



Tofu

Bean curd. Tofu is made from soybean milk that is processed and pressed into soft blocks. Tofu originated in ancient China and then spread to Korea and Japan. It is very low in calories and is often used in vegetarian dishes. (12)

漢字

Kanji

Japanese characters, or ideograms, originally developed in China. Japanese elementary school children must learn hundreds of *kanji* before they reach middle school. (17)



Tatami

Straw mats used as flooring. Traditional Japanese floors are not wooden or carpeted but are made up of straw mats called *tatami*. A *tatami* mat is about the size of a sleeping body, or 3 feet by 6 feet, and the size of a room is described by the number of mats that fit in it, usually 4 1/2 or 6 mats. Nowadays, many Japanese homes have only one room with *tatami*, but in Tokyo in the 1960s, homes and apartments were more traditional and had mostly *tatami*-mat rooms. (21)



Bedding

In traditional Japanese homes, people sleep on a *futon* laid out on the floor. A *futon* set consists of a bottom mattress (a thick cotton pad) and a top blanket (a bit like a comforter). To make the sleeping area usable during the day, the *futon* is stored on a shelf in a large closet until it is needed. (28)

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Udon

A thick white, wheat noodle (similar to spaghetti) usually served in a big bowl of broth with scallions, tempura, or other ingredients. In western Japan the broth is made from light soy sauce; in eastern Japan the broth is dark brown. *Udon* is a very popular lunchtime dish because it is quick to prepare and inexpensive. (36)



Soba

A thin, beige-colored buckwheat noodle. It is served chilled with a dipping sauce or in hot broth as a noodle soup. *Soba* is served at cheap lunchtime counters and at fancy restaurants, and it is easily made at home for a quick meal or snack. It is also a traditional New Year's Eve dish. (36)



Bathhouse

A public bath, usually in a spacious building with a prominent chimney. Men and women bathe in separate large rooms. Each has rows of faucets and tools and one or two large tubs for soaking. Many people go to the bathhouse a couple times a week just to visit with neighbors. (46)



Yakuza

Japanese mobsters, members of organized criminal gangs, traditionally involved in stolen goods, gambling, and loan sharking (loaning money at very high interest rates.). There are many movies about *yakuza* in Japan; sometimes they are portrayed as folk heroes, similar to outlaws in American western movies. They often wear traditional tattoos. (58)

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Sumo

A Japanese sport where a wrestler (*rikishi*) tries to push another wrestler out of the ring (*dohyo*). *Sumo* has many ancient traditions, and some of its rituals (like throwing salt before a match) come from the Shinto religion. (63)



Entryway

In a house like Nishio-kun's, the front door is a sliding panel that opens onto an entryway (*genkan*) where visitors call to announce themselves or take off their shoes before entering the home (you never wear shoes inside a Japanese house or apartment). Often the rooms are separated by sliding panels (*fusuma*) that are a lot like moveable walls, to be closed for privacy or opened for ventilation. (76)



Croquette

Korokke in Japanese. A deep-fried breaded patty of minced meat or fish mixed with potato, eggs, and breadcrumbs. *Korokke* are filling, cheap, and convenient, one of the original "fast foods" in Japan. (84)



Kotatsu

A low, heated table. The top of the table is only 14 inches off the floor. The top lifts off, and over the frame you spread a large blanket. You sit on the floor and tuck your legs under the blanket, beneath the table, where there is an electric heating element. Most Japanese homes in Kazuo's time did not have central heating, so a *kotatsu* was one of the only ways to stay warm during the winter. Families would gather around the *kotatsu* for meals, games, and homework, since it was often the warmest place in the house. (85)

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Ginza

An upscale shopping district in downtown Tokyo. A trip to Ginza was a very special event (the area is several train stops north of where Kazuo lives). The Mitsukoshi Department Store was (and still is) a landmark building, filled with floors of expensive merchandise and lots of restaurants where shoppers can eat and relax. (89)



Tempura

Breaded, deep-fried seafood or vegetables, introduced to Japan by the Portuguese in the 1600s. Onion rings at an American restaurant are similar to tempura, but a tempura chef will deep fry broccoli, carrots, sweet potatoes, shrimp, and other ingredients. (94)



