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Supreme Leader Kim Jong Un looking at the subway train newly manufactured at the Kim Jong Thae Electric Locomotive Complex [October Juche 104 (2015)]

Implanting the Spirit of Self-reliance and Self-development

Self-reliance is the only way to survive!

This is the truth the Korean service personnel and people have cherished more keenly in the days of steadfastly advancing along the road of socialism.

The great leaders President Kim Il Sung and Chairman Kim Jong Il held up high the revolutionary banner of self-reliance from the first days of the Korean revolution and

in the whole course of revolution and construction. And under this powerful banner and wise leadership of the Workers' Party of Korea the Korean service personnel and people built a socialist country, independent, self-sufficient and self-reliant in national defence.

The respected Supreme Leader Kim Jong Un has implanted deep in the minds of the Korean people the faith that self-reliance

and self-development is the first and self-reliance is the only way to survive and brought home to them that they have nothing but their own strength to rely on.

Kim Jong Un clarified that the banner of self-development first should be held up high.

During his visit to the Suncheon Chemical Complex in August Juche 105 (2016) he looked round the acrylic paint production

process newly established by the complex itself and spoke highly of its working people.

Noting that today we have nothing but our own strength to rely on and no one is willing to help us, he said that a very long distance is within a hailing distance when one believes one's own strength, but even a short distance would become far off for those trying to rely on others. He stressed that when the

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Supreme Leader Kim Jong Un inspecting a new-model tractor manufactured at the Kumsong Tractor Factory [November Juche 106 (2017)]

revolutionary spirit of self-reliance is given full play, we can achieve best successes in the worst conditions and vigorously advance the revolution.

However, the road to bring earlier the bright future of the country by adhering to the spirit of self-development first and giving full play to its inexhaustible strength was not smooth and broad. The Supreme Leader continued his journey of

field guidance, regardless of rain or shine and at dawn and midnight.

In his New Year Address last year he put forward the militant slogan, "Let us accelerate the victorious advance of socialism with the great spirit of self-reliance and self-development as the dynamic force!"

And a few days later he visited the Pyongyang Bag Factory.



Supreme Leader Kim Jong Un on a trial run of a new-model trolley bus [February Juche 107 (2018)]

Looking round the several places of the factory to learn in detail the construction and production, he was very satisfied that over 95 per cent of the factory's machinery and equipment were domestically produced. Though it was not so easy to produce on our own efforts not only school uniforms, notebooks and textbooks but also quality bags and supply them to the children, he noted and continued to say that he felt delighted to have

carried out a difficult yet worthwhile undertaking.

After giving on-site guidance to the quilt production process newly established at the Pyongyang Kim Jong Suk Silk Mill, he visited the construction site of Ryomyong Street. There he said that recently we erected magnificent streets worthy of challenges around the world every year and the construction project of Ryomyong Street beyond comparison with previous ones in scale



The spirit of self-reliance and self-development is given full play in manufacturing tractors, lorries and trolley buses in large numbers



Supreme Leader Kim Jong Un giving on-site guidance at the Pyongyang Bag Factory [January Juche 106 (2017)]

and amount was under way on our own efforts, technology and materials. It was a powerful demonstration of the irresistible might of single-hearted unity of our army and people around the Party and the inexhaustible strength of Juche Korea beyond limit, he stressed.

In November last year he visited the Kumsong Tractor Factory and feasted his eyes on fine arrays of hundreds of new-model 80hp tractors. Describing a new-model tractor the Korean working class produced by displaying the revolutionary spirit of self-reliance as an iron horse of self-reliance and self-development with which to open up a shortcut to building an economic giant,

he spoke highly of the factory's working people.

Looking at the new-model 5-ton lorries at the Sungni Motor Complex he said that they were the lorries of Juche Korea manufactured by the Korean working people relying on their own strength and he was greatly encouraged and satisfied to see them, and sent his militant greetings to the complex's working people.

One night in February this year he took part in a trial run of a new model of trolley bus made by the Pyongyang Trolley Bus Factory and said he felt comfortable, as if he were in his own house, and proud and great, because it was made by our



Supreme Leader Kim Jong Un looking round the process of acrylic paint production newly established at the Suncheon Chemical Complex [August Juche 105 (2016)]

working people. He continued to say that he was most delighted and satisfied to see the outcomes brought about by force of self-reliance.

Thanks to the tireless and energetic leadership of Kim Jong Un the Korean service personnel and people are being trained into fighters possessed of the spirit of self-reliance and self-development, and world-startling creations and miraculous changes are being effected in the DPRK. The Korean indigenous planes and subway trains are flying in the sky and running under the ground. Beautiful socialist streets, such as Mirae Scientists Street and Ryomyong Street, have been built, and

the schoolchildren are going to school carrying *Sonamu*-brand schoolbags on their back.

Under the wise leadership of Supreme Leader Kim Jong Un the DPRK not only has developed into a brave and strong one that has defended its national sovereignty but also is paving a broad avenue to prosperity by dint of independence and making innovations and leaps forward on the principle of self-reliance and self-development so as to bring earlier the future of a powerful socialist country.

Article: Choe Kwang Ho



A great upsurge in production is brought about in several sectors of the national economy by stepping up the efforts to make materials and machines Juche-based and modern



Giving Precedence to Science and Technology

order.

The brewery also ensures the scientific composition of fermentable sugars and technical separation of yeast, core technologies in producing highly concentrated beer, so that such technical specifications of beer as generation of flavour, degrees of fermentation and foam, colour, bitterness, and acidity are guaranteed exactly.

Recently the brewery has developed a new range of beer with wheat as its main ingredient, and its unique taste is attracting favour from the people.

The officials, workers and technicians of the Taedonggang Beer Brewery are making devoted efforts to produce quality beer in larger amounts.

Thanks to their efforts, the *Taedonggang Beer* is gaining a growing popularity.

Article: Pak Pyong Hun
Photo: Kim Yun Hyok



Employees acquiring achievements of advanced science and technology at the sci-tech learning space

The Taedonggang Beer Brewery widely known for its famous beverage *Taedonggang Beer* is waging a brisk technical innovation drive to improve the quality of products and diversify the beverages.

The brewery ensures the proper operation of the sci-tech learning space to encourage its staff to possess a high level of scientific and technological knowledge while working.

Through the network connected to the Sci-Tech Complex, Kim Chaek University of Technology, Pyongyang University of Mechanical Engineering and Pyongyang Han Tok Su University of Light Industry many of its workers gain an access to modern science and technology. Thanks to their creative wisdom and efforts to apply the advanced sci-tech achievements into practice, several production lines of the brewery were reconstructed on a modern basis, the quality of the beverages improved and new kind of beer developed.

Its workers and technicians manufactured by their own efforts and technology a lot of machines and facilities conducive to the normalization of beer production. They increased the capacity of silos without additionally installing new machines, and flowlined the process of piling up boxes of bottled beer in good



Workers and technicians of the brewery are modernizing production processes and improving the quality of beer on their own efforts and technology



Plastic Ships Are Built



Technical personnel holding regular consultative meetings on building materials and methods



The factory turns out a variety of plastic ships by finding satisfactory solutions for the scientific and technological problems



The Thongchon Jisong Plastic Shipbuilding Factory was newly built in Jangjin-ri, Thongchon County, Kangwon Province, along the East Sea of Korea, rendering a positive contribution to the development of the country's shipbuilding industry.

Last year the officials and workers of the factory conducted the construction of several blocks of main buildings for production, quays and auxiliary building in a three-dimensional way and completed in a little over half a year, and installed various kinds of multi-purpose shipbuilding facilities.

