

# AEON MAGAZINE

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Feature

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## Mt. Fuji, a Familiar Symbol of Japan! 近在身边的日本象征——富士山！

The universal image of Mount Fuji would be its beautiful symmetry. Due to its form, it has long been revered as a sacred mountain. The mountain has also been a source of inspiration for many artists. It is without a doubt the symbol of Japan! Mt. Fuji from afar or from atop is a majestic sight, but this issue features the presence of Mt. Fuji in various parts of our lives, how it has encouraged people, and how our thoughts are expressed in the mountain.

听到富士山，相信每个人的脑海中都会浮现其雄伟的姿态。它那庄严的雄姿一直以来被视为信仰的对象，也是众多艺术家的灵感源泉。富士山可以说是日本的象征！无论远眺，还是登顶，本期特辑将介绍位于我们身边鼓舞人们、寄托情感的多姿多彩的富士山。

# 富士山！



Katsushika Hokusai "Rainstorm Beneath the Summit, from the series Thirty-six Views of Mount Fuji"  
Collection of The Sumida Hokusai Museum  
Large-size color woodblock print; Around 1831

Dark clouds have formed with roaring thunder beneath, while a blue sky with clouds lie above the summit. Two contrasting weather conditions effectively express the grandeur and height of Mt. Fuji. Rather than portraying individual spots and customs, this work is a drawing dedicated to Mt. Fuji.

### UKIYO-E

Katsushika Hokusai "Thirty-six Views of Mount Fuji"

## Mt. Fuji depicted from different perspectives

Katsushika Hokusai is a famous painter of the Edo Period. He is known internationally for his work, "Thirty-six Views of Mount Fuji" that depicts Mt. Fuji from different locations. How did Hokusai paint Mt. Fuji? Here is insight from Atsuko Okuda, Chief Curator of The Sumida Hokusai Museum.

### Filled with ingenuity that will cease to bore us

Mt. Fuji in a reddish hue against a blue sky. Small boats trying to navigate through giant waves, with Mt. Fuji sitting in the distance. Mt. Fuji looking over the livelihood of the people in the Edo Period. Katsushika Hokusai began producing colorful images of Mt. Fuji in his ukiyo-e print series, "Thirty-six Views of Mount Fuji" (color woodblock prints), first published as early as 1831.

"The series 'Thirty-six Views of Mount Fuji' renders various images of Mt. Fuji from different locations, seasons, weather conditions and times. One might think that painting the same motif might become monotonous even if drawn from different perspectives, but Hokusai's work offers striking compositions and geometric configurations, while applying surprising, unexpected ideas that cease to bore the viewer,"

### 葛饰北斋《富岳三十六景 山下雷雨》

藏于墨田北斋美术馆  
大判锦绘 天保2年（1831年）

下方是黑云笼罩、雷声轰鸣，上空是蓝天与白云。通过描绘两种强烈对比的天气，展现出富士山的高大。该作品并没有描绘具体的知名景点或风俗人情，而是将重心都倾注在富士山本身的描画上。

### 浮世绘 — UKIYO-E

葛饰北斋《富岳三十六景》

## 多彩的视角来描绘富士山

葛饰北斋是江户时代具有代表性的画家。蜚声世界的北斋在《富岳三十六景》中，描绘了从不同位置观看到的富士山。北斋是如何绘画富士山的呢？为此我们采访了墨田北斋美术馆的主任研究员奥田敦子女士。

### 充满令人百看不厌的精心绘法

蓝天下赤火燃烧的富士山、在惊涛骇浪中颠簸小船后可看到的富士山、守护江户时代人们生活的富士山……葛饰北斋最早从天保2（1831）年开始发表展现多彩富士山景色的锦画（多彩层次的浮世绘版画）系列《富岳三十六景》。

“《富岳三十六景》描绘了因位置、季节、天气、时间等不同因素观察视角不同的富士山。无论角度如何变化，一直描绘一个主题也容易单调，北斋通过奇特的构图和几何学的结构，以及令人不可思议的手法，让观画者没有一丝的厌倦。”墨田北斋美术馆的主任研究员奥田敦子女士这样描述了画作的魅力。

### 因平民的富士山信仰大受欢迎

最初企划为36图系列的《富岳三十六景》，出版后在平民间很快大受欢迎，最终共发表46图。奥田女士告诉我们，画作大受欢迎的背景是因为江户时代在平民间流行的“富士讲”这一富士山信仰。“富士山自古以来就是人们信仰的对象，随着富士讲的盛行在平民间瞬间迅速传播。锦绘属于商业出版物，如果在平民这一主要购买群体中不受欢迎，出版商将无法持续发行。这一系列反响强烈，当时书籍的卷末所收藏的《富岳三十六景》的广告上写道，‘慢慢制作可能会达到100张’，可见



says Atsuko Okuda, Chief Curator of The Sumida Hokusai Museum, about the appeal of Hokusai’s work.

## Famous overnight due to Mt. Fuji worship among the common people

The initial series of 36 prints planned as part of “Thirty-six Views of Mount Fuji,” became popular among the common people immediately after its publication, and a total of 46 prints were eventually produced. This popularity among the people of the Edo Period was backed by “Fujiko,” a popular sect dedicated to the worship of Mt. Fuji, explains Okuda. “Mt. Fuji had been an object of worship for a long time, but it became tremendously popular among the people of Edo due to Fujiko. These color prints are commercial publications, so if they were not popular among the main purchasers, the common people, then the publisher would not have been able to continue printing them. The series was well received, and the advertisement for “Thirty-six Views of Mount Fuji” at the end of books published during this period says that ‘more than 100 prints may eventually be produced,’ which means additional prints were planned from an early stage.” Hokusai’s paintings of Mt. Fuji captured the hearts of the Edo people, who wanted to worship at least a picture of the mountain that they could not actually climb.

## Touches of strikingly vivid indigo blue

“In describing ‘Thirty-six Views of Mount Fuji’ it is essential to note the beautiful indigo blue,” continues Okuda. In the middle of the 18th century, Japan began importing a synthetic pigment called Prussian blue, also known as Berlin blue, developed in Berlin in the early 18th century. In his works Hokusai introduced this color that was more vivid compared with conventional indigo. “By using Berlin blue, a printing method with gradations of vivid colors became possible. This was another success factor. Of the 46 prints, the first 36 have contour lines printed in indigo. For the additional 10 prints, the contour lines are printed in Japanese ink as seen in conventional ukiyo-e prints. These ten are known as ‘Ura-Fuji,’ literally meaning capturing the mountain from ‘behind’.”

All of “Thirty-six Views of Mount Fuji” were painted in a short span of time when Hokusai was in his early 70s. This masterpiece became known throughout the world and is still appreciated by many fans.

应该从很早阶段就计划出版 36 图以上。”无法攀登，至少希望在画卷中膜拜其雄姿。北斋的富士山正牢牢抓住了当时江户平民的心理。

## 使用极其鲜艳的蓝色

奥田女士继续介绍道：“说到《富岳三十六景》，不得不提那美丽的蓝色。”18 世纪初在柏林诞生的合成化学颜料普鲁士蓝，俗称柏林蓝，在 18 世纪中期被进口到日本。北斋将比以往的蓝色更为鲜艳的这种色彩运用到作品中。“由于使用了柏林蓝，因此能用鲜艳的色彩渐进印刷（缔造色调层次的印刷方法）。这也是大获成功的重要原因之一。46 图中最早出版的 36 图，轮廓线印为蓝色。追加的 10 张轮廓线采用通常浮世绘版画的墨色印制，俗称‘里富士’。”

北斋在 70 到 75 岁间集中绘制的“富岳三十六景”作为其代表作，在日本国内外广为流传，至今仍受到众多追崇者的喜爱。



Katsushika Hokusai  
“The Great Wave off the Coast of Kanagawa,  
from the series Thirty-six Views of Mount Fuji”

Collection of The Sumida Hokusai Museum  
Large-size color woodblock print; Around 1831

“Off the coast of Kanagawa” means offshore of the post town Kanagawa along the Tokaido road (current Kanagawa Ward, Yokoyama City). Therefore this is assumed to be a view from the current Tokyo Bay. Mt. Fuji sitting proudly in the distance against powerful, surging waves creates a contrast between motion and stillness to express this magnificent sight.

