

Dodgebee

Instructor's Manual



Autism Society Japan



Department of Adapted
Physical Activities and Education
University of Tsukuba





Autism Society Japan

Autism Society Japan is a national organization that is working for promoting welfare and promoting social participation for the autistic spectrum people and contributing to a wide range of societies and will celebrate its 50th anniversary in 2018.



The Asia-Pacific Development Center on Disability (APCD) is a regional center on disability and development established in Bangkok, Thailand as a legacy of the Asia and Pacific Decade of Disabled Persons, 1993 – 2002, by the United Nations Economic and Social Commission for Asia and the Pacific (ESCAP).



Department of Adapted Physical Activities and Education University of Tsukuba

University of Tsukuba is a national university located in Japan. Specializing in the sports science field, it is a university well known in the world. It has the only one laboratory which is focused mainly on disabled sports in Japan.



Dodgebee of Japan Association

Dodgebee of Japan Association has two goals: One is to expand the number of people who enjoy sports; and second is to create the opportunity to enjoy sports even if you are male, female, younger, older, with or without disability.



Hero. Inc

Hero.Inc is the only manufacturer in Japan specializing in sports discs. It manufacture and sell Dodgebee and other recreation, leisure, and dog discs. We sell discs for golf competitions for INNOVA in the United States.

Why Dodgebee?

- Any number of people can play together, using just one Dodgebee.
- Perfect for everyone, not just athletes.
- Dodgebee aims to help more people love sports.
- Dodgebee aims to help more people experience sports.
- Dodgebee can be used by everyone, whatever their age, gender, background, region, nationality, or disability.
- Dodgebee makes everyone smile! DODGEBEE “Smile for All”

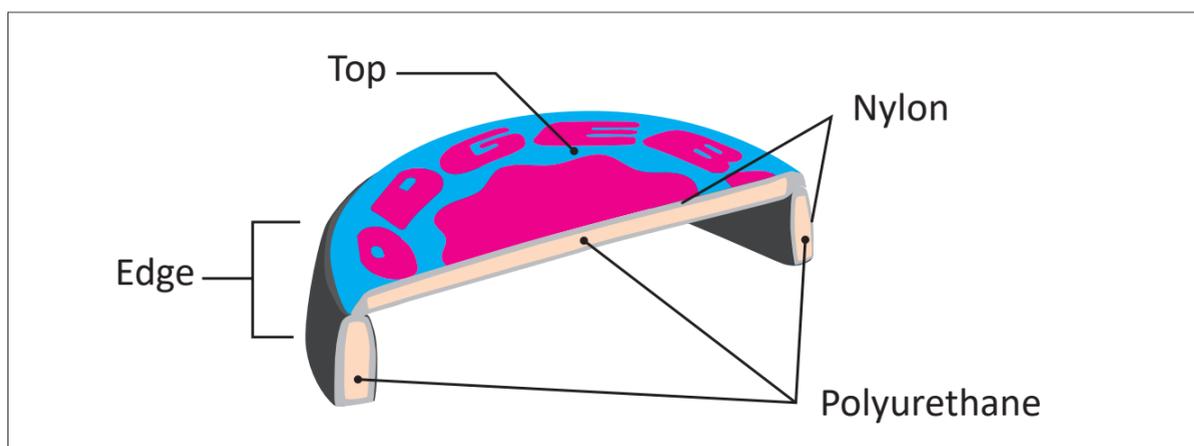
1. What is a Dodgebee?

Dodgebee is an ultra soft disc that has been designed to be light and safe. It can even be used safely indoors! What if it hits you really hard? Do not worry, you will be absolutely fine! It will not hurt. Play with it as much as you like. You will feel really refreshed at the end. This is a new type of disc that can be enjoyed by both children and adults! Use it to play a variety of games, such as dodgeball, target hitting, penalty shootouts, disc golf, or ultimate. It can be played safely with a number of adults as well, so it is great for school and children’s events.



