

Tsugaru Life

*English through Local Topics
with Workbook*

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English Lounge

Tsugaru Life:

English Through

Local Topics

with Workbook



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Introduction はじめに

はじめに

本書の目的は、弘前を訪れたさまざまな国の人々に、地域の皆さんが英語でこの地方を紹介できるよう、本書を活用していただくことです。

2018年3月に初めて弘前大学イングリッシュ・ラウンジに弘前市民の方々を招いて行われた「おもてなし英語」セミナーは好評を博し、たくさんの方に参加していただきました。その際、最初の教科書「楽しく話しておもてなし英語～わんどの弘前を外国人に紹介するべ～」が出版されました。今後もイングリッシュ・ラウンジでは地域貢献として市民の方を対象に英語講座を続けてまいりますので、その準備の一環として本書を執筆いたしました。

本書は、弘前大学イングリッシュ・ラウンジ教員 5 人の協力の結晶です。弘前とその周辺地域をさまざまな視点で探る郷土愛あふれた英語教科書となりました。弘前には弘前公園の桜、ねぷた祭り、雪灯籠祭りをはじめとする、多様な観光資源があります。しかしながら、旅の真の魅力は人と人とのふれあいです。ウェブやガイドブックには書いていない、この土地でしか知ることができない故郷の情趣を、来訪者に伝えてみませんか。そのため、我々はできるだけここに知られざるこの土地の魅力、思いがけない発見を盛り込むようにいたしました。教員それぞれの出身はアメリカ、ドイツ、そして地元弘前と様々ですが、その視点のユニークさと地域に対する皆の思いを本書で感じていただけたらありがたいです。

テーマ別に分かれた章はそれぞれ「導入」Introduction, 「語彙と読み物」 Vocabulary & Reading, 「会話練習」 Conversation practice, そして「自分で話そう」 Further

thinking で構成されています。1 章から 5 章までありますが、難易度の差は大きくないので自由に自分の興味にあった課題を選んで勉強してみてください。「導入」から「自分で話そう」を順番に読んでいくと「読み物」で得た知識を第三の「会話練習」に適用できます。最後の Glossary には土地の言葉の解説が英語で載っていますので、辞書的にも使えます。一般的な知識と、会話練習をもとに自分の言葉で自分の経験や考えを話す練習ができるよう、企画されています。

皆さんがここ弘前の歴史、文化、現在の姿を、自分の知識と土地に対する愛情と共に伝えることができるよう使っていただけたら、また本学の留学生さん達や世界の方々がこの地方のことを知っていただく一助に読み物として利用していただければと思います。地元の方でも意外に知らない弘前の秘密が隠されているかもしれませんよ！そしてぜひ、弘前大学イングリッシュ・ラウンジでお会いしましょう。

みなさんと楽しくコミュニケーションできることを心待ち
にしております。

2021 年 3 月

イングリッシュ・ラウンジ 教員一同

多田恵実、ブライアン・バードセール、ジョシュア・ソロ
モン、片桐早苗、ライク・ヤグノ

謝辞：本書の校閲にお忙しいなかお力をお貸しいただいた、
ビクター・カーペンター先生、アンソニー・ラウシュ先生
に感謝申し上げます。また挿絵はコンテストで選ばれた本
学漫画研究会学生アーティスト、佐藤俊さんをお願いいた
しました。弘前の其処ここで見かける、キジバトがモデル
になっています。イングリッシュ・ラウンジのマスコット
として今後も活躍してくれそうです。重ねて御礼申し上げ
ます。

Unit 1: Natural Wonders

自然の素晴らしさ



Unit 1: Introduction



八甲田山、岩木山、ユネスコ世界遺産の白神山地と、弘前市を囲む自然は多く有名で豊かな素晴らしいものがあります。これらは日本国内でも世界的にも有名で、日本語でも英語

でも広く書かれてきました。このユニットでは、「あまり知られていない」弘前内外の自然の場所について探索します。弘前西南に位置する美しい滝が連なる暗門の滝、弘前市内外の隠れた湧き水、そして地元の人が町の喧騒を離れて緑深い森を楽しむ、久渡寺山と呼ばれる小さな山について学びます。

There are many famous natural wonders surrounding Hirosaki City, such as the Hakkōda Mountains, Mt. Iwaki, and the UNESCO World Heritage site Shirakami Sanchi.

These are famous throughout Japan and the world and have been widely written about in both Japanese and English. Yet there are also many “off the beaten path” natural spots around Hirosaki City that locals and tourists enjoy visiting, such as the Anmon Falls, a beautiful set of waterfalls southwest of the city, natural springs hidden in and around the city, and a small mountain called Mt. Kudoji where locals go to escape the urban area and enjoy the deep green forests.

Reading 1: Anmon Falls 暗門の滝

trail 小道、登山道	gorge 峡谷	cliff 崖
catch a glimpse ちらっと見る	tadpole オタマジャクシ	scaffolded railing 手すり
stream 小川	insect 昆虫	steep 険しい、急な

Reading 1: Vocabulary Exercise

Choose the correct vocabulary word or phrase to complete the sentence.

trail

gorge

cliff

catch a glimpse

tadpole

scaffolded railing

stream

insect

steep

If you drive up along Route 234, you can _____ of the magnificent view of Lake Towada.

234 号線を車で登っていくと、十和田湖の素晴らしい眺め
を見ることができます。

I love to take a walk along the Oirase _____ It's so beautiful and refreshing.

奥入瀬溪流に沿って歩くのが好きです。とてもきれいでリフレッシュできます。

Takashi can ski downhill on the _____ slopes of Owani.
He is very good at skiing!

高志は大鰐の急な坂をスキーで滑り降りることができます。
彼はスキーが上手です。

I used to like catching _____ as a child. Every summer,
I would catch beetles late at night under the streetlights in
the countryside.

私は子供の頃、虫取りが好きでした。毎年夏には、田舎の
道路沿いの明かりの下で、夜にかぶと虫を捕まえました。

It is very scary to look down from the top of the _____,
but the view is amazing from there.

崖の上から下を見るのはとても怖いのですが、とてもいい
景色を見ることができます。

Reading 1: Reading

Anmon Falls is a series of waterfalls that can be seen at the gateway to the Shirakami Sanchi, a UNESCO World

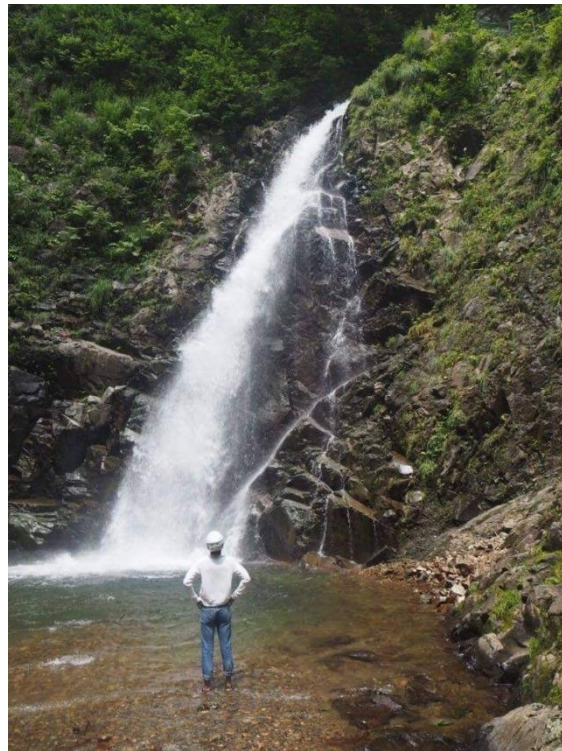


Heritage site, and each summer many people visit it. Hiking the trail to the waterfalls is a great way to explore the **gorge** and enjoy the

cold mountain waters on a hot summer day. It is about 30 km from Hirosaki Station and it takes about forty minutes to get there by car. On the way, you will pass the Shirakami Sanchi Visitor Center where one can learn about this UNESCO World Heritage site. After passing this center, the road to the falls continues along the Iwaki River through narrow valleys that slowly ascend to Tsugaru Dam and Lake Miyama. Once you drive past this lake, you will soon reach Aqua Green Village Anmon. Here, you can enjoy the view of the river and its clear waters and may even **catch a glimpse** of some fish. Many children come here to play on the river shore and toss flat stones across the **stream**,

competing with each other to see how many times they can skip them across the surface of the water. There are also **tadpoles** in the river and children often try to catch them and place them into a water-filled bucket for closer examination before releasing them back into the waters. The **cliffs** are beautiful and one can enjoy the natural green scenery and observe a number of interesting **insects**.

The trail to Anmon Falls starts here and winds through the valley. The trail has **scaffolded railings** and ropes in many places since it often gets damaged by storms and the winter snows. After hiking for some time, you'll finally reach the first waterfall, which is a truly



amazing sight. On a hot summer day, you can refresh yourself by getting close and letting the waterfall spray you, which is a good way to cool down after a long hike. You can also relax and have lunch there and afterwards continue to explore the next two waterfalls further up this trail. On hot

summer days, hikers are **overjoyed** to see the second waterfall because there is a pool around it where one can go swimming. The third one is still further along and requires you to climb up a **steep** cliff, but it is definitely worth the extra effort, as the water drops about 42 meters. The name Anmon Falls is very mysterious - in English it could be translated as "Dark Gate Waterfalls".

Reading 1: Listening Task

Listen to the audio file and correct the statements.

Anmon Falls is a series of waterfalls that can be seen at the gateway to the Shirakami Sanchi, a UNESCO World Heritage site, and each summer few people visit it.

Here, you can enjoy the view of the river and its dirty waters and may even catch a glimpse of some fish.

There are also fish in the river and children often try to catch them and place them into a mud-filled bucket for closer examination before releasing them back into the waters.

The trail has scaffolded railings and slopes in many places since it sometimes gets damaged by storms and the winter snows.

The third one is still further along and requires you to climb up a steep cliff, but it is definitely worth the extra effort, as the water drops about 43 meters.

Reading 1: Conversation Practice

GUIDE: Welcome to Aqua Green Village Anmon! Do you have any questions about the trails or the falls? Can I help you with anything?

TOURIST: Yes, you can. A local friend recommended I visit these waterfalls. I've heard they are beautiful.

GUIDE: Yes, they are ... Do you have any questions or can I help you with anything?

TOURIST: Well, I just got off the bus and I was wondering if you could tell me where I should go.

GUIDE: Of course. First of all you need to rent a helmet. The trail that follows that gorge (*pointing in the direction of the trailhead*) has been damaged by flooding and the winter weather, so some areas of the trail are dangerous.

TOURIST: I see. OK.

GUIDE: So, the trailhead starts over there. The first section is pretty easy, but as I said, there are parts with scaffolded railings and ropes, so please be careful.

TOURIST: I will. Thanks for the warning.

GUIDE: There are 3 waterfalls. The first one is pretty easy to reach and you can relax there and have a snack. The second waterfall has a large pool around it, so if you are hot, you might want to jump in and relax in the water. Finally, the third is up a steep path that requires climbing some steps, but it's not too difficult.

TOURIST: Great! This sounds like an adventure! Is there anything I should be worried about, for example wild animals or dangerous snakes or anything?

GUIDE: Well, there is a good chance you might see some monkeys. I would also recommend wearing some insect repellent; there may be mosquitos or horse flies on the trail!

TOURIST: Wow ... monkeys! I would love to see some. I have never seen a monkey in the wild. Thanks for your help.

GUIDE: Sure, no problem. Enjoy your afternoon hike.

Reading 1: Translation Exercise

Translate and compare the translations.

Translate the following sentences into English. Then find the sentences in the text and write them beneath your translation. Compare and contrast the translations. Are they similar? Are they different? If they are different, how are they different and why do you think they differ?

弘前駅から約 30km、車で 40 分ぐらいで到着します。

English (your translation):

English (from the text):

ここでは、川とその清らかな流れを楽しむことができ、魚が泳ぐのを見られるかもしれません。

English (your translation):

English (from the text):

断崖絶壁が美しく、自然の緑の景色を楽しみながら、面白い昆虫をたくさん観察することができます。

English (your translation):

English (from the text):

夏の暑い日には、第 2 の滝の周りにはプールがあり、泳ぐことができるので、ハイカーたちは大喜びです。

English (your translation):

English (from the text):

Reading 1: Writing Exercise

Topic Sentence/Thesis

質問に答える時、はっきりしたトピックセンテンスを使うことが大事です。トピックセンテンスによって、聞き手はどのような主題が語られるか予測できるかがわかるからです。そのため、最初のセンテンスに、質問からキーワードを借りるとよいです。次の例を参照してください。

What do you like to do outdoors during the summer months?

I like to go **hiking**, especially during the **summer**. Summer in the city is very hot, but out in the forest the trees give lots of shade. Also, if you hike up a mountain, it will usually be much cooler at the top. Of course, you will probably sweat a lot on your way up!

最初の文は hiking と summer のキーワードを使っています。

質問は何だったかわからなくても、トピックセンテンスに

よって答えの内容は「夏にハイキング」ということが想像
できるでしょう。

では、次の質問に答えてみてください。

What do you like to do outdoors during the summer
months?

During the summer, I like to_____ (activity) outdoors.

The reason I like_____ (activity) is_____ (reason).

I like to go_____ (activity) in _____ (place/s).

Reading 1: Further Thinking

- 1) What do you like to do outdoors during the summer months?

- 2) How important do you think it is to preserve natural spots like Anmon Falls?

- 3) What are some other famous waterfalls around the world? Have you ever visited one?

Reading 2:

Natural Spring Water 湧き水

draw 汲む	dialect 方言	damp 湿った
stick out 突き出る	cliff 崖	moss コケ

Reading 2: Vocabulary Exercise

Choose vocabulary words to complete the sentences below. Change the word forms where necessary.

spring locate dialect basin draw
damp moss stick out cliff crack

The boy stepped on the ice, and it started _____ immediately.

男の子が氷の上にのると、すぐに割れ始めた。

Many Onsen, or hot _____, dot the landscape in this area. Each Onsen has its own unique water quality, temperature, and health benefits.

たくさんの温泉がこの地域には点在しています。温泉にはそれぞれ独特の泉質、温度、効果があります。

The small shrine is in the _____ forest, and we spent an hour to find it.

その祠は、湿気が多い林の中にあり、見つけるのに1時間もかかった。

The local people spoke with a strong _____, so the TV reporter from Tokyo did not understand a thing they said.

地元の人訛りの強い方言で話していたので、東京から来たテレビポーターは一つも理解できませんでした。

We have a stone _____ used to store rainwater for sprinkling our garden.

庭に散水するための雨水をためる石の鉢があります。

Reading 2: Reading

Aomori Prefecture has many natural springs. You can **draw** fresh water anywhere from Mutsu to Hachinohe, from Tsugaru City to Kuroishi. But there are



springs right in Hirosaki as well. The following paragraphs introduce two interesting local springs.

Tomita no Shitsuko is a natural spring located right in



Hirosaki city, in the Tomita neighborhood.

"Shitsuko" means "pure water" in the local

dialect. It used to be a very important source of

water for the local people. Starting at the end of the 17th century, the water was used by local papermakers. This continued until the 1920s. Then, local people started using the spring for their everyday needs. The water flows through four basins. People used the first for drinking, the

second for washing their faces, the third for washing food, and the fourth for washing clothes. The water flows from the same source as the nearby Gozensui spring. When the Shōwa emperor (Hirohito) visited Aomori in 1933, he drank tea and ate rice made using this water. You can still drink water from the Tomita spring, but the Gozensui water is no longer safe.

Shimizu Kan'nonsui, another natural spring, is about a twenty-minute drive outside of Hirosaki. The water flows from a crack in a large rock. The rock is **damp** and covered in **moss**. The local people built a shrine to the Buddhist god of mercy, *Kan'on* (*Guanyin* in Chinese, *Avalokitesvara* in Sanskrit) there. The shrine is in the shape of Kiyomizu Temple in Kyoto. It is a tall platform **sticking out** of the side of a **cliff**. When you climb to the top, it is very dark and cool because it is surrounded by many tall, old trees. The cliff was damaged and then reconstructed in the year 2000. Now there is a pipe that draws the water all the way to a sink at the bottom of the cliff.

Reading 2: Listening Task

Listen to the audio file and answer the questions.

What is the meaning of "Shitsuko" in the local dialect?

When did local papermakers stop using the water of "Shitsuko"?

When did the Shōwa emperor (Hirohito) visit Aomori?

How is the rock of Shimizu Kan'nonsui described?

In which year was the cliff of Shimizu Kan'nonsui damaged?

Reading 2: Conversation Practice

GUIDE: So, this is called the Tomita no Shitsuko. "Shitsuko" is a local word meaning "pure water."

TOURIST: Can I try drinking some?

GUIDE: Yes, you can. Use this ladle.

TOURIST: Why are there different basins?

GUIDE: That's because a long time ago people used this water for their everyday needs. The first basin was for drinking, the second one was for washing their faces, the third for washing food, and the fourth one was for washing clothes.

TOURIST: Interesting...is this the only spring in Hirosaki?

GUIDE: No, there are many others. In fact, the Gozensui is just a few streets away. When

the Shōwa Emperor, Hirohito, visited this area in 1933, he had tea and rice made from it.

TOURIST: I think I'd like to visit somewhere a little less busy, though.

GUIDE: Maybe I can take you to see the Shimizu Kan'nonsui. It's just a short car ride from the city.

TOURIST: Really? What's it like there?

GUIDE: The atmosphere is great: it's always dark and cool because it is surrounded by trees. The spring flows from a crack in a huge rock. And it is right next to a shrine to the Buddhist god of mercy, Kan'on. The shrine is modeled after Kiyomizu Temple in Kyoto. Have you heard of it?

TOURIST: Why yes, I visited there last time I came to Japan!

Reading 2: Translation Exercise

Connect the words to the sentence.

Connect the partial English translation with the correct Japanese sentence. Write the letter in front of the Japanese text. Then translate the complete sentence into English. Read through the text of Reading 2 to help you complete this exercise.

