P28

(3)

<ruby>注<rt>ちゅう</rt></ruby> 1 ～ 5)

<ruby>神経回路<rt>しんけいかいろ</rt></ruby> = nerve circuit /

ここでは、神経を つなぐ <ruby>仕組<rt>しく</rt></ruby>み = in the passage, (it means) the structure (construction) connects nerves.

* つなぐ = <plain-style-nonpast-affirmative> of つなぎます g1 = tie, fasten; connect /

<ruby>矯正<rt>きょうせい</rt></ruby>する = <plain-style-nonpast-affirmative> of <ruby>矯正<rt>きょうせい</rt></ruby>します g3 = reform, amend, fix, correct, improve, make positive changes /

<ruby>正<rt>ただ</rt></ruby>しく なる ように <ruby>直<rt>なお</rt></ruby>す = fix so that it becomes correct

* なる = <plain-style-nonpast-affirmative> of なります g1 = become

* [stem of i-adjective] く なります ; [na-adjective] に なります = become [adjective]

* [noun] に なります = become [noun]

* [dictionary-form / nai-form] ように = so that ～

* <ruby>直<rt>なお</rt></ruby>す = <plain-style-nonpast-affirmative> of <ruby>直<rt>なお</rt></ruby>します g1 = fix, correct, repair /

ランナー = runner /

<ruby>走<rt>はし</rt></ruby>る <ruby>人<rt>ひと</rt></ruby> = a person who runs

* <ruby>走<rt>はし</rt></ruby>る = <plain-style-nonpast-affirmative> of <ruby>走<rt>はし</rt></ruby>ります g1 = run /

<ruby>糸口<rt>いとぐち</rt></ruby> = clue, scent, key, something which helps to solve a problem (piece of information, object, etc.) /

きっかけ = opportunity, chance, pretext, handle, beginning, origination, outset, prelude, cue /

<ruby>身<rt>み</rt></ruby> の こなし = manners /

<ruby>体<rt>からだ</rt></ruby>の<ruby>動<rt>うご</rt></ruby>かし<ruby>方<rt>かた</rt></ruby> = how to move a body

* ～ の [masu-form] かた = how to do ～ /

たとえば、 = For example, /

「<ruby>走<rt>はし</rt></ruby>る」 こと = to run, running /

* <ruby>走<rt>はし</rt></ruby>る = <plain-style-nonpast-affirmative> of <ruby>走<rt>はし</rt></ruby>ります g1 = run

* Here 'koto' is used to make a noun phrase (to change a verb to a noun). /

は <topic particle> /

<ruby>一見<rt>いっけん</rt></ruby> = at first sight, at first glance /

<ruby>単純<rt>たんじゅん</rt></ruby> で = (X) is simple and .....

* To join the sentence which ends with '[i- adjective / na-adjective / noun] です' to another sentence, '[stem of i-adjective] くて or [stem of na-adjective / noun] で' is used . We call them te-form of an adjective and a noun. To join adjectives, we also use te-form of an adjective. And it

is sometimes used to show reason as well. te-form of an adjective and a noun can be used in either the nonpast sentence or the past sentence. /

誰にでも できる 運動 = the exercise (sport, motion, movement, campaign) which anybody can take

* できる = <plain-style-nonpast-affirmative> of できます sg2 = 1 can do, be able to do   2 be ready, be completed, be finished /

ではある = である = である。= <plain-style-nonpast-affirmative> of '[na-adjective / noun] であります' which is more formal than '[na-adjective / noun] です = is (are, am, etc) /

が、= but, /

「速く 走る 技術」 = the technique (technology, skill) which (X) run fast

と なる と、= where ... is concerned, when it comes to ..., if it comes to ..., as far as ... is concerned, /

なかなか =1 very, considerably, easily, readily, fairly, quite, highly, rather   2 (not) easily, (not) readily, be slow (in doing 〜), by no means (with negative verb) /

身に つける こと = to master, mastering

* 身に つける = <plain-style-nonpast-affirmative> of 身に つけます g2 = master, acquire, learn

* Here 'koto' is used to make a noun phrase (to change a verb to a noun). /

が <subject particle> /

難しい。= <plain-style-nonpast-affirmative> of 難しいです = (X) is difficult //

For example, 'running' is the exercise which is simple and anybody can take at first sight, but when it comes to 'technique of running fast', it is quite difficult to master.

