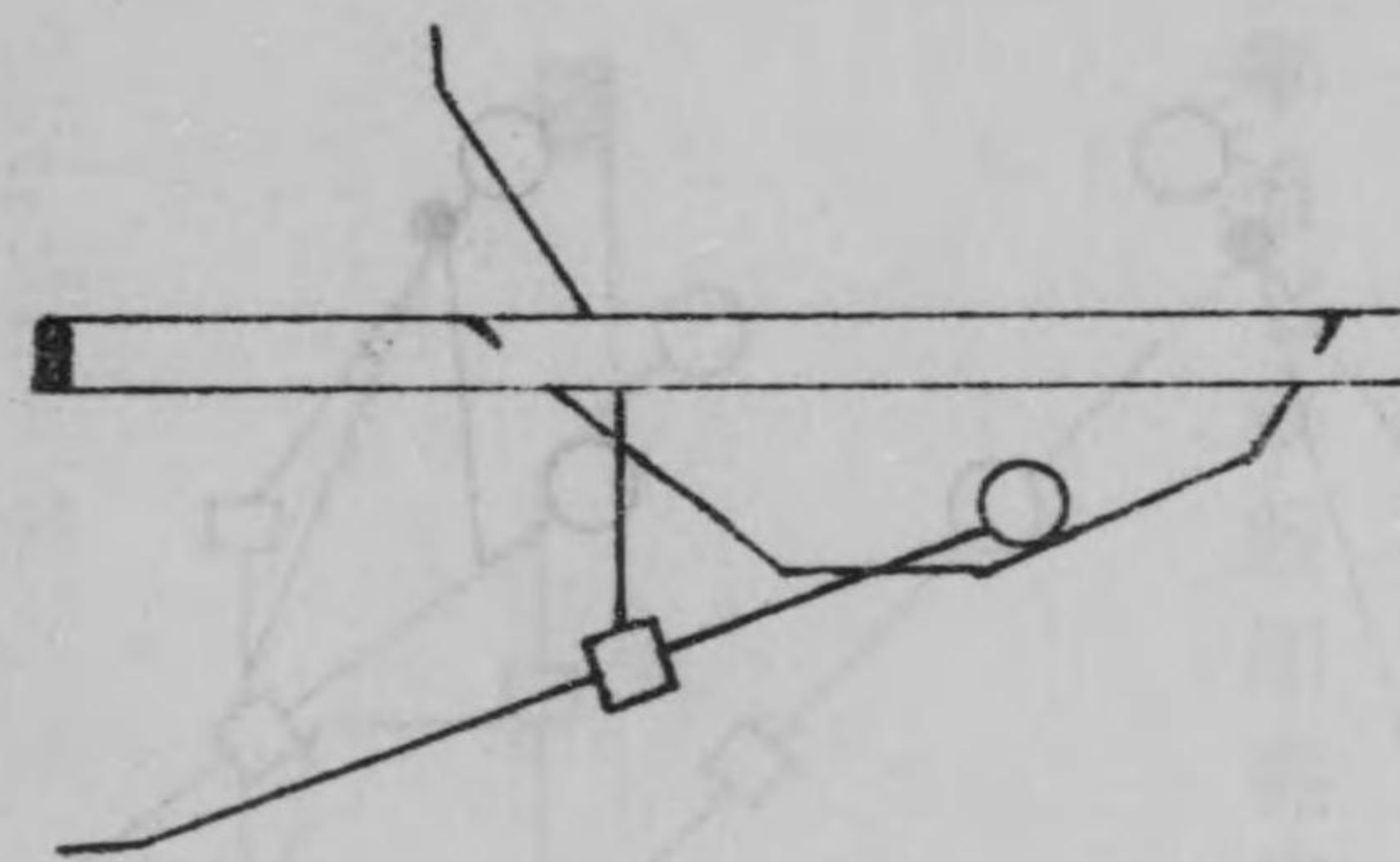
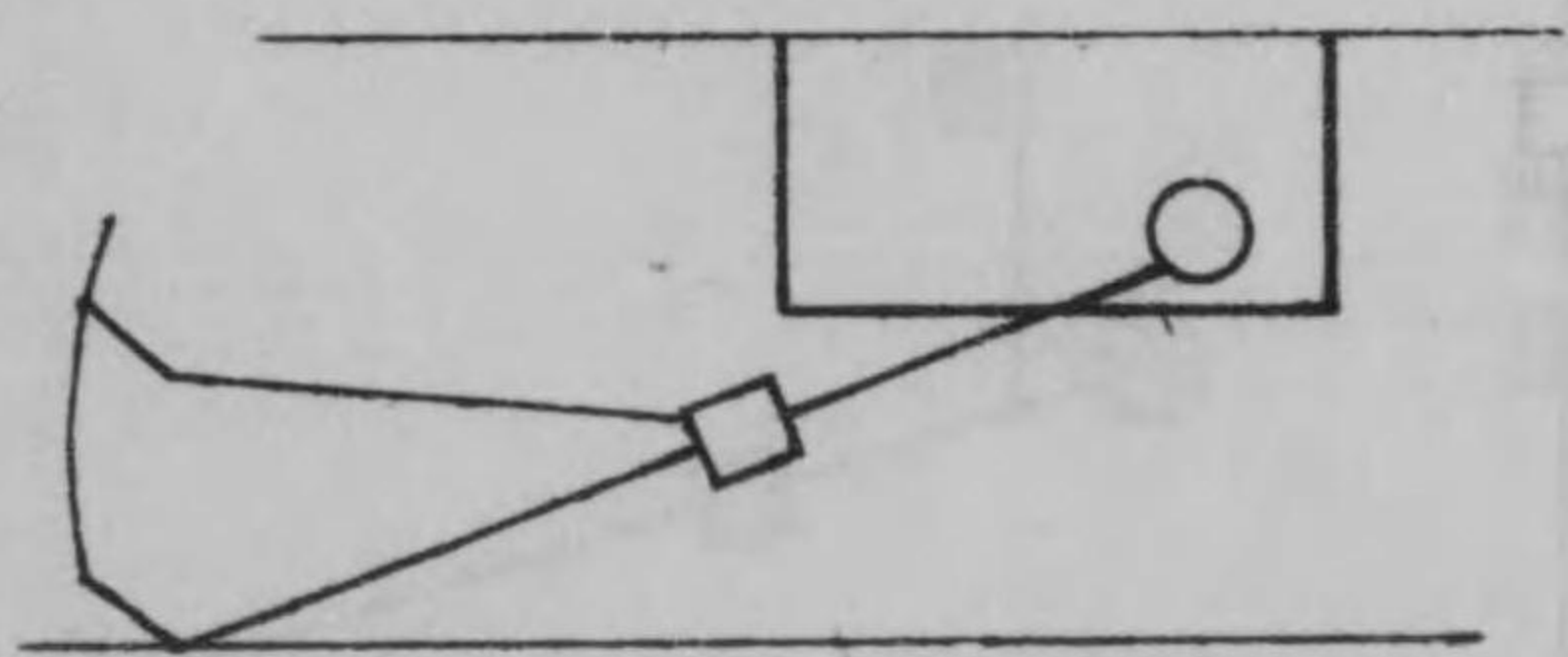


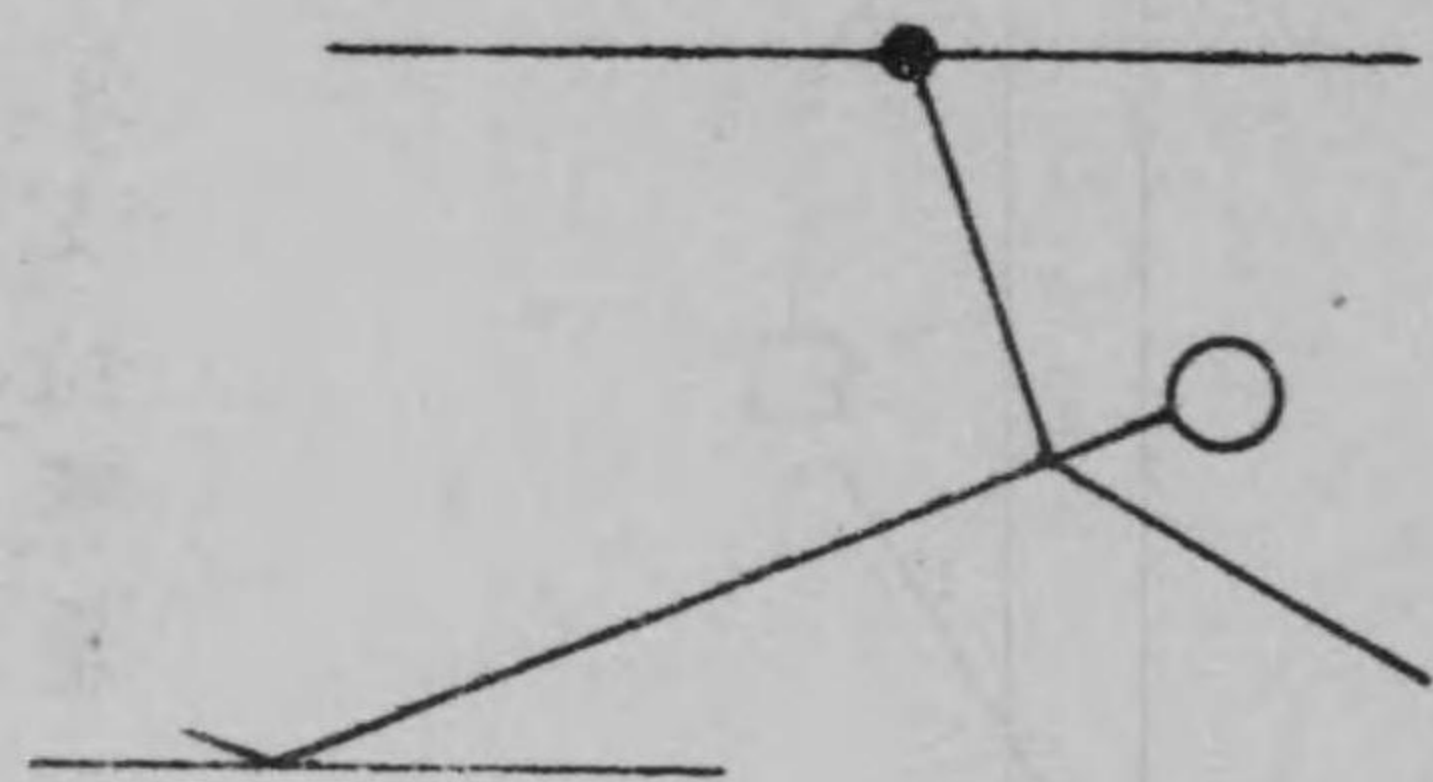
片脚掛水平棒懸垂



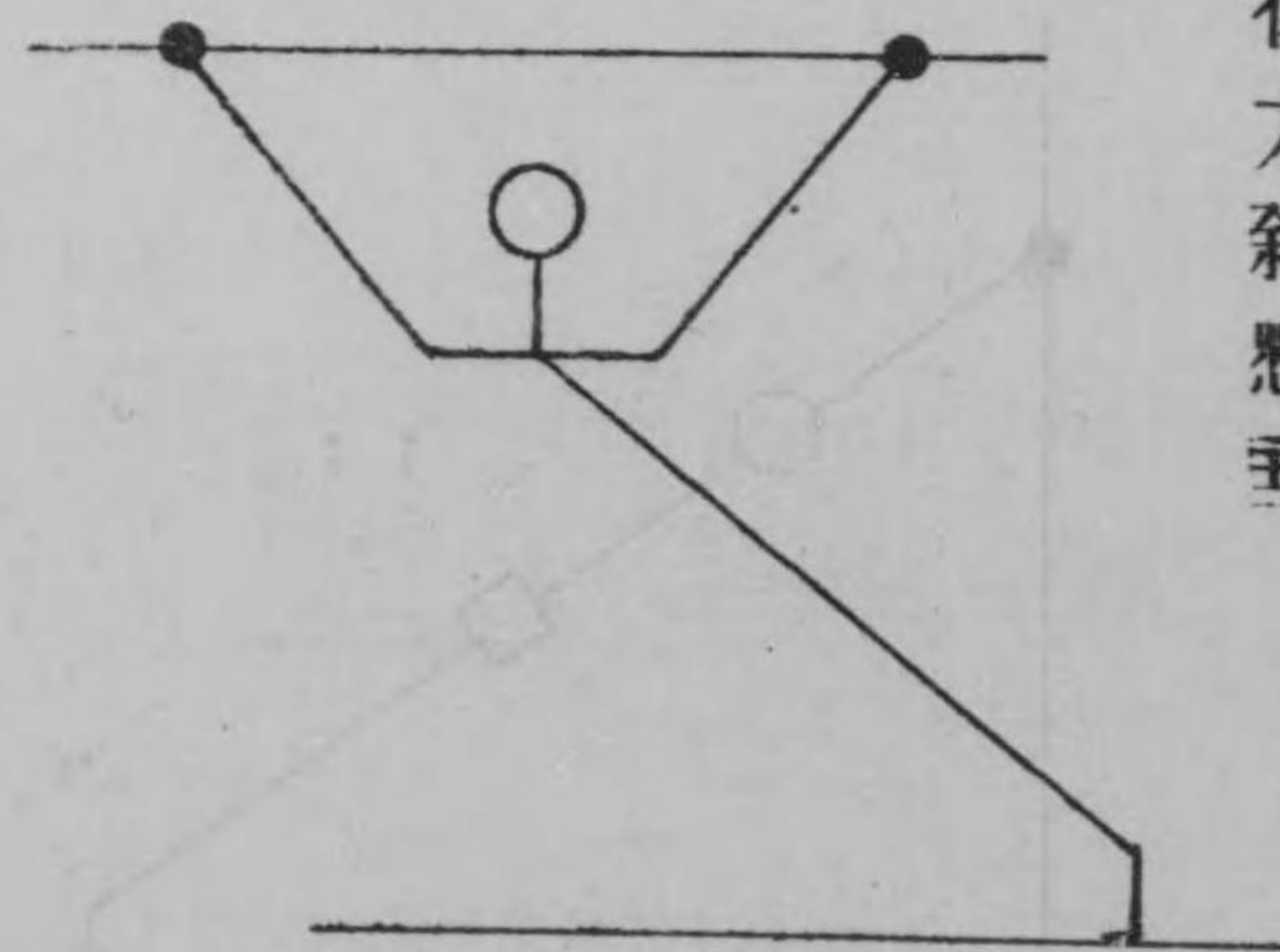
前方斜懸垂屈臂舉脚



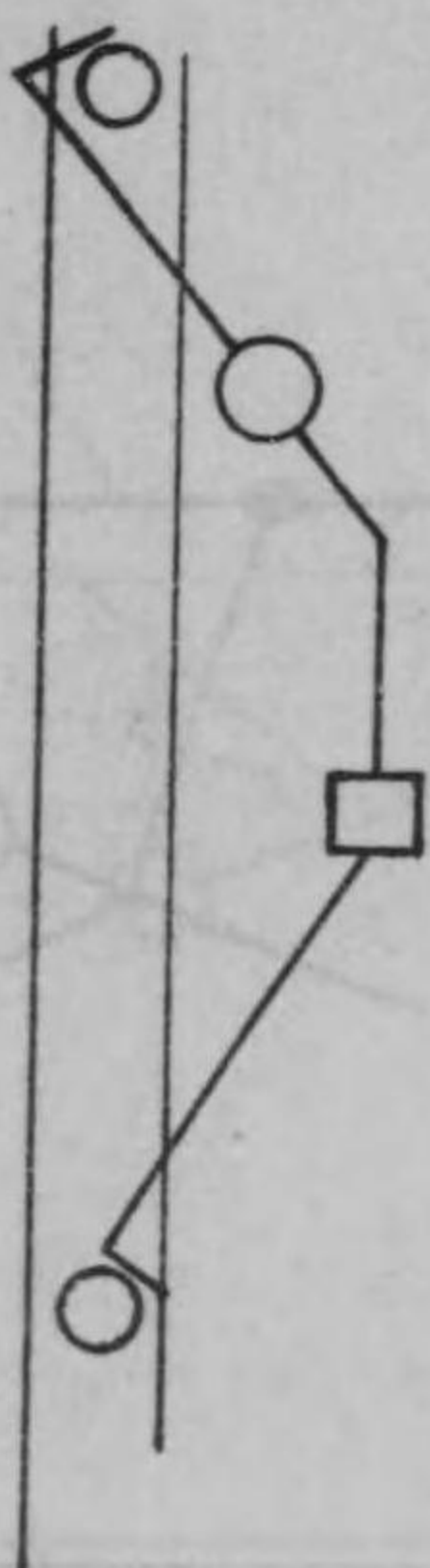
片手前方斜懸垂



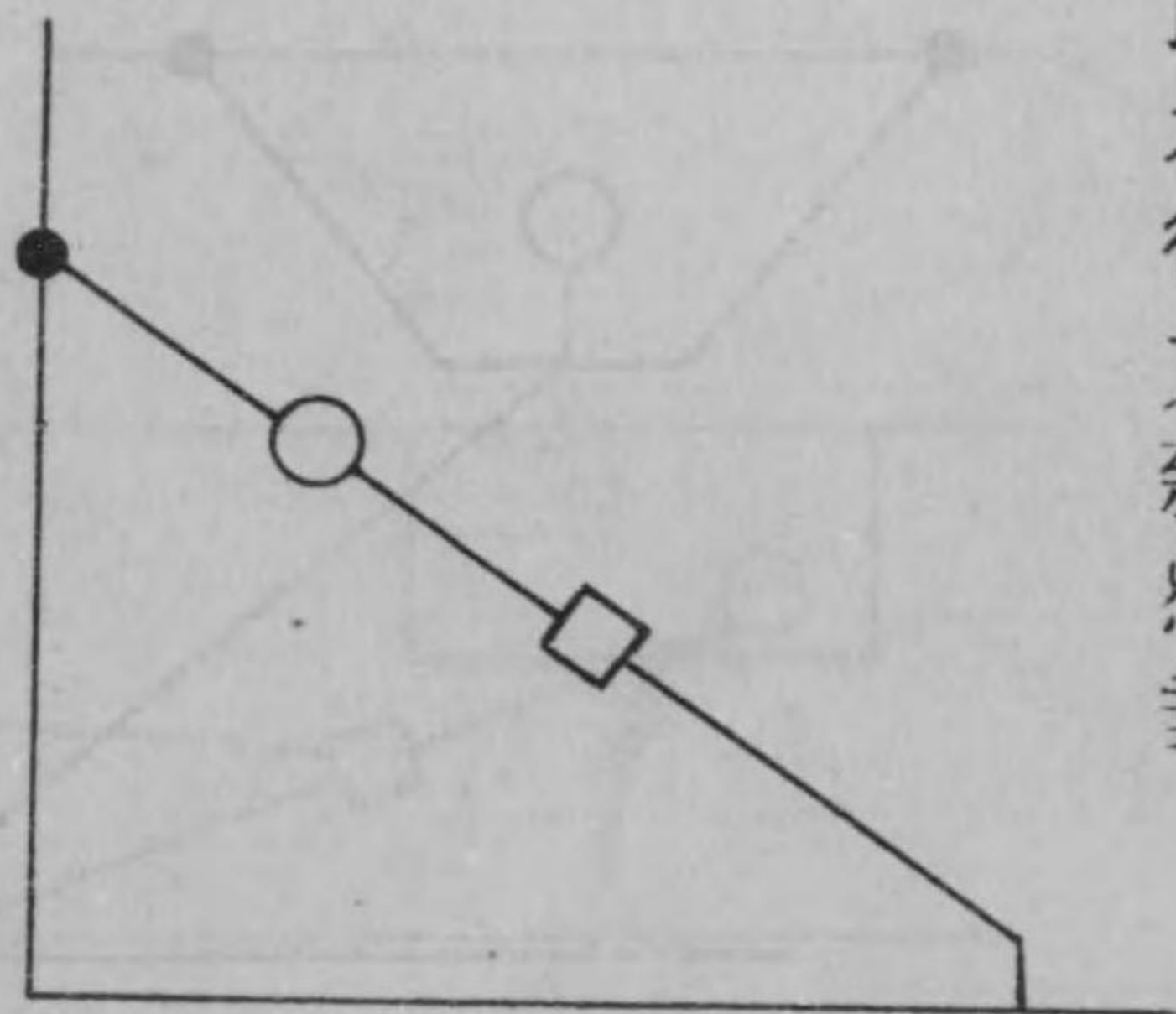
後方斜懸垂



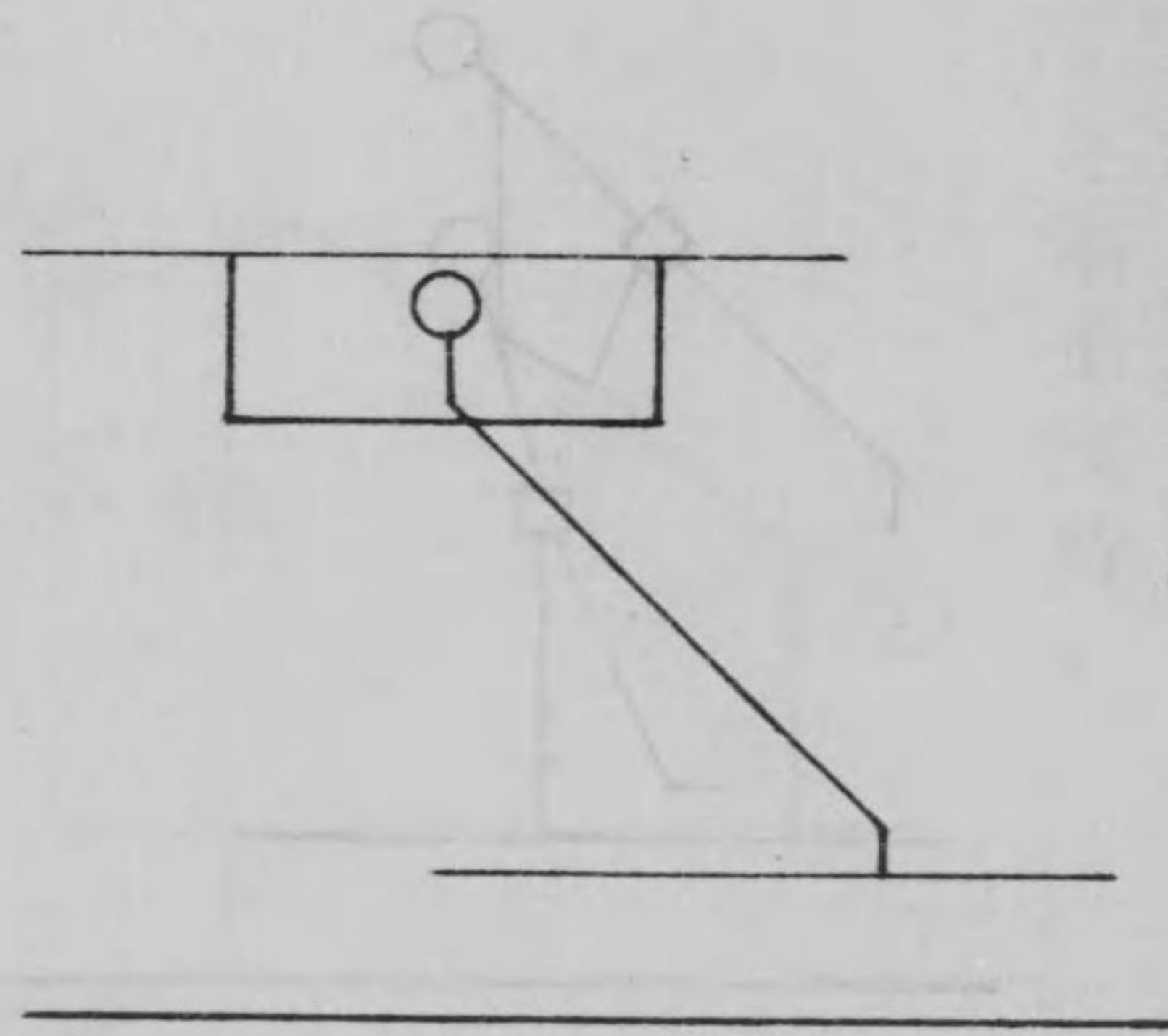
助木背手足支持懸垂



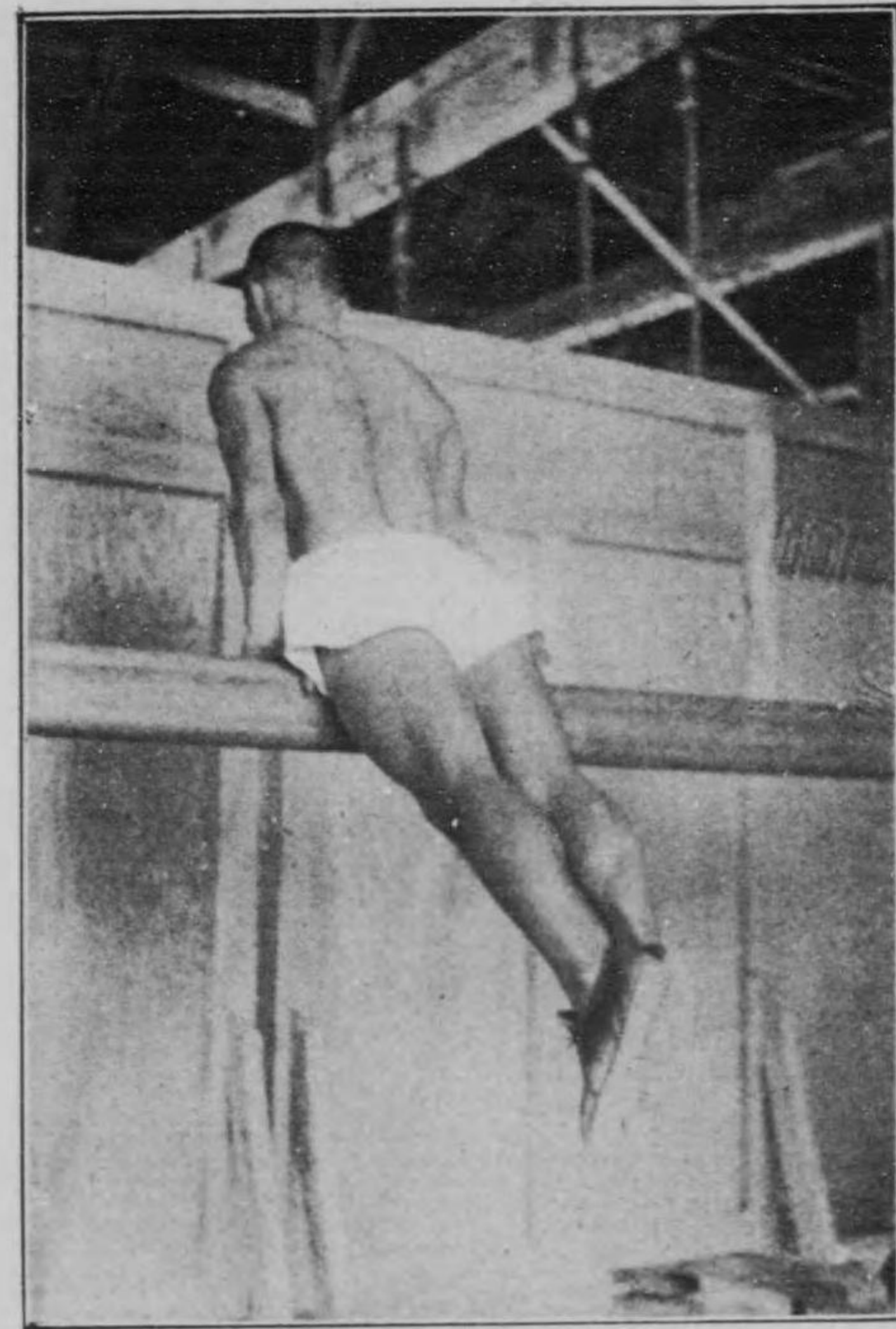
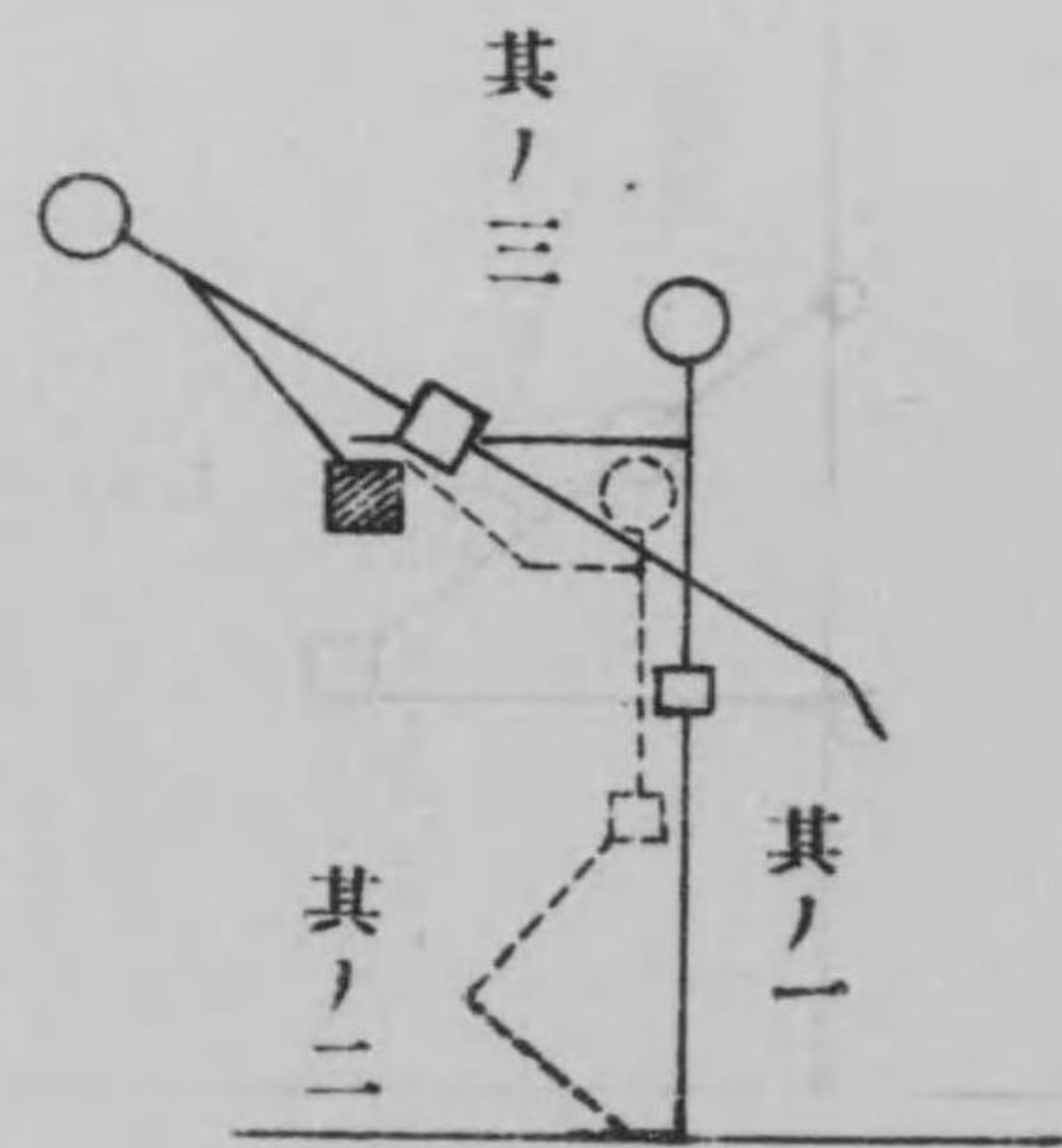
助木後方斜懸垂



後方斜懸舉屈臂

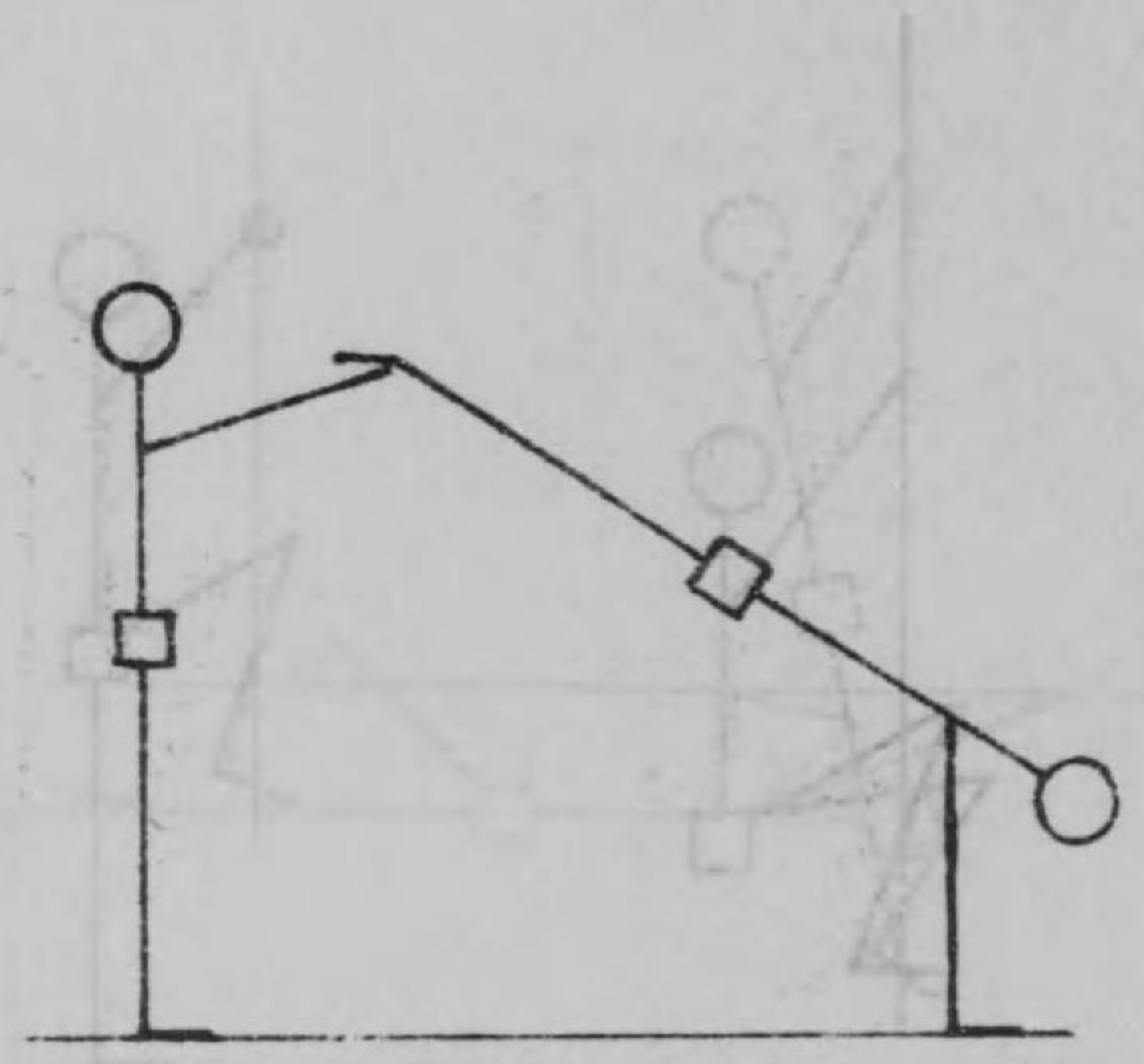


水平棒臂立懸舉



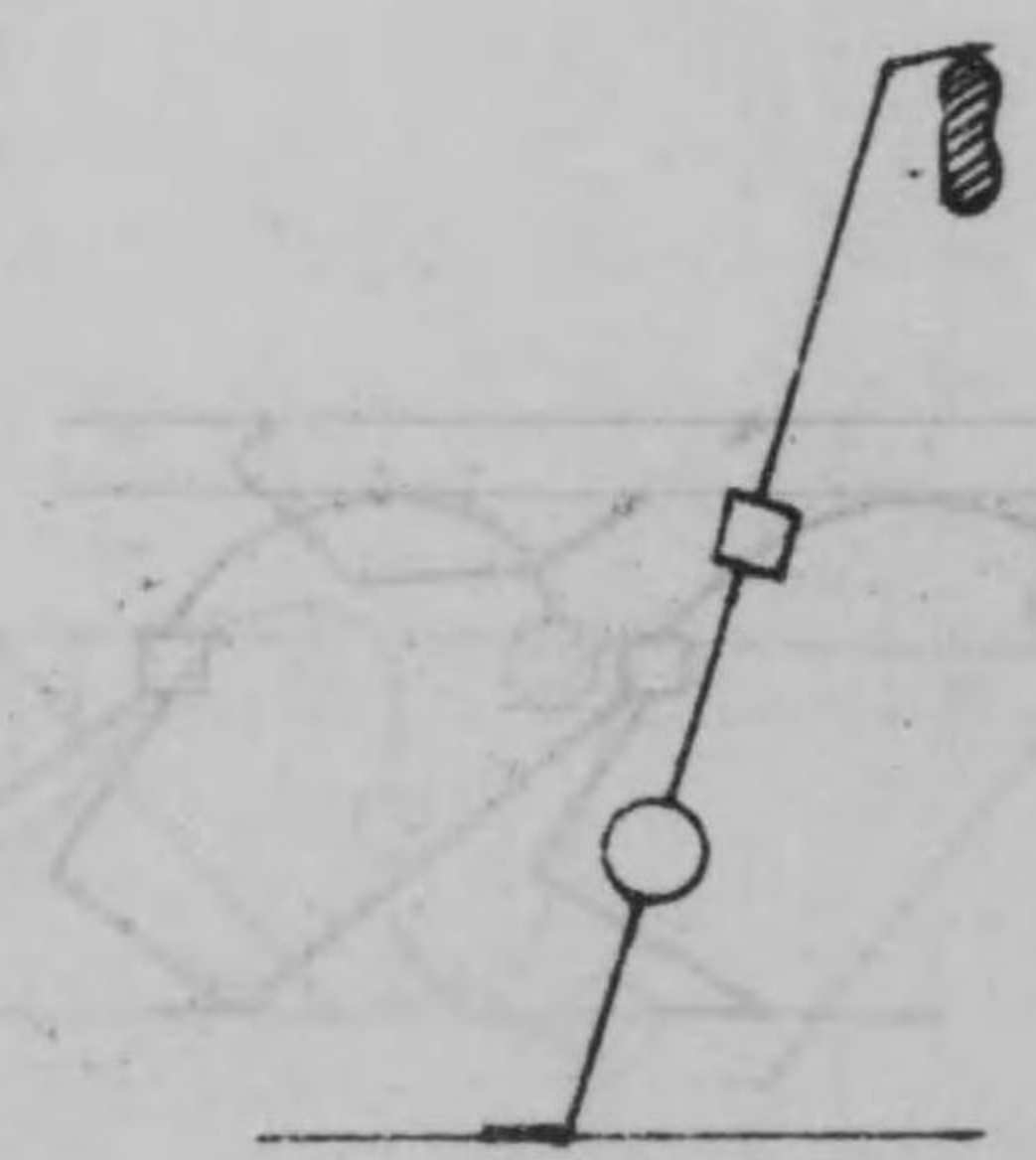
(一ノ其) (若著)材教垂懸 (三)

