



Tokuyo Nikaido

In 1913, Tokuyo Nikaido was an associate professor at Tokyo Women's Higher Normal School. She was sent to England by the Japanese Government to study the latest theories and methods of physical education at Martina Bergman Österberg's College.

From 1913 to 1915 Tokuyo Nikaido lived at Kingsfield and studied with Madame Österberg and College staff, Miss Rothera, Miss Ackerly, Miss Clarke, Miss Wikner, Miss Blower, Miss Strathairn, Miss Ruck and Miss Mears. We assume that Tokuyo established a good relationship with Madame Österberg, as we have a letter in The Österberg Collection in which Madame addresses Tokuyo as "my dear little Japanese friend".

Through studying at Madame Österberg's College, Tokuyo Nikaido learnt new ways to teach physical education and she believed that this would enhance personal happiness and the social welfare of women.

When she returned to Japan, Tokuyo Nikaido wanted to establish a school where she could put her experience to use and in 1922 she started the first teacher training school of physical education for women, *Nikaido Taisojuku (Nikaido Gymnastic Private School)* which had the motto: "Physical Education for Women by Women". In 1950, this school became *Japan Women's Junior College of Physical Education* and in 1965 *Japan Women's College of Physical Education* was established. <http://www.jwcpe.ac.jp/en/>

Like Madame Österberg, Tokuyo Nikaido was a pioneer of physical education for women, but her work in Japan was particularly significant because she founded her school at a time when Japanese society was very male-dominated in all spheres, including education and physical education.

In 2013, one hundred years after Tokuyo Nikaido studied at Madame Österberg's Physical Training College, *The Japan Women's College of Physical Education* celebrated its 90th birthday and invited the BÖU to join in the celebrations as honoured guests.