



GKR
KARATE



SECTION 5: **Games: Activity Based Learning**

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5.1 Strikes

Paper Breaks

Prop required – A4 paper

Sensei hold's A4 paper like holding a board. The students line up in front of this in short fighting stance and then punch through the paper as they kiai. The paper is not hard to break, but it gives them a sense of penetration with their punch. This can also be tried with 2 pieces of paper but be aware that this is more than twice as hard.

Paper 'Hole-punch'

Prop required – A4 paper

Played in partners. Cut a circle in A4 paper (about 50% bigger than the size of a child's fist). One child holds the paper while the other tries to punch into the hole and then retracts the punch out of the hole. The aim is to test the accuracy of the punch by not ripping the paper either on the way in or on the way out.

North, South, East & West

Designate each direction in the dojo as its rightful compass direction (ie: North is to the front). You call out the directions, and they must turn and punch in that direction (they will start by standing in heiko dachi). You can make this an elimination game meaning those that get it wrong have to sit down. **Note:** *This can also be done using kicks ie: front, side and back kicks – starting from heiko-dachi each time.*

Punch/Kick Mitt

Done with a partner. One student holds a mitt up high with the other partner standing next to them in short stance. The person with the mitt drops the mitt and their partner has to try and punch the mitt before it hits the ground. This can also be done with a kick but is much harder. This game works even better if the person holding the mitt can be standing next to their partner on a chair. This gives more time for the partner to respond before the mitt hits the ground.

Balloon Belly

Prop required – inflated balloons

Instructor puts an inflated balloon inside their gi top. Students line up in front in single file and stand in short stance. Their goal is to punch the sensei's stomach and attempt to pop the balloon. They must use leverage, and kiai! The punch must come from their waist and come out straight. Each student gets 3 attempts then moves to the end of the line. (You may cheat a little by pinching the balloon as they punch to make it pop – but

only if they are struggling and you wish to boost confidence). **Note:** *More relevant for special classes.*

5.2 Blocking/Defence

Noodle Blocking

Prop required – floatation noodle

Note: *A noodle is a long and relatively soft foam floatation device used in swimming teaching.*

Use the noodles to simulate a weapon coming down from a height onto their heads. They must perform a head block to stop the noodle hitting their head. You can also incorporate a punch to follow this. In most cases you start them in short fighting stance. You can also spear the noodle straight in towards their stomach, at which they execute soto uke, or spear it slightly lower and have them perform either gedan berai or gedan uke. Even though the noodle is made of foam, do NOT swing or spear the noodle towards the children too hard. **Note:** *Can also swing the noodle gently from the side and have them practise inside hooking block, or blocking defence against round kicks.*

Stranger Awareness

Students sit in a large circle. The instructor pads up fully. Instructor grabs a student as if to simulate taking them back to a car, and puts them through a series of self defence drills eg: wrist grabs, bear hug, bear hug where the child is picked up, front bear hug, reverse choke, etc. The student has permission to strike hard but not to the sensei's face. Their goal is to fight their way out – with each drill lasting approximately 30 seconds. You may also have them practise their kiai during this time. This must be practised safely and should only be done by the sensei.

Due to the type of physical contact in this game, it is necessary to explain in front of all children (and parents, if possible) the benefits of this activity and when and where you will need to make physical contact with the child. The child's permission must always be sought for this activity and you should be confident that the child has a full understanding. Encourage and coach the children while you are making physical contact. Teach them how to fight off an abductor.

Self Defence Demo's

Divide students into even groups of 3-4 people. Give them 10 minutes to design and choreograph

their own attack/defence sequence. In their group they must assign someone to be the victim and the others as attackers. They then decide on a scenario eg: walking home from school, playing in the park etc. and put on a 30 second performance. This must show the victim being attacked and them using their martial arts skills to defend themselves. The end of the performance must include the victim running away (ie: defend yourself and run!). Good for teamwork, imagination and technique. **Note:** *Should only be performed at half pace and mitts/pads to be worn where possible.*

By The Numbers

e.g; if playing this game using blocks....
1) Head block 2) Hook block 3) Outside block etc...
Practise order by calling out 1 through to 5 in succession. Then when they are used to each number, begin calling them out at random. If a student makes a mistake (after practise round) then they sit down. Last one standing is the winner. This can be adapted to use strikes or kicks (even stances). Great for concentration also.

