

KIRITAKA English Journal Vol.11

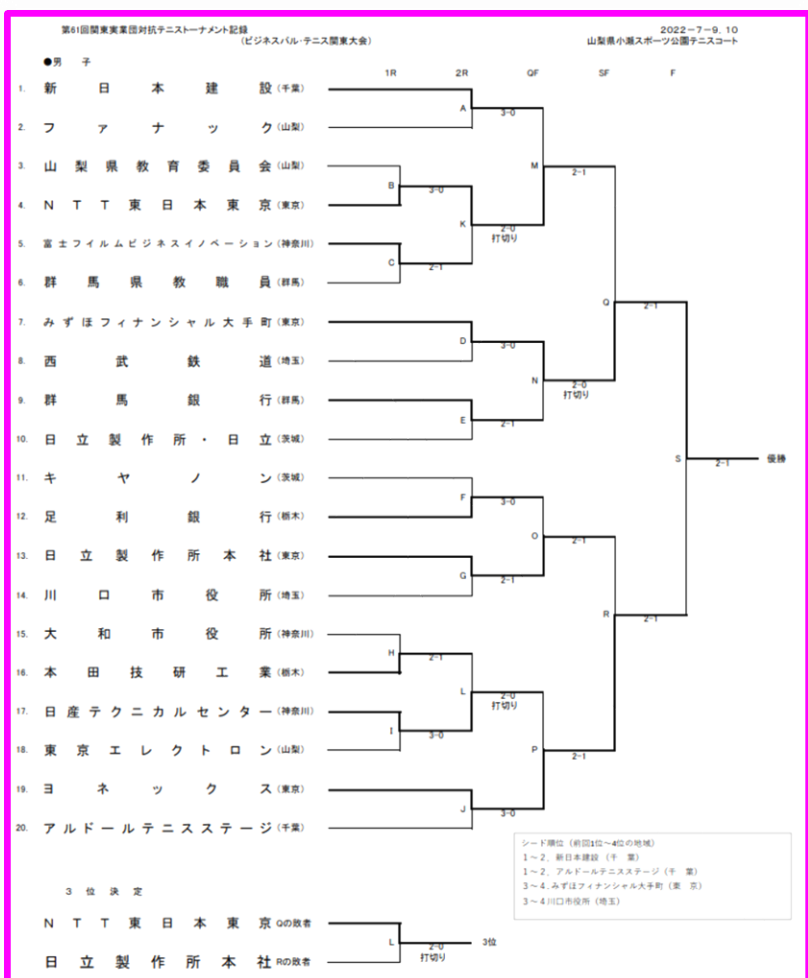
~ Stay Independent, Stay as ONE TEAM ~ July 15th, 2022

- A Long Journey to the Victory - No Tennis No Life -

When I was a junior high and a high school student, I used to spend all my time playing soft-tennis, but once I started playing tennis (not soft-tennis but the one played all over the world) when I was a university student, I easily got absorbed in playing it, and I have been trying to improve my abilities for tennis for more than 30 years.

On July 9th and 10th, my team (the team of teachers of public high schools in Gunma) took part in the "Kanto District Business Pal Tennis Tournament" held in Yamanashi as the champion team of Gunma in 2021. One match in the tournament consists of 2 doubles and 1 single (I played 4 doubles and 1 single this tournament). The other representative team (the 2nd place of Gunma in 2021) was the team of Gunma Bank. We are, as it were, "friendly rivals". Both teams aimed to get to within the 6th place, which would allow us to participate in the "All Japan Business Pal Tennis Tournament."

