

2021年度全国通訳案内士試験

＜2次セミナー＞

（第5講）

「英語で紹介する日本事典」からの出題予想 38 選

ハロー通訳アカデミー  
植山源一郎

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## 「英語で紹介する日本事典」からの出題実績

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「英語で紹介する日本事典」(ナツメ社)からは、近年、2016年度、2018年度、2019年度に合計6題の「通訳問題」、「外国語訳」が出題されており、2021年度も大いに出題が予想されるので、受験者はきちんと準備をしておく必要があります。

- 2016年度【11:00～12:00】(通訳問題) **鳥居**(歴史・伝統文化) (P.191)
- 2018年度【13:00～14:00】(外国語訳) **ラーメン**(食事・料理) (P.69)
- 2019年度
  - 【13:00～14:00】(外国語訳) **桜前線**(自然・地理) (P.44)
  - 【14:00～15:00】(外国語訳) **寿司(B)**(食事・料理) (P.62)
  - 【14:00～15:00】(外国語訳) **おせち料理**(年中行事・社会生活) (P.124)
  - 【15:30～16:30】(外国語訳) **花火**(年中行事・社会生活) (P.143)

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2016年度【11:00～12:00】

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●<通訳問題> (**鳥居**)

神社にお参りに行くと、最初に見えてくるのが「鳥居」です。「鳥居」は神聖な場所である神域への門です。語源は、「通り入る」がなまったという説や、日本最古の歴史書「古事記」に出てくる「鳥の止まり木」など、いくつか説があります。また造りや材質はさまざまで、地域や神社によって異なります。

●「日本事典」の日本語 (P.191)

鳥居は神社の参道または境内の入り口に立ち、神域と俗界の境界を表しています。鳥居の起源にはさまざまな説があり、古代の神話を記した『古事記』では「鳥が止まった木」を鳥居の起源としていますし、「トラナ」と呼ばれるインド仏教やヒンドゥー教の寺院の門が日本に伝来して鳥居となった説、また「通り入る」の言葉が縮まり「とりい」と呼ぶようになった説もあります。

●「日本事典」の英語訳

Torii stands at the entrance path to a Shinto shrine or at the entrance of the shrine grounds. It represents the borderline between the holy grounds and the secular world. There are various theories about the origin of the torii; according to the Kojiki, a book of ancient mythologies, the origin of the torii comes from the tree upon which a bird rested,” while another theory claims that the gate of the temples of Indian Buddhism and Hindu temples called torana was introduced to Japan and became torii. Yet another theory suggests that the word for passing through, tori-iru, became shortened to torii.

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2018 年度【13:00～14:00】

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●<外国語訳問題> (ラーメン)

中国から日本に伝わったラーメンは、数百年を経て、日本人の国民食とも 言える食品になりました。日本人のラーメン好きは、評判店に長蛇の列がで きることからもうかがえます。めんの太さや具材、スープの製法、味付けなどにこだわり抜いたご当地ラーメンが、続々と登場しています。

●「日本事典」の日本語 (P.69)

中国から日本に伝わったラーメンは、数百年を経て、日本人の国民食とも 言える食品になりました。日本人のラーメン好きは、評判店に長蛇の列がで きることからもうかがえます。めんの太さや具材、スープの製法、味付けなどにこだわり抜いたご当地ラーメンが、続々と登場しています。

●「日本事典」の英語訳

Ramen was introduced into Japan from China. Several hundreds of years have passed since then, and it has become a most favorite food of the Japanese. And the unyielding love of ramen by the Japanese can be seen by the long lines formed at popular ramen shops. The regional variations of ramen have gone onto national prominence. Each of the regional variations focuses on secret recipes and the passionate pursuit of its own unique features such as the thickness of the noodles, ingredients, broth, and flavor.

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2019 年度【13:00～14:00】

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●<外国語訳問題> (桜前線)

桜前線とは、桜の開花予想日を天気図の前線の移動のように日本地図上に 示したものです。桜の開花は、3 月下旬に九州から始まり、次第に日本列島を北上し5 月には北海道に達します。桜の花を愛する日本人は、強い関心を持ってこの前線の動きを見て、春のお花見を楽しみにしています。

●「日本事典」の日本語 (P.44)

桜前線とは、桜の開花予想日を天気図の前線の移動のように日本地図上に 示したものです。桜の季節になると、気象庁の発表などをもとにテレビや新 聞では毎日知らせます。一般的に、桜前線は3 月の沖縄から始まり、次第に日 本列島を北上し5 月には北海道に達します。桜前線のニュースは日本人には、春の便りを実感できる楽しい知らせです。

●「日本事典」の英語訳

Sakura-zensen is a chart on a map of Japan predicting the date of cherry blossoms blooming just like a weather map showing the movement of frontal systems. TV and newspapers report it every day based on the announcement of the Meteorological

Agency of Japan as the season approaches. Usually, sakura-zensen starts from Okinawa in March and, gradually going north along the Japanese Archipelago, reaches Hokkaido in May. Sakura-zensen reports are happy news of spring for Japanese people.

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2019 年度【14:00～15:00】

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●＜外国語訳問題＞寿司(B)

寿司の起源は、意外にも東南アジアとの説があります。平安時代に日本に伝わったとされ、当初は、魚の保存法としての意味合いが強かったようです。江戸時代には、屋台が提供するファストフードでした。新鮮な魚介類、海苔、油揚げなどの具材が使われ、地方ごとに特色があります。

●「日本事典」の日本語(P.62)

寿司の起源は、意外にも東南アジアとの説があります。平安時代に日本に 伝わったとされ、当初は、魚の保存法としての意味合いが強かったようです。今日、海外でも人気の「スシ」は、「にぎり」もしくは「江戸前寿司」と呼ばれるものです。江戸時代に、今より大きめににぎった寿司飯(酢をまぶした ご飯)に、「江戸城の前の海=江戸前」でとれた魚介類をのせたのが始まり で、江戸の屋台が提供するファストフードでした。にぎり以外にも、寿司の 種類はたくさんあります。具と寿司飯を海苔で巻いた海苔巻き、寿司飯を油揚げで包む稲荷寿司、いろいろな具を丼に盛り付けるちらし寿司、保存食としての熟れ寿司など、地方ごとに特色があります。

●「日本事典」の英語訳

As hard as it is to believe, there is a theory that sushi originated in Southeast Asia. It is said that sushi was introduced into Japan during the Heian Period (794~1185) and was originally made mainly to preserve fish. Today sushi, mainly nigirizushi (literally, hand-formed sushi) or Edomae-zushi (Edo-style hand-rolled sushi), is also a very popular dish outside of Japan. The origin of nigirizushi or Edomae-zushi is traced back to the Edo Period (1603~1867) when it was made with freshly caught fish or other seafood from Edo-mae (Edo Bay or Tokyo Bay) over a bigger (than today's size) ball of vinegared rice and was served in yatai (street stalls) as an early form of fast food. In addition to nigirizushi, there are other kinds of sushi - norimaki (literally, rolled sushi wrapped in nori), a cylindrical piece of sushi with various ingredients rolled inside the rice and then wrapped in nori (dried seaweed); inarizushi (literally, stuffed sushi), a pouch of fried tofu filled with vinegared rice; chirashizushi (literally, scattered sushi), a bowl of vinegared rice mixed with other ingredients; and narezushi (literally, matured sushi) as a preserved food. Each of these kinds of sushi represents the unique characteristics of the region where it originated. There are unique sushi-related terms: shari for vinegared rice, gari for pickled ginger, murasaki for soy sauce, and agari for hot green tea.

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2019 年度【14:00～15:00】

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●＜外国語訳問題＞（おせち料理）

おせち料理は、正月に食べる日本の伝統的な料理で漆塗りの重箱に詰められます。それぞれの料理には食材にちなんだ意味が込められています。黒豆は健康、昆布巻きは幸福、えびは長寿をします。かつては、おせち料理は暮から家庭で準備するものでしたが、今ではデパートや通信販売で買う人が多いです。

●「日本事典」の日本語（P.124）

おせち料理は正月に食べる種々の伝統料理で、普通、漆塗りの重箱に盛り付けられます。料理には食材にちなんだ意味が込められています。

黒豆の煮物は「マメに生きられるように」、昆布巻は「よろこぶ」、数の子は「子たくさん」、鯛は「めでたい」などです。本来は御節、つまり節句ごとに供されましたが、現代では正月の料理だけを指します。また、おせちは暮から家庭で準備するものでしたが、最近はデパートなどで買うことも増えています。

●「日本事典」の英語訳

Osechi ryori : traditional Japanese New Year's dishes serving up beautifully prepared food thought to bring good fortune Osechi ryori refers to the various traditional dishes eaten during the New Year's that usually come in a lacquered boxes called jubako. Each dish contains meaning associated with the ingredient in it: e.g. cooked black soybeans (kuromame) wish for “a diligent life,” coiled kelp (kobumaki) stands for “yorokobu,” meaning happiness. Herring roe (kazunoko) stands for “kodakusan,” meaning many children, and sea bream (tai) is associated with “medetai,” meaning happiness or auspiciousness. Originally meant “for any occasion,” osechi was often provided at various festivities (sekku) but today it only refers to the dishes of shogatsu. Furthermore, osechi used to be something that was prepared at home at the year's end, but in recent years increasingly people purchase osechi at department stores and other shops.

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2019 年度【15:30～16:30】

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●＜外国語訳問題＞(花火)

花火は日本の夏の風物詩の代表格です。7月と8月に集中して日本各地で花火大会が催され、多くの人々が詰め掛けます。夜空に美しい大輪の花が咲き誇り、一瞬で散っていくさまは、桜などと同様に、日本独特の価値観である潔さやはかなさを象徴するものです。大阪の天神祭では、たくさんの花火が天満宮に奉納され、多くの舟の大行列とともに有名です。

●「日本事典」の日本語(P.143)

花火は日本の夏の風物詩の代表格です。7月と8月に集中して日本各地で花火大会が催され、多くの人々が詰め掛けます。夜空に美しい大輪の花が咲き誇り、一瞬で散っていくさまは、桜などと同様に、日本独特の価値観である 潔さやはかなさを象徴するものです。花火が日本に伝来したのは鉄砲と同時期の16世紀。以後、改良や開発を繰り返して現在に至り、世界に誇る伝統芸能として毎年の夏を華やかに彩ります。

●「日本事典」の英語訳

Hanabi (fireworks) are the most important part of Japanese summers. Many people flock to the fireworks festivals that take place all over Japan in the months of July and August. Similar to cherry blossom viewing in the spring, the way a beautiful and large flower blooms in the night sky only to scatter in a moment is symbolic of the grace and transience which so many Japanese people value. Fireworks were introduced to Japan around the same time as guns - the 16th century. With repeated improvements and developments since then, fireworks, as they sparkle in the summer sky, are a traditional entertainment of Japan that can proudly be presented to the world.