Shoulder/Knee Taps

Also a good sparring exercise done in partners. The idea is for one side to try and tap the knee of the other person, while the other side is trying to do the same. This can also be done using the shoulder as the target area. When a person is tapped, the two must stop and the one who was tapped does 5 sumo squats with their hands behind their head. The game can be made more challenging if each side is only allowed to use one hand to block/strike, with the other hand to be kept behind their back. **Note:** *Taps to the shoulder must come around a bit like a haito towards the shoulder. The tapper's hand should NOT spear straight towards the shoulder.*

5.3 Kicking

Kick-Bag Drills

Prop required – kick bag

Using a kick bag, have the students line up whilst you hold the bag. They can practise front kicks, side kicks round kicks and back kicks on the bag to give them a solid target to kick at. Ensure correct foot shaping when kicking the bag. **Note:** *Beginners would start by only doing front kicks when using a bag. ALSO – do not punch these kick bags! When practicing round kicks, students should stand side-on to the bag and strike the bag with the instep of the foot, not the ball of the foot.*



Stance Freeze

One person out the front with their back turned and everybody else at the other end of the room. Person out the front says 'Hajime', prompting everybody else to move forward doing front kicks (ie: kick & step forward, then kick off other leg and step forward etc). Person out the front then calls 'Yame' and all others have to stop instantly and drop into a stance (can be done with a choice of 3 stances – or 6 stances if cat stance, back-leaning and sanchin stance is known by the group). Without turning around to face the group, the person at the front yells out a stance. If a student is in that stance then they must go back to the start. If their stance is nondescript (ie: you the instructor can't tell what stance it is), then they must also go back to the start. The winner is the first to the front wall (don't include the person out the front having to chase them back to rear wall – a whole bunch of kids running fast in the dojo at the same time is a problem).

Karate Caterpillar

Divide into teams of 5-7. Line them up so all are facing the front in their rows/teams. Front person starts 4 paces out in front of his team and is turned around facing his team. On your count each team performs a side-kick (they are lined up at arms length behind each other) and the person out the front performs a round kick (or front kick – whichever you choose). Those in the line alternate left leg/right leg with their side-kicks. On count 6 they all kiai at which point you yell 'sumo, sumo, sumo'. At this point, the students in the line move up closer to each other and drop into sumo stance. The person who was out the front runs to the front of the group, turns around and drops into sumo also. The person who was at the back of the group crawls through the sumo tunnel made by his team and runs to the 'out-front position'. The process begins again and continues until everyone has had a turn going through the tunnel. Teaches kicks, sumo stance and teamwork.



‘Chorus-line’ Kicking

Students stand in a line beside each other and hold on to the person’s shoulder either side of them (‘Chorus-Line’ style). They then perform front kicks to a count altogether as a group. This can also be done with students in a line joined together ‘Conga-Style’. In this instance they can perform side-kicks as a group. The aim is to help with balance as they perform these kicks and to work together as a group. Also just another way of performing the kick. Sometimes the extra balance they get from this allows you to have them perform 2 kicks in a row without putting the foot down between kicks.

Ground Kicking

Students can practise certain kicks whilst lying on the ground eg: heel-front kick whilst laying on back; side kick or round kick whilst laying on side. Teaches them how to attack if they have fallen and still requires the basic 4 stages of the kick to be there.

