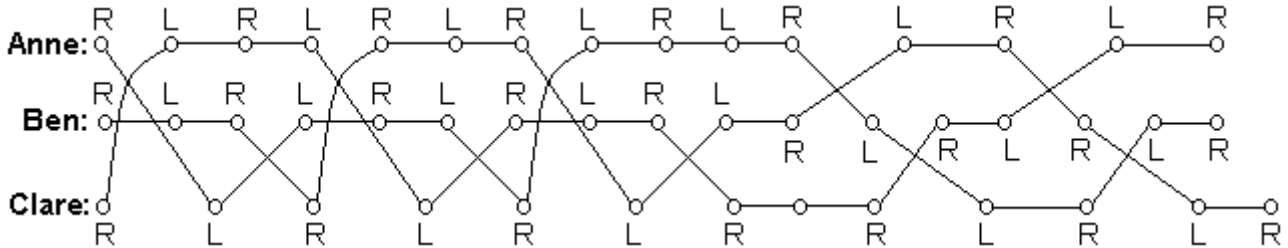
Now Clare is feeding a two count slow fast feed and Anne and Ben are passing on three count. After a straight right hand pass Anne walks across the pattern to stand next to Clare. She juggles four count as she walks and then becomes a feedee in four count. Her first pass as a four count feedee is a straight right hand pass. Clare's next pass with Ben is her first pass of four count. Ben throws one self after this pass and then starts juggling a pass pass self slow fast feed.

Each time a juggler walks the feed changes from a pass pass self slow fast feed to a two count slow fast feed or vice-versa. For any one juggler there are six positions in the pattern. For example Clare goes from four count to two count feeder to four count to three count to pass pass self feeder to three count and then back to four count.

Confusing rotation



This is a runaround between two slow fast feeds. The first feed is pass pass self feeding two count. The second feed is one count feeding three count. Anne starts feeding a pass pass self slow fast feed. Ben and Clare are passing on two count. After a straight right hand pass Ben walks across the pattern to stand next to Anne. He juggles four count as he walks and then becomes a feedee in three count. His first pass as a three count feedee is a crossing right hand pass. Anne's next pass with Clare is her first pass of three count. Clare then starts juggling a one count slow fast feed.



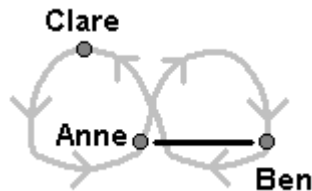
Now Clare is feeding a one count slow fast feed and Anne and Ben are passing on three count. After a straight right hand pass Anne walks across the pattern to stand next to Clare. She juggles four count as she walks and then becomes a feedee in two count. Her first pass as a two count feedee is a straight right hand pass. After Clare's next pass with Ben, Clare juggles one round of three count and then becomes a feedee in two count. Ben throws one self after this pass and then starts juggling a pass pass self slow fast feed.

Each time a juggler walks the feed changes from a pass pass self slow fast feed to a one count slow fast feed or vice-versa. For any one juggler there are six positions in the pattern. For example Clare goes from two count to one count feeder to two count to three count to pass pass self feeder to three count and then back to two count.

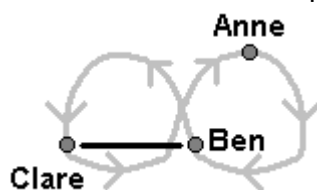
Other three person patterns with walking

Moveable feast weave

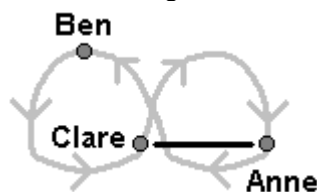
The three jugglers move like three balls in a giant cascade pattern. At the beginning of the pattern Anne and Ben are in the position of the giant's hands and Clare is in the air. When you are in one of the giant's hands you pass to the person in the other giant's hand. So Anne passes with Ben.



After this pass Anne gets thrown in the air by the giant and Clare gets caught by him. Ben remains in the giant's hand. This is shown by the arrows. Ben walks forward. Anne moves to her right and starts turning. Clare moves to her left to face Ben. Now Ben passes with Clare.



After this pass Ben gets thrown in the air by the giant and Anne gets caught by him. Clare remains in the giant's hand. This is shown by the arrows. Clare walks forward. Anne moves to her right to face Clare. Ben moves to his left and starts turning. Now Anne passes with Clare.



This last diagram is just like the first one except all the jugglers have moved around.

The underlying passing sequence for this pattern is a feast. It can be a four count feast or a three count feast or if you're feeling really energetic a two count feast. If you do a four count feast you juggle four count when you're in the giant's hands and eight count when you're in the air. If you do a three count feast you juggle three count when you're in the giant's hands and six count when you're in the air.

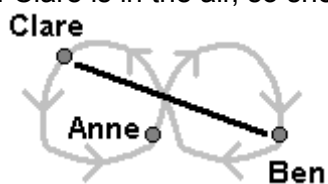
Colour coding: use the magic set of clubs so that the white clubs are passing clubs, Anne has red clubs for selfs, Ben has yellow clubs for selfs and Clare has green clubs for selfs.

Bruno's nightmare

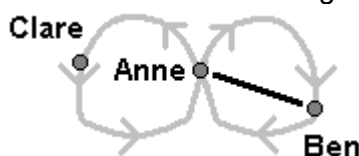
The jugglers move like three balls in a giant cascade pattern. At the start Anne and Ben are in the giant's hands and Clare is in the air. When you land in one of the giant's hands you feed on three count. When you are thrown in the air you pass on six count with the feeder. In our example Ben has just landed in the giant's hand, so he feeds on three count. The first pass as a feeder is with the person in the giant's other hand, so Ben passes with Anne. Clare starts with three selfs.



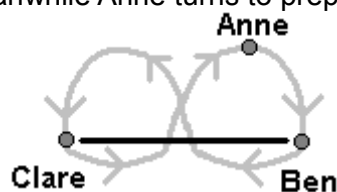
Anne gets thrown in the air by the giant, so she juggles right handed six count and walks forward. Ben's passes left handed with Clare. Clare is in the air, so she juggles left handed six count.



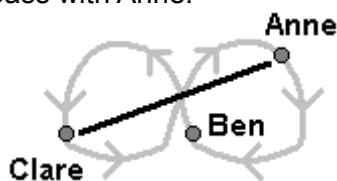
Anne walks in front of Clare to pass with Ben. Clare walks right, falling towards the giant's hand.



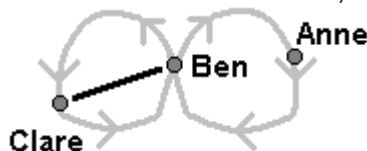
Clare lands in the giant's hand so she becomes a feeder on three count. Her first pass is with Ben who is in the other giant's hand. Meanwhile Anne turns to prepare for her next pass with Clare.



Ben gets thrown in the air by the giant, so he juggles left handed six count and walks forward. Clare's next pass is a right handed pass with Anne.



Ben walks in front of Anne to pass with Clare. Anne walks left, falling towards the giant's hand.



Anne lands in the giant's hand so she becomes a feeder on three count. Her first pass is with Clare who is in the other giant's hand. Meanwhile Ben turns as his next pass is with Anne.



This last diagram is just like the first one except all the jugglers have moved around.

Anne:

Ben:

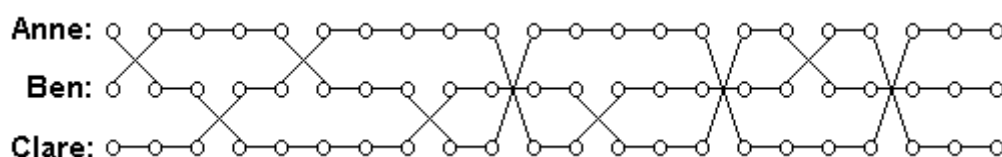
Clare:

Colour coding: use the magic set of clubs so that the white clubs are passing clubs, Anne has red clubs for selfs, Ben has yellow clubs for selfs and Clare has green clubs for selfs.

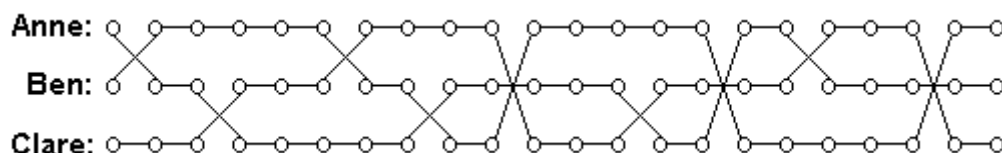
There is also a slower right handed Bruno's nightmare where the feeder passes on four count and the feedees pass on eight count.

Diagram illustrating a network structure with three rows of nodes (Anne, Ben, Clare) and connections between them. The nodes are arranged in a grid, and connections are shown between adjacent nodes in the same row and between nodes in adjacent rows.

Staffan's seven beat Bruno's nightmare

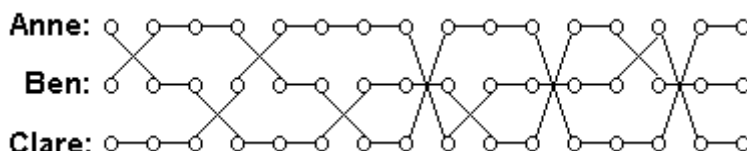


Another seven beat Bruno's nightmare



94

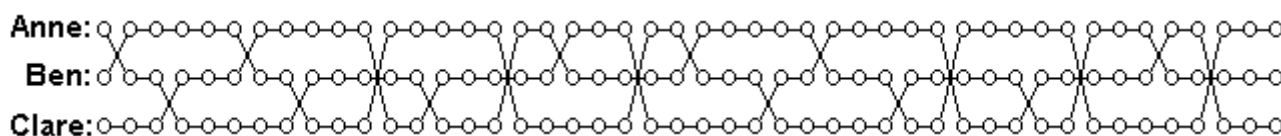
Staffan's five beat Bruno's nightmare



The jugglers move in the same way as Bruno's nightmare but in this pattern the feeder's sequence is pass self pass pass self. The feedees' sequence is three count four count three count. In this pattern the feeder starts in the giant's other hand i.e. the start is a mirror image of the start for the normal pattern. NB the passing sequence for this pattern is the same as the quasar!

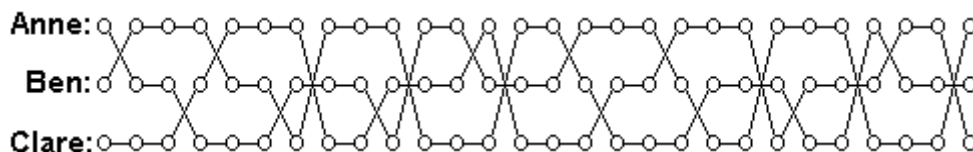
Colour coding: use the natural set of clubs so that Anne and Ben pass red clubs, Ben and Clare pass yellow clubs and Anne and Clare pass green clubs. If you use the magic set of clubs then the white clubs are always selfs.

Five count Bruno's nightmare



The jugglers move in the same way as Bruno's nightmare but in this pattern the feedees do five count. To make this work the feeders do pass self pass self self pass self in the giant's right hand and pass self self pass self pass self self in the giant's left hand. The diagram shows half the pattern. When it repeats it starts with the left hand!

Three count Bruno's nightmare

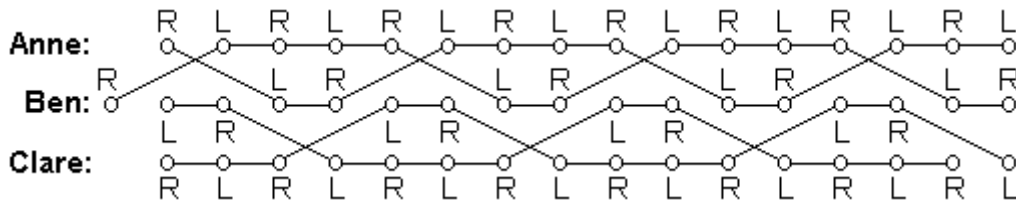


The jugglers move in the same way as Bruno's nightmare but in this pattern the feedees do three count. To make this work the feeders do pass self pass pass self in the giant's right hand and pass pass self pass in the giant's left hand. The diagram shows half the pattern. When it repeats it starts with the left hand!

Colour coding: six red clubs that are passing clubs and three white clubs that are always selfs.

Ten club feeds

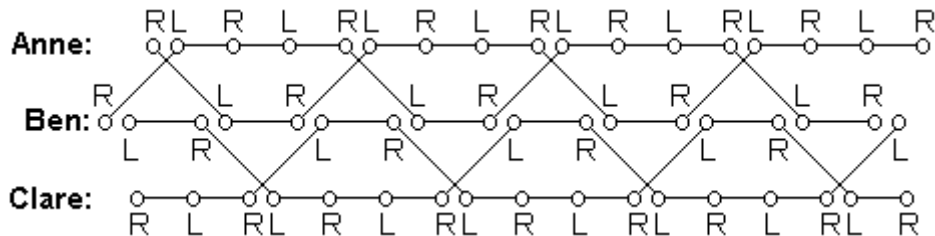
Ten club two count feed (double passes)



Ben starts with four clubs. He passes on two count alternating his passes to Anne and Clare. Anne and Clare start one beat later and pass on four count. Anne starts with a pass and Clare starts with two selfs. All the passes are straight double passes.

Colour coding: Ben passes red clubs with Anne and green clubs with Clare.

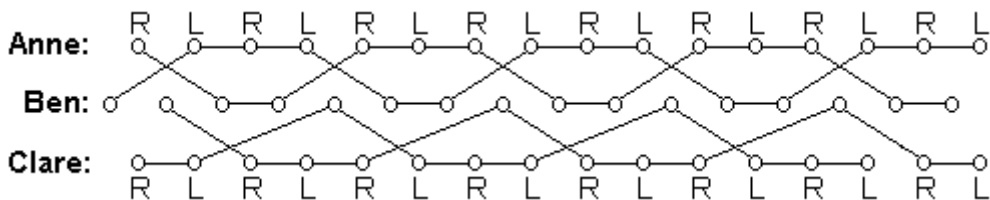
Ten club two count feed (single passes)



Ben starts with four clubs. He passes on two count alternating his passes to Anne and Clare. Anne and Clare start one beat later and pass on four count. Anne starts with a pass and Clare starts with two selfs. All the passes are straight single passes and the rhythm is slightly fudged.

Colour coding: Ben passes red clubs with Anne and green clubs with Clare.

Asynchronous ten club pass pass self feed (feeder throws single passes)

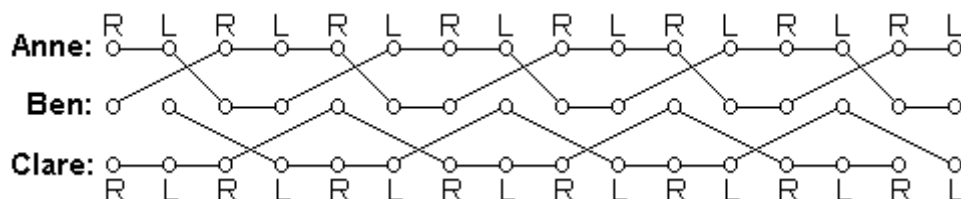


Ben starts with four clubs. His sequence is Anne Clare self and he throws straight single passes. Anne and Clare start half a beat later passing three count. Anne throws crossing single passes and starts with a pass. Clare throws straight double passes and starts with a self.

If Ben starts left handed, he throws crossing single passes, Anne throws straight single passes and Clare throws crossing double passes.

Colour coding: use five red clubs for passes and five green clubs for selfs.

Synchronous ten club pass pass self feed (feeder throws double passes)

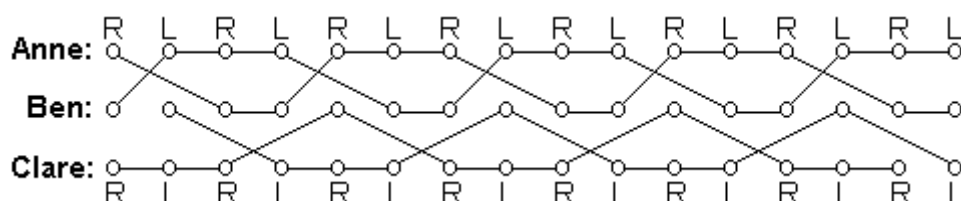


Ben starts with four clubs. His sequence is Anne Clare self and he throws crossing double passes. Anne and Clare start at the same time passing three count. Anne throws straight single passes and starts with a self. Clare throws crossing double passes and starts with two selfs.

If Ben starts left handed, the double passes are straight and the single passes cross.

Colour coding: use five red clubs for passes and five green clubs for selfs.

Synchronous ten club pass pass self feed (feeder throws single double self)

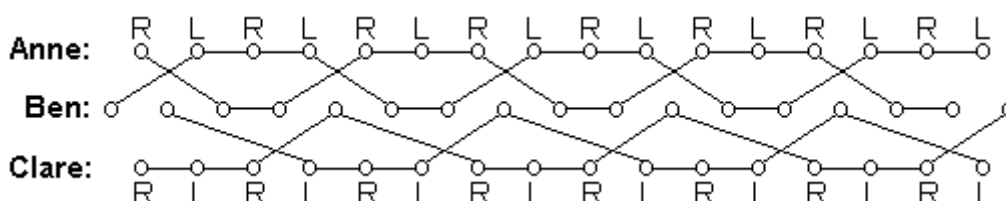


Ben starts with four clubs. His sequence is Anne Clare self and he throws straight single passes to Anne and crossing double passes to Clare. Anne and Clare start at the same time passing three count with crossing double passes. Anne starts with a pass and Clare starts with two selfs.

If Ben starts left handed, the single passes cross and the double passes are straight.

Colour coding: use five red clubs for passes and five green clubs for selfs.

Asynchronous ten club pass pass self feed (feeder throws single double self)

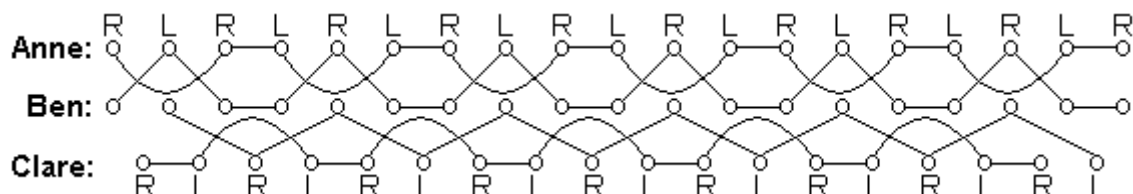


Ben starts with four clubs. His sequence is Anne Clare self and he throws straight single passes to Anne and crossing double passes to Clare. Anne and Clare start half a beat later passing three count with crossing single passes. Anne starts with a pass and Clare starts with two selfs.

If Ben starts left handed, he throws crossing single passes and straight double passes and Anne and Clare throw straight single passes.

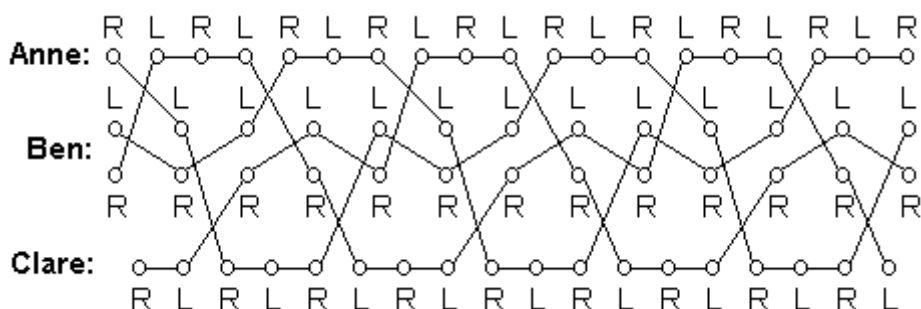
Colour coding: use five red clubs for passes and five green clubs for selfs.

Pass pass self feeding French three count



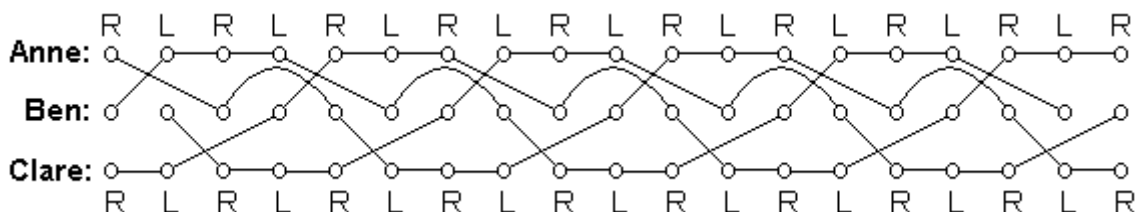
Ben starts with four clubs. His sequence is Anne Clare self and he throws straight single passes. Anne starts at the same time passing French three count with straight single passes. Anne's sequence is heff pass self. Clare starts half a beat later passing French three count with crossing single passes. Her sequence is self heff pass.

Synchronous two count slow fast feed



Ben starts with four clubs and feeds on a synchronous two count. His sequence is right hand pass to Anne and left hand self at the same time, then left hand pass to Clare and right hand self at the same time, then left hand pass to Anne and right hand self at the same time, then right hand pass to Clare and left hand self at the same time. All Ben's passes are straight single passes. Anne and Clare pass three count to Ben with straight single passes. Anne starts at the same time as Ben with a pass. Clare starts slightly after Ben with a self. Anne and Clare juggler faster than Ben.

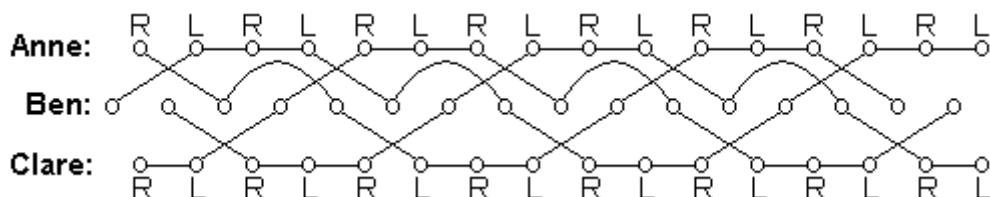
Pass pass heff feeding three count (synchronous version aka Ross's feed)



Ben starts with four clubs. His sequence is Anne Clare heff and he throws straight single passes. Anne and Clare start at the same time passing three count with crossing double passes. Anne starts with a pass and Clare starts with a self.

If Ben starts with his left hand, the single passes cross and the double passes are straight.

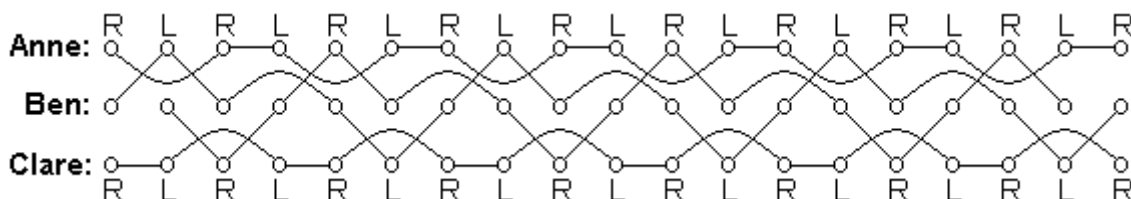
Pass pass heff feeding three count (asynchronous version)



Ben starts with four clubs. His sequence is Anne Clare heff and he throws straight single passes. Anne and Clare start half a beat later passing three count with crossing single passes. Anne starts with a pass and Clare starts with a self.

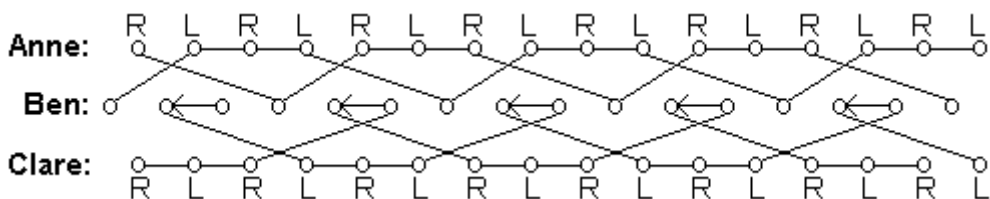
If Ben starts left handed, he throws crossing passes and Anne and Clare throw straight passes.

Pass pass heff feeding French three count



Ben starts with four clubs and his sequence is Anne Clare heff. Anne and Clare start at the same time passing French three count. Anne's sequence is heff pass self. Clare's sequence is self heff pass. Everyone throws straight single passes.

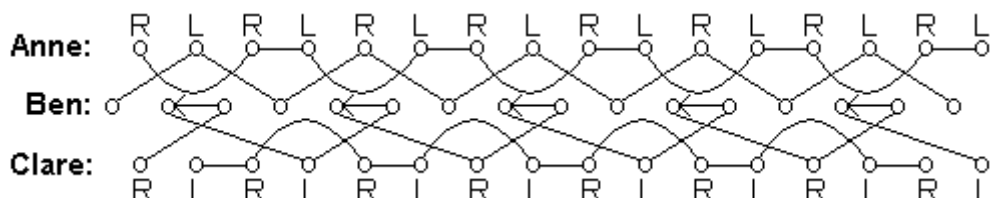
972 feeding three count



Ben starts with three clubs in his right hand and one club in his left hand. He juggles pass pass zip throwing straight single passes to Anne and crossing double passes to Clare. Ben's sequence is Anne Clare zip. Anne and Clare start half a beat later passing three count with crossing double passes. Anne starts with a pass and Clare starts with two selfs.

If Ben starts left handed, he throws crossing single passes and straight double passes and Anne and Clare throw straight double passes.

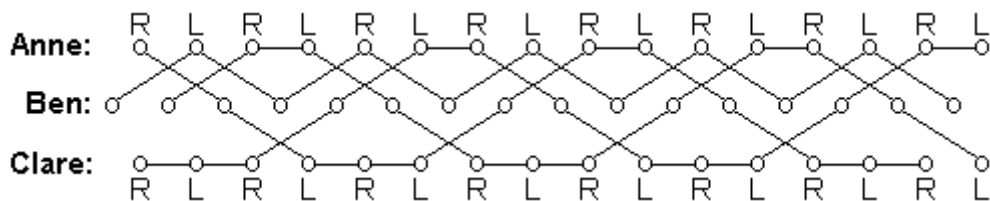
972 feeding French three count



Ben juggles pass pass zip throwing straight single passes to Anne and crossing double passes to Clare. His sequence is Anne Clare zip. Anne and Clare start half a beat later passing French three count with crossing single passes. Anne starts with a heff and Clare starts with four clubs and her first throw is a pass.

If Ben starts left handed, he throws crossing single passes and straight double passes and Anne and Clare throw straight passes.

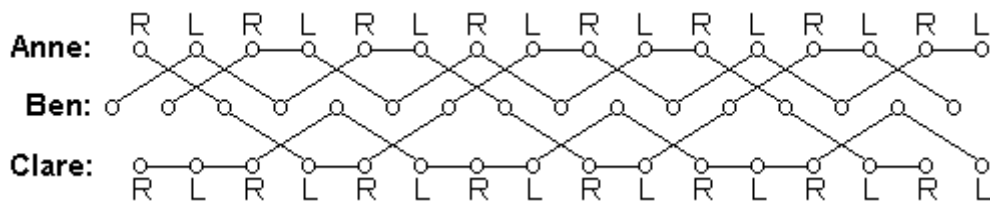
Ten club one count feed



Ben starts with four clubs and passes on one count with straight single passes. His sequence is Anne Anne Clare. Anne and Clare start half a beat later and throw crossing passes. Anne juggles pass pass self and starts with two passes. Clare passes on three count and starts with two selfs.

If Ben starts left handed, he throws crossing passes and Anne and Clare throw straight passes.

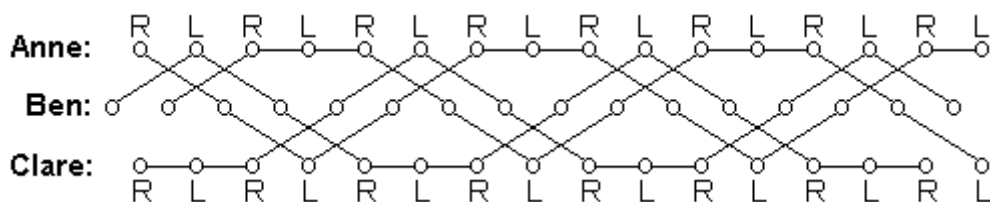
Ten club one count feed variation



Ben starts with four clubs and passes on one count with straight passes. His sequence is Anne Anne Clare Anne Clare. Anne and Clare start half a beat later and throw crossing passes. Anne passes bookends and Clare passes inverted bookends and starts with two selfs.

If Ben starts left handed, he throws crossing passes and Anne and Clare throw straight passes.

Ten club suburban terror feed

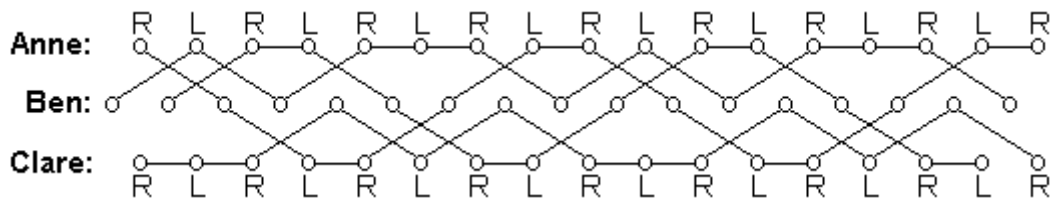


Ben starts with four clubs and passes on one count with straight single passes. His sequence is Anne Anne Clare Clare. Anne and Clare start half a beat later and juggling chocolate bar with crossing passes. Anne starts with two passes and Clare starts with two selfs.

If Ben starts left handed, he throws crossing passes and Anne and Clare throw straight passes.

Colour coding: Ben passes red clubs with Anne and green clubs with Clare.

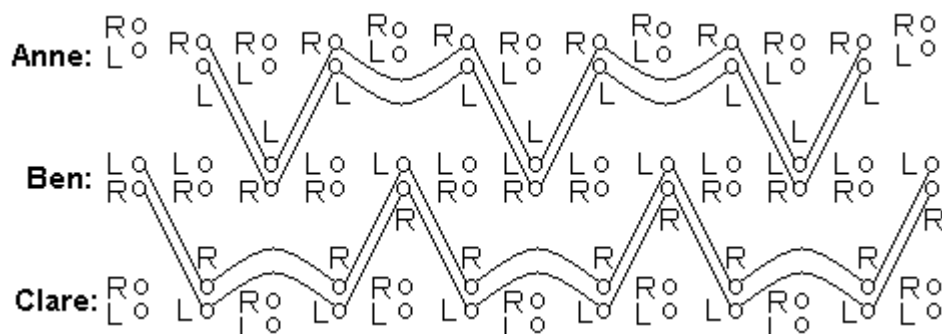
Ten club countdown feed



Ben starts with four clubs and feeds on one count. His sequence is Anne Anne Clare Anne Clare Clare Anne Clare. Anne and Clare pass to Ben with a countdown from three count. Anne's sequence is pass pass self pass self self pass self. Clare's sequence is self self pass self pass pass self pass. Ben throws straight passes and Anne and Clare throw crossing passes.

If Ben starts left handed, he throws crossing passes and Anne and Clare throw straight passes.

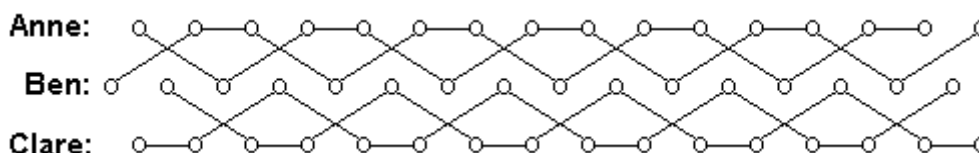
Synchronous ten club one count feed



Ben starts with four clubs. He feeds on synchronous one count, throwing two passes to Clare on one beat and two passes to Anne two beats later. Anne and Clare start one beat later and they juggle synchronous one count with heffs. Anne starts with four clubs and her first throws are two passes to Ben. Clare starts with two clubs and her first throws are two heffs.

Colour coding: six red clubs are always passes and four yellow clubs are always heffs.

Ten club gorilla



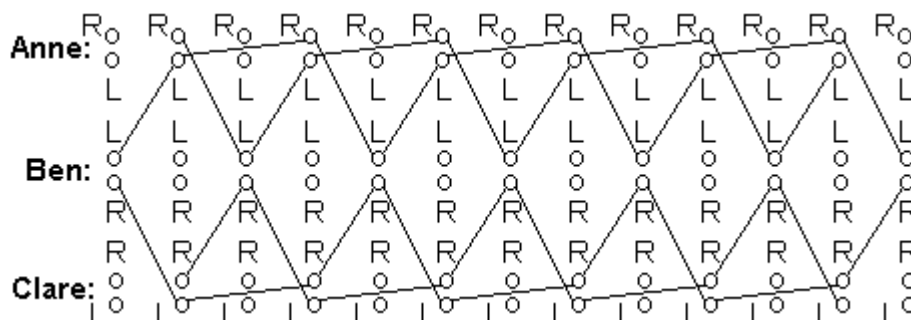
Ben starts with four clubs and passes on one count with crossing single passes. His sequence is Anne Clare and his first pass is left handed. Anne and Clare start half a beat later and throw straight passes. Anne juggles right handed two count and starts with a pass. Clare juggles left handed two count and starts with a self.

If Ben throws straight passes to Clare she can pass right handed two count with crossing passes. Then she starts one and a half beats after Ben with a right hand pass.

Ben can do a synchronous feed passing to Anne and Clare at the same time.

Colour coding: Ben passes red clubs with Anne and green clubs with Clare.

Dark gorilla

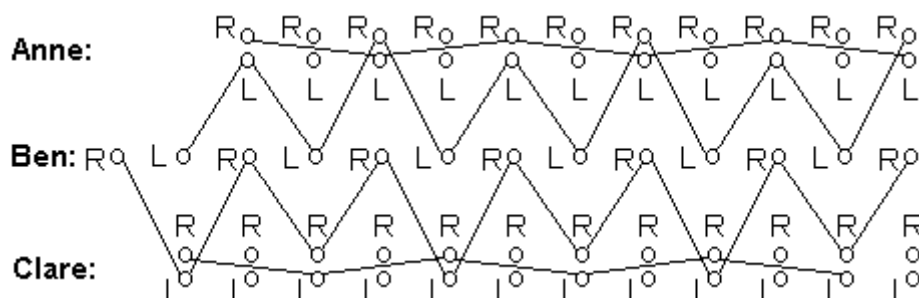


Ben starts with four clubs. He throws right hand straight single passes to Clare and left hand crossing single passes to Anne at the same time. Anne and Clare start one beat later passing the dark side of two count with Ben. Anne throws straight single passes and Clare throws crossing single passes.

Ben can do an asynchronous feed passing to Clare on one beat and Anne on the next beat.

Colour coding: Ben passes red clubs with Anne and green clubs with Clare.

Ambidextrous dark gorilla

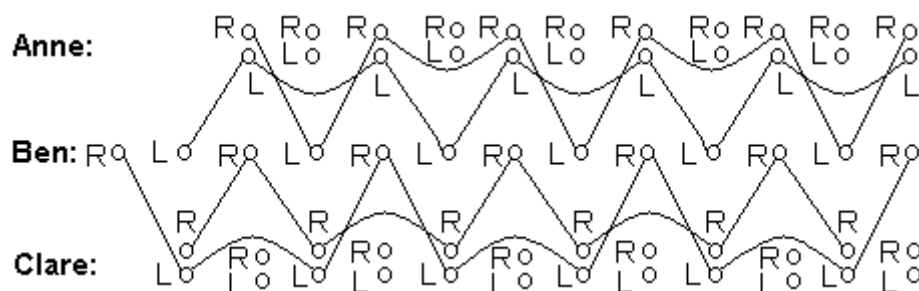


Ben starts with four clubs. His sequence is straight pass to Clare, crossing pass to Anne, crossing pass to Clare, straight pass to Anne. Anne and Clare pass to Ben juggling the ambidextrous variation of the dark side of two count. Clare starts one beat after Ben and her sequence is left hand pass and right hand crossing double self at the same time, then right hand pass and left hand crossing double self at the same time. All Clare's passes are singles to Ben's right hand. Anne starts two beats after Ben. Her sequence is the same as Clare's, but she passes to Ben's left hand.

Ben can do a synchronous feed passing to Anne and Clare at the same time.

Colour coding: Ben passes red clubs with Anne and green clubs with Clare.

Itchy gorilla

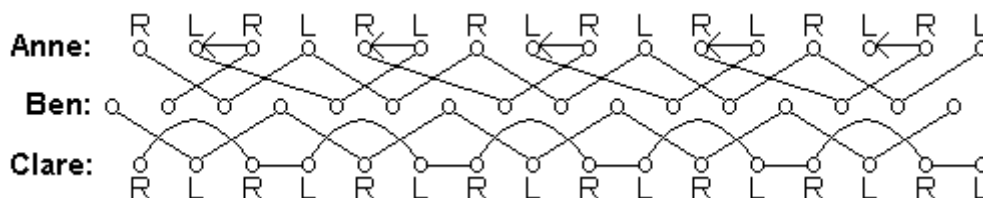


Ben starts with four clubs. His sequence is straight pass to Clare, crossing pass to Anne, crossing pass to Clare, straight pass to Anne. Anne and Clare pass to Ben juggling scratch your head. Their sequence is right hand pass and left hand heff at the same time, then left hand pass and right hand heff at the same time. Clare starts one beat after Ben and always passes to Ben's right hand. Anne starts two beats after Ben and Anne always passes to Ben's left hand.

Ben can do a synchronous feed passing to Anne and Clare at the same time.

Colour coding: Ben passes red clubs with Anne and green clubs with Clare. Anne and Clare have yellow clubs for heffs.

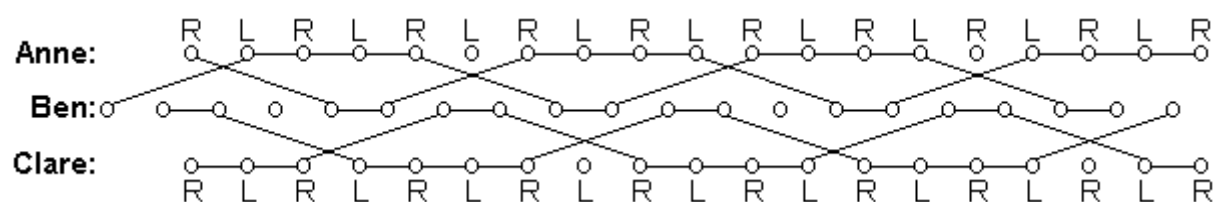
One count feeding 972 and French three count



Ben starts with four clubs and passes on one count with straight single passes. His sequence is Clare Anne Anne. Anne and Clare start half a beat later and throw crossing singles and straight doubles. Anne juggles 972. Her sequence is single double zip. Clare passes on French three count. Her sequence is heff pass self.

If Ben starts left handed, he throws crossing passes and Anne and Clare throw straight singles.

Ten club Jim's two count feed (ten club Rachel's feed)



Ben starts with four clubs and feeds on a Jim's style two count with straight double passes. His sequence is Anne self Clare hold self Anne self Clare self. Anne and Clare start half a beat later and do Jim's four count with crossing double passes. Anne's sequence is pass self self self pass hold self self self. Clare's sequence is self self pass self self self pass hold self.

If Ben starts left handed, he throws crossing passes and Anne and Clare throw straight passes.

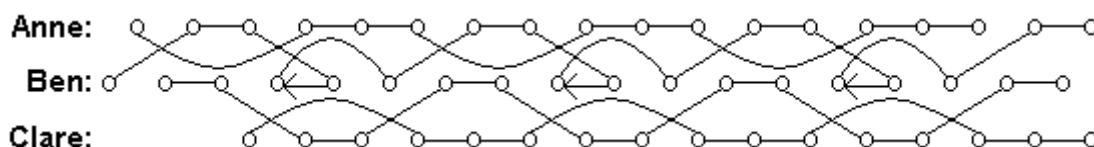
Three person ten club period 5 feeds

This section contains three person feeds made from period 5 four handed siteswaps. In all these patterns if everyone starts right handed then Ben's passes are straight and Anne's and Clare's passes cross. If Ben starts left handed then his passes cross and Anne's and Clare's are straight.

This list of feeds is not exhaustive as many period 5 patterns are interchangeable: Wherever you have why not? you could juggle Jim's two count, not why or not likely; instead of maybe you could juggle maybe not; funky bookends can be replaced with 77966 and there are three versions of five count popcorn.

You can also remove a club from some feeds if you replace five count popcorn with five club why not or you replace funky bookends with parsnip. Alternatively you can add a club to some feeds if you replace five club why not with five count popcorn or you replace parsnip with funky bookends.

Why not? feeding five count popcorn



Ben starts with four clubs. He feeds on why not? throwing straight passes. His sequence is Anne self Clare heff zip. Anne starts half a beat later passing five count popcorn with crossing passes to Ben. Her sequence is triple-self self pass self self. Clare starts two and a half beats later. Her sequence is the same as Anne's.

Colour coding: four red clubs, four green clubs and two blue clubs. Ben passes red clubs with Anne and green clubs with Clare. Ben's zips and selfs are always red clubs and his heffs are always green clubs. Anne and Clare each have a blue club that's always a triple-self.

Maybe feeding five count popcorn



Ben starts with four clubs. He feeds on maybe throwing straight passes. His sequence is Anne Clare self zip heff. Anne starts half a beat later passing five count popcorn with crossing passes to Ben. Her sequence is triple-self self pass self self. Clare starts one and a half beats later. Her sequence is the same as Anne's.

Bookends feed #1



Ben starts with four clubs. He feeds on bookends (77786) throwing straight passes. His sequence is Anne self Clare heff Clare. Anne and Clare start half a beat later and they throw crossing passes to Ben. Anne juggles five count popcorn and her sequence is triple-self self pass self self. Clare juggles why not? and her sequence is self pass heff zip pass.

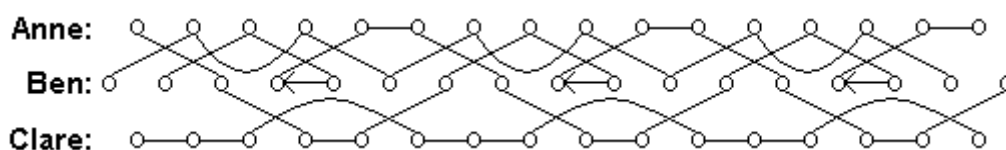
Bookends feed #2



Ben starts with four clubs. He feeds on bookends (77786) throwing straight passes. His sequence is Anne heff Clare Clare self. Anne and Clare start half a beat later and they throw crossing passes to Ben. Anne juggles five count popcorn and her sequence is triple-self self pass self self. Clare juggles maybe and her sequence is pass self zip heff pass.

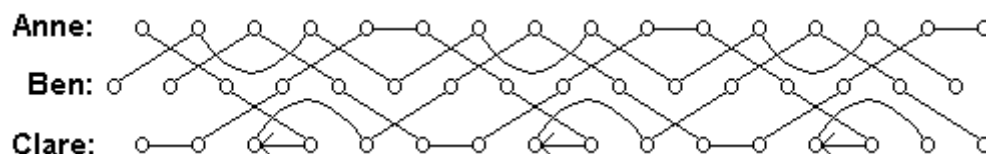
Colour coding: four red clubs, four green clubs and two blue clubs. Ben passes red clubs with Anne and green clubs with Clare. Ben's heffs are always red clubs and his selfs are always green clubs. Anne and Clare each have a blue club that they never pass.

Martin's one count feed



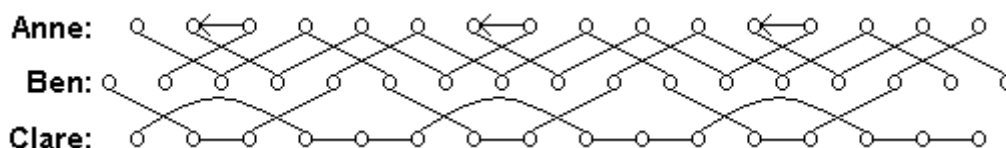
Ben starts with four clubs. He feeds on Martin's one count throwing straight passes. His sequence is Anne Anne Clare Anne zip. Anne and Clare start half a beat later and they throw crossing passes to Ben. Anne passes funky bookends and her sequence is pass heff pass pass self. Clare passes five count popcorn and her sequence is self self triple-self pass.

One count feed #1



Ben starts with four clubs. He feeds on one count throwing straight passes. His sequence is Anne Anne Clare Anne Clare. Anne and Clare start half a beat later and they throw crossing passes to Ben. Anne passes funky bookends and her sequence is pass heff pass pass self. Clare passes why not and her sequence is self pass heff zip pass.

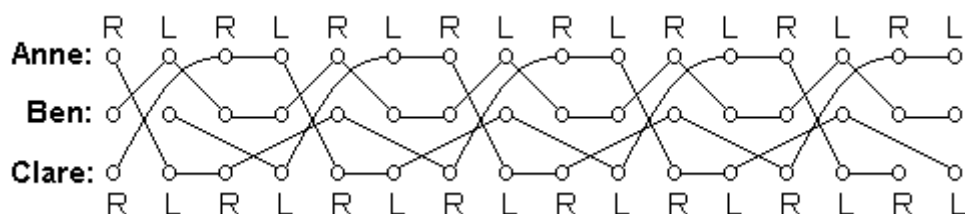
One count feed #2



Ben starts with four clubs. He feeds on one count throwing straight passes. His sequence is Clare Anne Anne Anne Anne. Anne and Clare start half a beat later and they throw crossing passes to Ben. Anne passes Martin's one count and her sequence is pass pass zip pass pass. Clare passes five count popcorn and her sequence is triple-self self pass self self.

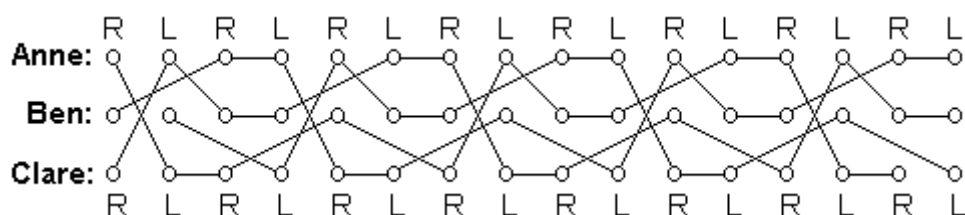
Ten club one count feasts

Synchronous ten club one count feast #1



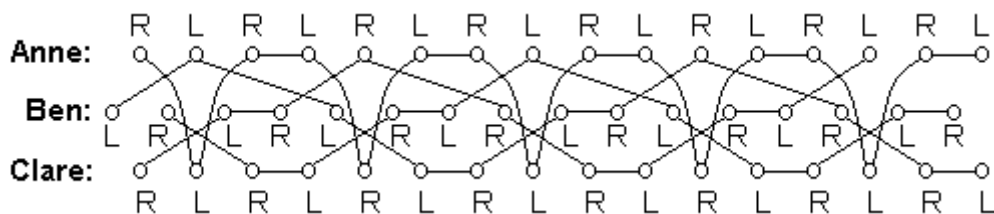
Anne throws straight single passes and her sequence is Clare Ben self. Ben starts with four clubs. He throws straight single passes to Anne and crossing double passes to Clare and his sequence is Anne Clare self. Clare throws crossing double passes and her sequence is Anne self Ben.

Synchronous ten club one count feast #2



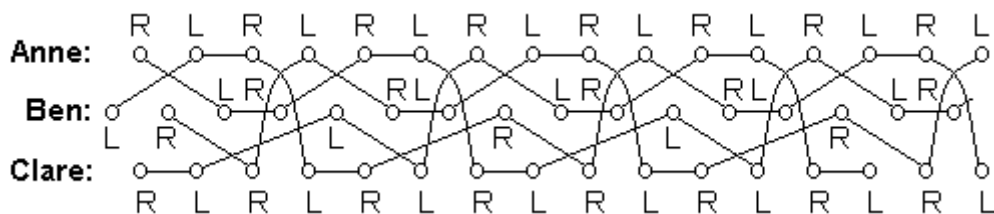
Anne throws straight single passes and her sequence is Clare Ben self. Ben starts with four clubs. He throws crossing double passes and his sequence is Anne Clare self. Clare throws straight single passes to Anne and crossing double passes to Ben and her sequence is Anne self Ben.

Asynchronous ten club one count feast #1



Ben starts with four clubs and his first throw is left handed. He throws crossing single passes and his sequence is Anne Clare self. Anne and Clare start half a beat later. Anne throws straight single passes to Clare and crossing double passes to Ben. Her sequence is Clare Ben self. Clare throws straight single passes and her sequence is Anne self Ben.

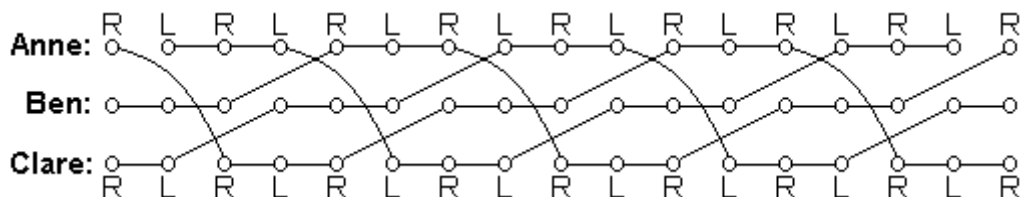
Asynchronous ten club one count feast #2



Ben starts with four clubs and his first throw is left handed. He throws crossing single passes and his sequence is Anne Clare self. Anne and Clare start half a beat later. Anne throws straight single passes and her sequence is Ben self Clare. Clare throws crossing double passes to Ben and straight single passes to Anne. Clare's sequence is self Ben Anne.

Symmetric ten club triangles

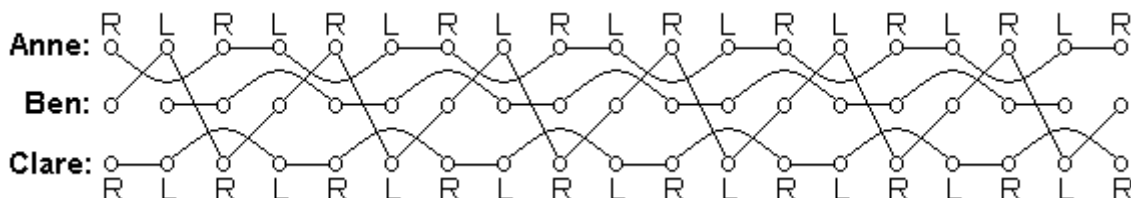
Ten club three count



Everyone starts at the same time passing three count with crossing double passes. Anne starts with four clubs. Her first throw is a pass and she passes to Clare. Ben starts with two selfs and passes to Anne. Clare starts with one self and passes to Ben.

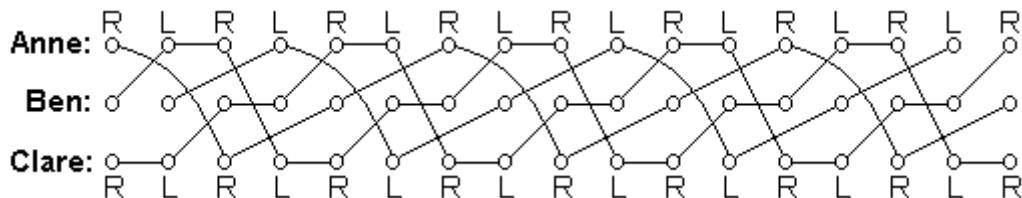
Colour coding: four red clubs that are always passed and six green clubs that are always selfs.

Ten club French three count



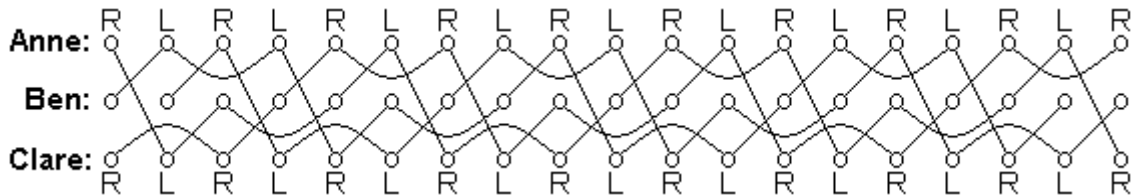
Everyone starts at the same time passing French three count with straight single passes. Anne starts with a heff and she passes to Clare. Ben starts with four clubs. His first throw is a pass and he passes to Anne. Clare starts with a self and passes to Ben.

