



Walking

Walking is an easy sport, so it's becoming popular.

You don't need a ball or a racket. You can do it

完全版テキストはレッスン前に

担当講師から受け取って下さい

講師のスカイプチャットにテキスト名を送って下さい

Your teacher can send you the complete material.

Please ask them to send the complete version of this material before the lesson.

