

E3 - Roaring Muscles

Source: [Crunchyroll](#)

Translator:

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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.)

[00:03] ---

The number one hero, All Might.

[00:06] ---

Age unknown, Quirk unidentified.

SIGN "All Might's Super Popular!" "All Might Gum" "All Might's Adventure"

[00:09] ---

He dashed onto the scene of the hero world

[00:11] ---

"Textbook of Strength"

[00:11] ---

and received unwavering
popularity based on his ability.

SIGN "All Might Curry" "Movie in the works!" "All Might Chips"

[00:15] ---

Ever since he appeared,

[00:17] ---

the once critically high rate of crimes
committed by villains decreased year after year,

[00:17] ---

"National Police Agency Investigation:
Number of Crimes Committed by Villains"

[00:21] ---

and his existence itself became a deterrent.

[00:24] ---

He became the Symbol of Peace
in both name and reality.

[00:28] ---

And that man said to me--

[00:33] ---

You can become a hero.

[00:36] ---

--Huh? Midoriya? No way!

[00:38] ---

--You're Quirkless!

[00:40] ---

How can you even stand
in the same ring as me?

[00:43] ---

You should probably give it up.

[00:44] ---

I'm sorry, Izuku!

[00:47] ---

I wanted someone to tell me that.

[00:49] ---

And then, the person I most
admired said those words to me.

[00:54] ---

Can anything be more shocking than this?

[00:58] ---

More than this...?

[01:01] ---

You are worthy to inherit my power.

[02:42] ---

Inherit your power?

[02:47] ---

What's with that face?

[02:50] ---

It's just a suggestion.

The real show starts after this.

[02:54] ---

Listen, young man. You need to decide

[02:58] ---

whether or not you will accept my power!

[03:02] ---

Wh-What is All Might saying...?

[03:07] ---

I'm talking about my power, young man.

[03:11] ---

The tabloids called it

"superhuman strength" and a "boost,"

[03:15] ---

and I constantly dodged the question
during interviews with a funny joke.

[03:21] ---

Because the Symbol of Peace,

All Might, had to be a natural-born hero.

[03:27] ---

But young man, I will tell you the truth.

[03:34] ---

My Quirk was passed on
to me like a sacred torch.

[03:39] ---

It was passed on to you...?

[03:43] ---

That's right. And next, it is your turn.

[03:47] ---

W-Wait! Wait a minute!

[03:50] ---

"Summary of what's known
about All Might's Quirk"

[03:50] ---

It's true that your Quirk
is something hotly debated

[03:54] ---

as one of the world's greatest mysteries.

[03:56] ---

So much so that not a day goes by when
I don't see someone talking about it online.

[03:58] ---

But, well, I don't really understand

[03:58] ---

"mutter mutter mutter"

[04:01] ---

what you mean by inheriting
or passing on a Quirk...

[04:03] ---

I've never heard of
anything like that before,

[04:05] ---

and it's never even been
conjectured in the debate.

[04:07] ---

Why is that? Is it because
since the dawn of history,

[04:11] ---

a Quirk like that was never confirmed?

[04:13] ---

In the first place, it's...

[04:15] ---

You always start with denial, huh?

[04:18] ---

Nonsense!

[04:19] ---

Wh...?!

[04:20] ---

I may hide a lot of things, but I don't lie!

[04:24] ---

The power to transfer power...

[04:26] ---

That is the Quirk I inherited!

[04:31] ---

I was crowned with "One For All"!

[04:35] ---

"One For All"...

[04:38] ---

That's right.

[04:41] ---

One person cultivates the power

[04:43] ---

and passes it on to another person,
who also cultivates it and passes it on.

[04:50] ---

It is the crystallization of power that spins
together the voices of those who need help

[04:55] ---

with a courageous heart.

[04:58] ---

Why are you... Why are you
giving me something so great?

[05:03] ---

I have been looking for a successor.

[05:07] ---

And then, I thought it would
be all right for *you* to inherit it.