## ■ 鳥居：とりい [神域と俗界の境]

鳥居は**神社**の参道または境内の入り口に立ち、神域と俗界の境界を表しています。鳥居の起源にはさまざまな説があり、古代の神話を記した『古事記』では「鳥が止まった木」を鳥居の起源としていますし、「トラナ」と呼ばれるインド仏教やヒンドゥー教の寺院の門が日本に伝来して鳥居となった説、また「通り入る」の言葉が縮まり「とりい」と呼ぶようになった説もあります。



## Torii : gateway of a Shintō shrine [the boundary between the holy and the secular]

*Torii* stands at the entrance path to a **Shintō shrine** or at the entrance of the shrine grounds. It represents the borderline between the holy grounds and the secular world. There are various theories about the origin of the *torii*; according to the *Kojiki*, a book of ancient mythologies, the origin of the *torii* comes from “the tree upon which a bird rested,” while another theory claims that the gate of the temples of Indian Buddhism and Hindu temples called *torana* was introduced to Japan and became *torii*. Yet another theory suggests that the word for passing through, *tōri-iru*, became shortened to *torii*.

2016年

11:00 ~ 12:00



「呷」の像②とが、左右対象に置かれるのが基本のかたちです。



## Koma-inu : guardian dog at the Shintō shrine gate

[animal guarding the domain of the gods]

On both sides of a **torii** or on both sides of the *haiden* (altar) of a **Shintō shrine**, there are stone-carved statues of dogs which are called *koma-inu*. One of the *koma-inu* guarding the **Shintō shrines**, the domain of the gods, is a statue of the *kanji* character for “a,” representing an open mouth, and the other is a statue of “un,” representing a closed mouth, and these are commonly placed symmetrically on the left and right hand sides.

## ■ ラーメン [今やこだわりの日本料理に]

中国から日本に伝わったラーメンは、数百年を経て、日本人の国民食とも言える食品になりました。日本人のラーメン好きは、評判店に長蛇の列ができることからもうかがえます。めんの太さや具材、スープの製法、味付けなどにこだわり抜いたご当地ラーメンが、続々と登場しています。

### Rāmen : Chinese-style noodle [Rāmen has grown into a peculiarly Japanese dish.]

Rāmen was introduced into Japan from China. Several hundreds of years have passed since then, and it has become a most favorite food of the Japanese. And the unyielding love of rāmen by the Japanese can be seen by the long lines formed at popular rāmen shops.

The regional variations of rāmen have gone onto national prominence. Each of the regional variations focuses on secret recipes and the passionate pursuit of its own unique features such as the thickness of the noodles, ingredients, broth, and flavor.



2018年

13:00 ~ 14:00 に出題



[世界で活躍]

食品として開発され

られるという利便性がある容器入りのカップめんがあります。いずれも安価で種類も豊富なので、身近な日常食として世界で消費されています。



### Sokuseki men/Cup men : instant noodle/cup noodle [extensively used worldwide]

Sokuseki men (instant noodles) were developed as an epoch-making food that can be instantly prepared just by pouring hot water. There are two types: noodles in a bag can be prepared by boiling dried noodles and powdered soup and noodles in a cup can be conveniently prepared anywhere only by pouring hot water. Both are cheap and come in a wide variety, so they are now consumed as daily foods all over the world.

■ 桜前線：さくらぜんせん [日本人の心をなごませる開花ニュース]

桜前線とは、桜の開花予想日を天気図の前線の移動のように日本地図上に示したものです。桜の季節になると、気象庁の発表などをもとにテレビや新聞では毎日知らせます。一般的に、桜前線は3月の沖縄から始まり、次第に日本列島を北上し5月には北海道に達します。桜前線のニュースは日本人には、春の便りを実感できる楽しい知らせです。

Sakura-zensen : cherry blossom front [soothing news of cherry blossom blooming]

*Sakura-zensen* is a chart on a map of Japan predicting the date of cherry blossoms blooming just like a weather map showing the movement of frontal systems. TV and newspapers report it every day based on the announcement of the Meteorological Agency of Japan as the season approaches. Usually, *sakura-zensen* starts from **Okinawa** in March and, gradually going north along the **Japanese Archipelago**, reaches Hokkaido in May. *Sakura-zensen* reports are happy news of spring for Japanese people.





## 魚・魚料理 / Fish and Seafood

### ■ 寿司：すし [生きのいい魚介を使う和製ファストフード]

寿司の起源は、意外にも東南アジアとの説があります。平安時代に日本に伝わったとされ、当初は、魚の保存法としての意味合いが強かったようです。今日、海外でも人気の「スシ」は、「にぎり」もしくは「江戸前寿司」と呼ばれるものです。江戸時代に、今より大きめににぎった寿司飯（酢をまぶしたご飯）に、「江戸城の前の海＝江戸前」でとれた魚介類をのせたのが始まりで、江戸の屋台が提供するファストフードでした。にぎり以外にも、寿司の種類はたくさんあります。具と寿司飯を海苔で巻いた海苔巻き、寿司飯を油揚げで包む稲荷寿司、いろいろな具を丼に盛り付けるちらし寿司、保存食としての熟れ寿司など、地方ごとに特色があります。寿司に関連する用語は寿司飯＝シャリ、ショウガの酢漬＝ガリ、醤油＝ムラサキ、日本茶（緑茶）＝アガリなど独特の表現をします。

#### ● にぎり寿司：nigirizushi (hand-formed sushi)

ガリ（酢漬けショウガ）：pickled ginger

マグロ：tuna

ヒラメ：Japanese flounder

赤貝：arch shell



2019年

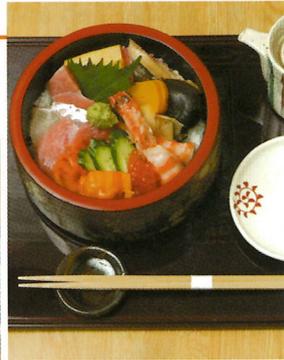
14:00 ~ 15:00 に 出題

鉄火巻き：tuna roll  
(rolled sushi of tuna)

cucumber roll  
(cucumber)



▲福寿司と海苔巻き：  
stuffed *sushi* and rolled *sushi*  
wrapped in *nori*



▲シャリの上に具を盛り付けるちらし  
寿司：scattered *sushi* that dishes  
up ingredients on *shari*, vinegared  
rice

## Sushi : vinegared rice topped with fish, meat, or vegetables

[Japanese fast food using fresh fish and seafood]

As hard as it is to believe, there is a theory that *sushi* originated in Southeast Asia. It is said that *sushi* was introduced into Japan during the Heian Period (794 – 1185) and was originally made mainly to preserve fish. Today *sushi*, mainly *nigirizushi* (literally, hand-formed *sushi*) or *Edomae-zushi* (Edo-style hand-rolled *sushi*), is also a very popular dish outside of Japan. The origin of *nigirizushi* or *Edomae-zushi* is traced back to the Edo Period (1603 –1867) when it was made with freshly caught fish or other seafood from *Edo-mae* (Edo Bay or Tokyo Bay) over a bigger (than today's size) ball of vinegared rice and was served in *yatai* (**street stalls**) as an early form of fast food. In addition to *nigirizushi*, there are other kinds of *sushi*—*norimaki* (literally, rolled *sushi* wrapped in *nori*), a cylindrical piece of *sushi* with various ingredients rolled inside the rice and then wrapped in *nori* (dried seaweed); *inarizushi* (literally, stuffed *sushi*), a pouch of fried *tōfu* filled with vinegared rice; *chirashizushi* (literally, scattered *sushi*), a bowl of vinegared rice mixed with other ingredients; and *narezushi* (literally, matured *sushi*) as a preserved food. Each of these kinds of *sushi* represents the unique characteristics of the region where it originated. There are unique *sushi*-related terms: *shari* for vinegared rice, *gari* for pickled ginger, *murasaki* for **soy sauce**, and *agari* for hot **green tea**.



▲手巻き寿司：do-it-yourself *sushi* roll

■ 鏡餅：かがみもち [神鏡をかたどった正月のアイテム]

鏡餅は年神が宿る丸くて平たい餅で、丸い形は靈魂を表すとともに、神事に使われる神鏡をかたどっています。2〜3個重ねて、昆布や水引などの縁起物で装飾し、正月に床の間に飾ります。1月11日になると床の間から下げて食べるのですが、縁起物のため鏡餅は切らずに槌で砕いたことから、鏡「開き」と呼ばれました。砕いた餅はお汁粉や揚げ餅にします。その年の「新たな魂が宿る」餅をいただくことで、「新魂留（改まる）」ことができたのです。



**Kagamimochi : mirror rice cake**

[one of the New Year's items representing the divine mirror]

*Kagamimochi* is a flat, round shaped **mochi**, **rice cake**, in which the New Year's god dwells. The round shape represents the soul and is also modeled after the divine mirror used for ceremonies related to the gods. Two or three **mochi** are piled up and decorated with good luck charms such as kelp and **mizuhiki (decorative paper cord)**. This is then placed in the *tokonoma* alcove during *shōgatsu*. This is taken down on January 11<sup>th</sup>, but because it is an object of good fortune, instead of cutting it, people break it with a hammer; thus this event came to be called *kagami-biraki*—

o *shiruko (mochi in chi)*. By having the were able to become *nashii ga yadoru*" (a for which, when put

2019年

14:00 ~ 15:00



■ おせち料理：おせちりょうり [縁起物の食材を調味し、美しく盛り付ける]

おせち料理は正月に食べる種々の伝統料理で、普通、漆塗りの重箱に盛り付けられます。料理には食材にちなんだ意味が込められています。黒豆の煮物は「マメに生きられるように」、昆布巻は「よろコブ」、数の子は「子たくさん」、鯛は「めでタイ」などです。本来は御節、つまり節句ごとに供されましたが、現代では正月の料理だけを指します。また、おせちは暮から家庭で準備するものでしたが、最近ではデパートなどで買うことも増えています。



## Osechi ryōri : traditional Japanese New Year's dishes

[serving up beautifully prepared food thought to bring good fortune]

*Osechi ryōri* refers to the various traditional dishes eaten during the **New Year's** that usually come in a lacquered boxes called *jūbako*. Each dish contains meaning associated with the ingredient in it: e.g. cooked black soybeans (*kuromame*) wish for “a diligent life,” coiled kelp (*kobumaki*) stands for “*yorokobu*,” meaning happiness. Herring roe (*kazunoko*) stands for “*kodakusan*,” meaning many children, and **sea bream** (*tai*) is associated with “*medetai*,” meaning happiness or auspiciousness. Originally meant “for any occasion,” *osechi* was often provided at various festivities (*sekku*) but today it only refers to the dishes of *shōgatsu*. Furthermore, *osechi* used to be something that was prepared at home at the year's end, but in recent years increasingly people purchase *osechi* at **department stores** and other shops.

### ■ 七草がゆ : ななくさがゆ [邪気を払い万病を予防する正月の料理]

セリ①、ナズナ②、ゴギョウ③、ハコベラ④、ホトケノザ⑤、スズナ⑥、スズシロ⑦の7種の野菜を「春の七草」と呼びます。日本では1月7日の朝に七草がゆを食べます。春の生命力が宿った若菜をおかゆに入れて食べることで、邪気を払い万病を予防できると信じられてきたからです。正月のごちそうやお酒で疲れた胃を休める意味でも、栄養補給の意味でも、七草がゆは効果があります。



## Nanakusagayu : seven herb rice porridge

[New Year's food against evil and illness]

The seven types of vegetables *seri* (water dropwort) ①, *nazuna* (shepherd's purse) ②, *gogyō* (cudweed) ③, *hakobera* (chickweed) ④, *hotokenozasa* (henbit) ⑤, *suzuna* (turnip) ⑥, and *suzushiro* (*daikon* radish) ⑦ are called the *haru no nanakusa*—“seven herbs of spring.” In Japan people eat the seven herb rice porridge *nanakusagayu* on the morning of January 7<sup>th</sup>. This came from the belief that by eating rice porridge with the young herbs in which the vitality of spring dwells would drive off evil and protect one from various illnesses. *Nanakusagayu* is effective in terms of resting the stomach that is tired from all the feasting and drinking of *shōgatsu*, as well as in terms of replenishing the body with nutrition.

