



# What's Happening at the IJA ?

## Get Ready For IJA 2011 in Rochester, MN Download the festival flyer

<http://www.juggle.org/festival/2011/Promo-Flyer-1-Page-Letter.pdf>

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### Rochester, MN 2011 The Stars are Aligning!

by *Mike Sullivan*,  
2011 Festival Director

As I write this month's update, there are just 236 days left until the start of the 2011 IJA festival in Rochester, MN! Although that sounds like it's a long ways off, believe me when I say it's just around the corner! Before you know it, we'll all be gathering inside the beautiful Mayo Civic Center for an incredible week of juggling, shows and competitions, in the middle of a sparkling, vibrant Midwestern city that's eager to welcome us to town during our week of July 18 to 24, 2011.

2011 Cascade of Stars show director **Dan Holzman** has been busy lately, lining up a long list of amazing performers. Dan has already locked in some really big top names for the Cascade of Stars on Saturday night, as well as the Welcome Show on Wednesday night.

Dan is working hard to bring in artists who are world renown for their excellence, yet have never appeared on an IJA stage before. That means when you're there next July, you'll see some of the world's best jugglers appearing for the first time anywhere in America, in many cases. Case in point: Stefan Sing.

**Stefan Sing** is always a sensation when he performs or teaches workshops at the European Juggling Convention, and his amazing mixture of contact and ball juggling is not only unique, but as beautifully artistic as it is technically amazing. Stefan will be performing in the Cascade of Stars for the first time, and will also perform with his wife and performance partner Cristiana Casadio.

Even bigger news is that Stefan will be conducting a **Special Workshop** during the IJA festival in Rochester, which will be a fabulous opportunity for any serious ball juggler to learn from one of the world's best artists. Stefan's workshops in past years at the EJC have been met with nothing but enthusiastic raves. If you're serious about improving your ball juggling technique and presentation, watch for details coming early next year on the Special Workshop with Stefan Sing during the IJA festival in Rochester!

Our week in Rochester will have five nights of shows, including an optional Benefit Show on Tuesday night as well as the Welcome Show on Wednesday night. Make sure you don't miss any of it by making plans to be there for the whole week! We'll have more details on additional Cascade of Stars headline performers in next month's eNewsletter.

### Festivals:

[Quebec City, QC](#)  
[Atlanta, GA](#)  
[Sacramento, CA](#)  
[Fayetteville, AK](#)

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#### PRELIMS JUDGES NEEDED

2011 Festival Championships co-directors Richard Kennison and Jim Hendricks are already working on the competition for next year's festival, and they'd like to reach out for some help with preliminary championship judging. If you'd like to help qualify competitors for the 2011 Juniors, Teams and Individuals championships by reviewing DVD qualifying videos next Spring and early Summer, and have the time and expertise to help with the effort, please email [festival2011@juggle.org](mailto:festival2011@juggle.org) for more details. Thanks!

Regards,

Mike Sullivan  
2011 Festival Director  
[festival2011@juggle.org](mailto:festival2011@juggle.org)

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**FEST VOLUNTEERS NEEDED!** The IJA depends on a strong and enthusiastic volunteer force to help out with the myriad tasks, big and small, that make our annual festival a great week for everyone. If you can donate even an hour or two of your time to pitch in on this mammoth effort in Rochester next July, please contact IJA Volunteer Coordinator Dina Scharnhorst at [festvolunteers@juggle.org](mailto:festvolunteers@juggle.org).

There are several important volunteer positions vacant for our 2011 festival next July, and we're searching for dedicated, generous IJA volunteers to fill them. Please look over the list online at <http://juggle.org/vols> and see if you can help!

For questions on the festival, or to offer your help on this mammoth effort by our all-volunteer Association, please contact 2011 Festival Director Mike Sullivan at [festival2011@juggle.org](mailto:festival2011@juggle.org).

#### **IJA Help Wanted**

The following volunteer positions are open.

##### **Volunteer Coordinator**

Help us attract volunteers and make sure they get the help they need to keep their projects on track.

*If you are interested in volunteering for any of these positions, or would like more information, please contact Kim Laird ([laird@juggle.org](mailto:laird@juggle.org)).*

**Circus Improv**, reviewed by Don Lewis

The improv league has been around for thirty years or so. It is based on a hockey model, with teams, referees, and a playing space resembling a miniature ice rink. A game has two teams, one red, one blue. Each team usually has 4 players and a coach. The referee announces a theme, the number of players, and a time limit. Normally, the players are actors, well versed in improv theatre.