Ten club pass pass self (single double self)



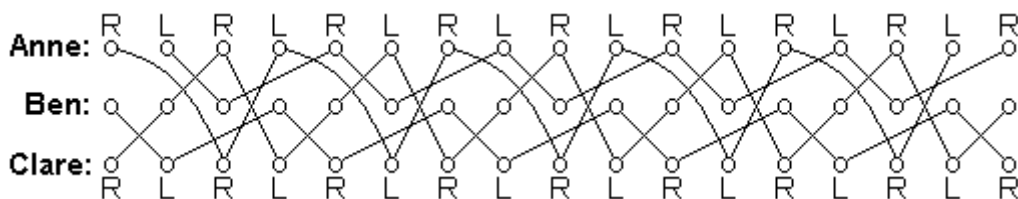
Everyone starts at the same time juggling single double self. The singles are straight and the doubles cross. Anne starts with a double pass and she passes to Clare. Ben starts with four clubs. His first throw is a single pass and he passes to Anne. Clare starts with a self and passes to Ben.

Ten club pass pass heff



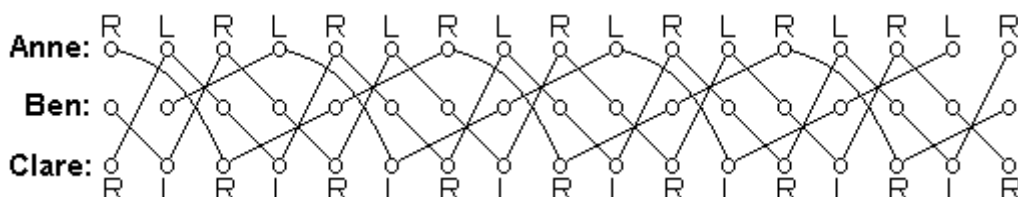
Everyone starts at the same time juggling pass pass heff. The passes are straight singles. Anne's sequence is Clare heff Clare. Ben starts with four clubs. His sequence is Anne Anne heff. Clare's sequence is heff Ben Ben.

Ten club one count #1



Everyone starts at the same time juggling one count. The passes are straight singles and crossing doubles. Anne starts with four clubs and her sequence is double to Clare Ben Clare. Ben's sequence is Clare Anne double to Anne. Clare's sequence is Ben double to Ben Anne.

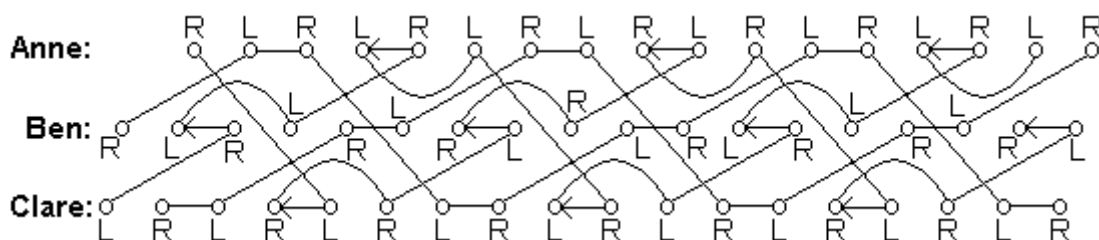
Ten club one count #2



Everyone starts at the same time juggling one count. The passes are straight singles and crossing doubles. Anne's sequence is double to Clare Ben Ben. Ben starts with four clubs. His sequence is Clare double to Anne Clare. Clare's sequence is Anne Anne double to Ben.

Colour coding: Anne and Ben pass red clubs, Ben and Clare pass yellow clubs, Anne and Clare pass green clubs and there are four white clubs which are always double passes.

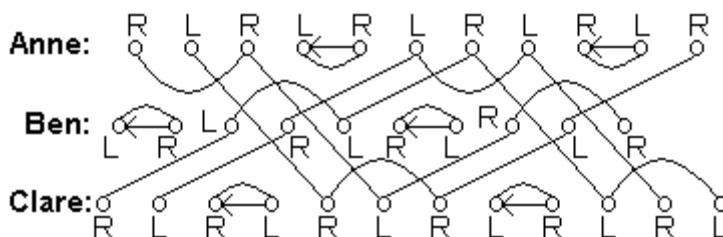
Why not? triangle



Everyone passes why not? with straight double passes. Clare starts with four clubs and passes to Ben. Her first pass is left handed and her sequence is pass self pass heff zip. Ben starts one third of a beat later and passes to Anne. His sequence is pass heff zip pass self. Anne starts one and a third beats after Ben and passes to Clare. Her sequence is pass self pass heff zip.

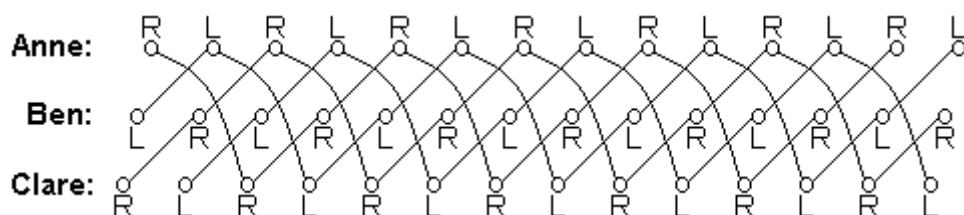
Alternative sequences: Jim's two count or not why.

Maybe triangle



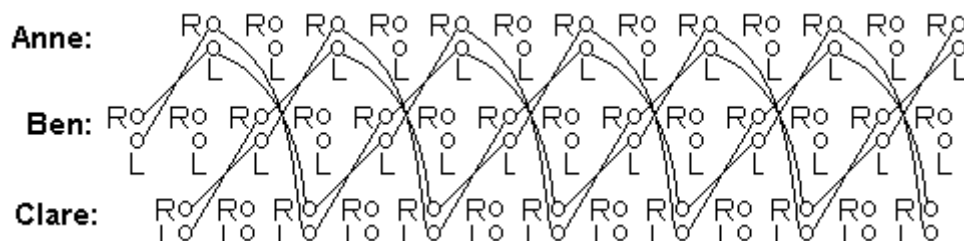
Everyone passes maybe with straight double passes. Clare starts with four clubs. Her sequence is Ben Ben self zip heff. Ben starts with two clubs one third of a beat later and his first throw is left handed. His sequence is self zip heff Anne Anne. Anne starts with four clubs a third of a beat after Ben. Her sequence is heff Clare Clare self zip.

Asynchronous one count triangle



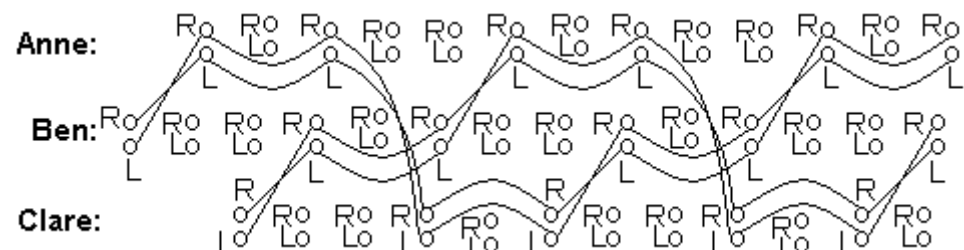
Everyone passes one count with crossing single passes to the person on their left. Clare starts with four clubs. Ben starts left handed a third of a beat after Clare. Anne starts a third of a beat later.

Synchronous one count triangle

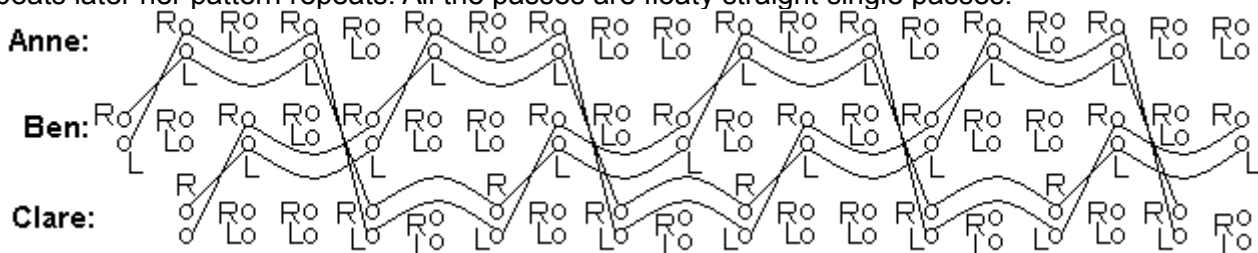


Everyone passes synchronous one count to the person on their left. Ben starts with four clubs and passes to Anne every two beats. Clare also starts with four clubs, two thirds of a beat later. She passes to Ben every two beats. Anne starts with two clubs, one and a third beats after Ben. She passes to Clare every two beats. All the passes are floaty single passes.

Synchronous one count triangle with heffs



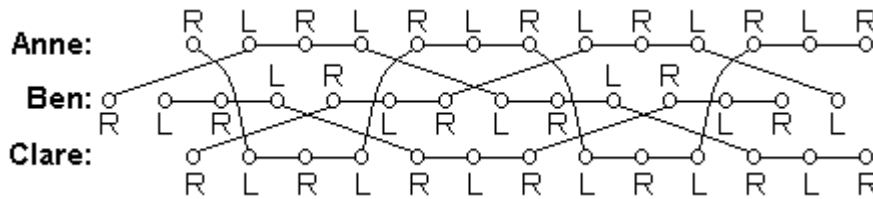
Everyone passes synchronous one count with heffs. Ben starts with four clubs and throws two passes to Anne. Three beats later he throws two heffs. Two beats later his pattern repeats. Anne starts one and a third beats later with two clubs. She throws two heffs. Two beats later she throws two passes to Clare. Three beats later her pattern repeats. Clare starts with four clubs one and two third beats after Ben. She throws two passes to Ben. Three beats later she throws two heffs. Two beats later her pattern repeats. All the passes are floaty straight single passes.



In this variation Ben starts with four clubs and throws two passes to Anne. Two beats later he throws two heffs. Two beats later he throws two passes to Anne. Three beats later he throws two heffs. Two beats later his pattern repeats. Anne and Clare start one beat after Ben. Anne starts with two clubs and throws two heffs. Two beats later she throws two passes to Clare. Two beats later she throws two heffs. Two beats later she throws two passes to Clare. Three beats later her pattern repeats. Clare starts with four clubs and throws two passes to Ben. Three beats later she throws two heffs. Two beats later she throws two passes to Ben. Two beats later she throws two heffs. Two beats later her pattern repeats.

Other ten club triangles

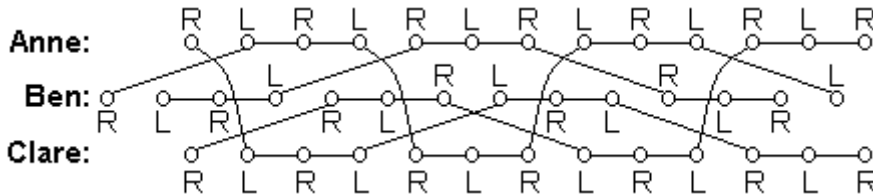
Isosceles triangle



Everyone passes on three count. Ben starts with four clubs and throws straight double passes. He throws his right hand passes to Anne and his left hand passes to Clare. Anne and Clare start one and a half beats later. Anne throws straight single right hand passes to Clare and crossing double left hand passes to Ben. Clare throws crossing double right hand passes to Ben and straight single left hand passes to Anne.

Colour coding: three red clubs for the double passes, one green club for the single passes and six white clubs for the selfs.

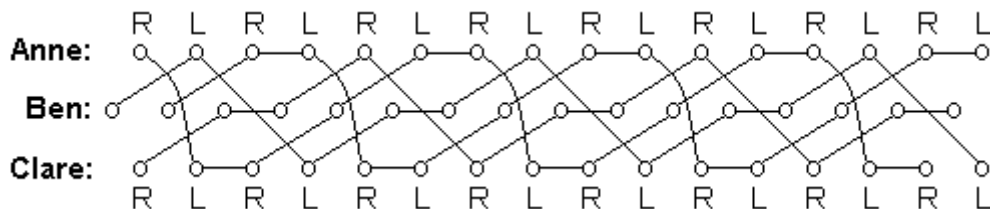
Isosceles triangle variation



Everyone passes on three count. Ben starts with four clubs and throws straight double passes. He throws two passes to Anne, then two passes to Clare. Anne and Clare start one and a half beats later. Anne throws two straight single passes to Clare, then two crossing double passes to Ben. Clare throws two crossing double passes to Ben, then two straight single passes to Anne.

Colour coding: two red clubs, two green clubs and six white clubs. The white clubs are always selfs and the red and green clubs are always passes. Ben always passes red clubs to Anne and green clubs to Clare. Also Anne's right hand single passes and Clare's left hand single passes are always red clubs, whereas Anne's left hand single passes and Clare's right hand single passes are always green clubs.

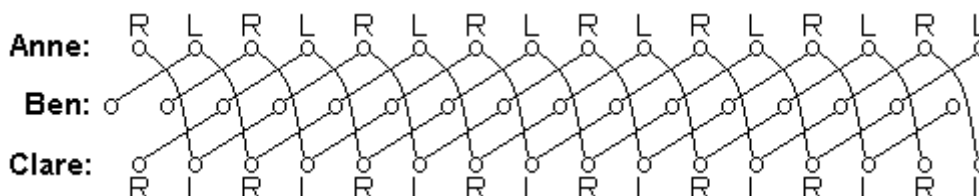
Asynchronous ten club pass pass self triangle



Everyone juggles pass pass self. Ben starts with four clubs and throws straight single passes to Anne. Anne and Clare start half a beat later. Anne throws all her passes to Clare and her sequence is single double self. Her singles are straight and her doubles cross. Clare throws crossing single passes and she throws all her passes to Ben. Her sequence is pass self pass.

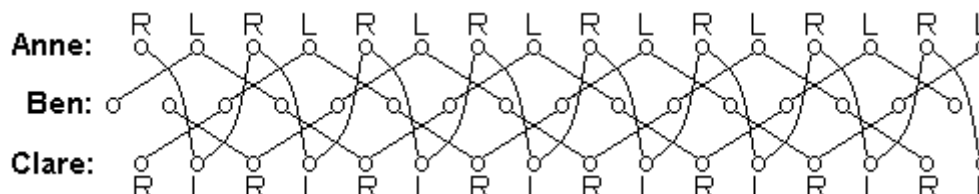
If Ben starts left handed, he throws crossing single passes and Clare throws straight single passes.

Ten club one count triangle #1 (ins and outs)



Everyone passes on one count. Ben starts with four clubs and throws straight single passes to Anne. Anne and Clare start half a beat later. Anne throws straight single passes to Clare. Clare throws crossing single passes to Ben.

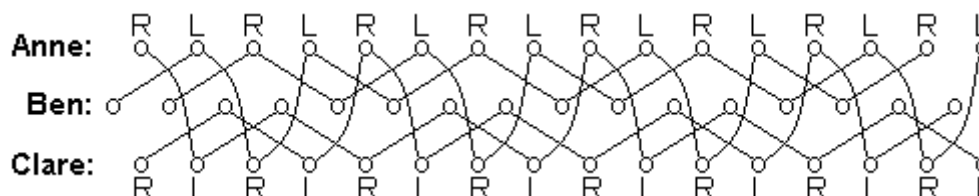
Ten club one count triangle #2 (ins or outs)



Everyone passes on one count on ins. Ben starts with four clubs and throws straight single passes. He throws his right hand passes to Anne and his left hand passes to Clare. Anne and Clare start half a beat later. Anne throws straight single passes to Clare with her right hand and crossing single passes to Ben with her left hand. Clare throws crossing single passes to Ben with her right hand and straight single passes to Anne with her left hand.

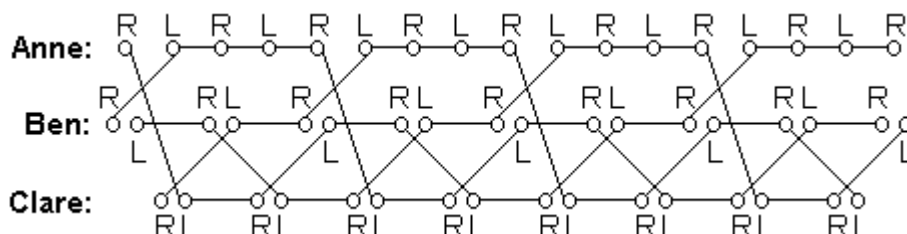
If Ben throws his first pass to Clare, Anne throws her first pass to Ben and Clare throws her first pass to Anne, then everyone passes one count on outs.

Ten club one count triangle #3 (in out out in)



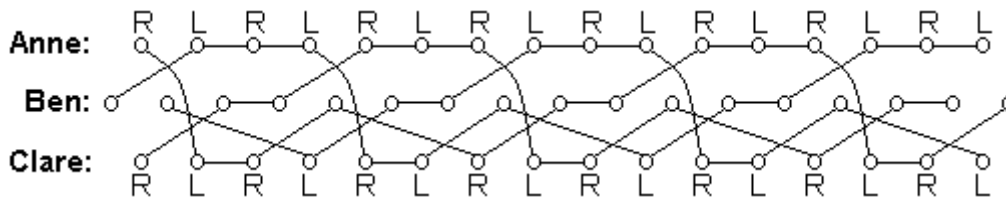
Everyone passes on one count. Ben starts with four clubs and throws straight single passes. His sequence is Anne Anne Clare Clare. Anne and Clare start half a beat later. Anne throws straight single passes to Clare and crossing single passes to Ben. Her sequence is Clare Clare Ben Ben. Clare throws crossing single passes to Ben and straight single passes to Anne. Her sequence is Ben Ben Anne Anne.

Ten club two count, two count, four count triangle



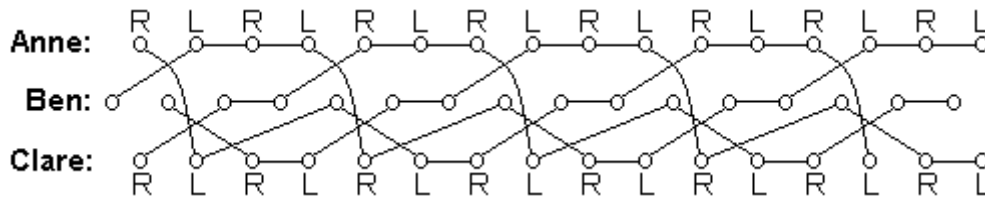
Ben starts with four clubs. He feeds on two count alternating his passes to Anne and Clare. Anne starts at the same time passing four count to Clare. Clare starts half a beat later passing two count to Ben. All the passes are straight single passes. Anne has to juggle slightly faster than Ben and Clare and Ben and Clare have a fudged rhythm.

Ten club Tarim's triangle (feeder throws single double self)



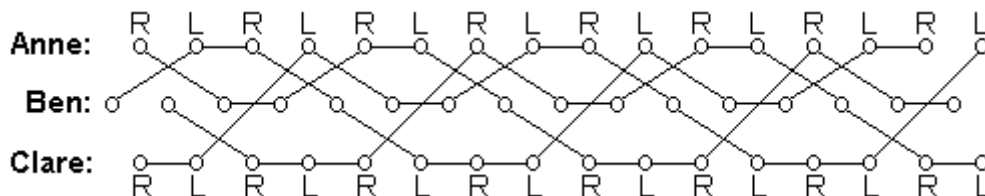
Ben starts with four clubs and juggles single double self. He passes straight singles to Anne and crossing doubles to Clare. Anne and Clare start half a beat later. Anne passes three count to Clare with straight single passes. Clare passes to Ben on pass self pass with crossing single passes.

Ten club Tarim's triangle (non feeder throws single double self)



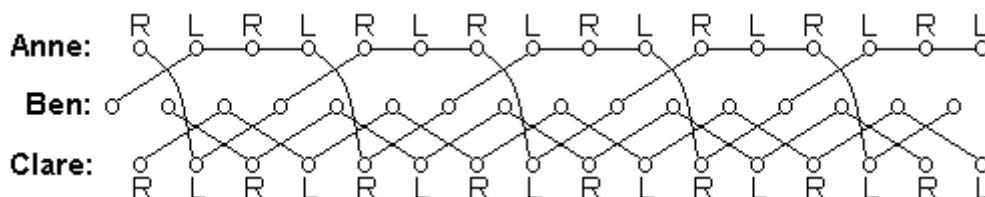
Ben starts with four clubs. His sequence is Anne Clare self and he throws straight single passes. Anne and Clare start half a beat later. Anne passes three count to Clare with straight single passes. Clare passes single double self to Ben with crossing singles and straight doubles.

Ten club Tarim's triangle variation (three counter throws doubles)



Ben starts with four clubs. His sequence is Anne Clare self and he throws straight single passes. Anne and Clare start half a beat later. Anne passes to Ben with crossing single passes. Her sequence is pass self pass. Clare passes to Anne on three count with crossing double passes. Clare starts with a self.

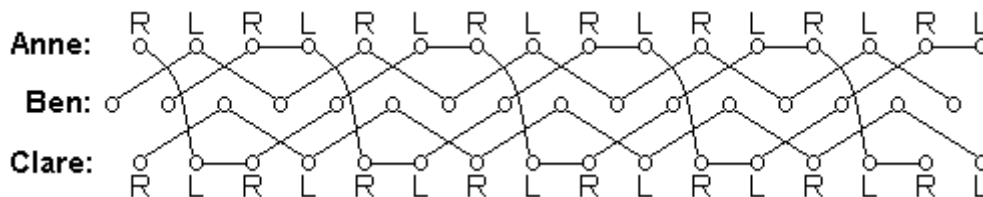
Ten club one count, one count, three count triangle



Ben starts with four clubs. He juggles one count throwing straight single passes. His sequence is Anne Clare Clare. Anne and Clare start half a beat later. Anne passes three count throwing straight singles to Clare. Clare passes to Ben on one count with crossing single passes.

If Ben starts left handed then he throws crossing passes and Clare throws straight passes.

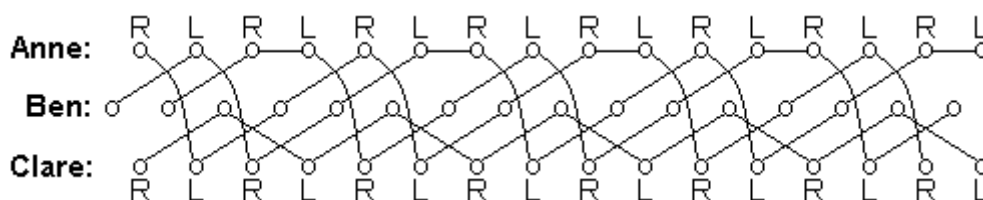
Ten club pass pass self, pass pass self, one count triangle



Ben starts with four clubs. He juggles one count throwing straight single passes. His sequence is Anne Anne Clare. Anne and Clare start half a beat later. Anne feeds on pass pass self throwing straight singles to Clare and crossing singles to Ben. Clare passes to Ben with crossing single passes. Clare's sequence is pass self pass.

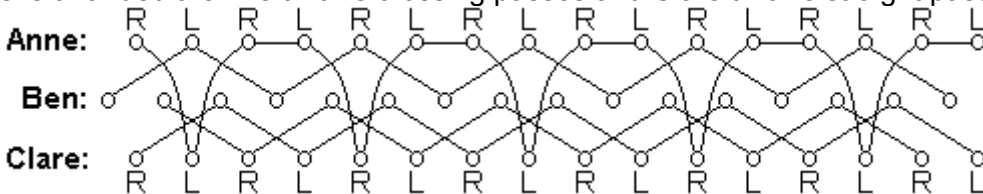
If Ben starts left handed then he throws crossing passes and Clare throws straight passes.

Ten club pass pass self, one count, one count triangle



Ben starts with four clubs. He passes one count with straight single passes. His sequence is Anne Anne Clare. Anne and Clare start half a beat later. Anne passes straight single passes to Clare. Her sequence is pass pass self. Clare passes one count to Ben with crossing single passes.

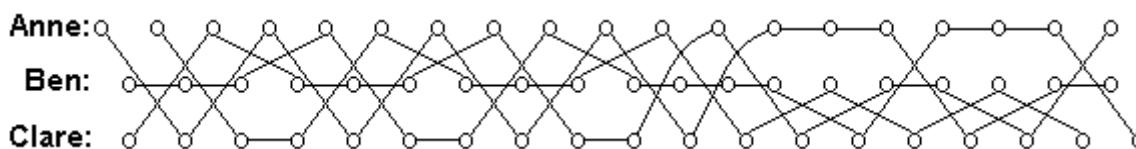
If Ben starts left handed then he throws crossing passes and Clare throws straight passes.



In this variation Anne feeds pass pass self with straight single passes. Her sequence is Clare Ben self. Ben starts with four clubs and he starts left handed. Ben's sequence is Anne Clare Clare and he throws crossing passes. Clare's sequence is Ben Anne Ben and she throws straight passes. Anne and Clare start half a beat after Ben.

Ten club one count runaround

Ten club one count runaround



This is just like the one count runaround with an extra club! At the start Anne is feeding a ten club one count feed, Ben is passing three count and Clare is passing pass pass self. At some point after a pass Ben decides to walk across the pattern and stand next to Anne. He has two and a half beats to do three selfs. He then passes to Clare on pass pass self. Anne makes three passes to Clare. The third pass is her first pass as a feedee on three count. Clare becomes the feeder and her sequence is Ben Ben Anne. In this pattern the first feeder throws straight passes, the next feeder throws crossing passes and so on.

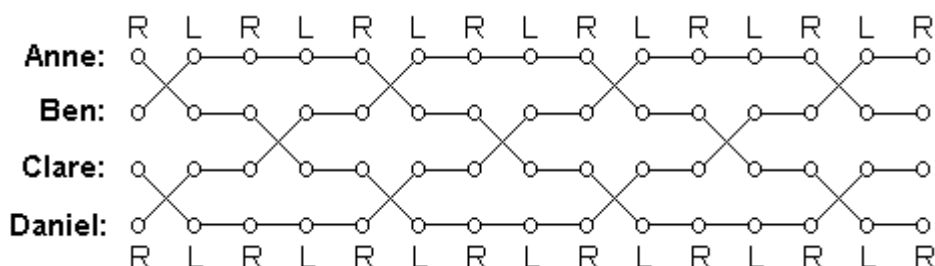
Four person feeds

In many four person feeds the jugglers stand in a square as shown below.



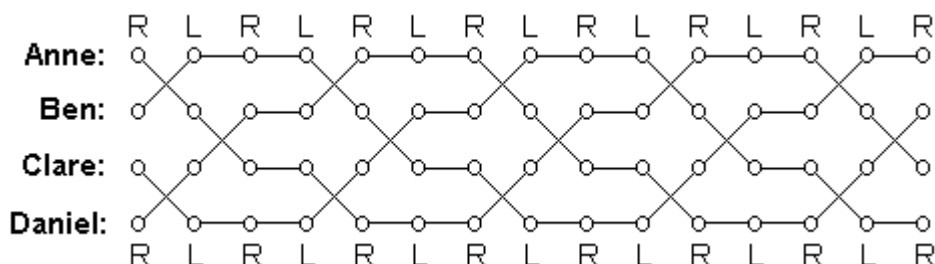
In N feeds there are two feeders and two feedees. In our examples Ben and Clare are feeders and Anne and Daniel are feedees. Ben feeds Anne and Clare and Clare feeds Ben and Daniel.

Two count N feed



Anne passes four count to Ben. Ben's sequence is Anne self Clare self. Clare's sequence is Daniel self Ben self. Daniel passes four count to Clare.

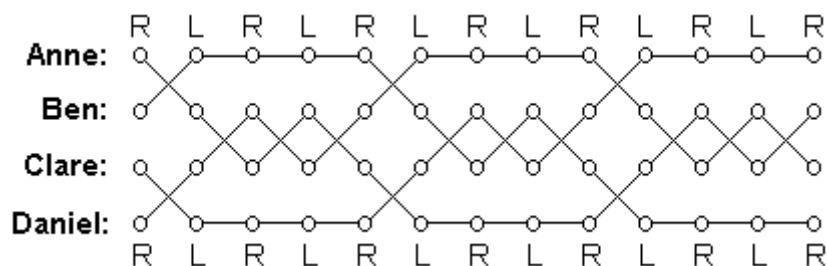
Pass pass self N feed



Anne passes three count to Ben. Ben's sequence is Anne Clare self. Clare's sequence is Daniel Ben self. Daniel passes three count to Clare.

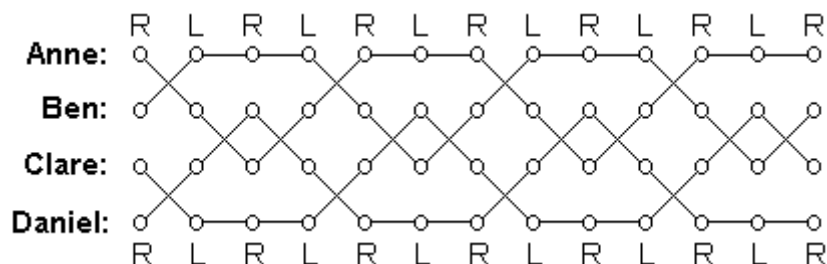
Colour coding: Anne and Ben pass red clubs, Ben and Clare pass yellow clubs, Clare and Daniel pass green clubs and everyone has white clubs for self.

One count N feed (feedees on four count)



Anne passes four count to Ben. Ben's sequence is Anne Clare Clare Clare. Clare's sequence is Daniel Ben Ben Ben. Daniel passes four count to Clare.

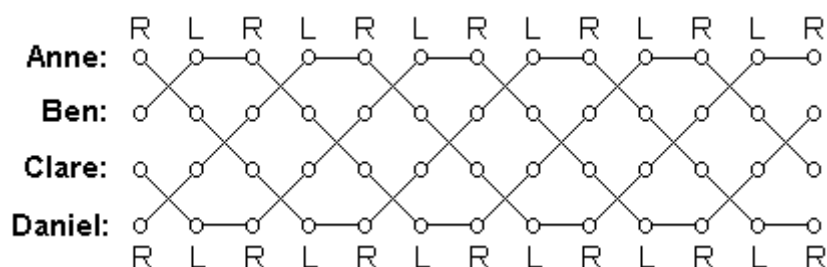
One count N feed (feedees on three count)



Anne passes three count to Ben. Ben's sequence is Anne Clare Clare. Clare's sequence is Daniel Ben Ben. Daniel passes three count to Clare.

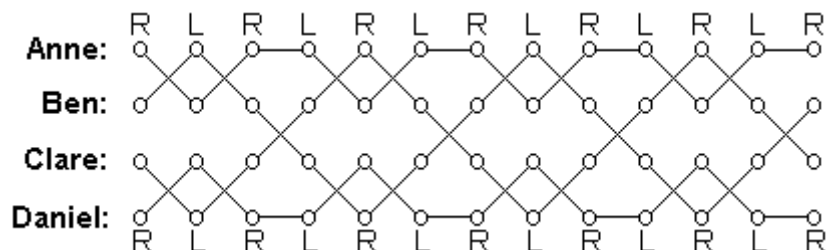
Colour coding: Anne and Ben pass red clubs, Ben and Clare pass yellow clubs, Clare and Daniel pass green clubs and everyone has white clubs for selfs.

One count N feed (feedees on two count)



Anne passes two count to Ben. Ben's sequence is Anne Clare. Clare's sequence is Daniel Ben. Daniel passes two count to Clare.

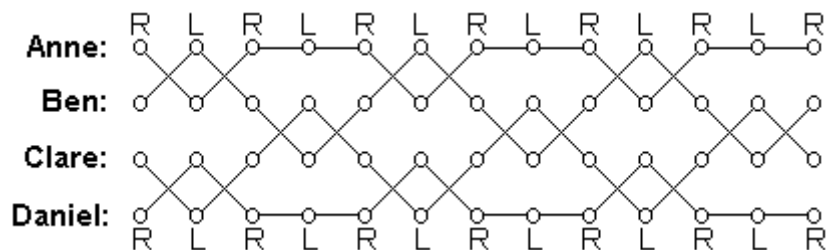
One count N feed (feedees on pass pass self)



Anne juggles pass pass self with Ben. Ben's sequence is Anne Anne Clare. Clare's sequence is Daniel Daniel Ben. Daniel juggles pass pass self with Clare.

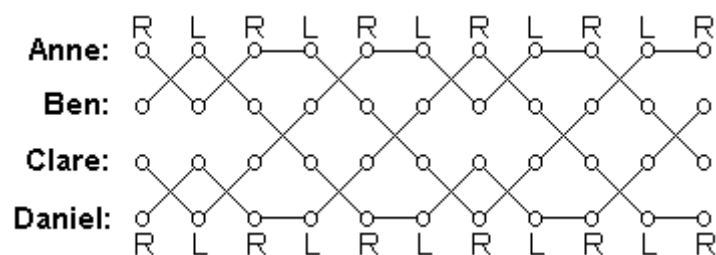
Colour coding: Anne and Ben pass red clubs, Ben and Clare pass yellow clubs, Clare and Daniel pass green clubs and everyone has white clubs for selfs.

One count N feed (feedees on chocolate bar)



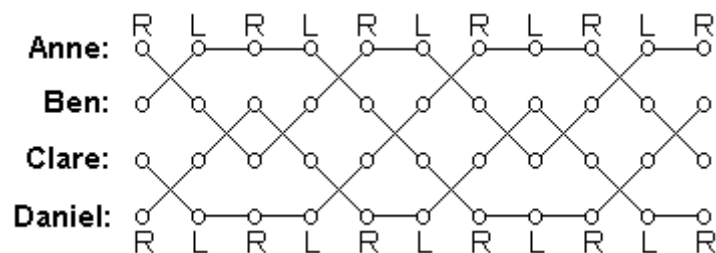
Anne passes chocolate bar with Ben. Ben's sequence is Anne Anne Clare Clare. Clare's sequence is Daniel Daniel Ben Ben. Daniel passes chocolate bar with Clare.

One count N feed (feedees on bookends)



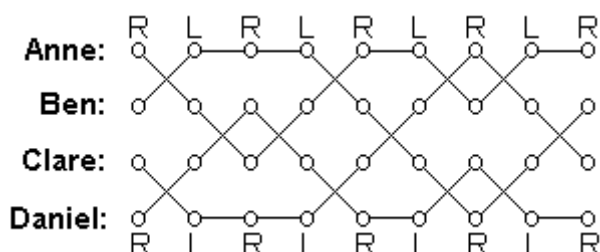
Anne passes bookends with Ben. Ben's sequence is Anne Anne Clare Anne Clare. Clare's sequence is Daniel Daniel Ben Daniel Ben. Daniel passes bookends with Clare.

One count N feed (feedees on inverted bookends)



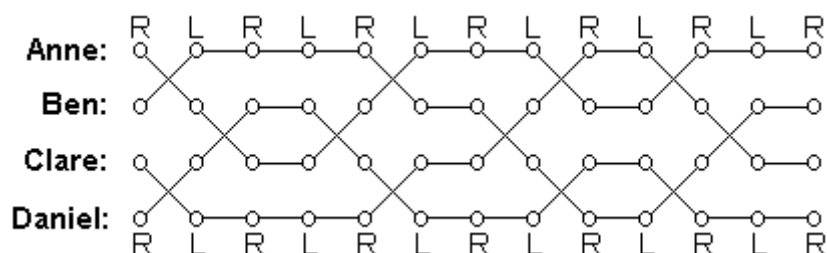
Anne passes inverted bookends with Ben. Ben's sequence is Anne Clare Clare Anne Clare. Clare's sequence is Daniel Ben Ben Daniel Ben. Daniel passes inverted bookends with Clare.

Countdown feed



Anne passes to Ben on a countdown from three count. Ben's sequence is Anne Clare Clare Anne Clare Anne Anne Clare. Clare's sequence is Daniel Ben Ben Daniel Ben Daniel Daniel Ben. Daniel passes to Clare on a countdown from three count.

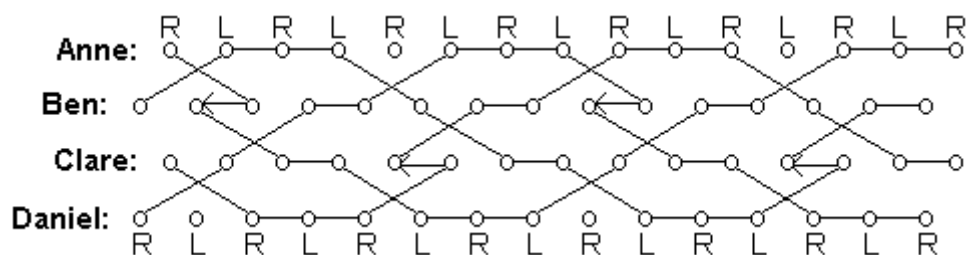
Civil war feed



Anne passes to Ben on a countdown from four count to two count. Ben's sequence is Anne Clare self Clare Anne self Clare Anne self Anne Clare self. Clare's sequence is Daniel Ben self Ben Daniel self Ben Daniel self Daniel Ben self. Daniel passes to Clare on a countdown from four count to two count.

Colour coding: two red clubs that are always the four count pass, two green clubs that are always the two count pass, four blue clubs that are the three count passes and four yellow clubs that are always selfs.

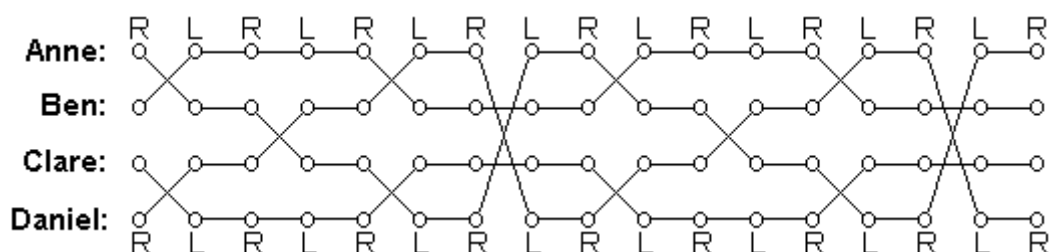
Mild madness feed



Anne passes Jim's three count with Ben. Her sequence is pass self self pass hold self self. Ben does a mild madness feed with Anne and Clare. His sequence is Anne Clare zip self Anne Clare self. Clare does a Martin's madness feed with Daniel and Ben. Her sequence is Daniel Ben self Daniel Ben zip self. Daniel passes Jim's three count with Clare. His sequence is pass hold self self pass self self. Ben and Daniel throw straight passes. Anne and Clare start half a beat after Ben and Daniel and they throw crossing passes.

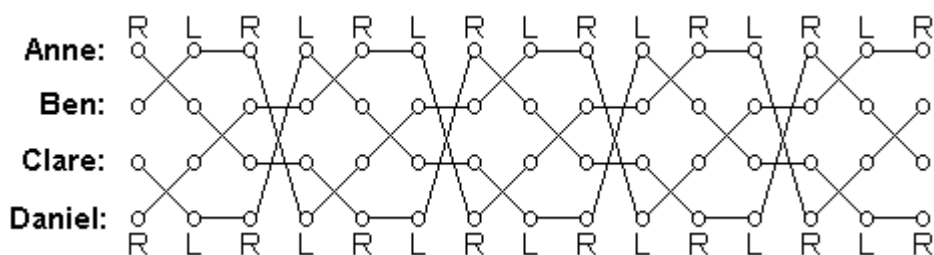
Colour coding: Anne and Ben pass red clubs, Ben and Clare pass yellow clubs, Clare and Daniel pass green clubs and everyone has white clubs for self.

Mixed count feed



Everyone alternates between a two count feed and four count. Anne's sequence is Ben self self Ben self Daniel self. Ben's sequence is Anne self Clare self Anne self self self. Clare's sequence is Daniel self Ben self Daniel self self self. Daniel's sequence is Clare self self self Clare self Anne self.

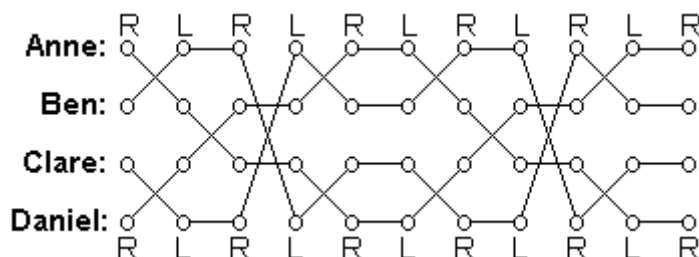
Pass pass self box



Everyone does a pass pass self feed. Anne's sequence is Ben self Daniel. Ben's sequence is Anne Clare self. Clare's sequence is Daniel Ben self. Daniel's sequence is Clare self Anne.

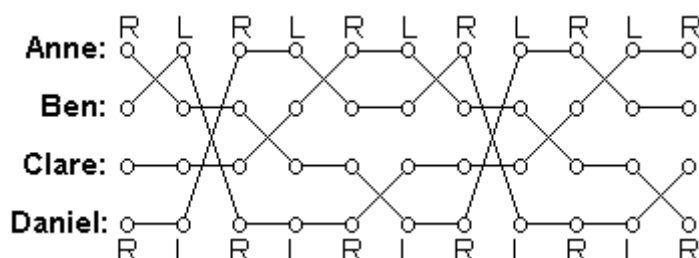
Colour coding: Anne passes red clubs with Ben and yellow clubs with Daniel, Clare passes blue clubs with Ben and green clubs with Daniel and everyone has white clubs for self.

Bookends box



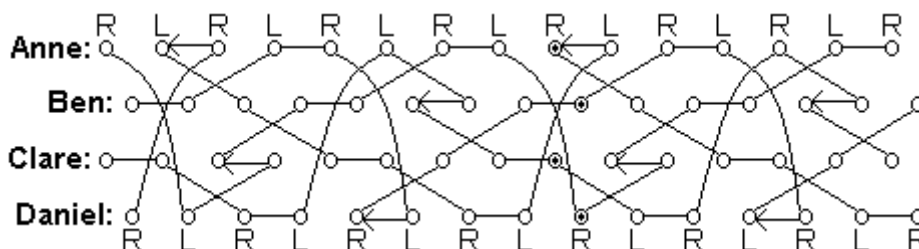
Everyone juggles bookends. Anne's sequence is Ben self Daniel Ben self. Ben's sequence is Anne Clare self Anne self. Clare's sequence is Daniel Ben self Daniel self. Daniel's sequence is Clare self Anne Clare self.

Bookends/inverted bookends box



Anne and Ben pass bookends and Clare and Daniel pass inverted bookends. Anne's sequence is Ben Clare self Ben self. Ben's sequence is Anne self Clare Anne self. Clare's sequence is self self Ben self Daniel. Daniel's sequence is self Anne self self Clare.

Mild madness box

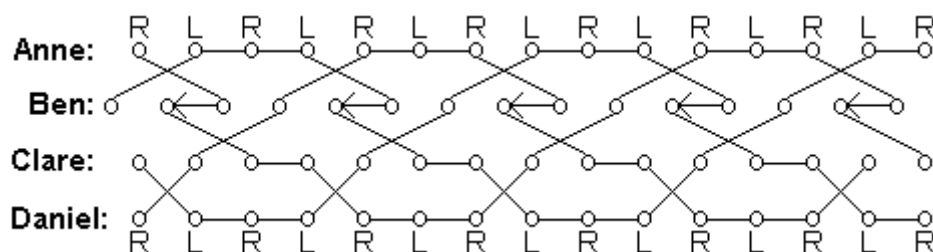


Anne and Clare do a Martin's mildness feed and Ben and Daniel do a Martin's madness feed. Anne's sequence is Daniel Ben zip self Daniel Ben self. Ben's sequence is self Anne Clare self Anne Clare zip. Clare's sequence is self Daniel Ben zip self Daniel Ben. Daniel's sequence is Anne Clare self Anne Clare zip self. Anne and Clare throw straight passes. Ben and Daniel start half a beat after Anne and Clare and they throw crossing passes.

Everyone can start with a pass. Anne starts with two clubs in her left hand, but starts with a right hand pass. Her sequence is Ben zip self Daniel Ben self Daniel. Ben's sequence is Anne Clare self Anne Clare zip self. Clare's sequence is Daniel Ben self Daniel Ben zip self. Daniel's sequence is Clare self Anne Clare zip self Anne. This alternative start is marked with '+' signs.

Colour coding: Anne passes red clubs with Ben and yellow clubs with Daniel, Clare passes blue clubs with Ben and green clubs with Daniel and everyone has white clubs for selfs

Pass pass self/pass pass zip feed

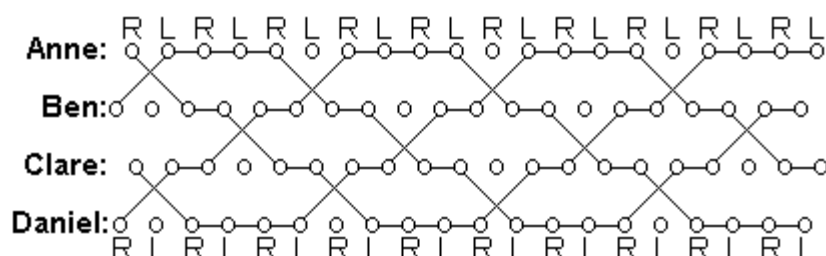


Ben feeds on pass pass zip, Clare feeds on pass pass self and Anne and Daniel pass on three count. Ben's sequence is Anne Clare zip. Anne, Clare and Daniel start half a beat later. Clare's sequence is Daniel Ben self. Anne passes three count to Ben and Daniel passes three count to Clare. Ben throws straight passes and Anne, Clare and Daniel throw crossing passes.

Alternative sequence for Anne and Daniel: pass self pass. They can pass on every third beat.

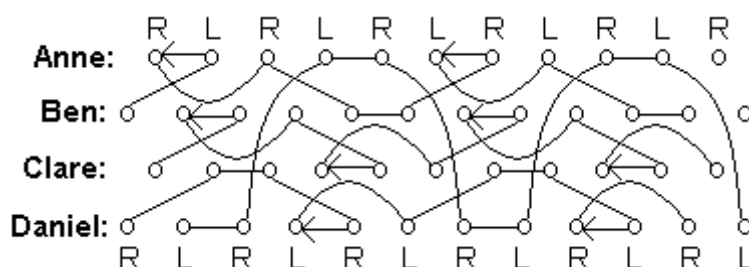
If Ben starts left handed then he throws crossing passes and everyone else throws straight passes.

Jim's two count feed (Rachel's feed for four)



Ben and Clare feed on a Jim's style two count. Anne passes to Ben on a Jim's style four count. Daniel passes to Clare on a Jim's style four count. Ben and Daniel throw straight passes and Anne and Clare start half a beat later and throw crossing passes. The diagram shows half the pattern. It repeats with everyone starting left handed.

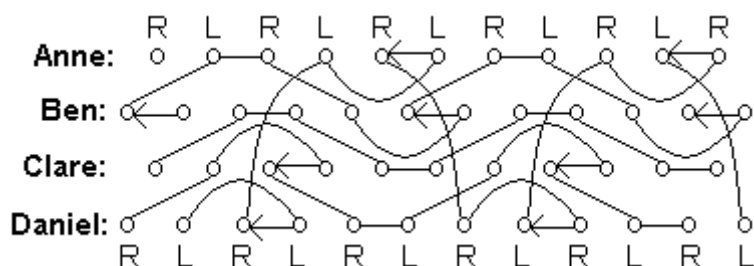
Why not? box



Everyone passes why not? with two other people. Ben and Daniel start at the same time and throw straight passes. Ben's sequence is Anne heff zip Clare self. Daniel starts with four clubs and his sequence is Clare self Anne heff zip. Anne and Clare start half a beat later and throw crossing passes. Anne starts with two clubs and her sequence is heff zip Ben self Daniel. Clare's sequence is Ben self Daniel heff zip.

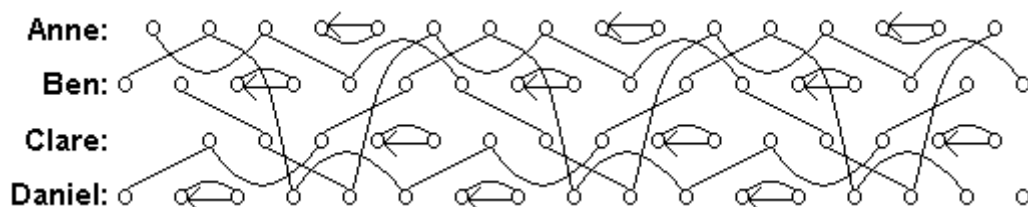
Alternative sequence for everyone: Jim's two count.

Not why box



Everyone passes not why with two other people. Ben and Daniel start at the same time and throw straight passes. Ben starts with two clubs in his left hand but starts with a right hand pass. Ben's sequence is Anne zip self Clare heff. Daniel starts with four clubs and his sequence is Clare heff Anne zip self. Anne and Clare throw crossing passes. Anne starts with two clubs and starts one and a half beats later. Her first throw is left handed and her sequence is self Ben heff Daniel zip. Clare starts half a beat after Ben and Daniel and her sequence is Ben heff Daniel zip self.

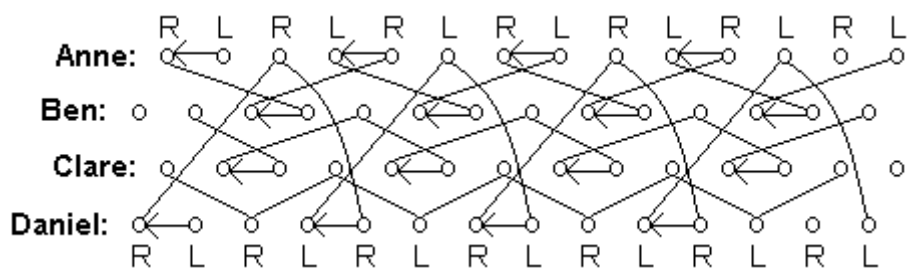
Maybe box



Everyone passes maybe with two other people. Ben and Daniel start at the same time and throw straight passes. Ben starts with four clubs and his sequence is Anne Clare self zip heff. Daniel's sequence is Clare self zip heff Anne. Anne and Clare throw crossing passes. Anne starts half a beat after Ben and Daniel and her sequence is heff Daniel Ben self zip. Clare starts with two clubs and starts one and a half beats after Ben and Daniel. Her first throw is left handed and her sequence is heff Daniel Ben self zip.

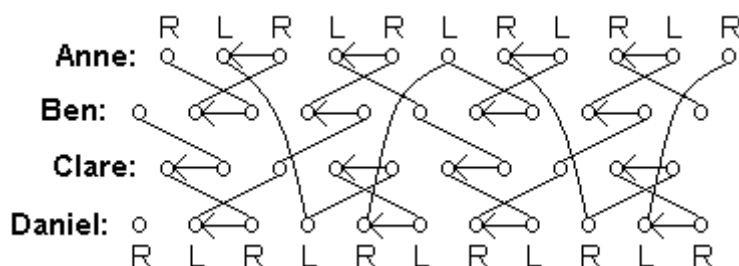
Alternative sequence for everyone: maybe not.

972 box



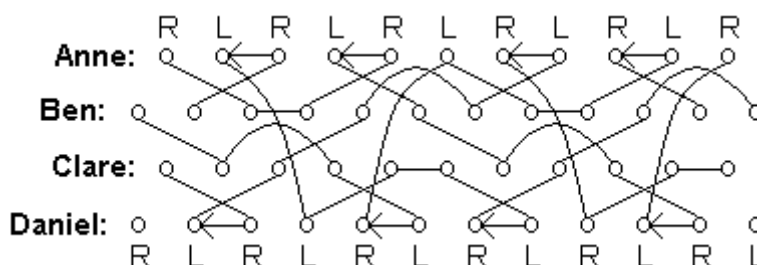
Everyone passes 972 with two other people. Daniel and Ben throw straight singles and crossing doubles whereas Anne and Clare throw straight doubles and crossing singles. Daniel starts with two clubs in his left hand and one in his right hand, but his first throw is right handed. His sequence is double to Anne zip single to Clare. Anne and Clare start half a beat later. Anne also starts with two clubs in her left hand and one in her right hand and her first throw is right handed. Anne's sequence is double to Ben zip single to Clare. Clare's sequence is single to Daniel double to Ben zip. Ben starts with two clubs in his left hand and one in his right hand and his first throw is left handed. He starts one beat after Daniel and his sequence is single to Clare double to Anne zip.

