

Certified NPO - Solidarity of International Judo Education

## 10<sup>th</sup> Anniversary Symposium The Olympics from Rio to Tokyo

January 20<sup>th</sup>, 2017

Tokyo Dome Hotel, Aurora Room B1

### Opening Speech

#### President Yasuhiro Yamashita



First of all I'd like to wish you all a very Happy New Year and thank so many of you for attending the 10<sup>th</sup> Anniversary Symposium of Judo Education Solidarity at this busy time of the year.

Before coming here today I was reflecting on a number of things.

#### The words of Okuda - the reason behind the foundation of our organization

Our organization was founded in April 2006. At the time I was managing coaching education at the International Judo Federation. From that position I focused on raising the educational value of judo with the hope of offering some kind of support to countries where judo is developing and making judo more universal. We received support from a number of people but it was from these small beginnings that I became friendly with Hiroshi Okuda the director of the Japan Economic Federation. Together we published a book entitled. 'Living the way of the Warrior.' Mr. Okuda once said to me, 'Mr. Yamashita you are doing a great job, however you seem to be spending a lot of your precious time out collecting funding for your activities, perhaps you should

consider setting up an organization, even just a small one? With the help of more people you could increase your activities even if it's spread thinly over a wide area. Please feel free to use my name. That way you can spend your time doing more important things. Thanks to his advice I founded our organization.

I conferred with Mr. Toshiaki Hashimoto who offered to take on the role of deputy director and Keiko Mitsumoto our office manager and 10 years ago in April 2006 our organization was founded. I invited Mr. Okuda to come and give a lecture during our first year. If I remember rightly it was held at the Tokai Club.

#### The setting up of two friendship judo halls in China

Since our establishment we have received approval from a number of individuals and businesses.

In 2007 we were able to set up the Japan-China Friendship Judo Hall in Qingdao. Today we have the pleasure of welcoming the director of the judo hall Mr. Xu Dianping. They are undertaking some excellent activities in Tsingtao. They received a commendation from the Director of the Department of Foreign Affairs in 2015.

Furthermore in 2010 with the cooperation of the City of Nanjing and the understanding and financial support of the Japanese Ministry for Foreign Affairs we were able to set up another Japan-China Friendship Judo Hall in Nanjing. I have presented on the activities of both of these halls in the past however needless to say they are undertaking some excellent activities. I'm confident that the Japan-China Friendship Judo Hall in Nanjing will soon receive a commendation from the Minister for Foreign Affairs.

This year marks the 45 anniversary of the normalization of diplomatic ties between China and Japan. A number of suggestions have been made to our organization about this. It's true the relationship between Japan and China is sometimes difficult however I am of the opinion that it gives us even more reason to continue exchanges at a grassroots level. I'm not sure how much difference we can make but I

feel it is important to remain positive and look towards the future.

### **100 years of International Judo Competition with Russia**

The thing I considered next is our exchanges with Russia. As I'm sure some of you know President Putin visited Japan to meet with Prime Minister Abe last December. During his visit he came to the Kodokan where I was able to meet him. It was totally unplanned however Prime Minister Abe and Ex-Prime Minister Mori also visited with Mr. Putin.

In actual fact it has been 100 years since the first Japan vs Russia Judo championships were held in Vladivostok, Russia. This year marks a wonderful 100 year anniversary. Thanks to an appeal by JT (Japan Tobacco) there will be a 100 year anniversary championship held in Vladivostok entitled the Yasuhiro Yamashita Cup. A suggestion was made by the organizers that if my name was on the cup the President Putin might also attend. I'm not sure the mention of my name could draw the president however I agreed to have my name on the cup. Talk of the championship grew and when the three leaders President Putin, Prime Minister Abe and former Prime Minister Mori met at Kodokan it was agreed that they would attend the 100 year anniversary cup in Vladivostok on September 6<sup>th</sup> and 7<sup>th</sup> in addition to the planned economic summit.

Relations between Russia and Japan similarly to China and Japan are not easy however I believe it is very important to gain an understanding of each other through grassroots cultural exchange.

### **Providing a link between Israel and Palestine**

As you can see from the documentation in front of you our organization has exchanges with both Israel and Palestine. When visiting these countries I always feel the wonderful power of judo how it can bring countries and people together. Kotaro Ogawa one of our directors who is present today has suggested along with Kosei Inoue that we offer education to both countries. How wonderful it would be to bring together

children from both countries to learn judo together. From that suggestion we have already made a start on such a project.

### **Widening the scope of judo's international contribution**

In addition there is also the matter of our sending recycled judo gear to developing countries. We have also welcomed instructors to Japan and sent instructors and volunteer students abroad. You will hear more details of that later from Mrs. Mitsumoto at our bureau of affairs.

I feel judo has always been able to make a contribution to international exchange and peace however the sphere of judo in Japan has not done enough to fully develop this. It was probably not considered of great importance. Our organization on the other hand is founded on and has been offered support by the Bureau for Foreign Affairs and JICA.

I believe that in order to move forward however our organization also requires the support of the whole of the Judo world in Japan. Our activities of sending volunteer instructors and recycled judo wear abroad has been embraced by the wider judo community. The Judo federation is very well aware of how important its role is in contributing to the international community.

The operations of our organization should not be limited but widened with the help of everyone here today. I feel it necessary to involve everyone concerned with judo to make a real international contribution.

I also believe that this is something which shouldn't be limited to judo but should include other sports too. It should involve a deeper understanding of other cultures and not simply be a matter of winning or losing. I feel it is important to approach sports with such an attitude. I am considering showing the example of judo to other sports organizations as an example of what can be achieved.

### **Gratitude to Everyone who has helped**

The reason I am able to stand here and celebrate our 10 years of operation is directly due to the kind support of

everyone here including business and industry. I'd also like to thank the Department of Foreign Affairs, International exchange donations, JICA, All Japan Judo, Kodokan amongst others for their understanding and support of our activities. We will continue to work hard developing our activities with the hope of gaining your continued support.

This was only meant to be a short introduction however we also have for you today our Rio de Janeiro Olympic male Judo athlete Kosei Inoue and female judo athlete and coach Maki Tsukada who will be giving a symposium on the road from the Rio de Janeiro Olympics to the Tokyo Olympics. I shouldn't really let on what they are going to talk about something which I too look forward to hearing. I hope everyone here today can glean something from the limited time we have together.

## 10<sup>th</sup> Anniversary announcement

Keiko Mitsumoto (Secretary General)



## Exchange Affairs with Israel and Palestine

I will now present the activities of Judo Education Solidarity over the ten years in a PowerPoint presentation on behalf of the Bureau of Affairs.

