

Exchange Program between Kita City and the Xicheng District of Beijing, China



Kita City Dispatches Tai Chi Chuan Exchange Group

October 22 through 25, 2015



Based on their friendship exchange agreement, Kita City and the Xicheng District of Beijing, China, conduct exchange programs through youth groups, culture exchange and sports.

During FY2014, we hosted a culture and arts exchange group (Tai Chi Chuan, calligraphy, Chinese cut-paper art) and a government representative group from Xicheng District. We strengthened our bonds of friendship with their participation in the Hometown Kita City Citizens' Festival and other activities.

During FY2015, Kita City formed a Tai Chi Chuan exchange group of twelve, and they traveled to the Xicheng District. The Xicheng District Comprehensive Sports and Martial Arts Committee gave the group a warm welcome at Yuetan Gymnasium, and held a Tai Chi Chuan exchange program. At the event, the groups performed the 24 form of Tai Chi Chuan and 42 form of Tai Chi sword. There were also joint demonstrations of kung-fu fans and other tai chi swords, tai chi fans and tai chi dusters. Special participant Mr. Chen Jingdong—the revered twentieth generation heir of Chen-style Tai Chi Chuan—performed his style, which can rarely be seen. The exchange group was very impressed. At the end of the program, all the participants sang “Kitaguni no Haru” (Spring in the North) and “Tetsuwan Atomu” (Astro Boy) in Chinese, and Xicheng District representatives handed the members of our Tai Chi Chuan exchange group commemorative certificates. This friendly exchange program was held in a peaceful atmosphere.

The main exchange programs were as follows:

1. Tai Chi Chuan exchange at Yuetan Gymnasium in the Xicheng District
2. Visit and friendly exchange program at Yuetan Community Center in the Xicheng District
3. A visit to Beijing Sport University
4. A visit of respect to the Xicheng District People's Government of Beijing Municipality



Tai Chi Chuan exchange



Special commemorative certificates



Yuetan Community Center exchange



Morning practice at Taoranting Park

Introduction of Comments from Exchange Group Members

Comments from the Exchange Group Leader

I was a little worried at first about how the recent exchange program would turn out. Thanks to the cooperation of the staff and group members, however, the results were excellent, and our four-day visit was meaningful.

At the Tai Chi Chuan exchange event, the reunion and joint performance with Master Wang Xia moved me to tears. When we performed together, I felt like we were touching the very essence of Tai Chi Chuan, and I believe we improved a bit. We experienced the spirit of the Chinese team firsthand and were able to respond.



us and guided us through the university's excellent facilities and spacious grounds. I could sense the enthusiasm with which the Chinese government supports sports. I also realized again the seriousness and competitive spirit of the Japanese athletes who compete with the athletes of this country. The impression of Champion Road and "Ai Fukuhara's ping-pong table" remains deeply engraved in my heart. I was even more thankful when we were later guided through the Tai Chi Chuan Specialty Shopping District.

Feedback from Group Member "A"

The three-night, four-day visit to Beijing, China was completed safely. I want to express my heartfelt thanks and gratitude to the staff members at the Kita City Office and those involved at Xicheng District, Beijing.

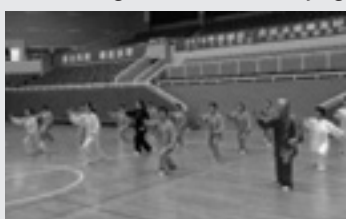
First of all, we were very lucky to be blessed with nice weather during our stay. Worries about cold countermeasures and pollution countermeasures disappeared with the clear blue sky.

Since this was an exchange program between Kita City and Xicheng District, we were treated wonderfully in all aspects. It was a very comfortable, enjoyable and meaningful trip.

The exchange ceremony at the gymnasium of Xicheng District was conducted in a serious and keyed-up atmosphere. We saw a lot of performances of Tai Chi Chuan by people from both countries. They were so perfectly synchronized that it was hard to imagine they were performing together for the first time. All the participants sang "Kitaguni-no Haru" and "Tetsuwan Atomu," and there was an exchange of gifts. I felt the exchange program was conducted jointly in a friendly way among fellow residents.

We received an enthusiastic welcome at Yuetan Community Center. We talked directly with citizens while participating in the taiko drum practice, touring the library, and observing the ping-pong practice.

