

JAPAN Video Topics

-2006-

2006 – 04

1.	The Roots of Japanese Anime
2.	Shop Assistants with Purchasing Power
3.	Exploring Japan: Appreciating Japanese-style Rooms
4.	The Japanese Economy Is Rising from Recession

2006 – 05

1.	Japan's Assistance for Iraq
2.	Exploring Japan: Appreciating Japanese Sounds
3.	Japanese Anime in Malaysia
4.	Citizens in City Planning

2006 – 06

1.	Mobile Phone TV
2.	Exploring Japan: Appreciating Wooden Architecture
3.	Japan Welcomes Young Students

2006 – 07

1.	Climbing for Cleaning
2.	Living with Flowers
3.	Furoshiki ~The Flexible Wrapping Cloth~
4.	Self-expression through Digital Art

JAPAN Video Topics

2006 – 08

1.	Beach Cleaning Buggy
2.	Secrets of the White Egret Castle
3.	The Yukata Fashion Boom
4.	WASHI, The Finest Japanese Paper
5.	The Popular Tokyo English Bus Tour

2006 – 09

1.	State-of-the-art Prosthetics
2.	Staying at a World Heritage Site
3.	Basement Food Riches
4.	Preparing for Natural Disasters

2006 – 10

1.	Japan's 50 Years as a UN Member
2.	Onsen, Warm-hearted Hot Springs –Beppu and Yufuin–
3.	Ramen, Japan's Favorite Noodles
4.	The Small Island that Drives on Ethanol

2006 – 11

1.	Global Oysters Supported by Forests
2.	Not Just for Play ~Mobile Game Devices Evolve~
3.	Tokyo One-Day Trip
4.	UDON ~Noodles Fostered by Nature~

JAPAN Video Topics

2006 – 12

1.	One-Day Trip to Tsukuba ~Nature and Science~
2.	Edo Kites Flying High
3.	Supporting the Next Generation of Aircraft ~Carbon Fiber Composite Materials~
4.	Tokyo Traditional Taste

-2007-

2007 – 01

1.	Naoshima ~The Island of Art~
2.	Bringing a New Charm to BONSAI
3.	At the Forefront of Endoscopy
4.	Japan's Creative Cheese

2007 – 02

1.	A Day Trip Across Tokyo Bay
2.	The Charm of Modern Paper Craft
3.	Cleaning Water with Carbon Fibre
4.	Revitalizing a Town with Ume

JAPAN Video Topics

2007 – 03

1.	A New Focus for Art in Tokyo
2.	Recycling with IC cards
3.	The Rebirth of Japanese Calligraphy
4.	Izu Peninsula in Spring

2007 – 10

1.	Try new products for free at Sample Lab	3'24"
2.	Revealing the hidden side of industry	4'07"
3.	Eating on the train – ekiben boxed meals	3'00"
4.	A designer's ideas transform local industries	3'28"

2007 – 11

1.	A new style of lifelong learning in Shibuya	3'46"
2.	The Lake that inspired Tale of Genji	3'18"
3.	Why is Japanese fruit so delicious?	3'23"
4.	Clear as glass, but so much stronger	3'48"

2007 – 12

1.	Yokohama – Japan's First Modern City	3'45"
2.	Traditional Art Meets Pop Culture	3'07"
3.	A Challenge of Skills	3'46"
4.	Never Too Old to Play	3'37"

JAPAN Video Topics

-2000-2006- (Selection)

1.	Tourist Attractions of Japan
2.	Japanese Culture and Lifestyle
3.	Modern Japan

-2008-

2008- 1

1.	Toyako – Scenic Site of G8 Summit	3'32"
2.	"Eco" – The New Brand Image	3'38"
3.	New Year's Friendly Demons	3'25"
4.	The Miniature World of Omake	3'50"

2008- 2

1.	Winter in Japan's Snow Country	3'39"
2.	Tree Surgeons at Work	3'53"
3.	Robot, A Remarkable Companion	3'35"
4.	World's Biggest Comic Convention	3'49"

JAPAN Video Topics

2008- 3

1.	Tokyo Girls Collection	3'22"
2.	Japan Tourism Goes Green	3'27"
3.	High-Tech Hairpieces	3'29"
4.	Railway Country	3'34"

-2008/2009-

No.1 MAY '08

1.	Mixing Up a Super Fuel	3'39"
2.	Hokkaido Horse-trekking	3'14"
3.	Fresh Ideas for Mobile Living	3'38"
4.	New Future for Smallest Room	3'06'

