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Class of 2026

How to achieve my “Bunbu Souzen(文武双全）”

I strongly believe that my experience, beliefs and personality are the representation of Bunbu Souzen. It refers to mastery of both academics and athletics by connecting in various fields. Through my consistent efforts and results, both in sports and academic achievements, would definitely show this philosophy.

From a young age, I have been keen to learn about many sports. I participated in the baseball team, soccer club, tennis, swimming, and basketball teams in elementary school in Japan. I was simply enjoying playing these sports, but over time I started to learn about teamwork through coaches. I was selected as a captain of my baseball team in sixth grade. From this experience, I learned leadership, communication skills, resilience, and teamwork to build a stronger team. One of the reasons that I chose Keio Academy of New York is that I am able to participate in a lot of sports including varsity and house sports. I am really keen to contribute to the school team. From my freshman year, I participated not only in the varsity cross country team, varsity basketball, but also in house sports such as volleyball, baseball, weight room, and badminton. My motivation was significantly elevated at this point and I just would like to try everything even if I had no friends or classmates. My attitude resulted in making great relationships with juniors and seniors. Their pieces of advice are very important to me even now. I still have this connection with them and sometimes gain advice about Keio University. This experience leads me to believe that sports are not separate from academic learning, and these experiences are deeply interconnected. Academically, my freshman year’s results were average. My curiosity toward academics was not fully satisfied, and I struggled especially in English class.

In my sophomore year, I continued to participate in varsity sports as well as house sports. This year, I started to achieve some awards in varsity sports. I qualified for the State Championship and I received the Section 1 All-League Award in Cross Country. I also started to gain curiosity for academics and my English skills significantly improved. I obtained a final grade of C in freshman year but I achieved an A in my junior year for English. Additionally, my TOEFL score has improved. As a result, I was awarded a Headmaster’s Honor Roll for all quarters. I received the Scholar-Athlete Award in the fall and winter seasons as well.

In my junior year, I became a captain for the Cross Country team. I also qualified for the State Championship, earning the Section 1 All-League Award and Section 1 Sportsmanship Award at the same time. I continued to commit to academics and I achieved an Honor Roll for all of the quarters. I received a Scholar-Athlete Award in the fall and winter seasons. At the end of the school year, I earned the prize for the 11th Grade Physics Award. I will certainly continue to participate in varsity and house sports. In the baseball team, we won the Chris Carini Spring Blast Tournament as a Champion, and it was an unforgettable event for my life.

One of the most important lessons I have learned through academics and athletics is the power of continuous efforts. For example, I cannot make a faster record for a long distance race in just a few weeks or a few months. I have to keep up and run every day for a long period of

time. The continuous effort is very closely related to the academic field as well. Building my skill or knowledge for sports is very similar to getting a good score on the test. For example, Precalculus problems need calculations that we learned in previous years, such as function calculation and properties. Growing the ability to keep up constantly in athletics or academics will connect and benefit in other areas at the same time.

Additionally, I realized that athletics can make academics interesting, and academics can also make athletics interesting. In my sophomore year, I learned about topics such as nutrition and body structure in the Health Science class. It was very interesting for me, since it is related to my athletics. Nutrition is a big factor in Cross Country. You have to know what is the best food to eat before racing day and right before the race. Also knowing body structure will help me to practice more efficiently. Cross country uses more slow twitch muscles than fast muscle fiber. This means that you have to train slow twitch muscles in the weight room, so you have to have lower weights and high numbers in each set to build stamina. Also in biology class, we learned how our body makes the energy that is needed for everyday life and sports.

The most important aspect of being Bunbu Souzen is to enhance my ability for leadership and self-discipline. It is difficult to achieve high standards in both academic and athletic fields. However, through self-discipline and everyday habits, I can reach my goals. For example I will always prepare test materials before the away games for the varsity sports and prepare for my test or quizzes during the transportation. I also make a habit to use my free time to review and get ready for future exams.

For athletics I keep track of my sleeping time to recover and prepare for the next day's practice. I made a rule not to stay up past 11 p.m., which also helps me stay focused in my studies. These small rules and habits supported by self-discipline have helped me perform well and achieve my goals.

Leadership is the ability to influence, guide, and motivate a group of people to achieve a common goal. I always motivate myself to study in an academic area but I am still learning to motivate our team as a leader in the sports field. Since I will be the Student Government President, as well as team leader in cross country and basketball varsity in 2025-2026, I will be facing lots of challenges and difficulties. However, I strongly believe that my experience will surely be beneficial to my life and it makes me learn a precious lesson.

As I look ahead to my final year in high school and beyond, I will perform as a model of “Bunbu Souzen” and continue to do my best in extracurricular activities to make the school more attractive for all students and, more importantly, to have the unforgettable and wonderful memories in my life.