

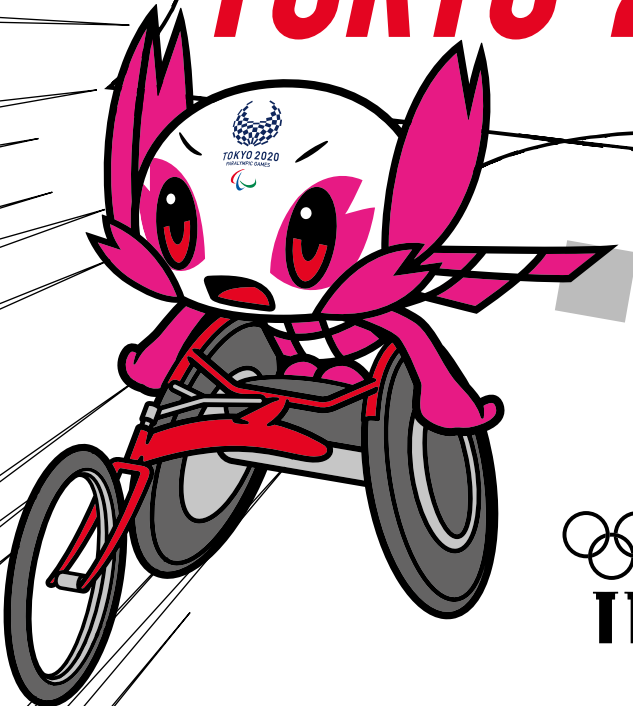
TOM SCHOOLS

Educational
kit

EXPERIENCING
& DISCOVERING
THE OLYMPIC GAMES



SPECIAL
TOKYO 2020



THE
OLYMPIC
MUSEUM

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The Olympic Games
TOKYO 2020

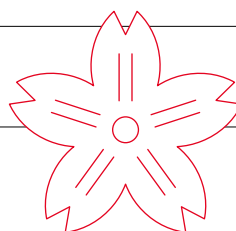
From 23 July to 8 August 2021, the greatest sports event in the world is taking place in Tokyo, Japan. Thousands of athletes from across the world will compete in the events. It will have been over half a century since the Japanese capital hosted the Olympic Summer Games. The event is highly anticipated, and especially this edition, which was postponed for a year because of the worldwide COVID-19 pandemic. It is the first time in history that the Games have been postponed. They are also being staged 10 years after the earthquake that devastated Japan. These Games are synonymous with hope and rebirth for the country, but are also a symbol of resilience and demonstrate that humankind is stronger when it stands in solidarity.

The Experiencing & discovering the Olympic Games: Special Tokyo 2020 kit produced by The Olympic Museum offers teachers:

- Essential information on the Games of the XXXII Olympiad;
- A presentation on Japanese culture in relation to the Games;
- Classroom activities for pupils aged 6 to 8, 9 to 11 and from 12 to 15.

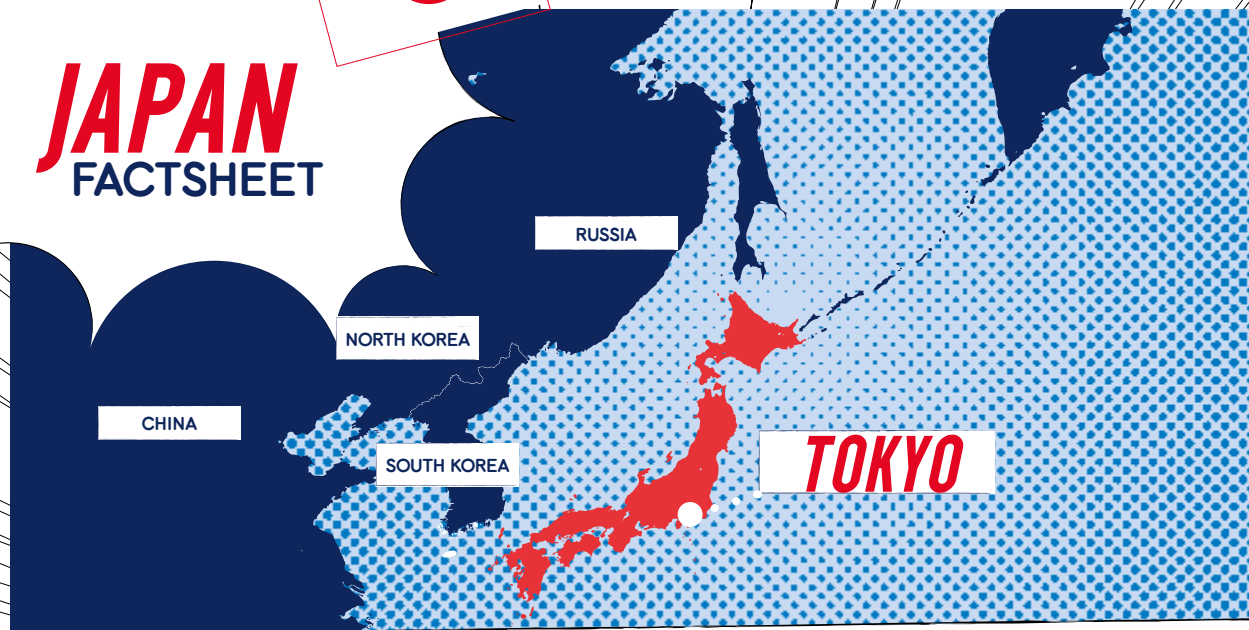
**THE GOALS
OF THIS KIT:**

- ✓ To provide information on the sports on this edition of the Games and the originality of the Tokyo 2020 programme;
- ✓ To illustrate how Japanese culture comes through in this edition of the Olympic Games.



JAPAN

FACTSHEET



NAME:

Japan

CAPITAL:

Tokyo

SURFACE AREA:

377,973km²

(i.e. 10 times larger than Switzerland)

GEOGRAPHICAL LOCATION:

Japan is an archipelago (group of islands) located off the Asian coast

POLITICAL SYSTEM:

Constitutional monarchy.
The Emperor has a symbolic role.
Power is exercised by the Prime Minister and Parliament (parliamentary system).

POPULATION:

127 million citizens. It is one of the most populous countries in the world!

POPULATION DENSITY:

337 habitant/km²

LANGUAGE:

Japanese

CURRENCY:

Yen (JPY)

FLAG:

A red disc – a symbol of the sun – on a white background

HIGHEST POINT:

Mount Fuji, at 3,776 metres

LIFE EXPECTANCY:

one of the longest in the world:
87 for women and 83 for men

TIME ZONE:

UTC + 9

(7 hours ahead of Switzerland)

NATIONAL FLOWER:

Sakura, the cherry blossom

TOKYO

SURFACE AREA: 2,188km²

POPULATION: 13 millions

If we take into account Tokyo and its surroundings ("Greater Tokyo"), the city covers 7,800km² and comprises 38 million inhabitants. It's the most populous megapolis in the world!

PART 1



TOKYO 2020



The Olympic Games
TOKYO 2020



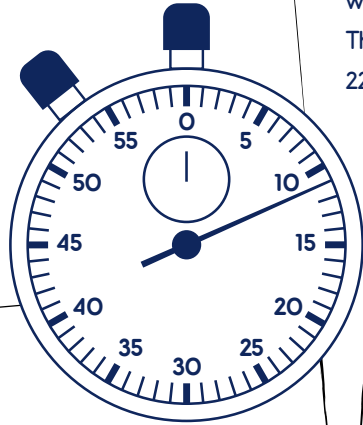
THE OLYMPIC MUSEUM

TOKYO 2020
COVERED IN ONLY
5 QUESTIONS

HERE ARE THE KEY POINTS YOU NEED TO KNOW, THROUGH FIVE SIMPLE QUICKFIRE QUESTIONS.

WHEN?

- from Friday 23 July to Sunday 8 August;
- the Paralympic Games take place shortly after, from Tuesday 24 August to Sunday 5 September 2020.
- Before Tokyo? They were in 2016, in Rio, Brazil.
- After Tokyo? They will be in 2024, in Paris, France.



WHERE?

In the city of Tokyo and its surrounding area.

Two main zones will host the events:

- the "Heritage Zone", in the heart of the city centre, continuing the historical legacy of the Tokyo 1964 Games. This is where the new Olympic Stadium is located (read the Focus item on page 7) as well as the martial arts arena (Nippon Budokan);
- the "Tokyo Bay Zone", which faces the sea and symbolises the future, with its new and ultra-modern construction;
- together, these two zones form a sideways "8", or the mathematical symbol for infinity. This evokes the limitless passion of Olympic athletes;
- some Olympic disciplines will be staged outside Tokyo, e.g. in Sapporo (football, marathon) and Fukushima (baseball/softball).

WHAT WHO?

These Games will bring together athletes from 206 nations on the five continents. The programme features 33 sports – 339 events!

The Paralympic Games bring together athletes with an impairment, also from many countries. There will be 4,400 athletes competing in 22 different sports, with 539 events.

HOW?

Numerous venues built for Tokyo 1964 have been adapted and renovated. Many are historic monuments that are dear to Tokyo's residents, such as the Yoyogi National Gymnasium and its incredible suspended roof, the work of architect TANGE Kenzo.

For Tokyo 2020, new facilities have also been built. Some will be in place only for the Games, but several of them will be kept and used for sports events and concerts. This is what happened for many buildings erected in 1964. Rock group Queen, for example, gave their last concert in Japan (in 1985) in the Yoyogi National Gymnasium!



TOKYO 2020
COVERED IN ONLY
5 QUESTIONS

WHY?

Tokyo was elected host city of the Games of the XXXII Olympiad on 7 September 2013. Its substantial (sporting and tourist) infrastructure, its first-rate transport network and its cultural influence won over the International Olympic Committee (IOC). The good news came sometime after the terrible earthquake that hit northern Japan and caused the explosion at the Fukushima nuclear power plant (2011).

