

# REHORULi

## Learn to Juggle - Success Guaranteed



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Stephan Ehlers

**Book with money-back guarantee!**  
If you don't succeed in learning how to  
juggle with 3 balls by using this  
book, the purchase price  
will be refunded.

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134

## **Reading Sample**

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# REHORULI® – Learn to Juggle – Success Guaranteed!

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## A word before we start

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Whatever path has led you to this REHORULI book – thank you and congratulations! I am delighted that you want to learn to juggle. This is because as a kind of “side effect”, you will also learn a lot about your inner strengths and physical abilities – just as hundreds of thousands of others have learned to love and appreciate it. And the best thing is that with REHORULI, your success is guaranteed. Why that should be and why I am so certain I will explain later.

Since it is better to discuss and explain REHORULI in a person-to-person way, I have kept the tone of the book on a personal level. After all REHORULI will be affecting *you*, *your* personal, physical abilities, *your* thoughts and feelings.

Juggling involves several senses simultaneously. The REHORULI juggling method will give you a sense of achievement, stimulate the left and right hemispheres in your brain so that they work simultaneously and will guarantee you many happy moments and “eureka!” experiences. And one “side-effect” is a strengthening of your perception and self-confidence while you enjoy yourself. So there are several emotional factors which are positively influenced. Primarily though, REHORULI is a systematic method of learning how to juggle with three balls. You start by gradually improving your eye and your throwing and catching coordination using the REHORULI throw and catch exercises ... until you can juggle three balls successfully without mistakes.

### **Where does the name REHORULI come from?**

In thinking up a name for this successful juggling method, I thought it important to find a name which would sound a little crazy, or even “insane”. An expression which would only

engage the brain's left hemisphere, because at first glance you have no idea what it could mean, not even in German.

When I told an economics journalist about my idea and the significance of the crazy name, he said "You've really managed that with REHORULI." Of course he said it in a pretty derogatory way, because the word REHORULI meant as little to him as it probably does to you at the moment. And that is all well and good – and deliberate. REHORULI sounds just as "good" as the thought of juggling three balls with two hands. Both sound "crazy" – but they aren't – when you hear the explanation for the word REHORULI or the background of juggling step by step. If you can't juggle three balls or three other objects, then you initially have no idea at all, and above all no feeling for how to juggle three objects with two hands successfully and confidently. It was exactly the same for me and for all other jugglers.

It is beyond the bounds of the imagination, and if you try it without having learnt it systematically, you will experience a frustration that is actually physical. Which brings us to the only pre-condition for REHORULI: if you wish to learn juggling with REHORULI, you need to have the courage and face the challenge to learn something new. That is the only thing that is required of you. Courage with perseverance and patience. It will not all click into place at once, and there may even be some small setbacks. Simply face up to this new challenge. That is all that you must do. And the emphasis here is on "do" – keep on trying, don't give up. Anyone can learn to juggle, anyone can be successful. Without exception!

REHORULI encapsulates "complexity", the sense of success and juggling ability in a single word. One doesn't work without the other. If you can't juggle, then you simply can't know how it feels... REHORULI is an apt attempt at a description, since it describes something which is hard to imagine or inexplicable, yet which is perceivable and simple to "perform".

If you can't stand not knowing what REORULI means any longer, you are welcome to have a look at the back of the book, where you will find the solution. However, I think it is better and more exciting to try and find it out for yourself without any help. You are sure to find that the answer is much easier when you can juggle three balls – I'm certain of that. The expression REHORULI is only complicated at first glance – but once you have the “solution”, it's very, very simple (almost “logical”) ... and the art of juggling is exactly the same! For outsiders and non-jugglers it's very perplexing and impressive – but for “insiders” or jugglers, very, very easy.

### **REHORULI & Juggling – both are complicated, yet simple at the same time!**

With REHORULI you learn not only how to juggle, but also a great deal about your relationship with lightness and tangible success. REHORULI begins with 20 simple throw-and-catch exercises which help to gradually improve your hand-to-eye coordination while at the same time increasing your own personal feelings of success and happiness. All the exercises look easy, but they are not necessarily so. That is the attraction - overcoming the limits, the strange/the unfamiliar. Sharpening your perceptions – learning something new. At the latest when you can juggle three balls, this will also have a directly positive effect on your self-confidence. Your belief in yourself, your courage will grow. Guaranteed!

