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***THE ASIAN INGREDIENT
IN THE AMERICAN CULTURAL
PIZZA***

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So much literature, both scholarly and popular, has dealt with the powerful dissemination of the "Coca-Cola culture" to Asia, so the smaller but no less interesting invasion of the United States by soy sauce and fengshui deserves equally thoughtful analysis as a form of resistance and hybridization...

Sara Dorow, journalist

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INTRODUCTION

This book, designed for students of high-intermediate and advanced levels of English, is a part of a joint effort by educators from various parts of Russia. Our work, based on the principles of diversity, critical thinking, culture-centeredness, bilingualism, and computer technology, is focused on different aspects of American Studies. This part is intended to represent the Asian heritage in American culture. The 2000 U.S. census recorded between 10 million and 12 million Asians, i.e. over 3% of the U.S. population. Asian Americans are the fastest-growing racial/ethnic minority group and in many of the major metropolitan areas in the U.S., they make up 10% or more of the population. No wonder that the Asian cultural heritage makes up a significant part of the distinctiveness of today's American culture, metaphorically seen as a pizza with its half melted and half assimilated layers of ingredients.

Each part of this book deals with one of the many elements that make up Asian American culture: the history of Asian immigration and the attitude of Westerners to the spread of the Asian population; Asian American cuisine; *feng shui*, the ancient Chinese practice of placement to achieve harmony with the environment; the most popular Asian martial arts; the use of Oriental medicine in the U.S.; and Asian arts as they have made an impact on U.S. culture.

Each part consists of a series of texts which offer an overview of the topic, before presenting a deeper analysis of specific, representative aspects of it. The texts are interspersed with a series of exercises designed to help readers to relate the topic to their understanding of key concepts and to familiarize them with vocabulary used in presenting the topics.

In five of the six parts, the activities follow a similar pattern:

- beginning with **warm-up activities**, which seek to stimulate readers' recollection of things they already know about the topic, as well as preparing them for concepts and words they will encounter in the texts;

- next come **read and think activities**, which help readers to approach the text in a meaningful and relevant way, so that the main points are clear to them on the first reading;

- **check your understanding activities** follow, as an aid to detailed comprehension of the text, and a guide to thinking beyond what is said explicitly in the text;

- then **your opinion activities** stimulate further thought about the topic, allowing readers to react on a personal level to what they have learned;

- **compare and discuss activities** take the process a stage further by providing opportunities to prepare and defend an opinion on the topic being dealt with;

- **deepen your knowledge activities** focus on linguistic aspects of the topic which may have been overlooked in previous activities, so that readers can expand their language ability at the same time as their knowledge of the topic.

The sixth part of the book uses similar approaches and activities but has a slightly different organization, as it attempts to give a taste of each of a wide variety of sub-topics in the rich world of Asian arts in the U.S.

To make this book easier for students to work with, we provided difficult words with their Russian equivalents and transcriptions (these words are marked pink). Red-marked words refer the reader to culture capsules placed on the left or right of the page.

Things that are Asian seem to be quite "hot" right now in Russia. We believe that readers will find quite a lot of food for thought in the parallel phenomena of the spread of Asian culture in the U.S.A. and in Russia.

UNIT 1

West Meets East



WARM UP

1. *Small group discussion. Think of possible answers to the following questions. Choose a speaker to share your group's opinions with the class.*

- What do you think might be the reasons for Asians, with their long cultural history, to move to America?
- What kind of feelings do you have about Chinese illegal immigrants' coming to Russia?
- Is it **beneficial** for a country to increase its population through immigration? Why? Why not?

READ AND THINK

2. *The text "From Asia to the USA" you are about to read deals with the following topics:*

- Asian involvement in the Gold Rush
- The white reaction against Asians in the U.S.
- The Chinese and business
- Why Japanese people came to the U.S.
- The **internment** of Japanese Americans during World War II
- The diversity of the Asian population in the U.S.
- Changing attitudes towards Asian Americans

Formulate two questions for each topic, asking about things you would like to know.

3. *Read the text and tell the class which questions you have found answers to.*

beneficial [ˌbenɪˈfɪʃəl] благотворный

internment [ɪnˈtɛːnmənt] интернирование, заключение в лагерь

From Asia to the USA

Immigration of the Chinese, who were the first Asians to arrive in large numbers to North America, began in the middle of the 19th century. However, Chinese **records** show that Chinese Buddhist priests traveled along the West Coast from present-day British Columbia down to south California, in 450 **AD**. Spanish records show the existence of Chinese shipbuilders in present-day southern California between 1541 and 1746. Chinese shopkeepers were already in Los Angeles when the first Anglo Americans arrived.

When they first arrived in the United States, Asian immigrants were welcomed, or at least tolerated. However, soon Asian immigrants faced **restrictive** laws and occasional violence.

In the late 1800s the Chinese, and then other Asians, were excluded from citizenship. These laws were **repealed** during World War II, followed by further immigration-law changes, making it easier for Asians to enter the United States.

Today, Asian immigrants have a high rate of assimilation and participation in the American mosaic.

The Gold Rush Boom

The **Gold Rush** was the movement of great numbers of people to California after gold was discovered there in 1848.

Gold was discovered in California in 1848, attracting thousands of Chinese miners and contract laborers. In 1850, just over 1,000 Asian immigrants entered the U.S., but ten years later, the figure had jumped to nearly 37,000, mostly Chinese.

The next significant wave of Chinese immigrants were laborers recruited from the province of Amoy by 94 Hawaiian sugar companies in January of 1852. (Hawaii became a territory of the US in 1900.)

At that time southern China suffered from severe political and economic instability, internal **rebellions**, and external pressures. So many Chinese emigrated from the poor areas of southern China to the United States hoping to find a better life.



Violent Protests

In some areas, Chinese workers were welcomed. The Central Pacific Railroad recruited the Chinese to work on the transcontinental railroad in 1865. Three years later China and the U.S. ratified the Burlingame Treaty which **facilitated** Chinese immigration.

However, many white people feared being "overwhelmed" by the **influx** of Asians, which had increased to nearly 65,000 in 1870, and over 107,000 in 1880. A great deal of anti-Chinese **sentiment** arose in California, partly because the growing American labor force had to compete with cheap Chinese labor and partly because many Americans were opposed to further immigration by what they considered to be

record [ˈrekLd] хроника

A.D. [ˈeɪˈdʒ] *сокращ.* Anno Domini - н.э. (нашей эры)

restrictive [rɪˈstrɪktɪv] ограничительный

repeal [rɪˈpi:] отменять (закон)

an **inferior** people. Some cities passed laws against the Chinese and other Asians, often referred to as "Mongolians." Anti-Chinese **riots** broke out in Chico, California, in 1877 and in Rock Springs, Wyoming, in 1885.

The Chinese Open Small Businesses

In the mid-1800s, many Chinese were prevented from working in mines or factories, or faced hostility from other workers fearing competition.

As a result many Chinese turned to other occupations. In mining towns where there were few women to cook or clean many Chinese men worked as domestic servants or opened laundries, tailor shops, and restaurants.

By 1900 most large American towns had a Chinese laundry, which employed 75% of all Chinese men. Laundries required minimal English and little money to open. Along with restaurants, the laundry business has remained popular with Chinese immigrants.

The Japanese Arrive

In 1853 Commodore Perry signed the first commercial treaty with Japan and the increased U.S. contacts with Japan prompted many Japanese to move to Hawaii and California to work in agriculture.

In 1907, the "Gentlemen's Agreement" between the governments of Japan and the U.S. ended immigration of Japanese workers.

Initially, there was an immigrant generation, the **Issei**, and their U.S.-born children, the **Nisei**. The Issei were exclusively those who had immigrated before 1924. The Nisei were different from the Issei generation in terms of age, citizenship, and language ability. Institutional and interpersonal racism led many of the Nisei to marry other Nisei, resulting in a third distinct generation of Japanese Americans, the **Sansei**.

The **Issei** are the first generation of Japanese immigrants to the U.S.; with the **Nisei** being the second, the **Sansei** the third, the **Yonsei** the fourth, the **Gosei** the fifth.

Japanese Internment

During World War II, more than 100,000 Americans of Japanese origin were placed in relocation camps. There were 10 internment camps in California, Idaho, Utah, Arizona, Wyoming, Colorado, and Arkansas.

Roosevelt's **Executive Order** 9066 was fueled by the Japanese attack on **Pearl Harbor**. Even though many internees did not speak Japanese or have close ties to Japan, they were nonetheless regarded as wartime threats. Although the U.S. was also at war with Germany and Italy, Americans with **ancestors** from those countries did



rebellion [rɪˈbeljən] восстание
facilitate [fəˈsɪlɪteɪt] способствовать
influx [ˈɪnflʌks] приток
sentiment [ˈsentɪmənt] настроение
inferior [ɪnˈfɪəriə] низший по положению, статусу, уровню, ценности
riot [ˈraɪət] волнение, бунт, восстание
executive order [ɪgˈzekjʊtɪvˈlɔːdər] распоряжение президента
ancestor [ˈænsəstər] предок

not face internment.

Despite such treatment, many Japanese Americans served in World War II, many of them as **intelligence** agents in the Pacific war.

In 1988 the US Congress made an official apology to Japanese Americans and passed a measure giving \$20,000 to Japanese Americans who had been interned during the war.

Pearl Harbor was a major U.S. naval base in Hawaii, attacked without warning by the Japanese planes on December 7, 1941, with a great loss of American lives and ships. The next day President Franklin D. Roosevelt asked Congress to declare war on Japan.

Increasing Numbers and Diversity

Although Asian immigration increased steadily through much of the 20th century, the region still contributed fewer newcomers than Europe, and Latin America.

The McCarran-Walter Act of 1952 eliminated race as a barrier to immigration, and in 1965 national quotas were ended, thus facilitating Asian immigration.

The **Vietnam War** was fought by the U.S. in the 1960s and 1970s in support of noncommunist South Vietnam against communist North Vietnam. Half a million U.S. soldiers served in Vietnam. Reports of atrocities committed by both sides in the war disturbed many Americans. Eventually, American troops were withdrawn in 1973.

New arrivals came from other Asian countries, including India and Pakistan. In 1975, following the **Vietnam War**, more than 130,000 **refugees** fleeing from the Communist governments of Vietnam, Cambodia, and Laos arrived in the U.S. Millions of Asians came in **subsequent** years. In 1979 the United States and China resumed diplomatic communications after a long period of **severed** relations, making immigration easier for the Chinese.

The Immigration Act of 1990 increased the numbers of Asians coming to the U.S. by reorganizing the system of preferences to favor certain professional groups. This allowed Asians with training in medicine, high technology, and other specialties to enter the US more easily. In 1990, nearly 5 million Asian immigrants were reported, second only to Latin Americans. The five largest contributors to the nation's foreign-born

population from Asia are China, the Philippines, India, Vietnam and Korea.

(Based on: <http://www.infoplease.com>; <http://goldsea.com/AAD/Milestones/milestones3.html>)

Model Minority

By the mid-60s, the image of Asians in America had shifted dramatically. The **yellow peril** phrase had mysteriously vanished to be replaced by the "model-minority" label. Suddenly Asian Americans, or more accurately Chinese and Japanese Americans, were regarded as having overcome past injustice to make it in America. For instance, according to a mid-1960s *U. S. News and World Report* article:

*At a time when Americans are **awash** in worry over the **plight** of racial*

Yellow Peril - «желтая угроза» - threatened expansion of Asian populations as magnified in the Western imagination. The expression was first used by British Premier Winston Churchill in 1909.

intelligence [In` tellGqns] разведка
refugee [ˈrefjV` GJ] беженец
subsequent [ˈ sAbSlkwqnt] последующий
sever [ˈ sevq] оборвать, прекратить (взаимоотношения)
awash [q` wPS] многие

minorities—one such minority, the nation's 300,000 Chinese Americans, is winning wealth and respect *by dint of* its own hard work. In any Chinatown from San Francisco to New York, you discover youngsters *at grips with* their studies. Crime and *delinquency* are found to be rather minor in *scope*. Still being taught in Chinatown is the old idea that people should depend on their own efforts — not a *welfare check* -- in order to reach America's "*promised land*."

In a speech in 1984, President Ronald Reagan explained the significance of their success. America has a rich and diverse heritage, Reagan declared, and Americans are all descendants of immigrants in search of the "American dream." He praised Asian and Pacific Americans for helping to preserve that dream by living up to the principles of the *sacred* worth of human life, religious faith, community spirit and the responsibility of parents and schools to be teachers of tolerance, hard work, *fiscal* responsibility, cooperation, and love.

Paradoxically, the Asian America model minority theory is a reason for both congratulation and some of the most distasteful stereotypes....

(Based on: <http://www.modelminority.com>; The Asian Pacific American Heritage: A Companion to Literature and Arts. / George J. Leonard (ed.) - New York & London: Garland Publishing, Inc., 1999. - P.35)

CHECK YOUR UNDERSTANDING

4. Scan the text and fill in what happened in the years in the following table. Discuss the answers with your partner.

1848	
1868	
1877	
1965	
1988	

plight [plait] (плохое) положение
 by dint of [bal`dlntqv] посредством, благодаря
 be at grips with [qt`grlps] решительно взяться за
 delinquency [dl`lInkwqnsI] преступность (несовершеннолетних)
 scope [skoVp] масштаб
 welfare check [`welfEq`Сек] пособие по благотворительности
 promised land [`prPmlst`lXnd] земля обетованная, возделанный край
 sacred [`selkrld] священный
 fiscal [`flskqI] финансовый, материальный

READ AND THINK

5. Before you read, think of possible answers to the following questions.

- What kind of Chinese presence is there apparent in Russia?
- What images of Chinatowns in the U.S. have you seen? (you may refer to images from books, TV, movies, etc)
- Based on your reading of the text “From Asia to the USA” how do you imagine Chinatowns might have developed in the U.S.?

6. Read the following two texts about Asian settlements in the U.S. Use the information to check the images and predictions your group has just discussed.



(1) Chinatowns

From the start, Chinese immigrants tended to settle down together as a result of both racial discrimination and self-segregation. Thus there grew Chinatowns, the first one in San Francisco, then, as anti-Chinese sentiment rose in



the west, many Chinese moved to eastern cities - New York, Boston, Chicago, and others.

A major component of many old Chinatowns is the family benevolent association. These associations generally provide social support, religious services, death benefits (members' names in Chinese are generally enshrined on tablets and posted on walls), meals, and recreational activities for ethnic Chinese, especially for older Chinese migrants.

On April 18, 1906, San Francisco was destroyed by a huge earthquake. Ironically, because the immigration records and vital statistics at City Hall had been destroyed, many Chinese were able to claim citizenship, then send for their children and families in China. Legally, all children of U.S. citizens were automatically citizens. Thus began the influx of "paper sons" and "paper daughters" - instant citizens - which helped balance the demographics of Chinatown's bachelor society" for earlier the U.S. Government had forbidden female immigration.

City Hall is a place where the city government is located and municipal administrative bodies work.

Today, Chinese-style buildings and the narrow bustling streets give Chinatown its character. Many Chinatowns can be easily distinguished by large red arch entrance structures known in Mandarin

benevolent [bɪˈnevələnt] благотворительный
bachelor [ˈbæʃələ] холостяк

Chinese as *Paifang* (sometimes accompanied by stone lion statues called "foo/fu dogs" on the opposite sides of the street that greet visitors).

Both a tourist attraction and the home of the Chinese, Chinatowns offer visitors and residents hundreds of restaurants, grocery stores, booming fruit and fish markets, as well as shops of **knickknacks** on overcrowded streets. Small ginseng and herb shops are common in most Chinatowns, selling products used in traditional Chinese medicine. To attract customers, many Chinatown eateries use bright neon lighting, large red doors, and Chinese paper lanterns. Street merchants selling low-priced vegetables, fruits, clothes, newspapers, and knickknacks are fairly common in most, if not all, Chinatowns.

Today, Chinatowns host a number of traditional events like Chinese New Year (also known as Lunar New Year) festivities with dragon and lion dances accompanied by the clashing of cymbals, pounding of drums, and by ear-splittingly loud Chinese **firecrackers**.

As San Francisco became a recreation center, an entire theater building was imported from China and erected in Chinatown to house the Chinese theatrical troupe.



(2) *Nihonmachi* or Japantowns

Once many major cities in California **featured** distinctive Japanese neighborhoods known as Japantowns, or *Nihonmachi*. These towns were left deserted in the Japanese internment during World War II. There are three remaining Japantowns of any size in the United States, located in San Francisco, Los Angeles, and San Jose, California.

Although it is only six blocks long, San Francisco's J-town, as some of the residents call the place, remains an important **hub** for the city's 12,000 residents of Japanese origin. The area, west of Union Square, began attracting Japanese after the San Francisco earthquake of 1906 destroyed much of the original Japantown south of Market Street. The five-acre complex of stores and restaurants known as the

Japan Center is the heart of Japantown. It houses a movie theater, hotels, sushi bars, and **Japanese baths**. The Peace Plaza, located between two halves of the Japan Center, is distinguished by the three-story-high stylized white pagoda at its southwestern side.

Those looking for a little more Japanese flavor than normally offered by Japantown would be well-advised to visit the neighborhood during the Cherry Blossom Festival. Usually held the last weekend of April, the festival is a two-day extravaganza of shows, booths, and various activities.

The Japanese community in Los Angeles is centered near downtown and is known as Little Tokyo. A cultural center, a theater troupe, the Japanese American National Museum, and a number of stores and restaurants attract visitors.

San Jose's Japantown began as did many other communities with the need to combine comradeship and resources to survive as immigrants in a new country. Most of its residents were single men working as fruit and vegetable **harvesters**. To support

A bath (ofuro) is an essential part of Japanese life. Rituals of Shinto (a Japanese religion) have always stressed purification and cleanliness. The Japanese have a tradition to take a bath together after everyone has taken a shower.

knickknack [ˈnɪknɪk] безделушка, изящный пустячок

firecracker [ˈfaɪəkrɪkər] хлопушка, петарда

feature [ˈfi:tʃə] отличаться, быть представленным

hub [hʌb] место жительства

harvester [ˈhɑ:vɪstər] сборщик урожая

each other, they formed clubs based upon **prefectures** from which the people had immigrated. These clubs helped to form Nihonmachi into a community. The Gentlemen's Agreement of 1907 between the United States and Japan allowed the wives and children of men in the United States to emigrate. This increased the Japanese population and turned Japantown into a more complete community, with a school, a Buddhist temple, and a Methodist Church.

A **prefecture** is an administrative and geographical unit in Japan with its own local government.

The area **rebounded** after World War II and today features stores, restaurants, and professional offices. There is also a farmer's market selling vegetables, baked goods, and flowers. Restaurants, specialty stores and gift shops, reflect Chinese and Japanese heritage which is carefully preserved by nearby residents and shopkeepers alike.

