TABLE OF CONTENTS

	PAGE
ACKNOWLEDGEMENTS	4
INTRODUCTION	5
CHAPTER 1: HISTORY AND BACKGROUND	7
CHAPTER 2: APPLIED PHYSICS OF JUGGLING & MANIPULATION	15
CHAPTER 3: THE CLASSIC SKILLS WITH TOP HATS & CANE	19
CHAPTER 4: PLATE MANIPULATION & JUGGLING	43
CHAPTER 5: NESTING CUPS, TUMBLERS, & SHAKERS	55
CHAPTER 6: TRICKS WITH TRAYS, TEACUPS, & SPOONS	67
CHAPTER 7: MIXED-OBJECT JUGGLING	73
CHAPTER 8: SPINNING SKILLS	83
CHAPTER 9: SPECIALTY BALANCING & COMBINATION STUNTS	89
CHAPTER 10: MISCELLANEOUS MISCELLANEA	97
IN CONCLUSION	100
BIBLIOGRAPHY	101
ABOUT THE AUTHOR & ILLUSTRATOR	102