

## The Record of 17<sup>th</sup> Lecture

### Toward the 2020 Tokyo Paralympics Games Let's Think Now! What is Sports?

**Yasuko Miyajima**

TV Asahi Sports Commentator

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The Foreign Correspondents' Club of Japan (Media Room)

**MC:** Thank you for very much for coming on such a hot day while you're all busy. Then President Yasuhiro Yamashita will introduce today's lecturer Ms. Yasuko Miyajima.

#### Opening remarks

##### President Yasuhiro Yamashita

(Executive Director, NPO Solidarity of International judo education, Trustee and Vice-Chancellor, Tokai University)

Hello, everyone. Thank you very much for coming to our 17th lecture on this hot day.



When I was still an active judoka, Ms. Miyajima worked as a reporter for TV Asahi's Big Sports and often interviewed me. As we have been great friends since then, please allow me to introduce her as today's lecturer.

As some of you may know, All Japan Judo Federation launched a project to eliminate completely violence from Japan's judo in April 2013, with me as leader.

Actually after the first year we changed the name and activities of the violence eradication project. As we

thought the eradication of violence alone would not make Japan's judo better, we came up with "judo mind project" in order to promote civility and dignity in judo. Ms. Miyajima currently works with us as a special committee member of the Judo mind project. Also, as Japan's judo is compiling with regulations, we seek her valuable advice and opinions as an external member of judo federation's compliance committee.

In addition, she serves as visiting professor at Japan Women's College of Physical Education and Juntendo University as well. I too look forward to her lecture today. Ms. Miyajima, the floor is yours now.

#### Toward the 2020 Tokyo Paralympic Games

##### Let's think now!

##### What is Sports?

##### Yasuko Miyajima

(Sports commentator for TV Asahi Sports Division, board member of all Japan judo Federation Mind Project as well as Compliance Committee, visiting professor at Japan Women's College of Physical Education and Juntendo University)

President Yamashita, thank you for your introduction. As I am assigned to a seat today, I will talk seated.



Today I plan to talk about Olympic-related topics, but also would like to touch upon other issues regarding judo and sports in general. As many of you who are here are judoka, I may include contents that are all familiar to you. However, as students are also listening to this lecture, I would like to go back to the basic and study anew through this talk.

The theme of today's lecture is "Let's think now, what is sports?" as we will host Tokyo

Olympic/Paralympic games in 2020. You may think you know what sports is, of course. But recently the more I think about it, the less clear to me where lays the real origin of sports.

### The thing that surprised me about the London Olympic Games



This photo shows the main stadium of the London Olympic Games. It's a photo of hammer throw, and I was following Mr. Koji Murofushi. There were a large number of people in the stand, but it was actually in the middle of the qualifying round, around 9:30-10:00 in the morning. Honestly, I was surprised, too.

Around the time of the 1988 Seoul Olympics Games. There was Kazuhiro Mizoguchi in javelin, a medal candidate ranked as no.2 in the world. He said he trained himself mentally by visualizing himself in front of a packed stadium. However, there were only few in the stand in the qualifying round, he found it difficult to keep his motivation going.

In front of the crowd in London, I remembered what Mr. Mizoguchi told me. I felt that in Europe is deeply rooted in the culture of loving human body and exercise, with children and adults alike enjoying sports. As they grow up watching Greek sculptures, it can only be expected.

In Japan we have Deva King statues, but they are rather exceptions, as most of Buddhist statues are gentle-looking. So in this culture, we have different awareness regarding the body. Of course, the Western culture is different from the Japanese one. For instance, we Japanese love cherry blossoms, a sensation unique to Japan. "Ah, 30% open, 50% open, fully in blossom." And we even enjoy cherry blossom

petals falling down. This culture of appreciating cherry blossoms is deeply rooted in our psyche.

I also consider sports of a part of culture. However, Japanese sports culture is still in its infancy, so we don't love sports culturally yet. That's what I felt when I covered the London Olympic Games.

### Culture of enjoying sports in London



I was surprised by other things in London. This photo was taken during the opening ceremony. There were Haruki Kamimura and Seiko Hashimoto with us. During the Olympic Games, athletes from each country stay at the Olympic Village. When they arrive, a ceremony is hosted, where they raise national flags and exchange pennants in most cases. But they did something different in London.

For me London was my 16th to cover in my professional life. Starting from the Moscow Olympics Games where Mr. Yamashita couldn't appear, I have covered 16 of them, summer and winter combined, but London was the first time I had seen such a village ceremony. It was a musical.

London is of course famous for musicals, but Japanese Olympians entered the village in flashy costumes along with musical actors with Queen's song. With a melody familiar to everyone, the athletes seemed to have become a part of the stage scenery. I remember saying to Seiko Hashimoto that I had never seen anything like it. That this was all new to me.

The actors who participated in this ceremony were not top stars but beginners. But there are many actors in London, but musicals are deeply rooted in its culture. What I have been talking about is bunka,

which is a translation of the English word culture, but if we call something that enriches our lives, sports and musicals are equally culture.

The origin of the world culture is cultura and cult. It means "cultivate," a derivative word from the same source. By cultivating hard land, you can grow sprouts there. In short, something that enriches life can be called culture.



