

# Sophia University –January Session 2027

January 7 – January 29, 2027 \*January 7: Orientation

Date: August 2026

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| <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>                   | 2nd period (10:55-12:35)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <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>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, so that students can learn some Japanese in the tearoom through physical movement. Japanese language proficiency will not be evaluated.</p> |
| <b>Course Objectives</b>              | <ol style="list-style-type: none"> <li>① Students will learn Japanese culture and its spirit through classroom lectures and hands-on experience.</li> <li>② Students will deepen their understanding of arts and crafts, architecture, and Japanese food relating to Chanoyu.</li> <li>③ Students will learn <i>Bonryaku Temae</i>, a basic tea making procedure on the tray of <i>Urasenke</i></li> <li>④ Students will learn the manner of both the host and the guest.</li> <li>⑤ Students will be able to plan an informal tea gathering as a host.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

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|                                                                                                      | Length of time for work expected outside per class: 1 hour                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Course Materials</b>                                                                              | Textbook:<br>① Randy Channell Soei (2019) The Book of Chanoyu-Tea...The master key to Japanese culture. Tankosha.<br>② Soshitsu Sen XVI (2017) Urasenke Tea Procedure Guidebook 1 Introductory Level-Fundamental Technique, Tankosha                                                                                                                                                                                                                                                                                                        |
|                                                                                                      | Purchase of textbook: mandatory                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|                                                                                                      | e-book: acceptable                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <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> | Attendance 30%<br>Class participation 10%<br>Reaction paper 10%<br>Final paper 20%<br>Group presentations 30%                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Other comments</b>                                                                                | <ul style="list-style-type: none"> <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> <li>• A separate fee of ¥4,500 will be charged for the sweets and tea used in class. An additional fee of ¥15,000 will be charged for those who wish to participate in the field trip on January 23 (Sat), which includes a formal <i>kaiseki</i> meal followed by two types of tea and sweets.</li> </ul> |
| <b>Class schedule</b>                                                                                | *January 7: Orientation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|                                                                                                      | *January 11, January 22: No-Class Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|                                                                                                      | [DAY 1] Instructor: Miyazaki 1/8 (Fri)<br><b>Lecture: Introduction to the Chado, the Way of Tea</b><br>This lecture introduces the origins and history of Chado, highlighting its roots in Chinese tea culture, the influence of Zen, and the aesthetics of <i>wabi</i> and <i>sabi</i> . Move to the <i>Kioitei</i> from the classroom.<br><b>Chanoyu Practice: Standing Up, Sitting on <i>Tatami</i> mats and Viewing the Alcove in the Tearoom</b>                                                                                       |
|                                                                                                      | [DAY 2] Instructor: Miyazaki 1/12 (Tue)<br><b>Lecture: Chanoyu <i>Chakai</i> Demonstration at <i>Kioitei</i> , tea utensils and types of <i>kimonos</i></b><br>Students will learn about the architectural features and symbolic design of a traditional tearoom through a guided tour of <i>Kioitei</i> on campus. The class also includes a Chanoyu demonstration.                                                                                                                                                                        |

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|  | <p><b>Chanoyu Practice: Three Types of <i>Ojigi</i> (Bowing) and Their Proper Use. Folding <i>Fukusa</i> and Purifying utensils</b></p>                                                                                                                                                                                                                                                                                                                                                                                               |
|  | <p>[DAY 3] Instructor: Hoshina 1/13 (Wed)</p> <p><b>Lecture: Traditional Crafts in Chanoyu and Japanese Ceramics in Europe</b></p> <p>Students will explore traditional crafts used in Chanoyu, including ceramics, lacquerware, and textiles, and examine how Japanese ceramics were introduced to Europe and influenced European art and culture. In the latter part of the lecture, students will consider the role and significance of Chanoyu in contemporary society.</p> <p><b>Chanoyu Practice: Folding <i>Fukusa</i></b></p> |
|  | <p>[DAY 4] Instructor: Meister 1/14 (Thu)</p> <p><b>Lecture: History of Chanoyu</b></p> <p>This lecture introduces how Chanoyu evolved over time, highlighting major tea masters and the cultural values that influenced the Japanese way of tea.</p> <p><b>Chanoyu Practice: Handling the <i>Fukusa</i>, Examining the <i>Chasen</i>, Tea Wisk</b></p>                                                                                                                                                                               |
|  | <p>[DAY 5] Instructor: Miyazaki 1/15 (Fri)</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</b></p>                                                                                                              |
|  | <p>[DAY 6] Instructor: Miyazaki 1/18 (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.</p> <p><b>Chanoyu Practice: <i>Bonryaku Temae</i>, Tea making procedure on the Tray</b></p>                                                                                                                                         |
|  | <p>[DAY 7] Instructor: Miyazaki 1/19 (Tue)</p> <p><b>Lecture: Sweets used in Chanoyu</b></p> <p>This class introduces students to <i>wagashi</i> used in <i>chanoyu</i>, including their types, ingredients, shapes, and poetic names. Students will learn how to choose sweets for a tea gathering and will also experience making <i>wagashi</i> in class.</p> <p><b>Chanoyu Practice: <i>Bonryaku Temae</i>, Tea making procedure on the Tray</b></p>                                                                              |
|  | <p>[DAY 8] Instructor: Smutny 1/20 (Wed)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

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|  | <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.</p> <p><b>Chanoyu Practice: <i>Bonryaku Temae</i>, Tea making procedure on the Tray</b></p>                                                                                                                                                              |
|  | <p>[DAY 9] Instructor: Miyazaki 1/21 (Thu)</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: <i>Bonryaku Temae</i>, Tea Making Procedure on the Tray</b></p> |
|  | <p>[DAY 10] Instructor: Miyazaki 1/25 (Mon)</p> <p><b>Lecture: Preparation for Group Presentations in Groups</b></p> <p><b>Chanoyu Practice: <i>Bonryaku Temae</i>, Tea Making Procedure on the Tray</b></p>                                                                                                                                                                                                                       |
|  | <p>[DAY 11] Instructor: Miyazaki 1/26 (Tue)</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 1/27 (Wed)</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> <p><b>Chanoyu Practice: Making tea and serving tea to the guests</b></p>                                                                               |
|  | <p>[DAY 13] Instructor: Miyazaki 1/28 (Thu)</p> <p><b>Group Presentation ①: Host a <i>Chakai</i> or be a guest at a <i>Chakai</i></b></p> <p>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.</p>                                                                                                               |
|  | <p>[DAY 14] Instructor: Miyazaki 1/29 (Fri)</p> <p><b>Group Presentation ②: Host a <i>Chakai</i> or be a guest at a <i>Chakai</i></b></p> <p>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.</p>                                                                                                               |

\*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.