

## KIDS CLASS – FUN JUDO and CN GAMES

1. **Dodge Ball** – builds kinesthetic awareness and breaks up the class to keep kids interest. Also builds mobility skills. One person w/the ball tries to hit others, others may catch, or avoid). Also play so that one must note who got you out, and when the one who got you out gets hit, you are allowed back in the game.
2. **Red Light Green Light** – using hagime and mate – do both standing and crawling
3. **Clothes Pin Grab** – put a clothes pin on everyone’s back. Out of game if someone gets your clothes pin. Teaches to stay face to face. You can put it on shoulder or elbow to drill repetition for grips (reaching for high lapel grip etc)
4. **Tail Belt Grab** – take off belt and fold and stick in the back of pants like a tail. Try to grab belts and pull them off – if pull off you’re out of the game.
5. **Sumo** – put all belts (or a few if too many people) tied together in a circle (i.e. make a ring). Not too big. Point of the game is to push or pull your opponent out of bounds or down on their knees. Teaches balance, pushing back and forth using momentum.
6. **Freeze Tag** – Run from one side to the other. One person in the middle. If you touch them they are frozen. Someone needs to run under their legs (or do a specific uchi komi) to unfreeze them.
7. **Crab Roll** – older kids – crawl from one side to the other. If they get rolled and pinned they are out.
8. **Circle of Knowledge** – make a big circle with everyone and jog in place. Ask a judo related question (“who is the founder”, “when was it founded”, “what does gari mean” etc.). If get it correct you get to line up or keep jogging. If get it wrong have to do pushups or situps etc.
9. **Dice Roll** – Make some fluffy big dice – one with numbers and one with judo techniques. Get them to roll the dice and do X pushups or do whatever technique the dice falls on.
10. **Simon Says** – have them follow your movements with simon says game structure – do hands and knees, guard position, seiza, Hon kesa ketame, yoko shio ketame, flat back, flat front, roll over, stand up, sit cross legged. Speed up to get them sweaty.
11. **Hide the belt** – make 2 teams sitting on the mat facing one another. One team has a belt/ball and hides it on someone on their team secretly (ie stuffs it inside their gi while in a huddle so the other team cant see). The team that has the ball/belt tries to get the person hiding it over to the other side safely. Only allowed to do crab or scoot on butt. Try to fake the other team out by pretending that someone else has the hidden belt or ball.
12. **Floor Ball (or Butt Ball)** – Break up into teams. Take a light weight ball (medium size) and try to get it over to the other side. Only allowed to scoot on your butt. Can also use a heavy ball if want to work harder and move slower. Can only roll ball on floor (no throwing).

13. **Snake Tag** – make one long line with everyone holding the waist or belt of the person in front of them. One person is left off the line and facing the first person in the line. The person alone tries to touch the last person in the snake line and the others need to move to protect the “tail of the snake”. Switch the person when he succeeds or after 2 minutes.
14. **Crab reverse crawl** – up and down the floor on hands and feet, switch and go backwards, switch and go forward. Switching between bear walk and crab crawl by replacing diagonal hands and feet. When advancing always in bear walk position (crab is only transition)
15. **Centipede** – get 2 or 3 people together (or more if you like) and sit one behind the other. Go up and down the mat holding the ankles of the person behind you and scooting on your butt. Can also play Snake Tag game with this floor format.
16. **Chicken** – Everyone gets a partner. One person piggy backs on the other and each pair has to knock the other pairs off the backs of their partners. Last left standing wins.
17. **Whip Belt** – Everyone gets a partner. One person takes his belt off, the other lays down flat on back. The one with the belt tries to hit the one on the floor (not too hard), the one on the floor has to roll out of the way and then roll back to initial position. Standing person tries to throw fakes and the one on the floor tries to read the body movement of the one standing with the belt.
18. **Belt jump rope** – Get a partner. Take off belts and tie them together. Use the belts as a jump rope. One starts and then the partner tries to jump in as the rope is moving.
19. **Floor rope climb** – Get a partner. Take off belts. One lies flat on back with legs in air holding one end of the belt with his head in the direction that his partner is sitting. Other sits with legs spread facing the guy on the floor. Guy on the floor pulls himself towards the sitting partner by hand over hand on the belt. Cant use legs for help. Sitting person can wrap one end of belt around waist for support if needed. Switch and then have the one sitting doing the work by pulling the guy on his back towards him (hand over hand on the belt).
20. **Mountain Climb** – 2 adults (or the 2 biggest kids) stand facing each other and lock arms on each others shoulders (ie each hand on each shoulder of the other person) – lets call them mountainside 1 and 2. They should bend their legs and put their heads down so the tops of their heads are facing each other and they are staring at the ground (look kind of like sumo wrestlers). First person in line then jumps on the back of mountainside 1 and tries to move around the side of the mountain using hand grips and feet positions without touching the floor until he is back in the starting position (ie on the back of mountainside 1). This exercise is also done going over the mountain. Start by jumping on mountainside 1’s back, pull yourself up so you are on top of the mountain, then go down head first on the back of mountainside 2 and up under his legs so you are now looking up at the 2 holders faces. Then up in between mountainside 1’s legs and back into original position on the back of mountainside 1.
21. **Partner Shoulder Touch** – On the ground. One person in judo guard position (on butt with legs open) the other is standing facing the one on the floor. The one standing has to try to touch the shoulders of the one on the floor. The one on the

