Program "Traditional Culture of Japan"

First Cycle of Conversations

1. The country "Japan" and the Japanese people (introductory conversation)
2. Myths and gods of Japan
3. How do the Japanese view and perceive the world?
4. Features of Japanese speech etiquette and the behavior of the Japanese in society.
   Traditions of Japan. Bows and smiles
5. Rules of prohibitions, or what must not be done in Japan

Second Cycle of Conversations
6. Traditional Japanese house. Visiting a Japanese home
7. The system of upbringing and education
8. Philosophy of Japanese cuisine and amusing bento boxes
9. Japanese gourmets. Poisonous delicacy and love for tuna
10. Body care and traditional Japanese baths culture (ofuro, onsen and sento)

Third Cycle of Conversations
11. Cleanliness and punctuality of Japanese transport
12. Philosophy of Japanese workaholism: "Work ennobles a person"
13. The mystery of the Japanese geisha. Myths about Japanese geisha
14. Kimono — traditional Japanese costume
15. The way of the warrior (bushido) and the Japanese samurai. The rite of seppuku (harakiri)

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Fourth Cycle of Conversations
16. Philosophy of traditional Japanese dance
17. Sumo wrestling — from ritual dance to a spectacular sport
18. The cult of nature. Sakura. Philosophy of ikebana
19. Wabi-sabi — the modest simplicity of Japanese culture and philosophy of life
20. The great role of the small in Japan

Fifth Cycle of Conversations
21. Japanese ingenuity and modesty
22. The way of the gods. Shintoism in Japan
23. Self-improvement and free will in the teaching and practice of Zen Buddhism. Meditation.
24. The Japanese rock garden as a phenomenon of Zen-Buddhist philosophy
25. Kuroki Garden — a symbol of true love

Sixth Cycle of Conversations

26. The tea ceremony. The six main moments of the tea ceremony. The tea bowl and its function in the Japanese tea culture.
27. The object in Japanese culture: “to study objects” and “to learn from objects.” The object in modern Japanese culture.
28. Japanese traditional holidays
29. The magic of paper in Japan

30. The magic of traditional Japanese theater: Noh and Kabuki