It is very difficult talk about so many activities over a ten period in a short time however I will do my best.



The first slide shows visiting junior high school students from Palestine and Israel in the Nagasaki Peace Park back in

2015. As you can imagine a photo including children from both countries is unthinkable where they come from. For that reason this is a very important photo. It is because the children came to Japan that such a thing was possible.

Over the past ten years we have worked with the ideal of increasing international understanding and exchange through sport. As part of our activities the goal of education has been particularly important. The aim has not been to coach the strongest judo athletes. Our educational goal has been to produce athletes who help each other in society and are balanced in their body and mind. That has been our hope through all our activities.

We have come to realize through our ventures and activities that Sporting culture has the ability to bring people from around the world together. Judo exchange goes beyond the limits of culture and religion giving people a deeper understanding of other cultures. Sportsmanship and abiding the rules fairly is at the heart of sport and helps cultivate peace in people's hearts. We are convinced that exchanges which build trust is the most effective way to build a society where people help each other.

From this viewpoint we wondered if we couldn't develop an exchange project with Palestine and Israel through the power of sport. We thought there would be a will to develop such a project even if it took time. It wasn't easy to gain the trust of the judo community there. We didn't give up though and continued to develop relations little by little. Following these initial activities the Japanese embassies in Palestine and Israel wondered if they couldn't help develop peace through sports exchange. Our director Mr. Yamashita was singled out for his influence in starting this. On hearing this we wondered if we couldn't bring people together in areas of conflict through judo. We realized this is a form of exchange which is unique to Japan. In the beginning we invited an instructor from each country to attend training in Japan. We thought we would be able to mediate between the coaches from each country using the abilities of the coaches we called on.

We also regard it very important to create projects which

have a sense of continuation, building trust with the instructors we sent from Japan. A gap between our ideals and the reality of the situation exists however there are plans for a joint Palestinian and Israeli judo school. Gradually we are starting to feel we are getting a better response to our results. It is our hope that in the near future athletes from both regions will be able to come together to engage in sport without needing to pass a checkpoint.

### Donations of Judo wear and tatami mats Instructor Exchange



On a different subject one of our pillar projects is the re-use of judo wear and tatami mats. By December last year we had sent 33884 sets of judo wear to 146 different countries. We also delivered around 500 tatami mats around the world. Judo founded by Jigoro Kano has spread to 201 countries and regions around the world. Many of those countries which are underdeveloped economically or in a period of conflict still continue to do judo even without judo wear or tatami mats.

As our director mentioned earlier we are working in cooperation with the International Judo Federation with the support of the Department of Foreign Affairs, various embassies, financial establishments and JICA amongst others to send judo wear and tatami mats free of charge. The sending of judo wear and mats free of charge is very important however even more important is the sending of instructors and athletes from Japan to improve teaching and increase international exchange.

Up until last year we sent a total of 80 instructors, including volunteer students to 13 different countries. We have also welcomed 448 athletes and instructors from 28 countries. We are very grateful to the many people who have come to

Japan.



Six years ago we started a training programme which was for instructors from Palestine and Israel last year's training program welcomed instructors from ten different countries. We always make it a point to visit Kyoto and Hiroshima with the trainees to explore Japanese culture and history. We consider this international exchange as something very special to Japan and to judo, something that only we can do.

### International Exchanges with China and Russia



We have set up China - Japan friendship judo halls in Tsingtao and Nanjing with financial aid from the Ministry of Foreign Affairs for grassroots cultural exchange. This year sees the 10<sup>th</sup> anniversary of the opening of the hall in Tsingtao.

As our director earlier mentioned this year marks the 45<sup>th</sup> year of normal diplomatic relations between Japan and China. To mark the occasion a number of judo events have been planned.

We would like to continue to offer software support to the judo friendship hall which was set up with financial aid from the cultural grassroots fund. There is a great surge in the number of people taking up judo in China, particularly children. It is likely because judo is a very basic sport that the Chinese people have embraced it so well.

We are continuing to expand our exchanges with Russia as

with China. President Putin has a great love of judo and uses the philosophies learnt in judo in his everyday life. Our exchanges with Russia so far have basically been about people. As our director Mr. Yamashita mentioned earlier after talking to Mr. Yamashita it was agreed that a competition would be held in Vladivostok in November called the Yasuhiro Yamashita Cup. It has been 100 years since the first international judo competition was held in Russia. We are thrilled that to mark such an important anniversary with the Yasuhiro Yamashita Cup will be held.

### International Exchange and Peace through sport

We have published our 20<sup>th</sup> newsletter and thanks to the help of so many people have held 19 lectures and symposium. At our symposium today we have with us coaches from the Rio de Janeiro Olympics. From the support side we are extremely proud of the coaches and participants efforts. After looking at the participants, instructors and staff who were involved in the Olympics I'd like to read again the words of Coubertin. The important thing in the Olympic Games is not to win, but to take part; the most important thing in Life is not triumph, but the struggle; the essential thing is not to have conquered but to have fought well. The Olympics is not simply a world level sporting event it is a playing field for the benefit of youth and peace. Baron Coubertin preached the importance of sport in the modern day world. After observing the state of the world and inviting athletes from all over the world to take part I'm sure he realized the its other role, that through sport we can achieve international exchange and peace. This is very similar to our principles of Judo Friendship and Peace. The founder of Tokai University Shigeyoshi Matsumae entrusted our director Mr. Yamashita with these words. I feel very strongly that his words of maintaining world peace through judo activities are in line with the words of Coubertin. Even though we are only a small organization we hope to continue to contribute to society through judo friendship activities in the hope of world peace.

On a final note the Mainichi Newspaper and the Asahi newspaper have been following our activities. Please do take a look at some of their articles which are included in the pamphlet you received at the entrance. Please take a look now at a slideshow of our activities over the past 10 years. Thank you for your attention.

