

Kanagawa Prefecture Certified NPO
Solidarity of Judo Education

Members and Supporters Meeting

- Annual Review 2015
- Closing Ceremony of Coaching Seminar

November 30th 2015
Arcadia Ichigaya, Private school hall

Opening Speech

Vice President Toshiaki Hashimoto



Thank you very much for attending today's Solidarity of Judo Education NPO Members and Supporters meeting particularly at this busy time of year with December starting tomorrow.

Despite the fact that we are all gathered here at this meeting I'm afraid there won't be much talk of profits as we are a Not for Profit organization. All the more reason for us to impress upon you how well we are connecting with the rest of the world through judo and make your attendance here worthwhile.

Today we will hear from our President Yasuhiro Yamashita concerning the annual activities report and nine of our trainee instructors who will give us their report and their thoughts on the training they received. Please pardon me for the long introduction. I work at Tokai University and have recently been visiting high schools affiliated with Tokai University educating students about the Olympics. This education project is

based on the 2020 Olympics and Paralympics to be held in Tokyo.

In these classes I talk about the spirit of the modern Olympics advocated by Baron Coubertin. To get the message across I have students listen to a reading from an old Japanese 6th grade textbook. Baron Coubertin is mentioned in this textbook which was compiled by the author Naoya Shiga. In the bid for the 1964 Tokyo Olympics Kazushige Hirasawa, a foreign affairs critic gave a presentation using this text to promote Japan to the delegates from each country. "The children of Japan understand the spirit of the Olympics. They are learning about Coubertin's ideal of reaching peace through sport. Please bring the Olympics to such a country." It was a very simple speech but it really hit home with the delegates from each country.

I also got hold of the textbook and read it. I was impressed by its content and felt it was very easy to understand even for children and with it had a high-tone of writing. That is the book I am now using with high school students.

Hirasawa's impetus for making such a speech came from the founder of judo Jigoro Kano Sensei. Kano Sensei was involved in the 1940 Tokyo Olympics which were cancelled because of World War II. Taking part in the bidding campaign he was returning home by ship home from Egypt via Canada when he passed away. Hirasawa was on the same ship as him and learned directly from him the importance of the Olympics and sports in general. Hirasawa was with him when he died. Kano Sensei wanted people from all over the world to come to Japan and learn about Japan even more so because of the disputes and war which were going on at the time. It is said that he talked about how from the point of view of European countries and America Japan was known as 'The Far East' however he wanted people to also consider Japan as a real player in the world field. With this in mind Hirasawa was encouraged through his bidding campaign to educate people around the world about

the text book and Japanese children.

I feel that this sentiment was the very same sentiment as that of Solidarity of Judo Education. It is exactly the sentiment which we have inherited. The scale of our activities is small not worth making a comparison even on a national level. However even on such a small scale we are able to bring together people from countries undergoing disputes and through judo and living together they are able to connect with each other building for a better future.

I also believe that today the trainee instructors who have come to Japan will tell us of the valuable experiences they have had. In order to create a better society through judo and with your support I hope to continue such activities. We are also planning a social event this evening. Time permitting I am looking forward to getting to know everybody. Thank you very much.

Moderator Chairman Yamashita will now present the 2015 Activities report. Over to you Chairman.

The Year in Review

Chairman Yasuhiro Yamashita



Good evening ladies and gentlemen and Thank you for your continued support of the Solidarity of Judo Education NPO. Our NPO exists thanks to your contributions and donations with that in mind I am very happy to present this year's activities.

Judo Education Solidarity NPO was set up in April 2004 and this year we reach our 10th anniversary. I am deeply moved when I think that, thanks to your

support we have gained the understanding and support of many more people and have been able to undertake many varied activities. Some of the activities we have undertaken are not what you would expect from such a small NPO. The Japanese judo world has rallied all its energies into dealing with these activities. Thanks to the efforts of the many people involved with judo we have been able to move forward tackling these issues. I would like to thank you all again.

Muneoka Shouji assumed office as the new chairman of the All Japan Judo Federation in August of 2013. Along with him as vice chairman we are now together reforming the association. By 2014 we were able to re-organize the governance and compliance of the organization and since April of 2015 we have been putting our energies into international exchange.