The connection between success and juggling, or juggling and success, is an important one for me because it actually exists and can be experienced. I myself, along with tens of thousands of people over the whole world, have had these valuable experiences.

Many people helped me in writing this book. Above all, my wife Gabriele who supported me with many suggestions and ideas and was always a positive inspiration.

I would also like to thank Tina Peitz, Boris Ehlers, Nadine Seiler and Wolfgang Gutowski, whose commitment and professionalism supported my wife and me in our successful attempt to set a new REHORULI world record. Last but not least thanks to Frank McLynn who translated our book and opened up this book to the international market and future jugglers abroad.

On 24<sup>th</sup> June 2005, 64 employees at a health insurance office in Weimar all learnt to juggle with three balls at the same time in just 55 minutes using the REHORULI method! It always gives me great pleasure to teach others how to juggle. The next target will be to teach up to 100 beginners to juggle three balls at the same time in a maximum of 60 minutes.

But it doesn't matter if there are 400 or 200 or just two juggling pupils. For me, the main focus is always my joy and pleasure in the art of juggling, along with the enjoyment of showing others how to do it. For that reason, I will continue to offer regular speed-juggling courses. ("Learn juggling in 60 minutes – success guaranteed!") If you have any suggestions as to how the REHORULI exercises could be better presented or if you know some interesting throw-and-catch exercises with two balls, please don't hesitate to write to me. My intention is that the present REHORULI juggling method should be continually developed and advanced. For that reason every suggestion is welcome. Write to me at:

REHORULI, Stephan Ehlers, Notburgastr. 4,  
D-80639 Munich, email: [stephan@rehoruli.de](mailto:stephan@rehoruli.de)

And now I wish you plenty of fun and every success with REHORULI and I am certain that you will achieve throwing and catching with three balls. You have to believe as strongly in it as I do ... and of course "work" for it ... then you will do it. Guaranteed!

Stephan Ehlers, Munich  
April 2008



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## MPD – Make the Possible Doable

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*Many people only look where the light is good. Saying, Wales*

It certainly counts as success when you finally learn how to juggle with three balls. The beauty of learning to juggle is that during the learning process you will encounter all the phases, and the virtues, you need for success.

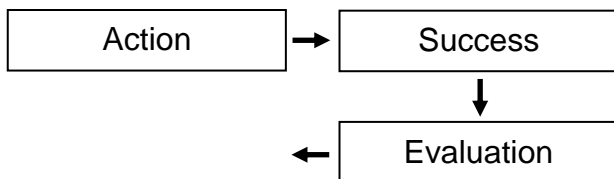
1. You have set yourself a target:  
"I want to learn how to juggle with three balls."
  2. You have to invest the time  
and plan your training sessions
  3. You will need perseverance.
  4. You will have to concentrate...  
on the balls, the throwing and catching...
  5. You must take care not to be distracted.
  6. You will experience setbacks.
  7. You will have to motivate yourself to keep at it.
  8. You must not flap or become anxious.
  9. You will have to try completely new things with  
an uncertain outcome.
- And much more...

Your inner attitude will take on more significance than you might have expected.

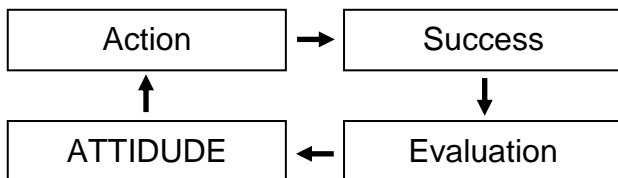
Success does not come of itself, is never a coincidence. Success is always a "personal story" of making the possible doable. No success is possible without effort. That is no different with juggling than any other private or business success.



Success is always a result. Success is something that “follows”. Every success is preceded by taking some action. Otherwise no success is possible. “**Action**” is the requirement. Success is always an individual matter. Everyone wants to achieve different aims: some people may be aware of their aims, others are not, but all have a “yardstick” for success. We all **evaluate** “our own” success or have our own measure for failure.



This evaluation has an accordingly powerful effect on our **attitude**. If we evaluate something “negatively”, then our attitude is accordingly “negative” ... this of course will also have an effect on our actions.