## 葛饰北斋《富岳三十六景 神奈川冲浪里》

藏于墨田北斋美术馆大判锦绘 天保 2 年（1831 年）

“神奈川海岸”是指东海道宿场町神奈川（现在的横浜市神奈川区）的海岸，可以推测为从现在东京湾上空看到的景色。强力涌动的巨浪与威严屹立的富士山，动与静的对比展现出宏大的景色。

## Appreciate Hokusai’s works at his birthplace

## 位于北斋出生地的美术馆

The Sumida Hokusai Museum opened as a center for regional revitalization in 2016, to commemorate Katsushika Hokusai’s achievements as an artist who was born in 1760 near Kamezawa in the current Sumida Ward. AURORA (permanent exhibition) traces the life of Hokusai through “full-scale, high-definition replicas,” and exhibits a real-size model of his art studio, and a frame-by-frame playback of “Hokusai Manga” using a touch screen, allowing visitors to appreciate Hokusai from different angles.

Starting on June 30, to commemorate 260 years since the birth of Hokusai, “THE HOKUSAI – The series of ‘Thirty-six Views of Mount Fuji’ and ‘A Long-Lost Picture Scroll’ –” is scheduled to exhibit around 100 works of the popular Hokusai, mainly the from the “Thirty-six Views of Mount Fuji” series and “Scroll Painting of Scenery on Both Banks of the Sumida River” including works from the museum’s collection (exhibit through Aug. 30).

1760 年，葛饰北斋出生在现在的墨田区龟泽附近。以北斋的绘画生涯引以为豪的“墨田北斋美术馆”作为促进地区活跃度的据点于 2016 年开馆。在 AURORA（常设展览室）内，通过实物等大、高度精细的复制品能够了解北斋的一生，此外，画室的再现模型、将北斋漫画制成格放形式的触摸屏等，参观者能够从不同角度欣赏到北斋的魅力。

6 月 30 日起，为纪念北斋诞辰 260 年，以从该馆所藏作品中精选《富岳三十六景》系列与《隅田川两岸景色画卷》为中心，墨田北斋美术馆预计推出《THE 北斋—富岳三十六景与梦幻画卷—》（至 8 月 30 日）展览，同堂展出约 100 幅北斋的高人气作品。



## The Sumida Hokusai Museum

Addr: 2-7-2 Kamezawa, Sumida-ku, Tokyo  
Hours: 9:30 - 17:30 (Entrance until 30 min. before closing)  
Closed: Mondays  
(on the following day if Monday is a holiday or substitute holiday),  
year-end holidays  
☎ 03-6658-8936 (9:30 – 17:30 \*excluding closed days)  
https://hokusai-museum.jp/  
\*Please check the museum website  
for the latest information on opening days and hours.

## 墨田北斋美术馆

地址：东京都墨田区龟泽 2-7-2  
开放时间：9:30-17:30（最晚进馆时间为闭馆 30 分钟前）  
休息日：星期一（如星期一为节假日或调休日，  
则推延至后一个工作日）、年末年初  
电话：03-6658-8936（9:30-17:30 \* 闭馆日除外）  
https://hokusai-museum.jp/  
\* 闭馆日的最新情况请查看美术馆官网。



Left: Fujizuka is five to six meters tall. Top right: The trail built around the mound is very bumpy, so Hirano says, “It’s safer to not to wear high heels and sandals.” Bottom right: Just like the Sengen Taisha Okunomiya Shrine at the summit of Mt. Fuji, there is a small rear shrine at the top.

左：目测高约 5、6 米的富士塚 右上：包围古墓的登山道凹凸不平，平野先生建议不穿带跟鞋和凉拖会比较安全

右下：正如富士山顶有浅间大社奥宫一样，顶部也设有小型的奥宫



Left: Walk through the torii to find yourself at the trail leading up to the fujizuka. Center: Satomiya shrine appears on the left when you climb the stairs from the start of the trail. Right: Pictorial map of the spots on the fujizuka.

左：穿过鸟居便是富士塚的登山口 中：从登山口登上石阶后左方便是里宫 右：标有富士塚值得观赏之地的手绘地图

## Hatonomori Hachiman Shrine 鸠森八幡神社

Addr: 1-1-24 Sendagaya, Shibuya-ku, Tokyo  
☎ 03-3401-1284  
Hours: 9:00 - 17:00 (Shrine office window)  
http://www.hatonomori-shrine.or.jp

地址：东京都涩谷区千駄谷 1-1-24  
电话：03-3401-1284  
开放时间：9:00-17:00（社务所窗口）  
http://www.hatonomori-shrine.or.jp

## 富士塚 —— FUJIZUKA

鸠森八幡神社

## 近在身边的富士山

位于东京千駄谷的鸠森八幡神社境内，有一座建于江户时代，都内最古老的富士塚（模仿富士山的古墓），至今仍迎接着各方参拜客。

## 当地人建造的富士塚

江户时代，富士山信仰在平民间流行，参拜富士山的热情高涨。但在当时，富士山遥远而危险，并不是谁都可以轻松攀登。如果身边有个无论男女老少都能登上的富士山就好了……将人们的愿望变为现实的便是富士塚。如今在关东地区仍有 300 多座，东京 23 区内也有将近 50 座留存至今。

位于鸠森八幡神社的富士塚建于 1789 年，是都内最古老的富士塚，被列为东京都指定有形民族文化遗产。这座富士塚简直就是富士山的微缩版。穿过位于登山口的鸟居，过桥后，天然石累积而成的石阶登山道绵延而上。途中设有一合目、二合目的标识，山顶由富士山的熔岩堆砌而成。山脚有里宫、山顶有奥宫，再现了鸟帽子岩、龟岩等富士山实际存在的山岩。

担任神社神职的平野英二称宜介绍说，建造富士塚的是生活在当地的居民。“江户时代，各地遍布着富士山信仰者的互助组织——富士讲。相传该地创建富士讲的人们建造了这座富士塚，并由此受益。”

在每年 6 月 3 日举行的开山仪式上，神职们与参拜者一起登山拜谒。平野先生介绍道：“时至今日，神社的近八成参拜者都登上了这座富士塚。这是一座代表江户时代富士信仰并留存至今的重要古墓。”对富士山的崇敬之心，至今未变。



Left: Stone pillar indicating designation as a cultural asset. Right: Pigeon o-mikuji (fortunes) associated with Hatonomori (meaning “pigeon forest”) Hachiman Shrine. The pigeon tells the fortune.  
左：显示被列为文化遗产的石柱 右：源自于鸠森八幡神社之鸠的“鸠神签”。鸠象征运势。

## FUJIZUKA

Hatonomori Hachiman Shrine

## Mt. Fuji in the Neighborhood

On the precincts of Hatonomori Hachiman Shrine in Sendagaya, Tokyo, is the oldest “fujizuka” (a mound made to resemble Mt. Fuji) in Tokyo, built during the Edo Period. Worshippers still climb the mound today.

