

GAMES YOUR STUDENTS WILL ENJOY.

By Peter Champman

As an instructor I have found that the best way to teach Tae kwon-Do techniques/Skills is to incorporate these skills in a form of a GAME like activity.

This essay will show how to make the students involvement in physically active games safer and more fun. The games, sometimes with slight modifications can also serve as an effective form of exercises.

As a good warm up game this can help prepare students physically and mentally for the activity. These games can encourage students to practice previously learned skills and strategies.

The instructor also benefits from warm ups, can also observe the ability and character (strengths and weaknesses) of the students.

Enjoy the essay. Most of all enjoy watching your students begin their practices with physical vigor and plenty of laughter.

Let's play.

Before you start follow three simple rules

No 1 MAKE IT FUN

&

No 2 NEVER FORGET RULE 1

&

No 3 FOLLOW RULE 2

Theory of warm ups, cool down, and stretching

Warming up bodies cooling them down and stretching is a helpful part training regime.

WARM UP

Muscle stiffness is thought to be directly related to muscle injury and therefore the warm up should be aimed at reducing muscle stiffness, and minimising risk of injury.

Warming up should at least consist of the following:

5 to 10 minutes increase body temperature

10 to 15 minutes dynamic stretching exercise to reduce muscle stiffness

COOL DOWN

Warming down should consist of the following:

5 to 10 minutes jogging/walking decrease body temperature and remove waste products from the working muscles.

5 to 10 minutes of static stretching exercise decrease body temperature, remove waste products from the working muscles and increases the range of movement.

Static stretches are more appropriate to the cool down as they help relax and increase their range of

movement.

Safety

The issue of safety must always be part of planning for activities.

General Rule:

Make sure that all students understand the need and importance of physical support during many of the challenges. The instructor should be aware of the physical limitations for all students in the class.

If some of the students cannot physically accomplish a task, the instructor should adjust accordingly.

Before any game the instructor will point out any potential safety issues.

GAMES

Front of the class

The group starts a slow jog around the dojang. The students in the back of the line run on the outside of the group to the front of the line. When this student reaches the front of the line, the next student then runs to the front of the line. All students continue until all are back in their original positions.

Circle Relay

Students stand equal distance apart in a circle formation. Student 1 runs around the outside of the circle and then tags No 2 & No 1 takes No 2's spot in the circle. When all students in the circle complete their run the game is over.

Variation:

Circle weave: This game is like the circle relay except that players weave themselves in & out of the other students in the circle.

Leaping Circle Relay: This variation is the same as circle relay except that players lie on the floor facing the center of the circle. Runners leap over those lying on the floor.

Pickup & Drop Off:

Students stand in a line. They stand behind starting line. The first student in line runs around a cone 10 meters away and back to the start line. When the student returns to the start line the second student will grab their belt. The two students in line run around the cone, returned to the start line and the third student grabs belt continue until all students have been picked up. Each time the students return to the starting line, they drop off the front student.

Carpet Relay

Establish a start line & turning line & line up the teams behind the start line. Each team lines up behind the start line with a carpet. On the signal to start, the first student in line pushes the carpet to the turning line and back to the start line as quickly as possible. Students hold onto the carpet with both hands and push the carpet along the floor. When the first student returns, the next student goes until everyone from the team has completed a run.

Variation:

This relay can be done by the student sitting on carpet & holding onto runner's belt.

Caterpillar Race:

Students' line up single file in a row facing each other's back behind a starting line. Students lean forward and hold on to the ankles of the player in front of them. On signal to begin, the team advances forward toward the first line.

Variation

Caterpillar Bend: This race is the same as the Caterpillar Race except that the team does a figure 8 around two cones. Students will have lots of laughs as the caterpillar tries to bend around the cones.

Butt Crawl

Students sit behind a start line with their feet wrapped around the student in front of them and on top of their legs. At signal to start students, in unison, rock from side to side and move forward as a team to the finish line. When the front student touches the finish line the team has completed the race.

