2objects - periods 2 to 6

PERIOD 2

31
3 40 1

PERIOD 3

312
330
411
420
3 501 1
4 600 20

PERIOD 4

3401
4112
4130
4400
5111
5120
5201
5300
3 6011 1
3 6020 1
4 7001 20

PERIOD 5

34030 51130 61300 3 70111 1
35011 51400 62011 3 70120 1
35020 52030 62020 3 70201 1
41131 55000 63001 3 70300 1
41401 61111 64000 4 80011 20
45001 61120 3 50140 1 4 80020 20
51112 61201 3 50500 1 5 90001 300

PERIOD 6

340401 511401
350130 515001
350400 520401
360111 560001
360120 611130
360201 611400
360300 612030
414030 615000
415011 620130
415020 620400
450030 630030
460011 660000
460020 711111

2

2objects - period 6, other, sync

PERIOD 6

711120 713001 720300 3 506001 1 3 801201 1 3 804000 1
711201 714000 730011 3 601500 1 3 801300 1 4 900111 20
711300 720111 730020 3 606000 1 3 802011 1 4 900120 20
712011 720120 740001 3 801111 1 3 802020 1 4 900201 20
712020 720201 750000 3 801120 1 3 803001 1 4 900300 20

OTHER

3401411 7111130 91140001 3 7030040 1 3 70111501 1
3405011 7700000 414050130 3 7070000 1 3 507006000 1
3601400 8111111 3 9030011 1 3 701170011 1
3701111 8140001 3 5070011 1 4 7007000 20
3703001 8500001 3 6011501 1
4160111 91111111 3 6016001 1
5111411 91113001 3 7011140 1

SYNCHRONOUS

(2x,2x)
(4,2x)(2x,0)(2x,4)(0,2x)

2

3objects - periods 2 to 5

PERIOD 2

42
4 51 2
45 60 12

PERIOD 3

423 4 612 2
441 4 630 2
522 5 711 22
531 44 603 1
4 450 2 46 801 122

PERIOD 4

4440 4440 6222 5 5700 22
4512 4512 6231 5 8130 22
4530 4530 6312 6 9111 222
5241 5241 6330 6 9300 222
5340 5340 6411 44 6051 1
5511 5511 4 7131 2 44 7041 1
5520 5520 4 7401 2 45 8013 12
45 8040 12

PERIOD 5

34512 64203 4 83031 2
45141 66111 4 84012 2
45501 72330 4 84030 2
46131 73131 5 61701 22
46302 74130 5 91401 22
46401 4 51630 2 44 70251 1
52440 4 55050 2 44 70350 1
52512 4 57030 2 44 70611 1
52530 4 61251 2 45 70161 12
55140 4 61350 2 45 70701 12
55203 4 61611 2 45 90141 12
56130 4 81312 2 45 90303 12
63141 4 81330 2 45 90501 12
63501

3

3objects - pd 6,other,mplex,sync

PERIOD 6

451512 622512
461241 631512
461511 722241
471231 723141
471312 731241
525141 4 615600 2
526122 4 713151 2
526131 4 913131 2

MULTIPLEX

1[42]2 [32]
22[32] 4 1[11][42] 2
23[31] 4 1[51]2 2
24[21] 44 20[43] 1
4 1[51]2 2 46 20[61] 122
521[43]0
2 [31][21]2 2[32]
4 1[11][42] 2

OTHER

4516131 451640164500 4 5505051 2
6316131 564006415041 4 6161601 2
453053403 714014714700 4 7141404 2
6316166001 741701740041 5 71701701 22
7330730370330 45 6050505 12

SYNCHRONOUS

(4,2)
(4x,2x)
(2x,4)*
(4,4)(4,0)
(4,6x)(2x,0)
(4x,4x)(4,0)
(4x,6x)(2,0)
(6,4x)(2x,0)
(6,4)(2,0)
(6,2)(2,2)
(6,2)(2x,2x)
(2x,6x) (8,2x)(2x,0) (2,2)
(4,4) (6,0)(2,4) (4,0)
(4,4) (6,0)(4x,2x) (4,0)

