

00:00:00:22 CAT: How things are made  
00:00:02:01 ITEM: Juggler  
00:00:02:08 Produced by: IBA Israel  
00:00:03:04 Duration: 00:02:47

01:00:05:00 Hi. I'm Dekel,  
01:00:08:03 I'm 11 years old

01:00:08:11 and I love to juggle.  
01:00:10:07

01:00:11:07 If you want to find out  
01:00:14:19 about juggling, stay tuned

01:00:15:00 because it isn't complicated  
01:00:16:21 at all.

01:00:17:02 This is Guy,  
01:00:19:21 he's a master juggler.

01:00:20:22 Juggling is keeping objects  
01:00:24:18 in the air

01:00:24:24 without dropping them.  
01:00:27:13

01:00:27:19 in real life we also  
01:00:32:06 try to juggle things,

01:00:32:12 like eating chocolate, talking  
01:00:37:06 on the phone, watching TV

01:00:37:10 and behaving ourselves.  
01:00:39:17

01:00:39:23 You can juggle bottles...  
01:00:42:23

01:00:43:07 Oranges...  
01:00:45:11

01:00:45:19 Apples...  
01:00:47:11

01:00:47:14 And you can mix and match.  
01:00:50:01

01:00:51:10 To juggle you start

01:00:55:14 with one ball

01:00:55:18 pass it from hand to hand,  
01:00:59:20 concentrate

01:01:00:00 and clear your thoughts,  
01:01:04:11 just watch the ball.

01:01:05:02 When you feel comfortable  
01:01:09:11 you can add another ball.

01:01:09:17 Now you can play with both,  
01:01:13:10 as if they are two friends

01:01:13:15 having fun with each other.  
01:01:15:05

01:01:19:11 This is how you make an X.  
01:01:22:22 Nice, isn't it?

01:01:23:03 And now, slowly, you can  
01:01:27:08 add the third ball.

01:01:27:13 And if they fall, no problem.  
01:01:31:22 You try again... and again...

01:01:32:12 and again, and you  
01:01:35:09 never give up

01:01:35:12 because you need a lot of  
01:01:38:15 patience for juggling

01:01:38:20 and the will to succeed.  
01:01:42:13 When you manage three,

01:01:42:20 you can easily add  
01:01:46:13 the fourth

01:01:46:17 and even the fifth.  
01:02:50:02 It's like magic.

01:01:51:02 Just like in the circus  
01:01:53:23

01:02:16:16 At first I couldn't believe  
01:02:21:07 I'd manage even one,

01:02:21:13 but I didn't give up

01:02:22:23

01:02:23:06 and I succeeded.

01:02:24:20

01:02:25:01 I'm now considered

01:02:28:01 a good juggler.

01:02:28:09 Guy is the best teacher

01:02:30:20 in the world.

01:02:30:24 Look, he taught me

01:02:33:21 the "Diabolo".

01:02:37:15 Don't forget: it takes lots of

01:02:41:16 patience and concentration.

01:02:41:23 Good bye and good luck.

01:02:44:10