

TOKYO TEN | 東京10



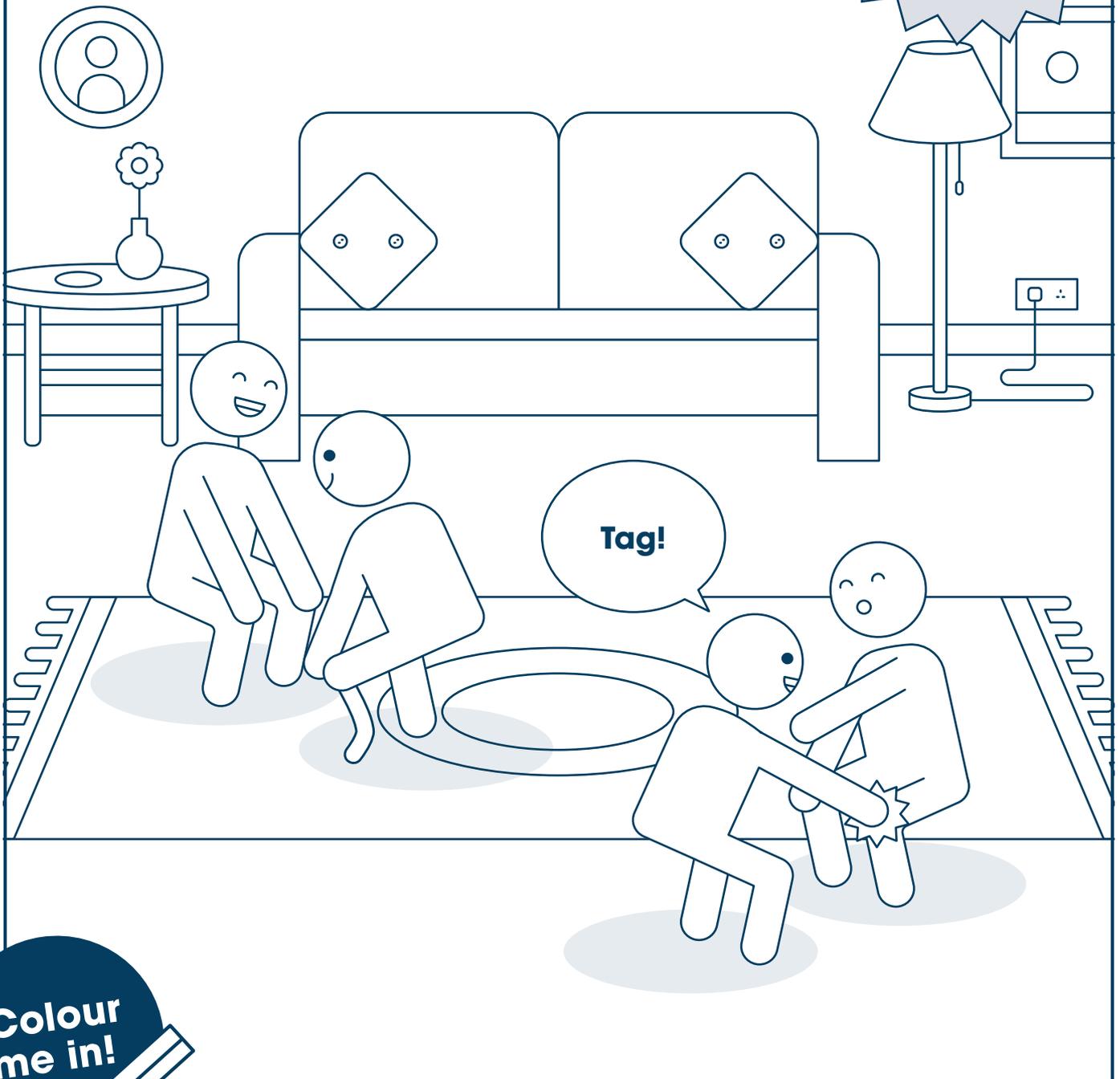
A 10-minute activity to get everyone moving!

KNEE TAG

膝タッチ | Hiza Tacchi

Did you know?