It has boosted the morale of the Japanese people. The organisers are hoping that the Games will bring joy and comfort to the citizens of the areas affected. These regions will host the football matches and baseball/softball games. Giant screens will be set up for people to follow the events live, and activities are planned for families by young athletes. The aim is to bring back life and hope through the power of sport!

FOCUS ON:**BEAUTIFUL AND ECO-FRIENDLY: THE NEW NATIONAL STADIUM**

Nothing has been lost, everything has been transformed... The main stadium built for the Games in 1964 (50,400 seats) has made way for a new, larger (80,000 seats) and more beautiful stadium, designed by **Kengo Kuma and Associates, Taisei Corporation et Azusa Sekkei Co.** Their motto for the stadium: bring back nature into the cities. They prefer natural and local materials to concrete, a principle that he has applied to the stadium, which is very much inspired by traditional Japanese architecture. The outer walls are made of Japanese cedarwood and the wooden lattice is made of larch from local forests. The architects also added greenery in the eaves behind the stands. As a final touch, the building is located in a wooded park. "It's a stadium featuring trees and greenery, designed to co-exist with its environment," said Kuma.

As an aside, it was upon seeing the buildings designed by his fellow-countryman, TANGE Kenzo, for the Tokyo 1964 Games (particularly the Yoyogi Gymnasium) as a child that little Kengo decided to become an architect! The stadium is the flagship construction of these Games. It is here that the Opening and Closing Ceremonies of the Olympic and Paralympic Games will be held, as well as the athletics and football events.



The new National Stadium in Tokyo, an Olympic venue © 2016 IOC

TOKYO 2020
COVERED IN ONLY
5 QUESTIONS

FOCUS ON:

1964, A HISTORIC GAMES EDITION

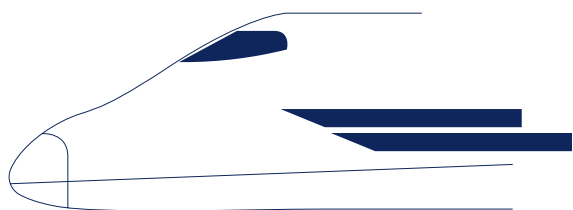
Tokyo has already hosted the Olympic Summer Games in 1964. For the first time, an Asian country was chosen for this worldwide sports event. At the time, the archipelago was gradually recovering from the Second World War and was undergoing reconstruction. The Games restored a feeling of national pride and accelerated the country's transformation: the construction of buildings and infrastructure, the inauguration in Tokyo of the world's first high-speed train, the Shinkansen, etc. Quirky pictograms were also designed for these Games (see page 13). Lastly, for the first time, the Games were broadcast live on TV – something never seen before at the time!



Yoshinori Sakai, the final Olympic torchbearer, holds the torch alongside the Olympic cauldron © 1964 Deutsche Presse Agentur



A giant daruma in the city of Tokyo during the Games in 1964 © 1964 IOC



TOKYO 2020
COVERED IN ONLY
5 QUESTIONS

ZOOM: HE POSTPONEMENT OF THE GAMES

A few months before the Olympic Games, as the preparations were well under way, the COVID-19 virus spread across the world.

On 24 March 2020, the President of the International Olympic Committee and the Japanese Prime Minister discussed the evolution of the pandemic. Following the recommendation of experts, they decided to reschedule the Games of the XXXII Olympiad in Tokyo to the following year, in order to protect the health of the athletes, the organisers and everyone else involved.

It was agreed that the name of the Games would not be changed. That is why we still talk about the Olympic and Paralympic Games Tokyo 2020, even though they are being held in 2021.



A Tokyo citizen passes a Tokyo 2020 Games sign.
© Getty Images

AN OLYMPIC FIRST?

In the history of the modern Olympic Games, no Games edition has ever been postponed. In the 20th century, only the two World Wars prevented the event from taking place – in 1916, 1940 and 1944.

But in ancient times, the Games in Olympia were actually once brought forward. The Roman Emperor, Nero, a great fan of the event, desperately wanted to take part, and ordered them to be held during his stay in Greece. The Games scheduled for 69 AD therefore took place in 67 AD.



US Olympic fencer Katharine Holmes trains at home during lockdown.
© Getty Images 2020

#STRONGERTOGETHER

For months, athletes have not only been deprived of competitions; they have also not been able to train. Demonstrating perseverance and great resilience, they have found original ways to continue their physical and mental training. Through the internet and social media, many of them have remained connected and organised group training sessions!

THE PROGRAMME IS AVAILABLE!

A FEW FIGURES:

33 sports | **50** disciplines |
339 events | **11'090** athletes

What is the difference between a "sport" and a "discipline"?
A sport can comprise several Olympic disciplines.
E.g. gymnastics comprises artistic gymnastics,
rhythmic gymnastics and trampoline.

THE NEWCOMERS

5 new sports will make an appearance:



BASEBALL-SOFTBALL



KARATE



SKATEBOARD



SPORT CLIMBING



AND SURFING!



The -59kg karate event at the YOG Buenos Aires 2018
© IOC / Ubald Rutar



A byword for freedom, skateboarding is
one of the additional sports at Tokyo 2020
© 2014 IOC / Ubald Rutar



An athlete during the climbing speed event,
YOG Buenos Aires 2018
© 2018 IOC / Nelson Chaves

THE PROGRAMME *IS AVAILABLE!*

FOCUS ON:

JUDO AND KARATE - THE SAME TYPE OF FIGHTING?

Judo, which means “gentle way”, is a 100-per-cent Japanese self-defence sport. The secret to judo is mastering numerous throws and the art of using one’s opponent’s strength to one’s advantage. Taught worldwide, judo became an Olympic sport at Tokyo 1964. The Games in 2020 will feature karate, a full body combat sport, originally from China. Karatekas wear no protection and their only weapon is their hands and feet – but what weapons! They focus all their energy on their body and can smash a brick with just one knife-hand strike, like in the film “Karate Kid”. This martial art requires great discipline and helps to develop both physical and mental strength.



UNITED BY EMOTION

The Games Motto encapsulates the Games vision capturing the essence of the ideas and concepts that the host city wishes to share with the world. “United by Emotion” expresses the hope that as spectators, volunteers, and athletes from over 200 National Olympic Committees and the Refugee Olympic Team gathering in Tokyo this summer, as well as the billions watching on television and online across the globe, will come together and understand that there is more that unites than divides them.

Sport gives people the opportunity to experience a variety of emotions and passions, and this is precisely the power of sport - its ability to connect people through their emotions and it’s what Tokyo 2020 intends to depict with the Motto.

THE GAMES

ICONS

IT IS A JOY TO DECIPHER THE EMBLEM, MASCOTS, MEDALS AND PICTOGRAMS. THEY REVEAL MANY OTHER THINGS ABOUT JAPANESE CULTURE AND THE GOALS OF THIS EDITION OF THE GAMES.

THE EMBLEM

An emblem is a meaningful design, in which many messages are hidden. Here is how to decipher the Tokyo 2020 emblem: the harmonised chequered circle.

- **Chequered patterns:** are a universal design, popular in all cultures;
- **“Indigo blue”** : or “Japanese blue” is a colour that is omnipresent in Japanese life, in tableware, clothing, traditional prints, etc. – all refined items that exemplify Japanese elegance;
- The **rectangles of different sizes** represent different people, from across the world, participating in the Games. The rectangles come together to form the chequered pattern. The message is clear: we are all different but remain united, in solidarity (Unity in Diversity);
- The **two emblems** – Olympic and Paralympic – have the same number of rectangles: 45. This is a way of saying that we are all equal.

Even though the Games have been postponed to 2021, it was decided that the original name and emblem would be kept.



FOCUS ON:

“LIFE IN BLUE”

Indigo blue is obtained from a plant: the *indigofera tinctoria*. For centuries, Japanese dyers have collected the leaves and dried them to obtain this famous blue, which can give shades ranging from light to dark blue. This tradition is still alive today, particularly in martial arts. Clothing is coloured with indigo blue, as this natural colour, as well as being beautiful, does not irritate the skin. At the Games, indigo will be widely on show, in the emblem, mascot, medal boxes, etc. It is a chance for the athletes and spectators to “see life in blue”.

THE GAMES

ICONS

THE PICTOGRAMS

The word pictogram is formed from “picto”, which means “picture/drawing” (in Latin), and “gramma”, which means “letter” or written “sign” (in Greek). Simply put, a pictogram is a picture sign, a drawing that speaks and delivers a message. By way of example, here is the pictogram that was used to symbolise the cycling events at the Tokyo 1964 Games.

It was for the 1964 Games in Tokyo that this picture language was developed. The Games programme and practical information had to be made understandable for overseas visitors. What better way to communicate with everyone, whatever their language, than a small picture to replace a word! The Tokyo 1964 Games played a major role in disseminating these “picture signs”, which have become omnipresent in our lives.

Since then, for each edition of the Games, new pictograms have been produced. These are designed by real professionals, trained in communications and graphic design. The Tokyo 2020 set were created by Japanese designer HIROMURA Masaaki.

“I have tried to express the dynamic beauty of the athletes through these pictograms, while respecting the legacy bequeathed by the pioneers of the Japanese design industry in their designs for the Tokyo 1964 Games,” he explained. His designs are similar to those of 1964, but have a more modern and dynamic touch. They highlight the energy of the athletes, the beauty of each sport’s moves. The colour has also changed. They are no longer black, but... indigo blue, of course!



The Tokyo 1964 pictogram



The Tokyo 2020 pictogram



The Tokyo 2020 pictograms

THE GAMES

ICONS

THE MASCOTS

Since Munich 1972, each Games edition has had a mascot, and Tokyo 2020 is no exception! But, for the first time in Games history, the mascots (for the Olympic and the Paralympic Games) have been chosen by children – primary school pupils. Over 16,700 Japanese schools took part in the vote – that's 205,755 classes! These are the two characters that won the most votes. They were designed by Japan's TANIGUCHI Ryo, who took considerable inspiration from Japanese manga. You can see them on posters, banners, T-shirts and other Tokyo 2020 merchandise. They are true stars!