Christmas Cake

A sponge cake topped with whipped cream and strawberries and sometimes chocolates or other fruit. It is usually eaten on Christmas Eve. Only a very small percentage of Japanese are Christian, but Japanese people enjoy many Christmas customs. (109)



New Year's

The period around New Year's Day, known as Oshogatsu, one of Japan's biggest and busiest holidays. People clean their houses and pay off their debts to get the new year off to a fresh start. Many travel to visit their families. There are shrine visits, decorations, special foods, lots of games, toys, and all kinds of seasonal events and TV shows. With children home from school and relatives around, most homes are full of bustle and noise. (114)

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Sukiyaki

A popular dish of meat simmered with vegetables and other ingredients in a slightly sweet broth of soy sauce and sugar. You prepare it at your own table using a pot on a gas burner. When the meat is done, you pick it out of the pot with chopsticks and dip it in a small bowl of raw, beaten egg. (114)



Paddy Fields

Flooded areas of land used for growing rice. Rice paddies are found all over Asia. So numerous are they in Japan that 田, the original Japanese character for “field,” comes from a drawing of a rice paddy. (115)



Yakitori

Skewers of chicken and vegetables grilled and dipped or covered in sauce. Workers enjoy eating *yakitori* when meeting friends after work. (117)



Kimono

Traditional Japanese garment worn by women, men, and children. *Kimono* are in the shape of a T and reach nearly to the floor. They have big collars and long, wide sleeves. *Kimono* don't use buttons. Instead they wrap across the front, the left side over the right. An *obi* (sash) wraps several times around the body and is tied in the back. When wearing a kimono you also put on split-toe socks and traditional footwear: either wooden or straw sandals. *Kimono* are usually worn by women, but rarely on a daily basis. Men may wear *kimono* at formal ceremonies. Young girls and unmarried women usually have very colorful *kimono* with bright designs. (128)

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Calligraphy

Traditional method of writing Japanese using a brush. There are several different ways of writing words and sounds: Chinese characters, or *kanji*; two phonetic scripts, *hiragana* and *katakana*, for writing syllables; and letters of the English alphabet. Numbers are usually written as 1,2,3, etc. Japanese school children know hundreds of *kanji* by the time they finish elementary school, and they learn them by writing them over and over. These days, many grown-ups are forgetting how to hand-write *kanji* (many of which have more than ten strokes) because the computer does it for them. (129)



Curry Rice

A favorite Japanese meal consisting of a thick, sweet curry sauce over white rice. The sauce may contain meat like beef or chicken and vegetables such as onions, carrots, and potatoes. At restaurants the curry sauce is often served separately in a kind of gravy boat. Kids love curry rice. It is usually one of the cheaper offerings on a menu, so parents like it too! (136)



Noh

Classical Japanese theater. The stage is bare, with just a pine tree painted on a wood-panel background. There are only a few actors, each wearing a long robe and usually a stylized wooden mask. The pace is slow, and the themes tend to be religious and tragic, compared to Kabuki, which is much more flashy and full of rich humor and adventure. (141)



Tokyo Tower

A tall communications and observation tower in central Tokyo. Inspired by the Eiffel Tower in Paris, it is 1,091 feet (332 meters) high. It was built in 1958 to host antennas for Tokyo's growing broadcast industry in the postwar period. It is now a popular tourist destination. (162)

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Kamishibai

Japanese “paper theater.” *Kamishibai* grew popular in the 1930s and involved a performer/narrator visiting a neighborhood and setting up a wooden stage, where he would tell a story using picture cards to illustrate the action. Many times the story would end in a cliffhanger to make sure the audience would come to the next show. The performer sold candy and traveled from town to town or block to block. As Japan modernized and TV took over, *kamishibai* became old-fashioned and died out. (But TV itself was first called *denki kamishibai*, or electric *kamishibai*!). (166)



