

# Don't Miss Fencing on July 24<sup>th</sup> & 28<sup>th</sup>!

Fencing Tournament: July 24 – August 1



○Who to watch: **Max Hartung**



## ○Introduction

Began fencing at 8 years old, and won his first ever tournament. Advocates for the importance of teamwork and friendship in the seemingly individual sport of fencing. He serves as the chairman of the Athletes Commission of the German Olympic Sports Confederation (DOSB), and founded independent organization Athleten Deutschland e.V., which seeks to improve support for athletes.

## ○Sport: Fencing – Sabre

## ○Career Highlights

World Championships: Individual – Bronze, Team – Gold, Bronze  
European Championships:  
Individual – Gold x2, Bronze x2 Team – Gold x2, Bronze x3  
London Olympics: Individual – 7<sup>th</sup>, Team – 5<sup>th</sup>  
Rio de Janeiro Olympics: Individual – 10<sup>th</sup>  
World Ranking: 5<sup>th</sup>

## ○SNS: Instagram

Personal: @derhartung

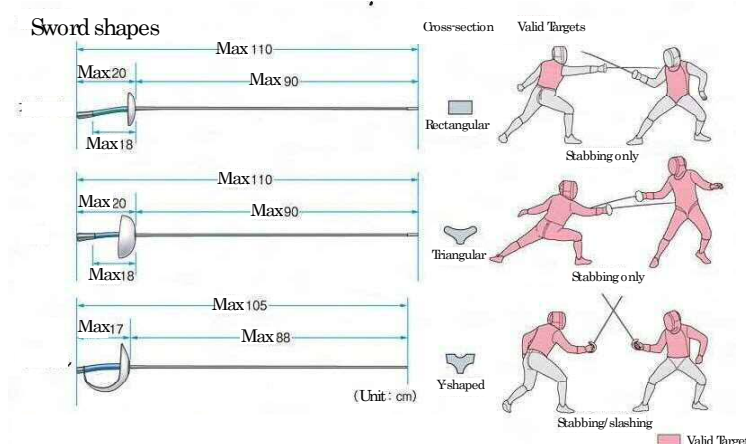


German Fencing Association: @dfbfechten



## The sport of fencing

Fencing is a combat sport using swords. Two athletes compete on a special court known as a piste, which measures 14 meters in length, and 1.5 meters in width. If an athlete steps off either side of the piste, they are penalized and must move back one meter from their opponent. If an athlete steps off the back of the piste, their opponent is awarded a point. Matches consists of three sets of three minutes each, and athletes compete to earn the most points through valid “touches.” Every valid touch results in one point. The first to 15 points is the victor. The three types of sword used in fencing are the epee, foil, and sabre. Each weapon type has its own distinct characteristics, and its own rules for competition.



**Max competes in sabre. Foil and epee are limited to stabbing attacks, but in sabre, athletes are also able to use slash attacks. This results in a more dynamic fighting style!**



○International exchange: Numata City, Germany, German Fencing Association

1995 – Became sister cities with Fussen, Germany

2017 – Registered as a Host Town for Germany, formed training camp agreement with the German Fencing Association

○Training Camp before the World Fencing Championships in China (July, 2018)

(Training exhibition)



(Athlete introductions)



(Exhibition match & Cultural exchange)



○German Fencing Association President Visit (December, 2019)

(Middle school student exchange event)



(Tea ceremony experience)



○Host Town Activities (2020 - )

(Host Town Frame Stamps)



(Postcards to Germany)



Numata Official

① Training Camp

② Host Town

③ CIR

①

②



③

●Cheer on Germany! Use the below hashtags when you post!

