

5 - Arm Motions With a Smile

Source: [Crunchyroll](#)

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(Please feel free to edit the speaker names if incomplete or inaccurate. Names are handled on a best-effort basis depending on the info on the source file. Dialogue is left as is.)

SIGN Let's do our best together!

SIGN Welcome to the Cheer Association!

SIGN Cheer is fun!!

[00:15] Kohane

Tatejima-san!

[00:16] Uki

Welcome to the Cheer Association.

[00:18] Kotetsu

W-Wow. You even have snacks.

[00:21] Kohane

Today's your welcoming party, Tatejima-san.

[00:24] Kohane

Please, have a seat!

[00:26] Kotetsu

Wow, thank you so much.

[00:29] Kohane

We're glad to have you.

[00:30] Kohane

Can I call you Kotecchan from now on?

SIGN Tatejima Kotetsu

[00:34] Kotetsu

Please don't.

SIGN She's brutally honest when she needs to be.

[00:37] Kohane

Huh?

[00:38] Kohane

What?

[00:39] Uki

Why can't you figure out what just happened?

[00:43] Uki

You're obviously responsible for it.

[00:46] Uki

Remember? She doesn't like her name.

[00:48] Kohane

Oh... Oh!

[00:50] Uki

You forgot, didn't you?

[00:52] Kohane

But it's such a cool name...

And I wanna get closer to you.

[00:57] Kohane

Can't I?

[00:58] Kotetsu

But...

[00:59] Kohane

I mean with, "Kotecchan," people
might think your name is Koteko!

SIGN Kotecchan

SIGN Tatejima Koteko

[01:04] Kotetsu

Koteko?!

[01:05] Uki

You just made her name even worse!

SIGN Anima Yell!

SIGN A/V Room

[02:40] Kohane

Hey, this is the perfect opportunity
to call each other by our names.

SIGN Tatejima-san

[02:44] Kohane

"Ta-te-ji-ma-san" is really long.

[02:48] Kohane

On the other hand, "Kotecchan"...

SIGN Kotecchan

[02:52] Kohane

Four... That's only four syllables, right?

[02:55] Hizume

My apologies.

[02:57] Hizume

I'm sorry I was late.

[02:58] Kohane

Oh, hey, Hizume!

[03:01] Hizume

H-H-Hatoya?

SIGN Episode 5: Arm Motions With a Smile

[03:05] Hizume

I see. So that's what's going on.

[03:08] Hizume

Calling each other by our first names...

I think that's a good idea.

[03:11] Uki

Yeah, you might even start to like

[03:13] ---

your own name more by
hearing people use it for you.

[03:16] Uki

Only if you're okay with it,
though, Tatejima-san.

[03:20] Kohane

Well, what do you say, Kotecchan?

[03:22] Kohane

You can call me by my name, too!

[03:24] Kotetsu

K-Kohane-chan...

[03:29] Kohane

Kotecchan!

[03:30] Kotetsu

K-Kohane-chan...

[03:32] Uki

Grr...

[03:34] Kohane

Well, now that Arima-san—
I mean, Hizume is here,

[03:38] Kohane

let's get started.

[03:40] Uki

S-Sure!

[03:42] Kohane

You can stay seated.

[03:46] Kohane

Kotecchan, we'd like to officially
welcome you to the Cheer Association!

[03:52] Kohane

Here's a cheer to welcome you.

[03:53] Kohane

Ready, and...

[03:55] Kohane

Come and join us!

[04:03] Kotetsu

I got to see the exact moment she changes!

[04:16] Kohane

K! O! T! E! C?

[04:21] Kohane

C? H? Um...

[04:23] ---

A? K-Koteccha—

[04:26] Kotetsu

Um, Kotetsu is just fine...

[04:32] Kotetsu

I-I'd like to do something in return...

[04:44] Uki

Where'd she go?

[04:45] Kohane

Maybe she went to get something.

[04:48] Hizume

I wonder why she opened the window.

[04:53] Kohane

The piano.

[04:54] Uki

So she went to the music room downstairs.

[05:08] Kohane

Thanks! We heard it clearly!

[05:10] Kotetsu

How am I supposed to do cheer like this? I need to build up stamina...

[05:16] Kohane

We have a good training method.

[05:19] Kotetsu

You mean like jogging?

[05:22] Kohane

Making pom poms!

[05:23] Kotetsu

Huh?

[05:28] Hizume

But we'll need to make Kotetsu-san's uniform, too.

[05:32] Kohane

Yeah! Who knows when we'll get our next request?

[05:34] Kohan

We might even get flooded with them!

[05:36] Kotetsu

Oh, so those uniforms were handmade.