I hope that you will understand when I tell you that, in my position as both the vice-chairman of the judo federation and as the chairman of this NPO, just so that there are no misconceptions about a conflict of interest, I have chosen to offer support from behind the scenes in terms of AJJF's international exchange activities. Hereafter, along with the Judo Federation, judo I believe we can widen the scope further for contributing internationally and socially precisely because it is the judo world. I'd like to move forward bringing together people from both sides.

2015 Annual Report

Allow me to present our activities for 2015. Firstly the recycling of judo-gi and the tatami support project. This project has been undertaken with the cooperation of students from Tokai University. You will find the list of countries where donations are sent to in the pamphlet in front of you.

Some of you may be thinking that the number of countries where donations are sent to is small. In fact the national judo federation has also begun a support project donating judo-gi and tatami to developing countries. Some countries have switched over bringing our numbers down compared to previous

years. We estimate that there will be cases where the national judo federation will not be able to meet demand from certain countries for judo-gi and tatami and we will step in.

| Judo-gi | number |
|----------------|--------|
| Bhutan | 50 |
| Cambodia | 50 |
| Paraguay | 100 |
| Zimbabwe | 50 |
| Tatami | |
| Honduras | 50 |
| Costa Rica | 100 |
| Tanzania | 157 |
| Cuba | 100 |

Next I'd like to mention our sending abroad of volunteer students. The picture in the slide shows a graduate student we sent to Georgetown University in America in September 2015. This project is also in its 4th year. In the first year we sent Kosei Inoue sensei to America. What was at the time an amateur judo club at the naval officers' academy has now developed into a proper judo club with dedicated members.

Not only to America however, we also sent volunteer students to Nanjing and Qingdao in China. Looking at the data it may appear that we are less active in this area than we were last year.



The reason for this is also the fact that from last year the All Japan Judo Federation began sending volunteer students abroad. The students are volunteers which means basically that they go during spring and summer vacation however they are were sent to places which already have experience with exchanges such

as Nanjing and Qingdao as well as Bhutan. It is essential to prepare and train students before they go no matter how much judo experience they have.

Kenji Mitsumoto has become the central focus of our NPO and is applying himself to cooperate with the All Japan Judo Federation on preparatory training.



The following pictures taken in March 2015 show Tomoo Hamana Sensei's time in Nanjing and Qingdao and similarly Mitsumoto Sensei's time in Nanjing and Qingdao.

Following on from this, our admittance of instructors and judo athletes from abroad. In 2015 we welcomed instructors and judo athletes from Costa Rica, Senegal, China, Myanmar and Ghana. We are planning to accept even more instructors throughout the year. At present instructors from nine different countries come with a plan to spend a month in Japan, today we will hear the results of their stay.

Amongst past participants are judoka who became junior team coaches and instructors for what was then the USSR's national team. There are also a large number of people carrying out projects around the world. We hope that the instructors who visited Japan this year will return home and play an even more active role.

The Spirit of Judo Expanding in China



The following slide shows a picture of the Qingdao Japan-China Judo Friendship Hall. Every year eager children from the Qingdao judo hall come to Japan to train. This is a picture of their visit to Miyagi prefecture in July, 2015.



There is also a picture of them doing the Qingdao judo exercises. Activities such as those Qingdao judo hall at are considered to have contributed to the spread of judo in The People's Republic of China for which they received a commendation from the Ministry of foreign affairs presented by Fumio Kishida the Japanese Minister of Foreign Affairs in August 2016.

In November Qingdao judo hall's chairman Xu Dianping was kind enough to bring his commendation certificate to show me on a visit to my research laboratory at Tokai University Shonan campus.

Only individuals from three groups in the whole of China including Hong Kong, Taiwan and Macau have received this award. We are very grateful and it is a great honour that Qingdao judo hall was chosen as one of them. We also have a friendship judo hall in Nanjing, China. Not wanting to lose to Qingdao they have done a wonderful job of expanding their activities. As you know both were set up by our NPO with the cooperation of the Japanese Ministry of foreign affairs cultural assistance grant.

At present there are about 500 members, both adults and children registered with the Japan-China Nanjing Judo friendship hall. While I was in Shanghai on University business in July 2015 I had a chance to go out and visit the Japan-China Nanjing Judo friendship hall and witness that their activities have evolved into something really wonderful. Centred around the friendship Hall's activities, projects bringing judo into local schools are spreading in Nanjing. Some elementary schools are even including judo as a compulsory subject. However all of the instructors are from the Japan-China Nanjing Judo friendship hall so the more these activities expand the more we will see a shortage of instructors. The task we are facing now is how to train and educate instructors.

