

Department	International College of Liberal Arts		
Semester	Fall 2023	Year Offered (Odd/Even/Every Year)	Every Year
Course Number	ARTS/JPNA111		
Course Title	Calligraphy and Kanji Culture		
Prerequisites	None		
Course Instructor	REED William	Year Available (Grade Level)	1
Subject Area	Interdisciplinary Arts: Arts	Number of Credits	3
Class Style	Lecture	Class Methods	Face to face

(NOTE 1) Class Methods are subject to change

(NOTE 2) Depending on the class size and the capacity of the facility, we may not be able to accommodate all students who wish to register for the course"

Course Description	<p>Cap (registrant capacity): 30 students</p> <p>Shodo is a Liberal Art unto itself, incorporating elements of Art, History, Psychology, and even Physical Finesse. We will highlight these themes as we practice. We will concentrate on how to paint beautiful calligraphy, but also learn how to read it aloud, as well as understand and explain an English translation of the calligraphy.</p> <p>Calligraphy is a whole brain exercise, engaging the visual, motor, linguistic, sensory, and memory functions of the brain, as well as promoting concentration and awareness, good posture, and breathing. Kanji engages the memory, imagination, spatial awareness, and eye-hand coordination. Calligraphy and Kanji Culture is a Course on how to learn the Art of Brush Calligraphy in the context of Kanji Culture. Kanji are the core of the Japanese writing system. You will discover the roots that bind Chinese and Japanese Culture through the Kanji. You will learn proven techniques to remember and study the Kanji. Calligraphy is a wonderful way to develop mindfulness. Through the brush you will improve your handwriting and mental focus, and even improve your character.</p> <p>No prerequisites are required, and students in this course from many cultures have demonstrated that high-performance is possible regardless of your country of origin. All topics are explained and translated into English, so that Japanese students can experience their own culture in English, and students from outside Japan gain direct access to the subject matter in English.</p> <p>The course will involve short lecture demonstrations, and mostly practice with feedback from the professor. The approach will be to master the meaning, form, and beauty of the Kanji, copying from master models, and also to learn the secrets of how to control the brush and produce beautiful effects. You will also discover the dimensions of calligraphy that lead to mindfulness, energy, and health.</p> <p>Assessment is based on skill and improvement in painting Kanji, Hiragana, and Images, as well as Knowledge of Calligraphy and Kanji Culture. Methods for Mastery of the Brush are clearly presented in class, and as with mastery of a musical instrument, attendance and practice are important. Students of this class have commented that they find the disciplined practice of calligraphy to be relaxing and invigorating for mind and body. You will also learn enjoyable ways to progress as you practice, in effect to master the process of mastery.</p> <p>Shodo is the art of painting Chinese and Japanese characters with a brush. It is similar in many ways and comparable in difficulty to that of learning to play Classical Music or Jazz on a musical instrument. Nevertheless, it has been proven many times by previous students in this course that with about 20 hours of deep practice with the right approach and coaching, it is possible to achieve a remarkable level of skill by the time the course is completed.</p>
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	<p>The Course is divided into 8 Sections, introducing new themes in parallel to new practice pieces for your portfolio.</p> <p>Some Sections are longer than others to allow for practice and coaching.</p> <p>A) CONCENTRATION (one week) Develop deep concentration and mental clarity by mastering the fundamental elements of balanced characters.</p> <p>B) MASTERY (three weeks) Develop basic Mastery of brush calligraphy by painting the poetry of the Chinese Literati through 8-character poems in three scripts.</p> <p>C) BALANCE (three weeks) Refine your spirit through the IROHA Poem through beautifully balanced Heian style Hiragana.</p> <p>D) CREATIVITY (two weeks) Develop your six senses through seasonal Haiku Poetry and Haiga Picture poems.</p> <p>E) MEMORY (two weeks) Improve your memory by learning a powerful and fun method for mastering the reading and writing of Japanese Kanji.</p> <p>F) MINDFULNESS (one week) Gain mental clarity through the Buddhist practice of Mindfulness in painting the Heart Sutra.</p> <p>G) APPRECIATION (two weeks) Gain appreciation for living through painting quotes from Japanese literature with a super fine tipped brush.</p> <p>H) CONNECTION (one week) Experience a closer connection to nature through the 5 Treasures of Shodo: Paper, Brush, Inkstick, Inkstone, Water.</p> <p>The emphasis will be on improving your skill with the brush. This will help you experience and demonstrate benefits like improved focus, space perception, line quality, mindfulness, and appreciation for Japanese Culture through nature and poetry.</p> <p>I will introduce the topics, provide resources for further learning, and tips on how to improve, including a combination of close-up live demonstration and video. You will also receive Tehon to practice copying masterworks, and some basic supplies such as paper and ink. However, you will have to buy your own small brush, a shitajiki under cloth, and a dish to hold the ink while you paint. You will also need to get a sketchpad, fude-pen, and pencil for practice outside of class. However, your final work will have to be submitted painted on proper calligraphy paper with a real brush.</p>
<p>Course related to the instructor's practical experience (Summary of experience)</p>	<p>Though I am from the United States, I first came to Japan as a college exchange student in 1972, when I began the study of Aikido and Brush Calligraphy (Shodo). My passion for Japanese language and culture has never faded. Now fifty years later I have an 8th-dan in Aikido, a 10th-dan in Shodo, have published several books, and teach at the International College of Liberal Arts (ICLA). I have done calligraphy commissions for temples and shrines that are World Heritage Sites, exhibited in Ginza, as well as numerous calligraphy commissions for documentaries and television programs on the Samurai. I performed Calligraphy in Collaboration with a Bach Violinist at the Nikkei Hall, sponsored by the Japan Cultural Agency.</p> <p>I am currently Vice Chairman of the Japan Calligraphy Education Association, and have published a book called Song of the Brush Dance of the Ink (Morgan James Publishing, May 2022). My first book on Calligraphy was called, Shodo: the Art of Coordinating Mind, Body, and Brush (Japan Publications, 1989), and I have published several papers on Calligraphy for the Japan Creativity Society. I have a regular column on Budo Japan called, Brush is the Sword of the Mind.</p> <p>Because of its connection to the language and the culture, Japanese Calligraphy has been at the core of my passion from the beginning. Through ongoing exhibitions, calligraphy commissions, and performances on stage, television, and documentaries, I strive to remain a leading learner in the field, and share fresh insights with my students on the same path.</p>

