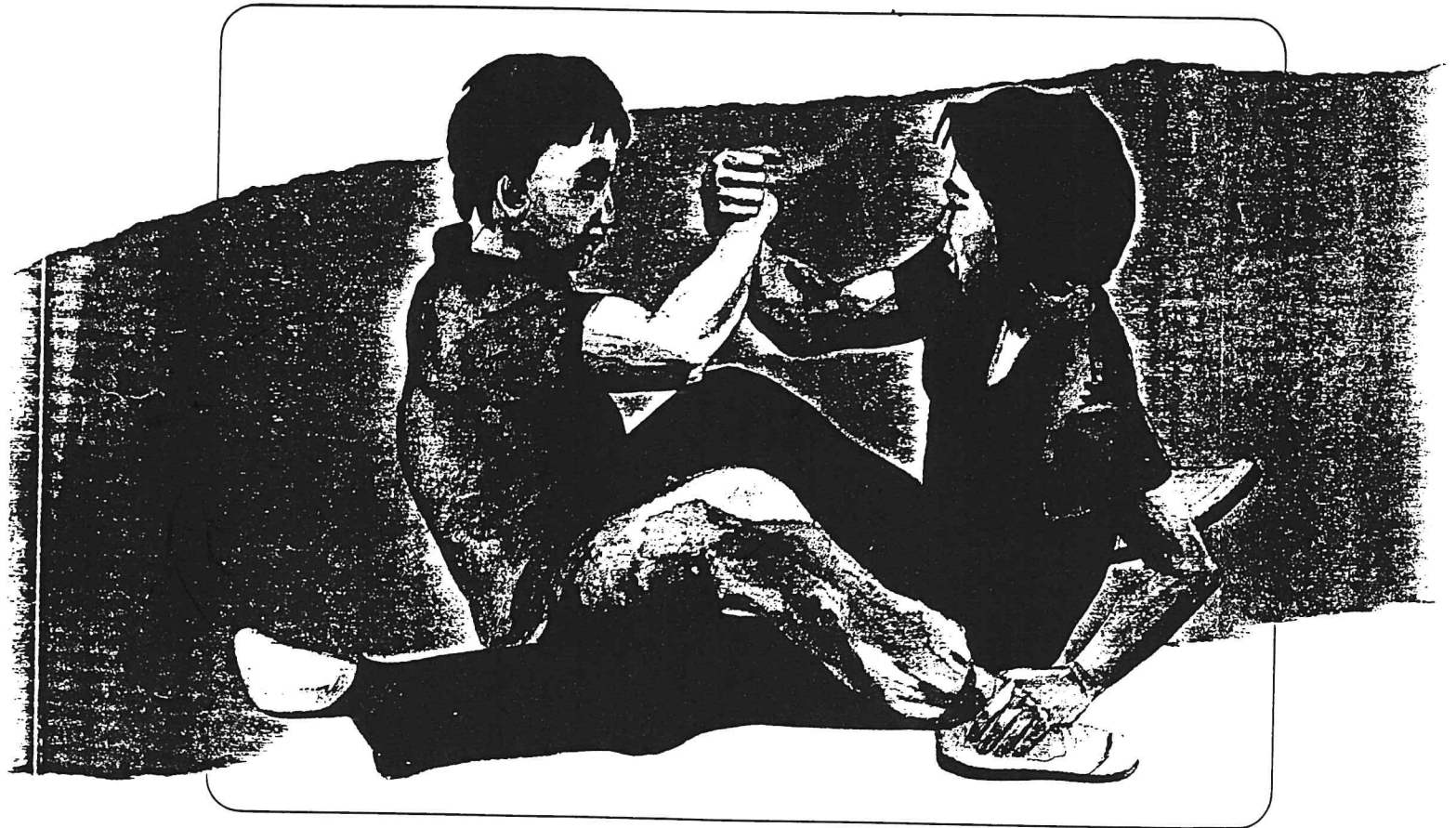


ᐃᓄᐃᑦ ᑭᐱᐱᐱᑦ



INUIT GAMES

ACKNOWLEDGEMENTS

For all the many ideas, games, and pictures described in this manual, grateful appreciation goes to all the people of the Keewatin to whom it is dedicated.

This manual came out of the Keewatin Inuit Association's initiatives in the field of recreation and leadership development in the Keewatin. Without the assistance, support and encouragement of its officers and staff, this book would not have been possible. Equally indispensable was the financial assistance given by the Fitness and Amateur Sport Branch, Department of National Health and Welfare.

Through the hiring of Inuit games instructors in most of the Keewatin communities, much research and practice of these games has occurred in the school and community setting. Thanks go to the Government of the Northwest Territories Departments of Education and Recreation for their invaluable cooperation and assistance. Special credit is due the Resource Centre for their enthusiasm, expertise and printing services.