(A) The rock is ...	(____) かつては、地元の人々にとって非常に重要な水源でした。 _____
(B) It used to be ...	(____) 17 世紀末頃から、地元の製紙業者が使用していました。 _____

(C) Then, local people ...	(____) 「シツコ」は地元の方言で "純粹な水" という意味です。 _____
(D) Starting at the end of the 17th century, ...	(____) 崖は損傷を受け、2000 年に再建されました。 _____
(E) The cliff was...	(____) 岩は湿っていて、苔が生えています。 _____
(F) "Shitsuko" means ...	(____) その後、地元の人々が日常的に湧き水を利用するようになりました。 _____

Reading 2: Writing Exercise

Structure

質問に答える時や情報を提供する時に、筋道に沿うことが大事です。計画をもって進まないで聞き手を混乱させる可能性が大きいからです。書き始める前に、何を言いたいか考えておくといいです。次の質問を参照してください。

Do you often go to a natural spring to get water? If yes, where do you go? If no, why not?

ほとんどの人は often（よく）湧き水を汲みに行くことはないでしょうが、もしかしたらたまに行くことがあるかもしれません。いくつかの湧き水の場所を廻るかもしれないし、いつも同じところに行くかもしれません。あるいは行ったことが一回もないかもしれません。このようないろいろな考えを、質問に答える前に、紙にメモしておいてください。これはブレインストーミングといわれます。例えば、

don't go often...too busy/inconvenient...anything else? like
it, tastes good, refreshing

used to go when hiking...fun exploring...Hakkoda, Shimizu
no Kan'on sui, Bonju-san, good memories with friends

このメモを読み替えると、湧き水を汲むのが好き、そして
昔よく飲んでいたことが明らかになります。ブレインスト
ーミングを整理するとさらに明白になります。

Do you go often? No, not anymore

Why not? I am too busy

However... I used to go a lot

Where? Hakkoda, Shimizu, no Kan'on sui
Bonju-san

Why? fun exploring, tastes good, refreshing,
good memories with friends

さて、次の質問に対してブレインストーミングを行ってください。思いつくことをすべて書くとよいです。そしてメモを筋道が通るように整理して答えてみてください。

What kind of health benefits do you think natural spring water has?

Reading 2: Further Thinking

- 1) Do you often go to a natural spring to get water? If yes, where do you go? If no, why not?

- 2) What kind of health benefits do you think natural spring water has?

- 3) What are some ways people get water in different places around the world? Can you find examples of famous natural springs or water-drawing cultures in other countries?

Reading 3: Mt. Kudoji 久渡寺山







cedar スギ	burst out 急に咲く	dry up 干上がる
fern シダ	cicadas セミ	taxidermic 剥製術の
Japanese marten テン	Japanese black bear ツキノワグマ	circuitous 回り道

Reading 3: Vocabulary Exercise

Choose the best word that matches the following pictures.

cedar burst out dry up fern cicadas

taxidermic Japanese Japanese circuitous
 marten black bear

Reading 3: Reading



Aomori Prefecture has many beautiful hiking areas where one can enjoy the forests and mountains. Mt. Iwaki is the most famous local mountain, but Mt.

Kudoji is another favorite spot for locals. It is very close to Hirosaki and since the elevation is not so high and the trail not so technical, anyone can have fun with this hike!

Mt. Kudoji (663 m.) is a hidden gem for hikers, located only 9 km from Hirosaki Station. Locals enjoy the **cedar** and beech forests, the mountain streams, and an occasional sighting of a Japanese Kamoshika. There are also several stone Buddhist statues lying on the side of the trails. Some statues also blend into the natural colors of the earth.



The scenery of Mt. Kudoji changes dramatically across the four seasons. In winter, snow covers the mountain. Then

spring arrives and the streams flow with melting snow and pockets of spring flowers **burst out** from the ground. Summer appears quickly and the streams soon **dry up** and the forest floors become dense with green **ferns** and other plants. On hot and humid days, spider webs hang in the sunlight and a chorus of **cicadas** sing from the treetops. In autumn, the air cools and fallen leaves color the trails in fading yellows, reds, and oranges. Finally, the frost returns and snow soon covers the mountain peak once again.

The hiking trail begins at a place called *Kodomo-no-mori*, where there is a small visitor center with many local **taxidermic** animals like the



Japanese black bear and **Japanese marten**. There are also beehives, fish tanks, and other wildlife exhibits. Information about the area and maps of the hiking trails are available there.

From the visitor center, one proceeds upward by climbing some steps, eventually passing an old abandoned forest playground. There, one can decide to go left and follow a more direct path up Mt. Kudoji or go right and follow a **circuitous** route. Following the right path leads one down to a streambed where the trail crisscrosses over the stream and moss grows thick on the rocks and fallen trees. There, the trail meets a forest road for a short amount of time and then branches off to the right and the steep upward hike begins on the *Inuwashi Trail*. There are countless steps on this section of the trail leading the hikers higher and deeper into the mountain.

After climbing to an elevation of 573 m., one reaches the first mountaintop called Mt. Iwaochi. Here, the trail branches off into three



different directions. One trail descends to the west towards an area called Lion's Rock, which has a spectacular view of the forests and mountains south of Hirosaki. A second trail follows a steep slope down to the east called Kamoshika

Trail and then returns in the direction of the forest playground. The third trail continues straight in a southern direction that slowly ascends to the peak of Mt. Kudoji. At the peak there is a small shrine and a partial view of Hirosaki. Many hikers take a rest there, eat some lunch or a snack, and rehydrate before heading down the trail towards the visitor center again. There is a total elevation gain of about 460 m. and the total distance is roughly 4 km.

Reading 3: Listening Task

Listen to the audio file and fill in the missing words.

The scenery of Mt. Kudoji changes dramatically across the four seasons. In winter, snow covers the mountain. Then spring arrives and the streams _____ with melting snow and pockets of spring flowers _____ from the ground. Summer appears quickly and the streams soon dry up and the forest floors become dense with green ferns and other plants.

From the visitor center, one proceeds upward by climbing some steps, eventually passing an old, abandoned forest playground. There, one can decide to go _____ and follow a more _____ path up Mt. Kudoji or go right and follow a _____ route.

Following the right path leads one down to a streambed where the trail crisscrosses over the stream and moss grows thick on the rocks and fallen trees.

After climbing to an elevation of _____ m., one reaches the first mountaintop called Mt. Iwaochi. Here, the trail _____ off into _____ different directions. One trail descends to the west towards an area called Lion's Rock, which has a spectacular view of the forests and mountains south of Hirosaki.

A _____ trail follows a steep slope down to the east called Kamoshika Trail and then returns in the _____ of the forest _____. The third trail continues straight in a southern direction that slowly ascends to the peak of Mt. Kudoji.

At the peak there is a small shrine and a partial view of Hirosaki.

At the peak there is a small shrine and a partial view of Hirosaki. Many hikers take a rest there, eat some _____ or a _____, and rehydrate before heading down the trail towards the visitor center again. There is a total _____ gain of about _____ m. and the total distance is roughly _____ km.

Reading 3: Conversation Practice

GUIDE: Good afternoon. Welcome to Kodomo-no-mori Visitor Center. Do you need some information about hiking any of the local trails?

TOURIST: Yes, well, I am not familiar with this area. You see, it's my first time here, so I was just stopping by to look around a little.

GUIDE: Sure, no problem. This is the visitor center and you can look around. We have some stuffed local animals. You can see this is a Japanese black bear. They are unique because they have this (pointing) white crescent moon shape around the neck. There are many black bears in the mountains around Hirosaki, so if you plan to go hiking, I would recommend bringing a bear bell.

TOURIST: Excuse me, a what?

GUIDE: Ah ... a bear bell. Well, it looks like this (*showing a bear bell*) and you wear it while hiking. As you move along the trail, it makes a ringing sound and this alerts the bears that a human is near. You don't want to startle a bear!

TOURIST: Ah, I see. Well, I would definitely like to do some hiking in the future. Is there a trailhead here?

GUIDE: Yes, the trailhead for Mt. Kudoji starts right outside this building.

TOURIST: Cool!

GUIDE: Simply go up this mountain path and veer to the right and then follow the river. Then at the mountain road, turn left and follow it for a few minutes and you will come across another trail. Go right on this trail. There are hundreds of steps, so be ready to climb!

TOURIST: I see. This sounds like a fun challenge.

GUIDE: Yes, it is. After climbing to an elevation of 573 m., you will reach the first mountain peak called Mt. Iwaochi. Keep following the same trail and you will pass through a beautiful beech forest and then finally ascend to the top of Mt. Kudoji.

TOURIST: What is the elevation of Mt. Kudoji?

GUIDE: It is 663 m. Please take this map; it will help guide you along the trail.

TOURIST: Thanks so much! You have been very helpful.

GUIDE: Sure, no problem.

Reading 3: Translation Exercise

Translate the conversation.

Read the following conversation between a Japanese and an English-speaking person. Translate the Japanese into English and the English into Japanese in the space provided. When finished, check your translation with the textbook "Conversation Practice" section.

日本語	English
ガイド：こんにちは。「こども森ビジターセンター」へようこそ。この地域のハイキングコースについて何がお知りになりたいですか？	

	TOURIST: Yes, well, I am not familiar with this area. You see, it's my first time here, so I was just stopping by to look around a little.
<p>ガイド：もちろん、どうぞ。</p> <p>ここはビジターセンターなので、見て回ることができます。地元の動物の剥製もあります。これは、日本のツキノワグマです。首の周りに白い三日月のようなものがついてるのが特徴です。弘前周辺の山にはツキノワグマがたくさんいるので、ハイキングに行く予定の方は熊鈴を持っていくことをお勧めします。</p>	

Reading 3: Writing Exercise

Descriptive Language

記述言語を使うことにより、相手の興味を引きつけることができます。英語では形容詞を加えるともっと記述的になり、また話者の気持ちが伝わりやすくなります。上手に使用すると相手の頭の中に絵を描くことができます。五感

（視覚・聴覚・味覚・嗅覚・触覚）それぞれを使う言葉を用いるとさらに伝わりやすいでしょう。以下の例文を読んで考えてみてください。

What are some of your favorite walking or hiking spots in Aomori (e.g. Hirosaki Park, Momiji-yama, etc.)?

I have enjoyed climbing the steps up to Kudoji temple ever since I first came to Hirosaki. The steps are built of wide, gray stones that have cracked and broken down over many years. They are lined on either side by tall rows of Japanese cedar trees, keeping them in cool shadows even during the middle of the day. Although there are always many singing

birds and buzzing insects in the forest, the long climb up the steps in the shade always make me concentrate on the sound of my footsteps slapping rhythmically down on the stone steps.

この段落ではどのような記述言語、すなわち形容詞が使われているのでしょうか。どの感覚に触れているのでしょうか。

答え：

視覚： gray, tall rows, shadows

聴覚： singing birds, buzzing insects, (feet) slapping rhythmically

触覚： soft, cool

では、以下の質問の答えについてブレインストーミングを行ってください。それから意図的に記述言語をその答えに織り込んでみてください。

Do you think there are lessons we can learn from nature? If yes, what are they?

Reading 3: Further Thinking

- 1) What are some of your favorite walking or hiking spots in Aomori (e.g., Hirosaki Park, Momiji-yama, etc.)?

- 2) Do you think there are lessons we can learn from nature? If yes, what are they?

- 3) What are some famous natural spots around the world? Have you ever visited any of them?

Conversation Practice

Tourist: I'm interested in learning about "off the beaten path" natural spots around Hirosaki City. Are there any places that you recommend visiting?

Guide:

Tourist: I've never heard of this place before. What can you do there?

Guide:

Tourist: Is it far from the city?

Guide:

Unit 2:

Sweet Tooth 甘党



Unit 2: Introduction



城下町弘前は、江戸時代より続くお菓子の文化が今も続き、さらに発展し続けています。津軽藩のお殿様に愛された和菓子は、町の歴史を知るうえで、大事な要素の一つとなっています。また、ハイカラ好きな弘前には、洋菓子の店も多く、長く市民に愛されている変わらない味がたくさんあります。伝統を守りつつも、絶え間ない職人の努力が見えるお菓子が、小さい街のあちこちに魅力的に存在しています。また、津軽独特の当たりくじ付き駄菓子は、家族やご近所との輪を作るのに今もお欠かせないものとなっています。このユニットでは津軽地域のお菓子を知ることで、弘前の歴史や、豊かな文化を学びます。

Hirosaki is a castle town with a tradition of making great sweets that began in the Edo Period and has continued through to today. If you want to know all about the history of this place, then you must know about the confections the Tsugaru daimyo used to enjoy. Furthermore, Hirosaki people often are said to have a “sweet tooth,” so there are also many western-style confectionaries selling delicious sweets made with recipes that have been passed down from generation to generation.

This small town is full of tempting treats made by hardworking confectioners who value tradition and flavor. Additionally, the original Tsugaru “raffle sweets” are still essential at family and neighborhood gatherings. By learning about local sweets, you will understand this city’s history and culture. In this unit, you will learn about Japanese sweets, called “wagashi,” Tsugaru nostalgic sweets, and foreign-inspired sweets.

Reading 1: Wagashi (Japanese Specialty Sweets) 和菓子

confectionary 菓子屋	crest 家紋	mother-of-pearl 螺鈿
texture 食感・歯ざわり	seasonal 季節限定	chestnut 栗

Reading 1: Vocabulary Exercise

Complete the sentences with the six words in the vocabulary list. You may have to change the form when you use it in the sentence.

confectionary

crest

mother-of-pearl

texture

seasonal

chestnut

I like the _____ of this jelly. It's soft, squishy, and smooth.

このゼリーの _____ が好きです。柔らかくて、弾力があって、なめらかです。

_____ is the shiny layer on the inside of some shells. It is used to make buttons or to decorate things.

_____は貝殻の内側で光る層のことです。ボタンや装飾品に使われます。

_____ items are available only during certain seasons or vary with the seasons. Such examples are swimsuits in summer, and snowboards in winter, and so on.

_____の商品は、その季節だけにあるもので、季節によって変わります。例えば、夏の水着、冬のスノーボードなどです。

_____ are the reddish-brown nuts that grow on trees in autumn. They have spiky shells outside and are very tasty.

_____ は、赤茶色の実で、秋に木に実ります。とげのある殻があり、とても美味です。

Ragueneau Sasaki is another example of a traditional _____ which started in Meiji Era in Hirosaki. It was named after a French bakery that appears in the famous play, Cyrano de Bergerac.

ラグノオささきは、明治時代創業の弘前の伝統的な _____ のもう一つの例です。有名な戯曲、シラノ・ド・ベルジュラックに出てくるフランスのパン屋さんに因んで名づけられました。

Do you know your family _____? It is a small symbol design of a family. Usually, when you make a new kimono in a most formal way, you print five of them; two on your

chest, two on the sleeves, and one in the upper-middle of the back.

お家の_____は何かご存知ですか？ 家族のシンボルとなるデザインです。通常、新しい着物を最もフォーマルな方法で作るとき、五つを、二つは胸に、二つは袖に、そして一つを背中の中上部につけます。

Reading 1: Reading

Historically, many people in Hirosaki enjoyed doing traditional cultural activities like the tea ceremony and flower arranging. As a result, many shops selling Japanese sweets were established to complement these cultural activities. Ozakaya, Hirosaki's oldest **confectionary**, dates back to 1630, the time of the second Tsugaru daimyo, Lord Nobuhira. The shop's founder, Saburō Uemon of Echizen, studied in Osaka, which is where the shop name comes from.

Today, Ozakaya is located close to Hirosaki Park. This current building was recognized after the war by the city of Hirosaki as a building of historical interest. Beautiful display shelves



decorated with the peony flower Tsugaru clan **crest**, set in **mother-of-pearl**, are still used in this shop, so it is a true pleasure to shop here. The most famous product is the *také nagashi* cookie made from buckwheat flour. It is a *tō-ka*

sweet with a light **texture**, and a sweet firm *yōkan* jelly made with high-grade red beans and sugar which can last for over a year. While most of the Japanese sweets nowadays are mild in flavor, these Ozakaya sweets are for people with a real sweet tooth. For locals, the *Asahimochi* rice cake stands out: it is a very soft *mochi*-like pouch full of pink-colored bean paste. The special white bean gives it a unique texture, and it is only sold from autumn to winter.

The ingredients for all of these special sweets are **seasonal**, and different products are only available at certain times of the year. You never know which sweets you will find behind



the counter! There are many different products just waiting to be enjoyed.

In spring, during *Hinamatsuri* (Doll Festival), there is *mochi*

flavored with *sakura* (cherry blossoms) or green soy flour. For *Kodomo-no-hi* (Children's Day), there are rice cakes wrapped in oak-leaf. In summer, you can eat chilled soft bean jelly, and in autumn there is *yōkan* jelly (red bean jelly)

with large **chestnuts**. And for New Year's, you can celebrate with many different colored sweets. As the seasons change, people come together again and again to enjoy the sweet treats of Hirosaki, which puts a smile on their faces.

Reading 1: Listening Task

Listen to the audio file and answer the questions.

Hirosaki's oldest confectionary dates to which time?

What is the name of the shop founder of Ozakaya?

Describe the Tsugaru clan crest found in the shop?

What is Asahimochi rice cake?

Each season has a special ingredient. What is the autumn ingredient?

Reading 2: Conversation Practice

GUIDE: So, this is called the Tomita no Shitsuko. "Shitsuko" is a local word meaning "pure water."

TOURIST: Can I try drinking some?

GUIDE: Yes, you can. Use this ladle.

TOURIST: Why are there different basins?

GUIDE: That's because a long time ago people used this water for their everyday needs. The first basin was for drinking, the second one was for washing their faces, the third for washing food, and the fourth one was for washing clothes.

TOURIST: Interesting...is this the only spring in Hirosaki?

GUIDE: No, there are many others. In fact, the Gozensui is just a few streets away. When the Shōwa Emperor, Hirohito, visited this

area in 1933, he had tea and rice made from it.