Learning Goals	<p>The VALUE Rubrics for Calligraphy and Kanji Culture are covered in the following ways:</p> <p>CRITICAL THINKING Comparing different translations of Japanese and Chinese poetry Learning to see what you did not see when painting the the master copy Analyzing detailed features of hand and brush writing</p> <p>PROBLEM SOLVING Applying Mastery tips in learning how to control the brush Perception and navigation of space dynamics in Calligraphy composition in the frame Learning how to paint and perform under pressure of being watched by peers and professor</p> <p>CREATIVE THINKING Use of imagination to connect meaning in reading, painting, and reciting poetry with vocal rhythm Learning how to read and write printed, semi-cursive, and cursive scripts of the same character Finding the creative connections between calligraphy, classical and jazz music</p> <p>INTERCULTURAL COMPETENCE Students from different countries work in pairs to coach and encourage each other Japanese students learn how to perform and explain calligraphy in English Students enjoy sharing their highly individualized illustrations and mnemonic devices with the entire class</p> <p>ORAL COMMUNICATION Students demonstrate and explain their calligraphy through frequent show and tell sessions Students are asked to repeat coaching instructions in their own words and teach it to others Groups discussion is carried out with the English translations of Japanese and Chinese poetry</p> <p>WRITTEN COMMUNICATION Submitting writings of 8-character poems from the Thousand Character Classic Submitting writings of IROHA Poem in Heian style Hiragana Submitting writings of Haiku Poetry and Haiga Paintings</p> <p>QUANTITATIVE REASONING Measuring the geometry and anatomy of Kanji as invisible frames which support the character Use of metric devices such as electronic scales to measure brush pressure and grids to measure proportion Understanding how the Golden Ratio and Fibonacci numbers can be found in beautiful calligraphy</p> <p>1) The university's educational philosophy and objectives and the faculty objectives and goals. You will be encouraged to be observant and and learn by practicing with feedback, and then to show what you know through your skill with the brush.</p> <p>2) The academic perspectives and skills etc. the student is expected to acquire. Students will develop skills in painting Chinese poetry in 3 scripts and Japanese calligraphy in the classical Heian script, as well as the ability to read and remember Kanji quickly through an effective mnemonic method. Calligraphy is the art of painting Chinese and Japanese poetry, but it also connects deeply to philosophy, psychology, brain health, and character development. It is considered to be excellent for concentration and mindfulness, and therefore can contribute to improving your performance in other subjects.</p> <p>3) What degree of mastery will the students reach and what will they acquire after the course. Calligraphy is considered to be a difficult art to master, comparable to learning to play a musical instrument, and because of the language and cultural barrier. However, with proper coaching on Mastery Tips and high-quality calligraphy to practice from, students in this class have shown exceptionally rapid progress in the space of a semester.</p> <p>4) Relevance of the courses to the iCLA Diploma Policy (Graduation and degree awarding policy)</p> <p>1. To Value Knowledge (Having high oral and written communication skills to be able to both comprehend and transfer knowledge) Students will explore the literary aspects of Calligraphy through English translation, as well as the sophisticated skill of writing with a brush. In calligraphy you carry art appreciation to a deep level by actually showing what you know through the skill of the brush.</p> <p>2. To Be Able to Adapt to a Changing World (Having critical, creative, problem-solving, intercultural skills, global and independent mindset to adapt to a changing world) Calligraphy is connected to so many branches of learning, and stimulates the brain in ways to cultivate all multiple intelligences such as Linguistic, Logical/Mathematical, Spatial, Bodily-Kinesthetic, Musical, Interpersonal, Intrapersonal, and Naturalist intelligence. Even students who have never held a brush or studied the language have been able to achieve a high degree of skill with concentrated practice</p>
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	<p>practice.</p> <p>3. To Believe in Collaboration (Having a disposition to work effectively and inclusively in teams)</p> <p>Students learn to appreciate the quality of materials, and the discipline of concentrated practice, as well as finishing and cleaning up on time. There is a natural atmosphere of harmony as students practice this art together.</p> <p>4. To Act from a Sense of Personal and Social Responsibility (Having good ethical and moral values to make positive impacts in the world)</p> <p>The Art of Calligraphy has traditionally been considered the Art of Character development, developing concentration, a sense of balance and proportion, and spending time painting themes from philosophy and poetry.</p>
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iCLA Diploma Policy	DP1/DP2/DP3/DP4
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iCLA Diploma Policy

