

The 10th Lecture

Kosei Inoue

“Reports on His Two-year Training in the United Kingdom”

Sunday, June 5, 2011

Lecture Hall, Annex, International House of Japan

Opening Address and Report on the Judo Exchange Program with Palestinian Children

Yasuhiro Yamashita

In my capacity as Executive Director of the NPO Solidarity of International Judo Education, I would like to thank you all very much for coming to our 10th Lecture Meeting, despite your busy schedules.

This lecture meeting will feature a report from Mr. Kosei Inoue, the former Olympic Champion and my pupil, who has returned to Japan after completing a two-year training course in Europe. I always wonder how I should address him—calling him “Mr. Inoue” seems so distant, so I usually call him “Kosei,” just as I have done since he was my pupil. However, today I will address him as “Mr. Kosei Inoue,” as a lecturer at this meeting.

Before his lecture, I will give a report on a judo exchange program with Palestinian children that we held last year.

Our NPO, Solidarity of International Judo Education, has developed to date thanks to the kind support of many individuals and enterprises, since its foundation in April 2006. I can remember as if it were yesterday that, in November of the same year, we organized the first seminar meeting, inviting distinguished lecturers, including Mr. Hiroshi Okuda, who was chairman of Toyota Motor Corporation and also chairman of the Keidanren (Federation of Economic Organizations).

In July last year, Mr. Inoue and I visited Palestine.

Subsequently, with the cooperation of many people, we invited junior high school students from Israel and Palestine to Japan, where we held an exchange program through judo for about two weeks. In this lecture, first I would like to talk about the details of the program. Next, Mr. Toshiaki Hashimoto, our Assistant Executive Director, will report on the workshop and lecture held at the second Japan-China Judo Friendship Center opened on March 1 last year in Nanjing, China. Finally, Mr. Inoue will deliver his lecture.

To begin with, let me show you some footage broadcast by NHK showing the Israeli and Palestinian children we invited in December last year. Please also refer to the hand-out article regarding our exchange programs with Israel and Palestine, if you have time. (Video shown.)

Here, I should make a correction. It was our NPO, Solidarity of International Judo Education, not myself, that invited these children. Please excuse me for failing to provide this most important information.

The news that Mr. Inoue and I visited Israel and Palestine in July last year was communicated by the mass media throughout the world, and received favorable mention from various countries, with comments such as “Your activities are wonderful!” I was also very pleased that, in September of the same year, Count Jacques Rogge, President of the International Olympic Committee (IOC), visited Israel and Palestine, although I am not sure whether the news about our visit had any influence on his decision.

Now I would like to talk about our exchange program with Israeli and Palestinian members. If I take too long, I may be criticized for shortening the time available for the lecture by Mr. Kosei Inoue. (Laughter) So I will just give you a brief explanation.

On December 17, eight students from Palestine and nine from Israel came to Japan.



On December 19, they visited Bosei Gakujuku of Tokai University, where a total of 150 or more participants, including the Israeli and Palestinian children, enjoyed exchange centered on the practice of judo.



On December 20, a press conference was held at the Foreign Correspondents' Club of Japan. This is a photograph taken with the Israeli and Palestinian team members after the press conference. At the conference, I was impressed with the remarks made by the leaders of Israeli and Palestinian teams. Both leaders said that they sincerely hoped to realize an environment where both nations could freely travel back and forth between the two countries, at the earliest possible date, through sports.



We then visited the Kodokan Judo Institute to pay a courtesy call to its Honorary President Yukimitsu Kano, and held an international exchange program with the participation of Japanese children. On that day we had a very tight schedule, since we also made courtesy calls on the Ministry of Foreign Affairs and international exchange organizations.

On December 21, we visited Hiroshima. This visit

was made following a suggestion by Director Akiko Kato that the children from the two countries take advantage of this Japan tour to visit Hiroshima. To include a Hiroshima visit into this itinerary, which was already very tightly scheduled, we needed to take the first flight on the morning of December 21 and leave Hiroshima on the evening of the same day for Fukuoka. We were concerned that adding the Hiroshima tour to the already tight schedule might attract criticism that we were merely self-advertising. We therefore told the Israeli and Palestinian teams “If you wish, you can include the Hiroshima visit into the itinerary. But it will tighten the schedule considerably.” Despite our concern, they immediately replied that they would very much like to visit Hiroshima, no matter how tight the schedule would become.”

In Hiroshima, after paying a courtesy call to the then Hiroshima Mayor Tadatoshi Akiba, we visited the Hiroshima Peace Memorial Museum and offered flowers to the monument to the atomic-bomb victims. The Palestinian team leader said “From the ashes of atomic devastation, Japan has arisen to build such a wonderful city. Japan’s experience encourages us to believe in our future potential.” I was greatly touched by his statement.



