

# Explore Japan 2023

Oct. 26, 2023

## Teacher & Student Handbook



### Table of Contents

1. Welcome Message – Key Japanese Values	Page 2
2. Program Schedule	3
3. Event Site Map	4
4. Calligraphy Workshop	5
5. Karate Workshop	6
6. Taiko Workshop	7
7. Tea Ceremony Workshop	8
8. Kimono Workshop	10
9. Bento Lunch	11
10. Frequently Asked Questions	12
11. Thank you to Contributors	13

## 1. Welcome to Explore Japan 2023! 日本文化祭へ ようこそ

We hope you will have a fun and meaningful experience at Explore Japan 2023. There are numerous Japanese cultural activities for you to participate in and experience. To help you understand Japanese culture and behave appropriately throughout the workshop sessions, we would like to list some key Japanese values for you:

**Attentiveness** - Pay attention to the things around you in each classroom.

E.g., Do you see “Japanese things” in classrooms?

Do you see any instructors in traditional Japanese clothing?

**Quietness** - Once you enter classrooms, no personal conversation is appreciated.  
- Please raise your hand for questions. We are expecting many questions from you.  
- Walk between session rooms quietly.

**Cleanliness** - Keep your belongings tidy in the assigned room.

**Harmony** - Instructors will greet you in Japanese at the start and end of the class.  
- Please respond appropriately with a smile and in Japanese if possible.

In classrooms, instructors will use the following Japanese expressions. Can you respond in Japanese?

Instructors: おはようございます/こんにちは

Students: おはようございます/こんにちは

Instructors: ジョンさん

Students: はい

Instructors: これでおわります。さようなら

Students: ありがとうございます。さようなら

**Additional Japanese expressions:**

はじめまして、どうぞよろしく、おなまえは？ みてください、きいてください、かいてください、よんでください、いってください、みせてください、しずかにしてください、まってください、たってください、すわってください、いっしょに、どうぞ、すみません、ごめんなさい、ありがとう、どういたしまして、しつれいします、はい、いいえ、numbers 1 to 10

**Note 1:** Please wear suitable clothes and shoes for Karate, Taiko, Kimono, Tea ceremony and Calligraphy workshops. E.g., instructors may ask you to take off heavy tops like hoodies for Kimono wearing.

**2:** The facility is non-smoking.

## 2. Program Schedule

Location: IISLE (Institute for Innovation in Second Language Education)

13750, Woodcroft Avenue, Edmonton

Dates and attending: Thursday, October 26<sup>th</sup>

Attending high Schools: Paul Kane, Jasper Place, Harry Ainley, Spruce Grove



Daily Schedule:

9:40 – 9:50 Opening Welcome all students at the Gym

9:55 – 10:30 Session 1

10:35– 11:10 Session 2

11:15 – 11:50 Session 3

11:55 – 12:30 Session 4

12:30 – 1:00 Lunch

1:00 – 1:35 session 5

1:40 – 2:15 session 6



Six sessions:

