

20 Leisure and Sports

Leisure Activities

Hobbies, 2004

| | Million persons | Share of population (%) | Average frequency (times per year) |
|--------------------------------------------|-----------------|-------------------------|------------------------------------|
| Watching videos | 48.7 | 44.3 | 25.6 |
| Playing computer games, using the Internet | 44.3 | 40.3 | 82.6 |
| Going to movies | 43.9 | 39.9 | 6.6 |
| Listening to music | 42.4 | 38.5 | 73.5 |
| Gardening | 37.5 | 34.1 | 38.7 |
| Going to concerts | 25.6 | 23.3 | 3.8 |
| Watching sports events | 21.5 | 19.5 | 7.2 |
| Viewing art | 13.9 | 12.6 | 5.8 |
| Handknitting, weaving | 13.0 | 11.8 | 25.2 |
| Do-it-yourself | 12.5 | 11.4 | 12.3 |

Source: Japan Productivity Center for Socio-economic Development, *Reja hakusho* (White Paper on Leisure), 2005.

Note: Survey excludes athletic activities, reading, and watching television.

Athletic Activities, 2004

| | Million persons | Share of population (%) | Average frequency (times per year) |
|-------------------------------|-----------------|-------------------------|------------------------------------|
| Bowling | 32.0 | 29.1 | 5.1 |
| Calisthenics | 30.7 | 27.9 | 57.3 |
| Jogging, marathon | 26.2 | 23.8 | 45.9 |
| Swimming (at a swimming pool) | 22.0 | 20.0 | 17.8 |
| Baseball | 16.9 | 15.4 | 17.6 |
| Cycling | 14.9 | 13.5 | 28.9 |
| Fishing | 14.9 | 13.5 | 9.5 |
| Table tennis | 12.7 | 11.5 | 12.1 |
| Badminton | 11.9 | 10.8 | 10.7 |
| Golf (at a driving range) | 11.6 | 10.5 | 19.0 |

Source: Japan Productivity Center for Socio-economic Development, *Reja hakusho* (White Paper on Leisure), 2005.

Amusements, 2004

| | Million persons | Share of population (%) | Average frequency (times per year) |
|--------------------------|-----------------|-------------------------|------------------------------------|
| Dining out | 72.4 | 65.8 | 18.5 |
| Karaoke | 49.2 | 44.7 | 10.7 |
| Lotteries | 45.9 | 41.7 | 9.0 |
| Frequenting bars | 37.3 | 33.9 | 15.8 |
| Card games ^a | 30.3 | 27.5 | 12.8 |
| Computer games | 30.1 | 27.4 | 45.8 |
| Playing at penny arcades | 24.6 | 22.4 | 13.4 |
| Pachinko ^b | 17.9 | 16.3 | 27.5 |
| Sauna | 9.4 | 8.5 | 15.9 |
| <i>Shogi</i> (Chess) | 8.4 | 7.6 | 15.2 |

Source: Japan Productivity Center for Socio-economic Development, *Reja hakusho* (White Paper on Leisure), 2005.

a. Includes Othello, a Japanese board game.

b. A Japanese pinball game.

Travel

Japan's domestic tourism comes in three major waves: the winter holidays around New Year, the so-called Golden Week of consecutive holidays in late April and early May, and the summer holidays in July and August. In order to promote long-week-end travel and other leisure activities among the Japanese people, the Revised National Holidays Law, popularly known as the Happy Monday Law, came into effect in 2000.

In 2004 people in Japan made 2.00 domestic overnight trips and spent ¥93,800 on average. Of these figures, 1.06 trips, costing ¥47,000, were for tourism.

The number of Japanese who traveled abroad in 2005 increased 3.4% over the previous year to 17.40 million. In the opposite direction, 7.45 million foreigners, a 10.3% increase over 2004, visited Japan.

In 2004, in the international tourism market, Japan paid ¥4.1 trillion and received ¥1.2 trillion, excluding passenger transportation, resulting in a ¥2.9 trillion travel deficit. In order to correct this imbalance, the government in December 2002 announced the Global Tourism Strategy and in April 2003 inaugurated the Visit Japan Campaign, setting a target of 10 million foreign visitors to be realized by 2010.

