



**Japan's**

**GOLDEN**



**Age**



# Court Life *at Heian-Kyo*

\*Lived in **Heian-Kyo**

\*Surrounded the emperor

\*Their manners, dress,  
literature, and arts  
influenced Japanese culture

\*Known as the “people who  
live above the **clouds**”



# Literature

\* **Reading and writing** were just as important as good manners

\* **Read poems, letters, travel diaries, and journals**

\* **Nobles read the classic works of Buddhism and Confucianism**



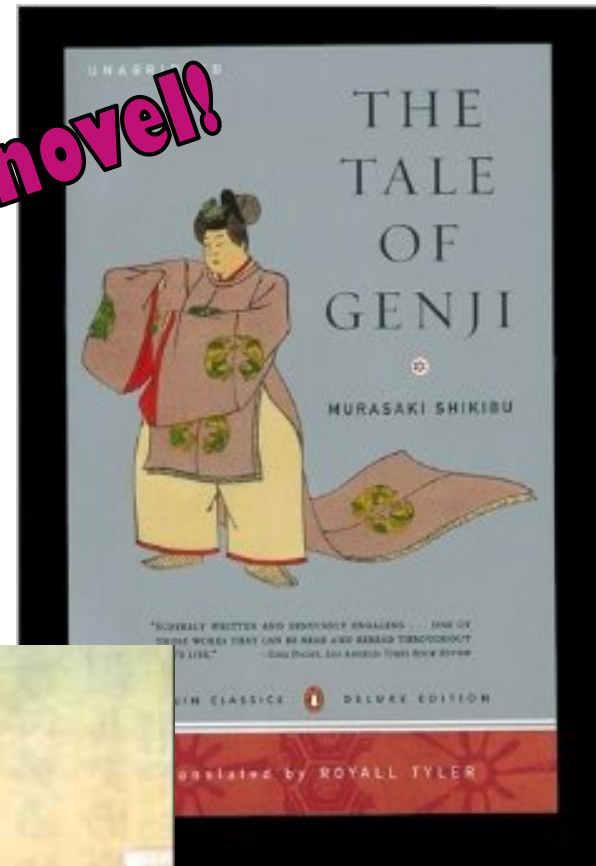
# Tale of Genji

\*Considered the great **masterpiece** of court literature

\*Written by **Murasaki Shikibu**

\*Describes the romantic adventures of a handsome and talented prince named Genji

**\*World's first novel!**



# Poetry

**\*Line 1: 5 syllables**

**\*Line 2: 7 syllables**

**\*Line 3: 5 syllables**

**\*3, 5, and 7 are considered lucky numbers in Japan**

\*Haiku: a form of poetry with **17 syllables** and **three lines** (usually about **nature** or the **seasons**)



***"An old silent pond...  
A frog jumps into the pond.  
Splash! Silence again."***



**"Clouds travel the sky  
touching the sea and mountains  
with stormy weather"**

# Architecture

\*Buddhist temples featured a  
**Chinese style pagoda**



\*Japanese houses included  
several one-story structures  
around a **garden**



# Noh Drama







# Noh Drama



\*Japan's **oldest** form of theatre

\***Serious** and **intense**

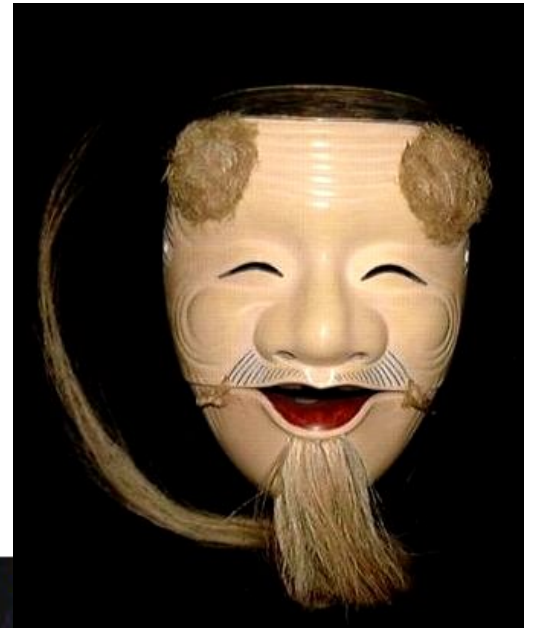
\*Takes place on a simple, almost bare stage

\*Colorful costumes and masks

\*Words chanted to music telling stories from **Shinto** legends

\*Features gods, warriors, beautiful women, mad (crazy) people, ghosts, and devils

# Noh Drama



# Japanese Customs



# Ikebana

\*The art of **flower arranging**

\*Flowers and branches are arranged to symbolize people, heaven, and earth



# Origami

\*The Japanese art of **folding** paper into objects without **cutting** or **pasting**



# Origami Heart

(Folding Instructions)



# Tea Ceremony

- \*A ritual that involves a series of actions carried out in simple and quiet surroundings
- \*Takes many years to master the art of making, serving, and taking Japanese tea correctly
- \*Learning the [tea ceremony](#) is like learning the steps of a complicated and elegant dance







# Bowing

\*One way Japanese show **courtesy** and **respect** to others (people bow instead of shaking hands).



## Japanese Bow

Japanese style bow  
Gestures and animations.