No.2 JUNE '08

1.	Untouched for 8,000 Years Shirakami-Sanchi Forest	3'50"
2.	High-Rise Work Fashion	3'27"
3.	Fine Mist Cools City Heat	3'38"
4.	Minamata An Eco-Aware Community	3'45"

JAPAN Video Topics

No.3 AUGUST '08

1.	Tokyo's Subtropical Islands	4'15"
2.	Toys for all Ages	3'37"
3.	Japanese Cuisine Sincerity is the Key	3'33"
4.	Building to Blend with Nature	3'59"

No.4 September '08

1.	Manga Goes Worldwide	3'31"
2.	World's Biggest Firework	4'03"
3.	Japanese Denim High Fashion and Eco-Friendly	3'31"
4.	Deco Art – It's Everywhere!	3'58"

No.5 October '08

1.	Walking the Old Tokaido Highway	4'42"
2.	Compact Houses for Spacious Living	3'58"
3.	Learning about Life from Food	3'17"
4.	Fun Ways to Get Fit	3'46"

No.6 November '08

1.	The Healing Powers of the Jellyfish	4'03"
2.	Ready to Eat. Instantly, Anywhere	3'56"
3.	Bamboo's Deep Roots in Japanese Life	4'00"
4.	Traditional Crafts, Modern Design That's Kanazawa	3'50"

JAPAN Video Topics

No.7 January '09

1.	Night Festival in Chichibu	4'20"
2.	Monkiri Asobi –The Art of Papercutting	3'59"
3.	Miyadaiku Guardians of a Tradition of Building in Wood	3'43"
4.	Sushi from Tokyo Bay Again	4'11"

No.8 February '09

1.	Tiny Satellite Carries a Big Dream	4'14"
2.	A Stroll Through Old Kawagoe	4'03"
3.	Carry Your Own Chopsticks	4'11"
4.	Tsukemono -The Pleasure of Japanese Pickles	3'32"

No.9 March '09

1.	<i>Donabe</i> -Most Versatile of Cooking Pots	3'41"
2.	<i>Bonsai – Nature's Beauty in Miniature</i>	3'42"
3.	Iwami Kagura – Ancient Ritual to Modern Folk Art	4'49"
4.	Green Revolution Transforms City Rooftops	3'43"

JAPAN Video Topics

-2009/2010-

No.6 DECEMBER '09

1.	Unfolding the story of the <i>kyo-sensu</i> fan	4'23"
2.	Highly polished skills	3'08"
3.	<i>Matsuri-zushi</i> –festival sushi	3'40"
4.	Iriomote's Shichi Festival	3'42"

No.9 MARCH '10

1.	Mount Fuji in Winter	3'59"
2.	<i>Yusan-bako</i> Picnic Boxes	2'50"
3.	New Ways to Use Cardboard	4'08"
4.	Kariwano's Giant Tug-of-war	4'33"

2010/2011

No. 1

1.	Kakunodate- Sakura and Samurai	3'40"
2.	Designed for Universal Use	3'57"
3.	A Tradition of Fine Blades	3'54"
4.	Edo Period Puppet Theater	4'06"

JAPAN Video Topics

No. 2

1.	Wasabi	3'53"
2.	Rebun – Island of Flowers	4'23"
3.	Japan's Advanced Vending Machines	3'46"
4.	Tenugui – The Handy Cloth	3'25"

No. 3

1.	Cyber Robot Suits	4'30"
2.	Kumiko Latticework	3'44"
3.	The Essential Bean	4'26"
4.	Pillars of Flame	3'43"

No. 4

1.	The Dinosaurs of Katsuyama	3'42"
2.	Tokyo's New Green Heart	5'00"
3.	Ishiakari Stone Lanterns	4'06"

No. 5

1.	Onigiri – rice to go	3'23"
2.	When lacquer meets deerskin	3'55"
3.	Electric vehicles hit the street	3'40"
4.	Owara Kaze no Bon Festival	4'05"

JAPAN Video Topics

No.6

1.	Lakes of Many Colors	3'44"
2.	Safe Water from Every Tap	3'47"
3.	Tsumami Kanzashi Hair Ornaments	3'07"
4.	Karatsu Kunchi Festival	3'57"