With a firm resolve to develop the technology

of building plastic ships in keeping with the world trend and in close collaboration with the researchers from the ship department at the shipbuilding and marine engineering faculty of Kim Chaek University of Technology, they delved into the data related with plastic shipbuilding materials, their physical and mechanical features, construction methods and the world trend. They thus completed and introduced the designs of plastic ship construction to meet the country's specific conditions.

In addition, they formulated technical indexes for shipbuilding, while gaining rich experience and ensuring high quality of the ships.

At present the factory is capable of building plastic ships for various purposes of fishing, sightseeing and passenger traffic, and boats. The plastic ships are fast in navigation speed and long in lifespan, and save fuel and costs for repair and maintenance, thereby proving highly effective in terms of technology and finance.

It built several plastic fishing vessels last year, which proved their advantages in the fishing sector.

The demand for the factory's plastic ships is growing day by day.

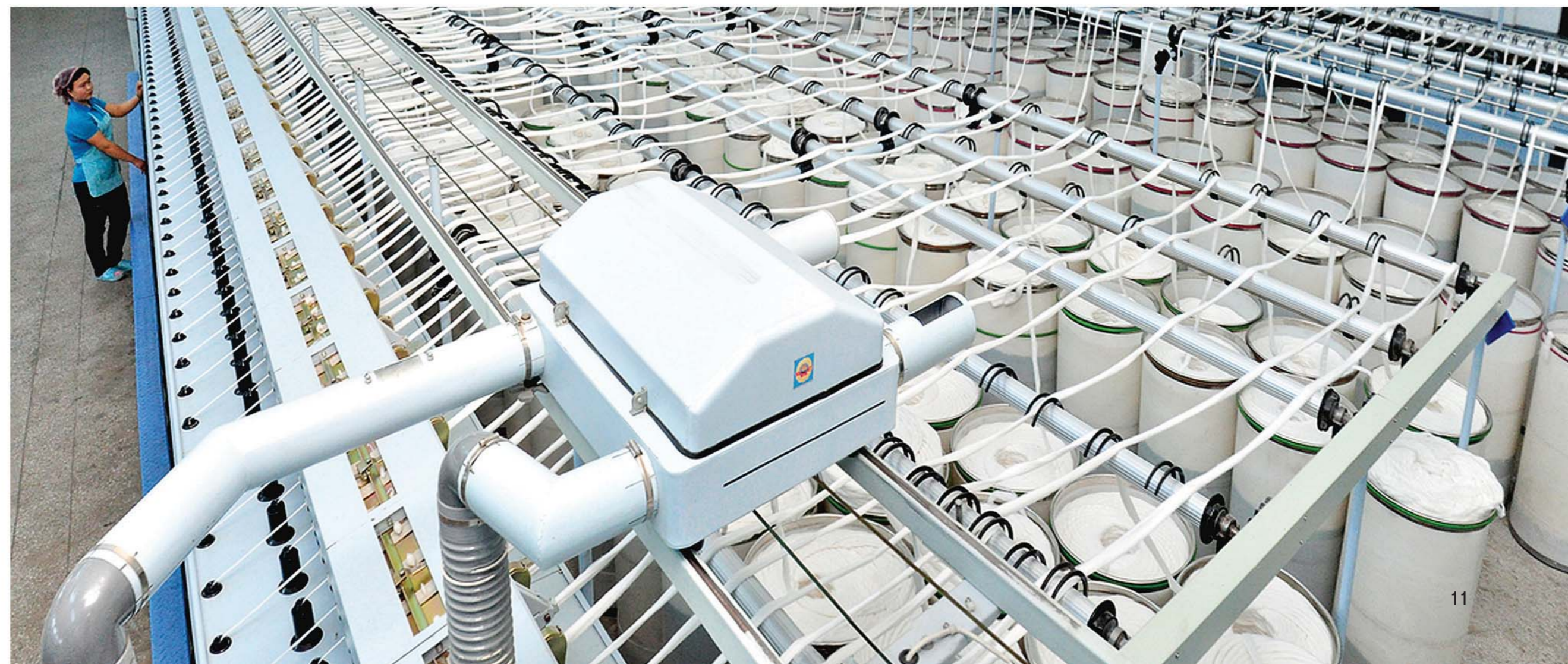
Article: Pak Pyong Hun
Photo: Ri Myong Guk



Energetic Efforts to Boost Production



Scrupulous arrangements are made for technical management of the machinery and equipment and scientific and technological achievements are actively introduced to increase production



The Sariwon Textile Mill has steadily increased the production of a variety of cloth for over 70 years since its inauguration, thus rendering a great contribution to the improvement of the people's living standards.

It has remodelled the production processes by relying on its own efforts and technology to produce scores of millions of metres of cloth every year. Recently it set up a workshop with the production capacity of millions of metres of shirt cloth in a short period of six months. Miraculous successes made at the factory are attributable to the spirit of self-reliance and self-development displayed by the officials, workers and technicians of the factory.

In the onward march this year to achieve fresh victory on all fronts of building a powerful socialist country by launching a revolutionary general offensive, they are waging brisk campaign for mass technological innovation and multi-loom operation.

Those at the shirt cloth workshop are ensuring technical management of all the machines and

facilities like spinning and weaving machines in a responsible manner, thus operating them at full capacity.

A lot of spinners and weavers became the multi-machine operators and overfulfilled the production plans every month.

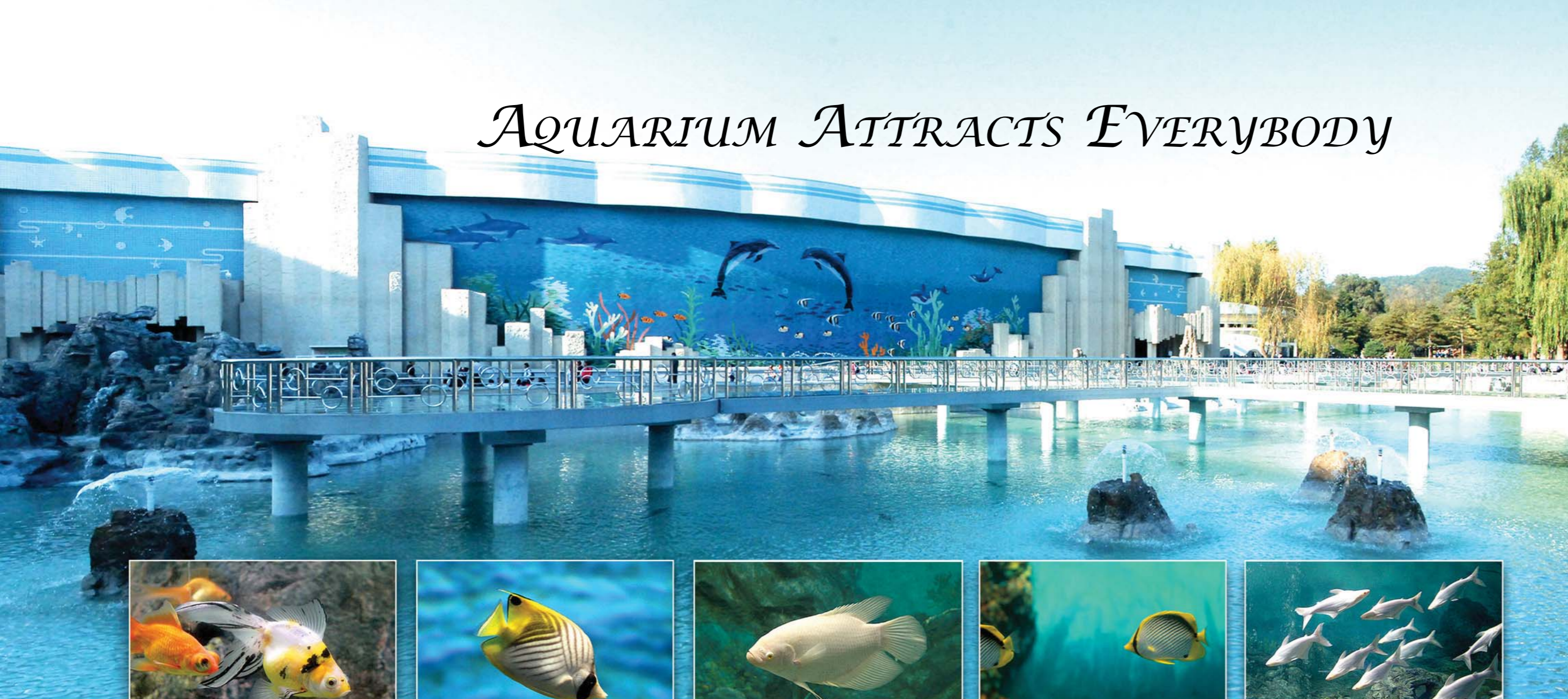
Not only those but a lot of workers at the weaving, spinning, twisting, dyeing and the rest of the workshops have already fulfilled their annual assignments.