Appreciation also goes to the Department of Indian and Northern Affairs, Vocational Training and Placement, for their assistance in the Inuit Games instructor program. Simon Tookoome, Inuit Games Instructor in Baker Lake, deserves special mention for his many ideas and willingness to share of his experience and knowledge.

Finally, to the many other individuals and groups whose contributions, no matter how small, helped to make this manual possible, our special thank you.

Our apologies to those whose assistance we may have forgotten to acknowledge. I hope that you will consider the value of your contribution reflected in the contents of this manual.

ᓇᓂᓇᐃᔭᐅᑦ ᓴᓄᓂᑦᑏ

ᐃᓯᓂ ᔭᓯᐅᑭᐅᓯᓂᓯᑦ, ᓴᑭᑕᑭᑭᓂᓯᑦ, ᐃᓯᓂ ᐃᑭᓂᓯ ᐅᑦᓂᓯ ᐅᓴᓂᑦᓂᓂᓂᓯᑦ ᔭᓯᓂᓯᑦ ᐃᑭᓂᓯᑦ, ᐃᑭᓂᓯᑦ ᓴᓄᓂᑦᑏ ᐅᓂᓂᓯᑦ ᐃᓂᐃᑦ ᐃᓂᑦᑏ ᐅᓂᓂᓯᑦ, ᐅᓂ ᐅᓴᓂᑦᓂᓯᑦ ᐅᓂᓂᓯᑦ ᐃᑭᓂᓯᑦ.

ᐅᓂ ᐅᓴᓂᑦᓂᓯᑦ ᐅᓂᓂᓯᑦ ᐃᓂᐃᑦ ᓂᓂᓂᓯᑦ ᐃᓂᑭᓂᓯᑦ ᔭᓴᑭᓂᓯᑦ ᐃᓂᑭᓂᓯᑦ, ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ. ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ, ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ, ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ. ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ, ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ. ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ, ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ. ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ, ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ.

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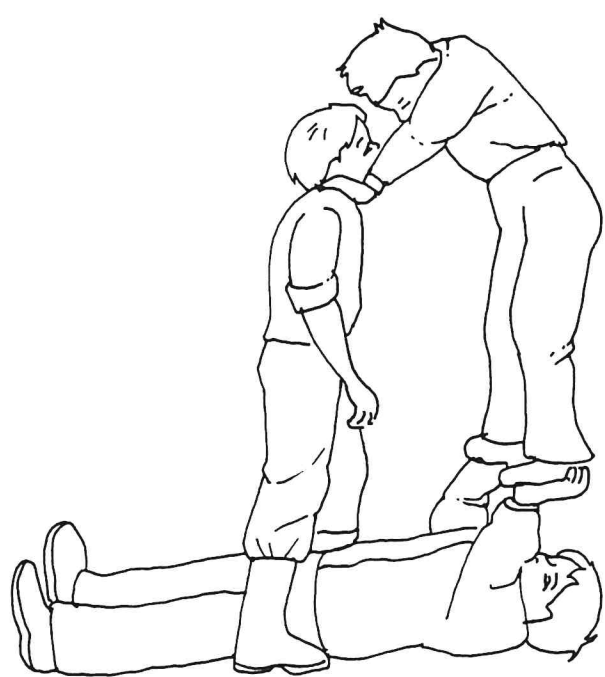
ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ. ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ ᐃᓂᓂᓯᑦ.

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OUTLINE

Section 1: Kicks

- 1 - Two Foot High Kick
- 2 - One Foot High Kick
- 3 - One Foot Hop Kick
- 4 - Alaskan High Kick
- 5 - One Foot Belt Kick
- 6 - Swing Kick
- 7 - Toe Kick (Alaskan)
- 8 - Back Extension Kick

Section 2: Reaches

- 1 - One Hand Reach
- 2 - Mouth Reach
- 3 - Bench Reach
- 4 - Side Reach
- 5 - Chair Twist Mouth Reach

Section 3: Pulls

- 1 - Arm Pull
- 2 - Wrist Pull
- 3 - Finger Pull
- 4 - Hand Pull
- 5 - Neck Pull
- 6 - Ear Pull
- 7 - Foot Pull
- 8 - Mouth Pull
- 9 - Walrus Pull
- 10 - Match Stick Pull
- 11 - Indian Stick Pull
- 12 - Stick Pull

Section 4: Push

- 1 - Head Push
- 2 - Musk Ox Fight
- 3 - Back Push
- 4 - Eskimo Style Push-Ups
- 5 - One Hand Push-Up

Section 5: Hangs

- 1 - Rope Gymnastics
- 2 - Nulaujamut Nusuunguanik (Rope Pulling)
- 3 - Toe Hang
- 4 - Finger Hang

