UPDATE YOUR MATE

Meet the 2 FEMALE WINNERS! See p65 for their transformation.

CAST YOUR VOTE FOR YOUR FAVOURITE GAL’S MAKEOVER ON FACEBOOK AT CAMPUS.SINGAPORE!
Mr. Konosuke Matsushita’s LESSON #5: "RAISE THE BAR"

At the dorm kitchen...

It's tiny in here!

I know... but...

Ow!

Hey! Don't push me!

Oh... you burnt our food.

Let's try this one more time...

Sigh...

Wobble...

Oof!

KA-BOOM

The next day...

Hey, guys!

Look what I brought!

It gives faster, healthier and more delicious results, which makes cooking easier than ever! With a wide non-turntable, there is also more space for cooking. This microwave oven thus lets you enjoy a completely new level of cooking experience.

Wow! I can steam my veggies really quickly!

Drastic innovations can only be driven by a drive for greater heights!

The kitchen wasn't burnt, and we cooked everything quickly and healthily.

We're so happy!

NN-SY30YQ

Combined Microwave Oven
- Combines microwave, heater, steam and new grill tray industry first!
- Wide non-turntable for easy cleaning
- 2-level cooking!

Turning a small space into a multi-function kitchen.

Panasonic

ideas for life
**BIZARRE JAPANESE FOOD & BEVERAGES**

**CONTRIBUTED BY RAKIMAH ROSLINTI**

By now everyone knows that the Japanese have a knack for creating bizarre dishes. Surely you’ve heard of things like Octopus Ice-Cream and Fugu (Pufferfish) being served in most Japanese restaurants. Here are some other delicacies that bring Japanese cuisine to a whole new level.

**WASABI BEER**
Usually brewed with wasabi, which is apparently pretty tasty.

**MENGUKI JELLY DRINK**
Contains actual pig placenta, but is tinted with peach flavour to conceal the bloody taste of placenta. Said to rejuvenate one’s skin.

**BLACK GARLIC CHOCOLATE**
Semi-sweet chocolate with pieces of black garlic in it, said to increase energy levels and boost metabolism.

**SUGINA (CENTALA OF MALE FISH)**
A tarantula-like soju that contains several kinds of fish, often eaten by slightly less. It’s said to help in fertility for men, so if you haven’t guessed.

**WRAP CANDIES**
Think dirt and德育 wipes encrusted in a chocolate chip cookie! Insects are a good source of protein.

**CROW’S BLOOD**
You don’t have to drown on vegetables anymore to enjoy Kikuchi. Think (fermented) cabbage and red pepper blended together in a carton for drinking - just like Heineken!

**ZAKAMUSUI** (AQUATIC INSECT)
A variety of insect larvae like the ones that live at the bottom of the river where it is sunny and windy.

**CEL SODA**
Think carbonated fizzy syrup with a dash of seaweed. Other forms of fizzy drinks include crayon or wasabi flavoured versions.

**TAMAYORO LICE JERKY**
Reminisces maggots when the exo... exo... and is full of protein.

**TARU SUSHI**
A fusion of the classic Mexican taco filling with good of Japanese rice and seaweed. Fusion at its most edible.

---

**How to turn a plain white button-down shirt into 4 different looks:**

1. **Monochrome Style**
   - This simple shirt paired with black pants is a classic monochrome look, but you can add accessories to the look by adding a contrast in colour and lines.

2. **With a Navy Blazer**
   - A classic jacket-and-pants style. A navy jacket is best paired with grey pants in this look. Add a red shirt and tie to give it a more sophisticated, professional look.

3. **Casual Style**
   - This is a simple and relaxed look with pants on shorts - perfect for the tropics. You can add a pair of slides and a casual pair of sunglasses to stand out from the crowd.

4. **Add a Vest**
   - Adding a vest to your monochrome ensemble gives it a more casual feel, and makes it more interesting by breaking it up with subtle variations in texture.

---

**Men’s Style Tip**

*From a Japanese Stylist*

Get a stylist. The primary job of a fashion stylist is to make a person look and feel their best, and in the case of professional fashion styling, to make the clothing itself shine. Stylists do this through an understanding of up-to-the-minute trends in fashion, as well as the intricacies of design, colour theory, and lighting.
HAIR & MAKEUP

Known for their unique street fashion, the Japanese are bold with their mix of individualistic styles. Outlandish colours and styles are the norm. The easiest way to tell is by their skin tone, which is usually tanned. Girls will often take note of the little details - like the arc of their eyebrows.

In Japan, safe to say, almost all of the men have their eyebrows trimmed. Some are more obvious while others are subtle. Japan places great emphasis on personal grooming and appearance. A man does not trim his eyebrows, which he does not care about his personal grooming. Thus, it is considered rude for men to not have the eyebrows trimmed.

FASHION ON STAGE

BY RAYNA MAKU

IN THE WORLD OF FASHION, YOU CAN’T MENTION JAPAN AS ONE OF THE FASHION CAPITALS OF THE WORLD. WALK DOWN THEIR STREETS, AND YOU HAVE A RUNWAY OF FASHION TO FEAST YOUR EYES ON!

