

**The Record of 16<sup>th</sup> Lecture****Development of Japan-China  
Judo Friendship Centers  
— Reports from Judo Centers  
in Qingdao and Nanjing —****Wang Hua**

General Manager, Japan-China Judo Friendship Center in Qingdao

**Chang Dong**

Junior Team Manager, Japan-China Judo Friendship Center in Nanjing

Tuesday, December 2, 2014 at Kizan Club (Room Asuka)

**Opening Address****Yasuhiro Yamashita**

(Executive Director, NPO Solidarity of International Judo Education; Trustee and Vice-Chancellor, Tokai University)



Good evening, everyone. I am Yasuhiro Yamashita, Executive Director of the NPO Solidarity of International Judo Education. I appreciate so many members participating in the 16th lecture meeting of our NPO, even though it is the year-end when you must be busy. Taking this opportunity, I would like to express our sincerest gratitude to all those involved for their tremendous support for our NPO.

Thanks to your support, we can organize the 16th lecture meeting today. When our NPO was established in December 2006, we held the first lecture, at which Mr. Hiroshi Okuda, Honorable Chairman of the Federation of Economic Organizations (Keidanren) served as a lecturer. Since then, the Solidarity of International Judo Education has continued to hold lectures to the present day, featuring many distinguished guests as lecturers.

The title of today's lecture is "Development of

Japan-China Judo Friendship Centers." We have two excellent lecturers from the People's Republic of China: Ms. Wang Hua, who is working as General Manager of the Japan-China Judo Friendship Center in Qingdao, and Mr. Chang Dong, who is serving as Manager of the junior team at the Japan-China Judo Friendship Center in Nanjing.

The Japan-China Judo Friendship Centers are the facilities established with funds from the Grant Assistance for Cultural Grassroots Projects (GCGPs) of the Ministry of Foreign Affairs of Japan. Since the upper limit of the GCGP grant was 10 million yen, these centers are managed with the support from cities of Qingdao and Nanjing as well.

These two speakers will talk about the development of the Japan-China Judo Friendship Center in Qingdao (opened in 2007) and the Japan-China Judo Friendship Center in Nanjing (opened in 2010), respectively, from their establishment to the present-day. Both of these facilities have been engaged in various activities that are far more wonderful than my expectations.

From the beginning, I thought that even though we could seek help from the national government in establishing a "facility," putting a "spirit" into the facility is the responsibility that our NPO should play. Now, I am pleased to realize that the Japan-China Judo Friendship Centers are full of spirit, thanks to your kind support as well as great efforts extended by the two lecturers and many other people concerned. Today, I hope that all those who are present here will deepen their understanding of the Centers, through the two speakers' lectures as well as the question-and-answer sessions.

The Solidarity of International Judo Education holds this kind of lecture meetings twice a year. On this occasion, please let me introduce our activities implemented after the previous event (held at the end of May 2014) and other topics.

To begin with, I would like to talk about Israeli-Palestinian exchange through judo. In the previous lecture meeting, I reported that on May 5, 2014, Mr. Shinzo Abe, Prime Minister of Japan, and Mr. Francois Hollande, French President, had a summit meeting and released a joint statement,

and that the statement said, among other things, that the Japanese and French governments would cooperate with the All-Japan Judo Federation or the French Judo Federation to support Israeli-Palestinian exchange through judo.

Our organization has worked on the Israeli-Palestinian exchange project since 2010. In the previous lecture meeting, I also told that the outcome of our efforts was highly evaluated by the Japanese government, which led to the above-mentioned joint statement. I was able to find the name of “Solidarity of International Judo Education” in a document of the Ministry of Foreign Affairs. Today I will report on our Israeli-Palestinian exchange project more specifically.

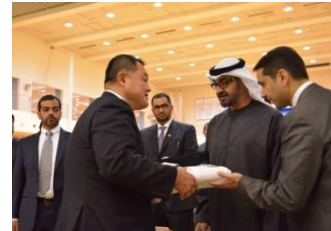
In August of 2010, the first year of the project, Mr. Kosei Inoue, who is the coach of the All Japan Men’s Judo Team, and I visited Israel and Palestine, where we held judo classes to provide instructions for local people. In December of the same year, our NPO invited ten instructors and ten junior high school students respectively from Israel and Palestine (a total of 40 members) to Japan at the same time. These Israeli and Palestinian trainees stayed in Japan for two weeks, during which they participated in judo competitions together and deepened mutual exchange through various events. Since then, every year for one month from November to December, our NPO has accepted judo instructors from the two countries to receive training in Japan.

In December 2014, I was scheduled to visit Israel and Palestine as the leader of the Japanese delegation, as soon as the closure of the Grand Slam Tokyo 2013 (held 5 to 7, December 2014). However, the schedule was postponed, since the French government decided that it was unable to dispatch judo instructor due to the problems related to the extremist group Islamic State. Although we are faced with such world situations, I believe that the Israeli-Palestinian exchange project, which we have been able to continue thanks to your support, is one example that shows that our NPO’s activities have been highly recognized by the Japanese government.



By the way, recently Japanese Prime Minister Shinzo Abe has often promoted diplomacy through sports each time he visits foreign countries. The above photograph was taken when he participated in the judo tournament “Abe Cup” during his visit to Côte d’Ivoire in January 2014. At the event, Prime Minister Abe donated judogi, which we had prepared using the money offered by our supporters.

In August, when Prime Minister Abe visited Colombia, he also donated judogi prepared by our NPO to local judo players. In addition, he visited Brazil in South America and Bhutan in Asia, where he contributed judogi. According to an official of the Ministry of Foreign Affairs, it is difficult to purchase judogi to be donated to other countries, because donated judogi are resold in some cases. For this reason, the Ministry truly appreciated our cooperation.



The next photograph was taken when His Highness General Sheikh Mohammed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi, the United Arab Emirates (UAE), came to Japan in February 2014 and visited the Takanawa campus of Tokai University.

An official of the Ministry of Economy, Trade and Industry (METI) said that “The relationships between Japan and the UAE are faced with a critical moment, with several projects pertaining to oil-interests close at hand.”