ᐅᑲᑲᐅᐅᐅ

ᐅᑲᑲᐅᐅᐅ 1: ᐅᑲᑲᑲᑲ

- 1 - ᐅᑲᑲᑲᑲ ᑲᑲᑲᑲᑲ ᐅᑲᑲᑲᑲ
- 2 - ᐅᑲᑲᑲᑲᑲ ᐅᑲᑲᑲᑲ
- 3 - ᐅᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲ ᐅᑲᑲᑲᑲ
- 4 - ᐅᑲᑲᑲᑲᑲᑲᑲ ᐅᑲᑲᑲᑲᑲ
- 5 - ᐅᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲᑲᑲ ᐅᑲᑲᑲᑲᑲ
- 6 - ᐅᑲᑲᑲᑲ ᐅᑲᑲᑲᑲᑲ
- 7 - ᐅᑲᑲᑲᑲᑲ ᐅᑲᑲᑲᑲᑲᑲ (ᐅᑲᑲᑲᑲᑲᑲᑲ)
- 8 - ᐅᑲᑲᑲᑲᑲᑲᑲᑲ

ᐅᑲᑲᐅᐅᐅ 2: ᐅᑲᑲᑲᑲᑲ

- 1 - ᐅᑲᑲᑲᑲᑲᑲ ᐅᑲᑲᑲᑲᑲᑲ
- 2 - ᑲᑲᑲᑲᑲᑲ ᐅᑲᑲᑲᑲᑲᑲ
- 3 - ᑲᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲ
- 4 - ᑲᑲᑲᑲᑲᑲᑲᑲ
- 5 - ᐅᑲᑲᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲᑲᑲᑲ

ᐅᑲᑲᐅᐅᐅ 3: ᑲᑲᑲᑲᑲ

- 1 - ᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲ
- 2 - ᐅᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲ
- 3 - ᑲᑲᑲᑲᑲᑲᑲᑲ
- 4 - ᐅᑲᑲᑲᑲᑲ
- 5 - ᑲᑲᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲᑲ
- 6 - ᑲᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲᑲ
- 7 - ᐅᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲᑲ
- 8 - ᑲᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲᑲ
- 9 - ᐅᑲᑲᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲᑲᑲ
- 10 - ᐅᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲᑲ
- 11 - ᐅᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲᑲᑲᑲ
- 12 - ᑲᑲᑲᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲᑲ

ᐅᑲᑲᐅᐅᐅ 4: ᐅᑲᑲᑲᑲ

- 1 - ᑲᑲᑲᑲᑲᑲ ᐅᑲᑲᑲᑲᑲ
- 2 - ᐅᑲᑲᑲᑲᑲᑲᑲᑲ
- 3 - ᑲᑲᑲᑲᑲᑲ ᐅᑲᑲᑲᑲᑲᑲ
- 4 - ᐅᑲᑲᑲᑲᑲᑲ ᐅᑲᑲᑲᑲᑲᑲᑲ
- 5 - ᐅᑲᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲᑲᑲ

ᐅᑲᑲᐅᐅᐅ 5: ᐅᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲ

- 1 - ᐅᑲᑲᑲᑲᑲᑲ
- 2 - ᑲᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲᑲᑲ
- 3 - ᐅᑲᑲᑲᑲᑲᑲ ᐅᑲᑲᑲᑲᑲᑲᑲᑲ
- 4 - ᑲᑲᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲᑲ



Section 6: Lifts

- 1 - Eskimo Push Up
- 2 - Dead Man Weight Lift
- 3 - Straddle Lift
- 4 - Airplane
- 5 - Ear Lift

Section 7: Hops/Walks/Jumps

- 1 - Rabbit Hop
- 2 - Owl Hop
- 3 - Knuckle Hop
- 4 - Push Up Hop
- 5 - Kneel Jump
- 6 - Standing High Jump
- 7 - Stick Jump
- 8 - Butt Bump
- 9 - Squat Jump
- 10 - Sitortaq
- 11 - Two Stride Jump
- 12 - Sealskin/Caribou Skipping
- 13 - Elbow Walk
- 14 - Knee Walk
- 15 - Misiqtuktut (Skipping)
- 16 - Stick Walk
- 17 - Missittanguak (Window Jump)
- 18 - Heel Kicks
- 19 - Hand Walk

Section 8: Twists and Rotations

- 1 - Wrist Twist
- 2 - Finger Twist
- 3 - Twist Around Stick
- 4 - Stick Twist
- 5 - Neck Twist
- 6 - Leg Twist
- 7 - Parka Rotation
- 8 - Chair Rotation
- 9 - Back Bend
- 10 - Hand Springs

