

**Team
KKTT**



AGZ-G2023

Category B

Rope exercises

Prediction

● In microgravity space, both the body and the rope float, making it difficult to pass through the rope.



➔ It was smooth because he could fix his legs, and the rope didn't float as much as we thought.

● Mr. Frukawa will do up to only 50 cm

➔ Mr. Frukawa succeeded up to 35cm

Consideration

① Mr. Furukawa's Daily Rigorous Training



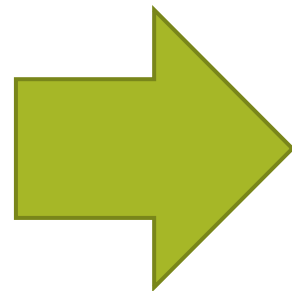
Consideration

② Effortless Agility:
Sliding His Feet
Through the Rope



Consideration

③ Adjusting Shoulder Movement for Proper Alignment



NEW PROPOSAL

- ① ***Step on the rope with one leg, then pull the rope with both hands.***



NEW PROPOSAL

- ② ***Move the rope left and right overhead and up and down behind your back***



NEW PROPOSAL

③ ***Try the movement
opposite***



EXPECTED EFFECTS

- ***Increased flexibility***
- ***Prevention of stiff shoulders and back pain***
- ***Increased metabolism***

Special Thanks

Nonoike Junior High School

Science club advisors: Tani and Akagi

Science club external advisor: Tanaka

English department: Michiyama and Matsuda

Principals: Ambo and Okuuchi

English instructors: Fulvio and Angela



Public Viewing at Nonoike Junior High School
Guest from Akashi Municipal Planetarium
Inoue(Director) & Nakajima



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