Welcome to the new world of Circus Improv! The latest edition was staged in the headquarters of Cirque Éloïze, The building was constructed as a train station in 1884, with a high vaulted ceiling. For many years, it was the home of the École National du Cirque. About four hundred people showed up to jam the bleachers and tables. As you are admitted to the room, you get a red and a blue card for voting, and a handful of clown noses. The tradition has evolved in circus improv that when the audience disagrees with the referee, he gets pelted with red noses. This being Montreal, the bar was open.

Rather than a miniature hockey rink as the LNI uses, circus improv naturally uses a circus ring. There are penalties for being outside the ring during a scenario. Although the two teams are competing to get the highest score, they also have to cooperate to keep the scenario going to the time limit. The scenario is announced, and the teams are given a minute to huddle for strategy. The chosen players enter the ring, and a two colored juggling

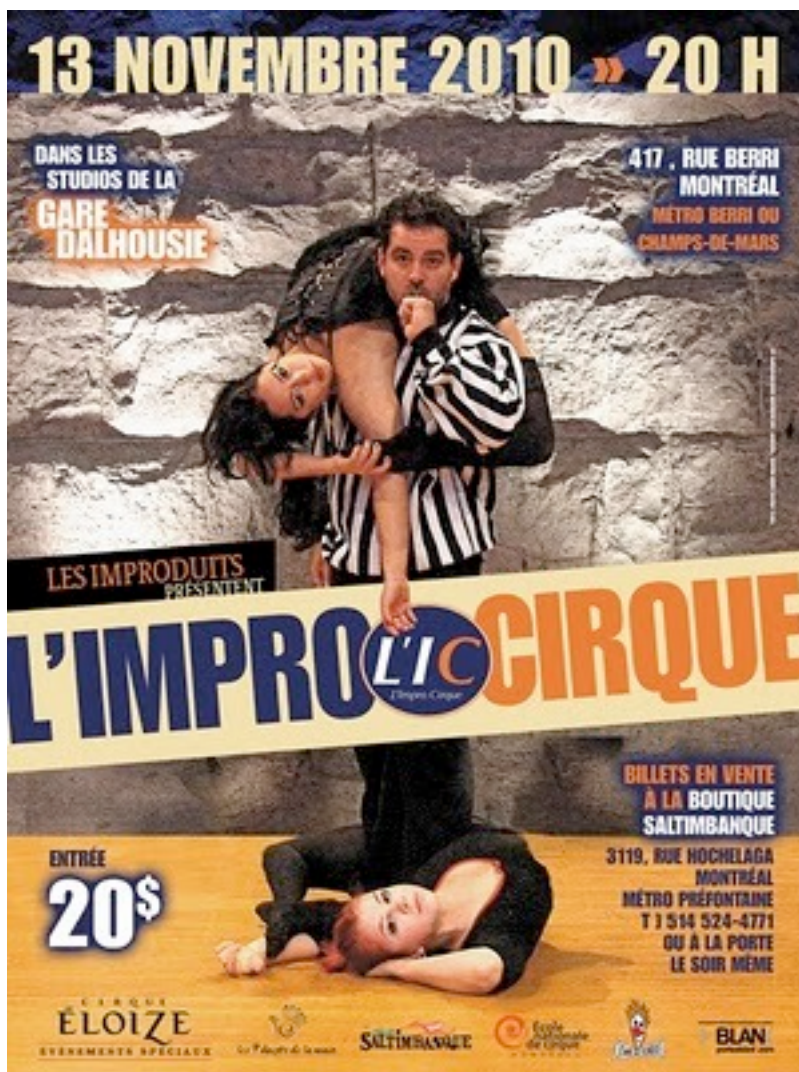
ring is flipped instead of a coin to determine which team starts. Sometimes the winner of the toss forces the other team to start.

We saw scenarios based on aerial tissue, hula-hoops, trapeeze, acrobatics, hand to hand, and even juggling. The juggling skit was fascinating, since both teams had to keep passing while trying to wow the crowd. The acrobatic skit was hilarious. Each team member had two minutes to strut their stuff, and when the whistle blew to end their turn, they tried to be in a near impossible posture - because that was where the next person from the other team had to start. One poor guy had to start from the position of a one armed hand stand with arched back and legs on the way down, but not quite. The referee took a vicious delight in choosing when to blow his whistle!

The team members were mainly finishing students at the circus school. They supplied an amazing level of energy and invention.

