

Sport Wellness Fukiya

Official Guidebook

2019 Edition

By Japan Sport Wellness Fukiya Association

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Foreword:

For everyone who will start Sport Wellness Fukiya (formerly: Sport Fukiya)

Sport Wellness Fukiya (formerly: Sport Fukiya) is the sport which everyone, from children to the aged, disabled, regardless of age and gender, can enjoy safely.

However, as the sport, "Sport Wellness Fukiya" shall have its basic motions (Kihon Dousa), unified competition rules and safety equipment. Even if we just shoot a dart by blowing, speed of dart may reach more than 100km/hour. For that reason, we attach the greatest importance to safety when we develop and improve equipment used for Sport Wellness Fukiya, such as changing the tip of dart to round-shape. In addition, we ensure that our instructors shall coach Sport Wellness Fukiya with safety as the first priority and we can achieve no accident until today.

On the 1st of April, 1998, The Association was established by former Chairman late Mr.

Kiyoshi Aoyagi. Since then, “Fukiya” once used for Hunting and Game was reborn to “Sport Wellness Fukiya” (formerly: Sport Fukiya).

At the present time, approximately 60,000 people, from 3years old to 99 years old, are enjoying Sport Wellness Fukiya in 47 administrative divisions of Japan with more than 1,300 local branches and six overseas countries.

On the 1st of April, 2018 at the occasion of the 20th Anniversary of Establishment, The Association decided to change its trade name to General Corporate Juridical Person “Japan Sport Wellness Fukiya Association” and event name to “Sport Wellness Fukiya” as from the 1st April, 2019.

Under the slogan of “Let us make Japan and World healthy”, we added the word “Wellness”, namely “Health”, so that Sport Wellness Fukiya can be considered not only competitive sport but also healthy sport as people can understand from this new name, and can be accepted as a higher ranked healthy sport which is suitable for a new age. The word “Wellness” means not only physical health but also keeping and promoting the total health of daily activities which makes one’s life actively and creatively. The Association decided to use “Sport Wellness Fukiya” with the strong will to pursue “Wellness” the pluralistic health which improves the quality of one’s life and creates useful life by enjoying “Fukiya” as the aim of The Association.

The attractiveness of Sport Wellness Fukiya which cultivates companions in local areas and exchanges three generations becomes the center of public attention. Please study Sport Wellness Fukiya correctly and enjoy safely. Then, please strengthen the bonds with companions and aim for health and long life together.

General Corporate Juridical Person “Japan Sport Wellness Fukiya Association”
Kazumaro NAKAMURA, Chairman

I. Basic Motions (*Kihon Dousa*) and Equipment of Sport Wellness Fukiya

Since Sport Wellness Fukiya has started and developed in Japan as a sport which everyone can enjoy safely in one's lifetime, we write key words of Equipment and Basic Motions (*Kihon Dousa*) in Japanese also like Judo's "*Ippon, Waza-ari*" as explained below:

Equipment:

Blowpipe, Pipe: *Tsutsu*

Dart: *Ya*

Target Sticker: *Mato (Seal)*

Target: *Mato*

Basic Motions (*KihonDousa*):

Take a bow: *Rei wo suru*

Take your stance: *Kamaeru*

Raise your blowpipe: *Tsutsu wo ageru*

Exhale: *Iki wo haku*

Inhale: *Iki wo suu*

Blow: *Fuku*

Calm-down your breath: *Iki wo totonoeru*

Take a bow: *Rei wo suru*

Any sport has its basic motions (*Kihon Dousa*) and forms. If you do not learn them, you cannot have good results. The same is true of Sport Wellness Fukiya. It is not simple as just holding a blowpipe (*Tsutsu*) to your mouth and blowing. To fully enjoy the Sport Wellness Fukiya and maximize the good effect it has on your health, you need to master basic motions (*Kihon Dousa*) and practice them.

In the next section, we will explain the equipment used in Sport Wellness Fukiya and the basic motions (*Kihon Dousa*) made with them.

- Authorized Equipment -

The following is a list of the equipment used in Sport Wellness Fukiya. All equipment is authorized by Japan Sport Wellness Fukiya Association.

Blowpipe (*Tsutsu*)

Length: 1200mm (47 inches), 1000mm (39 inches)
Inner Diameter: 13mm (0.5 inch)
Material: coated fiberglass plastic, carbon plastic, etc.
① on picture

Dart (*Ya*)

Length: 200mm (7.8 inches)
Material: plastic film and metal
② on picture

Target Sticker (*Mato – seal*)

Scoring Numbers: 7, 5, 3, 1 points
Material: paper, or urethane
③ on picture

Target (*Mato*)

Size: 330 x 330mm (12.9 x 12.9inches)
Material: urethane
④ on picture

You are required to use authorized equipment in practicing Sport Wellness Fukiya.

■ Basic Motions (*Kihon Dousa*) of Sport Wellness Fukiya

Learning Sport Wellness Fukiya Breathing (*Sport Wellness Fukiya-shiki Kokyuuhou*)

Sport Wellness Fukiya is designed to help people live a healthy life. It derives its ability from Sport Wellness Fukiya Breathing (*Sport Wellness Fukiya-shiki Kokyuuhou*) that is based on abdominal breathing.

The Basic Motions (*Kihon Dousa*) are so arranged as to make the most of Sport Wellness Fukiya Breathing (*Sport Wellness Fukiya-shiki Kokyuuhou*) and are ‘Correct Form’ (*Kata*), which constitute the basis of practicing Sport Wellness Fukiya. While training and learning the Basic Motions (*Kihon Dousa*), you will understand the importance of ‘Training of the Spirit and Technique’.

The Basic motions (*Kihon Dousa*) are a series of motions that begin from and end with a bow (*Rei*). The smooth motions create beautiful forms, bring about deep breathing, heighten concentration, and give you vitality.

Through the Basic Motions (*Kihonn Dousa*) mentioned below, please learn the forms of Sport Wellness Fukiya and Sport Wellness Fukiya Breathing (*Sport Wellness Fukiya-shiki Kokyuuhou*). For the disabled, Certified Instructors make proper advice based on the grade of disability.

These are several basic motions (*Kihon Dousa*) of Sport Wellness Fukiya.

1. Take a bow towards the target (*Mato*) - (*Rei wo suru*)
2. Take a stance with your legs shoulder-width apart and insert a dart (*Ya*) - (*Kamaeru*)
3. Breathe in through your nose as you raise your blowpipe (*Tsutsu*) - (*Tsutsu wo ageru*)
4. Breathe out through your mouth as you lower your blowpipe (*Tsutsu*) - (*Iki wo haku*)
5. Look at the target (*Mato*) and taking a deep breath, aim at the target (*Mato*) - (*Iki wo suu*)
6. Make one short strong blow - (*Fuku*)
7. Calm your breathing while lowering your blowpipe (*Tsutsu*) - (*Iki wo totonoeru*)
8. Take a bow towards the target (*Mato*) - (*Rei wo suru*)

Conducting these motions correctly with Sport Wellness Fukiya Breathing (*Sport Wellness Fukiya-shiki Kokyuuhou*) will heighten concentration and bring about a wonderful effect on your body and mind.

■ Explanation of Basic Motions (*Kihon Dousa*)

Basic Motion 1 - Take a bow towards the target (*Mato*) - (*Rei wo suru*)

In traditional Japanese martial arts and traditional Japanese arts, bowing must be done at the beginning and the end, which is the same for Sport Wellness Fukiya. You will realize the meaning of bowing in increasing depth as you practice and train your spirit and technique.

Stand right in front of the target (*Mato*). (See Picture 1)

- ① Hold your blowpipe (*Tsutsu*) in between the thumb and forefinger of either right or left hand. (See Picture 2)
 - Do not bend your elbow and do not touch your blowpipe (*Tsutsu*) onto the floor.

(Keep about 5cm – 2inches between the tip of blowpipe (*Tsutsu*) and the floor).

- ② Look at the target (*Mato*).
- ③ Take a bow towards the target (*Mato*) - (*Rei wo suru*)
 - When you bow, try to keep your upper part of the body straight. Bow about 30 degrees (look at about 3m forward on the floor).
 - Keep blowpipe (*Tsutsu*) vertically and not to swing blowpipe (*Tsutsu*) backward. (See Picture 3)
 - One round is done with five darts (*Ya*). Take a bow at the beginning and end of the round.
 - One round is held within three minutes. Before standing in front of the target (*Mato*) as preparation, insert more than seven darts (*Ya*) (recommended) in your quiver and keep with you or keep them on the Pipe-Dart-Stand.
 - Bow (*Rei*) of the Sport Wellness Fukiya declares that he or she will start blowing pleasantly with thanks to the good health to himself or herself and persons around him or her.

From here, we explain as if you are the right-handed person. If you are the left-hander, please change to read “right” as “left” (or opposite).

Basic Motion 2 - Take a stance with your legs shoulder-width apart and insert a dart (*Ya*) - (*Kamaeru*) –

- ① After bowing, angle yourself to the line at 45 degrees. Stand with your feet shoulder-width apart. (See Picture 4)
- ② Hold your blowpipe (*Tsutsu*) by your left hand at its center part, keeping it level with the floor, then, take out a dart (*Ya*) from your quiver and insert the dart (*Ya*) to the blowing point of blowpipe (*Tsutsu*) just where the dart (*Ya*) is hidden in the blowpipe (*Tsutsu*).
 - * Do not insert the dart (*Ya*) like throwing into the blowpipe (*Tsutsu*).
- ③ Hold your blowpipe (*Tsutsu*) with both hands between your thumb and forefinger and keep it level with the floor. Place right hand five centimeters (2inches) away from the blowing edge. Your hands should be placed at shoulder width. (See Picture 5)
- ④ Keep your blowpipe (*Tsutsu*) level with the floor and lower your hands with your fingers pointing to the floor.
- ⑤ Relax, and straighten your neck and back. This is “the basic posture for Take a stance (*Kamaeru*)”. (See Picture 6)

- Your eyes should look straight ahead of you at any time during “the basic posture for Take a stance (*Kamaeru*)”.

Basic Motion 3 – Breathe in through your nose as you raise your blowpipe (*Tsutsu*) - (*Tsutsu wo ageru*)

From this step, “Sport Wellness Fukiya Breathing (*Sport Wellness Fukiya-shiki Kokyuuhou*)” begins.

- ① Stretch your arms to the fingertips, and raise the blowpipe (*Tsutsu*) over your head like drawing a big circle with your fingertips. As you raise your arms, you need to inhale through your nose. When your arms reach your ears, or are raised as closely to your ears as possible, you should be at the point of your deepest inhale. (See Picture 7 – 9)
 - This whole movement should take about three seconds.
 - Try to look straight in front of you.
 - By raising your blowpipe (*Tsutsu*), you can widen your chest and breathe in as much air as possible.
 - At the same time, you can stretch your back muscle for your health.

Basic Motion 4 - Breathe out through your mouth as you lower your blowpipe (*Tsutsu*) - (*Iki wo haku*)

- ① This is the most important stage of the Sport Wellness Fukiya Breathing (*Sport Wellness Fukiya-shiki Kokyuuhou*), where you concentrate and focus yourself. You may close your eyes or keep them half opened to enhance concentration.
 - Stretch your arms, and exhale from your mouth, when you lower blowpipe (*Tsutsu*) slowly like drawing a big circle by the fingertips. Exhaling should take about nine seconds. (See Picture 10-12)
 - To maximize the effect of the Sport Wellness Fukiya Breathing (*Sport Wellness Fukiya-shiki Kokyuuhou*), exhale from the mouth as slow and long and try to exhale all of your breath, while pulling in your abdominals.
 - It may be easier to do this with your mouth shaped as when you whistle.
 - When exhaling, do not lean forward and try not to make any sound.
 - Try to exhale all of your breath.
- ② After lower both arms (fingertips towards the floor, See Picture 12), face the target (*Mato*) immediately. Do not keep your face look straight ahead after lower the arms.
 - Motions and breathing of the Sport Wellness Fukiya should be connected with

smoothly. Otherwise, you may not get good result.

Basic Motion 5 - Look at the target (*Mato*) and taking a deep breath, aim at the target (*Mato*) - (*Iki wo suu*)

- ① Keeping your eyes to the target (*Mato*), raise your blowpipe (*Tsutsu*) near to your body, level with the floor. While raising your blowpipe (*Tsutsu*), inhale through your nose, aim with your blowpipe (*Tsutsu*) at the target (*Mato*), and hold it in your mouth. (See Picture 13)
 - At the time when aiming is finished, inhaling should be finished.
 - Keep your blowpipe (*Tsutsu*) level with the floor at all times.
 - When you aim at the target (*Mato*), you need not to straighten your arms like standing at arm's length.
- ② Put your blowpipe (*Tsutsu*) into your mouth by about 3cm (1.2 inches) and hold it tightly.
 - Try to avoid air leaking. It's up to you how you keep the shape of your mouth and whether or not you bite your blowpipe (*Tsutsu*).
- ③ Place your right hand by your mouth or hold the blowpipe (*Tsutsu*) gently. Bend your left elbow slightly (angle of the elbow is about 120 degrees) and put your blowpipe (*Tsutsu*) onto the palm of your hand.
 - Gripping the blowpipe (*Tsutsu*) may convey the motion of your body to the blowpipe (*Tsutsu*) and hinder your aiming. (See Picture 14, 15)
- ④ Your eyes should always be directed at the center of the target (*Mato*).
 - The air is actually in your lungs, but you try to imagine that you are keeping the air in your abdomen, in particular around the part that is located beneath your belly button and that had traditionally been referred to as "*Tanden*" in Japan.
 - Try not to aim with one eye. Aim with both eyes.
 - It may be better to practice these motions without dart (*Ya*) at first.

Basic Motion 6 - Make one short strong blow - (*Fuku*)

- ① Look at the target (*Mato*) well. You may count 1, 2, and 3, and blow.
 - It is important to cover the blowpipe (*Tsutsu*) by your lips tightly in order not to leak the air.
 - This is the step where you concentrate yourself. Try not to think of anything.
 - Blow out your air in one swift breath. Practice so you can feel your lower abdomen deflate the moment you release air.

- Always keep in mind what you want to improve in your performance when you blow. You will not improve if you practice without having a subject. You ought to challenge yourself with each blow. This way, every blow will leave a strong impression on you and you will accumulate significant experience even if you miss your mark.

Basic Motion 7 - Calm your breathing while lowering your blowpipe (*Tsutsu*) - (*Iki wo totonoeru*)

- Even after blowing, your mind should still be directed at the target (*Mato*) and calm down your breathing.
 - This state is called “*Zan-Shin*” in Japanese martial arts, which means literally “remaining mind and body” and is the state of keeping alert or holding your guard after a successful stroke or shot. This gives calming effect to your mind and body.
- ① After blowing, keep looking at the target (*Mato*) and calm down your breath. Stretch out your both arms in front of you slowly. Keep both arms at about the level of your eyes. (See Picture 16)
 - ② When you finish this, direct your eyes in front of you. Lower your arms slowly with about 6 seconds as you breathe out calmly. Now you are back to “the basic posture for take a stance”.
 - You are ready to insert the next dart (*Ya*). (See Picture 17)
 - The thoracic and abdominal breathing used in Basic Motions 3 to 7 is called Sport Wellness Fukiya Breathing (*Sport Wellness Fukiya-shiki Kokyuuhou*).