#MaxHartung #GermanFencingTeam #Aufgehtsgermany2020

# Watch Germany Take Home Gold!

Tokyo 2020 Olympics - Table Tennis, July 24<sup>th</sup> – August 6<sup>th</sup>, Tokyo Metropolitan Gymnasium

## ■ Qualified Athletes

① World Ranking (Previous best) ※ Current rankings are as of May 27<sup>th</sup>

② Birthdate (Age) ③ Event ④ Total Olympic Appearances ⑤ Previous Olympic Results

## <Men>

### ◆ Dimitrij Ovtcharov

① September 2<sup>nd</sup>, 1988 (32)

② World Ranking: 9<sup>th</sup> (Best: 1<sup>st</sup>, January, 2018)

③ Singles, Teams

④ 4<sup>th</sup> Straight Olympic Appearance

⑤ 2008 Beijing - Men's Teams - Silver

2012 London - Men's Singles - Bronze

Teams - Bronze

2016 Rio de Janeiro - Men's Teams - Bronze

### ◆ Timo Boll

① March 8<sup>th</sup>, 1981 (40)

② World Ranking: 11<sup>th</sup> (Best: 1<sup>st</sup>, March, 2018)

③ Singles, Teams

④ 6<sup>th</sup> Straight Olympic Appearance

⑤ 2008 Beijing - Men's Teams - Silver

2012 London - Men's Singles - Bronze

2016 Rio de Janeiro - Men's Teams - Bronze

### ◆ Patrick Franziska

① June 11<sup>th</sup>, 1992 (29)

② World Ranking: 16<sup>th</sup> (Best: 13<sup>th</sup>, November, 2018)

③ Mixed Doubles, Teams

④ First Olympic Appearance



## <Women>

### ◆ Petrissa Solja

① March 11<sup>th</sup>, 1994 (27)

② World Ranking: 20<sup>th</sup> (Best: 13<sup>th</sup>, June, 2016)

③ Singles, Mixed Doubles, Teams

④ 2<sup>nd</sup> Straight Olympic Appearance

⑤ 2016 Rio de Janeiro – Women's Teams - Silver

### ◆ Han Ying

① April 29<sup>th</sup>, 1983 (38)

② World Ranking: 22<sup>nd</sup> (Best: 6<sup>th</sup>, February, 2017)

③ Singles, Teams

④ 2<sup>nd</sup> Straight Olympic Appearance

⑤ 2016 Rio de Janeiro – Women's Teams - Silver

### ◆ Shan Xiaona (Teams)

① January 18<sup>th</sup>, 1983 (38)

② World Ranking: 41<sup>st</sup> (Best: 12<sup>th</sup>, March, 2017)

③ Teams

④ 2<sup>nd</sup> Straight Olympic Appearance

⑤ 2016 Rio de Janeiro – Women's Teams - Silver





## The German National Table Tennis Team

Germany is a table tennis powerhouse in both men's and women's events. At the 2016 Rio de Janeiro Olympics, Germany took silver in the women's team event, and a bronze in the men's team event. Germany is also home to long-time table tennis legend Timo Boll, who was previously number-one in the world, and will make his 6<sup>th</sup> straight Olympic appearance in Tokyo.

## Asahi City and Germany

As part of Chiba Prefecture's sports exchange activities with Dusseldorf City in Germany, Asahi has served as the host for table tennis exchanges since 2009, and has continued to host reciprocal table tennis exchanges between students in Chiba (Asahi City) and Dusseldorf.

These exchanges led to Asahi registering as a Host Town for Germany on December 11<sup>th</sup>, 2017.



## Message from Germany

The German Men's Olympic Table Tennis Team sent us a video message. This message was made possible by the cooperation of the German Table Tennis Association and Borussia Dusseldorf, and the close relationship built with Germany through our regular exchange activities.



