





















## Forward



The Trilateral Cooperation Secretariat (TCS) is proud to publish the revised edition of "Into the Three Countries: A Handbook about China, Japan and Korea". Seven years have passed since the publication of the first edition in 2013. The handbook published in Chinese, Japanese, Korean and English introduces features of the three country's culture and has supported the promotion of mutual understanding. On the other hand, in the past seven years, people's lives in each country have developed whilst carrying on traditions. This edition has been updated with statistics and various information.

This book makes evident that throughout history, the three countries have individually developed as well as built relations upon exchange. The Trilateral Summit became independent from the ASEAN+3 Summit in 1999, and the three countries have held Trilateral Summits since 2008. In 2011, the Trilateral Cooperation Secretariat was established as a permanent organization for promoting trilateral cooperation, under the agreement signed by the three countries. Minister level meetings in 21 fields were held, and cooperation in wide areas is implemented in the trilateral framework. The peopleto-people exchange has also expanded through tourism and youth exchanges, leading to exceeding 30 million people vising amongst the three counties in 2018. "Trilateral Cooperation Vision for the Next Decade" was released as an outcome document at the 8th Trilateral Summit in December 2019, and a path for cooperation towards 2030.

It is the individual citizens who support the rapid development of exchanges and cooperation among China, Japan and the ROK. Therefore, promoting mutual understanding among the three countries' citizens is essential. This handbook is aimed to introduce the three countries' traditional culture and lifestyle, including clothing, food, and housing, and of similarities of the three countries in various areas as well as their uniqueness. I sincerely hope that this handbook will enable you to increase interest for each country as well as to deepen understanding further.



Trilateral Cooperation Secretariat (TCS)

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A Handbook about China, Japan, and Korea

- THIRD EDITION -

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# General Information Getting to know the Three Countries

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# Landscape

China, Japan, and Korea are countries located in the Northeast Asia region. Although the three countries are located close to one another, each country has distinctive characteristics in terms of geography. The Northeast Asia region has many rivers, lakes, and mountains. The three countries' share of the world's GDP is about 23.6 percent. The three countries cover 20.7 percent of the world's total population. The diagrams in the latter portion of this book will expand on this statistical data about China, Japan, and Korea. Now, let's take a glimpse at the three countries.





### Land Area

Country	km²
China	9,600,000
Japan	380,000
Korea	100,000

Source: The Central People's Government of the People's Republic of China, Statistics of Japan, Statistics of Korea

### Population (2018)

Country	1,000 Person	World Population (%)
China	1,392,730	(18)
Japan	126,529	(2)
Korea	51,635	(1)
Total	1,570,894	(21)

Source: World Bank

### China

Covering approximately 9.6 million square kilometers, China is the world's third-largest country. It is the world's most populous country, with a population of over 1.3 billion. China is comprised of 23 provinces, five autonomous regions, four municipalities (including the capital city, Beijing), and two special administrative regions (Hong Kong and Macao). There are 56 officially recognized ethnic groups: one majority ethnic group, the Han Chinese, and other 55 minority groups. Across its vast width, China's landscape is as diverse as its population. In the west, the terrain is elevated: mountains such as the Himalayas and Mt. Tianshan separate China from South and Central Asia. In the east, along the shores of the Yellow Sea and the East China Sea, there are extensive and densely populated plains. On the edges of the Inner Mongolian plateau in the north, broad grasslands predominate. Southern China is dominated by hills and low mountain ranges. The Yangtze River and Yellow River begin in the Tibetan Plateau, flowing down to the densely populated eastern seaboard. Mountainous areas make up

the most of Chinese territory, including Mt. Taishan, known

as the first of the "Five Sacred Mountains" in China.





Bund of Shanghai



### Japan

Japan is an island country off the east coast of Asia. Consisting of four main islands (Hokkaido, Honshu, Shikoku, and Kyushu) as well as more than 4,000 smaller islands, Japan has a land area of about 380,000 square kilometers and a population of approximately 130 million. There are 47 prefectures, comprised of eight regions: Hokkaido, Tohoku, Kanto (where the capital city, Tokyo is located), Chubu, Kinki, Chugoku, Shikoku, and Kyushu. Japan's well known geographic feature include the mountains, as three-fourths of the nation's land is mountainous. Short and fast rivers flow through the mountains. Out of the many mountains, Mt. Fuji is the most iconic and the highest in Japan. Many mountains are volcanic, as Japan is located along the circum-Pacific volcanic belt. This location generates hot springs, which are enjoyed by many Japanese as well as tourists. On the other hand, the location of the country on the tectonic plate causes frequent earthquakes.











### Korea

Korea, often referred to as the "Land of the Morning Calm", is located on the peninsula between China and Japan. With a population of approximately 50 million and a land area of about 100,000 square kilometers, the country consists of the capital city Seoul, six metropolitan cities, nine provinces, and one special self-governing city (Sejong). With mountains covering 70 percent of its land, it is one of the most mountainous regions in the world. Mt. Baekdu, regarded as an important symbol of the Korean spirit, is embedded in Korea's national anthem. Mt. Halla, Mt. Jiri, and Mt. Seorak have beautiful scenic views all year long. Another distinctive geographical feature in Korea is its waterways. Koreans' lifestyle and the nation's economy evolved around rivers and streams; in particular, the Han River (Hangang), which runs through Seoul, has supported the heavily concentrated population and industries in the central part of the country. The rapid economic growth of contemporary Korea is often referred to as the "Miracle on the Hangang".

# National Flag, National Anthem, and National Flower

Throughout history, most countries have developed their own national flags and national anthems. Each is unique and carries a significant meaning to that country. China, Japan, and Korea are of no exception. As for national flowers, only Korea has an official national flower. However, both China and Japan have symbolic flower, which are loved by the citizens.



China

The "Five-Star Red Flag" was approved as

China's national flag in 1949. The red color in the flag symbolizes revolution, while the yellow stars symbolize the brilliant rays of national unity radiating across the vast land. The design, four smaller stars surrounding a single bigger star, signifies the unity of the Chinese people under the leadership of the Communist Party of China.

China's current national anthem, "March of the Volunteers" was written in 1935, with lyrics by the poet Tian Han and music by the composer Nie Er. It was originally the theme song of *The Sons and Daughters in Times of Turmoil*, a film in the 1930s that honored those who

fought against Japanese invasion of northeast China. It was chosen as the provisional national anthem in 1949 and was officially adopted a s the national anthem in 1982.

China does not have an official national flower, but the peony *(mudan)* is regarded as the national favorite.

### Japan The flåg of Japan is commonly called *Hinomaru*, although the official name is *Nisshoki*, *Hinomaru* literally means "sun circle" in Japanese; the flåg has a large red circle against a white background representing the sun. Its motif was inspired by the eastern sun rising over the Pacific Ocean, as Japan

The national anthem of Japan is called *Kimigayo*. The lyrics were taken from an ancient poem written in the Heian period (794 - 1185). Therefore, *Kimigayo* had had a long history even before it became a national anthem, and was widely known among the Japanese people of that time period. The root *kimi* refers to the Emperor and *yo* refers to a reign. Because the position of the Emperor is derived from the will of the people, the Japanese government interpreted the words of *Kimigayo* as praying for the lasting prosperity and peace of their country. In 1999, The Law Regarding the National Flag and National Anthem was adopted and enacted by the Diet, making *Hinomaru* and *Kimigayo* the national flag and the national anthem, respectively.

refers itself to "a country of sun-rise (Hi izuru tokoro no

kuni)", located in the Far East.

There is no official national flower in Japan. However, chrysanthemum (kiku), the crest of the Imperial family, is regarded as the unofficial national flower among the Japanese people. Although not officially designated as the national flower, cherry blossoms (sakura) are often used as a symbolic flower of Japan. This is due to the special affection accorded to cherry blossoms in Japanese culture, to the extent that in ancient poems (waka), sakura is synonymous with "flower".



The national flag of Korea is called *Taegeukgi*. The circle in the center of the flag is divided into two equal parts, with the upper section red and the lower section blue. In Asian philosophy, these two parts symbolize the counter balance of the proactive cosmic forces *(yin)* and the responsive cosmic forces *(yang)*. The two forces embody the concepts of continuous movement, balance, and harmony, which characterize the sphere of infinity. The circle is surrounded by four trigrams, one in each corner. Each trigram symbolizes one of the four elements of the universe: heaven, earth, fire, and water.

Korea's national anthem is *Aegukga*, which means the song of love for the country. The anthem expresses hope that the God will protect Korea, so that the country will eternally progress. It also articulates that the country will forever be preserved by Koreans' resilient spirit and loyalty. *Taegeukgi* and *Aegukga* were adopted as the national flag and the national anthem respectively in 1948.

The national flower of Korea is rose of sharon (*mugunghwa*). The flower's symbolic significance stems from the Korean word *mugung*. This word, which means immortality, accurately reflects the enduring nature of Korean culture, as well as the determination and perseverance of the Korean people.

# Language

Language develops gradually throughout a country's history, influenced by culture and natural conditions as well. Therefore, it is not surprising that China, Japan, and Korea have developed distinctive languages and writing systems. Although all three countries use Chinese characters, the style of Chinese characters and some of the character's meanings differ from one country to another. With globalization, all three languages have been introduced world wide. As shown in the table below, many people outside of the three countries learn Chinese, Japanese and Korean. The spread of the three countries' languages has contributed to interactions among the three countries, as well as with the rest of the world.

### **Commonly Used Chinese Characters in Each Country**

Language	Characters
Chinese	2,500
Japanese	2,136
Korean	1,800

Source: Ministry of Education of China, Agency for Cultural Affairs of Japan, Ministry of Education of the ROK

### Number of Countries Where CJK Language Is Taught

Language	Countries and Regions
Chinese	162
Japanese	142
Korean	60

Source: Hanban (Confucius Institute Headquarters), Japan Foundation, King Seiong Institute Foundation

### China

Being a multi-ethnic country, there are more than 80 languages in China. Among these diverse languages, China's official language is Standard Chinese (Putonghua), which is based on Beijing dialect of Mandarin Chinese.

Chinese has the largest number of speakers in the world and is one of the six official languages of the UN as well. There are several major linguistic groups in China. Mandarin Chinese is the common language of the Han ethnic group (around 90 percent of the total population). Other major dialects used by the Han Chinese include Cantonese (Yue), Shanghainese (Wu), Fuzhou (Minbei), Hokkien-Taiwanese (Minnan), Xiang, Gan, Hakka, etc. Among the country's 55 ethnic minorities, the Hui and the Man peoples also speak Mandarin and use its characters. 29 ethnic minorities have their own traditional languages, for example: Tibetan, Yi, Mongol, and Uygur.

The oldest Chinese characters ever discovered were written on shells and bones over 3,000 years ago. In contrast to the classical Chinese (Wenvan) used throughout Chinese history, vernacular Chinese (Baihua) proliferated in China from the early 20th century through the New Cultural Movement. Vernacular Chinese is based on the spoken Mandarin dialect and is dominantly nowadays.

In 1956, the Chinese Government published the simplified Chinese characters, which are widely used today. Currently, people in mainland China mostly use the standardized simplified Chinese characters, while the traditional Chinese characters are widely used in Hong Kong, Macao, and Taiwan.

The Chinese phonetic alphabet (pinyin) was adopted in 1958. Four different tones can be identified in its phonological structure. Pronunciation based on the Chinese phonetic alphabet provides guidance when typing Chinese characters on computers.



### Japan

In Japan, the national language Nihongo is spoken. While a variety of local dialects are still in use, the development of modern media has caused standard Japanese (based on Tokyo's dialect) to spread all over the country. It is said that the Japanese language has some resemblance to Altaic languages, such as Turkish and Mongolian, and has grammatical similarities to Korean.

> Currently, Japanese writing is basically comprised of three scripts: Chinese characters (kanji), hiragana, and katakana. Kanji are regarded as ideograms, and each *kanji* usually has more than one sound in Japanese. After Chinese writing was imported to Japan, the two phonetic scripts, hiragana and katakana,

were devised from transformed versions of the Chinese characters. Both hiragana and katakana consist of 48 characters. Hiragana derives from simplified forms of kanji; this script was used primarily by women before the 10th century, but now it is commonly used in Japanese writing. Katakana was also created by adapting kanji; the difference being that *katakana* is generally used for writing "loan" words from non-Japanese languages.