The crown prince is highly interested in judo, and hoped that UAE athletes would join the Tokyo Olympic and Paralympic Games in 2020. He

therefore requested our cooperation in training UAE athletes. In response, our NPO and Tokai University soon started to work together to help train UAE judo athletes.

In April, Professor Kenji Mitsumoto of the Department of Judo and Kendo, the School of Physical Education, Tokai University, visited UAE, where he hosted judo classes for local high school students, junior high school students, primary school children, and instructors. Professor Mitsumoto also observed the judo world in the country. In August, excellent judo athletes selected by Professor Mitsumoto from among high school and junior high school students in UAE were invited to Japan. These UAE members stayed in Japan for about one month, enjoying exchange with their counterparts in high schools in Japan. In September, we accepted UAE students who participated in the 17th Asian Games held in Incheon, South Korea. In addition, in October, Professor Mitsumoto and other judo instructors visited UAE again, and held judo seminars that brought together local instructors.

It appears that Crown Prince Mohammed bin Zayed Al Nahyan wants to promote human education through judo by incorporating judo into school education, while nurturing UAE judoists to become Olympic athletes. Our organization strongly hopes to work together with Tokai University and the Japanese government to further advance our exchange with UAE, as part of the major activities of the Solidarity of International Judo Education.



The next photograph is a scene from the 2014 World Judo Championships held in August 2014 in Chelyabinsk, Russia. Mr. Vladimir Putin, President of Russia, attended the event at the last day. In the photograph, I was diagonally at the front of President Putin. This seat was reserved for me by the president.

I was privileged to talk with him about politics,

just for a while during an interim of the games. It was the first time for me to talk with President Putin about that kind of topic. This paved the way for a meeting held in September between President Putin and a Japanese former Prime Minister Yoshiro Mori. In November, Prime Minister Abe and President Putin had a summit meeting in Beijing. I have heard that the summit was a success.

To tell the truth, yesterday Mr. Hajime Hayashi, Director General of the European Affairs Bureau at the Foreign Ministry, visited the All Japan Judo Federation, and talked with me about the World Championships, at which we cheered up participating athletes together.

At the team competition by country of the World Championships was fought between the Japan and Russia national teams. Before the competition, I expected that Japan would win in the Sempo and Jiho matches but would lose in the Chuken and Fukusho matches, and that the last Taisho match would determine which team would win. Contrary to my expectation, however, the Japan's two leading athletes, Mr. Masashi Ebinuma and Mr. Shohei Ono, were defeated in the Sempo and Jiho matches, consecutively.

I found that the seats for the audience around me were occupied by all Russian members, excluding the former president of the International Judo Federation, who sat on the seat next to President Putin. When the Russian athletes won the Sempo and Jiho matches, President Putin and other Russian spectators all stood up and raised their fists triumphantly. Director General Hayashi and I also shook hands with President Putin and congratulated them on the Russian winners, saying "As might have been expected, Russian athletes are strong!"

When Mr. Takanori Nagase of the Japan Team won in the Chuken match, Russian spectators around me were still generous enough to praise the Japanese athlete, saying "Congratulations. Japan Team is strong as well!" However, when Mr. Mashu Baker, Japan Team's sub captain, won in the Fukusho match, the number of Russian people who shook hands with us was reduced to one-third. Finally, Mr. Ryu Shichinohe, won the Taisho match,

achieving a come-from-behind victory. Then, most Russian spectators become completely quiet. However, President Putin was a true gentleman. Every time a Japanese athlete won the match, only the president came to me and shook hands with me saying “Congratulations!” Director General Hayashi and I remembered such an anecdote about President Putin.

As I mentioned in the previous lecture meeting, 2014 has been designated as the “year of Japan-Russia exchange through martial arts.” As the main program to commemorate the year, from November 5 to 12, a Japanese delegation of 75 members from a total of 12 organizations (nine organizations of martial arts, including judo, and three organizations of old Japanese martial arts) was sent to Moscow, with Mr. Masahiko Koumura, Vice President of Liberal Democratic Party, as leader and myself as sub-leader.

In fact, President Putin was scheduled to leave for China to attend an APEC conference at 16:00 on that day. Despite his busy schedule before his departure, the president appreciated our demonstration performance of Japanese martial arts, for as much as 40 minutes or so. I believe that it was a good example that indicates that martial arts play a very important role as a bridge between Japan and other countries.

Whenever President Putin participated in an event, many other persons concerned came along as well. Many television crews also came to cover the news. Russia has eight major TV channels. Our performances were reported by many TV channels, including those other than the major channels—Russian equivalent to Japan’s BS and local channels, which broadcast our martial arts performances and news about the “year of Japan-Russia exchange through martial arts” for up to nearly five minutes. I think that many Russian viewers watched the programs. Our delegation to Moscow comprised Japan’s finest athletes of each field of martial arts. These selected athletes demonstrated superb performances with great enthusiasm.

By the way, our NPO has invited judo instructors from eight other countries to participate

in a one-month training program. They came to Japan from not only Israel and Palestine, but also from Laos, Côte d’Ivoire, China, Guam, the United States, and Tanzania. Before starting this lecture meeting, you were shown a video that depicts these trainees during the training in Japan. Today, after this lecture meeting, we are going to hold a ceremony to present them with training completion certificates. At the ceremony each trainee will deliver their speeches. The ceremony will be followed by a party, at which I hope that you will enjoy deepening exchange with these judo instructors from the eight countries.

Lastly, I would like to report on a DVD on judo basic exercises, which was created by the Solidarity of International Judo Education. Recently, not only those involved in judo but also many other people should have heard of news that some athletes died or were severely injured due to accidents during judo.



Since August 2013, the All Japan Judo Federation has adopted a new system, in which members are working to address such problems in earnest, under the leadership of Chairman Shoji Muneoka. Various efforts are under way aiming to eliminate serious injuries in judo, in collaboration with injured judo players.

This DVD was based on the studies conducted by Dr. Seiji Miyazaki, Professor at the School of Physical Education, Tokai University, who served as a team doctor when I was the head coach of the all-Japan judo team. Dr. Miyazaki has been pursuing research into how to eliminate judo injuries, with research funds provided by the Japan Sports Association. In his classes at the university, he introduced the program developed by himself, which stressed the importance of doing basic exercise and developing basic physical strength to eliminate accidents.

