

保健体育 実習授業

～女の子の身体のしくみ編～

せいじんむけ
成人向





IS SHE A GUY?

QUIET DOWN!

WHY IS SAITO HERE?

HEY, WE'RE GOING TO START SOON!

HUH~?

MALES AND FEMALES WILL STUDY HEALTH & PHYS-ED IN SEPARATE GROUPS TODAY



DOES THAT MEAN SHE'S GOING TO STRIP?

I JUST NEED TO HELP OUT WITH A FEW THINGS AROUND HERE!!

EHH~ HELPING OUT WITH HEALTH & PHYS-ED?

YOU'RE SUCH A STUPID PERV



NO, SAITO-SAN ACTUALLY WILL TAKE HER CLOTHES OFF

HUH!?



THIS SUCKS ...

I DIDN'T KNOW ABOUT THAT WHEN I JOINED...



SH... SHUT UP!

SECOND YEAR CLASS 1, NO.14 HEALTH COMMITTEE
SAITO MUSUMI



ISN'T IT TOO EMBARRASSING?

SHE'S REALLY GOING TO STRIP!?

IT'D BE SICK IF SHE DID THOUGH

UGUGU ...



REALLY?

HUH?

THAT'S WHY I ASKED SAITO-SAN!



HEY GUYS! QUIT BEING SO LOUD DURING CLASS!

I'M NOT DOING THIS BECAUSE I WANT TO!!

IT... IT CAN'T BE HELPED!!

SWEET!

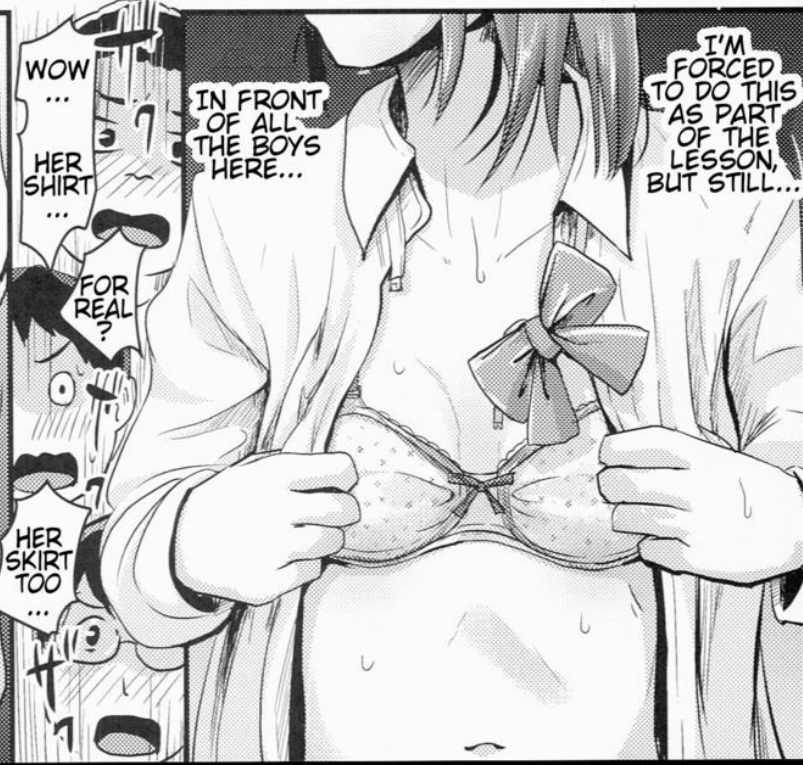
WOAH

SHE'S ACTUALLY DOING IT!

SHE'S TAKING IT OFF!



I HAVE TO TAKE MY CLOTHES OFF...



WOW ...
HER SHIRT ...

FOR REAL?

HER SKIRT TOO ...

IN FRONT OF ALL THE BOYS HERE...

I'M FORCED TO DO THIS AS PART OF THE LESSON, BUT STILL...