3

4objects - periods 2 to 5

PERIOD 2

53
5 62 3
56 71 23

PERIOD 3

534 5 561 3 6 831 33
552 5 723 3 55 660 2
633 5 741 3 55 714 2
642 6 822 33 57 912 233

PERIOD 4

5551 7342 5 5713 3 55 7162 2
5623 7423 5 6712 3 55 8134 2
5641 7441 5 8233 3 55 8152 2
6352 7522 5 8413 3 56 9124 23
6451 7531 5 8512 3 56 9151 23
6622 5 5560 3 6 9223 33
6631 6 9241 33
7333 6 9313 33

PERIOD 5

55550 67223
55613 67241
56252 67313
56612 73352
57233 73451
57242 73622
57413 73631
57512 74252
63551 74612
63623 75251
63641 77222
64613 77231
66251 77312

4

4objects - period 5, other

PERIOD 5

83333 86312 5 92333 3 6 72812 33
83342 5 58133 3 5 92342 3 55 81362 2
83423 5 58142 3 5 92423 3 55 81461 2
83441 5 66161 3 5 92441 3 55 81722 2
83522 5 68123 3 5 92522 3 55 81731 2
83531 5 68141 3 5 92531 3 55 91334 2
84233 5 72461 3 5 94133 3 55 91352 2
84512 5 72722 3 5 94142 3 55 91424 2
85223 5 72731 3 5 95123 3 55 91451 2
85241 5 75161 3 5 95141 3 55 91622 2
85313 5 78122 3 5 96122 3 55 91631 2
86222 5 78131 3 5 96131 3 56 81812 23
86231

OTHER

566151 4567123
575151 5561551
577131 6357142
733551 6366151
747141 6374152
736251 6461641
44557133
56262525
56716151
8441841481441
5 571731 3
5 6716161 3

4

4objects - sync

SYNCHRONOUS

(4,4) (6,4) (2,6)(2x,6x) (2,4) (6,4) (6x,4)(0,6x) (2,4)
(4x,4x) (4,6) (2x,8x)(2x,4x) (2x,4x) (6,4x) (6,4)(6,0) (2x,4)
(4,6x)(2x,4) (4,6) (2x,8)(4,2x) (2x,4x) (4,6x) (8,2)(2x,4x) (2x,4)
(4,6x)(4x,2) (6,4) (4x,6)(0,6x) (2,4) (6x,4) (8x,2x)(4x,2x) (2,4x)
(4,6)(4,2) (6,4x) (4x,6x)(6,0) (2x,4) 1[54]2
(4,6)(2x,4x) (4x,6x) (6x,2x)*(2,4) 23[43]
(4x,6x)(2,4) 5 22[53] 3
(4x,6x)(4x,2x) (6,4x) (2x,8)(2x,4)* (2x,4) 556 20[64] 40
(4x,6)(4,2x) (6,4x) (6x,2)(2x,6)* (2x,4) 557 20[73] 403
(4x,6)(2,4x) (4x,6x) (8x,2x)(2x,4x)(2x,6x) (2,4)
(6,4x) (2x,6x) (2x,4) (4,6x) (2x,8)(4,2)(8,2)(4x,2x) (2x,4)

4

4objects - mplex, sync mplex

MULTIPLEX

1[53]52 25[53]1 5 25[63]0 3 7 23[83]0 333 23[54]51
1[63]42 26[43]1 5 27[43]0 3 55 1[76]02 2 23[64]23
1[65]22 5 1[75]12 3 6 22[74]1 33 558 20[94]1 4033 23[64]41
23[53]3 5 22[63]3 3 6 23[74]0 33 1[74]242 23[65]31
23[54]2 5 22[64]2 3 7 1[93]12 333 1[76]312 24[65]12
24[54]1 5 24[64]0 3 6 22[83]1 333 23[53]52 5 22[54]61 3