CLOTHING

The Japanese prize on exhibiting their individuality through their sense of fashion.

INFLUENCED BY VICTORIAN CLOTHING, LOLITA ADDED SWEET ELEMENTS (Gothic Lolita) AND ORIGINAL DESIGN TO THE CLOTHING AND TRANSFORMED IT INTO A UNIQUE FASHION, OFTEN TO ENHANCE THE CHILDLIKE LOOK, TEDDY BEARS AND DOLLS SUCH AS SUPER DOLLSFIES MAY BE CARRIED.

THE KEY LOOK: Usually consists of a long skirt, petticoat, blouse, a headband, knee high socks/stockings, high platform shoes and amazing makeup.

TRIVIA: There are many different types of Lolitas and they don’t necessarily revolve around black elements.

Lolita

CLASSIC LOLITA: More mature style of Lolita that focuses on Baroque, Regency, and Rococo styles

COSPLAY

An alternative trend of tanned skin coupled with blonde or orange hair. The trend peaked in popularity around the year 2000.

MORI GIRLS (FOREST GIRL)

A Mori girl is the currently increasing fashion trend of a girl who looks like she lives among the pine and cedar trees. She’s part Little Red Riding Hood, part pastoral fantasy and part Alice in Wonderland. The style gives off a very artistic and bohemian vibe. More and more girls are opting for this "back to basics" style.

THE KEY STYLE:
- Loose shapes and lightweight fabric
- Browns, whites, pastel pinks, reds, creams and grays are the best colors
- Layers of clothing with scarves
- 1950’s style shoes
- Hair kept at natural state
- Natural makeup

Ganguro

An alternative trend on a high school uniform with shorter skirts, loose socks and other modifications.

FESTIVAL

The look is based on a high school uniform with shorter skirts, loose socks and other modifications.

BUTTERFLY RIBBONS

The butterfly is the symbol of Japan and the butterfly is one of the symbols of Japan and it has religious significance.

THE second button from the top of a man’s uniform is often given away to a female he is in love with, and is considered a way of confirmation. The second button is the one closest to the heart and is said to contain the emotions from all three years attendance at the school.

TRIVIA:

The key style:
- Loose shapes and lightweight fabric
- Browns, whites, pastel pinks, reds, creams and grays are the best colors
- Layers of clothing with scarves
- 1950’s style shoes
- Hair kept at natural state
- Natural makeup

The key look: Usually consists of a long skirt, petticoat, blouse, a headband, knee high socks/stockings, high platform shoes and amazing makeup.

Trivia:
- Visual Kei bands play a part in the rise of Lolita fashion. Mana, of the band Malice Mizer, was the one who gave rise to the trend. Although a man, Mana was able to dress convincingly as a beautiful Gothic Lolita female, and he is credited for helping make the style popular in Japan during the late 1990s.

THE KEY LOOK: Usually consists of a long skirt, petticoat, blouse, a headband, knee high socks/stockings, high platform shoes and amazing makeup.

TRIVIA: Visual Kei bands play a part in the rise of Lolita fashion. Mana, of the band Malice Mizer, was the one who gave rise to the trend. Although a man, Mana was able to dress convincingly as a beautiful Gothic Lolita female, and he is credited for helping make the style popular in Japan during the late 1990s.
The origin of J-Pop is said to be with the Japanese rock music inspired by The Beatles. Initially, the term J-Pop was used only for Western-style Japanese musicians. Over the years, with the evolution and development of music, J-Pop became a brand new term covering other music genres. Its blend of techno, pop, R&B and rock are especially appealing to the younger generations. And you don’t have to know Japanese to enjoy it.

Boy bands are especially popular and as an effective marketing strategy in J-Pop as in any other market. They are the definition of stage charisma and energy with performances that are full of life and don’t seem rehearsed or stiff. Japanese boy bands make no apologies as for having the most ridiculous outfits, magnificent stages, sets and props ever. You have them flying in the air, dancing above a water jet, galloping on horses into the concert arena, riding Harley Davidsons on stage, you name it. Attending their live concert is a visual feast equivalent to that of performances.

Here are a few boy bands that have reigned over the Japanese Oricon music charts since their debut: SMAP, ARASHI, KAT-TUN, NEWS, EXILE.

**Author's Recommendation to First-Time Listeners: KAT-TUN**

The group consists of 6 members (good-looking guys) who’ve ruled individually as they have as a group, with each member heavily participating in dramas, movies, variety shows, etc. KAT-TUN is an acronym based on the first letter of each member’s surname: Kiiyama Takahiro, Aritomi Koki, Yano Shunsuke, Takeda Kenji, Nakamura Hiroki, and Ueda Yuki. They were initially formed as a support group for back-up dancers, but due to their overwhelming popularity, they became a permanent unit with their official debut in 2006.