TOURIST: I think I'd like to visit somewhere a little less busy, though.

GUIDE: Maybe I can take you to see the Shimizu Kan'nonsui. It's just a short car ride from the city.

TOURIST: Really? What's it like there?

GUIDE: The atmosphere is great: it's always dark and cool because it is surrounded by trees. The spring flows from a crack in a huge rock. And it is right next to a shrine to the Buddhist god of mercy, Kan'on. The shrine is modeled after Kiyomizu Temple in Kyoto. Have you heard of it?

TOURIST: Why yes, I visited there last time I came to Japan!

Reading 1: Translation Exercise

Translate and compare the translations.

Translate the following sentences into English. Then find the sentences in the text and write them beneath your translation. Compare and contrast the translations. Are they similar? Are they different? If they are different, how are they different and why do you think they differ?

弘前では昔から、茶道や華道などの伝統的な文化活動を楽しむ人が多くいました。

English (your translation):

English (from the text):

現在、大阪屋は弘前公園の近くにあります。

English (your translation):

English (from the text):
最も有名な商品は、そば粉を使った「竹流し」クッキーです。
English (your translation):
English (from the text):
季節の変わり目には、弘前の甘味を求めて何度も人が集まり、笑顔がこぼれます。
English (your translation):
English (from the text):

Reading 1: Writing Exercise

Descriptive Language

食べ物の話をする際、記述言語が大いに役に立ちます。以下の質問の答えを読んで形容詞を確認してください。

Describe your favorite Japanese sweet. What does it look like? How is it made? When do you eat it?

My favorite Japanese sweet in the summer is shaved ice, called *kakigōri*. It cools you off on a hot day. It is fluffy and light like snow, not heavy and rich like ice cream. It can have toppings of many sweet and fruity flavors, but I like *kinako* powdered soybean. *Kinako* is golden brown and not too sweet. It goes well with bitter green tea. Sometimes I like to have some chewy *dango* rice dumplings hidden in the bottom.

全て見つけた形容詞を以下の表に記入してください。そして続けて、できるだけ自分が考え出せる形容詞を記入してみてください。

色：

味：

食感・手触り：

温度：

では、上の表に書き込んだ形容詞を使って以下の問題に解答して見てください。

Describe your favorite Japanese sweet. What does it look like? How is it made? When do you eat it?

My favorite Japanese sweet is _____. It is good to eat on _____ (temperature) days. It is made from _____, which makes it _____ (flavor) and _____ (color). If you like food that is _____(texture), I suggest you try it.

Reading 1: Further Thinking

- 1) Describe your favorite Japanese sweet. What does it look like? How is it made? When do you eat it?
- 2) There are many kinds of delicious Japanese sweets sold in convenience stores and supermarkets. Which would you recommend to a foreigner?
- 3) There is a sweet in Italy called Furutta di martorana and another called Marzipan in Germany. Take some time to look into their history and ingredients. Can you find any similarities to Japanese confections? How about sweets from other countries?

Reading 2:

Tsugaru Style Nostalgic Treats

駄菓子

allowance おこづかい	neighborhood meeting 近所の集会、町内会	raffle くじ
souvenir お土産	nostalgic なつかしい	demonstrate 物語る、説明 する

Reading 2: Vocabulary Exercise

Write each vocabulary word with the group of words in the chart with the closest meanings.

allowance

neighborhood
meeting

raffle

souvenir

nostalgic

demonstrate

lottery, prize draw	pocket money, financial support	wistful, longing for the past, sentimental

Community gathering	show, exhibit, display	gift, keepsake

Reading 2: Reading

Until about 30 years ago, you could find many little sweetshops located near elementary schools and shrines. Children would take their **allowances**, stand there and calculate how much they could buy. Amongst all the regular treats were Hirosaki's unique "raffle sweets": *Daiō* (Grand Prince), *Imo até* (Lucky Potatoes), and *Andama* (Bean Paste Balls). Made by a local confectioner, these treats are now popular with everyone from children to adults. They will often be seen at **neighborhood meetings**



and children's events—anywhere big groups of people come together. The most popular is the *Daio*, bean paste that is dyed red and green and molded into the shape of peonies, fir

trees, and plum flowers.

These are called "**raffle** sweets" because they come in a box with a pasteboard covered in little slips of paper. Before eating, you must pull one of the slips, revealing your

prize: a “child,” “parent,” or “Grand Prince” sized treat. Everyone wants to get the “Grand Prince,” so they try to guess the best slip of paper to take.

The *Imo até* are fried doughnuts covered in coarse sugar and filled with yellow-colored bean paste. They only come in “parent” and “child” sizes. They are not as rich as they look and go well with coffee.



Both *Daiō* and *Imo até* have been made by local Hirosaki confectioners since 1952. A regular box of these raffle sweets can be shared with more than 25 people. Recently, **souvenir** shops in local train stations have begun selling miniature versions, so people can eat a few of them at one time and enjoy the **nostalgic** taste of these Tsugaru treats. *Andama* are enjoyed not only in Hirosaki, but also in Aomori City. These sweet little treats are the raffle themselves. If you choose one that is colored, you have hit the jackpot! Like *Daiō*, there are three sizes. The winner is the one who gets the largest sweet bean paste. The popularity of these raffle treats **demonstrates** how Tsugaru people of all ages love to eat sweet desserts!

Reading 2: Listening Task

Listen to the audio and fill in the missing words.

Children would take their allowances, stand there and calculate how much they could buy. Amongst all the regular treats were Hirosaki's unique "raffle sweets": *Daiō* (_____), *Imo até* (_____), and *Andama* (_____). Made by a local confectioner, these treats are now popular with everyone from children to adults.

They will often be seen at neighborhood meetings and children's events—anywhere big groups of people come together. The most popular is the Daio, bean paste that is dyed _____ and _____ and molded into the shape of _____, _____ trees, and _____ flowers. These are called "raffle sweets" because they come in a box with a pasteboard covered in little slips of paper.

Everyone wants to get the “Grand Prince,” so they try to guess the best slip of paper to take. The *Imo até* are fried covered in _____ and filled with _____ -colored bean paste. They only come in “parent” and “child” sizes.

They are not as rich as they look and go well with coffee. Both *Daiō* and *Imo até* have been made by local Hirosaki confectioners since _____. A regular box of these raffle sweets can be shared with more than _____ people.

Andama are enjoyed not only in Hirosaki, but also in Aomori City. These sweet little _____ are the _____ themselves. If you choose one that is _____, you have hit the jackpot! Like *Daiō*, there are three sizes.

Reading 2: Conversation Practice

GUIDE: Let's participate in a sweets raffle!

TOURIST: Sweets raffle? That sounds really weird!
How does it work?

GUIDE: We go to this sweet shop and buy a raffle ticket. You might be able to win a big portion of sweet bean paste.

TOURIST: A raffle sounds expensive. Should I worry about the price?

GUIDE: No, no, the raffle is really cheap and we just do it to have fun.

TOURIST: Sounds great, I hope that I win.

GUIDE: Don't worry, if you don't, I'll share my prize with you!

TOURIST: That's nice but I have one question? Why can you win sweets? Isn't a raffle about winning big prizes?

GUIDE:

In the past, sweets were more expensive than they are today, so they were seen as something special. And besides, even today, it encourages kids to try new food. But in the end, the main goal is to just have fun.

Reading 2: Translation Exercise

Connect the words to the sentence.

Connect the first part of the sentence (the English below) with the correct second part of the sentence (the Japanese below). Write the letter in front of the Japanese text. Then translate the complete sentence into English. Read through the text for Reading 2 to help you complete this exercise.

(A) They are not as rich as they look, ...	(____) 子供たちはお小遣いをもらって、その場でいくら買えるか計算していました。 _____
(B) The winner is ...	(____) 地元のお菓子屋さんが作ったこのお菓子は、今では子供から大人まで幅広く人気があります。 _____

(C) They will often be seen ...	(____) あん玉は弘前だけでなく、青森でも楽しまれています。 _____
(D) Children would take ...	(____) 見た目ほどこってりしておらず、コーヒーによく合います。 _____
(E) Andama are enjoyed ...	(____) 一番大きなあんこを獲得した人が優勝です。 _____
(F) Made by a local confectioner, ...	(____) 町内会や子供会のイベントなど、大勢の人が集まる場所でよく見かけます。 _____

Reading 2: Writing Exercise

Structure

ある質問は複数の部分によって形成されています。そういう質問に答える時、はっきりとそれぞれの部分を分けるといいです。以下の例文では質問の二つの部分が混ざってしまい、読む・聞く際に困惑する可能性が高いと考えられます。一回読んで、いったん本を閉じてからどのくらい思い出せるか試してみてください。

Are there any foods that you always eat when your extended family comes together, like during o-Bon or New Year's? Why do you eat them?

Every New Year's season, my family eats *mochi* rice cakes. We like to make the *mochi* as a family using a giant machine. *Mochi* is often eaten sweet with red bean paste, with soy sauce, and or right off of the grill. It is a traditional food for New Year's in Japan. Rice cakes are made from a special

kind of rice. So, for my family, *mochi* is not just a food, but an event that everyone can participate in.

段落をもう一回読み通して見てください。どのくらい思い出せたでしょうか。段落の内容が思い出しにくい理由は、「お餅とは？」と「なぜお餅を食べるか？」という二つの部分が混ざっていることです。以下の空間に以上の答えを整理して書き写してみてください。

Reading 2: Further Thinking

- 1) Are there any foods that you always eat when your extended family comes together, like during o-Bon or New Year's? Why do you eat them?

- 2) Besides these raffle sweets, what are some other sweets that are popular in Japan and enjoyed by people of all ages? Can you describe them? Why do you think they are popular?

- 3) What kind of sweets or candies are eaten socially in other places around the world?

Reading 3:

Foreign-inspired Sweets 洋菓子

authentic 本物の、本来の	baked goods (焼き) 菓子	perfecting 追求した、 完全を目指した
tartness 酸味	funeral 葬式	overeating 食べ過ぎ

Reading 3: Vocabulary Exercise

Write the vocabulary words above their opposites (antonyms) or contrasting words in the chart.

authentic

baked goods

perfected

tartness

funeral

overeating

↓ ↑	↓ ↑	↓ ↑
artificial fake	underdeveloped poorly made	giving birth birthday

↓ ↑	↓ ↑	↓ ↑
dieting fasting	fresh produce	sweetness bitterness

Reading 3: Reading

Hirosaki has many different sweets shops. They sell Japanese sweets, western-inspired sweets, rice crackers, mochi, ice cream, and other snacks. Walking around Hirosaki, it's easy to see that this is a city with a lot of sweets lovers. There are also shops selling **authentic** French and German-style baked goods. Not only locals, but people from around the prefecture will come to sample different kinds of **baked goods**.

Speaking of sampling foods, recently many different bakeries have started **perfecting** their recipe for apple pies using the many varieties of delicious flavored, high-quality apples grown in the area. Today, there are more than forty different bakeries, restaurants, and cafes offering their uniquely made apple pies. Each one has a different balance of sweetness, **tartness**, and cinnamon. You can get a map from the tourist information center in Hirosaki Station which grades these flavors from 1 to 5. It might be fun to follow it on your walk around town.

If you want to know what sweets have been enjoyed for a long time in Hirosaki, you may visit some very old shops that sell Japanese and foreign-inspired sweets. One of the most beloved is Kaiundō. It is a historical shop, established in 1878. The founder apprenticed to a nationally famous confectioner, studied his techniques, and used them to create many new confections. Kaiundo's most famous treats are the manji monaka (bean paste in a light wheat shell) sweets which they started making in 1906. A manji is an important Buddhist symbol that can be seen around Hirosaki. In addition to the Japanese sweets, locals also enjoy their buttercream cake. It is not always available, so you should feel lucky if you find one. They have also made traditional Russian cakes for 50 years. These cakes are made with layers of cookie, meringue, and chocolate.



Another sweets shop, Kyokushōdō, located in Honchō, is famous for Japanese sweets, including banana flavored monaka (bean paste in a light wheat shell). Their most popular cake is called "Angel." In the past, this Angel would often be served at weddings or given as gifts at **funerals**. This Bundt cake (shaped like a

giant doughnut) is made of sponge cake layered with buttercream icing. It is topped with crunchy pure white snow-like meringue, giving it a very attractive appearance. The rich buttercream, fluffy sponge cake, and crunchy meringue is perfectly balanced. It is the kind of cake, that when a family picks one up from the store and starts eating it, each person will cut about a 10 cm slice, then a 5 cm slice, and on and on until before you know it the whole cake is gone. Of course, they also sell pre-cut cakes, so you do not have to worry about **overeating!**

Reading 3: Listening Task

Listen to the audio file and correct the statements.

There are also shops selling fake German and Russian-style baked goods.

Today, there are more than forty-eight different bakeries, restaurants, and supermarkets offering their uniquely made cherry pies.

Kaiundo's most famous treats are the manji monaka (potato paste in a heavy wheat shell) sweets which they started making in 1909.

It is topped with soft pure white snow-like meringue, giving it a very intense appearance.

It is the kind of food, that when a family picks one up from the store and starts eating it, each person will cut about a 12 cm slice, then a 6 cm piece, and on and on until before you know it the whole cake is gone.

Reading 3: Conversation Practice

TOURIST: Do you prefer Japanese sweets or sweets from other countries?

GUIDE: I actually prefer foreign sweets.

TOURIST: That is surprising. Can you get foreign sweets in Hirosaki?

GUIDE: Of course, we have foreign cake shops and even a German bakery.

TOURIST: Is that a new trend?

GUIDE: No, the oldest foreign-style bakery was established in 1878.

TOURIST: Wow! That long ago? Now I really want to see what they have.

GUIDE: Perfect, we are not far from that shop, so let's go!

TOURIST: May I ask one more question?

- GUIDE:** Sure, what do you want to know?
- TOURIST:** Do you think the taste is similar to the cakes and breads you would find in Germany or somewhere else overseas?
- GUIDE:** Good question! Some of the cakes definitely taste different. It is really hard to find some foreign ingredients in Japan and some things Japanese simply don't like, but many of the items taste almost identical to those you would find abroad.
- TOURIST:** Oh, that is interesting, so it is a mix between the styles?
- GUIDE:** Yes, that is often the case, but some things have the original taste too.
- TOURIST:** Okay. One more question. You said that Japanese don't like certain ingredients. For example what?

GUIDE: That is easy. Many Japanese don't like licorice for example, as it tastes like medicine.

Reading 3: Translation Exercise

Translate the conversation.

Read the following conversation between a Japanese and an English-speaking person. Translate the Japanese into English and the English into Japanese in the space provided. When finished, check your translation with the textbook "Conversation Practice" section.

日本語	English
観光客：日本のお菓子と他国のお菓子のどちらが好きですか？	
	Guide: I actually prefer foreign sweets.

<p>観光客：本当ですか。ちょっとびっくりします。弘前では外国のお菓子が手に入りますか？</p>	
	<p>Guide: Of course, we have foreign cake shops and even a German bakery.</p>

Reading 3: Writing Exercise

Topic Sentence/Thesis

質問に答えたり、文化風習を紹介したりする時、トピックセンテンスだけでは情報が足りないことがあります。例えば、紅白歌合戦について意見を述べる時に、以下のようなトピックセンテンスを使うことが考えられます。

"I am really fascinated by the Red and White Singing Competition, because..."

ここで話の主題（トピック）が冒頭に明白に表現されています。ただし、聞き手は日本人ではなかったら、完璧に英語を話しても紅白歌合戦を知らず、話の内容が理解できないかもしれません。そんな場合、トピックセンテンスの次に背景情報を提供するといいいでしょう。

"I am really fascinated by the Red and White Singing Competition. It is held every New Year, and all of the most popular singers in Japan compete on a team of women versus a team of men. I am interested in it because..."

この背景情報が続きの意見を理解するのに不可欠です。

次の質問を見てください。質問そのものも背景情報から始まります。答えようとしたら、どのような背景情報が必要になるでしょうか。明確なトピックセンテンスを書いてから背景情報を提供した上で質問に答えてみてください。

Recently, confectioners have started making allergy-free cakes. What kind of cake ingredients are allergens? Which ingredients might be restricted by religion?

Reading 3: Further thinking

- 1) Do you like to eat cake on your birthday? What kind of cake do you eat? Do you have any special memories of eating birthday cake?
- 2) Hirosaki's western confectionaries have roots in the local coffee-drinking culture. Can you share any special information about Hirosaki and coffee?
- 3) Recently, confectioners have started making allergy-free cakes. What kind of cake ingredients are allergens? Which ingredients might be restricted by religion?

Conversation Practice

TOURIST: The lunch was great. Now I would like to try something sweet. Is there someplace we can get something unique or popular?

GUIDE:

TOURIST: I have heard of that. Where can we get it?

GUIDE:

TOURIST: Is that far from here? Can we walk there?

GUIDE:

TOURIST: One more question? Can you tell me about_?

GUIDE:

Unit 3:

Performing Arts 芸能



Unit 3: Introduction

海外からのお客様の多くは、その国の文化、伝統、そして娯楽について興味をもっています。そのため、海外からの観光客のほうが、日本人より、いわゆる伝統的な「日本文化」（お能、生け花、茶道、など）



に触れていることがありますよね！ですから、津軽地方を訪れる方はきっとこの地方の民謡、お盆の風習、ねぷた祭りなどを鑑賞したいのではないのでしょうか。このユニットではそういった文化について、学びます。今日、ほとんどの人はポップスや西洋クラシックばかりを聴き慣れており、津軽地方の民族音楽の独特さにびっくりするのではないのでしょうか。また、簡単な盆踊りを踊ってみるのも面白いかもしれません。そして民謡酒場に行ったり、お祭りに参加

したりして、地元の人々と同じように津軽三味線や手踊りを楽しむのもいいのではないでしょうか。

Visitors from other countries are often interested in local culture, tradition, and entertainment. As a result, tourists often see more traditional “Japanese culture”—things like Noh, ikebana, and tea ceremony—than regular Japanese do! So, when someone visits Tsugaru, they will probably want to see and learn about folk music and festivals like o-Bon and Neputa. In this unit you will learn how to talk about these kinds of cultural activities.