Yohann Trépanier was also there as a team coach. He's off to compete in a acrobatic cycling competition. so the referee "demanded"

that he show his stuff just before intermission. It is pretty amazing that anyone can manipulate a full size bicycle in such a tiny space, while standing on it, rolling around it, and basically ignoring the handle bars. He should have a good chance of winning gold with such mastery.



**Club Thoughts**, by *Don Lewis*

### ***More Dangling Clubs***

Last month I wrote that starting a cascade by dangling the third club between the tips of two fingers isn't a great way to start. Naturally, the next thing I encountered were a couple of European jugglers that did very graceful starts by doing exactly that. They do it by circling their entire arm upwards and letting go at exactly the right moment. The club continues to rise, and slowly rotates by itself. It looked good with the high, slow pattern that they were doing.

Most jugglers, especially beginners, don't juggle a high slow pattern, and they are more likely to hit themselves in the face by doing a swinging start. Also, it is essentially impossible to use that technique for a hurried start. Why on earth would you want to hurry at the start? Well normally you wouldn't, but it seems to happen in club passing pretty regularly if someone is momentarily distracted.

So, suit yourself and decide what way you find most comfortable for starting the cascade. I recommend having a solid hold on both clubs using the normal grip, as described in last month's article.

### ***Whacked Fingers***

A friend and I were juggling some one piece hard plastic clubs last week. We had to stop, because she caught some of the clubs on the tips of her fingers. Ouch! That really hurts, and leaves a bruise that goes bone deep.

Why does that happen? In some cases it is because you're trying to catch a badly thrown club, in others, you just put your hand in the wrong place. In all cases it happens because your finger tips are pointing forward.

When you are catching passed clubs, your hand should be open and flat. When the handle hits the palm of your hand, then it is safe to close your fingers around it. If your hand is sitting up in the air with your fingers curved like a set of talons leading the way, your finger tips are the first things the club has to get past on it's way to your palm. Remember that the end of the club is moving faster than the centre, so if you're trying to catch the end rather than the middle, you'll get whacked even harder.

Proprioception is pretty amazing, since we actually manage to catch the club without mangling our fingers most of the time. The neutral rest position for the hand is with the fingers curved so it is natural to catch in that position. Modern composite clubs, with flexible handles take a lot of the pain out of a bad catch, so most of us tend to get lazy and catch with a claw grip. And then someone hands us some hard plastic clubs

and we're forcefully reminded about good catching technique. Ouch!

Too late, you're already in pain? In most cases you can shorten the misery by using homeopathic Arnica pellets. You can find them in health food stores and many pharmacies. Arnica is very effective if used quickly. I keep a tube of it in my prop bag, just in case.

Winter is tough on your hands. If your hands are sore after juggling, try a hand creme to keep the skin from getting dry. Choose one that isn't greasy, and absorbs quickly. Some have arnica, or other natural plants like calendula or lavender which can help. A common caveat is that you should avoid using arnica cremes on broken skin, calendula is better for that. And guys, you can get unscented hand creme...it's not just for girls! What do I use? Cold Weather Hand Balm by Yves Rocher. It's available on the internet.

### ***Flinch and Pass***

When passing clubs, you watch the other person, not your own perfect cascade pattern. Sometimes the view is pretty good, and other times it is just plain distracting. It's surprising how often you see a juggler flinch or look worriedly at their own self throw just before passing. In extreme cases, they'll even go slowly walkabout to avoid their own pattern. It happens because their left to right self throw doesn't go far enough to the side. They've learned not to throw out in front where they can't catch, but they're still not throwing all the way across. The result is an out in front club that is nearly at 90 degrees, but so close they could use it to shave. No wonder they flinch!

Sometimes their cascade is OK when just juggling on their own, but the pressure of passing on the beat destabilizes them a bit and that left to right self throw before catching the incoming pass gets rushed. There are two exercises that are really good for fixing this. The first is placing an obstacle in front of them. A tree, a box, an outside wall corner, even a juggling club held vertically all work well. It forces the throw to go all the way across. That's a good solo exercise that everyone can benefit from. The second is three around, or the three club pursuit. This is really good because it is as slow as you want it to be. Make sure the person you're working with does a really good left to right self throw because that's the priority in this exercise. We want that self throw to be an automatic and perfect response to an incoming pass. As this gets stable you can add more clubs if you want. If you do it with six clubs, you're doing 2 count. Be aware that just about everyone has a really hard time going from three clubs to four. It can be really frustrating - even for people who can already do a six club 2 count!

