

Embassy of Japan Tonga

PRESS RELEASE

CE/2018/07

October 22, 2018

“RADIO TAISO” Japanese Radio Exercise experts visited Tonga

Radio exercise experts from Japan visited Nuku‘alofa last week in a four day mission to introduce “Radio Taiso” Japanese radio exercise, to the people of the Kingdom of Tonga under an initiative funded by the Government of Japan’s Sport for Tomorrow Programme.

The Programme was announced by Japan’s Prime Minister Shinzo Abe in anticipation of the Tokyo 2020 Olympic and Paralympic Games to share the values of sport with more than 10 million people over 100 countries between 2014 and 2020. The Programme provides also an excellent opportunity to deepen understanding of sports that originated in Japan, as Radio Taiso have been popular in Japan since 1920’s.

Mr. Yasuhiko Kamada, Acting Ambassador of Japan welcomed the Radio Taiso experts and highlighted that this year is the 90th anniversary of Radio Taiso. He hoped that the people of Tonga would enjoy the moderate and easy moves shared by the experts which would help maintain their physical fitness and health. “It is a feel-good exercise designed for anyone to perform anytime and anyplace. Its main role is to develop and maintain your health, and it may also be good for NCDs.” he added.

The Radio Taiso mission team included two instructors, Ms. Takako Hirai and Ms Naomi Fujimoto, and were accompanied by Mr. Chiyuki Kamisaka, Executive Board Member, Secretariat of Japan Radio Taiso Federation and Ms Maho Harada, Project Manager, Secretariat of Sport for Tomorrow Consortium in Japan Sport Council. They arrived at Fua’amotu Airport on the 16th October and introduced radio exercises at St. Andrews High School, Kolovai village at the Western Tongatapu and a general public demonstration in Central Nuku‘alofa.

In the evening of Friday 20th October, the Embassy of Japan hosted a demonstration and reception at the Official Residence of the Ambassador of Japan to Tonga. The guest of honour was Hon. Saia Piukala, Tonga’s Minister for Health where he acknowledged the effort of the experts and their objective to improve health of many citizens and make them enjoy happy lives through doing the exercises. Coaches and Team Leaders of various Sports Federations in Nuku‘alofa also attended the event and shared common vision, of the Sport for Tomorrow Programme.

The Embassy of Japan in Nuku‘alofa acknowledges the kind collaboration from Tonga’s local sports federations and TASANOC in facilitating the Radio Taiso mission, and extending the movement of health promotion and international exchange through sports between Tonga and Japan.

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Attached: Photos

Photos;



The Radio Taiso demonstration at the St. Andrew's High School on Wednesday, 17 October 2018.



Students of St. Andrew's with the first Radio Taiso instructors, to visit their school.



Radio Taiso demonstration at Kolovai village in the Western Tongatapu.



The Radio Taiso mission team with Ms. Kerry Vaka'uta of the TASNOC at the demonstration and training for the general public on October 18th.



The Sports Federations in Nuku'alofa joined the Radio Taiso event, at the water front in Central Nuku'alofa.



Young swimmers from the Malolo Swim Club, joined the Radio Taiso exercise on Thursday, 18 October 2018.



The Radio Taiso mission also received participants from the Tonga Judo, Coaches and Tonga's National Netball Team players.



Lord Vaea and Tonga Boxing supporters joined the general public demonstration by the Radio Taiso on Thursday, 18th October 2018.



Hon. Saia Piukala's remarks at the reception for the Radio Taiso mission to Tonga.



Mr. Yasuhiko Kamada, Acting Ambassador of Japan welcomed guests at the reception for the Radio Taiso, on Friday 19th October, 2018.