

# **Tatsuo Araki**

## **Nippon Sport Science University, JAPAN**



Professor Araki is an academic member of Nippon Sport Science University (NSSU) in Tokyo and a Manager of International Centre of NSSU.

Professor Araki is a member of the following organizations:

- FIG (International Gymnastics Federation): Member of Gymnastics for All committee
- AGU (Asia Gymnastics Union): President of Gymnastics for All committee
- JGA (Japan Gymnastics Association): President of Gymnastics for All committee

He is committed to spread Gymnastics for All internationally and he organizes workshops and gymnastics events in many countries every year, as well as programmes for the elderly people. The main goal of Gymnastics for All is health and safety and the theme of this concept is "Everyone, anywhere, feel free, fun and easy exercise".

**Topic for the 14<sup>th</sup> International Teaching Week:**

**Gymnastics for All (practical class)**