



Hyotan

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Edited by Hyotan Editors Club
Publisher: Hitachi International Committee
Phone: 0294-22-3111 ex534 Fax: 0294-24-5302
E-mail: kokubun@ray.hidecnet.ne.jp

Summer in Hitachi

Do you know how the local residents and the visitors are enjoying summer in Hitachi? This article will introduce some ideas to you.

Hitachi lies from north to south in a narrow stretch of land between the Pacific Ocean and the low mountains. Moreover, Kuji river, the A class river, runs from mountain area into the sea. It seems that people are enjoying nature during the summer around these seaside, mountains, and riverside.

Waterfront Enjoyments

Sea bathing

There are many large beautiful beaches on the long coastline, and many people are enjoying sea bathing. However, there might be the danger of drowning at far from the seashore. There is an ocean current which could carry you away to the offing easily, since the beaches face the Pacific Ocean directly. To enjoy swimming safely, you have to follow the red flags or the signs as well as the lifeguards. Also at this season, fog rises from the sea occasionally because of the ocean current. Under foggy weather conditions, the lifeguards warn sea-goers to stop swimming. Although the sea-bathing season of Hitachi is not so long term, many people, not only citizens also visitors from neighboring prefectures where do not face to the sea, come to the beaches and enjoy. So at this time of year, there are traffic jams at the main roads running west and east every morning and evening.

There are good seashore at Kujihama, Mizuki, Kawarago, Oose, and Kawajiri.

You can see many surfers these areas and pleasure boats or personal watercrafts near the mouth of Kuji river.

Fishing

Both sea fishing and river fishing are available in Hitachi. Especially, the coastline provides good fishing and many kinds of fish are caught all the year around. You can see there are many anglers around the piers and the breakwater of Hitachi harbor and Oose port on holidays. However, fishing on the breakwater is not safe so we recommend to fish at the pier of the "Nagisa park" of Kujihama.

"goby", "mackerel", "black sea bream", etc can be caught there. Of course, you can enjoy offshore fishing on a boat. It is available to hire fishing boat at Kuji and Oose fishing port.

Now, let's turn to river fishing. At the upper stream of Kuji river, there are many anglers who fish for sweetfish (ayu, Japanese freshwater fish) in this season. However, as for as fishing for ayu, Naka river, other the A class river in Ibaraki, is more popular. Anglers who live in Hitachi also go out there.

Evening events

During summer, there are many traditional events held in the evening, since Japanese has a traditional custom to enjoy the cool evening breeze. The prevailing events are " Andon (paper-covered lamp shade) festival", "fireworks display", and "Bon festival dance(folk dance)."

Andon festival (Kamine park)

At Kamine park, Andon festival are held from early in August to the middle of the month. As it becomes dark, many lanterns with paper-covered shade along the path are turned on. It is one of the traditional events in Japan that summer nights are colored with handmade paper-covered lampshades. In this period, the amusement park, and a restaurant located on the site also open at night. Kamine zoo also hold a special event "Night at Zoo (6:00 p.m. ~ 9:00)", showing the animals' night habits (Not daily. Please contact them to know the schedule.).

Fireworks displays (In places)

In Japan, fireworks are one of the most

charming activities of the summer evening. While many people enjoy fireworks with their family or friends, they also like to view the fireworks display that go off in the night sky spectacularly very well. The big fireworks display held at several places in Hitachi, for instance, the Hitachi harbor, Kwarago port, Oose port, so on. All of firework are displayed at seashore for fire prevention. A large number of spectators are expected, so traffic may be very heavy. Please use the public transportation instead of your own car. In addition, fireworks go up highly sky, so it seems nice to look for a terrace facing the sea where you can enjoy the fireworks show, in place of a ringside view.

Bon festival dance

Bon festival dances, the Japanese traditional folk dances, are performed in the community unit of various parts of city early August. The dancers form circles around the center tower that is made in wood temporarily and dance to the Bon festival dance song played with drums and whistles. The structure of the dance is simple. Anyone can join the circle without difficulty. Some people appear at the festival wearing a "yukata", a kimono-like cotton robe. Especially, flourishing Bon festival dance are held at Hidaka, Taga, Hanayama, Omika.

Others

There are some public camping sites in the mountain area, for example, Kiraranosato

where many groups and families enjoy the outdoor activities.

Amateur baseball tournament games are one of the topics, which many people bring up occasionally in summer. There are two nationwide tournaments; the senior high schools baseball tournament (we call it "Koushien" after the stadium which is held) and Intercity Baseball Tournament for industrial teams that will be on Tokyo Dome stadium.

Preliminary games of the high school baseball tournament are held at several baseball grounds in Ibaraki in July, about 120 high-schools teams gathering from all over Ibaraki. Hitachi municipal baseball ground (Ikenokawa) is also one of the field. Many people, not only the students and their family also OBs, OGs, and the neighbors come there to cheer. About ten high schools in Hitachi participate the games to aim the representative of Ibaraki every year. The Hitachi 1st senior high school (Hitachi-ichi-ko) has been the winner of the preliminary games and entered "Koushien" as the representative once. Unfortunately, since then, senior high schools in Hitachi have not been the representative of Ibaraki for about 20 years.

