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Japanese Martial Arts



Do you know that "karate" was newly added as an Olympic sport for Tokyo 2020? I'd like for people around the world know about Japanese traditional martial arts, called "Budo." I will tell about some representative Japanese martial arts this time. ♪

KARATE

Karate was first introduced from China to Okinawa, where it developed as the art of self defense when weapons were prohibited.

"Kumite" is a sparring match where points are scored when players stop their thrusts and kicks inches from their opponent's bodies.

In "Kata" matches, they demonstrate their various techniques.



JUDO

Judo is a traditional Japanese sport. It has become an official Olympic sport, and is currently popular also in the world. With the techniques of Judo, even small wrestlers can overwhelm bigger opponents by taking advantage of their force and weight.



AIKIDO

Aikido is a unique Japanese martial art which uses "Ki," an invisible energy that supposedly exists in nature and humans. "Ki" can be derived by training proper breathing techniques. With Aikido techniques, trained players can throw their opponents using the opponent's strength to their benefit, just like in Judo.



SUMO

Sumo was originally practiced as a part of Shinto rituals praying to god for the fertility of rice and fruits in ancient times. In a Sumo match, wrestlers wear only loincloth called "Mawashi" to show that they don't have any weapons. If any part of the wrestler's body is pushed out of the ring called "Dohyo" or touches the ground, he loses.



Mawashi →

KYUDO

Kyudo is a kind of sport similar to archery. Bows have been used as weapons since ancient times, and since around the 12th century many samurai warriors learned the technique of using bows for their discipline.

Today, people practice Kyudo primarily to train their mind and spirit, because aiming at targets requires great concentration.



KENDO

Kendo was developed as an essential discipline for samurai warrior during the Edo period. In a Kendo match, participants wearing protective gear attack each other with bamboo sword called "Shinai." Points are scored by hitting an opponent's head, stomach, or forearms and by charging at the throat with a Shinai.



Human Rights Issues



What are human rights ?

They are basic rights that are recognized by the society to enable humans to live like humans, which everyone is born with and should not be infringed.

Various human rights issues

Have you ever felt that your human rights or human rights of someone around you are being violated? There are various human rights issues.



For example, there is bullying, corporal punishment, abuse, workplace harassment, human rights violation on the Internet, and so on. Recently human rights violations include posting words or images which hurt people, forcing young women to appear in adult videos while initially passing off as a scout for model and idols, tricking high school girls into sexual services (so-called JK service), and so on.

Let's make a peaceful society where everyone accepts a variety of differences we have, such as ethnicities, nationality, disabilities, etc..

Do you know human rights commissioners?

Human rights commissioners are people who provide consultation and help resolve human rights issues.



Human rights consultation service

People who are wondering about human rights issues are encouraged to use the human rights



consultation service. Consultations are free.

| Consultation institution/venue | Day/time | TEL |
|---|--|---------------------------|
| 1. Human Rights Consultation (Consultation onsite) City Hall 14F, Conference Room B | Every 2 nd Wed of the month 10:00AM – 12:00PM/ 1:00PM – 3:00PM (Usually) | 028-632-2346 |
| 2. Human Rights Consultation (Consultation onsite and TEL consultation) Utsunomiya District Legal Affairs Bureau, Defense of Human Rights Section (2-1-11 Obata) | Mon - Fri 8:30AM - 5:15PM (Closed during the year-end and New Year holidays) | 0570-003-110 Navi dial |
| 3. Female Human Rights Hotline (TEL consultation) | | 0570-070-810 Navi dial |
| 4. Elderly/Handicapped Human Rights Consultation (TEL consultation) | | 0570-003-110 Navi dial |
| 5. Children's Rights No. 110 (TEL consultation) | | 0120-007-110 Free dial |
| 6. Foreign Resident's Human Rights (TEL consultation) Consultation languages: English, Chinese, Korean, Filipino, Portuguese, Spanish | Mon - Fri 9:00AM - 5:00PM (Closed during the year-end and New Year holidays) | 0570-090-911 Navi dial |

- ◇ Inquiries: 1 Committee for Defense of Human Rights, Danjo Kyodo Sankaku Ka
(Male & Female Joint Participation Division) ☎ 028-632-2346
: 2 – 6 Utsunomiya District Legal Affairs Bureau,
Defense of Human Rights Section ☎ 028-623-0925

Fun Events 🎵 🎶

Let's enjoy winter snow! UCIA Bus Tour!



