

## **International Support Business**

J.T. STRENGTH & CONDITIONING Co., Ltd. is an organization not only in Japan but also in international organizations, sports, and non-conventional training methods and coaching methods centered on the strength and conditioning cultivated in the U.S.-Japan professional baseball team and various aspects of supporting the athletes' development, and aim to contribute to the development of the global sports from the field of "training."

### **1. Coaching**

Aiming to improve organizational skills, individual thinking skills, and behavioral skills.

### **2. Strength & Conditioning**

A new training method that combines the flexibility and movement-oriented body building (Japanese style) with the strength and conditioning.

### **3. Connection between countries (international exchange)**

We try to solve and improve while enjoying the differences between cultures, ways of thinking and culture between countries through training

### **4. Human resource development**

Increase opportunities to develop the strength and conditioning coaches and trainers with a wide range of training area knowledge and high communication skills

Please contact us if you are interested in the international support business. Experience support of about one week is also possible.

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