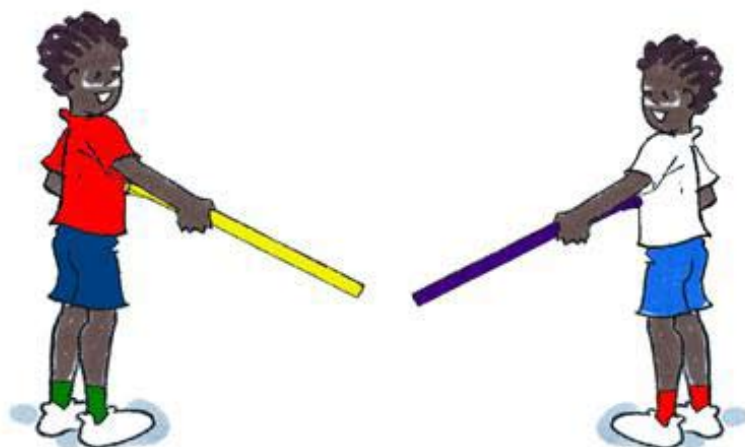




Australian Government
Australian Sports Commission

kutturi

'kut-tur-i'



SCHOOL
YEARS
4–6

SCHOOL
YEARS
7–9

SCHOOL
YEARS
10–12

Post-school age

Background

Small digging sticks were made for children in many parts of Australia. These were considered to be personal property and were usually well looked after. They were often used in play. In some areas the women would use digging sticks in play 'fights'.

This activity was reported from an unidentified place as a stick-practice game used by girls to prepare them for the digging-stick (*kutturu*) duels they would be involved in during adult life.

In New South Wales the Ngemba women had play fights with their digging sticks. The women held the end of the digging stick in both hands and a little above eye level. The women could strike with either of their hands and then guard with both. They were fearless fighters and had their own champions.

Short description

This is a hitting-and-dodging contest between two players, with the feet as the target area.

Players

- Two players compete against each other

Playing area

- A designated area suitable for the activity

Equipment

- Foam pool 'noodles' around 1–2 metres long as the *kutturu*. Socks may be worn to identify the target area (feet and/or lower legs) to be used in the contest.

Game play and basic rules

- The two players face each other in a ready position with one or two hands on the *kutturu* (foam sword) and alternately attempt to hit each other on the foot. The players use their *kutturu* to protect themselves.
- As soon as the opponent tries to hit him or her, a player may quickly take his or her turn.

Variations

- Use scoring, with a player gaining a point for each successful hit — best of three hits.
- Players are allowed to move around in a restricted area (3-metre circle) to avoid being hit.
- Players do not have to take turns ('free for all').
- The players wear socks to represent a target area.
- Use large inflatable toys (such as baseball bats) as the *kutturu*. Players may use one or both hands.

Teaching points

- Face each other. Ready — go.
- Hold on tight.
- Block and hit. Move around. Hit their foot.
- Keep going.
- Good hit.
- Change — next players.

