



Para Powerlifter

ERI YAMAMOTO

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Profile

Birth date: May 17th, 1983

Birth place: Kobe City, Hyogo Prefecture

Born with the impairments on the legs due to congenital spina bifida. Since 9 years old, she started to participate in the Para swimming events, both local and national, including the Japan Championships. She encountered with Para ice hockey at 29 years old during her study in Canada, and had opportunities to play together with the members of Canadian team, one of the sport's powerhouses. After studying the Para sports at the graduate school in Canada, she decided to come back to Japan at 32 years old and work for the Tokyo 2020 Paralympic Games that takes place in her home country. Since 2015, she's been working at

Nippon Foundation Paralympic Support Center. In May 2016, she put her hands on the powerlifting for the first time at the tryout event organized by Tokyo Metropolitan Office. That experience made her contemplate in which way she could enjoy her life more, with or without powerlifting, and then she chose to follow her heart again, and to challenge for Tokyo 2020 as an athlete. She's currently competing at the competitions in Japan and abroad while engaged in the projects at Nippon Foundation Paralympic Support Center to promote the awareness for persons with disabilities.

Record

- 2017** 6th in Women up to 55kg, at FAZZA World Cup in Dubai

- 2018** 6th in Women up to 55kg, at Bogota 2018 US championships

- 2019** Gold in Women up to 55kg, at All Japan Championships

- 2019** 12th in Women up to 55kg, at Nur-Sultan 2019 World Championships in Kazakhstan As of August 21st, 2019

- 2019** 1st in Women up to 55kg, at the Test Event of the Tokyo 2020 Paralympic Games "READY STEADY TOKYO – Powerlifting"
*A new national record with a 63kg lift.(As of October 11th, 2019)

As of April 1st, 2021

Media Coverage

- February 24th, 2021** Web | The Asahi Shimbun, "A Para's Future Shingo Katori Believes "Toward The World Recommended For Children"

- February 17th, 2021** Web | NHK, "Para Powerlifter Eri Yamamoto 'Support and Be Supported To The Future'"

- February 6th, 2021** Web | The Asahi Shimbun, "Female Para Athlete Teaches A Online Class for Masuda-shi Yoshida Elementary School"

- January 30th, 2021** Web | NIKKAN SPORTS, "My Mind Clears, Eri Yamamoto Misses The Win, But Gains Confidence Toward Tokyo 2020"

- January 22nd, 2021** Web | IPC NEWS, "Eri Yamamoto chasing her childhood dream" (English)

- December 21st, 2020** Web | LEE, "A Para Athlete Talks About 'Barrier-free Minds and Inclusive Society'; Parents and Children Learn Together"

Reference On Our Website

- May 30th, 2019** "The More Struggling As Athlete, The More Committed As Backoffice Staff: Eri Yamamoto, Nippon Foundation Paralympic Support Center"

- May 29th, 2019** "Eri Yamamoto Wants To Show Examples Of "i enjoy!" To Promote Inclusive Society"

- February 7th, 2019** "Japan Excited With New National Records! Winners of All Japan Para Powerlifting Championships"

- May 23rd, 2018** SUPER☆DRAGON Faces On Reality of Person With A Disability at Challenge For Tomorrow! Academy

- March 28th, 2018** How To Become "Considerate Beauty"; What Female College Students Find Out at Challenge For Tomorrow! Academy

15 Things To Know About Her

Q1 How are you called by friends?
And why?

“Mac,” because I always devote myself on everything at maximum!

Q2 What did you major in at the university?

I majored in Psychology at the Department of Cultural History of the Faculty of Letters, studying the effects of laughter.

Q3 What is your personal goal for Tokyo 2020?

I aim to compete at the Paralympics as the first Japanese female Para Powerlifter, and to be remembered for my performance rather than the records.

Q4 What do you like most about Para Powerlifting?

To carry out the heavyweights so gracefully.

Q5 What do you think is your strength?

To be able to sleep anywhere. Once I can get some sleep, I can recover so quickly.

Q6 What do you like most about the competition uniform, so called “i enjoy suit”?

Its flamboyance. I also wear something orange with it, my favorite color, to boost my motivation!

Q7 What do you keep in mind ahead of the competition? What mindset do you try to achieve?

To take one step at a time. Concentrate on every practice.

Q8 What is your “fortune” food wishing for the victory?

Horse meat and liver.

Q9 What is your must-have items on the road?

I always take my own mattress and rice cooker.

Q10 What is your philosophy at the workplace?

To equilibrate input and output. I also try to be actively conscious of the how Japanese society view the Paralympic Games and persons with disabilities.

Q11 What is your recent boom or favorite pastime?

I love to collect candles. I'm so hooked in staring at the frames of fragrant candles in the dark room. My favorite pastime is to go to musicals, although I haven't much these days...

Q12 What is your “indulging” food after the competition?

Liver and ginger ale.

Q13 What is the phrase inscribed in your heart?

“Where there is a will, there is a way.”

Q14 What makes you feel honored?

The fact that I'm privileged to live the life that I fully enjoy.

Q15 Any message for Japanese audience?

I'll be so happy if you acknowledge every tiny bit of Eri Yamamoto as a person, and cheer up the sport of Para Powerlifting. Just come out and meet “Mac” for once!