SYNCHRONOUS MULTIPLEX

(6,6) (2,4)([4x4],2x) (2,2) (4x,2)(2,[6x])(2x,4x)
(2,4x)([4x4],2) (4,2)(2x,[6x4])(2x,4)
(2,2x)([6x6],0) (4x,6x) (6x,2x)(2x,2)(2,[6x4]) (2,4)
(4,6x)(2x,2)(2x,[44x]) (4,6x) (2x,2)(2x,[6x4])(6,2x) (2x,4)
(4,6)(2x,2)(2,[44x]) (4,6x) (6x,2)(2x,2)(2,[6x4x]) (2x,4)
(6x,4x)(2x,2)(2,[44x]) (4,6) (6x,2)(2,2x)([6x4],2x) (2x,4x)

4

5objects - periods 2 to 5

PERIOD 2

64
6 73 4
67 82 34
678 91 234
6789 a0 1234

PERIOD 3

645
663
744
753
6 672 4
6 834 4
6 852 4
7 933 44
7 942 44
66 771 3
66 825 3
66 861 3
667 915 24

PERIOD 4

6662 6 6671 4 47 7931 44
6734 6 6824 4 66 6815 3
6752 6 6851 4 66 8273 3
7463 6 7571 4 66 8813 3
7562 6 7823 4 66 9245 3
7733 6 7841 4 66 9263 3
7742 6 9344 4 66 9515 3
8444 6 9353 4 66 9713 3
8453 6 9524 4 67 8912 34
8534 6 9551 4 77 9281 33
8552 6 9623 4 666 8174 2
8633 6 9641 4 666 9155 2
8642 7 7922 4 666 9164 2

PERIOD 5

66661
66724
66751
67363
67561
67723
67741
68344
68353
68524
68551
68623
68641

5

5objects - period 5

PERIOD 5

74662 78631 6 66670 4 6 75814 4 6 83833 4 7 77911 44
74734 84463 6 66814 4 6 75850 4 6 85570 4 7 83923 44
74752 84562 6 66850 4 6 77272 4 6 85813 4 7 83941 44
75661 84733 6 67570 4 6 77470 4 6 85840 4 7 84913 44
75724 85363 6 67813 4 6 77812 4 6 86272 4 7 84940 44
75751 85561 6 67840 4 6 77830 4 6 86470 4 7 86911 44
77362 85723 6 66814 4 6 79234 4 6 86812 4 66 66805 3
77461 85741 6 69244 4 6 79252 4 6 86830 4 66 68173 3
77731 86362 6 69253 4 6 79414 4 6 89233 4 66 69145 3
78334 86461 6 69514 4 6 79450 4 6 89413 4 66 69163 3
78352 86731 6 69550 4 6 79612 4 6 89440 4 66 69505 3
78424 88333 6 69613 4 6 79630 4 6 89512 4 66 69703 3
78451 94444 6 75670 4 6 83572 4 6 89530 4 66 75805 3

5

5objects - period 5, other

5

PERIOD 5

66 78172 3
66 78802 3
66 79135 3
66 79162 3
66 79405 3
66 79702 3
66 92473 3
66 92572 3
66 92833 3
66 95173 3
66 95803 3
66 96172 3
66 96802 3
66 99133 3
66 99403 3
66 99502 3
67 78181 34
67 78901 34
67 92923 34
67 92941 34
67 94903 34
67 96181 34
67 96901 34
77 79180 33
666 68074 2
666 69055 2
666 81772 2
666 81835 2
666 81862 2
666 88072 2
666 89035 2
666 89062 2
666 91474 2
666 91672 2
666 91834 2
666 91852 2
667 91681 24
667 91924 24

OTHER

746625 9595151
747741 9552752
773355 9558152
774714 9597122
777711 9952712
824466 a572722
6777161 a772711
7572752 55668244
7748144 55668514
8448641 67891234
8577161 95851714
8648144 b4a33333
9494414 567891234

5objects - other, sync 2 & 4

5

OTHER

685716714
747771714
758517741
774717741
855815661
b5b515151
b444b333444
66671668144
678 d1517191b1 234
6 757173 4
6 777171 4
6 935373 4
7 847182 44
66 7266716 3
7 83571637 44
6 85716814 4