Setsubun

Bean-throwing ceremony day, February 3. In the old calendar Setsubun was associated with the Lunar New Year so it was a time for chasing away the evils of the past and welcoming in good fortune. Roasted soybeans are tossed at a family member wearing a demon mask while everyone yells *Oni wa soto! Fuku wa uchi!* (“Out with demons! In with good fortune!”). The “demon” then runs away, and the family munches on more beans to gather in the luck they hope to have in the year ahead. (172)



Tea

Japanese are great tea drinkers, although coffee is now very popular, too. Many Japanese families keep large thermoses of hot tea on hand so they can drink it at any time during the day. Tea is very important in Japanese culture, particularly for its role in the tea ceremony, which is a ritualized way of preparing and sharing tea with guests. Types of tea include *matcha*, the tea-ceremony tea, very bitter but used to flavor ice cream and even chocolate bars; *genmai-cha*, or brown rice tea; *hoji-cha*, green tea roasted over charcoal; and *shincha*, or “new tea,” made of freshly picked new leaves. (173)



Miso

A flavoring paste, usually made with soybeans and a fermenting agent. *Miso* soup usually contains *miso*, hot water, green onions, and bits of tofu. It often accompanies a traditional Japanese meal. (178)

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Legacies of the 1964 Tokyo Olympics

The Glory of the 1964 Tokyo Olympic Games	Theme/Year
Japan was the first country in Asia ever to host the Olympic Games.	Sports 1964
In preparation for the Olympic Games, Tokyo built thousands of new office and residential buildings; four top-rated hotels; a new sewage system; multiple new train, monorail, and subway lines; and a web of highway. Many of these are still being used over 50 years later.	Urban Development 1964
The construction boom in preparation for the Olympics created jobs.	Economy 1964
(Haneda) Tokyo International Airport was improved for new jet airplanes and the increase of international visitors.	Urban Development 1964
An Imperial Japanese Army site next to Meiji Shrine, which post-World War II became a housing complex for US Air Force families, was renovated as the Olympic Village for athletes.	Urban Development 1964
New sports facilities were constructed including a National Gymnasium for swimming and basketball, Meiji Olympic Park for track and field, and the Budokan for martial arts.	Sports 1964
In time for the Olympic Games, Japan gained recognition as a technological leader with its successful running of the <i>shinkansen</i> (bullet train), the fastest train in the world (in 1964).	Technology 1964
For the 1964 Games, Japan introduced a new commercial passenger jet, timing devices for swimming, and photo-finish technology for sprints.	Technology 1964
Tokyo welcomed television viewers from around the world who could for the first time see the Olympics in color broadcast live and world-wide by satellite.	Technology 1964

Japan emphasized that it had changed from wartime enemy to peaceful friend by excluding content on the Japanese empire from art and cultural exhibits at the 1964 Games.	Peace 1964
Shedding their war past, it was okay for Japanese people to express national pride in peaceful athletic competition between nations.	Peace 1964
Japan provided its athletes training for the Olympics with knowledgeable coaches, the newest training techniques, and the newest medical technology.	Sports & Technology 1964
Japan successfully lobbied to have women's volleyball and judo as new Olympic sports (two sports in which Japanese athletes excelled and, as hoped, won gold medals in 1964).	Sports 1964
Hosting the Olympic Games launched Tokyo as a welcoming tourist destination for visitors from around the world. The city had never welcomed so many people from abroad.	Peace 1964
Tokyo was the first Olympic host city to use Olympic venues for competitions for wheelchair athletes and athletes with other physical disabilities. 1964 was the first time these competitions were called "Paralympics."	Sports 1964
Negative Impacts of the 1964 Olympic Games	Theme/Year
In Tokyo there was constant noise and air pollution due to the mass construction efforts for the 1964 Olympics Games. In 1970 the Japanese government enacted anti-pollution laws to decrease the air pollution over the next decade.	Environment 1964
For the new transportation and buildings in preparation for the 1964 Olympics, some people in Tokyo lost their means of living, particularly people in fishing and aquaculture jobs in Tokyo Bay and in the Tokyo rivers and canals.	Economy 1964
It is estimated that 200,000 cats and dogs were rounded up and killed in 1963 to have the streets of Tokyo clear of stray animals for the 1964 Games.	Environment 1964