Parsnip box (ten clubs)



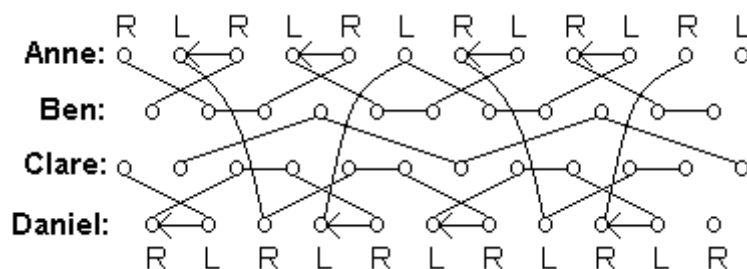
Everyone passes parsnip with two other people. Ben starts with three clubs. He throws straight singles and his sequence is Clare Anne zip Anne zip. Anne and Clare start half a beat later throwing crossing singles. Anne starts with three clubs and her sequence is Ben Daniel zip Ben zip. Clare starts with two clubs and her sequence is Daniel zip Ben Daniel zip. Daniel starts with two clubs one beat after Ben. His first throw is left handed and his sequence is Clare zip Clare Anne zip.

Parsnip/bookends box #1



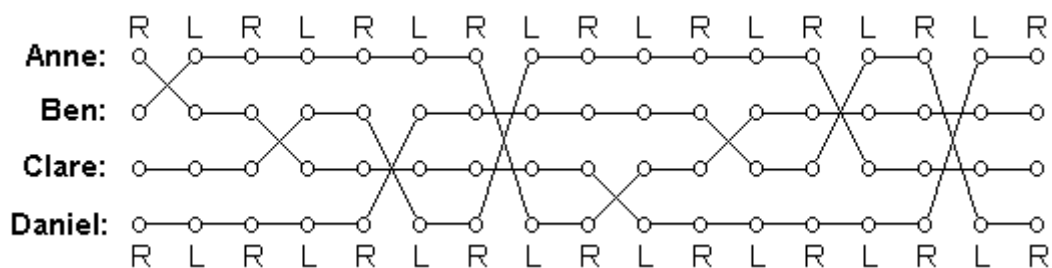
Anne and Daniel pass parsnip and Ben and Clare pass bookends (77786). Ben starts with four clubs and he throws straight singles. His sequence is Clare Anne self Anne heff. Anne and Clare start half a beat later and throw crossing singles. Anne's sequence is Ben Daniel zip Ben zip. Clare's sequence is Daniel heff Ben Daniel self. Daniel starts with two clubs one beat after Ben. He throws straight singles and his first pass is left handed. Daniel's sequence is Clare zip Clare Anne zip.

Parsnip/bookends box #2



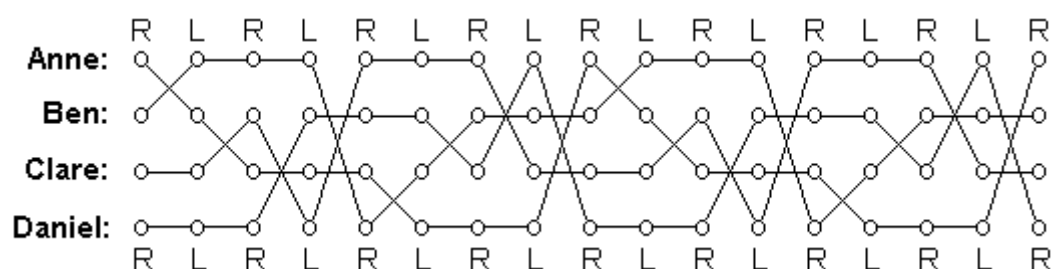
Anne and Daniel pass parsnip and Ben and Clare pass bookends (77966). Anne and Clare starts at the same time and they throw straight singles and crossing doubles. Ben and Daniel start half a beat later and they throw crossing singles and straight doubles. Clare starts with four clubs and her sequence is single to Daniel double to Ben self single to Daniel. Anne's sequence is Ben Daniel zip Ben zip. Ben's sequence is single to Anne self single to Anne double to Clare heff. Daniel starts with two clubs and his sequence is Clare zip Clare Anne zip.

Revolving two count feed



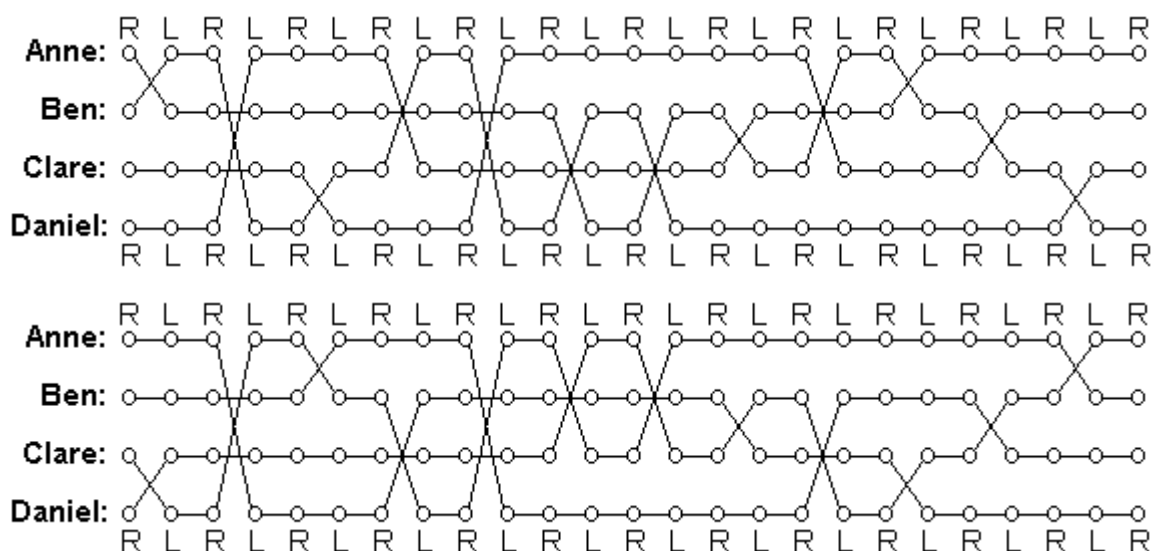
Everyone alternates between a two count feed and six count. Anne's sequence is Ben self self self self self Daniel self self self self self Clare self Daniel self. Ben's sequence is Anne self Clare self Daniel self self self self self Clare self self self self self. Clare's sequence is self self Ben self self self self self Daniel self Ben self Anne self self self. Daniel's sequence is self self self self Ben self Anne self Clare self self self self self Anne self.

Revolving one count feed



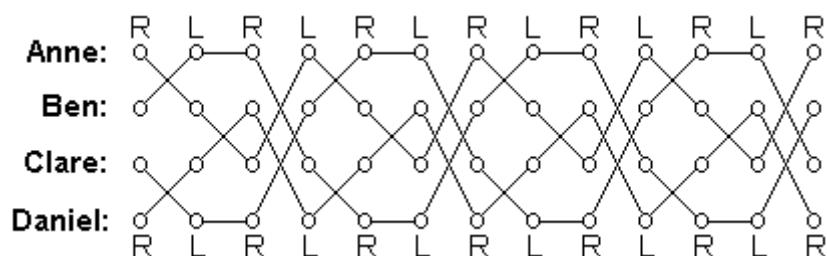
Everyone alternates between a one count feed and three count. Anne's sequence is Ben self self Daniel self self Clare Daniel. Ben's sequence is Anne Clare Daniel self self Clare self self. Clare's sequence is self Ben self self Daniel Ben Anne self. Daniel's sequence is self self Ben Anne Clare self self Anne.

Four person pulsar



This is a type of revolving two count feed. Each juggler makes two passes as a two count feeder and then the person on their left becomes the next feeder. The first feeder passes to their right and then to the middle. The next feeder passes to their left and then to their right. The next feeder passes to the middle and then to their left. The pattern continues like this.

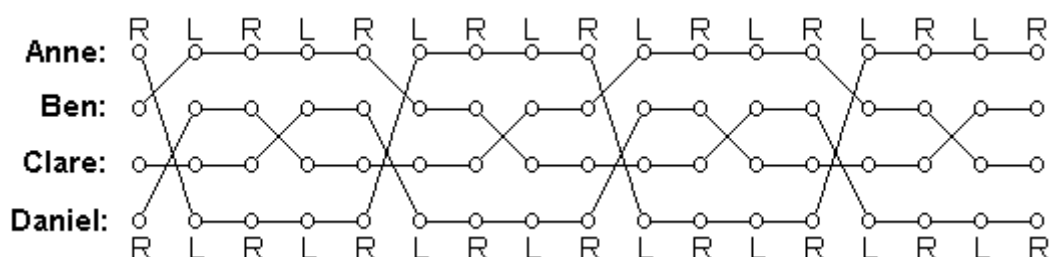
Double urban terror feed



Ben and Clare feed on one count. Anne and Daniel feed on pass pass self. Anne's sequence is Ben self Clare. Ben's sequence is Anne Clare Daniel. Clare's sequence is Daniel Ben Anne. Daniel's sequence is Clare self Ben.

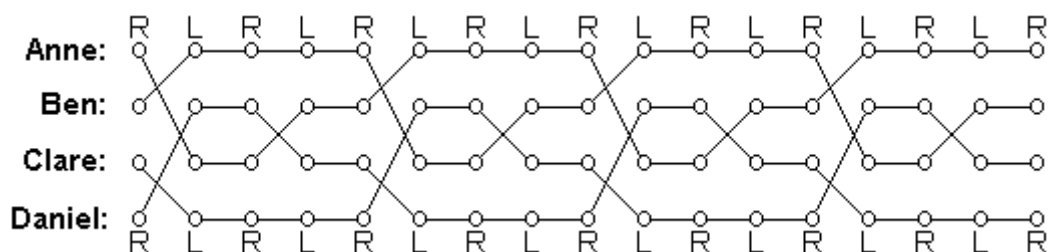
Colour coding: Anne passes red clubs with Ben and yellow clubs with Clare, Daniel passes blue clubs with Ben and green clubs with Clare and everyone has white clubs for self

Two count feed with a triangular pass



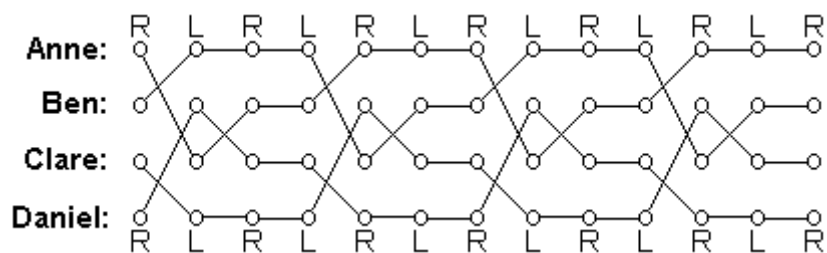
Ben feeds on two count. His sequence is Anne self Clare self Daniel self Clare self. Anne passes on four count to Daniel and Ben. Clare passes to Ben on four count. She starts with two selfs. Daniel passes on four count to Anne and Ben. When Ben passes to Anne, she passes to Daniel and Daniel passes to Ben. When Ben passes to Daniel, he passes to Anne and she passes to Ben.

Two count feed with a square pass



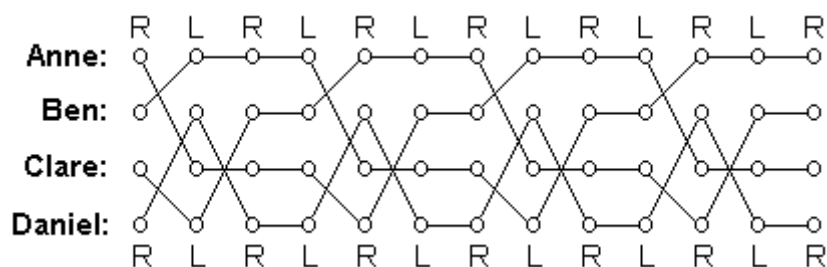
Ben and Clare feed on two count. Ben's sequence is Anne self Clare self. Clare's sequence is Daniel self Ben self. Anne passes on four count to Clare, but she receives her passes from Ben. Daniel passes on four count to Ben, but he receives his passes from Clare.

Pass pass self feed with a square pass #1



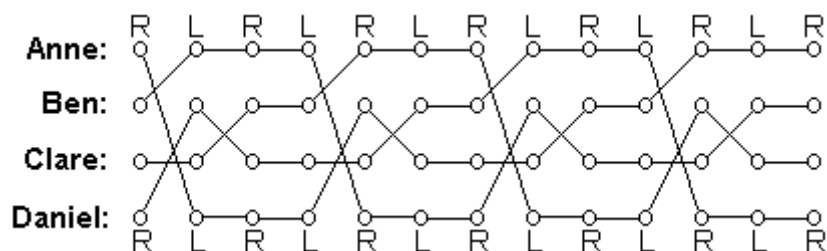
Ben and Clare feed on pass pass self. Ben's sequence is Anne Clare self. Clare's sequence is Daniel Ben self. Anne passes on three count to Clare, but she receives her passes from Ben. Daniel passes on three count to Ben, but he receives his passes from Clare.

Pass pass self feed with a square pass #2

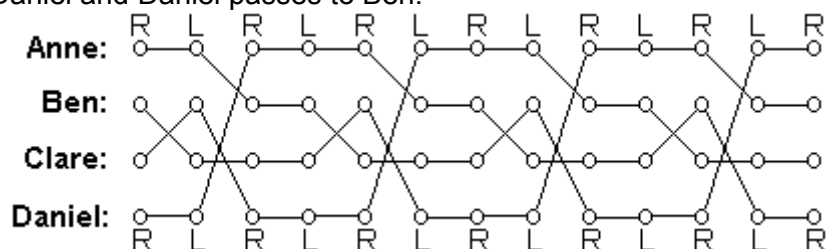


Ben feeds on pass pass self. Ben's sequence is Anne Daniel self. Daniel passes to Ben on pass pass self, but he receives his passes from Clare and Ben. Anne passes on three count to Clare, but she receives her passes from Ben. Clare passes on three count to Daniel, but she receives her passes from Anne.

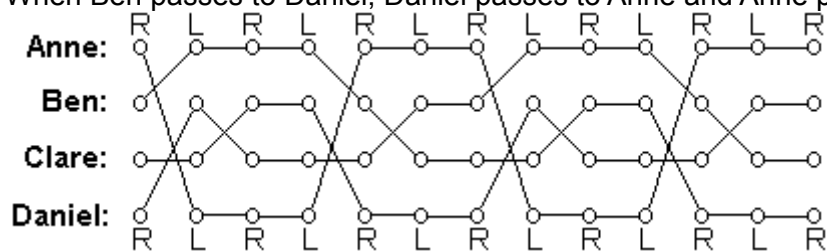
Pass pass self feed with a triangular pass



Ben's sequence is Anne Clare self. Anne passes three count to Daniel. Clare passes three count with Ben and she starts with a self. Daniel passes three count to Ben. When Ben passes to Anne, Anne passes to Daniel and Daniel passes to Ben.



In this variation Ben's sequence is Clare Daniel self. Anne passes three count to Ben and she starts with a self. Clare passes three count with Ben. Daniel passes three count to Anne and he starts with a self. When Ben passes to Daniel, Daniel passes to Anne and Anne passes to Ben.



In this variation Ben's sequence is Anne Clare self Daniel Clare self. Anne's sequence is Ben self self Daniel self self. Clare passes to Ben on three count. She starts with a self. Daniel's sequence is Anne self self Ben self self. When Ben passes to Anne, Anne passes to Daniel and Daniel passes to Ben. When Ben passes to Daniel, Daniel passes to Anne and Anne passes to Ben.

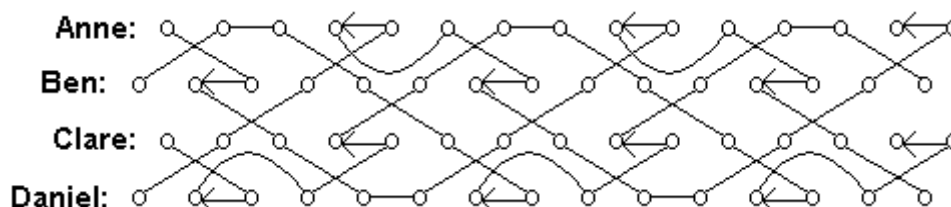
Four person period 5 feeds

This section contains four person feeds made from period 5 four handed siteswaps. In all these patterns if everyone starts right handed then Ben's and Daniel's passes are straight and Anne's and Clare's passes cross. If Ben and Daniel start left handed then their passes cross and Anne's and Clare's are straight.

This list of feeds is not exhaustive as many period 5 patterns are interchangeable: Wherever you have why not? you could juggle Jim's two count, not why or not likely; instead of maybe you could juggle maybe not; funky bookends can be replaced with 77966 and there are three versions of five count popcorn.

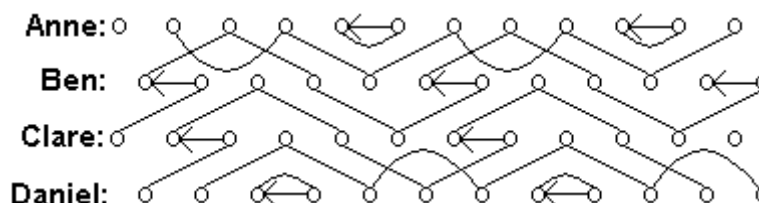
You can also remove a club from some feeds if you replace five count popcorn with five club why not or you replace funky bookends with parsnip. Alternatively you can add a club to some feeds if you replace five club why not with five count popcorn or you replace parsnip with funky bookends.

Martin's one count feeding why not?



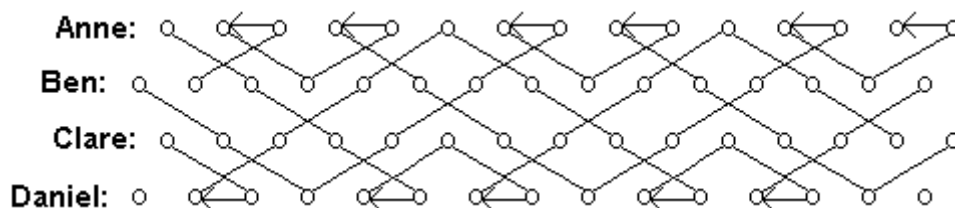
Anne passes why not? with Ben. Her sequence is pass self pass heff zip. Ben feeds Martin's one count with Anne and Clare. His sequence is Anne Clare zip Anne Clare. Clare feeds Martin's one count with Daniel and Ben. Her sequence is Daniel Ben Daniel Ben zip.. Daniel passes why not? with Clare. His sequence is pass hold self pass self. Ben and Daniel throw straight passes. Anne and Clare start half a beat after Ben and Daniel and they throw crossing passes.

Martin's one count feeding maybe



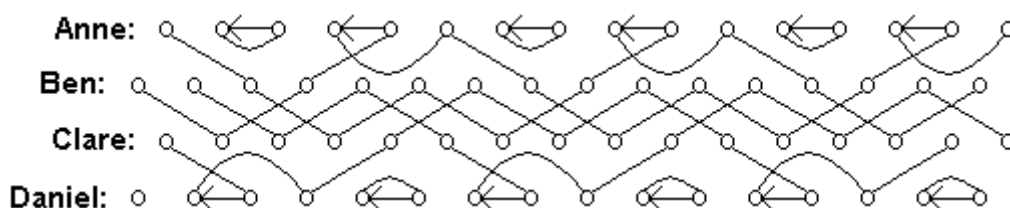
Ben and Clare feed on Martin's one count and Anne and Daniel pass maybe. Clare's sequence is Ben Ben zip Daniel Daniel and she throws straight passes. Ben starts with two clubs half a beat later. He throws crossing passes and his sequence is Anne zip Clare Clare Anne. Daniel starts at the same time as Ben. He starts with four clubs and he also throws crossing passes. Daniel's sequence is Clare Clare self zip heff. Anne has two clubs in her left hand and one in her right hand. She starts one beat after Clare with a left hand throw. Anne's sequence is heff Ben Ben self zip.

One count feeding parsnip



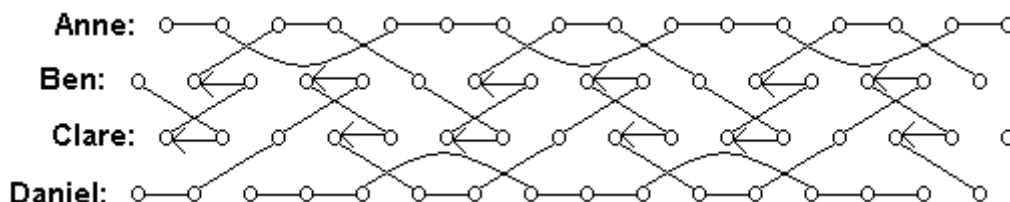
Ben and Clare feed on one count and Anne and Daniel pass parsnip. Ben starts with four clubs. His sequence is Clare Anne Clare Anne Anne. Anne and Clare start half a beat later. Anne's sequence is Ben Ben zip Ben zip. Clare's sequence is Daniel Daniel Ben Daniel Ben. Daniel starts with two clubs one beat after Ben. His first pass is left handed and his sequence is Clare zip Clare Clare zip.

One count feeding five club why not?



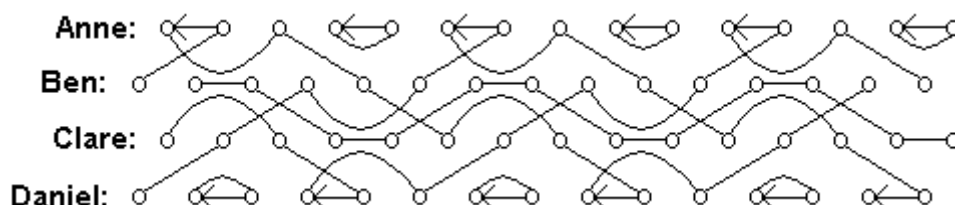
Ben and Clare feed on one count and Anne and Daniel pass five club why not? Ben starts with four clubs. His sequence is Clare Clare Clare Clare Anne. Anne and Clare start half a beat later. Anne's sequence is Ben self zip heff zip. Clare's sequence is Daniel Ben Ben Ben Ben. Daniel starts with two clubs one beat after Ben. His first pass is left handed and his sequence is heff zip Clare self zip.

Parsnip feeding five count popcorn



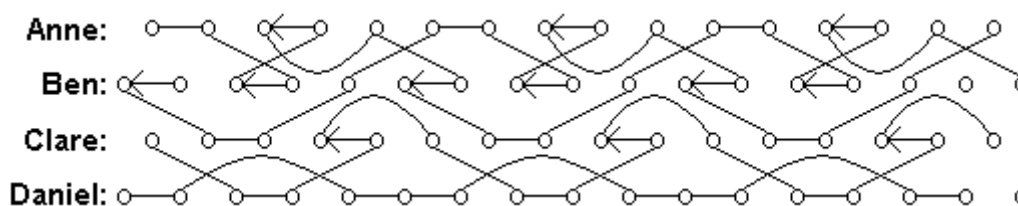
Ben and Clare feed on parsnip and Anne and Daniel pass five count popcorn. Ben's sequence is Clare Anne zip Clare zip. Anne and Clare start half a beat later. Anne's sequence is self triple-self self Ben self. Clare starts with two clubs and her sequence is Ben zip Ben Daniel zip. Daniel starts at the same time as Ben with four clubs. He has three clubs in his right hand and one in his left. His sequence is self Clare self self triple-self.

Bookends feeding five club why not?



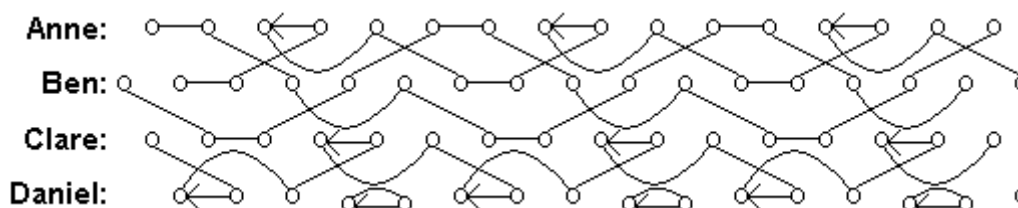
Ben and Clare feed on funky bookends and Anne and Daniel pass five club why not? Ben's sequence is Anne self Clare heff Clare. Daniel's sequence is Clare self zip heff zip. Anne and Clare start half a beat later. Anne starts with two clubs and her sequence is heff zip Ben self zip. Clare's sequence is heff Ben Daniel self Ben.

Mixed ability feed #1



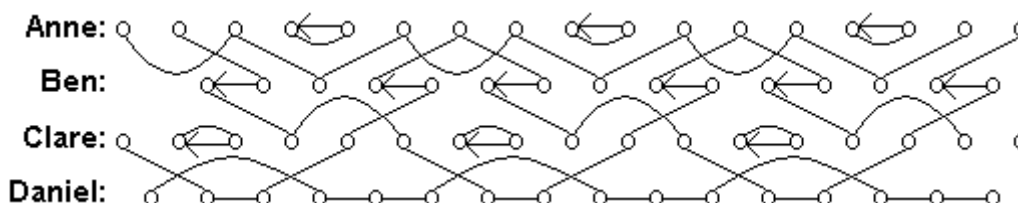
Ben feeds on parsnip with straight single passes. He starts with two clubs in his left hand but his first pass is right handed. His sequence is Clare zip Anne zip Anne. Daniel starts at the same time as Ben and passes five count popcorn to Clare with straight single passes. His sequence is self triple-self self pass self. Anne and Clare start half a beat later and throw crossing single passes. Anne passes why not? to Ben and her sequence is self pass heff zip pass. Clare feeds on why not? Her sequence is Daniel self Ben heff zip.

Mixed ability feed #2



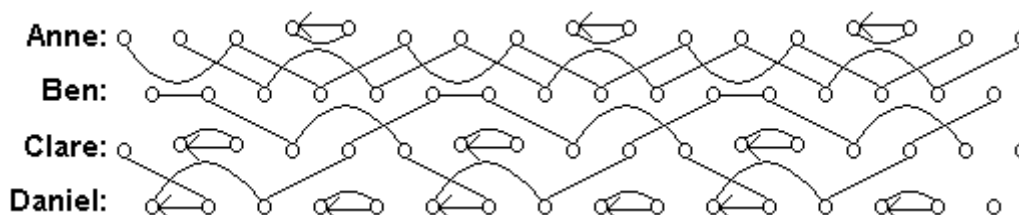
Ben feeds on funky bookends with straight single passes. He starts with four clubs and his sequence is Clare self Anne heff Anne. Daniel starts with two clubs one beat after Ben and passes five club why not? to Clare with straight single passes. His first throw is left handed and his sequence is heff zip pass self zip. Anne and Clare start half a beat after Ben and throw crossing single passes. Anne passes why not? to Ben and her sequence is self pass heff zip pass. Clare feeds on why not? Her sequence is Daniel self Daniel Ben heff zip.

Mixed ability feed #3



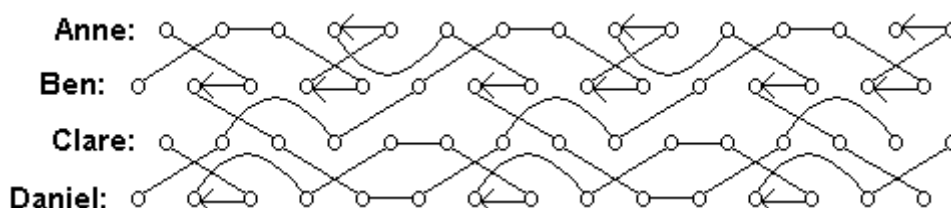
Clare feeds on maybe with straight single passes. Her sequence is Daniel self zip heff Ben. Anne starts with four clubs. She starts at the same time as Clare and passes maybe with straight single passes to Ben. Her sequence is heff pass pass self zip. Daniel starts half a beat later and passes five count popcorn to Clare with crossing single passes. His sequence is triple-self self pass self. Ben starts with two clubs one beat after Daniel. His first pass is left handed and he feeds parsnip to Anne and Clare. His sequence is Clare zip Anne Anne zip.

Mixed ability feed #4



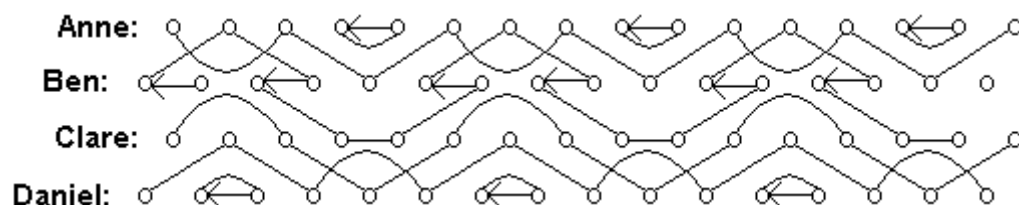
Clare feeds on maybe with straight single passes. Her sequence is Daniel self zip heff Ben. Anne starts with four clubs. She starts at the same time as Clare and passes maybe with straight single passes to Ben. Her sequence is heff pass pass self zip. Ben and Daniel start half a beat later and throw crossing passes. Ben feeds on funky bookends and his sequence is self Clare heff Anne Anne. Daniel starts with two clubs and passes five club why not? to Clare with crossing single passes. His sequence is heff zip pass self zip.

Mixed ability feed #5



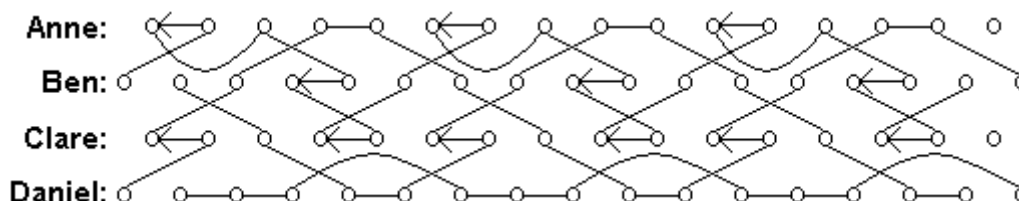
Ben feeds on parsnip with straight single passes. His sequence is Anne Clare zip Anne zip. Daniel starts at the same time as Ben and passes why not? to Clare with straight single passes. His sequence is pass heff zip pass self. Anne and Clare start half a beat later and throw crossing single passes. Anne passes why not? to Ben and her sequence is pass self pass heff zip. Clare feeds on bookends (77786). Her sequence is Daniel heff Daniel Ben self.

Mixed ability feed #6



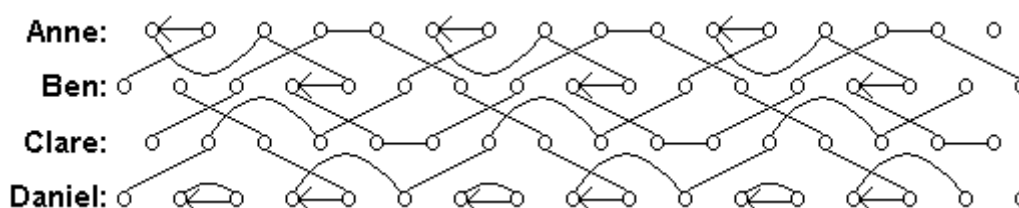
Ben feeds on parsnip with straight passes. He starts with two clubs in his left hand and his sequence is Anne zip Clare zip Anne. Daniel starts at the same time and passes maybe to Clare with straight passes. His sequence is pass self zip heff pass. Anne and Clare start half a beat later and throw crossing passes. Anne passes maybe to Ben and her sequence is heff pass pass self zip. Clare feeds on funky bookends. Her sequence is heff Daniel Daniel self Ben.

Mixed ability feed #7



Ben starts with four clubs and feeds on Martin's one count with straight passes. His sequence is Anne Clare Anne Clare zip. Daniel also starts with four clubs at the same time as Ben. He passes five count popcorn to Clare with straight passes. His sequence is pass self self triple-self self. Anne and Clare each start with two clubs half a beat later and throw crossing passes. Anne passes why not? to Ben and her sequence is heff zip pass self pass. Clare feeds on parsnip. Her sequence is Ben zip Daniel Ben zip.

Mixed ability feed #8



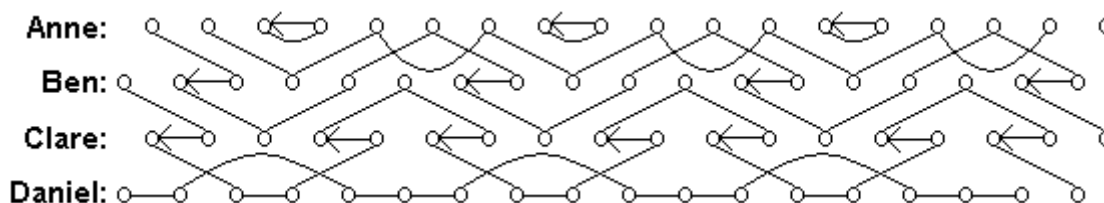
Ben feeds on Martin's one count with straight single passes. He starts with four clubs and his sequence is Anne Clare Anne Clare zip. Daniel starts at the same time as Ben. He passes five club why not? to Clare with straight single passes. His sequence is pass self zip heff zip. Anne and Clare start half a beat later and throw crossing single passes. Anne starts with two clubs and passes why not? to Ben and her sequence is heff zip pass self pass. Clare feeds on funky bookends. Her sequence is Ben heff Daniel Ben self.

Mixed ability feed #9



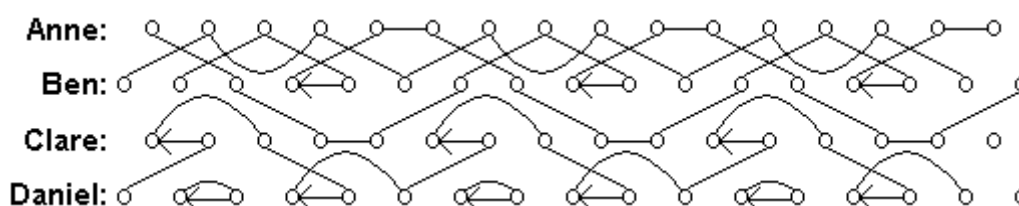
Ben feeds on Martin's one count with straight single passes. His sequence is Clare Clare zip Anne Anne. Daniel starts with two clubs one beat after Ben. He passes five club why not? to Clare with straight single passes. His first throw is left handed and his sequence is heff zip pass self zip. Anne and Clare start half a beat after Ben and throw crossing single passes. Anne starts with four clubs and passes maybe to Ben and her sequence is pass pass self zip heff. Clare feeds on funky bookends. Her sequence is Daniel heff Ben Ben self.

Mixed ability feed #10



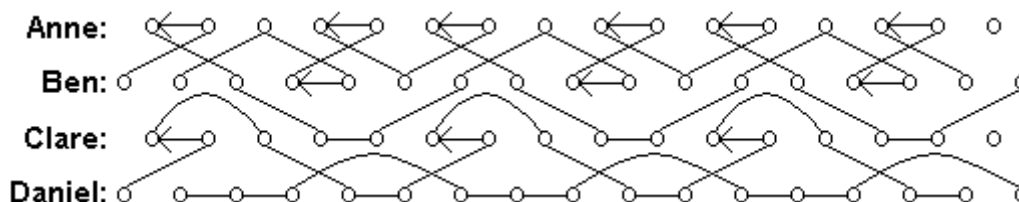
Ben feeds on Martin's one count with straight single passes. His sequence is Clare Clare zip Anne Anne. Daniel starts at the same time as Ben. He passes five count popcorn to Clare with straight single passes. His sequence is self triple-self self pass self. Anne and Clare start half a beat after Ben and throw crossing single passes. Anne starts with four clubs and passes maybe to Ben and her sequence is pass pass self zip heff. Clare starts with two clubs and feeds on parsnip. Her sequence is Daniel zip Ben Ben zip.

Mixed ability feed #11



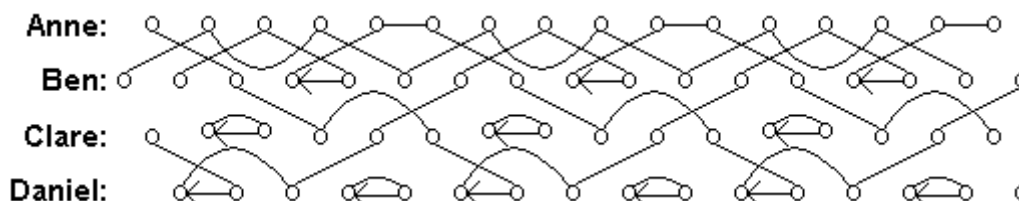
Ben feeds on Martin's one count with straight single passes. He starts with four clubs and his sequence is Anne Anne Clare Anne zip. Daniel starts at the same time as Ben. He passes five club why not? to Clare with straight single passes. His sequence is pass self zip heff zip. Anne and Clare start half a beat after Ben and throw crossing single passes. Anne passes funky bookends to Ben and her sequence is pass heff pass pass self. Clare starts with two clubs and feeds on why not? Her sequence is heff zip Daniel self Ben.

Mixed ability feed #12



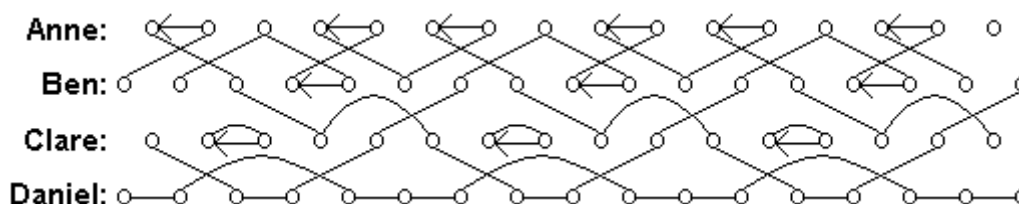
Ben feeds on Martin's one count with straight single passes. He starts with four clubs and his sequence is Anne Anne Clare Anne zip. Daniel also starts with four clubs at the same time as Ben. He passes five count popcorn to Clare with straight single passes. His sequence is pass self self triple-self self. Anne and Clare start with two clubs half a beat after Ben and throw crossing single passes. Anne passes parsnip to Ben and her sequence is pass zip pass pass zip. Clare feeds on why not? Her sequence is heff zip Daniel self Ben.

Mixed ability feed #13



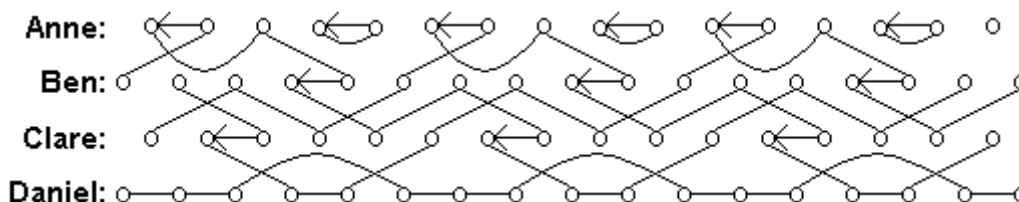
Ben feeds on Martin's one count with straight single passes. He starts with four clubs and his sequence is Anne Anne Clare Anne zip. Daniel starts with two clubs one beat after Ben. He passes five club why not? to Clare with straight single passes. His first throw is left handed and his sequence is heff zip pass self zip. Anne and Clare start half a beat after Ben and throw crossing single passes. Anne passes funky bookends to Ben and her sequence is pass heff pass pass self. Clare feeds on maybe. Her sequence is Daniel self zip heff Ben.

Mixed ability feed #14



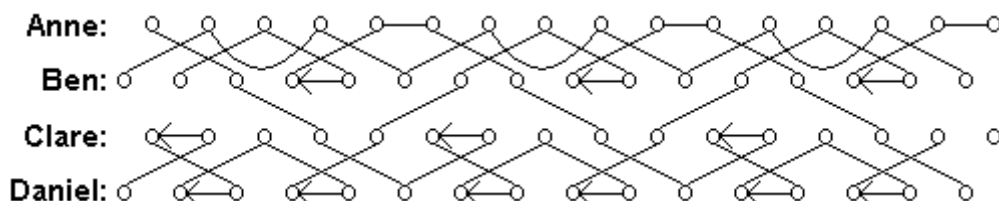
Ben feeds on Martin's one count with straight single passes. He starts with four clubs and his sequence is Anne Anne Clare Anne zip. Daniel starts at the same time as Ben. He passes five count popcorn to Clare with straight single passes. His sequence is self triple-self self pass self. Anne and Clare start half a beat after Ben and throw crossing single passes. Anne starts with two clubs and passes parsnip to Ben. Her sequence is pass zip pass pass zip. Clare feeds on maybe. Her sequence is Daniel self zip heff Ben.

Mixed ability feed #15



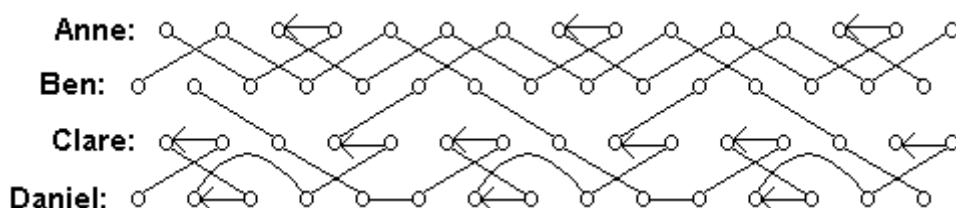
Ben feeds on Martin's one count with straight single passes. He starts with four clubs and his sequence is Anne Clare Clare Clare zip. Daniel starts at the same time as Ben. He passes five count popcorn to Clare with straight single passes. His sequence is self self triple-self self pass. Anne and Clare start half a beat after Ben and throw crossing single passes. Anne starts with two clubs and passes five club why not? to Ben. Her sequence is heff zip pass self zip. Clare feeds on Martin's one count. Her sequence is Ben Daniel zip Ben Ben.

Mixed ability feed #16



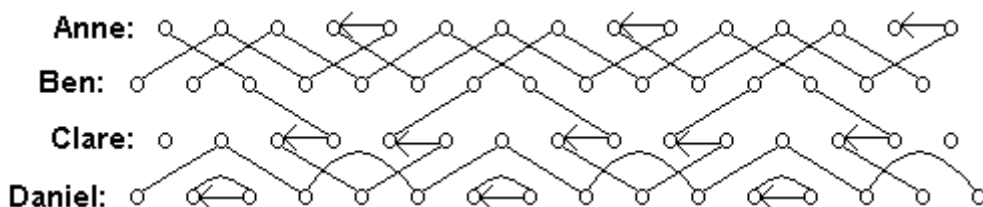
Ben feeds on Martin's one count with straight single passes. He starts with four clubs and his sequence is Anne Anne Clare Anne zip. Daniel starts at the same time as Ben. He passes parsnip to Clare with straight single passes. His sequence is pass pass zip pass zip. Anne and Clare start half a beat after Ben and throw crossing single passes. Anne passes funky bookends to Ben. Her sequence is pass heff pass pass self. Clare starts with two clubs and feeds on Martin's one count. Her sequence is Daniel zip Daniel Daniel Ben.

Mixed ability feed #17



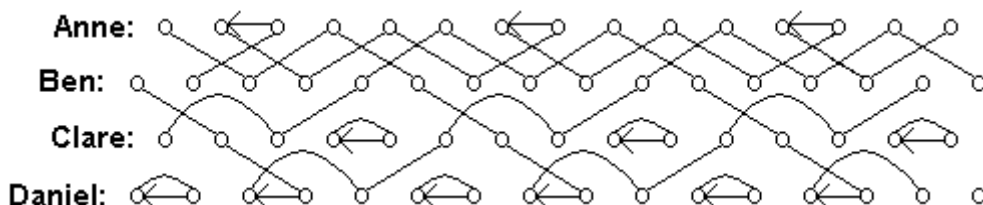
Ben starts with four clubs and feeds on one count. His sequence is Anne Clare Anne Anne Anne. Daniel starts at the same time as Ben passing why not? to Clare. His sequence is Clare heff zip Clare self. Anne and Clare start half a beat later. Anne passes Martin's one count to Ben. Her sequence is Ben Ben Ben zip Ben. Clare starts with two clubs and feeds on parsnip. Her sequence is Daniel zip Daniel Ben zip.

Mixed ability feed #18



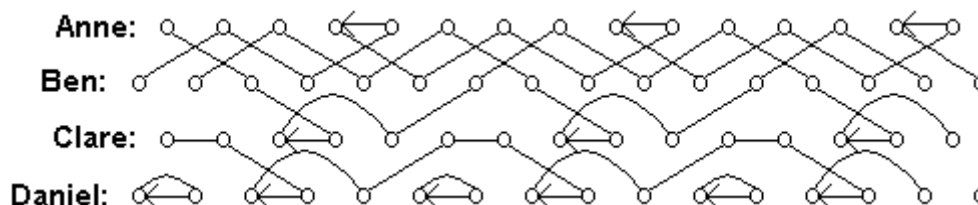
Ben starts with four clubs and feeds on one count. His sequence is Anne Anne Clare Anne Anne. Daniel starts at the same time as Ben passing maybe to Clare. His sequence is Clare self zip heff Clare. Anne starts half a beat later and passes Martin's one count to Ben. Her sequence is Ben Ben Ben Ben zip. Clare starts with two clubs one beat after Anne and feeds on parsnip. Her first pass is left handed and her sequence is Daniel Daniel zip Ben zip.

Mixed ability feed #19



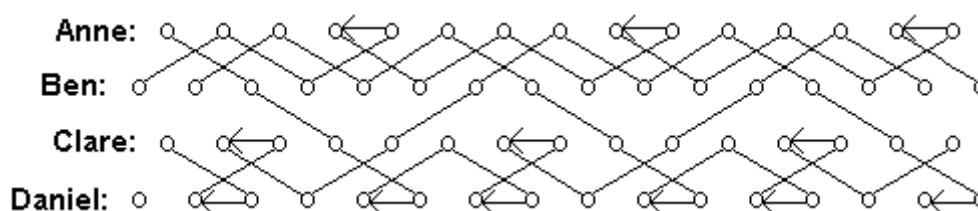
Ben starts with four clubs and feeds one count. His sequence is Clare Anne Anne Anne Anne. Daniel starts with two clubs and passes five club why not? to Clare. His sequence is self zip heff zip Clare. Anne and Clare start half a beat after Ben. Anne passes Martin's one count to Ben. Her sequence is Ben Ben zip Ben Ben. Clare feeds maybe. Her sequence is heff Daniel Ben self zip.

Mixed ability feed #20



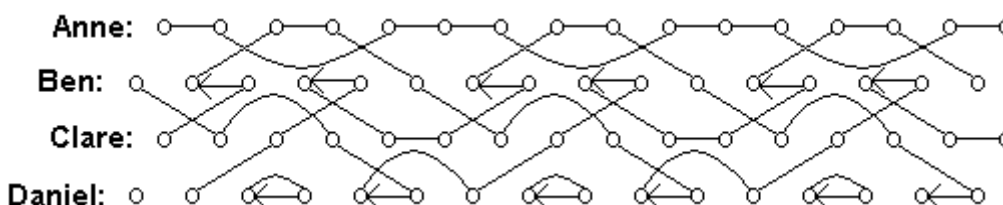
Ben starts with four clubs and feeds on one count. His sequence is Anne Anne Clare Anne Anne. Daniel starts with two clubs and passes five club why not? to Clare. His sequence is self zip heff zip Clare. Anne and Clare start half a beat after Ben. Anne passes Martin's one count to Ben. Her sequence is Ben Ben Ben Ben zip. Clare feeds on why not? Her sequence is self Daniel heff zip Ben.

Mixed ability feed #21



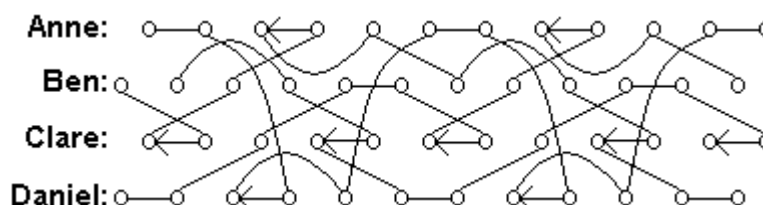
Ben starts with four clubs and feeds on one count. His sequence is Anne Anne Clare Anne Anne. Daniel starts with two clubs one beat after Ben. He passes parsnip to Clare and his first pass is left handed. His sequence is Clare zip Clare Clare zip. Anne and Clare start half a beat after Ben. Anne passes Martin's one count to Ben. Her sequence is Ben Ben Ben Ben zip. Clare feeds on Martin's one count. Her sequence is Daniel Daniel zip Daniel Ben.

Mixed ability feed #22



Ben starts with four clubs and feeds on parsnip. His sequence is Clare Anne zip Clare zip. Daniel starts one beat later with two clubs and passes five club why not? to Clare. His first pass is left handed and his sequence is Clare self zip heff zip. Anne and Clare start half a beat after Ben. Anne passes five count popcorn to Ben. Her sequence is self triple-self self Ben self. Clare feeds on funky bookends. Her sequence is Ben heff Ben Daniel self.

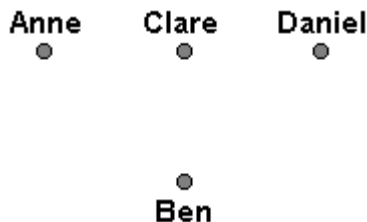
Mixed ability box



Ben starts with four clubs and he feeds on funky bookends with straight passes. His sequence is Clare heff Anne Clare self. Daniel starts at the same time as Ben and feeds on why not with straight passes. His sequence is self Clare heff zip Anne. Anne and Clare start half a beat later and throw crossing passes. Anne feeds on why not? Her sequence is self Daniel heff zip Ben. Clare starts with two clubs and feeds on parsnip. Her sequence is Ben zip Ben Daniel zip.

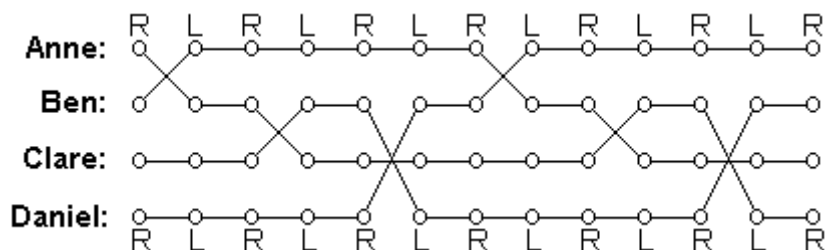
Four person line feeds

In a four person line feed one juggler feeds three others who are standing in a line.



In our examples Ben feeds Anne, Clare and Daniel as shown above.

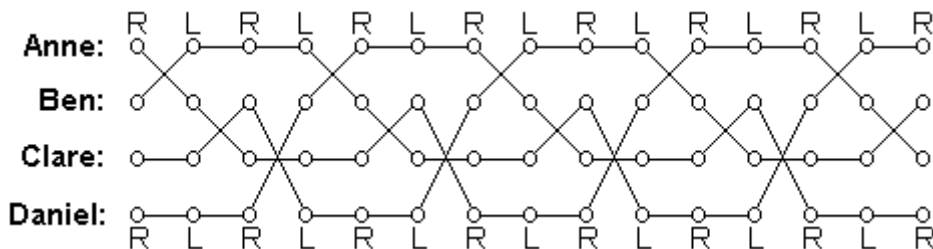
Two count typewriter feed



Ben feeds on two count. His sequence is Anne self Clare self Daniel self. Anne, Clare and Daniel pass with Ben on six count. Anne starts with a pass, Clare starts with two selfs and Daniel starts with four selfs.

Colour coding: Ben passes red clubs with Anne, green clubs with Clare and blue clubs with Daniel. Also Anne, Clare and Daniel can each have two white clubs for selfs.

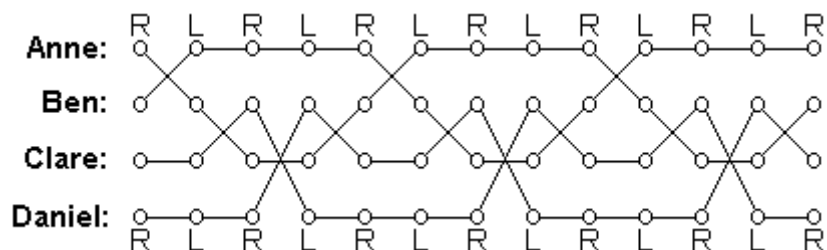
Urban terror feed



Ben feeds on one count. His sequence is Anne Clare Daniel. Anne, Clare and Daniel pass with Ben on three count. Anne starts with a pass, Clare starts a self and Daniel starts with two selfs.