★Watch it here →



## For more information

Find out more at our Olympics & Paralympics page on the Asahi City official website

★Asahi City official site →



July 27<sup>th</sup>

# Don't Miss Taekwondo!

Taekwondo – Saturday, July 24<sup>th</sup> – Tuesday, July 27<sup>th</sup>

○ Who to watch: Alexander Bachmann, Germany



○ Outlook going into the Games

"I really like to fight in Asia. I won my world Champion title in Asia, so I have good memories to this continent. Hopefully in Japan i will win the same color of medal, like I won 2017 in Korea. My coach and I are really looking forward to fight in Tokio. Even though this Olympic games will be complete different than any other olympics, it is still the most important competition for any athlete. And it is my dream to win the gold Medal for my country. I am proud to represent Germany and I am very thankful for all of your support. I am a little bit sad, that we can not come to Toyohashi before my competition. Last time, you organized for us perfect training possibilities and we felt so welcomed in Toyohashi. But the health of everyone is most important in this incredible times. So we decided to go straight to the Olympic village."

○ Weight class: +80kg

○ Highlights

2017 Taekwondo World Champion  
3<sup>rd</sup> in the Olympic World Rankings

○ Social media: Instagram

Personal @bachmannalexander

German Taekwondo Union: @ger\_taekwondo

## The sport: Taekwondo

Taekwondo is popular around the world with over **80 million** practitioners in **200 countries!**

Taekwondo was first introduced at the 1988 Seoul Games, and the 1992 Barcelona Games, before becoming an official Olympic event at the 2000 Sydney Games. The variety of acrobatic-like kicks, which include spins and jumps, are incredible. A match consists of three 2-minute rounds, and athletes compete to score the most points. A match may also end due to a knockout. Taekwondo is heavily associated with kicking, but punching (to the torso) is also permitted.

◇ Example scoring scenario

- Kick: Head = 3 points, Torso = 2 points (Athletes receive extra points for performing spin kicks)
- Punch: Torso = 1 point

The Tokyo Olympics will feature 58kg, 68kg, 80kg, and +80kg weight classes for men, and 49kg, 57kg, 67kg, and +67kg weight classes for women. Bachmann has qualified for the +80kg weight class. You can follow the +80kg tournament below:

Tuesday, July 27<sup>th</sup> (Makuhari Messe A Hall)

◇ 10:00~17:00 Round 1 (8 matches) → Quarter Finals (4 matches) → Semi-finals (2 matches)

◇ 19:00~22:40 Repechage (2 matches) → Finals → Award ceremony

You may think that taekwondo is dominated by its founding country, Korea, but actually, England, Iran, China, Cote d'Ivoire, Jordan, and many more are also home to gold medalists. This year Alexander will be fighting to add Germany to that list!





○Toyohashi's ties with Germany

Our relationship with Germany began in 1991, when Volkswagen Japan opened its doors in Toyohashi. Following this, Toyohashi would become partner cities with Wolfsburg, Germany, the home of Volkswagen. Since then, we have engaged in a variety of educational, musical, and sports exchanges, and in 2016, Toyohashi registered as a Host Town for Germany.

○Training camp for the German men's taekwondo team (September, 2019)



Taekwondo exchange event with Toyohashi elementary school students  
There was a taekwondo demonstration, a chance to spar with the athletes, and much more

○Online taekwondo camp (August, 2020)



Students received advice from German head coach, Georg Streif



Sparring between members of the Kishukai taekwondo club

○Cheering on the German taekwondo team (May, 2020~)



Collaborative message with Toyohashi, Nobeoka, Toyohashi, and Ome City  
"Beat the coronavirus!"



Best regards from Toyohashi City  
Athlete caricatures



Postcards from students

Find out more below!

• Toyohashi Sports Division Website and Social Media

• German Host Town Map ※Credit: Nishikai URL: <https://www.tokusupc.net/hosttown-germany/story/toyohashi/>



Website Facebook Instagram

Cheer on Alexander on social media!

#BachmannAlexander #Taekwondo #Aufgehtsgermany2020

# Don't Miss Gymnastics!!

Gymnastics: Saturday, July 24<sup>th</sup> – Tuesday, August 3<sup>rd</sup>

Who to watch: ① Andreas Toba



©DTB

**[ Introduction ]** Andreas Toba injured himself during the qualification round of the floor event at the Rio Olympics, but he persevered and competed in the pommel horse event, helping Germany to reach the finals.