Amid the fierce flames of the brisk mass technical innovation drive, scores of sci-tech successes conducive to the normalization of production were made, including the invention of laser-beamed screen printing machine.

Holding high the banner of self-reliance and self-development, the factory is redoubling its efforts to put the production on a normal track for the improvement of the people's standard of living.

Article: Kim Jong
Photo: Ri Myong Il

AQUARIUM ATTRACTS EVERYBODY



The Central Zoo, covering more than 100 hectares at the foot of Mt Taesong in Pyongyang, is an excellent base for people's cultural and leisure activities. Passing through the tiger-shaped entrance and over a pond with bridges in all directions, you see

first the aquarium with wall paintings of fishes.

With a total floor space of over 5 300m² and water storage capacity of 2 000m³ (1 500m³ of sea water), the aquarium has 32 water tanks including the underwater tunnel with 900m³ of water and shark tank with 300m³ of water. It houses a wide range of fishes, turtles and marine invertebrates, numbering 5 700 in 242 species, and among them are 1 900 sea fishes in 98 species.

Whenever entering the aquarium with an excellent harmony of visual and formative and artistic features, people take delight and feel optimistic, such feelings being the same as the zoo was reconstructed two years ago.

Inside the aquarium the walls and floors are bluish, making the visitors feel as if they enter the underwater world. In the freshwater fish section they see fishes of the temperate zone such as sturgeon, grass carp and rainbow trout, and such tropic fishes as flatfish of

the Amazon River, electric eel and piranha.

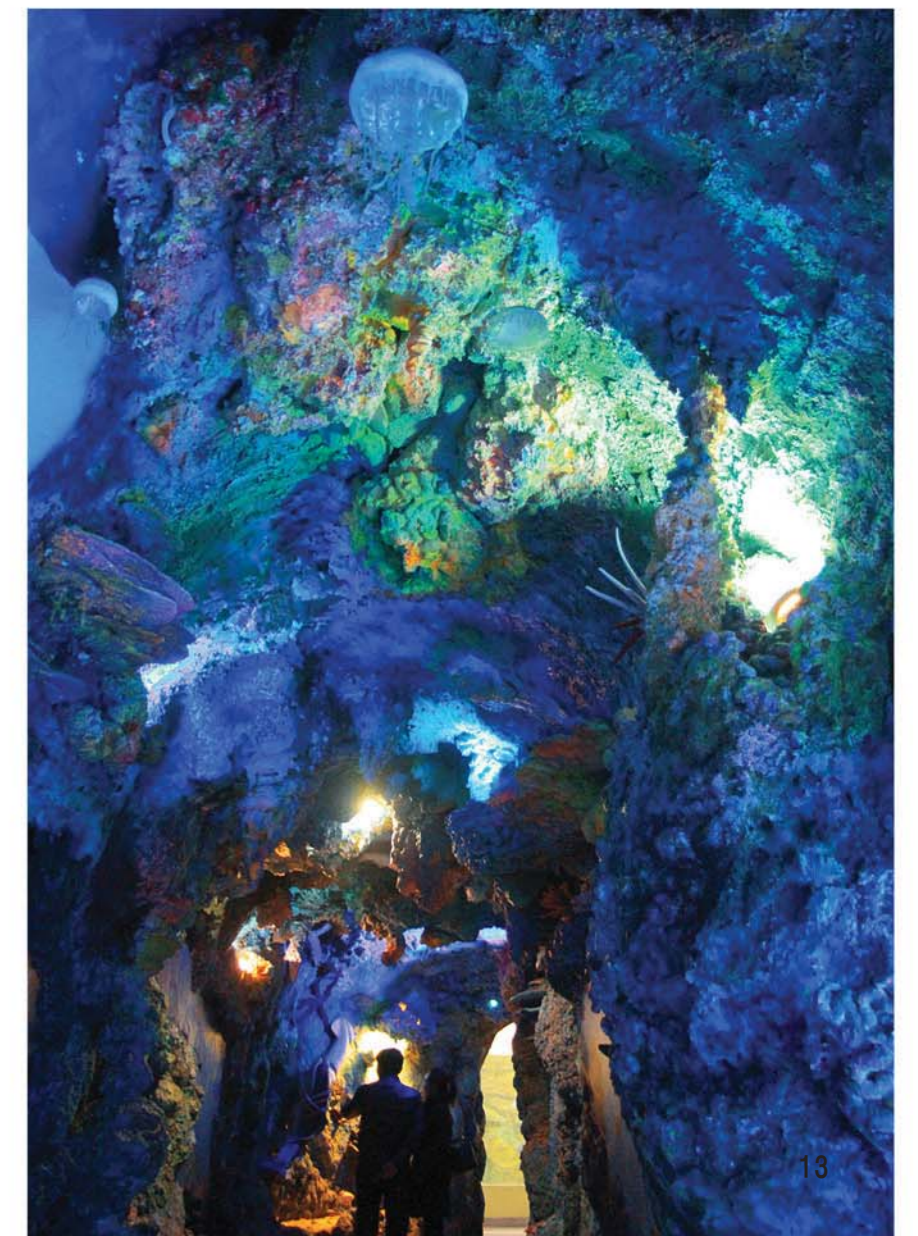
After passing the natural scenery section depicting beautiful mountains and rivers, visitors enter the six-metre-long cave that recreates the seabed of four hundred million years ago and then the 20-metre-long underwater tunnel, the culmination of the tour.

Seen are those giving cheers, repeatedly walking here and there, and posing for a camera with fishes in the background. The excitement continues when they pass the contact tank duplicating the seascape and the section of hawksbill and green turtles.

There hang illustration boards showing common knowledge in fish, protection and proliferation of aquatic resources, and distribution map of domestic aquatic resources. The aquarium serves as bases for cultural and leisure activities of the people and their education.

This is why the aquarium of the Central Zoo is always crowded with people.

Article: Choe Kwang Ho
Photo: Hong Kwang Nam



Our Workshop Manager



Kim Kum Sil

It was in June Juche 84 (1995) when Kim Kum Sil was appointed as a workshop manager at the Nyongbyon Silk Mill.

Since that day Kim stayed late at work for several days, fully acquainting herself with the performance of the machines, silk production, production buildings, and working conditions and environment.

She was 40 years old at that time, and her workshop played an important role in the factory's production.

It was a common practice that many women of her age would confine themselves to household affairs, rather than concentrate on their careers. However, Kim, mother of four children, placed her factory and workshop ahead of all others.

She began her work as a workshop manager with a firm resolve to produce in larger amounts the silk favoured by the people.

