



1  
00:00:09,509 --> 00:00:03,270  
station houston for koichi sama are you

2  
00:00:15,749 --> 00:00:13,669  
station yes i am ready for the event

3  
00:00:17,830 --> 00:00:15,759  
jaxa this is mission control houston

4  
00:00:23,910 --> 00:00:17,840  
please call station for a voice check

5  
00:00:28,310 --> 00:00:25,109  
station

6  
00:00:30,390 --> 00:00:28,320  
this is jakta scuba space center

7  
00:00:34,310 --> 00:00:30,400  
how do you read me

8  
00:00:38,869 --> 00:00:36,389  
jax at scuba space

9  
00:00:51,910 --> 00:00:38,879  
space center mukesh and i have you loud

10  
00:00:56,950 --> 00:00:54,069  
i am here at the space experiment

11  
00:00:58,869 --> 00:00:56,960  
laboratory of fukuba space center with

12  
00:01:01,189 --> 00:00:58,879  
members from japanese organizations

13  
00:01:03,110 --> 00:01:01,199

related to human health and also

14

00:01:05,030 --> 00:01:03,120

students from elementary and junior high

15

00:01:07,109 --> 00:01:05,040

schools participating in mission x

16

00:01:09,109 --> 00:01:07,119

program we have just finished exciting

17

00:01:12,230 --> 00:01:09,119

discussion to talk about human health in

18

00:01:14,950 --> 00:01:12,240

space and underground and we did a

19

00:01:16,710 --> 00:01:14,960

little exercise for mission x now we are

20

00:01:18,789 --> 00:01:16,720

excited to talk with you and shall we

21

00:01:21,590 --> 00:01:18,799

start and we are going to have about 10

22

00:01:24,070 --> 00:01:21,600

people asking questions to you

23

00:01:54,789 --> 00:01:24,080

now first question

24

00:01:58,870 --> 00:01:56,550

talked about

25

00:02:00,310 --> 00:01:58,880

our exercise machine that we used here

26

00:02:03,990 --> 00:02:00,320

for

27

00:02:07,990 --> 00:02:04,000

muscle exercise and here i have a

28

00:02:13,910 --> 00:02:11,270

that is used for stretching and so we

29

00:02:17,430 --> 00:02:13,920

can do exercise using this kind of tool

30

00:02:21,350 --> 00:02:17,440

we also do jogging and psycho

31

00:02:25,030 --> 00:02:21,360

type of exercise machine and we use

32

00:02:25,990 --> 00:02:25,040

this kind also kind of

33

00:02:28,070 --> 00:02:26,000

spring

34

00:02:30,630 --> 00:02:28,080

type of equipment as well in order to

35

00:02:32,470 --> 00:02:30,640

maintain muscle and

36

00:02:33,990 --> 00:02:32,480

in order to prevent

37

00:02:37,430 --> 00:02:34,000

reduction

38

00:02:39,110 --> 00:02:37,440

of the masu and also the bone marrow so

39

00:02:41,910 --> 00:02:39,120

we use treadmill

40

00:02:44,949 --> 00:02:41,920

and also other kind of uh

41

00:02:52,150 --> 00:02:44,959

resistant type of

42

00:02:55,750 --> 00:02:54,869

radio calisthenics association in soka

43

00:02:59,830 --> 00:02:55,760

city

44

00:03:01,830 --> 00:02:59,840

when you use exercise machine in space

45

00:03:03,589 --> 00:03:01,840

are there any differences to

46

00:03:11,030 --> 00:03:03,599

keeping the center of gravity of your

47

00:03:16,149 --> 00:03:13,110

that's a really wonderful question thank

48

00:03:21,990 --> 00:03:18,390

on the ground for example

49

00:03:24,949 --> 00:03:22,000

you may do exercise like using weight

50

00:03:28,229 --> 00:03:24,959

like a dumbbell to lift weight however

51  
00:03:30,470 --> 00:03:28,239  
we cannot do that in space therefore

52  