I and other teaching staff members in the

Department of Judo and Kendo observed Dr. Miyazaki's program. We then thought that if we could compile his research results on a DVD and distribute it widely to on-site judo instructors and coaches, it would help eliminate serious accidents and reduce injuries, as well as develop basic physical strength of children practicing judo in a balanced manner, thereby also improving their judo skills. For this reason, our NPO decided to create this DVD.

However the budget of our NPO was limited. We then consulted with Haneda Turtle Service Co., Ltd., which has constantly provided us with generous cooperation. The company kindly offered the fund for the DVD creation. Our organization then entrusted Mr. Shinji Inaba of Inaba Planning Corporation, which has always supported us, to create the DVD. Already 2,000 copies of DVD have been completed. We will distribute the DVD to as many as possible people who teach judo mainly at primary schools, junior high schools and high schools, so as to utilize it in actual judo classes.

Meanwhile, the All Japan Judo Federation has created another DVD, which verifies and illustrates when and how accident can occur, and instructs how to cope with it should an accident occur. Making effective use of these two DVDs, we work to make all of you realize anew that judo is a safe sport that protects yourself as it was thought before, and to regain trust in the judo community.

We are now promoting various activities mentioned thus far. We are also aware that this was only possible with kind support from many people. Once again, I would like to express our sincerest gratitude to all of you who are present here today, and would like to request that you will continue to provide your warm support for us. This concludes my address as Executive Director of the Solidarity of International Judo Education. Thank you very much for your patience with my long story.

**MC:** Executive Director Yamashita, thank you very much. Now let me introduce the two speakers who are going to deliver their lectures. I would like to add a little explanation to their profiles mentioned earlier by Executive Director Yamashita. Both of Ms.

Wang Hua and Mr. Chang Dong were former trainees who completed the training program that our NPO held for the first time. Around immediately after the completion of the Japan-China Judo Friendship Centers, they came to Japan and leaned coaching mainly at Tokai University.

After listening to their lectures, today we will confer the completion certificates on those who have completed the coaching program offered by our NPO. First, Ms. Wang Hua will deliver her lecture. Please give her a great round of applause. Mr. Wen Junning, who is a student of the Graduate School of Tokai University, will serve as her interpreter. Ms. Wang Hua, please.

### From a Sandy Beach to the World!

Development of the Japan-China Judo Friendship Center in Qingdao

**Wang Hua**

(General Manager, Japan-China Judo Friendship Center in Qingdao)



Hello, everyone. I am Wang Hua, from Japan-China Judo Friendship Center in Qingdao. After I studied the Japanese language and judo for two years at International Budo University, I was accepted by Tokai University as a trainee of the NPO. I am very nervous because among today's audience are some professors and instructors who had taught me. I am not good at Japanese, which I hope will not destruct you.



To begin with, please let me introduce the city of Qingdao. When it comes to Qingdao, many people will remember Tsingtao beer. This is because Qingdao has developed with the German culture,

and employed German beer brewing techniques. As you can see in this map, Qingdao is located on the seaside of Shandong Province. The city is not so far away from Japan. It takes three and a half hours by plain from Narita to Qingdao. In the Beijing Olympic Games, Qingdao served as the venue for regattas and other sports events.

It was Mr. Xu Dianping, my mentor, who first started judo in Qingdao. Under the slogan “From a Sandy Beach to the World!” we are aspired to fly out of the sandy beach in Qingdao into the world.

I heard from Mr. Xu that when he took up judo, there was still no judo Center floored with tatami mats in Qingdao, and so he practiced judo on the sandy beach in Qingdao.



Subsequently, judo became popular among people in the city of Qingdao, where China's first international judo competition was held later. The event, originally titled “Qingdao International Judo Competition,” was renamed the “Grand Prix Qingdao,” which has been held annually.

### Until the Opening of the Japan-China Judo Friendship Center in Qingdao



Now I would like to talk about the story until the Japan-China Judo Friendship Center was opened in Qingdao. The Judo Center is located at the heart of the western part of Qingdao City. The area is home to many children, with a number of primary schools and junior high schools on its outskirts.

The Judo Center was created by remodeling the second floor of Qingdao City's second gymnasium in the area. This photograph shows the

table tennis hall, which was changed into what is now the Judo Center. More than nine year ago, Mr. Yamashita and Mr. Mitsumoto came to observe the site that was planned for the Judo Center. They also visited Qingdao City's the sports department and judo association.



Then, it was decided to establish the Judo Center, using the funds provided under the Grant Assistance for Cultural Grassroots Projects of the Ministry of Foreign Affairs of Japan. The above photograph shows the signing ceremony, which was held in conjunction with the Qingdao International Judo Competition. With the attendance of Mr. Yamashita, Mr. Ide, then Japanese Minister to China of the Japanese Embassy, and Director Zhou of the Sports Department of Qingdao City, the ceremony was held on a grand scale.

In the following year of the signing ceremony, Mr. Toshiaki Hashimoto, Assistant Executive Director of Solidarity of International Judo Education, and Mr. Katsuhiko Kashiwazaki, Professor at International Budo University, visited Qingdao to observe the Judo Center. On that occasion, Mr. Xu and other officials of Qingdao City Judo Association assembled to discuss how to manage the Judo Center.

Around that time, I ardently hoped to learn judo in Japan prior to the opening of the Judo Center. Then I was lucky to receive support from the Solidarity of International Judo Education, which enabled me to be accepted as a trainee mainly at Tokai University. Coincidentally, the men's national team of China was conducting special training in Japan in preparation for the Beijing Olympic Games. I was privileged to serve as an interpreter for the team. Through this experience, I was truly honored to have been able to study about the method of coaching the world's top athletes.

While the renovation of Qingdao City's second gymnasium was in progress toward the opening of

the Japan-China Judo Friendship Center in Qingdao, Mr. Xu and other officials visited Japan to observe judo of the country. They toured around Bosei Gakujuku of Tokai University and other places where judo instructions were provided, in order to make use of what they learned in Japan for operating the Qingdao Judo Center.



