

Jugglestick Training Device

The vision training device developed by H.R.A provides consumers with a simple and easy method to improve the sports vision and vision in general.

The device is a combination game/eye hand trainer which only takes minutes a day to use and can greatly improve vision.

Through the use of the jugglestick, the consumer/athlete can conduct some basic self-training exercises to help improve his or her:

- **TRACKING** - The ability to follow a moving object smoothly and accurately with both eyes, such as a ball in flight or moving vehicles in traffic;
- **FIXATION** - The ability to quickly and accurately locate and inspect, with both eyes, a series of stationary objects, one after another, such as moving from word to word while reading;
- **FOCUS CHANGE** - The ability to quickly look from far to near and vice versa without momentary blur, such as looking from the dashboard to other cars on the street, or from a book to the chalkboard.
- **DEPTH PERCEPTION** - The ability to judge relative distances of objects and to see and move accurately in three-dimensional space, such as when hitting a ball or parking a car;
- **PERIPHERAL VISION** - The ability to monitor and interpret what is happening in you side vision while attending to a specific central vision task; the ability to use visual information perceived from over a large area;
- **BINOCULARITY** - The ability to use both eyes together, smoothly, equally, simultaneously and accurately;
- **MAINTAINING ATTENTION** - The ability to clearly see, inspect, identify and understand objects at near distances, within arm's length;
- **DISTANCE ABILITY** - The ability to clearly see, inspect, identify and understand objects at a distance of 20 feet those objects normally seen at 20 feet; also called "20/20 sight." The is just one of the visual abilities and not necessarily the most important. People with 20/20 distance acuity still may have severe visual problems; and
- **VISUALIZATION** - The ability to form mental images in your "mind's eye," retain or store them for future recall, or for synthesis into new mental images beyond your current or past direct experiences.



The ability to look from far to near and vice versa without momentary blur, such as looking from the dashboard to other cars on the street, or from a book to the chalkboard.

Tape Letter Chart (last page) to wall. 15 to 20 feet from where you are standing.
 Hold ball as shown in photo. Look at hole in blue ball (notice ball slides on rod).
 Look at wall chart and call out first letter on top row.
 Look back to hole in blue ball.
 Look back to chart and call out next letter. Practice entire line.

Example:

Hole - R - Hole - A - Hole - D - Hole - V - etc.

Have someone time you from week to week.

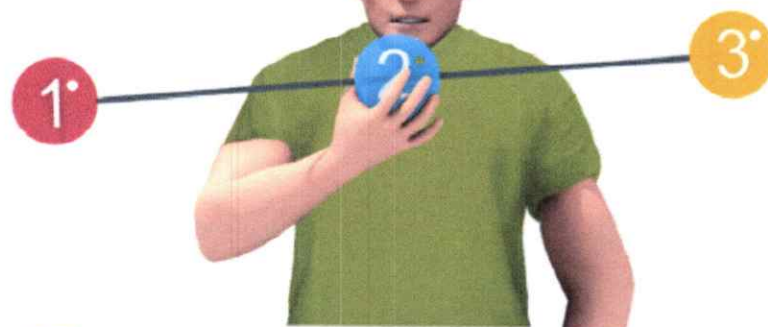
R	A	D	V	S	X	P	E	T	O
M	P	O	E	A	N	C	B	K	F
Y	P	O	E	A	N	C	B	K	F
C	R	G	D	B	K	E	P	M	A
F	X	P	S	M	A	R	D	L	G
T	M	A	U	X	S	O	G	P	B
H	O	S	N	C	T	K	U	Z	L
E	T	H	W	F	M	B	K	A	P
B	X	F	R	T	O	S	M	V	C
O	F	N	P	V	D	T	C	H	E

The ability to quickly and accurately locate and inspect, with both eyes, a series of stationary objects, one after another, such as moving from word-to-word while reading

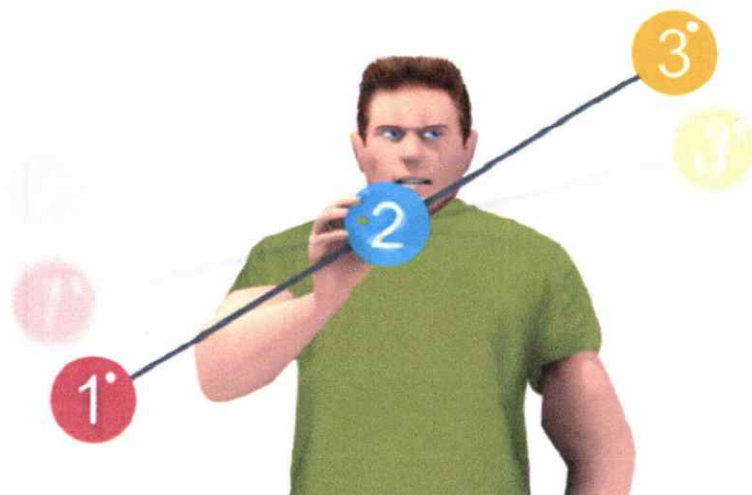
Practice by yourself (2 to 3 minutes per day, 3 times per week)



Hold jugglestick horizontal. Look at Ball No. 1.
Keep head still.



Move eyes to Ball No. 2. Keep head still.



Start rotating Ball. Move eyes from
Ball to Ball. Keep head still.

EXERCISE NO. 1 - PERIPHERAL VISION

The ability to see and interpret what is happening in your side vision while attending to a specific central vision task; ability to use visual information perceived from over a large area.

Practice by Yourself (2 to 3 minutes per day, 3 times per week)



Place jugglestick behind and rotate. Keep eyes straight ahead.



Hold arm behind line of vision and begin to move arm forward.



Identify color of top or bottom ball. Practice both right and left sides



Look straight ahead at all times. See how quickly you can spot and touch ball. Practice with a partner.