

Gymnastics Masters Team World Cup

Japan Men's Team

Dekade	Name
30	Takahide Sugai
30	Hidenori Hirata
40	Yasushi Murayama
40	Kunihiro Miyamoto
50	Osamu Tsuken
60	Toshiyuki Ichiba
60	Yoshinao Kimoto
60	Chiyozo Shinohara
70	Kyozo Watanabe
70	Hisao Arai



Takahide Sugai *12th Oct 1988 (34)



Personal story in gymnastics life

My gymnastics career began when I was 5 years old, practicing backflip with my father. When I was 6 years old, I started a full-fledged gymnastics at a gymnastics club in my neighborhood, but that club was dissolved after about a year, so after a while, I entered a high school in a neighboring town at the age of 15 and started gymnastics.

I didn't know the basics of gymnastics, but as a result of my efforts, by the time my third year of high school, I was able to participate in the

Inter-High School Championship and the National Sports Meet.

Sometimes I was physically and mentally exhausted, desperate and lost, but I still want to thank my teammates, seniors, coaches and parents for watching over me.

After graduating from high school, I was going to retire from gymnastics and get a job in my hometown, but my coach said, 'You're still growing, go to the college I graduated from.' He urged me to continue gymnastics at a university that has produced many top athletes in all Japan. The four years of college were the second act of my gymnastics life with the goal of enjoying gymnastics.

I finished my college career and got a job. Then, around the fifth year, I heard that there was a facility where I could do gymnastics, and the third act of my gymnastics life was completed there, where I went to competitions while dieting happily with the members of my current team.

Specialties

Event: Floor, pommel horse, Rings, Vault, Parallel bar, H bar is not good

Skill: Dismount, cross/highest



Successes

- Participated competition:
- Inter-high school
 - National Athletic Meet
 - All Japan Junior
 - All Japan Masters competition

Job

- secret

Activity in the competition (individual)



Hidenori, Hirata 20.July 1993 (30)



Personal story in gymnastics life

I started doing gymnastics because my parents did it. Since I was little, I was often taken to practice fields, so I started doing gymnastics there as taught by my parents.

From around the age of 10, I joined a gymnastics club and started practicing more seriously, and I was able to compete well in city competitions.

After junior high school, I started to be conscious of bigger competitions and improved to the extent that I could participate in the Kanto tournament as a team. In high school, I went to one of the strongest schools in the prefecture, but as a result, I finished third in the group in the prefecture, and I retired from active play.

When I was in college, I only went to a practice facility that was open to the public on an irregular basis, and practiced only to slow down my physical strength. Even after graduating from college, the amount of practice was not much different from when I was in college, and my physical strength only slowed down.

However, as I was encouraged to participate in the Masters tournament year after year, I began to think about participating in the Masters tournament from this year. From this year, I tried to increase the amount of practice so that I could regain my physical strength. It looks like it will take me a long time to get my strength back, but I will do my best so that I can perform even a little better.

Specialties

Event : Vault, H Bar
Skill : high backflip on the floor

Job

Design and manufacture of production equipment



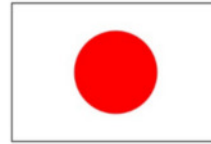
Successes

- Junior High school Kanto tournament participated as team
- High school Inter-High school Championship Team Qualifying of

Activity in the competition (individual)

Kanagawa 3rd place





Yasushi, Murayama

30 July 1977 (46)



Personal story in gymnastics life

When I was in elementary school, my parents took me to a swimming class because they wanted me to do some kind of sport. I'm short and didn't like deep pools, so I couldn't swim very well. I hated the pool, so instead, I went to a gymnastics class next to the pool. That was the beginning of my gymnastics life.

After that, I was fortunate enough to fall in love with gymnastics, and was blessed with an environment where I could do gymnastics both in junior high and high school.

After graduating from university, I wanted to do something related to sports, so I obtained a judo therapist's license and have been taking care of athletes on a daily basis.

Judo therapist is a profession similar to physical therapists working in traditional Japanese medical facilities.

This is the first time I've left Japan to do gymnastics, and I'm really looking forward to it. I am very happy to have friends all over the world who play the same sports and share the same

Specialties

I keep in mind stable composition and acting.
Well, except for pommel horse.