(DP1) To Value Knowledge – Having high oral and written communication skills to be able to both comprehend and transfer knowledge

(DP2) To Be Able to Adapt to a Changing World – Having critical, creative, problem-solving, intercultural skills, global and independent mindset to adopt to a changing world

(DP3) To Believe in Collaboration – Having a disposition to work effectively and inclusively in teams

(DP4) To Act from a Sense of Personal and Social Responsibility – Having good ethical and moral values to make positive impacts in the world

Active Learning Methods	Active Learning Methods are used throughout the Calligraphy and Kanji Culture Course. The Art of painting calligraphy requires concentration and full engagement of mind and body. The depth of this is evident in the quality of the work produced. Kanji Mnemonics engage the imagination, visual skills through illustration, and storytelling to integrate the key words into memory.
Use of ICT in Class	Information and Communication Technology is used in class with close up video to demonstrate calligraphy skills and use of the brush, and recordings made on Zoom for review of previous class sessions.
Use of ICT outside Class	Information and Communication Technology is used outside of class in the form of Notetaking through the Mandala Chart Online, as well as online research of related topics and references.
Expected study hours outside class	<p>Classes will be held Face to Face, with attendance required. As a 3-credit course, classes meet twice a week for 15 weeks. Research and experience in teaching this Course has shown that students can significantly improve their skills in painting calligraphy with 20~30 hours of deep practice, with coaching and correct principles. Therefore, expect to spend an additional two hours of practice every week outside of class to ensure that you allow sufficient time for improvement.</p> <p>If class time is 60 hours, then expect to spend an additional 30 hours in practice and preparation outside of class, for a total of 90 hours during the semester.</p>

