

TOKYO TEN | 東京10

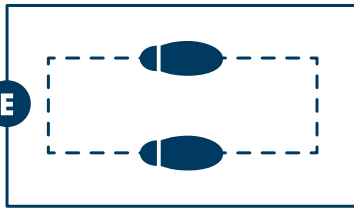
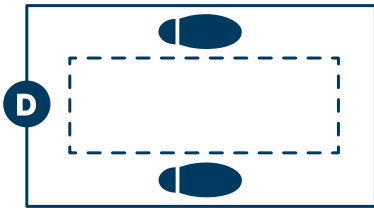
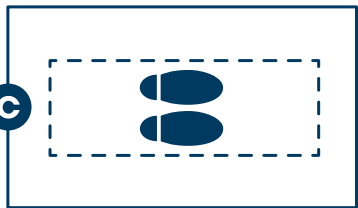
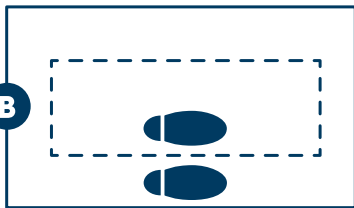
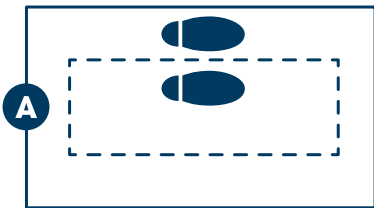
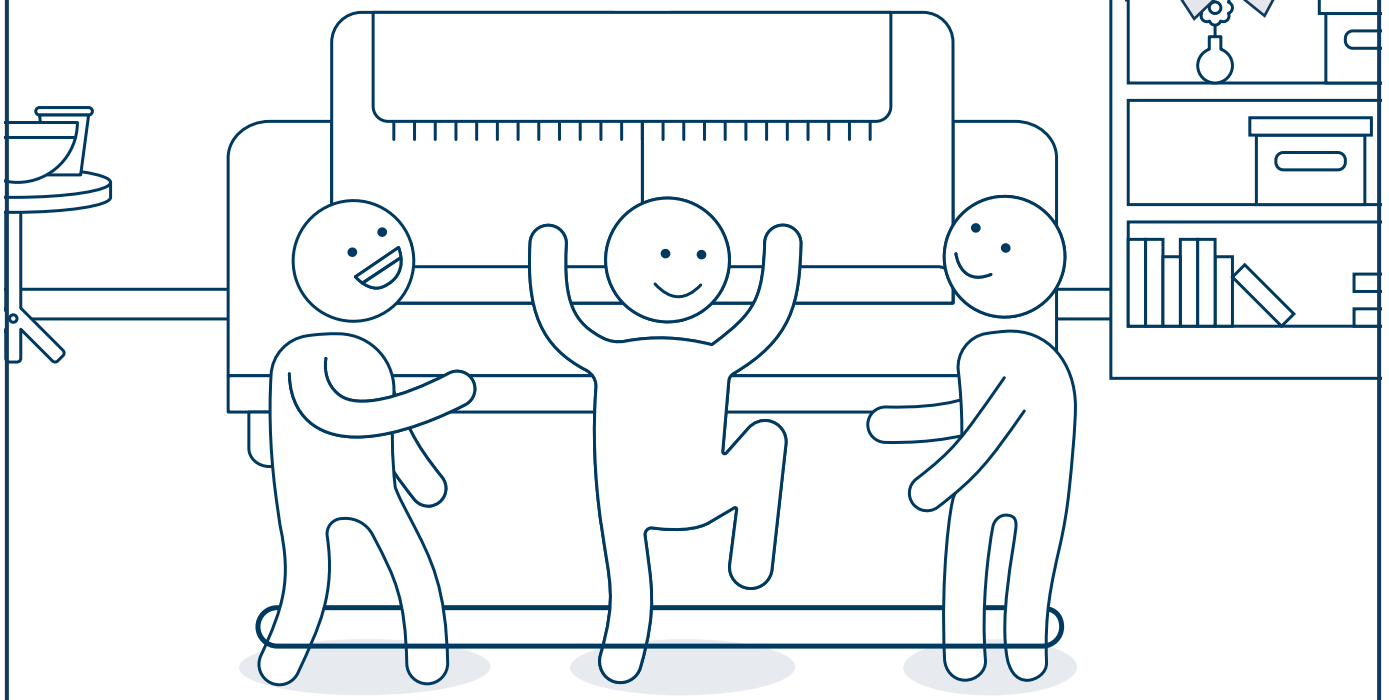


A 10-minute activity to get everyone moving!

JUMP TO IT

急げ! | Isoge!

Did you know?
The current world record holder for the most skips in one minute is held by a Japanese man: Daisuke Mimura who can do 348! Can you beat it?



Colour me in!

10 Mins



JUMP TO IT

急げ!
Isoge!

Martial Arts



Activity type

Home

Away

Indoor

Outdoor

Equipment

Elastic string or elastic bands joined to make a long loop, or French skipping ropes bought from a shop/online

How to play



2

A third player jumps over the elastic in the following order:

- A. One foot either side of the left-hand elastic.
- B. One foot either side of the right-hand elastic.
- C. Two feet between the elastics.
- D. Two feet outside the elastics.
- E. Two feet on the elastics.

1

Make a loop - approx. 1 metre long - with the elastic. Two players - the 'anchors' - face each other and loop the elastic around their ankles. They step back until it is taut, i.e. stretched to its full length.

3

Once the jumper has the hang of it, one of the anchors times them. Try seeing how many jumps you can do in 10 seconds. Now, try and beat that time. What's your personal best?

4

Swap roles so everyone gets to jump.

5

Ask your family if they know any jumping rhymes. If not, ask permission to look online.

Variations

- If you don't have three people, use chair legs as anchors.
- Wheel over or between elastics on the floor or step over them instead of jumping.
- Create new jumping patterns and rhymes.

Challenge yourself

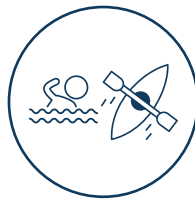
- Can you beat your personal best?
- Can you move the elastics higher?
- Can you use different obstacles or create new patterns to move around?

What next?



Try something similar

Karate, judo, taekwondo, kickboxing



Try something different

Swimming, bodyboarding/surfing, canoeing, rowing



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