

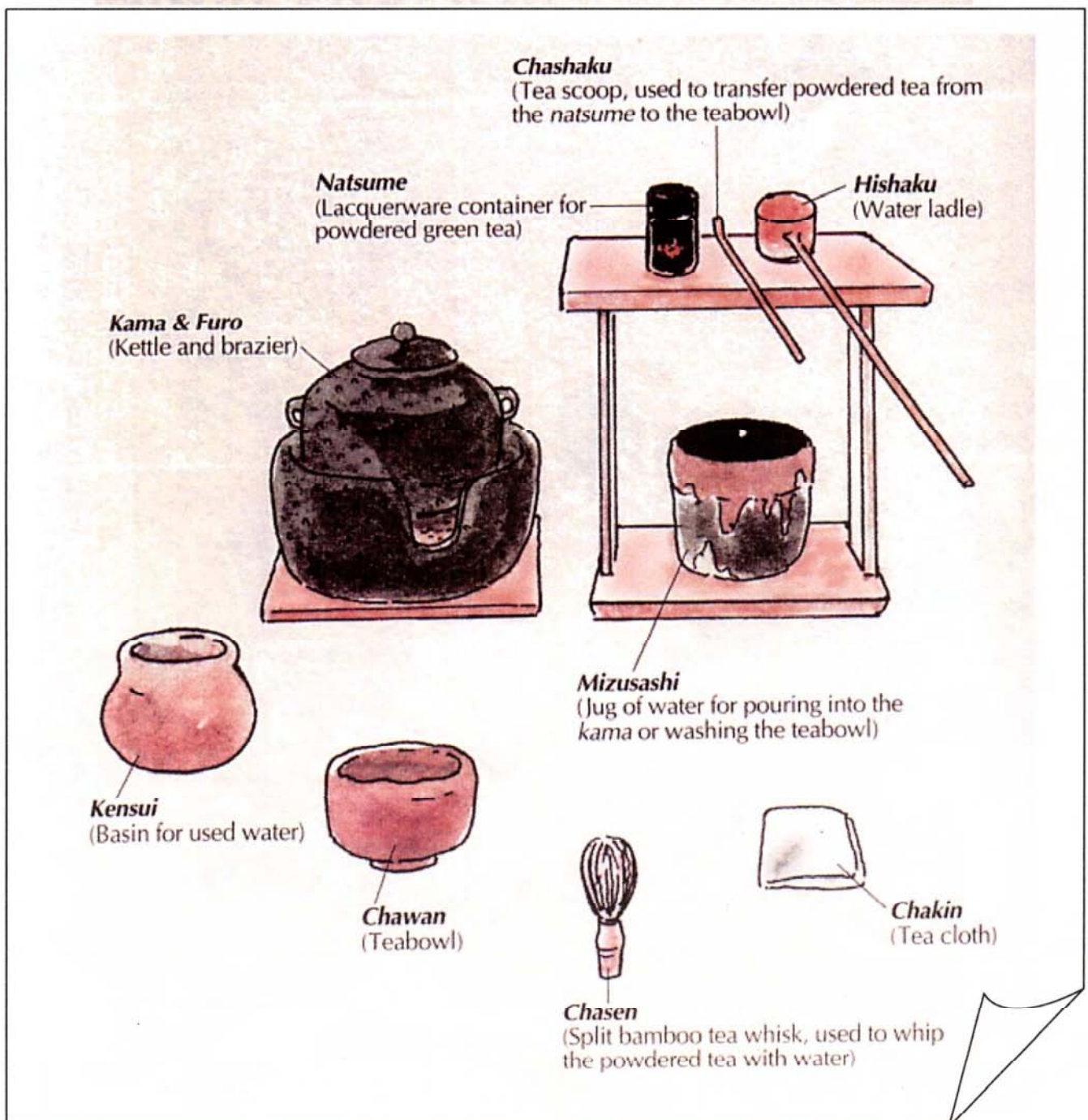
# 茶道 *Sadō*

## *Tea Ceremony*

～茶の湯～

*Chanoyu*, tea ceremony, originated in China and was refined by Sen no Rikyū in 16th-century Japan. It incorporates Zen customs and promulgates *wabi* aesthetics, that is, simple beauty. After Rikyū's death, tea ceremony schools such as Omote Senke, Ura Senke, and Mushanokōji Senke, were created by his descendents.

茶の湯は中国から伝えられ、16世紀に茶人、千利休によって大成されたものである。禅の礼法をとり入れ、わび(簡素な美しさ)の心を研究した。流派として、利休の子孫により表千家、裏千家、武者小路千家ができた。



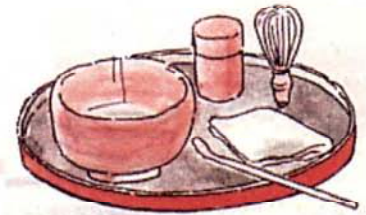
# How to make tea



～茶のたて方～

- ① Put 1～1.5 chashaku scoop of powdered green tea into the teabowl.  
1 杓半の抹茶を茶杓で茶碗に入れる。
- ② If there are any lumps of green tea, Crush them two or three times with the lower side of the chashaku. Tap the bottom of the teabowl with the tip of the chashaku. Then take the chashaku out of the teabowl. Place it on the right hand side of the teabowl.  
抹茶のかたまりを茶杓の表で2.3回つぶし、茶杓の裏で音を立てて茶杓を出す。
- ③ Pour just enough hot water for 3  $\frac{2}{1}$  swallows.  
茶碗に3口半ほどのお湯を注ぐ。
- ④ Hold chasen with the right hand and the teabowl with the left hand. Stir with chasen. First, stir both sides about 4 times. Then whip it till it foams.  
茶せんを右手に持ち、左手で茶碗をおさえ、最初両わきを4回くらい振る。次にまわし（まるく）泡立つまで振る。
- ⑤ After it becomes foamy stir slowly and toward the middle of the bowl. At this time place the chasen upside down at the right hand side of the bowl.  
泡がたってきたら、ゆっくりまわして、真ん中から引きあげる。そのとき茶せんを上にしておく。

# How to Drink tea



～茶のいただき方～

①



Place the sweets on your *kaishi* and eat them at the host's signal.

お菓子を懐紙に取り、亭主からの合図でお菓子を先にいただきます。

②



When the tea is served, bow to the host and the other guests, take the teabowl with your right hand and place it in your left palm.

お茶が出されたらお辞儀をして、茶碗を右手で取り上げ左手にのせる。

③



Turn the teabowl in your palm 2-3 times clockwise. Avoid having the front of the bowl face you.

茶碗を手前へ時計方向に2、3回、回し、正面を避ける。

④



Drink three and a half sips, approximately. The last sip is a kind of slurping action to remove any remaining tea.

3口半くらいでいただく。最後は音をたてて吸い切る。

⑤



Wipe the area of the bowl where you sipped from with your fingers. Clean the fingers with the *kaishi* (pre-inserted between your kimono collar).

飲み口を指でふき、胸元の懐紙の先でぬぐう。

⑥



Turn the bowl counter-clockwise until the front of the bowl faces you.

茶碗を逆の方向に回し、自分に正面を向けるように戻す。