The group has since released ten consecutive #1 singles in Japan. All albums by the group have also topped the charts. They are currently promoting their new single #5, and the lead single, with the departure of their drummer, Aitaro, who went solo in the U.S. The KAT-TUN music is a blend of music by their own members, which member Nakamura’s bass playing incorporated most of their songs. But that said, they are also skilled in performing different genres of songs ranging from pop, rock, R&B and ballad.

**Author's Recommendation to First-Time Listeners: KAT-TUN**

What do KAT-TUN, ARASHI, SMAP, TUNES and NEWS all have in common? They are known for creating chart-toppers, breaking boy bands, including famous acts such as Take5, T.O.P. and so. But that is not the source of your J-Pop music. This all-male talent agency’s company is full of experienced actors and has held a major monopoly in the creation of boy bands in Japan for over 40 years. A “Johnny’s Jr.” (aka trainee) is recruited from as young as 10 years old, and trained in all aspects—dancing, singing, performing backdrops into their scenes, or appearing in variety shows—before he is sold off to the sticky business.

**LEVEL 1: Cosmetics, Shoes & Bags**

Featuring favorite beauty brands like Paul & Joe, Laura Mercier, Fosun, Lanvin, and shoes and bags from a new range of international brands.

**LEVEL 2: Ladie’s Wear**

Showcasing contemporary Asian fashion brands from Shanghai, Broadway, Bangkok, Thailand—Pananda, Lernande, Cinda’s, to local brand Miss Nero.

**LEVEL 3: Beauty, Lifestyle, Gifts & Novelties**

This floor houses a wide range of merchandise like beauty and gift items, gadgets, fashion, and lifestyle products from Japan, Korea, and Taiwan.

**Update Your Mate**

Visit our Facebook page at campus.singapore to vote for your favourite make-over & see more behind-the-scenes shots!
Studying at Ritsumeikan Asia Pacific University (APU)
Oita, Japan

Imagine yourself a part of one of the most culturally diverse student bodies in Asia, where half the students are from 90 countries. Imagine studying under inspirational, global-minded professors who push you to succeed at every opportunity. If you have the dream and the drive, APU will help you get the skills you need to reach your goals.

For Lisa and Hye Jung, their journey of a lifetime began at APU:

Most Singaporeans tend to head for the same destinations such as the UK and the US to further their studies. Quoting Robert Frost, I took the road less travelled by, and that has made all the difference." Japan is popular as a tourist destination, but as not as a place to pursue higher-level education because of the additional language barrier to overcome. I found that APU offered a good solution to this and provided an attractive international environment. Therefore I took the plunge and the benefits of my decision continue to pay off.

One of the most remarkable aspects of my APU experience was the opportunity to mix with a diverse range of nationalities from all over the world. You can’t find a university anywhere else in Japan with such a good mix of Japanese and international students and faculty. On top of that, because we stayed in a small town, we became a close-knit family.

As for the coursework, APU offers most courses in both English and Japanese. For example, Marketing is taught in both languages, but we can choose to take the subject in a language we are more comfortable in according to our language proficiency. This was useful to not only me, but to a lot of students because it helped us to learn in a more efficient way. In addition, I learned beyond just the textbook through multiple presentations and supplemental hands-on activities. We also had camps where were merged education and fun together.

My experiences at APU offered me an insight into not only Japanese culture but also opened doors to the rest of the world through the people I met and the opportunities presented to me. As I mentioned, it was the whole experience that made all the difference.

Undergraduate Programs

College of Asia Pacific Studies (APS)
Environment & Development / Culture,
Society & Media / Hospitality & Tourism / International Relations & Peace Studies

College of International Management (AIM)
Strategic Management and Organization / Innovation & Economics / Marketing / Accounting & Finance

Graduate Programs

APS Asia Pacific Studies
ICP International Cooperation Policy
IMAT International Material Flow Management, Dual Degree with Trier Uni., Ger.
MBA Innovation & Tech Management, Business Management and more

When initially considering my overseas education, I was trying to decide between 2 universities—APU and another international university in London. I finally settled on APU as the administration and faculty made APU a more willing choice.

I was pleased to learn that APU provides various language courses and modules related specifically to Asia Pacific. Language courses include not only English and Japanese, but also Korean, Chinese, Vietnamese, Indonesian, Thai and Spanish. Modules focus on various relevant subjects like management, tourism, environment and international relations. In essence, my education has equipped me with the necessary skills needed to work for a multi-national company.

Outside of class, the university supports various cultural activities. Traditions from all over the world are celebrated at APU’s regular events and performances, which allow regional students to share off their cultural beauty.

As the world becomes more globalised, it is essential that we be exposed to international diversity even before we start work. Since APU was established, Oita prefecture has overtaken Tokyo as the Japanese city with the highest proportion of foreign residents. This diversity, paired with my educational training, has helped me in my career to analyze regional data, facilitate communication between East-Asian clients and, at the core, simply to understand and appreciate diverse cultures. It was really helpful having language skill, communication skill and people skill which were trained from university period by nature.