Basic Motion 8 - Take a bow toward the target (*Mato*) - (*Rei wo suru*) -

- ① After blowing 5 darts (*Ya*), stand straight facing the target (*Mato*). True up your heels, hold your blowpipe (*Tsutsu*) like you did at the beginning (See Picture 18 - 20) and take a bow towards the target (*Mato*).
 - Lastly, take a bow (*Rei*) as Basic Motion “Take a bow (*Rei wo suru*)” ①—③
 - After a bow (*Rei*), put your blowpipe (*Tsutsu*) on your Blowpipe (*Tsutsu*)-Stand, walk straightly to the target (*Mato*) and check your points.
 - When some persons blow together at the competition, examination of the grades etc., step back approximately 1m after taking a bow (*Rei*) and wait quietly with your blowpipe (*Tsutsu*) on hand vertically.

Things to do after blowing

Now we will explain what you should do after the blowing. The equipment used is considered the authorized one by Japan Sport Wellness Fukiya Association.

1. Pulling out the darts (*Ya*) you blew (*Yanuki*) and Point Rating
 - After blowing five darts (*Ya*) and taking a bow (*Rei*), come to the target (*Mato*) for point rating.
 - For beginners, just hitting the target (*Mato*) is a great achievement.
 - White part at the center of the target (*Mato*) is 7 points (black small circle at the real center is also 7points). Red part is 5 points. Outer white part is 3 points, and outer black part is 1 point. When darts (*Ya*) hit the dividing line, count as a higher point.
 - Refer to the following chapter “Authorization of Grades” for the relationship between the points and the distance to the target (*Mato*).
 - After point rating, pull out your darts (*Ya*) from the target (*Mato*) using your *Yanuki* stick.
 - Hold the leading end of the dart (*Ya*) and slowly pull it out by using the other hand. If you do not have a *Yanuki* stick, you can pull the dart (*Ya*) out with your hands.
 - Put your darts (*Ya*) back in your quiver.

2. Cleaning your blowpipe (*Tsutsu*)
 - After blowing several darts (*Ya*), the inside of your blowpipe (*Tsutsu*) gets wet from the moisture of your breath. In that case, a dart (*Ya*) may stick to the inside of your blowpipe (*Tsutsu*) and may not fly properly.
 - To avoid this, use a blowpipe (*Tsutsu*) cleaner.
 - Wipe the inside of your blowpipe (*Tsutsu*) with a blowpipe (*Tsutsu*) cleaner after every round. Exchange cloth or tissue regularly for sanitation.

3. Confirmation of your darts (*Ya*)
 - Make a habit of checking the condition of your darts (*Ya*) after cleaning up your blowpipe (*Tsutsu*).
 - Darts (*Ya*) may become deformed, and the nail on the head may come off with use. Darts (*Ya*) in poor conditions will not fly properly.
 - You may be able to repair them using glue. But we recommend that you ask specialists for help. Deformed darts (*Ya*) may be fixed by inserting a *Yanuki* stick into the dart (*Ya*).
 - It is important that the internal diameter of your blowpipe (*Tsutsu*) matches the diameter of the dart (*Ya*). To make sure the size is right, hold the blowpipe

(*Tsutsu*) vertically and drop a dart (*Ya*) into it. If the dart (*Ya*) falls down through the blowpipe (*Tsutsu*) with a small friction sound, the size is appropriate. To modify the diameter of a dart (*Ya*), you may trim the end of the dart (*Ya*) a little by little.

Everything written above is the principle and recommended methods that Certified Instructors teach to Sport Wellness Fukiya beginners. The content is subject to change after the regular review of the extension and diffusion committee. Any change will be informed in the bulletin of Japan Sport Wellness Fukiya Association.

II. Authorization of Grades of Sport Wellness Fukiya

Article 1 Purposes

Japan Sport Wellness Fukiya Association has established the following Dan-Kyu-I Accrediting System in order to certify and accredit the abilities of those who practice Sport Wellness Fukiya. With this system, The Association judges the levels that members attained and executes Dan-Kyu-I authorizing tests fairly.

Article 2 Grades of Dan-Kyu-I and Qualification Standard

These rules and regulations shall to establish qualification standard of Dan-Kyu-I in order to judge the improvement of Sport Wellness Fukiya skills of members officially.

1. Dan-I has seven grades from 1st Dan-I to 7th Dan-I.
2. In Dan-I Grade tests, candidate, irrespective of age, must submit a report about specified subjects in addition to skill tests when taking the 1st Dan-I Grade test. The Association accepts the report whether or not candidates pass the skill tests and members need not to submit his or her report twice or more.
3. Candidate must master the correct basic motions in addition to the blowing skills. In order to get an authorization of Dan-I, candidate must clear both scores of skill test and basic motions respectively. Qualification standards shall follow:

“Qualification Standards of Dan-I”

Grades	Distance	Rounds	Required Score	Scores of Basic Motions
1 st Dan-I	8 m	4	more than 100	Correct basic motions
2 nd Dan-I	9 m	6	more than 150	Correct basic motions
3 rd Dan-I	10 m	6	more than 150	more than 32 points
4 th Dan-I	10 m	6	more than 162	more than 32 points

5 th Dan-I	10 m	6	more than 174	more than 35 points
6 th Dan-I	10 m	6	more than 186	more than 35 points
7 th Dan-I	10m	6	more than 198	more than 37 points

4. Candidates for 1st and 2nd Dan-I must master correct basic motions. In case an examiner judges basic motions are not correct, Dan-I may not be authorized.
5. The Association shall establish “6th and 7th Dan-I Accrediting Committee” and each member of 7th Dan-I and 6th Dan-I Accrediting Committee shall judge the candidate’s scores of skill test and basic motions. Candidate for 7th Dan-I shall be judged by an examination in the subjects of study and an interview in addition to skill test.
6. Skill test shall be done by five blows per round within three minutes.
7. Allotted points of basic motions which are not finished within three minutes and are done after the call of “three minutes passed” are deducted. “Check List of Examination for Basic Motions” of the successful candidates shall be attached to the “Application for Dan-I/Kyu-I Authorization”.
8. For Junior Members, the Junior Member’s Grades and Qualification Standards shall be applied.

Grades of Kyu-I:

1. Kyu-I has five grades from 5th Kyu-I to 1st Kyu-I.
2. In Kyu-I Grade tests, only skill tests shall be done.
3. Candidate must master the correct basic motions in addition to the blowing skills. In case basic motions of candidate are not correct enough, examiner may not accredit Kyu-I.

“Qualification Standard of Kyu-I”

<u>Grades</u>	<u>Distance</u>	<u>Rounds</u>	<u>Required Score</u>
5 th Kyu-I	5 m	2	more than 42
4 th Kyu-I	5 m	2	more than 46
3 rd Kyu-I	5 m	2	more than 50
2 nd Kyu-I	6 m	3	more than 75
1 st Kyu-I	7 m	4	more than 100

*For Junior Members, please refer to the Junior Member grades and Qualification Standards.

Article 3 Qualifications of Candidacy for a test and an interval

Qualifications of candidacy for having a skill test and an interval shall be as follows:

1. Basic qualifications of candidacy for a test:
All members of the Sport Wellness Fukiya Association shall be qualified to take a test, regardless of age, gender, and nationality.
2. Qualifications for taking Dan-I tests and interval for upper grade test:
 - ① A 1st Kyu-I holder shall be able to take a test for the 1st Dan-I after one month (30days) interval.
 - ② In order to take a test for grades of 2nd Dan-I and 3rd Dan-I, an interval of at least 3 months (90days) is needed between each acquisition after obtaining 1st Dan-I.
 - ③ For the grades from 4th Dan-I to 6th Dan-I, an interval of six months (180days) shall be needed between each acquisition after obtaining 3rd Dan-I.
3. Opportunity to retry the examination:
Candidate who fails to pass the tests for grades from 1st Dan-I to 6th Dan-I shall be able to retry the examination anytime from the next day. However, candidate must pay fee for the examination each time.
4. An interval for the test of 7th Dan-I:
A 6th Dan-I holder shall be able to take a test for 7th Dan-I one year (360days) after passing the test for 6th Dan-I.

Qualifications for taking Kyu-I tests and interval for upper grade test:

1. Basic qualifications of candidacy for a test:
All members of the Sport Wellness Fukiya Association shall be qualified to take a test, regardless of age, gender, and nationality.
2. Any candidate is able to take a test for any Kyu-I from 5th Kyu-I to 2nd Kyu-I, with the self-judgement of one's ability. Qualifications for taking upper Kyu-I tests can be done after one month (30days) interval.
3. Opportunity to retry the examination:
Candidate who fails to pass the Kyu-I accrediting tests shall be able to retry the examination anytime from the next day. However, candidate must pay fee for the examination each time.

Article 4 Guidelines for Executing Examinations

Sites, times and methods for examination shall be as follows:

1. Guidelines for the executing examinations up to 6th Dan-I:
 - ① Examinations for accrediting Dan-I shall take place at the sites sponsored by

Head Office of The Association, Prefectural Association and Municipal Association at any time. An individual shall not be able to take place examinations. However, examination for accrediting 6th Dan-I shall take place by Head office of The Association, Bloc and Prefectural Association.

- ② Examinations for accrediting Dan-I shall take place at the culture schools all over Japan at any time.
 - ③ Examinations for accrediting Dan-I shall take place at the irregular sites (like the site of meets and competitions) at any time.
 - ④ Examinations for accrediting Dan-I shall take place at the schools under the direct management of The Association at any time.
 - ⑤ The applicant shall submit the application form for accrediting Dan-Kyu-I to The Association for the candidates who pass the examinations.
 - ⑥ The Association shall issue the certificate of Dan-I.
 - ⑦ Candidates who passed the examination for 6th Dan-I eligibility test (I) and (II) before the revision of these rules and regulations dated April 1st 2018 shall be exempted from the payment of fee for examination one time.
 - ⑧ Skill test (including test for basic motions) for accrediting 6th Dan-I shall be judged by the 6th Dan-I accrediting examiner of the 7th and 6th Dan-I Accrediting Committee.
 - ⑨ The applicant shall submit the application form for accrediting 6th Dan-I, Check List of Examination for Basic Motions, result of 6th Dan-I accrediting test and free pass for the examination (one time only) to “7th and 6th Dan-I Accrediting Committee” of The Association for the candidates who pass the examinations.
2. Guidelines for the executing examinations for 7th Dan-I:
- ① The examination for accrediting 7th Dan-I shall take place once a year in July as a general rule. However, it may take place in another month.
 - ② The site for the examination shall be the direct management school of The Association’ head office at Kinshicho.
 - ③ The examination for accrediting 7th Dan-I shall be executed as follows:
 - i. Skill test (including test for basic motions) shall be done. Candidates who pass the skill test shall have the examination in the subjects of study (an essay question).
 - ii. Candidates who pass the skill test but fail the examination in the subjects of study shall be exempted from having skill test (including test for basic

motions) at the time of next examination (one time only with the validity of one year).

- iii. Examination for accrediting 7th Dan-I shall be judged by the 7th Dan-I accrediting member of “7th and 6th Dan-I Accrediting Committee”
- iv. Candidates who pass the skill test (including test for basic motions) and examination in the subjects of study (more than fourth grade out of five grades) shall have an interview by the 7th Dan-I accrediting member of the Committee. During an interview members of the Committee shall judge his or her character, knowledge and contributions of spreading and promoting Sport Wellness Fukiya as a General Manager of local area branch, a Senior Certified Instructor and a Certified Instructor, and shall discuss pass or fail at the Committee. The Committee shall report to the Chairman of The Association by submitting the application form for accrediting 7th Dan-I.
- v. Chairman of The Association shall make a final decision after discussing with the examiner of the Committee.
- vi. Chief examiner or Deputy Chief of the Committee shall notice to the candidate.
- vii. The Association shall issue the certificate of Dan-I.

*The preceding Article 4 of rules and regulations of Dan-I Accrediting System shall be applied as the guidelines for executing examinations of Kyu-I.

Article 5 Examiner and its right to judge

5.1 Dan -I accrediting tests shall be judged by the following examiners:

1. Certified Instructor authorized with 2nd-Dan-I or less shall have the right to judge up to 1st-Dan-I (Junior 2nd-Dan-I). Certified Instructor authorized with 3rd-Dan-I or more shall have the right to judge up to 3rd-Dan-I (Junior 4th-Dan-I).
2. Senior Certified Instructor authorized with 3rd Dan-I or less shall have the right to judge up to 3rd-Dan-I (Junior 4th-Dan-I). Senior Certified Instructor authorized with 4th-Dan-I or more shall have the right to judge up to 4th-Dan-I (Junior 5th-Dan-I).
3. The following persons shall have the right to judge up to 5th Dan-I:
 - ① The Association’s promoting members of each Department who are approved its right by The Association’s General Managers’ Committee.

- ② General Manager of Municipal Association, General Manager of Prefectural Association and Bloc Chief, who are approved its right by the Board of Directors or General Managers' Committee of The Association.
 - ③ General Manager and Deputy General Manager of The Association's each Department approved by a board of directors of The Association
 - ④ "A"-License Holders
 - ⑤ Deputy Master (Jyun-Shihan)
 - ⑥ Master (Shihan)
4. 7th Dan-I accrediting member (hereinafter referred to Accrediting Member) of 7th and 6th Dan-I Accrediting Committee shall have the right to judge up to 7th Dan-I. 6th Dan-I accrediting examiner (hereinafter referred to Accrediting Examiner) of 7th and 6th Dan-I Accrediting Committee, shall have the right to judge up to 6th Dan-I.

5.2 Examinations by Accrediting Member and Accrediting Examiner with Assistant Judge shall be executed by more than one person. When executing Dan-Kyu-I accrediting test, an examiner appoints an assistant. An assistant needs not to have any certificate, but try to appoint from senior certified instructor, certified instructor, General Manager of local area branch and/or higher Dan-I Grade holder. Duties of assistant judge shall be the assistance of examiner, such as presiding at test, recording points, adding points and confirming the result but shall not be able to mark and judge. However, when executing 6th Dan-I accrediting test, assistant judge shall be selected from 6th Dan-I accrediting examiners, Master, Deputy Master, A-License Holder, Bloc Chief and Prefectural General Manager.

5.3 Kyu-I accrediting tests shall be judged by the following examiners:

1. Certified Instructor, Senior Certified Instructor and the following persons shall have the right to judge from 5th Kyu to 1st Kyu:
 - ① Persons who are approved its right to judge up to 5th Dan-I by The Association's General Managers' Committee.
 - ② General Manager of Municipal Association, General Manager of Prefectural Association and Bloc Chief, who are approved its right to judge up to 5th Dan-I by the Board of Directors or General Managers' Committee of the Association.
 - ③ General Manager and Deputy General Manager of The Association's each Department approved by a board of directors of The Association
 - ④ "A"-License Holders
 - ⑤ Deputy Master (Jyun-Shihan)

⑥ Master (Shihan)

5.4 Examinations shall be done by more than one person such as examiner who has the right to judge with assistant judge. When executing Dan-Kyu-I accrediting tests, examiner appoints an assistant. An assistant needs not to have any certificate, but try to appoint from senior certified instructor, certified instructor, general Manager of local branch and/or higher Dan Grade holder. Duties of assistant judge shall be the assistance of examiner, such as presiding at test, recording points, adding points and confirming the result but shall not be able to mark and judge.