No.7

1.	Wajima-nuri lacquerware	4'22"
2.	Lighting up the night in Arashiyama	3'26"
3.	Fine marquetry from Hakone	3'52"
4.	A cascade of chrysanthemums	3'23"

No.8

1.	Japan's high-speed rail system	5'22"
2.	Matsue – the water city	4'09"
3.	Speedy and safe – Japan's egg technology	3'04"
4.	Artful gift wrapping	3'32"
5.	Azuki – the versatile little red bean	3'32"

No.9

1.	Izu – Paradise of Flowers	4'02"
2.	Snow and Hemp in Ojiya	3'49"
3.	Leave it All to the Movers	3'58"
4.	Hina – Ningyo Dolls	4'14"

JAPAN Video Topics

2011/2012

No.1

1.	The Colorful World of Bentobako	4'17"
2.	Miniaturizing Medicine	4'35"
3.	Experimenting with Fashion	3'58"
4.	Miyajima – Island Shrine to Nature	4'05"

No.2

1.	Takachiho – Land of Legends	4'45"
2.	Walking on Wood	4'03"
3.	Flea Markets for Fun	4'06"
4.	Technology Inspired by Tradition	4'25"

No.3

1.	Hiraizumi – Once Again a Beacon of Hope	4'41"
2.	Fukushima's World-leading Aluminum Technology	4'04"
3.	The Magnificent Wooden Chests of Sendai	5'15"
4.	Keeping the Auto Industry on the Road	5'05"

JAPAN Video Topics

No.4

1.	A Festival of Festivals Tohoku Rokkon Sai	4'21"
2.	800 Years of Tradition Aizu Tajima Gion Festival	4'12"
3.	Showcasing Tohoku Dance Kitakami Michinoku Geino Festival	3'43"
4.	Festival on Matsushima Bay Shiogama Minato Festival	4'23"

No.5

1.	Solar Power in Japan	3'50"
2.	Ise-Shima – Ancient Shrines and Pearls	5'20"
3.	Stationery Moves with the Times	4'48"
4.	The Ukiyoe Tradition	4'49"

No.6

1.	Niihama Taiko Festival	4'50"
2.	Japanese Rice Snacks	3'46"
3.	Shaping Our World with Plastics	3'42"
4.	The Puppet Art of Bunraku	4'44"

No.7

1.	Gokayama's Thatched Farmhouses	5'00"
2.	Another Taste of Japan	3'23"
3.	Stronger and Lighter than Steel	3'30"
4.	Maki-e-Gold on Lacquer	4'51"

JAPAN Video Topics

No.8

1.	Meiji Jingu – A Tokyo Oasis	3'56"
2.	Amezaiku Candy Sculpture	4'50"
3.	Saving Energy with Sensors	4'34"
4.	Kyo Yuzen Kimono Dyeing	4'20"

No.9

1.	The Camellias of Hagi	3'22"
2.	Arita Porcelain	4'22"
3.	Leading-Edge Desalination Technology	4'06"
4.	Wadaiko Drumming	3'23"

2012/2013

No.1 Tohoku Reconstruction

-Eco-friendly and Disaster Resistant

1.	Tohoku's Eco-friendly Reconstruction	4'03"
2.	Geothermal Energy in Japan	3'45"
3.	Pioneering Disaster Technology	5'09"
4.	New National Park for Sanriku	3'36"

JAPAN Video Topics

No.2

A Glimpse of Japan's Cultural Heritage

1.	Kamakura – Home of Samurai Culture	5'10"
2.	Jomon Archeological Sites in Tohoku	4'45"
3.	Okinawa World Heritage	4'11"
4.	Mt. Fuji, Japan's Sacred Mountain	4'27"

No.3 Budo

1.	The Spirit of Budo	4'40"
2.	Budo Techniques and Power	5'10"
3.	Traditional Budo Equipment	3'26"
4.	Budo Today	2'54"

No.4 Tokyo

1.	Trendsetting Tokyo	3'45"
2.	Tokyo's Latest Landmark	4'43"
3.	Tokyo – City of Sports	3'53"
4.	Gourmet Tokyo	3'35"

No.5 Elementary School Life in Japan

1.	The School Day	4'11"
2.	School Meals	3'33"
3.	School Events	4'17"
4.	Summer Vacation	4'07"

JAPAN Video Topics

No.6

Seasonal Traditions in Japan

1.	Spring	3'57"
2.	Summer	3'42"
3.	Autumn	3'18"
4.	Winter	4'09"

2013/2014

No.1

1.	Koban (Japanese Police Box)	3'36"
2.	Tsunami Simulation Helping Limit Damage	3'31"
3.	Hydroponic Farming	4'03"
4.	Hakone A Relaxing Retreat	3'21"