Job

judo therapist



Successes

All Japan Masters Competition
5rd in the age 40's in 2022
7rd in the age 40's in 2021
4rd in the age 40's in 2020

Activity in the competition (individual)





Kunihiro Miyamoto * 27th Nov 1978 (44)



Personal story in gymnastics life

When I was a child, I admired playing a hero, and I was an active boy jumping and jumping from walls. One day, I saw a girl's floor exercise on TV and thought that I should be able to do something like this, which is what sparked my interest in gymnastics. Then, when I was in the third grade of elementary school, I met a gymnastics club that produced Olympic athletes, and started doing gymnastics in earnest. During my junior years, I won second place in my first national competition (a competition in which the basic pommel horse turns endlessly). 6th place on the parallel bars at the All Japan Junior Championships. As a high school student, I won the Tokyo Metropolitan Championship individual all-around championship, and participated in the National Athletic Meet, and participated in the Inter-High School Championships for three consecutive years.

When I was in college, I wasn't sure if I wanted to be a gymnast or coach, so I went in the direction of coaching. However, my body remembers the fun of gymnastics, and I still continue to practice without quitting. As a result, I met various gymnasts and gymnastics enthusiasts as a member of society, and came to enjoy gymnastics from a different angle.

The Masters competition also started here. I will continue to do gymnastics. As a base in my life, I feel that I can overcome any difficulties by learning through gymnastics. When I was young, acting in the world was a dream come true. I am truly honored to be able to participate in such a competition. It's a dream that came true because I've always loved gymnastics. This time, as a representative of Japan in their 40s, I would be happy if I could deliver my performance to everyone as much as possible. Thank your gym friends, thank yourself, and thank gymnastics. I also enjoy band activities, which is my hobby, with my teammate Shinohara. I'm in. Life itself is fulfilling.

Specialties

Event: pommel horse ,P Bar, H Bar
Skill: Flexibility

Job

- Toshima Gymnasium Deputy Manager
- Toshima Gymnasium Instructor

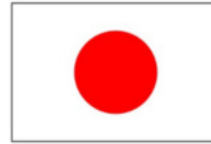


Successes

- Elementary school National competition 2nd place on the pommel horse turns endlessly
- High school student All Japan Junior Championships 6th place on P bar Tokyo Championship Champion

Activity in the competition (individual)





Osamu Tsuken * 21th Mar 1971 (52)



Personal story in gymnastics life

1983 (age 12)
 When I was in the first year of junior high school, I was shocked by the gymnastics world championships (Budapest) that I saw on TV, so I started gymnastics in earnest. Before that, I played baseball for three years in elementary school.
 The junior high school had a gymnastics club, and it was a strong school in the prefecture. However, I only did basic training in junior high school.

1986 (age 15)
 I went on to high school, increased the number of events, and gained more serious training.

1989 (18 years old)
 When I went on to university, I specialized in the Department of Physical Education in the Department of Physical Education of the Faculty of Physical Education, where I learned more deeply about sports and physical education, and learned many psychological aspects of sports that are not limited to training.
 In addition, I learned that there is a wide range of sports exercises, including school physical education, social physical education, elderly and disabled people's exercises, and infant physical education, which are not limited to competitions.

In gymnastics at university, I competed for four years in the Intercollegiate A class Japan.
 1996 (age 26)
 After graduating from university, I retired from gymnastics for a while, but I returned at the age of 26 and participated in adult competitions, and I have participated every year until now.

Specialties

Event: pommel horse, P bar
 Skill: Tkachev , Moonsault on the H bar

Job

• IT-related companies



Successes

- High school and University days
 National Athletic Meet kyusyu Preliminaries : Floor Champion
 National Athletic Meet:
 OkinawaTeam 11th place
- All Japan Masters competition
 2019: 2nd place in 40s +
 2020~2022: Champion in 50s

Activity in the competition (individual)





Toshiyuki , Ichiba **May 10th 1957 (66)**



Personal story in gymnastics life

Already in my childhood I played gymnastics in the broad sense such as tree climbing and the like. When I was 12 years old - more than 50 years ago - I really got into gymnastics. So I had and still have been involved with gymnastics without interruption: as a gymnast, coach and/or teacher, but also as an interested spectator, observer and scientist. After studying in Tokyo, I came to Tübingen in February 1986 and stayed for 7 years. In addition to the eternal student, I worked as a volunteer coach for a few years at the Swabian Gymnastics Federation. At that time I still had a turnaround in my pommel horse exercise and achieved two German-FRG and GDR - the political turnaround with the fall of the Berlin Wall in November 1989. After my return in 1993, I am at the Chuo university for sports and sports science in Tokyo/JAPAN. Doctorate in Tübingen in 2002. My research interests are in kinesiology(Sport Movement and Behaviour) and history, especially in artistic and apparatus gymnastics.