Article 6 Fee for Examination and Authorization

Fee for Examination and Authorization shall be as follows:

1. Examination Fee and Authorization Fee for each Dan-I

Dan-I	Examination Fee	Authorization Fee
1 st Dan-I	Yen 3,000	Yen 5,000
2 nd and 3 rd Dan-I	Yen 3,000	Yen 10,000
4 th and 5 th Dan-I	Yen 3,000	Yen 15,000
6 th Dan-I	Yen 5,000	Yen 40,000
7 th Dan-I	Yen 5,000	Yen 50,000

2. Examination Fee shall be paid to The Association, each Bloc, the Associations of the administrative divisions of Japan (hereinafter referred to Prefectural Association), the Associations of cities, towns and villages (hereinafter referred to Municipal Association) and/or local area branches which sponsored the accrediting examination. Examination fee for 7th Dan-I and all Authorization Fee shall be paid to The Association.

3. Examination Fee for the disabled members shall be free for 1st Dan-I and for 2nd Da-I and more shall be same as ordinary members.

Article 7 Remuneration for Judging Dan-I

7.1 Remuneration for judging Dan-I for one judge/time shall follow regardless of candidates' Dan-I up to 6th-Dan-I:

Yen 3,000 for one candidate

Yen 5,000 for two – eight candidates

Yen 10,000 for more than nine candidates

7.2 Remuneration shall be paid to Judges and Assistant judges by The Association, Bloc, Prefectural Association, Municipal Association and/or local branches which sponsored the accrediting examinations.

Article 8 Equipment, Clothing, Lane, Trial blow, Round, Hane-Ya (a dart hits any place in the target {green colored urethane-made} or darts already blown but bounces back) and Judges

8.1 The equipment used by candidates shall be restricted to those authorized by Japan Sport Wellness Fukiya Association. The details of the equipment shall be in accordance with Article 2 of The Rules and Regulations about Competition.

8.2 Candidates should dress safe and suitable for a light sport and also should consider good manner as a Sport Wellness Fukiya player. (The details shall be in accordance with Article 3 of The Rules and Regulations about Competition.) In case examiner judges that candidate's clothing, greeting and manner are not suitable as Sport Wellness Fukiya player the examiner gives warning. In case a candidate does not follow the examiner's warning, the examiner gives the order of dismissal.

8.3 Lane, Trial blow, Round, Hane-Ya and Judges shall be in accordance with The Rules and Regulations about Competition.

Article 9 Appeals

As for appeals concerning scores, the examiner concerned shall respond to the appeal and make ruling. Any appeals concerning scores that are raised after finishing the examination, judging scores and starting to pull out darts shall be rejected.

Rules and Regulations about Dan-Kyu-I Accrediting System for Junior Members

Article 1 Purposes

Purposes of these rules and regulations shall to establish Dan-Kyu-I Accrediting System for Junior Members in General Corporate Juridical Person Japan Sport Wellness Fukiya Association (hereinafter referred to 'The Association') in order to execute Dan-Kyu-I authorizing tests fairly.

Article 2 Grades of Dan-Kyu –I and Qualification Standard

2.1 These rules and regulations shall to establish qualification standard to judge the improvement of Sport Wellness Fukiya skills of junior members officially.

2.2 Kyu-I has five grades from Junior 5th Kyu-I to Junior 1st Kyu-I and Da-I has five grades from Junior 1st Dan-I to Junior 5th Dan-I.

2.3 In Dan-Kyu-I Grade tests, only skill tests shall be done.

2.4 Candidate must master the correct basic motions in addition to the blowing skills. In case basic motions of candidate are not correct enough, examiner may not accredit Dan-Kyu-I.

“Qualification Standard” (Height of target shall be 130cm and 160cm respectively)

<u>Grades</u>	<u>Distance</u>	<u>Rounds</u>	<u>Required Score</u>
Junior 5 th Kyu-I	4 m	2	more than 42
Junior 4 th Kyu-I	4 m	2	more than 46
Junior 3 rd Kyu-I	4 m	2	more than 50
Junior 2 nd Kyu-I	5 m	3	more than 75
Junior 1 st Kyu-I	6 m	3	more than 75
Junior 1 st Dan-I	7 m	3	more than 75
Junior 2 nd Dan-I	8 m	4	more than 100
Junior 3 rd Dan-I	9 m	6	more than 150
Junior 4 th Dan-I	10 m	6	more than 150
Junior 5 th Dan-I	10 m	6	more than 162

Article 3 Examiner and its right to judge

3.1 Dan-Kyu-I accrediting tests for Junior Members shall be judged by the following examiners:

1. Certified Instructor shall have the right to judge from Junior 5th Kyu-I up to Junior 4th Dan-I.
2. The following persons shall have the right to judge from Junior 5th Kyu-I to Junior 5th Dan-I:
 - ① Persons who are approved its right to judge up to 5th Dan-I by The Association’s General Managers’ Committee.
 - ② General Manager of Municipal Association, General Manager of Prefectural Association and Bloc Chief, who are approved its right to judge up to 5th Dan by the Board of Directors or General Managers’ Committee of The Association.
 - ③ General Manager and Deputy General Manager of The Association’s each Department approved by a board of directors of The Association
 - ④ Senior Certified Instructor
 - ⑤ “A”-License Holders
 - ⑥ Deputy Master (Jyun-Shihan)
 - ⑦ Master (Shihan)

3.2 Examinations shall be done by more than one person such as examiner who has the

right to judge with assistant judge. When executing Dan-Kyu-I accrediting tests, examiner appoints an assistant. An assistant needs not to have any certificate, but try to appoint from Senior Certified Instructor, Certified Instructor, General Manager of local branch and/or higher Dan Grade holder. Duties of assistant judge shall be the assistance of examiner, such as presiding at test, recording points, adding points and confirming the result but shall not be able to mark and judge.

Article 4 Remuneration for judging Dan-Kyu-I for Junior Members

In order to spread and promote Sport Wellness Fukiya widely, remuneration for judging Dan-Kyu-I shall be free.

Article 5 Qualifications of Candidacy for a test and an interval

Qualifications of candidacy for having a skill test and an interval shall be as follows:

1. Basic qualifications of candidacy for a test:
All members of the Sport Wellness Fukiya Association shall be qualified to take a test, regardless of age, gender and nationality.
2. Dan-Kyu-I of having examinations and an interval:
 - ① Junior members must start Dan-Kyu-I accrediting test from 5th Kyu-I. However, any candidate of junior high school student is able to take a test for any Kyu-I from 5th Kyu to 2nd Kyu-I.
 - ② Qualifications for taking upper Kyu-I tests can be done after one month (30days) interval.
 - ③ In order to take a test for grades of Junior 2nd Dan-I through Junior 5th Dan-I, an interval of at least 3 months (90days) is needed between each acquisition after obtaining Junior 1st Dan-I.
 - ④ After obtaining Junior 1st Dan-I, Junior members who wish for taking Dan-Kyu-I accrediting tests of ordinary members shall be able to take under the following conditions. However, Junior members shall not be able to take Junior Dan-Kyu-I accrediting tests after obtaining Dan-Kyu-I of ordinary members:
Junior 1st Dan-I holders shall be eligible for taking 1st Kyu-I accrediting test of ordinary members.
Junior 2nd Dan-I holders shall be eligible for taking 1st Dan-I accrediting test of ordinary members.
Junior 3rd Dan-I holders shall be eligible for taking 2nd Dan-I accrediting test of ordinary members.
Junior 4th Dan-I holders shall be eligible for taking 3rd Dan-I accrediting test of

ordinary members.

Junior 5th Dan-I holders shall be eligible for taking 4th Dan-I accrediting test of ordinary members.

- ⑤ More than 1st Kyu-I of ordinary members' Dan-Kyu-I accrediting tests, such as number of rounds, distance to the target, minimum passing scores, shall be executed in accordance with the Rules and Regulations about Dan-Kyu-I accrediting tests of ordinary members.
- ⑥ Even if a candidate registers as Junior Member, he or she shall be able to take more than 1st Dan-I of ordinary members' Dan-Kyu-I accrediting tests in accordance with the Rules and Regulations of ordinary members as prescribed in preceding clause.
- ⑦ When Junior Members take more than 1st Dan-I of ordinary members' Dan-Kyu-I accrediting tests first time, he or she shall submit a report about specified subjects.
- ⑧ Junior Member shall submit an application form of taking Dan-Kyu-I accrediting tests with the consent of guardian to the Department who sponsored the examinations.

“Qualification Standard of Ordinary Members” (as reference)

(Height of target shall be 130cm and 160cm respectively)

<u>Grades</u>	<u>Distance</u>	<u>Rounds</u>	<u>Required Score</u>
Ordinary 1 st Kyu-I	7m	4	more than 100
Ordinary 1 st Dan-I	8 m	4	more than 100

Note: When Junior 1st Dan-I holders fails to pass ordinary 1st-Kyu-I, candidate shall be able to retry the examination anytime from the next day. (But he or she shall bring the certificate of current Dan-Kyu-I.)

3. Opportunity to retry the examination:

Candidate who fails to pass the Dan-Kyu-I accrediting tests shall be able to retry the examination anytime from the next day.

Article 6 Fee for Examination and Authorization

Fee for Examination and Authorization shall be as follows:

Examination fee:

From Junior 5th Kyu-I up to Junior 5th Dan-I shall be free.

Furthermore, up to 1st Kyu-I of ordinary members shall be free. Examination fee for 1st Dan-I through 5th Dan-I of ordinary members shall be same as those of ordinary members.

Authorization fee:

From Junior 5th Kyu-I to Junior 1st Kyu-I shall be free. From Junior 1st Dan-I to Junior 5th Dan-I shall be Yen 500. However, authorization fee for 1st Kyu-I of ordinary members shall be Yen 1,000 and more than 1st Dan-I of ordinary members shall be same as those of ordinary members.

Article 7 Guidelines for Executing Examinations

Article 4 of Rules and Regulations about Dan-I Accrediting System “Guidelines for Executing Examinations” shall be applied.

Article 8 Equipment, Clothing, Lane, Trial blow, Round, Hane-Ya (a dart hits any place in the target {green colored urethane-made} or darts already blown but bounces back) and Judges

Article 8 of Rules and Regulations about Dan-I Accrediting System “Equipment, Clothing, Lane, Trial blow, Round, Hane-Ya (a dart hits any place in the target {green colored urethane-made} or darts already blown but bounces back) and Judges” shall be applied.

Article 9 Appeals

As for appeals concerning scores, the examiner concerned shall respond to the appeal and make ruling. Any appeals concerning scores that are raised after finishing the examination, judging scores and starting to pull out darts shall be rejected.

Article 10 Certificate

From Junior 5th Kyu-I to Junior 5th Dan-I, The Association shall issue Certificate of Junior members. However, certificates shall be same as those of ordinary members for more than 1st Kyu-I of ordinary members.

Article 11 Revision

The revision of these rules and regulations shall be resolved at the conference of the Highest Executives through the discussion at the conference of Junior Bringing up Department and the conference of General Managers. Then the revision shall be submitted to the Board of Directors and General Meeting of Representative of Members, and shall be resolved, approved and enforced.

Additional Rule

These rules and Regulations shall be enforced as from December 1st 2009.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2011.

Additional Rule

These rules and regulations shall be revised and enforced as from February 23rd 2013.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2013.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2015.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2016.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2017.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2018.

Additional Rule

Clause 6 & 7 of Articles 2 of these rules and regulations shall be revised and enforced as from February 15th 2019.

III. THE MEMBERSHIP

The Rules and Regulations about the Membership

Article 1 Purposes

These rules and regulations about the Membership prescribe the matters for the membership which is prescribed in the Articles of Incorporation of ‘General Corporate Juridical Person Japan Sport Wellness Fukiya Association’ (hereinafter referred to ‘The Association’).

Article 2 Kinds of Membership

The Association shall have the following four kinds of membership.

1. Regular Member: General Member of The Association with the qualification of Certified Instructor.
2. General Member: An individual or an organization which approves the purposes of The Association and joins The Association.

1. Bring dishonor of The Association or act against the purposes of The Association.
2. Violate the obligations of members of The Association.

Article 11 Re-admission

- 11.1 When he or she plans to re-admit to The Association, he or she shall submit an application form for re-admission and shall pay annual membership fee for the year of re-admission.
- 11.2 The Association shall confirm the application form for the re-admission and complete the procedures of re-admission on the day of payment of annual membership fee.
- 11.3 When a member re-admits to The Association, Dan-Kyu-I shall be same as the one when a member withdrew.
- 11.4 When a member, who was a Certified Instructor, re-admits The Association, he or she shall pass an examination for Certified Instructor again. Duration of the member at the withdrawal shall be added when considering the qualification for the examination.
- 11.5 A member who was expelled shall not be able to re-admit to The Association by any reason.
- 11.6 A member who withdrew by some special reason shall be examined its reason and The Association shall take an appropriate procedure in accordance with the rules and regulations prescribed by The Association.

Article 12 Revision

The revision of these rules and regulations shall be resolved at the conference of the Highest Executives through the discussion at the conference of General Managers. Then the revision shall be submitted to the Board of Directors and General Meeting of Representative of Members and shall be resolved, approved and enforced.

Additional Rule

These rules and Regulations shall be enforced as from April 11th 2007.

Additional Rule

These rules and regulations shall be revised and enforced as from November 20th 2009.

Additional Rule

These rules and regulations shall be revised and enforced as from February 18th 2010.

Additional Rule

These rules and regulations shall be revised and enforced as from December 1st 2010.

Additional Rule

These rules and regulations shall be revised and enforced as from March 1st 2012.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2014.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2015.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2015.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2016.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2017.

Additional Rule

These rules and regulations shall be revised and enforced as from February 16th 2018.

Additional Rule

These rules and regulations shall be revised and enforced as from June 14th 2018.

Additional Rule

Clause 2 of Article 3, Article 4.2 and Clause 4 of Article 5 of these rules and regulations shall be revised and enforced as from August 24th 2018.

The Rules and Regulations about Junior Members

Article 1 Purposes

- 1.1 Purposes of these rules and regulations shall to establish Junior Membership System for the Junior Members (primary schoolchild and junior high school student) of General Corporate Juridical Person Japan Sport Wellness Fukiya Association (hereinafter referred to ‘The Association’) and to spread and advance Sport Wellness Fukiya to the younger generation.
- 1.2 Junior Members shall be considered boys and girls up to the 3rd year of Junior High School.
- 1.3 When preschool children wish to be a member of The Association and his or her guardian agrees to do so, he or she shall be able to be a Junior Member.

Article 2 Procedures for Admission

Article 6 Examination for Dan-Kyu-I approval

Junior Members shall be able to have examinations of Dan-Kyu-I approval in accordance with ‘The Rules and Regulations about Examinations of Dan-Kyu-I approval for Junior Members.