Zap

Stand students in a single file line. Have your sempai and one other helper to hold each end of a belt and pull it tightly. The belt should be held in front of the students at around knee height. You stand on one side of the belt holding a hand mitt (you can also use a piece of cardboard with a bullseye on it if you have one). The student stands on the opposite side of the belt in short fighting stance. The object of this game is for the student to perform a kick in slow motion over the belt and touch the target with the correct part of the foot. Of course the goal is to not touch the belt. If they hit the mitt/target correctly and land back in stance without touching the belt then they get 10 points. If they have a near miss or hit your fingers, then they get 5 points. They will do 2 kicks each leg for a maximum of 40 points. The student

with the highest score wins. If they touch the belt, you yell out ‘ZAP’ and they can briefly roll around on the floor faking an electric shock. No points if the belt is touched. Everybody gets 4 kicks per turn though. Start off at slow pace, then kicks can gradually speed up as you keep playing.

5.4 Stances

Stance Freeze

One person out the front with their back turned and everybody else at the other end of the room. Person out the front says ‘Hajime’, prompting everybody else to move forward doing front kicks (ie: kick & step forward, then kick off other leg and step forward etc). Person out the front then calls ‘Yame’ and all others have to stop instantly and drop into a stance (can be done with a choice of 3 stances – or 5 stances if cat stance and sanchin stance is known by the group). Without turning around to face the group, the person at the front yells out a stance. If a student is in that stance then they must go back to the start. If their stance is nondescript (ie: you the instructor can’t tell what stance it is), then they must also go back to the start. The winner is the first to the front wall (don’t include the person out the front having to chase them back to rear wall – a whole bunch of kids running fast in the dojo at the same time is a problem).

Stance Relays (also in the ‘Kicking’ section)

Can use sumo, long stance or horse-riding stance (shuffle sideways if using horse riding stance). Students break into teams of 6-8 with half of them at one end of the room and the other half at the other end – facing each other. Have a minimum of two teams. The winner is not necessarily the fastest team, but the one who can move forward in stance with the best technique. **Note:** *Can also be done with mitt on head to encourage good posture in the stance.*

Karate Caterpillar (also in the ‘Kicking’ section)

Divide into teams of 5-7. Line them up so all are facing the front in their rows/teams. Front person starts 4 paces out in front of his team and is turned around facing his team. On your count each team performs a side-kick (they are lined up at arms length behind each other) and the person out the front performs a round kick (or front kick – whichever you choose). Those in the line alternate left leg/right leg with their side-kicks.

On count 6 they all kiai at which point you yell 'sumo, sumo, sumo'. At this point, the students in the line move up closer to each other and drop into sumo stance. The person who was out the front runs to the front of the group, turns around and drops into sumo also. The person who was at the back of the group crawls through the sumo tunnel made by his team and runs to the 'out-front position'. The process begins again and continues until everyone has had a turn going through the tunnel. Teaches kicks, sumo stance and teamwork.

5.5 Sparring

Paper-Touch

Prop required – A4 paper

Played in partners with one side holding a piece of A4 paper out in front of them. Aim is for the other side to punch fast at the surface of the paper but only just touching it. The purpose is to teach control (either with or without mitts on) by punching hard without breaking the paper. (This is obviously better than practising control on each other and this can be done standing still in stance or moving around the dojo, like sparring).

Sparring Drills By The Numbers

Number 3 attacks 1,2,3 (ie: lunge, reverse and front kick). Then number 3 blocks to block each of these (eg: rising head block, outside block, downward block). Have them in partners and call out the numbers – the number of each strike has a corresponding block that will block that strike. This teaches correct blocking techniques and guard for kumite. Also makes both sides concentrate.

Tail-snatching

Played in partners where one has shin guard tucked into belt behind their back. Other partner has to try and snatch the guard from behind them. Person with guard in their belt must move around and evade their advances towards the guard.

