



COMMONWEALTH GAMES CHALLENGE

WEEK 10 – JUDO

Tig is an inclusive game that looks at the movement and reactions of both players.

Two players start facing opposite one another.

- **They start in their ready position with knees bent and back straight, both on their feet.**
- **On the call of “hajime” both players are looking to touch the knees of their opponent, whilst at the same time trying to stop their opponent from touching their knees.**

