

A princess carry at minus 360 degrees

I've been seeing a lot of people lately who are steadily working out to build their physical strength.

It's a good trend... Japanese people are also moving towards the US (Americanized) lifestyle. The goal is to build muscle and increase weight, and the average weight of Japanese women, 60kg-65kg, is just right.

That would be ideal.

The "bumping old man" will surely be thrown aside now.

The "princess carry" is no longer a strange thing to do; it's the other way around.

The number of female volunteers for the Self-Defense Forces is increasing.

Currently, 9% (20,000) are women.

The government aims to increase the proportion of women to 13%.

While assignments may differ between men and women,

both men and women receive the same training during their initial training period.

Training is divided into two phases, each lasting approximately six months.