In a nutshell, our “actions” and our “evaluations” have enormous influence over our success. Our attitude to things is much more important. This means you should concentrate less on the external (dropping balls, etc.) and “go into yourself”, thinking of your (positive?) attitude to juggling. This is, of course, a little more difficult, as you need to be active yourself. For example, dropping the balls is something you notice “automatically”, and as such enters your consciousness more rapidly and directly. You quickly “evaluate” this situation ... probably negatively ... and straight away your attitude is affected.

The aim is to break this pattern ... by occasionally recalling your (positive!) attitude. Imagine yourself mastering the REHORULI exercise you are currently doing; that alone can be a help for the next, improved attempt.

### ***The REHORULI Philosophy***

1. REHORULI is an idea, a concept, a system. If you use REHORULI or learn to juggle with the REHORULI exercises, you will learn not only how to juggle, but also a great deal about yourself, your own perception and general rules for success. Successfully completing the REHORULI exercises guarantees you the personal, individual experience of those feelings of success. It also improves your physical and mental coordination and enhances self-confidence. In short: REHORULI and the juggling skills it teaches you provide you with more energy and zest for life.

1. REHORULI is demanding. Anyone between the ages of 8 and 88 should be able to learn how to juggle confidently and successfully with REHORULI. Juggling three balls confidently and successfully is the main aim and concern of REHORULI.

3. As a kind of "side effect", REHORULI also generates feelings of success and happiness. REHORULI's aim is to make it easy and possible for EVERYONE to learn how to juggle. If you can ride a bicycle, you have the ability to learn to juggle. In the same way that everyone is born to be successful. All you need is the courage to learn something new, and to overcome and accept something "strange and unfamiliar".

4. REHORULI is an open system, not a closed system, and is always open to further development, improvements and/or additions. Any ideas or suggestions on how to improve REHORULI in any way are more than welcome. Please don't hesitate to send me your tips, ideas and criticisms ([info@rehoruli.eu](mailto:info@rehoruli.eu)).

*Stephan Ehlers - July 2001*

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## Requirements for Learning to Juggle

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*You are either a part of the problem or a part of the solution. I decided on the latter. Michael Gorbatschov*

Though many might not believe it, you don't need any special abilities to learn how to juggle. Honestly! But a few basic points will make it easier for you to make progress:

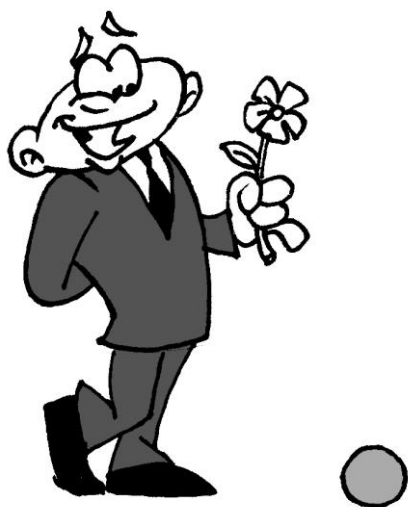
1. If you really enjoy learning new things or learning to juggle, then the foundation stone of your success has already more or less been laid.
2. Follow the instructions in the book step by step as best you can.
3. Keep your patience even when things don't go right straight away.
4. You need to have three balls of the same size and weight. Each ball should weigh at least 90g. If you can't get balls which are suitable, you can also buy beanbags in a juggler's shop or order them online at [www.rehoruli.eu](http://www.rehoruli.eu).

If you have an Internet connection, you can take advantage of further options for using REHORULI. All the exercises described here are also available as a video file, which you can download free ([www.rehoruli.eu](http://www.rehoruli.eu)). It enables you to see and check the exact sequence of movements in each juggling exercise. Before you start juggling: try NOT to skip any of the REHORULI exercises! Especially not if you are a juggling novice and want to juggle really "cleanly" ... i.e. relaxed, carefree and without effort.

Keeping to the sequence is not an absolute must, but for beginners and those new to juggling it is very helpful to go through ALL the REHORULI exercises. Even if one of the exercises simply doesn't work, it is better to go back and perfect the previous REHORULI exercises before you go on to the next exercise or leave one out.

