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I've been practicing juggling since I was 9. To me, juggling is just as easy and normal as riding a bike. With the assist of the advancing technology, I am able to learn new moves and drills by watching some of the most celebrated jugglers around the world. Though performing these routines can bring joy and applause, it seemed to be hard to actually draw people closer to juggling and show them how natural it can be. Tired of just showing off the same old trick repeatedly, I was triggered to start a juggling teaching session for some of my friends. Despite the fact that I'm familiar with all these drills for years, to actually explain the mechanic behind these flashy movements seemed to be way more complicated than I've expected. From demonstrating the

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correct way to catch a ball, the use of the wrist to toss a ball straight up, to breaking down the complex rotation of the three balls, I started to renotice all the details and fundamentals that were essential yet so natural to me that I never really pay attention to. It took months of practice before most of my friends understood the rhythm of juggling. Nevertheless, once they all caught the swish, they improved in unimaginable speed. Juggling is now no longer a beautiful art I can only share with myself. Through practicing together, I seemed to rediscover the joy it brought.

Through this experience, I understand that by sharing your skills and knowledge with one another, not only can you spread the excitement behind to others, it can also be an opportunity to truly understand something you thought you know all about. NBA future hall of famer Kobe Bryant once shared his opinion on playing with high school kids. Regardless of playing in the league for almost twenty years, he believes that there's always something out there he can learn from kids. Every summer, he joins some national high school elite players in training. By sharing some of his experience to the youngsters, he can rethink about his games and moves, and forever improving. Like people <sup>always</sup> say, "Blowing out others' candle won't make yours shine any brighter." Kindle others through teaching and light up the world for others and ourselves,