There is something else that surprised me. During the London Olympics, I was in charge of covering gymnastics. This photo, I believe, is of Kohei Uchimura from behind. I always entered the site 3-4 hours prior, earlier than anyone else, but just 1 hour and a half before the games, floors were covered with silver rug. The place was only 30-40% full. As a group of ballet dancers entered. As music started, they started dancing Swan Lake.



Actually, it was a part of London's culture programs. The Olympics are not just about sports competition, but it consists of a culture program called "cultural Olympiad." This activity was emphasized so much in London, with approximately 180,000 culture programs implemented. You must be wondering how they did it. During the 2008 Beijing Olympic Opening Ceremony, the mayor handed the Olympian flag to London. That's the moment in which the Cultural Olympiad period starts. In other words, the number

indicates how many events were conducted during 4 years. Still, it's a quite number of events.

In Japan, the Ministry of education reportedly plans to do 200,000 events for the Tokyo Olympic Games. Thus, as soon as the Governor of Tokyo receives the Olympian flag during the opening ceremony in Rio de Janeiro next year, they will start doing such events. Apparently, many cities and villages all over Japan are planning events by brainstorming ideas.

**Japan left in the middle, unfortunately**



This photo is from London's closing ceremony. Do you remember there was a bit of scandal, reported widely in tabloids etc.? In the middle of the closing ceremony, Japanese athletes had gone missing from the site. In the middle of the entry march, they left. How did this happen?



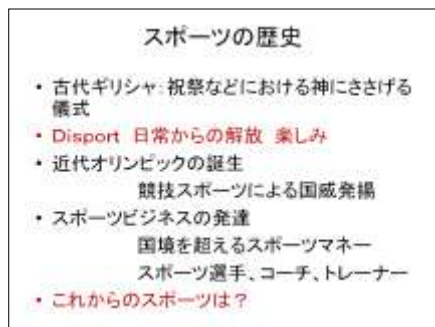
Actually, there was a survey prior to the ceremony, and they were asked how late they would be participating in the ceremony. Then, Japan chose early departure, as they plan to leave earlier. They were supposed to leave after marching 3/4, but they didn't really understand it.

If some country leaves during the march entering the site during the Tokyo Olympics, we feel offended as a host country. So many people in London thought

Japan was rude. As they may have been busy preparing for their competitions, and they knew that not everyone would be there, with 2/3 who entered the site were officials. JOC didn't expect athletes to bear such burden, as they wanted to focus on winning medals.

There must be many athletes who wanted to see the Olympic fire lit during the ceremony. That moment is a very special one, indeed. Top athletes around the world share their hearts around the glaring fire. It was unfortunate that they were not allowed to experience that.

### The word origin of sports and modern Olympics



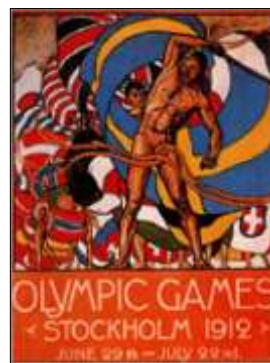
Now let's talk about sports from the historical perspective. Sports comes from the Latin "deportare," which became old French "desport," which means recreation and fun, and finally became sports. In ancient Greek, sports was a ceremony dedicated to the gods, but in Latin, it meant something you enjoy and get away from the everyday life.

The modern Olympic Games were born in 1896, in the midst of the colonial era around the world. As countries competed to increase the number of colonies, there may have been countries who wanted to conquer the world through sports or tried to showcase their strength through winning many medals. Japan may have been one of them for a while, and the Soviet Union and modern China have that kind of perspective.

Now with sports business being well developed, sports money are often exchanged beyond borders. In addition, nowadays it is not uncommon to hear

athletes changing their nationalities in order to appear in the Olympics. For instance, Chinese table tennis players represent many different countries. Not only athletes but also coaches and trainers work internationally, beyond borders. So it cannot be helped that countries are pitted against each other in sports competitions. And where does sports go from here in the future?

### Jigoro Kano and physical education promotion in Japan



Japan participated the Olympics for the first time in 1922 in Stockholm. Some of you in the audience today are students, but do you know who this man is? As you can see in the photo, the Japanese delegate was small. Actually, this small man with a silk hat in his hand is Jigoro Kano, whom many of you know as someone who developed judo from jujitsu, but he was also who led the Japanese delegate to our first Olympics. He also founded Japan Amateur Sports Association.



This photo shows his letter of intent to establish the association and regarding the Stockholm Olympics, written by none other than Mr. Kano. Did you know that he taught at the school that is modern Tsukuba University? He used to be the president of the

university in the modern term. He was also an educator.

I agree with what he wrote here. He said the prosperity of a country depends on the spirit of its people. The fulfillment of the national spirit has a lot to do with its body, which in turn depends on whether institutions are aware of the importance of physical education and sports.

