

# Don't Miss Gymnastics!!

Gymnastics: Saturday, July 24<sup>th</sup> – Tuesday, August 3<sup>rd</sup>

○Who to watch: ① Andreas Toba



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**【 Introduction 】** Andreas Toba injured himself during the qualification round of the floor event at the Rio Olympics, but he persevered and competed in the pommel horse event, helping Germany to reach the finals.

### **【 Profile 】**

Name: Andreas Toba

Age: 30

Height: 172cm

Best events: Individual all-around  
Horizontal bar



©DTB

Hometown: Hanover

Team: Hanover Gymnastics Club

### **【 Recent achievements 】**

2021 European Gymnastics Championships Horizontal Bar Silver

**【 Trivia 】** His father was originally a member of the Romanian National Team, but immigrated to Germany in 1989 and became a member of the German team. His father won the Individual all-around event at the 1994 German Championships in Hamburg, and 22 years later, he won the very same event himself in Hamburg.



With friend Marcel Nguyen  
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○Who to watch: ② Elisabeth Seitz



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**【Introduction】** Elisabeth Seitz holds the record for the most gold medals at the German Championships. At the 2021 European Championships, she placed 7<sup>th</sup> in the individual uneven bars event, and 5<sup>th</sup> in the individual all-around.

**【Profile】**

Name: Elisabeth “Eli” Seitz

Age: 27

Height: 162cm

Best event: Uneven bars

Hometown: Heidelberg



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Team: Stuttgart Gymnastics Association

**【Recent Achievements】**

2021 European Gymnastics Championships Uneven Bars - 7<sup>th</sup>

2021 European Gymnastics Championships Individual All-around 5<sup>th</sup>



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**【Trivia】** She created the low-to-high bar transition known as the “Seitz” and unveiled it at the 2011 43<sup>rd</sup> World Gymnastics Championships in Tokyo. In the “Seitz,” she brings her feet up to the low bar, and does a flip into a handstand while facing away from the high bar, then a spin in mid-air, before landing in a hang on the high bar.

The Sport: Gymnastics

Athletes perform on various obstacles, and use their bodies to perform movements. They are judged on difficulty, aesthetics and control, and compete to score the most points on their performance. The men compete in floor, pommel horse, rings, vault, parallel bars, and horizontal bar. The women compete in vault, uneven bars, balance beam, and floor. The women’s floor event performances take place alongside music.

Gymnastics have a long history, and were contested at the very first Olympic Games in Athens. At that time, there were only men’s events, but women began competing at the 1928 Amsterdam Olympics. Events used to consist of a combination of compulsory movements and free movements, but the 1996 Atlanta Olympics were the last Olympics to have compulsory movements.

Tokyo 2020 Olympics Gymnastics Schedule (Venue: Ariake Centre)

July 24<sup>th</sup>: Men’s Prelims

July 28<sup>th</sup>: Men’s Individual All-around Finals

July 25<sup>th</sup>: Women’s Prelims

July 29<sup>th</sup>: Women’s Individual All-around Finals

July 26<sup>th</sup>: Men’s Team Finals

August 1<sup>st</sup> – 3<sup>rd</sup> Single Event Finals



# Don't Miss Para Judo!!

Para Judo: August 27<sup>th</sup> – 29<sup>th</sup>

○Who to watch: Nikolai Kornhaß



With head coach Carmen Bruckmann  
© German Disabled Sports Association

**[Introduction]** While he may seem calm and quiet, Nikolai, who took home a bronze medal at the 2016 Rio de Janeiro Paralympics, gets serious the moment practice starts. We are all looking forward to watching Nikolai compete in Tokyo!

## **[Profile]**

Name: Nikolai Kornhaß

Age: 28

Weight class: 73kg

Birthplace: Freyberg

Team: Gundelfingen Judo Association



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## **[Recent Achievements]**

2021 European Para Judo Championships – Silver

**[Trivia]** In an interview with a local newspaper, Nikolai was asked if he ever thought he would lead the world rankings, and replied “Actually, I’m surprised. Honestly though, I would rather continue to win tournaments than to be told that I am 1<sup>st</sup> in the world.” We can’t help but cheer on

**Nikolai!**

## The Sport: Para Judo

Paralympic Judo is contested by those with visual impairments. The rules do not change much from regular judo, except that the match begins with the athletes touching each other. When they get separated, the match is paused and the athletes return to this position. Because the athletes are in constant contact with each other, this form of Judo is especially physically demanding. There are 7 weight classes for men, and 6 for women, and matchups are based on the severity of the visual impairment.

Tokyo 2020 Paralympics Judo Tournament (Venue: Nihon Budokan)

August 27<sup>th</sup>: Women’s 48kg Finals

August 28<sup>th</sup>: Men’s 73kg Prelims, Bronze Medal Match, Finals ( ← Nikolai Kornhaß)

August 29<sup>th</sup>: Men’s 100kg Finals

## Germany • Joetsu Exchange

Joetsu signed its agreement to hold a training camp with Germany in October, 2016, and in November 2019, athletes competing in the Trampoline World Championships in Tokyo held a training camp in Joetsu. Joetsu has also sent cheerleading groups to competitions in Japan to cheer on Germany.

Furthermore, Joetsu has held training camps for the German Paralympic Judo Team on three occasions: August, 2018, April, 2019, and February/March, 2020. During their visits, they engaged in a variety of cultural exchanges, such as school visits, cultural experiences, and practices with local athletes.



▲ 2017 Junior World Championships Cheerleading Group



▲ German Para Judo Team (U21) Exchange with Local High Schoolers



▲ German Para Judo • Elementary School Exchange



▲ German Trampoline Team Exchange Event



▲ German Para Judo Training Camp (Prefectural Budokan)

## Joetsu Host Town Supporters

In order to raise awareness of the Olympics and our exchange with Germany, Joetsu began the “Joetsu Host Town Supporter” system in October 2019. As of June 30<sup>th</sup>, 2021, there are 126 individuals and 1 organization registered as supporters. Once a month, we send out the “Host Town Supporter Update” which details our Host Town activities, the Olympics & Paralympics, and a variety of information related to Germany. Supporters also lend a hand during training camps, and participate in exchange activities.



▲ German Trampoline Team Support Squad



▲ Torch Relay Route Cleanup Squad



▲ German Gymnastics Team Handmade Gift Squad

Find out more below!!

Official Website



Facebook



Instagram



Tag the following and cheer on Germany!

#AndreasToba #ElisabethSeitz

#TurnTeamDeutschland

#NikolaiKornhaß

#ParaJudoDeutschland

#AufgehtsGermany2020