

E7 - Stand up & Fight

Source: [Crunchyroll](#)

Translator:

Editor:

Timer:

QC:

(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.)

[00:01] Lise

I'm Lise Kohinata.

[00:03] Lise

I'm a second-year middle school student who does karate, and enjoys watching sports.

[00:07] Lise

Of course, I watch Extreme Hearts,

[00:09] Lise

the event where idols and girls' bands play sports, closely.

[00:14] Lise

I put up my own karate videos on NewTube, a video platform,

[00:18] Lise

but my playback stats are bottom-tier.

[00:22] Lise

I was filming another video by the river today,

[00:25] Lise

when I suddenly had a visitor.

[00:28] Lise

It's Saki Kodaka-chan, a member of RISE, a team I watch very closely.

[00:32] Lise

She's a former soccer player and the team's ace player, and...

[00:36] Lise

She's so cute! What should I do?

[02:10] Saki

Hey, Kohinata-san, do you have some free time today?

[02:14] Lise

Huh? Um, sure...

[02:17] Saki

Wanna come visit us today?

[02:20] Lise

Huh?

[02:23] Saki

I'm home!

[02:24] Lise

U-Um, pardon me...

[02:26] Saki

I bring you Lise Kohinata-chan.

[02:29] Hiyori

Welcome! Come in, come in!

[02:31] Yukino

It must have been hot outside. Please relax.

[02:35] Lise

Wow, awesome... I'm really meeting RISE.

[02:40] Hiyori

Kohinata-san, you watched our game, right?

[02:44] Lise

Yes, I saw the prelim final
basketball match on stream,

[02:48] Lise

and I watched every available
stream after that!

[02:51] Lise

Including your stage performance, of course!

[02:55] Hiyori

Thanks, that's great!

[02:58] Sumika

Wow, that's good to hear.

[03:01] Saki

I talked to her on the way here.

[03:04] Saki

Kohinata-san likes soccer,
too, in addition to karate!

[03:08] Sumika

Oh, in that case...

[03:09] Yukino

Yes.

[03:10] Hiyori

We're actually going to practice
futsal today, to prepare for round two.

[03:15] Lise

I see.

[03:16] Saki

Kohinata-san, would you be
interested in joining us?

[03:20] Lise

Huh? Um...

[03:23] Lise

What?!

[03:30] Nono

First, some shooting practice!

[03:33] Lise

Uh, um...

[03:34] Player Robot 1

Here I come.

[03:35] Hiyori

Yes.

[03:51] Hiyori

You're up next, Lise-chan!

[03:53] Lise

Y-Yes!

[04:02] Hiyori

Awesome!

[04:03] Sumika

She's a cannon!

[04:05] Yukino

Truly!

[04:06] Saki

Kohinata-san, one more!

[04:10] Saki

I'll send you a pass!

[04:12] Lise

Um, y-yes!

[04:27] Hiyori

That's awesome, Lise-chan!

[04:29] Yukino

As a karate student, kicking must come naturally to you.

[04:33] Sumika

Do you secretly do a lot of soccer, too?

[04:36] Lise

I used to kick a ball against a wall a lot, so I'm good at just kicking!

[04:41] Sumika

I see.

[04:42] Saki

Hey, we're going to practice with a futsal club in the neighborhood.

[04:48] Hiyori

Why don't you join us, Lise-chan?

[04:50] Sumika

As part of RISE, of course.

[04:54] Everyone

Let's have a good match!

[05:02] Lise

Um, um...

[05:05] Hiyori

Lise-chan! It's just practice,
so don't worry!

[05:09] Sumika

Here we go. Hey!

[05:11] Lise

Y-Yes!

[05:20] Lise

Wow...

[05:22] Saki

Nice pass!

[05:25] Lise

Nice shot!

[05:35] Saki

I'm getting it back!

[05:52] Hiyori

Whoa...

[05:56] Lise

Director Hayama!

[05:58] Lise

I'm sorry...

