Creating peace of mind through honest and committed management.

[Provisional Translation Only]
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Ichigo Group Holdings Co., Ltd. (JASDAQ, 2337)
Representative: Scott Callon, Chairman and Representative Statutory Executive Officer
Inquiries: Takeyuki Yoshimatsu, Senior Statutory Executive Officer
Telephone: +81-3-3502-4818 www.ichigo-holdings.co.jp/english

Ichigo Announces Hiromi Miyake's Dual Role as Athlete and Coach as Two Rising Stars in Women's Weightlifting, Honami Mizuochi and Mikiko Ando, Join Ichigo's Weightlifting Team

As part of its CSR (Corporate Social Responsibility) activities, Ichigo Group Holdings ("Ichigo") supports athletes in their pursuit of excellence via sponsoring the Ichigo Weightlifting and Rifle Shooting Teams. Ichigo's weightlifting team currently consists of Head Coach Yoshiyuki Miyake, who also serves as the Head Coach of Japan's national Women's Weightlifting Team, and Japan's leading weightlifter, Ms. Hiromi Miyake.

To further strengthen the team, Ichigo announced today in a press briefing that Hiromi Miyake will serve a dual role as weightlifter and Coach to support the development of two promising weightlifters joining Ichigo's team on April 1, Ms. Honami Mizuochi and Ms. Mikiko Ando, as they train to take part in future Olympics. The addition of these two athletes will reinforce the Ichigo Weightlifting Team's position as one of Japan's most powerful weightlifting teams.

The two new members of the Ichigo Weightlifting Team have already achieved outstanding results in international competition and are considered strong candidates for the next Olympics. Honami placed 6th at the 2012 Olympic Games in London, and Mikiko set a Japanese national record and was ranked 5th at the 2014 Asian Games. All three athletes in the Ichigo Weightlifting Team aim to participate in the next Olympics.

The Ichigo Weightlifting Team expresses thanks to everyone supporting its team members as they strive to do better and compete for medals in international competition.



Ichigo Weightlifting Team
Top left to right: Head Coach Yoshiyuki Miyake, Manager Minoru Ishihara. Bottom left to right: MikikoAndo, Hiromi Miyake, and Honami Mizuochi

I am very happy to welcome Honami and Mikiko to the Ichigo Weightlifting Team. I look forward to sharing what I know from my experience and working hard with them. My current goal is to win a medal at this year's World Championships. -- **Hiromi Miyake**



As Head Coach, I will do my best to lead the training of the two new members and Hiromi so that they can fully demonstrate their abilities at the World Championships this year. That way, they can contribute to Japan's winning four spots for the Olympics next year, which then would allow me to send our three members to Rio. -- **Yoshiyuki Miyake**



New members joining Ichigo as of April 1, 2015:



Honami Mizuochi
Hometown: Saitama Prefecture
Alma mater: Heisei International University
Major Results: 2012 London Olympic Games 48kg - 6th
2013 World Weightlifting Championships 48kg - 7th
2013 Summer Universiade 48kg - 5th

I will keep in mind that I am now a working adult. I will train hard to become more competitive and to win higher points at this year's World Championships.
-- **Honami Mizuochi**



Mikiko Ando
Hometown: Chiba Prefecture
Alma mater: Heisei International University
Major Results: 2013 World Weightlifting Championships 58kg - 7th
2014 Japan Weightlifting Championships 58kg - Gold
2014 Asian Games 58kg - 5th

I would like to express my gratitude for welcoming me to the great environment Ichigo has to offer where I can concentrate on weightlifting. As I begin my first days as a new graduate, I will train hard to achieve satisfactory results. -- **Mikiko Ando**

Welcoming Ceremony and Press Briefing held today at Ichigo Group Holdings







To further underscore its commitment and support for Japan's young athletes as they strive for global excellence, Ichigo has launched a new website Ichigo Sports. Visit the website to learn more about Ichigo's athletes as well as about the sports of weightlifting and rifle shooting.

Ichigo Sports (*Japanese only*):
www.ichigo-holdings.co.jp/ichigosports/

