

## 運動技能向上に及ぼす動作法の 有効性に関する研究

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### **A Study of the Effectiveness of "Dohsa-Hou" on Improvement of Motor Skills**

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#### **Abstract**

The purpose of this study is to examine how effective "Dohsa-Hou" is in improving motor skills.

In this test the subjects practiced ring throwing with both hands at a target placed 5m away. They threw 40 rings on the first day, and after 5 trials they threw 40 rings on the second day. This time they were scored for 40 throws and were assigned to three groups according to the results of the second day (pretest). Each group were made so that there is no imbalance of ability among the groups.

The groups were as follows.

Group 1(C) : 10 subjects underwent no training or practice throwing.

Group 2(PP) : 10 subjects threw 40 rings.

Group 3(DP) : 10 subjects trained with "Dohsa-Hou" for about 20 min., and then followed by the same procedure as PP group.

After the 6 days of practice sessions by each experimental group, a performance score was taken again for all subjects, based upon 40 throws of rings (posttest).

The following results were obtained :

1. It was shown that the DP group made significantly higher scores than those in other groups.
2. It was shown that number of subjects who achieved their best record in the DP group was larger than that in the PP group at post test.

These results of this experiment suggest that the "Dohsa-Hou" was effective in improving motor skills.

**Key words :** Dohsa-Hou, motor skills, achieving one's best record, ring throwing