No.2

1.	Ultra-Lightweight Vehicle	3'37"
2.	Tatami and the Japanese Lifestyle	3'26"
3.	Sightseeing Train	3'43"
4.	Sushi Academy	3'36"

JAPAN Video Topics

No.3

1.	Landscape Gardener	3'54"
2.	Getting Together! The Latest Cafes and Bars	3'25"
3.	The Japanese Crested Ibis Starting Over from Zero	3'58"
4.	Communication Robots	3'23"

No.4

1.	What is Spochan? An extremely safe sword sport from Japan	3'30"
2.	Chopstick Culture in Japan	3'23"
3.	Powered Suits Helping Farmers	3'56"
4.	Ise Jingu Shikinen Sengu Reconstructing Tradition	3'43"

No.5

1.	A Seven-Minute Miracle! The Shinkansen Cleaning Theater	3'25"
2.	Becoming More Useful: Innovative Food Containers	3'35"
3.	High School Students' challenge!	3'45"
4.	LED Fishing Lights: Revolutionizing the Fishing Industry	3'47"

No.6

1.	Cooking Toys Promote Communication	3'23"
2.	Manhole Cover Art	3'23"
3.	Japanese Fast Food: Stand & Eat Soba	3'36"
4.	Eyeglass Capital Sabae Leads Innovation	3'44"

JAPAN Video Topics

2014/2015

No.1

1.	The Islands of Nagasaki	4'57"
2.	Caring Technology	5'11"
3.	Making Tokyo Life Easier	4'07"
4.	A Clean and Tidy Life	3'23"

No.2

1.	Festival Art in Tohoku	4'18"
2.	A Spirit of Service	4'19"
3.	Exploring a Tokyo Yokocho	3'48"
4.	Washi – The Versatile Paper	4'23"

No.3

1.	Prepare for Disaster	4'31"
2.	The Japanese Love of Sound	4'12"
3.	Kisoji – The Old Mountain Road	3'57"
4.	The Spirit of Mottainai	4'05"

No.4

1.	What is a Yurukyara?	4'26"
2.	Kurokawa Onsen – An Old Hot Spring Revived	4'10"
3.	Silken Thread from Spiders	4'03"
4.	A Japanese Approach to Bread	4'16"

JAPAN Video Topics

No.5

1.	Snow Monkeys	4'14"
2.	Kurokawa Onsen – An Old Hot Spring Revived	4'02"
3.	Changing Corporate Cafeterias	3'36"
4.	White Impulse	4'11"
5.	30 Second Trailer	0'30"

No.6

1.	By Shinkansen to Hokuriku	4'09"
2.	Kendama's Global Appeal	4'03"
3.	Reviving Town's Old Machiya	4'04"
4.	Eco Ships for Cleaner Seas	4'40"
5.	Japan – A Nation of Light (30")	0'30"

2015/2016

No.1

1.	Kiriko Lantern Festivals of Noto	4'05"
2.	Haiku The World's Shortest Poem	4'05"
3.	Bluefin Tuna Aquaculture Completing the Farm-raising Cycle	4'05"
4.	Stamps and Seals For Business and for Fun	4'05"

JAPAN Video Topics

No.2

1.	Harie A Community Centered on Water	4'21"
2.	Kaizen The Secret behind Japanese Productivity	4'16"
3.	Safer Japanese Methods for Deterring Insects	3'42"
4.	Uji Birthplace of Matcha Green Tea	4'01"

No.3

1.	Origami Goes High-Tech	3'29"
2.	Welcome to a World of Robots	3'48"
3.	Behind the Scenes in a Noh Theater	4'01"
4.	Koji Beyond the Traditional Usage	3'18"

No.4

1.	Japan Blue	4'09"
2.	Yuzu The Fruit that Saved a Village	3'56"
3.	Plating A Technology Still at the Cutting Edge	4'04"
4.	A New Era for Japan's Forests	4'01"

No. 5

1.	Japan's Red-crowned Crane The Kushiro Wetlands	4'27"
2.	Capsule Toys Not Just for Children	4'18"
3.	The Mamachari Japan's City Bicycle	4'30"
4.	Kiri-e The Art of Cutting Paper	4'25"