Honorific language (keigo) is one linguistic element that reflects the nature of Japanese society. It is used to show a speaker's respect toward the person he or she is addressing. In Japanese society, it is considered important for people to use an appropriate level of polite speech. As important as it is, mastering keigo can be quite challenging: social status, rank, age, and gender have to be considered in order to use keigo appropriately in conversation.

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When typing Japanese words in word processing software and other devices, they can be typed phonetically. As Japanese words are typed, either kana scripts or the Roman alphabet appear on-screen. Afterward, you can select and transform words into the correct characters.

### Korea

Hangugeo and Hangeul, the official language of Korea and its nativo writing system Korea and its native writing system, respectively, have been closely associated with inspiring a strong national

identity among the Korean people.

For a long time, Korea's upper class used classical Chinese (hanmun). In contrast, women, the middle class, and lower class used a system of Chinese characters which represented each Korean sound (idu). After acknowledging the difficulty and inconvenience of this dual system, in 1446, King Sejong the Great and a small group of scholars invented and promulgated a brand new Korean alphabet system. Named hangeul, this new language included 14 consonants modeled on five articulatory positions and ten vowels reflecting the three basic components of the universe (heaven, earth, and humankind). Because *hangeul* is easy to learn and write, it contributed to Korea's high literacy rate and the development of Korean culture. Also, the Hunminjeongeum (a manuscript which explained the principles and usage of the Korean alphabet system) was designated as a National Treasure to ensure its preservation and was registered in UNESCO's Memory of the World in 1997. The scientific system of the Hangul language written in the manuscript, and its functionality in the Korean society was recognized.

While the words and accents spoken in the region surrounding the capital of Korea, Seoul, are regarded as the standard Korean, other regions have their own dialects. Korean dialects have been traditionally classified based on the country's administrative regions; of these, the dialect of Jeju Island is considered the most distinctive.

The Korean language includes extensive honorific or polite forms; the honorific expressions used in Korea today developed

over a long period of time. Like Japanese, in Korean an appropriate usage of honorific forms is determined by various factors, such as age, gender, social status, and relations between the two speakers. Recently, younger population prefer to use more simplified and less formal style of speech.

On the Korean keyboard, the standard has two-set type (dubeolsik), the consonants are located on the left, and the vowels are on the right.

# UNESCO World Heritage Sites III

The World Heritage List of UNESCO reflects the unique geographic features and cultures within each country, with many of its listed locations thought to exemplify outstanding universal value for all humankind. World Heritage sites in the three countries demonstrate their diverse nature and cultures. There are three types of heritage sites: cultural, natural, and a combination of the two. In the following section you will find out more about the diverse heritages of China, Japan, and Korea.

Beijing Imperial Palace





### China

# Imperial Palaces of the Ming and Qing Dynasties

The Imperial Palaces of the Ming (1368 - 1644) and Qing Dynasties (1636 - 1912), located in Beijing and Shenyang, were officially recognized as the UNESCO World Heritage sites in 1987 and 2004 respectively. The former Imperial Palace in the heart of Beijing, famously known as the Forbidden City or the Palace Museum, represents and embodies 500 years of Chinese history. The Palace in Shenyang was founded in 1625, and it epitomizes China's ethnic minority culture.

The Forbidden City in Beijing is a large rectangle, with buildings arranged symmetrically within the outer boundaries. Specifically, the layout and spatial arrangement embodies the traditional characteristics of urban planning and palace construction from Ancient China. It features a central axis, symmetrical design, and a layout which places the outer court towards the front and the inner court towards the rear. Although the Shenyang Imperial Palace is smaller than the Beijing Imperial Palace, it has distinctive historical and artistic features from the Manchu, Mongolian and other ethnic minority cultures.

### Mausoleum of the First Qin Emperor

The Mausoleum of the First Emperor of the Qin Dynasty (221 BC - 207 BC) is the largest mausoleum in the world. It is the tomb of Qin Shihuang (literally, the first emperor of the Qin Dynasty), who unified the country and established the first centralized Chinese dynasty. After his death, thousands of terra cotta warriors were entombed in the center of the Mausoleum. It took 720,000 laborers over 36 years to complete the structure, as well as the clay army and other burial objects.

The Mausoleum of the First Qin Emperor is an architectural masterpiece that vividly reflects Chinese architecture and history. The terra cotta warriors and chariots display the exceptional technical and artistic skills of ancient Chinese. Each clay warrior has a realistic human face, resembling a real person in that period. The discovery of the underground Mausoleum, along with its clay army, stunned the world and was listed in UNESCO's World Heritage in 1987.











The Great Wall

### The Great Wall

The Great Wall is an iconic site exhibiting China's ancient civilization. It is a massive and enduring structure, and its creation involved a myriad of people over approximately 2,000 year construction period. In 1987, the Great Wall was registered as China's first UNESCO World Heritage site and was listed as one of the "Seven Wonders of the Medieval World". Even today, its historical and architectural significance attracts tourists from across the world.

The Great Wall's construction began as a military defense project by the Chinese Empires, with the purpose of warding off nomadic tribes from the north. According to a recent government mapping project, the stone-and-brick Great Wall spans approximately 8,850 kilometers from the Eastern China to the Gobi desert. However, the Great Wall of China is ultimately not continuous, since it is comprised of a collection of several shorter walls. The Wall's mostphotographed and most-visited section is Badaling, built during the Ming Dynasty (1368 - 1644).



### Japan



### Buddhist Monuments in the Horyu Temple *(Horyu-ji)* Area

As the oldest existing wooden building in the world, the Horyu Temple *(Horyu-ji)* in the Nara Prefecture was chosen as the first Japanese site to be included in UNESCO's World Heritage List in 1993. Within the site, there are unique buildings from every era, as well as 48 Buddhist monuments and approximately 2,300 historical treasures designated as National Treasures or Important Cultural Properties.

The Horyu Temple itself has great historical importance. Its unique architecture is significant not only for the history of Japanese art, but also for religion; its construction coincided with the introduction of Buddhism to Japan, arriving from China by way of the Korean Peninsula. The temple was founded in 607, and it was from this location that Buddhism blossomed and spread throughout Japan.



The temple is divided into two parts: the West Temple and the East Temple. Within these parts, the entire site exhibits a variety of early Buddhist wooden building styles, including main half *(kondo)*, five-story pagoda *(gojunoto)*, inner gate *(chumon)* and roofed corridor *(kairo)*, an architectural style which no longer exists in China or Korea.



The Itsukushima Island has been a holy place for Shintoism, unique religion of Japan (polytheism), since the earliest parts of Japanese history. This mountainous island has also been regarded as one of Japan's "three most beautiful spots". The Itsukushima Shrine, one of the shrine structures floating in the water on the island, follows the general tradition of Japanese Shintoistic architecture. The Shrine was designated as a World Heritage site in 1996.

The Shrine and its gateway (*torii* gate) are famous for being built over open water. Constructed in the middle of the sea, the Itsukushima Shrine is worshiped as the guardian deity of the sea. The Shrine complex includes the main shrine, a *noh* drama stage, music rooms, and several other shrines arranged around it. All these components are connected by corridors that span a total length of about 300 meters. Visitors will enjoy walking along the site while looking out onto the water.



### Himeji Castle (Himeji-jo)

Located in the Hyogo Prefecture, the Himeji Castle (*Himejijo*) was also selected in 1993 to be the first Japanese site included in UNESCO's World Heritage List, along with Buddhist monuments at the Horyu Temple (Horyu-ji). Construction of the original form of the Himeji Castle started in 1333.

The Castle is comprised of 83 buildings—including a fivestory main keep *(tenshu)* and three smaller keeps. The entire structure is surrounded by moats and defensive walls. This strong but graceful architecture is specialized for castle defense and displays Japanese originality and the unique Japanese perspective in defensive construction.

Himeji Castle is also a masterpiece of wood construction. The striking appearance of this great wooden structure, with its white plastered walls, is the source of its nickname: the Castle of the White Heron (Shirasagi-jo). The complex architectural beauty—including the coalition style—is unique even within Japan. These fine, rare cultural assets of Japan's 17th castle architecture have always attracted people into visiting Himeji Castle.



Itsukushima Shinto Shrine ©Marufish





### Haeinsa Temple Janggyeong Panjeon, the Depositories for the *Triniteka* the Depositories for the Tripitaka Koreana Woodblocks

The buildings of the Janggyeong Panjeon as well as the Tripitaka Koreana Woodblocks are two of the most important and famous components of Haeinsa Temple. Located on Mt. Gaya in the Gyeongsangnam-do Province, the buildings of Janggyeong Panjeon are the depository of the Tripitaka Koreana Woodblocks, which has the inscription of Buddhist doctrines.

Consisting of over 80,000 wooden tablets, the Tripitaka Koreana was carved during the 13th century, in the hope of defending Korea against foreign invasion by appealing to the Buddha's authority. It is the oldest and most complete collection of Buddhist canon exploring philosophy, religion, morality, community, and history. Because of its quality and artistry, the Tripitaka Koreana has been celebrated as one of the most invaluable surviving woodblocks in history.

The structure of Janggyeong Panjeon itself also has great cultural and scientific value. Janggyeong Panjeon was built solely for the purpose of storing and guarding the Tripitaka Koreana. The building's scientific brilliance can be found in its effective ventilation, which aids in resisting moisture and controlling temperature. In 1995, Janggyeong Panjeon of Haeinsa Temple was also one of the first sites in Korea to be included in UNESCO's World Heritage List.



# Changdeokgung Palace Complex

Once a favorite home of the Joseon Dynasty's (1392 -1910) royal family and now considered one of the most beautiful historical sites in Korea, the Changdeokgung Palace Complex is situated in the heart of Seoul, Jongnogu. Meaning "Palace of Prospering Virtue", the Palace functioned as a beloved living space to kings and the royal families for 200 years.

The Changdeokgung Palace Complex was constructed in the early 15th century, with a unique layout handed down from the Three Kingdoms Period (57 BC-668 AD). The Palace Complex is particularly famous for the fact that its design harmonized with the surrounding natural environment. For example, the rear garden of the Palace is

delicately laid out, with essential elements of traditional Korean gardens like lawns, lotus ponds, stone bridges, terraces, and pavilions harmoniously integrated into the natural environment. The Changdeokgung Palace Complex was designated as the UNESCO World Heritage List site in 1997.





# Jeju Volcanic Island and Lava Tubes

Jeju Island is one of the most popular and recognized sites for both domestic and international travelers. It was officially recognized as a World Heritage site by UNESCO in 2007. Jeju Island is a well-known volcanic island full of magnificent natural scenery. The main attractions of Jeju Volcanic Island include Hallasan (Mt. Halla) National Park, Seongsan Ilchulbong Peak, and the Geomunoreum Lava Tube System.

Mt. Halla is the highest mountain in South Korea, with its gentle slopes formed by billions of years of volcanic activity. Mt. Halla is famous for its vertical ecosystem of plant life, derived from the varying temperatures along the mountainside. Seongsan Ilchulbong Peak formed out of a volcanic eruption originating from under the sea, and there is a large crater at the top of the peak. The lava tube system includes Geomunoreum, a parasitic cone, as well as five lava caves: Bengdwigul, Manjanggul, Gimnyeonggul, Yongcheondonggul, and Dangcheomuldonggul. Each lava tube is quite remarkable in its scale, complex structure, and spectacular display of limestone structures.

Seongsan Ilchulbong, Jeju Volcanic Island and Lava Tube

# National Holiday

### China, Japan, and Korea

Spring Festival in China / New Year in Japan / Lunar New Year in Korea

Spring Festival in China, New Year in Japan, and Lunar New Year in Korea are the biggest holidays of the three countries. People return to their hometowns to spend a warm and peaceful time together.

China Japan Korea New Year's Day (January 1) New Year's Day\* (January 1) January Coming-of-Age Day (second Monday of January) Spring Festival\* (first day of first lunar month) National Foundation Day (February 11) February Emperor's Birthday\*\* (Febrary 23) March Spring Equinox Day (a week centering Spring Equinox Day) April Tomb Sweeping Day (April 4) "Golden Week"\* - Showa Day (April 29) - Constitution Day (May 3) May Labor Day\* (May 1) - Green Day (May 4) - Children's Day (May 5) Dragon Boat Festival (5th day of the 5th lunar month) June July Ocean Day (third Monday of July) August Mountain Day (August 11) Obon\*\*\*\* (mid-August) Mid-Autumn Day\* (15th day of the 8th lunar month) Respect for the Aged Day (third Monday of September) September Autumnal Equinox Day (September 22 or 23) October National Day\* (October 1) Sports Day (second Monday of October) Culture Day (November 3) November Labor Thanksgiving Day (November 23) Christmas (December 25) December

China

Mid-Autumn Day

Mid-Autumn Day is a holiday

during which people display

their love and longing for a better

life. All family members gather

together and eat moon cakes

(yuebing) while enjoying

the full moon.