Popular Amusement Facilities in Japan, FY 2004

| Facility | Number of visitors |
|------------------------------------------------------------------|--------------------|
| Tokyo Disneyland / Tokyo DisneySea | 25,021,000 |
| Universal Studios Japan (Osaka) | 8,100,000 |
| Tokyo Dome City Attractions (Tokyo) | 6,871,000 |
| Yokohama Hakkeijima Sea Paradise | 5,928,000 |
| MEGA WEB (Odaiba, Tokyo) | 5,382,100 |
| Aso Farm Land (Kumamoto) | 4,427,624 |
| Nagashima Resort (Mie) | 3,887,200 |
| Ueno Zoo (Tokyo) | 3,202,775 |
| Yokohama Cosmo World | 3,100,000 |
| Kobe Sweets Harbor | 3,000,000 |
| Okinawa Commemorative National Government Park (Ocean Expo Park) | 2,581,598 |
| Showa Kinen Park (Tokyo) | 2,536,805 |
| Namco Namja Town (Tokyo) | 2,512,833 |
| Tokyo Tower | 2,500,000 |
| Suzuka Circuit (Mie) | 2,375,900 |
| Okinawa Churaumi Aquarium | 2,212,195 |
| Tempozan Harbor Village (Osaka) | 2,212,000 |

Source: Sogo Unicom Co., Ltd., *Reja rando & paku rando soran* (Leisureland and Parkland Almanac), 2006.

Foreign Destinations of Japanese Travelers

| | 2000 | 2001 | 2002 | 2003 | 2004 |
|----------------------|-----------|-----------|-----------|-----------|-----------|
| ASIA | | | | | |
| China | 2,201,528 | 2,385,700 | 2,925,553 | 2,254,800 | 3,334,255 |
| Hong Kong | 1,382,417 | 1,336,538 | 1,395,020 | 867,160 | 1,126,250 |
| Indonesia | 643,794 | 611,314 | 620,722 | 463,088 | 575,218 |
| Korea (ROK) | 2,472,054 | 2,377,321 | 2,320,837 | 1,802,542 | 2,443,070 |
| Singapore | 929,895 | 755,766 | 723,431 | 434,064 | 598,807 |
| Taiwan | 916,301 | 971,190 | 998,497 | 657,053 | 887,311 |
| Thailand | 1,202,164 | 1,177,599 | 1,239,421 | 1,042,349 | 1,212,213 |
| EUROPE | | | | | |
| France | 852,000 | 728,000 | 723,000 | 601,000 | n/a |
| Germany | 914,635 | 779,150 | 762,471 | 646,778 | n/a |
| Italy | 837,193 | 738,024 | 849,967 | 611,536 | n/a |
| Switzerland | 623,291 | 522,674 | 416,306 | 320,593 | n/a |
| UK | 557,000 | 366,000 | 368,000 | 314,000 | n/a |
| NORTH AMERICA | | | | | |
| Canada | 540,095 | 449,047 | 452,547 | 273,886 | 414,057 |
| USA | 5,061,377 | 4,082,661 | 3,627,264 | 3,169,682 | 3,747,620 |
| OCEANIA | | | | | |
| Australia | 720,973 | 673,577 | 715,458 | 627,737 | 710,400 |

Source: Ministry of Land, Infrastructure and Transport, *Kanko hakusho* (White Paper on Tourism), 2005.

Foreign Travelers Visiting Japan

| | 2002 | 2003 | 2004 |
|----------------------|--------------------------|--------------------------|--------------------------|
| NORTH AMERICA | 893,971 (17.1) | 798,358 (15.3) | 923,836 (15.1) |
| USA | 731,900 (14.0) | 655,821 (12.6) | 759,753 (12.4) |
| Canada | 131,542 (2.5) | 126,065 (2.4) | 142,091 (2.3) |
| SOUTH AMERICA | 33,627 (0.6) | 25,987 (0.5) | 27,238 (0.4) |
| EUROPE | 671,495 (12.8) | 648,495 (12.4) | 726,525 (11.8) |
| UK | 219,271 (4.2) | 200,543 (3.8) | 215,704 (3.5) |
| Germany | 93,936 (1.8) | 93,571 (1.8) | 106,297 (1.7) |
| France | 87,034 (1.7) | 85,179 (1.6) | 95,894 (1.6) |
| Russia | 37,963 (0.7) | 44,512 (0.9) | 56,554 (0.9) |
| Italy | 36,396 (0.7) | 35,826 (0.7) | 38,923 (0.6) |
| AFRICA | 19,353 (0.4) | 19,015 (0.4) | 19,520 (0.3) |
| ASIA | 3,417,774 (65.2) | 3,511,513 (67.4) | 4,208,095 (68.6) |
| Korea (ROK) | 1,271,835 (24.3) | 1,459,333 (28.0) | 1,588,472 (25.9) |
| Taiwan | 877,709 (16.8) | 785,379 (15.1) | 1,080,590 (17.6) |
| China | 452,420 (8.6) | 448,782 (8.6) | 616,009 (10.0) |
| Hong Kong | 290,624 (5.5) | 260,214 (5.0) | 300,246 (4.9) |
| Philippines | 129,914 (2.5) | 137,584 (2.6) | 154,588 (2.5) |
| OCEANIA | 200,789 (3.8) | 206,994 (4.0) | 231,877 (3.8) |
| Australia | 164,896 (3.1) | 172,134 (3.3) | 194,276 (3.2) |
| Total | 5,238,963 (100.0) | 5,211,725 (100.0) | 6,137,905 (100.0) |

Source: Ministry of Land, Infrastructure and Transport, *Kanko hakusho* (White Paper on Tourism), 2005.