2019年

15:30~16:30に出題



### ■ 花火：はなび [日本人が大切に思う<sup>大切な</sup>潔さ、はかなさを象徴]

花火は日本の夏の風物詩の代表格です。7月と8月に集中して日本各地で花火大会が催され、多くの人々が詰め掛けます。夜空に美しい大輪の花が咲き誇り、一瞬で散っていくさまは、桜などと同様に、日本独特の価値観である潔さやはかなさを象徴するものです。花火が日本に伝来したのは鉄砲と同時期の16世紀。以後、改良や開発を繰り返して現在に至り、世界に誇る伝統芸能として毎年の夏を華やかに彩ります。

### Hanabi : fireworks [symbolizes ideas of grace and transience, which Japanese people consider important]

*Hanabi* (fireworks) are the most important part of Japanese summers. Many people flock to the fireworks festivals that take place all over Japan in the months of July and August. Similar to **cherry** blossom viewing in the spring, the way a beautiful and large flower blooms in the night sky only to scatter in a moment is symbolic of the grace and transience which so many Japanese people value. Fireworks were introduced to Japan around the same time as guns—the 16<sup>th</sup> century. With repeated improvements and developments since then, fireworks, as they sparkle in the summer sky, are a traditional entertainment of Japan that can proudly be presented to the world.

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ブック

【カラー版】

# 英語で紹介する 日本事典

A Bilingual Encyclopedia of Japanese Culture

絵と写真で日本文化を紹介

堀口佐知子 監修



日本人と日本語



自然・地理



食事・料理



住居・衣服



年中行事・社会生活



歴史・伝統文化



遊び・娯楽



スポーツ・芸術

ナツメ社

■ 火山：かざん [噴火災害だけでなく、温泉の楽しみも]

日本には200を超える火山があります。そのうち110が「約1万年前以降に噴火した証拠がある山と現在噴気活動がある山」として活火山に指定されています。日本人は太古から火山による災害に見舞われてきました。しかし、火山活動によって造られた日本独自のみやびな風景や火山の熱によって生まれる温泉など、火山の豊かな恩恵も受けています。

Kazan : volcano [damages by eruptions but enjoyable hot springs]

▼昭和火山：Shōwa Shinzan



There are more than 200 volcanoes in Japan, 110 of which are designated as active volcanoes with records of eruptions within the last 10,000 years, or presently have fumarolic activities. Japanese people have suffered from disasters caused by volcanoes from time immemorial. However, they have also been able to enjoy volcanic phenomena, in the forms of beautiful

sceneries unique to Japan or **hot springs** generated by volcanic heat.

■ 温泉：おんせん [都心にも温泉が]

日本には温泉施設が多くあり、温泉旅行は日本人に人気の高いレジャーとなっています。温泉にはイオンやミネラルなどが含まれています。それらは、けがや病気にきくとわれています。温泉による治療法は「湯治」と呼ばれ、古くから行われてきました。現在では東京都心に温泉施設が増え、テーマパークとして人気を集めています。

Onsen : hot spring [even in the middle of the Tokyo Metropolitan district]

There are a lot of hot spring facilities in Japan and hot spring tours are very popular leisure activities. Hot springs contain ions and minerals and these are believed to act on injuries or diseases. Spa therapy has been practiced since the ancient times, which is called *tōji*. Nowadays, there are an increasing number of hot springs facilities even in the middle of the Tokyo Metropolitan district, which have gained popularity as theme parks.

▼人間だけでなく動物も好きな温泉：  
Not only humans but animals  
enjoy hot springs.



## ■ 地震：じしん [世界有数の地震国、日本]

日本で地震が多いのは、海洋プレートが周辺のプレートに沈み込むことに伴って地震が発生するためで、火山活動も活発です。1年間に世界で発生する地震のうち、約1割が日本で発生しているともいわれます。日本の歴史上最も大きな地震災害は1923年の関東大震災です。また近年でも、1995年の阪神・淡路大震災や2011年の東日本大震災で多数の犠牲者が出ました。

### Jishin : earthquake [Japan is a country most prone to earthquakes in the world.]

Japan has many earthquakes mainly due to the subduction of oceanic plates under the surrounding plates, and volcanic activities are also active. Almost 10% of the earthquakes in the world are said to occur in Japan annually. The Great Kanto Earthquake in 1923 caused the biggest damage in Japanese history. Many people lost their lives in the Great Hanshin-Awaji Earthquake in 1995 and in the Great East Japan Earthquake in 2011.



●日本周辺には海洋プレートの境界が複数ある。プレートの移動は地震を引き起こし、ときには大きな被害を及ぼす。There are several oceanic plate boundaries around Japan. The movement of plates at those boundaries causes earthquake and sometimes brings serious damage.





### 富士山：ふじさん [最高峰で日本のシンボル]

富士山は、静岡県と山梨県にまたがる標高3776mの日本一の高山です。すそのが広く優美な姿は日本の象徴で、日本三霊山のひとつにもなっており、古くは女人禁制でした。2013年6月に世界文化遺産へ登録されました。



### Fujisan : Mt. Fuji [the highest mountain and a national symbol]

Mt. Fuji, which has beautiful long slopes, is the highest mountain in Japan with the elevation of 3,776 meters stretching on the border of Shizuoka and Yamanashi Prefectures. The mountain has been regarded as one of the three spiritual mountains, where no women were allowed to climb in ancient times. It was designated as a World Cultural Heritage Site in June 2013.

### 東京：とうきょう [政治・経済・文化の中心地]



▲はるかに東京タワーを望む：seeing Tokyo Tower in the distance

東京は、明治以降首都が置かれている都市で、京都の東にあることから名づけられました。1603年には徳川家康が幕府を開き、江戸と呼ばれました。現在の「東京都」は、23の特別区と26の市、1つの郡、さらに伊豆諸島、小笠原諸島などの島嶼部から成り、人口約1350万人、面積約2200km<sup>2</sup>で日本の中心です。

### Tokyo [center of politics, economy and culture]

Tokyo is a metropolis where the capital of Japan has been placed since Meiji Period. “Tokyo” was named after its location in the east of **Kyoto**, the previous capital. In 1603, Tokugawa Ieyasu who was the *shōgun* then placed the feudal government in this city and named it Edo. Presently, the Tokyo metropolitan government includes twenty-three wards, twenty-six cities, one county and several islands such as the Izu Islands and the Ogasawara Islands (also called Bonin Islands). It has a population of about 13,500,000 and the area of 2,200 km<sup>2</sup>, forming the center of Japan.

## ■ 秋葉原：あきはばら [電気街からオタクの聖地へ]

秋葉原<sup>あきはばら</sup>は、東京にある日本最大の電気街です。家電量販店やパソコン関連店が並び、もともと多くの外国人観光客が日本製の電気製品を買いに訪れてきました。しかし2000年ごろを境に、アニメマニア向けのキャラクター商品などを扱う店が増え始め、現在では、「オタク」の聖地として知られるようになりました。



▲秋葉原の電気街：electronics quarter of Akihabara

## Akihabara [the holy place for *otaku* from Electric Town]

Akihabara in **Tokyo** has been the largest shopping town for electric goods in Japan, where stores for electric and computer goods stand in rows attracting many non-Japanese tourists looking for made-in-Japan products.

However, the number of stores selling character goods for *anime* maniacs has increased since around 2000 and presently Akihabara is also known as the holy place for *otaku*, or *anime* and *cosplay* freaks.

## ■ 浅草：あさくさ [伝統があふれ、庶民のノスタルジー漂う街]

浅草<sup>あさくさ</sup>は、古きよき時代を感じさせる東京の下町です。浅草<sup>せんそう</sup>といえば浅草寺<sup>せんそうじ</sup>の「雷門」<sup>らいじん</sup>が有名で、大きな提灯<sup>あき</sup>がつり下げられた門の右側に風神<sup>ふうじん</sup>、左側に雷神<sup>らいじん</sup>の像が立っています。浅草寺への参道には「仲見世<sup>なかつみよ</sup>」という商店街<sup>せ</sup>がありにぎわっています。また、このエリアでは日本の伝統芸能に触れることもできます。

## Asakusa [town of Japanese tradition and popular nostalgia]

Asakusa is one of the old downtown **Tokyo** areas, where you can enjoy the atmosphere of the good old days. The most famous in Asakusa is the *Kaminari-mon* Gate of the *Sensō-ji* Temple, where a big lantern is hung and two statues of *fūjin* (the god of wind) and *raijin* (the god of thunder) stand on both sides. The approach to the temple makes up *Nakamise* or popular shopping area. You can also enjoy Japanese traditional entertainments in this area.



▲浅草寺の雷門：Kaminari-mon Gate of Sensō-ji Temple (thunder gate of the Sensō-ji Temple)

## ■ 五月晴れ：さつきばれ [梅雨の合間の晴天が起源]



五月晴れとは、本来は6月（旧暦5月）の梅雨の時期の貴重な晴れた日を表した言葉でしたが、現在では、一般に5月の晴天のことをいい、この場合「ごがつばれ」ということもあります。梅雨の長雨を指す「五月雨」という言葉もあります。日本の季節に関する言葉には旧暦に基づいたものが多く、本来の意味から転じて使われることも多くあります。

## Satsuki-bare : clear day in May [originally, clear days during the rainy season]

*Satsuki-bare* originally meant unusually clear days during *tsuyu*, the rainy season in June (or May by the lunar calendar). Today, however, the term is used for clear days in May and sometimes referred to as *gogatsu-bare* (clear days in May) instead. Meanwhile, long rains during *tsuyu* are sometimes called *samidare* (rain in May). Many of the seasonal terms in Japan are based on the lunar calendar and are often used with different meanings from their original ones.

## ■ 梅雨：つゆ（ばいう） [うっとしい日本の雨季]

梅雨とは、毎年6月～7月に降る長雨のことです。日本では、北海道など一部の地域を除き広範囲にみられ、湿度も高く、かびや食中毒が発生しやすい時期です。梅雨の語源には、梅の熟れるころと時期が重なることからという説もあります。最近では温暖化の影響を受け、梅雨の末期に集中豪雨が発生し、大災害をもたらすことがあります。



## Tsuyu (baisu) : plum rain, rainy season [gloomy rainy season in Japan]

*Tsuyu* is the long rainy season in June and July. The rain covers most of Japan except Hokkaido and some other areas, and brings very humid air, causing mold and food poisoning. It is sometimes said that the name is derived from the fact that it coincides with the season of Japanese plum ripening. Recently, torrential rainfalls often occur at the end of *tsuyu* because of global warming, occasionally causing major disasters.