Here are a few basic rules which will help you on your way to learning how to juggle and keeping to the sequence:

- Think positive
- Be patient, don't force things
- Each "mistake" is an opportunity to learn
- Have the courage to face the challenge of learning something new
- Don't think too much, "doing" is better and more successful than "thinking"

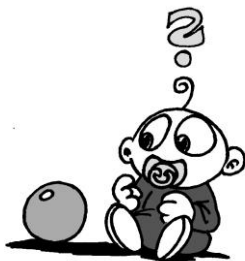


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## Before you start – Important Preliminary Considerations

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We think too much! Yes, I really mean that. The most important thing in learning to juggle, and in juggling itself, is to keep your mind “free” ... and that’s something people find hard. And the older we get, the more difficult it becomes to “switch off our minds”. Very difficult indeed. But that is normal and should not worry us. By “mind” I mean our attitudes, judgements, prejudices and everything which is “comfortable”. You need a good helping of self-motivation to learn how to juggle with three balls. It isn’t comfortable ... particularly for our minds. Buying a book that teaches us how to juggle is one thing; actually starting with the first throw-and-catch exercises is quite another. It feels different, and it takes effort. Being interested in juggling is quite different from trying it out for yourself! Totally different! Before you start with the first REHORULI exercise you should ...



- ...be totally determined to learn how to juggle.
- ...also believe firmly in yourself that you will manage it.
- ...accept setbacks in the learning process as a challenge or opportunity.
- ...develop less of a burning determination and more of a relaxed approach.
- ...say to yourself over and over again before you start: “I will do it”, “I can do it”.

And above all, you must motivate yourself when things don’t feel right or when your throwing and catching is not (yet) going the way it should! I mean that absolutely seriously!

Self-confidence only comes from within – never from outside. Juggling is a good example of how you can slowly build up your self-confidence and self-awareness by stepping gradually outside your limits. It is a personal thing – nothing and no-one can help from outside.

### **Learning speed and sequence is NOT predetermined!**

Even though the REHORULI throw-and-catch exercises are numbered, it is not absolutely compulsory to do the exercises in this sequence! That should not make you uneasy – on the contrary: - it should and will give you strength! Find out for yourself which REHORULI exercises are helpful for you as you learn to juggle with three balls. It would certainly make sense to start with the exercises with one ball before you go on to throwing and catching two balls – but the sequence is not the decisive thing. Honestly.

Many people who have learned to juggle quickly and successfully with three balls have used the following sequence of exercises: REHORULI exercises 9, 10, 11, 5, 6, 7, 11, 12, 13, 14, 15, 20, 21, 17, 31, 32, and 33. All the exercises help to prepare you for juggling with three balls. You can decide the learning speed for yourself. In practice we have found that the best time is at least ten minutes, but never longer than one hour.

### **Why "active" self-motivation is helpful**

Belief in yourself, "positive thinking" or whatever you want to call it is extremely important if you are learning how to juggle. Positive self-motivation is no guarantee that everything will be perfect straight away, but on the other hand I can guarantee that you will not make any progress at all if you constantly say to yourself "I can't do it" or just curse.



Sometimes things simply need more time and take longer than you might hope or wish. You know that already from everyday life...!

Learning to juggle is a whole body experience or process which you must constantly pass through in each phase. I always like to compare learning to juggle with learning to ride a bicycle. Exactly the same thing happens. The body learns! You cannot learn to ride a bike by picturing it or having it explained to you – you have to DO it! It calls on your sense of balance and the simultaneous activities of the left and right hemispheres of the brain. And that's a lot of effort. When you ride a bike you fall off, when you juggle you drop the balls ... before things start to work properly.

Regardless of whether you think positively or not. Many people believe that as children they had no idea about “positive thinking” and that this was the very reason that they were able to master new challenges (such as riding a bicycle).

Even if it was an unconscious process when we were children, learning to cycle released our irrepressible (positive) willpower and determination to push our limits. This will or desires to be able to do it one day, plus the “keep-on-trying” effect, were the success factors. And juggling is exactly the same! Get yourself into a positive frame of mind, or better still: say aloud to yourself “I can juggle”, “I can do it” or something similar. Avoid phrases like “I might be able to do it”! Form your sentence consciously as if you already knew how to juggle.



**We finally get started  
on the next page!**

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## Exercise 1: Reli – Right - Left

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*Make everything as simple as possible, but not simple.*  
*Albert Einstein*

The first exercise is relatively easy and more importantly looks easy too. A ball is thrown from the right hand to the left hand and vice versa. Back and forth. Throw up with the right, catch with the left – throw up with the left and catch with the right. However, before you start make sure of the following:

**The ball should only reach forehead level at most** – make sure that you don't throw the ball above your eye level. By the way, this applies to all REHORULI exercises.