[05:59] Hiyori

I'm fine. Nice assist!

[06:02] Saki

You did great too, Hiyori-senpai.

[06:04] Yukino

Did you notice, Sumika?

[06:07] Sumika

Yeah, a little.

[06:08] Hiyori

Thanks.

[06:09] Yukino

It seems to me like Lise-san
is afraid of something.

[06:13] Boys

Great practice!

[06:15] Hiyori

Thanks, see you again soon!

[06:18] Lise

Is there more practice after this?

[06:20] Saki

Yep, until night time.

[06:22] Saki

It'd be great if you could
stay until the end.

[06:26] Lise

Yes, I'll do my best to help!

[06:31] Lise

It's like I'm dreaming.

[06:34] Lise

*I'm spending time with my favorite team,
the one I followed on streams,*

[06:39] Lise

*I'm practicing with a super-impressive
girl who's the same age as me,*

[06:44] Lise

*and she's treating me like
a part of their team.*

[06:48] Lise

*It would be great if this
moment lasted forever, but...*

[06:54] Lise

But dreams like this are fleeting.

[07:12] Lise

Thank you very much for today!

[07:15] Hiyori

Thank you for staying so late!

[07:18] Lise

Oh no, it was super fun!

[07:21] Saki

I'll walk you home!

[07:23] Hiyori

Okay!

[07:23] Lise

Oh, you don't have to...

[07:26] Saki

It's okay!

[07:28] Sumika

Take care!

[07:30] Lise & Saki

Yes!

[07:34] Lise

Kodaka-san, thank you so much for today.

[07:37] Saki

No, thank you.

[07:40] Lise

And thanks for dinner, too.

SIGN White Rice

SIGN Pickles

SIGN Ginger Pork

SIGN Miso Soup

SIGN Tonight's Menu

[07:43] Saki

Hiyori-senpai's cooking is delicious, right?

[07:45] Lise

Yeah!

[07:47] Saki

Oh, by the way, can I call you "Lise"?

[07:50] Lise

Of course!

[07:51] Saki

Call me "Saki," then! I prefer that.

[07:55] Lise

I'll try "Saki-chan"...

[07:56] Saki

That's fine!

[07:58] Saki

Hey, you're not in any clubs at school, right?

[08:01] Lise

Yeah, I just go straight home after school.

[08:04] Lise

I went to a karate dojo until my fifth year of elementary, but now I just practice by myself.

[08:09] Saki

So you must have a lot of free time after school.

[08:12] Lise

That's how I find the time to post videos.

[08:15] Saki

Ah, I see.

[08:17] Saki

Hey!

[08:19] Saki

In that case, do you wanna join us?

[08:22] Lise

Join you how?

[08:23] Saki

Join RISE, win the tournament, and perform on stage, of course.

[08:29] Lise

Haha, that's funny! Nice joke!

[08:34] Saki

I would never joke about these things.

[08:36] Saki

I'm recruiting you for real.

[08:39] Lise

Um, I'm super honored, but I can't! There's no way!

[08:44] Saki

Why?

[08:48] Lise

Because...

[08:50] Nono

Lise Kohinata-san.

SIGN m 217 113 | 384 55 446 212 283 280

SIGN

SIGN The Kanagawa Prefecture Boys and Girls tournament was held at the Kanagawa Cultural Gymnasium.

In the girls' division, Lise Kohinata-san, elementary first-year student, achieved great results.

Her other Shinseikan companions who made their debuts today all showed great promise and conducted themselves with pride.

SIGN Rules

SIGN History

SIGN The Style

SIGN Kata

SIGN Techniques

[08:52] Nono

She's studied karate at a Shinseikan dojo since her first year of elementary school,

[08:57] Nono

then got a youth black belt in her fourth year.

[09:00] Nono

She managed good results in tournaments using powerful moves,

[09:05] Nono

but there was an accident when she was in her fifth year.

SIGN Kumite Division

[09:08] Nono

Shinseikan Kanagawa tournament, semi-finals,

[09:12] Nono

Jun Fujisaki, Lise-san's opponent, took a kick from Lise-san...