Today, most people listen to pop music or western classical music, so they may be surprised by how different Tsugaru folk music is. In addition, they may enjoy trying a simple Bon dance. Finally, going to a folk music bar (izakaya) or festival can be a fun way to experience Tsugaru-jamisen or Tsugaru Teodori the same way local people do.

Reading 1:

Folk Singing and Tsugaru-jamisen

民謡と津軽三味線

folksong 民謡	accompany 伴奏、同行する	growl 唸る
rhythmical リズムカルな	repertoire レパートリー	improvise 即興する
wedge くさび形	blind 目の不自由な	tune 曲

Reading 1: Vocabulary Exercise

Look at the letters and read the definition. Unscramble the letters to get the right word from the vocabulary list.

folksong

accompany

growl

rhythmical

repertoire

improvise

wedge

blind

tune

n t e u

A series of musical notes that is pleasant and easy to remember.

音楽的な音のつながりで、聞いて心地よく覚えやすいもの

i b d l n

Someone who is unable to see because their eyes are damaged.

目が傷ついているので、見ることができない人

degwe

A triangular shape with one pointed end and one wide/broad end.

一方がとがっていて、一方が広い三角の形

orlwg

When a dog _____s, it makes a low noise in its throat.

犬がこれをするとき、喉の奥で低い音を立てる

nskflong

A traditional song that is typical of a particular community or nation.

特定の地域や国の特徴のある伝統的な歌

lytrhaihmc

Occurring periodically, as in a motion or a drumbeat.

動きや、太鼓等、一定の間隔で起こる...

nmpoacayc

If you _____ someone, you go somewhere with them.

誰かと一緒にどこかに行くこと

s m r o e i v i p

If you _____, you make or do something using whatever you have or without having planned it in advance.

何かを、あらかじめ計画を立てずに行う

o e r e r i r t p e

All the plays or pieces of music that the performer has learned and can perform.

演者がこれまで習い覚えて演奏や演技ができる演劇や音楽

Reading 1: Reading

Every prefecture has different kinds of **folksongs**. Traditionally, these songs **accompanied** work, festivals, celebrations, and children's play. After 1900, Tsugaru folk music started being performed by professional musicians. They traveled around the country and even overseas to entertain Japanese soldiers during WW2. Many songs changed from ad-libbed jokes and telling about important events to describing local scenery, food, and women. The soldiers enjoyed these songs because they missed home. Today these songs represent the Tsugaru region to the rest of Japan. Tsugaru folk singers will often improvise, so the song changes every time. Like *enka* ballad singers, they often **growl** low notes and use a lot of melisma. Melisma means singing one sound over many notes, like the word "Gloria" in the Christmas song "Gloria in Excelsis Deo." They also use *kakegoe*, **rhythmical** shouting in between verses. The main **repertoire** is made up of only five songs, but there are many other less famous ones, too.

Tsugaru folksongs are usually accompanied by a taiko drum and shamisen. A shamisen is like a 3-stringed banjo.

The shamisen music is also **improvised**. In fact, the improvised shamisen song introductions became so popular that now there is a solo music genre called "Tsugaru-jamisen." Hirosaki Station plays a recording whenever a train comes into the station.

Tsugaru-jamisen uses a large-size shamisen. You probably have seen a photograph of a geisha playing a small-size shamisen. Shamisen is also played in the kabuki theater. Most shamisen are covered in cat skin, but the Tsugaru-jamisen is covered in thick dog skin. The pick is a large, **wedge**-shaped piece of turtle shell. It is used to both hit the strings and beat the body of the instrument like a drum. Tsugaru-jamisen is unique because it is often improvised and can be played quite loud and fast.

The genre of Tsugaru-jamisen was started by **blind**, wandering musicians. The most famous one, Takahashi Chikuzan, even performed in Carnegie Hall after the war. Now people throughout Japan play this style and join in national competitions. Today, the Yoshida Brothers are the most famous players internationally. They combine

shamisen with other instruments and play western-style music, including pop and rock **tunes**.

You can hear Tsugaru-jamisen performed at Neputa-mura, the local museum, as well as in several izakaya in Hirosaki, Aomori City, and Goshogawara. Japanese-style hotels also often hire players to entertain their guests.

Reading 1: Listening Task

Listen to the audio file and fill in the missing words.

Every prefecture has different kinds of folksongs. Traditionally, these songs _____ work, _____, celebrations, and _____ play. After 1900, Tsugaru folk music started being performed by professional musicians.

Tsugaru _____ singers will often _____, so the song changes every time.

In fact, the improvised shamisen song _____ became so popular that now there is a _____ music _____ called "Tsugaru-jamisen."

The pick is a large, _____ piece of turtle shell. It is used to both hit the _____ and _____ the body of the instrument like a drum.

You can hear Tsugaru-jamisen performed at _____, the local _____, as well as in several izakaya in _____, _____ City, and _____.

Reading 1: Conversation Practice

TOURIST: Is there any kind of cultural entertainment that is unique to Hirosaki?

GUIDE: Why, yes there is. Local folksongs have a long history and a unique style of singing.

TOURIST: What is special about folk music in Tsugaru?

GUIDE: Well, the songs are mostly about the local scenery, food, and women. Also, the singing style is special: the songs include improvisation and special voice techniques like growling and melisma.

TOURIST: That's really interesting. Are the singers accompanied by any instruments?

GUIDE: Yes. It depends on the song, but often the songs are accompanied by a taiko drum and shamisen.

TOURIST: What's a shamisen?

GUIDE: A shamisen is like a three-stringed banjo. The local version, called the Tsugaru-jamisen, is covered with thick dog skin. The pick is a large wedge-shaped piece of turtle shell and the musician plucks the strings with it, but also uses it to hit the instrument like a drum. Have you ever seen one before?

TOURIST: Maybe...is that the instrument geishas play?

GUIDE: Yes, geishas play a smaller version of the shamisen. The Tsugaru-jamisen is larger and the musicians often improvise as they perform. The music is very dynamic and combines well with pop, rock, and hip-hop. You may even have heard of the Yoshida Brothers, who have released a number of east/west fusion albums.

Reading 1: Translation Exercise

Translate and compare the translations.

Translate the following sentences into English. Then find the sentences in the text and write them beneath your translation. Compare and contrast the translations. Are they similar? Are they different? If they are different, how are they different and why do you think they differ?

多くの歌は、アドリブの洒落や重要な出来事を語るものから、その土地の風景や食べ物、女性を表現するものへと変化していきました。

English (your translation):

English (from the text):

伝統的には、仕事やお祭り、お祝い事、子供の遊びなどに合わせて歌われてきました。

English (your translation):

English (from the text):

津軽の民謡歌手は即興で歌うことが多いので、毎回歌が変わります。

English (your translation):

English (from the text):

弘前駅では、電車が入ってくるたびに津軽三味線の録音を流しています。

English (your translation):

English (from the text):

Reading 1: Writing Exercise

Topic Sentence/Thesis

トピックセンテンスを使うことにより、聞き手は話の内容を予想できます。質問に答える時に、質問そのものから疑問詞を削除して簡単にトピックセンテンスに書き換えることができます。以下の例文を読んでみてください。

Q: Do you know any folk songs or Tsugaru children's counting songs? How would you introduce them to a foreigner?

A: I know a lot of folk songs and Tsugaru children's counting songs!

A: I don't know any Tsugaru children's counting songs, but I do know some songs with hand gestures.

A: I would introduce some children songs to a foreigner by....

これらは質問から言葉を借りて言い直しています。日本語で質問を繰り返したり、言い直したりすることによって答えを考えることもよくあります。

次の質問を答えのトピックセンテンスとして書き直してみてください（ヒント＝"what other" ・ "another"）。そして短く答えを書いてください。

What other kinds of Japanese folk music do you know about?

Reading 1: Further Thinking

- 1) Do you know any folk songs or Tsugaru children's counting songs? How would you introduce them to a foreigner?
- 2) What other kinds of Japanese folk music do you know about?
- 3) Look up examples of folk music in other countries (e.g. Appalachian folksongs and bluegrass, Spanish Flamenco)

Reading 2:

Tsugaru Teodori Dance

津軽手踊り

cherish 大切にする	dynamic 力強い、活動的	demanding きつい
appreciation 感謝の気持ち	kerchief 頬かむり	feminine 女性らしい
charcoal maker 炭焼き	choreograph 振り付け	posture 姿勢

Reading 2: Vocabulary Exercise

Complete the following sentence 1) to 5) with a vocabulary/expression bellow.

cherish

dynamic

demanding

appreciation

kerchief

feminine

charcoal maker

posture

choreograph

Many of the folk music is to show _____ to the abundant nature and good harvest.

多くの民謡は、豊富な自然と豊かな実りに対する感謝を表現しています。

Good _____ is important not only for dances, but also for a healthy life.

良い姿勢はダンスのために大事なだけでなく、健康的な生活にも大事です。

The local people _____ the festival as a bonding among different generations
地元の人々はそのお祭りを世代を超えたつながりとして大切にしています。

The school festival dance was _____ by the famous hip-hop dancer.
その学園祭のためのダンスは、有名なヒップホップダンサーによって振り付けされました。

Tsugaru-jamisen requires highly complex and physically
_____ technique to perform.

津軽三味線の演奏には複雑で高度な技術が求められます。

Reading 2: Reading

Folk music has been **cherished** by the people of northeastern Japan and Hokkaido for a long, long time. People throughout Japan learn the songs from their, and Tsugaru folksongs are particularly special. The **dynamic** performance of Tsugaru-jamisen with its dense rhythmic style is already known around the world. Similarly, folk singers have come to admire Tsugaru folksongs and their **demanding** vocal techniques. At times, the shamisen and folksong are further enhanced by the addition of Tsugaru Teodori dancing.



Nobody knows exactly where Tsugaru Teodori came from, but some people think it was originally created to show **appreciation** for the hard labor of farmers. In the beginning, male dancers would wear **kerchiefs** on their heads and copy **feminine** movements. Later, in the 1920s, Tsugaru-jamisen and folksongs started to be performed on stage by professionals and the dance was developed into a stage art. Ishikawa Yoshie from Aomori City created the fundamentals of this dance form. Ishikawa worked as a **charcoal** maker in the mountains as a young man. He **choreographed** dance movements with his hands copying the nature surrounding the hut where he made charcoal. These included, for example, the swaying of leaves in the wind on the ends of branches and the swimming of fish in a stream. This is where the name comes from: "*teodori*" means "hand dance."



The basic **posture** for performing Tsugaru Teodori includes bending the knees, keeping a straight back, and lifting the heels off the floor.

The steps show either lightness or strength. The hands are

flexed backwards and the fingertips sway with fine, soft movements. The whole body must be very supple. The basic repertoire of Tsugaru Teodori is performed to the same five folksongs mentioned in Reading 1, but it is extremely difficult to master them all. Because of this, even after many years of diligent study it is still fun to practice and perfect the movements.

Tsugaru Teodori can also be enjoyed by multiple generations at the same time. Here in Hirosaki, the Ishikawaryū Yamabukikai school has worked to maintain the tradition since 1974. They support city-sponsored tourist events, including the Hirosaki cherry blossom festival, chrysanthemum and autumn leaves festival. They also put on shows with elementary and middle school-aged dancers. Beginners can easily learn the very simple "Apple Song" and dance often together with locals.

Reading 2: Listening Task

Listen to the audio file and correct the statements.

Similarly, rock singers have come to admire Tsugaru folksongs and their easy to handle vocal techniques.

Nobody knows exactly where Tsugaru Teodori came from, but many people think it was originally created to make fun of the hard labor of farmers.

The basic posture for performing Tsugaru Teodori includes bending the arm, keeping a straight back, and keeping the heels on the floor.

The basic repertoire of Tsugaru Teodori is performed to the same eight folksongs mentioned in Reading 3, but it is a little difficult to master them all.

Here in Goshogawara, the Ishikawaryū Yamabukikai school has worked to maintain the tradition since 1874.

Reading 2: Conversation Practice

TOURIST: I understand that shamisen and folk singing are very famous in Aomori. Are there any other local performing arts?

GUIDE: Yes, there are many local performing art traditions. For example, Tsugaru Teodori is a type of dance that is performed along with these popular folksongs.

TOURIST: I see, so it is performed to the same music? What kind of dance is it?

GUIDE: It is a very difficult dance. You must keep your knees bent, your back straight, and your heels lifted off the floor. Your hands make very detailed, soft movements. It is a combination of beauty and strength.

TOURIST: Does it have similarities to *kabuki* dancing?

GUIDE: Yes, I think it is a little similar. *Kabuki* dance tells a story. In contrast, Teodori, the

dancer's hands move like nature: swaying branches or fish in a river. This is because Ishikawa Yoshie, a famous dancer, created many moves while working in the mountain wilderness. In fact, the name "*teodori*" literally means "hand dance." That's how important the hand movements are.

TOURIST: Where can I see this hand dance?

GUIDE: The city will often have Teodori dancers perform during various festivals, like the spring cherry blossom festival and the chrysanthemum festival in autumn. You can usually see a very popular group of elementary and middle school-aged dancers perform there!

Reading 2: Translation Exercise

Connect the words to the sentence.

Connect the partial English translation with the correct Japanese sentence. Write the letter in front of the Japanese text. Then translate the complete sentence into English. Read through the text of Reading 2 to help you complete this exercise.

(A) Similarly, folk singers have ...	(____) 例えば、風で木の葉が枝先で揺れる様子や、川で魚が泳ぐ様子などです。 _____
(B) Beginners can easily ...	(____) 体全体がとてもしなやかであること。 _____

<p>(C) These included, for example, ...</p>	<p>(____) 初心者でも簡単な「りんご節」を覚えれば、地元の人たちともよく一緒に踊ることができます。</p> <hr/>
<p>(D) The whole body must be ...</p>	<p>(____) 草創期には、男性の踊り手が頭に頬かむりをし、女性の動きを真似ていました。</p> <hr/>
<p>(E) In the beginning, ...</p>	<p>(____) ステップは、軽さと強さのどちらかを示しています。</p> <hr/>

(F) The steps show ...	<p>(____) 同様に、民謡歌手たちは、津軽民謡とその厳しい発声法を賞賛しています。</p> <hr/>
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Reading 2: Writing Exercise

Structure

海外から来た人に文化を紹介する時、日本の固有で有名な物事に焦点を当てることが多く、私たち自身が個人的に体験したことがない物事可能性があります。例えば、歌舞伎や雅楽は日本の代表的な文化だといわれていますが、現代の日本人の何割が実際に見たり、体験したことがあるでしょうか。このため、日本のステレオタイプばかりを語る恐れがあります。そこで、それを避けるための2つの方法を紹介します。

ステレオタイプになりかねないトピックを紹介する時に限定詞を使うといいです。限定詞を使うことにより、表現の強さを制限します。例えば、以下の例文のペアを比較してみてください。

"Japanese people eat a lot of fish." / "Japanese people traditionally eat a lot of fish."

"High school students are addicted to smartphones." / "Many high school students are addicted to smartphones."

左の文の意味合いは「１００％の日本人はたくさんの魚を食べる」、「１００％の高校生はスマートフォン依存症だ」となります。右の文のように限定する表現「traditionally」や「many」を用いた結果、話がもっと現実的になります。

もう一つの方法はより簡単で、誰でもできます。一般論を述べてから「but」を挿入して自分の意見や追加情報を提供する、という方法です。

"Japanese cuisine is famous for using a lot of fish, but Japanese people today actually consume more meat and dairy products."

"Smartphones are everywhere in Japan and they are easy to get addicted to, but I actually still use an old-fashioned flip phone."

どちらかの方法を選んで以下の質問に答えてみてください。

Do you prefer to dance or to watch professional dancers?

What song are you dancing to?

Reading 2: Further Thinking

- 1) Do you prefer to dance or to watch professional dancers? What song are you dancing to?

- 2) What other Tsugaru performing traditions do you know about? How would you introduce them to a foreigner? (E.g. shishimai, kinpuryū shakuhachi, Neputa hayashi)

- 3) Do you know of folk dances from other countries that use hands to make a picture or communicate a message?

Reading 3: Tsugaru Bon Festival

Dances 津軽周辺の盆踊り

all Souls Day 万霊祭	communal bond 共同体の結束	widespread 普及している
try one's hand 挑戦してみる	pedestrian-friendly 歩行者に優しい	procession 進行の行列
composed of ...から成立する	pass down 継承させる	intangible cultural asset 無形文化財

Reading 3: Vocabulary Exercise

Find a suitable vocabulary word/phrase for the following definitions.

all Souls Day	communal bonds	widespread
try one's hand	pedestrian-friendly	procession
composed of	pass down	intangible cultural asset

transfer something to someone, especially by handing it to the next generation:

a force or feeling that unites people as a group:

found or distributed over a large area:

cultural heritage that is practiced or performed rather than
physically produced:

made up of:

Reading 3: Reading

Every region has its own dances for the Bon Festival, Japan's **All Souls Day**. Family members who have left for college or work return home for this holiday. By dancing with local friends, they can strengthen their **communal bonds**. Aomori, famous for its folk music, has many different Bon dances. The following are the three most famous dances throughout the Tsugaru region:

"Tsugaru Jinku" is the most **widespread** of the three. In the local dialect, it is also called "Dodare bachi." The specific moves of the dance differ depending on the local area. Regardless, it is **composed of** seven simple movements so that anyone can easily join in. There used to be large Bon dance gatherings near Hirosaki Station and in Dote-machi, but recently there are not so many **pedestrian-friendly** events. Instead, neighborhood associations host the dances during their celebrations.

Second, "Kuroishi Yosare-bushi" is danced between August 15 to 20 in Kuroishi, in the northeastern part of Tsugaru. It is known as one of Japan's top three "parade

dances,” and many Kuroishi people participate every year. It began over 200 years ago and starting in 1955 it has continuously been danced in a **procession** through the city. On the first two nights of the festival, up to 2,000 people gather for two hours at a time to dance in matching *yukata* (summer kimono). The dance is supposed to look like rice plants swaying in the wind, reminding us of the autumn wind that will soon blow through the rice paddies. There are *yukatas* for rent and tour guides who teach the dance, so even a beginner can **try their hand** at it.