(Based on <http://www.infoplease.com/> <http://www.chinatown-online.com/nychinatown/aboutchinatown.shtml>
<http://www.pbs.org/kqed/chinatown/resourceguide/story.html> <http://www.newcolonist.com/japantown.html>)

CHECK YOUR UNDERSTANDING

7. Select the response that answers the question or completes the sentence.

1. Passage 1 supports all of the following statements EXCEPT
 - a) Collectivism helped the American Chinese to overcome difficulties.
 - b) China's government presented the arched gate to San Francisco's Chinatown.
 - c) Chinatowns are famous for their merchandise.
 - d) Traditional Chinese culture is retained in Chinatowns.
2. How did the great San Francisco earthquake of 1906 aid Chinese immigration?
 - a) It led to a demand for rescue workers which the Chinese filled
 - b) Insurance payoffs helped Chinese-owned businesses flourish
 - c) It destroyed records, allowing the Chinese to bring relatives and others to America
 - d) The sense of shared loss drew whites and Chinese together
3. The phrase "death benefits" in passage 1 means that
 - a) Chinese people take advantage of the death of their relatives.
 - b) the Chinese get money from the associations to compensate the loss of the late relative.
 - c) the Chinese get money to commemorate their dead relatives.
 - d) the Chinese put up a shrine to pray for their dead relatives.
4. What is the purpose of Passage 1 ?
 - a) to explain the history and development of Chinatown
 - b) to summarize the development of the 'model minority'
 - c) to give an overview of the Chinese ethnic community's district
 - d) to describe all tourist attractions in Chinatown
5. Passage 2 deals mainly with
 - a) the description of Japantowns in various locations

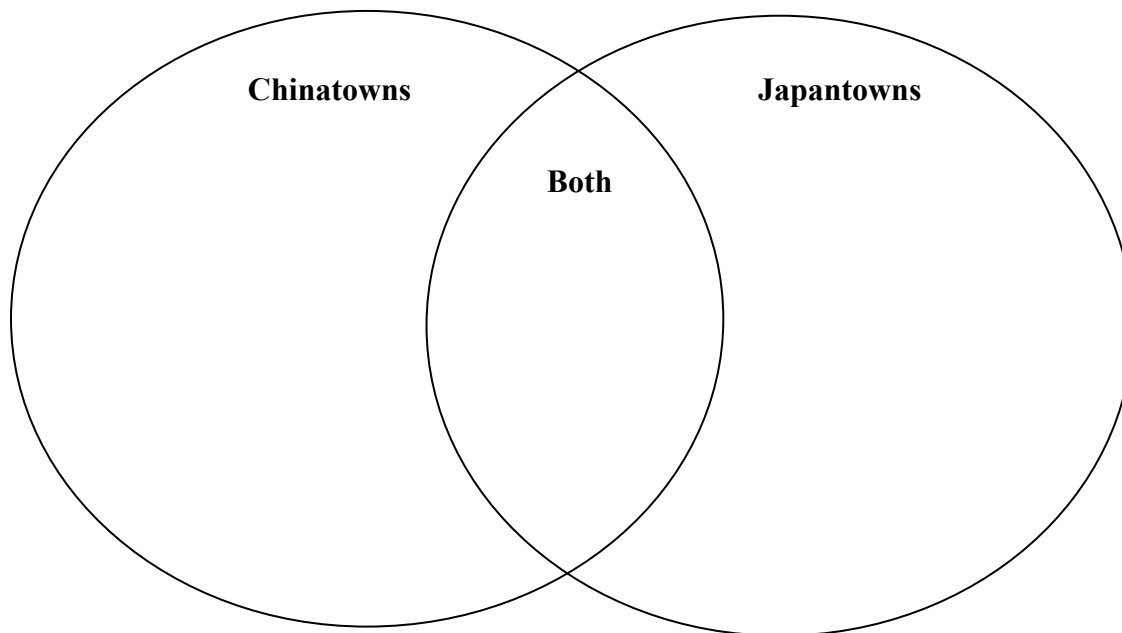
rebound [rɪˈbaʊnd] воспрянуть, оживиться

- b) the history of Japantowns
- c) a comparison of Japantowns with Chinatowns
- d) a prediction about Japantown's future development

6. Which of the following is NOT mentioned about Japantowns:

- a) There are few Japantowns in the USA.
- b) San Francisco's former Japantown was destroyed by an earthquake.
- c) The Japanese American keep their ethnic traditions.
- d) Cheaper Japanese goods can be bought in Chinatowns.

8. Fill in the diagram comparing Chinatowns and Japantowns. Find differences and similarities. Discuss your ideas with the class.



9. What Asian contributions to American culture are mentioned in the texts above (exercise 6). List Asian values in two groups – behavioral and material ones.

Behavioral values

Material values

- | | |
|----|----|
| 1. | 1. |
| 2. | 2. |
| 3. | |
| 4. | |

YOUR OPINION

10. *The text FROM ASIA TO THE USA ends with a controversial thesis: Paradoxically, the Asian America model minority theory is a reason for both congratulation and some of the most distasteful stereotypes... Using the Model Minority website <<http://modelminority.com>>, find evidence for and against this theory. Discuss your findings in class. Take a position and substantiate it with facts and arguments.*

11. *Now that you know something about the beginnings of Asian assimilation in America, give your opinion on the following in the form of an essay: What do you think binds people together most - language, religion or something else?*

COMPARE AND DISCUSS

12. *Read the following extracts from the Russian mass media. Identify the statements for Chinese immigration and against it, group them and summarize the information in English.*

Считаете ли вы, что существует опасность китайской экспансии на Дальнем Востоке России?

1. _____ Никакой "желтой угрозы" не существует. Если посмотреть на китайскую историю, то становится понятно, что Китай никогда не стремился к экспансии на чужую территорию. У Китая внутри страны есть свои неосвоенные территории, куда они направляют огромные силы и ресурсы. Россия их интересуется, как рынок сбыта и как источник ресурсов.
2. _____ Движение китайцев в Россию вызвано не политическими причинами, а экономической и социальной обстановкой на Дальнем Востоке: потребность в товарах широкого потребления и нехватка рабочей силы.
3. _____ Русские спровоцировали миграцию китайцев, потому что сами не умеют и не любят работать, не хотят заниматься низкоквалифицированной, грязной работой.
4. _____ Русские не в силах освоить большую территорию Дальнего Востока, поэтому нужно поощрять миграцию.
5. _____ Китайские рабочие отнимают шанс у местных жителей заработать, так как берутся за любую работу за низкую зарплату.
6. _____ Реальной конкуренции на рынке труда между русскими и китайцами нет, так как китайцы занимают те места, на которые русские отказываются идти.
7. _____ Студенческий обмен с Китаем оказывает положительное влияние на развитие российско-китайских отношений, способствует притоку в Россию образованных китайцев.
8. _____ Не сегодня, так завтра русские будут жить среди китайцев, которые займут все рабочие места и, более того, отсоединят кусок России, на котором они проживают, в пользу Китая.
9. _____ Массовая китайская миграция привела к разграблению природных богатств Дальнего Востока и утечке валюты за рубеж.

10. _____ Население Китая уже давно распределяется по всему миру, создавая в городах всех континентов земного шара "чайнатауны". Везде китайцы славятся своим трудолюбием и неприхотливостью, позволяющими им одерживать победу в конкуренции с представителями других наций.

11. _____ Никакой «желтой угрозы» реально нет, так как численность китайских мигрантов на Дальнем Востоке менее 1% от общей численности населения.

12. _____ Китайская миграция – очередная попытка китайцев вернуть «незаконно отторгнутые у них царские земли» Приамурья.

13. _____ Рядом с нашим Дальним Востоком, население которого едва дотягивает до 8 млн жителей, Китайская Республика слишком похожа на шар с газом, находящийся в вакууме. Небольшого отверстия достаточно, чтобы газ вырвался в пустоту, взорвав сдерживающую его оболочку. Российские территории для Пекина являются своеобразным клапаном безопасности; примерно так же Мексика снимает давление своего избыточного населения путем миграции в США.

(Based on: http://asiatimes.narod.ru/story/003/china_russ.htm; <http://far-east-chinese.narod.ru/part1/part1.htm>)

13. *Using the information from the texts above, your Internet notes and your own experience, compare the situation in the USA in the early 1900s' with that in today's Russia. Fill in the chart below.*

Categories	Russia	USA
1. The yellow peril		
2. Job envy		
3. Robbing of natural resources		
4. Cheap consumer products		
5. Desire to find a better life		
6. Negative sentiment		
7. Low-paid labor		

14. *Draw conclusions based on your comparisons and discuss them in class.*

DEEPEN YOUR KNOWLEDGE

15. *Asian Americans come from different countries. Check whether you know Asian countries and their capitals. Unscramble the names of the Asian countries. The capital city is given as a hint.*

TUSOH OARKE	Seoul
HONTR AKEOR	Pyongyang
ALSO	Vientiane
NAAJP	Tokyo
NCAIH	Beijing
NITAVME	Hanoi
LATANHID	Bangkok
ADINI	New Delhi
SNAPIKAT	Islamabad
AINR	Tehran
AQIR	Baghdad
RYKETU	Ankara
FANAGITHASN	Kabul
RIS KANLA	Colombo
MBCAOIAD	Phnom Penh
IPPINEPLISH	Manila

FURTHER READING

Asian / Pacific American Heritage Association (www.apaha.org)

Asian American Net (<http://www.asianamerican.net/articles.html>)

Asian American supersite (<http://goldsea.com>)

Asian-Nation (<http://www.asian-nation.org/>) - Asian American History, Demographics, & Issues

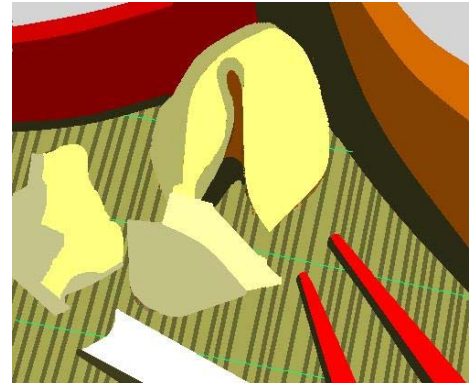
Japanese Internment (www.densho.org)

Model Minority (<http://modelminority.com/>) - A Guide to Asian American Empowerment

The Asians in America Project (<http://www.asiansinamerica.org/>) - A national clearinghouse for news and information on Asian America

UNIT 2

Tastes Differ: Why Is Asian Cuisine So Popular in America?



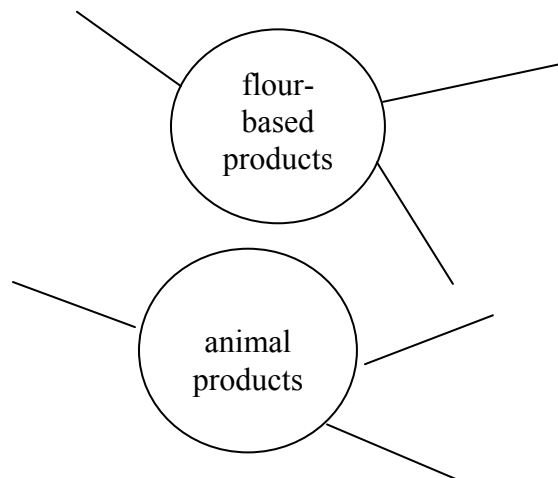
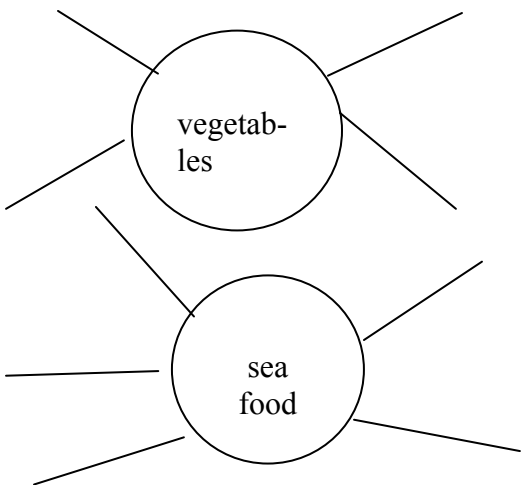
WARM UP

1. **Discussion.** *Get into small groups and share your knowledge and opinions about the following issues:*

- What ethnic dishes, besides Russian ones, do you like?
- Is it easy for you to get accustomed to new food? Why or why not?
- What food of Asian origin can be found on your table?
- Are there Asian restaurants in your city? Have you visited an Asian restaurant?
- What difference do you see between Chinese and Japanese cuisines?

2. *Classify the words from the box into groups to make up a spidergram:*

broccoli cabbage moon cakes noodles liver sushi	crab meat carrots pork beans shrimps	celery fortune cookie sashimi beef salmon
--	--	---



Read and think

3. Skim the text to see how American Chinese cuisine differs from the ethnic Chinese cuisine.

American Chinese Cuisine



American Chinese **cuisine** is a style of cooking served by many Chinese restaurants in the United States. However, it is not considered to be **authentic** Chinese cuisine by ethnic Chinese but instead a cuisine **geared towards** westerners. As restaurants opened to serve the early Chinese and Japanese immigrant communities in various cities in the U.S., westerners got their first taste of traditional Asian cuisine. But **inevitably**, assimilation and acculturation took place, not just in terms of the individual, but also as applied to Asian food as well. Restaurants serving American Chinese cuisine are mainly run by the **descendants** of early Chinese immigrants (dating back to the 19th century) and **cater** to the taste of non-Chinese Americans. With more and more new immigrants arriving from China, more diverse selections of authentic Chinese cuisines are available in major cities such as San Francisco and New York, especially in the older and newer Chinatowns. However, the so-called 'mom and pop' restaurants and diners in tourist areas and smaller towns still offer dishes not found in China. Some dishes are indeed Chinese dishes, but the American versions are quite different and not considered very authentic. The menu typically includes:

- **chop suey**— in Chinese **connotes** leftovers; is usually a mix of vegetables and meat in a brown sauce.
- **chow mein**— in the American variant, is fried or boiled cabbage, with bits of fried noodles **sprinkled** on top.
- **egg foo young** - a Chinese omelet made with various vegetables often used in Westernized Chinese cuisine, such as **celery** and water **chestnuts**, and sometimes meat.
- **batter-fried meat** — meat that has been deep fried in breadcrumbs or flour, such as **sesame chicken** or **sweet and sour pork**, is often overemphasized in American-style Chinese dishes.

cuisine [kwɪˈzjʌn] кухня
authentic [ˌɒtəntɪk] исконный, истинно этнический
gear towards [ˈɡɪə təˈwɔːdɪz] приспособлять
inevitably [ɪnˈevɪtəbəl] неизбежно
descendant [dɪˈsendənt] потомок
cater [ˈkeɪtər] кормить, обслуживать
connote [kəˈnoʊt] означать
sprinkle [ˈsprɪŋkl] посыпать, брызгать
egg foo young [ˈeg ˈfʊ jʊŋ] омлет фу-юн
celery [ˈseləri] сельдерей
chestnut [ˈtʃɛsnʌt] каштан
batter-fried [ˈbætərˈfraɪd] жаренный в кляре

Battered meat occasionally appears in **Hunanese** dishes, but it is not widely found in other styles of Chinese cuisine.

- The **chicken ball** deserves special mention as a special type of batter-fried meat. The amount of **leavening** and flour used in its preparation and battering process causes chicken balls to be more similar to **doughy "hush puppies"** than actual batter-fried meat. The amount of chicken in each chicken ball can also be considered **negligible**. These edible objects are crispy on the outside, chewy on the inside, and served liberally with a red colored lemon sauce.

- **fortune cookie** — first used in Japanese tea gardens, fortune cookies became sweetened and found their way to these restaurants. However, fortune cookies are so popular in the US that even authentic Chinese restaurants serve them as end of the meal snacks. Fortune cookies are not real Chinese inventions like gunpowder but an American idea. On the other hand, most but not all authentic Chinese restaurants tend to serve free oranges, **almond** cookies, or red bean soup as dessert to Chinese-speaking **patrons**. Non-Chinese patrons are served either fruit or fortune cookies.



- **egg roll** — while Chinese **spring rolls** have a thin crispy skin with mushrooms, bamboo, and other vegetables inside, the version with a thick, fried skin and cabbage inside is an American invention.
- **lo mein** — American versions don't use the same types of noodles or **flavorings**.
- **sweet and sour pork or chicken** — the Chinese version has a lighter, more **subtle flavor** while Americanized versions typically use bright red food coloring and lots of sugar or corn syrup.
- **moo shu pork** - the Chinese version uses more authentic ingredients (**mushrooms and other fungi**) and thin flour pancakes while the American one may use more common vegetables and a thicker pancake.
- **crab rangoon**— fried **wonton skins** stuffed with artificial crab meat and cream cheese.

sesame [ˈsɛsqmɪ] кунжут

Hunanese [ˈhʌnɒˈnɪz] хунаньский (пров. Хунань - центр. юж. часть Китая)

leavening [ˈlevnɪŋ] дрожжи, закваска, разрыхлитель

doughy [ˈdɔʊi] тестообразный, рыхлый

hush puppies [ˈhʌsˈpʌplz] кукурузная оладья

negligible [ˈneglɪɡɪbl̩] незначительный

almond [ˈRmɑnd] миндаль

patron [ˈpɛltrɒn] (постоянный) клиент

egg roll [ˈɛɡˈrɔʊl] жареный фаршированный блинчик

spring roll [ˈsprɪŋˈrɔʊl] жареный фаршированный блинчик

flavoring [ˈfleɪvərɪŋ] приправа, специя

subtle flavor [ˈsʌtl̩ˈfleɪvər] тонкий вкус

moo shu pork [ˈmʊˈʃuˈpɔrk] свинина мушу

mushrooms and other fungi [ˈmʌʃrʊmz qnd ˈʌdq ˈfʌŋɡəl] шампиньоны и другие грибы (*sing.* fungus)

wonton [ˈwɒntɒn] вонтон, изделие из теста, типа клецки

American Chinese food also does not include some foods which many Chinese consider delicacies, such as liver and pig or chicken feet.

American Chinese food tends to use western vegetables such as broccoli and carrots whereas more authentic Chinese cuisine would tend to use Asian leafy vegetables like bok choy and gai-lan. Authentic Chinese cuisine places more emphasis on vegetables in general while American Chinese food treats vegetables almost as garnish.



American Chinese food tends to be cooked very quickly with large amounts of oil and salt, and it has a reputation for containing high levels of MSG (monosodium glutamate) which is used as a flavor enhancer. Because of this, the symptoms of MSG sensitivity have been dubbed "Chinese restaurant syndrome" or "Chinese food syndrome". While there is no conclusive evidence that MSG is harmful, many restaurants have taken the initiative for "MSG Free" or "No MSG" menus.

In addition to full-service restaurants, American Chinese food is also available in mom-and-pop Chinese buffets. Fast food joints (usually located in shopping or strip malls) such as Panda Express and Manchu WOK are also quite popular. They are often found in areas with a lower or even non-existent population of Asian-Americans. In areas of the southwestern United States, it is common for the cooks within American Chinese restaurants to be from Mexico.

(Based on: http://en.wikipedia.org/wiki/American_Chinese_cuisine)

CHECK YOUR UNDERSTANDING

4. Make a list of changes that Chinese cuisine has undergone in moving from China to the U.S. Work in groups. Compare your lists.

5. Search the Internet for a full recipe for one of the dishes mentioned in the text. If possible make the dish and bring it to class.

6. Choose the odd one out in the following lists:

pepper - clove - noodles - basil
lo mein - pasta - noodles - egg roll
mutton - cow - beef - pork
frying - washing - steaming - boiling

skin [skɪn] зд. оболочка, конвертик

bok choy [ˈbɒkˈtʃɔɪ] бокчой, пекинская капуста

gai-lan [ˈɡaɪˈlɑːn] гайлань, растение типа салата

garnish [ˈɡɑːnɪʃ] гарнир

monosodium glutamate [ˈmɒnəʊˈsoʊdiəm ˈɡlʌtəməɪt] глутамат натрия, адзиномото, усилитель вкуса

enhancer [ɪnˈhænsɪŋ] усилитель

dub [dʌb] зд. называть

joint [dʒɔɪnt] заведение, закусочная

strip mall [ˈstriːpˈmɔːl] небольшой торговый центр

Manchu WOK [ˈmɛnˈtʃu ˈwɒk] “Маньчжурский вок”; вок – глубокая китайская сковорода с выпуклым дном

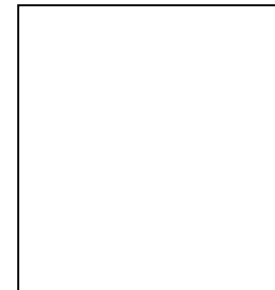
vegetables - seasonings - spices - herbs
chop suey - batter-fried meat - moo shu pork - chow mein

7. Role play. *Imagine that you and your friend who studies Chinese and who is an expert in authentic Chinese cuisine go to an American Chinese restaurant. Explain to your friend what kind of innovations s/he can find in this restaurant. Your friend should compare the dish you are talking about with the authentic Chinese one.*

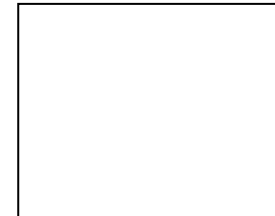
8. *It is not only food that can be assimilated into another culture but **utensils** as well. Read the text, draw the utensils described there, and say whether there are similar utensils in your culture.*

Utensils Used in Asian Cuisine

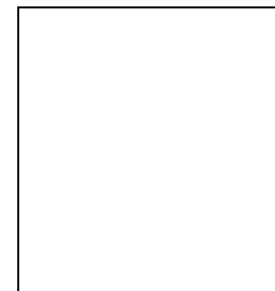
In addition to unique cuisines from Asia, western cultures were also introduced to the unique tools used to prepare Asian foods. Perhaps the most important is the **wok**. The wok is the most important piece of cooking equipment in Southeast Asia and China. Because traditional Asian households did not have resources to make or buy several different pans for different types of cooking, the traditional wok was developed with a unique rounded bottom that provides a range of cooking temperatures in one pan, thereby becoming a nearly universal **staple** of Asian households.