中 國 人 體 學



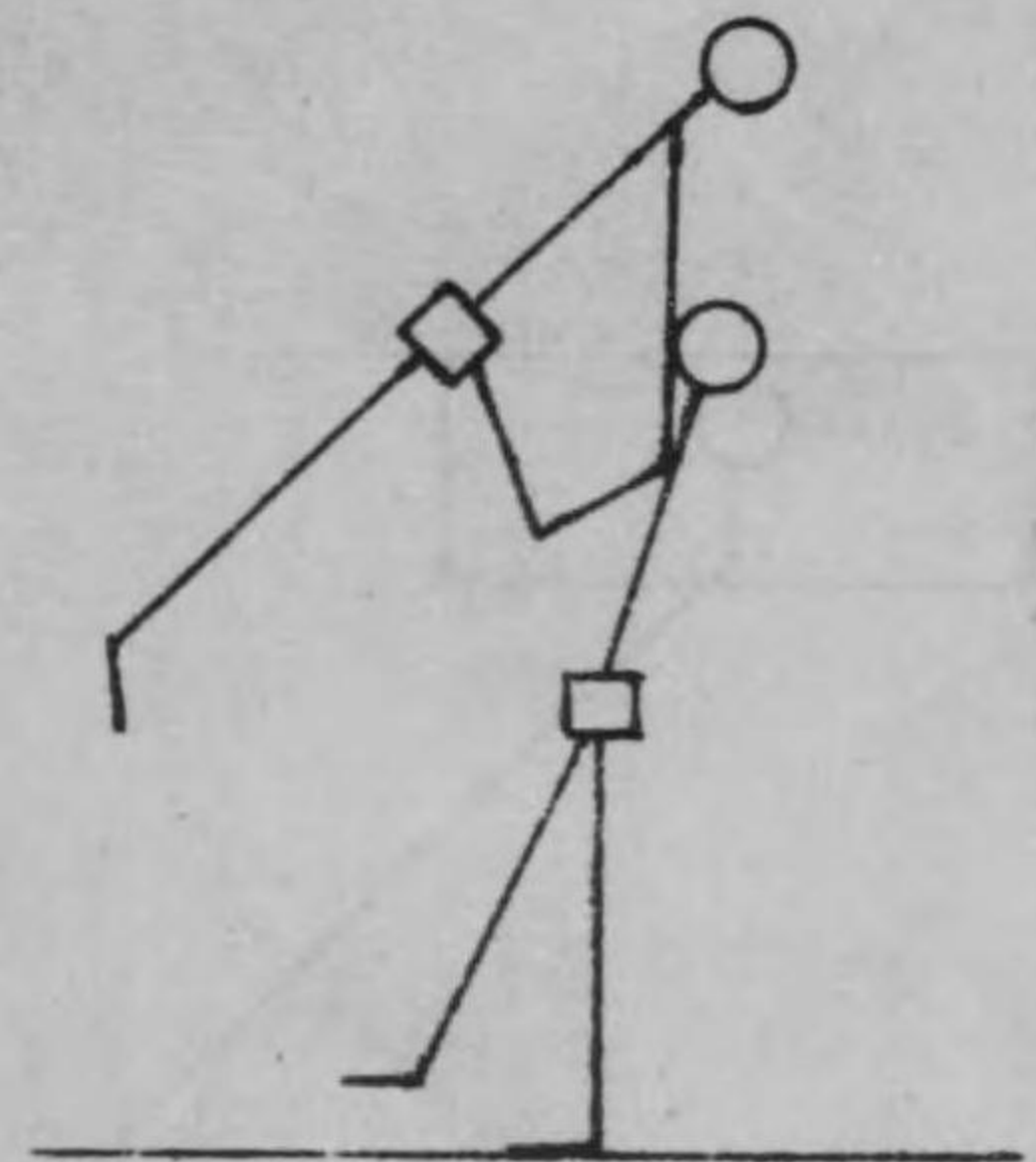
倒立足補助支持

脚 底 水 平 站 立



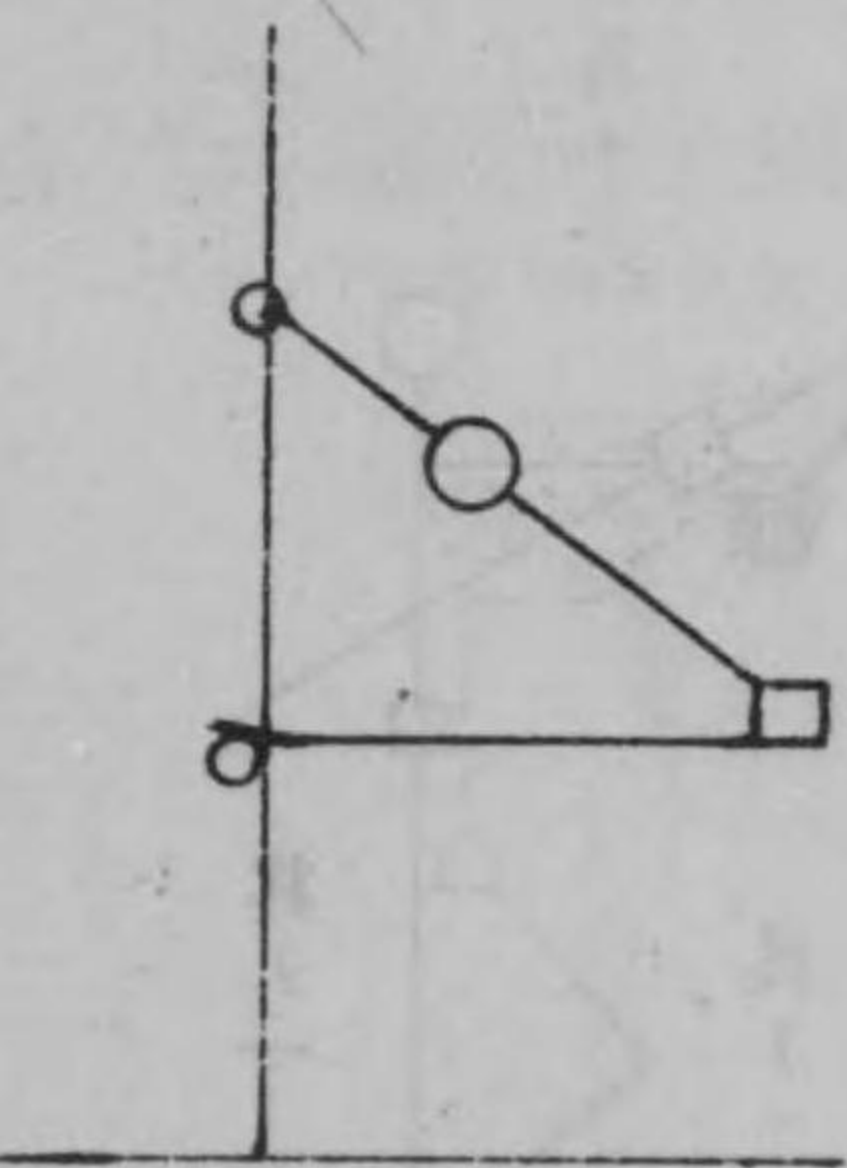
足支持倒立

雙 次 傳 遞 平 頂 背



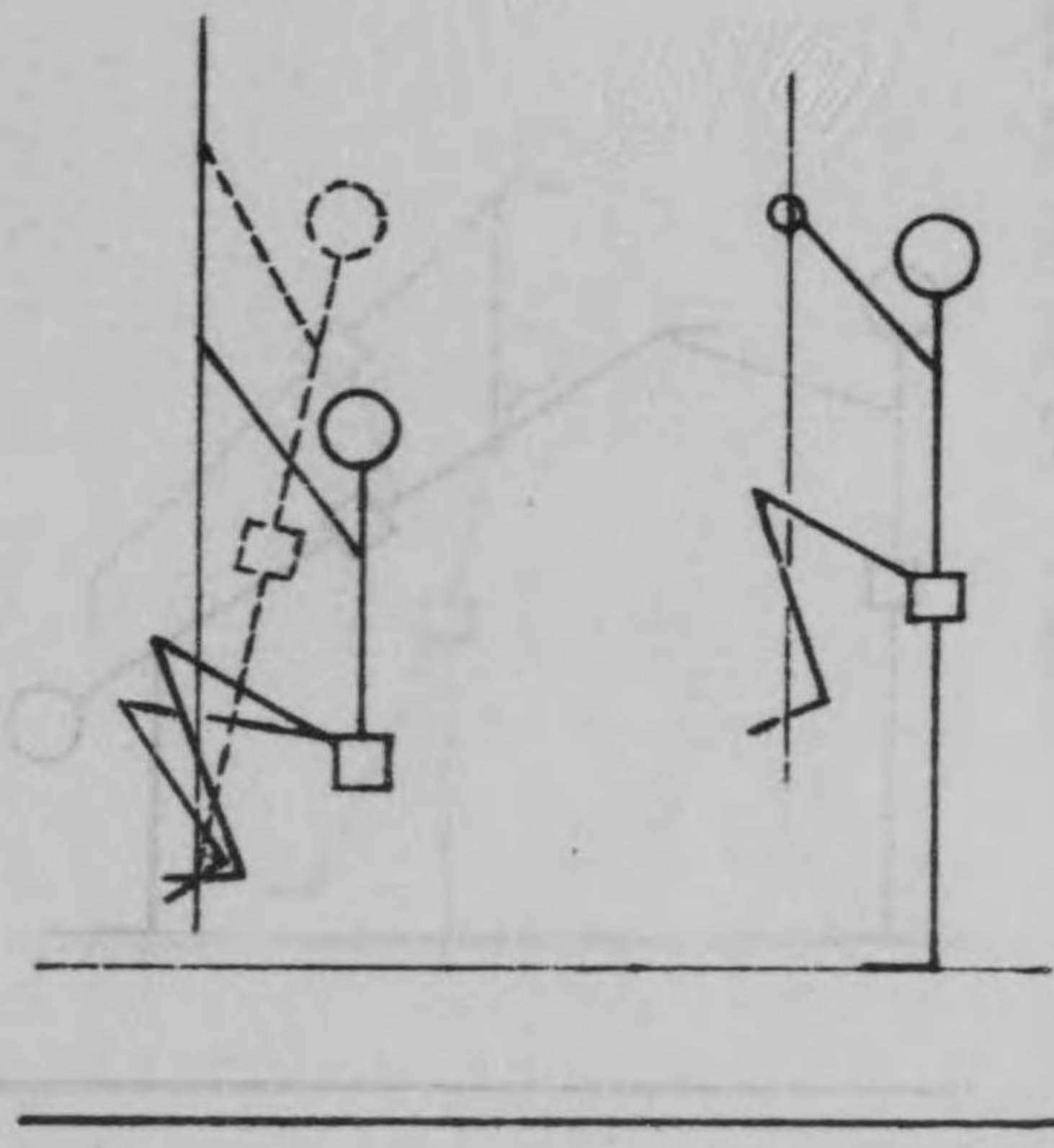
幫助者肩臂立懸垂

水 平 對 背 立 懸 舉

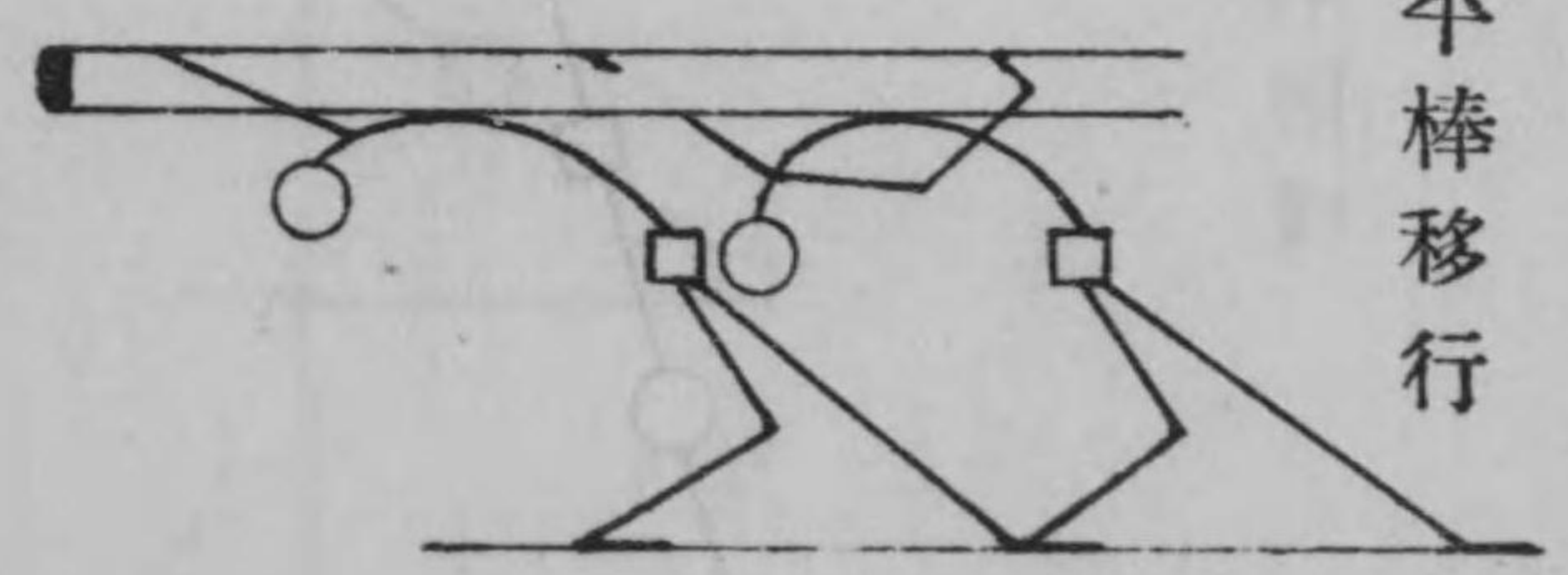


懸舉臂体屈伸

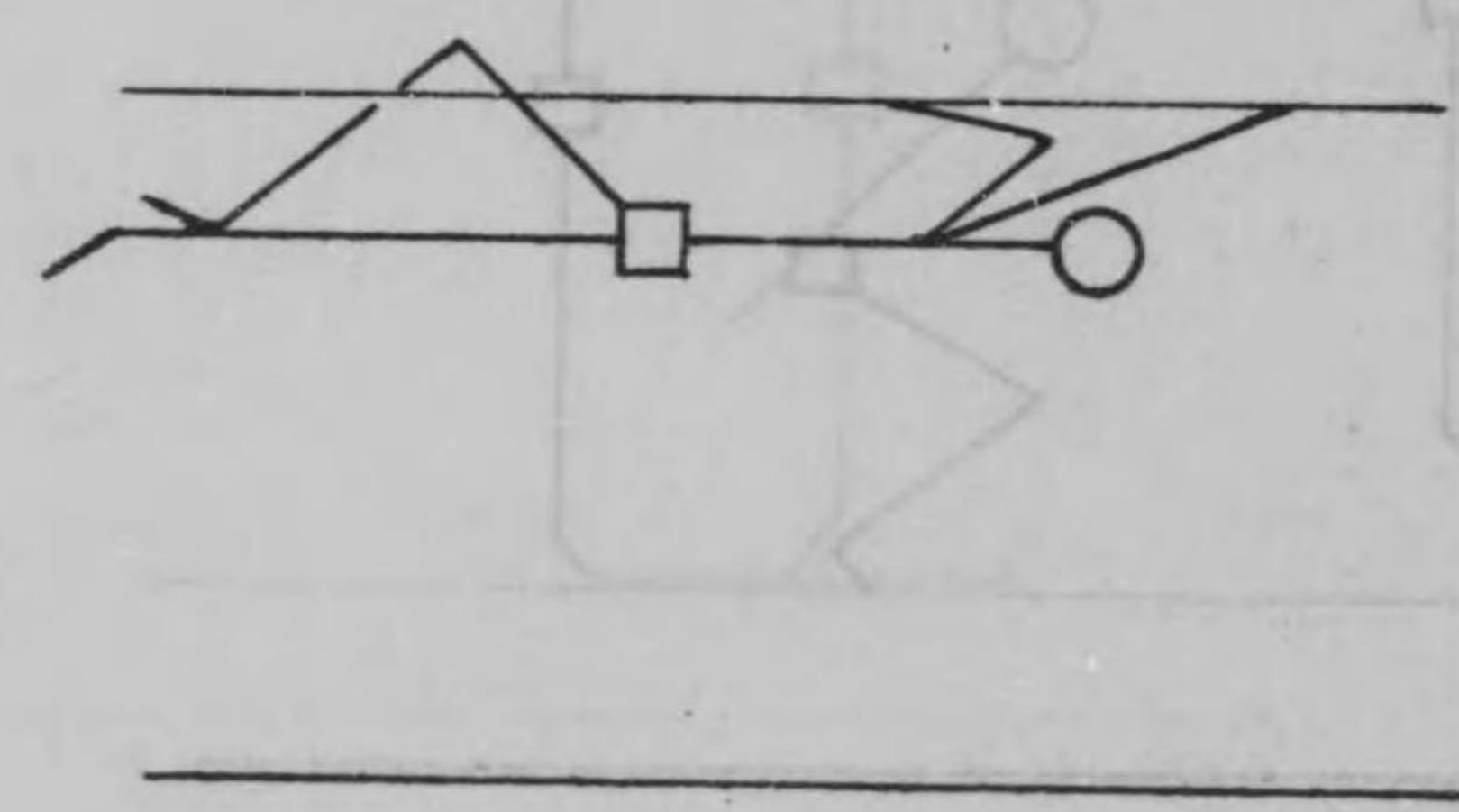
吊繩(吊棒)登降



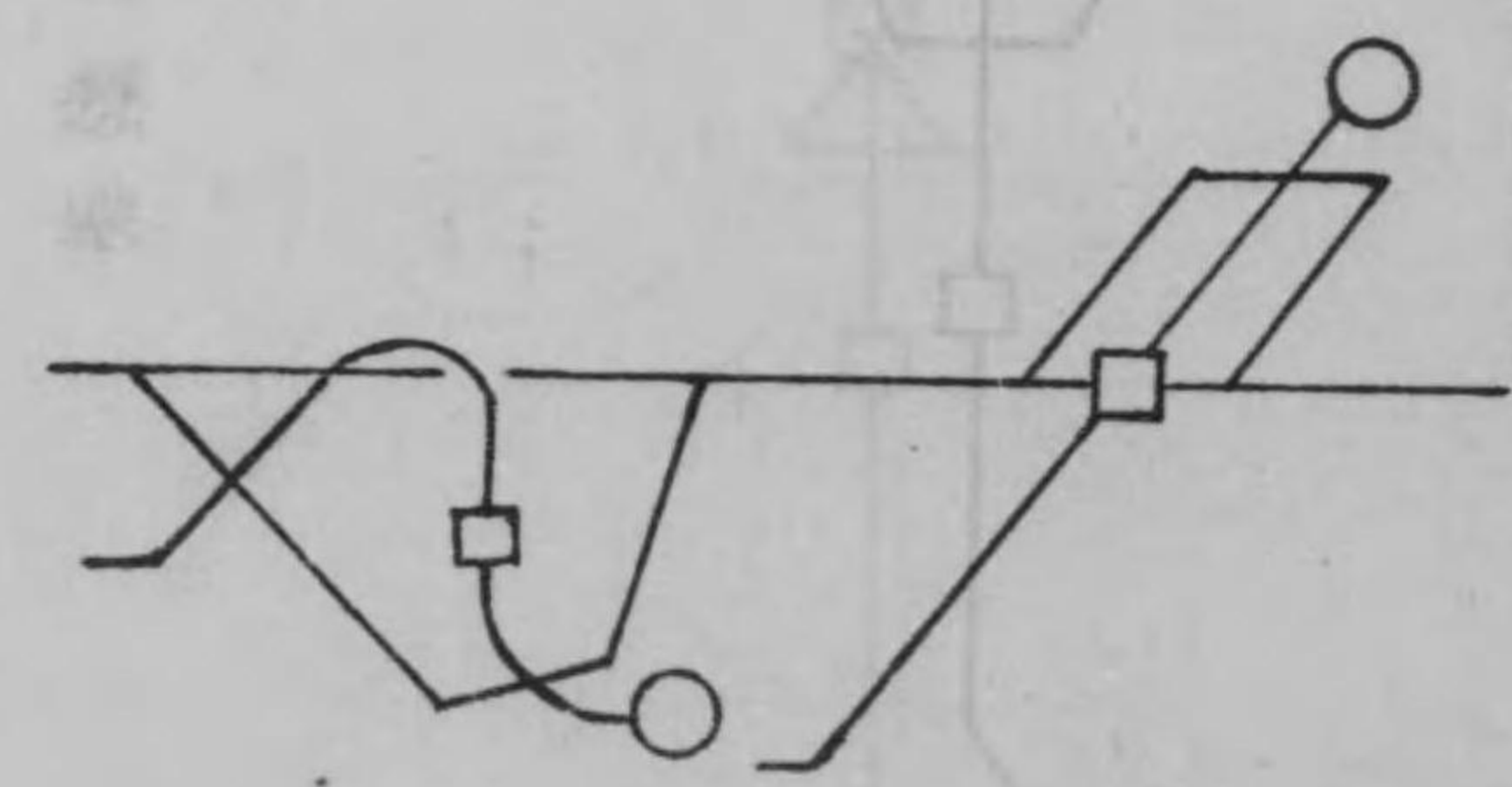
仰臥水平棒移行



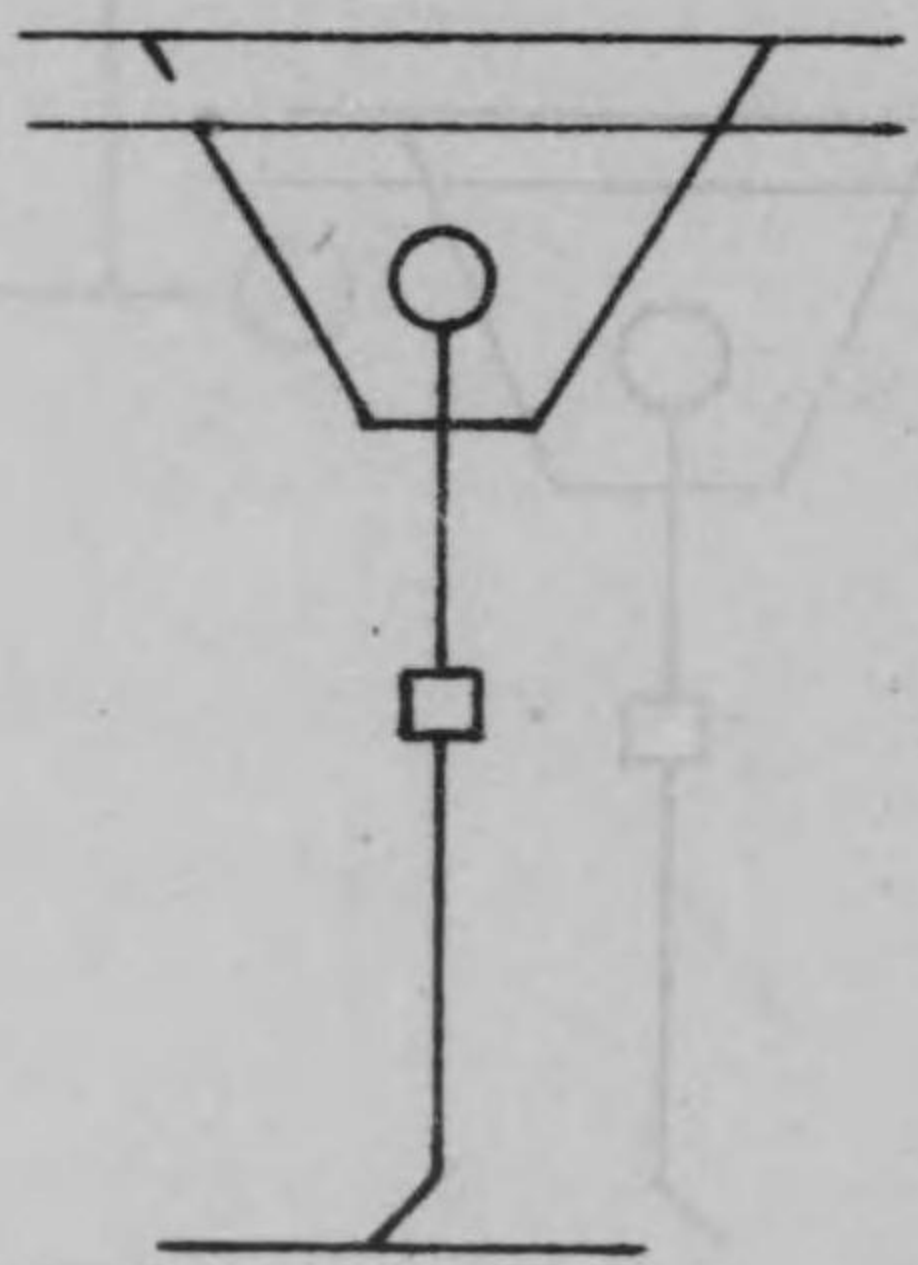
水平棒上向這



四肢支持回轉下



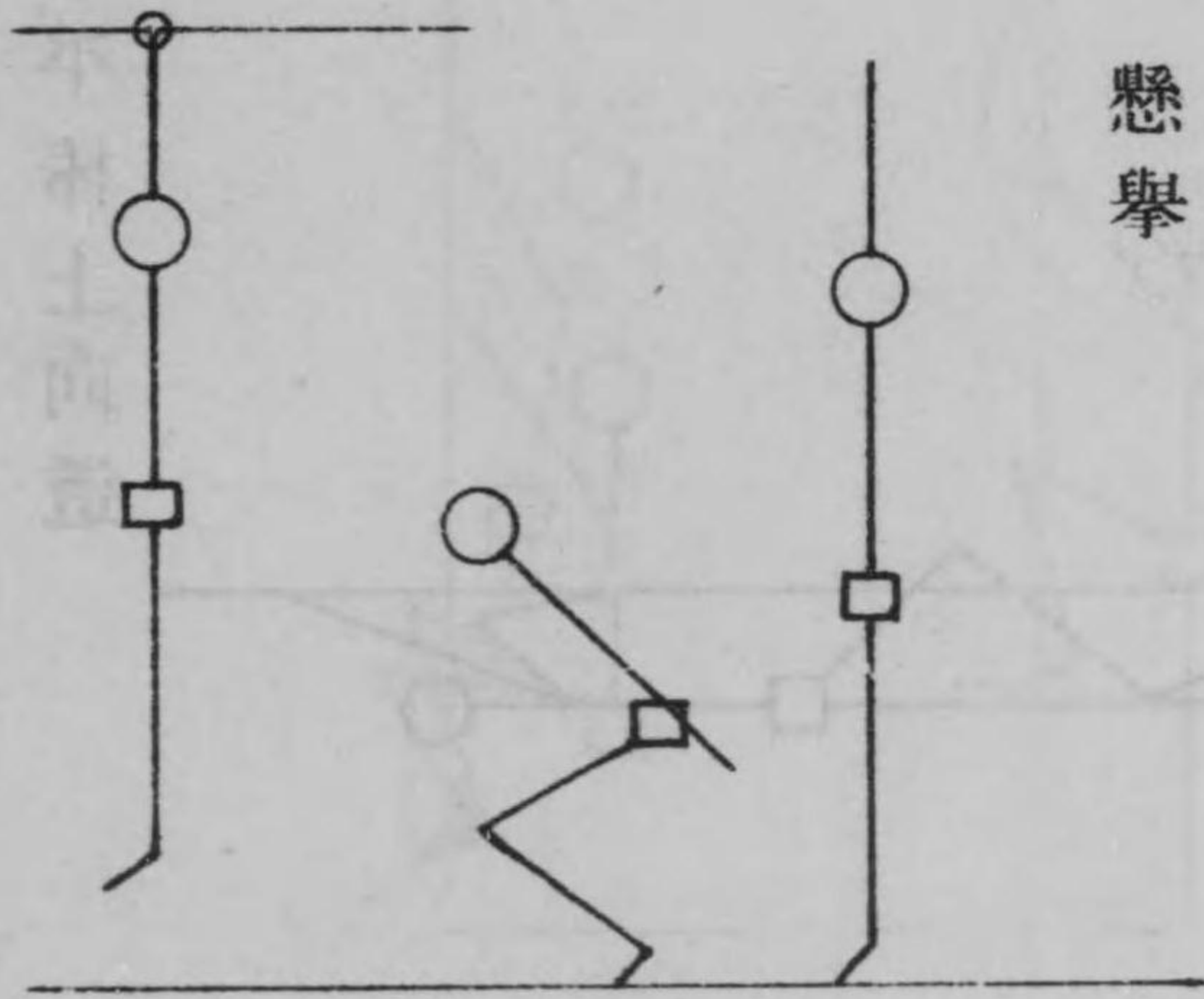
片逆手懸舉



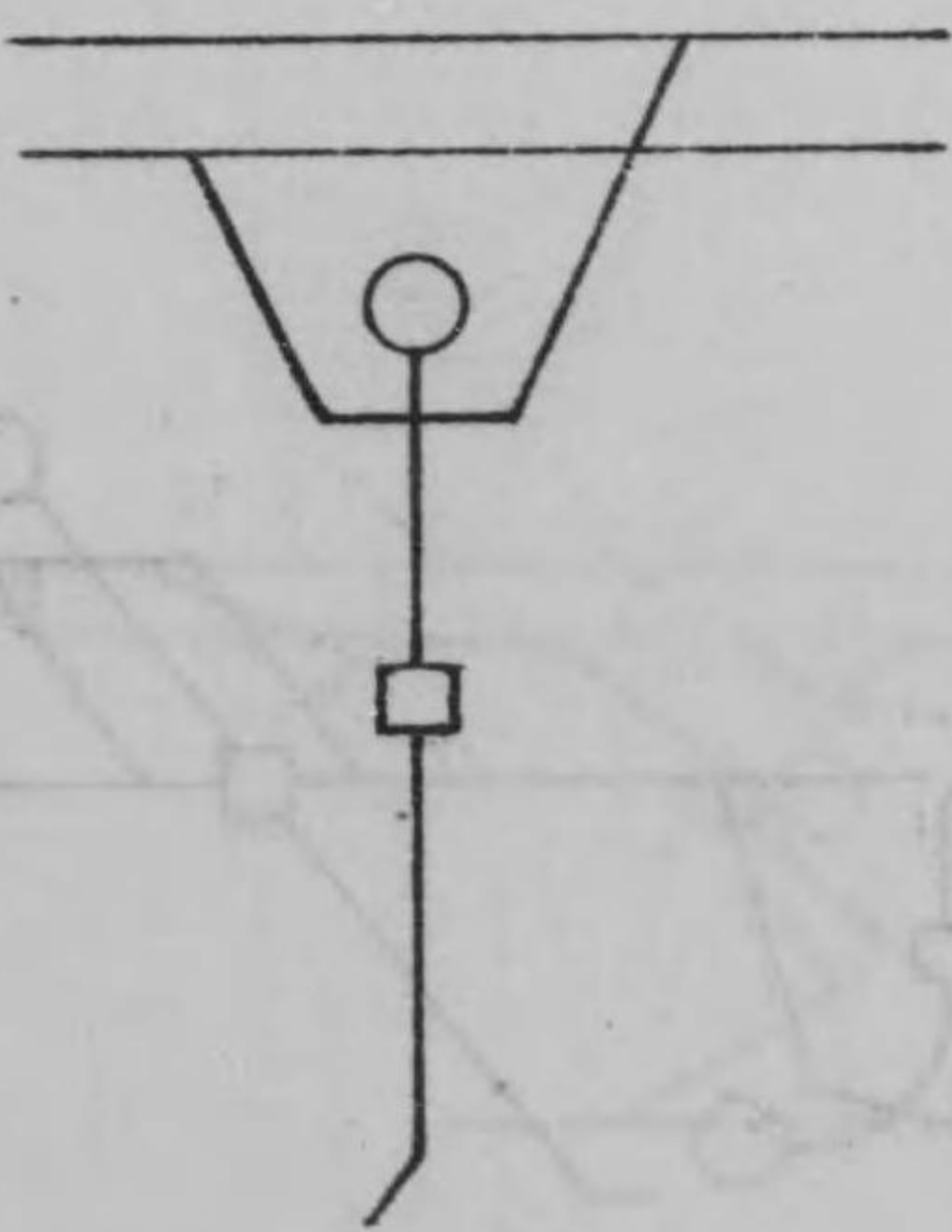
臂交叉懸垂



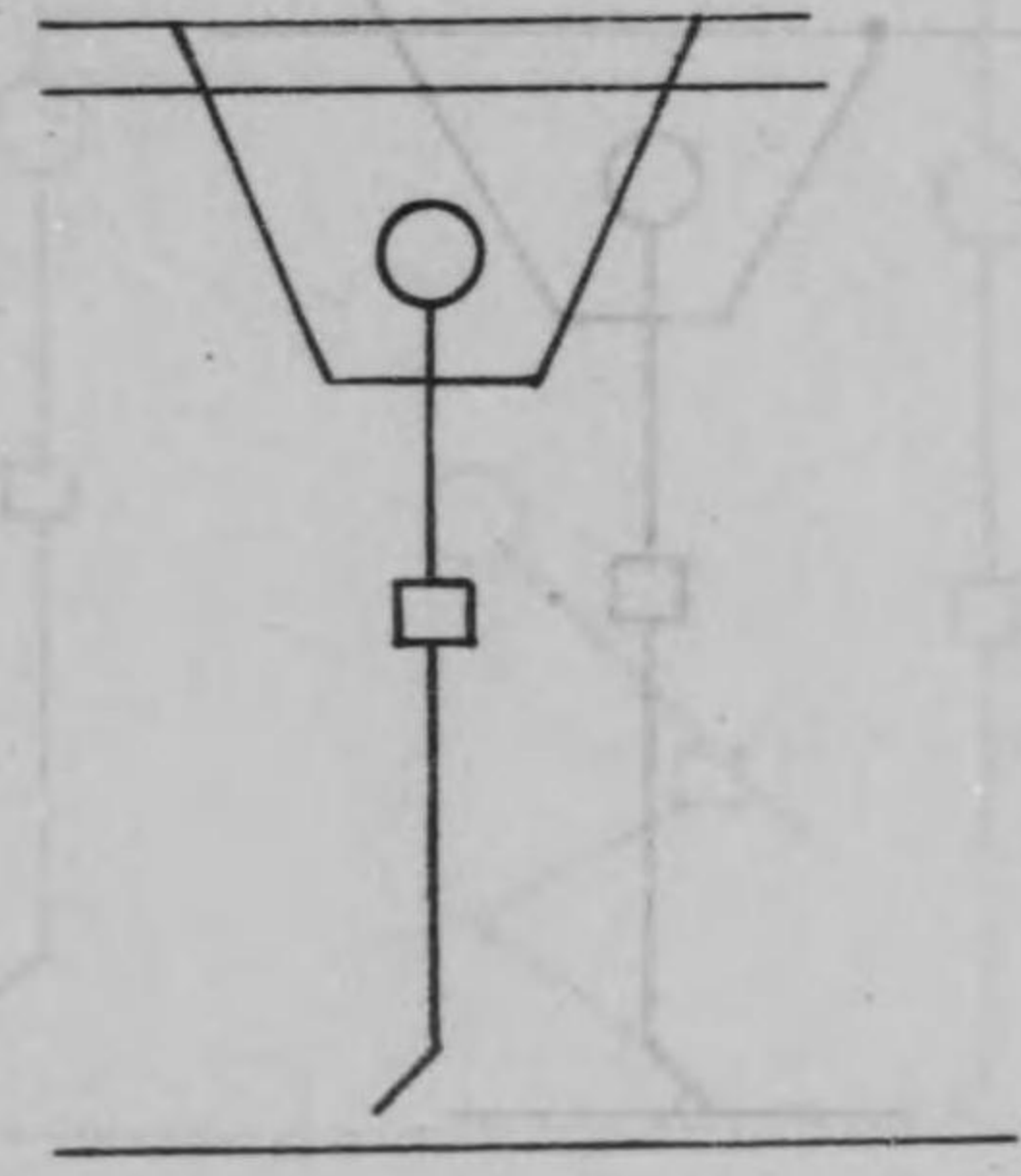
(二) 二体垂即法
懸舉



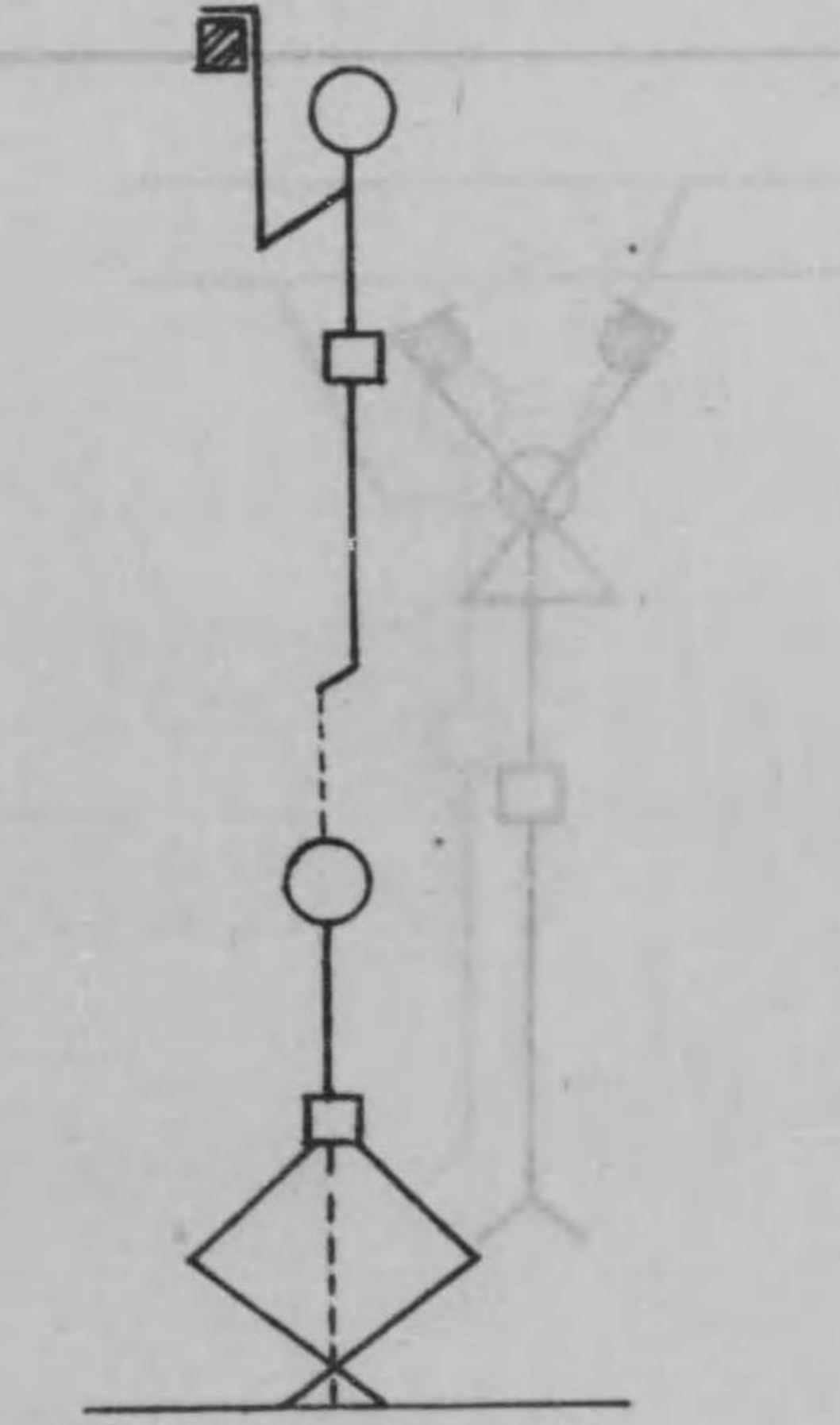
兩側懸舉



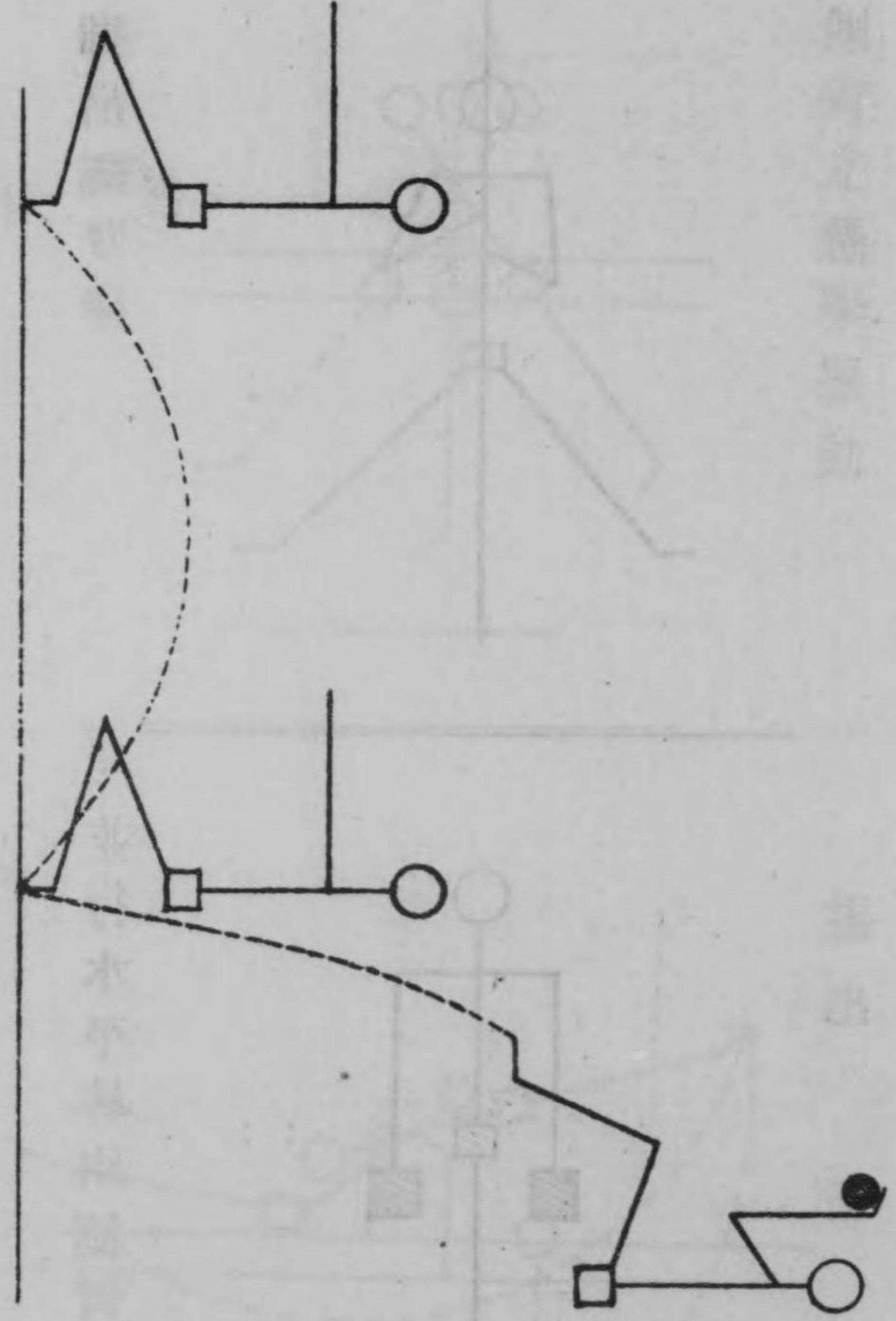
逆手懸舉

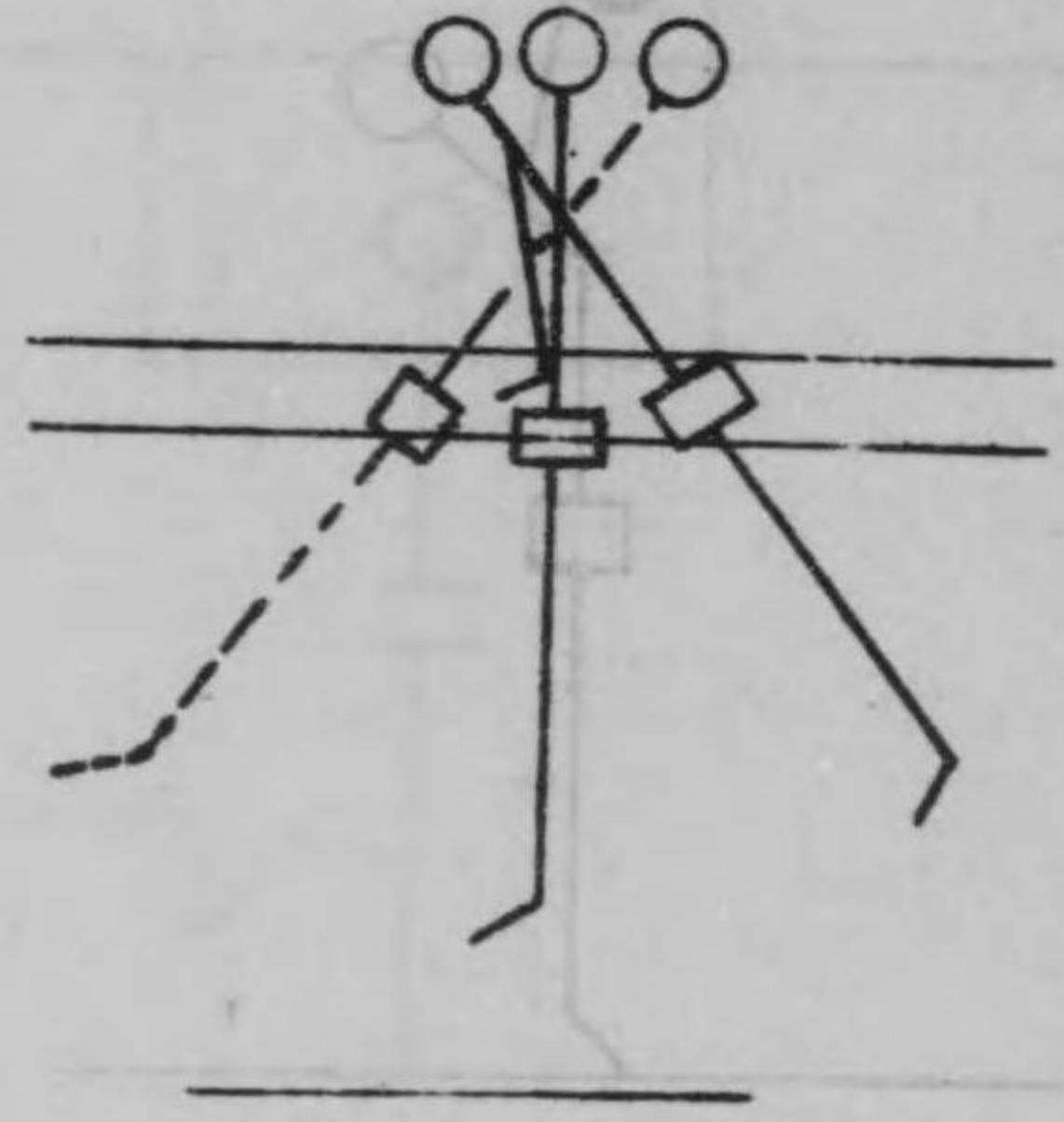


懸舉舉踵半屈膝降

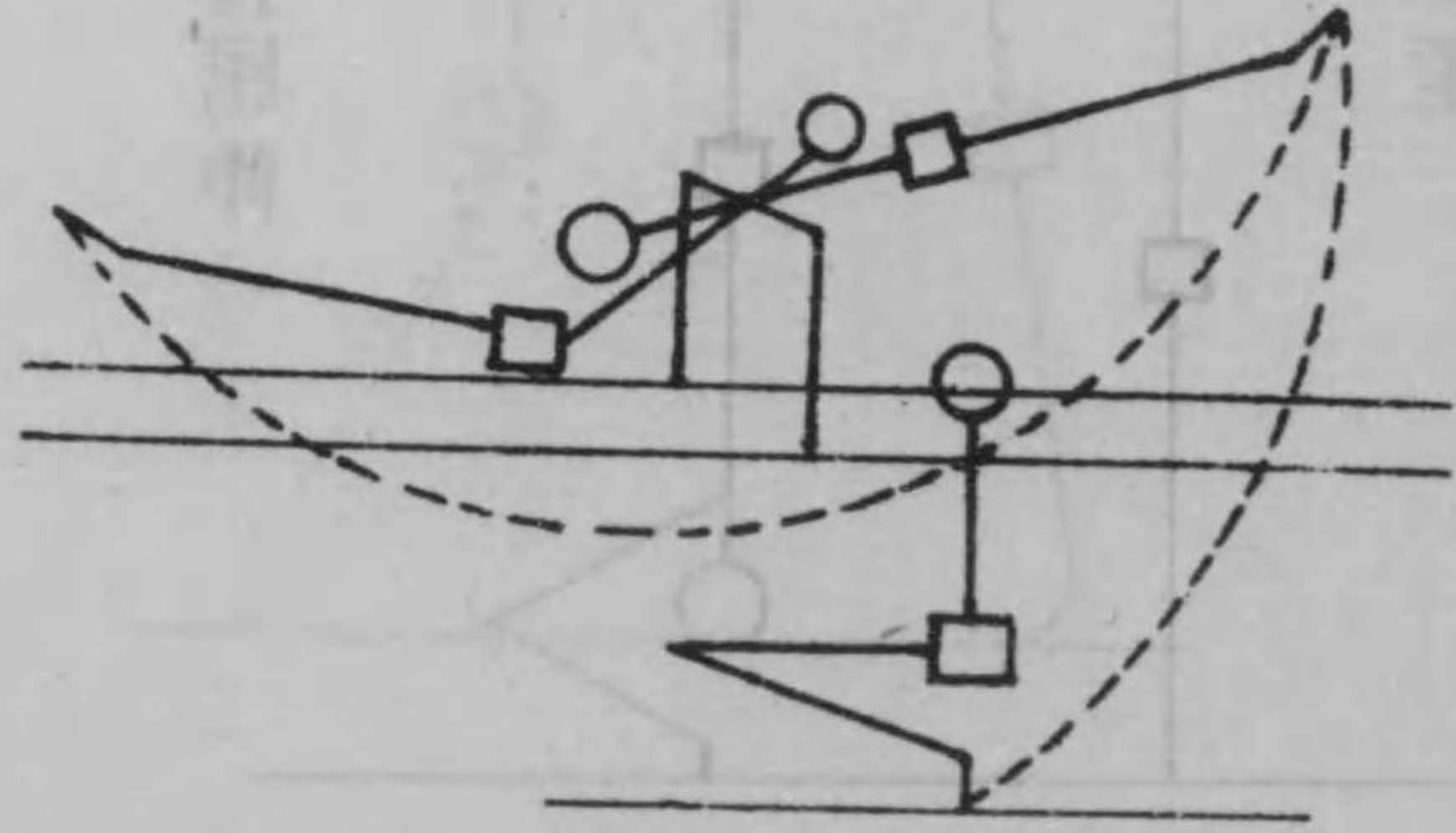


懸舉躍進降

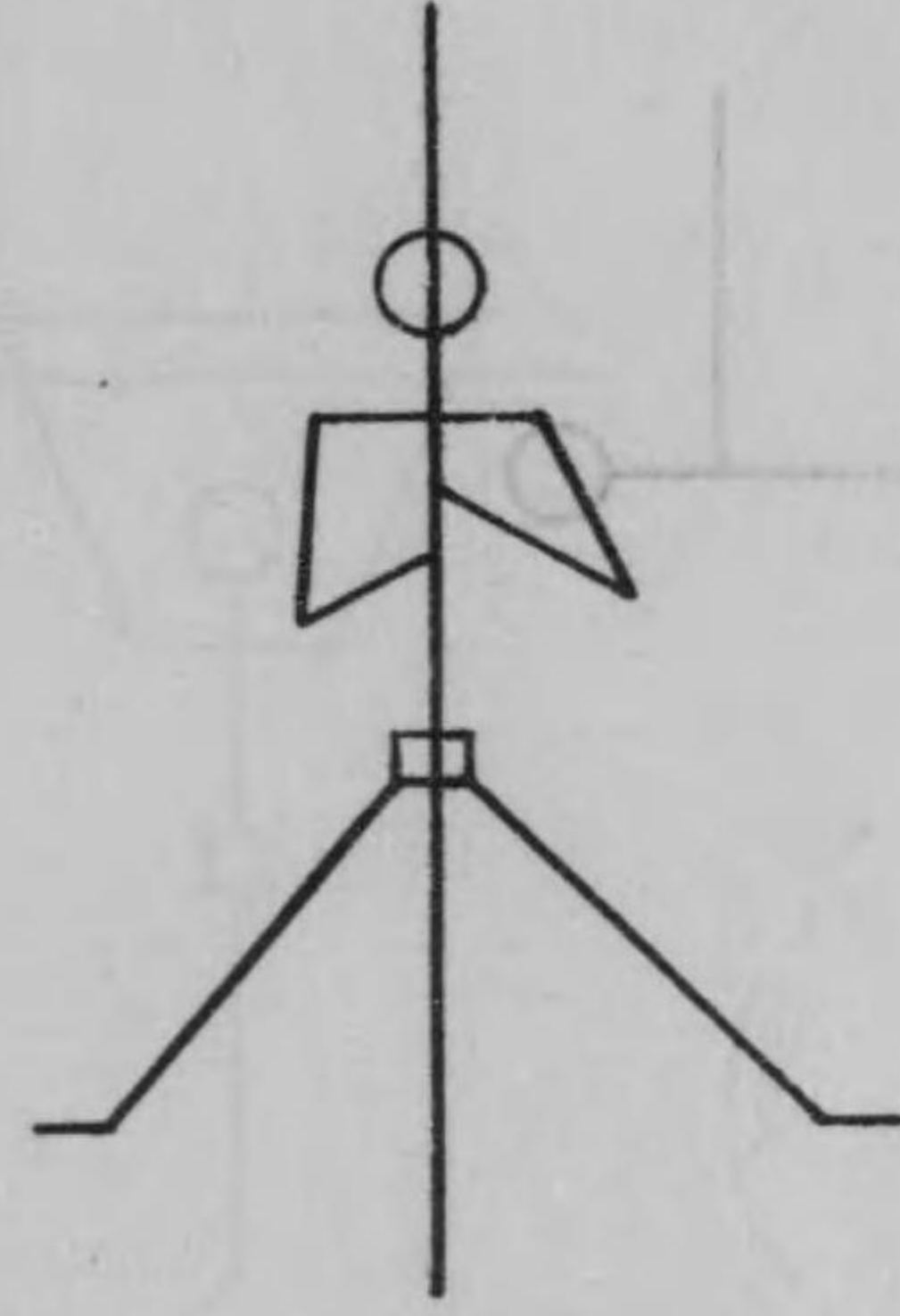




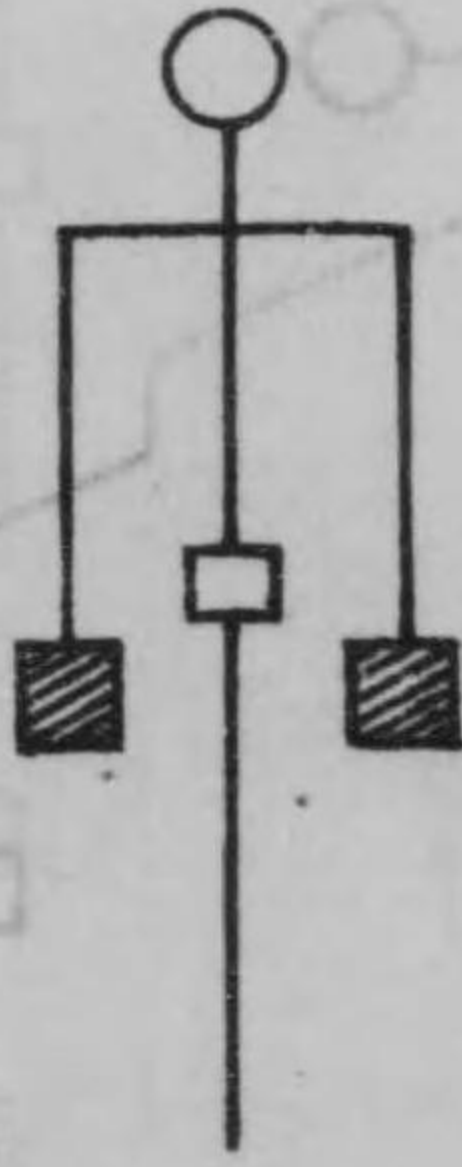
兩側臂立懸舉振動



振出

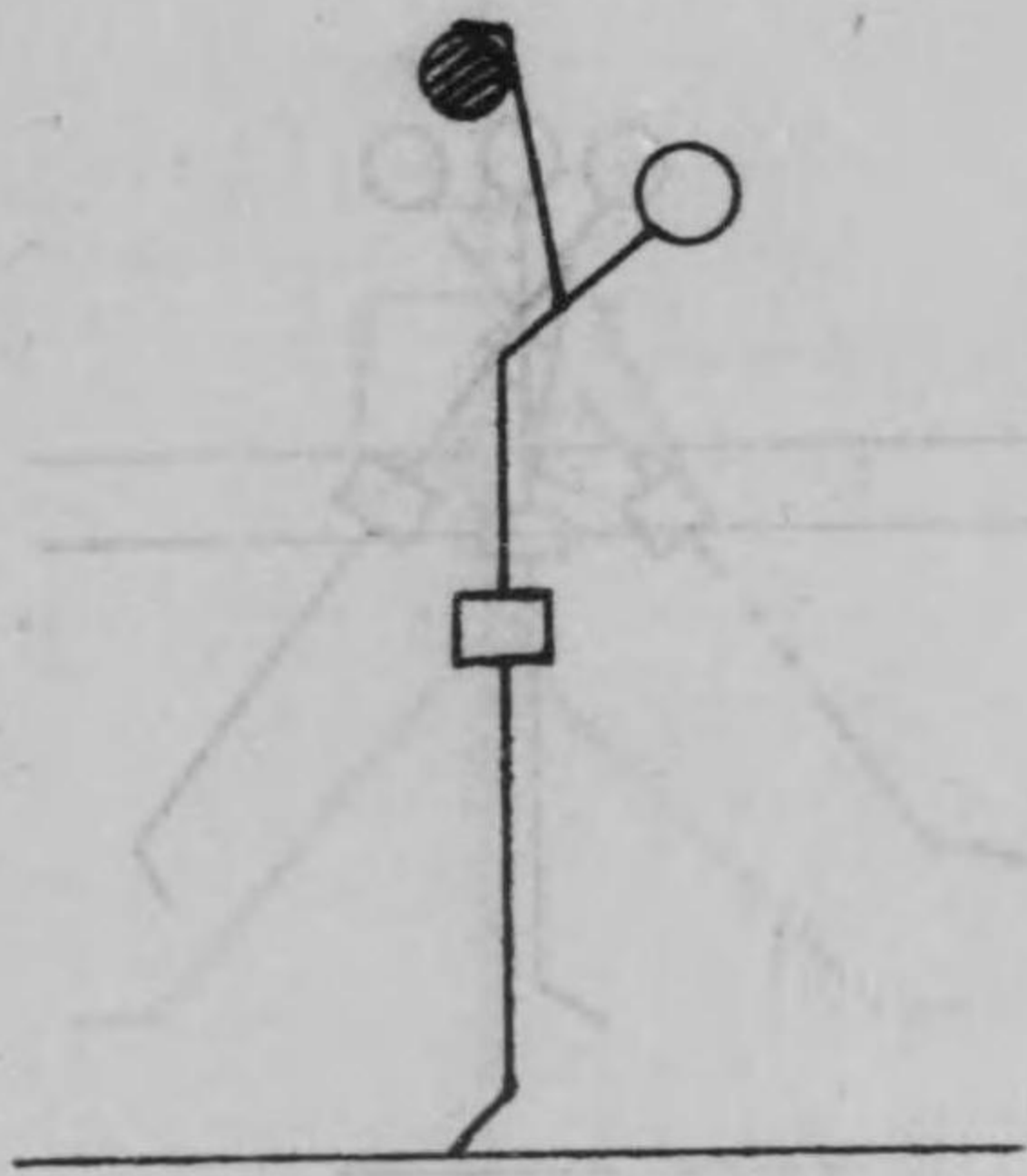


開脚吊繩登降



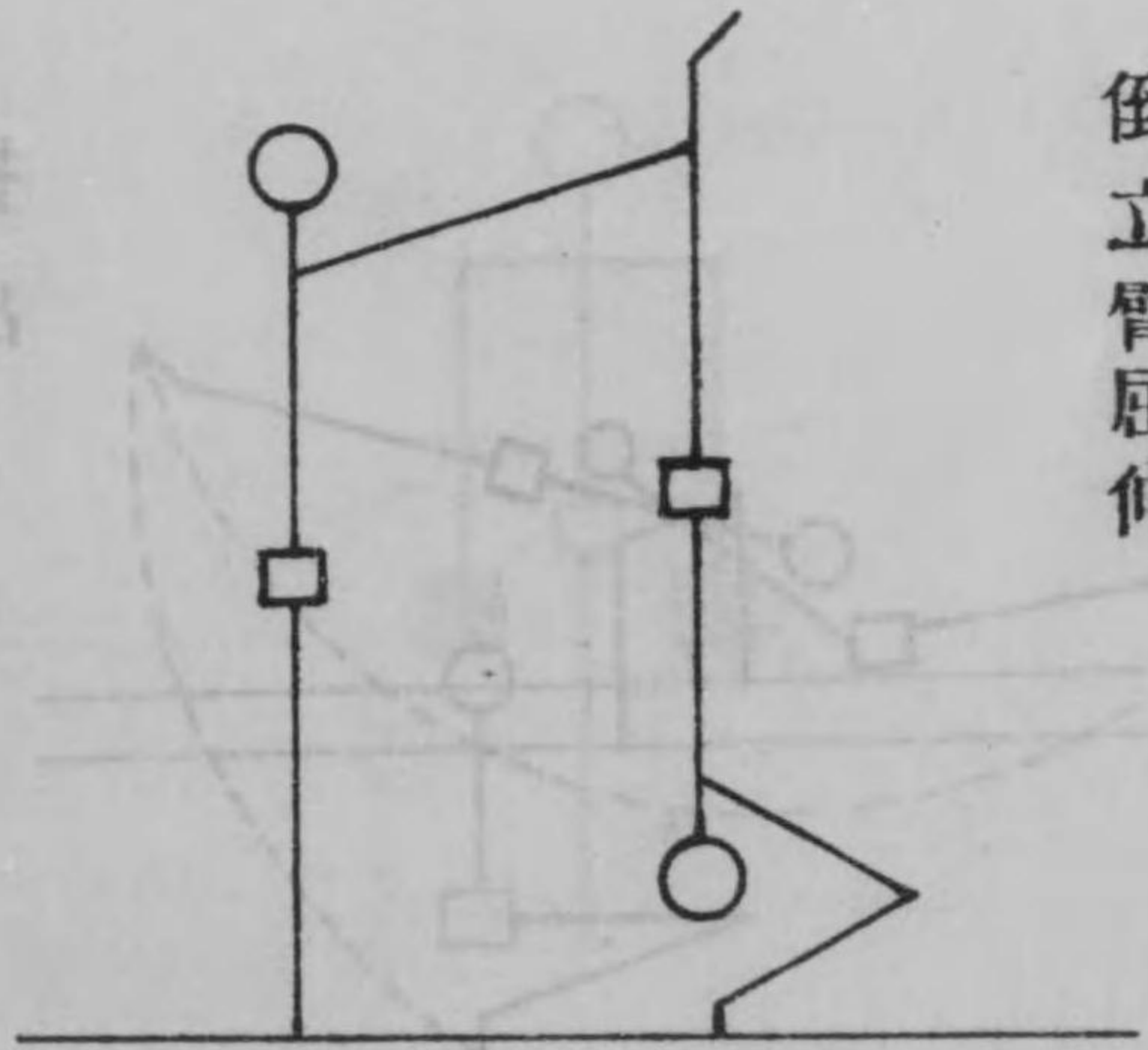
並行水平棒兩側臂立懸舉

屈臂懸舉



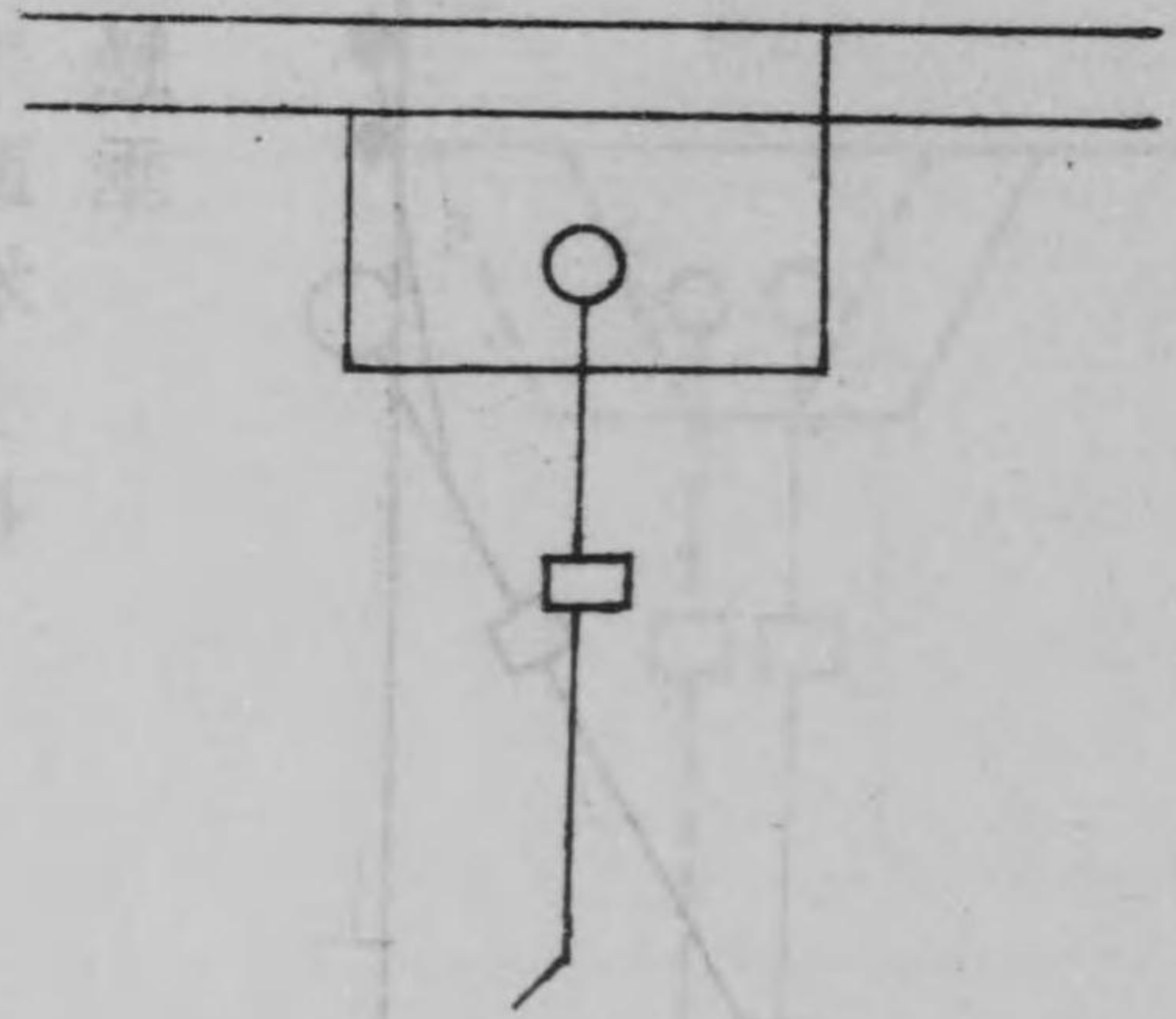
兩臂直立懸舉

倒立臂屈伸



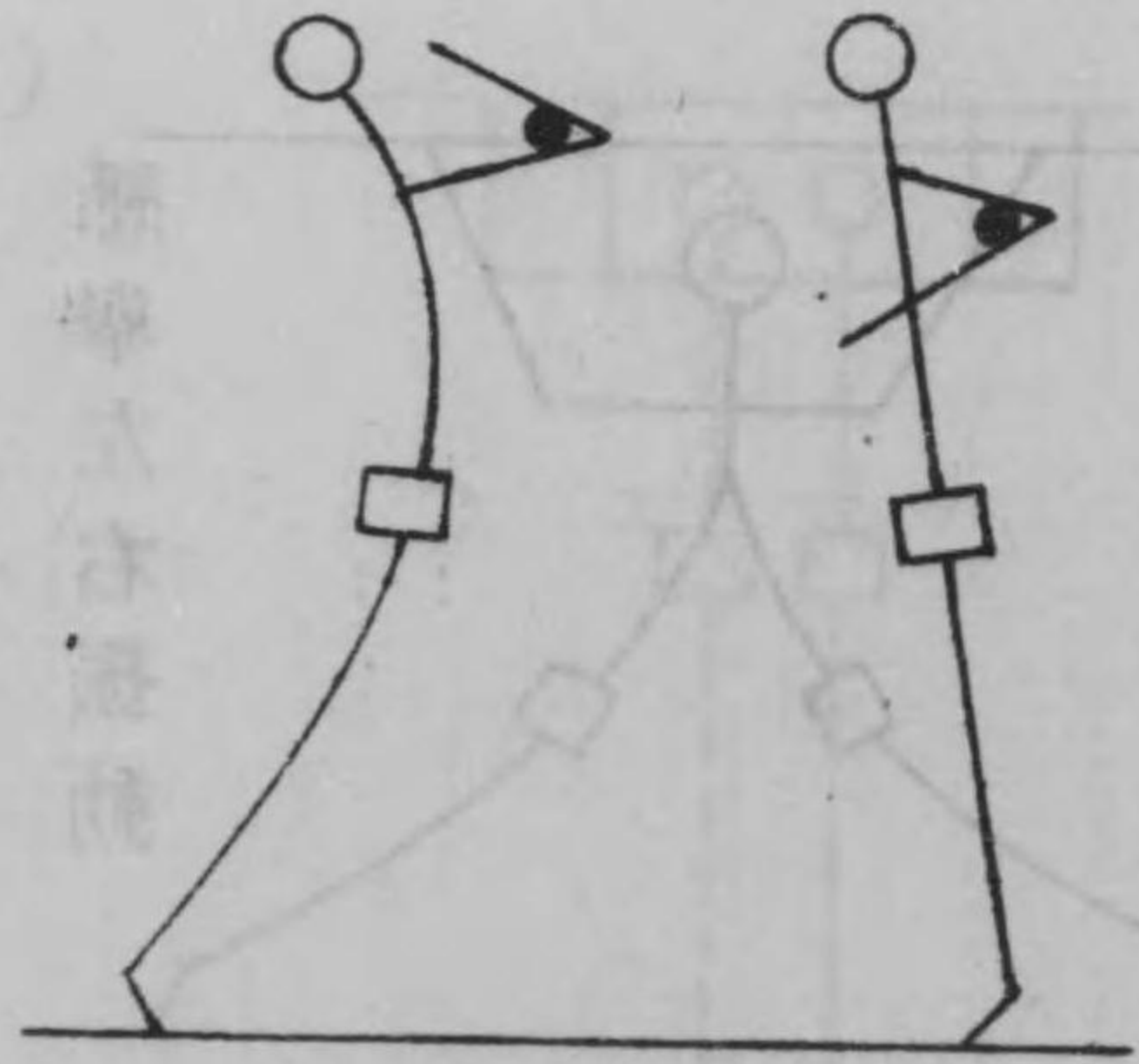
掛出

兩側屈臂懸舉



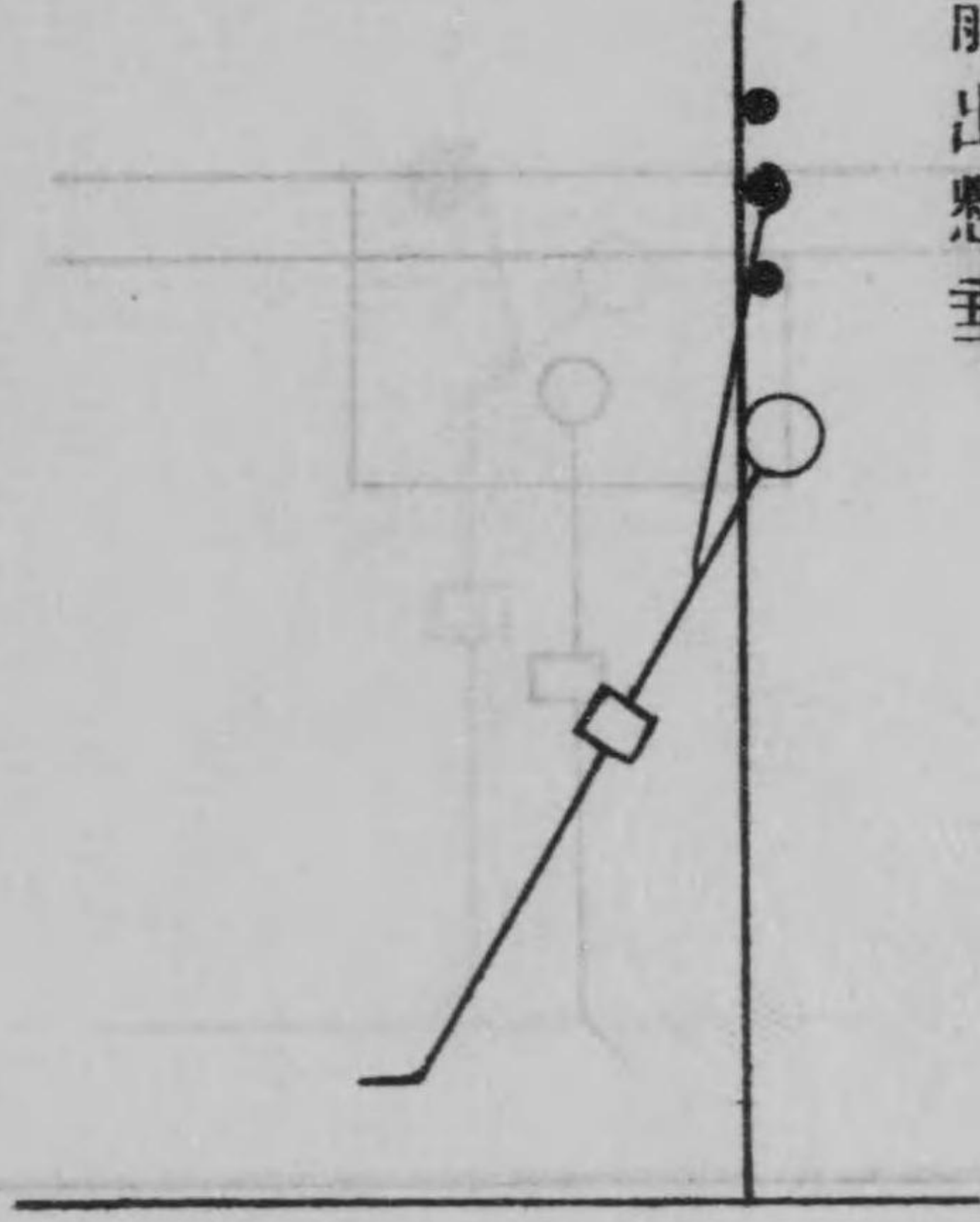
兩側屈臂懸舉

臂掛懸垂



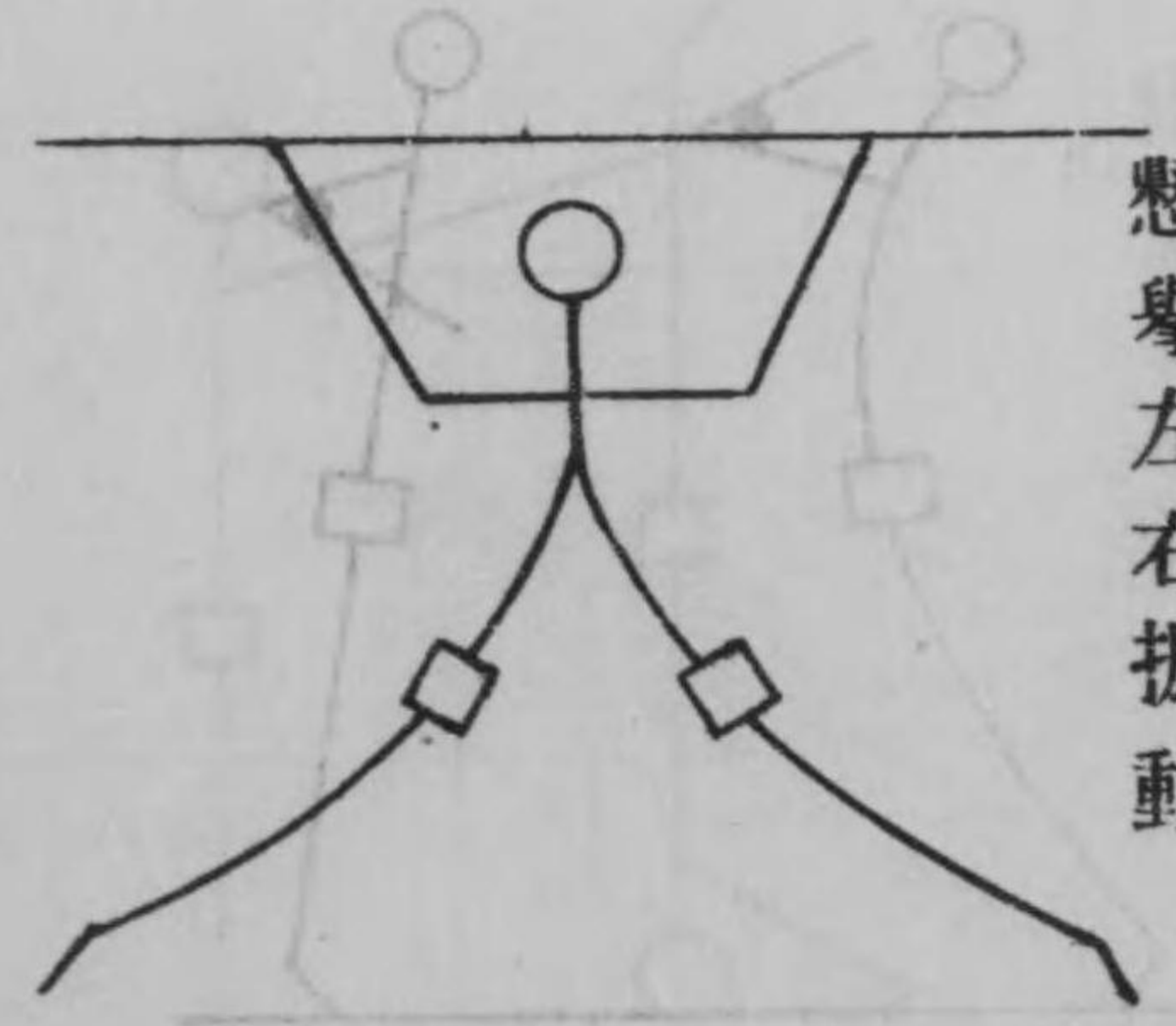
臂掛懸垂

助木背手助木支持
 体前出懸垂



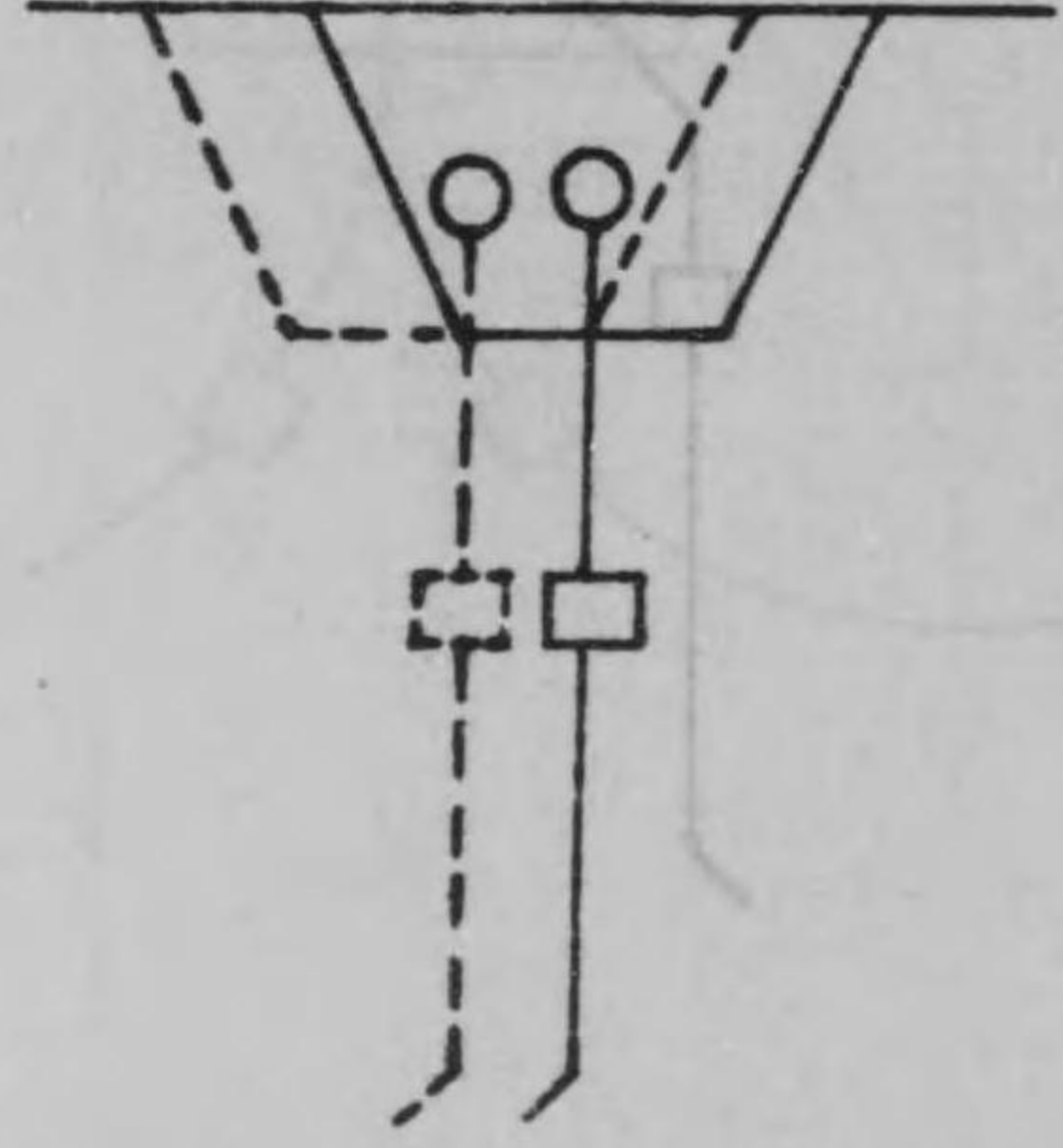
兩臂屈臂懸舉

(三) 体重增加法
 懸舉左右振動



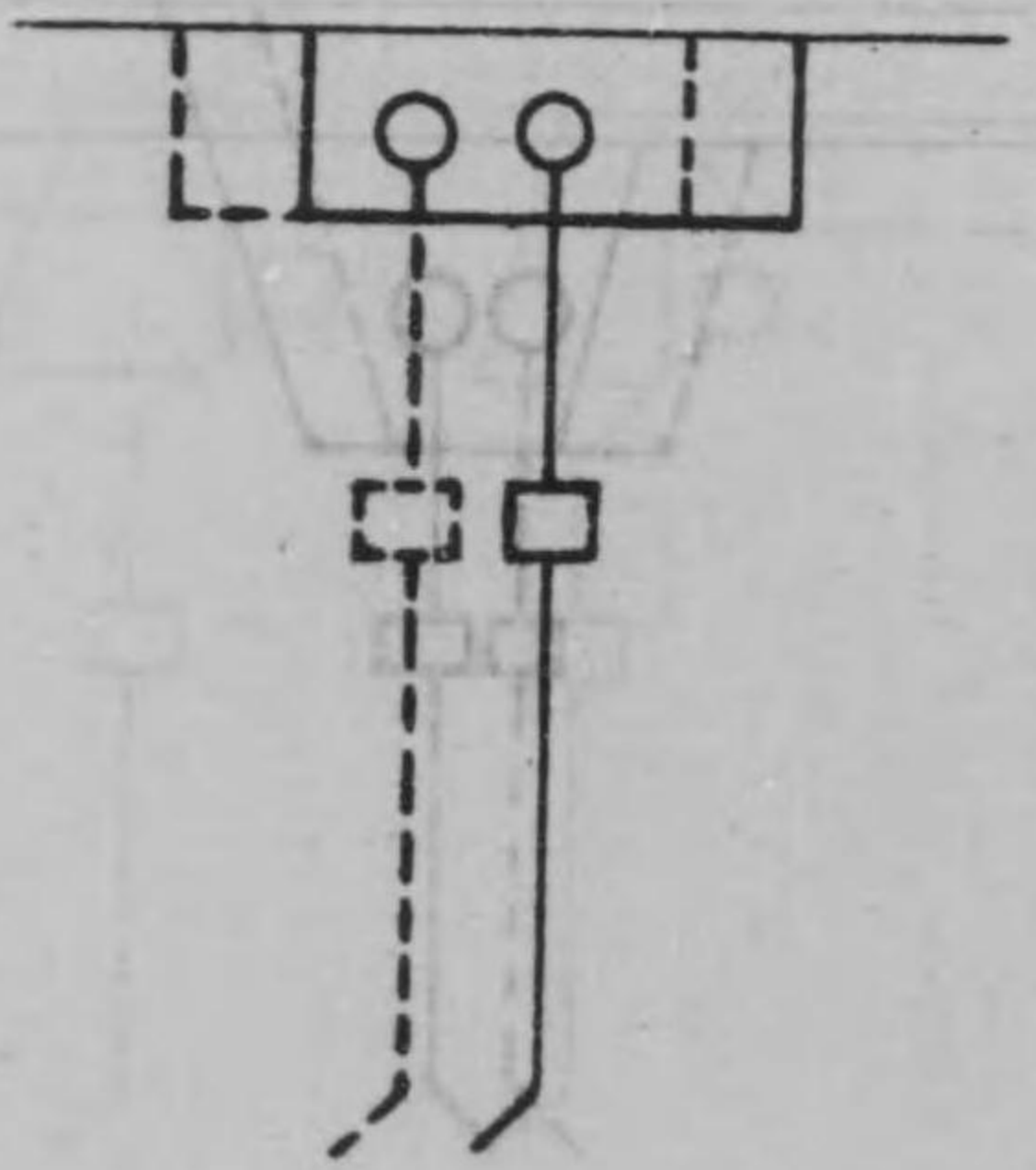
習慣懸垂

伸臂懸舉橫行



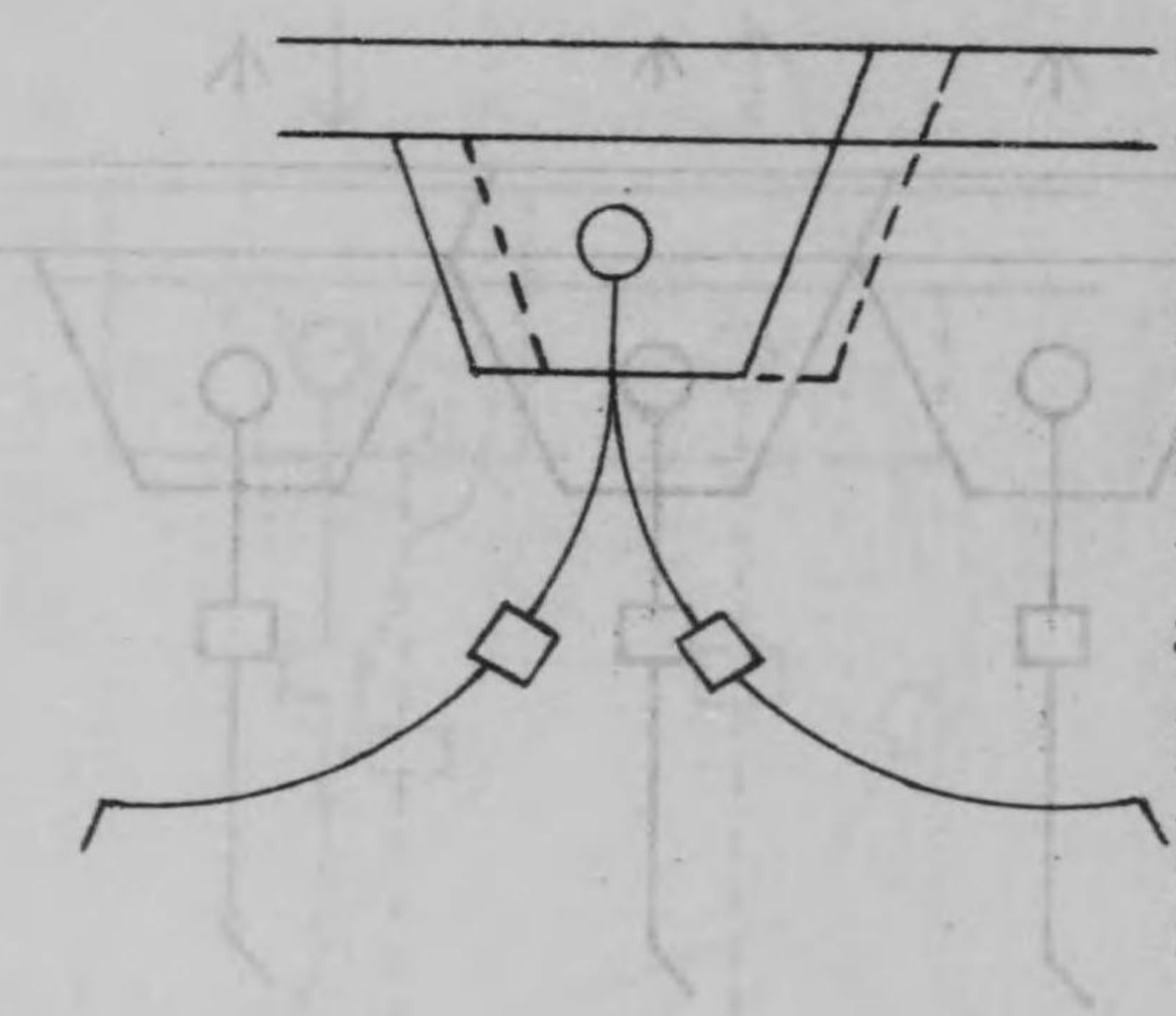
習慣懸垂

屈臂懸舉橫行



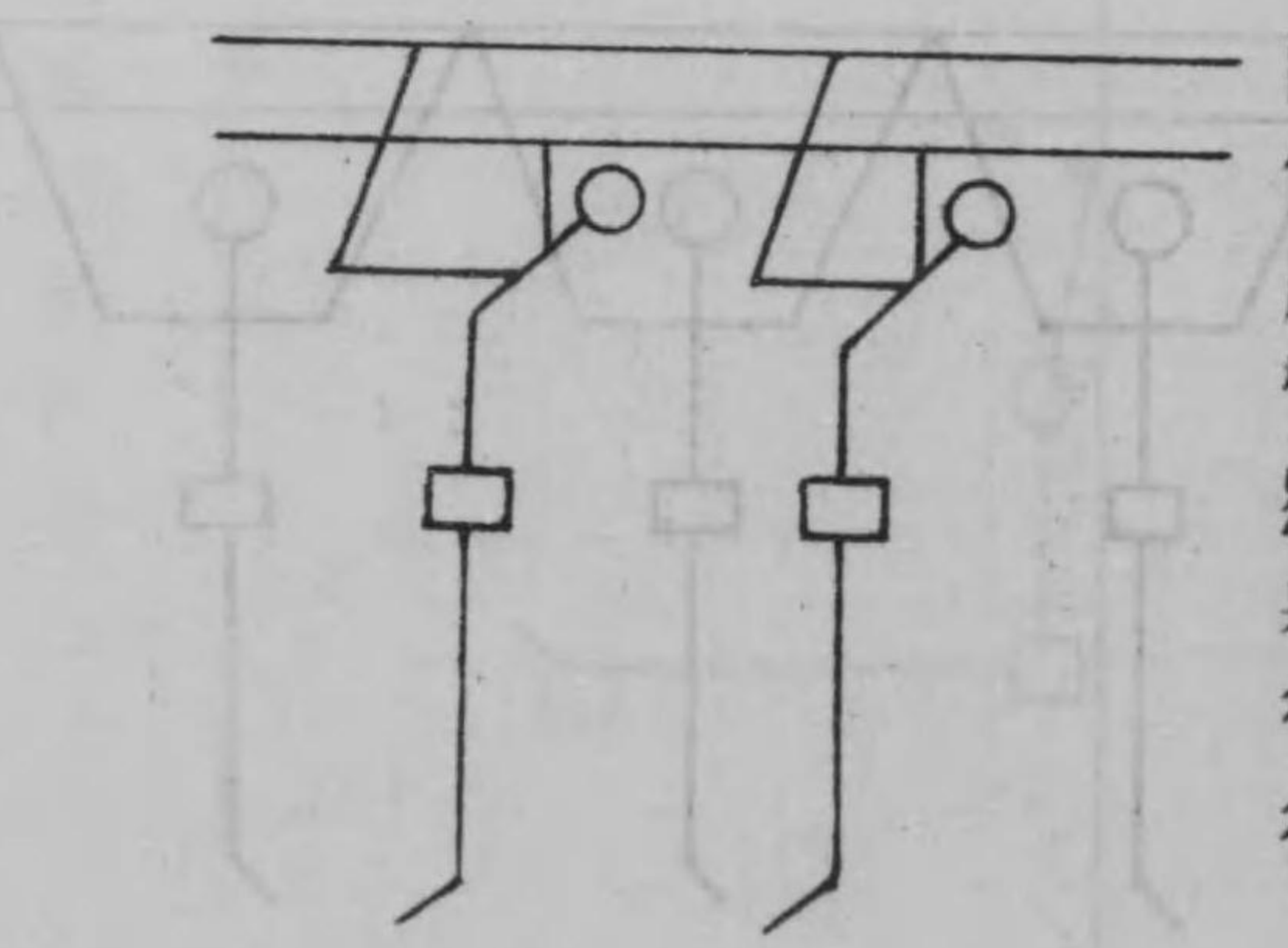
兩臂伸臂懸舉

兩側伸臂懸舉振動前行



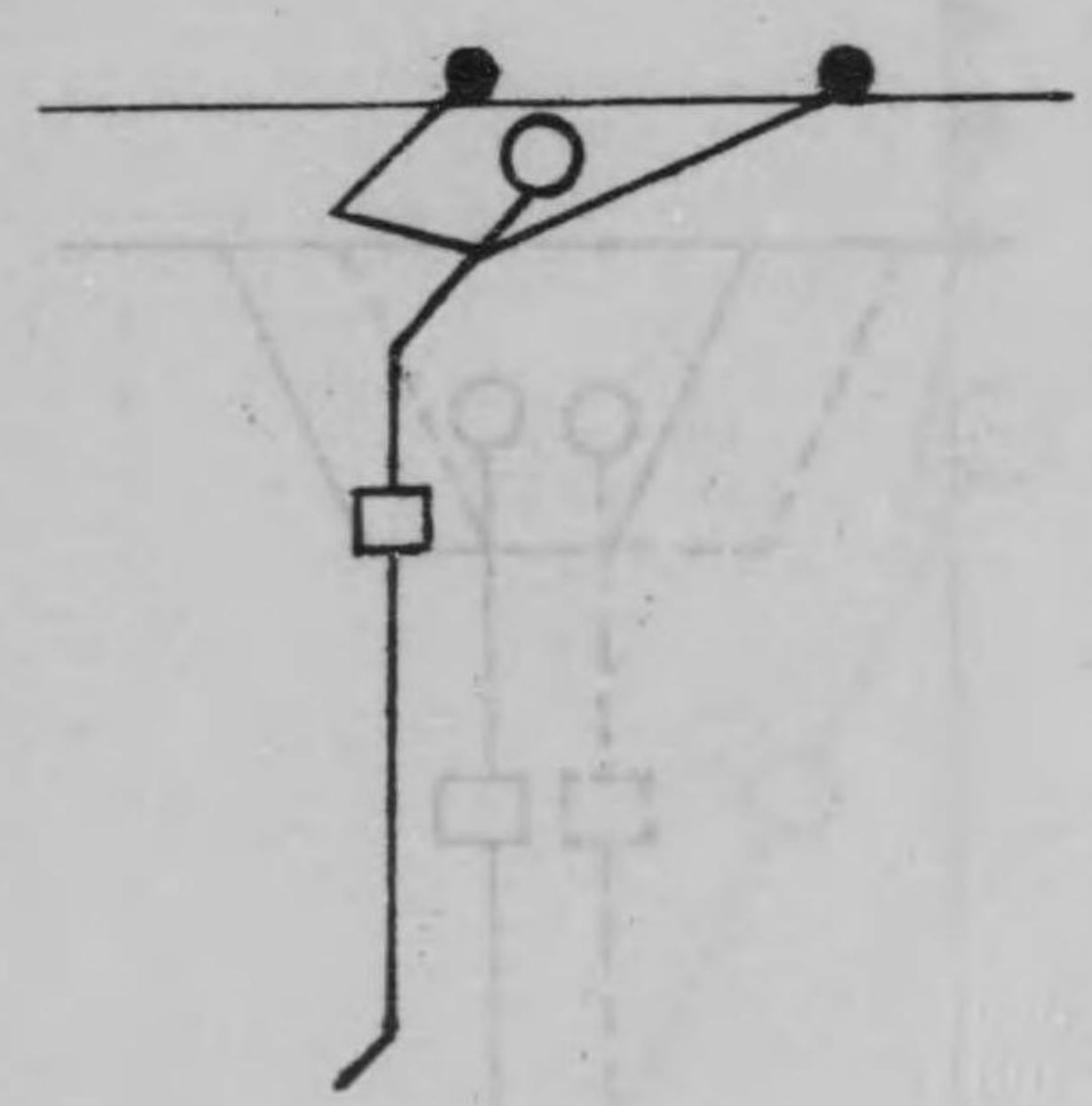
兩側伸臂懸舉振動前行

兩側屈臂懸舉後行



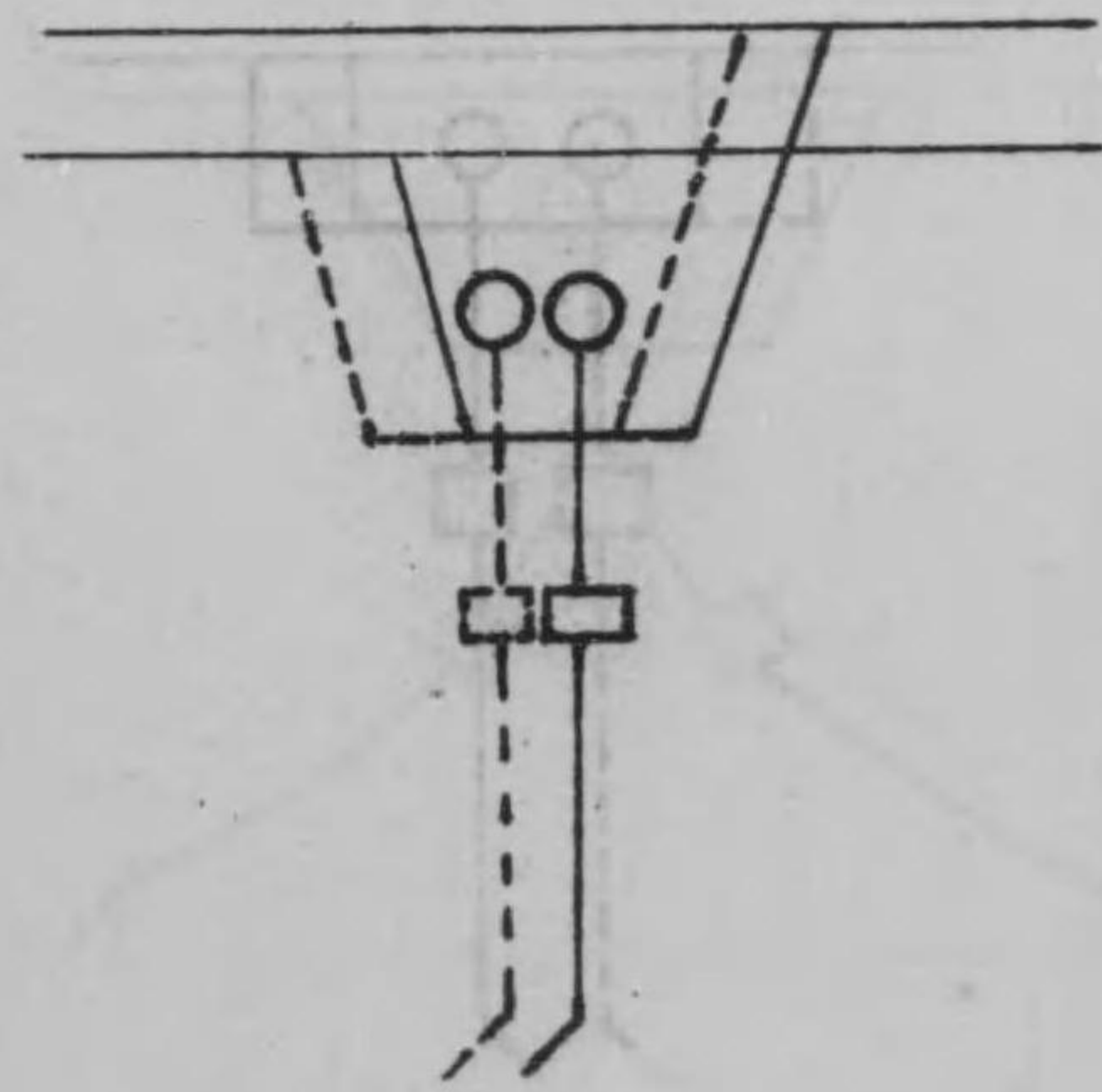
兩側屈臂懸舉後行

屈臂後行



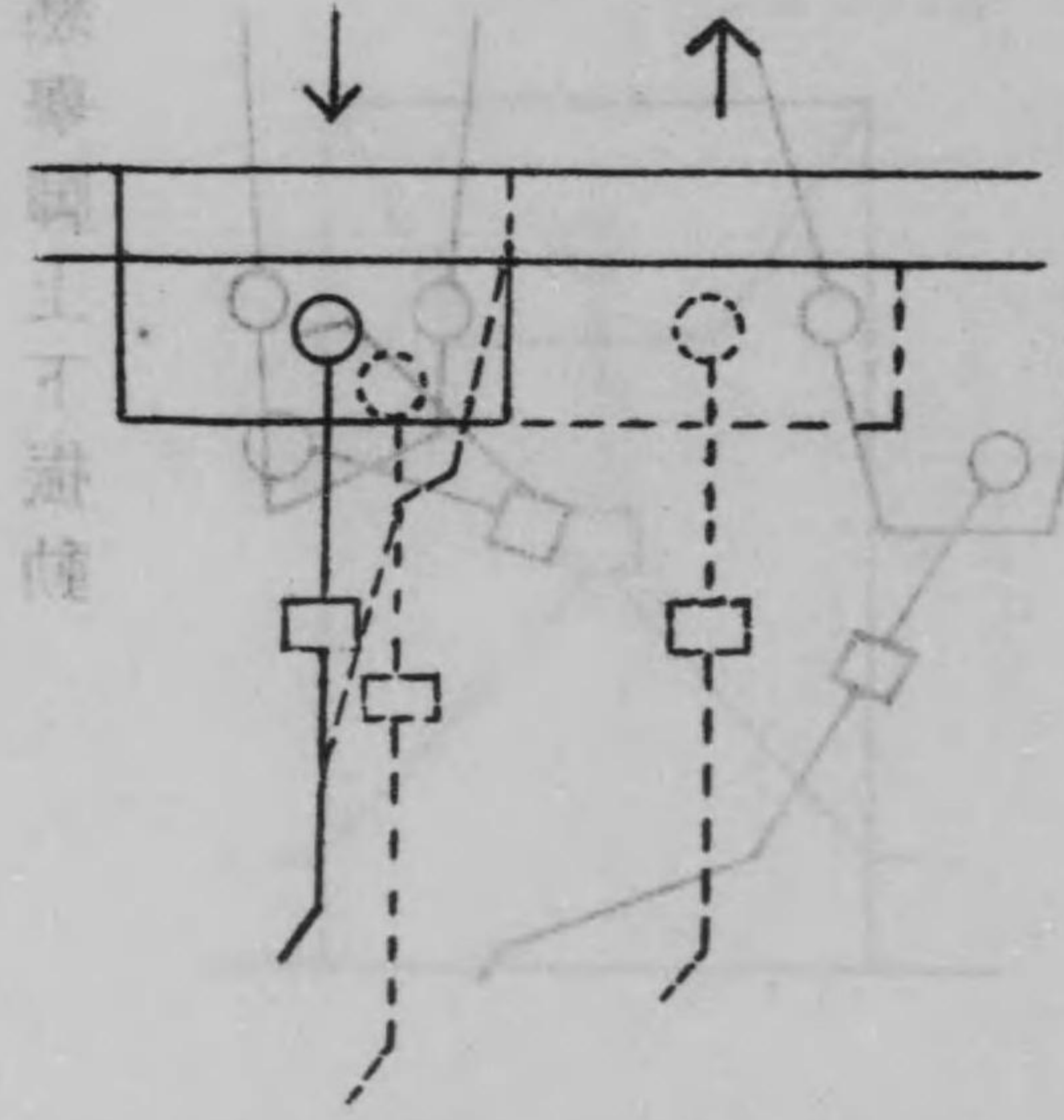
屈臂後行

兩側伸臂懸舉前行



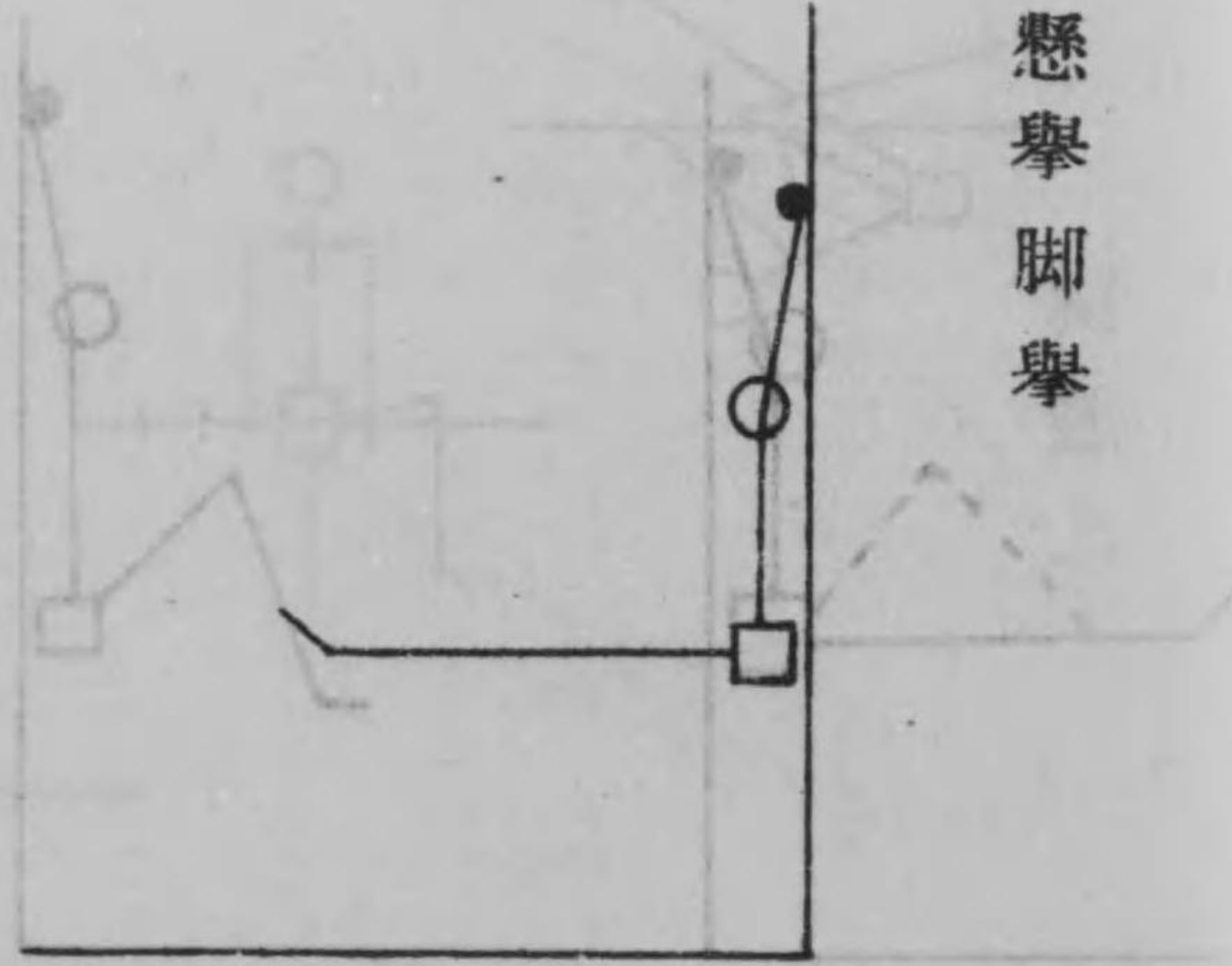
兩側伸臂懸舉前行

懸舉同工不游使

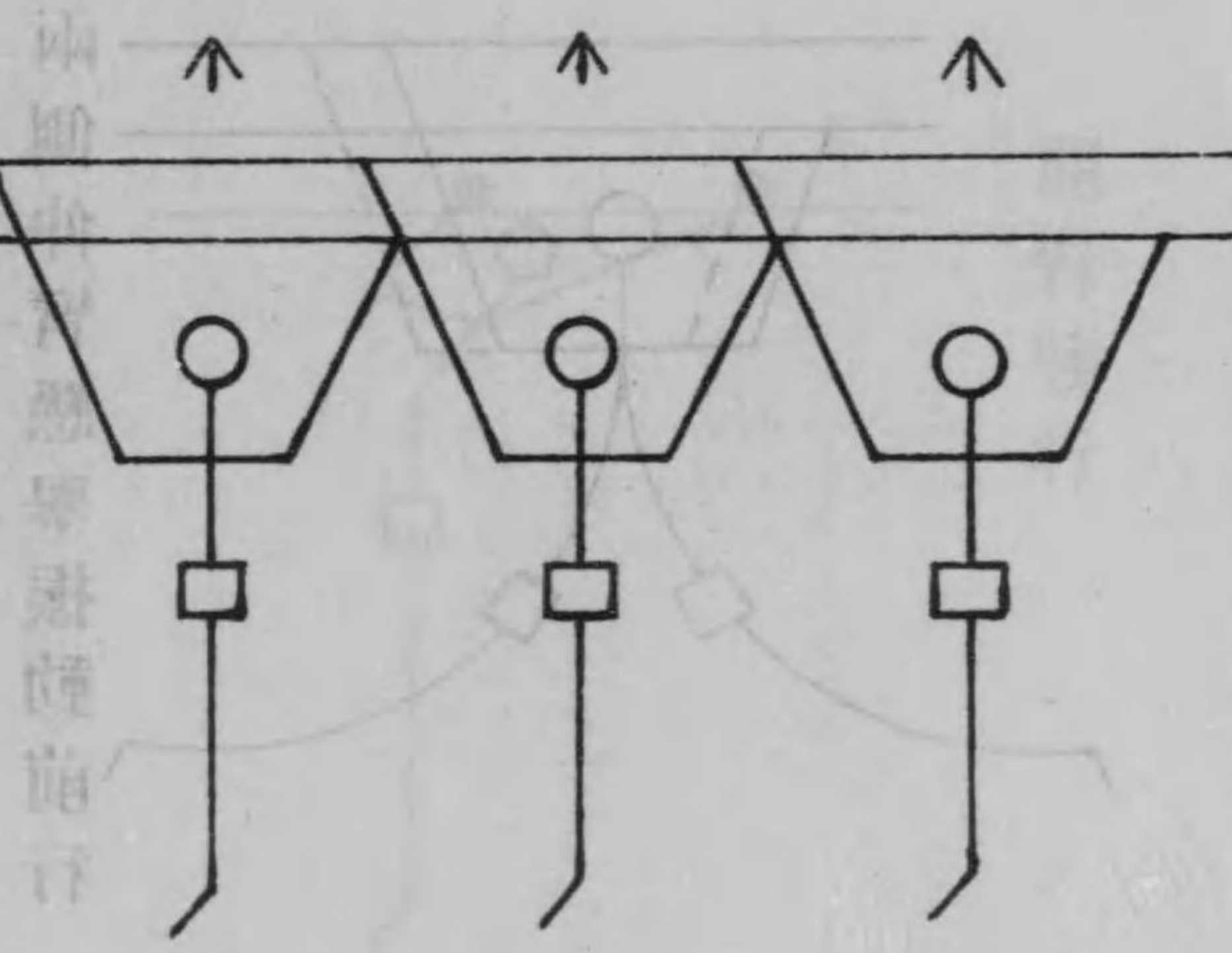


屈臂懸舉轉向橫行

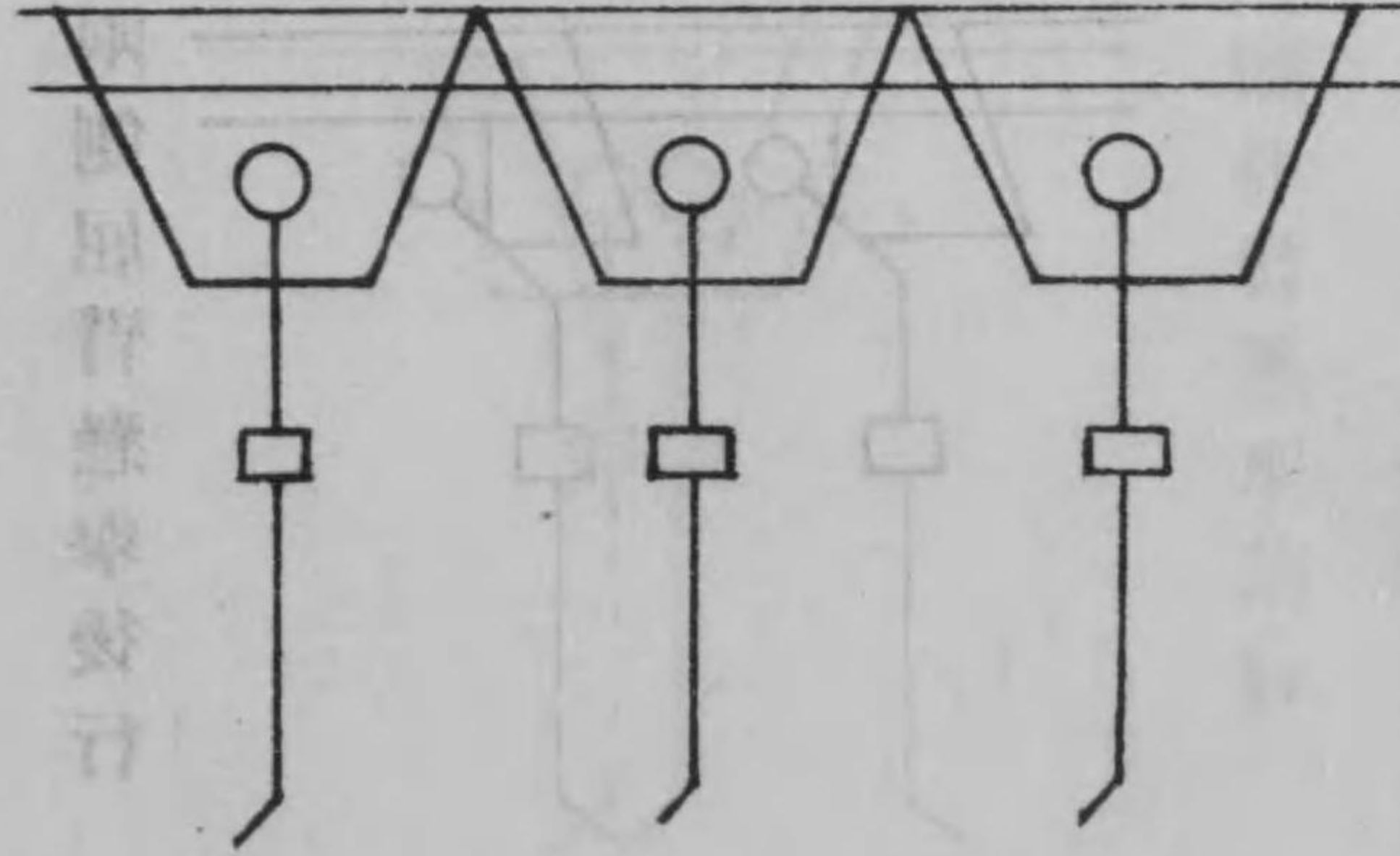
懸舉用脚舉



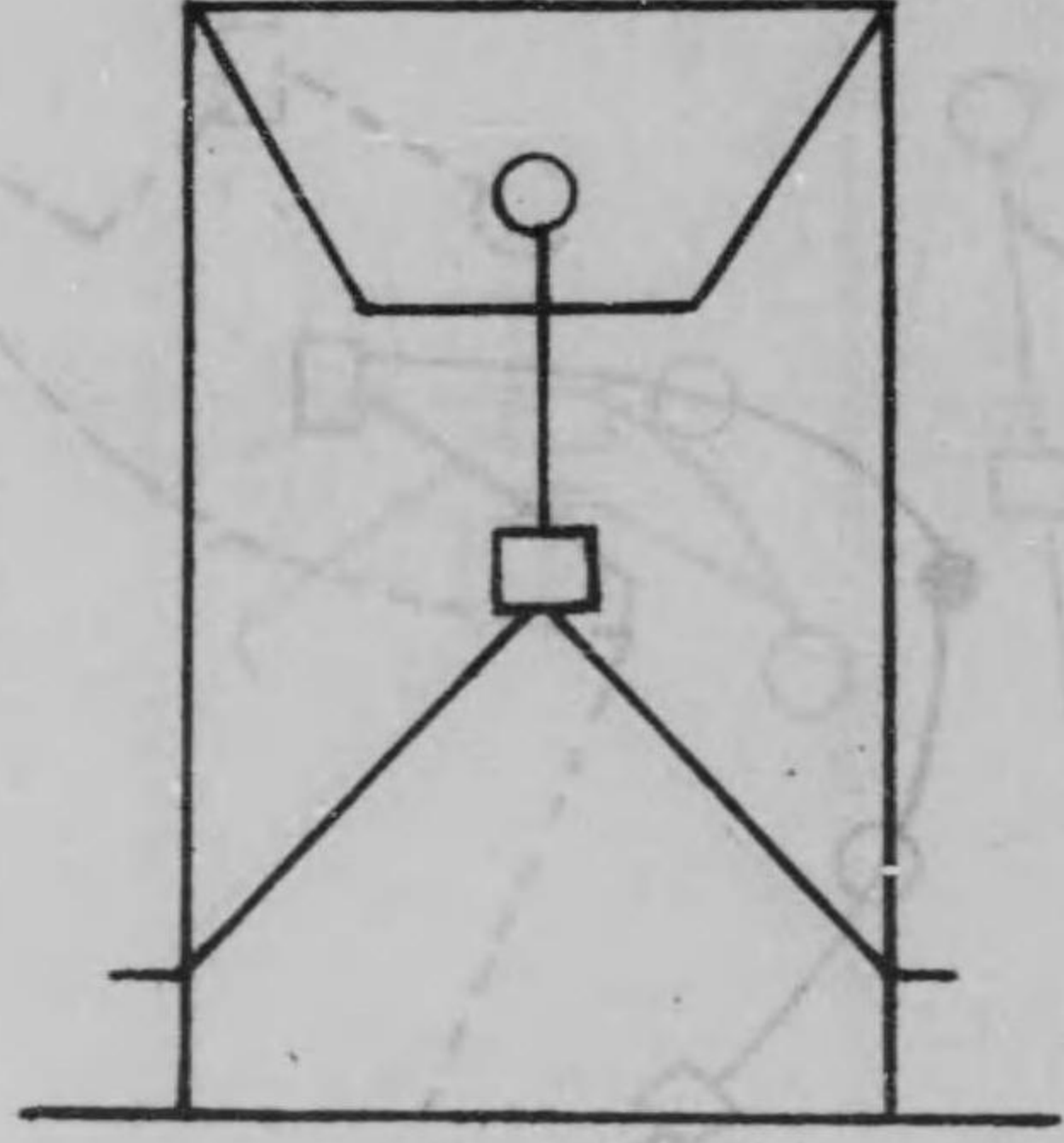
懸舉脚舉



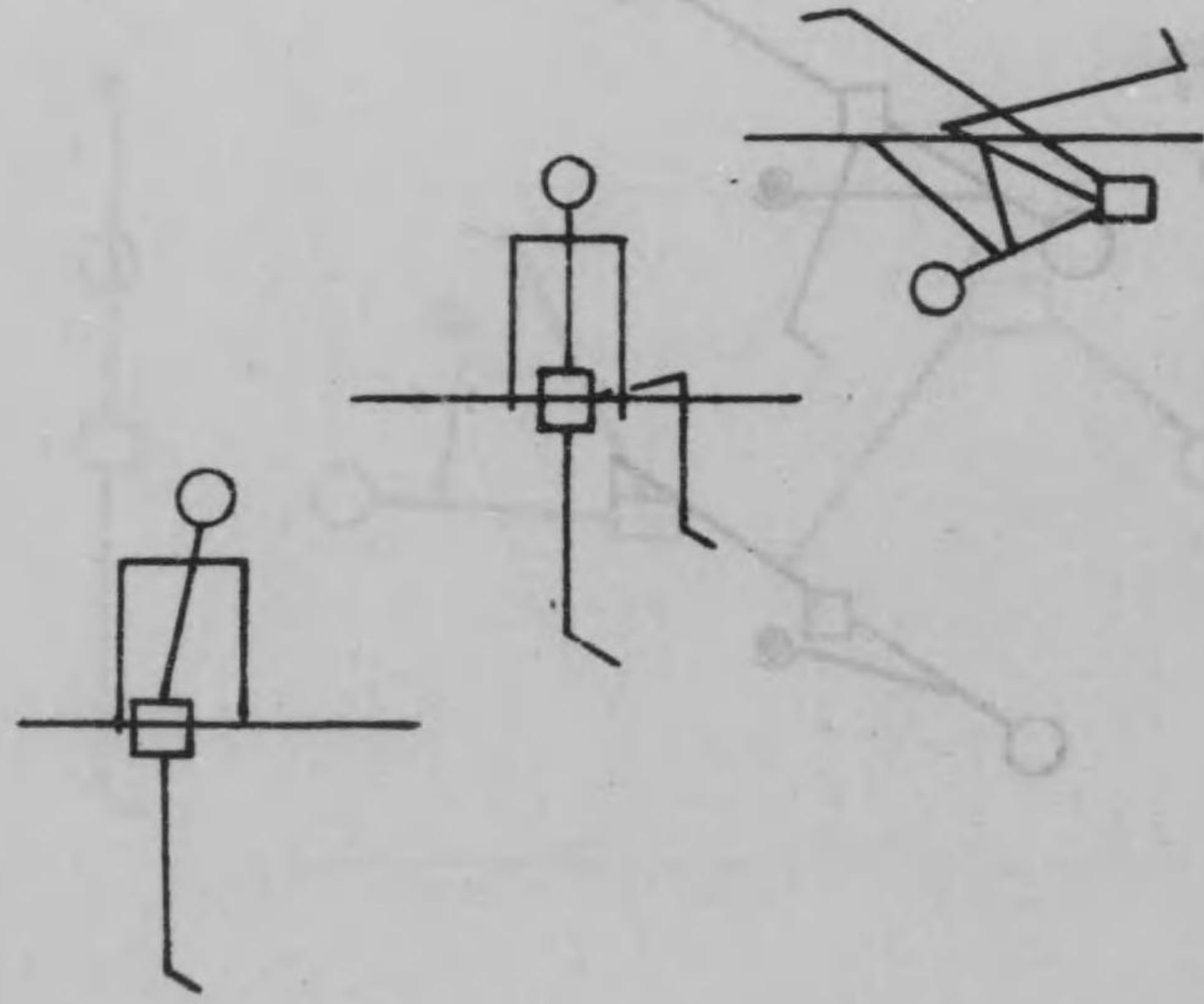
伸臂懸舉轉回橫行



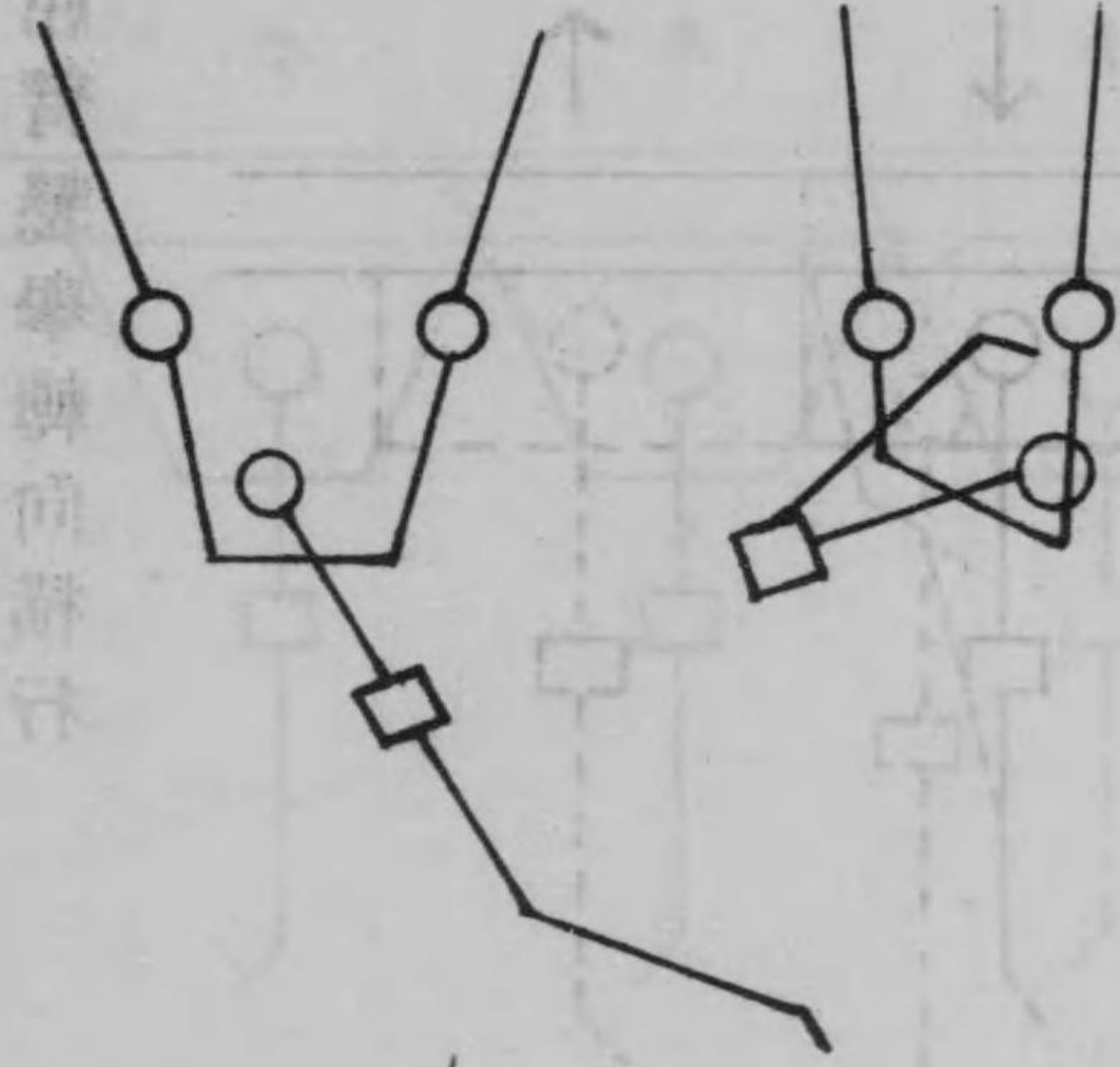
手用同方向伸臂轉向橫行



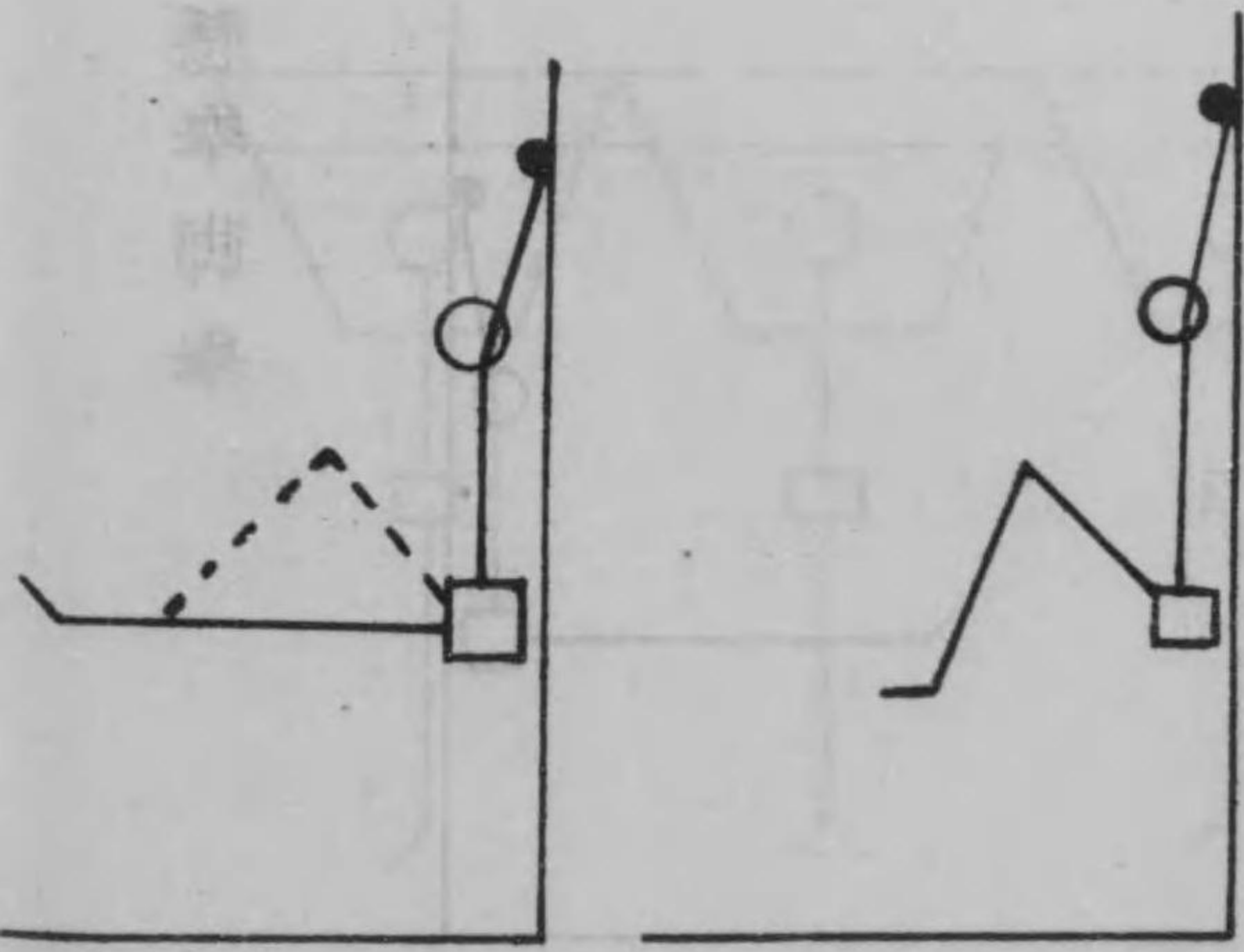
助木懸舉開脚



脚懸上

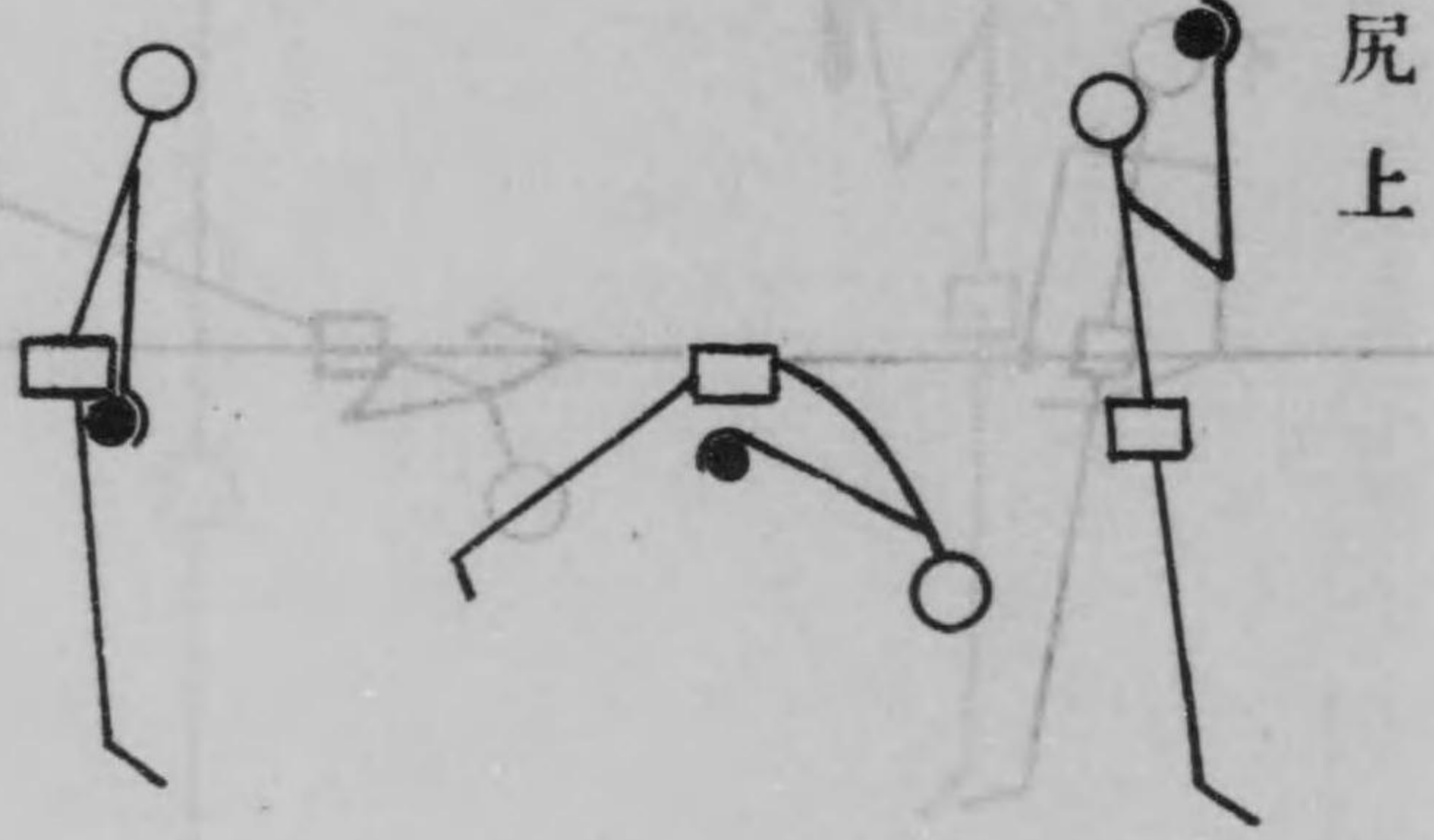


懸舉脚上下振動

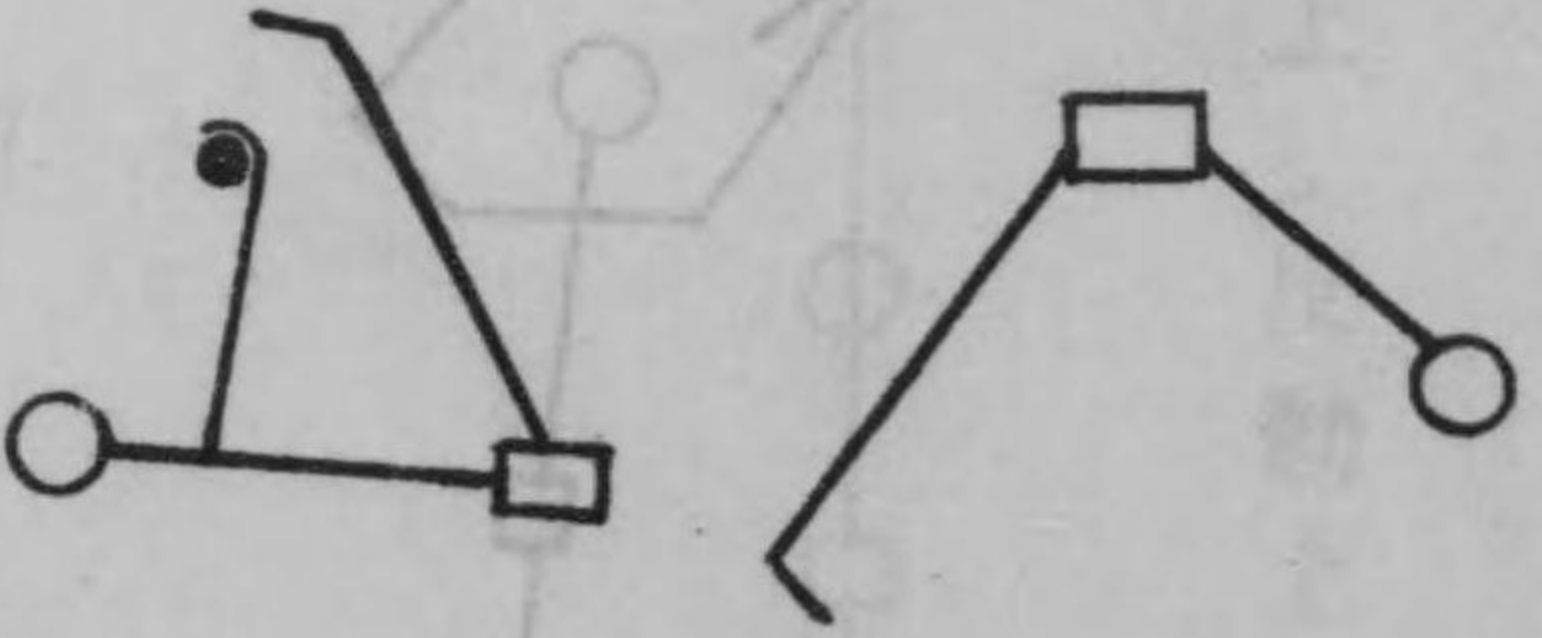
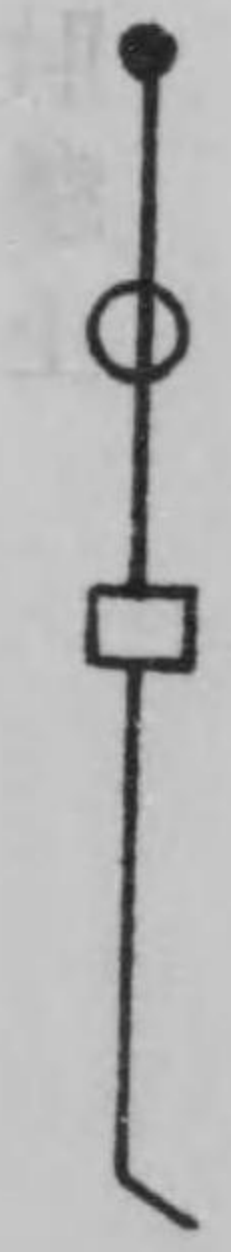


懸舉屈膝舉股

脚懸上



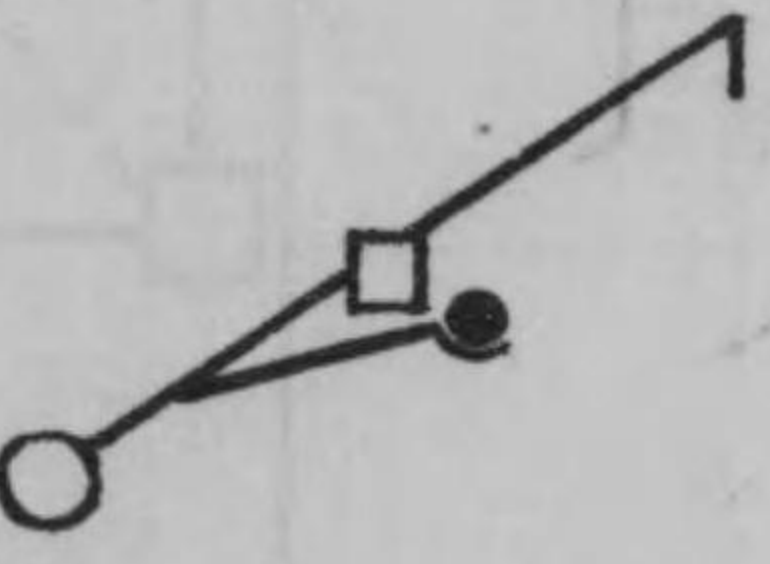
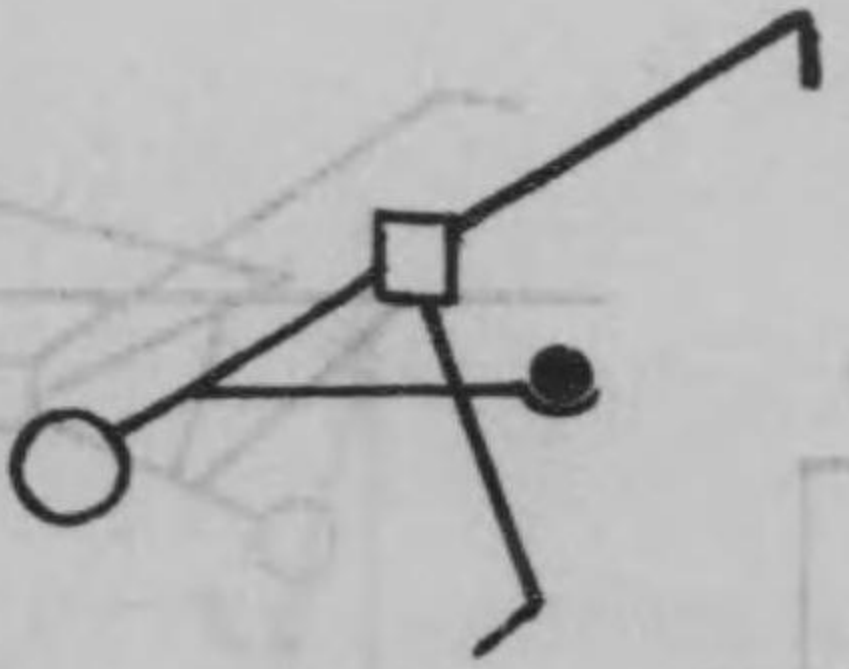
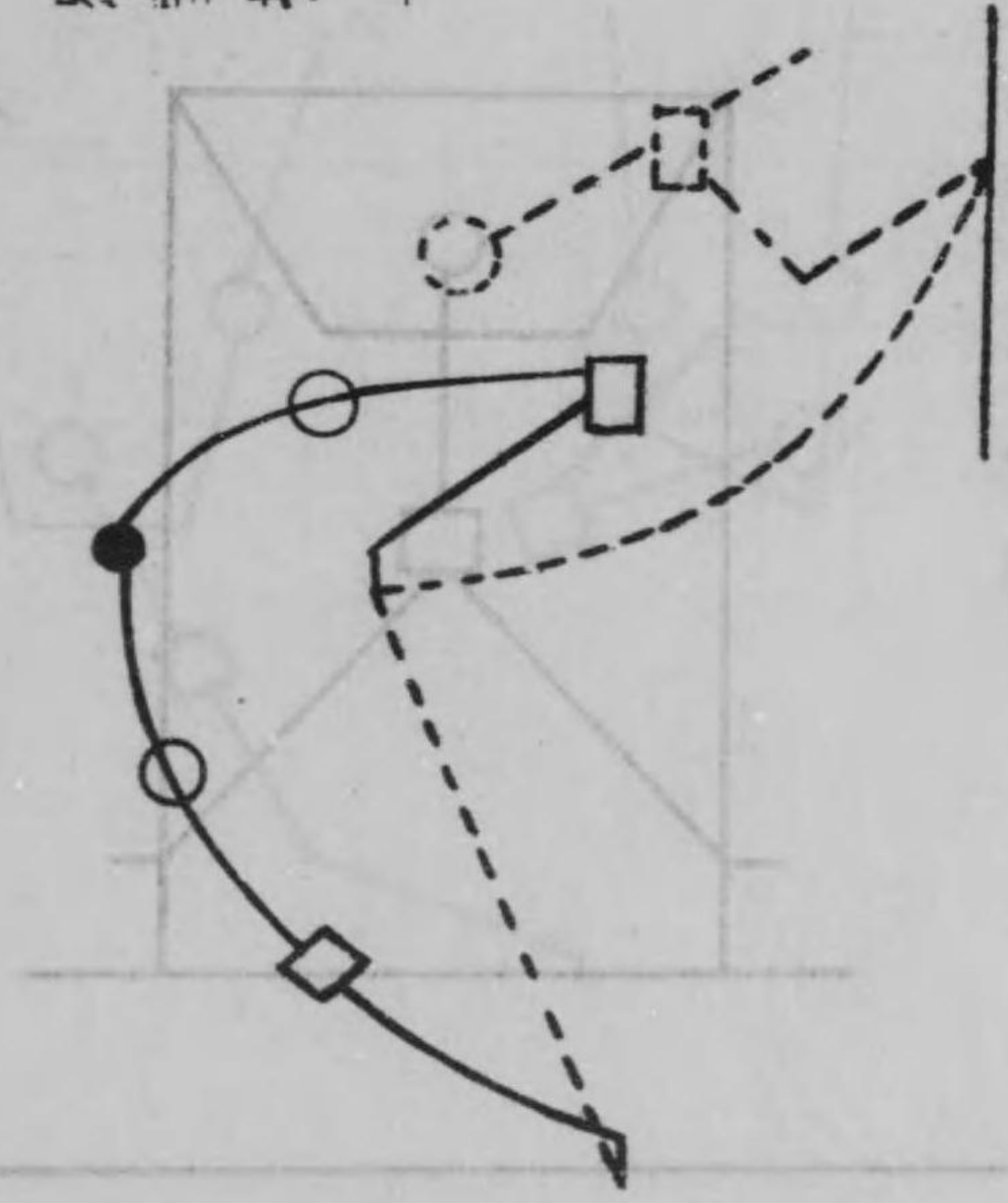
尻上

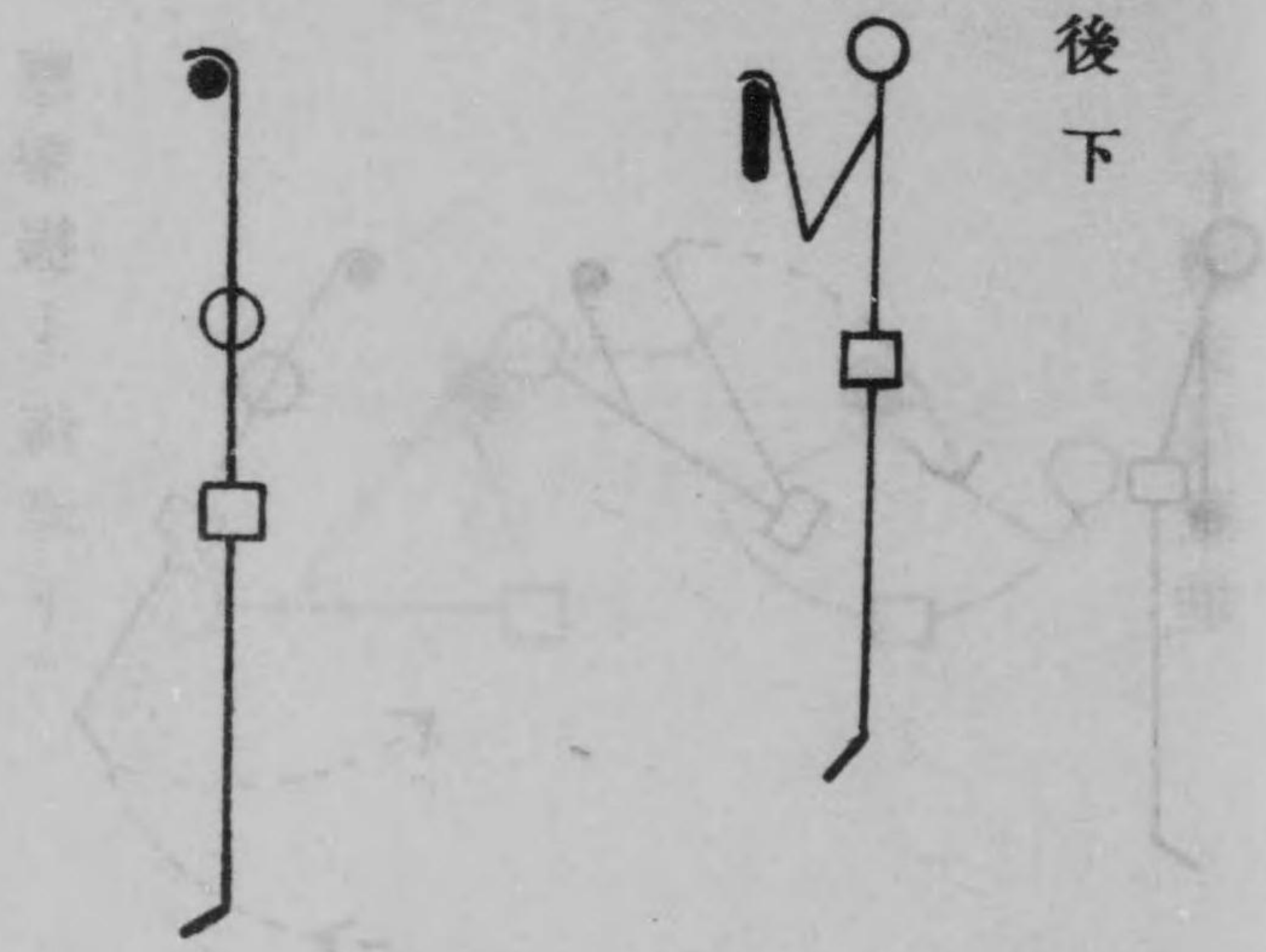


俯下

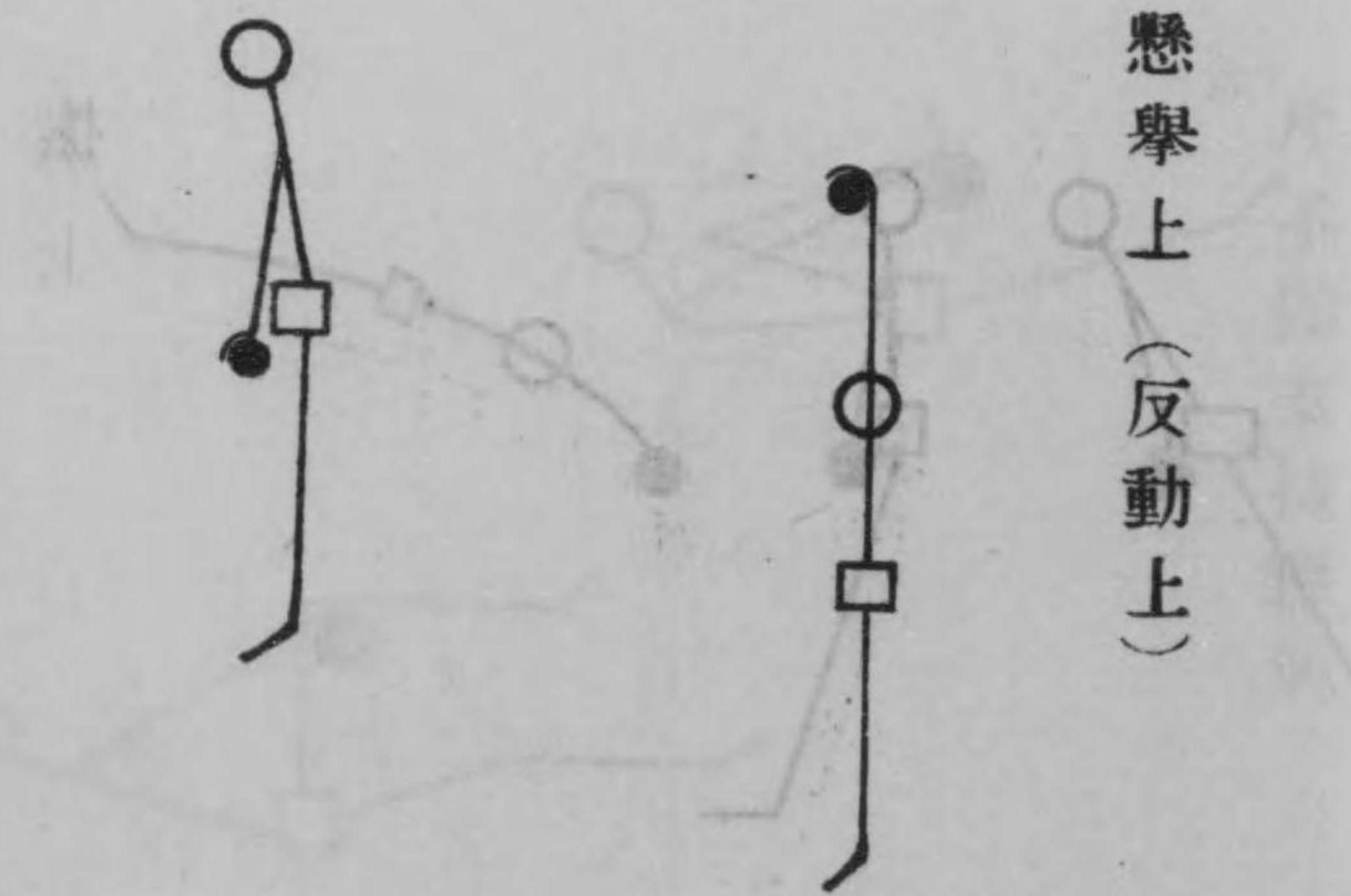
上振垂懸

木懸垂脚

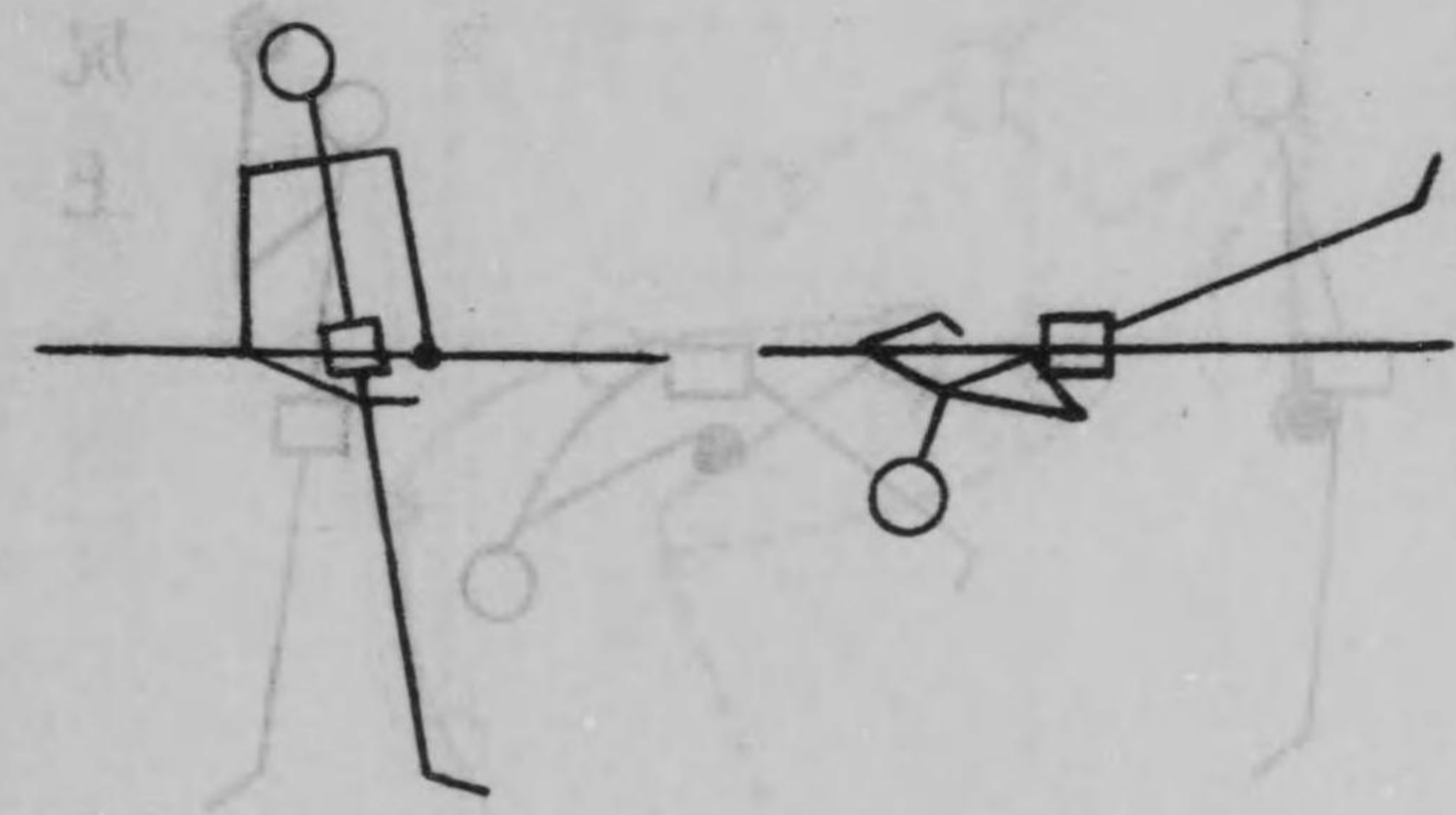




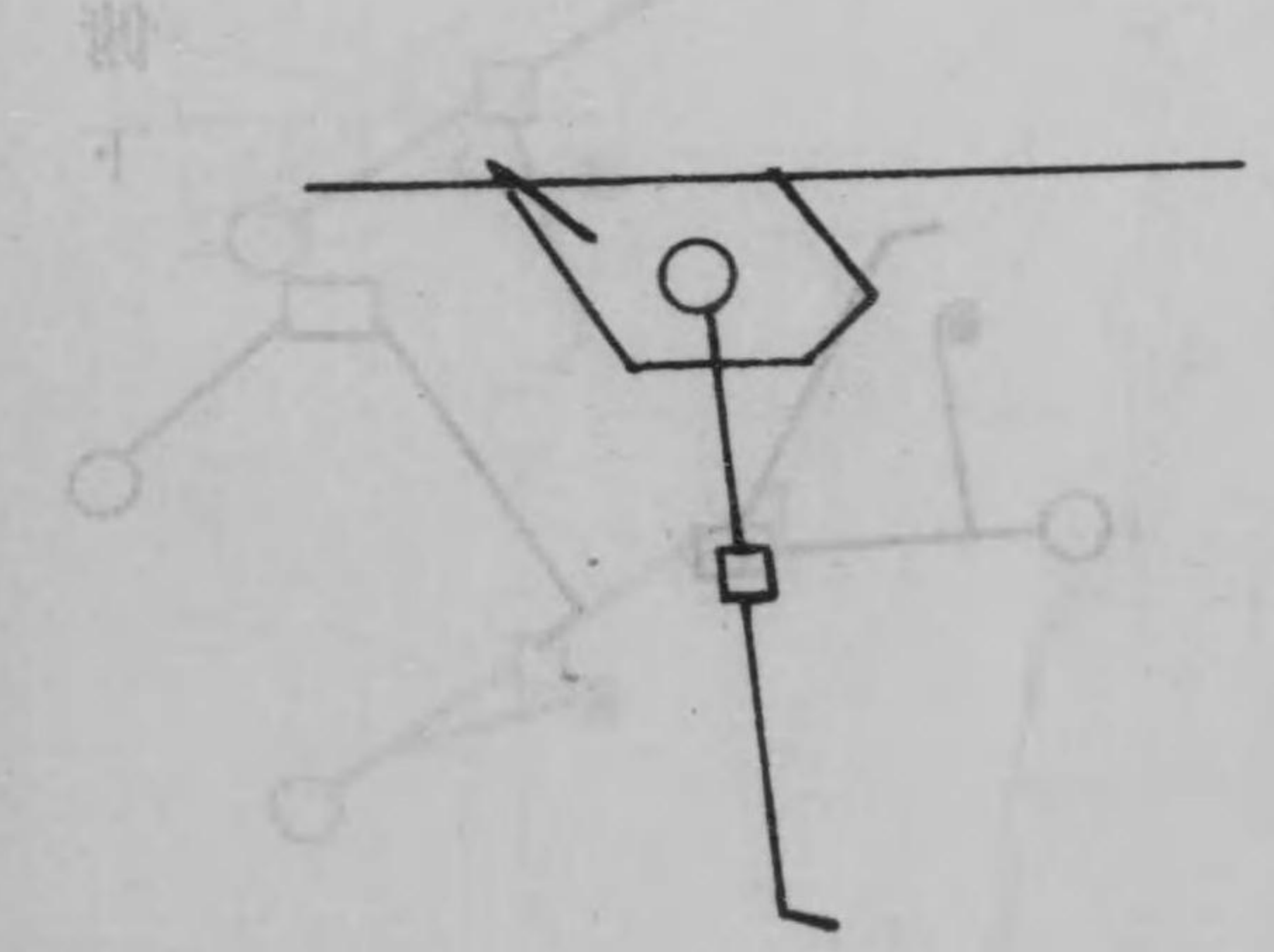
後下



懸舉上 (反動上)

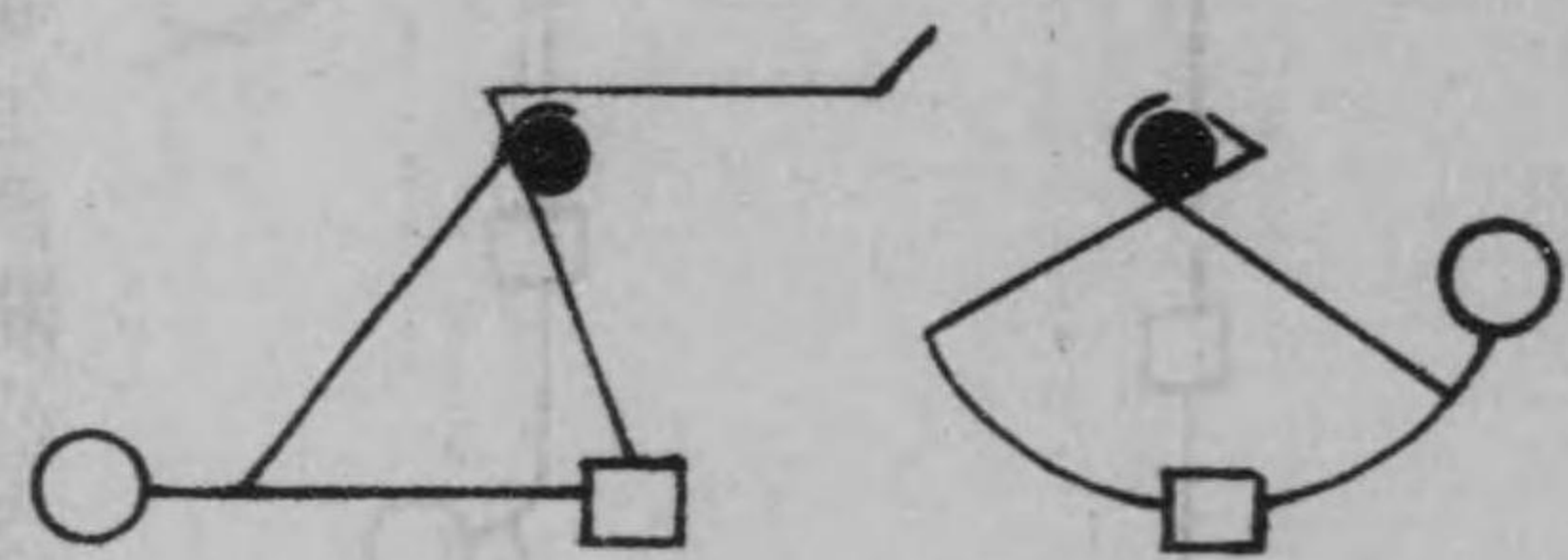


肘懸振上

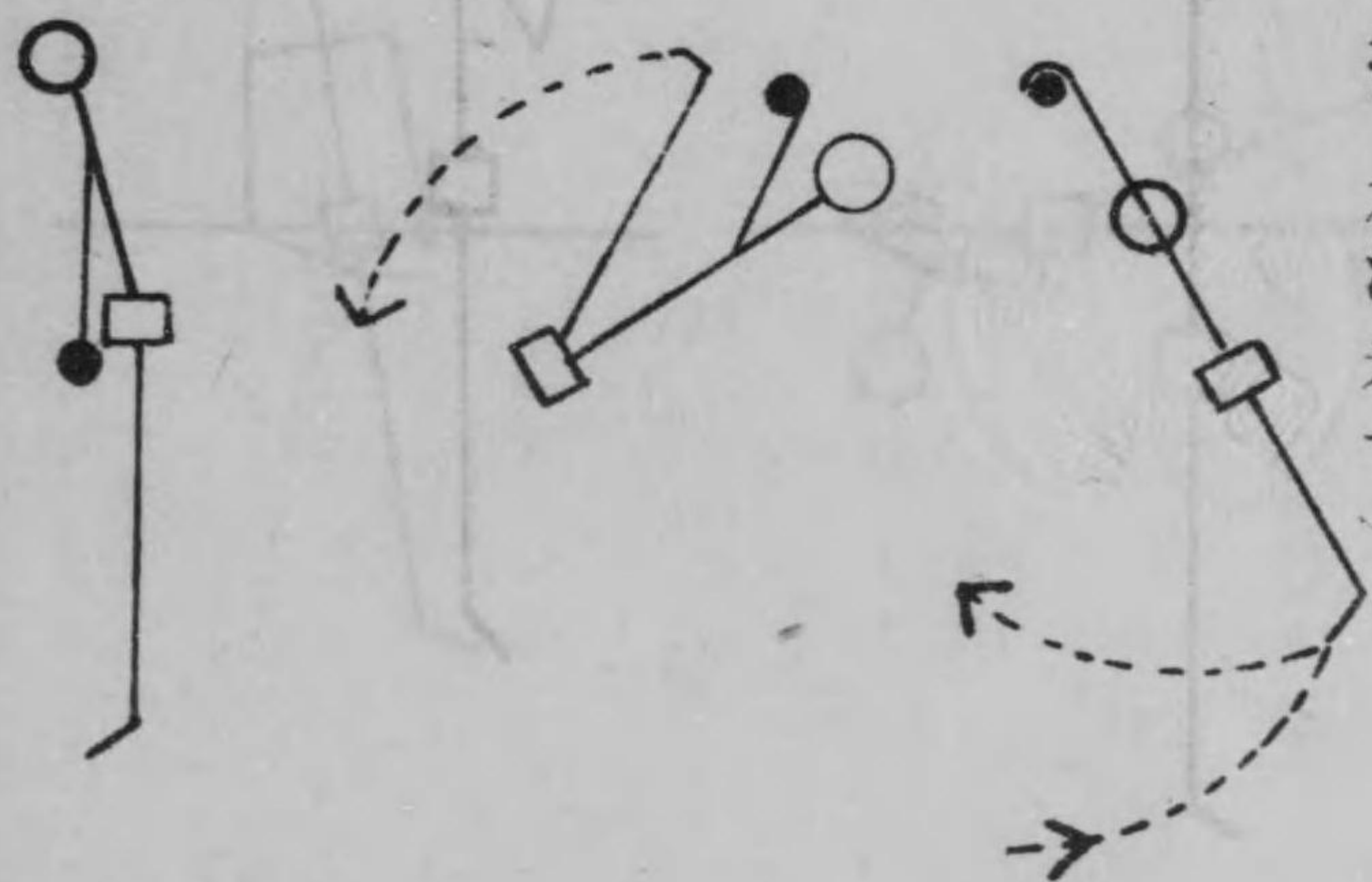


肘懸上

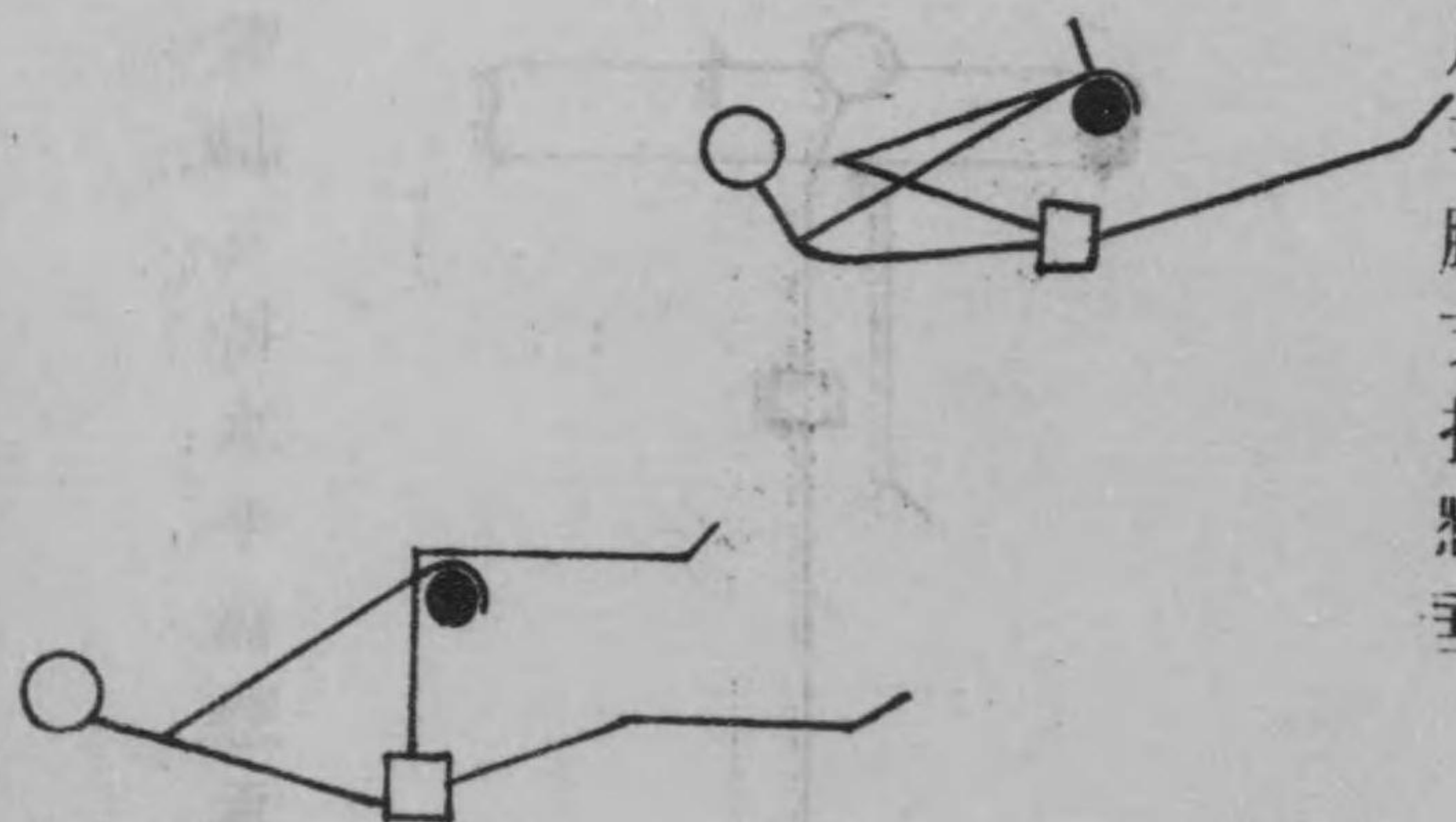
手脚支持懸垂



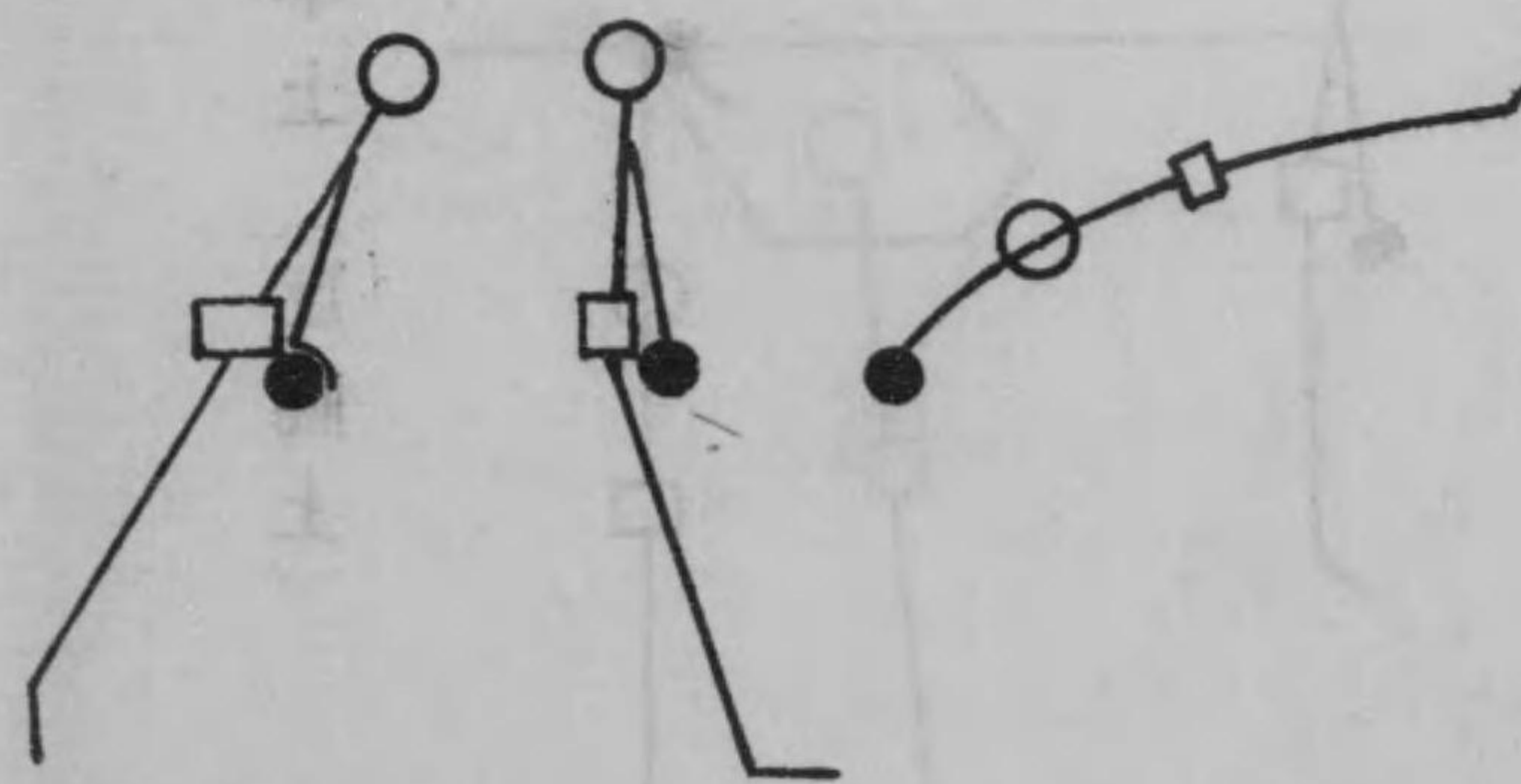
懸舉振上(海老下)



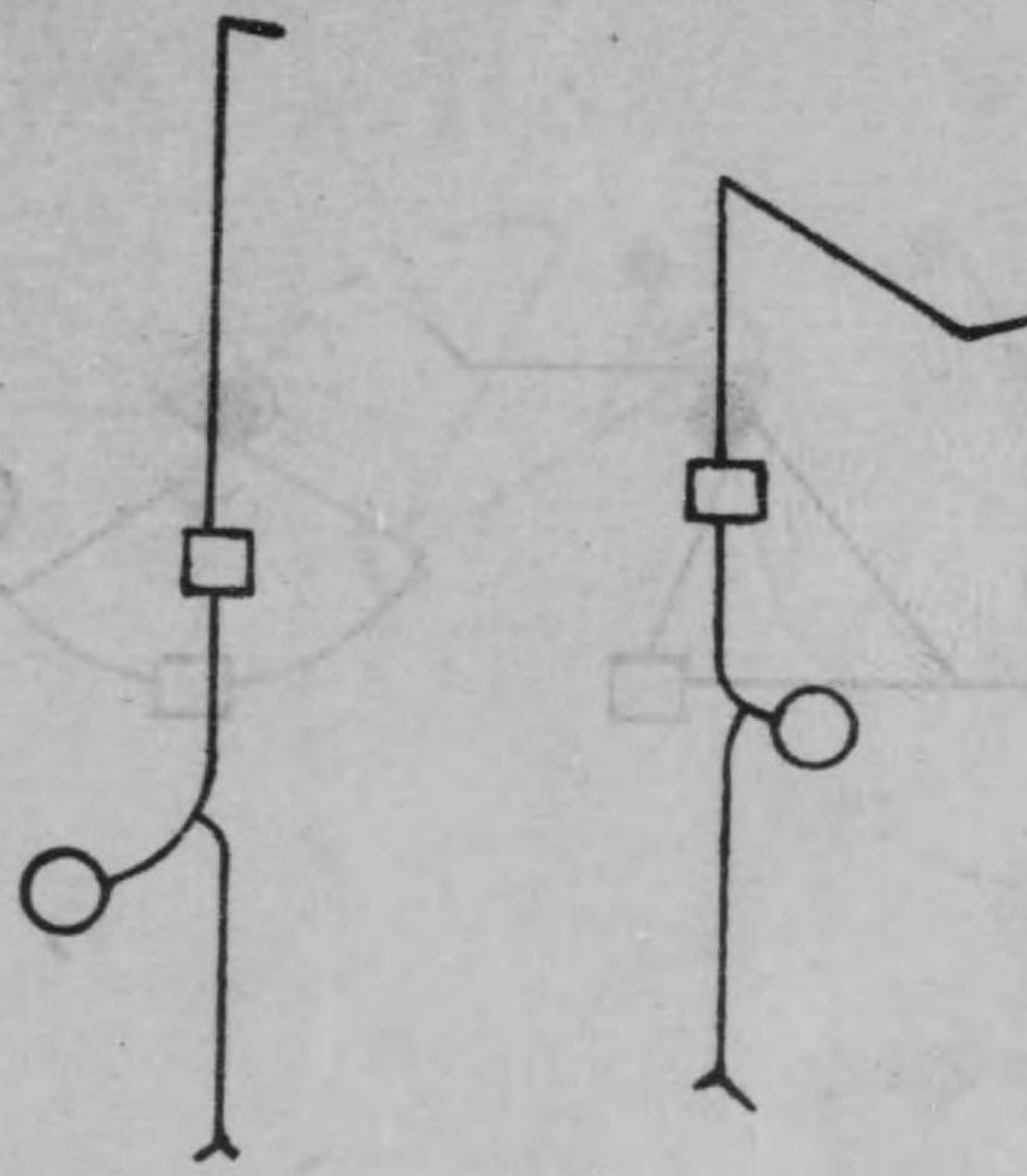
片手脚支持懸垂



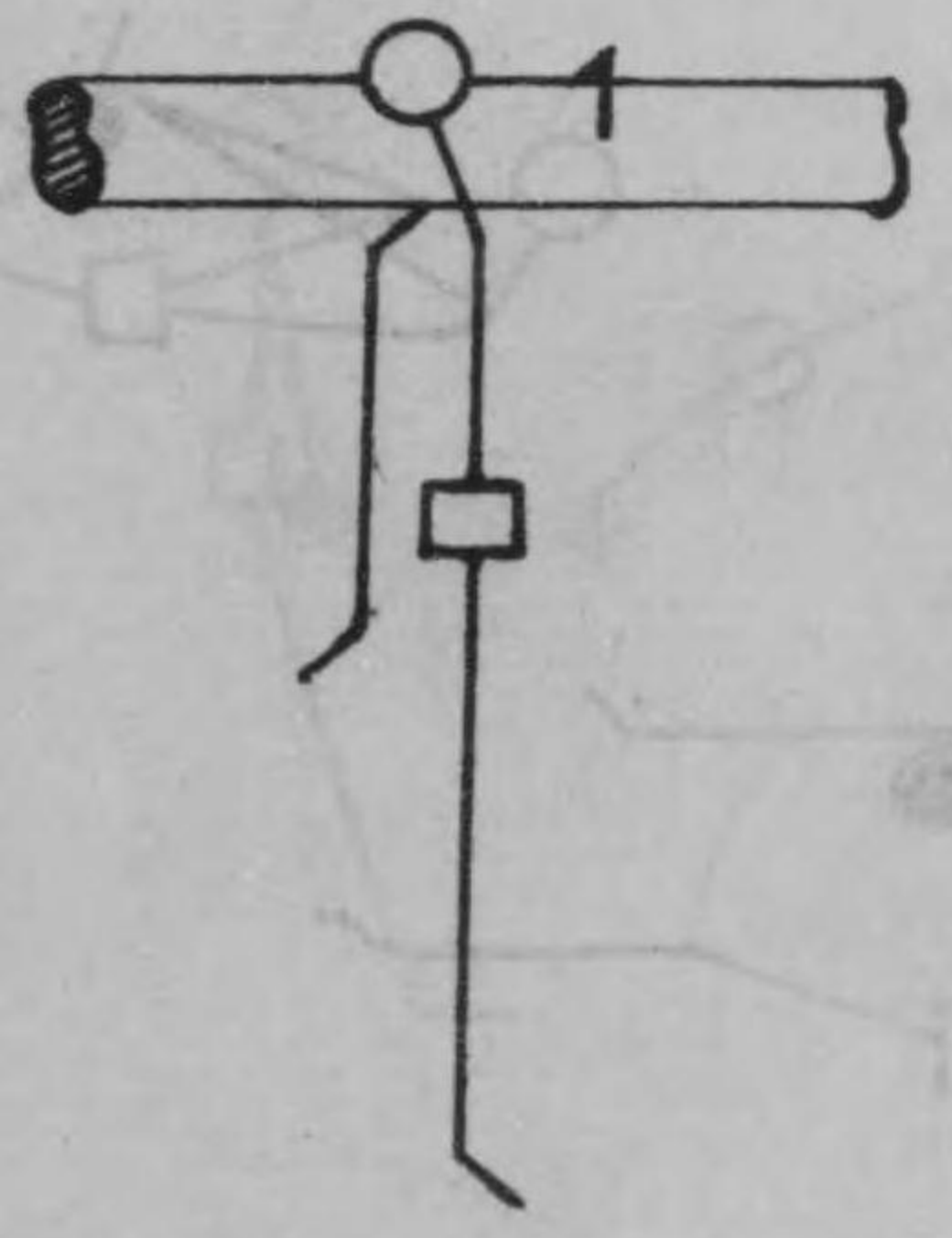
振上



膝關節並足首關節支持懸垂



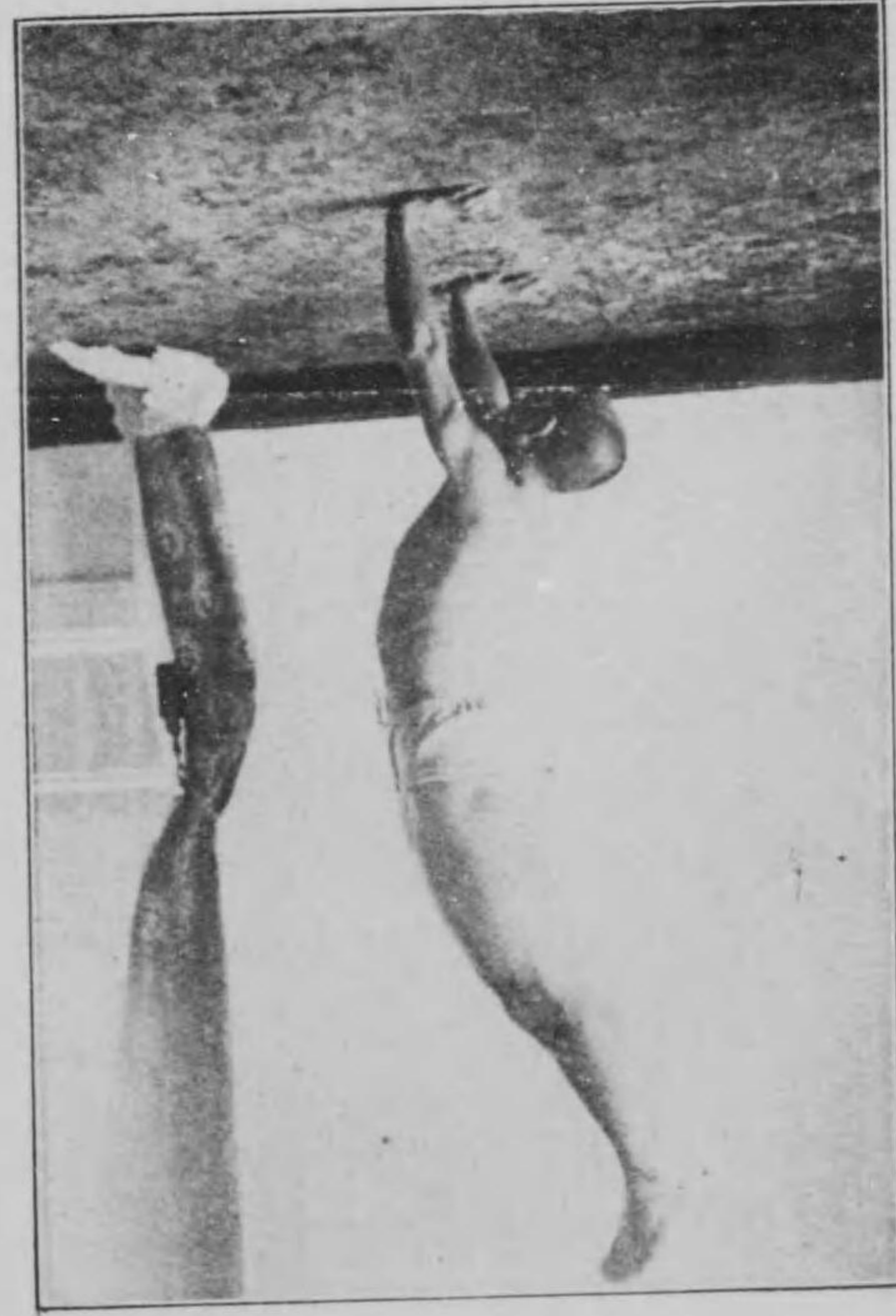
片臂屈支持水平棒懸垂

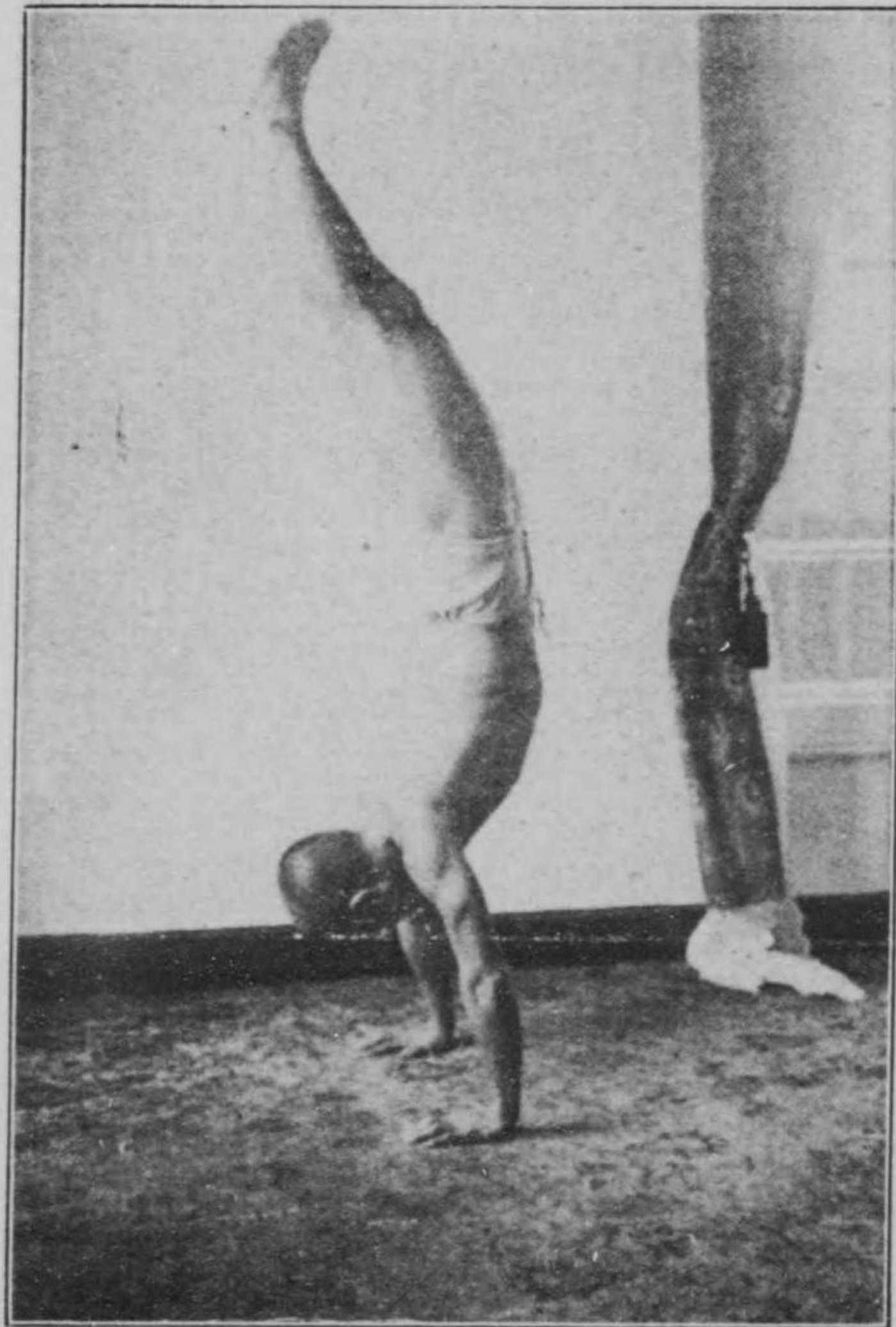




(三ノ共) (著者) 材教垂懸 (高)

(二ノ共) (著者) 材教垂懸 (三)



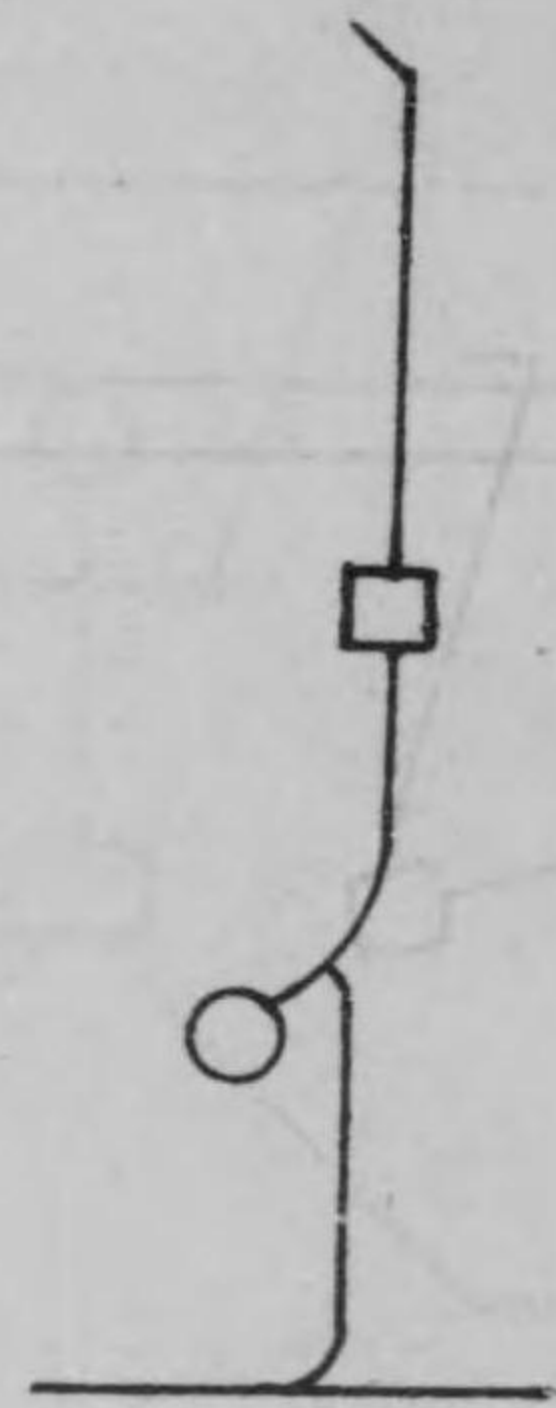


(二、共) (者著)材教重懸 (三)

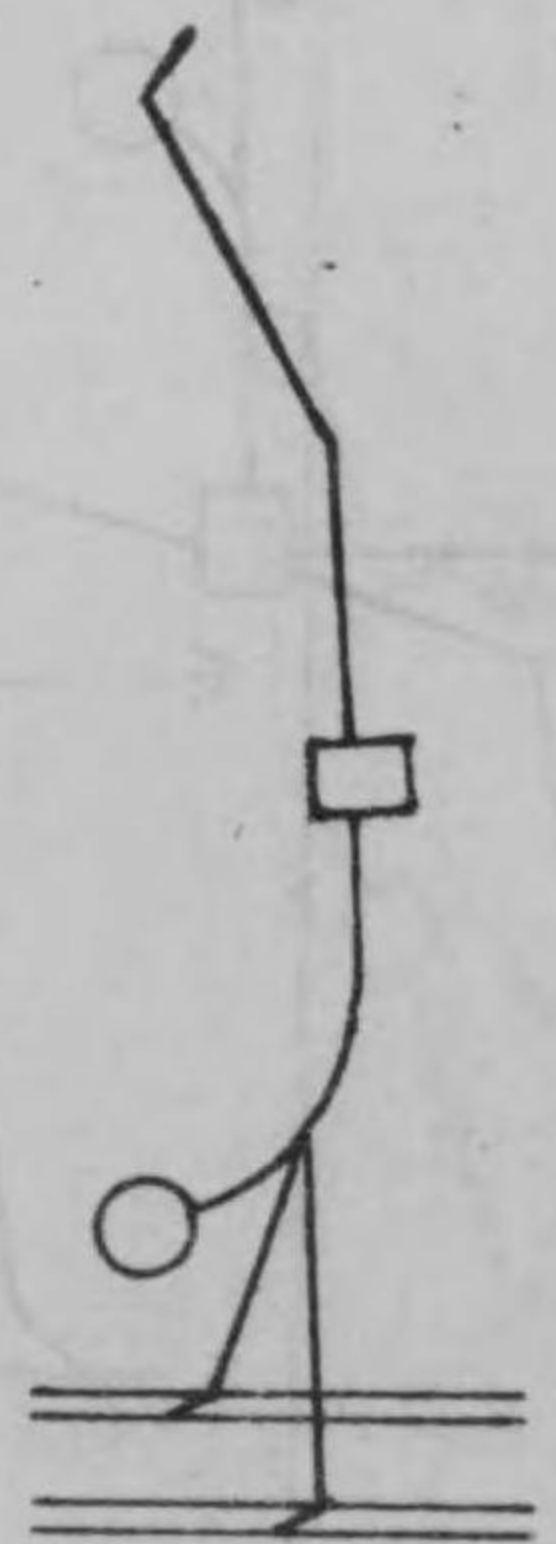


(三ノ共)(者著)材教垂懸 (二)

倒立



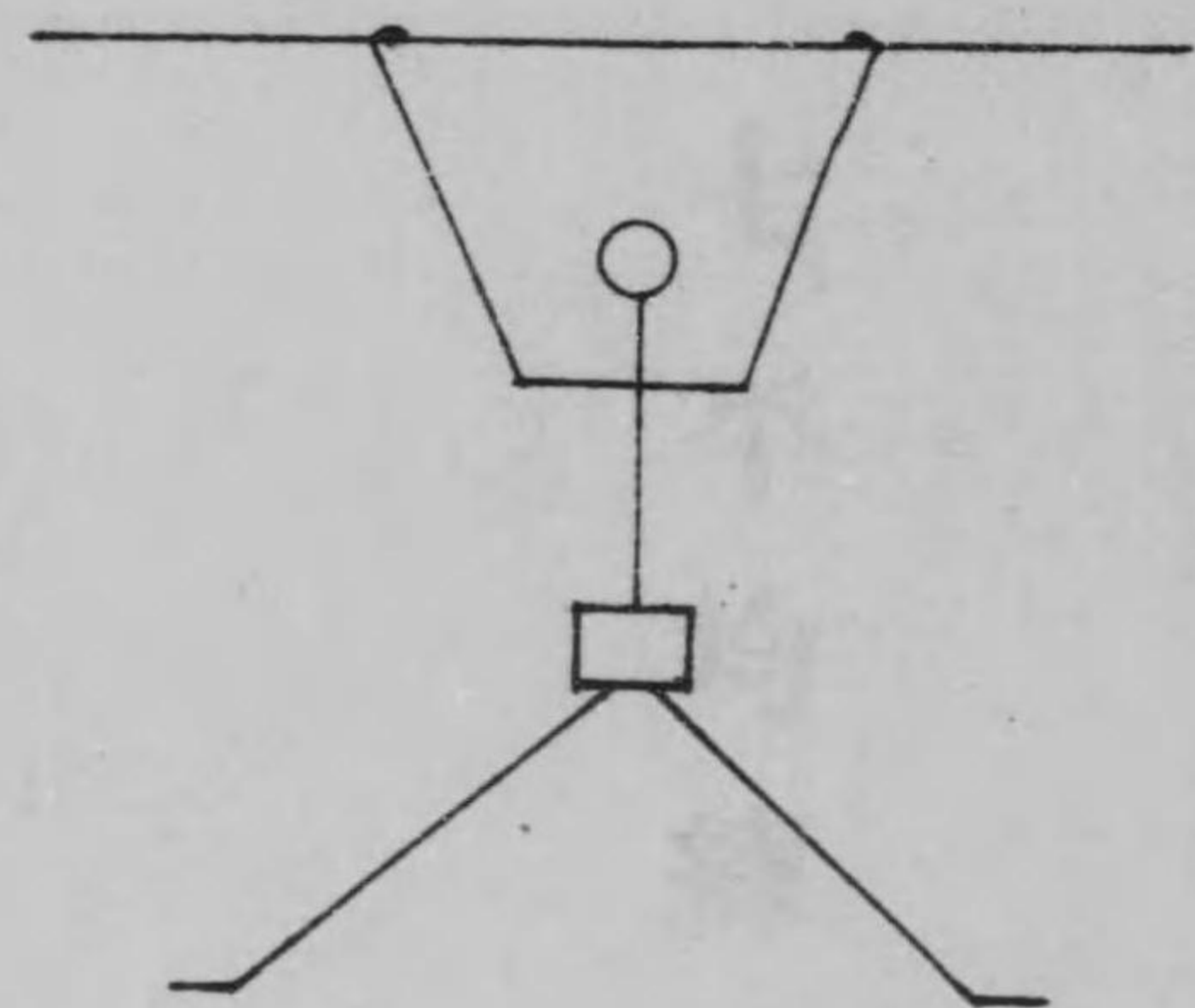
水平棒上逆立



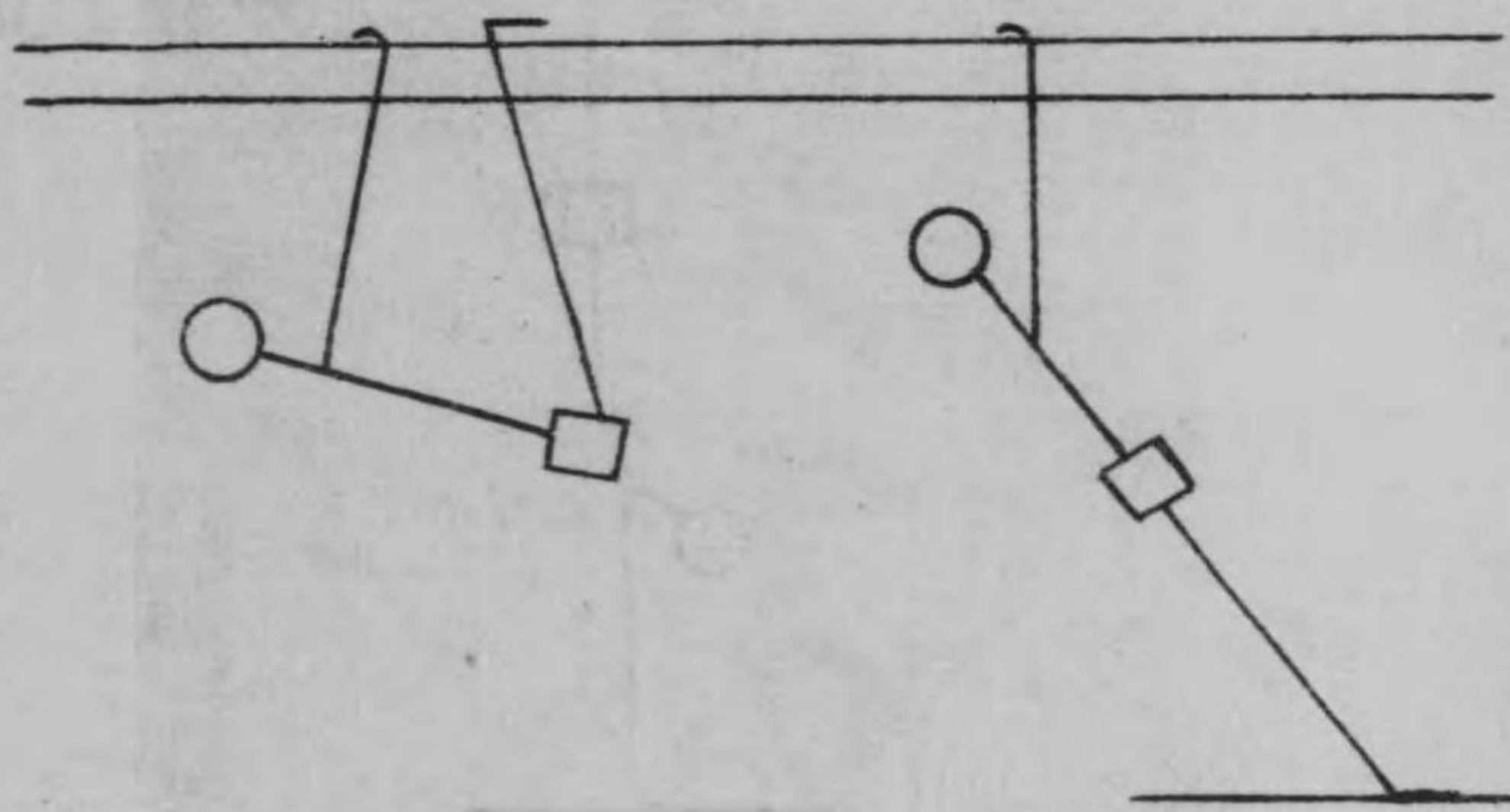
(四ノ其) (著者)材致重懸 (註)



