

第1章
カーリング：メンタルゲーム

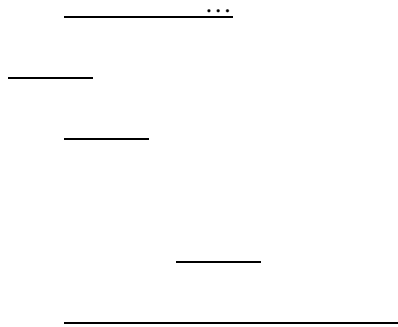
6

1

...

10

2 30



2

2

9

3

1

1



I

= 1 =

5 (N) 4 3 2 1 (A)

1.

...

:

-
-
-
-
-

N A
5 4 3 2 1

2.

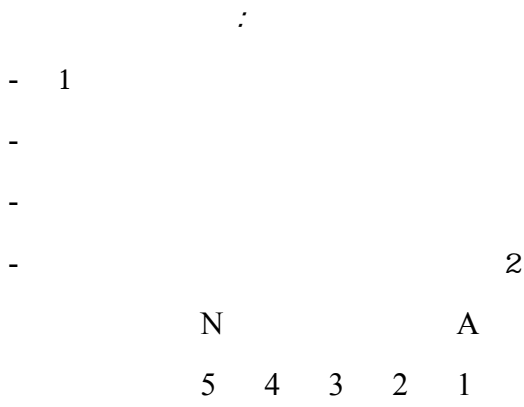
?

:

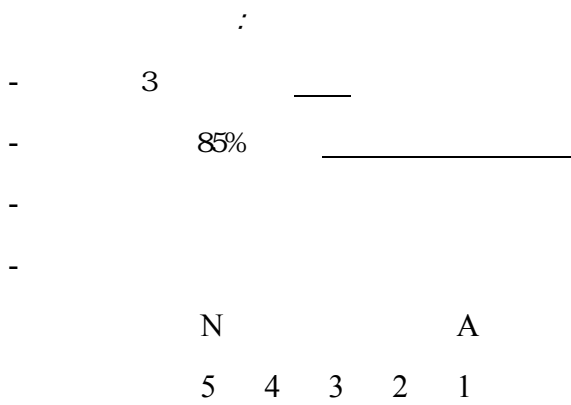
-
-
-
-

N A
5 4 3 2 1

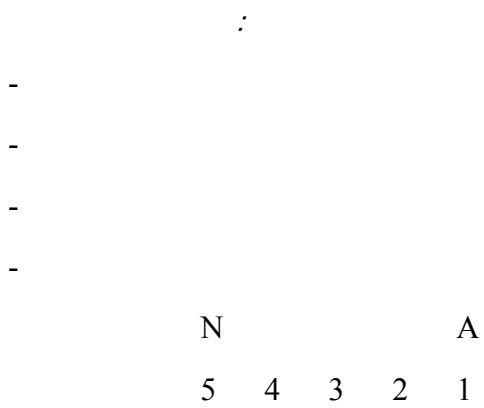
3.



4.



5.



II

1 =

5 =

6.

-
-
-
-

N				A
1	2	3	4	5

7.

-
-
-
-
-

N				A
1	2	3	4	5

8.

-
-
-
-

N				A
1	2	3	4	5

=

35 - 40 :
30 - 34 :
25 - 29 :
25 :