\* Holidays can last three or more consecutive days, depending on each country's policy, including the days before and after the actual holiday. \*\* If an emperor changes, the national holiday celebrating his birthday is changed to the birthday date of the new emperor. \*\*\* Obon is not a holiday, but a custom.

### Japan **Bon Festival**

Bon is a Buddhist festival for welcoming back the spirits of ancestors. During this period, family members gather together and hold a memorial service for their ancestors' spirits.

Korean Thanksgiving Day Korean Thanksgiving Day is a time when family members come together to share food, tell stories, and give thanks to their ancestors for the plentiful

Korea

harvest.

New Year's Day (January 1)

Lunar New Year's Day\* (first day of first lunar month)

Independence Movement Day (March 1)

Children's Day (May 5)

Buddha's Birthday (8th day of the 4th lunar month)

Memorial Day (June 6)

Liberation Day (August 15)

Korean Thanksgiving Day\* (15th day of 8th lunar month)

National Foundation Day (October 3)

Hangul Proclamation Day (October 9)

# Life Style Understanding more about the Three Countries

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### LIVING A LOOK AT TRADITIONAL COSTUME & HOUSING & COLOR, NUMBER AND GIF

# Traditional Costume

There are many examples of cultural identity in China, Japan, and Korea; without a doubt, one of the most distinguished illustrations can be found in their costumes. Traditional costumes in the three countries have their own unique characteristics, probably not be seen in other parts of the world. Each costume is created with climatic, cultural, and historical attributes in mind. The section below mainly examines women's representative traditional costumes in the three countries.



The one-piece *qipao* is the most famous Chinese women's traditional dress, originally worn by Manchu women. The Manchu people established an administrative structure, namely the Banner System, which oversaw the organization of all Manchu families. *Qipao* is named after this system, translating literally to "banner gown".

The original *qipao* was wide and loose in shape, featuring a high mandarin collar and straight skirt. Traditionally, *qipao* was made of silk, with traditional fabric patterns featuring lotus, dragons, and phoenixes. The *qipao* was modified in early 20th century, mainly in Shanghai, to be more suitable and comfortable for everyday life. The modified version of *qipao* more displays the beauty of the female body, with slits on both sides and a close-fitting waist. *Qipao* can be divided into short *qipao* and full-length *qipao*. The button used to fasten the *qipao* is called a frog knot, since its representative design looks like two frogs meeting. This traditional style of dress exemplifies the uniqueness of Chinese style and sets *qipao* apart from other dresses.

For its beauty, *qipao* has become the leading fashion choice for famous women at important occasions. Ordinary Chinese women also like to wear *qipao* for formal gatherings, sometimes even as their wedding dress. The popularity of *qipao* has spread worldwide, garnering many foreign fans.







The traditional costume of Japan is *kimono*. The style we know today developed during the Heian Period (794 - 1185). In the recent years, *kimono* is worn on special occasions, such as New Year's celebrations, weddings, graduation ceremonies and tea ceremonies. Some wear *kimono* to traditional fine arts, high-end restaurants, and traditional events.

*Kimono* is generally made from silk and is tied with a wide belt (*obi*). The process of making *kimono* involves spinning silk thread into yarn, then weaving the yarn into cloth, cutting pieces of fabric in straight lines, and finally sewing the pieces together. In addition to silk, cotton is another common material for making casual *kimono* (*e.g. kasuri, tsumugi*). *Kimono* can be divided into two categories (with variations among each region): woven *kimono* (in which the yarn is dyed into patterns and then woven; examples include Oshima-tsumugi, Krume-kasuri, etc.) and dyed *kimono* (in which patterns are dyed or drawn directly on a white cloth with a brush; examples include Kaga-yuzen, Kyo-yuzen, Okinawa-bingata, etc.).

With different designs for certain occasions and ages, *kimono* has a variety of styles. However, women's *kimono* can be roughly categorized into two main styles: *furisode* and *tomesode*. The biggest difference between the two styles is the length of their sleeves. *Furisode* has long sleeves that begin at the wearer's shoulders and drape all the way down to her heels, and are supposed to be worn only by unmarried women. On the other hand, *tomesode* has shorter sleeves and only the fabric for the bottom half is patterned.

### Korea

Hanbok is the well-established traditional clothing of Korea. The origin of the hanbok can be traced back to the Three Kingdoms Period (57 BC - 668 AD), as depicted in a wall painting in an ancient tomb of Goguryeo, one of the Three Kingdoms. The shape or form of hanbok has changed over the years, not only due to the geographical and climatic characteristics of the peninsula, but also with fashion trends, cultural changes, and historical changes within Korean society. The hanbok worn today closely resembles that of the hanbok worn daily during the late Joseon Dynasty (1392 - 1910). In modern day society, people do not wear hanbok in their daily lives, reserving it for special occasions, such as Lunar New Year's Day (Seollal), Korean Thanksgiving Day (Chuseok), a baby's first birthday party (Dol), or a wedding.

The *hanbok's* basic design emphasizes curves and vivid colors. Women wear a jacket *(jeogori)* and skirt *(chima),* accompanied by socks with their front end raised *(beoseon)* and many layers of undergarments *(sokgot).* 

In addition, Korean women have worn various styles of headgear and accessories; examples include a winter cap (nambawi), a crown for ceremonial occasions (jokduri), and a hairpin (binyeo). In the past, the color of the hanbok symbolized gender, age, and the social status of the person wearing it; nowadays, colors for the modernized hanbok are chosen according to the wearer's preference.



# Housing

China, Japan, and Korea have each created unique representative traditional housing styles, by blending each country's housing style into their natural environments and climates. This is because the people of China, Japan, and Korea have long preferred living in harmony with their natural surroundings. However, as the center of modern society moved to the urban areas and priorities emphasized convenience over harmony, housing styles in each of the three countries have also changed. All three societies have been influenced by the Western world, and you may find similarities in the modern housing styles of the three countries as compared to their traditional styles.



### China

Due to China's vast land area, the traditional residences of the Chinese people differ in design and style, and they are differentiated by distinct regional characteristics. Among the various styles, one of the most well-known traditional house styles is the fourside enclosed courtyard *(siheyuan)* of Beijing.

*Siheyuan* is composed of inward-facing houses on four sides and the courtyard in the center. The south-facing house is the main part of the *siheyuan* and traditionally accommodated the master of the family. The houses on east and west sides are for younger generations, with the north-facing house allocated to the servants. The entrance gate of the *siheyuan* is usually set at the southeastern corner, in accordance with the traditional Chinese philosophical concept of *fengshui*.

Inside the gate, there is a screen-wall. It is used to prevent outsiders from looking directly into the courtyard, as well as to protect the house from evil spirits. This enclosed building is especially useful for protecting people from winter winds and dust storms, as well as providing space, comfort, and privacy. The courtyard also functions as a quiet, open-air garden, especially in the case of large *siheyuan*.



Today, as the society develops, China's housing style is modernized. Many Chinese people live in apartment complexes and high-rise buildings.



### Japan

The architectural style of traditional housing in Japan has been significantly influenced by the country's climate. Because the summer is usually long, hot, and humid across much of Japan, most traditional houses were made from wood and supported by wooden pillars. Wooden houses are cool in the summer as well as warm in the winter.

These traditional houses can be found all over Japan, with slight variations according to each region's unique weather, climate, and lifestyle. One of the most representative Japanese room design is *washitsu*, originating from a style *(shoin-zukuri)* from the latter half of the 16th century. The room consists of floor of a thick base of rushes *(tatami-mats)*, a wooden ceiling, sliding doors made from materials such as rice paper *(shoji)*, and sliding doors covered with heavy papers *(fusuma)*.

Tatami-mats have been used in Japanese houses for about 600 years. A floor with tatami-mats is cool in the summer, warm in the winter, and remains fresher than modern-day carpet during Japan's humid months. Furthermore, *shoji* is made of thin paper so that air circulates more easily and allows more light shine into the room. *Fusuma* acts like a movable wall; people often draw beautiful pictures on *fusuma*, making the artwork a focal point of the room. These *shoji* and *fusuma* can also be removed, so the room may be expanded or divided, according to various occasions.



The trend of Japanese houses has been changing; most notably, from the traditional style of wooden buildings with sliding-door partitions to modern style houses and concrete condominiums. According to the latest national survey, around 54 percent of the population live in houses and around 44 percent live in apartments or condominiums. In urban area, the ratio of those living in apartment rises to 58 percent. Recently, designs for rooms highlight Western influences, with wooden flooring and steel pillars. But even today, many houses and apartments possess both Westernstyle rooms as well as traditional Japanese-style rooms with *tatami*-mats.

### Korea

Traditional Korean houses (hanok) were usually built to be in harmony with the climate as well as the local geography. At their core, hanok reflect the life philosophy, wisdom, and traditional culture of Korean ancestors. There are several types of *hanok*, determined by the materials in the roof (thatches, wood, or tiles), although most hanok today are tile-roofed. Hanok floors are made of stone and soil, and its window frames are covered with traditional Korean paper (hanji). Also, during the summer, hanok are kept cool by utilizing the natural movement of air through open doors and windows, rather than relying on an artificial cooling appliance. Another unique feature of hanok is its sub-floor heating system (ondol). This method involves transferring heat directly from the fireplace in the kitchen to the underside of a thick masonry floor so that each room may be kept warm. Ondol is still used in many residential buildings in contemporary Korea. These scientific construction techniques and the style's compatibility with the environment make *hanok* a national cultural heritage.

Nowadays, most Korean housing styles have changed to include Western influences. The most popular type of housing in Korea is an apartment that integrates Westernstyle design. Some Koreans live in multiplex housing or villas ("villa" in Korean refers to low-storied buildings





holding several households), which have lower rents than apartments. Many single people choose to live in one-room apartments or *office-tel* (both are studio-style apartments).

In addition, there is a unique rental system *(jeonse) in* Korea. *Jeonse* is a way of leasing a rental space by paying a lump-sum deposit in advance and getting the sum back at the end of the contract; usually, the contract lasts for two or three years.

### LIVING

# Color, Number and Gift

Culture affects our daily lives. People living in different cultures appreciate things in different ways. China, Japan and Korea have symbolic meaning of colors, numbers and gifts in their own culture, which impacts the way they act, think, feel and communicate.





In the Chinese culture, red is considered to be a color that brings the most luck. It represents happiness, good luck and success. The color red is widely used during festivals and important events, such as the Chinese Lunar New Year and weddings. During the Chinese New Year, red envelopes containing cash are given to children and red couplets would be placed at the entrance of the house. Red can also be a premonition. Many Chinese children are told, that it is a taboo to write people's names with red ink, as it is believed to bring death and bad luck to the person in the near future.

Black in Chinese represents bad fortune, evil, sadness and illegality. For example, criminal societies are referred to as "black society", and a black car indicates illegal taxi. On the other hand, black can also be seen as the color of heroism. Bao Zheng, a Chinese judge is a historical character. He is portrayed with a black face in Beijing Opera, television shows and historic drama shows. The color white is associated with purity as well as death. Therefore, white is the appropriate color to wear to a traditional funerals. The use of combination of black and white demonstrates the vin and yang philosophy (opposite forces complementing one another), as used in Chinese martial arts, tai-chi.



### Number

Beliefs in numbers are serious matters for the Chinese people. The most desirable number is 8 (ba), whose pronunciation is similar to the word for becoming rich and making a fortune (fa). The love for number 8 by the Chinese people can be seen in



many places, such as cell phone numbers, wedding dates and license plate numbers. Beijing Olympic Games was also held on August 8, 2008. The number 9 (jiu) is also a good number, as the pronunciation is similar to a word for longevity. Couples send each other 99 roses on special occasions to signify everlasting love. The pronunciation of number 6 (liu) is similar to that of 'smooth'. Therefore, you can often see 666 on online platforms, as a compliment for tasks well done.

