



IJA eNewsletter

Happy New Year !

Announcing the 64th Annual IJA Festival

July 18-24, 2011 • Rochester • Minnesota • USA

Contents:

Festival News
YouTube Contest
Contest Prizes!
Boom Town, review
How Good is Good ?
Youth Jugglerships
IJA Board Nominations
Help Wanted
2010 Fest DVDs Available
Youth Education Program
TurboFest, review
Regional Festivals
Best Catches

Special Guests: Eric Buss • Christiana Casadio • Dmitry Chernov • The Danger Committee • Michael Davis • The Jugheads • Alexander Kulakov • Melaku Lissanu • Look Sharp! • Playing by Air • Françoise Rochais • Stefan Sing • Luke Wilson • Tuey Wilson

Festival Highlights: Special Ball Juggling Workshop by Stefan Sing • Special Comedy Writing Workshop by Dan Holzman • Special Welcome Show Performance by Playing By Air • Special Public Benefit Show Tuesday Night • Special Late-Night Show by The Danger Committee

And: Juggling Competition • Individual Prop Competition • North American Kendama Open • XTreme Juggling • IJA parade through downtown Rochester • Games of the IJA

A Great Festival In a Great City: Five night of shows and competitions • Immense, spotless juggling space • Cascade of Stars directed by Dan Holzman • Free Wi-Fi in the gym, both IJA hotels and all over downtown Rochester • 70 restaurants and shops within an easy walk of everything • Seven hotels and 2,500 hotel rooms in all price ranges close to the gym • Safe, compact, clean and vibrant downtown area • All activities all week long under one roof in the Mayo Civic Center, set in a beautiful park-like riverside location • Rochester is easy to reach from all over the world • Over 100 free workshops for festival attendees

Make plans now to be in Rochester, Minnesota, for an incredible week of juggling, competitions, workshops and dazzling shows at the 64th annual IJA Festival!

Full registration details, festival schedule, hotel discounts, camping information, shuttle bus discounts and more online by March 1 at juggle.org.

THIS IS THE FESTIVAL YOU DON'T WANT TO MISS!

Check www.juggle.org and your monthly IJA eNewsletter for more details coming soon!

Festivals:

Atlanta, GA
Sacramento, CA
Austin, TX
Fayetteville, AR
Waterloo, ON

The International Jugglers' Association
is excited to announce the second annual...

You Tube Juggling Tutorial Contest!

Help the global community grow.
\$5,000+ in prizes. Open to all.
Submit your entry to tutorials@juggle.org
February 1st - March 31st, 2011
For more information: www.juggle.org/youtubecontest



With additional prizes from...
Ivan Pecel
Gena Shvartsman
Pavel Evsukevich
Seefan Sing
Anthony Gatto

YouTube Juggling Tutorial Contest, by Thom Wall

It's my great pleasure to announce the 2nd Annual IJA YouTube Juggling Tutorial Contest!

This year, we've got thousands of dollars in prizes lined up for the top ten tutorials produced from February 1st to March 31st, as well as a special prize in a new Juggling.tv subcontest!

The contest at a glance::

- The video must include an introduction, stating that it is an entry to the International Jugglers' Association Tutorial Contest
- The video must also include a link to www.juggle.org or www.juggle.org/youtubecontest, either in the description box or as an annotation.
- Submit an entry by emailing the video's URL, your name, and your location to tutorials@juggle.org
- You may enter up to three times.
- You do NOT have to be an IJA member to enter.

- Voting takes place on a third-party balloting system from April 1st through April 4th.

- JTV contest rules: Any video entry also uploaded to juggling.tv with the tag "ijatutorial" will also be eligible for consideration for the JTV prize, listed in the prize description. Judges Void & Howie from JTV will choose their favorite tutorial. All rules related to video content in the main contest still apply.

Full contest rules can be found here:

www.juggle.org/youtubecontest

Keep an eye on the IJA's Facebook page, as well as the contest's event page (both shown below) for discussion related to the contest!

Looking forward to seeing this year's entries!