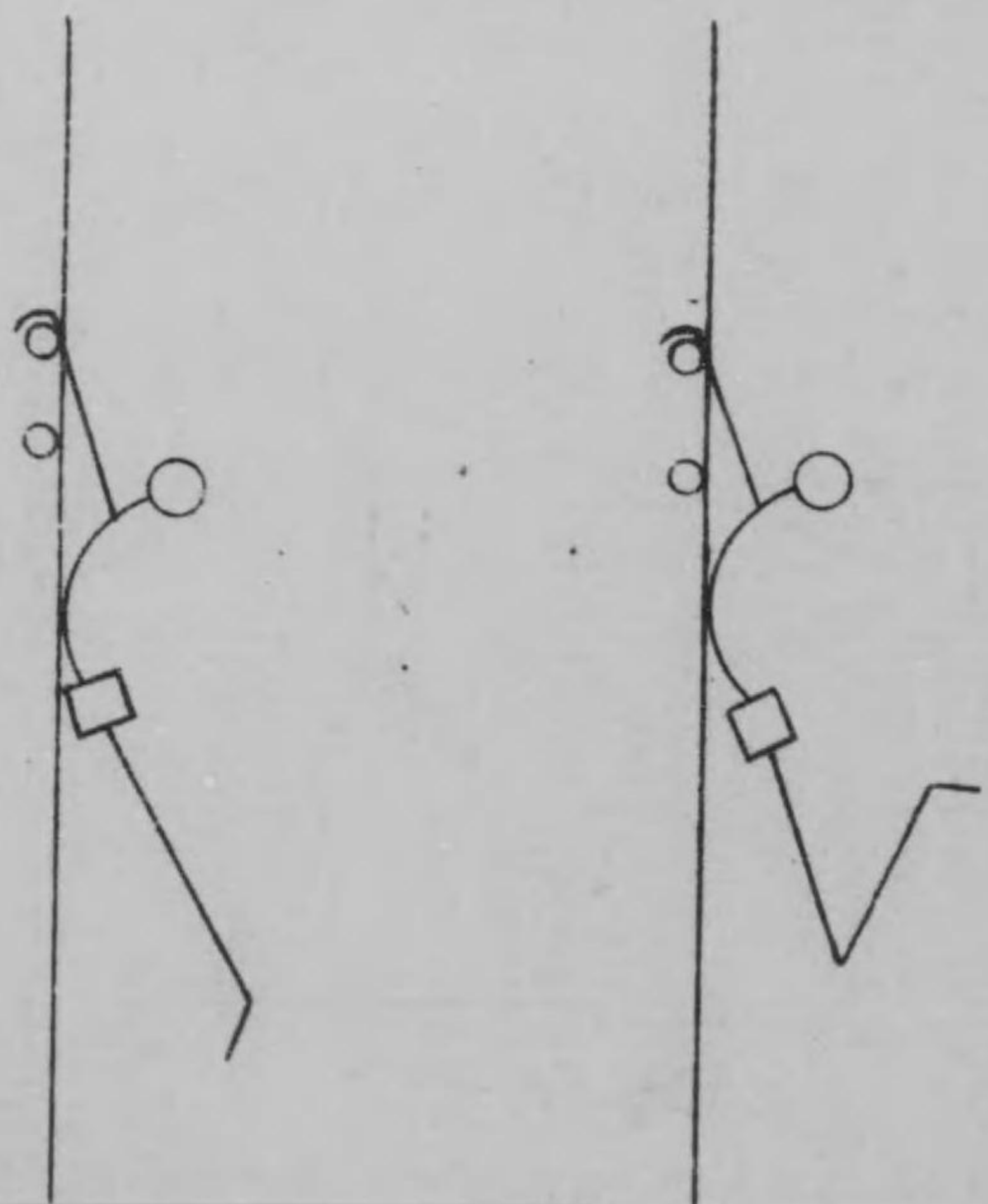
開脚水平棒懸垂



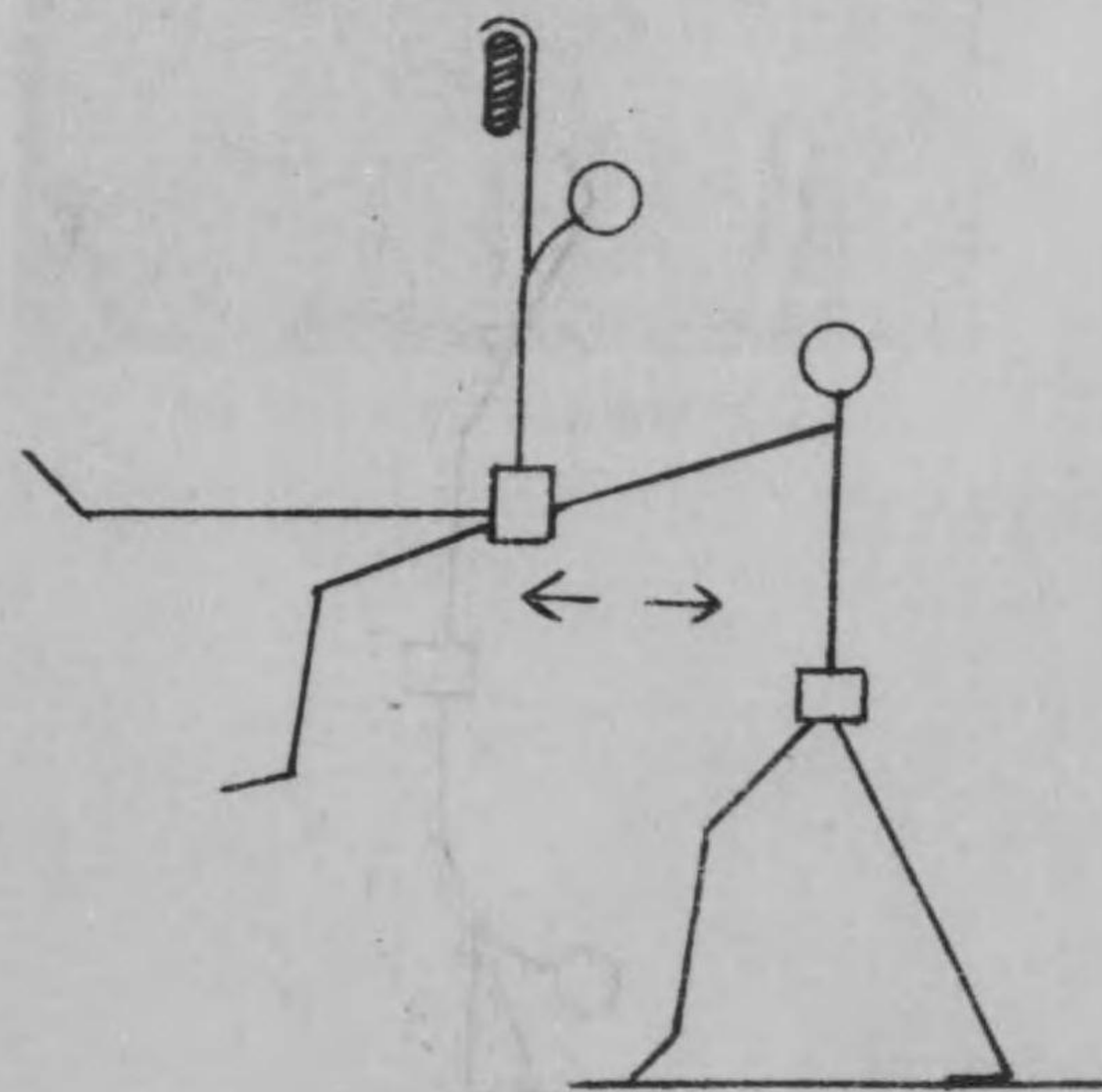
前方斜懸垂ヨリ脚上舉



助木前手支持ヨリ脚ノ後舉

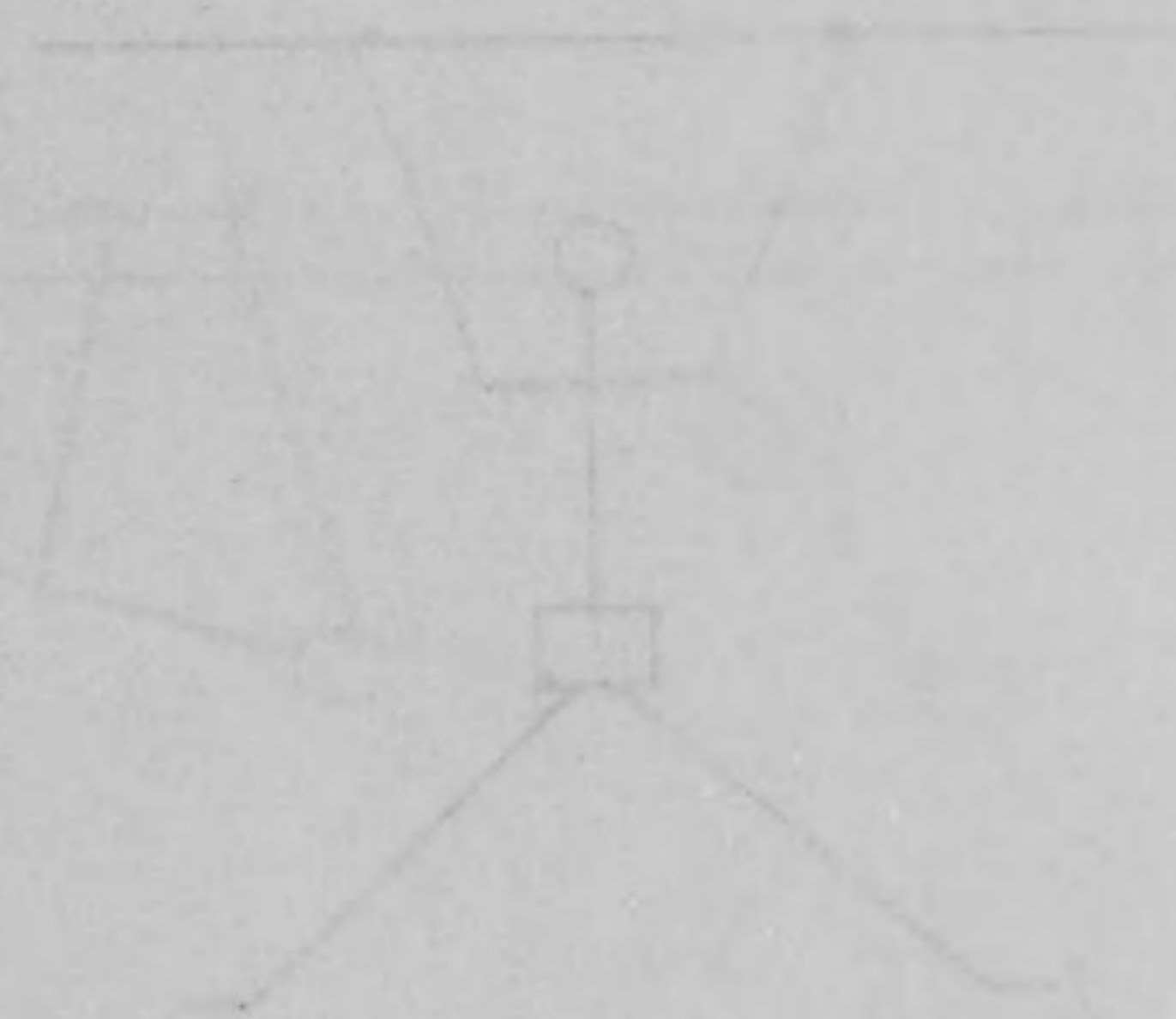


水平棒懸垂脚前出
幫助者腰振動



七、平均練習

開脚式平持想弁



根本節手文射三ノ脚ノ姿勢



平均練習

第七章 平均練習

一、目的

1. 特に身体の平均保持力を養ふ
2. 全身の調和統一を圖る
3. 精神の集注力を涵養す

二、練習の構成

1. 身体の位置變化に參與する筋肉骨骼
2. 身体の位置變化に對する反應作用

A 筋覺末梢器管

- 求心性神經
- 筋覺中樞
- 觀念聯合
- 運動中樞
- 遠心性神經
- 動作筋

B 前庭器管(三半規管及内耳石)

- 求心性神經
- 平衡中樞
- 觀念聯合
- 運動中樞
- 遠心性神經

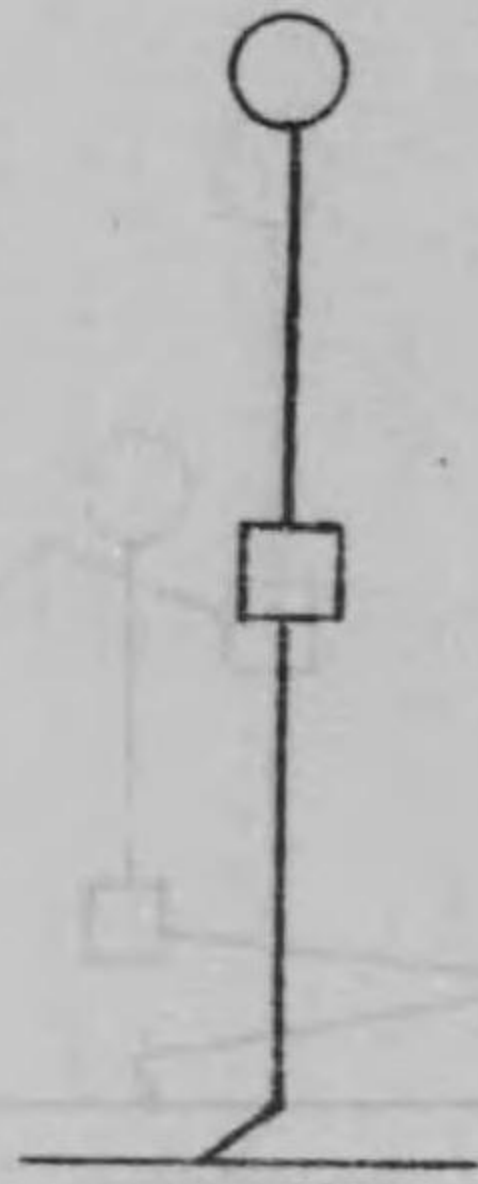
動作筋
 C 眼球
 求心性神経
 視覚中樞
 観念聯合
 運動中樞
 遠心性神経
 動作筋

三、要領

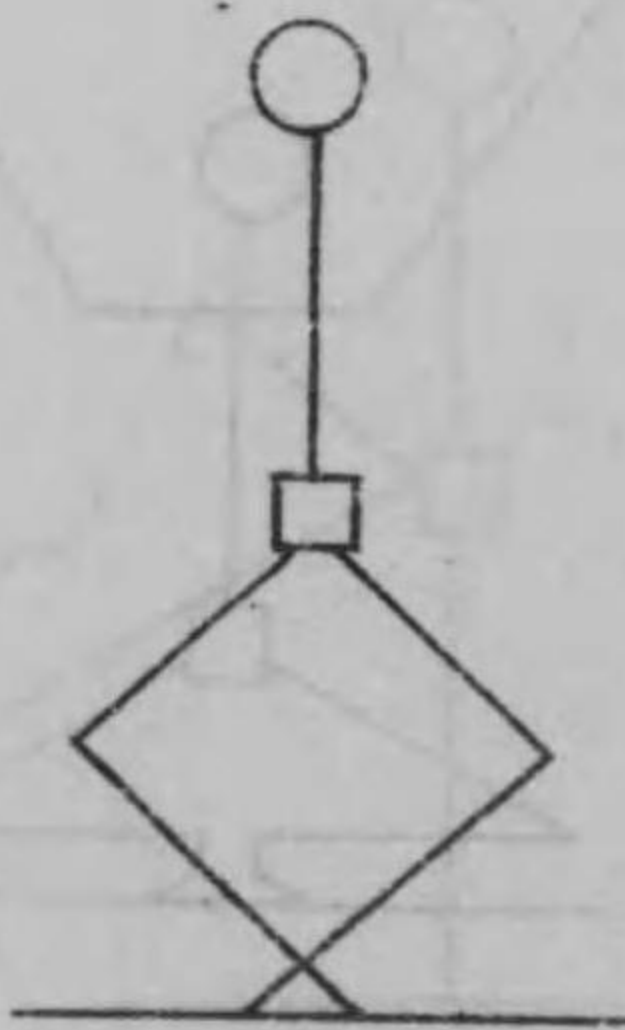
1. 精神を整へ常に姿勢を自覺し其支配に依りて体勢を齊整ならしむ
2. 体位の變化に對し筋の調節的反應を正確敏捷にすること
3. 呼吸は常に穩かにすること
4. 動作は緩徐に伸ひやかに行ふこと
5. 全身の筋を使用すれども筋力養成を目的とするに非ざれば其努力を局部に偏せしむることなく圓滿に且穩かにす
6. 臺上の練習にありては其の高低支撐面の廣狹傾斜を加減して進度に應ずること

(一) 地上直立シテ行フ教材

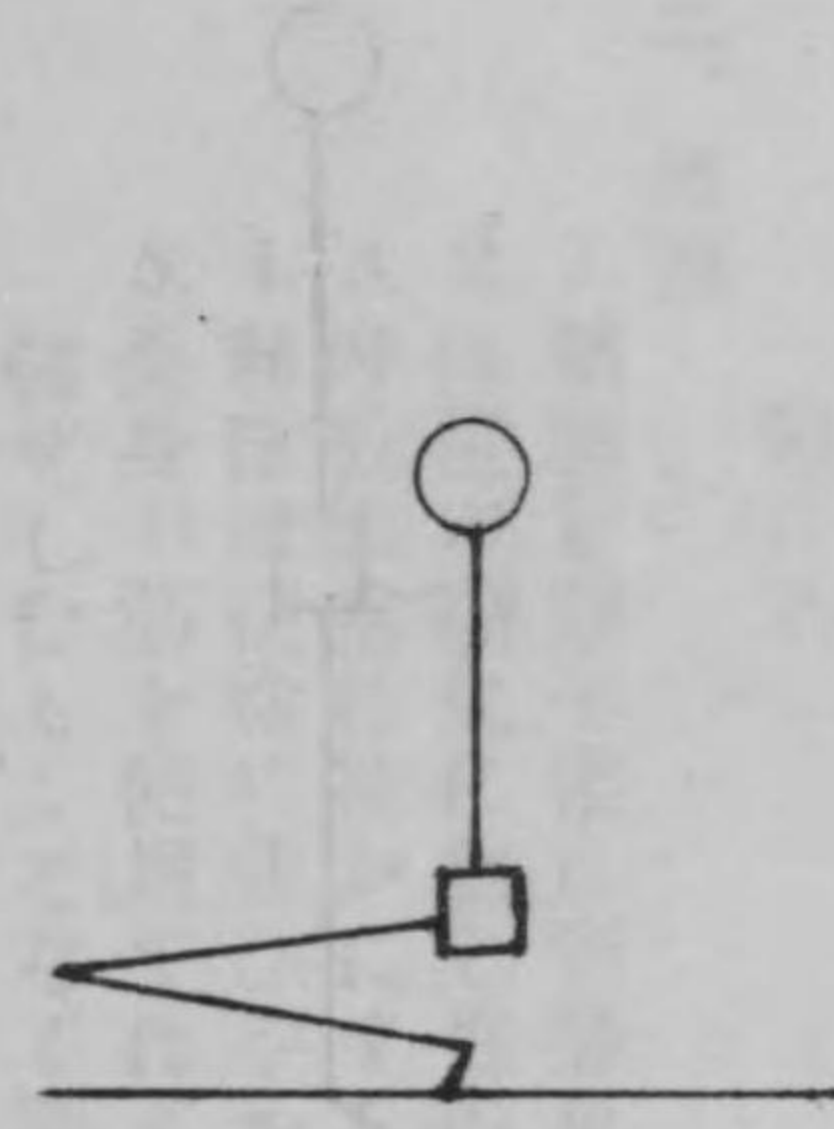
舉踵



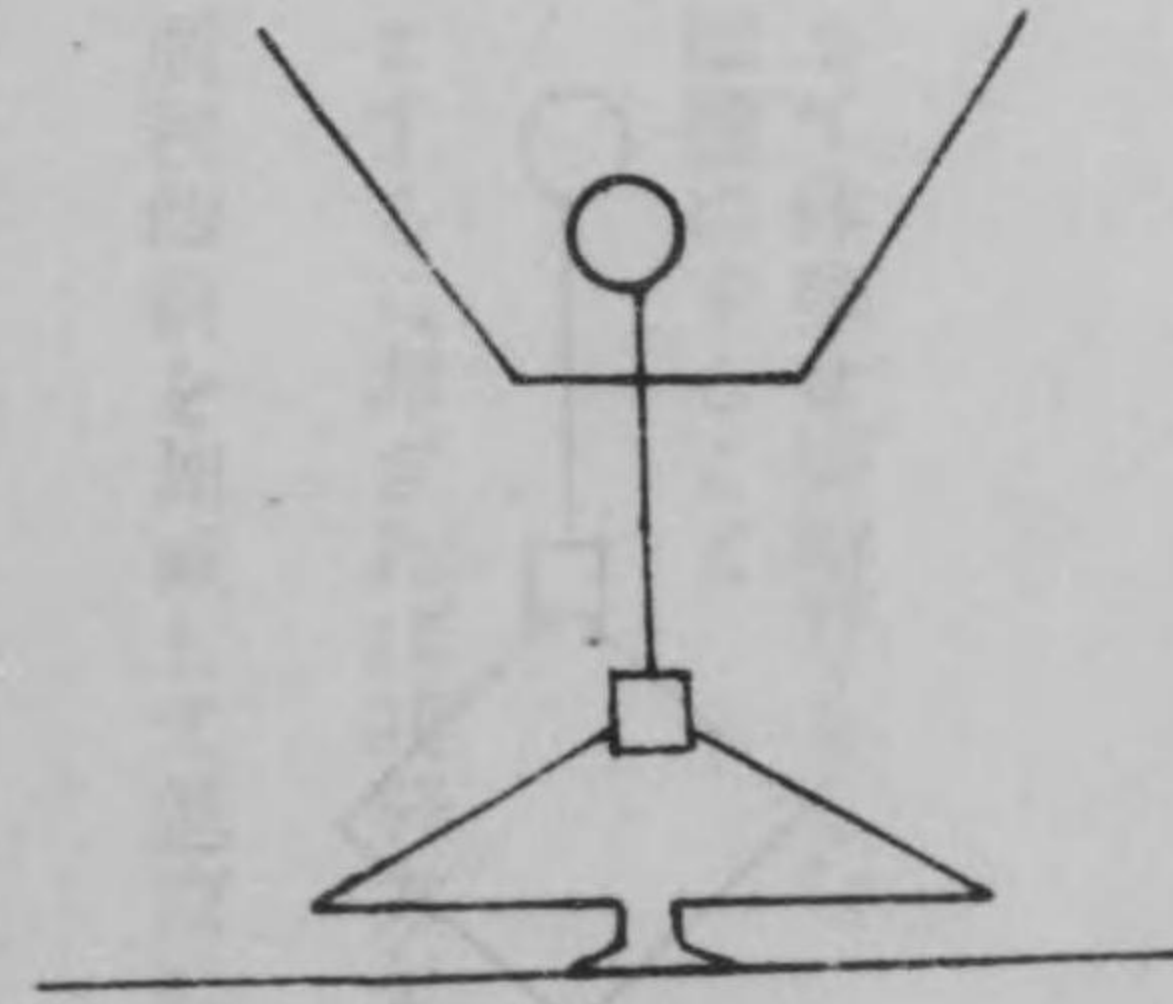
舉踵半屈膝



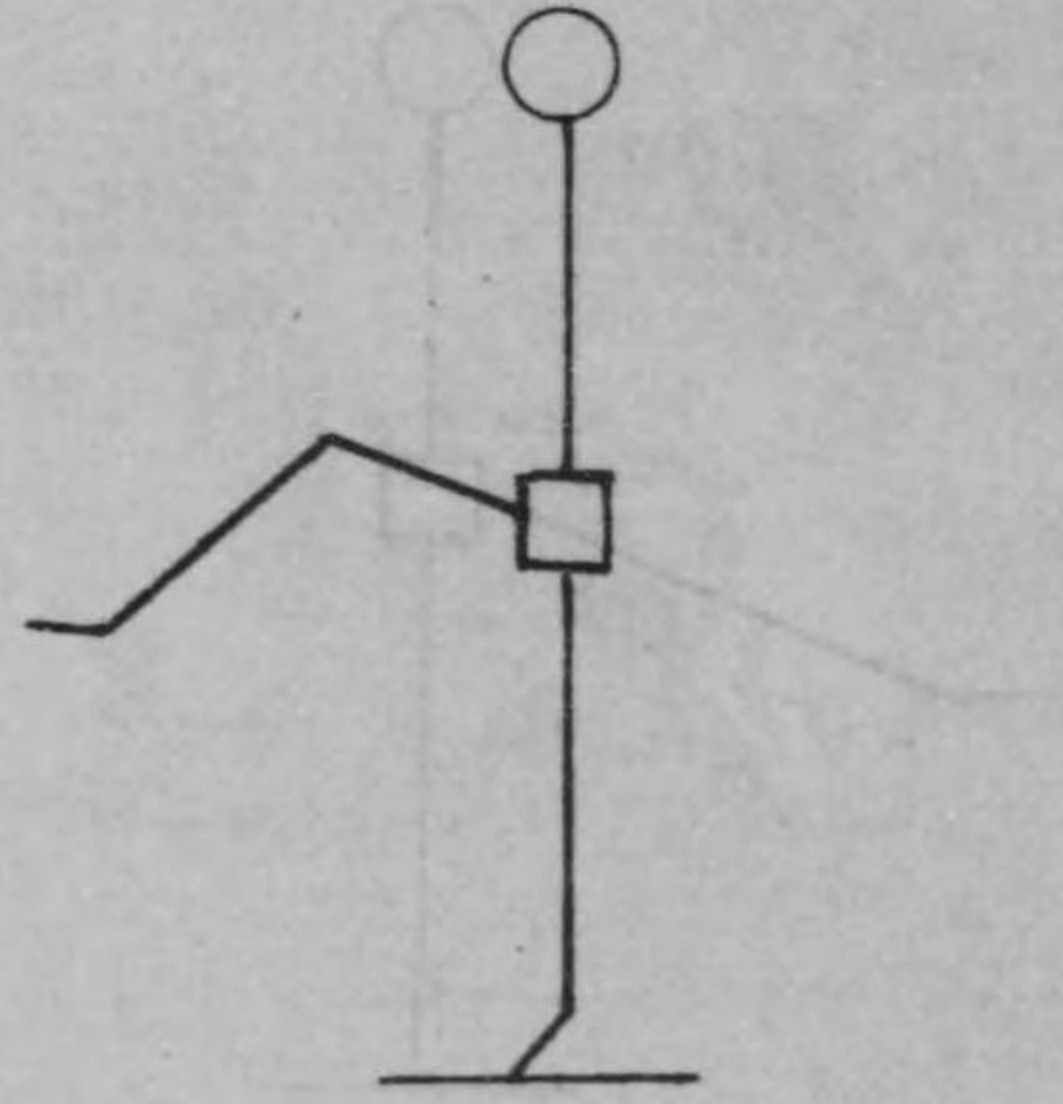
舉踵屈膝



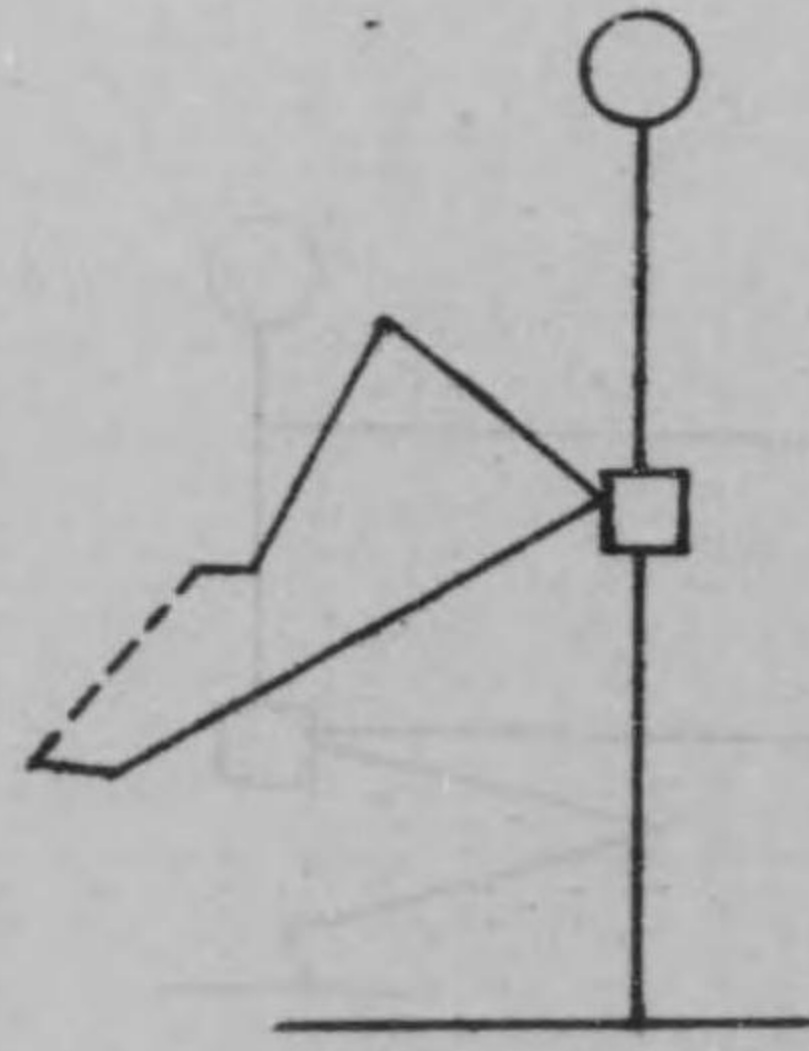
全屈膝臂舉上



屈膝舉股

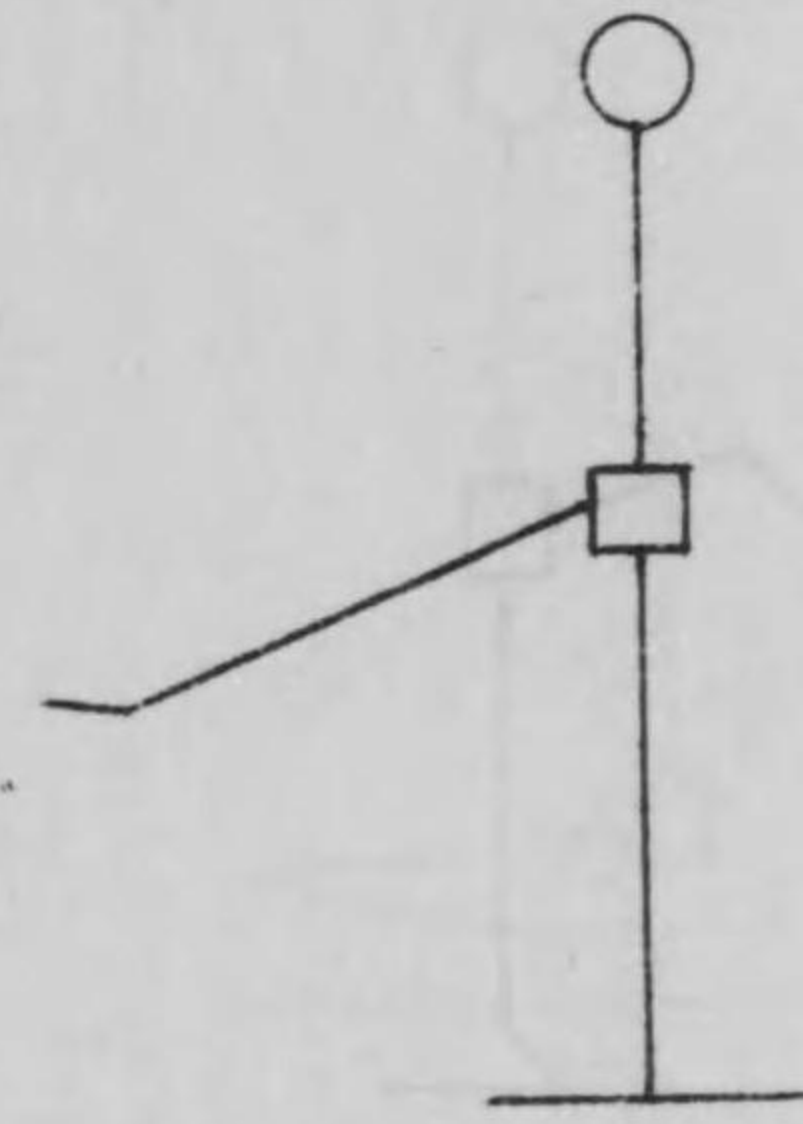


脚前(後)伸

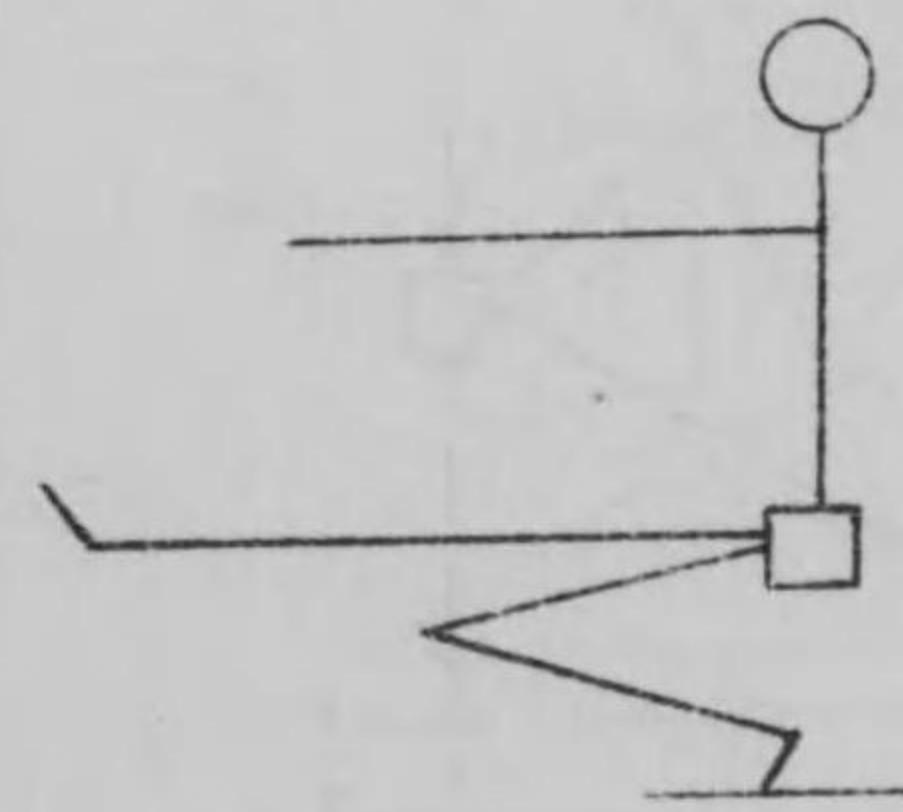




(一ノ其) 材教均平 (云)

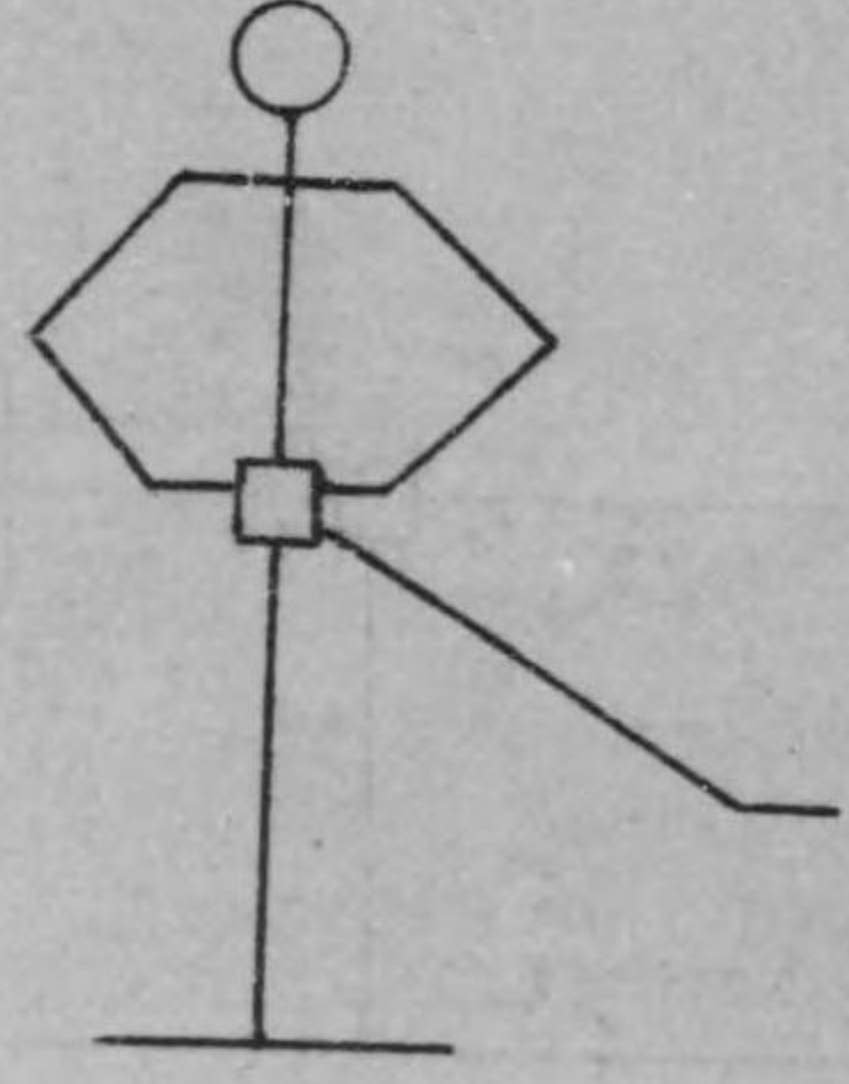


脚前舉

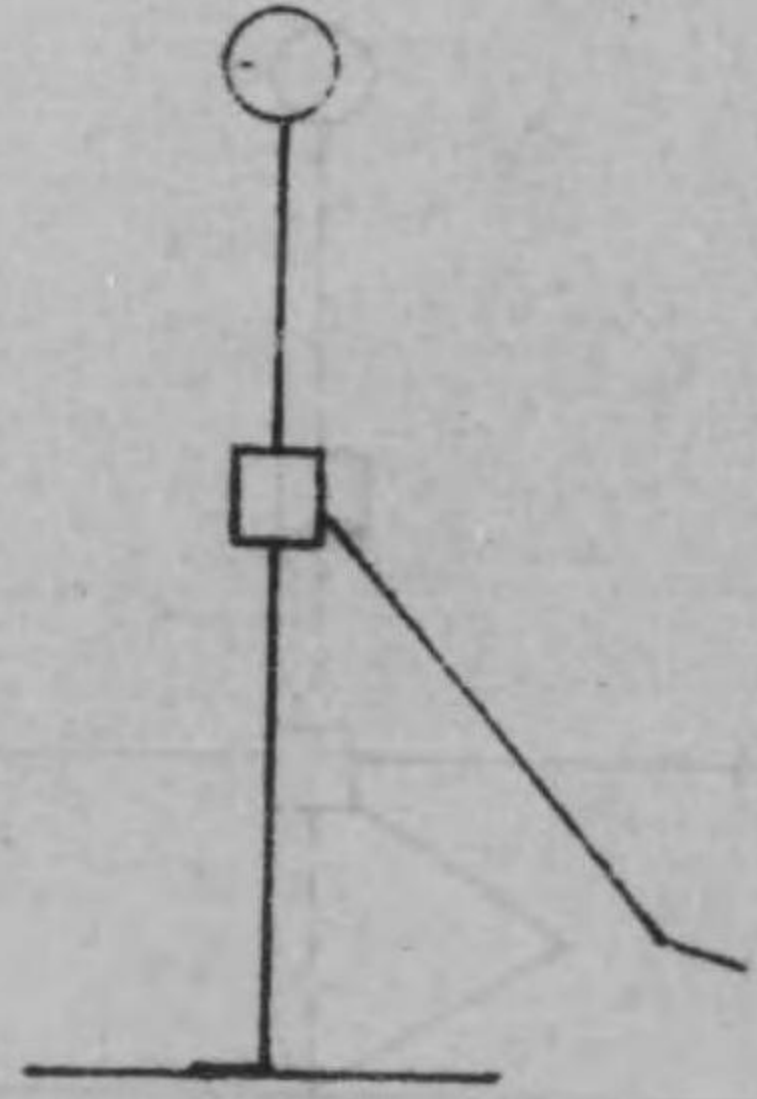


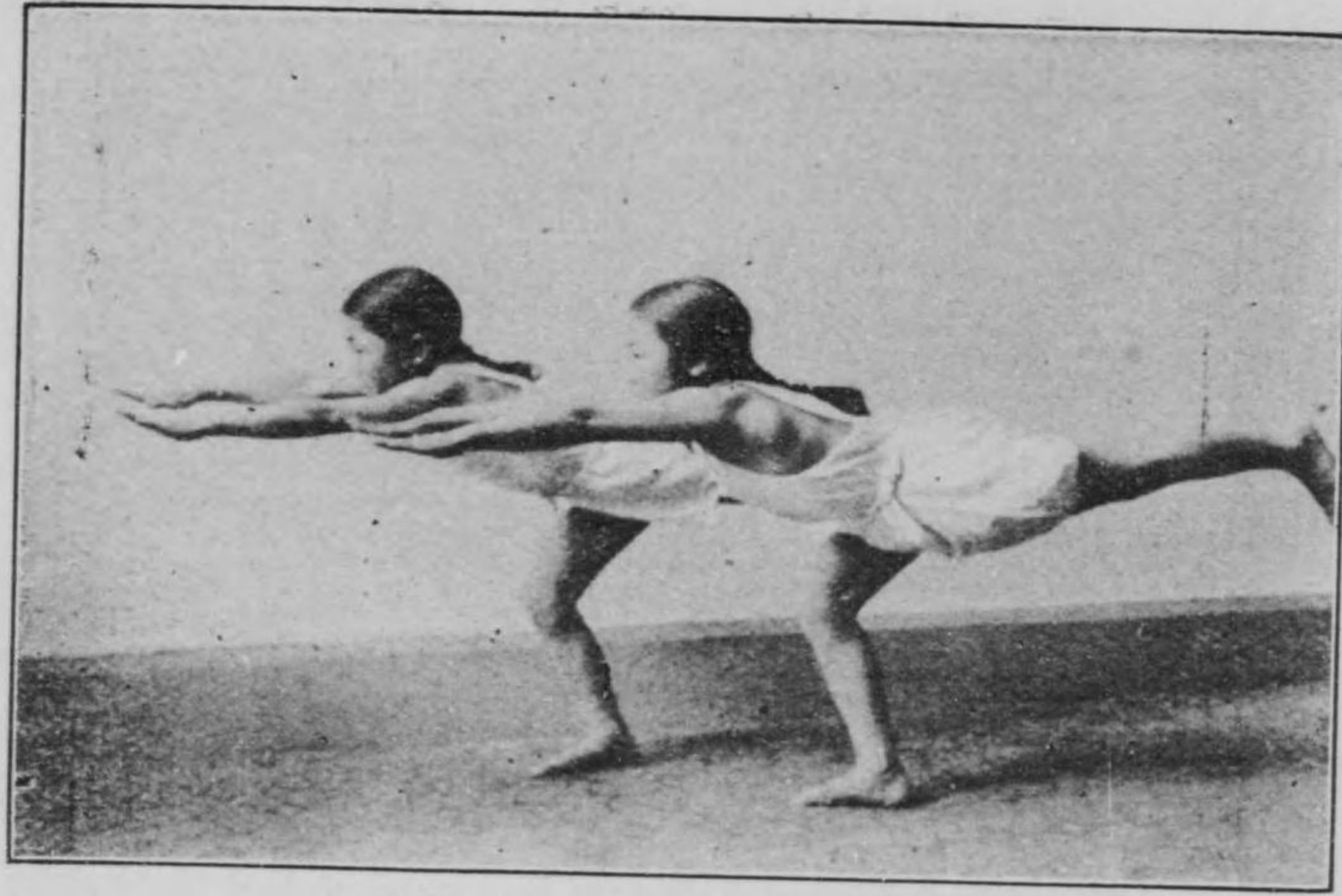
片脚前舉片脚屈膝

脚側舉

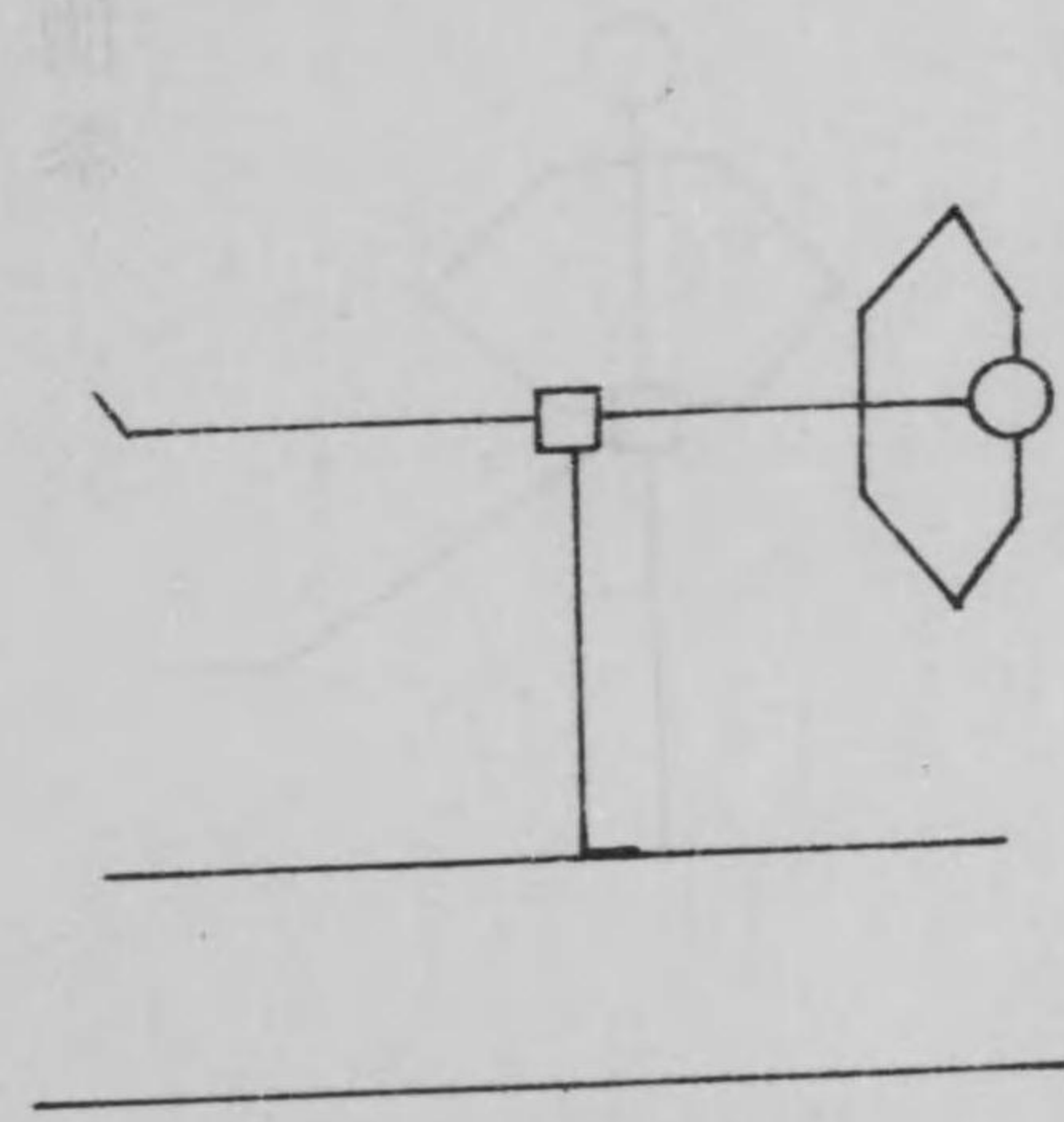


脚後舉

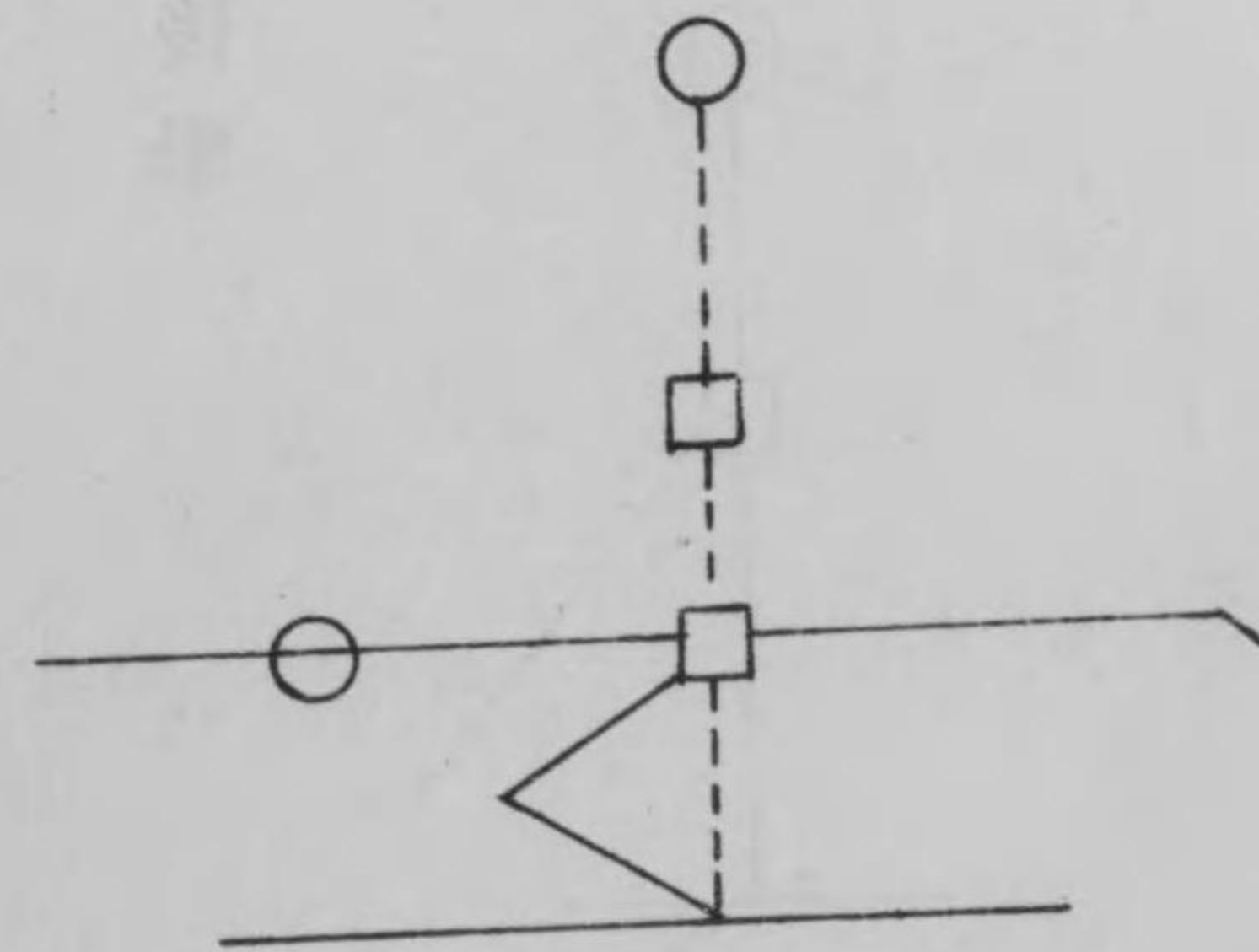




(二ノ其) 材 教 均 平 (七)

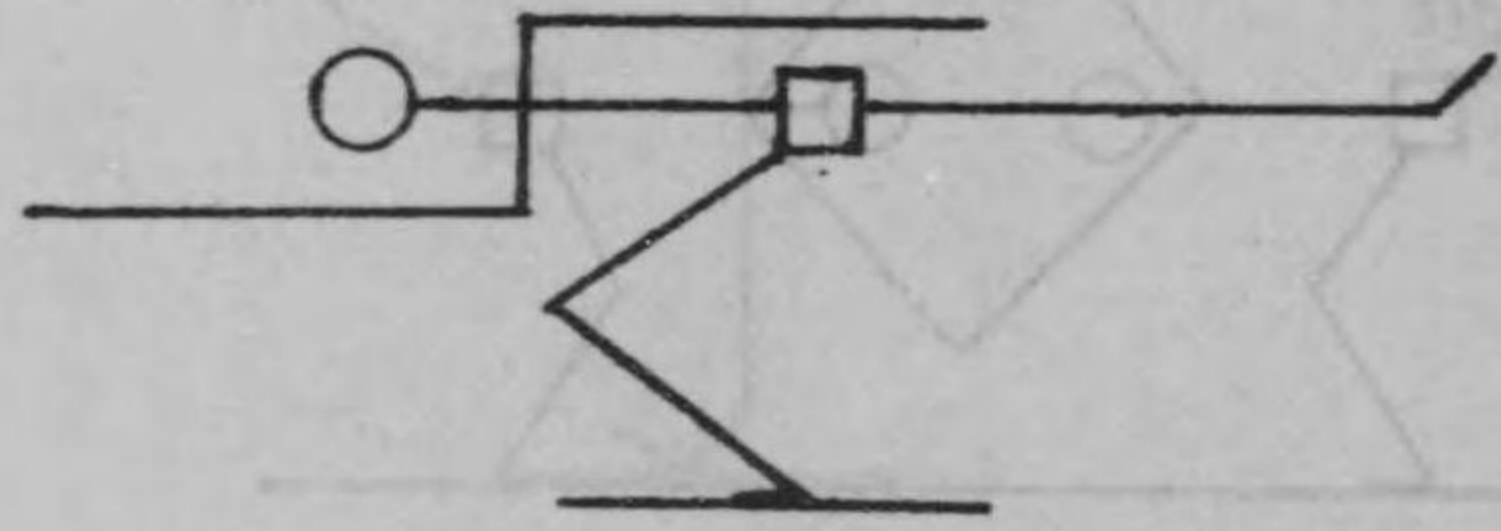


手頭片脚側舉体側倒

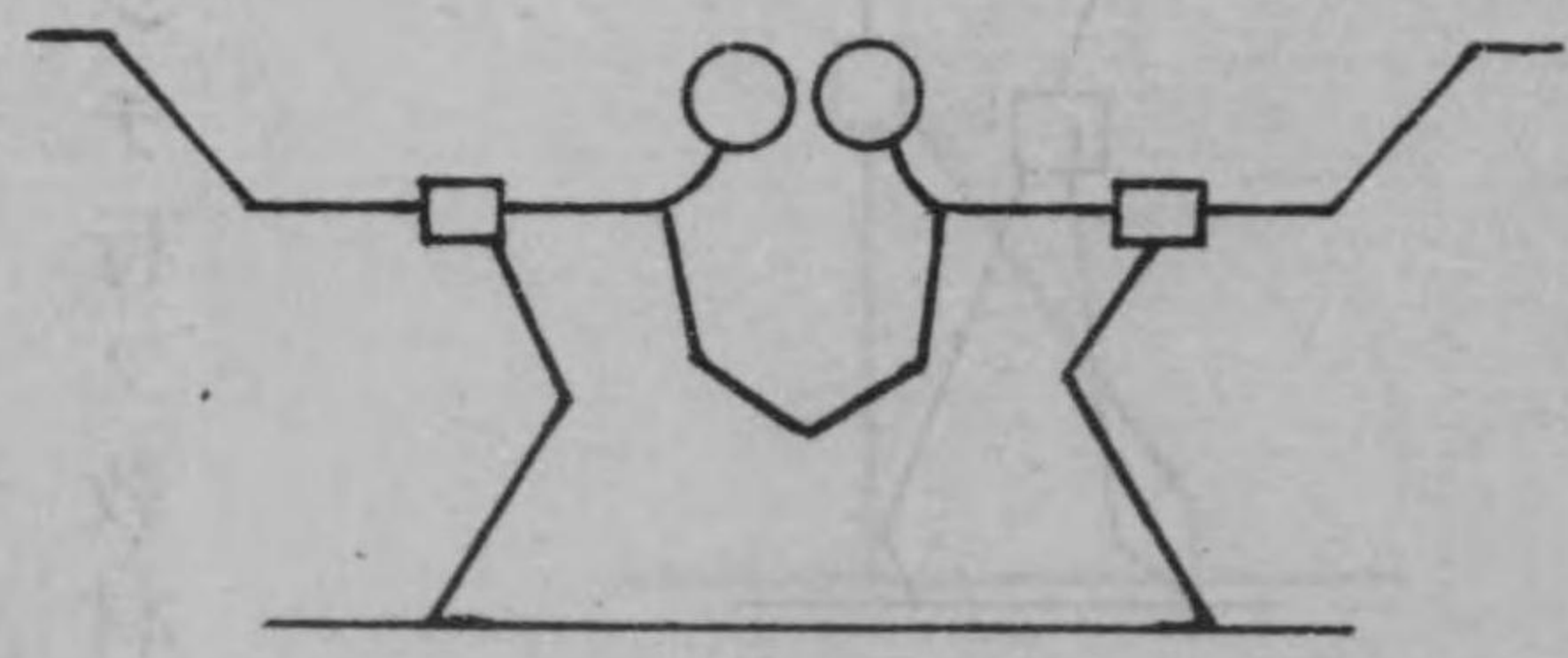


片脚屈膝片脚後舉体前倒

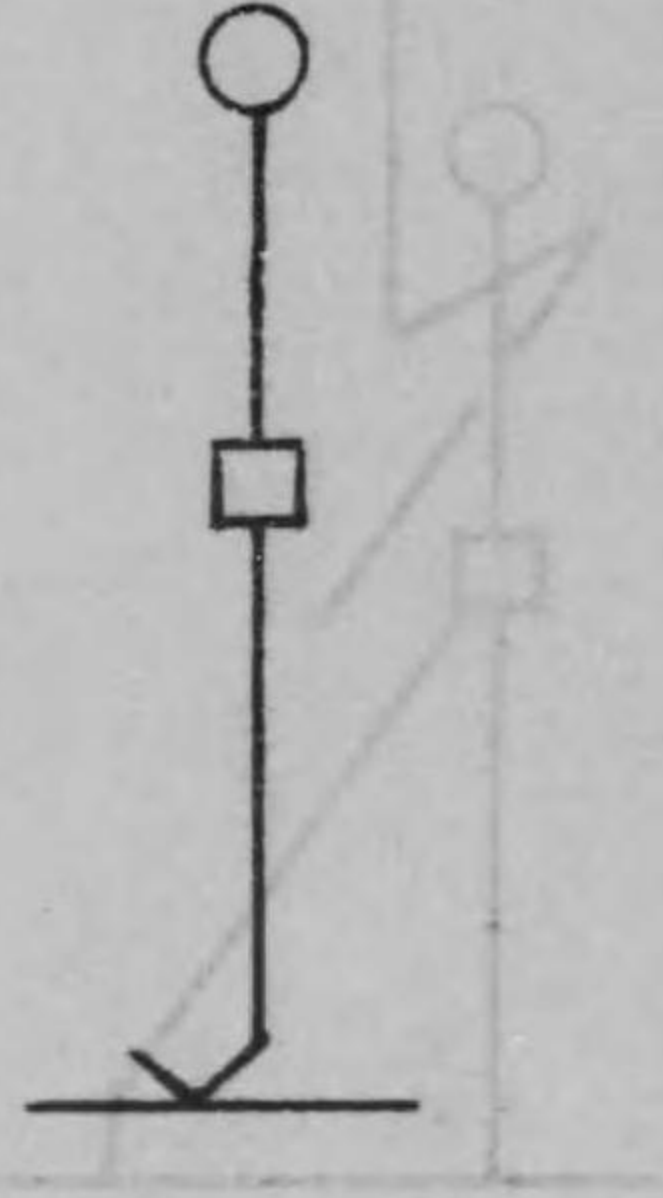
片臂上片臂下片脚屈膝片脚
後舉休前倒



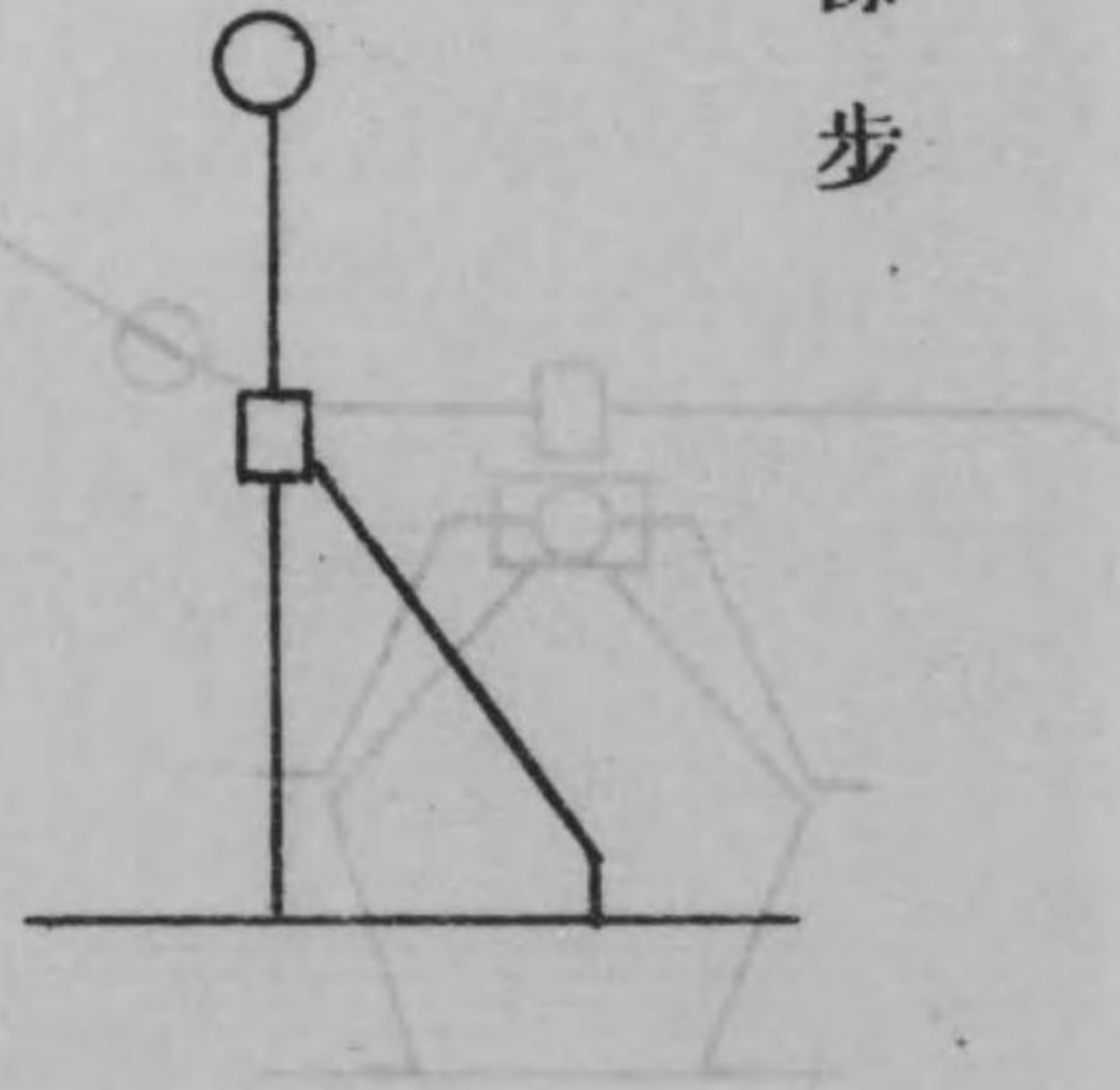
二人相對臂支持片脚屈膝片脚
後舉休前倒



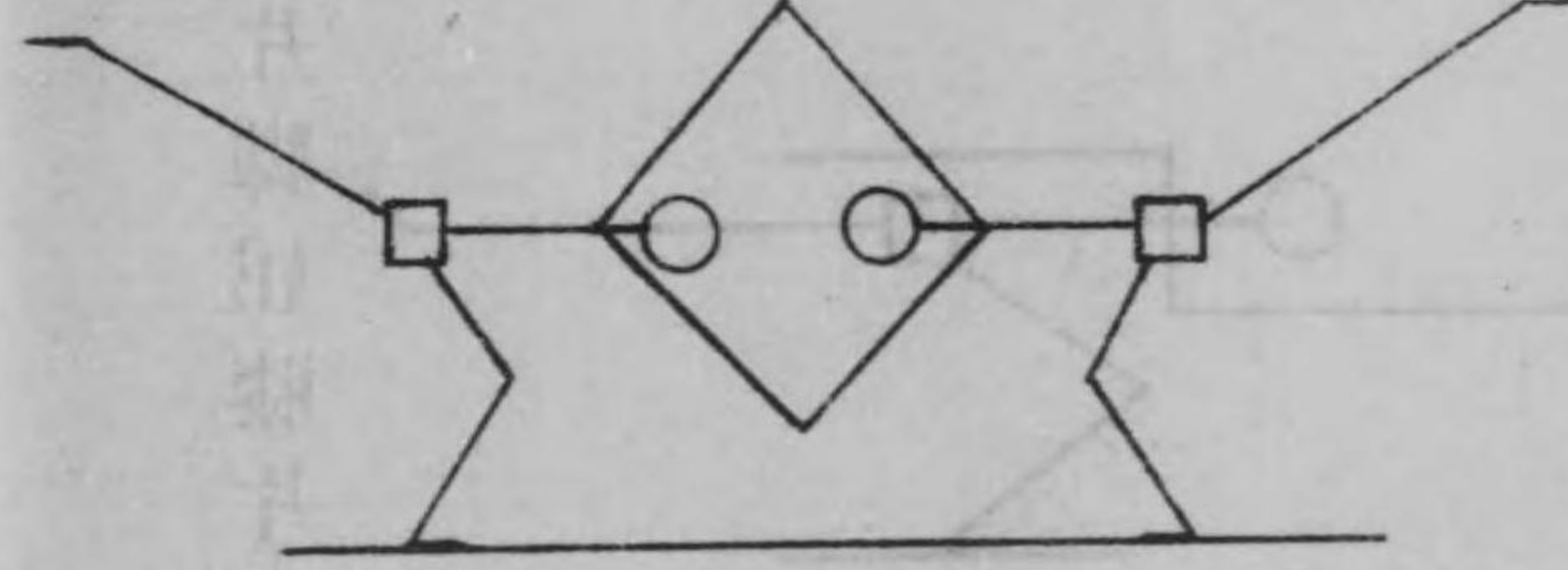
蹠趾關節行進



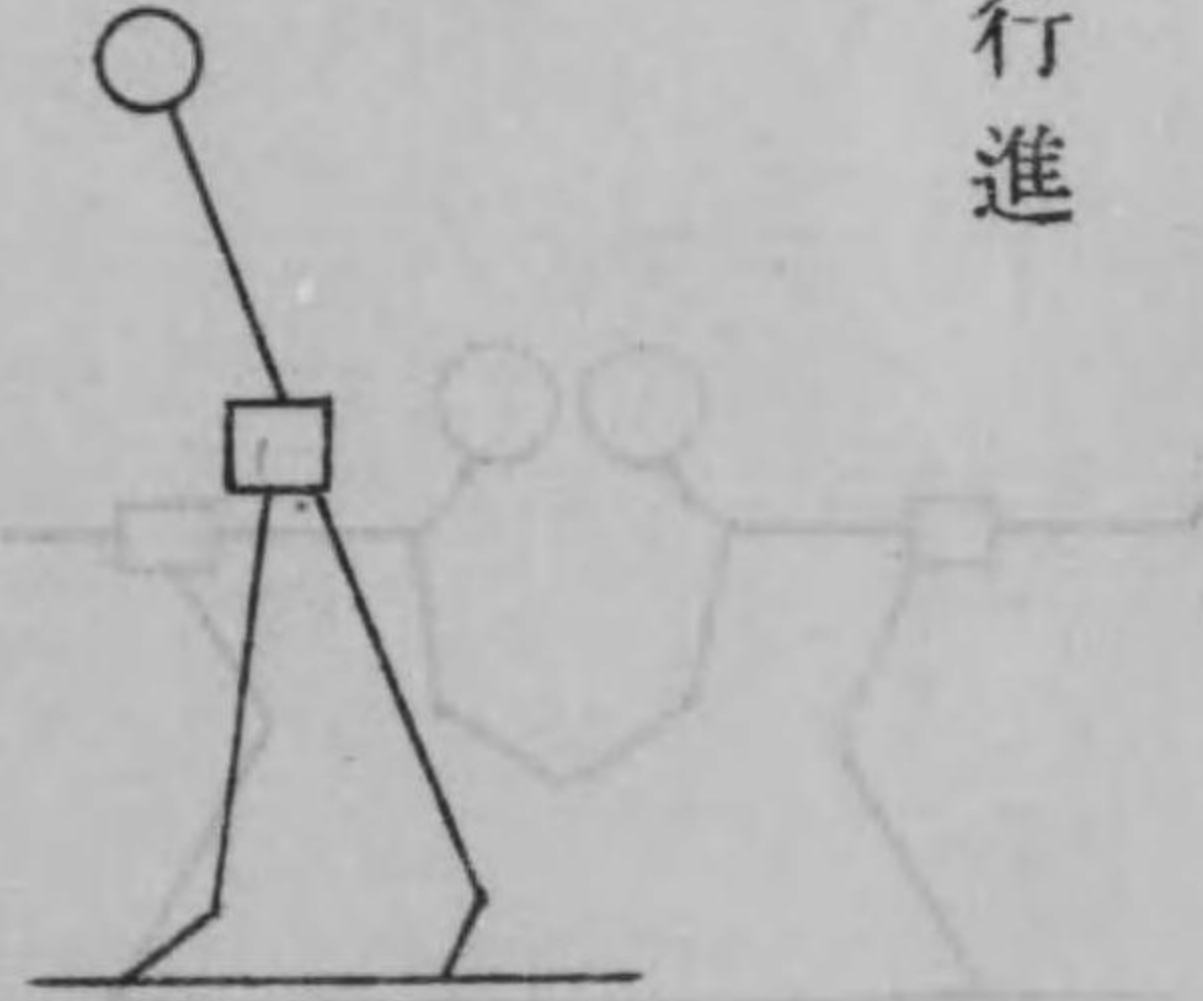
徐步



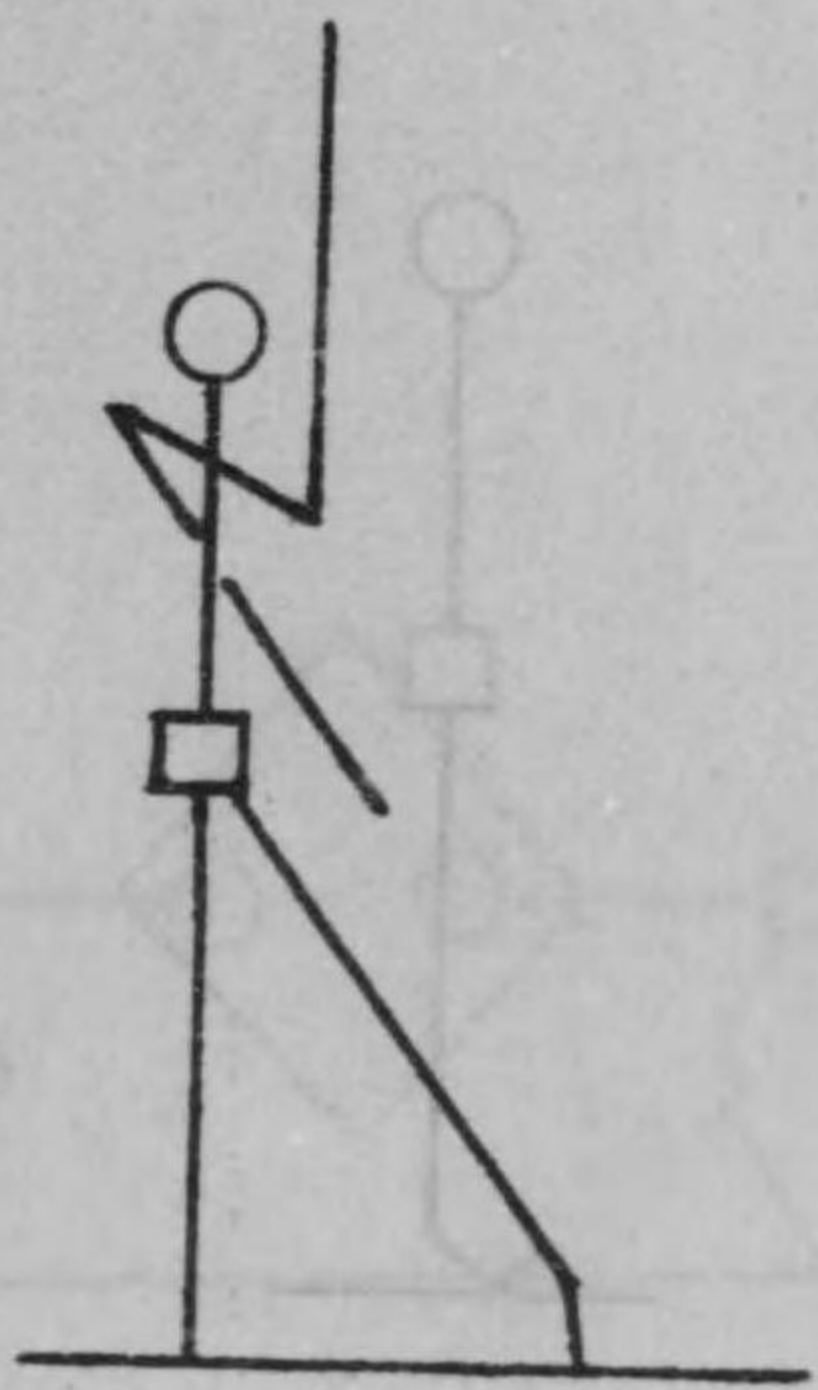
二人並而臂支持片脚屈膝
片脚側舉体前倒



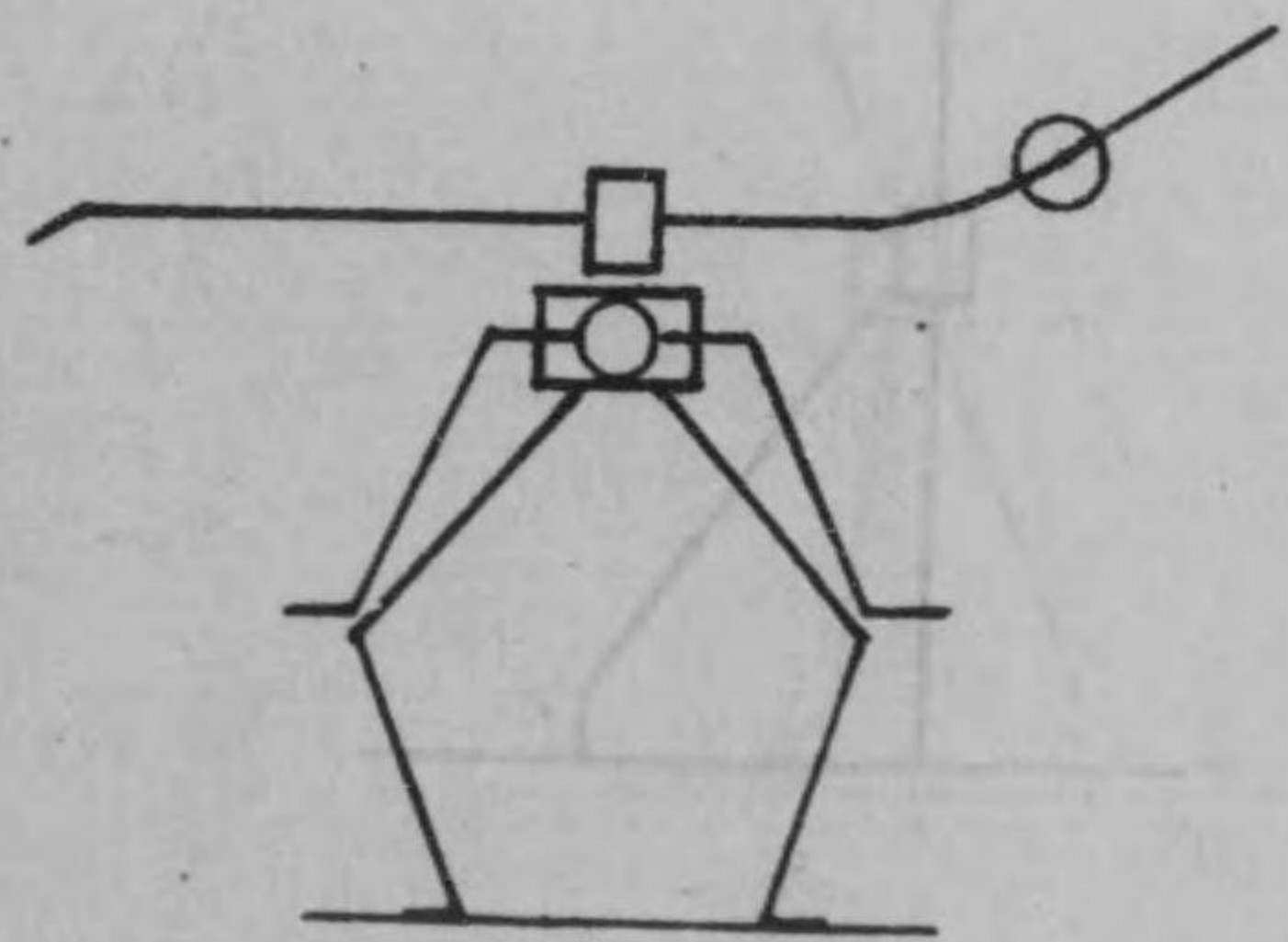
(二) 地上行進シテ行フ教材
足尖行進

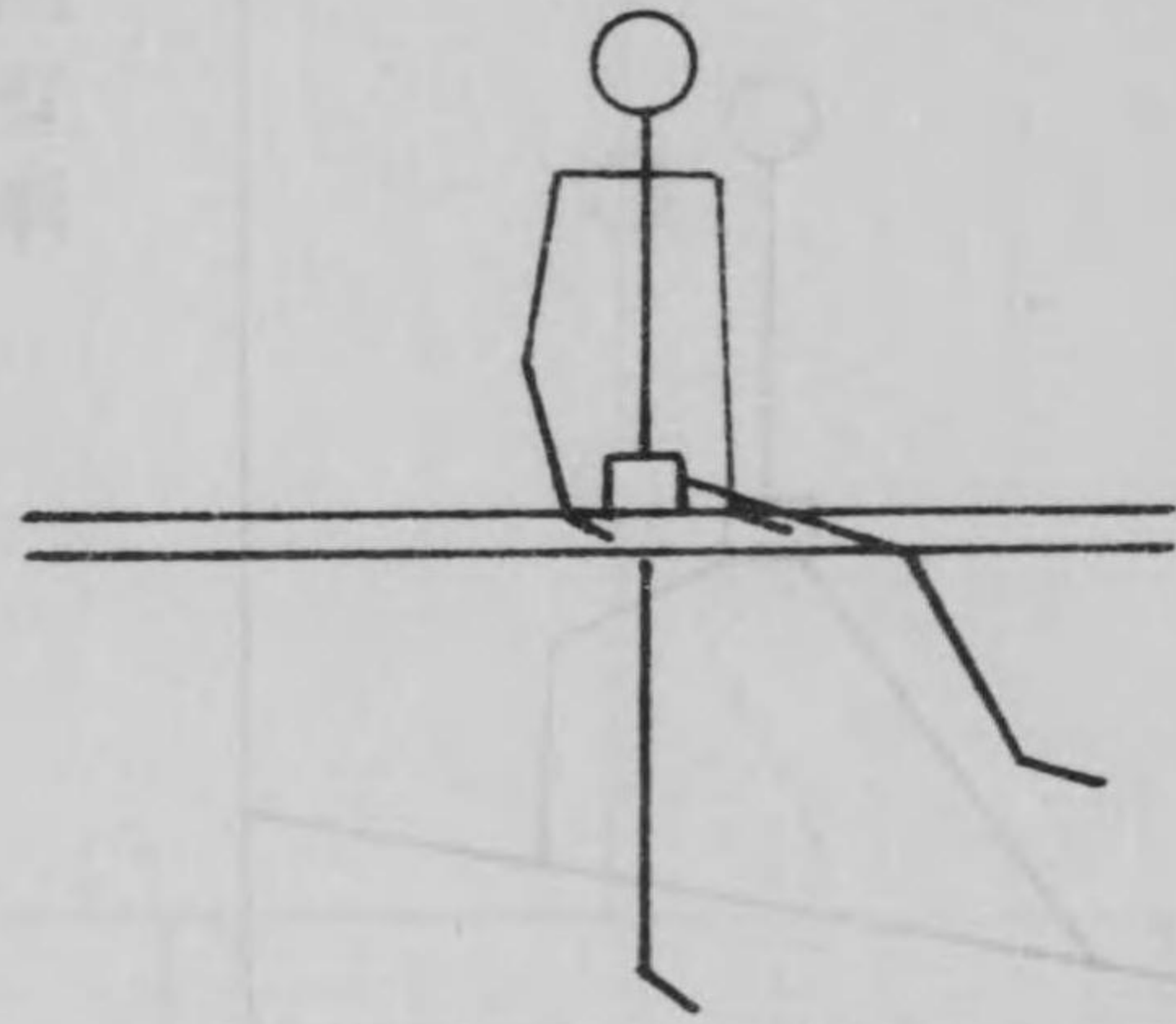


片手上片後徐歩

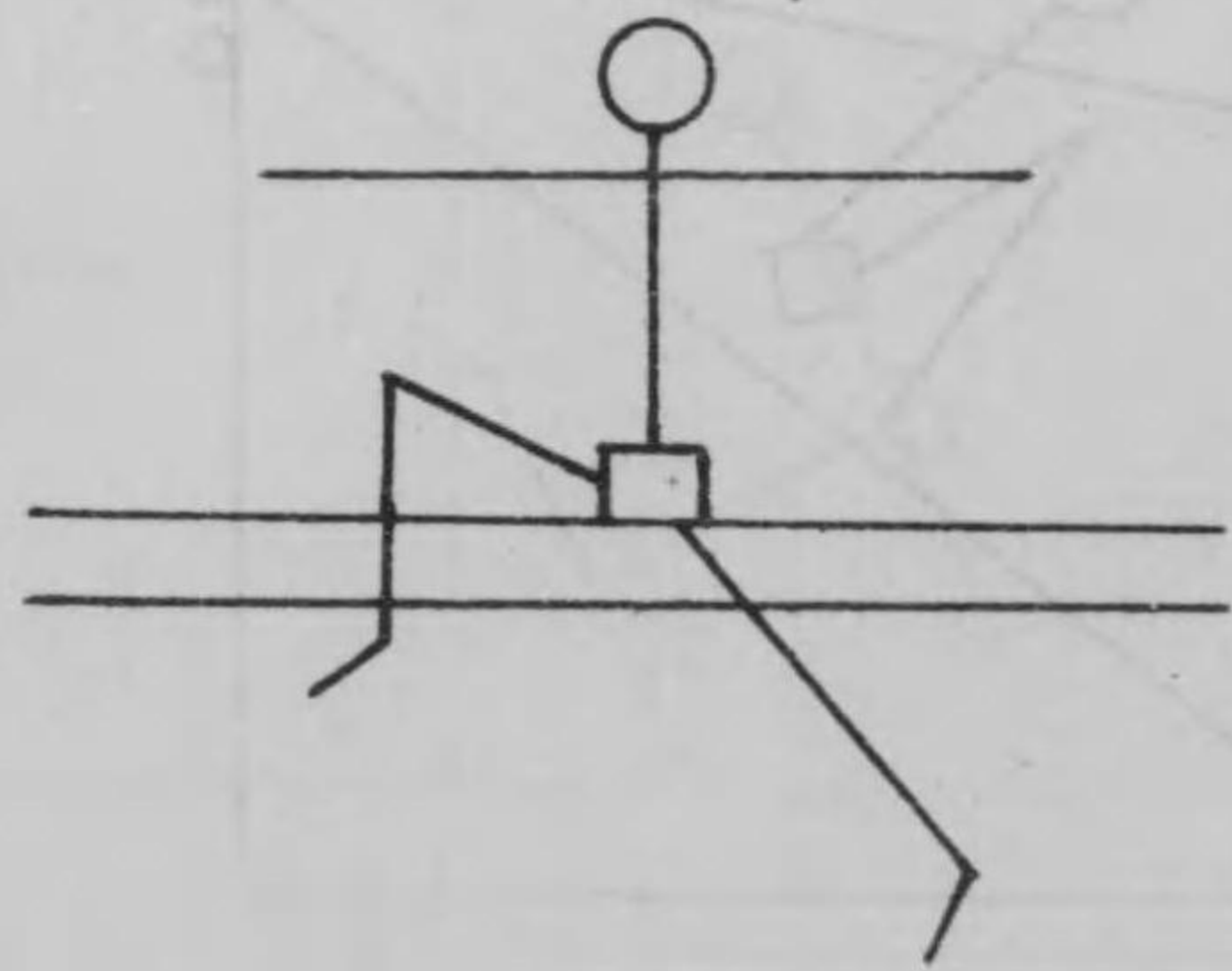


(三) 台上ニテ行フ教材
背上伏臥臂上伸





水平棒ヲマタイデ臂支持

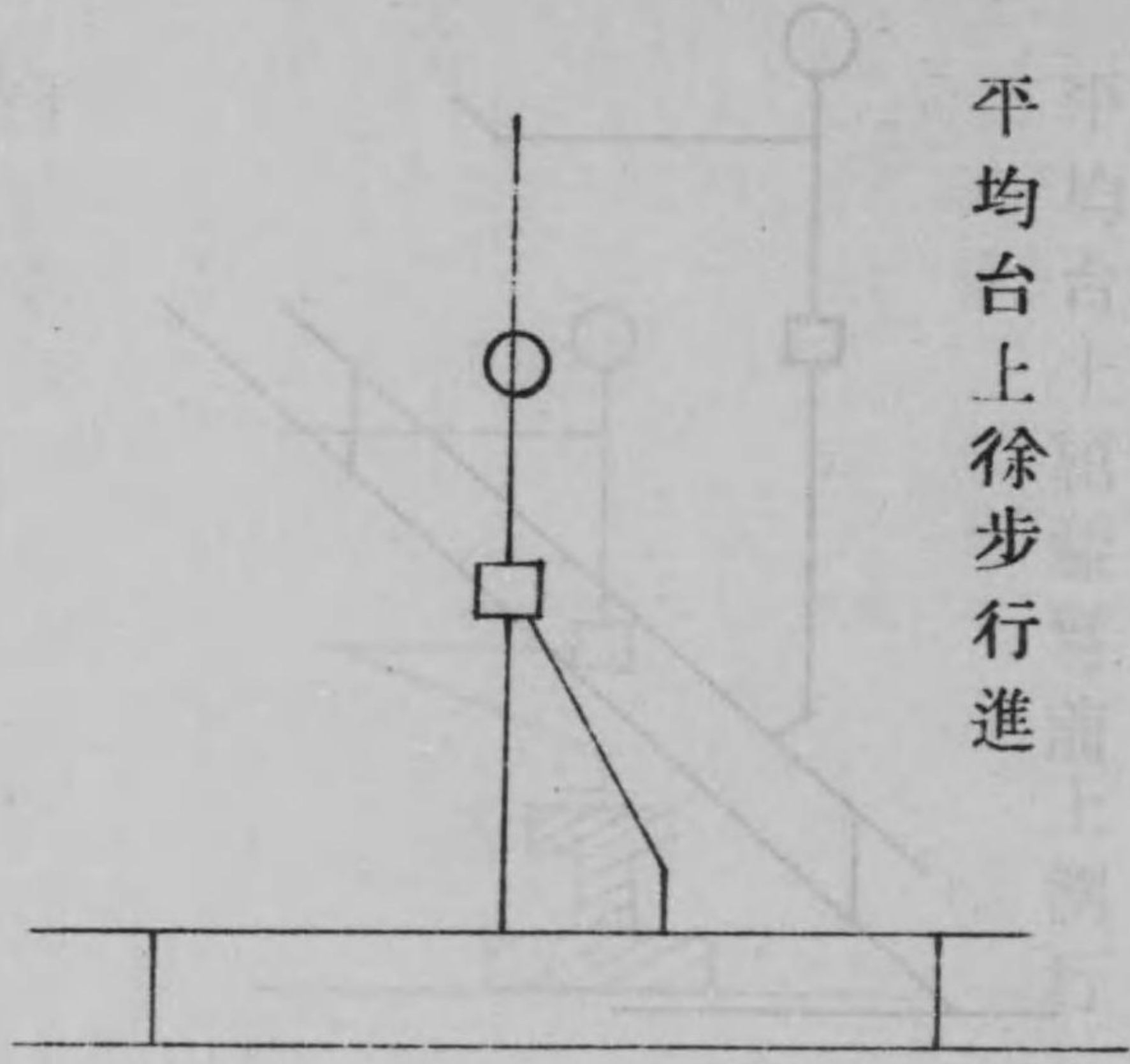


水平棒腰掛



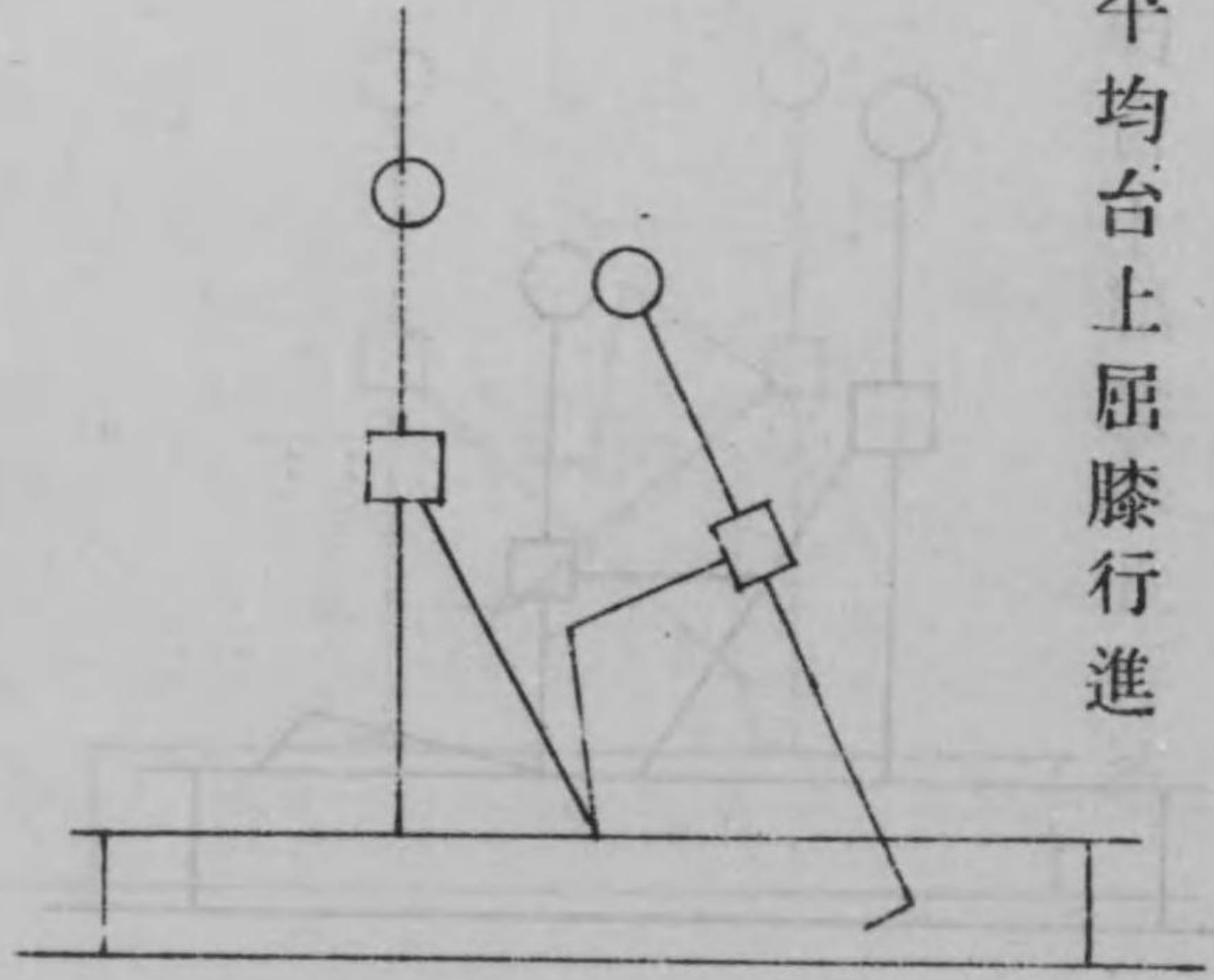
(三ノ其) 材教均平 (云)

