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INUIT GAMES

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INUIT GAMES

Prepared and Produced by:

KEEWATIN INUIT ASSOCIATION Rankin Inlet, N.W.T. X0C 0G0

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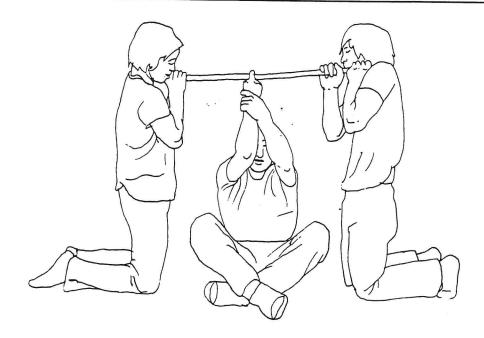
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1989





FOREWORD

The purpose of this manual is to record the traditional games played by the Inuit and to preserve a unique form of sports and recreation experienced by the people of Northern Canada.

This manual contains descriptions of the games played throughout the Arctic with special emphasis on the Keewatin Region. As new games are researched, they can be added to the manual.

As well, the manual contains aids on how to teach Inuit games and other organized games in the school or community setting; what equipment to use and how to make it and other valuable information which may be relevant to a recreation or school program.

Besides being an essential part of the Inuit culture, Inuit games represent an excellent form of exercise for the young and old alike.

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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.

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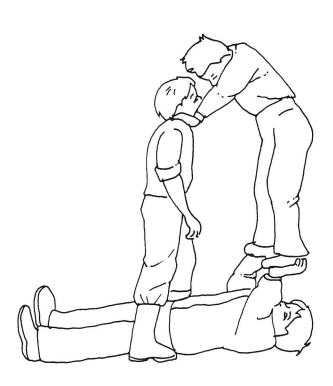
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HISTORY

"The origin of many Inuit games have never been uncovered. Some of the games are believed to have been learned more recently from the whalers of the 19th century.

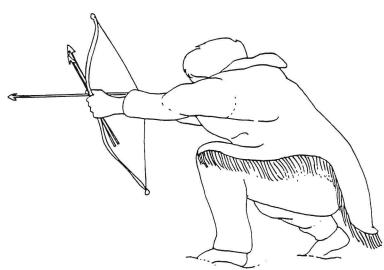
Most traditional Inuit games involve competition between two people in an atmosphere of fun-loving rivalry. The Arctic winter, coupled with the restriction of small winter shelters tended to inhibit the development of activities of a running nature - activities which may have led to more involved team sport. This is not to say, however, that team sports were not played at all."*

Contests are held which involve many people on a more individual basis. These games require great strength, concentration, coordination and flexibility; skills essential for traditional hunting and survival.

It is hoped that through this manual the games will be recorded in a systematic way and not lost to future generations.

* William M. Zuk, former principal Attagutalik School, Igloolik, N.W.T.

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INUIT GAMES

INTRODUCTION

Originally, Inuit games were played spontaneously and in an unstructured way. Rules were basic and often the games varied from region to region. Winning a game wasn't as important as the sheer fun and enjoyment of playing.

Many of the games described in this manual have been written up in a form applicable to more structured competition. With the advent of Territorial and Arctic wide games, a whole new set of rules, standards, and techniques have been established in order to determine the "winner" and maintain a record keeping system. The reader should keep in mind the spirit of fun and spontaneity in playing the games and need not get tied down to rules. Finding a winner becomes less important than participating and enjoying oneself.