教えられた ように = as (X) was taught (told), in the similar way which (X) was taught (told)   N2 No.35A

* 教えられた = was taught, was told = <plain-style-past-affirmative> of 教えられます which is the passive-verb (be taught, be told) or the potential-verb (can teach, can tell, be able to teach, be able to tell) of 教えます g2 (teach, tell) /

走る フォーム = running form /

を <direct-object particle> /

改善する こと = to ameliorate, ameliorating

* 改善する = <plain-style-nonpast-affirmative> of 改善します g3 = ameliorate, improve, better

* Here 'koto' is used to make a noun phrase (to change a verb to a noun). /

が <subject particle> /

簡単では ない = (X) is not simple = <plain-style-nonpast-negative> of 簡単です = (X) is simple /

から だ。= <plain-style-nonpast-affirmative> of からです。= because 〜 //

Because it is not easy to ameliorate your running form as you were taught.

誰<small>だれ</small>でも できる 運動<small>うんどう</small> = the exercise (sport, motion, movement, campaign) which anybody can take

* できる = <plain-style-nonpast-affirmative> of できます sg2 = 1 can do, be able to do　2 be ready, be completed, be finished /

な のに、 = [plain-style (but, 'da' of '[na-adjective / noun] da' becomes 'na'.)] のに = 1 in order to do 〜　2 although 〜 /

なぜ = why /

その 改善<small>かいぜん</small> = betterment, improvement, advancement; reform /

が <subject particle> /

難<small>むずか</small>しい = difficult /

の だろう。 = の だろうか。[plain-style ('da' in [na-adjective / noun] da' becomes 'na')] の だろうか is used to ask oneself a question and の implies '..., I wonder'　* Actually だろう is the plain-style of でしょう which means '1 Probably ...., 2 ...., right? //

Although it is the exercise which anybody can take, why is its improvement difficult?

実<small>じつ</small>は、 = as a matter of fact, in fact, to tell the truth /

普段<small>ふだん</small> 慣<small>な</small>れて いる 動作<small>どうさ</small> = the action (movements, motions, bearing, behavior, manners) which (X) usually (habitually, ordinarily) get used to

* 慣<small>な</small>れて いる = <plain-style-nonpast-affirmative> of 慣<small>な</small>れて います = get used to

* 慣<small>な</small>れます g2 = grow accustomed, get used to

* [te-form] います = 1 be doing now　2 <situation, state>　3 <habitual repeated action> /

ほど、 = [dictionary-form / i-adjective / na-adjective + na / noun] ほど = the more 〜, the more 〜　N2 No.96 /

その動作<small>どうさ</small>に 対<small>たい</small>する 神経支配<small>しんけいしはい</small> = nerve control towards that action　N2 No.9

* 神経<small>しんけい</small> = nerve, sensitivity

* 支配<small>しはい</small> = rule, control, direction, domination, command /

が <subject particle> /

しっかりと= tightly, firmly

できあがって いる = <plain-style-nonpast-affirmative> of できあがって います = complete, finish, be ready

* できあがります g1 = complete, finish, be ready /

から だ。 = <plain-style-nonpast-affirmative> of からです。 = because 〜 //

To tell the truth, because the more you get used to the usual action, the more firmly the nerve control towards that action is completed.