After more than two years of preparations, on November 25, 2007, the Japan-China Judo Friendship Center in Qingdao was finally opened. Mr. Yamashita and Mr. Kashiwazaki came to us to congratulate on the opening, which was covered by many mass media reporters of China and Japan. Although the political relationships between China and Japan are generally considered to be not so favorable, I was impressed to see many judo athletes in both countries assemble and enjoy judo together. I was also extremely delighted at the fact that the Japan-China Judo Friendship Center was established in Qingdao for the first time in China.

Three months later from its opening, our Judo Center officially started to invite judo students. Our first students were five children aged from 5 to 11 and seven adults. After the judo class was actually commenced, the number of students gradually increased.



Prior to the Beijing Olympics, in March 2008 Secretary General Xiong of the China Judo Association came to Japan, accompanied by Mr. Xu Dianping from the Japan-China Judo Friendship Center in Qingdao and Mr. Liu Junlin from the Japan-China Judo Friendship Center in Nanjing. They paid a courtesy call on Mr. Gotaro Ogawa, who was an advisor to the Ministry of Foreign Affairs

and a director of Solidarity of International Judo Education, to express their appreciation for Japan's support and report on the situations in China



When our Judo Center marked its first-year anniversary, we became accustomed to managing the Center. Mr. Yamashita and Ms. Liu Xia, a judo athlete hailing from Qingdao City who won the silver medal at women's +78 kg category at the Athens Olympic Games, attended the ceremony to commemorate the first anniversary to encourage us. I can remember that the ceremony was widely reported by the China Central Television, which is an equivalent to Japan's NHK, and I was surprised to know how high-profile the Center was.

### Exchange between the Japan-China Judo Friendship Center in Qingdao and Japan



In China, the lunar New Year is called Chunjie, or spring festival, and people enjoy holidays from the end of January to February, just like New Year's vacation in Japan. Some parents in Qingdao hoped to have their children visit Japan during the Chunjie holidays.

In response to their request, we sent eight children to Japan. Thanks to kind support from the Solidarity of International Judo Education, these children toured around Bosei Gakujuku and the Kodokan Judo Institute.

In the 2009 New Year, we invited members of Bosei Gakujuku to Qingdao, to repay their hospitality we had received in Japan. Mr. Hashimoto, Mr. Kashiwazaki, and Mr. Yamaguchi led the Japanese delegation. During their stay in Qingdao, Chinese children who had never been to

Japan was highly excited to have been able to practice judo with Japanese children for the first time.



In this manner, we came to smoothly operate the Japan-China Judo Friendship Center in Qingdao. I had an opportunity to visit Japan to receive training once again. For half a year from October 2009 to April 2010, I studied judo coaching methods not only at Tokai University but also at judo clubs in its neighborhood.



This photograph was taken when I participated in an international seminar held at the Kodokan Judo Institute. The person at the rear of the photo is Mr. Chang Dong, who took part in the event as an instructor from the Japan-China Judo Friendship Center in Nanjing. During this training in Japan, I was able to be promoted to the 2nd Dan at the Kodokan Judo Institute. I was very honored to hear that I was the first Chinese woman to be certified as the 2nd Dan by the Institute.

During the 2010 New Year holidays, children learning judo in our Judo Center visited Japan. For some of them it was the second time to visit Japan. When I saw they were pleased to meet again with their Japanese counterparts at Bosei Gakujuku, I realized anew that there was no national boundary for children. Mr. Hashimoto unexpectedly took part in the friendly match, which excited the children.

In addition to deepening exchange through judo, our children had opportunities to visit a primary school in Hadano City, Kanagawa Prefecture. This photograph shows Chinese children joining a class for the 3rd graders in the school. During the math lesson or the lesson of

Chinese characters, in response to questions from a teacher, some Chinese children raised their hand and wrote the answers on the blackboard.



Unlike Japan where children usually clean their classrooms, children in China are not required to do so. For this reason, Chinese children seemed to have fun while they cleaned the classroom, saying "This is first time for us to clean the classroom!"



I feel that the opening of our Judo Center led to a judo boom in Qingdao. Under such circumstances, officials of the Judo Center played a central role in organizing the Qingdao Judo Competition on the Sandy Beach. This competition was derived from the anecdote that Mr. Xu Dianping practiced judo on the sandy beach when he took up judo.

Although it was the first time to hold this event, it attracted as many as 120 participants. Children of the Qingdao Judo Center also participated in the competition. The winners of the preschool boy category and the primary school boy category were the children learning judo at our Center. In most cases, instructors at the Qingdao Judo Center were in charge of management of the competition and served as referees of the games.

Children in Qingdao always practice judo very hard. However, whenever instructors come to us from Japan, they do judo all the more enthusiastically to exhibit their strength. These children scramble to grapple with Japanese instructors. I think that because of their excellent coaching, children can enjoy practicing judo.



## Great East Japan Earthquake and the Bridge of Friendship



In March 2011, the Great East Japan Earthquake occurred. We were greatly shocked at the news of the devastating disaster that hit the country, which was important for us. The scenes of the disaster broadcast during news in China were truly shocking. I thought if there was anything I could do for the disaster victims and discussed it with Mr. Xu Dianping. As a result, we decided to visit Japan, despite the opposition from parents whose children practiced judo at our Center. After we arrived in Japan, Mr. Kimura of the Kimura Dojo located in Ishinomaki City guided us around the devastated city, which depressed us so greatly that we were lost for words. Since we believed that we could help Japan's recovery by promoting exchange through judo, we gave speeches in Ishinomaki City. After returning to China, Mr. Xu said to many people that "I'm sure that Japan can get over the disaster, as I saw it firsthand." I also strongly thought so.

The Japan-China Judo Friendship Center in Qingdao celebrated its 4th anniversary in December 2011. The four years went by surprisingly fast. Mr. Yamashita and Mr. Mitsumoto attended the commemorative ceremony, to which Mr. Kimura and Mr. Terasawa were also invited from the disaster-hit area. Many children participated in the ceremony as well.

When I visited Japan for the fourth time, the political relations between both countries were not so good enough. However, I was accompanied by reporters of China's state-run television station, which broadcast a documentary program focusing on China-Japan exchange of children. The following photograph was taken when we visited the Hamana Dojo, at which Japanese instructors kindly took care of children from Qingdao.