## 10<sup>th</sup> Anniversary Symposium



### Panelists

Yasuhiro Yamashita (Director of our organization)

Kosei Inoue

(Associate Professor, Department of Physical Education, Tokai University. Head coach of the national Judo team)

Maki Tsukada

(Lecturer, Department of Physical Education, Tokai University. Training coach of the Japanese national women's team)

Toshikazu Suzuki (Coach at Japan sport council)

### Coordinator

Shuhei Nomura

(Asahi Newspaper's Rio Olympics chief reporter)

**Mrs. Mitsumoto** Please allow me to introduce to you our panelists today. Firstly our Director Yasuhiro Yamashita. Next to him Mr. Kosei Inoue, Associate Professor from the Department of Physical Education at Tokai University, he is also a Japanese National judo team coach. Next to him is Maki Tsukada a lecturer from the Department of Physical Education at Tokai University, she is also the training coach for the Japanese national female judo team. Next to her, from the Japan Sport Council we have Toshikazu Suzuki who has also taken part as a coach. Next we have our coordinator today Shuhei Nomura, Asahi Newspaper's Rio Olympics chief reporter. Before we begin our discussion I'd like to

hear our panelists' thoughts on the Olympics. Mr. Yamashita would you like to go first.

**Mr. Yasmashita** I'd like to speak about the Olympics but I'm sure our coaches Mr. Inoue and Ms. Tsukada will talk about our judo performance. I attended the Olympics as the deputy leader of Japan's Olympians and was able to experience the Olympics from the viewpoint of the athletes. I'd like to talk about looking toward the 2020 Olympics in Tokyo.

At the Rio Olympics Japan won 12 gold medals and a total of 41 medals in all. The time before at the London Olympics Japan won 7 gold and 38 medals in total more than we have ever won. Which means at the Rio Olympics we topped our best result. The goal for the team before the Olympics was 14 gold medals and 30 in all. Our result fell 2 short in terms of gold medals however the total number of medals was 11 over our goal. In 2013 when I became a director of the Japan Olympic Committee the first task was to eradicate violence from the world of sport in Japan. At the time the International Olympic Committee set up an organization called 'Entourage' not many people have heard of it in Japan. It is a French word which means environment. The organization was set up to maintain a competitive environment where athletes can perform to the best of their ability through collaboration and cooperation. An Olympic committee was set up in each country simultaneously. At the first committee meeting in Japan I was under instructions to eradicate violence from sport. Judo was causing problems in the world of sport in Japan due to violence. So I was at the center of the call to eradicate violence from the world of sport in Japan.

Another issue which was picked up among the circle of athletes was the organization of the manner in which athletes were selected. It was agreed that gradual changes would also be needed in terms of governance and compliance as well as relations with the mass media. So these were the kinds of issues we were dealing with when I was leading the committee, while that was still going on I was also asked to be the deputy leader at the Athlete Training Headquarters. It

is through that position that I became directly involved with the intensive training of the Japanese athletes. Three months after I took on the role of deputy director the leader of the Japanese team for the Rio Olympics Seiko Hashimoto asked my opinion on becoming the deputy leader. I wondered what kind of organization this was asking me to take on such a role after only 3 months on the job.

On suddenly becoming the deputy leader there were many things I was still unsure of however I was struck by the wonderful sense of unity among the athletes in the Japanese team. I really felt they had a strong consciousness of working together and competing as a team. One of the major reasons for this I believe was the setting up of the National Training Centre in 2008. It is now called the Ajinomoto Training Centre. Here the athletes benefit from an environment where they are able to really concentrate. In the next building is the Japan Institute of Sports Sciences. As well as having an environment where they can concentrate athletes also have access to the best sports medical support available.

At the center various teams are able to hold training camps and practice at the same time. They are also able to socialize with athletes from other sports. They are able to exchange information with each other and it has helped create unity and good rapport amongst the members of the Japanese team. In this sense the center plays a crucial role.

A fellow medal winner from the Los Angeles Olympics, wrestler Hideyaki Tomiyama is here with us today. Back in our day we never came into contact with athletes from other sports other than in the Olympics or in University level competition. I don't think the team had such a feeling of unity as it was only after arriving at the Olympics that we got to know the names and faces of other athletes. Now thanks to the national training centre athletes are able to meet other team members from other sports. I believe it has a big impact.

On a side note around 2001 I was summoned by the House of Representatives to take part in a committee meeting about sports education. The meeting was to discuss, 'Why is it that in many other countries there are general facilities available but Japan does not have a national training centre?' I pleaded

the importance of such a facility.

Mr. Oshima who was the leader of the committee and is now leader of the House of Representatives asked me the following question. 'I understand clearly the importance of having a national training center but can not understand why Japan doesn't have one already.'

Not being very clever I answered him honestly. 'Possibly because it doesn't bring in any votes?' 'Perhaps politicians are not interested in things which don't bring in any votes?' the words fell out of my mouth. The faces of the committee members became stern. Inside I was kicking myself but it was too late. Mr. Oshima proclaimed. 'Mr. Yamashita we do what is necessary even if it does not bring in any votes.'

From then on we had the cooperation of the sporting world and politics as well as other fields and the national training centre was completed.

As deputy leader of the Japanese team at the Rio Olympics I felt again the importance of this achievement.

Another impression I have of the Olympics this time was the strength of the Japanese team members when competing. On many occasions I saw athletes make a comeback after falling behind. One example which comes to mind in particular is women's wrestling. Also in table tennis, badminton and other events I saw athletes fight to the end under great pressure, believing in themselves and their team mates, giving it their all right to the bitter end. I'm sure a lot of Japanese people were moved by their efforts.

I wondered what it was like when I was an athlete and then a coach? Japanese athletes did not do well in international competitions, they cracked under pressure and could not give their best performance at the Olympics. I possibly thought of them as losers. Did you have the same feeling?

However now, including in judo, athletes show amazing mental strength. They are not fazed by new conditions and are able to compete confidently I'm sure we all feel this strongly when watching them.

On the other hand there some issues which need to be addressed. One such problem is the lackluster results of team sports. Looking back to the London Olympics the Japanese

women's football team shone out winning a silver medal and the female volleyball team also won bronze.

However this time, leaving aside gymnastics and table tennis, the synchronized swimming team event and relay we didn't manage to get a single medal. More to the point in many cases our teams didn't even make it into the Olympics. It is a lot more difficult to enter the Olympics in a team sport than it is in an individual sport. Only 8-12 countries can take part in each event. In other words the only teams which can take part are the previous winners, the team which came in second place and one winning team from each continent. In my opinion, because it is so difficult to qualify for the Olympics in a team sport I believe a medal won in a team event is 10 times more valuable than a medal won in an individual sport.

In 2020 the Tokyo Olympics will be organized by Japan so most of our teams should be able to take part. I'd like to increase the motivation of our team sports. I feel that a big effort in team events would help the Tokyo Olympics to really take off.