Similarly, the **cleaver** developed as another **versatile** cooking instrument as it can be used to perform all the functions of an entire set of cooking knives and utensils common in the average western kitchen -- general chopping, slicing dicing, carving, crushing, scooping, etc.



And of course, we can't forget about the quintessential Asian eating instrument -- the **chopstick**. Although its true origins are unknown, a Chinese legend notes that the philosopher **Confucius** living in China around 500 B.C., influenced the development of chopsticks through his non-violent teachings. The widely-accepted belief was that because knives were associated with war and death, Confucius urged his followers not to use them at the dinner table, which supposedly led to the invention of chopsticks as a substitute.



(Based on: Le, C.N. . "Asian Cuisine & Foods." *Asian-Nation: The Landscape of Asian America*. <http://www.asian-nation.org/asian-food.shtml>)

utensil [jH` tensl] инструмент, посуда, утварь
staple [ˈ stɛlpɪ] обязательный продукт; эд. обязательный предмет
versatile [ˈ vE:sqʈəl] универсальный, многоцелевой

TRY YOUR HAND

9. Select a recipe of Chinese salad to cook it at home and treat your friends. How does it differ from traditional salads in Russian cuisine?

CHINESE CABBAGE SALAD

Dressing:

1/3 cup balsamic vinegar
1/2 cup sugar
2/3 cup olive oil
2 tablespoons soy sauce

Salad:

1 head Bok Choy or Napa cabbage, chopped
1 bunch green onions, chopped
1 pkg ramen noodles
4 oz sliced almonds
1 tablespoon butter
Mix dressing ingredients. (Speed mixer will thicken dressing.) Set aside.

Chop cabbage and green onions.

Crush ramen noodles. Discard flavor packet. Mix with almonds and butter. Use as garnish on top of salad.

Mix as needed then serve.

*This salad should be made and served immediately as it will get soggy if stored after mixing.

CHINESE SALAD

1 cabbage, small, shredded
1 lb fresh mushrooms
2 chopped green onions
1/2 lb bean sprouts

Mix separately:

1/4 cup sesame seeds
1/2 pkg Chow Mein noodles
1 pkg Ichiban noodles (no seasoning)

DRESSING:

1/2 tsp pepper
1 pkg Ichiban seasoning
1/2 c oil
3 tsp vinegar
1 tsp Accent

Mix together and serve.

(Based on: <http://www.cooks.com/rec/doc/>)

Bok Choy, Napa cabbage [ˈbɒk ˈtʃɔɪ] [ˈnɑːpɑː] пекинская капуста

YOUR OPINION



10. Small group discussion. Below are the first and last sentences from a text. How good are your predictions? Read the sentences and answer the questions following them.

Many westerners believe that Asian foods have health benefits...

What benefits of Asian food might be mentioned in the text?

...It seems ironic that the blending of eastern and western cuisines can have such different results for each culture involved.

What might cause this conclusion? What arguments can you think of to support this conclusion? Write your ideas.

11. Now read the whole text and compare your ideas with those from the text.

Many westerners believe that Asian foods have health benefits. Many **nutritionists** point out that America's biggest health problems -- heart disease, **obesity**, diabetes, and many cancers -- are seen far less often in Asian countries. Research shows that the average Chinese adult, for example, eats half as much fat and one-third less protein than the average American. The Chinese rely heavily on **grains**, fruits, and vegetables. Meat is rarely the main ingredient in a meal; instead, small amounts are offered in dishes composed mainly of vegetables and rice. The popularity of eating fish in many Asian countries is also linked to lower incidences of many of the chronic health problems that are more common in the U.S., as is the drinking of green tea, for its antioxidant benefits.

However, a healthy diet that took centuries to achieve may be lost in just decades. Many observers are noting that obesity and heart disease are slowly becoming a problem in many Asian urban areas, as more Chinese, Japanese, etc. are copying the unhealthy eating habits normally associated with Americans and flocking to fast food restaurants that seem to be growing across Asia. It seems ironic that the blending of eastern and western cuisines can have such different results for each culture involved.

(Source: Le, C.N. "Asian Cuisine & Foods." *Asian-Nation: The Landscape of Asian America*. <http://www.asian-nation.org/asian-food.shtml>)

12. Work in pairs. Interview your partner about the benefits of Asian cuisine.

13. Discussion. Some people believe that drinking tea in a certain way is good for the spirit. Read the following text and discuss whether this is true.

The Western world, with its high **paced** environments, has **abandoned**



nutritionist [nHt`rIsqnlst] специалист по питанию
obesity [qV`bJsltl] тучность, полнота
grains [greInz] зерновые
pace [peIs] скорость

the tea ceremony because of the time it takes to participate in one. For untold centuries the Chinese and Japanese cultures have had ceremonial tea rooms **whereby** the art of drinking tea became an absolute way of life.

Sen Rikyu (1522-1591), the greatest sixteenth century tea master, identified the spirit of the "Way of Tea" with four basic principles of harmony, respect, **purity**, and **tranquility**. The tea ceremony is a way to focus mental energies, relax, and enjoy a tradition that is very ancient. The four principles put forth by Sen Rikyu in the Way of Tea represent the highest ideals of humanity. It is important to reflect on these principles for one's own spiritual growth.



With a cup of tea, and with the mind focused on the meaningful values with the Way of Tea one can acquire peace of mind, and walk into the world with peaceful thoughts.

(Source: <http://www.teahyakka.com/>)

DEEPEN YOUR KNOWLEDGE
Tea Ceremony

14. Search the Internet to find some differences between the Chinese and Japanese tea ceremonies. Fill out the following table. Then discuss your findings in class.

	Chinese	Japanese
Special training		
Place		
Pre-drinking ceremony		
Utensils		
Bowls		
Type of tea		
Meals		

abandon [q` b×ndqŋ] отказаться от
 whereby [weq` ba] благодаря чему
 purity [ˈ pjʋrltɪ] чистота
 tranquility [tr×N` kwɪlltɪ] спокойствие

FURTHER READING

Прошина З.Г. Перекресток: Англо-русский контактологический словарь восточноазиатской культуры. - Владивосток: Изд-во Дальневост. ун-та, 2004.

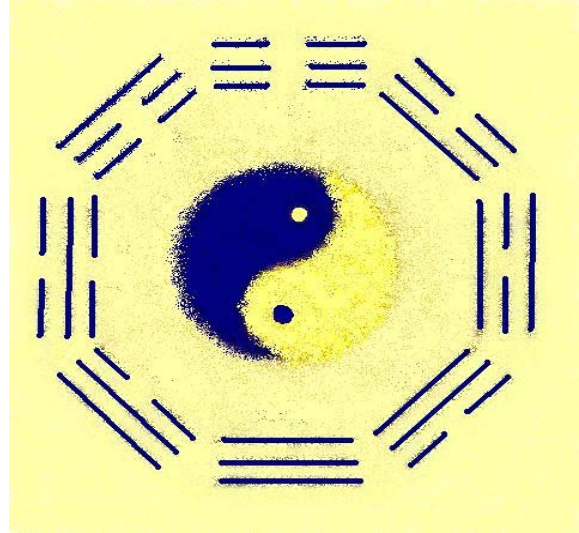
Asian American cuisine: www.asiafood.org

www.asiarecipe.com <http://chinesefood.about.com/> <http://www.fengshuitimes.com/>
<http://japan-guide.com/>; <http://japanesefood.about.com/>
<http://www.1stopkorea.com/index.htm?cooking.htm~mainframe>

Le, C.N. "Asian Cuisine & Foods." *Asian-Nation: The Landscape of Asian America*. <<http://www.asian-nation.org/asian-food.shtml>> (July 25, 2005).

UNIT 3

Feng Shui : Key to Living a Harmonious Life



WARM UP

1. **Small group discussion.** *Think of possible answers to the following questions. Choose a speaker to share your group opinions with the class.*

- Do you believe it is possible to control your levels of energy: to acquire it from some source when necessary and to give it to a person who needs help? Why or why not?
- In which way can the environment influence a person's mood or life?

2. *Take the quiz below to see if your life is in need of **adjustment**.*

1. When I walk into my home, I feel:

- a) peaceful b) tired c) depressed d) sick

2. When I walk in my front door, I see:

- a) open space b) a wall c) the door to another room d) a fireplace

3. The general state of my home is:

- a) tidy b) in need of cleaning c) **cluttered** d) in a state of remodeling

4. In general, the rooms in my home

- a) are well-suited to me and my family b) feel small c) are asymmetrical d) are dark and stuffy

5. The corridor in my home

feng shui [ˈfʌnˈʃweɪ] фэн-шуй

adjustment [əˈdʒʌstmənt] регулирование, согласование

cluttered [ˈklʌtəd] в беспорядке

- a) is spacious and bright b) is long and dark c) has rooms with doors facing each other d) divides the house/apartment in half
6. The windows in my house/apartment
- a) provide good light and air b) are blocked by plant overgrowth c) have metal security bars over them d) are many and extremely large
7. In general, the walls of my home are
- a) covered with inspiring art b) bare c) painted dark colors d) damaged
8. When I walk out of my front door, I see
- a) a peaceful view b) my neighbor's door c) a large tree d) an untidy yard
9. Behind my home is
- a) a hill b) an alley c) a factory d) a cemetery

Add up your score using the following guide:

“a” answer receives 3 points

“b” answer receives 2 points

“c” answer receives 1 point

“d” answer receives 0 points

Read the comments below and think about the reasons you got your score, and what choices could have made your score better. Provide your reasons.

If you scored **22-27**, you have an innate sense of feng shui, and know what makes your home feel good to you. Easy changes can make the difference in your energy level and give you that extra wind in your sails to reach your goals.

If you scored **14-21**, your house has some basic weaknesses which can be affecting you and your family in negative ways. As a result, your and your family's energies are defeated and can be prone to problems and challenges. Learning how to make the right adjustments in your house can neutralize negative areas to stop the “bleeding” and allow you to move forward.

If you scored **6-13**, there are many aspects of your home that are problematic and not easily settled. Besides, you may also be experiencing difficulties and conflicts that are not easy to overcome in your life. In these cases you may consider looking for an expert's advice to analyze your situation and advise you on the proper feng shui adjustments.

If you scored under **6**, it is time to move! There are likely some major negative energies around and within your home that are not easy to adjust. You do well to consult a feng shui expert on guidelines for your next home.

(Based on: http://www.liu-fengshui.com/feng_shui_quiz.htm)

bar [bʁ] перекладина

inspiring [ɪnˈspaɪrɪŋ] вдохновляющий

cemetery [ˈsemltɪrɪ] кладбище

innate [ɪˈneɪt] врожденный

defeated [diˈfi:tɪd] побежденный

prone [prəʊn] подверженный

3. Based on the quiz you have just taken, what do you think Feng Shui is?

READ AND THINK

4. Read the text and see if your ideas about Feng Shui are true.

WHAT IS FENG SHUI ?

Fēng Shuǐ or fengshui (Chinese: literally, *wind and water*) is the ancient Chinese practice of placement to achieve harmony with the environment. Its roots are 5,000 years old. Traditional or classical feng shui is an ancient Chinese belief system that addresses the **layout** of cities, villages, dwellings and buildings.

The **assumption** is that the key to living a harmonious life in any place is to reflect the balance of nature in every-day life. This is most easily understood by the most fundamental and **profound** feng shui concepts: qi - energy that flows through a particular



room, house, building or garden; the five elements – wood, fire, earth, metal and water – that are the basic elements of the **universe** whose balance or presence is important to understand the cycles of creation and destruction; yin and yang - the Chinese **perspective** of balance and continual change.

Yin and yang are dependent opposites that must always be in balance. While yin would be dark, passive, female, weak, downward, **contracting** and cold, yang would be bright, active, male, strong, upward, **expanding** and hot. These two energies are in constant movement, causing everything to happen. Within yang, there is a small piece of Yin. Within yin there is a small piece of yang. Just as in the heart of winter, a **seed** lies in wait to become life, so is yang waiting within yin for its turn.

Classical feng shui promotes the searching for places where the Qi energy forms and accumulates as these places are perfect to live happy, successful lives. Feng shui **vernacular** includes: fountains, the use of curves rather than hard straight lines, **alignment** of entrances with the best views, natural materials.

In the 1980s, with the opening up of China to the West, feng shui became increasingly known and also practiced by western trading companies to satisfy local

New Age (Movement) – a cultural movement, which originated in California in the 1980s and is characterized by a rejection of modern Western-style values and culture. The main theme of the New Age Movement is that people should restore the lost balance both with their spiritual selves and with the nature and environment as a whole.

layout [ˈleɪaʊt] план, расположение
assumption [əˈsʌmpʃən] предположение, допущение
profound [prɒˈfaʊnd] глубокий, основательный
universe [ˈjuːnɪvɜːs] мир, вселенная
perspective [pɜːˈspektɪv] концепция
contracting [kɒnˈtræktɪŋ] сжимающийся, сокращающийся
expanding [ɪksˈpændɪŋ] расширяющийся
seed [siːd] семя
vernacular [vɜːˈnækjʊlə] традиционные элементы
alignment [əˈlaɪnmənt] расположение в один ряд

business communities, and also to encourage luck in business. Western scholars and **new-age spiritualists** rediscovered feng shui, which led to a dramatic revival of the practice on the North American west coast - in California and British Columbia from the early 1990s. Countless architects, **landscape** designers, restaurant designers, and Hollywood stars have **embraced** feng shui and it has had a strong influence on newer buildings, architects, and designers globally. This was done to add more natural and people-friendly calming features to space.



5. *Quickwrite. In one minute write as much as you can and as fast as you can to explain what Feng Shui is. Compare your writing with that of a partner and find out how similar your understanding of the Feng Shui concept is.*

6. *Janet Hall, Feng Shui Institute International President said they were **thrilled** with the results of the survey of the Americans. Why do you think she said that? Read the results of the survey.*

Do North Americans Feel that Feng Shui Can Improve Quality of Life?

During August 2004 a **poll** of nearly 134,000 people from the United States and Canada was conducted. The **respondents** were asked the question, “Do you believe feng shui can improve quality of life?” Possible answers were 1) yes 2) no 3) don’t know 4) don’t know what feng shui is.

- 77 % of the respondents indicated that they are **aware** of feng shui.
- Of those respondents aware of the discipline, 37% of women and 29% of men answered “yes” when asked if they believed feng shui could improve their quality of life.
 - Among those aware of feng shui, 43% of Canadian respondents believe it **contributes** to quality of life.
- American respondents who share this belief **rank** as follows: West 38%, Northeast 36%, South 33% and Midwest 32%.
- 39% of 18-25 year olds aware of feng shui are sure it can improve quality of life, as compared to 22% of those aged 70 and above.

(Based on: www.emediawire.com/releases/2004/10/emw167252.php)

7. *What conclusions can you draw from the statistics above about the integration of feng shui into the lives of North Americans? Is it integrated as much in your culture? Share your opinion with the group.*

8. *Read the text. Underline the words and phrases expressing principles of feng shui in landscaping.*

spiritualist [ˈspɪrɪtʃwəlɪst] специалист по духовным практикам
 landscape [ˈlændskeɪp] ландшафт, пейзаж
 embrace [ɪmˈbreɪs] принимать, воспринимать
 thrill [ˈtrɪl] восхищать, радовать
 poll [ˈpɒl] опрос общественного мнения
 respondent [rɪˈspɒndənt] респондент, опрашиваемый
 be aware [q`wɛr] осознавать, понимать
 contribute [kɒnˈtrɪbjʊ:t] вносить вклад, способствовать
 rank [ræŋk] располагаются следующим образом

Feng Shui Gardening

Do you seek balance and harmony in your life? Create a feng shui garden and you will have not only a **realm** of calm and beauty, but also the promise of health, prosperity, friendship and good fortune. A feng shui garden is a powerful tool because the quality of energy surrounding our living space invites auspicious energy inside our home.



Qi, often called "cosmic dragon's breath," is manifested by nature's waving lines in the irregular shape of mountain ranges, the meandering path of a stream, the forms of flowers and leaves. Feng shui encourages the flow and accumulation of good, healthy qi and avoids or **diminishes** the effects of bad "killing" qi.

For example, a gently curving path to our front door is preferred over a straight line.

Because straight lines and sharp edges conduct negative energy, we soften the sharp corners of a house by planting shrubs or flowers there.

Because qi travels in a meandering fashion and **lingers** wherever there is water, we can invite auspicious qi into our garden and capture it with a stream, pond, or birdbath. In fact, the presence of birds and living creatures adds **vitality** to your home. But, be sure the water is always flowing and clean. And clear away all undergrowth and clutter to enable qi to travel freely in your garden.

Yin and yang express the principle of universal **duality** found in all life. Getting a happy balance of yin and yang makes us whole and centered. A garden offers many opportunities to harmonize yin represented by the moon and yang represented by the sun. For example, we can create a pleasing balance of sun and shade, placing bright flowers within a shady corner or adding small lamps along a dark path. To balance wet and dry, we can add a fountain that splashes over rocks; this same fountain balances sound (yang) with silence (yin). We can **alter** yin flatness by arranging rocks at various heights.

The five elements - water, wood, fire, earth, and metal - are very important in feng shui. Everything in the universe is made of these elements, and no one element is better or more valuable than another. In feng shui gardens, all elements co-exist in harmony. Feng shui gardeners skillfully engineer the **interplay** of elements to bring about creative, auspicious energy. They interpret elemental interactions as either positive or negative.

The positive cycle of influence is: water produces wood (plants), which produces > fire > earth > metal > water, and so on. The logic of this cycle is obvious: for example, the burning of wood which produces ashes or earth. Flowers and other colorful plants can be used as long as they fit this positive cycle. Wood is green, fire is red, earth is tan or yellow, metal is white or gold, water is blue or black.

The negative cycle of influence is: water > fire > metal > wood > earth > water, and so on. For example, water destroys fire by putting it out, fire can melt metal, and metal saws, knives, and nails can cut trees

realm [reɪm] царство, мир
diminish [dɪˈmɪnɪʃ] уменьшать, сводить на нет
linger [ˈlɪŋɡɪŋ] задерживаться
vitality [vəˈtælɪti] жизненность, жизнеспособность
duality [dʒuˈælɪti] двойственность
alter [ˈɒltə] изменить
interplay [ˈɪntəpleɪ] взаимодействие

and plants. A fountain made of rocks is not good since earth blocks water in the cycle of the elements. Metallic containers work well as metal strengthens water. In feng shui gardens, if we have too much sunlight, we add water as a balancing element to cool and **nourish** the wood. If the land is flooded or **soggy**, we introduce rocks or **mound up** earth as a dam because earth controls water in the cycle of negative influence.

Each element is associated with specific colors, shapes, seasons and locations. For example, circular shapes belong to the metal realm; thus, a round flowerbed is not fortunate because metal has a negative effect on wood. Instead, plant flowers in an **undulating** border or a **rectangular** bed since the wavy form represents water (positive for wood) and the rectangle resembles the column-shape that is associated with wood.



Whether you **have a green thumb** or are just beginning to garden, the principles of feng shui can add to the success of your garden. More importantly, feng shui can add immeasurably to the quality of your life. When we cultivate our feng shui garden, we cultivate our soul and experience the harmony of the universe.