SYNCHRONOUS PERIOD 2

(4x,6x)
(6,4)
(4x,6)(6x,8) (8x,2x) (2,4x)(4,6x)

SYNCHRONOUS PERIOD 4

(8,6x)(2x,4)
(4x,6)(4,6x)
(4x,6)(6,4x)
(6,6)(6,2)
(6x,4)(4,6x)
(6x,4)(6,4x)
(6x,4x)(4,6)
(6x,6)(2x,6x)
(6x,8x)(2x,4x)
(8x,4x)(4,4)
(8,6)(2x,4x)
(8,6x)(2x,4)
(8x,6)(4,2x)
(8x,6x)(4x,2x)

5objects - sync 4 & 6

5

SYNCHRONOUS PERIOD 4

(6,6) (8,2x)(4x,6) (6x,2x)
(6,6) (8x,2x)(4x,6x) (6x,2x)
(6,6) (8x,2x)(6,4) (6x,2x)
(6x,8x) (2x,8)(8,2x) (2x,4x)
(6x,8x) (8x,2)(8,2x) (2x,4x)
(4x,8x) (4,ax)(4x,2x) (4,8)
(6x,8x)(8x,2x)(2,8)(2x,4x)
(4x,6)(6,6)(8,2x)(4x,6)(2,6x)
(4x,6)(6,6)(8,2x)(6x,4)(2,6x)
(4x,6)(6x,8)(ax,2x)(6x,2x)(2,4x)(4,6x)

SYNCHRONOUS PERIOD 6

(6,6)(2x,6)(6,4x)
(6x,6x)(2,6x)(6x,4)
(6,8x)(6x,2)(2x,6x)
(6x,8x)(2x,8x(4x,2x)
(4x,6)(6x,8) (ax,2x)(6x,2x)(8x,2x) (2,4x)(4,6x)
(4x,6)(6x,8) (ax,2x)(ax,2x)(4x,2x) (2,4x)(4,6x)
(4x,6)(6x,8) (cx,2x)(8x,2x)(4x,2x) (2,4x)(4,6x)
(4x,6)(6x,8) (ax,2x)(ax,2x)(4x,2x) (4,6x)(0,6x)

5objects - sync 8, mplex

5

SYNCHRONOUS PERIOD 8

(6,6)(6,2x)*
(6,4x)(6,4)*
(6x,4)(4,6)*
(6x,4)(6x,4x)*
(8x,4)(4,4)*
(8x,6)(2x,4x)*
(8x,6x)(2x,4)*
(4x,6)(8x,4x)(4x,6x)(2,6x)
(6,6)(2x,8x)(4x,6)*(2x,6x)
(6,6)(8,2x)(4,6)*(6x,2x)
(6,6)(8,2x)(6x,4x)*(6x,2x)
(4x,6)(6,8x) (2,8)(2x,8)*(2,4)

MULTIPLEX

22 [32] [43][54]
24[54]
25[53]
26[43]
6 1[75]2 4
6 23[64] 4
7 1[84]2 44
7 23[73] 44
66 22[65] 3
68 22[83] 344
1[76]42
22[43][54]
22[53][53]
1[65]62
1[75]52
1 [65]22 [54]
24[64]4
24[65]3
25[63]4
25[65]2
26[64]2
623[54]
24[75]34
24[76]33
24[85]344
24[95]3444

5objects - mplex, sync mplex

5

MULTIPLEX

24[76]731
24[87]333
24[98]3333
24[22]3[543]
24[22]3[764]41
24[22]3[764]81716714
6 7323[22]3[753]3 4
24[22]3[765]31
24[22]3[222]3[7654]01

