

**Premise:**

This is a drill for practicing kiais.

**How it works:**

There is an imaginary ball that we are playing catch with. Everyone gets in a circle and we pass the ball to each other. This is a magic ball, it can increase in size, weight, and other properties at any time!

The ball has a curse though. The ball is only throwable if you kiai!

Maybe it's so heavy you need to roll it like a bowling ball, so your kiai has to start loud and end quiet. Maybe it's so light you can toss it up, so your kiai starts quiet and ends loud (as if passing over a mountain). The thrower decides the size and weight of the ball with how they kiai and how they pantomime catching it. The catcher must catch the ball before they change its properties. They do not need to kiai on the catch, but a little acting can spice things up. Maybe the ball is so small you have to pick it up very carefully. Maybe it's so big you stagger back first! This drill encourages **creativity** and **kiais**.