Laying the Foundations for Peace through Judo

Next I would like to talk about exchanges between Japan and Russia. In September 2015 JT (Japan Tobacco Corporation) held a course in Vladivostok I attended the course as a judo instructor. During my visit to Russia I went as far as Chechnya. I was able to attend an international junior high and high school judo championship which has been held in the region since a few years ago.

The image of Chechnya is one of a very dangerous region. We have had invitations for Japanese judoka to attend the championships however the circumstances have not been right to send anyone. Although recently public order has been restored and people from 18 countries attended the last championships. Even in such a place we held a judo class. I hope they reach peace and stability as soon as possible.

Following on I would like to talk about our exchanges with Israel and Palestine. Among the instructors who will be telling us the results of their training course here in Japan are instructors from both Israel and Palestine. Also 5 years ago we invited junior high school students from Israel and Palestine

to Japan for a two week course. Such projects are very costly so it is difficult for an organization as small as ours to hold them every year. In 2016 we are holding an exchange project for elementary school aged children. In June 2016 I will be reporting on the results of this exchange which should be something to look forward to.

Exchanges with the UAE



In addition we are progressing in our exchanges with the UAE. This slide was taken in February 2014. The picture shows His Highness General Sheikh, Crown Prince of Abu Dhabi, the United Arab Emirates, Mohammed bin Zayed Al Nahyan during his visit to Japan. The King of Abu Dhabi has not been seen in public for 3 years; the Crown Prince is essentially in charge of official business.

He expressed a wish to observe judo training during his time in Japan and visited Tokai University's affiliated high School. During his visit he made a request. "Mr. Yamashita Please lend us your support. I would like to see athletes from the UAE take part in the 2020 Tokyo Olympics." Our conversation moved on to education and he talked of how he wanted judo to be included in the school curriculum. We hear a number of such requests from various countries and in October 2015 I took the opportunity to visit Abu Dhabi for the World Judo Junior Championships.

According to the Ambassador and Japanese expats living there approximately a third of

Japan's imports of oil, gas and energy sources are actually imported from the UAE. That contract is renewed every year therefore the UAE is an extremely important country for Japan.



This slide shows the Emir having dinner with the Japanese Ambassador on the occasion of the World Junior Championships. It shows how both countries national interests can be furthered through judo exchanges. With the assistance of the All Japan Judo Federation this marked the beginning of exchanges between both countries. The UAE is a very wealthy country therefore there are no worries about costs for furthering our NPO's activities.

Youth Support

Our other Activities include support for reconstruction after the Great East Japan Earthquake. As a way of offering support we have an initiative to invite athletes from Mongolia to the judo championships held in Fukushima. We are also offering our cooperation to the international judo camps organized by Tokai University's Bosei gakujuku and Matsumae judo juku and their camp in Canada.

One of our most important projects which we are putting a great deal of effort into is instruction and education concerning the safe teaching of judo. Unfortunately in recent years there have been a number of judo related deaths and accidents, giving the impression to the general public that judo causes a lot of injuries and is a dangerous sport.

Our NPO is the driving force behind projects to spread what are the basics of judo, so that you can protect yourself safely, and avoid injuring your opponent.



When I was working as the national coach or the men's team I was supervised by Doctor Seiji Miyazaki. I produced a DVD about teaching judo safely. I gave away for free 3500 copies of the DVD to instructors of young boys and girls in Japan.



When I was the coaching chairman of the International Judo Federation we earned the rights to the DVD made for teaching materials and are sending it out to everyone. It was originally made as a teaching resource to be used around the world and has been recorded in Japanese, English, French, Arabic and Russian. 3500 copies were made and we are in the process of delivering them free of charge to institutions and clubs where youth are learning judo.

Looking Ahead to the Tokyo Olympics and Paralympics



And finally, in 2015 we approved the setting up of the 'Sport for Tomorrow' project looking ahead to the 2020 Tokyo Olympics. The project was proposed in a speech given by Prime Minister Shinzo Abe in Buenos Aires Argentina, when it was decided which country would host the 2020 Olympics. Between now and 2020 Japan aims to promote the value of sport and the Olympic movement in a project involving over 10,000,000 people in over 100 countries and regions. The All Japan Judo Federation will be taking part in the planning however we are offering our cooperation to help achieve better results.