The last Bon dance comes from Kanagi, a town that is now part of Goshogawara. It is called “Kase no Yakko Dance.” The song has been **passed down** for about 300 years, and in 1969 it was selected as a national **valuable intangible cultural asset**. It is said that the dance was started to provide a break from the hard labor of ploughing up new rice paddies. The dancers hunch forward and kick their feet forward in a very rare choreography and the lyrics are sung in the local dialect. Part of the song goes “Down the river between Kase and Kanagi / pebbles float / and leaves sink to the bottom.” The meaning is supposedly making fun of

an “upside down” society in which honest, hardworking people are not rewarded but cheaters get rich.

One of the attractive points of the local Bon dances is that the songs are sung in the local dialect, so it can be very difficult to understand the words. However, the dance moves tend to be very simple, so you should definitely try joining in one time!

Reading 3: Listening Task

Listen to the text and answer the questions.

What is a possible English translation for o-bon?

"Dodare bachi" consist out of how many movements?

When is "Kuroishi Yosare-bushi" danced?

Since when is "Kuroishi Yosare-bushi" danced constantly up to today?

What is the name of the Kanagi/ Goshogawara Bon dance?

Reading 3: Conversation Practice

TOURIST: Tsugaru-jamisen and Teodori seem really difficult. Do regular people really perform them, or only professionals?

GUIDE: You're right. Tsugaru-jamisen and Teodori are difficult to learn, so only people who are professionals or serious about the hobby will perform them.

TOURIST: So, is there a kind of dance that anybody can do?

GUIDE: Yes, there is. Many people perform Bon festival dances each summer.

TOURIST: Really? What's that like?

GUIDE: Well, each area of Japan has different Bon dances and music. In fact, Tsugaru itself has many different variations. That said, Bon dances are usually very simple, with a limited set of moves that are repeated over

and over. Everyone dances together in a long parade or in a large circle. It is an important community activity.

TOURIST: You said that Bon dances are done during a festival in summer?

GUIDE: That's right. The Bon festival is a way to celebrate our ancestors. People believe that during the summer the spirits of our ancestors come back to the world of the living. We light small signal fires to guide them home and sing and dance to show them that we are all happy and healthy. Therefore, celebrating the Bon festival reminds us of our past while also helping us connect with our friends and family in the present.

Reading 3: Translation Exercise

Listen to the text and answer the questions.

Read the following conversation between a Japanese and an English-speaking person. Translate the Japanese into English and the English into Japanese in the space provided. When finished, check your translation with the textbook "Conversation Practice" section.

日本語	English
観光客：津軽三味線や手踊りはとても難しそうですね。一般の人がやっているのですか、プロだけがやっているのですか。	

	<p>Guide: You're right.</p> <p>Tsugaru-jamisen and Teodori are difficult to learn, so only people who are professionals or serious about the hobby will perform them.</p>
<p>観光客：では、誰にでもできるダンスのようなものはありますか？</p>	
	<p>Guide: Yes, there is. Many people perform Bon festival dances each summer.</p>
<p>観光客：本当に？どんな感じなんですか？</p>	

Reading 3: Writing Exercise

Descriptive Language

記述言語のひとつの手は simile の使用です。Simile は特別な比喩の種類であり、二つのことを「like」か「as」で比べる、という意味です。何かが「as deep as an ocean」（海ほど深い）、「as tall as a mountain」（山ほど高い）、あるいは「clever like a fox」（狐のようにずる賢い）であれば、それは simile で表現されています。この比喩を使うと話がクリエイティブで、楽しくなります。民話「^{むじな}貉」の落ち(オチ)を覚えていれば、この意味が分かるでしょう！ Simile をパワーアップするために形容詞と一緒に使えます。例えば「as smelly as an old, rotten cabbage」（古くて腐っているキャベツほど臭い）と言えます。以下の表現を、形容詞を入れながら完成させてみてください。

As hard as (a) _____ (e.g. As hard as a loaf of week-old bread)

As hot as (a) _____

As heavy as (a) _____

As sweet as (a) _____

Smart like (a) _____

Round like (a) _____

(e.g. Round like an over-ripe summer tomato)

Wrinkled like (a) _____

ただし、やりすぎないでください！やたらに simile を使っているとおかしくなるかもしれません。では、以下の質問に記述言語を使いながら答えてみてください。

What other Bon festival traditions can you describe? Which ones are Tsugaru traditions and which ones are practiced in other parts of Japan?

Reading 3: Further Thinking

- 1) Can you describe the parts of a Buddhist altar (*butsudan*) and the different things you do when visiting a grave (*ohaka mairi*)? (e.g. bringing sweets, pouring water, burning incense)

- 2) What other Bon festival traditions can you describe? Which ones are Tsugaru traditions and which ones are practiced in other parts of Japan? (e.g. signal fires, cucumber horse and eggplant cow, fireworks)

- 3) How do people in other cultures pay respect to their ancestors? (e.g. Mexican Day of the Dead, Diwali)

Conversation Practice

TOURIST: I'm interested in learning about local culture.
Are there any special kinds of music, dance,
festivals, etc. in Tsugaru?

GUIDE:

TOURIST: I've never heard of that before. Can you
compare it to anything else?

GUIDE:

TOURIST: What do you think of ____? Do you do it
yourself?

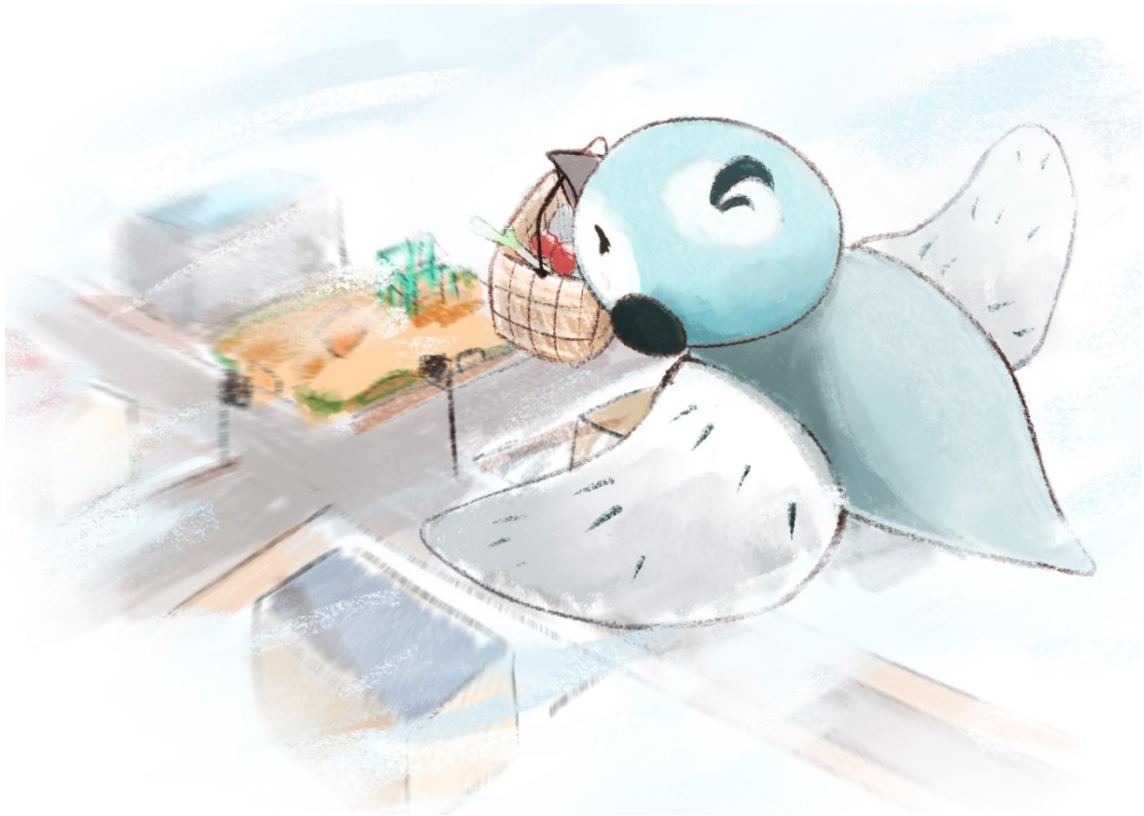
GUIDE:

TOURIST: I see. Where can I go to see ____? Can I see it
all year round?

GUIDE:

Unit 4: Good Eats

これ、めっ



Unit 4: Introduction



旅行好きの方が世界中をめぐ
る理由はたくさんありますが、
その中でも多くの人が旅をす
る原動力になるのが味覚、そ
の土地の食べ物を味わってみ
たいからです。日本各地には

それぞれその土地独特の味があります。このユニットでは、
青森県のご当地フードであるイギリストースト、津軽そば、
イガメンチについて学びます。それぞれの食べ物だけでは
なく、それを売っている市場についても学びます。それで
は皆さんおなかの準備はいかがですか？色々な弘前の味覚
の旅に出かけましょう！

People love to travel for many different reasons, but one very common reason is to explore, taste, and learn about the food of the local area. Each prefecture in Japan has various special and unique food items that give the prefecture its unique identity.

In this unit, you will learn about some interesting local food products of Aomori such as *English Toast*, *Tsugaru soba*, and *Igamenchi*. You will also learn more about the history of these food products and places where they are sold. So, prepare your taste buds for a sweet, savory, and crispy ride through this unit which is all about food!

Reading 1: Kudō Bread Company

工藤パン

contract 契約を結ぶ	Imperial Navy 帝国海軍	affordable 手ごろな価格の
permission 許可	British Embassy 英大使館	oversized 特大の
fluffy ふわふわ	crunchy パリパリ	collaborate 協力する

Reading 1: Vocabulary Exercise

Read the definitions and complete the crossword puzzle below.

contract

Imperial Navy

affordable

permission

British Embassy

oversized

fluffy

crunchy

collaborate

Across

3. Cooperate

5. If you are given this, you are allowed to do it.

7. If it is _____, you have enough money to buy it.

Down

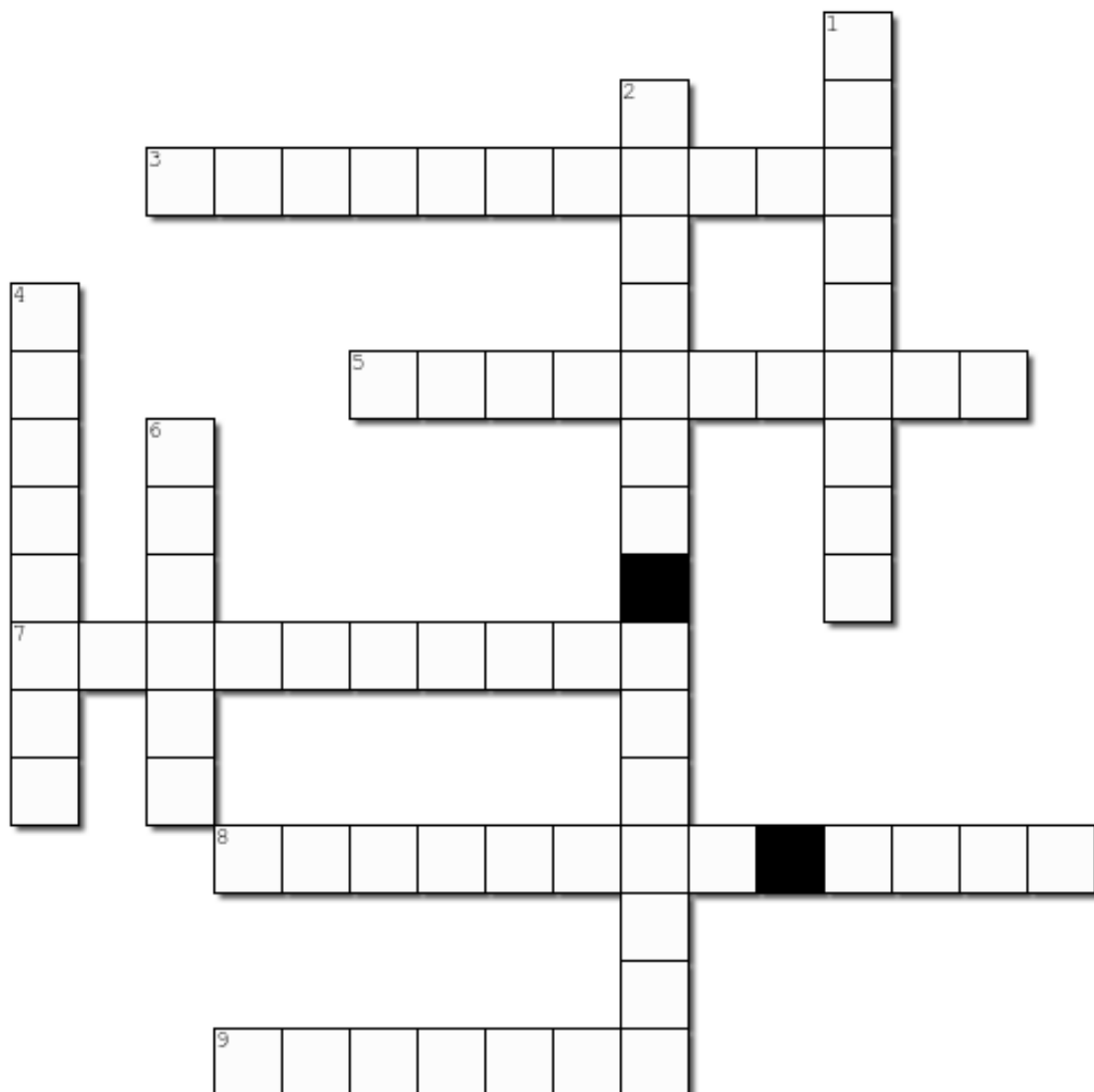
1. Big, large

2. This is the British ambassador's office.

4. You legally agree to do something for them, or for them to do it for you.

6. Soft, fuzzy, feathery

8. Historical name for Japanese navy	
9. Pleasantly hard, crispy	



Reading 1: Reading

One local company which people young and old enjoy is the Kudō Bread Company. It was started in 1932 by Kudō Han'emon in the area of today's Mutsu. Soon, the company was **contracted** to sell bread to the **Imperial Navy** base near Mutsu Bay. After the war, it moved to Aomori City, where it continues to operate to this day. It makes **affordable** white bread and both Japanese and western-style sweets using local ingredients. Their products are sold in supermarkets and convenience stores all around Aomori Prefecture.

The Kudō Bread Company's most popular product is called "English Toast." They started making it over fifty years ago. Some people call it Aomori's "soul food." It is a very simple kind of "*kashi pan*," snack-sized baked goods. You can recognize it by the red, white, and blue stripes on the package. They also received **permission** from the **British embassy** to use the Union Jack (English flag) on the package.

English Toast is made by sandwiching margarine and coarse sugar between two very thinly cut slices of **oversized** white bread. To keep the bread as fresh as possible, it is cut, flavored, and packaged all within two and a half hours of being baked. Although it is called “toast,” this sweet treat is usually eaten right out of the bag. English Toast’s appeal is the mix of **fluffy** soft bread and **crunchy** sugar. Over time, the company has created about two hundred different varieties of English Toast. You can often find *azuki* red bean and margarine, coffee and cream, peanut cream, and more all year round. The company brings out a new recipe almost every single month. Often they will use local seasonal products, and once they **collaborated** with Hello Kitty. They also sell a rusk (Melba toast) version which you can find in souvenir shops to buy and take home. The factory produces an unbelievable 15,000 pieces of English Toast every day, and they sell about 500,000 each month, 90% of it in Aomori.

Reading 1: Listening Task

Listen to the audio file and correct the statements.

It makes cheap white bread and Japanese - style sweets using local ingredients.

They didn't received permission from the British state to use the Union Jack (English flag) on the package.

English Toast is made by sandwiching butter and brown sugar between two cut slices of oversized white bread.

Although it is called “toast,” this sweet treat is usually eaten for dinner.

The factory produces daily an unbelievable 15,000 pieces of English Toast, and they sell about 500,000 each month, 80% of it in Aomori.

Reading 1: Conversation Practice

GUIDE: Thanks for taking the tour today. Does anyone have questions before we finish?

TOURIST: Yes, after all this walking and touring the city today, I'm starving and really want to try some local, non-touristy food. You know, something that can give me a little spark of energy!

GUIDE: You're right, we did walk a lot today! If you want to eat something that the locals love and will quickly fill you up, you should definitely try some "English Toast."

TOURIST: I am sorry, did you just say "English Toast"?

GUIDE: Yes, that might sound a little confusing...but it is a popular type of sweet bread: you know, you might even call it Aomori's soul food.

TOURIST: OK...that sounds interesting. What is it?

GUIDE: Well, there are many different flavors. The most common one simply has margarine and sugar between two thin slices of fluffy white bread.

TOURIST: Sounds pretty simple.

GUIDE: Well, you can also find other flavors like azuki red bean and margarine, coffee and cream, peanut cream, and many more, so I am sure you can find a flavor that you like! They can be found in all the convenience stores and supermarkets.

TOURIST: The coffee and cream version sounds delicious. Thanks for the recommendation!

GUIDE: Sure, not a problem. Enjoy the rest of your travels in Japan!

Reading 1: Translation Exercise

Translate and compare the translations.

Translate the following sentences into English. Then find the sentences in the text and write them beneath your translation. Compare and contrast the translations. Are they similar? Are they different? If they are different, how are they different and why do you think they differ?