00:03:33,430 --> 00:03:30,480  
what we do is to do

53  
00:03:35,030 --> 00:03:33,440  
resisting with the air pressure so that

54  
00:03:37,910 --> 00:03:35,040  
kind of a different kind of loading

55  
00:03:43,509 --> 00:03:37,920  
system we use for exercise and what's

56  
00:03:47,430 --> 00:03:44,710  
equipment

57  
00:03:51,030 --> 00:03:47,440  
and this is for

58  
00:03:54,869 --> 00:03:51,040  
strengthening dialogue

59  
00:03:59,190 --> 00:03:54,879  
so you try to raise your heel to

60  
00:04:03,910 --> 00:04:00,789  
you have to think about the muscle that

61  
00:04:07,350 --> 00:04:03,920  
you want to strengthen and also

62  
00:04:09,750 --> 00:04:07,360  
like a spine or at

63  
00:04:12,550 --> 00:04:09,760

the thigh it is important to have the

64

00:04:14,550 --> 00:04:12,560

load where you want to strengthen so you

65

00:04:17,990 --> 00:04:14,560

have to think about the center of

66

00:04:21,670 --> 00:04:18,000

gravity and also rotation

67

00:04:23,990 --> 00:04:21,680

angle and also this

68

00:04:25,830 --> 00:04:24,000

direction that you move so we have to be

69

00:04:26,550 --> 00:04:25,840

very careful about the direction when

70

00:04:36,629 --> 00:04:26,560

you

71

00:04:42,710 --> 00:04:39,830

from japan barrier free association

72

00:04:45,030 --> 00:04:42,720

i have muscle dystrophy

73

00:04:47,189 --> 00:04:45,040

and i cannot erase anything that is

74

00:04:48,950 --> 00:04:47,199

heavier than chopsticks and i need

75

00:04:51,030 --> 00:04:48,960

24-hour care

76

00:04:53,350 --> 00:04:51,040

on the ground

77

00:05:02,790 --> 00:04:53,360

and can patients like me live without

78

00:05:06,390 --> 00:05:04,629

thank you very much for wonderful

79

00:05:09,350 --> 00:05:06,400

question and thank you also for

80

00:05:11,670 --> 00:05:09,360

participating to this event

81

00:05:12,870 --> 00:05:11,680

on the ground standing up against

82

00:05:18,150 --> 00:05:12,880

gravity

83

00:05:19,189 --> 00:05:18,160

on the ground however in space as you

84

00:05:22,070 --> 00:05:19,199

can see

85

00:05:23,350 --> 00:05:22,080

i can float around

86

00:05:24,550 --> 00:05:23,360

like now

87

00:05:27,830 --> 00:05:24,560

what i'm doing

88

00:05:30,390 --> 00:05:27,840

so i do not have bed sore and you don't

89

00:05:33,909 --> 00:05:30,400

really need strength to move around in

90

00:05:35,510 --> 00:05:33,919

space so when we want to move in space

91

00:05:37,749 --> 00:05:35,520

if you just push

92

00:05:38,870 --> 00:05:37,759

the wall then you can easily move around

93

00:05:41,510 --> 00:05:38,880

in space

94

00:05:43,909 --> 00:05:41,520

so in this kind of microgravity

95

00:05:44,950 --> 00:05:43,919

environment

96

00:05:47,670 --> 00:05:44,960

probably

97

00:05:48,950 --> 00:05:47,680

in terms of moving your body

98

00:05:51,110 --> 00:05:48,960

you

99

00:05:53,270 --> 00:05:51,120

could be able to do a lot of things

100

00:05:55,990 --> 00:05:53,280

without being cared for

101

00:05:58,629 --> 00:05:56,000

so in the future utilizing this kind of

102

00:06:01,670 --> 00:05:58,639

microgravity environment there may be

103

00:06:17,430 --> 00:06:01,680

quite a lot of application for caring

104

00:06:22,629 --> 00:06:20,390

japan society of general gymnastics

105

00:06:24,629 --> 00:06:22,639