JAPAN Video Topics

No. 6

1.	Smiles Again in Tohoku	4'10"
2.	Nishikigoi Fish as Art	4'19"
3.	Tiny Bubbles with Huge Potential	4'13"
4.	Para-Ekiden A new kind of Relay	3'55"

TOHOKU SELECTION (2) (Fukushima, Miyagi, Iwate)

1.	Miyagi – Where the Samurai Spirit Lingers	5'40"
2.	Lacquer Reborn	3'24"
3.	Hiraizumi – Glories of Long Ago	4'40"
4.	Nanbu-tekki Cast Ironware	3'51"
5.	Lakes of Many Colors	3'44"

2016/2017

No. 1

1.	Jakuchu: Brilliance Beyond 300 Years	3'30"
2.	Wrapping A Gift from the Heart	3'25"
3.	A Taste from Japan - UMAMI	4'12"
4.	Flood Control from Underground	3'48"

JAPAN Video Topics

No. 2

1.	Tokyo's First World Cultural Heritage The National Museum of Western Art	4'18"
2.	Ukai on the Nagara River People Living with Nature	4'38"
3.	Handwashing to Save the World Globalizing a Childhood Habit	4'19"
4.	Seeding the Future with Robots Agriculture Goes High-Tech	3'49"

No. 3

1.	Clap! Clap! "Tejime"	3'48"
2.	The "Tachigui" Restaurant Japanese Food Stands Up	3'22"
3.	Contemporary Art Inspires Islands Setouchi Triennale	4'22"
4.	Noren Cloths Conveying Tradition Across Time	4'00"

No. 4

1.	Tokyo Makeup Beautification-in-Station	4'00"
2.	More Capsule Hotel More Than Just a Bed	3'39"
3.	Aso 1000 Years with the Grassland	4'07"
4.	The Vending Machine High-Tech on the Sidewalk	3'33"

No. 5

1.	Illuminations The Sparkling Jewels of Nighttime	4'01"
2.	Chindonya Walking Advertisements	4'24"
3.	VR A Virtual and Real Future	4'01"
4.	Arita Porcelain Firing the Furnace in the 400 th Year	4'30"

JAPAN Video Topics

No. 6

1.	Taxi Wheeling for the World's Best Hospitality	4'21"
2.	Shimi Culture Preserving Food and Tradition	3'22"
3.	Plastic Models An Ever-Evolving Small World	4'33"
4.	Obakeyashiki Ghost Houses of Frightful Fun	3'52"

2018/2019

1.	Wagashi as Performance – From Artisan to Artist	3'20"
2.	Never Too Old – Seniors Master Digital Technology	4'42"
3.	Kamaishi's New Alloy Cobalion Transforming the Biomedical World	4'11"
4.	Runners on Patrol – Keeping Suburban Streets Safe	3'44"

No.1 (mp4)

1.	Wagashi as Performance – From Artisan to Artist	3'20"
2.	Never Too Old – Seniors Master Digital Technology	4'42"
3.	Kamaishi's New Alloy Cobalion Transforming the Biomedical World	4'11"
4.	Runners on Patrol – Keeping Suburban Streets Safe	3'44"

No.2 (mp4)

1.	Japan Points the Way to Better Safety	4'16"
2.	Japan's Most Faithful Dogs- The Akita Inu	4'17"
3.	Iizuka City and Wheelchair Tennis from Rehab to World Sport	4'27"
4.	Japanese Ultra-Precision Spring Technology	4'38"

JAPAN Video Topics

No.3 (mp4)

1.	Life with Virtual Companions	4'42"
2.	The Goldfish Lanterns of Yanal	4'31"
3.	"Washi" Masking Tape	4'23"
4.	High-Tech Textiles Fight Fatigue	4'08"

No.4 (mp4)

1.	Scanning History's Secrets	5'49"
2.	Hidden flavor in Japanese Cuisine	4'01"
3.	A Renaissance In Silk	4'27"
4.	Karuta- A Japanese Card Game	4'26"

No.5 (mp4)

1.	Enjoying the Autumn Colors	4'37"
2.	Arimatsu Shibori Tie-Dyeing	4'44"
3.	Staying on Shodoshima Island – An Inviting Labyrinth	4'24"
4.	Ultra-Small Water Power Generator	4'41"

No.6 (mp4)

1.	Dainichido Bugaku- A 1,300-Year-Old Dance Tradition	4'43"
2.	Cute Smartphone Trends	3'49"
3.	A special Eye for Quality at Toyosu Fish Market	4'17"