Japan's global university
A unique, international campus where talent, opportunity, and resources come from anywhere

★ Dual Language Education-All Programs Offered in English
★ 47% International Student Body Representing Over 80 Countries and Regions
★ Over 95% Career Success Rate
★ 30-100% Tuition Reduction Scholarships
★ On-Campus Dormitory

Shape your world
Ritsumeikan Asia Pacific University
立命館アジア太平洋大学

Admissions Office, Ritsumeikan Asia Pacific University
I-1, Jumonjiri, Beppu, Oita 874-8577 Japan
Telephone: +81-977-78-1119 Fax: +81-977-78-1121

Graduate Programs (Master and PhD)

APS Asia Pacific Studies
ICP International Cooperation Policy
IMAT International Material Flow Management, Dual Degree with Trier Uni., Germany
MBA Innovation and Technology Management, Comparative Institutions Design for Transition Economy and Business Management, and more

Shape your world
Ritsumeikan Asia Pacific University
立命館アジア太平洋大学

Admissions Office, Ritsumeikan Asia Pacific University
I-1, Jumonjiri, Beppu, Oita 874-8577 Japan
Telephone: +81-977-78-1119 Fax: +81-977-78-1121
THE LIST

By Laila Humaiah

Vendomanbali - Japanese Venting Machines

With 1 vending machine for every 23 people in Japan, there is one of the highest vending machine densities in the world. Which means you could probably buy anything - from bananas to lingerie and toys - at a vending machine.

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>$3.70</td>
</tr>
<tr>
<td>Beer and Sake</td>
<td>$2.40-$3.30</td>
</tr>
<tr>
<td>Lobsters</td>
<td>$3.30</td>
</tr>
<tr>
<td>Fresh Vegetables</td>
<td>$1.60-$4.70</td>
</tr>
<tr>
<td>Canned Bread</td>
<td>$5.50-$8.60</td>
</tr>
<tr>
<td>Rice</td>
<td>$1.15-$3.55 per 10-kilo bag</td>
</tr>
<tr>
<td>Board Games</td>
<td>Monopoly - $3.00, 300yen - $3.97</td>
</tr>
<tr>
<td>Pet Rhinoceros Bees</td>
<td>Male - $3.70, Female - $1.60</td>
</tr>
<tr>
<td>Umbrella</td>
<td>$4.00-$8.16</td>
</tr>
<tr>
<td>Fortune</td>
<td>$1.60</td>
</tr>
</tbody>
</table>

YTECH AND ENTERTAINMENT

SPEAK NO

TAYLOR SWIFT

Acclaimed singer Taylor Swift has stepped into adulthood with her third album that seems to be inspired by romantic love stories. In upbeat tunes like “Love Story” and “Speak Now” and ballads like “Dear John” and “We Belong Together,” this album features tracks that have some of the most ad

MERRY CHRISTMAS II YOU

MARIAH CAREY

This 13-track album is Mariah Carey’s most impressive work since the launch of her second album in 1990. The album features tracks that have some of the most ad

THE BEGINNING

THE BLACK EYED PEAS

Kicking off with the hit single “Imma Be,” which shows Carey and the Black Eyed Peas featuring on the album. The album is packed with a dozen tracks of all

TOKYO GIRLS COLLECTION

Japenese streetwear takes centre stage at Tokyo Girls Collection, a biannual fashion show that showcases all the most popular items by Japan’s top designers, side by side. Apart from attracting huge crowds of up to 15,000 visitors, this unique event also promotes the latest trends in fashion.

CR8T1V3 B4RI C0D35

A friend of mine went to Japan last year for a design exhibition and was told the story of a funny, fascinating, and somewhat disturbing experience about the land of the Rising Sun. For

Bar codes - or UPC labels - are found on just about everything in Japan. From magazines to mini and sushi, in fact, if you

First off, let me tell you that it’s pretty darn hard to find the perfect accessory for your Japanese products. Even the most de

From castles to cliffs, creepers to couches, and rain to rabbits, inventive and original bar codes have been sprin

Daybreak to the last few bars of the corporate song, the Japan will appear to

However, we are currently not aware of any online stores that offer the selection mentioned in this article. It is advisable to shop at official stores or authorized distributors for legal and safe purchases.
By Cherry Tan Kay Yin

TOKYO ON A BUDGET!

You’d love to go to Tokyo for a holiday, but think it’s too expensive? Fellow students, have no fear! Tokyo may not be the cheapest place to stay, but it’s definitely affordable if you plan your trip well. Here are some tips to experience the authentic local life and culture of the Japanese on a budget.

**TRAVEL TIP #2: PLAN YOUR TRIP**

You want to get to know Tokyo inside and out? Select a few key attractions you wish to visit, but keep your trip open to experience the authentic local life and culture of the Japanese. Here are a few suggested locations:

- **Shibuya:** Fish Market
- **Harajuku:** Takeshi and Nunobiki
- **Shibuya:** Central Park

**TRAVEL TIP #3: SAVEMoney ON ACCOMMODATION**

Instead of staying at a standard hotel, where service comes at a higher price, go for a traditional Japanese lodging experience.