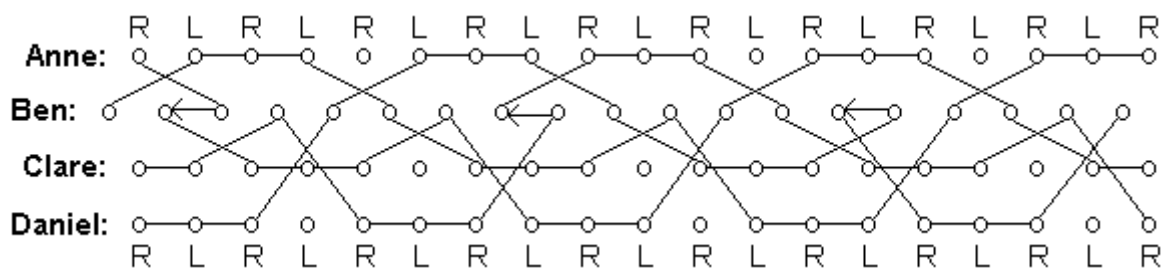
Colour coding: Ben passes red clubs with Anne, green clubs with Clare and blue clubs with Daniel. Also Anne, Clare and Daniel can each have two white clubs for selfs.

One count sweep feed



Ben feeds on one count. His sequence is Anne Clare Daniel Clare. Anne and Daniel pass with Ben on four count. Anne starts with a pass and Daniel starts with two selfs. Clare passes with Ben on left handed two count.

Mob mildness/madness

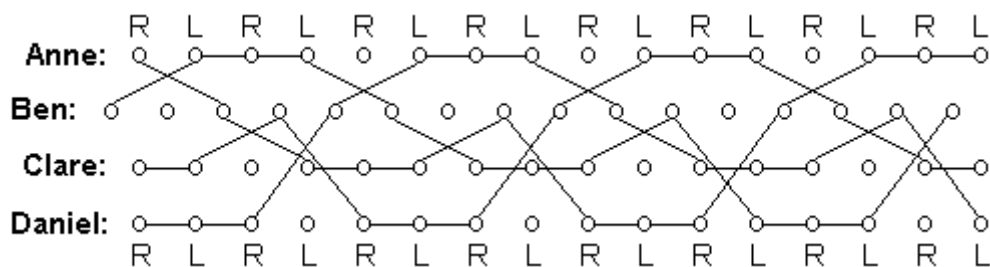


Ben's sequence is pass pass zip pass pass pass. He passes to Anne, Clare and Daniel in turn. As a result the whole pattern is fifteen beats long. Anne, Clare and Daniel all pass to Ben and do a Jim's three count variation. Three out of every five of their passes are right handed and two are left handed.

If Ben starts right handed, he throws straight passes and everyone else throws crossing passes. This is called mob mildness. If Ben starts left handed, he throws crossing passes and everyone else throws straight passes. This is called mob madness.

Colour coding: Ben passes red clubs with Anne, green clubs with Clare and blue clubs with Daniel. Also Anne, Clare and Daniel can each have two white clubs for selfs.

Mob neurosis/psychosis

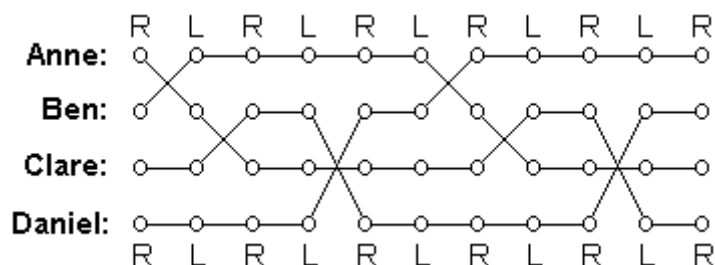


Ben's sequence is pass hold pass pass pass. He passes to Anne, Clare and Daniel in turn. As a result the whole pattern is thirty beats long. Anne, Clare and Daniel all pass to Ben and do a Jim's three count variation.

If Ben starts right handed, he throws straight passes and everyone else throws crossing passes. This is called mob neurosis. If Ben starts left handed, he throws crossing passes and everyone else throws straight passes. This is called mob psychosis.

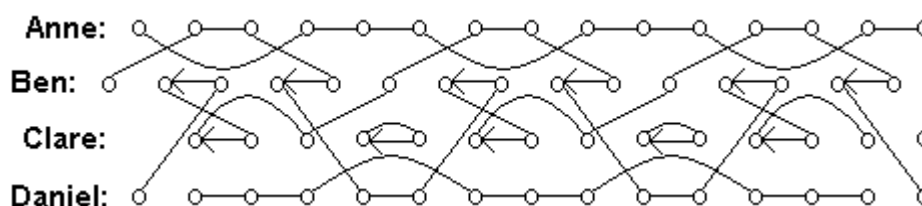
Colour coding: six red clubs that are always passed and six white clubs that are always selfs.

Bookends feed



Ben feeds on bookends. His sequence is Anne Clare self Daniel self. Anne, Clare and Daniel pass with Ben on five count. Anne starts with a pass, Clare starts a self and Daniel starts with three selfs.

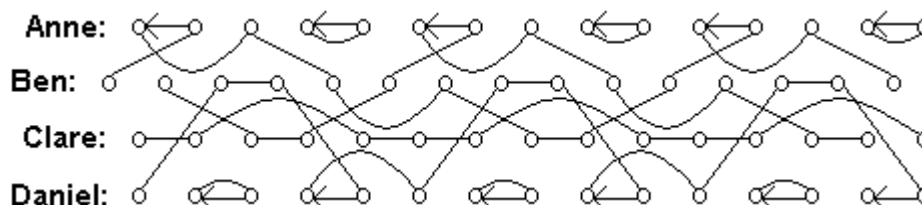
Parsnip feed



Ben feeds on parsnip. His sequence is Anne Clare zip Daniel zip and he throws straight single passes. Anne and Daniel start half a beat later and they pass five count popcorn with crossing single passes. Anne's sequence is triple-self self pass self self. Daniel starts with four clubs and his sequence is pass self self triple-self self. Clare starts one and a half beats after Ben. She starts with two clubs and passes five club why not? with crossing passes. Her first throw is left handed and her sequence is heff zip pass self zip.

If Ben starts left handed, he throws crossing passes and everyone else throws straight passes.

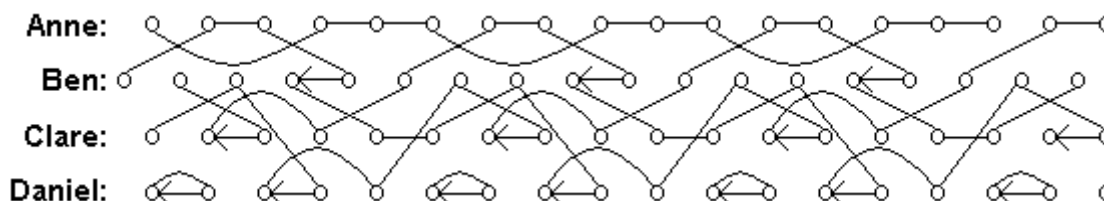
Funky bookends feed



Ben feeds on funky bookends. He starts with four clubs and his sequence is Anne Clare self Daniel heff and he throws straight single passes. Anne and Daniel start half a beat later and they pass five club why not? with crossing single passes. Anne starts with two clubs and her sequence is heff zip pass self zip. Daniel's sequence is pass self zip heff zip. Clare starts at the same time as Anne and Daniel and passes five count popcorn with crossing passes. Her sequence is self triple-self self pass self.

If Ben starts left handed, he throws crossing passes and everyone else throws straight passes.

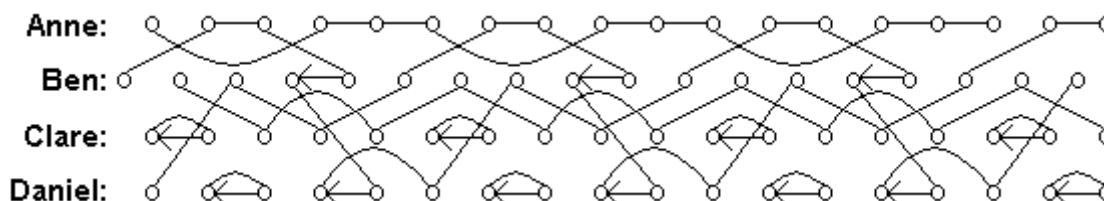
Martin's one count feed #1



Ben feeds on Martin's one count with straight single passes. He starts with four clubs and his sequence is Anne Clare Daniel Clare zip. Anne, Clare and Daniel start half a beat later and they throw crossing passes. Anne passes five count popcorn and her sequence is triple-self self pass self self. Clare passes why not? Her sequence is pass heff zip pass self. Daniel starts with two clubs and passes five club why not? His sequence is self zip heff zip pass.

If Ben starts left handed, he throws crossing passes and everyone else throws straight passes.

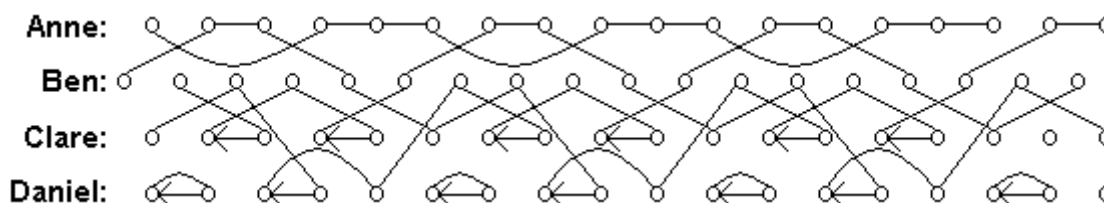
Martin's one count feed #2



Ben feeds on Martin's one count with straight single passes. He starts with four clubs and his sequence is Anne Clare Clare Daniel zip. Anne, Clare and Daniel start half a beat later and they throw crossing passes. Anne passes five count popcorn and her sequence is triple-self self pass self self. Clare starts with two clubs and passes maybe. Her sequence is self zip heff pass pass. Daniel passes five club why not? His sequence is pass self zip heff zip.

If Ben starts left handed, he throws crossing passes and everyone else throws straight passes.

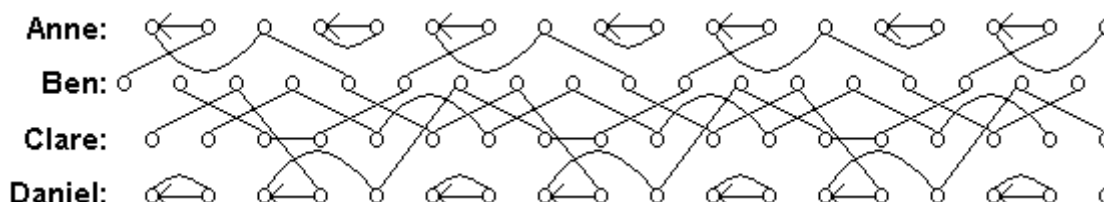
One count feed #1



Ben feeds one one count with straight single passes. He starts with four clubs and his sequence is Anne Clare Daniel Clare Clare. Anne, Clare and Daniel start half a beat later and they throw crossing passes. Anne passes five count popcorn and her sequence is triple-self self pass self self. Clare passes parsnip and her sequence is pass pass zip pass zip. Daniel starts with two clubs and passes five club why not? His sequence is self zip heff zip pass.

If Ben starts left handed, he throws crossing passes and everyone else throws straight passes.

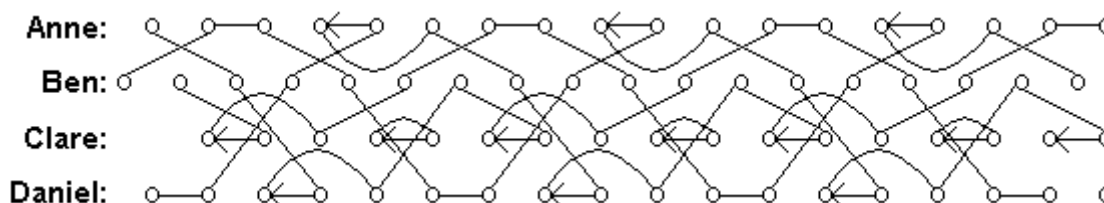
One count feed #2



Ben feeds one one count with straight single passes. He starts with four clubs and his sequence is Anne Clare Daniel Clare Clare. Anne, Clare and Daniel start half a beat later and they throw crossing passes. Anne starts with two clubs and passes five club why not? Her sequence is heff zip pass self zip. Clare starts with four clubs and passes funky bookends. Her sequence is pass pass self pass heff. Daniel starts with two clubs and passes five club why not? His sequence is self zip heff zip pass.

If Ben starts left handed, he throws crossing passes and everyone else throws straight passes.

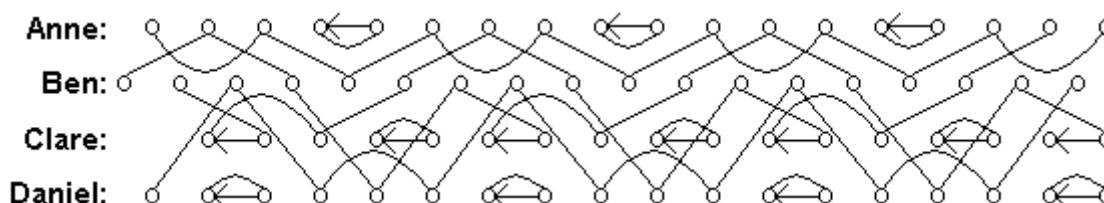
One count feed #3



Ben starts with four clubs and feeds on one count with straight single passes. His sequence is Anne Clare Daniel Anne Daniel. Anne and Daniel start half a beat later and they throw crossing passes. Anne passes why not and her sequence is pass self pass heff zip. Clare starts with two clubs one and a half beats after Ben. She passes five club why not with crossing single passes and her sequence is heff zip pass self zip. Daniel passes why not? and his sequence is self pass heff zip pass.

If Ben starts left handed, he throws crossing passes and everyone else throws straight passes.

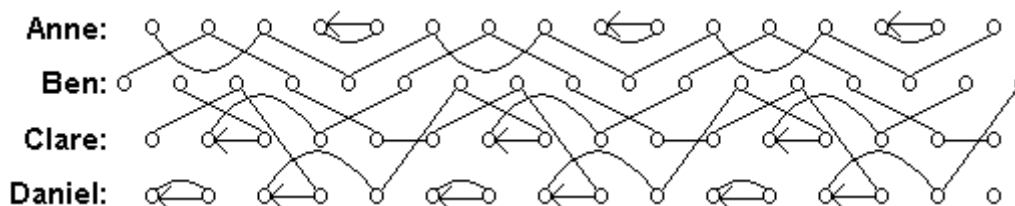
One count #4



Ben starts with four clubs and feeds on one count with straight single passes. His sequence is Anne Clare Daniel Daniel Anne. Anne and Daniel start half a beat later and they throw crossing passes. Anne passes maybe and her sequence is heff pass pass self zip. Clare starts with two clubs one and a half beats after Ben. She passes five club why not with crossing single passes and her sequence is heff zip pass self zip. Daniel passes maybe and his sequence is pass self zip heff pass.

If Ben starts left handed, he throws crossing passes and everyone else throws straight passes.

Caspar's sweep feed



Ben starts with four clubs and feeds on one count with straight single passes. His sequence is Anne Clare Daniel Clare Anne. Anne, Clare and Daniel start half a beat later and they throw crossing passes. Anne passes maybe and her sequence is heff pass pass self zip. Clare passes why not? Her sequence is pass heff zip pass self. Daniel starts with two clubs and passes five club why not? His sequence is self zip pass heff zip.

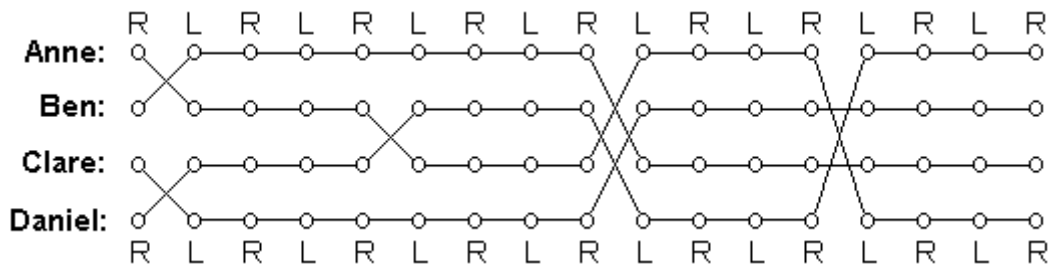
If Ben starts left handed, he throws crossing passes and everyone else throws straight passes.

Four person feasts

In a feast every juggler passes to every other juggler in turn, including themselves! For these patterns the jugglers stand in a square.

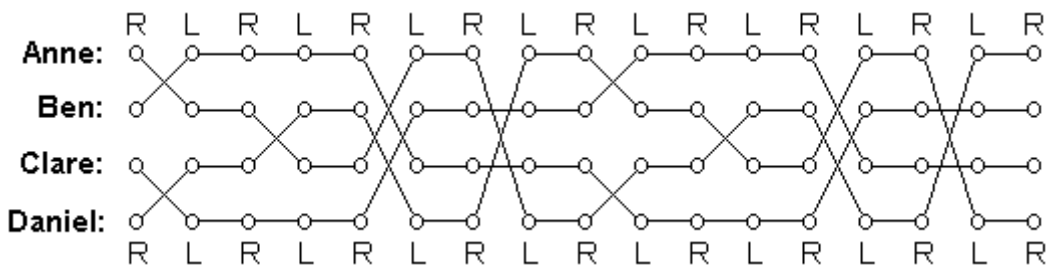


Four count feast



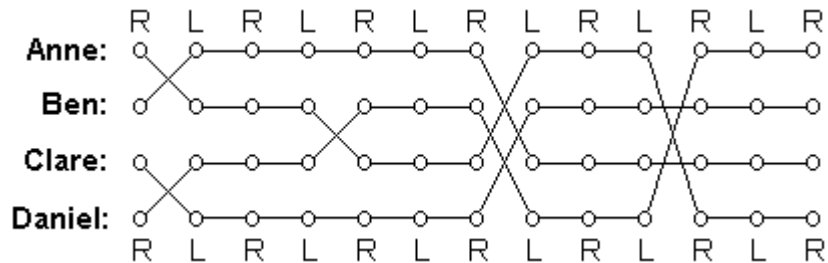
Everyone passes on four count. Anne passes to Ben, then herself, then Clare, then Daniel. Ben passes to Anne, then Clare, then Daniel, then himself. Clare passes to Daniel, then Ben, then Anne, then herself. Daniel passes to Clare, then himself, then Ben, then Anne.

Two count feast



Everyone passes on two count. Anne passes to Ben, then herself, then Clare, then Daniel. Ben passes to Anne, then Clare, then Daniel, then himself. Clare passes to Daniel, then Ben, then Anne, then herself. Daniel passes to Clare, then himself, then Ben, then Anne.

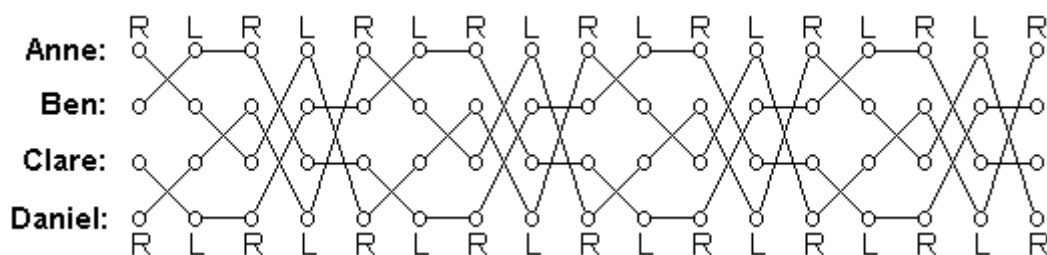
Three count feast



Everyone passes on three count. Anne passes to Ben, then herself, then Clare, then Daniel. Ben passes to Anne, then Clare, then Daniel, then himself. Clare passes to Daniel, then Ben, then Anne, then herself. Daniel passes to Clare, then himself, then Ben, then Anne.

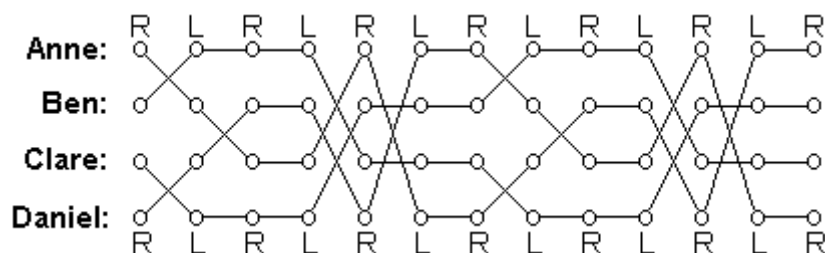
Colour coding: four red clubs that are passed and eight green clubs that are always selfs.

One count feast



Everyone passes on one count. Anne passes to Ben, then herself, then Clare, then Daniel. Ben passes to Anne, then Clare, then Daniel, then himself. Clare passes to Daniel, then Ben, then Anne, then herself. Daniel passes to Clare, then himself, then Ben, then Anne.

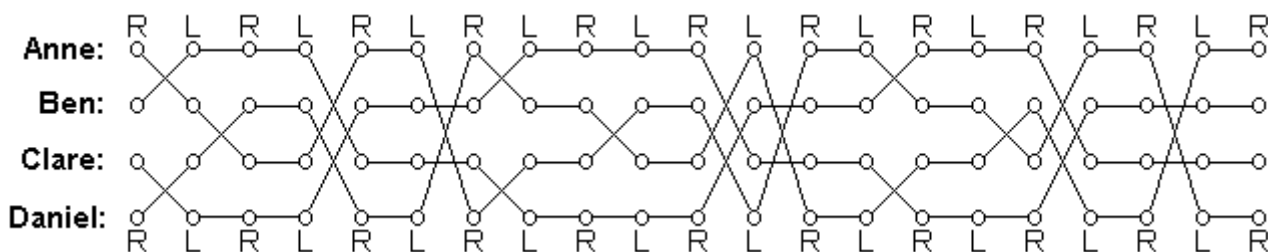
Pass pass self feast



Everyone juggles pass pass self. Anne passes to Ben, then herself, then Clare, then Daniel. Ben passes to Anne, then Clare, then Daniel, then himself. Clare passes to Daniel, then Ben, then Anne, then herself. Daniel passes to Clare, then himself, then Ben, then Anne.

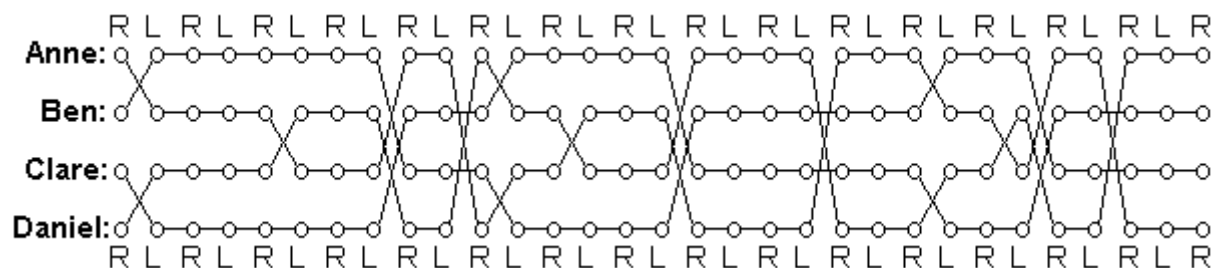
Colour coding: eight red clubs that are passed and four green clubs that are always selfs.

Bookends feast



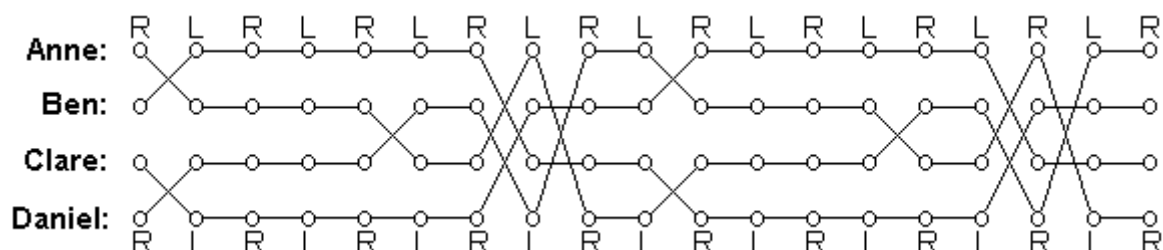
Everyone passes bookends. Anne passes to Ben, then herself, then Clare, then Daniel. Ben passes to Anne, then Clare, then Daniel, then himself. Clare passes to Daniel, then Ben, then Anne, then herself. Daniel passes to Clare, then himself, then Ben, then Anne.

Countdown feast



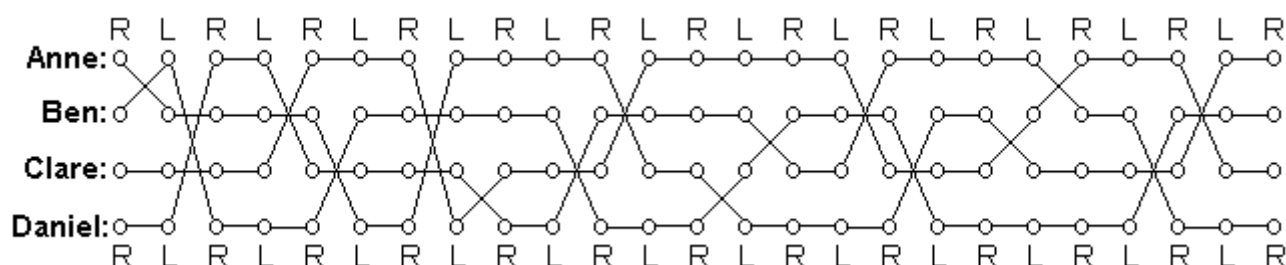
Everyone juggles a countdown from four count. Anne passes to Ben, then herself, then Clare, then Daniel. Ben passes to Anne, then Clare, then Daniel, then himself. Clare passes to Daniel, then Ben, then Anne, then herself. Daniel passes to Clare, then himself, then Ben, then Anne.

Geometric countdown feast



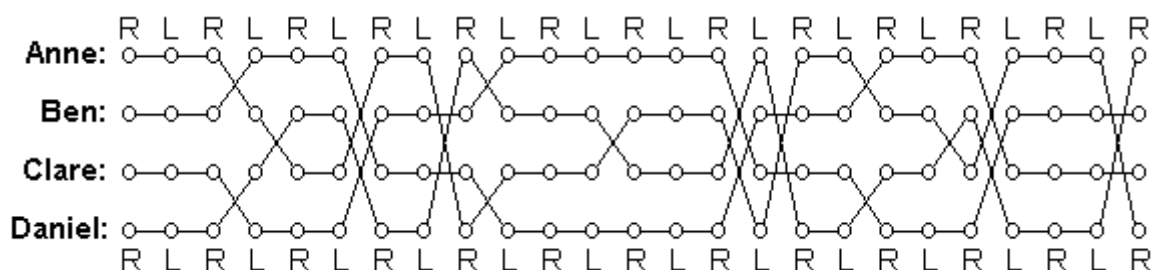
Everyone juggles a geometric countdown from four count. Anne passes to Ben, then herself, then Clare, then Daniel. Ben passes to Anne, then Clare, then Daniel, then himself. Clare passes to Daniel, then Ben, then Anne, then herself. Daniel passes to Clare, then himself, then Ben, then Anne.

Four person quasar



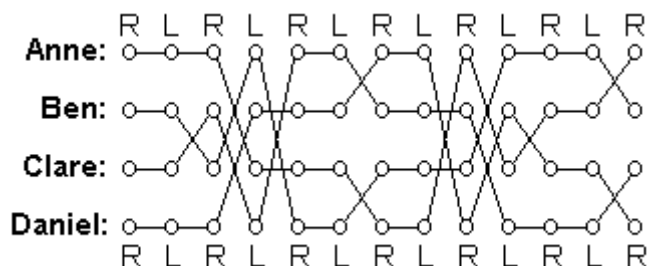
Everyone juggles a countdown from five count. Anne starts with one count. Ben starts with four count counting up. Clare starts with three selfs and then does four count counting down. Daniel starts with one self and then does three count counting down. None of the passes are selfs, but might take a while to work out who to pass with!

Fizz buzz feast



Everyone juggles fizz buzz. Anne passes to Ben, then herself, then Clare, then Daniel. Ben passes to Anne, then Clare, then Daniel, then himself. Clare passes to Daniel, then Ben, then Anne, then herself. Daniel passes to Clare, then himself, then Ben, then Anne.

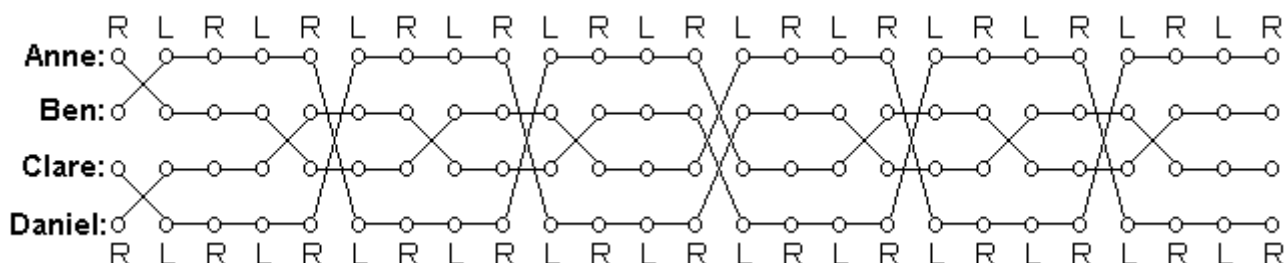
Selfless fizz buzz feast



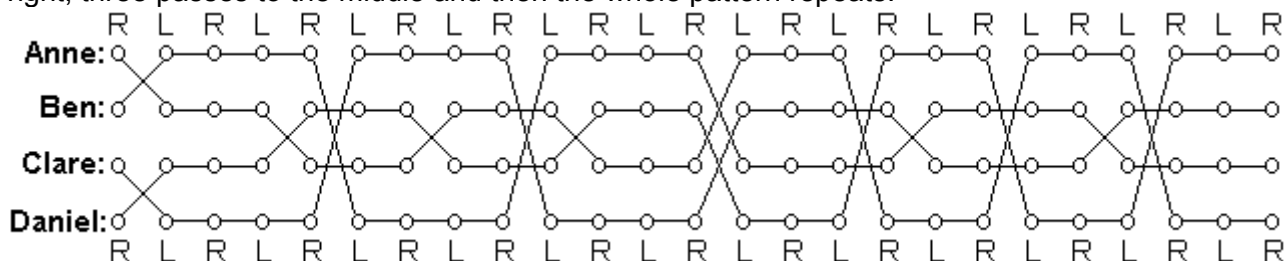
Everyone juggles fizz buzz. Anne and Daniel start counting from one, whereas Ben and Clare start counting from seven. You always pass on four and eight to the person opposite you and you alternate the other passes to the people on the right and the left. Anne and Daniel make their first pass to the person on their left. Ben and Clare make their first pass to each other and their next pass to the person on their right.

You could make a crossing pass on six and twelve.

Aidan's feast #1



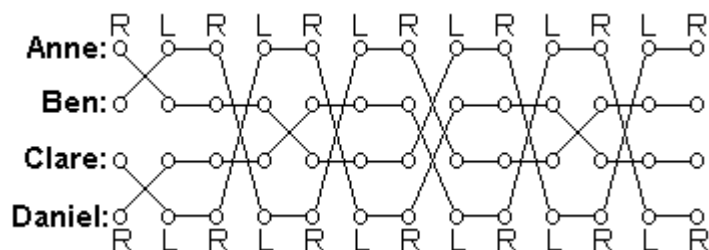
Anne and Daniel pass on four count. They make one pass to the right, two passes to the middle, one pass to the left, two passes to the middle and then the whole pattern repeats. Ben and Clare pass on three count. They make one pass to the left, three passes to the middle, one pass to the right, three passes to the middle and then the whole pattern repeats.



Every twelve beats the jugglers can switch from four count to three count and vice versa. Alternatively they can switch every twenty four beats.

Colour coding: four red clubs that are always passed by Ben and Clare, four green clubs that are passes between Anne and Daniel and four white clubs that are selfs for Ben and Clare.

Aidan's feast #2

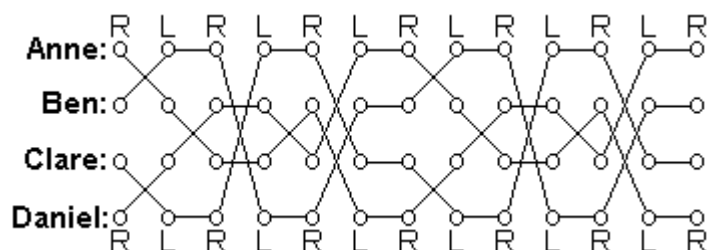


Anne and Daniel pass on two count. They make one pass to the right, two passes to the middle, one pass to the left, two passes to the middle and then the whole pattern repeats. Ben and Clare pass on three count. They make one pass to the left, one pass to the middle, one pass to the right, one pass to the middle and then the whole pattern repeats.

Every six or twelve beats the jugglers can switch from two count to three count and vice versa.

Colour coding: four red clubs that are always passed by Ben and Clare, four green clubs that are passes between Anne and Daniel and four white clubs that are selfs for Ben and Clare.

Aidan's feast #3

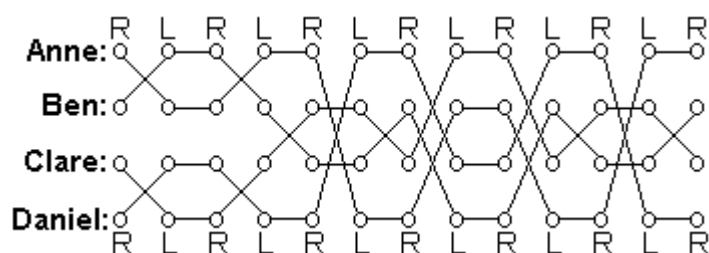


Anne and Daniel pass on two count. They pass to the right, to the middle, then to the left and then the whole pattern repeats. Ben and Clare juggle pass pass self. They pass to the left, twice to the middle, then to the right and then the whole pattern repeats.

Every six beats the jugglers can switch from two count to pass pass self and vice versa.

Colour coding: eight red clubs that are always passed by Ben and Clare, two green clubs that are passes between Anne and Daniel and two white clubs that are selfs for Ben and Clare.

Aidan's feast #4

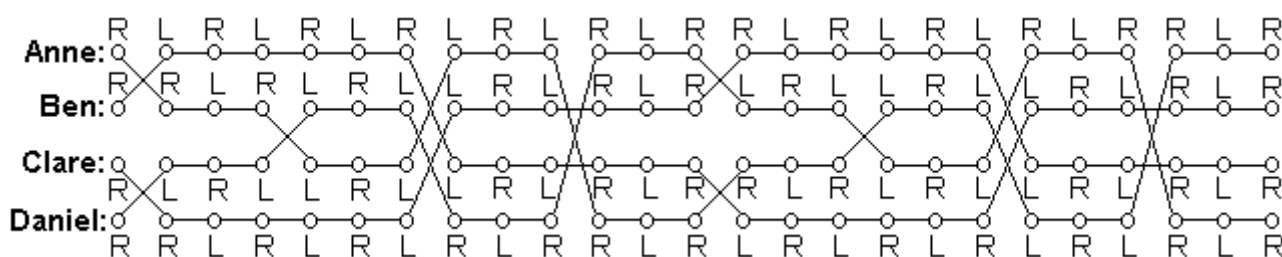


Anne and Daniel pass on two count. They pass twice to the right, once to the middle, twice to the left, once to the middle and then the whole pattern repeats. Ben and Clare juggle pass pass self, but they start pass self. They pass twice to the left, twice to the middle, twice to the right, twice to the middle and then the whole pattern repeats.

Every six or twelve beats the jugglers can switch from two count to pass pass self and vice versa.

Colour coding: eight red clubs that are always passed by Ben and Clare, two green clubs that are passes between Anne and Daniel and two white clubs that are selfs for Ben and Clare.

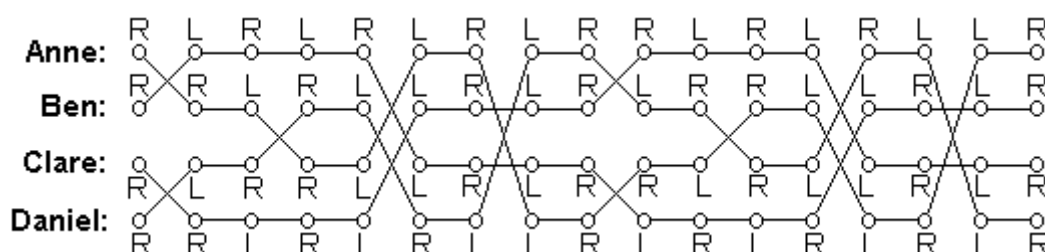
Three count Rick's picnic



Everyone passes on three count. Anne passes to Ben, then herself, then Clare, then Daniel. Ben passes to Anne, then Clare, then Daniel, then himself. Clare passes to Daniel, then Ben, then Anne, then herself. Daniel passes to Clare, then himself, then Ben, then Anne. Ben and Daniel start throwing straight passes, whereas Anne and Clare start throwing crossing passes. After passing to yourself you switch from crossing passes to straight passes or vice versa.

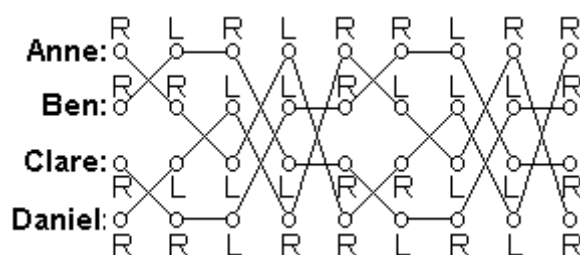
Colour coding: four red clubs that are passed and eight green clubs that are always selfs.

Two count Rick's picnic



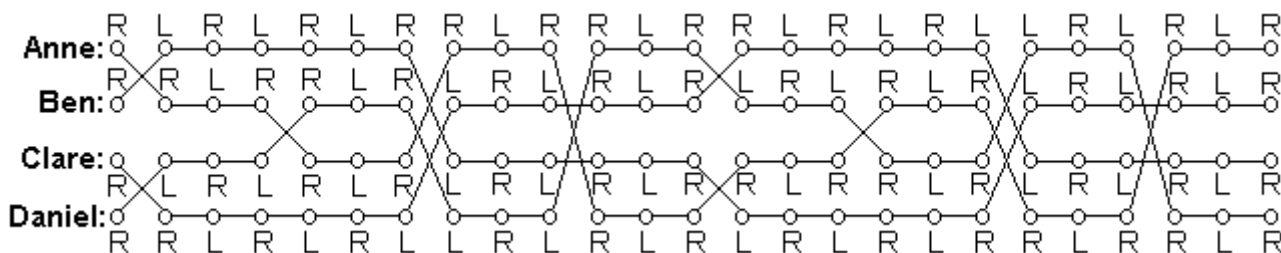
Everyone passes on two count. Anne passes to Ben, then herself, then Clare, then Daniel. Ben passes to Anne, then Clare, then Daniel, then himself. Clare passes to Daniel, then Ben, then Anne, then herself. Daniel passes to Clare, then himself, then Ben, then Anne. Ben and Daniel start throwing straight passes, whereas Anne and Clare start throwing crossing passes. After you pass to yourself you switch from crossing passes to straight passes or vice versa. Some of the selfs are hurries!

One count Rick's picnic



Everyone passes on one count. Anne passes to Ben, then herself, then Clare, then Daniel. Ben passes to Anne, then Clare, then Daniel, then himself. Clare passes to Daniel, then Ben, then Anne, then herself. Daniel passes to Clare, then himself, then Ben, then Anne. Ben and Daniel start throwing straight passes, whereas Anne and Clare start throwing crossing passes. After you pass to yourself you switch from crossing passes to straight passes or vice versa. Some of the passes and selfs are hurries!

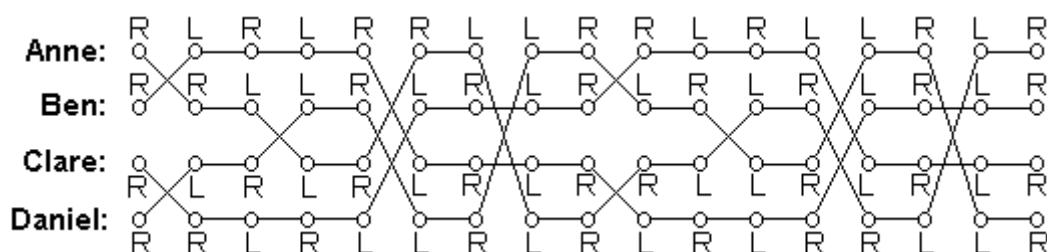
Three count lunchbox



Everyone passes on three count. Anne passes to Ben, then herself, then Clare, then Daniel. Ben passes to Anne, then Clare, then Daniel, then himself. Clare passes to Daniel, then Ben, then Anne, then herself. Daniel passes to Clare, then himself, then Ben, then Anne. Ben and Daniel start throwing straight passes, whereas Anne and Clare start throwing crossing passes. Everyone alternates crossing passes and straight passes or vice versa. Some of the selfs are hurries!

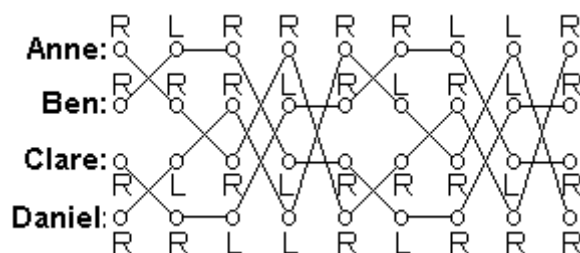
Colour coding: four red clubs that are passed and eight green clubs that are always selfs.

Two count lunchbox



Everyone passes on two count. Anne passes to Ben, then herself, then Clare, then Daniel. Ben passes to Anne, then Clare, then Daniel, then himself. Clare passes to Daniel, then Ben, then Anne, then herself. Daniel passes to Clare, then himself, then Ben, then Anne. Ben and Daniel start throwing straight passes, whereas Anne and Clare start throwing crossing passes. Everyone alternates crossing passes and straight passes or vice versa. Some of the selfs are hurries!

One count lunchbox



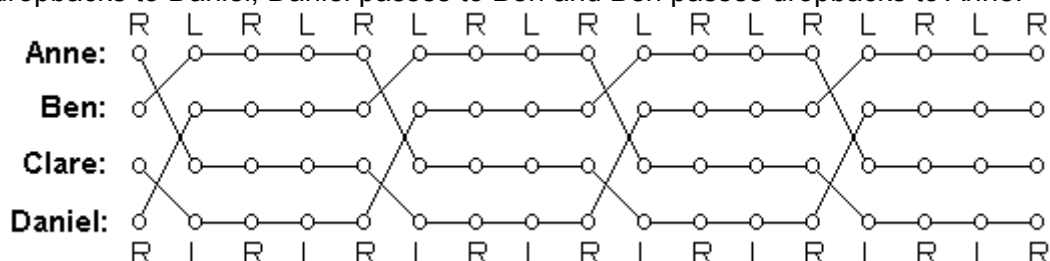
Everyone passes on one count. Anne passes to Ben, then herself, then Clare, then Daniel. Ben passes to Anne, then Clare, then Daniel, then himself. Clare passes to Daniel, then Ben, then Anne, then herself. Daniel passes to Clare, then himself, then Ben, then Anne. Ben and Daniel start throwing straight passes, whereas Anne and Clare start throwing crossing passes. Everyone alternates crossing passes and straight passes or vice versa. Some of the passes and selfs are hurries!

Other four person patterns

Dropback line #1

Anne Ben Clare Daniel

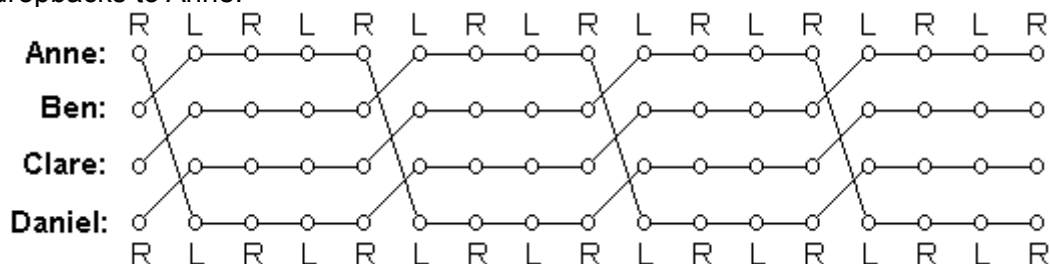
The four jugglers stand in a line facing towards the middle of the line. Anne passes to Clare, Clare passes dropbacks to Daniel, Daniel passes to Ben and Ben passes dropbacks to Anne.



This diagram shows a four count dropback line. You can do a three count or a two count version.

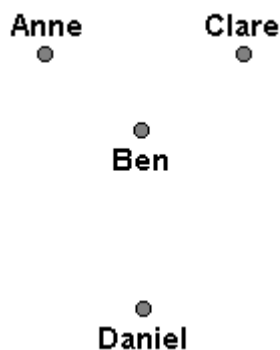
Dropback line #2

The four jugglers stand in a line as in the previous pattern, but Clare faces the other direction. This time Anne passes to Daniel, Daniel passes to Clare, Clare passes dropbacks to Ben and Ben passes dropbacks to Anne.



This diagram shows a four count dropback line. You can do a three count or a two count version.

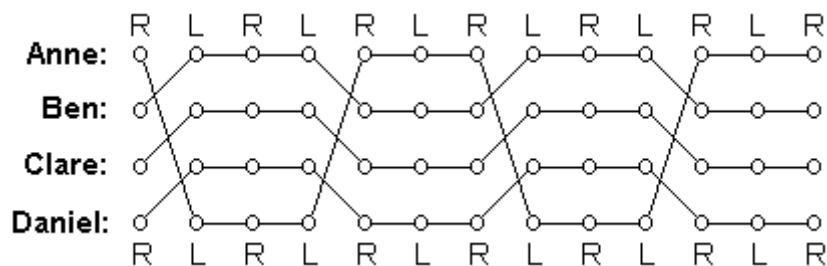
Four count Y



The jugglers stand in a Y formation as shown above. Ben and Daniel are facing Anne and Clare and vice versa. Everyone passes on four count. Anne passes to Daniel, Ben passes to Anne, Clare passes to Ben and Daniel passes to Clare. The causal diagram for this pattern is the same as the dropback line #2.

You can do a dropback Y, with Ben throwing dropbacks to Daniel, Daniel passing to Clare, Clare passing to Anne and Anne passing to Ben.

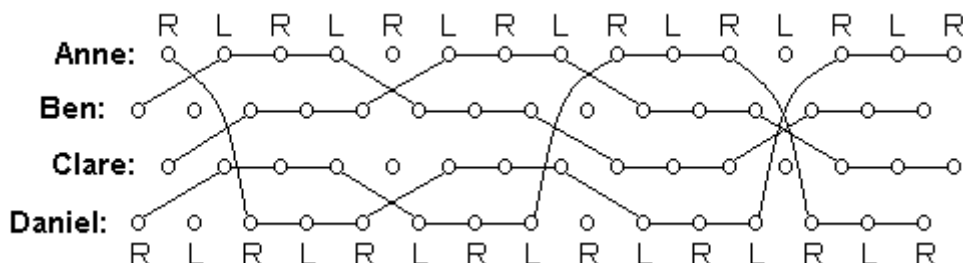
Three count Y



The jugglers stand in a Y formation. Everyone passes on three count. Anne throws her right hand passes to Daniel and her left hand passes to Ben. Ben throws his right hand passes to Anne and his left hand passes to Clare. Clare throws her right hand passes to Ben and her left hand passes to Daniel. Daniel throws his right hand passes to Clare and his left hand passes to Anne.

Colour coding: four red clubs that are always passes and eight green clubs that are always selfs.

Jim's three count Y

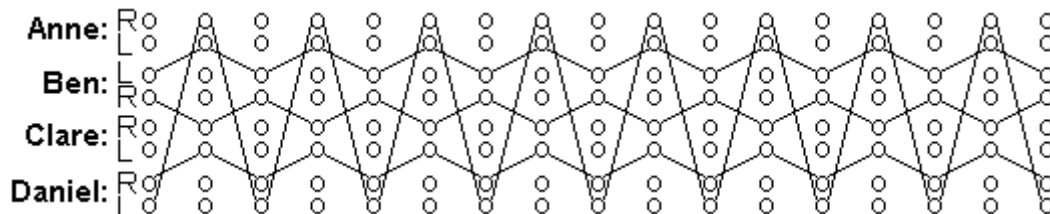


This is similar to the three count Y but everyone juggles Jim's three count. Note that some of the passes in this pattern are exchanges.

Colour coding: four red clubs that are always passes and eight green clubs that are always selfs.

This pattern shows that you can create a four person Y from any two person passing pattern between *Anne* and *Ben*. *Anne's* sequence in the two person pattern becomes Anne and Clare's sequence in the four person Y, whereas *Ben's* sequence in the two person pattern becomes Ben and Daniel's sequence in the four person Y. Also Anne throws her right hand passes to Daniel and her left hand passes to Ben. Ben throws his right hand passes to Anne and his left hand passes to Clare. Clare throws her right hand passes to Ben and her left hand passes to Daniel. Daniel throws his right hand passes to Clare and his left hand passes to Anne.

Dart



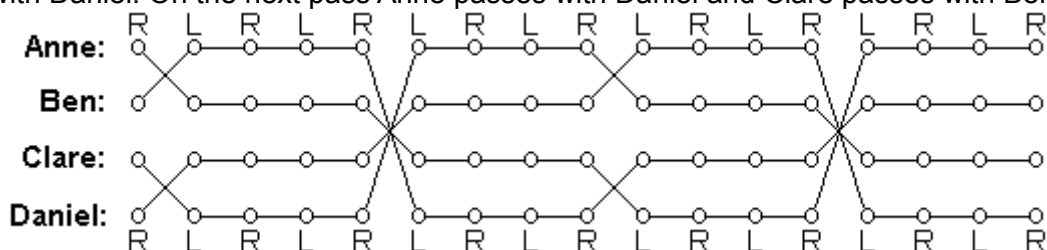
This is a synchronous one count y. Ben and Daniel start with four clubs and Anne and Clare start with two. Ben and Daniel start at the same time. Ben throws crossing passes and he throws his right hand passes to Anne and his left hand passes to Clare. Daniel throws straight passes and he throws his right hand passes to Clare and his left hand passes to Anne. Anne and Clare start one beat later. Anne throws straight right hand passes to Daniel and crossing left hand passes to Ben. Clare throws crossing right hand passes to Ben and straight left hand passes to Daniel. For this pattern Daniel can stand very close to Ben as there are no self throws.

Trapeze

Anne Ben

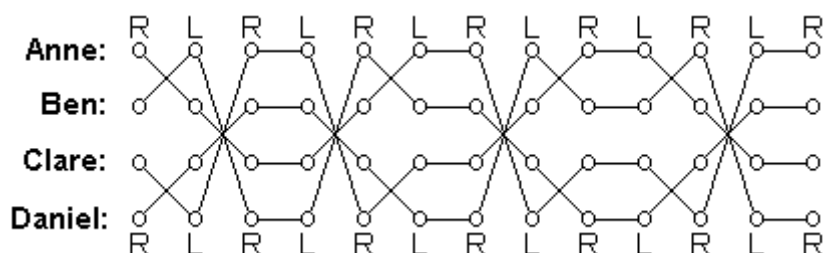
Clare Daniel

The jugglers stand in a trapeze formation as shown above. Ben and Daniel face Anne and Clare and vice versa. Everyone passes on four count. On one pass Anne passes with Ben and Clare passes with Daniel. On the next pass Anne passes with Daniel and Clare passes with Ben.



You could do a trapeze on three count or two count.

All out civil war



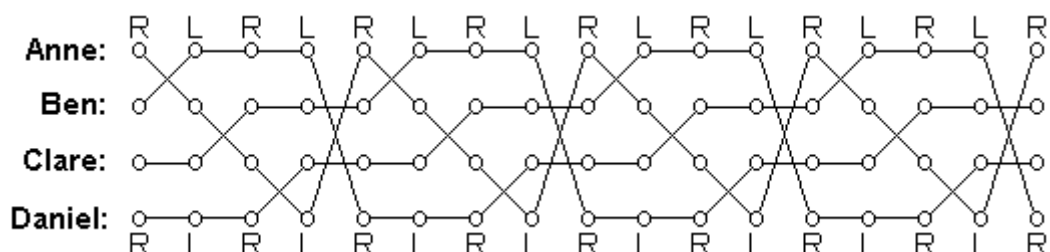
Everyone does the civil war feed. This pattern works in the Y formation or the trapeze formation.