On another point, I praised before the strength of the Japanese athletes in making a comeback at the last minute however looking at it another way in gymnastics, table tennis, and badminton for example the difference between winning and losing was minute. If athletes are totally focused on winning a gold medal we need to bring them to a higher level. Our goal for gold medals at the Tokyo Olympics is 30. Being able to come back and win at the last minute is an important strength but to accomplish that we need to increase overall strength.

Another thing which concerns me is that at the Rio Olympics the medals we won were in a limited number of sports. We mainly won our medals in wrestling, gymnastics, swimming, and judo. In order to achieve our medal count goal in the 2020 Olympics we need to bring up our level of performance in sports where we have never won medals before or have never taken part in the Olympics before. We have world top class ability in wrestling, gymnastics, swimming, and judo. This time we also gained medals in

new and various team events. We need to use the know-how and experience from these events in all our events and improve our performance in sports where we have not won a medal yet or not entered the Olympics in yet.

Our goal at Athlete training headquarters is to win a medal in every event. We understand this is not easy but feel it necessary to have such a goal to keep our motivational momentum going.

At the Tokyo Olympics baseball and softball will be making a return, sports which are popular in Japan and which we have a hope of winning a medal in. There will also be new events which we are hopeful about and feel it will increase our chances of winning more medals.

Something else which is very important and should not be forgotten is the Paralympics. I believe the success of the Tokyo Olympics will depend on the joint success of both the Olympics and the Paralympics.

In August 2013 a new system was set up in Judo and in February 2014 cooperation began with the Japan Judo Federation for the Visually Impaired. The Japan Judo Federation is now working on how to improve the education of visually impaired judo athletes. At present I am the head of the National Training Centre and I believe we need to share facilities with Olympic and Paralympic athletes. My secretary is telling me here that I am running out of time.

On a final note I'd like to talk about what I feel is the most important point. I often hear the words 'Creating a legacy of the Tokyo Olympics and Paralympics.' I don't believe however that the legacy of the Tokyo Olympics can be created by the actions of the athletes alone.

Using the 2020 Olympics as an opportunity to widen the range of sports is an important element in deciding whether we will leave a legacy or not. I believe it also depends on how well The Japan Sports council and the teams from each sport meet the challenge.

The topic of young people's communicative abilities often comes up. People say that they give up too easily, get angry too easily. Journalist Yasuko Miyajima gave a talk at a Judo Solidarity lecture about Finland, a country where suicide is

very high and how a sports initiative helped the problem. Finland may have the highest enthusiasm for participating in sports in the whole world. With 2020 ahead of us I would like to see Japanese people, young and old including disabled people take a similar interest in sport not just the athletes who will be taking part in the Olympics.

Only then will the 2020 Tokyo Olympics and Paralympics leave a true legacy. I feel moving towards 2020 that my responsibilities will increase too. I want to work towards the success of the 2020 Olympics and Paralympics with the many sports lovers in Japan. Thank you for listening.

**Mrs. Mitsumoto** Thank you very much. We all felt your great passion through your speech, I'm very sorry that the constraints of time meant I had to stop you half way.

Moving on we will now hear from Kosei Inoue an Associate Professor in the Department of Physical Education at Tokai University and a Japanese national judo coach.



**Mr. Inoue** My name is Kosei Inoue. Thank you very much for the introduction. First of all I would like to congratulate NPO Solidarity of Judo Education on your 10<sup>th</sup> anniversary. I am very happy to be here as a panelist on such a memorable occasion. I have had the pleasure of working with Solidarity of Judo Education on a number of occasions. I was very impressed listening to the history of the wonderful activities of the organization from its beginnings to now. I felt again how hugely important the power of judo and sport can be. I am employed as a coach with the Japanese national judo team and from that position I would like to get the message to society about how wonderful sport and judo is. I would be only too happy to help out with Solidarity of Judo Education in any way I can from now on.



Just before the secretary pointed out to Mr. Yamashita that he was running out of time. There is no way I could do that. (laughter) Comments from each person were supposed to be 15 minutes however taking into account how long Mr. Yamashita went over I've worked out that we only have about 3 or 4 minutes each. So briefly I will give you my review of the Rio Olympics.



At the Rio Olympics there are seven grades in men's judo and we managed to collect medals in all seven. We won gold in two grades and silver in 3 the others being bronze medals. When judo first became an Olympic event there were 4 grades I believe, this is an astonishing achievement. I feel it was possible because the athletes, coaches and staff all worked together as one. Also it is thanks to all the support and cheering that we received. I'd like to take this opportunity to thank everybody.

As a coach I don't believe however that the Rio result was the absolute best we can do taking into account the abilities of our athletes at the world championships. I am very lucky to be able to be a coach for the 2020 Olympics and hope we can work hard and produce an even better result than last time. After being officially appointed as coach of the Japanese national team over the past 4 years I have included 5 pillars in training.

The first is 'consciousness' I have explained this to the athletes in many different ways but as a coach my goal is to work to the best of my ability towards giving our athletes the highest level of education. I think that is important for winning at the Olympics and it is also important for our chances of continuing to win in the world of judo. The base of this pillar is getting athletes to set clear goals on an annual basis and to achieve this goal. The athletes who achieved this went to the Rio Olympics and without my intervention they

showed maturity and became a group where they fought for themselves. That's why they came away with the result they did I believe.

The second thing I demand is 'Strength.' No matter what happens, no matter what the situation is never give up. This is the goal of building athletes who can win under any circumstances.

During a bout anything can happen right until the very last minute. In the Olympics in particular you never know what might happen. I train my athletes with the skills to be ready to deal with any situation. To achieve that pre-competition training is very important. I have drilled the importance this thoroughly into to my athletes. The athletes took those words to heart and thanks to that when they were in the official Olympic hall I hardly had to give them any advice. They were well prepared with image training before taking part in the match. That is another reason why they won.

The third pillar is 'Physical strength' the world of judo in Japan originally placed great importance on skill. Competing at an international level skill is of course important but without the physical strength to match you can't win at international level.

There is a saying 'Jugo Ittai' it means without skill and strength combined it's impossible for an athlete to win at international level. With this goal in sight we gradually changed our ways of training and nutrition.

The fourth pillar is 'Organizational ability' which stresses the importance of coaches and staff. Recently I am often told 'Mr. Inoue you're a great coach. Please keep on saying it as much as you like. The result we got this time was thanks to the training and nutrition provided by dedicated staff and coaches who provided their support.

