



KAKEHASHI Project (United States)

Invitation Program for Sports (Judo) Report

1. Program Overview

【Objective】 This program provided future Judo leaders in the United States an opportunity to visit Judo facilities in Tokyo, experience a homestay and participate in a school exchange in Nobeoka City in Miyazaki Prefecture, to deepen their understanding of Japan and strengthen their network through mutual exchanges. It also aimed to promote active disseminations about Japan's attractions through sports-related exchanges.

【Participants】 Total: 4 Judo practitioners in the United States
(Breakdown) 2 undergraduate students, 1 graduate student, 1 working youth

【Locations】 Tokyo, Miyazaki

【Program Schedule】

■ Pre-study Program (Online)

Oct. 5 (Thu) **【Pre-departure Orientation】** Project objective and mission, rundown of the schedule, overseas travel warning, COVID-19 precautions, etc.

Set Period Prior to Arrival **【Video Viewing】** Lecture "Japan and the United Nations", Lecture on Japan (selected from Web Japan)

Oct. 24 (Tue) Arrival at Haneda Airport

Oct. 25 (Wed) **【Observation】** Japan National Stadium

【Observation】 Meiji Jingu Shrine, Harajuku (observation of pop culture)

【Observation】 Kodokan

Oct. 26 (Thu) Travel from Tokyo to Miyazaki

【Courtesy Call】 Mr. YOMIYAMA Yoji, Mayor, Nobeoka City, Miyazaki Prefecture

Oct. 27 (Fri) **【Sports Exchange】** Nobeoka Gakuen High School Judo Club

【School Exchange】 Nobeoka Gakuen High School Cooking Class

【Cultural Experience】 Zazen (Fumonji Temple)

【Meeting with the Host Families, Homestay】 Nobeoka City, Miyazaki Prefecture

Oct. 28 (Sat) **【Sports Exchange】** Nobeoka Gakuen High School Judo Club

【Agricultural Experience】 Fruit Picking (Tangerines: Mari Chan Farm)

Oct. 29 (Sun) **【Sports Exchange】** Nobeoka Gakuen High School Judo Club

	【Workshop】 Preparations for the Reporting Session (Summarizing program findings and preparation of action plans) 【Farewell Party with the Host Families】
Oct. 30 (Mon)	Travel from Oita to Tokyo 【Reporting Session】 Presentation of program findings and action plans
Oct. 31 (Tue)	【Observation】 Asakusa Departure from Narita International Airport

2. Program Photos

	
October 25 【Observation】 Japan National Stadium	October 25 【Observation】 Kodokan
	
October 26 【Courtesy Call】 Mr. YOMIYAMA Yoji, Mayor, Nobeoka City, Miyazaki Prefecture	October 27 【Sports Exchange】 Nobeoka Gakuen High School Judo Club
	
October 27 【School Exchange】 Nobeoka Gakuen High School Cooking Class	October 27 【Cultural Experience】 Zazen

	
October 28 【Agricultural Experience】 Fruit Picking (Tangerines: Mari Chan Farm)	October 29 【Sports Exchange】 Nobeoka Gakuen High School Judo Club
	
October 29 【Farewell Party with the Host Families】	October 30 【Reporting Session】

3. Voices from the Participants (excerpt)

◆ Undergraduate

I loved the Judo part, I loved the museum of the Kodokan, and I also really enjoyed the Olympic Stadium. The zazen experience was a bit tough because I am not flexible, but even that was amazing.

◆ Graduate Student

I was very impressed with how cohesive the Nobeoka Judo team was. Their captain has done an incredible job leading his team while also helping to develop better people.

◆ Undergraduate

An amazing amount of effort is put into making the cities look pretty, as well as the mountains, and everything looks so natural and aesthetic.

4. Voices from the Receiving Parties (excerpt)

◆ Observation Destination

By visiting our museum, we are certain that the participants of the program gained knowledge of the roots of Judo, which is popular in more than 200 worldwide countries and regions today, as well as various topics related to Judo. We would be happy if they apply what they have experienced in this program to Judo initiatives in their country.

