

## Mills Mess Variations Workshop

July 12-19, 2009

*Matt Hall*

### THREE BALLS

Boston  
Half  
Reverse  
Shower  
Whirlwind  
423  
441  
531  
522  
12345

### FOUR BALLS

Boston  
Half  
Shower  
534  
552  
633  
[43]23  
642  
74414

### FIVE BALLS

645  
744  
753  
[54]24

### ACKNOWLEDGEMENTS

I would like to thank Jack Boyce, for his truly helpful Juggling Lab program (<http://jugglinglab.sourceforge.net/>), without which I probably would not have figured out half of the above patterns. My deepest bow of respect goes to Charlie Dancey and his superlative *Encyclopaedia*, from which I learned the Mills Mess pattern.

### RECOMMENDATIONS

To see many of these and other techniques in action, I suggest you view the following videos and websites:

- Sylvain Gaumnavault's excellent website--<http://www.cloonbrothers.net>--Sylvain is truly a great ball juggler and his videos on Mills Mess and other patterns can be found here as well as on YouTube at <http://www.youtube.com/user/garnav>.
- Peapot Video's 3 Ball Different Ways—a classic exposure to many of the patterns listed above.
- Falco Schieffer's amazing videos, found on YouTube at <http://www.youtube.com/watch?v=riqkA3HKHB8&feature=related>

### FINAL COMMENTS

Remember, the key steps are equal throw height, shape, and calm hand movement. You can do it!!! =)