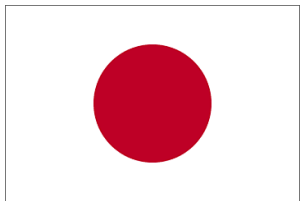


Once upon a time, there was a jolly and adventurous panda named **Captain Panda** who loved to travel and explore new places.

One day, he decided to take his two best friends, a smart rabbit named Bun and a colorful parrot named Polly, on an adventure to **Japan**.







As they arrived in Japan, Captain Panda decided that they should learn about Japanese culture and play a traditional game. They started their journey by visiting a temple, where they learned about the traditional Japanese **tea ceremony**.

As Captain Panda, Bun, and Polly arrived at the temple, they were greeted by a friendly monk who welcomed them and explained the significance of the Japanese tea ceremony. He showed them the traditional Japanese tearoom, which was a small, simple space decorated with beautiful art and calligraphy.



The monk then demonstrated how to make tea in the traditional Japanese way. ([Want to learn how to make tea in the traditional Japanese way? Please click here.](#))

He showed them how to heat the water, prepare the tea leaves, and serve the tea in special cups. The friends were amazed by the precision and care that went into making each cup of tea.





After the monk had finished preparing the tea, he invited Captain Panda, Bun, and Polly to join him in the tearoom to enjoy a cup of tea together. They sat on the **tatami mat floor**, which was covered with a beautiful woven rug, and were served the tea in special cups.

As they drank their tea, the monk explained the meaning behind each step of the tea ceremony. He told them how each movement, from preparing the tea to serving it, was meant to be done with mindfulness and intention, as a way of showing respect and gratitude.





Captain Panda, Bun, and Polly were deeply moved by the beauty and simplicity of the tea ceremony. They felt a sense of calm and peace as they sipped their tea and reflected on the experience.





