

## **Welcome Speech**

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#### **Opening ceremony remarks about sport and body practice: Grandmothers need their sport philosophy**

It is my greatest honor to be here as the first speaker of this ceremony. I hope you enjoy international scholarly communications and sightseeing in Tokyo.

Now I will make my remarks concerned on conceptual problem "what is sport", especially on necessity of philosophy of sports body practice in allotted time to me. The most remote group from sport is that of the old lady's on the data of the national social survey. They have enough leisure time and more healthy body than old gentlemen. The life expectancy of lady is well over 80 years and they are world No.1. They feel, however, alienation from sport. Their image on concept of sport is that sport is for male athlete. There are such many people other than old ladies. What is the meaning of sport when you say that everyone needs sport? This is my problem.

At first, I will talk on what was sport in 19th century Japan. She was one of the non western countries where life system was very different from the western world at that time.

#### **1. The sport was introduced into Japan in 19th century**

Japan had opened her door to the western world. The sport was introduced into high schools, colleges, and universities. The physical education as a school curriculum was also introduced into elementary and secondary schools in the method of gymnastics. Sport and physical education was brand new methods for Japanese society. In western countries, system of production had a common characteristic of the division of labor. The social system also had been changed into division of institution. To divide was the most useful method at that time and influenced all fields of the civilization. The gymnastics was divided from human education as the pursuit of purely physical component. The sport was divided from carnival or festival purely as the pursuit of sports enjoyment itself. This division was brand new in thinking style of dealing with human activities for Japanese. The gymnastics had purely physical aim, and sport, for example rowing race in Sumida River, purely exhibited power of college students and their enjoyment. These two, the sport and the gymnastics, however, have different aims. The former has formal styles of playful social behaviors, such as playful competition, playful contest, playful conquest, and playful game. These were designed originally for festival space where gods are playfully dedicated human performances. The staging of dance also belonged to this play and festival space. Meanwhile, the latter has no rules and playful elements, but methods of training, exercise, and practice of body for its improvement. Repetition and endeavor, and obedience to the teacher and trainer are characteristic words in this field. From above stated, we can understand that the method of playful activities of bodies and method of serious making of bodies were introduced into 19C Japan.

#### **2. Relation between the two aims in traditional culture**

There was a tradition of culture that the two methods of body combined. People become playful in times of harvest festival and their practiced bodies are dedicated to god in shrine. Village people transformed from farmers into dancers, Sumo wrestlers, heavy stone lifters, horse riding shooters, and so on. They playfully dedicated god their performance on the base of their bodies that they had trained in rice cropping labors. The body had two meanings. One was play medium meaning and another was work medium meaning. For the two meanings, people were required to continue practice through life. The body was intersection of two meanings. And meanings produce methods. There were native training, teaching, and learning methods for people to grow to perfection. This is to say that, these methods are belonging to rice crop culture in which

people had developed multi-dimensional view points. For example, education for doctor was done by live-in method. One who wishes to become a doctor needed to live in doctor's house. One who wants to learn merchant method should live in merchant family as an apprentice. The physical growth had attained through various activities with different aims. In the live-in method of education, it was aimed to become intellectually, morally, physically and technically level of grown-up. Plural aims progress at the same time. From above stated, it was an education that has viewpoint of plural dimensions. For example, they trained with outdoor play activities in childhood, with apprenticeship labors which began to start about 10 years old, and with social activities of festival dances, wrestling, bow shooting, and horse riding, etc., and with walking as main traffic means. The everyday range of walking was around 15 km or so. Children are required to adapt physically to such social situations.

People watched and evaluated the adaptation process of their children becoming grown-up. In the case of problem in their adaptation process, parents take care somehow. For example, they made their child enter Judo ashram or dance ashram, etc. for his/her healthy growth. It is important that there were viewpoints of body/mind/behavior evaluation systems. When information from body, mind, and behavior of their children were accumulated and synthesized to some meaning, then they decide to take some measures. That is to say a sort of textile judgment on body growth. The body and mind are understood from behavior. The body is understood and evaluated by behavior of rice crop culture standard. This is different from evaluation of body understood as body, or mind as mind. This is to say, the synthesized evaluation.

### **3. The death of god in England**

It is said that Charles Darwin killed God by the theory on evolution of animal species in 19C England. Mow mankind need no God to hold festival, even in sports. Ancient Greece needed God of Greece to hold Olympic, but Pierre de Coubertin needed no God for modern Olympic revival. It seems that the modern sport stands itself without god help.

### **4. Life rhythm in rice crop society**

The rice crop society had pasted life on lunar calendar which was organized on the working rhythms of rice cropping for which people must adjust. Hard labor days continue about two months in summer to remove growing weeds on rice fields. After harvest they found some leisurely days and had festival weeks. And also they had rest weeks in February today but New Year is in lunar calendar. People live life in regular one week rhythm in society today. They live without productive seasonal rhythm. Then there are great differences in life rhythms between rice cropping society in which people live yearly cycle with seasons of production and the society today in which people live regular one week cycle without sense of productive seasons. Then naturally accompany differences in body training and practice. The people in the old days lived their physical life just like professional sport players who have season of games and post season when they have rest time and prepare for next season yearly. There was a pattern of big wave of endeavor in old days, contrasted to small vibration today. In the background of human activities there is the body which is a part of the changing world.