Thom Wall
IJA Board of Directors
IJA YouTube Juggling Tutorial Contest Director

IJA - <http://www.facebook.com/pages/International-Jugglers-Association/163239346179>

Event- <http://www.facebook.com/#!/event.php?eid=168050713231465>

IJA YouTube Juggling Tutorial Contest - The Prizes!**1. IJA Festival Package**

5x Gballz Elite Series, 2.75" or smaller (www.gballz.com)
 Flowtoys Juggle Kit (www.flowtoys.com)
 5x Sirius All White PX3s (www.playjuggling.com)
 Duncan FH Zero Yoyo & String Kit
 IJA DVD

2. IJA Festival Package

5x Gballz Elite Series, 2.75" or smaller (www.gballz.com)
 3x K8 LED Prophecy_IR Clubs (www.k8malabares.com.ar)
 5x Vegas Silver Deco PX3s (www.playjuggling.com)
 Duncan FH Zero Yoyo & String Kit
 IJA DVD

3. IJA Festival Package

5x Gballz Elite Series, 2.75" or smaller (www.gballz.com)
 5x Quantum White PX3s (www.playjuggling.com)
 Jumpfire Backpack (www.jumpfire.net)
 Duncan FH Zero Yoyo & String Kit
 IJA DVD

4. 7x Flying Clipper Tossaball Hybrids with pouch

(www.flyingclipper.com)
 5x Vegas Red Deco PX3s (www.playjuggling.com)
 Duncan FH Zero Yoyo & String Kit
 Duncan Spin Top
 IJA DVD
 IJA Pocketknife

5. 7x Baglady FlannyBags 2.75" 120 gm ultraleather with drawstring bag.

(thebagladyonline.net)
 7x Bouncing Balls 65mm Yellow (www.playjuggling.com)
 Duncan Shirt
 Duncan FH Zero Yoyo & String Kit
 Duncan Spinning Top
 IJA DVD
 IJA Pocketknife
 Little Wooden Clubs Zipper Pull
www.littlewoodenclubs.com

6. 7x Baglady RagBags 2.5" 100 gm alova suede with drawstring bag.

(thebagladyonline.net)
 5x SiIX 78mm Blue (www.playjuggling.com)
 Duncan Shirt
 Duncan Freehand Yoyo & String Kit
 Duncan Spinning Top
 Duncan DVD
 IJA DVD
 IJA Pocketknife
 Little Wooden Clubs Zipper Pull
www.littlewoodenclubs.com

7. 5x Sport Juggling Company juggling balls

(www.sportjugglingco.com)
 5x SiIX Implosion Transparent 78mm
www.playjuggling.com)
 Finesse Diabolo (www.Malabares.com.mx)
 Duncan Freehand Yoyo & String Kit
 Duncan DVD
 Duncan Shirt
 IJA DVD
 IJA Pocketknife

8. 6x 120g 3.25" Brontosaurus Balls

(www.brontosaurusballs.com)
 7x 2 Color Ultrasound-Sealed Rings (www.playjuggling.com)
 Duncan Shirt
 Duncan Freehand Yoyo & String Kit
 Duncan DVD
 IJA DVD
 IJA Pocketknife

9. Finesse Diabolo

(www.Malabares.com.mx)
 7x New MMX Plus 67mm Pink Flo. (www.playjuggling.com)
 Duncan Shirt
 Duncan Freehand Yoyo & String Kit
 IJA DVD
 IJA Pocketknife

10. 2x Collapsible 1/2" tubing travel hoops - 32" outer diameter & Poi Set

(www.thepinsummit.com)
 7x 67mm Yellow SiIX Balls (www.playjuggling.com)
 Duncan Shirt
 Duncan Freehand Yoyo & String Kit
 Duncan Spinning Top
 IJA Pocketknife
 IJA DVD

Juggling.tv Subcontest

3x JuggleDream Torches (www.oddballs.co.uk)
 5x PX3s (Richard Kennison)

PLUS - The secret prizes!

Autographed memorabilia from professional jugglers Pavel Evsukevich, Gena Shvartsman, Stefan Sing, Anthony Gatto, and others -- to be included in prize packages at random. What excitement!