The next day, the Israeli and Palestinian children visited Hakkou Junior High School as an exchange activity. As shown in the video, they participated in judo classes from December 23 to 25. Then the following day, they took part in a judo competition held in Munakata City.

To our surprise, all the Israeli athletes participated in the event with close-cropped hair to reflect their fighting spirit. They were granted the Fair Play Award.



In the bus moving to the competition venue, the Palestinian members rode in the front while the Israeli members rode in the back, with the two parties hardly communicating. After the competition, however, they took commemorative photographs together and shook hands. I believe that both parties—who would usually never have opportunities for mutual contact—could communicate and feel a kind of friendship with each other, though not as much as might have been hoped.

Our NPO has been able to work on these activities thanks to generous assistance and contributions extended by our members and sponsor companies. Taking this opportunity, I would like to offer our sincere gratitude to all of you who have supported us.

However, we understand that our activities have not yet been completed. This year again, we are cooperating with the Israeli embassy in negotiating the setting up of a judo hall in a gymnasium, or at least offering tatami mats to a gymnasium, in Palestine. Additionally, we strongly hope to dispatch instructors from Japan to Israel and Palestine, and to accept instructors and children from these countries to Japan.

Finally, I would like to mention that Secretary-General Mitsumoto accompanied the Israeli and Palestinian teams, all the time from December 17, when he met the Israeli team at Narita International Airport, to December 28, when he saw the Palestinian team off. Also, four student volunteers from Tokai University were continually together with these teams. Let me express my appreciation for their attendance, and thereby conclude my report on the program inviting Israeli

and Palestinian children to Japan. If you have any questions, please ask me at the exchange party that will be held later. Thank you all for listening to me today.

MC: Executive Director Yamashita. Thank you very much, Next, Toshiaki Hashimoto, Assistant Executive Director of our NPO, will report on his visit to the Nanjing Japan-China Judo Friendship Center in China.

Report on Our Visit to the Nanjing Japan-China Judo Friendship Center, China

Toshiaki Hashimoto

Thank you for introduction. I am Toshiaki Hashimoto, Assistant Executive Director of Solidarity of International Judo Education.

As Executive Director Yamashita mentioned earlier, he and I are merely playing side roles before the lecture by Mr. Inoue. (Laughter) I have also received an instruction from the secretariat to keep my report to 10 minutes or less. I will therefore make my report brief.

I will talk particularly about our exchange with Nanjing, China. Today at this venue, we have the President and other members of the Japan-China Judo Friendship Center in Tsingtao, who will be introduced later. Although I visited Tsingtao as a leader of the groups of graduates and undergraduates over the last consecutive holidays, my topic today is about our visit to Nanjing. I have announced this to the distinguished guests from Tsingtao and begged their pardon in advance.

Before getting into the topic, let me talk a little about what I recalled while hearing Mr. Yamashita's report on our exchange program with Israel and Palestine. I myself am in charge of management of the Matsumae Judo-Juku of the Bosei Gakujuku, where the Israeli and Palestinian teams were first accepted. While I was practicing judo with the children, an Israeli instructor said to me via an interpreter, "I noticed the Japanese children were smiling in the judo hall. It is good to see children

smiling during practice.” I then looked carefully at the Israeli and Palestinian members, and realized that they were not smiling. At that time, I thought that a smile on the faces of the children practicing judo should represent peace. The Israeli instructor added that he wished to enable his children to practice judo with a smile. I believe that it is also important for we Japanese instructors to share such a perspective.

I saw athletes smiling at the judo hall in Nanjing. This photograph was taken near the entrance of the Specialized Sports School in Nanjing, where the Nanjing Japan-China Judo Friendship Center was set up. I asked Mr. Liu Junlin, President of the Center, who has been to Tokai University and practiced judo there, what this school was like. He answered that it was a sports training school where excellent athletes of judo, wrestling and boxing from across Jiangsu Province gathered and were fully trained through residential training.

I was surprised that the school had well-equipped training facilities for, say, martial arts. The Nanjing Japan-China Judo Friendship Center is managed to make the best use of these facilities.

We visited Nanjing for the purpose of exchange at the end of 2010. Prior to the exchange program, in March of the same year, we sent Mr. Masao Murata, a Tokai University graduate and a judo coach at Biwako Seikei Sport College, to Nanjing, during the Japanese Culture Week. On March 11, a ceremony was held to commemorate the first anniversary of the Nanjing Japan-China Judo Friendship Center. Mr. Murata was sent in response to a request to dispatch a Japanese judo instructor who would do a model performance at the ceremony. His dispatch was realized as part of our NPO’s activities, thanks to generous assistance from you all. Taking this opportunity, I would like to express once again our appreciation to our supporters.