SYNCHRONOUS MULTIPLEX

(2,4)([4x4],6x)
(2,4)([64x],4x)
(2,4x)([4x4],6)
(2,4x)([6x4],4)
(2,6x)([6x4x],2x)
(2,[4x4])([4x4],2)
(2,4)([6x6],4)(6,2x)
(2,4x)([8x6],4x)(2x,4)
(2,6)([6x6],2x)(6x,2x)
(4,2)(4,[6x4])*
(4,2)(6,[4x4])*
(4x,2)([64],4)*
(6x,[4x4])(2,4x)*
(2,4x)([8x8],4)(4,2x)(2x,6)
([64],4)(4x,6)(4,2)*
([64],4)(4x,6x)(4x,2)*
(6x,[4x4])(6x,4x)(2,4x)*
([6x4x],2x)(6,4x)(6x,2)*
([6x6],4)(6,2x)(2,4x)*
([6x6],4x)(2x,6x)(4x,2)*
([6x4x],2)(6x,4x)(6x,2)*
([6 4x],2x)(4x,6)(6x,2)*
([6x4],2)(4,6x)(6,2)*
([6x4],4)(6x,4x)(4,2)*

5objects - sync mplex

5

SYNCHRONOUS MULTIPLEX

(6,6)(2,2)([64],6)(2x,6x)
(6,6)(2,2)([6x6],4x)(2x,6x)
(4x,6)(6,6)(2,2x)([64x],6)(2,6x)
(4x,6)(6,6)(2,2x)([6x6],4)(2,6x)
(4x,6)(6x,8)(2,2x)([8x6x],2x)(2,4x)(4,6x)
(6,6)(2,2)(4,[6x6])*(6x,2x)
(6,6)(2,2)(6,[64x])*(2x,6x)
(6,6)(2,2)([64x],6)*(2x,6x)
(6,6)(2,2x)([6x6],4x)*(6x,2x)
(8,4)(8,4)(2,2)(2x,[86])*(2,4)(4x,6)
(6x,8)(2,2x)([22],2x)([8x6x4x],2x)(2,4x)(4,6x)

6objects - pd 2 to 6, other, sync

6

PERIOD 2

75
7 84 5
78 93 45
789 a2 345
789a b1 2345
789ab c0 12345

PERIOD 3

756 7 783 5
774 7 963 5
855 77 882 4
864 77 936 4
7 945 5 777 891 35

PERIOD 4

7746
7773
8646
8673
8844
8853
9555
9645
9663
9744
9753
777 9915 3

PERIOD 5

75756
77466
77475
77736
85566
88536
88833
96636
99444
a5555
b6661

OTHER

777366 884466 999441
777771 888822 b66661
778851 888831 b97531
868671 979731 979191
869661 999333 8686716
78 8696616 45

SYNCHRONOUS

(4,8)
(6,6)
(6x,6x)
(4x,8x)
(6x,8)(4,6x)

6objects - sync, mplex, sync mplex

6

SYNCHRONOUS

(6x,8)(6,4x)
(8x,4x)(4,8)
(8,6x)(4x,6)
(8x,6x)(4x,6x)
(8,6x)(6x,4)
(8x,6)(6,4x)
(8x,6x)(6,4)
(8x,6)(4,6x)
(8,6)(6x,4x)
(8x,6)(8,2x)
(8,8)(4,4)
(4x,6) (8x,6)(6,4x) (4x,6)

MULTIPLEX

25[56]
26[64]
27[54]
25[75]5
25[76]4
26[74]5
27[74]4
827[43]
25[22]4[654]
25[22]7[543]
25[87]44
25[65]
24[654]
25[22]5[756]2

SYNCHRONOUS MULTIPLEX

(2,2)([6,4],[6,4]) (6,8)
(2,4)([8,6],4) (8,6)
(2,4x)([84x],6) (8,6)
(2,6)([64],6) (8,8)
(2,6)([6x6],4x) (8,8)
(2,6x)([6x6],4)
(2,8x)([6x4],4)
(2,4)([8x6],4x) (6,4)
(2,4x)([84x],6) (4,6)
(2,4x)([86x],4) (4,6)
(2,4)([8x8],2x) (4,4)
(2,4x)([8x8],2) (4,4)