In the rest of the patterns in this section the jugglers stand in a square as shown below.

Anne Clare

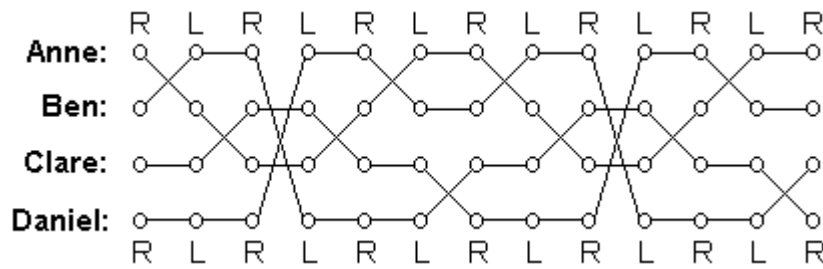
Ben Daniel

Chocolate square



Everyone juggles chocolate bar. Anne's sequence is Ben self self Daniel. Ben's sequence is Anne Clare self self. Clare's sequence is self Ben Daniel self. Daniel's sequence is self self Clare Anne.

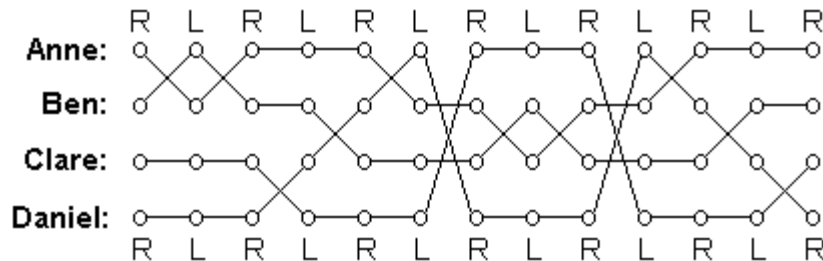
Three count accommodation



Anne passes on two count, Ben juggles pass pass self, Clare passes left handed two count and Daniel passes on three count. Anne's sequence is Ben self Daniel self Ben self. Clare's sequence is self Ben self Ben self Daniel. Ben and Daniel make all their right hand passes with Anne and all their left hand passes with Clare. Also Daniel starts with two selfs.

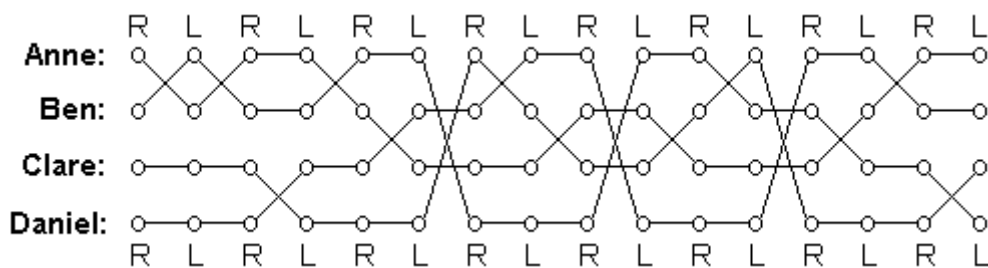
Colour coding: six red clubs which Ben passes with Anne and Clare, three green clubs which Daniel passes with Anne and Clare and three white clubs which are always thrown as selfs by Ben and Daniel.

Low fat chocolate box



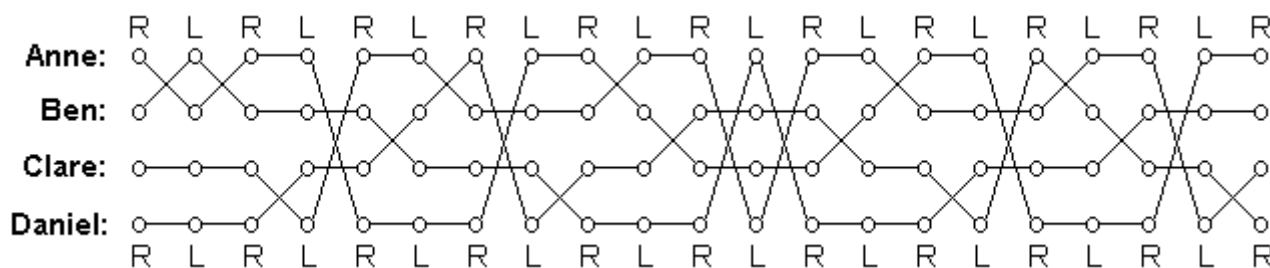
This is a variation of three count accommodation. Anne and Clare pass chocolate bar, Ben juggles pass pass self and Daniel passes on three count. Anne's sequence is Ben Ben self self Ben Daniel self self Daniel Ben self self. Ben's sequence is Anne Anne self Clare Anne self Clare Clare self Anne Clare self. Clare's sequence is self self Daniel Ben self self Ben Ben self self Ben Daniel. Daniel's sequence is self self Clare self self Anne self self Anne self self Clare.

Bookshelf



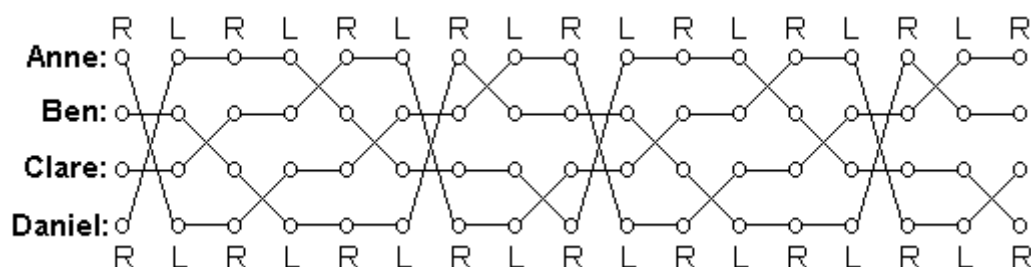
This is another variation of three count accommodation. Anne passes bookends. Ben juggles pass pass self. Clare passes inverted bookends. Daniel passes three count.

Chocolate bookshelf



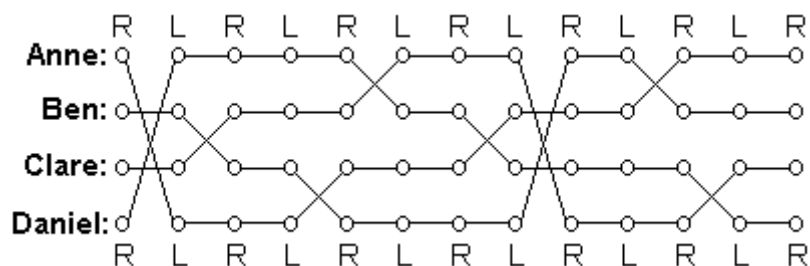
This is another variation of three count accommodation. Anne passes bookends. Ben and Daniel pass chocolate bar. Clare passes inverted bookends.

Countdown accommodation #1



Everyone juggles a countdown from three count out of phase. Anne's sequence is Daniel self self Ben self Daniel Ben self. Ben's sequence is self Clare self Anne Clare self Anne self. Clare's sequence is self Ben Daniel self Ben self self Daniel. Daniel's sequence is Anne self Clare self self Anne self Clare.

Countdown accommodation #2



Everyone juggles a countdown from four count down to two count out of phase. Anne's sequence is Daniel self self Ben self self Daniel self Ben self self. Ben's sequence is self Clare self self Anne self Clare self self Anne self self. Clare's sequence is self Ben self Daniel self self Ben self self self Daniel self. Daniel's sequence is Anne self self Clare self self self Anne self self Clare self.

Colour coding: use one red club that's always the four count pass, one green club that's always the two count pass, six blue clubs that are the three count passes and four yellow clubs that are always selfs.

Row row row your boat

In this pattern everyone sings 'row row row your boat' as they juggle. 'Row row row your boat' is a round, so everyone starts on a different line of the song. Also each line has a passing sequence associated with it.

Row, row, row your boat
pass self self self self self pass self

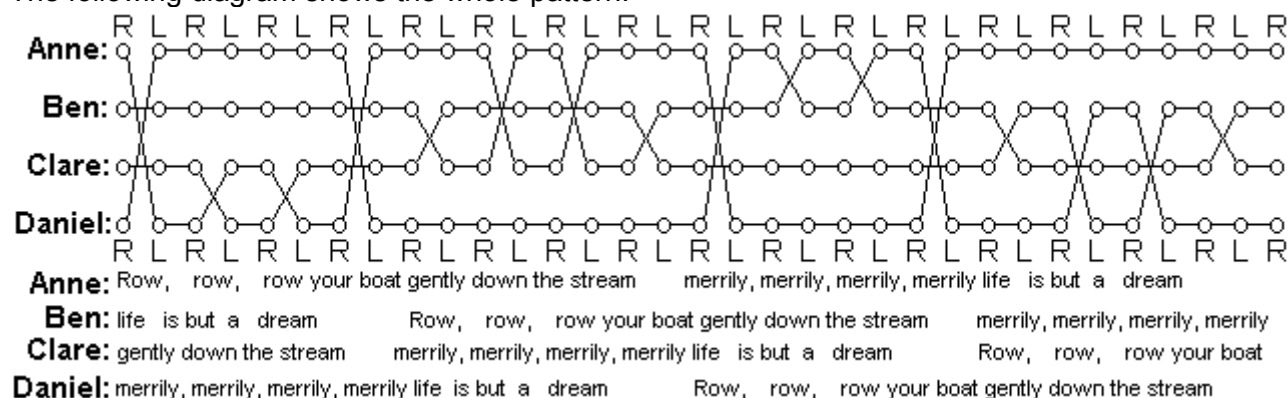
gen - tly down the stream
self self pass self pass self self self

Mer-ri-ly, mer-ri-ly, mer-ri-ly, mer-ri-ly
pass self pass self pass self pass self

Life is but a dream.
self self self self self self self self

When you sing 'row row row your boat' you pass to the person opposite you on the first and seventh beats. When you sing 'gently down the stream' you pass to the person on your left on the third and fifth beats. When you sing 'merrily merrily merrily merrily' you pass to the person opposite you on the first and seventh beats and you pass to the person on your right on the third and fifth beats. When you sing 'life is but a dream' you do eight selfs!

The following diagram shows the whole pattern.



Ambidextrous variation

This is an ambidextrous passing pattern for the song 'row, row, row your boat'. You either sing faster or juggle slower!

Row, row, row your boat
pass self self pass

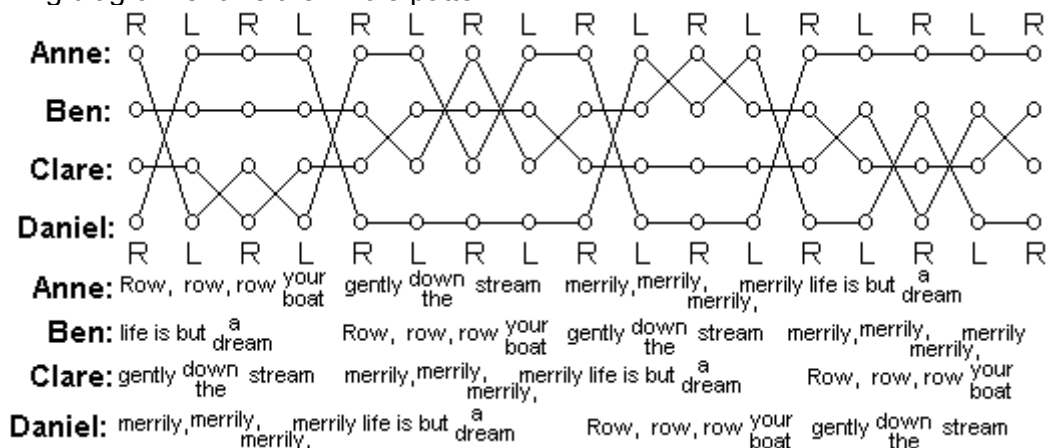
gen - tly down the stream
self pass pass self

Mer-ri-ly, mer-ri-ly, mer-ri-ly, mer-ri-ly
pass pass pass pass

Life is but a dream.
self self self self

When you sing 'row row row your boat' you pass to the person opposite you on the first and fourth beats. When you sing 'gently down the stream' you pass to the person on your left on the second and third beats. When you sing 'merrily merrily merrily merrily' you pass to the person opposite you on the first and fourth beats and you pass to the person on your right on the second and third beats. When you sing 'life is but a dream' you do four selfs!

The following diagram shows the whole pattern.



Frere Jacques

In this pattern everyone sings 'frere Jacques' as they juggle. 'frere Jacques' is a round, so everyone starts on a different line of the song. Also each line has a passing sequence associated with it. The underlying passing pattern is the same as 'row row row your boat'.

Frère Jacques, Frère Jacques
 pass self self self self self pass self

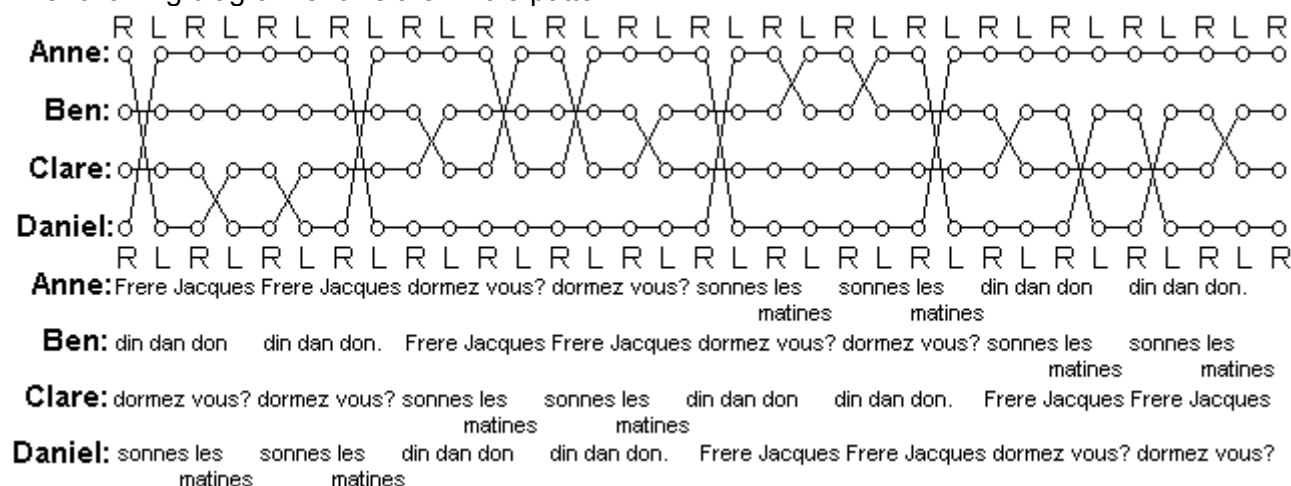
Dor mez vous? Dor mez vous?
 self self pass self pass self self self

Son nes les ma ti nes, son nez les ma ti nes,
 pass self pass self pass self pass self

Din, din, don. Din, din, don.
 self self self self self self self self

When you sing 'frere Jacques frere Jacques' you pass to the person opposite you on the first and seventh beats. When you sing 'dormez vous? Dormez vous?' you pass to the person on your left on the third and fifth beats. When you sing 'sonnes les matines sonnes les matines' you pass to the person opposite you on the first and seventh beats and you pass to the person on your right on the third and fifth beats. When you sing 'din dan don din dan don' you do eight selfs!

The following diagram shows the whole pattern.



London's burning

In this pattern everyone sings 'London's burning' as they juggle. 'London's burning' is a round, so everyone starts on a different line of the song. Also each line has a passing sequence associated with it.

Lon - don's bur - ning, Lon - don's bur - ning, fetch the
pass self self pass self self self

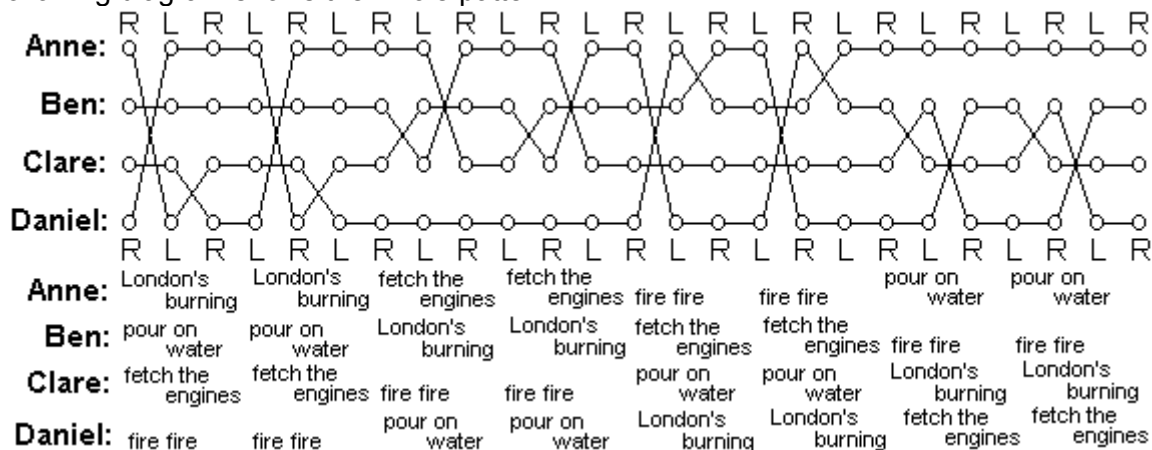
en - gines, fetch the en - gines, fire,
pass self self pass self pass

fire, fire, fire, pour on
pass self pass pass self self

wa - ter, pour on wa - ter.
self self self self self self

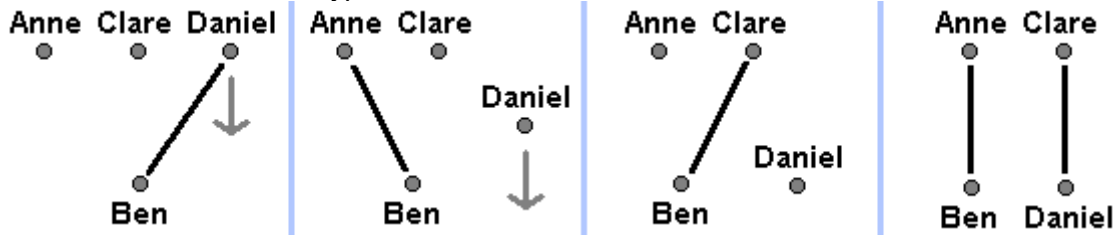
When you sing 'London's burning London's burning' you pass to the person opposite you on the first and fourth beats. When you sing 'fetch the engines fetch the engines' you pass to the person on your left on the second and fifth beats. When you sing 'fire fire fire fire' you pass to the person opposite you on the first and fourth beats and you pass to the person on your right on the second and fifth beats. When you sing 'pour on water, pour on water' you do six selfs!

The following diagram shows the whole pattern.

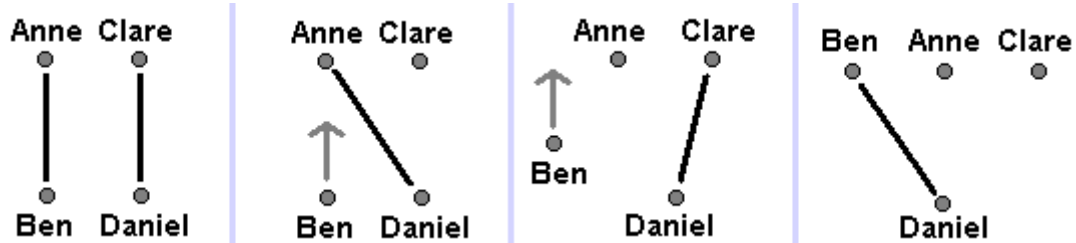


Four person runarounds

A four person runaround is a pattern with walking which is based on two feeds. At the start of the pattern Ben is the feeder in a typewriter feed and Anne, Clare and Daniel are feedees.



In a classic runaround the feedee on the left is always the next person to walk. In this case it's Daniel. After a pass to Ben, Daniel walks across the pattern to stand next to Ben. As Daniel walks Ben passes to Anne and then Clare. These are the last two passes of the typewriter feed. When Daniel arrives next to Ben, Daniel passes with Clare and Ben passes with Anne. These are the first passes of a box feed.

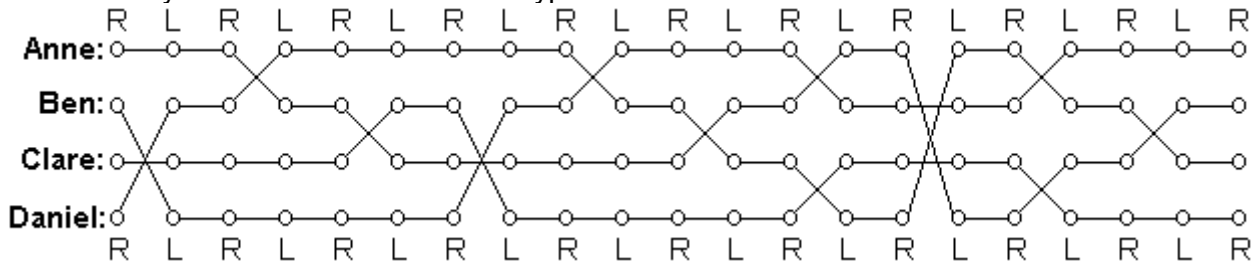


The person that was the feeder in the line feed will be the next juggler to walk across the pattern. In this case it's Ben. After a pass to Anne, Ben walks across the pattern to stand next to Anne. As Ben walks Daniel passes to Anne and then Clare. These are the last two passes of the box feed. When Ben arrives next to Anne, Daniel passes with Ben. This is the first pass of a typewriter feed with Daniel feeding.

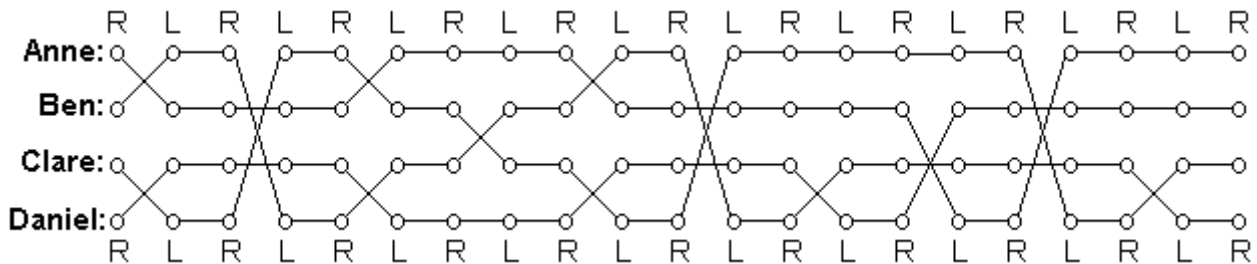
Clare is on the left of the feed so she will be the next to walk after a pass with Daniel. This will switch the pattern to a box feed. Then Daniel walks and the pattern becomes a typewriter feed with Clare feeding. And so on...

The walkaway

The walkaway is based on the two count typewriter feed and the mixed count feed.



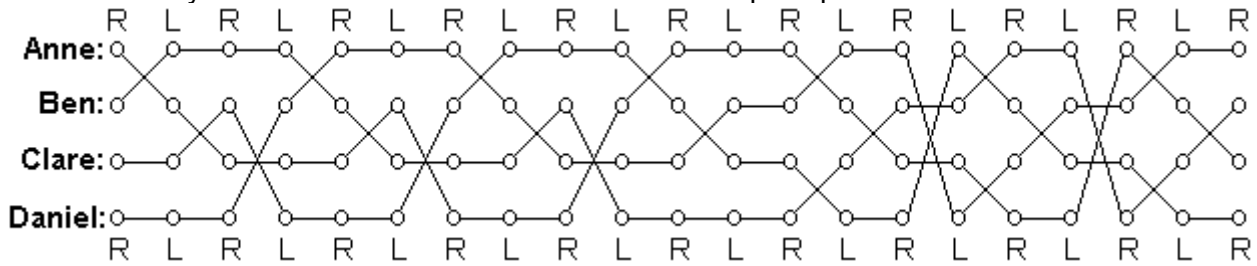
In this diagram Ben is feeding a two count typewriter feed. Daniel walks across the pattern after his second pass with Ben. Daniel has five beats to walk across the pattern so he can juggle six count as he walks. As Daniel walks Ben passes to Anne and Clare on two count. When Daniel arrives next to Ben, Daniel passes with Clare and Ben passes with Anne. These are the first passes of the mixed count feed. Note that in the transition from the typewriter feed to the mixed count feed Anne does four count and Clare does two count.



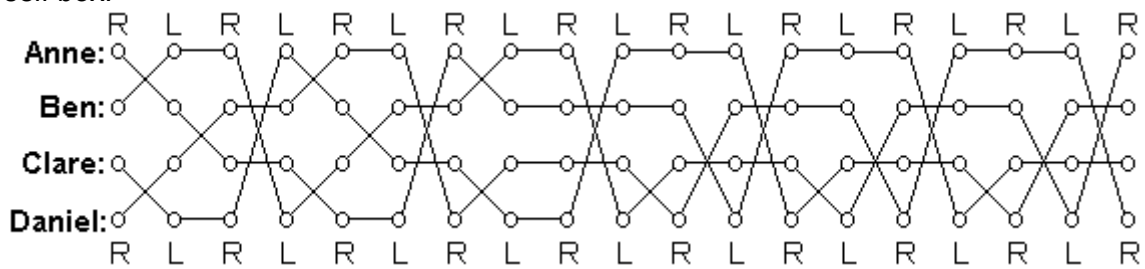
This diagram starts with the jugglers doing a mixed count feed. Ben walks across the pattern after his third pass with Anne at a moment when he would be doing four count in the mixed count feed. Ben has five beats to walk across the pattern so he can juggle six count as he walks. As Ben walks Daniel passes to Anne and Clare on two count. When Ben arrives next to Anne, Daniel passes with Ben. This is the first pass of the two count typewriter feed.

Tarim's runaway

Tarim's runaway is based on the urban terror feed and the pass pass self box.



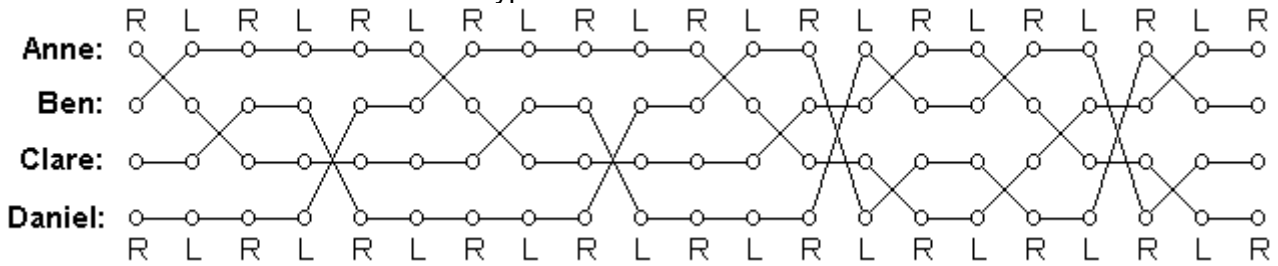
In this diagram Ben is feeding an urban terror feed. Daniel walks across the pattern after his third pass with Ben. Daniel has three beats to walk across the pattern so he can juggle four count as he walks. As Daniel walks Ben passes to Anne and Clare on one count. When Daniel arrives next to Ben, Daniel passes with Clare and Ben passes with Anne. These are the first passes of the pass pass self box.



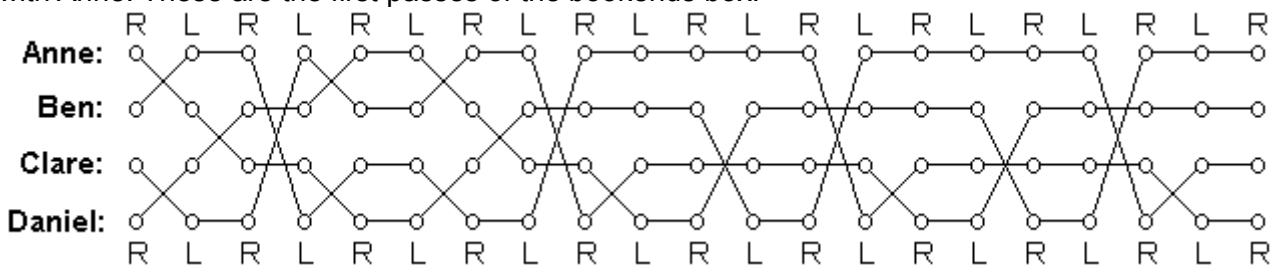
This diagram starts with the jugglers doing a pass pass self box. Ben walks across the pattern after his third pass with Anne. Ben has three beats to walk across the pattern so he can juggle four count as he walks. As Ben walks Daniel passes to Anne and Clare. When Ben arrives next to Anne, Daniel passes with Clare. This is the first pass of the urban terror feed. In this transition Ben has to give Anne some warning that he is going to walk so he says 'soon' to her as he makes his last pass with her.

The write off

The write off is based on a bookends typewriter feed and a bookends box.



In this diagram Ben is feeding a bookends typewriter feed. Daniel walks across the pattern after his second pass with Ben. Daniel has three beats to walk across the pattern so he can juggle four count as he walks. As Daniel walks Ben completes his feed passing to Anne and Clare. When Daniel arrives next to Ben, Daniel passes to Anne, then Daniel passes with Clare and Ben passes with Anne. These are the first passes of the bookends box.

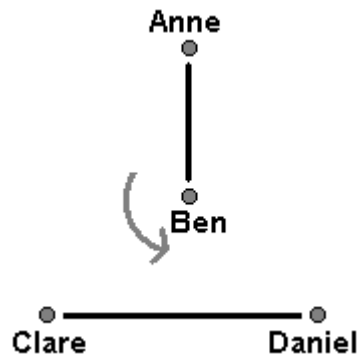


This diagram starts with the jugglers doing a bookends box. Ben walks across the pattern after his second pass with Clare. Ben has three beats to walk across the pattern so he can juggle four count as he walks. As Ben walks Daniel passes to Anne and Clare. When Ben arrives next to Anne, Daniel passes with Ben. These are the first passes of the bookends typewriter feed. In this transition Ben has to give Anne some warning that he is going to walk so he says 'soon' to her as he makes her last pass with her.

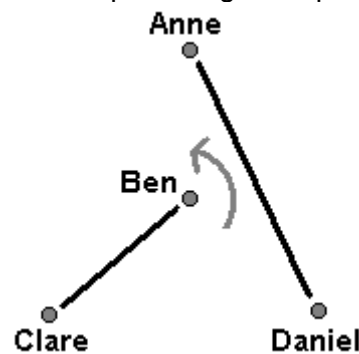
Other four person patterns with walking

Rotator

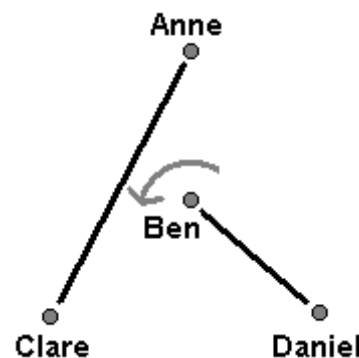
Anne, Clare and Daniel stand in a triangle and Ben stands in the middle. Everyone passes on four count.



For the first pass Anne passes with Ben and Clare passes with Daniel. After these passes Ben turns anticlockwise. Anne should throw her pass long to help Ben turn.



For the second pass Anne passes with Daniel and Clare passes with Ben. After these passes Ben turns anticlockwise again.

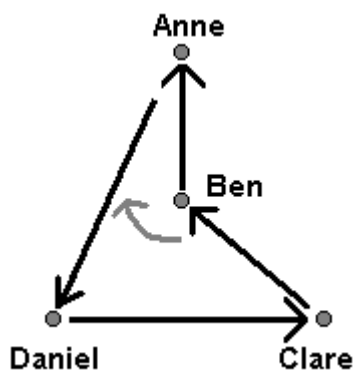


For the third pass Anne passes with Clare and Daniel passes with Ben. After these passes Ben turns anticlockwise again and the pattern repeats from the start.

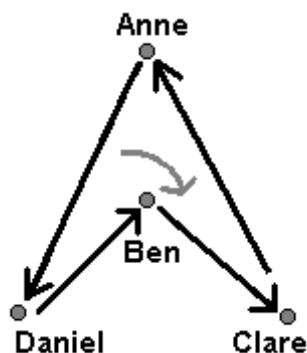
You can have the person in the middle changing places with the person they're passing with on every fourth pass.

Rotator crossed with Y

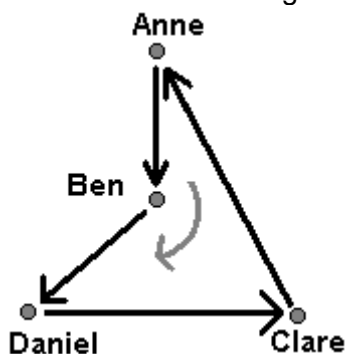
Anne, Clare and Daniel stand in a triangle and Ben stands in the middle. Everyone passes on four count.



For the first pass Anne passes to Daniel, Daniel passes to Clare, Clare passes to Ben and Ben passes to Anne. After these passes Ben turns clockwise. Daniel should throw his pass short to help Ben turn.



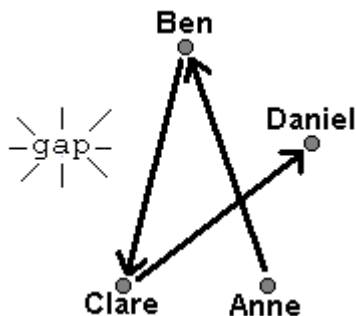
For the second pass Anne passes to Daniel, Daniel passes to Ben, Ben passes to Clare and Clare passes to Anne. After these passes Ben turns clockwise again.



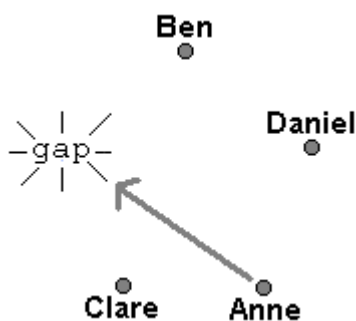
For the third pass Anne passes to Ben, Ben passes to Daniel, Daniel passes to Clare and Clare passes to Anne. After these passes Ben turns clockwise again and the pattern repeats from the start.

Shooting star

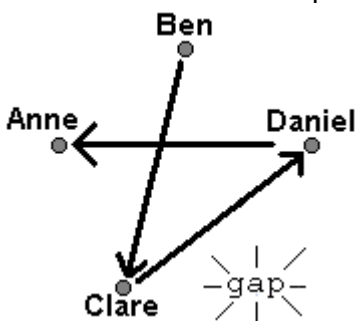
The jugglers stand at four points of a five pointed star. There's a gap between Ben and Clare. Daniel starts with no clubs, everyone else has three.



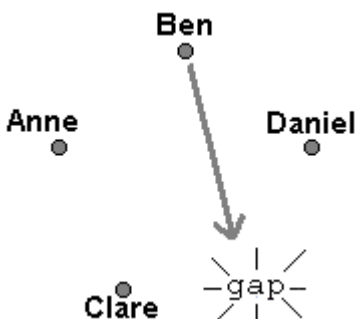
Everyone passes four count. Anne passes to Ben, Ben passes to Clare and Clare passes to Daniel.



When Daniel has three clubs he starts passing to the gap. At the same time Anne passes her last club and runs into the gap just in time to catch Daniel's first pass.



Now Daniel passes to Anne and Anne no longer passes to Ben. Also the gap is between Clare and Daniel.



When Anne has three clubs she starts passing to the gap. At the same time Ben passes his last club and runs into the gap just in time to catch Anne's first pass.

You can juggle two count instead of four count. Also Daniel can start with one (or two) club(s) and then each juggler runs into the gap when they have one (or two) club(s).

Moveable feast weave

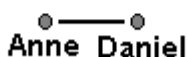
The jugglers start in a line.



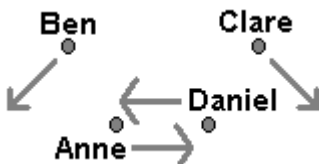
Anne passes with Ben and Clare passes with Daniel.



After this pass Anne and Daniel walk forward, Ben walks forward and to his right and Clare walks forward and to her left.



Now Anne passes with Daniel, Ben makes a half turn anticlockwise as he walks and Clare makes a half turn clockwise as she walks.



After this pass Anne and Daniel walk forward, Ben walks backwards and to his right and Clare walks backwards and to her left.

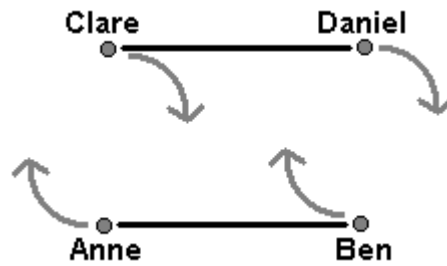


Now the jugglers are back in a line. Ben passes with Daniel and Anne passes with Clare. This is just like the first pass except all the jugglers have moved around.

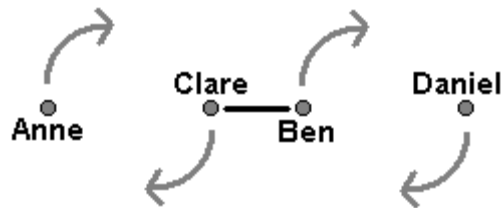
The underlying passing sequence for this pattern is a feast. It can be a four count feast or a three count feast or if you're feeling really energetic a two count feast.

Karamazov shuffle

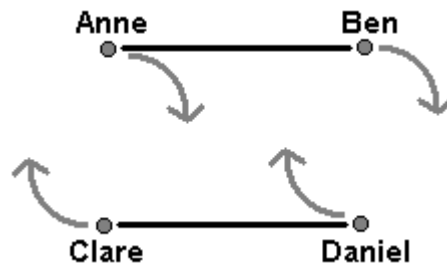
The jugglers start in a square. Everyone passes four count, but sometimes you pass to yourself! Anne and Clare walk around each other on a circle and Ben and Daniel walk around each other on another circle.



Anne passes with Ben and Clare passes with Daniel. After this pass the jugglers move clockwise as shown by the arrows.



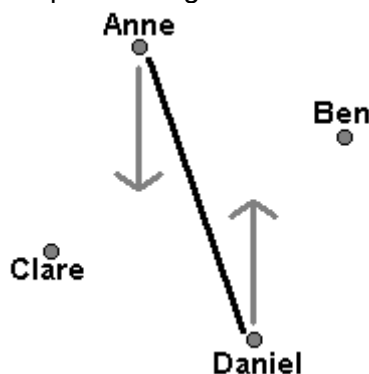
Now Clare passes with Ben, while Anne and Daniel do selfs. After this pass the jugglers move clockwise again as shown by the arrows.



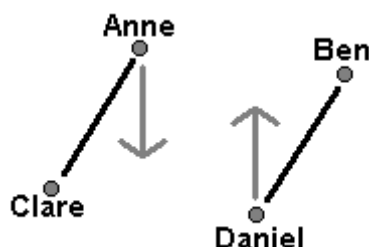
Now Anne passes with Ben and Clare passes with Daniel. This is just like the first pass except all the jugglers have moved around.

Cups and saucers

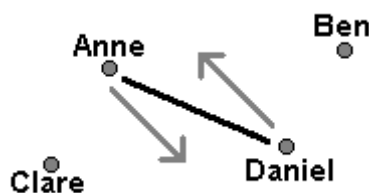
The jugglers start in a square and pass on four count and eight count. At the start Anne and Daniel pass on four count and Ben and Clare pass on eight count.



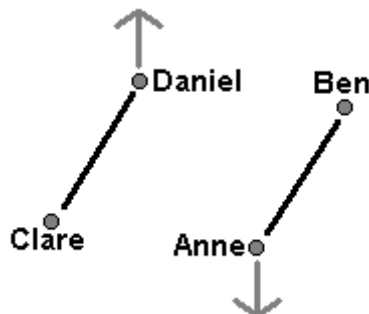
Anne passes with Daniel while Ben and Clare do selfs. After this pass Anne and Daniel walk forward. Their next pass is with the juggler on their right.



So Anne passes with Clare and Daniel passes with Ben. After this pass Anne and Daniel continue to walk forward and they also turn towards each other to make their next pass.

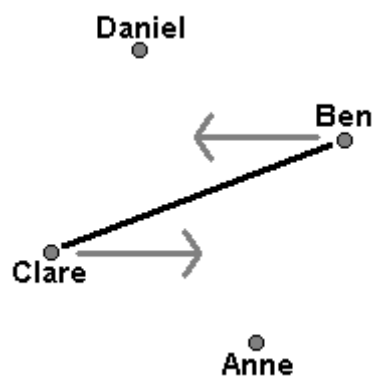


Now Anne passes with Daniel while Ben and Clare do selfs. After this pass Anne and Daniel continue walking and turning.

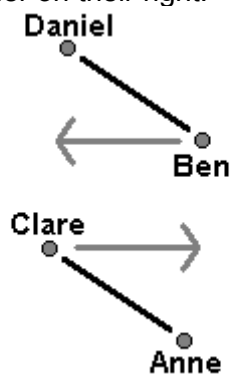


Anne's next pass is with Ben and Daniel's next pass is with Clare. After this pass Anne and Daniel continue walking and turning until Anne reaches Daniel's original position and Daniel reaches Anne's original position. Also now Anne and Daniel switch to eight count and Ben and Clare switch to four count.

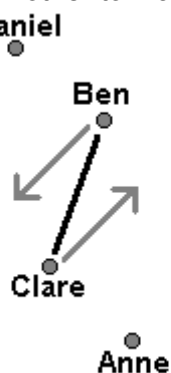
Continued on the next page...



Now Ben passes with Clare while Anne and Daniel do selfs. After this pass Ben and Clare walk forward. Their next pass is with the juggler on their right.



So Clare passes with Anne and Ben passes with Daniel. After this pass Ben and Clare continue to walk forward and they also turn towards each other to make their next pass.



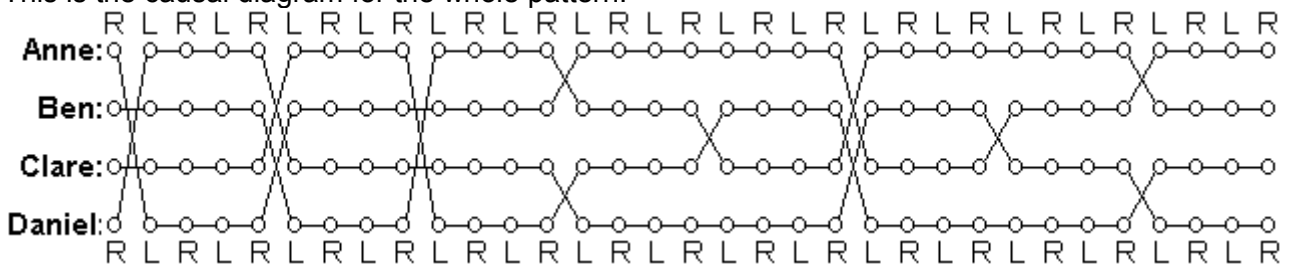
Now Ben passes with Clare while Anne and Daniel do selfs. After this pass Ben and Clare continue walking and turning.

Continued on the next page...

Ben's next pass is with Anne and Clare's next pass is with Daniel. After this pass Ben and Clare continue walking and turning until Ben reaches Clare's original position and Clare reaches Ben's original position. Also now Ben and Clare switch to eight count and Anne and Daniel switch to four count.

Now Anne passes with Daniel while Ben and Clare do selfs. This is just like the first pass except all the jugglers have moved around.

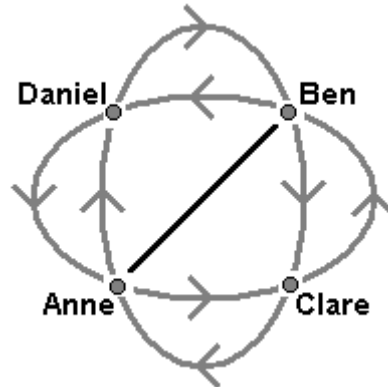
This is the causal diagram for the whole pattern:



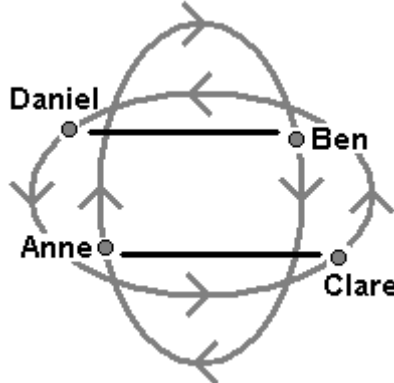
Cyclone

The jugglers pass on two count and four count while walking round one of two oval paths. Anne and Ben walk in a clockwise direction on one path whereas Clare and Daniel walk in an anticlockwise direction on the other path. They start in a square and pass on two count and four count. At the start Anne and Ben pass on two count and Clare and Daniel pass on four count.

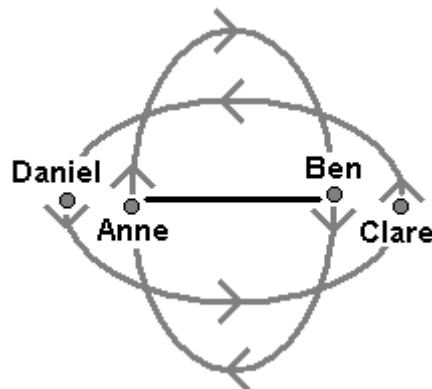
Anne passes with Ben while Clare and Daniel do selfs.



Now Anne passes with Clare and Ben passes with Daniel.

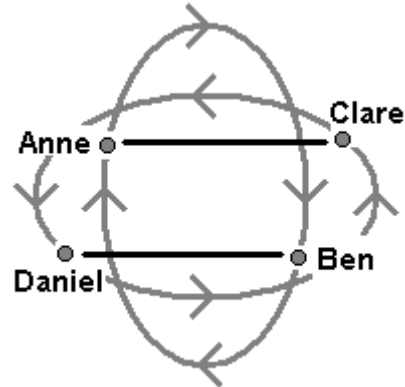


Once again Anne passes with Ben while Clare and Daniel do selfs.

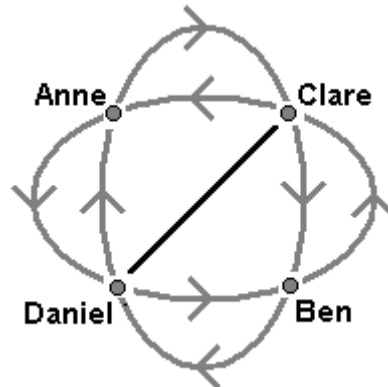


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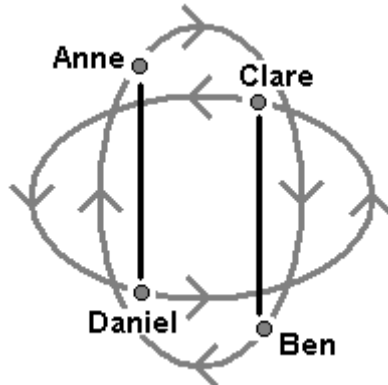
Now Anne passes with Clare and Ben passes with Daniel. After this pass Anne and Ben switch to four count and Clare and Daniel switch to two count.



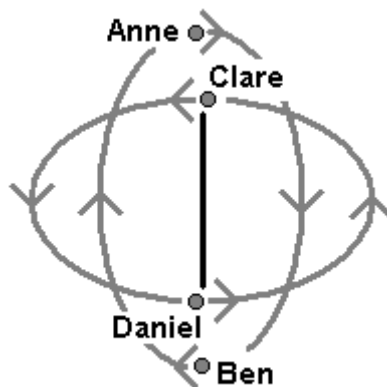
Now Clare passes with Daniel while Anne and Ben do selfs.



Now Clare passes with Ben and Daniel passes with Anne.

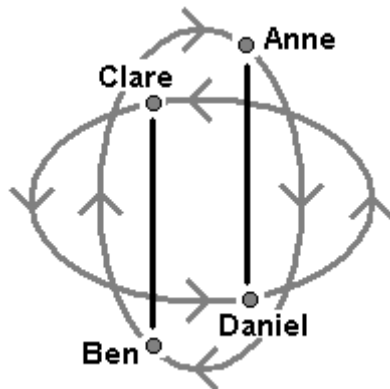


Once again Clare passes with Daniel while Anne and Ben do selfs.

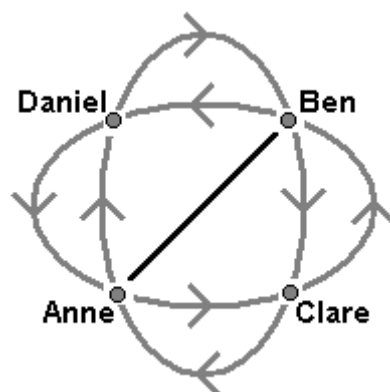


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Now Clare passes with Ben and Daniel passes with Anne. After this pass Clare and Daniel switch back to four count and Anne and Ben switch to two count.

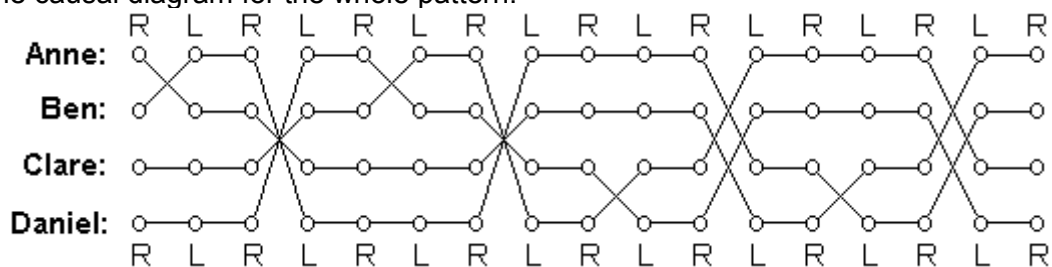


Now Anne passes with Ben and Clare and Daniel do selfs.



This diagram is just like the first one and so the pattern repeats.

This is the causal diagram for the whole pattern.

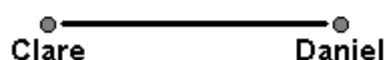


For an ambidextrous pattern you could pass on three count and six count.

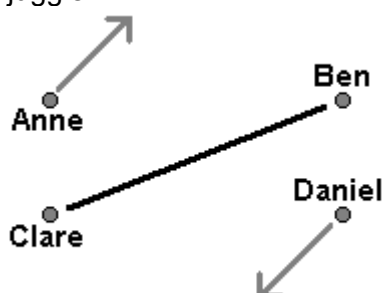
Seattle shuffle

The jugglers pass on two count and four count while walking round a circle. At the start Anne and Daniel are passing four count, whereas Ben and Clare are passing two count.

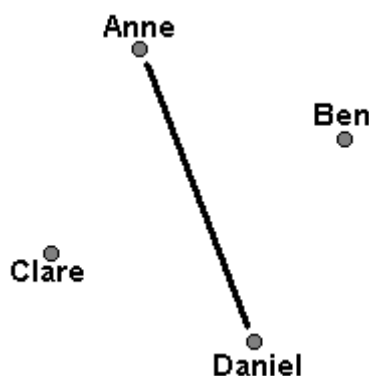
Anne passes with Ben and Clare passes with Daniel.



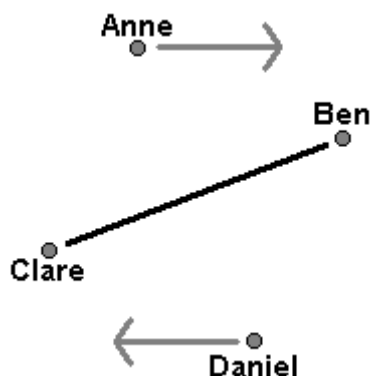
Ben passes with Clare while Anne and Daniel do selfs. Also Anne and Daniel move forwards and to their left, turning clockwise as they juggle.



After this pass Ben and Clare do one round of four count. So Anne passes with Daniel while Ben and Clare do selfs.

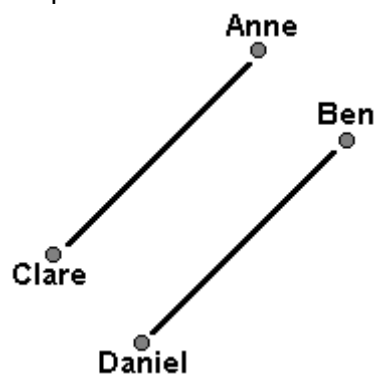


Now Ben passes with Clare while Anne and Daniel do selfs. Also Anne and Daniel move forwards and to their left, turning clockwise as they juggle. Ben and Clare switch back to two count.