Note: Composition rates in parentheses (%).

Japanese Exiting and Foreigners Entering Japan

| | Japanese exiting | | Foreigners entering | |
|------|------------------|-------|---------------------|-------|
| | Number | Index | Number | Index |
| 1980 | 3,909 | 100 | 1,296 | 100 |
| 1985 | 4,948 | 127 | 2,260 | 174 |
| 1990 | 10,997 | 281 | 3,504 | 270 |
| 1995 | 15,298 | 391 | 3,732 | 288 |
| 2000 | 17,819 | 456 | 5,390 | 416 |
| 2001 | 16,216 | 415 | 5,400 | 417 |
| 2002 | 16,523 | 423 | 5,904 | 456 |
| 2003 | 13,296 | 340 | 5,857 | 452 |
| 2004 | 16,831 | 431 | 6,892 | 532 |

Source: Ministry of Justice, *Shutsunyukoku kanri tokei* (Annual Report of Statistics on Legal Migrants), 2005.

Number of Hotels and Inns

| | Hotels | | Japanese inns (<i>ryokan</i>) | |
|------|------------|---------|---------------------------------|-----------|
| | Facilities | Rooms | Facilities | Rooms |
| 1993 | 6,633 | 485,658 | 73,033 | 1,010,072 |
| 1994 | 6,923 | 515,207 | 72,325 | 1,004,790 |
| 1995 | 7,174 | 537,401 | 71,556 | 1,002,652 |
| 1996 | 7,412 | 556,748 | 70,393 | 1,002,024 |
| 1998 | 7,769 | 582,564 | 68,982 | 982,228 |
| 1999 | 7,944 | 595,839 | 67,891 | 974,036 |
| 2000 | 8,110 | 612,587 | 66,766 | 967,645 |
| 2001 | 8,220 | 622,175 | 64,831 | 951,957 |
| 2002 | 8,363 | 637,850 | 63,388 | 934,377 |
| 2003 | 8,518 | 649,225 | 61,583 | 915,464 |
| 2004 | 8,686 | 664,460 | 59,754 | 898,407 |

Source: Ministry of Land, Infrastructure and Transport, *Kanko hakusho* (White Paper on Tourism), 2005.

Note: Figures for 1993 through 1996 are as of end of year, and those from 1998 are as of end of March.

Major Professional Sports

Baseball

Japan has two professional baseball leagues, the Central League and the Pacific League, each with six teams. Each team plays 146 (Central League) or 136 (Pacific League) games, including 36 interleague games, during the season, which runs from March to October. At the end of the season, the league champions vie for the national championship in the Japan Series.

In autumn 2004 the Pacific League saw a series of shake-ups. In September the merger between Orix BlueWave and Osaka Kintetsu Buffaloes was approved, and players who were against the idea of reducing the number of teams went on a first-ever strike for two weekend games. The Nippon Professional Baseball organization decided in November to admit a team owned by Rakuten Inc. (Tohoku Rakuten Golden Eagles), a major online shopping mall operator, from the 2005 season to fill the open space in the league. This marked the first entry into Japan's professional baseball in about half a century. Fukuoka Daiei Hawks, owned by a troubled super-market giant, was sold to the Internet firm Softbank and became Fukuoka Softbank Hawks.

After the success of Hideo Nomo, who joined the US Major Leagues in 1995, one Japanese player after another has tried his skills in the world's best leagues. Seattle Mariners' Ichiro Suzuki, the first Japanese position player (non-pitcher) in the Major Leagues, was honored as the American League's most valuable player in his debut season in 2001 and broke an 84-year-old record of 258 for the most hits in a single season with 262 hits in 2004. Hideki Matsui, another Japanese superstar, nicknamed "Godzilla," signed with the New York Yankees in 2003 and has been a regular

starter. The high level of Japanese players was reconfirmed when Japan won the inaugural World Baseball Classic tournament held in the United States in March 2006.