**APARTMENTS/ROOMS**

These feature shared restrooms and showers.

- **SONO Asakusa:** Cost: ¥5,500 yen / person (private room)
- **Jinbocho Sakehe House:** Cost: ¥3,500 yen / dorm bed

**Ryokans**

Ryokans are Japanese-style inns. They usually have tatami floors, indoor baths, and Japanese-style baths and local cuisine.

- **Fuji in Hakone:** (10 min by bus/train from Tokyo Station)
  Cost: ¥4,800 / person
- **Hotel Nippon House:** ¥4,500 / person

**BAGNOLLEN**

- **Hotel Nippon:** ¥4,500 / person
- **Hotel Nippon House:** ¥4,500 / person

**TRAVEL TIP #4: TRAVEL SMART AND LIGHT**

- **Japanese Language:** Essential! Knowing basic Japanese phrases can make your trip more enjoyable.
- **Transportation:** Use the JR Pass to save money on transportation.
- **Food:** Look for street food and local markets instead of restaurants.

**TRAVEL TIP #5: EAT NUTRITIOUS MEALS WITHOUT SPLURGING**

When you’re on the move exploring Tokyo, it’s a good idea to have some snacks in your bag to munch on.

**CULTURAL CAUTION:** It is considered rude to ask for a menu to see what is available. If you see something you like, ask for it.

- **Convenience stores:** Open 24 hours.
- **Japanese snacks:** Delicious and available everywhere.

**TRAVEL TIP #6: GRAB A FREE TOUR GUIDE**

Instead of hiring a local tour guide, try a free tour guide that you can download to your phone. These guides can help you find the best local experiences and answer any questions you may have.

**Note:** Check the city’s tourism website for more information on free tour guides.

**NORTH OF TOKYO**

- **Hakone:** Mt. Fuji and Fondue
- **Yamanashi:** Sakehe House

**TRAVEL TIP #7: EAT AND DRINK**

- **Convenience stores:** Open 24 hours.
- **Japanese snacks:** Delicious and available everywhere.

**TRAVEL TIP #8: SAVE MONEY ON TRANSPORTATION**

- **JR Pass:** Use the JR Pass to save money on transportation.
- **Local transportation:** Use local transportation to get around Tokyo.

**TRAVEL TIP #9: EAT NUTRITIOUS MEALS WITHOUT SPLURGING**

When you’re on the move exploring Tokyo, it’s a good idea to have some snacks in your bag to munch on.

**CULTURAL CAUTION:** It is considered rude to ask for a menu to see what is available. If you see something you like, ask for it.

- **Convenience stores:** Open 24 hours.
- **Japanese snacks:** Delicious and available everywhere.

**TRAVEL TIP #10: GRAB A FREE TOUR GUIDE**

Instead of hiring a local tour guide, try a free tour guide that you can download to your phone. These guides can help you find the best local experiences and answer any questions you may have.

**Note:** Check the city’s tourism website for more information on free tour guides.
Japanese Horror

By Julia Phuk

Japanese horror films have been known for their unique and eerie atmospheres, creating a strong emotional impact on the audience. This genre has evolved over time and has influenced many other horror films worldwide. The following are some common genre elements that define Japanese horror films:

**Common Genre Elements**

**Spirits & Vengeance**

Spirits with unresolved issues often haunts the living, creating a sense of tension and unease. This is a common theme in Japanese horror films. The spirits are often referred to as *Oni* or *Youkai*, and they are believed to have a connection to the natural world.

**Horrifying Past**

The past can play a significant role in Japanese horror films. Often, the film's protagonist must confront their past mistakes or inner demons. This element is often combined with a sense of guilt and regret, creating a sense of inner turmoil.

**Innovative Pacing**

Japanese horror films are known for their unique pacing, which can be slow and lingering, or sudden and intense. This pacing is often used to build tension and create a sense of anticipation.

**Japanese Gore Genre**

Although most Japanese horror movies make use of graphic details, gore is considered a sub-genre of horror. Horror movies usually depict supernatural themes while gore explores the more grotesque and sadistic side of human nature. Violence, bloodshed, and the human body are the essence of gore. Scripts and plots are usually simple, relying on shock tactics and gore to provoke a reaction.

**Classical Gore Flicks**

*Battle Royale* (2000) explores the theme of survival in a world of war and violence. The film follows a group of teenagers who are forced to fight to the death in a brutal game of survival.

**Takashi Miike**

Miike is known for his intense and bloody films, often depicting graphic violence and gore. His films are not for the faint of heart, and he is often associated with the Japanese Gore genre.
Cheat Sheet
^9 Sumo Wrestling by Liszt

ETHNOLOGY

The original Sumo was not a sport, but a form of ritual dedicated to the gods and performed for a hundred harvests and performed together with sacred dancing and drums. Only the highest ranking men were permitted to participate.