- 🕒 February 4 (Sun) 12:00PM – 7:00PM
* The meeting time and place will be explained when you sign up.
- 😊 A bus tour to go snow trekking, have a snowball fight, and experience the beautiful winter in Japan.
* Please come wearing warm clothes that are easy to move around in.
- Max** First 40 people to sign up
- Cost** 3,500yen (UCIA members: 3,000yen, Exchange students and Elementary school students: 2,500yen)
(Includes insurance, snow shoe rental fee, and a light lunch)
- Sign up** Please sign up and pay UCIA by January 25 (Thurs). Please notify UCIA of your name, name in furigana, address, phone no., date of birth, nationality, shoe size, and classification (Non-member/ UCIA member/ Exchange student/ Elementary school student)
- @ Oku-Nikko
- ☎ UCIA ☎028-616-1870 **FAX** 028-616-1871 ✉ ucia@ucia.or.jp



Utsunomiya Museum Forest concert 🎵

- 🕒 February 10 (Sat) 11:00AM – 12:00PM
- 😊 Cello, violin, piano music concert by Sayaka Kato and others
- Max** First 170 people
- Sign up** Not necessary
- ¥ Free
- @ Utsunomiya Museum of Art (Lecture room)
(1077 Nagaoka-cho)
- ☎ 028-643-0100



Mini International Exchange Event 🎵

- 🕒 February 3 (Sat) 9:00AM - 2:00PM
- 😊 An event where you can enjoy Japanese confectionery-making and tea time with local children. You can also experience Soba noodle-making!
- ¥ Free (Lunch will be provided)
- @ Minami Shogai Gakushu Center
(2-4-23 Esojima)
- ☎ 028-645-0006



Futaarayama Shrine Otariya Festival



- 🕒 January 15 (Mon) 10:00AM – 7:00PM
- 😊 A Shinto festival at which people bring old lucky charms and New Year decorations, such as daruma, and burn them praying for good health and family safety. You can also see Dengaku-mai (Japanese traditional dance) and Mikoshi parade from around 4:30PM.
- Sign up** Not necessary
- ¥ Free
- @ Futaarayama Shrine (1-1-1 Baba Dori)
- ☎ Futaarayama Shrine 028-622-5271



Japanese Language Class Elderly care in Japanese

- 🕒 2nd and 4th Friday of every month
10:00AM - 11:30AM
(This class started in May 2017. New students can enroll and join anytime.)
- 😊 Japanese language class for foreign residents who are interested in caregiving work for elderly.
- Sign up** Please sign up at TIA
- ¥ Free
- @ Tochigi International Center (9-14 Honcho)
Tochigi International Association (TIA)
028-621-0777



My Life in Japan

My name is Suresh Gandhi from India. I have been working for a car company for 6 years in Japan.

Before coming to Japan, some of my friends were concerned about me and said, “Japanese people are strict and scary, take care of yourself.” In fact, when I came to Japan, however, the impression I received from Japanese people was totally different. When I went to the city hall for my alien registration, an information desk clerk received me with a very bright voice and a smile, and took the trouble to take me to the appropriate desk. I was very surprised by her kindness and moved. When I waited my turn, another staff member came to me saying many times, “I am truly sorry, please wait a little more. We are sorry for the inconvenience.” The difference between Indian and Japanese city halls made me surprised too.

I continue studying Japanese. All the teachers whom I’ve met so far were kind. They teach me not only Japanese, but also Japanese customs and manners.

I sincerely hope the friendship between Japan and India, and that all the nations of the world, becomes better and better.

Suresh Gandhi

※This is an extract from his speech. We will also post other presenters' speeches in subsequent issues. Don't miss it!

Utsunomiya International Plaza Services

Consultation for Foreign Residents



| | | Spanish Portuguese | Chinese | Thai | English |
|--|---|--|-----------------------|--------------------------|--------------------------|
| UIP ☎616-1564 | 3:00PM - 6:00PM | Mon | Tues | Wed | Fri |
| | 4 th Sunday of month (appointment needed) | | | | |
| City Hall ☎632-2834 (during office hours) | 9:00AM - 12:00PM | Thurs | 2 nd Thurs | — | — |
| | 2:00PM - 5:00PM | Thurs | — | 2 nd Thurs | 2 nd Thurs |
| Administrative Scrivener ☎616-1564 | 3:00PM - 5:00PM | 3 rd Monday (appointment needed) | | | |

Interpreter Volunteer Service

Go with someone needing language assistance to such places as national and prefectural facilities and the city hall, and interpret for them.

- ▶ Monday – Sunday
8:30AM – 7:00PM
- ▶ 1 time (2 hours) 2,000 yen
- ▶ Please fill our application form at UIP, pay the fee, and submit the application.

“Oh-i!” is published in easy Japanese, English, Chinese, Portuguese, and Thai, and is also available on the UCIA website. <http://www.ucia.or.jp> There, you can enjoy reading past issues of the “Oh-i!” too.