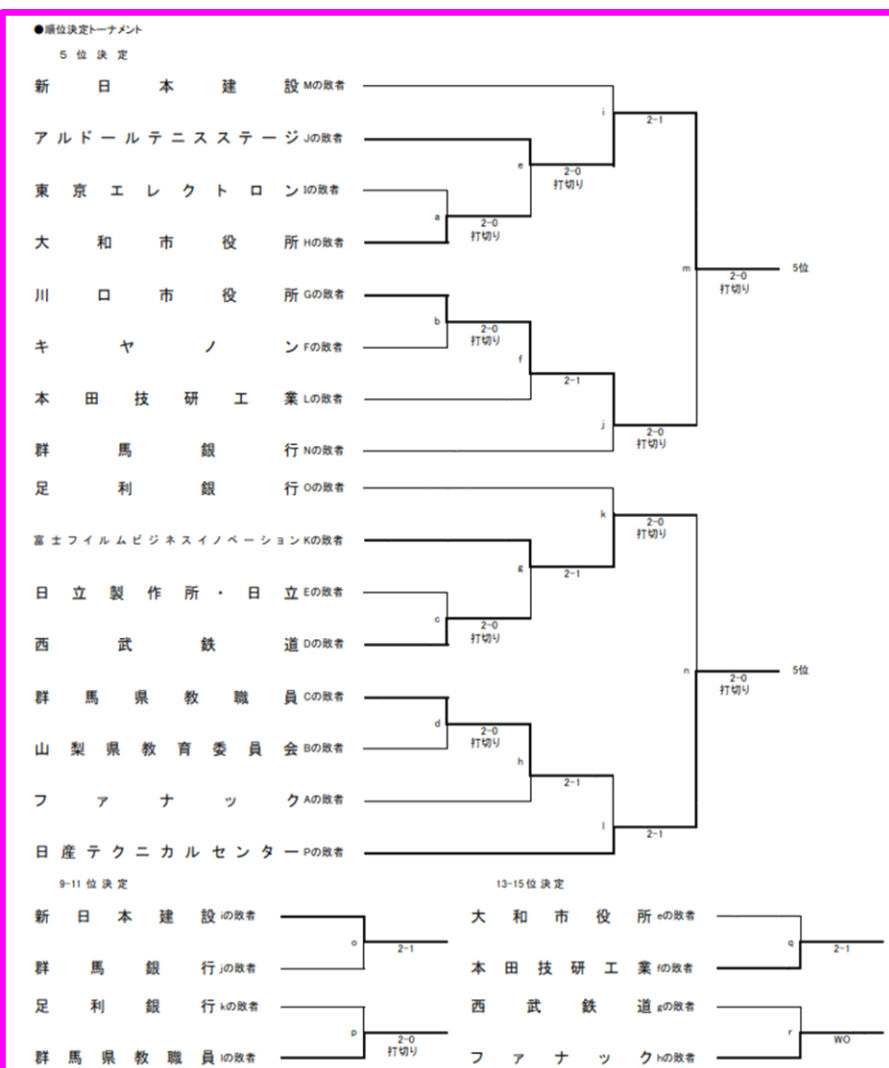
You can see the result of both teams below; we unfortunately got 9th place, and they got 11th among 20 teams. In conclusion, both of us missed the chance to participate in the national tournament. Our trial ended in failure, but it was enjoyable. Team competitions were especially fantastic; you can help and respect each other. Of course, I also like to take part in individual matches. Even now, my long journey to the victory goes on. Our team has already advanced to the final round of the "2022 Gunma Business Pal Tennis Tournament", and will probably play against Gunma Bank again, or SUBARU. As for me, No tennis No life. <http://www.ttajitu.sakura.ne.jp/kanb/61/top.htm>



I hope the KIRITAKA English Journal will be accepted by you! (Toru Hoshino)

★ KT's Power Song ★

I've been looking forward to August 6th, because, I suppose a lot of you are the same as me, a movie is going to be shown on the day. I've also heard one of the main characters in the movie sing songs which are created by popular artistes. Today, I'll introduce one of them, which has already been released in a public. The title of the song is "I'm invincible". Once you hear it, you can be super positive! <https://youtu.be/sk1Z-Hqwwog>





Kiwi Corner



Hi everyone! How are you all doing? We have entered July, and that means the real summer weather has finally arrived. It has been getting hotter and hotter, and in the last few weeks, we have had quite a few days with temperatures above 35 degrees. Kiryu even became the hottest place in Japan on one particular day, reaching 40.1 degrees!



