

## Japanese Sports Quiz

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### Teacher Script for Sports Quiz Presentation

Read the following background information to students before introducing the true or false question.

**Karate** will appear in the Olympic Games in 2021 for the first time. Karate was originally from China. There are no weapons in karate and competitors fight using their hands and feet to punch and kick. Karate uniforms are white and jackets are tied with belts called obi (*oh-bee*).

**Judo** has been in the Olympics since 1964. Judo was created in Japan. In judo, competitors don't kick or punch but try to throw their opponent onto the floor or hold them down so they can't move. There are almost 100 different ways (throwing and grappling) to do this. Judo uniforms are white or blue and also tied with obi. Now, judo is more popular in Europe than it is in Japan.

**Kendo** In kendo each person tries to hit their opponent with a sword to score points. They aim for their opponents head, torso, throat, or forearms. Hitting other areas does not score any points. Each competitor wears a mask and protective clothing called bogu (*bor-goo*) to stop them from being hurt. They also wear traditional Japanese trousers called hakama.

**Kyudo** is Japanese archery. The bow, called yumi, (*you-me*) is made from wood and bamboo. The arrow, called ya, is made from bamboo and feathers. The feathers come from birds like swans, geese or turkeys. The archer wears traditional Japanese trousers called hakama and white socks called tabi (*tabby*). The archer must shoot arrows at a small target.

**Yabusame** (*ya-boo-sah-may*) is horseback archery. The archer shoots three arrows at the targets whilst riding a horse. The archers use both hands to shoot so they need very good balance! Nowadays, yabusame can still be watched at special festivals in Japan.

**Sumo** is Japanese wrestling. Wrestlers, called rikishi, try to push their opponent out of the ring, or force any part of their body to touch the ground. Most professional sumo wrestlers live with other sumo wrestlers and have a strict training schedule (some get up as early as 5am). Now there are many top sumo wrestlers who are not Japanese. In Japan, sumo tournaments are shown on TV.

## Radio Taiso - Optional Extension Activity

### Background information

Radio Taiso is a series of simple exercises performed to music that have been practised for nearly 100 years in Japan. They are designed to use all of your muscles, so help with flexibility and fitness.

Radio Taiso was first introduced in 1928 and was played on the radio at the same time every morning. It is still played on Radio NHK (the national broadcaster) daily but people can do it any time of day at home or at work. People often perform the exercises in groups and especially before a large group activity. For example, radio taiso will always be performed at the beginning of school sports day.

Students sometimes do them between classes to help improve their concentration, so they can be used as a starter activity, during breaks between lessons, or as a warm up to physical activities.

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