How to achieve my “Bunbu Souzen”

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I have tried many sports in my life. For example, swimming, track and field, triathlon, basketball, cross country, etc. However, as a student, I have to study too. Of course, many people think that it is a very difficult thing to do both, and they think it is impossible. However, I believe that “Bunbu Souzen” can be realized and is an important part of our lives.

I have a person who inspired me to do my best in both sports and academics when I was in elementary school. His name is Tomokazu Harimoto. Now, he is a very famous table tennis player in Japan. Until I met Mr.Harimoto on TV, I thought that all athletes who make the national team in any sport, no matter what field, practice hard with little or no study. However, Mr.Harimoto was different. He could not play table tennis until he finished his homework and his self study. Also, he was promised that if he did not get certain grades, he would be forced to stop playing table tennis. Despite this environment, he has not only studied hard, but has also improved his table tennis skills and is now one of Japan’s leading table tennis players. I was moved by seeing player Harimoto achieving both academic and athletic excellence on television, and I thought he looked very impressive. Since then, I have made up my mind to study hard to get good grades and play sports very hard to become a person who is capable of Bunbu Souzen.

I think the important things to become a person who is capable of Bunbu Souzen are,

1. Decide on my goal and work toward it.
2. Doing things efficiently, with balance.

First, without a goal, nothing will get started. Without a goal, people will not know what they are studying or playing sports for, and they will not know the path they should take. I have always set goals in both my studies and my sports.The higher I set my goals, the more motivated I become and the more I am able to overcome even the hardest things. Also, I think it is very important that I can try my best to make an effort. Certainly, there are geniuses who can get high scores on tests without studying at all or who are good at sports without practicing. However, I am not a genius person. I am a normal person, but I learned from a lot of experiments that trying to make an effort must give me a wonderful future. For example, I am not good at math and my grade was bad at the beginning of this year. However, I did not give up at that point. As a result of putting in the proper amount of time and effort in my own way, I was able to significantly improve my grades. Also, before I came to Keio Academy of New York, I went to a triathlon school, but I was a beginner, I was the only one who could not make it to the podium while the other members of the team were on the podium in the race. I was really frustrated by that, so I practiced as hard as anyone else with the goal of getting on the podium as quickly as possible. When I achieved my goal, I had a sense of accomplishment. Because effort never betrays us, I believe that the more effort a person puts in, the more he or she will be able to achieve Bunbu Souzou.

I have a saying that I hold dear to my heart. The saying is “Law of attraction”. I learned these words from Shohei Otani, a Major League Baseball player. The meaning of this phrase is to be patient and make an effort every day, because even in the most difficult times, the present state of affairs will create the future. Shohei Ohtani, even when he was injured or had problems with his interpreter, did not think negatively, but was his usual self, even smiling. I was very impressed about it and now I hold “Law of attraction” in my heart.

I think balancing playing sports and studying and time management is the most important thing to become a person who is capable of Bunbu Souzen. I have been thinking about how to use our limited time efficiently and well. During exam week, I cannot make time to practice running, so I figured out to wake up earlier than usual and do self study in the morning. Also, if I had a race in a week, it is difficult to study at the same hour as a normal week, so I studied on the bus while moving from school to the race venue or limit the sleep time to studying at midnight to create time to study. If I am unbalanced toward either sports or study, even a little, it is not a Bunbu Souzou.

I have had a lot of hard times since I came to Keio Academy of NewYork. To be honest, studying in 10th grade was significantly more difficult than last year. However, when I received excellent results in cross-country and many people congratulated me, I felt that all my hard work had paid off and I was ready to work even harder. Also, in study, I was very pleased when my efforts were awarded with my cooperation with friends, studying without spending time sleeping, and using most weekends. There is no downside to making the effort. It will surely bring me a wonderful future. I believe this will help me achieve my goal of Bunbu Souzou. I will continue to work positively on both sports and studies, and do my best to balance both.