Early sumo was a rough-and-tumble affair combining elements of boxing and wrestling with few or no rules at all. In the late Edo Period (17th Century), rules were formalized and techniques developed so that it came to resemble the sumo of today.

LIFESTYLE

If you think sumo wrestlers are just loafer in between rounds, think again. Trainings (seki-kata) for the top-ranked rikishi (chief rank: Hakuho) start training as early as 5:30am with stretching followed by actual practice bouts. At 8:00am the young wrestlers go to the kitchen to help prepare breakfast, and the Sokon Miryo and Makushiki (kitchen) chores must be done. There is no formal teaching of holds or manoeuvres rather the rikishi learn these themselves by watching their seniors and practising endlessly.

After the practice, the wrestlers then take a bath, with the higher-ranked ones going first. All around Japan, the rikishi take their breakfast with the higher-ranked wrestlers. Going first, sometimes only leaving seconds for the younger rikishi to slip in.

Once the meal is over, wrestlers will lie down for afternoon naps. Before they get up.

RULES

The winner of a sumo bout is either:

1. The first wrestler to force his opponent to step out of the ring (shirodisasai) or force his opponent to put one toe or his heel over the edge of the ring.
2. The first wrestler to force his opponent to touch the ground with any part of his body — the knees or the tips of his fingers or the top of his feet.

Striking with fists, eye gouging, choking, and locking in the shadows of rikishi are prohibited. There are no weight limits as in boxing or western wrestling it is possible for a rikishi to find himself pitched against an opponent twice his own weight.

Matches often last only a few seconds, but they can occasionally last for several minutes.

DIET

Sumo wrestlers eat only two meals a day breakfast (around noon) and dinner (around 6pm).好消息 I'm starting to get some sugar!

The main meal of the day consists of a dish called Chashu-nabe, which includes soy sauce, green onion, green tea, and wonderful rice. This dish has two main components: the rice and the soup. The soup is made with water and black beans.

On the other hand, we consider a sumo’s style to be:


Orihata Sho, 2015

CONTESTANTS

Once a ducak for a beautiful horse!

The contestants have to stand on a truck with a wall coming towards them. The wall has an odd-shaped hole that the contestant has to get through, otherwise they get pushed into a pool of hot water.

X-Factor: Extreme comedic elements make the show popular, especially with contestants wearing costumes of fish that totally impossible to go through. Their reaction to the situation and how they squeeze themselves through are a hit with viewers.

TAKESHI’S CASTLE

This classic Japanese game show enjoys a cult status throughout the world. Each show involves around 100 people who have to get through a number of different obstacles, including being chased through a labyrinth and crossing a narrow bridge with rails in front of them. The contestants who make it through without hitting any of the rails win one million yen.

X-Factor: The ridiculous obstacle course is interesting, but with a hundred contestants trying to accomplish the main goal is how they fall and how they laugh. It’s a game that inevitably gets you breaking into laughter.

HUMAN TETRIS

The contestants have to stand on a truck with a wall coming towards them. The wall has an odd-shaped hole that the contestant has to get through, otherwise they get pushed into a pool of hot water.

X-Factor: Extreme comedic elements make the show popular, especially with contestants wearing costumes of fish that totally impossible to go through. Their reaction to the situation and how they squeeze themselves through are a hit with viewers.

JAPAN’S WHACKIEST GAME SHOWS

If you’ve ever watched a Japanese game show, then you know how crazy it can get! You’ll see everything from contestants rubbing their butts against hot talipasse to agreeing to being locked inside as an appetizer for an under-age-minute amount of time, left only to subsist on processed food from magazines, comics, and even pastries. To add to the madness, the game shows that make the western versions look like serious news on an television.

The popularity of these “crazy” shows is due to the fact that the Japanese are conservative, quiet and unselfish. To them, appearing on the game shows and watching them at home is an outlet for escapism. Here’s a quaint synopsis of some of the classics.

BATSU GAME

The rules of Batsu games are simple, but amazingly tough — if you laugh, you get punished. A new version of this show is made every year, and as of 2009 there are 6 Batsu games. The most famous edition is the “Batsu game at which school.

X-Factor: The highlight of the show is not the punishments, but rather how challenging it is to laugh at something terrible. Most of the time contestants are “forbidden” to laugh and it can be quite hilarious to see how they stop themselves from laughing.

THE BROADCASTERS

Once a ducak for a beautiful horse!
Bar Hopping

Those looking for a cheaper night out with friends can head to some of Taipei's watering holes, including:

- **Indian Beerhouse**
  2F, 157 North Rd | 0917-071-107
  This quirky bar is decorated with a dinosaur theme - right down to the washbasins. The drinks are reasonable, and food choices include rabbit, deep-fried kare-pure and stir-fried okra.

- **Taiwan Beer Bar**
  3F, Beale Hall | 0937-075-107
  This is the place to go if you want freshly brewed Taiwan Beer straight from the brewery. This airy space is one of its outdoor venues in Taipei, and the beer is the cheapest in town! (eng) 88888

Out and About

By day, Taipei visitors are spoiled for shopping and dining choices, but here are a few quirky themed things to do.

