

HARADA METHOD • OPEN WINDOW 64 (OW64)

# SHOHEI OHTANI: GOAL ACHIEVEMENT MANDALA

The legendary 81-cell blueprint created at age 16 at Hanamaki Higashi High School (2010)

Framework: Open Window 64 / Mandala Chart

Methodology: Takashi Harada & Norman Bodek

Target: #1 NPB Draft Pick by 8 Teams • 160 km/h (99 mph)

Continuous Improvement: Kaizen, Self-Reliance & Habit  
Mastery

|                                   |                                  |                                    |                                  |                                           |                                   |                                    |                                  |                                              |
|-----------------------------------|----------------------------------|------------------------------------|----------------------------------|-------------------------------------------|-----------------------------------|------------------------------------|----------------------------------|----------------------------------------------|
| Take supplements properly         | FSQ 90 kg (Front Squats)         | RSQ 130 kg (Rear Squats)           | Improve instep step-through      | Strengthen core & trunk                   | Stabilize pivot axis              | Lead with lower body rotation      | Release ball out in front        | Increase ball rotation / spin rate           |
| Body care & maintenance           | 1. BODY / PHYSICAL               | Meals: Dinner 7 bowls, Breakfast 3 | Create downhill throwing angle   | 2. CONTROL                                | Release ball out in front         | Suppress early body opening        | 3. SHARPNESS / PRECISION         | Clean turn at pivot axis                     |
| Increase flexibility              | Build stamina & endurance        | Expand range of motion             | Hit ball path from above         | Strengthen wrist snap                     | Stabilize release point           | Catch liner balls cleanly          | Shoulder & elbow range of motion | Increase strike count pitch efficiency       |
| Clear goals & defined purpose     | Perform in high-pressure pinches | No emotional ups and downs         | 1. BODY / PHYSICAL               | 2. CONTROL                                | 3. PRECISION / SHARPNESS          | Gain functional weight             | Strengthen shoulder girdle       | Increase pitching endurance                  |
| High emotional sensitivity        | 8. MENTAL TOUGHNESS              | Cool head, hot passion             | 8. MENTAL TOUGHNESS              | DRAFT #1 PICK BY 8 NPB TEAMS ★ 160 KM/H ★ | 4. SPEED 160 KM/H                 | Strengthen lower body drive        | 4. SPEED (160 KM/H / 99 MPH)     | Dynamic core power rotation                  |
| Do not swing between joy & sorrow | Fierce tenacity for victory      | Never be swayed by atmosphere      | 7. PERSONALITY / CHARACTER       | 6. LUCK / GOOD FORTUNE                    | 5. BREAKING BALLS                 | Clean, flexible hip hinge          | Consistent mechanical delivery   | Explosive stride mechanics                   |
| Thoughtful & caring to others     | Polite & well-mannered           | Worthy of trust & respect          | Pick up trash (someone's luck)   | Clean locker room & dugout                | Greet coaches & peers with energy | Pinpoint slider precision          | Fast curveball with sharp drop   | Throw breaking balls with fastball arm speed |
| Express daily gratitude           | 7. PERSONALITY / CHARACTER       | Sustained daily continuous effort  | Treat equipment with utmost care | 6. LUCK / GOOD FORTUNE                    | Positive mindset & optimism       | Curveballs for strikes & chase     | 5. BREAKING BALLS                | Decisive out-pitch vs lefties                |
| Care for teammates & peers        | Plan schedule & days ahead       | Worthy to be loved & supported     | Respectful attitude to umpires   | Read books to expand perspective          | Be someone others cheer for       | Visualize pitch trajectory & depth | Master late-break forkball       | Tunnel pitches off fastball slot             |

Methodology Credit: The Harada Method (Takashi Harada) • Brought to global prominence by Norman Bodek (PCS Press / Lean Pioneer).

The Open Window 64 translates overarching macro-vision into actionable micro-habits across physical mechanics, technical skill, mental composure, and personal character.

Shohei Ohtani Goal Chart • Updated 2026 Reference Edition

Hanamaki Higashi H.S. (Dec 2010) → 2x MLB MVP & World Champion