[05:12] ---

You are just a Quirkless hero fanboy,

[05:15] ---

but you were more heroic
than anyone else back there!

[05:24] ---

Never mind! Well, it's up to you, though.

[05:29] ---

What'll you do?

[05:31] ---

He said so much to encourage me,
and even told me his secret...

[05:37] ---

Is there...? Of course there isn't...

[05:40] ---

There's no reason for me to turn him down!

[05:45] ---

I'll do it!

[05:47] ---

An immediate reply.

That's what I thought you'd say!

[05:52] ---

But it was no easy task to receive his power.

[05:59] ---

"Episode 3: Roaring Muscles"

[06:03] ---

"Dagoba Municipal Beach Park"

[06:06] ---

"Two days later - Early morning"

[06:10] ---

Hey, hey, hey! This is such
a comfy fridge to sit on!

[06:17] ---

If you could move it even a little,
it would be a little easier.

[06:23] ---

Well yeah, I mean,
you weigh 274 kilograms, right?

[06:28] ---

No, I lost weight,
so I'm only 255 kilograms now,

[06:31] ---

in this form.

[06:34] ---

Anyway, why am I dragging
trash at the beach park?

[06:41] ---

It's 'cause, you know,
you're not a proper vessel.

[06:44] ---

What you're saying now is
the opposite of what you said before!

[06:48] ---

I'm talking about your *body*.

[06:53] ---

My Quirk, One For All,

[06:55] ---

is the fullest physical ability
of many people gathered into one.

[07:01] ---

An unprepared body cannot inherit it fully.

[07:04] ---

The limbs will come off
and the body will explode.

[07:07] ---

The limbs will *what?*!

[07:09] ---

Then... I'm picking up trash
in order to train my body...?

[07:15] ---

Yes!

[07:16] ---

But that's not all.

[07:18] ---

After some research on
the internet yesterday,

[07:20] ---

I discovered that part of this beach park's
coast has been like this for many years.

[07:28] ---

Yeah...

[07:29] ---

For some reason, because of
the currents, objects drift here a lot,

[07:33] ---

and people take advantage of
that to hide their illegal dumping...

[07:37] ---

The local residents don't
come near here, either.

[07:39] ---

Heroes these days are all
after the showy stuff.

[07:43] ---

Originally, being a hero
meant doing volunteer service.

[07:47] ---

Even if people called
that boring or whatever.

[07:49] ---

You can't waver from those roots.

[07:53] ---

You will restore the
horizon for this whole section!

[07:58] ---

That is your first step
toward becoming a hero!

[08:03] ---

My first step...?

[08:06] ---

Clean... this...

[08:09] ---

All of it...?!

[08:11] ---

Young Midoriya, you want
to go to U.A., right?

[08:13] ---

Yes... Yes!

[08:15] ---

Because it's where you went!

[08:19] ---

So if I'm going to go... I thought...
it would definitely have to be U.A....

[08:23] ---

You're a go-getter fanboy!

[08:27] ---

But I've told you this before.

[08:29] ---

It's not something you
can do without a Quirk.

[08:32] ---

It's sad, but that is what the reality is.

[08:35] ---

And U.A.'s is the
hardest hero course to get into.

[08:38] ---

In other words...

[08:40] ---

In the ten months until U.A.'s entrance exam,
I have to complete my vessel!

[08:44] ---

That's where this comes in!

[08:46] ---

I came up with this:
"Aim to Pass: American Dream Plan"!

SIGN "Daily Schedule (Weekdays)" "4/8~5/31 (Weekends on different sheet)" "Phase 1"

[08:51] ---

It's a training plan to help you
finish cleaning up the beach.

SIGN "Daily Schedule (Weekends)" "Meal Menu" "Set Plan"

[08:55] ---

I'll have you follow this
in every aspect of your life!

[08:59] ---

Even sleep time is included...

[09:00] ---

Frankly, this is a super
hard schedule. Can you follow it?

[09:05] ---

Of course... I have to work
many times harder than anyone else,

[09:10] ---

or else I can't do it!