Article 7 Revision

The revision of these rules and regulations shall be resolved at the conference of the Highest Executives through the discussion at the conference of Junior Bringing up Committee and conference of General Managers. Then the revision shall be submitted to the Board of Directors and General Meeting of Representative of Members and shall be resolved, approved and enforced.

Additional Rule

These rules and Regulations shall be enforced as from December 1st 2009.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2011.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2015.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2017.

Additional Rule

Article 1.3, Article 2, Articles 3.1 & 3.2 and Articles 4.2, 4.3 & 4.5 of these rules and regulations shall be revised and enforced as from February 15th 2019.

The Rules and Regulations about the Disabled Members

Article 1 Purposes

1.1 Purposes of these rules and regulations shall to establish Disabled Membership System for the Disabled Members of General Corporate Juridical Person Japan Sport Wellness Fukiya Association (hereinafter referred to ‘The Association’) and to spread and advance Sport Wellness Fukiya widely to the disabled.

1.2 Members of The Association who have handbook of the disabled (hereinafter referred to ‘the disabled’) shall be able to register as the Disabled Members.

Article 2 Procedures for Admission

A disabled individual who plans to join The Association shall complete the prescribed application form for admission and shall submit it to The Association together with a copy of handbook of the disabled (including the list of the disabled) and special investigation list of disabilities.

Article 3 Issuing Membership Card

A membership card shall be issued by The Association to the Disabled Member who is allowed for admission. Fee for reissue of a membership card because of damage and/or loss shall be Yen500.

Article 4 Annual Membership Fee

4.1 Annual membership fee of Disabled Members shall be as follow:.

<Annual membership fee related to the Disabled Members>

- | | |
|--|-----------|
| 1. Member is the disabled | Yen 1,500 |
| Families live together is the disabled | Yen 1,000 |
| 2. Member is the disabled | Yen 1,500 |
| Families live together is not the disabled | Yen 1,500 |
| 3. Member is not the disabled | Yen 3,000 |
| Families live together is the disabled | Yen 1,000 |

4.2 A member shall be considered withdrawn from The Association when he or she did not pay annual membership fee more than one year.

4.3 Students from primary school to university with disabilities shall not pay any annual membership fee in spite of the rules prescribed in Clause 1, 2 and 3 of Article 4.1.

Article 5 Meets

5.1 Disabled Members shall be able to participate with Sport Wellness Fukiya National Meet for the Disabled Members sponsored by The Association.

5.2 Meets shall be carried out in accordance with ‘The Rules and Regulations about the Meets for the Disabled Members’.

5.3 The Disabled Members shall be able to participate with any meet and competition sponsored by The Association. In this case, member shall notice that he or she is the Disabled Member on the application form of participation.

Article 6 Examination of Dan-Kyu-I approval

6.1 Rules and Regulations about ordinary members shall be applied for the Dan-Kyu-I accrediting tests for the Disabled Members correspondently.

6.2 The Disabled Members shall be able to use assisting tools and/or fixing tools. However, in case a fixing tool is used, “using a fixing tool” shall be mentioned on the certificate.

Article 7 Revision

The revision of these rules and regulations shall be resolved at the conference of the Highest Executives through the discussion at the conference of The Disabled Supporting Department and conference of General Managers. Then the revision shall be submitted to the Board of Directors and General Meeting of Representative of Members and shall be resolved, approved and enforced.

Additional Rule

These rules and Regulations shall be enforced as from December 1st 2009.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2011.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2015.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2017.

Additional Rule

These rules and regulations shall be revised and enforced as from February 16th 2018.

Additional Rule

Articles 1, 2, 3, 4, 5 and 6 of these rules and regulations shall be revised and enforced as from February 15th 2019.

The Rules and Regulations about the Corporate Members

Article 1 Purposes

Purposes of these rules and regulations shall to establish Corporate Membership System for the corporate members of General Corporate Juridical Person Japan Sport Wellness Fukiya Association (hereinafter referred to ‘The Association’) and decide the necessary matters to manage such Corporate Members.

Article 2 Standards of the Corporate Members

The Corporate Members shall mean enterprises (employees, staff), schools (pupils, students, staff) and other organizations (staff) which have juridical personality with at

Article 1 Purposes

These rules and regulations about the Meets and Competitions prescribe an outline of the meets and competitions sponsored by ‘General Corporate Juridical Person Japan Sport Wellness Fukiya Association’ (hereinafter referred to ‘The Association’) so that all meets and competitions shall be carried out impartially and fairly.

Article 2 Name of Meets and their outline

The Association shall hold annually the following meets and competitions:

1. Sport Wellness Fukiya National Championship for Team Competition.
The National Championship for Team Competition of The Association shall be called “The ○th Sport Wellness Fukiya National Championship for Team Competition”. The Championship shall be held once a year as a general rule.
2. Sport Wellness Fukiya Aoyagi Memorial Cup
The Aoyagi Memorial Cup of Japan Sport Wellness Fukiya Association shall be called “The ○th Sport Wellness Fukiya Aoyagi-Hai (Cup)”. Aoyagi Memorial Cup shall be held once a year as a general rule.
3. Sport Wellness Fukiya National Invitational Championship
The National Invitational Championship of The Association shall be called “The ○th Sport Wellness Fukiya National Invitational Championship”. The Championship shall be held once a year as a general rule.
4. Sport Wellness Fukiya National Open Meet
The National Open Meet of The Association shall be called “The ○th Sport Wellness Fukiya National Open Meet”. The Meet shall be held once a year as a general rule.
5. Sport Wellness Fukiya National Meet for Disabled Members
The National Meet for Disabled Members of The Association shall be called “The ○th Sport Wellness Fukiya National Meet for Disabled Members”. The National Meet shall be held once a year as a general rule.
6. Sport Wellness Fukiya Meet for Junior Members
The Meet for Junior Members of The Association shall be called “The ○th Sport Wellness Fukiya Meet for Junior Members”. The Meet for Junior Members shall be held once a year as a general rule.

Article 3 Designated Events

Designated Events at each competition and meets shall be as follows:

1. Sport Wellness Fukiya National Championship for Team Competition
 - ① Group matches by teams consist of five contestants per team.
 - ② Distance shall be 6m, 8m and 10m. At least one contestant shall be registered for each distance and additional 2 contestants make one team.
2. Sport Wellness Fukiya Aoyagi-Hai (Cup)
 - ① Individual matches shall be played for six rounds.
 - ② Target (Mato) distanced shall be 10m.
3. Sport Wellness Fukiya National Invitational Championship
 - ① Individual matches shall be played for six rounds.
 - ② Target (Mato) distanced shall be 8m, 10m and 8m for G8 class.
4. Sport Wellness Fukiya National Open Meet
 - ① Individual matches shall be played for six rounds.
 - ② Target (Mato) distanced shall be 6m, 8m, 10m and 8m for G8 class.
5. Sport Wellness Fukiya National Meet for Disabled Members
 - ① To be held in accordance with the Rules and Regulations about Competitions for the Members with Disabilities.
6. Sport Wellness Fukiya Meet for Junior Members
 - ① To be held in accordance with Rules and Regulations about Competitions for Junior Members.

Article 4 Official Meets

Meets and competitions prescribed in the preceding Article 3 and those of which are sponsored by The Association shall be considered official meets. Request for sponsoring shall be done by an application with “Event Plan”.

Article 5 Application

Members who wish to participate in the championship, competition and meets must apply in accordance with the rules set by the executive committee concerned.

Article 6 Participation Fee

Members who wish to participate in the championship, competition and meets must pay the application fee set by the executive committee concerned when they participate.

Article 7 Qualifications for Participation

Qualification for participation of the championship and meets sponsored by The Association shall follow. Dan-Kyu-I and age shall be at the time of application:

1. Sport Wellness Fukiya National Championship for Team Competition
 - ① Participants shall be members of The Association and a team shall consist of five members.
 - ② 6m class: Members without Kyu-I or holding Kyu-I
 - ③ 8m class: Holding 1st, 2nd Dan-I and entry qualifications of G8 class
 - ④ 10m class: Holding more than 3rd Dan-I
2. Sport Wellness Fukiya Aoyagi-Hai (Cup)
 - ① Participants shall be members of The Association
 - ② Holding the 3rd Dan-I or above
3. Sport Wellness Fukiya National Invitational Championship
 - ① Participants shall be members of The Association
 - ② 8m class: Holding 1st and 2nd Dan-I
10m class: Holding 3rd Dan-I or above
G8 class: More than 80 years old and holding Dan-I
 - ③ Selected at the meets of each Bloc, each prefecture and Student Meet and approved by each Bloc Chief and General Manager of Prefectural Association.
Selected at the meets of each local area and approved by General Manager of Prefectural Association.
4. Sport Wellness Fukiya National Open Meet
 - ① Participants shall be members of The Association
 - ② 6m class: Without Kyu-I or holding Kyu-I
8m class: Holding 1st and 2nd Dan-I
10m class: Holding 3rd Dan-I or above
G8 class: More than 80 years old and holding Dan-I
5. Sport Wellness Fukiya National Meet for Disabled Members
Participants shall be disabled members of The Association.
6. Sport Wellness Fukiya Meet for Junior Members
 - ① Participants shall be junior members of The Association.
 - ② Junior members who have the right to participate in meets and competitions of ordinary members shall be able to participate in each meets and competitions.

Article 8

Trial Blow

Contestants shall make trial blows before the competition starts. During these trial blows, the referees shall confirm that the equipment used is authorized one and the contestants are not drinking alcoholic beverages etc.

Article 16 Prize-giving

16.1 Scores at the competitions and meets shall be confirmed by the chief referee and approved by the executive committee before they are announced.

16.2 Prizes will be awarded on the day of the meet as a general rule. However, prizes may be sent later to the winners in case of printing names on the prizes etc.

16.3 Details of the result of competitions and meets shall be announced in The Association's Monthly Bulletin and Website.

Article 17 Revision

The revision of these rules and regulations shall be resolved at the conference of the Highest Executives through the discussion at the conference of The Competition Department and conference of General Managers. Then the revision shall be submitted to the Board of Directors and General Meeting of Representative of Members and shall be resolved, approved and enforced.

Additional Rule

These rules and Regulations shall be enforced as from April 11th 2007.

Additional Rule

These rules and regulations shall be revised and enforced as from February 18th 2010.

Additional Rule

These rules and regulations shall be revised and enforced as from December 1st 2011.

Additional Rule

These rules and Regulations shall be enforced as from July 1st 2011.

Additional Rule

These rules and regulations shall be revised and enforced as from March 1st 2012.

Additional Rule

These rules and regulations shall be revised and enforced as from June 26th 2014.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2016.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2018.

Additional Rule

Article 2, 3 and 7 of these rules and regulations shall be revised and enforced as from February 15th 2019.

Rules and Regulations about Competitions

Article 1 Purposes

Purpose of these rules and regulations about the Competitions shall to prescribe rules of the competitions sponsored by ‘General Corporate Juridical Person Japan Sport Wellness Fukiya Association’ (hereinafter referred to ‘The Association’) so that all competitions shall be carried out with the correct basic motions and Sport Wellness Fukiya breathing orderly and safely, then contribute to the promotion of competitors’ health.

Article 2 Equipment

The equipment used in competitions, such as blowpipe, dart, target and target seal, must be authorized by The Association.

1. Blowpipe (Tsutsu)

- ① Only a mouthpiece and silicon-made mouthpiece can be attached.
- ② When mouthpiece and silicon-made mouthpiece are attached, it is forbidden to extend the blowpipe (Tsutsu) more than 10mm. It is acceptable to have seals etc. as for a mark within 900mm (700mm in case of 1000mm-blowpipe) from the blowing edge of the blowpipe (Tsutsu), but sign one’s name, make a mark or engraving directly on the blowpipe (Tsutsu) are not allowed. As for marks, maximum 2 pieces are allowed with the size of maximum 20mm x 70mm or 20mm diameter maximum except marks for the joints. A “Dan- Kyuu-I seal” can be attached at the 350mm from the blowing edge (for both 1000mm and 1200mm blowpipe=Tsutsu) as you can read from left to right when keeping blowpipe (Tsutsu) vertically with blowing edge on top (a Ring for the seal can be used). Copy of the seal or self-made seal cannot be used.
- ③ When mouthpiece and silicon-made mouthpiece are used, both of them must be fitted without any gap.
- ④ Mouthpiece and silicon-made mouthpiece must not be marked by any scar, rubber band etc. to indicate the place of putting the blowpipe (Tsutsu) into one’s mouth.
- ⑤ Marks for the joints must be maximum 3mm x 3mm or 3mm diameter.
- ⑥ It is prohibited to attach a rubber band etc. around the blowpipe (Tsutsu) to indicate the place of a hand and/or fingers supporting the blowpipe (Tsutsu).
- ⑦ Anything except mouthpiece must not be attached.
- ⑧ Nothing shall be attached on the part of the blowpipe (Tsutsu) which is within

30 cm from the forefront.

- ⑨ An approval from the executive committee of competitions in advance is necessary if a contestant needs a supplementary tool to fix the blowpipe (Tsutsu).
 - ⑩ The stand for the blowpipe (Tsutsu) must not be placed in front of the start line (target=Mato side). Rules and Regulations about Competitions for the Members with Disabilities shall be applied for the disabled contestants.
 - ⑪ In case a disabled contestant needs fixing tools to fix the blowpipe (Tsutsu), an approval must be obtained beforehand from the executive committee of the competition. However, scoring is considered as reference.
 - ⑫ Outer mouthpiece for the experimental meets cannot be used for the meets and competitions, Dan-Kyu-I accrediting test.
 - ⑬ Clean inside of the blowpipe (Tsutsu), mouthpiece and darts by a cloth etc. must be done after five blows by the referee's or judge's instruction.
 - ⑭ Length of the blowpipe (Tsutsu) shall be 1200mm or 1000mm (a contestant of the competition shall declare the length by one's self).
- Supplementary tools may be considered a table, a supporting grip etc. so that a disabled contestant (loss of an arm, paralyzed etc.) can insert dart (Yat) into the blowpipe (Tsutsu) and /or can blow by one hand to supplement a part of disabled body.
 - Fixing tools may be considered a tripod, a table for tripod etc. to keep the blowpipe (Tsutsu) at the proper height and angle so that a physically challenged contestant can blow without using a hand or both hands.

2. Dart (Ya)

- ① Dart (Ya) used in the competition must not be processed or adjusted. However, putting dart-stopper in order to avoid damages on dart (Ya) and marking by writing goods is acceptable.
- ② Dart (Ya) cannot be painted more than 20% of total area the dart (Ya).

3. Target (Mato), target (Mato) seal

Size and scoring are as follows:

- ① The material of the target (Mato) used at the competition is urethane in green color and is square shape with each side 330 mm long. Use an exchangeable target (Mato), or attach a target (Mato) seal (made of paper) to the target (Mato).
- ② Scoring:

- the committee judges contestant's clothing including shoes are not suitable.
- 3.2 In case competition executive committee judges that contestant's clothing and manners are not suitable as the Sport Wellness Fukiya players, the committee gives warning and advises resignation from the competition. If a contestant does not follow the committee's two or more warnings, the committee gives the order of dismissal.

Article 4 Events of Competition

- 4.1 Events of competition shall be determined in accordance with Article 7 of the Rules and Regulations about Competitions.
- 4.2 Based on the decision made by the competition executive committee, other events such as Star five, Perfect nine, Speed measurement, Long distance, Active competition and other experimental event etc. can be held at the same time.