Variation:

Backward Butt Crawl: this race is like the Butt Crawl, but teams line up backward and move backward.

Balloon Tag:

Have each student tie the balloon on a string around his or her ankle so that the balloon is touching the ground but not tripping the student when he or she runs. Signal the students to chase each other, trying to step on a balloon to pop it. Explain that the student must also prevent their own balloon from being popped. Only feet to be used.

Follow the Leader

Students line up single file behind a leader. All students follow the leader down lines in the dojang. The leader uses different movements to go down the line (hopping, long steps, going backwards, crab walk, sidewalks, cartwheels and so on). At a cue given by the instructor, the leader goes to the back of the line and a new leader leads the team.

Popcorn

The students spread themselves around the playing area. The container with the pads and one student designated as the popcorn maker are at the centre of playing area. At the instructor's command start. The popcorn maker tries to throw all pads out, one at a time, in an effort to empty the container. The rest of the students try and get the pads and toss them back into the container. The popcorn maker cannot block the students. If the popcorn maker wins or becomes too tired, assign a new popcorn maker.

Dog Tails

Student lines up with another student holding the waist of the student in front. The student in front tries to tag the back student. If the front student is successful the head student becomes the dog's tail.

Flusher

Students spread out around the dojang, and one student is designated as the tagger. When tagged the student must kneel on one knee and hold up an arm at 90 degree angle. The down student can be freed when other students "flush the toilet" by sitting on student's knee and pushing the student's hand down.

Overhead Ball Pass

Lie students down on their backs, butts to the wall. They must pass the ball along the wall from one end to the other without dropping it and back again. Alternatively go heads to the wall, or even stagger them. They can only use their legs, no hands.

Bulldogs charge

Students scramble across the mat on their hands and knees and the 3 or 4 who are "IN" have to catch the

rest of the class and turn students on their backs. Those caught have to join the catchers.

Relay

Form two team lines standing with legs wide stanced person at the front of the lines has to crawl on fronts through all the legs then the next person till they have all been through then return one by one on there backs first team to complete wins.

Sharks and penguins

The "penguins" walk around in a high kneeling position while the "shark" (in a crab walk position) chases them and tries to "eat" the penguins = use his "jaws" (legs) to knock them down. Penguins that are "eaten" become sharks. The last penguin standing can be the first shark for the second round.

Judo Sumo

Take a bunch of belts and make a 10 by 10 square. Two kids get in the middle and starting with sparring the object is just to get the other person outside the box. They can push, pull or throw the person, more or less anything goes.

Alternative Relay

Gorilla walks (hands and feet)

Crab walks (forward and back)

Wheelbarrows

Baby carry (simply carry each other in there arms)

Piggyback

Hopping (frog hop: both feet down like a squat and jump, and hopping left foot only, right foot only)

Over / Under (like leap frog, over the back, and then threw under the legs of the student in front)

Shuttle run races with a stop watch (see who can get the best time)

Bull Rush

Here the students line up at one end of the Dojan while one person is chosen to be in the middle. The one in the middle then selects one other person from the group and this person must crawl on hands and knees to the other end of the Dojan without being captured. In order to be captured the student in the middle, also on hands and knees must pin the selected victim on there side/back. If they make it to the other end then it is a Bull Rush and all the others must crawl to the end without being caught. If the chosen one is caught and pinned then they join the other(s) in the middle and proceed to select another who will attempt to make it to the end, if they are caught in a bull rush then they too join the group in the middle. You may call a Bull Rush at any time to liven it up if you like.

Variation: Students running, duck walking, crab walking.

Stuck In the Mud

Just as in Tag one student is chosen to be IN, while the others must run around and avoid getting tagged. If they do get tagged then they must stand still with their legs apart and wait to be freed by someone who is still running around. The only way they can be freed is if another free person crawls or slide under them. The game is over when all have been tagged and no one is free to run around. You can make the game harder by having 2 or 3 people in at the same time.

Variation: Tagged student laying on their back with hands & legs in the air the free person spins the tagged student 360 & is freed.

