



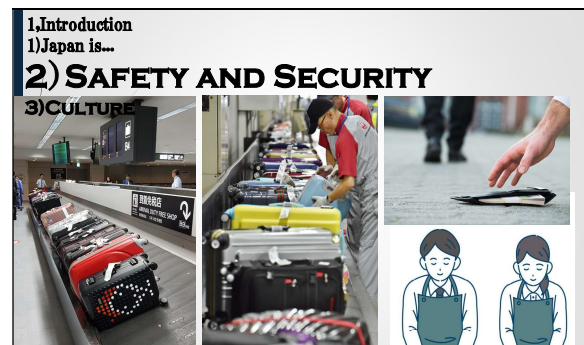
Asian African Pacific Powerlifting & Bench press Championships (Classic & Equipped) are scheduled to take place from July 5 to July 13, 2025.



(1) Japan is ... Japan welcomes everyone with its unique spirit of "Omotenashi"—a tradition of selfless hospitality.

This concept, passed down through generations, reflects care, attention to detail, and a commitment to cleanliness deeply rooted in Japanese culture.

From the moment you arrive in Japan, you will experience this hospitality throughout your stay.



(2) Safety and Security Japan is a safe and honest country, according to a study by the University of East Anglia in the UK. If you lose something in Japan, you will almost certainly get it back. Even in cash.



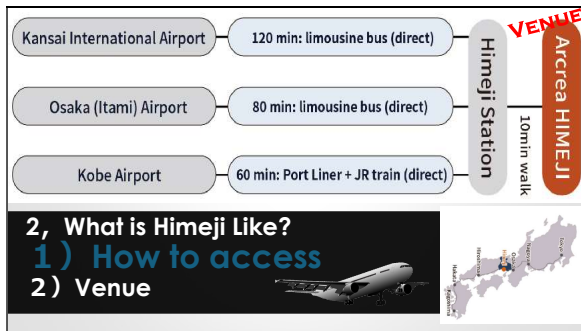
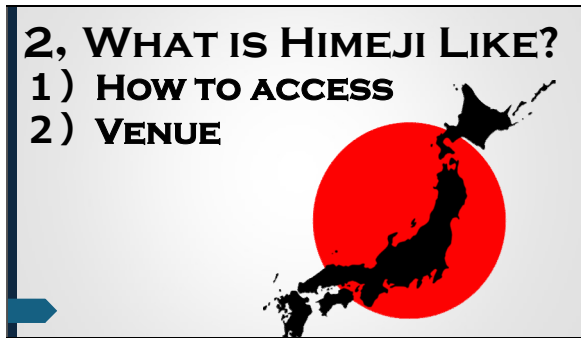
(3) Culture Japan is a country where tradition and modernity coexist in perfect harmony. Visitors can experience Eastern traditions alongside the finest Western-style shopping and dining. Ancient landmarks blend

seamlessly with modern cityscapes, creating a truly unique and unforgettable atmosphere.

2, What is Himeji Like?

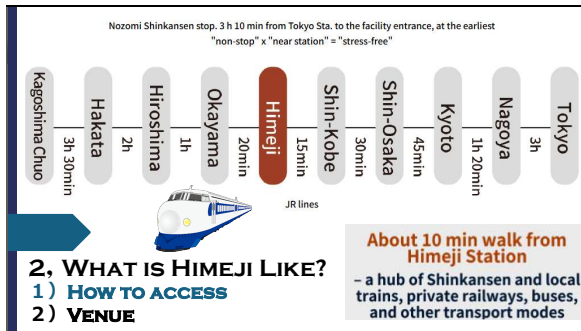
- (1) How to access
- (2) Venue

Let me introduce the venue for the competition.



1) How to access

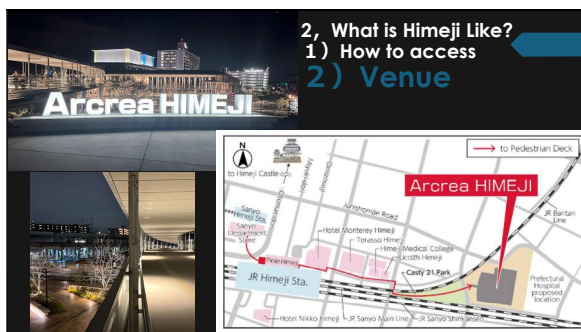
A direct bus from Kansai Airport to Akurie Himeji (Venue) takes 120 minutes. Athletes arriving from various countries can take a bus to reach the venue conveniently.



Access to Himeji is convenient by Shinkansen bullet train, which links the city with Osaka, Kyoto and other major cities. Also, when travelling to the venue from Tokyo via Haneda Airport, direct access is available from Tokyo Station.