To build event sites, such as the Olympic stadium, people were compelled to leave their traditional single-family homes in central Tokyo. Many moved to <i>danchi</i> (high-rise housing complexes) in the suburbs.	Urban Development 1964
To build sites for Olympic events, surrounding greenery was removed and gravesites of the Tokugawa samurai family were buried.	Environment 1964
To build the monorail and highways, rivers, canals and sea shore areas were filled with landfill and/or concrete. This destroyed some fishing and aquaculture industries. The waterways that were left uncovered were polluted and smelly with dead fish and industrial sludge.	Environment 1964
In the years leading up to the Olympics, mismanaged budgeting and spending led to poor-quality construction that was not safe in the long-term.	Urban Development 1964
Japan took over 30 years to pay back its loan from the World Bank for road construction for the Olympics.	Economy 1964
Due to lack of funds, the monorail from Tokyo International Airport was not connected to a central city station making it less convenient for visitors to Tokyo.	Urban Development 1964
In preparation for the Olympic Games in Tokyo, trolley lines were removed so that streets could be widened for cars. More individual cars and less public transit increased traffic and air pollution.	Environment 1964
Tokyo held the Summer Olympics October 10-24, 1964 to avoid the heat and humidity of Japanese summers and typhoon season.	Environment 1964

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Legacies for the 2020 Tokyo Olympics

Targets for the 2020 Tokyo Olympic and Paralympic Games	Theme/Year
Tokyo is the first city in Asia to host the Summer Olympics for a second time.	Sports 2020
Urban-planning in Tokyo is focused on upgrading infrastructure, particularly so it is barrier-free for people with disabilities and the growing ageing population. People will benefit from these changes in the city's accessibility during and after the 2020 Games.	Urban Development & Inclusiveness 2020
The new National Stadium is designed to blend the natural and human-made. It features wood from certified-renewable forests in all of Japan's 47 prefectures. Each level integrates greenery. The roof design creates a natural breeze (stands are not air conditioned).	Environment 2020
For the first time, the approximately 5000 medals received by winning athletes during the Olympics and Paralympics Games are made from metal in recycled mobile phones and recycled polyester fibers. Japanese citizens donated all the small electronic devices necessary.	Environment 2020
In an effort to build less and reuse, existing stadiums, tracks, and arenas (some from the 1964 Games) are renovated and modernized. Eight new venues are built for use in 2020 and future national and international sports competitions.	Environment & Sports 2020
The 2020 Games showcase the clean technology of exhaust-free hydrogen fuel. In the Olympic Village, buses, dorms, and press lounges are powered by hydrogen energy. The pipeline and series of over one-hundred hydrogen fueling stations built for the Games will be for general use of hydrogen power for vehicles and electricity and heating for buildings in Tokyo after the Games.	Technology & Urban Development 2020
In planning and publicity, the Paralympics are treated on par with the Olympic Games to change attitudes towards people with impairments and foster an inclusive society mutually accepting and respectful of people with or without impairments.	Inclusiveness 2020

The Games rely on collaboration with companies for innovative and eco-friendly technology, transportation, and reusable materials, such as Toyota's self-driving, electronic, barrier-free shuttle for athletes.	Economy 2020
Robots with artificial intelligence (AI) are available for language translation; event information; directions and ushering; virtual attendance; hotel check-in; ride calling; carrying or unloading food, drinks, luggage, and garbage; retrieving items on fields at events; facial recognition for media and workers; and more.	Technology 2020
For the first time, podiums for award ceremonies are made from recycled plastic made from a combination of household plastics that Japanese citizens recycled and plastic waste gathered from the ocean. After the Games, they will be recycled again into packaging for Proctor & Gamble products.	Environment 2020
Japan successfully lobbied to have baseball/softball return and karate, sports surfing, sport climbing and skateboarding as new Olympic sports. With these additions, female athletes can participate almost equally and Japanese athletes can excel and win medals.	Sports & Inclusiveness 2020
Host towns for pre-Games training campsites and volunteers during the Games model <i>omotenashi</i> (hospitality that shows care and respect for and anticipates the needs of others) for international athletes and visitors to foster an inclusive society mutually accepting of non-Japanese and Japanese.	Inclusiveness 2020
The cherry blossom-shaped torch is made from aluminum recycled from the temporary housing used by the survivors of the Great East Japan Earthquake of 2011 symbolizing peace and renewal. Recycled Coca-Cola plastic bottles were used in the uniforms of the torch relay runners.	Recovery & Environment 2020
New competitions of "urban sports" (skateboarding, climbing, 3x3 basketball, and freestyle BMX) and new venues in the Bay Zone engage youth--the future generations who can build a peaceful and better world.	Sports 2020

