

Major Metropolitan Areas (M.M.As)	Central cities
Sapporo M.M.A.	Sapporo-shi
Sendai M.M.A.	Sendai-shi
Kanto M.M.A.	Saitama-shi Chiba-shi Ku-area of Tokyo Yokohama-shi Kawasaki-shi Sagamihara-shi
Niigata M.M.A.	Niigata-shi
Shizuoka, Hamamatsu M.M.A.	Shizuoka-shi Hamamatsu-shi
Chukyo M.M.A.	Nagoya-shi
Kinki M.M.A.	Kyoto-shi Osaka-shi Sakai-shi Kobe-shi
Okayama M.M.A.	Okayama-shi
Hiroshima M.M.A.	Hiroshima-shi
Kitakyushu, Fukuoka M.M.A.	Kitakyushu-shi Fukuoka-shi
Kumamoto M.M.A.	Kumamoto-shi

Metropolitan Areas (M.As)	Central cities
Utsunomiya M.A.	Utsunomiya-shi
Matsuyama M.A.	Matsuyama-shi
Kagoshima M.A.	Kagoshima-shi

Range of Distance

"Range of distance" located within every 10 km range of distance divided by concentric circles forming about each municipal office of three major cities, Tokyo (the former metropolitan government office), Osaka and Nagoya. As the radius of the largest concentric circle, a 70 km radius was used for Tokyo while 50 km radius for Osaka and Nagoya respectively.

"Range of distance" consists of basic unit blocks, and each basic unit block is included in the appropriate "Range of distance" according to the distance from each municipal office to the central point of the basic unit block.