## ■ 真夏日・熱帯夜：まなつび・ねったいや

〔蒸し暑い夏を表す気象用語〕

日本では1日の最高気温が25℃以上の日を「夏日」、30℃以上の日を「真夏日」、35℃以上の日を「猛暑日」といいます。「猛暑日」は、地球温暖化によって35℃以上の日が多くなったために最近誕生した言葉です。最低気温が25℃を下回らない日の夜を「熱帯夜」といいます。

## Manatsubi/Nettaiya : day over 30 degrees Celsius/ sweltering night [meteorological terms of sweltering heat]

In Japan, if the highest temperature of a day reaches more than 25 degrees Celsius, the day is called *natsu-bi* (a day of summer heat). A day of the highest temperature of more than 30 degrees Celsius is called *manatsu-bi* (a day of real summer heat). A day of the highest temperature of over 35 degrees Celsius is called *mōsho-bi* (a day of extreme summer heat). *Mōsho-bi* is a recently invented term because of the rising number of days over 35 degrees due to global warming. Also, if the lowest temperature at night is above 25 degrees Celsius, the night is called *nettai-ya* (a sweltering night).

## ■ 台風：たいふう [夏から秋に発生する暴風雨]



▲ 台風の進路図：figure showing the course of a typhoon

台風は、太平洋上などで発生した、最大風速34ノット以上の熱帯低気圧のことです。ハリケーンやサイクロンと呼ばれるものと同じです。平安時代には野分と呼んでいました。日本近海を通る台風は、毎年夏から秋に南の海上からやってきます。暴風雨による洪水やがけ崩れ、家の崩壊などによって、多くの人が命を落とすなど大きな被害をもたらします。

## Taifū : typhoon [severe tropical storm occurring in summer and autumn]

*Taifū* or a typhoon, just like a hurricane and a cyclone, is a tropical depression with the maximum wind velocity of 34 knots or more, usually starting in the Pacific. It was called *nowake* (wind blowing through grass in the field) in the Heian Period (794 – 1185). *Taifū* reaches Japan from the south in summer and autumn, and causes major disasters due to rainstorms, such as floods, landslides and destruction of houses, which may cause casualties.



## 蕎麦：そば [江戸っ子が好んだ料理のひとつ]

蕎麦の実の粉を水・小麦粉と混ぜ、こねて薄く延ばし、細長く切っためん類です。一度ゆでてから、熱いつゆをかけたり冷たいつゆにつけたりして食べます。トッピングは多彩で、生卵、**天ぷら**などがおなじみです。いちばん身近なものは「きつね」と呼ばれる油揚げ、「たぬき」と呼ばれる天かす（または揚げ玉）でしょう。一般に、関東地方ではトッピングと蕎麦・うどんとの組み合わせは自由ですが、関西では「きつね」といえば油揚げ+うどん、「たぬき」は天かす+蕎麦、と決まっているようです。昔から**大晦日**に縁起物として「細く長く元気に」との願いを込めて蕎麦を食べる習慣があります。

## Soba : buckwheat noodle

[traditionally the food of choice for *Edokko* (Tokyoites)]

*Soba* (buckwheat noodles) are made by mixing buckwheat flour and wheat flour with water into a dough, and then cutting the dough into thin, long pieces. Once boiled, *soba* is served hot with broth or cold with dipping sauce. There are a wide variety of toppings for both hot and cold *soba*; raw egg and **tempura (deep-fried battered vegetables or seafood)** are among the most popular toppings. The most ordinary *soba* toppings include *kitsune* or *aburaage* (sweetened, deep-fried *tōfu* pockets) and *tanuki* or *tenkasu* (crunchy bits of deep-fried flour-dough). In the Kanto region (areas around Tokyo), these two toppings are used freely both for *soba* and **udon (thick wheat-floured noodles)**. But in the Kansai region (areas around Osaka), *kitsune* always represents a combination of **udon** and *aburaage*, and *tanuki*, a combination of *soba* and *tenkasu*. There is a long-standing tradition of eating *soba* noodles on **New Year's Eve** for wishing good luck, “hoping for a long and healthy life even thin one,” just like the noodles.

▼ざる蕎麦：*zaru-soba* (cold buckwheat noodles with sauce)



上に海苔が載っているものを「ざる蕎麦」、載っていないものを「もり蕎麦」と呼ぶことが多い。Serving of buckwheat noodle that come with seaweed is usually called *zaru-soba*, serving of buckwheat noodle without seaweed is usually called *mori-soba*.

▼月見蕎麦：*tsukimi-soba* (moon viewing buckwheat noodle)



あたたかい蕎麦に落とした生卵が満月に似ていることからこの名がついた。The name comes from its appearance of a raw egg dropped in warm buckwheat noodle soup looking like the full moon.

■ うどん [古来、晴れの日の食べ物]

小麦粉が原料の白いめんで、唐（618～907）の時代に中国から伝えられたという説があります。現在は蕎麦と同様に日常食ですが、江戸時代の農民などは晴れの日だけに食べることを許されたものでした。調理法や具材は蕎麦とほぼ同じで、かけ汁は西日本のほうが薄味の傾向があります。近年ではコシの強い「讃岐うどん」がブームです。



**Udon : thick wheat-floured noodle**

[eaten only on auspicious occasions in the old days]

*Udon* are thick, white-colored wheat-floured noodles. *Udon* was introduced into Japan from China during the Tang Dynasty (618 – 907). Although *udon* can be consumed anytime like *soba*, peasants during the Edo Period (1603 – 1867) were allowed to eat *udon* only on auspicious occasions. The cooking method and ingredients for *udon* are basically the same as for *soba*. The *udon* broth tends to have lighter taste in western Japan. Recently, *sanuki udon* which is a thick, rather stiff type is popular.

▲きつねうどん : *kitsune-udon* (fox *udon* noodles with deep-fried *tōfu* packets on top)

■ そうめん [夏のど越しよくやさしい]

小麦粉を原料にした極細のめんです。主に乾めんとして流通していて、ゆでた後に冷水にさらして水を切り、だしの利いたつゆにつけて食べるのが一般的です。つるっとしてど越しがよいため、食欲がない夏場に好まれます。長い竹を2つに割ったものに水と一緒にそうめんを流しながら食べる方法を「流しそうめん」といい、夏の風物詩です。



**Sōmen : thin, white noodle** [goes down smoothly in summer]

*Sōmen* are very thin noodles made of wheat flour. *Sōmen* is usually sold in stores as dried noodles. The usual method of cooking and eating *sōmen* is to boil them in hot water, wash and soak in cold water, drain off the water, and then dipping them in a well-seasoned sauce. People like to eat *sōmen* especially during the summertime when they lose their appetite due to summer fatigue as it is slippery and goes down smoothly and easily. There is another method of eating *sōmen*, called *nagashi-sōmen* (flowing *sōmen*), which is one of the summer traditions. Here, *sōmen* is put in water flowing along a long gutter, which is made by splitting bamboo in half, and you catch and eat the noodles.



## ■ 懐石料理：かいせきりょうり [ 禅宗と茶道が生んだ料理 ]

安土桃山時代の茶聖・千利休が考案した、客人が茶を堪能するために、前もって軽く食べる料理をいいます。ささやかななかにも、もてなしの心を尽くした一汁三菜の和食コースです。現在では、俳諧の席などがルーツの「会席料理」と同義で使われることも多いようです。

## Kaiseki ryōri : traditional multi-course Japanese meal

[cuisine from the spirit of Zen and the tea ceremony]

*Kaiseki ryōri*, which was developed by Sen no Rikyū, the supreme tea master, in the Azuchi-Momoyama Period (1573 – 1603), is a simple meal served at tea ceremonies. The purpose of it is to help the guests fully enjoy tea afterwards. It is a multi-course Japanese meal, made of *ichijū-sansai* (one soup, three side dishes), which is simple and frugal but full of hospitality and exquisite care to entertain guests. Today, *kaiseki ryōri* is often used synonymously with the other “*kaiseki ryōri*” spelled out using different *kanji*, which refers to the fancy meal that was originally served at banquets for *haiku* poems.



懐石料理 (左) と精進料理 (右) : *kaiseki*, a light meal served before tea ceremony and *shōjin*, vegetarian cuisine



## ■ 精進料理：しょうじんりょうり [ 肉魚を使わない日本料理 ]

精進料理は、殺生や肉食を禁じられた**仏教**の僧のための食事です。野菜や穀類、豆類で作られ、たんぱく源として大豆をよく利用しているのが特徴です。今や日本料理に欠かせない味噌、醤油、豆腐などは、もとは精進料理に関係が深い食材です。

## Shōjin ryōri : vegetarian meal [ vegetarian Japanese cuisine without fish or meat ]

*Shōjin ryōri* is based mainly on vegetables, grain, and beans and has been eaten by **Buddhist** monks who are prohibited from killing animals and eating the meat. It is characterized by an extensive use of soybeans as a source of protein. **Miso** (soybean paste), **soy sauce** and **tōfu**, among others, are now considered indispensable ingredients in Japanese cuisine. They are originally the ingredients closely related to *shōjin ryōri*.



### ■ 牛丼：ぎゅうどん [男性中心に根強い人気]

明治時代に大衆向けに考案され、今や日本を代表するファストフードになりました。薄切り牛肉を玉ねぎとともに醤油などで煮て、丼飯どんめしにのせたもので、紅しょうがや生卵を好みで合わせます。1970年代に牛丼チェーン店が登場してからはボリューム感で男性を中心に根強い人気があります。



### Gyūdon : beef bowl [remains a Japanese favorite primarily among male customers]

*Gyūdon* was first developed in the Meiji Period (1868 – 1912) as a food for the general public. It has become one of the most popular Japanese fast foods in Japan. It is a dish consisting of a bowl of rice topped with sliced beef and onion simmered in a sauce flavored with **soy sauce**. It is served with *beni shōga* (red pickled ginger) and raw egg according to taste. Ever since the *gyūdon* chain stores were first launched in the 1970s, *gyūdon* has constantly remained a favorite primarily among male customers because of its hearty volume.

### ■ 天ぷら：てんぷら [日本料理の代名詞]



天ぷらは、いろいろな魚介類や野菜を適当な大きさに切り、水で溶いた小麦粉をからめてごま油などで揚げた和風のフリッターで、揚げたてのぱりっとした食感を出汁や塩をつけて楽しめます。天ぷら屋は立ち食いから高級店までありますが、家庭でもよく作られ、ご飯のほか、蕎麦やうどんうどんにのせて食べられます。

### Tempura : deep fried battered vegetables or seafood

[regarded as a synonym for Japanese food]

*Tempura* is a Japanese fritter-like dish made by cutting seafood and vegetables into the proper sizes, dipping them in a batter made of water and wheat flour to give them a thin coating, and cooking them in sesame oil etc. Crispy *tempura*, while freshly cooked, is eaten with *dashi* (dipping soup stock) or salt. *Tempura* is sold in sidewalk stalls and fancy Japanese restaurants. *Tempura* is also cooked at home and eaten with rice or on top of *soba* (**buckwheat noodles**) or *udon* (**thick wheat-floured noodles**).



