Samurai swords[[1]](#footnote-0)

Tags: speaking, movement, listening, warm-up

Type: Whole class

Time: 5-10 minutes

## **Why are we doing this?**

 We are waking up our bodies and minds and having fun producing sounds. This exercise is excellent to raise energy levels. The yelling also releases pent up tension so this exercise is a good way to vent frustrations and to get away from the habit of always looking cool and collected in front of the other classmates.

## **What materials/set-up do I need to prepare?**

No materials are needed but you need space to form a circle. This exercise can get very energetic and loud so close the door to not bother your neighbours.

## **How do we do this?**

This is a hot potato style game where the players send sounds around the circle accompanied with a move.

Form a circle. Everyone puts their hands together, palm to palm, and creates a samurai sword. The player raises their sword over their head with a “Hah!” and then bring their hands down with another “Hah!” in the direction of another player, “stabbing” them. When the first player has their hands up, the other Samurais next to them use their “swords” and stab the first Samurai in the stomach with an accompanying “Hah!”.

Samurai 1: lifts sword up and yells “Hah!”

Samurais next to Samurai 1: Slash Samurai 1’s belly and yell “Hah!”

Samurai 1: Slashes their sword in the direction of another player (Samurai 2) and yells “Hah!”

Samurai 2: lifts their sword up and yells “Hah!”

Samurais next to Samurai 2: Slash Samurai 2’s belly and yell “Hah!”

Samurai 2: Slashes their sword in the direction of another player in the circle (Samurai 3) with a “Hah!” and so on and so forth.

The “Hah!” yell is done by utilising the diaphragm and getting a proper yell out of the players. The game will start out slowly before speeding up as the players get a hang of the pacing. Players are allowed to cut to the side and hit the samurai next to them.

## **Alternative methods:**

This game can also be called Viking Swords or Jedi swords or any other sword-wielding characters if the name is considered problematic. If you want to still make sounds but not yell Lightsabers with accompanying sounds are a slightly quieter version.

1. **Source:** *Warm ups*. Canadian Improv Games. (2021, October 27). https://improv.ca/warm-ups/ [↑](#footnote-ref-0)