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## 2017-2018 Super-Ultimate Technical Standards

Starting in 2007, Stefan Brancel (Class of '10 and five-year coach) and I (Paul Arneberg) developed the idea of creating "Super-Ultimate Standards" to encourage current Ultimates to continue reaching for high goals even though they've already achieved the club's *entrance* standards. At a minimum, these "Super-Ultimate Standards" are 500% (five times) the amount of the Ultimate Club Standards (UCS) for technical juggling. However, certain Super-Ultimate Standards (e.g., five clubs) are 1000% (or more) greater than the current UCS due to the average member's skills, whereas Club Balance is "only" 400% greater since that UCS was increased by 500% (from 1:00 to 5:00) in 2012. Also, some Super-Ultimate Standards represent new categories not even found among the current UCS. These include 8 Balls; 9-12 Ball Passing; 10-12 ball bounce passing; 5 Ball Force Bounce; 6-8 Ball Drop Bounce; 7 Ring Qualify; 8 Ring Flash; 9-10 Ring Passing; 8 Club Back-to-Back Passing; 6 Clubs; 7-8 Ultimate Club Passing; 9-10 Club Passing. While this list is primarily for goal-setting, all Ultimate Club Jugheads should strive to achieve 25% of the Super-Ultimate Standards (12/47) by the end of their 2<sup>nd</sup> year in the club.

Revised 5/27/17, PRA

### BALLS

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1. 1000 catches with 5 Balls
2. 25 tricks with 5 Balls
3. 250 passes each with 8 Ball passing
4. 100 catches with 6 Balls
5. 70 catches with 7 Balls (quintuple qualifying)
6. **Qualify 8 Balls**
7. **144 total catches with 9 Ball Passing (quadruple qualifying)**
8. **80 total catches with 10 Ball Passing (double qualifying)**
9. **44 total catches with 11 Ball Passing (qualifying)**
10. **48 total catches with 12 Ball Passing (qualifying)**

### BOUNCE BALLS

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11. 500 catches with 5 Ball Drop Bounce
12. Qualify 10 Ball Bounce Passing (40 total catches)
13. **50 catches with 5 Ball Force Bounce**
14. **60 catches with 6 Ball Drop Bounce**
15. **28 with 7 Ball Drop Bounce**

### RINGS

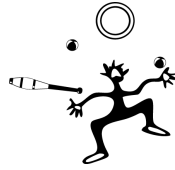
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16. 500 with 4 Rings
17. 500 with 5 Rings
18. 60 catches with 6 Rings (quintuple qualifying)
19. **Qualify 7 Rings**
20. **Flash 8 Rings**
21. **10 consecutive 5 Ring Pulldowns**
22. **10 consecutive 6 Ring Pulldowns**
23. 250 with 7 Ring Passing
24. 250 with 8 Ring Passing
25. **144 total catches with 9 Ring Passing (quadruple qualifying)**
26. **80 total catches with 10 Ring Passing (double qualifying)**

### CLUBS

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27. 20 minutes (20:00) with Club Balance (chin, nose, forehead, or between eyes) (INCREASED in 2012)
28. 100 tricks with 3 Club Tricks (cannot do same trick with right and left hands or different flips)
29. Five consecutive perfect sets of 100 DHT with constant doubles (at singles' speed, just like in warm-ups)
30. 250 with 6 Club Ultimate Passing (125 each hand, synchronous or asynchronous)



31. **50 with 7 Club Ultimate Passing (25 each hand, synch. or asynch.)**
32. **20 with 8 Club Ultimate Passing (10 each hand, synch. or asynch.)**
33. 500 with 7 Club Passing
34. 50 with 7 Club Back-to-Back Passing
35. **20 with 8 Club Back-to-Back Passing**
36. 250 with 8 Club Passing
37. **144 Total Catches with 9 Club Passing (quadruple qualifying)**
38. **80 Total Catches with 10 Club Passing (double qualifying)**
39. 500 with 4 Clubs (Fountain, double-singles or triple-singles are all acceptable patterns.)
40. 20 Tricks with 4 Clubs
41. 200 catches with 5 Clubs
42. 5 Tricks with 5 Clubs
43. **Qualify 6 Clubs**
44. 200 DHTs with 3 Club Triples
45. 100 DHTs with 3 Club Quads

#### MISCELLANEOUS

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46. Memorize all *Juggle Jam* cast members' names, first and last, with proper spelling. (NEW in 2013)
47. Earn and/or Coach a Team, Junior, or Individual medal in the IJA Stage, Numbers or Juggling Championships (NEW for '17)

#### AUXILIARY PROPS

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48. Mastery of 15 Auxiliary Props. The loose term "mastery" means the prop could be incorporated into a public performance. A good guideline is a timed endurance of 10 minutes for balanced props and/or 5 qualified tricks with manipulation props.

Examples:

1) Balance Board (aka Rola Bola or Bongo Board)	14) Diabolo	24) Juggling under a Head Ball Bounce	33) Slack Rope Walking
2) Ball Spinning	15) Flaming Torches (or Devil Sticks, Diabolo)	25) Lasso	34) Stilts
3) Baton Manipulation	16) Footbag	26) Odd Object Balance for 1:00 (e.g., spoon, baseball hat, envelope, piece of paper, etc.)	35) Tight Rope Walking
4) Bullwhip	17) Foot Juggling	27) Ping Pong Ball Juggling from Mouth (minimum of two balls, 10 total "spits")	36) Top Spinning
5) Card Throwing	18) German Wheel	28) Pizza Manipulation	37) Trick Bike
6) Chair Manipulation	19) Hat Manipulation	29) Plate Spinning	38) Trick Frisbee
7) Cigar Boxes	20) Head Ball Bounce	30) Poi	39) Unicycle
8) Club Swinging	21) Head Roll (one ball on the head from forehead to side at least 10 x)	31) Ring Spinning	40) Walking Globe (aka Rolling Globe)
9) Coin Manipulation	22) Hoop Rolling (on the body or the floor)	32) Shaker Cups	41) Yo-yo
10) Contact Juggling	23) Juggling under a Club Balance		42) Jump rope (5 tricks, 10 times each)
11) Cup Manipulation			43) Hula Hoop
12) Cup Manipulation			44) Pogo Stick
13) Devil Sticks (or Crystal Stix)			

BONUS (not required to achieve all of the Super-Ultimate Standards, but useful in achieving 12 for 2<sup>nd</sup> year Ultimate Members)

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49. Qualify 11 Ball Bounce Passing (44 total catches)
50. Qualify 12 Ball Bounce Passing (48 total catches)
51. Qualify 8 Ball Drop Bounce (16 total catches)
52. Memorize all Jughead grads' names, first and last, with proper spelling and class (NEW for 2017; 88 as of *Juggle Jam* 19)