Circle Knockdown

Using 5 to 12 students to form a circle and link arms over each others shoulders. Then upon command are to attempt to sweep the feet of the other students (it does not have to be the ones right next to them either they can cross the circle) They must however not break the circle or they are out, also if any part of their

body touches the ground apart from their feet then they are out. The idea is to sweep NOT kick so keep an eye on how they use their feet and legs. The winner is of course the last one left standing. If you have a lot of students then you can have 2 or 3 circles going at once just be sure to match them up evenly and have a high grade watching them so as injuries are kept to a minimum.

Hog Tail

Here you divide the students into groups of 5 and give them 3 belts to use. The object here is for 4 of them to try and tie the hands and feet of the 5th person, no rough stuff is allowed and each person must try to be aware of where they are flailing their arms and legs at all times. The game may sound silly but it teaches co-operation and team work as well as manipulation for both the students trying to tie up the victim and also the victim in trying to stop them. This is a good one for the adults as well and is not as easy as you might think, try it and you will see what I mean, it is also very exhausting.

Wrestling

Divide the class into even teams and get them to line up at opposite ends of the Dojang. Choose one student from each team to come to the centre and start in a kneeled grappling position. Upon command they must try and hold the other down without standing up at any time. No arm locks or strangles should be allowed but this is entirely up to you, If they can make it to their team mates then they can tag another person who can come in and take over (this can be done if they are winning or not). The winner is the one who holds their opponent down for 30 seconds. Then you can choose 2 new starters or the winner and a new starter from the losing team it is up to you. The team with the most wins is of course the winner.

Commando Crawl

Sort the students into even teams and line them up at one end of the Dojang. This is a race against the other teams. To win they must crawl on their stomachs using ONLY their hands and arms (No knees or feet). When they get to the other end they must do 20 sit-ups then crawl back and tag the next person in line. Great fun for all and you can modify it to your heart's content e.g. use push ups instead of sit-ups or a combination of both.

Surprise Attack

Get the students to form a wide circle and give them each a number, then choose one to stand in the middle while the rest must lie down on their backs with their heads facing in towards the centre. Make sure there is plenty of room for sparring to be executed in the centre without the students getting landed on. The person in the middle is standing, the instructor then calls out a number and the person who was given that number must get to their feet as fast as possible and launch an attack at the person in the middle (this can be a kick, punch, grab). The one in the middle must try to block the attack and then launch a counter strike which could be a kick, punch or throw. Once the counter strike is completed then the attacker returns to their place and a new number is called. After a few attacks choose another to stand in the middle and have a turn at defending, you can make it more exciting by calling out 2 or 3 numbers at a time.

Pig Tail

Everybody takes off their belt and folds it in half and places the belt down the back of the pants. So half of the belt is hanging down to say the back of the knees. (check to make sure that all belts can be seen) Then it is basically the last person left with the belt still hanging out. No hiding against the wall or in the corner. As soon as you grab another belt you let it go and try to get another.

This is an excellent drill for awareness of who is around you.

Variation: Work with pairs or teams or colour belts vs black belts

Balloon Sparring

This one is just like sparring except each student will have a balloon. The balloon must be kept moving with either hand (bouncing up & down slightly) while doing sparring. This was designed to get my students to concentrate on what they're partner is doing while still keeping an eye on they're balloon.

To me, the balloon simulates a second attacker maybe following the fight from an uncomfortable distance & can't be ignored. When you're ready to launch an attack, you have to get your balloon either higher in the air

or toward your partner. Immediately after the techniques thrown, the student must get back to managing his balloon while fending off his partner advances or attacks.

The winner is the person who can keep his balloon from touching the floor.

Indian Run

This is great for a class of 10 or more (also depends on the size of the dojang. It is sometimes called the "Indian Run" where the class will double time in a single file (the pace should be comfortable for everybody - a medium paced run or a jog is fine). The objective is to have the last person in the file move quickly (sprint) to the front line and once there, the next (rear) person will do the same and so on and so forth. Once everyone in the file has sprinted, the "run" is finished unless the instructor calls out for another round. The longer the file, the challenging the "Indian Run" becomes. Hope this one works out for you.

