

The exercise programme that united Japan

Do you have a morning exercise routine?

Vocabulary

1. militaristic 2. harmony 3. coordinated 4. participate 5. reintroduced 6. broadcast

True Story

Radio calisthenics, or "Rajio Taiso," is a popular exercise in Japan, introduced in 1928 from the USA to boost health and unity. This routine involves easy, _____ movements to music, _____ over the radio.

It was banned after World War II by the American occupying forces for being too _____. However, it was _____ in 1951 by Japan's Ministry of Health to promote physical health and morale in the post-war rebuilding phase.

Today, about 20 million Japanese _____ daily, strengthening community bonds and promoting health. Rajio Taiso is also practised in places like China and Taiwan, where similar programs are part of morning routines, promoting health and social _____.

Quiz

1. When was Rajio Taiso introduced in Japan?
2. Why was it banned after World War II?
3. Where else is Rajio Taiso practised?

True or False

- | | | | |
|--|------|--|-------|
| 1. Rajio Taiso was introduced from the UK in 1928. | True | | False |
| 2. Rajio Taiso was banned for being too peaceful. | True | | False |
| 3. In China and Taiwan, 20 million people participate daily. | True | | False |

Conversation

- A: Why are we getting out of the pool?
B: Oh, it's normal here, once every hour.
A: But I haven't finished my laps!
B: It's just for a few minutes, we'll be right back in.
A: What's happening? Why is everyone dancing?
B: It's an exercise thing. When in Rome, do as the Romans do!

Discussion

1. Do you exercise? What kind of exercise do you do?
2. Do you think it's a good idea to exercise as a community?
3. What are some other ways to promote health and social harmony?