Don't you want to go to a beach like this?



A typical "dairy" in New Zealand

In New Zealand, when it becomes summer, we always want to head to the beach, sit on the warm sand, and swim in the refreshing sea. And wherever there are beaches, there is a particular store found nearby: a "dairy". This is the New Zealand equivalent of a convenience store, and you can see them everywhere.

On hot summer days, the best thing to buy at a dairy is, of course, ice cream!

I was very surprised when I found out Japanese people love eating ice cream in the



My favourite flavour: Boysenberry

middle of winter. But since I've tried it, I have also come to love eating ice cream while sitting at my warm kotatsu. New Zealanders, on the other hand, love eating ice cream all year around, but especially in summer. Actually, New Zealanders have the highest ice cream consumption per person in the world! On average, we eat around 28 litres of ice cream per person every year!

There is a reason why we eat so much ice cream; because it is so delicious! We have many amazing flavours to try, and with all of our cows in New Zealand, we have the creamiest ice cream in the world. "Surely not better than Häagen-Dazs or Baskin Robins (31)?" you may be thinking. In my opinion, they cannot compare. New Zealand ice cream is so much better. Actually, New Zealand ice cream is sold in Japan. So if you see some at the supermarket, I definitely recommend trying some. Especially the "hokey pokey" flavour!



NZ ice cream is sold in Japan!

I'd like to recommend another song. This is by a popular New Zealand band called "the Black Seeds", and is always heard playing on radios, speakers, or anywhere in summertime. It's a perfect song to listen to while relaxing in the warm summer weather. Give it a listen here: <https://youtu.be/AvMuUnFNPIk> (Liam Campbell)



The Joseph Article



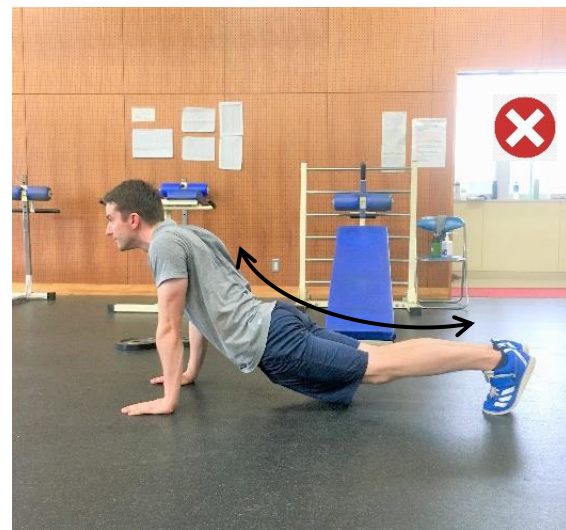
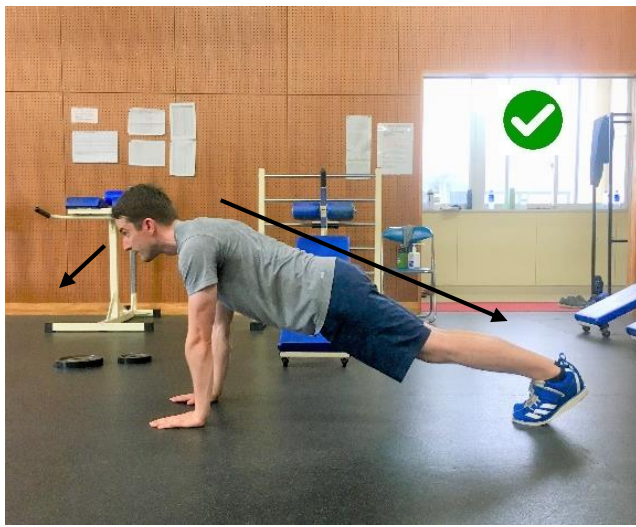
Three exercises to help you get stronger!!