(Note: Prizes are subject to change without notice)

The prize list is evolving! Check out the latest prizes at
[IJA YouTube Tutorial Contest](http://www.IJAYouTubeTutorialContest.com)

Boom Town Is Golden, reviewed by Don Lewis

Boom Town is the latest creation of Cirque Mechanique, whose previous show in Montreal was the Birdhouse Factory. Written by Steve Ragatz, the story revolves around the gold rush and a couple of dueling saloons that provide a backdrop to the action. Chris Lashua is the creative director and mechanical genius of the show.

Steve plays the part of a grizzly old prospector anxious to strike it rich. There isn't much juggling in the show, but he does gleefully juggle a few gold filled rocks when his mine hits the mother lode. In the second act, he performs a rolla-bolla routine using boxes and giant moonshine jugs.

He is joined by a mixed cast of singer/dancer/acrobats who use Chinese poles disguised as telegraph poles, and rolling mine cars which contain hidden trampolines.



Photo credit: Darin Basile

[Montreal Gazette review](#)

[Boom Town on Facebook](#)

[stevenragatz.com](#)

Charlotte Greenblatt performed an impressive hand balance routine on a set of four hand balance posts. To finish off, she surprised the audience by going from a hand balance to rising to balance en pointe in bright red ballet pointe shoes, on a disc the size of a hand!

Cirque Mechanique is known for unusual mechanical devices that are part of the show. I've already mentioned the rolling mine car trampolines. Suspended from the ceiling was a beam with what appeared to be a bicycle attached to one end. There was a trapeze attached to the other end. As an acrobat pedaled the bike, the trapeze moved along the beam, and raised and lowered. This meant that everyone in the audience got a great look at a wonderful trapeze act because the whole thing swung from side to side of the stage, and out over the audience. A spotlight on the end of the beam kept everyone's attention on the aerialist.

There was also a funny clowning sequence where the schoolmistress/clown picked a volunteer from the crowd and led him through a musical mime routine. She taught him a bunch of gestures that caused chimes to sound and they played a merry tune.

The Montreal Gazette reviewer saw the show at the beginning of the run and thought it would be great with a bit more polish. I saw it at the end of the run a couple of weeks later and it sparkled! It is a simple story with a talented cast backed up with great props. Pure pleasure.

Boom Town will be touring the U.S. for the next few years. Check it out when it comes near you. There's more to the show than just what I've described here. Check their Facebook page for the schedule.

Jugglers are welcome to see Steve after the show.



How Good is Good Enough? by Brad Weston

Okay, I'll admit right off the bat, that this is a controversial subject. We are trained as kids to be THE BEST at any cost. Winning is everything. To sit here and write advice that challenges this notion is tantamount to heresy. Especially in the juggling world. The whole system is set up as a competition. Prizes are awarded and status is assigned to the person who can keep the most balls in the air and perform the most technically difficult tricks.

But is this the best way to go? No. No it isn't, and I'll explain why. First of all, if I may quote from the book *Juggling for the Complete Klutz*, "On a scale of one to ten, learning to juggle 3 things is a 2. Learning how to juggle with four is a five. Learning how to juggle with five is a thirty-four". Now I'm not saying that we shouldn't all try to better ourselves. In fact, that is one of the greatest joys in life... however, we are up against a steep incline where the harder the skill is to learn, the greater is the amount of time required to master it. You see this in sports all the time. Take running for example. For the Boston Marathon in 2010, 22,540 people finished the race. Only a little over a thousand ran it in under 3 hours. Only 75 people finished in under 2 and a half hours. That is the law of diminishing returns in action.

Likewise, there are jugglers who have spent years and years mastering high level skills and yet are unable to make a living from performing, and are unable to look good and hold the interest of non-jugglers during a competition performance. If you want to actually earn money as a juggler my advice is this: spend a lot of your time getting a general knowledge of many different kinds of juggling and related art-forms.