Let me return to today’s topic and show you this photograph, which was taken at the front of the judo hall. I will give you a brief facility introduction. The entrance is located on the left, and if we move forward, we can see the exercise hall for men on the left and that for women on the right. They are both excellent judo halls, each covering an area of more than 300 tatami mats, which is large enough to set up three official judo competition venues. The Japan-China Judo Friendship Center was created by developing women’s judo halls. However, the Center is incomparably superior to the facility at the women’s judo club of Tokai University and other similar university facilities in Japan.

This photograph shows local female athletes doing free practice in judo, and Tokai University postgraduates who joined this Nanjing tour coaching them groundwork techniques. All athletes practiced very hard, and many of them were chosen for special training to compete with top-class Japanese judo players.



In the judo hall, plates are neatly displayed. Written on these plates are the purposes of the Nanjing Japan-China Judo Friendship Center and the practice timetables, as well as “*Seiryoku Zenyo*” (the best use of energy) and “*Jita Kyoei*” (mutual prosperity for oneself and others), words expressing the maxims of Jigoro Kano, the Grand Master and founder of judo. Judo practice is held from the evening to night, twice a week. All the players were

very polite, cheerful and vigorous.



This male instructor, Chang-dong, and the female instructor, Ms. Wang Hua, who is attending here today from Tsingtao, had received the six-month training program for judo instructors in Tokai University. I was in charge of the training program, and imparted to my trainees various ways to coach children. These two Chinese instructors reported to me that they were coaching the children using the methods I had taught in the program.



The photograph above shows athletes practicing the correct upper-body posture, while the photograph below shows athletes practicing back break falls. This is a scene where the instructors are explaining judo techniques.



Those who practiced judo in the judo halls in Nanjing included American and South Korean citizens living in Nanjing. Since Nanjing is an international city, non-Chinese people wishing to learn judo also gathered together in the judo halls there. In part because of this, I believe it is highly likely that the Nanjing Japan-China Judo Friendship Center will develop into an

international judo club.



The photograph on the left shows a beautiful demonstration of Uchimata (inner-thigh throw) by Mr. Murata, while the photograph on the right is of an undergraduate coaching a groundwork technique. In today's Japan, it could very well be that there are no junior high-school, high school or university students who practice as hard as the children in Nanjing. In Japan, I have never seen children practicing judo so conscientiously. As many of you and I myself can remember, Japanese young people used to display a genuine enthusiasm for learning. I strongly felt that kind of enthusiasm in Nanjing.



This photograph is a scene from the lecture meeting. As part of our training program in Nanjing, a workshop was held, bringing together about 30 judo instructors of Jiangsu Province.



In response to a request to talk about the spirit and concept of judo, I gave a lecture on these topics, with Mr. Kazuhiro Tozawa, President of the

Nanjing Japanese Society, serving as an interpreter.



This photograph shows Mr. Murata presenting T-shirts, offered by UNIQLO Co., Ltd., to the Center President, at the ceremony to commemorate the first anniversary of the Center.

Although I went to Nanjing on a mission to train and instruct local children, I was privileged to have the opportunity to realize my long-cherished wish of visiting Yangzhou. The city is known for its association with the Buddhist Master Ganjin, who came to Japan in order to introduce Buddhist doctrines. Mr. Tozawa guided me to Daming Buddhist Temple, saying “I will take you there since it is about three hours by car from here.” I was happy to take this tour, during which I could learn a lot. While observing a model of a *Kentoshi-sen*, or a Japanese Diplomatic Ship for Envoys to the Tang Empire, we talked about Japan-China exchange, considering the difficult voyage of the Buddhist Master Ganjin, who conveyed various forms of training to Japan.

The photograph on the left shows the Great Wall of Nanjing. I heard that a movement was underway to register the wall as a World Heritage Site. This is a famous restaurant that appeared in a novel by Lu Xun, in which the main character ate beans and drank *samshu* (Chinese rice wine). At the restaurant, we also enjoyed very fine *samshu*.

As I mentioned earlier, the Nanjing Japan-China Judo Friendship Center is equipped with good facilities, and has 60 members who pursue judo enthusiastically. These members’ parents often come to watch them. Moreover, this facility is the equivalent of a Japanese training center, in that it brings together athletes chosen for special training

from across the province. Therefore, the Center is complete with accommodation and dining halls for many judo practitioners, realizing a perfect training environment.

In this context, it is our mission to convey the Japanese spirit, and we will continue working to help deepen exchanges between Japanese and Chinese people, especially youth and children. To promote people-to-people relations, we need to carefully plant seeds and steadily reap the harvest. Aiming to produce more fruitful results in the future, we are determined to redouble our efforts, and ask your kind support in this endeavor.

I would like to wrap up my brief report on our Nanjing mission. Thank you for your kind attention.

MC: Thank you very much. Next, before moving on to the lecture by Mr. Kosei Inoue, I would like to introduce Mr. Inoue.

