

Tama

Ijutsu Tama ¹⁾ or just *Tama* are a pair of balls that are held and moved in the hand when in use. They are conducive for strength and mobility training as well as meditation practices.

Price: Varies, but usually around 20 KS for a basic set and higher for fancy ones made of valuable materials.

Description

Tama are composed of a hollow metal ball, most often, that has within it (unseen) a twisted wire and marble. The basic silver appearance on the outside is often painted or given a distinct appearance with enamel. These two internal components make both a chiming sound and also create a shifting balance effect when moved. One ball has a low pitch and one has a high pitch to it, dependent on the size of wire and marble within. The circumference of the tama can move up from around 2 inches, dependent on skill level, though a 2 inch set of tama will offer benefits, as will a larger set.

Usage

Tama are to be placed in either hand and with flexing and crooking of the fingers, they move around the hand. The circular motion of the balls can be clockwise or counter-clockwise. The idea is to gain a control of the movement of the tama within the hand in time. A first time user may drop or have weak control over the tama, but in time can gain more control. A [Nekovalkyrja](#) may find it easy to manipulate the tama, either with a five or four finger hand, right away, though the meditative and health benefits still are present. Multiple sets of tama may be placed in the hand and different sizes may be used as well as skills advance. The tama are not used in any sporting activities to date; their application is more focused on the personal experience.

Storing Tama

Tama are always sold in a rectangular box that may be opened. The box is often covered in embroidered silk of differing colors and scenes depicted are often beautifully serene. A clasp on one of the long sides of the box allows both easy access as well as keeps the box closed in a secure fashion when not in use. Below the clasp is often a heavy-duty sticker or an embroidered label that states who manufactured the tama and a few short words about the contents. On the other long side of the box are two unseen hinges that allow the box to be opened easily and are covered by silk of the same material. The innards of the box are lined in a solid colored velvet material that has two divots that are perfect half spheres. This is where the tama sit when not in use. On the inside of the lid is a pamphlet that fits snugly in the lid. The pamphlet varies manufacturer to manufacturer, but generally includes the date of creation of the tama within, the history of tama, care, and health benefits, such as increased circulation of the body.

Because the tama are made of metal most often, they should be kept dry as well as clean.

OOC Notes

[Ametheliana](#) created this article on 2019/03/08 16:11.

Approved on 4/18/2019 by HarperMadi in this [approval thread](#).

IRL based on [🌐 baoding_balls](#)

¹⁾

meaning: healing art balls in [Yamataigo](#) (邪馬台語)

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Last update: **2023/12/20 18:20**