Tea Ceremony: Introduction, demonstration and practice

Calligraphy: Introduction, practice Japanese characters and own names

Kimono: Introduction, wearing Yokata and photo taking

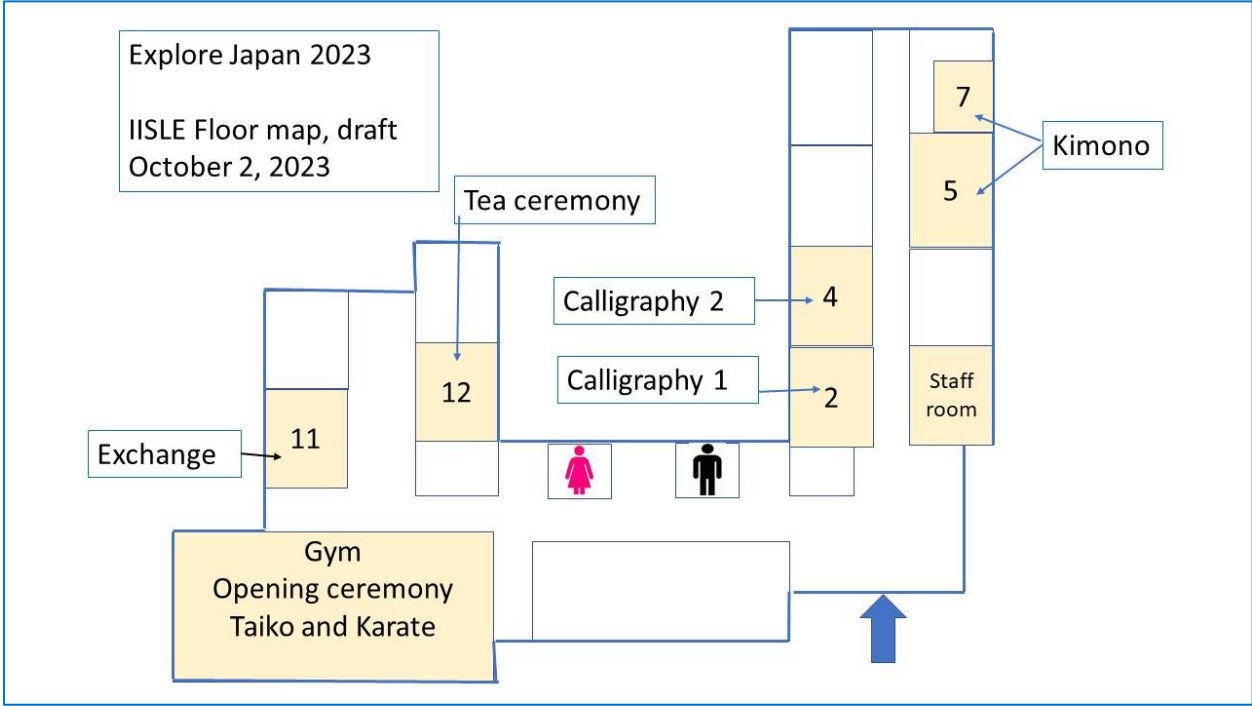
Exchange Experience: Presentation by several exchange students

Karate: Discussion of Japanese values, practice

Taiko Drums: Demonstration/discussion, practice



# 1. Event Site Map



## 4. Calligraphy – Shodō しょう道 書道

What does Shodō mean?

Shodō しょう道 is Japanese calligraphic art. It is considered one of Japan's traditional cultural arts. The direct English translation for Shodō しょう道 is "The Way of Writing ."

History of Shodō:

The art of Shodō しょう道 originated in China and came to Japan during the 6th or 7th century, along with methods for making brushes, ink and paper. In those days, calligraphy was an essential part of education for members of the ruling noble families. But as time went by, the art spread among ordinary people. Nowadays, calligraphy is not just an art form to be admired; it is part of Japanese people's daily life, such as writing New Year's cards and writing on gift wrapping paper called Noshi-gami のしがみ.

Posture:

Sit up straight without leaning against the back of your seat. Do not sit too close to the desk, either. Hold the paper still with the hand that is not holding the brush.

Holding the Fude:

The Fude should be held midway between the two ends.

The Fude should be held upright with your writing hand. Your elbow should be square in the air.

Sumi すみ Ink (Stick or liquid)

- *Sumi* ink is usually made of soot from burned oil mixed with (animal) hide glue and dried into a stick.
- The colour of the ink is "black," and most *Sumi* is handmade in Nara. Also, liquid ink is available in bottles.