do you have any means to enjoy simple

106

00:06:27,430 --> 00:06:24,639

exercise such as keep written listening

107

00:06:30,070 --> 00:06:27,440

to music for example

108

00:06:32,469 --> 00:06:30,080

do you do any exercise or workout other

109

00:06:33,189 --> 00:06:32,479

than schedule training to change mood or

110

00:06:34,150 --> 00:06:33,199

to

111

00:06:43,590 --> 00:06:34,160

deepen

112

00:06:47,590 --> 00:06:46,230

on international space station we

113

00:06:48,390 --> 00:06:47,600

often

114

00:06:51,510 --> 00:06:48,400

listen

115

00:06:53,670 --> 00:06:51,520

to music we also watch

116

00:06:55,110 --> 00:06:53,680

tv programs or movies when we do

117

00:06:56,950 --> 00:06:55,120

exercise

118

00:06:58,790 --> 00:06:56,960

for example

119

00:07:00,629 --> 00:06:58,800

when i do jogging

120

00:07:05,830 --> 00:07:00,639

or psycho

121

00:07:09,430 --> 00:07:05,840

type of exercise which can be monotonous

122

00:07:11,830 --> 00:07:09,440

then i watch news program which was sent

123

00:07:14,309 --> 00:07:11,840

from the ground

124

00:07:18,070 --> 00:07:14,319

and also when i do masu

125

00:07:20,950 --> 00:07:18,080

the type of training i listen to music

126

00:07:23,430 --> 00:07:20,960

so listening to music and do exercise i

127

00:07:40,070 --> 00:07:23,440

feel more reflected refreshed

128

00:07:44,469 --> 00:07:42,790

together with our crew and take pictures

129

00:07:47,029 --> 00:07:44,479

and took over

130

00:07:49,270 --> 00:07:47,039

different things with crewmate those are

131

00:07:55,189 --> 00:07:49,280

very precious time for us to get

132

00:07:55,199 --> 00:08:09,510

from japan society of health

133

00:08:19,110 --> 00:08:13,189

and do you uh feel any effect of your

134

00:08:22,150 --> 00:08:20,309

thank you very much for wonderful

135

00:08:25,189 --> 00:08:22,160

questions

136

00:08:28,469 --> 00:08:25,199

about loss of muscle power

137

00:08:30,469 --> 00:08:28,479

you know unless you're using we lose

138

00:08:33,430 --> 00:08:30,479

quite a lot of strength and that can

139

00:08:34,389 --> 00:08:33,440

happen not only in space but also on the

140

00:08:35,670 --> 00:08:34,399

ground

141

00:08:38,870 --> 00:08:35,680

so

142

00:08:41,430 --> 00:08:38,880

immediately after coming to the space a

143

00:08:42,550 --> 00:08:41,440

first first one or two weeks the amount

144

00:08:45,670 --> 00:08:42,560

of

145

00:08:49,030 --> 00:08:45,680

movement and exercise is limited so but

146

00:08:50,710 --> 00:08:49,040

in one week or two weeks

147

00:08:54,150 --> 00:08:50,720

i feel

148

00:08:57,430 --> 00:08:54,160

the strength weakening like sweating

149

00:09:01,350 --> 00:08:57,440

power however we do

150

00:09:04,710 --> 00:09:01,360

aerobic exercises about two hours a day

151  
00:09:07,110 --> 00:09:04,720  
so after some time in space

152  
00:09:09,509 --> 00:09:07,120  
i am gradually regaining the power that

153  
00:09:10,389 --> 00:09:09,519  
i used to have on the ground

154  
00:09:12,710 --> 00:09:10,399  
maybe

155  
00:09:15,430 --> 00:09:12,720  
now i have more strength

156  
00:09:19,350 --> 00:09:15,440  
since i arrived on space and regarding

157  
00:09:23,990 --> 00:09:21,910  
that really depends on the health

158  
00:09:26,310 --> 00:09:24,000  
condition or strength