平均台の上



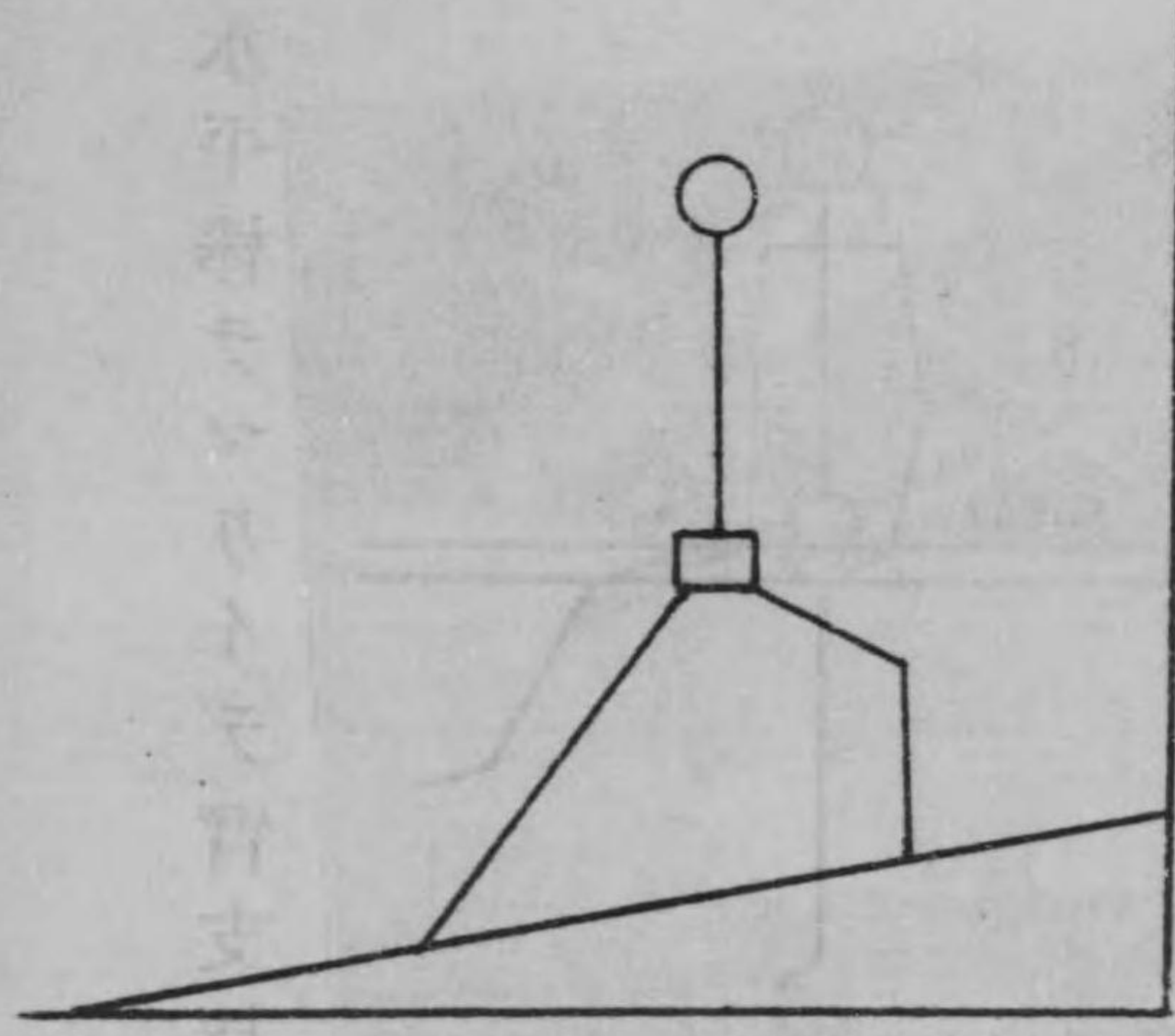
平均台上徐步行進

平均台の上

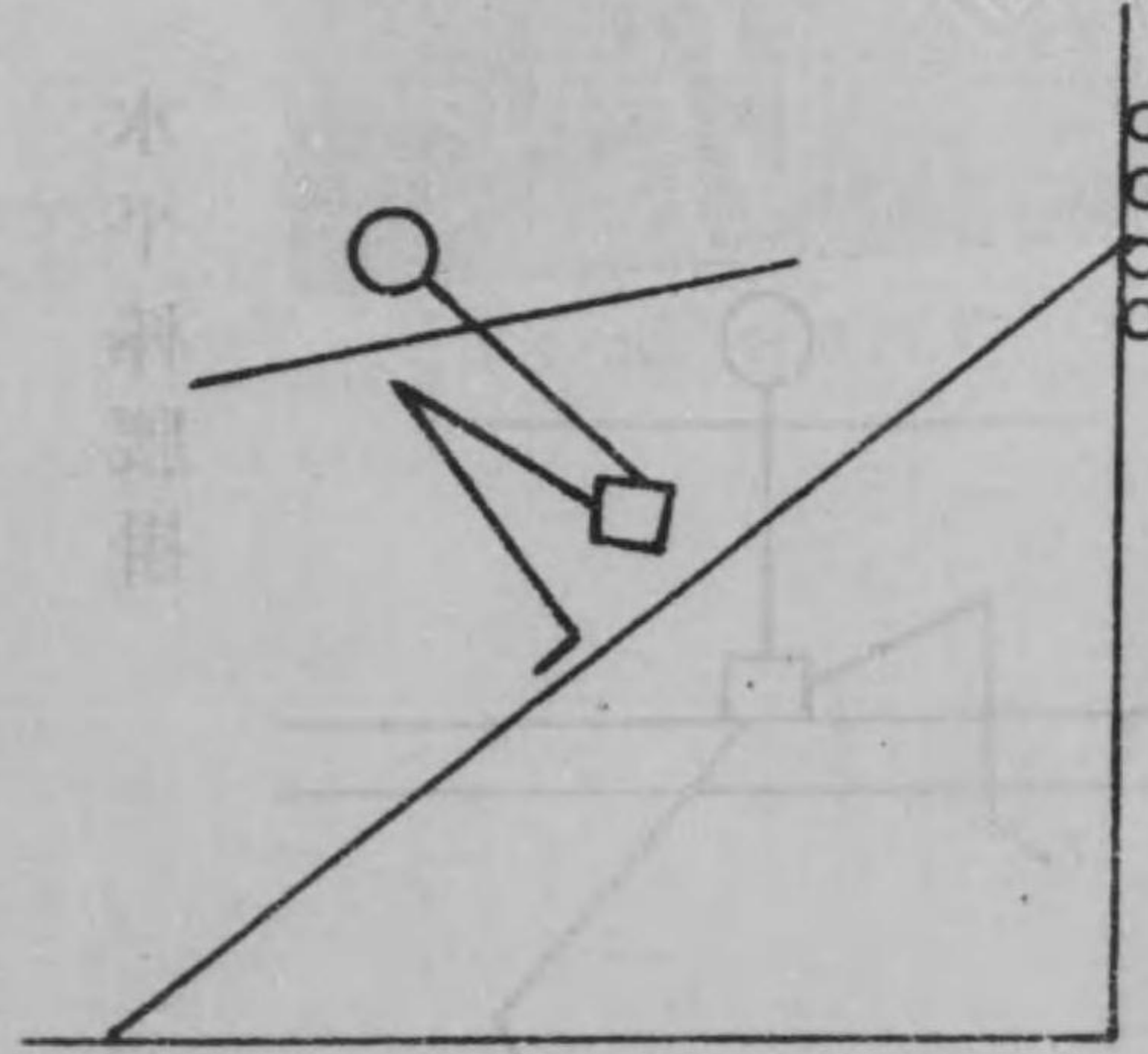


平均台上屈膝行進

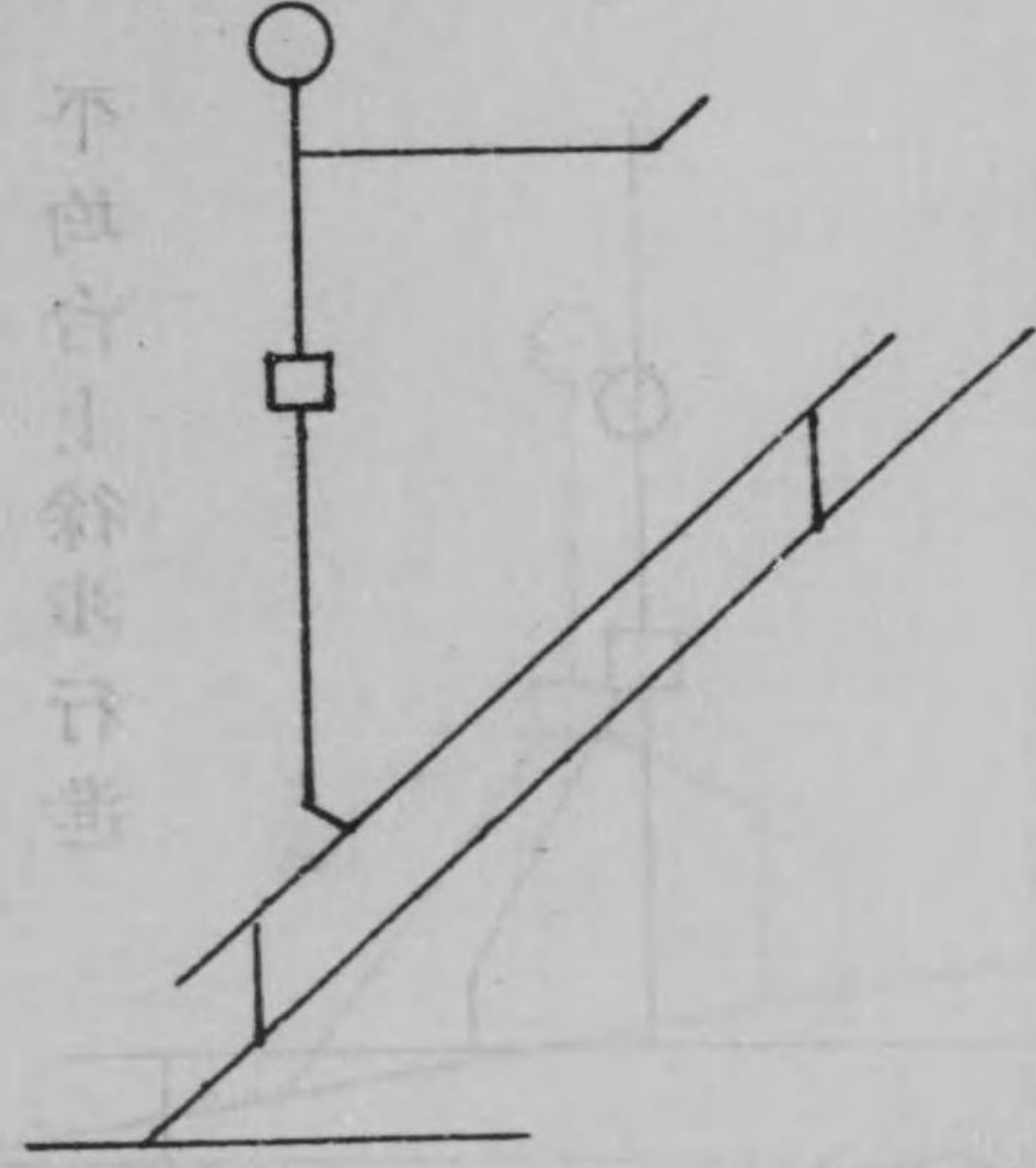
(四) 台上ニテ行進シテ行フ教材
斜面登降



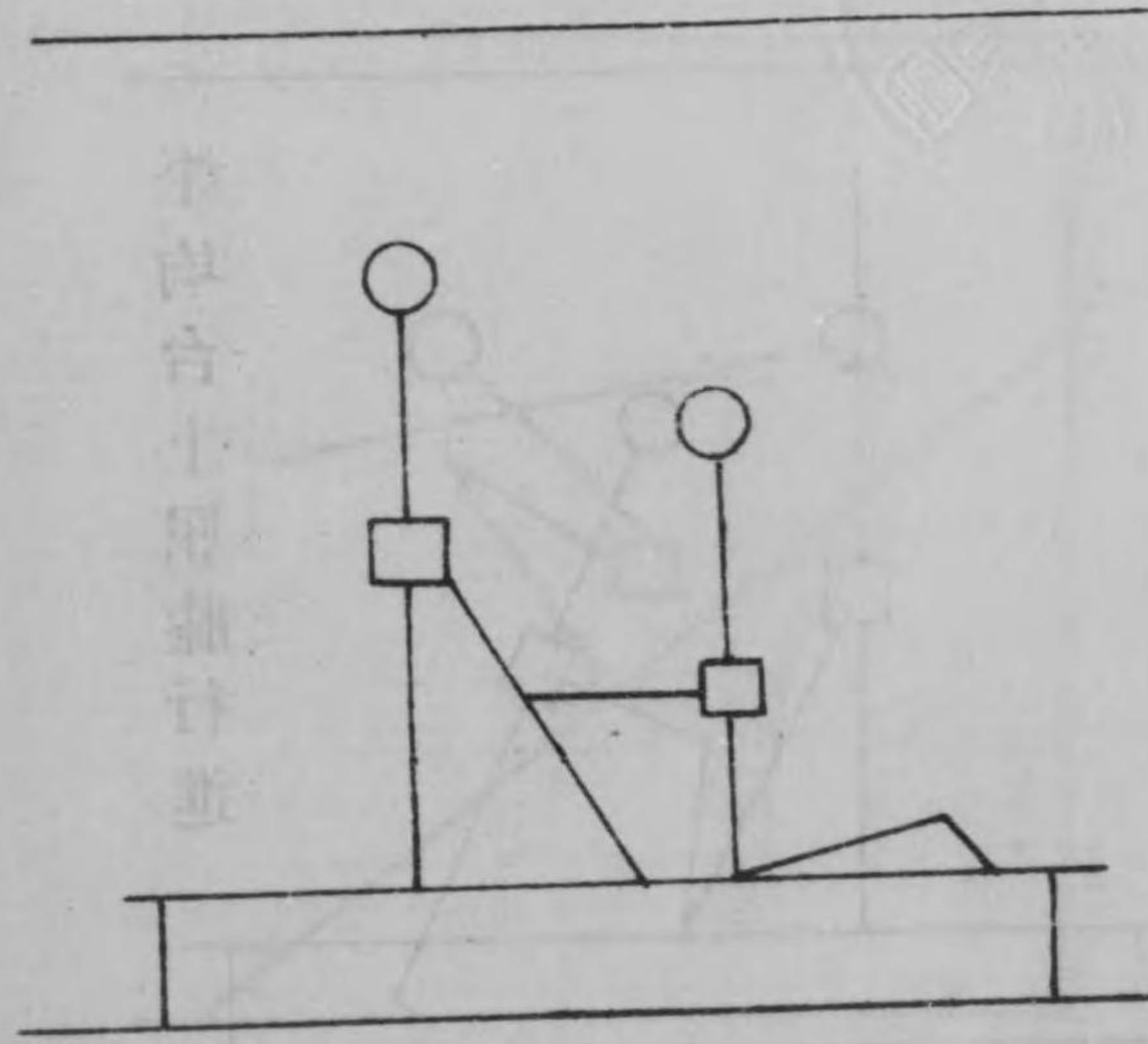
滑台上屈膝臂側舉



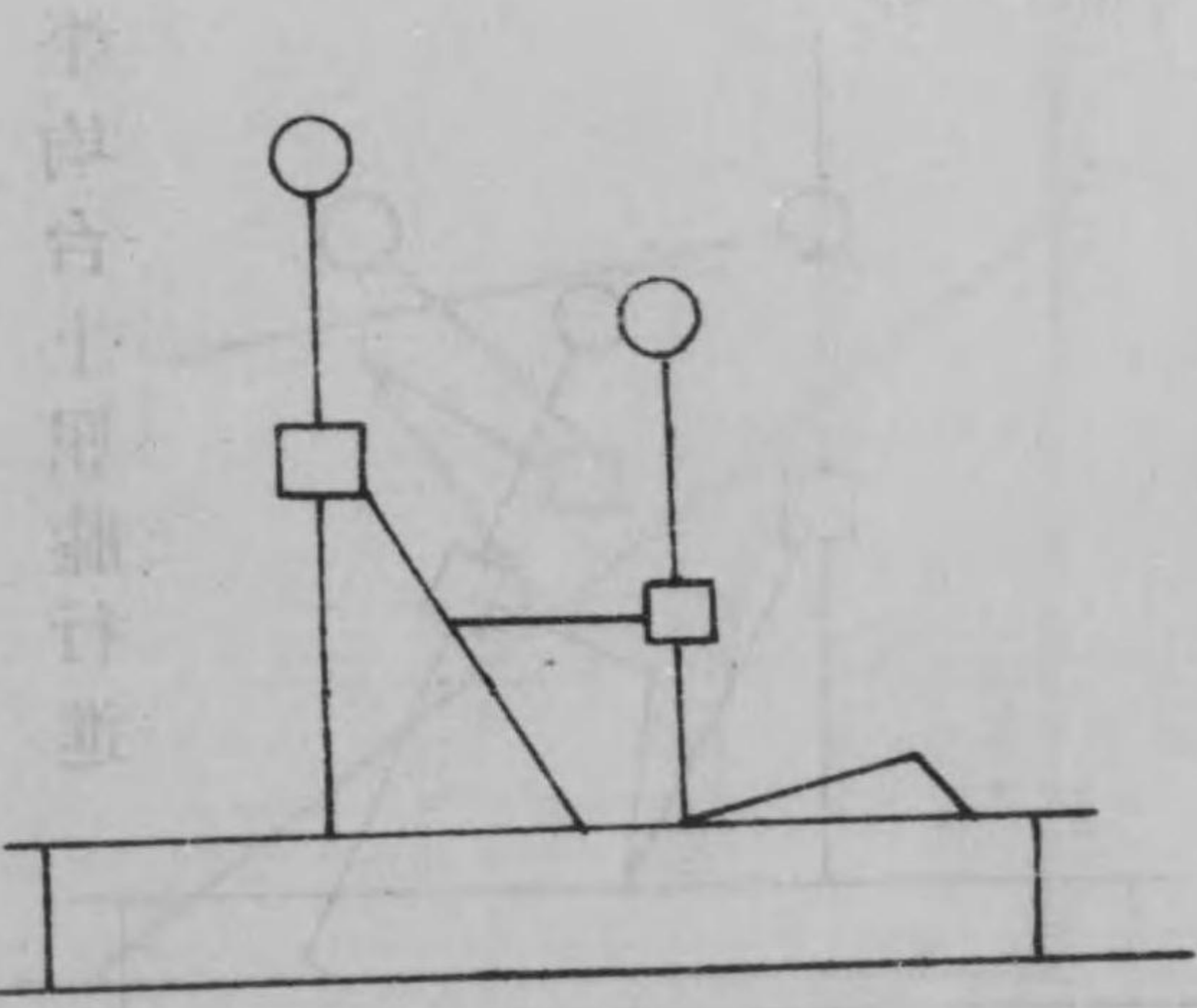
平均台側步



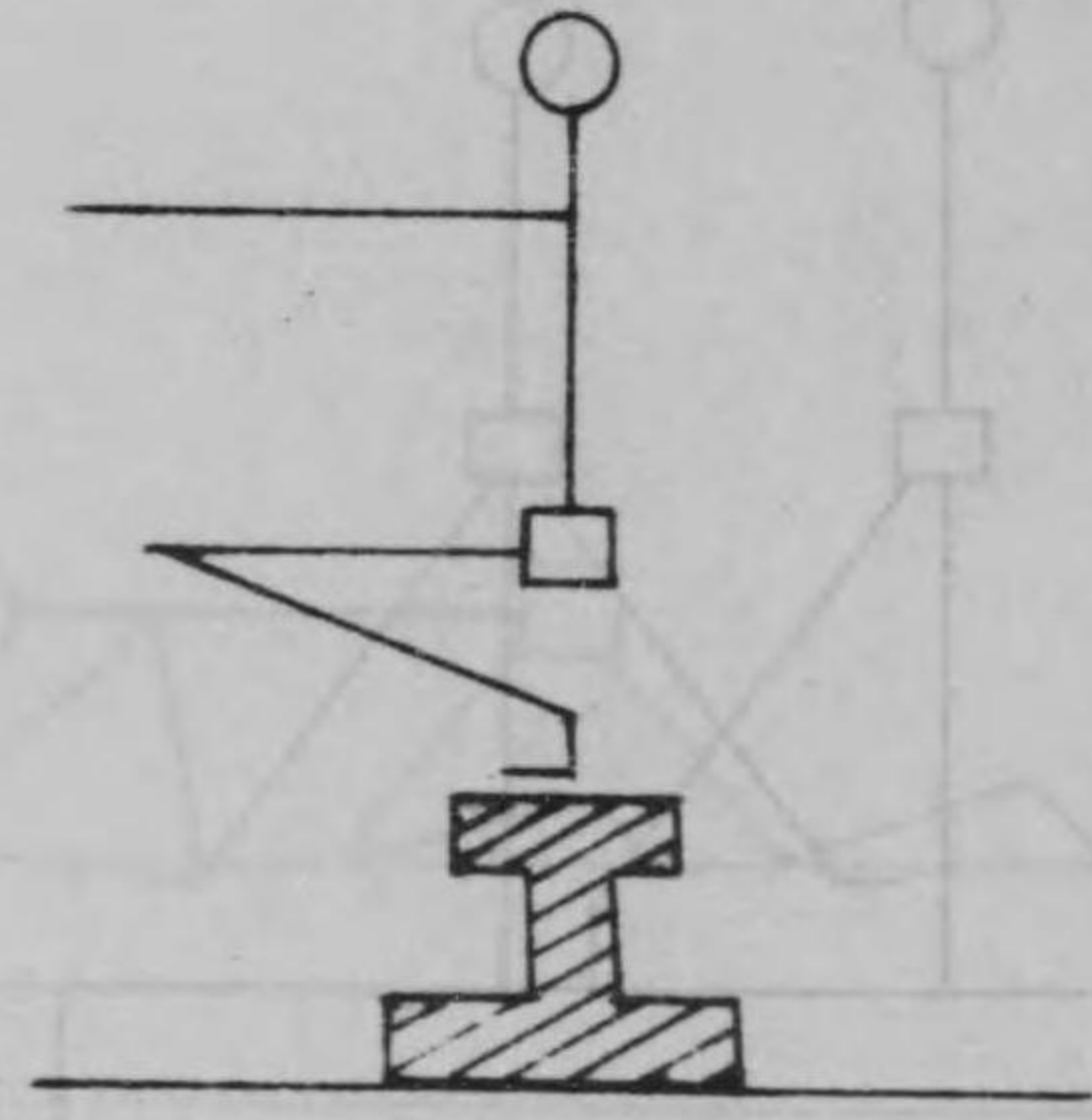
平均台上斜步行進



平均台上膝立行進

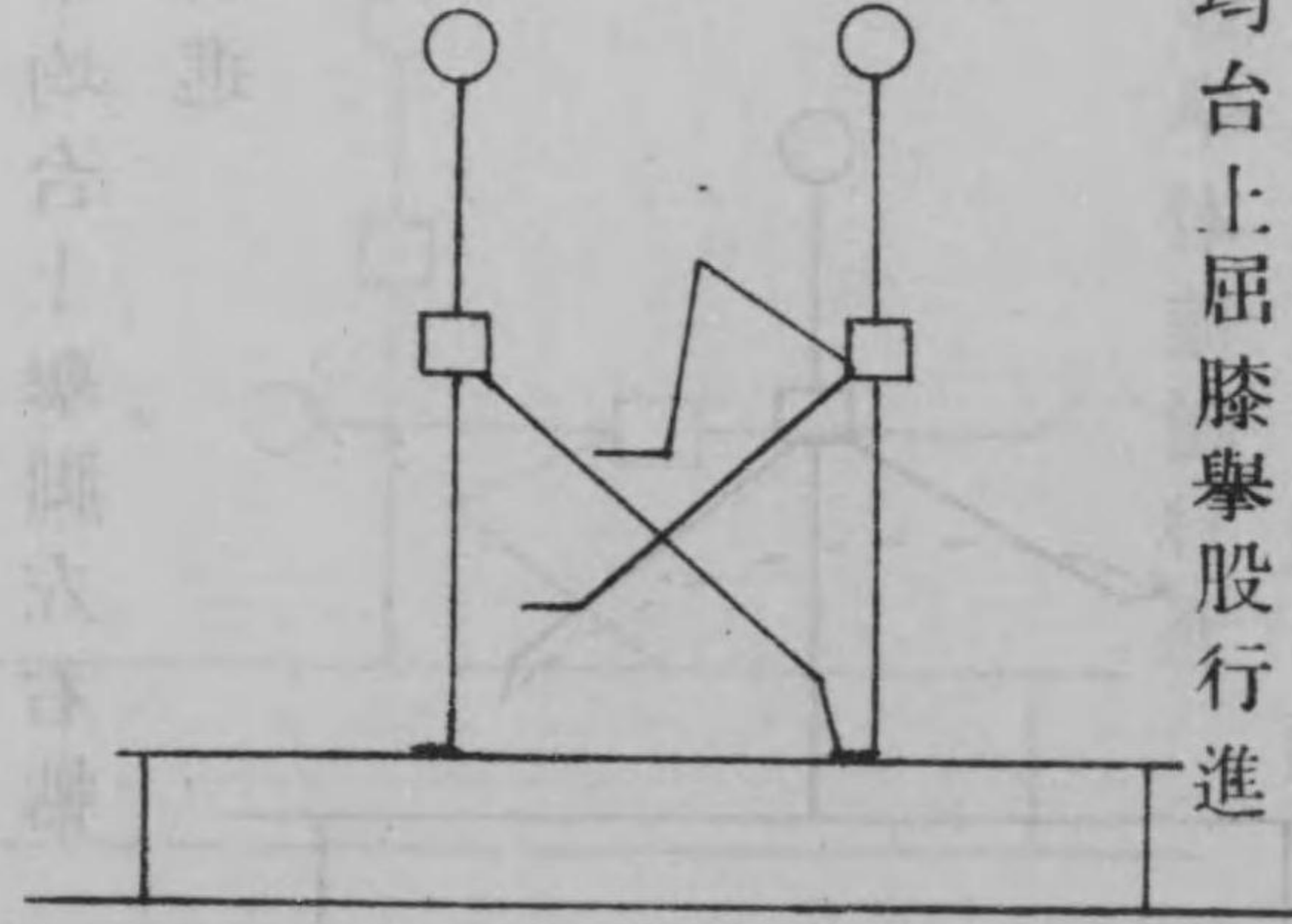


平均台上屈膝臂前上側行



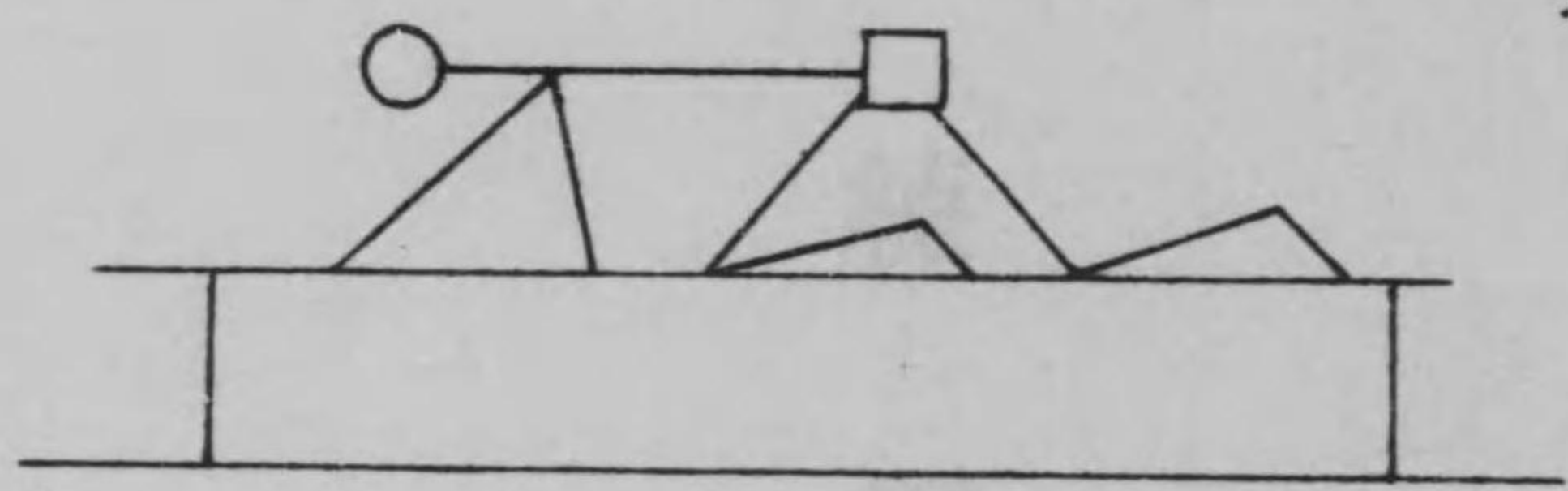
平均台上屈膝臂前上側行

平均台上屈膝舉股行進

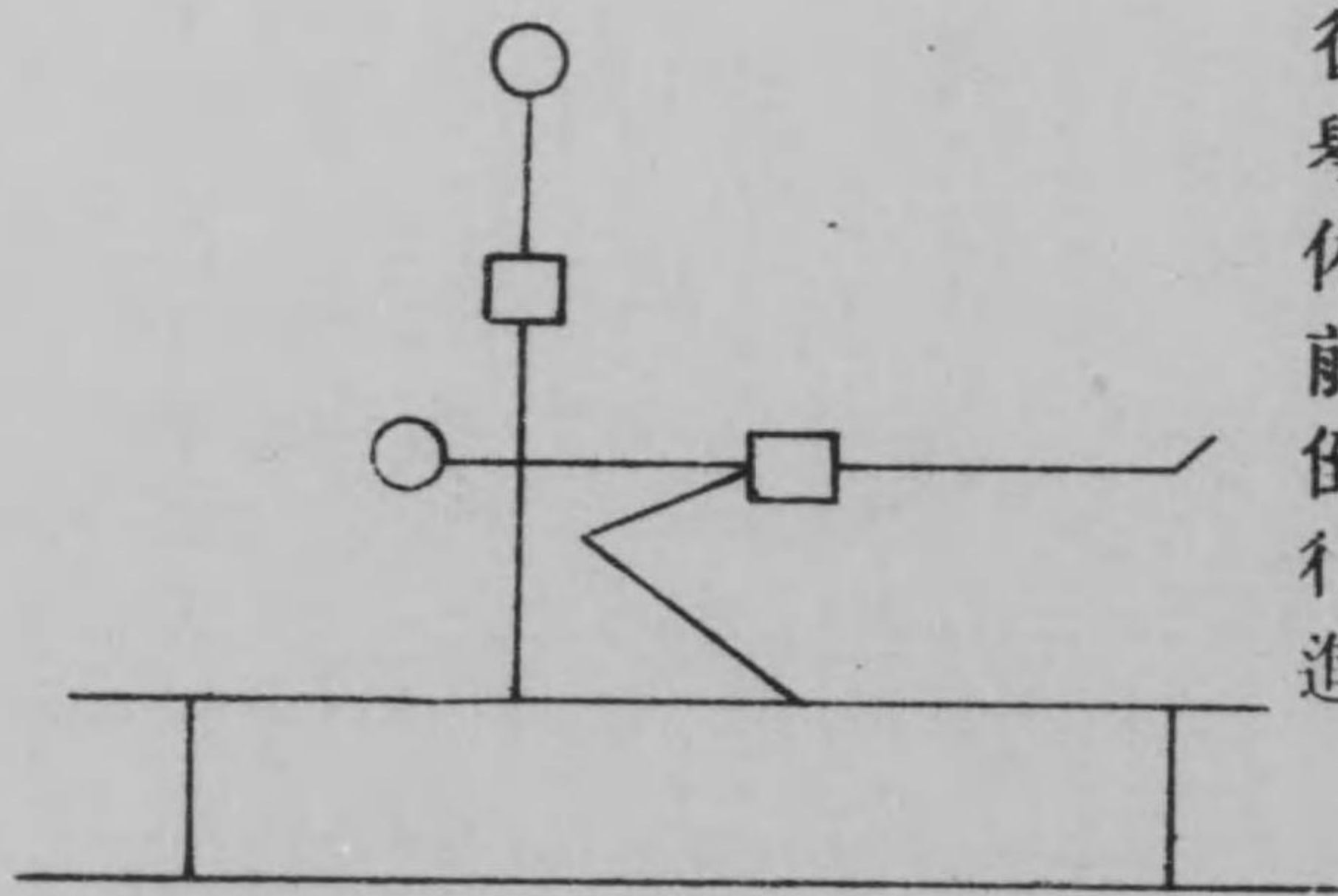


平均台上舉腿行進

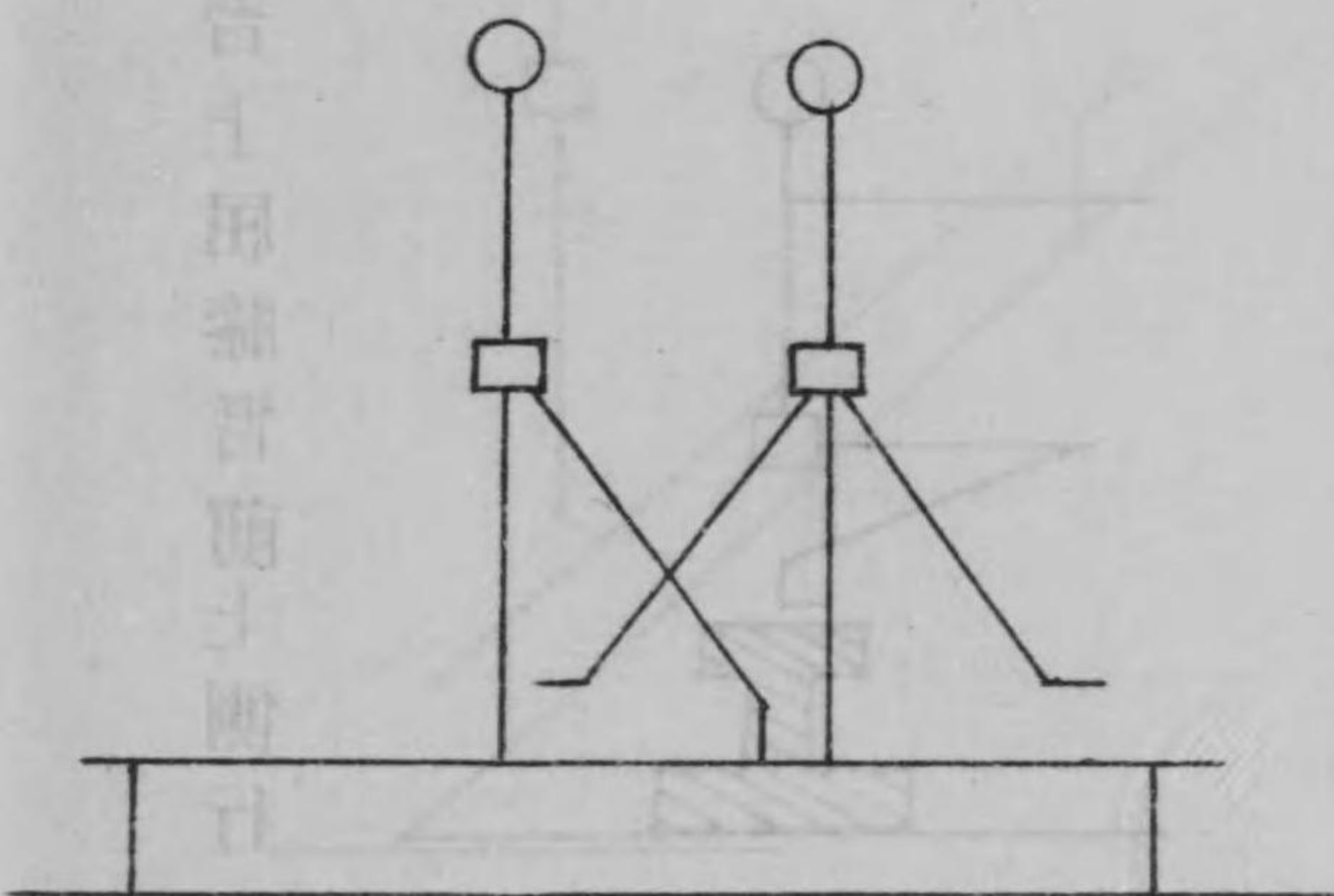
平均台這



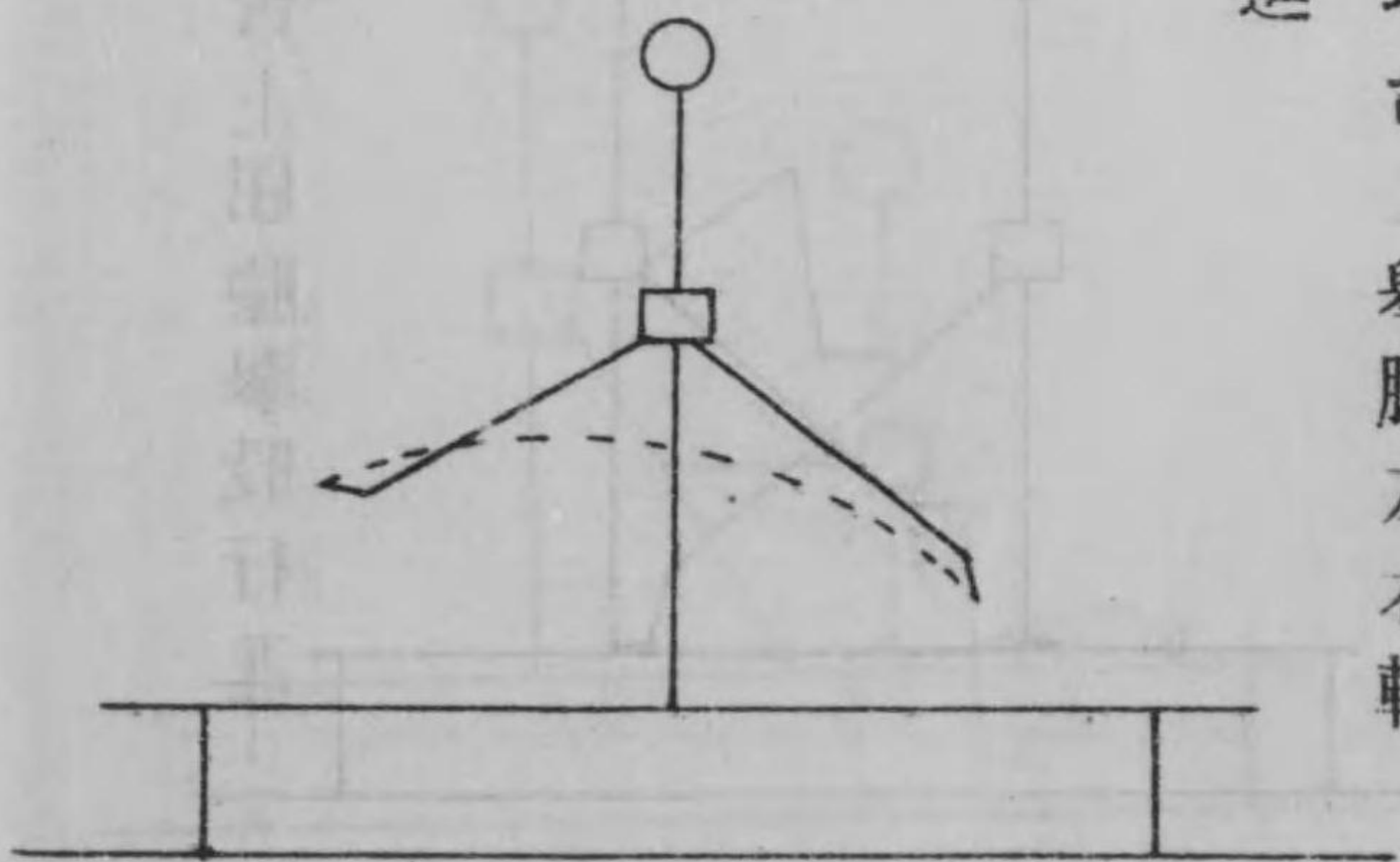
平均台上片脚屈膝片脚後舉体前倒行進



平均台上脚前後振行進

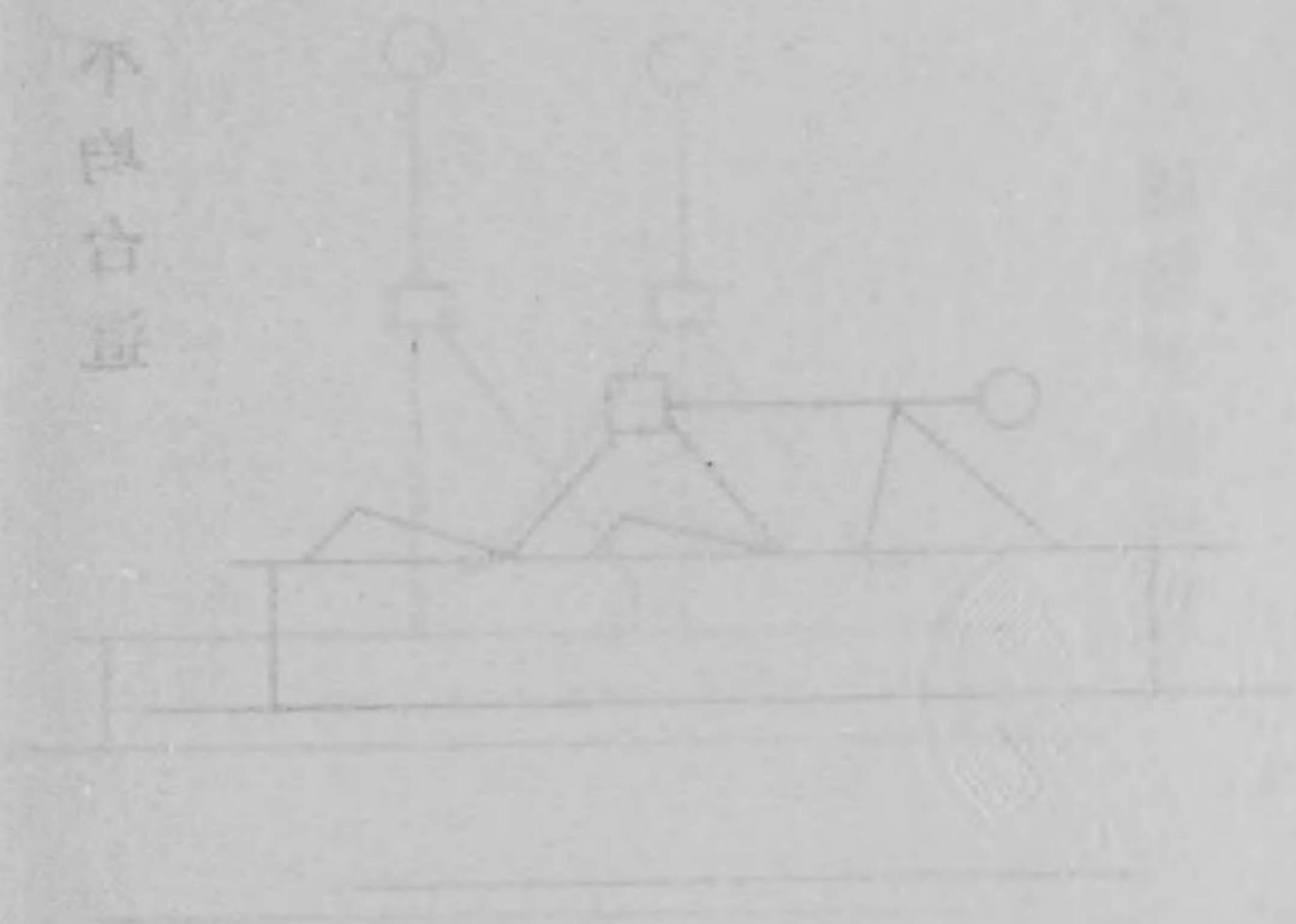


平均台上舉脚左右轉行進

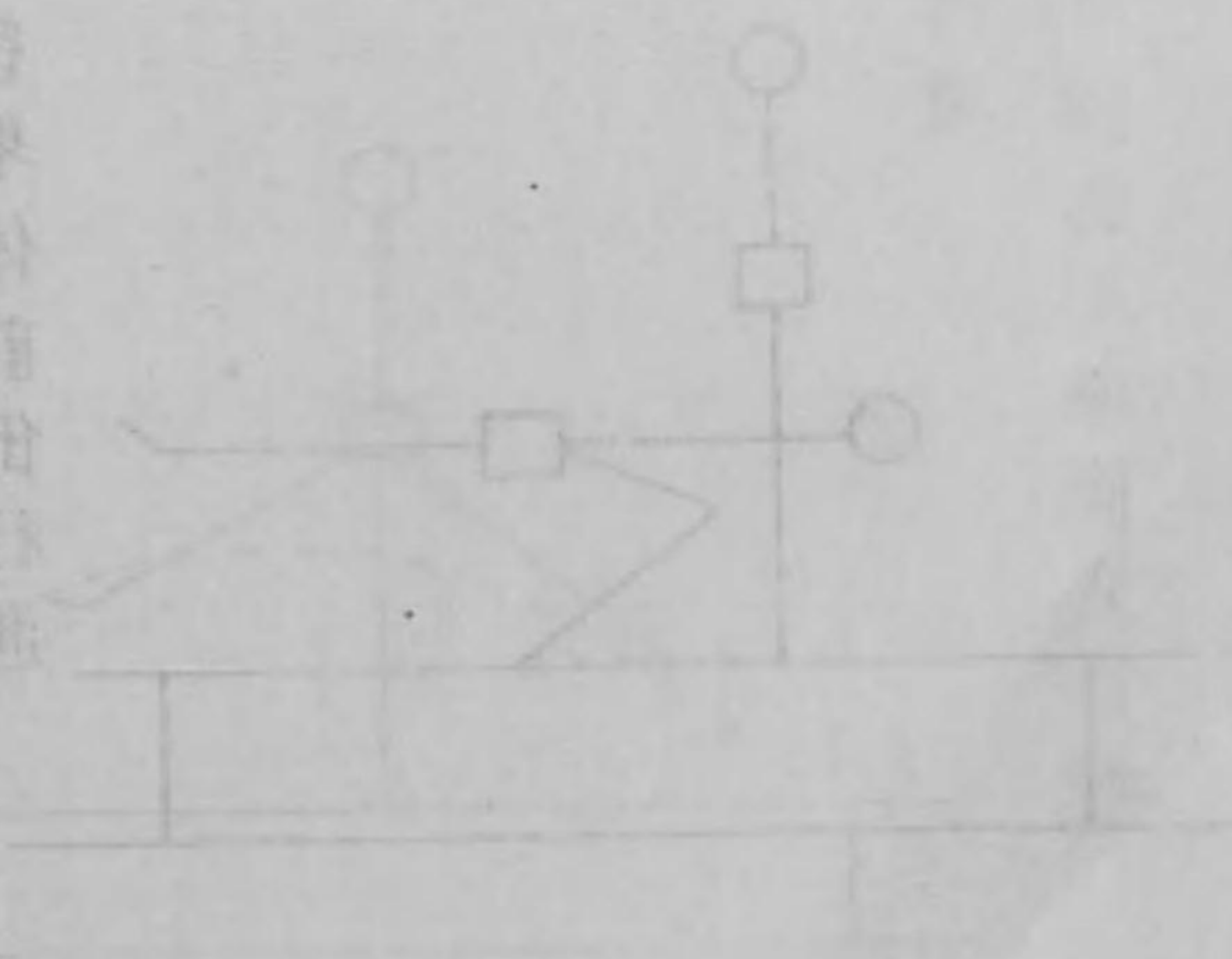


八、脊 練 習

平段台蓋



對準封蓋附蓋
平段台十寸圓形蓋



八、脊 背 練 習

第八章 背 練 習

一、目的

1. 背側諸筋殊に脊柱伸筋の抵抗力を増進し脊柱の正常姿勢保持力を養ふ
2. 胸腹腔内に於ける諸臓器の機能を促進す

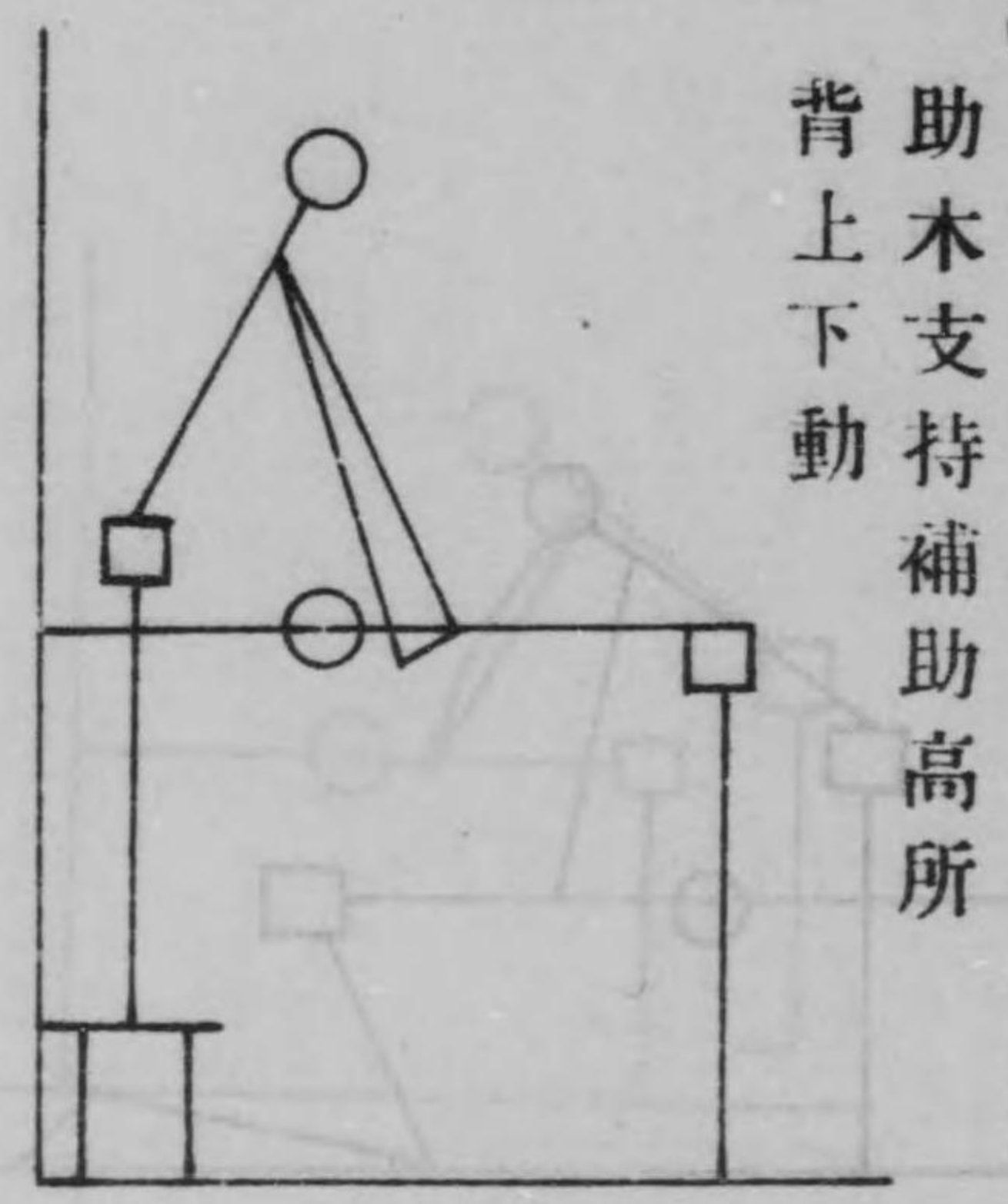
二、練習の構成

1. 運動成立の基本たる脚
2. 屈伸に與る腰臀部
3. 練習目的部の背側諸筋（長背筋、短背筋）

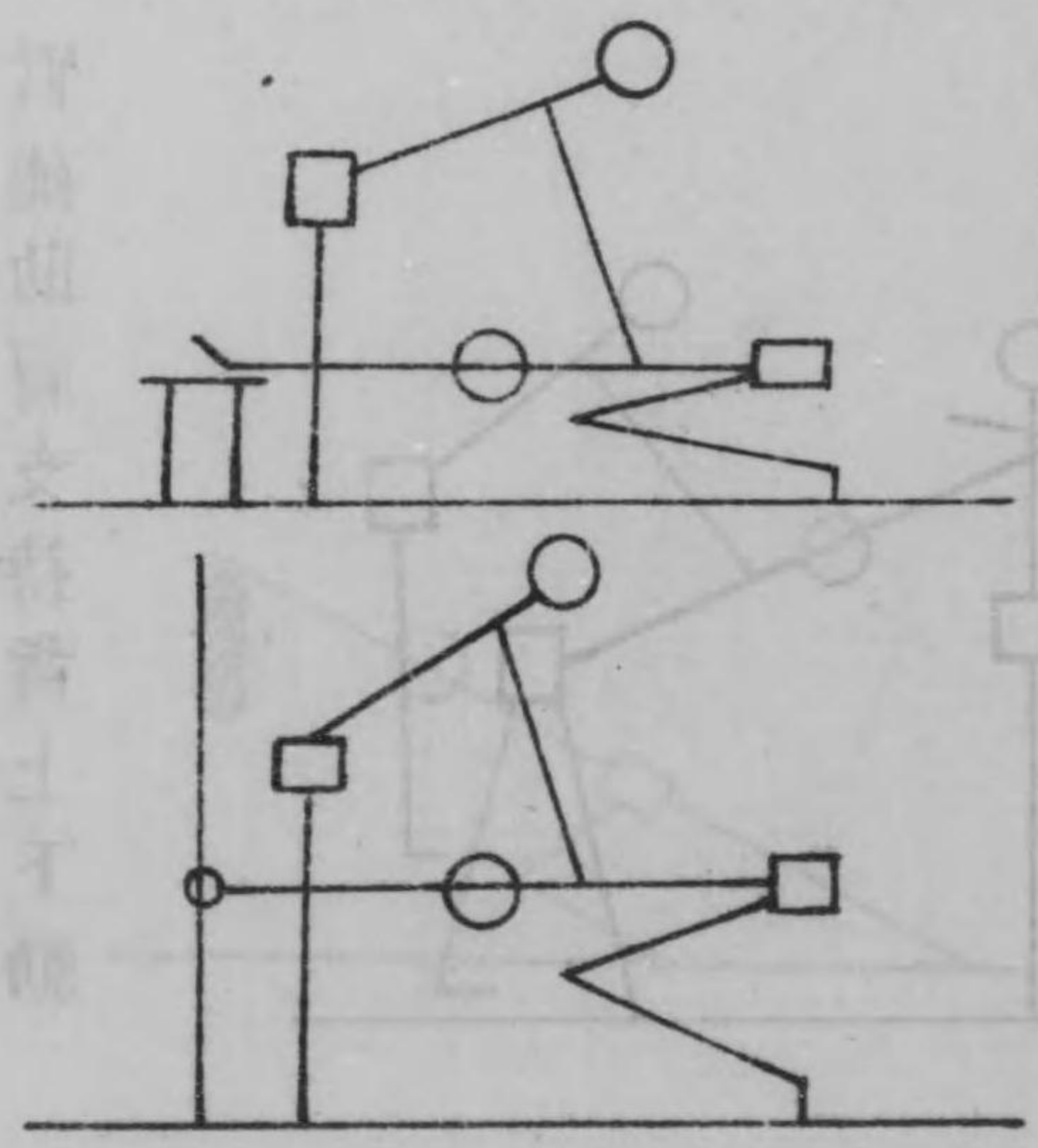
三、要領

1. 呼吸は最も自由なるを尊ぶ
2. 体前倒の運動は股關節の屈伸のみにて行ひ其他の部は凡て緊張的抵抗たることを本体とす
3. 屈膝体前倒にありては体の振動的移動中の背筋の抵抗を大ならしむるやう考慮すること
4. 腰掛上伏臥にありては大腿支持の位置によりて難易を加減す且つ進みては動的運動をも行ふ
5. 体前下肢にありては脊柱全部を十分前下方に屈すること

(一) 肩ヲ上下動ス
助木支持補助高所
背上下動

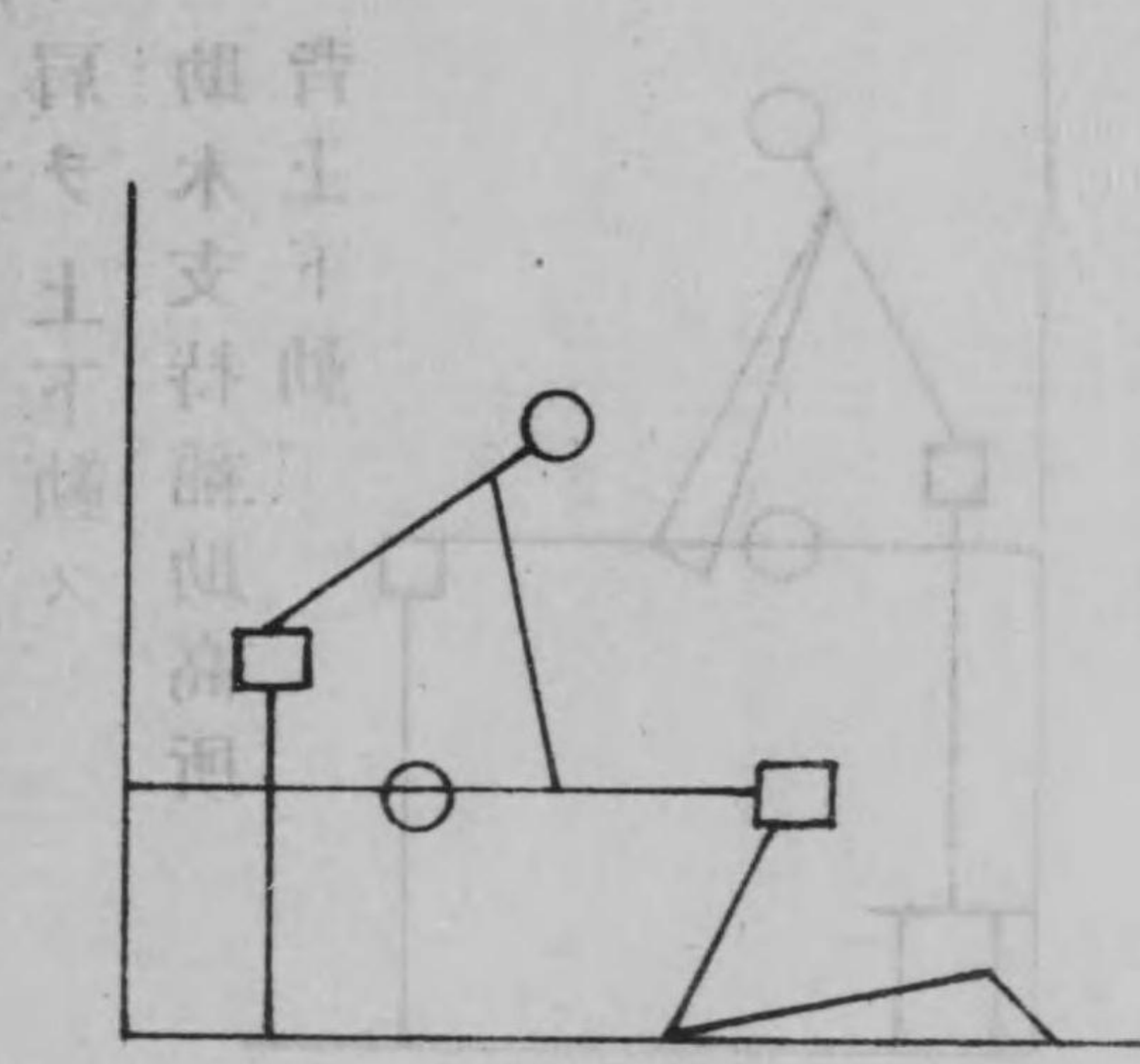


腰掛支持補助背上下動

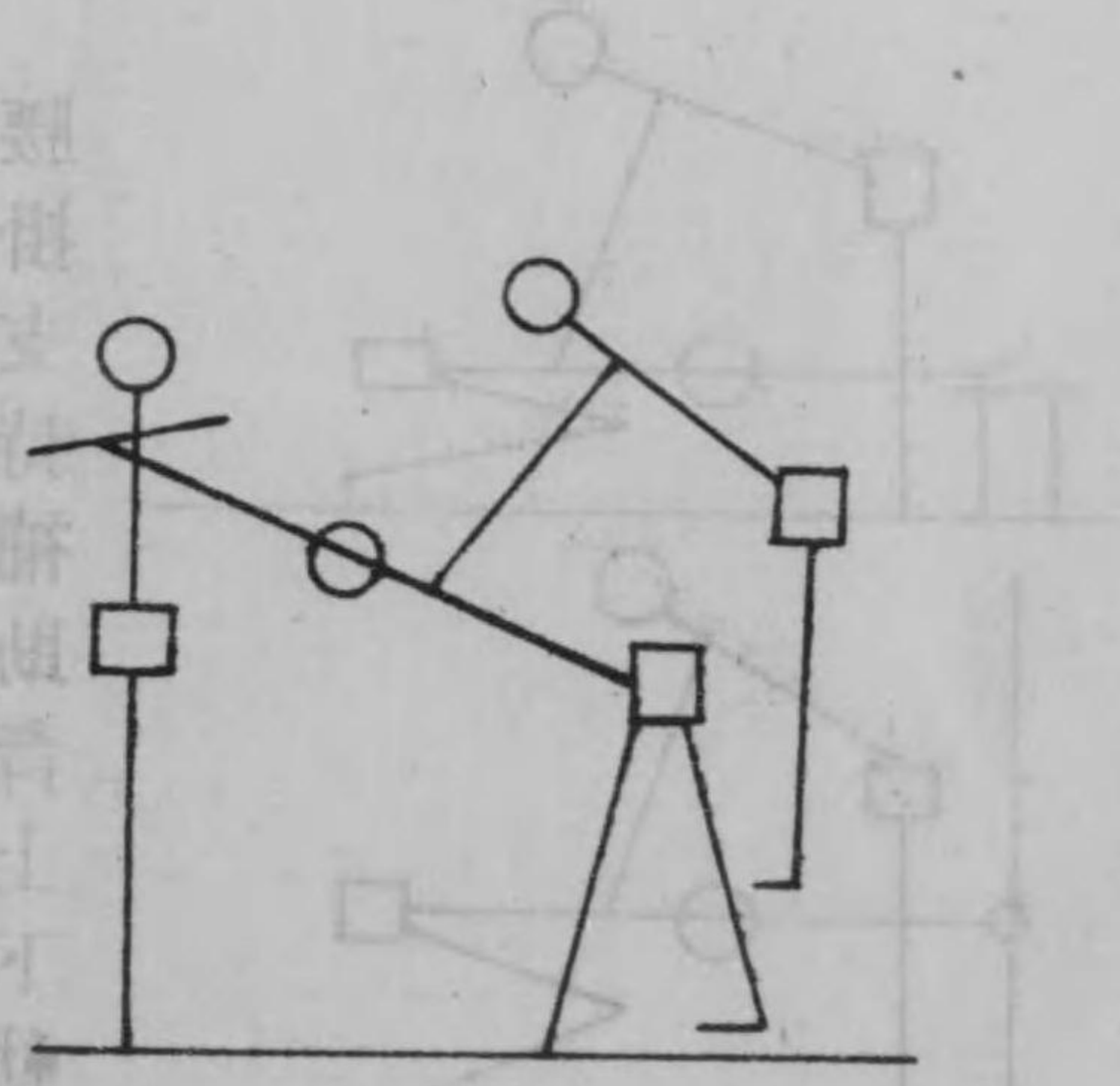


一、目的
二、装置の構造
三、動作の原理
四、使用上の注意
五、材料の選定
六、製作の手順
七、完成品の検査
八、改良の方向

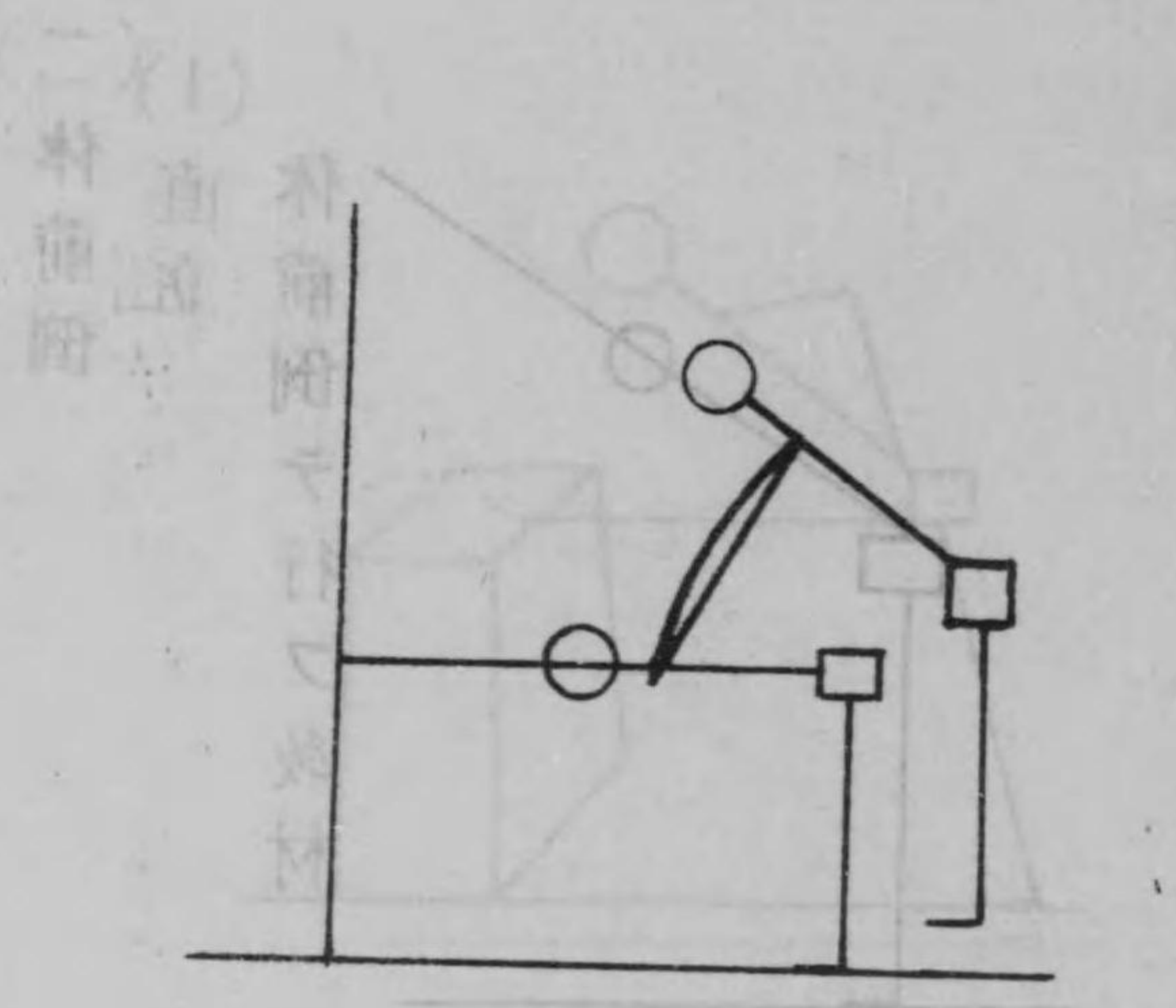
膝立腰掛支持補助背上下動



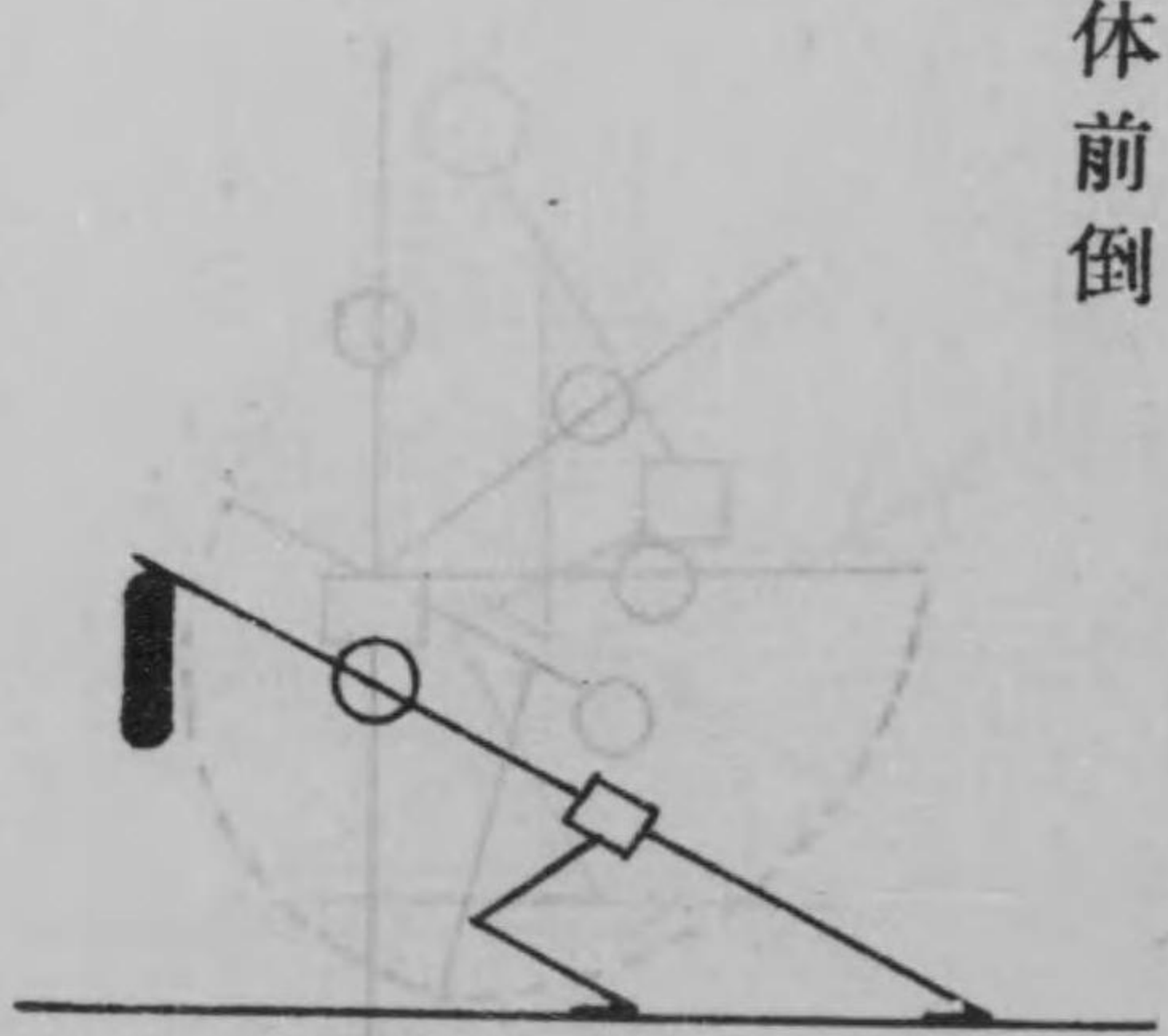
臂補助肩支持背上下動



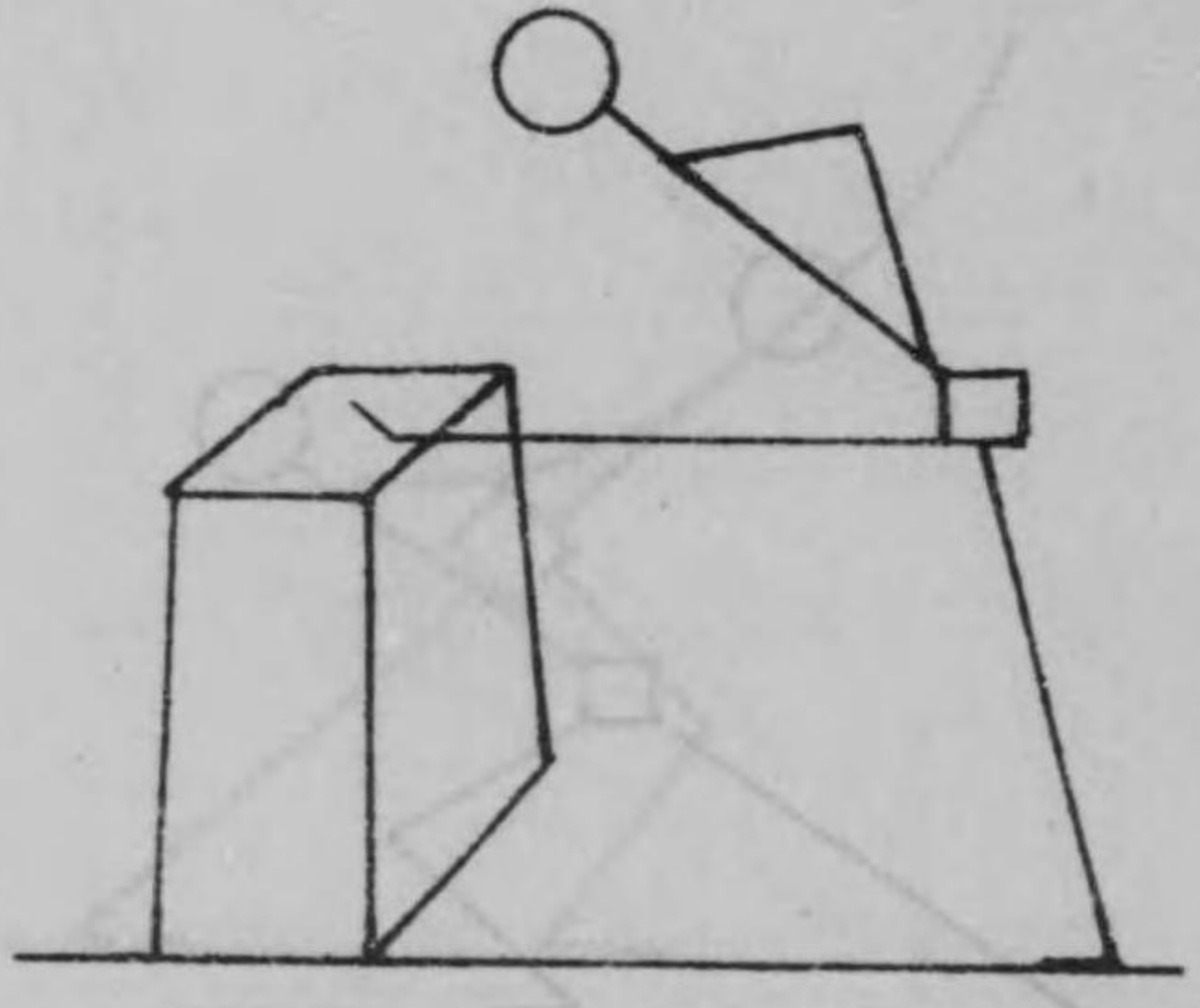
助木支持補助背上下動



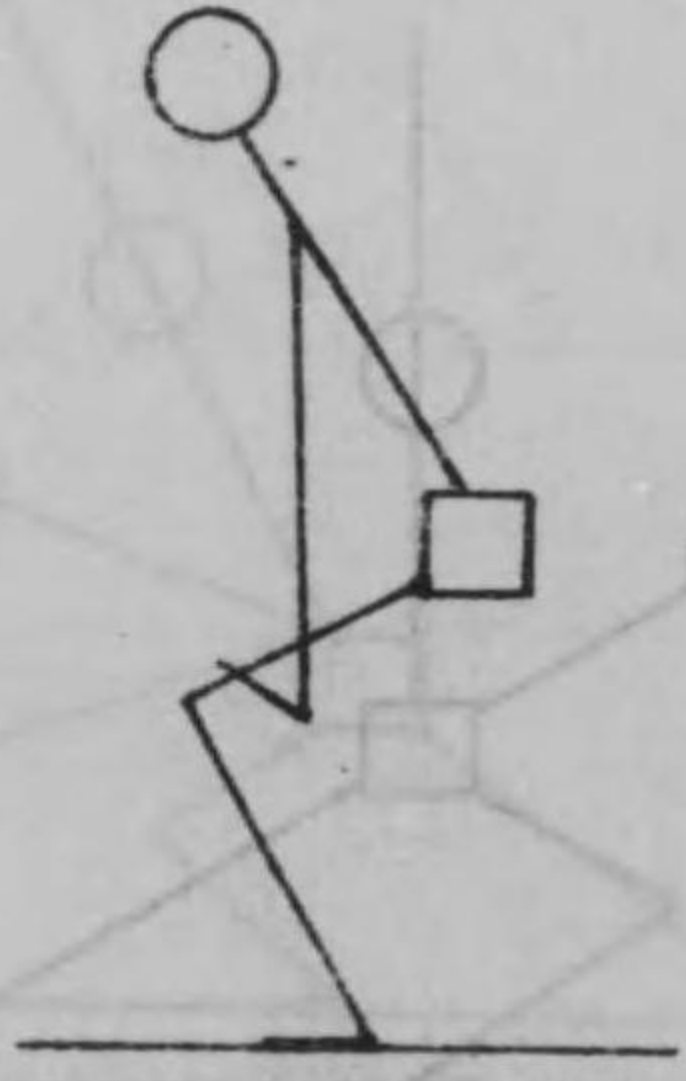
片脚屈膝前出臂支持
体前倒



片脚前舉支持体前倒

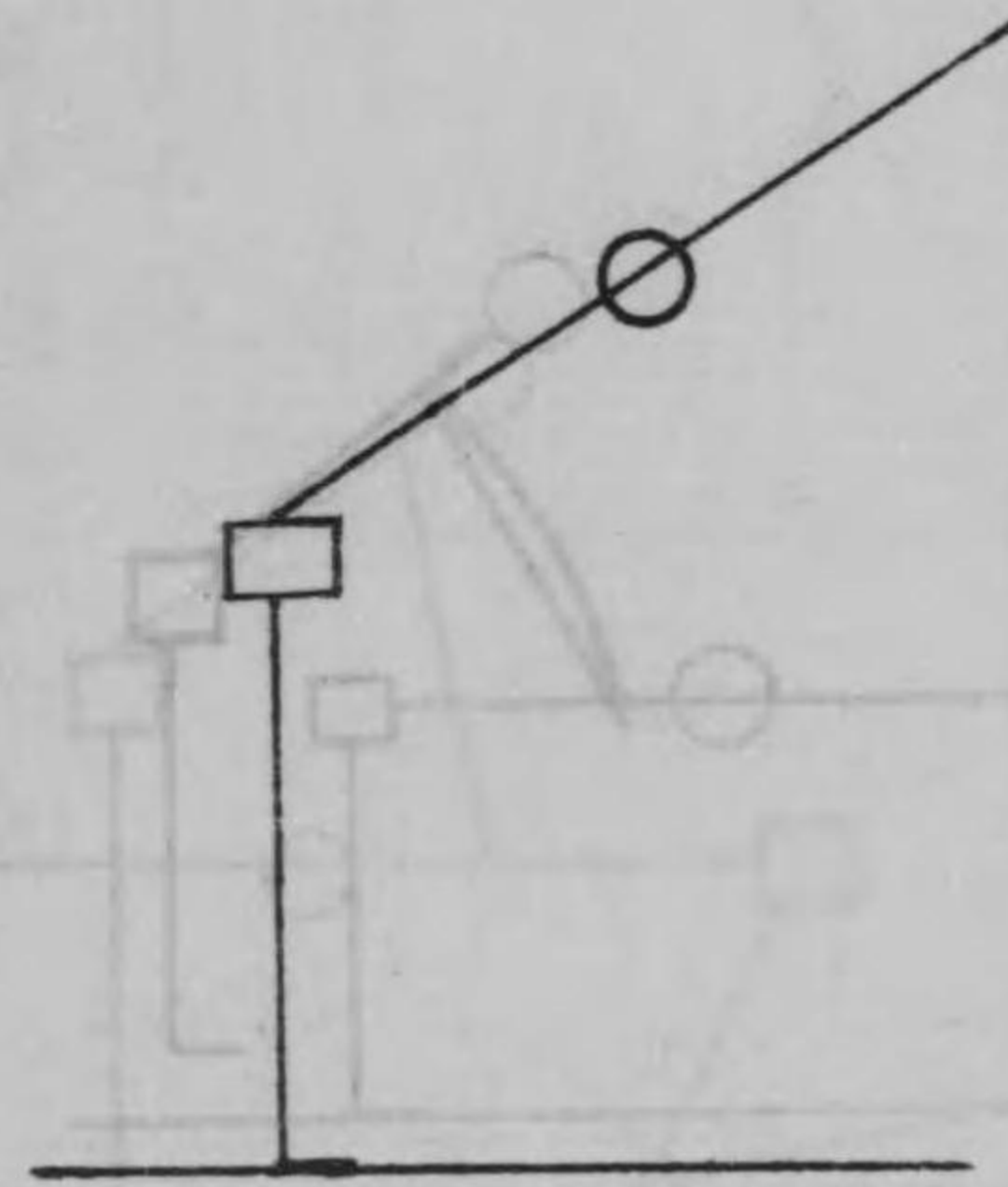


半屈膝上腿抱持体前倒

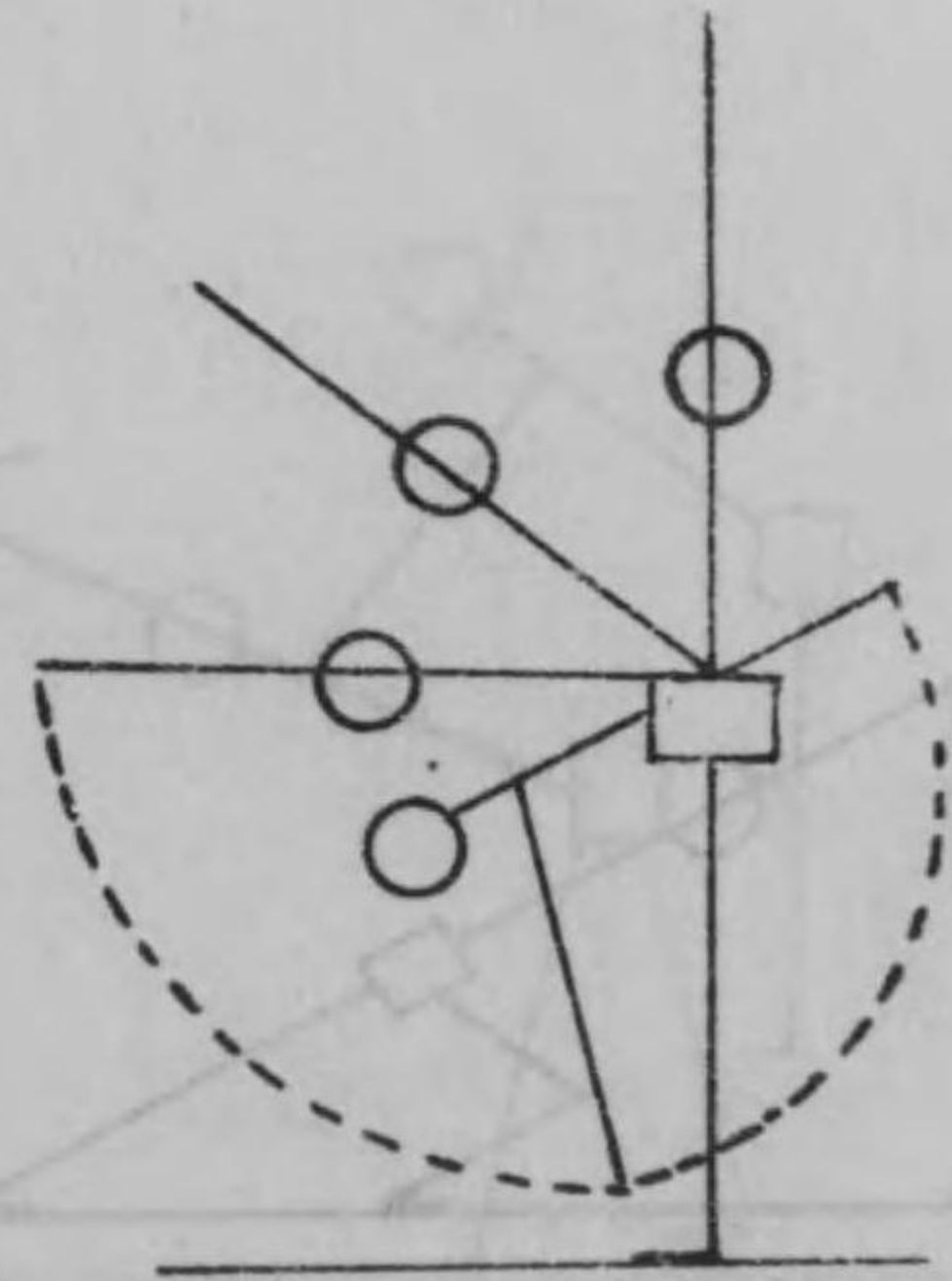


- (1) 直立
- (二) 体前倒

体前倒テ行フ教材



体前倒臂上下後振

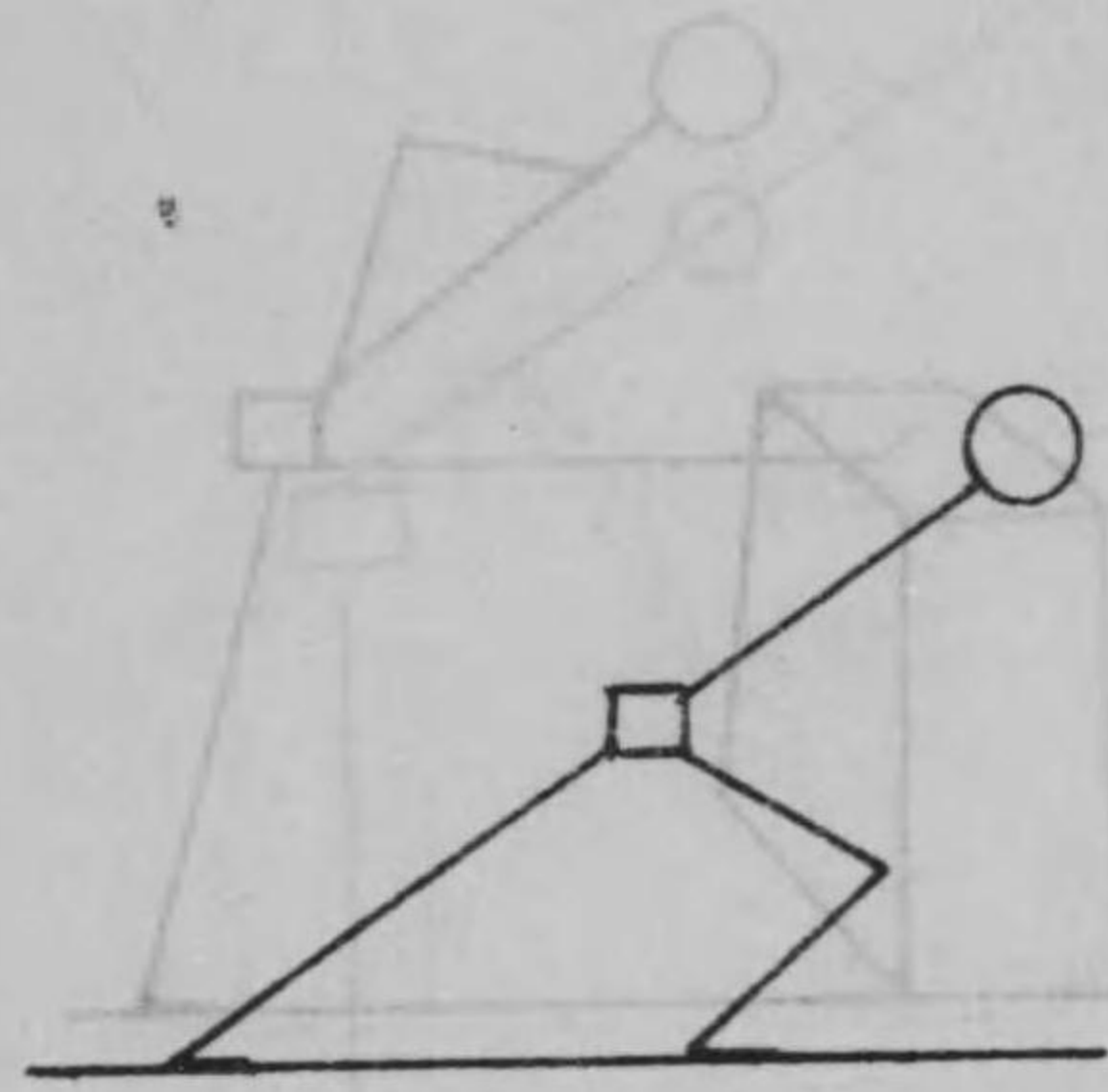


曲木支持體前倒

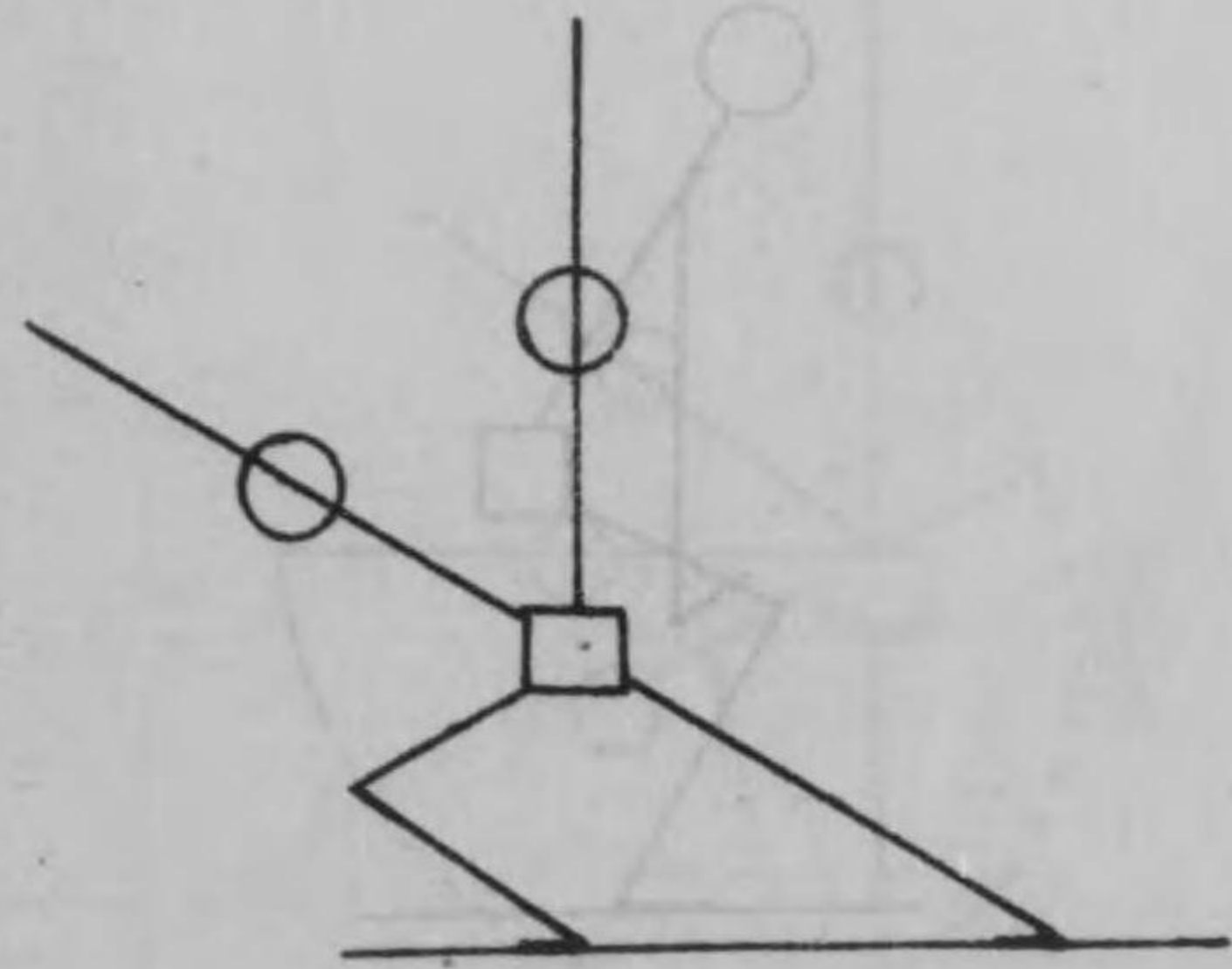
杖前倒

(2) 屈膝デ行フ教材

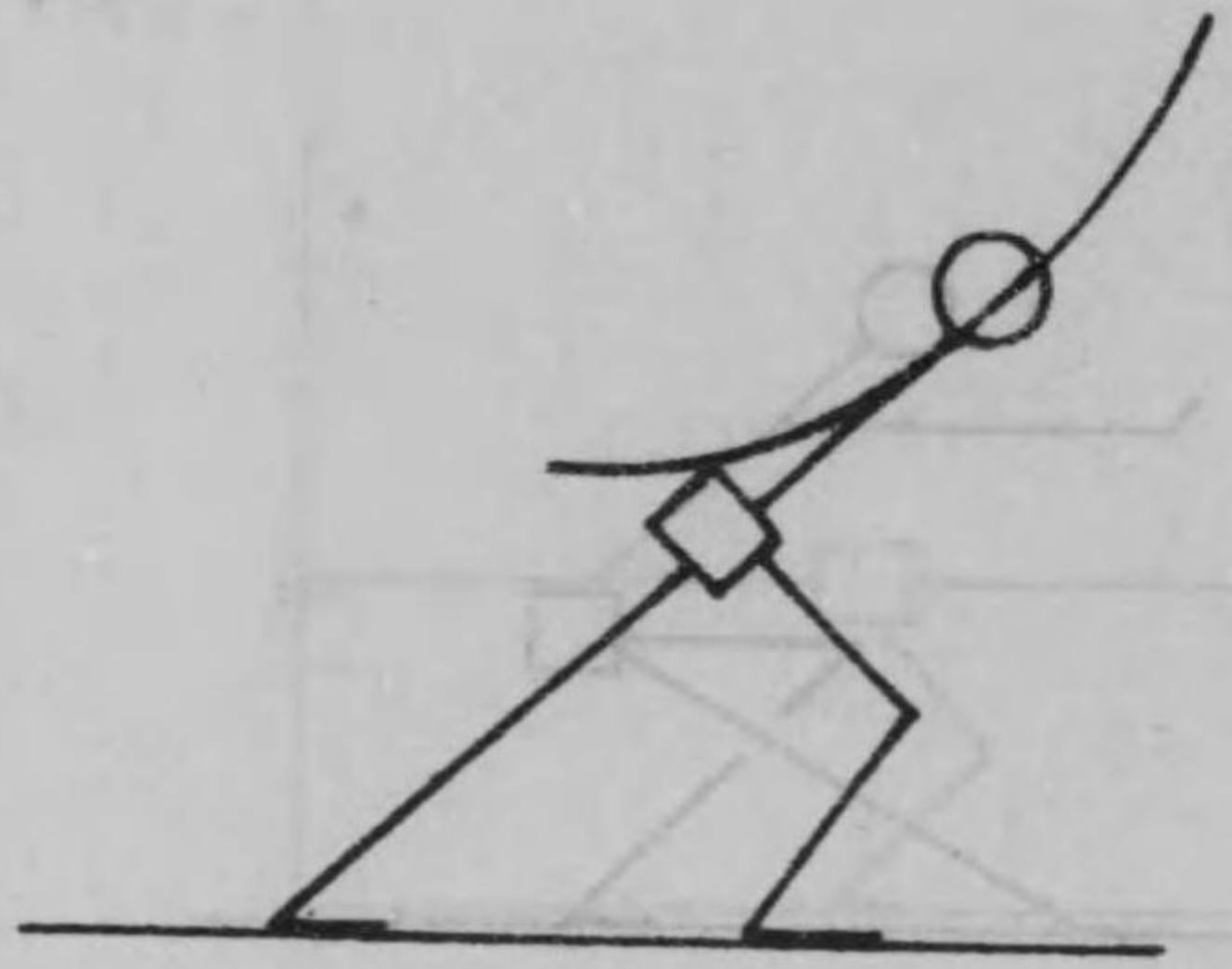
屈膝脚前(後)出体前倒



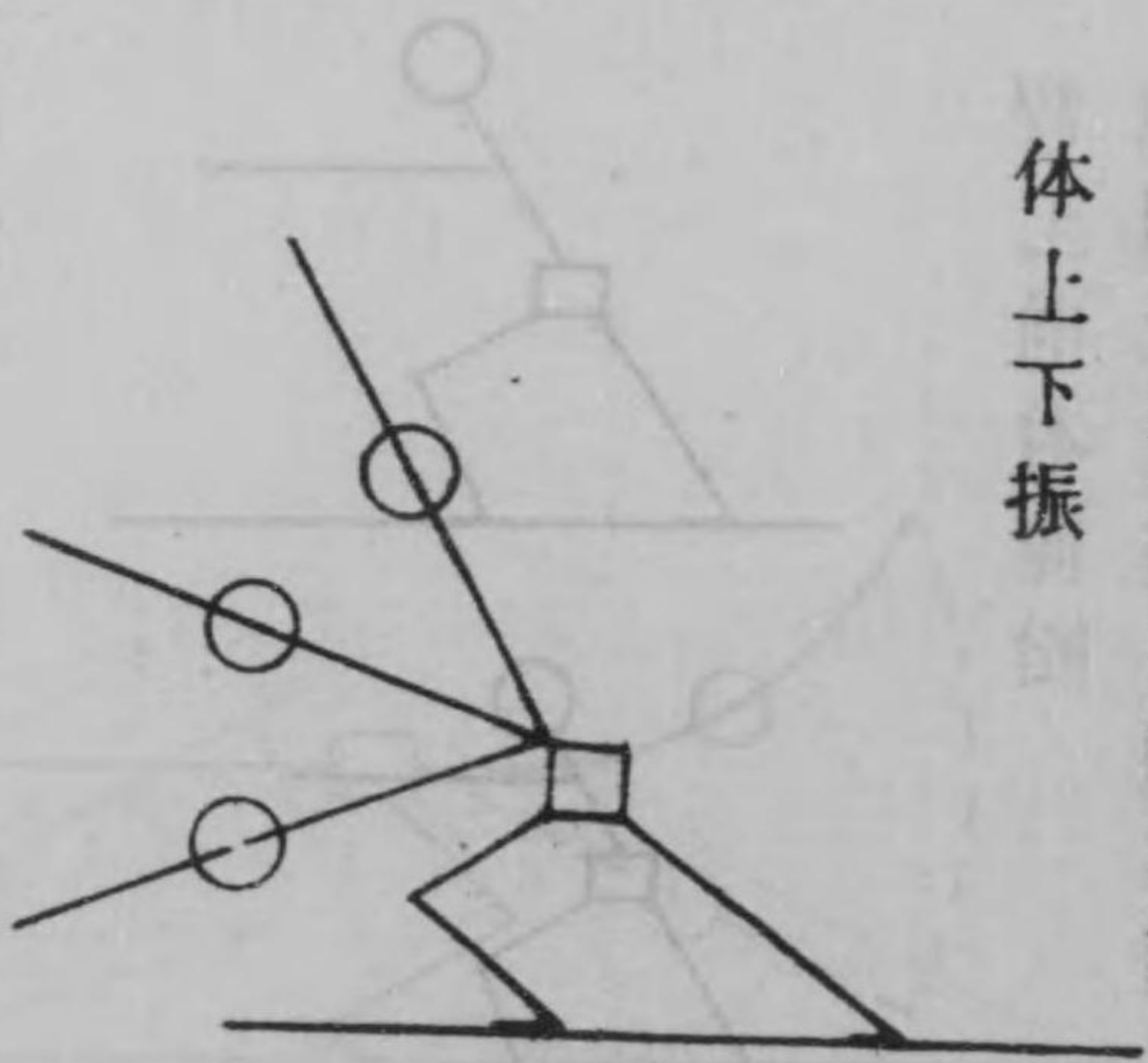
屈膝脚前出体前倒



片脚前出屈膝片手上伸
体前倒



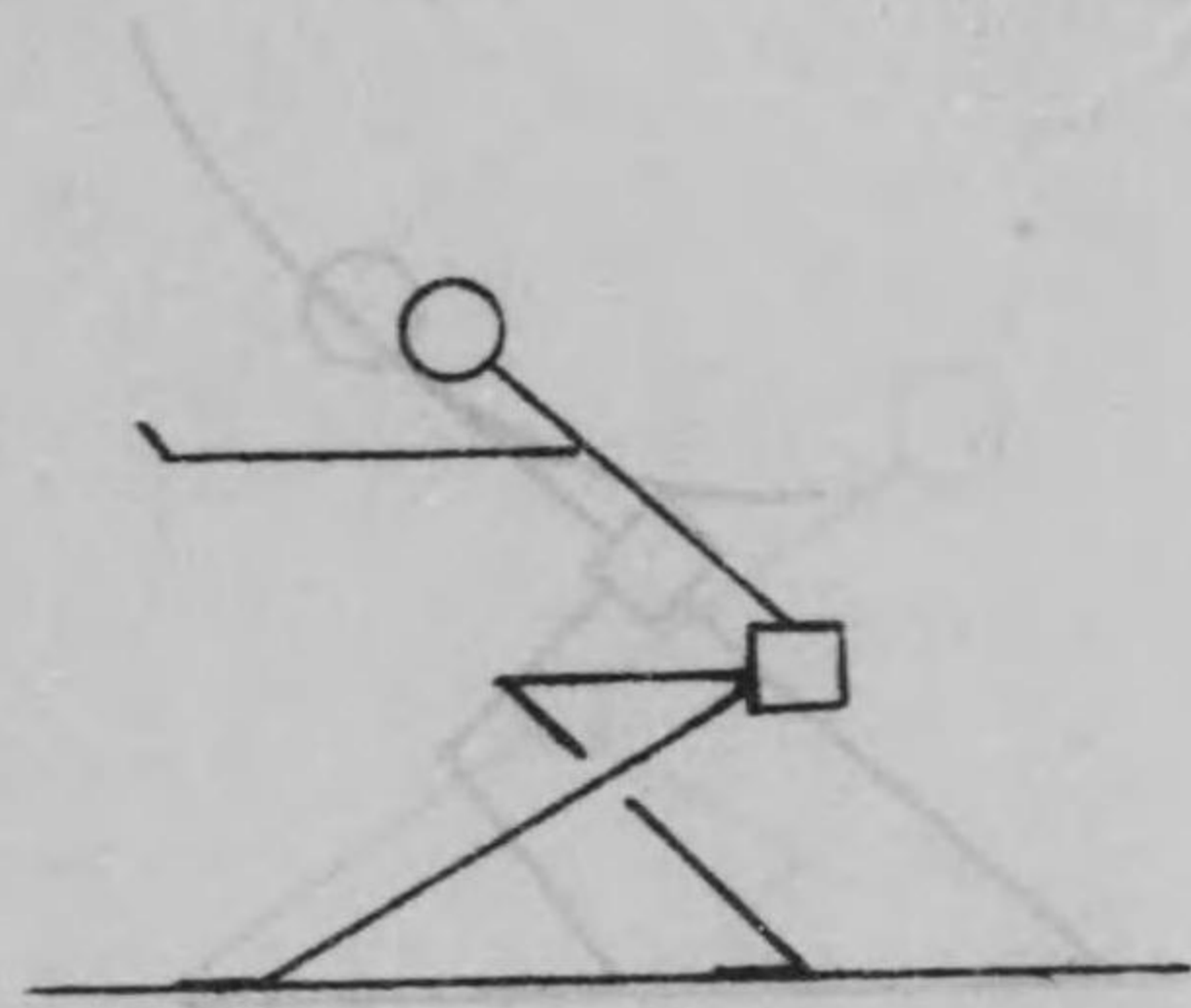
屈膝脚前出体前倒
体上下振



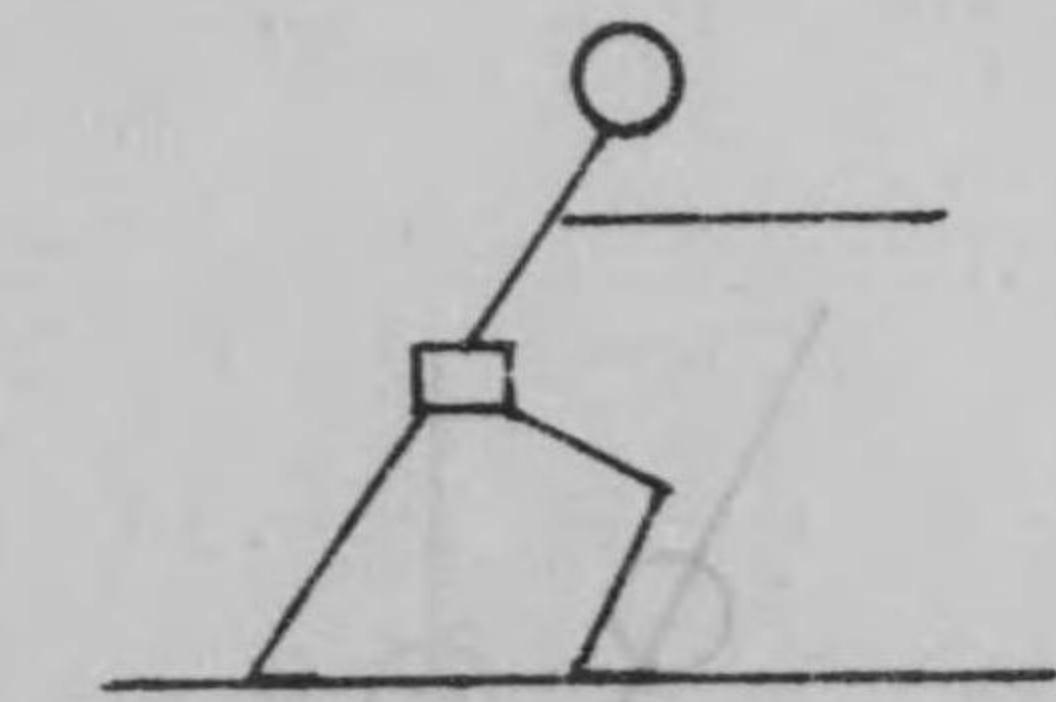
土村前附
八脚屈膝八脚前出体前倒

八脚前出
八脚前出屈膝脚前出

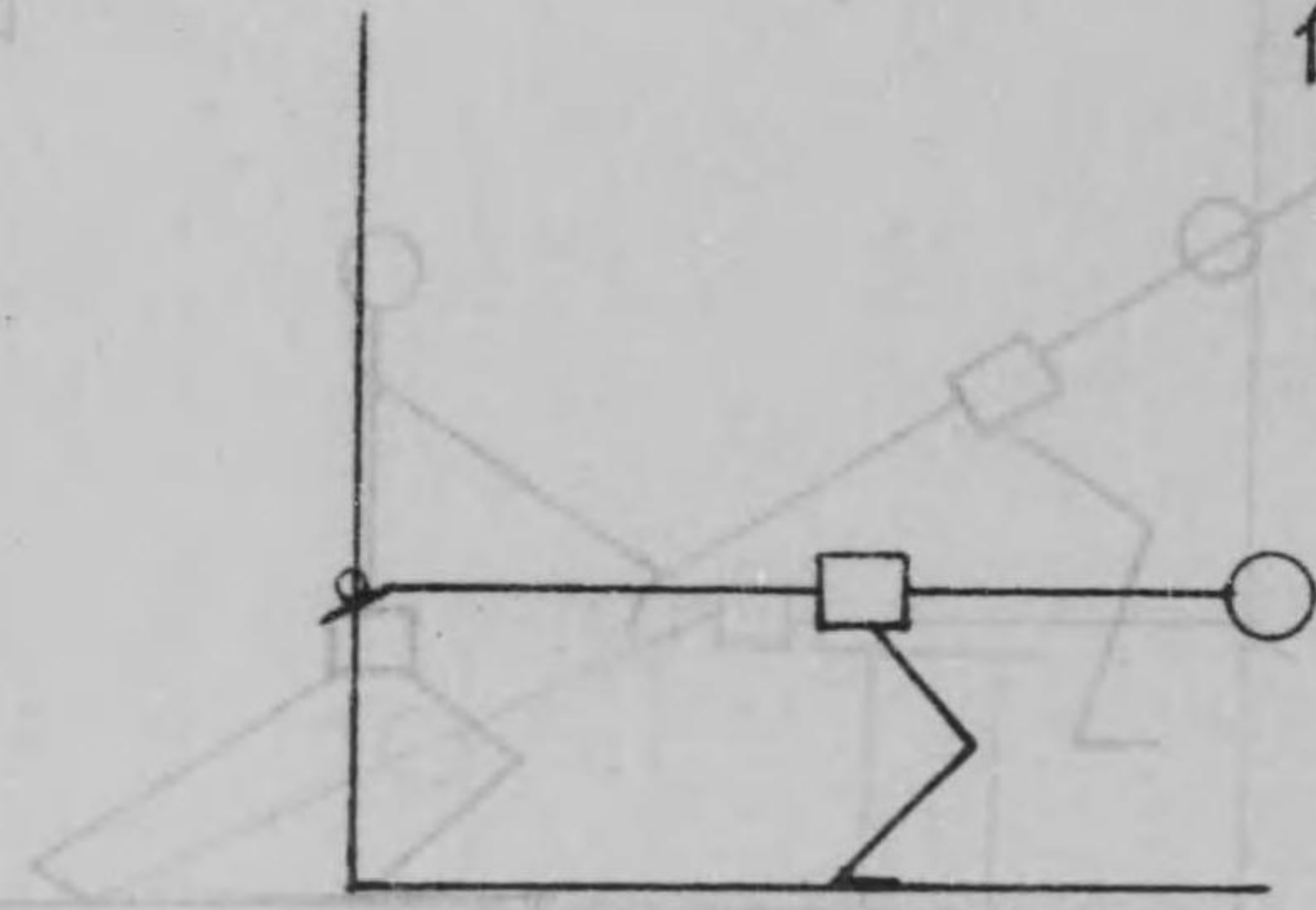
片脚屈膝片膝前出臂前
上体前倒



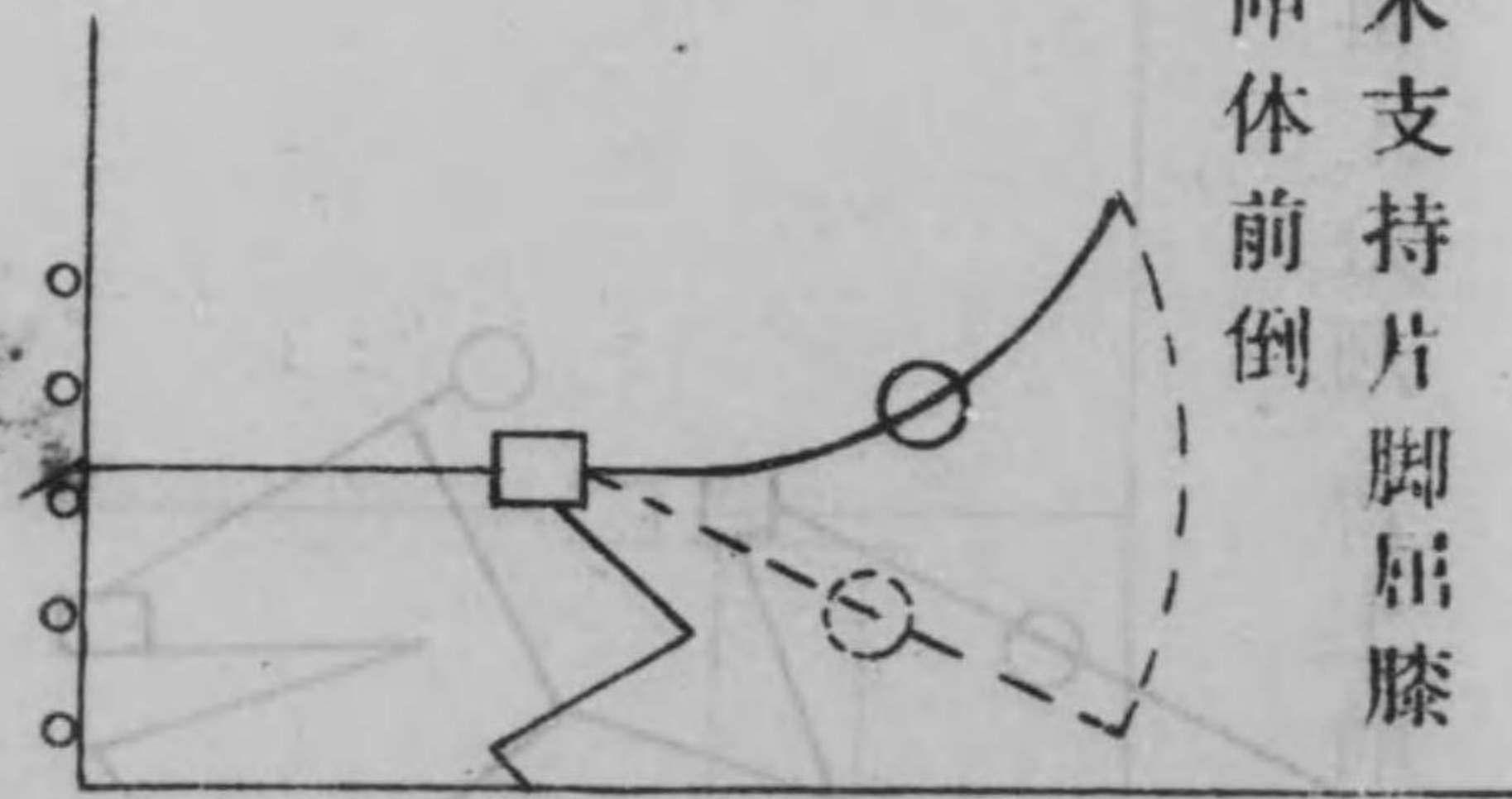
片脚前出屈膝臂前举
体前倒



片脚支持屈膝脚前出
体前倒



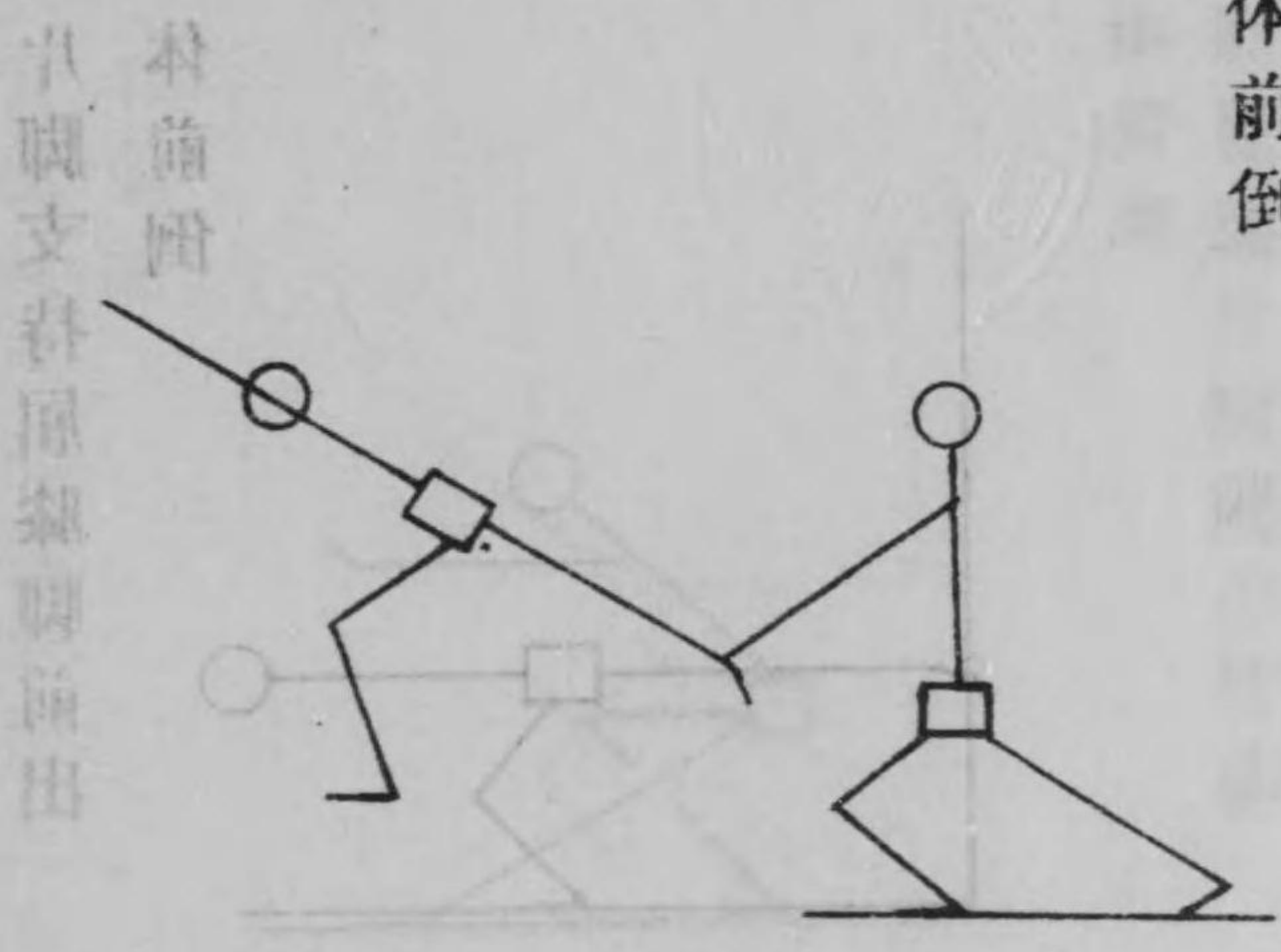
脚助木支持片脚屈膝
臂上伸体前倒



片脚前出
片脚前出屈膝脚支持臂上伸

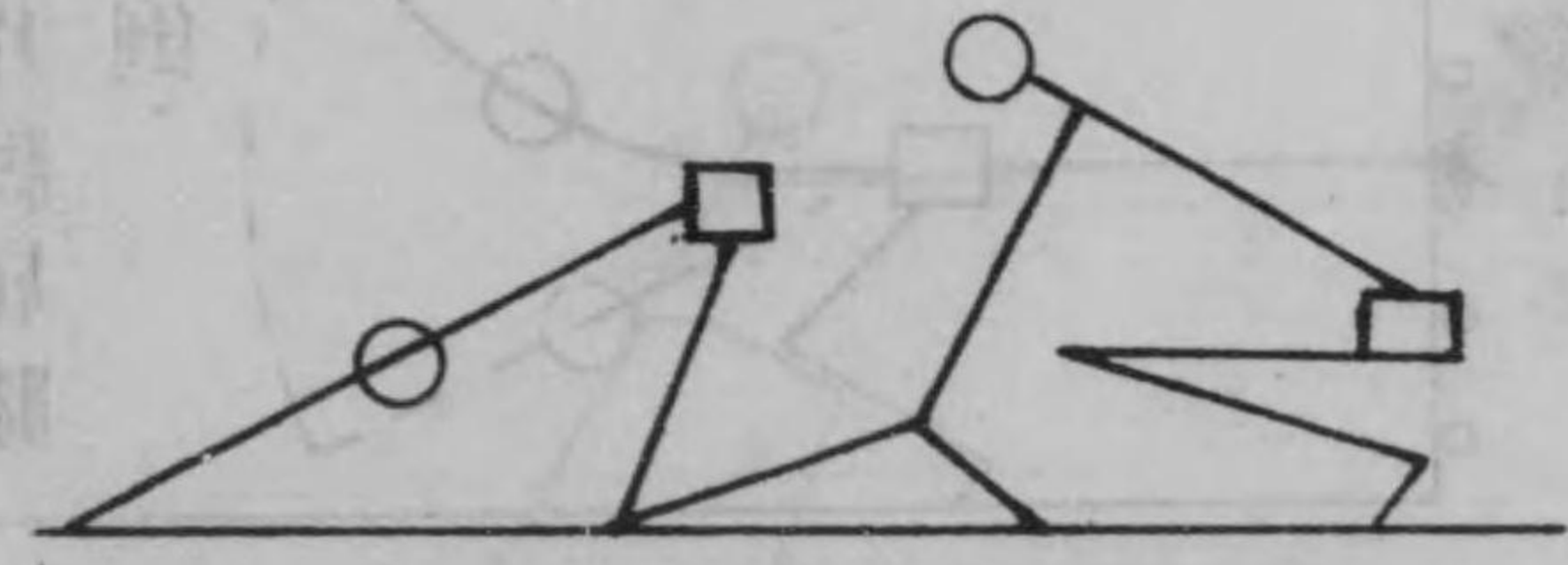
脚支持臂上伸片脚前出

片脚屈膝片脚支持臂上伸
体前倒



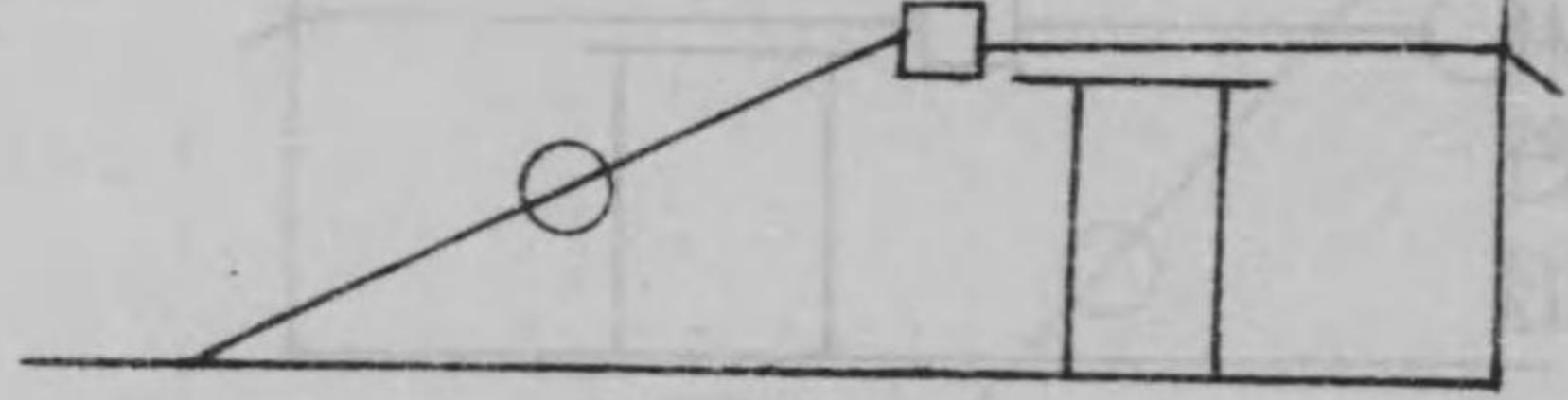
片脚前倒
片脚支持片屈膝前倒

脚支持膝立臂上伸体前倒



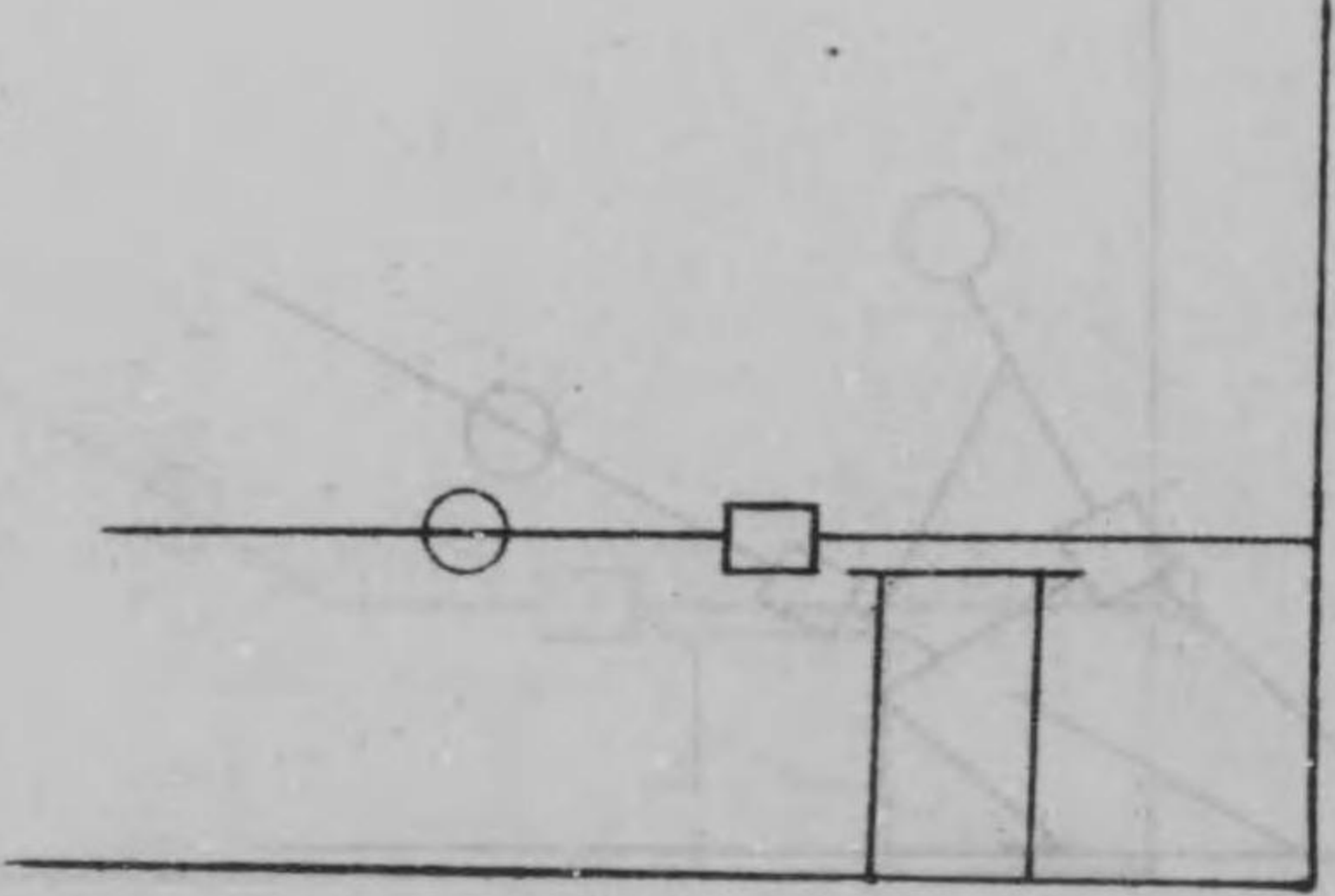
脚上支持前倒
脚上支持片屈膝前倒

(3) 伏臥シテ行フ教材
伏臥体前倒



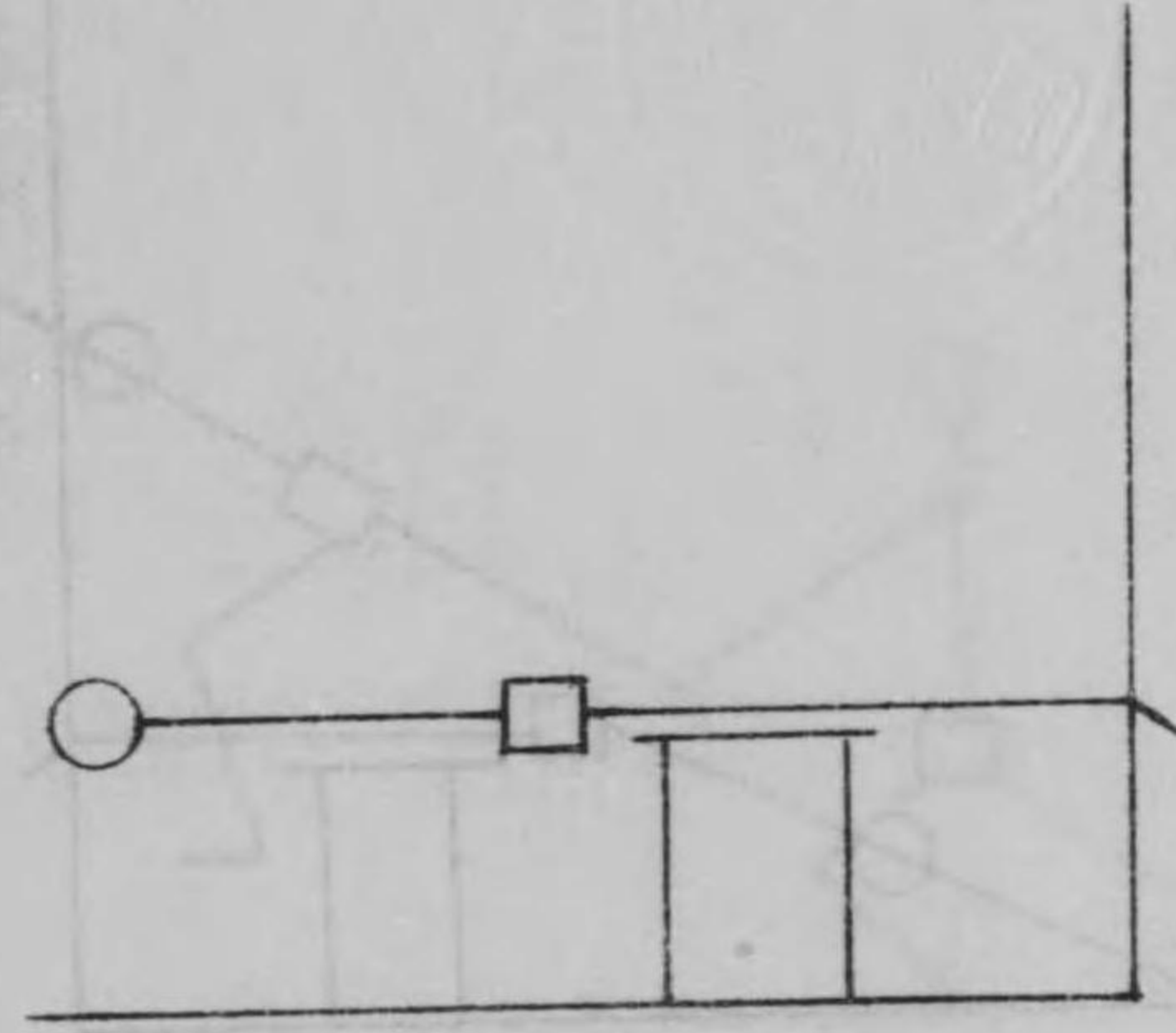
伏臥体前倒

腰掛上伏臥臂上伸

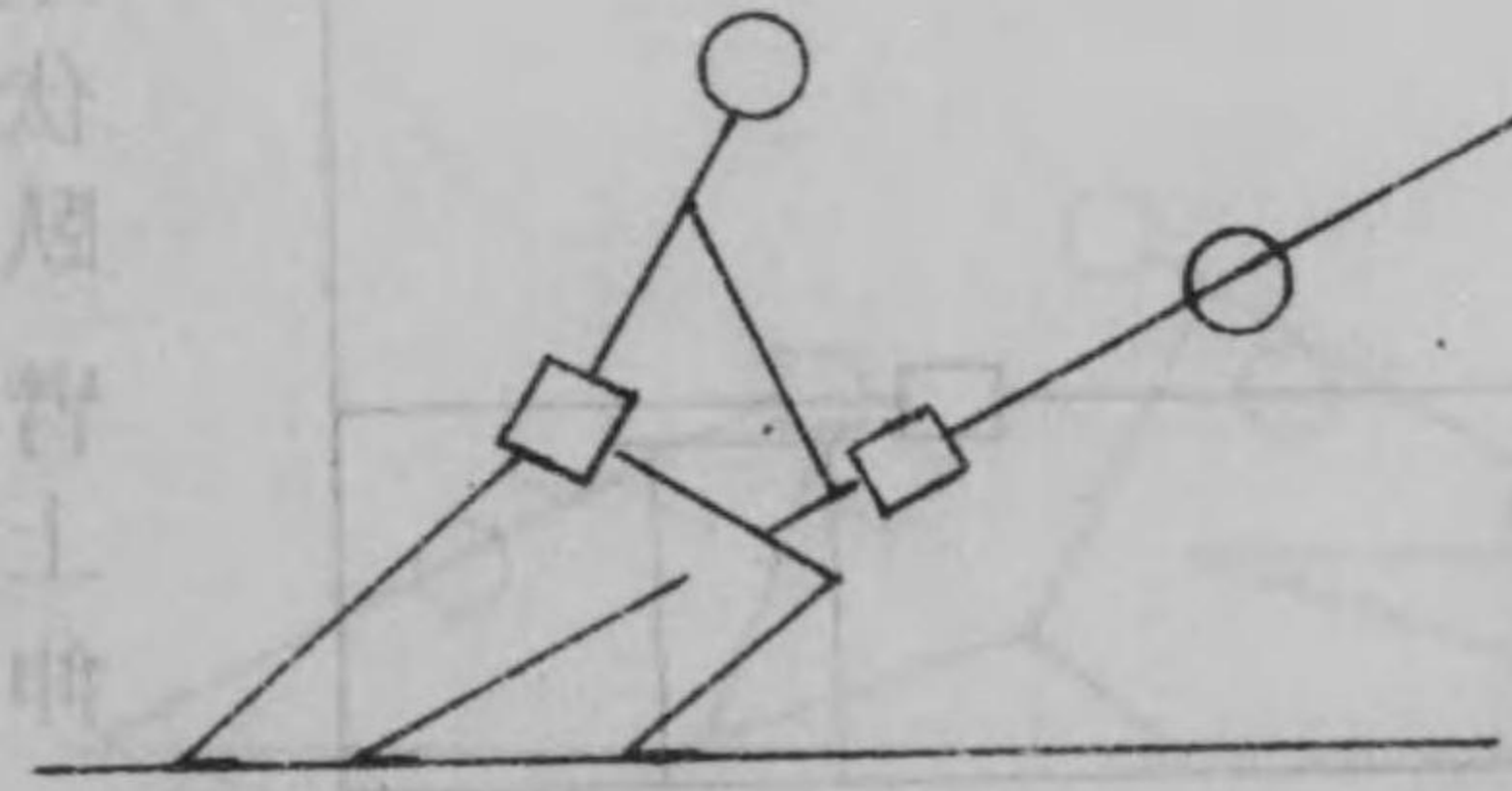


腰掛上伏臥臂上伸

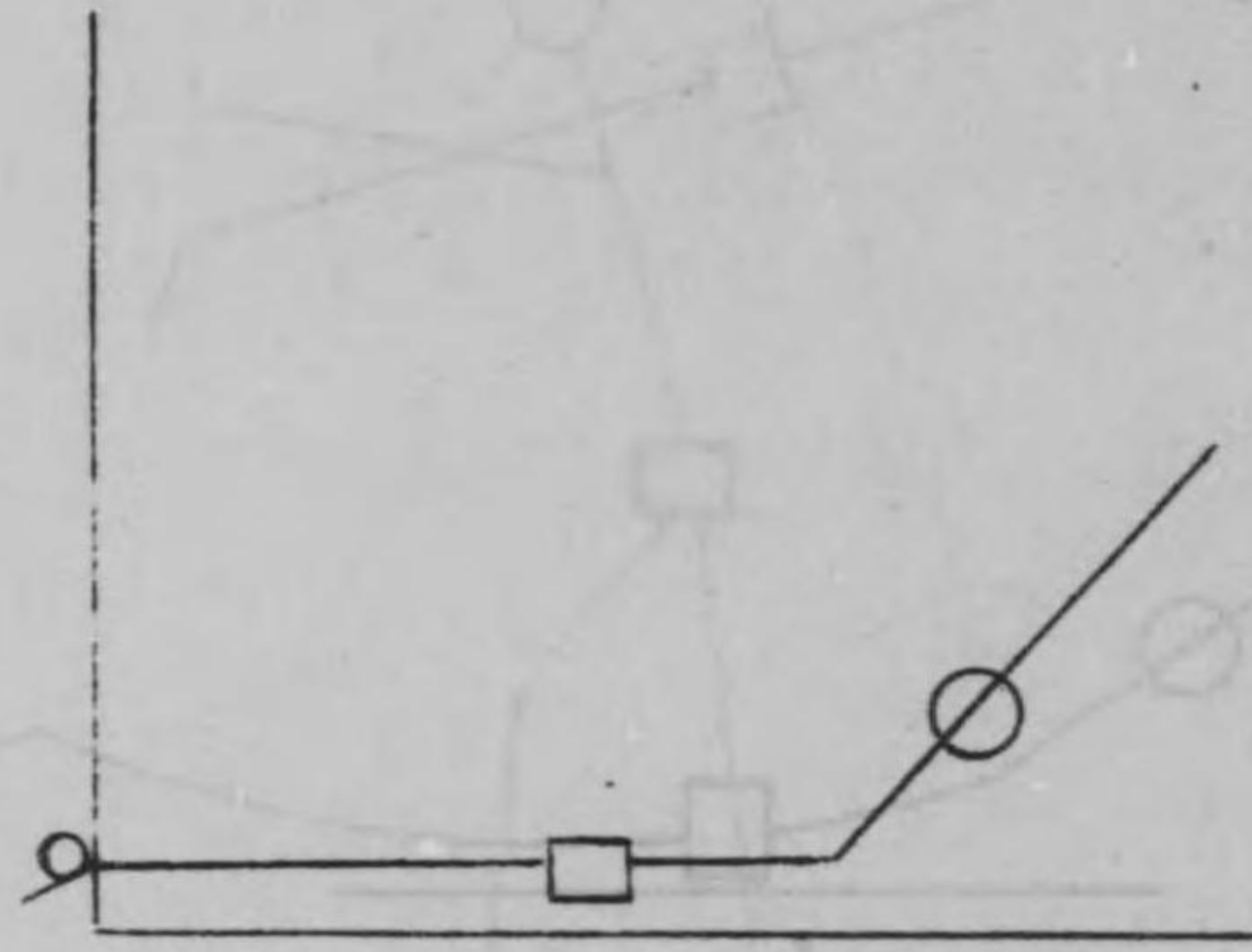
腰掛上伏臥



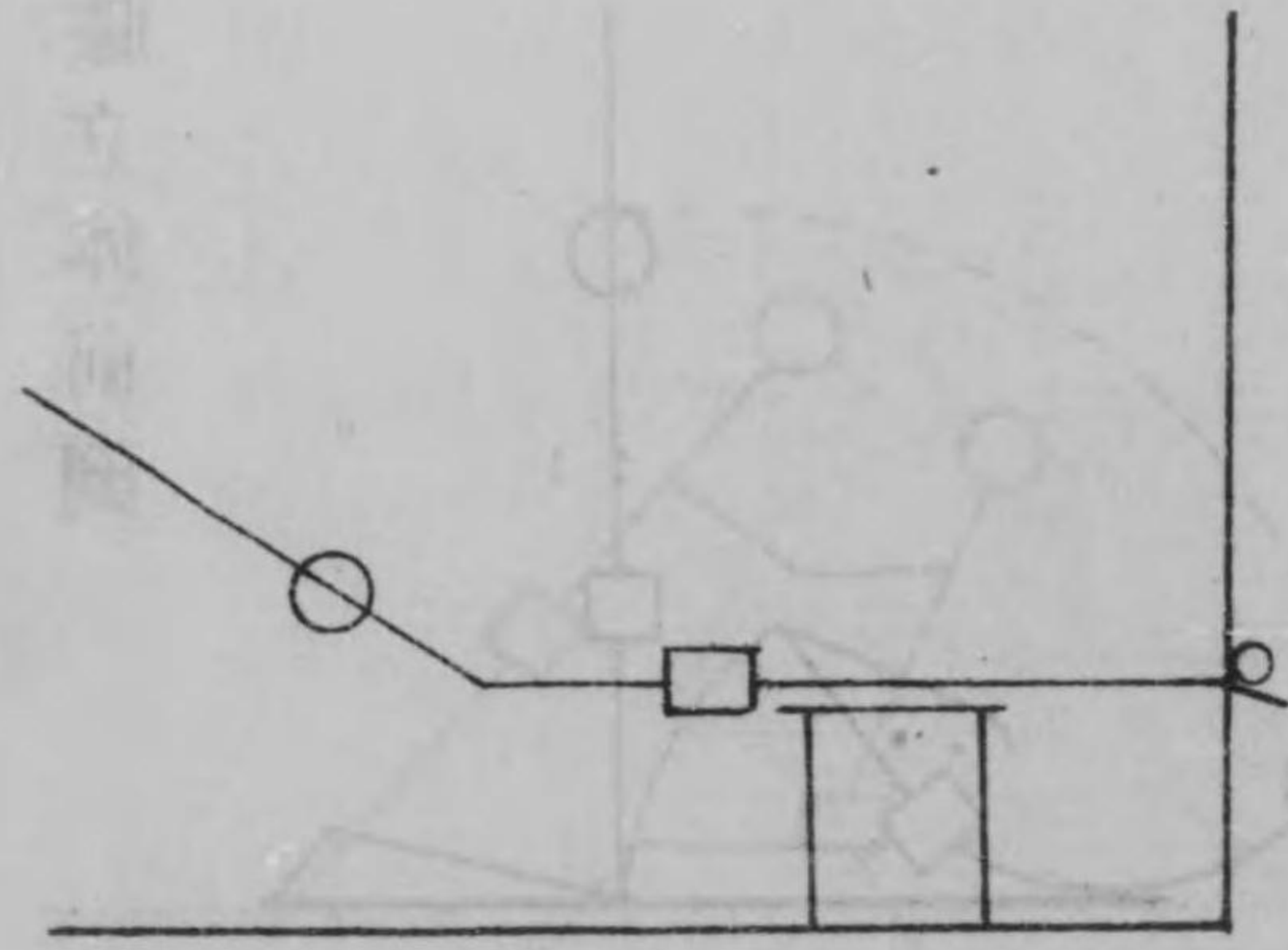
腰支持臂上伸体前倒



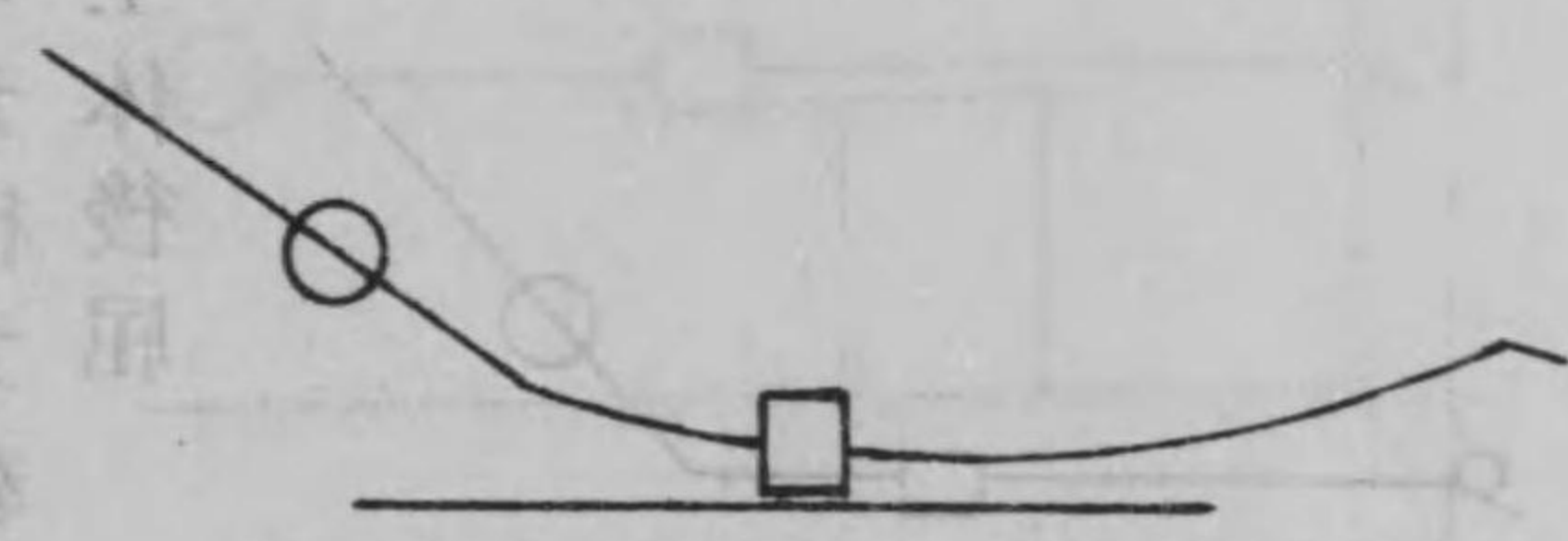
(三) 体ヲ後屈シテ行フ教材
地上伏臥上体後屈



腰掛上伏臥上体後屈

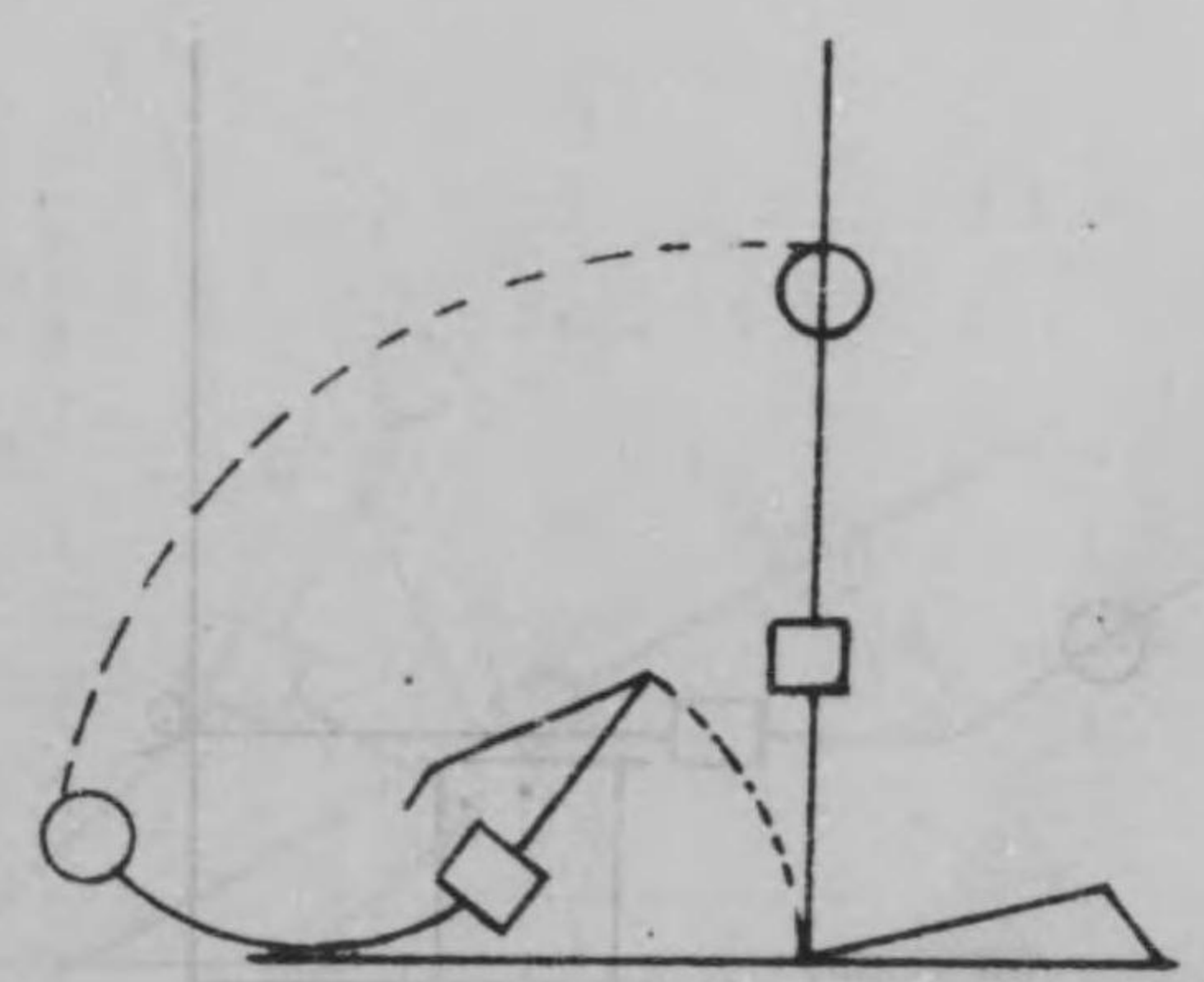


伏臥体後屈



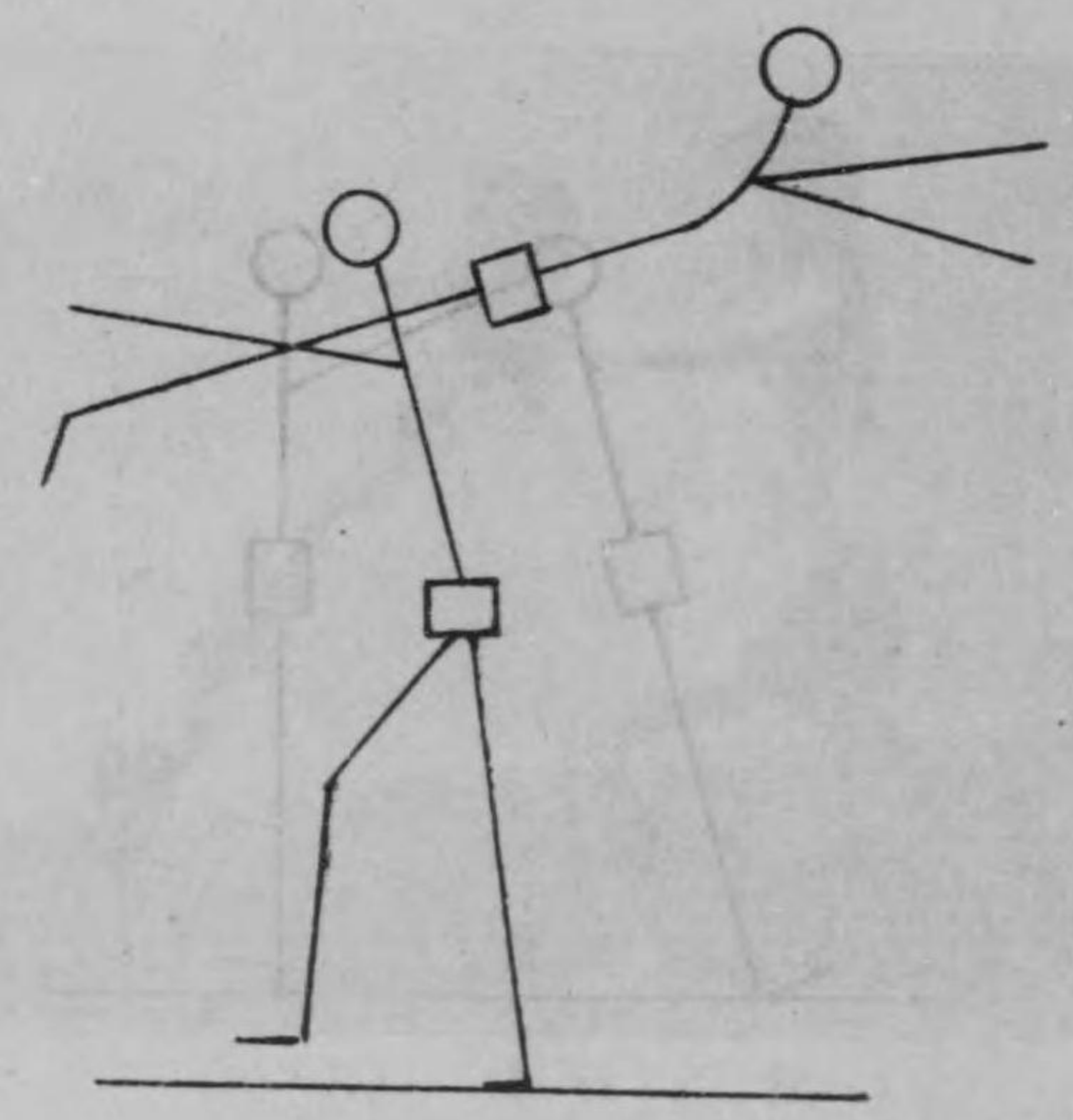
(三) 腹より尻にかけての背筋
筋力不足により、背筋が弱くなり、伏臥体後屈の原因となる。

膝立体前倒



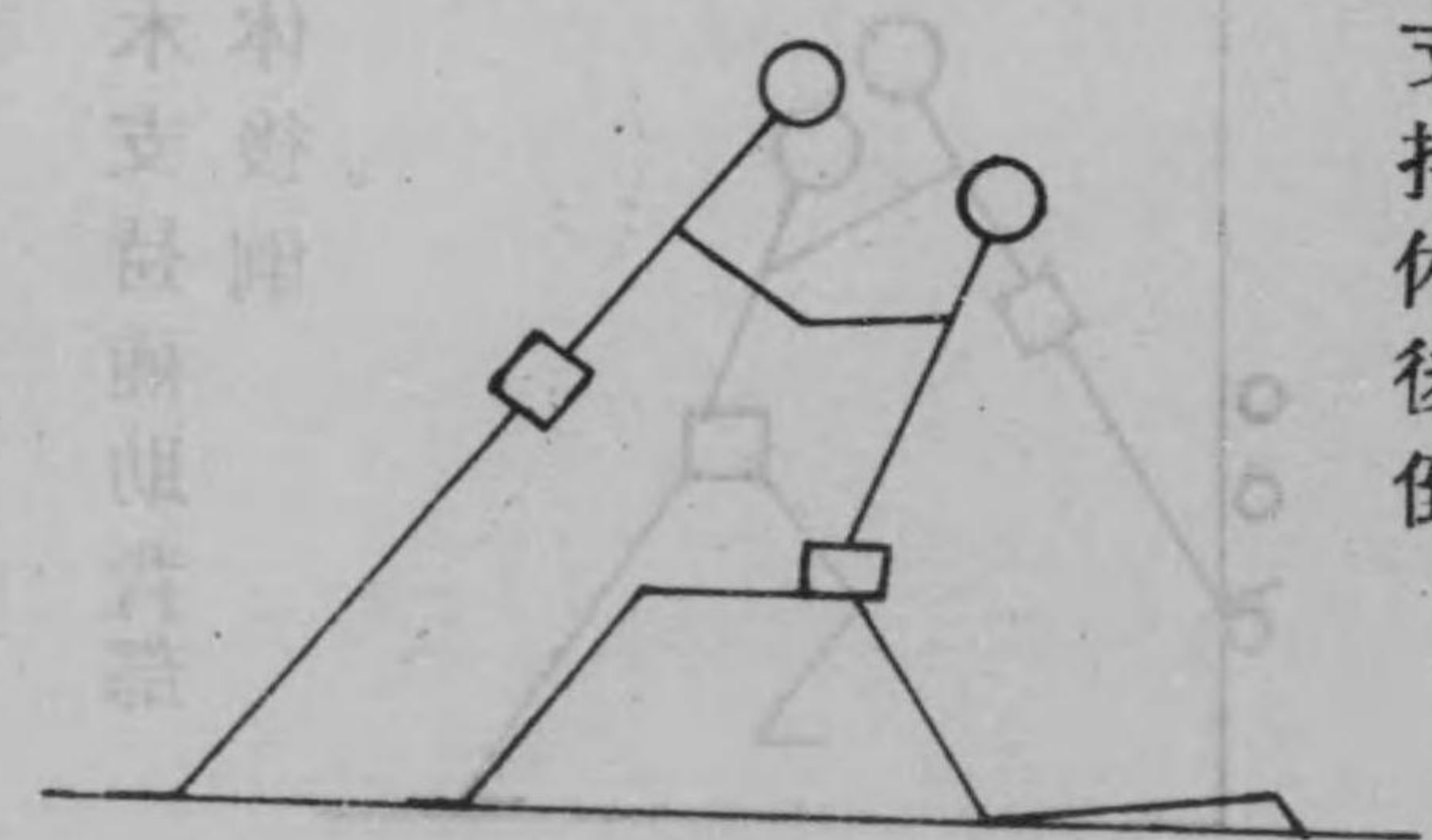
頸椎より胸椎にかけての背筋
筋力不足により、背筋が弱くなり、膝立体前倒の原因となる。