### Eye level is ideal!

There is a good reason why it is not useful to throw the ball above your eye level. Beginners especially have a tendency to throw higher, believing that “the higher I throw, the more time I have to concentrate on catching”. That is mathematically correct. The higher you throw, the longer it takes for the ball to return to your hand. As convincing as this argument may sound, the result is fatal. The higher you throw, the faster the ball returns, making it more difficult to catch. Even worse, your field of vision deteriorates. When you throw above eye level you lose sight of your hands, which causes (inner) stress or uneasiness. Throwing to eye, or at most forehead, level leaves you in total control.



If you have to raise your head because your throw is too high, you lose sight of your hands, which creates more insecurity, and therefore more inaccuracy. So remember, NEVER throw above eye level. If you do that right from the beginning, you'll make progress faster – guaranteed!

**Keep the arms loose when throwing – never extended.**

Make sure that your elbows do not move forward from your body when throwing. Your elbows should not touch your body or press against your ribs. Throw and catch loosely and jauntily.

**The arms stay down while throwing and catching**

Check whether your “catching hand” has a tendency to move towards the ball when catching, or whether you are calm enough to wait for the ball to fall into your open hand.

**Catching correctly involves a little “cushioning”**

When “receiving” the ball, - i.e. when it is still in the air - your catching hand is open (forearm and upper arm at approximately right angles) – but just before the ball touches your hand, lower your hand a little to cushion the impact and throw the ball fluidly from there to the centre again. Only release the ball when your forearm is horizontal.

**TIP: Try to catch the ball silently (!)**

Try to catch the ball in such a way that there is no sound. Normally the ball hits your hand with a “slap”, creating a noise. Quiet or silent catching is only possible when the momentum of the ball is “cushioned” by the catching hand. Therefore your hand must go down a little when catching, otherwise there will be a noise. Just try it – it's a good, effective exercise!



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## Exercise 2: ShowThe8

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*If you cannot accept small obstacles, you will ruin your great plans*  
*Confucius*

As an exception this simple exercise is done without a ball. You have to create a “figure of eight” in the air using both the right and left forefingers. This is a preliminary to REHORULI Exercise3 and is of great importance – also for all of the following exercises. But more about that later.



- Stand with your feet apart. Then draw a horizontal figure of eight – in mathematics, the symbol of infinity – in the air, first with your left hand and then with your right hand.
- Keep your head steady and follow your forefinger with your eyes. Try to make the eight as big as possible so that your eyes are forced to move as much as possible.
- Then place your hands together as in the illustration. With both your thumbs and forefingers make a hole and draw figures of eight with both hands in the air while looking through the hole. Make the eight as big as you possibly can by using your whole body to shift your weight from one side to the other. Move your eyes as far as possible to the outer edges of your field of vision.
- Listen to some music if you want to, ideally in 3/4 or waltz time. You can sing or hum along.
- Gradually make your movements and the figure of eight gradually smaller and smaller, so that at the end

your body is still and only your eyes are following your hand movements.

- Finish up by standing still with your eyes closed and think about what you have just done. Draw another two or three figures of eight in your thoughts with your eyes closed. This imaginary mental anchoring is just as important as the exercise itself.

This exercise is always good when you have the feeling that “I can’t go on”. When there are blockages or setbacks and catching and throwing suddenly does not work as well as it should.

## **The reason why Exercise 2 is so very important**

This exercise is indeed without a ball but it nevertheless belongs to the three most important REHORULI Exercises! Drawing the figure of eight has a practical as well as a symbolic meaning. Every time you do this exercise, where you set your eyes and your whole body in motion, both halves of your brain are actively incorporated.

Both eyes and both sides of your body are active, and you are crossing the central axis of the body. The corpus callosum, that part of the brain which connects the left and right sides of your brain with 200 million nerve cords, is activated.

By using the corpus callosum to move, describe what you are feeling and acting, you are promoting the development of your brain.