パッケージの赤・白・青のストライプが目印です。
English (your translation): English (from the text):

イギリストーストの魅力は、ふんわりとした柔らかいパンとカリカリの砂糖が混ざり合っていることです。

English (your translation):

English (from the text):

手頃な価格の白パンや、地元の食材を使った和洋折衷のスイーツを作っています。

English (your translation):

English (from the text):

パンの鮮度を保つために、焼き上がってから2時間半以内にカット、味付け、包装を行います。

English (your translation):

English (from the text):

Reading 1: Writing Exercise

Descriptive Language

誰でもひとの話を聞くのが好きでしょう。話に詳細や記述言語を入れるとさらに楽しくなります。また、一般論を個人的な話につなげることで聞き手の興味を引き立てることができるでしょう。

以下の質問を見てください。

Do you have a favorite "soul food"? What makes it special?

好きな「soul food」がありますか。それについて話すことができますか。もしかすると特別な思い出とつながっているかもしれません。特別な誰かと一緒に食べるものかもしれません。そんな思い出を話の形にして語ってみてください。

My favorite soul food is _____. It is special to me because I first ate it with _____ (person). That was _____ (time in the past). I have good memories of it, so whenever I eat _____ (soul food), I think about _____ (good memory). If I tried to make it myself, it just wouldn't be the same, so I only eat it when _____ (where/how do you get it).

Reading 1: Further Thinking

- 1) Do you have a favorite “soul food”? What makes it special?

- 2) Aomori prefecture typically ranks as having one of the lowest life expectancy rates in all of Japan. Why do you think this is the case? How can Aomori become a “healthier” prefecture?

- 3) As a Tsugaru “soul food,” English Toast is rich, filling, and not a healthy everyday food. What similar soul foods do you know of? Try looking up clotted cream in Britain and macaroni and cheese or mashed potatoes in the USA.

Reading 2:

Rainbow Mart, Hirosaki's Pantry

虹のマーケット、弘前の台所

open-air stall 露店	salmon roe イクラ	minced 細く刻む
bounty 恵み	soaked 浸す・漬ける	salmon jerky 鮭とば

Reading 2: Vocabulary Exercise

Choose vocabulary words to complete the sentences below. Change the word forms where necessary.

open-air stall

salmon roe

minced

bounty

soaked

salmon jerky

You can try a variety of local delicious food at _____,
in Thailand.

タイでは、屋台でたくさんのおいしい地元料理を食べてみ
ることができます。

You can enjoy _____ of nature whenever you visit
Hokkaido.

北海道は訪れるたびに自然の恵みを楽しむことができます

。 _____

If you _____ chicken meat before baking, the chicken get tender and juicy.

焼く前に鶏肉をヨーグルトに付けると、柔らかくジューシーになります。

_____ goes well with Japanese Sake.

鮭とばは日本酒によく合います。

_____ goes well with freshly cooked rice, especially Senten-no-hekireki.

いくらは、炊き立てのご飯、特に青天の霹靂によく合います。

Reading 2: Reading

Opened in 1954 and in operation for over sixty years, Rainbow Mart is Hirosaki's pantry. Right around the corner from Hirosaki Station, it was originally a collection of **open-air stalls**. Later, the Hirosaki Food Cooperative moved into the large building recognizable today for the giant rainbow painted on its side. Unlike a supermarket, many different sellers rent space inside, so each customer can communicate directly with the shop owner when deciding what to buy.

Step inside and you will be amazed at the variety of fresh fish, meat, produce, and even household goods on display. Rainbow Mart is definitely the place to go if you want to buy seafood in Hirosaki. There you can get all of the great **bounties** of the Aomori seacoast, including salted salmon, salted **salmon roe**, and **salmon jerky**.

Rainbow Mart is not only the place to buy ingredients for everyday cooking. If you are hungry, some shops will prepare sushi or seafood rice bowls right before your eyes. You can also eat Tsugaru soba noodles sent right from the

factory. And the local people particularly like visiting the “delicatessens” which sell freshly prepared dishes. They really provide an authentic taste of Tsugaru home cooking. Many products are sold by weight, so you can buy just as much as you want to eat. They have also sold “*igamenchi*,” another Tsugaru soul food, for many years. *Igamenchi* are deep-fried fritters made of **minced** squid and cabbage. This is a common food, and each shop uses a slightly different recipe. You can also find unique Tsugaru pickled plums, **soaked** in honey and wrapped in *shiso* (beefsteak plant leaves). You can even buy just one to taste.

If you take a walk around this old-fashioned market, you will get a real sense of what the food on the common Tsugaru kitchen table looks like.

Reading 2: Listening Task

Listen to the text and answer the questions.

When was Rainbow Mart first opened?

What famous bounties of the Aomori coast are sold in Rainbow Mart?

What can you do at Rainbow Mart beside shopping?

What does "Soul-Food" mean, and what is an example for Hirosaki?

What is special about Tsugaru pickled plums?

Reading 2: Conversation Practice

GUIDE: Alright, up here on our right is a place called Rainbow Mart. It was established back in 1954 and some consider it Hirosaki's pantry.

TOURIST: Is it like a supermarket?

GUIDE: Well, it was originally a collection of open-air stalls, but has now moved into this large building. In addition, what makes it different from your typical supermarket is that vendors rent space and they can interact directly with the customers.

TOURIST: Oh, I see. That way the vendor and customer can build a relationship. I really like the exterior design. It's easy to see why they call it "Rainbow" Mart.

GUIDE: Yes, exactly! Let's go inside and take a look around.

TOURIST: Wow, that is a lot of seafood! What is that (pointing to round small red ball shaped eggs)?

GUIDE: Oh, that is called *ikura* and I think in English you call it salmon roe. It is very popular in Japan and people love to eat it with rice. Is anyone hungry?

TOURIST: Yes, I would love to try something. What do you recommend?

GUIDE: Since we are in Hirosaki, I think you should try some *igamenchi*.

TOURIST: Some iga- what?

GUIDE: *Igamenchi* ... It's a deep-fried fritter made of minced squid and cabbage.

TOURIST: Sounds interesting. I want to try it!

Reading 2: Translation Exercise

Connect the words to the sentence.

Connect the partial English translation with the correct Japanese sentence. Write the letter in front of the Japanese text. Then translate the complete sentence into English. Read through the text of Reading 2 to help you complete this exercise.

(A) This is a common food, ...	(____) お腹が空いていれば、目の前で寿司や海鮮丼を作ってくれるお店もあります。 _____
--------------------------------	---

<p>(B) Step inside ...</p>	<p>(____) スーパーマーケットとは異なり、店内には様々な販売者がスペースを借りているため、お客様はそれぞれ店主と直接コミュニケーションを取りながら商品を決めることができます。</p> <hr/>
<p>(C) If you are hungry, ...</p>	<p>(____) これは一般的な食べ物で、お店によって少しずつ違うレシピが使われています。</p> <hr/>
<p>(D) Unlike a supermarket...</p>	<p>(____) 弘前駅からすぐの場所にあり、もともとは露店が集まっていました。</p> <hr/>

<p>(E) Many products are sold by weight, ...</p>	<p>(____) 一歩足を踏み入れると、新鮮な魚や肉、野菜、生活用品まで、さまざまなものが並んでいることに驚きます。</p> <hr/>
<p>(F) Right around the corner from Hirosaki Station, ...</p>	<p>(____) 量り売りの商品が多いので、食べたい分だけ買うことができます。</p> <hr/>

Reading 2: Writing Exercise

Topic Sentence/Thesis Statement

トピックセンテンスはロードマップのようなもので、聞き手に話の最初から最後までどのような「場所」（主題）に訪れるかを教えてくれます。質問の答えに二つ、三つの言いたいことを思いついたら、トピックセンテンスの中で伝えておくとし聞き手に優しいです。特に以下のような場合に役立つでしょう。

複数の例を挙げる時

"I actually have two favorite kinds of ramen: *yakiboshi* ramen and miso ramen. Let me explain *yakiboshi* first..."

プラスの面とマイナスの面を両方紹介する時

"I think that there are both pros and cons to charging admission to the park during the festival season. On the one hand..."

過去、現在、将来を渡る変化を話す時

"The history of Tsugaru-jamisen can be easily understood in a few stages: the early period, the radio/record period, and the contemporary period. First of all..."

個人的な意見を述べる前に詳細な背景情報を提供したい時

"I want to talk about Hirosaki Park's famous cherry blossoms, but first you need to understand a little bit about the difficulty of pruning cherry trees..."

以下の質問を読んでみてください。両方とも複数の事例を考えてみてください。もし、計画を立てずに話し始めたら、事例をただ並べ続ける恐れがあります。ここで紹介しているトピックセンテンスを使用することにより、二つか三つの事例に限定することで、それを避けることができます。では、それぞれの質問に対して適切なトピックセンテンスを書いてください。

What are some of your favorite local places to shop for food? Do you have any favorite local dishes or delicatessens?

What do you think are some big changes in the way people shop for food in Hirosaki over the past 50 years?

Reading 2: Further Thinking

- 1) What are some of your favorite local places to shop for food? Do you have any favorite local dishes or delicatessens?

- 2) What do you think are some big changes in the way people shop for food in Hirosaki over the past 50 years?

- 3) Do people around the world shop for food in different ways? Do you know of any famous markets in other countries?

Reading 3: Tsugaru Soba 津軽そば

procedure 手順	soybean flour 大豆粉	knead こねる
nutrient 栄養	broth だし	kelp こんぶ

Reading 3: Vocabulary Exercise

Use the Japanese translations to help you fill in the missing vocabulary words. Change the word forms where necessary.

procedure

soybean flour

knead

nutrient

broth

kelp

Calcium is a _____ that is necessary to keep bones healthy.

カルシウムは骨を健康にするのに必要な栄養素です。

In science classes, students learn the _____ for each experiment from their professor.

科学のクラスでは、学生は先生から各実験の手順を習います。

I use a bread machine to _____ flour and let the dough rise. It's easy.

小麦粉をこねて、生地を発酵させるのは機械を使います。
簡単ですよ。

_____ is perfect for making soup stock. It is also good for setting before a Buddhist altar because it's considered a vegetarian food.

昆布は出し汁を取るのに最適です。菜食と見做されるので
仏壇にお供えするのにもよいです。

"Too many cooks spoil the _____" means that things can go wrong if there are too many leaders in control of a plan.

「たくさんの料理人がスープをだめにする」というのは、リーダーが多すぎると物事がうまくいかない、という意味です。

We sometimes coat rice cake with sweetened *kinako*, _____. It's sweet and delicious!

お餅に甘くしたきな粉、大豆粉をつけることもあります。

甘くておいしいですよ！

Reading 3: Reading

During the Edo Period, rice was very expensive for common people. As a result, soba, thin noodles made from buckwheat flour, was a common dish among farmers. Today, soba remains popular throughout Japan. In Tsugaru,



however, soba has some unique characteristics. That is to say, Tsugaru soba is made using some additional **procedures** when compared with soba from other regions of Japan. One difference is that people in other regions typically add some wheat flour to the buckwheat flour while making the soba noodles, but in Tsugaru the soba makers instead add **soybean flour**. Furthermore, *gojiru*, water in which soybeans have been soaked overnight, is used to **knead** the *sobagaki* (buckwheat dough). The soba maker lets it sit overnight and then a small amount of soybean flour is added to the buckwheat flour, which adds nutrients as well as its unique flavor. Moreover, the dough must sit overnight once again before it is cut into thin strips, boiled, and finally served fresh. People tend to eat soba by dipping

it into a savory **broth** for additional flavor. Tsugaru soba uses a *dashi* broth made from sardines and **kelp**, which results in a rich ocean flavor. Due to the extra time and effort it takes to produce and cook Tsugaru soba, the number of restaurants that serve it has been decreasing since the 1950s.

There are only a few soba restaurants left in Hirosaki which serve Tsugaru soba noodles, now made with a simplified/modernized process. *Sanchū Shokudō* is one such establishment, dating back to its 1907 opening in the



Meiji Era. The current owner is now the fourth-generation family member to be the soba master at this restaurant and his son will take over in the near future, thus passing it onto

the fifth generation. In fact, a book entitled *Tsugaru 100 Year Shokudo* used the history of this restaurant for its storyline. Soon after its publication, it was made into a movie, bringing the restaurant a lot of fame and publicity. *Nonoan* is another restaurant that serves Tsugaru soba in Hirosaki. It played a major role in bringing this type of soba into modern times.



Reading 3: Listening Task

Listen to the audio file and fill in the missing words.

That is to say, Tsugaru soba is made using some additional procedures when compared with soba from other regions of Japan. One _____ is that people in other regions typically add some _____ to the buckwheat flour while making the soba noodles, but in Tsugaru the soba makers instead add _____. Furthermore, *gojiru*, water in which soybeans have been soaked overnight, is used to knead the *sobagaki* (buckwheat dough).

The soba maker lets it sit overnight and then a small amount of soybean flour is added to the buckwheat flour, which adds nutrients as well as its unique flavor. Moreover, the _____ must sit _____ once again before it is cut into thin _____, boiled, and finally _____ fresh.

People tend to eat soba by dipping it into a savory broth for additional flavor.

Tsugaru soba uses a dashi broth made from sardines and kelp, which results in a rich ocean flavor. Due to the extra _____ and _____ it takes to produce and cook Tsugaru soba, the number of restaurants that serve it has been decreasing since the _____. There are only a few soba restaurants left in Hirosaki which serve Tsugaru soba noodles, now made with a simplified/modernized process.

Sanchū Shokudō is one such establishment, dating back to its 1907 opening in the Meiji Era. The current owner is now the _____-generation family member to be the soba _____ at this restaurant and his son will take over in the near future, thus passing it onto the _____

_____. In fact, a book entitled Tsugaru 100 Year Shokudo used the history of this restaurant for its storyline.

In fact, a book entitled Tsugaru 100 Year Shokudo used the history of this restaurant for its storyline. Soon after its _____, it was made into a _____, bringing the restaurant a lot of fame and _____. Nonoan is another restaurant that serves Tsugaru soba in Hirosaki. It played a major role in bringing this type of soba into modern times.

Reading 3: Conversation Practice

GUIDE: One of the greatest joys of traveling is trying the different local foods. Has anyone tried soba yet?

TOURIST: Yes, I tried it once in Tokyo near Tokyo Station. I liked it, but I was surprised by the slurping sound other customer made as they ate the soba.

GUIDE: Yes, that is a common custom in Japan, slurping the noodles! Well, in Hirosaki, there is something called Tsugaru soba.

TOURIST: Hmm ... What makes this soba different than soba from ... let's say Hokkaido?

GUIDE: Good question. Often soba makers add other types of flour to the buckwheat flour. Usually this is wheat flour, but Tsugaru soba uses soybean flour. In addition, in order to make the soba dough for the noodles, the

soba maker adds water in which soybeans have been soaked overnight.

TOURIST: That's interesting.

GUIDE: Also, the *dashi* used for dipping sauce is made from sardines and kelp, so it has a strong ocean taste to it.

TOURIST: I'm getting hungry just listening to this! Where can we try some Tsugaru soba?

GUIDE: The most famous place is Sanchū Shokudō. It has been serving Tsugaru soba since the early 1900s and is now being run by a fourth-generation soba master.

TOURIST: Wow ... That is a long time!

GUIDE: On the other hand, if you want to try soba that has been made from locally grown buckwheat, I would recommend Hikoan. This soba restaurant uses buckwheat produced in the Mt. Iwaki area. Mt. Iwaki is that mountain (pointing to Mt. Iwaki).

TOURIST: Oh, I see. Both places sound delicious. Let's go and enjoy some local soba for lunch!

Reading 3: Translation Exercise

Translate the conversation.

Read the following conversation between a Japanese and an English-speaking person. Translate the Japanese into English and the English into Japanese in the space provided. When finished, check your translation with the textbook "Conversation Practice" section.

日本語	English
観光客：そうですね、東京駅の近くで一度試したことがあります。私は好きでしたが、他のお客さんが蕎麦を食べるときに、すする音がしていたのには驚きました。	
	GUIDE: Yes, that is a common custom in Japan, slurping the noodles! Well, in Hirosaki, there is

	something called Tsugaru soba.
観光客：ああ、なるほど。ど ちらのお店も良さそうです ね。昼食は地元のそばを堪能 しよう	

Reading 3: Writing Exercise

Structure

一度 Reading 2 で説明してきたようなトピックセンテンスを述べたら、そのロードマップに従うことが大事です。例えば、以下の段落にこのような構造的な問題がありますが、見つけられるのでしょうか。

I like to go hiking in the summer months. Mountains are full of nature, and I can take photographs of all of the different animals I discover, like birds and lizards and rabbits. I like to take pictures when I go fishing, too. I don't just take pictures of the fish I catch, but also of waterfowl.

この段落の問題は、トピックセンテンスによると主題は「hiking」とされているのに、読んでいくと本当の主題は「動物の写真を撮ること」あるいは「私の二つの夏の趣味」にしまっています。以下のようにトピックセンテンスを直すことができます。

I have two summer hobbies: hiking in the mountains and fishing in the ocean.

My summer hobby is taking pictures of animals out in nature.

ここで最も大事なポイントは、トピックセンテンスがそれに続く答えの構造を設定していることです。では、次の質問を読んでどのように答えを構成するか、計画を書いてください。

What is your favorite local dish? How would you describe it in English? (e.g. flavors, history, ingredients, etc.)

Reading 3: Further Thinking

- 1) What is your favorite local dish? How would you describe it in English? (e.g. flavors, history, ingredients, etc.)

- 2) In 2013 the United Nations Educational, Scientific, and Cultural Organization (UNESCO) registered *washoku* (traditional Japanese cuisine) as an intangible cultural heritage. Why do you think UNESCO did this?

- 3) What unique features does *washoku* have? What makes it different from other national cuisines?

Conversation Practice

Tourist: I'm interested in learning about local food culture. Is there any special kind of food to eat in Tsugaru? What do you recommend?

Guide:

Tourist: I've never heard of it before. Can you compare it to anything else?

Guide:

Tourist: Where can I try it?

Guide:

Tourist: Is it a traditional food? If yes, do you know its history?