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

 Very grateful for this opportunity. Having the time of my life in Japan, and even got to be on the Japanese news. #kakehashi2023	 These high schoolers are too strong 🙄 #KAKEHASHIPROJECT 延岡学園 Thank you so much Nobeoka Highschool!
October 29, 2023 (Facebook) Very grateful for this opportunity. Having the time of my life in Japan, and even got to be on the Japanese news.	October 29, 2023 (Facebook) These high schoolers are too strong. Thank you so much, Nobeoka Gakuen High School!
米国の柔道選手、延岡学園高でスポーツ交流 2023年10月27日 17:02更新 米国で柔道を学ぶ18～31歳のアマチュアトップレベル選手らによるスポーツ交流が27日、延岡市で始まった。同市・延岡学園高柔道部（佐藤高剛監督、25人）の選手とともに汗を流すほか、ホームステイを行うなど日本文化も体験する。29日まで。...  延岡学園高柔道部で練習する米国の大学生（左）	October 27, 2023 (Digital Yukan Pre-Miya) American Judo athletes engage in sports exchange at Nobeoka Gakuen High School

6. Presentations of Program Findings and Action Plan at the Reporting Session

Presentations by a total of 2 groups

	
【What we Learned】 • We learned that there are not only many traditions, cultures, and customs unique to Japan, but that there is always a reason for them having been passed down through the generations (e.g., manners using chopsticks, play on words for luck, etc.). • We learned that being harmonious with nature is not considered important in large cities, but that local cities also put an emphasis on environmental preservation while focusing on development efforts of local towns for the betterment of the lives of the people. 【Learnings about Judo】 • We were able to learn about the history of Judo at Kodokan in Japan, where Judo was born. Through these studies, we learned how Judo was born and how it became as well-known as it is today. • We learned how high school students are taught Judo, from the basic movements to the specific techniques, as well as how they physically train using methods that have existed for many years. There were many techniques that we do not focus on in the U.S. (such as gripping methods) and I believe this experience will improve our Judo levels as well. 【Action Plan】	【What we Learned】 • We have many opportunities to eat Japanese food in the U.S., but we never knew how cheap you could get good quality Japanese food in Japan! Even the typical set meals and Donburi style meals were good, but the quality of the soy sauce and wasabi was out of this world! • This trip was full of encounters. We encountered Japanese culture and food that we never knew about, but the most amazing encounters we had were with the local people. No matter where we went, the people were so kind, such as the sweet old couple at the tangerine farm, the students we met at the school, and our "Okasan and Otosan (Mom and Dad)" we met during the homestay. I don't think there is any other place where people will so openly accept others that don't even speak the same language. 【Learnings about Judo】 • We reconfirmed that weight is not the only factor in being strong when it comes to Judo. We were able to learn about the mindset of bringing in your opponent to where you want them so that you can do your own Judo using different grips to limit the opponent's movements. • We also learned that Japanese Judo-ka have different mindsets from usual Judo-ka in the U.S.

• We will post the photos and videos we took during our stay in Japan, and share our experiences and what we learned at our schools and Judo clubs/federations back home in Hawaii and California. We shared some information on social media during the program, and our Judo teammates have already shared the posts with other friends. We plan to share more information on social media when we return home, and we also wish to consult our Judo club coaches on incorporating new content we learned in Japan into the training menus. By sharing information about this program to our friends and family, we hope people will come to know how amazing both Japan and Judo really are.	We tend to go for the win by any means necessary, including going for waza-ari. The athletes we met in Japan however focused on going for the Ippon, even if there was a chance of losing, and this fighting spirit and attitude was something new to us. 【Action Plan】 • As soon as we return home, we plan to share what we experienced (what we saw, ate, who we met, etc.) to everyone around us, including our families, friends, and peers. We hope they will come to understand we fell in love with Japan so much. • We will share the Judo training methods we learned in Japan at our Judo clubs back in New York and California. We will share with them not only the different techniques we learned, but also how the Japanese students chanted and confirmed their goals in loud voices at the beginning of every practice. We hope that this will allow for our teams to be able to focus more during practices.
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Implementation Agency: Japan International Cooperation Center (JICE)