As I mentioned in the beginning as the Vice chairman of the All Japan Judo Federation, I am currently involved with the re-organization of the world of judo in Japan. With the death of my dear friend, Mr. Hitoshi Saito I have had to join the special Olympic committee as chairman. Ahead of the Rio Olympics I am deputy head of the 2020 Tokyo Olympics and Paralympics special headquarters and also in a position of promoting all sports. I am also the Vice chancellor of Tokai University.

Because of this I'm in a very difficult position to continue my activities as chairman of the NPO as I have in the past. However in place of me we have very dedicated staff working on my behalf. Ms. Mitsumoto, Ms. Ozawa and Ms. Miyamoto. Today I'd like to ask everyone who has supported us and given us their donations, to offer their support to our staff and ask again for your understanding and cooperation for which I would like to offer my deepest gratitude.

We are only a small NPO. There is a limit to what we can do. On the other hand the AJJF has put in place reforms and through various activities it has regained society's trust. It is precisely because it is judo that we will be able to make a contribution to society. However there are activities which the All Japan Judo Federation cannot undertake. With the support of everyone in our NPO I would like to see those activities develop. I hope we can make it work together.

We will now hear introductions from the coaches who took part in the coaching seminar. I have been looking forward to hearing from them. They will talk not only about judo but also their experience of kendo, their trip to Hiroshima and various training activities. They will be returning to their home countries soon but I hope they will form a bridge with Japan. Thank you for listening so attentively.

Moderator Well, as explained by Chairman Yamashita I would like to now begin the presentation of results from the 2015 Coaching training course. Firstly greetings from Kenji Mitsumoto who was responsible for instructing, and introductions from the trainees.

Introduction of the Trainees

Kenji Mitsumoto

Teacher in charge of International Exchange



Good evening everyone. Thank you for the introduction. My name is Kenji Mitsumoto. Though I only play a small part, I help out with instructing at the Solidarity of Judo Education NPO. The moderator Mrs. Mitsumoto is my wife.

Carrying on from last year's coaching seminar, as Chairman Yamashita mentioned, as well as the 8 coaches from abroad 1 coach from Japan also took part. He spent two years in America on a language exchange and from April 2016 he has said he would like to go abroad as a coach. This seemed fortunate timing and a good experience for him which is why we allowed him to take part.

Training began this time on November 9th 2015. It was scheduled so the trainees could observe the Tokyo Grand Slam championships from December 4th to 6th before returning home. The training involved not only improving the trainee's abilities as instructors but also in wider terms total body management and mental training including instruction on taping, sports massage and rehabilitation. We were able to do this with the cooperation of a number of members of Tokai university staff who are connected with judo.

It's a personal matter but as I am nearing retirement age, last Spring I developed a pain in my leg. I had it checked out at the Tokai university affiliated hospital and it turns out I will be having surgery in September. It is for that reason that I was unable to assist Chairman Yamashita as I would have liked to. I'm very sorry for any inconvenience caused. Actually one of the doctors in charge of my surgery had a damaged ear, when I asked him about it he told me he did judo when he attended Tokai University's Urayasu High School. He was a very distinguished doctor and this is just one example of how people involved in judo can appear in many different places.

Going back to the subject of the training seminar. The training was not only aimed at judo athletes. During visits to local clubs such as Hamana judo hall and Asahi judo hall as well as junior high schools the trainees were able to learn instructing techniques for a wide range of students including children and beginners. And we will hear about their experiences after a month of Japanese language and culture. Let's move on to the self-introductions in Japanese from all of our trainees.

Self Introductions from the Trainees

**Mr. Montlamorago
Kingsley Segokotlo
Botswana**



Good evening. How are you?
Thank you very much. My name

is Kingsley. I'm from Botswana. Nice to meet you.



Mr. Rami S.M. Kalabani
Palestine

Good evening. My name is Rami. I'm from Palestine. Nice to meet you.



Mr. Zaw Lwin
Myanmar

Good evening. My name is Zaw Lwin. I'm from Myanmar. Nice to meet you.



Mr. Nahum Zadok Tzahy
Israel

Good evening. My name is Nahum Zadok Tzahy. I'm from Israel.