Article 5 Lane

- 5.1 In playing field, targets (Mato) shall be set at the prescribed height with even distance between target (Mato) & target (Mato). Each lane shall be numbered.
- 5.2 The starting line of each lane is measured from right under the target and is indicated with a line tape.
- 5.3 Contestants shall come to the designated lanes and start blowing behind the starting line.

Article 6 Trial Blow

- 6.1 Contestants can make three trial blows before a starting competition. (Five blows can be done in case of Dan-Kyu-I accrediting test).
- 6.2 Before the trial blows, the referee or judge shall confirm whether or not the equipment of the contestants is authorized ones in accordance with Article 2 of these rules and regulations and if not, shall advise to change. In case a contestant uses equipment for a spare, such equipment must be checked by the referee.
- 6.3 The contestant, who does not follow the instruction of the referee as mentioned in preceding clause, shall be disqualified from the competition.
- 6.4 Hane-Ya during the trial blows cannot be retried.

Article 7 Matches-Rounds

- 7.1 Proceedings of the matches to be made by the person in charge are followings:
"Yo-I, Hajime" (Ready, Start), "Sanjyuu-Byou-mae" (30 seconds left),

“San-Pun-keika” (3 minutes passed) and “Shuuryou” (Finish) (in case there are some Hane-Ya, Shuuryou shall be called after re-blowing). Whistles, white flags and timers shall be used for the proceedings of the matches.

- 7.2 Five blows within 3 minutes are called “One Round”. Within these 3 minutes, Basic Motions (Kihon Dousa) 1. Take a bow (Rei wo suru) through 8. Take a bow (Rei wo suru) must be completed.
- 7.3 One blow shall be done by one dart (Ya).
- 7.4 Contestants who finish 5 blows before the announcement of “San-Pun-Keika” (3 minutes passed), he or she shall step back approximately 1 meter quietly with blowpipe (Tsutsu) on hand vertically and wait.
- 7.5 Darts (Ya) out of five darts blown at the time of the call “San-Pun keika (3 minutes passed)” shall be considered valid and darts not blown at the time of such call shall be considered invalid.
- 7.6 When a contestant has blown more than five darts (Ya), the excess hits are reduced in the order of the highest scoring hit.
- 7.7 Dart (Ya) blown after the call of “San-Pun keika (3 minutes passed)” become invalid in the order of the highest scoring hit.
- 7.8 If contestants feel something wrong during proceeding basic motions, he or she can stop the motion and re-start from “Breathe in through your nose as you raise your blowpipe (Tsutsu) = Tsutsu ow ageru”.
- 7.9 When contestants miss to insert a dart (Ya) to blowpipe (Tsutsu) and drop it during he or she is proceeding the basic motion “Take a stance with your legs shoulder-width apart and insert dart (Ya) = Kamaeru”, he or she must not pick up the dropped dart (Ya) in case it drops in front of the start line (target side) and must use another dart (Ya) kept as backup. Contestants can either pick up the dropped dart (Ya) or use another dart (Ya), in case it drops on or behind the start line.
- 7.10 When a dart (Ya) in the blowpipe (Tsutsu) drops or is taken out from blowpipe’s (Tsutsu’s) tip or the blowing edge after contestants start the basic motion of “Breathe in through your nose as you raise your blowpipe (Tsutsu) = Tsutsu wo ageru”, it is considered that he or she has blown and cannot re-insert a dart (Ya) in the blowpipe (Tsutsu).
- 7.11 When a contestant uses all darts (Ya) in hand, it is considered that the round finished at that time.

Article 8

Hane-Ya

- 8.1 If a dart (Ya) hits any place in the target (Mato), target (Mato) seal and target (Mato)

11.4 Scores on the basic motions (Kihon Dousa) shall be added as the executive committee concerned sets for the meets and competitions.

Article 12 Appointment of the Referee

Referees of the championship, competition and meet shall be appointed in accordance with the Rules and Regulations about Referees.

Article 13 Disqualification

A contestant shall be disqualified or suspension in case a contestant is judged to have made a willing breach of the rules.

Article 14 Revision

The revision of these rules and regulations shall be resolved at the conference of the Highest Executives through the discussion at the conference of The Competition Department and conference of General Managers. Then the revision shall be submitted to the Board of Directors and General Meeting of Representative of Members and shall be resolved, approved and enforced.

Additional Rule

These rules and Regulations shall be enforced as from August 22nd 1999.

Additional Rule

These rules and regulations shall be revised and enforced as from February 18th 2010.

Additional Rule

These rules and regulations shall be revised and enforced as from March 1st 2012.

Additional Rule

These rules and regulations shall be revised and enforced as from February 23rd 2013.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2013.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2014.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2015.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2015.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2016.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2017.

Additional Rule

Article 7.2 of these rules and regulations shall be revised and enforced as from April 1st 2018.

Rules and Regulations about Referees

Article 1 Purposes

Purposes of these rules and regulations shall to prescribe rules about referees so that all competitions and meets sponsored and supported by 'General Corporate Juridical Person Japan Sport Wellness Fukiya Association' (hereinafter referred to 'The Association') shall be carried out orderly and safely, and shall be refereed fairly.

Article 2 Referees

Certified Referee A, Certified Referee AA and Certified Referee AAA shall act Lane Referee, Supporting Referee, Zone Referee, Deputy Chief Referee and Chief Referee at the meets and competitions sponsored by The Association. At the meets and competitions supported by The Association, certified referees shall be able to act as referees of such meets and competitions in accordance with the request from the executive committee concerned.

Article 3 Time and Places

Referees shall act refereeing duties at the time and places decided by the executive committee of the meets and competitions sponsored and supported by The Association. At the meets and competitions supported by The Association, referees shall be able to act as referees of such meets and competitions in accordance with the request from the executive committee concerned.

Article 4 Refereeing Goods

The following goods shall be prepared for the refereeing duties:

Refereeing flags (Red and White), binders, writing implements, list of contestants, yellow and red card etc..

Article 5 Process of Refereeing

Referring duties shall be as follows:

1. Lane Referee:

- ① To confirm contestants: name of the contestant, lane number, blowing order and blowing distance
- ② To check the equipment: Blowpipe (Tsutsu) and darts (Ya) shall conform to Article 2 of the Rules and Regulations about Competition. Let contestants show whole equipment by their hand so that referees can check and confirm. In case the equipment does not conform to the rules, referee shall show Yellow card (warnings). If contestants would not change to the equipment which conform to the rules, referees shall show Red card and declare disqualification.
- ③ Duties during the proceeding of the match:
 - i. After the announcement of starting match, raise a red flag in case contestants are not ready for the start. Raise an arm so that zone referee can see a red flag clearly.
 - ii. When contestants are ready for starting, lower a red flag.

2. Supporting Referee:

- ① To replace and support Lane Referee
- ② To deal with troubles for scoring quickly
- ③ To confirm next contestant and urge him or her for preparation
- ④ To take a lead for re-blowing at the re-blowing lane in case of Hane-Ya

3. Zone Referee:

After confirming all red flags of lane referees lowered (this means all contestants are ready for starting match), zone referee shall raise an arm so that Chief Referee and a person in charge for proceedings can see a white flag clearly.

4. Chief Referee and a person in charge for proceedings:

After confirming white flags raised by Zone Referees, Chief Referee and a person in charge for proceedings shall start match. Calls of the proceedings of the match shall be “Yo-I, Hajime” (Ready, Start), “Sanjyuu-Byou-mae” (30 seconds left), “San-Pun-keika” (3 minutes passed) and “Shuuryou” (Finish).

5. Starting the match:

- ① Trial blows shall be done before starting the first round. Hane-Ya during the trial blows cannot be retried.
- ② When a contestant steps on or across the starting line, Lane Referee shall stand up in front of a contestant and shall show yellow card. Red card shall be shown at the second time of violation and Lane Referee shall declare disqualification.
- ③ When contestants miss to insert a dart (Ya) to blowpipe (Tsutsu) and drop it

during he or she is proceeding the basic motion “Take a stance with your legs shoulder-width apart and insert dart (Ya) = Kamaeru”, he or she must not pick up the dropped dart (Ya) in case it drops in front of the start line (target side) and must use another dart (Ya) kept as backup. Contestants can either pick up the dropped dart (Ya) or use another dart (Ya), in case it drops on or behind the start line.

- ④ When a dart (Ya) in the blowpipe (Tsutsu) drops or is taken out from blowpipe’s (Tsutsu’s) tip or the blowing edge after contestants start the basic motion of “Breathe in through your nose as you raise your blowpipe (Tsutsu) = Tsutsu wo ageru”, it is considered he or she has blown and cannot re-insert a dart (Ya) in the blowpipe (Tsutsu).
- ⑤ Lane Referee shall watch carefully whether dart (Ya) blown by the contestant sticks normally at target (Mato) or becomes Hane-Ya.
- ⑥ Hane-Ya shall be considered in accordance with Article 8 of the Rules and Regulations about Competitions.
- ⑦ In case of Hane-Ya, Lane Referee shall call “Hane-Ya” to a contestant and stand up immediately and raise an arm so that Zone Referee can see red flag clearly.
- ⑧ In case more than three darts (Ya) become Hane-Ya, a contestant shall re-blow at that lane up to two darts (Ya). The third dart (Ya) and onward shall be re-blown at the lane appointed by the referee.
- ⑨ After confirming a red flag raised by the Lane Referee which tells Hane-Ya, Zone Referee shall immediately raises an arm so that Chief Referee and a person in charge for proceedings can see red flag clearly.
- ⑩ After finishing all re-blow, Lane Referee and Zone Referee shall lower red flags and Zone Referee shall raise white flags to let a person in charge for proceedings know the match has completed.
- ⑪ When contestants completed blows, let them step back about one meter with blowpipe (Tsutsu) in hand and wait.

Article 6 Scoring

Scoring shall be performed after each round.

1. Lane Referee shall stand in front of target (Mato) and perform scoring.
2. When a dart (Ya) hits the line between two zones, it is counted as hitting the higher score zone. (It is acceptable when a dart touches the line in between.)
3. When two or more darts (Ya) are overlapped, score of the bottom one can be

- applied for all darts (Ya).
4. When a contestant has blown more than five darts (Ya), the excess hits are reduced in the order of highest scoring hits.
 5. If a Ya (dart) comes out and falls before the announcement of San-pun Keika (3 minutes passed), it is considered as Hane-Ya. If a Ya (dart) comes out after the announcement, it is considered invalid.
 6. If a dart (Ya) bounces back, but does not falls down being supported by another dart(s) (Ya), it is unclear whether that dart (Ya) is considered as Hane-Ya or not. In this case, a referee confirms the condition when scoring after the call of Shuryou (Finished). A referee instructs contestant to re-blow as Hane-Ya or just scores in case it sticks in the target (Mato).
 7. The referee shall read out the score, record them on the scoring sheet from left to right in the order of highest to lowest. When a dart (Ya) hits out of scoring range or becomes invalid due to dropping down to the floor etc., it shall be recorded as Zero. Total score shall be calculated precisely and be recorded at the space of total score.
 8. Recorded scoring sheet shall be shown to the contestant and let him or her confirm with signature or ✓-mark. Then lane referee shall instruct to a contestant to pull out darts (Ya) from target (Mato).
 9. Scoring sheet shall be fastened with a clip and hand over to the person in charge for collection.

Article 7 Appeals

- 7.1 As for appeals concerning scores, the lane referee concerned shall respond to the appeal, and deputy chief referee makes ruling.
- 7.2 If a contestant does not agree with the decision made by the deputy chief referee, the chief referee makes final ruling.

Article 8 Disqualification

A contestant shall be disqualified or be eliminated from the competition in case a contestant is judged to have made a willing breach of the rules.

Article 14 Revision

The revision of these rules and regulations shall be resolved at the conference of the Highest Executives through the discussion at the conference of The Referee Department and conference of General Managers. Then the revision shall be submitted to the Board

of Directors and General Meeting of Representative of Members and shall be resolved, approved and enforced.

Additional Rule

These rules and Regulations shall be enforced as from February 23rd 2013.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2013.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2015.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2016.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2018.

Additional Rule

Articles 2 and 5 of these rules and regulations shall be revised and enforced as from February 15th 2019.

Rules and Regulations about Competitions for the Members with Disabilities

Article 1 Purposes

Purpose of these rules and regulations about the competitions for the members with disabilities shall to prescribe rules of the Sport Wellness Fukiya National Meet for Disabled Members (hereinafter referred to ‘The National Meet’) sponsored by ‘General Corporate Juridical Person Japan Sport Wellness Fukiya Association’ (hereinafter referred to ‘The Association’) so that national meet for the members with disabilities shall be carried out with the correct basic motions and Sport Wellness Fukiya breathing orderly and safely, then contribute to the promotion of contestants’ health.

Article 2 Establish the Executive Committee

The Association shall establish the executive committee for opening The National Meet.

Article 3 Opening the National Meet

The National Meet shall be opened once a year.

Article 4 Qualifications for Participation

Qualifications for participating The National Meet shall be as follows:

1. Participants shall be the members with disabilities of The Association.
2. Participants shall have no health problem when attending The National Meet.
3. Participants shall be able to compete in accordance with the rules of The National Meet.
4. When some assistance is necessary, the contestants shall participate in The National Meet together with his or her assistant as a general rule. However, Certified Instructor of Supporting the Members with Disabilities shall support for the competition as a general rule.
5. Participants shall prepare the supporting tools by themselves.

Article 5 Equipment, Clothing, Trial Blows, Round, Hane-Ya and Scoring

- 5.1 The equipment used in competitions must be authorized by The Association. Article 2 of the rules and regulations about competitions shall be applied for the details of equipment. If contestant needs some mouthpiece because of the disability of mouth, he or she must report to the executive committee of the meet in advance.
- 5.2 Contestants should dress safe and suitable for a light sport. Contestant should consider good manner as a Sport Wellness Fukiya player. Article 3 of the rules and regulations about competitions shall be applied for the details of clothing.
- 5.3 Articles of rules and regulations about competitions shall be applied for the lane, trial blows, match-rounds, Hane-Ya and scoring.

Article 6 Events of Competition

Events of competition shall be studied and determined by the competition's executive committee at each opening.

Article 7 Designated Events

Designated events shall be as follows:

1. Competition shall be individual matches.
2. Competition shall be done ladies and gentlemen together.
3. Competition shall be done by four rounds. Ranks shall be determined from the highest scores of total rounds to the next in the order. A Play-off shall be held when two or more contestants have the same scores at each ranking.

