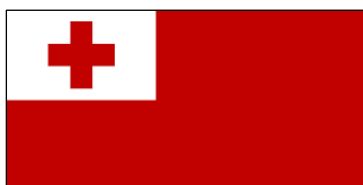
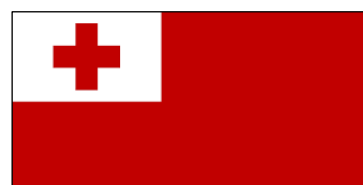


Hiko



Almost every schoolgirl in Tonga knows how to juggle. The Juggling is called HIKO, and integrates object manipulation, an ancient song, a playful game, a fun competition, and a cultural dance. Tui tui nuts from local trees are the most common juggling object and thrown only in a shower pattern.



Learn about juggling in Tonga <https://www.youtube.com/watch?v=FhQ7UgoKio4>

What you need:

- Something to juggle with. You can juggle with almost anything socks rolled into a ball, beanbags, fruit! However, you can also make your own juggling balls
<https://kidscraftroom.com/how-to-make-juggling-balls-kids-circus-skills/>

What to do:

Have a look at one or more of the juggling videos below. Then have a go yourself!

Juggling without needing to catch the ball? <https://www.youtube.com/watch?v=qLuHPC0aTYQ>

Juggling with tissues! <https://youtu.be/4aHcmUAWo7I>

Juggling tutorial which slowly works up to juggling with 3 balls

<https://www.youtube.com/watch?v=dCYDZDlcO6g&list=PLGV8mtb7t-4PuziHauottOfqpKPnwNncw>