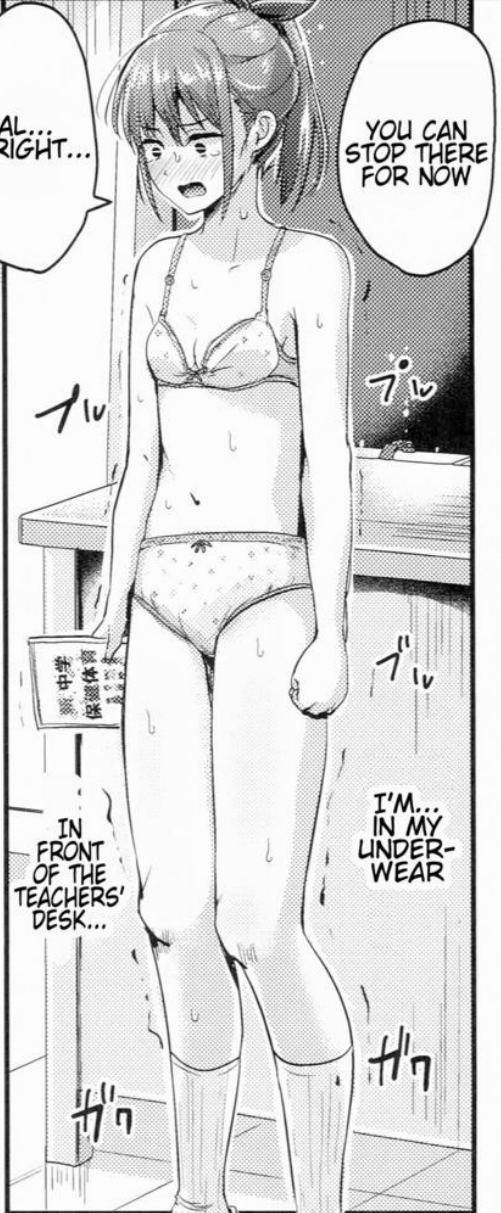
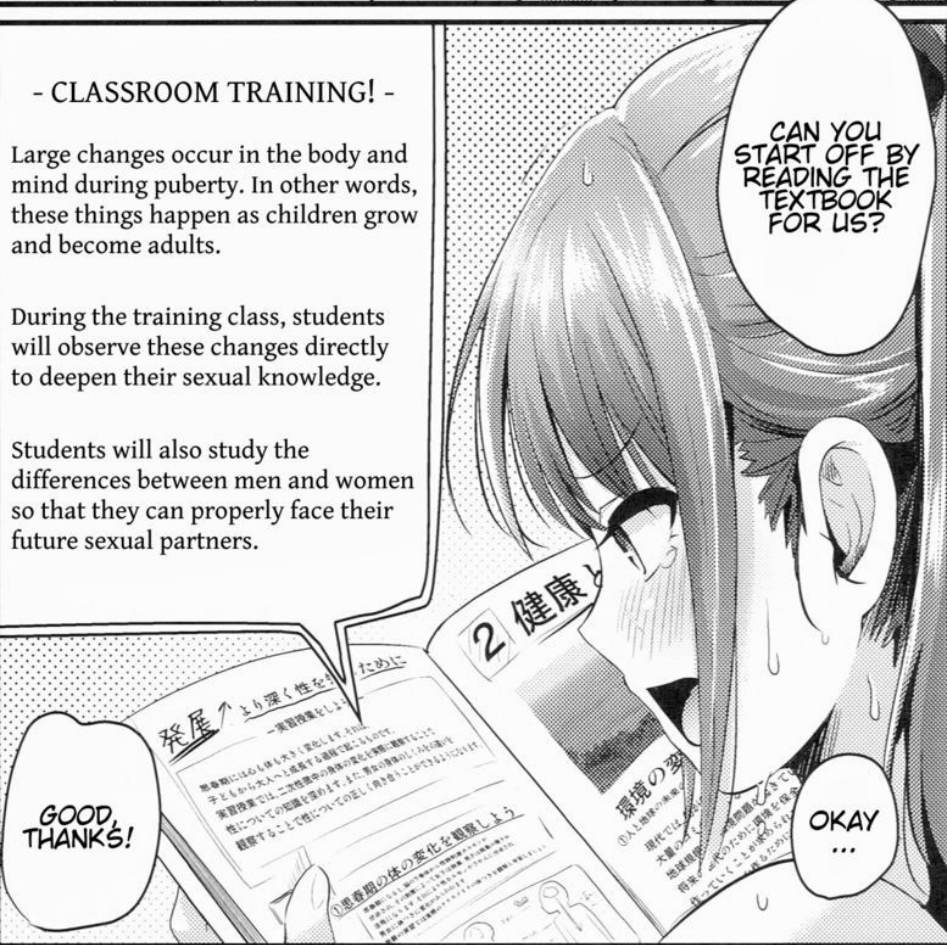


- CLASSROOM TRAINING! -

Large changes occur in the body and mind during puberty. In other words, these things happen as children grow and become adults.

During the training class, students will observe these changes directly to deepen their sexual knowledge.

Students will also study the differences between men and women so that they can properly face their future sexual partners.