Note: *The chaser cannot grab the gi of the person with the guard, and the person with the guard cannot turn and run away. This must be done in a confined area – do not let everyone in the class do this at once as collisions may occur. This can be done with or without the person with the guard doing any blocking. Without blocking is harder but makes them concentrate on evading more which is better in this exercise.*

Note also: *This game can also be done in a circle with someone in the middle (with the guard tucked into the back of their belt), and all students are given a number. The instructor calls the number*

out and that person runs to the middle of the circle and attempts to get the guard from the child in the middle. After say 10 seconds, you can call out another number, at which point a new person comes into the centre and the previous person goes back to their spot. If the guard is snatched, then the one who snatched it is in the middle.

Shoulder/Knee Taps

A good sparring exercise done in partners. The idea is for one side to try and tap the knee of the other person, while the other side is trying to do the same. This can also be done using the shoulder as the target area. When a person is tapped, the two must stop and the one who was tapped does 5 sumo squats with their hands behind their head. **Note:** *Taps to the shoulder must come around a bit like a haito towards the shoulder. The tapper's hand should NOT spear straight towards the shoulder.*

Peg Sparring

Children pair up and each child puts a peg on one or both of their hips. The aim is to put one hand behind your back (tuck it into belt), and try to take the peg off your partner's hips. You must defend your own peg at the same time. Swap hands and practise on the opposite side. Whichever hand is free, the foot on the same side of the body should be forward. **Note:** *Do not put pegs on student's shoulders for this game - facial injuries from wayward fingers can result.*

5.6 Co-Ordination/Athleticism/Evasion

Chariot Races

Done in partners. One person takes their belt off and puts it around their waist, and the person behind holds both ends of the belt ready to be pulled along – chariot style! The person doing the pulling can be moving forward in short stance, long stance or whilst performing front kicks. If done on a wooden floor, the side being pulled forward can sit down on a piece of A4 paper and be dragged. **Note:** *Not to be done if floor is prone to splintering. Builds leg strength and a low centre of gravity.*

'Up And Run' – Two Teams

Students lie on the floor in a line at opposite ends of room in their teams. Instructor stands in middle of room with a sempai /parent holding a belt (one at either end of the belt). Students lay with their feet facing away from the centre. You give each

student a number. When you call out that number, the student has to get up and run to the centre of the room, touch the belt and then run back to their spot and stand in heiko-dachi. First person back gets one point for that team. That student lays back down and you call out another number etc.

Note: *More than one student on a team can have the same number . This gives the sensei a choice as to how he awards points ie: he can give a point to the side who has the first individual back to the line, or he can give it to the side which collectively returns back to their spot first!*

Note also: *When they are running back to their spot, do not make it the first one to be back laying down – as they will skid and slide back on the ground and risk injury. Instead they come back to heiko-dachi, and when you have established which side won the point, they simply lay down again.*

Noodle Evasion

Prop required – floatation noodle

Note: *A noodle is a long and relatively soft foam floatation device used in swimming teaching.*

You the instructor stand in front of them with the noodle whilst they face you in short fighting stance. You can go through a routine of swinging the noodle at them from different angles, forcing them to duck, jump over, or slip to the side of the noodle. Teaches them evasion techniques and agility.

Dodge Mitt

Line students up against a wall, an arm's length apart from each other. Simply throw mitts at them and they must dodge them and not get hit. Alternatively, their task may be to catch the mitt when it is thrown to them. Either way, this in an elimination game. Dodge mitt can also be played with the students in a big circle with you in the middle with a handful of mitts. Those who get out first, wait on the outside of the circle and retrieve the mitts for you. Last one is the winner.

Note: *Do not throw mitts at their head, or throw them too hard.*

Dodge Ball

Played similar to dodge mitt where a soft rubber ball can be used. **Note:** *If using a ball, instructor must only roll the ball – NOT throw it, as a child may get hit in the face. Note also: If using a ball, the students are only allowed to move to the side to evade it or let it roll between their legs. They are NOT allowed to jump over the ball, as a mis-timed jump can have them come down on the ball and be bowled over. Any student who tries to jump the ball is automatically out. Can be played with*

students lined up against the wall or in a circle with instructor in the middle.