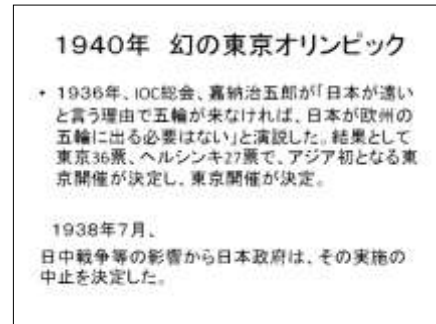
If you are a young student in your prime, you may not feel it, but you will soon realize that whether or not you can focus on your job depends on your physical strength. I had to emphasize this for some reason. In this digital age computer literacy is very important. However, your physical strength is equally important as you may have to sit in front of your computer for hours in order to carry out your tasks.

In the era in which Mr. Kano wrote this manifest, Japan was in the middle of series of wars one after the other. Thus, the citizen's physical strength was closely related to the country's readiness for war. As an educator it is unlikely that he wrote it to promote pro-war sentiment, but he was quite right in saying that the spiritual fulfillment is directly related to physical strength.

He founded the Japan Amateur Sports Association, pointing out that Japan's physical education is much inferior compared to that of western countries. Also, he wrote a long statement expressing his belief that the Olympics would make contributions to cultural development and peace, urging Japan to be ready to host the Olympics.

Currently Japan Amateur Sports Association and Japan Olympic Committee (JOC) are separate entities, but JOC was once part of the association. In his manifesto he urged Japan to be ready for the Stockholm Olympics as he founded the association.

After making so much effort he invited the Olympics to be held in Tokyo in 1940, the first of its kind in Asia.



However, unfortunately, Japan canceled the Olympics due to its war efforts. The Olympics he dreamed of had disappeared. It became clear that the Olympics are controlled by politics, never free from governmental intervention.

### Legacy of the 1964 Tokyo Olympics

In 1964 the Olympics were finally held in Japan. It has been said often that what left behind after the Olympics were infrastructure such as highways and bullet trains. Also, the opening ceremony was aired in color. In 1963 the satellite was used for the first time to provide images between Japan and the U.S. The first image transmitted from the U.S. was the news of JFK's assassination, which was very shocking.



In addition to infrastructure, the Olympics left other legacies as well. For instance, in 1963 the sports promotion law as well as sports organization was established. The system itself is tired after 50 years since its birth, the legacies have worked as a way to make people be aware of the importance of sports.

After that the Sapporo Olympics were held in 1972 and the Winter Olympic Games and Paralympics in Nagano in 1998, creating further legacies. Thus, we have to think of legacies the 2020 Olympics will leave

behind, long after the games are over.

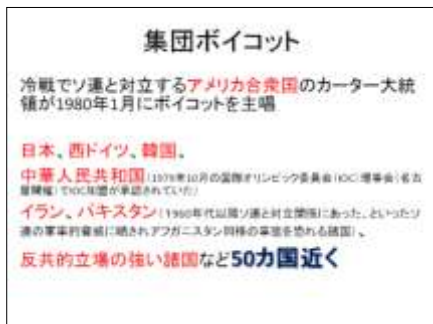
### Boycotting the Moscow Olympics

This photo is a scene from the opening ceremony of the 1980 Olympics. The mascot Misha is depicted by humans.



As Japan boycotted, athletes such as Mr. Yamashita couldn't participate in the Olympics. I went to Moscow to cover the event for TV Asahi, as it had obtained the exclusive TV rights for the first time.

The boycott stems from the Soviet Union's invasion of Afghanistan 6 month prior to the opening ceremony. I still remember the news on December 26, 1979. President Carter urged western countries to boycott the Moscow Olympics.



Japan, Korea, and western Germany followed suit. So even though he was chosen to represent Japan and the favorite to win the gold medal, he was not allowed to participate.



The day the boycott was decided, marathon runner

Toshihiko Seko and Coach Kiyoshi Nakamuta held a press conference. When the coach said the Olympics was not the only race, all Mr. Seko could say was yes.

The following day Mr. Yamashita competed in All-Japan weight Championships. I have always wondered if it was an uncanny coincidence, but he broke his bone during the competition. Also, this is a photo of wrestler Yuji Takada, who was also the favorite to win the gold medal. These three athletes were frequently featured in the media as ones who suffered the boycott. At that time, Mr. Yamashita said he had no regrets. But when I interviewed last year, he told me that he actually cried hard under the futon, which made a quite impression on me. I imagine it was very hard for him as the futon was shaking like a mountain.

There were many athletes around the world who suffered the same fate. The Western world was not the only one who boycotted the Moscow Olympics. People's Republic of China, which had been just allowed to join the International Olympic Committee, also boycotted it. Also, nearly 50 countries, including countries near Afghanistan such as Iran and Pakistan, cancelled their participation. However, did you know that there were a number of Western countries that participated in the Olympics?

### Western countries that did not boycott the Moscow Olympics



England, France, Italy, the Netherlands, Belgium, Portugal, and Spain, among others. Actually, a number of western countries did not join the boycott. They didn't follow the US's cue.

As a US ally, England planned to boycott the event as did Japan. However, the British Olympic Committee decided to join regardless of the government's decision. France and Italy participated in the competitions, but boycotted the opening ceremony to protest against the Soviet Union. England and Portugal must have sent their standard-bearer for the march.

Also, when they were rewarded medals, they used the Olympic flag instead of their national flag, except for Greece, the birthplace of the Olympic Games.