Soccer

Inaugurated in 1992 with 10 teams, the Japanese professional soccer league (J. League) currently has 18 J1 top division teams and 12 J2 lower division teams. The league season starts in March and usually ends in November. The bottom two teams in J1 are automatically replaced by the top two J2 teams, and the third bottom team in J1 and the third J2 team face each other in a play-off.

The 2002 World Cup, co-hosted by Japan and the Republic of Korea, helped to further spread the popularity of soccer in Japan, and in 2004 season J1 games attracted an average of 18,765 spectators per game.

Following the example of Hidetoshi Nakata, who joined the Italian club Perugia in 1998, some prominent Japanese players have moved to the top leagues in Europe, including England, Germany, the Netherlands, Scotland, and Spain. Particularly notable is Shunsuke Nakamura, who played for Celtic in the 2005-2006 season and largely contributed to the team's winning of the Scottish Premier League in that season.

Sumo

The history of sumo as a professional sport goes back to the early Edo Period (1603–1867). For the past few years sumo saw a relative slump, with empty seats visible in the cheaper range in all the six-times-a-year regular tournaments. In recent months, however, an upturn has been in evidence, fueled by strong performances by a new group of foreign wrestlers. The first foreign wrestler was Takamiyama from Hawaii, who debuted in 1964, and the first foreign *yokozuna* (grand champion) was another Hawaiian, Akebono, who climbed up to the top rank in 1993. In the 2003 March tournament, for the first time in sumo history, the only two *yokozuna* were foreign-born, a Hawaiian and a Mongolian. The November 2005 tournament ended with three records marked by Mongolian *Yokozuna* Asashoryu, who won seven straight tournaments, 83 regular bouts out of 90 in one year, and all six tournaments in 2005. As of December 2005, there were 59 foreign wrestlers from 12 countries, including 34 Mongolians, 6 Chinese, 5 Russians, and 3 Georgians.

Since staging their first overseas exhibition tournament in the Soviet Union in 1965, sumo wrestlers have performed in various parts of the world; exhibition tournaments were held in Vancouver in June 1998, Seoul and Pusan in February 2004, Beijing and Shanghai in June 2004, and Las Vegas in October 2005.

Professional Baseball Teams, 2006

| Central League | | Pacific League | |
|---------------------|-------------|------------------------------|------------|
| Team | Home city | Team | Home city |
| Chunichi Dragons | Nagoya | Chiba Lotte Marines | Chiba |
| Hanshin Tigers | Nishinomiya | Fukuoka Softbank Hawks | Fukuoka |
| Hiroshima Toyo Carp | Hiroshima | Hokkaido Nippon Ham Fighters | Sapporo |
| Yakult Swallows | Tokyo | Orix Buffaloes | Osaka/Kobe |
| Yokohama BayStars | Yokohama | Seibu Lions | Tokorozawa |
| Yomiuri Giants | Tokyo | Tohoku Rakuten Golden Eagles | Sendai |

Professional Baseball Champions

| | Central League | Pacific League | | Central League | Pacific League |
|------|-----------------|-----------------|------|-----------------|----------------|
| 1993 | Swallows | Lions | 2000 | Giants | Hawks |
| 1994 | Giants | Lions | 2001 | Swallows | Buffaloes |
| 1995 | Swallows | BlueWave | 2002 | Giants | Lions |
| 1996 | Giants | BlueWave | 2003 | Tigers | Hawks |
| 1997 | Swallows | Lions | 2004 | Dragons | Lions |
| 1998 | BayStars | Lions | 2005 | Tigers | Marines |
| 1999 | Dragons | Hawks | | | |

Note: Team in boldface also won the Japan Series.

Professional Soccer Teams (J1), 2006

| Team | Home city | Team | Home city |
|------------|-----------|---------------|----------------|
| Albirex | Niigata | Grampus Eight | Nagoya |
| Antlers | Kashima | JEF United | Ichihara/Chiba |
| Ardija | Saitama | Jubilo | Iwata |
| Avispa | Fukuoka | Purple Sanga | Kyoto |
| Cerezo | Osaka | Red Diamonds | Saitama |
| F.C. Tokyo | Tokyo | Sanfrecce | Hiroshima |
| F. Marinos | Yokohama | S-Pulse | Shimizu |
| Frontale | Kawasaki | Trinita | Oita |
| Gamba | Osaka | Ventforet | Kofu |

Professional Soccer Champions

| | First stage | Second stage | Champion |
|------|-------------|--------------|------------|
| 1994 | Sanfrecce | Verdy | Verdy |
| 1995 | Marinos | Verdy | Marinos |
| 1996 | – | – | Antlers |
| 1997 | Antlers | Jubilo | Jubilo |
| 1998 | Jubilo | Antlers | Antlers |
| 1999 | Jubilo | S-Pulse | Jubilo |
| 2000 | F. Marinos | Antlers | Antlers |
| 2001 | Jubilo | Antlers | Antlers |
| 2002 | Jubilo | Jubilo | Jubilo |
| 2003 | F. Marinos | F. Marinos | F. Marinos |
| 2004 | F. Marinos | Red Diamonds | F. Marinos |
| 2005 | – | – | Gamba |

Note: Until 2005, with the exception of 1996, the J1 season was played in two stages.