Youth Jugglership Applications Now Being Accepted

IJA Youth Jugglerships provide a festival package for each deserving recipient and assistance from experienced fest-goers in selecting workshops to attend as well as advice on how best not to burn out during the week. Now is the time to begin thinking of who YOU might nominate for the 2011 IJA Youth Jugglerships! April 1 is the nomination deadline for this program for the IJA festival in Rochester, MN.

In 2010, the IJA Youth Jugglerships were presented to four deserving young jugglers. They were Aubrey Kolas, Justin Kolas, Spencer Kelly and Mitchell Kelly. Our first IJA Youth Jugglership recipient was none other than Taylor Glenn, who has since become quite the sensation in the juggling world!

Then get as much theater training as you can. I recommend mime and dance training as well, even for those who don't intend on using these skills by themselves, as they can add a sense of awareness of your body on stage as the audience sees it. You may have noticed that many working entertainers are nowhere near as skilled as many hobby jugglers. Often this just means that they have simply spent their time learning other things.

Recently, I read a book called *The Dip*, by Seth Godin, which I recommend highly. The point that he is trying to make is that in order to succeed in the modern marketplace, you should pick a very narrow and under-served niche and simply be the best in it. The dip comes in where the going gets very tough, the competition begins to fall out, so through hard work you can rise above the rest. Which I believe to be true, however, there is more than one single thing involved in any endeavor. That is why you need a solid general base of knowledge to support the one thing that you are truly good at.

When Boeing is building airplanes, they want to make them as tough and solidly built as they can. But they can't just keep adding steel to reinforce the plane or it would never get off the ground. They have to find a balance between strength and lightness. Think of your own set of skills like that, and find the right balance. Only with a solid foundation and a well balanced set of skills can you become the best.

Brad Weston is a writer, juggler, and variety performance generalist from way back. For more information about him and other articles, check out his blog at <http://www.bradweston.com/wordpress>

Youth Jugglerships are need-based and are intended for young people ages 17 and under who would not otherwise be able to attend the annual IJA Festival without outside assistance. The individual must be 17 or younger during the festival dates. Individuals must be nominated by a sponsor.

For more information on the IJA Youth Jugglership Program and to obtain an application form to nominate a deserving young juggler, go online to: <http://www.juggle.org/programs/youthjugglership>

You can also donate directly to this worthwhile program which brings deserving youth to the IJA each year. Donate a youth fest package and help a youth come to the IJA.

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.

Get Running !

Each year IJA members elect their representatives to the IJA Board for a two year term. There are seven Board members serving two year terms. This year, three positions on the Board will be open for election.

This is your opportunity to influence the current and future direction of the IJA, either by accepting a nomination or by proposing someone you respect. Full details about the nomination and election process are on the IJA website at: <http://www.juggle.org/business/nominations>

In an all volunteer organization like the IJA, it is important that ALL members take a moment and seriously consider what they would like to get out of the IJA, and to support those people whom they believe can best lead the volunteer effort to achieve those goals.

Board members are protected by Directors and Officers liability insurance. Professionally prepared financial statements and budgetary assistance are provided to simplify the Director role.

Board meetings are held via toll free conference call once a month. Between meetings, discussions are held via email and private forums.

One's first instinct is usually "Oh, I couldn't possibly...". But actually, you can, because many of us have had that reaction and gone on to accomplish things that have helped the IJA survive and prosper. It can be a deeply rewarding experience.

Now it is your turn

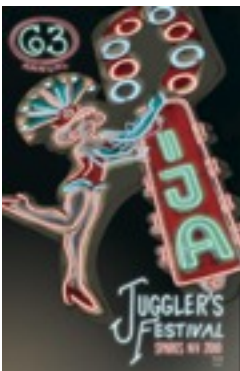
IJA Help Wanted

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).

**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. It is available and shipping now.

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



The mission of the Youth Education Program is to provide quality juggling instruction and education in schools and youth programs throughout the U.S. The goal is to challenge and empower young people in a fun, healthy and rewarding environment, while spreading the joy of juggling.

