

# INDIGENOUS

**WHY  
ACT  
NOW**

## Traditional Games



**BACKGROUND:** Games are an important part of Indigenous society which are passed on from generation to generation. Games teach cooperation, team work and social skills. They can also teach essential skills like target practice, hand/eye coordination and agility.

**CATEGORY:** Games of Strength

### ALASKAN HIGH KICK

The individual must support themselves with one hand on the ground while the other is holding their opposite foot. They use the other foot to kick a suspended target in an overhead position.

**Ultimate goal:** Individual cannot let go of their foot at any point. After kicking target, must land on the same foot they kicked with.

**Skills:** Balance and body control.



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Source: Arctic Winter Games

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### ARM PULL

Players interlock their arms at the elbows while sitting close together holding opponents ankle for support.

**Ultimate goal:** Break the elbow lock by straightening their opponents arm out or by pulling opponent over.

**Skills:** Maximum strength and endurance.



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**BACKGROUND:** Games of Strength are not just games, they are about survival skills. They are also a great way to teach lessons on math, physics, biology, geography, history and story telling.

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### FINGER PULL

Players interlock middle fingers and pull.

**Ultimate goal:** Straighten opponents finger or force opponent to give up.

**Skills:** Strength and endurance.



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### HEAD PULL

Two competitors face each other, only supported by their hands and toes. A leather loop is placed around their heads, above or below their ears. The higher the loop the more difficult the sport.

**Ultimate goal:** Individual wins when they pull their opponent across a target line or pull the loop off the opponents head.

**Skills:** Strength and endurance.



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**BACKGROUND:** Today, games are played purely for enjoyment and friendly competition.

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### KNEEL JUMP

Similar to long jump. Athlete kneels on the ground, with butt on their heels. Jump is achieved by swinging arms back and forth, creating upward momentum and propelling themselves into the air and landing on feet.

**Ultimate goal:** Player with farthest distance is the winner.

**Skills:** Strength and balance.



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### KNUCKLE HOP

Athlete is in push-up position, elbows at their sides (90 degrees). Wrists and ankles are locked and hands are clenched into fists. Body is only supported by toes and knuckles. Must propel off the ground, hands and feet simultaneously.

**Ultimate goal:** Athlete who covers greatest distance is the winner.

**Skills:** Tests capacity to endure pain.



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**FOUR DOMAINS:** The idea of the medicine wheel is that an individual is a whole with 4 elements: *mental*, *physical*, *emotional*, and *spiritual*. For an individual to be whole, then all 4 areas must be supported. Therefore, these areas must be adequately exercised and improved upon.

**CATEGORY:** Games of Strength

### ONE FOOT HIGH KICK

A target is placed above the participant. The participant kicks off with both feet, then kicks the target with 1 foot and lands on the same foot that kicked the target. 3 attempts are allowed.

**Ultimate goal:** Individual who kicks the highest is the winner.

**Skills:** Endurance, strength, balance and determination.



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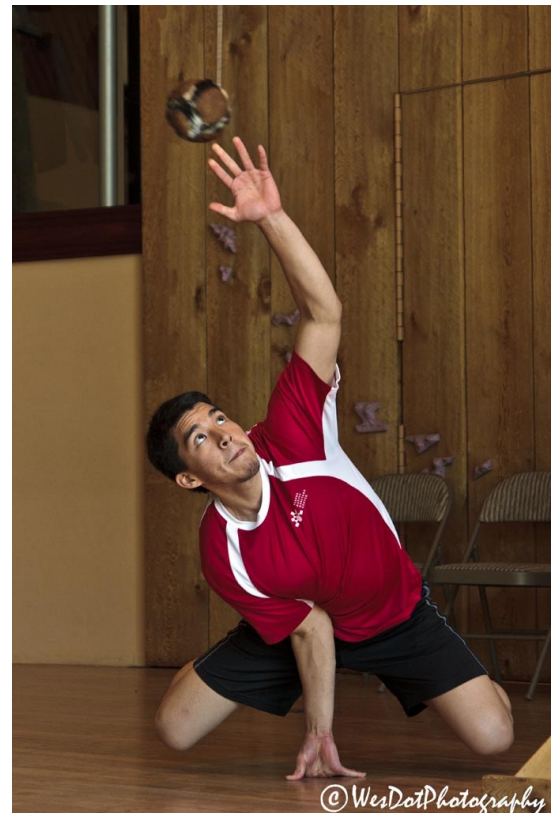
**CATEGORY:** Games of Strength