I'M A GIRL
YOU KNOW!?

I WONDER
IF THEY'RE
REALLY
ALLOWED
TO MAKE
ME DO ALL
OF THIS...

EVEN THOUGH
IT CAN'T BE
HELPED...
I KNEW THIS
WOULD BE
REALLY
HARD...

DO THE
BOTTOM
HALF TOO
WHENEVER
YOU'RE
READY

YEAH
...

CAN
YOU
SEE
IT!?

THE
BOTTOM
PART
...

SHE'S
TAKING
IT OFF

MY
HALF-
GROWN
BODY

NOW
EVERY
ONE
CAN
SEE

HONESTLY,
MY LIFE
AS A GIRL
AT THIS
SCHOOL IS
OVER AFTER
EVERYTHING
I'VE DONE
SO FAR...

LET'S
MOVE ON
NOW THAT
SAITO-SAN'S
CLOTHES
ARE OFF!





I NEVER SHOULD HAVE GOTTEN NAKED ...

SAITO-SAN IS GOING THROUGH GREAT PAINS TO SHOW YOU HER GENITALS...

SO STOP SAYING SUCH HEARTLESS THINGS!

OKAY ...

SORRY ...

UQUU ...

...GET ON TOP OF THE FRONT DESK!

HEY!

I KNEW IT!

AHAHA !!

AAH... I FINALLY HAVE TO DO THE MOST EMBARRASSING PART...

WELL THEN SAITO-SAN, PLEASE BEGIN WHEN YOU'RE READY

IN FRONT OF EVERYONE....!!

EXPOSING MY CROTCH...

EVERYONE, THIS IS THE FEMALE GENITALIA!

EVEN
SOMETHING
LIKE THIS
IS FINE IF
IT'S FOR
THE SAKE OF
LEARNING!?

UUUU...
THIS LESSON IS
TOO HORRIBLE

OKAY SAITO,
HOLD THAT
POSITION~

PLEASE LOOK
UP AT THE
SCREEN
EVERYONE!!

EH
...

CAM-
ERA?

IT'S
READY!

WHAT IS
THIS!?

HEY
...

WHA- HEY!?
DON'T LOOK!!
STOP...!?

THIS SHOULD
MAKE IT EASIER
TO SEE THINGS

!?

SAITO'S
....!!

THE
SCREEN
IS FILLED

THIS IS
AWESOME

WOW



FOR TODAY'S LESSON, WE'LL BE USING A NEW ELECTRONIC BLACKBOARD

ARE YOU KIDDING ME!? A SCREEN THAT HUGE IS SHOWING MY...

IT'S EVEN IN HIGH DEFINITION

わっ... あっ... はぁぁぁ



HIII!?

NOW SAITO-SAN I KNOW THIS IS SUDDEN, BUT CAN YOU SPREAD IT OPEN FOR US?



IT'S MY FIRST TIME SEEING IT THIS CLEARLY!!

MIR-ROR



<ちゅっ>

YOU CAN TOTALLY SEE INSIDE!?

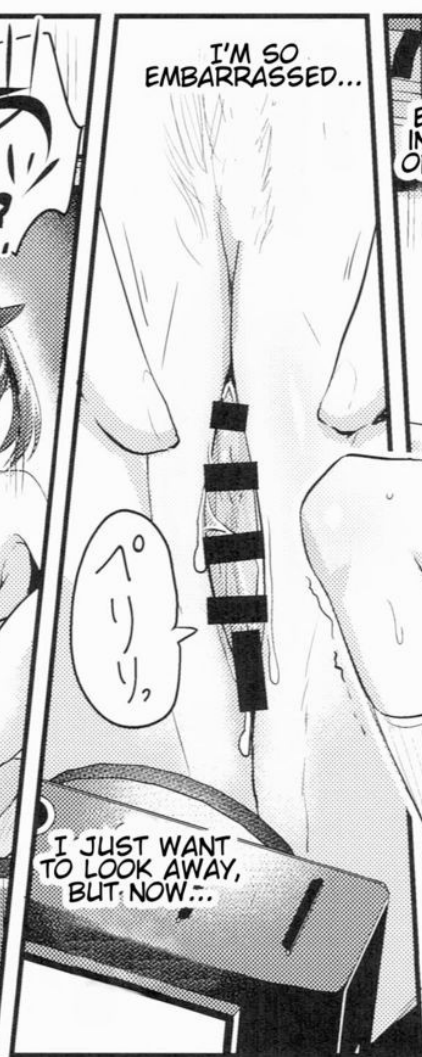
あ...!