[09:13] ---

And so began my ten months of hell.

[09:19] ---

Carry that to the park entrance!

[09:22] ---

Put it in the truck!

[09:24] ---

Depending on size and shape, the muscles
I have to use are completely different!

[09:27] ---

I see... This is...!

[09:29] ---

Run! Run! Ten months will
be over before you know it!

[09:34] ---

Let's become athletic!

SIGN "Aldera Junior High"

[09:38] ---

Let's see... With the
appearance of superpowers,

[09:41] ---

the Building Standards Act was revised,

[09:42] ---

--and the Minister of Land,

[09:42] ---

--This is tough...

[09:44] ---

--Infrastructure and Transportation's...

[09:44] ---

--Ten months of this, huh?

SIGN "Proposed Independent Training Menu"

[09:46] ---

It'll be hard if I don't finish
by a week before the exam...

[09:50] ---

Which means, there are 294 days left...

[09:53] ---

Taking into consideration
a sufficient recovery period

[09:55] ---

if I rest for two days in
between, that gives me...

[09:59] ---

...about 98 days of real
training even if I'm efficient...

[10:02] ---

"mutter mutter mutter"

[10:03] ---

I can get in about five hours
of training morning and night,

[10:06] ---

so that's 490 hours...

[10:08] ---

Also, that beach cleanup doesn't work
out any specific parts of the body,

[10:12] ---

if I don't work out my whole body equally,
then there's no way I'll make it.

[10:16] ---

Bodybuilding to create a
body able to adapt to any situation...

[10:18] ---

Literally intensive training
to become a hero...

[10:20] ---

All Might can't stay
and watch me the whole time...

[10:23] ---

If I don't do as much efficient
independent training as I can,

[10:25] ---

there's no way I can
catch up the way I am now...

[10:27] ---

--Anyway, I'll have to cut--

[10:27] ---

--Midoriya, hey!

[10:30] ---

Did your encounter with
the villain make you go crazy?

[10:34] ---

It's presumptuous to think
of getting into U.A. like that.

[10:38] ---

Plus, I have to study for the entrance exam.

[10:40] ---

A nervous breakdown already?

[10:42] ---

That's scary.

[12:13] ---

Hey, hey, what's wrong?

[12:15] ---

There are only three months left!

[12:17] ---

You won't make it!

[12:19] ---

Wanna give up?

Wanna take it easy and rest today?

[12:28] ---

Overwork...?

[12:31] ---

The "Aim to Pass: American Dream Plan"
was adjusted with your body in mind

[12:35] ---

to make sure you'd make it
in time for the entrance exam...

[12:40] ---

You haven't been sticking
to the plan, have you?

[12:43] ---

Overdoing it will have the opposite effect!

[12:45] ---

Don't you want to get in?

[12:47] ---

I do...

[12:49] ---

But I can't just get in...

[12:53] ---

I have to work a lot more
than other people...

[12:58] ---

or I won't be able to catch up...

[13:03] ---

I want to be like you.

[13:07] ---

I want to become the greatest hero, like you!

[13:13] ---

Saving people with a fearless smile.

[13:16] ---

Like you...!

[13:20] ---

He's looking far into the future, huh?

[13:25] ---

You go-getter fanboy!

[13:28] ---

I like that!

[13:31] ---

But if that's the case,
then you really can't rush things now.

[13:35] ---

But I understand your feelings.

[13:38] ---

Leave it to this old guy to adjust your plan!

[13:40] ---

You're not old... All Might...

[13:49] ---

"February 26"

[13:50] ---

And then, it was 6 a.m.
on the day of the entrance exam.

[14:11] ---

Hey, hey, hey...

[14:14] ---

He even cleaned outside
of where I told him to! Seriously?

[14:18] ---

There's not even a speck
of dust left! Seriously?!

[14:24] ---

He finished at the last minute!
More than perfectly!

[14:29] ---

Oh my... Oh my...

