

Taido Trick track for Kids



Who can participate?

Taido Trick Track for Kids is meant for children under 13 years old and with 7. kyu.

About the Trick Track:

Trick Track consists of ten different types of exercises of which the competition organizers decide which six (6) exercises will be performed in the competition. Competition organizers can also come up with one exercise by themselves. Organizers can use available equipment of the sports hall/ dojo.

Those six (6) exercises which the competition organizers choose can be performed in any order.

How to prepare:

One should reserve at least 10-15 minutes for the competitors to explore/test the track and to warm up. Organizers should show how the track should be performed.

Performance:

Competitors will be asked to line up according to the lottery result. Trick Track starts and ends with Bows. (Shomen-ni-tai-shite-rei, Shinpan-in-ni-tai-shite-rei, Otagai-ni-rei)

Competitors perform the Track one by one. Trick Track starts when the participant kicks shoomen-geri to a strike pad and at that time timekeeper starts the watch.

Judge must follow the competitor during the whole track and give immediate feedback if the performance is incorrect. In case the performance is wrong one must redo the exercise. Time stops when the competitor hits the strike pad with zuki.

Fastest competitor is the winner. Time is only thing that counts.

Prizes:

Prizes should be given right after event when competitors are lined for the end bows.

All participants receive gold medal. Prizes should be given out in this order: bronze, silver, gold and then rest of the competitors without announcing the ranking.

Judging:

Remember that the participants are children. If the performance is incorrect one must redo the exercise. If the performance is good but not perfect – it is accepted. Judges can help children by encouraging and providing guidance to them. Judge can also show the right way to do the performance.

Remember – one must have fun doing this!



TAIDO KIDS

Start:

shoomen-geri to a strike pad -> timekeeper starts the watch.

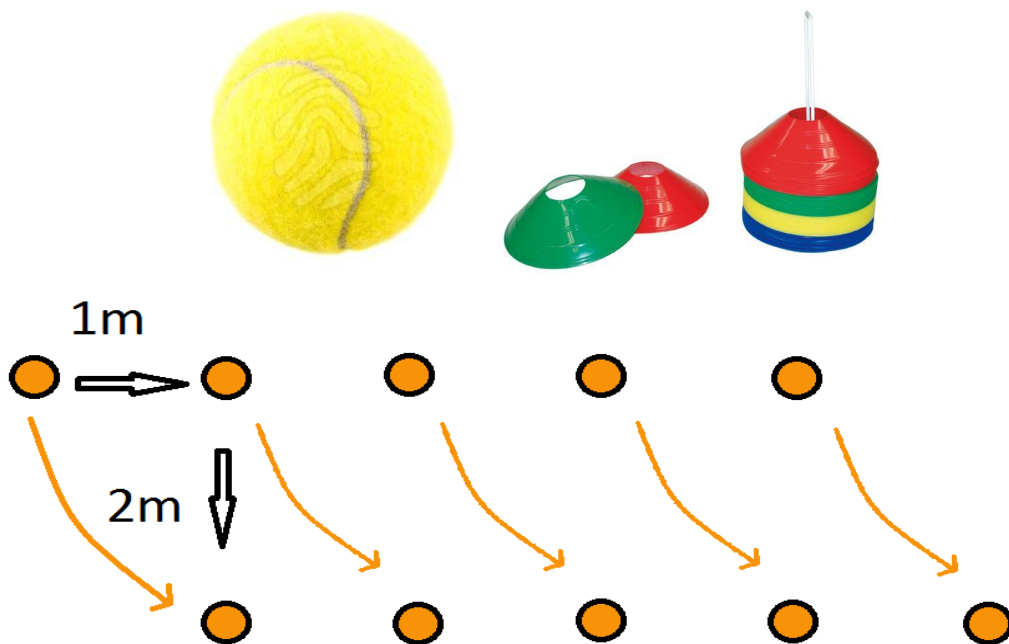
Equipments: STRIKE PAD, TIMER



Cones and balls

One must move the balls one by one from the top of the cone to on top of another cone. Cones are located on both sides of the track. One performs this part of the track first forward and then backwards.

Equipments: 10 CONES, 5 BALLS



Notice! If the ball falls or one does not get it on the top of the cone, one must lift it up and one cannot continue before the ball is at the right place.

Beanbag run

One must have beanbag on the top of the head and take a slalom run between the cones.

Distance of the cones is 1 meter. The length is 8 meters. One must perform this part of the track back and forth.

Equipments: 9 CONES, 1 BEANBAG



Notice! If the beanbag falls one must stop – lift it up – and continue after the beanbag is again on the top of the head. One is not allowed to touch the beanbag by hands while running.