- **Modern Toilet Restaurant**
  1F, 122 Fuxing Rd S | 0937-075-107
  As its name suggests, it's a restaurant where you sit on toilet bowls and dine on restroom-themed plates. Even the dishes are served in miniature toilet fixtures.

- **Mr J II**
  2F, Wuxing Rd | 0937-075-107
  Jay Chou fans will love this restaurant, which is not only owned by the entertainer himself, but it's based on his 'Gentleman' movie, and features waiters in school uniforms and an antique piano from the movie.

- **Hello Kitty Sweets**
  1F, 69 Wenshan Rd | 0937-075-107
  Fans of the franchise will revel in this pink parlor, which is filled with Kitty paraphernalia, as well as desserts that feature the feline. A giant Kitty statue adorns the entrance of this Sanrio-licensed cafe.

- **Cafe Dog & Cats**
  199 Fuxing Rd
  Taipei has quite a number of restaurants that feature cats roaming freely within the premises while patrons take away - Taipei is home to the world's first cat cafe. Cafe Dog & Cats actually has both cats and a dog that canons can play with.

Quirky Museums

- **Taiwan Storyland**
  1F, 122 Fuxing Rd S | 0937-075-107
  Storyland is a nostalgic recreation of a yesteryear town, replete with movie-adapted scenes and old-tyme restaurants that whisk you back to Taiwan circa 1930s.

- **Fire Safety Museum**
  1F, 122 Fuxing Rd S | 0937-075-107
  A museum about dealing with disasters where you can experience a fire, typhoon and earthquake simulations without the real thing.
CULTURE

WRITTEN BY NAHIRA BAIG
PHOTOS BY EUGENE SOH

THE GOOD, THE BAD & THE UGLY

CULTURE - FOOD, FASHION AND FUN

What do you get when you think of the Land of the Rising Sun? Do you conjure up images of beautiful androgynous pop artists or posed geishas? Maybe it's the cuisine - for its high regard of lean, delicate pieces synonymous with all things natural, evident also in Japanese society? Whatever it might be - Yoko Ono, Yoko Ono - this East Asian nation, has much to boast. We're all rather acquainted with the variety of entrees and fearless street food Japan boasts. But do you adapt your cultural trends like you pick your physique? Well, if you do, it might be about time you think of your impression because not everything's that neatly wrapped up in that sushi roll, tastes pleasanter.

We're not just talking taste buds here. It goes way up in the human anatomy because culture (like it or not) has its impact on mental health. There's been much hype about the cool aspects of Asian culture from manga and anime, to cosplay. Let's forget about the girlie uniforms. But we can't deny that's a major lifestyle concept apart from entertainment and food. Why else would we care about our weight? While it's true that culture helps create a sense of identity, certain aspects of it might be detrimental to our development. When we're inebriated with culture on impure when we focus on the good and neglect the bad.

You'd probably prefer watching a trailer of Paranormal Activity Tokyo Night on Youtube than another morbid moral education lesson....until I tell you that this is a horror flick. And you're the scream queen. No, it's Halloween, it's really, honey.

THE DOWNSIDES OF CULTURE AS A MIND SIDE

Behind all the glitz and glamour, there's a darker side. Renowned for its high regard for honour, Japan's history is filled with acts of sacrifice. Honour and duty go hand in hand. If honour was lost, especially in the context of battles won or battles lost, it was expected of the nation, the only other honourable act to undertake was death. According to Bataille (the Japanese code of conduct), this was to maintain and uphold the dignity of his nation, family and himself. Nothing was considered more shameful than dishonourable defeat.

Acts of taking one's own life included seppuku (belly-slitting which is followed by disembowelment) and karikizuri. With a history of stoicism and heroism, Japan today has one of the highest suicide rates in the world. According to UN statistics, suicide rates in Japan are double that of the US, despite the latter having a larger population size. The World Health Organisation reports a suicide rate of 30.5 and 16.3 for males and females per 100,000 respectively. That was Japan, approximately 10 years ago. And suicide is still on the rise.

It's a scary truth - the loss of talent and human capital, is it due to culture?

CULTURE MEANS COOL?

Is the younger generation using suicidal behaviour as a trend to copy? You might think it has nothing to do with you, but local pressure and internet trends.

Many young people in Japan feel they are at their breaking point. Often, just one trigger and it could set off an entire series of acts of rage. There's a saying that young people are always out to prove themselves. They'll advertise on the internet, especially via media, that the Sato-san's book "How to Kill Yourself: 5 Easy Steps" and the controversial film, Suicide Circle.

Suicide clubs are known to be common among the younger citizens, but the internet has made its trend among techno-savvy youth. Internet social media is a more recent thing, but it could also result in a social movement, not in revolt. Culture and death, always coexist and not in Japanese society, in hopes of enlightening the Japanese government and society on the serious danger that's emerging amongst its younger generation.