## ■ 料亭：りょうてい [政財界の会合に使われてきた高級飲食店]

和風建築の店構えで座敷の個室を備えており、日本料理などの酒食を供し芸妓が接待をする高級飲食店です。ビジネス上の接待や商談に使用されるほか、日本人は料亭といえば政治家の会合を連想するほど、古くから政局や密談の舞台にもなってきました。

## Ryōtei : luxurious traditional Japanese restaurant

[high-level business or political meetings take place]

*Ryōtei* is a luxurious traditional Japanese restaurant built in the Japanese architectural style, where guests are wined and dined on Japanese cuisine and entertained by *geisha* in a private *tatami* room. *Ryōtei* is often used for business **receptions** or business negotiations. *Ryōtei* has long been used as the scene for politicking and for the secret meetings by politicians as well to the extent that the Japanese would instantly associate *ryōtei* with the meetings of politicians.

## ■ 居酒屋：いざかや [気さくな雰囲気とお手ごろ価格が売りの大衆酒場]

かつては、入り口にある赤い提灯から「赤提灯」などと呼ばれました。日本酒やビール、焼酎、焼き鳥などの大衆的なつまみがメニューです。江戸時代に、酒の量り売りをしていた店がその場で酒を飲ませたのが始まりといわれます。チェーン展開が増えた今は職場の歓送迎会や学生コンパなどに利用されています。



## Izakaya : Japanese pub restaurant

[drinking establishment featuring casual atmosphere and reasonable prices]

In the past, *izakaya* used to be called *akachōchin* (a red lantern) as there was a red lantern hung at the entrance of every *izakaya*. The menu items at *izakaya* include ***Nihonshu* (Japanese alcoholic beverages)**, **beer**, ***shōchū***, and popular ***sakana* (food as an accompaniment to alcohol)**, such as ***yakitori* (grilled skewers of chicken and chicken parts)**. It is said that the origin of *izakaya* can be traced back to the Edo Period (1603 – 1867) when the liquor shop selling ***sake*** by measure let the customers drink ***sake*** on the spot. There are many *izakaya* chains nationwide, and *izakaya* are extensively used for such occasions as company welcome or farewell parties and student get-togethers.

## ■ 屋台：やたい [日本版ファストフード店]

屋台は、リヤカーや軽トラックで移動したり、組み立て式で設置する簡易店舗で、江戸時代には**寿司**などを売るファストフード店でした。福岡県博多地区では、屋台が多数軒を連ねてとんこつラーメンや天ぷらなど多彩な料理を提供する「屋台街」が名物です。祭りや正月に寺社の門前に入る屋台は夜店、露店ともいい、たこ焼きや綿飴、金魚すくいなどが提供されています。



## Yatai : street stall [Japanese version of the fast food store]

*Yatai* is a makeshift food store pulled by a two-wheel cart or a small truck to move to places and assembled to set up shop. During the Edo Period (1603 – 1867), *yatai* used to be a fast food store, selling **sushi** and other foods. The Hakata District of Fukuoka Prefecture is famous for the “*yatai* row,” where many *yatai* stand side by side, selling **tonkotsu rāmen** (**rāmen** with a rich, milky, pork-bone broth) and **tempura** (**deep-fried battered dish**). *Yatai* shops are also set up in front of the gates of the temples and shrines for Japanese festivals and the **New Year**. They are also called *yomise* (night stalls) and *roten* (street vendors), selling **takoyaki** (octopus balls), *wata-ame* (cotton candy), and **kingyo** (goldfish) scooping games (a traditional Japanese game where a player scoops goldfish with a special scooper).

## ■ 出前：でまえ [注文料理を迅速に客のもとへ運ぶデリバリサービス]



▲バイクによる出前：  
**delivery made with a motorcycle**  
 料理を入れた箱（岡持ち）を座席後部に掲げて運ぶ。  
 delivering a box with food inside (*okamochi*) on the back seat.

飲食店が、電話などで客から注文を受けた料理を届けるデリバリサービスをいいます。受ける店は主に蕎麦屋、寿司屋、ラーメン屋などで、現在はバイクや車を使いますが、昔は出前持ちが丼やせいろを乗せた盆を片手で操りながら、もう一方の手で自転車をこいで運んだものでした。1980年代後半からは、宅配ピザなども仲間入りし、最近ではお花見の席にピザを出前させる光景もよくみられます。

## Demae : catering service [catering service providing prompt delivery] of the ordered food to customers

*Demae* is a catering service offered by some restaurants. The restaurants accept orders for food and drinks by telephone, or some other means, from customers and deliver the ordered food and drinks to the places designated by the customers. The restaurants that accept *demae* usually include **soba (buckwheat noodles)** shops, **sushi** shops, and **rāmen (Chinese-style noodles)** shops. These days, a delivery person rides a motorcycle or drives a car to make the delivery, but deliveries used to be made on a bicycle with bowls of food or a stack of steamers placed on a tray on one hand while maneuvering the bicycle with the other hand. From the latter 1980s, the home delivery service for pizzas has become popular. Today pizzas can often be seen delivered to **cherry blossom viewing** parties.

## ■ 駅弁 : えきべん [鉄道の旅全盛時代に生まれたヒット商品]

鉄道の駅で売られる弁当で、「駅弁当」「駅売り弁当」を略したネーミングです。鉄道の旅が主流だったころ、停車中にホームで買い求め、車窓の風景を眺めつつ楽しむ弁当でしたが、最近は列車のスピード化に伴い停車時間も短縮されて駅弁が買いにくくなったようです。一方で、ご当地カラーが色濃く反映された駅弁の人気は根強く、「駅弁フェア」と銘打ったデパートのイベントも催されます。



## Ekiben : railway boxed meal

[perennial hit products born during the golden days of train travel]

*Ekiben* are a specific type of *bentō* boxed meals sold at train stations in Japan and are short for “*eki bentō*” (train station *bentō* boxed meals) and “*eki uri bentō*” (*bentō* boxed meals sold at train stations). During the days when train travel was in its prime, people used to buy *ekiben* on the platform while the train was stopping at a station. They used to enjoy eating *ekiben* while enjoying the passing scenery from the train window. Today as the time trains top at stations is shortened with the increased efficiency of train schedules, people do not seem to have enough time to buy *ekiben* on the platform during the train stop. The popularity of *ekiben* reflecting regional unique features is so strong and deep-rooted that **department stores** sometimes sponsor “*Ekiben Fairs*,” or *ekiben* festivals featuring box lunches from all over Japan.



## ■ 日本庭園：にはほんていえん [宗教観や世界観を表現]

日本式庭園は、大自然や宗教的世界観を表現しているときれ、海外でも高い評価を受けてきました。特徴的なのは「見立て」の技法で、池を海に、盛り土や大石を山に見立てます。多くの様式があり、寝殿造り庭園の嵯峨大覚寺、枯山水の龍安寺、回遊式庭園の桂離宮などが有名です。

## Nihon teien : Japanese garden [expressing the religious ideas and world views]

*Nihon teien* has been highly acclaimed inside and outside Japan as a garden that expresses Mother Nature and the religious ideas and world views of the Japanese. Unique to *nihon teien* is the *mitate* technique (*mitate* means to see an object, not in the form that was originally intended, but as something else). A pond is seen as an ocean, and a mound and large stones are seen as mountains. The famous gardens include a *shinden*-style (aristocratic mansions built in Heian-kyō) residence and its associated gardens at Saga Daikakuji temple, the *karesansui* (literally dry landscape, which is a common type of garden suggesting mountains and water using only stones, sand or gravel, and occasionally plants) at Ryōanji Temple, and a Japanese-style strolling garden at the Katsura Rikyū (Imperial Villa).

● 枯山水式庭園の例：example of dry landscape garden (*karesansui* garden)



▼ 置き石で島を、砂に模様を描いて波紋（はもん）を表す手法。  
a technique of creating an island with an *oki-ishi*, a garden stone, with the wave pattern drawn on the sand



## ●池泉回遊式庭園の例：

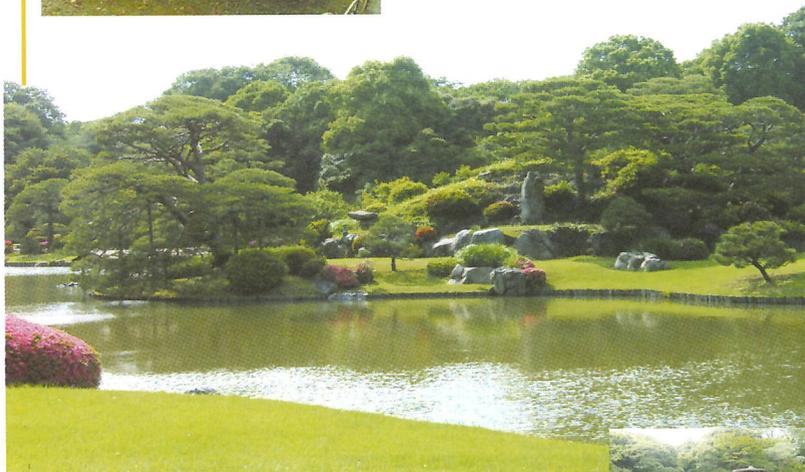
an example of strolling garden with a pond in the center (*chisenkaiyū* garden)

▼名木や名石を配して、庭園の特徴のひとつにする。

Tasteful trees and stones that are laid out become one of the garden's characteristics.



▲土を盛って山を模す「築山（つきやま）」  
*Tsukiyama*, piled up earth representing a mountain



▲池泉回遊式庭園では、池を中心に周囲を巡るように景観が作られている。  
The landscape is created around the pond in a strolling garden with a pond in the center (*chisenkaiyū* garden).



▲休憩や展望用の建物「東屋（あずまや）」  
*Azumaya*, a building where people take a break or enjoy the scenery



▲「石灯籠（いしどうろう）」  
で景観にアクセントをつける。  
*Ishidōrō*, a stone garden lantern, adds an accent to the landscape.



■ 正月：しょうがつ [年のはじめに家族そろって新しい年を祝う]

正月は1年の最初の月を指しますが、日本では、国民全体で新年を祝う最大の年中行事となっています。元日から3日までの三が日とその前後数日にわたって学校や多くの会社は休みとなり、遠方に暮らす家族も帰省してみんなで正月を祝います。子供たちもお年玉をもらい、女の子は羽根突き、男の子は凧揚げをして遊ぶのが伝統です。暮れの29日ごろから大掃除をし、門松や注連飾り、鏡餅で家を飾り、年越しそばを食べながら、除夜の鐘を聞いて新年を迎えます。明けて元旦には、お屠蘇、おせち料理、雑煮などの伝統的な食事をし、寺社への初詣や近所への年始回りをして1年の幸福を祈ります。「あけましておめでとう」というあいさつには、新年を祝う気持ちと旧年を無事に過ごせた感謝の気持ちが込められています。多くの人が心待ちにしている年中行事であるため、転じて大変楽しいときには、「盆と正月が一度に来た」などと表現します。以前は1週間ほど正月休みを取る店が多くありましたが、近年では、2日から営業する店が増え、新年限定の「福袋」などを求めてデパートに足を運ぶ人が多くなっています。

Shōgatsu : New Year [celebrating the New Year with family members]

The term *shōgatsu* literally indicates the first month of the year, but it also represents the largest annual event of the year in which people celebrate the New Year nationwide. All schools and many companies take extended holidays during *sanganichi*, the first three days of the year from New Year's Day until the 3<sup>rd</sup>, and the few days before and after that period.