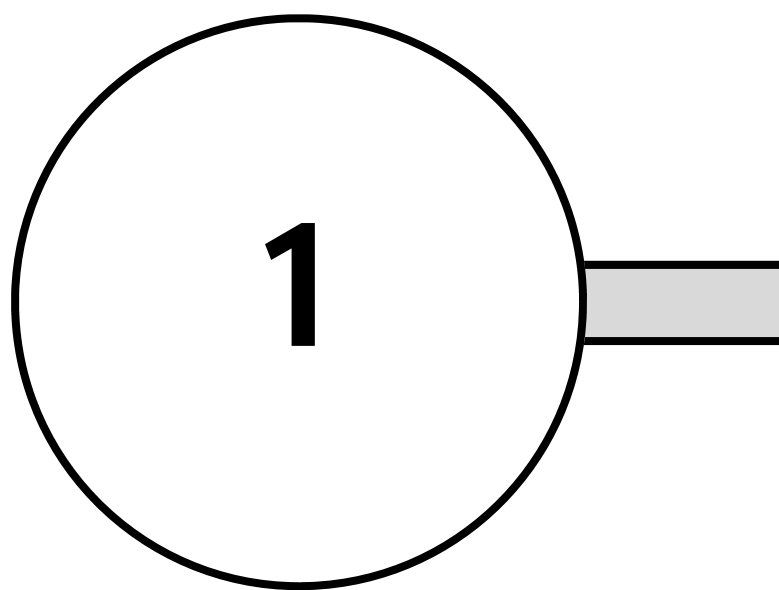
Organizers committed to only using renewable energy to power the Games. Energy sources include installations of solar panels across Japan, self-generating sources at venues, geo-thermal energy, and hydrogen power.	Environment 2020
Prefectures impacted by the March 2011 triple disaster are the starting point for the torch relay within Japan, host Pre-Games Training Camps, and have venues for baseball/softball and soccer competitions. Tohoku people share messages of gratitude and overcoming adversity with international athletes and the world.	Recovery 2020
After the 2020 Games, the Olympic Village will become waterfront condominiums for private ownership that are powered by hydrogen energy and accessible to buses and cars running on renewable energy.	Urban Development & Environment 2020
Television networks plan to broadcast the 2020 Games in 8K video which has clearer picture and better sound. Consumers must have a new, expensive 8K TV to benefit.	Technology 2020
The Village Plaza, a community space for athletes and media, is made of wood contributed by towns and cities across Japan. The facility will be dismantled and the wood returned to be reused in benches, schools, and other public building.	Environment 2020
Hurdles for the 2020 Olympic and Paralympic Games	Theme/Year
The 2020 Games reemphasized labor issues of unhealthy levels of overworking and hiring immigrants. Construction workers, Japanese and some Vietnamese, Chinese, and Filipinos, worked long days, with few days off, and in sometimes dangerous conditions to meet building deadlines for event venues.	Economy 2020
By fall 2018 the Japanese government already had spent approximately \$200 million more than the budgeted amount for the 2020 Games. Taxpayers are paying 80% of the expenses. There is concern that whole future generations of taxpayers could be paying off the bill for the Games.	Economy 2020