下向カツギ



肩甲骨より腰にかけての背筋
筋力不足により、背筋が弱くなり、下向カツギの原因となる。

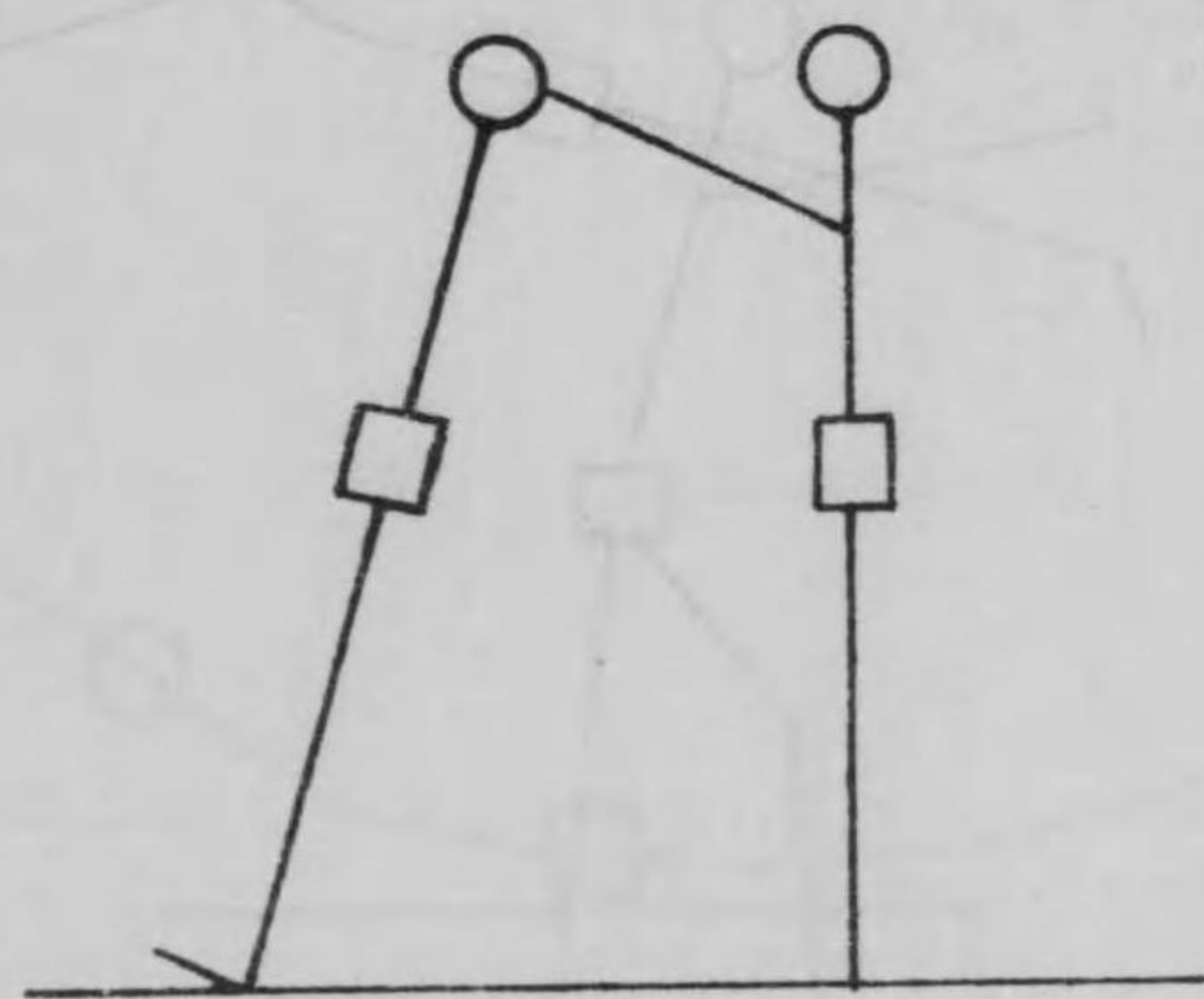
(四) 体ヲ後倒シテ行フ教材
背部支持体後倒



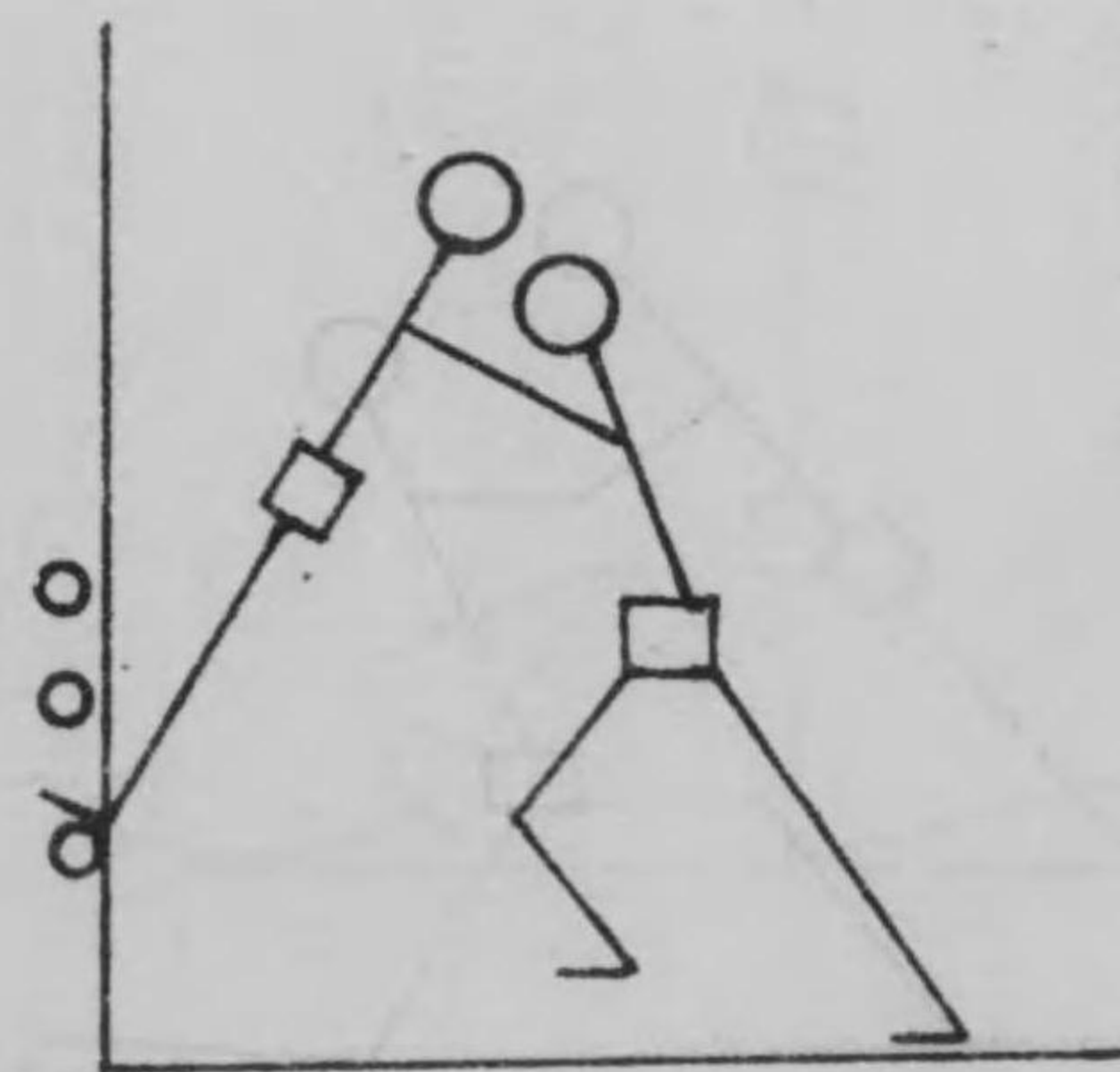
腰椎より仙骨にかけての背筋
筋力不足により、背筋が弱くなり、体ヲ後倒シテ行フ教材の原因となる。



(一ノ共) 材 敏ノ背 (元)

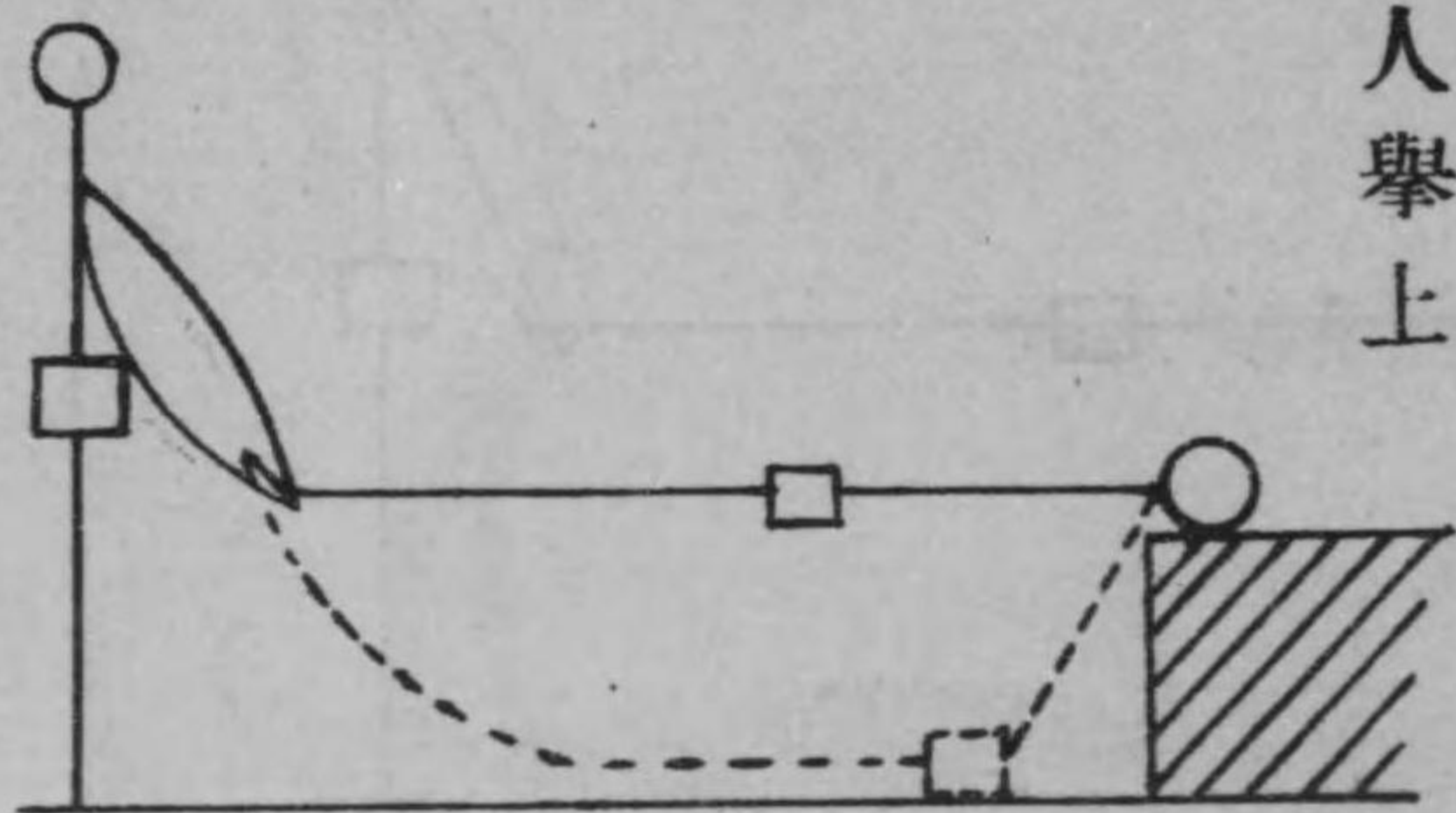


体後倒補助頭支持

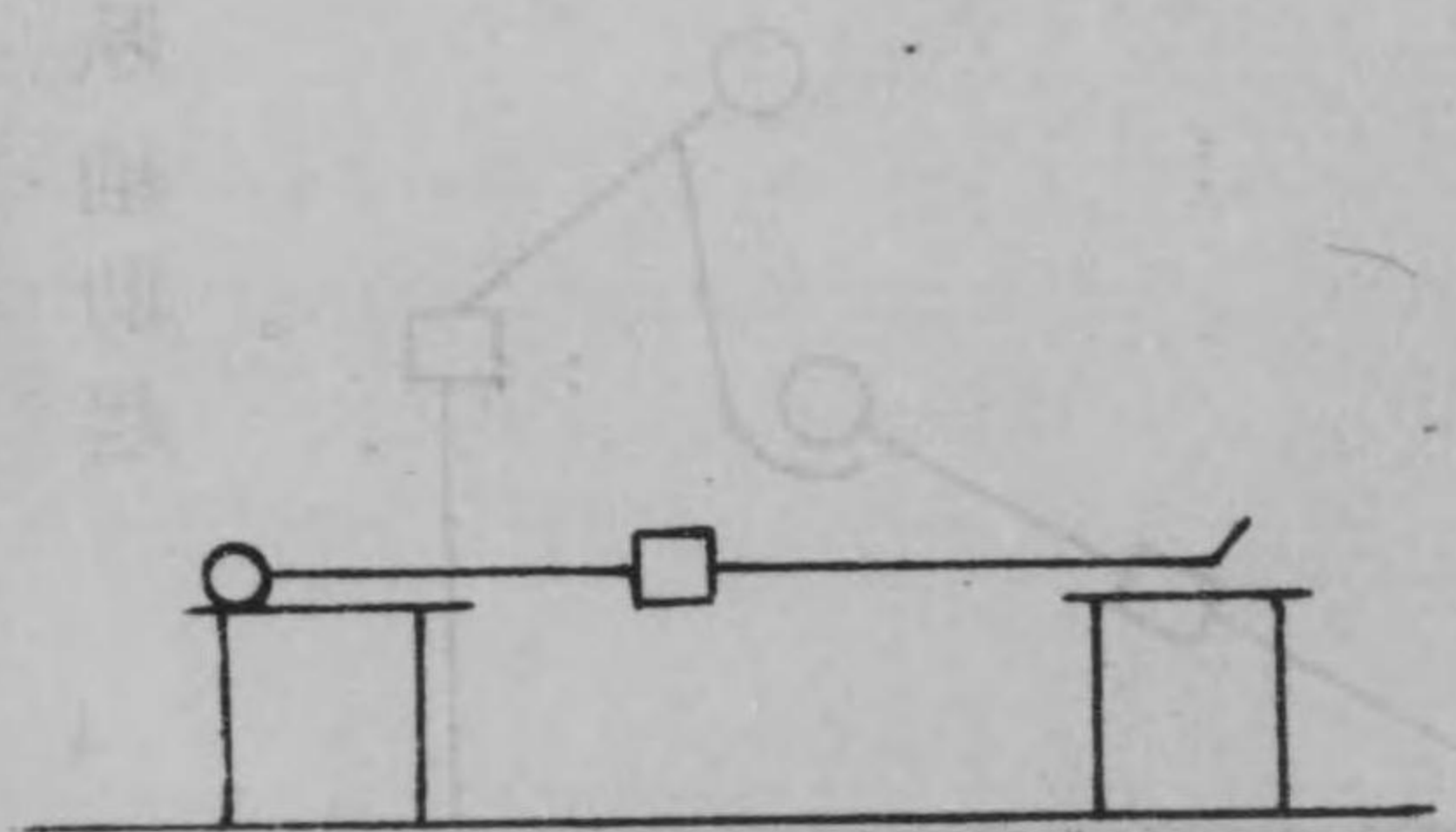


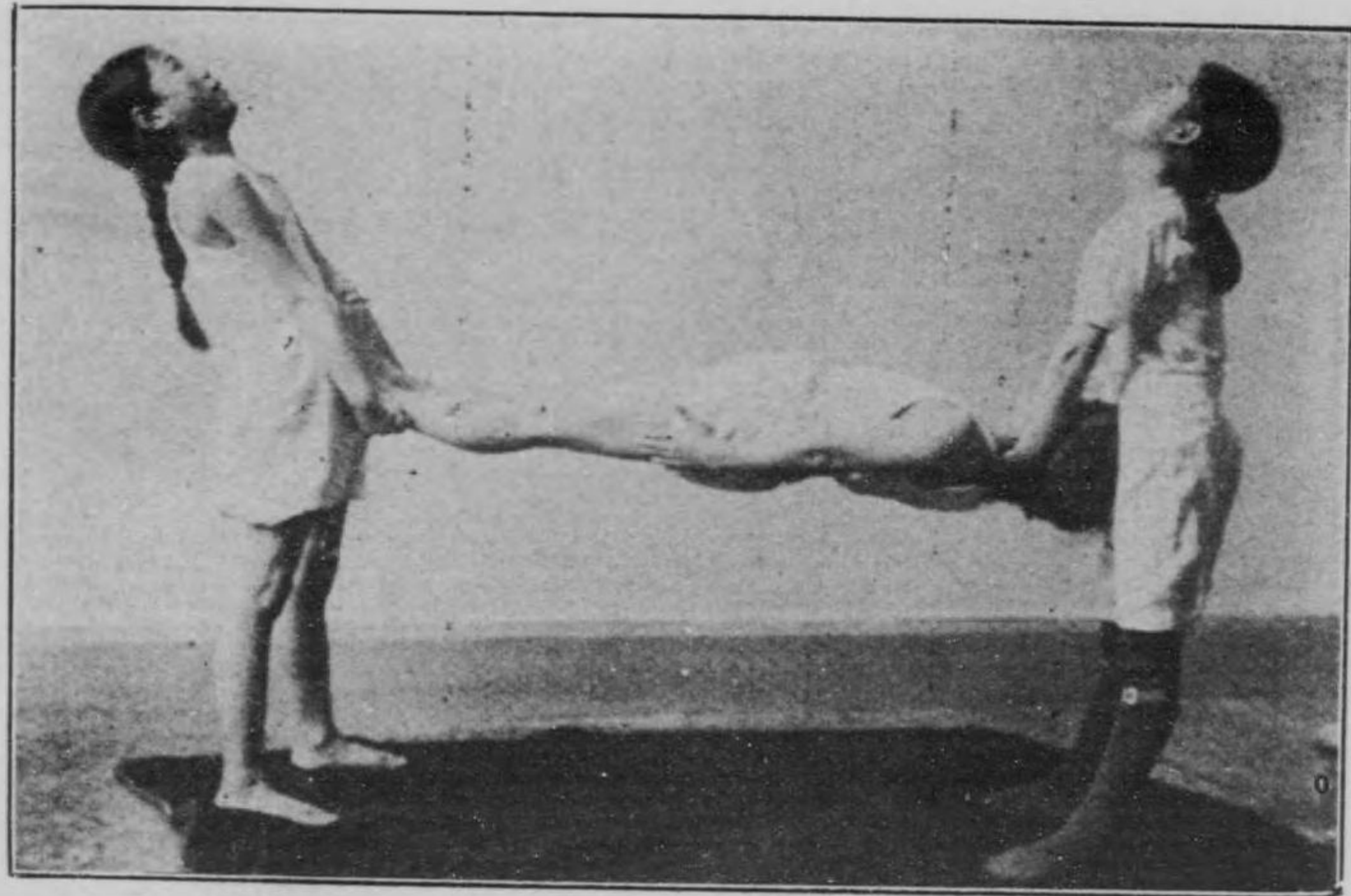
足助木支持補助背部
支持体後倒

(五)
仰臥テ行フ教材
補助人舉上

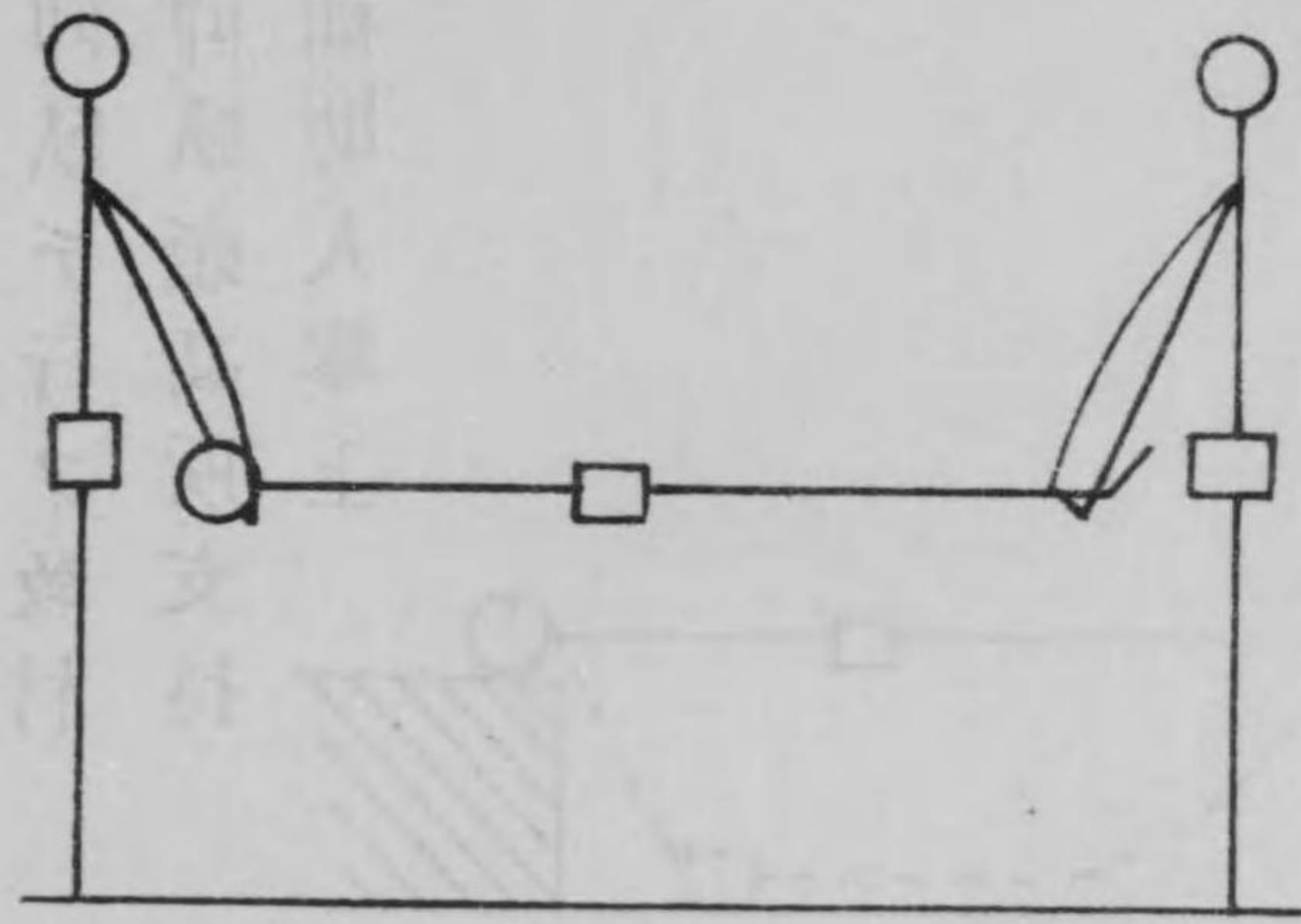


腰掛上仰臥

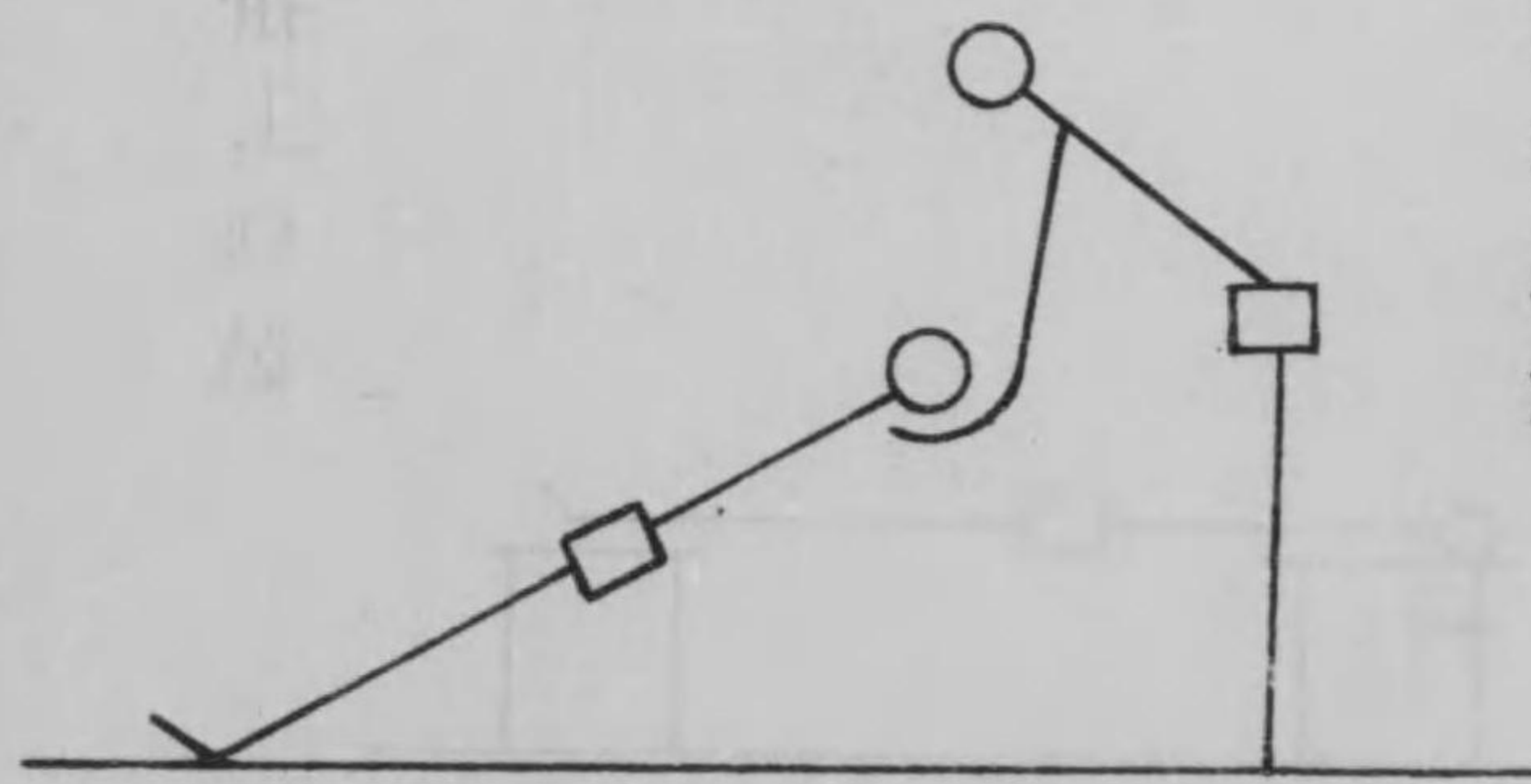




(二、其) 材 教 / 音 (言)

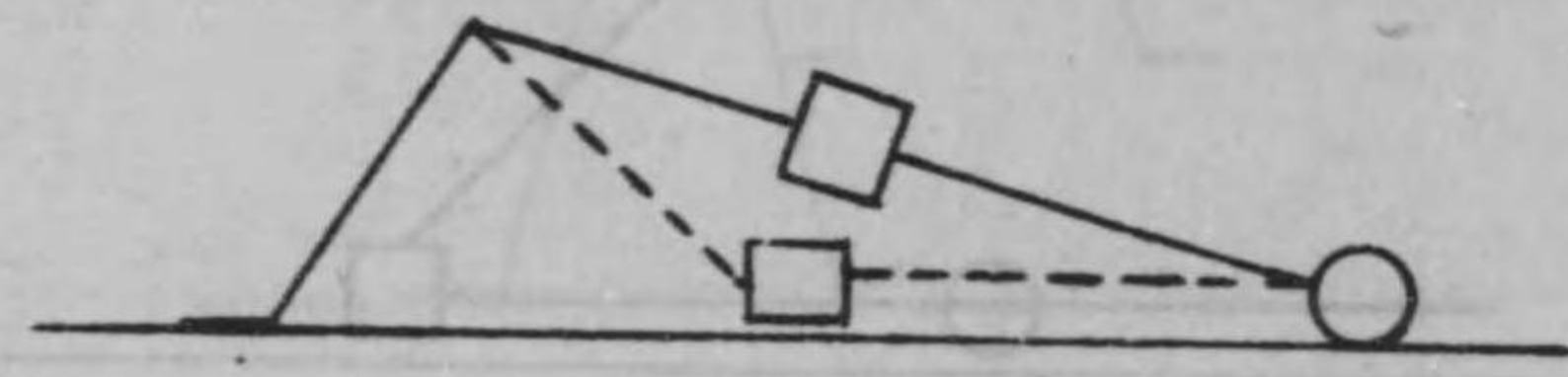


仰臥補助舉上

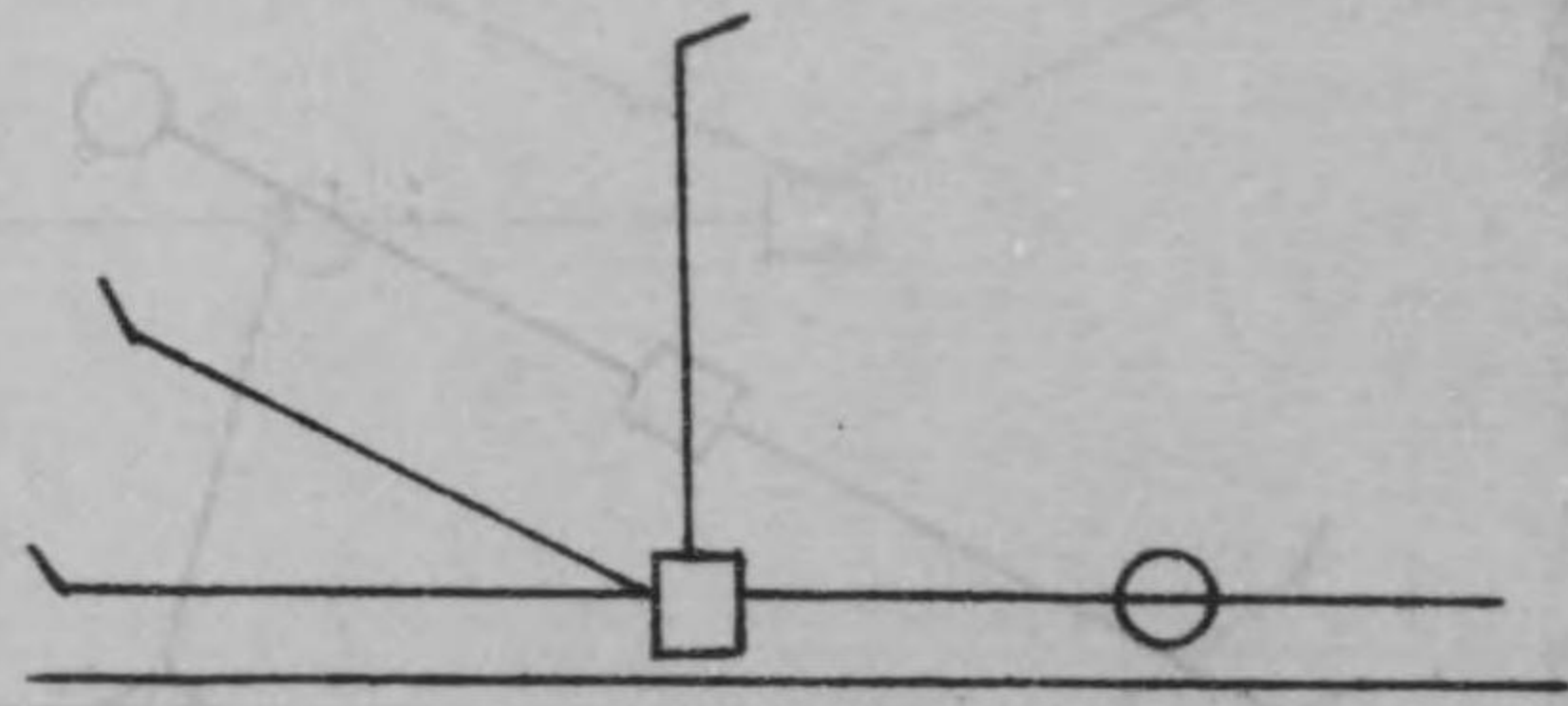


仰臥補助起

仰臥屈膝体舉上



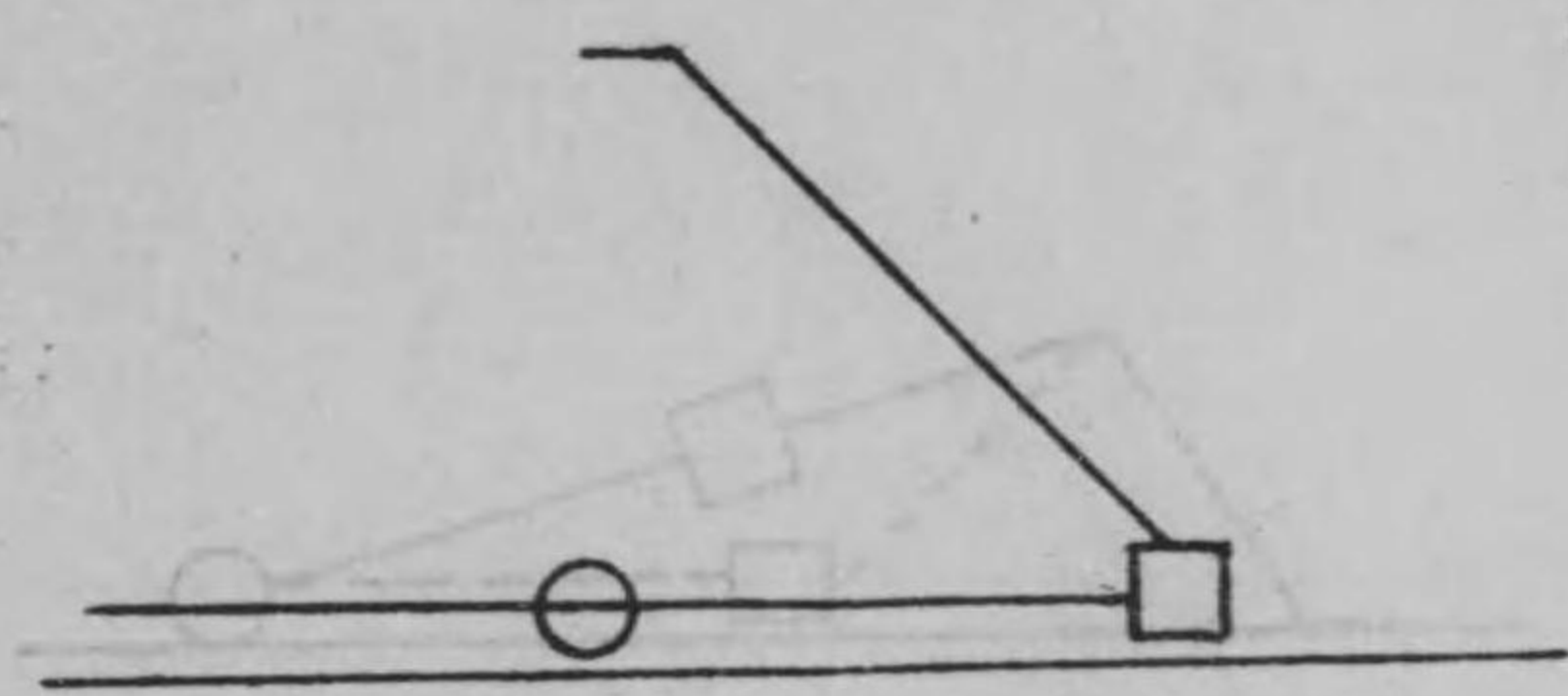
仰臥靜脚上下



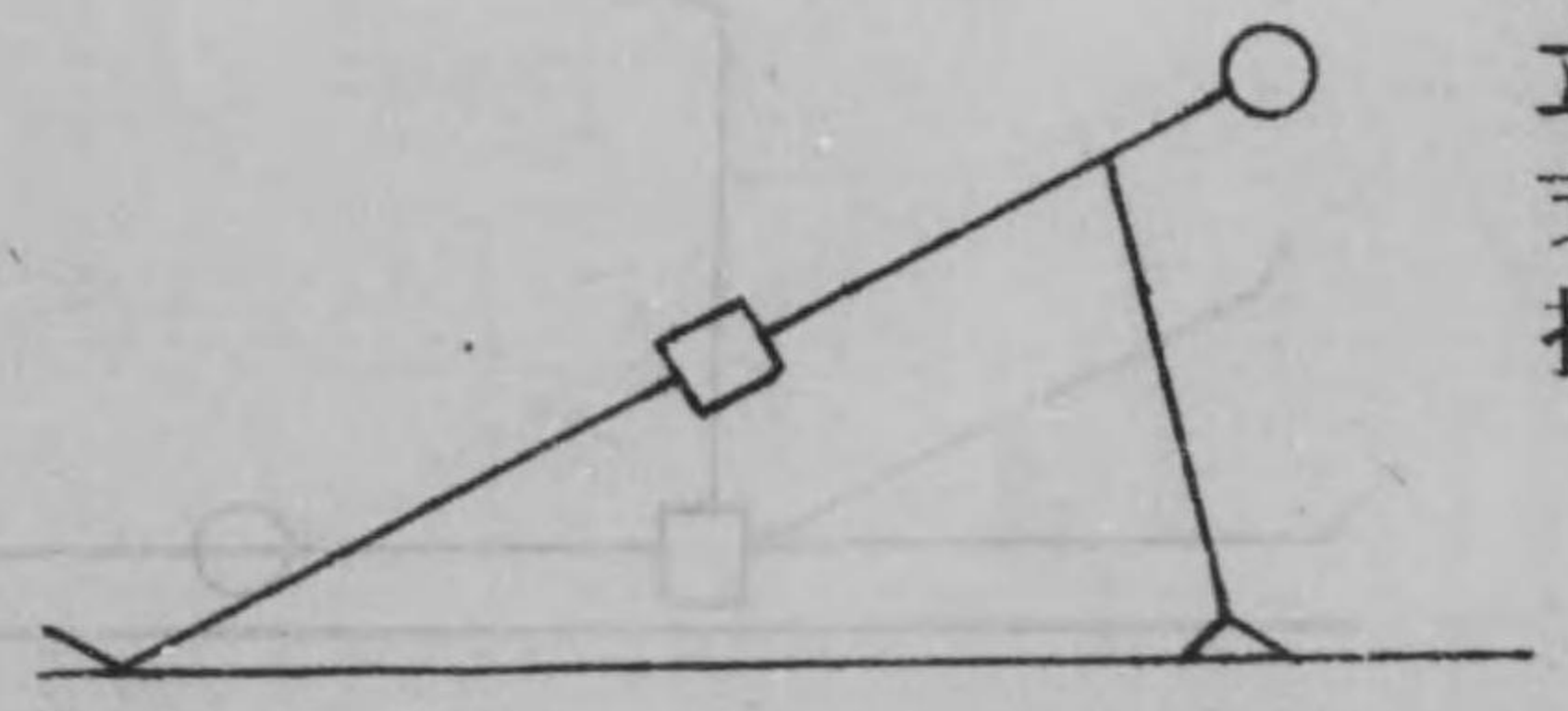
仰臥屈膝上

仰臥靜脚上

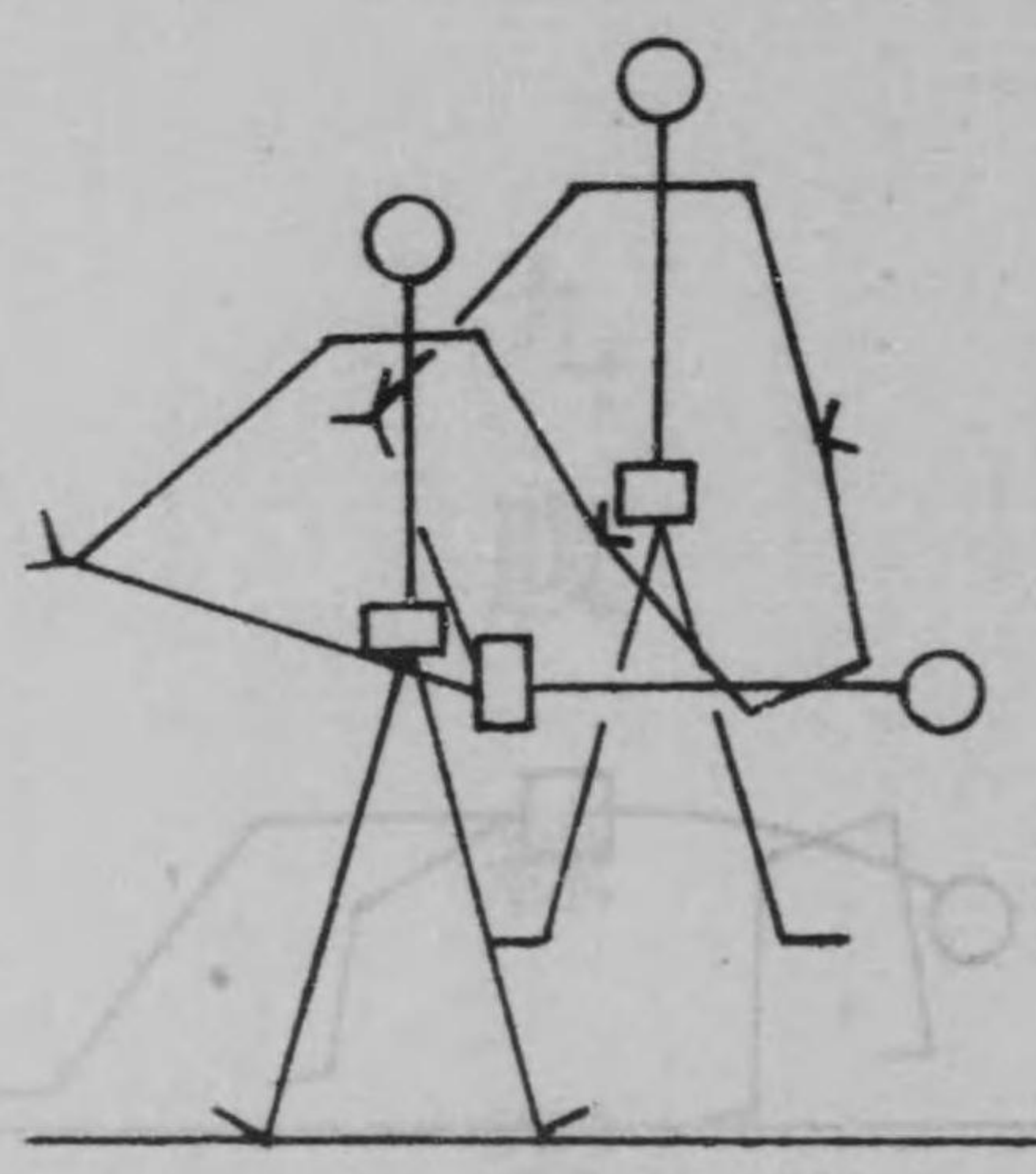
仰臥腳舉上



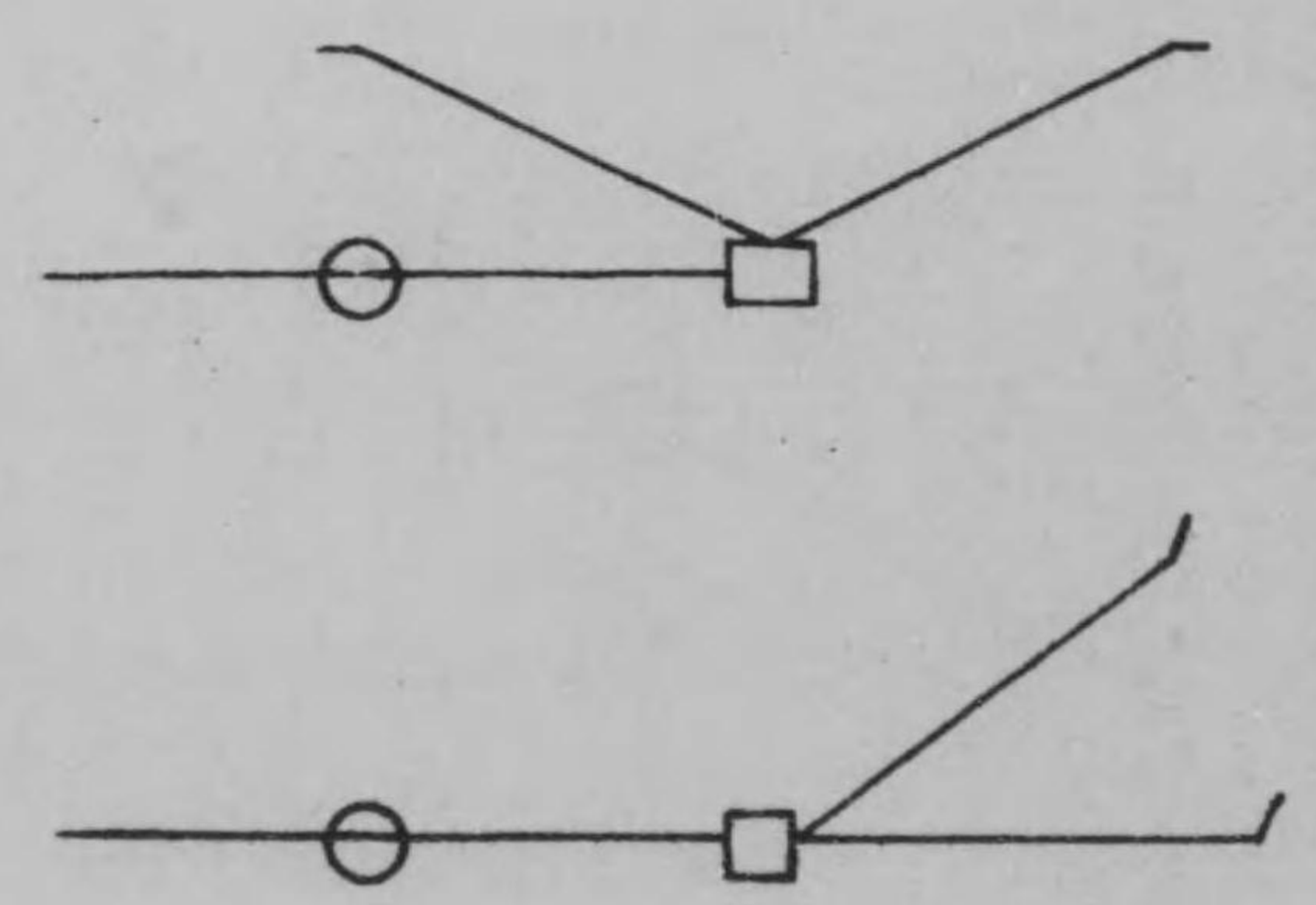
仰臥臂立支持



仰臥補助手足抱持舉上

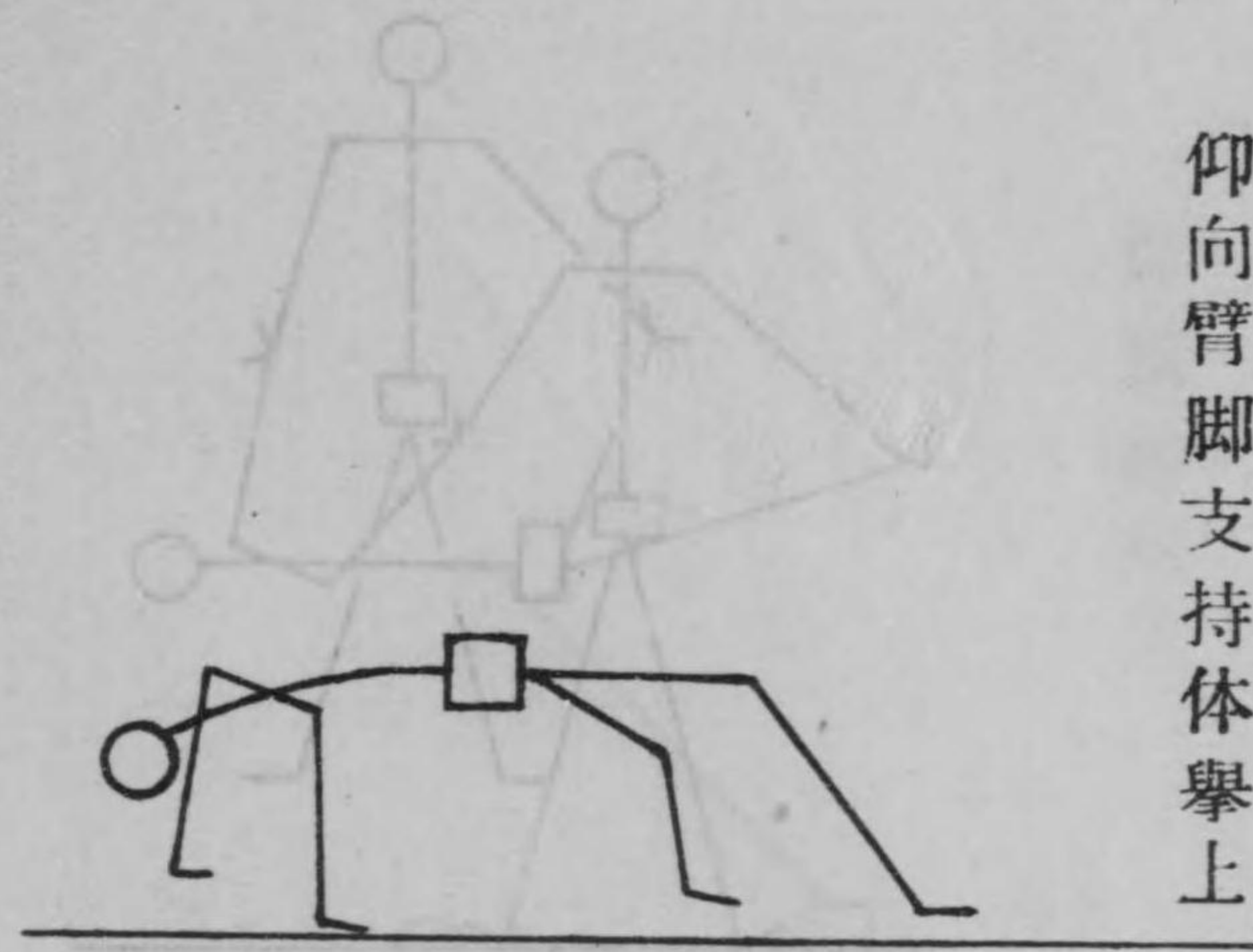


仰臥開腳舉上並片腳舉上



九、腹 練 習

仰向臂脚支持体舉上



仰向臂脚支持体舉上

仰向臂脚支持体舉上



第九章 腹 練 習

一、目的

1. 腹部諸筋(殊に直腹筋)を強め腹内の諸器に確かなる支持を與へ消化排泄等之が機能を増進す
2. 腹壓を高め以て腹部臓器に刺戟を與へ靜脈血の還流及榮養物質の吸收作用を旺盛ならしむ
3. 腰椎及骨盤の正常保持を堅確にし且つ又その可動性をまし軀幹下部の姿勢を良好ならしむ

二、練習の構成

1. 体後倒に屬するもの
 - (1) 運動成立の基本たる下肢
 - (2) 体後倒及起尻に與かる部(腰部及臀部の筋)
 - (3) 練習目的の腹部諸筋
2. 体の後倒後屈に屬するもの
 - (1) 運動成立の基本たる下肢
 - (2) 体の後倒後屈に與る全脊柱腰部
 - (3) 練習目的の頸部胸部腹部諸筋
3. 腎立伏臥に屬するもの
 - (1) 腎立懸擧的に努力する上肢及び上体(胸背)
 - (2) 支持に與る下肢
 - (3) 練習目的の腹部(殊に直腹筋)
4. 腹壁諸筋

直腹筋
外斜腹筋
内斜腹筋

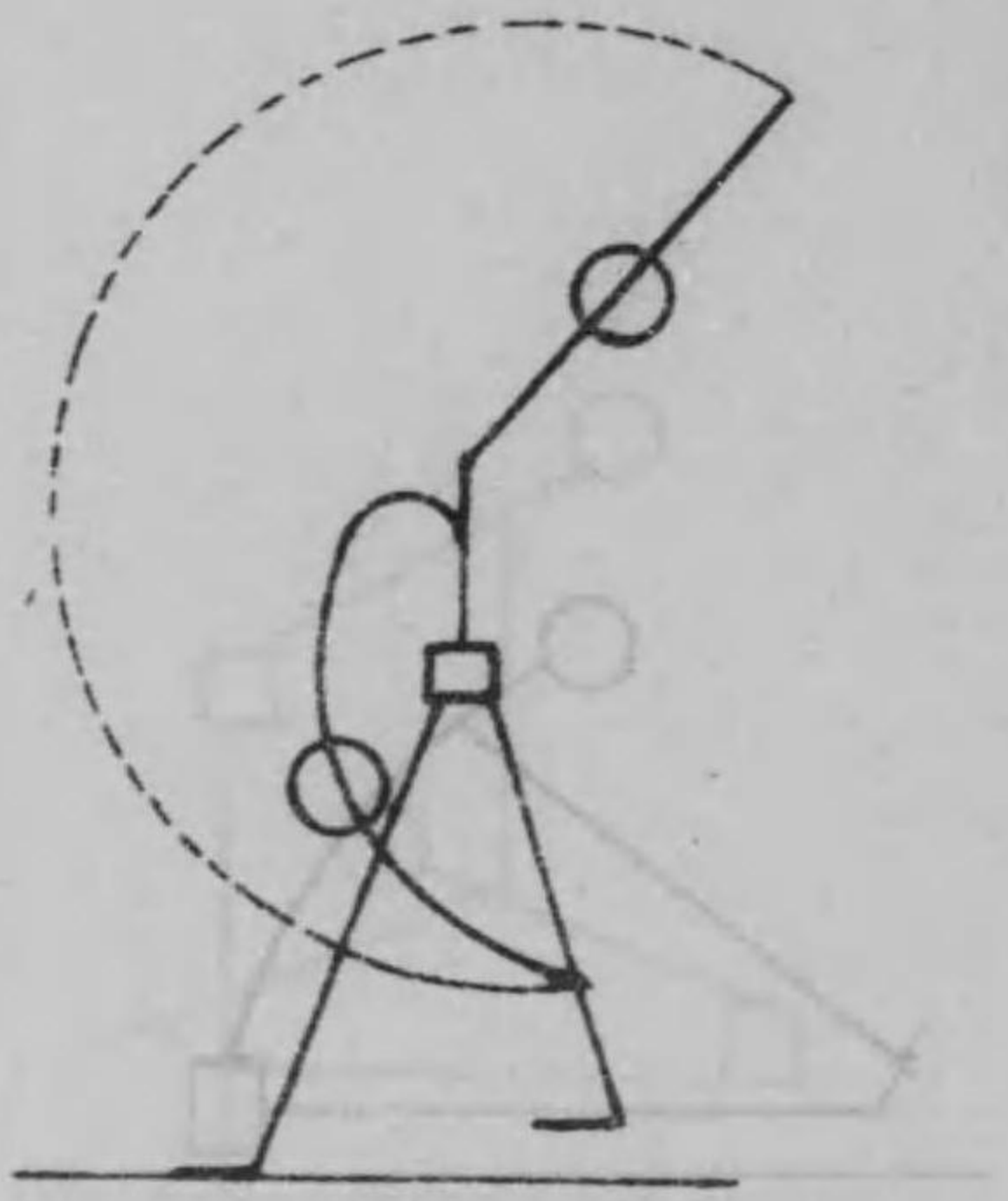
横腹筋
腰方形筋

三、要領

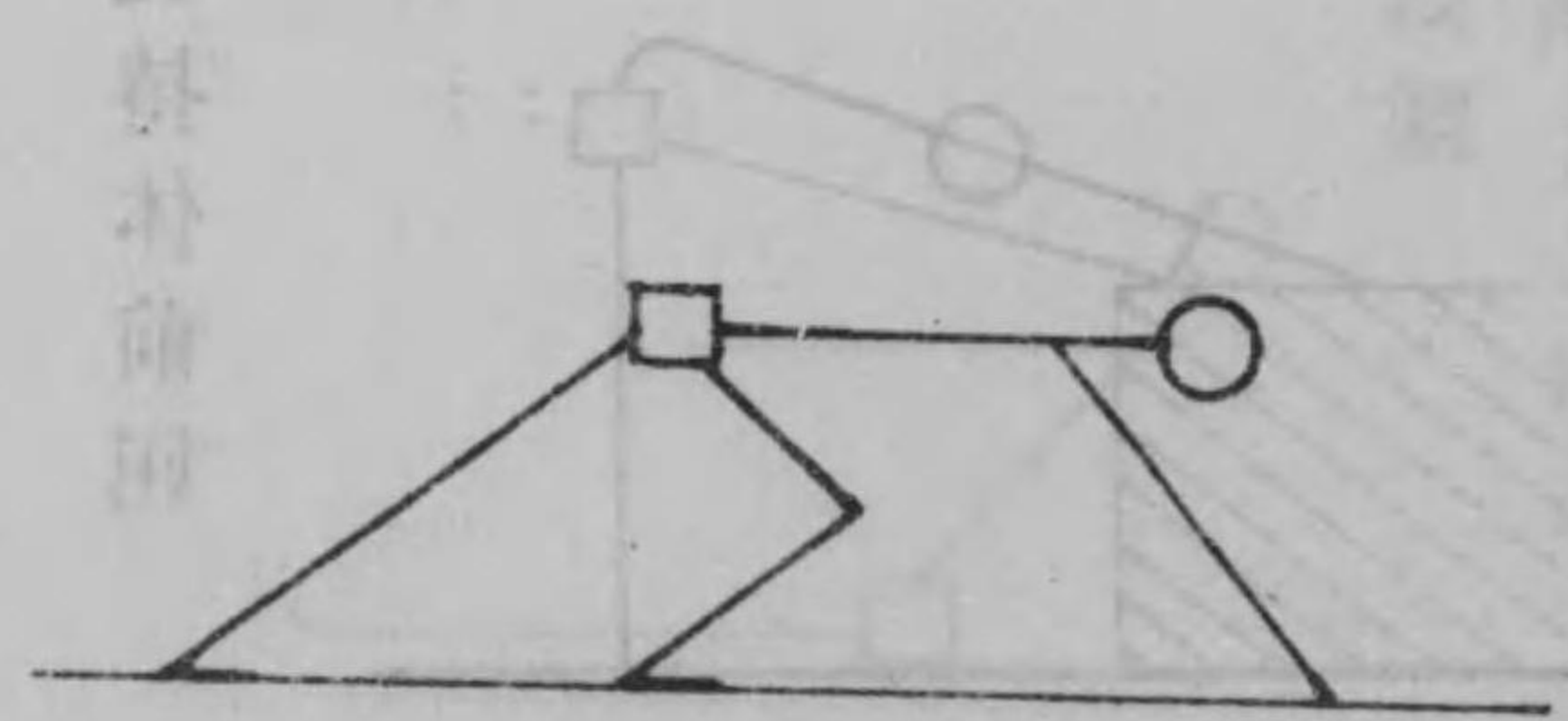
1. 凡て胸廓の下制壓迫を避くること
2. 後倒に於ける呼吸は自由にする事運動に呼吸を伴はず場合は吸氣と呼氣と各其の長所を有す
要は其の人に應じて適用すること
3. 臂立伏臥に於ては臂を垂直に支ふるものと臂と体とを直角に保つものと二法あり
臂の垂直なるものは凡ての場合に行ふべく体と臂との直角なるものは体が水平なる場合若くは脚低く体斜なる場合に適用して可なり

一、目的
二、器具
三、要領
四、練習法
五、注意

(一) 体ヲ前屈スル教材
体前下屈



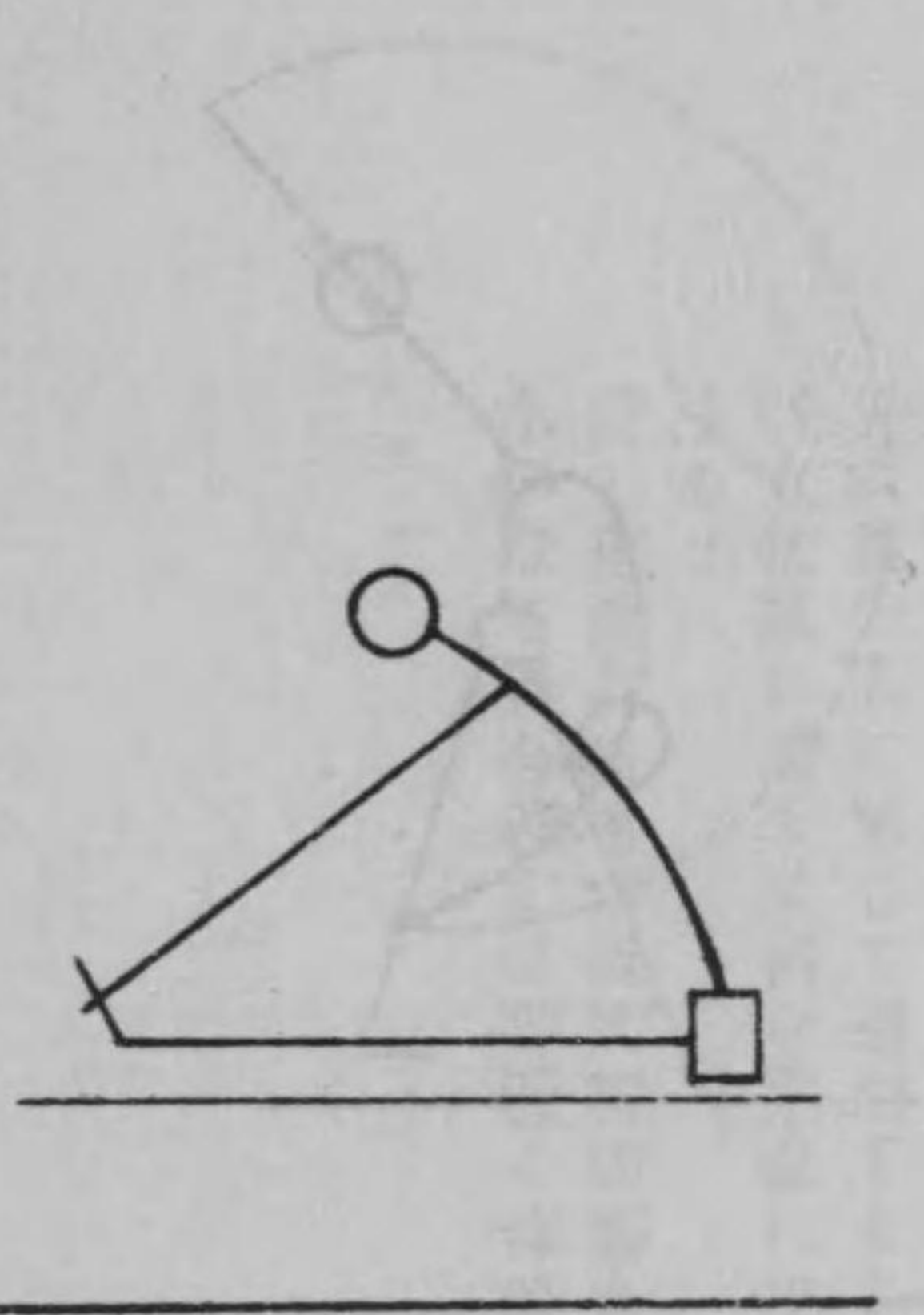
屈膝足前出臂前下出体前屈



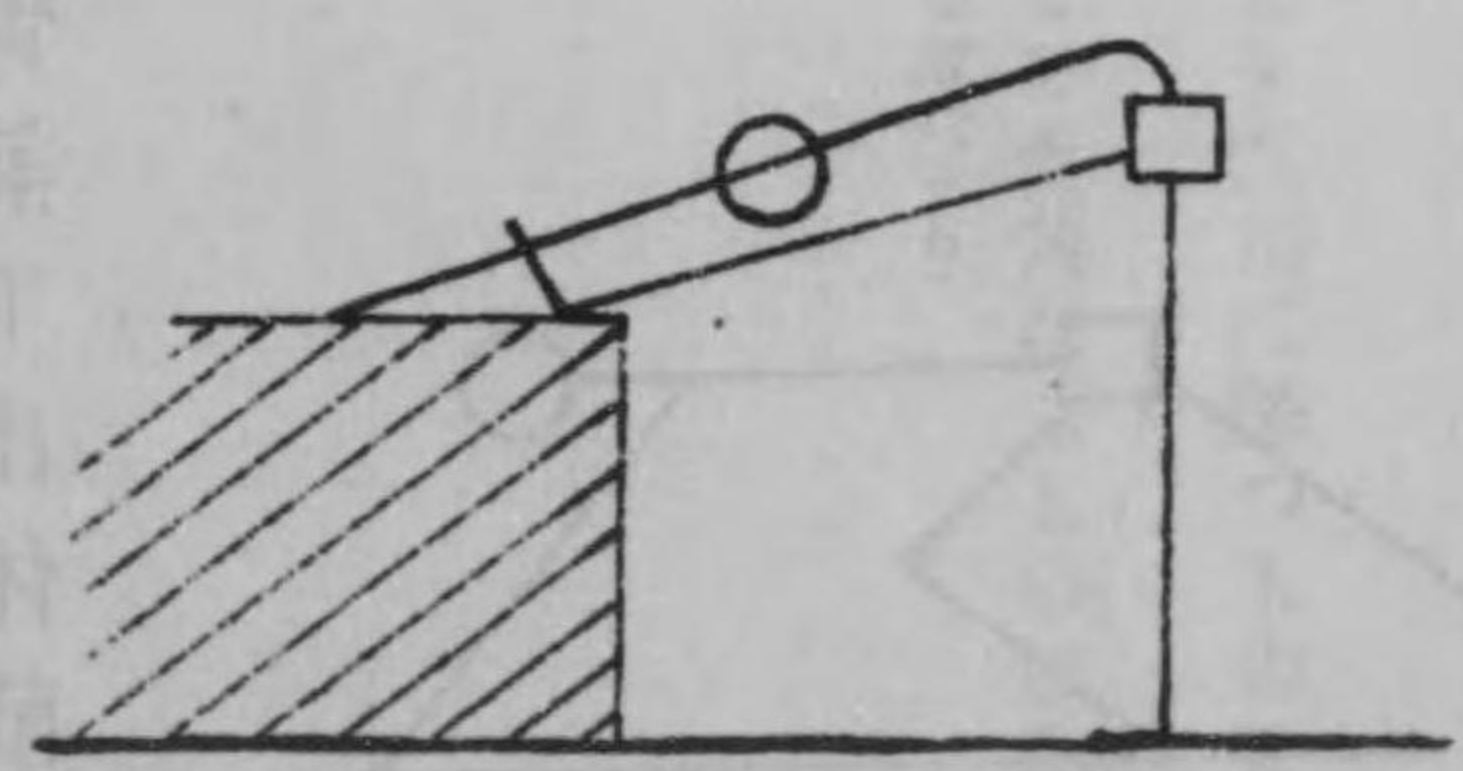
車前脚踏出前屈

足前出臂前下出体前屈

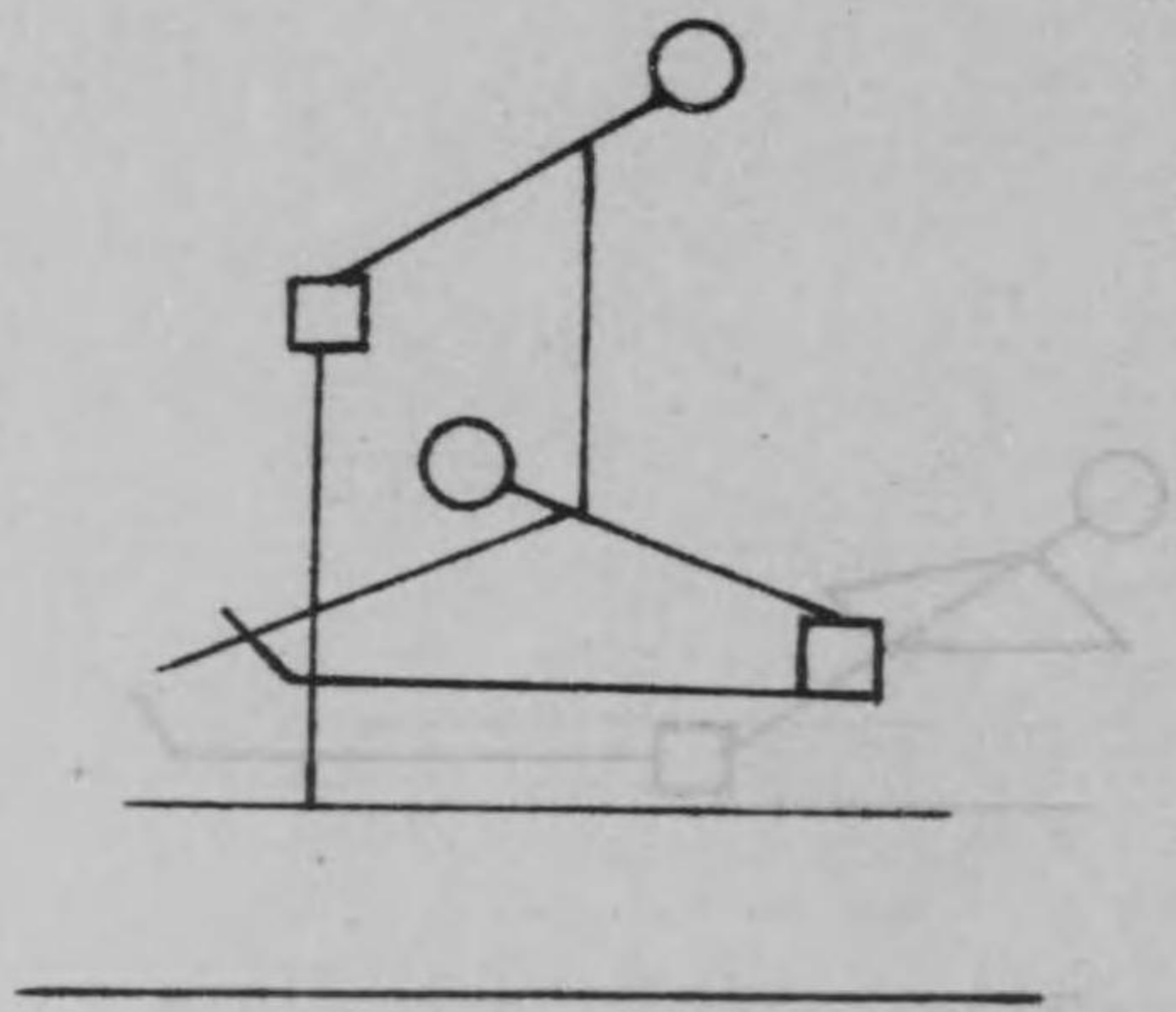
座而臂前出体前屈



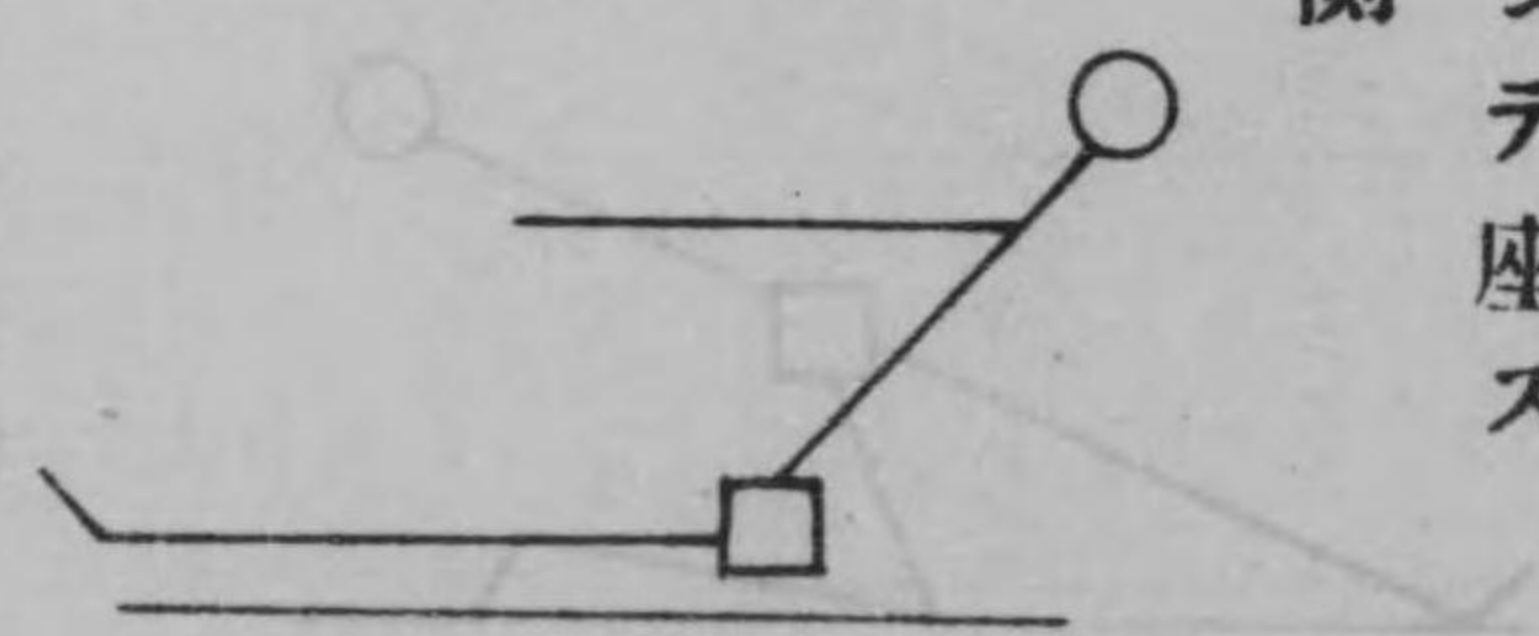
足前舉支持体前屈



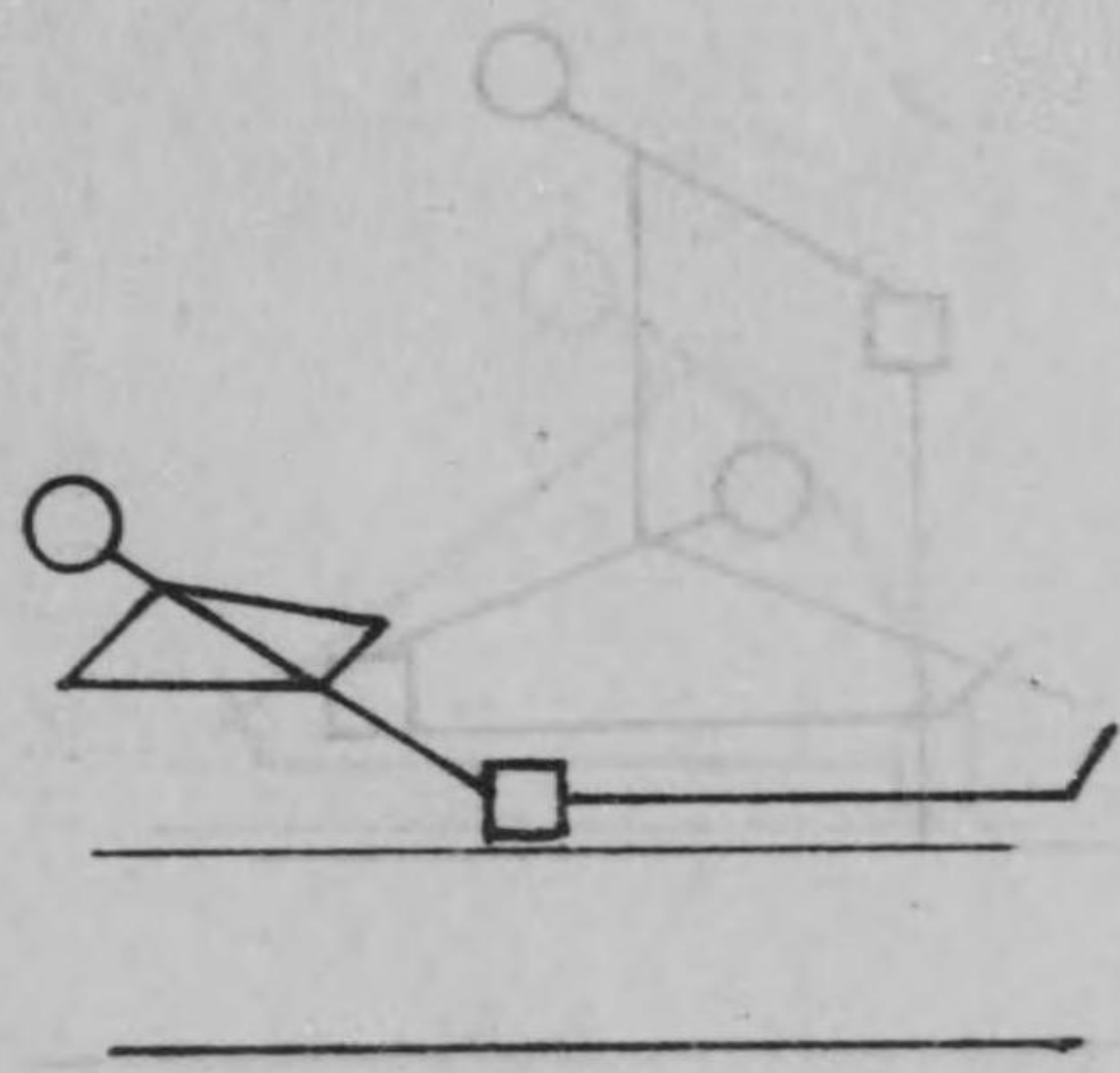
補助押体前屈



(二) 体後倒
(1) 屈膝シテ座ス
座体後側

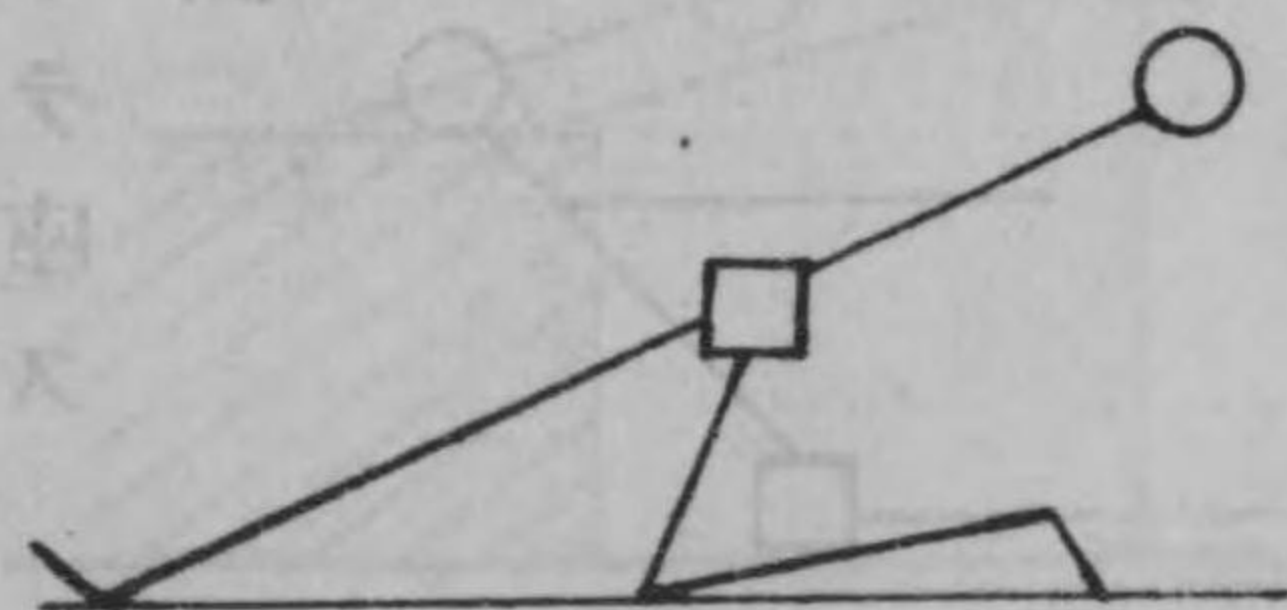


座而手頸体後倒

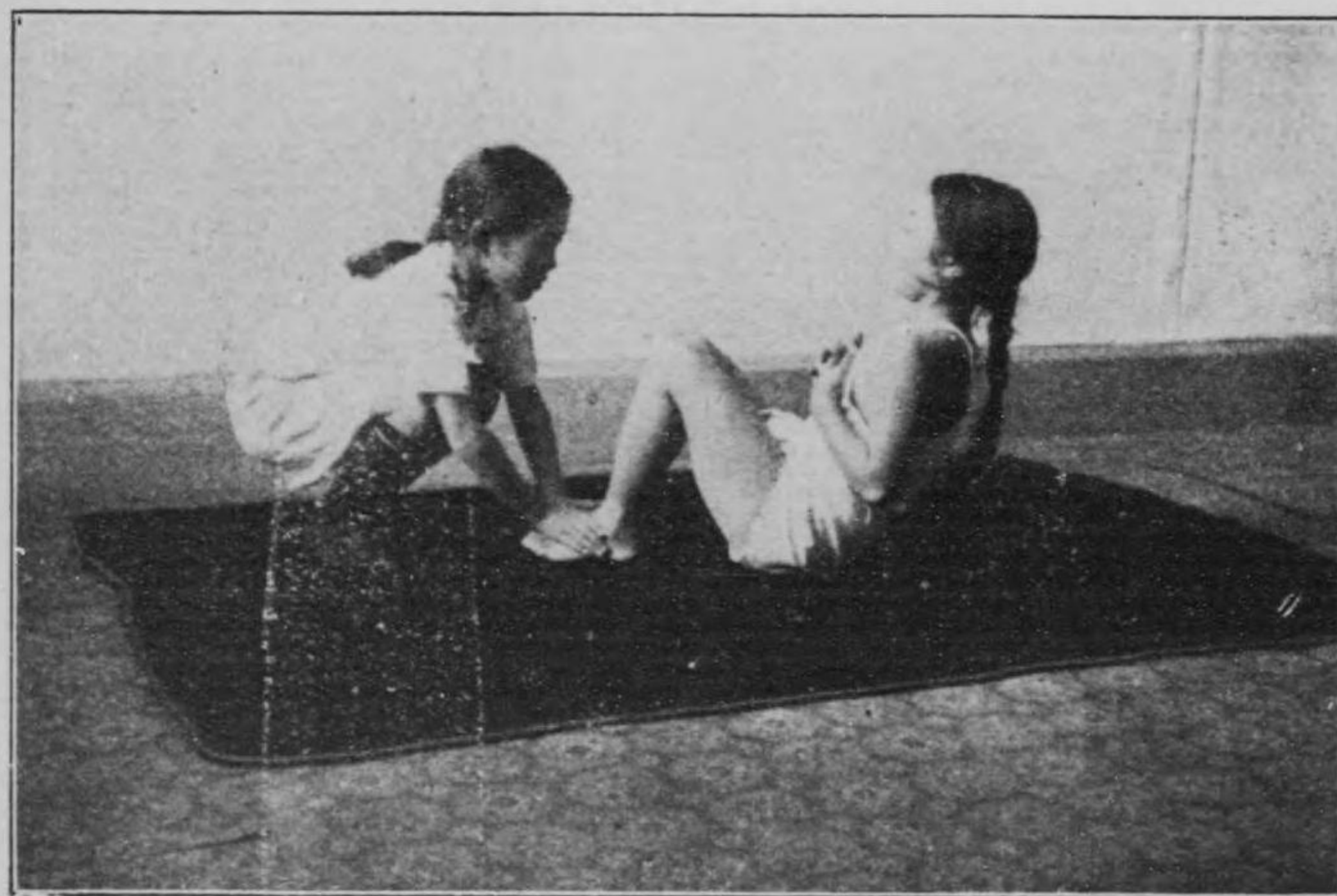


膝間臂伸屈

片足前片膝立体後倒

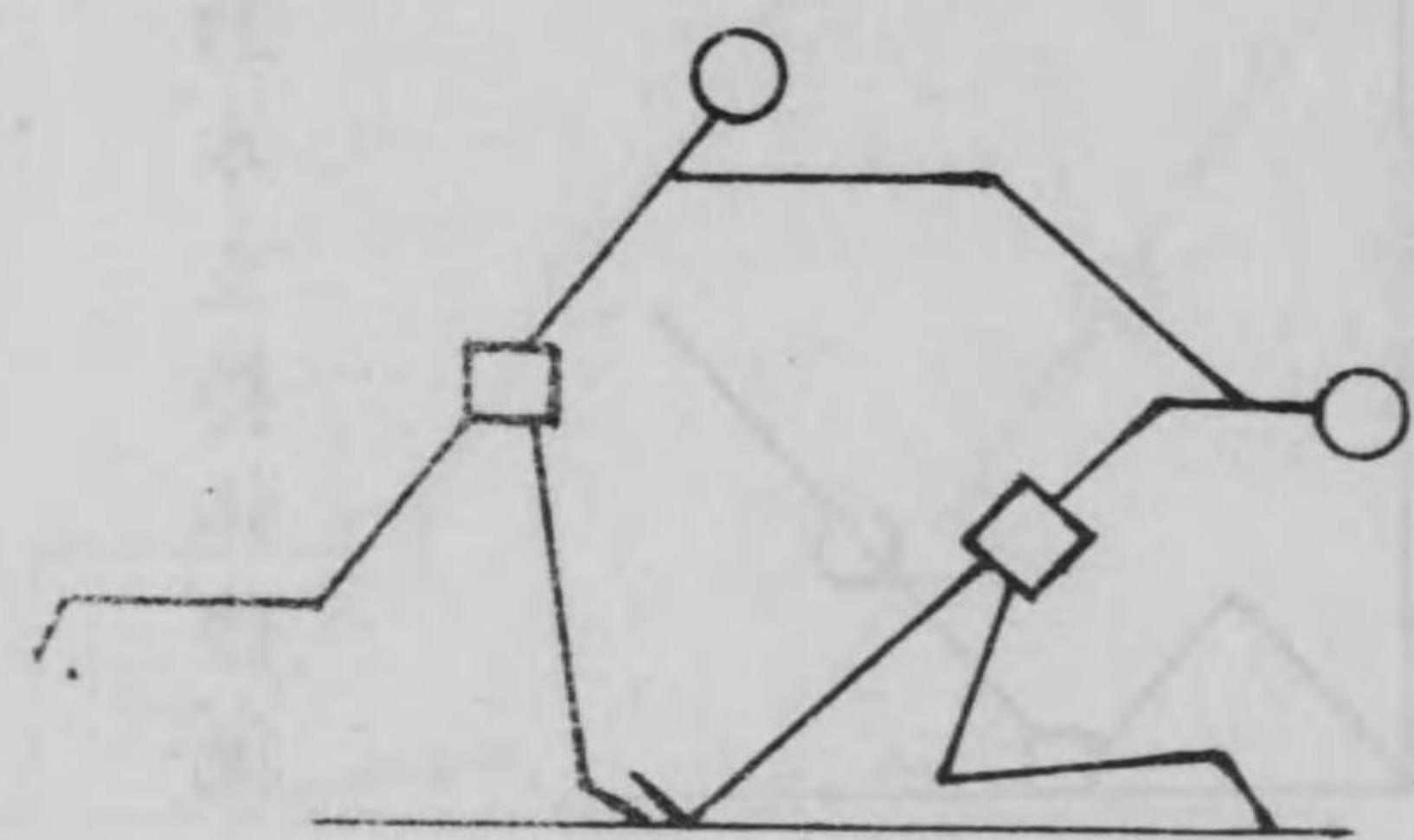


二
片
足
前
片
膝
立
体
後
倒

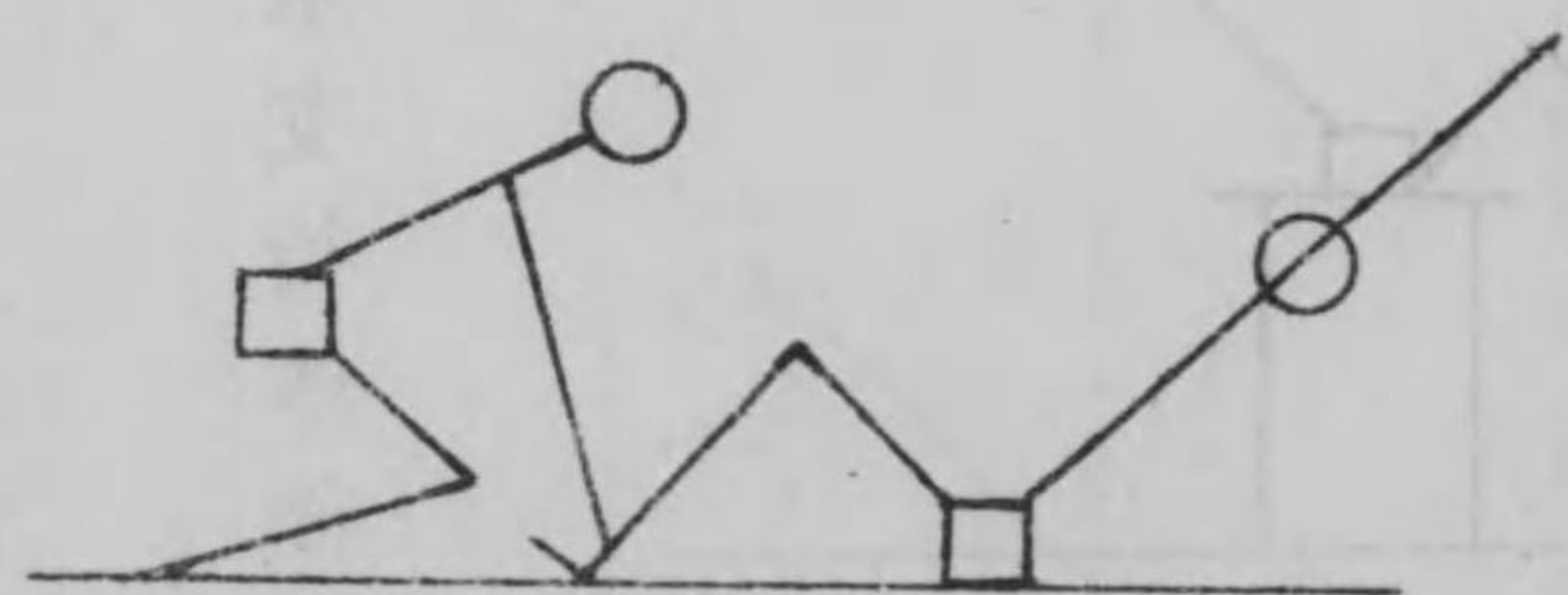


(一ノ共) 材教ノ腹 (三)

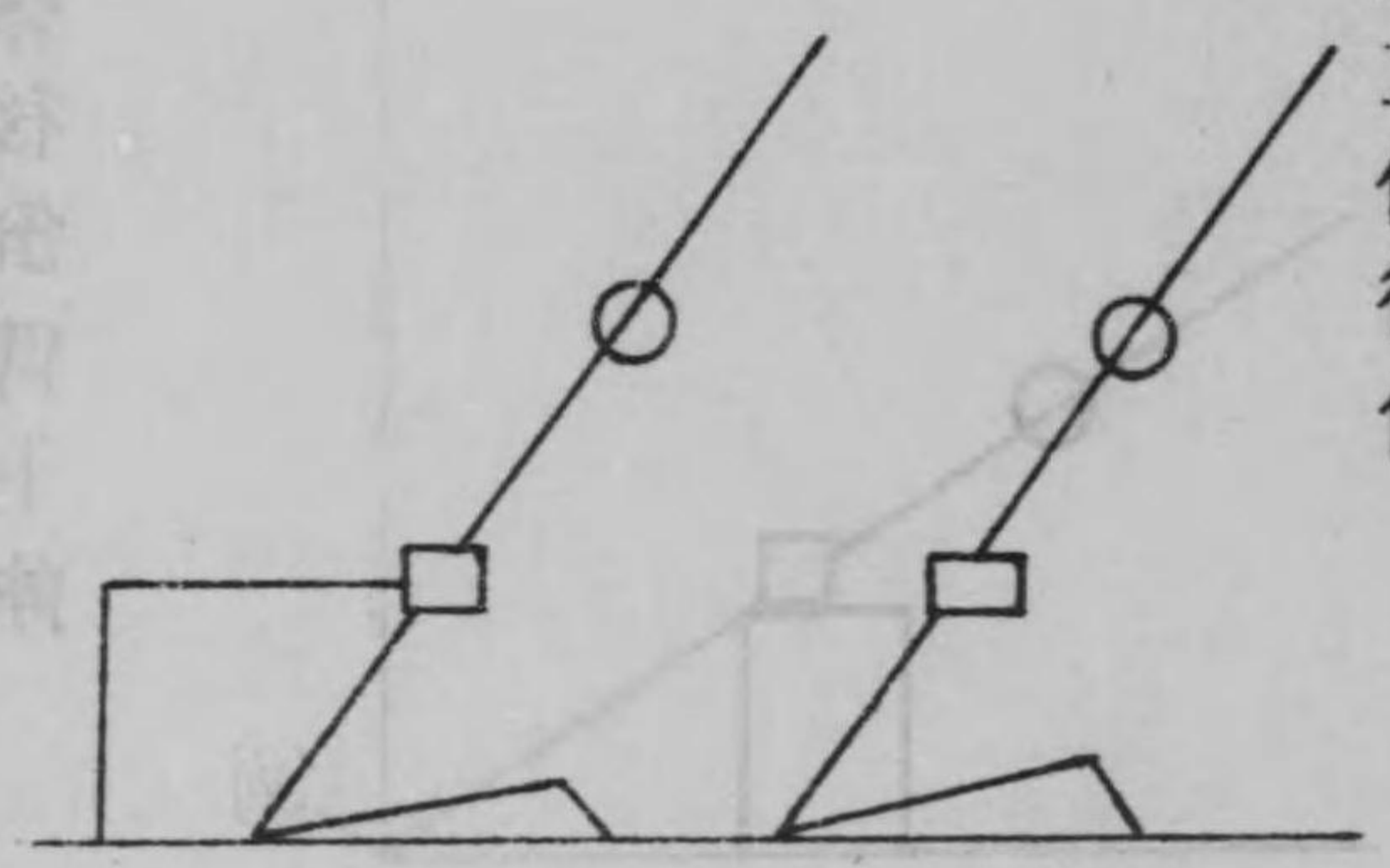
二人相對片足前出片膝立
體後倒



座脚補助支持 體後倒

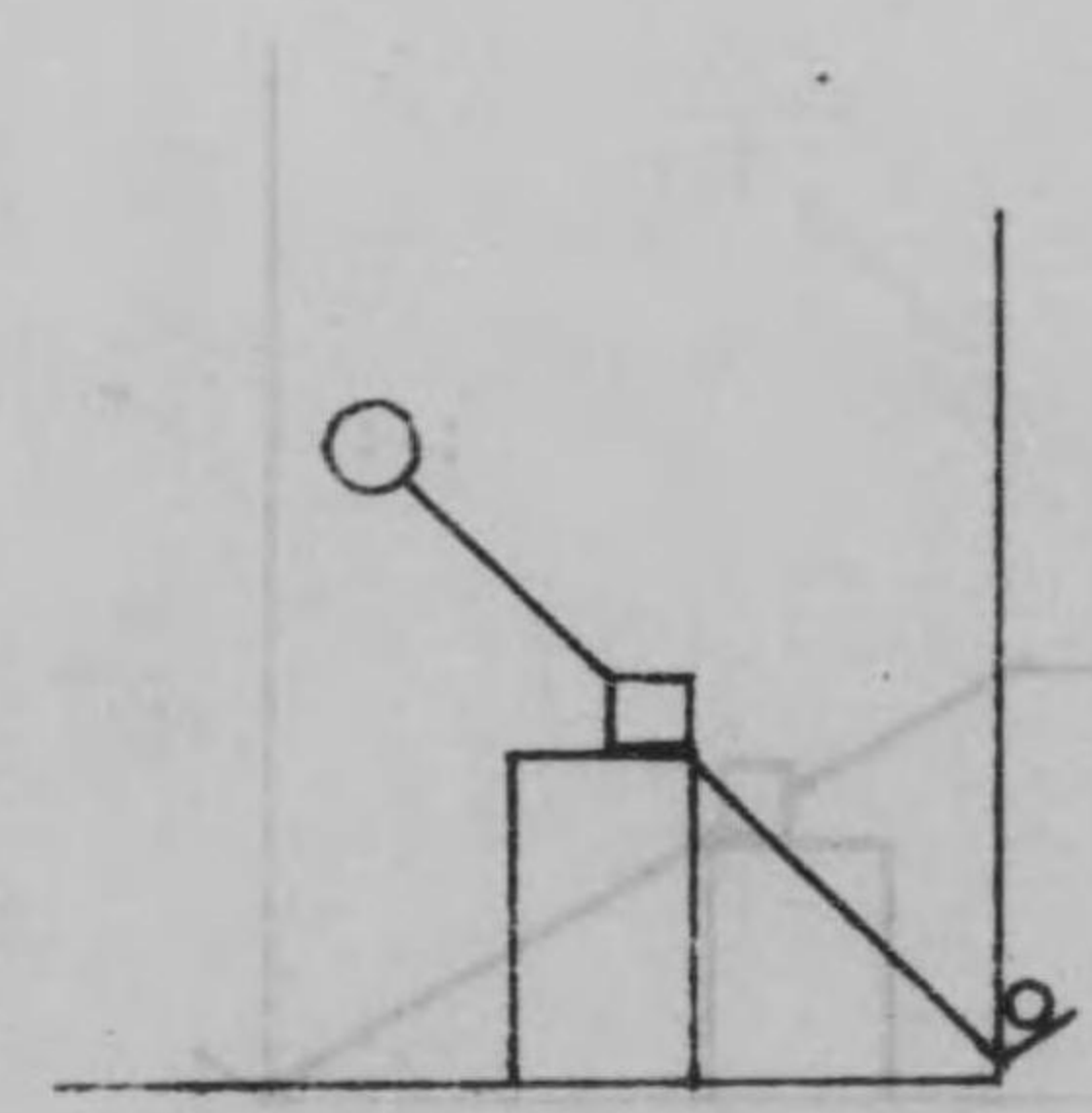


膝立體後倒



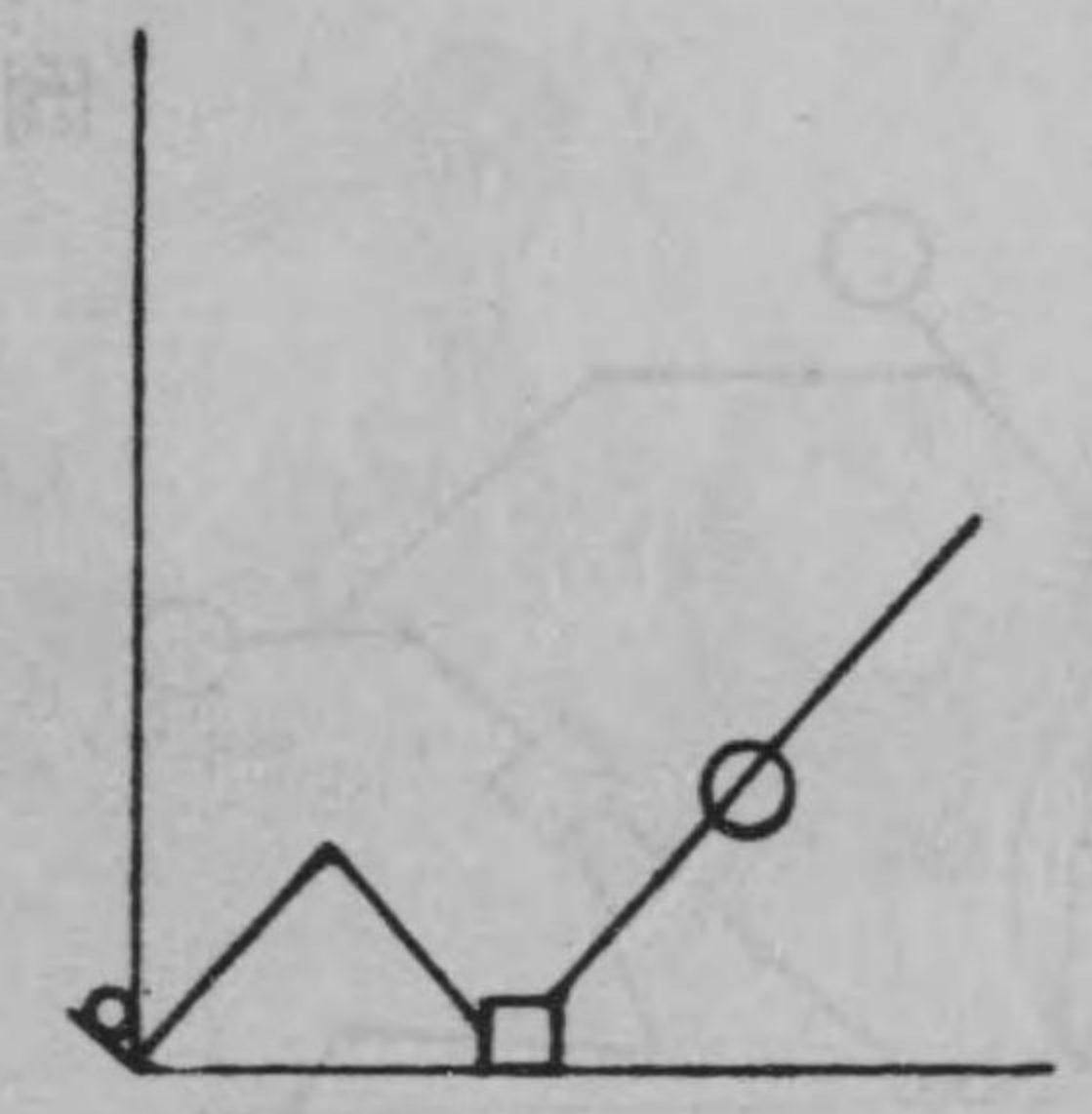
(2) 膝立
膝立體後倒

腰掛伸膝體後倒



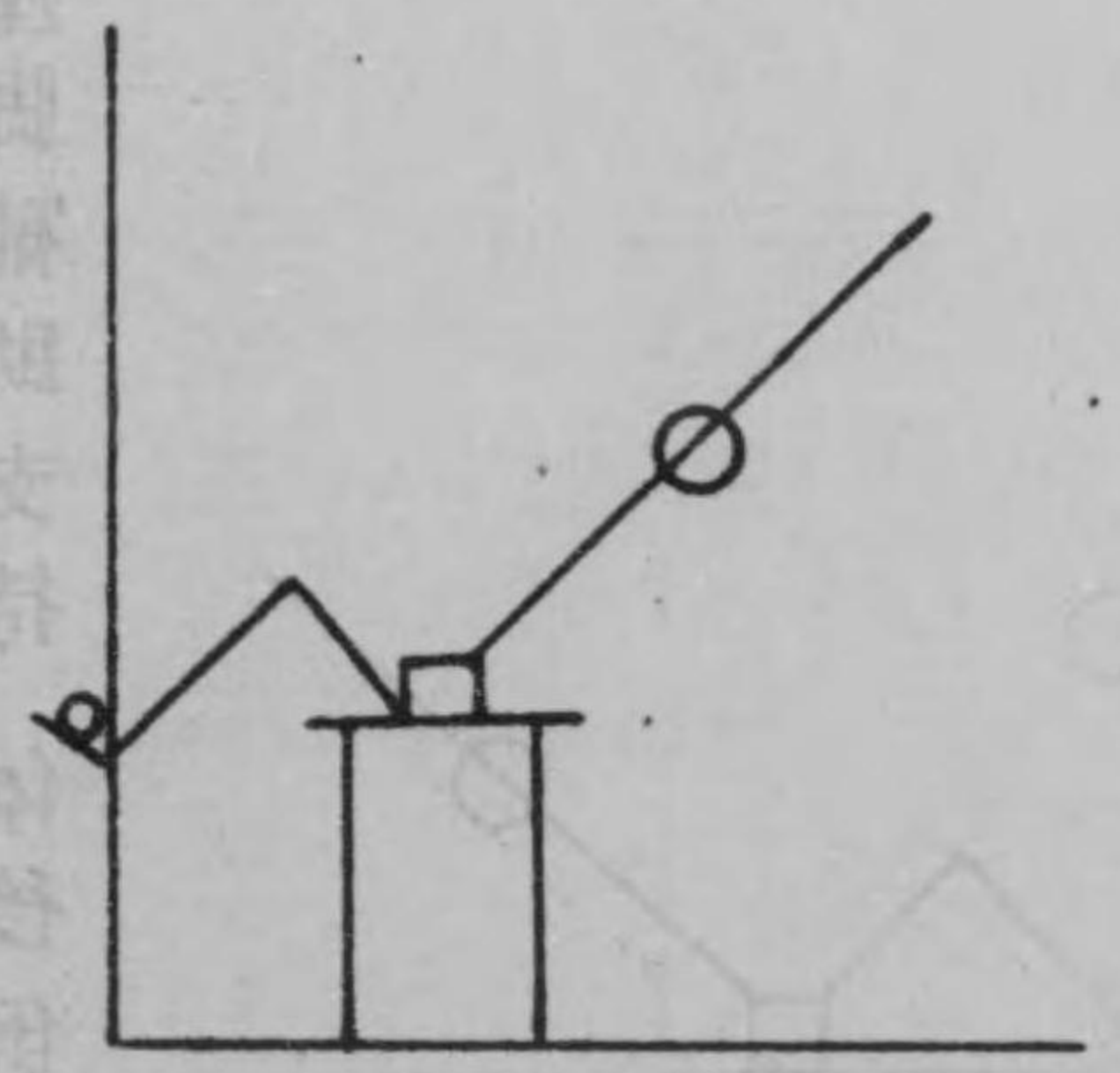
(3) 腰掛
伸膝腰掛體後倒

座屈膝助木支持體後倒



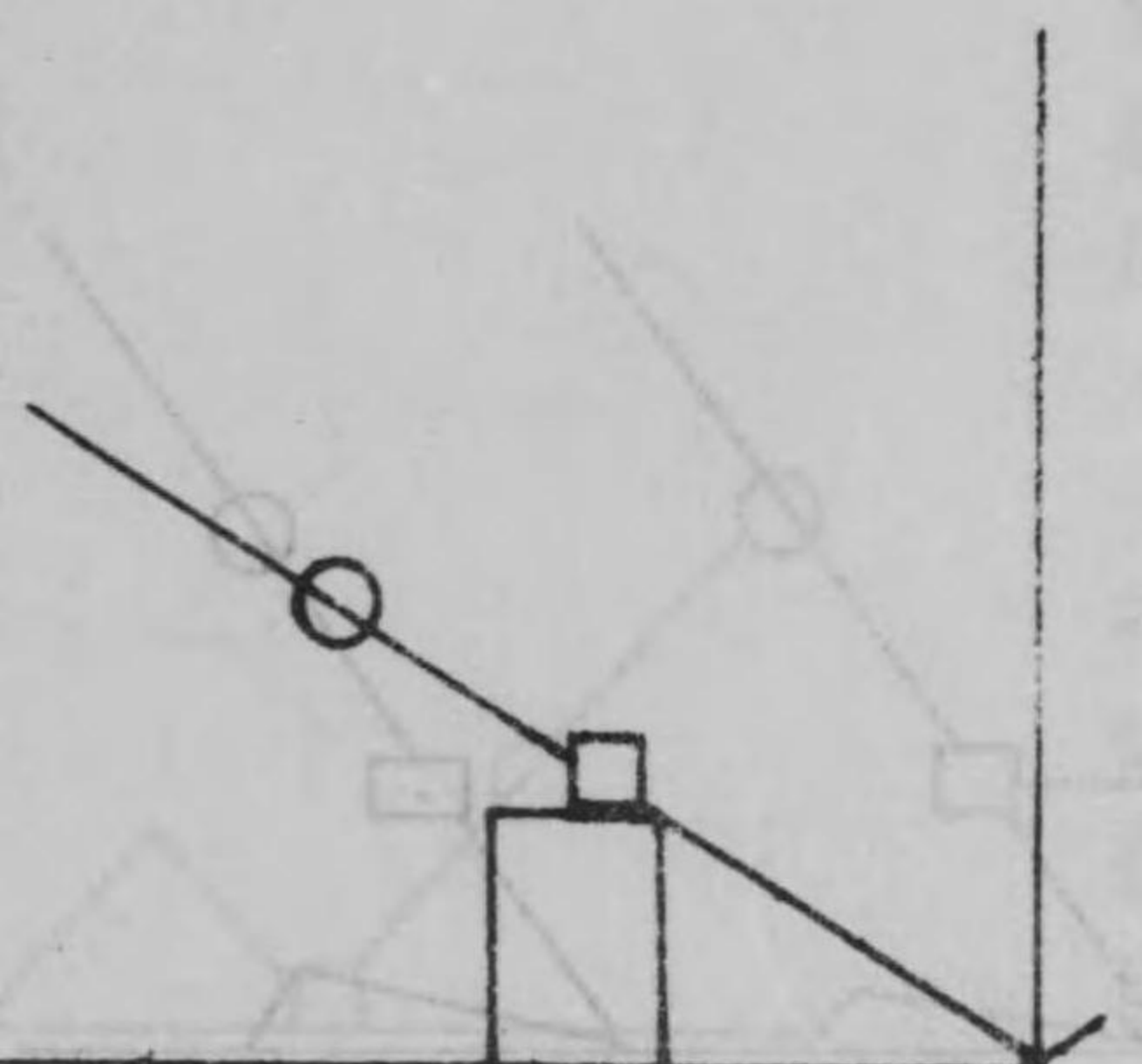
座屈膝助木支持體後倒

腰掛屈膝助木支持體後倒

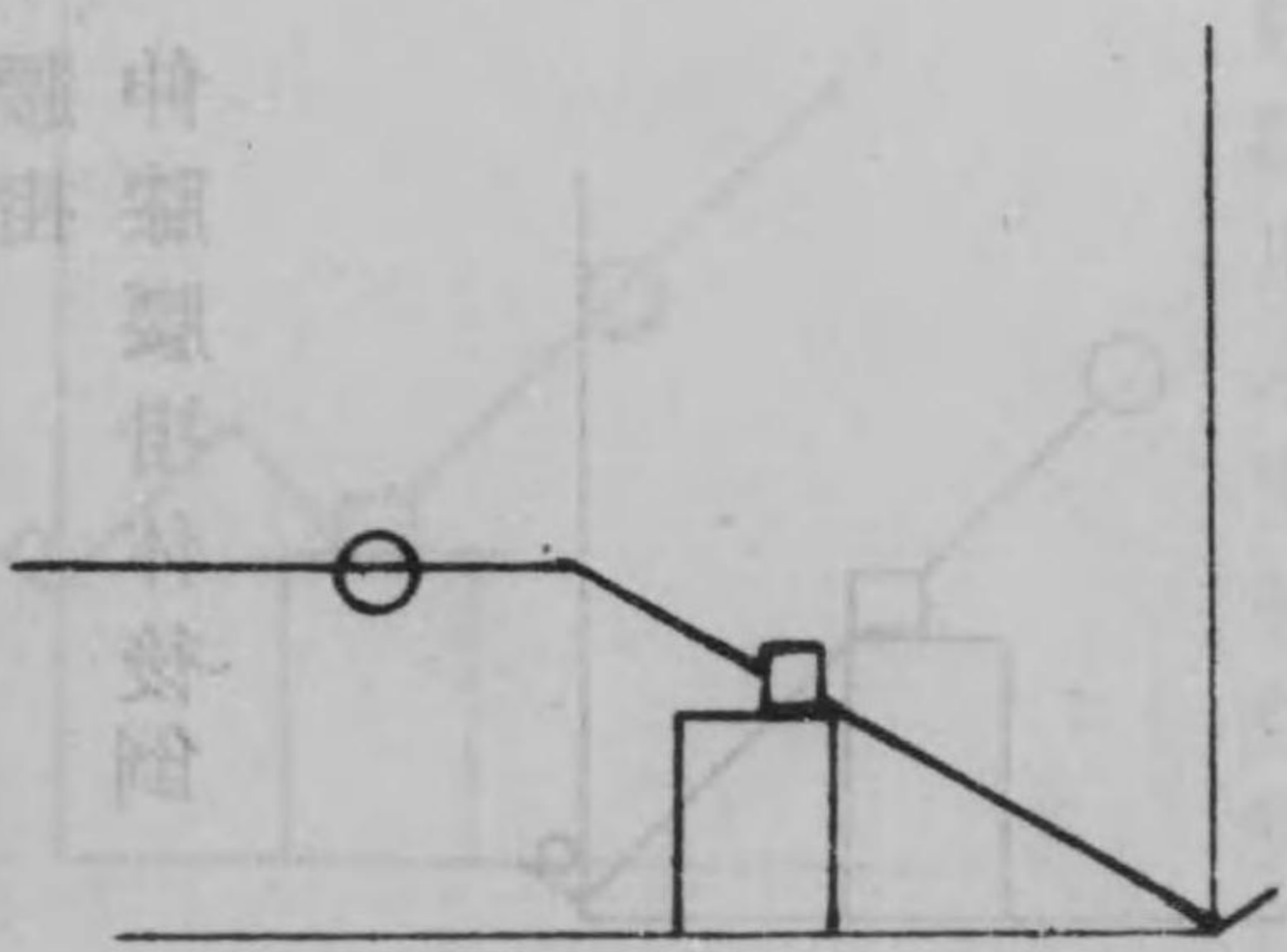


腰掛屈膝助木支持體後倒

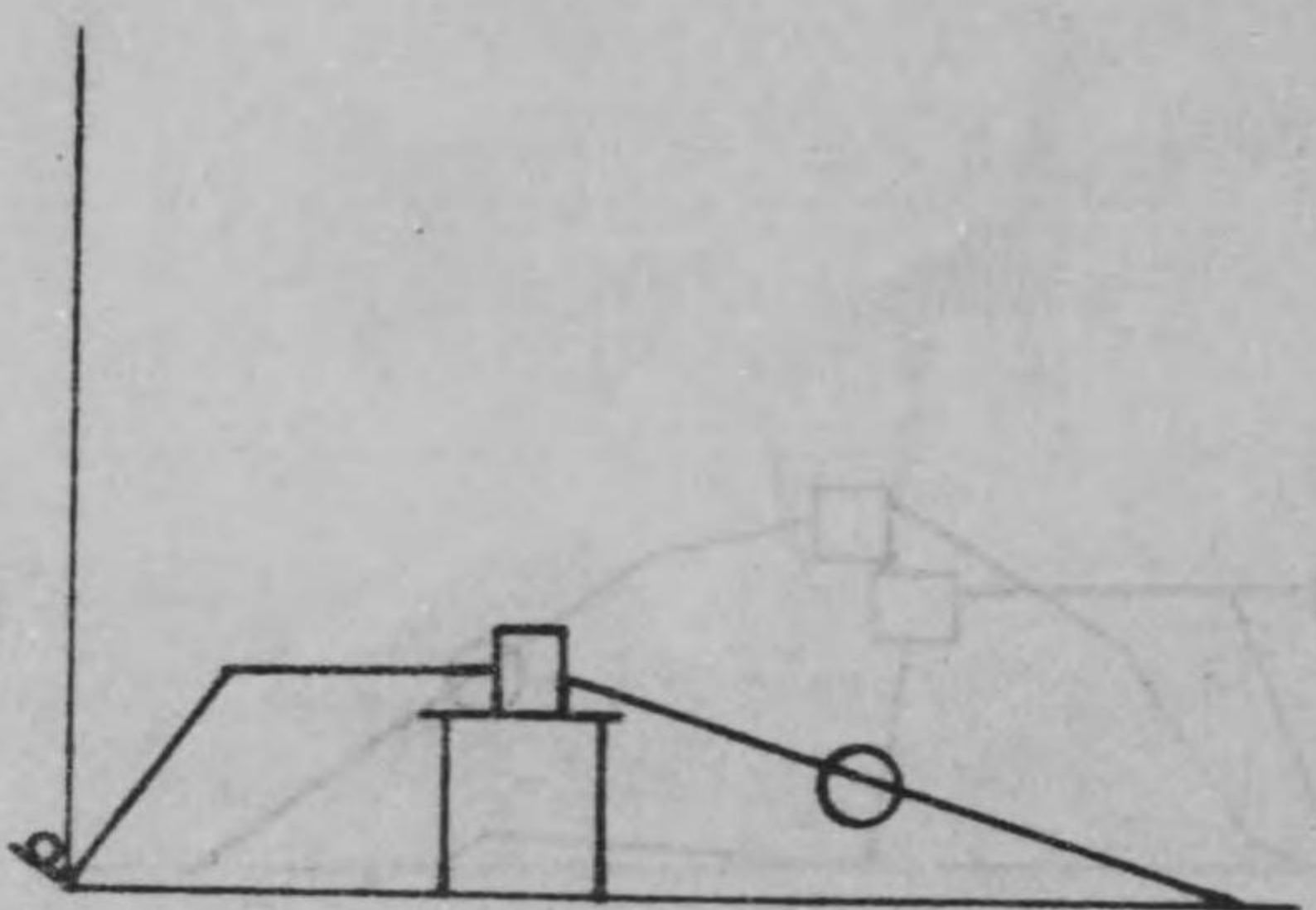
腰掛體後倒臂上伸



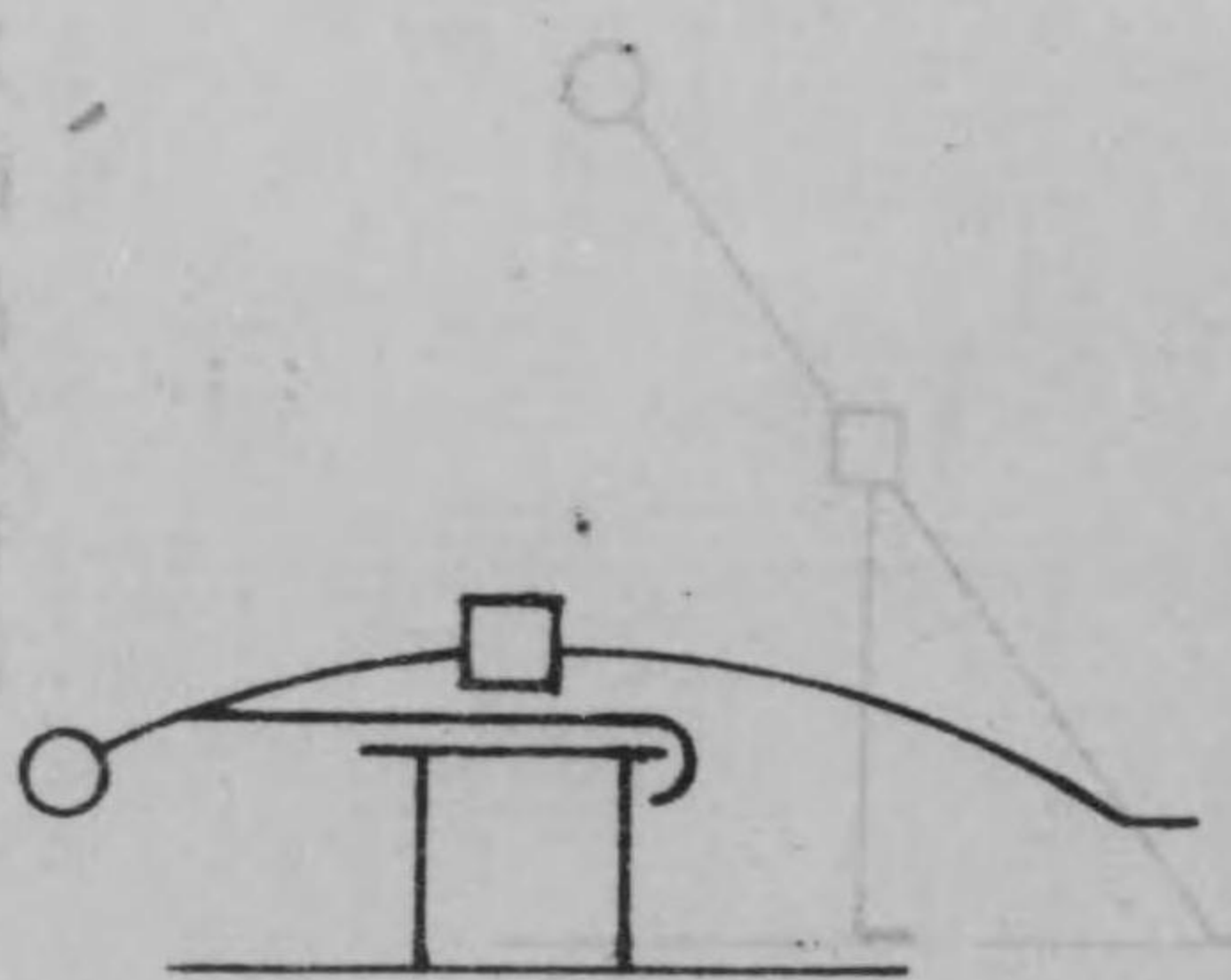
伸膝腰掛體後倒上體後倒



腰掛足助木支持體後屈

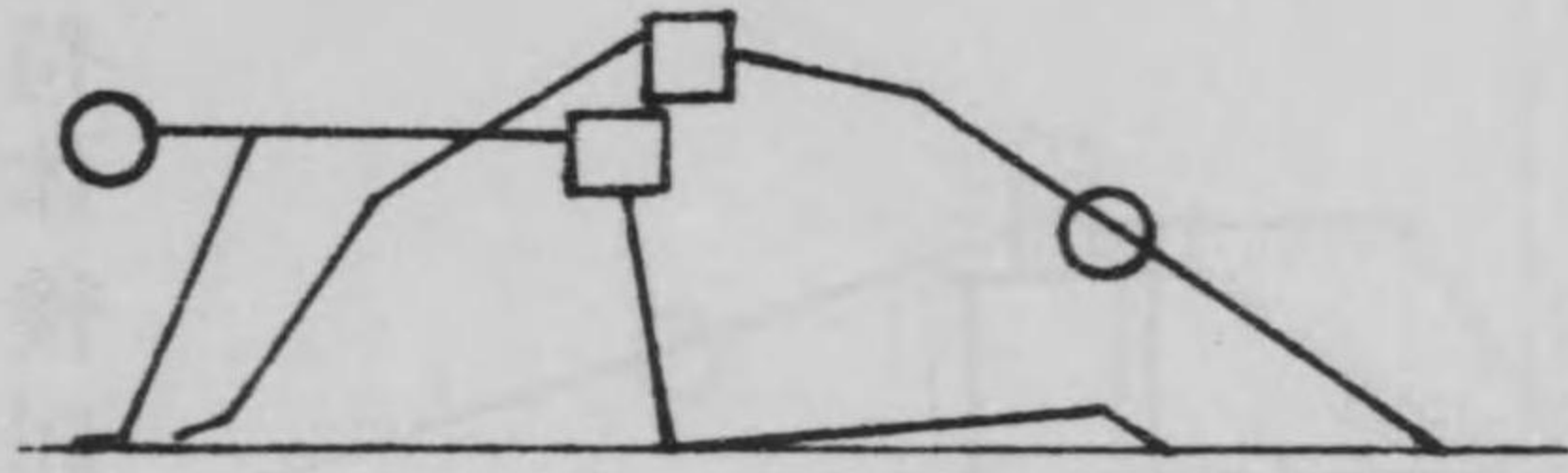


腰掛手腰掛支持體後倒

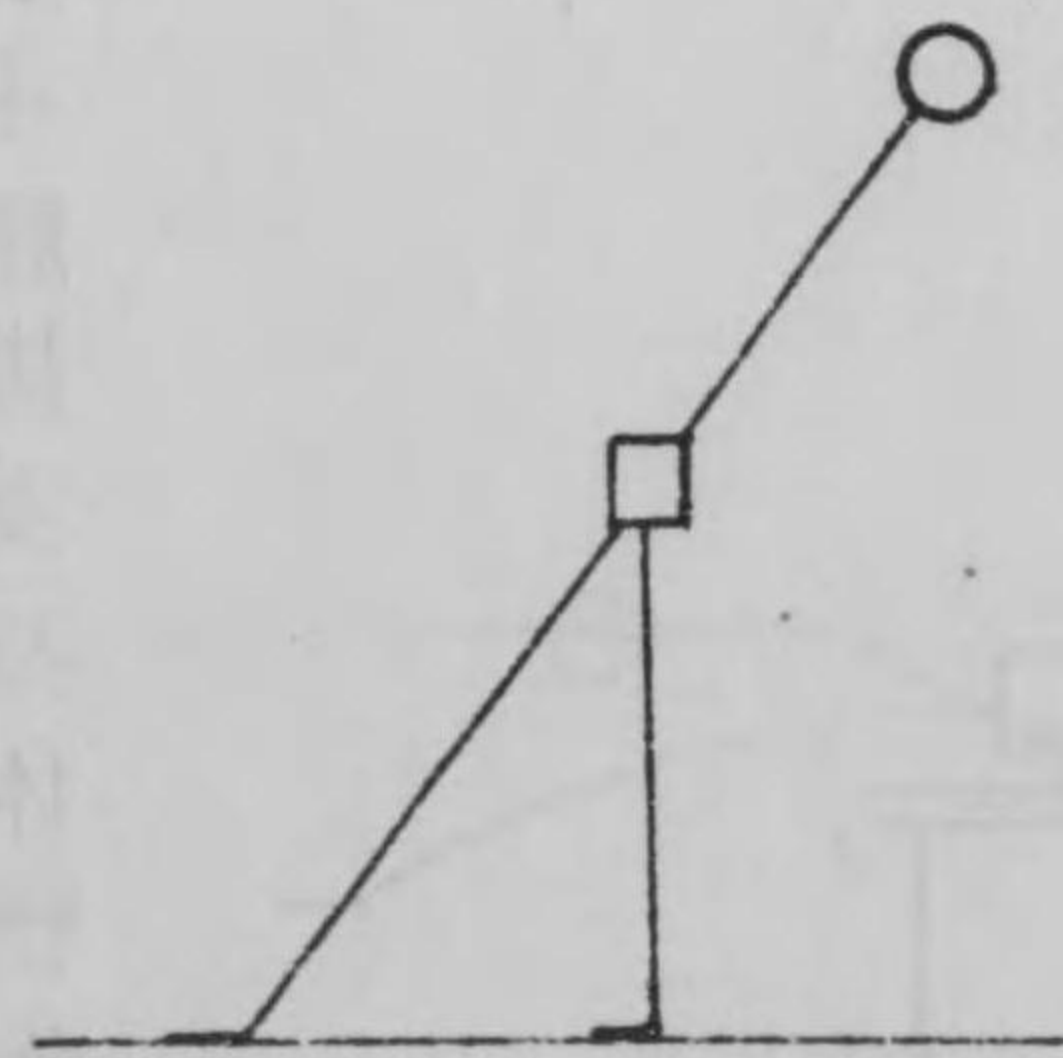




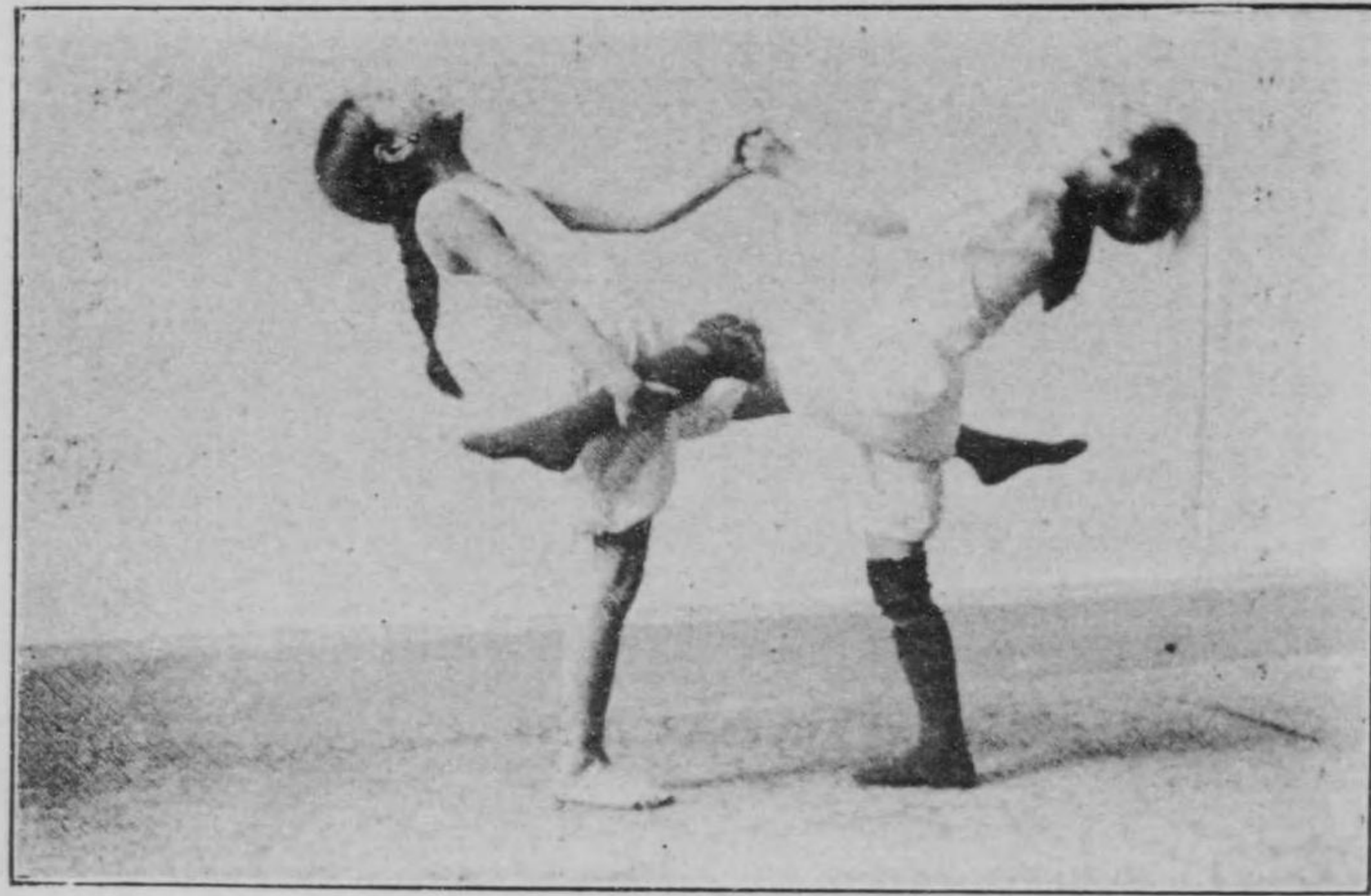
(二ノ其) 材教ノ腹 (三)