運動の 技術や フォームを 改善する こと = to ameliorate (ameliorating) the technique and form of an movement

* 改善する = <plain-style-nonpast-affirmative> of 改善します g3 = ameliorate, improve, better

* Here 'koto' is used to make a noun phrase (to change a verb to a noun). /
は <topic particle> /

その 運動を 支配する 神経回路 = the nerve circuit which controls that movement

* 支配する = <plain-style-nonpast-affirmative> of 支配します g3 = dominate, rule, control, command /

を <direct-object particle> /

組み替える こと = to recompose, decomposing

* 組み替える = <plain-style-nonpast-affirmative> of 組み替えます g2 = recompose, rearrange, reset, recombine

* Here 'koto' is used to make a noun phrase (to change a verb to a noun). /
に /

なる = <plain-style-nonpast-affirmative> of なります g1 = become

* 〜 ことは ..... ことに なります = To do 〜 means that ..... /

ので、 = [plain-style (but, 'da' of '[na-adjective / noun] da' becomes 'na'.)] ので、 = because 〜 /

そう = so /

簡単に = simply /

は <topic particle> /

いかない。 = don't go = <plain-style-nonpast-negative> of いきます g1 (go) //

Because ameliorating of the technique and form of a movement means that you recompose the nerve circuit which controls that movement, it doesn't go so easily.

コーチ = coach /

は <topic particle> /

腕の 振り、 = shaking of arms

膝の 運び 方、 = how to move one's knees

* 運びます g1 = carry, transport, move, convey

* (A) の [masu-form] かた = how to do (A), the way of doing (A) /

上体の 前傾の 取り 方 = how to tilt an upper part of the body forward

* 上体 = upper part of the body, topmost part of the body, shoulders and head

前傾 = forward inclination (tilt), leaning forward, stoop /

など、 = etc., and the like /

フォーム = form /

を <direct-object particle> /

矯正しよう = let's reform, I shall reform = volitional-form of 矯正します g3 (reform, amend, fix, correct, improve, make positive changes)

と <quotation particle> /

指導し、 = 指導して、 = 指導する。そして、 = instruct and .....

* 指導する = <plain-style-nonpast-affirmative> of 指導します g3 = instruct, teach, guide

* Both [masu-form] and [te-form] are used to join sentences, but [masu-form] one is more formal. /

指導を 受ける ランナー = the runner who is instructed

* 受ける = <plain-style-nonpast-affirmative> of 受けます g2 = receive, catch, get; accept, have, take

も = also /

指摘された 体 の 動き の 修正 = the correction of the movement of his body which was pointed out (by his coach)

* 指摘された = was pointed out = <plain-style-past-affirmative> of 指摘されます (be pointed out) which is the passive-verb of 指摘します g3 (indicate, point out, draw attention to)

* 修正 = correction, amendment, revision, modification, alteration, making right, act of making corrections /

に <recipient particle> /

意識 = consciousness, awareness of one's surroundings; senses, soundness of mental ability /

を <direct-object particle> /

向けて = 向ける。そして、 = turn towards and .....

* 向ける = <plain-style-nonpast-affirmative> of 向けます g2 = turn towards; point, direct

* te-form is often used to join sentences or to mean 'by (means of) doing 〜, with doing 〜'. And it is sometimes used to show reason as well. /

トレーニングする の = train

* トレーニングする = <plain-style-nonpast-affirmative> of トレーニングします g3 = train, instruct, coach

* Here 'no' is used to make a noun phrase (to change a verb to a noun).

普通である。 = <plain-style-nonpast-affirmative> of 普通であります = (X) is general (ordinary, usual)

* である。 = <plain-style-nonpast-affirmative> of '[na-adjective / noun] であります' which is more formal than '[na-adjective / noun] です = is (are, am, etc) //

It is ordinary that the coach instructs (the runner) in order to amend the form (how to shake an arm, how to move a knee, how to tilt an upper part of the body forward, etc) and the runner

which is instructed (by his coach) turns his consciousness to the correction of the movement of his body which was pointed out (by his coach) and trains himself.

しかし、 = But, /

動作の 修正 = the correction of a movement /

に <purpose particle> /

は <topic particle> /

多く の 時間と 繰り返し = a lot of time and repetitions (reiterations, acts of repeating) /

が <subject particle> /

必要であり、 = 必要であって、 = 必要である。そして、 = (X) is necessary and ....