159  
00:09:28,949 --> 00:09:26,320  
as you are on the ground

160  
00:09:31,910 --> 00:09:28,959  
and in my case as well for the

161  
00:09:33,509 --> 00:09:31,920  
it's about two months or so since i came

162  
00:09:34,790 --> 00:09:33,519  
here on space

163  
00:09:39,030 --> 00:09:34,800

and

164

00:09:43,269 --> 00:09:42,070

i was participating as a subject

165

00:09:45,190 --> 00:09:43,279

to check

166

00:09:46,870 --> 00:09:45,200

the responses and depending upon the

167

00:09:48,550 --> 00:09:46,880

stress

168

00:09:50,870 --> 00:09:48,560

and also the

169

00:09:54,870 --> 00:09:50,880

how tired i am

170

00:09:59,829 --> 00:09:54,880

uh the quickness in responding is uh

171

00:10:05,269 --> 00:10:03,030

i am masuda from japan health promotion

172

00:10:07,590 --> 00:10:05,279

and fitness foundation

173

00:10:10,150 --> 00:10:07,600

what exercise should we do

174

00:10:18,310 --> 00:10:10,160

to avoid being bedridd ridden even if

175

00:10:21,430 --> 00:10:19,990

thank you very much for a wonderful

176

00:10:24,470 --> 00:10:21,440

question

177

00:10:25,509 --> 00:10:24,480

i am not an expert in exercise but i i

178

00:10:28,949 --> 00:10:25,519

think i'm

179

00:10:31,990 --> 00:10:28,959

doing quite a lot of exercise that

180

00:10:34,630 --> 00:10:32,000

but what's important is i think enjoying

181

00:10:36,949 --> 00:10:34,640

the exercise

182

00:10:39,030 --> 00:10:36,959

so even if it's not

183

00:10:40,630 --> 00:10:39,040

quite a lot of exercise but it's

184

00:10:41,750 --> 00:10:40,640

important to

185

00:10:43,910 --> 00:10:41,760

do

186

00:10:46,470 --> 00:10:43,920

exercise regularly

187

00:10:49,030 --> 00:10:46,480

that you enjoy

188

00:10:51,590 --> 00:10:49,040

and on top of that it's important to

189

00:10:55,350 --> 00:10:51,600

have a good

190

00:10:59,269 --> 00:10:55,360

healthy food and also sufficient sleep

191

00:11:02,230 --> 00:10:59,279

so exercise food and sleeping those are

192

00:11:05,670 --> 00:11:02,240

important not only in space but also on

193

00:11:12,870 --> 00:11:05,680

the ground so i also pay attention to

194

00:11:23,990 --> 00:11:17,910

i

195

00:11:25,670 --> 00:11:24,000

made you want to be an astronaut and

196

00:11:41,350 --> 00:11:25,680

what kind of efforts did you make to be

197

00:11:45,190 --> 00:11:43,829

the field i used to catch

198

00:11:47,910 --> 00:11:45,200

insects

199

00:11:49,269 --> 00:11:47,920

or crabs or

200

00:11:51,750 --> 00:11:49,279

i flew

201  
00:11:53,190 --> 00:11:51,760  
model planes and run around

202  
00:11:55,990 --> 00:11:53,200  
so that was the kind of

203  
00:11:56,870 --> 00:11:56,000  
kid that i used to be and when i was

204  
00:12:00,310 --> 00:11:56,880  
five

205  
00:12:02,949 --> 00:12:00,320  
years old i saw apollo landed on the

206  
00:12:09,190 --> 00:12:07,350  
on tv and that time mr mori or mr mukai

207  
00:12:12,150 --> 00:12:09,200  
was not we're not

208  
00:12:14,949 --> 00:12:12,160  
traveling to space so i thought that the

209  
00:12:17,990 --> 00:12:14,959  
space was out of reach

210  
00:12:19,829 --> 00:12:18,000  
however since i was very little i was

211  
00:12:22,710 --> 00:12:19,839  
very much interested in

212  
00:12:23,590 --> 00:12:22,720  
error playing so i studied very hard for

213  
