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ON
2012.12.18

★ ★ ★ ★ ★
Keine Stimmen

The Battle of the Crabs



Participants are divided into two or more mixed teams based on gender, age, weight, etc.

A “battle” area is marked off—a smooth, flat surface where potentially dangerous obstacles have been removed—and two people at a time (from opposing teams) face off.

The starting position is on the back, with the soles of the feet and palms firmly planted on the ground, without the pelvis touching the ground. The goal of the two opponents is to destabilize the other by pushing, pulling, or using other strategies, without striking them. When one of them touches the ground with their pelvis, they lose and are out of the game. The team that lasts the longest in the ring wins.

No equipment is needed.

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Number of participants
1–20
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