

## Powerlifting

Powerlifting made its Paralympic debut at the Tokyo 1964 Games. Athletes with a lower limb impairment use their upper body strength to lift a barbell (a long bar loaded with weight plates) and attempt to lift the heaviest weight. For around the 3 seconds that it takes them to lift the bar, you'll be more impressed with the athletes' concentration and mental strength than with their arm strength. The sport has grown in recent years and is now practised in 110 countries.

### Rules:

#### Bench press competitions

Within the two-minute allocated time, athletes lie on their back on the bench, stretch their lower body, remove the bar from the rack and then hold it with the elbows stretched. After a signal from the referee, they lower the bar to their chest and pause before pushing it upwards to arm's length and locking their elbows. Each athlete has three attempts and the maximum weight they can lift is their record. They are then ranked in the order of the heaviest weight lifted.

### Classification:

Athletes with a lower limb impairment and short stature (145 centimeters or shorter for men and 140 centimeters or shorter for women) are eligible for the Tokyo 2020 Paralympic Games. They are divided into different classes according to their weight rather than the type and degree of impairment. For athletes with an amputation, a certain weight will be added according to the extent of the amputation.

### Column:

The magnificent sight of an athlete using their upper body to lift the bar at once!

In Paralympic powerlifting, athletes make attempts with their legs on the bench, which means they are unable to brace their feet against the floor. Just imagine how hard it is to lift the bar with your feet off the floor.

There are a number of experienced athletes from many different leading countries. Japanese athletes finished in the top 8 in the past and are undergoing further training in a bid to win a medal at the Tokyo 2020 Games.

### Trivia:

If you look at the world, an athlete in the heaviest category lifts 310 kilograms, which exceeds the record by an able-bodied athlete in the same conditions.

### Venue:

At the Tokyo 2020 Paralympic Games, powerlifting will be held at Tokyo International Forum.