Article 8 Competition Rules

Competition rules for the members with disabilities shall be as follows:

1. In case a contestant is unable to do basic motions with standing position, he or she shall be able to use a wheelchair or a chair. However, it shall be reported to the executive committee previously.
2. When a contestant uses a wheelchair or a chair, it is acceptable that front wheels of a wheelchair or feet of a contestant who sits on the chair steps across the start line if his or her face (mouth which holds a blowpipe) stays behind the start line.
3. When inserting darts into blowpipe, it is acceptable that a certified instructor of supporting the members with disabilities inserts darts instead of a contestant.
4. When contestants miss to insert a dart (Ya) to blowpipe (Tsutsu) and drop it during he or she is proceeding the basic motion ‘Take a stance with your legs shoulder-width apart and insert a dart (Ya) = Kamaeru’, he or she must not pick up the dropped dart (Ya) in case it drops in front of the start line (target side) and must use another dart (Ya) kept as backup. Contestants can either pick up the dropped dart (Ya) or use another dart (Ya), in case it drops on or behind the start line.
5. When a dart (Ya) in the blowpipe (Tsutsu) drops or is taken out from blowpipe’s (Tsutsu’s) tip or the blowing edge after contestants start the basic motion of “Breathe in through your nose as you raise your blowpipe (Tsusu) = Tsutsu wo ageru”, it is considered he or she has blown and cannot insert dart (Ya) in the blowpipe (Tsutsu) again.
6. In case a contestant cannot raise blowpipe (Tsusu) by his or her both arms when one is doing basic motion “Breathe in = Iki wo suu”, he or she shall be able to raise blowpipe (Tsutsu) by one arm.
7. When it is difficult for a contestant to raise or lower blowpipe (Tsutsu), it shall be acceptable for not raising/lowering blowpipe. However, he or she shall conduct Sport Wellness Fukiya Breathing”.
8. In case a contestant cannot support his or her blowpipe (Tsutsu) when blowing, it shall be acceptable to support a blowpipe (Tsutsu) by fixing tools. An approval from the competition executive committee in advance is necessary if a contestant uses fixing tools to fix a blowpipe (Tsutsu). However, scoring is considered as reference.
9. Blowpipes (Tsutsu), darts (Ya) and targets (Mato) shall be authorized by The Association.
10. The stand for the blowpipe (Tsutsu) can be placed in front of the start line (target side).
11. It is acceptable that certified instructor supporting the members with disabilities and/or lane referee shall be able to pull out darts (Ya) which contestants blew in

case contestants cannot pull out darts (Ya).

12. More than seven darts (Ya) including back up shall be prepared.
13. In case it is difficult to apply rules and regulations for the members with normal, healthy body, competition executive committee shall discuss with Disabled Supporting Department about the way to deal.
 - Supplementary tools may be considered a table, a supporting grip etc. so that a disabled contestant can insert darts (Ya) into the blowpipe (Tsutsu) and /or can blow by one hand to assist a part of disabled body.
 - Fixing tools may be considered a tripod, a table for tripod etc. to keep the blowpipe (Tsutsu) at the proper height and angle so that a physically challenged contestant can blow without using a hand or both hands.

Article 9 Appeals

- 9.1 As for appeals concerning scores, the referee concerned shall respond to the appeal, however the deputy chief referee makes rulings.
- 9.2 Any appeals concerning scores that are raised after finishing the scoring and pulling out the darts (Ya) from the target (Mato) shall be rejected.

Article 10 Confirmation of the Ranks

- 10.1 Ranks shall be determined from the highest scores of total rounds to the next in the order.
- 10.2 A Play-off shall be held when two or more contestants have the same scores.
- 10.3 A Play-off shall be held in accordance with the rules set by the executive committee concerned and the chief referee decides final rank.

Article 11 Appointment of the Referee

Referees of the competitions shall be appointed in accordance with Rules and Regulations about Referees.

Article 12 Disqualification

A contestant shall be disqualified or suspended in case a contestant is judged to have made a willing breach of the rules.

Article 14 Revision

The revision of these rules and regulations shall be resolved at the conference of the Highest Executives through the discussion at the conference of Disabled Supporting

Department and conference of General Managers. Then the revision shall be submitted to the Board of Directors and General Meeting of Representative of Members and shall be resolved, approved and enforced.

Additional Rule

These rules and Regulations shall be enforced as from December 1st 2009.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2011.

Additional Rule

These rules and regulations shall be revised and enforced as from February 23rd 2013.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2013.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2016.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2017.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2018.

Rules and Regulations about Competitions for Junior Members

Article 1 Purposes

Purpose of these rules and regulations about the competitions for junior members shall to prescribe rules of the Sport Wellness Fukiya Meet for Junior Member sponsored by ‘General Corporate Juridical Person Japan Sport Wellness Fukiya Association’ (hereinafter referred to ‘The Association’) so that Sport Wellness Fukiya Meet for junior members shall be carried out with the correct basic motions and Sport Wellness Fukiya Breathing orderly and safely, then contribute to the promotion of contestants’ health.

Article 2 Opening Sport Wellness Fukiya Meet for Junior Members

The Sport Wellness Fukiya Meet for Junior Members shall be opened once a year.

Article 3 Qualifications for Participation

Qualifications for participating The Meet shall be as follows:

1. Participants shall be the junior members of The Association.

2. Participants shall be more than six years old (1st grade of an elementary schoolchild) on the day of the Meet.
3. Participants shall have no health problem when attending the Meet.
4. Participants shall be able to compete in accordance with the rules of the Meet.
5. Participants shall have consent of his or her guardian.

Article 4 Equipment, Clothing, Trial Blows, Round, Hane-Ya and Scoring

- 4.1 The equipment used in meets must be authorized by The Association. Article 2 of the rules and regulations about competitions shall be applied for the details of equipment.
- 4.2 Contestants should dress safe and suitable for a light sport. Contestant should consider good manner as a Sport Wellness Fukiya player. Article 3 of the rules and regulations about competitions shall be applied for the details of clothing.
- 4.3 Articles of rules and regulations about competitions shall be applied for the lane, trial blows, match-rounds, Hane-Ya and scoring.

Article 5 Events of Meet

Events of the Meet shall be studied and determined by the meet's executive committee at each opening.

Article 6 Designated Events

Designated events at the meets shall be individual matches and team matches. However, team matches may be carried out based on the numbers of applications to participate.

Article 7 Appeals

- 7.1 As for appeals concerning scores, the referee concerned shall respond to the appeal, however the deputy chief referee makes rulings.
- 7.2 Any appeals concerning scores that are raised after finishing the scoring and pulling out the darts (Ya) from the target (Mato) shall be rejected.

Article 8 Confirmation of the Ranks

- 8.1 Ranks shall be determined from the highest scores of total rounds to the next in the order.
- 8.2 A Play-off shall be held when two or more contestants have the same scores.
- 8.3 A Play-off shall be held in accordance with the rules set by the executive committee concerned and the chief referee decides final rank.

Article 1 Purposes

Purposes of these rules and regulations shall to establish Certified Instructor System in General Corporate Juridical Person Japan Sport Wellness Fukiya Association (hereinafter referred to 'The Association') and to educate and advance Sport Wellness Fukiya widely to the local areas and, at the same time, shall to guide and bring up members of The Association.

Article 2 Eligibility Requirements for Examination and Recommendation

Member of the Association who plans to be a certified instructor shall have the following qualifications:

1. At least two years passed after becoming a general member, more than 18years old and having more than 3rd Dan-I.
2. Having a recommendation from General Manager of local area branch of which one belongs to. In case candidate does not belong to local area branch or be General Manager of local area branch, he or she shall have a recommendation from General Manager of neighboring local area branch or General Manager of the administrative divisions of Japan of the Association (hereinafter referred to 'Prefectural General Manager'), which is competent to the candidate's place of residence.
3. Having an approval from General Manager of cities, towns and villages (hereinafter referred to 'Municipal General Manager') and Prefectural General Manager.

Article 3 Examination to Authorize Qualifications

3.1 In order to authorize Certified Instructor, The Association shall open an examination for authorizing certified instructor (hereinafter referred to 'Certifying Examination') twice a year, in May and November, as a general rule. Certifying Examination shall be held even for only one candidate at one examination site.

3.2 Certifying Examination shall have the following three kinds of tests and a decision to pass or fail shall be done by the Education Department:

- ① An actual skill test (the minimum passing grade shall be equivalent to 3rd-Dan-I, and 32points out of 40points of perfect score in basic motions)
- ② An examination in the subjects of study (the minimum passing grade shall be more than 70 percent)
- ③ An examination for leadership ability

3.3 Directors of Education Department shall be in charge of Certifying Examination.

Each examination shall be executed by at least two examiners.

3.4 Date of authorizing Certified Instructor shall be the last day of the month of which candidate passes the examination.

3.5 Candidate who is authorized as a Certified Instructor shall be given a certificate, a card, and a badge of Certified Instructor.

Article 4 Examination Sites

Bloc or Prefectural Sport Wellness Fukiya Association shall prepare the site and take place a Certifying Examination. Candidate who wishes to have an examination at the site where is not relevant to the candidate, he or she shall write clearly the preferred site to have an examination in the application form.

Article 5 Fee for Examination, Authorization and Keeping Certificate

5.1 Fee for having Certifying Examination shall be Yen 10,000 to be paid to The Association after receiving a notice of examination.

5.2 After passing Certifying Examination, successful candidate shall pay Yen 20,000 as the fee for authorization.

5.3 After obtaining an authorization, Yen 10,000 shall be paid every year to keep certificate in the month of authorization.

5.4 In case payment of fee for keeping certificate delays, such certified instructor must submit an application for delaying payment of fee for keeping certificate to The Association.

Article 6 Authorization by Recommendation

6.1 There is a possibility to examine and authorize an instructor by the advance studies made by the Directors of Education and Organization Department in case it is considered to be absolutely necessary to spread and advance Sport Wellness Fukiya in the administrative divisions of Japan and municipalities.

6.2 Furthermore, there is a possibility to authorize a general member of the Association as ‘○○Prefecture Sport Wellness Fukiya Instructor’ (hereinafter referred to ‘Instructor’), after having a necessary training course in case he or she has a recommendation from any of Directors of Education and Organization Department, Bloc Chief and Prefectural General Manager. The term of office of such Instructor shall be one year and shall not have the right to judge the examination for authorizing Dan-Kyu-I, but to concentrate on guidance and promotion only.

6.3 Community Sport Leader or equivalent shall be able to act as Instructor after

becoming a general member of the Association and passing the training course made by the person appointed by the General Manager of Education Department. The term of office of such Instructor shall be one year and shall not have the right to judge the examination for authorizing Dan-Kyu-I, but to concentrate on guidance and promotion only.

6.4 The term of office of Regional Sport Fukiya Instructor described in preceding 6.2 and 6.3 shall be extended in case he or she falls into the following cases:

1. Holding experimental meetings and/or school continuously
2. Establishing Sport Wellness Fukiya Circle and/or local area branch
3. Having Dan-Kyu-I accrediting examination and/or participating in competition or meet

6.5 Education Department shall decide whether the qualification of the Instructor shall be continued or terminated three months before the term of office with the recommendation from any of Prefectural General Manager, Bloc Chief, Directors of Education and/or Organization Department.

6.6 The Association shall notice the Instructor by writing one month before the term of office whether qualification shall be continued or terminated.

Article 7 Associate Certified Instructor

7.1 The Association shall establish the system of an Associate Certified Instructor during the fixed period of time (from April 1st 2019 to March 31st 2021).

7.2 Qualifications and authorities of an Associate Certified Instructor shall be as follows:

1. A member, who was authorized as Certified Instructor with 2nd Dan-I or less, fails to obtain 3rd Dan-I or more during April 1st 2018 to March 31st 2019, shall be authorized as Associate Certified Instructor.
2. An Associate Certified Instructor, who obtains 3rd Dan-I or more during April 1st 2019 to March 31st 2021, shall be authorized as Certified Instructor on the day of obtaining relative Dan-I.
3. An Associate Certified Instructor, who fails to obtain 3rd-Dan-I or more during April 1st 2019 to March 31st 2021, shall be revoked one's qualification as an Associate Certified Instructor.
4. Clause 1 of Article 9 of these rules and regulations shall not be applied for the Associate Certified Instructor. The Associate Certified Instructor shall have the right to judge up to 1st-Dan-I (Junior 2nd-Dan-I) as described in Clause 2 of Article 9.

- 12.4 The Association shall be able to take procedures of forfeiting one's qualifications regardless of the term of office by the resolution of the Board of Directors with the agreement for the forfeit more than a half of the voting rights when one acts against the purposes of The Association.
- 12.5 When one loses qualifications of certified instructor by any reason, he or she must return a certificate, a card and a badge of Certified Instructor to The Association.
- 12.6 Members, who lost its qualification based on the Article 12.1 or expelled from The Association based on the Article 14, must not be authorized as Certified Instructor once again.
- 12.7 When certified instructor suspends its activities by unavoidable reasons, he or she must submit the report of suspending the activities of certified instructor with the detailed reasons to The Association. In case he or she pays the fee for keeping certificate during the period of suspension, he or she can re-start the activities as certified instructor. However, in case he or she fails to pay the fee for keeping certificate more than one year, he or she loses its qualifications and shall have the Certifying Examination again.

Article 13 Return of Qualifications

When Certified Instructor plans to return its qualifications by various reasons, he or she shall submit a report of returning the qualifications of certified instructor and shall return a certificate, a card and a badge of Certified Instructor to The Association.

Article 14 Expulsion from The Association

Certified Instructors shall be expelled from The Association when they fall under one of the following reasons by the resolution of the Board of Directors with the agreement for the expulsion more than a half of the voting rights.

1. Violate The Association's Articles of Incorporation and/or Rules and Regulations.
2. Bring dishonor of The Association or act against the purposes of The Association.
3. There are some other reasonable reasons.

Article 15 Certified Instructor Training Course

15.1 Training course of Certified Instructor (hereinafter referred to 'The Training Course') shall follow.

1. Certified Instructor must take the training course at least one time in three

years after obtaining an authorization.

15.2 Each Prefectural Association shall open the training course at least two times a year.

1. Can open such training course together with ‘Third year training course of Senior Certified Instructor’
2. Cannot open such training course together with Certifying Examination of Certified Instructor or Senior Certified Instructor

15.3 Contents of training course:

1. Training course shall be executed based on the ‘Contents of training course’ and ‘Training course program’ prepared by the Education Department. In addition to that, each Prefectural Association shall select some special theme in order to enrich the content of training course.
2. Answers and explanations to examination questions of confirming necessary knowledge shall be executed.
3. To provide the time for exchanging information, questions and answers.

15.4 Procedures shall follow:

1. Organization Administration Department shall prepare the list mentioning the situation of taking training course for each Prefecture in February and August and submit to General Manager of Bloc’s Education Department through Bloc Chief and Prefectural General Manager.
2. Education Department shall prepare the necessary materials to be used for the training course, which shall be sent to each Prefectural Association by Planning section of Organization Department.
3. Each Prefectural Association shall prepare the plan of executing the training course so that every Certified Instructor can take a training course at least once a year, then submit such event plan to Organization Administration Department.
4. Education Department of and each Prefectural Association shall exchange the information about the plan and director of Education Department of Bloc and/or Prefectural Association who shall be authorized by Education Department of The Association shall act the instructor.
5. Prefectural Association shall prepare ‘List of Certified Instructor’, which shows the situation of taking a training course, and send the guide of opening training course to the target certified instructors, then confirm the attendance.
6. Certified Instructor who should attend a training course shall reply attendance and pay tuition Yen 5,000 to the Prefectural Association. This tuition shall not

be repaid even if one fails to complete the course. However, an absentee with unavoidable reason may be repaid.