ぽあ

IT'S SHOWING!

WOAH

あ



I'M SO EMBARRASSED...

I JUST WANT TO LOOK AWAY, BUT NOW...

IT'S GOING TO BE EXPOSED IN FRONT OF EVERYBODY

IF I SPREAD THIS...



ちゅ

ちゅ

ちゅ

くばぁ

陰核

尿道

小陰唇

THIS PART IS THE CLITORIS AND BELOW IT IS THE URETHRAL OPENING!

UU... THIS IS HORRIBLE... THEY'RE DISPLAYING MY CROTCH AT SUCH A HUGE SIZE...

YOU CAN SEE EVERYTHING...

WOAH... THIS IS SERIOUSLY AWESOME...

Grab it Grab it

NOOOOO
OOOO!?

TOILET PAPER!?

CAN YOU GRAB THAT PIECE OF TOILET PAPER?

AH... LOOK SAITO-SAN...

EH?

EH! ME?!

OKAY TELL ME WHAT THIS AREA IS CALLED!

SLANG DOESN'T COUNT FOR THIS LESSON!

P... PUSSY?

NOW, LET'S TAKE A CLOSER LOOK!

DON'T ZOOM IN LIKE THAT!!



MY
UTERUS

NO

IT'S
YOUR
VAGINA

More precisely,
it's your vulva



PLEASE
TELL US
THE RIGHT
ANSWER,
SAITO-SAN!

EH!?



UM
...

THIS
IS
...



I
SEE

DO YOU HAVE
ANY DATING
EXPERIENCE?

...I
DONT

HAVE YOU
EVER HAD
VAGINAL
SEX
BEFORE?

N...
NO...



ANYWAY, SAITO-SAN!
I WANT TO ASK YOU
ABOUT YOUR SEXUAL
EXPERIENCE...



THIS IS
HORRIBLE...

THEY KNOW
EVERYTHING...

THEY'VE SEEN
EVERYTHING...

YOU CAN SEE
THAT THIS
MEMBRANE,
HER "HYMEN",
IS STILL
INTACT

SAITO-SAN
IS CURRENTLY

A
VIRGIN

IT SEEMS

YOU POO FROM THAT HOLE

RIGHT

WHAT FUNCTION DOES THIS PART HAVE?

UMMM... THIS IS FOR... DEFACATION...

MALES HAVE THIS PART TOO, SO WE PROBABLY DON'T NEED TO EXPLAIN, BUT...

NEXT IS THIS!

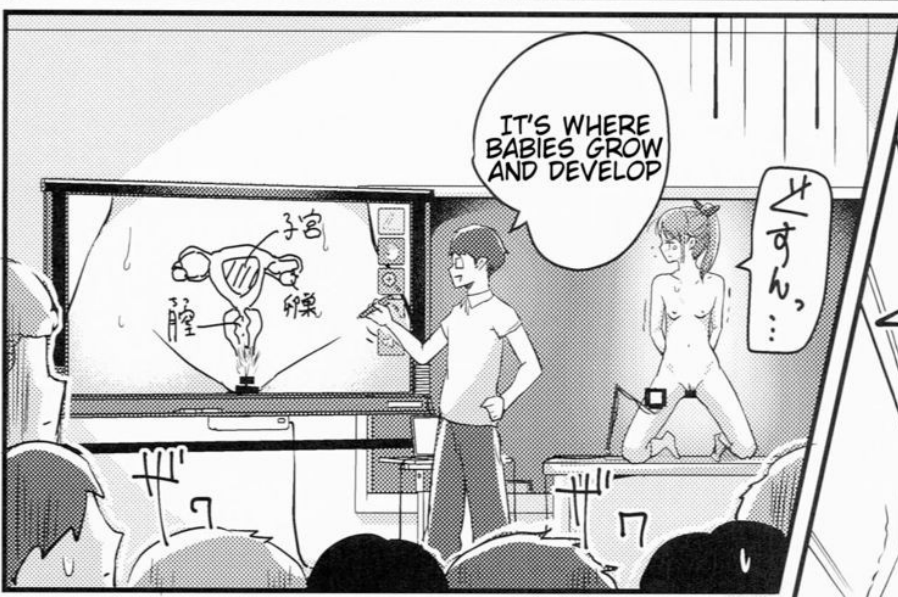
IT'S TWITCHING ...

THAT SUCKS ...

DANG...