Mr. Inoue is currently serving as a lecturer at the School of Physical Education of Tokai University. He began to work as a faculty member at our university this April, and I have often heard students whispering to each other, “Oh, Kosei Inoue is here!” (Laughter) He has also been vigorous in coaching the all-Japan men’s judo team, touring various overseas countries with a view to competition in next year’s Olympic Games.

Mr. Inoue also stayed in the United Kingdom for the JOC overseas training program from 2009 to 2011. In the U.K., in addition to studying English and mastering British coaching methods, he worked on developing a network of coaches, which would have a great significance in his future career.

Now, please welcome Mr. Kosei Inoue with a big round of applause.

Reports on My Two-year Stay for Training in the United Kingdom

Kosei Inoue

Good evening everyone, I am Kosei Inoue. I am truly honored to be here today to deliver my speech at this lecture meeting organized by the NPO Solidarity of International Judo Education, led by Mr. Yamashita, the Executive Director. I am also delighted to see so many participants, who have taken time out from their busy schedules to come here in this bad weather.

On the other hand, now I am a little regretting having accepted to serve as a lecturer. It is a very challenging task for me, though this offer was made by Mr. Yamashita, who is my superior and respected mentor, as well as by Ms. Mitsumoto, for whom I feel an attachment as if she were my own mother.

Today, I would like to talk about my life in the United Kingdom for two years, what I felt while I was there, and what I gained from that experience.

In short, I keenly realized how ignorant I was through the two-year experience. However, by that I do not mean to be pessimistic. In the U.K., I learned English, culture, religion, philosophy, thought, as well as judo coaching and practicing methods and technical differences between British and our own methods. This experience impressed on me the fact that the world was wider and deeper than I had imagined, and full of unknown treasures.

Before going into more detail, I am sorry to say that I am not a professional story-teller, but merely a judoist, as you know. As such, you may have difficulty in following my story and grasping my point. So I would very much appreciate it if you would bear with me during my talk.

I would also be extremely happy if my lecture could be of some help for the future activities of Solidarity of Judo Education, although it is very presumptuous of me to say this to my superiors. Now, let me give my detailed report.

Two training Programs in the United Kingdom



To begin with, I will show you this photograph. Do you know what kind of clothes I am wearing? This is a kilt, which is the traditional national dress of Scotland. As the saying goes “When in Rome, do as the Romans do,” I was determined to spend my two years in the country doing as the locals did, when I arrived in the U.K. To demonstrate that determination, I decided to first show you this photograph. As you can see, I am wearing a jacket and a kilt, which is actually like a kind of skirt. Please note, however, that I do not have a hobby of wearing women's clothes. (Laughter)

I participated in the two-year training program in the United Kingdom as an overseas trainee dispatched by the Japan Olympic Committee, which is within the jurisdiction of the Ministry of Education, Culture, Sports, Science and Technology. The objectives of the training included, as indicated in this slide, acquiring foreign language skills, gaining knowhow in effective training and coaching to improve athletes' abilities, receiving practical courses in coaching foreign athletes in technical and instructional terms, making study tours to learn the methods of instructing classes of junior to senior-level students, and making study tours to learn about the organizational structure of the British national team. I also enjoyed various experience in non-judo-related fields.

In addition, I was engaged in establishing a broad international network, as mentioned earlier by Ms. Mitsumoto. Through this overseas program, I was also expected to obtain more information as a specially designated coach for Japan's national team,

in preparation for the London 2012 Olympic Games.

The duration of the training was exactly two years, from January 11, 2009 to January 11, 2011. As you are aware, the United Kingdom is comprised of four countries: England, Scotland, Wales and Northern Ireland. My training took place in Edinburgh, Scotland, and in London, England.

For the first one year or so, I stayed in Edinburgh, where I was taken care of by Mr. George Kerr. He is a former vice-president of the European Judo Union, and now serves as the president of the British Judo Association, also running a gym and judo hall for juniors. He was an outstanding judo player, who won many titles, including a gold medal in the European Judo Championships. As a judo instructor he has also had a brilliant career, as exemplified by his achievement in successfully coaching Olympic athletes. Last year, Mr. Kerr was awarded 10th Dan, the highest rank possible in judo. He was awarded Commander of the Order of the British Empire (CBE), the third-highest rank of the Most Excellent Order of the British Empire, by Her Majesty Queen Elizabeth II. In Japan as well, Mr. Kerr was honored with the Order of the Rising Sun, Gold Rays with a Rosette, for his great contribution to the promotion and instruction of judo, as well as to the facilitation of people-to-people exchange between Japan and Scotland through judo. He has invited many people engaged in judo, including myself and Mr. Yamashita, to his country. Moreover, he has had significant impact on judoists not only in Europe but also across the world.