Dodgebee at a Glance:

- Dodgebee is a flying disc made with polyurethane and nylon.



- Dodgebee is a type of recreational sport equipment that is extremely safe. Any number of people can play, using just one Dodgebee.

- Dodgebee is a cloth disc that was invented in Japan. Its idea originates from the American Frisbee.



Dodgebee Features:

- Made with soft urethane material, so it does not hurt much even if it were to hit you in the face or body.
- Compared to other games or recreational sports, Dodgebee has a lower risk of causing an injury or accident. Everyone can play with it safely.
- Made with sturdy nylon material, so it is very strong. It does not break easily, even when bent or trodden on.
- It can be used near water. It is stuffed with urethane material, so it floats and is water-resistant.

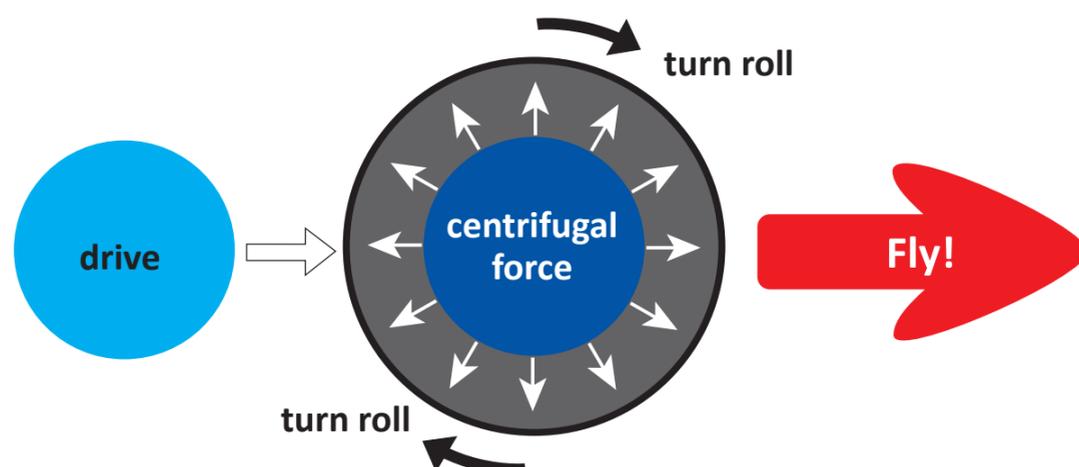
2.Let's throw a Dodgebee!

Why does it fly?

Driving Force + Rotation = Dynamic Lift → Flying Power

When a driving force + rotation is applied to the Dodgebee, the air around the disc moves up, due to the centrifugal force. This creates an air current going down toward the ground, along the angle of the disc, making the disc fly up. This is what is known as a dynamic lift. The dynamic lift preserves the driving force, generating flying power.

The key to throwing the Dodgebee well is to be strong!