7. The Prefectural Association shall open the training course.
8. This tuition can be used for the expense of place, transportation, consumables, remuneration for instructor etc. and need not to pay to The Association. Prefectural Association shall make a 'Report about completion of event' and submit to The Association's Organization Administration Department together with attendance list.
9. Education Department shall report the results of the training course in each half of the fiscal year to the Conference of General Managers.
10. Back payment from The Association shall be abolished.

Article 16 Revision

The revision of these rules and regulations shall be resolved at the conference of the Highest Executives through the discussion at the conference of General Managers. Then the revision shall be submitted to the Board of Directors and General Meeting of Representative of Members, and shall be resolved, approved and enforced.

Additional Rule

These rules and Regulations shall be enforced as from December 1st 2009.

Additional Rule

These rules and regulations shall be revised and enforced as from December 1st 2010.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2011.

Additional Rule

These rules and regulations shall be revised and enforced as from March 1st 2012.

Additional Rule

These rules and regulations shall be revised and enforced as from February 23rd 2013.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2014.

Additional Rule

These rules and regulations shall be revised and enforced as from June 26th 2014.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2015.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2015.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2016.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2017.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2018.

Additional Rule

Clause 1 of Article 2, Article 3.5, Article 6.2 & 6.5, Item 2 of Clause 2 of Article 9, Article 11, Articles 12.1, 12.3, 12.5, 12.6, 12.7, Article 13, Article 15.1, 15.2, 15.3 and 15.4 of these rules and regulations shall be revised and enforced as from February 15th 2019.

Rules and Regulations about Senior Certified Instructor**Article 1 Purposes**

Purposes of these rules and regulations shall to establish Senior Certified Instructor System in General Corporate Juridical Person Japan Sport Wellness Fukiya Association (hereinafter referred to 'The Association') and to educate and advance Sport Wellness Fukiya widely to the local areas and, at the same time, shall to guide and bring up not only members but also the certified instructor of The Association.

Article 2 Duties

Senior Certified Instructor shall understand the spirit and aim of Sport Wellness Fukiya and shall make an effort to improve the skill properly, to establish local area branch, to bring up certified instructors, to promote increasing number of members and to develop The Association.

Article 3 Examination to Authorize Qualifications

3.1 In order to authorize Senior Certified Instructor, The Association shall open an examination of authorizing senior certified instructor (hereinafter referred to 'Certifying Examination') twice a year, in July and February, as a general rule. Certifying Examination shall be held even for only one candidate at one examination site as a general rule.

3.2 Certifying Examination shall consist of the following four kinds of tests:

- ① Examination of thesis.

- ② Examination of activities report
 - ③ An Actual skill (the minimum passing grade shall be equivalent to 4th Dan-I, and 32points out of 40points of perfect score in basic motions)
 - ④ An Examination in the subjects of study (the minimum passing grade shall be more than 80 percent)
- 3.3 Candidate shall select one of the subjects prepared by Education Department and submit a thesis about selected subject.
- 3.4 Candidate shall submit the activities report of which he or she has done about acquiring new members, establishing local area branch, bringing up certified instructors and doing public activities against local area, school, and medical organizations concretely.
- 3.5 Education Department shall be in charge of Certifying Examination. Each examination shall be executed by at least two examiners.
- 3.6 Date of authorizing Senior Certified Instructor shall be the last day of the month of which candidate passes the Certifying Examination. Qualification of Certified Instructor of the candidate who passed examination and authorized as Senior Certified Instructor shall be lapsed on same day.

Article 4 Eligibility Requirements for Examination

Member of the Association who plans to be a senior certified instructor shall have the following qualifications:

1. Having more than one year experience as certified instructor, and wishes to have an examination.
2. Having more than 4th Dan-I.
3. Having a recommendation from General Manager of local area branch of which one belongs to. In case candidate does not belong to local area branch or be General Manager of local area branch, candidate shall have a recommendation from General Manager of neighboring local area branch or General Manager of the administrative divisions of Japan of the Association (hereinafter referred to 'Prefectural General Manager'), which is competent to the candidate's place of residence.
4. Having an approval from General Manager of cities, towns and villages (hereinafter referred to 'Municipal General Manager') and Prefectural General Manager.
5. A letter of recommendation shall mention whether he or she applies oneself to the activities of local area branch and promotion actively as one's daily work and also candidate's basic motions are good enough.

Article 5 Examination Sites

Rules and regulations about examination site for Certified Instructor shall be also applied for those of Senior Certified Instructor.

Article 6 Fee for Examination, Authorization and Keeping Certificate

- 6.1 Fee for having Certifying Examination shall be Yen 10,000 which shall be paid to The Association.
- 6.2 After passing Certifying Examination, successful candidate shall pay Yen 20,000 to The Association as the fee for authorization.
- 6.3 After obtaining an authorization of Senior Certified Instructor, Yen 10,000 shall be paid to The Association every year to keep certificate in the month of authorization.
- 6.4 In case payment of fee for keeping certificate delays, such Senior Certified Instructor must submit an application for delaying payment of fee for keeping certificate to The Association.

Article 7 Certificate and Card of Senior Certified Instructor

Final decision to pass or fail shall be done by Director of Education Department and examiner and a candidate who is authorized as a Senior Certified Instructor shall be given a certificate, and a card of Senior Certified Instructor.

Article 8 Qualifications' Term of Office

The term of office of Senior Certified Instructor shall be three years. But qualifications can be renewed for another three years after attending the 3rd year Senior Certified Instructor qualification renewal training course (hereinafter referred to 'Third Year Qualification Renewal Training Course') successfully.

Article 9 Qualifications and Authorities

- 9.1 As a general rule, Qualifications and Authorities of Certified Instructor as prescribed in the Article 9 of Rules and Regulations about Certified Instructor shall be applied for Senior Certified Instructor. However, only Senior Certified Instructor shall have the following qualifications and authorities:
1. Act as an instructor at the experimental meet, open lecture etc. held by local administration, school, local area in close cooperation with the Association of the administrative divisions of Japan (hereinafter referred to 'Prefectural Association), Municipal Association and local area branches
 2. Have the right to judge up to 4th Dan-I (Junior 5th Dan-I in case of junior

examination in order to be authorized.

3. Term of office after successful renewal of the qualifications shall be three years. This Third Year Qualification Renewal Training Course shall be done every three years. Fee for taking training course shall be Yen 5,000 which shall be paid to The Association.
4. This Third Year Qualification Renewal Training Course shall be done twice a year at each Prefectural Association or each Bloc, as a general rule, one during April and September and another during October and March of next year.
5. Procedures shall follow:
 - ① In every February, Organization Administration Department shall prepare the list mentioning the target members for the next fiscal year.
 - ② Based on this list, Education Department shall request each Prefectural Association to open Third Year Qualification Renewal Training Course.
 - ③ Each Prefectural Association shall plan the opening of this training course.
 - ④ Education Department and each Prefectural Association shall exchange the information about the plan and decide the instructor, program and person in charge for the training course.
 - ⑤ Based on the request from Education Department, Planning Section of Organization Department shall send the invitation of training course to the target Senior Certified Instructors.
 - ⑥ Senior Certified Instructor who will attend the training course shall confirm the attendance and pay tuition to The Association. This tuition shall not be repaid even if he or she fails to complete the training course. However, an absentee with unavoidable reason may be repaid.
 - ⑦ Education Department shall prepare the necessary materials to be used for the training course, which shall be sent to each Prefectural Association by Planning Section of Organization Department.
 - ⑧ The Prefectural Association shall open Third Year Qualification Renewal Training Course.
 - ⑨ Education Department shall report the results of the training course in each half of the fiscal year to the Conference of General Managers.
 - ⑩ Senior Certified Instructor who does not take the training course without any special reason shall lose the qualification.
 - i. Grace period for the duty of taking Third Year Qualification

- Renewal Training Course shall be until the date of validity.
- ii. Organization Administration Department shall periodically prepare the list of non-attendance during the target period and submit to Education Department.
 - iii. Education Department shall judge the loss of qualification based on this list.
 - iv. Furthermore, Education Department shall prepare “Notice of losing qualification of Senior Certified Instructor” and send to oneself and Prefectural General Manager concerned.

Article 15 Supplementary Rules

Article 10 of Rules and Regulations about Certified Instructor shall be applied for the remuneration of Senior Certified Instructor.

Article 16 Revision

The revision of these rules and regulations shall be resolved at the conference of the Highest Executives through the discussion at the conference of General Managers. Then the revision shall be submitted to the Board of Directors and General Meeting of Representative of Members, and shall be resolved, approved and enforced.

Additional Rule

These rules and Regulations shall be enforced as from December 1st 2009.

Additional Rule

These rules and regulations shall be revised and enforced as from December 1st 2010.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2011.

Additional Rule

These rules and regulations shall be revised and enforced as from March 1st 2012.

Additional Rule

These rules and regulations shall be revised and enforced as from February 23rd 2013.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2014.

Additional Rule

These rules and regulations shall be revised and enforced as from June 26th 2014.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2015.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2016.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2017.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2018.

Additional Rule

Article 3.6 of these rules and regulations shall be revised and enforced as from August 24th 2018.

Additional Rule

Articles 3.1 and 3.6, Clause 3 of Article 4, Article 8, Article 8, Clause 1 of Article 9.1, Article 9.2, Articles 10.2, 10.3 and 10.4, Article 11, Clauses 2, 3, 4 and 5 of Article 14 of these rules and regulations shall be revised and enforced as from February 15th 2019.

Rules and Regulations about Certified Instructor of Supporting the Members with Disabilities

Article 1 Purposes

Purposes of these rules and regulations shall to appoint Certified Instructor of supporting the members with disabilities in General Corporate Juridical Person Japan Sport Wellness Fukiya Association (hereinafter referred to ‘The Association’) and to coach and bring up the members with disabilities.

Article 2 Duties

2.1 Certified Instructor of Supporting the Members with Disabilities shall understand the spirit and aim of Sport Wellness Fukiya and shall make an effort to improve the skill properly, to support the members with disabilities, to promote increasing number of members and to develop The Association.

2.2 Certified Instructor of Supporting the Members with Disabilities shall support the members with disabilities at the meets and competitions sponsored by The Association and/or Prefectural Association.

Article 3 Eligibility Requirements for Examination

Member of The Association who plans to be a certified instructor of supporting the members with disabilities shall have the following qualifications:

1. Members who are authorized as Certified Instructor or Senior Certified Instructor and eager to support the disabled.
2. Having the recommendation from General Manager of local area branch of which one belongs to. In case candidate does not belong to local area branch or be General Manager of local area branch, candidate shall have a recommendation from General Manager of neighboring local area branch or General Manager of the administrative divisions of Japan of the Association (hereinafter referred to 'Prefectural General Manager'), which is competent to the candidate's place of residence.
3. Having an approval of Prefectural General Manager and General Manager of cities, towns and villages (hereinafter referred to 'Municipal General Manager').

Article 4 Examination to Authorize Qualifications

4.1 In order to authorize Certified Instructor of Supporting Members with Disabilities, The Association shall open an examination of authorizing Certified Instructor of Supporting Members with Disabilities (hereinafter referred to 'Certifying Examination').

4.2 Certifying Examination shall consist of the following two kinds of tests:

- ① Leadership ability against the disabled
- ② Examination for a subject study related to the disabled (including short descriptive test)

4.3 The Disabled Supporting Department shall be in charge of Certifying Examination and shall decide final decision to pass or fail. Final approval shall be made by The Association.

Article 5 Fee for Examination and Authorization

Fee for having Certifying Examination shall be Yen 3,000 to be paid to The Association after receiving a notice of examination. Authorization fee shall be Zero.

Article 6 Examination Sites

Certifying Examination shall be done at the Head Office of The Association, as a general rule. After this examination is firmly established, Certifying Examination shall be done at the sites prepared by the Prefectural Association at any time. Candidate who wishes to have an examination at the site other than designated, one shall write the preferred site to have an examination in the application form.

Article 7 Certificate etc. of Certified Instructor of Supporting the Members

with Disabilities

Final judge shall be done by The Disabled Supporting Department and candidates who are authorized shall be given a certificate, a card of Certified Instructor of Supporting the Members with Disabilities and an attendance card of training course.

Article 8 Qualifications' Term of Office

The term of office of Certified Instructor of Supporting the Members with Disabilities shall be three years. But qualifications can be renewed for another three years after attending renewal training course successfully.

Article 9 Qualifications and Authorities

As a general rule, Article 9 of Rules and Regulations about Certified Instructor or Article 9 of Rules and Regulations about Senior Certified Instructor shall be applied.

Article 10 Loss of Qualifications and Suspension

10.1 Certified Instructors of Supporting the Members with Disabilities shall lose its qualifications when they fall under the following reasons, however, Dan-I shall remain:

1. Fail to attend Third Year Certified Instructor of Supporting the Members with Disabilities Qualification Renewal Training Course (hereinafter referred to 'Qualification Renewal Training Course' successfully.
2. The Association shall be able to take procedures of forfeiting one's qualifications regardless of the term of office by the resolution of the Board of Directors with the agreement for the forfeit more than a half of the voting rights when one acts against the purposes of The Association.

10.2 When one loses qualifications of Certified Instructor of Supporting the Members with Disabilities by any reason, he or she must return a certificate, a card of Certified Instructor of Supporting the Members and with Disabilities and an attendance card of training course to The Association.

10.3 Members, who once lost the qualifications of Certified Instructor of Supporting the Members with Disabilities wish to obtain the qualifications again, must pass the Certifying Examination successfully.

10.4 Member, who lost the qualifications in accordance with preceding Article 10.1 or was expelled from The Association in accordance with following Article 12, must not be authorized as Certified Instructor of Supporting the Members with Disabilities once again.

three years.

4. This Third Year Qualification Renewal Training Course shall be done twice a year at the Head Office of The Association, as a general rule, one during April and September and another during October and March of next year. However, Qualification Renewal Training Course of each Prefectural Association can be done at any time.
5. As a procedure of opening qualification renewal training course, Secretariat office of Disabled Supporting Department shall prepare the list of target certified instructors and send the notices of renewal to them. The target certified instructors shall be able to take Third Year Qualification Renewal Training Course at any places sponsored by Disabled Supporting Department with the attendance card of training course. Certified Instructors of Supporting the Members with Disabilities who plan to re-attend the training course, he or she shall pay the fee of Yen 3,000 to The Association. This fee shall not be repaid even if he or she fails to complete the training course. However, it may be repaid with the reasonable reasons.

Article 14 Revision

The revision of these rules and regulations shall be resolved at the conference of the Highest Executives through the discussion at the conference of Handicapped Supporting Department. Then the revision shall be submitted to the Board of Directors and General Meeting of Representative of Members, and shall be resolved, approved and enforced.

Additional Rule

These rules and Regulations shall be enforced as from April 1st 2015.

Additional Rule

These rules and regulations shall be revised and enforced as from July 1st 2015.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2016.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2017.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2018.

Additional Rule

Articles 1, 3, 4, 5, 7, 9, 10, 11aaaand 13 of these rules and regulations shall be revised and enforced as from February 15th 2019.

VI. Organization of Japan Sport Wellness Fukiya Association (Extract)

Article 1 Division of Duties

These rules and regulations shall prescribe an organization at Head Office, office organization and divisions of duties of General Corporate Juridical Person Japan Sport Wellness Fukiya Association (hereinafter referred to 'The Association').

