

# 2021 NATIONAL JAPAN BOWL® STUDY GUIDE SUPPLEMENT

## GESTURES GUIDE



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## いただきます・ごちそうさま



This gesture is used before and after eating or drinking. Put both hands together and say いただきます before you begin and ごちそうさま after you finish while slightly bowing the head and hands forward.

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## ばつ - “Wrong” or “No”



Cross one arm over the other at the wrist.



Cross one index finger over the other at the middle joint.

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じぶん<sup>き</sup>  
自分を指す - pointing at oneself



Point your index finger at your own face to indicate that you're speaking about yourself or to ask if someone else is speaking to or about you.

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つ<sup>だ</sup>のを出す - show devil horns → get angry, have a fit of jealousy



To show that you're angry, make two fists, open both index fingers, and put your hands on both sides of your head.

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## おじぎ bowing



Keep both hands below the waist and the lower body still, and bow the entire upper body from the waist forward. Keep your back straight as you bow. When you bow, your upper body should be at either 15°, 30°, or 45°; the deeper the bow, the more respect you're showing. The shallower bow shown here is for casual interactions. Hand positioning is different for men and women when bowing. Men leave their hands at their side as the bow. Women's hands slide across the top of their thighs as they bow, either with the hands side by side, or with the left hand crossed on top of the right hand.

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ゆびかぞ

## 指数え - finger counting

In Japan and many other Asian cultures, finger counting is done in the opposite way from the West. While in the West we begin counting with both fists closed, raising fingers to add numbers, in Japan they start with both hands open and close fingers to add. Start by closing the thumb, then the index finger, middle finger, ring finger, and pinky to count from 1 to 5. Repeat on the other hand to count to 10 or raise the closed fingers to count from 6 to 10 starting with the pinky as 6.

1	4
2	5
3	