Wood is the originator of the five element cycle as it is the beginning of new life. Wood emits and retains qi. Fire is the most “yang” of the elements. It is hot, active, bright and strong. Earth representing the Mountain has a prosperous influence. Metal is the most commonly used remedy for the possible negative Earth energies. Water gives life on our planet. It also means power.

When used correctly, the elements can strengthen relationship, health and money.

(Based on: <http://www.hgtv.ca/garden/articles/article1.asp>;
<http://www.fengshuitemes.com/main/fst/Default.asp?pg=92&cid=1>)

CHECK YOUR UNDERSTANDING

9. Fill in the chart below with your underlined words and phrases from the text.

Positive feng shui	Negative feng shui

- nourish [ˈnʌrɪʃ] подпитывать
- soggy [ˈsɒɡi] (неприятно)влажный, мокрый
- mound up [ˈmaʊnd,ʌp] насыпать
- undulating [ˈʌnɡʌleɪtɪŋ] волнообразный
- rectangular [ˈrekˌtɒŋɡjʊlə] прямоугольный
- have a green thumb [ˈhæv ə ɡriːn θʌmb] иметь легкую руку

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10. Look at the pictures and tell your partner whether these are feng shui gardens. Refer to the chart in ex.9 and say what feng shui principles can be observed in them.



Мой прекрасный сад. 2004. №3. с.58



Мой прекрасный сад. 2005. №2. с.10



Мой прекрасный сад 2004 №2 с 50

11. **Role play.** Imagine that you are a journalist who is going to interview a landscaping master working for a famous movie star. Referring to the text, make a list of questions you will ask. Your partner will take the role of the landscaper and answer your questions.

YOUR OPINION

12. Are there any rules you observe when arranging furniture in your apartment? What are they? Why are they meaningful to you?

13. Below are some tips on how to find harmony in your life. Match the ideas in the first column with their endings in the second one. Tell the class why you believe it is a good idea.

Some Feng Shui **Tips** for Harmonizing Where You Live

<p>1. Energy Qi should flow freely through your home. Clutter, sharp angles, ...</p>	<p>A. of two major elements – fire, which is yang energy, and water, which is a yin force.</p>
<p>2. Energy should not disappear so quickly. It has no time to do any good, so if your front door...</p>	<p>B. corners, and storage areas can slow down energy, causing it to stagnate and become unhealthy.</p>
<p>3. Intersections create a lot of Qi. If your front door is not well situated, it could become...</p>	<p>C. the body in the night and might get upset at seeing its reflection causing a disturbed sleep.</p>

tip [tɪp] совет

intersection [ˌɪntɪˈsekʃ(ə)n] пересечение

4. Balance is a **cornerstone** of happiness and good design. Everything from outside lamp **poles** to...
5. Sharp, **jutting** angles need to be softened...
6. Furniture in the living room should make movement and conversation easy. Since the living room is a yang area, consider...
7. Mirrors should not face a bed because the spirit leaves...
8. Round dining room tables are best since the circle...
9. Kitchens can generate general happiness. Kitchens should be balanced because of the presence...
10. The bathroom is the most yin room in the house because of the presence of water. Yang elements,...

- D. such as bright colors or candles may be added.
- E. has an **unimpeded** view of the back door, consider blocking it with screens.
- F. bombarded with energy, making relaxation impossible. A mirror on the front door can turn energy aside.
- G. by placing plants or statues in front.
- H. inside decorations might need balancing to create harmonious energy.
- I. adding yin influence with plants, soft **cushions**, and perhaps a fish tank.
- J. symbolizes **heavenly blessings**.

14. Draw a plan of the room you live in or bring a photograph of it to class. Do you feel comfortable in your room? What changes, if any, would you like to make? Are they based on feng shui? Ask your classmates for their opinion.

Discussion

15. Is Feng Shui just a superstition or a passing fad? Speak **for** or **against** the wisdom of Feng Shui using examples from this unit and your own life.

cornerstone [ˈkɒrnstəʊn] краеугольный камень
 pole [pəʊl] шест, столб
 jutting [ˈdʒʌtɪŋ] выступающий
 unimpeded [ˌʌnɪmˈpiːdɪd] беспрепятственный
 cushion [ˈkʌʃən] диванная подушка
 heavenly blessing [ˈheɪvənli ˈblesɪŋ] небесное благословение

Deepen your knowledge

16. Do you know that the way people dress may also be affected by Feng Shui? Search the Internet to prove your point. You can use the words **feng shui, dress, clothes and color** as key words for your search.

FURTHER READING

De Mente B.L. NTC's Dictionary of China's Cultural Code Words. – Lincoln, Illinois: NTC Publishing Group, 1996.

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www.truthstar.com/fengshui/principlesfengshui.asp

Feng Shui as a Path to Personal Growth: www.enchantedspirit.org/FengShui/

Feng Shui Consultants, Associations and Organizations: <http://fengshui.about.com/od/consulting>

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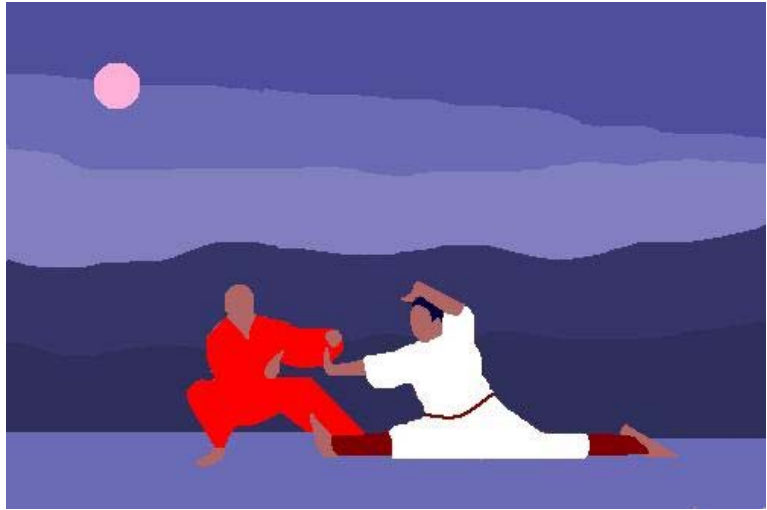
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UNIT 4

Martial Arts: Self-Defense and Self- Development



WARM UP

1. Match the following definitions with the names of sports.

- | | |
|--------------|--|
| 1. Kung-fu | A. a sport originally from Japan in which people fight using their arms, legs, hands and feet. Basic tactics include the forward fist thrust and defense, kicking, and the backward elbow thrust. The level of skill a person has is shown by what color belts they wear. The sport emphasizes not only physical strength but spiritual aspects as well. |
| 2. Karate | B. this Korean military martial art (a way of kicking and punching) is characterized by the extensive use of high standing and jump kicks as well as punches and is practiced for sport, self-defense, and spiritual development. |
| 3. Judo | C. a kind of fencing that originated in Japan as fencing for samurai only. In the match, two combatants wear protective outfits resembling armor and attack each other with bamboo swords. The polite custom “begin with a bow, end with a bow” reflects its spirit. It is well known as a sport that can discipline mind and body. |
| 4. Jujitsu | D. a Chinese method of fighting using your hands and feet and not using weapons |
| 5. Kendo | E. a martial art in which simply by using hands as weapons one can cause the enemy to submit. The feature of this martial art is the throw that uses submission and control. |
| 6. Taekwondo | F. a sport that developed as a samurai art of self-defense. Using this art one can defend oneself from attack, catch the opponent and defeat him without the use of weapons. The key point of this sport is to overwhelm an opponent by |

taking advantage of his strength and weight.

*You must have noticed that all the sports mentioned above originated in Asia. The collective term for such sports is **martial arts**.*

2. The list below gives the English names of martial arts and their pronunciation. These words are loan words into English from Asian languages. Russian has also borrowed the same words with a different pronunciation. Mark the parts of the words that might cause pronunciation problems for Russian speakers of English. Practice their pronunciation.

Tae kwon do [tal`kwPndqV], jujitsu [GH`GltsH], judo [`GHdqV], aikido [al`kJdqV], iaido [i`aldqV], kendo [`kendqV], kung fu [`kuN`fH], karate [kq`rRti], jeet kune do [`GJt`kHn`doV], wu-shu [`wH`SH]

3. Small group discussion. *Think of possible answers to the following questions. Choose a speaker to share your group's opinion with the rest of the class.*

- Have you ever practiced any martial art?
- Why did you take it up? What personal benefits did it help you to get?
- Why do some people prefer martial arts to traditional Western sports?
- What martial arts would you like to practice if you had a chance?

READ AND THINK

4. *You are going to read a text about martial arts in America. As you read, think about the reasons for their popularity.*

Martial Arts in America

Martial arts are systems of fighting. There are many styles and schools of martial arts; however, broadly speaking, they share a common goal - to defeat a person physically or defend oneself. Martial arts may focus on striking (boxing), kicking, (kickboxing, tae kwon do), **grappling** and throwing (wrestling, jujitsu, judo, aikido), or **weaponry** (iaido, kendo, **fencing**). Some aspects of fighting include long-range unarmed fighting, short-range unarmed fighting, grappling, armed fighting, moral, emotional, and physical development, fighting against a single opponent, fighting against **multiple** opponents, fighting without **injuring** the opponent, avoidance of fighting.

Some martial arts, such as the traditional Chinese arts, go beyond this to teach side disciplines such as **qigong**, **acupuncture**, **acupressure**, bone-setting and other aspects of traditional Chinese medicine.

grappling [ˈgrʌpəlɪŋ] захват
weaponry [ˈweɪpənri] вооруженная борьба
fencing [ˈfensɪŋ] фехтование
multiple [ˈmʌltɪplɪ] многочисленный
injure [ˈɪnʒə] повредить, ранить
qigong [ˈtʃɪɡɒŋ] цигун
acupuncture [ˌækjuːnktʃərə] акупунктура, иглотерапия

The interest in Eastern Martial Arts dates back to the late 19th century, as Americans became involved in China and Japan. This involvement was initially through trade, where the martial arts seen were recorded as eccentricities of strange lands. Relatively few Westerners actually practiced the arts, most seeing them as performances.



As Western influence grew in the East, a greater number of military personnel spent time in China, Japan and elsewhere protecting Western interests, and advising certain **factions** on military matters. Initially much of this advice was aimed at changing the Eastern way of fighting to a Western way of fighting, but gradually individual members of the Western contingents began to see the value of Eastern martial arts and actually began training in them seriously. This training resulted in various techniques being incorporated into Western military training. This **escalated** to the extent that by World War II nearly all commandos received training in Japanese jujitsu.

After the War, with large numbers of servicemen stationed in Japan the adoption of techniques and the gradual transmission of entire systems of martial arts to the West began. It was in the 1950s, however, when this exportation of systems really started to gain force. Large groups of US military personnel were taught Korean arts (taekwondo) during the War with North Korea and many of these brought their training home and continued to practice and teach it after their demobilisation.

By the 1960s the Japanese arts like karate and judo had become very popular; the 1970s saw martial arts in the movies and, thanks to Bruce Lee, the rise in popularity of Chinese styles.

The 1980s saw a rise in interest in non-sport arts, especially those that included weapons as well as empty-hand techniques. This also fed the media with magazines, books and movies **embracing** the mysticism and **lethality** of various arts, especially **ninjutsu**.



Unfortunately, this huge expansion in popularity of the arts caused a sharp rise in the number of people trying to cash in on the **trends**. Teachers had to vary their offerings to keep the discerning public happy and some began to develop their own versions of what they thought people wanted. This led to the rise of the 'McDojo', a shopping mall outlet that offered all manner of instruction, often run as a chain with huge amounts of money being made for a select few at the top of the chain. The offerings were often very shallow and aimed only at high numbers of participants.

In the last decades of the twentieth century, this interest continued but students began to realize that there were many more choices of martial art, and a tremendous diversity in martial arts appeared.

acupressure [ˈxkjv,preʃq] акупрессура, массаж биологически активных точек

faction [ˈfɪksʃən] группировка, фракция, политическое течение

escalate [ˈeskəleɪt] расти, увеличиваться

embrace [ɪmˈbreɪs] включать, охватывать

lethality [lɪˈθælɪti] смертность, смертоносность

ninjutsu [nɪnˈdʒɪtsu] ниндзюцу, искусство маскировки и нападения

trend [trend] мода, тенденция

McDojo [mɪkˈdɒldʒoʊ] гибридное слово от McDonalds + яп. dojo "зал для занятий восточными единоборствами"

From Vietnam, Burma, the Philippines, Indonesia, South America and almost every other corner of the earth martial arts were **unearthed** and brought to America where they gained popularity for their effectiveness and difference from the mainstream, whilst more and more disciplines from Japan and China were explored for their historical and cultural value.

The mainstream today seems to have shifted away from sport back to practical self-defense.

(Based on http://en.wikipedia.org/wiki/Martial_art)

CHECK YOUR UNDERSTANDING

5. Characterize each historical period in terms of a) the level of popularity of martial arts in that period; b) reasons for the popularity of the martial arts. The table below may help you. Discuss your findings in class.

Period	19th century	Before World War II	1950s	1960s	1970s	1980s	nowadays
Reason for popularity	trade						
Level of popularity	Few people practiced it						

6. Group all the martial arts mentioned in the text by their country of origin.
7. Search the Internet to find information about the popularity of martial arts mentioned in the text in the U.S. now. In class, report on the martial arts associations you have found. Summarize the information in writing.

Read and think

8. Hollywood has played a leading role in the popularization of martial arts around the world and in the U.S. in particular. Here are profiles of two leading Hollywood actors, Bruce Lee and Chuck Norris, described in English and Russian articles. As you read, compare the lives of the two men.

unearth [An`WT] выявлять

Bruce Lee



Bruce Lee was born in 1940 in San Francisco. The city of his birth was accidental as his father Lee Hoi Chuen was a minor star of the Cantonese Opera Company, touring the area at that time.

Bruce Lee spent much of his early years on the streets as a trouble-maker. To defend himself from the bullies he started to take kung fu lessons from Sifu Yip Man - a grand master of the Wing Chun style of kung fu. Within only a few years (1953-1959), Yip Man had not only succeeded in training Bruce Lee in the physical aspects of the martial arts, but also changed Bruce Lee's mental focus and Lee was now becoming increasingly interested in the philosophical aspects of kung fu. In 1959 Lee's parents sent Bruce away from Hong Kong out of harm's way to San Francisco, the city of his birth.

In San Francisco, taking a job as a waiter he enrolled at Edison Technical School as a day student. Within a short time, Bruce earned his high school diploma and in the autumn of 1962, he enrolled for a degree in philosophy at the University of Washington in Seattle. During his time at university Bruce Lee started to teach kung-fu and formulate the beginnings of a new version of kung fu which he would later name "Jeet Kune Do". In 1963 he opened the Kung Fu Institute in Seattle.

By June 1964 Bruce Lee gave up his studies at the University of Washington and moved to Oakland, California to open a second school of martial arts. Bruce Lee's training during this period of his life would have put an Olympic gymnast to shame! He would regularly perform one finger push-ups, on one hand. He could blast an opponent several feet back from a punch delivered from only one inch.

In 1965 Bruce played the part of Kato - the chauffeur and sidekick to the lead character – in the *Green Hornet* which made him something of a martial arts celebrity. It was his first taste of fame and he liked it!

In 1970 Bruce received a massive back injury. He was told by his doctors that not only would he be bedridden for several months, but he would never be able to practice kung fu again. But within one year, Bruce seemed to be as fast, strong and flexible as ever. Now back on his feet again, Bruce decided to focus his iron will power on his career. More than ever he was determined to be a major star and to introduce the Eastern art of Kung fu to the rest of the world through film and television.

In 1971 he received an offer to star in two Chinese martial arts feature films. The second film, *Fist of Fury*, smashed box-office records across all of South East Asia. There was universal appraisal of Bruce Lee's martial arts techniques, and he was now the hottest cinema property East of Hollywood.

bully [ˈbʊli] хулиган, громила
sifu [ˈsɪfʊ] Учитель, мастер кунфу
enroll [ɪnˈrɒl] поступать
push-up [ˈpʊʃʌp] выжимание в упоре
punch [pʌŋtʃ] удар кулаком
sidekick [ˈsaɪd,kɪk] закадычный друг
bedridden [ˈbed,rɪdn̩] прикованный к постели болезнью
fury [ˈfjʊəri] ярость, неистовство
appraisal [əˈpreɪzəl] оценка, признание

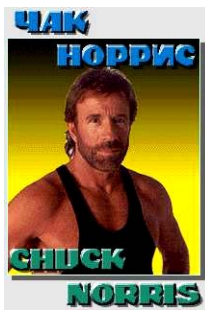
With *Fist of Fury* completed, Bruce Lee was a free agent. His next feature film, *Way of the Dragon*, was solely a Bruce Lee project: he was now an actor, a director and a film producer. The film **grossed HK \$5 million**- more money than any film before it!

As soon as the dust had settled after *Way of the Dragon*, Bruce received an offer from Warner Brothers to act in a martial arts film entitled *Enter the Dragon*, which proved to be the most challenging of all: by the end of shooting Bruce had lost weight and was a ball of nervous energy.

In May 1973, Bruce Lee had a **collapse**. He died on 20th July 1973 at the age of thirty-two. His tombstone was simply inscribed, "Bruce Lee. Nov. 27, 1940 - July 20, 1973. Founder of Jeet Kune Do."

A few days after Bruce Lee died, *Enter the Dragon* became an instant hit in the USA and soon took the rest of the world by storm. It was the most successful martial arts film of all time. It made Bruce Lee a legendary, **semi** mythical hero who is admired and respected by many millions of people across the world.

Чак Норрис



Настоящее имя Чака Норриса - Карлос Рей Норрис. Он родился 10 марта 1940 года в маленьком городке Вилсон, штат Оклахома. Его дед был ирландцем, бабушка - индианкой. Самыми запоминающимися моментами детства для него были нужда, отсутствие постоянного места жительства, полунищая жизнь в вагончике с матерью и двумя младшими братьями, а затем развод родителей и новый глава семьи. Норрис вспоминает, что именно отчим Джордж Найт привил ему неодолимую и страстную любовь к спорту.

В 17 лет юноша поступает на службу в военную полицию, а когда достигает призывного возраста, отправляется вольнонаемным в Корею. Именно там, познакомившись с культурой и религией Востока, Норрис начинает с увлечением заниматься восточными единоборствами: каратэ, дзюдо, тэквандо. Демобилизовавшись из армии и обосновавшись в Лос-Анджелесе, он открывает сеть школ каратэ, которые благодаря профессионализму учителя и его громким спортивным титулам, приобретают все большую популярность среди горожан, в числе которых немало знаменитостей из мира кино. А сам Карлос (или Чак, как его называют друзья) к тому времени достиг выдающихся успехов в спорте, став чемпионом мира по каратэ. Более того, этот почетный титул он удерживал семь лет и покинул татами непобежденным.

Новое поле деятельности Чаку Норрису помог найти старый друг и спарринг-партнер - знаменитый Брюс Ли, пригласив его сняться в фильме "Возвращение дракона" (1973). Несмотря на блеск славы Ли, появление Норриса не прошло незамеченным, а сцена боя, в которой приняли участие оба спортсмена, и по сей день считается классикой фильмов-каратэ. Дело в том, что фильмы-каратэ, с легкой руки Брюса Ли в этот период пользовались в Америке все большей популярностью, а после преждевременной смерти Ли, в этом жанре как бы образовался вакуум, который и предстояло заполнить Норрису. Невысокий, коренастый блондин, с некрасивым, но обаятельным лицом, он сразу же пришелся по вкусу американскому зрителю. Да и кроме того, обладая ординарной внешностью "как у нас с вами", он хотя и был лишен таинственной

gross [grɔʊvs] собирать (о фильме), продавать билеты на какую-то сумму

HK \$ (Hong Kong dollar) -гонконгский доллар

collapse [kəˈlæps] резкий упадок сил, приступ, коллапс

привлекательности восточного красавца Ли, но был более близок и понятен рядовому зрителю, который, наслаждаясь головокружными прыжками и сверхмощными ударами Норриса на экране, не раз сравнивая себя с актером, думал: "И я бы мог..." За двадцать лет работы в кино Норрис снялся более чем в 55 фильмах. Одни из них - "Золотой храм" (1975), "Хорошие парни одеты в черное" (1978), "Разрушитель" (1976) - прошли почти незамеченными, другие - "Октагон" (1980), "Пропавшие без вести" (1984), "Операция Дельта" (1986), "Око за око" (1981), "Одинокий волк МакКвейд" (1982) завоевали признание. Достаточно скромно оценивая свои актерские способности, Норрис прекрасно понимал, что во многом успех его картин зависит от того, насколько умело закручена интрига и динамично действие. А уж там, где необходимо сражаться, стрелять, догонять - ему нет равных.