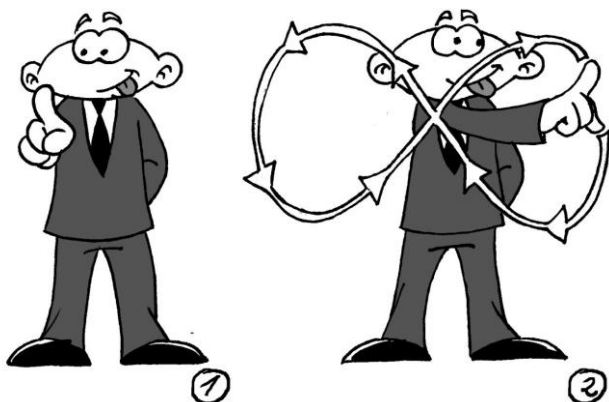
This exercise supports what is known as myelinisation of the many nerve cords in the corpus callosum. This functions so well because the nerve cords produce a substance called myelin, which acts as an insulating coat around the nerve cords and allows signals to be sent more smoothly from one half of the brain to the other, thus improving cooperation between the brain halves in the process.

Scientists have shown that our “brain performance” is up to two hundred times faster when myelinisation has taken place. In other words, one side of the body has a better idea of what the other side is doing. This is true for both halves of the body as well as both halves of the brain, and is an invaluable support when juggling.

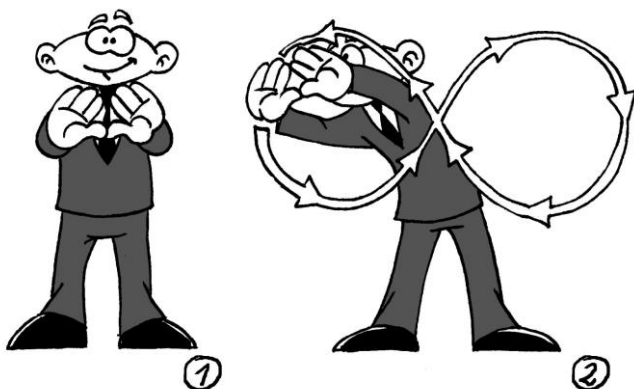
So, when one exercise or another just does not seem to be working well or there are other reasons for physical or mental uneasiness, the “figure of eight” is an excellent exercise to activate or recharge both sides of the body and brain.

The “figure of eight” has been used as an eye exercise for decades. The eye movement powerfully activates the fields of vision of the left and right eyes, so that we can arrange and coordinate optical impressions more easily - exactly what we urgently need in juggling.

First of all, draw a horizontal figure of eight through the air on an imaginary blackboard with your finger. First with one hand and then with the other.



Now draw a horizontal figure of eight, but with both hands together. Do it exactly the way JONGLORO demonstrates in the pictures with your thumb and forefinger together ... and look through this hole during the exercise. The figure of eight (see illustration) is big at the start but gradually gets smaller. It is important to do this at least ten times. This exercise activates the nerve tracts between the left and right halves of the brain.



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## Exercise 6: FallingDown\_MoveUp

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*The word difficulty need not be considered as existing by a spiritual person. Away with it!*

*Georg Christoph Lichtenberg*

REHORULI Exercise 6 is exactly the same as REHORULI Exercise 5 but in reverse! This means the order of the hands is reversed – the hand that was down is now up and vice versa. Do not be surprised if it does not work as well as exercise 5 straight away. Your body has to rethink... you are actually starting from scratch, just like the other exercise. Do not underestimate this – both exercises have to be equally mastered. When juggling with three balls you need both arms and hands, therefore the exercise with two balls must be practised in reverse, otherwise your body and eyes lack 50% of the information needed.

### **Position of the arms and hands**

The ball is now in the right hand to start with, and is positioned at the level of navel and hips. The left hand takes the ball out of the right hand up to eye level and again drops the ball into the right hand. Your left hand stays up – only the ball falls.

### **The right hand always stays down during the exercise**

... at about navel level. The hand drops while catching to reduce the ball's momentum slightly, in order to throw it vertically again – directly into the left hand. The throw into the left hand can, or must, be fairly fast.

### **The left hand always stays at forehead level during the exercise**

When catching, you must ensure that the right hand does not approach the ball. Hence the quick throw into the left hand. Ideally the left hand is only opened or closed and does not move.

