

ABSTRACT

A shoe midsole is composed of a base plate (1), a cover (2), a plurality of blades (3), and liquid (4). The blades (3) are formed in such a manner as to rise within a first region (11) of the base plate (1). The blades (3) are each composed of a plurality of flat-shaped blade elements (32, 33) separated each other by slits (31), and are tilted toward the toe side or the heel side. The flat-shaped blade elements (32, 33) are disposed in such a manner as to be divergent toward the toe side or the heel side. The base plate (1) and the cover (2) are joined together, thereby forming a closed space (5), and the liquid (4) is sealed in the closed space.