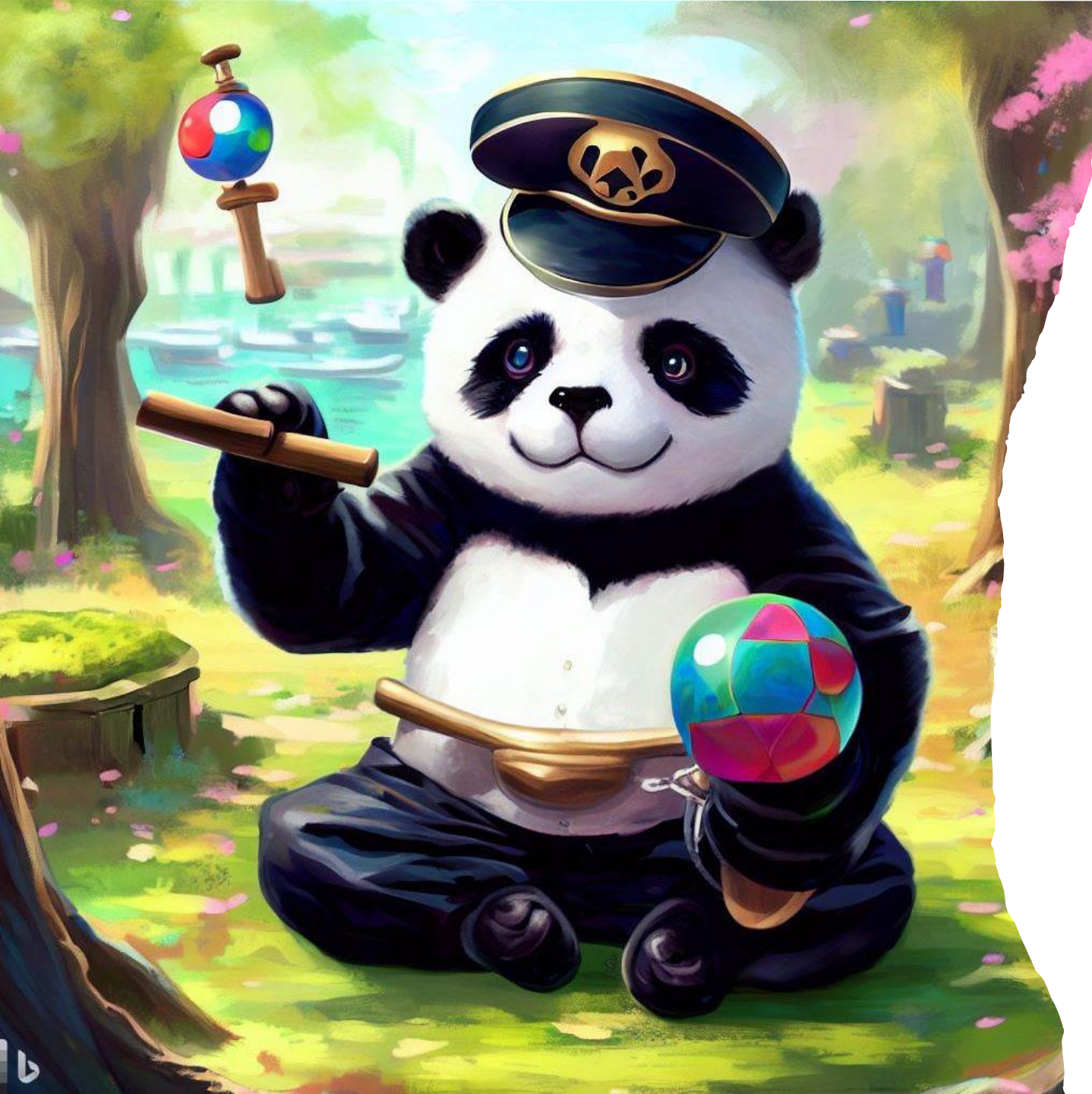


The next day, Captain Panda took his friends to a local park where they met some friendly locals who were playing a traditional game called "**Kendama.**" Kendama is a game that requires skill, focus, and patience.

It involves using a wooden toy with a ball and string to perform various tricks and catch the ball in different ways.

[\(Want to learn how to play Kendama? Please click here.\)](#)





Captain Panda, Bun, and Polly were eager to learn how to play Kendama, and the locals were happy to teach them. They practiced for hours, trying different tricks and techniques until they finally got the hang of it. Captain Panda was especially good at the game and managed to impress the locals with his skills.

The trio enjoyed their time in Japan, and they learned a lot about the country's culture and traditions. They were also grateful to have made new friends and to have had the opportunity to play a fun and challenging game.





As their trip came to an end, Captain Panda, Bun, and Polly knew that they would always cherish the memories they had made in Japan. They said goodbye to their new friends and promised to return one day to play Kendama again.

Back home, Captain Panda, Bun, and Polly shared their stories and experiences with their other friends. They showed them how to perform the tea ceremony and even taught them how to play Kendama. They had all learned something new and had a newfound appreciation for Japanese culture.

From that day on, Captain Panda, Bun, and Polly made a habit of exploring new places, learning about different cultures, and playing games together. They knew that every adventure they went on would bring them closer together and teach them something new.



# How to Cook Tea in Traditional Japanese Way

The traditional Japanese way of making tea is called "Chanoyu" or "Sado", which involves a carefully choreographed and serene ritual of preparing and serving tea. Here are the steps to prepare tea using the traditional Japanese method:

## Ingredients

Matcha powder

Hot water

Tea bowl (Chawan)

Bamboo whisk (Chasen)

Tea scoop (Chashaku)



## Instructions

- Start by heating water to about 80°C (176°F) and then let it cool for a few minutes to around 70°C (158°F).
- Sift about 1-2 teaspoons of matcha powder into the tea bowl to remove any lumps and to make the tea smoother.
- Using the tea scoop, add 2-3 scoops of matcha powder into the tea bowl.
- Pour the hot water slowly into the tea bowl, filling it up to about 1/3 full.
- Hold the tea bowl with your left hand and use your right hand to hold the bamboo whisk. Use the whisk to vigorously whisk the tea in a "W" or "M" motion until the tea becomes frothy and smooth.
- Once the tea is frothy, slowly lift the whisk from the tea and rest it on the edge of the tea bowl.
- Turn the tea bowl a quarter turn to the right with your left hand, and then use your right hand to lift the tea bowl and place it in the palm of your right hand.
- Raise the tea bowl to your lips with both hands, bowing your head slightly to show respect for the tea and your host.
- Take small sips of the tea, savoring the taste and aroma.
- When finished, turn the tea bowl back to its original position and use the tea scoop to gently clean any remaining tea residue from the tea bowl.
- Finally, admire the beauty of the tea bowl, as it is often a prized object in the Japanese tea ceremony.

That's it! Enjoy your delicious cup of traditional Japanese tea.



# This is Kendama →→→

1. Hold the Ken as if you're holding a pencil to allow for better control when landing on any of the three cups.
2. Instead of swinging the ball, pull it up to improve your precision and control when landing on the cups.
3. Keep your eyes on the ball as you guide it towards the cup and handle it delicately like you're catching an egg to avoid dropping it.
4. Patience is key when mastering Kendama, as it may take years of practice. Stay calm, focused, and breathe to maintain your composure.
5. The Ken consists of three different cups: the big cup, the small cup, and the medium cup. The medium cup is located opposite the spike.
6. For more information on how to play Kendama, you can find helpful videos on open-source platforms such as Google or YouTube.