MIRAITOWA
(pronounced mee-rai-toh-wa),
the Games mascot.

Its name is formed of the words "mirai" (future) et "towa" (eternity), and promotes a future full of eternal hope in the hearts of people all over the world.

COLOUR:
indigo blue
DESIGN:
chequerboard pattern, the Games emblem.



SOMEITY
(pronounced soh-may-tee)
the Paralympic Games mascot.

Its name comes from "someiyoshino", a variety of cherry blossom that is very popular in Japan. It sounds like "so mighty" in English. The mascot is a tribute to the strength and courage of Paralympic athletes, who give their all, despite their impairments.

COLOUR:
cherry blossom pink
DESIGN:
Japanese cherry blossom petals

FOCUS ON:

CHERRY BLOSSOMS, CHAMPION BLOOMS

If Japan were a tree, it would be a cherry blossom! The blossoming of this fruit tree in the spring is celebrated like a festival throughout the land. The countryside is breathtakingly beautiful, and family and friends come together to have picnics beneath the boughs full of flowers, which can be white as snow or bright pink. Many artists, including Dutch painter Vincent Van Gogh, have sought to depict the beauty of these flowers, called "sakura" in Japanese. Today, the Games designers have also been inspired by the blooms: its petals are reflected in the head of mascot Someity and also in the shape of the Olympic torch.

There are more than 600 varieties of cherry blossom tree in Japan. They differ in the size, number and colour of their flowers, as well as blooming seasons
© Getty Images

THE GAMES

ICONS



THE OLYMPIC FLAME AND TORCH

The Olympic flame is linked to the Olympic Games the world over. It is lit in Greece, at Olympia, the sacred site where the Games were born around 3,000 years ago. The torch is then transported by plane to the country hosting the Games.

There, another journey awaits it. The flame embarks on a huge marathon until its final destination: the stadium hosting the Opening Ceremony. It covers all of these kilometres thanks to hundreds of torchbearers, who carry the torch for short distances and pass on the flame. This is a wonderful symbol of peace, fraternity and solidarity.



The Tokyo 2020 torch is a nod to the **sakura**, a real symbol in Japan
© 2019 IOC

For the Tokyo 2020 Games, the Torch Relay also shows that “Hope Lights the Way”. Lit in Olympia on 12 March 2020, the flame arrived in Japan and has been kept there for a year.

On 25 March 2021, the Olympic flame will leave the J-Village national training centre in Fukushima, and travel to 859 municipalities in the 47 prefectures over 121 days, before arriving at the Tokyo Olympic Stadium for the Opening Ceremony on 23 July.

Each Games edition provides an opportunity to come up with a new torch design. What does the Tokyo 2020 torch look like? Clue: **sakura**. Japan’s favourite flower (the cherry blossom) was picked by designer YOSHIOKA Tokujin, who saw it as a symbol of renewal. Like the tree, which flowers again each spring, hope can be reborn. The cherry blossoms “symbolise a scene where people are overcoming and restarting from the disaster”, he explained. The symbolism is also incorporated into the material used. Part of the torch’s aluminium comes from the huts that housed people who were victims of the earthquake in 2011.

THE GAMES

ICONS

THE MEDALS

What if your old mobile phone could become an Olympic medal?

Wanting to engage more residents in the Games and be respectful of the environment, the organisers had an original idea that captured the spirit of the times: reduce the environmental impact of the Games by making use of recycled materials. Athletes' clothing has been made from used clothes, the podiums from plastic

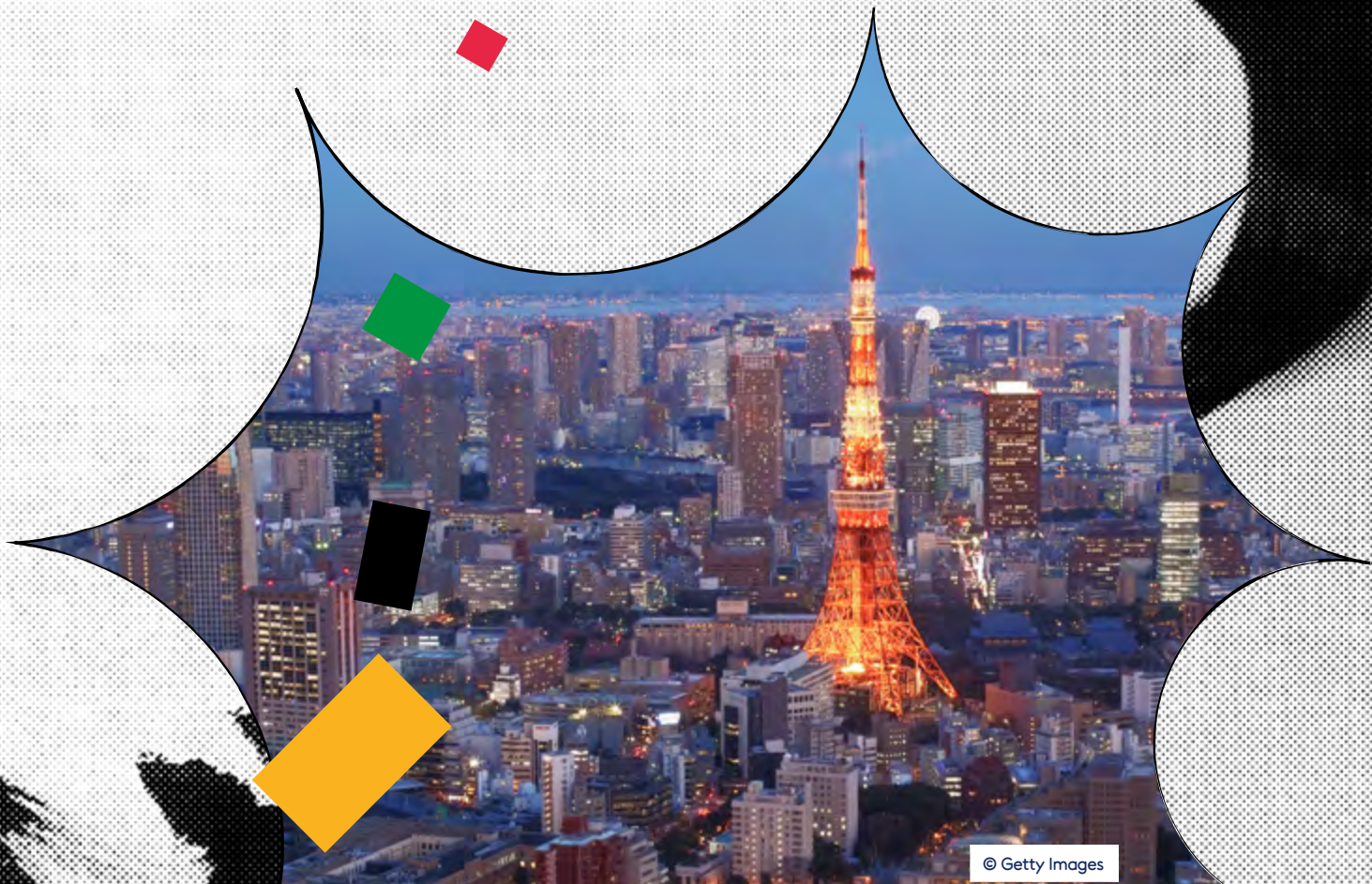
waste, and the medals from recycled metals collected from old cameras, phones and computers.

The Japanese got on board with this initiative, depositing many of their used devices in collection containers. In total, 5,000 medals, featuring the famous chequered design, have been produced.



Over 6 million smartphones have been recycled to create the Olympic medals for Tokyo
© IOC

PART 2



© Getty Images

HISTORY AND CULTURE OF THE HOST COUNTRY, JAPAN



THE
OLYMPIC
MUSEUM

A LITTLE **GEOGRAPHY**

AN ISLAND COUNTRY

Something that may sound obvious, but is nonetheless fundamental for understanding this country, is that Japan is an island. Or rather an archipelago, made up of four large islands (Hokkaidō, Honshū, Shikoku and Kyūshū) and thousands of small ones. Its shape looks a little like a dragon, the head of which would be Hokkaidō – a sea dragon, surrounded by the Sea of Japan to the west and the Pacific Ocean to the east. It is therefore not surprising that the Japanese speak about their country as a “shimaguni” or island country. Like many island communities, they feel very much apart. It is a feeling accentuated by the fact that their country, completely surrounded by sea, has been cut off from the world for a long time.

CLIMATE

The Japanese territory extends across nearly 3,000km from north to south, so temperatures vary considerably across the country. In the north, the winter is very harsh, and the summer is hot, while in the south, the winter is mild and the summer hot and humid.

MOUNTAINS AND MEGACITIES

Three-quarters of the country is made up of mountains and is therefore barely habitable. Hence there is a strong concentration of people along the coast, where gigantic cities have sprung up. The Taiheiyō (“Pacific Belt”), which stretches over 1,200 kilometres from Tokyo to Fukuoka in the South, has over 100 million residents. Nearly 38 million of them live in Tokyo and its suburbs. Geneva, in comparison, looks like a small village with its 500,000 inhabitants.

However, alongside these ultra-built-up areas, there is beautiful countryside, which seems to have remained untouched for centuries: rice fields (paddies), picturesque bays, lakes and small mountain villages, hot springs, etc.

A LITTLE
GEOGRAPHY**VOLCANOES AND EARTHQUAKES**

In Japan, nature is volcanic! Many of its mountains are actually volcanoes. The most famous is Mount Fuji (Fujiyama), a sacred mountain and the highest point in Japan. Fortunately, it has remained dormant for many years, and there is no danger in scaling its summit – standing at 3,776 metres high – something many Japanese have done. But other volcanoes are still active – and there are over 100 of them!

Another danger is earthquakes. The archipelago is situated in a highly seismic area, at the juncture of four large tectonic plates. The movement causes shaking, mostly miniscule, but sometimes very violent. And when the ocean floor shakes, watch out for tsunamis! To fight these phenomena, Japan is equipped with protective systems: earthquake-proof buildings, high seawalls to protect coastal cities, etc. The prevention policy is also important. For example, every schoolchild stores a helmet in their locker.