In London, I received training at the Budokwai. According to its owner, Mr. Brian Davies, the Budokwai is the oldest Japanese martial arts club in Europe. Although some recent research indicates that the oldest club is in fact in the Netherlands, this claim has not yet been verified. As such, the Budokwai instructors assert that their club is the oldest. At the Budokwai, Mr. Yamashita and many other Japanese judoists have received training and

honed their skills, just like myself.

For the reasons I stated above, I selected the two locations—Edinburgh and London—as my training venues, believing that these were the places where I could achieve the goals I had set for myself. My junior fellow athlete, Maki Tsukada, who has been active until this year as an athlete in women's judo, is going to undergo training in the United Kingdom and other foreign countries, in a similar manner to myself, beginning this summer.

Training in the United Kingdom



Here is a photograph showing myself with children in a junior class that I taught. Now I would like to explain about my training program schedules in London and Edinburgh.

In the morning, I usually went to a language school, where I actively studied English. To my shame I must confess, when I first arrived in the United Kingdom, I had virtually no English skills. Actually, I was able to say only “Yes” and “No,” or something like that. My English skills were so low that my British friends said to me, “At first I had no idea how to communicate with you, as whenever I asked a question, you just smiled and said ‘Yes’ or ‘No.’”

At that time, I realized that I must make an effort to improve my English abilities. At the same time, I found that having a certain “sense” influences one’s mastery of a foreign language.

So, what is that “sense”? I think the key to success in mastering a language is to speak a lot. Ms. Mitsumoto, who is laughing over there, can speak English fluently, though I would never imply that she is a chatterbox. (Laughter) However, I realized that the more you speak, the faster your English

will improve.

At the language school, I had a class where students held various discussions. In the class, Europeans and Asians studied together. While Asian people tended to speak after someone else's remarks, European people were more active and spoke without restraint. Europeans asked many questions, even while someone was talking. After studying with these talkative people for half a year, I became aware how fast they were mastering English. This may sound like an excuse, but I myself also worked hard as a Japanese, with the samurai spirit. Nevertheless, I was slow in improving my English ability. I also want to add that I felt the importance of learning English from a younger age, though this may be applicable to anything.

In the afternoon, I coached and practiced judo at the Edinburgh Judo Club and the Budokwai. I took part in an advanced class twice or three times a week, and in junior and beginner's classes about twice a week. This photograph shows children, maybe in the lower classes of an elementary school. I felt that the Edinburgh Club was a club team specializing in judo, while the Budokwai was managed incorporating more business-based elements.

This is a photograph taken with members of a class for people with intellectual disabilities, at the judo hall of the Budokwai. Coaching this class was a new experience for me and I learned a lot there, since I had never participated in this kind of class in Japan.



The class content was not designed to include intense physical activities, but included running to improve participants' physical strength, in addition

to coaching of how to use basic techniques, such as hold-downs. Sometimes the class students were instructed to do sumo wrestling. The Budokwai also held a class lesson for women only. I was given the special privilege of participating in the women's class. The class styles differed from Japanese styles, thus providing me with another opportunity for new learning.

In the Budokwai hall, as a social action program, "play group" activities were conducted, which involved playing with toys with children and babies, in order to avoid disturbing the judo practice of players. Moreover, the hall was also used for other sports than judo, such as jiu-jitsu, aikido, and karate.

The British system for judo practice was very similar to that of Japan. This is because many British instructors have been to Japan for training, and also probably because many Japanese instructors have taught judo in the United Kingdom. Originally, the Budokwai was founded by Mr. Gunji Koizumi, a Japanese immigrant to the United Kingdom. As mentioned earlier, it is said that the Budokwai is the oldest Japanese metrical arts club in Europe, and that from this club judo became widespread across the United Kingdom and then Europe.

In this connection, judo was first popularized by Mr. Mikinosuke Kawaishi, a master of Japanese Judo, in France, one of the countries that have taken the lead in the contemporary judo community alongside the U.K. The judo population of France is estimated to be between 500,000 and 600,000, which is about three times that of Japan.

Although I saw virtually no difference in the practice system, I found some difference in terms of coaching between the United Kingdom and Japan. In Japan, we have maintained the concept of "senior-junior" relationships, but such a concept does not exist in overseas countries. In the United Kingdom, of course I sometimes saw seniors instructing their juniors, but I seldom saw them

pressurizing or forcing their juniors to do practice. British people seek greater autonomy than Japanese people do. The main way of coaching in the United Kingdom is to have individual athletes think things for themselves and thereby improve their own abilities.

I have instructed judo in various countries. In the United Kingdom, I was often asked questions by many, many people, both children and adults. They did not take action until they could convince themselves. For example, when I was teaching a judo class and said “You should pull your opponent by hand to throw him/her”, a student asked me, “Why should I pull my opponent by hand?” I therefore had to give some more explanation: “It is necessary to throw your opponent off balance.” In this manner, British students asked me very detailed questions if they wondered why something was the case. However, once they were convinced themselves, they became very quick to understand, and could master the techniques and grasp the way of thinking smoothly and efficiently.