On the contrary, the most disliked number is 4 (si), with similar pronunciation as the word for death. Some buildings do not have 4th and 14th floor due to this reason.



### Gift



Chinese people value gift giving very much, as they see it as one of the important ways to express sincerity, appreciation and maintain relationship. Gift giving is also an art. Generally speaking, sincerity is important in gift presenting, not the size or the price of the gift. At the same time, some gifts are considered as taboo, and should be avoided. For example, as the pronunciation for a pear (11) is similar to that of "separation", you must make sure to take out pears when you buy a fruit basket as a gift. Gifting a fan or an umbrella should also be avoided, as their pronunciations are similar to san (to part away). It is also a taboo to gift a clock for birthday, as it implies that you are waiting for the receiver's life to come to an end. Also gifting a Chinese man with a green hat should be avoided, as it indicates that his wife is having an affair.

Color

Japan does not have a special affinity for a certain color, as China does to the color red. However, as customs, it is appropriate to wear certain colors for specific occasions, such as weddings and funerals. For weddings, men wear black formal suits with white ties and women wear dresses with a color other than white, for the bride to stand out during weddings. For funerals, both men and women wear black formal suits/dress clothes. and men must wear a black tie. For celebratory occasions and New Year, the combination of red Traditional Snack ©wakanmuri and white (kohaku) is recognized as joyous colors. This combination can be seen in decorations (banners and ribbons), gifts (bun with bean paste filling), and food (fish cake).





In the Japanese language, the number 4 is recognized as bad luck, as the pronunciation for 4 (shi) is the same as the word for death. For example, it is common to avoid floor or room numbers with 4 in hospitals and hotels. Although not to the extent of 4, 9 is unfavorable in some situations, as the pronunciation for 9 (ku) is associated with the term for suffering (kurushimi). Due to the Western influence, number 7 is favored and 13 is recognized as an unlucky number. Additionally, odd numbers such as 3, 5, and 7 are favored in certain situations. For example, when gifting money to a newlywed (a tradition in Japan), choosing "evenly unbreakable" numbers such as \$300 and \$500, of which the first digit is an odd number is the standard custom. The number 8 is also considered to have positive connotations, as the shape of the Chinese character for the number (1) ) (spreading wide towards the end) resembles prosperity in the future.



person, you will often hear "Here's a little something ... " from the giver, to show humbleness as mannerism. This does not necessarily indicate that the gift has little value. When meeting



for business or visiting someone who has been helpful to you, it is a common practice to bring sweets as a gift. Gifting local specialties (especially food) for friends and coworkers, when coming back from vacation or business trip is also a unique custom. When receiving gifts, there are certain situations, where opening gifts in front of the person who is giving, is considered impolite. There are two special occasions in a year for giving gifts to those who have been helpful to you. In summer, the custom is called Ochugen, and in winter, Oseibo. It is a uniquely Japanese tradition, to give back a gift after receiving, as a "return" of appreciation. When visiting patients at a hospital, gifting flowers are common. However, the flower must be a bouquet, and not potted, as potted plants remind the patient of being "rooted" to the bed





Koreans refer themselves as, *Baekuiminjok*, meaning "people of white clothes". This word indicates that Korean people traditionally prefer wearing white clothes. The color white, which serves as the base color of other colors, is associated with values of tolerance, purity, sacrifice, and peace.

Traditionally, red symbolized "Yang (sunlight)", while blue symbolizes "Yin (shade)". The combination of two colors signifies the wish for harmony between yin and yang, the origin of all things in the universe. Cheongsachorong, a traditional Korean lantern is made of red and blue silk shade. This lantern was used at weddings during the late Joseon period. The top half of the lantern is made of red silk and the bottom half is made of blue silk. The lantern was used to light the way, when the groom headed to the bride's house on horseback, and when the bride visited the groom's house on a palanguin. The lantern symbolized a wish for the newlyweds to have harmony in their new beginning and life onward together. Nowadays, cheongsachorong is used not only at weddings but also in other traditional cultural events. The meaning behind is that the hosts light up the dark and guide the guests in the right way, while at the same time being considerate of the guests and welcoming them. According to tradition, wearing white clothes was required at funerals. But as clothing became westernized in modern times, suits in black or in colors close to black are worn, while people refrain from wearing bright or colorful clothes and accessories. Meanwhile, writing a name in red is deemed a bad omen in Korea.





### Number

Number 7 is considered to be a lucky number in Korea, due to its Western influence. Korean people also favor the number 3, as the number is recognized as a symbol of completion. Some examples include Samsaebeon (exactly three times), Mansaesamchang (cheering three times), and Samsaepan (three rounds of battle). That's because 3 is the number that comes after the first odd number 1 (which symbolizes 'yang') and the first even number 2 (which symbolizes 'yin'), thereby harmonizing yin and yang. On the other hand, the number 4 is recognized as unlucky in Korea, due to its pronunciation being the same as the word for death. Often, elevators in Korea have their fourth floor buttons replaced with 'F' buttons.



### Gift

In Korea, people send gifts before important events or to celebrate joyous occasions. During traditional holidays, Korean exchange food (fruits, meat, seafood, beverages), household items, etc. as presents. People tend to refrain from opening presents right in front of the person who gave the presents. Students receive sticky Korean taffy (Yeot) or sticky rice cake (Chapssalddeok) before school entrance exams. In the Korean language, a word used to describe the passing of the entrance exam is to "stick". Therefore, sticky candies are given in the hopes of the students to be accepted to schools.

After moving into a new house, a housewarming party (*Jibdeulyi*) is held, and friends, relatives, and co-workers are invited. Guests bring soap, detergents, or toilet paper rolls as *Jibdeulyi* gifts. The bubbles of soap and detergents resemble future prosperity. Toilet paper rolls are also common gifts, to wish for the host's life to roll smoothly.

Some gifts are not appropriate for certain occasions or people. For example, there is a superstition that if lovers give shoes to each other, the one gifted with the pair will leave the partner with the shoes. Therefore, when gifting shoes, two pairs are given so the partne come back with the second pair.

### FOOD & LIQUOR & TEA A TASTE OF FOOD & LIQUOR AND

# Food



Food is a vital part of everyday life, and it is one of the key aspects in learning and understanding a society. Rice is a staple that the three countries share. All the three countries use chopsticks. At the same time, each country has developed unique and elaborate culinary traditions, despite the close geographical proximity between them. Basic tastes favored in each country demonstrate this point well. The Chinese food is typically described with four adjectives: sweet, salty, spicy, and sour. The Japanese food is well-known for being sweet, salty, sour, and bitter. The representative tastes of the Korean food can be defined as salty, tangy, sour, and spicy.

### China

As shown by the common greeting "Have you eaten yet?", food plays a significant role in the Chinese society. The Chinese food is famous for its color, scent and taste. With abundant resources, varied climate and different living habits in China, each region in China displays differing food preferences. Traditionally, people in the northern part of China prefer wheat-based meals, while rice is more popular in southern China. In addition, there are the so-called "four schools" in Chinese cooking: Shandong cuisine (*lucai*), Sichuan cuisine (*chuancai*), Jiangsu cuisine (*sucai*) and Guangdong cuisine (*yuecai*). The defining characteristic of each school can be described as sweet in the south, salty in the north. In addition, minority ethnic groups have their own original food and recipes.

There are different dim sum and Chinese barbeque. One of the popular dim sum dishes is steamed buns with vegetable or pork stuffing *(baozi)*. In the southern China, people prefer to eat Shanghai soup dumplings *(xiaolongbao)*. Currently, some of the popular dishes in China include Beijing duck *(Beijing kaoya)*, sweet and sour pork fillets, and

spicy chicken with peanuts, to name a few. At the same time, the Manchu Han Imperial Feast *(manhan quanxi)* maintains its status of being the grandest traditional Chinese cuisine.





### Beijing Duck (Beijing Kaoya)

The history of the roast duck in China can be traced back to as early as the Yuan Dynasty (1206 - 1368). The Beijing duck is a signature type of roast duck in China. It is a musttry food for visitors from home and abroad. It is famous for having a red, crispy, and shiny skin with tender meat inside. The roast duck is served with pancakes, cucumber and sauce after being sliced into more than 100 thin flakes.





### Manchu Han Imperial Feast (Manhan Quanxi)

Manchu Han Imperial Feast *(manhan quanxi)* is the result of the integration of two ethnic groups: the Manchu and the Han. This luxurious feast, which serves six meals per day and lasts for three days, contains 134 hot dishes and 48 cold dishes. In the past, the banquet included many of the world's delicacies, using ingredients from land to sea. Unfortunately, many of the authentic recipes for this legendary feast have been lost. In addition, because some ingredients (such as exotic plants and animals) are under protection and cannot be used, the traditional style of *manhan quanxi* is now only a legend.



### **Chopsticks & General Etiquette**

Chinese people commonly use chopsticks and table spoons. Compared with Japanese and Korean chopsticks, those used in China are often longer and taper to a blunt end. Traditionally, it is common to hold a bowl in one hand and use the chopsticks with the other hand while eating.



### Japan

You cannot talk about Japanese food without mentioning rice and soybeans. Rice is an important element in the Japanese diet and can be enjoyed with all kinds of food. Soybeans are also considered as essential item in the Japanese diet. In addition, Japanese traditional dishes are fish-oriented. Many of the ingredients consumed by the Japanese (such as soy sauce, miso, and tofu) are made from soybeans. There are four main tastes in Japanese food: sweet, salty, sour, and bitter. Sometimes a pleasant savory taste (umami), known to be imparted by glutamate, is added to the list. A typical at-home Japanese meal consists of steamed white sticky rice, a main dish (fish or meat), side dishes (often cooked vegetables), soup (often miso soup), and pickled vegetables. Before they start eating, Japanese people say "itadakimasu" meaning "I receive this food". This phrase expresses gratitude towards those who worked in preparing the meals as well as to the meal itself. After eating, people express their thanks again by saying "gochiso sama deshita" meaning "It was quite a feast".

Japanese people also eat other kinds of carbohydrates (such as bread, noodles, and pasta), and enjoy a wide array of dishes which include meat, fish, vegetables, or fruits. Sushi, tempura, noodle soup *(ramen)*, and formal styles of Japanese food, like Japanese haute cuisine *(kaiseki ryori)*, are famous abroad.

> Ramen ©David Pursehouse

### Japanese Haute Cuisine (Kaiseki Ryori)

The three basic styles of Japanese cooking include Japanese haute cuisine *(kaiseki ryori),* a formalized cuisine served on legged tray *(honzen ryori),* and the cuisine accompanied in the tea ceremony *(chakaiseki ryori).* In particular, *kaiseki ryori* was developed in Edo period (1603 - 1867) and the course is still served at high-class Japanese restaurants. Many dishes are made with vegetables, served one-by-one throughout the course, and include raw dishes, grilled dishes, and soup. The types and serving order of foods in *kaiseki ryori* courses are the basis for the contemporary full-course Japanese meal.



### Sushi

Sushi is one of the most famous Japanese dishes. Established in Edo period (1603 - 1867), there are many kinds of sushi *(norimaki, chirashizushi, oshizushi, narezushi,* etc.); however, the most common kind is considered to be *nigiri,* comprised of a slice of raw or cooked seafood on top of rice flavored with vinegar. Most Japanese people eat out at sushi restaurants, since making good sushi requires many years of specialized training and is very hard to make at home. Due to its health benefits, sushi is much loved by various people around the world. In addition, the proliferation of California rolls (invented in the West) shows that sushi has moved beyond being a uniquely Japanese food and is now a beloved cuisine embraced across the world.





### **Chopsticks & General Etiquette**

When Japanese people eat, they usually use chopsticks while holding a bowl or a small plate in the other hand. Japanese chopsticks (usually made out of wood) tend to be shorter and lighter than Korean chopsticks and are thinner toward one end. During meals, foods are usually served individually so that each person has a dish for his or her own. Also, the Japanese are strict about table manners and even more so in regards to the chopstick etiquette. Therefore, parents instruct their children at home on a daily basis regarding proper chopstick manners.

### Korea

Korean food *(hansik)* is typically served with rice, soup, and a number of side dishes *(banchan)*, such as seasoned vegetables. Usually, rice and soup are served in individual bowls while the main meat and vegetable casserole *(jeongol)* and side dishes are placed at the center of the table to be shared by all. Beyond the typical Korean homemade meals, there are other nationally beloved foods. They include steamed rice served with ingredients rolled in seaweed *(gimbap)*, a spicy snack food containing pieces of rice cake *(ddeokbokki)*, and vegetables and eggs boiled in water seasoned with red pepper paste *(gochujang)*.

