

Japan National Tourist Organization London Office
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Be a Ninja or a Sushi Chef for a Day!

One of Japan's largest travel companies has started a range of cultural experiences to enable visitors to Japan to gain unforgettable insights into Japanese culture and life. Experience Tokyo's programmes enable participants in small groups to learn about and try unique Japanese sports, art, music or food directly from experts in the field.

Tokyo Experiences include:

* A Day in the Life of Sumo Wrestlers: Watch early morning practice > socialize with sumo wrestlers > chat with the stablemaster while enjoying *chanko nabe* (the staple of sumo wrestlers' diets)

Early morning practice is a typical start to the day for any sumo wrestler. It's quite a spectacle to see the raw power of the wrestlers battling it out in these morning sessions. After you watch them unleash their strength in the ring, it's your turn to step in there and push a sumo wrestler for yourself! This will give you a much better idea of the massive size of these wrestlers than by watching from the sidelines. Straight after that it will be time to enjoy a meal of *chanko* with Arashiobeya's *oyakata* (master). *Chanko* is a sumo meal that helps the wrestlers get bigger. They eat it every day. You'll also be able to talk to the *oyakata* about a sumo wrestler's everyday life and gain some deep knowledge about the sport of sumo.

* Learn to be a Ninja: Lecture about the Japanese warrior code and Ninja > use real weapons > try fighting with imitation weapons

Ninjas are often portrayed as supermen who carry out undercover espionage operations, making full use of phenomenal physical abilities and various *ninjutsu* (ninja techniques). Don't you want to find out who they really are? Experience and feel the

ninja world by watching their fighting performance and then participating in a ninja training session. Ninjas from Togakure Ryu School will teach you some of their techniques. You will learn taijutsu (unarmed body combat skills) and practice ninjutsu. Both taijutsu and ninjutsu can come in handy in real life.

* At Home with Mrs Shinobu: Walk to Mrs. Shinobu's house > cook lunch > have lunch > participate in a tea ceremony

Would you like to visit a typical Japanese home and enjoy the company of a Japanese family?

Tea ceremony master Mrs. Shinobu, has graciously opened the door to her home for you. What does a typical room look like? Or a typical bath? Let's have a peek. First, you will go shopping at a local supermarket. Having bought fresh, local ingredients for lunch, Mrs. Shinobu will teach you how to prepare a traditional Japanese meal. After enjoying a home-cooked lunch and chatting with Mrs. Shinobu, you will have the chance to drink Japanese green tea in Mrs. Shinobu's traditional tea ceremony room. Enjoy the silence, tune into the sounds outside and let yourself achieve a sense of deep relaxation as she serves you tea and a specially selected sweet. On this afternoon, you will have a precious opportunity to glimpse real Japanese family life.

Other programmes offered by Experience Tokyo include:

- Taiko Drumming
- How to be a Samurai
- The World of Japanese Calligraphy
- Traditional Japanese Cooking
- Silk-Dyeing at an Art Studio
- Karate

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For more information please see the link listed below:

<http://j-experience.com>

All Tokyo Experiences can be booked via their website or by contacting ViaJapan on 020 7484 3328 or www.viajapan.co.uk.

For more information on Tokyo Experiences or images please contact Kylie Clark, PR Manager, Japan National Tourist Organization.

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