Wheel Barrel Race

The old wheel barrel race. One student is on the floor in the push up position and the other one hangs onto his feet. I make them aware that this is "not" a race as they tend to go too fast and do nose dives. They love this and it's great for upper body strength and coordination.

Speed to Wheel Barrel Race

A good variation to the standard wheel barrel race that will build hand speed and control at a rapid rate have students go backwards instead of forward. This should be reserved for those with adequate strength and speed. Another good variation is to have the students go forward, maybe to a wall, etc. touch it and then do 10 push ups before backing up to the starting position. (If that becomes too easy, add military [plyometric] push ups when you get to the wall) Train Push ups

King of the Mountain

This game can be played with several students and a mound of dirt or hill. One person is chosen to be king of the hill probably with one potato two potato. Then one at a time each student goes up the hill to dethrone the King of the hill. The object is to get the king off of the hill. There is no ultimate winner just a lot of fun.

SOCK WRESTLING

Note that since all the players are on the winning team at the end, there really are no losers in this game. All the students sit in a circle and have to take off their shoes so they are only wearing socks. Every student is given a number. Two numbers are then called out. The students with those numbers come into the center of the circle, and, remaining on their knees, must, in any way possible, get the other person's sock before they get theirs.

Very funny to watch. A variation is for the students to have ball under their tops which makes it less contact and dangerous

Germ Tag

Two people are it. They hold hands and chase people, the person they catch joins the chain by linking hands. When another person is caught they can stay together or split 2 and 2 they must split even numbers and can link together at will. This game is played till' nobody is left.

Dodge Ball

Divided up into 2 teams. One team was inside the circle and the other half spread out around the outside. Use a red rubber playground ball (about 14 inches in diameter) and throw it at the players inside the circle. The students inside were allowed to run around where ever they wanted, but could not go out. The ball thrown to hit the students inside below the waist. If a ball was thrown and hit someone above the waist, the thrower had to stop playing. If a student in the center was hit, they became one of the players outside the circle. The game is over when only one person was left inside the circle.

Dodge Ball 2

You divide up in two teams. Drag a garden hose or other similar divider between the yard. The teams each go to their own side, and may not cross the divider. Gather as many balls as possible and split them up between the two teams to start. You throw a ball at the other team, if you hit them below the head, they are out. If they catch the ball, you are out. The last person in is the winner.

Catch the mouse

Opponents face each other. One holds a light object (a ball of paper, for example) in outstretched arms and releases it. The other has to catch it before it hits the ground.

Push-up fight

Face each other in a push-up and try to slap your opponent's hands while not letting him slap yours. Must keep the trunk and legs straight in the proper push-up position.

Fight to touch feet

In this one opponents try to touch each other's feet with their feet. They can have a hold on each other (by clothes or by hands), or not.

Variations: Slapping thighs or shoulders

Crab Fights

Players start in a crab position, belly up on hands and feet, and must remain in that position. If they turn over or touch the floor with anything but their hands and feet they are out. They must push and pull other players to off balance them, last one still up wins.

Watch for kicking, if it is a problem restrict them to pulling / hooking other players.

Freeze Tag

One student is "It", the student must "Freeze" all of the other students by tagging them. Once frozen they stand arms out until a non-frozen player runs under one of their arms, this unfreezes them back into the game.

You can also change the way a student becomes unfrozen to incorporate other skills. For example when frozen they drop to hands and knees and become unfrozen when another student's shoulder rolls over them.

Knee Wrestling

Player's start off on knees facing each other, the goal is to remove the other player's belt. Once it is off the match is over. Players can not grab their own belt at any time.

Variation - "Knock your socks off" - Same idea except players fight to remove each other's socks.

Sumo

Both players face off in the ring, the first person to step outside of the ring or have anything but their feet touch the ground loses. Players may not attack the legs, or use their legs to attack. Only upper body control, pushing & pulling.