When Duncan Goodhew won his 100-m breaststroke gold medal, I interviewed him. When I asked how British athletes felt about joining the Olympics, he said that they consider the Olympics and politics are 2 different things. They came to celebrate the sports event. Please remember the crowd that filled the early morning qualifying round in the London Olympics and the Japanese love for cherry blossoms.

I felt that Europeans, people from England, France, and Italy have deeply rooted values about sports, after all. They can say they themselves join while their governments decide to boycott it. They possess a strong love for sports and put a great value on it. They are fully aware of the concept of sports. Going back to this lecture's theme, we Japanese seem to understand what sports is, but we may not have established really well our vision on sports, unfortunately.



Please take a look at this photo. It shows countries with Olympic flags along with East Germany with its national flag. However, this scene was never aired on TV. The Japanese broadcast rights belonged to TV Asahi, but Moscow's TV station controlled videos exclusively. So they chose not to show by switching to another camera when the countries enter the Olympic

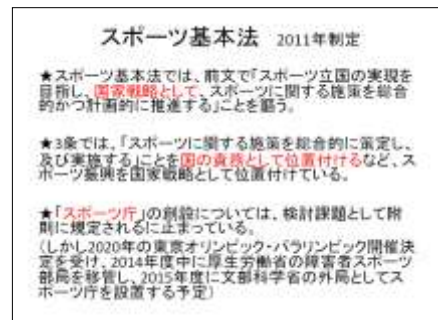
site with Olympic flags. It was impressive in a certain sense. I strongly felt their willingness to control videos as they chose not to show what they don't want to show.



Let's take a short break here. Last Saturday those of us who joined TV Asahi at the same time gathered socially. The company hired a number of announcers as it prepared to air the Olympic Games. Ichiro Furutachi, Mikiko Minami, Masahiro Sasaki, Kazuhiko Yoshizawa, Noritsugu Watanabe... It's who's who of Japanese TV industry. Although TV Asahi incurred a lot of debts because of the boycott,

It acquired human resources. This is a photo of Koichi Munakata, who trained us and hosted Afternoon Show. Human resources are truly valuable.

## Sports and national strategy



Let's go back to our main topic. You may have heard of Sport Agency. Starting from October 1, 2015, this agency will be set up as an external agency of Ministry of Education.

The Sports Promotion Act, which I mentioned a while ago, was renewed completely, and Sport Basic Law was established in 2011.



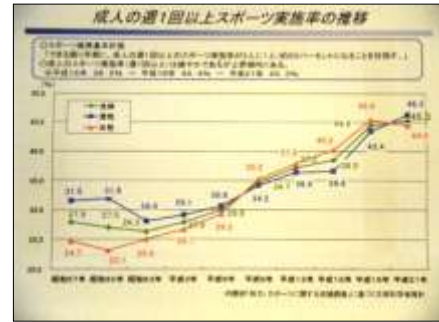
This provision starts with the preface that sports is the human race's common culture throughout the world. As I have explained, sports is culture, something that enriches our lives. At the same time, the last sentence in the preface, Japan will promote measures regarding sports comprehensively as a national strategy, stating that Sports Agency is set up as it's the country's responsibility to promote sports.

I have mixed feelings about this. In relation to what I have been talking about, as I have seen so many athletes who have been wronged by politics, I find it very difficult. On the other hand, we live in this reality in which it's very difficult to improve competitiveness at top level and compete against other countries without the government's support.

While I have such mixed feelings, the Sports Basic Law contains an important point about sports promotion. Sports helps people communicate and promotes exchange among regions, helping regions to unite and revitalizing communities, where regions have problems such as lack of human interactions. Actually, movements to revitalize Japan and its various regions through sports are nothing new, but they have not produced great results yet.

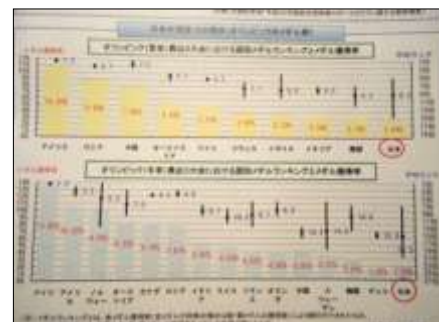
### How often do Japanese work out?

Please see this slide. The data shows how many Japanese adults do an exercise at least once a week.



This is a trend over the years. For instance, you notice that more women work out in sports gyms. According to the recent data, more men work out there as well. In Japan, approximately 45% of adults, men and women combined, do some kind of workout at least once a week. What do you think of this number? Did you expect the number to be higher? Or lower?

By the way, do you notice which country has the most people practicing sports in the world, according to the same data? Surprisingly, 91% of its population was engaged in sports 8 years ago. When I visited there about 2.5 years ago, it was 81%, lowered due to the influence of personal computers and video games. Even so, it's still a high number. This country was once No. 1 in academics, and it was ranked No. 2 in 2 years in a row in World economic competitiveness index. Which country is this? Yes, Finland. As its next-door neighbor is Russia, the Finns are aware that they need to be physically strong.