[14:32] ---

...goodness!

[14:40] ---

Good work.

[14:43] ---

All Might... I did it...

[14:48] ---

I did it!

[14:49] ---

Yeah, you surprised me, you entertainer!

[14:54] ---

Teenagers are amazing!

[14:57] ---

Here, take a look.

[15:01] ---

This is...

[15:02] ---

It's you, ten months ago.

[15:06] ---

You did good. You really did!

[15:11] ---

The mirage of it is finally
just barely visible,

[15:15] ---

but you have certainly

become a suitable vessel!

[15:21] ---

I feel like I'm cheating...

[15:26] ---

You did all this for me...

[15:30] ---

I'm too blessed...

[15:35] ---

What're you saying after all this time...

[15:37] ---

It was your own hard work.

[15:40] ---

We'll have to fix those leaky eyes of yours.

[15:42] ---

Now, it's time for the
award ceremony, Izuku Midoriya!

[15:46] ---

Yes, sir!

[15:50] ---

This is something I was once told:

[15:51] ---

"Something that you
receive because you're lucky

[15:54] ---

and something that you are
given because you are recognized

[15:56] ---

are different in essence."

[15:59] ---

Take that to heart.

[16:02] ---

This is power that you earned
because of your own effort.

[16:11] ---

I took the reality that would
be surprising even in comics

[16:16] ---

in my hand...

[16:19] ---

Eat this.

[16:21] ---

Huh?

[16:23] ---

It doesn't really matter what it
is as long as you take in my DNA.

[16:27] ---

It's too different from what I imagined!

[16:29] ---

Now, there's no time!

[16:31] ---

You'll be late for the exam!

[16:33] ---

Come, come, come!

[16:45] ---

"8:40 a.m. - The same day"

[16:48] ---

"U.A. High School Entrance Exam Location"

[16:58] ---

I made it...

[17:03] ---

In the end, I didn't have time to test
out the power I received from All Might.

[17:10] ---

Eat this.

[17:12] ---

I swallowed the hair,
but did I really receive his power...?

[17:16] ---

Outta my way, Deku!

[17:18] ---

Kacchan!

[17:20] ---

Don't stand in front of me. I'll kill you.

[17:24] ---

M-Morning. L-Let's both do our best...

[17:30] ---

Hey, isn't that Bakugo?
The one with the sludge villain?

[17:33] ---

Oh, he's the real thing!

[17:36] ---

Ever since that day,
Kacchan didn't do anything to me.

[17:42] ---

I was just scared of him out of habit!

[17:46] ---

I'm different from before!

[17:49] ---

Remember these past ten months!

[17:53] ---

Take the first step...

[17:56] ---

...to being a hero!

[18:00] ---

This is it!

[18:06] ---

Are you all right?

[18:13] ---

It's my Quirk. Sorry for
using it without asking first.

[18:17] ---

But it'd be bad luck if you fell, right?

[18:21] ---

Aren't you nervous?

[18:24] ---

Uh...

[18:26] ---

Let's do our best. See ya!

[18:32] ---

I talked to a girl!

[18:34] ---

"Didn't actually talk"

[18:43] ---

"U.A. High School Hero Course"
"Exam Orientation"

[18:49] ---

For all you examinee listeners tuning in,

[18:51] ---

welcome to my show today!

[18:54] ---

Everybody say "hey"!

[18:57] ---

"Silence!!"

[19:00] ---

What a refined response.

[19:02] ---

Then I'll quickly present to you
the rundown on the practical exam!

[19:09] ---

Are you ready?

[19:11] ---

Yeah!

[19:12] ---

"Silence!!"

[19:15] ---

It's the Voice Hero, Present Mic! Wow...!

[19:19] ---

I listen to him every week on the radio.

[19:21] ---

I'm so moved!

[19:22] ---

--All the teachers at U.A. are pro heroes!

[19:24] ---

--Shut up.

[19:25] ---

As it says in the application requirements,

[19:27] ---

you listeners will be conducting
ten-minute mock urban battles after this!