* である。 = <plain-style-nonpast-affirmative> of '[na-adjective / noun] であります' which is more formal than '[na-adjective / noun] です = is (are, am, etc)

* Both [masu-form] and [te-form] are used to join sentences, but [masu-form] one is more formal. /

また = and, also /

その 効果 = that effect (effectiveness, efficacy, result) /

が <subject particle> /

上がらない = don't rise = <plain-style-nonpast-negative> of 上がります g1 (rise, go up, climb up) /

→ 効果が 上がります = bear fruit, take effect

→ その 効果が 上がりません = don't bear fruit about that, don't take effect about that 😓 /

ことも 多い。 = <plain-style-nonpast-affirmative> of ことも 多いです = (X) often do 〜 //

But they need a lot of time and repetitions in order to correct the movement and it often doesn't bear fruit (it doesn't take effect) about that. 😓

そして、 = And, /

トレーニングの 効果が 上がらない 人 = the person whose training doesn't bear druit

* 効果が 上がらない = don't bear fruit, don't take effect = <plain-style-nonpast-negative> of 効果が 上がります g1 (bear fruit, take effect) /

は <topic particle> /

「運動神経」 = reflexes, motor nerves /

が <subject particle> /

良くない = <plain-style-nonpast-affirmative> of 良くないです = (X) is good /

と いう こと に なる。 = <plain-style-nonpast-affirmative> of と いう こと に なります = (X) means that ..... //

And the people whose training doesn't bear fruit means that their 'reflexes (motor nerves)' are not good. 😓

この場合、 = in this case (occasion, situation) /

運動技術の 修正 = the correction of the technique of a movement /

は <topic particle> /

「運動の 神経回路を 修正する」 こと = to correct (correcting) the nerve circuit of a movement

* 修正する = <plain-style-nonpast-affirmative> of 修正します g3 = modify, adjust, correct, make right

* Here 'koto' is used to make a noun phrase (to change a verb to a noun). /

である = <plain-style-nonpast-affirmative> of '[na-adjective / noun] であります' which is more

formal than '[na-adjective / noun] です = is (are, am, etc) /

と <quotation particle> /

考える こと に よって = by means of considering   N2 No.13C

* 考える = <plain-style-nonpast-affirmative> of 考えます g2 = consider, think over /

解決の 糸口 = the clue of the solution (settlement, resolution, ruling, decision) /

が <subject particle> /

みつかる。 = <plain-style-nonpast-affirmative> of みつかります g1 = be found, be discovered //

In this case, the clue of the solution will be found by thinking that the correction of the technique of the movement is equivalent to 'correcting the nerve circuit of the movement'.

スポーツ技術や 「身のこなし」 の 習得 = learning (acquisition) of sports techniques, manners (how to move a body), etc /

に <purpose particle> /

は <topic particle> /

神経回路 = the nerve circuit /

に <recipient particle> /

直接 的に = directly /

刺激 = stimulation /

を <direct-object particle> /

与える よう な トレーニング上の 工夫 = inventiveness which we see from the viewpoint of

training such as giving 〜   N2 No.35A No.88 /

が <subject particle> /

必要である。= <plain-style-nonpast-affirmative> of 必要であります which is more formal than 必要です = (X) is necessary //

In order to master sports techniques and 'how to move a body', the inventiveness which we see from the standpoint of training is necessary such as giving stimulation to the nerve circuit directly.

工夫 = ingenuity, inventiveness, ingeniousness /

を <direct-object particle> /

いろいろと = variously

重ねる うちに、 = while putting something on (piling up, heaping up, adding, appending) N2 No.20

* 重ねる = <plain-style-nonpast-affirmative> of 重ねます g2 = pile up, put something on another, heap up, add, repeat /

「動作 = action, movements, motions; bearing, manners; behavior /

を <direct-object particle> /

イメージし、= イメージして、= イメージする。そして、= image and .....