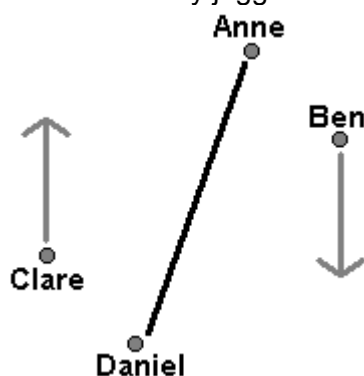


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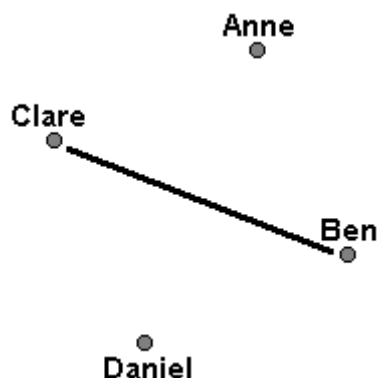
Now Anne passes with Clare and Ben passes with Daniel.



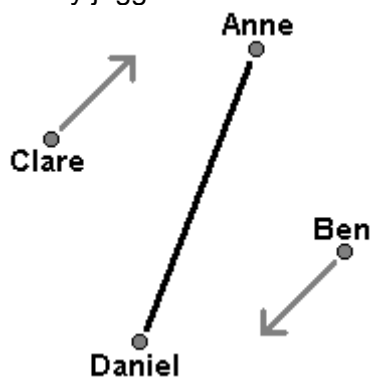
After this pass Anne and Daniel are passing two count, whereas Ben and Clare are passing four count. So Anne passes with Daniel while Ben and Clare do selfs. Also Ben and Clare move forwards and to their left, turning clockwise as they juggle.



After this pass Anne and Daniel do one round of four count. So Ben passes with Clare while Anne and Daniel do selfs.

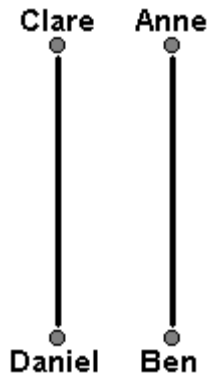


Now Anne passes with Daniel while Ben and Clare do selfs. Also Ben and Clare move forwards and to their left, turning clockwise as they juggle. Anne and Daniel switch back to two count.

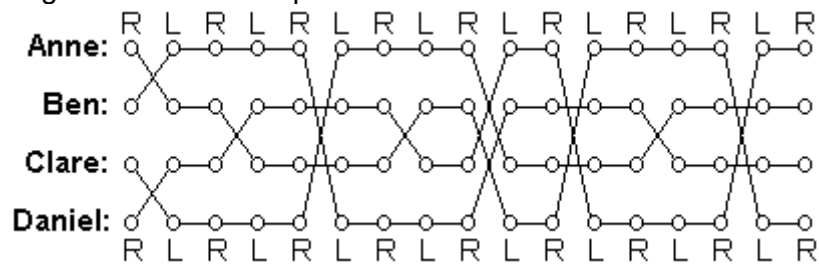


Continued on the next page...

Now Anne passes with Ben and Clare passes with Daniel. This diagram is just like the first one, except rotated by a quarter turn.



This is the causal diagram for the whole pattern.



Aidan's feast #1 and Aidan's feast #2 would also work well with this pattern.

Pistons

The jugglers start at the corners of a parallelogram. Everyone passes four count. Anne and Clare walk around each other on a square and Ben and Daniel walk around each other on another square.

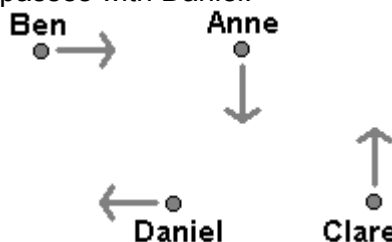
Ben Anne



 Daniel Clare

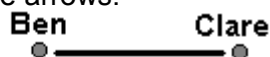


Anne passes with Ben and Clare passes with Daniel.



After this pass Anne moves to her left and Clare moves to her right whereas Ben moves forwards and Daniel moves back. This is shown by the arrows.

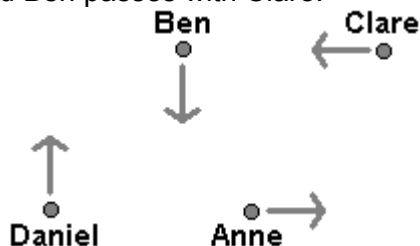
Ben Clare



 Daniel Anne

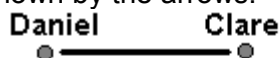


Now Anne passes with Daniel and Ben passes with Clare.



After this pass Anne moves back and Clare moves forwards whereas Ben moves to his right and Daniel moves to his left. This is shown by the arrows.

 Daniel Clare



Ben Anne

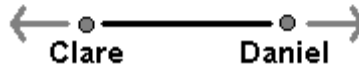


Now Anne passes with Ben and Clare passes with Daniel. This is just like the first pass except all the jugglers have moved around.

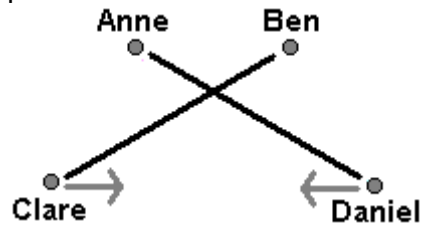
When you're learning this pattern you might want to try it on six count. Once you have learned it you might want to try it on three count!

Moving trapeze

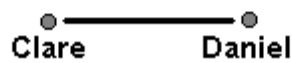
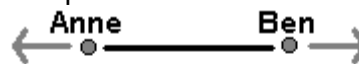
The jugglers start in a square. Everyone passes four count.



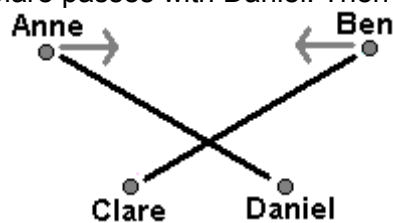
Anne passes with Ben and Clare passes with Daniel. Then Clare and Daniel move backwards.



Now Anne passes with Daniel and Ben passes with Clare. Then Clare and Daniel move forwards.



Now Anne passes with Ben and Clare passes with Daniel. Then Anne and Ben move backwards.



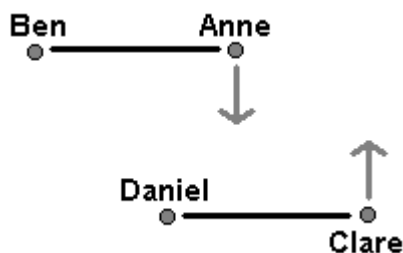
Now Anne passes with Daniel and Ben passes with Clare. Then Anne and Ben move forwards.

The pattern then repeats from the start.

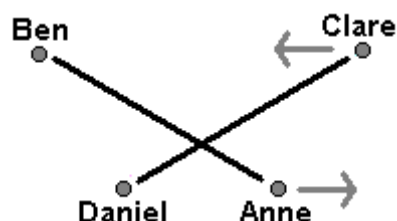
When you're learning this pattern you might want to try it on six count. Once you have learned it you might want to try it on three count!

Pistons crossed with trapeze #1

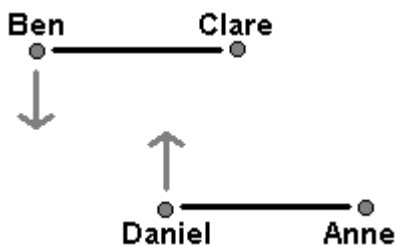
The jugglers start at the corners of a parallelogram. Everyone passes four count. Anne and Clare walk around each other on a square and Ben and Daniel walk around each other on another square.



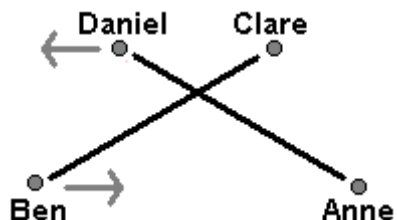
Anne passes with Ben and Clare passes with Daniel. Then Anne moves left and Clare moves right.



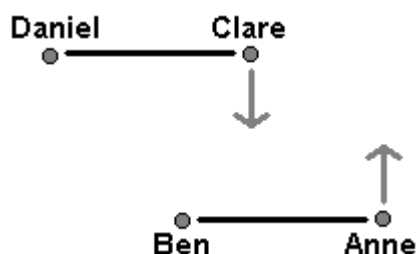
Once again Anne passes with Ben and Clare passes with Daniel. Then Anne moves back and Clare moves forwards.



Now Anne passes with Daniel and Ben passes with Clare. Then Ben moves left and Daniel moves right.



Once again Anne passes with Daniel and Ben passes with Clare. Then Ben moves forwards and Daniel moves back.

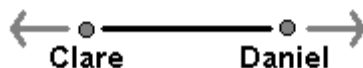


Now Anne passes with Ben and Clare passes with Daniel. This is just like the first pass except all the jugglers have moved around.

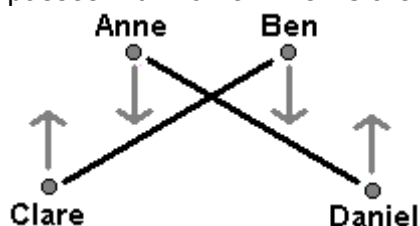
When you're learning this pattern you might want to try it on six count. Once you have learned it you might want to try it on three count!

Pistons crossed with trapeze #2

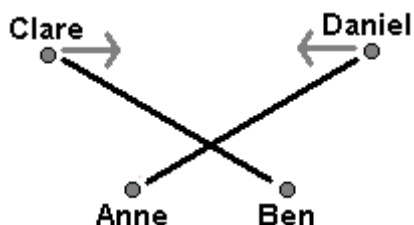
The jugglers start in a square. Everyone passes four count.



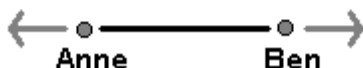
Anne passes with Ben and Clare passes with Daniel. Then Clare and Daniel move backwards.



Now Anne passes with Daniel and Ben passes with Clare. Then Anne and Daniel move right and Ben and Clare move left.



Once again Anne passes with Daniel and Ben passes with Clare. Then Clare and Daniel move forwards.

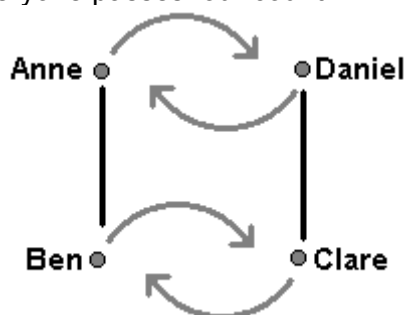


Now Anne passes with Ben and Clare passes with Daniel. This is just like the first pass except all the jugglers have moved around.

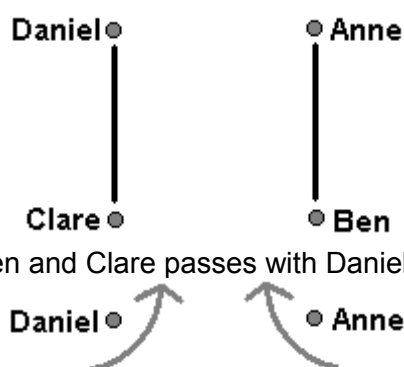
When you're learning this pattern you might want to try it on six count. Once you have learned it you might want to try it on three count!

Minuet (aka double rotation)

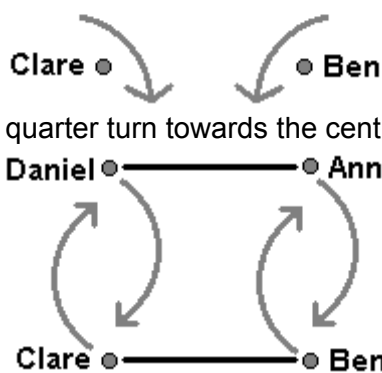
The jugglers start in a square. Everyone passes four count.



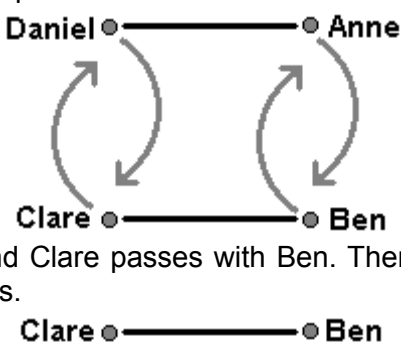
Anne passes with Ben and Clare passes with Daniel. Then Anne and Daniel swap places and Ben and Clare also swap places. Whenever they swap places Daniel and Ben always move towards the centre of the pattern whereas Anne and Clare always move away from the centre of the pattern.



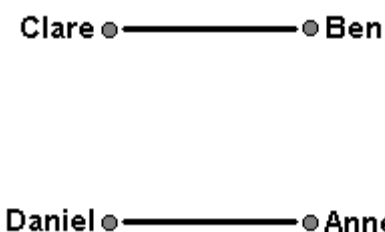
Once again Anne passes with Ben and Clare passes with Daniel.



After this pass everyone makes a quarter turn towards the centre of the pattern.

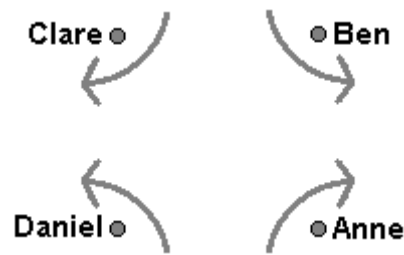


Now Anne passes with Daniel and Clare passes with Ben. Then Anne and Ben swap places and Clare and Daniel also swap places.

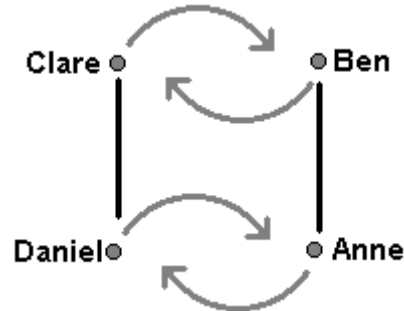


Once again Anne passes with Daniel and Clare passes with Ben.

Continued on the next page...



After this pass everyone makes a quarter turn towards the centre of the pattern.

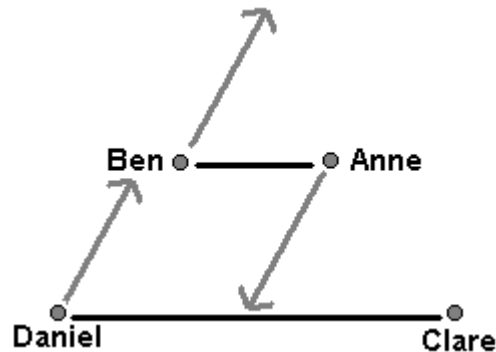


Now Anne passes with Ben and Clare passes with Daniel. This is just like the first pass except all the jugglers have moved around.

When you're learning this pattern you might want to try it on six count. Once you have learned it you might want to try it on three count!

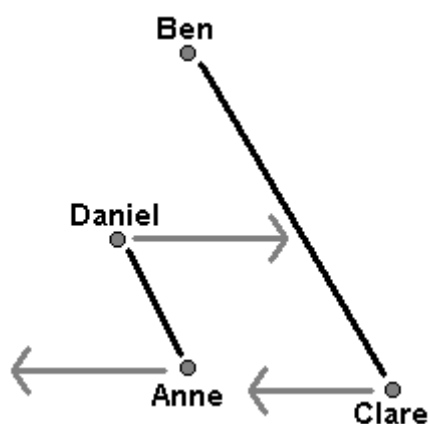
Sticky triangle

Put three beanbags on the floor to mark the corners of a large equilateral triangle. Clare stands at one corner of this triangle and Daniel stands at another. Ben stands midway between Clare and the empty corner. Anne stands midway between Daniel and the empty corner. Whenever you are at a corner, you pass with the other juggler at a corner and whenever you are at a midpoint, you pass with the other juggler at a midpoint. After a pass you move to the next position unless you have just arrived at a corner.

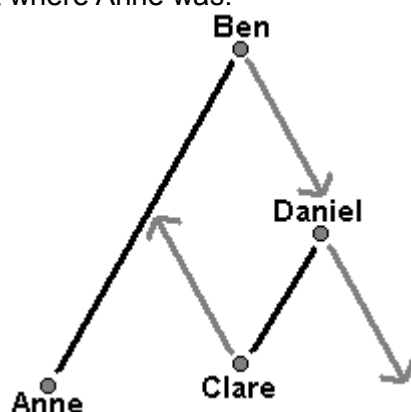


At the start Anne passes with Ben and Clare passes with Daniel. Then Clare stands still, Ben goes to the empty corner, Anne walks across the triangle to the empty midpoint and Daniel moves to the midpoint where Ben was.

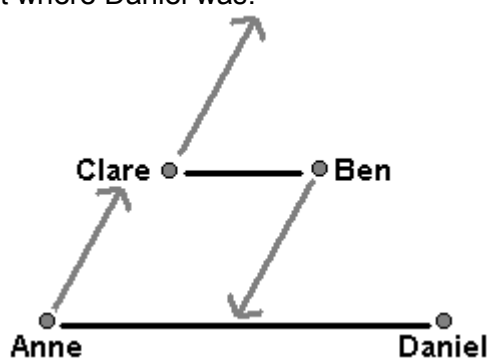
Continued on the next page...



Now Anne passes with Daniel and Ben passes with Clare. Ben has just arrived at a corner, so he stands still, Anne goes to the empty corner, Daniel walks across the triangle to the empty midpoint and Clare moves to the midpoint where Anne was.



Now Anne passes with Ben and Clare passes with Daniel. Anne has just arrived at a corner, so she stands still, Daniel goes to the empty corner, Clare walks across the triangle to the empty midpoint and Ben moves to the midpoint where Daniel was.

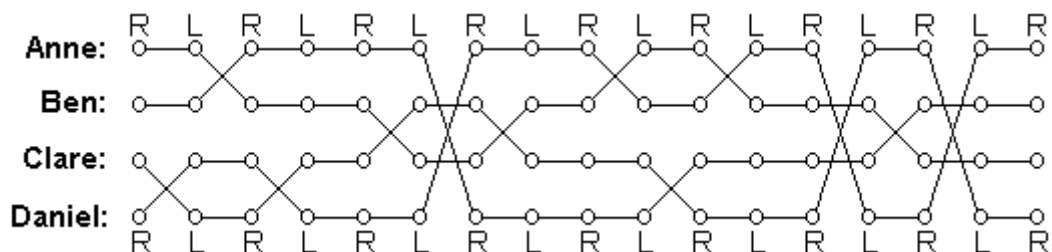


Now Anne passes with Daniel and Ben passes with Clare. This is just like the first pass except all the jugglers have moved around.

Form one juggler's point of view you walk from a corner, to a midpoint, to another midpoint and to a corner. Also you stay at a corner for two passes.

When you're learning this pattern you might want to try it on six count. Once you have learned it you might want to try it on three count!

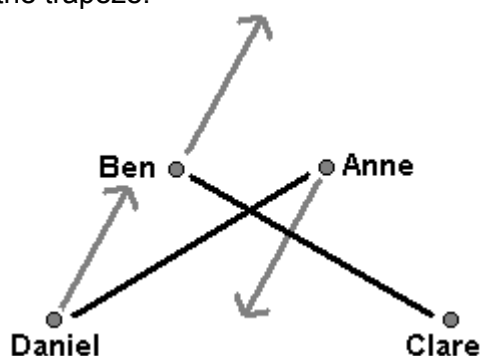
Ambidextrous syncopated sticky triangle



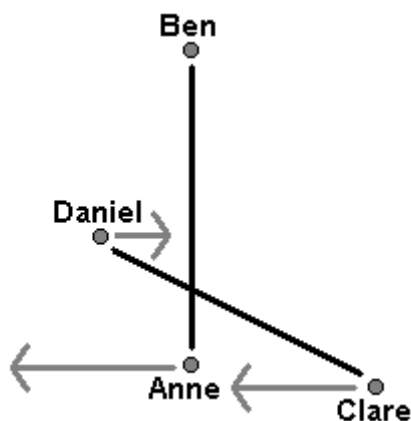
This pattern has the same movement as sticky triangle but a different passing sequence shown in the causal diagram above. When you're at a corner you make two passes on two count to the other person at a corner. When you move from a corner to a midpoint you have two beats to move, so you do three count and pass left handed to the other person at a midpoint. When you move across the triangle from one midpoint to another you do four count and once again pass left handed to the other person at a midpoint. Then you have two beats to move from the midpoint to the corner, so you do three count again. Then you pass twice to the other person at a corner on two count. Then the pattern repeats.

Sticky triangle crossed with trapeze

The starting positions and movement in this pattern is the same as the sticky triangle, but the passes are like the passes in the trapeze.

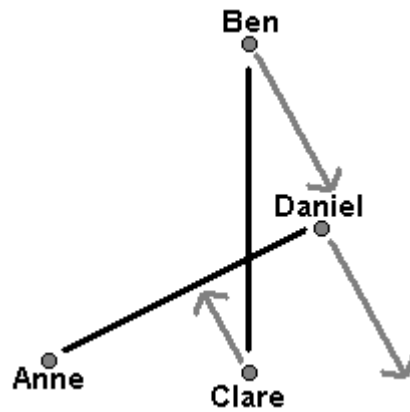


Anne passes with Daniel and Ben passes with Clare. Now Clare stands still, Ben goes to the empty corner, Anne walks across the triangle to the empty midpoint and Daniel moves to the midpoint where Ben was.

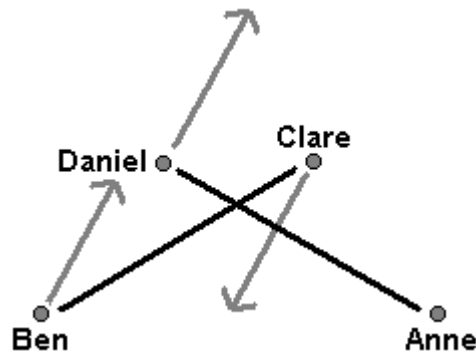


Now Anne passes with Ben and Clare passes with Daniel. Ben has just arrived at a corner, so he stands still, Anne goes to the empty corner, Daniel walks across the triangle to the empty midpoint and Clare moves to the midpoint where Anne was.

Continued on the next page...



Now Anne passes with Daniel and Ben passes with Clare. Anne has just arrived at a corner, so she stands still, Daniel goes to the empty corner, Clare walks across the triangle to the empty midpoint and Ben moves to the midpoint where Daniel was.



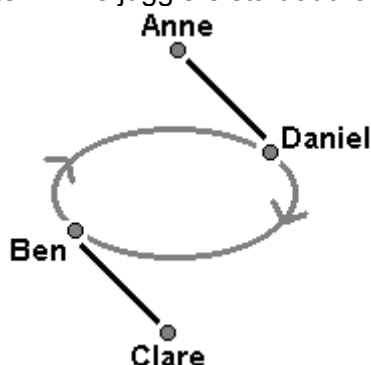
Now Anne passes with Daniel and Ben passes with Clare. This is just like the first pass except all the jugglers have moved around.

When you're learning this pattern you might want to try it on six count. Once you have learned it you might want to try it on three count!

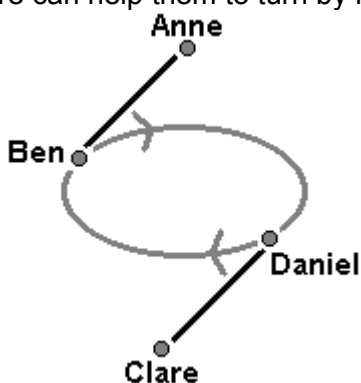
Another variation of this pattern would be to walk around as you do in this pattern but to make two passes to each person. So on some passing beats the passes would be parallel and on others the passes would cross.

Four person benzene ring

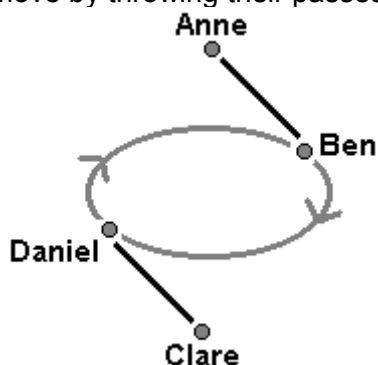
Everyone passes four count. Anne and Clare feed Ben and Daniel. Ben and Daniel run around each other in the middle of the pattern. The jugglers start at the corners of a diamond.



Anne passes to Daniel and Clare passes to Ben. Ben and Daniel then turn to make their next pass with the other feeder. Anne and Clare can help them to turn by making their passes long.



Now Anne passes to Ben and Clare passes to Daniel. Ben and Daniel then move to their right. Anne and Clare can help them to move by throwing their passes at the body!

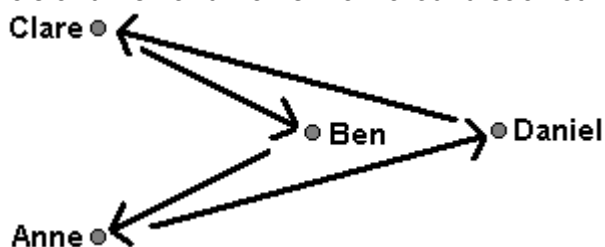


Once again Anne passes to Ben and Clare passes to Daniel. This is just like the first pass except all the jugglers have moved around.

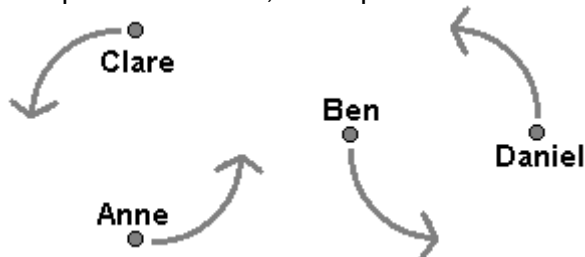
When you're learning this pattern you might want to try it on six count. Once you have learned it you might want to try it on three count!

Rotating Y

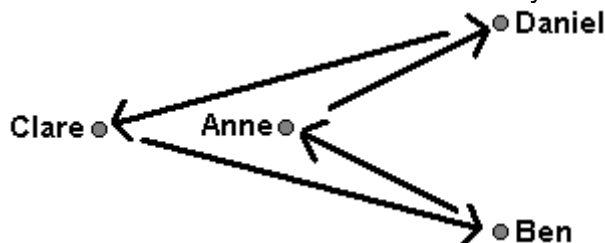
The jugglers stand in a Y formation and everyone passes on four count. Anne and Clare walk around each other on a circle and Ben and Daniel walk around each other on another circle.



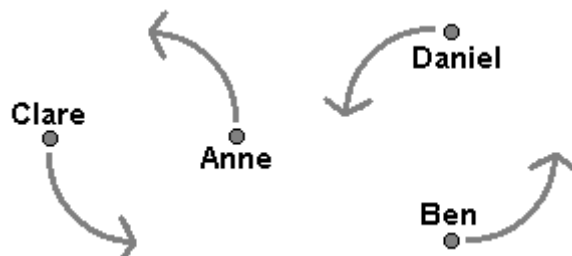
Anne passes to Daniel, Daniel passes to Clare, Clare passes to Ben and Ben passes to Anne.



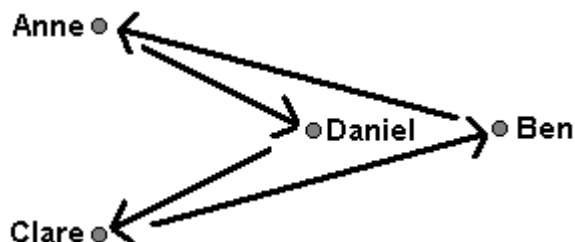
Now everyone walks anticlockwise around their circles as shown by the arrows.



Once again Anne passes to Daniel, Daniel passes to Clare, Clare passes to Ben and Ben passes to Anne.



Once again everyone walks anticlockwise around their circles.



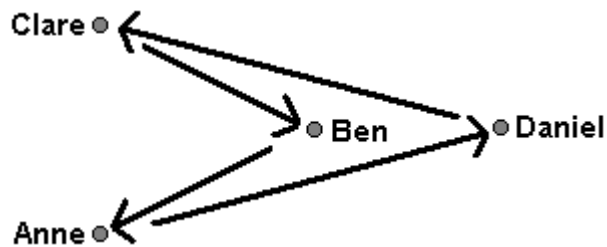
Once again Anne passes to Daniel, Daniel passes to Clare, Clare passes to Ben and Ben passes to Anne. This is just like the first pass except all the jugglers have moved around.

When you're learning this pattern you might want to try it on six count. Once you have learned it you might want to try it on three count!

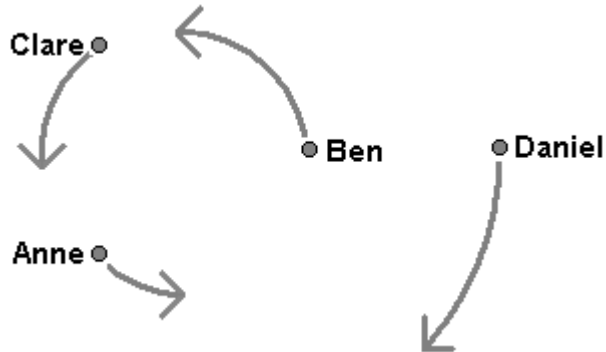
You can cross this pattern with the rotating λ .

Rotating λ

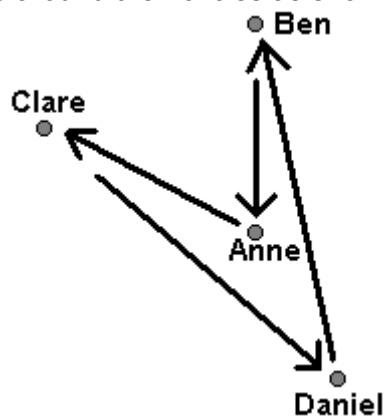
The jugglers stand in a Y formation and everyone passes on four count. Anne, Ben and Clare walk around anticlockwise on a small circle and Daniel walks around clockwise on a larger circle.



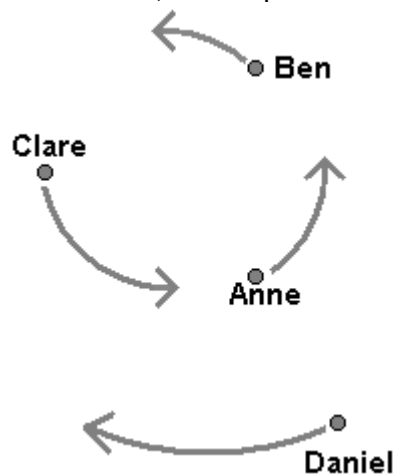
Anne passes to Daniel, Daniel passes to Clare, Clare passes to Ben and Ben passes to Anne.



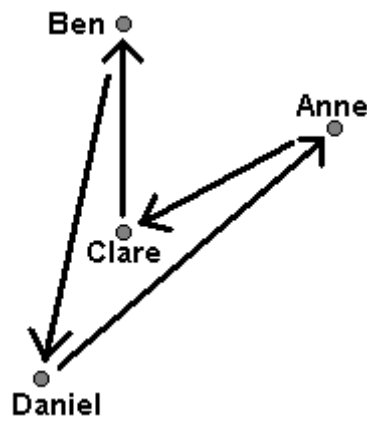
Now everyone walks anticlockwise around their circles as shown by the arrows.



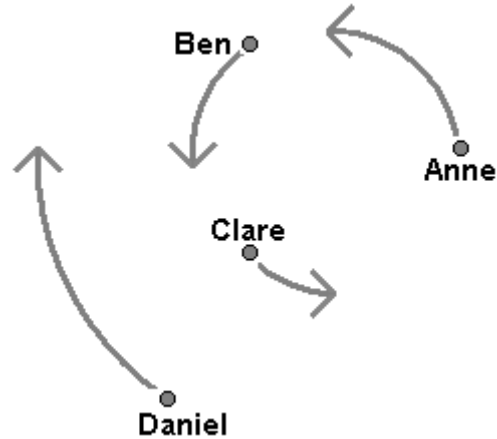
Anne passes to Clare, Clare passes to Daniel, Daniel passes to Ben and Ben passes to Anne.



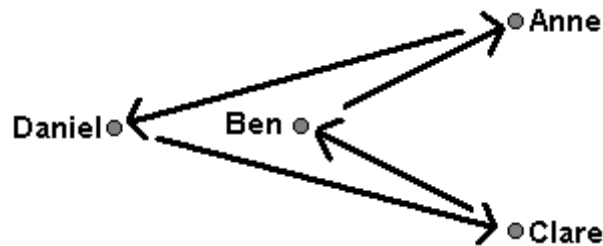
Once again everyone walks anticlockwise around their circles as shown by the arrows.
Continued on the next page...



Anne passes to Clare, Clare passes to Ben, Ben passes to Daniel and Daniel passes to Anne.



Once again everyone walks anticlockwise around their circles as shown by the arrows.



Anne passes to Daniel, Daniel passes to Clare, Clare passes to Ben and Ben passes to Anne.

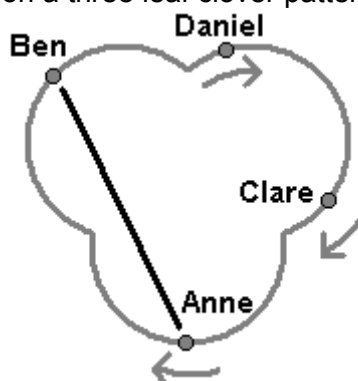
This is just like the first diagram except rotated by a half turn.

When you're learning this pattern you might want to try it on six count. Once you have learned it you might want to try it on three count!

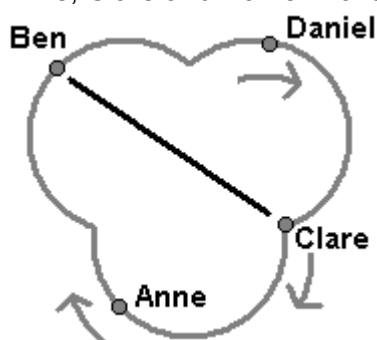
You can cross this pattern with the rotating Y.

Three leaf clover

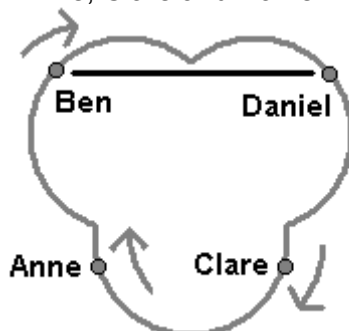
This pattern is based on a revolving two count feed. When you are feeding you stand still, when you are a feedee you walk around on a three leaf clover pattern! At the start Ben is the feeder.



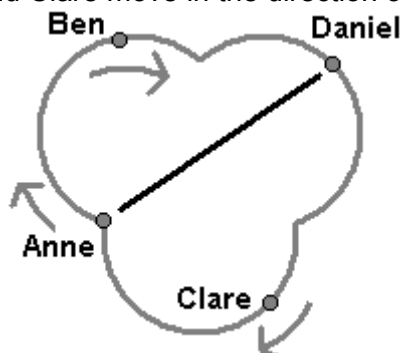
Ben's first pass is with Anne. Then Anne, Clare and Daniel move in the direction of the arrows.



Ben's next pass is with Clare. Then Anne, Clare and Daniel move in the direction of the arrows.

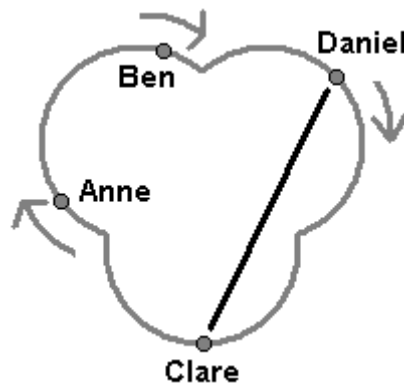


Ben's next pass is with Daniel. This is Ben's last pass as the feeder and Daniel's first. So Daniel now stands still and Anne, Ben and Clare move in the direction of the arrows.

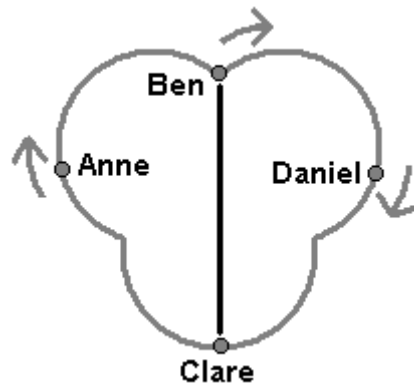


Daniel's next pass is with Anne. Then Anne, Ben and Clare move in the direction of the arrows.

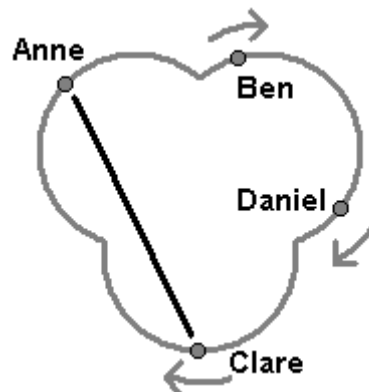
Continued on the next page...



Daniel's next pass is with Clare. This is Daniels' last pass as the feeder and Clare's first. So Clare stands still and Anne, Ben and Daniel move in the direction of the arrows.



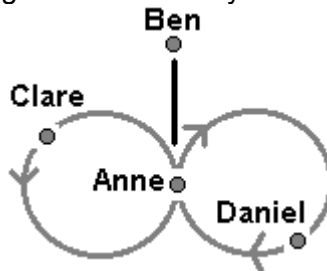
Clare's next pass is with Ben. Then Anne, Ben and Daniel move in the direction of the arrows.



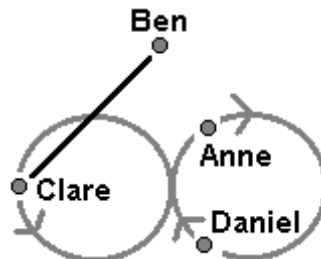
Clare's next pass is with Anne. This is just like the first pass except all the jugglers have moved around.

The weave

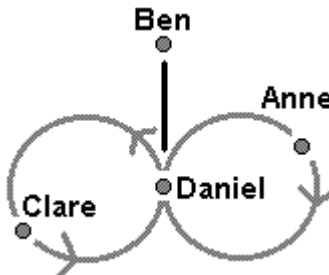
This pattern is based on a two count line feed. Ben feeds on two count. He passes to the middle, then the right, then the middle, then the left. Anne, Clare and Daniel pass to Ben on six count while walking around in a figure of eight pattern. They pass to Ben when they are walking forwards through the middle of the figure of eight and when they are walking backwards on the outside.



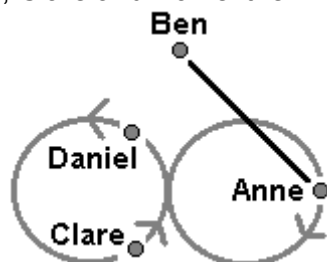
Ben's first pass is with Anne. Anne, Clare and Daniel then move in the direction of the arrows.



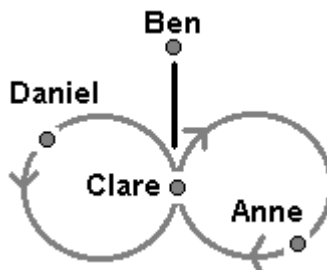
Ben's next pass is with Clare. Anne, Clare and Daniel then move in the direction of the arrows.



Ben's next pass is with Daniel. Anne, Clare and Daniel then move in the direction of the arrows.



Ben's next pass is with Anne. Anne, Clare and Daniel then move in the direction of the arrows.

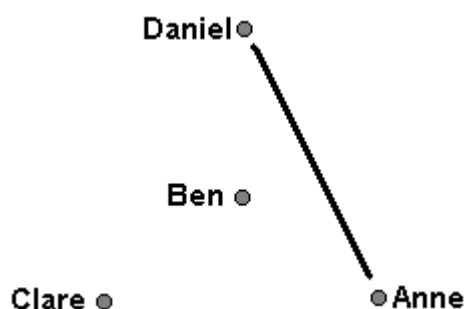


Ben's next pass is with Clare. This is just like the start except all the jugglers have moved around.

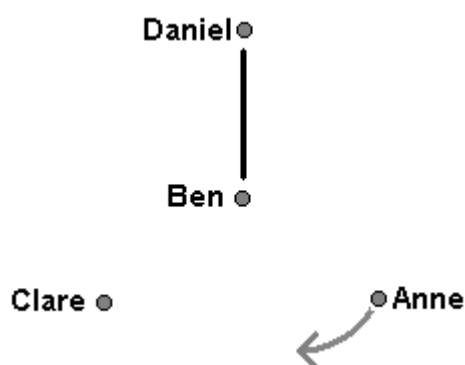
You could also try an ambidextrous weave based on the bookends line feed.

Havana feed

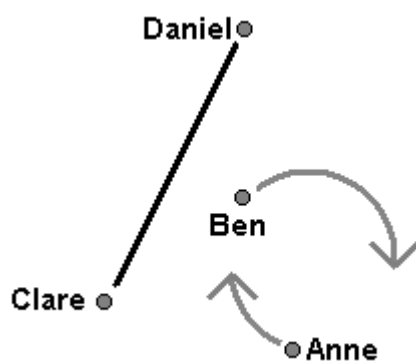
This is a variation of the weave where the feeder changes every five passes. At the start Anne, Clare and Daniel stand at the corners of a triangle and Ben stands in the centre. Daniel is the feeder passing on two count and everyone else passes on six count.



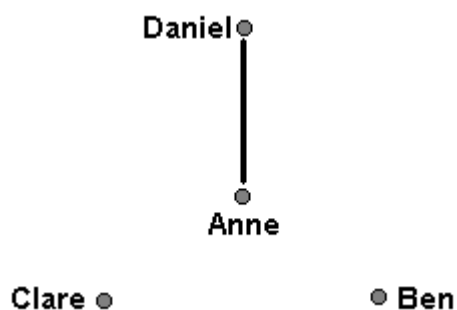
Daniel's first pass is with Anne.



After this pass Anne walks backwards and to her left. Daniel's next pass is with Ben.

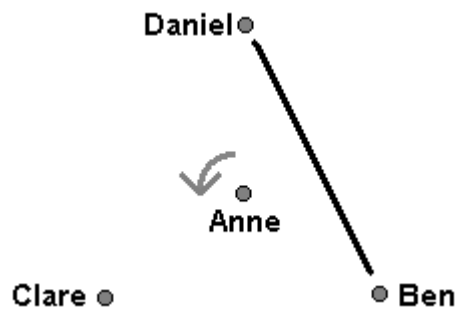


After this pass Ben walks forwards and to his right. Anne continues to walk to the centre of the triangle. Daniel's next pass is with Clare.

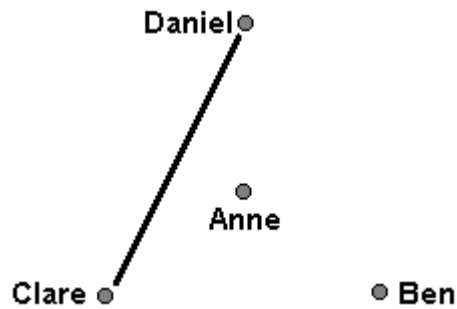


Daniel's next pass is with Anne who is now at the centre of the triangle.

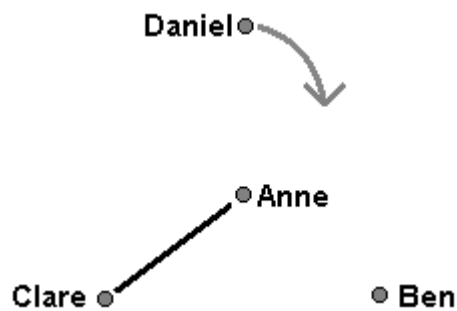
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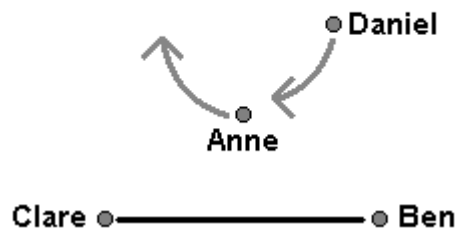
After this pass Anne turns to her left to face Clare, who will be the next feeder. Daniel's next pass is with Ben. This is Daniel's last pass as the feeder.



Clare's first pass as the feeder is with Daniel.

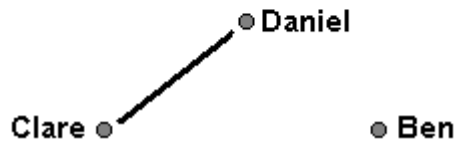


After this pass Daniel walk backwards and to his left. Clare's next pass is with Anne.

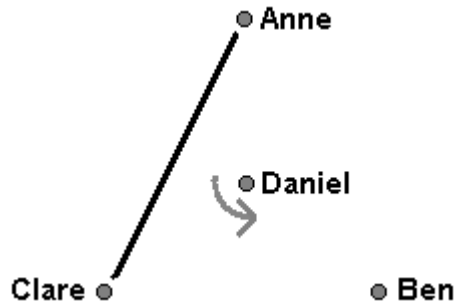


After this pass Anne walks forwards and to her right. Daniel contiues towards the centre of the triangle. Clare's next pass is with Ben.

Continued on the next page...



Clare's next pass is with Daniel, who is now at the centre of the triangle.



After this pass Daniel turns to his left to face Ben, who will be the next feeder. Clare's next pass is with Anne. This is Clare's last pass as the feeder.

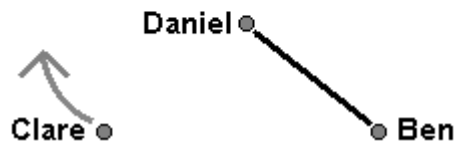
● Anne

● Daniel



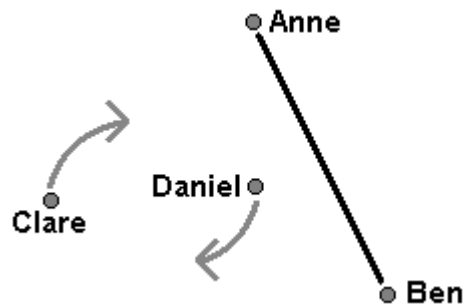
Ben's first pass as the feeder is with Clare.

● Anne



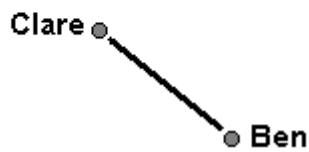
After this pass Clare walks backwards and to her left. Ben's next pass is with Daniel.

Continued on the next page...



After this pass Daniel walks forwards and to his left. Clare continues to walk towards the middle of the triangle. Ben's next pass is with Anne.

● Anne



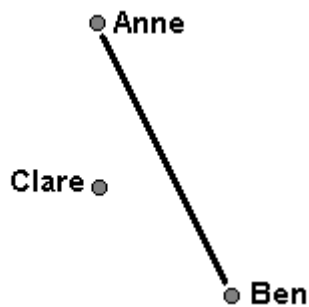
Ben's next pass is with Clare, who is now in the middle of the triangle.

● Anne



Daniel ● ————— ● Ben

After this pass Clare turns left to face Anne, who will be the next feeder. Ben's next pass is with Daniel. This is Ben's last pass as the feeder.



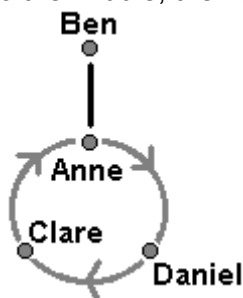
Anne's first pass as the feeder is with Ben.

This is just like the first diagram except all the jugglers have moved around.

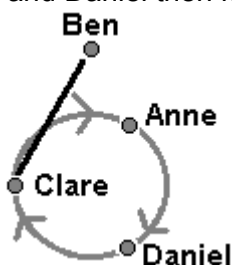
You can do an ambidextrous Havana feed if the feeders pass on one count and the feedees pass on three count.

Simplified weave

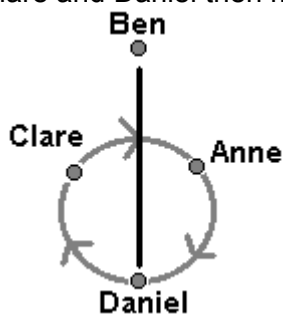
In this variation Ben feeds on two count and Anne, Clare and Daniel pass to Ben on six count while walking around in a circle. Ben passes to the middle, then the right, then the middle, then the left.



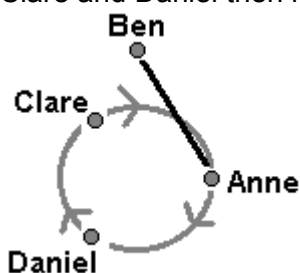
Ben's first pass is with Anne. Anne, Clare and Daniel then move in the direction of the arrows.



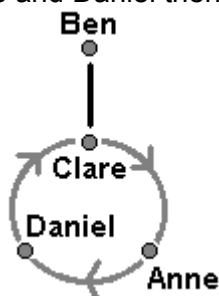
Ben's next pass is with Clare. Anne, Clare and Daniel then move in the direction of the arrows.



Ben's next pass is with Daniel. Anne, Clare and Daniel then move in the direction of the arrows.



Ben's next pass is with Anne. Anne, Clare and Daniel then move in the direction of the arrows.

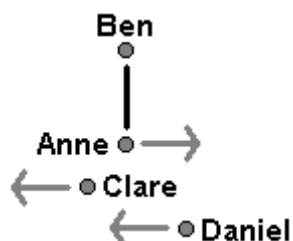


Ben's next pass is with Clare. This is just like the start except all the jugglers have moved around.

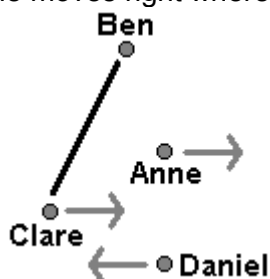
You could also try an ambidextrous simplified weave based on the bookends line feed.

Dresser drawer weave

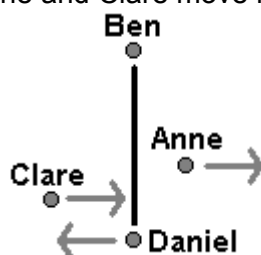
In this variation Ben feeds on two count and Anne, Clare and Daniel pass to Ben on six count while walking back and forth along their own line. Ben passes to the middle, then the right, then the middle, then the left.



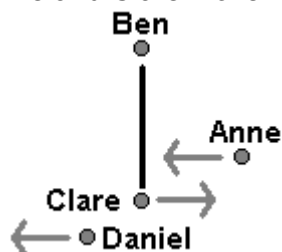
Ben's first pass is with Anne. Then Anne moves right whereas Clare and Daniel then move left.



Ben's next pass is with Clare. Now Anne and Clare move right whereas Daniel moves left.

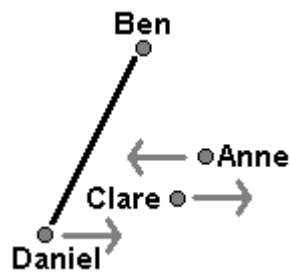


Ben's next pass is with Daniel. Now Anne and Clare move right whereas Daniel moves left.

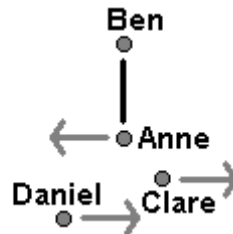


Ben's next pass is with Anne. Now Anne and Daniel move left whereas Clare moves right. Ben's next pass is with Clare. Now Anne and Daniel move left whereas Clare moves right.

Continued on the next page...



Ben's next pass is with Daniel. Now Anne moves left whereas Clare and Daniel move right.

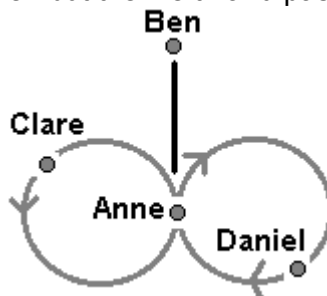


Ben's next pass is with Anne. This is a mirror image of the first pass.

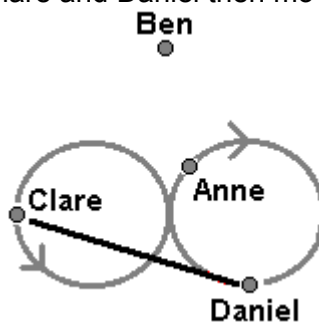
You could also try an ambidextrous dresser drawer weave based on the bookends line feed.

'It's a good one' (countdown weave)

Ben feeds on two count. He makes two passes to each feedee in turn. Anne, Clare and Daniel pass on a countdown from four count to two count while walking around in a figure of eight pattern. All their right hand passes are with Ben but their left hand passes are with the other feedees.

