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Physical Training with Wall Bars

By *Kiyotane Fukuyama**

In prewar days, wall bars, together with jump boxes, mats and iron bars, were important sport outfits. There was almost no school in Japan where wall bars were not installed, thus this sport outfit was very popular and its value was evaluated highly. Really, this wall bar was one of the basic outfits for physical training.

In spite of such important role of this wall bar, its name vanished in the "Syllabus for School Physical Education" which was instituted in 1944.

In the guidance manuals which were issued several times after the end of the war, this wall bar could not find its name, however, it made its appearance for the first time in the postwar days in the guidance manual issued in 1971.

Nearly 30 years have now elapsed since the war came to an end. Young people who received education during the years of, or after the termination of the war have now become teachers or leaders of physical training. I think that the actual circumstances may be that these people who had never seen the wall bars or do not know how to use them are engaged in guidance of physical training. In this sense, here I wish to restudy the value of the wall bar, to see what physical movements can be exercised with this sport outfit, to know in what ways and means it is to be utilized, and also to know what effects can be obtained by the use of it in order to improve physical strength.

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