As for the industrial baseball tournament, Hitachi Ltd. team often plays on Tokyo Dome as the representative of this area.

Almost of events introduced above have finished this year. Lets try next year, if you are interesterd in.

What is Yang Ming-Shi tai-ji-quan(楊名時太極拳)?



It is a qigong (breathing exercise) originated from a traditional Chinese martial art of pugilism for keeping one's body, breath, and mind in better conditions. Yang Ming-Shi tai-ji-quan together with Hachi-dan-nishiki (an art of medical body exercise) was started to be taught and spread in 1960 by Yang Ming-Shi, the father from the Yang family famous as



pugilists, on the basis that one does one's very best to move slowly harmonious with a deep breath as a method how to stay healthy,

which can be exercised easily by anyone. It has been spread all over Japan presumably among more than 500,000 enthusiasts.

What is the difference from the Kanka tai-ji-quan(簡化太極拳) 24-shiki (patterns), the Enacted Quan (制定拳)?

The Kanka tai-ji-quan 24 shiki was enacted in 1956 in China by simplifying the various patterns of the tai-ji-quan into 24 patterns and is called the Enacted Quan.

Yang Maiji tai-ji-quan based on the Kanka tai-ji-quan 24-shiki is "the taiji-quan for health not competing with or fighting against the others" but repeating and developing practices on your own hoping for your health

and happiness as well as for those of the people around you, while you are by far aware of keeping your body, breath, and mind in good conditions than the Kanka tai-jì-quan.

What is Hachi-dan-nishiki?

It is a qigong where the defined 8 patterns are performed harmoniously with a method of breathing. Each pattern is expected to improve more than a part of your body and is also called a medical art of body exercise. In other words, Hachi-dan-nishiki is a traditional way of exercises how to stay healthy by doing your very best, in your body, breath, and mind, to move slowly harmonious with a deep breath, through which your mind and body will be relaxed to become healthy.

Can those poor at sports enjoy Yang Ming-Shi tai-jì-quan?

In Yang Ming-Shi tai-jì-quan, you must do your very best to move slowly breathing from your stomach and so those in poor physical condition, aged persons, or women can enjoy it without too much effort. It is suggested that even "those poor at sports" can satisfactorily continue the exercises.

Concerning whether you have quick or slow reflexes, those so-called not athletic can often stick at the tai-jì-quan and make their great flowers of the tai-jì-quan come out.

Can it be enjoyed by those who are not strong enough to do hard physical exercises or even by convalescents?

Since they may move slowly harmonious with their breathing corresponding with their physical conditions, those not strong enough to



do hard physical exercises can also enjoy it. The tai-jì-quan is fully utilized in rehabilitation of convalescents, too and is appreciated it is greatly effective in convalescence of their minds and bodies.

There are many cases where those poor in physical conditions naturally turn good after continual exercises resulting in eager enthusiasts of Yang Ming-Shi tai-jì-quan.

Where can I learn Yang Maiji tai-jì-quan?

In Hitachi City, there are 5 classes of Yang Ming-Shi tai-jì-quan, ① Hitachi Tai-jì-quan Club, ② Seiken-kai, ③ Kuji Tai-jì-quan Club, and ④ Hyakunen-juku Tai-jì-quan, and ⑤ Club of Higashikanesawa Tai-jì-quan as shown in the table below:

No.	Place	Date	Inquiry	Fee
①	Sukegawa C. C.	Every Tuesday 10:00~	I. Seki 32-2720	1,000
②	Narusawa P. H.	2nd & 4th Tuesday 13:30~	Y. Ito 37-0557	1,500
③	South Branch of C. H.	1st & 3rd Saturday 0:00~	H. Kikuchi 029-283-1759	1,500
④	Kyoiku Plaza	2nd & 4th Tuesday 13:30~	A. Inamura 37-1595	1,000
⑤	Kanesawa C.C.	1st & 3rd Monday 13:30~	M.Hara 32-0129	1,000

C.C.: Community Center P.H.: Public Hall C.H.: City Hall

These Classes ①, ④ are coached by Mrs. Kazuko Tokura and the classes ②, ③ by Mrs. M. Suzuki, both the masters, and the class ⑤ by Mrs. M. Kikuchi the vice master of Yang Ming-Shi tai-jì-quan.