Focus, funds, as well as construction workers and machines shifted from recovery and reconstruction in Tohoku from the March 2011 triple disaster to rebranding and building in Tokyo.	Economy 2020
The 2020 Tokyo Olympic and Paralympic Games (July 24-August 9 and August 25-September 6) fall in the hottest months in Tokyo. In concern for athletes and viewers' safety, events will begin early in the day, roads are treated with heat-shielding material, and misting machines, greenery, snow machines, air-conditioned rest areas, ice packs, and portable fans will psychologically cool staff and visitors in the possibly record summer heat.	Environment 2020
The 84-year old Tsukiji fish market (a site of about 650 businesses and popular for tourists) was closed and relocated. The site became a parking area for buses, shuttles and other vehicles during the Olympics and Paralympic Games. Following the Games, it will be redeveloped as an international convention-center complex for the new Bay Zone urban area.	Urban Development 2020
To build the new National Stadium, the Kasumigaoka public housing apartments were torn down. The community of about 230 households was broken up and relocated to three separate sites. Two people had been relocated to the Kasumi neighborhood for the 1964 Games.	Urban Development & Inclusiveness 2020
Tokyo's sewage system is built to release inadequately treated or untreated sewage into its waterways on days of heavy rain or downpours. In these cases, the water in Tokyo Bay is not safe for people. The 2020 Games will use three layers of underwater screens to filter water in the Bay Zone, as well as test the water's safety before athletes swim in open-water events.	Environment 2020

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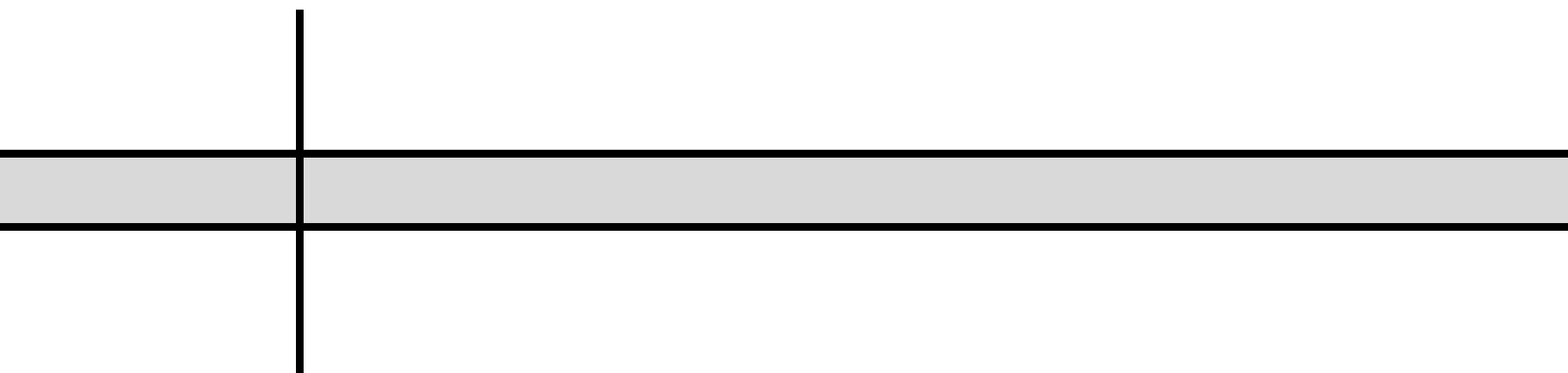