One distinguishing factor of Korean dishes is the use of fermentation. Although many countries have fermented foods of their own, it is not easy to find another country with such a wide range of fermented food as found in Korea. The best example is *Kimchi*, a traditional side dish of salted and fermented vegetables such as cabbage and radish, made with a seasoned paste of salted seafood, red pepper, garlic, etc. Traditionally, Korean families make large quantities of *kimchi* in late November or early December, so that they may enjoy the fermented kimchi over the course of Korea's



long winter. Other fermented foods include sauces like soybean paste *(deonjang)* and *gochujang,* as well as drinks made with sweet rice *(sikhye)* and rice wine *(makgeolli)*.

### Full-Course Korean Meal (Hanjeongsik)

A full-course Korean meal *(hanjeongsik)* today typically resembles a less formal version of dishes served at royal banquets in the past. Whereas in a Western-style meal, each course is served one after another, in *hanjeongsik* all dishes are presented at once. A person who encounters

this style of meal for the first time is usually fascinated by the table layout: it is tightly filled with over 30 dishes of all sorts of delicacies, ranging from a brass chafing dish *(sinseollo)* to seasoned ribs *(galbi)*, from seafood to *kimchi* to seasoned vegetables *(namul)*.





### Bibimbap

*Bibimbap* has become the signature Korean dish. It originated from a tradition of mixing leftovers from an ancestral rite. Typical modern *bibimbap* contains assorted seasoned vegetables *(namul)* with grilled meat and a fried egg atop the rice. Using a spoon, the rice and other ingredients are mixed right before eating.



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A red pepper paste *(gochujang)* adds distinct flavor to the dish. *Bibimbap* is a nutritious, low-calorie meal, and is widely known as one of the Korean representative slow foods.



### **Chopsticks & General Etiquette**

Korean people generally use chopsticks and a spoon, usually made of metal, when dining. They use the spoon for eating rice and soups, while chopsticks are used for other side dishes. People tend to refrain from lifting the bowls during the meal. Although dining etiquette in contemporary Korea is less strict than in the past, it is still a social norm to wait for elders and guests to pick up their utensils and begin eating before the rest of diners begin their meal.

FOOD & LIQUOR & TEA A TASTE OF FOOD & LIQUOR AND

# Liquor

In China, Japan, and Korea, liquor is a part of life for many people, and it has played an important role in religion and worship throughout history. Even now, there are many social occasions where liquor is served. People of the three countries tend to believe liquor is a lubricant which promotes social bonding and facilitates relaxation. In this section, you will learn about the representative liquors in each county as well as their different drinking cultures.





### China

Liquor has a 4,000 year long history in China. Originally, it was offered as sacred liquid to the heaven, the earth, or ancestors. With the development of agriculture and technology, various kinds of liquor became an inseparable part of daily life in China. Alcoholic drinks appear in almost all social activities, including parties and wedding ceremonies. People drink alcohol to commemorate the happy moments of their lives.

Chinese liquor is made from grains such as rice and wheat, which gives it a warm fragrance and a sweet taste without the accompanying sharpness. Generally, Chinese liquor can be sorted into two categories: white liquor *(bai jiu)* and yellow liquor *(huang jiu)*. *Bai jiu* is a distilled beverage with an alcohol content ranging from around 40 percent to 60 percent. *Huang jiu* is a fermented beverage that has less than 20 percent alcohol content and is often used as a traditional medicine. These two types of liquor can be further classified into subgroups, based on fragrance or the liquor's dryness. Representative liquors for *bai jiu* and *huang jiu* are *Maotai jiu and Huadiao jiu*, respectively.

### Maotai Jiu

*Maotai jiu* has a history of more than 200 years. *Maotai* is the name of a town in Guizhou Province where this



particular type of liquor is produced. It is made from wheat and other grains using a unique distilling method. Commonly, it has an alcohol content around 40 percent to 55 percent. Served in state banquets as a display of hospitality to foreign dignitaries, *Maotai jiu* is regarded as one of the national liquor of China.



### Huadiao Jiu

*Huadiao jiu* originated in Shaoxing, Zhejiang Province, and is also known as *nu'er hong* or *zhuangyuan hong*. It is made



from rice and wheat, with an alcohol content of around 16 percent. *Nu'er hong* and *zhuangyuan hong* literally mean "red daughter" and "red champion of national civil examination", respectively. The names date back to the local tradition of burying either *nu'er hong* (when a

daughter was born) or *zhuangyuan hong* (when a son was born) underground, then digging it up at the daughter's wedding banquet or when the son celebrated success in his examinations. The name *huadiao* derives from the type of container used for the beverages. Chinese people use pottery with flower carvings and patterns (the meaning of *huadiao*) decorated with red color, and consider it as a delicate wedding gift.

### **Chinese Drinking Culture & Etiquette**

In China, drinking often denotes respect to others. Most Chinese people believe that the more one drinks, the more respect one offers. This notion is more obvious in northern China than its southern counterpart. Elders and superiors should be served first, and there should always be a toast before each drink. After saying "cheers" (ganbei), the drinkers normally drink the entire glass, bottoms-up. Recently, it is becoming more common for one to enjoy alcohol at their own pace.

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### Japan

The geographical distinction of the sea separating Japan from the rest of the Asian continent proved to be fortunate for the development of liquor in Japan. Japanese people came to devise their own special techniques to create liquors. In Japan, liquor is not just a drink but something enjoyed on outings with other people; it often plays a vital social role at defining moments in life. Japanese people tend to think that drinking together with colleagues or friends can help improve their relationship.

Among a number of drinks in Japan, Japanese sake *(nihon-shu)* and Japanese distilled spirit *(shochu)* have become popular around the world. A brewed beverage, sake has been beloved by the Japanese people for more than 1,500 years. The basic process of brewing sake employed today is the same as the process over 500 years ago. In contrast, *shochu* belongs in the category of distilled liquors and made an appearance a little later than sake. *Shochu's* production began around 500 years ago, soon after the distillation process was introduced to Japan from China.

### Japanese Sake (Nihon-Shu)

Japanese sake (nihon-shu) has played an essential role in various Shinto festivals and rites, such as the marriage ceremony. Traditionally, the god of sake has also been the god of rice growing and harvesting. Therefore, when people prayed for good harvest and thanked the god for good crops, they referred to the god of sake. The main ingredients of sake are rice and water. The process of making sake starts with growing rice as well as finding good water. Furthermore, a major characteristic of sake brewing is the use of malt. The brewing process is very complicated and requires an advanced level of skill. Because of all these factors, there are more than 5.000 distinct *sake* brands—this variety is due to differences between each region's water, brewing technique, and rice. Sake is an alcohol beverage that can be enjoyed at a wide range of temperatures, and the taste of *sake* changes as the temperature shifts from hot to cold or vice versa.



### Japanese Distilled Spirit (Shochu)

Japanese distilled spirit *(shochu)* is produced all around Japan but the southern part of Japan is more famous in its production. Recent advancements in distillation equipment led to the creation of *shochu* with very light and pleasant fragrances, thus sparking a *"shochu* boom" in Japan. *Shochu*, just like sake, also varies among regions and brewers, with more than 230 brands. *Shochu* is made from a variety of raw ingredients, including potato, barley, and rice. The alcohol content of *shochu* is about 30 percent. It can be mixed with hot water, and the younger generations often enjoy mixing *shochu* with soda in a highball glass or creating a mixed drink with soda and various fruit flavors *(chuhai)*.

### **Japanese Drinking Culture & Etiquette**

In the past, Japanese people consumed alcohol drinks by passing a cup around from person to person, not only to give a sense of belonging among themselves but also to the gods. As a gesture of hospitality, your drinking partner will serve your drink. When a senior fills the junior's glass with drink, the junior should hold the glass to the senior out with two hands.

### Korea

Alcoholic drinks are considered as an integral part of Korean society. The presence of liquor in the Korean Peninsula first appeared in the historical record, dating back some 2,300 years. For a long time, Korean people have maintained the custom of sharing valuable drinks with the guests and serving liquor during all kinds of occasions, including ancestral rites.

With a long history of being an agricultural nation, Korea used rice, wheat, glutinous rice, and other mixed grains for brewing. In particular, rice is the key ingredient in the brewing process, and its fermentation determines the liquor's flavor and scent. There are three main types of traditional drinks in Korea *(takju, yakju, and soju)*, which are differentiated by the timing of extraction. In addition to these drinks, contemporary Koreans enjoy various fruit drinks (such as *bokbunjaju*, which is made from Korean blackberry), beer, and cocktails made with flowers and herbs.



### Makgeolli

When using rice to brew liquor, two layers are created: a clear upper layer and a thicker, grainier bottom layer. When the bottom layer is filtered with water, it becomes *takju*, more commonly known as *makgeolli*. As the oldest unique liquor in Korea, *makgeolli* is milky or opaque and has a soft, silky texture. It is a relatively mild drink, with an alcohol content of only 6 to 7 percent. Originally, it was mostly enjoyed by farmers after a hard day of labor. Today, its popularity transcends generations and it is often consumed with foods, such as *kimchi* or mung bean pancakes *(bindaetteok)*. Coined the "well-being liquor", *makgeolli* has attracted many fans overseas.

Soju

*Soju*, Koreans' all-time favorite drink, refers to clear, distilled liquor with a high alcohol content ranging from 16 to 25 percent. It has a taste resembling sugary, lighter

vodka. There are two major types of *soju*: one is made from diluted ethanol and the other using sweet potatoes, wheat, barley, or tapioca in place of rice. The latter type is common in modern society. Many people enjoy this relatively cheap drink with different snacks or foods *(anju)* found at small street stalls or tent *(pojangmacha)* restaurants, and usually at night. Younger generation enjoys *soju* mixed with fruit flavors such as apple, strawberry, and peach.

### **Korean Drinking Culture & Etiquette**

In Korea, it is important to be respectful towards the elders while drinking. Usually, seniors pour the drink and their juniors hold out the glass with both hands when receiving the drink. Also, the younger drinkers turn their heads away when taking a sip in front of elders. Furthermore, in Korea a person's glass should only be refilled when there isn't a single drop left. 44 | 45

### FOOD & LIQUOR & TEA





Tea, with its gentle aroma and flavor, is known to be one of the most enjoyed beverages in the world. China, Japan, and Korea have long histories of tea culture. Although 'tea' is a common cultural element in the three countries, each country has developed its unique form of tea culture.

### China

Tea is known to be originated from China, with its history of around 5000 years. The Chinese people focus greatly on the quality of the tea. When enjoying tea, people not only enjoy the flavor, but also seek for enlightenment and receive spiritual satisfaction.

Tea is an important part of the Chinese traditional culture. As a famous Chinese saying goes, "Firewood, rice, oil, salt, sauce, vinegar and tea are the seven necessities to begin a day". When invited to a Chinese household, the visitor will be served tea as a sign of appreciation.

Some of the most famous and popular Chinese tea include: Pu'er, Longjing (Dragon Well tea), Biluochun (Green Snail Spring tea); Tieguanyin (Iron Goddess tea), etc.

Tea ceremony and its art are the core of Chinese tea culture. Not only are the brewing method, etiquette and utensils are important, but also the color, aroma and taste are focused upon.

### Japan

Tea is said to have been brought to Japan from China by Japanese envoys in the 8th century. In the 12th century, new methods of brewing tea were introduced to Japan along with the Zen teaching from China. Using finely ground green tea as medicine became common in Japanese temples. In the 14th century, tea became accessible to the common people and was enjoyed as beverages. After that, the Zen culture, tea ceremony utensils and aesthetics of tea houses developed, and the method of tea ceremony or sado was established in the Azuchi-Momoyama period (1568 - 1600).

In modern days, taking tea ceremony lessons for a hobby is popular for many. Amongst the many different types of tea, some of the popular Japanese tea are Sencha (whole green tea leaves), hojicha (roasted green tea), genmaicha (a combination of green tea and popped brown rice), mugicha (barley tea), etc. Japanese people also enjoy western tea due to Western influence. In recent years, Chinese tea including Oolongcha (Oolong tea) is also popular.