It's the summer now, which means it's a great time to get active. Although relatively speaking, it's always a great time to be active! As many of you know, two of my favorite hobbies are **weight training** and **exercising**. I try to stay active in many ways, such as riding my bike to school, playing tennis or basketball at Kiritaka, or going to the training room.

Today I'm going to write about **three of my favorite exercises** and how to do them with solid technique. Today we'll be covering the **pushup**, **squat**, and **deadlift**.

The Pushup

- 1) Both your **hands and feet** should be **about shoulder width apart**, or just wider. **Your body should form a straight line** from your head down to your feet. **Brace your core** and **look forward** slightly.



- 2) Start to **bend your elbows** so that they form about a **90-degree angle**. With your elbows only a few inches from your body, your **upper body** should form an **arrow shape**. **Avoid flaring your elbows**, which makes a **T-shape**. This may limit your strength potential and cause shoulder pain over time. **Maintain the brace in your core** and make sure your hips don't lower first. You will want to be barely touching the ground or **a couple inches above the ground**.



- 3) **Pause briefly** and then **push into the floor** and **return to your starting position**. Continue to **brace your core** throughout this exercise to **maintain the straight line** with your body.

The Squat

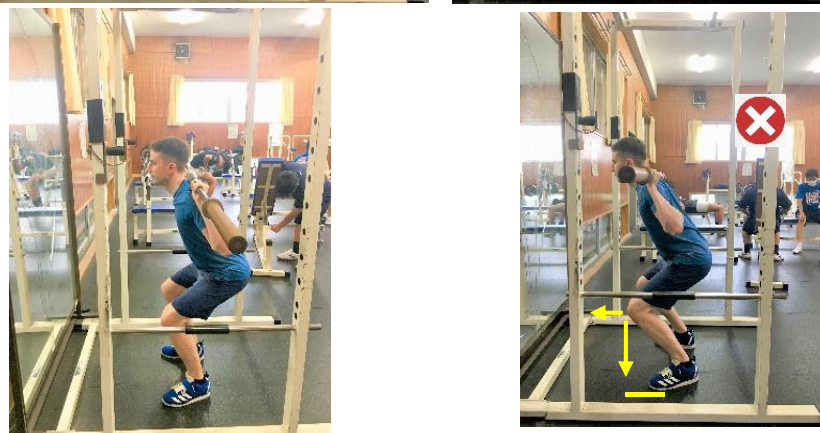
- 1) Make sure the **weight is the same on both sides** and that the **bar is centered** in the squat rack. The **height of the bar** should be **around armpit height**. The **bar should rest on your upper-back** (trapezius muscles). Your hand should be used to stabilize the bar, so **don't grip the bar too hard**.
- 2) To **un-rack** the bar, **push your hips forward** to straighten your knees. **Take three small steps back** and make sure your feet are in line. **Your feet should be a little flared** and your feet should be a **little wider than shoulder width**.



- 3) Have **your weight evenly on you toes and heel**, your head looking forward and your **elbows slightly back**. Take a deep breath and brace your core. **Bend at the hips and the knees at the same time**, your knees should track forward and slightly out and your hips should move down. Lower yourself until about parallel to the ground. **Avoid your knees being too far forward** when you lower yourself down, a little forward is okay, but not too much.



(a different angle)



- 4) Reverse the motion and **maintain upright posture when pushing back up** to the starting position. **Avoid your knees pointing in and your back rounding**. You can exhale when you're near the top of the lift. **Make sure to avoid lifting too heavy** and check to **make sure you are going low enough in your squat to gain the effectiveness** of this exercise.