Mr. Suzuki our analysis coach who is here today analyzed thousands of different scenarios to bring us the most accurate data to assist with training. So if you're wondering what my role was as coach it was to share information and work hard at creating an environment where coaches felt a sense of purpose in their work. At the Rio Olympics there was a box reserved for coaches in the judo arena however I didn't stay

in there. With the permission of each athletes' coach I stood nearby during each bout offering advice. We were able to do it that way because the athletes trust their coach and the coaches trust me. I hope now you understand the reason why I wasn't in the coach's box. It is not because I wasn't doing anything.

The 5<sup>th</sup> pillar is the 'Power of Science' Advances in video and data are amazing. In this day and age when you can watch a whole match on sites like YouTube athletes are completely putting themselves out there. If you didn't use that data and video you would be missing a great chance to develop your athletes. I don't believe you can win in competition without it.

I have done my utmost over the past four years to implement these five goals and methods. The Olympics is an amazing stage for sporting athletes. It helps to develop all those involved and moves us all. Winning in the Olympics is an amazing feat but it is not everything. I'd like to help everyone realize that not just in terms of judo but how all sports and the Olympics itself is of great value. I have gone a little over time to but thank you for listening so attentively.

**Mrs. Mitsumoto** Thank you very much. Following on may I present Maki Tsukada Lecturer in the Department of Physical Education at Tokai University and training coach of the Japanese national women's team.



**Ms. Tsukada** Thank you for that introduction. I'd like to congratulate you on the 10<sup>th</sup> anniversary NPO Solidarity of Judo Education. I'm very grateful for an opportunity to talk at such an important event. I attended the Rio Olympics as coach of the women's national judo team. As Mr. Inoue already mention I was the coach for Mami Umeki in the

78kg weight class. She was unable to give her best performance in Rio and did not win a medal. I also offered support to Haruka Tachimoto who is based at Tokai University so I'd like to talk about that also. Tachimoto who won a gold medal at the Olympics struggled in the selection round. She was not the first choice of representative. During the final selections she beat the strongest contender winning herself a place. Even in the Rio Olympics she was in a very difficult block, without any seed she came back and won. She went on to win a golden score in an extended match that took her to the finals beating athletes she had never beaten before and winning a gold medal.

Looking back and what Tachimoto did over this process I realized that the job of the coach is to manage various aspects of the athlete. As the coach of Umeki I was unable to help her give her strongest performance. It's something I deeply regret. With no result at the end of the Olympics I felt that what I done along the way had not been correct. With that in mind I was offered the chance to coach for the 2020 Olympics. I believe it is my role as a coach to support athletes to ensure the success of the 2020 Olympics which will be held in Japan. Thank you very much.

**Mrs. Mitsumoto** Thank you very much. Thank you for your patience Mr. Nomura it's a difficult task but could you please coordinate our passionate panelists here today.



**Mr. Nomura** My name is Shuhei Nomura I am here as a journalist from the society section of the Asahi Newspaper today but during the Rio Olympics I was chief reporter for the sports section reporting on judo and wrestling.

I'm very nervous and honoured to be here today on such a grand occasion as the 10<sup>th</sup> Anniversary of Solidarity of Judo

Education. I have often visited Tokai University in the past reporting on the international contribution the university makes and the importance that strength alone will not win out.

Of course winning medals is important but it was when wondering how to get across the message to the public about the universal value of judo that I was helped by Mr. Yamashita and Mrs. Mitsumoto. I believe that is why I have been invited here today.

So let's get started. On winning 12 medals in the Rio Olympics the whole world saw that Japan has a lot of amazing athletes. I'd like to look back on what made this possible. Referring back to what Mr. Inoue talked about earlier with the changes in judo and developments ahead of the 2020 Olympics I'd like to ask Mr. Inoue how he is going to implement those changes.

**Mr. Inoue** Yes!

**Mr. Nomura** We heard a little bit about this earlier but I'd like to ask about the use of science and the physical alterations made by athletes after analyzing data, something which I have reported on. What kind of physical alterations did you make?



**Mr. Inoue** I'd like to show you this slideshow I have prepared. This slide shows Riner a French athlete who has a great record and made selection seven times in a row. In the Olympics this time Japan's Harasawa lost out to him. It is difficult to see from the picture but this athlete is 2m 45cms tall and weighs 145kg. He has enough muscle in his shoulders biceps and abdominals to support that body. I wonder how many athletes there are like that in Japan. I have

never see a Japanese athlete like that. I also didn't think this athlete was winning on skill alone.



That's when I added the pillar of 'Physical strength' seeing if we could take physical strength to the limits. The next picture also shows a foreign athlete. He is in the 90kg weight group. This photo shows his muscle mass at the age of 19. Baker who won a medal for Japan this time was beaten by him in the world championships last year. Even faced with an opponent with such muscle mass Japanese judoka can win with skill. Does anyone here believe that 'Physical strength is not necessary?' Obviously not that is why we are working on physical strength. The way we went about it was to employ a professional trainer. Another important factor in physical strength is diet and nutrition so we invited along nutritionists and body builders as members of physical training staff. The person in the centre of the picture there is the physical coach. He has an incredible body and muscle mass. Thanks to all these members of staff and education I don't believe we lost many matches in Rio due to lack of physical strength.

**Mr. Nomura** How did the athletes consciousness change concerning nutrition and training from the time you were first appointed as coach until the Rio Olympics?

**Mr. Inoue** To put it simply I would say their knowledge of training changed greatly. They increased their knowledge so deeply that they became almost fanatical about nutrition and training. Once people have acquired a basic knowledge their consciousness of it increases very rapidly.

**Mr. Nomura** The body building coach Mr. Okada is a very

interesting man. He has given reporters from the mass media data to help with articles. For example the average adult male needs to consume 2000 kcal per day but a body builder will consume 5000kcal. Thinking about it in such a way, how much protein should I be consuming at breakfast? Why it's important not to skip lunch? He can give reasons and explanations for all of this and his body is proof it works. Being a body builder some people might think Mr. Okada is more in the field of showing off beautiful muscles which is quite removed from the world of judo so why did you ask for his help?

**Mr. Inoue** One of the main reasons is because he was originally a judoka. Another reason is that he completed his graduate studies at Tokai University. I was also looking for people from outside judo who could offer another perspective to help strengthen our athletes. Another reason is that Mr. Okada and I get along very well.

**Mr. Nomura** I'd like to ask Ms. Tsukada next. I believe the women's team worked hard on their weight training. Can you tell me how you implemented that please?