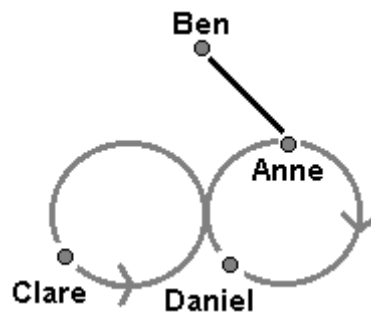


The start is similar to the normal weave. Ben passes with Anne as she comes forward through the middle of the figure of eight. Anne, Clare and Daniel then move in the direction of the arrows.

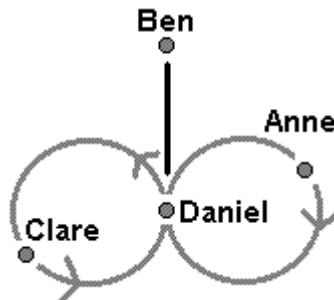


On the next beat Clare passes with Daniel. This is a left hand pass. Anne, Clare and Daniel then move in the direction of the arrows.

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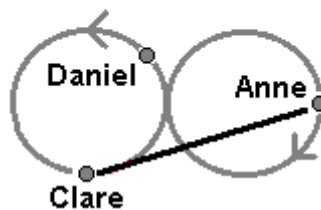


On the next beat Ben passes with Anne again. Anne, Clare and Daniel then move in the direction of the arrows.

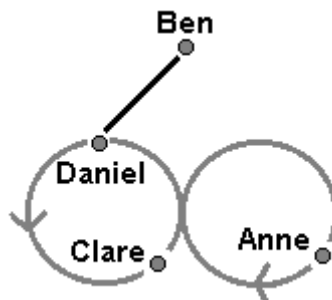


Two beats later Ben passes with Daniel as he comes forward through the middle of the figure of eight. Anne, Clare and Daniel then move in the direction of the arrows.

Ben

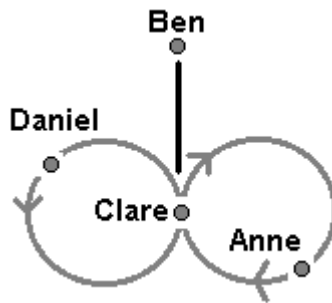


On the next beat Anne passes with Clare. This is a left hand pass. Anne, Clare and Daniel then move in the direction of the arrows.



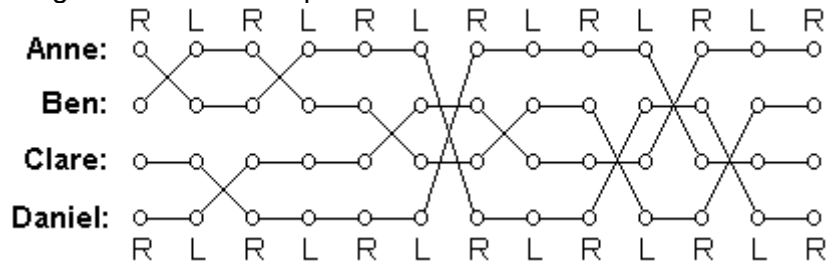
On the next beat Ben passes with Daniel again. Anne, Clare and Daniel then move in the direction of the arrows.

Continued on the next page...



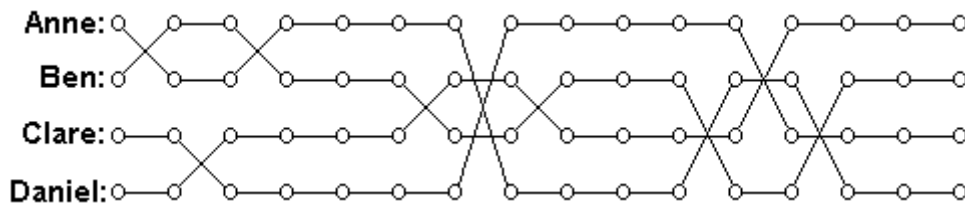
Two beats later Ben passes with Clare as she comes forward through the middle of the figure of eight. This is just like the first pass except all the jugglers have moved around.

This is the causal diagram for the whole pattern:



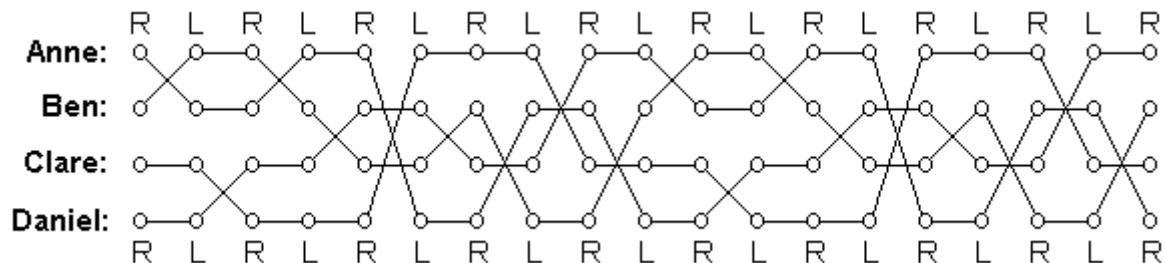
For each feedee after two right hand passes with the feeder, they do two selfs and pass with one of the other feedees with their left hand. Then they do three selfs and pass with the third feedee with their left hand. Then they do two selfs and are ready to pass right handed to the feeder again.

Countdown weave variation #1



The jugglers move in the same way as the countdown weave. In this pattern the feeder passes on inverted bookends. For each feedee after two right hand passes with the feeder, they do three selfs and pass with one of the other feedees with their right hand. Then they do four selfs and pass with the third feedee with their left hand. Then they do three selfs and are ready to pass to the feeder again. Only in this pattern when it repeats it starts with the other hand! The diagram only shows half of the pattern.

Countdown weave variation #2



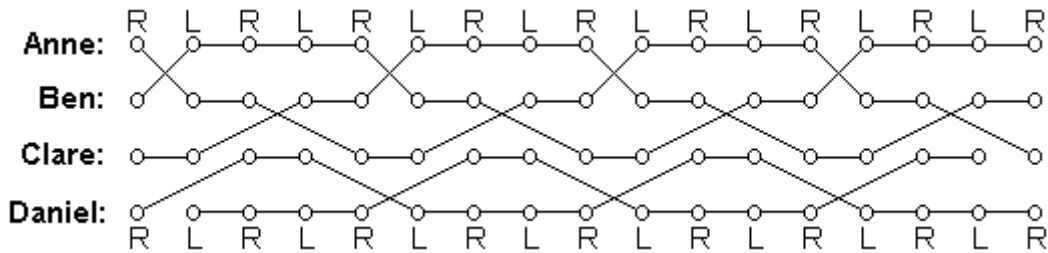
The jugglers move in the same way as the countdown weave. In this pattern the feeder juggles pass self pass. For each feedee after two right hand passes with the feeder, they do one self and pass with one of the other feedees with their right hand. Then they do two selfs and pass with the third feedee with their left hand. Then they do one self and are ready to pass to the feeder again. Only in this pattern when it repeats it starts with the other hand!

Thirteen club feeds



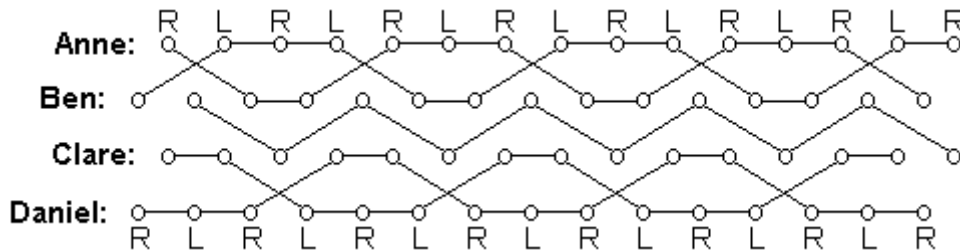
These patterns are all based on the jugglers standing in a square as shown above.

Thirteen club two count feed



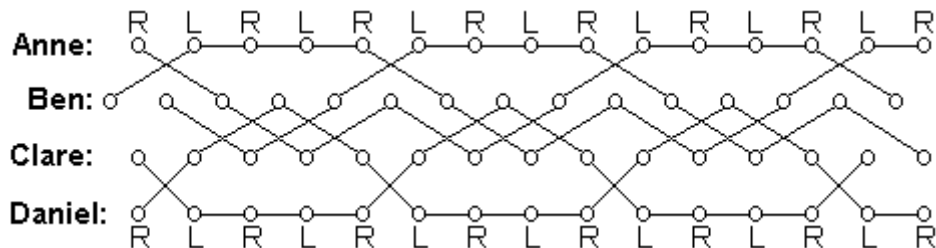
Anne passes four count on single passes with Ben. Ben feeds on two count throwing single passes to Anne and double passes to Clare. Clare feeds Ben and Daniel on two count with double passes. She starts with a self. Daniel starts with four clubs and passes four count on doubles with Clare.

Thirteen club pass pass self feed



Ben starts with four clubs. Ben throws straight single passes and his sequence is Anne Clare self. Daniel throws straight passes to Clare on three count and he starts with two selfs. Anne start half a beat later and passes three count with crossing passes to Ben. Clare starts at the same time as Anne. She throws crossing single passes and her sequence is self Daniel Ben.

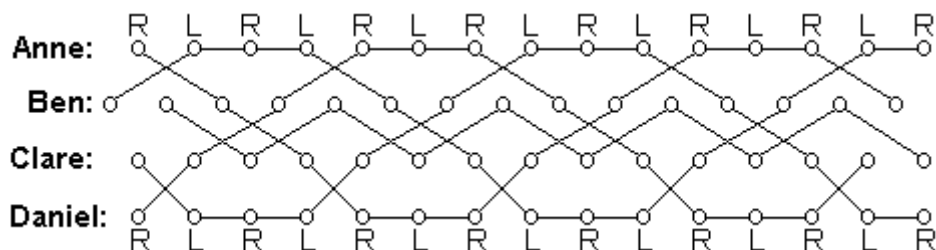
Thirteen club one count feed (feedees on four count)



Ben starts with four clubs and feeds one count on straight single passes. His sequence is Anne Clare Clare Clare. Anne starts half a beat later passing four count with crossing passes to Ben. Clare starts at the same time as Anne feeding on one count. She throws straight passes to Daniel and crossing passes to Ben. Her sequence is Daniel Ben Ben Ben. Daniel starts at the same time as Clare. He passes four count with straight passes to Clare.

If Ben starts left handed, he throws crossing passes and Anne and Clare throw straight passes.

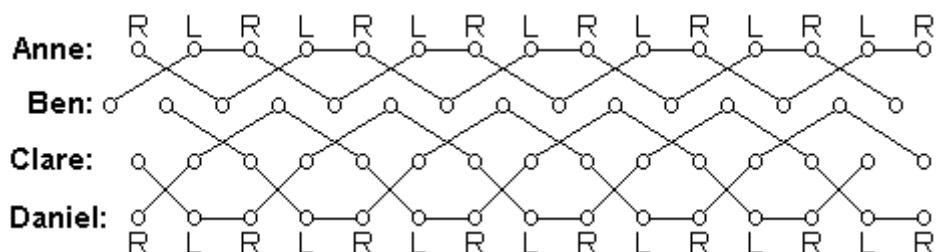
Thirteen club one count feed (feedees on three count)



Ben starts with four clubs. He throws straight single passes and his sequence is Anne Clare Clare. Anne starts half a beat later passing three count with crossing passes to Ben. Clare and Daniel start at the same time as Anne. Clare throws straight passes to Daniel and crossing passes to Ben and her sequence is Daniel Ben Ben. Daniel passes three count with straight passes to Clare.

If Ben starts left handed, he throws crossing passes and Anne and Clare throw straight passes.

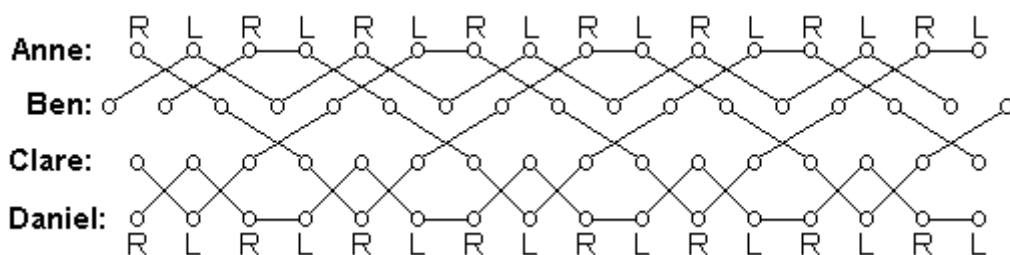
Thirteen club one count feed (feedees on two count)



Ben starts with four clubs. He throws straight single passes and his sequence is Anne Clare. Anne starts half a beat later passing two count with crossing passes to Ben. Clare and Daniel start at the same time as Anne. Clare throws straight passes to Daniel and crossing passes to Ben and her sequence is Daniel Ben. Daniel passes two count with straight passes to Clare.

If Ben starts left handed, he throws crossing passes and Anne and Clare throw straight passes.

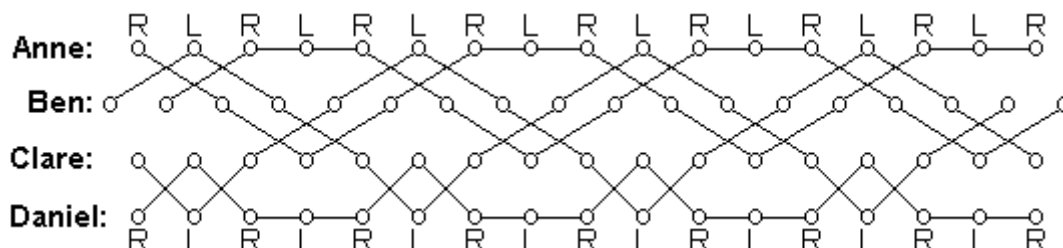
Thirteen club one count feed (feedees on pass pass self)



Ben starts with four clubs. He throws straight single passes and his sequence is Anne Anne Clare. Anne starts half a beat later juggling pass pass self with crossing passes to Ben. Clare and Daniel start at the same time as Anne. Clare throws straight passes to Daniel and crossing passes to Ben and her sequence is Daniel Daniel Ben. Daniel does pass pass self with straight passes to Clare.

If Ben starts left handed, he throws crossing passes and Anne and Clare throw straight passes.

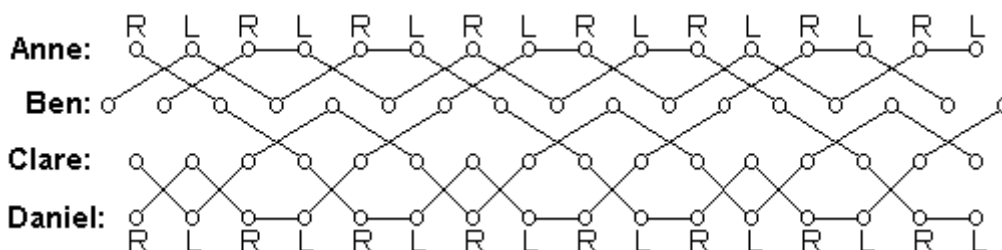
Thirteen club one count feed (feedees on chocolate bar)



Ben starts with four clubs. He throws straight single passes and his sequence is Anne Anne Clare Clare. Anne, Clare and Daniel start half a beat later. Anne passes to Ben on chocolate bar with crossing passes. Clare throws straight passes to Daniel and crossing passes to Ben and her sequence is Daniel Daniel Ben Ben. Daniel passes to Clare on chocolate bar with straight passes.

If Ben starts left handed, he throws crossing passes and Anne and Clare throw straight passes.

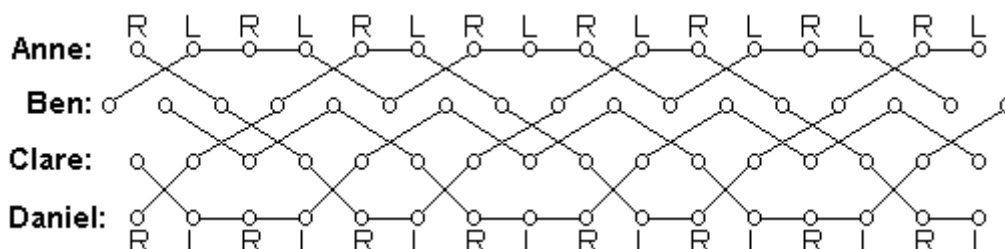
Thirteen club one count feed (feedees on bookends)



Ben starts with four clubs. He throws straight single passes and his sequence is Anne Anne Clare Anne Clare. Anne, Clare and Daniel start half a beat later. Anne passes to Ben on bookends with crossing passes. Clare throws straight passes to Daniel and crossing passes to Ben and her sequence is Daniel Daniel Ben Daniel Ben. Daniel passes to Clare on bookends with straight passes.

If Ben starts left handed, he throws crossing passes and Anne and Clare throw straight passes.

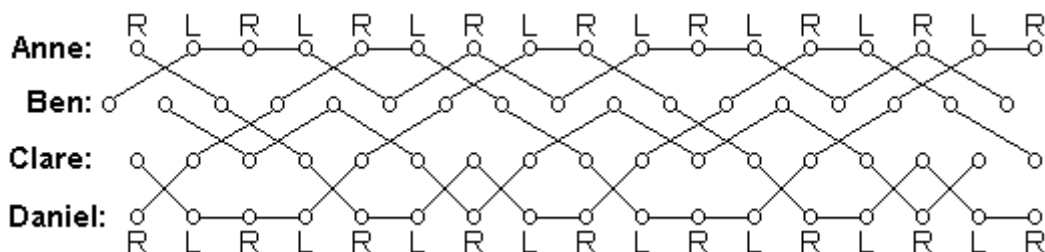
Thirteen club one count feed (feedees on inverted bookends)



Ben starts with four clubs. He throws straight single passes and his sequence is Anne Clare Clare Anne Clare. Anne, Clare and Daniel start half a beat later. Anne passes to Ben on bookends with crossing passes. Clare throws straight passes to Daniel and crossing passes to Ben and her sequence is Daniel Ben Ben Daniel Ben. Daniel passes to Clare on inverted bookends with straight passes.

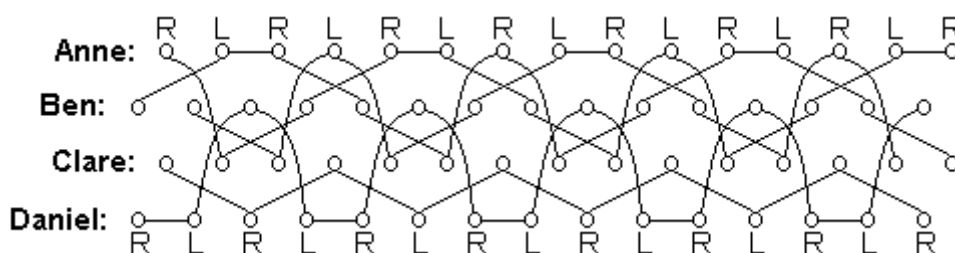
If Ben starts left handed, he throws crossing passes and Anne and Clare throw straight passes.

Thirteen club countdown feed



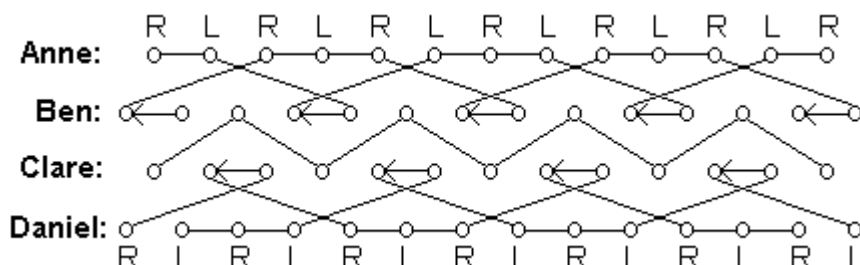
Ben starts with four clubs. He throws straight single passes and his sequence is Anne Clare Clare Anne Clare Anne Anne Clare. Everyone else starts half a beat later. Anne passes to Ben on a countdown from three count with crossing passes. Clare throws crossing passes to Ben and straight passes to Daniel and her sequence is Daniel Daniel Ben Daniel Ben Ben Daniel Ben. Daniel passes to Clare on a countdown from three count with straight passes.

Thirteen club double urban terror feed



Ben starts with four clubs. He passes on one count with straight single passes and his sequence is Anne Clare Daniel. Daniel starts at the same time as Ben feeding pass pass self on straight single passes. His sequence is self Ben Clare. Anne and Clare start half a beat later. Anne feeds pass pass self and her sequence is Clare self Ben. Clare passes on one count and her sequence is Daniel Ben Anne. Anne and Clare throw crossing passes to Ben and straight passes to each other.

972 feeding three count

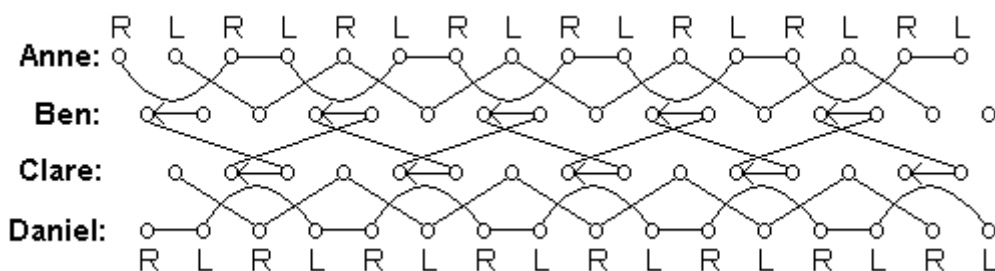


Daniel starts with four clubs and passes on three count with crossing doubles to Clare. His sequence is double self self. Ben starts at the same time with two clubs in his left hand and one in his right. He feeds on 972 with straight singles and crossing doubles. His sequence is double to Anne zip Clare. Clare starts half a beat later feeding on 972 with crossing singles and straight doubles. Her sequence is Ben double to Daniel zip. Anne starts at the same time as Clare passing on three count with straight doubles to Ben. Her sequence is self double self.

Alternative sequence for Anne: self heff pass (French three count with straight singles).

Alternative sequence for Daniel: heff pass self (French three count with crossing singles).

972 feeding French three count

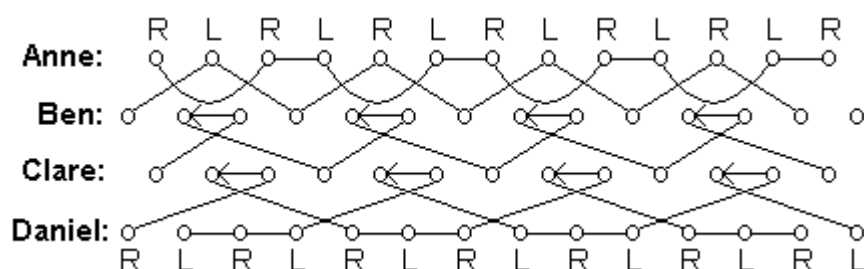


Anne starts with four clubs. She passes French three count with straight passes to Ben. Her sequence is heff pass self. Ben starts half a beat later with two clubs in his left hand and one in his right. He feeds on 972 with crossing singles and straight doubles. His sequence is double to Clare zip Anne. Clare starts one beat later with two clubs in her left hand and one in her right. She feeds on 972 with straight singles and crossing doubles. She starts with her left hand and her sequence is Daniel double to Ben zip. Daniel passes French three count with crossing passes to Clare. His sequence is self heff pass.

Alternative sequence for Anne: double self self (three count with crossing doubles).

Alternative sequence for Daniel: self double self (three count with straight doubles).

972 feeding French three count and three count



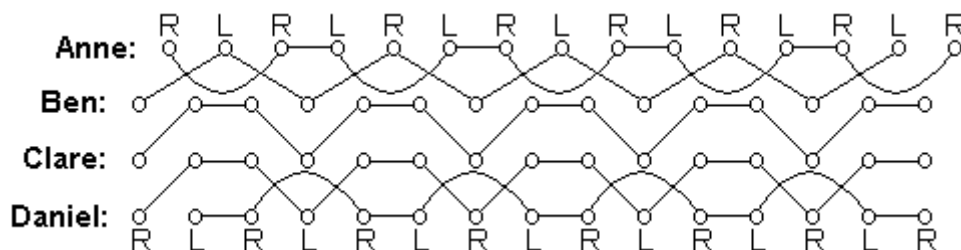
Daniel starts with four clubs and passes on three count with crossing doubles to Clare. His sequence is double self self. Ben starts at the same time and feeds on 972 with straight singles and crossing doubles. His sequence is Anne double to Clare zip. Clare starts half a beat later feeding on 972 with crossing singles and straight doubles. Her sequence is Ben double to Daniel zip. Anne starts at the same time as Clare passing French three count with crossing singles to Ben. Her sequence is heff pass self.

Alternative sequence for Anne: double self self (three count with straight doubles).

Alternative sequence for Daniel: heff pass self (French three count with straight singles).

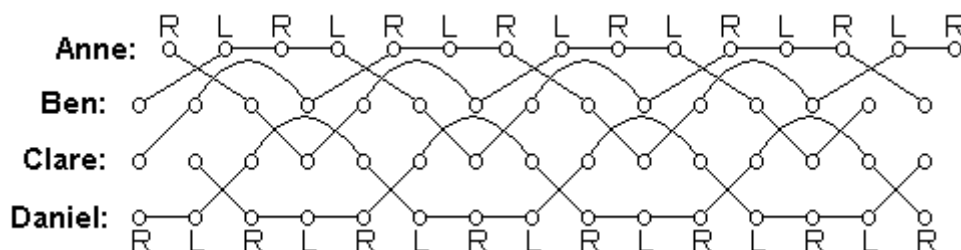
If Ben and Daniel start with their left hands, they throw crossing singles and straight doubles and Anne and Clare throw straight singles and crossing doubles.

Pass pass self feeding French three count



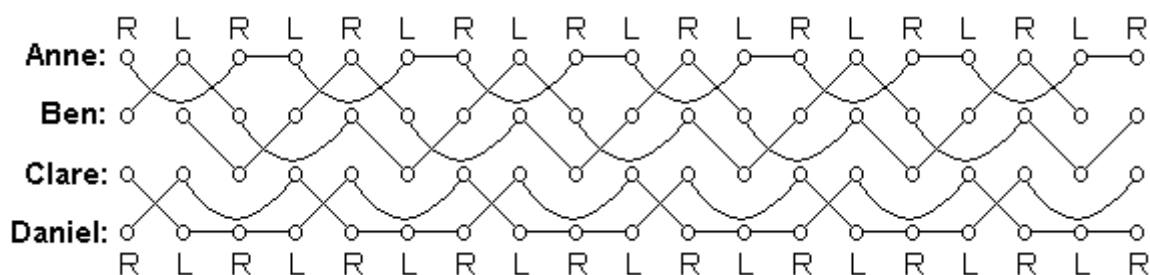
Ben feeds on pass pass self with straight single passes. His sequence is Anne self Clare. Anne starts half a beat later passing French three count with crossing singles to Ben. Her sequence is heff pass self. Clare starts at the same time as Ben feeding pass pass self with straight single passes. Her sequence is Ben self Daniel. Daniel starts at the same time as Ben and Clare. He starts with four clubs and passes French three count with straight single passes to Clare. His sequence is pass self heff.

Pass pass heff feeding three count



Ben feeds on pass pass heff with straight single passes. His sequence is Anne heff Clare. Anne starts half a beat later passing three count with crossing singles to Ben. Her sequence is Ben self self. Clare starts at the same time as Ben with four clubs. She feeds pass pass heff with straight single passes and her sequence is Ben Daniel heff. Daniel starts at the same time as Ben and Clare and passes three count with straight singles to Clare. His sequence is self Clare self.

Pass pass heff feeding French three count and three count



Ben starts with four clubs and feeds on pass pass heff with straight single passes. His sequence is Anne Clare heff. Anne passes French three count with straight singles to Ben. Her sequence is heff Ben self. Clare feeds pass pass heff with straight single passes and her sequence is Daniel heff Ben. Daniel passes three count with straight singles to Clare.

Four person thirteen club period 5 feeds

This section contains four person feeds made from period 5 four handed siteswaps. In all these patterns if everyone starts right handed then Ben's and Daniel's passes are straight and Anne's and Clare's passes cross. If Ben and Daniel start left handed then their passes cross and Anne's and Clare's are straight.

This list of feeds is not exhaustive as many period 5 patterns are interchangeable: Wherever you have why not? you could juggle Jim's two count, not why or not likely; instead of maybe you could juggle maybe not; funky bookends can be replaced with 77966 and there are three versions of five count popcorn.

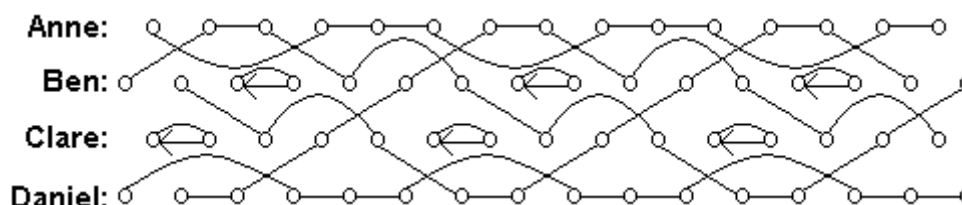
You can also remove a club from some feeds if you replace five count popcorn with five club why not or you replace funky bookends with parsnip. Alternatively you can add a club to some feeds if you replace five club why not with five count popcorn or you replace parsnip with funky bookends.

Why not? feeding five count popcorn



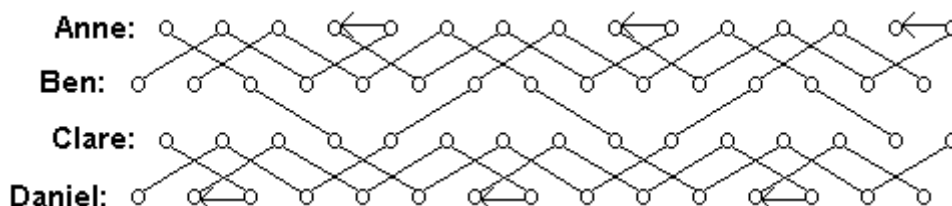
Ben starts with four clubs and feeds on why not? His sequence is Anne self Clare heff zip. Anne starts half a beat later passing five count popcorn to Ben. Her sequence is triple-self self pass self self. Clare also starts half a beat after Ben and feeds on why not? Her sequence is self Daniel heff zip Ben. Daniel starts at the same time as Ben passing five count popcorn to Clare. His sequence is self self triple-self self pass.

Maybe feeding five count popcorn



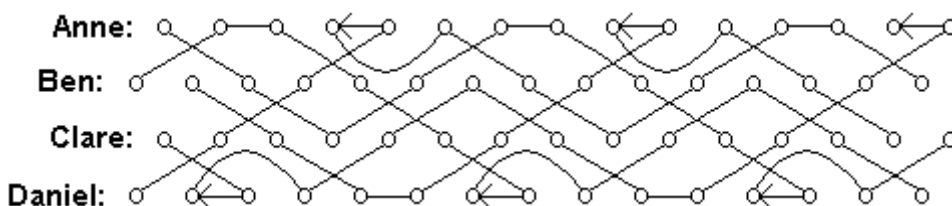
Ben starts with four clubs and feeds maybe. His sequence is Anne Clare self zip heff. Daniel also starts with four clubs at the same time passing five count popcorn to Clare. His sequence is triple-self self pass self self. Anne and Clare start half a beat later. Clare starts with two clubs and feeds maybe. Her sequence is self zip heff Ben Daniel. Anne passes five count popcorn to Ben. Her sequence is triple-self self pass self self.

One count feeding Martin's one count



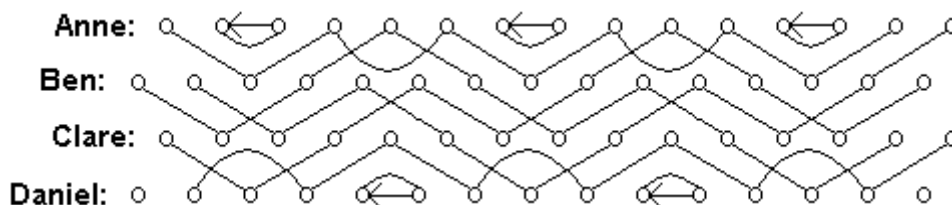
Ben starts with four clubs and feeds on one count. His sequence is Anne Anne Clare Anne Anne. Daniel starts at the same time and passes Martin's one count to Clare. His sequence is pass pass zip pass pass. Anne and Clare start half a beat later. Anne passes Martin's one count to Ben and her sequence is pass pass pass pass zip. Clare feeds on one count and her sequence is Daniel Daniel Daniel Daniel Ben.

One count feeding why not?



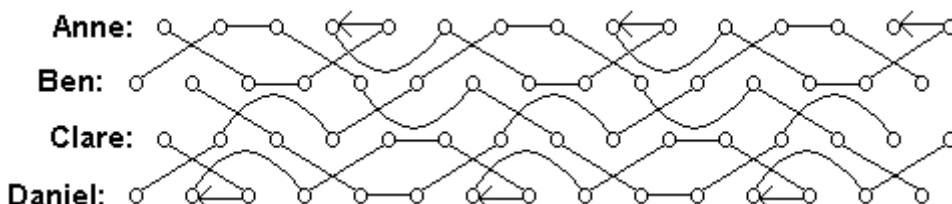
Ben starts with four clubs and feeds on one count. His sequence is Anne Clare Clare Anne Clare. Daniel starts at the same time and passes why not? to Clare. His sequence is pass heff zip pass self. Anne and Clare start half a beat later. Anne passes why not? to Ben and her sequence is pass self pass heff zip. Clare feeds on one count and her sequence is Daniel Ben Daniel Ben Ben.

One count feeding maybe



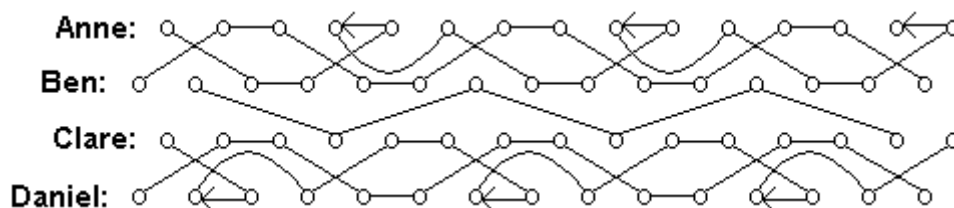
Ben starts with four clubs and feeds on one count. His sequence is Clare Clare Anne Anne Clare. Daniel starts one beat later and passes maybe to Clare. His first throw is left handed and his sequence is heff pass pass zip self. Anne and Clare start half a beat later. Anne passes maybe to Ben and her sequence is pass self zip heff pass. Clare feeds on one count and her sequence is Daniel Ben Ben Ben Daniel.

Bookends feeding why not? #1



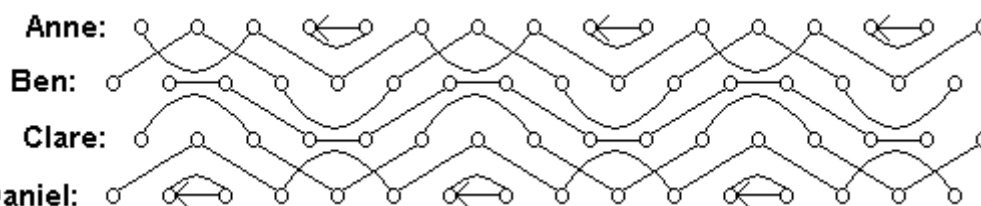
Ben starts with four clubs and feeds on bookends (77786). His sequence is Anne Clare self Anne heff. Daniel starts at the same time passing why not? to Clare. His sequence is pass heff zip pass self. Clare starts half a beat later and feeds on bookends. Her sequence is Daniel heff Ben self Daniel. Anne starts at the same time as Clare passing why not? to Ben. Her sequence is pass self pass heff zip.

Bookends feeding why not? #2



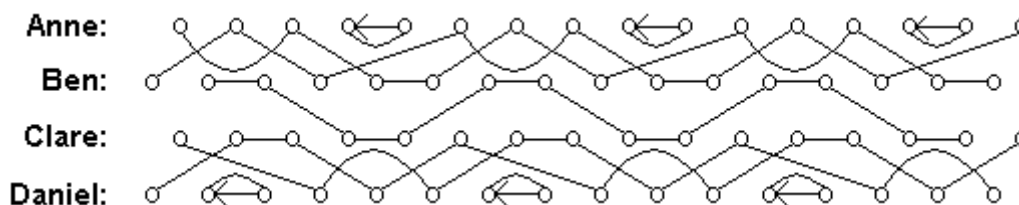
Ben starts with four clubs and feeds on bookends (77966). Ben's double passes cross. His sequence is Anne double to Clare self Anne self. Daniel starts at the same time passing why not? to Clare. His sequence is pass heff zip pass self. Clare starts half a beat later and feeds on bookends. Clare's doubles are straight. Her sequence is Daniel self Daniel double to Ben self. Anne starts at the same time as Clare passing why not? to Ben. Her sequence is pass self pass heff zip.

Bookends feeding maybe #1



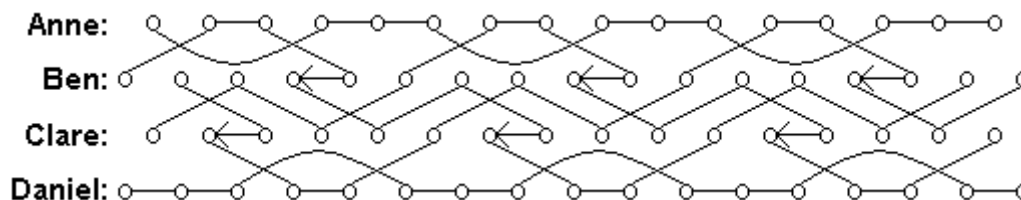
Ben starts with four clubs and feeds on bookends (77786). His sequence is Anne self Clare heff Anne. Daniel starts at the same time passing maybe to Clare. His sequence is pass self zip heff pass. Clare starts half a beat later and feeds on bookends. Her sequence is heff Daniel Daniel self Ben. Anne starts at the same time as Clare passing maybe to Ben. Her sequence is heff pass pass self zip.

Bookends feeding maybe #2



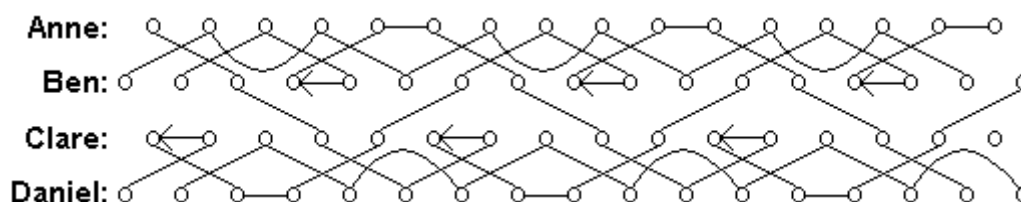
Ben starts with four clubs and feeds on bookends (77966) Ben's double passes cross. His sequence is Anne self Clare double to Anne self. Daniel starts at the same time passing maybe to Clare. His sequence is pass self zip heff pass. Clare starts half a beat later and feeds on bookends. Her doubles are straight. Her sequence is double to Daniel self Daniel self Ben. Anne starts at the same time as Clare passing maybe to Ben. Her sequence is heff pass pass self zip.

Martin's one count feeding five count popcorn



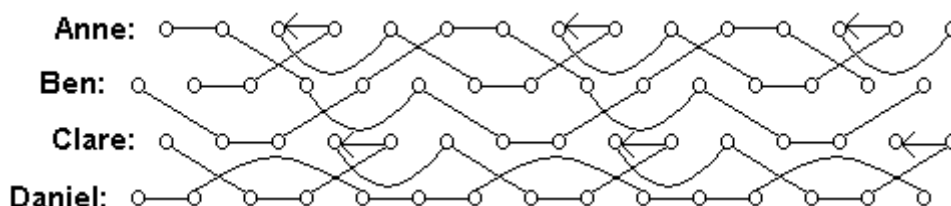
Ben starts with four clubs and feeds on Martin's one count. His sequence is Anne Clare Clare Clare zip. Daniel starts at the same time as Ben passing five count popcorn to Clare. His sequence is self self triple-self pass self. Anne and Clare start half a beat later. Anne starts with four clubs and passes five count popcorn to Ben. Her sequence is triple-self self pass self self. Clare feeds on Martin's one count. Her sequence is Ben Daniel zip Ben Ben.

Martin's one count feeding funky bookends



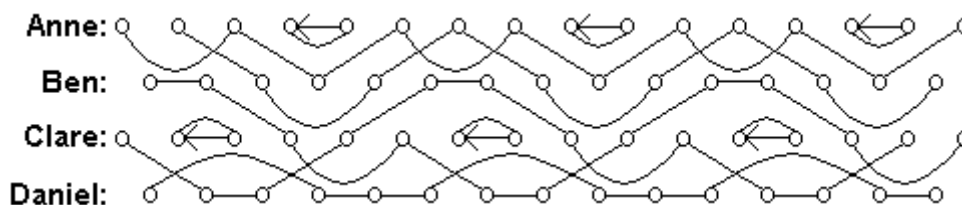
Ben starts with four clubs and feeds on Martin's one count. His sequence is Anne Anne Clare Anne zip. Daniel starts with four clubs at the same time as Ben. He passes funky bookends to Clare. His sequence is pass pass self pass heff. Anne and Clare start half a beat later. Anne starts with four clubs and passes funky bookends to Ben. Her sequence is pass heff pass pass self. Clare starts with two clubs and feeds on Martin's one count. Her sequence is Daniel zip Daniel Daniel Ben.

Mixed feed #1



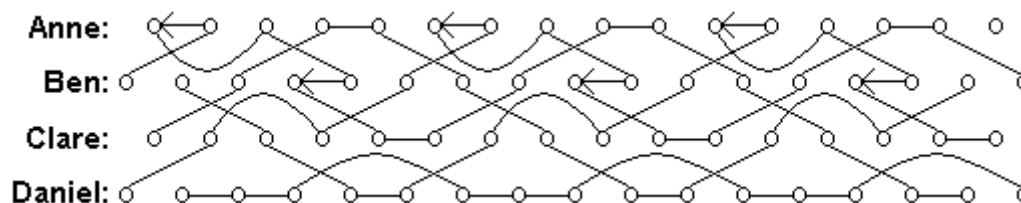
Ben starts with four clubs and feeds on bookends (77786) throwing straight passes. His sequence is Clare self Anne heff Anne. Daniel starts at the same time passing five count popcorn with straight passes to Clare. His sequence is self triple-self self pass self. Anne starts half a beat later passing why not? with crossing passes to Ben. Her sequence is self pass heff zip pass. Clare starts at the same time as Anne feeding why not? with crossing passes. Her sequence is Daniel self Ben heff zip.

Mixed feed #2



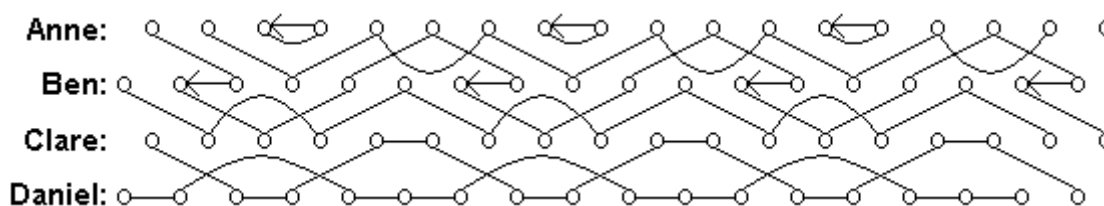
Anne starts with four clubs and juggles maybe, throwing straight singles to Ben. Her sequence is heff pass pass self zip. Clare starts at the same time and feeds on maybe with straight singles. Her sequence is Daniel self zip heff Ben. Ben and Daniel start half a beat later and throw crossing single passes. Ben feeds on bookends (77786) and his sequence is self Clare heff Anne Anne. Daniel passes to Clare on five count popcorn and his sequence is triple-self self pass self self.

Mixed feed #3



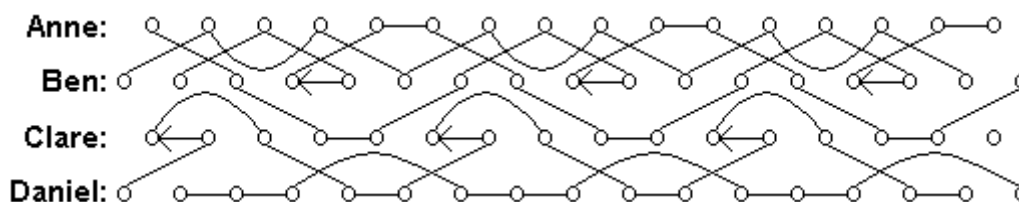
Ben starts with four clubs and he feeds on Martin's one count. His sequence is Anne Clare Anne Clare zip. Daniel starts with four clubs at the same time as Ben and passes five count popcorn to Clare. His sequence is pass self self triple-self self. Anne and Clare start half a beat later. Anne starts with two clubs and passes why not? to Ben. Her sequence is heff zip pass self pass. Clare feeds on funky bookends. Her sequence is Ben heff Daniel Ben self.

Mixed feed #4



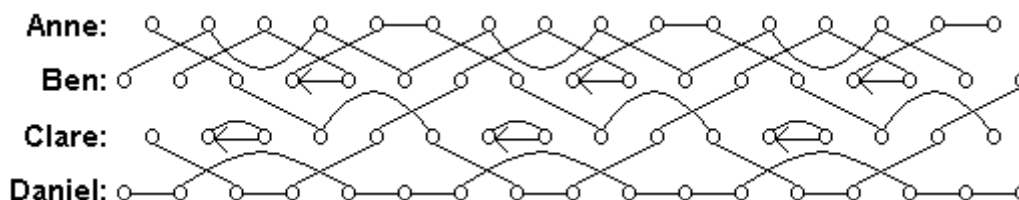
Ben feeds on Martin's one count. His sequence is Clare Clare zip Anne Anne. Daniel starts at the same time as Ben and passes five count popcorn to Clare. His sequence is self triple-self self pass self. Anne and Clare start half a beat later. Anne starts with four clubs and passes maybe to Ben. Her sequence is pass pass self zip heff. Clare feeds on funky bookends. Her sequence is Daniel heff Ben Ben self.

Mixed feed #5



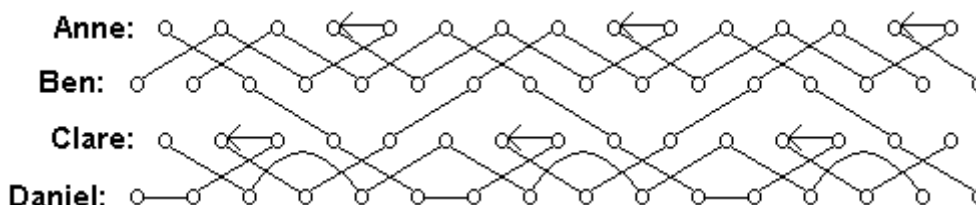
Ben starts with four clubs and he feeds on Martin's one count. His sequence is Anne Anne Clare Anne zip with straight passes. Daniel also starts with four clubs at the same time as Ben. He passes five count popcorn to Clare with straight passes. His sequence is pass self self triple-self self. Anne and Clare start half a beat later and throw crossing passes. Anne passes funky bookends to Ben. Her sequence is pass heff pass pass self. Clare starts with two clubs and feeds on why not? Her sequence is heff zip Daniel self Ben.

Mixed feed #6



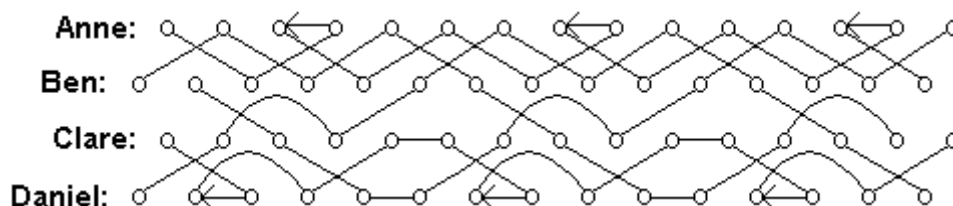
Ben starts with four clubs and he feeds on Martin's one count. His sequence is Anne Anne Clare Anne zip with straight passes. Daniel starts at the same time as Ben. He passes five count popcorn to Clare with straight passes. His sequence is self triple-self self pass self. Anne and Clare start half a beat later and throw crossing passes. Anne passes funky bookends to Ben. Her sequence is pass heff pass pass self. Clare feeds on maybe Her sequence is Daniel self zip heff Ben.

Mixed feed #7



Ben starts with four clubs and feeds on one count. His sequence is Anne Anne Clare Anne Anne. Daniel starts at the same time and passes funky bookends to Clare. His sequence is self pass heff pass pass. Anne and Clare start half a beat later. Anne passes Martin's one count to Ben and her sequence is pass pass pass pass zip. Clare feeds on Martin's one count and her sequence is Daniel Daniel zip Daniel Ben.

Mixed feed #8



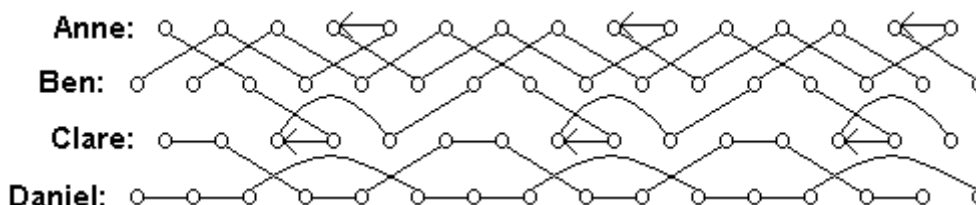
Ben starts with four clubs and feeds on one count. His sequence is Anne Clare Anne Anne Anne. Daniel starts at the same time and passes why not? to Clare. His sequence is pass heff zip pass self. Anne and Clare start half a beat later. Anne passes Martin's one count to Ben and her sequence is pass pass pass zip pass. Clare feeds on funky bookends and her sequence is Daniel heff Daniel Ben self.

Mixed feed #9



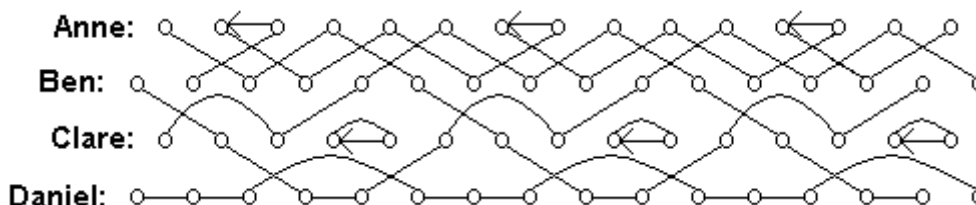
Ben starts with four clubs and feeds on one count. His sequence is Anne Anne Clare Anne Anne. Daniel starts at the same time and passes maybe to Clare. His sequence is pass self zip heff pass. Anne and Clare start half a beat later. Anne passes Martin's one count to Ben and her sequence is pass pass pass pass zip. Clare feeds on funky bookends and her sequence is heff Daniel Daniel self Ben.

Mixed feed #10



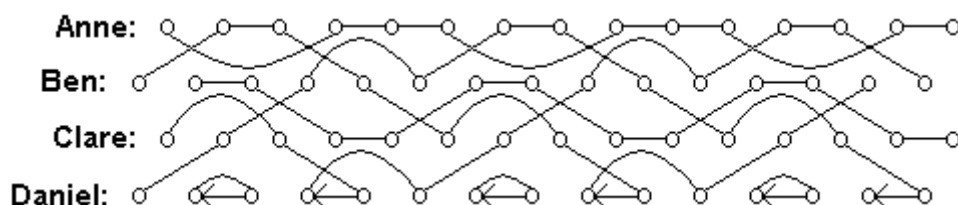
Ben starts with four clubs and feeds on one count. His sequence is Anne Anne Clare Anne Anne. Daniel starts at the same time and passes five count popcorn to Clare. His sequence is self self triple-self self pass. Anne and Clare start half a beat later. Anne passes Martin's one count to Ben and her sequence is pass pass pass pass zip. Clare feeds on why not? and her sequence is self Daniel heff zip Ben.