Mr. Wan Lei
People's Republic of China

Good evening. My name is Wan Lei. I'm from Beijing, China. Nice to meet you.

Mr. Naoya Haraguchi
Japan

Good evening. Thank you for the introduction earlier. My name is Naoya Haraguchi. I graduated from Tokai University in 2013. In August 2013 I went



Mr. Andres Sancho Barrantes
Costa Rica

to Florida to study English and do a little judo teaching. I came back in May of 2015. From 2016 I am planning to coach abroad and was lucky enough to take part in this coaching seminar. Nice to meet you.



Mr. Nemani Kavuru Takayawa
Fiji

Good evening. I am Sancho. I'm from Costa Rica.



Mr. Mouh Salen Almouh
United Arab Emirates

Good evening. I am Takayawa from Fiji. Nice to meet you.



Master Instructor Mitsumoto Speaking of Botswana where Mr. Segokotlo comes from, a graduate of Tokai University, Mr. Keisuke Itsubo went to Botswana as a volunteer through the Japan International Cooperation Agency (JICA) and was

teaching judo there. Unfortunately in 2014 Mr. Itsubo died in Africa in an unforeseen accident. Mr. Kingsley had been a student of Mr. Itsubo.

Mr. Takayawa from Fiji's father actually came to Tokai University as an exchange student when he was younger. He has since passed away but allowed his son attend High School and University in Japan. Mr. Takayawa has no problems with his Japanese.

Speaking of the UAE which Mr. Yamashita reported on earlier, with the promising future of oil resources in mind, there is a focus on education and a lively international exchange with Tokai University. Under Yamashita sensei's instructions I visited five of the seven Emirates. As the Crown Prince had explained there are not enough instructors to include judo in the school curriculum. We decided the only thing to do was to hold a coaching seminar so along with Mr. Haraguchi we went out and held a two week long coaching course. Under such circumstances I am hoping we can send Mr. Haraguchi to the UAE to help with education in schools. I feel we can increase ties between Tokai University and Japan with the UAE. Moving on to the report from our trainees now. Thank you very much.

Moderator Let's proceed now to hear the reports from the trainees concerning their month long coaching course. The trainees were split into 3 groups. Their talk will include details of the judo instructing course, things they learned at university other than judo and their experience of Japanese culture and tradition amongst other things.

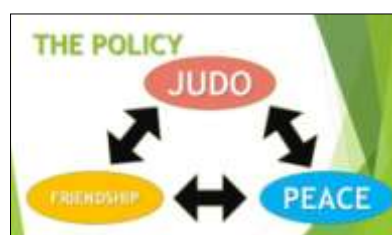
Training Report from Trainees

First group

Mr. Haraguchi, Mr. Barrantes and Mr. Tzahy

Thank you very much for attending today's Solidarity of Judo Education NPO Organization Members and Supporters meeting. On this occasion we were able to take in the Solidarity of Judo Education NPO's coaching seminar over the period of

about one month. With the assistance of Solidarity of Judo Education and Tokai University, we have been able to gain a very valuable experience visiting various towns, judo halls and schools. I'd like to take this opportunity to express my gratitude.



The coaching seminar began on November 9th. We were all very nervous. We were able to learn about peace through judo at this seminar.



On November 12th a welcome party was held by Solidarity of Judo Education. I quickly felt at ease with the delicious food and songs from the students.

Over this month we learned such a lot through judo. I am very grateful to Kenji Mitsumoto sensei for teaching us. We were able to learn fast leg techniques from Makoto Takeuchi sensei. We had very precise teaching about throwing forms from Tomoo Hamana sensei. The class on Kata taught by Hamana sensei was an extremely valuable experience.



This slide shows us participating in a class for 'Special judo drills' which takes place every Saturday. We were also able to take part in Yamashita sensei's judo class. I am envious of the students who are able to take his class every week.



This next slide shows the course for International referees headed by Koichi Kamohara sensei on November 9th at Kodokan. The use of video in the meeting made it very easy to understand. Most of our classes were taught by Mitsumoto sensei at the Tokai university judo Hall. We learned everything from the basics of judo to how to put it into practice. Mitsumoto sensei's classes were very enjoyable. I am very grateful to Yasuhiro Yamashita sensei, Ms. Keiko Mitsumoto in administration and Kenji Mitsumoto sensei.

