



KAKEHASHI Project (United States) Invitation Program for Sports (Judo) Report

1. Program Overview

Three U.S. judo practitioners (working youths) were invited to Japan from October 7 to October 13 with the main objective of promoting mutual understanding between Japan and the U.S. through diverse exchanges related to Judo. The group visited Tokyo, Miyazaki, and Oita where they enjoyed interacting and talking with local people, experiencing the attractions of Japan, and shared their experiences on social media and other platforms.

【Participants】 Total: 3 working youths affiliated with Judo from the U.S.

【Locations】 Tokyo, Miyazaki, Oita

【Schedule】

■ Online Pre-study Program:

Oct. 1 (Wed) **【Pre-departure Orientation】** Project objective and mission, rundown of the schedule, overseas travel warnings, precautions of infectious disease, etc.

Set Period Prior to Arrival **【Video Viewing】** “Lecture on Japan” (Choose on Web Japan)

■ Invitation Program:

Oct. 7 (Tue) Arrival at Haneda Airport

【Post-arrival Orientation】

Oct. 8 (Wed) **【Observation】** Tokyo National Museum

【Observation】 Japan Olympic Museum

【Observation】 Meiji Jingu

【Sports Exchange】 Kodokan

Oct. 9 (Thu) Travel from Tokyo to Miyazaki

【Courtesy Call】 Mr. MARUYAMA Shinji, Director of the Education Department,
Nobeoka City Office

【Cultural Experience】

 Tea Ceremony Experience (Nobeoka Castle / Naito Memorial Museum)

【Meeting with the Host Families】

Oct. 10 (Fri) **【Homestay】** Nobeoka City

【School Exchange】 Nobeoka Gakuen High School (Judo team)

Oct. 11 (Sat) **【School Exchange】** Nobeoka Gakuen High School (Judo team)

 (Incl. Direct Instruction by Masato Uchishiba, Olympic Gold Medalist)

Travel from Miyazaki to Oita
 Oct. 12 (Sun) 【Observation】 Umi Jigoku
 Travel from Oita to Tokyo
 【Observation】 KUSAKURA World Shop (Judo goods shop)
 Oct. 13 (Mon) 【Workshop】 Preparations for the Reporting Session (summarizing program findings, preparation of action plans)
 【Reporting Session】 Presentations of Program Findings and Action Plans
 Departure from Haneda Airport

2. Program Photos

Invitation Program



October 8 【Observation】 Tokyo National Museum



October 8 【Observation】 Japan Olympic Museum



October 8 【Sports Exchange】 Kodokan



October 9 【Courtesy Call】 Mr. MARUYAMA Shinji, Director of the Education Department, Nobeoka City Office



October 9 【Cultural Experience】
Tea Ceremony Experience



October 9 【Homestay】 Nobeoka City

	
October 10 【School Exchange】 Nobeoka Gakuen High School (Judo team)	October 11 【School Exchange】 Nobeoka Gakuen High School (Judo team)
	
October 13 【Reporting Session】	October 13 【Reporting Session】 Group photo

3. Voices from the Participants (excerpt)

◆ Working Youth

The most impressive aspect of the program was the people we met. Everyone was so welcoming and truly embodied Japanese culture through their kindness and dedication. I was also deeply impressed by the level of Judo we experienced—the Japanese commitment to their sport is remarkable and has inspired me to adopt the same mindset not only in Judo but also in my everyday life.

◆ Working Youth

We enjoyed this trip in its entirety. The best experience we've ever had. Thank you.

◆ Working Youth

Today's visit to the Kodokan, was both humbling and inspiring. Experiencing firsthand the discipline and precision of Judo practitioners at the highest level offered a profound appreciation for Judo's depth and philosophy. The lecture on Judo's origins and Dr. Jigoro Kano's vision was especially meaningful. It highlighted how Judo was created not merely as a martial art, but as a way to cultivate character, mutual respect, and continuous self-improvement. I hope to take these lessons and apply them to my everyday life and teach this to the next generation of Judoka in my dojo.