She drew the designs of the production building to be newly constructed and exerted efforts to establish production methods and lines conducive to improving the silk quality and diversifying the products. Countless were the days and nights she spent at the construction sites and on the shop floor.

Thanks to her efforts the workshop changed its appearances year by year, the quality of silk was far improved and production increased.

Modern machines and facilities were placed in the production building of several thousand square metres in area. And 30 odd new technical methods and innovation plans, including the production

method of refined silk, were invented by Kim and introduced into production. As a result, her workshop turned out quality silk products in 148 kinds and overfulfilled the annual national economic



plans.

Kim attached greater importance to providing the workers with better living conditions and strove to construct a workers' hostel and other welfare service facilities, a greenhouse, mushroom farming ground, animal shed and other bases of supply services.

Becoming a standard bearer of creation and innovation in production and a meticulous mother in life, Kim worked with sincere devotion for the past two decades and was held dear as "our workshop manager" and respected by her employees.

She was awarded the Order of Kim Jong Il and the titles of Labour Hero, meritorious person of socialist patriotism and Merited Scientist and the degree of Doctor. She was also elected as Deputy to the 12th and 13th Supreme People's Assembly.

Kim, even at the age of 63, works as a deputy chief engineer of the factory and concurrently a workshop manager, continuously following the road of creation and innovation to develop the country's silk industry and improve the people's living standards.

Article: Kim Thae Hyon

Photo: Ri Kwang Song



She pays attention to raising the technical skills of the workers



She directs great efforts to improving the quality by relying on science and technology



She frequently visits the kindergarten

To Develop Renewable Energy Sources

Researchers of the Renewable Energy Research Institute under the State Academy of Sciences are vigorously conducting scientific research to further consolidate the independence and Juche character of the national economy and improve the people's living standards and making many achievements.

In recent years alone, they developed a variety of products by applying renewable energy, including various wind-driven generators and solar modules, and installed them at the Kumsanpho Fishery Station, Ryuwon Footwear Factory and Pyongyang Cosmetics Factory. They also developed and manufactured water-wheel pump

urgently needed in the agricultural sector and people's livelihood. As it uses no electric power and fuel, but utilizes flowing water to pump up water to the designated spot, the pump is highly commented upon for being cost-effective as well as favourable for environmental conservation. The oxyhydrogen gas generator developed at the institute

resolves water and produces the mixed gas of oxygen and hydrogen to be used as fuel. The institute has built solar module production base equipped with such processes as cutting of wafers, sealing, assembling and testing, to mass-produce various sizes of solar modules. Many other successes achieved at the institute, including electrostatic water treatment equipment, solar water heater, 250kW wind-driven generator, submersible pump and equipment for treating magnetized materials, are rendering an active contribution to the economic development of the country and the improvement of the people's living standards.

Article: Pak Hun
Photo: An Chol Won



Sci-tech discussions are a regular event at the institute



Researchers are devoting all their energies to developing cost-effective renewable energy products



Educational Conditions and Environment Improved



The school exerts great efforts to improving the educational conditions and environment as required by the new century while raising the pedagogical qualifications of the teachers, so as to train pupils into reliable personnel for the thriving Korea



Pyongyang Primary School No. 4 situated in Sochang-dong, Central District, has a long history of over 70 years and is well known across the country.

The school is pushing ahead with the work to raise the pedagogical qualifications of the teachers for education and edification and steadily improve the educational conditions and environment.

Amid the close attention and fierce flames of supporting the educational sector sweeping the country in an effort to implement the policy of the Workers' Party of Korea to attach importance to education and talents, the school is creating a fine model of the primary schools.

The school buildings have undergone a

complete facelift inside and outside, as befitting an educational unit in the new century, and all the classrooms been furnished with modern educational facilities and new-model desks. The playground is covered with an artificial turf of 2 700m² and scores of sports equipment and apparatuses, and a swimming pool and table tennis ground have also been reconstructed.

The school has prepared on its own efforts more than 1 000 multimedia presentations and 400 common knowledge in science to be widely used in teaching.

All types of lessons, extracurricular activities, school administration and management are put on a modern and IT basis at a high level.

Last year the school won the title of ten model

IT-based units.

The school has produced a large contingent of honour pupils and won prizes in national swimming and table tennis competitions.

This year alone nine pupils, including Ri Ye Yang, Kim Song Bok, Ri Hyo Yon and Kim Yong Won, were awarded the Our Classroom Literary Prize.

Its graduates are being admitted to schools of higher education, such as Pyongyang Middle School No. 1 and Kumsong School, and the number is increasing year after year.

Article: Choe Ho
Photo: Kim Sol Hui



Architectural edifices are sprouting up in Pyongyang along the beautiful Taedong River. Among them are Changjon Street, Mirae Scientists Street, Ryomyong Street, Sci-Tech Complex, Pyongyang Teachers Training College, Munsu Water Park and so on. Ever-changing looks of Pyongyang are a brilliant fruition brought about in an effort to implement the grand blueprint of the Workers' Party of Korea to usher in a great golden age of construction, and a sure guarantee for growing happiness of the people.



Pyongyang Changes Its Appearances Day after Day

Photo: Kim Ju Hyok



TAEKWON-DO, Korea's Orthodox Martial Arts



Tangun, founder of the Korean martial arts



Subak seen in the painting drawn on the stonewall in the Mausoleum of King Kogugwon built in the mid-4th century



Muyedobothongji, an encyclopaedia of the Korean traditional martial arts



Some of materials on display at the Taekwon-Do Holy House



Taekwon-Do is a traditional sport peculiar to the Korean nation which is associated with its courageous spirit and soul and has demonstrated its resources and gallantry through the history.

Taekwon-Do means high kicking and punching skills and stout mental training.

Korean people liked practising martial arts from ancient times. During the period of Koguryo Kingdom (277 BC - AD 668), *subak*, or a game of punching and blocking with only hands, was encouraged as an important part of training martial arts. It developed into *taekkyon* and *nalpharam*, which involved footwork, through the periods of Koryo (918-1392) and feudal Joseon dynasty (1392-1910).

Choi Hong Hi, former president of the

International Taekwon-Do Federation, researched and developed the national martial art with painstaking efforts and named it "Taekwon-Do" in 1955. Then he founded the ITF in 1966 with an eye on spreading the martial art at home and abroad, thus contributing to the development of Taekwon-Do.

The DPRK erected the Taekwon-Do Holy House, a hub for disseminating the history of the martial art, and the Taekwon-Do Hall, a comprehensive sports centre for the development of the martial art, in Pyongyang, the birthplace of *taekkyon* and *nalpharam* which are the predecessors of Taekwon-Do.

The Taekwon-Do Holy House on Chongchun Street which was inaugurated in April Juche 101

(2012) showcases historical records about the development of Taekwon-Do. It is equipped with a learning space, training hall and international meeting hall.

Constructed in Juche 81 (1992) and renovated last year, the Taekwon-Do Hall is dedicated to research, dissemination and training of Taekwon-Do and also hosts international events.

The Korean Taekwon-Do Committee has its own Taekwon-Do team and every province or municipality has their Taekwon-Do teams and schools for training Taekwon-Do instructors.

Taekwon-Do hobby groups for youngsters are active at schools of all levels, and the martial art is so popular among everyone from pupils to old people that it has become a part of their

daily life.

The practice of training health-promoting Taekwon-Do regularly is a common sight in the parks, offices, enterprises and schools, unfolding a unique spectacle.

The traditional martial art of the Korean nation is now a fashionable sport not only in Korea but also throughout the world.

With the number of Taekwon-Do practitioners increasing in many countries and regions, the Taekwon-Do world championships which started in Juche 63 (1974) enjoy growing popularity with every successful event.