To deepen exchange through judo for facilitating disaster recovery, high school students from the Qingdao Judo Center participated in the National High School Judo Competition at Miharu for Reconstruction Assistance, held in Miharu Town, Fukushima Prefecture, upon the kind invitation of Miharu Town. I have heard that prior to the Great East Japan Earthquake, the Competition had been held in Onagawa Town in Miyagi Prefecture. At this Competition which brought together strong high schools in the Tohoku region, we took part in as a special guest team invited from China. Our team realized that there was a considerable difference in judo skills between our and other teams. None of our team members could not win, and all of them were surprised to find how strong Japanese athletes were.

During the summer vacation, primary schoolchildren in our Judo Center visited Japan. Our team was invited to join the Yamashita Flag Judo Tournament, held in Tome City, Miyagi Prefecture. After the Tournament, we visited Minami-Sanriku Town to observe the disaster management office building and other facilities, and to listen to the story about how the disaster affected the area. Although we could no longer find rubble since it was removed over time, it was heart-wrenching to see the disaster-stricken area firsthand.



Despite busy schedule, Japanese people gave us warm hospitality. Mr. Terasawa kindly made arrangement so that we could stay with Japanese host families. One of them was the Asano family, who prepared yukata (an informal cotton kimono

for the summer season) for us. A Chinese child, Youyou was very pleased to wear yukata for the first time. Do you know who is Youyou in this photograph? She is the girl on the right. She is very cute, isn't she?

This year again, children of the Qingdao Judo Center came to Japan during the summer vacation. Some of them have made friends with children of Bosei Gakujuku. They eagerly look forward to coming to Japan. Children who were the first graders in primary school when they first visited Japan are now junior high school students. All the children who have exchanged with Japanese people are very fond of Japan. I am pleased to be able to continue friendly exchange between China and Japan, and attribute this to the efforts extended by the Solidarity of International Judo Education. I would like to reiterate our sincere appreciation to the NPO.

The Japan-China Judo Friendship Center in Qingdao, which started in March 2008 with only three instructors and 12 students, has now hold more than 110 students in total, who are coached by seven instructors. These instructors are sometimes dispatched to teach judo at primary schools in the surrounding region. With generous assistance from our supporters, we are working to popularize judo in Qingdao. Our Judo Center will intensify its efforts to continue to serve as a bridge between China and Japan.

Thank you very much for your attention, despite some difficulties due to language problems. I do hope that we will be able to welcome you sometime in the future.

**MC:** Thank you very much, Ms. Wang Hua. Is there anyone who has questions? Then, let us listen to the lecture of the next speaker, Mr. Chang Dong. Please greet him with loud applause.

## Four Years of Progress Made by the Japan-China Judo Friendship Center in Nanjing Chang Dong

(Junior Team Manager, Japan-China Judo Friendship Center in Nanjing)



I am Chang Dong, coming from Nanjing City, Jiangsu Province, China. For the past four years, the Japan-China Judo Friendship Center in Nanjing has played a pivotal role in promoting popularization of judo in Nanjing. Today I would like to talk about the details of the Center's activities. Since it is the first time for me to make a speech on this kind of occasion, please forgive me if I make some speech errors.

### To Establish China's Best Judo Hall



When I was a judo athlete in active competition, I used to frequently visit Japan as a member of the men's national team of China. With cooperation from the Solidarity of International Judo Education, I practiced hard judo at Tokai University and other facilities.



After retiring from active competition and became a judo instructor, I was given an opportunity to stay in Japan as a long-term trainee of the Solidarity of International Judo Education for six months from November 2009. Primarily at the Tokai University Judo Club, I studied not only the culture and history of judo, its philosophy and

instruction policy, but also management of a judo hall, including its planning and operation.

During the training program, I received a lot of support and assistance from the instructors of the judo club, as well as members of Bosei Gakujuku, Asahi Dojo, and the Kodokan Judo Institute. Thanks to the special lecture by Mr. Hashimoto, I was able to deepen understanding of the culture and philosophy of judo, greatly changing my attitudes toward judo hall management. In addition, after learning the judo techniques and coaching methods from Mr. Mitsumoto, I came to aspire to create China's best judo hall. Taking this opportunity, on behalf of Mr. Liu Junlin, Director of the Japan-China Judo Friendship Center in Nanjing, I would like to extend our sincerest gratitude to members of the Tokai University Judo Club and the Solidarity of International Judo Education.

On March 1, 2010, the opening ceremony of the Japan-China Judo Friendship Center in Nanjing was held, with the participation of Mr. Yasuhiro Yamashita and Ms. Keiko Mitsumoto.



Among major activities of the Nanjing Judo Center are to provide training for ordinary citizens and promote exchange among them through sports, and offer judo training programs. Our center is now serving as a venue for enjoying exchange among judo lovers living in Nanjing.

### Activities of Japan-China Judo Friendship Center in Nanjing



After completing my long-term training in Japan and then returning to China, I have been engaged in work to organize various projects aimed

at popularizing judo. To make judo “a sport that everyone can be easily take part in,” our trainees were divided into groups according to the age group: infant, adolescent, and youth. We also organized winter vacation and summer vacation groups.

In 2010, we held a summer camp, which was designed to children to realize the fun of judo by enjoying it in the form of game-playing.



On the weekend, we took our students on an excursion to the outskirts, in order to promote exchange between them and demonstrate judo to the general public. We went on the excursion with our Judo Center's uniforms, flag and slogan board.

With the help of our students and mass media, I believe that we could advertise the Nanjing Judo Center very effectively. We also utilized the social media on the Internet. When the information on our Center's activities was published in our blogs, it was favorably received. As such, we are now planning to establish our website.

Thanks to the contribution of Mr. Liu, our Director, the Japan-China Judo Friendship Center in Nanjing has been developing remarkably. He has regularly invited excellent athletes in Jiangsu Province to the Center, and enjoyed one-to-one practice and games together with younger athletes. As a result of his efforts, the Nanjing Judo Center has continued to develop, increasing its recognition and influence.

Instructors at the Center comprise judo athlete on the active list as well as senior athletes who have retired from active competition. I taught the coaching methods I had learned at Tokai University to these instructors, who have in turn actually implemented the methods. As a result, their coaching skills have improved, so that they can now provide coaching according to the level of individual students.