Overhead Head Ball Pass

Players lie down on their backs, legs up as in guard. All of them start head towards the beginning of the line. Hand the ball to the first person, the ball can only be touched with their legs, the objective is to pass the ball down the line without dropping it. Once

they have it they must turn so that their head is facing the other way and pass it over their head to the next person. After passing it stand up and run to the end of the line.

Helicopter

All students are in a circle. Select someone to be the helicopter. The helicopter stands in the middle with a

belt with a knot in it. Keeping the belt on the ground the helicopter begins to spin and the students have to jump over the belt as it passes them by. Any person hit is out.

The belt MUST be kept low or this game becomes dangerous. Make sure the students know their break falls before they play. They may hit the ground hard if the belt catches them at the right time. The helicopter MUST change often or the person in the middle gets too dizzy.

Crabs and Crocodiles

Students sit in two lines in the center of the mat. The students in one line are called "Crabs". Students in the other line are called "Crocodiles". "Crabs" and "Crocodiles" is called randomly.

If "Crabs" are called all the crabs must crawl to their side of the mat before they can be tagged by the "Crocodiles" who will crawl after them as fast as they can.

If the "Crabs" are tagged by the "Crocodiles" they become "Crocodiles" and return to the center of the mat on the "Crocodile" side. If "Crocodiles" are called all the Crocodiles must crawl to their side of the mat before they can be tagged by the "Crabs" who will crawl after them as fast as they can.

If the "Crocodiles" are tagged by the "Crabs" they become "Crabs" and return to the center of the mat on the "Crocodile" side.

Elephant Tag

Just like ordinary tag only "Tagger" has to run around with the bend of their elbow & fingers touching their nose.

Clusters

All players move about the room. The leader calls out a number. The group must then make clusters of players to match that number. Whoever doesn't get into a cluster is out. Variations can be clusters made of players with the same shoe size, the same sock colour or the same eye colour, etc.

Commando

Split the class into two / three teams. Their aim is to reach the opposite side of the hall.

Each team stands in a line at one side of the hall with their legs spread apart. The student at the back then crawls underneath all of the pairs of legs and then becomes the person at the front. Once they have reached the front of the line, the student then has to shout next, so the student at the back knows when to start. Slow but surely the line starts to move forward!

Here's a tip: make the student stand really close together as it's a little easier. The first team to the opposite end of the hall is the winner.

Get me in order

Get all the students to stand up and ask them to stand themselves in an order this is great revision for comparatives. Example orders include:

- * Tallest to shortest
- * Order of Birthdays
- * Oldest to Youngest
- * First name or surname alphabetically
- * Distance they live from class

The Gauntlet

The gauntlet is a good laugh for kids all ages, I do it at the end of the class. Separate the kids into 2 groups and number them against each other. They stand at either end of the dojang. an instructor stands in the center holding a glove or something for the student to grab.

When shouting a number (3) the kids from either end run to the middle, grab the glove and have to get back to their team without being tagged. If the student gets back ok, that team score. If the kid with the glove gets tagged the opposite team win a point. First to 5,10,15 etc wins!

Defend

This is a game that provides fun and fitness on so many levels. It starts with two combatants, age is not a factor... both children and adults love it! The class sits in a large circle or square and two opponents are chosen to enter the ring. Rules are that you cannot get up and stand, I do not allow the bottoms of their feet to touch the ground unless they are on their backs. There is also the usual no biting, eye gouging etc. Both people start on their knees facing each other, when I yell go, each person tries to remove the other's belt.

always be prepared to stop them from taking yours. You have to be anticipating their attack, and then counter. I limit the interaction to two minutes total.

Looser does 25 push ups, if it ends in a tie after two minutes then both parties have to complete the 25 push ups. I have yet to play this game without everyone being exhausted. It is an excellent introduction to wrestling and ground fighting.

After a person plays it a few times they start developing tactics, ie: spinning the belt knot behind, pressure points etc!