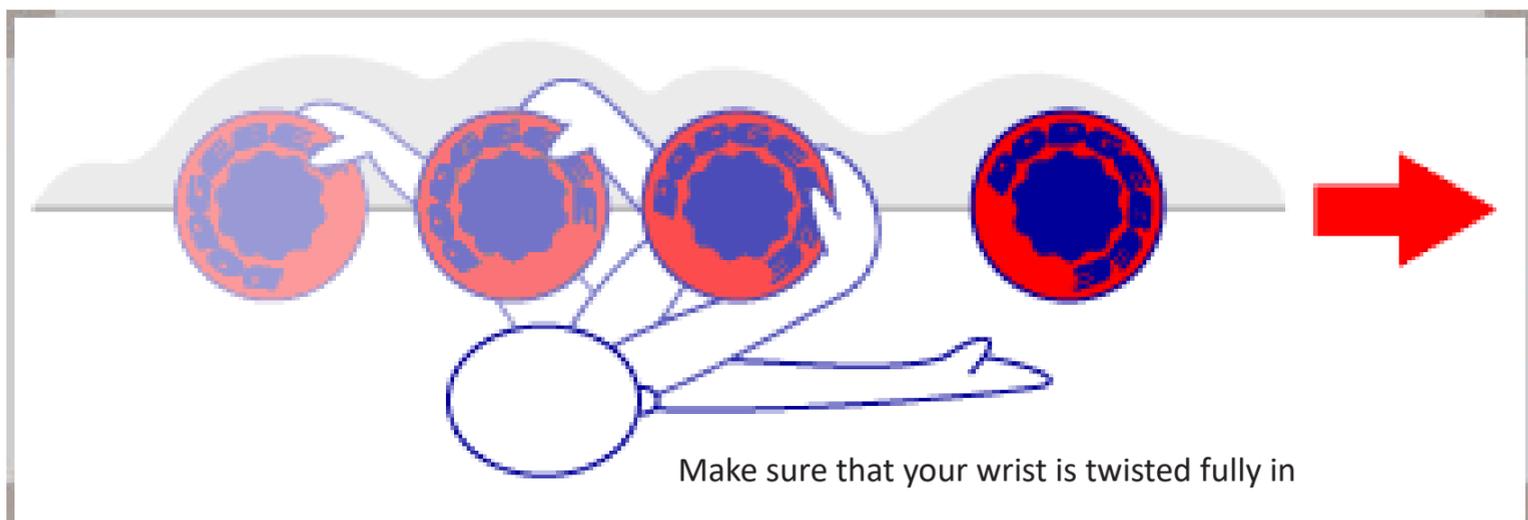
- The key to throwing the Dodgebee well is to be sharp and strong! Just throw it as hard as you can! Throw it as hard as you can! It will not fly well unless you make it rotate. So when doing a back swing, make sure to twist your wrist in, before flicking the Dodgebee out.
- To start with, you probably will not know in which direction the Dodgebee will go. But do not worry; over time you will be able to control it better.

Basic Throw: Let's learn how to do a back-hand throw

How to hold the Dodgebee:

Hold all of it firmly. Place the palm of your hand against the side of the Dodgebee, and hold all of it firmly.

Before throwing it, make sure that you are in the ready position by checking that your wrist is twisted fully in.



How to throw it:

The key is to throw it as hard as you can. The Dodgebee is light, so it will not fly far unless it is thrown at top speed. So the key is just to throw it as hard as you can. This is the key to throwing the Dodgebee well.

The Dodgebee will remain stable if you can throw it parallel to the ground.

Dodgebee is a flat disc, so it is much easier to aim and control if it is thrown parallel to the ground. This will keep it stable when flying through the air. Throw it hard, as flat as possible, and the Dodgebee will look great as it flies through the air.

There is also a technique for throwing it at an angle

On the other hand, if you throw it purposely at an angle, you can make it curve round (this cannot be done with a normal ball). Once you have mastered throwing the Dodgebee parallel to the ground, try changing your throwing angle. The more you play with it, the faster you will improve.

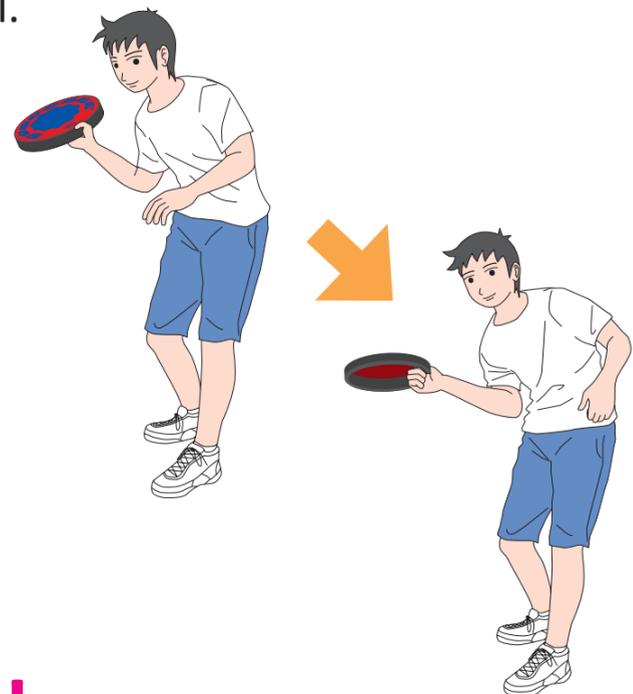
Do not hold back, and throw it as hard as you can.