After one year of such efforts, in March 2011 our Judo Center marked its first-year anniversary. Mr. Liu Junlin, Mr. Murata and many other people from China and Japan attended the ceremony to celebrate the anniversary.

At the ceremony, Mr. Liu and Mr. Izumi of the Japanese Consulate delivered their lectures, and Mr. Yamashita gave his speech by videophone. As part of the event, Mr. Murata demonstrated beautiful judo techniques. Instructors of the Nanjing Judo Center also displayed the kata (forms) of throwing. In Nanjing, it was the first performance of the kata (forms) of judo by Chinese athletes. At the end of the ceremony, Mr. Liu and Mr. Murata exchanged their judogi as a token of friendship, and all the guests, instructors and students were photographed together. I expect that judo will serve as a bridge to connect China and Japan.

### Various Activities to Popularize Judo

Your kind support has enabled the Nanjing Judo Center to get on the right track, earning a high reputation among the general public. Mr. Toshiaki Hashimoto, who is Assistant Executive Director of the Solidarity of International Judo Education praised us, saying “The Nanjing Judo Center conducts the same practice as in Japan.” Mr. Hashimoto also wrote a textbook for beginners, to help them better understand judo. Mr. Liu Junlin distributes this textbook to entry-level children.



Moreover, with repeated instructions of Professor Kenji Mitsumoto of Tokai University, we have strived to nurture instructors for entry-level students. In 2012, in collaboration with the special security squad of Nanjing City, we organized a judo competition for police officers. Together with police officers, we learned techniques to defeat our opponents without injuring them.



In addition, thanks to cooperation from the education department of Nanjing City, judo was designated as physical education for part of students, particularly for remarkably well-performing students. In four semesters, a total of 1,000 or more students participated in this project. The following photograph shows students practicing judo. Very clever and excellent students in their second year are working on judo.

In 2013, we were requested to inaugurate a judo course at Nanjing Youfu West Street Primary School, which is a renowned school with a history of more than 100 years in Nanjing City. This primary school teaches the manners and etiquette, which are the basic element of judo, to second-grade pupils and above. In the past two years, more than 1,100 pupils took the course. It was the first time in China that judo was recognized as a compulsory subject at school. The primary school has also established its judo team. Based on these achievements, we are promoting widespread adoption of judo by other schools in general.

Now let me move on to the event called “Judo and China.” It was organized by the International Judo Federation and the China Judo Association, with the aim of popularizing and promoting judo in China. As a messenger of this event, I participated in the event together with other instructors and coaches, and demonstrated the performance of the kata (forms) of throwing.



In 2014, the Second Judo and China was held. The event also took place in Guangzhou, Changsha, Wenzhou and Shanghai, just like a stamp rally. Finally, its closing ceremony was held in Nanjing.

Also in 2014, the judo events of the Nanjing Youth Olympics were held at the Japan-China Judo Friendship Center in Nanjing. The world champion and the all-China champion came to our Judo Center, and attended the Dan grade promotion examinations for students and their awarding ceremony as well. This provided our students with a precious opportunity to exchange with judo champions and to realize the pleasure of judo.



This photograph shows parents and their children from Sweden participating in the examination. Those who passed the examination were presented with certificates by Director Liu Junlin. Outstanding athletes gave their performances. Through these events, we were able to establish a system for Dan grade promotion examinations.



This photograph was taken when an event was

held to commemorate the 4th anniversary of our Judo Center. From the Tokai University Judo Club, Mr. Hirai and Mr. Tomizawa participated in the event. As you can see in the photograph, they enthusiastically coached students of Nanjing Judo Center.

To attract judo lovers to judo halls, it is necessary for us to disseminate information by ourselves. With cooperation from local schools, we held more than 50 exchange programs at each school in the winter and summer vacations. This photograph shows primary schoolchildren listening to our judo lecture. As a result of these efforts, Yushuiwan Primary School in Nanjing City designated judo as a compulsory subject in September 2014.



I believe that passing the culture of judo on to younger generations is also instrumental in enhancing both their physical and mental well-being and developing their human decency and ethics. The above photograph depicts a scene from the lecture on manners and etiquette in judo, also attended by foreign participants. At our Judo Center, not only Chinese people, but also people from foreign countries enjoy practicing judo.

### Continuing our diligent efforts

Thanks to support of many people, our Judo Center has been operating smoothly. We are particularly obliged to Mr. Yamashita for his generous and indispensable support. Every year since the opening, he has dispatched outstanding instructors and athletes to our Center, and provided us with valuable guidance. On behalf of our Director, Liu Junlin, once again I would like to offer our sincere respect and appreciation to instructors of Tokai University and members of the Solidarity of International Judo Education.



Before closing my speech, I will show you some photographs. Here I was photographed with Mr. Yamashita during my training in Japan. The next one depicts a scene from the practice with Japanese members. The rightmost photograph was taken during a talk between Mr. Liu and Mr. Mitsumoto at the Budokan.

We are now active in offering training programs for judo instructors and referees, in order to help as many as possible instructors and referees learn effective methods of professional coaching. We have just established our systems for judo competitions, for Dan grade promotion examinations and for deepening exchange. So we understand that there is still a lot of room for improvement. Together with the Japan-China Judo Friendship in Qingdao, we will continue our diligent efforts to become China's best judo hall.

To this end, support from the Solidarity of International Judo Education is essential. We would like ask to the NPO's continued assistance and cooperation in this endeavor. We would also like to invite you all to Nanjing and our Judo Hall, and we look forward to welcoming you. Thank you very much for listening to me today.



This photograph shows Professor Murata of Tokai University attending the ceremony to commemorate the first anniversary of the opening of the Japan-China Judo Friendship Center in Nanjing. The next photograph was taken when a judo team of Jiangsu Province came to Japan in 2012.