### **[ Profile ]**

Name: Andreas Toba

Age: 30

Height: 172cm

Best events: Individual all-around  
Horizontal bar



©DTB

Hometown: Hanover

Team: Hanover Gymnastics Club

### **[ Recent achievements ]**

2021 European Gymnastics Championships Horizontal Bar Silver

**[ Trivia ]** His father was originally a member of the Romanian National Team, but immigrated to Germany in 1989 and became a member of the German team. His father won the Individual all-around event at the 1994 German Championships in Hamburg, and 22 years later, he won the very same event himself in Hamburg.



With friend Marcel Nguyen  
© Martin Rulsch CC BY-SA 4.0



©DTB



©DTB



○Who to watch: ② Elisabeth Seitz



©DTB

**【Introduction】** Elisabeth Seitz holds the record for the most gold medals at the German Championships. At the 2021 European Championships, she placed 7<sup>th</sup> in the individual uneven bars event, and 5<sup>th</sup> in the individual all-around.

**【Profile】**

Name: Elisabeth “Eli” Seitz

Age: 27

Height: 162cm

Best event: Uneven bars

Hometown: Heidelberg



©DTB

Team: Stuttgart Gymnastics Association

**【Recent Achievements】**

2021 European Gymnastics Championships Uneven Bars - 7<sup>th</sup>

2021 European Gymnastics Championships Individual All-around 5<sup>th</sup>



©DTB

**【Trivia】** She created the low-to-high bar transition known as the “Seitz” and unveiled it at the 2011 43<sup>rd</sup> World Gymnastics Championships in Tokyo. In the “Seitz,” she brings her feet up to the low bar, and does a flip into a handstand while facing away from the high bar, then a spin in mid-air, before landing in a hang on the high bar.

**The Sport: Gymnastics**

Athletes perform on various obstacles, and use their bodies to perform movements. They are judged on difficulty, aesthetics and control, and compete to score the most points on their performance. The men compete in floor, pommel horse, rings, vault, parallel bars, and horizontal bar. The women compete in vault, uneven bars, balance beam, and floor. The women’s floor event performances take place alongside music.

Gymnastics have a long history, and were contested at the very first Olympic Games in Athens. At that time, there were only men’s events, but women began competing at the 1928 Amsterdam Olympics. Events used to consist of a combination of compulsory movements and free movements, but the 1996 Atlanta Olympics were the last Olympics to have compulsory movements.

Tokyo 2020 Olympics Gymnastics Schedule (Venue: Ariake Centre)

July 24<sup>th</sup>: Men’s Prelims

July 28<sup>th</sup>: Men’s Individual All-around Finals

July 25<sup>th</sup>: Women’s Prelims

July 29<sup>th</sup>: Women’s Individual All-around Finals

July 26<sup>th</sup>: Men’s Team Finals

August 1<sup>st</sup> – 3<sup>rd</sup> Single Event Finals





# Don't Miss Para Judo!!

Para Judo: August 27<sup>th</sup> – 29<sup>th</sup>

○Who to watch: Nikolai Kornhaß



With head coach Carmen Bruckmann  
© German Disabled Sports Association

**[Introduction]** While he may seem calm and quiet, Nikolai, who took home a bronze medal at the 2016 Rio de Janeiro Paralympics, gets serious the moment practice starts. We are all looking forward to watching Nikolai compete in Tokyo!

## **[Profile]**

Name: Nikolai Kornhaß  
Age: 28  
Weight class: 73kg  
Birthplace: Freyberg  
Team: Gundelfingen Judo Association



©OliverKremer/German Disabled Sports Association

## **[Recent Achievements]**

2021 European Para Judo Championships – Silver

**[Trivia]** In an interview with a local newspaper, Nikolai was asked if he ever thought he would lead the world rankings, and replied “Actually, I’m surprised. Honestly though, I would rather continue to win tournaments than to be told that I am 1<sup>st</sup> in the world.” We can’t help but cheer on Nikolai!