YEP Program, by Erin Stephens

The YEP Pilot Program began at the 2010 IJA festival, where 15 individuals were trained as the first YEP Representatives. Since September, eight of these Reps have been teaching juggling to close to 100 youth in schools, Boys and Girls Clubs, and other after school programs. These Reps have focused on collecting video and photo documentation, retrieving program evaluations, and providing performance opportunities for participants. So far, YEP has been well received by the individual youth programs and their communities.

The Next Step for YEP

In October, YEP organizers Kevin Axtell, Kim Laird and Erin Stephens met with a non-profit consultant to assist in the creation of a Mission Statement, and Goals and Objectives. One of the primary goals that emerged from this meeting was to engage a grant writer in the fund

raising process in order to make the program financially feasible and ensure the program's longevity. A professional and highly successful grant writer has now been enlisted to work with the IJA on the grant writing process and will utilize collected data to apply for several grants over the next several months.

Coordinators plan to "Go Live" with the official YEP programming as of September 2011. YEP Pod location and quantity will depend largely on specifications of awarded grants. It is our hope that all 15 trained YEP Reps will initiate ongoing education programs during the 2011/2012 school year.

YEP organizers would like to express many thanks to those who have contributed moral and financial support to this program, with the goal of spreading the joy of juggling to young people everywhere.

TurboFest 2011, by Don Lewis

So, did TurboFest 2011 in Quebec City live up to the hype in its fifth year? Yes. Make that an emphatic, resounding YES!

People who get to a lot of festivals make an effort to get to this festival because they love the concentrated energy that TurboFest generates. There were people from England, Taiwan, Americans from California to New York, Canadians who drove in from Toronto and points west, and all the Québécois who could manage to get there.

The festival team has a great facility to work with at the Quebec Circus School. Working and training in the circus milieu gives them a privileged insight about who to invite to add to the wow factor.

A long string of adulations on rec.juggling confirms that anything that wasn't awesome at the fest, was at least pretty darn good.

The Gandinis were sublime and generous with workshops and demonstrations. Sharing a juggling pattern between two of them, Sean kept pointing out that a hand left empty for a beat could easily be doing something else in the pattern to keep busy. Easy for them perhaps. Their social site-swap video is loaded with interesting shared patterns. Watching them perform a dance routine on stage while juggling (or were they sharing a juggling pattern while dancing?) is a forceful reminder that artistic elegance raises the juggling art form to an intense emotional connection with the audience. That alone was worth the trip, but there was so much more!

Emile Carey and Marie Claude put their young kids in the hands of fest volunteers long enough to take the stage for a few out-takes from their new show. Can a technical juggler



and a talented opera singer do comedy, and juggle, and sing? Darn right they can! Everyone loved their unexpected bell ringing routine. Their full length show will be at Tohu later this year.

Matt Hall was Mr. Workshop this year. Every time I turned around he seemed to be leading another workshop and drawing an enthusiastic crowd. There aren't a lot of people who can teach complicated juggling variations on multiple props, and then jump right into teaching BBoy dance moves.

Québec's energy level and Matt's enthusiasm are a perfect fit.

Eric Bates is simply incredible with cigar boxes -- jaw dropping good on stage. Chu Chuan Ho closed the show with a fast paced three diabolo routine that got the crowd up on its hind legs. Sean Blue was there with a balance/spinning act that included live music. Sarah Lett did a lyrical and sexy tissue act that left many willing to volunteer as her "tissue". Lots of other great stuff, Russian bar, more diabolo, rolla-bolla, and Matt Hall proving that a tennis ball and can routine can still fascinate an audience, even in the company of a lot of "power" acts.

Hats off to the TurboFest team. While they are an egalitarian group, and share the load and enthusiasm, it is no coincidence that Turbo began shortly after Véronique Provencher moved from Montreal to Quebec City to shift her

career from registered nurse to diabolist/clown. Véro had been instrumental in helping with the Montreal festival before that.

Now that the Montreal festival is still on hold due to space problems, Quebec City's TurboFest is the place to be!

What is Poutine?

TurboFest had a canteen on site serving sandwiches and wraps, plus juice, soft drinks, and micro-brewed beer. And yet, there was a small but steady stream of jugglers drifting outside into the snow in search of poutine. What is this mysterious stuff?