Mixed feed #11



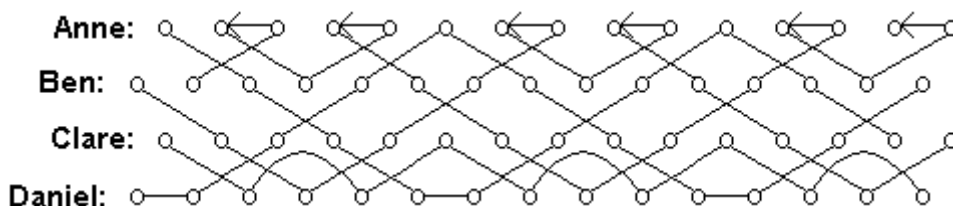
Ben starts with four clubs and feeds on one count. His sequence is Clare Anne Anne Anne Anne. Daniel starts at the same time and passes five count popcorn to Clare. His sequence is self self triple-self self pass. Anne and Clare start half a beat later. Anne passes Martin's one count to Ben and her sequence is pass pass zip pass pass. Clare feeds on maybe and her sequence is heff Daniel Ben self zip.

Mixed feed #12



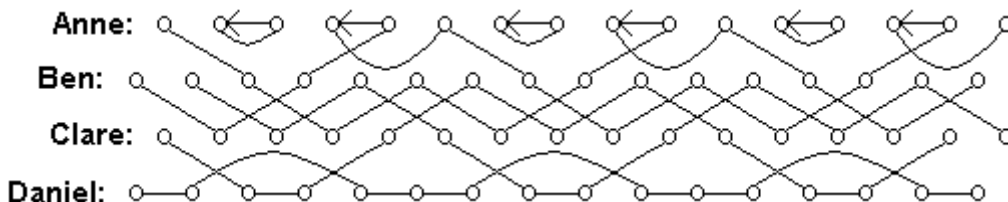
Ben starts with four clubs and feeds on funky bookends. His sequence is Anne self Clare heff Clare. Daniel starts at the same time and passes five club why not? to Clare. His sequence is pass self zip heff zip. Anne and Clare start half a beat later. Anne passes five count popcorn to Ben and her sequence is triple-self self pass self self. Clare feeds on funky bookends and her sequence is heff Ben Daniel self Ben.

Mixed feed #13



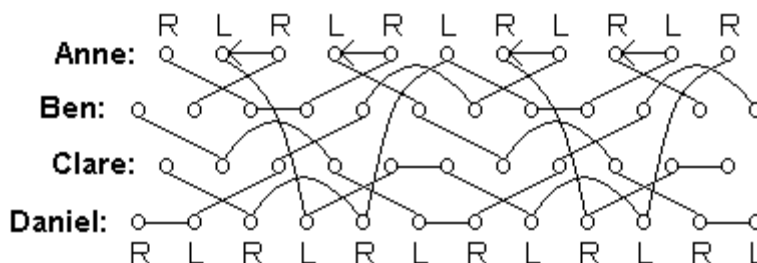
Ben starts with four clubs and feeds on one count. His sequence is Clare Anne Clare Anne Anne. Daniel starts at the same time and passes funky bookends to Clare. His sequence is self pass heff pass pass. Anne and Clare start half a beat later. Anne passes parsnip to Ben and her sequence is pass pass zip pass zip. Clare feeds on one count and her sequence is Daniel Daniel Ben Daniel Ben.

Mixed feed #14



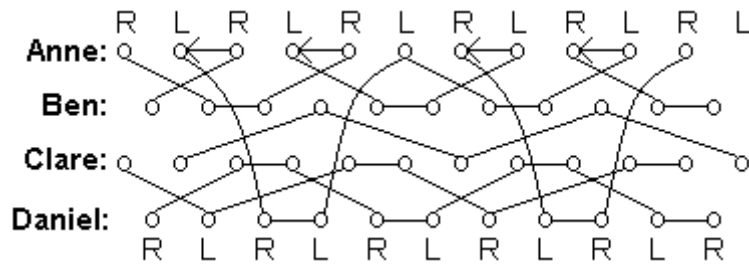
Ben starts with four clubs and feeds on one count. His sequence is Clare Clare Clare Anne Clare. Daniel starts at the same time and passes five count popcorn to Clare. His sequence is self self triple-self self pass. Anne and Clare start half a beat later. Anne passes five club why not? to Ben and her sequence is pass self zip heff zip. Clare feeds on one count and her sequence is Daniel Ben Ben Ben Ben.

Thirteen club bookends/parsnip box #1



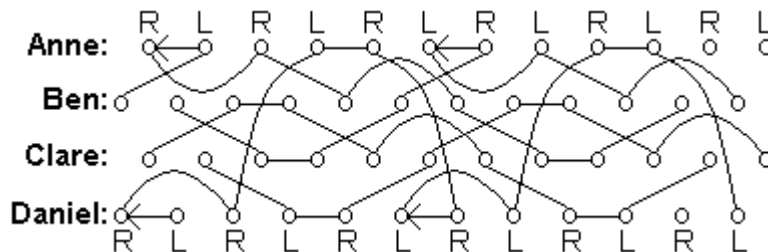
Anne passes parsnip and everyone else passes bookends (77786). Daniel and Ben start together and Anne and Clare start half a beat later. Ben starts with four clubs and his sequence is Clare Anne self Anne heff. Daniel's sequence is self Clare heff Clare Anne. Anne's sequence is Ben Daniel zip Ben zip. Clare's sequence is Daniel heff Ben Daniel self.

Thirteen club bookends/parsnip box #2



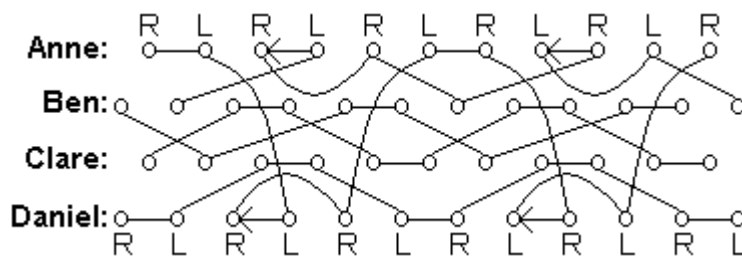
Anne passes parsnip and everyone else passes bookends (77966). Anne and Clare start together and they throw straight singles and crossing doubles. Daniel and Ben start half a beat later throwing crossing singles and straight doubles. Clare starts with four clubs and her sequence is single to Daniel double to Ben self single to Daniel self. Anne's sequence is Ben Daniel zip Ben zip. Ben's sequence is single to Anne self single to Anne double to Clare self. Daniel's sequence is single to Clare double to Clare self single to Anne self.

Bookends/why not? box #1



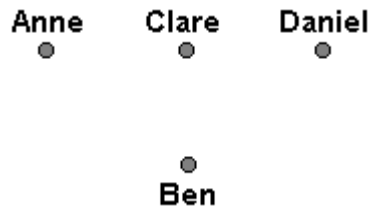
Ben and Clare pass on bookends (77786) and Anne and Daniel pass why not? Ben starts with four clubs and his sequence is Anne Clare self Clare heff. Daniel starts at the same time with two clubs in his left hand but his first pass is right handed. Daniel's sequence is heff zip Anne self Clare. Ben and Daniel throw straight passes. Anne and Clare start half a beat later. Anne starts with two clubs and her sequence is heff zip Ben self Daniel. Clare starts with four clubs and her sequence is Ben Daniel self Ben heff. Anne and Clare throw crossing passes.

Bookends/why not? box #2



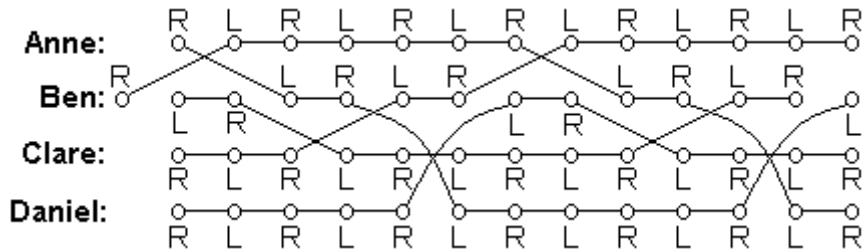
Ben and Clare pass on bookends (77966) and Anne and Daniel pass why not? Ben starts with four clubs and his sequence is Clare double to Anne self Clare self. Daniel starts at the same time and his sequence is self Clare heff zip Anne. Ben and Daniel throw straight singles and Ben throws crossing doubles. Anne and Clare start half a beat later. Anne's sequence is self Daniel heff zip Ben. Clare's sequence is Ben double to Ben self Daniel self. Anne and Clare throw crossing singles and Clare throws straight doubles.

Thirteen club line feeds



In a four person line feed Ben feeds Anne, Clare and Daniel as shown above.

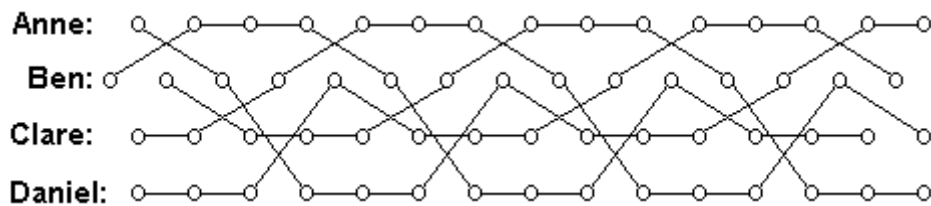
Thirteen club two count typewriter feed



Ben starts with four clubs. He passes straight doubles on two count. His sequence is Anne self Clare self Daniel self. Anne, Clare and Daniel start one beat later and pass straight doubles on six count. Anne starts with a pass, Clare starts with two selfs and Daniel starts with four selfs.

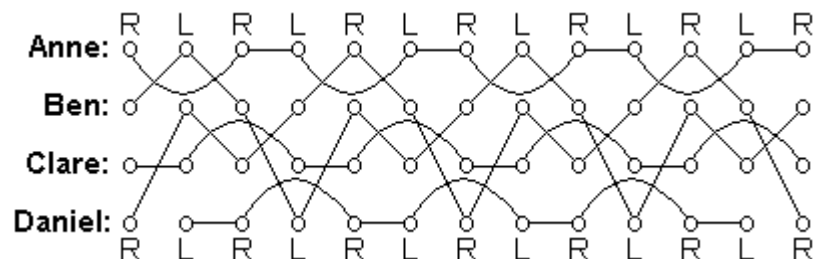
Ben can pass straight doubles on two count but choose who to pass to at random. The feeders juggle a cascade and respond to a pass from Ben with a straight double pass to him.

Thirteen club urban terror feed



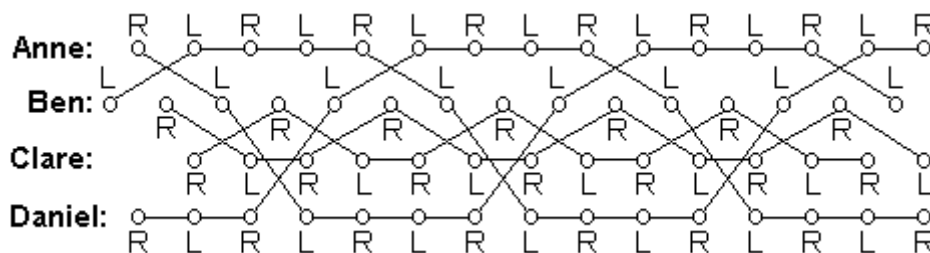
Ben starts with four clubs. He feeds on one count. His sequence is Anne Clare Daniel. Anne, Clare and Daniel start half a beat later and pass on three count. Anne starts with a pass, Clare starts with one self and Daniel starts with two selfs. If Ben starts with his right hand then he throws straight single passes and everyone else throws crossing single passes. If Ben starts with his left hand then he throws crossing single passes and everyone else throws straight single passes.

French terror feed



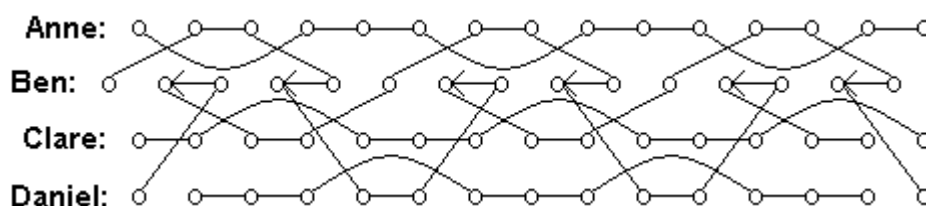
Ben feeds on one count. His sequence is Anne Clare Daniel. Anne, Clare and Daniel pass French three count. Anne starts with a heff, Clare starts with a self and Daniel starts with a pass. Also Daniel starts with four clubs.

Thirteen club one count sweep feed



Ben starts with four clubs. He feeds on one count. His sequence is Anne Clare Daniel Clare. His first pass is left handed and he throws crossing single passes to Anne and Daniel and straight single passes to Clare. Anne and Daniel start half a beat later and pass on four count. Anne starts with a pass and Daniel starts with two selfs. They throw straight single passes. Clare starts one and a half beats later and passes on two count. She throws crossing single passes.

Parsnip popcorn feed

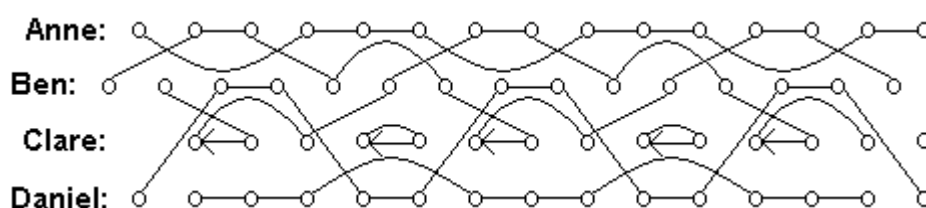


Ben starts with three clubs and feeds on parsnip! He throws straight single passes and his sequence is Anne Clare zip Daniel zip. Anne, Clare and Daniel start half a beat later and pass five count popcorn with crossing single passes with Ben. Anne's sequence is triple-self self pass self self. Clare's sequence is self triple-self self pass self. Daniel starts with four clubs and his sequence is pass self self triple-self self.

If Ben starts left handed then he throws crossing passes and everyone else throws straight passes.

Alternative sequences for Anne, Clare and Daniel: five count popcorn with heffs, five count popcorn with double passes and heffs.

Funky bookends feed



Ben starts with four clubs and feeds on funky bookends He throws straight single passes and his sequence is Anne Clare self Daniel heff. Anne and Daniel start half a beat later. Anne and Daniel pass five count popcorn and Clare passes five club why not? Anne's sequence is triple-self self pass self self. Daniel starts with four clubs and his sequence is pass self self triple-self self. Clare starts one and a half beats after Ben. She starts with two clubs, her first throw is left handed and her sequence is heff zip pass self zip.

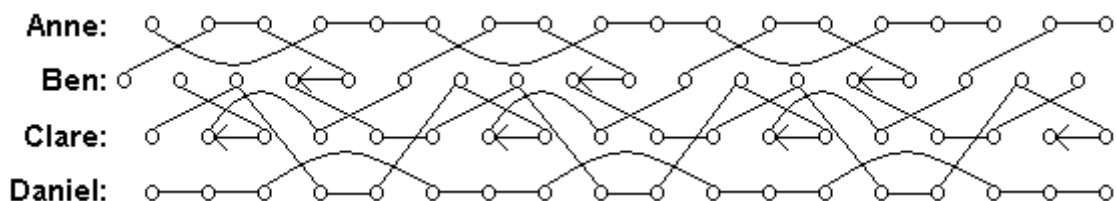
If Ben starts left handed then he throws crossing passes and everyone else throws straight passes.

Alternative sequences for Anne and Daniel: five count popcorn with heffs, five count popcorn with double passes and heffs.

Alternative sequence for Ben: bookends (77966).

Alternative sequence for Clare: five club not why.

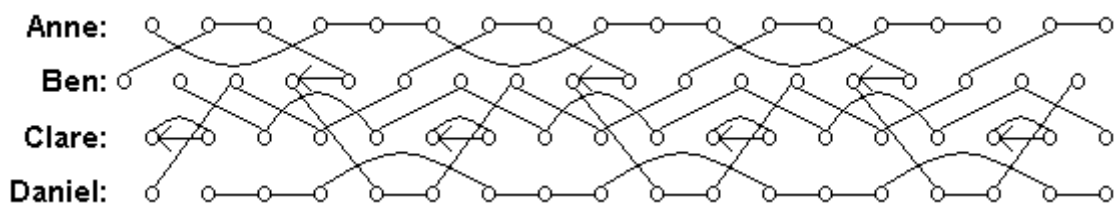
Martin's one count feed #1



Ben feeds on Martin's one count with straight single passes. He starts with four clubs and his sequence is Anne Clare Daniel Clare zip. Anne, Clare and Daniel start half a beat later and they throw crossing passes. Anne passes five count popcorn and her sequence is triple-self self pass self self. Clare passes why not? Her sequence is pass heff zip pass self. Daniel passes five count popcorn and his sequence is self self triple-self self pass.

If Ben starts left handed, he throws crossing passes and everyone else throws straight passes.

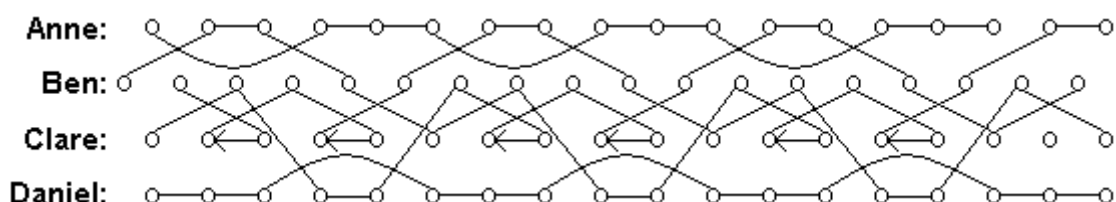
Martin's one count feed #2



Ben feeds on Martin's one count with straight single passes. He starts with four clubs and his sequence is Anne Clare Clare Daniel zip. Anne, Clare and Daniel start half a beat later and they throw crossing passes. Anne passes five count popcorn and her sequence is triple-self self pass self self. Clare starts with two clubs and passes maybe. Her sequence is self zip heff pass pass. Daniel passes five count popcorn and his sequence is pass self self triple-self self.

If Ben starts left handed, he throws crossing passes and everyone else throws straight passes.

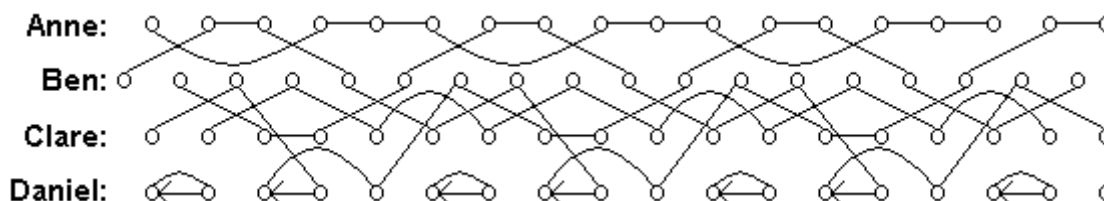
One count feed #1



Ben feeds one one count with straight single passes. He starts with four clubs and his sequence is Anne Clare Daniel Clare Clare. Anne, Clare and Daniel start half a beat later and they throw crossing passes. Anne passes five count popcorn and her sequence is triple-self self pass self self. Clare passes parsnip and her sequence is pass pass zip pass zip. Daniel passes five count popcorn and his sequence is self self triple-self self pass.

If Ben starts left handed, he throws crossing passes and everyone else throws straight passes.

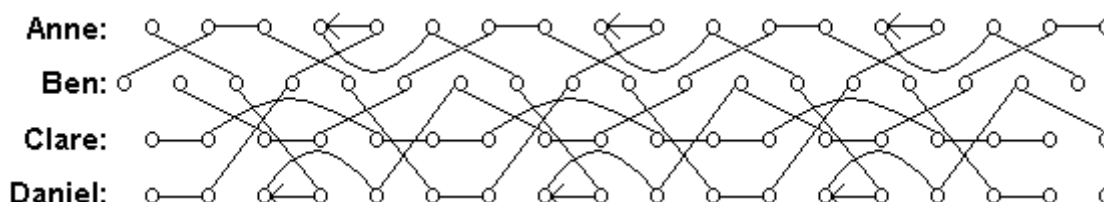
One count feed #2



Ben feeds one one count with straight single passes. He starts with four clubs and his sequence is Anne Clare Daniel Clare Clare. Anne, Clare and Daniel start half a beat later and they throw crossing passes. Anne passes five count popcorn and her sequence is triple-self self pass self self. Clare starts with four clubs and passes funky bookends. Her sequence is pass pass self pass heff. Daniel starts with two clubs and passes five club why not? His sequence is self zip heff zip pass.

If Ben starts left handed, he throws crossing passes and everyone else throws straight passes.

One count feed #3



Ben starts with four clubs and feeds on one count with straight single passes. His sequence is Anne Clare Daniel Anne Daniel. Anne, Clare and Daniel start half a beat later and they throw crossing passes. Anne passes why not and her sequence is pass self pass heff zip. Clare passes five count popcorn and her sequence is self triple-self self pass self. Daniel passes why not? and his sequence is self pass heff zip pass.

If Ben starts left handed, he throws crossing passes and everyone else throws straight passes.

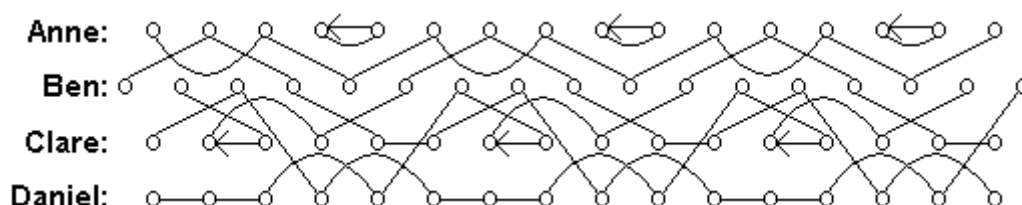
One count feed #4



Ben starts with four clubs and feeds on one count with straight single passes. His sequence is Anne Clare Daniel Daniel Anne. Anne, Clare and Daniel start half a beat later and they throw crossing passes. Anne passes maybe and her sequence is heff pass pass self zip. Clare passes five count popcorn and her sequence is self triple-self self pass self. Daniel passes maybe and his sequence is pass self zip heff pass.

If Ben starts left handed, he throws crossing passes and everyone else throws straight passes.

Thirteen club Caspar's sweep feed



Ben starts with four clubs and feeds on one count with straight single passes. His sequence is Anne Clare Daniel Clare Anne. Anne, Clare and Daniel start half a beat later and they throw crossing passes. Anne passes maybe and her sequence is heff pass pass self zip. Clare passes why not? Her sequence is pass heff zip pass self. Daniel passes five count popcorn, His sequence is self self pass heff heff.

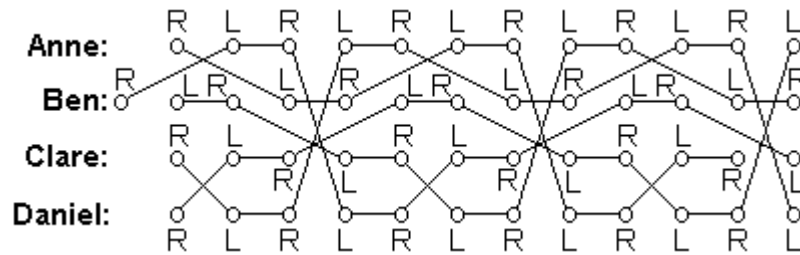
If Ben starts left handed, he throws crossing passes and everyone else throws straight passes.

Other thirteen club patterns



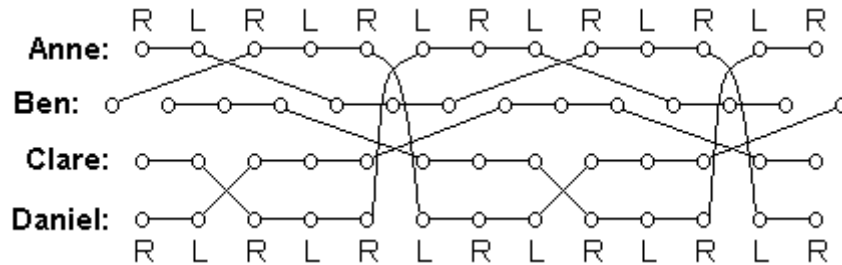
These patterns are all based on the jugglers standing in a square as shown above.

Thirteen club two count box



Everyone passes on two count. Ben starts with four clubs. He passes straight doubles to Anne and Clare. His sequence is Anne self Clare self. Anne, Clare and Daniel start one beat later. Anne and Clare pass straight doubles to Ben and straight singles to Daniel. Anne's sequence is Ben self Daniel self. Clare's sequence is Daniel self Ben self. Daniel passes straight singles to Anne and Clare. His sequence is Clare self Anne self.

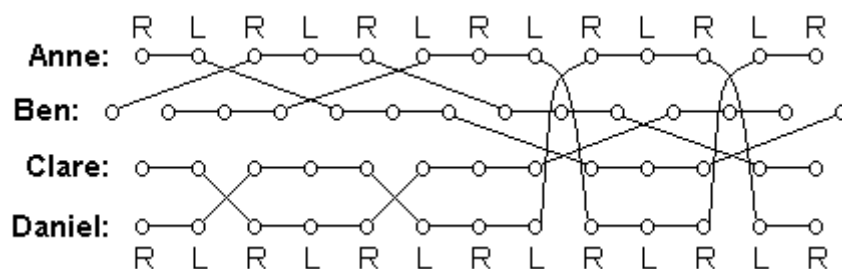
Thirteen club three count box



Everyone passes on three count. Ben starts with four clubs. He passes crossing doubles to Anne and Clare. His sequence is Anne self self Clare self self. Anne, Clare and Daniel start half a beat later. Anne and Clare pass straight doubles to Ben and straight singles to Daniel. Anne's sequence is Ben self self Daniel self self. Clare's sequence is Daniel self self Ben self self. Daniel passes straight singles to Anne and Clare. His sequence is Clare self self Anne self self.

If Ben starts with his left hand, he throws straight double passes to Anne and Clare and they throw crossing double passes to him.

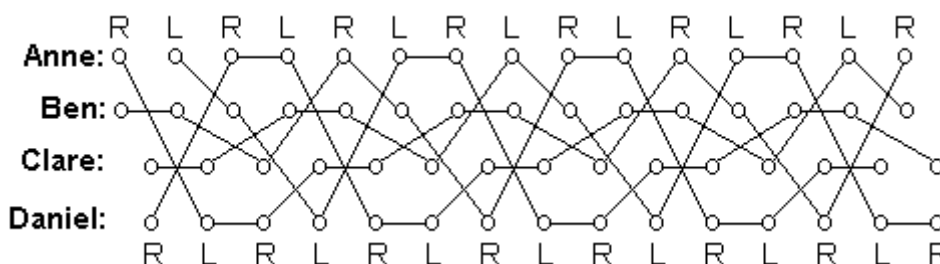
Thirteen club three count box variation



Everyone passes on three count. Ben starts with four clubs. He passes straight doubles to Anne and Clare. His sequence is Anne self self Anne self self Clare self self Clare self self. Anne, Clare and Daniel start half a beat later. Anne and Clare pass crossing doubles to Ben and straight singles to Daniel. Anne's sequence is Ben self self Ben self self Daniel self self Daniel self self. Clare's sequence is Daniel self self Daniel self self Ben self self Ben self self. Daniel passes straight singles to Anne and Clare. His sequence is Clare self self Clare self self Anne self self Anne self self.

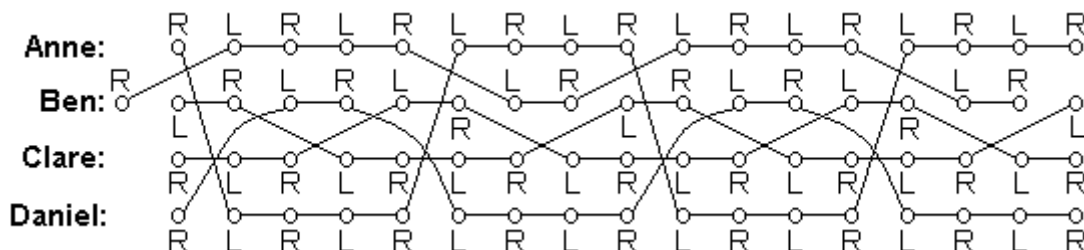
If Ben starts with his left hand, he throws crossing double passes to Anne and Clare and they throw straight double passes to him.

Weird thirteen club pass pass self box



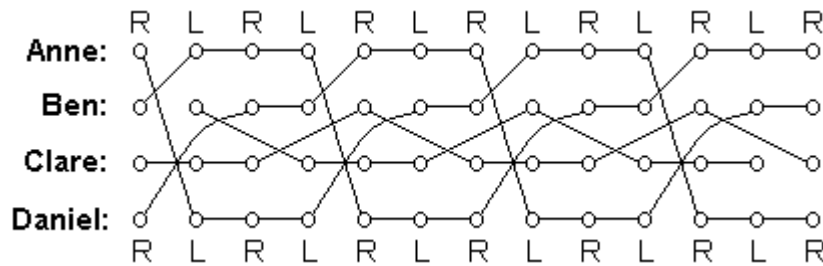
Everyone juggles pass pass self. They all feed the two people on their right and receive clubs from the two people on their left! Anne starts with four clubs. She throws straight single passes and her sequence is Daniel Ben self. Ben starts at the same time as Anne. He throws crossing single passes to Clare and straight single passes to Daniel. His sequence is self Clare Daniel. Clare and Daniel start half a beat later. Clare throws crossing single passes and her sequence is self Ben Anne. Daniel throws crossing single passes to Anne and straight single passes to Clare. His sequence is Anne self Clare.

Thirteen club two count sweep feed with triangular passes



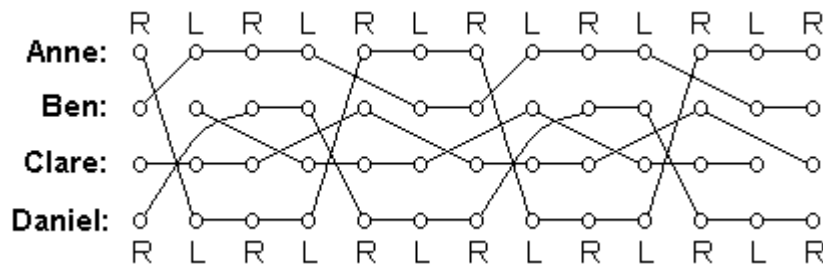
Ben starts with four clubs. He throws crossing double passes on two count and his sequence is Anne self Clare self Daniel self Clare self. Everyone else starts one beat later and passes on four count. Anne alternates straight single passes to Daniel and crossing double passes to Ben. Clare passes crossing double passes to Ben and she starts with two selfs. Daniel alternates crossing double passes to Ben and straight single passes to Anne.

Thirteen club pass pass self feed with triangular passes #1



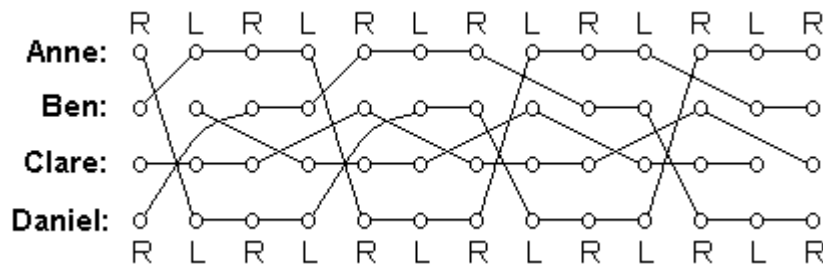
Ben starts with four clubs. He throws straight single passes to Anne and crossing double to Clare and his sequence is Anne Clare self. Everyone else passes on three count. Anne throws straight single passes to Daniel. Clare passes crossing double passes to Ben and she starts with two selfs. Daniel throws crossing double passes to Ben.

Thirteen club pass pass self feed with triangular passes #2



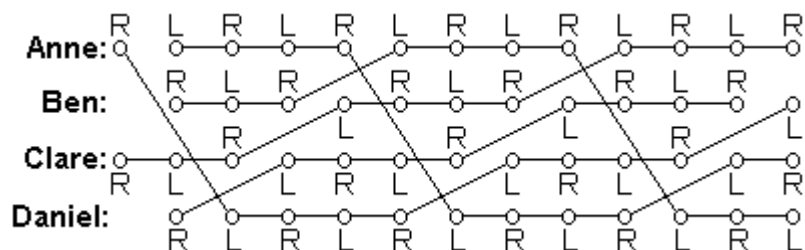
Ben starts with four clubs. He throws straight single passes to Anne and Daniel and crossing double to Clare. Ben's sequence is Anne Clare self Daniel Clare self. Everyone else passes on three count. Anne throws straight single passes to Daniel with her right hand and crossing double passes to Ben with her left hand. Clare passes crossing double passes to Ben and she starts with two selfs. Daniel throws crossing double passes to Ben with his right hand and straight single passes to Anne with his left hand.

Thirteen club pass pass self feed with triangular passes #3



Ben starts with four clubs. He throws straight single passes to Anne and Daniel and crossing double to Clare. Ben's sequence is Anne Clare self Anne Clare self Daniel Clare self Daniel Clare self. Everyone else passes on three count. Anne throws straight single passes to Daniel and crossing double passes to Ben. Her sequence is Daniel self self Daniel self self Ben self self Ben self self. Clare passes crossing double passes to Ben and she starts with two selfs. Daniel throws crossing double passes to Ben and straight single passes to Anne. His sequence is Ben self self Ben self self Anne self self Anne self self.

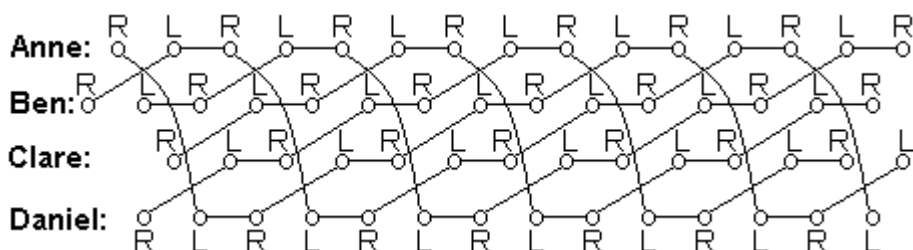
Thirteen club four count



Everyone passes on four count with straight double passes. Anne starts with four clubs and passes to Daniel, Clare starts at the same time as Anne. She passes to Ben and starts with two selfs. Ben and Daniel start one beat later. Ben starts with two selfs and passes to Anne. Daniel starts with a pass and passes to Clare.

This pattern also works well with the jugglers standing in a Y formation or a trapeze formation.

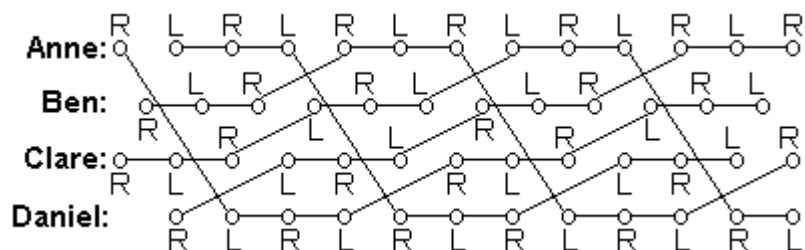
Thirteen club two count



Everyone passes on two count with straight single passes. Ben starts with four clubs and passes to Anne. Anne starts half a beat later and passes to Daniel. Daniel starts half a beat after Anne and passes to Clare. Clare starts half a beat after Daniel and passes to Ben.

This pattern also works well with the jugglers standing in a Y formation or a trapeze formation.

Thirteen club three count

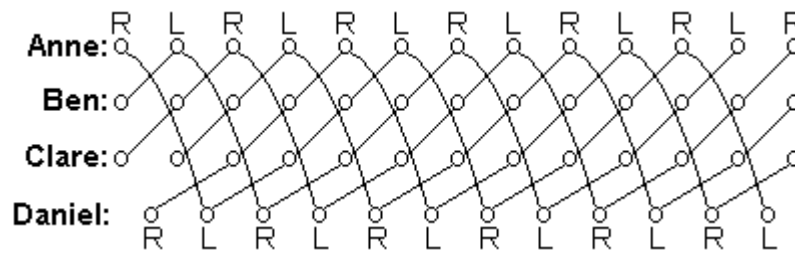


Everyone passes on three count. Anne starts with four clubs and passes straight doubles to Daniel, Clare starts at the same time as Anne. She passes straight singles to Ben and starts with two selfs. Ben starts half a beat later. Ben starts with two selfs and passes straight singles to Anne. Daniel starts one beat after Anne and passes straight doubles to Clare.

This pattern also works well with the jugglers standing in a Y formation or a trapeze formation.

Colour coding: five red clubs which are always passed and eight green clubs which are always selfs.

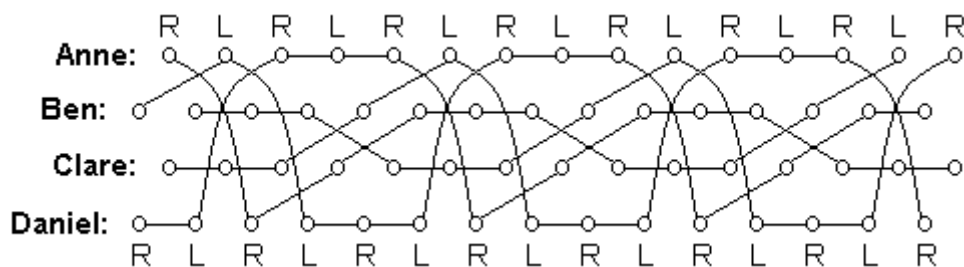
Thirteen club one count



Everyone passes on one count. Clare starts with four clubs. Anne, Ben and Clare start at the same time throwing straight single passes. Clare passes to Ben, Ben passes to Anne and Anne passes to Daniel. Daniel starts half a beat later and passes crossing singles to Clare.

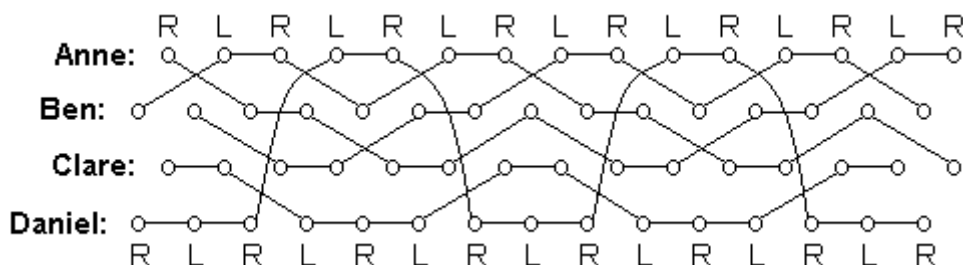
This pattern also works well with the jugglers standing in a Y formation or a trapeze formation.

Thirteen club chocolate square



Everyone juggles chocolate bar. Ben starts with four clubs. Ben and Daniel start at the same time and they throw straight single passes. Ben's sequence is Anne self self Clare. Daniel's sequence is self Anne Clare self. Anne and Clare start half a beat later and they throw crossing single passes. Anne's sequence is Daniel Daniel self self. Clare's sequence is self self Ben Ben.

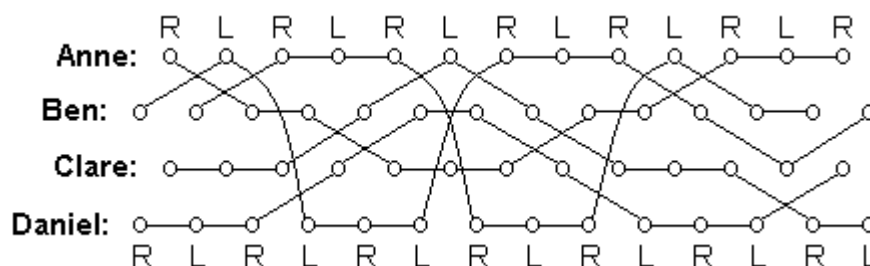
Thirteen club three count accommodation



Ben starts with four clubs. He juggles pass pass self and throws straight single passes. He throws his right hand passes to Anne and his left hand passes to Clare. Daniel starts at the same time as Ben. He throws straight single passes on three count and he starts with two selfs. He throws his right hand passes to Anne and his left hand passes to Clare. Anne and Clare start half a beat later and they throw crossing single passes. Anne juggles right handed two count. She starts with a pass and throws two passes to Ben and one pass to Daniel. Clare juggles left handed two count. She starts with a self and throws one pass to Daniel and two passes to Ben.

If Ben and Daniel start left handed, they throw crossing passes and Anne and Clare throw straight passes.

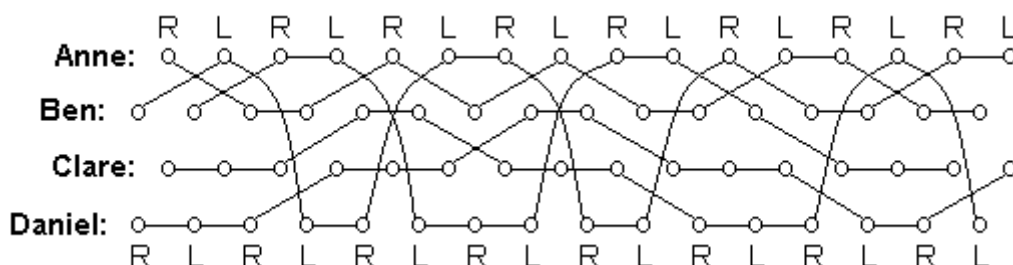
Thirteen club low fat chocolate box



This is a variation of three count accommodation. Ben starts with four clubs. Ben juggles pass pass self, Daniel juggles three count, Anne and Clare juggle chocolate bar. Ben and Daniel start at the same time and they throw straight single passes to Anne and Clare. Anne and Clare start half a beat later and they throw crossing single passes to Ben and Daniel.

If Ben and Daniel start left handed, they throw crossing passes and Anne and Clare throw straight passes.

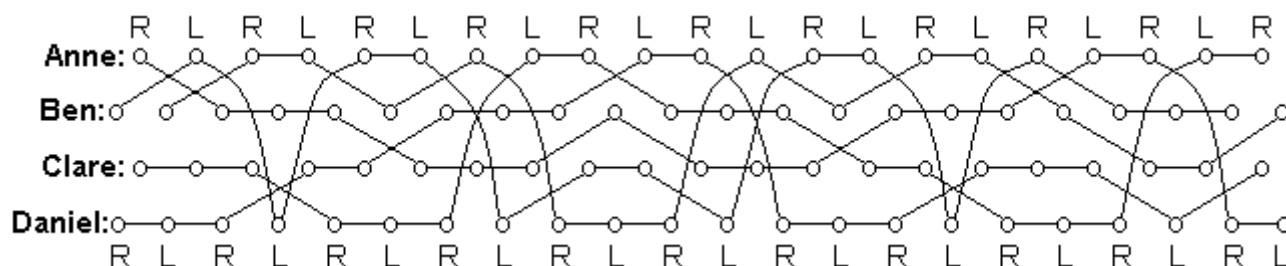
Thirteen club bookshelf



This is another variation of three count accommodation. Ben starts with four clubs. He juggles bookends, Daniel juggles inverted bookends, Anne juggles pass pass self and Clare juggles three count. Ben and Daniel start at the same time and they throw straight single passes to Anne and Clare. Anne and Clare start half a beat later and they throw crossing single passes to Ben and Daniel.

If Ben and Daniel start left handed, they throw crossing passes and Anne and Clare throw straight passes.

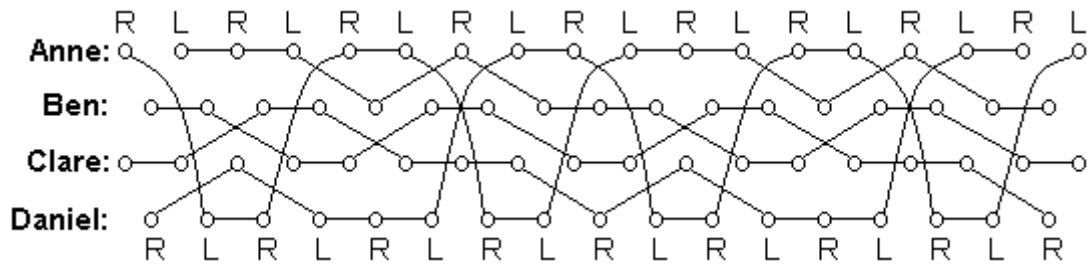
Thirteen club chocolate bookshelf



This is another variation of three count accommodation. Ben starts with four clubs. Ben and Daniel juggle chocolate bar, Anne juggles bookends and Clare juggles inverted bookends. Ben and Daniel start at the same time and they throw straight single passes to Anne and Clare. Anne and Clare start half a beat later and they throw crossing single passes to Ben and Daniel.

If Ben and Daniel start left handed then they throw crossing passes and Anne and Clare throw straight passes.

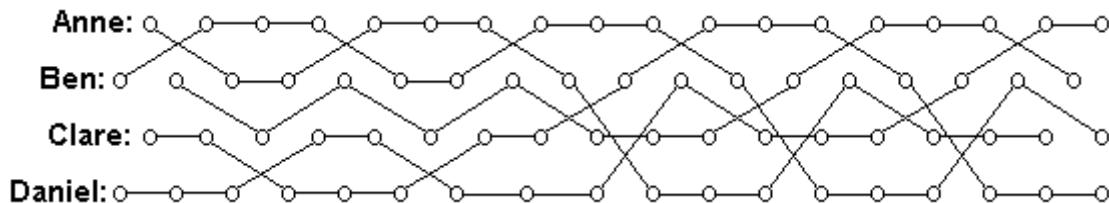
Thirteen club countdown accommodation



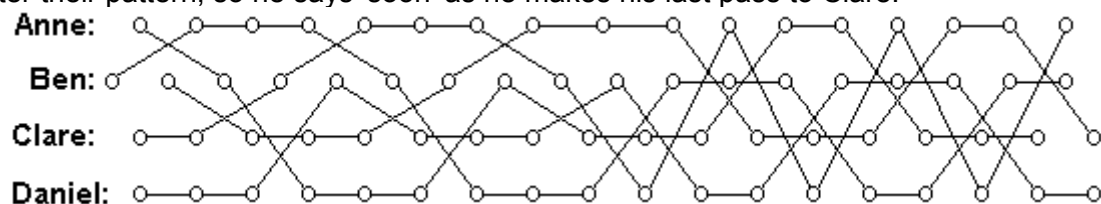
Everyone juggles a countdown from three count out of phase. Anne starts with four clubs. Anne's sequence is Daniel self self Ben self Daniel Ben self. Ben's sequence is self Clare self Clare Anne self Clare self. Clare's sequence is self Ben Daniel self Ben self self Daniel. Daniel's sequence is Clare self Anne self self Anne self Anne. Anne and Clare start at the same time and they throw straight single passes to Ben and Daniel. Ben and Daniel start half a beat later and they throw crossing single passes to Anne and Clare.

Thirteen club runaround

Thirteen club runaround



This is a runaround between the thirteen club pass pass self feed and the thirteen club urban terror feed. At the start Ben and Clare are feeding on pass pass self and Anne and Daniel are passing three count. Also Anne and Clare throw crossing passes and Ben and Daniel throw straight passes. This is the thirteen club pass pass self feed. At some point after a pass Daniel decides to walk across the pattern and stand next to Clare. He has two and a half beats to do *two* selfs. After this Clare passes to Ben instead of Daniel and this is her first pass as a three count feedee. Ben becomes the feeder in a thirteen club urban terror feed. Anne, Clare and Daniel pass three count to Ben with crossing passes. Daniel needs to announce that he's going to walk so that Ben and Clare can alter their pattern, so he says 'soon' as he makes his last pass to Clare.



Now Ben is feeding in a thirteen club urban terror feed. At some point after a pass Anne decides to walk across the pattern and stand next to Ben. She has two and a half beats to do *two* selfs. After this Ben makes two passes to Daniel. The second pass is his first pass as a three count feedee. Daniel and Anne become pass pass self feeders. Daniel's sequence is Ben Anne self. Anne's sequence is Clare Daniel self and she now throws straight passes.

Ben will be the next person to walk across the pattern and Anne will become the new feeder in the urban terror feed. Also the feeder in the urban terror feed always throws straight passes.

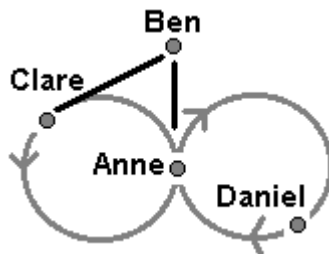
Thirteen club weaves

Thirteen club weave

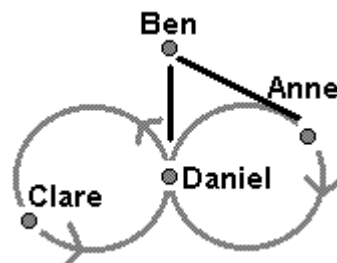
This pattern is based on a thirteen club two count line feed. Ben feeds on two count with double passes. He passes to the middle, then the right, then the middle, then the left. Anne, Clare and Daniel pass to Ben on six count with double passes while walking around in a figure of eight pattern. They pass to Ben when they are walking forwards through the middle of the figure of eight and when they are walking backwards on the outside. The feedees' movement is the same as the normal weave.

Cross stitch

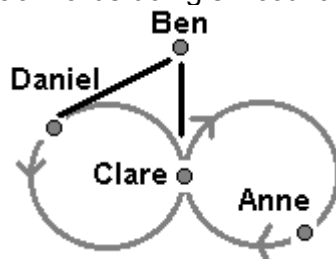
In this pattern the feeder does synchronous one count with heffs passing to two feedees at once. The feedees alternate passing three count and six count while walking around in a figure of eight pattern. They throw a straight pass on three count when they are walking forwards through the middle of the pattern and they throw a crossing pass on six count when they are walking backwards on the outside.



Ben starts with four clubs. On the first pass Ben throws a straight pass to Clare and a crossing pass to Anne. Then he does two heffs. Anne throws a straight pass to Ben and walks forwards doing three count. Clare throws a crossing pass to Ben and walks backwards doing six count. Daniel starts with three selfs.



On the next pass Ben throws a straight pass to Anne and a crossing pass to Daniel. Then he does two heffs. Daniel throws a straight pass to Ben and walks forwards doing three count. Anne throws a crossing pass to Ben and walks backwards doing six count. Clare is still doing selfs.

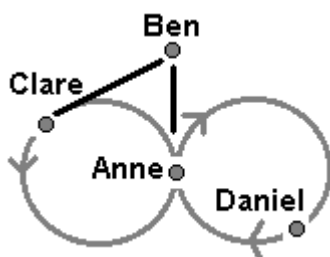


On the next pass Ben throws a straight pass to Daniel and a crossing pass to Clare. Then he does two heffs. Clare throws a straight pass to Ben and walks forwards doing three count. Daniel throws a crossing pass to Ben and walks backwards doing six count. Anne is still doing selfs.

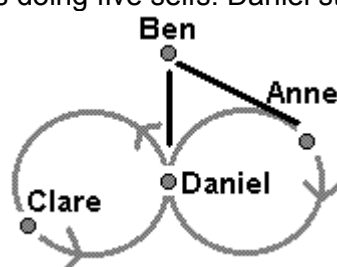
This diagram is just like the first one except all the feedees have moved around.

Cross stitch variation

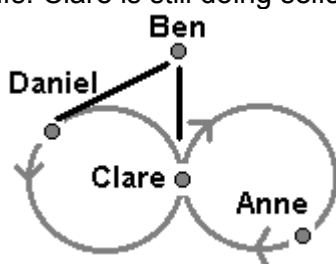
In this pattern the feeder does synchronous one count passing to two feedees at once. The feedees alternate three passes on two count and one pass on six count while walking around in a figure of eight pattern.



Ben starts with four clubs. On the first two passes Ben passes to Clare and Anne. Ben throws all his passes to the feedees' left hands. The feedees start half a beat later. Anne throws two straight passes to Ben and walks forwards doing two count. Clare throws two crossing passes to Ben on two count and then walks backwards doing five selfs. Daniel starts with three selfs.



On the next two passes Ben passes to Anne and Daniel. Daniel throws two crossing passes to Ben and walks forwards doing two count. Anne throws two straight passes to Ben on two count and then walks backwards doing five selfs. Clare is still doing selfs.



On the next two passes Ben throws passes to Daniel and Clare. Clare throws two straight passes to Ben and walks forwards doing two count. Daniel throws two crossing passes to Ben on two count and then walks backwards doing five selfs. Anne is still doing selfs.

This diagram is just like the first one except all the feedees have moved around.