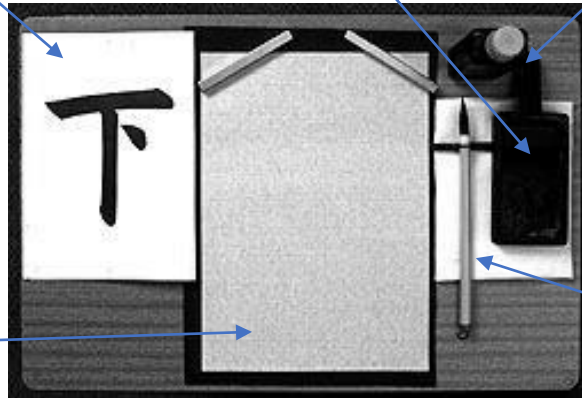
Suzuri すずり Ink Stone

- *Suzuri* is made from different types of stone and therefore is quite heavy.
- The typical size is about 8cmx14cm (3inx5.5in).

Tehon てほん Model  
Sample or Model for practice

Hanshi はんし Writing Paper

- *Hanshi* is commonly made of *washi* (Japanese hand-moulded paper).
- The most common paper size is 24cmx33cm(9.5inx13in).



Fude ふで Brush

- Animal hair is used to make the brush: horsehair, weasel hair, etc.
- Bamboo or some other type of wood is used for the stem of the brush.

## 5. Karate – からて 空手

Karate からて is the physical skill of self-defence without using any weapon. The word karate 空手 means "empty hand" to reflect this.



Karate is embedded within Japanese cultural and martial values as a martial art. Essential values are calmness, politeness, restraint, humility and respect for tradition. Because of this emphasis on good behaviour, karate has evolved to become a form of "dō" どう, as in "karate-dō" 空手道, and not just a physical form of self-defence or fighting.

In the karate class at Explore Japan, expect to bow before and after the class in respect for the traditions, watch carefully without comments, and then try your best to copy the moves. Of course, there is a lot of enjoyment in learning the movements, so please feel good about the experience.



## 6. Taiko たいこ 太鼓

Kita no Taiko (きたのたいこ) has been Alberta's major Japanese drumming group since 1987. Its name translates to "drums of the north." Taiko (たいこ) means 'drum' but also refers to the art form that utilizes ensemble playing with various drum types and is famous worldwide. The group's interpretation of the art of taiko involves spirited choreography, physicality, and music. When the drummers play as a group, they feel the energy connect them and to the taiko themselves. They try to portray a traditional view of art. They wear uniforms of Happi coats (はっぴ), Momohiki pants (ももひき), Hachimaki (はちまき), obi (おび), and tabi (たび). They enjoy blending tradition with innovation for their performances and collaborating with other groups to integrate their art forms. Over the years, they have worked together with the Edmonton Symphony Orchestra, Shumka Ukrainian Dance, Cassius Khan, Mieko Ouchi, and many others.

We hope you enjoy your experience with taiko! Taiko has roots in ancient Japan, where it was used in temples for prayer, in villages for communication, during the war for morale boosting, and of course, during festivals. The ensemble (called Kumi-daiko) performance style did not come about until the 1950s when Daihachi Oguchi, a jazz drummer, decided to combine taiko with jazz band elements. Kumi-daiko reached North America in the late 1960s and has taken off with multiple groups forming across the United States and Canada.

For information on workshops and shows, see Kita no Taiko's webpage: [www.kitanotaiko.ca](http://www.kitanotaiko.ca); Instagram: Kita\_no\_Taiko; or search Kita No Taiko on Facebook.