FOCUS ON:**THE GREAT WAVE BREAKS OVER ART**

From Hokusai to Miyazaki, Japanese artists have shown the overwhelming power of nature in their work. In *The Great Wave off Kanagawa* (around 1830), his most famous print, illustrator and engraver Hokusai depicted fishing boats about to be engulfed by a giant wave, with the foam in the shape of claws. Mount Fuji, the highest mountain in the country, seems minuscule compared to this raging sea.

Almost 180 years later, animated-film maker MIYAZAKI Hayao showed he was also fascinated by this indomitable spirit. The sea is a character in its own right in *"Ponyo on the Cliff by the Sea"* (2008). The film revisits the tale of the little mermaid in contemporary Japan and portrays the complicated life of a family living on the coast when the sea is raging...



A symbol of Japan, Mount Fuji has inspired many artists, including Hokusai with his "Thirty-six views of Mount Fuji"
© 2018 IOC / Greg Martin

JAPAN & SPORT

ANCIENT MARTIAL ARTS, INCLUDING THE FAMOUS SUMO WRESTLING, AND MODERN SPORTS COEXIST IN JAPAN AND ARE BOTH APPRECIATED BY THE PUBLIC.



Sumo, a real national sport in Japan, is one of the oldest martial arts in the world
© Getty Images

MARTIAL ARTS A LONG TRADITION

When we talk about “Japanese sports”, the first things we think of is martial arts (“budo”). For many years the reserve of warriors (the famous samurai), these traditional fighting techniques transformed in the 20th century into true sports disciplines. Today, judo is the most popular Japanese sport in the world. And there are many other Japanese martial arts, such as aikido (which mixes unarmed fighting with weapons), kendo (a form of fencing practised with a bamboo sword), karate and of course sumo, a national sport in Japan.

Its larger-than-life athletes (who weigh between 100 and 200 kilos), dressed only in a large belt and with their hair in a topknot, are famous the world over.

And there are many other Japanese martial arts, such as aikido (which mixes unarmed fighting with weapons), kendo (a form of fencing practised with a bamboo

sword), karate and of course sumo, a national sport in Japan. Its larger-than-life athletes (who weigh between 100 and 200 kilos), dressed only in a large belt and with their hair in a topknot, are famous the world over. Its professional wrestlers are trained from a very young age to keep their cool, and develop their strength and agility. At tournaments, they must push their opponent outside a circular ring (made of sand) or make them touch the ground with a body part that is not the sole of the foot. In the past a religious rite to honour the gods and thank them for a good harvest, for example, sumo has become a sport, but retained certain rituals. For instance, before the fight, wrestlers ward off evil spirits by stamping on the ground, and purify the ground by throwing a pinch of salt into the ring.

JAPAN &
SPORT**MADE IN AMERICA**

For a long time, “modern” sports were unknown in Japan. That changed at the end of the 19th century with the Meiji Era (1868-1912), a period in which Japan came out of isolation and opened up to the world. Sports were imported from the US, becoming very popular in school clubs, such as:

- baseball, still one of the most popular sports in Japan. A national tournament brings together college teams (All Japan High School Baseball Championship Tournament), attracting millions of TV viewers;
- volleyball. Introduced in the 1910s, it became a major sport, especially after the women’s team’s victory at Tokyo 1964;
- football. Called “soccer” (like in the US), football became popular in the 1980s thanks to the “Captain Tsubasa” manga (see the FOCUS ON on page 25), then in the 1990s with the national team’s participation in the 1998 World Cup. Today, the national team’s matches continue to beat TV audience records.s

New leisure pursuits have also appeared in the mountainous regions of northern Japan: skiing, ice skating, snowboarding, etc.

Little by little, they are becoming real sports, practised by professional athletes. The proof is ITO Midori, the first Japanese ice skater to win a silver medal at the Olympic Winter Games, in 1992, and skating prodigy HANYU Yuzuru, the current Olympic figure skating champion.



1.



2.



3.

1.
Baseball, one of the most popular sports in Japan
© 1992 / IOPP / Gabriel Bouys

2.
The Japanese women’s volleyball team at Tokyo 1964
© 1964 / Japanese Olympic Committee

3.
HANYU Yuzuru won two consecutive gold medals at the Games in Sochi and PyeongChang
© 2018 IOC / John Huet

JAPAN &
SPORT**JAPAN AND THE OLYMPIC GAMES**

Japan has very strong links with the Games, which have allowed its athletes to shine on the international stage. Some have become real national heroes!

The country's first Olympic medallist was tennis player KUMAGAI Ichiya. It was in 1920 during the Antwerp Olympic Games.

Since then, there have been many other victories, particularly in judo, artistic gymnastics, swimming, athletics, ball games and wrestling – all of in which the Japanese excel in. Wrestler ICHO Kaori was wrestling champion 10 times. At the last four Games, he won four consecutive gold medals – a remarkable record!

At the Winter Games, Japan's athletes have excelled in ski jumping, speed skating and women's figure skating.

JAPAN HAS HOSTED THE GAMES THREE TIMES BEFORE 2020:

In 1964: Summer Games in Tokyo. With 16 gold medals, 5 silver and 8 bronze, the Japanese delegation put on its best performance in its history, ranking third for the number of medals won.

In 1972: Winter Games in Sapporo. Japan won its first gold medal at the Winter Games, in ski jumping (KASAYA Yukio). In the same discipline, the country won silver and bronze, making it a 100 per cent Japanese podium!

In 1998: Winter Games in Nagano. FUNAKI Kazuyoshi won two gold medals and one silver in ski jumping; plus there was a first women's gold medal, thanks to SATOYA Tae (freestyle skiing).



ICHO Kaori won gold in freestyle wrestling (58kg) in Rio
© 2016 IOC / Jason Evans



FUNAKI Kazuyoshi, triple ski jumping medallist, at the Nagano Winter Games
© 1998 / Allsport / Gary M. Prior

BETWEEN TRADITION AND INNOVATION

JAPAN PAST AND PRESENT

JAPANESE SOCIETY IS VERY MUCH ATTACHED TO BOTH ITS TRADITIONS AND CUTTING-EDGE INNOVATION. THE CONTRASTS ARE CLEAR IN TOKYO, WHERE SMALL WOODEN HOUSES STAND ALONGSIDE TOURING SKYSCRAPERS LET'S TRY TO DEFINE THIS SURPRISING COUNTRY!

JAPANESE REFINEMENT

The Japanese are the heirs to a centuries-old culture, in the fields of theatre (Noh and Kabuki), music, calligraphy, gastronomy, etc. And of course, art and handicrafts! The country's artists have produced refined masterpieces that have continued to fascinate people: prints, ceramics, lacquered items, costumes, etc.

Handicrafts are still popular, and in Japan you can find magnificent silk kimonos, fans, wooden kokeshi dolls, etc.

Other refined traditions still remain anchored in the daily life of the Japanese. This is the case for:

Tea ceremonies:

this long ceremony centred on the preparation of green tea is still practised in traditional families, when a guest arrives or in "tea houses". It comprises various highly codified stages, with rituals that are passed on from generation to generation and specific utensils. It is a moment of serenity and beauty, that invites you to meditate on the meaning of life.

Ikebana, the 700-year-old art of flower arranging, also has a spiritual dimension. It is not only about making pretty bouquets. Each element is carefully considered: the choice of flowers and vase, and how to place each sprig and flower in harmony with the container and surrounding space.

Another very important tradition is **omotenashi** or "hospitality", based on respect and looking after guests.

With these Games, the whole nation aims to show its sense of **omotenashi** to overseas visitors. For this, the Games organisers have thought of everything: panels with signs in the Latin alphabet, producing a manual to welcome tourists and a tourist-guide robot (see page 24).

If you really want to be accepted in the Land of the Rising Sun, here are some rules of etiquette you should know:

- Remove your shoes when entering a temple or certain homes;
- Take a small gift when you are invited to someone's home;
- Before eating, say **Itadakimasu** ("I humbly receive"), then after the meal, **Gochisousama deshita** ("that was delicious");
- Never plant your chopsticks in rice, as this brings bad luck, or blow your nose in public which is the height of bad manners!



This type of tea ceremony is called **chanoyu** in Japanese
© Getty Images

BETWEEN TRADITION AND INNOVATION

JAPAN PAST AND PRESENT



FOCUS ON:

JAPAN AN INTERNATIONAL SUPERSTAR

The art of Japanese living is highly popular even outside the country. Across Asia, the USA and Europe, people enjoy:

- **Japanese food:** there are so many restaurants around the world that offer raw fish dishes (such as sushi, small slices of raw fish on an oblong of rice with vinegar), skewers (**yakitori**), prawn or vegetable fritters (tempura) and bento dishes, named after the lunchboxes taken to school or work. These compartmentalised boxes contain a starter, main course and dessert. A very varied and balanced meal!
- **Japan's leisure pursuits:** karaoke (singing the songs of our favourite artists into a mic), **origami** (the art of paper folding), **haikus** (mini-poems that celebrate the present moment);
- and, of course, manga and animated films (read more on page 25).



A whole art, the **Kaiseki ryōri** mixes gastronomy and composition of forms, textures and colors.

© Getty Images

BETWEEN TRADITION AND INNOVATION

JAPAN PAST AND PRESENT



Humanoid robots welcome, guide and provide information to people in hotels, companies and large retailers in the capital
© Getty Images

STATE-OF-THE-ART TECHNOLOGIES

Japan is THE nation of contrasts, which is what gives it its charm: historic temples standing next to enormous modern buildings, “zen” gardens, hectic megacities, traditional arts, global state-of-the-art technology industries (automobile, electronics), and more.

Among the most advanced countries in the world in terms of electronics (Sony, Canon, Fujifilm, Nintendo, Panasonic, Toshiba) and robotics, Japan is a haven of artificial intelligence. In Tokyo, humanoid (with a human appearance) and android robots provide information to customers in hotels, shops, etc.

