

TOKYO TEN | 東京10



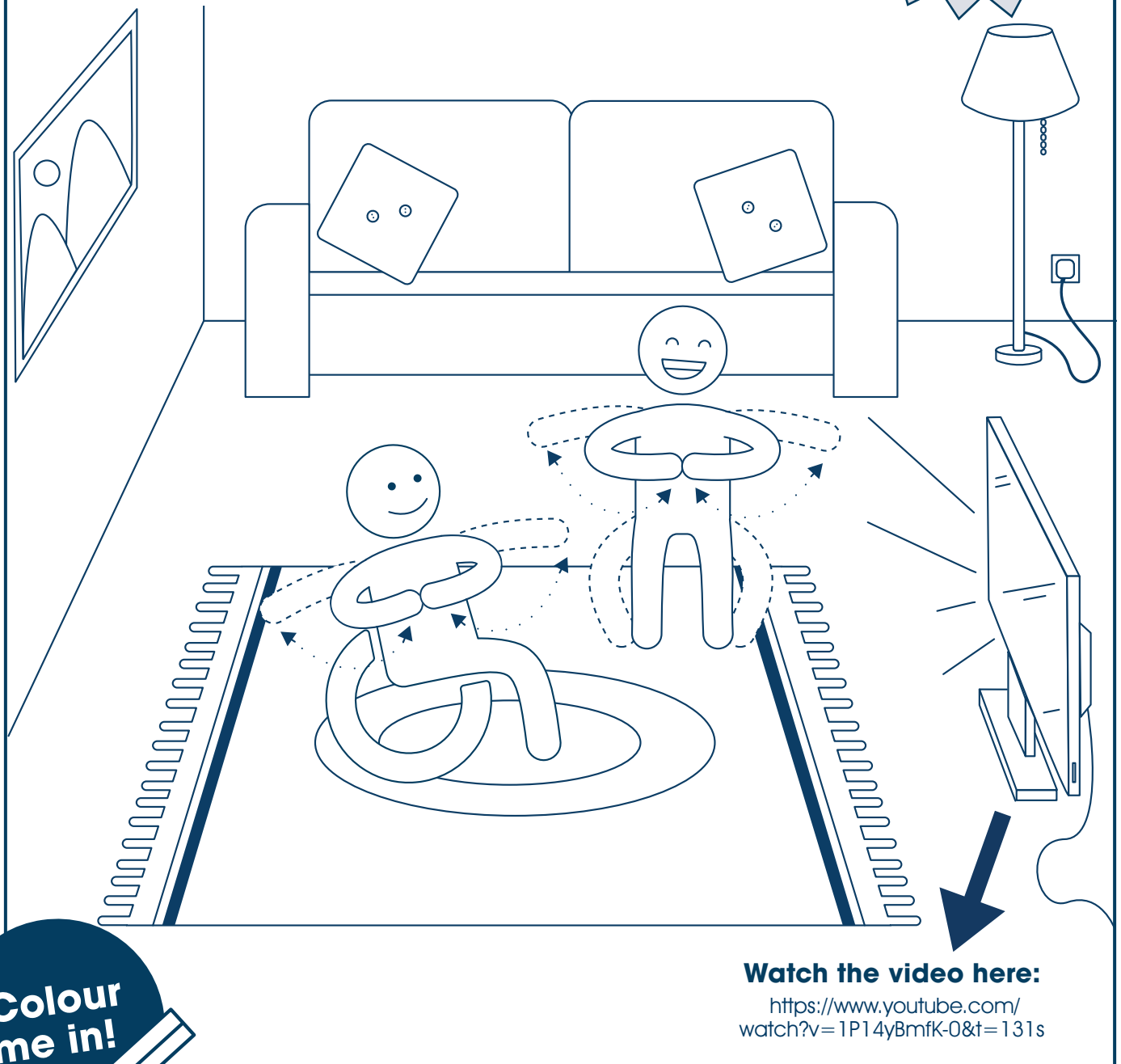
A 10-minute activity to get everyone moving!

RADIO TAISO

ラジオ体操 | Rajio taisō

Did you know?

Rajio taisō are broadcast on Japanese radio every morning.



**Colour
me in!**

Watch the video here:

<https://www.youtube.com/watch?v=1P14yBmfK-0&t=131s>

10 Mins



RADIO TAISO

ラジオ体操

Rajio taisō

Move & Dance



Activity type

Home

Away

Indoor

Outdoor

Equipment

Video player and connection to the Internet, e.g. TV or smartphone



How to play



1

Radio Taiso – or rajio taisō in Japanese – are simple movements put to music.

2

Play the video and follow the moves as you watch.

3

Play the video again and pause it after each different movement so you can practise.

4

When you know the movements by heart, you can practise them without the video or music.

5

Build the exercises into your daily routine – when you get up in the morning, during morning or afternoon break, or to relax in the evening.

Variations

- Make up your own moves and routines.
- Sit or stand.
- Do them in a peaceful place outdoors.

Challenge yourself

- Can your movements become more fluent?
- Can you improve your posture?
- Can you keep going for longer?

What next?



Try something similar

Tai chi, yoga, cheerleading, aerobics, gymnastics, synchro swimming



Try something different

Problem-solving tasks, orienteering, geo-caching, hill walking, climbing



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