- floor needs to move on his butt and keep legs open to face off to standing person to stop him from touching his shoulders.
22. **Blind Push** – Break up into groups of 5 people. One is in the middle with his eyes closed. The others are around him like four walls (ie one in front, back and on each side). Push the person in the middle with both hands firmly. The person in the middle has to regain balance and square off to the person who just pushed him (hands up in front in fighting position). You can start this with eyes open until they get the hang of it and then go to eyes closed. Helps balance.
  23. **Ankle flip** – (for older kids and adults) - Get a partner. One stands facing forward, the other does a handstand close to partner so they end up back to back (one standing, the other on hands). Partner grabs ankles of the one doing the handstand (make sure the one standing on feet is stable and leaning a bit forward so as not to fall backward with the weight of the person doing the hand stand). The person doing the hand stand (when their partner has gripped their ankles well and is solidly standing and leaning a bit forward) will take hands off ground and do a sit up so as to flip up over partners back and land with feet on mat in front of partner. Make sure ceiling is high enough and that you are on mats!
  24. **Pushups Tunnel** – All the kids get in pushup position next to each other all facing in the same position. They put their butts up in the air and the last person in line has to crawl under everyone to the other side and assume the pushup position so as to keep the tunnel the same length.
  25. **Leap Frog** – Get a partner and leap frog down the mats. Can also do static and leap over partner while partner is bent over, partner stands up and you crawl under legs. Can also do this with whole class as a continuous moving circle. Everyone gets in leap frog position in a circle (ie standing and bent at the waist (with head tucked) or sitting in a ball for younger kids). The one on the end gets up and leap frogs over the one next to them and the next and the next etc. until they have gone over everyone and then they go back to ball or bent position at the end of the line. Right after the first person goes the person they first jump over goes etc etc.
  26. **Crash Mat Flip** - Using a crash mat hold the kids by their lapels and have them lean back like they are going to fall on the crash mat on their backs. Let them go, they have to spin and land on their forearms on the crash mat. For the younger ones and those doing it for the first time let them know when you're going to let go so they can be ready.
  27. **Animal Cards** – Have cards with animals (tiger, snake, monkey, crane..) Half of the group looks at the card, and the other group then picks one of the cards, and must run to the one who acts like the card. – or all gets assigned a certain animal, and they all need to try to find the same animal.
  28. **Speed Tag** - Run and try to tap as many people as possible (i.e. right Shoulder, left knee, right Thigh, etc – depending on what instructor says)
  29. **Wheel Barrel** - One person gets down on the floor in a push-up position, and the 2nd person comes from behind and picks up the feet and the one on the floor moves forward on their arms

30. **Obstacle Mitts** – Put Mitts on floor as an obstacle course, touch right elbow to red mitts, jump over blue mitts, etc.
31. **Run and Collect game** - Collect as many ropes as possible with out losing own rope.
32. **Black/white catch game**- Everyone lies in the middle of the hall, head to head, and when black is called, the black team need to run to the safety area ASAP, and the white team tries to catch the black team members.
33. **Rock/paper/scissor**- 2 teams, each team decides on 3 selections, comes together, and the winning team tries to catch the losing team.
34. **Dice game**- at each corner, the team has to roll the die and do the specified movement which fits to the die to the next corner. i.e. 1 = forward stance, 2 = forward stance, lower block,... 6 = jump back side kick, so each higher value is more difficult. And the team that gets to a certain value (i.e. exactly 15) is the winner.
35. **Atom Split**- 1 catches 2, 2 catches the 3<sup>rd</sup>, 3 catches 4<sup>th</sup>, the splits 2/2. run together holding hands.
36. **Steal Belts** - Try to take belt away from partner (on the matts)
37. **Quick Slap** - Hands over partners hands, try slapping the top of partner's hand (with right hand, slap partner's left hand)
38. **Pushing fake**: In rectangular stance facing partner, try to take other off balance by slap, push, fake
39. **Face slapping**: with partner, one slaps, other moves head in the direction of the slaps force
40. **Vertical rope swing** – stand facing your partner, swing your belt vertical at your partners head and partner moves out of the way (head first, pivot). Also do horizontal so as to duck and jump (also done with tambo)
41. **Monkey in the middle** – the person in the middle has to run to partner 1 and do a judo throw or self defense technique, roll or run back to partner 2 and do the same thing, repeat as much as required. Gets them moving while doing self defense or judo fit-ins or throws – gets cardio going!
42. **Technician** - In a group of 3, one is picked to be the technician. The other two are robots. The technician tries to get the robots back to the same spot. i.e. when the technician touches the robot on the right shoulder, robot turns right 90, right lower block. Left shoulder, left 90, left lower block, etc.