## Fujizuka built by the local people

During the Edo Period, people began to worship Mt. Fuji and climbing the mountain became extremely popular. However, at the time, the remote and rugged Mt. Fuji was not a mountain that anyone could climb. What if there was a Mt. Fuji nearby that even children, women and the elderly could climb... This wish among the people took shape as the “fujizuka”. Even today, more than 300 fujizuka mounds remain in the Kanto region, including as many as 50 in the 23 wards of Tokyo.

The fujizuka at Hatonomori Hachiman Shrine was built in 1789. It is the oldest in the capital and is designated as Tokyo’s tangible folk cultural property. The fujizuka is indeed a miniature of Mt. Fuji. Once through the torii gate at the entrance and across the bridge, you will find a trail leading to the summit, which is a staircase made with natural stones. Signs indicate the first and second stations, and the summit is shaped with lava from Mt. Fuji. At the foot of the mound is Satomiya Shrine and at the summit is Okumiya shrine. Rocks that resemble a warrior’s hat and a turtle have been reproduced just like at Mt. Fuji.

According to Eiji Hirano, senior priest of the shrine, it was the local people who made this fujizuka. “During the Edo Period, ‘Fujiko’, a cooperative association of people who worshipped Mt. Fuji, was formed in various locations. The people who belonged to the Fujiko in this area built the fujizuka and are said to have received the blessings.”

For the festival announcing the opening of the mountain to climbers held every year on June 3, Shinto priests climb the mound with the worshippers. “Even today, around 80% of the visitors to our shrine climb the mound. It is a valuable mound that still exists to tell how people worshipped Mt. Fuji in the Edo Period,” says Hirano. Reverence for Mt. Fuji remains the same.



# SPRING WATER

## Oshino Hakkai

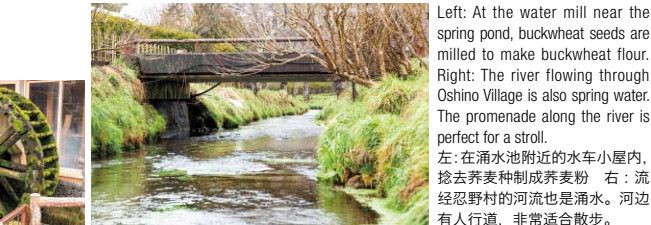
### Springs filtered over many decades

At the foot of Mt. Fuji are several springs sourced from underground water. The most famous of these is Oshino Hakkai comprised of eight ponds near Lake Kawaguchi in Yamanashi Prefecture.

## Continuous flow of pure water

Lava from the many eruptions of Mt. Fuji has shaped the entire mountain. Rain and snow soak through the lava, and are filtered to form underground water veins. Over the years people have treasured Oshino Hakkai located in Oshino Village of Yamanashi Prefecture as a place blessed with beautiful, clear spring water. “There are many opinions, but they say the spring water of Oshino Hakkai has been filtered underground for 20 to 50 years. Isn’t it romantic to think that water filling the ponds today is rain that fell on Mt. Fuji some 50 years ago?” explains Masataka Watanabe of Oshino Village Sightseeing Association. The spring that wells up from Mt. Fuji after many years has become a source of blessing for the local people. Spring water is supplied as tap water to the local households. It is also used as agricultural water. Local specialties that are popular among tourists, including soba and udon noodles, tofu, houto (noodle soup) and highland vegetables, are all made with spring water.

In the area around Oshino Hakkai, you can get a glimpse of Mt. Fuji wherever you are. “I think the Mt. Fuji viewed from Oshino Village is most beautiful! From the Yamanashi side, the mountain looks symmetrical with its ridgeline stretching elegantly to the base. This beautiful, elegant sight referred to as ‘Onna Fuji (Womanly Fuji)’ and the water are the pride of our village.”



Left: At the water mill near the spring pond, buckwheat seeds are milled to make buckwheat flour. Right: The river flowing through Oshino Village is also spring water. The promenade along the river is perfect for a stroll. 左：在涌水池附近的水车小屋内，捻去荞麦种制成荞麦粉 右：流经忍野村的河流也是涌水。河边有人行道，非常适合散步。

案内図

Left: Oshino Hakkai guide map. You can walk around all of the eight ponds including Wakuike and Kagamiike ponds in around 90 minutes. Bottom: Okamaike is a small pond with an abundant quantity of water. The depth makes the water blue. 左：忍野八海案内図。1 个半小时左右能逛遍涌池、镜池等八大池。下：小巧但水量丰富的斧池。有一定深度，所以池水湛蓝。

**Oshino Hakkai**  
**忍野八海**

Inquiry: Oshino Village Sightseeing Association  
☎ 0555-84-4221 http://www.oshino.jp

咨询：忍野村观光协会  
电话：0555-84-4221  
http://www.oshino.jp

## 涌水 — YŪSUI

忍野八海

# 历经数十年涌动而出的泉水

在富士山脚下，有数个以地下水为水源的涌水池。其中具有代表性的是位于山梨县河口湖附近的八大池——忍野八海。

## 清澈的泉水至今涌动而出

经历过数次喷发的富士山，整个山体由熔岩组成。从天而降雨雪渗入熔岩中，经过滤成为地下水脉。位于山梨县忍野村的忍野八海风景优美，清澈的泉水不断涌出，自古以来为人们所珍惜。“至今流传着各种各样的传说，忍野八海的水历经 20 至 50 年涌流而出。如今池内的水应该是 50 年前富士山的降雨，如此想来十分浪漫。”忍野村观光协会的渡边正隆先生介绍道。从富士山内经过长年累月涌上地面的泉水，对于当地人而言是无比的馈赠。打开各家户的水龙头，流淌而出的便是涌水。这样的涌水也被利用到农业用水上。使用涌水制成的荞麦面、乌冬面、饅飩面、豆腐、高原蔬菜等乡村特产受观光客的喜爱。

忍野八海周围，无论从哪个角度都能看到富士山。“我觉得从忍野村看到的富士山最美。从山梨一侧眺望的富士山，左右对称，平缓的山棱线一直绵延到裾野。被称为‘女富士’的柔美山姿与涌水一道，是忍野村引以为豪的宝物。”

**Oshino Village Sightseeing Association**  
**Masataka Watanabe**

He is from Oshino Village. “From the nearby Mt. Takazasu, the view of Mt. Fuji is magnificent.”

**忍野村观光协会**  
**渡边正隆先生**

出生于忍野村。“从附近的高座山远眺富士山魅力无穷。”

Go a little further

**FUJISAN SHOKUPAN**

Made with water from Mt. Fuji

Around a 20-minute drive from Oshino Hakkai is a shop specializing in bread loaves, one of which is shaped like Mt. Fuji. The bread is made only with local ingredients: natural water of Mt. Fuji, “Kaihonoka” flour and “Kyoho” grape juice both made in Yamanashi Prefecture. The balance between the white and blue is different for each loaf because it’s handmade. The shop owner Ayaka Togawa recommends eating it untoasted. “Enjoy the slightly sweet, doughy texture.”