* イメージする = <plain-style-nonpast-affirmative> of イメージします g3 = image

* Both [masu-form] and [te-form] are used to join sentences, but [masu-form] one is more formal. /

それを 体感する」 こと = to sense it in one's body, sensing it in one's body

* 体感する = <plain-style-nonpast-affirmative> of 体感します g3 = sense 〜 in one's body

* Here 'koto' is used to make a noun phrase (to change a verb to a noun). /
→ to image an action and sense it in one's body /

が <subject particle> /

運動の 神経回路 = the nerve circuit of a movement

を <direct-object particle> /

改善する のに = in order to ameliorate

* 改善する = <plain-style-nonpast-affirmative> of 改善します g3 = ameliorate, improve, better

* [plain-style (but, 'da' of '[na-adjective / noun] da' becomes 'na'.)] のに = 1 although 〜, in spite of 〜   2 in order to 〜 /

極めて = exceedingly, extremely, very /

有効である こと = to be validity, to be availability

* 有効である<plain-style-nonpast-affirmative> of 有効であります which is more formal than 有効です = (X) is validity (availability, effectiveness, state of being valid, obtainability)

* Here 'koto' is used to make a noun phrase (to change a verb to a noun). /
が <direct-object particle of わかります> /

わかって きた。= started to understand, came to understand = <plain-style-past-affirmative> of わかって きます (start to understand)

* わかります g1 = understand /

* * [te-form] きます = 1. go there to do .... and will be back   2. start to do, begin to do 3. (with the past tense,) have been doing ... so far //

While trying various inventivenesses, we have begun to know the fact that "imagining the action (movement) and feeling it inside our bodies" is very effective in order to improve the nerve circuit of a movement.

こばやしひろみち
小林寛道
「運動神経の 科学 = science of reflexes (motor nerves)

誰でも = anybody, no matter who (X) is /

あし
足 = leg, foot /

は <topic particle> /

はや
速く なる = <plain-style-nonpast-affirmative> of 速く なります g1 = become fast (quick)

* [stem of i-adjective] く なります ; [na-adjective] に なります = become [adjective]

* [noun] に なります = become [noun] /

→ anybody will be able to run fast. /

こうだんしゃ
講談社による = published by Kou Dan Sha

□66

はや   はし   ぎじゅつ
「速く 走る 技術」 = the technique (technology, skill) which (X) runs fast /

は <topic particle> /

なぜ = why /

み
身に つける こと = to master, mastering

* 身に つける = <plain-style-nonpast-affirmative> of 身に つけます g2 = master, acquire, learn

* Here 'koto' is used to make a noun phrase (to change a verb to a noun). /

が <subject particle> /

むずか
難しい。= <plain-style-nonpast-affirmative> of 難しいです = (X) is difficult /

のか。= <plain-style-nonpast-affirmative> of [plain-style (but, 'da' of '[na-adjective / noun] da' becomes 'na'.)] の ですか = ..., I wonder? ; ......, I doubt ; ....., I want to draw your attention ; ....., I want to emphasize ; ....., I really want to say so ; because ...... → の can be changed to ん. //

Why is it difficult to acquire "the technique (technology, skill) which we run fast"?

1

走る フォーム = running form /
* 走る = <plain-style-nonpast-affirmative> of 走ります g1 = run /
は <topic particle> /
一度 = once /
固定される = <plain-style-nonpast-affirmative> of 固定されます (be fixed, be stabilized) which is
the passive-verb of 固定します g3 (fix, stabilize) /
と = ... and naturally ...., ... and consequently ..... /
変えられない = cannot change = <plain-style-nonpast-negagive> of 変えられます which is the
potential-verb (can change, be able to change) or the passive-verb (be changed) of 変えます g2
(change) /
から = because 〜 //

Because once the running form is fixed, we cannot change it.