К сожалению, Норрису-актеру не везло с режиссерами. Приглашения сниматься он, как правило, получал от тех, кто видел в нем прежде всего великолепного спортсмена, каратиста, прекрасно владеющего своим телом, способного выполнить любой самый сложный трюк без помощи дублера, но не более. Но когда работе с актером уделялось больше внимания, то появлялся и интересный результат: бесстрашный полицейский, в одиночку вступивший на защиту поправленной справедливости ("Одинокий волк МакКвейд"), полковник Бреддок, рискнувший в поисках товарищей отправиться в непроходимые джунгли ("Пропавшие без вести"), искатель приключений, обаятельный авантюрист, ("Бегущий в пламени", 1986). Эти герои запомнились зрителю. Однажды, говоря о своих ролях в кино, Норрис заметил, что "в этой работе, как и во всякой другой, надо идти до конца и побеждать". Пока ему это удается.

В 1997 году Норрис посетил Россию как почетный гость престижного национального турнира по тайскому боксу и кикбоксингу с участием сильнейших спортсменов.

Чак Норрис стал создателем большого количества телевизионных шоу, помимо этого он издает свой журнал, написал 7 книг.

(Based on: <http://budo-az.com/budo/bionorris.php>; <http://www.peoples.ru/art/cinema/actor/norris/>)

9. Use the chart to summarize the comparison of the lives of Bruce Lee and Chuck Norris.

	Bruce Lee	Chuck Norris
Nationality, place of birth		
Childhood		
Reasons for getting involved in martial arts		
Education		
Martial art style		
Level of proficiency in martial arts		
Reasons for entering movie industry		

proficiency [prɪˈfɪʃnsɪ] искусство, квалификация

10. Search the Internet for some information about **wuxia** films (<http://en.wikipedia.org/wiki/Wuxia>; http://members.tripod.com/~journeyeast/wuxia_pian.html and others). In which ways are they similar to, or different from, traditional martial arts films? Report your findings to the class.

Your opinion

11. In writing, develop your ideas about the following quotation to argue against the suggestion that martial arts are just about fighting.

The basic principles of martial arts are discipline, respect, confidence and self-defense.

Debate

11. Traditional American sports tend to focus on team games (football, basketball, baseball) whereas martial arts stress individual contest. Form two teams: one team will speak in favor of the advantages of team sports and disadvantages of individual sports. The other team will do the opposite. Prepare for a discussion between two teams by making a list of advantages and disadvantages that you can use as a prompt in the discussion. Debate it!

Further reading

Martial Arts frequently asked questions: <http://www.Faqs.org/faqs/martial-arts/faq/>

Martial Arts Planet, Articles and Forums: <http://www.martialartsplanet.com>

Fight Times: <http://www.fighttimes.com> Free Online Martial Arts Magazine

Martial arts organizations and associations: <http://winstonstableford.com/organiz.html>;

Самбо: <http://www.sambo.spb.ru/rule/rule.htm>

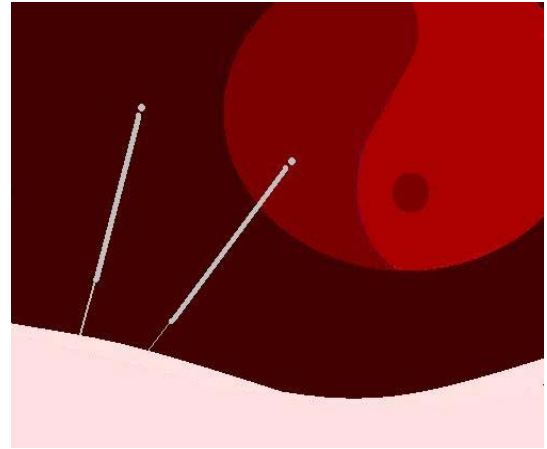
Боевые искусства: Китай, Япония / Сост., пер. с кит. и древнеяп., вступ. и коммент. В.В.Малявина. - М.: ООО "Изд-во Астрель": ООО "Изд-во АСТ", 2004

Митчел Д. Боевые искусства. - Лондон, Нью-Йорк, Штутгарт, Момква: Дорлинг Киндерсли, 1999.

Фомин В., Линдер И. Диалог о боевых искусствах Востока. - М.: Молодая гвардия, 1990.

UNIT 5

Oriental Medicine



WARM UP

1. *What kinds of medicine are Oriental medicines? Underline the medicine that you think is eastern.*

X-ray, aromatherapy, injection, surgery, massage, dentistry, herbals, homeopathy, acupuncture.

2. *There are many kinds of alternative medicine. Five of them are described below. Match the name of the medical treatment with its definition.*

a) acupuncture [ˈ ʌkjʌpʌnktʃʊ]	1) a form of treatment in which pleasant smelling oils are rubbed into the skin, or the gas which they produce is breathed in
b) aromatherapy [ˌ ɑːrəˈmæθərəpi]	2) therapy for illness using only natural treatments like diet, massage and sunlight
c) massage [ˈ mæsɪʒ]	3) treatment of injuries to bones and muscles using pressure and movement
d) osteopathy [ˈ ɒstiˈ ɒpəti]	4) inserting thin needles into the body at specific points to reduce pain and inflammation
e) Ayurvedic medicine [ˌ ɑːjʊˈvɛdɪk]	5) using pressure and rubbing on the body to relieve pain and inflammation or to help relax

3. **Small group discussion.**

- How popular is eastern medicine in Russia?
- Have you ever experienced eastern medicine methods?

- In what ways is it different from traditional western or conventional medicine?

READ AND THINK

4. The following text explains the main principles of Chinese medicine. As you read, note the distinguishing characteristics of yin and yang and identify the key concepts of traditional Chinese medicine.



The roots of Oriental Medicine (OM) date back as far as 3000 BC. When thinking of Oriental medicine, most people recall acupuncture. However, OM represents a much broader system of medicine that includes herbs, massage, diet and exercise therapy. Oriental medicine is practiced in China, Japan, Korea, Vietnam, Thailand, Tibet and India. One may be surprised to find that Oriental medical theory and practice has spread to France, England, Spain, Germany, Russia, North and South

America, and Africa. It has gained worldwide acceptance and recognition as effective medical treatment. Due to the sheer weight of evidence, Oriental medicine demands that it be taken seriously as a clinical approach of considerable value. Over 15 million Americans have turned to it, making it the complimentary treatment choice for Americans everywhere.

The philosophical origin of Traditional Chinese medicine (TCM) developed from Daoism beliefs and observations that are related to the natural world behavior which reveal the yin and yang characteristics. All aspects of our existence can be explained and understood in terms of yin-yang as it represents the two most general categories into which everything is divided. These two opposites are in constant motion, creating a **fluctuating** balance in the healthy body. Disease results when either yin or yang is in a state of prolonged excess or deficiency. The concepts of Yin and Yang and the Five Elements provided the intellectual **framework** of much of Chinese scientific thinking especially in fields like biology and medicine.

Symbolically viewed as polar opposites, yin is dark, and yang is bright; yin is cold, and yang is hot; yin is passive, and yang is active; yin is female, and yang is male; yin is rest and yang is activity. The changes to yin-yang always move in relationship to each other. The ideal is for each to exist in harmony with the other. Yang originates in the pores and is represented by the four **extremities**. Yin moves within the five **viscera**, stores the power of the six treasures of nature. Water is an **embodiment** of Yin as fire is an embodiment of Yang. Yang creates the air, while Yin creates the senses, which belong to the physical body. When the physical body dies, the spirit is restored to the air, its natural environment. The spirit receives its nourishment through the air, and the body receives its nourishment through the senses.

When Yang is the stronger, the body is hot, the pores are closed, and people begin to **pant**; they become **boisterous** and **coarse** and do not **perspire**. They become feverish, their mouths are dry and sore, their

fluctuating [ˌflʌkʊˈeltɪn] колеблющийся, меняющийся
 framework [ˈfreɪmwɛ:k] рамки, структура
 viscera [ˈvɪsqɪrə] внутренности
 embodiment [ɪmˈbɒdɪmənt] воплощение
 pant [pʌnt] тяжело дышать, задыхаться
 boisterous [ˈbɔɪstərs] бурный, шумливый
 coarse [kɔːs] грубый
 perspire [pɜːˈspaɪə] потеть

stomachs feel tight, and they die of **constipation**. When Yang is the stronger, people can endure winter but not summer. When Yin is the stronger, the body is cold and covered with perspiration. People realize they are ill; they tremble and feel chilly. When they feel chilled, their spirits become **rebellious**. Their stomachs can no longer **digest** food and they die. When Yin is stronger, people can **endure** summer but not winter. Thus Yin and Yang **alternate**. With a disease of Yang, Yin predominates. With a disease of Yin, Yang predominates. When one is filled with **vigor** and strength, Yin and Yang are in proper harmony.

In the five element theory, each of the five elements has a season and particular organs and senses associated with it, such as taste, color, sound. The wood element, for example, is associated with spring, the liver, and the gall bladder. Similarly, the fire element is associated with early summer, the heart, and **small intestines**; the earth element corresponds to late summer, the stomach and **spleen**; metal is associated with autumn, the lungs and **large intestine**; and water is associated with winter, the **kidneys** and **bladder**.



In contrast to Western medicine's teaching of a separation between the mind and body, TCM views each organ as having particular body and mind functions, as illustrated in the belief that the liver is involved in planning, and in the storage of anger, while the gall bladder is the organ of decision-making.

To determine the composition of the five elements in a patient, a Traditional Chinese Medicine practitioner asks many detailed questions that will provide clues as to the nature of their imbalances. They will ask about the person's occupation, stress associated with it, what they like to eat, what physical problems they are experiencing, etc. In the Five Element Theory, each element has a corresponding smell associated with it. Although a person may be oriented towards a particular element - a person who is aggressive might be described as having a "wood" personality - the Chinese believe that aspects of each of the five elements are present in every person at different times.

The diagnosis of a patient's condition in TCM consists of three activities: an extensive interview, pulse diagnosis (whereas Western doctors locate one pulse on the **radial artery** in the wrist, a practitioner of TCM feels for six pulses in each wrist), and a tongue examination (including the color, **texture**, shape, size, and coating). TCM practitioners are trained to view the body, mind, and spirit as one system, as

constipation [ˌkɒnstɪˈpeɪʃən] запор
 rebellious [rɪˈbeljəs] непослушный, не поддающийся лечению
 digest [daɪˈdʒest] переваривать пищу
 endure [ɪnˈdʊə] выдерживать, выносить
 alternate [ˈɹlɪtneɪt] чередоваться
 vigor [ˈvɪɡər] сила, энергия
 small intestines [ˈsmɔːl ɪnˈtestɪnz] тонкий кишечник
 spleen [splɪn] селезенка
 large intestine [ˈlɑːdʒ ɪnˈtestɪn] толстый кишечник
 kidneys [ˈkɪdnz] почки
 bladder [ˈblædər] мочевой пузырь
 radial artery [ˈreɪdiəl ˈɑːrtəri] лучевая артерия
 texture [ˈtekstʃər] текстура, степень плотности



opposed to Western medicine practitioners, who are taught to regard each of these elements as separate. Despite TCM's **dramatically** different approach, Westerners have been drawn to its practice because of its emphasis on healing the whole person and seeking the root cause of illness. However, Westerners do often find it difficult to translate a TCM diagnosis or remedy into the western practice of medicine with which they are familiar. For example, there is no direct translation for how a TCM practitioner might explain a patient's condition as "cool with **dampness**," or an "imbalance in water," with a need to "**tonify** the kidneys" or "**replenish** Qi".

In China, herbal **remedies** are used as much as **acupuncture** to treat energy imbalances and illness. Herbs used in Chinese medicine are **derived** from plant, animal, and mineral substances. Although plant-derived herbs, such as ginseng and **ginger**, are the most common, minerals and animal parts such as **oyster shells**, **deer antlers**, and **bear gall bladder** are also

prescribed. Like the diagnostic tools of pulse and tongue reading, the prescription of herbal remedies takes a TCM practitioner years to master because it requires a deep understanding of medical theory and the complexity of herbs.

(Based on Patricia Ebrey, *Chinese Civilization: A Sourcebook*, 2d ed. - New York: Free Press, 1993, pp. 77-79)

Check your understanding

5. Explain in writing each of the key concepts of traditional Chinese medicine you have identified in the text.
6. Imagine that you are a journalist and you have to adapt some information from the text for a teenage magazine (or another popular magazine, weekly newspaper, advertisement for a new TCM center, etc.). Write a 100-word article and think of a good title for it. Make posters in your classroom and put your articles there. Discuss in groups whether the articles in the posters correspond to the issue and the readership they are intended for. Support your views.

- dramatically [drq`mxtlkqll] значительно, сильно
 dampness [`dxmpnls] влажность
 tonify [`tPnlfa] тонизировать
 replenish [rl`plenls] наполнять, пополнять
 remedy [`remqdl] средство, лекарство
 acupuncture [`xkjv,pAnkCq] акупунктура, иглоукальвание
 derive [dl`ralv] производить из
 ginger [`GlnGq] имбирь
 oyster shell [`Olstq,Se] раковина устрицы
 deer antlers [`dlq`xntlqz] олени рога
 bear gall bladder [`bEq`gLI,blxdq] медвежий желчный пузырь

7. Many American centers, including those at colleges and universities, offer services and classes on Oriental medicine. Here are some excerpts from advertisements for these centers. A) Think about which center might use these advertisements and match the institutions with the advertisements below. B) According to these advertisements, what diseases are treated through Oriental medicine in the USA?

(A) Boulder College of Massage Therapy
6255 Longbow Drive
Boulder, Colorado

(B) Gregory is currently working for a private corporation (Long Island Head Injury Association) for survivors of traumatic brain injuries and severe head trauma. He was previously employed with a Lehigh Acres Medical Facility (Florida) with 4 internal medicine specialists and physicians with doctor referred patients.

(C) University of Pittsburgh Medical Center

(D) Cancer Lifeline at Northwest Hospital, Seattle; call 206.297.2100, ext. 114 for location information at the hospital

(E) Pacific College of Oriental Medicine

(F) QIGONG ASSOCIATION OF AMERICA

The study of Zen Shiatsu is one of the four modalities that make up the core curriculum of the 1000-Hour Certificate Program. BCMT also offers a 100-Hour The Art of Zen. Advanced Certificate which is a continuing education program for practicing massage therapists/bodyworkers. (1)

Offering Master's and Doctoral degrees in Acupuncture and Oriental medicine, and programs in Oriental Body Therapy. Accredited. Financial Aid available. (3)

2004 marks the beginning of the Cancer Lifeline Qigong Program's third year. To celebrate, Cancer Lifeline and Kris Caldwell collaborated to produce Kris' first compact disc, entitled "**Behold, the Power of Qi! A Guided Practice with Kris Caldwell.**" The recording includes background on qigong, a conversation with Kris' students, and guided practice in simple, traditional qigong practices. (2)

Regular practice of qigong can:
 prevent and treat illness
 reduce stress - establish balance
 integrate mind/body/spirit - bring
 peace (4)

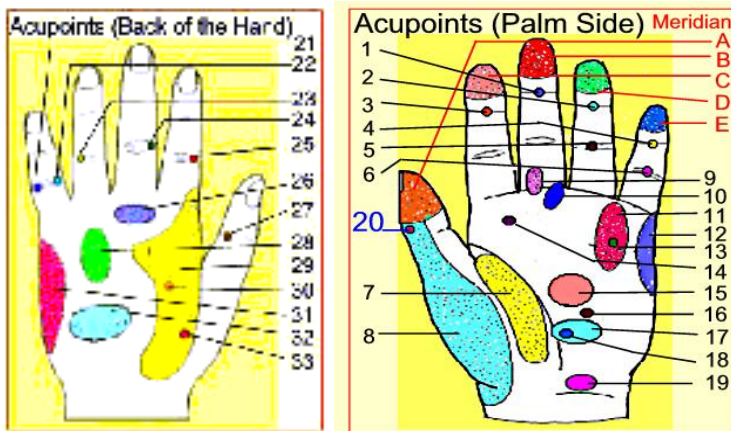
...I would invite you to attend
 workshops, lectures, and to
 read any available literature to
 further enhance your
 understanding of Qigong.
 Thank you,
 Gregory G. Nabel (5)

UPMS Center for Integrative Medicine offers shiatsu
 services and classes

- Shiatsu means "finger pressure" in Japanese, usually translated as acupressure.
- It combines a modern understanding of anatomy, physiology, and psychology with traditional Chinese medical theory.
- A shiatsu session is customarily given on a mat on the floor.
- The client is fully clothed.
- Physical, mental, and emotional states are considered during a treatment (6)

DEEPEN YOUR KNOWLEDGE

8. Oriental medicine uses acupuncture and massage in order to improve health. Below are pictures and a table showing which hand-acupoints need massaging and for which illness.



Skim the table to find out how to relieve tired eyes, reduce fatigue and headaches, and relieve a stuffy nose.

Symptoms, Massage Method and Acupoints

Symptoms	Massage Method	Acupoints
Back Pain	Rubbing	31 & 32
Weak Bladder	Rubbing	6
Cold Body	Rubbing	15
Low or High Blood Pressure	Rubbing	29
Constipation	Twisting	22
Dizziness or Fainting	Pressing and Rubbing	30
Tired Eyes	Twisting	27
Fatigue	Rubbing the sides of the middle finger tip	
Cold Hands or Feet	Rubbing	15
Headache	Rubbing all the fingers' tips	
Unhealthy Hair	Twisting	1 and 4
Weak in Hearing	Rubbing and Twisting	9
Stuffy Nose or Sneezing	Pressing and Rubbing	33

9. Report on the Chinese ways of relieving tired eyes and a stuffy nose, reducing fatigue and headaches. Explain the traditional ways you use in your culture. How different are they?

