

The action project triggered by Tokyo 2020 Games

東京2020大会を契機とした取組



中央区

ORIZURU WAVE

— Chuo City OMOTENASHI Project —

Openness and Globalism

Peaceful and cultural OMOTENASHI

折り鶴を通じて世界の人々をつながる
平和と文化のおもてなし



The enclosed orizuru (“folded crane”) is a gift to you which was folded by mainly Chuo City residents as a prayer for peace and a warm gesture of welcome.

Origami is the traditional Japanese art of paper folding. One of the most famous models of origami, orizuru now stands as a symbol of peace.

We hope that the activity of folding paper cranes as an expression of peace will spread worldwide, ultimately contributing to lasting peace all over the world.

同封している折り鶴は、中央区民が中心となって平和への願いや歓迎の気持ちを込めて折った、あなたへのプレゼントです。

折り鶴は日本の伝統的な文化である折り紙の一つですが、今日では平和のシンボルと考えられています。

私たちは、平和への願いを込めて折り鶴を折る取組が世界各地で広がり、世界の恒久平和につながっていくことを願っています。





Japanese Art of Origami and Orizuru 日本の文化「折り紙」と「折り鶴」

Origami is said to have originated around the 7th century when paper was brought to Japan. Paper folding was used for ceremonial purposes to beautifully wrap the offerings to the gods. As the religious connotation subsided over time, people started to enjoy it as a form of art. The origami culture is deeply rooted in the lives of Japanese people even to this day.

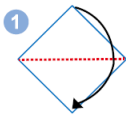
In Japan, cranes have long been regarded as auspicious birds that symbolize longevity and prosperity. This is why Japanese people give orizuru as a gift to wish someone happiness.

7世紀頃に紙の製法が日本へ伝えられると、神への供え物を包むときに、美しく折って飾るようになりました。やがて宗教的な決まりから離れ、折り方そのものを楽しむようになったのが折り紙であり、その文化は現在でも日本の生活に根付いています。

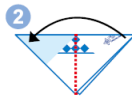
また、日本では鶴は古くから長寿と繁栄の象徴として縁起が良い鳥とされており、それがいつしか折り紙と結びつき、誰かの幸せを祈るときに折り鶴が贈られるようになりました。



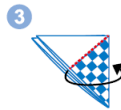
How to make a paper crane 鶴の折り方



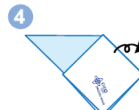
1 Fold the square in half diagonally.
半分に折る



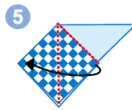
2 Fold in half again.
さらに半分に折る



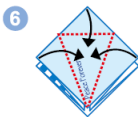
3 Spread the pocket out to make a small square and create the folds.
中を開いて折る



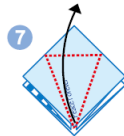
4 Turn it over.
折り紙を裏返す



5 Repeat step 3.
中を開いて折る



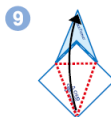
6 Fold the right and left corners toward the center line and fold the top corner down. Create the folds and unfolds. 3カ所に折り目をつける



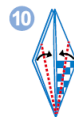
7 Open the top flap and fold along the creases.
折り目に合わせて上に開いて折る



8 Turn it over.
折り紙を裏返す



9 Repeat steps 6 and 7.
6と7と同じように上に開いて折る



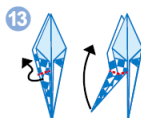
10 Fold at the red dotted lines.
赤い点線に合わせて折る



11 Turn it over.
折り紙を裏返す



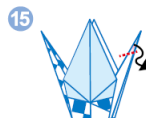
12 Fold at the red dotted lines.
赤い点線に合わせて折る



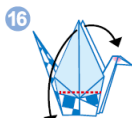
13 Fold the lower point up between the flaps.
上に向けて折る



14 Turn it over and repeat step 13.
反対側も13と同じように折る



15 Fold one tip downward to make the head.
頭の部分を内側に折り込む



16 Spread the wings to finish.
羽を広げて完成

Watch a video here on how to fold a crane!

詳しい折り方の動画はこちら！

<https://www.centraltokyo-tourism.com/en/2020/orizuruwave>