[09:15] Nono

that broke her forearm and gave her a cervical sprain.

[09:20] Hiyori

A cervical sprain?

[09:22] Sumika

A whiplash injury.

[09:24] Sumika

You see it a lot in car accidents and stuff like that.

[09:27] Yukino

If her arm was broken, too,

[09:29] Yukino

it was probably an attempted block
against a kick to the head.

[09:33] Sumika

Someone with Lise-chan's power
could do that, I guess.

[09:37] Hiyori

Was that why Lise-chan quit karate?

[09:40] Nono

After leaving Shinseikan, she hasn't joined
any other dojo or attended any tournaments.

[09:46] Saki

I see. It must have been hard on you.

[09:51] Lise

After that, I stopped
playing sports for real.

[09:57] Lise

But I'm definitely a fan of RISE, so if
there's anything I can do to help, I...

[10:05] Saki

All right, then! Let's settle this with a game!

[10:08] Lise

Huh?

[10:10] Saki

Let's play a game. The loser has to
obey one command from the winner.

[10:15] Saki

If I win, you're joining RISE!

[10:19] Lise

Wait, um...

[10:22] Lise

What?!

[10:23] Lise

But, like, don't you have to ask the others,
like Director Hayama or Captain Maehara?

[10:29] Saki

Hello? Yeah, it's Saki.

[10:31] Saki

I'm trying to convince
Kohinata-san to join RISE.

[10:35] Hiyori

We were just talking about her, too.

[10:39] Yukino

*Lise-san seems to have a difficult
past relating to karate.*

[10:43] Yukino

As fellow competitors, perhaps there is something we can do to help.

[10:47] Sumika

That, and other things included...

[10:49] Hiyori

I would be so happy if
Lise-chan could join RISE.

[10:53] Sumika

Me too.

[10:54] Yukino

And me as well.

[10:56] Saki

Hey, Nono, can you bring
our gear and a ball?

[11:00] Saki

I'm going to play a game
with her to recruit her.

[11:02] Nono

Understood!

SIGN Middle School Girl

SIGN Middle School Girl

SIGN Smashes 20 Tiles!!

SIGN Smashes 20 Tiles!!

[11:10] Saki

We will be facing off in a penalty shootout.

[11:14] Saki

Three sets, three shots each!

[11:16] Nono

I, Nono, will be the referee of this match.

[11:22] Lise

Yes...

[11:31] Lise

How did I end up here?

[11:47] Nono

Saki-sama scores three points!

[11:51] Saki

Gotcha.

[11:52] Nono

Next is Lise-sama's turn.

[11:56] Lise

I have to be calm.

[11:59] Lise

*I'll aim for the corners,
so I don't hit Saki-chan.*

[12:16] Nono

Lise-sama scores zero points!

[12:19] Nono

First set, Saki-sama wins, 3-0!

[12:23] Lise

Wh-What should I do?

[12:26] Lise

*What should I do? If I lose,
I'll have to join RISE.*

[12:32] Lise

*Director Hayama, Captain Maehara,
Tachibana-san, and Saki-chan...*

[12:37] Lise

I'll be a burden to them.

[12:40] Lise

I don't want that to happen.

[12:48] Lise

There!

[12:52] Lise

I got it!

[12:57] Saki

Second shot, here I go!

[12:59] Lise

Yeah!

[13:10] Nono

Second set! Saki-sama scores zero points!

[13:14] Saki

Karate reflexes are awesome.

[13:20] Lise

I don't want that to happen.

[13:22] Lise

To be a burden on others,

[13:25] Lise

to be disliked by someone I admire...

[13:28] Lise

Never again.

[13:48] Lise

Saki-chan!

[13:49] Nono

A blowout goal...

[13:51] Lise

I'm sorry! Are you all right?!

[13:55] Saki

I thought I got it, but I was blown away.

[13:58] Saki

So much power...