Upon their arrival at the airport, tourists can hire a little tourist-guide robot named RoBoHon to give them information in three languages on around 30 places to visit. He can walk and even dance! He will be used for the Games in 2020. Many types of robot have also appeared in people’s homes: robots for doing housework, toy robots controlled by smartphone that are proficient in martial arts, and voice-controlled robot pets.

In Japan, the future is now!

LANGUAGE AND WRITING

Japanese is a very complicated language, which can be written in different ways. There are three types of character:

- **kanji**, characters of Chinese origin. One **kanji** has several meanings;
- **hiragana**: each character represents a syllable;
- **katakana**: which is used to write foreign words.

Calligraphy - shodō in Japanese, meaning way of writing – is considered as a form of meditation
© Getty Images



ALL ABOUT **J-POP**

J-POP IS JAPANESE POP CULTURE. MANGA, ANIMATED FILMS, KAWAII FASHION, ETC. HERE IS A QUICK OVERVIEW OF WHAT IS POPULAR AMONG YOUNGSTERS IN JAPAN, SPREADING TO THE USA AND EUROPE!

MANGA

Be careful not to confuse manga (comics) and anime (animated cartoons and films), even if the two are very similar and strongly influenced by each other.

The first albums of images, the forerunners of manga, were created by designer Hokusai, around 1814 (see also page 18). But it was really after the Second World War, with author-illustrator TEZUKA Osamu, that modern manga appeared: comics published first in youth magazines, whose black-and-white pictures were very much inspired by film. Manga became a resounding success.

Initially aimed at young readers, they began to offer increasingly varied and specialised content. Today there are manga for young boys and girls, teens, college-goers, students, adults, office workers, athletes, etc...

In short, there is a manga for everyone (whatever their age, sex and job)!

The difference between a manga and a Western comic:

- the majority of drawings are in black and white;
- large number of pages (and many volumes in one series);
- opposite reading direction: you begin at the end of the book, then read from right to left;
- dynamic drawing, with action (like in film);
- very precise graphic codes: faces with big eyes, very marked expressions (of anger, joy, jealousy, etc.).

FOCUS ON:

MANGA SPORTS

As of Tokyo 1964, the athlete, ready to give their all for victory, became a favourite hero in manga. Sport benefited in return! School clubs saw the number of people trying disciplines such as volleyball, boxing, martial arts and baseball skyrocket.

Aware of this virtuous circle, publishers began commissioning more and more series. Football became a phenomenal success thanks to "Captain Tsubasa", which told the story of a young football prodigy, from his college days to his career at the top.



The Tokyo 2020 mascots, inspired by manga
© 2018 IOC

As a sport that was practically unknown in Japan, basketball took off thanks to "Slam Dunk", the biggest selling sports manga in history!

The success of these two manga was such that the first Japanese professional football league was created in 1993 and the first professional basketball league in 1996. During the 2000s, sports manga diversified and became specialised, to the point that there are no sports or disciplines that have not been featured in their own series.

ALL ABOUT
J-POP**JAPANIMATION**

Animated film is an established industry in Japan, and its studios are among the best in the world. The centre of this is in the district of Suginami, in Tokyo. The first wave of Japanese “anime” arrived in Europe in the 1980s, with *Captain Harlock*, *Dragon Ball*, *Fist of the North Star* and *Grendizer*.

During the same period, animation became an art, thanks to film-makers such as MIYAZAKI Hayao (Studio Ghibli), the creator of “Spirited Away”, “Princess Mononoke” and “My Neighbour Totoro”, humanist tales that celebrated the beauty of nature. The success of these films has been huge, and people now talk about “Japanimation” when referring to Japanese anime.



AKB48 are a female J-pop group split into several teams
© Getty Images

KAWAII FASHION

Kawaii means “cute” in Japanese. More than a simple word, it is a true phenomenon that influences everything and everyone in Japan, beginning with young people. *Kawaii* girls collect manga-inspired *kawaii* dolls that are miniature versions of themselves. They cultivate a *kawaii* look, adding cute accessories (jewellery, lucky charms, ribbons, hair clips, nail adornments) in bright colours in a “pop” style. Boys also have their own style. Some adopt the androgynous look of singers of J-pop, Japanese pop music, while others go for a “big brother” (onii-kei) style, with their jeans and military boots.

Kawaii fashion has spilled over into Japanese life: clothes, mascots (each shop, brand and company has its own), decoration, cooking (sushi or vegetables in cute animal shapes), etc. And it travels well, as evidenced by the global success of “Hello Kitty”, a little cat who has become the ultimate *kawaii* icon. par excellence.



Hello Kitty is a fictional character designed in a *kawaii* style
© Getty Images

FOCUS ON:**THE MOST KAWAII FESTIVALS**

- 3 March:** Doll festival (*hina matsuri*). Little girls show off their dolls on stage.
- 29 April:** Start of Golden Week, a week of holiday across the country. The Japanese use this week to relax and travel.
- 5 May:** Children’s festival, celebrated across the country by flying tissue-paper carps, which flutter in the wind (*koinobori*).
- 7 July:** Star festival (*tanabata matsuri*). People write down their dreams on bits of coloured paper and hang them to bamboo trees, in the hope the stars will make them come true.

PART 3



© Getty Images

CLASSROOM ACTIVITIES



THE
OLYMPIC
MUSEUM

FOR **6-8-**
YEAR-OLDS

SHARED SPORTS

AMONG ALL THOSE ON THE PROGRAMME OF THE OLYMPIC GAMES TOKYO 2020, WHICH IS YOUR FAVOURITE SPORT?



.....
Talk to your classmates about your reasons and become a spokesperson for your favourite sport.

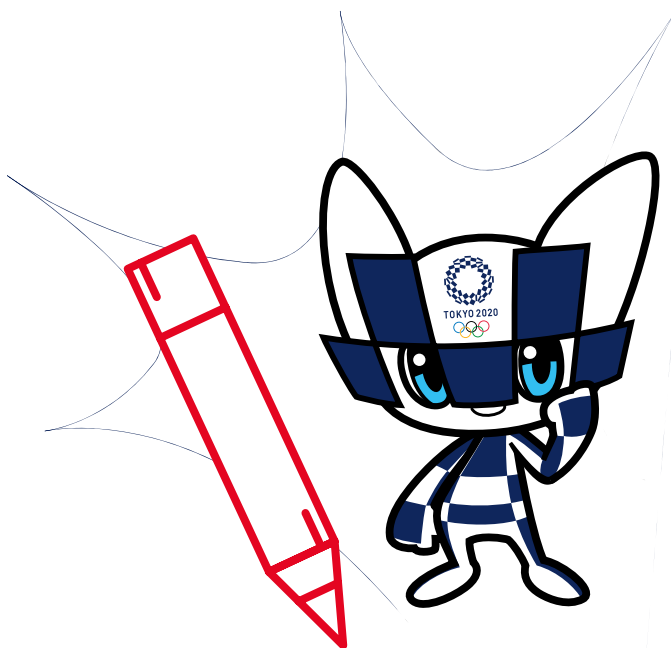
FOR **6-8-**
YEAR-OLDS

A MASCOT FOR YOUR CLASS

DESIGN A MASCOT FOR YOUR CLASS BASED ON THOSE CREATED FOR THE GAMES IN TOKYO.

USE THE FOLLOWING STEPS TO HELP YOU CREATE IT:

1. Its main quality is....
2. It makes me think of:
An animal? A plant? An object? A colour? Something else?
3. Have you thought of your character?
If so, draw it.
4. What is its name?
5. Present your mascot to your classmates and explain your choices.

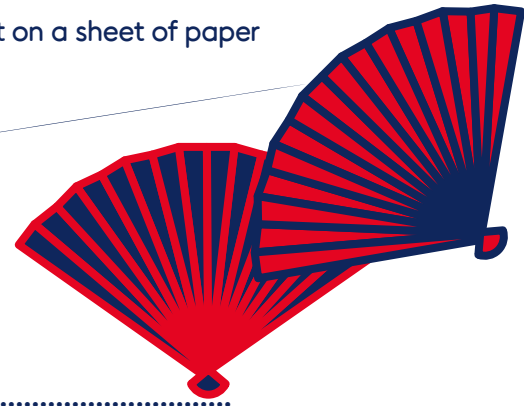


FOR **6-8-**
YEAR-OLDS

LET THE SHOW BEGIN

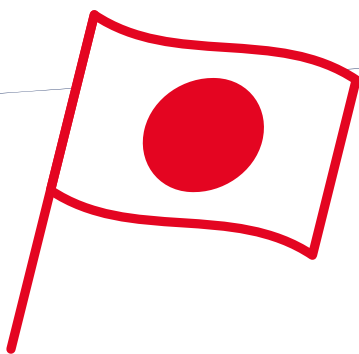
THE OLYMPIC GAMES IN TOKYO WILL BEGIN WITH
A BIG CELEBRATION IN THE NATIONAL STADIUM.
WHAT WILL THIS LOOK LIKE?

Imagine the show and then draw the costumes, lighting and all the rest on a sheet of paper
For any of the details, don't be afraid to ask a teacher.



MY IDEAS

-
-
-
-
-
-
-
-
-
-



FOR **6-8-**
YEAR-OLDS

WORD SEARCH:

IN THE GRID BELOW, SEVEN WORDS ARE HIDDEN.
FIND THEM AND DRAW A BLUE LINE AROUND THEM.
THEY ARE WRITTEN HORIZONTALLY AND VERTICALLY.

M	A	S	C	O	T	T	E	Z	R	K
F	E	P	E	T	U	G	A	M	E	S
L	W	O	Z	I	R	A	A	S	O	P
A	R	R	N	L	T	O	P	J	U	N
G	N	T	T	O	K	Y	O	A	I	W
E	U	W	Q	A	S	E	N	P	K	A
A	T	E	D	S	W	Y	O	A	U	B
U	Z	A	M	E	D	A	L	N	L	E



FOR **9-11**
YEAR-OLDS

CHAMPIONS' QUIZ

ARE YOU READY FOR TOKYO 2020?
FIND OUT BY TAKING THE QUIZ BELOW!