Red Ginseng Tea





### Korea

Tea was first introduced to Korea in the 7th Century when Silla Kingdom (Korean) Buddhist monks brought back tea from the Tang Empire (China). After the 9th century, tea was spread across the royalties and the bureaucrats in temples, forming a unique tea culture, which reflected the preferences and characteristics of the Korean people. As pottery developed during the Goryeo Dynasty (918 - 1392), the popularity of tea utensils also grew. The Korean tea culture stresses Ye (ceremony or courtesy). The concept of *Darye* (Korean tea ceremony) deeply reflects the distinct characteristics of the Korean tea culture. Tea is offered to Buddha in Buddhist temples as a ritual during Heondarye. It is also offered through rituals in households to ancestors during traditional holidays (Lunar New Year, Korean Thanksgiving), as Charye. Korea has established a "clear, refreshing, simple, and gentle" tea culture, which deeply reflects nature in four seasons and its fresh, pure aesthetics.

To maintain mental and physical health, Korean drink various tea made from grains, roots, and fruits. Some examples of tea include ginseng tea, barley tea, Job's tears tea, brown rice tea, Solomon's seal tea, burdock tea, corn silk tea, green plum tea, and omija tea. Korean people also enjoy green tea infused with tea leaves.

EVENTS A DISCOVERY OF NEW YEAR'S HOLIDAY & TRADITIONAL WEDDING

# New Year's Holiday

There are various annual traditional festivals in China, Japan, and Korea, with every festival in each season having a special, distinctive meaning. Among these diverse events, this section especially depicts the different New Year's celebrations of the three countries. The dates and the celebration periods for this holiday differ across the three countries. The Chinese and Korean people determine the date of the New Year according to the lunar calendar, whereas the date is fixed by the solar calendar in Japan. However, the people in all three countries share the feeling that it is the biggest and the most precious time of the year.



Major traditional festivals in China include the Spring Festival, Tomb-Sweeping Day, the Dragon Boat Festival, and the Mid-Autumn Festival. The days for each celebration are determined by the lunar calendar, and each celebration reflects the development of culture and history of China. Besides these festivals, ethnic minorities celebrate their own traditional holidays as well.

The Spring Festival (*Chunjie*, Lunar New Year) is the most important and the grandest traditional festival for the Chinese people. It originated about 3,600 years ago in the Shang Dynasty (1600 BC - 1046 BC), when people offered sacrifices to their ancestors at the end of an old year and the beginning of a new one. The name "Spring Festival" is used to distinguish it from New Year's Day on the solar calendar (which was adopted in 1911). People celebrate the Spring Festival from the last day of the 12th lunar month (Preliminary Eve) to the 15th day of the first lunar month (Lantern Festival) of the following year. Generally speaking, the Spring Festival falls on a day somewhere between the end of January and the middle of February.

The Spring Festival is a family-focused holiday. Since everyone prefers to return to their hometowns for this festival, it creates one of the busiest times for the country's transportation systems. People begin preparing for the upcoming New Year by purchasing necessities, cleaning rooms, and decorating homes. One necessary decoration is the Spring Festival couplet, which is Chinese calligraphy written on red paper. The Chinese character "*fu*", meaning blessing or happiness, can also be seen throughout festival decorations.



The Lunar New Year's Eve and the first day of the Lunar New Year mark the peak time of the festival. Traditionally, people in northern China eat dumplings *(jiaozi)* while people in southern China eat rice cakes *(niangao)*. Everybody dresses up, exchanges greetings or gifts, and spends quality time with families, relatives, and friends. Children receive gifts of money wrapped up in red paper. During the festival, people light fireworks and firecrackers, since they believe the blasting sounds drive away evil spirits. People also enjoy various traditional activities and parades, including lion dances, dragon lantern dances, land-boat rowing, and stilt-walking. In addition, they attend temple fairs.

### Japan

Japan is a land of festivals. With no exaggeration, it is fair to say there is a festival going on somewhere every day in Japan. Among the numerous traditional festivals in Japan, there are the New Year *(Oshogatsu)*, the Bean Throwing Ceremony *(Setsubun)*, the Doll Festival *(Hinamatsuri)*, Children's Day, and the Star Festival *(Tanabata)*, etc. Among Japan's long history of annual celebrations, the most important one is *Oshogatsu* (January 1).

The New Year's celebration *(Oshogatsu)* originated from a time when Japanese people gave thanks to the gods who oversaw the harvest as well as welcomed their ancestors' spirits who would



protect their families. The front doors of people's houses are adorned with decorations made from pine branches



and bamboo *(kadomatsu)* as well as straw rope *(shimekazari)*. Two rounds of rice cakes topped with a tangerine *(kagamimochi)* are placed inside the house to welcome the gods and spirits. Nowadays, many Japanese people celebrate the New Year's holiday more simply.

The *Oshogatsu* holiday lasts for more than just one day *(Sanganichi).* Before the Japanese New Year's day including the day before *Oshogatsu (Oomisoka),* there are many preparations such as a grand end-of-the-year cleaning of houses *(oosoji).* In order to properly exchange New Year's cards *(nengajo)* during the holiday season, people mail their cards well before the New Year's holiday arrives. As for the food, special side dishes *(osechi ryori),* rice cakes *(mochi),* Japanese soup with rice cakes *(zoni),* and other festive dishes are prepared. Most people get



together with their families, causing traffic jams at the end of every year. On New Year's Eve, people eat soba noodles while wishing for long lives and good fortune. At midnight throughout the country, people hear bells *(joyanokane)* ringing 108 times at Buddhist temples.

During the holiday, families and friends, dressed in *kimono*, make their first visit of the year to shrines and temples *(hatsumode)*, in order to show gratitude for the past year as well as pray for safety and peace in the upcoming year. Children in particular look forward to the New Year's holiday because they receive special presents or money *(otoshidama)* 



from their parents and relatives. Traditionally, many children also enjoy playing games such as kite flying, spinning tops, a badminton-like game *(hanetsuki),* and board games.



### Korea

Traditionally, Korean festivals have been observed according to the lunar calendar; dates "float" to correspond with phases of the moon instead of being fixed. Among these traditional festivals, Lunar New Year (Seollal Gujeong) is considered the most celebrated special occasion in Korea, along with the Korean Thanksgiving (Chuseok). Seollal usually falls sometime between late January and the middle of February on the solar calendar. The holiday lasts for three days: the day of the New Year, the day before the New Year, and the day after the New Year. Besides, January 1st of the solar calendar is called *Sinjeong* and the day is off.

During the holiday, many Koreans return to their hometown. On the morning of Seollal, relatives usually gather at the house of the eldest son to perform ancestral rites (charve). Dressed in Korean traditional attire (hanbok), family members gather in front of an altar adorned with the ancestral tablet as well as ritual foods. Taking turns, each person pays his or her respect by bowing low before the altar. Afterwards, they eat Seollal dishes together, including rice cake soup (tteokguk), Korean pancakes (jeon), braised short ribs (galbijjim), and traditional sweets and cookies (hangwa). Koreans say eating tteokguk adds one year to our age as a joke. Seollal preparations can be quite demanding, with some families spending all day preparing the dishes used for the ritual offerings as well as those dishes served to the family. Recently in Korea, some Christian families do not perform ancestral rites during the holiday, although they still gather to share Seollal food and stories.





In addition to the ancestral rites, members of the younger generations take deep bows before living elders to wish them happiness and good health for the New Year. After performing this custom *(sebae)*, the elders offer blessings as well as some presents to the children. For the remainder of the holiday, families enjoy various activities. This includes games, such as a board game that involves the throwing of four wooden oblong sticks *(yutnori)*, kite flying, and one particular Korean card game *(go-stop)*, as well as watching *Seollal* specials on TV. *Seollal* provides precious time for the family members to get together; even today, it continues to be the biggest national holiday in Korea.



### EVENTS

# Traditional Wedding

Throughout the world, one of the biggest and the happiest occasions may be the wedding ceremony. The wedding ceremony has remained unchanged for generations, in that families, relatives, and friends gather together to celebrate the new life of the couple. This section introduces the traditional wedding ceremonies in each of the three countries, providing another glimpse of the evolution of history throughout China, Japan, and Korea.



### China

Traditional wedding is considered a very important rite in Chinese culture, dating back to 2,400 years ago. Usually, the wedding is elaborately prepared and celebrated. During the preparation period, the groom and the bride's families find a matchmaker in order to match the bride's and groom's birth dates. In a traditional Chinese society, gifts for the bride to confirm the union (pinli) were a special section in marriage mediation.

After the groom's family selects a "good day" for the wedding, the groom's side prepares for bed, a lucky person makes the bed the day before the wedding. The bride also sends gifts to the groom's family. The gifts are usually valuable jewelry, kitchen utensils, and proper bridal linens (such as sheets and pillow covers).

Red is the primary color in the traditional Chinese wedding. It symbolizes love, joy, and prosperity in the Chinese culture. On the wedding day, the bride wears a red jacket, skirt, and a pair of red shoes. Her face is also covered with a red silk veil. The groom dresses in a long gown, red shoes, and a red silk sash adorned with silk decorations on his shoulders. The groom and his family welcome the bride and place her in red bridal sedan (huajiao) to travel to the groom's home, which is also decorated in red. Meanwhile,





wedding guests set off firecrackers to celebrate the joyful event as well as to defeat the evil spirits.

After arriving at the groom's home, the formal wedding ceremony will start. The couple first bow to the heaven and

In Japan, the traditional wedding style is still popular, yet, many people today celebrate the marriage in various ways. A Japanese marriage entails some preparations, even before the wedding ceremony. When a couple decides to get married, family and friends hold a traditional engagement ceremony (*yuino*). In order to make the promise of marriage official, both families exchange such gifts as food, dolls, and money. Those gifts symbolize luck, harmony, long lives, being blessed with children, etc.

The traditional wedding dates back to more than 1,500 years. In the oldest records, the groom went to the bride's house to hold a ceremony. The style evolved, to which the bride, bride's parents and relatives gather at the groom's house (hanayome gyoretsu), to hold a wedding ceremony and to have a wedding feast, became common. Since 1900, when the Crown Prince (later the Emperor Taisho) had a Shinto style wedding, the Shinto style became popularized in Japan. The bride wears a pure white kimono (shiromuku),

a long over-garment for kimono (uchikake), and a "horncover" (tsunokakusi). The white color of the bride's kimono symbolizes the beginning of a journey. In contrast, the groom wears a black long jacket decorated with family crests and traditional Japanese pants (montsuki haori hakama). It is common that only family members and close relatives of the groom and bride attend the Shinto style wedding.

The steps of the ceremony are as follows: (1) a purification rite, (2) raising of food and sake offered to the gods (shinsen), (3) addressing of a litany (norito) to the gods by the officiator, (4) lowering and pouring of the nowblessed sake (miki) for the bride and groom (sansankudo), (5) reading of the marriage vows by the bride and groom, (6) sacred offerings of evergreen branches (tamagushi) by the officiator as well as the bride and groom, (7) the pledge between families that is symbolized by their partaking of the miki, (8) the lowering of food offerings, and (9) a bow from the priest which brings the ceremony to its conclusion.

### Korea

Traditionally, wedding ceremonies were considered the most important and invous considered the most important and joyous occasions in Korean culture. Although the traditional Korean wedding ceremony was very complex, it has been simplified over time. First, the two families take part in an exchange which expresses the intention of marriage to occur. In the past, when marriages were often arranged, the parents of the couple determined or approved the marriage. Then, a day before the wedding, the groom's family would send marriage gifts in a chest (ham) to the bride. This custom is continued even today, with the groom and his friends delivering ham to the bride. Traditionally, the actual ceremony took place in the yard of the bride's house. In many cases, because the bride and groom



lived far apart, it was customary for the groom to ride on a horse on his way to the bride's house. Upon arriving, the groom presented a wild goose, which symbolized a promise of eternal affection and devotion, to the bride's mother (jeonallye).









The couple faces each other for the first time during the ceremony. The bride bows twice, followed by the groom's bow in return (gyobaerye). Afterwards, the couple drinks wine from a shared gourd dipper. The gourd dipper, cut in half, symbolizes the bride and groom being united through the marriage even though they were born separately. During the ceremony, the bride wears a colorful female ceremonial topcoat (wonsam or hwalot) and Korean traditional clothing (hanbok), while the groom dresses in a costume (samogwandae) that resembles what government officials wore during the Joseon Dynasty (1392 - 1910).