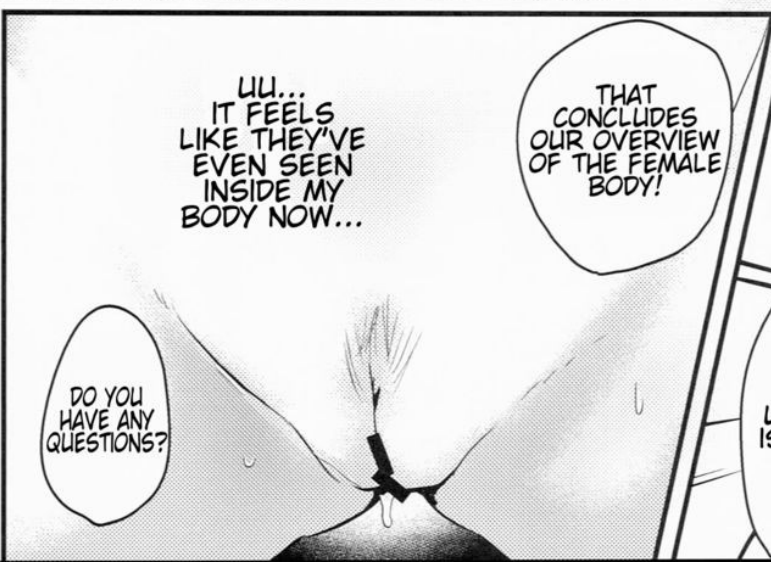
!!ん?!?あッ!?!ちぎって

DON'T FILM THAT!



IT'S WHERE BABIES GROW AND DEVELOP

すん、...



U... IT FEELS LIKE THEY'VE EVEN SEEN INSIDE MY BODY NOW...

THAT CONCLUDES OUR OVERVIEW OF THE FEMALE BODY!

DO YOU HAVE ANY QUESTIONS?

THE UTERUS IS RIGHT HERE



THE INTERNAL PARTS LOOK SOMETHING LIKE THIS

DON'T JUST SAY IT LIKE THAT!

TO HELP ME EXPLAIN, CAN YOU SHOW YOUR CLITORIS OFF AGAIN?

WHAT IS THE CLITORIS FOR?

GOOD ONE!

WHAT IS IT?

HERE

EH... UM... CL... CLIT... MAYBE?

BY THE WAY, DO YOU KNOW ANY OTHER TERMS FOR "CLITORIS"?

I'D BE GRATEFUL IF YOU COULD LET EVERYONE SEE IT ONCE AGAIN~

UU... THIS IS REALLY HUMILIATING...

THAT'S RIGHT!

BY THE WAY SAITO-SAN, HAVE YOU EVER TOUCHED YOURS?

THE CLIT AND PENIS HAVE ROUGHLY THE SAME ORIGINS. ASIDE FROM PROVIDING

SEXUAL PLEASURE

THE CLITORIS DOESN'T HAVE A PARTICULAR FUNCTION!

BUT YOU ANSWERED "YES" FOR "DO YOU HAVE EXPERIENCE MASTURBATING" ON THE SEXUAL BEHAVIOR QUESTIONNAIRE...

N-N-NO WAY!!

DON'T RELEASE THAT KIND OF INFO!

THEY'RE
MAKING
ME DO
SOMETHING
INSANE...
THIS IS
AWFUL!!

AND
MASTUR-
BATE
HERE FOR
ALL OF
US!

IN THAT
CASE,
PLEASE
RUB YOUR
CLITORIS

TAKE ONE
OF THESE
AND PASS
IT AROUND

WHILE
SAITO-SAN
IS BUSY
DOING
THAT...

UHM...
I USUALLY
DO IT IN BED
BEFORE I
FALL ASLEEP

HOW DO YOU USUALLY MASTURBATE?

HOW
IS IT?
ARE YOU
STARTING
TO FEEL
GOOD?

THERE'S NO WAY I CAN FEEL GOOD IN A PLACE LIKE THIS!!

THEN IT MIGHT
BE BETTER IF
YOU LIE DOWN
LIKE YOU
NORMALLY DO!

(1) 70

はあ

古

ちん

AT THIS RATE...
I'M GOING TO
FINISH...

WHAT
SHOULD I DO...
EVEN THOUGH
I'M DOING THIS
IN FRONT OF
BOYS, I'M
STARTING TO
FEEL A LITTLE
GOOD...

SEEMS
LIKE YOU'RE
STARTING TO
FEEL IT NOW

DON'T
LOOK!!!

AH... AH...
THIS IS BAD...
NO...

あああ
あああ

THIS IS
CALLED
**SEXUAL
CLIMAX**
TAKE A GOOD
LOOK!

