初転君を用いた指導が柔道未熟練者の前回り受身動作に及ぼす即時的効果

Immediate effects of instruction using the Hatten kun on the motion of ukemi for the forward roll among inexperienced individuals

Abstract: The objective of the present study was to elucidate the immediate effects of instruction using the “Hatten kun” on the motion of ukemi for the forward roll among inexperienced individuals. Ten university students with no judo experience were divided into the Hatten kun group, in which ukemi training was conducted using the Hatten kun, and a control group, in which training was conducted using regular judo uniforms. Explanations on ukemi for the forward roll from the posture of having one knee on the mat, which applied to all subjects, were given for 10 min. Next, for the Hatten kun group, the author put on the Hatten kun, explained that rolls were to be performed along the lines printed on the Hatten kun, and demonstrated ukemi for the forward roll for the left and right sides. Ukemi for the forward roll was evaluated based on motion analysis using three high-speed cameras, the pattern of impact using a pressure sheet placed on the mat, and self-assessment reports. The results showed that when instruction was given using the Hatten kun, the subject’s rolling motion during ukemi for the forward roll tended to more closely resemble the pattern performed by judo experts.