SIGN "You Are Here"

[19:33] ---

You can bring whatever you want with you.

[19:35] ---

After the presentation, you'll head
to the specified battle center, okay?

[19:39] ---

"Silence!!"

[19:40] ---

Okay?!

[19:42] ---

In other words, they won't
let you work with your friends, huh?

SIGN "Exam Ticket" "Examinee No.: 2234" "Test Location: Battle Center B"

[19:46] ---

Y-You're right. Even though our
examinee numbers are consecutive,

SIGN "Exam Ticket" "Examinee No.: 2233" "Test Location: Battle Center A"

[19:50] ---

we're assigned to different battle centers.

[19:52] ---

Don't look. I'll kill you.

[19:54] ---

Damn, now I can't crush you.

[20:00] ---

Three different types of faux villains
are stationed in each battle center.

[20:04] ---

You earn points for each of them
based on their level of difficulty.

[20:08] ---

Your goal, dear listeners,
is to use your Quirks

[20:10] ---

to earn points by
immobilizing the faux villains.

[20:15] ---

Of course, attacking other examinees
and any other unheroic actions are prohibited!

[20:22] ---

May I ask a question?

[20:24] ---

Okay!

[20:26] ---

On the printout,
there are four types of villains.

[20:30] ---

If that is a misprint, then U.A., the most
prominent school in Japan, should be ashamed

[20:34] ---

of that foolish mistake.

[20:35] ---

We examinees are here in this place

[20:39] ---

because we wish to be
molded into exemplary heroes.

[20:42] ---

In addition, you over
there with the curly hair--

[20:46] ---

You've been muttering this whole time.

[20:48] ---

It's distracting!

[20:49] ---

If you're here on a pleasure trip,
then you should leave immediately!

[20:53] ---

I'm sorry...

[20:56] ---

Okay, okay, Examinee Number 7111.

[21:01] ---

Thanks for the great message.

[21:04] ---

The fourth type of villain
is worth zero points.

[21:07] ---

That guy's an obstacle, so to speak.

[21:09] ---

There's one in every battle center--

[21:11] ---

An obstacle that will go
crazy in narrow spaces.

[21:14] ---

It's not impossible to defeat,
but there's no reason to defeat it, either.

[21:18] ---

I recommend that you
listeners try to avoid it.

[21:22] ---

Thank you very much!

[21:23] ---

Please excuse the interruption!

[21:27] ---

I see... It's like the obstacles
you avoid in video games, huh?

[21:31] ---

The whole thing is like a video game.

[21:33] ---

That's all from me!

[21:35] ---

Finally, I'll give you listeners
a present--our school motto!

[21:40] ---

The hero Napoleon Bonaparte once said:

[21:45] ---

"A true hero is someone
who overcomes life's misfortunes."

[21:51] ---

Go beyond.

[21:54] ---

Plus Ultra!

[22:00] ---

Now, everyone, good luck suffering!

SIGN "U.A. High School Hero Course" "Entrance Exam" "Battle Center B"

[22:11] ---

I-It's time to do it.

[22:13] ---

It's time to give everything I got from my
training with All Might these past ten months.

[22:21] ---

I will become...

[22:23] ---

...the hero I always dreamed of being!

[24:00] ---

"Next time"

[24:03] ---

The entrance exam of U.A. High School,

[24:05] ---

the famous school that turned
out many pro heroes, is starting.

[24:08] ---

Leaving aside the written exam for now,
will I be able to get through the practical exam

[24:11] ---

with the power I only
just received from All Might?

[24:13] ---

Let's do our best on the entrance exam!

[24:15] ---

Huh? Who're you?

[24:17] ---

More importantly, I talked to a *girl*!

[24:20] ---

Next time, "Start Line"!

[24:22] ---

I, Ochaco, will have
shiny stuff come out of my mouth!

[24:25] ---

Go beyond!

[24:26] ---

"Next time: Start Line"

[24:26] ---

Plus Ultra!

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