家の門前に門松を立て、和服を着て初詣をするのが伝統的な正月  
Traditionally for the New Year, people put up *kadomatsu* (pine decoration for the gate) in front of the gate, wear *kimono* and visit the shrine for the first time in the year.



### ■ お花見：おはなみ [春の到来を桜を愛でて祝福する宴]

春先に開花した桜の下で行う宴会をお花見といえます。本来は春の訪れを喜び、桜の花を觀賞する行事ですが、現代では宴会の意味合いが強くなっています。日本各地に花見の名所があり、桜前線とともに花見の宴も北上します。家族やグループで桜の下に花見弁当を広げ、飲めや歌えの騒ぎから泥酔する花見客のマナーがしばしば問題になります。また夜桜見物という風流な慣習もあり、昼の桜とは一味違う美しさが觀賞できます。

### Ohanami : cherry blossom viewing

[People celebrate the arrival of spring with a banquet under the cherry blossoms.]

A banquet held under blossoming **cherry** blossom trees at the beginning of spring is called *ohanami*. Originally the event was held to celebrate the arrival of spring and to enjoy the **cherry** blossoms. However, people seem to place more meaning on the banquet today. There are popular **cherry** blossom viewing spots nationwide, and together with the *sakura-zensen* (a term created by the mass media that combines the blooming of the **cherry** blossom flowers with the weather front, from south to north), **cherry** blossom banquets gradually move north. Family and groups will sit under a **cherry** tree with *hanamibentō* (take-out meals made for the *ohanami*) and have an extravaganza by drinking and singing, yet this is often a problem as people question the poor manners/behavior of the drunken flower viewers. There is also the more refined custom to view the **cherry** blossoms at night, enabling people to enjoy a different type of beauty from the **cherry** blossoms viewed during the day.

## ■ 灯籠流し・精霊流し：とうろうながし・しょうりょうながし

[祖先の霊をあの世界に返すお盆を締めくくる行事]

灯籠流しは、死者の霊を幽界に送り返すお盆最後の行事です。7月（旧盆は8月）15日ごろ、ロウソクをともした灯籠とともに、お盆の間祭壇にささげた供え物を海や川に流します。精霊流しは長崎などで行われる同様の魂送りの行事で、小さな船に火のともった提灯などを乗せ、海や川に流します。



## Tōrōnagashi/Shōryōnagashi : sending back the spirits of the dead

[event which completes the *bon* festival by sending back the ancestral spirits to the other world]

*Tōrōnagashi* is the last event of *obon* that sends the spirits of the dead back to the other world. The candle-lit lantern is placed in the sea or river around July 15<sup>th</sup> (or August 15<sup>th</sup> in the old calendar) together with the offerings made to the Buddhist altar for *obon*. *Shōryōnagashi* is a similar event of sending back the souls held in places such as Nagasaki. They also float small boats with lit

**Japanese lanterns** on the river or on the sea.



▲盆踊りから派生したといわれる徳島の「阿波おどり」: *Awa dance* which is said to be derived from *bon dance*

## ■ 盆踊り：ぼんおどり

[太鼓や三味線の音にのり、輪になって群舞]

お盆の時期、夜になるとやぐらが立てられた広場に浴衣を着た人々が集まり、盆踊りが行われます。人々はやぐらを中心に輪状に並び、一方向に進みながら太鼓や三味線の音頭に合せて踊ります。盆踊りは日本中で行われるイベントで、農民の大きな娯楽でもありました。

## Bon-odori : *bon* festival dance

[group dance in a circle to the sounds of *taiko* and *shamisen*]

At night during the period of *obon*, people in *yukata* will gather at an open space, where a tunnel has been made to do *bon-odori*: a *bon* festival dance. With a turret in the center, they line up in a circle around it and dance in one direction to the lead of the *taiko* (drums) and the *shamisen* (**three-stringed instrument**). The *bon* festival dance is an event which takes place all over Japan, and it used to be a form of amusement for farmers.

## ■ 神社：じんじゃ [参拝するときは二拝二拍手一拝の礼で]

神社は神道の御神体をまつた宗教施設です。日本人は初詣やお宮参り、七五三など、めでたい行事に神社を訪れます。神社の周りには「鎮守の杜」と呼ばれる森林が巡らされ、入り口には鳥居があります。その先の境内には身を清める手水舎、狛犬、神門があり、一番奥の建物が御神体の安置された本殿です。本殿の前に拝殿があり、参拝客はここでお参りをします。鈴を鳴らし、さい銭箱にさい銭を入れ、二拝二拍手一拝して祈願を行います。

## Jinja : Shintō shrine [Be sure to make two bows, two claps and one bow upon worship.]

*Jinja*—a **Shintō** shrine—is a religious institution where the *goshintai*, the object of worship believed to contain the spirit of the deity, is kept. Japanese people visit the Shintō shrines upon auspicious events such as *hatsumōde* (the **first shrine visit of the New Year**), *omiyamairi* (the **baby's first visit to the shrine**) and *shichigosan* (celebration for children of ages 3, 5 and 7). There are woods surrounding the *jinja* called *chinjyu no mori*, and there is a **torii** gateway at the *jinja*'s entrance. In the *keidai* (the shrine grounds that come after the *torii*) is a *chōzuya*, an ablution pavilion for purification, *komainu*, a pair of stone carved **guardian dogs**, *shinmon*, the god's gate, and the furthest building from the *torii* is the *honden*, the main shrine where the *goshintai* is installed. Before the main shrine, there is a *haiden*, the front shrine where visitors pay a visit. After ringing the bell, people make **money offerings** to the *saisenbako*, an offertory box, and pray after doing *nihai nihakushu ippai*: bowing twice, followed by two claps and then a bow towards the main shrine.



▲写真中央の参道（さんどう）の正面にあるのが社殿（しゃでん）。参拝者はこの社殿でお参りをします。隣の祈願所ではお祓（はら）いなどの祈祷（きとう）が行われる。  
The building in front of the approach, in the center of the photo, is the main shrine. Worshippers pray here. Shintō prayers such as purification ceremonies are performed at the praying shrine next to it.

## ■ 寺：てら [檀家の墓を管理し法事を行う]



▲寺の中心的建物である本堂（写真中央）  
A main hall is the main building at a temple. (center of the photo)

寺は仏像が安置され、僧侶が住み、**仏教**の教理を説く拠点で、日本では主に人の死にまつわる行事を行います。寺の境内には、除夜の鐘などで突く大梵鐘、お参りの前に身を清める水盤舎、大香炉があります。大香炉には線香が焚かれ、この煙を浴びるとご利益があるとされます。寺では檀家の法事が行われ、お盆や彼岸には人々が先祖の墓参りに寺を訪れます。千年以上の歴史を持つ京都や奈良では、観光名所になる寺も多数あります。

## Tera : temple [managing the graves of temple supporters] and holding memorial services

Tera is a place where statues of the Buddha are enshrined, **Buddhist** monks live, **Buddhist** doctrines are preached, and in Japan, where events related to death take place. Within the precincts of the *tera*, there are things such as the *daibonshō*, a large hanging bell thrust for events like *joya no kane* (bell ringing out the old year), *suibansha*, a small water pavilion which is used to purify oneself before paying a visit to the *tera*, and *daikōro*, large censers. **Incense** is burnt in the *daikōro*, and it is said that one is blessed by exposing oneself to the smoke. In the *tera*, Buddhist memorial services for *tera* supporters are held, and during the **bon** and **equinoctial week**, people come to the *tera* to **visit their ancestral grave**. In **Kyoto** and Nara, with over a thousand years of history, many *tera* have become popular tourist sights.

## ■ 正座・あぐら：せいざ

〔訪問先では正座をするのが作法、あぐらは男性だけ〕

正座は畳での正式な座り方です。座り方は、両膝を床につけて腰を落とし、かかとの上に尻を乗せるようにして足を折り曲げます。訪問時や茶道の場などでは正座をするのが作法です。膝から下で全体重を支えるため、長い間正座をすると足がしびれます。あぐらはくだけた場で使われる座り方です。座り方は、尻を床につき、両足を内側に折り畳み、足首と足首を交差させます。どんな場でも、女性があぐらをかくと行儀が悪いとされます。



▲正座（上）とあぐら（下）：  
sitting straight up on one's  
knees (above) and sitting  
cross-legged (below)

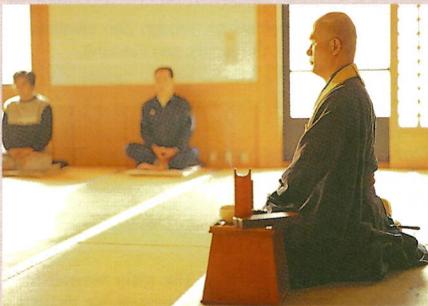
## Seiza/Agura : sitting straight up on one's knees/

### sitting cross-legged

〔 It is proper etiquette to sit in *seiza* upon paying someone a visit. *Agura* is only for men. 〕

*Seiza* is the proper way of sitting on the *tatami* mat. The way to sit in *seiza* is by setting both knees on the floor, lowering the hips, and bending the legs so that one's rear end rests on the heels. It is proper etiquette to sit in *seiza* upon paying someone a visit, and at **tea ceremonies**. Since one must support the whole body with only the legs from knees down, the legs often become numb when one sits in *seiza* for a long time. *Agura* is a way of sitting used in informal situations. The way to sit in *agura* form is by placing one's rear end on the floor, bending both legs inwards and crossing the ankles together. Whatever the situation, it is considered to be bad manners for a woman to sit in *agura*.

## ■ 座禅：ざぜん [真実を見極めるために心の動きを調える]



座禅は禅宗の修行方法のひとつで、姿勢よく座った状態で行います。座禅中は呼吸を整え、思考を停止させます。座る際には結跏趺坐または半跏趺坐という特別な足の組み方をし、法界定印という手の組み方をします。目は半開きにして口は軽く結び、肩の力を抜き、背筋を伸ばします。この状態を維持し、心を1

か所に集中するのです。全国の禅寺では座禅会が行われています。

**Zazen** : seated *Zen* meditation [settling one's heart  
 in to grasp the truth]

*Zazen* is one of the ways of training in **Zen Buddhism**, and is conducted in a sitting position. During *zazen*, one must adjust their breathing and stop all thoughts. Upon taking a seated position, one must cross the legs in a special way called the *kekkaфуza*, the lotus position, or in *hankafуza*, placing one leg over the other, and the hands are placed in a position called *hokkai jōin* (*dhyaana mudra*). With eyes half open and lips lightly shut, one releases tension from the shoulders and straightens the back. This position must be kept as one focuses the mind on one place. *Zazenkai*—meetings to do *zazen*—take place at *Zen* temples nationwide.

