

# Sophia University –January Session 2026

January 7 – January 28, 2026 \*January 7: Orientation

Date: September 1, 2025

<b>Course Title</b>	Chado, the Way of Tea and Japanese Culture
<b>Course Code</b>	CUZ100
<b>Instructor</b>	Sachie Miyazaki, Maria Lupas, Machiko Hoshina, Yumi Smutny, Heidi Meister
<b>Class Period</b>	1st period (9:00-10:40)
<b>Course Format</b>	In-Person
<b>Language of Instruction</b>	English, Japanese (Japanese will be used in the classroom)
<b>Maximum class size</b>	16
<b>Course Description</b>	<p>中国から伝来した飲茶の習慣は、日本において「茶道」として発展した。近年、茶道だけでなく Wabi・Sabi 「わび・さび」といった美意識や Zen「禅」と茶道の精神の関係などが海外でも注目を集めている。この授業では、日本文化を「茶の湯」をキーワードとして、講義と身体を使った茶道の稽古から体験する。講義では陶芸や漆器などの美術や工芸、建築、造園、食文化、茶の湯の精神性について学び茶道が総合芸術であると言われる理由を考える。また文化体験では、茶を点てる基本の稽古に加えキャンパス内にある紀尾井亭やキャンパス外での茶事体験（希望者のみ）もある。講義、プレゼンテーション、リアクションペーパーの言語は英語であるが、茶の湯の稽古は学習者のレベルに合わせて日本語を併用するので、身体の動きを通した日本語の学習が可能である。日本語力は評価の対象とはしない。</p> <p>Over the course of 500 years, the custom of drinking tea, which came from China, has developed in Japan into the "tea ceremony." In recent years, not only the tea ceremony, but also the aesthetic concepts of Wabi/Sabi, and relationship between Zen and the spirit of Chado have been attracting attention overseas.</p> <p>In this class, students will experience Japanese culture through lectures and physical practice of the tea ceremony with "Chanoyu" as the keyword. In the lectures, students will learn about arts and crafts such as ceramics and lacquerware, architecture, landscaping, food culture, and the spirituality of Chanoyu, and consider why the tea ceremony is said to be a comprehensive art form. In addition to basic tea ceremony practice, the cultural experience includes the opportunity to participate in a informal tea ceremony (<i>Chakai</i>) at <i>Kioi-tei</i> on campus as well as a formal tea gathering (<i>Chaji</i>) off-campus (for those who wish to join). Lectures, presentations, and reaction papers will be given in English, but Japanese will be used during tea ceremony practice according to the proficiency level of the students' Japanese language, so that students can learn</p>

	Japanese through physical movement. Japanese language proficiency will not be evaluated.
<b>Course Objectives</b>	<p>① Students will learn Japanese culture and its spirit through classroom lectures and hands-on experience.</p> <p>② Students will deepen their understanding of arts and crafts, architecture, and Japanese food relating to Chanoyu.</p> <p>③ Students will learn <i>Bonryaku Temae</i>, a basic tea making procedure on the tray of <i>Urasenke</i></p> <p>④ Students will learn the manner of both the host and the guest.</p> <p>⑤ Students will be able to plan an informal tea gathering as a host.</p>
<b>Expected work outside of class</b>	<ul style="list-style-type: none"> <li>• Read the textbooks before the classes.</li> <li>• Review the procedures learned and practice them.</li> <li>• View the movies recommended in the classes.</li> </ul> <p>Length of time for work expected outside per class: 1 hour</p>
<b>Course Materials</b>	Textbook:
	<p>① Randy Channell Soei (2019) The Book of Chanoyu-Tea...The master key to Japanese culture. Tankosha.</p> <p>② Soshitsu Sen XVI (2017) Urasenke Tea Procedure Guidebook 1 Introductory Level-Fundamental Technique, Tankosha [千宗室 (2017) 『[英文] 裏千家茶道点前教則 1 入門一割稽古・客の心得』淡交社]</p>
	<p>Purchase of textbook: <b>mandatory</b></p> <p>e-book: acceptable</p>
<b>Moodle</b>	Moodle will be used in the class to access course materials and create/submit assignments.
<b>Contact Instructor</b>	<ul style="list-style-type: none"> <li>• via Moodle message</li> <li>• via Email</li> </ul> <p>*The email address will be available at CGED office or informed by the instructor in the first class if needed.</p>
<b>Evaluation (Attendance, Class participation, in-class assignments, final exam, quizzes, etc.)</b>	<p>Attendance 30%</p> <p>Class participation 10%</p> <p>Reaction paper 10%</p> <p>Final paper 20%</p> <p>Group presentations 30%</p>
<b>Other comments</b>	<ul style="list-style-type: none"> <li>• 茶の湯の点前を実際に行うため、帛紗、懐紙、扇子を購入する (¥4,500)。</li> <li>• 授業に使う菓子と抹茶代 (¥4,500) 及びコース後半に予定しているフィールドトリップ (茶事) 参加費 (希望者のみ ¥15,000) を別途徴収する。</li> <li>• Students will need to purchase a <i>Fukusa</i> (silk cloth), <i>Kaishi</i> (packet of paper), and a <i>Sensu</i> (folding fan) (¥4,500) in order to practice tea making procedure.</li> </ul>