Moderator Thank you very much everyone. Here is the report from the second group. Mr. Segokotlo from Botswana, Mr. Lwin Zaw from Myanmar, Tsune-chan or Mr. Takayawa from Fiji. Please take it from here.

Second Group

Mr. Segokotlo, Mr. Lwin and Mr. Takayama

Thank you very much. Over the period of one month we took part in various classes. We'd now like

to give our presentation about that.

The special classes which were organized for us were not only fun they were also very educational. We are all from different countries but had no problems at all getting along with each other and enjoyed our time together.



I'd like to talk about the lesson on sport taping. As an athlete the lesson on taping was very important for me. I particularly learned a lot about ankle and knee taping. I was really glad to learn the skill involved in applying the tape with just the right pressure in just the right place to avoid worsening the injury. Thank you very much.



Good evening everyone. I'd like to explain about the massage class. We learned about the importance of using our muscles with care and as athletes not to neglect proper care for our bodies, in particular the importance of massage after training. Thank you very much.



I'd like to talk about the rehabilitation class. Most of the exercises we studied felt more like a game. They were fun and very easy to understand. It is suitable for children too. When we go back to our respective countries our students can benefit during practice.



This slide shows a picture of us doing the exercise.



Next I'd like to talk about the kendo lesson. Like judo kendo is a traditional Japanese sport. We were lucky enough to learn how to put on traditional Japanese wear and learn traditional moves through sport. In order to put on the kendogi, hakama and equipment it took 30 minutes and was very difficult but it was a great experience. This slide shows a picture of that.

Finally I'd like to talk about the iaido class at. Like judo and kendo iaido is a martial art. It differs to kendo in that there is no free practice only kata are practiced. We managed to chop a giant white radish using iaido.



Since our arrival in Japan we have been very well looked after firstly by Kenji Mitsumoto sensei and also Toshiaki Hashimoto Sensei, Mrs. Keiko Mitsumoto in administration, Ms. Hiroko Ozawa, and Ms. Yoko Kinoshita. Thank you very much. I'd like to express my gratitude not only to these people but to all the people we have met in Japan. Thank you very much.

Moderator Thank you very much. And now for the final group. Mr. Rami from Palestine, Mr. Wan Lei from China and from the UAE Mr. Mouh. They will talk about their experiences of Japanese tradition and culture from their trip.

Third Group

Mr. Kalabani, Mr. Wan and Mr. Mouh.



Good evening. At the Kodokan museum I learned about the life of Jigoro Kano sensei and the history of judo. Eishoji temple is the place where judo was born. It is the first step in the long history of judo. Thank you.



At Asahi Dojo I was surprised to see they were giving a level of training fit for raising champions .In particular the way they utilized their judo-gi. At Hamana Dojo it was wonderful to see children with disabilities doing the same training as everyone else.



In 2020 Nukui Junior High School will play an active part in the Olympics. They are educating the children who will support Japan in the future.



Yokosuka Gakuin's slogan was very impressive. "No pain no gain, no gain no glory."



I visited four shrines in Kyoto. Kinkakuji temple was very beautiful.



I saw the Atomic Bomb Memorial in Hiroshima. I learned about Japan's sad history. Thank you very much everyone. If I had to write the names of all the people I'm grateful to it would fill more than a book. I have received so much support and understanding. I'm grateful for everything which has happened to me whilst in Japan. Everywhere I went in Japan I learned the value of good manners and the value of culture. Thank you very much.

Moderator Well we are running out of time so I would like to begin our presentation ceremony. Certificates of completion will be presented by Chairman Yamashita. Please come up onto the stage.

Presentation of certificates of completion



Chairman Yamashita Allow me to read out the names. Certificate of completion number 25. Montlamorago Kingsley Segokotlo you have achieved a great result over the NPO course from November 9th to December 6th 2015.

Through practice and a deep understanding of the spirit of judo, dedication in training, and great effort in body spirit and performance. I hereby certify that you have completed this course. The date marked is different to today's date the reason being that the trainees will observe the Grand Slam Tokyo

Championships before going home and so the date marked is December 6th. I hereby give my authorization. Yasuhiro Yamashita Solidarity of Judo Education Chairman.

«Presentation of certificates of completion to everyone»

Moderator Thank you very much Mr. Yamashita, our chairman. Following this meeting there will be a reception. We only have a limited amount of time but I hope it will be a chance for everyone to get to know each other better.

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