Balance Game

Students line up facing each other in 2 teams. The object is to see who can stand on one leg for the longest. Each new game you swap legs. This can also be a sumo contest between 2 teams seeing who can stay in stance the longest. The side with the last one standing wins. A good way to finish a class to settle children down.

Ship To Shore

Nothing specifically karate oriented in terms of technique but teaches concentration and ability to follow commands with accuracy. Call the commands and the kids will respond:

Ship: Run to the front wall

Shore: Run to the back wall

Port: Run to the left wall

Starboard: Run to the right wall

Scrub the deck: Drop to the floor and pretend to scrub the floor

Lookout: Imitate someone with a telescope

Submarine: Lay on the ground with one leg in the air

Crows nest: Imitate someone climbing a ladder
The captains coming: Stand with feet together and salute the sensei.

If they make a mistake, they're out! Last one standing wins!

Note: *Do NOT let them run at full speed – it is not a race, but a test of concentration!*

'Up And Strike'

Students lay on the floor in 2 teams. Students lay with their heads closest to the centre with a space down the middle between them. Instructor yells out 'Ichi' and students have to get up, turn around towards the centre and reverse punch and kiai! The first one to be up and strike with kiai gets one point for that team. Alternatively, a point can be given to the 'team' who is collectively up and striking first! Once a point is awarded they all lay down again for the next count. Teaches speed, athleticism and kiai.

General Circuits

Props required – up to you!

Using some imagination, the sensei can set up a series of athletic activities for the students to perform at different points around the dojo eg: laying a belt or two out on the floor and students have to jump either side of it or eg: 2 – noodle evasion eg: 3 – kicking a kick bag eg: 4 – paper

breaking eg: 5 – have them lay down to start – you yell ‘UP’ and they must get up quickly at which point you throw them a ball and they have to catch it (preferably a large rubber ball) eg: 6 – lay some shoes out at regular intervals and make them run in and out of the shoes etc. This can all be set up and parents can be called on to participate at each station. The idea is to complete one station and then move on to the next. These are just some examples. You may design your own circuit ideas but make sure there is no potential for injury.

5.7 Concentration/Reflexes

Freeze

Students stand in a line and perform continuous techniques of their choice and to their own timing. When you yell ‘freeze’, they must stop totally still and stare at a spot on the wall ahead. Those who move, are out and the last one left is the winner. This can be played as a variation of ‘Karate Statues’ – where you actually try to make them move by pulling faces, clicking fingers, clapping etc. Tests their control and concentration.

Sensei Says

The old chestnut! No explanation needed. Tests concentration and reflexes. Should be played as an elimination game.

Karate Memory

Students stand in a circle (preferably no more than 10 in circle). One student starts with a technique of his/her choice. The next person must perform that technique again and then add one of their own. This keeps building as you go around the circle. Not really an elimination game. Once they hit a memory block, you start again from that person and keep going.

Punch/Kick Mitt

Done with a partner. One student holds a mitt up high with the other partner ready in short stance. The person with the mitt drops the mitt and their partner has to try and punch the mitt before it hits the ground. Can also be done with a kick but is much harder. This game works even better if the person holding the mitt stands next to their partner on a chair. This gives more time for the partner to respond before the mitt hits the ground.

By The Numbers

e.g; if playing this game using blocks...

1) Head block 2) Hook block 3) Outside block etc...

Practise order by calling out 1 through to 5 in succession. Then when they are used to each number, begin calling them out at random. If a student makes a mistake (after practise round) then they sit down. Last one standing is the winner. This can be adapted to use strikes or kicks (even stances).