Nengi gorge

One has feet at the other side of the tape and hands in the other side. One performs this part of the track by using nengi.

Equipments: TAPE

⇒ 2m



↓ 0,7m



Notice! If one touches tatami inside of the tapes by hip, knees or other part of one's body. One has to start the whole exercise from the beginning.

The Tunnel

One must crawl through the tunnel as quickly as possible.

Equipments: READY TUNNEL OR 2 LOW BENCH AND TATAMI ON THE TOP

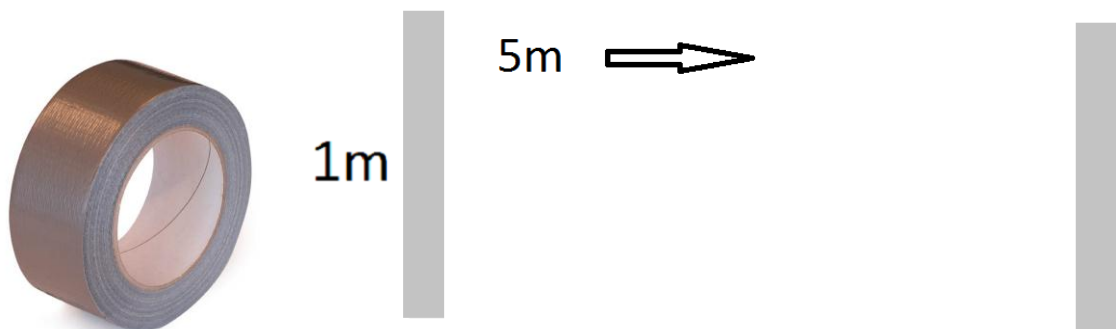


Roll like a Log

One must roll from the tape until the other tape. One's belt must touch the tape in both: beginning and in the end of rolling.

Total length for rolling distance is 5 meters, the length of the tape is 1 meter.

Equipments: TAPE



Notice! If the competitor rolls pass the ending line and one's belt doesn't touch the tape one must remove oneself (by crawling, spinning, or pushing with hands) back to the line before continuing.

Stallbars

Equipments: STALL BARS

When climbing up one must step to the first spoke. When one has climbed up one must touch the wall above the stall bars. When one moves laterally one's hands are at the highest spoke. When one comes down one must touch the lowest spoke.

Notice! Route must be marked clearly.



Removing beanbags

The goal is to move beanbags (balls, or other suitable items) one by one from square to another square.
The size of the square is 50cm x 50cm, and the distance between the squares is 6 meters.

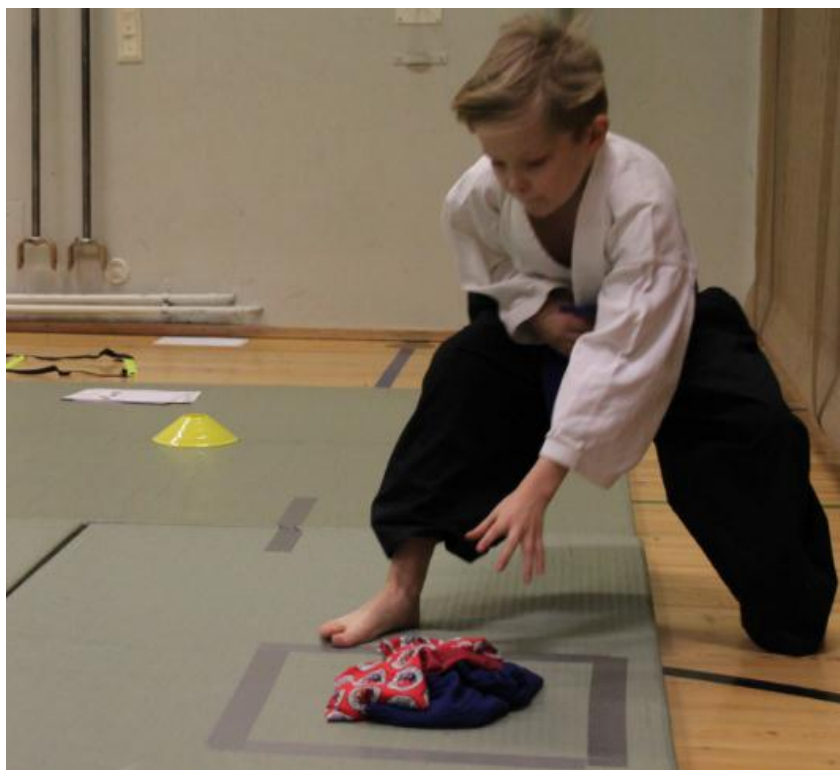
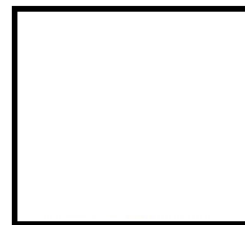
Equipments: TAPE AND 5 BEANBAGS