OKAY!
LET'S MOVE ON
TO THE FINAL
TRAINING
EXERCISE!

AH

HERE

CRAZY
AWE-
SOME

WHAT
DID YOU
SAY!?

WOAH!
AMAZING

EVEN
THOUGH
SHE'S A
GIRL
...







WITH EVERY BOY HERE...

AAH... IN THE END, I'VE HAD SEX...

STOP

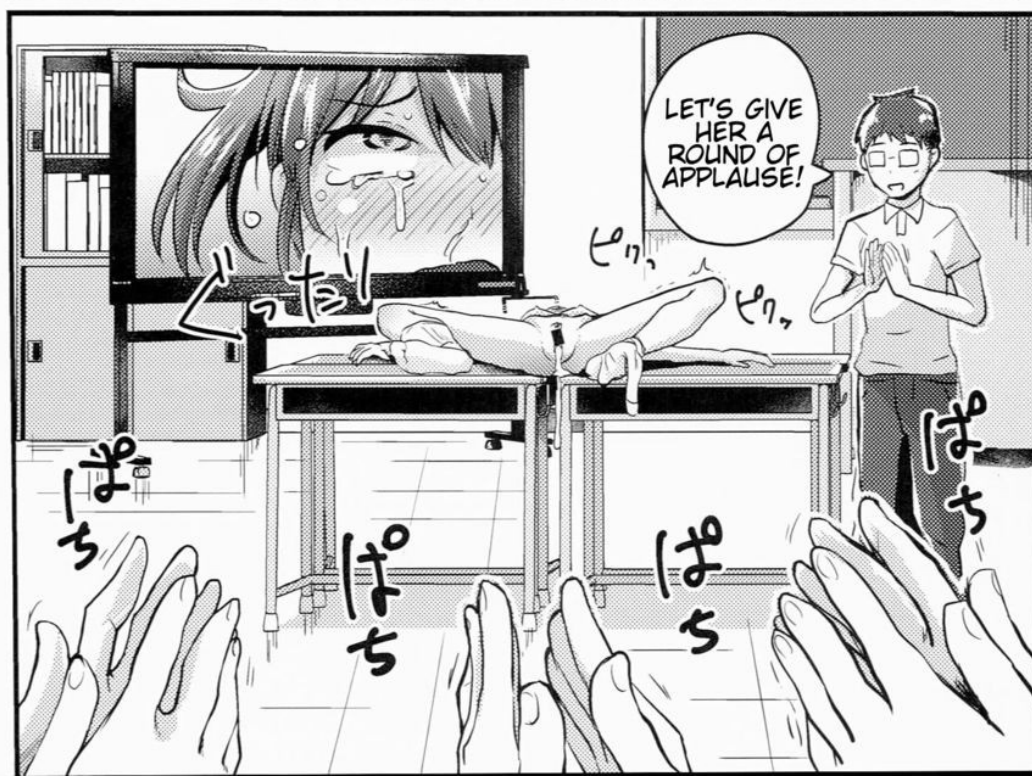
YOU'RE HURTING MY CHEST!

I REALLY ...!!

HATE THIS CLASS!!

CLIMMING!!





© SOMERSAULT STRETCH

STOP IF YOU HAVE TROUBLE BREATHING

APPLY GRADUAL PRESSURE TO YOUR PARTNER'S LEGS AND WATCH THEIR COMPLEXION



Do these in pairs!