Article 2 Set up

At the Head Office of The Association, Chief Supervising Officer shall be appointed to control all duties of Secretariat, Organizing Bureau, Public Relations Department and International Organization Project Office.

Article 3 Secretariat and Organizing Bureau

Under the control of Chief Supervising Officer, The Association shall set up Secretariat and Organizing Bureau.

Article 4 Secretariat

The following Departments shall be set up in the Secretariat:

1. General Affairs Department
2. Examination Department
3. Academic Investigation Department

Article 5 Organizing Bureau

The following Departments shall be set up in Organizing Bureau:

1. Organization Department
2. Organization Administration Department
3. Education Department
4. Referee Department
5. Competition Department
6. Disabled Supporting Department
7. Junior Bringing up Department

Article 6 Public Relations Department and International Organization Preparatory Office

Public Relations Department and International Organization Preparatory Office shall be

set up under the direct control of Chief Supervising Officer.

Article 7 International Organization Preparatory Office

The following Departments shall be set up in International Organization Preparatory Office:

1. Strategies Planning Department
2. International Department

VII Rules and Regulations about International Organization Preparatory Office

Article 1 Set up

Under the direct control of Chief Supervising Officer, The Association shall set up International Organization Preparatory Office in order to achieve The Association's target to establish International Organization under the slogan of "Let us make Japan and World healthy".

Article 2 Formation

The following Departments shall be set up in International Organization Preparatory Office:

1. Strategies Planning Department
2. International Department

Article 3 Duties

Strategies Planning Department shall execute the following duties:

1. To translate The Association's Rules and Regulations into English.
2. To prepare the draft of Articles of Incorporation and Rules and Regulations for the Overseas Sport Wellness Fukiya Association.
3. To settle on a World Growth Strategy of Sport Wellness Fukiya.
4. To study Article of Incorporation and Rules and Regulations of International Sport Wellness Fukiya Federation (tentative name).
5. To make a plan of International Sport Wellness Fukiya Championship.
6. To plan International Organization Establishment Council.
7. To unify the competition rules of Sport Wellness Fukiya.

International Department shall execute the following duties:

1. To spread Sport Wellness Fukiya for the overseas countries.
2. To have the cultural exchanges with overseas countries.
3. To support overseas organizations.
4. To work for establishing overseas branches in all over the world.

Additional Rule

These rules and Regulations shall be enforced as from June 20th 2019.

VIII Establishing Overseas Organization

Rules and Regulations about Establishing Overseas Organization

Article 1 Aims

Japan Sport Wellness Fukiya Association (hereinafter referred to “The Association”), institute Rules and Regulations about Establishing Overseas Organization, such as, General Overseas Branch (*Kaigai Sou-Shibu*) and Overseas Branch (*Kaigai Shibu*) (hereinafter referred to the “Overseas Branch (*Kaigai Shibu*)”), in accordance with Item 12 of Clause 1 and Clause 2 of Article 4 in the Articles of Incorporation of The Association.

Article 2 Name of Overseas Branch

Name of the Overseas Branch shall be ‘Japan Sport Wellness Fukiya Association, ○○ (Country Name), △△△ (State and/or City Name), □□□Branch’. Country name, State and/or City name shall not be used as it is as the name of the Overseas Branch.

Article 3 Matters which require attention when spreading in overseas

When establishing overseas organization, an organizer must concentrate one’s attention to the situation, culture and law etc. of the country, state and/or city, and shall get necessary permits from the Administration concerned.

Article 4 Overseas Branch

Overseas organization shall be basically Overseas Branch. In case several overseas branches are established in each state and/or city and country, General Overseas Branch shall be established and General Overseas Branch shall unify the local branches in the state and/or city, and country.

General Manager shall be issued by The Association in the name of The Association's Chairman.

Article 10 Management of the Overseas Branch

- 10.1 The Board of Directors of Overseas Branch shall pass a resolution about annual membership fee, administration and activity fee etc. to manage the Branch.
- 10.2 Management of the Overseas Branch shall be basically independent and thus each member shall pay administration and activity fee in addition to the annual membership fee in accordance with the resolution of the Overseas Branch's Board of Directors.
- 10.3 Overseas Branch's annual membership fee and other fee shall be used for the management of the Overseas Branch and need not pay to The Association. However, fee for the authorization of Dan-Kyu-I shall be paid to The Association in conformity with the Rules and Regulations of The Association.
- 10.4 In order to avoid any trouble concerning Overseas Branch's disbursement and receipt of money, Overseas Branch shall open new Bank Account to be used for the Overseas Branch's money movement only.
- 10.5 Branch's annual settlement of accounts shall be prepared in the name of General Manager and shall be audited by the auditor.
- 10.6 A copy of annual settlement of accounts shall be sent to The Association's International Organization Preparatory Office after obtaining an approval from Overseas Branch's Board of Directors.

Article 11 Authorization of Dan-Kyu-I Grades

In case Overseas Branch has Certified Instructors and/or Senior Certified Instructors among their members, they can judge the Dan-Kyu-I test in conformity with the rules and regulations of The Association. Dan-Kyu-I Certificate shall be issued by The Association.

Article 12 Participation of the Championship, Meets and Festivals

In case members belong to Overseas Branch wish to participate the National Championship and Meets to be held in Japan, name of his or her branch shall be Overseas Branch (self-assessment system).

Article 13 Report

- 13.1 General Manager of the Overseas Branch shall send Monthly Activity Report

mentioning the change of number of members, monthly activities etc. to The Association's International Department of International Organization Preparatory Office every end of the month. (Report by e-mail is acceptable.)

13.2 International Organization Preparatory Office shall submit these reports from Overseas Branches to Organization Administration Department.

Article 14 Sending Directors

The Association may send Directors from the Board, International Organization Preparatory Office, Education and Organization Administration Department to the Overseas Branch. Travelling expenses shall be borne by The Association.

Article 15 Purchase of Authorized Equipment

Overseas Branch shall conclude the contract with the appointed seller about the purchase of authorized equipment in accordance with the basic guideline concluded between The Association and the appointed seller. At this time, it is advisable that both parties shall agree who will pay the transportation cost, custom duties etc.

Article 16 Dismissal of Directors

The Association keeps the right to dismiss the directors of the Overseas Branch in the name of The Association's Chairman after the resolution of the Board of Directors, if the directors of Overseas Branch violate the rules and regulations of The Association.

Article 17 Dissolution

The Association keeps the right to dissolve the Overseas Branch in the name of The Association's Chairman after the resolution of the Board of Directors, if the said overseas organization violates the rules and regulations of The Association.

Article 18 Others

Other subjects related to the management of the Overseas Branch shall be discussed between The Association and the Overseas Branch.

Article 19 Revision

The revision of these rules and regulations shall be resolved at the conference of the Highest Executives through the discussion at the conference of General Managers. Then the revision shall be submitted to the Board of Directors and shall be resolved, approved and enforced.

Additional Rule

These rules and Regulations shall be enforced as from July 1st 2013.

Additional Rule

These rules and regulations shall be revised and enforced as from April 1st 2016.

Additional Rule

These rules and regulations shall be revised and enforced as from February 16th 2018.

Additional Rule

These rules and regulations shall be revised and enforced as from June 20th 2019.

IX Effects of Sport Wellness Fukiya Breathing on Health**What is Sport Wellness Fukiya Breathing (Sport Wellness Fukiya-shiki Kokyuhou)?**

The most remarkable characteristic of Sport Wellness Fukiya is its method of breathing. Sport Wellness Fukiya Breathing consists of both Thoracic Breathing and Abdominal Breathing, so it utilizes all the muscles that concern breathing. Everyone can master Sport Wellness Fukiya Breathing by doing Basic Motions correctly.

Positive Effects of Sport Wellness Fukiya Breathing on health

The Following are the positive effects on health which may be achieved with Sport Wellness Fukiya Breathing (Sport Wellness Fukiya-shiki Kokyuhou).

- Prevents arteriosclerosis and clogging of blood vessels
- Relieves stress and helps you relax
- Warms your body
- Ameliorates stiff shoulders
- Prevents high blood pressure
- Prevents aging of the brain
- Prevents diabetes
- Invigorates internal organs
- Ameliorates asthma
- Prevents back pain
- Enhances the immune system
- Enhances the effects of dieting and skin care

These parts are extracted from **Effects of Sport Wellness Fukiya Breathing (Sport**

Wellness Fukiya-shiki Kokyuhou) on Health in the “**Sport Wellness Fukiya Primer**” written by M.D. Hayashi, who is former advisor of The Association.

** Please note that because of the individual differences these positive effects on health may not apply to everyone.

Advices from Doctors:

Recommendable Sport for Anti-Aging

Mr. Takashi ARAI, Doctor of Medicine, Advisor of The Association

As Sport Wellness Fukiya repeats deep breathing which we usually do not do in daily life, this sport shall be considered light burden training for the all muscles, especially abdominal muscles. This may contribute tightened stomach, improving metabolism and good effects on health such as mental stability, dropping blood pressure because of abdominal breathing. Generally, sport may be strenuous but Sport Wellness Fukiya becomes the center of public attention as a gentle sport suitable for the aged and persons of sick recovery period. I recommend Sport Wellness Fukiya as a sport which aims Anti-aging.

Continuation of Sport Wellness Fukiya is the most suitable for Healthy Longevity

Mr. Yoshiki YAGO, Vice President of Yago Clinic, Facility Manager of Yago Medical Fitness Club, Sport Doctor, Health Exercise Therapist, Advisor of The Association's Academic Investigation Section, Education Department

Three important components to maintain healthy life for the aged are well-balanced nutrition, enough rest and moderate exercise.

Especially, in order to extend healthy life span, long continuation of sport which shall interest oneself, regardless of physical strength difference is very important. In this sense, effect of Sport Wellness Fukiya on health is not a transient effect for short period but continuous effect for longer period and I would say that this is the most suitable sport to extend healthy life span. Persistent rate of Sport Wellness Fukiya is No. 1 in our Medical Fitness Club. I hope a lot of people extend healthy life span by Sport Wellness Fukiya.

Sport Wellness Fukiya is a Golden Sport suitable for Fat Burning

Hiroyuki IMAI, Doctor of Medicine, Advisor of The Association's Academic Investigation Section, Education Department, President of Imai Clinic

With the help of University's Faculty of Physical Education, we measured calorie consumption of Sport Wellness Fukiya. Calorie consumption of six rounds (blowing 30

darts) showed 66 calories and 1.7 METs*. These figures are not so high and person who does not have physical strength can enjoy Sport Wellness Fukiya without difficulty. Breathing quotient (RQ) which was measured at the same time was 0.81 and we can understand that energy source of blowing darts shall be lipid. We have never heard the sport which promotes lipid metabolism from the starting of the sport. Sport Wellness Fukiya can be said the golden sport for lipid metabolism.

*66 calories and 1.7 METs means the light sport of just walking around

Good effects on motor symptom improvement of Parkinsonian syndrome

Noriko KAWASHIMA, Doctor of Medicine, Board-certified neurologist of Japanese Society of Neurology, President of Kawashima Neurology Clinic, Regular member of The Association

Freezing foot, speech problem and postural disorder of Parkinsonian syndrome's exercise symptoms are correlated with aging of lung. It is very important for the good lung function that large enough and resilient lung shall be kept and rib cage, lip, tongue, pharynx and larynx shall keep good functions.

Basic motions of Sport Wellness Fukiya, such as keeping lung and rib cage big enough by inhaling, exhaling at once after keeping a breath a little, give good effect on rejuvenation of lung. Furthermore, we can expect good effects on health from the game nature of Sport Wellness Fukiya, which we can continue happily.

Enjoy Sport Wellness Fukiya with training of muscles of lower body

Shuichi OHBUCHI, Doctor of Medicine, Physical Therapist, General Manager, Elderly Person Health Promotion Business Support Department of Tokyo Metropolitan Geriatric Hospital

In the nursing-care field, in addition to the problem of lower body, a lot of accidents of getting stuck in the throat are found, thus, around the mouth is now getting more important for the care. I believe that Sport Wellness Fukiya Breathing is an ideal to prevent an aspiration. Furthermore, Basic Motions, which lead correct posture, make all organs stay at the correct positions and give good effects on health. However, when thinking about care prevention, training of muscles of lower body is also very important. Let us aim healthy longevity by enjoying Sport Wellness Fukiya adding crouching posture and keeping knees at bending position for the training.

X Questions and Answers

Q: How can we start Sport Wellness Fukiya in our country (outside Japan)?

A: Please contact International Department of Japan Sport Wellness Fukiya Association, who will give you the necessary information.

E-mail: info@fukiya.net Attention: International Department

Equipment and Basic Motions: Please refer to Chapter I of this Guide Book

How to affiliate with The Association: Please refer to Chapter III of this Guide Book

How to establish Overseas Branch: Please refer to Chapter VIII of this Guide Book

Q: Can we make Fukiya equipment by ourselves?

A: As a competitive sport, we regulate unified equipment, which attach the greatest importance on the safety, and all Fukiya players must use this authorized equipment. We do not admit self-made equipment.

Q: Is Sport Wellness Fukiya dangerous?

A: No, Sport Wellness Fukiya is not a dangerous sport, if you keep the rules and aim only the target. Tip of dart has round shape considering the safety.

Q: Do you have any rule about clothing?

A: No, we do not regulate clothing. Please wear safe and suitable for light sport. In case you participate in meets and competitions sponsored by The Association, please refer to Chapter IV of this Guide Book, Rules and Regulations about Competitions in details.

Q: Why should we follow Basic Motions?

A: Basic Motions (*Kihon Dousa*) are the fundamentals of Sport Wellness Fukiya, and are so arranged as to make the most of Sport Wellness Fukiya Breathing to maximize the good effects it has on your health. The Basic motions (*Kihon Dousa*) are a series of motions that begin from and end with a bow (*Rei*). The smooth motions create beautiful forms, bring about deep breathing, heighten concentration, and give you vitality. Please study Basic Motions correctly and enjoy Sport Wellness Fukiya as a lifetime sport.

Q: What kind of certificate is necessary to coach Sport Wellness Fukiya in our country (outside Japan)?

A: You must get the qualification of Certified Instructor. Please refer to Chapter V of this Guide Book.

Supplement:

Articles of Incorporation (Extract)

of Sport Wellness Fukiya.

5. Medical study related to the Sport Wellness Fukiya's abdominal breathing and health.
6. Study and develop the equipment of Sport Wellness Fukiya.
7. Inspect and give official approval for the equipment of Sport Wellness Fukiya.
8. Authorize Dan-Kyu-I related to Sport Wellness Fukiya.
9. Publish books and create audiovisual aids to spread and promote Sport Wellness Fukiya.
10. Manage the site of training camp, training school and institute, which provide the opportunities and places for the training of Sport Wellness Fukiya, and personal exchanges regardless of The Association's member or not..
11. Plan the international exchanges by establishing overseas organization to spread and educate them in order to promote Sport Wellness Fukiya.
12. Other lines of undertakings which shall be necessary to achieve the purposes of the Association.

4.2 Undertakings prescribed in preceding items 1 through 10 and 12 shall be done in Japan and prescribed in item 11 shall be done in Japan and Overseas.