**Ms. Tsukada** We were aware that particularly in the 70 and 78kg weight group Japanese athletes had a lot less muscle. We looked to build a strategy by gathering staff and information but we were unable to specify the training only to certain weight groups. So we enlisted the help of the representative team trainer and the athletes' personal trainers. We offered continual individual training to each athlete At the weigh in before the Rio Olympics looking at Kayla Harrison's back, who won gold, the men's coach Kei Suzuki said 'She is built like a man.' I felt strongly that Japanese athletes also need to build their muscle like Kayla Harrison.

**Mr. Nomura** Do you think the women's training has changed from when you were active in competition to now?

**Ms. Tsukada** Yes. I talked about the need for Japanese

athletes to do more weight training but that doesn't mean we didn't do any at all before. The national team was doing it before and I feel it is now permeating into the junior leagues.

Body shapes are also changing. I had the impression that lighter weight athletes around the 57kg mark were fast at running but now heavier athletes around 70-78kg are running just as fast. After listening to Mr. Inoue I feel we still need to try harder with weight training and diet.

**Mr. Nomura** The women's coach for the 2020 Tokyo Olympics has changed, taking that into consideration can we expect to see an improvement?

**Ms. Tsukada** Yes, I think so. Coach Masuchi often talks of how the heavyweight group is special. She considers that all weight groups will be at the same training camp however the contents of the training will differ for each level.

**Mr. Nomura** As a journalist at the Olympics and at the world championships we rely on the data given to us from the coaches to report on the state of the athletes. For example having the data that X % of athletes in the 60kg weight group will use Uchimata to beat their opponent. We can increase understanding and report more accurately on the result of the match. That kind of information is even more important for athletes before a match and extremely important for instructing athletes. When you're actually using that data what sort of things are important and what sort of things do you have to be careful about?

**Mr. Inoue** Before I answer the question about data I'd like to add something to the discussion before about physical strength and muscle. Mr. Yamashita and Ms. Tsukada who have both stood at the top Olympic and national competition were exceptionally strong athletes. I have spoken to people who have fought against them, an opponent of Mr. Yamashita in the nationals said they felt like he was throwing them using only the power in his arms. An opponent of Ms. Tsukada told me once that when Ms. Tsukada had grabbed

her back collar it was impossible to move. I don't think there's such an overwhelming gap in power in lighter weight matches. Judo is split into weight groups so athletes of a similar build fight against each other. However in heavy weight matches the differences are greater and I think physical strength becomes a more important factor.

Going back to the question about data. We used it extensively in the Rio Olympics. It was particularly useful at the Olympic level for analyzing the rulings made by judges on fouls and how match time was spent.

For example a foul concerning 'non-attacking' at general international level play instruction was given quickly and bouts tended to end quickly however in the Olympics that was a lot slower. I'm not sure if the judges at the Olympics had agreed to decide matches not on fouls but on winning moves however we were able to pick up on that quickly and analyze it. I think it had a great influence that we were able to give athletes the information the following day and they were able to decide their strategies based on that.

Another point is video footage. Matthew Baker who won gold in the 90kg weight group's opponent was to put it simply a no mark opponent. Concerning the information sharing we have with the media which Mr. Nomura talked about before I think you will recall the opponent was not named.

**Mr. Nomura** That's right. He was not named.

**Mr. Inoue** That's right. He was a no mark athlete and had won through the rounds by beating his three opponents using the same move.

Our information gathering team had been filming him since the first round. We were able to show the footage straight away to Baker and to Mr. Hirokawa his coach and they were able to study their opponent. Without a doubt Mr. Baker was able to block that move by his opponent and beat him. The result might have been different if we hadn't had that information.

**Mr. Nomura** Mr. Suzuki what was it like when the information was coming through about the no mark Chinese athlete who was to oppose Matthew Baker?

**Mr. Suzuki** My name is Mr. Suzuki I'M in charge of gathering information. To begin with the Chinese athlete was riding on a high, feeling fearless. Often in the Olympics athletes are unable to perform to their best so this was a rare case. He had won every match with the same ippon. When we realized he might come up against Baker we downloaded all the data into the computer and contacted Baker.

**Mr. Nomura** Was it a case of having to gather the data very quickly?

**Mr. Suzuki** At the world championships and other world level competitions we already have a general idea about which athletes might come up however in this case the coaches told us to prepare for the worst case scenario so we were able to prepare swiftly.

**Mr. Nomura** When the Chinese athlete was winning through the rounds what sort of strategic advice did you give to Baker Mr. Inoue?

**Mr. Inoue** We had a bout and hour and a half to two hours between the quarter-final and the semi-finals. It's a bit of a secret but during this time Baker did something very funny. He is the kind of athlete whose performance improves the higher the stakes become. As people were frantically running around gathering information and downloading to iPads he was by himself in the middle of the warm up room tucking into the rice balls and meat given to him by the nutritionist. He had everything lined up on chairs including orange juice and seemed to be enjoying his food. I couldn't believe my eyes he looked more like he was there for a picnic than to take part in the Olympics. Other athletes must have been very surprised, wondering about his

psychological state and how he could be so relaxed. I don't know how to explain it the whole room was filled with his aura. At that point I had a feeling he could win. Just after that footage arrived of the Chinese athlete and it was his coach Mr. Hirokawa who was able to take Baker under control before me. As far as Baker was concerned it was an opponent he had come up against in practice before and he said. 'He's just doing his usual isn't he?' However after talking to his coach he began to watch the video and study it intently. During the match he was able to block his opponent's best moves, I thought it fitting when he won, champion that he is.

**Mr. Nomura** When you watch Matthew Baker on film he just looks like friendly young man but when it comes to interviewing him, as a reporter it's hard to grasp what he's all about. He is a new breed of athlete. When talking to him the subject of the conversation changes quickly. I wonder if it isn't difficult for you Mr. Inoue and his coaches trying to give him instruction. I'm sure Mr. Hirokawa took into account Baker's personality and thought carefully about the timing before showing him the video clip. I think it's important how the data is used. It's not just a case of giving people the figures. It's not just a case of showing someone a clip. Is it difficult in reality?

**Mr. Inoue** With the internet these days we can find out about a lot of things. However if we gathered all that information and believed it we would land ourselves in trouble. For example the winner of one competition put up on his Facebook page that he was injured. We fell for it and when we got to the competition he was in great shape. That sort of thing happens.

It's not the worst case scenario that we were talking about earlier but I think we have to consider at any match that our opponents are on top form. If you have mis-information it can really work against you. Baker is the kind of athlete who only seriously considers things which are very important. He is good at looking at information and if he thinks it's

important he will concentrate hard and absorb it.