[14:04] Lise

Saki-chan, your nose is bleeding!

[14:06] Saki

Oh, right.

[14:08] Saki

Nono, do you have any tissues?

[14:10] Nono

Of course! One moment!

[14:14] Saki

That was a great shot!

[14:17] Saki

You weren't doing your best earlier today, were you?

[14:19] Lise

I'm sorry.

[14:21] Lise

I'm just like this.

[14:24] Lise

I've always been a brute.

[14:27] Lise

In karate, and in other sports too, I often injured those I was competing with.

[14:33] Lise

In my fifth year of elementary, I hurt an opponent really badly in a karate match.

[14:39] Lise

She was so strong, and so kind. I really admired her.

[14:45] Lise

So when I was able to fight her in a match, I got so excited.

[14:51] Lise

I got carried away, and...

[14:56] Lise

Since then, I couldn't get truly excited about anything, or give my all.

[15:04] Saki

You don't dislike karate or any other sport, do you?

[15:07] Lise

Of course not. I still love them.

[15:11] Lise

But I think... I think I'm destined to avoid sports.

[15:19] Saki

Okay, got it.

[15:21] Saki

I will beat you 100%, with no injuries, super easily,

[15:24] Saki

while you're getting carried
away with full power!

[15:27] Saki

I'll beat up any ridiculous "destiny" that's
keeping you from doing what you love.

[15:37] Saki

Come on, you've already won this second set,

[15:38] Saki

but you've got two more
shots to take. Bring it!

[15:50] Nono

Second set, Lise-sama wins, 0-1!

[15:57] Saki

Here I go!

[16:06] Saki

Got it!

[16:08] Lise

Saki-chan...

[16:10] Lise

*She's willing to face someone
like me head-on, at full power.*

[16:14] Lise

She's probably trying to help me.

[16:17] Lise

But... no.

[16:19] Lise

With someone like me around...

[16:35] Nono

Saki-sama scores on two out of three shots!

[16:38] Saki

*I should be feeling bad about
getting blocked, but...*

[16:41] Saki

This girl is really impressive!

[16:44] Nono

The first set was won by Saki-sama,
and the second set by Lise-sama.

[16:49] Nono

Saki-sama scored two out of
three shots on the third set,

[16:53] Nono

so if Lise-sama scores all
three shots, she wins.

[16:57] Nono

If Saki-sama blocks one, it will be
a tie. If she blocks two, she wins.

[17:02] Saki

Now, bring it!

[17:05] Lise

Sorry...

[17:06] Lise

I'm sorry, Saki-chan!

[17:29] Saki

Okay, I can't win anymore, but I still have a chance to make this a tie.

[17:35] Saki

Bring the next one!

[17:38] Lise

Saki-chan, why are you so committed to recruiting me?

[17:43] Lise

I'm sure there are other, more suitable candidates for strengthening your team.

[17:48] Saki

Hmm? Good question. I wonder why...

[17:51] Lise

Huh?

[17:54] Saki

Ah, I get it.

[17:57] Saki

I think I genuinely like Lise as a person.

[18:03] Saki

I've gone through some hard times in soccer too, and I no longer compete.

[18:09] Saki

But thanks to Hiyori-senpai and Sumika, I can get back on the field and put in my all.

[18:14] Saki

I'm sure things are tough for you too, Lise.

[18:18] Saki

But just like you, I have my own concerns, dreams, hopes, and other worries.

[18:23] Saki

Having someone with similar feelings who's the same age around sounds like fun.

[18:29] Saki

That's why I'm going to fight, win, and recruit you.

[18:34] Saki

If I want something... If I want to achieve a dream, I have to fight to win it!

[18:40] Lise

Fight and win...

[18:43] (Flashback) Jun

This injury was caused by my lack of training. It's not your fault, Lise.

[18:48] (Flashback) Lise

But...

[18:49] (Flashback) Jun

I'm going to recover, get back to training,

[18:53] (Flashback) Jun

and become so strong that something like this never happens to me again.