4. Voices from the Receiving Parties (excerpt)

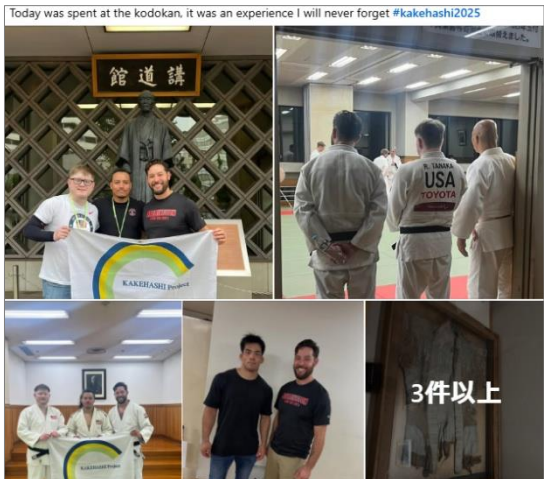
◆ Host Family

Even though their stay was short, we wanted our guests to experience the beautiful nature of our region. So, we took a boat to a nearby island, where we enjoyed fresh seafood and explored the local history together. We had a very relaxing time, sharing each other's culture and ideas.

◆ Exchange Destination Representative

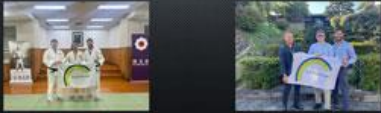
Judo is a traditional cultural practice that originated in Japan, but today it is appreciated around the world. This exchange program provided a valuable opportunity for the participants to deepen their understanding of Kodokan Judo, and it served as a meaningful step toward further promoting Judo internationally. We sincerely hope that what the participants have learned during their time here can be applied to their activities back home and to their own continued Judo training.

5. Disseminations by the Participants (excerpt), Articles, etc.

	
October 8, 2025 (Facebook) Today was spent at the Kodokan. It was an experience I will never forget.	October 10, 2025 (Facebook) Welcoming to Nobeoka, and tea ceremony at Nobeoka castle
	
October 12, 2025 (Instagram) Reel video introducing the scenery of Umi Jigoku	October 21, 2025 (Cable media waiwai's YouTube) “Judo Exchange Program: American Judoka Participates in Joint Training with Japanese High School Team”

6. Presentation of Program Findings and Action Plan at the Reporting Session (excerpt)

Locations: Tokyo, Miyazaki – Presentations by 1 group

KAKEHASHI PROJECT 2025 JUDO 	APPLICATION TO PROFESSIONAL LIFE • Continue to perfect to develop my coaching • Inspire younger generations with the principal of mutual benefit and welfare for others • Continue to be open to other cultures • Continue to build bridges with others from around the world 	ACTION PLAN • HOST A FIELD TRIP FOR OUR YOUTH STUDENTS • LEAD BY EXAMPLE: KINDNESS, RESPECT AND GRATITUDE • TEACH: CONTINUE TO TEACH AND LEAD BY EXAMPLE 
【Results of the Program】 ◆ Learnings from the program We were deeply moved by the friendliness and heartfelt hospitality shown by the people of Japan. Through our judo exchange, we witnessed their strong sense of dedication and genuine humility, which left a lasting impression on us. ◆ Individual Prospects • Continue to perfect to develop my coaching • Inspire younger generations with the principal of mutual benefit and welfare for others • Continue to be open to other cultures • Continue to build bridges with others from around the world 【Action Plan】 • We will host Japanese Style judo practice, with a Japanese BBQ like the one we enjoyed during our homestay to follow with all local judo and jujitsu clubs • We will host a field trip for our youth students and continue to teach with kindness, respect and gratitude. • I am a part of Judo, Temple, Taiko groups, and the Nikkei Student Union, so I will give a short presentation to the different Japanese American groups I will also apply the lessons I learned from the Japanese culture to my daily life and lead future judoka at my dojo.		

Implementation Agency: Japan International Cooperation Center (JICE)