Section 9: Wrestling

- 1 - Leg Wrestle
- 2 - Finger Wrestle
- 3 - Chair Wrestle
- 4 - Nikivittuq

ᐅᐱᑲᑩᑦᑦᑦᑦ 6: ᑦᑲᑲᑦᑦᑦᑦᑦᑦ ᐅᐱᑦᑦᑦᑦᑦ

- 1 - ᐅᐱᑲᑦᑦᑦᑦ ᐅᐱᑲᑦᑦᑦᑦ ᑎᑦᑦᑦᑦᑦ
- 2 - ᐅᐱᑲᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦ
- 3 - ᑦᑦᑦᑦᑦᑦᑦᑦ ᑎᑦᑦᑦᑦᑦ ᑲᑦᑦᑦᑦᑦᑦᑦ
- 4 - ᑎᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 5 - ᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦ

ᐅᐱᑲᑩᑦᑦᑦᑦ 7: ᑦᑦᑦᑦᑦᑦᑦ/ᐱᑦᑦᑦᑦᑦᑦᑦ/ᑦᑦᑦᑦᑦᑦᑦᑦᑦ

- 1 - ᐅᑲᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 2 - ᐅᑲᐱᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 3 - ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 4 - ᐅᑲᑦᑦᑦᑦᑦᑦᑦᑦ ᐅᑲᑦᑦᑦᑦᑦ
- 5 - ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 6 - ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 7 - ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᐅᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 8 - ᐅᑦᑦᑦᑦᑦᑦᑦᑦ ᐅᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 9 - ᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 10 - ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 11 - ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 12 - ᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 13 - ᐅᑦᑦᑦᑦᑦᑦᑦᑦ ᐱᑦᑦᑦᑦᑦᑦᑦᑦ
- 14 - ᑦᑦᑦᑦᑦᑦᑦ ᐱᑦᑦᑦᑦᑦᑦᑦᑦ
- 15 - ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 16 - ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᑎᑦᑦᑦᑦᑦᑦᑦ ᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 17 - ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 18 - ᑦᑦᑦᑦᑦᑦᑦᑦ ᐅᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 19 - ᐅᑦᑦᑦᑦᑦᑦᑦ ᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ

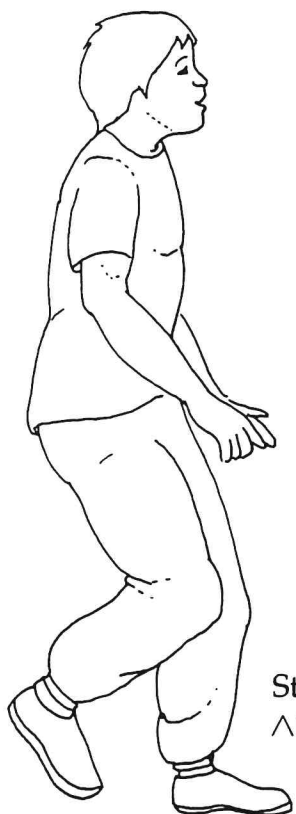
ᐅᐱᑲᑩᑦᑦᑦᑦ 8: ᑦᑦᑦᑦᑦᑦᑦᑦ ᑲᐅᐱᑦᑦᑦᑦᑦᑦ

- 1 - ᐅᑲᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 2 - ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 3 - ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᑲᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 4 - ᑲᐅᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 5 - ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᐅᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 6 - ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 7 - ᑲᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᑲᐅᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 8 - ᐅᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᐅᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 9 - ᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 10 - ᐅᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ

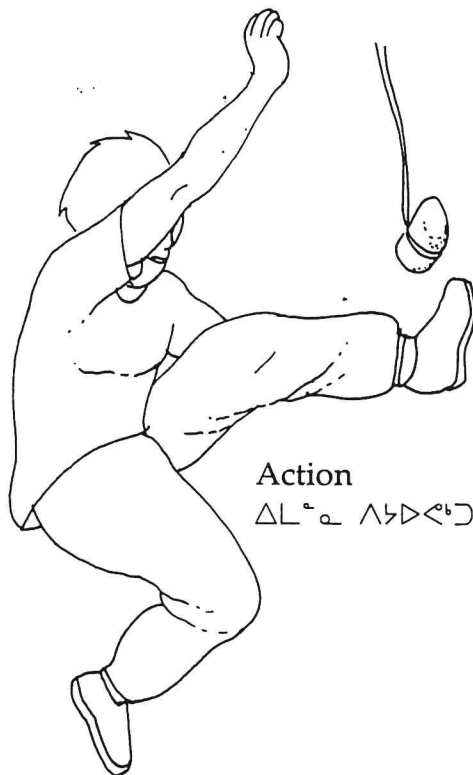
ᐅᐱᑲᑩᑦᑦᑦᑦ 9: ᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ

- 1 - ᑦᑦᑦᑦ ᐅᑦᑦᑦᑦᑦᑦ ᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 2 - ᐅᑦᑦᑦᑦᑦᑦ ᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 3 - ᐅᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᐱᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ
- 4 - ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ

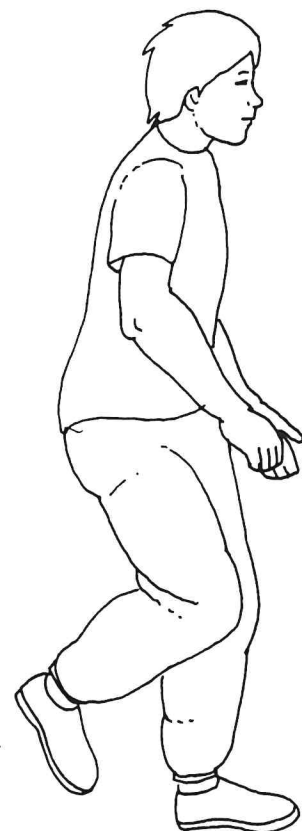
One Foot Hop Kick



Start
ፈገገሮ



Action
ፈገገሮ ፈገገሮ



Landing
ገገሮ

3. ONE FOOT HOP KICK

Equipment: High kick stand

Stance and Start: Approach target hopping on either foot.

Movement: Kick target with the foot you are hopping on. Land on the same leg and maintain balance.

Judging and Scoring: Three tries per level or height. The target is raised two inches at a time and one inch when it gets higher.

ፈገገሮ ፈገገሮ

3. ፈገገሮ ፈገገሮ ፈገገሮ

ፈገገሮ ፈገገሮ ፈገገሮ ፈገገሮ ፈገገሮ

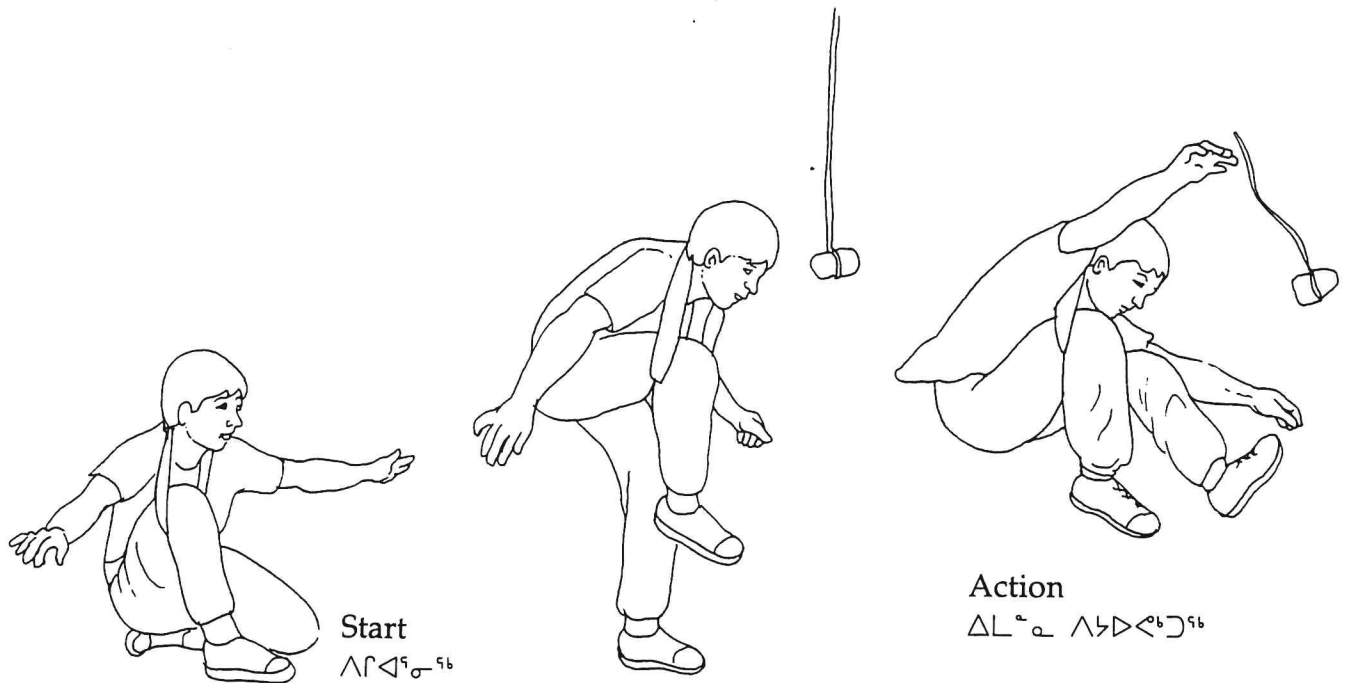
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ፈገገሮ ፈገገሮ ፈገገሮ ፈገገሮ ፈገገሮ ፈገገሮ ፈገገሮ