In addition, British instructors placed greater focus on how to improve the advantages of individual students, rather than correcting their shortcomings. This approach has also become widely acknowledged in Japan recently. People in the U.K. often praise others. While Japanese people tend to focus on correcting shortcomings, British coaches give ample praise to their students’ advantages to improve their abilities. This also holds true for home education. During my stay in the country, I was invited by many families to their home parties, where I witnessed this approach taking place. Of course, parents scolded their children if they did something wrong, but they gave first priority to making their children think things for themselves, under any circumstances.

I found that, naturally, people pursuing judo in the United Kingdom also wished to become stronger, and beat their opponents. They observed good manners and maintained discipline in the exercise

hall, with full awareness of the spirit of judo. However, I felt that British people tended to consider judo to be a kind of sport, more than Japanese people do. In other words, British people seemed to enjoy judo as a lifelong sport, rather than doing judo only concerning about winning or losing a match. For this reason, there are many people that take up judo at the age of 30 to 50, and therefore the Budokwai has classes designed for the middle-aged and older people.

Recently, during judo practice, I was spoken to by Mr. Yamashita’s instructor, Mr. Nobuyuki Sato. He is a person who I think will prove to have had, and already has had, a great impact on my life. When I listened to him attentively, he asked me “Do you remember when you and I practiced together for the first time?” I answered it was when I was a junior high school student. He continued to ask me “How old would I have been then?” and I replied “I think you were 51 or 52.” Mr. Sato said “That’s right. And I am still actively practicing as you can see. So, you should stay active as a judo player at least until you are 50.” Hearing his words, I thought it would be difficult to continue competing as a player until age 50. However, the fact is I love judo, and have continued practicing it even after retiring from active competition. I thus wished to continue serving as a coach for younger athletes as long as I can show them model performances.

Here I would like to talk a little about my private life while I was in the United Kingdom for my training. Since studying at school alone was not enough to master practical English, I tried to create opportunities to have fun talking with fellow judo players, while eating fish and chips and drinking beer in a pub, or while having a meal at a fine restaurant. In Edinburgh, home parties were always held at someone’s house at the weekend. I frequently joined these parties together with my wife and children, which made our stay very memorable.

The United Kingdom is the birthplace of golf, and

this sport is very popular there. I took up golf there, but please refrain from asking me about my golf score. I am not good at golf—actually I have no idea how many balls I lost while I was there. (Laughter) However, I enjoyed playing golf very much, and I wish to continue playing in the future, as far as I am able to do so.

This photograph was taken in 2009, when I concentrated on learning basic English skills. I sometimes went to regions other than Edinburgh to provide judo instruction, but I seldom went to other countries outside the United Kingdom.

Training and exchange programs in the United States

In the second year of my training, I had more opportunities to give instruction in various countries, and started to work as a coach for the Japanese national team. I visited very many countries, where I was able to accumulate precious experiences.

I have wished to contribute to the judo community as much as possible, and help promote the development of judo. I have also worked on training, with the hope of contributing toward peace through judo, sharing the same ideas as Mr. Yamashita and Mr. Hashimoto as they stated earlier. At the World Judo Championships in Rotterdam, Netherlands, in 2009, Japan's men's team failed to win a single gold medal. In response to this bad result, some people gave me harsh advice, commenting “At a time when Japan’s judo is in such a critical state, you shouldn’t be teaching judo in overseas countries.”

I immediately raised an objection to that opinion. The purpose of judo is not just to beat the opponent. Needless to say, once we enter the tatami mat for a judo match, we fight to win. This is the attitude I take as an instructor at Tokai University and as the coach for the Japanese national team. This is because fighting all-out is an expression of respect for the opponent. The same idea is shared by many judoists around the world. Judo is a sport through

which players can mutually improve themselves, and that is the spirit of “*Jita Kyozei*” (mutual prosperity for oneself and others). I explained to the above-mentioned critics that it was therefore properly meaningful to instruct judo overseas.

As Mr. Yamashita mentioned in his speech, an opponent in a judo match is not our enemy. I was not sure to what extent I could convey my viewpoint to my critics. However, even after receiving their opinions, I have continued coaching activities overseas with confidence, by continuing to remind myself of the aforementioned concept. Through such activities, I strongly hope that I will be able to make some contribution to the judo community.



This is a photograph taken while I was coaching judo in Switzerland.

The other one was taken in Washington D. C., in the United States.



As you can see, I gave judo classes in various countries. In each session, I had about 200 to 300 trainees usually, and sometimes about 600 trainees. These participants all loved Japanese judo and intended to improve themselves to achieve their goals. It was a great pleasure for me to be able to meet these people, and I would like to continue my overseas coaching activities in the future, if the opportunity arises.