稍走几步

采用富士山涌水

**FUJISAN SHOKUPAN**

从忍野八海开车 20 分钟左右抵达的土司面包专卖店内，有一款与富士山一模一样的土司面包。原料是富士山天然水、山梨县产小麦 “Kaihonoka”、山梨县产巨峰果汁和当地食材。白色与蓝色的分割不一，正是手工的杰作。外川绉佳店长推荐直接食用。“甘甜而有劲道的口感让人回味无穷。”

**Bread loaf specialty store**  
**FUJISAN SHOKUPAN**

Addr: 3462-11 Funatsu, Fujikawaguchiko-machi, Minamitsuru-gun, Yamanashi ☎ 0555-72-9908  
Hours: 11:00 - 18:00 Closed: Thursdays  
https://fujisan-shokupan.com  
\*Please check the store website for the latest information on opening hours.

**土司面包专卖店**

地址：山梨县南都留郡富士河口湖町船津 3462-11 电话：0555-72-9908  
营业时间：11:00-18:00 休息日：星期四 https://fujisan-shokupan.com  
\*有关营业日的最新情况请查看店铺官网。



Left: Distinctive exterior of “Mt. Fuji World Heritage Centre, Shizuoka” resembling the inverted image of Mt. Fuji. Here, Mt. Fuji is introduced from various angles including its history, culture and nature. Right: The Centre’s observation hall on the 5th floor offers a magnificent view of Mt. Fuji. 左：“静冈县富士山世界遗产中心”的外观让人联想到倒立的富士山。在这里从历史、文化、自然等多角度介绍富士山。右：该中心 5 层的瞭望厅。富士山远眺绝佳地。

## SHIZUOKA

### World Cultural Heritage

# Efforts to preserve and pass on Mt. Fuji

In 2013, Mt. Fuji regarded as a “sacred place and source of artistic inspiration” was inscribed as a world cultural heritage comprised of 25 sites including the mountain area, shrines in the vicinity and pilgrimage sites. Shizuoka Prefecture is working to preserve and pass on the world cultural heritage of Mt. Fuji.

## Communicating widely the value of the world heritage

In an effort to pass on to future generations the sanctity and beauty of Mt. Fuji regarded as a sacred place and source of artistic inspiration, Shizuoka and Yamanashi Prefectures have taken the initiative to establish the Fujisan World Cultural Heritage Council. It is comprised of members from the local government and the local people concerned, who discuss a variety of topics ranging from preserving the natural environment and landscape to ensuring a safe climb.

Conveying the value of Mt. Fuji as a world cultural heritage is also an important activity. On February 23, the Mt. Fuji Day Festa was organized to hold lectures and research presentations. In 2017, the “Mt. Fuji World Heritage Centre, Shizuoka” opened in Fujinomiya City, located in close proximity to Mt. Fuji.

Shizuoka Prefectural Government’s Fujisan World Heritage Division explains that the “Fund for Passing on Mt. Fuji in Shizuoka Prefecture to Future Generations,” funded by Fujisan Conservation Donations from climbers, corporate and public donations, and the hometown tax donation program, is used for purposes such as environmental conservation of Mt. Fuji and safety measures for climbers. Use of the fund includes prevention of invasion of exotic plants, forest maintenance, support for organizations that remove waste from the mountain base, and awareness building programs for safe climbing.

Furthermore, the fund will be used to communicate the value of Mt. Fuji as a sacred place and source of artistic inspiration. “We will raise awareness of and succeed the true value of Mt. Fuji as a world heritage, while continuing efforts to ensure safety and comfort when climbing the mountain.”

## 静冈县 — SHIZUOKA

致力于世界文化遗产的

# 保护与继承

2013年，富士山作为“信仰的对象与艺术的源泉”，与其山域、周边神社、巡礼地等25个构成资产一同被收录为世界文化遗产。静冈县正致力于对世界文化遗产富士山的保护与继承工作。

## 广泛传播世界遗产的价值

为将作为信仰对象与艺术源泉的富士山之神圣与秀美留给后代，以静冈县与山梨县为核心，设置了“富士山世界文化遗产协议会”。围绕自然环境、景观保护到安全登山之广泛事业，从政府到当地相关人士集中反复进行协商。

传递富士山作为世界文化遗产的价值也十分重要。2月23日，含演讲、研究发表等在内的“富士山之日艺术节”隆重举办。2017年，“静冈县富士山世界遗产中心”在富士宫市开馆，在这里可以近距离欣赏富士山。

“静冈县富士山后世继承基金”由富士登山者的保护支援金、企业与社会人士的捐款、城市纳税等为资金来源。“我们的目的是将资金运用到对富士山的环境保护及登山者的安全对策中。”该基金的富士山世界遗产科介绍道。例如，对投身防止外来植物侵入、森林修整、山脚废弃物清理团体的支援，对安全登山的科普教育事业等。

同时资金被运用于对信仰对象与艺术源泉的富士山的价值传播上。“今后我们将继续努力，在正确传播富士山作为世界遗产的价值，使其得到继承的同时，也让登山活动能安全且舒适。”

## Supporting Mt. Fuji with Gotouchi (Regional) WAON cards

Among Gotouchi (Regional) WAON cards (Aeon’s e-money with which 0.1% of the amount used is donated from Aeon to local municipalities and other organizations for developing the community), “Shizuoka Mt. Fuji WAON” boasts the highest number of issued cards. It was first issued in 2010, when Aeon concluded a comprehensive partnership agreement with Shizuoka Prefecture aimed at revitalizing the region and enhancing services to prefectural citizens. Donations made through “Shizuoka Mt. Fuji WAON” are presented to and utilized by the “Fund for Passing on Mt. Fuji in Shizuoka Prefecture to Future Generations.”

通过当地WAON卡支援富士山

当地 WAON 卡（永旺将消费金额的 0.1% 捐赠给自治体，是为了地区发展活用的电子货币）中，发行数量最多的是“静冈富士山 WAON 卡”。2010 年，为激发地区活力、提高服务县民的水平，永旺与静冈县签订了总括合作协议，以此为契机发行了该卡。通过“静冈富士山 WAON”的捐款被赠与“静冈县富士山后世继承基金”加以活用。

Shizuoka Mt. Fuji WAON 静冈富士山 WAON 卡





## PUBLIC BATH ART

## Japanese Public Bath Artist, Morio Nakajima

# Never get tired of painting Mt. Fuji

In the Kanto area, Mt. Fuji was often painted on large murals of public baths. Japanese public bath artist, Morio Nakajima, has painted many Mt. Fuji murals. Here is an interview.

## A bathhouse that feels like an open-air bath

When you take your clothes off in the dressing room and open the door that leads to the washing area, a painting of Mt. Fuji capped with snow beyond the cherry blossoms comes into view. It is Morio Nakajima's latest work at the bathhouse "Kitamachi Yokujo" in Nerima Ward, Tokyo. "In the 55 years as a public bath artist, I've done around 5,000 paintings just of Mt. Fuji," says Nakajima. "Drawing a smooth ridgeline and the crown capped with snow is the most difficult part. I'm satisfied with what I've drawn right after finishing the painting. But when I go back to see it again, I want to retouch it. That's why I don't go back," he says with a laugh.

Although Nakajima has painted many Mt. Fujis, he has never climbed to the top of the mountain. "I've only climbed to the fifth station. But I've observed the mountain many times from all directions and in different seasons. Its expression is all different and the colors change even within the same day. I never get tired of looking at and painting the mountain." His favorite spots include Lake Kawaguchi, Miho no Matsubara (seashore lined with pines), and Nishi-izu.

