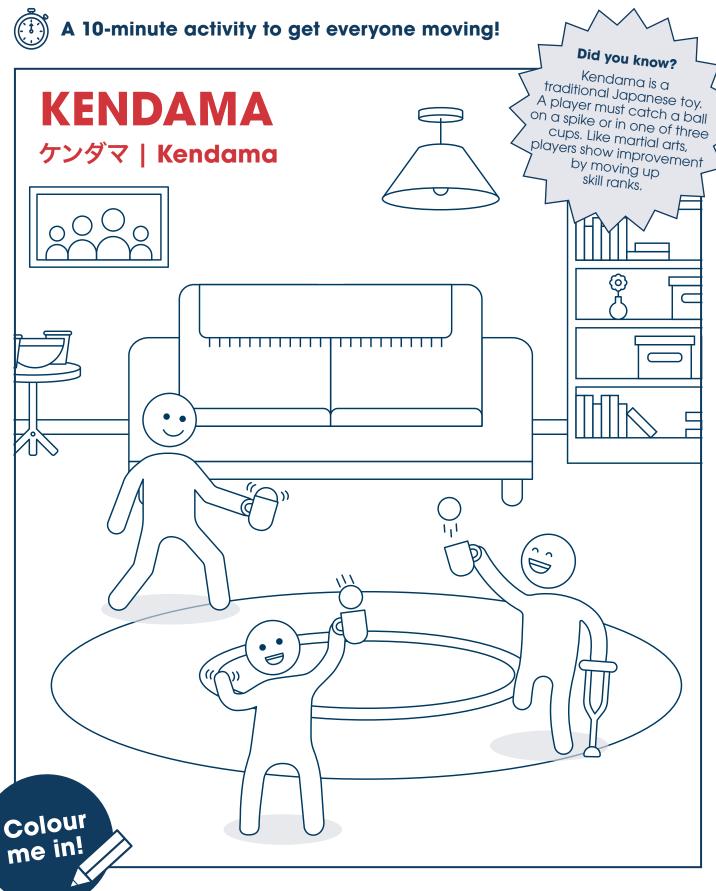
TOKYO TEN 東京10











10 Mins



KENDAMA

ケンダマ

Kendama

Ball Games



Activity type



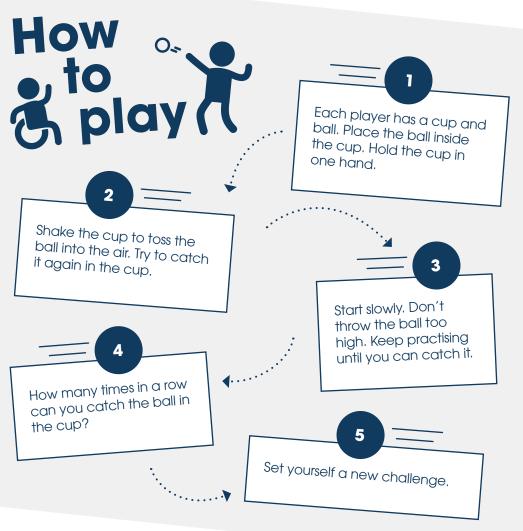
Away



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)



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







