



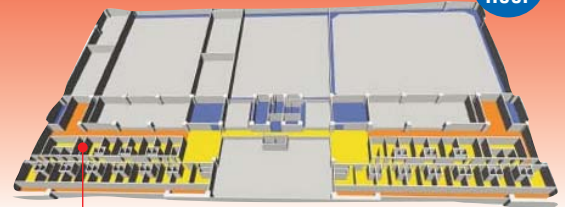
Sports medicine and science research facilities

- Measuring maximum oxygen uptake in the low-pressure laboratory



Gymnasium

- Gymnastic appliances that are same as those used in the Athens Olympic Games are installed.
- Performance can be recorded from many angles using cameras fitted into the walls and ceilings.



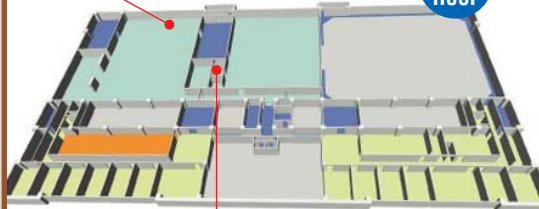
Fifth floor



Normobaric hypoxia dormitory

- In the dormitory room, oxygen concentration can be set to be as low as that at an altitude of 1,800 to 3,000 meters.
- The altitude corresponding to the oxygen concentration level set for the room is displayed on a monitor.

Fourth floor



Research Gym

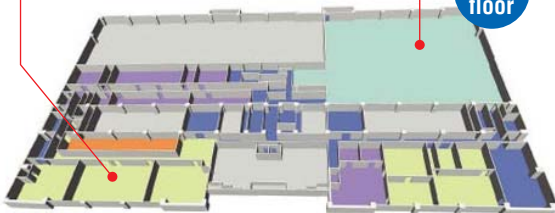
- Forms and strategic movement of athletes are analyzed through the use of video cameras.

Third floor



Normobaric Hypoxia Dormitory

- The dormitory provides a low-oxygen living environment that corresponds to 1,500 – 3,500 meters above sea level.
- The photo shows a competitive swimming team training in the low-oxygen training room.

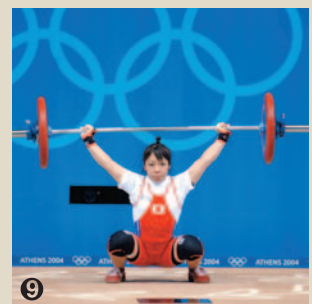


Major athletes who trained by themselves at JISS and left great results at the Athens Olympic Games

- ① Men's artistic gymnastics team winning a gold medal for team competition
The gymnastics team trained using the same gymnastics appliances as those used in the Athens Olympic Games at the gymnasium of JISS.
- ② Hisashi Mizutori, a member of the artistic gymnastics team, winning a gold medal
- ③ Isao Yoneda, men's horizontal bar bronze medalist
- ④ Reiko Nakamura, women's 200-m backstroke swimming bronze medalist
Japan's swimming team trained at JISS, where their swimming forms were analyzed. As a result, the team won three gold medals, one silver medal, and four bronze medals.
- ⑤ Chikara Tanabe, men's wrestling bronze medalist
Japan's men's and women's wrestling teams both trained at JISS and won two bronze medals, two gold, one silver, and one bronze.
- ⑥ The women's softball team held a training camp at JISS and had their throwing and batting forms analyzed. They won a bronze medal at the Olympic Games.
- ⑦ The synchronized swimming team held a training camp at JISS and won a silver medal.
- ⑧ The women's table tennis team, which included Ai Fukuhara as one of the members, held a training camp at JISS immediately before the start of the Olympic Games.
- ⑨ Hiromi Miyake has her training base at the weightlifting gym of JISS. She was ranked ninth at the Athens Olympic Games.



Photo: Kyodo News Service



Japanese Professional Sports Players Displaying Their Abilities on a World Stage



At the US Major League Baseball, not a few Japanese players left great results. Ichiro of the Seattle Mariners, in particular, broke the Major League record of 257 hits a year with his 262 hits, the first time in 84 years. Also, Hideki Matsui contributed to the team both by his fielding and batting.



A lot of Japanese players take on the challenges of football on a world stage. The photo on the left shows Hidetoshi Nakata, playing in Italian Serie A. The photo in the middle shows Shunsuke Nakamura of Reggina. The photo on the right shows Shinji Ono of Feyenoord of the Dutch League.



Ai Sugiyama, the top tennis player in Japan, was ranked No. 1 in doubles from September to November 2003 after winning the French Open and Wimbledon Open in 2003.



Isao Aoki, admitted into the World Golf Hall of Fame in 2004, started participating in overseas golf tournaments on a full scale in the latter half of the 1970s.