Karate Hypnosis

Partner the kids and line them up as you would for kumite. Explain to each student that one person in each pair has a magic hand with the ability to hypnotise others. They must hold out their hand and the other person must keep their eyes on the palm exactly 10 cms away. The hypnotiser can lead their partner all around the room. The follower must move their whole head and body to keep it the same distance from the palm (not just their eyes). The hypnotiser can move them into all sorts of funny positions. After a time, they swap! Great for concentration and focus (and a laugh).

Karate ‘Duel’

Like a ‘Western duel’. Played in pairs, 2 students stand in the middle of the room back to back. The sensei counts ‘ichi, ni, san, shi etc’. Each count they take a measured step away from each other (still back to back). When the sensei shouts ‘kiai’ they must turn and punch towards the other and the first one to do this receives a point. You can do first to 3 or 5 etc. Can also be done in teams where 1 from each team are brought to the centre. The winner in this instance would get 1 point for that team.

Paper Catch

Prop required – A4 paper

Done with a partner. One partner stands on a chair if possible, drops the sheet of paper, and the other person has to catch it before it touches the ground. The ‘catcher’ must remain on their feet – their knees must not touch the ground as they attempt to catch the paper. **Note:** *With smaller groups, the sensei could hold the paper from a greater height and students could come up one by one to try and catch it.*

5.8 All-Purpose

Karate Circuit

Prop required – A4 paper

Before class, make up activity cards and spread them around the dojo. Each card would have a

specific technique written on it eg: downward block, short punch, front kick etc. Only one technique to be written per card. Students move from one station to the next on your command. They spend 20 - 30 seconds on each station continuously doing the technique on that card.

Japanese Test

Students stand in heiko dachi while instructor calls out a technique in Japanese. To start with this would just be either say 'tsuki, uke, geri or dachi'. As they hear the call, they perform a technique fitting that description **Note:** *It can be any strike, block etc. at this point. As they improve, you can call out more specific techniques eg: mae geri, or chudan tsuki etc. Again can be played as an elimination game.*

Elimination – (AKA Copy Cat)

Actually teaching them kata! Explain to them that you are going to do a karate move and that they must watch carefully because when you count, they will have to copy you. If they move before you count, or if they do the move incorrectly (e.g; wrong foot or hand etc) then they are out of the game and watch the rest. Be sure to explain to those who are eliminated, what it was that they did wrong. Over a number of games they come to learn the correct kata pattern. To make it even fairer, the white belts should be allowed 3 mistakes before being eliminated; the yellow belts 2 mistakes, and the orange and above students only allowed one mistake ie: on the second mistake they are out!

Karate Olympics

Have at least 2 teams and divide each team into 2. One half of a team is at one end of the dojo and the other half is at the other end – they are facing each other. The sensei picks a technique (eg: chudan tsuki in short stance). On 'hajime', the 2 front students from each team make their way to the other side of the dojo stepping through in short stance and punching. When they reach their team member at the other end of the dojo, they tag them and that person then comes back down the dojo and tags his team member at the other end etc. When all teams are back to their original positions, they are finished and they sit with their hands on their heads to indicate this. This can obviously be done with many different strikes, blocks or kicks. They can move forward in short or long stance as they perform the technique correctly.

Japanese Counting Game

Instructor chooses a technique (eg: punch/block or kick) to be performed in heiko dachi. The instructor points to a child and asks them to say a number in Japanese eg: '5' in Japanese! If he/she gets it right, then the rest of the class has to do the chosen technique 5 times but the chosen child doesn't have to do it. If the child gets it wrong, then he/she does the technique 5 times and the class doesn't. Of course the instructor would go through all the Japanese numbers from 1 to 10 at least once with the class, giving everyone a turn.

Shoulder Taps

Played in pairs. One person stands in short fighting stance and the partner stands behind them. Person behind taps them on either the shoulder or the hip. If it's a shoulder then this signals to punch forward with that arm (they do not step forward). If it is a tap to the hip, then they will kick to the front with that leg – either front kick or round kick (whichever you designate). The games purpose is to sharpen reflexes and teach them to respond to a stimulus. When they start to get comfortable, 2 taps can be done in succession eg: tap the shoulder and then the hip – meaning punch, kick etc. Partners then swap around.

