



TIAS reborn TIAS2.0

## SPORTS PERFORMANCE TEST “AFRICA CHALLENGE” DECEMBER 18<sup>TH</sup> AND 19<sup>TH</sup> 2021, KOBE, JAPAN

The event was held on December 18<sup>th</sup> and 19<sup>th</sup>, 2021 as the side event of Futsal Fiesta 2021 (<https://futsalfiesta.jp/>) at Green Arena Kobe, Hyogo. The objective of the “Africa Challenge” event was to connect Japan and Africa through sports, and the target participants of the event were the players of the futsal tournament ranging from elementary school children to adults over 40, male and female. The event was co-organized by Kobe Athlete Town, the organizer of the futsal event and A-GOAL (Takumi Kishi) (<https://a-goal.org/>), a non-profit organization assisting Africa through sports.

The concept of the event was “to compete with African athletes for the record of sports performance test”. The sports performance test implemented in the event is a program jointly developed by CHEZA (Masaaki Nakarai and Tomoko Amemiya) and TIAS2.0 as a part of academia-business joint East Africa research project. This time, considering the venue size and feasibility in Africa and after consultation with TIAS2.0 team (including TIAS Alumni, Dr. Kazuhiro Kajita (now at KUAS) and Phd Candidate Takafumi Tomura, TAIKU-UT; and potential student Akane Yamauchi), the following five test items were adopted; 1) Pro-Agility test, 2) Flexibility test (Sit and Reach), 3) Hand Grip Strength, 4) Vertical Jump and 5) Plank. The measurement in Africa side was conducted in Uganda in cooperation with SOLTILLO Bright Stars FC (<https://www.facebook.com/Soltilobrightstarsfc>), a professional football club owned by the famous Japanese football player Keisuke Honda in Kampala, Uganda, prior to the event in Kobe. The participants of the event in Kobe were therefore able to challenge the records set by the Ugandan professional footballers. The event was also supported by LAUDI Co., Ltd., JICA Uganda Office, SALON 2002 and Pa Moja.



Over 100 people participated in the event and took the sports performance test. The test scores per item were posted in a ranking table on a whiteboard right away, so the participants enjoyed watching the whiteboard with African and Japanese rankers’ names being frequently updated with new scores. There was also a session where the participants at the venue in Kobe was actually connected with children in

Uganda using a video conference and interacted with each other by trying a plank together online.

A brief report of the event and the result of the sports performance test (ranking) is available on CHEZA's website:

- Report page: <https://www.cheza.co.jp/news008/>
- AFRICA CHALLENGE page with ranking: <https://www.cheza.co.jp/program-sports/africachallenge/211218-kobe/>



Photo 1: **Sports Performance Test 1: Pro-Agility test**



Photo 2: **Sports Performance Test 2: Flexibility test**



Photo 3: **Sports Performance Test 3: Hand Grip Strength**



Photo 4: **Sports Performance Test 4&5: Vertical Jump & Plank**



Photo 5: **Children looking at the test score ranking on a whiteboard**



Photo 6: **Children greeting Ugandan children on video conference**



**Photo 7: Children challenging against Ugandan children with plank online**



**Photo 8: Organizers and volunteer staff of the event**

Thank you KOBE ATHLETE TOWN, A-GOAL, CHEZA and all PARTICIPANTS, and VOLUNTEERS, and COLLABORATORS; creating networks and friendship between Japan and Uganda/Africa; and towards continuing the process of creating an East Africa Sports Academy in East Africa – and research in sport sciences.

Sincerely Yours,

2021.12.25

Tomoko AMEMIYA & Masaaki NAKARAI

CHEZA Founders

<https://www.cheza.co.jp/en/home/>

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[https://tias.tsukuba.ac.jp/tias2/wp-content/uploads/2021/07/july-9th-and-10\\_2021\\_TIAS-2.0x-CHEZA-Seminar\\_Kansai-region\\_from-KUAS\\_TIAS-ALUMNI-Network-Report-Prof-Rakwal.pdf](https://tias.tsukuba.ac.jp/tias2/wp-content/uploads/2021/07/july-9th-and-10_2021_TIAS-2.0x-CHEZA-Seminar_Kansai-region_from-KUAS_TIAS-ALUMNI-Network-Report-Prof-Rakwal.pdf)

[https://tias.tsukuba.ac.jp/tias2/wp-content/uploads/2020/11/November-8th\\_2020\\_Osaka-Research-Tour\\_TIAS-and-CHEZA-Collaboration\\_Prof-RAKWAL.pdf](https://tias.tsukuba.ac.jp/tias2/wp-content/uploads/2020/11/November-8th_2020_Osaka-Research-Tour_TIAS-and-CHEZA-Collaboration_Prof-RAKWAL.pdf)

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