Article: Kang Su Jong
Photo: Hong Thae Ung



Choi Hong Hi, first president of the International Taekwon-Do Federation (ITF)



Meeting of promoters of ITF



Taekwon-Do is getting mass-based



Trainings are given to foreign amateurs



Korean Taekwon-Do practitioners are winning victories in the world Taekwon-Do championships



The 26th ITF Congress held in Juche 106 (2017)



Telemedicine System Proves Effective

Not long ago a pregnant woman in critical condition was taken to the Tongsinhung-ri People's Hospital in Jaeryong County, South Hwanghae Province.

In previous cases she would have been sent to provincial or central hospitals, but the hospital took correct measures for treatment in consultation with Pyongyang Maternity Hospital through telemedicine system and saved the mother and baby.

The Hwaphyong County People's Hospital in Jagang Province, too, had technical consultation with competent medical staff of Kim Man Yu Hospital in Pyongyang through the telemedicine system and succeeded in the operation on a patient for pancreatic cystoma.

At present the telemedicine system is established between central hospitals, including Pyongyang Medical College Hospital of Kim Il Sung University, Kim Man Yu Hospital, Okryu Children's Hospital and Pyongyang Maternity Hospital, and people's hospitals in every province, city and county, even in several ris.

The local hospitals would consult central hospitals online to confirm their uncertain diagnoses and give correct and timely treatment. They would also ask for medical services for the patients suffering from chronic diseases and

in preoperative situations, so that the latter receives medical treatment in local hospitals without being sent to the central hospitals.

The telemedicine system enables the local staff to regularly take technical lectures and raise their qualifications. It makes a tangible contribution to eliminate mortality from tetanus and improve the treatment of diabetes and other diseases.

Ri Myong Chol from Kapsan County, Ryanggang Province, who is suffering from a third-degree burn, says, "Though far away from Pyongyang, I am now seeing competent doctors in the central hospital through the telemedicine system. I'm sure of my recovery."

Pak Kyong Hui from Taean District, Nampho, says, "Thanks to the telemedicine system, Pyongyang Maternity Hospital conducts regular medical check-ups for women across the country and treats their diseases. This is very good."

The telemedicine system accessible to everyone free of charge benefits them greatly in health promotion.

Article: Kang Su Jong
Photo: Choe Won Chol



The telemedicine system established between Pyongyang Medical College Hospital of Kim Il Sung University, Okryu Children's Hospital and other hospitals in the capital city and people's hospitals in every province, city and county is very effective in the medical treatment





Little children from the Mirae Kindergarten in Phyongchon District, Pyongyang, distinguished themselves in the Pyongyang municipal children's paduk competitions last year.

They won bronze and silver medals in the spring and autumn Pyongyang municipal children's paduk competitions respectively. And Jo Ryoung Jong took part in the national children's paduk competition on behalf of Pyongyang Municipality and won a bronze medal in the mixed doubles.

The Mirae Kindergarten was opened in the autumn of Juche 104 (2015) on Mirae Scientists Street built on the bank of the Taedong River for the scientists and educationists, and a paduk class was formed in the following April.

Kim Hyang Suk, head of the kindergarten, and educational workers in Phyongchon District discussed the issue of training talented children by teaching them paduk that is a cultural heritage of the Korean nation and is good for intellectual development. And they formed a paduk class in the kindergarten and appointed Hong Jong Mi, a qualified paduk expert, as its teacher.

Hong Jong Mi aroused the children's curiosity and interest by explaining technical terms in words easy for children to understand, and taught them the ABC of paduk, putting stress on consolidating their elementary knowledge. And she led them to master higher levels through

games.

It was not an easy job to make children who just began to learn the alphabet of the mother tongue understand the profound principles of paduk that is not only a Korean folk game but also a high-grade intellectual event.

However, Hong congratulated the children who won the games and encouraged them not to be disappointed at the defeat but to redouble their efforts, as their parents would do.

Finally her paduk class developed into a strong rival to senior classes of the kindergartens proud of

their long history and brilliant records.

Now parents who were previously reluctant to send their children to the paduk class are pleased to see them acquire abilities of comprehension and concentration, willpower, fortitude and other good qualities.

The paduk class formed with five members at first has 18 children now. The class took the second place in this year's spring Pyongyang municipal children's paduk competition.

Article: Choe Ho
Photo: Ri Chol Jin



Little Paduk Players



The kindergarten applies various methods in teaching children how to grasp the knacks of paduk as suited to their levels



Thrice Champion



Pae Kil Su

Korean gymnast Pae Kil Su is a thrice World Champion and an Olympic gold medalist, who earned the title “King of the Pommel Horse” between 1980s and 1990s.

Korean people still remember vividly when Pae won gold medals in the pommel horse events at the 27th World Gymnastics Championships in April Juche 81 (1992) and the 25th Olympic Games in August the same year.

In the games he performed flawlessly high-grade technical movements and took top marks unprecedented in the rules of the International Gymnastics Federation.

Not long after he won the 28th World Gymnastics Championships, and again in the 32nd World Gymnastics Championships.



He got top marks at the 27th world gymnastics championship by flawlessly performing high-grade movements. His marks unprecedented in the regulations of the International Gymnastics Federation brought him a gold medal.

He has so far won several trophies and 30 odd gold medals in international games.

He was awarded the title of People’s Athlete and Labour Hero for bringing glory to the country.

During his athletic career and now working as the secretary of the Korean Gymnastics Association after retirement, he has always cherished deep in his heart the motto of life, *I will glorify my motherland with gold medals!*, and devotes all his wisdom and efforts to develop the country’s gymnastics.

He attaches primary attention to the training of reserve players in a far-sighted way.

Always emphasizing to coaches on the importance of selecting reserves, he maintains strict principles and demand to select as reserves those with suitable constitution for the event. Whenever he is informed that a promising reserve is selected, he would rush there before anything else.

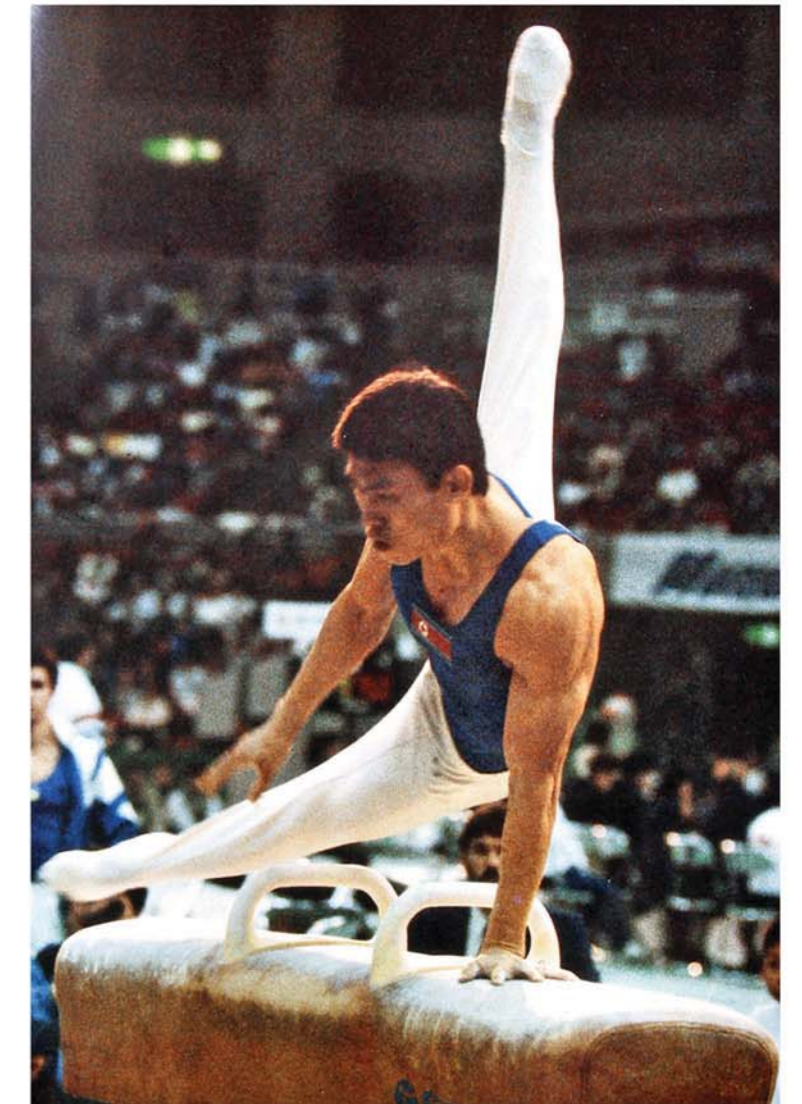
Among the selected reserves were Ri Se Gwang, twice World Champion and Olympic gold medalist, and Hong Un Jong who won a gold medal in women’s vaulting horse event at the 45th

