A samurai from the Edo period (1603–1868) in Japan was a peaceful warrior, as there were no wars during that time. This beautifully crafted and preserved suit of armor would have been worn by Abe Masayoshi during the 16th century while traveling to the capital or during his time there when formal ceremonial attire was required. Use this guide to uncover new meaning by thinking curiously about the armor and how it may be relevant to your life.

Curious Thinking, Mindful Being

Find a family member or friend and set a timer for three minutes. During that time look and list as many details as possible about this samurai armor pictured on the front page. Then ask each other, what are you curious about? Explore the similarities and differences among these images on paper and the actual works on view in the gallery.

Reflect on how it feels to focus and be present with one activity. Practicing focus helps us build our abilities to be productive and joyful in life. Where else can you practice mindful focus?

All in the Family

A mon, or kamon, is a Japanese emblem that identifies one’s family or clan. These symbolic emblems use elements from nature in order to communicate meaning. The Abe family’s mon consists of two crossed hawk feathers. What do you think this says about the Abe family?

Pair of Archery Sleeves (Yu-gote). Silk, whale baleen.
If your family had a *mon* what would it look like? Talk to family members and ask them what plants or animals could represent your family. Create your family *mon* here.
Look again!

You may not notice with a quick look, but a samurai’s armor is designed with clever compartments where you would not expect them. At left is a photo of hidden compartments in the armor’s sleeves holding an ink stone and brush in the left arm and spoon and medicine in the right. Why do you think he would need these items in his sleeves?

If you had secret compartments in your sleeves, what would you keep inside them? Design your own sleeves below and draw what would go inside. Share your design with a friend and tell them why you would choose to store these objects.