**Mr. Nomura** I'd like to ask Ms. Tsukada also. So, Tachimoto who won a gold medal in the Rio Olympics, her ranking is very low. She was the only Japanese athlete without a seed. She had the choice to take part in the two competitions prior to the Olympics and raise her ranking but chose not to, was that something to do with data analysis as well?

This is probably something that only reporters and those involved know but her not taking part seems to fit with her character and I think it probably contributed to her winning a gold medal. How do you analyze that Ms. Tsukada?

**Ms. Tsukada** I talked to Ms. Tachimoto about taking part in the competitions prior to the Olympics. She has very clear priorities and carefully considered the risks and benefits of her decision whether to take part in the competition or not. She had her sights set on the competition in May which was a high scoring competition but was injured and didn't take part after considering the travelling time involved and the possibility that she might worsen her injury. Her strong point is that when she has decided on her target she works out what she needs to do to get the very best result by thinking very clearly. She has her own chart of information on foreign athletes and has it all in her head. Even so she had worked very hard towards the Olympics and couldn't make her decision right until the last minute. It's a bit of a secret but she changed her mind every three hours whether to take part or not. The staff and I didn't know where we were at but in the end we sat down and talked about it and offered her our support. I think it's because she repeated that sort of thing that it helped her to make things go her way in the Olympics. So there she was the only unseeded athlete and her first opponent was the world ranking number one. I thought if she can win this she can win the gold medal. And she won. I think it was down to her actions prior to the match and the trust between her and her support team.

**Mr. Nomura** I have seen data being used in a lot of sports, but for Judo what do you think the best way to use it is Mr. Suzuki?

**Mr. Suzuki** I don't think that data is everything. No matter how many numbers you have if the staff and coaches don't share it effectively it won't lead to a better performance. What worked so well this time was that everybody understood shared the same clear approach.

**Mr. Nomura** What do you think Mr. Inoue? I'm sure data will still play a big part but in the build up to the 2020 Olympics how do you think training will change?

**Mr. Inoue** I would still like to continue using data. The reason being it might help lift an athletes chances of winning by 1 or 2%. I think Mr. Suzuki has a very difficult job. He is able to get all sorts of data and provide us with what we need when we say, 'Can you get me the data on such and such.' That includes data which is sometimes not necessary but he uses an enormous amount of time and finds it by any means. I cannot express my gratitude enough.

Mr. Suzuki also supports me in other ways. When Ms. Tsukada was worrying about Ms. Tachimoto he brought her some sweets, which is also his role. That's something I would never do. I believe there is a limit to the powers of an individual so joining forces with him I want to take on the world with the Japanese team.

**Mr. Nomura** Mr. Yamashita, as Deputy National team leader at the Rio Olympics and chairman of the Japan Judo federation you have witnessed Mr. Inoue's methods, I think his strategies are different to when you were coaching. Previously more emphasis was placed on the amount of practice, how do you feel about this shift?

**Mr. Yamashita** I think Mr. Inoue carefully considers what he does. He was a great athlete but is now becoming an even greater instructor. His abilities seem limitless. More and

more people are gathering around Inoue to fight as a team. It's a wonderful thing. The way he is passionate about his coaching studies, his positive attitude and his personal charm is what attracts people. From 2 years ago I returned to my post as director of the International Judo Federation. People are starting to comment that Judo in Japan is great and the motivation of the Japanese instructors is great. When we lost a match at the London Olympics foreign people commented 'What's up with the Japanese instructors?' They were worried about the state of judo in Japan.

I think it's safe to say the success of any organization is dependent on its leader. Mr. Inoue as a coach is very modest and prepared to learn from anyone. His personal charm attracts many good things. I think you can expect even greater things from him in the run up to the 2020 Olympics.

There has also been a change in the women's coach. She is a great instructor like Mr. Inoue. I think both our men's and women's team will develop further working towards the goal of the 2020 Olympics.

**Mr. Nomura** Thank you very much Mr. Yamashita. NPO Solidarity of Judo Education is very dedicated in its international exchange activities. Mr. Yamashita, Mr. Inoue and Ms. Tsukada have all done exchanges in English speaking countries. Having had experience abroad is also another part of their attraction. As a journalist I'm in charge of rugby as well as judo. Japan is still a developing country in terms of rugby but in Judo it is the best in the world. As a journalist it feel like something to be very proud of but from now what is the best way to educate our athletes to increase their activities abroad and contributions to society?

**Mr. Inoue** Something I feel strongly after spending two years abroad is how powerless I am. 'The world is huge, I still have so many ways I can improve myself.' It was a really valuable 2 years. It was a useful experience which helped shape how I think and my methods of coaching now. I am very happy to have had that experience. At present I am also receiving advice from a number of professors at Tokai

University. To compete at world level it's important to understand world viewpoints and foundations. Athletes who think 'This is the way we do it in Japan so this is the right way' can't win at international level. For example the way point of view of judges in Japan and abroad is totally different. Japanese judges always look at matches based on Japanese judo. Taking part in international competition if you start saying, I can win this way or I can't win that way, world class judges are harsh etc. you can't win. The kind of athlete who can win at international level is the kind who can adapt to change. Another important thing for competing at international level is the power of information. How much information you can get hold of. Then taking the information you have and working out what is relevant to you.

**Mr. Nomura** On the subject of training world class athletes, since the finish of the Rio Olympics Mr. Harasawa has been sent to Mongolia and many more athletes have had a chance to go abroad. Looking towards 2020 are you planning to create more such opportunities?

**Mr. Inoue** I think it's extremely important and I'd like to take more athletes abroad. I think the way you look at Japan and the rest of the world when you are in Japan and the way you look at Japan and the rest of the world when you are abroad is very different. It's important to experience that to decide what is important.

**Mr. Nomura** We talked of needing to adapt to different judges and rules. For example the rule that '有効 Yuko' will no longer exist or that men's bouts will change to 4 minutes. I'm sure you are keeping up with it all but what is your thinking on that subject?

**Mr. Inoue** I think changes are necessary if judo is to continue to develop. As in Darwin's theory it is not clever people who live or strong people, it is people who are adaptable. I think that is completely right. Matches will be won or lost based on how quickly we are prepared for the

changes.

**Mr. Nomura** Ms. Tsukada, how do you go about instructing the female athletes to adapt to changes?

**Ms. Tsukada** There are so many things that need to be done it makes you dizzy but I think it is the job of the staff to reorganize the information and communicate it to the athletes properly. As Mr. Inoue said I really believe that it is athletes who are independent who are able to pull out the stops in the eleventh hour. In order to train such athletes you need to respond to changes in the rules and environment. I also feel it's important not to get too flustered over small changes. I want to treat the athletes in a way that makes them 'pushy.'