**MC:** Mr. Cheng Dong, thank you. The two Japan-China Judo Friendship Centers were constructed with financial assistance from the Ministry of Foreign Affairs of Japan under the Grant Assistance for Cultural Grassroots Projects. What the Ministry considered the most important was how these judo centers could be instrumental in promoting exchange between citizens through judo. While listening to the reports from these two speakers, I was happy to know that these two judo centers are living up to the expectation of the Ministry. I also thought that Japanese people have learned much from the experience of these judo centers in China. Please let me reiterate my deep appreciation to these two speakers for their informative reports.



The left photograph was taken when Mr. Hirai and Mr. Tomizawa visited the Nanjing Judo Center on the occasions of its 4th anniversary. In the right photograph, we can see Mr. Asuka, Mr. Homma, and Mr. Kawano at our Judo Center.

Here, we would like to take some time to introduce the trainees of the 2014 coaching program from eight countries with the completion certificates. First, we will show a video that depicts these trainees working on training. Then they will be

The following is a group photograph showing Mr. Hashimoto, Mr. Asahina, and Mr. Shoji from Japan, with members of the Nanjing Judo Center

awarded the program completion certificates, which will be followed by speeches of individual trainees. Now let us begin.

### Mr. Hu Lining (People's Republic of China)



Hello, everyone. I am Hu Lining from China. I would like to express my deep gratitude to Yamashita sensei for giving me this important opportunity to study in Japan, and to Kenji Mitsumoto sensei,

Keiko-san, Ozawa-san, and all other instructors and coaches for their useful guidance. I had a very wonderful time throughout this special training. I studied the history of judo. I also participated in judo matches, through which I learned firsthand how to relax myself before and after the games, and how to prevent and deal with injuries. This experience significantly changed my awareness of judo.

On holidays, we went to Hiroshima with Keiko-san and Ozawa-san. At the Hiroshima Peace Memorial Museum, we realized the horror of nuclear weapons. We also went to see another world heritage site and had a lot of fine foods. I think that these tours deepened our understanding of Japan. What was the most memorable was the lunch we enjoyed with Yamashita sensei. Establishing amicable relations between China and Japan is an ardent hope for the two countries. I am determined to make efforts to deepen China-Japan friendly relationships after returning home. I will also treat children with love and respect, regardless of their nationalities. If you have a chance, please do and come to China. Thank you very much.

### Mr. Jean Noel Pennavayre (Côte d'Ivoire)



Good evening, everyone. I am Jean Noel from Côte d'Ivoire. I feel truly honored to have been able to participate in this training program. I would like to offer my sincere

appreciation to Yamashita sensei and other members of his NPO. Through this program, I had wonderful experience. I am grateful to all my judo instructors, and members of Tokai University. My special thanks go to Kenji Mitsumoto sensei and Keiko-san. Thank you very much.

### Mr. Abdul Kareem Abu Rmilah (Palestine)



Good evening, everyone. I am Abdul from Palestine. I would like to extend my gratitude to Yamashita sensei and Tokai University. I am also grateful to our instructor, Mitsumoto sensei, who I felt like our father. I am thankful to

Keiko-san. She is very beautiful, and treated us like our mother and always stayed with us. While living in Japan with my fellow trainees, I came to feel that they were like a real family. I will bring back what I have learned from my sensei and fellow trainees to my home country. Thank you very much.

### Mr. Mohammed Khamis Juma (Tanzania)



Good evening, everybody. I would first like to offer my deepest appreciation to members of the NPO and all those who have assisted us during our training in Japan. Nao-san, Kento-san, Yuto-san, Kotaro-san, and Yamashita sensei of the Solidarity of International Judo Education. I would also like to say thanks to Kenji Mitsumoto sensei, Keiko-san, Hiroko-san, who have always taken care of us. Mitsumoto Sensei, thank you for your judo instruction. In addition to judo, I have learned much about the Japanese culture. Judo can provide people with more opportunities to develop friendship and encourage mutual dialogue. Judo teaches me the way to live. I pledge that after returning to Tanzania, I will share what I have learned during this training program with others in my country. Thank you very much.

**Mr. Palitha Phrommala (Laos)**

Good evening, everyone. I am heartily grateful to Yamashita sensei for offering me such a precious opportunity. I am also very thankful to members of the NPO for taking care of us. My special thanks go to Mitsumoto sensei and other

instructors, who have gave me warm instructions from the beginning to the end of the program.

Among many training programs I have received thus far, I feel this training was the most impressive for me. This is because I was able to learn not only judo techniques, but also to deepen my understanding of the Japanese culture and history. Notably, it was especially valuable for me that I could learn the damage caused by atomic bombings in World War II, toured around old private housing and temples in Kyoto, and experienced a Japanese lifestyle.

This training program was attended by participants from American, African, and Asian continents. While practicing judo and deepening understanding of judo and the Japanese culture together with them, we came to share brotherly feelings. Roy from the United States cheered us up anytime. Jean from Côte d'Ivoire always took an initiative in conducting practical work. Hu Lining from China practiced very hard, although he was not so good at Japanese and English. Michael from Guam served as an interpreter for us during the training program, all the time without taking a rest.

In closing, I hope that the NPO will continue holding wonderful training programs like this one. I expect that many people will participate in judo practice, so that they can make effective use of valuable experiences similar to those we have had, for their home countries. Thank you very much.

**Mr. Bar Ido (Israel)**

Good evening, everyone. I am Ido from Israel. Here in Japan, I had a privilege to study judo and the Japanese culture, together with other seven trainees. We were taught judo by Kenji Mitsumoto



sensei, and we toured to Kyoto and Hiroshima, where we learned a lot of things. The best experience for me during this training was that I was able to build up new friendships with my fellow trainees from various countries. Despite language and cultural differences, we are linked together through judo. I would like to express my sincere appreciation to the people of the NPO Solidarity of International Judo Education. Thank you very much.

**Mr. Michael Kohn (Guam, the United States)**

Good evening, everyone. I am Michael. I was happy to have been invited to join this coaching seminar as a representative of Guam. Tonight I am very nervous, as I give a talk to so many great sensei and various distinguished guests.

However, I am very honored to have such a rare opportunity.

Please allow me to begin by expressing my sincere appreciation to Yamashita sensei of the Solidarity of International Judo Education for giving me to participate in this program together with other seven participants, and to Kenji Mitsumoto sensei, Keiko-san, Hiroko-san, Madoka-san, and members of sponsoring companies for their generous support.