[05:41] Uki

We still have the pattern.

[05:42] Kotetsu

I'm not that great at sewing...
Do you think I can do it?

[05:50] Kohane

Go, go, Kotecchan!

[05:53] Uki

I've never seen a cheer push someone away...

[05:56] Kohane

Just kidding. I'll help you out.

[05:58] Uki

It'll be done in no time if we all pitch in.

[06:01] ---

Th-Thank you.

[06:03] Hizume

By the way, do you have a sewing machine?

[06:06] Kotetsu

Oh, yeah. I have one I can use at home,

[06:09] ---

so I'll probably make it there.

[06:10] Both

What?!

[06:12] Kohane

You're so modern!

[06:13] Uki

So you're basically a pro!

[06:14] Kotetsu

H-Huh?

[06:20] Hizume

All right, this is our first
practice with four members.

[06:23] Kotetsu

Th-Thank you for having me.

[06:26] Kohane

I know I mentioned this earlier,

[06:27] Kohane

but the first thing you have to do
when you join is make pom poms!

[06:30] Kohane

It works out your body, too!

[06:33] Kohane

You wouldn't believe how much of
a workout making pom poms is!

[06:36] Kohane

Hizume taught me how!

[06:38] Kotetsu

J-Just by making pom poms?

[06:41] Uki

Hey, let's move on...

SIGN Wants to run away

[06:44] Kohane

Who knows? It might become a
tradition for the Cheer Club!

SIGN Tradition

[06:49] Hizume

Tradition...

[06:51] Uki

Wait, you're actually happy about that?

[06:54] Hizume

We can make pom poms another day.

[06:56] ---

For now, let's start with our stretches.

[07:00] Hizume

Let your body relax completely.

[07:02] Hizume

We'll start with our necks.

[07:05] Hizume

Kotetsu-san, just follow what we do.

[07:08] Kotetsu

O-Okay...

[07:10] All

One, two, three, four,

[07:13] All

five, six, seven, eight.

[07:16] Hizume

Next, from side to side.

[07:17] All

One, two, three, four,

[07:20] All

five, six, seven, eight.

[07:24] Hizume

Next, our shoulders.

[07:26] All

One, two, three, four,

[07:29] All

five, six, seven, eight.

[07:33] Hizume

Next, we'll be bending and stretching our knees.

[07:35] Hizume

Keep your backs straight and lower your hips down.

[07:39] All

One, two, three, four,

[07:43] All

five, six, seven, eight.

[07:46] All

One, two, three, four,

[07:46] Hizume

Kotetsu-san, your back isn't straight.

[07:49] Kotetsu

I-It's not? I'm sorry...

[07:49] All

five, six, seven, eight.

[07:54] Kohane

Are you okay?

[07:55] Hizume

Y-Yeah, I'm fine.

[07:57] Kotetsu

This is hard.

[07:59] Uki

No one gets it on their first try.

[08:02] Hizume

You say that, but you did all this pretty well on your first try.

[08:07] Uki

Did I?

[08:08] Kotetsu

You're amazing, Uki-chan.

[08:10] Kohane

Uki's always been really good at sports.

[08:13] Kohane

But what does that say about me when I started first?

[08:18] Uki

But I could never outdo you in enthusiasm, Kohane!

[08:21] Kohane

Y-You think so?!

[08:23] Kotetsu

Uki-chan is amazing!

[08:28] All

One, two, three, four,

[08:31] All

five, six, seven, eight.

[08:35] All

One, two, three, four,

[08:36] Hizume

This is your first time, Kotetsu-san, so don't push yourself too hard.

[08:38] All

five, six, seven, eight.

[08:41] Kotetsu

You're all amazing...

[08:43] Kohane

D-Don't worry, Kotecchan. You'll be as flexible as us soon enough.

[08:48] Uki

You're not very convincing!

[08:52] Hizume

Next, we'll work on our arm motions.

[08:53] Hizume

Essentially, the poses we'll be

doing with our pom poms.

[08:58] Hizume

This is your first time doing
this as well, Kotetsu-san,

[09:00] ---

so let's try just watching in a mirror today.

[09:03] Kotetsu

But should we be practicing at the entrance?

[09:07] Kohane

If a teacher finds us,

[09:09] ---

we can just say we were cheering
for the people going home.

[09:13] Uki

Why would you cheer for people going home?

[09:13] Kohane

Hooray! Hooray! Go-ing home!

[09:17] Hizume

There are several types of arm motions.

[09:20] Hizume

This is a high V.

[09:22] Hizume

Low V.

[09:24] Hizume

The T.