2

走る フォーム = running form /
* 走る = <plain-style-nonpast-affirmative> of 走ります g1 = run /
を <direct-object particle> /
指導する 方法 = the method (way) which (X) instruct
* 指導する = <plain-style-nonpast-affirmative> of 指導します g3 = instruct, teach, guide /
が <subject particle> /
あまり = (not) so, (not) much, (not) really /
改善されて いない = be not ameliorated = <plain-style-nonpast-negative> of 改善されて います
(be ameliorated)
* 改善されます = be ameliorated = passive-verb of 改善します g3 (ameliorate, improve, better)
* [te-form] います = 1 be doing now   2 <situation, state>   3 <habitual repeated action> /
から = because 〜 //

Because the method which they instruct the running form is not improved much.

3

走る ため の 神経の 仕組み = the structure of the nerve for running

* 走る = <plain-style-nonpast-affirmative> of 走ります g1 = run

* [plain-style] ため (に) = 1 because 〜　2 in order to do 〜 /

は <topic particle> /

すでに = already /

できて いて = できて いる。そして、= (X) have been completed and .....

* できて いる = <plain-style-nonpast-affirmative> of できて います = have been completed

* できます sg2 = 1 can do, be able to do　2 be ready, be completed, be finished

* [te-form] います = 1 be doing now　2 <situation, state>　3 <habitual repeated action> /

変え にくい = <plain-style-nonpast-affirmative> of 変え にくいです = be difficult to change

* [masu-form] にくいです = be difficult to do 〜, be hard to do 〜 /

から = because 〜 //

Because the structure of the nerve for running has already been completed and it is hard to change.

4

走る ため の 神経の 仕組み = the structure of the nerve for running

* 走る = <plain-style-nonpast-affirmative> of 走ります g1 = run

* [plain-style] ため (に) = 1 because 〜　2 in order to do 〜 /

は <topic particle> /

他の 動作 と は 違う 特殊な もの = the special (unique) thing which is different from other

actions

* 違う = <plain-style-nonpast-affirmative> of 違います g1 = differ, be dissimilar, be different;

disagree; be wrong, be mistaken

Because the structure of the nerve for running is the special one which is different from other movements (actions).

□67

この場合と は = この場合 という の + は <topic particle> = the thing which is 'this case'

* (X) という (Y) = (Y) called (X), (Y) named (X), (Y) which is (X) (It is used to supplement the

contents of some noun. In '(X) to iu (Y)', (X) illustrates (Y) concretely.) /

どんな 場合か。 = <plain-style-nonpast-affirmative> of どんな 場合ですか = what kind case (situation, occasion) is (X)?

What kind of situation is the underlined 'this case'?

1

練習 = practice /

に <purpose particle> /
十分な 時間 = enough time /

が <direct-object particle for the potential-verb> /
取れない = cannot take = <plain-style-nonpast-negative> of 取れます (can take, be able to take) which is the potential-verb of 取ります g1 (take) /
場合 = case, situation, occasion //

when we cannot find enough time for practice (training)

2

練習の 効果 = effect of practice /

が <subject particle> /

うまく = skillfully, well /
現れない = don't appear = <plain-style-nonpast-negative> of 現れます g2 (appear) /
場合 = case, situation, occasion //

when the result (effect) of practice (training) doesn't appear properly

----

3

走り 方の 改善 = amelioration of the way of running

* (A) の [masu-form] かた = how to do (A), the way of doing (A) /

に <recipient particle> /
集中 できない = cannot concentrate = <plain-style-nonpast-negative> of 集中 できます (can concentrate, be able to concentrate) of 集中 します g3 (concentrate) /
場合 = case, situation, occasion //

when you cannot concentrate on the amelioration of the way of running

----

4

コーチの 指導 = an instruction of a coach /
が <direct-object particle for the potential-verb> /
理解できない = cannot understand = <plain-style-nonpast-negative> of 理解できます (can
understand) which is the potential-verb of 理解します g3 (understand, comprehend, realize,
grasp the meaning of) /
場合 = case, situation, occasion //

when you cannot understand the instruction of your coach

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筆者に よると、 = according to the author, /
「速く 走る 技術」 = the technique (technology, skill) which (X) run fast /
を <direct-object particle> /
身に つける には = in order to acquire (learn, master)
* 身に つける = <plain-style-nonpast-affirmative> of 身に つけます g2 = acquire, learn, master
* [plain-style] には = [plain-style] ために は = in order to do 〜 /
どう = how /
すれば いい = <plain-style-nonpast-affirmative> of すれば いいです = should do 〜
* すれば = conditional-form of します g3 (do)
* [conditional-form] いいです = should do 〜 /
か <question particle> //

According to the author, what should we do in order to acquire the technique of running fast?

