

■ Topics

Okayama University Weight Training Club

Powerlifting is a competitive sport, in which athletes compete the total weight on three athletic events: squat, bench press, and deadlift. Okayama University's Weight Training Club, which works on the powerlifting, has a great track record including winning the overall championship 13 times in national competitions in 30 years of club's history.

The secret of strength is a system that alumni, who were successful graduate players in the club, foster the players of next generation as a manager or coach.

Therefore, players can efficiently improve their skills and perform in competitions as well as prevent significant injury through appropriate assistances and instructions.

Ms. KUMAHARA Momoka, a senior student in the Faculty of Law, originally joined an art club, but joined the weight training club when she was a sophomore because she admired her friend who performed in the club. Since then, she improved her skills and finally became the champion in the women's 52-kilogram weight class at the 46th All-Japan Powerlifting Championships held in June 2019. Ms. Kumahara said, "After I started powerlifting, I was able to improve my mental strength as well as muscle strength, having mental space and confidence. The expectations for the excellent performances of Okayama University's Weight Training Club will be continuously raised from now on.



A scene of Weight Training Club's activity



Ms. KUMAHARA Momoka

Further information

Okayama University Weight Training Club (Japanese page)
<http://www.ouwtc.com/>



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