With the images of Mt. Fuji in his head, Nakajima has used a unique technique using rollers and paint to draw the mountain. It takes around three hours to paint one mural. His paintings can be found at around 200 to 300 bathhouses in Tokyo. “Mt. Fuji is not part of a mountain range but stands alone with a perfect cone shape. The mountain appeals to all, including Japanese and foreigners. The painting creates an open-air bath feel, although it's just a bathhouse. Come take a dip and enjoy the sight of Mt. Fuji.”



钱汤绘——SENTŌE

钱汤绘师·中岛盛夫先生

无论绘制多少遍都不会厌倦

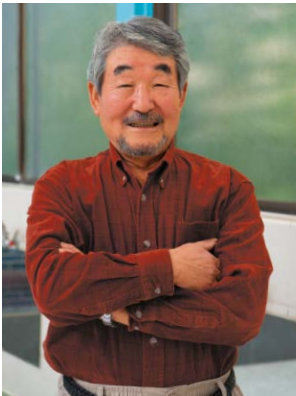
关东地区周边，曾经很多澡堂的大壁画上都画有富士山。专门描画富士山的钱汤绘师中岛盛夫先生向我们讲述了他的回忆。

## 室内浴场演绎的露天氛围

在更衣处脱去衣服，打开通往澡堂的门，映入眼帘的是樱花背后白雪皑皑、巍然屹立的富士山。这是东京都练马区北町浴场内中岛盛大先生的新作。中岛先生告诉我们，他从事钱汤绘师这一职业已经 55 年，迄今为止仅仅富士山就绘制了 5000 多幅。他笑着说：“最难画的是平缓的山棱线和白雪覆盖的山顶。每次画完后都觉得很满意，但之后只要去看就想再修改，所以我自己就不去看了。”

事实上,尽管中岛先生频繁绘制富士山,但他并没有登上过山顶。“我只登到五合目。但从东西南北不同位置,不同季节,观赏过无数次富士山。富士山从没有相同的容颜,即使一天之内色彩也不断变化。无论怎样看、怎样画,都不觉得厌倦。”最喜欢的是从河口湖、三保的松原、西伊豆等欣赏的富士山。

中岛先生使用印色滚等工具，采用涂漆的独特手法将印刻在头脑中的富士山进行了展现。绘画1副大概需要三个小时。东京都内约有200至300家浴场内有中岛先生的钱汤绘。“周围没有相连之山，作为独立峰逐渐延伸的山姿，相信无论是日本人还是外国人，都没有谁会不喜欢富士山。室內的富士山图，让人们在浴场内也能感受到露天氛围希望大家都能前来，一边泡澡一边欣赏富士山。”



Japanese Public Bath Artist  
**Morio Nakajima**

Born in 1945 in Fukushima Prefecture. Came to Tokyo in 1964 and began painting bathhouse murals as an apprentice to the late Kikuo Maruyama, a scenery artist. He is one of the few public bath artists in Japan whose field of work extends throughout Japan and abroad.

钱汤绘师  
中岛盛夫先生

1945 年生于福岛县。1964 年来到东京，师从已故背景画师丸山喜久男先生，开始从事钱汤绘的创作。作为日本屈指可数的钱汤绘师，目前活跃在日本国内外的广泛领域。

## Aeon's Actions to Revitalize Local Communities 让地区充满活力的永旺行动

## Aeon Happy Yellow Receipt Campaign

## 永旺 幸福的黄色小票活动



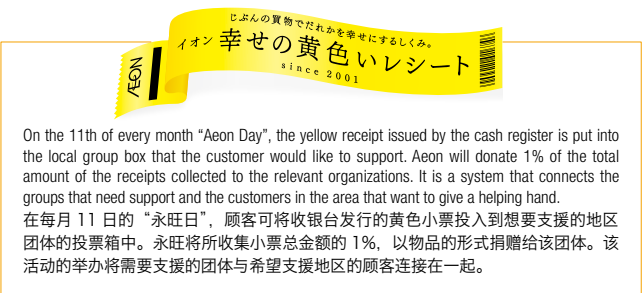
## Aiming to Enrich the Lives of People with Disabilities

When a woman in a wheelchair drops a card, one-year-old Saran gently picks up the card with her front teeth and puts it in the woman's hands. When Saran is not able to pick up the card or bends it, she is given time to think and then another chance at doing it over. She is given a lot of compliments for correct movements. This is a scene from training a service dog.

The number of service dogs that support the daily lives of people with hand and leg disabilities is not even well known to people with disabilities. There are only 61 service dogs (as of October 2019) nationwide, which is a small number. At the Chiba Service Dog Association in Funabashi City, Chiba Prefecture, three dogs are currently being trained. “Each person who wants to live with a service dog has a different type and degree of disability, so training is tailor-made for the person who will live with the service dog,” explains Miki Akiyama, a trainer of the association.

Yoichiro Nishizawa received a service dog 12 years ago and left his parents' home to live on his own. His service dog is 6-year-old Lucky that was trained by the association. "On weekdays, we get on the train together every day and live the same life as an ordinary person. I gave up on a lot after I became disabled, but having a service dog by my side has given me the courage to try anything," comments Nishizawa. Lucky seems to have become like a part of his owner.

The association has participated in the Yellow Receipt Campaign at the Aeon Funabashi store for two years. Essentials for dogs have been donated such as pet sheets, shampoo and so on. "We would like more people to know about the existence of service dogs as awareness is still very low. We would like to work towards creating a comfortable environment for people with disabilities," says Akiyama. The service dogs will continue to be lovingly raised and trained by staff and volunteers.



## 为实现残障人士丰富美好的生活

乘坐轮椅的女性如果把卡片掉落在地，1岁的介助犬莎兰便会用前齿轻轻咬住卡片送到女性手边。但有时怎么也咬不起来，有时还会把卡片弄折，这样便会给莎兰一些思考的时间，然后让它再一次挑战。如果做了正确的动作后便能够得到很多表扬。这是介助犬训练的一幕。为手脚不方便人群的日常生活提供帮助的介助犬却并不被残障人士所熟知，在日本全国也只有61只（截止2019年10月）。位于千叶县船桥市的“千叶介助犬协会”目前有三只介助犬在接受训练。“希望与介助犬一起生活的人，每个人的残障种类与程度各不相同，我们针对一起生活的人开展定制化训练。”该协会训导师秋山美树介绍道。

12 年前与介助犬相遇的西泽阳一郎由此离开父母的家开始独立生活，目前与该协会培养的 6 岁 Lucky 一起生活。“工作日每天一起乘车去公司，现在过着与普通犬一样的生活。因为身体有残疾，过去放弃了很多事，但有了介助犬，现在鼓起了尝试各种挑战的勇气。”西泽说道。为自己提供帮助的 Lucky 基本已经成为了身体的一部分。

该协会从2年前开始参加永旺船桥店的“幸福的黄色小票活动”，收到了宠物垫、沐浴露等介助犬生活必需品的捐赠。“介助犬的认知度尚低，今后我们将努力让更多的人了解它们的存在，推动方便残障人士生活的环境建设。”秋山说道。协会员工和志愿者一道，满怀热情地投入到介助犬的培养工作中。





# AEON Topics! Improve inner beauty

## Improve inner beauty for your health and for the environment —Topvalu food product development—

### 为了健康、为了环境 ——Topvalu的食品开发——

**Exercising and eating lots of vegetables to keep healthy——More people are encouraged to do so. With customers becoming more health-conscious, Aeon is responding with an extensive lineup of food products at its stores. Among them are Topvalu products made with plant-based ingredients.**

为了健康，运动并摄取足量蔬菜——这样的人群正在逐渐增加。为应对顾客不断提升的健康意识，永旺店内推出了多样的食品系列。其中之一就是采用将Topvalu的原料换成植物性的原料所制成的食品。

#### Food products in response to the health-conscious trend

Aeon's private brand "Topvalu" has been promoting the development of products that substitute meat, fish, dairy products such as cow milk, and grains with plant-derived ingredients. Takeyuki Ohashi of the Marketing Division at Aeon Topvalu Co., Ltd. talked about what triggered the product development. "For several years, in Europe and the U.S., there has been a growing demand for plant-based food options and many products have been introduced in the market. We thought this trend would surely reach Japan."

