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Kikuo Mihashi's View of Physical Exercises and Their Effects Produced on School Physical Exercises (I)

By *Takashi Morishita**

This article discusses Kikuo Mihashi's view of physical exercises and their effects produced on the school physical exercises by dividing for convenience the period into (1) the period from the institution of instruction syllabus for school physical exercises to the promulgation of the revised instruction syllabus for school exercises, and (2) the period from the promulgation of the revised instruction syllabus for school physical exercises to the time before and after the visit of Niels Bukh.

As to Mihashi's view of physical exercises, it may be said that he consistently studied a theory and practiced it and constructed a system of theory from practice. He thoroughly studied the Swedish physical exercise and his achievement was recognized by Michiaki Nagai, and he, as an assistant professor at Tokyo Higher Normal School, became a helper for Nagai. It may be considered that the way for the establishment of his view of physical exercises during such time was opened because he could devote himself to the study of a theory and its practice.

Mihashi pointed out that the syllabus physical exercise (the essential point of which was derived from Swedish physical exercises) lacked harmony as a whole as a result of overstressing of partial aspects despite that it was constructed based on anatomy of human body and physiologically. As for "life physical exercises" advocated by him, he stressed that true physical exercises should be the harmony and unification of all parts of the body as if they were a whole body, as he always questioned himself what the health of human beings, as unified bodies, and what their activities should be.

His pointing out and stress described above constituted the keynote of his study

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activities during his stay abroad; his study abroad made him more sturdy and dignified, which can be proved by many of his achievements after his return to Japan. To cite some of such achievements, they are his dedication to the criticism of the revised instruction syllabus for school physical exercises, the establishment of the physical training institute, and the realization of invitation of Niels Bukh party of Denmark.

The success in the realization of the invitation gave a chance for opening a new field in the school physical exercises, of course, as well as in the social physical training. The fact that the life physical exercise advocated by Mihashi made a contribution to, and laid the foundation for, the development of physical exercises in Japan can be evaluated highly.