Sumo Champions, 2005

| Tournament | Winner |
|------------|----------------|
| January | Asashoryu (10) |
| March | Asashoryu (11) |
| May | Asashoryu (12) |
| July | Asashoryu (13) |
| September | Asashoryu (14) |
| November | Asashoryu (15) |

Note: Figures in parentheses indicate total number of tournaments won.

Foreign Sumo Wrestlers

| Country | Number |
|----------------|--------|
| Mongolia | 34 |
| China | 6 |
| Russia | 5 |
| Georgia | 3 |
| Brazil | 2 |
| Korea (ROK) | 2 |
| Tonga | 2 |
| Bulgaria | 1 |
| Czech Republic | 1 |
| Estonia | 1 |
| Hungary | 1 |
| Kazakhstan | 1 |

Source: Japan Sumo Association.
Note: Figures are as of December 21, 2005.

Total Number of Spectators, 2004

(1,000 persons)

| | |
|------------------------|--------|
| Baseball | 24,454 |
| Soccer | 7,176 |
| Sumo | 571 |
| Men's golf | 497 |
| Professional wrestling | 493 |
| Boxing | 423 |
| Women's golf | 338 |

Source: Japan Professional Sports Association, *Professional Sports Almanac*, 2005.

Note: Excludes gambling, such as horse racing and motorboat racing.

Number of Olympic Medals Earned by Japanese Athletes

| SUMMER GAMES | | | | | | WINTER GAMES | | | | | |
|--------------|------|-------------|------------|------------|------------|--------------|------|--------------------|----------|-----------|-----------|
| No. | Year | City | Gold | S | B | No. | Year | City | Gold | S | B |
| 7 | 1920 | Antwerp | 0 | 2 | 0 | 7 | 1956 | Coritna d' Ampezzo | 0 | 1 | 0 |
| 8 | 1924 | Paris | 0 | 0 | 1 | 8 | 1960 | Squaw Valley | 0 | 0 | 0 |
| 9 | 1928 | Amsterdam | 2 | 2 | 1 | 9 | 1964 | Innsbruck | 0 | 0 | 0 |
| 10 | 1932 | Los Angeles | 7 | 7 | 4 | 10 | 1968 | Grenoble | 0 | 0 | 0 |
| 11 | 1936 | Berlin | 6 | 4 | 10 | 11 | 1972 | Sapporo | 1 | 1 | 1 |
| 15 | 1952 | Helsinki | 1 | 6 | 2 | 12 | 1976 | Innsbruck | 0 | 0 | 0 |
| 16 | 1956 | Melbourne | 4 | 10 | 5 | 13 | 1980 | Lake Placid | 0 | 1 | 0 |
| 17 | 1960 | Rome | 4 | 7 | 7 | 14 | 1984 | Sarajevo | 0 | 1 | 0 |
| 18 | 1964 | Tokyo | 16 | 5 | 8 | 15 | 1988 | Calgary | 0 | 0 | 1 |
| 19 | 1968 | Mexico | 11 | 7 | 7 | 16 | 1992 | Albertville | 1 | 2 | 4 |
| 20 | 1972 | Munich | 13 | 8 | 8 | 17 | 1994 | Lillehammer | 1 | 2 | 2 |
| 21 | 1976 | Montreal | 9 | 6 | 10 | 18 | 1998 | Nagano | 5 | 1 | 4 |
| 23 | 1984 | Los Angeles | 10 | 8 | 14 | 19 | 2002 | Salt Lake City | 0 | 1 | 1 |
| 24 | 1988 | Seoul | 4 | 3 | 7 | 20 | 2006 | Torino | 1 | 0 | 0 |
| 25 | 1992 | Barcelona | 3 | 8 | 11 | Total | | | 9 | 10 | 13 |
| 26 | 1996 | Atlanta | 3 | 6 | 5 | | | | | | |
| 27 | 2000 | Sydney | 5 | 8 | 5 | | | | | | |
| 28 | 2004 | Athens | 16 | 9 | 12 | | | | | | |
| Total | | | 114 | 106 | 117 | | | | | | |

Source: Japan Olympic Committee.