"In Japan, there are growing needs from health-conscious people, such as those who want to prevent lifestyle-related diseases, limit carbohydrate or fat intake for building the body, and those who want to increase intake of dietary fibers and vitamins that are difficult to take in from food. We are developing products that respond to these needs," says Ohashi.

Topvalu has already introduced products, for example, the "Rice Substitute" series made with vegetables such as cauliflower and broccoli as an alternative to rice, "Soy Yogurt" and "Melty Shreds (Made with Soy Milk and Coconut Oil)" using soy milk instead of

dairy milk. "The development team members are confident of the products that were made after many difficulties. We've received feedback that the rice substitute series tastes great in fried rice and keema curry," says Ohashi on how the products have been well received by customers.

#### Experts in meat involved in developing soybean products

"Soybean Hamburg Steak (frozen type)," as its name suggests, is made with soybeans. One may associate soybean hamburg steak with a steak made with tofu, but this one has a firm texture and is filling. Involved in the development process was Hiroya Sugimoto of Livestock Products Dept., Aeon Topvalu Co., Ltd. He says with confidence, "It's a 'meaty' soybean hamburg steak."

Sugimoto and his team had been involved in developing livestock food products for many years, and it was around the spring of 2019 when they launched the development of products that substituted meat with plant-based ingredients. He says they encountered some hesitation in developing products using soybean. "It was unknown territory for us, and we weren't sure if we were up to the challenge. At the same time, we knew that there were more customers who were eating less meat

for health reasons and those who did not eat meat at all. We thought it was essential for Topvalu to have such products in the lineup, so as experts in meat, we ventured into the development."

#### No compromise on the meaty texture

The development team made no compromise on achieving a meat-like texture. Together with the manufacturing subcontractor, the trial process continued time and again. A visit was made to the U.S., the leading market in plant-based meat, and various research was carried out including on product types and strong sellers. "Our aim was to achieve a texture like that of Topvalu's 'Tasmanian Beef Hamburg Steak'. We compared the taste and made improvements."

It took around one year to complete the "Soybean Hamburg Steak (frozen type)." The texture was achieved by using two different forms of soybean protein, and it comes with grated radish with yuzu citrus as a sauce. The steak and sauce are additive-free, with no preservatives or artificial colors. The refreshing sauce complements the taste and texture of the hamburg steak. "I hope that customers who have been eating meat every day will consider enjoying this product once a

#### 推出满足健康意识的食品

从两年前左右开始，永旺自有品牌 Topvalu 一直致力于开发的是，源自于植物原料的肉、鱼、牛奶等乳制品及谷物类食品。Aeon Topvalu Co., Ltd. 市场本部的大桥毅之向我们介绍了商品开发的契机时说道：“数年前，欧美对源自植物性商品的需求不断提升，推出了众多的食品。我们感到这一潮流也来到了日本。”

“在日本，以预防生活习惯病、塑形美体为目的，有的顾客希望控制糖分和脂肪摄入量，有的顾客希望摄取较难获得的食物纤维、蛋白质等食品，具有较高健康意识的顾客提出了众多需求。我们为满足这些需求，致力于从事商品开发。”大桥继续介绍。

week.”

#### Environmentally friendly

The livestock industry has a high environmental impact as it requires a vast pasture and large volumes of feed grain and water. In Europe and the U.S., many people are purchasing plant-based food options as products that are environmentally friendly. Meanwhile, there are concerns

目前已经推出的商品有：用花椰菜、西兰花等蔬菜替代大米的“大米替代品”系列、用豆乳替代牛奶的“豆乳酸奶”“豆乳可可油制成的醇滑芝士条”等。“每一个商品都是开发部的同仁们不辞辛劳研发的自豪之作。顾客反馈，大米替代系列商品用作炒饭、咖喱的原料非常美味。”顾客的好评源源不断。

#### 肉品专家开发大豆商品

“大豆肉饼（冷冻型）”，顾名思义，原料来自大豆。听到大豆肉饼，可能有人会想到豆腐肉饼，但与豆腐肉饼不同，大豆肉饼的口感非常好。参与开发的 Aeon Topvalu Co., Ltd. 商品开发本部的杉本浩也满怀自信地介绍道：“这是一种肉感满满的大豆肉饼。”

长年专注于畜牧业商品开发的杉

related to ensuring a stable supply in the future, as population grows and demand increases in countries that currently barely consume meat.