JAPAN Video Topics

4.	Wooden Buildings That Won't Burn	4'04"
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2019/2020

No.1 (mp4)

1.	Manga- Unleashing Your Inner Artist	4'11"
2.	A paper revolution	4'22"
3.	Osaka's Newest Art Scene	4'19"
4.	Karate	4'27"

No.2 (mp4)

1.	Yokohama- A City and Its Sea	4'11"
2.	Sanuki Kagari Temari- Embroidered Hand Balls	4'23"
3.	Japanese Engineering for the Gold	4'27"
4.	Ekiben- Boxed Lunches for Train Travel	4'28"

No.3 (mp4)

1.	Peaches from Fukushima	4'15"
2.	Fireworks-Traditional Skills in a Modern Entertainment	4'23"
3.	Innovative Underground Cycle Parking	4'34"
4.	Sunset over Izume	4'22"

JAPAN Video Topics

No.4 (mp4)

1.	The Lucky Cat	4'31"
2.	Revolution in Bone Regeneration	4'14"
3.	Working out to the Radio	4'10"
4.	Restoring a Region's Symbol- Kumamoto Castle	4'22"

No.5 (mp4)

1.	Hirosaki's Cherry Tree Doctors	4'28"
2.	Shokuiku- Food Education	4'26"
3.	Manga- Anime-Games- Live Action "The 2.5 D Musical"	4'22"
4.	Kimono Creativity	4'33"

No. 6 (mp4)

1.	Landscapes on a Tray	4'47"
2.	New challenges for Projection Mapping	4'44"
3.	Kanten- A Traditional Health Food	4'33"
4.	Sado- the Way of Tea	4'33"

JAPAN Video Topics

2020/2021

No.1 (mp4)

1.	Mogami beni- Color of Mystery	4'32"
2.	Omakase- The Art of Trust	4'32"
3.	The Future of Entertainment AI Brings back the "God of Manga"	4'44"
4.	Endlessly Useful;- Tenugui Towels	4'17"

No. 2 (mp4)

1.	Protecting in Style and Comfort- Japanese Masks	4'34"
2.	Edo Furin- The Sound of Coolness	4'35"
3.	Go Anywhere, Virtually- Avatar Robots	4'50"
4.	Protect our Seas@ - Regenerating Coral Reefs	4'48"

No.3 (mp4)

1.	Japanese Style Hospitality- Cleanliness is Key	4'45"
2.	Learning with Candy	4'20"
3.	Clean Water for All	4'44"
4.	Yume Kawaii- Harajuku's Dreamy Fashion	4'46"

JAPAN Video Topics

No. 4(mp4)

1.	The World of Yokai-Mysterious Spirit Allies	4'39"
2.	Eliminating Food Waste. New advances in Technology	4'39"
3.	Simply Heartwarming- Kokeshi Dolls	4'38"
4.	Takao San- Tokyo's Own Mountain	4'29"

No. 5 (mp4)

1.	Tsunami Violin. The Sound of Remembering	4'36"
2.	Japanese Stationary- Sparkling Joy	4'27"
3.	Kamaboko- The Taste of Celebration	4'29"
4.	Bringing Color to Life- Kyoto Arts and Crafts	4'30"

No.6 (mp4)

1.	Lake Shikotsu Ice Festival- Sculptures of Frozen Blue	4'37"
2.	New Year Mochi Rice Cakes	4'30"
3.	Environmentally- Friendly Bioplastics	4'38"
4.	Manga- Inspiring Creators Worldwide	4'44"

JAPAN Video Topics

2020/2021 Special Issue

*** Includes with/ without subtitles versions**

No.1 (mp4)

1.	Kado Flower Arrangement- Capturing Nature's Essence	4'37"
2.	Nihon Buyo Traditional Dance-Beauty in Movement	4'52"
3.	Wadaiko Japanese Drums- Drumming with Soul	4'40"
4.	Shodo Brush Calligraphy- Writing from the Heart	4'37"

No.2 (mp4)

1.	Judo- Soft Overcoming Hard	4'17"
2.	Kendo- Spirit of the Samurai Sword	4'51"
3.	Kyudo- The Way of the Bow	4'03"
4.	Aikido- Spirit of Harmony	4'09"

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<https://www.youtube.com/channel/UCY-AUpO-7k6ILXWzAYoB6A>