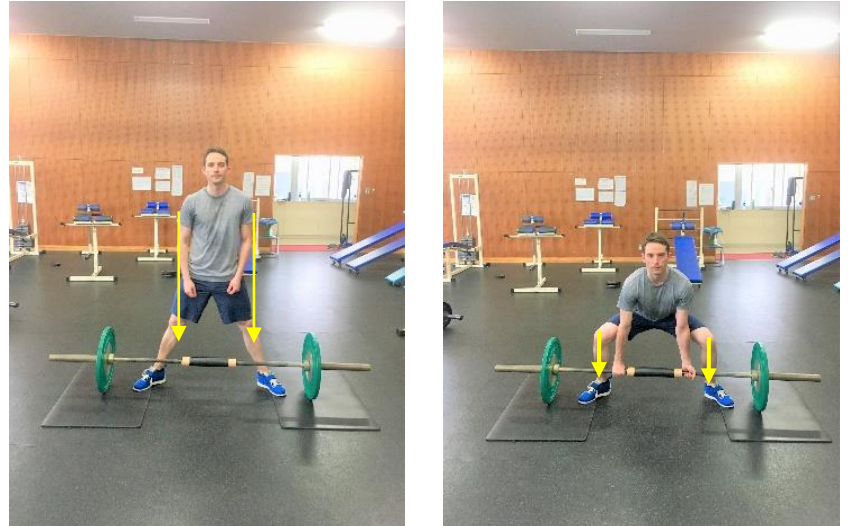
The Deadlift (Conventional and Sumo)

- 1) With your stance **slightly narrower than shoulder width** and **toes pointing forward**, **push your hips back** and then **bend your knees**. Grip the bar at shoulder width with your **arms hanging straight down** in front of you **just outside your legs (Conventional)**.
- 1) Take a wide stance with your feet in-line with your knees and **flare your feet**. **Push your hips back** and then **bend at the knees**. Grip the bar at shoulder width with your **arms hanging straight down** in front of you **inside your legs (Sumo)**.

CONVENTIONAL

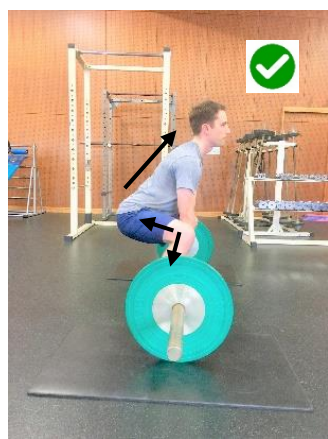


SUMO

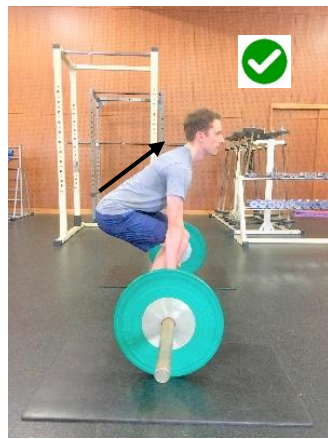


- 2) **Keep your back straight** throughout the lift, although a **little upper back rounding is okay** as long as it doesn't increase. Brace your core, keep your **chest up** and **drive your hips forward** until you're standing up straight.

CONVENTIONAL



SUMO



FINISH (CONVENTIONAL)



- 3) When **lowering the weight**, make sure to **push your hips back** and **avoid hitting your knees** with the bar. It's okay to **lower the bar quicker**. The main part of this exercise is the lifting.

These three exercises can help **strengthen many different muscles!** The **pushup** covers mainly your **chest and triceps**, while the **squat** and **deadlift** cover a **variety of muscles in the back** as well as the **quads, hamstrings and glutes** in the **lower body/legs**. Of course, **there are many ways to try these exercises that work best for each person**, but **good form will always be the most important part of exercising**. Doing **fewer reps with solid technique** will almost always be better than doing many reps with lazy or incorrect technique.

Let's start trying different exercises to help make us **stronger and healthier!** 😊

Joseph Miselis

*Photos courtesy of Akane Kanaya (2-5) Thank you! 😊