Next, please take a look at the data. This indicates Japan's sports competitiveness, showing the ranking



of Olympic medals each country has obtained. The chart above is the summer Olympics, and the one below is the winter Olympics. As for the summer, the US, Russia, and China are top 3, and Japan is No. 10. As for winter, Germany, the US, Norway, Austria, Canada, Russia, Switzerland, France, the Netherlands, China, and Sweden, Korea, Czech Republic, and Japan, As you can see, we're not among the top ones. As for Korea, it produces a lot of medals in speed skating short tracks, in addition to figure skater Kim Yuna.

However, Finland is nowhere to be seen here. This is despite the fact that 91% of its population practice sports. Actually, Finland used to foster top-level athletes, but the government changed its policy to solve a certain problem, launching a large-scale campaign to promote sports while focusing on each individual instead of a top-level athlete.

The problem here is the high suicide rate. Until the 20th century Finland was the country with the highest suicide rate. Perhaps because of the climate and environment, it had a large number of patients suffering from depression and alcoholism. Worried about its population's health and over the country's competitiveness, the government launched various programs to encourage people to practice sports. Among such activities, interesting new sports were created as well.

So let's take a look at the video, which was aired on TV Asahi on May 7, 2013. When I went to Finland in March, we discovered that violence had been inflicted against Japan's women judo national team, and All Japan Judo Federation was still dealing with its aftermath. Please take a look.

## What Finland is doing

### - Video sound -

According to JOC's survey for top athletes and coaches on power harassment and sexual harassment, nearly 30% of coaches were aware of violence, and athletes said they wanted to quite competitive sports

and were left with traumas. Since then various actions have been taken to eradicate violence in sports. Right now we have a chance to transform Japan's sports. Hints to do so are, surprisingly, found in an unexpected place. Finland is known for its world-class academics and economic competitiveness, but it's also No. 1 for sports. According to a sports practice survey, 52% of its population practice sports at least 3 days a week, and 80% practice at least 1 day a week.

"Yesterday I skied yesterday. Today I'm skating."

"I skied 1300 km this season."

"My son and I belong to an ice hockey club, and we enjoy working out every day."

"Every day, almost every day. Sports is important for health and mental distraction."

Sports is deeply rooted into the everyday life of the Fins. Is this true in Japan as well? Since the school system was established in 1872, Japan's sports has developed as a special form of physical education. For 70 years until the end of World War II, physical education had been positioned as a subject to strengthen war readiness, with militaristic subordinate-inferior relationships and absolute obedience to coaches as basic principles. We can say that violence in sports has been created by the history of Japan's physical education. I visited a junior high school PE class in Finland. The teacher is Juha Hinemas, a PE specialist.

"Violence and threats are used to manipulate students' performance. That's scary. Children do not want to practice sports, they are forced by coaches aren't they?"

Generally, children practice sports at local clubs of their choice after school. So in school PE classes focus on getting children interested in sports.

"What we teach here is to help them find an active lifestyle. There are sports for health and competitive sports, and not everyone is going to be a world-class athlete, but everyone can be active."

The junior high PE textbook contains detailed information that can be taught at Japan's PE

University, emphasizing the importance of leading an active and healthy lifestyle. Finland's national sports is Pesäpallo or Finnish baseball. There is even a professional league, and many children dream of becoming professional players. Instead of corporal punishment, expert coaches explain verbally in a polite manner.

"We recommend them to take up on various kinds of sports. That's because Finnish baseball requires speed, power, as well as strategies."

While children are instructed to try on a variety of sports, there are no national competitions for those under 16 years old, according to Western common sense. At any rate, children's physical development is taken into consideration. In Japan often times children are forced to be pitted against each other in a single sport national competition. As coaches are eager to win, violence is often born out of victory-obsessed culture. On the other hand, how is competitive sports in Finland?

Finland produced excellent long-distance runners such as Paavo Nurmi in the 1920s and Lasse Virén in the 1970s, but it has lost its former glory as African countries now excel in the sports. After Nykänen, the best jumper in the 1980s, retired, he became alcoholic and often caused violent incidents. Also, the 2001 Nordic World Championship Finnish athletes were busted for organizational doping. Since then its population has lost its trust in competitive sports as the governmental aid has been radically slashed. With lack of financing, athlete training has been stalled, producing no notable results in international competitions. Even so, jumping continue to be popular as the search for future stars is under way. The Finns love doing sports as well as watching sports.

"Oh, so light! This is the most popular sports among Finnish people in their 10s and 20s. The secret of floor ball is that you can easily pick it up, as violent as ice hockey, and you can do it all year round."

"The Japanese tend to think the Olympics are everything, but the Finns have a different idea about

the importance of sports. Floor ball is not an Olympic game, but its popularity is overwhelming."

Merikanto has spent more than a decade coaching Japan's cross country national team. "Japan's sports trainers were thinking only of training. It didn't occur to them that you should be enjoying sports."