Tag is known as Onigokko in Japan and is a popular with children during school play time.



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10 Mins



KNEE TAG

膝タッチ

Hiza Tacchi

Martial Arts



Activity type

Home

Away

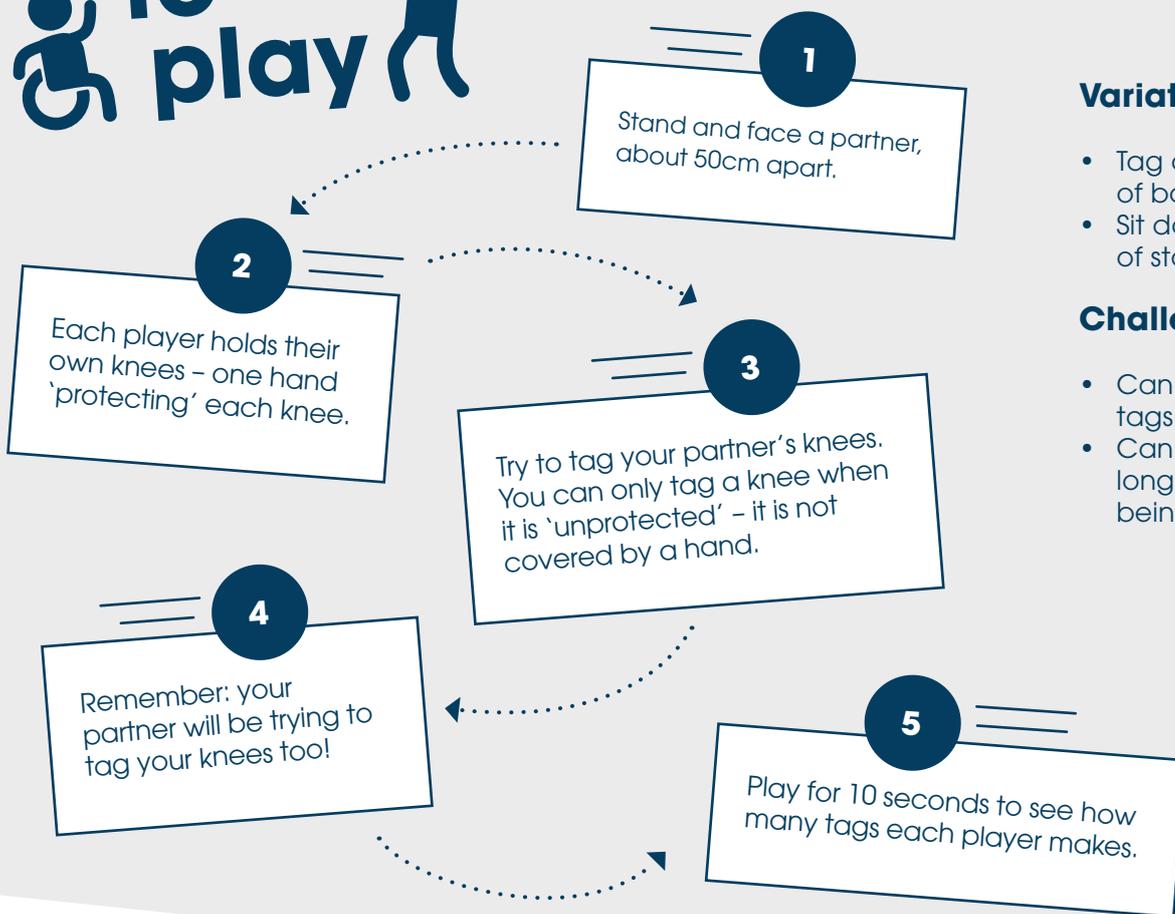
Indoor

Outdoor

Equipment

None

How to play



Variations

- Tag one knee instead of both knees.
- Sit down instead of standing.

Challenge yourself

- Can you make more tags in the time?
- Can you play for longer without being tagged?

What next?



Try something similar

judo, taekwondo, karate, wrestling



Try something different

swimming, diving, surfing, rowing, sailing



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