ፈገገሮ ፈገገሮ ፈገገሮ ፈገገሮ ፈገገሮ ፈገገሮ ፈገገሮ ፈገገሮ

One Foot Belt Kick

ወሳኝ ጊዜ ላይ ለሌሎች ለማድረግ የሚያገለግል ስልጣን



5. ONE FOOT BELT KICK

Equipment: High kick stand, belt or thong about 3 feet long

Stance and Start: Kneel on the floor and place the belt or thong around the neck and put the non-kicking foot through the loop.

Movement: Without using the hands, competitor must try to get up off the floor onto the free standing leg. Keep balance, hop to target and kick target with free standing leg.

Judging and Scoring: Three tries are given to get onto your feet and three tries are given to kick the target. The target is raised as for other kicks.

5. አንድ ጊዜ ላይ ለሌሎች ለማድረግ የሚያገለግል ስልጣን

ሰጪ ነገር: ለሌሎች ለማድረግ የሚያገለግል ስልጣን ላይ ለሌሎች ለማድረግ የሚያገለግል ስልጣን

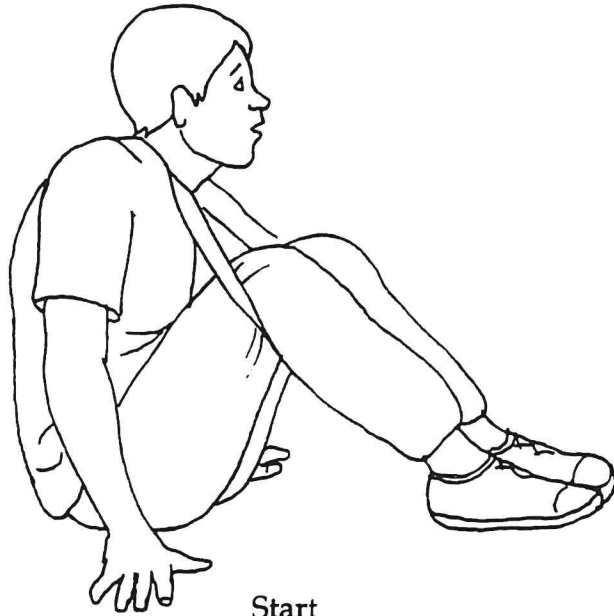
ስልጣን: ላይ ለሌሎች ለማድረግ የሚያገለግል ስልጣን ላይ ለሌሎች ለማድረግ የሚያገለግል ስልጣን

ሰጪ ነገር: ለሌሎች ለማድረግ የሚያገለግል ስልጣን ላይ ለሌሎች ለማድረግ የሚያገለግል ስልጣን

ስልጣን: ለሌሎች ለማድረግ የሚያገለግል ስልጣን ላይ ለሌሎች ለማድረግ የሚያገለግል ስልጣን

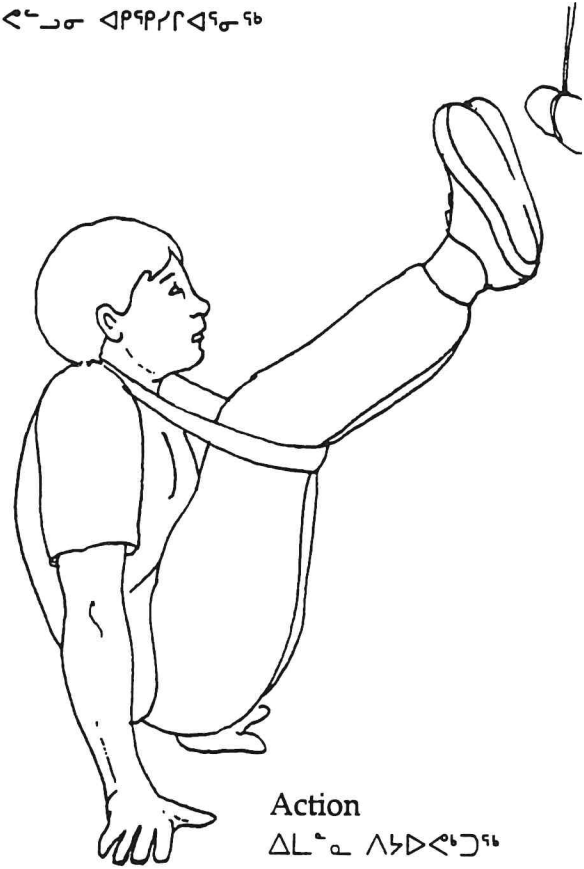
Swing Kick

6. Swing Kick



Start

Start



Action

Action

6. SWING KICK

Equipment: High kick stand, belt or thong

Stance and Start: Sitting on the floor with knees together and up, place the belt around the neck and under the knees. Both legs are through the belt.