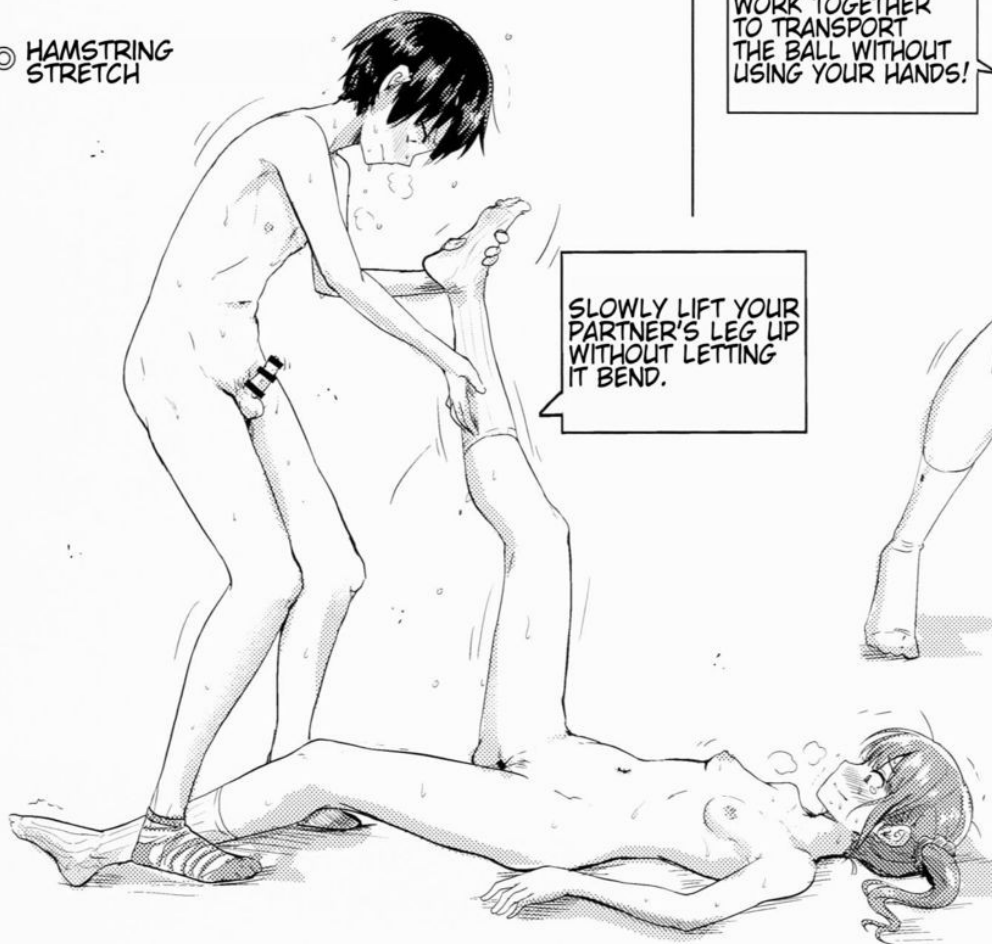
STRETCHING EXERCISES

THESE EASY STRETCHES WILL HELP IMPROVE PHYSICAL FITNESS AND REDUCE STRESS.

PAIRED EXERCISES ALSO PROMOTE HEALTHY HUMAN RELATIONSHIPS BY ENHANCING COMMUNICATION BETWEEN PARTNERS.

THESE EXERCISES ARE MORE EFFECTIVE WHEN PERFORMED IN THE NUDE.

© HAMSTRING STRETCH



SLOWLY LIFT YOUR PARTNER'S LEG UP WITHOUT LETTING IT BEND.

© BALL CARRY

1 1/2, 1 1/2, 1 1/2

TRY USING VERBAL CUES.

WORK TOGETHER TO TRANSPORT THE BALL WITHOUT USING YOUR HANDS!



* GO BACK TO THE STARTING POINT AND TRY AGAIN IF YOU DROP THE BALL.

Before you begin...

FORM INTO
PAIRS FIRST.

WORK WITH YOUR
PARTNER TO COMPLETE
THESE EXERCISES!

Body and mind strengthening

APPENDIX 2

TEAM EXERCISES

THESE GROUP EXERCISES NOT ONLY STRENGTHEN THE BODY, BUT ALSO HELP DEVELOP TEAMWORK AND CARING FEELINGS BETWEEN PARTNERS.

ALWAYS KEEP SAFETY IN MIND AS YOU AND YOUR PARTNER PERFORM THESE EXERCISES TO AVOID POTENTIAL INJURIES.

DOING THESE EXERCISES WITHOUT CLOTHES CAN IMPROVE YOUR PERFORMANCE AND ALLOW FOR MORE TARGETED ADVICE, AMONG OTHER THINGS.

© BRIDGE

I'M LIFTING
YOUR LEGS UP
TO MATCH THE
EXAMPLE...

*TALK TO YOUR
PARTNER WHEN
YOU HELP THEM.

STABILIZE YOUR BODY
WITH YOUR HEAD OFF
THE GROUND. HAVE
YOUR PARTNER ASSIST
YOU IF NEEDED.

© V-SHAPED OPEN
LEG BALANCE

WORK TOGETHER AND
STABILIZE EACH OTHER
WITH OPEN LEGS.

