



22nd Asian Men's Handball Championship (2026)



Team roster

JPN - Japan

Players

#	Name	Position	DOB	Age	Club	(cm)	(kg)	IM	IG
1	NAKAMURA Takumi	Goalkeeper	02.08.1996	29	Toyoda Gosei Blue Falcon Nagoya	190	85	58	2
4	SAKURAI Tomoya	Right wing	18.10.1999	26	Toyota Auto Body Bravekings Kariya	190	90	13	13
8	ISHIDA Tomoki	Left wing	28.12.2000	25	Japan Handball Association	179	78	5	18
9	SUGIOKA Naoki	Left wing	18.04.1994	31	Toyota Auto Body Bravekings Kariya	178	80	88	173
12	IWASHITA Yuta	Goalkeeper	21.06.1991	34	Zeekstar Tokyo	183	83	36	1
15	BAIG Adam Yuki	Left back	21.04.1999	26	Zeekstar Tokyo	196	105	90	207
20	WATANABE Jin	Right back	17.01.1990	36	Toyota Auto Body Bravekings Kariya	184	98	135	410
23	HASHIMOTO Akio	Pivot	17.02.1993	32	Zeekstar Tokyo	185	95	4	4
31	YOSHINO Tatsuki	Left back	13.07.1994	31	Toyota Auto Body Bravekings Kariya	183	88	96	329
38	MIZUMACHI Kotaro	Left back	13.03.1995	30	Toyoda Gosei Blue Falcon Nagoya	184	90	37	77
39	FUJISAKA Naoki	Center back	01.07.2002	23	Daido Steel Phonix Tokai	180	77	20	81
43	ENOMOTO Yuga	Right back	20.12.2000	25	Vojvodina	175	80	10	24
48	YAMADA Shinya	Pivot	25.04.1997	28	Toyota Auto Body Bravekings Kariya	190	98	14	6
51	NAKATA Kota	Right wing	07.07.1999	26	Toyota Boshoku Kyusyu Red Tornado Saga	169	69	10	27
54	IREI Uta	Center back	14.07.2001	24	Zeekstar Tokyo	186	88	4	12
56	ARASE Ren	Right back	06.11.2002	23	Toyoda Gosei Blue Falcon Nagoya	173	75	11	31
58	TANAKA Daisuke	Center back	13.11.1995	30	Toyoda Gosei Blue Falcon Nagoya	175	77	2	7
68	ICHIHARA Soya	Pivot	24.08.1999	26	Toyoda Gosei Blue Falcon Nagoya	189	88	14	6

Average age: 28,06, Average height: 182,7, Average weight: 85,8

Team officials

	Name	Date of birth	Function
Off. A	GERONA SALAET Antonio	31.7.1973	Head coach
Off. B	KAKAZU Yosuke	22.1.1992	Assistant coach
Off. C	PEJANOVIC PLAVSIC Dimitrije	9.7.1974	Assistant coach
Off. D	LLEIXA Pau	24.5.1992	Assistant coach
Off. E	SHIBATA Tomohito	19.5.1990	Physiotherapist