### **5. Thinking upon the relation of figure and background**

The figure variations that are the division of labor and social system have influenced on the background bodily life, and vice versa. I would like to mention here especially bodily life side problems. The small vibration of bodily life accumulates capability depression. That is to say people deeply and bodily extinguish realization of their chance to become more valuable person. People want to find the way to overcome the bodily crisis. The way is to train one's body for its possibility. We watch games and contests in television. These are figure side of sport activity. But, we know that training and practice are very important for success. And these usually belong to background.

### **6. Implications in the background of divided sport**

A young professional sumo wrestler was killed by coaching violence happened in practice situation last year. And doping problems usually happens in this background side of sport. Development of skill and growth of body too are produced in training situation. Then we can say that this is main field of person making and distraction in sport. Unbalance behavior is apt to happen. The field of body practice is not only limited in sport. But also the field expands into daily life and artistic life. This is a basic field of human life, That is to say, it is a field of human life such as field of sleeping and field of eating. The field of body practice is common to mankind in a certain extent. It has process from easy to difficult in task, from worm up to cooling down in activity, from repetition to development in method, from consciousness to unconsciousness in

mental and emotional control, from outside to inside in body and breath control. Body training problem is that person's horizon become narrow and limited in body only. However, there is another type of process. The moral and social sides of person are built in this field. There is competitive social process in sport. There are social processes, for example, from unknown to fame or from an individual to representative of a group. There are numbers of degrees of representations. For example, a sport club, a community, a country, and mankind. The representatives are selected through the process of competition and comparison of body. The selected get fans and supporters at each level. There are ladder steps of "successful fame". They have values for TV directors, for politicians, and for merchants. They appear as object of entertainment for ordinary people. And these values are by products of body practice and a very few people can get them. We should not make mistake that body practice become valueless if one can not succeed into famous representative of sport. Some retired professional athletes show their declined body as the result from stop of their body practice. They thought body practice as the means for non essential aims. Their body practice stopped with the end of the aims. When they discover other new aims for themselves after retire, they need to begin body practice for the new aims. The aims of living will change through human life. The body practice, however, is able to continue throughout the life. The old and the weak will find tasks of body practice as such.

### **7. What kind of body practice can be said to be sport, and why?**

Forced behaviors make happen not only body stress and distraction, but also bring body growth and becoming expert. Voluntary body practice make happen not only growth and development, but also bring injury and insult. We must ask the body meaning of "obligatory" and "voluntary". It is a well known fact that the partial body use bring about partial fatigue and injury in body. Many professional athletes have problems in their body. Some day they will retire because of their body consumption. Are they really trained without resort to compulsion? Were they voluntary? The confinement within narrow situation is a basic problem accompanied by specialization and division of labor itself. There is still another problem in division of labor. For example, old ladies are not share of sports division. They are alienated by the sport division. They lost their field of body practice because of image on share of the work. This is a harmful influence.

### **8. The sport has play meaning in general**

Sports body practice had been a sort of playful feeling in childhood and historical old days. In judo and sumo practice, the players make fun of opponent, play as if true battle and friendly fool about each other. Even adult still have playful feeling. They practice without feeling of play but there are play factor. It is reason why boxers put groves on their hands for fighting. It is never allowed to play cat and mouse into death. To walk only hard is not walking sport for ordinary person. It is a sport when one goes for a walk with leisure mood. There are difference between mountain climbing for labor and that of sport. The former climb up hard, but latter sound about, and play with mountain situations. They make some playful communication with mountains. It is possible to repeat challenge to climb up again and again, but do not complete it. They play with the mountain. This is the sports body practice. The sport spirit of ordinary people has no room for doing unreasonable thing. When playing with allowance child body grows up and develops skill. This is true for adult and old person. Repeating play make person develop. It is possible to play with one's body. He plays with his body in controlled degree of practice. Then he is able to relax his shoulder. It is humanlike attitude toward the world. One does body practice because of play better with the world. Possibilities of viewpoint as above stated are able to be founded in the background of sport. And everybody may well seek such an activity. Even old lady can enjoy sport body practice. Game and contest as figure side of sport happen in unordinary space. Sport body practice as background side of sport belongs to ordinary space. And the body practice appears not only in sport, but also appear all field of living activity. Body practice of sport is a part, and continuance to the other body practices fields. These are not able to be divided clearly. Therefore field of sports body practice has introduced useful methods from other field. The practice field is always structured by answer to the need of individual person. There are religious body practice methods in eastern countries too. These have long tradition. These bring mind and body religiously good condition. This is different from individual body practice as approach to some aim, for example, Marathon training. It aims rather better humanity than to get some limited skill. The god was killed today, but human mind to seek god is not extinguished. We need the mind and spirit of sport to organize and synthesize body as in religion. That is to say, mankind needs the philosophy of sport practice. I think so. The study on figure side of sport, namely game and contest side, has made great progress by this society founded by Paul Weiss Sport body practice is open to every person. The behavior and activity arise out of background side with communication to other fields of practice. The old ladies know the necessity to open this extensive field.

Thank you very much for your kind attention.