It's not sports if it's not fun. The word "sports" comes from a middle age French word whose meaning is leisure and enjoyment. Right now it's 15 degree below zero. No matter how cold it is, the Finns enjoy themselves. It's a coffee time when you can make close friends. They host a wonderful race for women. Nicetinqunpi (ナイスティンクンピ) is not a competitive race, with no time being measured. You can even walk or take a break. The purpose is to enjoy 10 km, and 20,000 enthusiasts from all over Europe plan to come to celebrate its 30th anniversary this year. This mud soccer is popular because players chase the ball as if going back to their childhood. This is the wife-carrying race world championship, which has become a Finnish staple. It looks strange on the surface, but the participants are quite serious about training. The Finns do polynya swimming for their health, digging a hole in a frozen lake and swimming in it. Ah, it's cold! How can they stand it? In the middle of winter, February to be exact, they compete in the world championship.

What's common about Finnish sports is that each person is actively enjoying according his or her own abilities. How was it possible to promote sports with great success in Finland? I asked Jyväskylä University, a leading authority on sports medicine.

"As a nation we have conducted a far-reaching campaign to encourage people to become more active. Currently, studies are done internally and externally on the effects of physical activities on the brain."

You see children playing everywhere outside in Finland. That's because parents know the effect of doing exercises. I asked them about their opinions on violence in sports.

"You're required to respect your opponent no matter

what. It's not that violence is tolerated in sports. Rather, sports has to be judged by the same standard as the rest of society."

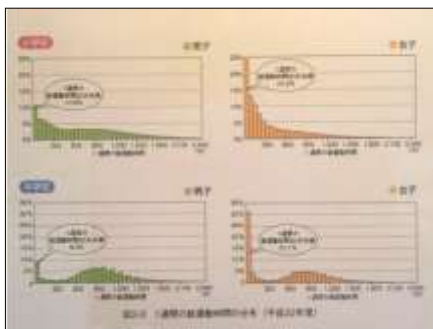
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### For children's future

What did you think? Now you know how the Finns are enjoying sports in their daily lives. Also, I think we have seen an example of how a national policy can affect where sports is headed.

20% of the Finnish population belongs to some kind of sports club to enjoy physical activities. Also, 10% of the Finns participate in sports-related volunteer activities. Most sports require teammates, assistants, and certain conditions, so the whole population is actively taking a part in those activities.

Incidentally, Japanese hospitals are also trying to cure depression through sports and exercise. The other day I met Mr. Tetsuhiko Kin, a long-distance runner who made a name for himself as an ekiden runner from Waseda University. He said he would go to a mental hospital once a month. I asked, what's wrong? He answered, "Helping with depression cure." "They look down first, but they become cheerful gradually." You can see the notable effects of physical activities in such a place.



Also, please see this figure. This shows Japanese children's total exercise time a week. When boys and girls are compared, only 30% of girls in junior high practice physical activities for at least 60 minutes a week. This means that 30% of junior high school girls do not even do a 10-minute workout a day.

This makes me rather worried. Don't you find it

problematic that children who will in the future turn into mothers are hardly doing any physical exercise at such a young age? How can we improve this situation? When Sports Agency starts in October with Mr. Yamashita as its secretary, I would like to see them working on this issue. Olympic medals are also important, but personally, I consider this to be a larger issue. Please keep this in mind.

### To accept new sports

As all of you here today have sports-related jobs, if you know some girls in junior high, you may think, "It can't be true. They're more active than that." But 9.3% boys in junior high work out less than 60 minutes a week. We're in a very difficult era. How can we get them become physically active? I think introducing them to currently popular sports is one way.

Currently, cheerleading is popular among girls. Some of you may think that's not really sports. But what's important is to move the body. Especially, girls tend to prefer team sports, so cheerleading, which requires them to move their bodies to music, is very popular.

As far as dance is concerned, there is "Yosakoi." Budo and dance have been added to the junior high general requirements. Those who find budo difficult may choose to engage in dance. At any rate, I want them to move their bodies in any way they can.

Moreover, new types of sports are being created as we speak, and some of them have been adopted as Olympic Games. So-called X sports is a popular genre among the youth.

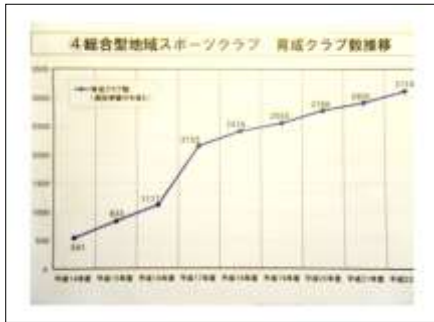


Skateboarding, BMX, and bouldering are some examples. As you may know, skateboarding has

become Olympic sports. A while ago, it was something delinquents do, but now it's recognized for its stylishness.

I hope these new kinds of sports will become popular and make children realize the importance of physical activities. At any rate, our priority is encourage them to move their bodies, be active.

**Promoting local sports clubs**



Another important viewpoint is local sports activities. Have you ever heard of comprehensive community sports clubs? It's a business the Ministry of Education has been promoting since 1995. As of 2010, 3,500 sports clubs were active across Japan. I'm also involved, and this revitalizes local areas.

The plan was to make at least one sports club in each village or town, and they have reached 70% of their goals. As town have been merged on a large scale, I believe they haven't reached their original goals yet...

Swap soccer and mud soccer we have seen in Finland have been introduced to Japan, and regions have been enjoying a variety of sports now.



This photo depicts the tug of war between Iwate and Akita. They decide on the border by tug of war. This year they entered 5 cm into the Iwata side, Akita

side, as they enjoy being physically active.