■ **荒行** : あらぎょう [肉体に苦痛を与え、悟りを開く]

荒行は**仏教**の修行法のひとつです。悟りに至る方法として自分の肉体に苦痛を与えるため、苦行とも呼ばれます。**仏教**の開祖・釈迦は、断食やいばらの上に座るなどの荒行をしました。現代でも荒行は行われます。特に天台宗の千日回峰行は死を覚悟して臨みます。比叡山の峰々などを1日に30km歩きながら霊場を参拝する修行を行います。

**Aragyō** : rigorous ascetic exercise

[attaining enlightenment through  
 inflicting physical pain]

*Aragyō* is one of the ways of training in **Buddhism**. It is also known as *kugyō* (penance), as one inflicts pain onto their body as a way to attain spiritual enlightenment. The founder of **Buddhism** Buddha did various *aragyō* such as fasting and sitting on thorns. *Aragyō* still takes place today. In particular, the *sennichi kaihōgyō* (thousand day mountain marathon) of the Tendaishū, a Japanese school of Mahayana Buddhism, is undertaken with a do-or-die spirit. The training involves paying visits to the holy grounds as one walks 30km every day through places such as the peaks of Mt. Hiei, near Kyoto.



▲陸奥国分寺薬師堂・ごま炊き : Mutsu Kokubunji Temple-Yakushido Buddha Hall, Goma Ceremony

## ■ おみくじ [新年に当たって今年の運を占う]

おみくじは、運勢のよしあしが記された紙片を引く一種の占いです。おみくじにはまず、大吉、中吉、吉、凶などの語で全体的な運勢が記されており、次に学問や金運、縁談、勝負事など個々の運勢とアドバイスが書かれています。軽い遊びの気持ちで新年におみくじを引く人が多く、最近では縁起の悪い凶のくじを減らしている寺社もあります。



## Omikuji : written oracle [telling one's fortune for the year at New Year]

*Omikuji* refers to a type of fortune telling where one picks a piece of paper which has good or bad fortune written on it. First, on the *omikuji*, the overall fortune is written in words such as *daikichi* (excellent luck), *chūkichi* (very good luck), *kichi* (good luck), and *kyō* (ill fortune). This is followed by descriptions of fortune and advice for individual items such as studies, luck with money, marriage, and competition. Many people seem to casually draw *omikuji* as a form of play, and thus in recent years some temples and shrines have reduced the number of unlucky slips.

## ■ 絵馬 : えま [生き馬の代わりに奉納]

絵馬は、人々が寺社へ祈願するとき、その願いがかなうようにと納める、絵の描かれた木の板です。もとは祈願のときは神社に生き馬を奉納する習慣でしたが、生き馬の代わりに馬を描いた板や扁額（横長の額）を奉納するようになったのです。絵馬が五角形の家型をしているのは、厩舎の屋根を模していた名残です。後には馬以外の絵柄が登場しました。

## Ema : votive picture tablet of a horse [making an offering instead of a real living horse]

*Ema* are wooden tablets with a drawing on it that people offer upon visiting a **Shintō shrine** to pray, hoping for their wishes to come true. Originally, it was a custom to offer a real horse to the **Shintō shrine**, but people started to make offerings of wooden boards or wide frames with horse drawings instead of real horses. The reason why an *ema* has a pentagon house-like shape is because of the traces of how it imitated the roof of a horse stable. Later, designs other than horses appeared.



## ■ 能：のう [幽玄の世界を表現]

能は「謡」と呼ばれる歌、演者の舞、お囃子が一体になった歌舞劇で、農民が演じていた猿楽から発展し、室町時代に世阿弥によって大成されました。役者は主役のシテ、脇役のワキに分かれ、漆塗りのお面を着け、錦織の華麗な着物をまっています。お面は「能面」または「面」と呼ばれ、幽霊や動物、女性など、男性である演者が素顔で演じることができない役柄のときにかぶるものです。かぶらない場合もあり、これを直面と呼びます。能を觀賞するには「隔り世」「幽界」という日本独特の世界観を理解する必要があります。日本人は現実の世界である「現世」の裏側に、幽界が隣接して存在すると考え、その境界を越えて死者が現世に現れることはきわめて日常的で、現実的だととらえていました。その意味で、能は幽界から現れた死者や霊が現世の人々に物語る演劇なのです。せりふを伴わない静かな動きで幽玄と呼ばれる哲学的世界を表現していると考え、世界的に高い評価を受けています。



▲女神をシテとする演目「西王母」：  
Seiobo, a play with a goddess  
as the main character

## ■ Nō : nō play [depicting the world of subtle and profound beauty]

*Nō* is a performance that combines a song called *utai*, a dance performance, and *ohayashi* (musical accompaniment), which developed from the *sarugaku*, a form of theater performed by peasants and popular during the 11 – 14<sup>th</sup> centuries, and was established in the Muromachi Period (1333 – 1573) by Zeami. The actors include the main character *shite*, the supporting character *waki*, and they both wear lacquered facemasks together with magnificent *nishiki-ori* (brocaded) *kimono*. The facemasks are called *nōmen* or *omote* and are put on when a role cannot be played by the male actor with an unpainted face (e.g. a **ghost**, an animal or a woman). Sometimes facemasks are not worn (called *hitamen*). In order to enjoy *nō*, one must understand the unique Japanese worldview called *kakuriyo*. The Japanese people believe that behind *utsushiyo* (the actual world), lies another world (*kakuriyo*, *yūkai*), and that it is extremely ordinary and realistic for the deceased to appear in this world by crossing over the border. In that sense, *nō* is a theatrical performance of a narrative given to the people of this world by the deceased or spirits that appear from the other world. The quiet movement that does not involve any speech is thought to be expressing the philosophical world called *yūgen* (subtle and profound beauty), and it has gained worldwide acclaim.

■ 歌舞伎：かぶき [大見得を切る花形役者に声が掛かる]

歌舞伎は日本の伝統音楽、舞踊、演劇が融合した総合芸術です。起源は古いものですが、江戸初期に風紀上の理由から女性歌舞伎が禁止されて男性に限定され、女性役をする女形おやぎなどの独特なスタイルが確立しました。歌舞伎では客席の「大向こう」から声が掛かります。これで役者の演技が引き立ち、客席との一体感が生まれるのです。「見得を切る」は、役者が感極まった際に静止して目立つポーズをすることで、歌舞伎から生まれた言葉です。



▲獅子（しし）のたてがみを模した被り物を勇壮に振り回す「毛振り」  
the fur-shaking action, where the actor shakes the costume representing the lion mane courageously

**Kabuki : all-male theater** [When the star actor strikes a dramatic pose, he gets called out from the gallery.]

*Kabuki* is a composite art which fused together traditional music, dance, and theatrical performance. The origin dates back far, but in the early Edo Period (1603 – 1867), due to reasons regarding public morals, female *kabuki* was prohibited, making *kabuki* only for men, which led to the establishment of a unique style where female roles are played by *oyama* (a male actor playing a female role). In *kabuki* spectators call out from their seats called *ōmukō*. This sets off the actor's performance and creates a sense of unity with the audience. *Mie wo kiru* (strike a pose) is an expression which comes from *kabuki*, as the actor strikes an appealing pose standing still when he becomes filled with emotions.

■ 芸者：げいしゃ [宴席で客を楽しませる]

芸者は酒の席で客にお酌をし、歌や三味線、日本舞踊などを披露して客を楽しませる女性です。和服を着て日本髪を結び、水白粉で化粧をしています。一般に、一人前の芸者を芸妓と呼びます。関東では芸妓を芸者、関西では芸子と呼びます。芸者は遊女と混同されがちですが、これは誤解で、あくまで技芸を売る職業です。

**Geisha** : traditional female entertainer [entertaining guests  
at banquets]

*Geisha* are women who entertain guests at a banquet by serving them *sake* (drinks), performing with song, *shamisen* (**three-stringed instrument**) and *nihonbuyō* (**Japanese dancing**). They are dressed in Japanese clothing, with their hair done up in Japanese style, and wearing white water face powder make-up. In general, a full-fledged *geisha* is called *geigi*. In the Kanto area around Tokyo, *geigi* is called *geisha* and in the Kansai area around Kyoto and Osaka, *geigi* are called *geiko*. *Geisha* tend to be confused with *yūjo* (courtesans), but this is a misunderstanding; it is strictly an occupation that sells artistry.



■ 舞妓：まいこ [京都・大阪観光のアイドルスター]

舞妓は舞を舞って宴席の客を楽しませる少女です。舞妓は芸妓（芸者）の見習い格です。現代では見習いの舞妓のほうが芸妓よりも注目を浴び、京都観光や関西文化の象徴のように扱われています。その理由は舞妓には若い女性が多いこと、しきたりにより芸妓よりも比較的派手な着物を着ることなどが挙げられます。

**Maiko** : apprentice *geisha* [idol star for Kyoto and  
Osaka sightseeing]

*Maiko* is a young girl who entertains guests of a banquet with a dance. *Maiko*, which is called *hangyoku* (literally half jewel) in Kanto area, is the apprentice status of *geigi* (*geisha*). Today *maiko* of apprentice status attract more attention than *geigi* and are treated like the symbol of **Kyoto** tourism and Kansai culture. The reason for this is due to the fact that many *maiko* tend to be young girls, and because they are made to wear relatively flamboyant *kimono* compared with *geigi* according to customary practice.

## ■ 華道：かどう [女性のたしなみのひとつだった]

華道は、草花や樹枝を花器に飾り付ける表現芸術で、仏前に花を供える風習が起源といわれます。華道を「いけばな」ともいいます。華道では、水を張った花器に針の密集した剣山を置き、そこに木の枝や草花を挿し、眺めながら、はさみで長さや形を調整します。こうしていけた作品を床の間に置いて鑑賞するのです。日本では、結婚前の女性が素養としていけばなを習い、家庭で四季折々の花をいける美しい風習が長く続きました。



## Kadō : art of flower arrangement [used to be a female accomplishment]

*Kadō* is a form of expressive art where flowering plants and tree branches are arranged in a flower vase, and it originates from the custom of offering flowers before the tablet of the deceased. *Kadō* is also called *ikebana*. In the practice of *kadō*, a *kenzan* (a pin holder) is placed in the flower vase with water, the tree branches and flowering plants are put in there, and the length and shape is adjusted with scissors as one views it. Such an arranged work is placed in the *tokonoma*, an alcove, and in the main entrance, for people to appreciate. In Japan, a beautiful custom has lasted for a very long time for women before marriage to become cultured in *kadō* in order to arrange flowers characteristic of each season in the house.



■ 茶道：さどう [一期一会を大切に]

茶道は客人にお茶を振る舞う作法で「茶の湯」とも呼ばれ、安土桃山時代に千利休によって大成されました。もてなす人を亭主といい、亭主が茶をたてる技術や客が飲むしぐさにも作法があります。単なるもてなしではなく、作法を交わし合うことでお互いの物事の考え方や生き方を交流し合う芸術活動と考えられます。「わび・さび」の精神にも通じ、茶道の根底には、出会いを一度きりとして最善を尽くす「一期一会」の心があるとされています。

**Sadō** : art of tea ceremony [valuing *ichigo-ichie* (treasuring every encounter)]

*Sadō*, also called *chanoyu*, is a custom to entertain guests with tea and it became established during the Azuchi-Momoyama Period (1573 – 1603) by Sen no Rikyū. The one providing tea is called the *teishu* (master), and there are mannerisms regarding the technique the *teishu* must use to make tea, as well as for the guest's gestures upon drinking it. It is not a simple act of entertainment, either, but rather considered a form of art in which through the exchange of manners people are able to exchange ways of thinking and the ways of life. This leads to the philosophy of *wabi sabi* (**simplicity and elegance**), and it is said that the basis of *sadō* is the heart of *ichigo-ichie* (one time, one encounter), where one always does their best, thinking that the encounter will never recur.