World Gymnastics Championships.

His devotion to the development of the country’s gymnastics continues unabated.

Article: Kim Son Gyong

Photo: Kim Yun Hyok



As the secretary of the Korean Gymnastics Association, he pays close attention to the training of reserve players



Together with his family members



Ryonggang Spa

After having a bath in hot spring water, relishing fresh and fragrant aroma of thickly-wooded forest, I feel I am ten years younger.

I am very reluctant to leave the spa.

These are unanimous feelings of the visitors to the Ryonggang Spa in Onchon County, Nampho, which is highly appreciated for not only its high medical efficacy but also kind services.

Situated in the picturesque place surrounded by thick forest, the spa has been famous since old times and is recorded in *Tonggukyojisungnam*, Handbook of Korean Geography, compiled in 1481.

The hot spring contains minerals in the largest amount among all others found in

the country, and also bromine ion and radon. Therefore, it is effective against hypertension, arthritis, nervous diseases, lumbago, various wounds and aftereffects of operation, gynaecological diseases, chronic gastritis and colitis and various skin diseases.

Ryonggang Spa that has a long history and is good for health and longevity serves the people for their health promotion thanks to the people-oriented policy of the Workers' Party of Korea and the government of the DPRK.

Occupying an area of 48 hectares, the spa is surrounded by a verdant forest, its buildings nestled in several places.

Bath houses are furnished with facilities for various medical therapies,

including a bath with radon gas. There is also a wading pool with hot spring water. Massaging and cupping therapies are available in order to accelerate the removal of waste matters from body.

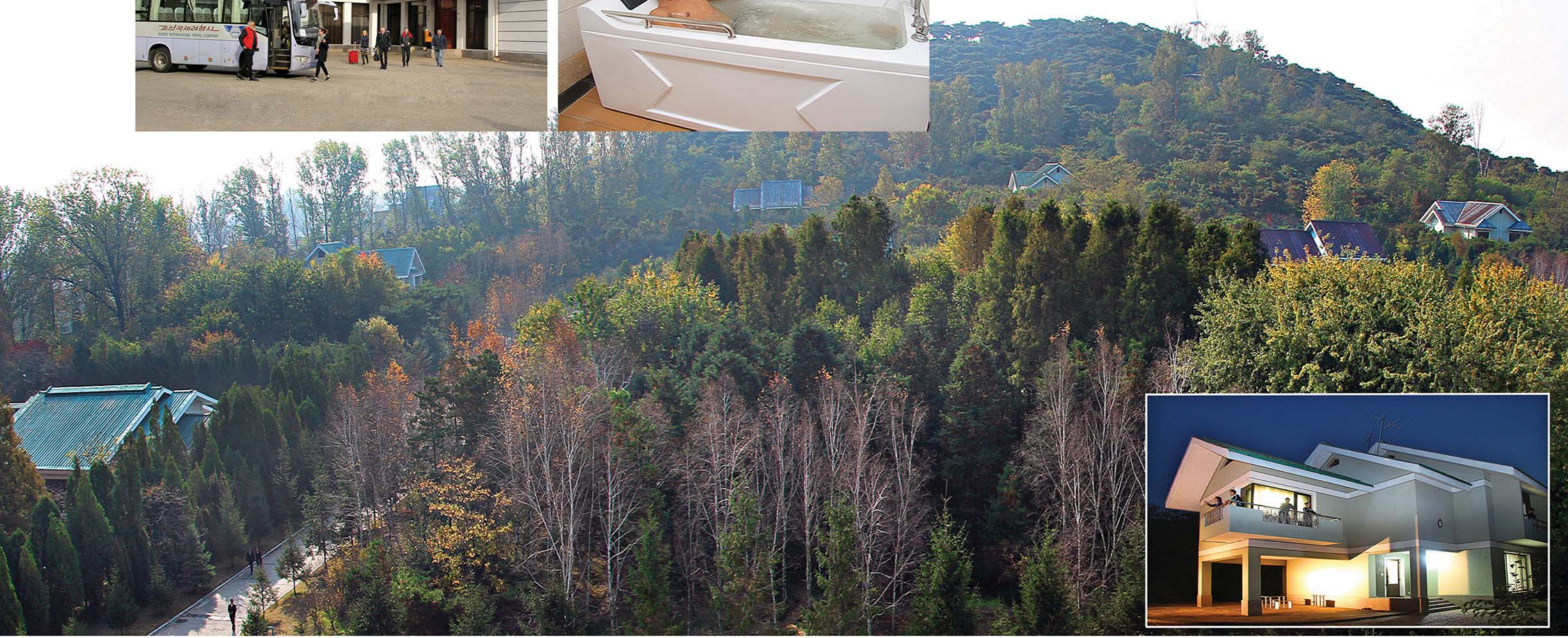
As it is situated near the West Sea of Korea, visitors to the spa can taste special local foods like shellfish casserole, shellfish rice, roasted clam and others.

A variety of sports and recreational facilities for leisure activities are amply provided in the spa, making everybody spend pleasant time.

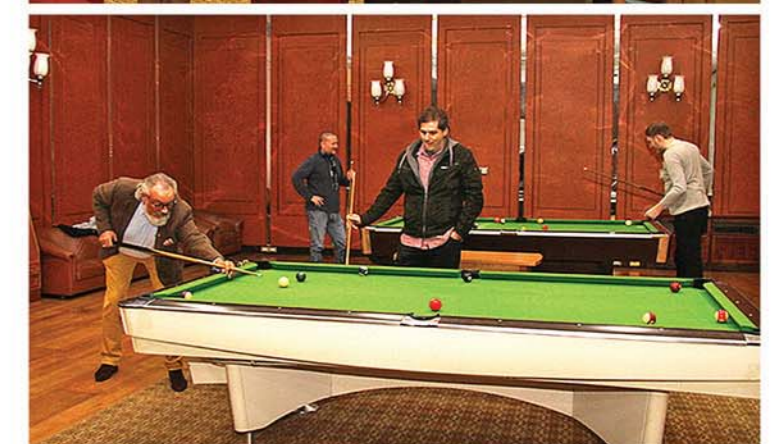
The Ryonggang Spa attracts people with its kind services as well as high medical efficacy.

Article: Kim Jong

Photo: Ri Hak Myong



A wading pool is laid out by using hot spring water and other sports and amusement facilities are available



Kaesong Abounds in Historical Relics

Kaesong was the capital of Koryo, the first unified state of Korea which existed for nearly 500 years between 918 and 1392 by inheriting the Eastern power of Koguryo.