Feedback Methods	<p>Focus will be on practice with the Small Brush, providing master copies for practice.</p> <p>The emphasis is on Mastery, with benefits of concentration, creativity, clarity.</p> <p>Coaching will lead to full experience with English translations, reading aloud, and understanding of Kanji roots.</p> <p>Calligraphy is a Liberal Art. Homework includes recommended reading, and required writing of the final paper, as well as preparing your portfolio.</p> <p>Students are given close up demonstrations of how to paint the required calligraphy through video and annotated calligraphy notes showing how to use the brush. Immediate feedback is given in class, with demonstration of before/after improvement by applying mastery tips, as well as learning how to practice and perform at your best.</p> <p>Watching other students gives an additional means to ask questions and fully understand the process. Sharing what you know by working in pairs to encourage each is a fun and effective way to learn.</p> <p>We will find opportunities for you to share your work at the Gala, as part of the wall exhibitions, through articles on the iCLA website, and as seasonal gifts for friends and family.</p>
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Grading Criteria		
Grading Methods	Grading Weights	Grading Content
Submit early work and best final work dated for comparison.	20%	8-character poems in 3 scripts.
Submit early work and best final work dated for comparison.	20%	Iroha Poem in Heian Hiragana script.
Submit early work and best final work dated for comparison.	20%	Haiku, Haiga, Quotations, and Proverbs
Submit 25 assigned Kanji, with illustrations, key words, and mnemonics.	20%	Notebook of 25 assigned characters with key words and illustrations.
Submit final paper and Mandala Notes demonstrating learnings through Calligraphy.	20%	Mandala Chart Notes and Final Paper demonstrating Key learnings and experiences in Calligraphy.

Required Textbook(s)	<p>Master Tehon are provided for copying in all scripts and styles studied in the course, including Worksheets and Master copies for:</p> <p>MASTERY of 8-Character Poems from Thousand Character Classic, in 3 Scripts with the small brush. BALANCE through the Iroha Poem in Classical Heian script with the small brush. CREATIVITY through seasonal Haiku Poetry, Haiga Picture poems, Quotations, and Proverbs MEMORY through 25 assigned characters with Heisig key words and illustrations. FINAL PAPER including Mandala Notes, demonstrating learnings in Concentration, Mindfulness, Appreciation, and Connection through Calligraphy.</p> <p>No textbooks are required for purchase, but PDFs are supplied and books are available in the YGU Library that provide ample resources for study.</p>
Other Reading Materials/URL	<p>My own books are available to the students in the library:</p> <p>Song of the Brush Dance of the Ink (Morgan James Publishing) Shodo: the Art of Coordinating Mind, Body, and Brush (Japan Publications) Papers that I published for the Japan Creativity Society such as: Shodo in the Digital Age Enhanced Creativity and Concentration in the Mastery of Kanji by Foreign Students As well as various references on Japanese Ink Painting, Books on Haiku Poetry and a Dictionary of Shodo terminology.</p>

Plagiarism Policy	<p>Plagiarism is the dishonest presentation of the work of others as if it were one's own. Duplicate submission is also treated as plagiarism. Depending on nature of plagiarism you may fail the assignment or the course. Repeated act of plagiarism will be reported to the University which may apply additional penalties.</p> <p>Calligraphy training with a brush is mostly about copying at the basic level. You have a Tehon or Master Copy. However, this must be done freehand, and not through tracing. It is very easy for me to tell if a student submits work that has been traced. Any such work will not be eligible for grading, and could be considered as Plagiarism.</p> <p>You must be able to demonstrate that you can paint it free hand in the class while I observe you painting.</p>
Other Additional Notes	<p>The promise of Shodo is perpetual youth and longevity. This was experienced by calligraphers in ancient times, and it has also been documented by contemporary researchers. If you practice correctly, it will definitely improve your posture, health, and energy, calm your mind, and even balance your character. However, it is a discipline that requires practice.</p> <p>We also make active use of Music to enhance your concentration, enjoyment, and create a comfortable creative studio atmosphere in the class. You will come to understand the reason why I call Shodo "Visual Jazz."</p> <p>Calligraphy is as challenging and as rewarding as learning to play a musical instrument. As in music, it is said to take 10,000 hours of deep practice to reach true Mastery. Research has also shown, and iCLA students in previous semesters have demonstrated that it is possible to make quite respectable progress in 20 hours of practice with good coaching. Therefore you have ample opportunity to do well if you practice with the mastery tips that I will give you. In other words, you must show what you know. If you get discouraged by your ability to control the brush, I will be there for you and show you how to produce beautifully balanced Calligraphy.</p> <p>Because a large part of your grade depends on developing skill with the brush, we will devote a good deal of class time to coaching and practice. I will also provide close up videos showing how to use the brush, and I will ask you to submit both videos and final works for feedback. The better you are able to see it, the better you will be able to paint it. The materials that you use, brush, paper, ink, and inkstone make a big difference in the quality and enjoyment of your practice.</p> <p>Students sometimes try to save money by buying the cheapest brush they can find, or bringing in a brush which they used years ago in school. This will make it difficult to paint with any skill, because cheap materials are no better than toys. You cannot produce beautiful music with a plastic instrument, and it is the same with the brush. Using the wrong size or type of brush can inhibit your progress. If you delay in obtaining materials, you will lose valuable weeks of practice.</p> <p>Some materials will be available for practice, but you will need to purchase a set of calligraphy supplies such as designated brushes, shitajiki cloth, ink dish, which will be available for purchase in class, at an estimated cost of 5,000 yen.</p>