00:12:26,310 --> 00:12:23,600

that

214

00:12:27,910 --> 00:12:26,320

so i studied in order to be an engineer

215

00:12:30,870 --> 00:12:27,920

for airplane

216

00:12:33,670 --> 00:12:30,880

and my experience as a aero

217

00:12:36,230 --> 00:12:33,680

plane engineer

218

00:12:38,629 --> 00:12:36,240

helped me to be an astronaut so whatever

219

00:12:40,790 --> 00:12:38,639

it is something that you study is very

220

00:12:43,750 --> 00:12:40,800

hard is going to be useful for the

221

00:12:45,269 --> 00:12:43,760

future so it's important for you to have

222

00:12:47,910 --> 00:12:45,279

a strong

223

00:12:49,670 --> 00:12:47,920

target and work toward it and believe in

224

00:12:58,870 --> 00:12:49,680

it

225

00:13:02,150 --> 00:12:59,910

do you

226

00:13:04,150 --> 00:13:02,160

plan any special methods to lead the

227

00:13:18,949 --> 00:13:04,160

coup from russia and the united states

228

00:13:24,470 --> 00:13:21,750

and russia and six crew members

229

00:13:26,949 --> 00:13:24,480

including myself

230

00:13:29,110 --> 00:13:26,959

are working here and each one of those

231

00:13:31,190 --> 00:13:29,120

crew members have great

232

00:13:32,870 --> 00:13:31,200

capability they are wonderful

233

00:13:47,110 --> 00:13:32,880

members

234

00:13:52,870 --> 00:13:50,150

and for what they are working toward

235

00:13:55,030 --> 00:13:52,880

so understanding them is very important

236

00:13:57,670 --> 00:13:55,040

and we want to be i want to be

237

00:13:59,670 --> 00:13:57,680

supportive for them to achieve their

238

00:14:02,230 --> 00:13:59,680

goals and by doing that we can get a

239

00:14:05,750 --> 00:14:02,240

trusting relationship and by building

240

00:14:09,590 --> 00:14:07,509

we will have

241

00:14:11,990 --> 00:14:09,600

a very good work as a team

242

00:14:13,829 --> 00:14:12,000

in order to use the international space

243

00:14:14,790 --> 00:14:13,839

station as a whole

244

00:14:17,269 --> 00:14:14,800

so

245

00:14:19,829 --> 00:14:17,279

enhancing trusting relationship between

246

00:14:23,030 --> 00:14:19,839

team members is very important and it's

247

00:14:25,829 --> 00:14:23,040

not limited to crew members but also

248

00:14:27,430 --> 00:14:25,839

oh the control center on the space and

249

00:14:30,150 --> 00:14:27,440

also engineers all the people who are

250

00:14:32,710 --> 00:14:30,160

related to this work and that kind of

251

00:14:35,990 --> 00:14:32,720

very big teamwork is going to be very

252

00:14:39,509 --> 00:14:36,000

important and that's what i value

253

00:14:41,269 --> 00:14:39,519

i am yuko kondo of higashi elementary

254

00:14:43,590 --> 00:14:41,279

school

255

00:14:44,870 --> 00:14:43,600

i think mankind will live in space in

256

00:14:46,629 --> 00:14:44,880

the future

257

00:14:49,590 --> 00:14:46,639

at that time do you think they will live

258

00:14:56,389 --> 00:14:49,600

in zero gravity or with some kind of

259

00:14:56,399 --> 00:15:01,110

that's very interesting question

260

00:15:07,990 --> 00:15:03,670

and i don't think there is an answer to

261

00:15:08,000 --> 00:15:10,550

maybe

262

00:15:10,560 --> 00:15:13,829

who is

263

00:15:19,430 --> 00:15:16,550

i have experienced a non-gravity

264

00:15:22,790 --> 00:15:19,440

environment here

265

00:15:25,030 --> 00:15:22,800