[09:26] Hizume

Half T.

[09:27] Hizume

Daggers.

[09:29] Hizume

Clasp.

[09:31] Hizume

Clap.

[09:33] Hizume

There are others, but it's probably
difficult to learn all of them at once,

[09:36] Hizume

so let's just do those today.

[09:38] Uki

It's hard to get your
hands in the right position.

[09:41] Uki

You have to always keep
the backs of your hands

[09:44] ---

and your fingers level.

[09:47] Kotetsu

Um... Like this?

[09:49] Hizume

Your wrists are bent.

[09:53] Hizume

When you bend your wrists,
your pom poms will sag.

[09:58] Hizume

If you keep your wrists straight,
the pom poms will look more beautiful.

[10:02] Kotetsu

I see.

[10:04] Hizume

The most important thing is your smile.

[10:07] Hizume

If you can't smile genuinely from the heart,

[10:11] Hizume

you won't be able to cheer others on.

[10:14] Kotetsu

Got it. Smiles are important.

[10:17] Hizume

We'll be doing our calls in turn.

[10:21] Hizume

First, high V!

[10:23] Uki

Low V!

[10:27] Kotetsu

Like this?

[10:28] Hizume

Kotetsu-san, remember to smile.

[10:30] Kotetsu

Oh, right...

[10:33] Uki

One more time. Low V!

[10:36] Kohane

Half T!

[10:42] Kotetsu

Kohane-chan's smile is perfect!

[10:45] Kotetsu

*Maybe that's causing the contrast
between her upper and lower body...*

SIGN A/V Room

[10:53] Hizume

Next, let's do our arm motions
along with some music.

[10:59] Hizume

High V!

[11:01] Uki

Clasp!

[11:03] Kohane

Low V!

[11:04] Kotetsu

Daggers!

[11:06] Kohane

Great smile, Kotecchan!

[11:09] Kotetsu

Y-You think so?

[11:11] Hizume

Clap.

[11:12] Uki

T!

[11:14] Kohane

Low V!

[11:15] Kotetsu

Half T.

[11:17] Kotetsu

Hey, this is fun!

[11:20] Uki

We're getting more in sync.

[11:21] Kotetsu

Yeah.

[11:29] Kohane

We didn't have any time to practice dancing today.

[11:31] Uki

Well, the first half was the welcoming party.

[11:34] Kotetsu

But it was pretty hard...

Especially smiling all the time.

[11:38] Kotetsu

I keep forgetting to smile because

I'm concentrating on the poses.

[11:43] Hizume

High V!

[11:45] Uki

Clap!

[11:49] Kohane

You're smiling, Kotecchan.

[11:52] Kotetsu

Really?

[11:53] Uki

Kohane, your call!

[11:55] Kohane

Oh, right. Um... D-Daggers V!

[11:59] Kotetsu

Huh?

[12:00] Uki

That doesn't exist!

[12:02] Kohane

Starting over! Low V!

[12:05] Hizume

Clap.

[12:07] Uki

Daggers.

[12:09] Kotetsu

T!

[12:24] Kotetsu

High V.

[12:26] Kotetsu

Low V.

[12:35] Kon

Hey, are you okay, Kotetsu?

[12:37] Kotetsu

M-My muscles are sore since
I started in my club yesterday...

[12:42] Kon

Oh, right. You joined the Cheer Association.

[12:47] Uki

Morning!

[12:49] Kohane

What's wrong, Kotecchan?

[12:51] Kon

Her muscles are sore.

[12:53] Uki

Ah... Yeah, we were like that at first, too.

[12:57] Kohane

Kotecchan! Remember to smile!

[13:00] Kotetsu

Yeah, but...

[13:02] Kohane

High V!

[13:06] Kohane

T!

[13:08] Kohane

Half T!

[13:10] Kon

Wait, weren't your muscles sore?

[13:12] Uki

They've already become conditioned reflexes...

[13:15] Kohane

Daggers V!

[13:16] Kotetsu

Huh?

[13:21] Kohane

And now Kotecchan's
uniform is complete, too.

[13:25] Kohane

What's the matter?

[13:26] Kotetsu

I-It's sort of embarrassing being
the only one wearing a uniform...

[13:31] Kohane

Oh, you're fine!

[13:33] Kohane

Uki's even more embarrassed. She forgot we change school uniforms today.

[13:36] Uki

Oh, shut up!

[13:38] Uki

Hey, wait a sec. Kohane...

[13:42] Uki

Did you come to school earlier
on purpose because you knew?

[13:45] Kohane

Of course not! I had class duties today,
so I just came earlier for that.

[13:49] Uki

O-Oh...