(NOTE 3) Class schedule is subject to change

Class Schedule	
Class Number	Content
Class 1	<p>(A) CONCENTRATION Develop deep concentration and mental clarity by mastering the fundamental elements of balanced characters.</p> <p>(A1) Care and handling of materials (A2) How to execute basic strokes (A3) Kanji Radicals and Balance (A4) Spatial Awareness and Brain Training</p>
Class 2	<p>(A) CONCENTRATION Develop deep concentration and mental clarity by mastering the fundamental elements of balanced characters.</p> <p>(A5) Tuning Your Instrument (A6) Tuning Your Brain (A7) Remembering the Kanji (A8) Comparing Calligraphy and Music</p>
Class 3	<p>(B) MASTERY Develop basic Mastery of brush calligraphy by painting the poetry of the Chinese Literati through 8-character poems in three scripts.</p> <p>(B1) The Thousand Character Classic (B2) Tehon for 8-character poems</p>

Class 4	<p>(B) MASTERY Develop basic Mastery of brush calligraphy by painting the poetry of the Chinese Literati through 8-character poems in three scripts.</p> <p>(B3) English Translations (B4) Kaisho</p>
Class 5	<p>(B) MASTERY Develop basic Mastery of brush calligraphy by painting the poetry of the Chinese Literati through 8-character poems in three scripts.</p> <p>(B3) English Translations (B4) Kaisho</p>
Class 6	<p>(B) MASTERY Develop basic Mastery of brush calligraphy by painting the poetry of the Chinese Literati through 8-character poems in three scripts.</p> <p>(B5) Gyosho (B6) Sosho</p>
Class 7	<p>(B) MASTERY Develop basic Mastery of brush calligraphy by painting the poetry of the Chinese Literati through 8-character poems in three scripts.</p> <p>(B5) Gyosho (B6) Sosho</p>
Class 8	<p>(B) MASTERY Develop basic Mastery of brush calligraphy by painting the poetry of the Chinese Literati through 8-character poems in three scripts.</p> <p>(B7) Learning to see (B8) Learning to paint</p>
Class 9	<p>(C) BALANCE Refine your spirit through the IROHA Poem through beautifully balanced Heian style Hiragana.</p> <p>(C1) Origin of the IROHA Poem (C2) Iroha Tehon in Heian Hiragana</p>
Class 10	<p>(C) BALANCE Refine your spirit through the IROHA Poem through beautifully balanced Heian style Hiragana.</p> <p>(C3) Controlling the fine tip of the brush (C4) Rhythm and balance</p>
Class 11	<p>(C) BALANCE Refine your spirit through the IROHA Poem through beautifully balanced Heian style Hiragana.</p> <p>(C3) Controlling the fine tip of the brush (C4) Rhythm and balance</p>