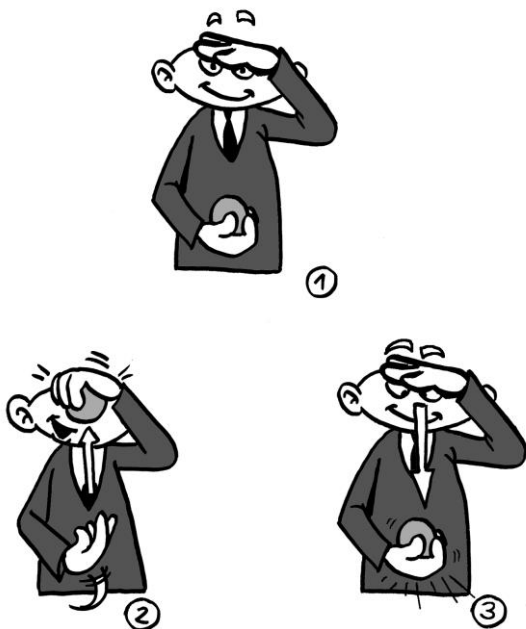
### Try to avoid watching the ball as you catch it

When you can do the exercise well try to look straight ahead at your raised left hand and attempt to catch and throw semi-blindly with the right hand. This should actually work with a little practice. This is a good exercise in juggling from the subconscious. Later on it will be important with 3 balls. One side (right or left) will always feel different. This is normal and you will always have to deal with this.

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**Video Files for this REHORULI Exercise** can be accessed free under  
[www.rehoruli.eu](http://www.rehoruli.eu) > REHORULI-Video < REHORULI exercise 06

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## Exercise 13: Jump'Touch'Back

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*Don't spend your time looking for an obstacle, perhaps there is none.*  
*Franz Kafka*

Exactly the same as REHORULI Exercise 12 – but in reverse!

### **Throw the ball with the left hand and move the right arm simultaneously**

It must be simultaneous. The right hand throws the ball vertically while the left hand simultaneously moves horizontally over to the right palm. Just when the ball has reached maximum height and starts to fall, move the left hand with its ball back to the starting position.

**The ball only reaches eye level.**

**The right hand throws and catches the thrown ball.**

**The ball in the left hand is moved to and from the right palm.**

Make sure that the ball really touches the right palm.

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### ***Perception Test***



***What do you see first?***

*A duck or a rabbit?*



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## Exercise 21: FollowTheBall2 - Right

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*Worse than difficulties is the tendency to avoid them.*  
*Emil Oesch*

This exercise works the same way as REHORULI Exercise 19, but in reverse!

One ball is held in the left hand and the other is thrown with the right hand. The ball which is being held follows the ball being thrown.

The ball in the left hand is always **at the same level** as the ball being thrown and caught by the right hand. It is extremely important that you master this exercise from the left and the right.

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### Perception Test

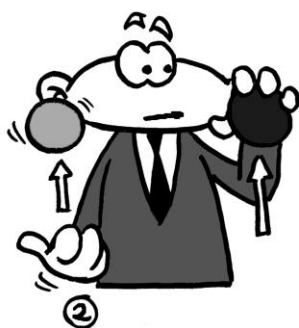
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**What do you see first?**



*The young lady or the old crone?*

*It doesn't matter whether you first see the young lady or the old crone in this picture...the other lady in each case is really in the picture... It only takes a little more time until we see her! It's also not a problem if you can only see **one** lady. I'll be happy to send you the "solution" by e-mail. Simply write to [info@rehoruli.eu](mailto:info@rehoruli.eu).*



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## **Exercise 24: Jump'n'TakeOver – Left/Right changeover**

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*No problem will be solved if we wait indolently for others to do something about it.*

*Martin Luther King Jr.*

This exercise combines REHORULI Exercises 22 and 23. When you have mastered exercises 22 and 23 you will be able to manage this exercise easily. Even though much of this exercise involves crossing over, it will feel harmonious and rhythmic to you.

**Cross your arms - the balls are facing upwards**

**The arm which is lower throws the ball first – the ball is caught above the other arm**

Just as you learned in exercises 22 and 23.

**The arms stay in position after throwing and catching**

**Now the other arm is below, so this hand throws the ball**

... which is again caught over the other arm.

**Alternate throwing and catching now.**



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## Practice Tip!

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If this does not work at first go – which is more or less normal! – write down here what actually does not work. It is important that you note down the results or what does not work exactly here **immediately** after it didn't work:

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If it does not work at all, then try another few REHORULI Exercises just to settle down and build up your confidence. Concentrate on throwing, NOT catching. Clean, timely throwing is much more important than catching. Catching comes later “automatically”. You don't have to believe it – just do it! Even when that doesn't work, then throw consciously – WITHOUT catching. Just throw – the balls fall to the ground one after the other. If all that doesn't work, you can write me an eMail stating exactly what “doesn't work”. Your notes will be helpful here. First of all I have to know what didn't work! [info@rehoruli.eu](mailto:info@rehoruli.eu)

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## System Errors!?