幫助腰掛足支持体後屈

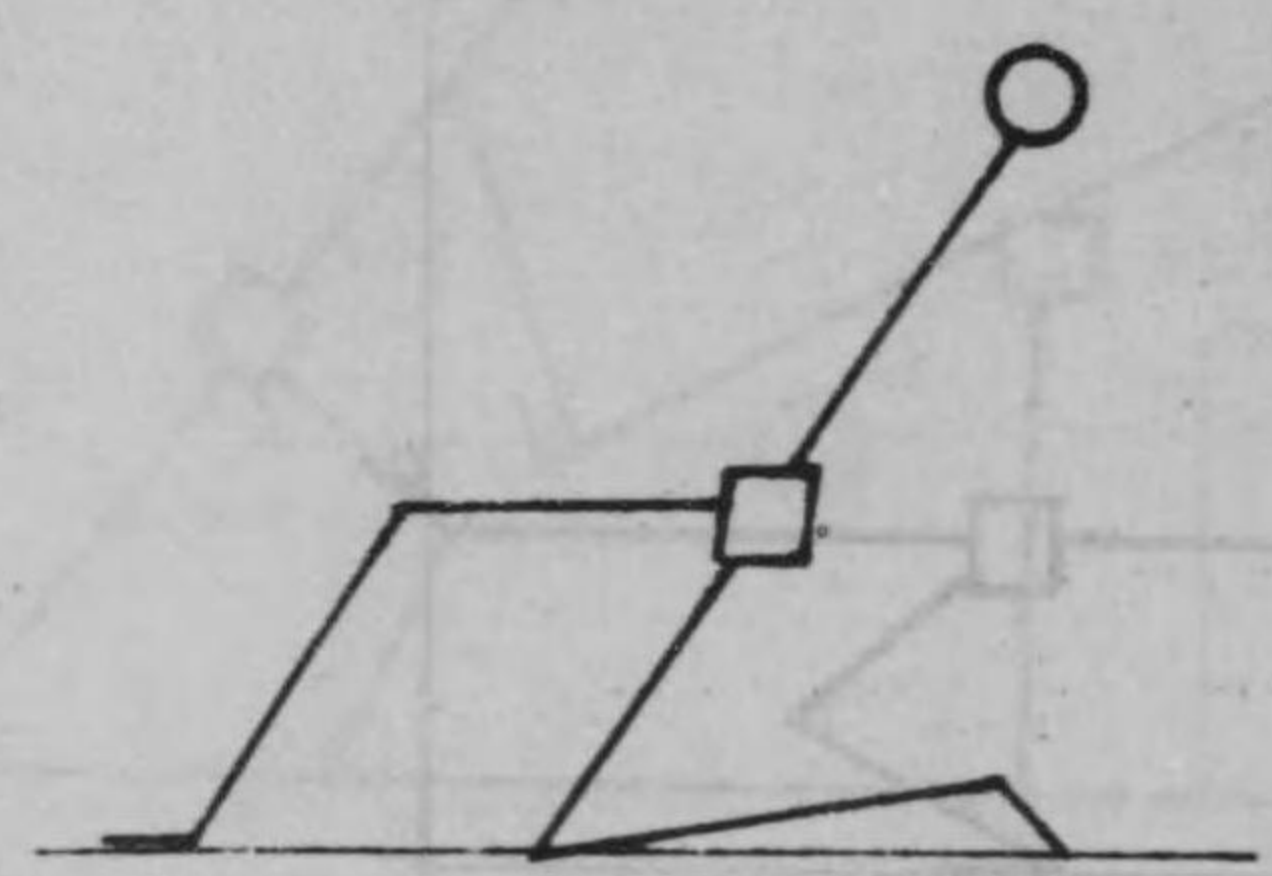


(4) 脚前出
足前出体後倒

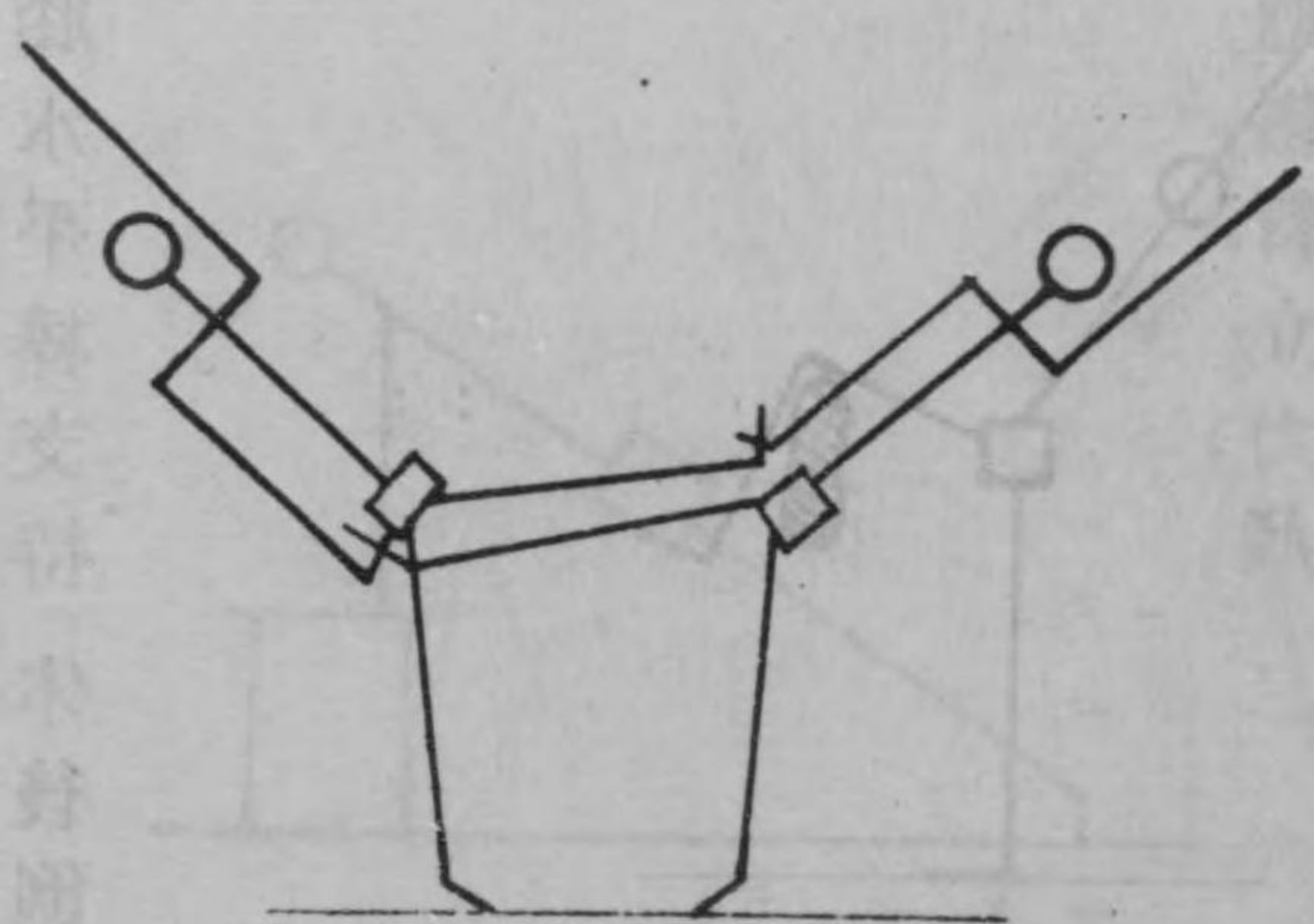


(三ノ共) 材教ノ腹 (三)

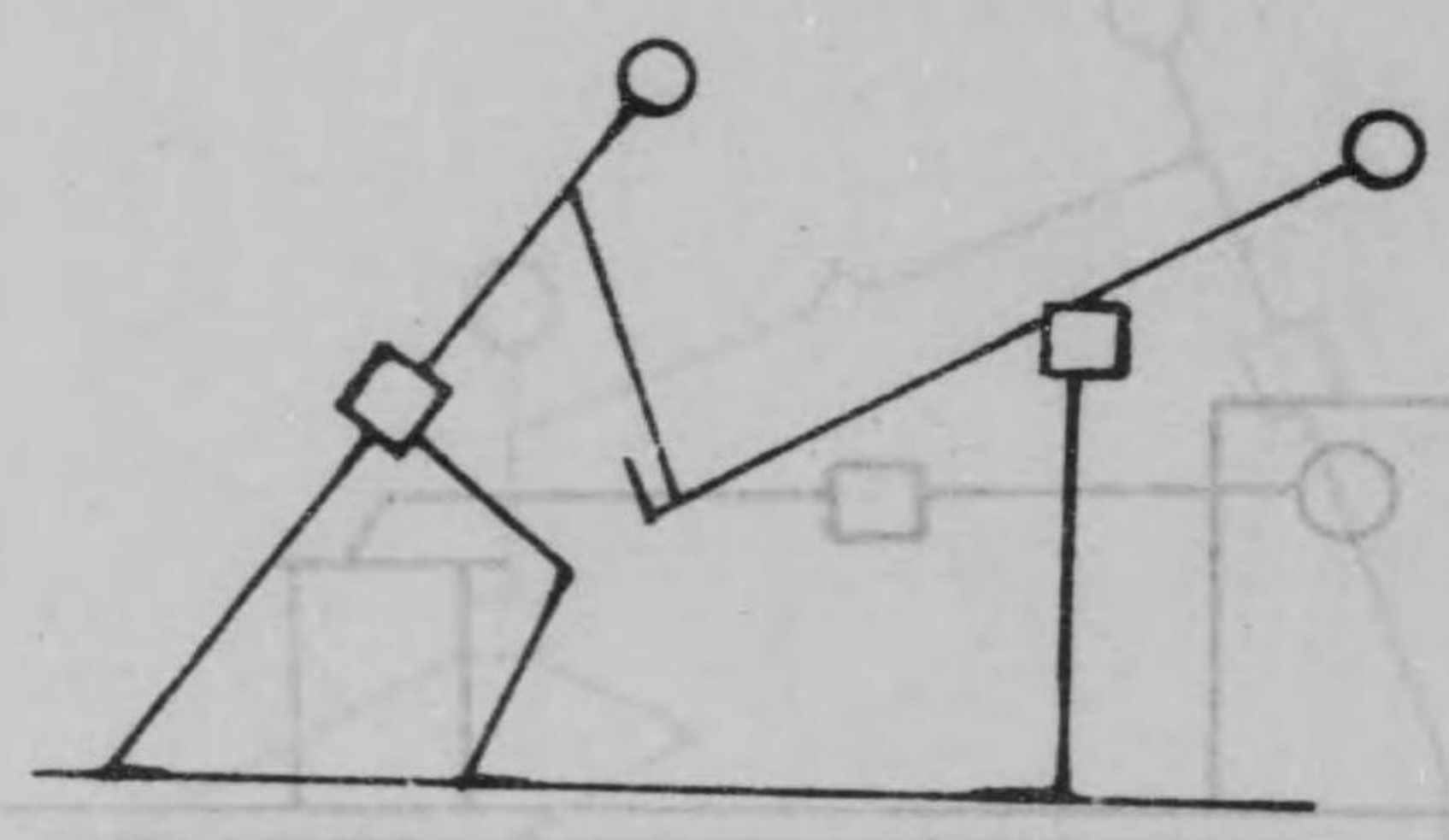
片屈膝前出片足膝立
臂前舉體後倒



二人相對足支持體後倒

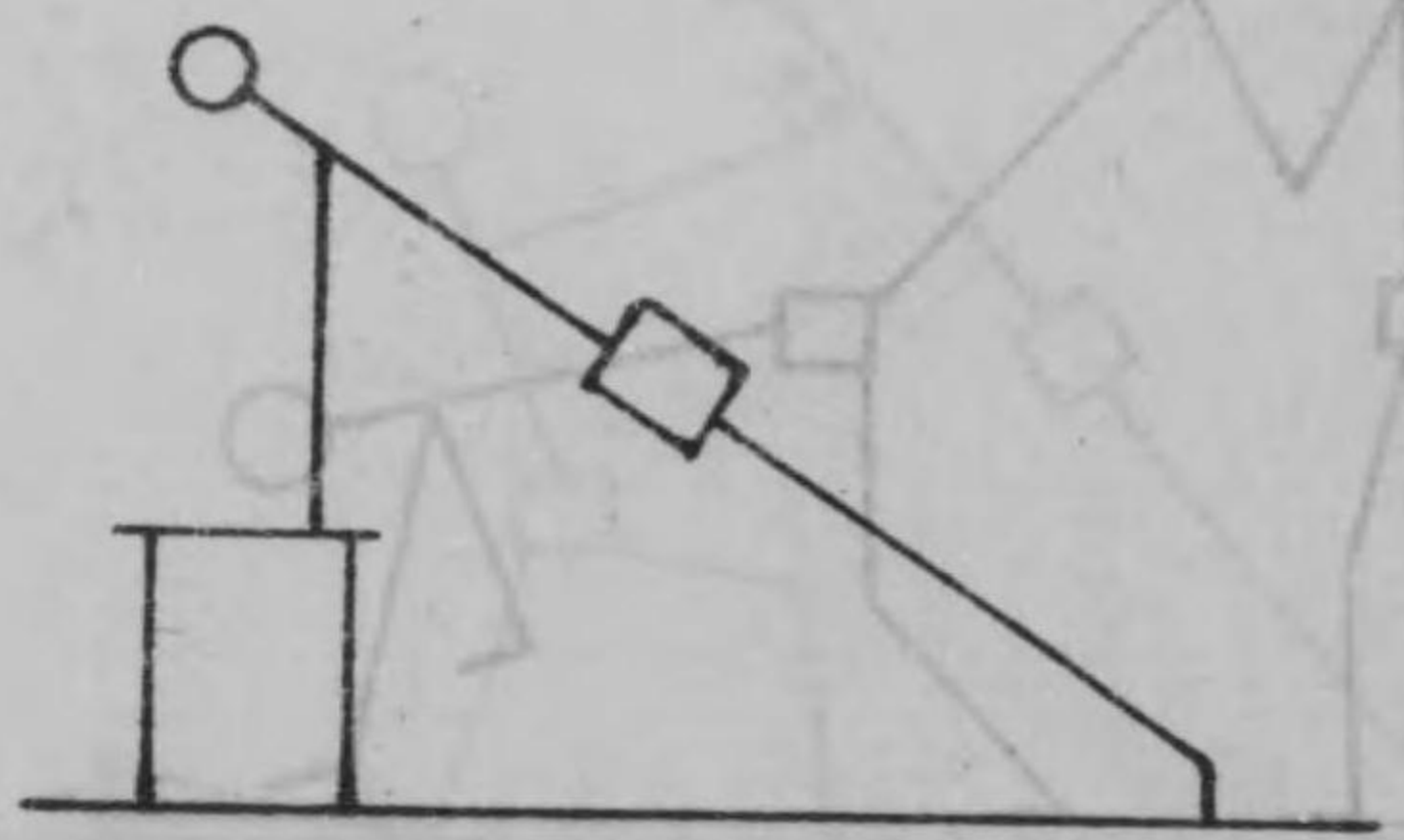


頸部土質立力超其臂上舉



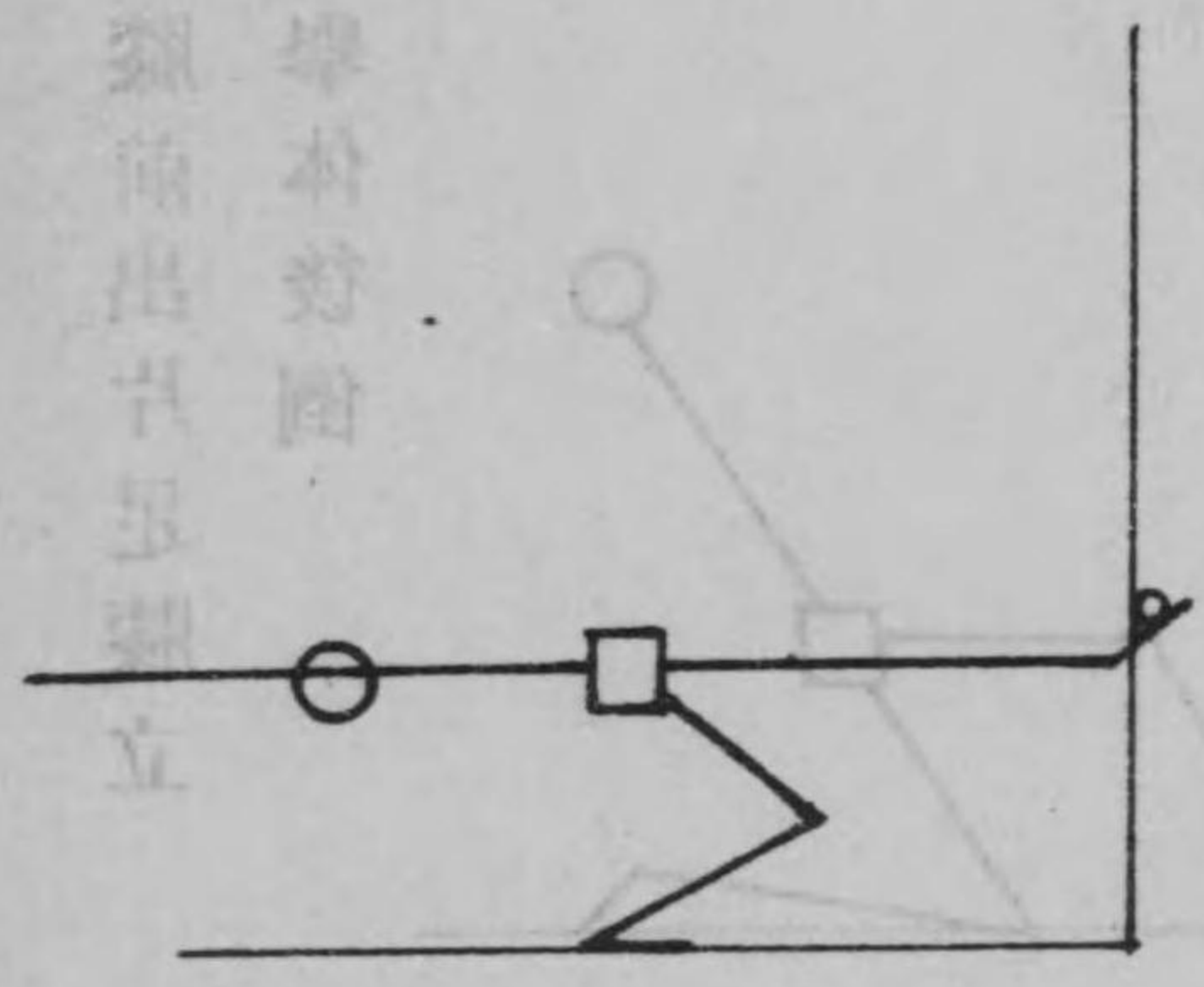
片脚補助支持体後倒

臂立力超其臂上舉



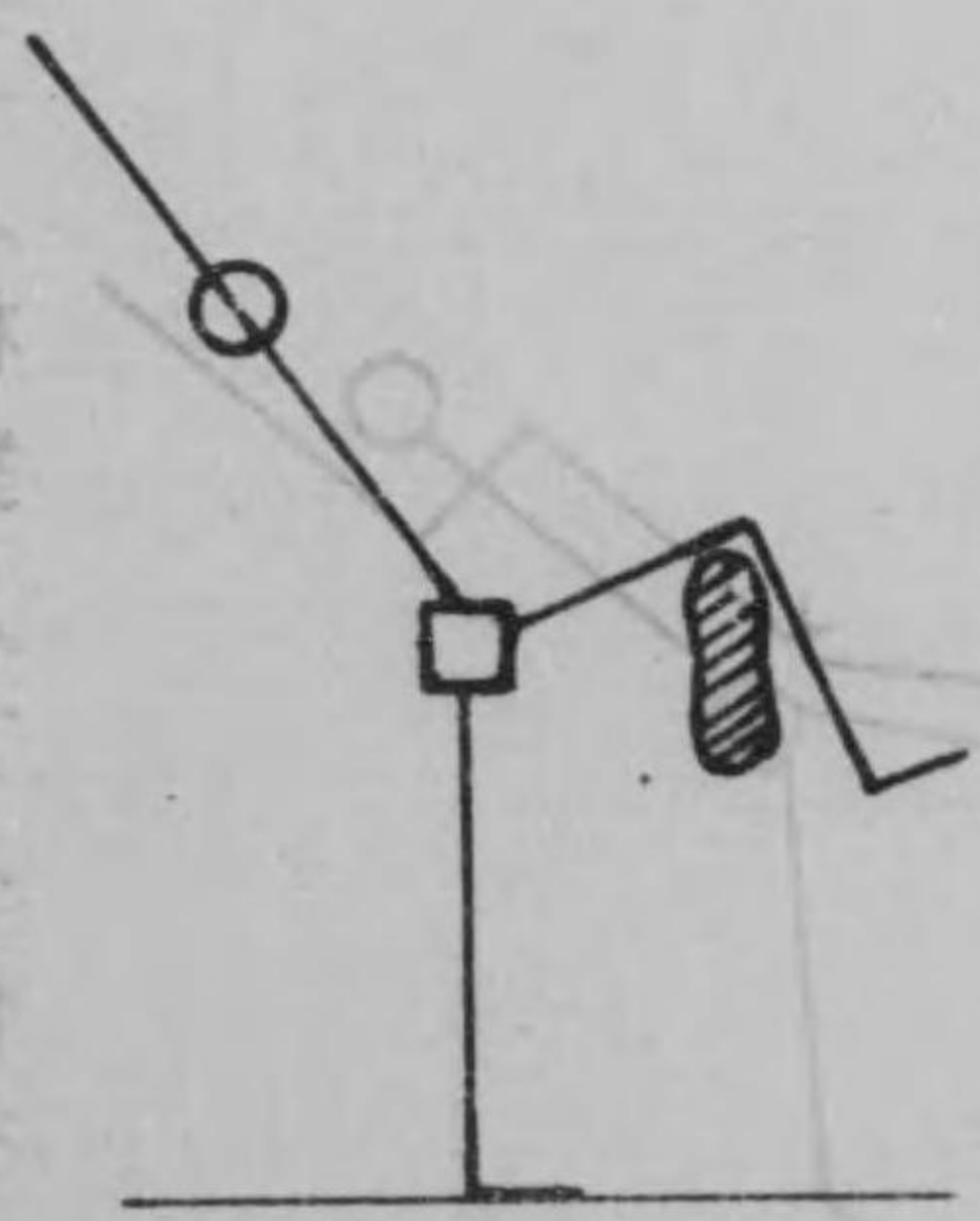
(三) 臂立伏臥ノ教材
臂腰掛臂立伏臥

背前舉木對面
片脚補助出其呈立



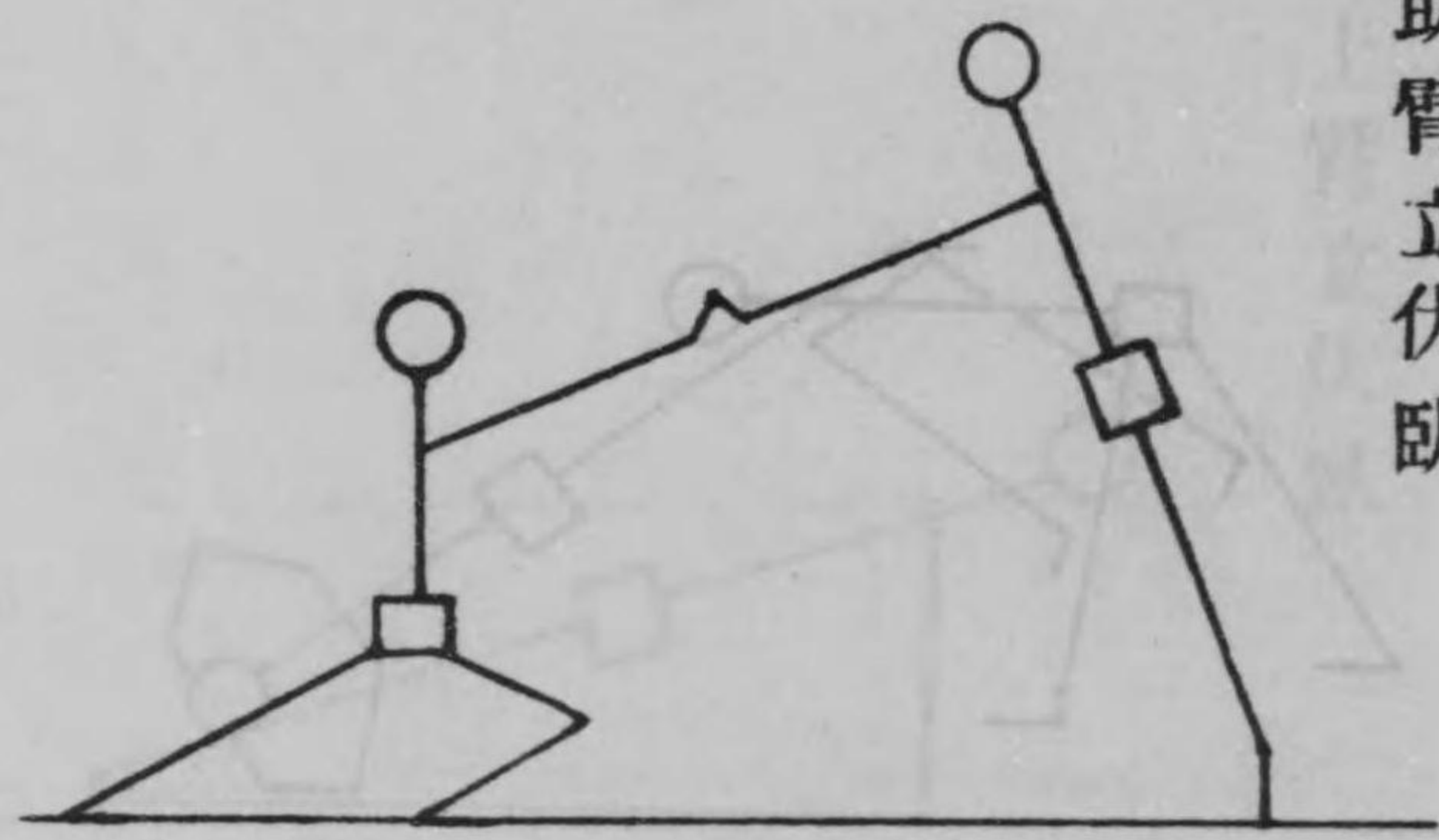
(5) 脚前舉支持
片脚助木支持体後倒

二人掛腰呈支持對面



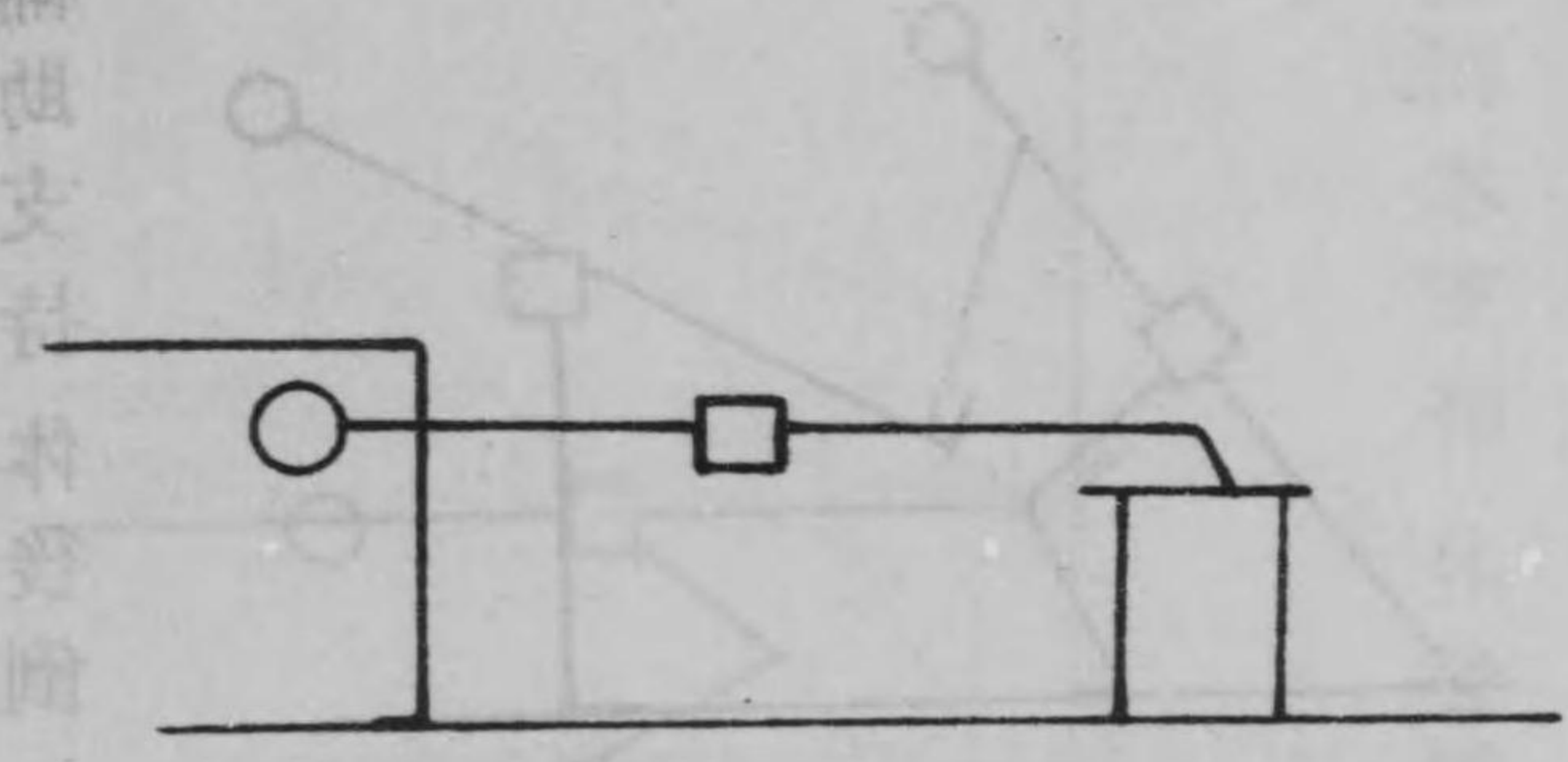
膝水平棒支持体後倒

臂立伏臥片上舉



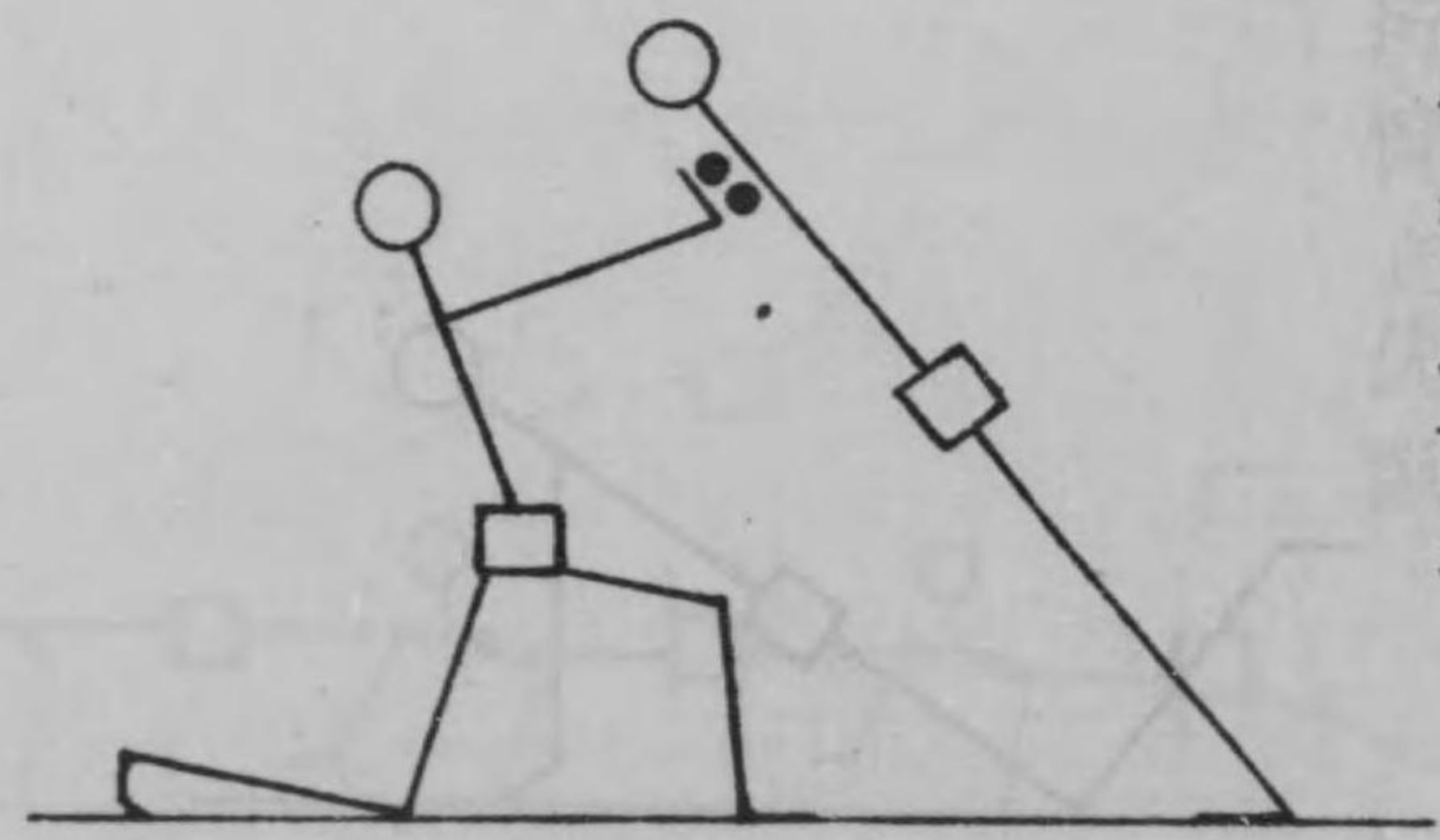
補助臂立伏臥

八關節相支



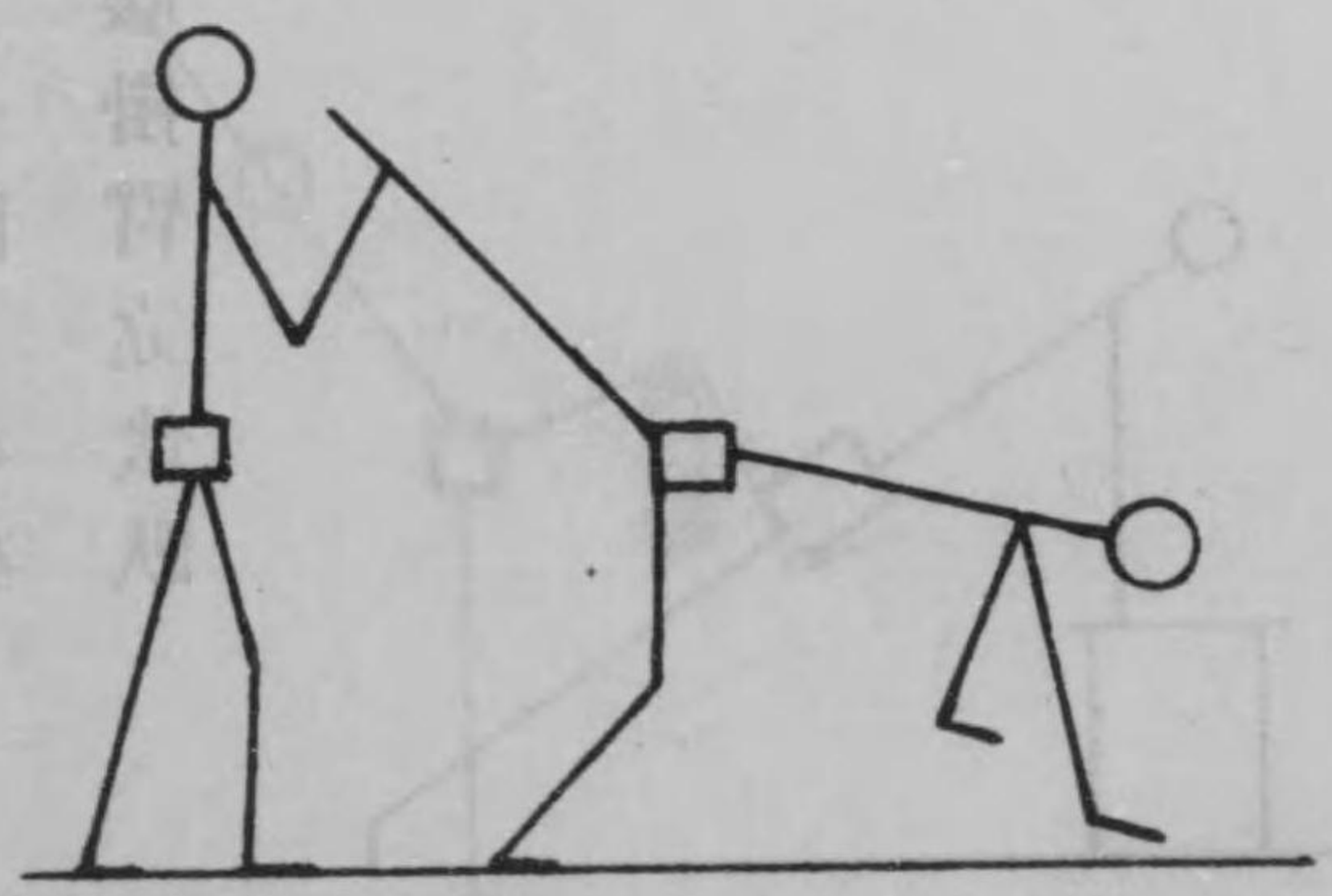
腰掛上臂立伏臥片臂上舉

體前倒幫助支持



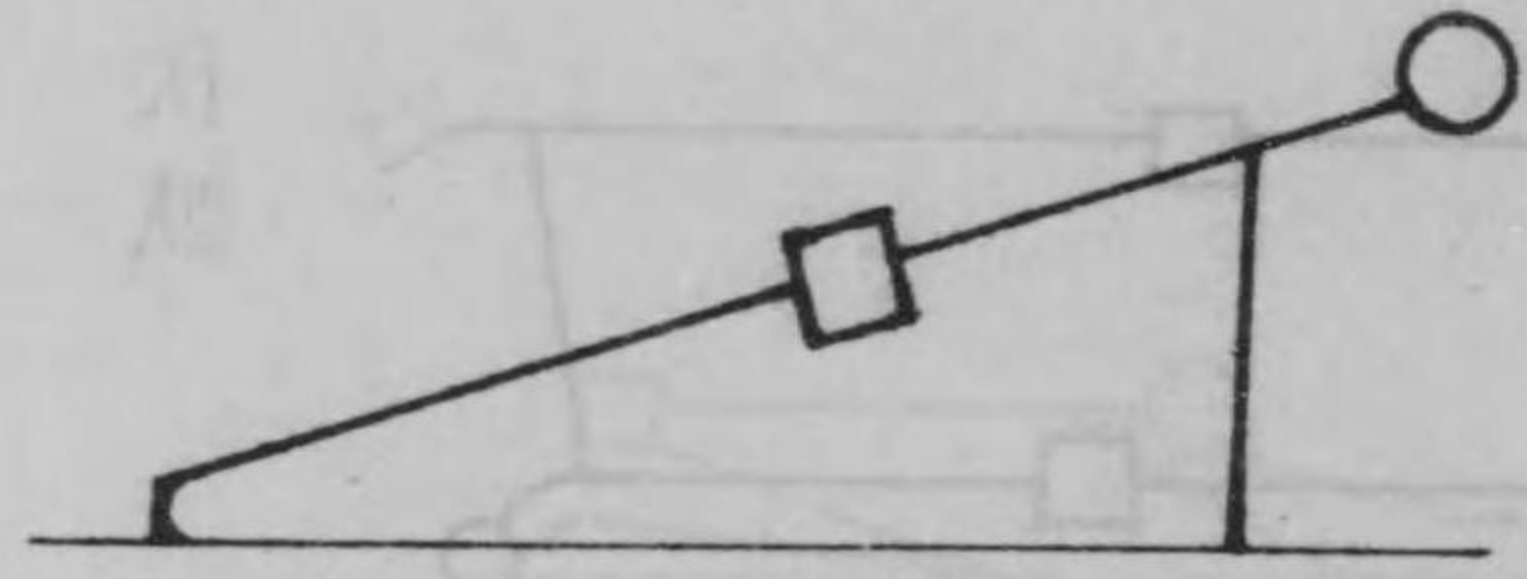
體前倒幫助支持

三臂立力相

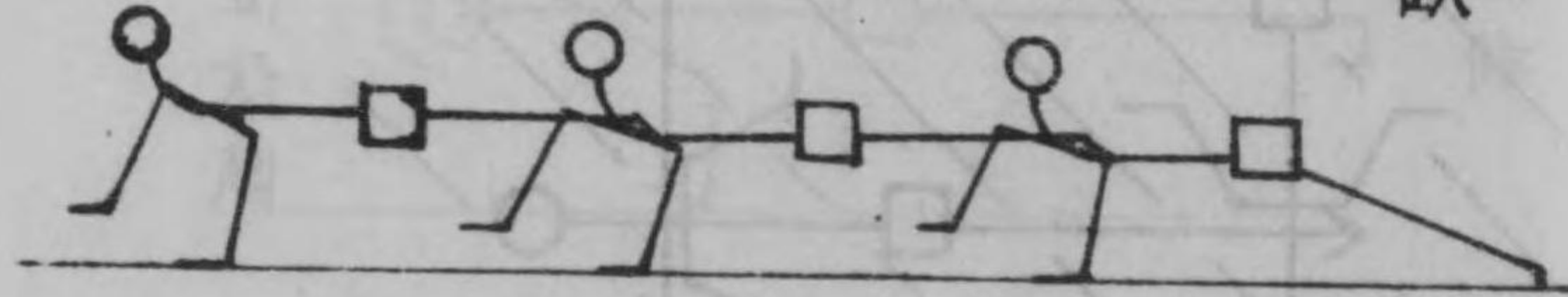


臂立伏臥幫助片足支持

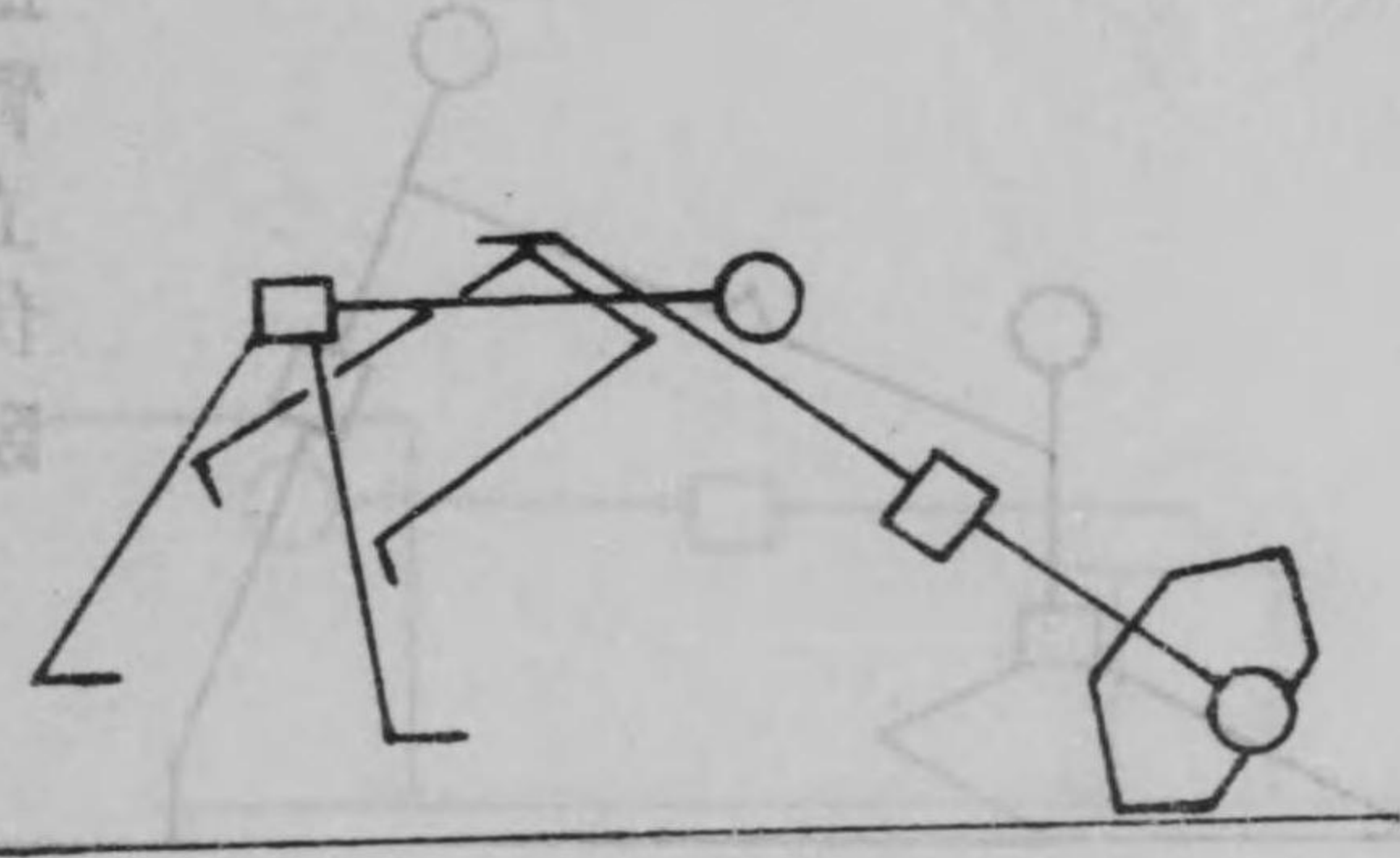
地上臂立伏臥



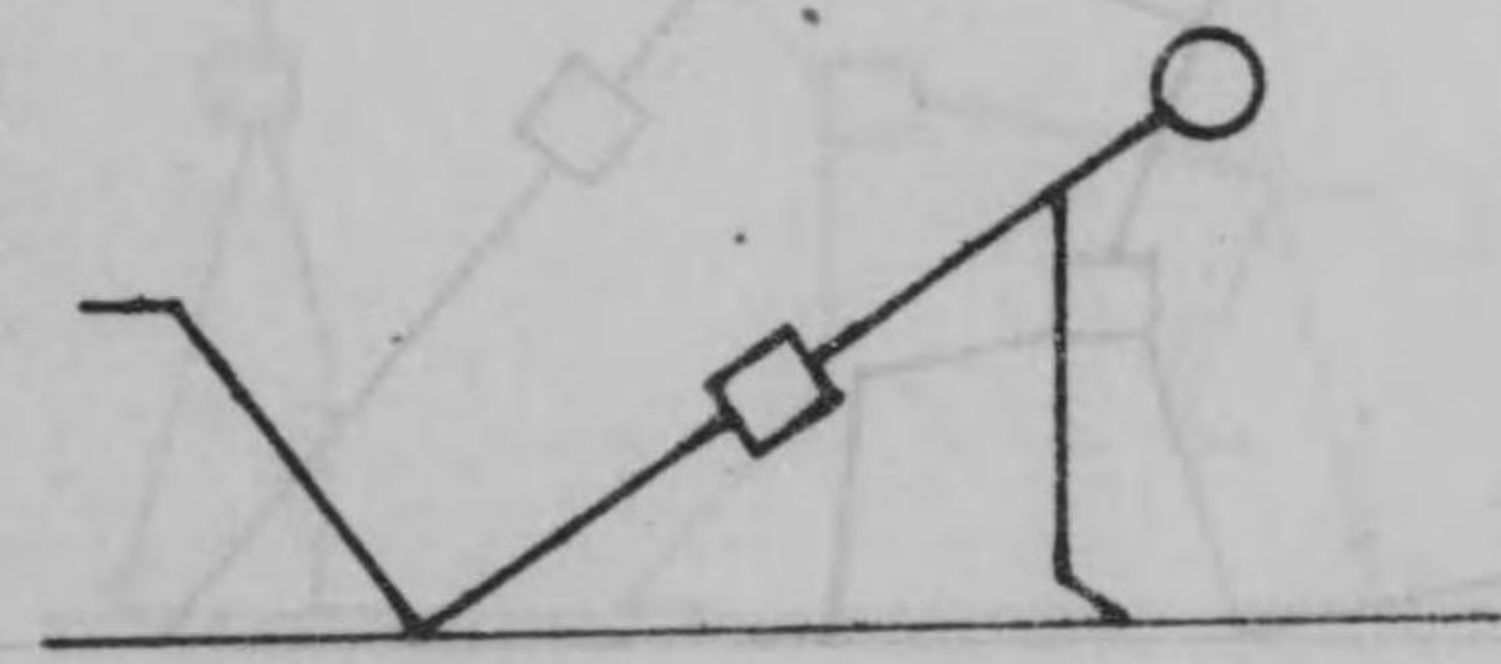
足高所臂立伏臥



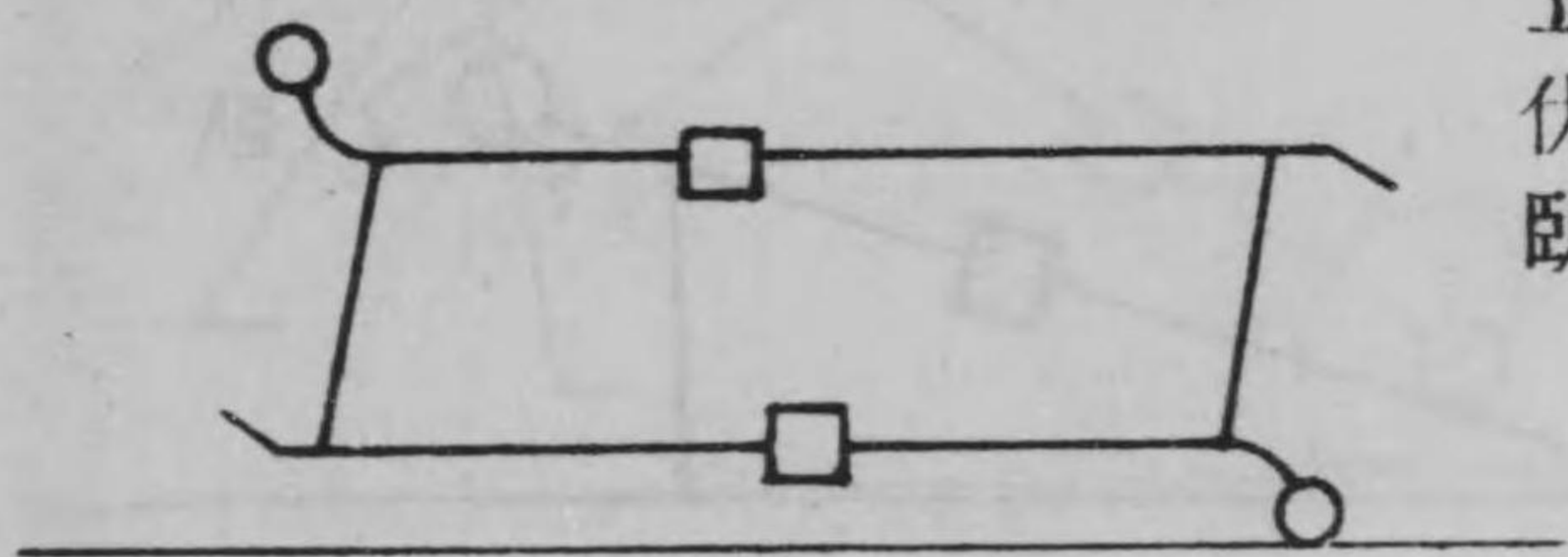
臂立伏臥足幫助支持



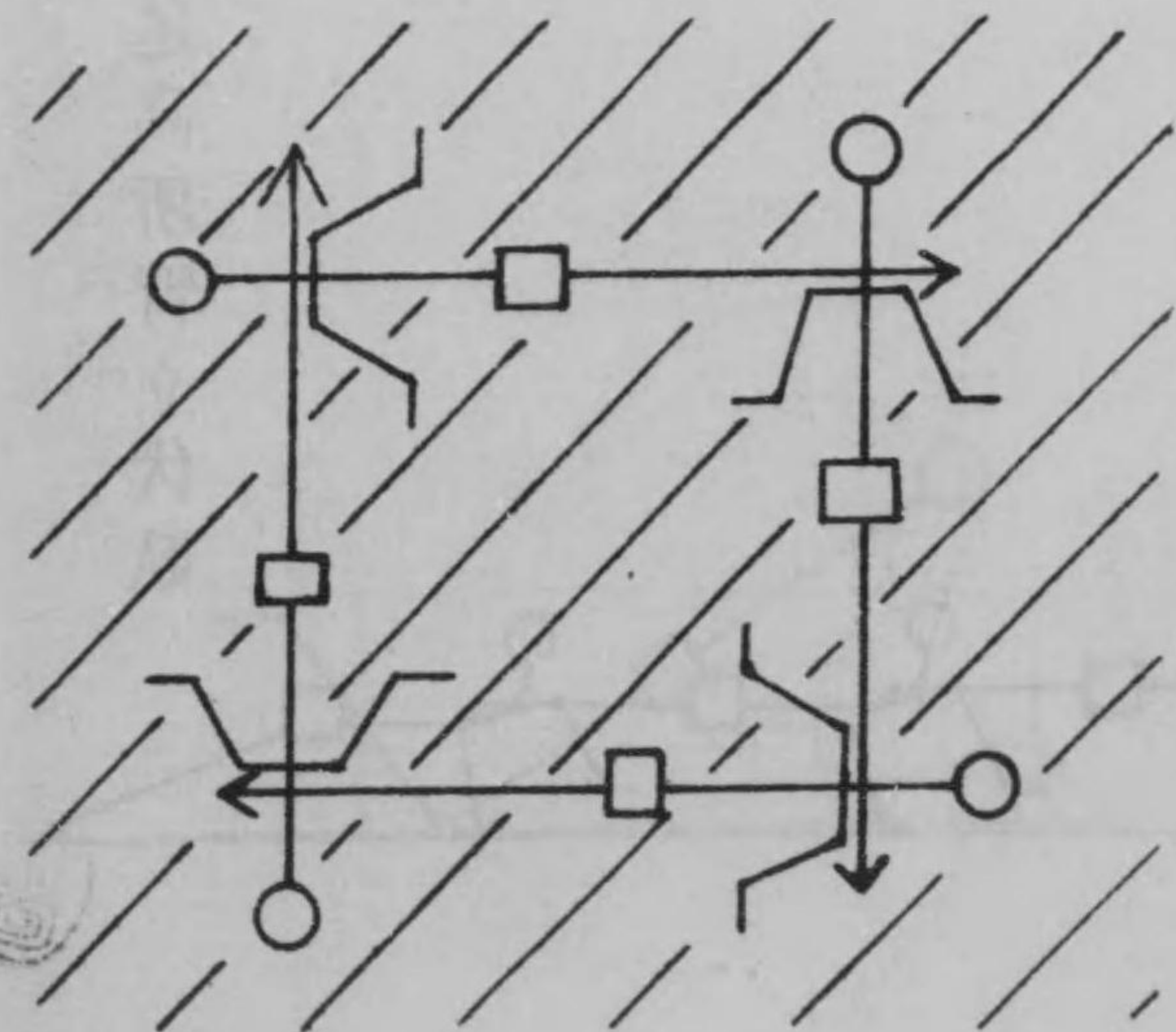
膝立臂立伏臥



人上臂立伏臥



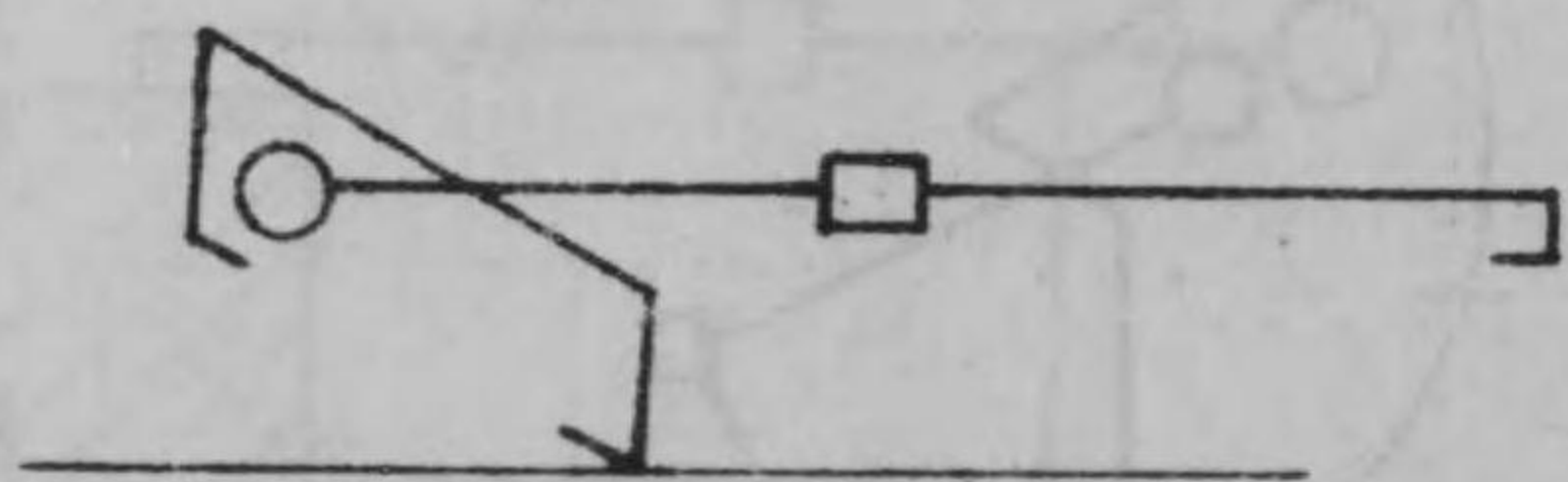
足ヲ人上臂立伏臥



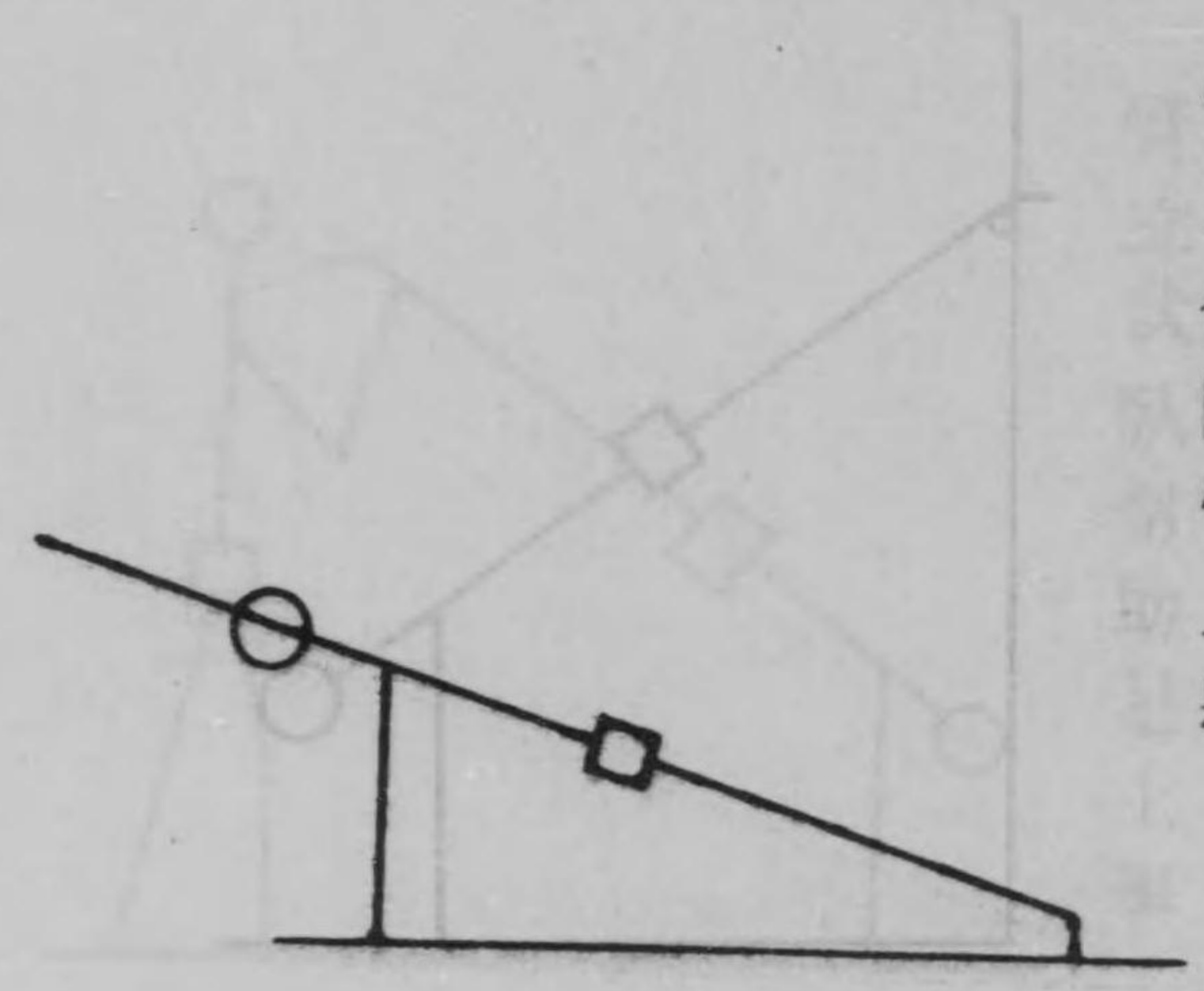
屈膝臂前伏臥



臂立伏臥臂屈伸

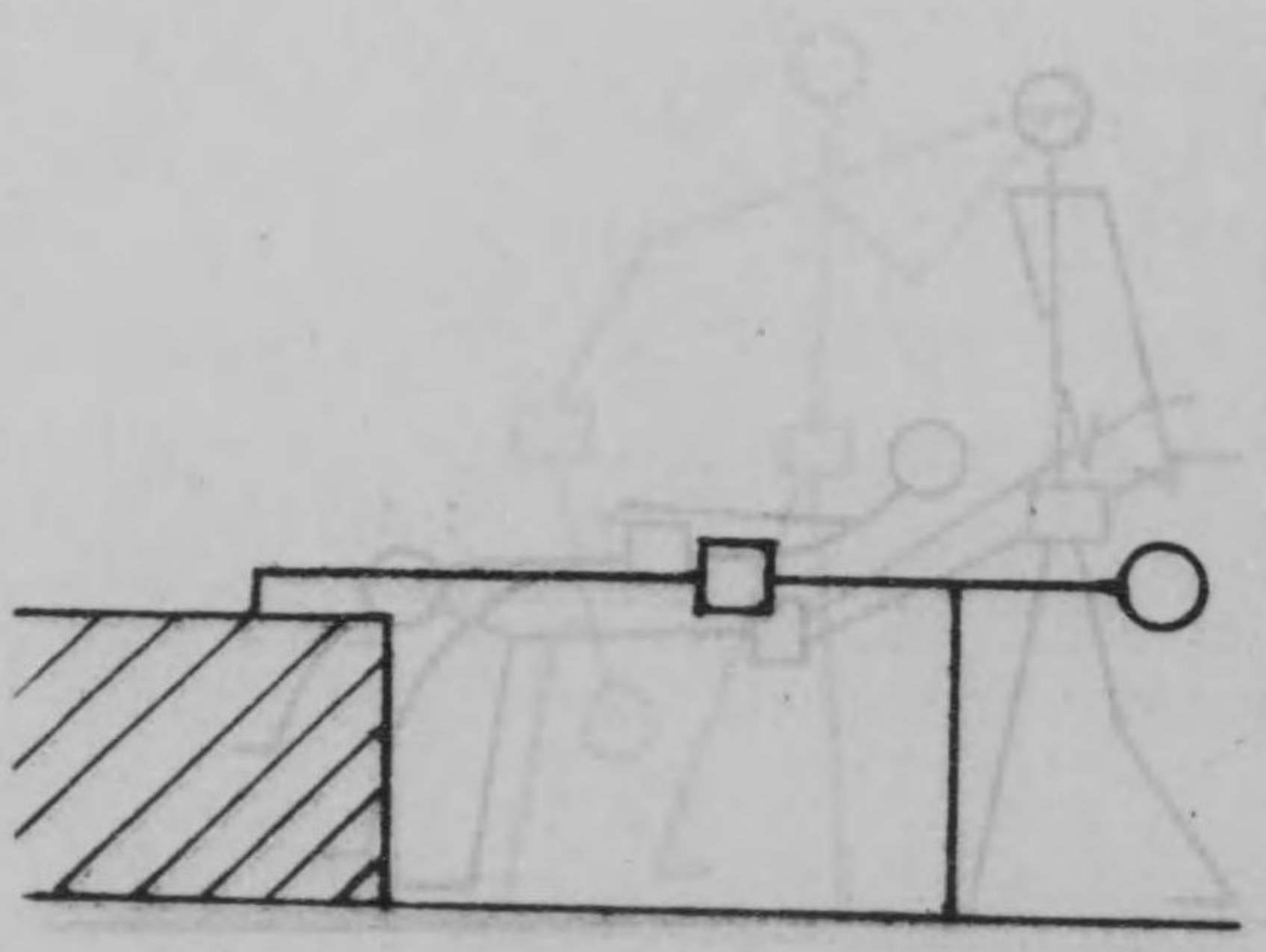


以高所仰木支臂開立



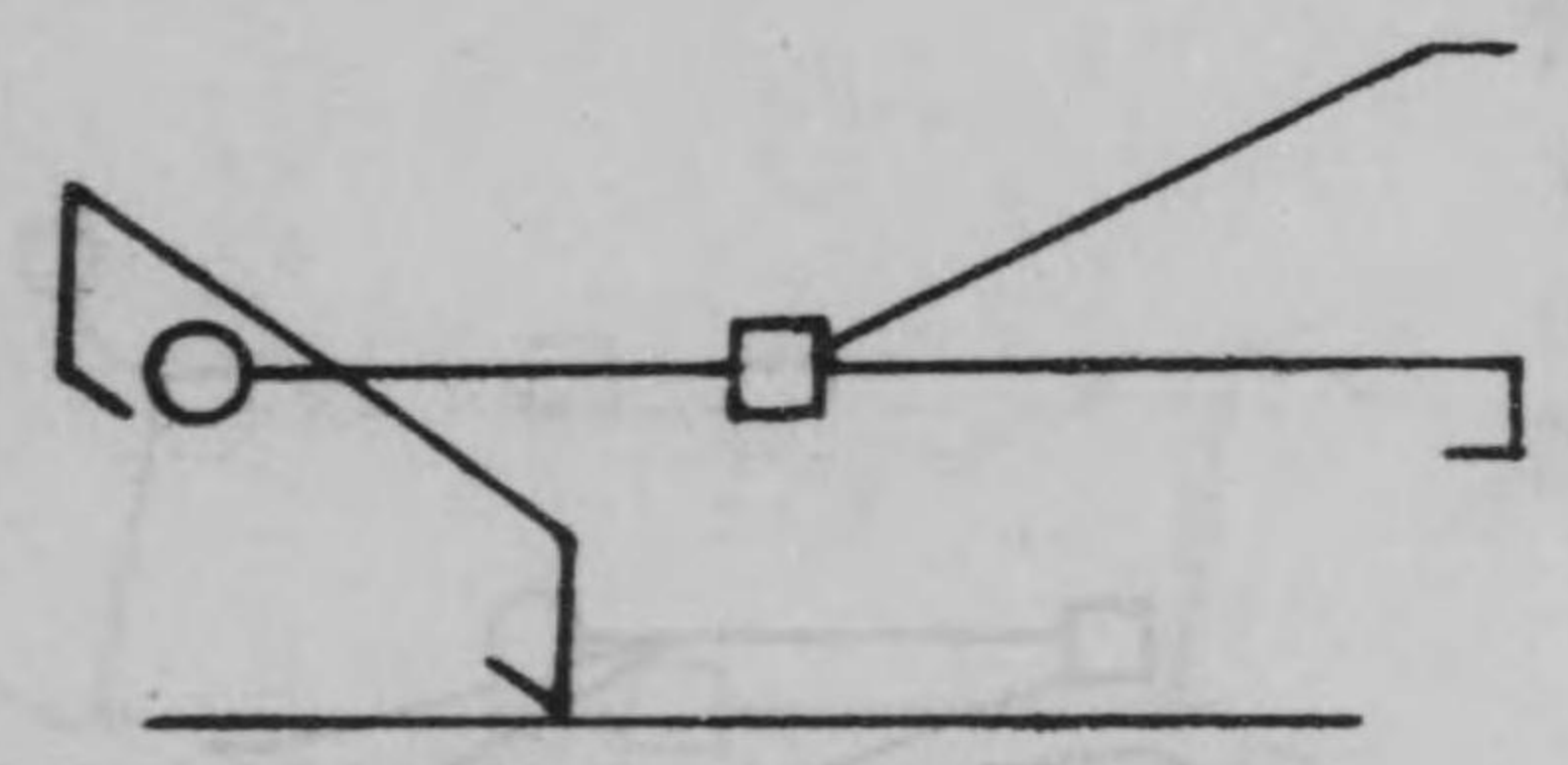
臂立伏臥臂上舉

臂立於榻前仰木支上舉



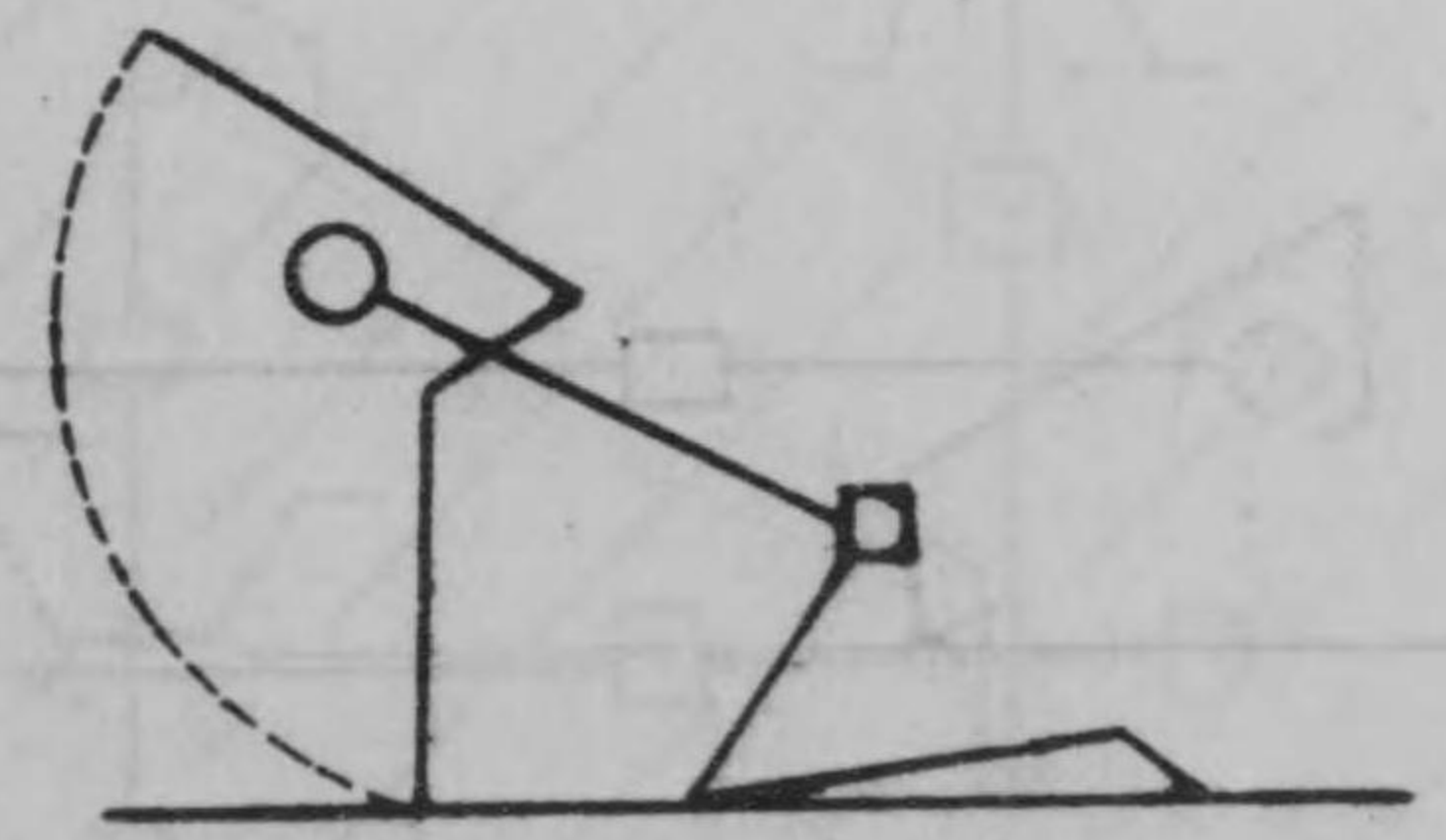
足高所臂立伏臥

用繩臂前為屈

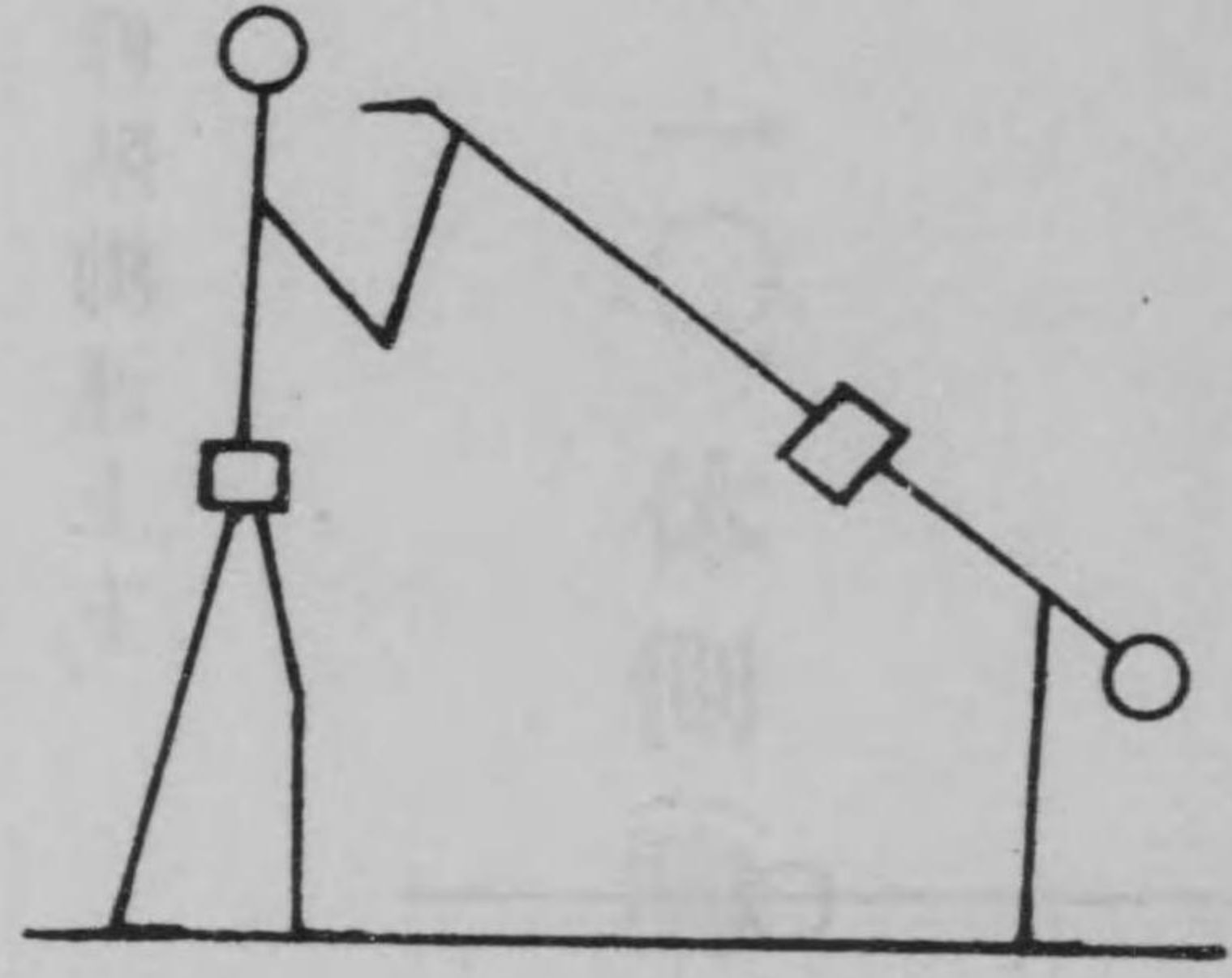


臂立伏臥脚上舉

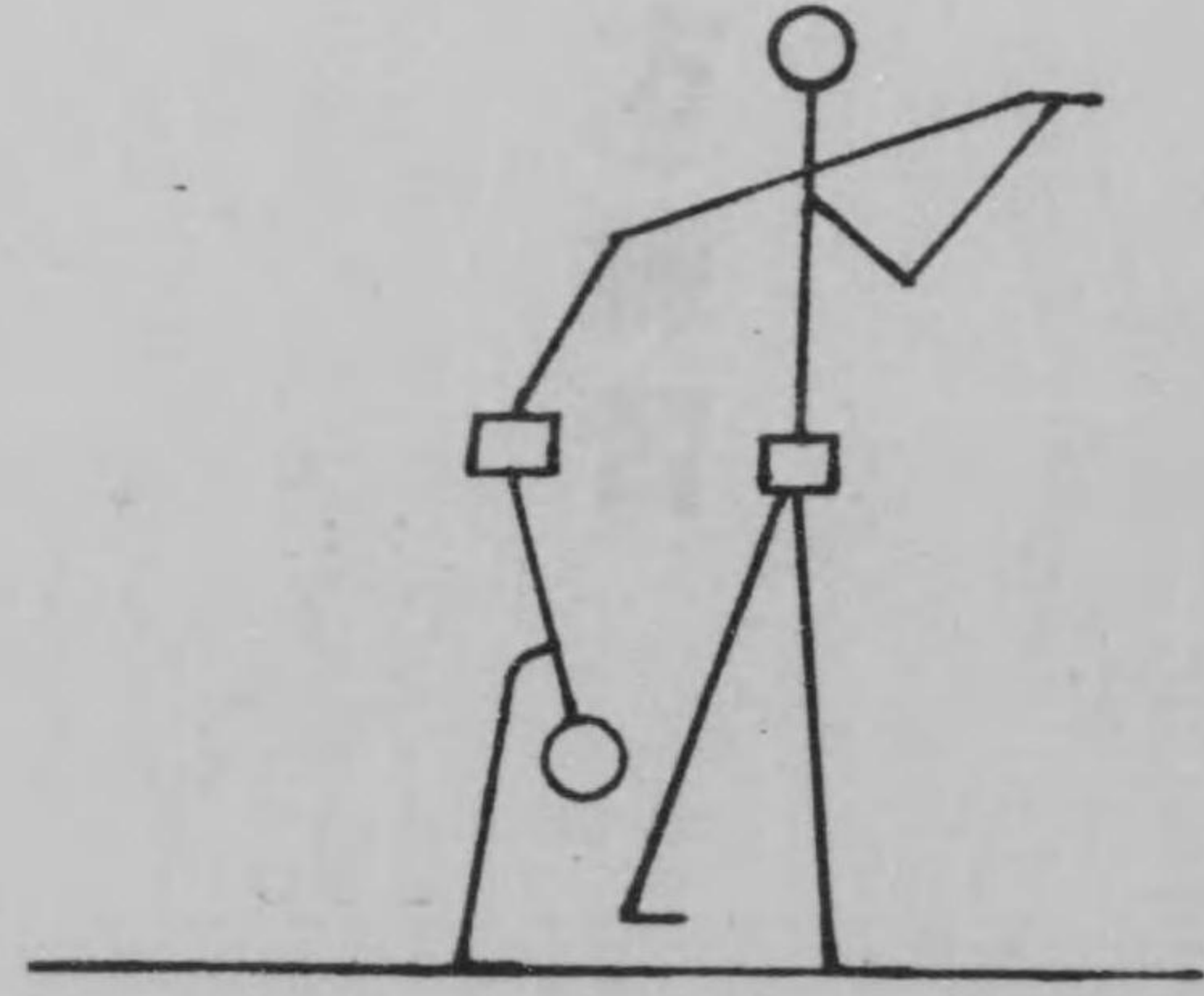
臂立於榻前仰木支上舉



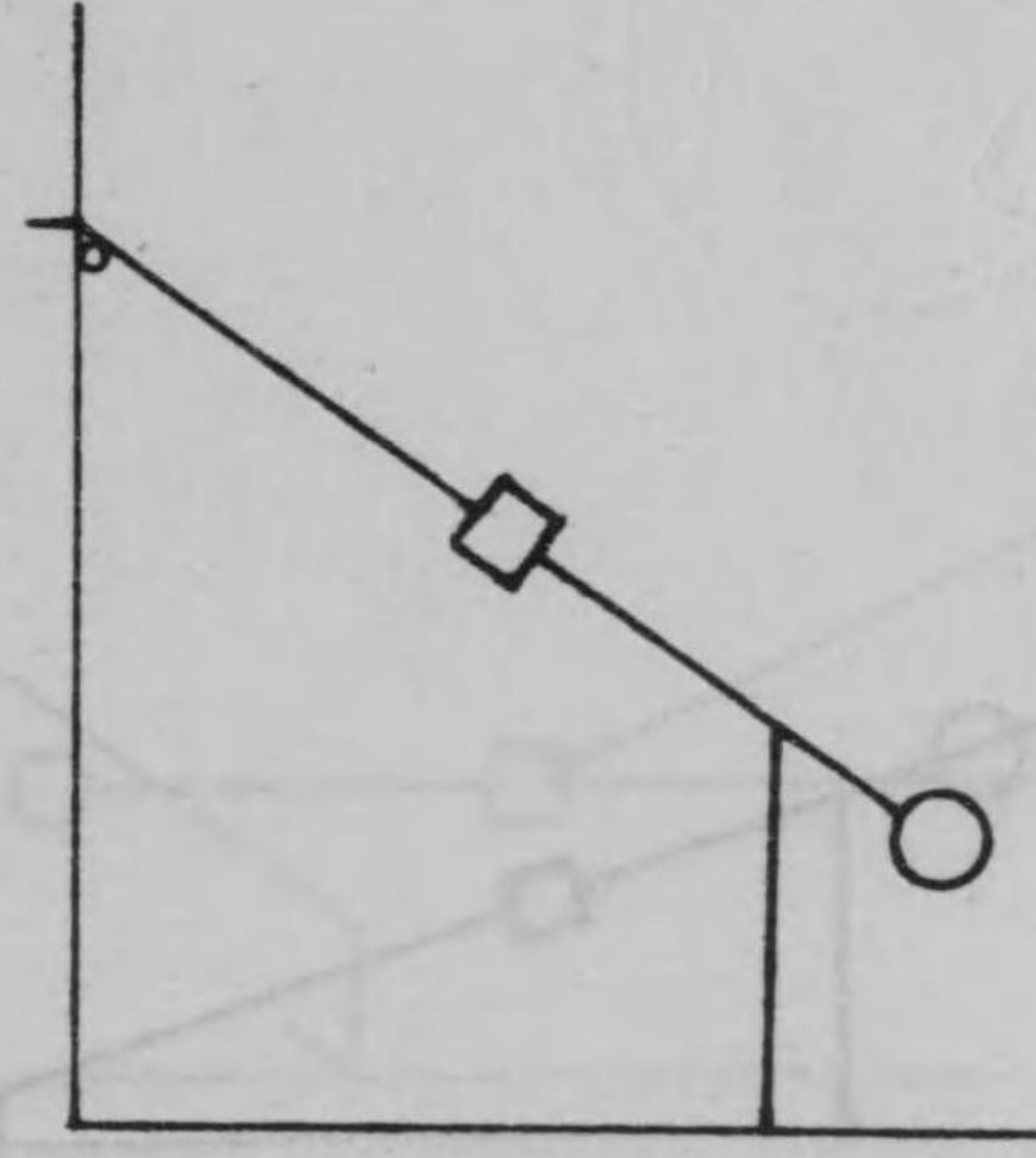
膝臂立伏臥片臂上舉



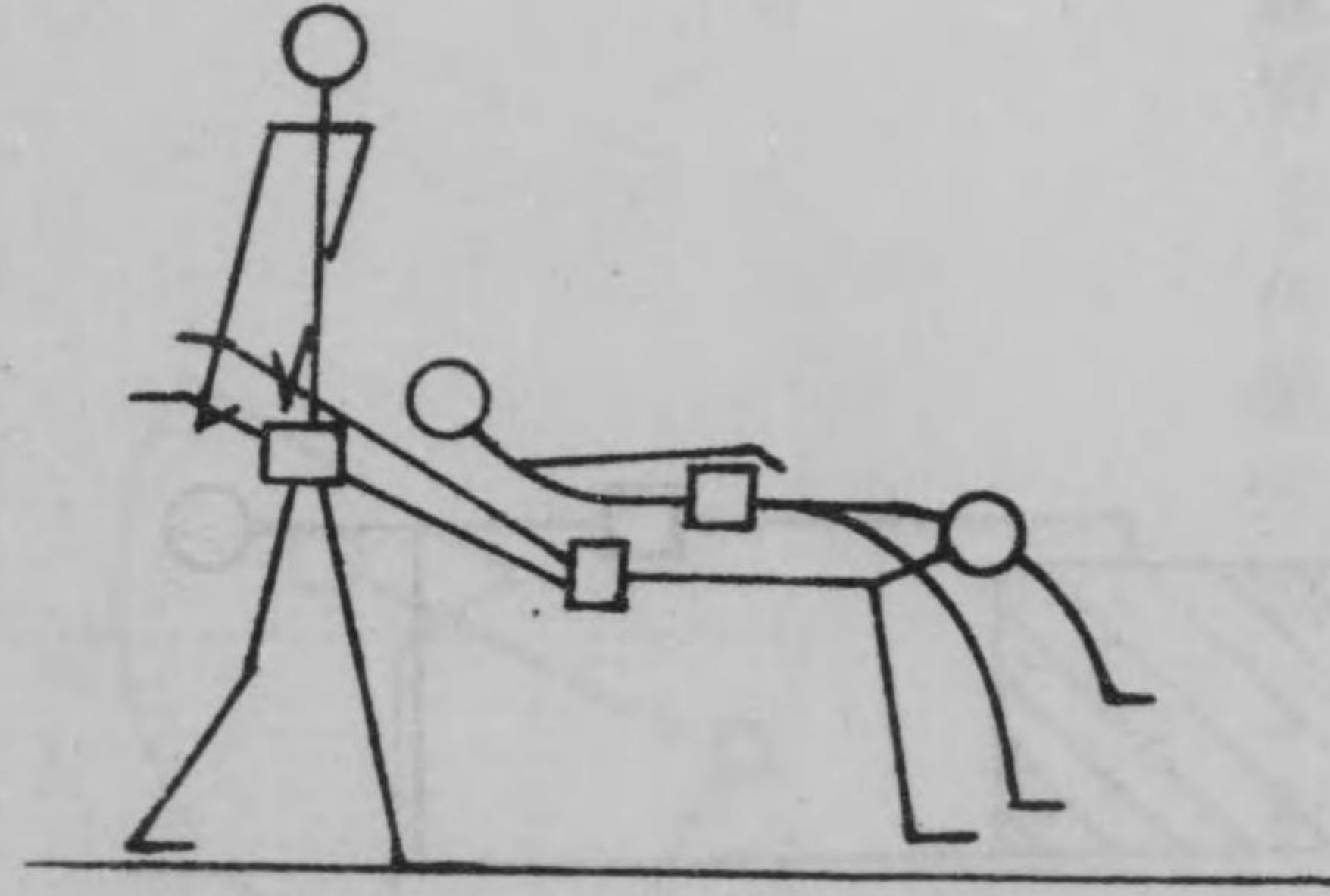
臂立伏臥幫助足上舉



逆立幫助足支持



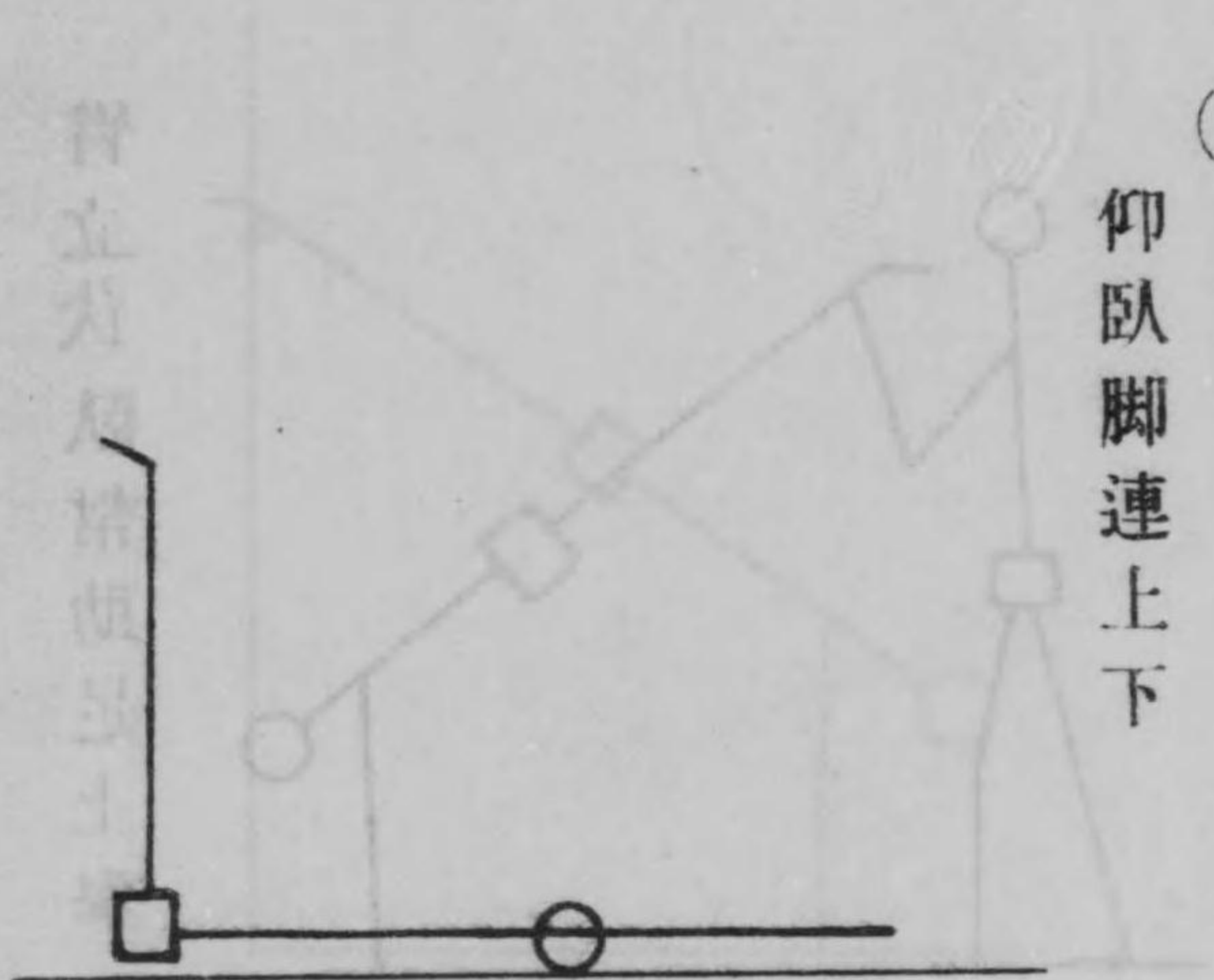
足高所助木支持倒立



臂立伏臥幫助足上舉

一〇、体側(胸幹側方)練習

(四) 仰臥シテ行フ教材
仰臥脚連上下



第十章 体側(軀幹側方)練習

一、目的

1. 体側諸筋を強健にし腹内の諸器に確固たる支持を與ふ
2. 脊柱の可動性を増し且其の正常保持力を堅確にす
3. 胸腹腔内に於ける諸臓器の機能を促進す

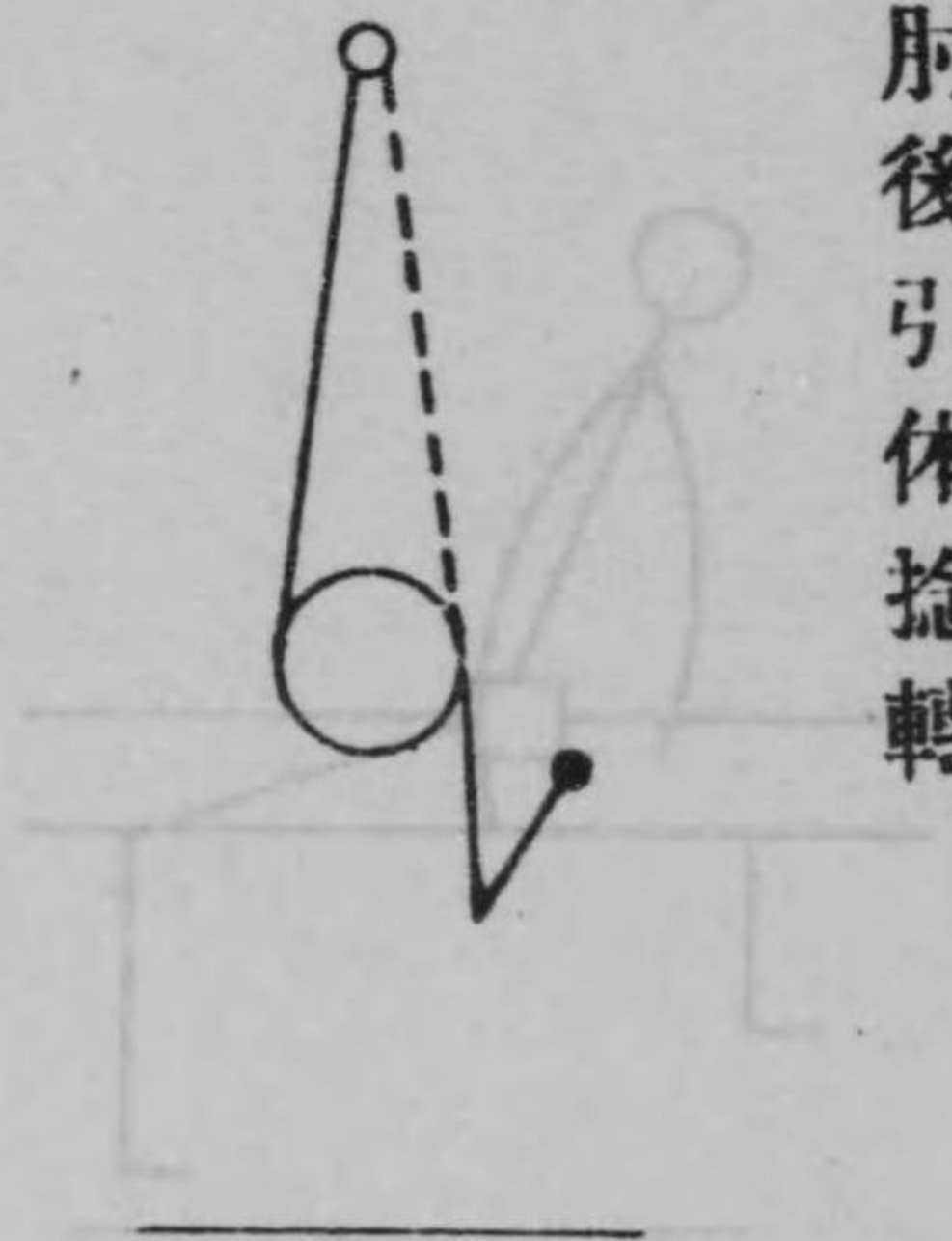
二、練習の構成

1. 運動成立に與かる下肢(及び上肢)
2. 練習目的部即ち胸腹側の諸筋
3. 脊柱全体

三、要領

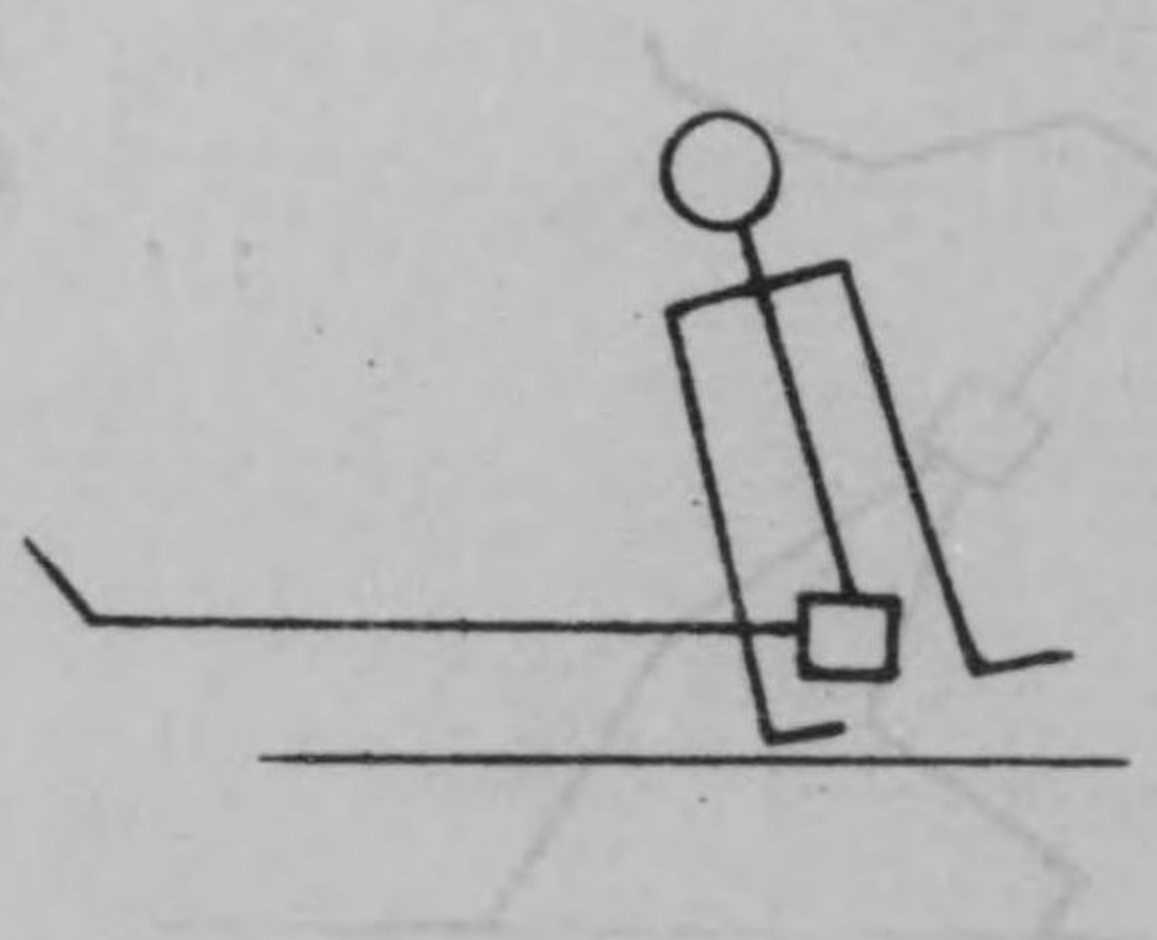
1. 捻轉運動に於ては程度に應じ腹の姿勢を變化して漸次骨盤を固定すること
 2. 体側屈運動に於ては脊柱全体は十分側屈すること之がためには骨盤を正しく保持し脊柱上部より次第に深く屈すること
 3. 体側倒に於ては体側諸筋の抵抗的努力を考慮して正しく倒すこと
 4. 屈膝斜前倒は全身の綜合的支配特に体側及び背側諸筋の抵抗的努力に注意すること
 5. 臂立側臥は懸舉的努力と軀幹の正常保持とに努むること
 6. 呼吸はすべて自由なること
- 側屈捻轉のとき呼吸を以てすれば要領正しからしむるに利あり又吸氣を以てすれば腹部内臓に好影響を及ぼすの利あり

(一) 一体捻轉ノ教材
肘後引体捻轉



肘後引体捻轉

座体捻轉



座体捻轉

三三三

一、目的

二、準備

三、実施

四、注意

五、まとめ

六、参考文献

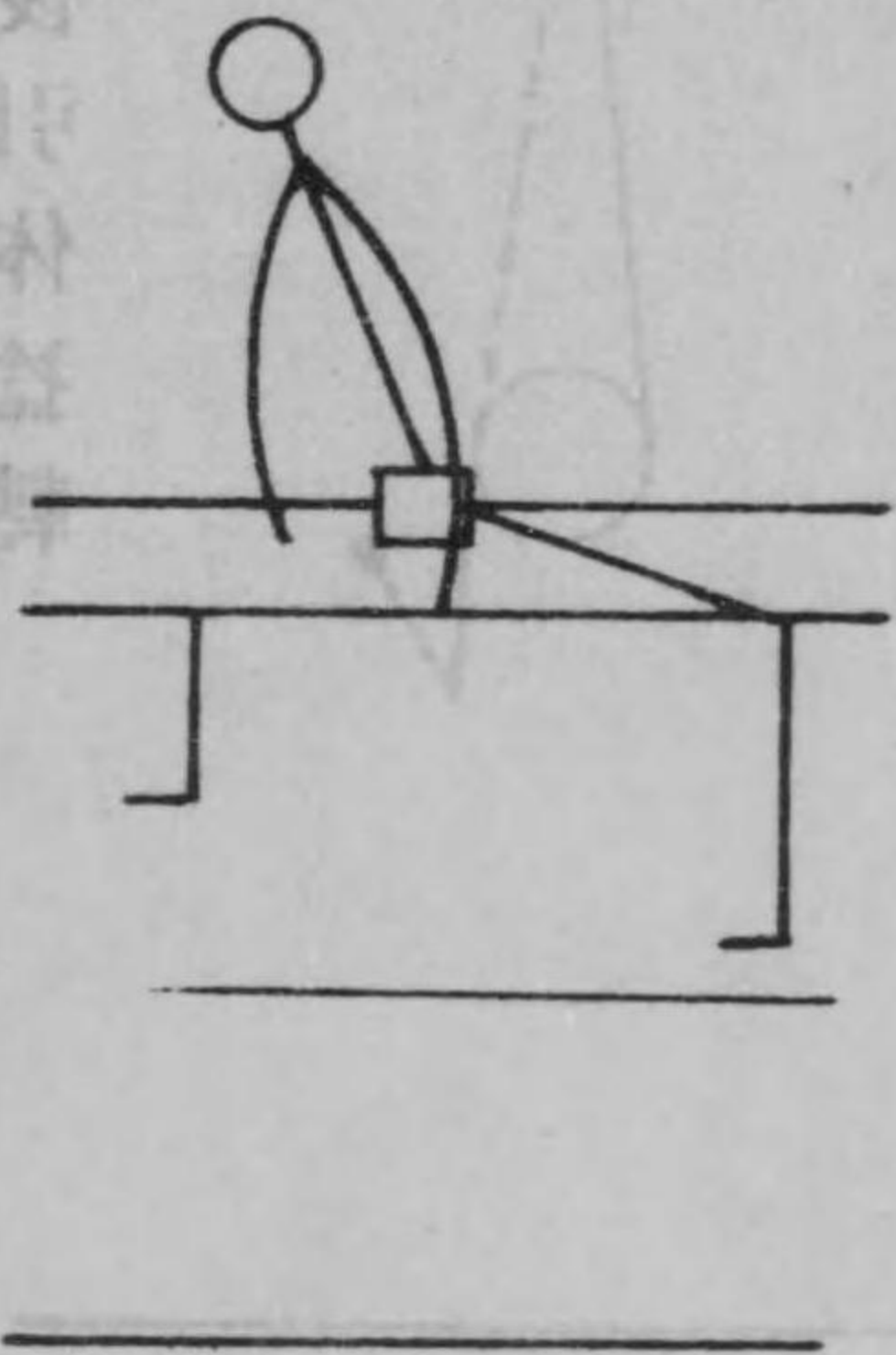
七、おわりに

八、おわりに

九、おわりに

十、おわりに

腰掛体捻轉

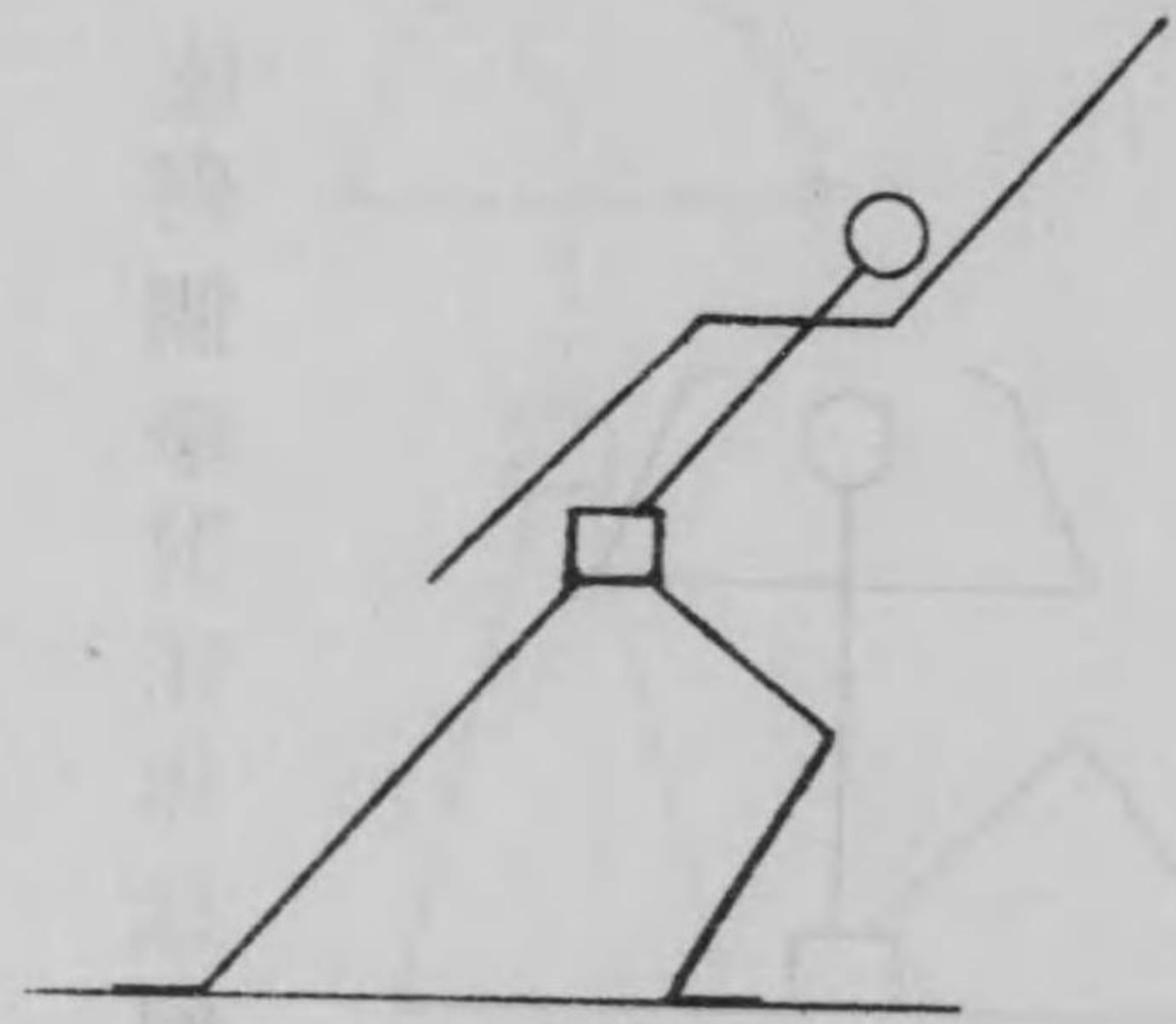


相對片拵
二有公詳、意林

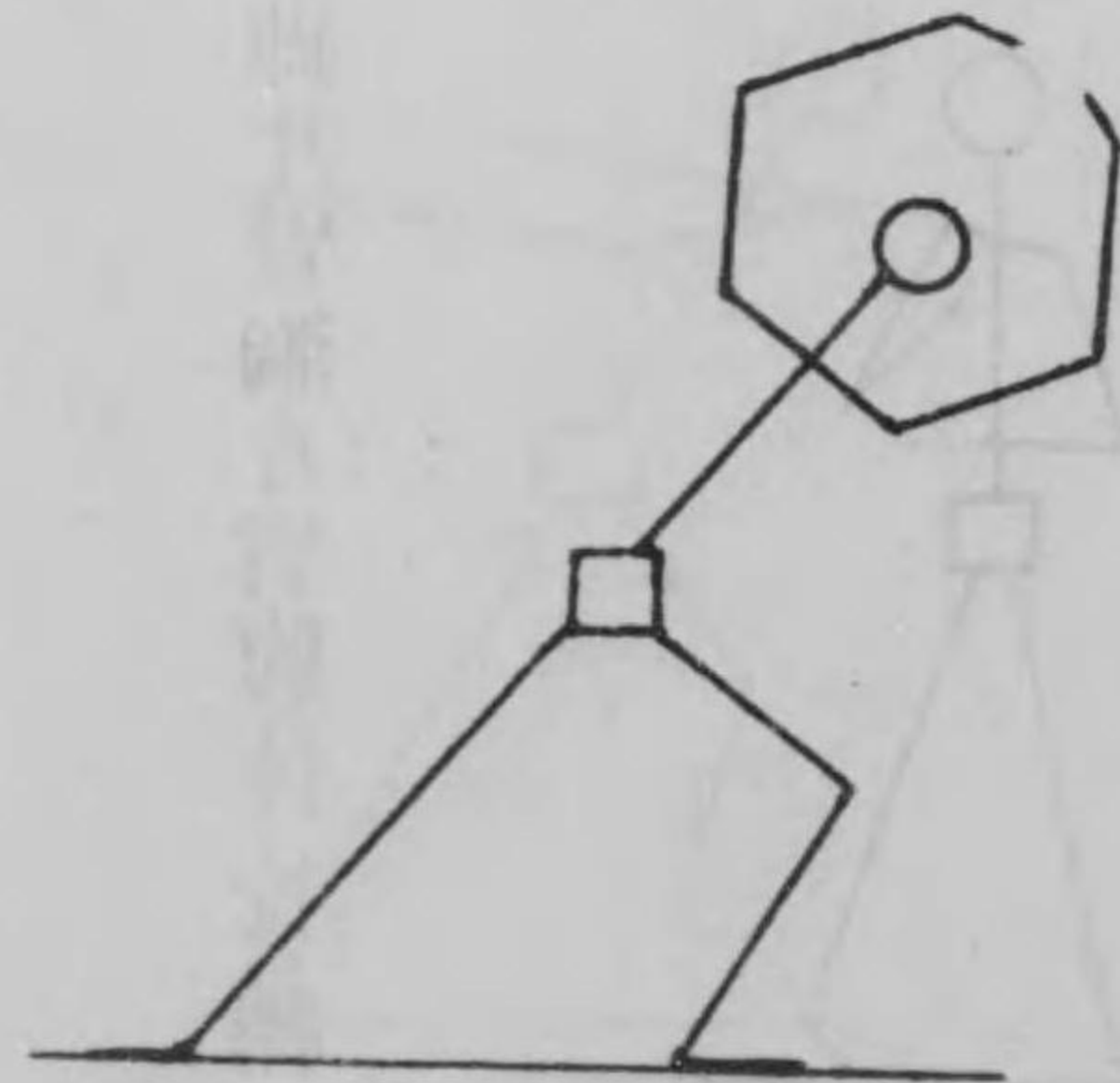
片脚前出片脚屈膝片臂前舉
片臂屈体捻轉



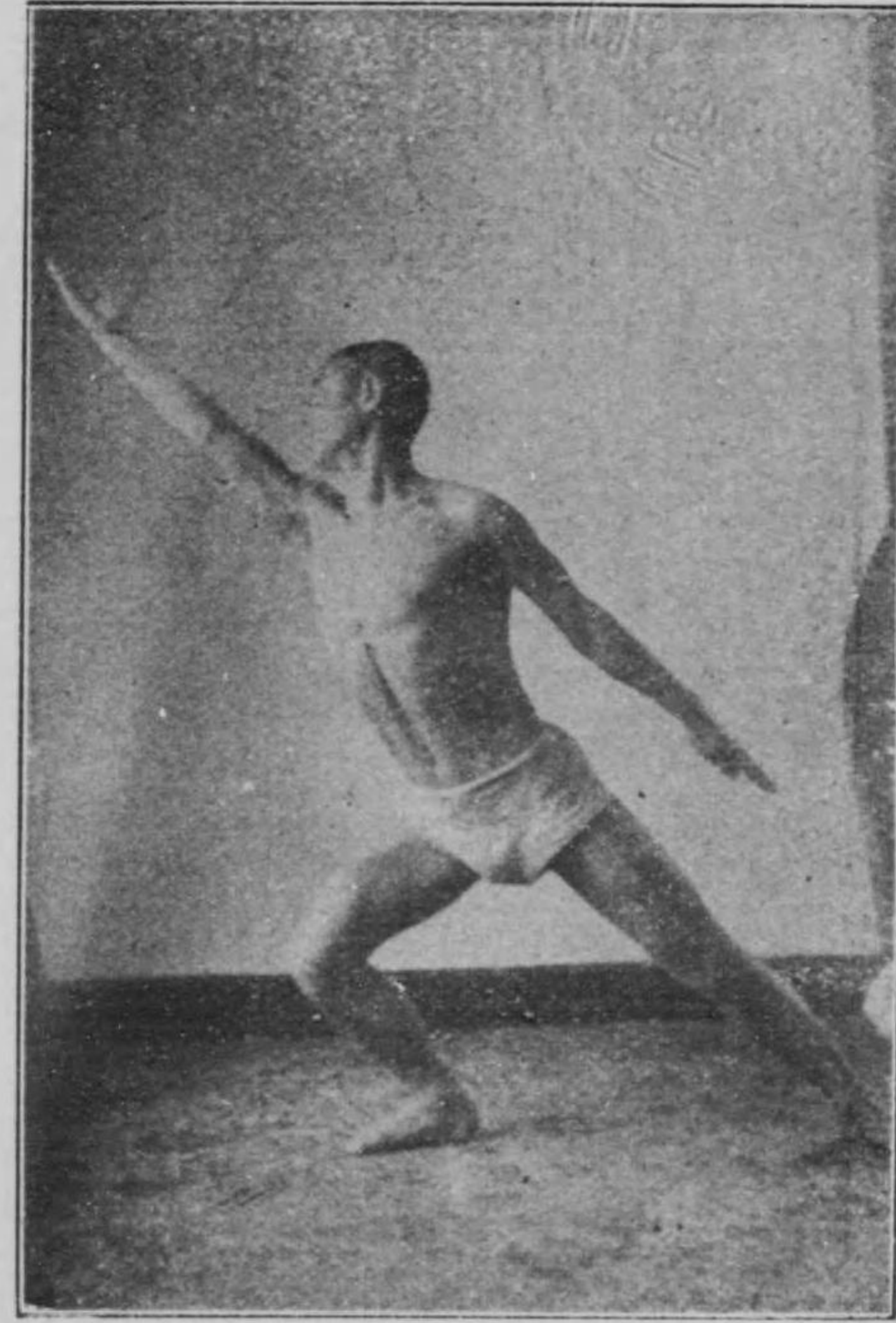
電
有公詳



屈膝脚前出体侧倒体捻转

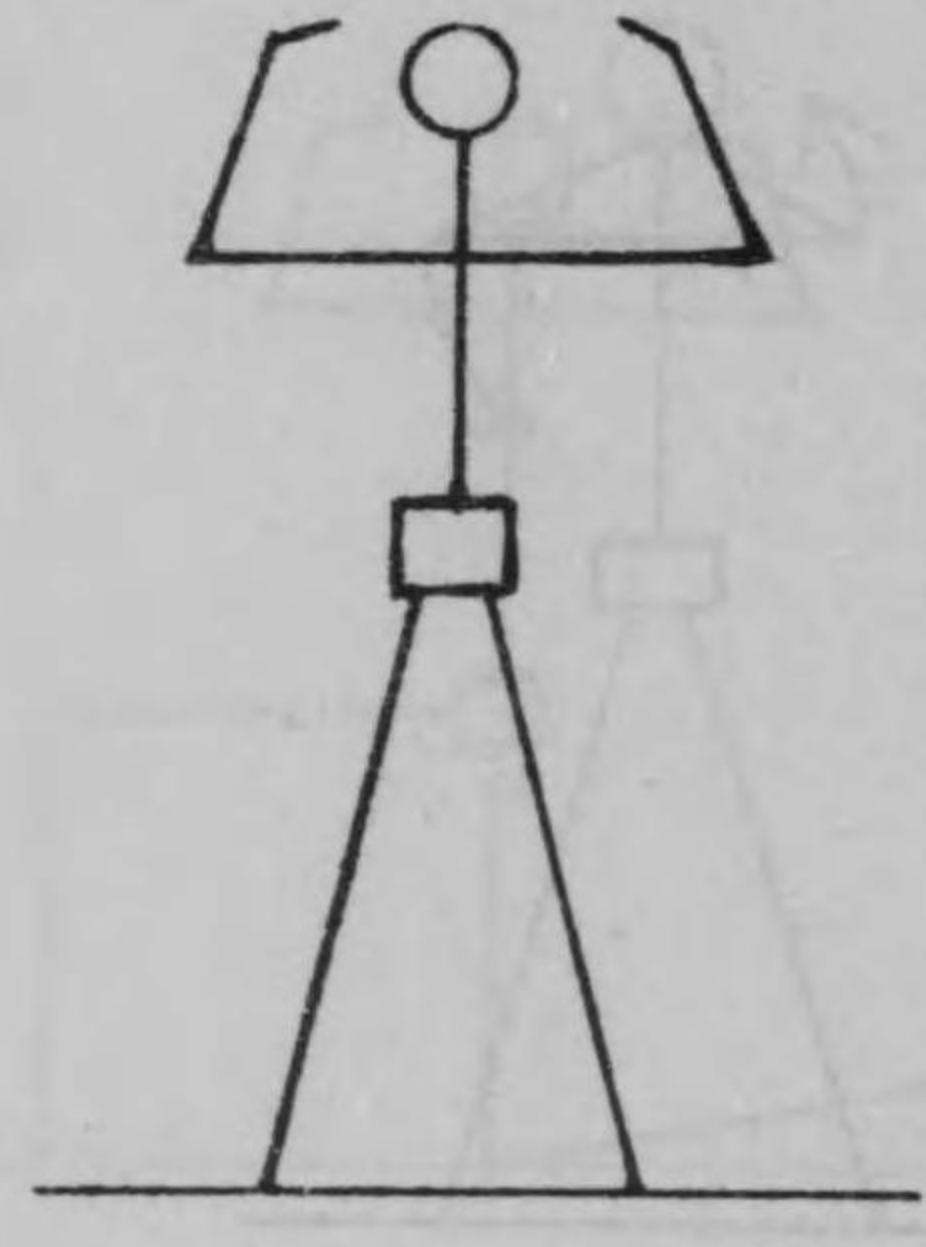


屈膝前出体侧倒屈肘臂上举
体捻转

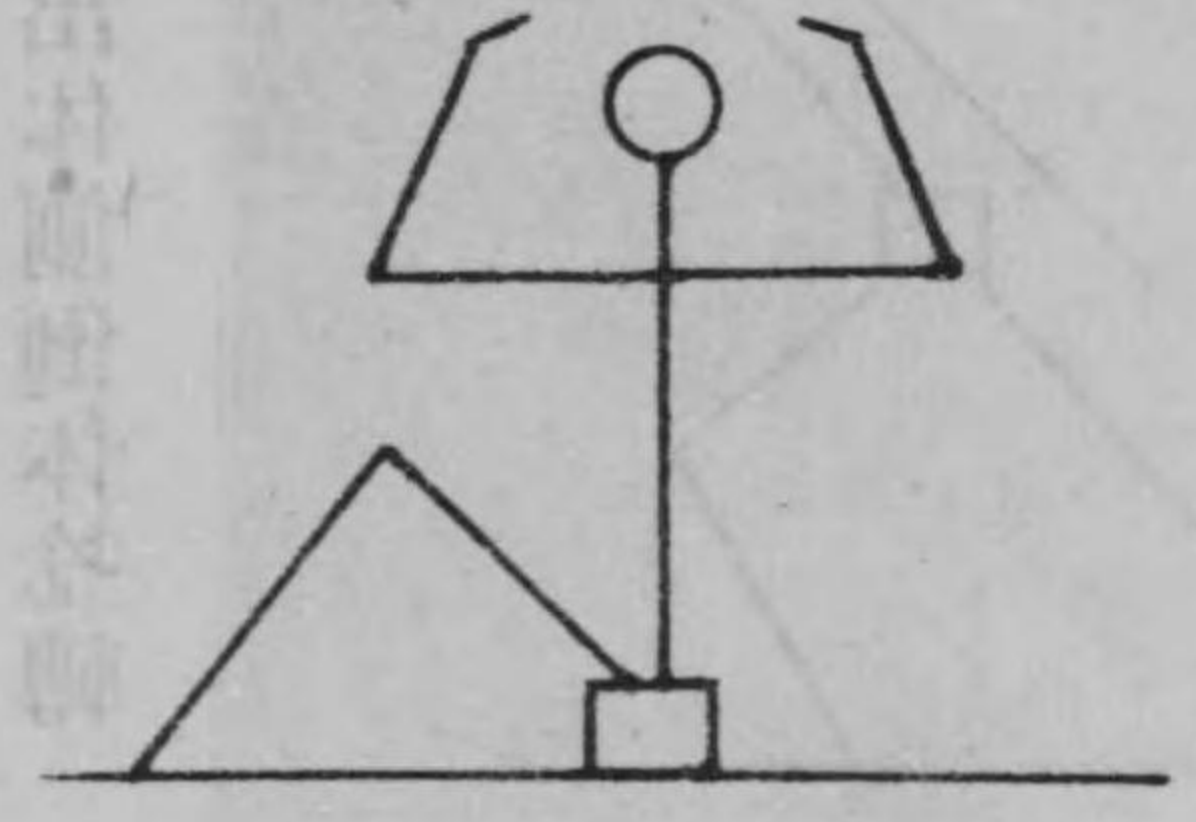


(著者) 倒側ノ體 (三)