***Do you have a tip, technique, or observation that you would like to share? Write it up and send it in to [enews@juggle.org](mailto:enews@juggle.org).***

## IJA Store Black Friday Sale

Looking for a gift for your favorite juggler this holiday season? IJA Festival DVD 2-packs for 2007, 2008 and 2009 will be on sale for \$20 each to IJA members on **Black Friday** only (November 26, 2010). That's \$10 off the normal IJA member price!

Don't forget to pick up the 2010 DVD 2-pack (\$30 to IJA members/\$40 to non-members) while shopping too! They'll start shipping soon!

<http://www.juggle.org/store>

### IJA Vendor Discount Program - November Sale Dates

**Sport Juggling Co** - November 26th - 20% off of any size of solid black balls. To get the sale price, email your order to [sportjugglingcompany@yahoo.com](mailto:sportjugglingcompany@yahoo.com) up to one week before Black Friday. We will send a Paypal invoice with your discount for you to pay on or before Black Friday.

[www.sportjugglingco.com](http://www.sportjugglingco.com)

**TwirlPlanet** - November 26th - \$10 rebate on all orders of \$25 or more (excluding shipping)

[www.twirlplanet.com](http://www.twirlplanet.com)

**Fire Mecca** - November 29th - 10% off anything in the store via "IJA" coupon code

[www.firemecca.com](http://www.firemecca.com)

**Kendama.net** - 15% off of select products via "ija2010a" coupon code (code will not work with purchases made through a "guest" account) - Valid until November 30th.

[www.kendama.net](http://www.kendama.net)

**Flying Clipper** - 10% discount to IJA members - Year round

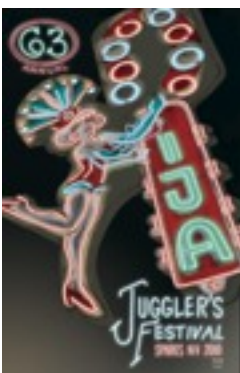
[www.flyingclipper.com](http://www.flyingclipper.com)

**Bodyhoops** - 5% discount to IJA members via coupon code "JUGGLE" - Year round

[www.bodyhoops.com](http://www.bodyhoops.com)

**Little Wooden Clubs** - 10% off all products - Year round

[www.littlewoodenclubs.com](http://www.littlewoodenclubs.com)



### 2010 Sparks DVDs now for sale!

The IJA 2010 Sparks Festival DVD 2-Pack, again beautifully produced by Ivan Pecel, captures the excitement of this year's IJA festival, including full Championships routines, highlights from incredible shows, amazing juggling in the gym, and other competitions at the fest. The 2-DVD set is \$30 for members and \$40 for everyone else. The DVD set will ship in late November. Purchase it **now** in the [IJA Online Store](http://www.juggle.org/store) to be in on the first shipment.

Contrary to what we told you in this eNewsletter recently, the IJA will not be offering a Sparks video download -- it would have been too big and would have taken too long to download.



### ***Juggling Festivals***

TurboFest, Quebec City  
January 7 - 9, 2011  
Quebec City, QC, Canada  
<http://www.turbo418.com>

Groundhog Day Juggling Festival  
February 4 - 6, 2011  
Atlanta, GA  
[www.atlantajugglers.com](http://www.atlantajugglers.com)

Damento Juggling Festival  
Feb 4 - 6, 2011  
Sacramento, CA  
[www.damento.org](http://www.damento.org)

Northwest Arkansas Festival  
March 11 - 13, 2011  
University of Arkansas  
[Web Site](#)

Having a Juggling Festival? List it here!

If you're organizing a juggling festival (or if you simply know of a juggling fest) and you want to advertise it in the IJA eNewsletter, just drop a note to eNewsletter editor Don Lewis [enews@juggle.org](mailto:enews@juggle.org). Such listings are free.

The eNewsletter generally comes out near the end of each month. Your festival can be listed for a few months, and you don't have to be an IJA affiliate to have a fest listed. Hey, jugglers want to know about juggling fests. Help them out and get more jugglers to your fest at the same time.

#### **More Festivals!**

Check the world wide juggling event listings on the IJA Website at <http://www.juggle.org/events>.

The information on that page is updated daily thanks to an XML feed from the International Juggling DataBase. You can submit your own event to the list where it will be reviewed by an editor before being added.  
<http://www.jugglingdb.com/events/submit.php>



Best Catches is a feature of StreetJuggling.com. Chief editor **Nathan Wakefield** has graciously agreed to share this feature with IJA eNewsletter readers

Best Catches is a sifter for the unplugged, the lazy, and the busy. It's a monthly roundup of the freshest juggling videos, forum topics, and blog posts – in short, it does a lot of work so you don't have to.