Even when throwing it across a short distance, do not hold back, and simply throw it as hard as you can. Even if you are hit by the Dodgebee, it will not hurt, so do not worry. But do take care not to annoy people around you!

Step-up Challenge: Do a side arm throw

How to throw it:

Forward-hand throw (the opposite of the back-hand throw) Pull your wrist backward, and hold the ready position on the outside of your body (this is the opposite of the back-hand throw), and then flick your wrist to throw it. Start the movement from your elbow, and release the disc parallel to the ground. This will allow you to throw the Dodgebee well.



3. Let's catch a Dodgebee!

Learn some Dodgebee catching techniques so you can enjoy the game even more!

Holding Catch

This is a great catch to use with the Dodgebee, as it is ultra soft. Catch it as if you wanted to hug it against you. It is the easiest way to catch the Dodgebee. Catch it with both arms and hold it against your chest.



Thumbs-down Catch

If the Dodgebee comes flying higher than your chest, you can do a direct thumbs-down catch, keeping it away from the body. Face your thumb down.



Thumbs-up Catch

If the Dodgebee comes flying lower than your stomach, you can do a direct thumbs-up catch, keeping it away from the body. Face your thumb up.



Other Catching Styles

Sandwich Catch: Try catching the Dodgebee by sandwiching it between both hands.



Holding Catch: Completely catch it!

4. Let's play a Dodgebee Game!

Up and Clap Game

In this game, you flick your wrist to throw the Dodgebee up as high as you can. While the Dodgebee is flying up, count how many times you can clap. This is also great for practicing the wrist's flicking motion.

Shoot Game

Set up a simple goal, choose a goal keeper, and do a Dodgebee penalty shootout. This game helps to develop speed and good control. It also develops the keeper's catching skills.

You can also change the game slightly so that the keeper has to avoid being hit by the Dodgebee. This develops the keeper's dodging skills.

Catch and Throw Game

Two players face each other and throw the Dodgebee between them as accurately and as fast as they can.

Start by setting a short distance between you, and then increase the distance a little bit at a time. This helps to develop good catching skills and smoother throws.

Advance Catch and Throw Game

Challenge yourself by throwing the ball between the two of you, and count how many times you can do this without dropping it.

Target

Level 1	10 times
Level 2	25 times
Level 3	50 times
Level 4	100 times
Level 5	101 times



Enjoy the cooperation with your friend; you don't have to get to Level 5!

Dodge Distance

This is a very simple game. The aim is to throw the Dodgebee as far as possible. Within a set width, you throw the Dodgebee a set number of times. Then, you measure your longest distance. You can also set a target, and the person who throws it closest to the target wins.

Advanced Games

Hit Inside the Circle Game

A game where the people outside of the circle try to hit the people inside of the circle.

1. Create two teams.
 2. The people outside of the circle are the hitters.
 3. The people inside of the circle are the dodgers or catchers.
 4. If you are hit, you go to sit outside of the circle.
 5. The number of people hit is the outside team's score.
 6. Each game lasts between 3 to 5 minutes.
 7. Swap the teams over and aim to score higher points.
- *The shape does not have to be a circle. It can also be a square or a triangle.

4. Let's play a DISC-DODG Game!

Disc Dodge is a unique sport with national competitions held countrywide. Recently, people from East Asia have also taken part in these national competitions.

What is Disc Dodge?



It is played on a court with a size similar to a volleyball court (9m x 18m). The rules are quite similar to dodgeball. A team wins if they knock out all the other team's members, or if they have the highest number of team members left after a period of time.



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