

## Greetings



It is our great pleasure that the 23<sup>rd</sup> Annual Congress of East Asian Sport and Exercise Science Society is held at Kyushu Sangyo University, Japan. We deeply appreciate the members of Japan, China and Korea who prepared for the opening of this meeting and want to extend a warm welcome and heartfelt respect to all the participants to this congress.

In Kyushu, a lot of world championship tournament of sports will be held around 2020 Tokyo Olympic and Paralympic Games, starting with the 2019 Rugby World Cup and Women's Handball World Championships, the World Swimming in 2021 and various practice game are going to be carried out.

In addition to improving the environment of sports, many programs such as training junior athletes, activating university sports, revitalizing the regional communities and economies through the sports are carried out in Japan.

Therefore, it is emphasized that sports are not only "players", but also "viewers" of the top level games, and "supporters" as leaders (instructors or coaches) and volunteers.

We know the importance of that people can get familiar with exercise and sports at any time and place throughout their life.

We hope the EASESS will develop more and more by cooperating with East Asian countries about exercise and sport sciences on occasion the Tokyo Olympic and Paralympic Games.

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