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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

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- 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

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Section 6: Lifts

- 1 Eskimo Push Up
- 2 Dead Man Weight Lift
- 3 Straddle Lift
- 4 Airplane5 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 Twist7 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

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Section 10: Quiet Games

- 1 Ajagaak
- 2 Ayarak (String Games)
- 3 Iglukita (Juggling)
- 4 Bag of Bones
- 5 Bone Toss
- 6 Anutujuak
- 8 Open Hand Ball Pass
- 9 Akserk (Chanting Game)
- 10 Scare
- 11 Iglagunerk (Laughing Contest)
- 12 Toss the Ball
- 13 Napartaq
- 14 Ipluktaq
- 15 Imiglugtaq

Section 11: Active and Other Games

- 1 Atayak (Sand Ball)
- 2 Arksanik (Soccer)
- 3 Amagoyak (Wolfman)
- 4 Anauligak (Inuit Baseball)
- 5 Rope Tag
- 6 Unark (Harpoon Throw)
- 7 Millunguannik (Throwing Stones)
- 8 Tuluktutissuq (Caribou Antler Throw)
- 9 Pattak Pillitattuk (Bouncing Egg)
- 10 Pititsik Qatjulu (Bows and Arrows)
- 11 Quikiutunnguak Tasijualik (Slingshot)
- 12 Illuuk (Sling)
- 13 King of the Hill
- 14 Ice Spin
- 15 Sitorok (Sliding)
- 16 Dog Team
- 17 Nugluktuq
- 18 Ipiraktut (Whip)
- 19 Nalukataak (Blanket Toss)
- 20 Drum Dance
- 21 Tuptauyanerk (Blindfold Tag)

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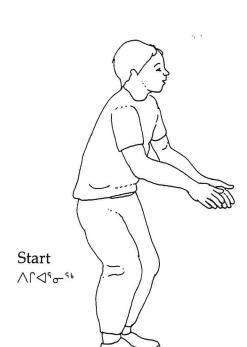
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Two Foot High Kick



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1. TWO FOOT HIGH KICK

Equipment: High kick stand

Stance and Start: Start from a standing position under the target or up to 10 feet from the target.

Movement: Walk or run toward the target. Jump from both feet and, keeping feet together, kick target. Land on two feet and maintain balance.

Judging and Scoring: The starting height is established by the competitors and the judge based on the skill levels. Three tries are given each competitor at each height. The target is raised two inches at a time. When it begins to get difficult the competitors may decide to only have the target raised one inch. The target must be clearly hit with two feet. If there is a tie, the number of failed kicks at all attempted heights is counted. The person with the least number of failed kicks wins.

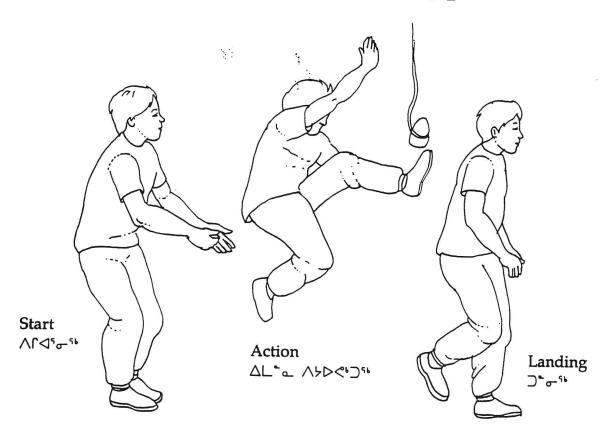
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One Foot High Kick

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2. ONE FOOT HIGH KICK

Equipment: High kick stand

Stance and Start: Start from a standing position under the target or up to 10 feet from the target.

Movement: Walk or run toward target. Jump from two feet, kick target with one foot only (left or right) and land on the same foot that you kicked the target with. Maintain balance by bouncing on the one foot that landed before dropping the other foot to the floor.

Judging and Scoring: Same as for Two Foot High Kick except that the target must be clearly kicked by one foot.

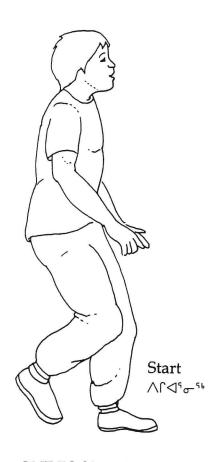
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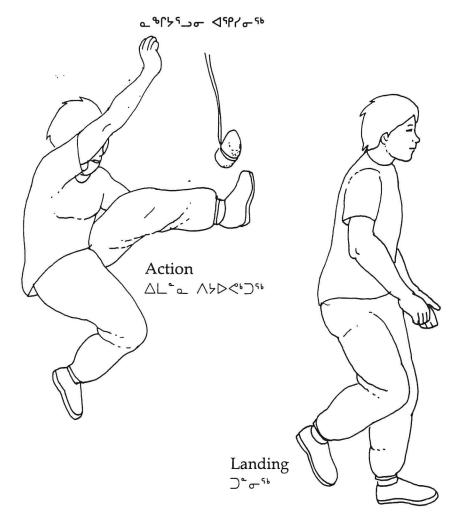
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One Foot Hop Kick





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.

