

SPECIAL INTERVIEW

What I should change. What I shouldn't. I hope to always be true to myself, valuing both and never giving up on personal growth, no matter what struggles I may face.

MIU HIRANO

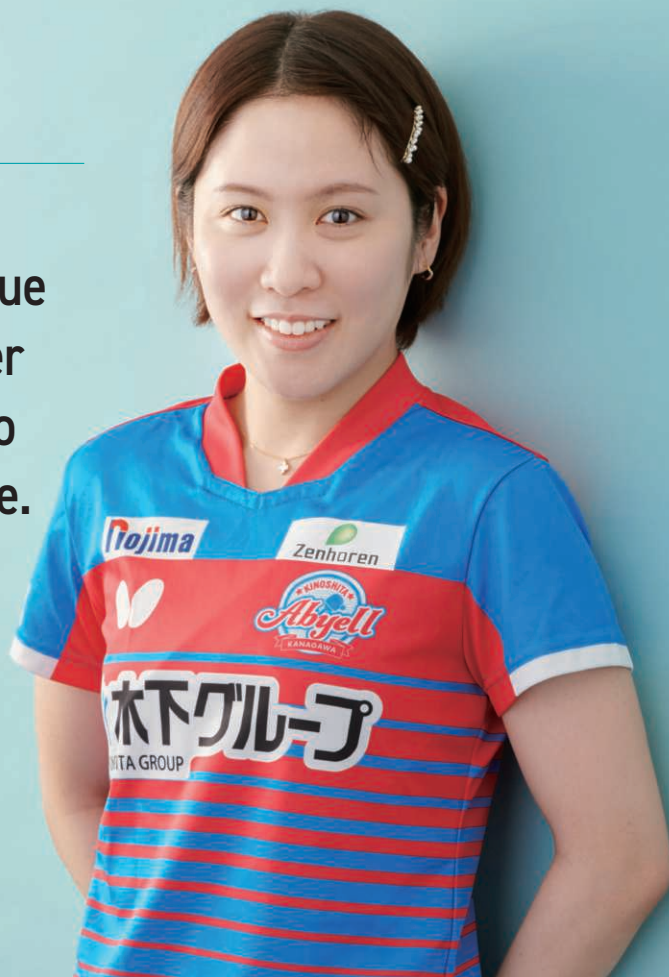
Kinoshita Abyell Kanagawa

Miu Hirano

PROFILE

Born in the year 2000. She began playing table tennis at age three, and won the women's singles title at the 2017 Asian Championships. Using her experience as a reserve player in the Rio 2016 Olympics, she took the silver medal in the women's team event in both the Tokyo 2020 Olympics and the Paris 2024 Olympics.

She has been a member of Kinoshita Abyell Kanagawa since 2022. She has competed in the T.LEAGUE in eight seasons, starting with the 2018–2019 season, and claimed the championship in seven of them. In the 2025–2026 season, she has won 75% of the singles matches. She has maintained a consistent position at the top of the league's rankings.



T.LEAGUE, a professional table tennis league, was launched in the fall of 2018. Miu Hirano is a central figure in the league, which is officially sponsored by Toagosei. Behind her spectacular results, she has taken on and overcome unseen struggles, her eyes set on the future. She also shared with us an unexpected connection between herself and Toagosei, linked by Aron Alpha.

I consider myself a lucky person. For one, T.LEAGUE was launched at a critical time in my career as an athlete, and I've been able to reach new heights by training together with top athletes. I've also won several T.LEAGUE championships.

As a T.LEAGUE athlete, I feel very grateful to Toagosei, which has been an official partner since 2018. I also feel a personal sense of closeness and connection with Toagosei.



During practice, when my racket hits the table and wood chips off, I use Aron Alpha to fix it. I use the same racket for three to four years, so I think of Aron Alpha as a stalwart supporter that supports my performance.

When T.LEAGUE began, it was a major turning point in my life as an athlete, but I'll also never forget my experience as a reserve for the Rio Olympics. While all the others were out there playing, I was just watching from the spectator area. The situation was very frustrating. I realized deeply that to make the national team, I had to change absolutely everything—from the quantity and quality of my practice to the way I think about the game. In terms of practice volume, I would get so immersed that I'd play from nine in the morning until nine at night. I could truly feel within myself that "I had changed."

I'm sure there are plenty of things I'll need to change throughout the rest of my athletic career. I need to keep evolving my play style and my goals, and even my techniques, as table tennis balls and rackets change over time.

However, there are things that I should keep unchanged. One of those is the determination to never run away. When you win a match, it feels great, but when you lose, it's hard. There are plenty of moments where I lose my love for table tennis. Running away might be easy, but if I ran away, I'd never achieve my dreams. I'd just end up being mediocre, in everything, not just table tennis. I'm going to be persistent, constantly working to achieve what I've set out to do, without ever turning my back on it. Just like the Aron Alpha I always keep handy, I want to be a tough, resilient athlete who never gives up.

*This interview was conducted in March 2026.