Male



Female



# Kimono

\*National costume of Japan

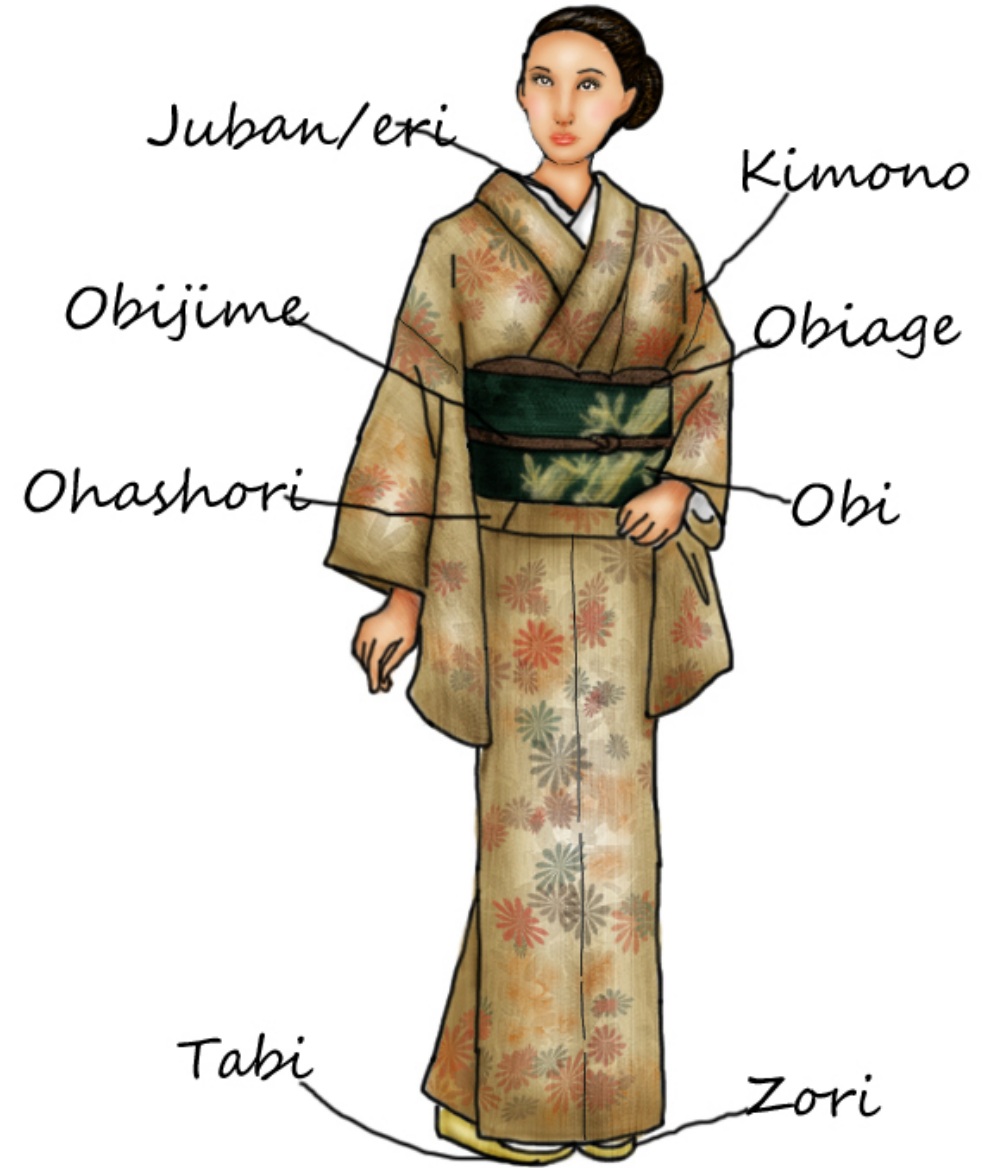
\*Made from a variety of fabrics such as silk and cotton

\*For women, about 20 extra accessories are needed to wear the kimono properly

\*Difficult to put on – many go to salons to have a licensed kimono dresser help

\*Reserved for special occasions





# Geisha

\*Professional **hostess**

\*Girls go through rigorous training in dance, instruments, singing, and other arts

\*Geisha school counts as schooling by Japanese government

\***Maiko** → apprentice geisha at age 15

\*Full-fledged geisha by **18 to 20**



# Martial Arts

\* **Jiu Jitsu** focuses on fighting on the ground without using much power, but using technique instead



\* Kendo focuses on **fencing** using wooden swords and the goal is to hit the opponent's **throat** with a sword



\* Karate is a self-defense martial art with no weapons and means "**empty hands**"



\* **Judo** focuses on self-defense and the goal is to throw the opponent down applying arm locks and strangles

# Sumo Wrestling

\*Japan's most traditional sport

\*2 players only wear a "mawashi" and compete in the "dohyo"; which is the ring

\*Goal → push, grapple, or throw the opponent on the ground or out of the ring

\*Before match, wrestlers **throw rice** to purify the ring (which is considered a sacred place)





# Everyday Life

\* **Capsule hotels** are typical for Japanese businessmen (cheap, offer basics like TV, alarm clock, and Wi-Fi, and are usually 6 feet long by 4 feet wide)



\* High school students go to school on **Saturday**, wear uniforms, and earrings, hats, and hair dye is not allowed



\* Shoes cannot be worn indoors (to keep the floors clean)



# Everyday Life

\*Pet cemeteries → People give their animals funerals and bury them in pet cemeteries



\*Belly to belly → For the Japanese, the **stomach** is the center of emotions such as love. To say, "You are potbellied," means he or she is big-hearted, not chubby.