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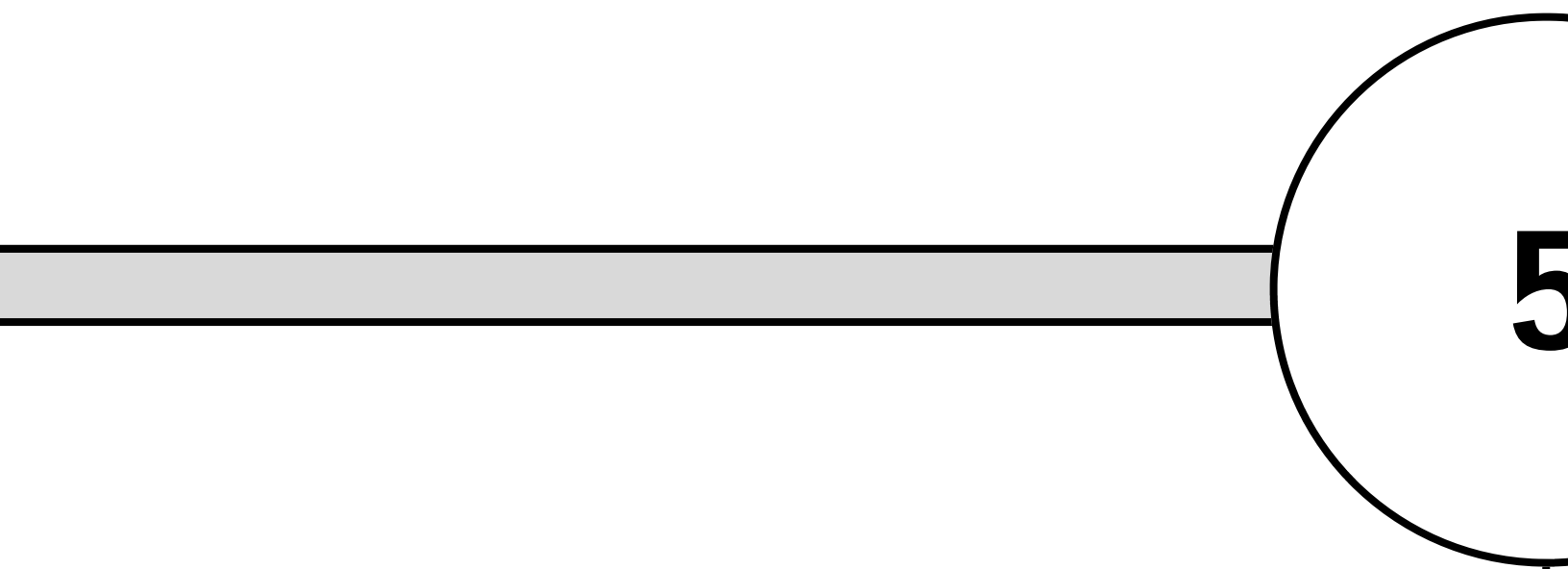
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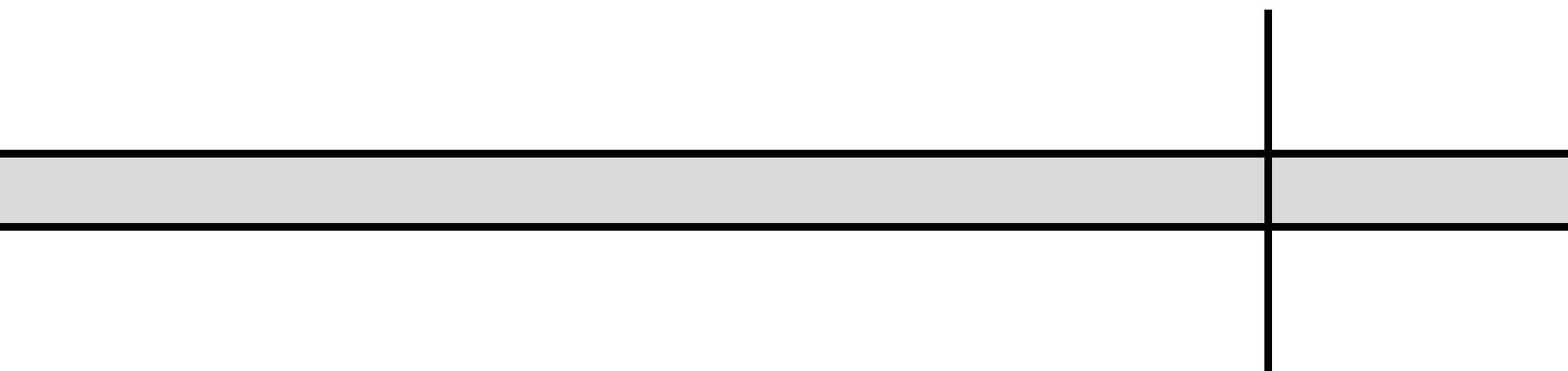
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Positive