	<ul style="list-style-type: none"> <li>• A separate fee will be charged for the sweets and tea used in the class (¥4,500), as well as for the field trip, which includes a formal tea gathering and a <i>Kaiseki</i> meal (¥15,000) for those who wish to participate.</li> </ul>
Class schedule	<p>*January 7: Orientation</p> <p>*January 12: No-Class Day</p>
	<p>[DAY 1] Instructor: Miyazaki 1/8 (Thu)</p> <p><b>Lecture: Introduction to the Chado, the Way of Tea</b></p> <p>This lecture introduces the origins and history of Chado, highlighting its roots in Chinese tea culture, the influence of Zen, and the aesthetics of wabi and sabi. ガイダンス 茶の湯文化、歴史</p> <p><b>Chanoyu Practice: Three Types of Ojigi (Bowing) and Their Proper Use</b> お辞儀の種類と方法</p>
	<p>[DAY 2] Instructor: Miyazaki 1/9 (Fri)</p> <p><b>Lecture: Tearoom Structure, Tour of <i>Kioitei</i> on Campus</b></p> <p>Students will learn about the architectural features and symbolic design of a traditional tearoom. The class also includes a guided tour of Kioitei on campus to observe these elements firsthand. 茶室の構造と見学</p> <p><b>Chanoyu Practice: Standing Up, Sitting on Tatami mats and Viewing the Alcove in the Tearoom</b> 床の間の拝見</p>
	<p>[DAY 3] Instructor: Hoshina 1/13 (Tue)</p> <p><b>Lecture: Traditional crafts used in Chanoyu and Ceramic Ware from Japan to Europe</b></p> <p>Students will explore the traditional crafts essential to <i>Chanoyu</i>, such as ceramics, lacquerware, and textiles. The class also examines how Japanese ceramic ware traveled to Europe and influenced artistic culture. 茶の湯の中の伝統工芸と日本からヨーロッパへ渡った陶磁器</p> <p><b>Chanoyu Practice: Folding <i>Fukusa</i></b> 帛紗裁き</p>
	<p>[DAY 4] Instructor: Miyazaki 1/14 (Wed)</p> <p><b>Chanoyu Demonstration at <i>Kioitei</i></b></p> <p>Students will experience a live <i>Chanoyu</i> demonstration at <i>Kioitei</i>. This session provides an opportunity to observe tea preparation and hospitality in an authentic setting. 茶の湯体験</p> <p><b>Chanoyu Practice: Folding <i>Fukusa</i> and Purifying utensils</b> 道具を清める</p>
	<p>[DAY 5] Instructor: Meister 1/15 (Thu)</p> <p><b>Lecture: History of Chanoyu</b></p> <p>This lecture introduces how <i>Chanoyu</i> evolved over time, highlighting major tea masters and the cultural values that influenced the Japanese way of tea. 茶の湯の歴史</p> <p><b>Chanoyu Practice: Handling the <i>Fukusa</i>, Examining the <i>Chasen</i>, Tea Wisk</b> 帛紗の扱い、茶筌通し</p>
	<p>[DAY 6] Instructor: Miyazaki 1/16 (Fri)</p>