Movement: With hands placed on the floor at each side, lift the body off the floor. Reach target with toes together, kicking target and then returning feet to floor before the rump.

Judging and Scoring: Three attempts are given to lift the body off the floor and three attempts to kick the target.

6. Swing Kick

Equipment: High kick stand, belt or thong

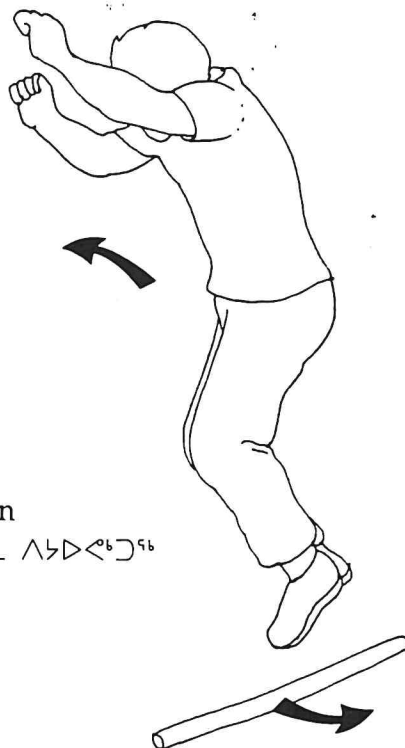
Stance and Start: Sitting on the floor with knees together and up, place the belt around the neck and under the knees. Both legs are through the belt.

Movement: With hands placed on the floor at each side, lift the body off the floor. Reach target with toes together, kicking target and then returning feet to floor before the rump.

Judging and Scoring: Three attempts are given to lift the body off the floor and three attempts to kick the target.

Toe Kick (Alaskan)

>⊘JŶJĈ ᄆᄃᄃᄆᄆᄆᄆᄆᄆ (ᄆᄆᄆᄆᄆᄆᄆ)



Action
Δᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆ

7. TOE KICK (ALASKAN)

Equipment: Broom handle or smooth round stick about 2-3 feet long

Stance and Start: With feet together, stand on a given line. A broom handle is placed two feet in front of the line widthwise.

Movement: Using toes, thrust body forward. Jump over the broom handle touching it gently with the toes and moving it backwards toward the line. Continue over the broom and land on two feet.

Judging and Scoring: If successful at a distance of two feet, move the broom handle two inches forward. The competitor must touch broom without resting any weight on the broom. Three tries are given for each distance.

7. >⊘JŶJĈ ᄆᄃᄃᄆᄆᄆᄆᄆᄆ (ᄆᄆᄆᄆᄆᄆᄆ)

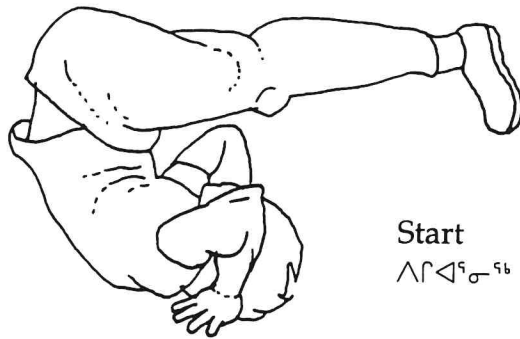
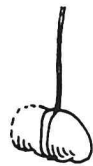
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ᄆᄆᄆᄆᄆᄆᄆᄆᄆ: ᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆᄆ, ᄆᄆᄆᄆᄆᄆᄆᄆ ᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆᄆ. ᄆᄆᄆᄆᄆ ᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆ.

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ᄆᄆᄆᄆᄆᄆᄆᄆᄆ: ᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆ 2", ᄆᄆᄆᄆᄆᄆᄆᄆᄆ. ᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆ, ᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆ. ᄆᄆᄆᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆ ᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆ, ᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆᄆ.

Back Extension Kick



Start
 ለገረግግ

8. BACK EXTENSION KICK

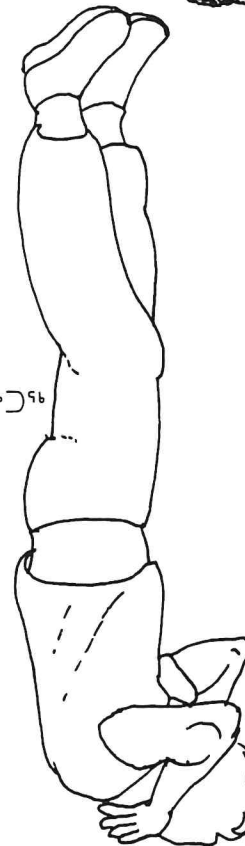
Equipment: High kick stand

Stance and Start: Laying flat on your back, place hands beside your head with palms down and bring both legs together and up to chest in pike position. The target should be directly up above the competitor approximately where belly button is.

