



Culture

Experience Okinawan Culture

In Okinawa, there are ceramic and lacquer arts, dyed and woven textile and glass craft that were born in the Ryukyu Kingdom era and have since been developed. Without sanshin, there is no Okinawan music. Even today, many Okinawan people practice the martial arts of Karate and Kobudo. The heritage of the Ryukyu Kingdom has steadily been handed down from generation to generation.



Pottery

Pottery is called as 'Yachi-mun' in Okinawa. All pottery made in the various parts of Okinawa have a simple and warm texture and hue which give them an additional charm. The representative production areas are Tsuboya in Naha city and 'Yachi-mun no Sato' in Yomitan Village. There are jars and Shisa lion figures besides plates, bowls and coffee cups. Some studios in Tsuboya accept visitors for observation. Please contact Tsuboya Ceramics' Cooperative for more information.

■Tsuboya Ceramics Cooperative 1-21-14 Tsuboya, Naha city TEL.098-866-3284
■Yomitan Village Common Sales Center 2723-1 Zakimi, Yomitan village TEL.098-958-4468



Dyed and Woven Textiles

Dyed woven textiles of Okinawa were born from trade between Southern nations and China during the Ryukyu Dynasty era and developed their own textiles adopted to the culture and the climate. Dyed woven textiles handed down in generations at the various parts of the prefecture are varied. Some of the typical ones are: Shuri-ori, Ryukyu kasuri, Yomitanzan-hanaori, Basho-fu, Kumejima-tsumugi, Miyako-jofu, Yaeyama-jofu, Yaeyama-minsa, Yonaguni-ori, and dyed textile of Bingata.

■Ryukyu-no-Yakata in Okinawa Traditional Arts and Crafts Museum
5-1 1-7 Nishizaki-cho, Itoman city TEL.098-992-1000
■Okinawa World 1336 Aza-Maekawa, Tama-gusuki, Nanjo city TEL.098-949-7421



Ryukyu Glassware

Ryukyu glassware, which started in the Meiji era, renewed production using recycled bottles of soft drinks and beer bottles brought by the US military in the post war period. Air bubbles exist in the bulbous glass material, but the workmen make the most use of the unsophisticated appearance to raise the value as daily necessities and souvenirs. Recently, you can find more of the imaginative hand-made Ryukyu glassworks by young craftsmen.

■Naha City Arts and Crafts Museum Tenpus Naha, 2F 3-2-10 Makishi, Naha city
TEL.098-868-7866
■Ryukyu Glasswork Village 169 Fkuchi, Itoman city TEL.098-997-4784



Ryukyuan Dance

Ryukyuan dance is a traditional dance in Okinawa. In order to entertain investiture envoys (sappushi) from China, the Ryukyu government established a special dance agency called 'Odori-Bugyo' and improved skills. The graceful dance wearing vivid Bingata costume evokes the graceful court life during the Ryukyu Dynasty. Why not enjoy an elegant time while watching a Ryukyuan dance show?

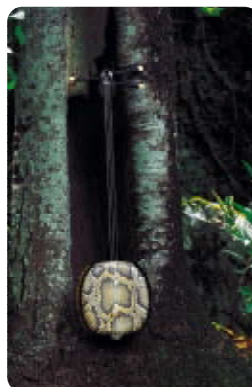
■Yotsu-dake Restaurant/ Kume branch 2-22-1 Kume, 1F, Naha city
TEL.098-866-3333 TEL.098-866-3333
■Kokusai-dori street branch 3-29-68 Kumoji, 2F, Naha city
■Ryukyu-buio-kan 'Udui' 682-5 Oyake-baru, Nanjo city TEL.098-949-7-71



Karate

Karate is a martial art for self-defense using bare hands and originated here in Okinawa. It is said that Okinawa's traditional martial art received influences from Chinese boxing techniques and has developed on its own. The name Karate came from Chinese "tu-ti" and has prevailed to the world. The martial art which handles weaponry such as "Nun-chaku", "Tun-fa", "Sai" etc. is called "Kobudo", and has developed along with Karate. NPO Okinawa Karate and Kobudo Support Center is an institution to help further spread the martial art both domestically and outside of Japan. It also introduces "Dojo" in the prefecture.

■NPO Okinawa Karatedo Kobudo Support Center
3-13-12 Kumoji, Naha city
Miyazato Bldg. No.202 TEL.098-864-5628
<http://www.okinawa-karate.jp/>
(English version available.)



Sanshin Lute

The musical instrument which should be never missed in Okinawan music is Sanshin. It is said that Sanshin is an improved form of the Chinese musical instrument called Sengen. Although the skin of a poisonous snake, the Habu, which lives in Okinawa was used as a stretch of the sound chamber, imported python skin and synthetic leather are used today. They teach you how to play at most specialty stores.

and Gourmet



Taste and enjoy Japanese, Western, Chinese, Korean, and of course, the local Okinawan cuisine

The restaurant industry is prosperous in Okinawa, with Japanese, Western, Chinese, Korean cuisines, and also, many South-east Asian and South American restaurants. However, highly recommended is the local Okinawan cuisine, famous for its part in longevity and good health. Okinawan dishes can be widely categorized in two parts; the elegant dishes prepared for the King and the courtiers during the Ryukyu Kingdom Era, and the economical and reasonable dishes born from sensible wisdom of everyday lives of the commoners. Both of which are influenced by Chinese and Japanese cuisine cultures. Try out some Okinawan dishes among the local “Uchinanchu”.



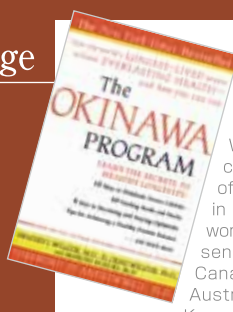
Longevity No. 1 Village in the World Ogimi Village



Longevity number one prefecture is Okinawa in Japan, the nation of longevity. Ogimi Village, in the northern part of Okinawa main island, is the region where people live longest. Many factors influence longevity, but diet is especially being paid attention to. Rice as a staple diet, plenty of vegetables, sea vegetables, sea food, tofu (soy curd), proper amount of meat and a small amount of salt

Access to Ogimi Village

Approximately an hour and half by car from Naha city. Go northward on route 58 via Okinawa Turnpike and Nago city.



A book co-written by Makoto Suzuki, B. Wilcox, and C. Wilcox concerning the longevity of Okinawans. Published in 10 countries around the world, and causing a great sensation in the U.S., Canada, New Zealand, Australia, Turkey, Holland, Korea, China, and Brazil.