## The Sport: Para Judo

Paralympic Judo is contested by those with visual impairments. The rules do not change much from regular judo, except that the match begins with the athletes touching each other. When they get separated, the match is paused and the athletes return to this position. Because the athletes are in constant contact with each other, this form of Judo is especially physically demanding. There are 7 weight classes for men, and 6 for women, and matchups are based on the severity of the visual impairment.

Tokyo 2020 Paralympics Judo Tournament (Venue: Nihon Budokan)

August 27<sup>th</sup>: Women’s 48kg Finals

August 28<sup>th</sup>: Men’s 73kg Prelims, Bronze Medal Match, Finals ( ← Nikolai Kornhaß)

August 29<sup>th</sup>: Men’s 100kg Finals

# Germany • Joetsu Exchange

Joetsu signed its agreement to hold a training camp with Germany in October, 2016, and in November 2019, athletes competing in the Trampoline World Championships in Tokyo held a training camp in Joetsu. Joetsu has also sent cheerleading groups to competitions in Japan to cheer on Germany.

Furthermore, Joetsu has held training camps for the German Paralympic Judo Team on three occasions: August, 2018, April, 2019, and February/March, 2020. During their visits, they engaged in a variety of cultural exchanges, such as school visits, cultural experiences, and practices with local athletes.



▲ 2017 Junior World Championships Cheerleading Group



▲ German Para Judo Team (U21) Exchange with Local High Schoolers



▲ German Para Judo • Elementary School Exchange



▲ German Trampoline Team Exchange Event



▲ German Para Judo Training Camp (Prefectural Budokan)

# Joetsu Host Town Supporters

In order to raise awareness of the Olympics and our exchange with Germany, Joetsu began the “Joetsu Host Town Supporter” system in October 2019. As of June 30<sup>th</sup>, 2021, there are 126 individuals and 1 organization registered as supporters. Once a month, we send out the “Host Town Supporter Update” which details our Host Town activities, the Olympics & Paralympics, and a variety of information related to Germany. Supporters also lend a hand during training camps, and participate in exchange activities.



▲ German Trampoline Team Support Squad



▲ Torch Relay Route Cleanup Squad



▲ German Gymnastics Team Handmade Gift Squad

Find out more below!!

Official Website



Facebook



Instagram



Tag the following and cheer on Germany!

