

Miraieno BONDS (Kizuna)

Aiming for the Tokyo Olympics!

Pro Basketball Team Fukushima Firebonds

Firebonds athlete Shota Kanno Aims towards your Dream!

We interviewed Shota Kanno, member of men's pro basketball team, Fukushima Firebonds.

A native of Nihonmatsu city, Kanno's dream is to be selected as a member of the national basketball team for the 2020 Tokyo Olympics. With that goal in mind, he practices a total of five hours every day, three hours as part of the team and two hours on his own. His individual training program consists of push-ups and core-training exercises. According to Kanno, "When you are a professional, basic training becomes especially im-

portant." The name of the team was chosen for the meaning of the English word "bonds" which is suggestive of the ties that bind people together. Kanno hopes that, by taking part and performing well at the Olympics, he can contribute to the revitalization of Fukushima. Starting this season, the team will be playing in the Japan Pro Basketball B League 2nd Division. The team's goal for this season is to claim the second division title and advance to the first division. Kanno says he exercises his abdominal and back muscles, and does push-ups



Kanno talked to us about his dreams for the future and his training methods

and stretches before each match without fail, in order to properly warm up and prevent injury. He says he uses regular

training matches to condition his mind against possible mistakes. If he makes a mistake during a match, he tries to shrug it off as quickly as possible. He has made it a habit to shout out encouragement to

his teammates to help them recover from possible mistakes. According to Kanno, after each game, he watches the recording of the match to reflect on and improve his performance.

Challenging Kanno Amazed at professional techniques



The reporting team learning how to take shots and other basketball techniques from Kanno.

We reporting team took the opportunity to practice together with Kanno. After doing basic dribbling and warm-up exercises with the ball, we practiced taking two types of shots, long shots and layups. Kanno showed us the basics of each type of shot. Kanno's shots were precise and

went through the hoop with a pleasant swish. We also played a match with Kanno. Although we tried our best to steal the ball away from him, his dribbling was just too fast for us. His accurate shots also left us greatly impressed.

What's the secret behind Kanno's 188 cm height?

Ate a lot, and played a lot

Strengthening legs through tiptoeing

Kanno is 188cm tall. We asked him what a person could do to become that tall.

Kanno said, "I wasn't that tall when I was in junior high school, but eating a lot and sleeping a lot helped me to grow. Also, I played a lot, and by the time I graduated, I had grown by 30cm."

Kanno said that he was able to develop his calves and improve his jumping strength by standing on his tiptoes a lot, along with other exercises.

Edited by:

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- Hikari Sasaki
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- Kanno at the back

