

LESSON NOTES

Video Culture Class: Japanese Holidays #3 Bean-Throwing Ceremony

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KANJI

1. 「節分」とは、各季節の始まりの日、つまり立春、立夏、立秋、立冬それぞれの前日を指しています。江戸時代以降は、立春の前日だけを節分と呼ぶようになりました。毎年2月4日ごろが節分に当たります。昔は、季節の変わり目には邪気が生じ、そのせいで、人々が病気になったり作物がとれなくなったりすると信じられていました。その後、邪気を象徴的に表した「鬼」を追い払うための行事を行なうようになりました。
2. 魔よけとして家の入り口に取り付けられる魚は何でしょうか。
3. 正解はこのビデオの最後に紹介します。
4. 各家庭や寺などで、「鬼は外、福は内」という掛け声とともに豆をまきます。この豆は「福豆」と呼ばれる炒った大豆。最近ではスーパーマーケットなどで買うことができます。家庭では家族それぞれが豆をまきます。寺では、その年に災難を受けやすいと言われる「年男」「年女」が豆をまきます。豆まきが終わった後、豆を自分の年齢の数だけ食べて、一年間の健康を祈ります。
5. 豆まきには「鬼」がつきもの。でも、鬼は架空の存在なので、家庭では主に父親が鬼のお面をかぶって、鬼に扮します。また幼稚園や保育園などでは、先生が鬼の役を演じます。子どもたちは怖がりながらも、元気に「鬼は外、福は内」と叫びながら豆をぶつけます。すると、鬼は慌てて玄関や部屋の出入り口から逃げていくのです。
6. 節分に食べると縁起が良いとされる「恵方巻」を食べます。これは、キュウリやかんぴょう、だし巻き卵などを入れた太巻き寿司のこと。普段は食べやすい長さに切ってある太巻き寿司ですが、恵方巻の場合は切らずに長さ20cmほどのままでかぶりついて、最後まで食べます。このとき、その年の縁起の良い方角、つまり「恵方」を向いて食べなければならぬ、というおもしろい風習があります。
7. 豆まきのときの掛け声は、通常「鬼は外、福は内」ですが、「福は内、鬼は内」という地域もあります。鬼をまつている寺や、鬼は神様の使いだと思われている神社では「鬼は外」がタブーなのです。

CONT'D OVER

8. さて、ここでクイズの答えです。
9. 正解は「鰯」です。さすがの鬼も、鰯の生臭さを嫌うと言われ、「柊」の枝に鰯の頭をさして戸口に取り付けるようになりました。ちなみに、柊の木にはトゲが生えていて、これにも鬼を遠ざける魔よけの力があると信じられていたのです。鬼と聞くと怖い存在ですが、私たちと同じように臭いものや痛いものを嫌がると聞くと、身近に感じられますね。

ENGLISH

1. Setsubun is the day before the first day of each season, which is called Risshun for spring, Rikka for summer, Risshū for fall, and Rittō for winter. Since the Edo period the day before Risshū (spring) is the only one called Setsubun. It is held around February 4 each year. In ancient times people believed that evil spirits were born during the changing of the seasons, and that these spirits would make them ill or destroy their crops. Since then a special event has come to be held in which a symbolic evil spirit (or demon) is exorcised.
2. What is the fish that is used as a talisman and attached to the entrance of each home?
3. You'll find out later.
4. At places such as homes and temples, people say demons outside, fortune inside and throw beans. These beans are roasted soybeans and known as fukumame (fortune beans). In recent years they have become available at stores such as supermarkets. Each family member sows beans at the home. At temples, men and women known as toshi otoko and toshi onna, meaning they were born under the same Chinese zodiac sign as the current year, throw the beans. They are said to be vulnerable to disaster that year. After throwing the beans, one bean is eaten for each year of age, and prayers are made for good health over the course of the year.

CONT'D OVER

5. Demons are a big part of throwing the beans. However, since demons are fictional and don't actually exist, the father will often wear a demon mask and dress as a demon. At kindergartens and nurseries, teachers play the role of the demon. While children can get a little scared, they cheerfully throw beans while chanting "demons outside, fortune inside." The demon then rushes away and escapes out of the nearest door or through the front door.
6. At Setsubun, ehōmaki is eaten for good luck. This is a large sushi roll stuffed with Japanese omelette, cucumber, and gourd. Sushi rolls are usually cut into bite-size pieces, but ehōmaki is eaten just as it is, approximately 20cm in length. There is also an interesting custom of eating the meal facing the "lucky direction" for that given year.
7. While in most regions people chant "demons outside, fortune inside," there also regions where people chant "fortune inside, demons inside." At temples that are dedicated to demons, it is thought that demons are for the use of God, and so "demons outside" is taboo.
8. Now it's time for the answer to the quiz.
9. The correct answer is "sardine." Demons are said to dislike the fishy smell of sardines and so they are attached to a holly branch, which is then hung on the door. Thorns also grow on holly trees, and it is believed that they too have the power of a talisman to ward away demons. When we hear a demon we may feel a scary presence, however just like us, whenever they smell or feel something they dislike, they feel closer.

VOCABULARY

Kanji	Kana	Romaji	English
ちなみに	ちなみに	chinamini	incidentally
節分	せつぶん	setsubun	day for the end of winter
年男	としおとこ	toshiotoko	a man born in a year with the same Chinese zodiac sign as the current year

架空	かくう	kakū	imaginary
縁起	えんぎ	engi	omen, luck
邪気	じゃき	jaki	evil spirits, maliciousness
年女	としおんな	toshionna	a woman born in a year with the same Chinese zodiac sign as the current year
豆をまく	まめをまく	mame o maku	to throw beans
災難	さいなん	sainan	calamity, disaster, misfortune
お面	おめん	o-men	mask
恵方巻	えほうまき	ehōmaki	Ehomaki (sushi roll eaten during setsubun)
鬼	おに	oni	ogre, demon, it (i.e. in a game of tag)
象徴的	しょうちょうてき	shōchō-teki	symbolic
かぶりつく	かぶりつく	kaburi tsuku	to bite into
まつる	まつる	matsuru	to enshrine
神様の使い	かみさまのつかい	kami-sama no tsukai	messenger of God
鰯	いわし	iwashi	sardine
生臭さ	なまぐささ	nama gusa-sa	fishy smell
柊	ひいらぎ	hiiragi	holly

SAMPLE SENTENCES

お寺で、邪気を払ってもらおう。

O-tera de jaki o haratte morau.

I have evil spirits expelled at the temple.

災難が一気にまとまって降りかかってきた。

Sainan ga ikki ni matomatte furikakatte kita.

Misfortunes came down on us all at once.

部長は、鬼のように怖い。

Buchō wa oni no yō ni kowai.

The manager is fierce as a demon.

鰯が嫌いです。

Iwashi ga kirai desu.

I don't like sardines.

昔は、公園に柊の木があった。

Mukashi wa kōen ni hiiragi no ki ga atta.

There used to be holly trees in the park.