10. Hotlist. Here are some Internet sites about the spread of Oriental medicine in the USA. Using them and any other sites of your choice, describe in writing the meaning and role of **qigong**, **taijiquan**, and **shiatsu** for the average Americans. To analyze the spread of these techniques, pay attention to the location of the centers promoted by the sites.

www.qi.org Dedicated to bringing the self-healing art of Qigong to America.

www.longevity-center.com offers a comprehensive Chinese medicine program which includes the main five branches: 1) acupuncture, 2) herbs – nutrition, 3) moxabustion, 4) bodywork - qi emittance, 5) tai chi/Chinese medical qigong certification courses with an emphasis on Taoism

www.orientalmedcare.com a holistic health clinic offering acupuncture, Chinese herbs, nutritional supplements, and classes in qi gong meditation.

www.inner-strength.com Comprehensive Natural Healing Center including naturopathy and complete Chinese medicine. Ongoing educational and certifications programs.

http://www.taoshiatsu.com/_2005/usa.html Tao Shiatsu USA is a branch of the International Tao Shiatsu Society (ITSS)

<http://www.peopleandpetmassage.com> Shiatsu For Animals Practitioners

dizziness [ˈdɪzɪnz] головокружение
 fainting [ˈfeɪntɪŋ] обморок
 fatigue [fəˈtɪɡ] усталость

TRY YOUR HAND

12. *Making a menu. In traditional Chinese medicine, the food we eat plays an important role in maintaining good health. Foods are seen as having yin and yang, warming and cooling, drying and moistening properties. Certain foods are better for some people than others, depending on their type and condition. Choose ingredients from the table below for three dishes for a) a person having a cold damp condition and b) a person having a hot dry condition. Note that a person with a "cold damp" condition should not eat a diet of raw fruits and vegetables (which are yin), because they would further *exaggerate* the loss of body heat and fluid secretion *Conversely*, foods that are fried, *broiled*, high fat, or spicy are seen as warming (yang) because they generate heat and stimulate *circulation*. A person whose diagnosis is "hot dry" should avoid these foods, according to TCM.* (based on: <http://qi-journal.com/TCM.asp?-token.SearchID=Essential%20Energy%20of%20Foods>)

COLD

Banana
Watermelon
Bok Choi
Turnip
Celery
Califlower
Crab
Bean Sprouts
Asparagus
Eggplant
Cucumber
Grapefruit
Pineapple
Tangerine
Zucchini
Seaweed
Tofu

COOL

Pear
Peppermint
Green Tea
Oolong Tea
Cooked Lettuce
Green Apple
Snow Pea
White Corn
Oranges
Cabbage
Soybean Sprouts
Apples
Cooked Onion
Strawberries
Cheese
Cherries
Mushrooms
Miso

WARM

Rice
Noodles
Bread
Pork
Chicken
Turkey
Broccoli
Green Pepper
Green Beans
Egg Whites
Yellow Corn
Egg Yolk
Fish
Pepper
Ginger
Garlic
Cooked Tomato
Spinach
Black Tea
Nectarines
Milk

HOT

Nuts
Grilled Foods
Avocado
Lichee
Turtle
Chocolate
Cocoa
Raw Onions
Coffee
Lamb
Duck
Eggplant
Red Pepper
Venison



Bok Choi [ˈ bPK ˈ COI] бокчой, пекинская капуста
bean sprouts [ˈ bJn ˈ sprAvts] ростки бобов
asparagus [q ˈ sprxrgqs] спаржа

13. Analyze your own daily food consumption. What foods prevail in your own diet? Share your thoughts with your partner.

READ AND THINK

13. Read the text and tell your partner or the class how emotions can influence your health.

CAN EMOTIONS INFLUENCE YOUR HEALTH?

by Charles Yarborough

Several decades ago, the concept of personality as a predictive factor in disease was formally introduced to the West. It drew widespread attention to emotion as a factor in the **genesis** of disease. Western clinical researchers in recent years have **scrutinized** the relationship between emotion and illness. Can negative thinking, they ask, make a person sick? More recently they have added, in **counterpoint**: can positive thinking (generated by **prayer** and **imagery**) help a person heal? For authentic practitioners of Oriental Medicine, however, the **interplay** of organs/emotions/spirit is **inescapable**.

An ancient text, the "**Huang Ti Nei Ching**", compares the function and position of internal organs to hierarchies found in an empire. It tells us: "The heart is like the minister of the monarch who **excels** through **insight** and understanding; the lungs are the symbol of the interpretation and conduct of the official jurisdiction and regulation; the liver has the functions of a military leader who excels in his strategic planning; the gall bladder... excels through his decisions and judgment; the middle of the

eggplant [ˈegplʌnt] баклажан
tangerine [ˌtʌnɪdʒˈriːn] мандарин
seaweed [ˈsiːwɪd] морская капуста, водоросли
tofu [ˈtoʊfʊ] тофу, соевый сыр
oolong tea [ˈoʊlʌŋ] чай улун
snow pea [ˈsnəʊˈpiː] сахарный горошек
soybean sprouts [ˈsoɪbɪnˌsprɑʊts] побеги соевых бобов
miso [ˈmiːsoʊ] мисо, соевая приправа
spinach [ˈspɪnɪʃ] шпинат
lichee [ˈliːtʃiː] фрукт личи
venison [ˈvenɪzən] оленина
genesis [ˈdʒenɪsɪs] происхождение
scrutinize [ˈskruːtɪnaɪz] внимательно рассматривать
counterpoint [ˈkaʊntəpɔɪnt] противовес
prayer [ˈpreɪə] молитва
imagery [ˈɪmɪdʒəri] мысленные образы
interplay [ˈɪntəpleɪ] взаимодействие
inescapable [ˌɪnɪsəˈpəbəl] неизбежный
Huang Ti Nei Ching [ˈhwʌnˈtʃiːˈneɪˈtʃɪŋ] Хуанди Нэйцзин
excel [ɪkˈsel] превосходить
insight [ˈɪnsaɪt] интуиция

thorax is like the official of the center who guides the subjects in their joys and pleasures...the kidneys are like the officials who do energetic work and they excel through their abilities...."

In her translation of the "Nei Ching", Ilza Veith explains that the heart, the spleen, the lungs, liver and kidneys "determine the functions of all the other parts of the body, including the **bowels**, and also of the spiritual resources and emotions". Logically then, we should consider involvement of these five organs when the issue of emotional problems is presented.

What is the ancient concept of emotions and how does it relate to modern Western clinical practice? Five Emotions: anger, joy, sorrow, fear and **ruminatio**n, as well as others are of significance to the practitioner. "The body-mind is not a pyramid, but a circle of **interactio**n between the Internal Organs and their emotional aspects. Whereas Western Medicine tends to consider the influence of emotions on the organs as having a secondary role rather than being a primary **causative factor** of disease, Chinese Medicine sees the emotions as an **integral** and inseparable part of the sphere of action of the Internal Organs.... Since the body and mind form an integrated inseparable unit, the emotions can not only cause a disharmony, but they can also be caused by it". Anger, according to tradition, affects the liver; ruminatio **taxes** the spleen; sorrow **depletes** the lungs; excessive joy affects the heart, and fear affects the kidneys.

(Source: http://www.tcmcentral.com/articles/acu_emotions.htm)

CHECK YOUR UNDERSTANDING

14. Choose the variant that answers the question

1. Which of the following statements is NOT true, according to the text?

- A. The concept of personality as a predictive factor in disease implies paying great attention to the emotions which can cause illness.
- B. Western researchers have always associated emotion with disease.
- C. Oriental medicine practitioners have always taken account of the interplay between organs, emotions, and spirit, which are inseparable.
- D. Western researchers are curious to know if positive thinking can help a person heal.

2. Which of the organs is responsible for making decisions about what is going to be done in the future?

- A. the liver
- B. the thorax
- C. the heart

thorax [ˈtɒrəks] грудная клетка
bowels [ˈbəʊəlz] кишечник
ruminatio [ˌrʌmɪˈneɪʃən] задумчивость, размышление
interactio [ɪntəˈræksən] взаимодействие
causative factor [ˈkɔːzətɪv ˈfæktə] причинный фактор
integral [ɪntɪˈɡrəl] целостный
tax [tæks] подвергать испытанию, напрягать
deplete [dɪˈpleɪt] истощать

D. the lungs

3. Which of the following statements is true, according to the text?

- A. Five Emotions represent a tradition which includes anger, joy, sorrow, fear and rumination.
- B. A body-mind is a circle of interaction between the internal organs and emotions.
- C. According to western medicine, emotion is a secondary causative factor of disease.
- D. If you get angry very easily and often, you are sure to get a kidney disease.

15. *Recall an episode from your life or from a book or movie showing that positive (or negative) thinking can influence one's health.*

16. *Do you believe that our emotions can depend on a specific organ? Read the following text and express your opinion.*

In Chinese medicine, the dominance of a typology linked to a specific organ is a key element for diagnosis and cure. In idioms common to many languages of our planet there are many instinctive hints of this relationship. In our normal way of thinking, for instance, we define **a man with guts** as a courageous and risk loving person; **a person with a big heart**, a generous person capable of deep feelings; **a cerebral man** as somebody who is driven by logic and not by his emotions. Culturally, we are accustomed to believe that we think always and exclusively with our brain, and that the brain is the point from which our thoughts depart and arrive. Ancient civilizations believed that we thought with blood, or that thought was linked to the liver; others believed that the heart was the site of intelligence and central elaboration.

(Based on: <http://www.damanhur.org/personalities/html/organs.htm>)

17. *Compare the following idioms and set expressions which contain names of organs in Russian and in English and say which organ is associated with which emotion. Then compare these ideas with the ideas from the text above on Chinese medicine.*

брать за сердце, путь к сердцу мужчины лежит через желудок, сердце кровью обливается, принять к сердцу, прийти к сердцу, предложить руку и сердце; вскружить голову, вешать голову, ломать голову, потерять голову, уйти с головой, пошевелить мозгами, давить на мозги, хлеб – всему голова; сидеть в печенках; ненавидеть всеми печенками; кишка тонка.

beat one's brains (out); pick someone's brain; rack one's brain; do one's heart good; from the bottom of one's heart; have one's heart in one's mouth; heart and soul; lose one's heart; steal someone's heart; take to heart; to one's heart's content; wear one's heart on one's sleeve; with half a heart; weep one's heart out; Head of State, the head of a delegation; two heads are better than one; blood freezes, hot-blooded; white liver; butterflies in one's stomach; I could never stomach mathematics; to vent one's spleen on smb.

18. *Fill in the chart below to show how internal organs and emotions are related to each other according to Oriental, Russian and English-speaking cultures.*

organ	emotion		
	Chinese	Russian	English
Brain			

Heart			
Liver			
Stomach (intestines)			
Blood			
Spleen			

FURTHER READING

General information about oriental medicine: <http://www.orientalmedicine.com/>

Tibetan Medicine: <http://www.tibetanmedicine.com/>

Qigong medicine: <http://www.qi.org/>

Herbal medicine: <http://www.planetherbs.com/>

UNIT 6

Glimpses of Asian American Arts and Crafts



WARM UP

1. Match the words with their definitions.

1. haiku	a) The method of growing very small trees by cutting the roots and branches and growing them in small containers.
2. origami	b) Japanese art of traditional flower arrangement, originally related to religious ceremonies.
3. bonsai	c) Japan's traditional paper craft arts. You can make many shapes simply by folding a small square of paper.
4. ikebana	d) A short Japanese poem in 17 syllables

2. Small group discussion. Think of possible answers to the following questions. Choose a speaker to share your group's opinion with the class.

- Have you ever created any of the art forms mentioned above or had a chance to visit any exhibition of them? If so, what did you think of it? Give details.
- Which of these art forms are you personally most attracted to? Compare your responses with those of other members of your group.

1

HAIKU

Haiku show us the world in a water drop, providing a tiny lens through which to glimpse the miracle and mystery of life. Combining close observation with a moment of reflection, this simple yet highly sophisticated form of poetry can help sharpen your response to language and enhance your powers of self-expression.

READ AND THINK

3. Read the text and underline the key words to formulate the main principles of writing a haiku.

Yellow rose petals
Drop one-by-one in silence:
Roar of waterfall.

(Transl. from Basho, an influential Japanese poet of the 17th century)

Form: Haiku developed from haikai, a longer poetic form made up of linked **verses** that were contributed by different writers. The first verse in this chain, called a hokku (literally "starting verse"), became the model for haiku, setting the pattern for its metrical structure, its focus on a specific time and place, and its **thought-provoking**, **open-ended** quality.

Traditional Japanese haiku have seventeen **syllables** divided into three lines of five syllables, seven syllables, and five syllables respectively. These syllable counts are often ignored when haiku are written in other languages, but the basic form of three short lines, with the middle line slightly longer than the other two, is usually observed.

Structure: Haiku divide into two parts, with a break coming after the first or second line, so that the poem seems to make two separate statements that are related in some unexpected or indirect way. In Japanese, this break is marked by what haiku poets call a "cutting word." In English and other languages, the break is often marked by punctuation. This two-part structure is important to the poetic effect of a haiku, **prompting** a sense of discovery as one reads or a feeling of sudden **insight**.

Language: Haiku should include what Japanese poets call a *kigo*-- a word that gives the reader a **clue** to the season being described. The kigo can be the name of a season (autumn, winter) or a **subtler** clue, such as a reference to the harvest or new-fallen snow. Through the years, certain signs of the seasons have become **conventional** in Japanese haiku: cherry blossoms are a kigo for spring, mosquitoes a kigo for summer. Sometimes, too, the kigo will refer to an individual moment in the natural cycle, such as dawn or moonrise, without reference to a particular season.

Subject: Haiku present a **snapshot** of everyday experience, revealing an unsuspected significance in a detail of nature or human life. Haiku poets find their subject matter in the world around them, not in ancient legends or exotic fantasies. They write for a popular audience and give their audience a new way to look at things they have probably overlooked in the past.

(Based on: <http://www.schoollink.org/csd/pages/engl/haiku.html>; <http://www.haiku.insouthsea.co.uk/teach2.htm>)

verse [vVz] стих, строфа
thought-provoking [ˈTLt prq`vovkIN] стимулирующий мысль
open-ended [ˈovpqn`endld] неоднозначный, незаконченный
syllable [ˈslIqbq] слог
prompting [ˈprPmptIN] внушающий, подсказывающий
an insight [ˈInsalt] откровение, понимание, проницательность
clue [kIH] ключ, подсказка
subtle [ˈsAtI] неявный, скрытый
conventional [kqn`venSqnqI] обычный, традиционный
snapshot [ˈsnxpsPt] снимок, фотография

4. Summarize the haiku principles and write them down.

5. Analyze how the Haiku principles are applied to these pieces by American poets:

I am nobody A red sinking autumn sun Took my name away (Richard Wright)	The spring lingers on In the scent of a damp log Rotting in the sun (Richard Wright)
The petals fall in the fountain, The orange-colored rose leaves, Their ochre clings to the stone. (Ezra Pound)	The summer chair rocking by itself In the blizzard. (Jack Kerouac)

TRY YOUR HAND

6. Writing Haiku

a) **Warm-up.** As preparation for writing your own haiku, brainstorm the words you might use, based on the rules and conventions of this form of poetry. Begin with the kigo, suggest words that would give a clue to the season in your haiku (e.g., flower blooming for spring; heat for summer; harvest for autumn; snowstorm for winter). Then choose a theme that might be the subject of a haiku and brainstorm the words that would help a reader visualize that scene. Write it on the blackboard.

b) Before writing your haiku, try your hand in the following ones by filling in the missing lines.

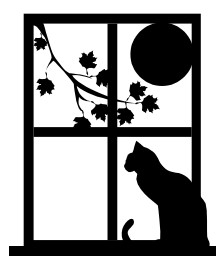
- Fill in the seven syllable line.

Green elms in the woods

Standing tall and proud

- Fill in the two five syllable lines.

Find what you seek



Read out your haiku and compare it with other versions.

c) Write a haiku based on some personal experience, using, if you like, one of the words you have brainstormed in class.

d). Work in pairs to edit and suggest improvements to each other's work, then hold an in-class haiku festival, with each student reading his or her poem aloud. Although haiku do not traditionally have titles,

you might suggest titles for your classmates' work. You can display your haiku in a hallway or on a bulletin board (for example, as a preparation for some holiday).

8. *Web contest.* You can submit your haiku to the *Mainichi Daily News*, which publishes a monthly selection of "[Haiku in English](#)" from writers around the world. At the newspaper's English-language website, you can also read a wide selection of present-day haiku, including recent winners of the Mainichi Haiku Contest. Haiku can be submitted by email to mdn@mainichi.co.jp

2

NATURE AS AN ART

The Japanese immigrants brought their love of nature to America. With clearly limited space in their home country, and the need to manage it well, they have always sought the **essence** of **wilderness** and expressed natural beauty in their specific way. This is clearly seen in their art of landscaping and gardening, as well as in bonsai, the art of growing miniature trees, and ikebana, the art of flower arrangement.

READ AND THINK

9. *Read the text to find out the main principles of the Japanese garden.*

JAPANESE-STYLE GARDENS



Japanese-style gardens are literally and figuratively constructions of Japan and as such they tell us about how Americans have wanted to see Japan. Because many of these gardens were built by Japanese people, they also tell us how Japanese people have wanted to be seen abroad.

The Japanese garden is constructed according to certain principles. One of the main principles, the **elimination** of non-**essential** elements, is more than a matter of aesthetics. It is also a technique through which art works. Simplified to

essence [ˈesəns] суть, сущность
wilderness [ˈwɪldrənəs] девственная природа
elimination [ˌɪlɪmɪˈneɪʃən] устранение
essential [ɪˈsenʃəl] существенный

basic components, an art work becomes highly suggestive, initiating ideas but not completing them. In ink paintings, for instance, a mountain path is lost in mist, concealing its final **destination**. Where the path leads, remains for the viewer to conclude. Haiku, in their **brevity**, offer only an **inkling** of a natural scene which the mind of the reader then completes. So it is with the garden. At times the garden hides allegorical meanings that have been **intentionally** included in the design but more often are revealed through the use of various natural materials, the ephemeral boundary between human society and the natural world.

Asymmetry is a design technique used in many aspects of Japanese culture from flower arranging to architecture. Japanese gardens are asymmetrically designed, with each element being carefully positioned. By doing so, no single element demands exclusive attention by claiming a **predominant** position in the garden.

Japanese gardens often feature open spaces **punctuated** by plantings, landforms, or stones; elements that frame out a **void**, the main category of the **Zen** philosophy. Typical Japanese gardens contain several of these elements, real or symbolic: water, an island, a bridge to the island, a stone lantern, a teahouse or pavilion. Japanese gardens might fall into one of these styles: strolling gardens or sitting gardens. Some gardens have no water, but typically **evoke** a feeling of water using **pebbles** and gravel or sand. In addition, bamboos and related plants, evergreens including Japanese black pine, and such **deciduous** trees as maples grow above a carpet of **ferns** and **mosses**.

(Based on: <http://www.mpkeane.com/writhtml/gi43.html>; http://en.wikipedia.org/wiki/Japanese_garden;
http://www.inetours.com/Pages/SFNbrhds/Japanese_Tea_Garden.html)

9. Write down the main principles and features of the Japanese garden.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

destination [ˌdestɪˈneɪʃən] место назначения
brevity [ˈbrevɪti] краткость
inkling [ˈɪŋklɪŋ] намек, представление
intentionally [ɪnˈtenʃənəli] намеренно
predominant [prɪˈdɒmɪnənt] преобладающий, доминирующий, господствующий
punctuate [ˈpʌŋktʃueɪt] подчеркивать, акцентировать
void [vɔɪd] пустота
Zen [zen] дзэн(-буддизм)
evoke [ɪˈvɒk] пробуждать, вызывать
pebble [ˈpebəl] галька
deciduous [dɪˈsɪdʒuəs] лиственные (деревья)
fern [ˈfɛːn] папоротник

14. Look at the pictures and find the principles and elements of the Japanese garden described in the previous text.



DEEPEN YOUR KNOWLEDGE

11. Study the following table of some well-known Japanese gardens in the USA. Name the five states that have the greatest number of Japanese gardens. Are the majority of the gardens located independently or included in another garden or park? How many Japanese gardens have Japanese names?