(2) Venue

Access from the station to the venue is also very convenient. There is a covered walkway, and it takes about 5-10 minutes to walk from the station to the venue.





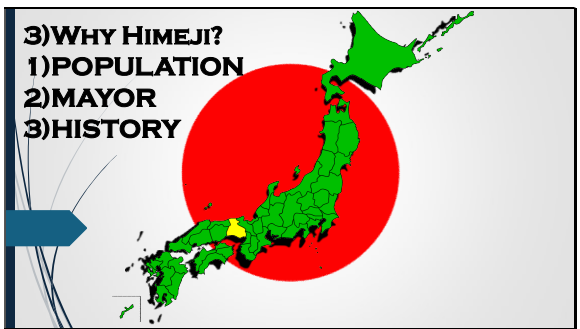
There are convenience stores such as 7-Eleven and supermarkets in the vicinity of the venue, so there is no need to worry about eating and drinking after the weigh-in. Furthermore, there is a hospital adjacent to the venue.



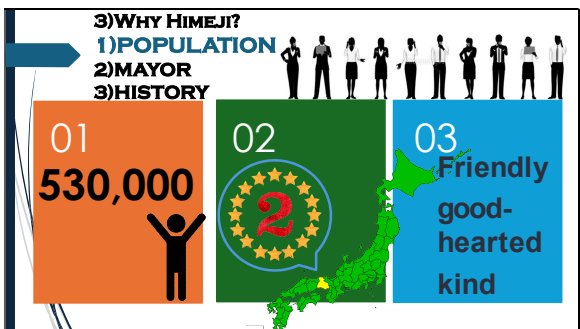
This space hosts nationwide competitions every year. It is spacious enough to accommodate four platforms during regular use.



We have also prepared dedicated rooms for officials and referees.



3, Why Himeji?
 1) POPULATION
 2) MAYOR
 3) HISTORY




1) POPULATION
 Himeji City has a population of about 530,000, making it the second-largest city in Hyogo Prefecture. It offers a good balance of urban convenience and natural beauty. The area around the station is full of tourist spots, with easy access to enjoy both nature


and history etc...

WHY HIMEJI?
Hideyasu Kiyomoto

- Known for his cooperative attitude towards sports and local events.
- Regularly attends the opening ceremony of the annual powerlifting competition held in Himeji City.
- Recognized as a citizen-friendly mayor due to his active participation in community activities.
- The hosting of nationwide competitions at the venue each year is made possible through the mayor's and Himeji City's support.



3)WHY HIMEJI?
1)POPULATION
2)MAYOR
3)HISTORY



2)MAYOR

The mayor of Himeji is **Hideyasu Kiyomoto**. He aims to develop Himeji City and improve the quality of life of its citizens and focuses on the promotion of tourism and local revitalization.

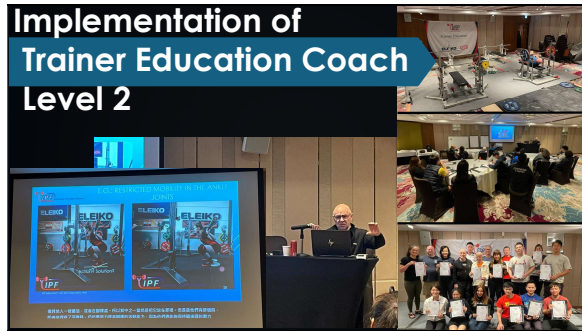
He is also known for his supportive attitude towards powerlifting, as he never misses the opening ceremony of the powerlifting competition held here every year and is loved by everyone.

3)HISTORY

Himeji is a city rich in history, best known for **Himeji Castle**, a UNESCO World Heritage Site. The castle, over 400 years old, is one of Japan's most famous and well-preserved landmarks. The city has long been an important cultural and military center, blending traditional heritage with modern life. Visitors can explore samurai history, ancient temples, and historical streets. Mount Shosha is also famous as the filming location for the movie *The Last Samurai*. The film is set in 19th century Japan and depicts the spirit and culture of the samurai. The beautiful scenery of Mount Shosha played an



important role in enhancing the traditional Japanese atmosphere in the film. The view from the top of the mountain is particularly breathtaking and provides the perfect backdrop for the film's scenes.



Trainer Education Coach Level2
We are planning to hold a Level 2 Coaching Course during this event. Coaches who accompany their athletes as support staff will have the opportunity to obtain a certification, making this a well-rounded and fulfilling competition for everyone.

Thank you for your time,
and we look forward to welcoming you to Japan.