This is Mud sports Competition held by Sports Recreation Club in Kume-gun, Okayama. Here Muddy Volleyball is also held, with participants from Osaka, other cities of Kansai, and overseas. It's interesting that people from overseas go there to participate in the event. Foreigners seem to know how to enjoy themselves.

**Viewpoints regarding the handicapped sports**

Also, we should not forget about promoting sports among the handicapped. Just yesterday (May 26) the 50th anniversary ceremony of the Japan Handicapped Sports Association was held. I believe Japan has been well behind the West in term of understanding the handicapped and their families. However, thanks to the efforts of those who are involved, I would like to think that the environment has gradually changed for better.

In recent years there are many sports the handicapped enjoy.

This is a photo of Goal ball. The visually impaired play a soccer-like game with a ball with a bell.



This is actually hard sports. I had former Olympic gymnast Yukio Iketani try this, but he found it hard

as he got bruises all over his body.

Incidentally, I believe the success of the 2020 Tokyo Olympics/Paralympics depend on the Paralympics. Now I would like to take a look at a YouTube video called meet the Superhumans to promote the London Paralympics, which has been viewed more than 1.3 million times.

**- Watch video -**

What did you think? As London was bombarded with such PR videos, the Paralympic sites were filled with spectators. I started reporting on the Paralympics in 1996 in Atlanta. Since then I have covered Sydney and Nagano, and I can tell you that they cheer me up greatly.

Watching fearless handicapped athletes challenging themselves gives me power and courage. So staff members who cover the Paralympics will say they want to do it again. I talked to Tokyo's officials as well, and they said they want to do it again after participating in the annual Handicapped Sports Competition.

Some of you may wonder why the handicapped go out of their way to practice sports. But that's wrong. Even the handicapped need to live independently. For instance, even a wheel-chair bound person needs to get on a bed and go to the bathroom. That's why they need strong arms and physical strength. In order to increase their physical abilities, sports is very useful, so it's directly related to their life.

3 pillars have been announced as they prepare for the 2020 Tokyo Olympics/Paralympics. One of the concepts is "diversity," which asks us to accept differences. In accordance with this policy, I hope understanding for the handicapped will be deepened in Japan. I find it important that the Paralympics play a role in changing Japanese people's perception of the handicapped.

**History of sports in Japan**

Well, I have a few minutes left in this lecture. This is out of the blue, but this photo is the famous Choju

Giga (Scrolls of Frolicking Animals). Right now there is a special exhibition of the said work under the title of "Treasures of Kyoto Koza-ji Temple" at Tokyo National Museum in Ueno. As you may know, it's quite popular. Actually, my husband is from Kyoto. Even though I visited his parents' house, I never visited temples. When I was thinking where I should go, my father-in-law recommended Koza-ji. That was 12 or 13 years ago.

That's when I first visited there, but never had I imagined that there was such a wonderful work. The one shown at Koza-ji is a replica, but even so, I found myself frozen while watching it.



You may have seen this photo before. A rabbit is swimming here. Do you know what this is trying to say? Yes, it's a bow and arrow. In Europe it would be swimming and archery. Is this here sumo or wrestling? If they wear judo-gi, it's judo, isn't it?

The Chōjū-giga contains a kanji character that means play in English. It's *jouer* in French. Japan and Europe have this concept in common. They are delighted as they engage in physical activities.

Actually, this work consists of 4 volumes. The one I always see is the first volume with anthropomorphic animals. I was delighted to learn that all four volumes are displayed at the special exhibition. Did those of you who are students know how to read the title of each volume? They used to give us grades using each title. The first one is equivalent of an A, and the last one is an F.

This volume shows a scene from *yabusame*. It's been said that the Chōjū-giga had been completed from the Heian era to the Kamakura era, with different artists working on each volume. You can see many musical scenes depicting playing musical instruments as well as scenes of physical exercises.

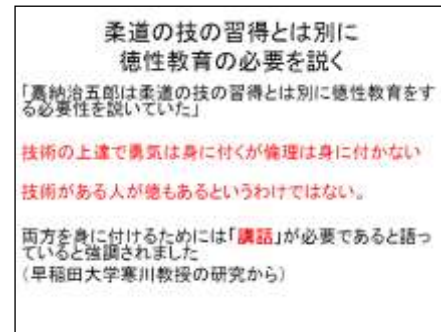


This one seems to depict hitting a ball with a stick. People from Hockey Association tell you, "Look, hockey is sports with a long history." There are many *emakimono* (picture scrolls) made during the Heian and Kamakura periods, viewed from above clouds. It's not that I discovered it, but you notice that plays similar to modern sports were popular in Japan as well.

We tend to think that sports was introduced to Japan from the West after the Meiji era, but it existed in Japan as games among ordinary citizens and aristocrats. They engaged in physical activities such

as *kemari* back then. Here you can see them playing catch. *Hamanage*, a traditional game, still remains in the Satsuma area, with people wearing war lord's *haori*. You can see that physical activities existed in ancient Japan as well.

## Morality education of Jigoro Kano



Lastly, we will go back to the story of Mr. Jigoro Kano.