See the list of suggested videos, etc., below.

- :: Alex Barron and Dave Leahy break the 18 ball passing record and have some fun with numbers juggling in their [new video](#).
- :: Brinechild shows off his 120mm acrylic in '[Contact: The Great Hundred](#)'.
- :: Kyle Johnson executes some new trick sequences with balls in his video '[Money is Low, Life is Good](#)'.
- :: Ori Roth presents a new juggling collaboration project called 'Happy Oree Friends – Pretty Trippy Party'. The trailer is available [here](#), and you can purchase the video [here](#).
- :: Pavel Evsukevich blasts large quantities of balls and rings into space in [Evsukevich 11](#).
- :: Luke Burrage's current [ring juggling routine](#) is now available to watch online.
- :: Taylor Glenn gets [zombified](#) in her latest juggling video.
- :: David Cain is [interviewed](#) by Bacon Juggling and proves that an old dog can [learn new tricks](#).
- :: An old CBS News Nightwatch [segment](#) from 1989 featuring Jason Garfield, Sandy Brown, and Michael Frith was recently posted on the net.
- :: Bill Berry's 2003 IJA Individuals [1st place routine](#) is up for viewing online.
- :: The Vulcan has a [new edition](#) of the Prop Chronicles out.
- :: Cristiana Casadio & Stefan Sing's amazing "Tangram" performance from EJC 2010 can be seen [here](#).
- :: Vova Galchenko has some new single trick club clips up: [97531 Backcrosses](#), [75751 Backcrosses](#), [6 club synch to asynch 360](#), and an interesting [dichotomy breaker](#).
- :: Doug Sayers was excited about some juggling festivals that he later attended, so he made his own promo videos for the [Durango Juggling Festival](#), the [St. Louis Juggling Festival](#), and [Burning Club 2010](#).

**Killing my job**, by Matt Wise

In my mind's inaccurate view of the juggling community, there are two types of jugglers: jugglers with day jobs and jugglers without day jobs. I used to be one of the former.

Around a year and a half ago I moved out to Madison, WI, for a well-paying corporate job. I found that I loved Madison and the local juggling community but my job was not something I enjoyed. It felt like I was pouring my heart and soul into somebody else's project and I didn't have energy left for my own projects. With such a mindset it was hard to believe that a different job would be much better so I started exploring less traditional alternatives. The most relevant of those alternatives was to "run away and join the circus". I have some friends from my college circus group where I started juggling who did just that. They put together a performance group and have spent the last several years trying to support themselves with circus arts. I was always a little jealous of them for what they had decided to build but at the same time I didn't feel a career in performance is what I wanted. What I really wanted was a source of income that would free up my time to do things like go to more juggling festivals and spend more energy working on cool projects. I found another alternative profession: Entrepreneur.

At the end of April this year I left my day job behind and have yet to look back. The first step was to adjust to my loss of a regular income. I moved out of my apartment into something a little more affordable. Then I registered Jumpfire LLC in the state of Wisconsin and started working on design for a product that I had first hacked together in college. It was a backpack with speakers. In college during nice weather our

circus group would get together outside to play. We never called it practice; it was always "playtime". The only downside to juggling on green grass next to a large oak tree in the warm sunshine was the lack of music! So I built my first audio backpack. I took some low-end portable speakers and stitched them into my school bag, soldering together a battery pack that would hold a few "D" sized batteries. It wasn't terribly loud but we had music at outdoor playtime.

Fast forward to May of this year and I figured there are people out there who would love to have a backpack with speakers. After a little bit of research I found out that these things exist. But they all suffer the same shortcoming of my first audio backpack; they are not very loud. I figured this was where I could find my niche: high power output. Lots of design revisions, meetings with suppliers and peanut butter and jelly sandwiches later I've been able to launch my first product ever! The Jumpfire Audio backpack (<http://jumpfire.net>).

Testing has mostly been playing music for juggling club here in Madison. Right now I'm busy learning how marketing works so I can properly advertise. Every step of the way has included a moment of "Oh S...". I don't know anything about what I need to do!" and this is no exception.

I've also started work on a second product, a juggling beanbag of my own geometric design. I am still eating plenty of peanut butter and jelly sandwiches but I don't know that I would be able to go back to a traditional day job. I've tasted freedom and I can't recommend it enough.

*editors note: the Jumpfire pack costs \$279 + \$19 shipping*