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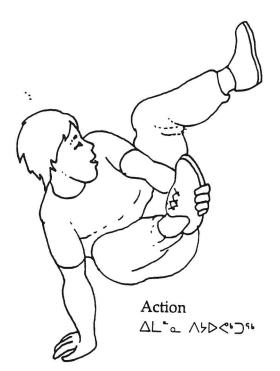
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Alaskan High Kick

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4. ALASKAN HIGH KICK

Equipment: High kick stand

Stance and Start: Sit on the floor with one hand placed on the floor behind the rump. Grab the opposite foot with free hand. This opposite foot is the non-kicking foot.

Movement: Lift the body off the floor and kick the target with the free foot. The kicking foot must return to the floor before the rump does.

Judging and Scoring: Three tries for each height. Target is raised two inches at a time and one inch when it gets higher.

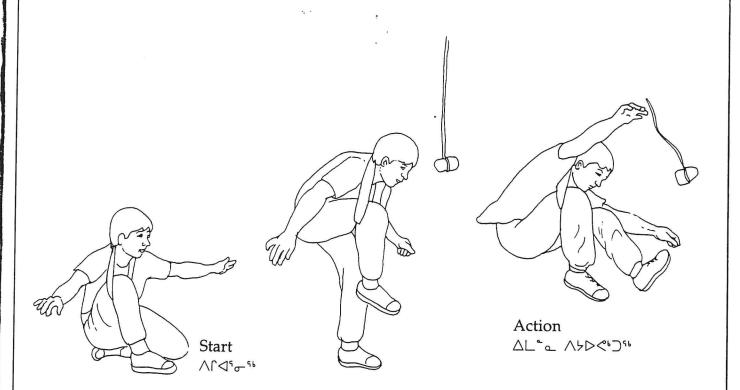
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One Foot Belt Kick

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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.

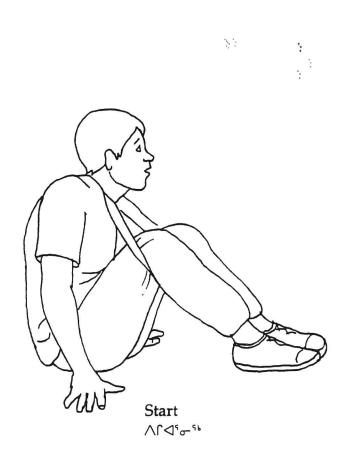
Movement: Without using the hands, competitor must try to get up off the floor onto the free standing leg. Keep balance, hop to target and kick target with free standing leg.

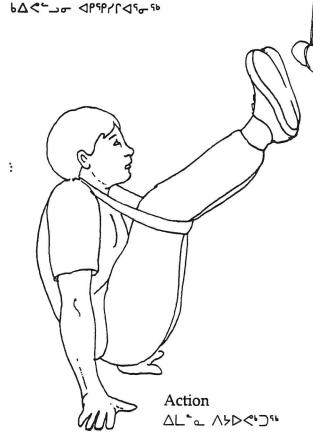
Judging and Scoring: Three tries are given to get onto your feet and three tries are given to kick the target. The target is raised as for other kicks.

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Swing Kick





6. SWING KICK

Equipment: High kick stand, belt or thong

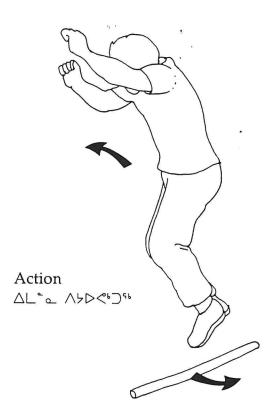
Stance and Start: Sitting on the floor with knees together and up, place the belt around the neck and under the knees. Both legs are through the belt.