In the city with an over 1 000-year history there are lots of historical relics showcasing the aspects of economic, cultural and scientific development of the Koryo Kingdom.

Typical examples are royal tombs including the Mausoleum of King Wang Kon, founder of Koryo, and that of King Kyonghyo, the 31st king of Koryo, in Haeson-ri.

The Mausoleum of King Wang Kon was built in 943.

It was rebuilt on a large scale in Juche 83 (1994). The expansion project was carried out by inheriting the custom of Koguryo that built the

tomb chamber with stones and decorated its walls with murals as well as the grave-building system of preceding ages whereby the exterior was adorned with various decorations.

The design and execution are splendid and the stone sculptures representing civilian and military officials and animals are all excellent works of art.

There is a long ridge starting from Mt Mansu which stands across the valley at the back ridge of the mausoleum. And on the ridge stretching from east to west there are seven tombs standing in a

row, which are called the Seven Tombs Cluster.

The Myongnung Cluster consists of the Mausoleum of King Hyonhyo, the 29th king who reigned from 1345 to 1348, and two graves of unidentified persons near it.

The Kaesong Fortress and Kaesong Namdae Gate are relics highlighting the history of Koryo.

The period of the kingdom is known as an era of most frequent foreign invasions. Therefore, it paid special attention to the defence of the capital, hence the Kaesong Fortress 24 kilometres in

circumference.

The fortress is characterized by the inheritance of the style of the Walled City of Pyongyang in the Koguryo period.

The Kaesong Namdae Gate standing over the crossroad in the heart of the city was the south gate of the interior walls of the fortress and is the only gate that survived out of seven contemporary gates.

In the gate consisting of the stone embankment and gate tower, there hangs the nearly 14-ton

bell of Yonbok Temple, one of the five famous bells of Korea.

The bell was made in 1346 and put on Yonbok Temple, but it was transferred to the gate after the temple was burnt away in 1563.

The gate is known as the oldest surviving gate in the country.

Manwoltae in Songak-dong, Kaesong, is the



Mausoleum of King Wang Kon (reigned from 918 to 943)



Mausoleum of King Kyonghyo (reigned from 1352 to 1374)



Kaesong Namdae Gate



Sonjuk Bridge



Myongnung Cluster



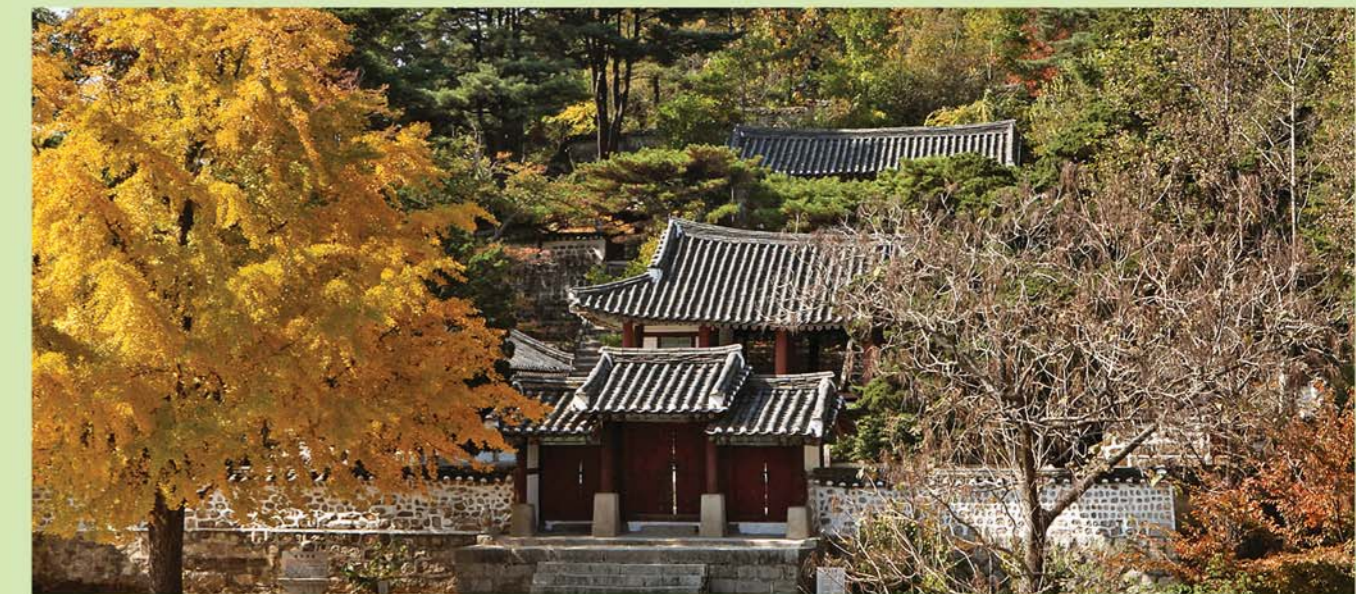
Phyochung Monuments



Koryo Songgyungwan



Kaesong Chomsongdae Observatory



Sungyang Confucian Shrine

site of the royal palaces of Koryo which existed from 919 to 1361.

The palace relics covering a total area of about 390 000 square metres also carried forward Koguryo's culture in terms of structure and makeup.

Koryo Songgyungwan which was established

in 992 was the top educational institution in the periods of Koryo and the feudal Joseon dynasty, which taught Confucianism as the feudal ruling idea and political and other business knowledge so that future civil servants could fulfil their duties.

The establishment comprising 18 large buildings is the largest of old wooden structures remaining in the DPRK.

It is a precious element of cultural heritage that not only shows the aspects of the national educational institution in the Koryo period but also gives an understanding of the then educational system and architecture as well as an indispensably objective reminder of the relationship of succession between Koryo and the feudal Joseon dynasty (1392-1910) in the educational field in the

middle ages.

The institution with an over 1 000-year history developed into a university that trains technical personnel in light industry in Juche 81 (1992).

The Sungyang Confucian Shrine was the residence of Jong Mong Ju (1337-1392), a senior government official and Confucian scholar in the closing days of Koryo.



Stone flagpoles at Hyonhwa Temple



Stone sculpture of Buddha on Mt Chongryong



Three stone relief Buddhist images carved on the rock of Pagyon



Manwoltae



Exterior and interior of Taeung Hall at Kwanum Temple



From 1573 it was used as a shrine to hold a memorial service for him and a school to educate in Confucianism.

The Kaesong Chomsongdae Observatory was an astronomical observatory in the period of Koryo. There remains only part of the granite embankment.

Its four sides face the four cardinal points. It was built elaborately and solidly, which shows the high level of architecture at the times.

There are also Sonjuk Bridge and the Phyochung Monuments in Sonjuk-dong in the city.

The bridge was built in the initial period of Koryo and became widely known after Jong Mong Ju was assassinated. It was originally named Sonjuk Bridge, but renamed "Sonjuk" for the reason that a bamboo sprang up at the place after he was killed.

The two monuments were built in praise of his loyalty to the king.

The Mausoleum of King Wang Kon, Mausoleum of King Kyonghyo, Kaesong Chomsongdae Observatory, Kaesong Namdae Gate, Kaesong Fortress, Sungyang Confucian Shrine, Phyochung Monuments, Sonjuk Bridge,

Koryo Songgyungwan, Manwoltae, Seven Tombs Cluster and Myongnung Cluster were inscribed in the world heritage list at the 37th World Heritage Convention of UNESCO in June Juche 102 (2013).

Historical relics in Kaesong showing many phases of the times and culture of each period of long history are preserved as the invaluable assets of the country thanks to the Workers' Party of Korea's policy on protecting national cultural heritage.

