

Tokuyo Nikaido

1880-1941

In 1913, Tokuyo 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 Physical Training College.

From 1913 to 1915 Tokuyo Nikaido lived at Kingsfield and learnt new ways to teach physical education. She believed that this would enhance personal happiness and the social welfare of women.

When she returned to Japan she 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)*. The school's motto was: "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/>

Tokuyo was a pioneer of physical education for women in Japan. She founded her school at a time when Japanese society was very male-dominated in all spheres, including education and physical education.

"Japanese Women and Sport: beyond baseball and sumo", by Robin Kietlinski, Bloomsbury Academic, 2011. Includes sections on Tokuyo Nikaido and her time spent at the Bergman Österberg Physical Training College studying gymnastics.