SIGN Get well

SIGN Resurrection!!

SIGN Good luck!!

SIGN Fight

[18:56] Jun

"To become the person you want to be, you have to fight and win."

[19:01] Jun

It's something my master says all the time.

[19:05] (Flashback) Jun

What would you do, Lise?

[19:07] (Flashback) Jun

Are you going to just cry like that forever?

[19:11] Lise

That's right. She already taught me this.

[19:15] Lise

I was just crying and running away.

SIGN Shinseikan Dojo

[19:19] Lise

Being afraid of hurting others or becoming a burden...

[19:24] Lise

Those were just excuses.

[19:28] Lise

I distanced myself from karate,

[19:30] Lise

looked away from my lack of discipline that led to me hurting others,

[19:34] Lise

and fled from my own dreams.

[19:38] Lise

The fight to become the person I want to be...

[19:41] Lise

Is it too late to start now?

[19:45] Saki

Bring it, Lise!

[20:14] Nono

Goal! Lise-sama wins!

[20:17] Lise

Saki-chan!

[20:18] Lise

Saki-chan, I'm sorry! Are you all right!?

[20:21] Saki

I'm fine!

[20:24] Saki

But I lost! What a crappy feeling.

[20:29] Lise

Saki-chan, the winner gets to make the loser obey one command, right?

[20:34] Saki

Erm, yeah...

[20:36] Lise

In that case, I have a wish.

[20:39] Lise

I want to join you.

I want to be part of RISE.

[20:44] Lise

I'll do my best for you, and for the team!

[20:49] Saki

Yes! Let's do this together!

[20:56] Saki

Good! All right, so you win the penalty shootout.

[21:02] Lise

Yes.

[21:03] Lise

H-Huh?

[21:05] Saki

On to the next game!

[21:07] Lise

What?!

[21:09] Saki

I didn't say the penalty shootout was the only game we're playing.

[21:12] Saki

This fight is continuing!

[21:15] Saki

Right, Nono?

[21:17] Nono

Um, I'm not sure...

[21:18] Lise

Uh...

[21:20] Saki

I'm so glad you'll join RISE, but I want it

to be like, I beat you and won you over!

[21:26] Lise

You did! You already won me over!

[21:29] Lise

I've been won over by Saki-chan!

[21:31] Saki

No! Next game!

[21:33] Lise

Saki-chan!

[21:34] Saki

If I play until I win,
I always win! Let's do this!

[21:40] Nono

*That's what happened,
and after that, they...*

[21:44] Nono

played to a draw.

[21:46] Nono

Saki-sama seemed a bit dissatisfied.

[21:50] Nono

*But when Hiyori-sama pointed out that
they can compete at any time from now on,*

[21:54] Nono

Saki-sama seemed satisfied.

[21:57] Lise

Let me re-introduce myself properly.

[22:00] Lise

I, Lise Kohinata, will do my best to
help everyone as a member of RISE!

[22:05] Lise

Thank you!

[22:07] Hiyori

And thank you, too!

[22:10] Sumika

That's five. The same as May-Bee!

[22:13] Hiyori

More opportunities for both the
games and the stage performances!

SIGN Osu!

SIGN Osu!

SIGN Osu!

SIGN Osu!

SIGN Osu!

SIGN Osu!

SIGN Osu!

[23:50] Lise

Osu! Thank you, Director Hayama!

[23:53] Hiyori

You don't have to call me "Director,"
just "chan" is fine.

SIGN Spin

SIGN Spin

SIGN Hahaha

[23:56] Lise

Um, Director-chan Hayama?!

[23:58] Saki

Why!?

SIGN Next

SIGN Next is...

SIGN ...a swimsuit
episode!!

[23:59] Nono

Next episode, "Summertime Vacation."

[24:01] Nono

Everyone, it's swimsuit time!

Revision #1

Created 2024-04-05 18:14:19 UTC by whimsee

Updated 2024-04-05 18:14:19 UTC by whimsee