



# Japanese Tea

Be good to yourself from the inside out

By Asuka Hirano



I'm going to write about the tea ceremony, the simplicity of boiling water in a pot, making powdered green tea, and treating others to powdered green tea.

Tea ceremony had been called "Cyato" or "Cyanoyu" in the past. There are some different schools of Japanese tea ceremony. The way of tea and chanoyu are the most famous of the different schools.

Powdered green tea is now made from powdered green leaves, but there was not any green tea for ordinary people during the Edo period. A long time ago, tea had to come from China. The Japanese envoy to the Tang Dynasty brought back the habit drinking tea and the method for brewing or making tea back to Japan.

Juko was considered founder of tea ceremony, and the tea ceremony at "yojouhan zashiki" was spread by Murata Juko. Additionally the Tea ceremony was spread by Senno Rikyu, into other parts of Japan and the habit of drinking powdered green tea quickly spread to all areas.

Senno Rikyu was born in 1522. He was born and raised in Sakai (Osaka). Rikyu worked hard for both

Oda Nobunaga and Toyotomi Hideyoshi. When he was sixteen years old, he entered the way of the tea ceremony. When he was eighteen years old, he met Takeno Joo. Rikyu held his first "tea party" at the age of 23. Joo was his first guest to experience the tea ceremony. After this he became a pupil of Murata Juko.



(A picture of Senno Rikyu)

Rikyu was a successful practitioner of "Wabi-cha" arts. Wabi-cha had been about for around one hundred years, since the death of Juko in 1502. Rikyu died in 1591, after holding his final tea ceremony in which he served powdered green tea to many people. He was forced to commit hara-kiri after becoming unfriendly with Toyotomi Hideyoshi. It was under Hideyoshi's direct orders that Rikyu committed hara-kiri.