This photograph shows a judo lesson held in the

United States Naval Academy in Annapolis.



Originally, the Naval Academy has a strong connection with judo. Mr. Yoshitsugu Yamashita, one of the “Four 'Demigods' of the Kodokan” performed a demonstration and a match before President Theodore Roosevelt. The President was very impressed with his outstanding judo performance, and gave Mr. Yamashita a two-year contract to instruct judo at the Naval Academy. I myself was honored to be the first Japanese judoist to be invited to the Naval Academy since World War II.

At the Naval Academy, I was first guided to the grand hall. I entered the hall following an announcement “Here is the Sydney Olympic gold medalist,” and greeted by as many as 4,600 people. I was then ushered to the center of the hall, where I had lunch with them. During lunch, a video of the final match I fought with Mr. Keiji Suzuki at the all-Japan national championship was shown. In the scene in which I threw him by Uchimata, great applause and shouting rose from the audience. That was a truly wonderful experience I can still remember.



I visited the Naval Academy in 2010, which marked the 50th anniversary of the Japan-U.S. Security Treaty. A staff member of the *Sankei Shimbun*, who had made the arrangements for me to accept the invitation from the Academy, said to me “Mr. Inoue, you are disseminating Japanese

culture not only to the United States but also to other countries through judo. This is really great. I believe you are promoting judo diplomacy.” I was very grateful to hear that, and will never forget his words for the rest of my life.

I just love judo. I wish to contribute to many other people who share the same spirit and seek to master judo, as much as I can do. With the recognition that judo has made me what I am today, I hope to do something in return for judo, even in some small way.

Beside the United States Naval Academy, I also coached judo in Washington D.C. and New York. In Washington D.C., I taught judo at a school in an up-and-coming district. Unlike the surrounding areas, the district had a somewhat wild atmosphere. Near the school, an elementary school-aged child riding on a rickety bike without a helmet passed our car at a terrific speed. Immediately after entering the school premises, I found a notice that prohibited pupils from bringing drugs to the school. I was shocked, since I have never seen such scenes in Japan, of course.

I taught schoolchildren who had never seen or practiced judo before. I thus gave them demonstration performances and explained what judo was. I had not prepared judo uniforms for the children. However, I had the children experience throwing or being thrown, albeit softly, since I wanted to take the opportunity to enjoy the exchange with them and develop their interest in judo by grappling with them.

When we first met, these children’s faces assumed dark countenances, as if they couldn’t think much beyond survival and had no hopes or goals in their lives. After the exchange through judo, however, their faces looked a little happier as if they could see a brighter future. Some children said they found judo to be interesting and wished to do judo if they have a chance. I was delighted to hear that. Needless to say, I hoped that the children would become familiar with judo. However, I also felt that

if they could find something, even other than judo, that could allow them to have future visions and hopes that would certainly make a difference to their future.



Here is a photograph of me with the head coach of the Canadian judo national team. This photograph was taken in January 2010 when I was invited to a judo class held in Montreal. To tell the truth, he is Nicolas Gill, a judoist who I threw by Uchimata in the finals of the Sydney Olympics. It was he that invited me to the judo class. He has long been my rival—as a player before I retired from active competition, and now as a coach. When we parted after the judo class, Nicolas told me that I have been in the past, and still remain, his rival, and that he thinks that probably we share the same feeling. He also encouraged me to work together with him for the development of judo. I had never felt so strongly that opponents were not enemies. I recognized anew that our opponents were surely our friends.

World peace and promotion of judo

As Mr. Yamashita mentioned earlier, visiting Israel and Palestine confronts us with various ethnic and political problems, due to the deep division between the two countries, as regularly reported on TV. I actually visited these countries myself. Palestine seemed to be a closed country surrounded by high walls. In that country as well, I was given many great opportunities to open new avenues through various activities.



On the last day of my stay, an Israel-Palestine joint judo practice session was held. However, in the joint practice, initially the children of each country were reluctant to grapple their counterparts from the other country, no doubt due to the invisible chasm between the two countries. To improve the situation, an Israeli instructor ordered their children to grapple with the Palestinian children. Then they began to grapple with partners from the other country, and gradually got used to practicing with them. After an Israeli player threw down a Palestinian counterpart, the Israeli player gave his hand to help the Palestinian player stand up, although he did not do so until then. Next, when a Palestinian player threw down his Israeli counterpart, the Palestinian player offered a helping hand to the Israeli player.

When I saw these scenes, I felt how wonderful judo was. I also thought that among various sports, judo in particular had a power that could contribute to peace. At that moment, I became convinced that it was certainly possible to realize my hope and desire to contribute to peace through judo. Of course, I understand that exchange through judo alone would not be able to settle every problem just like that. However, without starting “something,” we cannot achieve peace. I believe that “something” has indeed begun through the activities of the NPO Solidarity of International Judo Education, and Mr. Yamashita. I therefore reaffirmed my intention to improve myself to be able to contribute to these activities in the future.