[13:51] Kohane

But I was kinda hoping you'd forget.

[13:53] Uki

You brat!

[13:54] Uki

B-But maybe Hizume forgot, too...

[13:57] Hizume

Sorry I'm late.

[14:02] Hizume

What's the matter?

[14:04] Kohane

Oh, we just noticed you remembered
that we switch uniforms today.

[14:07] Kohane

Uki completely forgot.

[14:10] Hizume

Oh...

[14:11] Hizume

I had actually forgotten this morning,
but my brother reminded me...

[14:16] Hizume

That it'd be a disservice
to the world to lose even

[14:19] ---

one day when high school
girls get to wear less clothes.

[14:21] Uki

You can always count on your older bro.

[14:23] Hizume

Oh, I'm glad you're all here.

[14:26] Hizume

We've actually gotten a request.

[14:29] Kohane

A cheer request?

[14:30] Hizume

We'll be hearing from them
shortly in the home ec room.

[14:35] Kohane

And it's today!

[14:37] Kohane

Kotecchan is already in
her uniform, so let's go!

[14:40] Kotetsu

What?!

[14:42] Hizume

No, wait...

SIGN Home Ec Room

[14:51] Hizume

I didn't say it was a cheer request.

[14:55] Hizume

This is the president of the home ec club.

[14:58] Home ec

Sorry to ask you to come here so suddenly.

[15:00] Home ec

It's not exactly a cheer request,
but we'd like your help.

[15:04] Home ec

Does this not work unless it's
specifically a cheer request?

[15:08] Uki

Work?

[15:09] Home ec

I heard when you make a request
to the Cheer Association,

[15:12] ---

any wish will come true,

[15:13] Home ec

be it relationships,

[15:15] Home ec

studying,

[15:16] Home ec

or sports.

[15:18] Uki

What the heck? Who did you hear that from?

[15:21] Kon

Apparently Akitsune's friend
had her wish come true.

[15:25] Kotetsu

Friend?

[15:26] Uki

Really, now?

[15:28] Kohane

It doesn't exactly work like that,
but we'd be happy to help out!

[15:33] Kotetsu

But is there anything we can do to help?

SIGN High School Cooking Contest

[15:37] Home ec

We'd like some help in deciding the
menu for the upcoming cooking contest.

[15:42] Home ec

Just sample some dishes
and give us your opinions.

[15:44] Hizume

But it'll all be based on
our personal opinions.

[15:49] ---

Is that all right?

[15:51] Home ec

Oh, no problem.

[15:53] ---

There's four of you, so that's enough to
cover the tastes of the rest of humanity.

[15:57] Uki

Y-You think so?

[16:00] Home ec

We have a variety of samples.

[16:03] Home ec

The first dish is rolled
cabbage in cream sauce.

[16:07] Kohane

Wow, that looks really good!

[16:09] Home ec

What do you think?

Give us your honest opinions.

[16:13] Home ec

Wait, already?

[16:15] Kotetsu

Um... I'm sorry. May I go change?

[16:20] Kotetsu

I feel so out of place.

[16:22] Kohane

Oh, sorry, Kotecchan!

[16:26] Home ec

The second dish is seafood doria.

[16:34] Kohane

It's so good!

[16:37] Home ec

Our third dish is gratin
with seasonal vegetables.

[16:42] Kohane

This is delicious, too!

[16:44] Home ec

The fourth dish is our special original
Kaminoki High School carbonara.

[16:50] Kohane

Ooh, I love this, too!

[16:53] Kohane

So good!

[16:55] Kohane

Yummy!

[16:56] Kohane

So good!

[16:59] Home ec

Um... What's that thing you keep doing?

[17:02] Kohane

This is a high V!

[17:05] Uki

Don't worry about them.

It's basically become a habit.

[17:13] Home ec

Is there anything that you really like?

[17:17] Kohane

Beans, I guess?

[17:18] Home ec

Beans? Just beans?

[17:20] Home ec

Hatoya-san likes beans...

[17:22] Home ec

So does that mean Sawatari-san likes...

[17:29] Uki

Could you not make fun of me?!

[17:33] Home ec

Hatoya-san, have some red bean soup.

[17:37] Home ec

Is that another arm motion?

[17:39] Hizume

Yes. That's a clap.

[17:40] Uki

Uh, I think she's just happy.

[17:43] Home ec

Have some sesame soy spinach.

[17:47] Kotetsu

*Th-The spinach clearly hasn't
been rinsed thoroughly...*

[17:52] ---

I need to tell her.

[17:54] Kotetsu

U-Um... This spinach...

[17:57] Kon

Oh, I made that!