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.

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7. TOE KICK (ALASKAN)

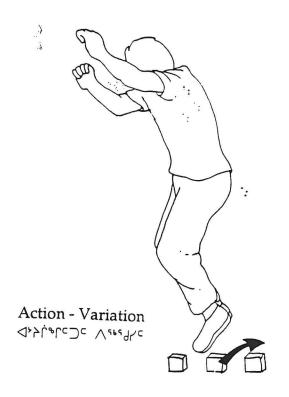
Equipment: Broom handle or smooth round stick about 2-3 feet long

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.

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Variation

Equipment: Three blocks about 3-4 inches square.

Stance and Start: Same as above with three blocks placed in front of the set line one in front of the other. The first block is on the line, the second block is about 4 inches in front of the first and the third block another 4 inches in front of the second.

Movement: The competitor jumps over all three blocks kicking the middle block back over the first block. The two end blocks must not be disturbed by the middle block. If successful, the distance is increased between the two end blocks by one inch each block.

Judging and Scoring: Increase the distance an inch at a time. Three tries are given for each distance.

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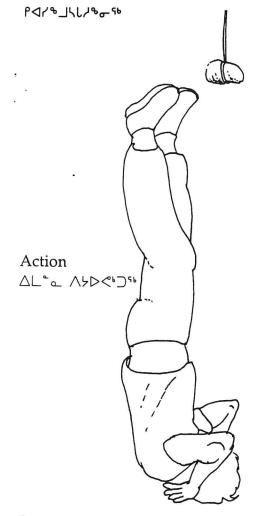
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Back Extension Kick







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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

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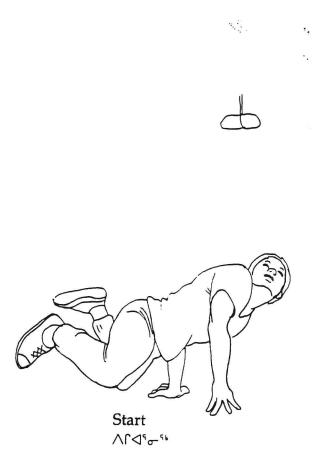
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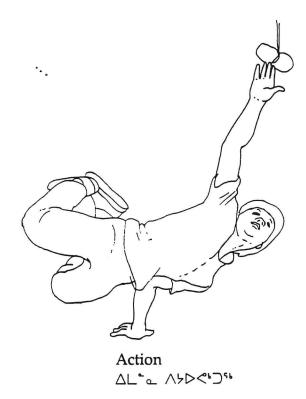
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Section 2 - Reaches and the 2 - aby a land

One Hand Reach





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.

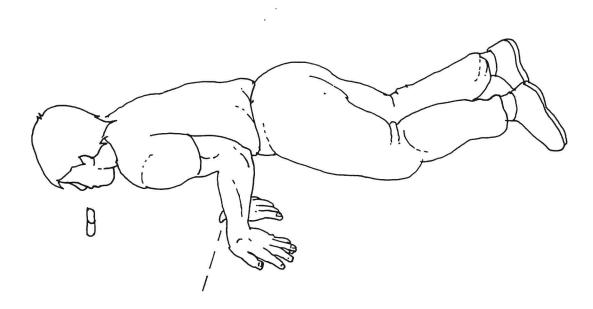
Movement: On one arm, reach up and touch target. Return hand to floor before any other part of your body touches the ground.

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

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2. MOUTH REACH

Equipment: Small block of wood or cigarette lighter. Any small object will do.

Stance and Start: Balance body on both arms with elbows tucked into the abdomen or at sides of chest. Legs are extended behind.

Movement: While balancing on two arms, grab block with mouth and place as far forward from the set line as you can reach. Do not lose balance or drop feet to floor until you return to the starting position. The next competitor tries to move the object farther forward.

Judging and Scoring: Three attempts each try. Elimination of competitors based on distance reached.

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