Article: Pak Hun
Photo: Jong Yun Chol

Samgyethang, Specialty of Kaesong



Kaesong Fortress



Kaesong, which is widely known for the place growing Koryo insam (ginseng), a famous health tonic in Korea, since olden times, is blessed with not only tonics and health foods made of insam but also foods.

One of the special foods of Kaesong, *samgyethang* is a nourishing dish prepared with Kaesong Koryo insam which the Korean people have taken since long ago.

The food is made of a chicken which is 4-5 months old. Astragalus, jujube, glutinous rice and insam are put together in its stomach before sewing it and then it is boiled in a stone pot or earthenware bowl.

It is boiled for a while under strong flames and then under light fire for about an hour until the ingredients of insam

soak out along with those of chicken. The fragrance is so sweet that it stimulates appetite.

Samgyethang is taken after hard boiling or is squeezed to drink its juice.

It may be taken with salt.

The one which is boiled in plain water with no salt has been called *takbaeksukthang*.

Samgyethang has long been known as a nourishing food as it is effective for the treatment of anorexia, dyspepsia and anaemia.

A health protecting food in summer, in particular, it is usually taken in the hottest period of summer.

According to a story related to the origin of the food, it was originally called *hyosongthang*, broth representing filial devotion.

Deeply moved by the filial devotion of a young man who was looking after his ailing mother, a doctor told him to pick the roots of a medicinal herb with red flower and put them into the stomach of chicken to boil it thoroughly before feeding it to the mother, and it would cure her disease.

The medicinal herb with red flower indicates Kaesong Koryo insam.

It was a rare plant at the time, so the young man picked it after going through all sorts of hardships and cured his mother as indicated by the doctor.

Since then, it has also been called *hyosongthang* and it is winning popularity as a food for health and longevity.

Article: Kim Hyon
Photo: Ri Kwang Myong

Indelible Crime of Sex Slavery of Japanese Army

No country in the world will be more shameless than Japan that still denies the sex slavery it had operated before and during World War II, to say nothing of apology and reparation.

During its military rule of Korea in the first half of the previous century, Japan abducted, if not forcibly conscripted, 200 000 Korean women, who were taken to battlefields to serve Japanese troops before being killed so as to keep the wrongdoing secret.

Photos showing sex slaves' burnt or naked bodies dumped into a pit illustrate the brutality of the Japanese troops.

After using the Korean women as their sex playthings, Japanese troops shot, burnt or buried alive most of them.

Among the massacred were teens, young girls and newlywed women.

According to victims, every day a "comfort woman" had to serve scores of Japanese soldiers and many women killed themselves unable to bear the mental and physical pains. And many others had their bellies ripped off and their

limbs dismembered as punishment for attempting at escape.

Numerous comfort women fell victim to such atrocities.

The sex slavery for Japanese soldiers is a Class-A crime against humanity Japan had committed in a planned and organized way.

Such system designed to keep battle-stressed soldiers in line involved the Korean Government-General, ministry of foreign affairs and other Japanese governmental organizations, as well as military and police.

From the upper echelons to the grassroots, the Japanese military set up a system to operate "comfort stations" and directly supplied funds to units to help them conscript and transport women.

Notwithstanding, Japan still denies the wrongdoing, preposterously arguing that "there is lack of evidence" and "it is inconsistent with historical facts".

The sex slavery has no statute of limitations.

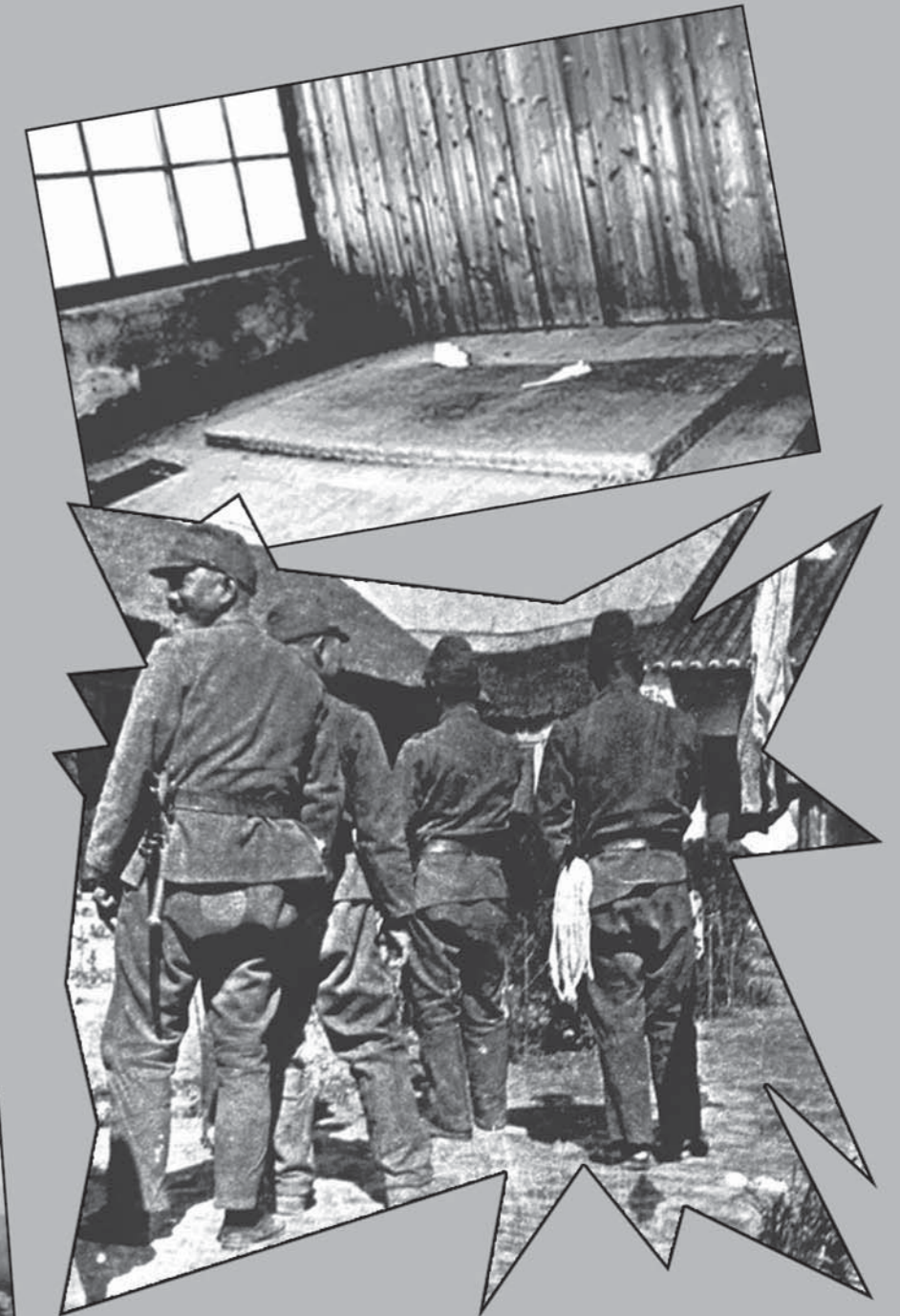
The wrath of the Korean women who

were buried on alien soil after having their dignity and virginity violated by Japanese troops is still too palpable to be mitigated.

Japan can never erase its crime-ridden past.

The Korean people are determined never to pardon their sworn enemy's sinful past but to make it pay a thousandfold for its wrongdoings.

Article: Kim Hyon



Japanese soldiers flocking to gratify their lust, and the inside of the room at a "comfort station"



Materials are newly disclosed to indict the Japanese army for sex slavery crime