[18:00] ---

Well? How is it?

[18:03] Kotetsu

It tastes very earthy.

[18:07] Uki

You're not hiding your honesty very well...

[18:10] Kohane

You're all so good at cooking.

[18:14] Home ec

I know, right?

[18:16] Home ec

Cooking is a lot of fun. It's also great training to become the perfect wife.

[18:21] Kohane

Wife?

[18:22] Kotetsu

Do you already have someone you're going to marry?

[18:31] Uki

You're pretty frank, aren't you?

[18:33] Kotetsu

It's more like whatever I'm thinking just comes naturally out of my mouth...

[18:38] Uki

So you're probably like Kohane.

[18:40] Uki

She says whatever's on her mind

[18:42] ---

and forgets everything
after taking three steps.

[18:44] Kohane

Peep?!

[18:45] Kotetsu

Hmm... I don't think we're the same.

[18:47] Uki

See?! You're doing it again!

[18:52] Kohane

This is so amazing. It must be
a lot of fun cooking together.

[18:56] Home ec

Oh, are you interested?

[18:58] Home ec

You get better really fast
when you cook every week.

[19:01] Kohane

Wow, it's so nice that you can
have fun learning something.

[19:09] Home ec

What's wrong with Arima-san?

[19:11] ---

Did she not like the dishes?

[19:13] Uki

Oh, that face means she's thinking
Kohane might quit cheerleading

[19:17] ---

to join the home ec club.

[19:20] Kohane

Hizume, Uki!

[19:22] Kohane

Cooking seems like a lot of fun, so...

[19:26] Kohane

Let's have our own training camp!

SIGN Is the base

white miso?

[19:28] Kohane

They called you "the cast iron base," right?

[19:33] Hizume

The training camp shouldn't
be for cooking practice!

[19:36] Hizume

And it's "the impregnable base."

[19:44] Home ec

Okay, I think I managed to
gather all your opinions.

[19:47] Home ec

This is our way of saying thank you.

[19:52] Kohane

Wait, wait! All we did was eat
and give you our opinions!

[19:55] ---

I'd feel bad eating this!

[19:57] Uki

Kohane, you're drooling.

[20:00] Home ec

You see, we received a request, too...

[20:03] Home ec

From the basketball team.

[20:06] Home ec

They wanted to thank you for
cheering them on the other day,

[20:09] ---

but they didn't think they could do much.

[20:13] Home ec

Plus, their captain is really shy.

[20:15] Kohane

Basketball-senpai...

[20:17] Hizume

Thank us?

[20:19] Hizume

All they'd have to do is

[20:21] ---

add "The Cheer Association is amazing"
to the end of every sentence.

[20:25] Uki

Learn to catch a clue, Hizume!

[20:35] Home ec

I think I can finally understand all that.

[20:38] Kotetsu

I love this so much.

[20:40] Hizume

Perhaps it's because you made
this especially for us.

[20:44] Home ec

I see...

[20:45] ---

Maybe we can put our hearts
into our cooking more when

[20:48] ---

we know exactly who we're cooking for.

[20:51] Home ec

Here you go, Arima-san.

[20:54] Uki

Did you give this any thought at all?

[20:57] ---

Just cutting it into pretty shapes
doesn't make it better!

[21:00] Kohane

More importantly, we have to
go thank Basketball-senpai!

[21:05] Kohane

But it'd be a waste not to eat everything!

[21:08] Kohane

Thanks for the food! Okay!

[21:11] Home ec

You don't have to wash the dishes, just go!

[21:17] Girl

Go!

[21:18] Girl

Captain!

[21:21] Basket

Yes!

[21:22] Kohane

Basketball-senpai!

[21:23] Kohane

We heard your feelings loud and clear!

[21:28] Basket

Wh-What are you talking about?

[21:29] Kohane

Oh, come on, now.

[21:31] ---

The president of the home ec
club told us all about it.

[21:34] Basket

I don't know what you're talking about.

[21:36] Kohane

Okay, we're going to do a cheer
to thank you for your thanks!

[21:40] Basket

Listen to me!

[21:41] Kohane

Please! Just let me express these
overflowing emotions with a cheer!

[21:45] Basket

But we're just doing a normal practice today.

[21:49] Uki

Please, Basketball-senpai.

[21:52] Basket

She's usually the one holding her back...

[21:55] ---

They're that grateful?

[21:57] Uki

I need to move around as soon as possible!

[21:59] ---

If I don't, my body's gonna regret it!

[22:02] Basket

How much did you eat?

[23:38] Kohane

Next time: "Super Exciting

Double Base Thigh Stand!"

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