Tauranga Boys College Hitachi Tour 2004

15 boys from Tauranga, New Zealand visited Hitachi from July 15 to 23 after having spent 4 days in Tokyo. During their home-stay, they participated in several activities such as group discussion at Hitachi Senior Technical School (日専校) and Hitachi The Second Senior High School (日立二高), Zen meditation at

Kyotokuji Temple and a factory tour at Hitachi, Ltd. besides the sightseeing in Hitachi city. Through the questionnaire by Hyotan, we found out the followings: The top 5 of their favorite food are Sushi, Onigiri(rice ball), Miso soup, Tempura, Curry & rice. The disagreeable food is Sashimi, Natto, Umeboshi, Wasabi and Tofu. They were a little bit shocked with the



uniform of extreme short skirt of Hitachi The Second Senior High School students. They have expected experiencing traditional Japanese style life before coming but they learned the present Japanese living style was much westernized. To the question 'What is the most interesting and special things during their stay?' they answered, Home-stay, Disney Land and Akihabara Shopping Area. They also pointed out the kindness of people and the cleanness in the streets and the beaches. Some of them are wishing to come back again to Hitachi.



EVENTS in HITACHI

- The Citizens' Rubber ball baseball meeting: Over 100s of baseball teams within the city competes their skills on September 5 to mid-November at Hitachi Civic Sports Center Civic Stadium and so on. Inquiry: Hitachi Gymnastics Association 36-6661
- "Yokappe Matsuri" (よかっぺまつり/ Yokappe Street Festival): You can enjoy a lot of attractions on Yokappe Matsuri at September 11-12. Mikoshi (a portable shrine), lucky lottery and so many stalls. Inquiry: Yokappe Matsuri wo Susumeru Kai 34-5181
- The 40th Annual Hitachi Art Exhibition: A lot of citizens' masterpieces are gathered in 7 categories of Western painting, Japanese painting, Calligraphy, Design, Photograph, Sculpture and Handiwork on September 25-October 3 at Hitachi Civic Center. Inquiry: International and Cultural sub-section, Hitachi City Hall 22-3111 ext.534, 535

JAPANESE LANGUAGE CLASSES

NAME	LOCATION	DATE & TIME	Fee	Contact
Sakura	Shichokaku Center etc	Saturday 10:00-11:30	¥1,800/semester	Ms. Reiko Tsuru Tel (0294) 53-4558 reiko_tip@yahoo.com
	Kyoiku Plaza	Thursday 10:00-11:30	¥1,800/semester	
Sakura (Kanji)		Friday 10:00-11:30	¥1,000/semester	
Anzu	Shichokaku Center	Tuesday 19:00-20:45	¥300/month	Ms. Kyoko Kamada Tel/Fax (0294) 33-336 Mr. Shichizoh Kohsaka Tel/Fax (0294) 35-3989
	Kyoiku Plaza	Friday 14:00-16:00		

Movies in August-September

Theater	Day	Titles (Original Titles)
Cinefesta 1&2 Tel:21-7472	-	Soreyuke Anpanman [J]
	-6	Walter Shounen to Natsu no Kyujitsu
	7-	(Secondhand Lions) [E]
	-27	(The Chronicles of) Riddick [E]
	21-	Pocket Monster [J]
Hitachi Central Tel:21-1386	-	Tsuri-baka Nisshi 15 [J]
	-	Ninja Hattori-kun [J]
	-	Spider-Man 2 [E] [J]
Aigakan 1&2 Tel:23-2323	-	Steam Boy [J]
	-	King Arthur [E]
	-6	The Day After Tomorrow [E]
	-	Kin-iro no Gashbell [J]
Theater Isejin Tel:22-1761	7-20	Naruto [J]
	21-	
	7-	Harry Potter and the Prisoner of Azkaban [J]
		Shrk 2 [J]
		Thunderbirds [J]

[E]: English with Japanese subtitle [J]: Japanese

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Editor's Note

Thank you for reading the Hyotan.
If you'd like to inquire about anything, please send us a letter, fax or e-mail. Any subject is welcomed.
We are looking forward to receiving your letter

Emergency Doctors on Duty

Hitachi uses a system called "TOBAN-I". The doctors in the city take turns standing by for emergency patients from 9:00 to 16:00 on Sundays and national holidays. This system includes surgeons, physicians, pediatricians and dentists. Be sure to bring your money and health insurance card.

Surgeons

Aug.	Hospital Name	Address	Tel
1	Heiwadai Shinohara Clinic	Suwa-cho	34-6800
8	Sasaki Ichouka-geka	Orikasa-cho	43-0333
15	Hitachi Sakura Clinic	Tajiri-cho	43-2...
22	Hitachi Kita Clinic	Kawajiri-cho	52-2119
29	Inoue Clinic	Taga-cho	33-1253
Sep 5	Imura Geka Iin	Omika-cho	52-2192
12	Owada Geka Iin	Okubo-cho	33-2367
19	Kawasaki Ichouka Komonka Iin	Sakuragawa-cho	34-1150
20	Koizumi Ichouka Geka Iin	Wakaba-cho	22-5960
23	Hitachi Seikei-geka	Kashima-cho	210063
26	Hitachi Kosei Iin	Ayukawa-cho	34-1242

Physicians, Pediatricians and Dentists

Seven days a week: Hitachi Medical Center
(Address: 5-1-1 Higashitaga-cho Tel: 34-2105
Fax:34-3718 E-mail:
webmaster@hitachi-medical.or.jp)