This is a very basic “Siteswap” workshop exploring the basic throws and catches of juggling using a mathematical model.

The higher the number, the higher the throw.  
Odd numbers are throws that cross to the other hand. 
Even numbers are throws that return to the hand that threw.

0 is an empty hand. 
1 is the lowest crossing throw (just slam it straight across to the other hand). 
2 is the lowest returning throw (it often isn’t thrown at all). 
3 is a crossing throw higher than a 1. 
4 is a throw that goes straight up higher than a three and returns to the hand that threw it. 
5 is a crossing throw higher than a three. 
6 is a returning throw higher than a 4. 

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Can you throw a sequence like your phone number?