## 7. Japanese Tea Ceremony ちゃのゆ 茶の湯

### The Four Principles:

- Wa (和 - harmony)
- Kei (敬 - respect)
- Sei (清 - purity)
- Jaku (寂 - tranquillity)

### Items in the tearoom:

- 畳 – Tatami – Woven Mats
- 床の間 – Tokonoma – Alcove
- 茶花 – Chabana – Flowers
- 掛軸 – Kakejiku – Hanging Scroll
- 釜 – Kama – Kettle
- 棗 – Natsume – Tea Caddy
- 茶碗 – Chawan – Tea Bowl
- 茶杓 – Chashaku – Tea Scoop
- 柄杓 – Hishaku – Ladle
- 袱紗 – Fukusa – Silk Cloth
- 建水 – Kensui – Waste Water Bowl
- 柄杓 – Hishaku – Ladle
- 茶巾 – Chakin – Linen Cloth
- 茶筌 – Chasen – Tea Whisk
- 水指 – Mizusashi – Cold Water Vessel
- 蓋置き - Futaoki – Lid Rest



### A typical tea ceremony:

1. The guests enter the room, admiring the flowers, scroll, and kettle.
2. The host brings in sweets, then the utensils and exchanges bow with the guests to begin the ceremony.
3. The host cleans and purifies some of the utensils in front of the guests.
4. The host will bow to the guest and offer them a sweet.
5. After adding two scoops of tea powder, they add hot water and whisk the tea.
6. The first guest apologizes to the next guest for going ahead, then thanks the host. They enjoy their tea and take the opportunity to admire the bowl.
7. The host cleans the bowl and utensils and, when the guests are finished, clears away the utensils from the tearoom.
8. The guests and host thank each other.



**Ichi go, Ichi e (一期一会)** is an expression meaning "one time, one meeting" and refers to the fact that any moment in life cannot be repeated and every instance is a unique experience.

### **Frequently Asked Questions**

- **Where can I buy matcha?** *We use matcha from a company called Marukyu Koyamaen, which is imported from Japan. Most matcha available in Canada is only suitable for cooking/baking. Always buy from a seller that only stores their matcha in sealed containers. Specialty tea shops like the Tsujiri tea café located downtown or at WEM sell good matcha. A small tin costs about \$25.*
- **How should I store matcha?** *Keep matcha in an airtight container in your freezer. Sift what you need before you whisk it in water.*
- **Do people in Japan drink matcha lattes or flavoured matcha?** *In a tea ceremony, no. But matcha is a popular flavour for ice cream and many sweets. Flavoured or sweetened matcha as a drink is less common in Japan, but you can find it in some western style coffee shops.*
- **Is there an authentic tea room in Edmonton?** *The **Ozawa Pavilion** at the University of Alberta Botanic Garden is a traditional tea house. It is not normally open to the public but is available for some events.*
- **Where can I see a complete tea ceremony?** *The **Matsukaze Chanoyu** association performs public demos at the **University of Alberta Botanic Gardens** (SW of Edmonton on Hwy 60, 5km north of Devon) on specific spring and summer days.*
- **Where can I buy a whisk?** *Some tea stores, such as David's Tea, sell them, or you can buy them online.*
- **What is the sweet called? What is it made of? Where can I buy them?** *Kurimanju is a baked pastry filled with white bean paste (shiro-an). They are not available in local stores. You may find a sweet called **Daifuku** at Asian supermarkets like T&T. Many sweets commonly used for tea ceremonies have Shiro-an or Anko bean paste, which is possible to make at home.*

**Matsukaze Cha no Yu Association: [www.matsukazetea.org](http://www.matsukazetea.org)**

## 8. Kimono きもの 着物

What is a きもの:

The literal meaning of the word "kimono きもの" is "a thing to wear" and usually refers to traditional Japanese clothing. **There are different types of きもの:**

- **Juni-hitoe** じゅうにひとえ (12-layer Kimono): A kimono worn by ladies of the Imperial Court during the Heian period (794-1185).
- **Uchikake** うちかけ (bridal Kimono): An ornate wedding robe worn over the actual Kimono.
- **Yukata** ゆかた (summer kimono): A light cotton kimono worn by men and women in the summertime.
- **Homon-gi** ほうもんぎ (Formal women's Kimono): A silk kimono worn by women for tea ceremonies, attending weddings and other special occasions.