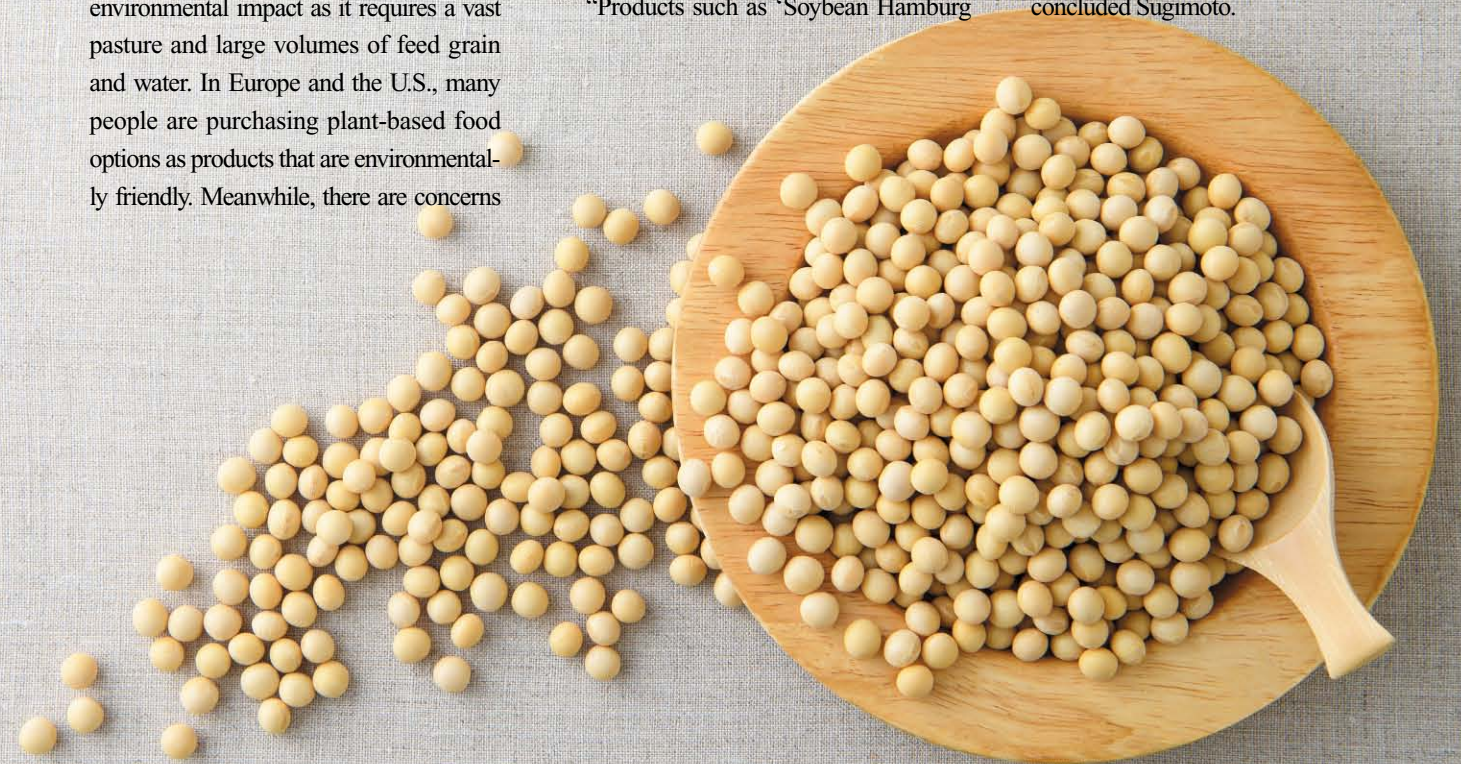
“Products such as ‘Soybean Hamburg

本团队，从 2019 年春左右开始，启动源自植物性原料的肉食商品开发。当初也曾犹豫过是否选择大豆进行商品开发。“由于是初次尝试，我们对能否取得成功也深感不安。但了解到为了健康控制肉食摄入的顾客、不食肉品的顾客不断增加，我们认为这应成为 Topvalu 的必备食品，于是作为肉品专家的我们下决心投入研发。”

#### 精益求精的是肉质口感

在研发中最精益求精的是“接近肉质口感”。开发团队与生产委托商一道，反复进行了试验。前往植物性肉品的先进国家美国进行考察，调查商品的种类和销路等。“我们努力实现的口感是与 Topvalu 的塔斯马尼亚牛肉完全一致的肉饼牛排。于是在品尝比

Steak’ will lead to a solution for environmental issues. We will continue to pursue products that taste good and develop soybean-based foods as experts in meat,” concluded Sugimoto.





较中不断加以改良。”

我们用了大约一年时间研制出“大豆肉饼（冷冻型）”。为打造口感，我们使用了两种形状的大豆蛋白，并添加了柚子酱。两种都不添加防腐剂 and 着色剂。爽口的酱汁让人能品尝到更加浓郁的肉饼香味和口感。“一直以来每天摄取肉食的顾客如果愿意一周尝试一次大豆肉饼，我们将感到无比

欣慰。”

## 环境友好

畜牧业需要广阔的放牧草地、用作饲料的谷物和大量的水，对环境的负荷较大。在欧美，源自植物性原料的商品被视为环境友好型商品，获得顾客的青睐。随着人口增长和在目前基本不食用肉品国家的需求不断增长，

这种商品在未来恐怕无法实现稳定供给。

“类似‘大豆肉饼’的食品将能帮助解决环境问题。今后我们将继续追求食品的美味，作为肉品的专家，持续致力于使用大豆为原料的食品开发。”杉本最后总结道。

## New products launched by Topvalu! Here are some plant-based food options Topvalu商品陆续登场！介绍源自植物性原料的食品



(Frozen) (冷冻)

Like meat but it's soy! 虽是大豆、宛如真肉！

### Soybean Hamburg Steak (240g) 大豆肉饼 (240克)

This plump hamburg steak is actually made with soybeans. It's filling with a firm texture, just like a hamburg steak made with meat. No preservatives, artificial colors or seasoning (amino acid) used, including in the sauce. 弹力十足的这款肉饼，实际上食材是大豆。富有嚼劲的口感不输真正的肉品。附赠的酱汁也不使用防腐剂、着色剂、调味剂（氨基酸）等。



"Soybean Hamburg Steak." Warm it up in the microwave, and make it extra delicious by cooking both sides in a frying pan until golden brown. Serve it with vegetables for a colorful and nutritious dish. “大豆肉饼”。用微波炉加热后，用平底锅将两面煎至焦黄更加美味。搭配蔬菜，色彩丰富，营养更加均衡。



Pizza crust made with "Broccoli Rice Substitute", eggs, grated cheese, dried basil, salt and pepper. Mix the ingredients, roll it out, and bake it in the oven. Spread it with tomato sauce and mozzarella cheese, and bake it again until crispy. Top it with prosciutto and roquettes, as well as olive oil, grated cheese, salt and pepper. Enjoy a salad-like pizza. You can also top it with shreds made with soy milk.

\*A detailed recipe is available on the website (Japanese): <https://www.topvalu.net/recipe/detail/2242>

制作披萨的原料有：“替代大米的西兰花”、鸡蛋、芝士粉、干罗勒、盐、胡椒。混合后展平，放入烤箱中烤制，然后覆盖上番茄酱汁、马苏里拉奶酪再烤至正好。放上火腿、芝麻菜，撒上橄榄油、芝士粉、盐和胡椒，即可享用。口感如同沙拉。推荐用豆乳制成的芝士条做搭配。

\*详细的烹饪方法请查询官网（日语）（<https://www.topvalu.net/recipe/detail/2242>）



(Refrigerated) (冷藏)

Fluffy, soft texture 松软柔嫩的口感

### Soybean Hamburg Steak and Onion Sauce with Charred Soy Sauce Aroma (180g) 大豆肉饼散发焦香酱油的洋葱酱 (180克)

Soybean hamburg steak with a soft texture. The charred soy sauce flavor and sweetness of the sauteed onions come with a hint of refreshing apple vinegar. The refrigerated product can be quickly served by warming it up in the microwave. 特点是口感松软的大豆肉饼。焦香酱油的风味与嫩煎蒜头的甘甜加上苹果醋的清爽，口感适宜。冷藏型方便微波炉加热后即食。

Rich and mild 浓郁醇厚是独有特征

### Melty Shreds (Made with Soy Milk and Coconut Oil) (200g) 豆乳与可可油制成的醇滑芝士条 (200克)

Shreds made from soy milk, coconut oil, and chickpeas. It has the richness of soy milk, but with a mild finish. For topping on pizza, toast and gratin. 豆乳、可可油、鹰嘴豆为原料制成的芝士条，豆乳的浓郁绽放醇厚口感。制作披萨、吐司、奶汁干酪烙菜等可使用。



Perfect for breakfast 非常适合早餐

### Soy Yogurt (Plain, containing soybean isoflavone) (400g) 富含大豆异黄酮 豆乳酸奶 原味 (400克)

Delicious soy yogurt with a smooth texture and mild sweetness. Rich in dietary fiber. Enjoy it with honey, jam, or with cereal and fruits. 润滑的口感与微甜可口的豆乳酸奶。富含食物纤维。可与蜂蜜或果酱一起食用，与谷物脆片、水果也是完美搭配。