Tokyo's Two Olympics: Continuity and Change Chart – Suggested Responses

Positive Changes	Negative Changes	Continuities
<p>Ex. <i>The 2020 Games will feature urban sports, which were not competitions in the 1964 Games. The purpose is to involve youth in the Games, sports, and making a better and peaceful world.</i></p>	<p>Ex. <i>A historic and famous fish market was relocated to make a parking lot for vehicles for the 2020 Games.</i></p>	<p>Ex. <i>It takes many years to pay all the bills after hosting the Summer Olympic and Paralympic Games. It took Japan 30 years to pay a loan for road construction for the 1964 Games. Now, Japan is over budget in planning for the 2020 Games.</i></p>
<ul style="list-style-type: none"> • While in 1964 the Games caused air pollution that had to be dealt with by legislation by 1970, the 2020 Games are committed to using only renewable, carbon-free energy. 	<ul style="list-style-type: none"> • By 1964 Japan had recovered from the destruction of World War II. The 2020 Games shifted away money and tools still needed for 3.11 recovery efforts in Tohoku. 	<ul style="list-style-type: none"> • Tokyo sets world “first” records in the history of the Olympics. In 1964 it was the first Asian city to host Olympic Games. It was the first city to hold athletic competitions called the Paralympics. In 2020 it is the first Asian city to host for a second time both the Olympic and Paralympic Games.
<ul style="list-style-type: none"> • Hosting international athletes and guests, Japan’s image in 1964 went from enemy to friend. In 2020 Japan is marked as an inclusive society mutually accepting of non-Japanese and Japanese with <i>omotenashi</i> hospitality. 	<ul style="list-style-type: none"> • In 1964, Tokyo hosted the games in October. In 2020, the Games are in the hottest point of Japan’s summer, causing many efforts for heat-management tactics. There is concern about typhoons and athletes and spectators’ safety in the heat. 	<ul style="list-style-type: none"> • Both of the Tokyo Games debut new technology for televisions. In 1964 the Games were broadcast in color and real-time. In 2020 broadcast will be in 8K video.
<ul style="list-style-type: none"> • For the first time in Olympic history, the 2020 medals and podiums are made from recycled materials. The podiums will be recycled once used. 		<ul style="list-style-type: none"> • New venues were built for both Games. In 1964 these included the National Gymnasium, Budokan, and Meiji Olympic Park. For 2020 there are eight new venues;
<ul style="list-style-type: none"> • While greenery was removed in construction for the 1964 Games, greenery is being planted at venue sites of the 2020 Games for heat-management. 		<ul style="list-style-type: none"> • Three venues, the National Gymnasium, Budokan, and Meiji Olympic Park, built for the 1964 Games will be used in the 2020 Games as well.
		<ul style="list-style-type: none"> • For both Games, Tokyo welcomes many international visitors to emphasize peace in 1964 and inclusivity in 2020.
		<ul style="list-style-type: none"> • Both Tokyo Games introduce new sports in which Japan has a good chance of winning a medal. In 1964 judo and women’s volleyball were introduced. In 2020, karate, sports surfing, sport climbing, and skateboarding are added and baseball/softball is re-introduced. These new competitions also increased women’s participation in the Games.

		<ul style="list-style-type: none"> • Technology is a major theme of both the 1964 and 2020 Games. A technology highlight in transportation in 1964 was the bullet train. For 2020 it is the hydrogen-fueled and self-driving vehicles. • Hosting the Games facilitates urban development. In 1964 Tokyo had brand new buildings, a sewage system, train lines, and highways. For 2020, Tokyo is improving accessibility for people with disabilities and the elderly and making the Bay Zone a neighborhood running on renewable energy. • Hosting the Games created jobs, particularly in construction, for people from all over Japan in 1964. In 2020, there are jobs for foreign workers as well. • People were displaced for construction of new 1964 and 2020 sporting event sites. Two people relocated for the 2020 Games were also relocated in 1964. • Water pollution from construction and urban development leading up to the 1964 Games destroyed fishing and aquaculture industries. Water pollution threatens open-water swimmers' safety in the 2020 Games.
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