

## A Guide of the *Minzoku buyo* class

Mio Uemura

Authors note: I tried to write a guide of a PE class, *Minzoku buyo* class because this class was so fascinating for me, so I wanted to introduce how this class was good. If you did not finish PE classes, , I recommend this to you! This class gave me the different view of the traditional Japanese dance.

---

In the fall term, I took a class of *Minzoku buyo* class as PE. I like this class! We now practice dancing "盛岡さんさ踊り", it is from Iwate. If you don't finish PE classes, I recommend you to take this class!!

I have three reasons to recommend this class to you.

Firstly, you can learn how to wear *Yukata*, and you can wear *Yukata* during the latter part of class. Only wearing *Yukata*, you must be feel excited if you are Japanese people!

Secondly, you can practice dancing with the music of drum and whistle. We make circle when we dance, so you can feel like actually participating the festival.

Thirdly, *Minzoku buyo* class doesn't make you tired physically. *Minzoku buyo* only have slow and moderate motion, so even if you take 567 class after PE, you won't be tired and sleepy.

Also, teacher told us, these traditional dance is used to unite the local people as community, and it gives vitality to the area. Nowadays, there are few chances to experience such traditional Japanese culture, but we have to save and keep such culture.