Specialties

I used to love gymnastics on floor, rings and parallel bars. Now I'm an all-rounder, but I don't have a special exercise part or favorite apparatus.

Successes

- 1976-1980: Highschool Championships, University Championships, National Sportfestival
- 1981-1985: Masters
- 1986-1992: German University Championships, Regional League
- 1993- : Masters
- 1987-: German Gymnastics Festivals (IDT 2013)



Tübingen

Job

Professor

Activity in the competition (individual)





Yoshinao Kimoto *2nd Mar 1961 (62)



Personal story in gymnastics life

I was born in downtown Tokyo during the period of rapid economic growth. When I was in elementary school, I admired heroes such as Kamen Rider and Ultraman, and played in the park with "Rider Kick" and hanging from a horizontal bar like a bat. When I was in high school, I wanted to learn how to do a backflip, so I asked my older brothers to teach me how to do it at a nearby park. In junior high school, I was convinced that if I could do a backflip, I would be popular, so I joined the gymnastics club without hesitation, and my career in gymnastics began. I felt frustrated at the Tokyo competition in junior high school, so I joined the gymnastics club in high school. When I was in my third year of high school, I participated in the long-awaited inter-high school competition, but I couldn't pass the qualifying round. I decided that I could not finish it like this, so I decided to do gymnastics at university. At university, there were classmates from all over the country who were stronger than me.

I practiced for four years with a strong desire to catch up and overtake them. As a result, I became the captain, and in the last intercollegiate competition, I was able to participate in the All Japan Championship as an individual.

Thanks to that, after graduating from university, I was able to continue doing gymnastics for four years as an assistant at the university's laboratory, and I was able to participate in the All Japan Championships four years in a row.

Although I wasn't able to achieve great results, I had a very fulfilling gymnastics life until my retirement at the age of 27.

Twenty-eight years later,

Specialties

"I don't know how old I can do it, but I want to do gymnastics as long as I live."
 Preferred: giant swing, double salto
 Rings: double salto
 Horizontal bar: Tkachev
 I can play Tkachev even at 60.
 Now available on YouTube and Instagram as "Tkachev ojisan"

Successes

University days
 National Athletic Meet Tokyo
 Preliminaries : All-around Champion
 Kantou Preliminaries: All-around 4th place
 Participated in the inter college and The all Japan championship
 • 2019,2020 All Japan Masters competition

Job

• Plumbing



Activity in the competition (individual)





Chiyoizou Shinohara * 4th Mar 1956 (67)



Personal story in gymnastics life

Since I was a child, I have not been good at the sports except running. Therefore, when I was in junior high school, I played the athletics for three years. I met gymnastics when I was a freshman in high school (16 old). Ever since I was a kid, I wanted to be a ninja. Therefore I joined my high school gymnastics club just because I wanted to do backflip. When I saw the Munich Olympics (1972) on the TV, I knew that the Japan was strong, and I wanted to participate in the Olympics myself. In my first year of high school, all my seniors left the club and there was no longer a coach. We practiced by looking at the photographs in the gymnastics book. I practiced almost every day for three years. I didn't get much grades, but completely overcoming the sport I was not good at gave me a lot of confidence and was a valuable experience for the rest of my life. After graduating from high school, I chose to find a job for financial reasons, and although I went to college at night, I could not do gymnastics.

In my 20-30s, I enjoyed marathons, swimming, baseball, table tennis, golf and all sorts of other sports while aiming to be a musician which was another dream, but none of them gave me the satisfaction of gymnastics.

When I was 39 years old, I knew that I could practice gymnastics at a nearby university, and I revived gymnastics.

I haven't been able to do anything difficult, and I'm still acting at the same level as I used to.

My rivals have been able to do difficult things, and they have gradually approached my level.

Finally, at the age of 63, I became the Japan competition in the 60s+.