and also like mods or moon which is

266

00:15:28,870 --> 00:15:25,040

less less gravity

267

00:15:32,790 --> 00:15:28,880

and dr mukai have continued her study in

268

00:15:34,949 --> 00:15:32,800

that kind of area and when we see the

269

00:15:37,350 --> 00:15:34,959

answer findings from those studies

270

00:15:39,110 --> 00:15:37,360

probably we will have answer to your

271

00:15:41,829 --> 00:15:39,120

question in the future

272

00:15:43,590 --> 00:15:41,839

and what's interesting is that

273

00:15:46,150 --> 00:15:43,600

humankind

274

00:15:47,590 --> 00:15:46,160

can adapt to zero gravity environment

275

00:15:48,550 --> 00:15:47,600

quite quickly

276

00:15:51,509 --> 00:15:48,560

therefore

277

00:15:57,030 --> 00:15:54,150

probably we human beings will be able to

278

00:16:01,350 --> 00:15:57,040

adapt to the environment that we would

279

00:16:06,629 --> 00:16:04,949

probably human will evolve according to

280

00:16:08,949 --> 00:16:06,639

new environment

281

00:16:12,069 --> 00:16:08,959

eventually thank you very much for your

282

00:16:14,550 --> 00:16:12,079

very wonderful question

283

00:16:18,629 --> 00:16:14,560

i am

284

00:16:24,389 --> 00:16:21,350

do you have any favorite saying

285

00:16:26,389 --> 00:16:24,399

proverbs or motors and when you face

286

00:16:33,990 --> 00:16:26,399

some difficulties how do you overcome

287

00:16:36,949 --> 00:16:35,910

thank you very much for your wonderful

288

00:16:38,069 --> 00:16:36,959

question

289

00:16:40,710 --> 00:16:38,079

uh

290

00:16:42,949 --> 00:16:40,720

what i always value

291

00:16:44,230 --> 00:16:42,959

actually there are three important words

292

00:16:45,749 --> 00:16:44,240

that i value

293

00:16:53,189 --> 00:16:45,759

dream

294

00:16:57,430 --> 00:16:55,269

in order to achieve

295

00:16:58,710 --> 00:16:57,440

something it's important to have very

296

00:17:02,069 --> 00:16:58,720

clear

297

00:17:05,669 --> 00:17:02,079

dream or target and work toward it and

298

00:17:08,630 --> 00:17:05,679

then you will see the path

299

00:17:10,949 --> 00:17:08,640

that reaches you that

300

00:17:12,390 --> 00:17:10,959

to the dream and when you have

301

00:17:16,549 --> 00:17:12,400

difficulties

302

00:17:20,230 --> 00:17:16,559

if you value the exploring spirit you

303

00:17:22,710 --> 00:17:20,240

always think how you can overcome those

304

00:17:25,669 --> 00:17:22,720

difficulties and work towards the dream

305

00:17:27,429 --> 00:17:25,679

or the target and also in your work

306

00:17:29,190 --> 00:17:27,439

or in your life

307

00:17:31,510 --> 00:17:29,200

there are only limited things that you

308

00:17:34,630 --> 00:17:31,520

can do by yourself but

309

00:17:37,830 --> 00:17:34,640

by joining power with other people you

310

00:17:39,029 --> 00:17:37,840

can have very big power as a team

311

00:17:42,230 --> 00:17:39,039

therefore

312

00:17:44,070 --> 00:17:42,240

thoughtfulness or consideration to your

313

00:17:47,029 --> 00:17:44,080

friends colleagues

314

00:17:49,270 --> 00:17:47,039

very important that's how i value in my

315

00:17:50,150 --> 00:17:49,280

work and my life

316

00:17:53,750 --> 00:17:50,160

so

317

00:17:56,549 --> 00:17:53,760

in my life in space i work very hard

318

00:17:59,110 --> 00:17:56,559

