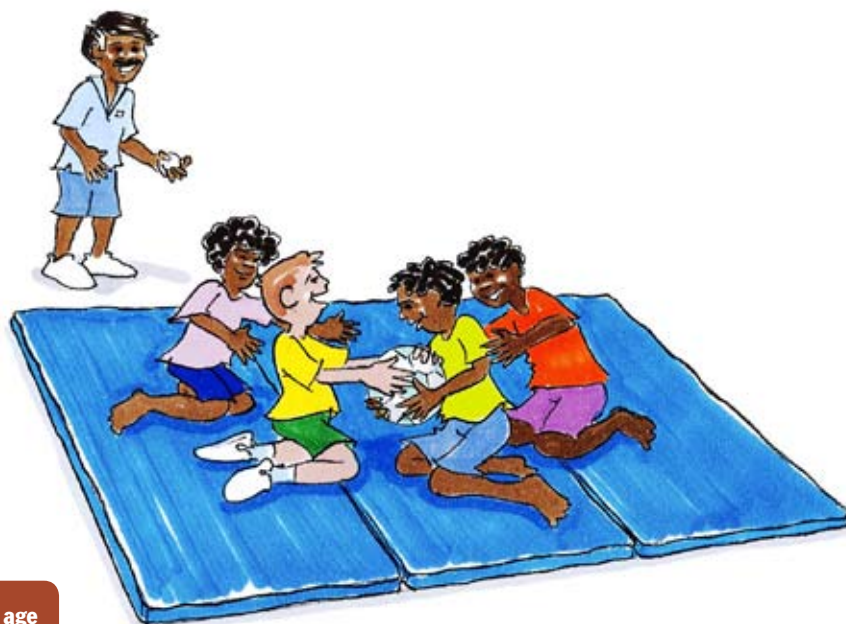




Australian Government
Australian Sports Commission

kari-woppa

'kari-wop-pa'



All school-age groups (K–12)

Post-school age

Background

A wrestling game was played by the people in the Torrens area of South Australia. The contests were generally held on the meeting of groups from different areas. Players wrestled for a tuft of emu feathers called a *kari-woppa*.

Komba burrong or *kambong burrong* (the game of 'catching hold') was the name of a similar game played by the Noongar people of the south-west of Western Australia. Emu feathers were tied onto one end of a stick and the other end was stuck into the ground. One player 'defended' the stick while the other players in the group attempted to take the emu feathers off the stick.

Language

The name of this game is from the language of a group of Noongar people of the south-west of Western Australia. It is an active game.

Banya goongar

Perspiration (is) rolling off him.

Short description

This is a wrestling game where a player attempts to take a ball from another player.

Players

- A group of four to six players

Playing area

- A designated area with a circle marked 5–7 metres in diameter, or play indoors on mats

Equipment

- A football or medicine ball to represent a bundle of feathers attached to a stick. Gymnastic mats may be used for an indoor area.

Game play and basic rules

- Players work in a small group of four to six, or with a partner about their own size. Both players are on their knees.
- One player holds onto the ball while his or her partner and/or two to three or more other players attempt to take the ball away within a 30-second time limit.
- If the ball cannot be taken away then it is a draw. Repeat as the best of three. Players change around or choose another partner/group.
- If working in a small group continue play until everyone has had a turn holding the ball.

Variations

- Players may either be standing or kneeling on a mat.
- Both players hold onto the ball and attempt to take it away from his or her partner. There is a 30-second time limit.
- The player with the ball is only allowed to hold it under one arm. Players may not use the other arm to fend off the other player.
- Place players in groups according to size and conduct a round-robin competition for each group.
- Conduct a double-elimination tournament where they play until they have lost twice. Winners play winners and losers play losers after the first round. This continues until there is only one person left.
- One player holds a short piece of hose (for the bundle of feathers). The other players (two to four) attempt to take the hose but are not allowed to interfere with the defender in any other way. The defender protects the hose by pushing the other players away. No kicking is allowed. (This is the traditional form.)

Safety

Ensure that safety aspects are closely observed to avoid injury. Participation in this activity should be voluntary.

Comment

This activity could be very useful as a practice activity for the skill of mauling in rugby union.

Teaching points

- On your knees. Hold onto the ball.
- Watch the contact. Be careful. Go for the ball only. Leave them alone otherwise.
- Ready. Go.