1. When did Tokyo last host the Olympic Games?

- 10 years ago
- More than 50 years ago
- At least 100 years ago

2. How many sports are there on the Tokyo 2020 programme?

- 23
- 33
- 43

3. In the list below, circle the sports which are on the programme:

Sailing/Wrestling/Figure skating/Aquatics/Football/Dodgeball/Luge/Scooter slalom/
Ski jumping/Gymnastics

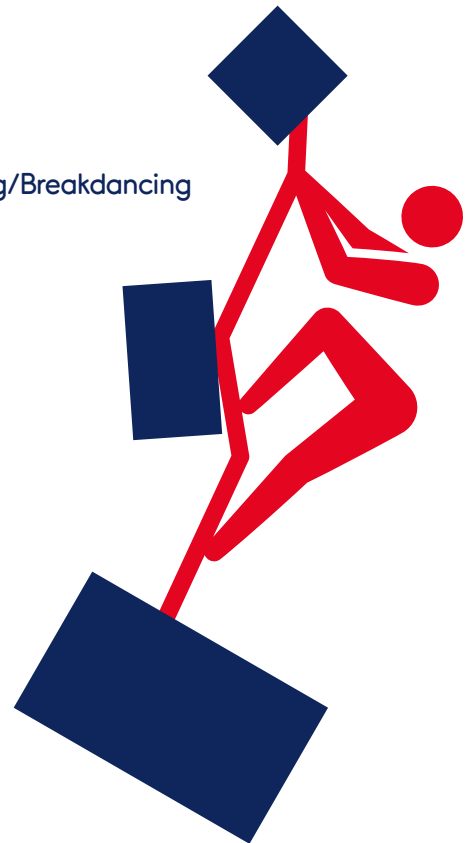
What are the new sports at these Games?

Circle the correct answers:

Judo/Karate/Surfing/Golf/E-games/Skateboarding/Roller skating/Breakdancing

4. What is the dominant colour of these Olympic Games?

- Light blue
- Indigo blue
- Bubble gum pink
- Bright red



FOR **9-11**
YEAR-OLDS**QUIZ FÜR
CHAMPIONS**

5. What is the Japanese name for cherry blossom?

- sushi
- bonsai
- sakura

6. You can see cherry flowers, a symbol of Japan:

- On the athletes' T-shirts
- In the design of the Paralympic mascot
- In the design of the Olympic torch

7. Fujiyama is:

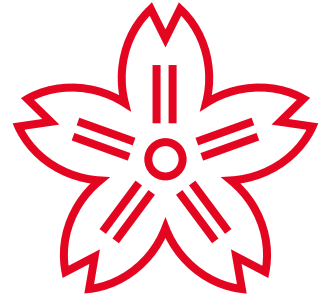
- A camera brand
- A volcano
- The highest mountain in Japan

8. The Japanese word *kawaii* means:

- An evil spirit
- A Japanese athlete
- A special football move in Japanese manga
- Something cute
- A fashion covering clothes, decorations and accessories

9. Sumo is:

- A form of wrestling
- A lunchbox
- Japan's national sport



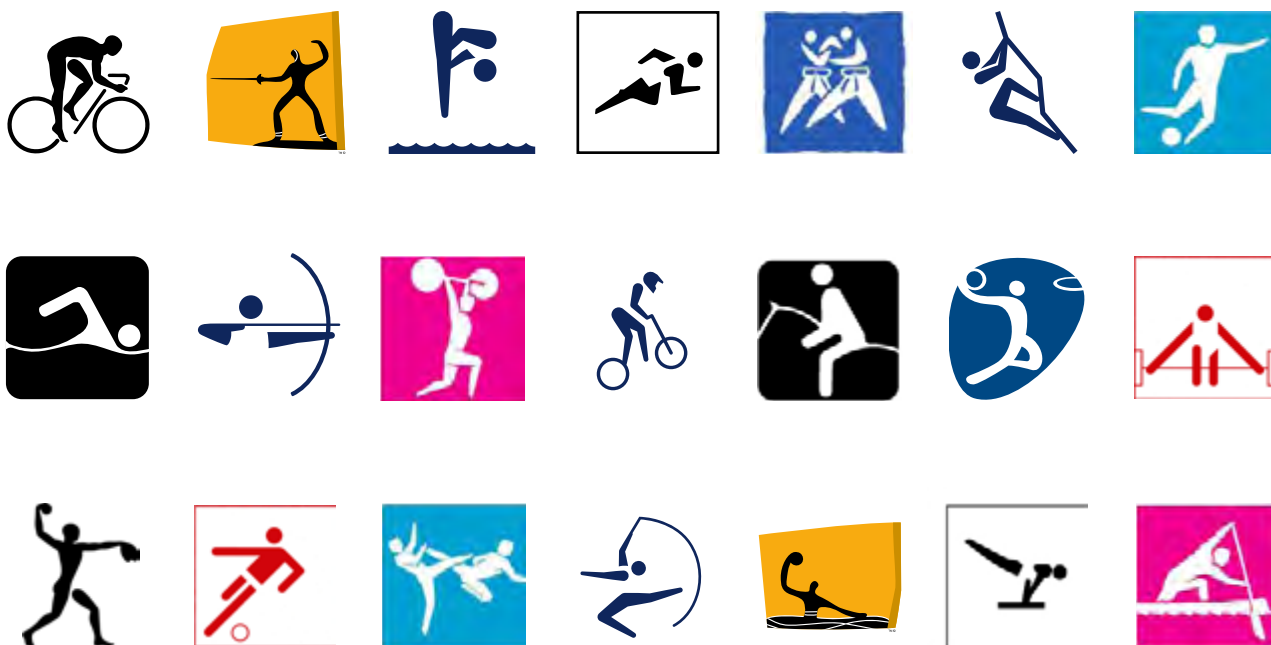
FOR **9-11**
YEAR-OLDS

PICTOGRAM MIX

EACH EDITION OF THE GAMES HAS ITS OWN PICTOGRAMS!



1. FIND THE TOKYO 2020 PICTOGRAMS IN THE SELECTION BELOW AND DRAW A BLUE CIRCLE AROUND THEM.



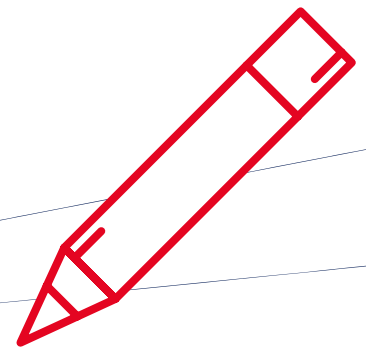
THEN CIRCLE IN RED THE TWO PICTOGRAMS FROM THE 1964 GAMES IN TOKYO.
HERE'S A CLUE: THEY ARE VERY SIMILAR TO THE ONES FOR 2020...

FOR **9-11**
YEAR-OLDS

PICTOGRAM MIX

- 2.** OVER TO YOU NOW.
CHOOSE YOUR THREE FAVOURITE SPORTS AND DESIGN A PICTOGRAM FOR THEM!

Don't forget that pictograms are simplified drawings,
so stick to the basics.



FOR **9-11**
YEAR-OLDS

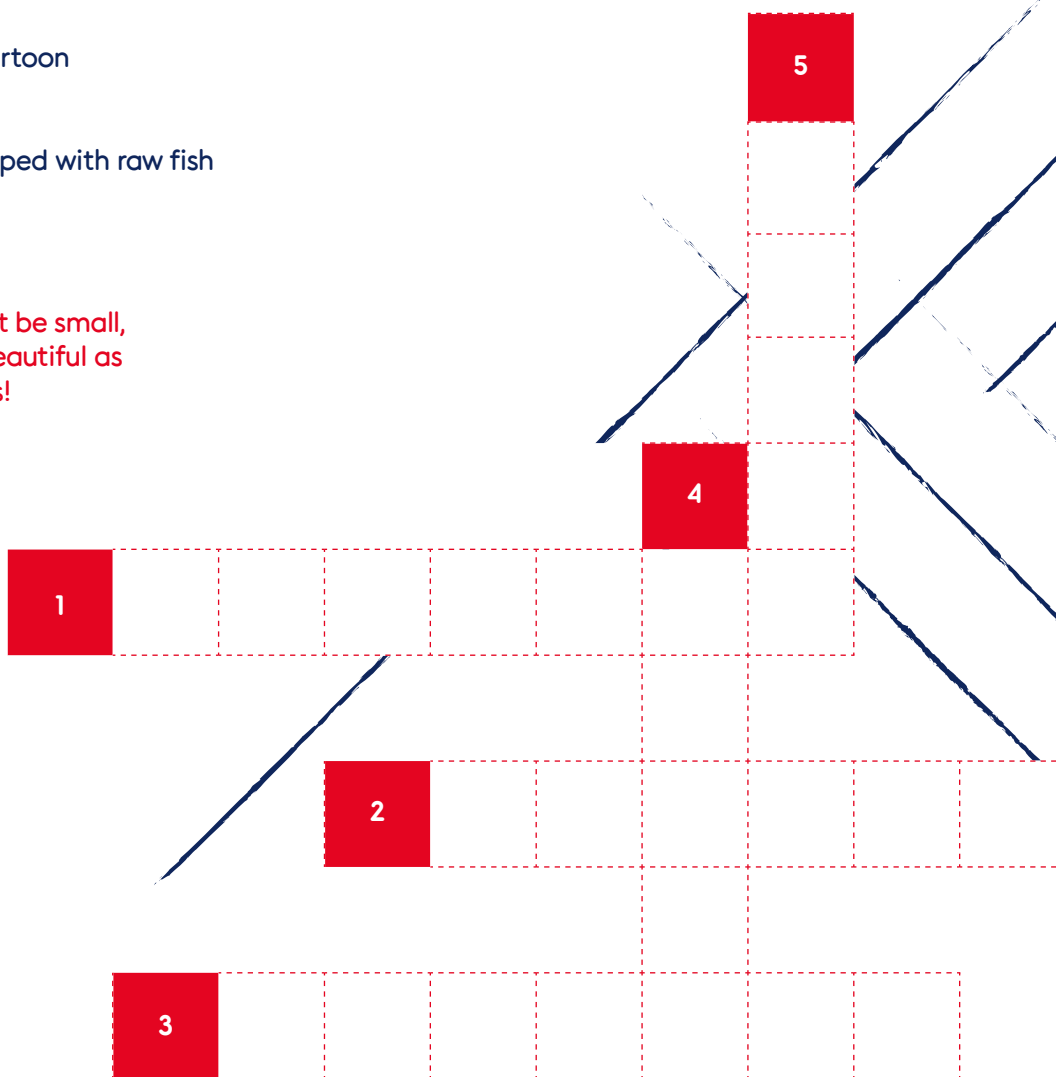
CROSSWORD

DON'T SPEAK ANY JAPANESE? COMPLETE THE CROSSWORD BELOW AND YOU'LL SEE THAT YOU KNOW MORE THAN YOU THINK.