### Tips & Tricks on How to juggle „cleanly“

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How do you tell the difference between “clean” and “unclean” juggling? Test yourself and find out how “cleanly” you juggle!

#### 1. Arms or hands too high

This happens very often. The issue of security is firmly rooted in all of us, and as a result it can easily happen that your arms or hands move up to catch the balls without your even noticing. Try to make sure that your arms/ hands stay **DOWN** when you throw **AND** when you catch. If that is difficult, try catching quietly or silently! Regarding this, read the tip on page 24 again!



2. Try throwing **11 times and catching 11 times** one after the other ... when you have managed that 11 consecutive times with no mistakes, you have achieved a certain amount of “security” in your juggling. Then afterwards try it again and catch each ball quietly ... ideally with no sound at all.

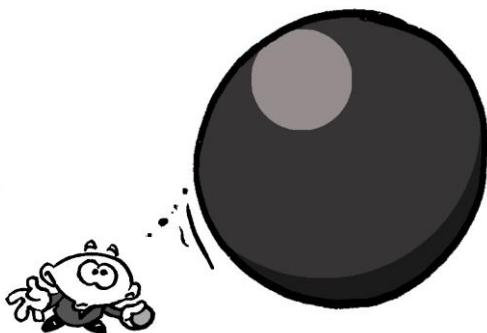
3. Try to **look away from the balls you are throwing or stare at a fixed point in the room** while you throw the balls. In other words do not pay direct attention to the balls any more when you are throwing / catching.

4. Make sure that **none of the balls you throw goes higher than eye-level**. All the throws should reach the level of the eyes or forehead at most – never higher.

**5. When throwing, you should make sure that the ball is thrown from below** (arm/hand is low down). The ideal situation is that the ball is thrown (i.e. leaves the surface of the hand) from below navel level.

**6. If the ball goes too high**

The main problem with “throwing too high” is that only a very few people notice that they are throwing the balls “too high”.



**Tip:**

Try juggling in front of a mirror or let a second person “check” that your throws only go as high as your eye level. If the balls are still going too high, then stare fixedly straight ahead and imagine – in your mind’s eye – that the balls “stand still” in front of your eyes, i.e. they reach exactly that height. Keep staring fixedly straight ahead even when the balls ascend beyond your eye-level.

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## You did Succeed!?

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Congratulations on your success. You have shown the courage to learn something new, and in doing that have certainly experienced moments of success and joy. This generates the courage to undertake new and different tasks. Perhaps you also discovered a feeling of “being at one with yourself” while working on and with REHORULI. The REHORULI method, and juggling itself, can help to get our energies flowing freely, so that we always have access to them and can achieve the goals we set ourselves. And achieving goals means being successful. For this reason, REHORULI is an ideal tool for both juggling and for (learning) success. Thank you very much for accompanying me through the REHORULI juggling and success method.

### **Finally, a question!**

And last but not least, a riddle: I have not yet mentioned in this book what REHORULI actually means. If you focus your senses and think for a while about what REHORULI could mean - you might find the answer. However, it is not a bad thing if you do not know the origin of the word REHORULI; whether it is a created word or a translation. You will now certainly be pondering the meaning, or may have already found it out. If you have found out, please be kind enough not to tell others who are currently learning how to juggle with REHORULI. It is better and more effective if everyone first develops their own ideas. By revealing the secret, you would be depriving someone else of the opportunity to experience feelings of success. It's a great feeling when you manage to work it out for yourself without assistance. The power of thought never ceases to amaze – if you can't stop thinking about it and absolutely have to know what REHORULI means, and then try to picture how you throw the ball up with your right hand and how it then drops down into your left hand. That's it! If you know that the German for “right up, down left” is *REchts HOch, RUNter Links* then you might see where

REHORULI comes from! Picture it. The ball goes from your right hand up and falls back down into your left.

hand. Still no idea? O.K. Then I will put you out of your misery – look back at the credits on page 6 (one page before the table of contents). I have hidden the solution to REHORULI there in brackets.

Once again congratulations on your stamina and success ... you can find more tricks with 2, 3 and 4 balls on my other homepage [www.jonglierschule.de](http://www.jonglierschule.de).

I wish you lots of enjoyment and success with juggling.



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