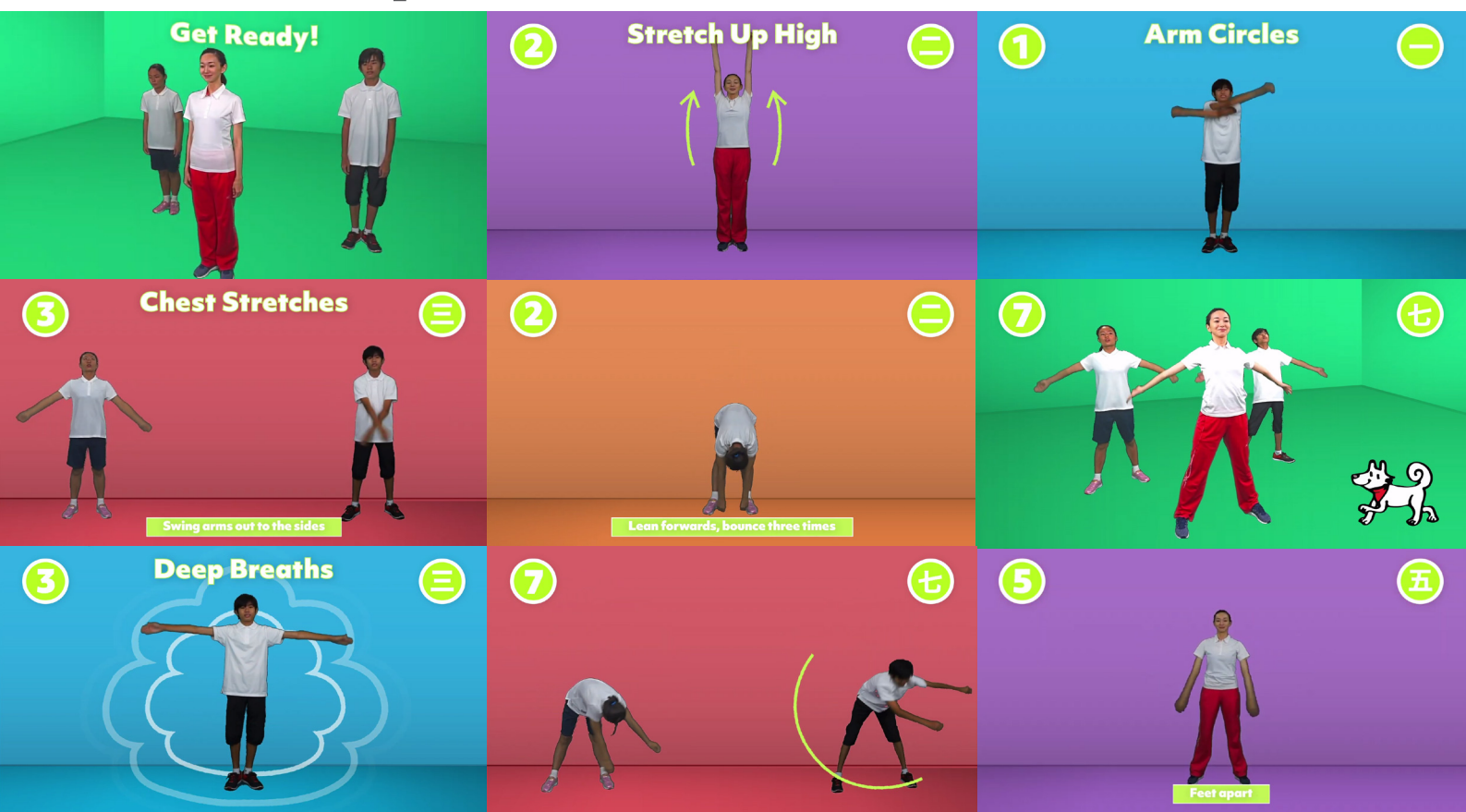


# Taking part in Sport Relief? Warm-up with Radio Taiso!






## ラジオ体操

Radio Taiso is a simple set of Japanese exercises, used as a whole-school warm up in Japan for Sports Day and other events.

**However you're fundraising, we want you to get everyone together and warm up with Radio Taiso!**

With the Tokyo 2020 games coming up, the 3 minute Radio Taiso routine is the perfect way to kick off your Sport Relief activity and start getting excited for the Tokyo Olympic and Paralympic games.

## How to take part

- **Watch our video** [www.youtube.com/watch?v=0xfDmrcl7OI](https://www.youtube.com/watch?v=0xfDmrcl7OI) and practice the moves
- Get your group together for a Radio Taiso warm up
- Take a video or photo of your performance and tag us **#sportreliefjapan** on social media:  
 @JapanSocietyLondon     
  @japansocietylon     
  japan.society.london
- Don't forget to let us know how you're fundraising!

**No fundraising planned?**

**Why not organise a group Radio Taiso on Friday 13 March and get sponsored to take part?**

## Special Prizes for the Group with the Best Performance!

We will be looking at:

- Unique formations
- Synchronisation
- Different ages coming together
- Lots of participants
- Costumes
- Fun attitude
- Original style
- Smiles and enthusiasm

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