**Mr. Nomura** Mr. Suzuki, how do you plan to respond to rule changes in terms of data collection?

**Mr. Suzuki** We are going through a period of big changes and need to change the way we analyze with the old rules and the new rules. However matches are dynamic so it's important not to become a prisoner to the rules and more than adapting to change, look at the figures and work out what is relevant and keep a level viewpoint from there.

**Mr. Nomura** Some people in Japan are saying that with the new rules the level of skill will be reduced. I have had an interview with Marius Vizer from the International Judo Federation. Changes have been made partly for the improvement of judo and to make judo easy to understand for non-experts. They can be seen as a chance to help judo evolve. However I think there are some things in judo which should not change. I think that is the educational value of judo. Mr. Yamashita what do you think judo should not budge on?

**Mr. Yamashita** I agree there are some things which should change with time and some which should never change. I



will introduce an example which is easy to understand. Judo is not that popular in America. When I became the chairman of the International Judo Federation in 2013 I went to New York for a month's language training. At that time I had a chance to talk and exchange opinions with Mr. Peter Gardener of the mass media corporation NBC for an hour or so. To be honest Mr. Gardener didn't know a lot about judo but thought it was interesting. After watching he said, 'I really enjoyed it.' So I asked him, 'Judo is not very popular in America, what do you think we can do to make it more popular?' Firstly he said neither the athletes nor the coaches or judges show much emotion. Americans enjoy showing their emotions.

I think it would be better if the athletes showed more joy, anger or disappointment and the referee and coaches should be more enthusiastic, over the top even. The other thing is it's all in Japanese so I haven't got a clue what's being said. I think to make it popular in America you'd have to change it to English.

He made some good points but when I left the room my first thought was, these are two things which should not change in judo. Thinking about why judo begins and ends with a bow. The point of judo is not to fight with your opponent. It is because you have an opponent that you are able to improve yourself so in judo it is important to show respect to your opponent. The Japanese way of showing that respect is with a bow. It is this kind of education that we place a lot of value on in the Judo Federation.

Another thing is the 'Guts pose' or shaking your fists when you win. I have been asked about this a lot not just from people involved with judo. For example in kendo if you raise and shake your fists when you win you lose a point. Some people have suggested that if you want to stop it then you should make it a rule like it is in kendo. However I am dead against that. There's no point in being controlled by a rule. It's important for people to remain in control of themselves at all times. What is important is to remember to respect other people on the judo mat and off it. It has nothing to do with rules, it's about respect and thinking about other people

even in a hard and difficult situation. After talking to Mr. Gardener I reaffirmed the two points I had learned from Mr. Jigoro Kano to show respect for your opponent and to remember what you have learned in judo and apply it in your everyday life. In other words if you change what you learn in judo about dealing with other people it might still look like judo but it wouldn't be judo. I feel that using Japanese in judo is a way of making foreign people more interested in Japan. Mr. Putin the President of Russia said to me 'rei, hajime, hikiwake.' At first I didn't know what he was talking about. What he was telling me was that learning these and their meaning while learning judo increased his interest in Japanese culture. When Mr. Putin was discussing territorial issues at the Japan Russia summit he used the Japanese term 'hikiwake.' So also as a symbol of Japanese pride I believe that whatever happens we should protect and keep the use of Japanese in judo. So the educational value of judo and as Mr. Gardener pointed out as interesting, the value of 'ippon' are things which should definitely not be changed. I don't mind if other things change with the passage of time. I was involved in the rule changes that happened this time and can tell you it was a very heated discussion. Trying to make judo appeal to people who have never done judo and make them feel they'd like to try. Giving judo more appeal to the media. I was only worried about whether judo would lose its educational value or not. It's a difficult balance considering judo as a sport and Judo as culture. Taking part in rule change discussions this time I felt there were big changes in the International Judo Federation.

**Mr. Nomura** Thank you very much. Mr. Inoue talked of building the strongest, best athletes. I think that to make 2020 a success and for that to continue beyond 2020 a merger of judo as culture and judo as a sport building wonderful strong human spirit is necessary. Finally a word please concerning the enthusiasm of including human development into training.

**Mr. Inoue** I'm a bit nervous. I thought Mr. Yamashita had

nicely summarized today's symposium and that is a difficult question.

I think looking ahead to the Olympics my most important job is to work on judo as a sport. I also think we need to improve our research into the mental side along with physical skills to compete at world level and for the betterment of the Japanese Judo and international judo. I need to internalize that obligation and set clear goals with our athletes and continue competing.

**Mr. Nomura** Thank you. Now that has given us a great ending.

**Mrs. Mitsumoto** Thank you very much. Thank you for talking so passionately. And thank you to you also Mr. Nomura. We don't have a lot of time but does anyone have a question?

**Participant** I was really looking forward to seeing Teddy Riner in the Olympics as the best judoka in the world in the 100kg class however I cannot agree with the result of the final. The TV commentator almost made some sharp comments however it won him a gold. I'd like to hear what Mr. Yamashita as previous champion of the world has to say about that.

**Mr. Yamashita** I have made comments about this to various people but I'm of the opinion that the matches we saw up to the 100kg class at the Rio Olympics were fantastic. Directors of the International Judo Federation also felt that the changes they made were a success. However our enthusiasm dipped in the final match with Teddy Liner. It was the reason for the change in rules after the match. At a match as important as the final of the Olympics the final decision should not be made by one shido decision. With the new rules the match would be extended to a golden score match.

However Liner is still a great athlete. In the past he has able to win the finals of the World Championship with an ippon.

He has that power and ability. At the Olympics this time he was only interested in winning. In the match against Mr. Harasawa he took pains not to grapple with him. He was probably afraid it being his first match against Harasawa. I personally feel that from now on it is not appropriate to use the term 'Best fighter in the history' when talking about Liner. There was a lot of talk in the French judo media about, 'Who would be stronger if Liner went up against Mr. Yamashita?' 'How would they fight?' However I don't think they will be asking that question anymore. The nature of play in that final match was far from the best in history. People involved with judo all over the world were looking forward to Liner's match. Most people including the French were disappointed.

**Mrs. Mitsumoto** Thank you very much. Mr. Nomura thank you for coordinating today. And also a very big thank you to our panelists. Ladies and gentlemen would you please put your hands together please.

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