Class 12	<p>(C) BALANCE Refine your spirit through the IROHA Poem through beautifully balanced Heian style Hiragana.</p> <p>(C5) Breathing and line quality (C6) Space in Japanese calligraphy</p>
Class 13	<p>(C) BALANCE Refine your spirit through the IROHA Poem through beautifully balanced Heian style Hiragana.</p> <p>(C5) Breathing and line quality (C6) Space in Japanese calligraphy</p>
Class 14	<p>(C) BALANCE Refine your spirit through the IROHA Poem through beautifully balanced Heian style Hiragana.</p> <p>(C7) Refining your character (C8) Spiritual energy of the kana</p>
Class 15	<p>(D) CREATIVITY Develop your six senses through seasonal Haiku Poetry and Haiga Picture poems.</p> <p>(D1) Reading and translating Haiku (D2) Haiku tunes you to the seasons</p>
Class 16	<p>(D) CREATIVITY Develop your six senses through seasonal Haiku Poetry and Haiga Picture poems.</p> <p>(D3) Haiga and Ancient Script (D4) Space dynamics and Haiku calligraphy</p>
Class 17	<p>(D) CREATIVITY Develop your six senses through seasonal Haiku Poetry and Haiga Picture poems.</p> <p>(D5) Fall and Winter (D6) Spring and Summer</p>
Class 18	<p>(D) CREATIVITY Develop your six senses through seasonal Haiku Poetry and Haiga Picture poems.</p> <p>(D7) Quotations and Proverbs (D8) Seeing nature with Haiku Eyes</p>
Class 19	<p>(E) MEMORY Improve your memory by learning a powerful and fun method for mastering the reading and writing of Japanese Kanji.</p> <p>(E1) Heisig method (E2) Apps and resources</p>

Class 20	<p>(E) MEMORY Improve your memory by learning a powerful and fun method for mastering the reading and writing of Japanese Kanji.</p> <p>(E3) Adding color and illustrations (E4) 25 assigned Kanji</p>
Class 21	<p>(E) MEMORY Improve your memory by learning a powerful and fun method for mastering the reading and writing of Japanese Kanji.</p> <p>(E5) Keeping a Notebook (E6) Kanji Memory Challenge</p>
Class 22	<p>(E) MEMORY Improve your memory by learning a powerful and fun method for mastering the reading and writing of Japanese Kanji.</p> <p>(E7) Short and long term memory (E8) Fluency in reading and writing Kanji</p>
Class 23	<p>(F) MINDFULNESS Gain mental clarity through the Buddhist practice of Mindfulness in painting the Heart Sutra.</p> <p>(F1) The Heart Sutra (F2) Fude Pen and sketchbook paper (F3) Tehon in 3 scripts (F4) Shakyo and Mindfulness</p>
Class 24	<p>(F) MINDFULNESS Gain mental clarity through the Buddhist practice of Mindfulness in painting the Heart Sutra.</p> <p>(F5) Selecting the best environment (F6) Deep Focus and Meditation (F7) Decoding the Heart Sutra (F8) Chanting and Music</p>
Class 25	<p>(G) APPRECIATION Gain appreciation for living through painting quotes from Japanese literature with a super fine tipped brush.</p> <p>(G1) Selected quotes for small brush practice (G2) Literature for reflection</p>
Class 26	<p>(G) APPRECIATION Gain appreciation for living through painting quotes from Japanese literature with a super fine tipped brush.</p> <p>(G3) Freeing your imagination (G4) Writing with a super fine tipped brush</p>
Class 27	<p>(G) APPRECIATION Gain appreciation for living through painting quotes from Japanese literature with a super fine tipped brush.</p> <p>(G5) Tehon for appreciation (G6) Learning to read cursive Japanese handwriting</p>

Class 28	<p>(G) APPRECIATION Gain appreciation for living through painting quotes from Japanese literature with a super fine tipped brush.</p> <p>(G7) Reading aloud (G8) Reading in English translation</p>
Class 29	<p>(H) CONNECTION Experience a closer connection to nature through the 5 Treasures of Shodo: Paper, Brush, Inkstick, Inkstone, Water.</p> <p>(H1) Meeting the Five Treasures (H2) What is lost with cheap substitutes (H3) Fude (H4) Kami</p>
Class 30	<p>Complete Course Evaluation Online (20 minutes)</p> <p>(H) CONNECTION Experience a closer connection to nature through the 5 Treasures of Shodo: Paper, Brush, Inkstick, Inkstone, Water.</p> <p>(H5) Sumi (H6) Suzuri (H7) Mizu (H8) Sustainability for the crafts</p>