Ju-ni Hitoe



Uchikake



Yukata

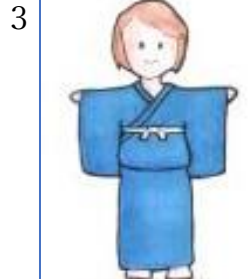


Homon-gi

How to wear a ゆかた:

You will need a yukata, strings, an obi (a fancy wide belt for females and a narrow belt for males), and a pair of Geta (Japanese sandals).

1. Yukata is adjustable to fit different sizes.
2. Adjust the length and bring the left side over the right side. Tie a string around your waist.
3. You can tie a second string if necessary, and then it is ready for the obi to be tied around it!



## 9. Exchange Experience

### 10. Bento Lunch Box

Students attending Explore Japan 2022 can order Bento Lunch Box through your teacher.



#### **Regular Bento \$15.00**

California roll, Kappa Maki  
Chicken Kara-age with Spicy mayo  
Pork fire ball  
Edamame Beans, Tamagoyaki  
Potato salad  
Green salad with Miso dressing  
Japanese pickles  
Side Steamed Rice



#### **Gluten Free Bento \$15.00**

Salmon roll, Kappa Maki  
BBQ chicken with Teriyaki sauce  
Pork fireball  
Edamame Beans, Tamagoyaki,  
Potato Salad  
Green salad with Onion dressing  
Japanese pickles  
Side Steamed rice



#### **Vegetable Bento \$15.00**

Avocado sushi, Inari sushi, Kappa Maki  
Vegetable Tempura with sauce  
(Yam, Shiitake mushroom, Broccoli)  
BBQ Vegetables with Miso dip  
(Zucchini, Red bell pepper)  
Green Salad with Onion dressing  
Japanese pickles  
Side Steamed rice



## 10. Frequently Asked Questions

**1. Where can I buy Yukata, and how much?**

You may want to check some online shops and search for "Yukata." A popular online shop among Japanese people is called Rakuten. <https://www.rakuten.com/> You can purchase a ladies' Yukata and Obi set for about \$80. You will have to pay additional fees for shipping.

**2. When do people wear kimonos in Japan? Can you wear formal Kimono by yourself?**

People wear Yukata, a casual summer kimono for going to summer festivals and for evening strolls. Yukatas are easy to put on by yourself. More formal kimonos are worn for attending tea ceremonies, weddings, graduation parties, New Year's celebrations and so on. With some practice, you can wear Kimono by yourself. However, many people require professional assistance to wear Kimonos. Such services can be very expensive.

**3. Do you take your socks off when you wear Geta, i.e. wooden clogs?**

People put on a pair of Japanese socks called tabi when they wear Kimono. You can wear Geta with bare feet.

**4. Why does it take so long to get a black belt in karate?**

Many Japanese arts, such as flower arrangement, tea ceremony, calligraphy, taiko, dance, karate, jūdō etc., take many years to master because there are numerous levels before reaching mastery. It does not take so long to learn basic skills.

**5. How much do the drums cost?**

It starts at about 20,000 yen (\$250). Larger and better quality drums are more expensive and can cost more than \$60,000. Some are custom-made and they are very expensive.

**6. Where can I buy calligraphy brushes and inks?**

In Edmonton, there are a few Chinese stationery stores and bookstores where calligraphy brushes, paper and inks are sold.

**7. Where can I buy green tea in Edmonton?**

Most grocery stores sell green tea leaves. Matcha, powdered green tea for tea ceremonies, is available at specialty tea stores.

**8. Where can you learn Ikebana in Edmonton?**

Edmonton Japanese Community Association has an Ikebana Club. Please get in touch with EJCA if you are interested. [Edmonton Japanese Community Association - Ikebana Club \(ejca.org\)](http://EdmontonJapaneseCommunityAssociation-IkebanaClub(ejca.org))

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- *Edmonton Japanese Community Association*