State	City	Garden	Comment
Arkansas	Pine Bluff	Japanese Garden	This garden was built with assistance from Pine Bluff's sister city, Iwai, Japan.
California	Long Beach	Earl Burns Miller Japanese Garden	Located on the campus of Cal State University, Long Beach
	Los Angeles	Carter Japanese Garden	Located on the UCLA campus
	San Diego	Japanese Friendship Garden	The name of the garden is San-Kei-En (Garden of three scenes). It was named after a garden in Yokohama, a sister city to San Diego
	San Francisco	Japanese Tea Garden	Located in Golden Gate Park
	Saratoga	Hakone Gardens	Built in 1918 by Oliver and Isabel Stine. Purchased by the city of Saratoga in 1966
	Van Nuys	Japanese Garden	Built on the grounds of the Tillman Water Reclamation Plant
Colorado	Denver	Japanese Garden	Located in the Denver Botanical Garden

Florida	Delray Beach	Morikami Museum Japanese Garden	
Georgia	Atlanta	Japanese Garden	Located in the Atlanta Botanical Garden
Hawaii	Kaneohe Temple	Byodoin	Located on Oahu across the island from Honolulu. Reproduction of Byodoin Temple and garden in Kyoto, Japan.
Illinois	Chicago	Osaka Gardens	Located in Jackson Park.
		Sansho-En	Located in the Chicago Botanical Garden
Indiana	Ft. Wayne	Japanese Garden	Gift from Ft. Wayne's sister city, Takaoka, Japan
Michigan	Saginaw	Tokushima-Saginaw Friendship Garden	Built with assistance from Saginaw's sister city, Tokushima, Japan
Mississippi	Jackson	Japanese Garden	Located in Mynelle Gardens
Missouri	St. Louis	Seiwa-en	Located in the Missouri Botanical Garden
New York	Brooklyn	Japanese Garden	Located in the Brooklyn Botanical Garden
	Buffalo	Japanese Garden	Located in Delaware Park
	Central Valley	Gasho	Japanese garden and restaurant. The restaurant is in a structure that was disassembled in Japan, brought to its present location, and reassembled. The garden is adjacent to the restaurant
	North Salem	Japanese Garden	
	Mill Neck	John P. Humes Japanese Garden	Located at the Hammond Museum
Oregon	Portland	Portland's Japanese Garden	Located in Washington Park
Oklahoma	Grove	Lendonwood Garden	
	Oklahoma City	Japanese Garden	Located at the Omniplex. Constructed by Oklahoma's Sister State, Kyoto Prefecture
	Stillwater	International Friendship Garden	Located at the Community Center. Built by landscape gardeners from Kameoka, Japan, Stillwater's Sister City
		Japanese Garden	Located at the Oklahoma State University Botanical Garden

			and Arboretum
Pennsylvania	Philadelphia	Shofuso	Located at Fairmont Park Horticulture Center
Texas	Austin	Japanese Garden	Located in Zilker Botanical Garden
	Fort Worth	Japanese Garden	Located at the Fort Worth Botanical Garden
	Houston	Japanese Garden	Located at Hermann Park
	San Antonio	Japanese Garden	Located in the San Antonio Botanical Center
Washington	Seattle	Kuboto Gardens	
	Spokane	Japanese Garden	Located in the Manito Park Conservatory and Gardens. Built, or assisted, by Spokane's Sister City, Nishinomiya, Japan
	Tacoma	Japanese Garden	Located in the Point Defiance Park. Built, or assisted, by Tacoma's Sister City, Kitakyushu, Japan

12. Web search. Which states have a larger number of people of Japanese descent? Compare this information with the location of Japanese gardens.

13. Do research to find out if there is a relationship between the location of Japanese gardens and the size of Japanese population in each state. What other reasons might be given for the pattern of location of Japanese gardens in the USA?

READ AND THINK

BONSAI

14. Read the following text to learn about the art of Bonsai.



Bonsai means "tray gardening" in Japanese. It is the art of growing trees and plants, kept small by being grown in a pot. By the use of skilled pruning, the trees are formed to create an aesthetic shape and the illusion of age. The usual plants used in bonsai are species of pine, azalea, camellia, maple, beech, bamboo and plum.

The art of bonsai originated from China over two thousand years ago, where now it is called *penzai* or *penjing*. It was

tray [treɪ] поднос

pruning [ˈprʌnɪŋ] подрезка, обрезка

brought to Japan from **Tang** China (the 7th - 9th century) by imperial embassies.

In the art of bonsai a sense of aesthetics, care, and patience come together. The plant, the shaping and surface of the soil, and the selected container come together to express "heaven and earth in one container" as a Japanese cliché has it. Three forces come together in a good bonsai: *shin-zen-bi* or truth, essence and beauty.

The Japanese bonsai are meant to evoke the essential spirit of the plant: in all cases it must look natural and never show the intervention of human hands, unlike Chinese penjing that may depict images of dragons or even resemble highly intricate Chinese characters, such as "**longevity**".



15. Tell your classmates whether the following statements are true, false or not mentioned in the text:

	True	False	Not mentioned
1) Bonsai began in China.			
2) A bonsai is a tree and a pot.			
3) A bonsai pot imitates things created by adverse natural conditions.			
4) Japanese and Chinese styles of bonsai are similar.			
5) Chinese bonsai are always made in the form of dragons.			

16. *Bonsai has been imported to the US. How different are Japanese and American bonsai? Read the following dialog and write down the two main differences.*

Q: Is there a difference in what a traditional Japanese Bonsai Gardener would want and what an American would want?

A: I would say it's a difference as much as an addition, a whole new aspect. And that is due to the fact that we grow house plants in the USA. Traditionally, Bonsai was an art form **geared entirely** to the outside, since the trees used for Bonsai were native to their countries and as such needed the climatic conditions of their natural environment. But as interest in Bonsai grew in America, people wanted trees

Tang [tʰɑŋ] китайская династия Тан
 longevity [lɒŋˈdʒeɪvɪti] долголетие
 geared [ˈɡɪəd] ориентированный на, связанный с
 entirely [ɪnˈtaɪəli] полностью, целиком

that could be grown inside, in apartments or houses, in addition to the outdoor varieties. As a result, there has been a lot of interest in varieties that will grow indoors, using not just the traditional maples, pines, **spruce**, plums, wild cherries and other **species indigenous** to the Orient, but instead using tropical or **temperate** trees that can be shaped and trained in the traditional styles and still live and **thrive** in an indoor environment.

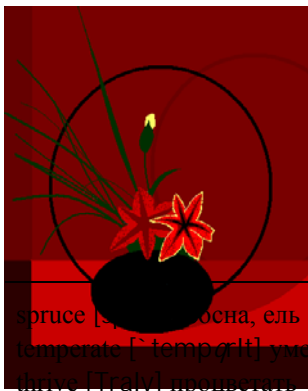
(Based on: <http://www.bonsaiwest.com/askdoc.html>)

IKEBANA

17. What do you know about the art of ikebana? Complete the statements, choosing the variant you think to be right.

- 1) Ikebana is the art of _____
 - a) rock and stone arrangement
 - b) flower arrangement
 - c) laying out a garden
- 2) In flower arrangements, the Japanese emphasize the _____
 - a) decorative form of flowers
 - b) contrast of colors
 - c) linear aspects and harmony
- 3) The symbolic meaning of an ikebana arrangement is _____.
 - a) heaven, earth, and humankind
 - b) water, earth, and sky
 - c) yin, yang, and void
- 4) The art of ikebana was born in the _____.
 - a) 19th century
 - b) 17th century
 - c) 6th century
- 5) In ikebana, flowers pointed upward indicate _____.
 - a) nothing
 - b) faith
 - c) samurai sword

18. Read the following text and check your answers to ex. 17 with the information in the text.



Ikebana (literally "living flowers") is the Japanese art of flower arrangement, also known as *kadō* — the "way of flowers".

In contrast to the decorative form of flower arranging in western countries, the Japanese flower arrangement creates a harmony of **linear** construction, rhythm, and color. While westerners tend to emphasize the quantity and colors of the

spruce [ˈspruːs] сосна, ель
temperate [ˈtempərət] умеренный (климат)
thrive [ˈtraɪv] процветать
linear [ˈliːniə] линейный

flowers, devoting their attention mainly to the beauty of the blossoms, the Japanese emphasize the linear aspects of the arrangement. They have developed the art to include the vase, **stems**, leaves, and branches, as well as the flowers. The entire structure of a Japanese flower arrangement is based on three main points that symbolize heaven, earth, and humankind. Some schools of *ikebana* have begun incorporating Western approaches. But even then, there are no **dense layers** of flowers, as in Western styles emphasizing the eternal beauty of blossoms; *ikebana* arrangements are **imbued** with an Eastern view of nature and incorporate the space around the flowers to strike a perfect balance among the elements and **transient** beauty.

Ikebana began as a kind of ritual flower **offering** made in Buddhist **temples** during the sixth century. In these arrangements, both the flowers and the branches were made to point toward heaven as an indication of faith. Some styles reflect the magnificence of nature and its display. For example, pine branches symbolize rocks and stones, and white chrysanthemums symbolize a river or small stream. The Japanese insist on understanding the natural growth of the material used and a love of nature in all her phases. No arrangement would be acceptable if it did not in some way suggest the time and season as well as the continuing growth of the plant material used. For example: the past: full bloom blossoms, **pods** or dried leaves, the present: half open blossoms or perfect leaves, the future: **buds**, suggesting future growth.

One of the objectives of *ikebana* is to make a statement, so the symbolism of certain flowers becomes important, both to inspire the maker and enrich the experience of the observer. Pine represents eternal life, suggesting **tranquillity**, faithfulness, and **integrity**. Pine with its twin needles is also used in weddings to symbolize long life, however if one of the needles dies, so does the other. Pine and rose used together represent the Japanese love of contrast or the attraction that opposites have for each other, the traditional concept of yin and yang. Pine is masculine, bold, **vital**. Rose is feminine, colorful, **fragile**, representing love, beauty and sentiment.

Later the rules of *ikebana* were simplified and people started to place flower arrangements in their houses and offices. During the occupation of Japan after World War II, many wives of US servicemen took up the art and later helped it spread abroad. Today, flower arrangement is **venerated** worldwide. It is practiced on many occasions like ceremonies and parties, and modern people are still choosing to study the art.

(Based on <http://en.wikipedia.org/wiki/Ikebana>; <http://web-japan.org/kidsweb/virtual/ikebana/what-is.html>)

19. Contrast traditional Japanese *ikebana* with western flower arrangement by using information from the Internet.

stem [stem] стебель
dense layers [ˈdensˈleɪz] охапка
imbue [ɪmˈbjuː] наполнять
transient [ˈtrænzɪənt] преходящий
offering [ˈɒfərɪŋ] жертвоприношение
temple [ˈtempəl] храм
pod [pɒd] стручок
bud [bʌd] почка
tranquillity [trænzˈkwɪlənti] спокойствие
integrity [ɪnˈtegrɪti] целостность
vital [ˈvɪtəl] жизненный
fragile [ˈfræɡaɪl] хрупкий
venerate [ˈvenərəɪt] чтить

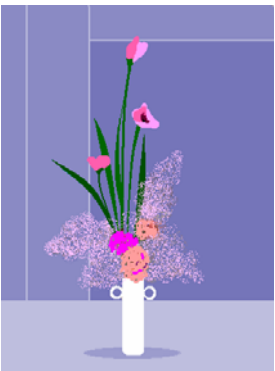
	Western flower arranging	Japanese ikebana
1		
2		
3		
4		
5		

YOUR OPINION

20. Small group discussion.

- Is there any symbolic meaning to flowers in American culture? and in Russian culture? Is there a symbolic meaning to the number of flowers in a bouquet in these cultures? What is the position of Japanese culture on these issues?
- What drives Americans to take up the art of ikebana?

TRY YOUR HAND



21. Doing ikebana. Try to make flower arrangements according to the following rules and schemes. Make a flower arrangement display in your classroom devoted to a holiday.

In general any Japanese flower arrangement is composed of three **triangular** groups of flowers or branches: An upright central group symbolizing Heaven; an intermediate group, **leaning** away from the upright structure symbolizing Man; and an inverted triangle group, which leans away from the central group on the opposite side of the intermediate group symbolizing the Earth.

triangular [traɪˈæŋɡʊlə] треугольный
lean away [ˈliːnəweɪ] отклоняться

Origami is the ancient art of paperfolding most fully developed in Japan. It is an integrated part of Japanese culture and tradition. Modern origami has attracted a worldwide following, with various origami associations including the Origami Center of America (now OrigamiUSA) formed in the USA.

22. Share your opinion with the class, answering the following questions:

- What paper designs have you folded?
- How did you learn this art?
- What did you do with the things you made by folding paper?
- What is the use of developing the skill of paper folding?
- Is paperfolding popular in Russian culture?

READ AND THINK

2. Read the text and tell your classmates why the origami crane has become a symbol of peace.

The Sadako Story

A Japanese legend says that anyone who folds one thousand paper **cranes** will have their heart's desire come true. The origami crane (*orizuru* in Japanese) has become a symbol of peace because of this legend, and because of a young Japanese girl named Sadako Sasaki. On August 6, 1945 when she was two years old, Sadako was **exposed** to the radiation of the atomic bombing of Hiroshima. She was then, a *hibakusha* - an atom bomb survivor. By the time she was twelve in 1955, she was dying of leukemia "the atom bomb disease". Hearing the legend, she decided to fold 1,000 cranes so that she could live. She folded 644 before she died. Her classmates folded the remaining number and she was buried with a **wreath** of 1,000 cranes.

Inspired by her courage and strength, Sadako's friends and classmates put together a book of her letters and published it. They began to dream of building a monument to Sadako and all of the children killed by the atom bomb. Young people all over Japan helped collect money for the project. In 1958, a statue of Sadako, a young girl standing with her hand outstretched, a paper crane flying from her fingertips, was unveiled in Hiroshima Peace Park. The children also made a wish which is inscribed at the bottom of the statue and reads: "*This is our cry, This is our **prayer**, Peace in the world*".

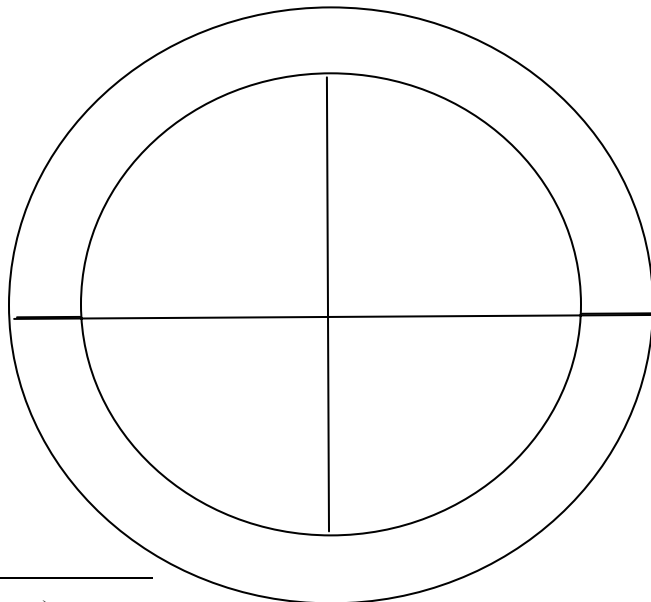
crane [kreɪn] журавлик
 expose [ɪks`pəʒ] подвергать
 wreath [rɪt] венок
 prayer [`preɪə] молитва

There is also a Sadako Statue in the Seattle Peace Park in Seattle, Washington. This park was built by Dr. Floyd Schmoie when he was 93 years old. Dr. Schmoie won the Hiroshima Peace Prize of \$5000 in 1988 and used the money to clear a small **lot** near the University of Washington. From a pile of **wrecked** cars, garbage and brush, he built, assisted by volunteers, a beautiful "Peace Park." The park was opened on August 6, 1990, the 45th anniversary of the bombing of Hiroshima. The statue is a life-size bronze figure of Sadako Sasaki. Hundreds of children visit the park each year and bring paper cranes to the statue on a regular basis to show their hope for peace in this world. Sadako is a symbol of peace throughout the world due to the strength she showed while fighting against her illness and folding hundreds of paper cranes.

Michiko I. Pumpain an author and a composer, wrote a song, *Sadako and the Thousand Paper Cranes*, to have a peace song sung by children in different languages. The song, which symbolizes two nations that are at peace together and work together, is carried by many children's voices all over the world and gives them hope to change this world to make it a better place. The music was arranged by international arranger Mike McMullen with **live woodwinds** and **strings** to give a full and deep feeling to the sound. Lyrics start with a Japanese soloist leading into the American soloist. Then full **choirs** in both Japanese and English join in to integrate a sound and feeling that are both captivating and uplifting. The song has been received extremely well in both Japan and the United States. In the Summer of 1995 at the 50th Anniversary Commemoration Ceremony of the dropping of the Bomb on Hiroshima, Michiko's song, *Sadako and the Thousand Paper Cranes*, was the official song of the conference, and she and her group led 10,000 children in singing the song.

(Based on: <http://www.sadako.org/sadakostory.htm>)

23. Divide the text above into four logical parts. Then complete the following pie chart filling in the main ideas of the logical parts of the text in the outer part of each sector and the key words supporting them in the inner part. Compare your completed chart with that of your partner.

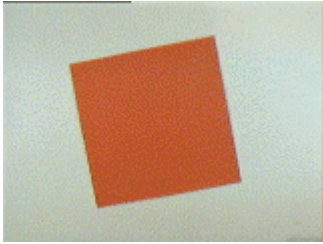


lot [lPt] участок (земли)
wrecked [rekt] разбитый
live [lalv] транслируемый в прямой эфир
woodwinds [wVd,wlndz] духовые инструменты
strings [strlNz] струнные музыкальные инструменты
choir [ˈkwəlq] хор

TRY YOUR HAND

24. Making an origami crane. Every year the Sadako statue in Hiroshima's Peace Park is adorned with millions of origami cranes. Make some cranes, string them on garlands of 100 cranes each, and mail them to: Office of the Mayor, City of Hiroshima, 6-34 Kokutaiji-Machi, 1 Chome Naka-ku, Hiroshima 730 Japan. To make an origami crane follow the instructions below.

1. Start with a square sheet of paper.



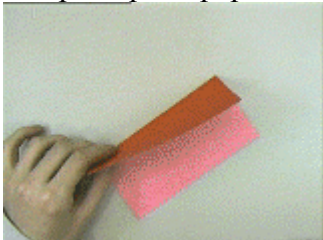
2. Begin by folding one edge to meet to other, with the colored side outward...



...to get this.



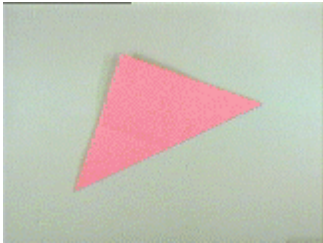
3. Open up the paper and lay it flat. Now repeat step 2 in the other direction, and open up it up again.



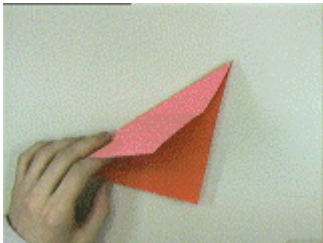
4. Fold it diagonally with the white side out (pink here). Line it up corner to corner...



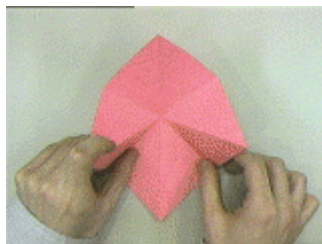
...to get this.



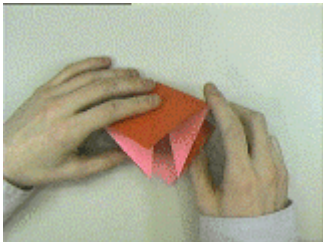
5. Open up the paper, repeat step 4 in the other direction, and open up the paper again.



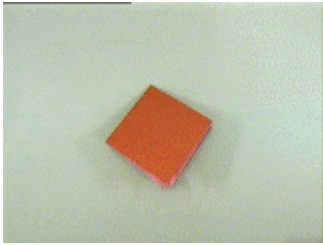
6. Lay the paper with the white side up. (pink here) Bring in the side corners, while bringing the top corner down...



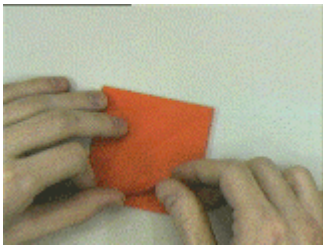
...like this...



...to get this.



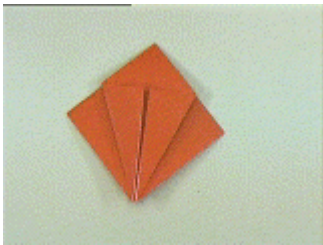
7. With the open side pointing towards the left in this picture, fold one corner of the square so that the edge is lined up with the center line...



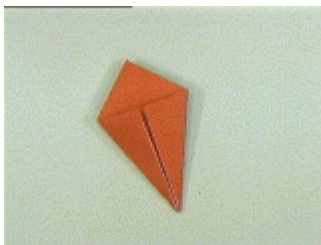
...to get this.



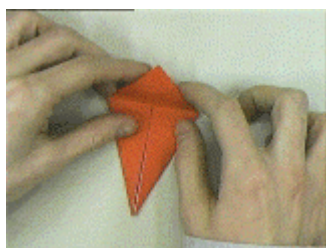
8. Repeat step 7 with the other flap.