In this lecture, I have shown you various photographs. Now I have entered the second stage of my judo career. Since I took up judo at the age of five, I have devoted myself solely to judo. In my first

judo career, I had fought judo competitions as a player with all my might. Currently I am working hard in three capacities: a lecturer at Tokai University, a coach for Japan's national team, and gratefully, as an instructor of Sohgo Security Services Co., Ltd. To tell the truth, since I am just a beginner as an instructor and educator, I have yet to develop a clear vision of what I should be as an instructor or person. However, I have been accumulating many unusual experiences thanks to your kind support, and I would like to begin by effectively applying such experiences to practical settings. I often say to my athletes "My career as an instructor has just begun, so I would be happy if I could grow together with you. I may cause trouble for you, but I hope we can work things out together."

I feel fortunate to have entered Tokai University and to have been educated there. I am also happy to have been able to engage in judo under the guidance of Mr. Yamashita, my most revered master. With the recognition that my life has been, and will continue to be supported by many other people, I commit myself to living up to your expectation.

In closing, let me show you this photograph of my family. After my wife and I went to the United Kingdom, our first child was born in Edinburgh. Of course, it was my wife, not me, who gave birth to the child. (Laughter)

She was pregnant with our second child in the United Kingdom. My wife says, somewhat embarrassed, that she was pregnant when both leaving and returning to Japan. But I say "Don't be embarrassed. It was the result of our fulfilling lives, and so we can be confident." Although I am finding child-raising is difficult, our two children are growing steadily. The presence of my family has always been truly important for me in pursuing my activities. I am determined to continue to make all-out efforts for my judo career and for the happiness of my family.

Lastly, I would like to thank you all for listening so attentively.

MC: Mr. Inoue, thank you very much. I was very impressed with the contributions you have made to overseas exchange through judo. Thank you.

Following this lecture meeting, we will hold an exchange party. We still have about 10 minutes before the event starts. If you are not joining the party and have any questions for Mr. Inoue, please raise your hand. Would anyone like to ask a question to Mr. Inoue?

Question-and-answer session

A: I am Yamaguchi, and I often take part in practice at the Budokan of Tokai University Shonan Campus in Hiratsuka. Thank you for your precious stories today. You have talked about the Budokwai in London, which I think is a truly splendid judo hall among those in the private sector. I have also learned that judo has become very widespread in Europe.

My question is about how far judo has been introduced in educational institutions. I know that judo is encouraged in Annapolis and West Point in the United States, and Portsmouth in the United Kingdom. Are there any other institutions of higher education, including universities, that have introduced judo into their curriculums? I have heard that in France, judo is taught for about six hours a week at a military-related university, which has been developed since around the time of the Napoleonic wars.

Inoue : In the United Kingdom, I frequently saw military and police facilities with judo links. The University of Bath, which I initially intended to apply for, is an institute that focuses on sports, which have their origins in public baths. The university's judo club has trained many national team members. The club also has won a university judo championships held in the United Kingdom. On the whole, however, British educational institutions have a more tenuous connection with judo, as compared with Japan. Many instructors have proposed plans to link judo with a wide range

of educational facilities from junior high schools to universities. However, these plans do not seem to have gone so well.

A: Thank you very much.

B: I am Nishimura. When you met judo lovers in person in various countries of the world, what did you feel was required for Japanese judo?

Inoue: I felt that the athletes and coaches in each country loved, respected and aimed at Japanese judo. It is therefore all the more important for me to train excellent judoists who can deserve and live up to the expectations of overseas judo lovers. Now, let me share with you Mr. Yamashita's own words: "I do not wish to foster the strongest judoist but rather to foster the best judoist." I myself often borrow this expression. If we can nurture persons who are not just good at judo but who have plenty of heart and can win the support of everyone, we should be able to greatly contribute to the development of the judo community. To this end, I understand that I should continue to learn and grow.

MC: Now the time is up, and I have to close the question-and-answer session. Mr. Inoue, thank you very much.

Since some of you will be absent from the exchange party, here let me introduce the distinguished guests. As Assistant Executive Director Hashimoto mentioned in his speech, today we have Mr. Xu Dianping, President of the Japan-China Judo Friendship Center in Tsingtao. This is Mr. Tokimine, our interpreter. This is Ms. Wang Hua, who is sometimes introduced on our website. She will also participate in the exchange party, so please feel free to talk to her.

I would like to express our sincere appreciation to so many people for coming here despite the rain. With your generous understanding and assistance, Solidarity of International Judo Education will continue to implement many projects this fiscal year. We ask your continued support. Thank you very much.