After the wedding, the groom and bride sit side-by-side to pay their respects to the groom's family (pyebaek). In this family-only event, the mother-in-law throws jujubes (a fruit) and chestnuts into the bride's skirt in hope of future fertility of the married couple.



### SPORTS & ARTS AN EXPERIENCE OF SPORT

# Sports

China, Japan, and Korea have maintained distinctive sports cultures throughout history. The traditional sports of the three countries often carry greater significance than other leisure time activities: they are the fruits of political, social, and cultural changes, as well as a reflection of the spirituality of each nation. Although there has been much effort to preserve those traditional sports, contemporary Chinese, Japanese, and Korean people share common interests in both watching and playing a number of modern sports.



### Traditional Sports in China **Taiji Quan**

*Taiji quan* literally means "supreme ultimate boxing", and it is characterized as a method of fighting based on techniques which strive to handle interacting forces. It was originally derived from Chinese philosophical and religious traditions (*taoism*), based on the principle of "the soft overcomes the hard". It promotes relaxation, well-being, and self-defense by using a sequence of slow-motion movements.

The ability to "stick, adhere, continue, and follow" is an essential part of *Taiji quan* combat techniques. In addition, other key techniques include pushing, pulling, wrapping, bumping, sweeping, locking, knocking down, and throwing. These techniques help the practitioner to efficiently utilize his or her power.

This "soft" martial art has garnered a high reputation

throughout the world because of its wide range of health benefits. *Taiji quan* not only prevents a person from coming to harm, but also cultivates one's physical and spiritual health. Specifically, breath control techniques promote relaxation, which helps to build a flexible body and refine one's inborn ability to neutralize stress. Since this physical relaxation technique emphasizes strength and



inner balance and suits people of all ages, *Taiji quan* has been promoted widely in the world as a professionalized sport and an exercise that provides health benefits.





### Traditional Sports in China Dragon Boat Race

The Dragon Boat Race is conducted throughout China in order to promote peace, luck, and health. It dates back to about 2,500 years ago, and is a part of the Dragon

Boat Festival *(duanwu jie)*, which is celebrated on the fifth day of the fifth month in the Chinese lunar calendar.

This traditional Chinese festival originated from the commemoration of Qu Yuan, a great poet who lived during the Warring States Period (476 BC - 221 BC) in Chinese history. In his exile, he drowned himself in the river after knowing that his country was conquered. People beat drums and threw pyramid-shaped glutinous rice dumplings wrapped in bamboo leaves *(zongzi)* into the water, in order to distract fish from attacking Qu Yuan's body. Since then, Chinese people have performed the Dragon Boat Race as a way of paying respect to him.

In China, dragon is a symbol of the nation, symbolizing strength, power, and protection. During the festival, people ride boats shaped like traditional Chinese dragons and the race takes place all day. In order to win this exciting race, players try to create the strongest and fastest dragon boats.

Originally, the Dragon Boat Race mainly took place in the southern part of China. In 1984, the Chinese government designated the Dragon Boat Race as an official Chinese sport. These days, the Dragon Boat Race has spread all over Asia as well as Western countries, showing both Chinese traditions and modern Chinese society's sporting spirit.



### \*‡

### **Popular Sports in Modern China**



Chinese people take part in various sports in their daily lives. In particular, the 2008 Beijing Summer Olympics served as a new launching point for the development of Chinese popular sports as well as the nation's sports industry. It also helped to sustainably expand public sports facilities in Beijing. In 2015, having won the bid for 2022 Olympic and Paralympic Winter Games, Beijing is set to become the first city in the world to host the summer and winter games.

In China, ball games are popular sports, especially soccer and basketball. Currently, it is governed by the Chinese Football Association (CFA). Domestic matches are played under the banner of the Chinese Super League (CSL), with 16 teams taking part in the league. At the same time, European soccer leagues are also followed by a large number of Chinese people. There are massive fans for teams in the English, German, Spanish, and Italian leagues.

Basketball is another popular ball game in China. China's national league, the China Basketball Association (CBA) has teams in a number of cities. In recent years, a number of international basketball stars sprang up in China. Yao Ming, an internationally famous basketball player, led the basketball boom in China upon his joining the NBA in 2002.

Table tennis, badminton and running have also been most welcomed. Public places like parks and squares are full of senior citizens practicing tai chi, walking and dancing. Yoga and eSports are popular among young people.



### Japan



Traditional Sports in Japan *Sumo* 

*Sumo* is a Japanese traditional martial art. Originally, it was a form of religious ritual: participants were praying for a good harvest. During the Nara period (710 - 794), the combination of elements from boxing and wrestling became more defined, and eventually developed into the *sumo*. This is partially because over the years the sport was continuously supported by the Imperial Court. Also, traditionally, *sumo* was conducted at Shinto shrines since it was a religious ritual.

If we look deeper into the history of *sumo*, many aspects of Japan's traditional culture can be found. Before starting a match, for instance, the *sumo* wrestlers *(rikishi)* strike fearsome poses and throw salt into a circular ring with sand *(dohyo)*; this is a purification tradition, since the Japanese regard the *dohyo* as a sacred place. A *rikishi* wears loincloth *(mawashi)* on his bear body, and wears his hair in a traditional Japanese style *(mage)*. In a *sumo* match, two *rikishi*, who are usually tall and of heavy build, face each other on the *dohyo*. They push each other until one of them touches the ground with any part of their body or gets pushed out of the *dohyo*.

Even today, *sumo* is very popular among the Japanese people.





### Traditional Sports in Japan **Judo**

Judo is one of the representative martial arts from Japan. Originating in 1882, the sport developed from an older art of wrestling *(jujitsu)*, with accompanying mental training. Its essence is "softness triumphs over hardness, feebleness over strength", and it always enthralls audiences because a bigger body or greater strength does not always win in *judo*. Since the sport began, *judo* has spread to countries in the world; it has been an Olympic sport since its first inclusion in the 1964 Tokyo Summer Olympics.

In Japan, a competitor usually wears a white uniform comprised of a top, pants, and belt. However, at international competitions, one competitor wears a white uniform while the other wears blue to distinguish between the two competitors. The spirit of *judo* is to overcome an opponent by taking advantage of his or her strength. In a match, held on a square mat, two competitors battle one another using combinations of 67 throwing and 29 grappling techniques.

Scores are awarded according to the execution of techniques. The highest scored technique involves throwing one's opponent so that their back completely touches the mat *(ippon)*; this ends the bout immediately. The other way to end a match is to make the opponent say "I give up" as well as tap their hand twice on the mat or their body. Competitors gain points for penalties committed by the opponent, such as stalling, moving off of the mat, or refusing to attack.



### Popular Sports in Modern Japan

In addition to traditional sports, people enjoy various ball games originating from Western countries. The most popular Western sports in Japan are baseball and soccer. Since its official establishment in 1934, Nippon Professional Baseball (NPB) matches have continuously attracted Japanese fans. Also, since there is a growing number of popular Japanese baseball players playing for American baseball teams, watching American baseball games has gained popularity. There are also nationwide high school baseball championships, commonly known as Spring and Summer *Koshien*, which enthrall a number of Japanese fans. *Koshien* players are a common source for Japan's professional baseball teams. As for soccer, the Japan Football Professional League (known as J. League), is the most famous and prestigious soccer league in Japan. In addition to J. League, a number of Japanese people also enjoy watching international soccer games; as with baseball, this is more common since more Japanese soccer players play in foreign teams. Soccer can almost dominate sports news, especially during the World Cup. The Japanese Women's National Team, *Nadeshiko* Japan, has gained popularity after winning the 2011 FIFA Women's World Cup and the London Summer Olympics a year after.

In addition to the aforementioned sports, Japanese people also enjoy watching and playing other sports. Also, the influence of star athletes raises the popularity of the sports itself. For example, golf has been receiving more attention from fans of all ages, especially after Ishikawa Ryo gained fame as the youngest winner of the Munsingwear Open KSB Cup in 2007. Japan is also strong in men's and women's figure skating, producing strong professional and competitive skaters like Asada Mao, Takahashi Daisuke, and Hanyu Yuzuru. Furthermore, Fukuhara Ai, a table tennis player who won an Olympic silver medal in the 2012 London Summer Olympics, has contributed to the popularity of the table tennis in Japan.

In addition, people in Japan also enjoy various kinds of exercising in daily life. Junior high school and high schools have afterschool clubs for various sports activities. Many students engage in afterschool sports activities with passion, and sometimes participate in regional and national competitions. Gym, yoga and dance studios are popular for the working generation, to release stress and tension.



### Korea



## Traditional Sports in Korea Ssireum

*Ssireum* is Korea's traditional form of wrestling. This selfdefense martial art was devised by Korean ancestors, to ensure the practitioner's survival during fights with other tribes or wild animals. As time passed, *ssireum* became more than just a sport; it reflected Korean history, as well as combined the nation's cultural heritage with the values of the Korean people. *Ssireum* involves many techniques, which can be categorized into four types: hand techniques, foot (leg) techniques, waist techniques, and mixed or integrated techniques.

In *ssireum* matches, wrestlers compete on a sand floor until one competitor makes the other fall on the ground. When any part of the body above the knee touches the ground, it counts as a fall. Wrestlers wear cotton belts *(satbas)*, with a different color for each competitor. The sash is placed around the right leg and tied with a knot, forming a ring around the thigh. In addition, wrestlers are only allowed to wear a pair of shorts certified for competition. There are two types of competition in *ssireum*: amateur and professional. While amateur competitions are held at city, regional, and national levels, professional competitions are held at the national level only. Also, individual and team competitions are split into weight classifications. A wrestler only competes against opponents from the same weight range.







Traditional Sports in Korea **Taekwondo** 

*Taekwondo* is a Korean traditional martial art that focuses on both physical and mental well-being. The sport is not limited to those in good physical condition; they can also be enjoyed by anyone. *Taekwondo* first appeared on the international stage as a demonstration in the 1988 Seoul Summer Olympics; it then became an official Olympic sport in the 2000 Sydney Summer Olympics. Over the years, *taekwondo* has become a global sport with a strong international reputation.

The name *taekwondo* translates to the art of the foot and the fists; in other words, the right way of using one's body to stop fights and help build inner peace. *Tae* means foot, *Kwon* means fist, and *Do* means the way or the art. A new *taekwondo* trainee begins with a white belt at rank ten of *Geup* and advances towards the black belt at rank one of *Dan*, the highest rank in *taekwondo*.

Contestants must wear body protection when they take part in a series of three non-stop, three-minute rounds, with a one-minute break between each round. They may employ foot techniques, which can only use the parts of the foot below the ankle bone. Hand techniques, utilizing the front of the first two knuckles of the competitor's closed hand, can also be used to increase one's score. However, using one's hands to hit the opponent's head is prohibited during the match.



Popular Sports in Modern Korea

Today, Koreans are enjoying a diverse range of sports. The mainstream sports attracting the most domestic fans include soccer and baseball. The successful co-hosting of the 2002 FIFA World Cup with Japan was a turning point for Korean soccer. Korea's national team has consistently been one of the strongest Asian teams, due to the fact that younger, more competent Korean players (like Son Heung-min, and Ki Sungyueng) are entering the international scene. The Korean domestic soccer league, called the K-league, has attracted quite a number of viewers; beyond this, lots of people enjoy playing soccer as a recreational activity.

Baseball is another beloved sport in Korea. Baseball games in Korea, involving the nine professional teams (ten teams after 2015) of the Korean Baseball Organization (KBO), have attracted many passionate fans in recent years. The Korean national baseball team has improved its performance over time, winning the gold medal at the 2008 Beijing Summer Olympics and the silver medal at the 2009 World Baseball Classic (WBC). Some players, like Choo Shin-soo and Ryu Hyun-jin, are not only popular in Korea but have also gained international fame.

Korea has also excelled in many other major international sporting events. The 2010 Vancouver Olympic gold medalist Kim Yu-na, is a national figure skating icon in Korea. The success of the Pyeongchang Winter Olympics 2018 has boosted people's interest in winter sports. Korea has also produced many worldclass golfers, in both men's and women's golf, including Park Se-ri, Choi Kyung-ju, and Kim Mi-hyun, to name a few.

Koreans enjoy sports for various purposes, including hobbies, socializing, and self-improvement. Hiking and cycling are sports loved by Koreans regardless of age. In the case of team sports such as soccer and baseball, people who live nearby, colleagues, or online communities gather together and form a club to enjoy sports in group activities. In the recent years, an increasing number of people go to the gym, practicing yoga or pilates as part of self-management. In Korea, eSports is especially loved by the young generation.