肘屈体捻轉



座臂側舉肘屈体捻轉



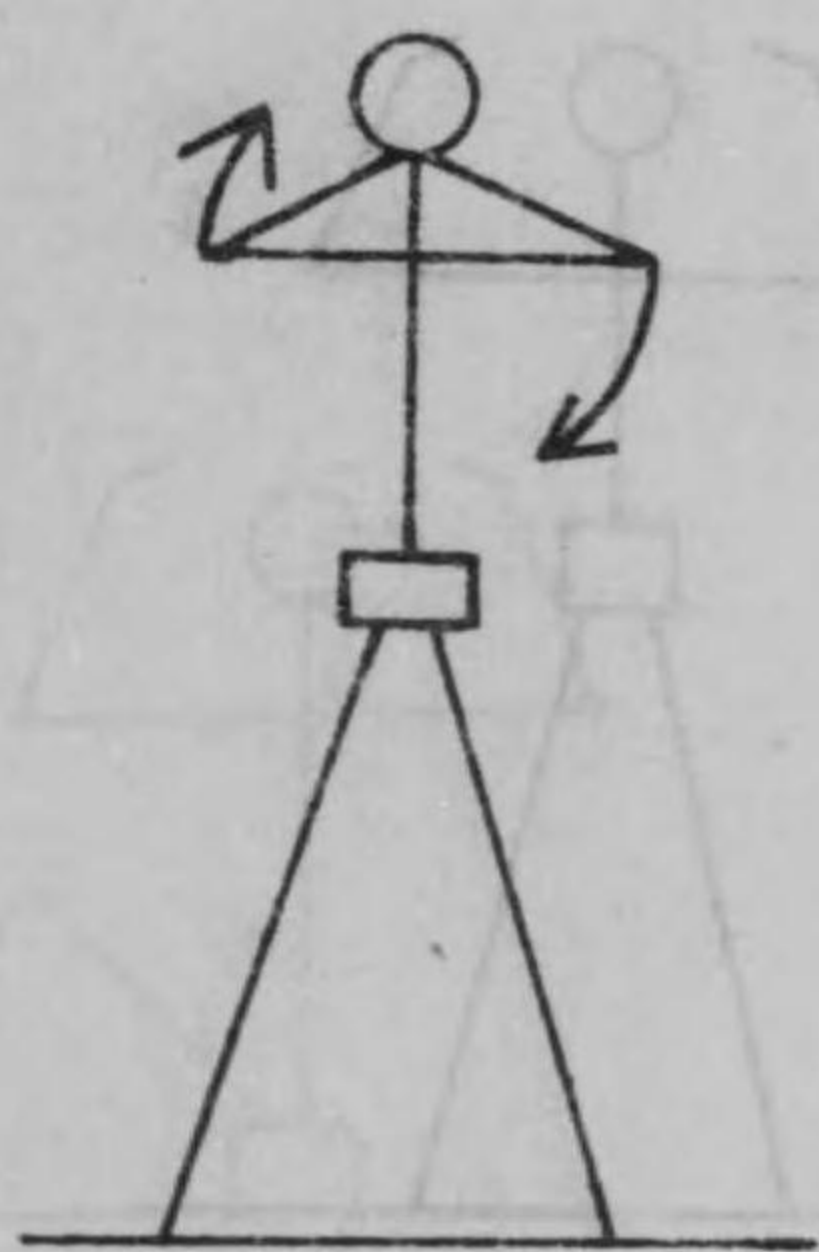
屈膝前出体前倒臂前舉体捻轉



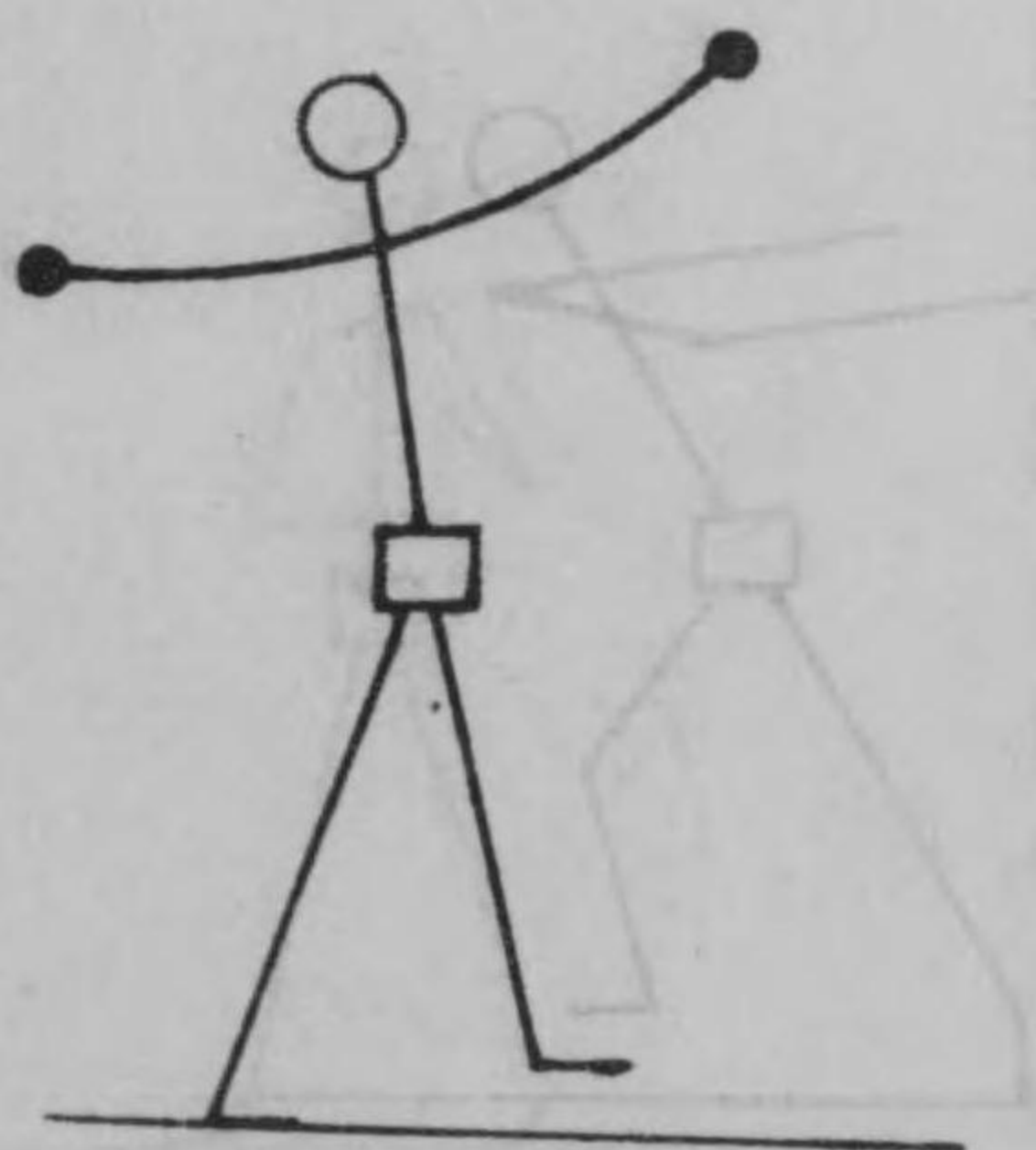
開脚片臂胸片臂腹体捻轉



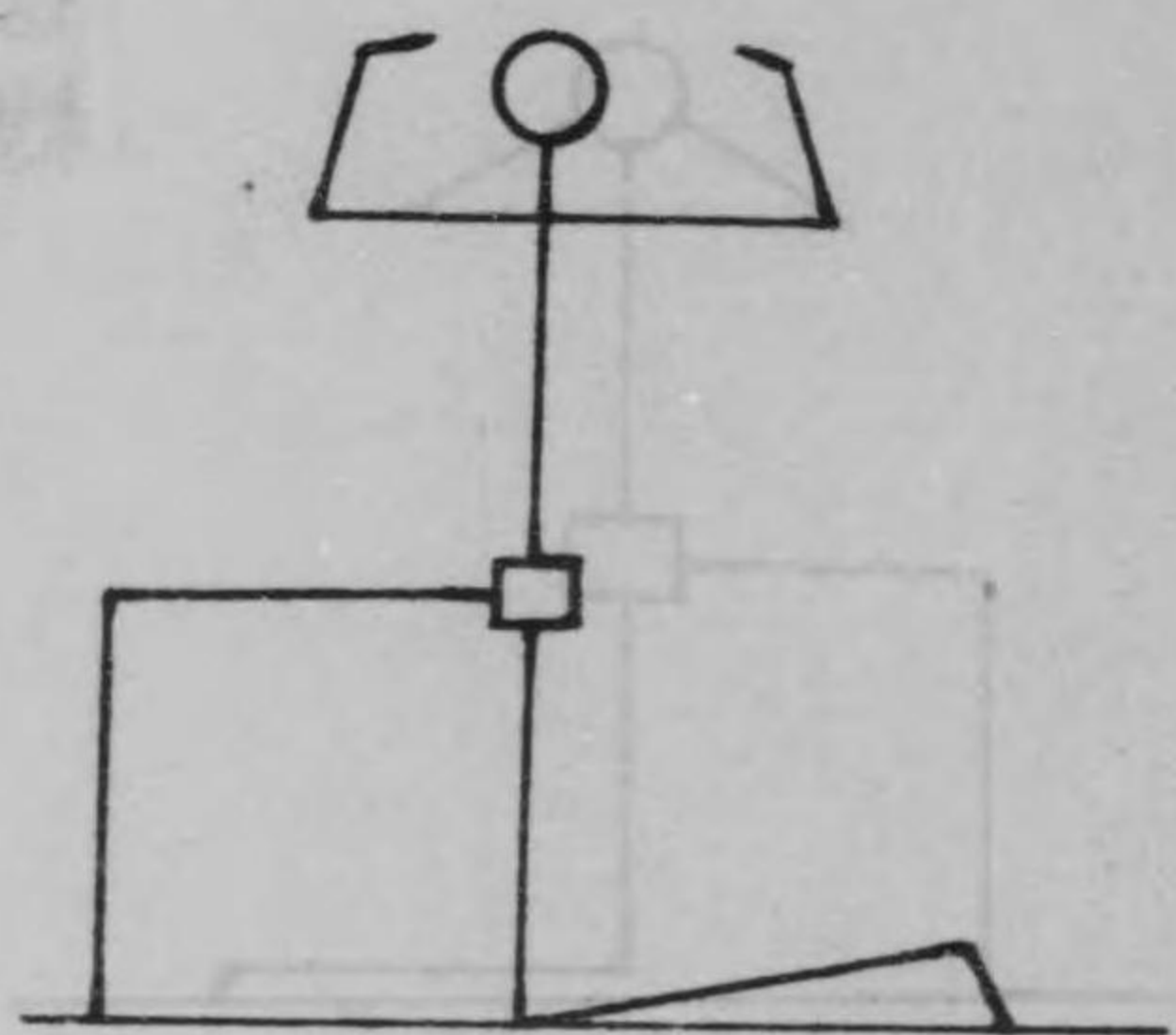
体左右轉向



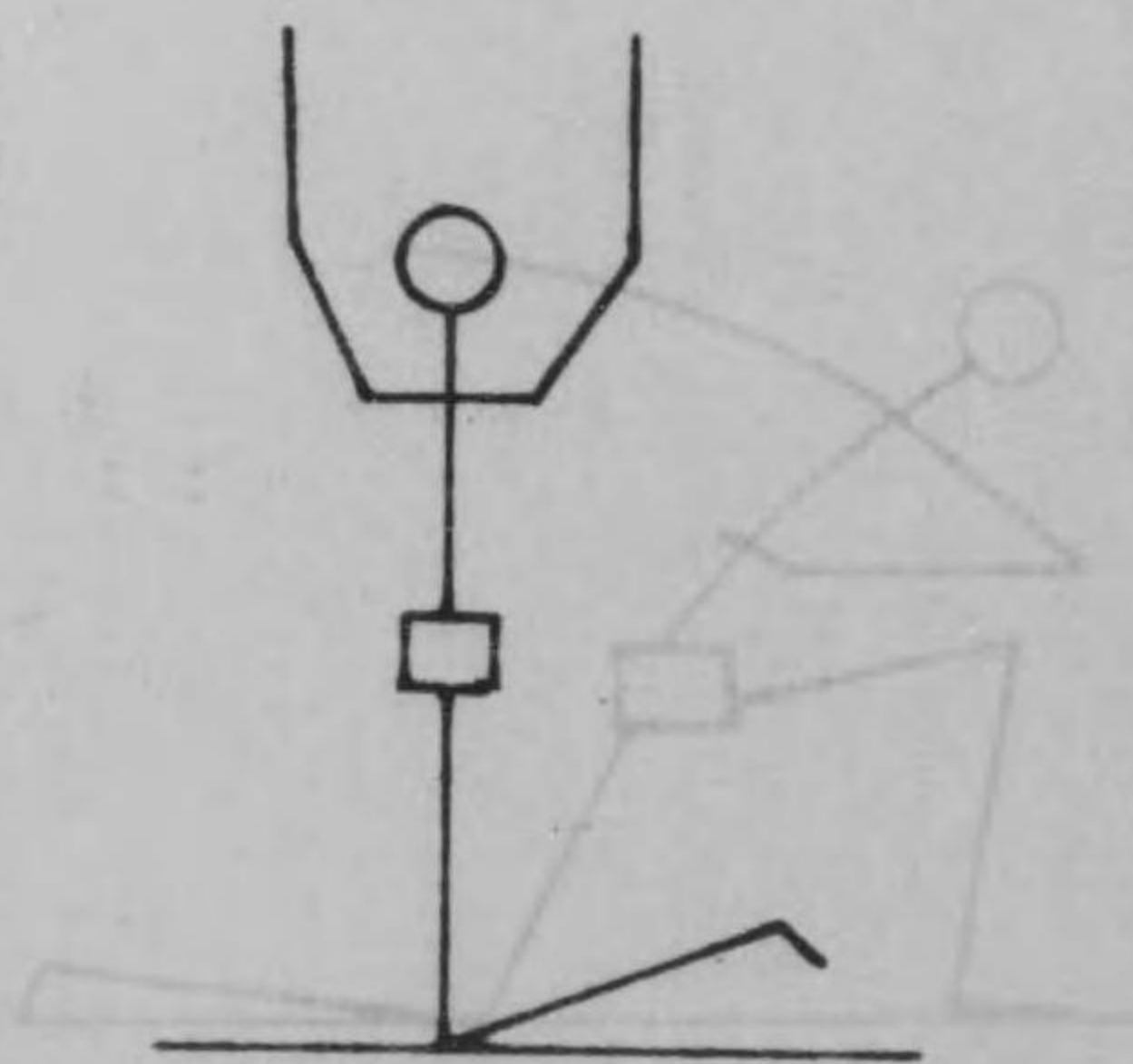
開脚臂側舉体捻轉



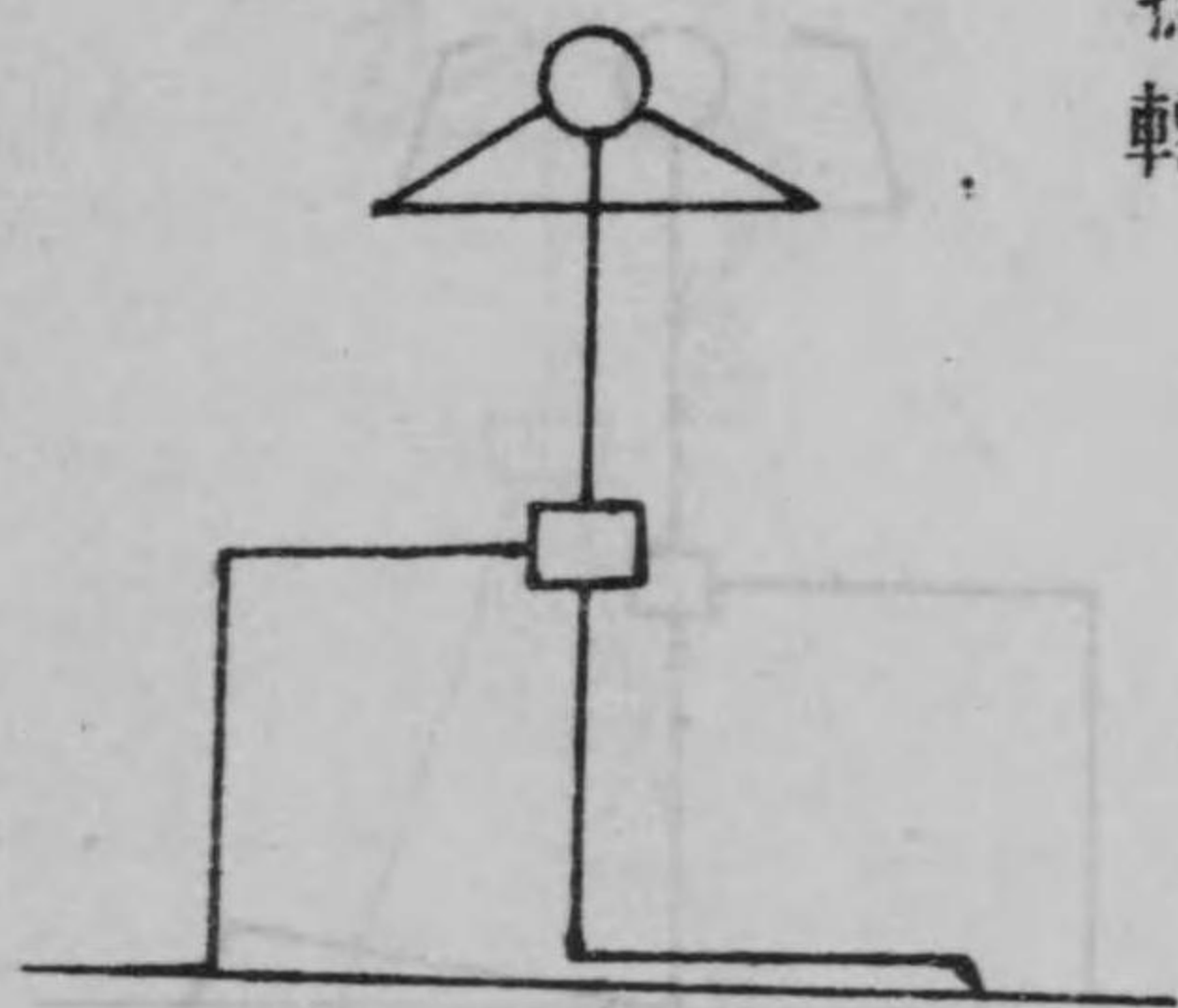
片脚前膝立肘屈体捻轉



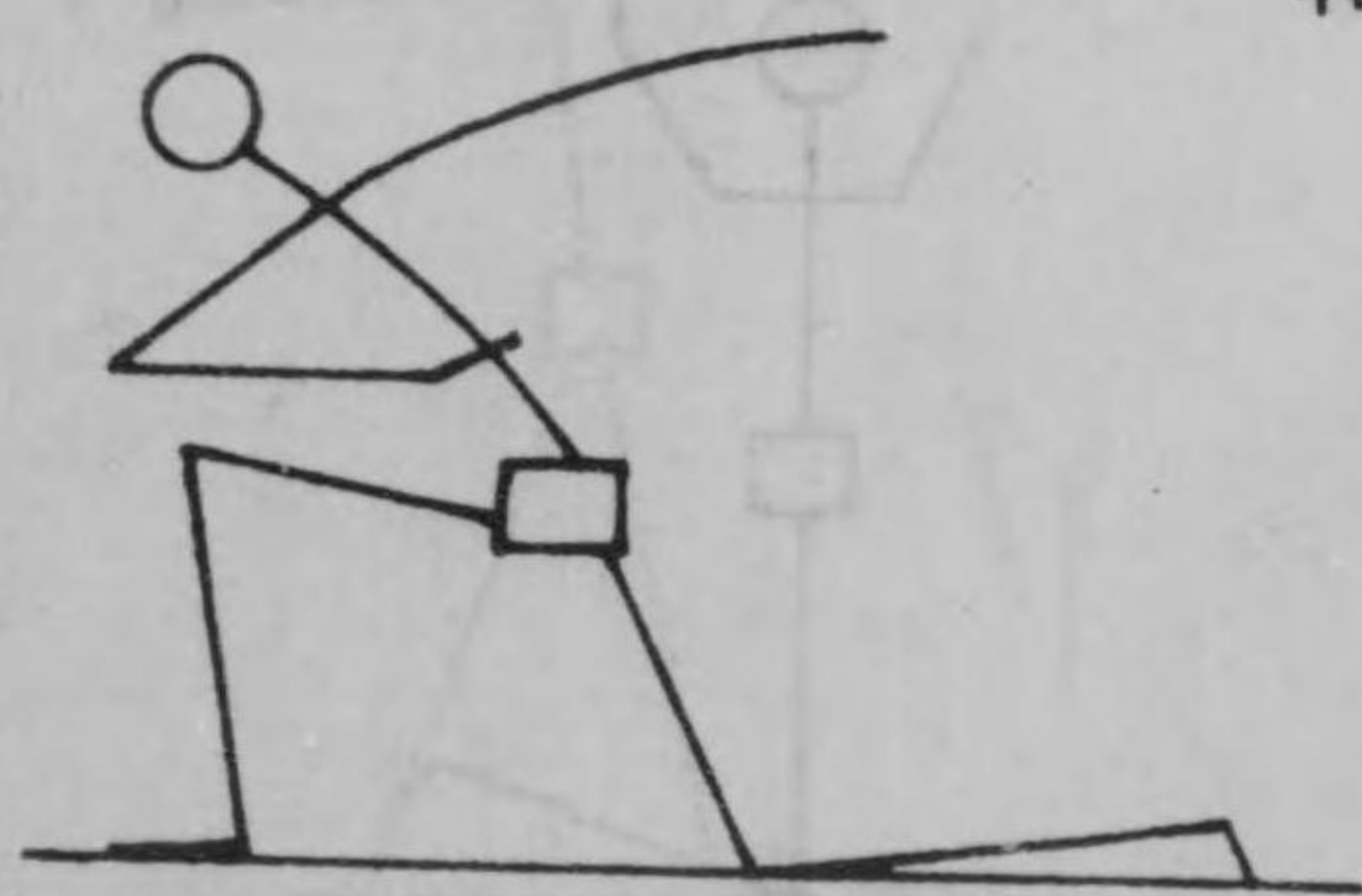
膝立屈肘臂上舉体捻轉



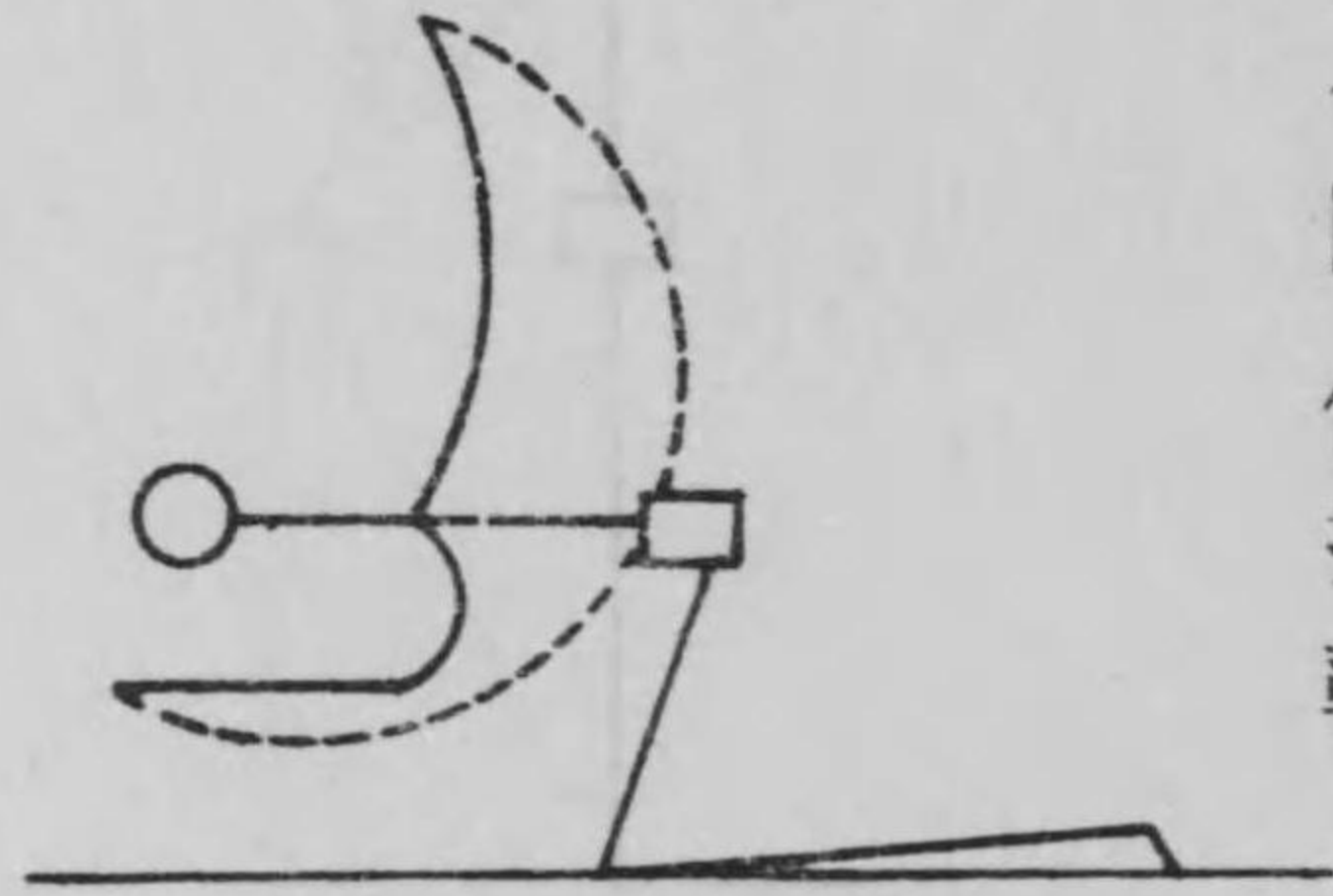
膝立片脚屈膝前出手頸
体捻轉



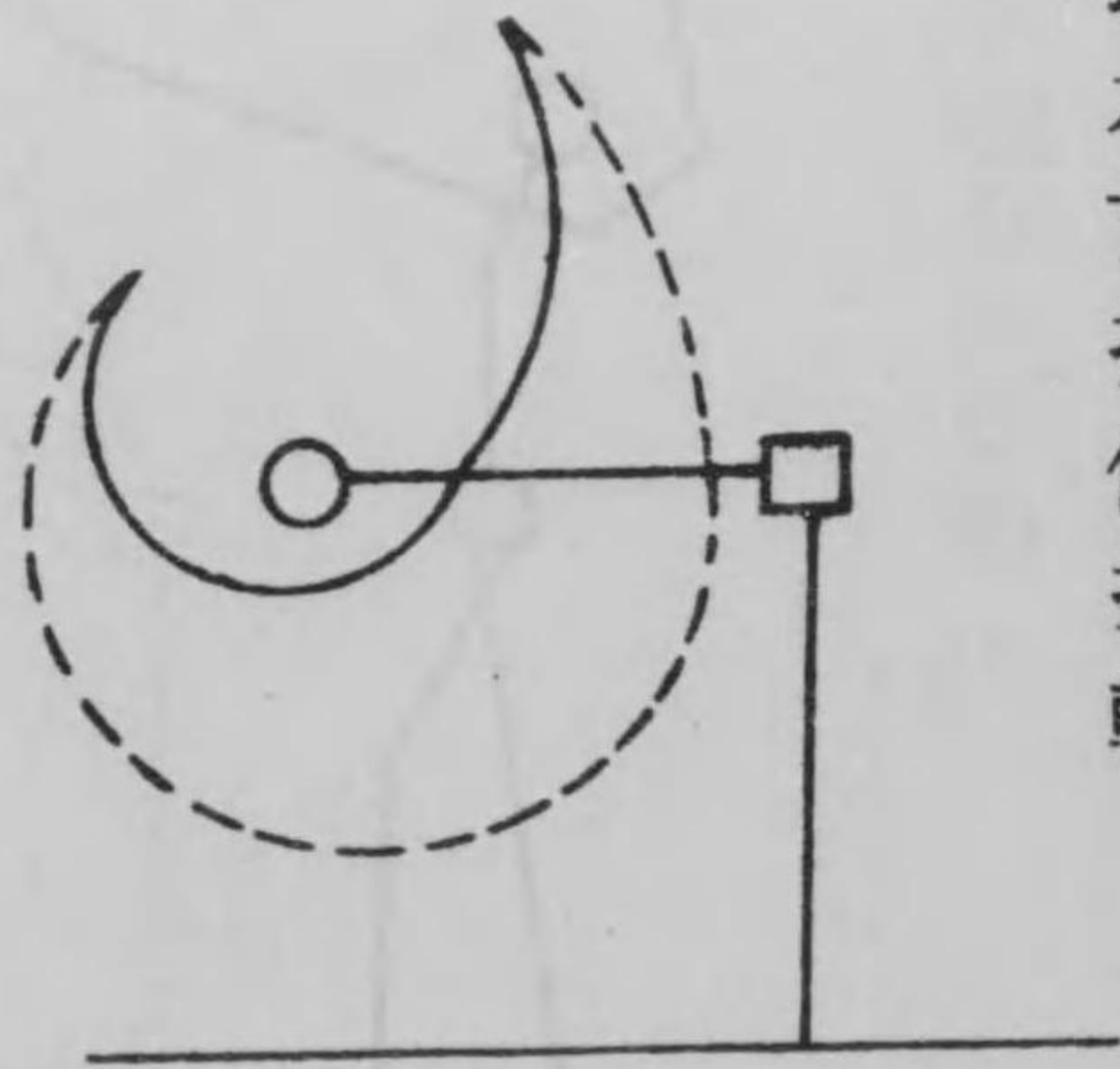
膝立片脚屈膝前出体前倒
体捻轉



膝立伏臥体捻轉

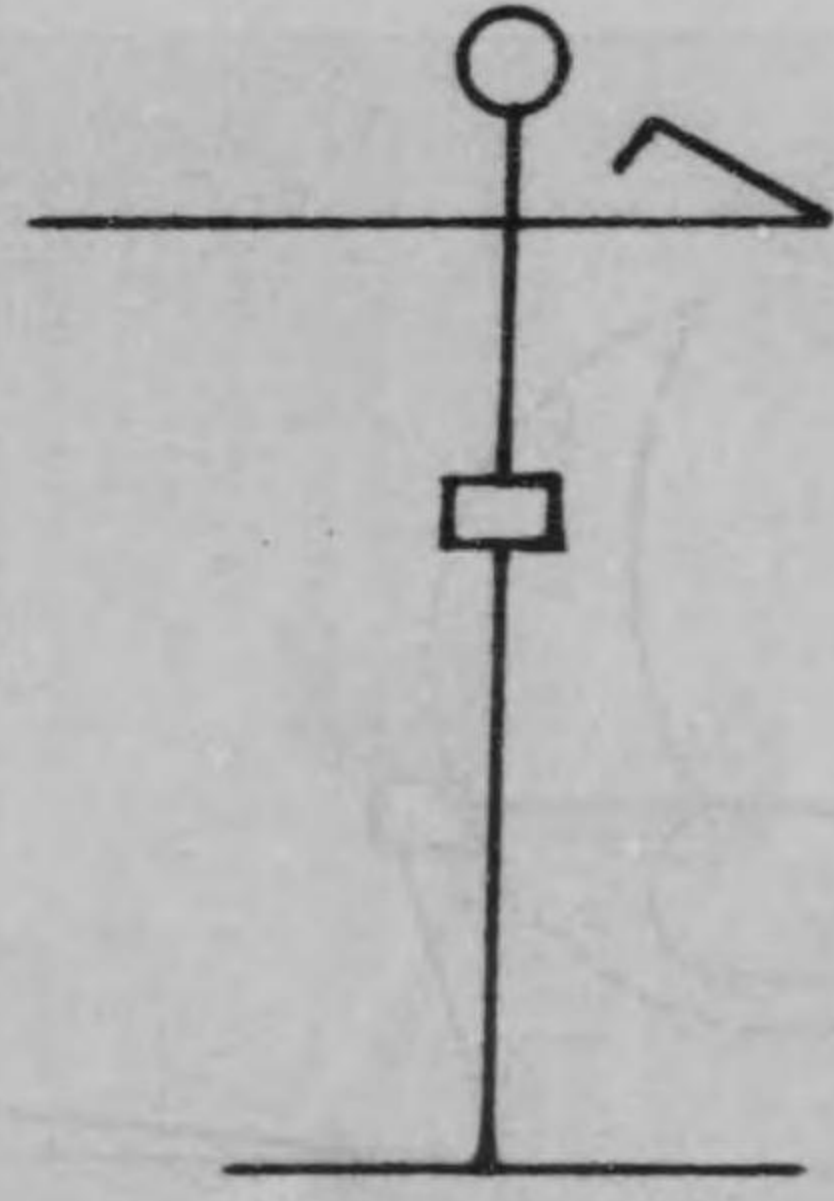


助木支持体捻轉

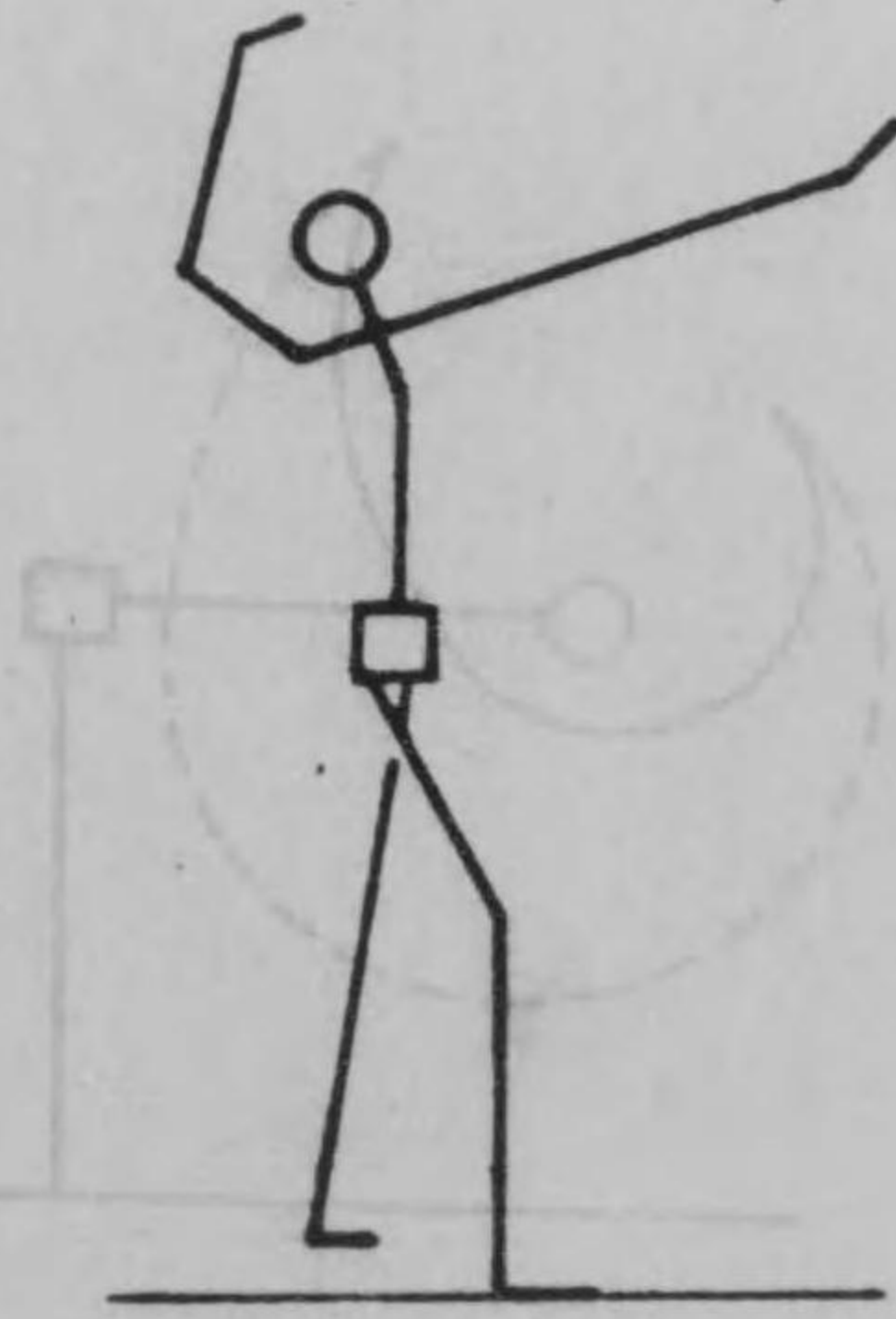


(一ノ共) 材教、幹軀 (四)

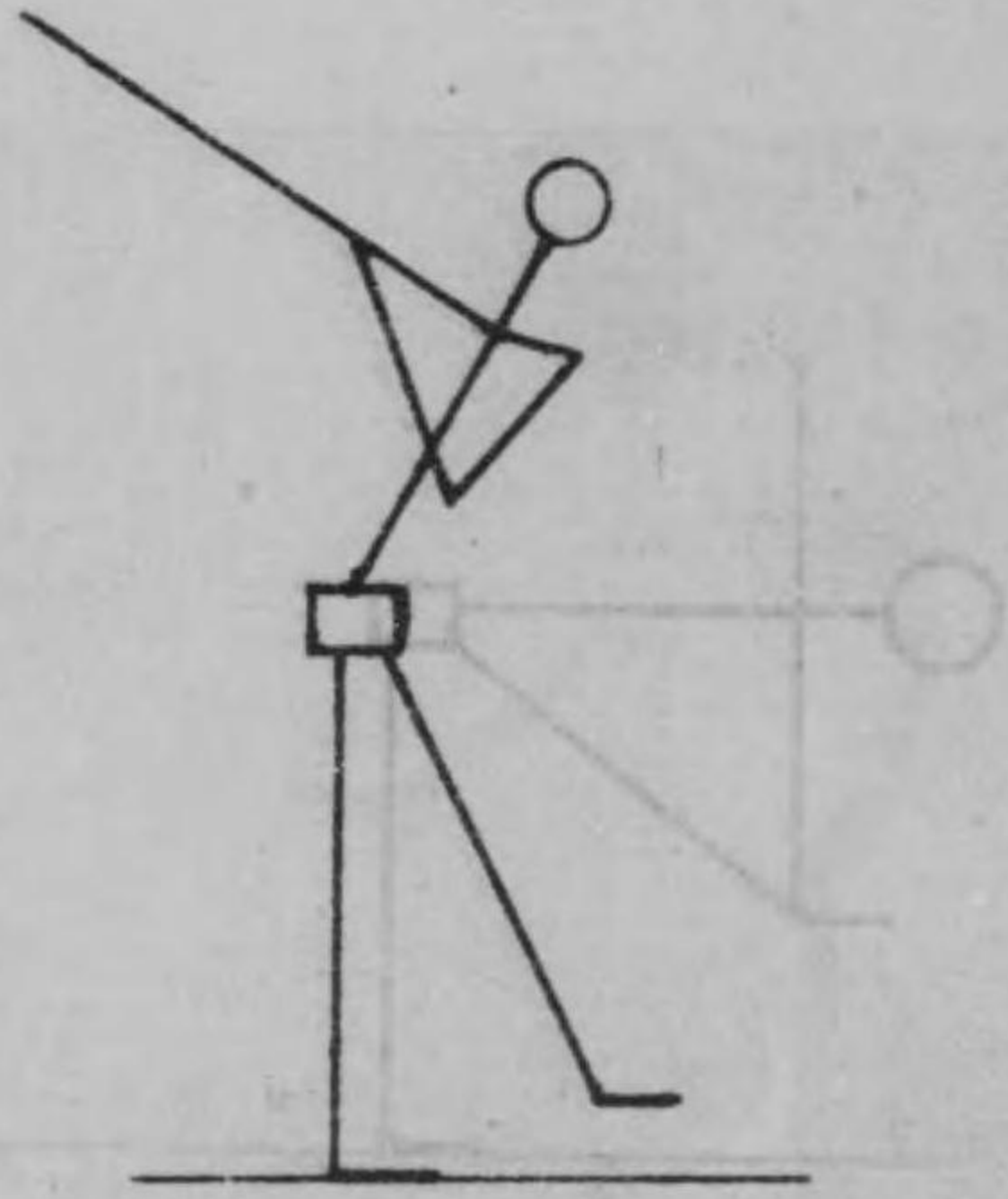
片臂伸体捻轉



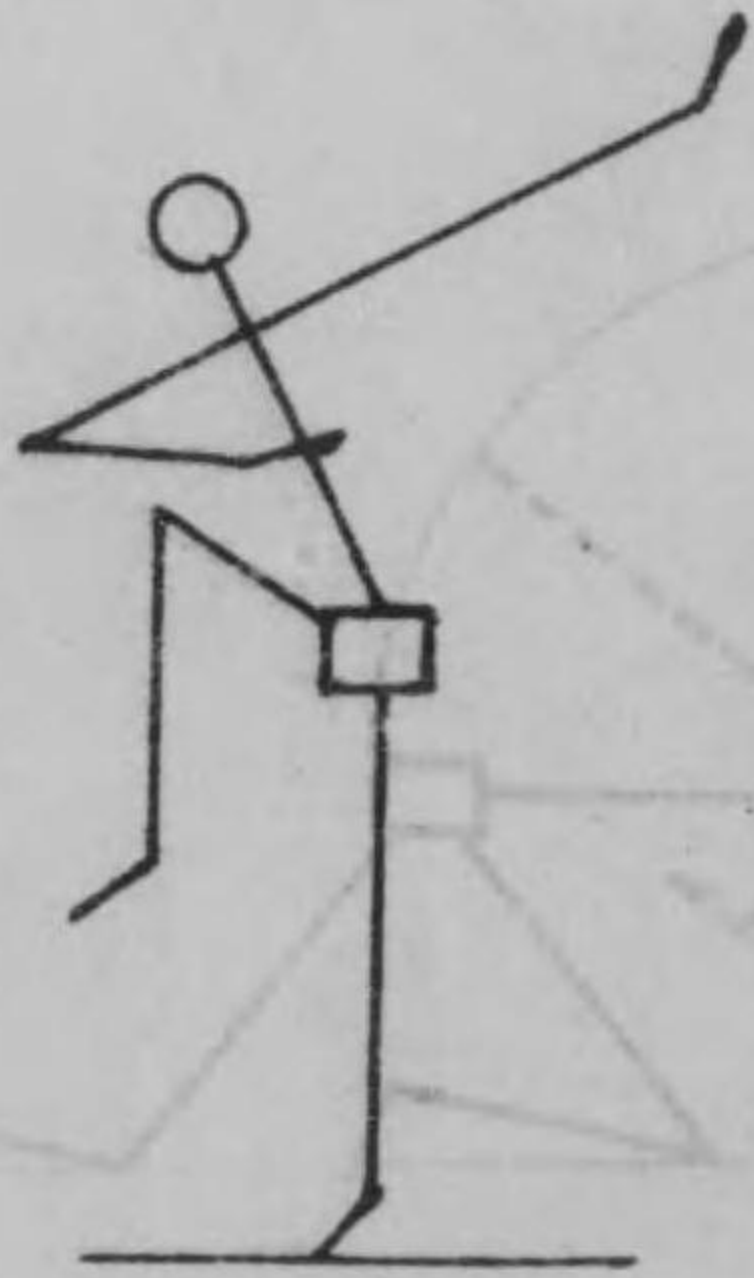
開脚片臂屈片臂側舉体捻轉



臂左右振体捻轉

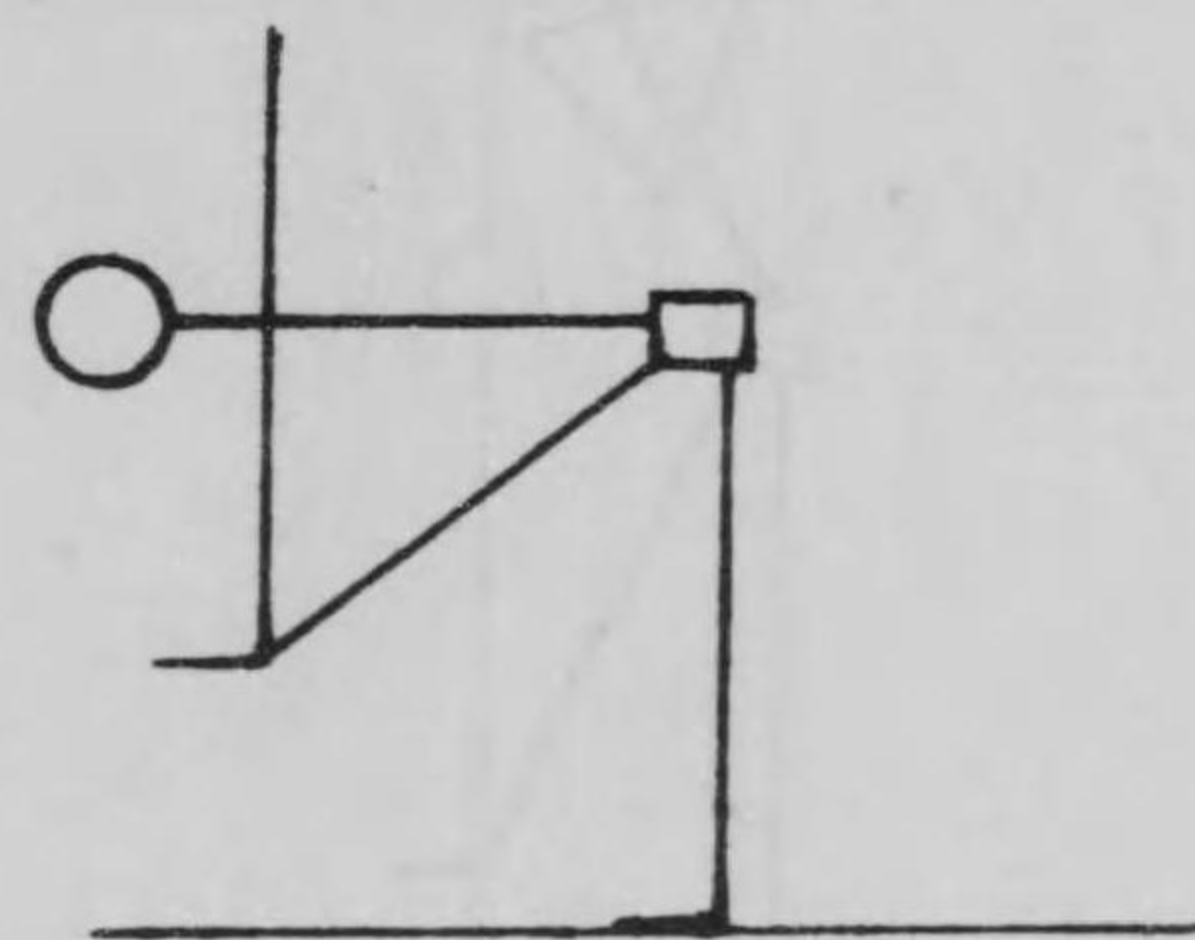


屈膝舉股体前倒片臂前屈片臂側舉体捻轉

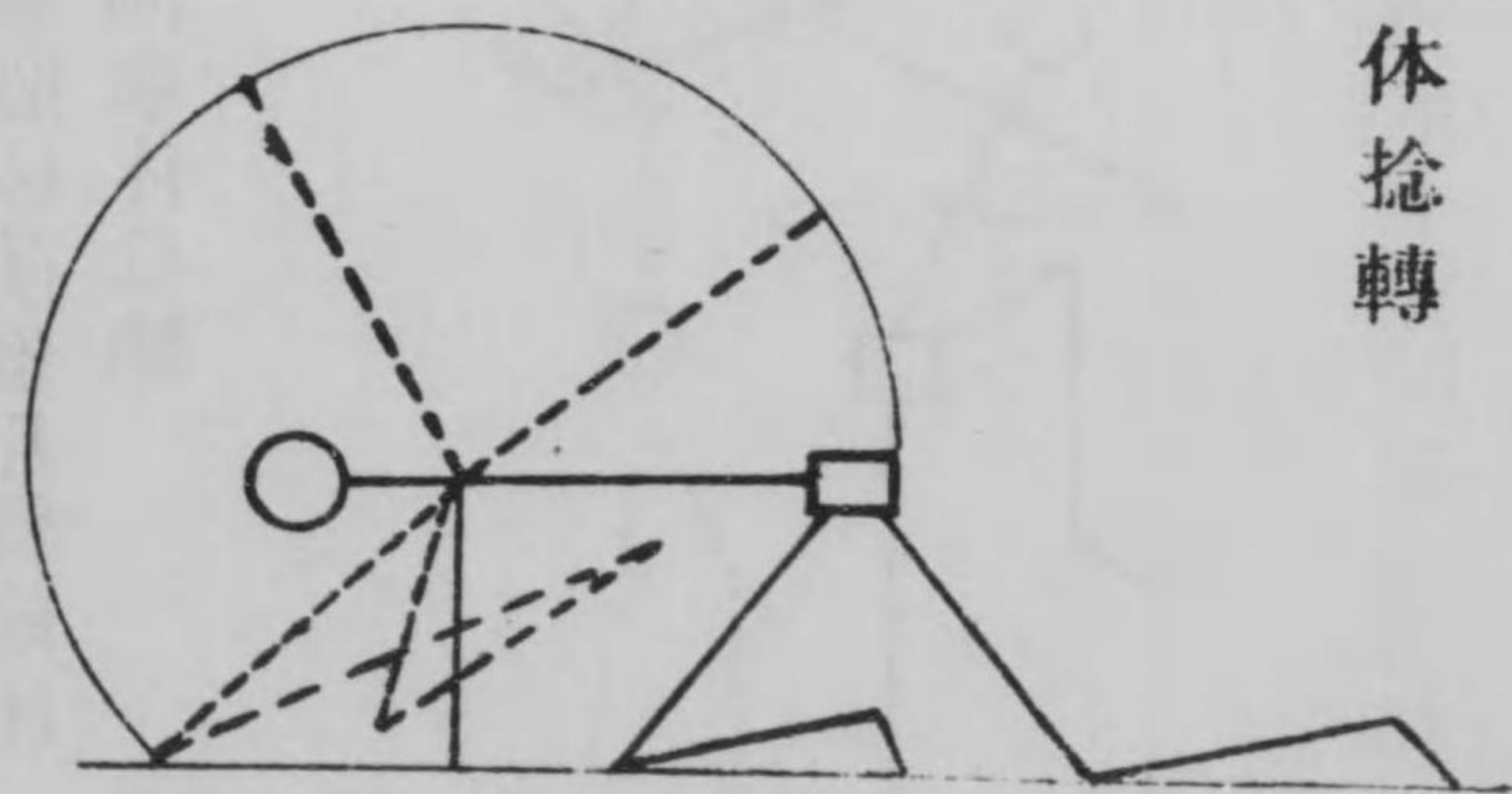




體前倒屈膝舉股 (八)



體前倒臂側舉體捻轉

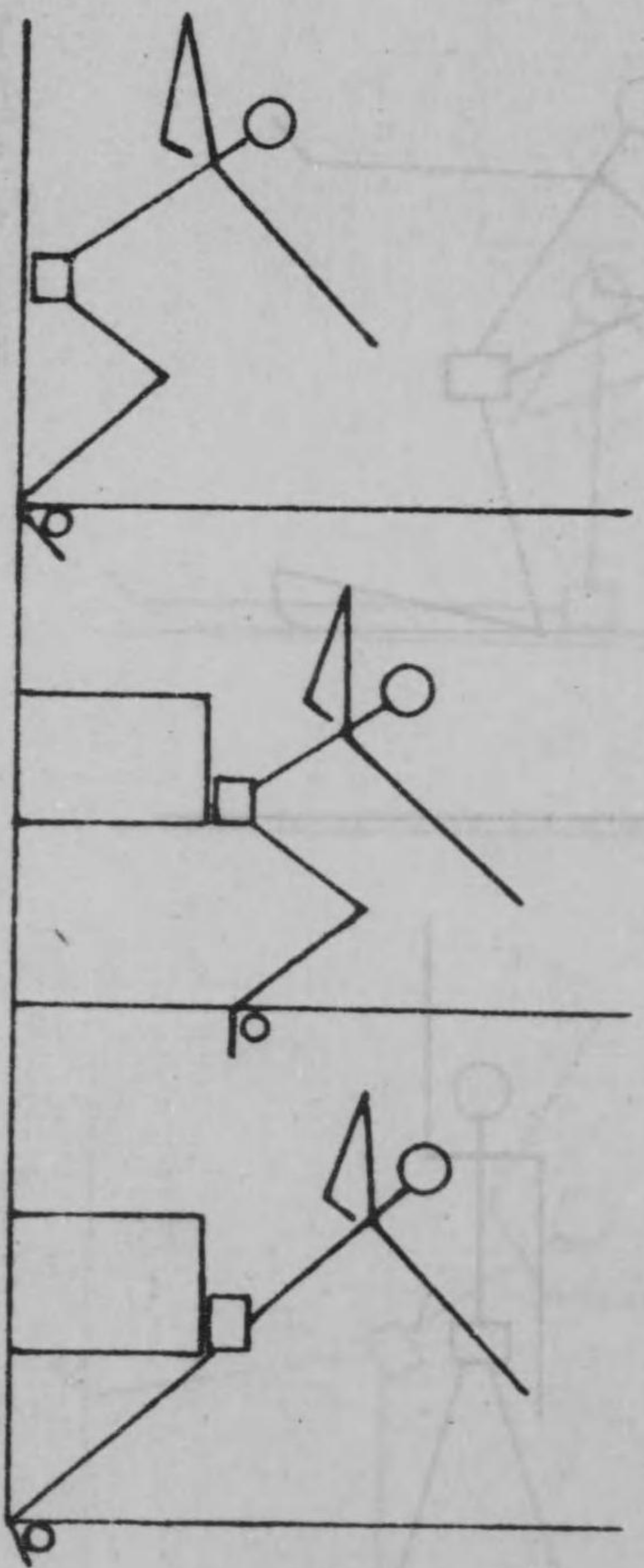


這體捻轉

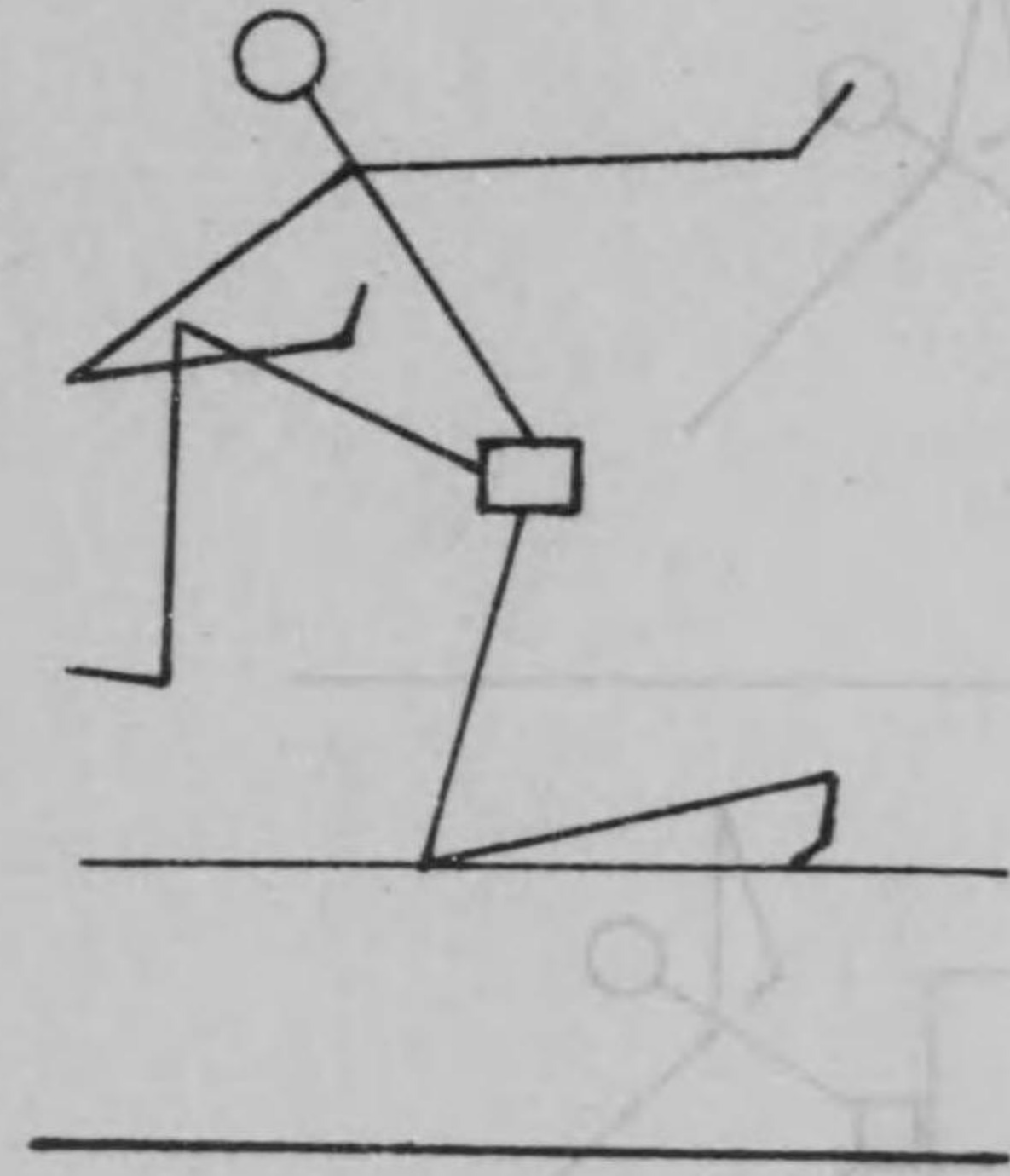


(二ノ共) 材教ノ幹軀 (壹)

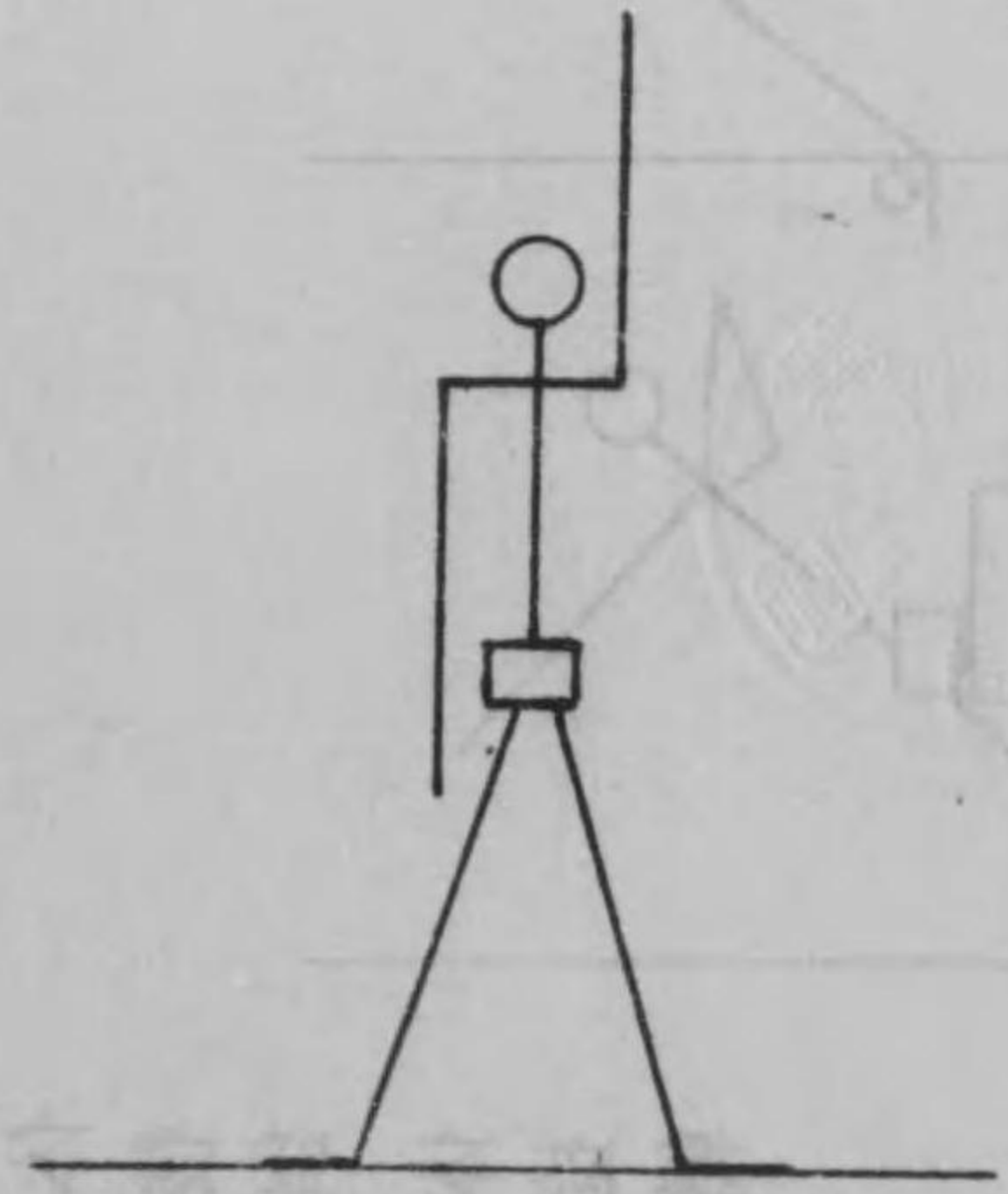
體後倒體捻轉



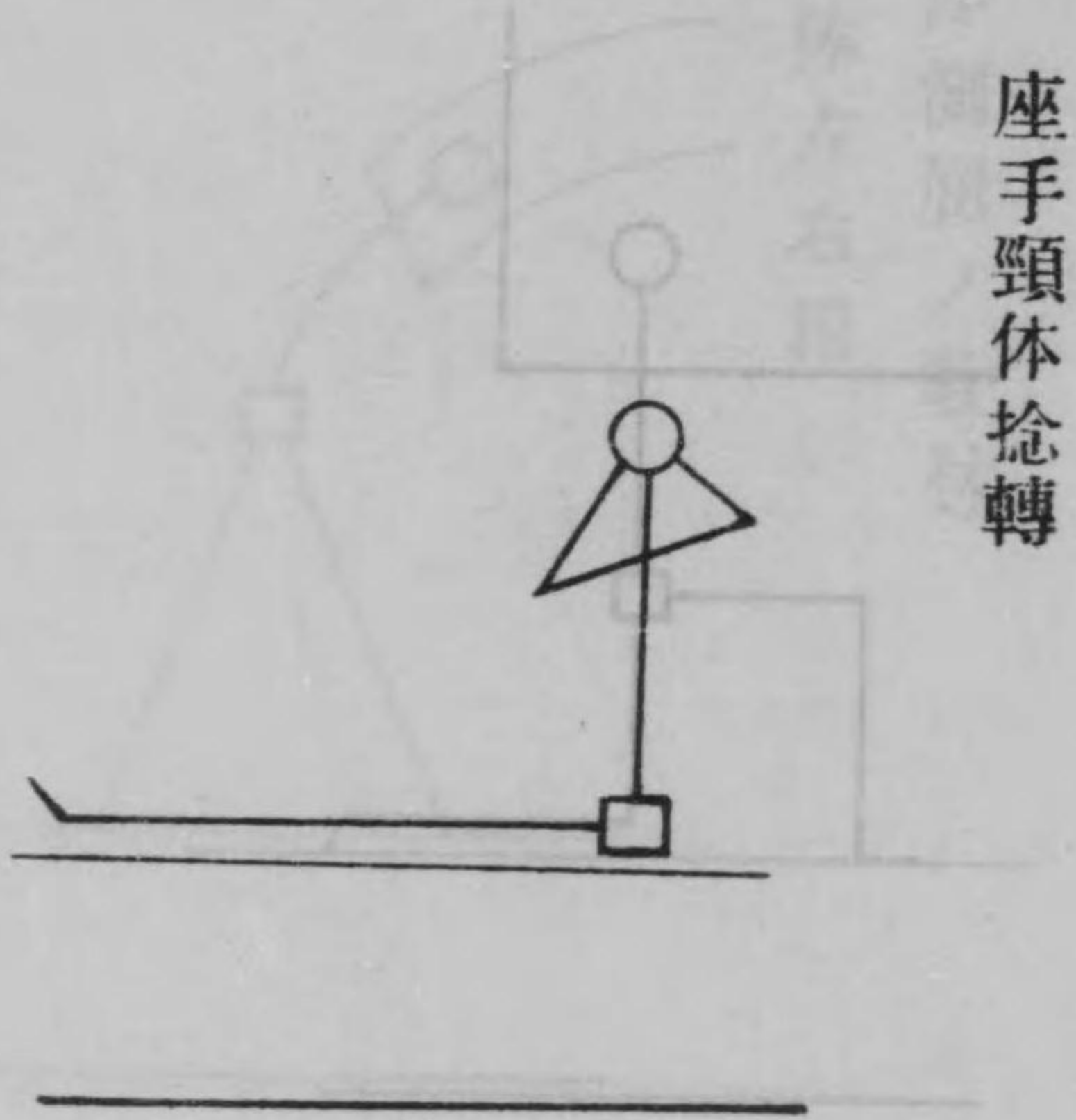
膝立片脚屈膝前出片臂前屈
片臂侧举体捻转



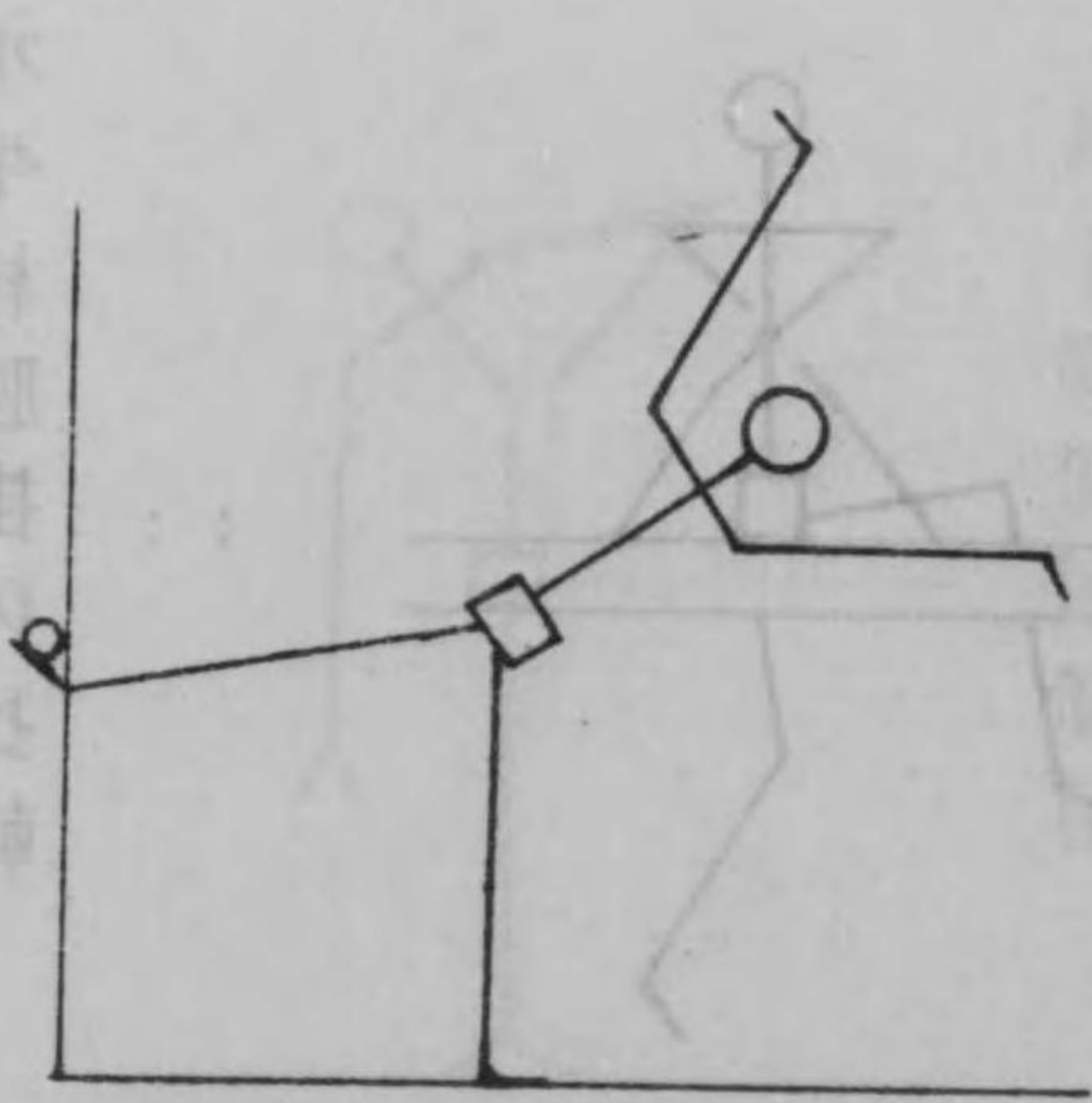
片臂上体捻转



座手颈体捻转



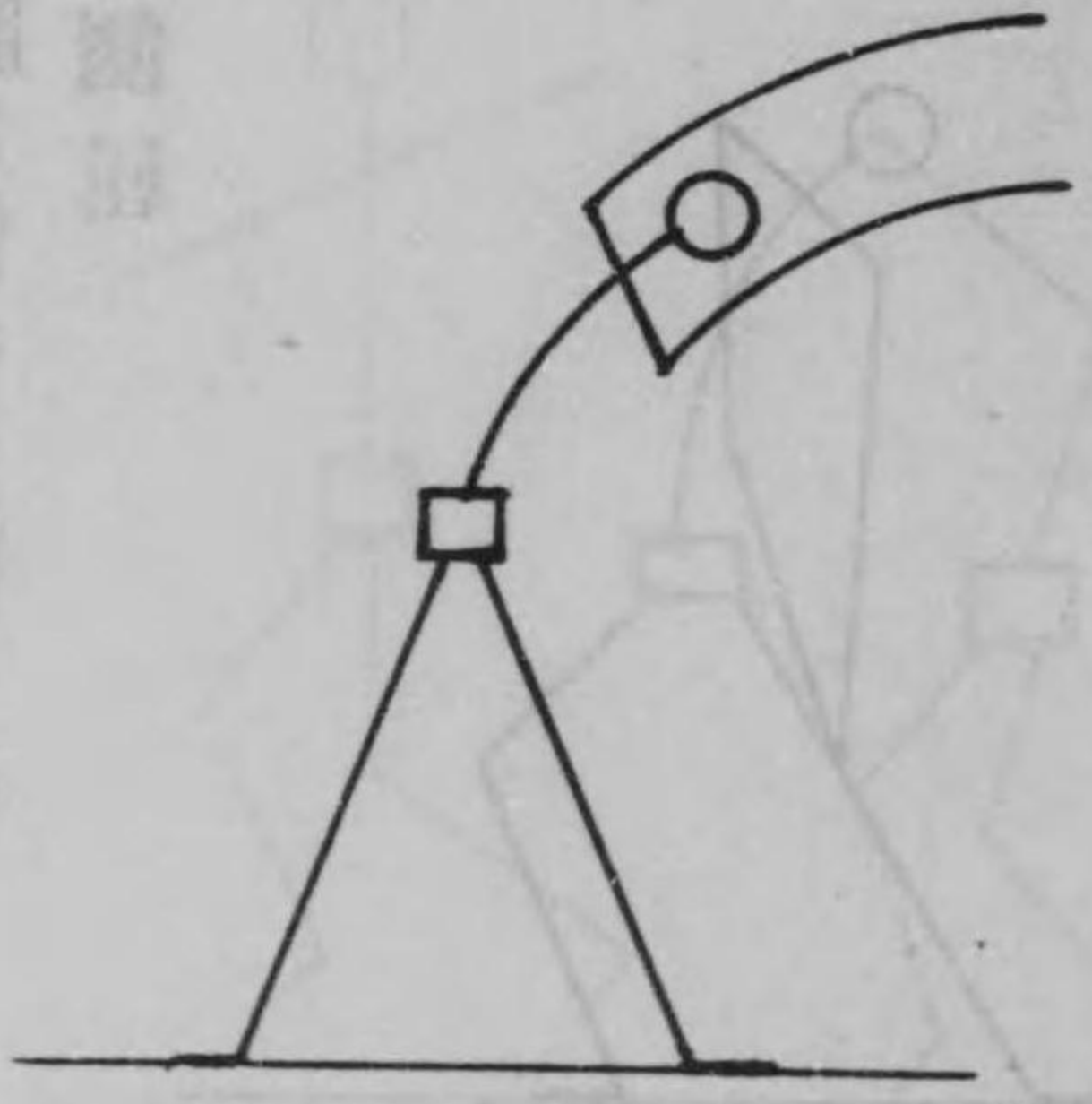
片足助木支持体捻转



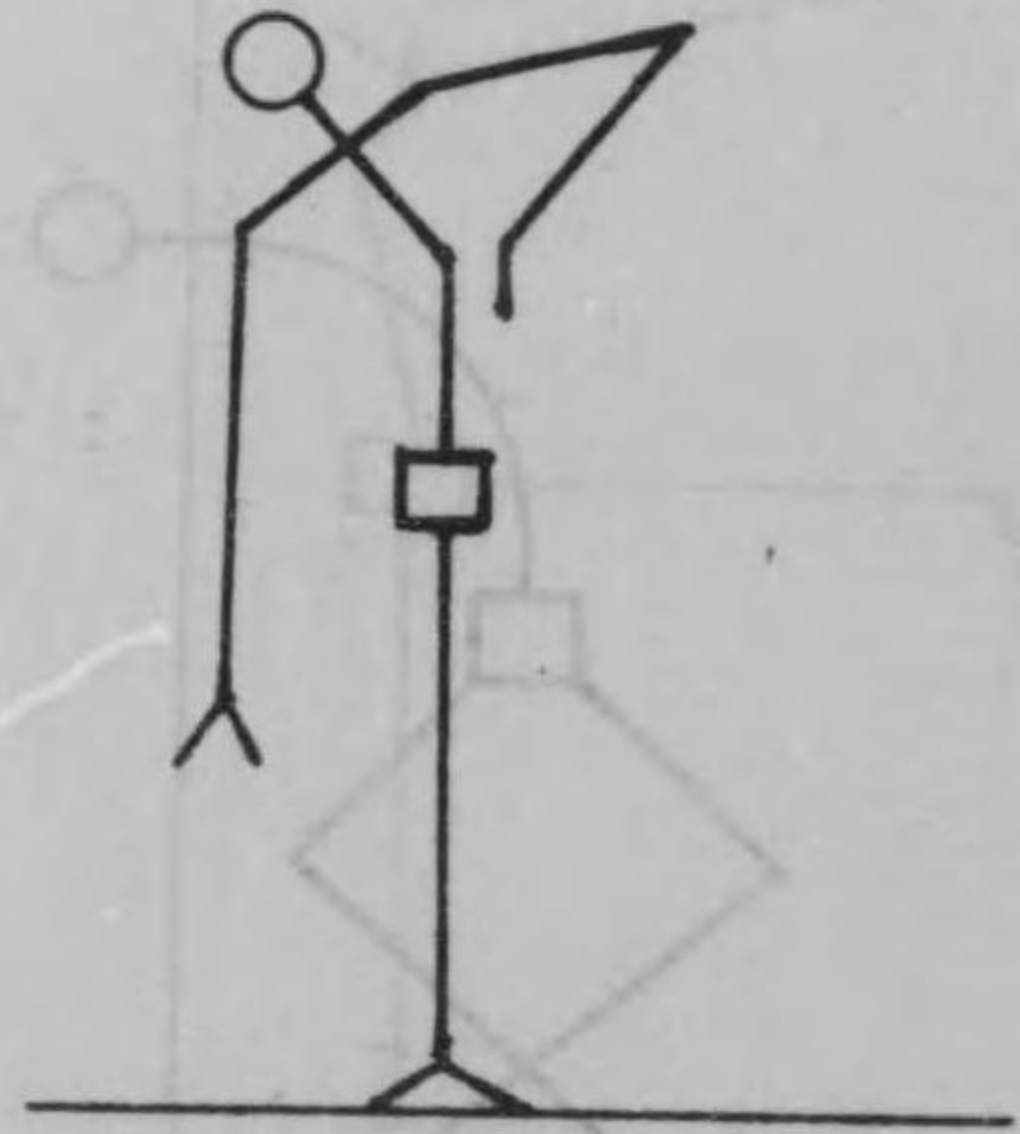
片手上一片足脚
片肩脚脚出片脚立片手脚

木平斜到脚小足脚

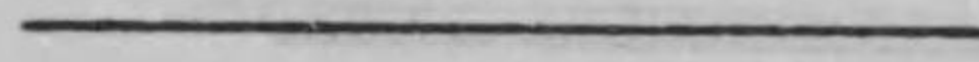
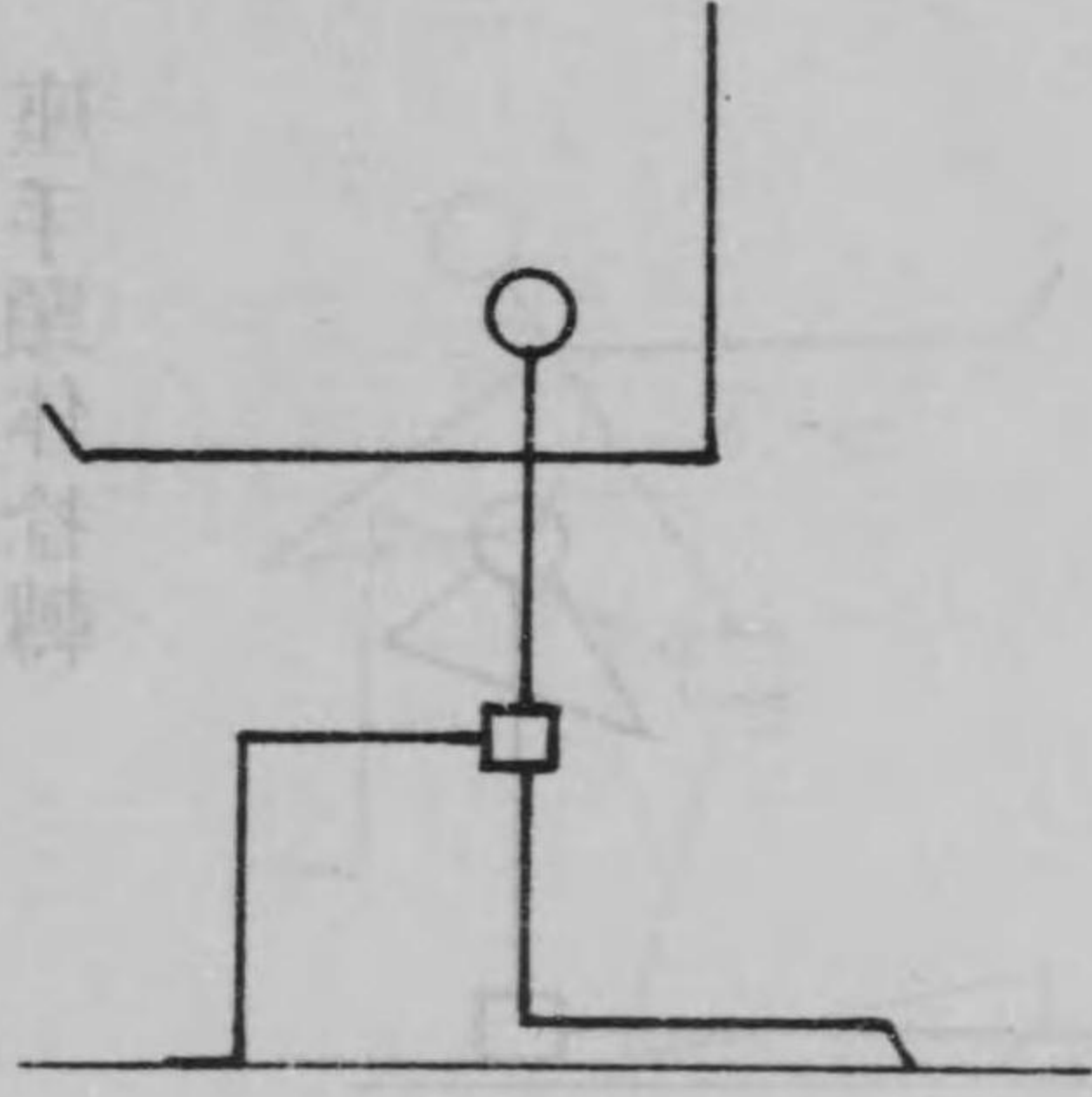
(二)
 体側屈ノ教材
 体左右屈



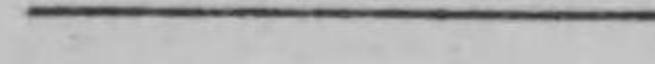
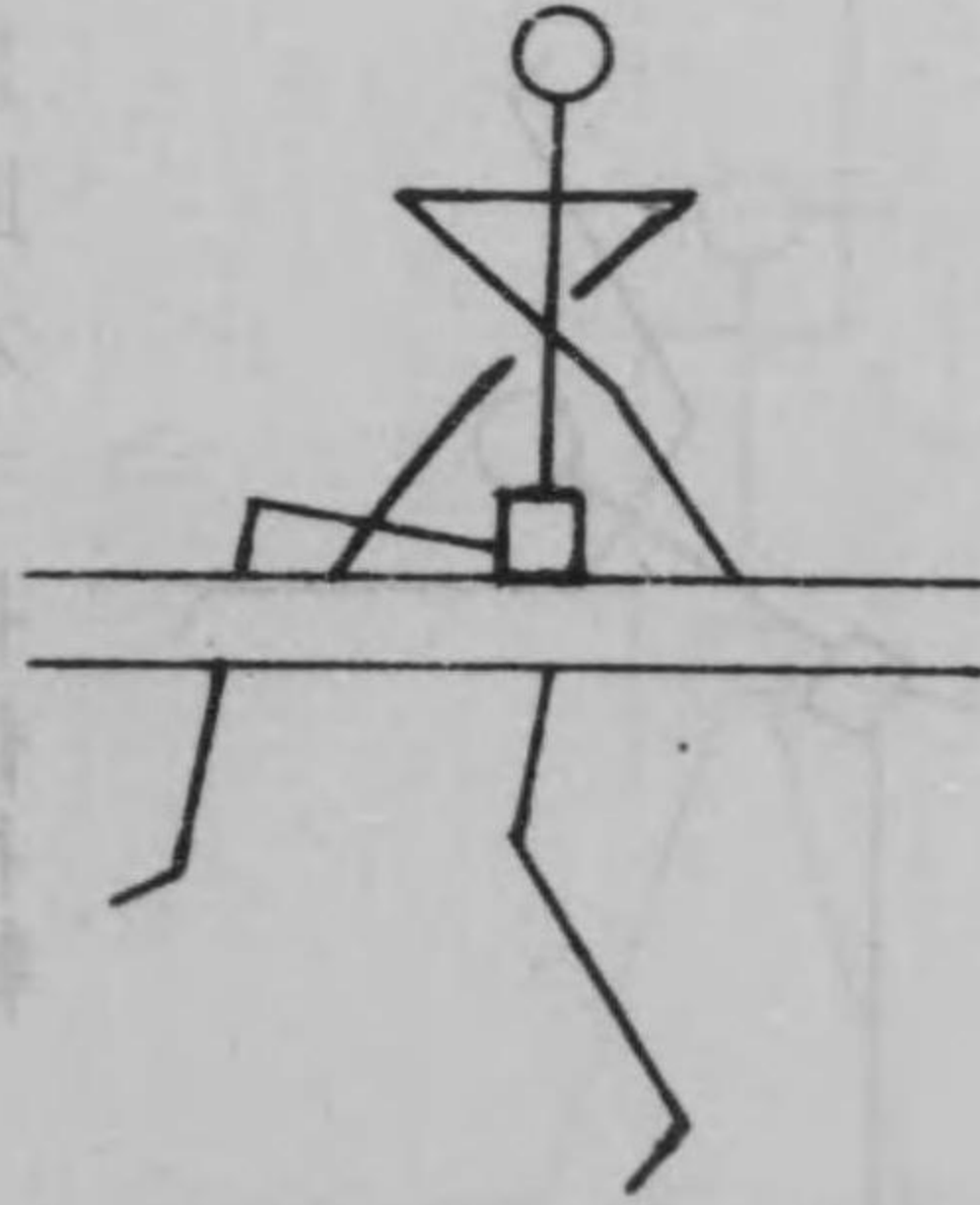
片手胸側体側屈

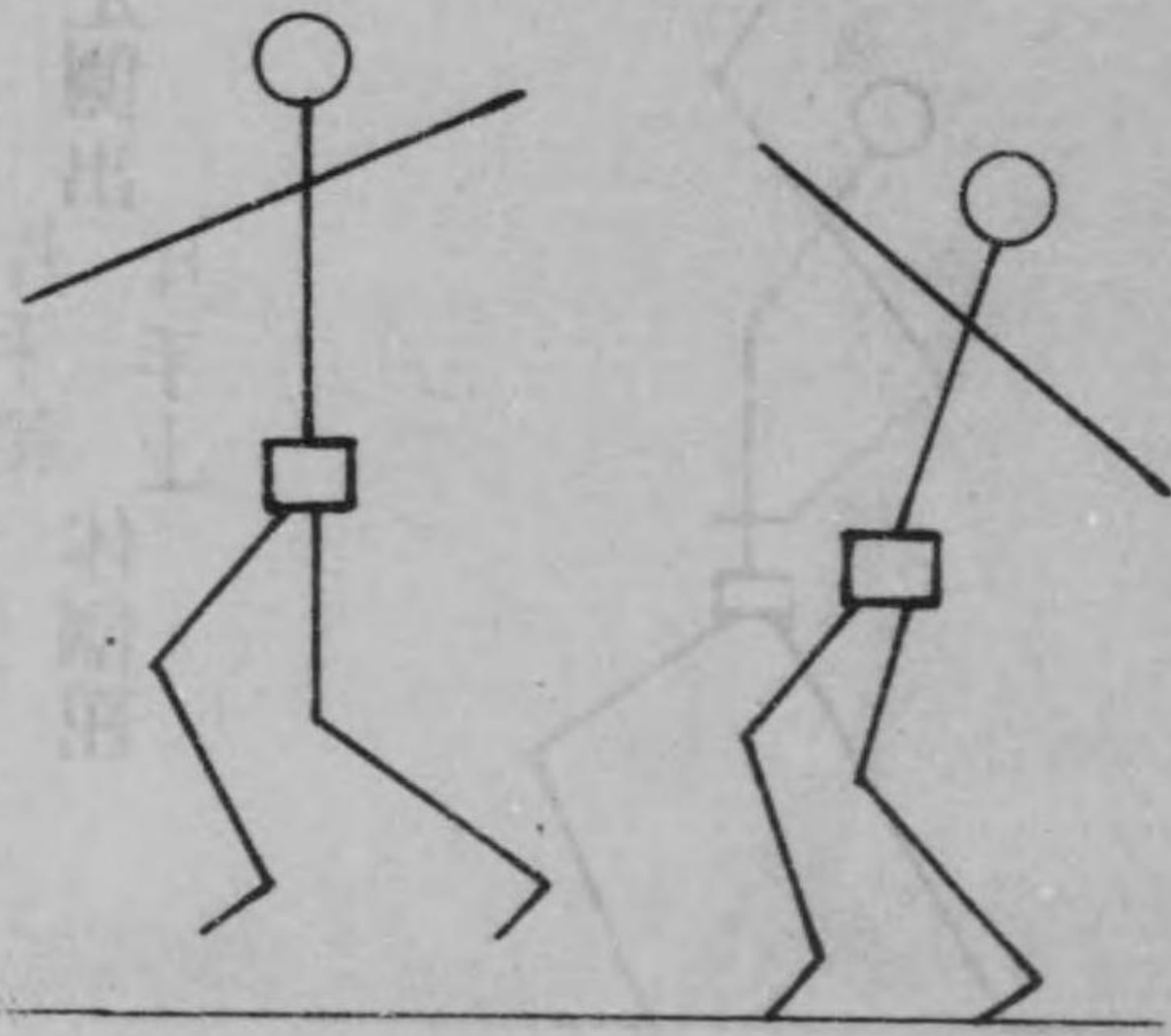


片屈膝前出片膝立片手前
 片手上体捻轉

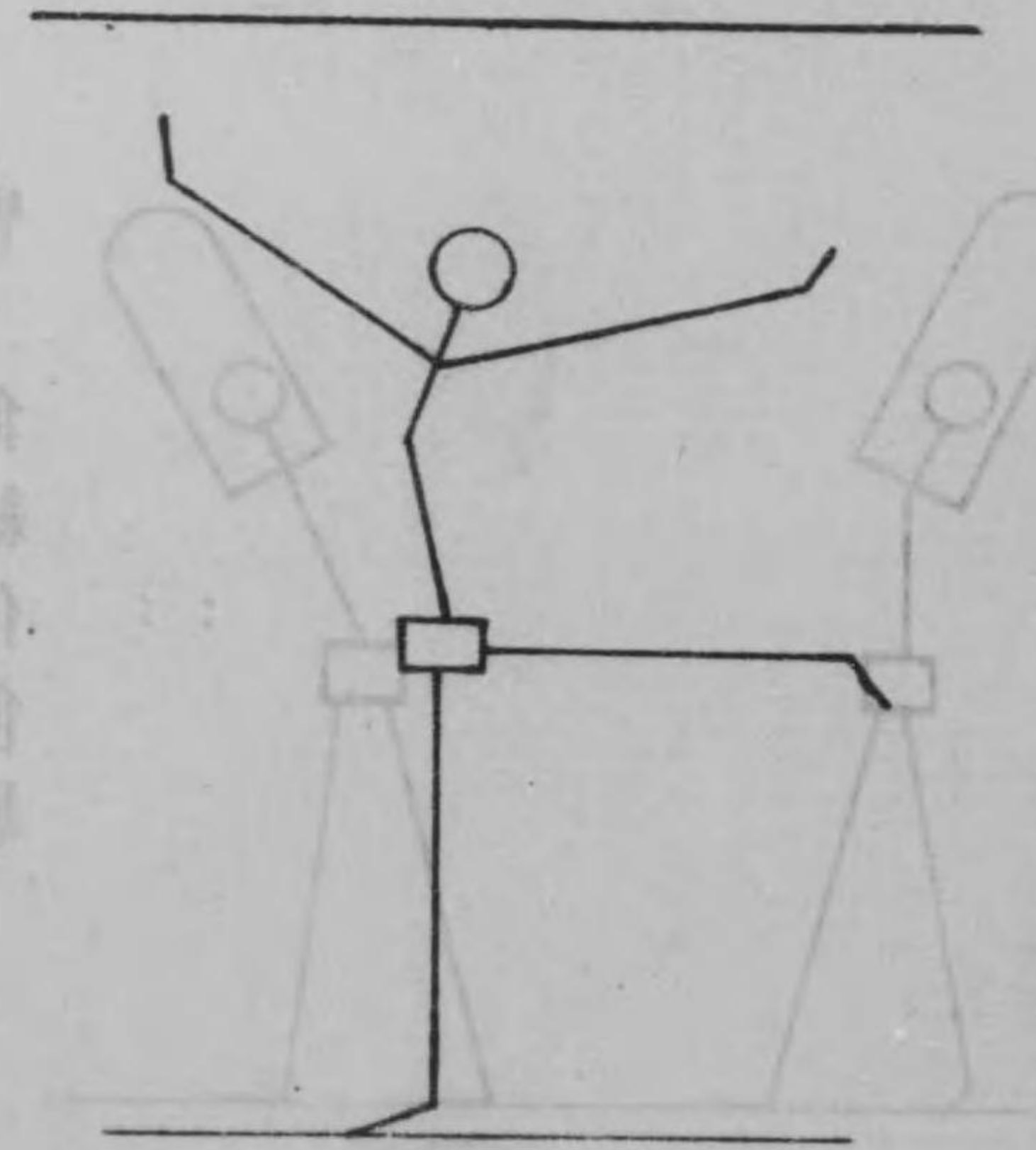


水平棒腰掛体捻轉

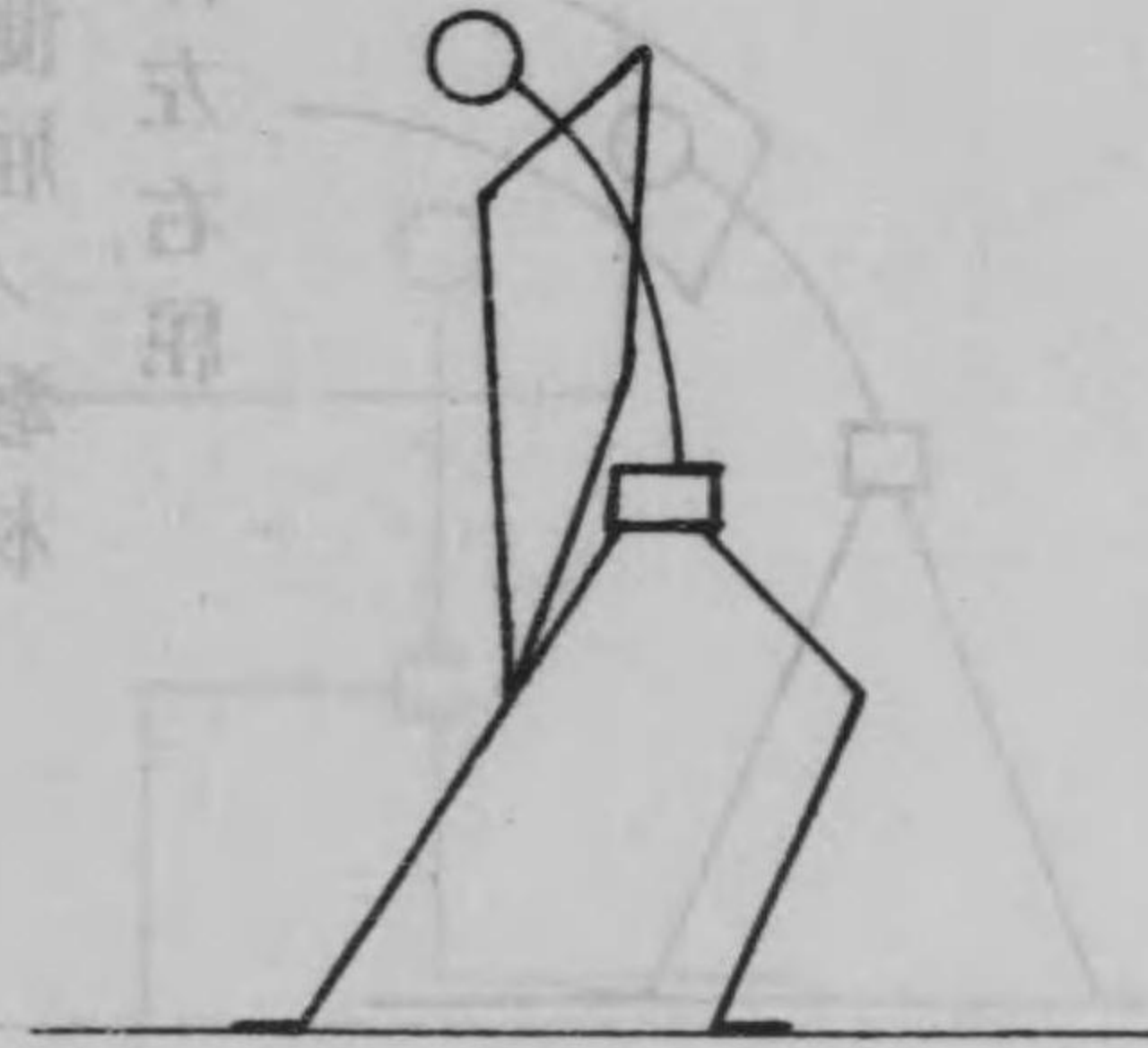




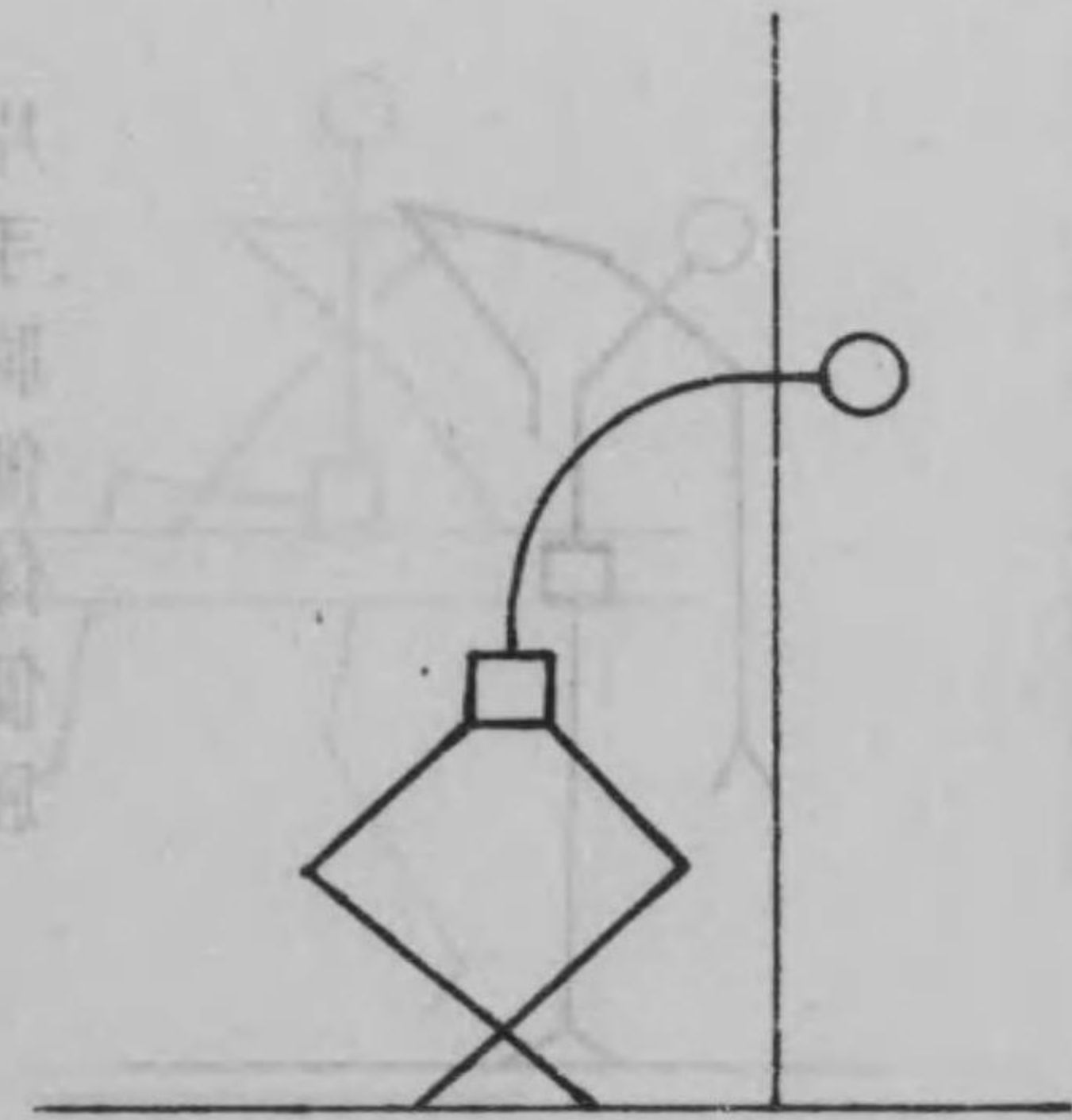
屈膝臂側舉体側屈



片脚側舉片臂上片臂下体側屈



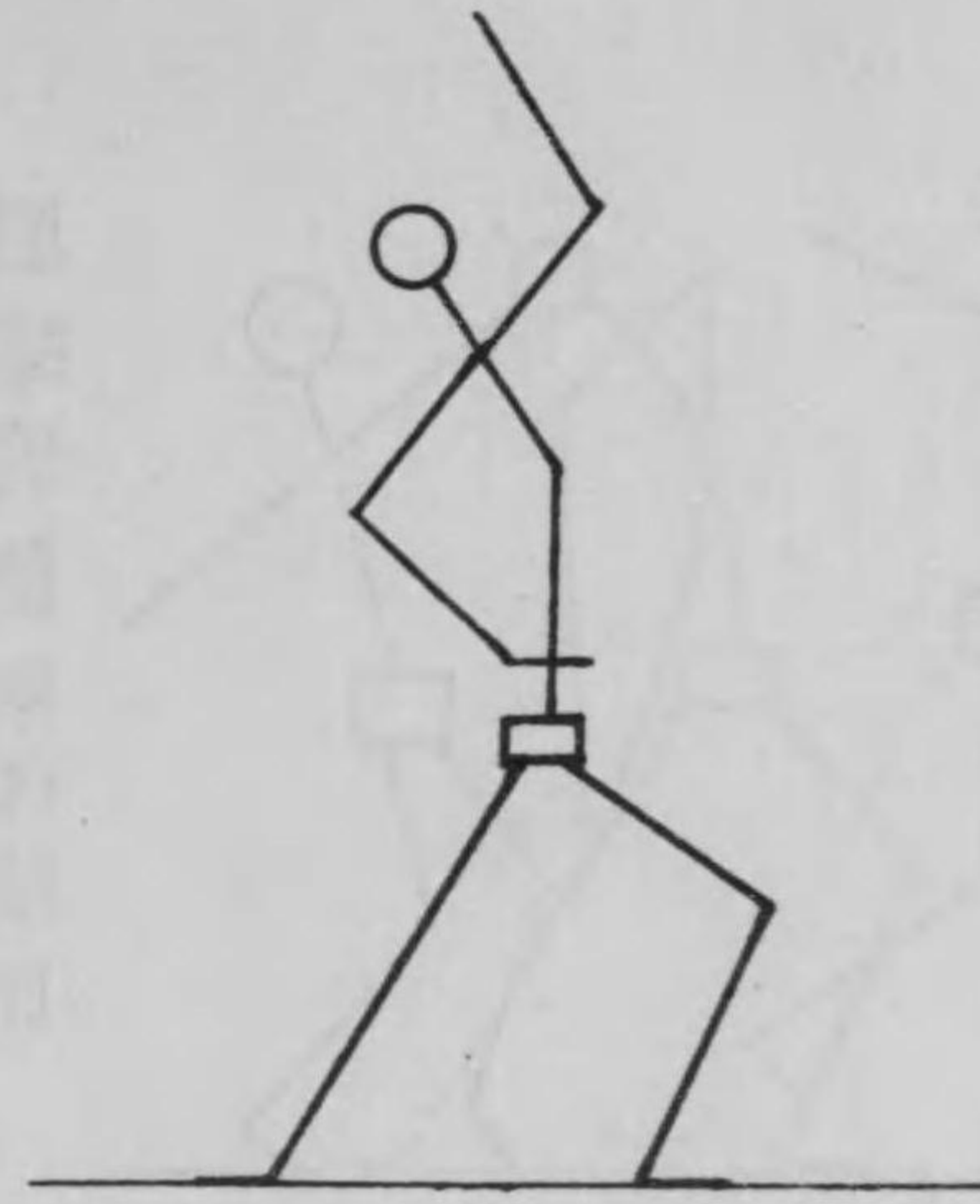
屈膝足側出手側下出
体側屈



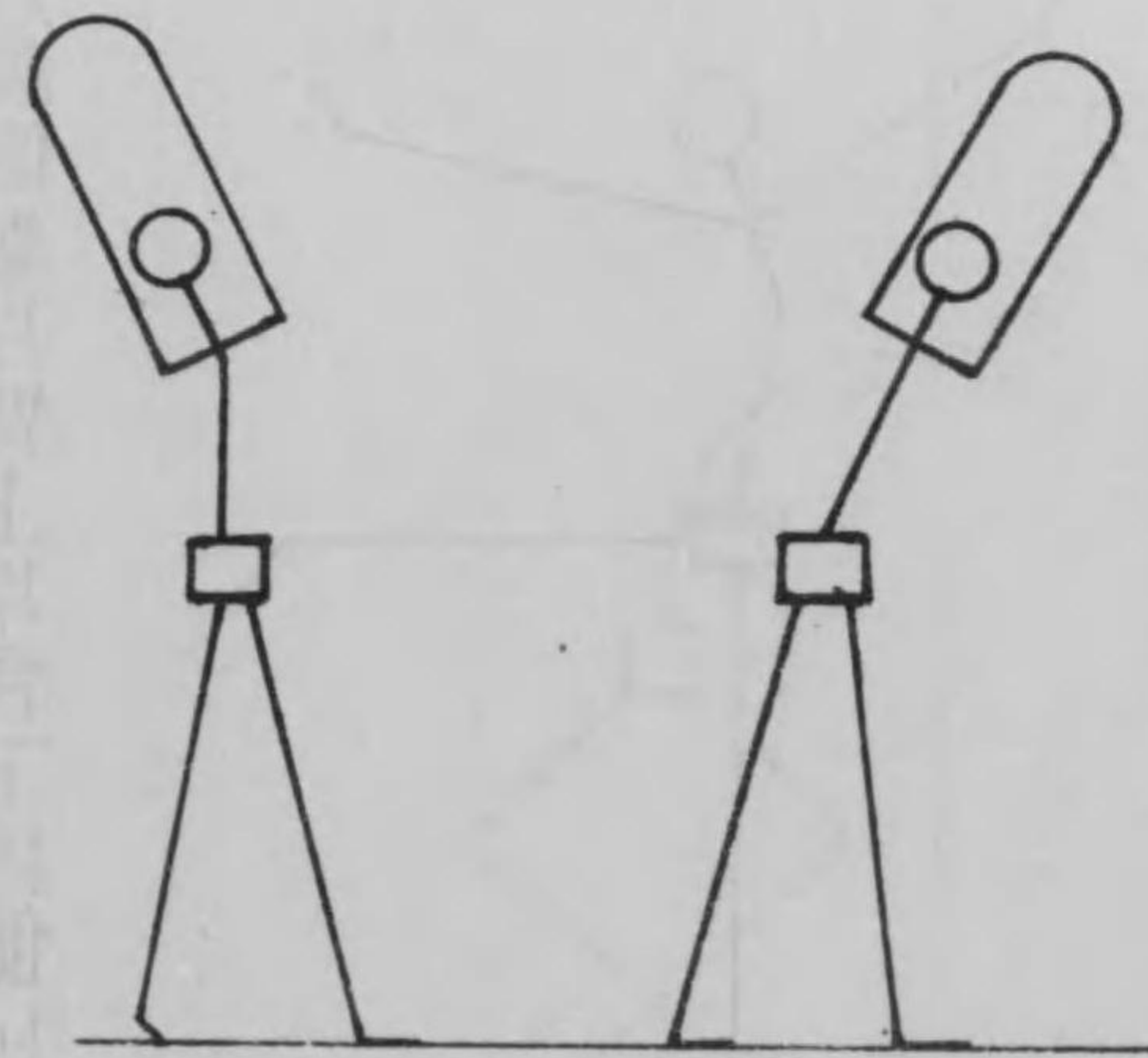
舉踵半屈膝体側屈



(三ノ其) 材教ノ幹軀 (三)



屈膝足側出
片手腰
片手上
体側屈

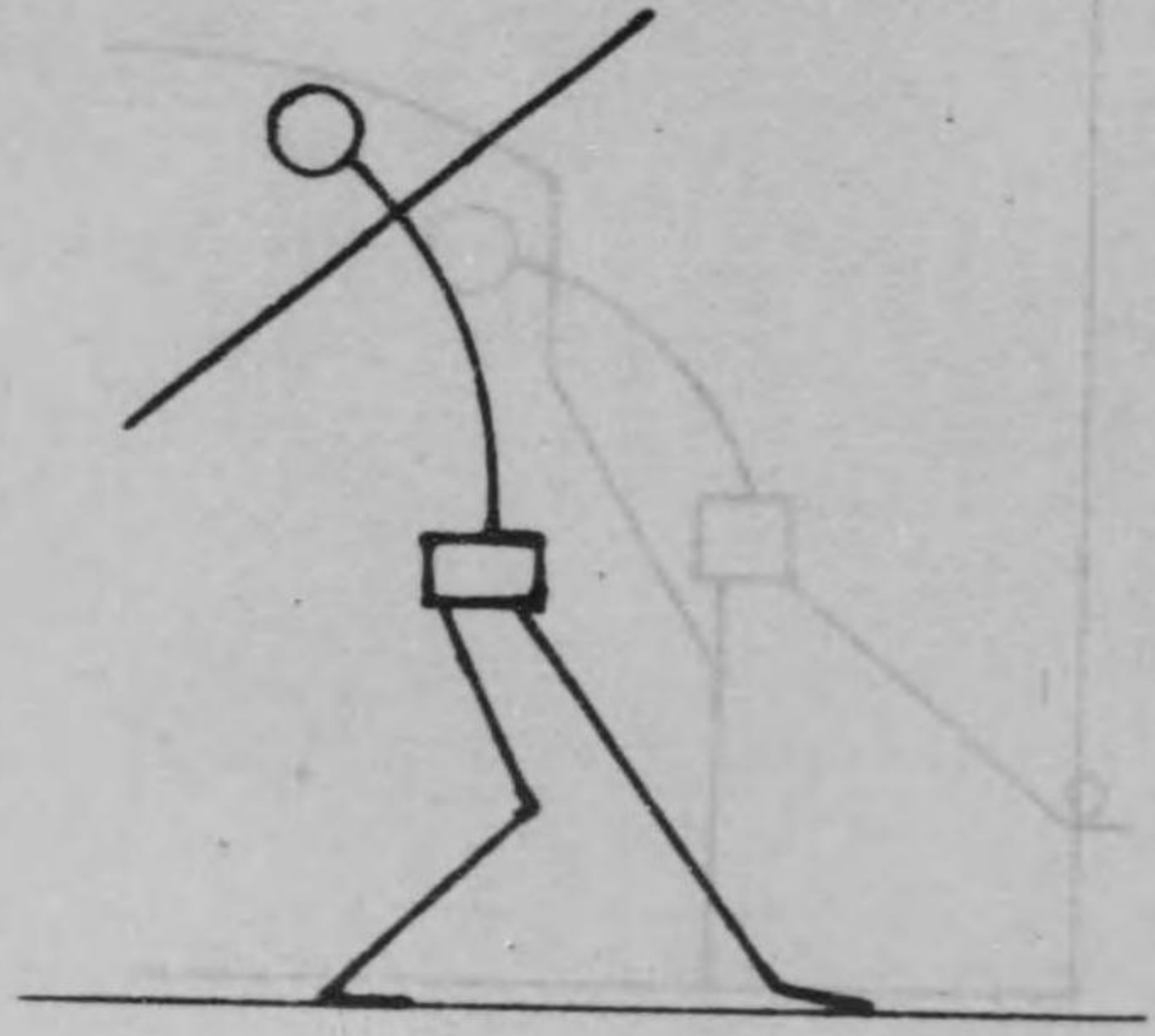


臂上伸組
体側屈



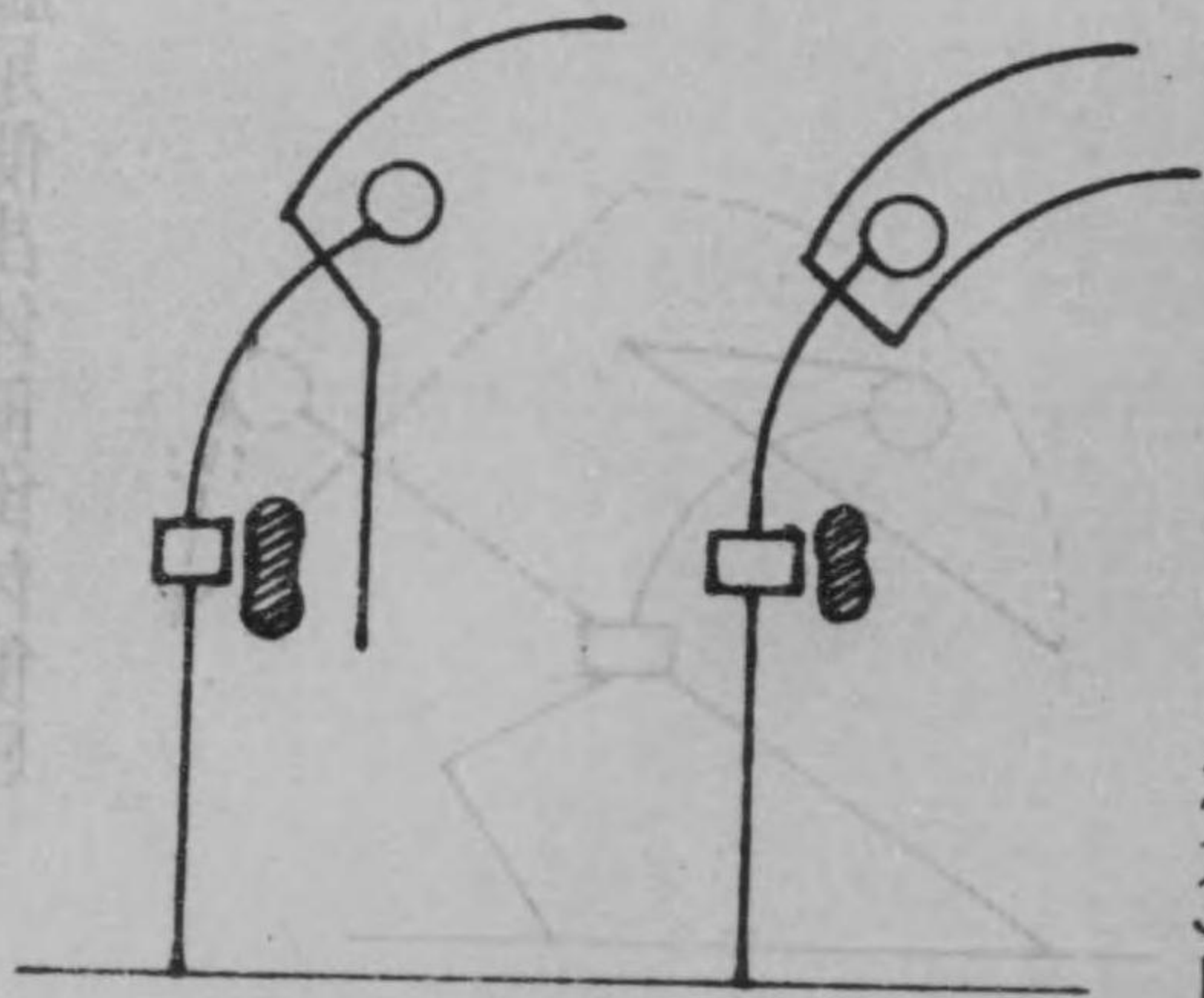
轉 捻 體 股 舉 膝 屈 (九)