Guide:

UNIT 5:

Groundhopping

グラウンドホッピング



Unit 5: Introduction



どこを訪れようと、どの文化の人々にも、参加し、競技し、観戦して楽しむスポーツがあります。スポーツはすべての人々にとって、いろいろな意味と重要性が

あります。多くの人々がお気に入りのスポーツを休暇中に楽しんだり、健康のために泳いだり、走ったり、自転車に乗ったり、スキーをしたり、またその土地のスポーツ文化を見たりして地元とのつながりを深めたりします。いろいろなスポーツがありますが、ルールは世界中ほぼ共通なので、話題にするのは簡単です。このユニットでは、スポーツを共通の話題としてゲストと気持ちを通わせる方法を学びます。同時に、思いがけない故郷の一面をお客様にお見せすることができるかもしれませんね。

It doesn't matter where you go, every culture has sports that people participate in or enjoy watching. Sports mean different things to different people. Many people enjoy their favorite sport even on vacation, be it as a way to stay healthy (like swimming, running, cycling, or skiing), or by watching and connecting with the local sports culture. Even though there is a wide variety of activities, it is still easy to converse about them, as the rules for each individual sport are nearly universal.

In this unit, you will practice using sports as an opportunity to find an easy way to connect with guests by showing interest in their hobbies. At the same time, you might be able to show them a side of your hometown which they never expected to see.

Reading 1: Soccer サッカー

gauge 測る	broadcast 放送する	identity シンボル
unify 団結する	form 結成する	promote 促進する
predecessor 前身	underrepresented 過小評価 されている	prestigious 有名な

Reading 1: Vocabulary Exercise

Match the vocabulary words with the correct Japanese translation. Then, find all of the English words in the word-search puzzle below. Words can be written in any direction, share letters, and cross through each other.

gauge

broadcast

identity

unify

form

promote

predecessor

underrepresented

prestigious

1. broadcast _____

a. 測る

2. identity _____

b. 団結する

3. promote _____

c. 前身

4. form _____

d. 放送する

5. predecessor _____

e. 結成する

6. unify _____

f. 過小評価されている

7. gauge _____

g. シンボル

8. prestigious _____

h. 促進する

9. underrepresented _____

i. 有名な

Z T U L H Q U M B T A W Q U G B A D
P M K Q V E B P I R P P H J Y T W E
R I R L O M C A J T G L T T Q U U T
A I B O O S U W X C U K I R R N D N
J F S O F Q N H N P U T J B B C J E
T S A C D A O R B J N R S M I S P S
I H X P S M Q P A E I K T U W R W E
G S H F N E D P D K F J A K E K U R
W A K P U Y V I R W Y F D D L J B P
I J U L N B R T T E B T E F P U O E
F I A G A A C D X R S C L P Q W V R
U B G E E E K X D D E T T T B T L R
M C J G I Y G N O S C L I N W R F E
X D P F I X H O S E W X P G D T F D
V P B I H M Y O J H J F D X I L T N
G M F Z B S R N W Z K M I Q O O Q U
Y Q V G V Y O O Y P R O M O T E U I
P F J F R L P W J W O E R Q I S F S

Reading 1: Reading

Barcelona and Manchester have soccer teams that nearly everyone has heard of. Soccer has the power to carry the name of a city and its citizens around the world and to connect people of different cultures. To **gauge** the impact of soccer on even relatively small soccer countries like Japan, we only need to look at the raw numbers. Thousands of fans all around Japan visit stadiums every week to watch soccer and even more watch games on TV or via the internet. However, Japanese soccer isn't just for a local market anymore; as recently the, J-League has started to be **broadcast** around the world, securing partnerships in 20 countries.

The core of the popularity of a soccer club is its **identity**. A soccer club is not only a sports club, but it is also seen as a **unifying** symbol for locals, fans and for the geographic area where it is located. Regional identity gives a soccer club a deeper meaning. Hirosaki has its own history with soccer. Blancdieu Hirosaki FC, its current team, is not widely known, but have been successful in the league nonetheless.

Blancdieu Hirosaki FC was **formed** in 2012 as part of the “Hirosaki J Sports Project” in an attempt to **promote** the city of Hirosaki and local sports. Its name derives from the French word “Blanc,” which translates to “white” and “Dieu” which means “God.” Both words refer to the local Shirakami Sanchi mountains, which translates to Mountain Land of the White Gods. Yet Hirosaki’s soccer history starts earlier than that. The Libero Tsugaru Sports Club, the **predecessor** of Blancdieu Hirosaki, was founded in 1998 and started its first competitive main team in 2003. Its youth academy has been the home of some future J-league players and players of the **prestigious** Aomori Yamada High School soccer club. Blancdieu Hirosaki FC, with its cherry blossom-pink jerseys, plays in the Hirosaki City Athletic Park. It won the Tohoku Championship in 2018 and came second in 2019. Their goal is to be promoted to the J-League and to stand for the **underrepresented** Tohoku area on a national stage.

In the end, though, success is not everything. Show your local spirit, connect with people, or just enjoy a game with friends. Soccer connects people: why would you only watch it on TV, when games in person are so much more fun?

Reading 1: Listening Task

Listen to the audio file and fill in the missing words.

To gauge the impact of soccer on even relatively small soccer countries like Japan, we only need to look at the raw numbers. _____ of fans all around Japan visit stadiums every week to watch soccer and even more watch _____ on TV or via the _____. Thousands of fans all around Japan visit stadiums every week to watch soccer and even more watch games on TV or via the internet.

The core of the popularity of a soccer club is its identity. A soccer club is not only a sports club, but it is also seen as a _____ symbol for _____ , _____ and for the _____ where it is located. Regional identity gives a soccer club a deeper meaning.

Yet Hirosaki's soccer history starts earlier than that. The Libero Tsugaru Sports Club, the _____ of Blancdieu Hirosaki, was founded in _____ and started its first competitive main team in _____. Its youth academy has been the home of some future J-league players and players of the prestigious Aomori Yamada High School soccer club.

In the end, though, success is not everything. Show your local _____, connect with _____, or just enjoy a game with _____. Soccer connects people: why would you only watch it on TV, when games in person are so much more fun?

Reading 1: Conversation Practice

TOURIST: Hello, I am interested in sports of all kinds. What do you recommend watching while I am in Hirosaki?

GUIDE: Hm, we don't have sports teams that play in the higher leagues, but I have an idea. How about going to a soccer game?

TOURIST: Hirosaki has a soccer team?

GUIDE: Yes, its name is Blancdieu Hirosaki FC. They are not famous, but they play good soccer.

TOURIST: Where do they play?

GUIDE: Go to the bus stop and take the bus to Hirosaki City Athletic Park. There you will find the stadium.

TOURIST: Soccer fans can be scary. Do I need to worry?

GUIDE:

Of course not, Hirosaki fans are nice and will be really happy to see you.

Reading 1: Translation Exercise

Translate and compare the translations.

Translate the following sentences into English. Then find the sentences in the text and write them beneath your translation. Compare and contrast the translations. Are they similar? Are they different? If they are different, how are they different and why do you think they differ?

サッカーには、都市や市民の名前を世界中に伝え、異なる文化を持つ人々を結びつける力があります。

English (your translation):

English (from the text):

毎週、日本中の何千人ものファンがサッカー観戦のためにスタジアムを訪れ、さらに多くのファンがテレビやインターネットで試合を観戦しています。

English (your translation):

English (from the text):

地域のアイデンティティは、サッカークラブにより深い意味を与えます

English (your translation):

English (from the text):

地元の精神を示したり、人とのつながりを持ったり、友達と一緒にゲームを楽しもう。

English (your translation):

English (from the text):

Reading 1: Writing Exercise

Organizing Research

このリーディングは日本におけるサッカーについてです。

次の質問を見てみてください。

What other sports are popular abroad?

この質問を答えるために、どのように調べたらよいのでしょうか。非常に広義な質問であるため、まずはリサーチ戦略を決める必要があります。一つの戦略は depth（深さ）を目的とし、もう一つは breadth（幅）を目的とすることです。何かを depth で調べるというのは、できるだけ詳細に様々な局面から知ることが目的です。一方、何かを breadth で調べるというのは基本情報を幅広く、色々な主題に渡って調べることです。以上の質問に答えるために、次のような戦略が考えられます。

Breadth 戦略（１）：Find the most popular sport in 5 different countries

Breadth 戦略（２）：Find out how many countries one sport is popularly played in

Depth 戦略（１）：Find out what are the top five sports in one country

Depth 戦略（２）：Find out details about the most popular sport in one country

一旦戦略を決めたら、背景情報を探し出せます。

調べている時に一つか二つの subtopics（副主題）を設定することで情報が整頓しやすくなります。Subtopic を定めない場合、何も関係ない事実をかき集めることで終わる危険性があります。ここではメインの主題が sports なので、次のような subtopics が適切でしょう。

History of the sport

Sports and economics

Sports and media

Public education and sports

Famous athletes or sports events

では、一つの戦略を選んで自分で調査をしてみてください。

Subtopic をこのリストから選ぶか自分の興味にあったのを
考え出してもいいです。調べた結果を下の空間でメモを取
ってください。

Reading 1: Further thinking

- 1) Check on recent results and the current coach's name.
When is the next game being played? Who will they play? How are they doing this year?

- 2) What other soccer teams from around the world do you know? Research popular teams so you can connect with someone visiting Hirosaki from abroad!

- 3) What other sports are popular abroad?

Reading 2: Skiing スキー

catastrophic 悲劇的な	disaster 災害	pioneer 先駆者、草分け
firmly しっかりと	reverse-engineer 分解して 模倣する	spot 注目する
attract 引きつける	proven 証明された	slope 斜面、山麓

Reading 2: Vocabulary Exercise

Use the Japanese translations to help you fill in the missing vocabulary words. Change the word forms where necessary.

catastrophic

disaster

pioneer

firmly

reverse-engineer

spot

attract

proven

slope

To go to Kikyono, please take the road that goes through the upward _____.

桔梗野に行くには、上り坂の道を行ってください。

Thomas_____ believes in freedom of speech.

トーマスは固く言論の自由を信じています。

A new dancing circle that dances to K-pop music
_____ many students at college.

K ポップに合わせて踊る新しいダンス・サークルは大学で
たくさんの学生を引き付けました。

Finally, we_____ our son, wandering the toy alley in
the department store.

ようやく私たちは、デパートのおもちゃ売り場をさまよっ
ていた息子を見つけました。

He is a skilled computer engineer, and can _____ the new computer model to make his own.

彼は熟練したコンピューターエンジニアなので、新しいコンピューターのモデルでも分解して模倣することができます。

A tidal wave, or tsunami, caused by the earthquake hit the region causing _____ damage.

地震によって引き起こされた津波がその地域を襲い、悲劇的被害を引き起こしました。

A _____ is a very bad accident such as earthquake, flood, volcano eruption, etc.

災害とは、地震、洪水、火山噴火などのひどい事故のことです。

Shukuro Manabe is a _____ who used the computers to look at global climate change, and won the nobel prize in 2021.

真鍋叔郎は、世界的気候変動をコンピューターで観察する先駆者でノーベル賞を 2021 年獲得しました。

The new translation machine has been _____ to have lots of useful functions. It's amazing!

新しい翻訳機は多くの役に立つ機能を持つと証明されました。すばらしい！

Reading 2: Reading

Sometimes important developments are brought forth by **catastrophic** events. One of these events happened on January 23, 1902, in the Hakkōda mountains in Aomori. A winter training exercise cost 199 Japanese soldiers their lives and is still regarded as the deadliest mountain-related **disaster** in modern history. At the same time, this disaster led to the introduction of one of Aomori's most popular sports, skiing.

The art of skiing was first properly introduced to Japan in January 1911 by Major Theodor von Lerch. The Japanese Army had been searching for a better way to travel in snowy areas to prevent such a disaster from happening again. As a soldier of the Austro-Hungarian empire, von Lerch got lessons from the skiing **pioneer** Mathias Zdarsky before visiting Japan. Even though his original aim was to study the Japanese army, he brought two pairs of alpine skis from Europe. These were not the first skis in Japan. However, his skis had bindings that held the heel **firmly**, as opposed to the free-heel type of skis previously **spotted** by visitors to Japan. These were perfect for downhill skiing, but also

useable for cross-country travel. The army **reverse-engineered** them and on January 12, 1911, the first group of 10 soldiers received their first lessons on skis, in an attempt to replace snowshoes. A short time later, the first ski club for civilians was founded and within a year it had already **attracted** around 6000 members. Von Lerch would continue to teach skiing to Japanese for two more years. In addition, in April 1911, he and a fellow Austrian climbed Mount Fuji on skis.

Von Lerch's introduction of European-style skiing changed the lifestyle in the snowy areas of Aomori forever. Finally, they had a way to travel during the long snowy winter months other than on snowshoes and carrying wooden snow shovels: skiing didn't just become popular as a fun sport but was also **proven** useful as a means of transportation. Nowadays, using skis to get around isn't that practical anymore. However, the development of the skiing industry did help to improve the lives of many people in Aomori and led to the prefecture becoming one of Japan's main skiing destinations. In 2003 Aomori hosted the skiing events for the Asia Games and every year many clubs participate in local competitions, for example at the

Owani Onsen Ski Resort. So, if you are already in Hirosaki to see the snow-covered castle grounds in the snow, why not rent some skis and test the **slopes**?

Reading 2: Listening Task

Listen to the audio file and correct the statements.

A winter training exercise cost 1999 Japanese soldiers their lives and is still regarded as the deadliest mountain-related disaster in history.

However, his skis had bindings that held the heel **loosely**, as opposed to the free-heel type of skis nowadays spotted by visitors to Japan.

Von Lerch would continue to teach skiing to Japanese for five more years. In addition, in April 1911, he and a fellow Australian climbed Mount Hakkōda on skis.

These were perfect for cross-country skiing, but also useable for downhill skiing.

Finally, they had a way to travel during the long summer months other than on snowshoes and carrying metal shovels: skiing didn't just become popular as a fun sport but was also shown useful as a means of transportation.

Reading 2: Conversation Practice

TOURIST: Winter is really cold in Hirosaki and you have so much snow. I can't really go sightseeing on foot, what else can I do around here?

GUIDE: How about going skiing and then visiting a hot spring?

TOURIST: But I don't have that much time.

GUIDE: No problem. Most of our skiing areas are close to hot springs. You should visit a hot spring after spending some time on the slopes. After skiing in the cold, taking a hot bath feels heavenly!

TOURIST: That sounds great. Anything else I should know?

GUIDE: Make sure you bundle up! Up in the ski area, it is often quite cold and windy. Also, if you find a hot spring hotel, they have great local

food-- and after a day out in the snow, it will
taste even better!

Reading 2: Translation Exercise

Connect the words to the sentence.

Connect the partial English translation with the correct Japanese sentence. Write the letter in front of the Japanese text. Then translate the complete sentence into English. Read through the text of Reading 2 to help you complete this exercise.

(A) At the same time ...	(____) フォン・レルヒがヨーロッパ式のスキーを導入したことで、青森の雪国のライフスタイルは一変しました。 _____
(B) Nowadays, ...	(____) 本来の目的は日本軍の研究であるにもかかわらず、ヨーロッパから 2 組のアルペンスキーを持ってきました。 _____

<p>(C) Von Lerch's introduction of ...</p>	<p>(____) これはダウンヒルスキーに最適ですが、クロスカントリーにも使用できます。</p> <hr/>
<p>(D) Even though his original aim was to ...</p>	<p>(____) 同時に、この災害がきっかけとなり、青森の代表的なスポーツであるスキーが導入されました。</p> <hr/>
<p>(E) These were perfect for ...</p>	<p>(____) 日本陸軍は、このような災害を二度と起こさないために、雪の多い地域での移動手段を模索していました。</p> <hr/>

(F) The Japanese Army had been ...	<p>(____) 今では、スキーを使って移動することはそれほど現実的ではありません。</p> <hr/>
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Reading 2: Writing Exercise

Organizing Research

Reading 1 において、外国のスポーツについて簡単なリサーチ戦略を活かして調べました。Reading 2 はスキーの歴史についてで、リサーチの質問は次のようです。

3) What are some winter activities in other countries?

これは非常に単純な質問なので、答えはただ活動の羅列で終わってもいい気がします。しかしそのような答えはつまらないし、あまり教育的にならないでしょう。むしろ、breadth 戦略でたくさんの国における活動を調べるか、depth 戦略で一つの活動に関連する subtopic について深く調べるとよいでしょう。情報を集めてメモに書いておいてください。

集めた情報は、整理して管理すると有効に活用できます。

情報を集めてから以下の様にアウトラインか表を使って整理することができます。

Topic Sentence

Subtopic 1

Example/detail 1

Example/detail 2

Example/detail 3

Subtopic 2

Example/detail 1

Example/detail 2

Example/detail 3

トピックセンテンスはメインの主題を明白に表します。ここで例として「ice climbing」はいかがでしょうか。

Subtopic を増やしてもいいですが、ある程度制限を掛けることをおすすめします。仮に「history」と「technology」を選んだとしましょう。Ice climbing の history は example/detail として「有名な冒険家」「趣味に進化してきた経緯」「歴史的な大惨事」が候補として相応しいでしょう。Technology の example/detail は、例えば「装備・道具の種類」「歴史的な装備」「最新のハイテク装備・道具について」にしてもよいでしょう。勿論、三つの example/detail に決める必要はありませんが、簡単な紹介では二つか三つくらいが充分でしょう。

では、調べたい国で人気の冬のアクティビティを探してみてください。簡単なリサーチ調査を行った上で以上のようなアウトラインでまとめてください。

Reading 2: Further thinking

- 1) What winter sports do you know about?

- 2) Do you know of any famous winter sports athletes?

- 3) What are some winter activities in other countries?

Reading 3: Hokushindō 北辰堂

faint かすかな	armor 防具	rise 隆盛、高まり
compromise 妥協案・折衷案	foothold 足場	folk tale 伝説・民話

Reading 3: Vocabulary Exercise

Use the Japanese translations to help you fill in the missing vocabulary words.

faint

armor

rise

compromise

foothold

folk tale

The Tsugaru region has many _____ about Oni.