9. Flip the paper over and repeat step 7 for the other two flaps.



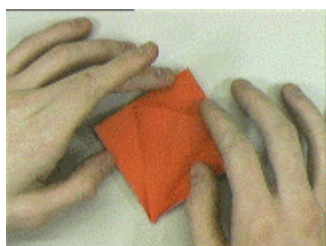
10. Fold the top flap down and crease hard...



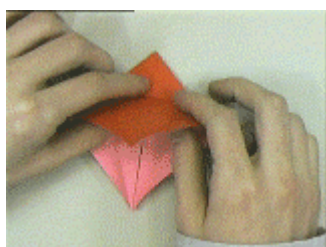
...to get this. Now fold it the same way in the opposite direction.



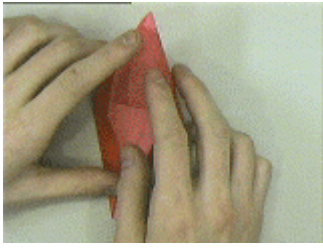
11. Open up one side, and lay it flat.



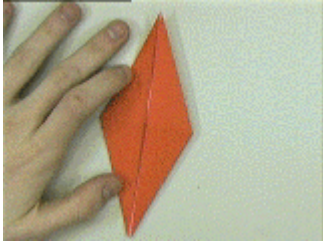
12. Lift the top flap on the open end (the lower end in this picture) and fold it upwards, bringing in the sides...



...like this...



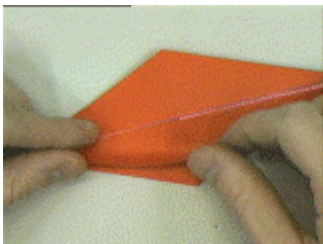
... and lay flat to get this.



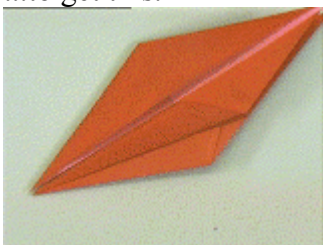
13. Flip the paper over and repeat steps 11 & 12 for the other side...



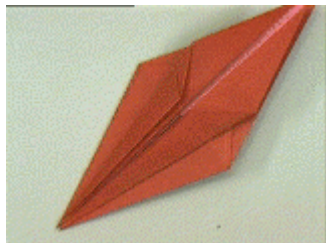
14. With the open end towards the left in the picture, fold in one flap in so that the edge lines up with the center line...



...to get this.



15. Repeat step 14 for the other flap.



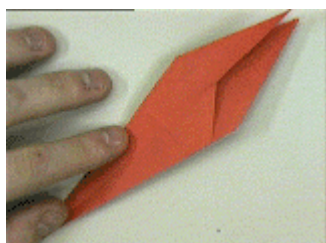
16. Flip the paper over and repeat steps 14 & 15 for the flaps on the other side.



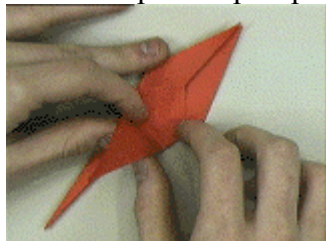
17. Fold over one side, like this...



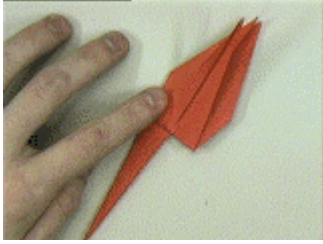
... and lay flat to get this.



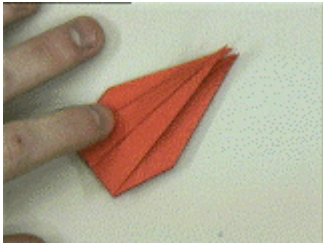
18. Fold up the top flap on the open end, so that the tip of the lower flap reaches the tip of upper flap...



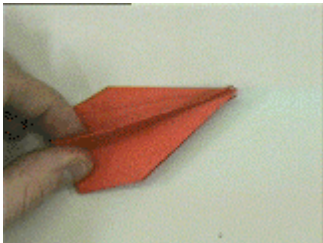
...like this.



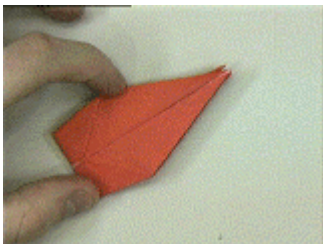
19. Fold two of the flaps over and repeat step 18 for the other lower flap.



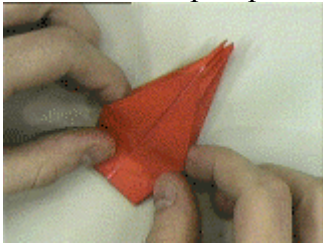
20. Fold one flap over and lay flat...



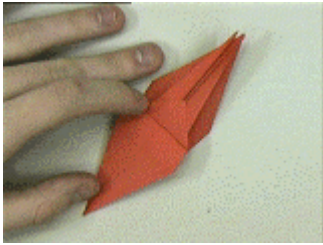
...to get this.



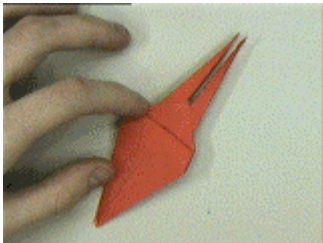
21. Fold the top flap down...



...to get this.



22. Flip the paper over and repeat step 21 for the other side.



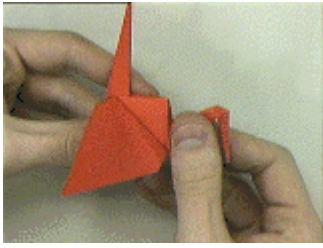
23. Invert fold one of the upper tips like this...



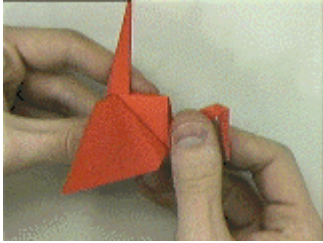
...to form the head.



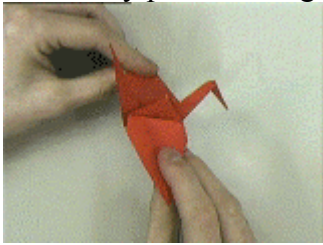
24. Pull back the other tip like this...



...to form the tail.



25. Gently pull the wings apart to form the body.



And now it is complete!



Source: <http://www.monkey.org/~aidan/origami/crane/>

FURTHER READING

Japanese-style gardens

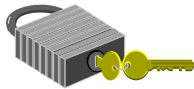
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KEYS TO THE EXERCISES



Unit 1

Ex. 4.

1848	Gold was discovered in California.
1868	The Burlingame Treaty between China and the USA was ratified.
1877	Anti-Chinese riots in California.
1965	National quotas for immigration to the USA were ended.
1988	Congress made an official apology to Japanese Americans and agreed to pay each former internee \$20 000.

Ex. 7.

1b, 2c, 3c, 4c, 5c, 6d

Ex. 8.

Chinatowns:

- spread with the rise of Anti-Chinese sentiments
- first appeared in San Francisco
- exist in many large cities
- benefited from the earthquake
- Chinese-style buildings
- Arches
- Herb shops
- Eateries with red doors and lanterns
- Street merchants
- Low-priced goods
- One name
- Ethnic theater

Japantowns:

- Deserted during WWII
- Exist on a substantial scale only in three cities
- Movie theater
- Japanese baths
- Pagoda
- National Museum
- Professional offices
- Different names

Both:

- Sprang up due to the ethnic need to settle together
- Provided help to compatriots (benevolent associations and clubs)
- Suffered from the earthquake
- Were formerly male settlements mostly
- Tourist attraction
- Residential area
- Restaurants
- Grocery stores
- Markets

- Shops of knickknacks
- Ethnic festivals

Ex. 9.

Behavioural values: 1. collective psychology (< Chinese Benevolent Association); 2. religion; 3. body purification (Japanese baths); 4. theatrical and dancing culture

Material values: 1. architecture (Chinese-style buildings; red arch entrance structures); 2. cuisine (restaurants and sushi-bars).

Ex. 12.

Pro – 1, 2, 3, 4, 6,, 7, 10, 11

Con – 5, 8, 9, 12, 13

Ex. 13.

Criteria	Russia	USA
1. Yellow peril	+	+
2. Job envy	+	+
3. Robbing of natural resources	+	-
4. Cheap consumer products	+	+
5. Desire to find a better life	+	+
6. Negative sentiment	+ / -	+
7. Low-paid labor	+	+

Ex. 15.

South Korea, North Korea, Laos, Japan, China, Vietnam, Thailand, India, Pakistan, Iran, Iraq, Turkey, Afghanistan, Sri Lanka, Cambodia, the Philippines

Unit 2

Ex. 2.

Vegetables: broccoli cabbage, carrots, beans, celery

Flour: moon cakes, noodles, fortune cookies

Sea food: sushi, crab meat, shrimps, sashimi, salmon

Animal products: liver, pork, beef

Ex. 3.

1.chop suey, 2.chow mein, 3.egg foo young, 4.batter-fried meat, 5.chicken ball, 6.fortune cookie, 7.egg roll, 8.lo mein, 9.sweet and sour pork or chicken, 10.moo shu pork, 11.crab Rangoon, 12. no liver and pig or chicken feet, 13. western vegetables rather than leafy vegetables, 14.vegetables as garnish, 15. shorter cooking, 16. high in MSG, 17. non-Chinese cooks

Ex.6.

Noodles (not spices). Egg roll (not boiled). Cow (live animal). Washing (not a cooking process). Vegetables (not flavorings).

Chow mein (does not contain meat).

Ex.13

	Chinese	Japanese
Special training	+ tea master	+ host
Place	Tea house/room	Special room (<i>chashitsu</i>) usually within the tea house, located away from the residence, in the garden
Pre-drinking ceremony	Talking about the history of tea and its useful qualities, smelling tea leaves	Guests purify their hands and mouths to rid themselves of the dust of the world. The sliding door to the teahouse is only thirty six inches high. Thus all who enter must bow their heads and crouch. This door points to the reality that all are equal in tea, irrespective of status or social position. On entering, each guest admires the scroll hanging on the wall in turn, then examines the <i>kama</i> (kettle) and hearth.
Utensils	Small cups, a teapot, a waste water box, a kettle, tea container, small spoons	Small cups, a teapot, a bamboo tea whisk, a ladle, a tea cloth, a bamboo scoop, a water jar, a waste water bowl, a kettle, a tea container
Bowls	china cups	ceramic & lacquer bowls
Type of tea	Tea leaves	Thick tea, paste
Meals	No	Each guest is served a meal called <i>chakaiseki</i> : white rice, miso soup, and raw fish, plain or pickled, or pickled vegetables
Use of alcohol	No	Sake
Ceremony of drinking	At the table. Each guest is served with his/her cup. First the tea is smelled, then sipped.	On the tatami. The host passes the tea bowl to the main guest who bows in accepting it. The bowl is raised and rotated in the hand to be admired. The guest then drinks some of the tea, wipes the rim of the bowl, and passes the bowl to the next guest who does the same.
Conversation	Before, during and after the ceremony.	After the tea ceremony.
Post-drinking ceremony	Guests thank the tea master.	To compliment tea, sweets are served. At the conclusion, the guests express their appreciation for the tea and admiration for the art of the host. They leave as the host watches from the door of the teahouse.

Ex. 14.

Chanoyu - tea ceremony.

Chado - doctrine / art of tea ceremony

Kimono - traditional Japanese dress

Matcha - powdered green tea
 Koicha - thick green tea
 Kaiseki - local meals, cuisine
 Roji - stoned path in the garden
 Seiza - formal sitting posture for meditation
 Tatami - floor mat
 Chasen - tea whisk
 Chashaku - tea scoop
 Shokyaku - guest of honor

Ex. 15.

1. tatami 2. chasen 3. chashaku 4. koicha 5. kaiseki 6. roji 7. seiza 8. matcha 9. chado 10. kimono 11. shokyaku

Unit 3

Ex.8.

1. a gently curving path, soften the sharp corners of a house by planting shrubs or flowers
2. stream, pond, or birdbath; the water is always flowing and clean; a fountain that splashes over rocks
3. clear away all undergrowth and clutter
4. create a pleasing balance of sun and shade, placing bright flowers within a shady corner or adding small lamps along a dark path
5. arranging rocks at various heights
6. interplay of elements (water, wood, fire, earth, and metal)
 A fountain made of rocks is not good, Metallic containers work well, if we have too much sunlight, we add water, If the land is flooded or soggy, we introduce rocks or mound up earth as a dam, a round flowerbed is not fortunate.
7. plant flowers in an undulating border or a rectangular bed

Ex. 9.

Positive feng shui	Negative feng shui
a gently curving path; shrubs and flowers; a stream, pond or birdbath; birds and living creatures; flowing and clean water; bright flowers within a shady corner; small lamps along a dark path; arranging rocks at various heights; positive elemental interactions: water-wood-fire-earth-metal-water; fountain metallic container; a rectangular flowerbed; flower undulating border	a straight line; sharp edges; undergrowth and clutter; negative elemental interaction: water-fire-metal-wood-earth-water; a fountain made of rocks; a round flowerbed

Ex. 13.

- 1B, 2E, 3F, 4H, 5G, 6I, 7C, 8J, 9A, 10D.

Unit 4

Ex. 1.

- 1d, 2e, 3a, 4f, 5c, 6b.

soggy [sPg] (неприятно)влажный, мокрый
 mound up [ˈmaVnd,Ap] насыпать

Ex. 2.

Тхэквондо, дзюдзицу, дзюдо, айкидо, иайдо, кэндо, кунфу, каратэ, джиткундо, ушу

Ex. 5.

<i>Period</i>	19th century	Before World War II	1950s	1960s	1970s	1980s	nowadays
<i>Reason for popularity</i>	trade	Contact with Western military personnel. Protecting Western interests in the East	War with North Korea sent Western soldiers to Asia		Martial arts entered the movies		effectiveness
<i>Level of popularity</i>	Few people practiced it	Incorporation of Eastern martial arts into Western military training	Exportation of martial arts started to gain force	Japanese karate and judo became popular	Rise in popularity of Chinese style	Rise in interest in non-sports arts	Shift of interest from sports to self-defence

Ex. 6.

Chinese: qigong

Korean: taekwondo

Japan: jujitsu, judo, aikido, iaido, kendo, karate, ninjutsu

Ex. 9.

	Bruce Lee	Chuck Norris
Nationality, place of birth	Chinese; San Francisco, USA	American; state Oklahoma, USA
Childhood	son of a minor star of a Cantonese Opera company; street trouble-maker	raised in a poor family; knew a lot of hardship
Reasons for getting involved in martial arts	to defend himself from bullies; interest in the philosophy of kung fu	great interest in Eastern culture and religion
Education	drop-out of the University of Washington where he studied philosophy	
Martial art style	kung fu; jeet kune do	karate, judo, taekwondo
Level of proficiency in martial arts	universal appraisal of his martial arts techniques; legendary, semi	world champion in karate

	mythical hero	
Reasons for entering movie industry	fame; introduction of kung fu to the rest of the world	a new stage of life; Bruce Lee's invitation and help

Ex. 10.

Wǔxiá (pronounced "woo-shyah") literally meaning "martial arts chivalry", is a distinct genre in Chinese literature and cinema.

Wuxia film is a film genre originating in Taiwan and Hong Kong. The term "wuxia" means martial arts heroes". Because of its distinguishing characteristics (historical setting, swordplay, a stronger emphasis on melodrama and heroic bloodshed), this genre is considered different from other martial arts film styles.

The modern form of the genre features sophisticated action choreography with plentiful wire-assisted acrobatics, trampolines and under-cranking. It was introduced to mainstream Hollywood in 2000 by Ang Lee's *Crouching Tiger, Hidden Dragon*. Following Ang Lee's footsteps, Zhang Yimou made *Hero*, targeted for the international market in 2003, and *House of Flying Daggers* in 2004.

The Matrix trilogy has many elements of wuxia, although the heroes and the villains of *The Matrix* gain their supernatural powers from a different source. Similarly, when the *Star War* movie came out in the late 1970s many Chinese audiences viewed it as a western wuxia movie set in a futuristic and foreign world.

Wuxia books are basically adventure stories with a strong dose of cultural and historical contexts. A common, often repeated plot device revolves around a young, usually male protagonist in ancient China who may start out as a child going through exceeding hardship, such as the loss of family, humiliation, or displacement from home. These characters then go through a series of extraordinary experiences and amazing coincidences, often meeting and studying under great masters of martial arts who pass on to them near-supernatural martial skills; the protagonist also gains a "chivalrous" outlook on life. Eventually the protagonist emerges as a supreme martial arts master, unequaled or barely equaled across all of China

Suspension of disbelief is an important requirement in wuxia. A number of wuxia action is characterized by its fantasy component. Although wuxia is based on true-life martial arts, its practitioners have often reached a state where they seem to have performed feats unattainable to normal human beings so that they can:

- use improbable objects, such as ink brushes and musical instruments as lethal weapons,
- use *qinggong*, the ability to move swiftly and lightly, allowing them to scale walls, glide on waters or mount trees. Its use however is greatly exaggerated in wire-fu movies where they appear to circumvent gravity,
- use the ability to control mystical inner energy (qi) to protect themselves from being hurt physically, or to attain superhuman stamina,
- engage in the skill of paralyzing opponents by hitting their acupressure points with a finger or weapon. Again this is based on true-life practices, though its effects are highly exaggerated in wuxia fiction and films.

Unit 5

Ex.1.

aromatherapy, massage, herbs, acupuncture

Ex.2.

a4, b1, c5, d3, e2

Ex.4.

Yin – dark, cold, passive, female, rest, moves within the five viscera, stores the power of the six treasures of nature, water is an embodiment of yin, yin creates the senses.

Yang – bright, hot, active, male, activity, yang originates in the pores and is represented by the four extremities, fire is an embodiment of yang, yang creates the air.

Key concepts of Chinese medicine: yin/yang; 5 elements; separation between the mind and body; extensive interview, pulse and a tongue examination

Ex.7.

A1, B5, C6, D2, E3, F4

Ex.8

relieve tired eyes – twisting point 27; reduce fatigue – rubbing the sides of the middle finger’s tip; relieve headache – rubbing all finger tips; relieve stuffy nose – pressing and rubbing point 33.

Ex.14.

1B, 2A, 3D

Unit 6

Ex.1.

1d, 2c, 3a, 4b

Ex.4.

Form: seventeen syllables divided into three lines of five-seven-five syllables. Structure: two parts with a break after the first or second line to make two separate statements that are related to each other. Language: kigo – a clue to the season being described. Subject: a snapshot of everyday experience, a detail of nature or human life.

Ex. 9.

Elimination of non-essential elements; asymmetry; open spaces punctuated by plantings, landforms, stones; real or symbolic elements – water, an island, a bridge to the island, a stone lantern, a teahouse or pavilion; pebbles, gravel or sand to create a feeling of water; use of bamboos and evergreens

Ex.11.

California (6), New York (5), Oklahoma (4), Texas (4), Washington (3); 18 gardens are located independently and 18 are included in larger gardens or parks; 10 gardens bear Japanese names

Ex. 12.

The largest Japanese American communities are in California, Hawaii, Oregon, and Washington.

Ex. 15.

1 true, 2. true, 3. not mentioned, 4. false, 5. false

Ex. 16.

USA – 1) inside plants; 2) temperate and non-temperate species
Japan – 1) outside plants; 2) species indigenous to the Orient

Ex. 17.

1.b; 2.c; 3.a; 4.c; 5.b

Ex. 19.

	Western bouquet	Japanese ikebana
1.	Decorative function	Creates harmony of linear constructions, rhythm & color. It is usually decorative, too.
2.	Emphasizes quantity and color of flowers, beauty of blossoms	Emphasizes the linear aspects of the arrangement

3.	Attention to flowers	Integrity of the vase, stems, leaves, branches, and flowers, as well as space around the flowers
4.	Usually non-symbolic	Highly-symbolic (heaven-earth-mankind)
5.	Philosophy: eternity of beauty	Philosophy: transient nature of beauty