On the downside, vulnerable young people feel as if they're being forced to adapt to these fictional expectations as these messages serve as a reminder of their hopelessness. They act on it, incurring to save their life. In this truth, the truth is stranger than fiction.

CULTURE AND DEPRESSION OR CULTURAL TREND?

It all boils down to social attitudes, in a toxic culture that highly values honour, mental health concerns are not fully addressed, either. It's a country that develops its technology at a lightning speed, where suicide might seem like a commendable act. Mental illnesses are shunned as they demonstrate weakness. Although, if bingeing is concerned with a form of mental illness, evidence from suicide Open to benzyne patients, suicides seem grossly under-reported in Japan as a prime motive.

But many youths around Japan are adopting cultures - taking in the negative aspects of the breakdown of modern culture without discretion. Suicide in Japan is no longer an honourable act, as it seems like it has evolved into a trend to get back at society. An act of suicide that once conducted for the sake of society has now become an act against society. With pressures from school (exams and bullying), the youth are out to rebel against the adults who they believe are the culprit behind their pain and suffering.

Many young people are victims of binging. Their parents and teachers might criticize them for bingeing, weak character... characteristics which are not from traditional Japanese virtues, like those upheld by their seminole ancestors. These new generation suffer in confusion when the walls surrounding success, in a country with a history of structure and progression, rodes. They are not long perceived the security of a better future as economic woes and homelessness are rampant, and this, they feel they work and struggle for practically nothing. For some, it seems the sun is not shining quite as brightly in the Land of the Rising Sun these days.

CULTURE MEANS COOL?

Is the younger generation using suicidal behaviour as a trend to copy? You might think it has nothing to do with you, but local pressure and internet trends.

Many young people in Japan feel they are at their breaking point. Often, just one trigger and it could set off an entire series of acts of rage. There's a saying that young people are always out to prove themselves. They'll advertise on the internet, especially via media, that the Sato-san's book "How to Kill Yourself: 5 Easy Steps" and the controversial film, Suicide Circle.

Suicide clubs are known to be common among the younger citizens, but the internet has made its trend among techno-savvy youth. Internet social media is a more recent thing, but it could also result in a social movement, not in revolt. Culture and death, always coexist and not in Japanese society, in hopes of enlightening the Japanese government and society on the serious danger that's emerging amongst its younger generation.

On the downside, vulnerable young people feel as if they're being forced to adapt to these fictional expectations as these messages serve as a reminder of their hopelessness. They act on it, incurring to save their life. In this truth, the truth is stranger than fiction.

TAKING THE GOOD, DITCH THE UGLY

Death - whether intentional or as a consequence, like in the form of suicide, is not an easy thing to admit. But as a part of our present lives, I think it's time to question - are we not afraid of death, except in the daily acts of taking and giving. Culture changes with time but certain values remain, at least, struggle to change. It's important that we take the good out of it and abandon the negative traits that only deter progress because certain things should remain as lessons in our history textbooks. I do appreciate and admire the Japanese for their history, especially that of their present lives. I think it's time to question - are we not being graded on the amount of freedom you deserve. For starters, you have the independence to pick the trends to follow, which is a nightmare. Following blindly has never been trendy. And change only starts with you.
**DEMONS AND SUCH**

"Yokai are the demons of Japan, and are as old as Japanese culture itself. They don't die, some breathe fire, and others are the cutest pets you've ever seen (even though you don't know they're following you to take a good chunk of your life). Because of their uniqueness and presence in Japanese culture, a basic understanding of yokai is a must for all animal lovers. You have to do is name your favorite yokai and that character has a high chance of being based off a yokai, but the question is this – do you really know all there is to your favorite character? Here’s where...

**Popular characters:**
- **Uzumaki:** Naruto's fan from Naruto, Takuma
- **Nycte:** From Inu
- **Kitsune:** From Tanuki
- **Tanuki:** From Tanuki
- **Raccoon Dog:** From Kyo
- **Nekomata:** From Neko
- **Kappa:** From Kappa
- **Kappa:** From Kappa
- **Yokkai:** From Inuyasha
- **Shikamaru:** From Naruto
- **Sasuke:** From Naruto
- **Sasuke:** From Naruto
- **Hinata:** From Naruto
- **Tobi:** From Naruto

**Stress Relief**

Feeling stressed and you wanna battle it out with someone in a ring? Try sumo wrestling on a table. You can even do this in class. Just don't make too much noise if you're in a lecture. Choose your wrestler, face your opponent (and both of you tap the table not the ring to your heart's content) – watch the wrestlers right to stay on their feet with the vibrations. The winner is the last man standing or the one still in the ring...

**Read more about sumo wrestling on page 19.**

**Wrestler**

Cut out the wrestlers along the line. You should have a pile of wrestlers now.

Fold to fit! You can modify your wrestler to make it more durable for the ring. It's not cheating, really!

Place the wrestlers in the ring, each behind the white lines. Spin tapping until one falls over or out of the ring.