with those three motors in my mind thank

319

00:18:01,750 --> 00:17:59,120

you very much for wonderful question

320

00:18:03,990 --> 00:18:01,760

mr makata thank you very much we are

321

00:18:05,990 --> 00:18:04,000

always

322

00:18:09,590 --> 00:18:06,000

in support of you and you are going to

323

00:18:11,750 --> 00:18:09,600

work as the first japanese commander on

324

00:18:12,950 --> 00:18:11,760

international space station we have

325

00:18:16,950 --> 00:18:12,960

about two

326

00:18:25,750 --> 00:18:16,960

minutes so please send us some message

327

00:18:29,909 --> 00:18:27,190

first of all thank you very much for

328

00:18:32,789 --> 00:18:29,919

participating to this event

329

00:18:34,310 --> 00:18:32,799

on the theme of the exercise

330

00:18:37,590 --> 00:18:34,320

and health

331

00:18:40,310 --> 00:18:37,600

care of issan with kawasan and jackson

332

00:18:41,510 --> 00:18:40,320

i believe have gave you some lectures

333

00:18:44,150 --> 00:18:41,520

and you had some

334

00:18:47,430 --> 00:18:44,160

talk on health and those things and

335

00:18:50,789 --> 00:18:47,440

health is very important in space too

336

00:18:53,270 --> 00:18:50,799

and i pay attention to health so

337

00:18:56,390 --> 00:18:53,280

i also have shown you some exercise

338

00:18:59,909 --> 00:18:56,400

equipment that we use in space so

339

00:19:01,990 --> 00:18:59,919

regular exercise and also healthy food

340

00:19:04,230 --> 00:19:02,000

and sufficient sleep those are very

341

00:19:06,549 --> 00:19:04,240

important for your health so i hope that

342

00:19:07,750 --> 00:19:06,559

you also pay attention to those three

343

00:19:10,310 --> 00:19:07,760

factors

344

00:19:13,029 --> 00:19:10,320

and those of you who are participating

345

00:19:14,390 --> 00:19:13,039

to this program

346

00:19:15,990 --> 00:19:14,400

you

347

00:19:19,350 --> 00:19:16,000

each individual

348

00:19:21,510 --> 00:19:19,360

have great power great potential and

349

00:19:24,390 --> 00:19:21,520

especially

350

00:19:27,669 --> 00:19:26,710

analyze by yourself what kind of person

351  
00:19:28,549 --> 00:19:27,679

you are

352  
00:19:30,390 --> 00:19:28,559

and

353  
00:19:32,789 --> 00:19:30,400

see the dream that you want to work

354  
00:19:36,150 --> 00:19:32,799

towards and continue our hard work

355  
00:19:38,310 --> 00:19:36,160

towards the future and also

356  
00:19:41,750 --> 00:19:38,320

i believe that those children who are

357  
00:19:45,110 --> 00:19:41,760

here maybe in the future you

358  
00:19:47,990 --> 00:19:45,120

some of you would join me in space to do

359  
00:19:49,830 --> 00:19:48,000

uh this work this kind of wife thank you

360  
00:19:52,310 --> 00:19:49,840

very much for your participation to this

361  
00:19:53,990 --> 00:19:52,320

program thank you very much mr

362  
00:19:57,350 --> 00:19:54,000

wakata-san i believe that you are

363  
00:19:59,990 --> 00:19:57,360

hearing a great cheers and claps

364

00:20:06,149 --> 00:20:00,000

from here i hope that you continue to

365

00:20:09,510 --> 00:20:08,070

thank you very much

366

00:20:12,710 --> 00:20:09,520

i'm

367

00:20:15,590 --> 00:20:12,720

hoping to see you again

368

00:20:23,669 --> 00:20:15,600

and hope for your good health

369

00:20:32,630 --> 00:20:26,310

station this is houston acr thank you