1. enormous, sudden and destructive tidal wave
2. miniature tree grown in a pot
3. Japanese paper-folding
4. Japanese cartoon
5. Rice ball topped with raw fish

Here's a clue:
the bonsai might be small,
but it's just as beautiful as
its larger cousins!



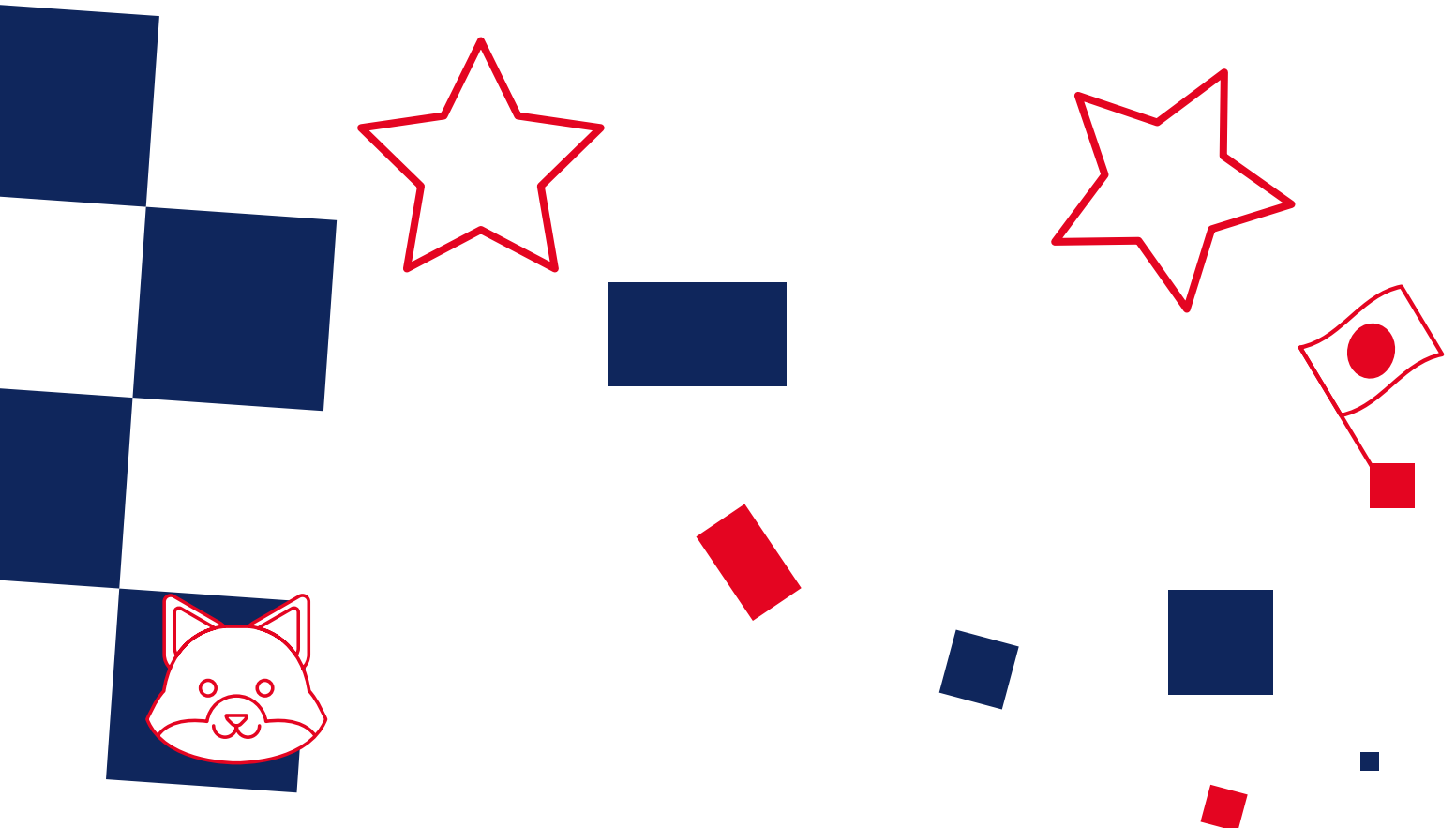
FOR **9-11**
YEAR-OLDS

ORGANISE A **KAWAII** OR **MANGA** FESTIVAL

During the star festival (*tanabata*), which starts on 7 July, the Japanese write their wishes on strips of coloured paper then attach these to bamboo plants, hoping that the stars will grant them their wishes.

ORGANISE A STAR FESTIVAL IN CLASS!

1. Cut three strips of paper and write a different wish on each, but not your name.
2. Decorate these strips in **Kawaii** or manga style (bright colours, glitter, manga or Hello Kitty-style drawings, pearls, feathers, etc.). The strips should look like African charms!
3. With your classmates, hang these paper strips somewhere in your school. You can do this in a classroom, but also in the canteen or playground (especially if there are trees).
4. An idea for a ceremony to help make these wishes come true: create a shower of stars, glitter or confetti on the paper strips.



FOR **12-15-**
YEAR-OLDS

BECOME AN (ECO-FRIENDLY) OLYMPIC ARCHITECT!

SCENARIO:

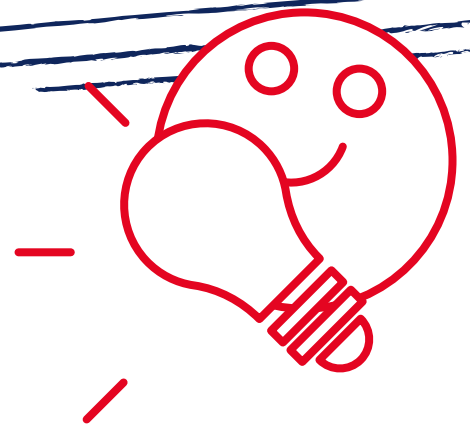
YOUR SCHOOL PLAYGROUND HAS BEEN CHOSEN TO HOST A BIG SPORTS EVENT.

YOUR MISSION:

EXTEND AND TRANSFORM THE PLAYGROUND SO THAT IT CAN HOST THIS COMPETITION AND LOTS OF SPECTATORS.

YOUR JOB:

PROPOSE A "GREEN" PROJECT WHICH WILL IMPROVE THE SCHOOL ENVIRONMENT FOR YOUR FELLOW PUPILS AND BE ECO-FRIENDLY. IN OTHER WORDS, "SUSTAINABLE" ARCHITECTURE.



1. Think about your project, on your own or as part of a team.
Which sports events will be held (you choose)?
What work will be needed? E.g. increasing the size of the playground, building stands for the spectators, creating an underground area, etc.

2. How can you make this construction work environmentally friendly?
Base your ideas on the eco-friendly solutions KUMA Kengo used for the National Stadium in Tokyo: non-polluting materials, preferably natural and local, use of renewable energy sources, use of recycled materials, reintroduction of nature within the school and surrounding area, green walls, etc. Dare to dream!

Make a list of what you need for your project (builders, machines, materials, types of plants, etc.). Draw your project plan on a large sheet of paper. All the projects will then be displayed in your classroom. A vote will then be held to select the winning architect and the best proposal.

FOR **12-15-**
YEAR-OLDS

DESIGN SCHOOL

Now that you're an expert in architecture, it's time to try a new discipline: design.

HERE ARE THE PICTOGRAMS CREATED BY DESIGNER TANIGUCHI RYO FOR THE TOKYO 2020 GAMES. SEE IF YOU CAN IDENTIFY WHICH DISCIPLINE CORRESPONDS TO WHICH PICTOGRAM.



Now look at the six pictograms below. They all represent fencing, but each has a different style.



London 2012



Atlanta 1996



Mexiko 1968



Sydney 2000



Tokio 1964



Athen 2004

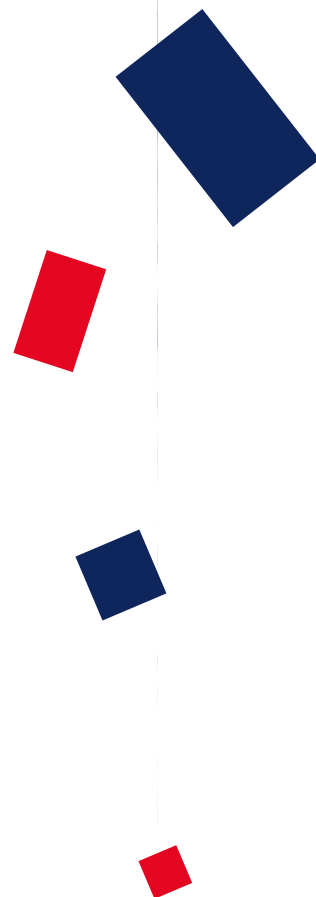
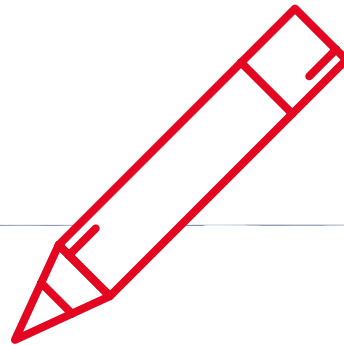
FOR **12-15-**
YEAR-OLDS

DESIGN SCHOOL

NOW IT'S YOUR TURN TO COME UP WITH A DESIGN.
DESIGN A PICTOGRAM FOR A SPORT WHICH ISN'T ON THE TOKYO 2020 PROGRAMME
AND USE THE STYLE FOR THIS EDITION OF THE GAMES TO CREATE IT.