I will practice to continue performing as much as possible in the future. For the rest of my life, I will spend

Specialties

Event: Floor, Vault, H Bar
Skill: Playing the elements of A beautifully.



Successes

- 1995~2021
- 27 consecutive appearances in All Japan Masters competition
- 2014 4th place in the 50s +
- 2017 4th place in the 60s +
- 2018 3rd place
- 2019 Champion
- 2020 4th place
- 2021 3rd place
- 2022 3rd place

Job

- Health Insurance Society
- Certified Social Insurance and Labor Consultant

Activity in the competition (individual)





Kyozo Watanabe * 15th Apr 1946 (77)



Personal story in gymnastics life

When I was a junior high school student since 1959, I belonged to the Gymnastics Club for three years. There was no gymnastics club in high school, so I belonged to another sport club.

When I was in my second year of high school, I gathered people who had no experience in gymnastics and founded a gymnastics club (for two years). After graduating from high school, I got a job, and In 1966, I obtained a official referee certificate from Japan Gymnastics Association.

However, I never used this certificate , due to my busy work.

In 2013, when I was 67 years old, when I went to cheer on my son's gymnastics, I happened to watch the Masters competition and was very moved by the earnest performance of the elderly people.

I wanted to be a side that would impress me, so I started building up my physical strength with the aim of participating in the competition with a three-year plan.

In junior high school and high school, there were three event: the floor, the vault, and the horizontal bar, but in order to participate in the Masters competition, I started practicing the events of the pommel horse, the rings, and the parallel bars.

Since my first appearance at the 2017 Masters entered the 2018 Masters participated for five years and won five titles .

Specialties

Event: H Bar
Skill: L-support on the rings



Successes

- 1959,1961 Adachi City Gymnastics Competition in Tokyo All-around Champion
- 1961 Tokyo Competition vault 2nd place
- 2017~2021 All Japan Masters Competition All-around Champion in 70s +
- 2022 2rd place in 70s +

Activity in the competition (individual)





Hisao , Arai 4th Oct 1951 (71)



Personal story in gymnastics life

In 1964 (Showa 39), I was impressed by Yukio Endo's horizontal bar performance at the Tokyo Olympics, and started gymnastics as soon as I entered high school.

The high school gymnastics club I entered was the strongest school in the prefecture, and the practice was tough, but I was happy when I was able to participate in the 1969 Nagasaki National Athletic Meet.

After that, I worked at a local bank, but when I was around 30, I suffered from stomach and lung problems and stopped doing gymnastics altogether.

In 1984, I voluntarily started a soccer club at a local elementary school, and I was put in charge of gymnastics, It was a restart of my gymnastics.

In 1992, I left the soccer club and started a gymnastics club.

Since then, I have been teaching gymnastics at a local elementary school and enjoying stretching with the children.

The circle of interaction with the local people has expanded outside of gymnastics, and my life has become more enjoyable. I think it's good for children to expand their circle of friends.

After a while, my physical strength improved, and from 2006 I started participating in the Masters tournament. However, after the age of 66, I am undergoing treatment for heart, pneumonia, and back pain.

Also I was born with no vision in my left eye.

I have a lot of handicaps, but gymnastics is my purpose in life, and I live with the goal of participating in the Masters tournament.

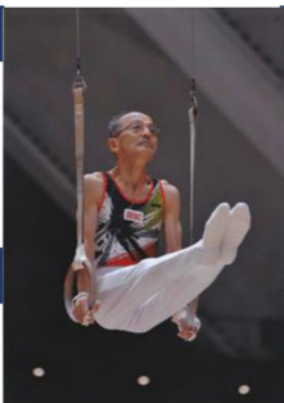
"Another reason to live is work." I am currently working at an optician. There is no retirement age and I can continue working as long as I am healthy. My goal is nevertiree, and I want to maintain my health through gymnastics.

Specialties

I'm good at floor and horizontal bar, but I'm not good at pommel horse and vault.

Job

Glasses retail business



Successes

- All Japan Masters Competition
- 2nd in the age 60's in 2012
- 2nd in the age 60's in 2013
- 3rd in the age 60's in 2014
- 3rd in the age 60's in 2015
- 3rd in the age 60's in 2016
- 3rd in the age 60's in 2017
- 3rd in the age 60's in 2020

Activity in the competition (individual)