1

速く 走る 動き = the movement which (X) run fast
* 走る = <plain-style-nonpast-affirmative> of 走ります g1 = run /
を <direct-object particle> /
頭 = head /

に <recipient particle> /

描いて = 描く。そして、 = draw and .... /

* 描く = <plain-style-nonpast-affirmative> of 描きます g1 = draw, sketch; paint, apply color to a surface; design, delineate; picture, describe /

その 感覚 = that sense (sensation; feeling, impression) /

を <direct-object particle> /

体で = by means of a body /

感じる ように する。 = <plain-style-nonpast-affirmative> of 感じる ように します = (X) make sure that he feel /

* 感じる = <plain-style-nonpast-affirmative> of 感じます sg2 = feel /

* [dictionary-form / nai-form] ように します = (X) make sure that he does 〜 / doesn't do 〜 //

You make sure that you draw the image of the movement which you run fast in your brain, and feel that sense with your body.

2

神経の 仕組み = the structure of the nerve /

に <recipient particle> /

直接 = direct, directly /

刺激 = stimulation /

を <direct-object particle> /

与える ために = in order to give /

* 与える = <plain-style-nonpast-affirmative> of 与えます g2 = give, present, award /

* [plain-style] ため (に) = 1 because 〜　2 in order to do 〜 /

いろいろ な 走り方 = various ways of running /

* (A) の [masu-form] かた = how to do (A), the way of doing (A) /

を <direct-object particle> /

試す = <plain-style-nonpast-affirmative> of 試します = try, attempt, test //

You try various ways of running in order to give stimulation directly to the structure of the nerve.

3

頭 = head /

で <particle which shows the place where the action takes place.> /

考える よりも = than considering

* 考える = <plain-style-nonpast-affirmative> of 考えます g2 = consider, think over /

何度も = many times /

練習 = practice /

を <direct-object particle> /

重ねて = 重ねる。そして、 = put something on and .....

* 重ねる = <plain-style-nonpast-affirmative> of 重ねます g2 = put something on, pile up, heap up, add, append

* te-form is often used to join sentences or to mean 'by (means of) doing 〜, with doing 〜'. And it is sometimes used to show reason as well. /

体で = by means of a body /

覚える ように する。 = <plain-style-nonpast-affirmative> of 覚える ように します = (X) make sure that he memorize

* 覚える = <plain-style-nonpast-affirmative> of 覚えます g2 = memorize, remember, store in the memory, learn by heart

* [dictionary-form / nai-form] ように します = (X) make sure that he does 〜 / doesn't do 〜 //

You make sure that you repeat training many times and memorize it with your body than thinking it in your brain.

4

コーチの 指導 = an instruction of a coach /

を <direct-object particle> /

受け ながら = while accepting

* 受けます g2 = undertake, accept, take (lesson, test, damage), undergo, experience, catch (e.g. a ball), become popular

* [masu-form] ながら = while doing 〜 ; N2 No.144 /

走り方の 修正 = amelioration of the way of running

* (A) の [masu-form] かた = how to do (A), the way of doing (A) /

に <recipient particle> /

全神経 = all nerves /

集中 させて = 集中 させる。そして、 = make 〜 concentrate and .....

* 集中 させる = <plain-style-nonpast-affirmative> of 集中 させます (make 〜 concentrate) which is the causative-verb of 集中 します g3 (concentrate, focus) /

走る。 = <plain-style-nonpast-affirmative> of 走ります g1 = run //

You make all your nerves concentrate on the amelioration of the way of running while listening to the instruction of your coach, and run.

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