I am moved beyond words and feel gratitude to have been able to study at Tokai University, which is the strongest in judo in Japan, and to be taught by outstanding instructors I had seen only in pictures until then. In addition to judo, I experienced kendo, obtaining massage, taping and rehabilitation skills, all of which are essential for working as a coach.

As part of study into the Japanese culture, we visited the Hiroshima Peace Memorial (Atomic Bomb Dome), Miyajima, and various temples in



Kyoto. This seminar comprised judo lessons as well as many programs for human education. We came to Japan from different countries and lived together in Japan every day for this one month, while mutually teaching our own countries' judo education, cultures, languages and religions. There were a lot of things that were hard to learn in our normal life.

What I was impressed most was the story told by Hashimoto sensei when he guided us around the house of Shigeyoshi Matsumae sensei. The house had a small tea-ceremony room, which was so small that it was difficult to change the position of my body. Hashimoto sensei told us that in the past, before entering the tea-ceremony room, warriors left their weapons outside, and everyone in the room spoke from the heart to each other as human beings.

Despite the fact that countries of some trainees are in the middle of a conflict, we eight trainees developed friendship as human beings here in Japan, which can be likened to a tea-ceremony room, during this training seminar. We talked that "It would be nice if we could be able to build up a peaceful world through judo." This would be absolutely possible if only we all could join hands. I expect that this hope will be realized as soon as possible. To this end, after returning to Guam, I will work not only to provide better judo coaching but also to tell my students all what I have learned in Japan. In closing, I would like to offer my gratitude once again for giving me such wonderful experiences and learning.

### Mr. Roy Takayuki Kawaji



(Portland, the United States)

Good evening, everyone. Although I look like a Japanese, I was born and brought up in the United States. So I was truly looking forward to coming to Japan.

Previously I had thought I was better in Japanese than others in the United States. After coming to Japan, however, I realized that I need to study more. To

master a language, the best way is to visit the country.

Thanks to the NPO and Yamashita sensei, I was able to stay with my fellow trainees from various countries for one month, throughout which I had a great time. I made friends with Michael, another American from Guam, across the Pacific Ocean.

I also made friends with Abdul from Palestine, although I am embarrassed to admit that I did not know until recently the exact location of his country. In its neighboring country, Israel, now I have a friend, Ido, who has taught me various things. And I also made friends with Jean from Côte d'Ivoire, and Mohammed from Tanzania. I have never been to either of these African nations, and they kindly invited me to visit their countries.

Having met with Palitha from Laos and Hu Lining from China, I felt as if I traveled around the globe. This was possible because Japan is peaceful. Japan is a country with a warmth that reminds me of a mother holding a child. I think Japan is a wonderful country with many warm-hearted people. I myself am like a small candle. However, I thought that if my light is linked to another candle light, and then yet another, the room can grow brighter and brighter.

I have a precious memory. When I got on a crowded train with my fellow trainees, Ido from Israel fortunately could take a seat in the train. Then, he gave his seat to his Palestinian friend Abdul, who was the oldest among us, jokingly saying "You should take this seat because you are elderly." After a while, a Japanese old woman got on the train from a distant entrance. Then Abdul stood up and walked to her, and took her to take his seat, saying "Please, please" In my country, the elderly are treasured. About 20 minutes later, when we were about to get off the train the old woman stood up and said to Abdul "Thank you." I was impressed to see the exchange between Israel, Palestine, and Japan. It is thanks to the NPO and Yamashita sensei that I had such a wonderful experience.

In judo, it is too late to use a technique on our opponent after thinking about it. It is necessary to practice every day to be able to react automatically.

This also holds true for being kind to others. For me, Yamashita sensei is the best example to follow. One day, he took us to dinner. After we all took the seats and gave a toast, Yamashita sensei walked around to other instructors and trainees, so as to clink his glass against individual members', and friendly talked to us all. He also carried dishes to other instructors and even to us. I guess that Yamashita sensei always does that. I was truly delighted that I was able to meet wonderful Japanese people through this training program, and I would like to say my sincere thanks to them all.

Mitsumoto sensei, thank you for making this one month so fruitful. Several years ago, my judo coach who had taught me judo since I was seven years old passed away. I then had to learn by myself, because, unlike Japan, there were only a few judo instructors in my country. I felt lonely and sometimes thought of quitting judo. However, I was fortunately able to receive instruction from Mitsumoto sensei at Tokai University. Please allow me to henceforth call Mitsumoto sensei my mentor.

Next, I would like to offer my appreciation to Yoko-san of the Tokai University Club. It was rather tough for us to live in a foreign country for a month, far apart from our families. Jean has seven children, Mohammed has eight children, and Abdul has two grandchildren. Even though we could talk with our families over the phone, we missed them. Under such situations, Yoko-san took care of us like her real family every day, talking to us "*Genki!*" and "*Okaeri*" I would like to express my special gratitude to her.

I also wish thank Hiroko-san, who always run before us. Even in boots, she always run around energetically to deliver us various things.

And last of all, let me say that I wished I could give a few words of thanks in Japanese to Ms. Keiko Mitsumoto. I should have studied Japanese more to be able to give nice words to Keiko-san, but I could not find good words due to my insufficient language skills. I am very sorry. I would be very happy if I could convey my sincerest "*Arigato*" to Keiko-san. Thank you very much.

**MC:** Thank you very much for you all. I am very

impressed with the speeches made by individual trainees. A moment ago, I talked with Executive Director Yamashita that we would be delighted if the trainees could nurture excellent judoists, and help even only one athlete to participate in the 2020 Tokyo Olympic Games, from their home countries.

Thank you for all those attending here for giving us so much of your time, despite your busy schedule. Following this lecture meeting, we will hold an exchange party. If you have any available time, please join the party. The Solidarity of International Judo Education is determined to continue its earnest efforts, with your understanding and assistance. We ask your continued support and cooperation. Thank you very much for coming here today.

\* \* \*

If you want a copy of the back issues of the lecture records of the Solidarity of International Judo Education, please contact the Secretariat at: 0463 (58) 1211 (extension 3524). The lecture records are available free of charge.

The lecture records can also be downloaded from our website.

[ <http://npo-jks.jp> ]