津軽地方にはたくさんの鬼伝説が残っています。

Kendo master can sense _____ moments of an opponent even with their eyes closed.

剣道の達人になると、目を閉じていても対戦相手のわずかな動きを感じ取ることができます。

Gaku Shibazaki first played for Aomori Yamada High School's team, giving him a _____ on his way to a professional football career.

柴咲岳選手の青森山田高校での活躍が、後のプロ選手としての足掛かりとなりました。

Tsugaru lacquer ware today is a _____ between tradition and modern tastes

今日の津軽塗の作品は、伝統的技術と現代的なテイストの折衷物です。

Modern suits of Kendo _____ are made lighter and improve performance.

剣道の防具はパフォーマンスの向上のため軽量化されています。

Reading 3: Reading

The combination of ancient traditions and modern practices in Japan has a huge appeal to many foreigners. While walking through Hirosaki at night, one will often hear the **faint** sound of yelling, carried by the wind in the silence of the night. Following it will lead you to one of the many local gyms, be it at a school, university, or even private dojo. Inside you may see people in blue robes and strange black **armor** sweating and swinging bamboo swords through the air or at each other, underlining each and every movement with a loud scream called a *kiai*. Kendo, one of Japan's most popular sports, with millions of participants, is also one of the most famous Japanese exports, and is practiced all over the world.

Based on *kenjutsu* (sword fighting technique), kendo started as a way for swordsmen to improve their skills. Around 1700 Naganuma Shirōzaemon Kunisato is said to have introduced the use of bamboo swords and armor. Kendo's real **rise** to popularity though, was during the Meiji period of the late 1800s. The Meiji government banned the use of swords by the surviving samurai class and made

them part of the uniform for police officers all over the country. Ten practice moves, called *kata*, were designated for training. These reflected a **compromise**, taking teachings of all *kenjutsu* schools of the country into consideration. Even though kendo was first intended for use by police officers, it soon found its way into the hearts of many Japanese civilians. For a short period after World War II, kendo was forbidden by the Allied occupation forces, but the sport never lost its **foothold** in Japanese society and still remains popular today.

The oldest dojo or training center in Hirosaki is now 135 years old. The Hokushindō Dojo bases its training methods on the Shinto-ryu Bokuden-ryu school of sword fighting, which is said to have been founded by the famous swordsman Tsukahara Bokuden around 1500. There are many **folk tales** about this fighting school, the most famous one being based on the original school name Mutekatsuryu ("the school of winning without swords"). Challenged to a fight, Tsukahara Bokuden left his enemy stranded on an island on Lake Biwa, declaring himself the winner without even needing to fight. The whole unique fighting style of this school is based on this tale. Instead of placing

importance on beating the opponent, a more defensive style is taught based on avoiding being hit, making the students of the Hokushindō Dojo a welcome addition at every national tournament and exhibition.

Reading 3: Listening Task

Listen to the audio file and answer the questions.

What places can you find the sport played?

What is said to have been introduced around 1700?

What is the connection of kata to all the kenjutsu schools?

How old is the oldest training center in Hirosaki?

Where does the name "school of winning without swords" come from?

Reading 3: Conversation Practice

TOURISTS: Does Hirosaki have kendo?

GUIDE: Oh, that is surprising. Why do you know about kendo?

TOURISTS: I love watching movies about Japan. It is common to see students in kendo outfits in such movies.

GUIDE: That's right, you can often see them in movies. But kendo is very common in everyday life, too, not just in movies. There are many kendo clubs in Hirosaki.

TOURISTS: Only clubs?

GUIDE: Clubs can participate in competitions. Of course, we have dojos too.

TOURISTS: Dojos? Ah, aren't those training facilities?

GUIDE: Yes, the oldest dojo in Hirosaki is over 135 years old.

TOURISTS: Wow, that's impressive. Do you also practice kendo?

GUIDE: No, I'm too scared of getting whacked by a bamboo sword!

Reading 3: Translation Exercise

Translate the conversation.

Read the following conversation between a Japanese and an English-speaking person. Translate the Japanese into English and the English into Japanese in the space provided. When finished, check your translation with the textbook "Conversation Practice" section.

日本語	English
観光客：弘前では剣道をしていますか？	
	Guide: Oh, that is surprising. Why do you know about kendo?

<p>観光客：私は日本に関する映画を見るのが好きです。そのような映画では、剣道着を着た学生がよく登場します。</p>	
	<p>Guide: That's right, you can often see them in movies. But kendo is very common in everyday life, too, not just in movies. There are many kendo clubs in Hirosaki.</p>

Reading 3: Writing Exercise

Organizing Research

調査の結果を提供する際、事実を客観的に並べるか、意見を加えて論述するか、大きく分けて二つの方法があります。これは新聞の記事と社説の違いに似ています。

解釈や意見を述べたい時、普通はトピックセンテンスを使いません。代わりにテーゼステートメントを使います。

「テーゼ (thesis)」を辞書で引くと、かなり難しく感じるかもしれませんが、ここでいうテーゼは topic (主題) に claim (主張) を加えたものになります。簡単に言うと、claim は主観が入っている表現です。次の例文を考察してください。

(A) Aomori Prefecture is highly agricultural. Its most important agricultural product is apples, and it produced 58% of all apples grown in Japan in 2019. It also grows a lot of rice every year. Aomori started branding rice in 1997,

280

and now produces Seiten no Hekireki, Tsugaru Roman, and Masshigura rice varieties. In addition, all kinds of locally-grown vegetables can be bought seasonally in grocery stores.

(B) Aomori Prefecture is a good place to live because you can have access to locally-grown apples, rice, and vegetables. Aomori's most important agricultural product is apples, and it produced 58% of all apples grown in Japan in 2019. It also grows a lot of rice every year. Aomori started branding rice in 1997, and now produces Seiten no Hekireki, Tsugaru Roman, and Masshigura rice varieties. In addition, all kinds of locally-grown vegetables can be bought seasonally in grocery stores. If you want to eat local produce, then Aomori is the place for you.

例文（A）では事実のみが並べられています。例文（B）では話し手は「青森は住みやすいところですよ」と述べようとしており、農業経済についての事実はその意見を支えるためにあります。無論、これほど短い文章をこんな風にかくと単なる宣伝のように響きます。でも、このレッスンの

要点は、事実を使って中立に描写しているか、議論をたてているかを意識させることです。意見・議論を表現したい場合、簡単なトピックセンテンスの代わりに、しっかりとしたテーゼステートメントを使うことが大切です。

このユニットで勉強したリサーチ戦略や教科書の他の問題で磨いたスキルを活かして一番興味のある主題について調べて、情報を整理してからわかりやすい報告を下の空間に書いてください。

Reading 3: Further Thinking

- 1) What other popular Japanese martial arts do you know of?
- 2) Which well-known martial artists come from Tsugaru?
- 3) Which movies are famous for showing martial arts?

Conversation Practice

TOURIST: Hello, I am interested in ____, what do you recommend?

GUIDE:

TOURIST: How do I get there?

GUIDE:

TOURIST: Can you tell me more about it?

GUIDE:

TOURISTS: Thank you for the information. Are you practicing that sport too?

GUIDE:

Afterword

Congratulations on making it to the end of this textbook!

While you may have mastered the contents of this book, your journey to becoming a tour guide, increasing interactions with foreigners, or just leveling up your English has just begun. We in the Hirosaki University English Lounge hope that you will take not only the information and vocabulary that we have taught you, but also learn from the perspectives we have offered of Hirosaki. One of our goals in writing this textbook was to demonstrate how even little everyday things, like the Kudō · Bread Company's English Toast or shopping at Rainbow Mart, can be interesting and valuable experiences. While Mt. Iwaki stands high over the city, Mt. Kudoji or the Blancdeiu Hirosaki FC also hold important places in many of our hearts. These represent a different Hirosaki—one not so easily found in English-language guidebooks or on tourism websites.

Just as everyone's home is different, everyone's Hirosaki is different as well. Now it is your turn to share your hometown with the world!

For additional information on Hirosaki in English check:

James Westerhoven, ed., *Voices from the Snow: Stories by Hideo Osabe and Kyōzō Takagi* (Hirosaki University Press, 2009)

Hannah J. Sawada and Kitahara Kanako, *An Introduction to Tsugaru Studies in Japanese and English* (2009)

Hirosaki Tourism and Convention Bureau
<https://www.hirosaki-kanko.or.jp/en/>

Shirakami Life & Activities <https://www.experience-shirakami.com/>

Acknowledgements

Many thanks to Prof. Anthony Rausch and Prof. Victor Carpenter for their valuable feedback on this manuscript. Thank you as well to our wonderful artist Sato Shun of the Hirosaki University Manga Kenkyu-kai.

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Glossary

The following glossary is divided into several topics. It may be useful when introducing Hirosaki to a foreigner. We chose these words because they are important for describing local culture, but perhaps difficult to explain in English. The glossary has two purposes.

First, it provides useful explanations, not translations. If you look up *yōkan* in a dictionary, it will probably say “agar jelly.” If you look up *kamoshika*, it will probably say “Japanese serow.” These are correct translations, but not many English speakers will know those words. As such, explanations are more meaningful than translations.

The second purpose is to show how to explain Japanese cultural words. It is useful to use things people know. Use of phrases like “it’s like a...” or “it is similar to...” is very effective. Then add a little extra information about why it is interesting. Foreigners may not know Shirakami Sanchi, but they probably will know Studio Ghibli. They would be interested to learn that the forest in *Princess Mononoke* is

based on Shirakami Sanchi. It is also useful to say what something is not. For example, Nanbu senbei are actually not made from rice, even though "senbei" is usually translated as "rice cracker." Check the Glossary to see what they are made of.

地理地方関係 **Geography and Regions**

Hakkōda

Mountains

八甲田山

A mountain range running north to south that cuts Aomori Prefecture in half. It marks the eastern end of the Tsugaru region and is very famous for skiing.

Mount Iwaki

岩木山

This 125-meter high mountain stands in the middle of the Tsugaru plain and looks over the three cities of Hirosaki, Aomori City, and Goshogawara. It has a unique triple-peak form, and is said to be home to the Akakura deity.

Shirakami

Sanchi

白神山地

A mountainous area covering part of southern Aomori and northern Akita. It was named a world heritage site for its ancient beech forests. It was also inspiration for the forest in the Studio Ghibli film *Princess Mononoke*.

Tohoku

東北地方

The northeastern area of Honshu, the main island of Japan. It is comprised of six prefectures: Aomori, Iwate, Miyagi, Akita, Yamagata, and Fukushima.

Tsugaru

津軽地方

The area covering the western half of Aomori Prefecture. It was the domain of the Tsugaru clan until the modern prefectural system was put into place, at which time it was combined with the eastern half to form Aomori Prefecture. Tsugaru, like other regions of Japan, has a distinct dialect and many unique folk customs.

お祭り関係 Festivals

bon dance Traditional dances for celebrating o-bon. They are often danced in large circles or in a parade. Bon dances are very simple so anyone can learn easily and join in.

盆踊り

neputa Hirosaki's major festival during o-Bon. Giant fan-shaped floats (also called Neputa) are paraded through the city at night accompanied by giant drums and traditional flute music. The festival is supposed to drive away sleepiness.

ねふた

o-bon Japanese All Soul's Day, celebrated each night for about a week in August. Families in Tsugaru celebrate by lighting small bonfires in the evening to help the spirits of their ancestors find their way home. Families often also gather together, barbecue and enjoy small fireworks.

お盆

o-shogatsu Japanese New Year's. It is celebrated during the first week of January with special foods like mochi and *o-secchi*, bamboo and pine decorations, and visits to a Shinto shrine.

お正月

senko hanabi Japanese-style handheld fireworks. Unlike sparklers or morning glories, senko hanabi are not sticks. Instead, they are made from a paper string. The firework burns a tiny ball that slowly climbs up the string as it sparks. You must hold it very still, or the ball will fall and the firework show will end.

線香花火

yatai A booth or stall set up to sell goods, usually at a festival. Festivals are usually connected to religion or seasons. Yatai usually sell food or host games where children can win toys. Some yatai are so big that they can contain a dining area, but most food is sold as take-out.

屋台

食べ物関係 Food

red bean paste One of the most common ingredients in Japanese sweets. It can be molded into beautiful shapes or used as a sauce.

餡子

dagashi Japanese sweets (2). Usually made from wheat or cake with red bean paste or other Japanese flavorings.

駄菓子

dango Rice dumplings. Eaten on a skewer, they are usually topped with sweet soy sauce, black sesame, or red bean paste. Some special dango are eaten on certain holidays.

団子

izakaya A Japanese-style pub. Izakaya often serve a wide variety of dishes for sharing.

居酒屋

Customers usually sit on cushions at low tables or at the bar.

kashi-pan

菓子パン

Single-serving snack breads. They can be sweet or savory, a light snack or deep fried. Kashi-pan are usually cheap and available in many different varieties. They are sold in convenience stores and supermarkets, as well as fresh-made in bakeries.

mochi

餅

Rice cake. Mochi is made by pounding sticky rice until it becomes a paste. It is often eaten with red bean paste in the center.

nanbu

senbei

南部煎餅

Nanbu style crackers. Senbei are usually called "rice crackers," but these are made from wheat and flavored with nuts or sesame seeds.

soba

蕎麦

Buckwheat noodles. These noodles are usually eaten either in hot broth or dipped

in cold soup. They go with many kinds of vegetables, tempura, or grated radish.

tsukemono Pickled vegetables. Tsukemono can be made out of almost any vegetable, flavored with malted rice (*kōji*), spicy red peppers, or many other seasonings. There is a great variety: they can be sweet, spicy, sour, or salty, and go with sushi, curry, fish, etc.

漬物

wagashi Japanese sweets (1). Usually made from mochi and/or red bean paste.

和菓子

yōkan Agar jelly. Yōkan is a very sweet firm jelly usually flavored with red beans or green tea.

羊羹

音楽芸能関係 Music and Performance

bosama Blind male beggar musicians from the Edo period. These men had a strong influence on Tsugaru folk music and contemporary Tsugaru-jamisen.

ボサマ

goze Blind female beggar musicians from the Edo period. These women traveled through the Tsugaru region and influenced Bosama and Tsugaru folk music in general.

瞽女

shamisen A 3-stringed banjo or lute. Shamisen come in different sizes and are played with many kinds of music, including in kabuki theater and Tsugaru folk music.

三味線

shishimai Tsugaru "lion" dance. Dancers wear horned masks that look like deer or bears (not lions), beat drums, and dance for good health and good luck.

獅子舞

taiko

太鼓

Japanese drums. Taiko (or wadaiko) are often used for festival music, like during Neputa. Kumidaiko, when many drummers dance and play together, is popular around the world, but uncommon in Japan.

teodori

手踊り

A traditional style of Tsugaru dance. Teodori literally means “hand dance,” but it is a very challenging style of dance that actually uses the whole body.

歴史やその他 **Historical and Miscellaneous terms**

Edo Period Medieval period lasting from about 1603-1867 when Japan was ruled by the Shogunate. This period was followed by the Meiji Restoration and modernization of the country. Edo is the old name for Tokyo.

江戸時代

daimyo An Edo-period lord. Daimyo represented their clan in the capital in Edo.

大名

ground-hopping A hobby that involves attending sporting matches at as many places as possible. Originated in the 1970s in England, now known worldwide, often related to soccer.

グラウンドホッピング

indigo Indigo, a blue color. Hirosaki has an old tradition of indigo dyeing. Indigo is made from natural plants and Japanese macaque.

藍

**Japanese
monkeys**

ニホンザル

Japanese monkeys live throughout the country. They have long gray hair, bright red faces, and no tails.

kendo

剣道

Japanese fencing. Kendo is a highly competitive sport rather than a serious martial art used for self-defense. Participants wear protective gear and use bamboo swords to prevent injuries.

kiai

気合い

A spirit shout. Kiai are used in martial arts. The athlete will cry out with all their energy to make their punch or kick stronger. Different schools have their own unique kiai.

kogin-zashi

こぎん刺し

Tsugaru-style embroidery. Kogin-zashi uses geometric patterns made up by horizontal lines. It was originally used to make thin clothing warmer during the winter, but now it is a very expensive handcraft.

kokeshi doll A traditional wooden doll common throughout Tohoku. Kokeshi are made on a lathe, so they are shaped like a stick with no arms or legs. They are painted differently in each region. In Tsugaru, they are sometimes decorated with Ainu patterns.

こけし

onsen Spas using from naturally occurring hot springs. Every spring supposedly has different health benefits. Public bathing is a common pastime in Japan, and people are very open about bathing around strangers here.

温泉

yukata A light kimono-like robe worn in the summer. Yukata are fashionable at festivals and fireworks shows.

浴衣

Tsugaru Life

~English Through Local Topics~

with Workbook

2022 年 3 月 31 日 初版第一刷発行

著者

ジョシュア・ソロモン、片桐早苗、ライク・ヤグノ、
多田恵実、ブライアン・バードセール

発行所

〒036-8560 青森県弘前市大字文京町 1

国立大学法人弘前大学

弘前大学イングリッシュ・ラウンジ

TEL: 0172-39-3138

印刷・製本 やまと印刷

ISBN: 978-4-9912473-2-3



Tsugaru Life: English through Local Topics is an English textbook with a workbook for local tourist guides of the Tsugaru region. In each unit of this textbook, the learner will discover something new about the local area from tasty local sweets to natural wonders such as fresh water springs and nearby mountains as well as local sports, foods, and performing arts.

Each unit has 3 readings connected to the theme of the unit and each reading has:

- a *Vocabulary Exercise* to practice advanced vocabulary
- a *Listening Task* to reinforce the reading material
- *Conversation practice* to structure practice conversations related to the reading
- a *Translation Exercise* to check comprehension of the reading
- a *Writing Exercise* to develop effective writing skills
- a *Further thinking* section to stimulate more conversation on the given topic.

A *glossary* at the end of the textbook provides additional support for the learners.

Learn to talk about life in Tsugaru
Learn to talk about local topics in English