5.9 Just For Fun

Fishtail

Students line up one behind the other and hold on to the waist/belt of the person in front (conga-style). The person at the back has a Shin Pad tucked into their belt at the back. The object of the game is for the front person to be able to curl the unbroken chain around to snatch its tail. The chain must remain unbroken – don't let little kids get dragged around by big kids. The important rule is that the front person is not allowed to run in pursuing the back person (ie: they must only walk fast). Aim is teamwork, with the front half of the line working together to curl around and snatch the tail. The back half of the line must try to defend its tail. Can sometimes be a good warming up game, or finish up game!

Tangles

Have students stand close together in a circle. Each one crosses their arms across their body and holds the hand of the person next to them. The aim is for them as a team to untangle their arms without breaking the chain. Can be done in teams of say 10 and if more than one team, points can be given for first finished. As a variation, you

can stand them in a circle with every second person facing outwards. The final aim is the same. Encourages problem solving and teamwork.

Dead Fish/Fish Out Of Water

Students lie totally still on the floor (ie: dead fish). When you yell 'fish out of water' they must flap around on the floor like a boated fish! You then yell dead fish and they must be instantly still. The best at stopping still is the winner. Just a fun game, perhaps with a test on their concentration and response to commands.

Belt Tying Competitions

Simply teaches the students how to tie their karate belts (which very few can do). Has to be shown first of course. Can also be done as a team exercise with a team leader in charge of having their whole team 'belted up' first. (Best done after chariot races, where belts are already off).

Design-a-combination

Divide students into teams of say 5. Appoint a team leader for each team and have the team work together to invent a combination of 5 moves. This combination must have at least a block, punch and kick in it. After 5-6 minutes, they come out the front one at a time as a team and perform their combination. The best combination wins – or you can choose not to have a winner!

Karate Clay

Divide the students into groups of 3. 1 student is the master sculptor and the other 2 are lumps of clay. The instructor nominates 2 techniques to be used. On your command, the sculptor is to mould their lumps of clay into a statue demonstrating the techniques you specified (incorporate a stance with each technique eg: head block in long stance etc). Give each team a time limit to perform the task. The winners are judged by the finishing touches of each technique eg: hand positioning, feet, posture etc. Rotate so each person in the team has a chance to be sculptor.

Balloon Punching

Prop required – inflated balloons

Inflate balloons before class. Kids line up against the wall, each with a balloon. On hajime, they start across the dojo while punching the balloon (closed fist) in front of them using chudan tsuki. After a practise round or two, you can incorporate elimination into the game ie: when a child's balloon touches the floor, or if they fail to keep a closed fist, the student must sit on his balloon and pop it! The winner is the last person with an intact balloon.

Punches must come from the student's side. This game is well suited to a kids special class!

Create A Kata

Divide students into even groups and give them 15 minutes to create their own 10 move kata. They will then perform their kata in front of the other students! The best one receives recognition (maybe a certificate).

Karate Octopus

Start with one student in the middle and all others lined up at one end of the hall. The sensei yells out HAJIME, and all students try to skip or side-shuffle from one end of the room to the other without being tipped by the person in the middle. If/when they are tipped, they must stop in that exact spot and drop into sumo stance with their arms waving out to the sides. These people are not allowed to move from that spot, or come out of sumo stance. They also now must try to tip people as they skip/shuffle by. As the game progresses, more people get tipped and it becomes harder for people to move through the stationary people in sumo stance whilst evading the one person who is in the middle (who can move around freely of course). The last person caught is the winner. This game is a little similar to 'Stuck in the mud' but does not require students to crawl between legs to be freed. Once you are caught - you are caught! **Note:** Do not let the students run from one end to the next - if they run, they are considered as caught! Note also: Students cannot go from one end to the other without the sensei's command of 'Hajime'.

