

TOKYO TEN | 東京10



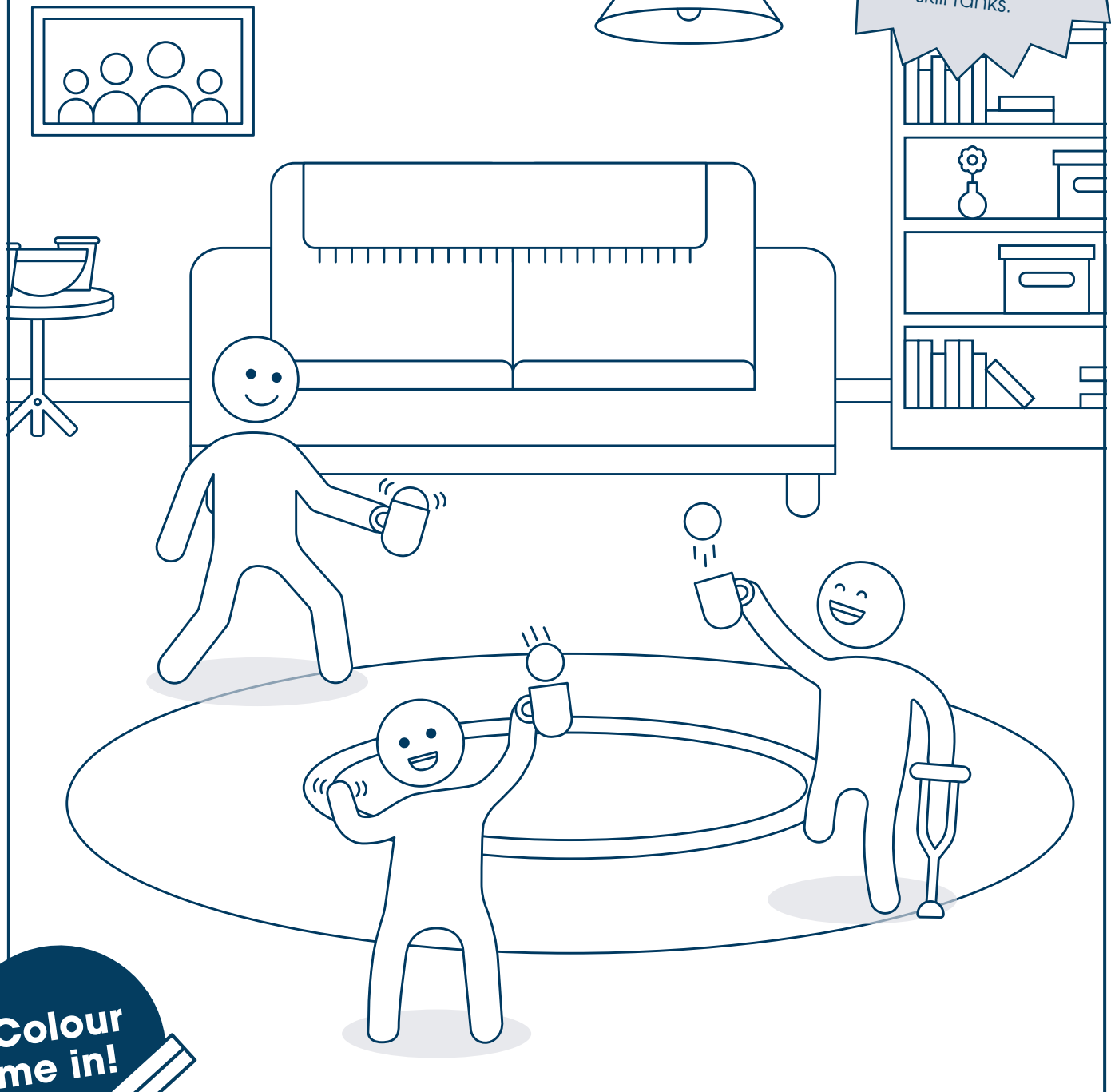
A 10-minute activity to get everyone moving!

KENDAMA

タンデムライド | Kendama

Did you know?

Kendama is a traditional Japanese toy. A player must catch a ball on a spike or in one of three cups. Like martial arts, players show improvement by moving up skill ranks.



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10 Mins



KENDAMA

タンデムライド

Kendama

Ball Games



Activity type

Home

Away

Indoor

Outdoor

Equipment

- 1 plastic or paper cup for each player
- 1 small ball for each player (e.g. crumpled paper or a table tennis ball)

How to play



2

Shake the cup to toss the ball into the air. Try to catch it again in the cup.

1

Each player has a cup and ball. Place the ball inside the cup. Hold the cup in one hand.

3

Start slowly. Don't throw the ball too high. Keep practising until you can catch it.

4

How many times in a row can you catch the ball in the cup?

5

Set yourself a new challenge.

Variations

- Attach the ball to the cup with string or tape to make it more like Japanese Kendama.
- Pass the ball between two cups, one in each hand.
- Toss the ball to a partner who catches it with their cup.

Challenge yourself

- Can you throw the ball higher?
- Can you make more catches in 30 seconds?
- Can you use your other hand?

What next?



Try something similar

Badminton, table tennis, tennis, squash



Try something different

Swimming, diving, surfing, windsurfing



Log your activity and find more Tokyo Ten activities and resources at getset.co.uk/travel-tokyo
For more tennis-related activities ideas try getset.co.uk/aceit