



### No. 1: “Forever challenging one’s limits”

Running the banks of the Edogawa River, together with other young runners.  
The goal is to break various records, of course!



**No. 2: “A sports meet is also an opportunity to study culture”**

**At an elementary school sports meet: A dancers' group has an exchange of dances with the school's pupils.**



### No. 3: “The town is the same as my house”

The cleaning program organized by the residents' association is carried out mainly by elderly citizens. Small children also take part to cultivate their love for the local community.



**No. 4: “They may be alone in the house, but they are certainly not alone in the community”**

**Members of the residents' association distribute flowers to elderly people in the neighborhood who are living by themselves.**



### No. 5: “Carps dance! Our hearts dance, too!”

A carp streamer dances in the sky on Children’s Day. Looking at one hundred dancing carps makes our hearts dance, filling our hearts with nostalgia for the days when we were small, too.



## No. 6: “Watch, and learn”

The traditional event of *tsujigiri*. People watch closely how a large “snake,” to ward off evil spirits, is being made from hay.



No. 7: “Hey, can't you give it to me for free?”

**Children watch cotton candy being made, and try scooping up water balloons, at a local stationery store. This is a small community with a human touch.**



### No. 8: “The party reaches a climax, with the mayor in the lead!”

Everyone takes part in the festival, carrying *mikoshi* (portable shrine) and sweating all the way. Their chanting energizes them, both physically and mentally.



### No. 9, No. 10: “Powerful legs; a look of dashing gallantry”

People take part in a competition of folk music and dance to demonstrate what they have learned in their daily practice. This is how Japan's traditional performing arts are passed on from one generation to the next.