### ONE HAND REACH

A target is placed above a player who will try to reach as high as possible towards the target. Player's reach is recorded. After each successful reach, the target is raised.

**Ultimate goal:** Player is in a reaching position where full body is balanced over one hand, parallel to the floor.

**Skills:** Muscular coordination, skill and balance. Maintain grace throughout the whole activity.



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### POLE PUSH

Two teams grasp the ends of a pole and try to push their opponents out of the ring. The pole must stay between the shoulder and hip. Teams must always push forward and never let go of the pole.

**Ultimate goal:** Team pushes opposition out of ring. The best 2 out of 3 wins.

**Skills:** Strength, balance and endurance.



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### STICK PULL

Two players grasp a greased stick. The stick must be kept horizontal at all times and may not be twisted or turned.

**Ultimate goal:** Player who pulls stick out of opponents had 2 out of 3 times wins.

**Skills:** Strength and endurance.



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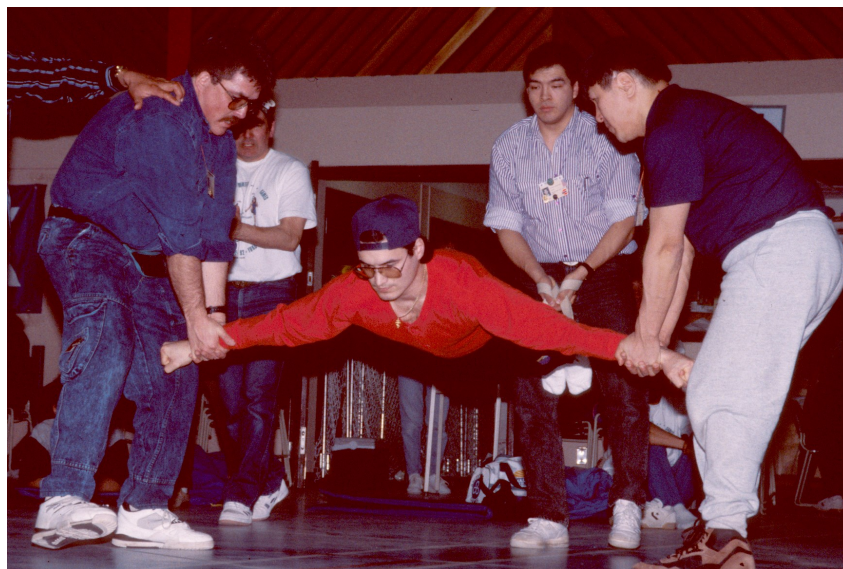
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### THE EAGLE or AIRPLANE

A group of four will take turns picking up a peer and carrying them around a designated area. Individual being carried must maintain a rigid body. Each individual is only allowed 1 attempt.

**Ultimate goal:** Individual who maintains the rigid position the longest and travels the greatest distance wins.

**Skills:** Endurance and self-control. Grace and rigid body are also the main focus.



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### TWO FOOT HIGH KICK

A target is placed above the participant. The participant kicks off with both feet, then while in the air must kick the target with both feet. Must land on both feet maintaining balance and control.

**Ultimate goal:** Individual who kicks the highest is the winner.

**Skills:** Sense of timing, quick kicking action, endurance, strength, balance and determination.



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