片足前出片足屈体侧屈



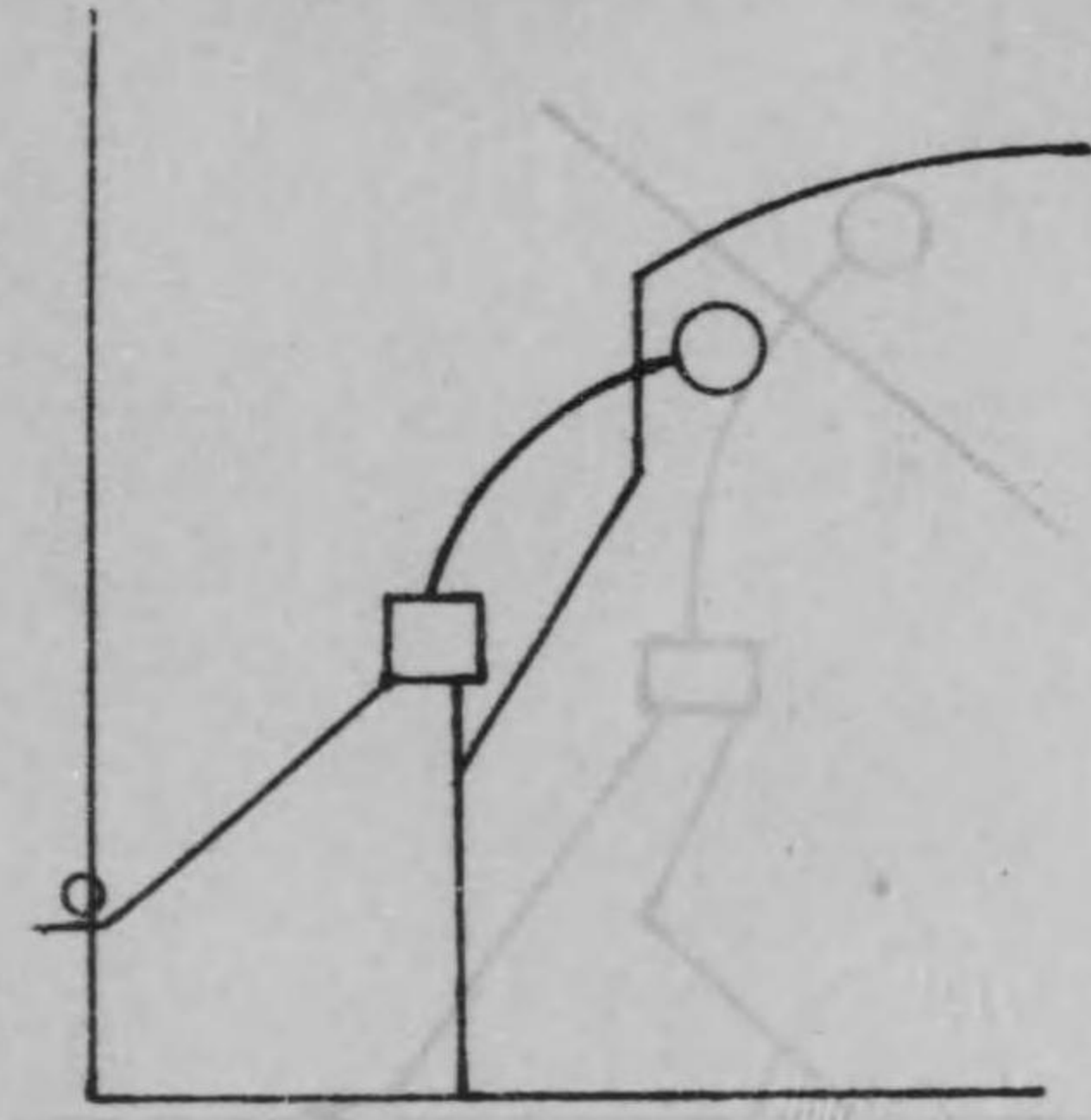
片足前出片足屈体侧屈

水平棒腰支持体左(右)屈

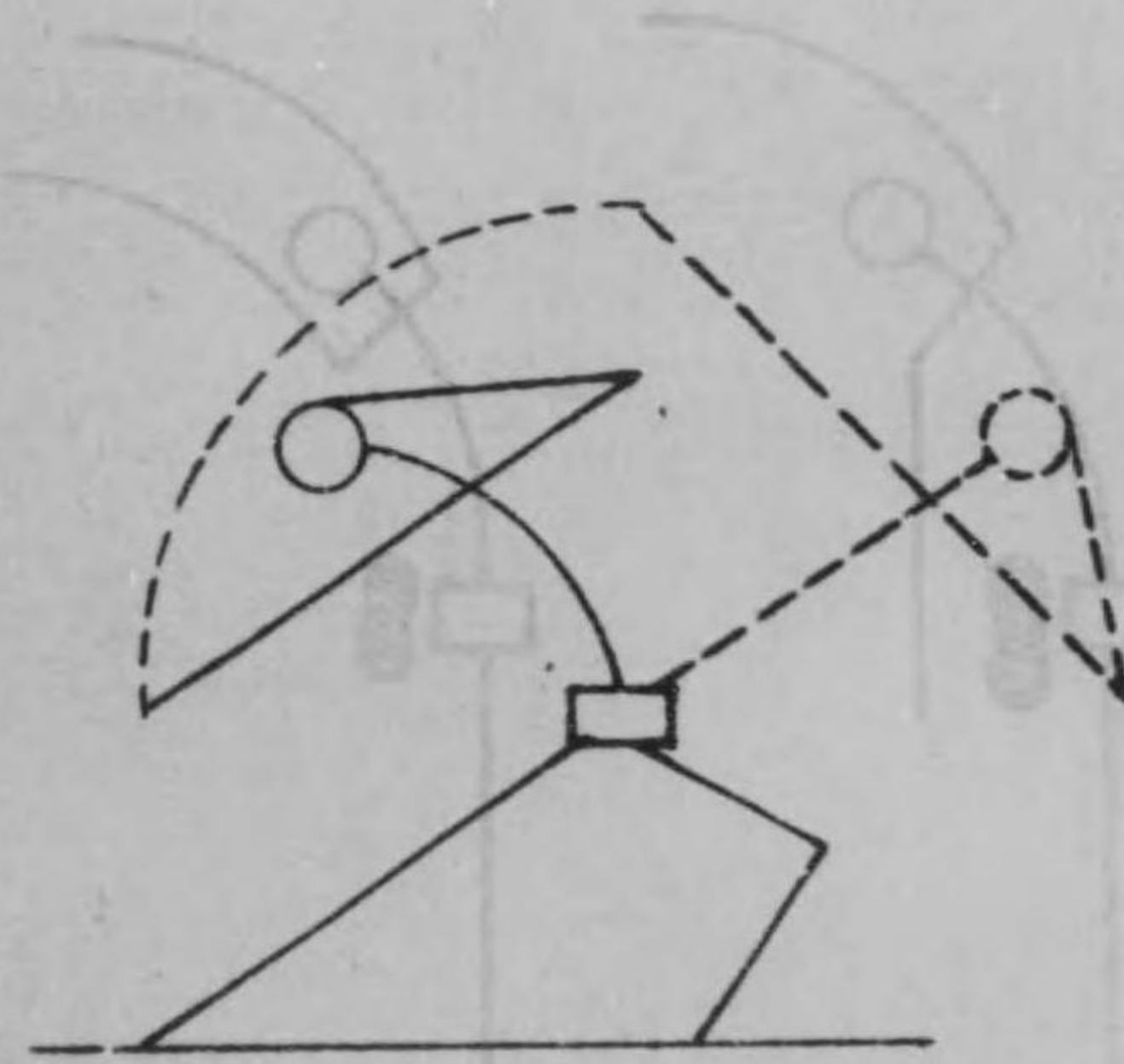


水平棒腰支持体左(右)屈

片脚側舉支持体左右屈



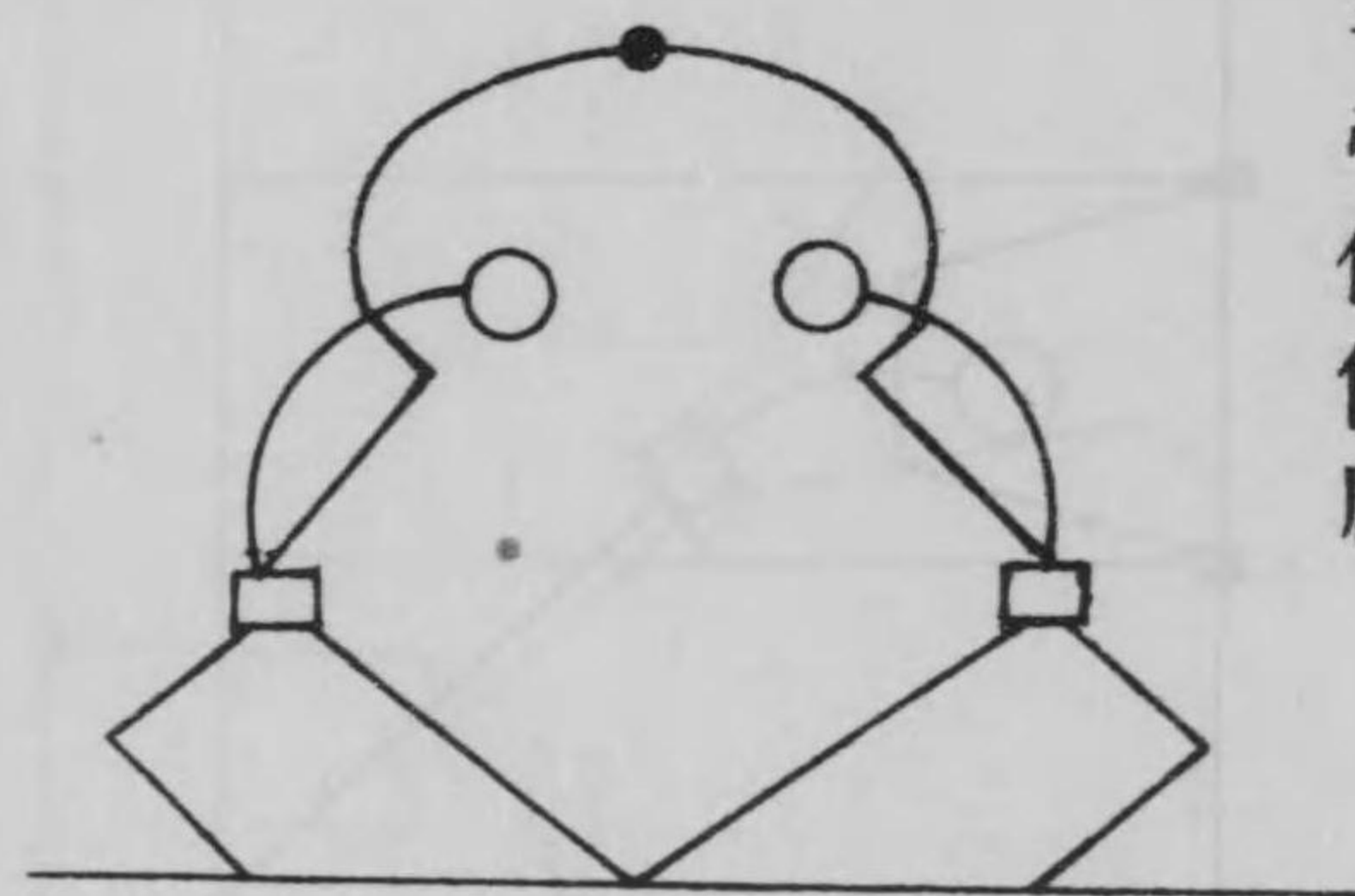
屈膝足側出体側倒体側屈



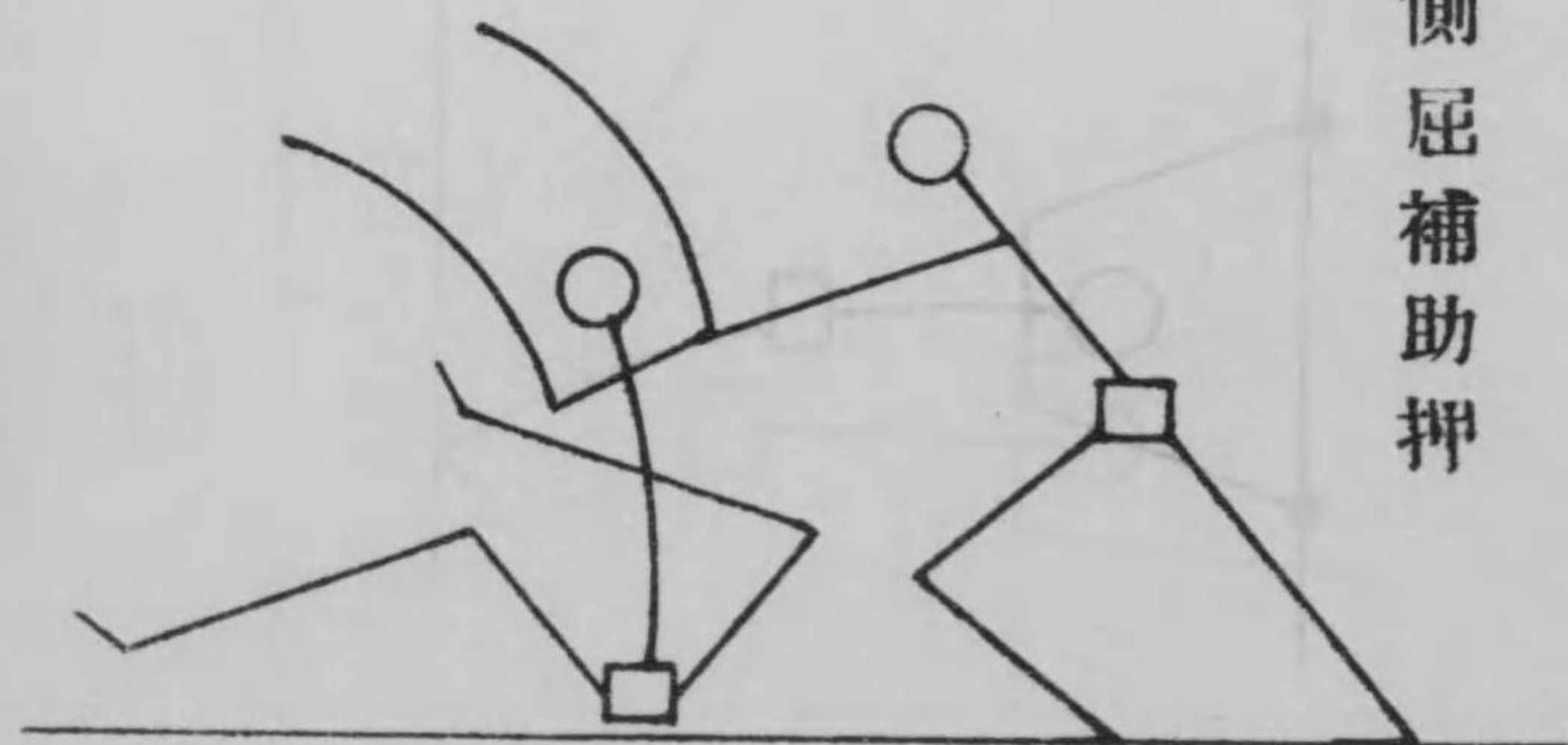
片玉隨出片玉脚刺脚屈

水平斜翅支持体左右屈

二人手引体側屈



座体側屈補助押

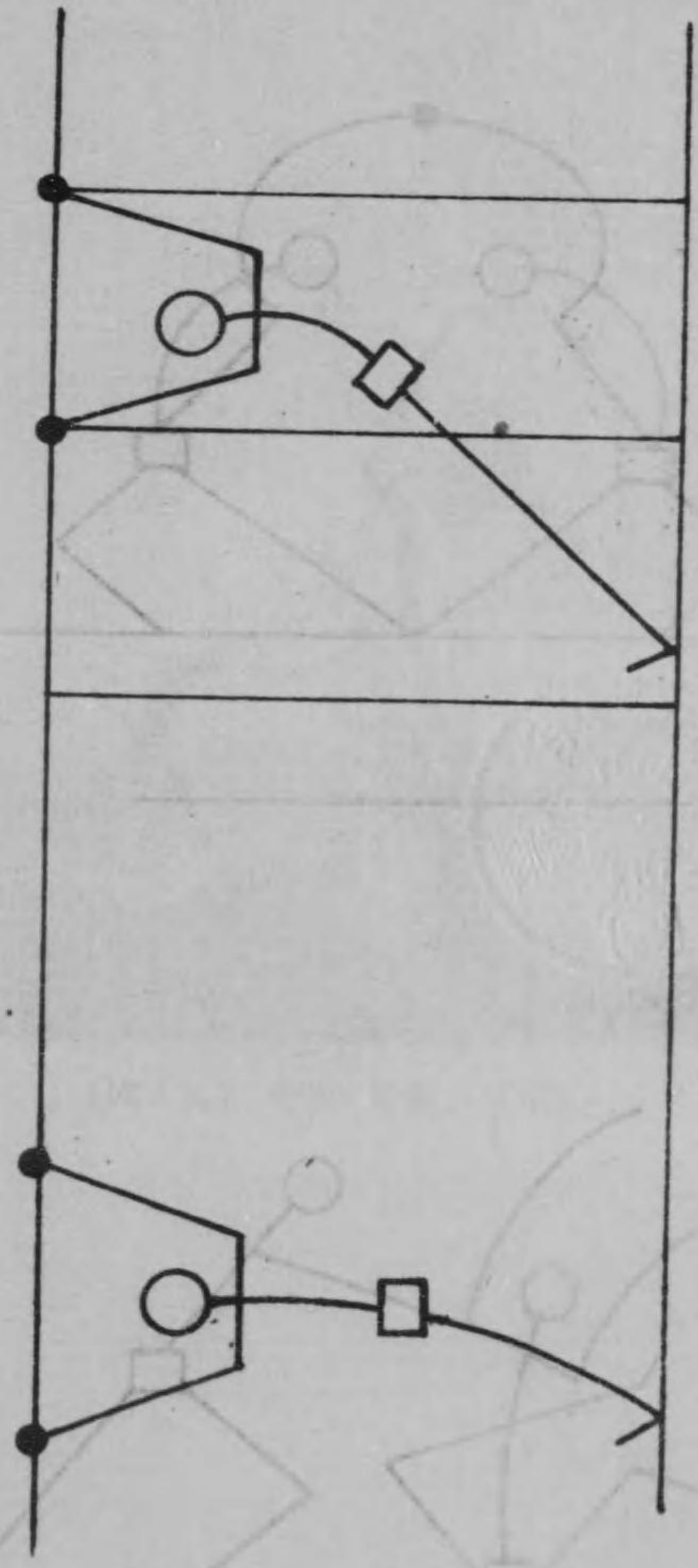


(四ノ其) 材教ノ幹軀 (三)

木懸攀 体側屈

一人手代有補助用

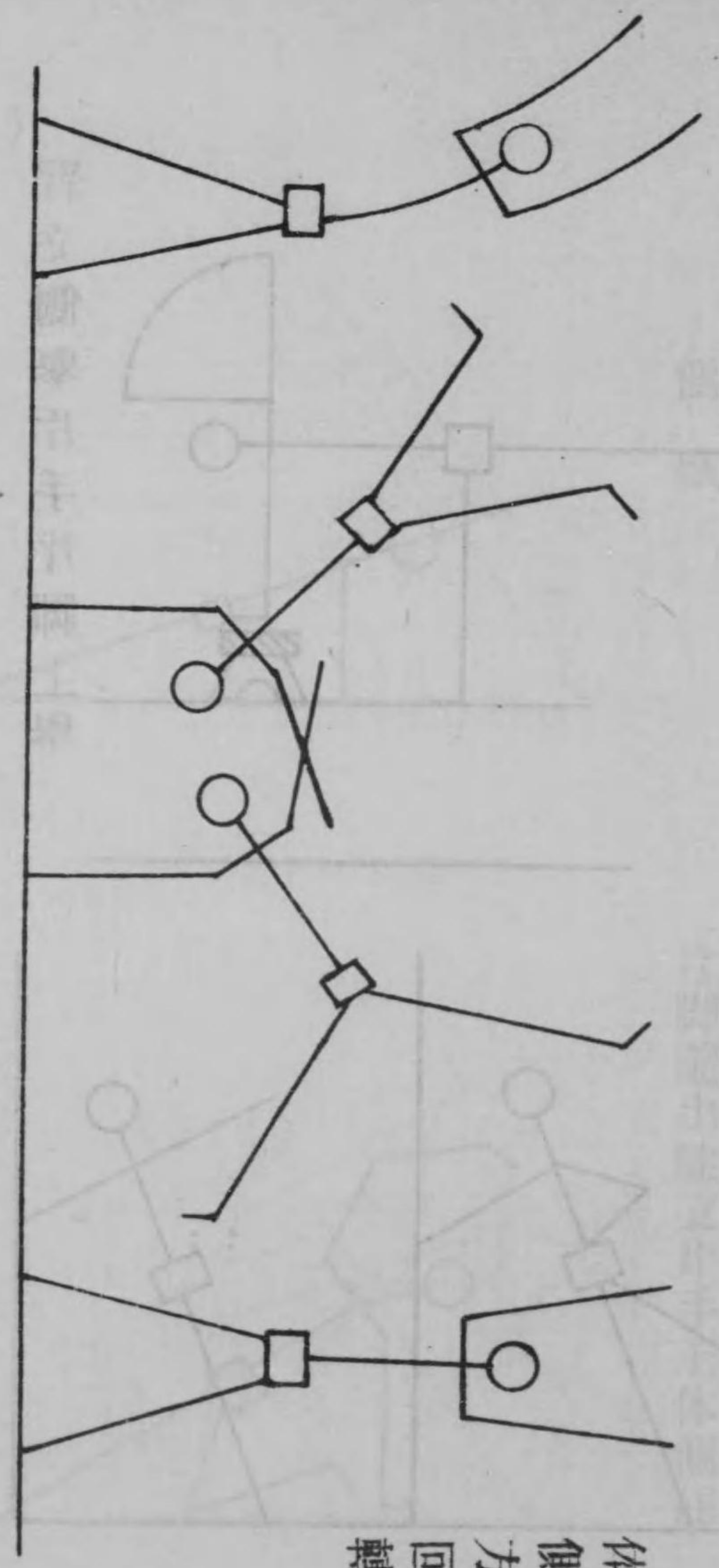
手代補助用時



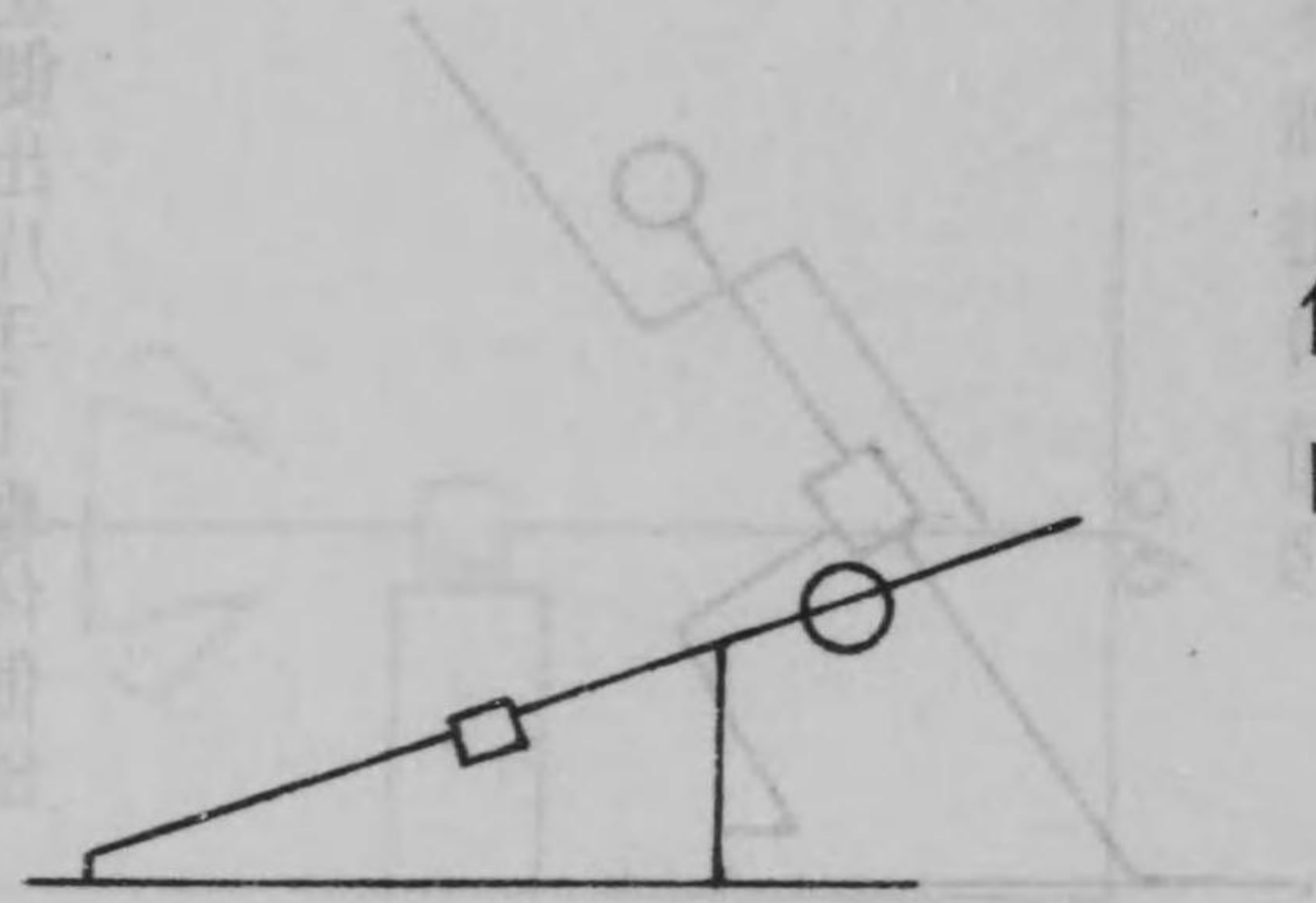
体側方回轉

木支柱有補助用

一人手代有補助用



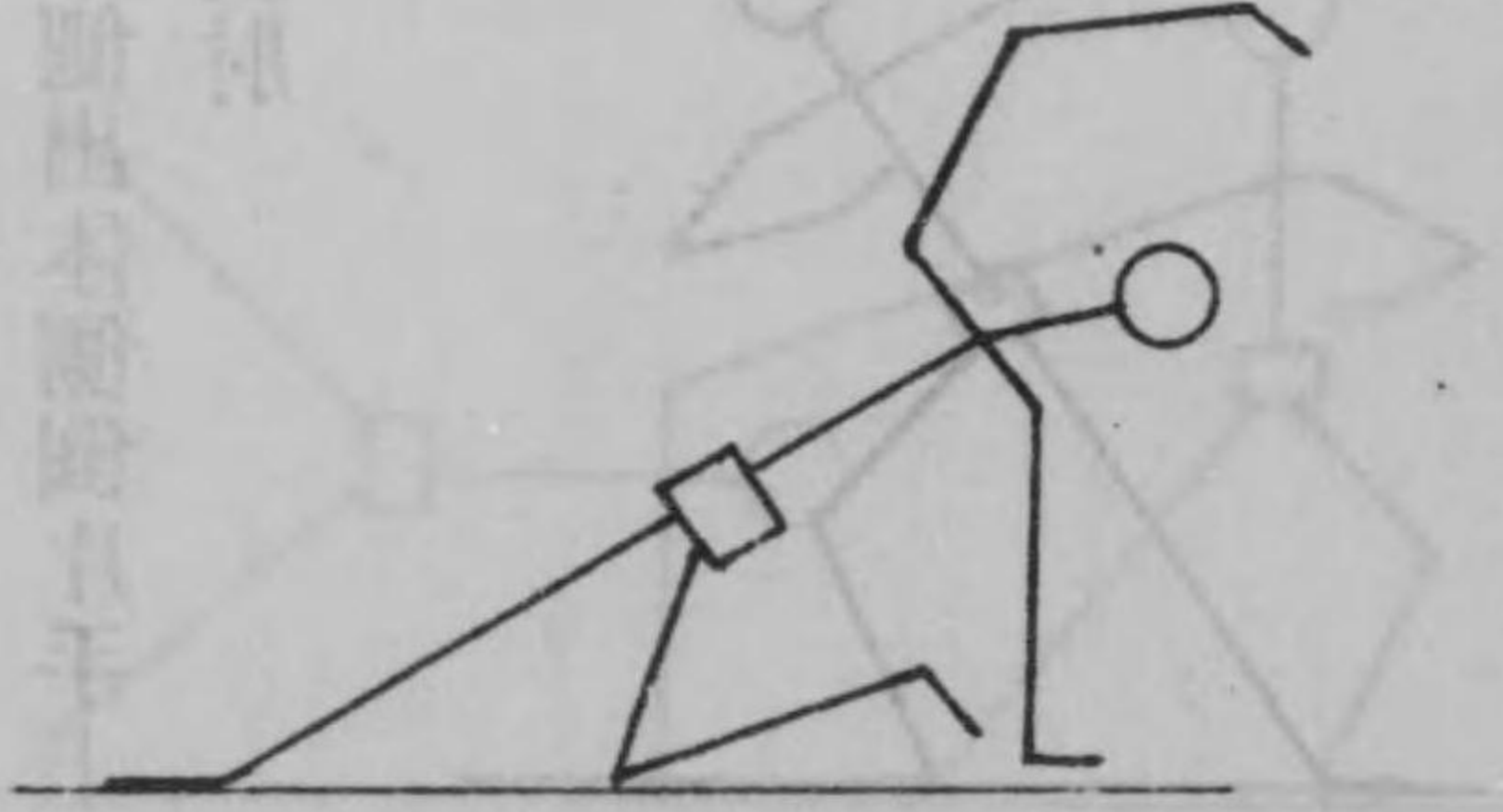
脚前出膝立片手



足支持片側臥

側臥

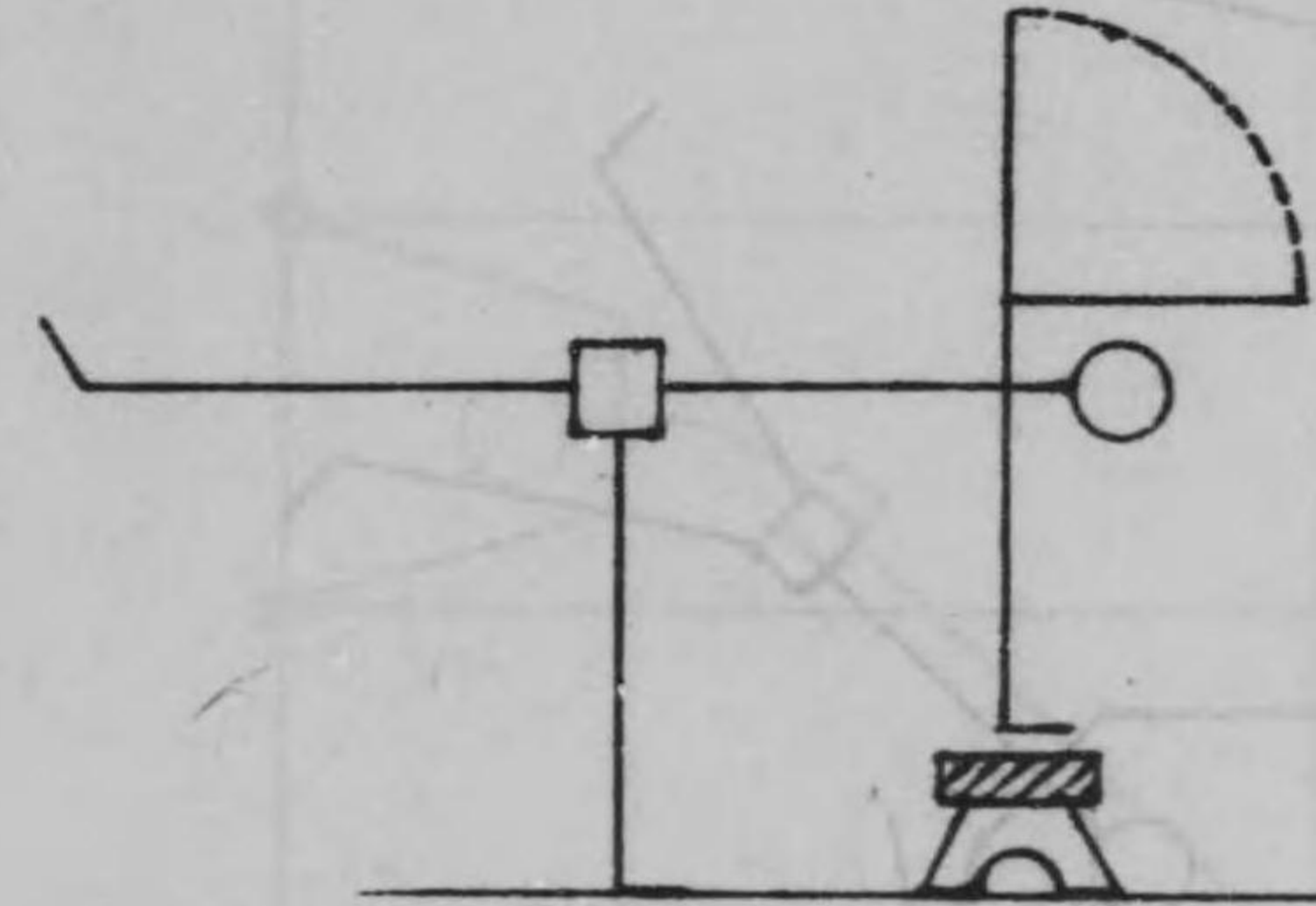
片脚前出膝立片手
片脚前出膝立片手



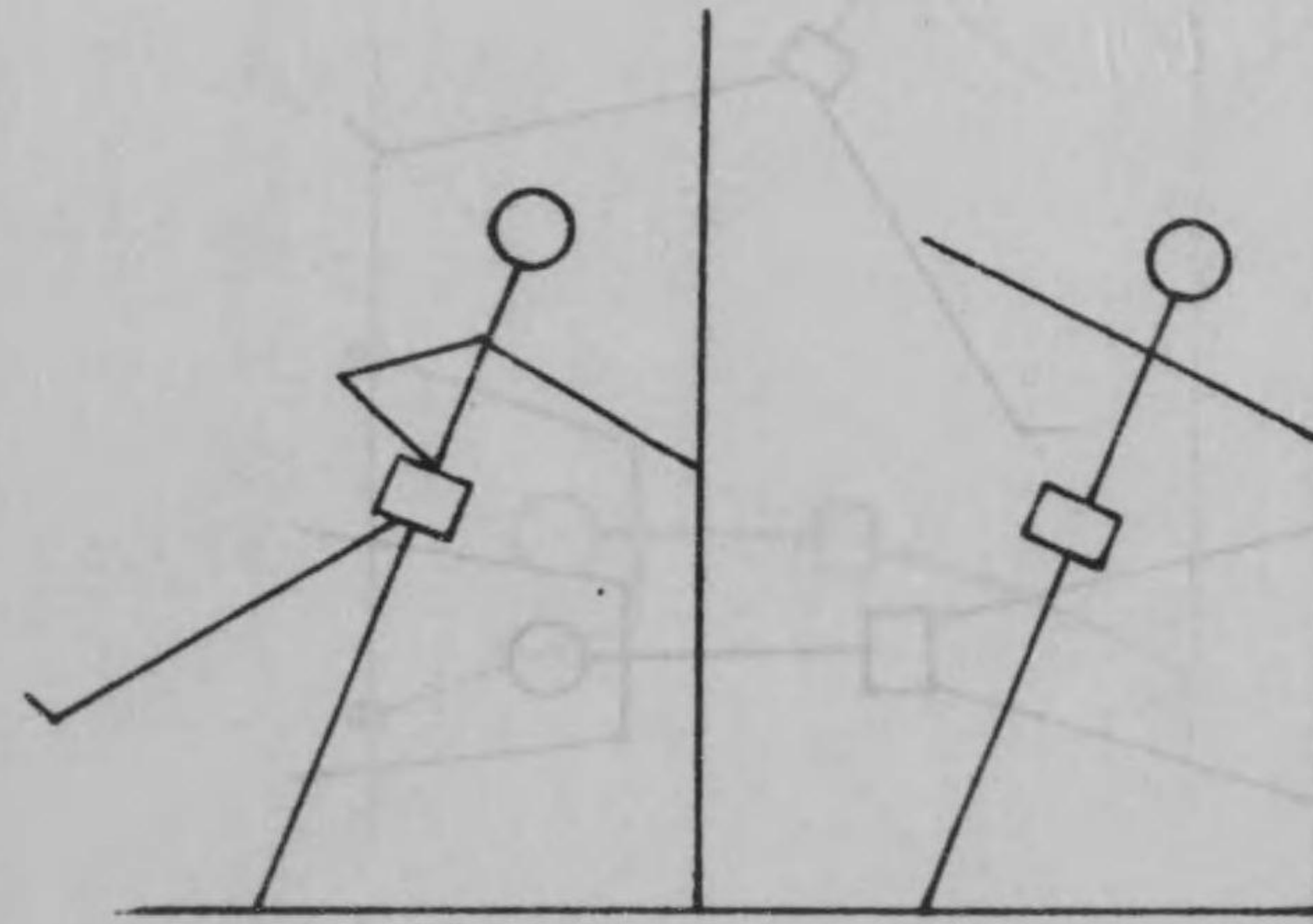
片脚前出膝立片手
片脚前出膝立片手

(三) 側臥ノ教材

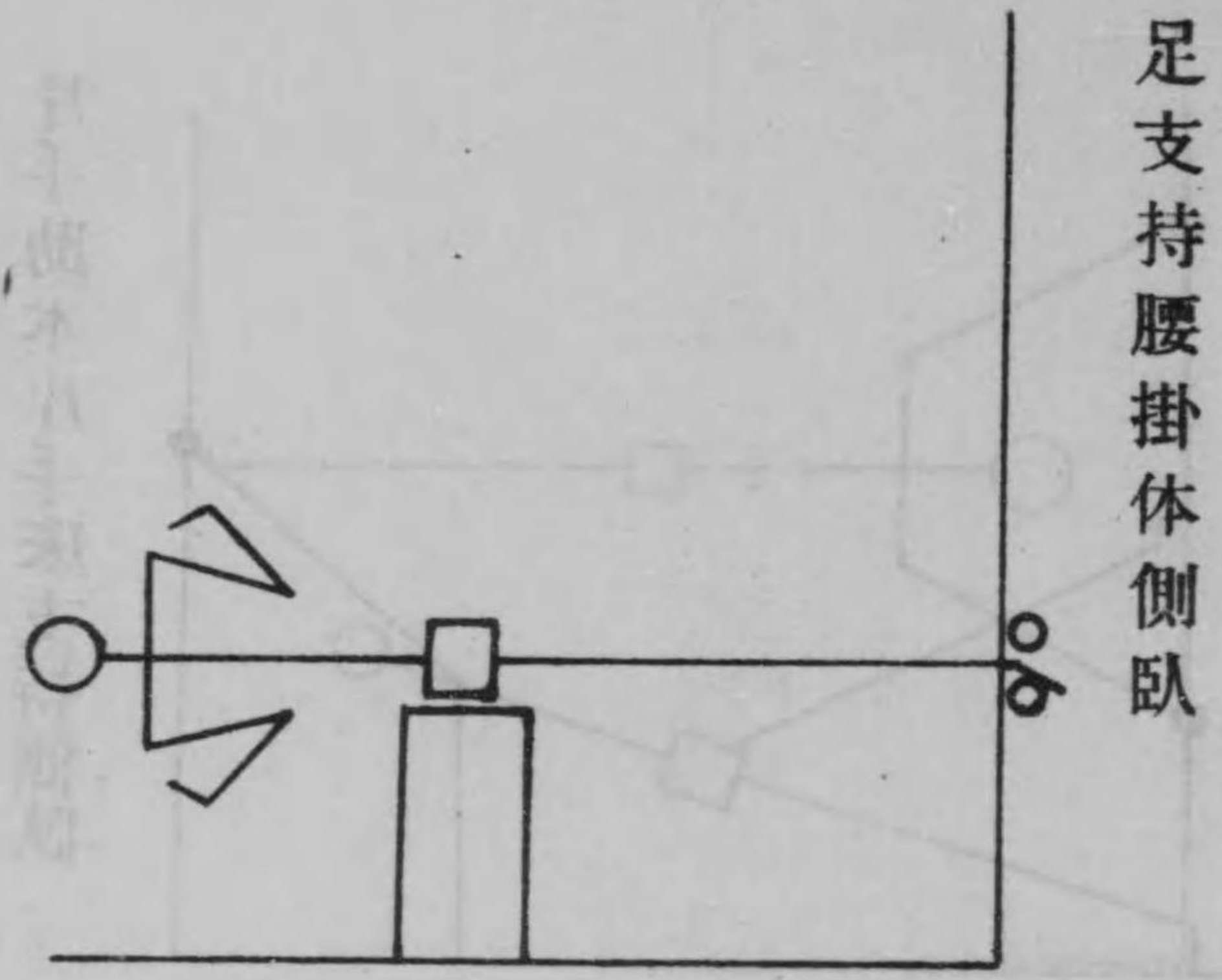
臂立側舉片手片脚上舉



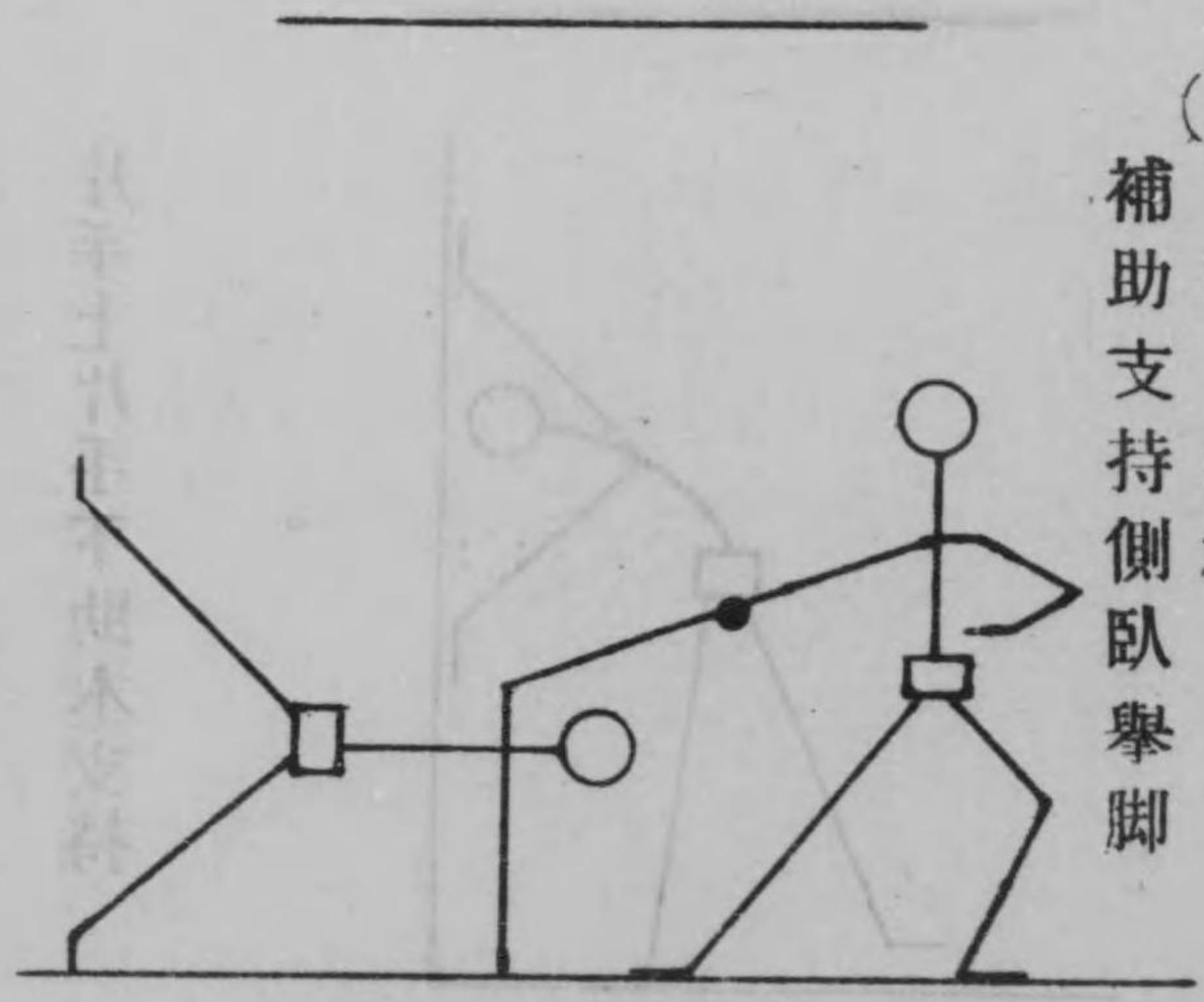
助木支持臂立側臥



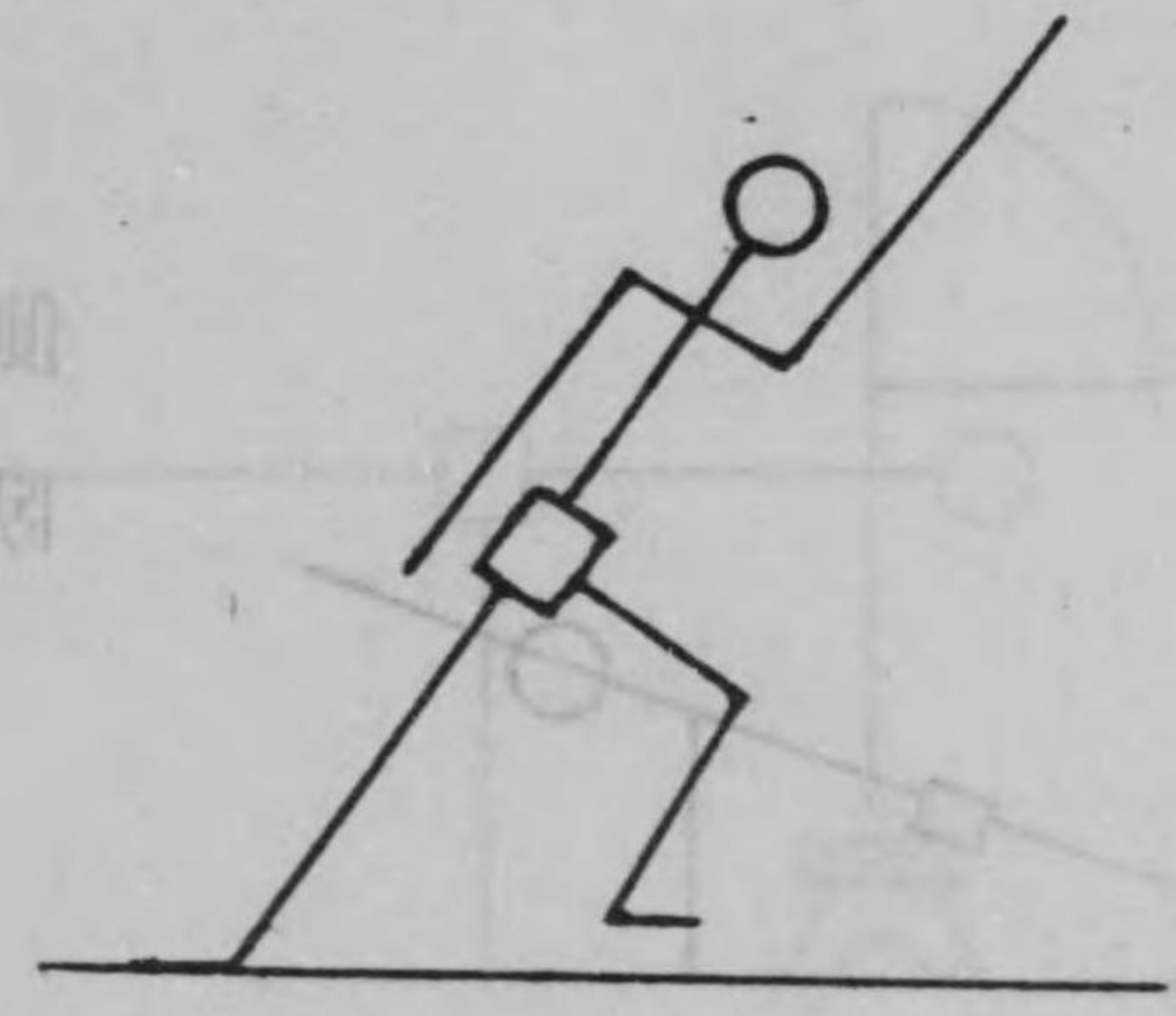
片脚前出膝立片手



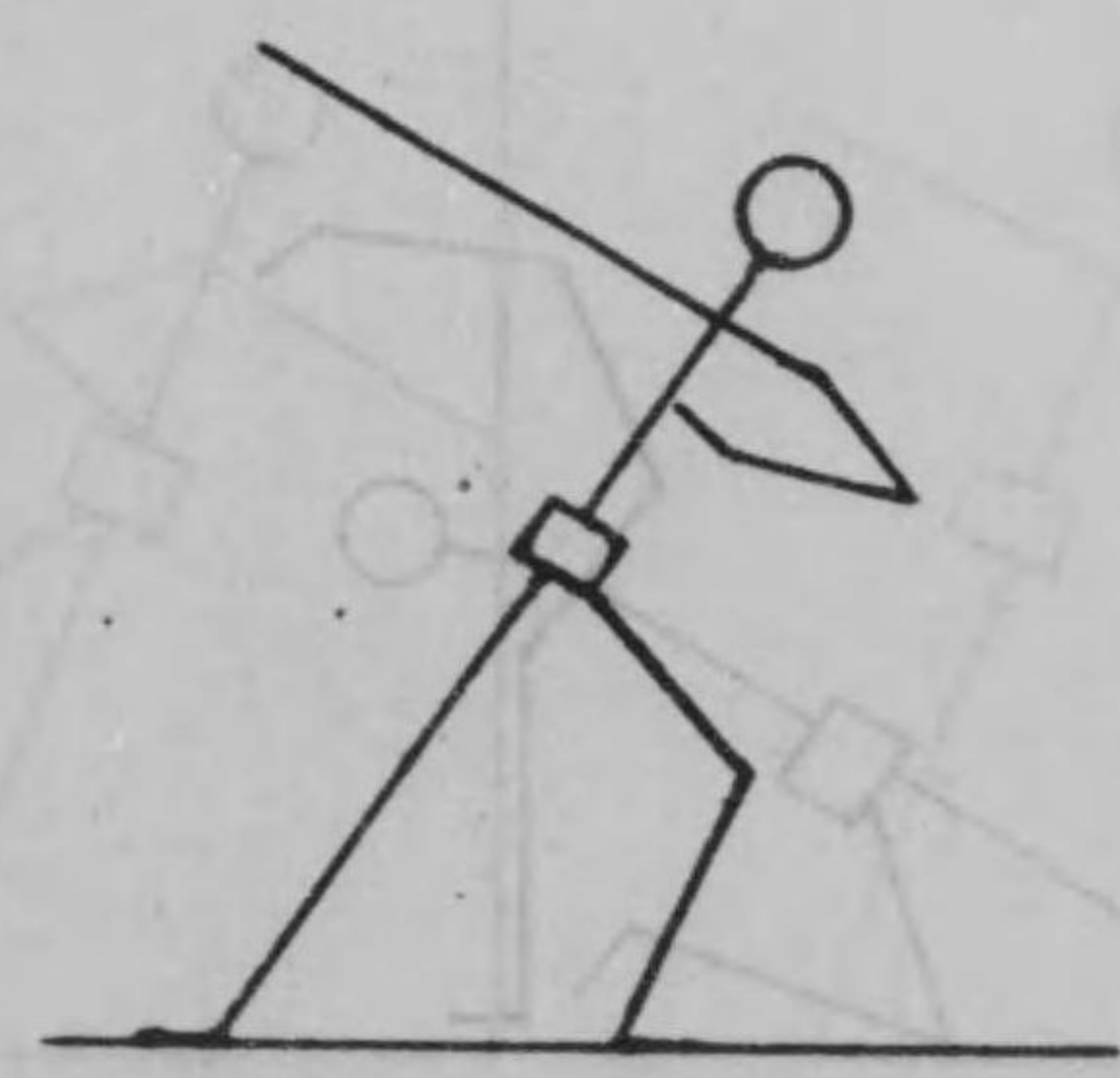
足支持腰掛体側臥



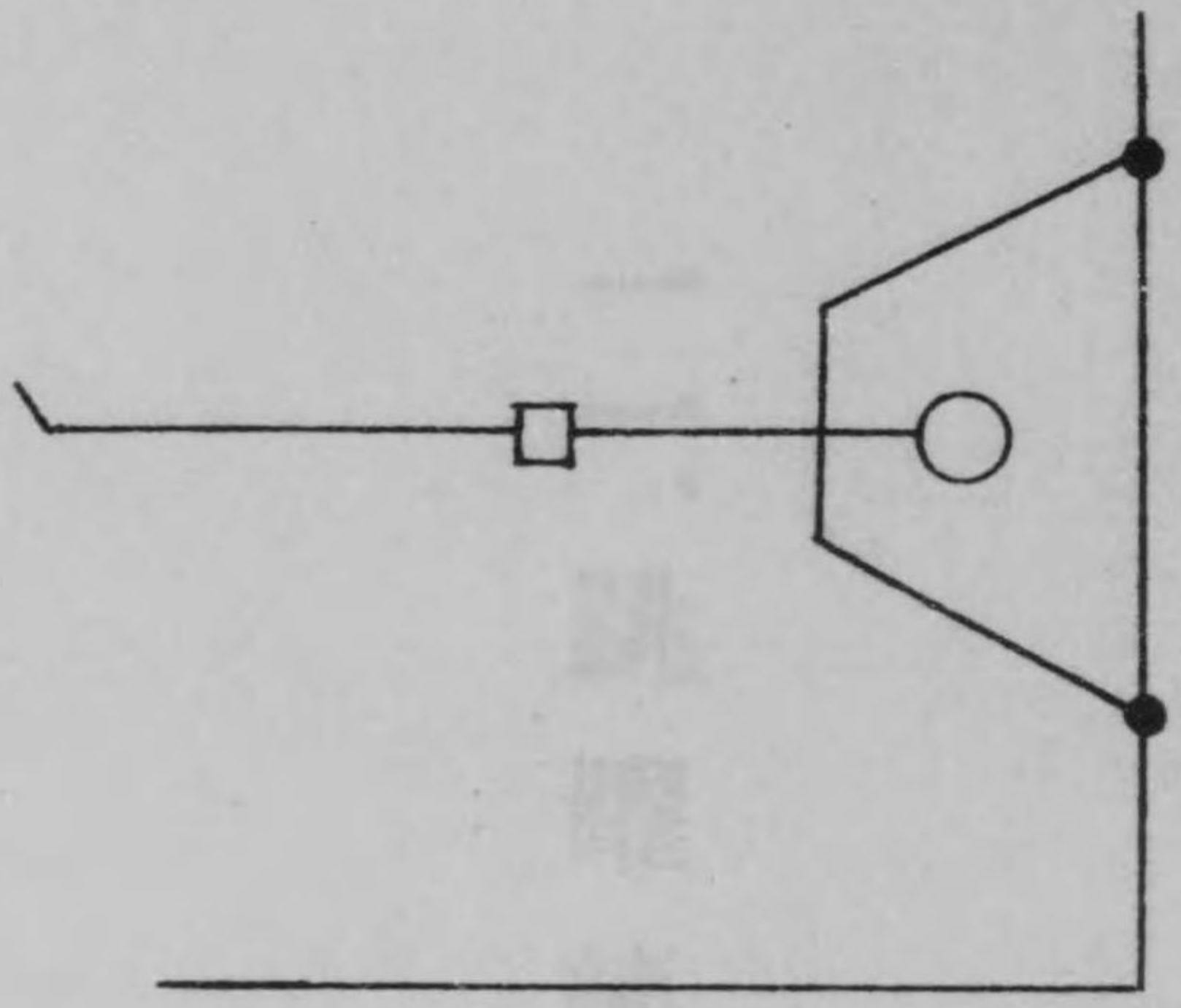
(四) 側垂ノ教材
補助支持側臥舉脚



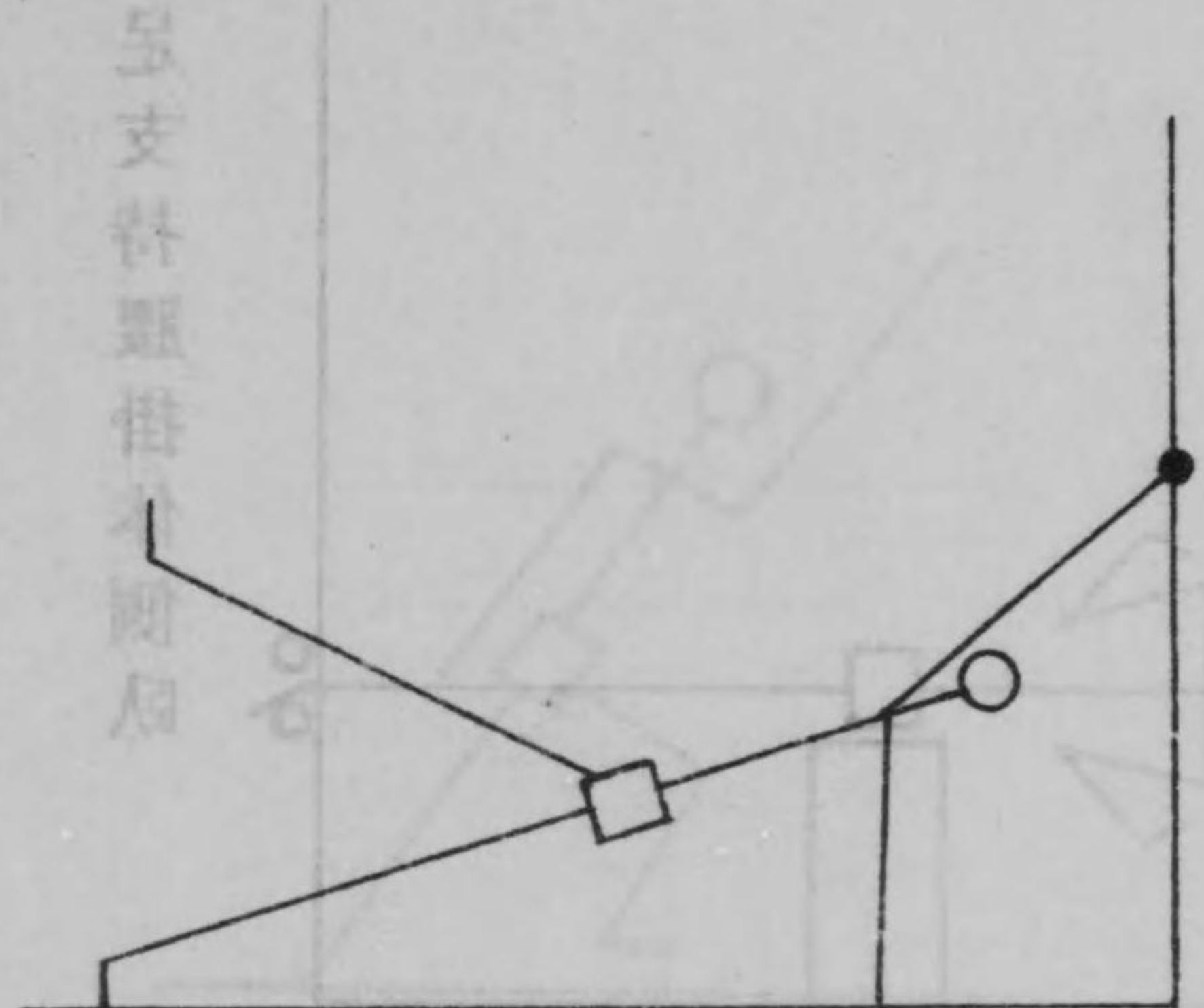
屈膝足側出片手上舉体側倒



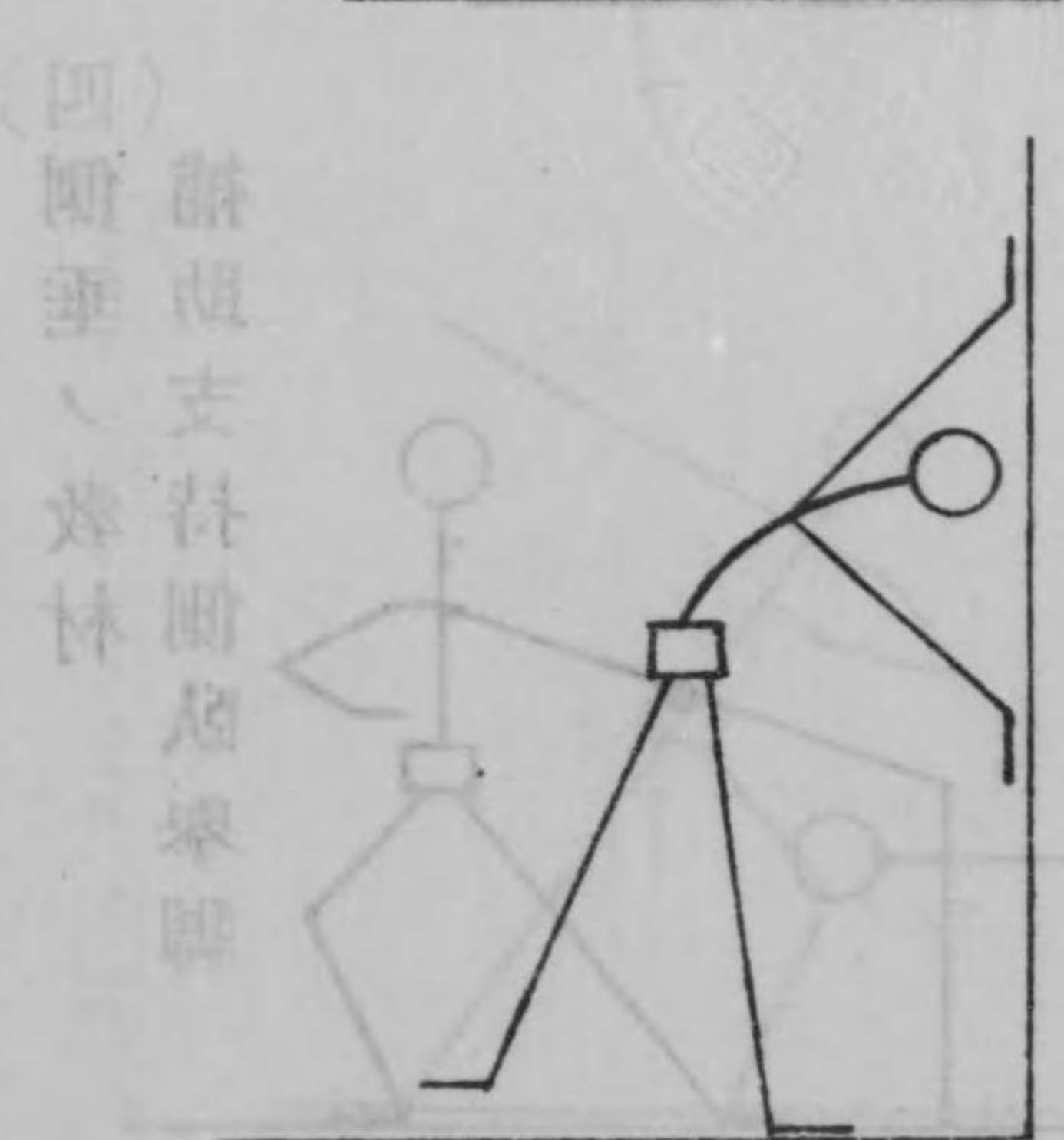
屈膝足側出体側倒片手上
片手屈肘



側舉



片手助木片手床支持側臥

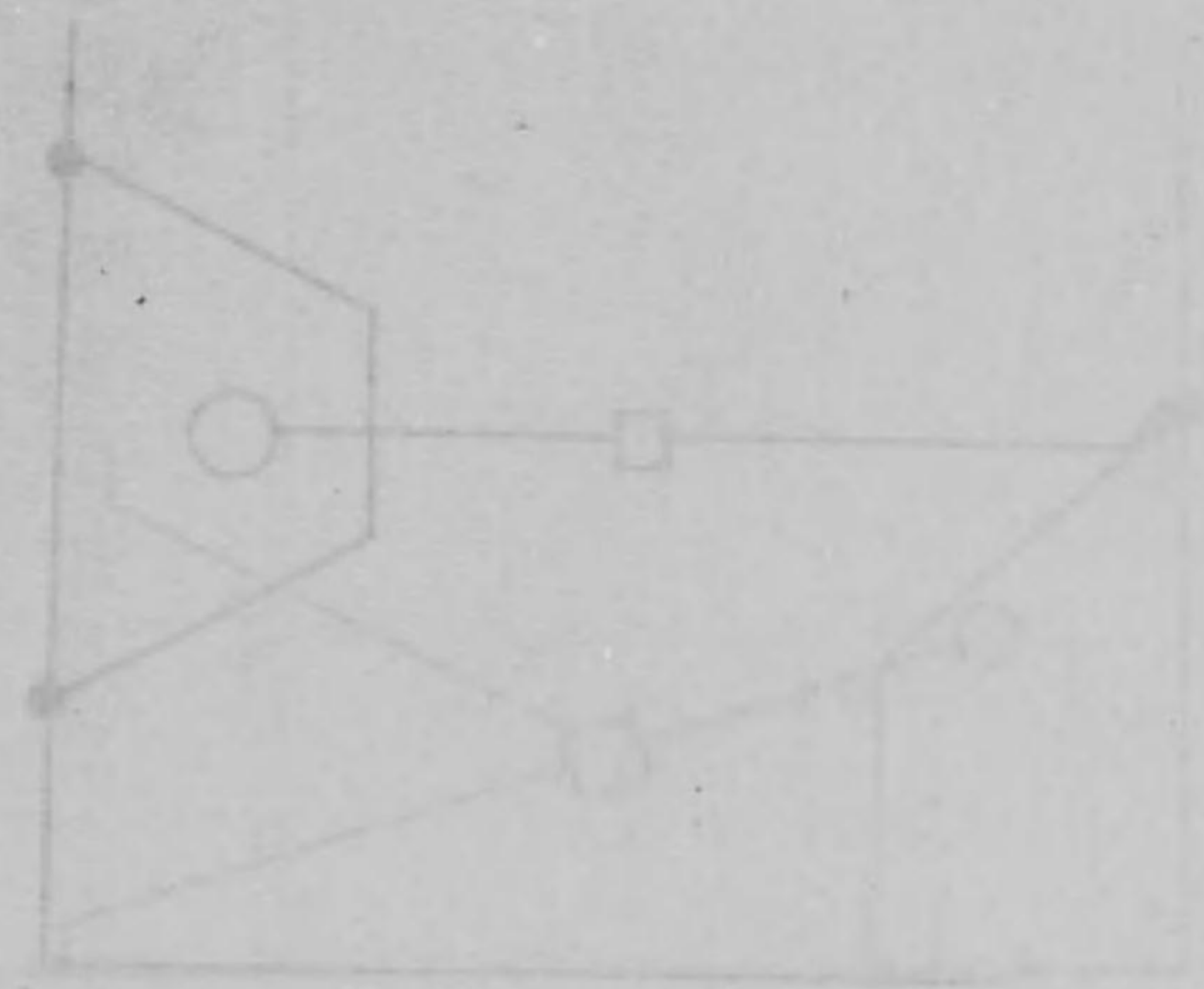


片手上片手下助木支持

四
圖
垂
、
林
謝
胡
支
扶
圖
超
舉
脚

一、跳躍練習

附
圖



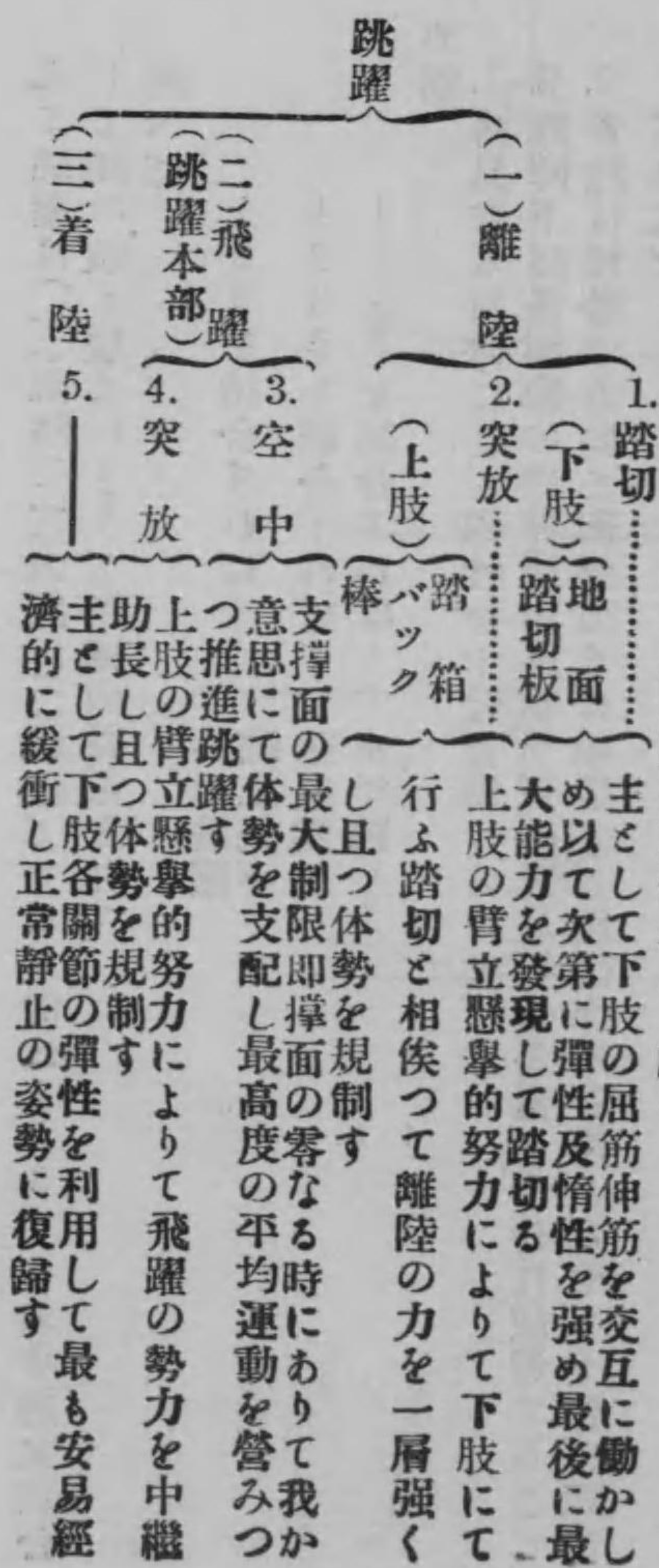
第十一章 跳躍練習

一、目的

1. 全身の筋肉骨格を最も強健に發達せしむ
2. 全身の筋肉に著しく巧緻的發達を促す
3. 内臓諸器能を著しく促進せしめ以て新陳代謝を盛ならしむ就中吸呼循環の作用を旺盛にし最も心臓の鍛錬に適す
4. 精神發現を最も旺盛にし氣力を錬磨す
5. 精神の統裁力を促す

二、練習の構成

全身の骨節筋肉に依る離陸飛躍着陸の三作用より成る



凡て跳躍は(一)離陸(二)飛躍(三)着陸よりなり尙ほ12345の中適宜結合して其の數と順とによりて跳躍の種類を生ず例へば

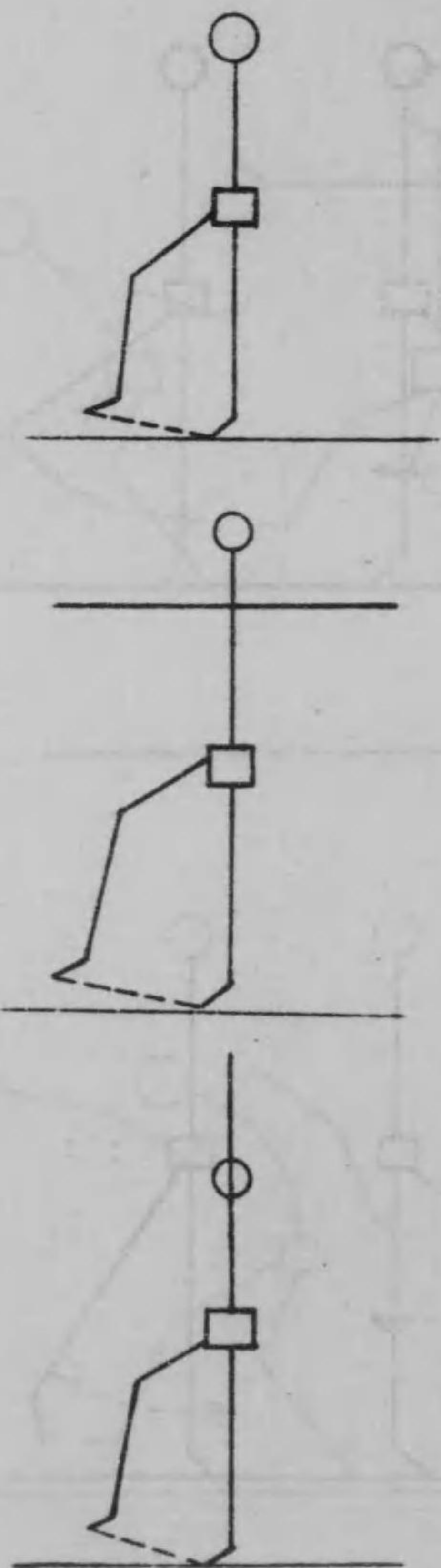
- 1 2 3 を結合すれば——其場跳躍 跳上跳下
- 1 2 3 5 を結合すれば——垂直跳
- 1 3 4 5 を結合すれば——水平跳

三、要領

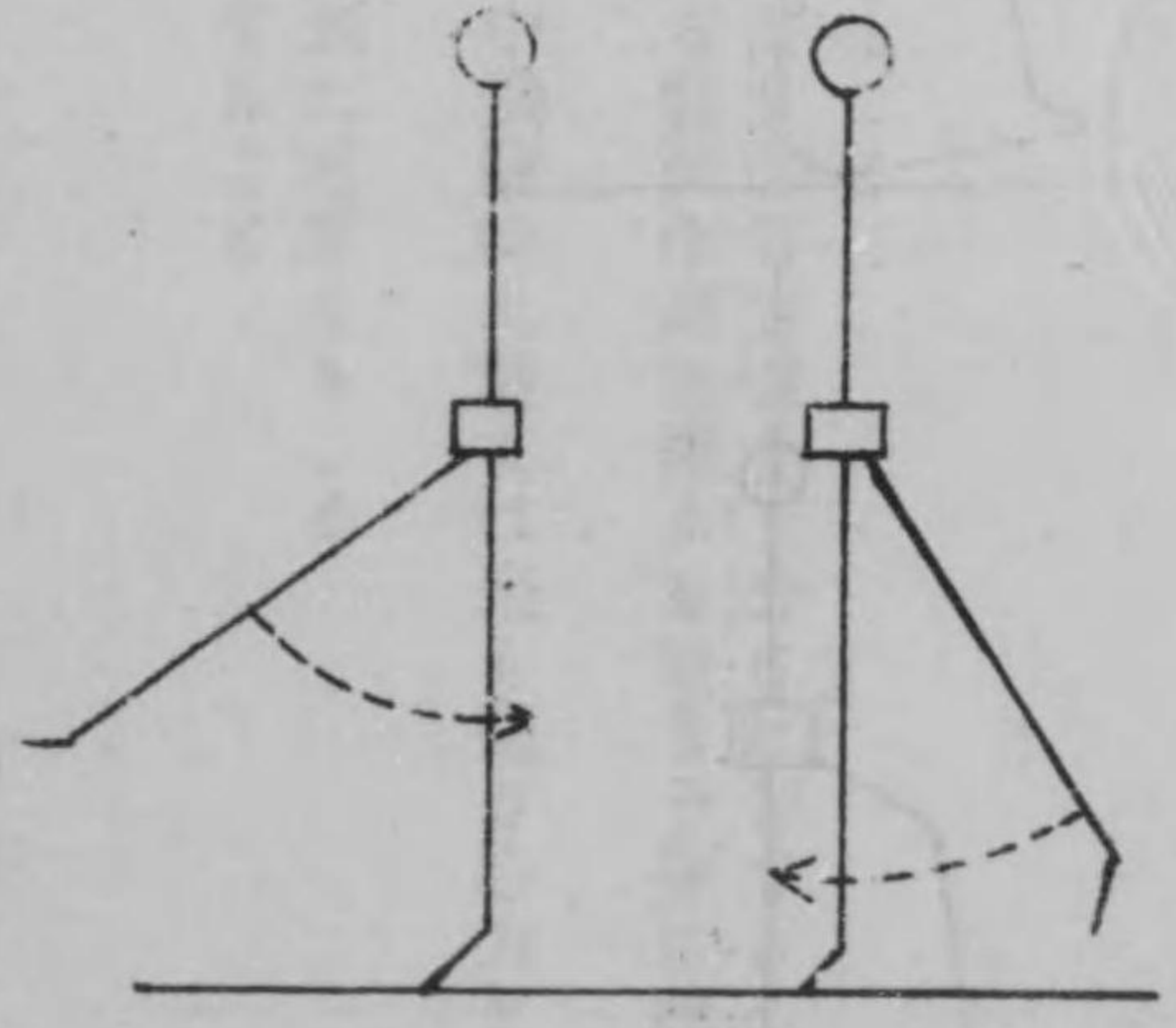
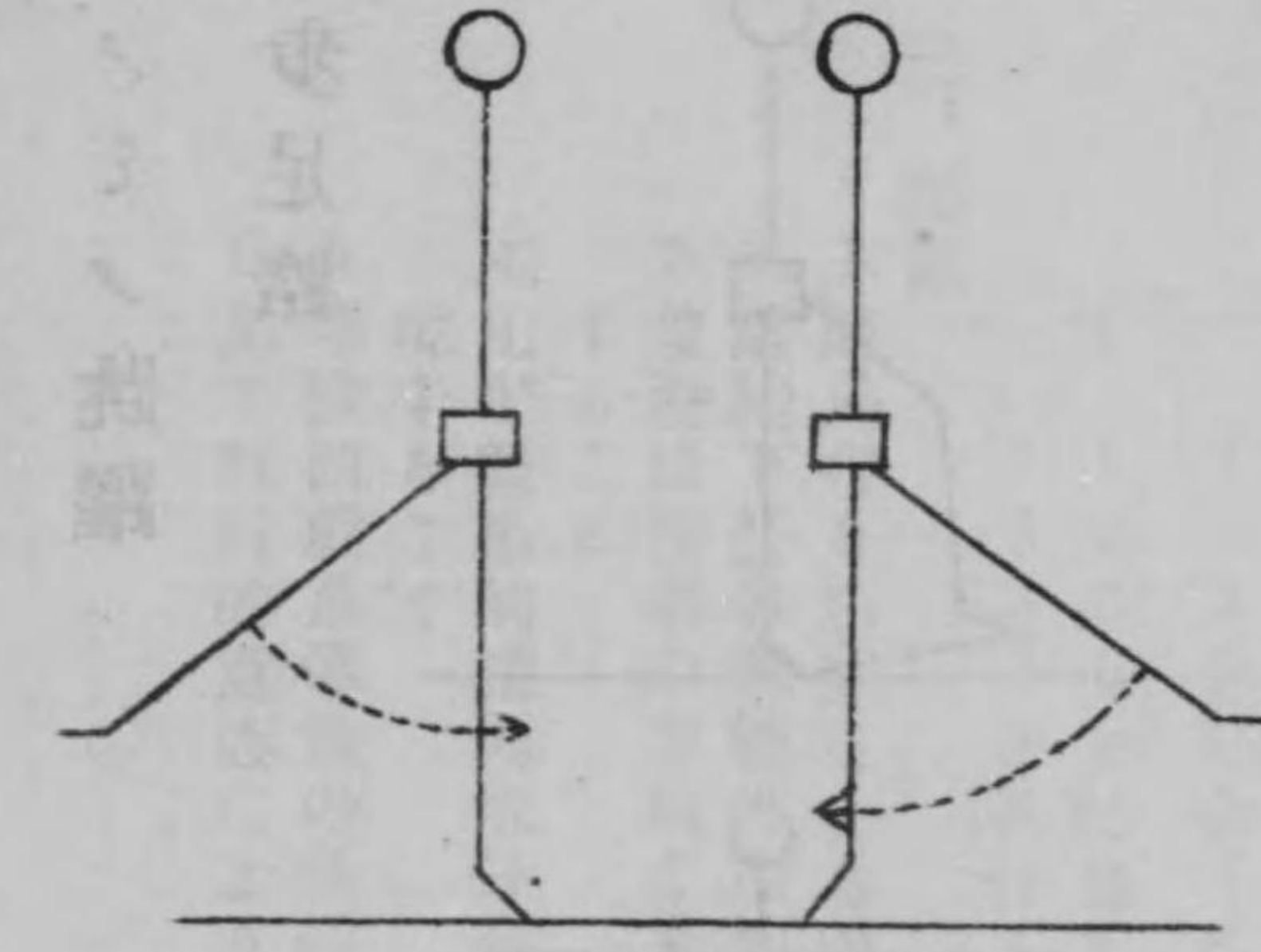
1. 簡易なる屈伸による弾性を十分會得すること
2. 離陸下肢各關節の屈伸駢步踏切り臂の突放等各要素を十分に練習すること
3. 着陸は惰勢の方向と衝撃力とに相當する緩衝作用を用ふるやう十分に練習すること
4. 凡て發揚的積極氣分を以て行ひ殊に空中飛躍時に於ては最も強き心力を發現すること
5. 呼吸循環及彈性の準備的進程上最も周到に考慮すること
6. 凡て敢行的意志により体勢を統一支配すること

(一) 下肢ノミノ跳躍

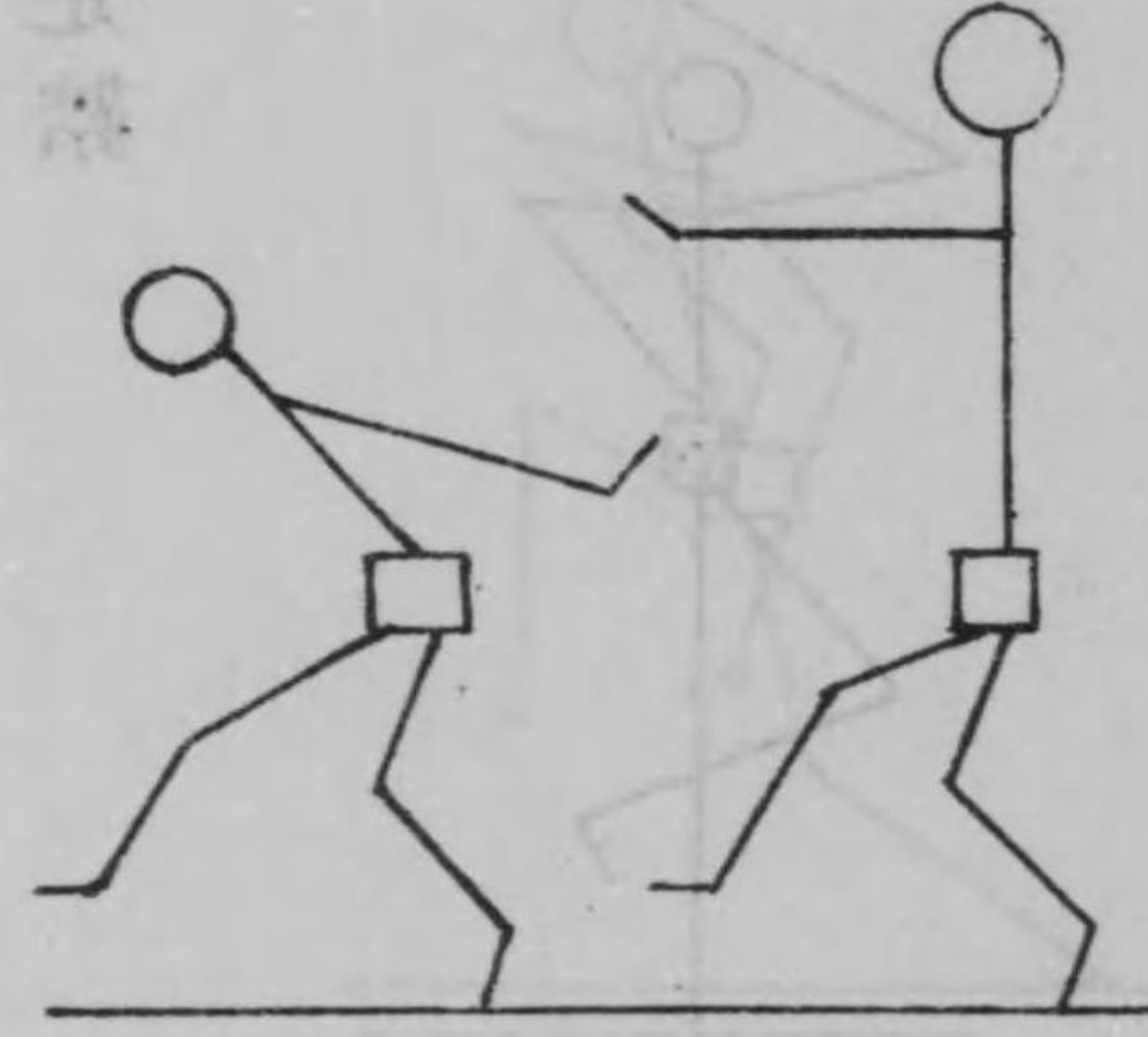
(1) 駢步足踏



脚側舉足踏



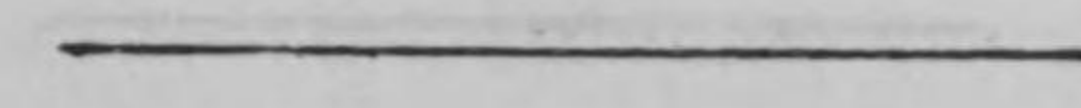
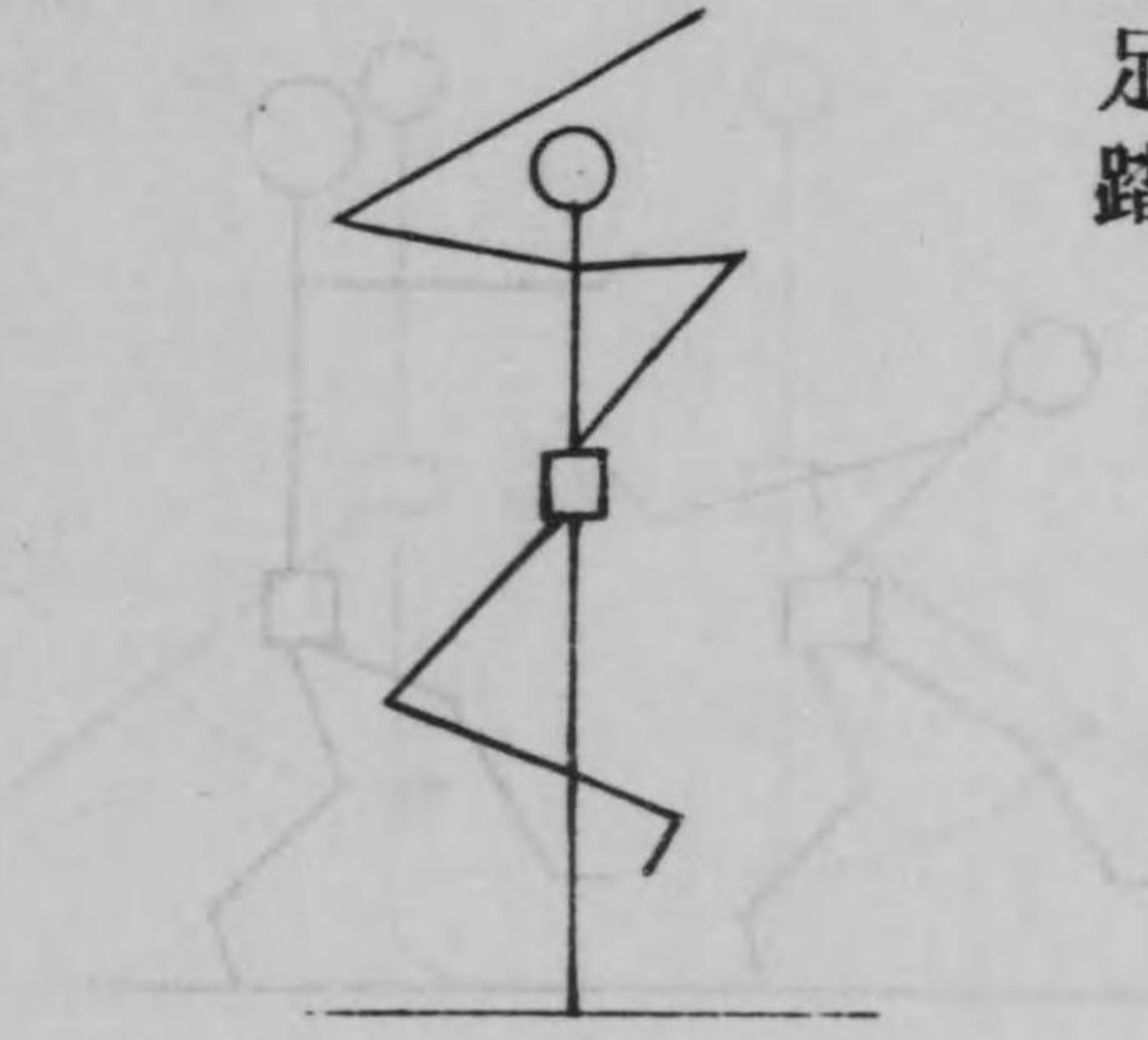
脚前臂前後舉足踏



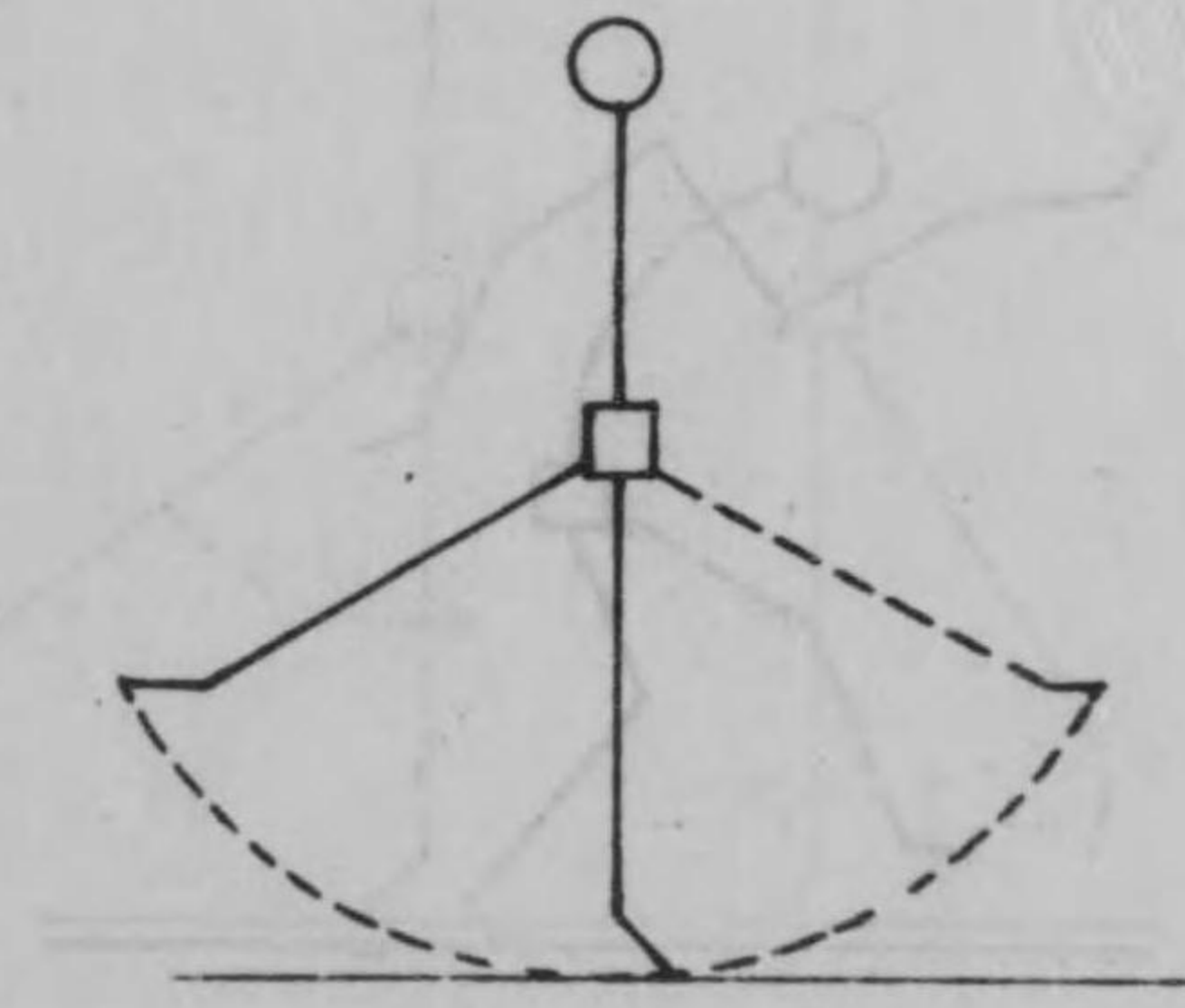
片臂上片臂後舉足踏



片手上片手腰片脚前屈
片脚足踏



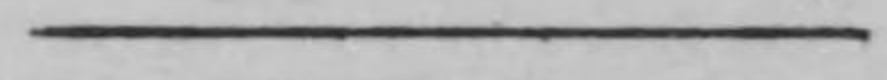
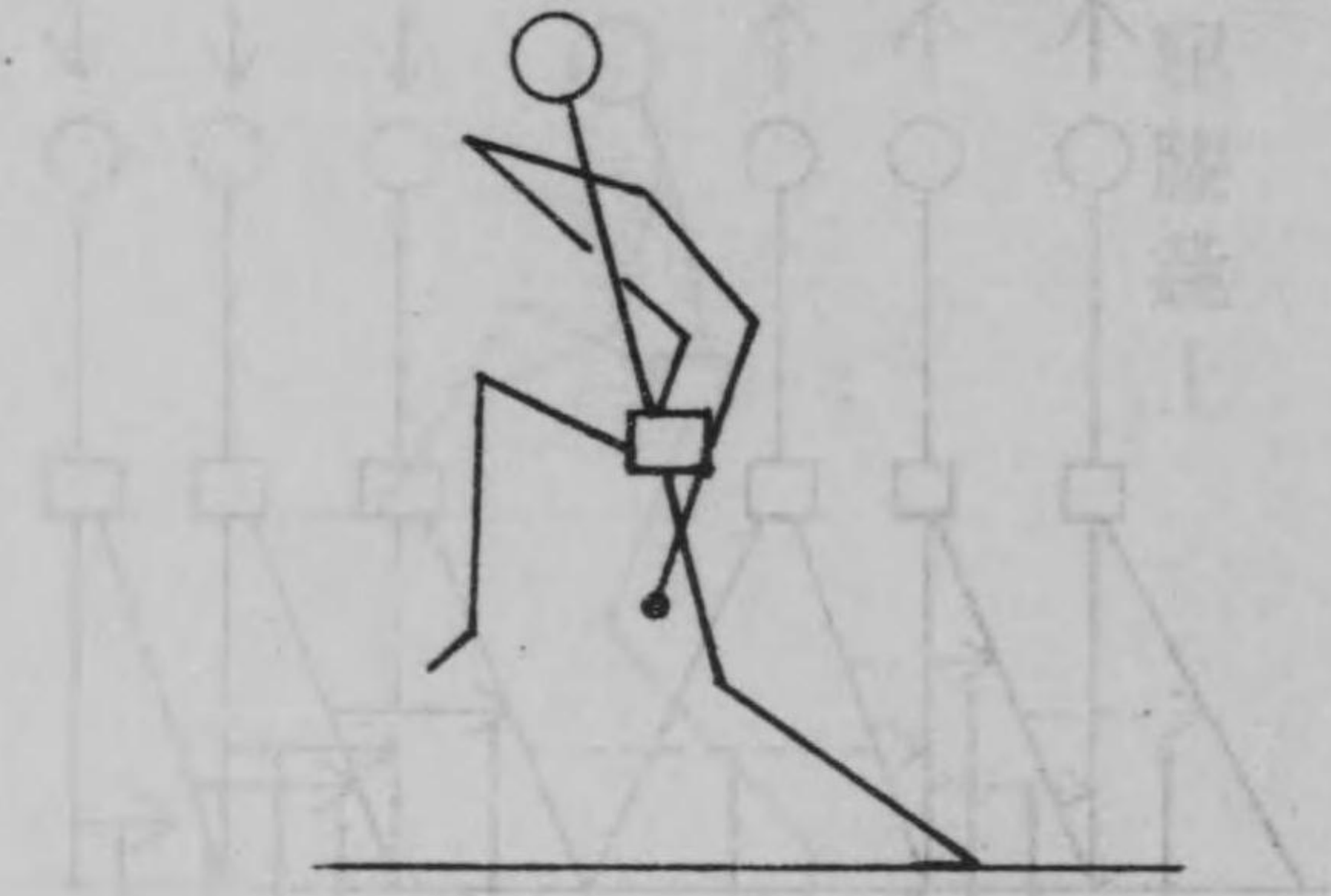
脚前後振轉向跳



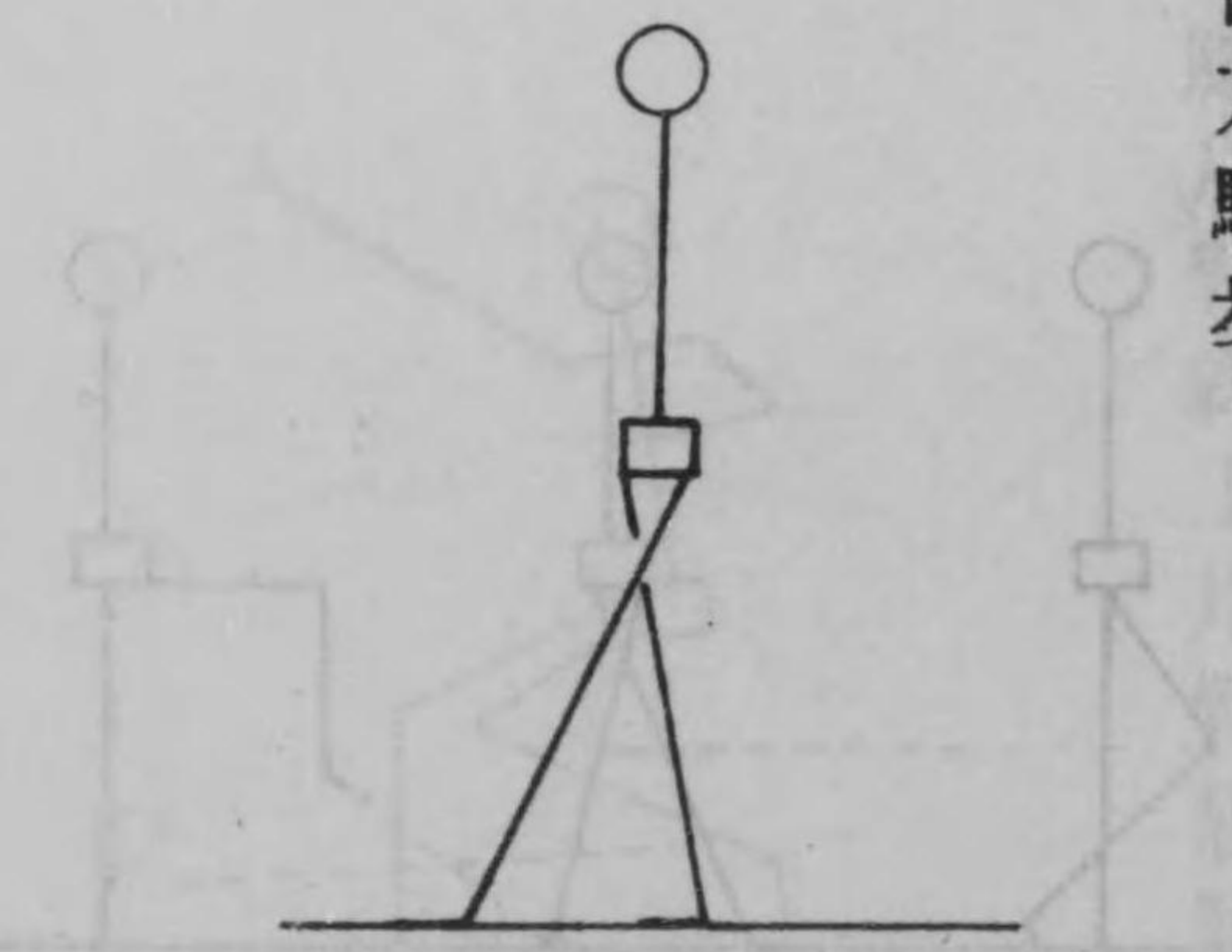
脚前屈片脚足踏

片脚足踏

(2) 駢足
駢足



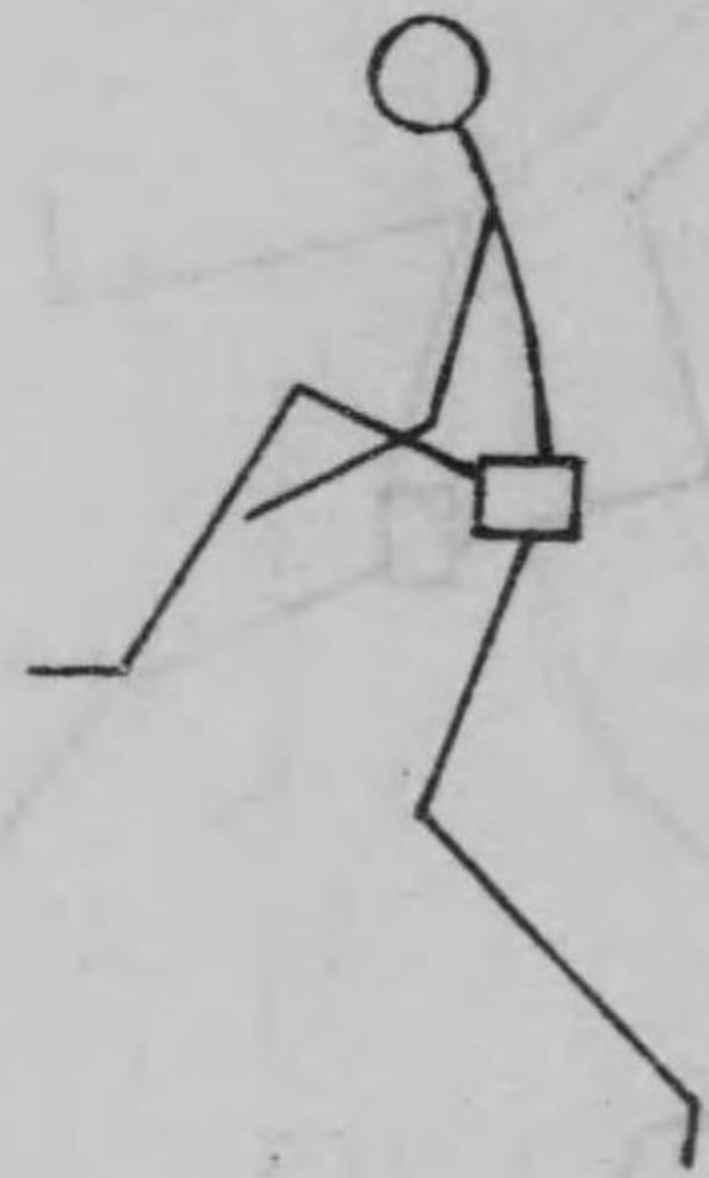
側方駢步



片脚足踏

片脚足踏

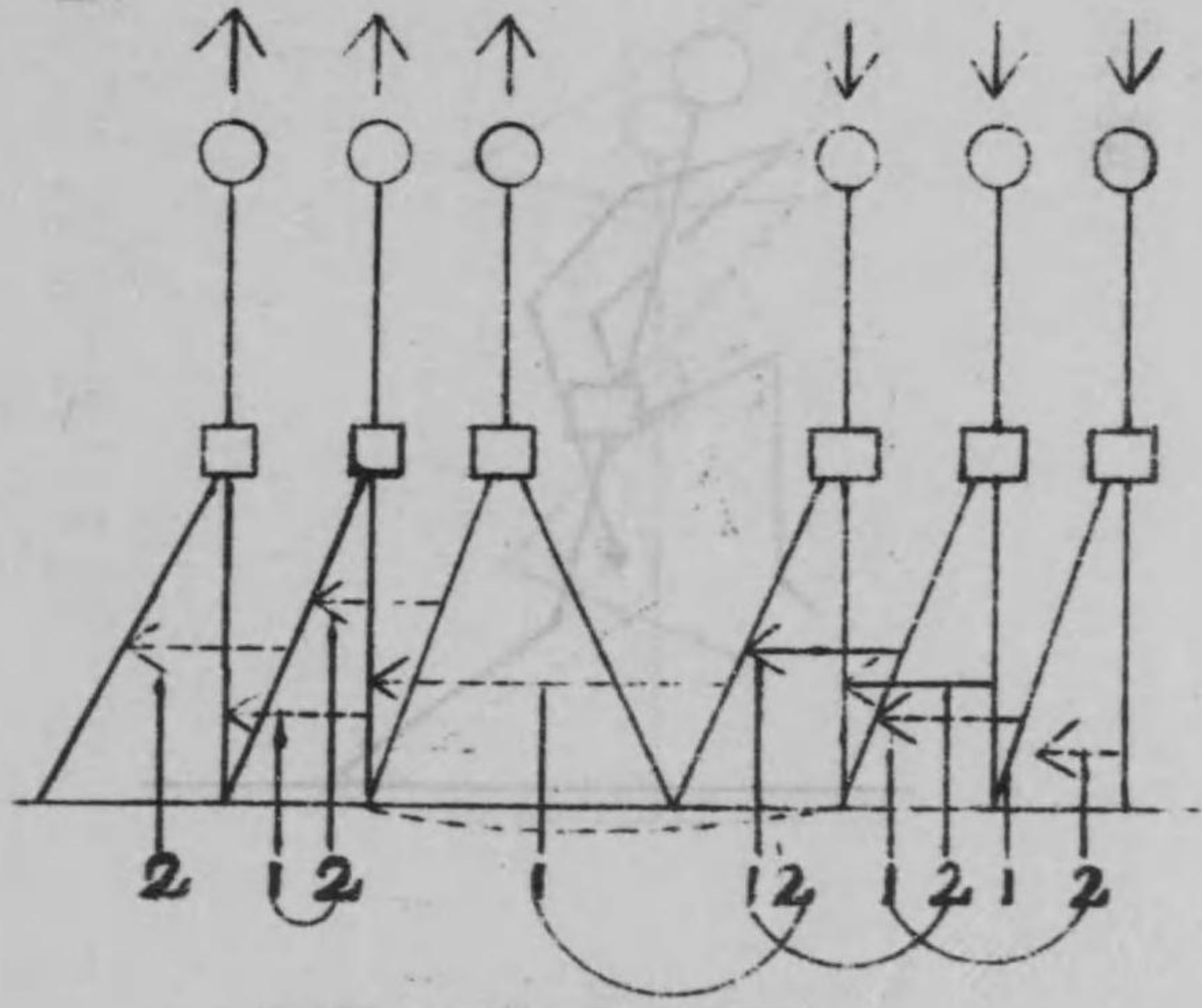
片脚屈膝跳上



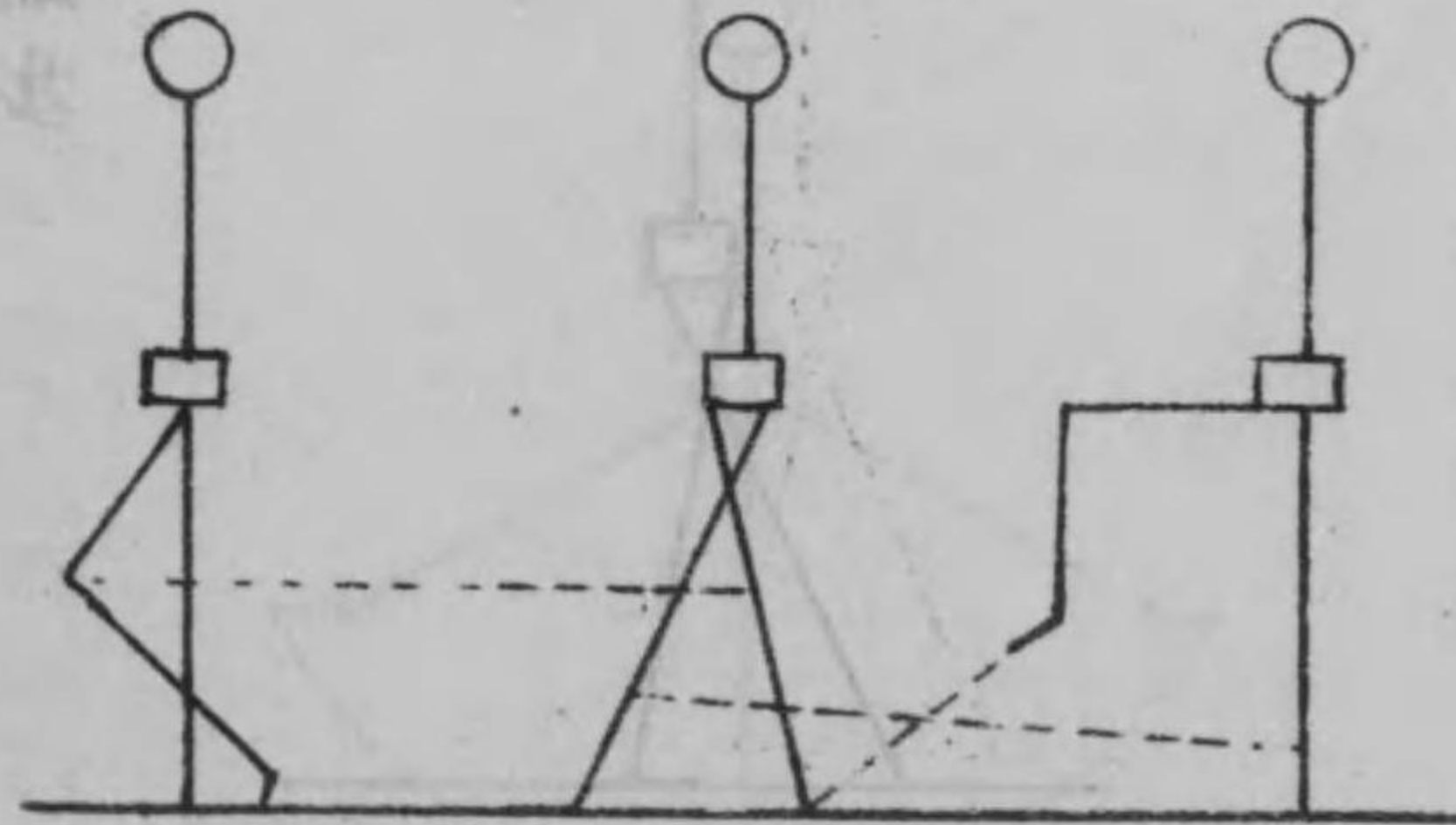
屈膝片臂斜上片臂屈跳上



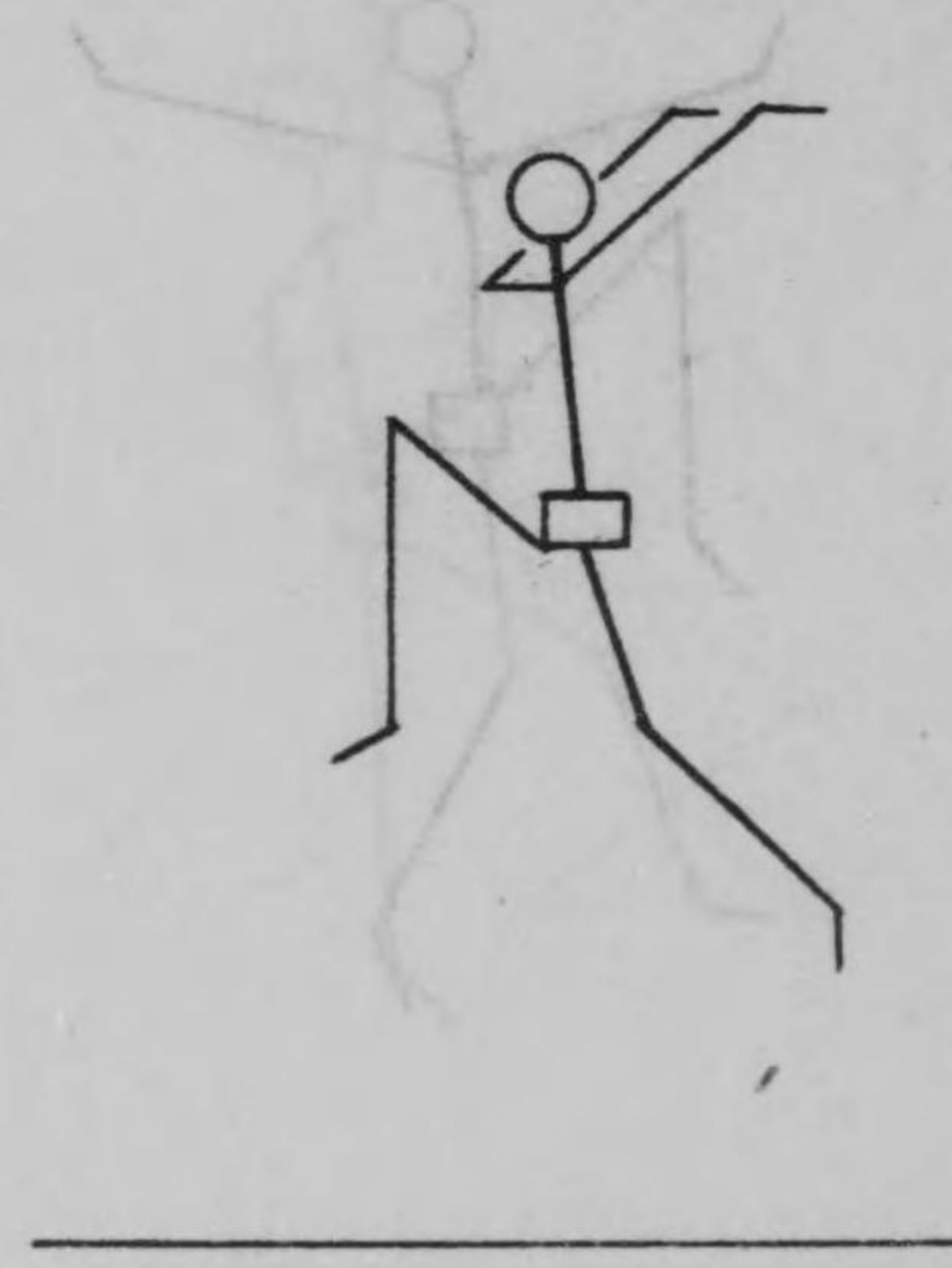
左(右)脚左(右)侧方跳躍



三拍子駢足

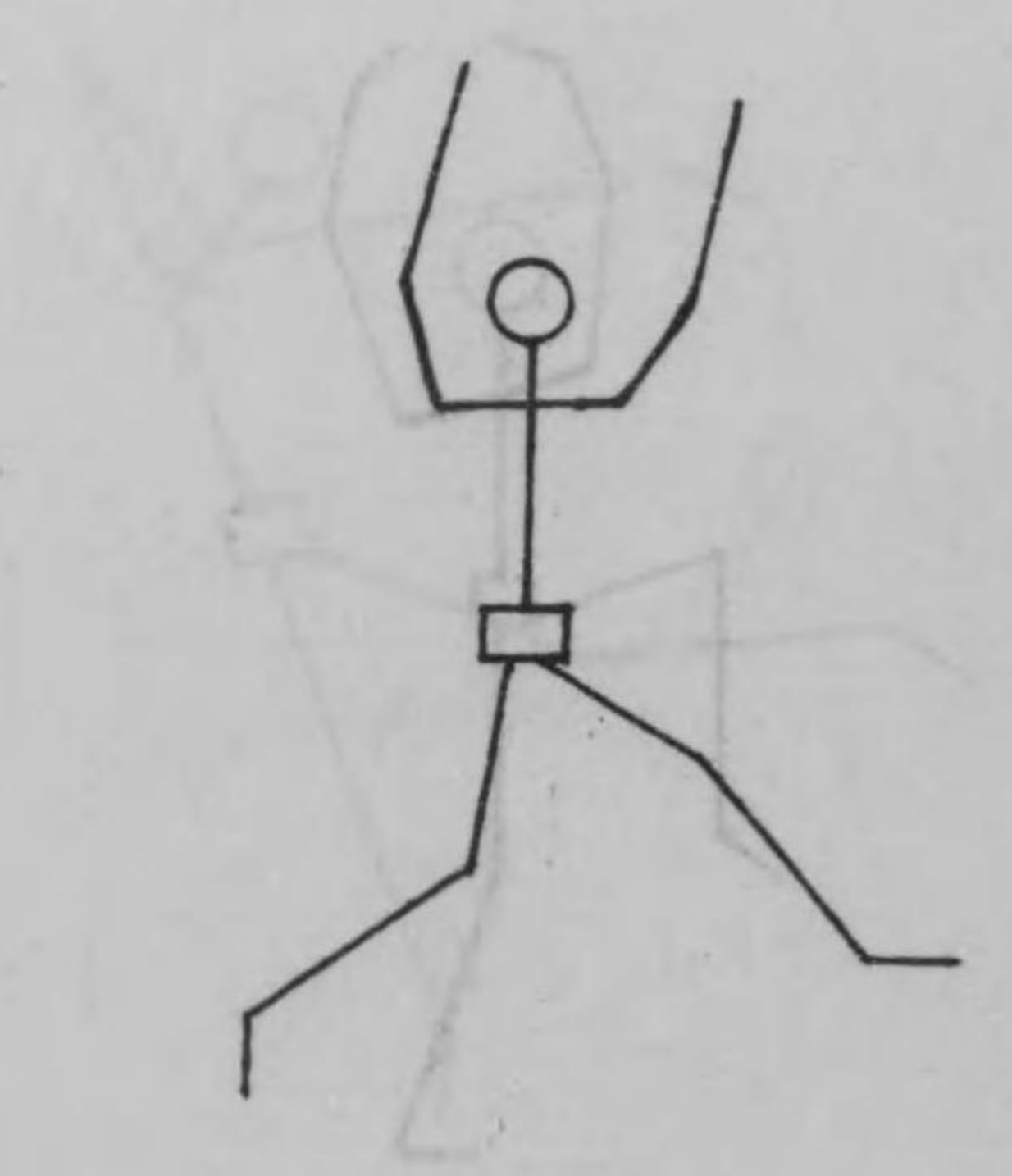


第一頁圖學中國用畫法



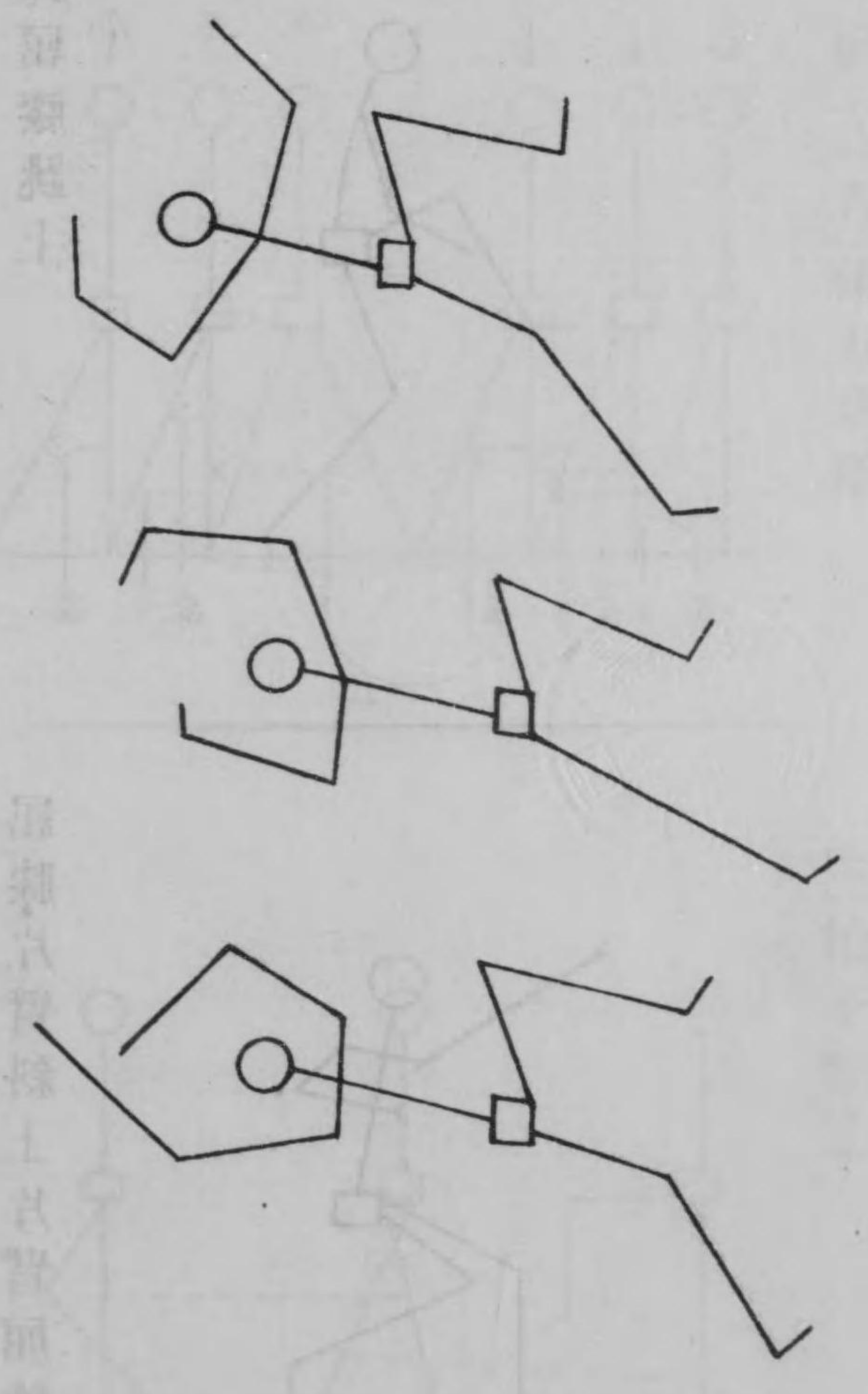
屈肘片脚屈膝体捻轉跳躍

第二頁圖學中國用畫法



臂斜上舉前後開脚

屈肘片脚屈膝体捻轉跳躍



第三頁圖學中國用畫法