	<p><b>Lecture: Difference between Tea Gatherings, <i>Chakai</i> and Formal Tea Gatherings, <i>Chaji</i></b></p> <p>This lecture explains how a simple <i>Chakai</i> differs from a formal <i>Chaji</i>, focusing on the flow of events, guest etiquette, and the meaning of each style.</p> <p><b>Chanoyu Practice: Handling the <i>Fukusa</i>, Examining the <i>Chasen</i>, Tea Wisk</b></p>
	<p>[DAY 7] Instructor: Miyazaki 1/19 (Mon)</p> <p><b>Lecture: Planning your Group <i>Chakai</i></b></p> <p>Students will work in groups to plan and prepare their own <i>Chakai</i>. This session emphasizes collaboration, creativity, and applying what they have learned about tea gatherings. 茶会の計画</p> <p><b>Chanoyu Practice: <i>Bonryaku Temae</i>, Tea Making Procedure on the Tray 盆略点前</b></p>
	<p>[DAY 8] Instructor: Miyazaki 1/20 (Tue)</p> <p>Guest Speaker (zoom) : Randy Channell (Soei)</p> <p><b>Lecture: Why is <i>Chanoyu</i> the Master Key to Japanese Culture?</b></p> <p>Students will attend a lecture on this theme and will then have the opportunity to engage in a discussion with the textbook's author.</p> <p><b>Chanoyu Practice: <i>Bonryaku Temae</i>, Tea Making Procedure on the Tray 盆略点前</b></p>
	<p>[DAY 9] Instructor: Smutny 1/21 (Wed)</p> <p><b>Lecture: Christianity and Chanoyu</b></p> <p>This lecture looks at how Christianity and Chanoyu met in history, and how that encounter shaped tea culture in Japan. キリスト教と茶の湯</p> <p><b>Chanoyu Practice: Making tea and serving tea to the guests</b></p>
	<p>[DAY 10] Instructor: Miyazaki 1/22 (Thu)</p> <p><b>Lecture: Chanoyu in the Modern Society</b></p> <p>Students will consider the role of <i>Chanoyu</i> in today's society, from cultural heritage to contemporary practice. 現代社会における茶の湯</p> <p><b>Chanoyu Practice: <i>Bonryaku Temae</i>, Tea making procedure on the Tray</b></p>
	<p>[DAY 11] Instructor: Miyazaki 1/23 (Fri)</p> <p><b>Chanoyu Practice: Rehearsal for <i>Chakai</i></b></p> <p>In this session, students will rehearse the flow of a <i>Chakai</i>, practicing both tea-making and guest manners in preparation for the final presentation.</p>
	<p>[DAY 12] Instructor: Lupas 1/26 (Mon)</p> <p><b>Lecture: The similarity between Catholic Mass and tea ceremony</b></p> <p>This lecture compares the Catholic Mass and <i>Chanoyu</i>, focusing on their shared sense of ritual, symbolism, and spiritual experience.</p>

	<b>Chanoyu Practice: Preparation for Group Presentations in Groups</b>
	[DAY 13] Instructor: Miyazaki 1/27 (Tue) <b>Group Presentation ①: Host a <i>Chakai</i> or be a guest at a <i>Chakai</i></b> In groups, students will experience both sides of a <i>Chakai</i> —hosting and participating as guests—while putting their knowledge of tea etiquette into practice.
	[DAY 14] Instructor: Miyazaki 1/28 (Wed) <b>Group Presentation ②: Host a <i>Chakai</i> or be a guest at a <i>Chakai</i></b> In groups, students will experience both sides of a <i>Chakai</i> —hosting and participating as guests—while putting their knowledge of tea etiquette into practice.

\*Course format, evaluation methods and class schedule may be subject to change.

### **[Important Note Regarding Class Capacity]**

Course enrollment in each course is on a first-come, first-served basis. Please be aware that once the maximum capacity is reached, you will no longer be able to select that course.

If you plan to transfer the credits to your home university, please consider alternative courses as well when making your study plan, in case the courses you want to take are full.