#AndreasToba #ElisabethSeitz

#TurnTeamDeutschland

#NikolaiKornhaß

#ParaJudoDeutschland

#AufgehtsGermany2020

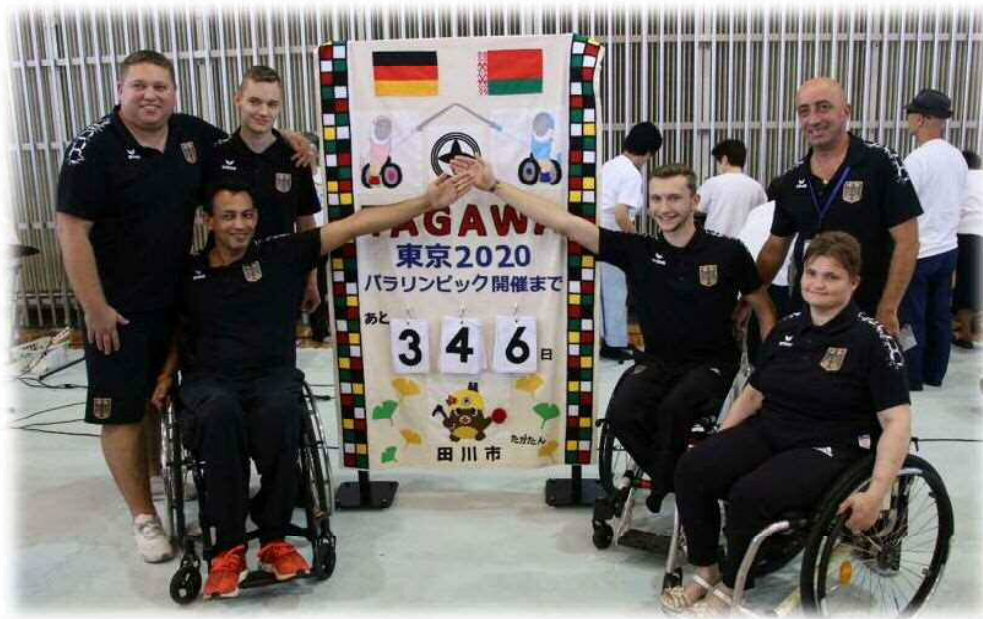




# Don't Miss Wheelchair Fencing!!



August 25<sup>th</sup> – 29<sup>th</sup>



☆A photograph from the 2019 training camp. The representative athletes will be chosen from this group! ☆

※Final decision July 17<sup>th</sup>

**Front-left: Balwinder CHEEMA**

Event: Epee, Sabre

- 2016 Rio Paralympics

Sabre: 9<sup>th</sup> place

**Front-center: Maurice SCHMIDT**

Event: Epee, Sabre

- 2017 World Cup

Epee: Bronze

- German Champion

**Back-center: Julius HAUPT**

Event: Epee, Sabre

- 2018 U17 World Champion

- German Champion

**Front-right: Sylvi TAUBER**

Event: Sabre, Foil

- 2017 World Championships

Sabre: 5<sup>th</sup> place





# Tagawa and Germany



## ☆German Wheelchair Fencing Team Training Viewing (December 17-20, 2018)



▲ Exchange with students  
from Takara Preschool



▲ Answering questions from students



▲ Public training

## ☆Germany & Belarus Wheelchair Fencing Training Camp (September 9 – 14, 2019)



▲ Training



▲ One-year-ago Event in Tagawa



▲ Flowers Grown by Local Students

## ☆German Cultural Events



▲ Introducing Germany at Schools




▲ German Culture Corner at the  
Coalmine Festival



▲ Lanterns made by Students  
(On display in Sankt Martin)



# ♥♥♥ Aiming for 🏆🏆🏆 !! ♥♥♥

 **EQUESTRIAN** is a major televised sport in Europe, and it is said to be an especially popular sport among German women.

Equestrian is the only Olympic sport which involves animals competing together with the athletes, and is the only one which is not separated by gender.

There are 3 equestrian events, competed in individual and team formats.

Germany, which sits at the top of the equestrian world, has competed in equestrian at **23 Olympic Games**, and collected **94 medals (41 gold!)** This is the highest number among all nations, in both individual events, and equestrian as a whole. 🐾

## Dressage

Athletes and horses form a close connection and perform a variety of steps and maneuvers, similar to figure skating. Athletes choose their own music and routines.

## Jumping

Between 13 and 15 obstacles of up to 160cm in height and 200cm in length must be jumped, while competing for time.

## Eventing

A combination of dressage, jumping, and cross country events. In cross country, athletes must maneuver through a 5km course featuring hedges, moats, etc., and compete for time.

## DRESSAGE

The world equestrian rankings are currently dominated by German athletes, with 4 athletes (all women), and 7 horses in the top 10. 🏆

A **gold** medal in teams is all but guaranteed, and it wouldn't be surprising to see Germany dominate individuals, either. 😊

Among these amazing athletes is the "Queen of Dressage," Isabell Werth, who ranks 1<sup>st</sup> in the world with her horse, Bella Rose 2. Together, they've taken 6 Olympic medals, with 4 being silver. Their performance is nothing short of a dance. 🐾

(Team finals – July 27<sup>th</sup>, Individual finals – July 28<sup>th</sup>)



## JUMPING

Expectations are high for world ranking number one, Daniel Deusser, who took a bronze medal in the team event at the Rio Games 🐾

With obstacles up to 160cm in height, the jumping event is thrilling!