- ① 茶会：chakai (tea ceremony)
- ② 茶を点 (た) てる点前 (てまえ) : *temae* (procedure for making tea)
- ③ 客は、亭主の点てた茶をいただき、茶碗を拝見する。: Guests taste the tea made by the master and enjoy the *chawan* (tea ceremony bowl)

## ■ 盆栽：ぼんさい [小さな盆の上に雄大な自然を造り込む]

盆栽とは草木を鉢植えにしたものですが、鉢も大切な要素であり、草木と鉢とを含めて「盆栽」と呼びます。自然界の姿を盆栽という小さな世界に造り込み、観賞するのです。素材としては松類が代表的です。高さわずか30cmの松であっても、枝ぶりや葉の茂り方、根元の苔の生え方などを眺め、そこに壮大な巨木の姿をイメージするという観賞のしかたをします。松以外の雑木、花物や葉物なども扱います。

盆栽は草木の生長に合わせて、枝をはさみで切る「剪定」や、幹や枝に針金を巻いて形を整える「針金かけ」などさまざまな技法を凝らして好みの形に育てていきます。盆栽は生き続けるため「完成」はなく、理想の形に近づけるためには何十年にもわたって手間をかけていきます。かつては中高年の趣味とされていましたが、若者の愛好家も増えています。最近では海外でも盆栽の人气が高まっています。



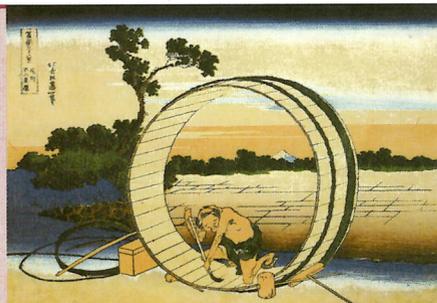
▲枝の曲がり方にも個性が出る。  
Originality is seen in the curves of stems.

## Bonsai : aesthetic minituarization of trees

[creating the magnificence of nature onto a small tray]

*Bonsai* refers to potted plants and trees, but as the pot is also an important element, the plant and the pot together are called *bonsai*. People create the images of the world of nature into a small world and appreciate it. Pine trees seem to be the typical material used. Even if it is a small pine of only 30 cm, people appreciate it by looking at the branches, the way leaves are growing, the way moth plants are growing around the roots, and imagining a magnificent large tree from it. Other than the pine tree, miscellaneous small trees, flowers and leaves are also used.

*Bonsai* uses various techniques to make the plant grow the way one wants according to the stage of growth, such as *sentei* (trimming), where branches are cut with scissors, and *harigane-kake*, where one fixes the shape of the *bonsai* by wrapping the trunk and/or branches together. Because *bonsai* continues to live, there is no “completion,” and thus in order to make it into one’s desirable shape, one must spend decades of time and effort. In the past it was considered to be a hobby of the middle aged, yet young devotees have been increasing. In recent years, the popularity of *bonsai* is rising abroad as well.



▲富嶽三十六景 尾州不二見原 葛飾北斎 (東京国立博物館蔵)  
Fugaku Sanjūrokkei Bishū-Fujimigahara (Bishū-Fujimigahara, Thirty-Six Views of Mt. Fuji) by Katsushika Hokusai



▲化物の夢 喜多川歌麿  
(国立歴史民俗博物館蔵)  
Bakemono no Yume (The Dream of Monster) by Kitagawa Utamarō

## ■ 浮世絵：うきよえ [海外での高い評価で価値が見直された]

浮世絵は江戸時代に描かれた版画と肉筆画です。浮世とは、江戸時代の徳川幕府の施政により、平和ななかで生まれたさまざまな生活文化や風俗全般をいいます。浮世絵の主な題材は風景、歌舞伎役者、相撲取り、遊女などで、生活のひとこまを描いたものもあります。肉筆画は一点制作のため非常に高価でしたが、木版画は安価であったため、庶民の人気を集めました。しかし、日本人は浮世絵に芸術的価値を認めていなかったため、欧米に輸出される陶器の梱包などにも使われました。海を渡った浮世絵はゴッホをはじめとする印象派の画家たちや芸術品収集家に影響を与え、海外での高い評価をみて、日本人はようやく浮世絵の芸術的価値を認識するようになりました。

## Ukiyoe : Japanese woodblock print

[revalued with high appraisal from abroad]

*Ukiyoe* are wood-block prints and original paintings drawn in the Edo Period (1603 – 1867). *Ukiyo* refers to the various lifestyles, manners and customs formed in the peaceful period under the administration of the Tokugawa Shogunate during the Edo Period. The main themes of *ukiyo* include scenery, *kabuki* actors, sumo wrestlers, and *yūjo* (courtesans): or depictions of scenes of daily life. *Nikuhitsuga*, or original paintings, are produced one by one and thus were very expensive, but as wood block prints were reasonable, they were popular amongst the general public. However, the Japanese people did not recognize the artistic value of *ukiyo* and so some were used as packaging material of chinaware exported to the West. *Ukiyoe* which crossed the sea, however, influenced impressionist artists (such as van Gogh) and art collectors and therefore gained high praise overseas. Having seen this, the Japanese people finally realized the artistic value of *ukiyo*.



## ■ 神輿：みこし [担がれ揺さぶられた神様がご利益をもたらす]

神輿は神の乗り物です。祭りの際に神は神輿に宿り、人々に担がれて町内を一周します。御輿の巡回で、町内にご利益がもたらされるとされています。多くの神輿は神社を模した形をしていて、担ぐときは威勢のいい掛け声をかけ、激しく揺さぶります。揺さぶることで神の力が高まるとされています。



## Mikoshi : portable shrine

[The god who is carried and shaken is thought to bring good fortune.]

*Mikoshi* is the vehicle for the gods. During festivals the gods dwell in the *mikoshi* and go around the neighborhood carried by people. A tour around the neighborhood of the *mikoshi* is thought to bring good fortune to the area. Many *mikoshi* come in a shape imitating the **Shintō shrine**. When carrying this, people shout energetically, calling out encouragement while they violently shake the *mikoshi*. It is believed that the power of the gods will become stronger if the *mikoshi* is shaken.

## ■ 祇園祭：ぎおんまつり [日本三大祭のひとつ]

一般に祇園祭といえば、毎年京都で7月に催される八坂神社の祭りを指します。祇園祭は平安時代に疫病が流行した際、怨霊を鎮めるために行った御霊



会という儀式が元とされます。祇園祭最大の見所は豪華絢爛な山鉾です。山鉾は山車的一种で、台座に神殿を載せて人が引きます。祇園祭は夏祭りの起源ともいわれ、全国の祭りの形式に影響を及ぼしました。

## Gion Matsuri : Gion Festival [one of the three major festivals of Japan]

In general, *Gion Matsuri* refers to the festival at Yasaka Shrine held every July in **Kyoto**. It is said that *Gion Matsuri* originates from a ceremony called *goryōe* held to calm a vengeful ghost when an epidemic prevailed in the Heian Period (794 – 1185). The biggest highlight of the *Gion Matsuri* is the absolutely gorgeous *yamaboko*. *Yamaboko* is a type of float with a shrine placed on the pedestal, which is pulled by people. *Gion Matsuri* is also said to be the origin of summer festivals, and it influenced the form of festivals all over Japan.



## ■ 柔道：じゅうどう [柔よく剛を制す]

柔道は、明治時代に嘉納治五郎が「柔術」を発展させて考案しました。投げ技や固め技で戦う武道です。柔道家の力量は腰の帯の色で表され、初心者は白帯、熟練者とされる初段からは黒帯、最上級は赤帯です。赤帯を締める柔道家は日本にもわずかしありません。柔道で相手を倒すのに相手の力を利用する技術を「柔よく剛を制す」と表現します。



## Judo [Flexibility beats stiffness.]

Judo was created by Kano Jigoro who developed *jūjutsu* into judo. Judo is a martial art in which wrestlers fight with skills such as throws and locks. The rank of a judo wrestler is shown by the color of the belt. The belt of a beginner is white and an expert with *shodan* (the first *dan* or grade) has a black belt. An expert of the highest rank has a red belt. There are only a limited number of red-belt experts even in Japan. The skill of a judo wrestler using the force of the opponent to beat him/her is described as “flexibility beats stiffness.”

## ■ 剣道：けんどう [日本伝統のサムライ魂]

侍の武術であった剣術が、明治時代以後「剣道」と改められ、現代は武道からスポーツへという流れの中にあります。剣道の刀は竹刀といい、竹の板を組み合わせて作られます。選手は防具として面、小手、胴を着けます。防具で守られた部位を打ったり、面の一部で保護されたのどを突くことで得点となり、2得点を先取した選手が勝ちとなります。



## Kendo : Japanese fencing [traditional Japanese swordsmanship]

*Kenjutsu*, a martial art of *samurai*, was transformed into kendo in the Meiji Period (1868 – 1912) and now it is in the process of changing from a martial art to a sport. A kendo **sword** is a bamboo **sword** called *shinai* that was made by combining bamboo slats. A kendo player wears a set of protections for the face, the wrists, and the body. A player can get a point for hitting the part covered with the protections or the throat covered by a part of the face protection. The player who gained two points first is the winner.



## ■ 空手：からて [世界で人気のKARATE]

沖縄発祥の唐手は、大正時代に日本全土に広まって発達したといわれるスポーツです。試合のルールは、伝統空手、フルコンタクトカラテ、防具付き空手、格闘空手などジャンルごとに異なっています。共通する基本技は、突き、蹴り、受けの3種類です。ヨーロッパをはじめ世界各地で普及しています。

## Karate [globally popular KARATE]

The origin of karate is said to be the word karate, meaning Chinese hand, which is said to have originated in Okinawa. It is said to have spread all over Japan and to have developed in the Taishō Period (1912 – 1926). There are different types of karate with differing sets of rules, such as traditional karate, full contact karate, karate with protections, and fighting karate. Among the common techniques among the different types of karate are the three techniques, *tsuki* (thrust), *keri* (kick), and *uke* (receive). Now karate is practiced all over the world including Europe.

## ■ 合気道：あいきどう [稽古を通して自己の心身を鍛える]



合気道は、植芝盛平（1883～1969）が日本の伝統武術の修業と精神修養を経て創始した現代武道です。他人と優劣を競わないという思想を持つため、試合を行いません。相手と力で争うのではなく、稽古を積み重ね、体捌きから生まれる技を通して、自分の心身を鍛えることを目的にしています。現在、世界100カ国以上で愛好されています。

## Aikido [developing one's body and spirit through exercises]

Aikido was founded by Ueshiba Morihei (1883 – 1969) as a contemporary martial art through his training for traditional martial arts and mental training. It has a philosophy that one does not compete with others for excellence; therefore, players do not have bouts. The purpose of aikido is to train one's spirit with techniques that are learned as a result of body movements that occur during repeated training. It is now practiced in over 100 countries in the world.