OR



6m

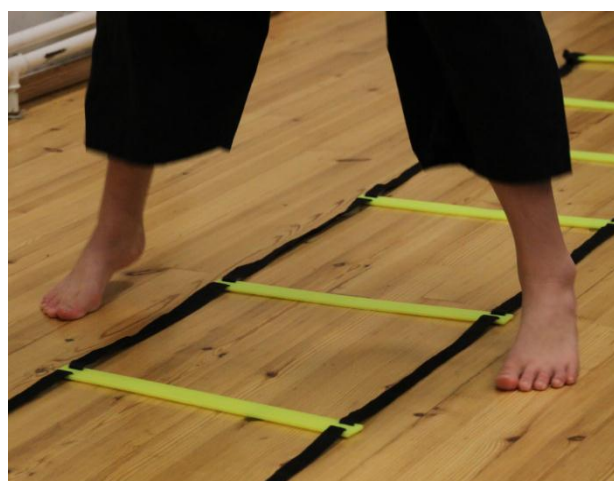


Notice! One's goal is to get the object inside the square. If the beanbag/ball is on the top of the tape it should be replaced inside the square. If one uses balls and they start to roll out of the square – one must make sure that the rolling ends and that the balls stay inside the square before one can continue.

Jumping squats

One has to jump inside the ladder and outside the ladder, both feet at the same time. One must jump in and out in every hole in the ladder.
One must perform jumping both forward and backwards.

Equipments: LADDER

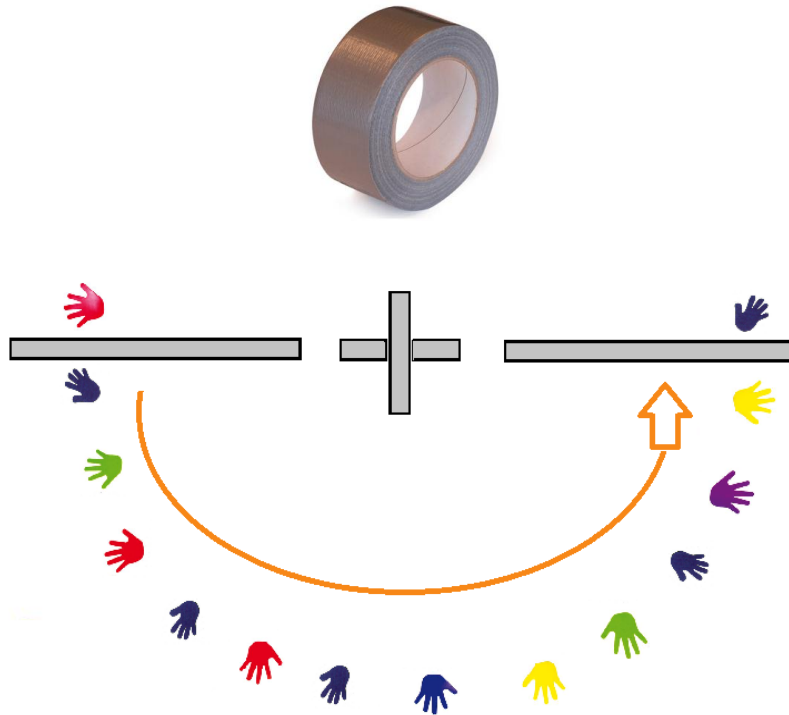


Notice! If the competitor jumps on the top of the ladder, one has to repeat that jump.
One does not have to start from the beginning.

Semicircle

Competitors feet stays at the same spot and competitor must use one's hands to make the semicircle.

Equipments: TAPE



Slalom

One jumps slalom with one leg and comes back with another leg.

Equipments: 5 CONES



Competition organizer's own exercise

Organizer can use available equipment of the sports hall/ dojo (cheese mats, wedge mat, wedges, fit balls, trampolines etc.)

One can also build a track just from the ten exercises mentioned above.

Remember that the participants are under 13 years old. Exercises must be inspiring, safe and suitable for children of this age and skill level. Children with young age should be capable of doing the exercise and it shouldn't cause any stress for the children.



End

Time stops when competitor makes zuki at the strike pad.

Equipments: STRIKE PAD, STOPWATCH