(Team finals – August 4<sup>th</sup>, Individuals – August 7<sup>th</sup>)



## EVENTING

German Michael Jung took consecutive gold medals in the individual events at the London and Rio Games, and holds a total of 3 gold and 1 silver medal. 🐾

Cross country features incredible speeds of up to 34.2kmh. This event is fun to watch for those with no prior equestrian knowledge. There are also high hopes for Japan's performance in eventing, so don't miss it! 🐾

(Dressage – July 30-31<sup>st</sup>, Cross country – August 1<sup>st</sup>, Jumping – August 2<sup>nd</sup>)



 **Let's all cheer on Germany in the equestrian events!!!** 

# From Swimming to Rowing: The German Athlete Closest to Gold



Among the athletes on the German Olympic Team, Oliver Zeidler is one of the athletes who is expected to take home a gold medal. Oliver, with such high hopes riding on his shoulders, is not only large in size (203cm), but has an impressive presence when he competes. He took first place in the singles skull event at this year's World Cup, and won the European Championships held in northern Italy.

You may think from this that he has always been a competitive rowing athlete, but that is not the case.

His father was a World Junior Boat Champion, and his uncle, Matthias Ungemach (top photo, far left), was a World Cup Champion in the 1990 eight event, and 1991 four event. His Aunt, Judith Zeidler, competed with the East German team and won gold in the eight event at the 1988 Seoul Olympics. His grandfather (bottom photo, center) was a gold medalist in the 1972 Munich Olympics, where his team was referred to as the "Bull Four" for their incredible physical strength.

I still remember the overwhelming enthusiasm during that period. Oliver, a once in a generation genius (still young at the time) chose swimming over rowing. Apparently, the reason for this is that his boat flipped over the first time he tried rowing.



Oliver established himself as a strong swimmer, winning his age bracket twice in the German Swimming Championships, and making it to the semifinals of the European Youth Championships in the 100 meter crawl event. Following the Rio Olympics, his swimming club's team was disbanded, and he picked up rowing. He surely got all kinds of advice from his family.

He had already developed his stamina through swimming. His 2+ meter build was already a major advantage, and on top of that, he had an inherent ambition and determination due to his birth into a family of athletes. Of course, he still had to learn how to row. The movements required for rowing are incredibly difficult.

After transitioning to rowing, he soon began to show results. In just three years, he went from novice to world champion. He was trained by his father, aided by his grandfather, and in 2017, entered his first Regatta followed by the World Cup a year later. In 2019, he won the European Championships, followed by the World Cup. His rowing career has taken off at an unbelievable pace.





Rowing is a relatively minor sport in Germany. The only time the general public hears about rowing is after an athlete wins an international tournament. Even the greatest rowing athlete will not receive the money or attention of soccer or tennis players. Even with funding and sponsorships, one cannot make a living as a rowing athlete. They must also hold a job at the same time.

As spectators, the smooth rhythm with which they row may look simple, but it is the result of long, intense training. Rowing athletes push their bodies to the limit every day, every month, every year. They do not practice in a comfortable gymnasium, but outside on the water, rain or shine. In the summer, there is nothing to protect them from the searing sun, and in the winter, nothing to protect them from the dry air and piercing cold.

So why grind away and sacrifice yourself, while those around you enjoy their lives? Is it not to push yourself further, fulfill your goals, and bask in the glory of victory?

To be able to stand at the top of the Olympic podium, and say that you are the best in the world, is an incredible thing. This absolute victory makes up for all of the sacrifices. Those who desire victory gather from all corners of the world once every 4 years, and compete peacefully with one another at the Olympics. Even after many months of struggle due to the ongoing pandemic, this will not change.

We are all cheering for Oliver Zeidler to emerge victorious at the Sea Forest Waterway on July 30th!

Video: [Skull – Part 6: Intensive Training](#) (German)

(Osaka-Kobe Consulate General Deputy Head of Mission - Uwe Meerkötter)