Poutine is a dish of slightly greasy french fried potatoes with white cheddar curd cheese sprinkled on top and hot spicy gravy poured over it. Gravy recipes are zealously guarded,

adding incentive to the search for the perfect experience. Carbs and protein with just enough fat to help it slide down effortlessly. Quick to eat, and loaded with energy. And the taste! Wonderful. It's the perfect juggling food.

Some restaurants try to improve on perfection by adding diced chicken or smoked meat. Purists scoff at these pretensions, and demand their poutine unadulterated.

<http://members.shaw.ca/kcic1/poutine.html>



The Atlanta Jugglers Association
 invites you to join us for the 33rd annual
Groundhog Day Jugglers Festival

Atlanta, Georgia Feb. 4 - 6, 2011

Great location (same as last year) Yaarab Shrine Center, 400 Ponce de Leon Ave., Atlanta, GA 30308 (near the intersection of Ponce de Leon Ave. and Hunt St.)

Open juggling in the huge gym with great floor and lighting, plenty of free parking

- Juggling competition for the PHIL trophy on Saturday afternoon at 2 pm with opening act by the Seed and Feed Marching Abominable Band
- Workshops on Saturday and Sunday
- Late night cabaret on Saturday at 10 pm (at the Shrine Center this year)
- \$15 registration for the weekend of juggling, raffle ticket and 2 shows

For more information see our website at <http://atlantajugglers.org/festivals/gh11.htm>

Juggling Festivals

Groundhog Day Juggling Festival
 February 4 - 6, 2011
 Atlanta, GA
www.atlantajugglers.com

Damento Juggling Festival
 Feb 4 - 6, 2011
 Sacramento, CA
www.damento.org

Texas Juggling Society
 Feb 25 - 27, 2011
 Austin, TX
juggling.place.org

Northwest Arkansas Festival
 March 11 - 13, 2011
 University of Arkansas
 Fayetteville, AR
[Website](#)

Waterloo Festival
 March 12 - 13, 2011
 University of Waterloo
 Waterloo, Ontario, Canada

Other Events:

VIP Conference Extravaganza
 April 3, 2011
 New York City, NY
[inquiries](#)



VIP Conference

Ventriloquists
 In flight (jugglers)
 Prestigitators (magicians)

April 3 2011
 Zanger Hall
 347 W 34th St. NY 10001
 Admission \$80 (\$100 at door)
 Professionals, amateurs,
 hobbyists welcome

Gala Show Featuring:
 John B. Born, Asi Wind
 Pete Michaels, Jennifer Slaw,
 Tony Duncan & more!

[Brochure available by email](#)

Featuring:
Arsene Dupin
Doug Sayers
Josh Horton
Taylor Glenn
Flourish and Fool
Vanessa Vortex
Jim Mackenzie
Bruce Manners
Christopher Haaser

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. 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.

- :: Pavel Evsukevich shows his support against drugs in his latest [juggling video](#).
- :: Thom Wall demonstrates that [four is the new seven](#).
- :: Gandini Juggling does some numbers passing with rings and clubs in [Blue Moon](#). They also recently released the new instructional DVD '[Social Siteswaps](#)'.
- :: Eric Bates unleashes some wicked cigar box tricks in his [latest video](#).
- :: David Ferman shows off a [9 ball 7 up 360](#).
- :: Francesco Caspani enters the world of online juggling videos through a [Blue Door](#).
- :: Taylor Glenn and Meagan Nouis [get musical](#) as they describe just how frickin bad they want to be jugglers.
- :: Lauge Benjaminsen continues to [improve](#).
- :: [Juggling Central](#), a new juggling blog focusing on juggling tutorials is now live.
- :: While contact juggling and ball tossing Eddy Bacon asks: [Am I free?](#)
- :: Chris Taibbi presents his [2010 Highlights Reel](#).
- :: The WJF has posted the results of their 5th Competition Blitz: [Three Club Body Throws](#).
- :: Chase Martin shows off some technical moves with balls in his [Last call for 2010](#).
- :: Reuben gets creative with some [mind-bending new tricks](#).