Indiana Jones and Portal of Doom

This is a great game to develop timing, strategy and speed. It is by far our most popular game
You will need:

- one rope heavy enough to swing appx 15-20 ft long
- two cones
- one object to be the treasure (a kicking paddle works great)

Setup:

Place the cones about 10 feet apart to be the entrance and exit points. (the portal)

The instructor will stand in the middle of a circle (appx 20 ft dia) with the cones in front and the treasure placed behind.

HOW TO PLAY:

The instructor stands in the center between the portal and the treasure and swings the rope in a circle. The student enters the portal of doom and begins to work his/her way to the treasure on the other side of the circle. To do this they must jump the rope as it swings around. Once the student gets the treasure they must continue IN THE SAME DIRECTION, jumping the rope until they again reach the safety of the portal to exit with the treasure.

The portal is the only way they can enter and exit. If they get the treasure they have succeeded in their mission.

Push-up Power Partner drill

Get in push-up position next to a partner shoulder to shoulder. Try to make the other person touch the ground first to win. You can use legs or arms. No punching or kicking just pushing and pulling. Works upper body and is a combative type drill.

Throwing star

This did not originate with me. We line all the students up on one side of the dojang. The instructor or senior student stands on the opposite side with a focus mitt. The instructor throws the focus mitt

like a throwing star (or frisbee) at the lower part of the students bodies. If hit the student steps off the mat. Once the mitt is thrown. The students must run to the other side of the dojang while the thrower runs in the opposite direction to get the mitt. This keeps thrower and students running back and forth across the dojang. I usually throw five or six times before I actually try and hit someone. This ensures everyone gets to run. I usually aim for legs instead of feet. Hitting feet makes kids fall.

Balloon Sparring

Have two students face each other in an area the size of a sparring ring. Set boundaries however you choose. Tape on the floor or cones at the corners works well. One student kicks a balloon into the air, then, before it hits the mat, the other student kicks it into the air. The balloon must stay within the boundaries. The student kicking the balloon must keep it above belt level to give the other student a chance. If they kick it directly into the mat, the 2nd student gets the point. If a student misses the balloon & it hits the floor, the other one gets the point. Think of it like hackey sack, except you kick the balloon away from the other player. You can emphasize good technique using side, round, or rising front kicks for older kids, or skip technique & stress focus, coordination, speed and strategy for younger ones.

Steal the Nuggets

This game is a fun way to end your class with lots of energy. Your students will leave smiling & sweating. It requires a good sized room (depending on class size) and a few minutes set up, so have an assistant get it ready while you do a class review or mat chat.

Set up: make a ring in the middle of the room using all the small pads (i.e. hand targets) that you have. Place hula hoops, cones, or anything that could be "home base" around the outer edge of the room (# of students minus one).

Rules: one student is given a noodle or padded baton & stands guard over the "gold nuggets" in the middle of the room. On "go", all the others rush in & grab 1 pad at a time, taking it back to their home base before returning for another. The student in the middle can chase anyone who picks up a pad. If the "guard" tags the "thief" w/ the noodle before they get home, that pad gets tossed back, the "thief" is out & sits until the next game, keeping the pads already at their base. The one w/ the most pads at the end is "guard" next. "Thieves" are working on speed & strategy, the "guard" works on awareness of surroundings.

War Ball

This game is exciting for everyone including the instructors. It's just like dodge ball except there is more than one ball.

You have two sides and a middle area which no one can touch or cross. Both teams try to hit each other with the ball. However there are some rules that help keep it interesting. Make sure you use softballs about the size of a baseball so no one gets hurt, and to encourage them not to hit students in the head, there not out if they get hit on the head.the ball has to directly hit them anywhere on the body. Each student that gets hit is out and the only way they can come back into the game is if someone on your team catches a ball from the other team. The first person that gets out is the first person in if your teammate catches the ball.

