

TOKYO TEN | 東京10



A 10-minute activity to get everyone moving!

BE BOULDER

じっと我慢 | Jitto Gaman

Did you know?

Bouldering is popular in Japan so Sports Climbing will join the Olympic Games for the first time at Tokyo 2020.



Colour me in!



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10 Mins



BE BOULDER

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Adventure



Activity type

Home

Away

Indoor

Outdoor

Equipment

Dice



How to play



2

The climbers crouch on their hands and feet (no knees!) - this is the rest position.

1

Pick one person to be the dice thrower, the rest will be climbers and agree what the numbers on the dice mean. For example:
1 = left hand
2 = right hand
3 = left foot
4 = right foot
5 = rest
6 = change thrower

3

The thrower throws the dice. The climbers lift the matching body part off the floor and try to stay balanced. Keep throwing until someone falls over or a 6 is thrown, then change the thrower. Who can follow the correct moves and stay balanced longest?

4

Keep going to see who can balance for the longest time! Speed up the game so climbers must change positions faster!

5

Lift up two body parts at once to make it more challenging. For example:
1 = left hand and right foot
2 = right hand and left foot
3 = left hand and left foot
4 = right hand and right foot

Variations

- Play sitting on a chair or standing and raise arms and legs.
- Follow a trail around the floor, alternating hands and feet to touch each trail marker.

Challenge yourself

- Can you balance without wobbling?
- Can you stretch out your lifted arm or leg?
- Can you keep going for longer than last time?

What next?



Try something similar

Bouldering, indoor climbing, adaptive climbing, adventure playground, monkey bars, balance beam



Try something different

Swimming, water polo, diving, sailing



Log your activity and find more Tokyo Ten activities and resources at getset.co.uk/travel-tokyo