Satisfying even for rice lovers 让爱吃白米的顾客同样满意

### Broccoli Rice Substitute (300g) 替代大米的西兰花 (300克)

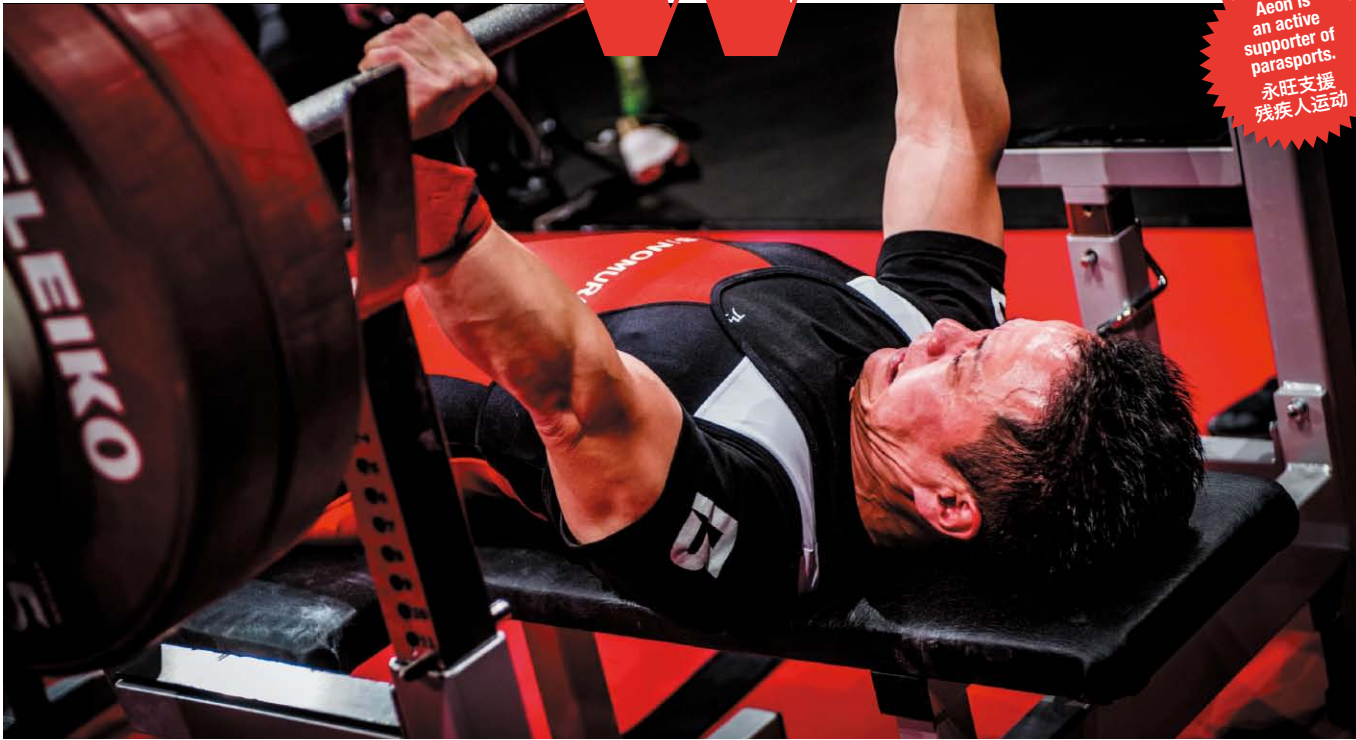
A product inspired by the idea to eat broccoli as an alternative to rice. The carbohydrate content is around 1/22\* compared to white rice. Also available are cauliflower and six mixed vegetables. 代替白米而食用西兰花，是这一商品诞生的妙想。与白米相比，糖分仅约为22分之一\*。另含有花椰菜、其他六种多色蔬菜。

●Topvalu <https://www.topvalu.net/>

\*Standard tables of food composition in Japan 2015 (Ver.7): Comparison of 150g of rice (polished white rice) with 150g of broccoli.  
\*日本食品标准成分表2015年版（第七次修订）米饭（精白米）150克与西兰花150克的比较

So Much to See in the World of Parasports 值得一看的残疾人运动世界

## Para Powerlifting 残障人士举重项目



Nishizaki showing such intense concentration as he lifts the barbell during a competition. 在比赛中举起杠铃瞬间的西崎先生。高度集中的注意力。

Aeon is an active supporter of parasports. 永旺支援残疾人运动

## What is Necessary is Strength and Beauty

Para Powerlifting is a bench press competition for people with lower limb disabilities. After World War II, bench press exercises to train the upper body were introduced as part of rehabilitation for soldiers who suffered leg amputation and spinal cord injury. This is said to be the beginning of para powerlifting. It became an official Paralympic event at the 1964 Tokyo Games.

"It's a simple competition in which the person who lifts the heaviest barbell using only their upper body wins. The competition can be held according to the same rules as people without disabilities, and the world record for para powerlifting exceeds the record for regular powerlifting," smilingly says Tetsuo Nishizaki who works for Nomura Co., Ltd. He is the Japan record holder for the two weight divisions of 49-kg and 54-kg. He also represented Japan at the 2016 Rio de Janeiro Paralympic Games.

Nishizaki started para powerlifting in 2013. Although he had bench press experience in muscle training, it was the first time for him to train for a competition. "First, hold the bar still above the chest, make sure it is evenly balanced and extend the arms and return. This should be done in three seconds. If the bar tilts when being raised, it will not be counted as a record," says Nishizaki. You not only need the strength to raise the bar, but also the beauty of raising it completely horizontally.

Nishizaki says that the unity felt with the audience during a competition also gives him strength. "I'm encouraged by the cheering when I make my entrance, but before I attempt to lift, the entire venue becomes very quiet with everyone concentrating together. The huge cheering after a successful lift is exhilarating, which is also what is appealing about para powerlifting."



Left: Nishizaki during training. Bottom: Nishizaki participated in "Aeon de Paraspō", an event to spread parasports awareness held at Aeon Mall Kyoto, in which people were able to experience para powerlifting. 左：训练场上的西崎先生。下：西崎先生参加在永旺梦乐城 KYOTO 举办的残障运动普及活动“永旺 de 残障运动”。活动中设置了残障举重项目体验。



## 力量与美感的兼备

残障人士举重项目是下肢有残疾的运动员开展的卧推竞技。第二次世界大战后，锻炼上半身的卧推项目被纳入到下体截肢或脊椎负伤士兵康复训练中，据说这正是残障举重运动的起源。1964 年东京奥运会将其采纳为残奥会的正式项目。

“这项运动的规则很简单，仅靠上半身力量举起最重杠铃的人即获胜。无论残障与否，都可以以同一规则开展竞技，残障举重项目的世界记录已经超过了非残障项目的最好成绩。”乃村工艺社的西崎哲男先生笑着说道。他是 49 与 54 这两个公斤级的日本记录保持者，代表日本参加了里约热内卢 2016 残奥会。

西崎先生从 2013 年开始从事残障举重运动。肌肉训练中有过卧推的经验，但参加正式的竞技赛事还是第一次。“首先将杠铃稳稳停在胸部上方，左右保持平衡，提举杠铃，手臂伸直再收回。过程持续约 3 秒。提举时如果杠铃倾斜，将无记录。”西崎先生介绍道。除了提举杠铃的力量，还需要保持水平的动作美感。

西崎先生说在比赛中，现场的一体感也给予了自己力量。“上场后观众热烈呐喊的加油声是最大的鼓舞。试举前全场又瞬间安静，选手与在场所有人都聚精会神。成功后现场爆发巨大的欢呼声。这种快感也正是残障举重的魅力所在。”



Nishizaki participated in the All Japan Championship in February 2020, lifting 130-kg in the 49-kg weight division to win the competition. In a special trial aiming for a new record, he lifted 135.5-kg to achieve a new record in Japan and win the All Japan Championship for a seventh consecutive time. 西崎先生在 2020 年 2 月参加了全日本锦标赛 49 公斤级，成功举起 130 公斤并获得冠军。又在打破新记录的特别试举重中挑战 135.5 公斤，刷新日本最新记录。蝉联全日本锦标赛七连冠。