

# TOKYO TEN | 東京10



A 10-minute activity to get everyone moving!

## KENDAMA

ケンダマ | 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.



Colour me in!

10 Mins



# KENDAMA

ケンダマ

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.

4

How many times in a row can you catch the ball 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.

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



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