As Mr. Yamashita mentioned earlier, he has invited me to work on judo-related issues. While I lend my hands to those causes, I learn a lot. Especially, what left me a great impact is that Mr. Kano insisted on the importance of gaining moral in addition to acquiring judo techniques.

According to Kano, dignity doesn't come naturally even one gets better at judo. Technical improvement gives you courage, but not ethics. A person with techniques may lack moral. Mr. Kano himself wrote on this topic.

According to Professor Tsuneo Sogawa, a sports anthropologist and judo-ka, Mr. Kano said lecture talk is needed to obtain techniques and dignity. I thought that was interesting, especially coming from an expert in the field.

Various issues concerning the current judo industry reveals that ethics and morals may have been ignored as Japan's judo has been focusing on winning and technique improvement. This applies to all kinds of sports. Sports requires respect for the opponent. Shaking hands, greetings, and expressing gratitude. Without your opponent, you can't play sports. You improve yourself through human interactions. In

France, where judo is very popular, children learn judo in order to learn such discipline, and I tell the same to Japanese children.

### Judo is human education



This concept and activity has been booming quietly, but various problems keep happening right now. Please take a look at this. This poster was made while a project to eradicate violence from judo. It says Judo is human education. After Judo Mind Project, we made a poster like this. The M stands for manner. I is independence. N is nobility. Lastly, D stands for dignity.



This is a magazine that features such activities. Are you reading it? It's a wonderful magazine. I'm very impressed with its contents, and I would like coaches as well as athletes to read it. Reading such a magazine is moral education as well.

Also, this is the 2-week-old pamphlet you were given today. It's a guidebook made by All Japan Judo Federation's Compliance Committee, of which I'm a member to prevent violence, corporal punishment, and sexual harassment. As judo is human education, it tells you why violence and sexual harassment are not acceptable by showing real-life examples. I would like coaches to read it once.

I heard a sad story from a lunch box store in some region. He received an unreasonable order from a judo-ka, and when he told him that he would lose money, the judo-la wanted the store to put an advertisement on the tournament's program, scolding him, "Do you know who I am?" Another person told me a similar story, so it's a credible one. It's nothing short of blackmail.

If this was acceptable, parents wouldn't want their children to learn judo. I think everyone involved in judo should be careful in order to gain society's understanding.

### Lastly

With the theme of "What is sport?" we have covered many grounds today, but I have talked nothing but points I want you to ponder upon. That sports is culture, and there are differences between the West and Japan on how sports should be regarded.

Also, national policies often influence sports promotion including the Olympics. In addition to national guidance to obtain medals and sports organizations that want to respond to that, it is also important to promote sports for the sake of national health. Also, we're faced with the reality in which 1/3 of girls in junior high do not exercise even for 60 minutes a week.

Under these circumstances, how should Japan implement policies? With the 2020 Tokyo Olympics and Paralympics in view, I would like every one of you to think about this. I have touched upon the subject from various viewpoints, but I hope you will combine them and make something tangible in your mind. That's it for today. Thank you very much.

**MC:** Thank you very much, Ms. Miyajima. I imagine everyone in the audience has deepened their concept of sports. Then we would like to receive questions for Ms. Miyajima. President Yamashita, you're raising your hand, so please go ahead and ask her a question.

**Mr. Yamashita:** Thank you very much for your lecture.

Actually, about 2 years and a half ago, I saw Ms. Miyajima at a meeting at the Ministry of Education. At the time Mr. Suzuki was vice minister, and she said 2/3 of what I wanted to say. Today's talk also reminded me that she and I have similar ideas how sports should be.

I'm serving as president of Japan Olympic committee. I'm expected to make efforts to help Japanese athletes succeed in the Tokyo Olympics and Paralympics, but in addition, I would like to focus on promoting sports among the young and old, including the handicapped. After succeeding on both points, we could say we have succeeded in the Olympics/Paralympics. I promise to do my best before we start taking questions.

I found Finland's case very interesting. I think as the Finns practice sports more often and become healthier, not only have they decreased the suicide, but also they have reduced medical cost. Could you tell us what changes this has brought?

**Ms. Miyajima:** Thank you for your question. For instance, how long does it take for you to go from your home to hospital? In Japan you will usually find a hospital within a 30-minute drive. But in Finland you may not get to hospital after driving 3 hours. So they have to take care of their own health. The Finns are used to the idea of self-management. Of course society system such as helicopters, but they don't go to hospital for catching a cold.

The first thing I notice about Finland is how pregnant women are treated. As they are about to give birth, they receive a huge box. It has a set of things needed for maternity and raising a child, containing baby clothing for cold. Finland is a cold country, but they want to encourage babies to develop tougher skin. Actually, you can purchase this box from the Finnish embassy. Some boxes come with Moomin. When a friend of mine who is pregnant purchased a box, it came with a snowsuit, which she never needed

to use in Japan.

This motivated me to study about Finland more deeply. It's true that it was a country with a high suicide rate, but as they promote sports, they have succeeded in creating a better environment, reducing medical cost considerably. Does this answer your question?

**MC:** Ms. Miyajima, thank you very much. As we are running out of time already, we will close the lecture here. Please give her another big round of applause.

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