The welcome and orientation at the guest room of Beijing Sport University surprised me. In spite of Professor Chang's busy schedule in the evening, he gave us a tour of the university. I was amazed that he escorted



Feedback from Group Member "B"

Thank you so much for allowing me to be a member of the recent Xicheng District visit Tai Chi Chuan exchange group. Although I was worried about being an over-seventy unskilled Tai Chi Chuan participant, I enjoyed the exchange program without any problems. I am deeply thankful to have experienced so many things.

The warm welcome from the Xicheng District government and the Tai Chi Chuan we performed together with local citizens filled my heart with joy. The local citizens apparently practiced very hard, and their entrance, lining up and rallying cries were performed in a smart and crisp way.

I do think that we should have discussed matters more in advance. (Perhaps the twelve group members should have had a practice session before our departure.) Although we did not speak the same language, however, we were able to communicate heart to heart.



Feedback from Group Member "C"

Thank you for such a wonderful experience. I would like to thank those in China, everyone involved at the City Office, the interpreter and the other group members with all my heart.

I am so glad that the exchange program was such a success. I practiced nervously every day from the time the program was set until the morning of my performance. It was a valuable experience for me. It was really fun that local citizens lined up between our rows during the joint performance. Although it was a little disappointing that we were not able to learn Tai Chi Chuan together, the program as a whole was extremely satisfying.

List of Japanese-Language Classes

Day and Time	Group Name	Program	Class Type	Location and Telephone No.
Wednesday, 10 a.m. to noon Friday, 10 a.m. to noon	Nihongo no Nakama	Independent teaching materials; conversation	By level, by group, private lesson	Location: Chuo Park Culture Center Tel: 090-2562-3970 (Akiko Mori) 03-3915-0228 (Sayoko Koda)
Friday, 1:30 to 3:30 p.m.	Join Us Nihongo Club	Independent teaching materials; conversation	By group, private lesson	Location: Volunteer Plaza, Hokutopia 4F Tel: 090-1813-6154 (Takashi Takahashi)
Saturdays (first, second, fourth, and fifth Saturdays of the month), 10 a.m. to noon	Asuka Nihongo Family	Independent teaching materials; conversation	By level, by group, private lesson	Location: Volunteer Plaza, Hokutopia 4F Tel: 03-3900-2738 (Nobuyuki Suzuki)
Saturdays, 2 to 5 p.m.	Nihongo Terrace (Formerly Nihongo Salon)	Independent teaching materials; conversation; independent activities (actual cost incurred)	All	Location: Volunteer Plaza, Hokutopia 4F Representative: Yasuyuki Miyanishi Tel: 090-9478-9950



Places to View Cherry Blossoms

Kita City has many popular places. In this issue, we will introduce a few spots to view cherry blossoms.

- **Asukayama Park** (1-1-3 Oji)
A one-minute walk from JR Oji Station and from Asukayama Station on the Toden Arakawa Line
- **Nanushi-no Taki Park** (1-15-25 Kishimachi)
An eight-minute walk from JR Oji Station
- **Chuo Park** (1-2-1 Jujodai)
A twelve-minute walk from JR Jujo Station
- **Near the Kyu-Iwabuchi-Suimon Floodgates (Akasuimon Red Floodgates)**
A twenty-minute walk from JR Akabane Station
A fifteen-minute walk from Akabane-Iwabuchi Station on the Nanboku Subway Line
- **Arakawa-Akabane-Sakura Bank Green Belt** (near 3-29 Akabane)
A fifteen-minute walk from JR Akabane Station



Festival



Akabane Baka Festival

April 23 (Sat.) and 24 (Sun.)

Recruiting Volunteers

Kita City is recruiting international exchange/cooperation volunteers (nicknamed "K-Voices"). If you are interested in international exchange/cooperation activities and can help with globalization-related programs—particularly in the ways listed here—please contact us using the numbers or email address provided below.

1. Interpretation/translation (any language welcome)
2. International exchange bulletin editing
3. Participation/cooperation in citizens' festivals and other globalization-related events
4. Homestay host families

Inquiries: General Affairs Subsection, General Affairs Section, General Affairs Division (Counter No. 4, 3F, Kita City Hall No. 1 Building)

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