7objects - all

7

PERIOD 2

86
8 95 6
89 a4 56
89a b3 456
89ab c2 3456
89abc d1 23456
89abcd e0 123456

PERIOD 4

8884
9667
9955
9964
a666
a864

PERIOD 3

867
885
966
975

PERIOD 5

88883 aa555
96677 b6666
97577 b9555
97973
99944

OTHER

995577 9955966
996477 8 9999292 6
8 888891 6 88 9992992 5
8 979395 6 97979717
8 979791 6 8 99999191 6
8888881 88 99991991 5
8889961 888 99919991 4
8897971

SYNCHRONOUS

(6x,8x) (8,6x)(6x,8)
(8,6) (8x,6)(6,8x)
(6x,8)(8,6x) (8x,6)(6,8x)

FURTHER IDEAS

LEARNING A NEW SITESWAP

The best way to start with a new siteswap is to try a single repetition in the middle of the standard pattern for that number of objects. Take 534, a four object siteswap, for example. First try ...44 534 44... then try ...44 534534 44...etc. Try running the pattern from cold: 534534534... You can also break the pattern down, the siteswap 504 (3 balls) can be good practice for 534.

INCREASING COMPLEXITY

Siteswaps can form the basis of more complex and interesting juggling patterns. This may be achieved by integrating different techniques such as the following:

- body throws (backcrosses, under the leg, 1's behind the back)
- Changing spin amounts
- bounce juggling (difficult high throws become easy bounces)

PATTERN SUBSTITUTION

In any pattern where a repeating sequence of identical numbers appears, an alternative siteswap may be substituted in place of the repeating sequence. A good example is 7333 where the "333" can be replaced by any three digit three ball siteswap. This gives rise to patterns such as 7423, 7441 and 7531. Another good example is the five ball pattern 66661 where 6's can be substituted by 75, 774, 8844, etc.

THROW THE 2!

It has become popular for jugglers to hold on to their 2's. This does not have to be the case, since a "2" can also be a small throw to the same hand. The following are good patterns to start experimenting with: 423, 52512 and 642. Try throwing the "2" around your other arm, under your leg or around your head.

SITESWAP CARDS

Cards are colour-coded according to number of objects: 2 3 4 5 6 7

DEFINITIONS

0 - empty hand
1 - quick pass across from one hand to another
2 - held ball or very small throw to the same hand
3 - throw to the other hand, as in the 3 object cascade
4 - throw to the same hand, as in the 4-object fountain
5 - throw to the other hand, as in the 5-object cascade

a = 10
b = 11
c = 12
d = 13
e = 14

Notice all odd throws cross and all even throws return to the same hand.

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GENERAL GUIDELINES

The numbers in BLUE before the siteswaps are the entry sequence from ground state and the numbers after, again in BLUE, are the exit sequence. Siteswaps with the same entry and exit sequence can be strung together with no transition.

An asterix (*) after a string of numbers means **repeat sequence**, starting on the other side.

Synchronous

Since there are 2 throws at the same time, the throws are represented in brackets, e.g. **(6,4)**. Only even numbers are valid. To distinguish between crossing throws and same hand throws, an "**x**" is added to the crossing throws, e.g. **(4x, 6x)**.

Multiplex

Multiplex means to throw two or more balls from the same hand at the same time. Multiplex throws are indicated by the numbers in square brackets, e.g. **[54]**

For more information, see
www.gandinijuggling.com & www.mediacircus.biz

Layout and Design:
Beinn Muir & Marylis Ramos

SITESWAP CARDS
Cards are colour-coded according to number of objects: 2 3 4 5 6 7
DEFINITIONS
0 - empty hand
1 - quick pass across from one hand to another
2 - held ball or very small throw to the same hand
3 - throw to the other hand, as in the 3 object cascade
4 - throw to the same hand, as in the 4-object fountain
5 - throw to the other hand, as in the 5-object cascade
a = 10
b = 11
c = 12
d = 13
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Notice all odd throws cross and all even throws return to the same hand.
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GENERAL GUIDELINES
The numbers in BLUE before the siteswaps are the entry sequence from ground state and the numbers after, again in BLUE, are the exit sequence. Siteswaps with the same entry and exit sequence can be strung together with no transition.
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