Movement: In pike position, spring up in kip movement thrusting legs up to kick target. Land on feet.

Judging and Scoring: Three tries at each height. Target is raised two inches at a

የረገግ ለገረግግ



Action
 ለገረግግ ለገረግግ

8. የረገግ ለገረግግ

ሰጠኛ: ረገግ ለገረግግ

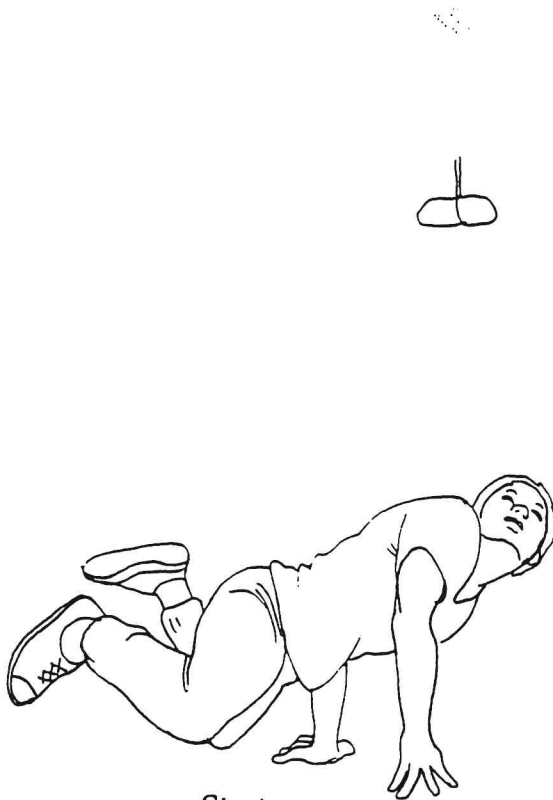
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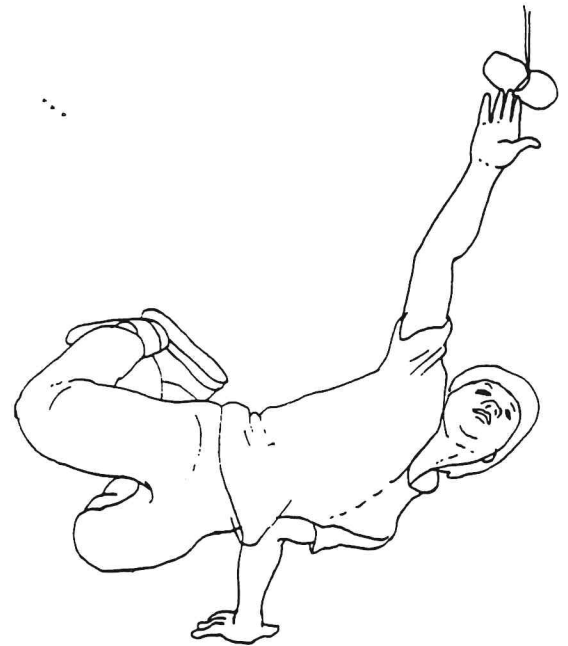
One Hand Reach

ᐱᐱᐅᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃ



Start

ᐱᐱᐅᖃᖃᖃᖃᖃ



Action

ᐱᐱᐅᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃ

1. ONE HAND REACH

Equipment: High kick stand

Stance and Start: Balance body on one arm with elbow tucked into abdomen. Spread legs slightly apart and bend knees closer to body to help keep balance. Spread fingers wide to help provide stable base.

Movement: On one arm, reach up and touch target. Return hand to floor before any other part of your body touches the ground.

Judging and Scoring: Three tries at each height. Target is raised two inches at a time.

1. ᐱᐱᐅᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃ

ᐱᐱᐅᖃᖃᖃᖃᖃ: ᐱᐱᐅᖃᖃᖃᖃᖃ

ᐱᐱᐅᖃᖃᖃᖃᖃ: ᐱᐱᐅᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃᖃ.

ᐱᐱᐅᖃᖃᖃᖃᖃᖃᖃ: ᐱᐱᐅᖃᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃᖃᖃᖃ.

ᐱᐱᐅᖃᖃᖃᖃᖃᖃᖃ: ᐱᐱᐅᖃᖃᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃᖃ ᐱᐱᐅᖃᖃᖃᖃᖃᖃᖃᖃᖃ 2 ᐱᐱᐅᖃᖃᖃᖃᖃᖃ.