SPORTS & ARTS AN EXPERIENCE OF SPORTS & AR

# Arts

There is no doubt that art enriches our lives and our culture, and much of what is trendy or popular is derived from TV, movies, and other forms of media. China, Japan, and Korea have created a wide range of attractive art throughout their distinct histories. In this section, you will glimpse both traditional and modern art from each country. Traditional forms of art have their own unique characteristics, while many modern forms of art share characteristics of other countries. Prominent forms of art will be introduced in this section.



### China

### Beijing Opera (Jingju)

Beijing Opera *(jingju)* is the most influential form of Chinese opera. Through constant integration with other local operas over the past 200 years, Beijing Opera has become a combination of singing, speaking, acting, dancing, and martial arts. It embodies Chinese culture, tells stories, and dazzles audiences with

characters who possess beautiful facial painting, magnificent costumes, and graceful gestures.



The roles played in Beijing Opera fall into four basic categories: male role *(sheng)*, female role *(dan)*, painted-face character *(jing)*, and clown *(chou)*. Each role is made distinct by the character's age, gender, and social status. There are more characters subdivided under each category.



Most roles are easy to be identified with the use of makeup, costume, and gestures, but only *jing* and *chou* wear elaborate facial makeup *(lianpu)*.

With the use of different colors and patterns, facial makeup is used to symbolize personalities, characteristics, and fates of the characters. The basic colors are red, black, and white. Usually, red embodies positive meanings, such as loyalty, wisdom, and faithfulness. Black indicates bravery and uprightness. White reveals the negative aspects of being crafty and tricky. In addition, other colors like purple, yellow, blue, and green also have their own meanings.



### Chinese Acrobatics (Zaji)

Chinese acrobatics *(zaji)* has a long history and rich heritage, including various special performances. Juggling, transforming, and presenting skillfulness are the three basic forms of expression in *zaji*.



"Juggling" is a technique in which performers juggle objects such as bowls, plates, and hats in various combinations. Most of the juggled objects are small and commonly-seen items, because Chinese acrobatics is an art form closely related to the daily life of ordinary people.

Chinese magic involves some special tricks. It integrates scientific principles of electricity, chemistry, mechanics and color. The performers

make use of special stratagems and carefully design performing methods. With a sleight of hand, they can produce changing performances in a short time.

In "Presenting skillfulness", the acrobats make various movements by using objects, including lifting a pole or juggling objects with one's feet. In order to do this, Chinese acrobatics put time and energy into training for waist, legs, and head tricks. Many acrobats start this difficult training at an early age.

Traditionally, Tianqiao in Beijing is known as the best area for watching acrobatics; many acrobats used to gather and perform there. Today, Tianqiao Acrobatic Theater in Beijing presents world-class acrobatic shows. In addition, Wuqiao County in Hebei Province is known as the "Home of Chinese Acrobatics".



### \*Ì

### **Chinese Films**

The Chinese film industry was born in 1913. After surviving several up-and-downs, Chinese films have developed significantly since 1979. Along with noticeable improvement in films from mainland China, films from both Hong Kong and Taiwan have also achieved success. Today, China's film market is the second largest in the world. From time to time, Chinese films embody historical and social implications. Films often try to capture the transformation of Chinese society, including urbanization and the rise of social movements in China.

The fifth generation of Chinese filmmakers, led by directors such as Zhang Yimou and Chen Kaige, demonstrated the beauty of Chinese film to the world; many have won awards in international film festivals, including the 43rd Berlin International Film Festival, and the 1993 Cannes Film Festival. The newer generation of Chinese filmmakers, including Jia Zhangke and Jiang Wen, are also gaining fame across the world. Chinese actors and actresses like Jackie Chan and Zhang Ziyi have become world-class stars and helped to spread the influence of Chinese films across the world.





Actors wear colorful costumes of embroidered silk and lacquered wooden masks. The masks have many variations, but can be divided into several general types: for example, young woman, old man, or demon. The characters also deliver their lines while

making gestures using a variety of hand props, such as a folding fan. Several musicians sit at the back of the stage and play musical instruments, including flutes and drums. There is also a chorus of singers who sing the words and thoughts of the leading character.

Japan

Noh

There are four types of classical theater styles in Japan: *noh, kyogen, kabuki,* and Japanese puppet theater *(bunraku). Noh* and *kyogen (nohgaku)* are recognized by UNESCO as Intangible Cultural Heritage together with *kabuki* and *bunraku.* Developed in the early 14th century by founders Kannami and Zeami, *noh* is also an old surviving theater style in the world. The essence of *noh* is found in its subtlety and profoundness.

The traditional stage for *noh* was originally outdoors but is now usually located within a large structure. The stage is composed of a main stage covered by a magnificent Shinto-style roof and a bridge that serves as a passageway to the stage. The story of *noh* is delivered not only through dialogue but also through singing *(utai)*, musical accompaniment *(hayashi)*, and dance *(mai)*.



*Kabuki* is a popular form of Japanese musical drama characterized by elaborate costumes, striking make-up, stylized dancing, music, and acting. If *noh* is characterized by its subtlety and stately motion, *kabuki* is characterized by its dramatic movement and exaggerated expression. *Kabuki* evolved during the Edo Period (1603 - 1867) and continues to evolve across 400 years of its history. As one of the four main forms of Japanese classical theater, it shares elements of other forms of Japanese classical theater such as *noh* and *bunraku*. The *kabuki* stage was derived from the *noh* stage, whilst some parts of the stage settings are original to *kabuki*. As for *kabuki* scripts, many elements were incorporated from Japanese puppet theater *(bunraku)* and transformed into *kabuki* masterpieces. During its earliest years, *kabuki* was performed by females. Over time, it evolved into an art that is performed by only adult male performers. Over *kabuki*'s development, male actors performing female roles *(onnagata)* became one of the unique features of *kabuki*. Moreover, one distinctive trademark of this theater style may be the *kabuki* actors' makeup *(kumadori)*. Actors cover their faces, necks, and hands with white makeup, and they draw vivid lines on lips and around their eyes in striking colors such as red, black, or blue. They also wear beautifully embroidered robes, and large wigs to emphasize their appearances.

The most important musical instrument for this style of performance is the three-stringed guitar *(shamisen)*. In addition to the onstage music, singers and musicians may also play *shamisen*, flutes, and a variety of percussion instruments from offstage.





### Anime and Manga

Anime and manga can be said to be the most iconic pop culture of Japan.

Before, *anime* and *manga* were targeted towards children. In the recent years, the stories are intricate with rich contents, and some include social issues, varying with different genres. This development has attracted wide range of audiences.

Anime by the world-famous Director Miyazaki Hayao have been loved by many, across countries and generations. For example, his iconic movie, "Spirited Away" won the firstever Golden Bear awarded to an animation film, at the 52nd Berlin International Film Festival, along with the "Best Animated Film" from the Academy of Motion Picture Arts and Sciences at the 75th Academy Awards.

"Astro Boy" and "Dragon Ball" are popular around the world, and movies have been made outside of Japan as well. The popularity of *anime* such as "Pokémon" are not only limited to animations, but also made into products such as card games, character goods, phone games, etc. Many *anime* and *manga* fans around the world enjoy cosplay, to dress as their favorite characters.

Recently, "ONE PIECE", "Attack on Titan", and "Demon Slayer: Kimetsu no Yaiba" are popular across generations.



Korea



Nongak (pungmullnori) is Korea's oldest and most wellknown folk music tradition. It is a comprehensive art that combines singing, dancing, and acrobatics with music. It originated from a time when farmers celebrated the harvest festival, prayed for good harvests, and refreshed their bodies during farming. Since then, as a form of art that showcases the joys and sorrows of farmers' lives, nongak has developed in close connection with the course of people's daily lives.

*Nongak* is generally performed outside, and performers wear brightly colored clothing while twirling a long tassel from a special cap on their heads. Performers spin their heads in order to make an arc with their tassels. They also

play percussion and wind instruments while they walk, run, jump, and turn in time with the music. Audiences are encouraged to join the dance in order to enjoy and feel the performance along with the performers.

In addition, a new type of Korean percussion music performance meant especially for the stage called samulnori evolved out of nongak. Samulnori refers 🧳 to the four instruments played by the musicians, and it is characterized by rapidly changing rhythms of instruments during the performances. Audiences are able to join the performance by clapping or calling out words of agreement or encouragement (chuimsae). This new style of music performance has been rapidly gaining popularity since its creation in 1978.







Pansori is a genre of musical story-telling, performed by a singer and a drummer. It is a kind of oral recitation with no musical accompaniment. The singer dresses in traditional Korean costume (hanbok) and holds a folding fan in one hand; he or she performs the central role of the story through singing, narration, and mimetic gestures. The drummer joins the performance by creating a rhythm (chuimsae) that urges on the vocalist as well as electrifies the audience. The performance can be quite long, with some taking nine hours to complete.

These settings, characters and situations that make up the pansori are rooted in the Joseon Dynasty (1392 - 1910). Initially, pansori, an embodiment of strength and vitality, reflected people's joy, anger, and sadness. Pansori was originally comprised of a collection of 12 operas, although only five survived to today. It was officially recognized by UNESCO as an Intangible Cultural Heritage in 2003.

In pansori, singing with one's own voice considered as "beautiful voice", even though the performer may possess a rougher voice. Vocalists who can move people with their musicality are called master singers (myeongchang). Audiences influence and join the performances, as does the drummer with his or her chuimsae responses.



# Hanllyu (Korean Wave)

Recent years have seen the dramatic rise of Korean wave (hanllyu). Starting in the 1990s, Korean wave refers to the rising phenomenon of Korean entertainment and popular culture that features music, TV dramas, and movies. The term was first introduced by the Chinese press to describe the remarkable growing popularity of Korean entertainment in China. Since then, the Korean wave has gradually gained influence and led to an international demand for Korean products, while also disseminating Korea's phenomenal culture across Asia and around the world.

The Korean pop-culture was well known for the TV dramas. In the recent years, K-pop (Korean pop-music) dominates the Korean wave. Starting from 2000, K-pop gradually gained more popularity worldwide. K-pop idols attract fans with their model-like appearances, vocals, dance moves, and music. K-pop stars, such as Girls' Generation, BIGBANG, PSY, BTS, TWICE, and BLACK PINK have gained popularity not only in Asia but also beyond.

Korean movies are leading the Korean wave as well. The movie "Parasite" directed by Bong Joon-ho won several international awards, including the Palme d'Or in the 2019 Cannes Film Festival and four awards at the Oscars 2020 including Best Picture, Directing, International Feature Film and Writing. It is the first non-English language film in Oscar history to win the award for Best Picture.



# About the TCS

Introducing the TCS

# About Trilateral Cooperation and the TCS

The trilateral cooperation among China, Japan and the Republic of Korea was officially initiated in 1999, when the leaders of the three countries had a breakfast meeting on the sideline of the ASEAN Plus Three Summit in Manila. Since 2008, Trilateral Summits, independent from those of the ASEAN, have been held. Over the past 20 years, the number of ministerial meetings has increased to 21 in the field of foreign affairs, environment, trade and economy, disaster management, education, culture and etc.

The Trilateral Cooperation Secretariat (TCS) is an international organization established with a vision to promote peace and common prosperity among the People's Republic of China, Japan, and the Republic of Korea. Upon the agreement signed by each of the three governments, the TCS was officially inaugurated in Seoul in September, 2011. On the basis of equal participation, the three governments share the total operational budget.

### **Organization of the TCS**



The objective of the Secretariat is to contribute to the further promotion of cooperative relations among the three countries by providing support for the operation and management of the trilateral consultative mechanisms and by facilitating the exploration and implementation of cooperative projects. TCS' flagship projects include International Forum for Trilateral Cooperation (IFTC), Trilateral Youth Summit (TYS), Trilateral Entrepreneur's Forum, Trilateral FTA Seminar, Trilateral Journalist Exchange Program (TJEP) and Trilateral Common Vocabulary Dictionary (TCVD), etc.

The TCS consists of a consultative board with a Secretary-General and two Deputy Secretary-Generals, and four Departments, namely the Department of Political Affairs, the Department of Economic Affairs, the Department of Socio-Cultural Affairs and the Department of Management and Coordination.



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