Flag Tag

Divide your class into two teams

Take two lengths of cloth(we use an old white belt) about 18 inches in length. Tuck one of the pieces of cloth into the belt of two students from opposing sides. Set the students up to free spar, the object is, take your opponents flag while defending your own. If your flag is captured you return to your line and sit down while the victor returns to their line and remains standing, now the next two students come out to do "battle for the flag"

Keep going down through the two lines until you have one student left standing. He is the champion and his team the winners. The other team now does a pre-determined number of push ups while

the winning team counts them down.

Crouching Tiger

2-6 Students

Crouching tiger is a game that children from 3 to 10 enjoy. Before the game starts, you instruct the children not to run, but to walk fast (this is to avoid falling and getting hurt).

To start, one child is selected as "The Tiger". The tiger lays down on his/her stomach with his/her arms spread out and eyes closed. The other children then come over and touch the tiger's hand or foot. When ever the tiger is ready, he/she says "Crouching Tiger" and wakes up. The other children then have to move away from the tiger. The tiger crawls around on his/her hands and knees and tries to tag the other children. When the tiger tags another child, they then become a tiger as well and chase around the remaining students. The last student remaining will then become "The Tiger" in the next round.

The Dragons Tail

Have student line up behind each other single file, holding onto the student in front of them by the shoulders. The front person is the head of the dragon and the back person the tail. The tail can have a scarf or belt hanging from their belt. The students must work as a team, without letting go or each other the head must catch the tail. Then the head may move to the tail, if the students break apart they can all do situps or pushups. This is fun for students and spectators.

Clothespin sparring

Before hand,(a day or two before) paint about 12 clothespins red and 12 blue and let them dry.

Divide students into two teams; a red team and a blue team. Have the students get their head protectors and mouth guards; no hand or foot gear will be needed. Choose a member from each team and set them up in the ring or mat as if they are getting ready to spar. Clip the red clothespins onto the red team member's uniform over corresponding target areas (sternum, kidneys, abdomen, floating ribs, etc). Do the same thing with the blue clothespins to the blue team member.

The object of the game is to remove as many of your opponent's clothespins as possible and toss them outside the ring while protecting your own clothespins. Set a time limit maybe a one or two minute round.

This game is really good for teaching blocking and evasion skills, as well as, timing and focus of attacks. At the end of the round, count the number of clothespins left on each participant and add that number to the number of their opponent's clothespins on the floor.

Example: At the end of the match, the blue fighter had 6 clothespins still attached to his body and had managed to remove and toss out 9 of the red fighter's clothespins. The blue fighter's score is $6 + 9 = 15$. The red fighter only has 3 clothespins left on his body and managed to remove and toss out 6 of the blue fighter's clothespins. The red fighter's score is $3 + 6 = 9$.

This is a team competition so keep up with the scores from each match as each team member gets a turn. The winner is everyone! But highest scoring team gets bragging rights.

Gang Attack

To execute the gang attack, make yourself a square or circle boundary, and have two instructors hold a kicking shield.

Have one student between them. The student can only kick when the instructors come at them. Every time the shield is hit, the instructor must count aloud three seconds before they can charge again.

The object for the instructors is to push the student out of the square or circle. The object for the student is to develop speed and reflex as well as not to be pushed out of the boundary.

Belt Tails

Everybody takes off their belt and folds it in half and places the belt down the back of the pants. So half of the belt is hanging down to say the back of the knees. (check to make sure that all belts can be seen)

Then it is basically the last person left with the belt still hanging out.

No hiding against the wall or in the corner. As soon as you grab another belt you let it go and try to get another.

This is an excellent drill for awareness of who is around you.

Soccer

Large numbers of players use two soccer balls.

Variation: Crab or Bear soccer, kicking the ball with feet. Hand soccer with two Swiss balls.

Acknowledgements

I would like to acknowledge my children for putting up with me while I trialed the games at home before taking them to class. My students, for always being open and excited about new games & FinallyTo my two oldest daughters, Krystina and Jean for correcting my grammar and listening to my ideas.

References:

Ways of making training more interesting - By Mr Ian Walton IV

27 Hot Tips for Instructing - By Mr Michael Lowe IV

101 Fun Warm up and Cool Down Games - John Byl