

CONTENTS

PART ONE: Holidays and Festivals

- SHOGATSU New Year's Day 8
- SETSUBUN Bean-Throwing Ceremony 9
- HINA MATSURI Doll Festival 10
- HANAMI Cherry Blossom Viewing 12
- TANGO-NO-SEKKU Boys' Day 13
- BON Buddhist All Souls' Festival 14
- AKI MATSURI Autumn Festivals 15
- SHICHI-GO-SAN The Seven-Five-Three Festival 16

PART TWO: Arts and Skill

- CHANOYU Tea Ceremony 18
- IKEBANA Flower Arranging 20
- YAKIMONO Pottery & Ceramics 22
- NIHONGA Japanese Paintings 23
- SHODO Calligraphy 24
- WASHI Japanese Paper 26
- TAKÉ Bamboo 27
- NOH & KYOGEN Japanese Drama 28
- KABUKI Japanese Drama 30
- BUNRAKU Puppet Plays 32
- HOGAKU Traditional Music 34
- HAIKU Five-Seven-Five Poems 35
- SUMO Japanese Wrestling 36
- JUDO & KARATE Hand-to-Hand Fighting 38
- KENDO & KYUDO Japanese Fencing & Archery 39
- GEISHA The Art People 40

PART THREE: Recreation and Leisure

- GO & SHOGI Japanese Board Games 42
- JANKEN Hand Games 44
- ORIGAMI Paper Folding 45
- HANAFUDA Flower Cards 47
- PACHINKO Japanese Pinball Game 48
- ONSEN Hot Springs 49
- RYOKAN Japanese Inns 50

PART FOUR: Cuisine and Diet

- NIHON RYORI Japanese Cuisine 52
- WAGASHI Japanese Confectionery 54
- KOME Rice 56
- SASHIMI & SUSHI Raw Fish 57
- SOBA & UDON Noodles 58
- MISO & SHOYU Soybean Paste & Soy Sauce 59
- DEMAE Food Delivery Service 60

PART FIVE: Religion and Spirituality

- ZEN Zen Buddhism 62
- JINJA Shrines 64
- OMISOKA New Year's Eve 66
- OMAMORI Good Luck Charms 67
- JIZO The Red-Bibbed Deity 68
- MIAI KEKKON Arranged Marriages 69
- SOSHIKI Funerals 70
- BUSHIDO The Samurai Code 72

PART SIX: The Home and Daily Life

NIHON KAOKU Japanese Houses 74

ZASHIKI The Japanese Room 76

NIHON TEIEN Japanese Gardens 79

SENTO & FURO Baths 80

HARI & KYU Acupuncture & Moxibustion 81

SEIBO & CHUGEN Summer & Winter Gift Giving 82

KISSATEN Coffee Shops 83

FUROSHIKI Wrapping Cloths 84

GETA & ZORI Footwear 85

KIMONO Kimono 86

YOBIKO Cram Schools for Examinations 90

TAIRYO YUSO Mass Transit 91

JISHIN Earthquakes 92

PART SEVEN: Communication and the Printed Word

KANA & KANJI The Written Language 94

NAMAE Japanese Names 95

HANKO Personal Seals 96

MEISHI Business Cards 97

SHIMBUN Newspapers 98

PART EIGHT: Places and Sights

FUJI Mount Fuji 100

KYOTO The Old Capital 101

TOKYO The Eastern Capital 102

MINATO MACHI Port Cities 103