Here are three tips to help you create
a really cool pictogram:

1. Keep the athlete's body as simple as possible, leaving out any unnecessary details.
2. Show the athlete in motion, with a dynamic pose, for example the shape of a ballet dancer performing a pirouette.
3. Don't forget your athlete's sports equipment.



FOR **12-15-**
YEAR-OLDS

**JAPANESE IS EASIER
THAN YOU THINK!**

FIND 15 JAPANESE WORDS IN THE GRID BELOW.
THEY ARE WRITTEN HORIZONTALLY, VERTICALLY AND DIAGONALLY.
CIRCLE THE ONES YOU FIND.

t	r	o	l	y	m	p	i	q	u	e	l	s	a
s	u	t	r	o	k	a	n	j	i	k	h	e	i
u	g	s	k	i	e	u	r	l	u	a	t	e	k
n	b	m	a	n	g	a	t	a	s	r	a	i	i
a	y	l	i	z	r	a	e	a	a	a	a	k	d
m	t	a	t	a	m	i	m	a	m	t	r	e	o
i	e	t	a	o	k	e	k	i	u	e	o	b	a
i	s	a	d	o	e	d	a	m	r	x	o	a	i
s	u	m	o	s	n	e	w	l	a	j	i	n	j
i	s	e	n	e	d	s	a	s	i	u	t	a	i
a	h	a	r	u	o	s	i	o	x	d	o	d	o
k	i	m	o	n	o	h	i	r	m	o	n	i	e

On the line below, write the words related to martial arts:

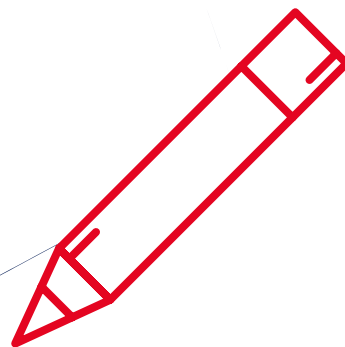
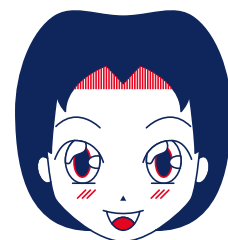
Look in a dictionary or online for the words you are not familiar with and write their definition below:

FOR **12-15-**
YEAR-OLDS

BECOME A MANGAKA

CREATE YOUR OWN MANGA-STYLE PORTRAIT IN JUST FOUR STEPS:

1. Start by drawing the lower part of the face.
2. Draw big eyes, slightly above the ears.
3. Add the nose (a small triangle).
There are several possibilities for the mouth:
round to show astonishment
 - with the edges turning up to express happiness
 - with the edges turning down to express sadness
4. Finish with the hair.



FOR **12-15-**
YEAR-OLDS

J-POP FESTIVAL AT SCHOOL

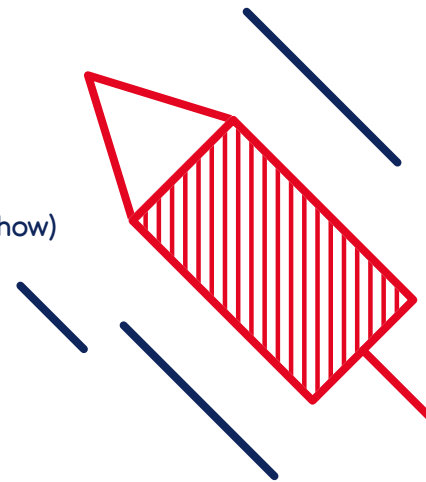
Work in pairs or small groups in one or more sessions.

YOU ARE GOING TO ORGANISE AN END-OF-YEAR CELEBRATION WITH A JAPAN AND J-POP THEME.

But there is a big constraint: your budget is limited. You use this as an opportunity to propose ingenious solutions, which are both environmentally friendly and cheap (salvage, recycling, collecting, etc.)

FOR EACH PART OF THE FESTIVAL:

- Stands (e.g.: manga, traditional kimonos, video games, *kokeshi* dolls, etc.)
- Workshops (e.g.: learn how to make a bento, a really *kawaii* lunchbox)
- Activities (karaoke/kendo, judo and aikido demonstrations/*kawaii* fashion show)
- Eco-friendly buffet (list the different foods)
- Music (J-music)
- Dress code (*kawaii* look)
- Decoration
- Poster (create the festival poster) and mascot (choose a mascot)



1. Write your ideas down on cards: one card per idea.
2. Present your project on a large board. You can combine text with drawings, collages, etc. and customise your board with *kawaii* accessories created from recycled materials.

ALL THE PROJECTS WILL THEN BE DISPLAYED IN YOUR CLASSROOM.



FOR
ALL AGES

BASIC SURVIVAL GUIDE

Hello: Konnichiwa / こんにちは

Goodbye: Sayonara / さようなら

Excuse me: Sumimasen / すみません

Thank you: Arigato / ありがとう

Hello: Mochi mochi / もしもし



FOR **6-8-**
YEAR-OLDS

FOR **9-11-**
YEAR-OLDS

ANSWERS

WORD SEARCH:

M	A	S	C	O	T	T	E	Z	R	K
F	E	P	E	T	U	G	A	M	E	S
L	W	O	Z	I	R	A	A	S	O	P
A	R	R	N	L	T	O	P	J	U	N
G	N	T	T	O	K	Y	O	A	I	W
E	U	W	Q	A	S	E	N	P	K	A
A	T	E	D	S	W	Y	O	A	U	B
U	Z	A	M	E	D	A	L	N	L	E

CHAMPIONS' QUIZ

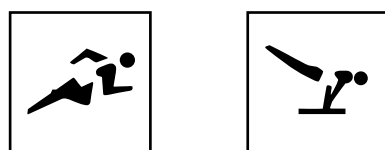
1. For more than 50 years / 2. 33 / 3. The sports on the programme: sailing, wrestling, aquatics, football and gymnastics – the new sports: karate, surfing and skateboarding / 4. Indigo blue / 5. Sakura / 6. In the design of the Paralympic mascot and the Olympic torch / 7. A volcano and the highest mountain in Japan / 8. Something cute and a fashion covering clothes, decorations and accessories / 9. A type of wrestling and Japan's national sport

PICTOGRAM MIX

The Tokyo 2020 pictograms.



Those from 1964

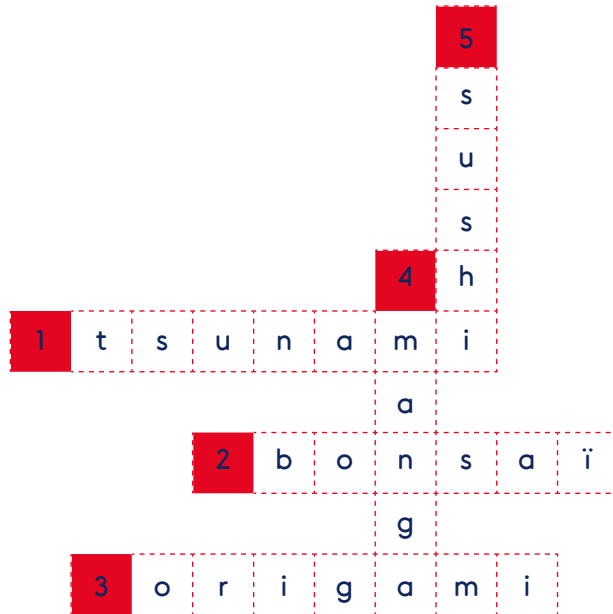


FOR **9-11-**
YEAR-OLDS

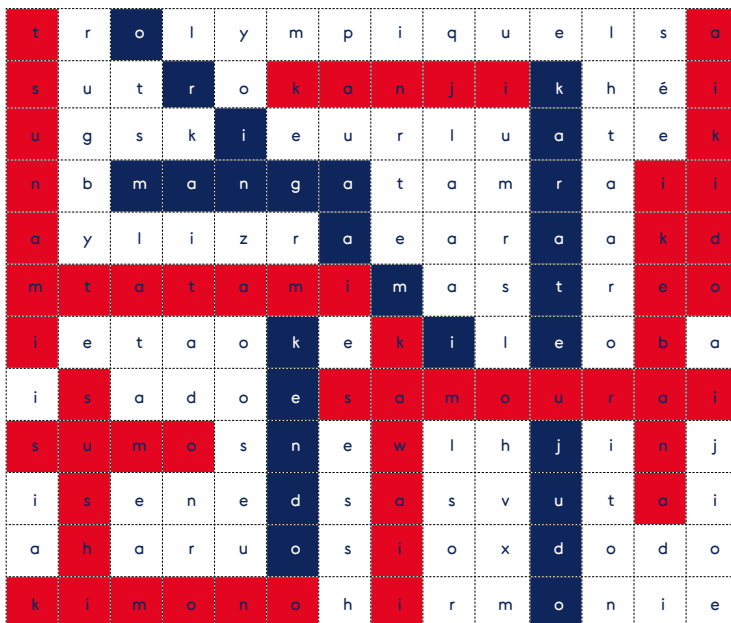
FOR **12-15-**
YEAR-OLDS

ANSWERS

CROSSWORD



JAPANESE IS EASIER THAN YOU THINK!



The words related to martial arts:
judo, sumo, tatami, kimono, kendo, aikido and karate.