2016 サマー☀️ あとがき ~



今回の女の子の元に
↓ なったイラスト
です。
(pixivに脱衣差分
あります)

こんにちは、ぐりんもと申します！

今回は、保健体育モノが描きたく

なりましたので、このような形となりました。

毎度、似たようなシチュエーション、内容
の漫画ではありますが、ラーメン屋みたいな
ものだと思っていただければ幸いです。

過去に出したものの続きは、ネタが

思いつき次第、本を作りたいと思います！
(すみません)

今年に入ってからというもの、腰を痛めて
しまい、あんまり漫画を描けませんでしたので、
はやく養生して、今後がんばります。

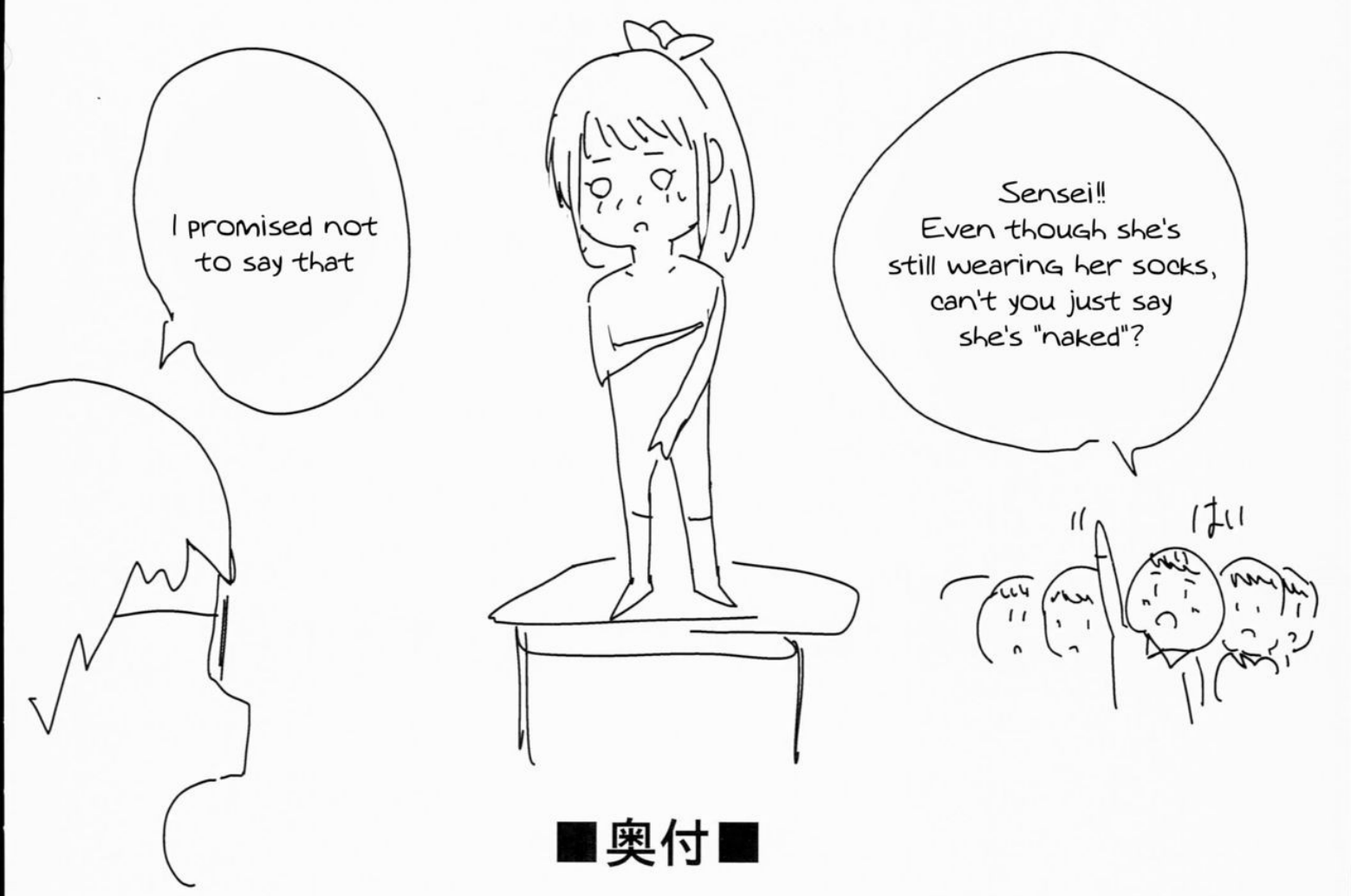
まずは、すぐ座るところから...

それでは、このあたりはお手にとっていただき
まことにありがとうございました
また！！

ぐりん

2016年8月.





I promised not
to say that

Sensei!!
Even though she's
still wearing her socks,
can't you just say
she's "naked"?

■ 奥付 ■

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