2022 KOREAN LUNAR NEW YEAR



STATEN ISLAND MUSEUM

KCDC

Ms. Lee Kumwon dressed to perform Tae Pyeong Mu, **태평무**, 2018



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INTRODUCTION TO SEOLLAL 설날

Since 2017, the Staten Island Museum has been celebrating Lunar New Year with the Korean Community Development Center. While we are back ringing in the Year of the Tiger by at the museum, we can continue to celebrate at home! This interactive guide brings the traditions of Seollal straight to you through recipes, games, videos, and activities for you and your entire family to enjoy.

ABOUT KOREAN LUNAR NEW YEAR:

The Lunar New Year, or Seollal is the most celebrated holiday in Korea. Seollal falls on the first day of the lunar calendar, which is usually towards the end of January or beginning of February. This year it falls on February 1st and marks the beginning of the Year of the Tiger. While the Lunar New Year is observed across most of Asia, each country has its own way of celebrating. Korea has a unique set of customs and traditions. During Seollal, everyone celebrates for three days: the day before, the day of, and the day after. It is a time reserved for remembering ancestors, wearing hanbok, visiting family, eating traditional food, and playing fun games.

새해 복 많이 받으세요
saehae bog manh-i bad-euseyo
Happy New Year!



LEARNING THE VOCABULARY OF SEOLLAL

TODAY, I LEARNED HOW TO SAY:

Meaning in English	Revised Romanization of Korean (RR)	Hangul (Korean Alphabet)
Korean Lunar New Year	Seollal	**설날**
Traditional Korean costume	Hanbok	**한복**
Traditional bow to elders	Sebae	**세배**
New Year's Money	Sebaedon	**세뱃돈**
Fortune purse	Bokjumeoni	**복주머니**
Rice cake soup	Dduk-Guk	**떡국**
Have a blessed new year!	SaeHae Bok Mani Baduseyo!	**새해 복 많이 받으세요**

HANBOK 한복

Hanbok (한복) refers to traditional Korean clothing. Until about a century ago, it was worn every day. Today it remains an important symbol of Korean culture and is worn on special occasions and holidays, such as Seollal.The fundamental structure of hanbok has remained unchanged for almost 2,000 years:the jeogori (jacket), baji (pants) and the chima (skirt). Men usually wear jeogori and baji while women typically wear the jeogori and chima.

A prominent feature of hanbok are the bright colors. Traditional hanbok highlighted colors that represent the five elements of the yin and yang theory: white (metal), red (fire), blue (wood), black (water) and yellow (earth). This color scheme is known as obangsaek. Ogansaek, on the other hand, is a set of five colors made from the combination of two colors from obangsaek.



LEARN HOW TO SAY THE COLORS IN KOREAN:

OBANGSAEK

- Black – **검정색** – geom-jeong-saek
- White – **흰색** – heuin-saek
- Yellow – **노란색** – nor-an-saek
- Red – **빨간색** – bbal-gan-saek
- Blue – **파란색** – paran-saek

OGANSAEK

- Green – **초록색** – cho-rok-saek
- Purple – **보라색** – bora-saek
- Pink – **분홍색** – bun-hong-saek
- Orange – **주황색** – juh-wang-saek
- Brown – **갈색** – gal-saek



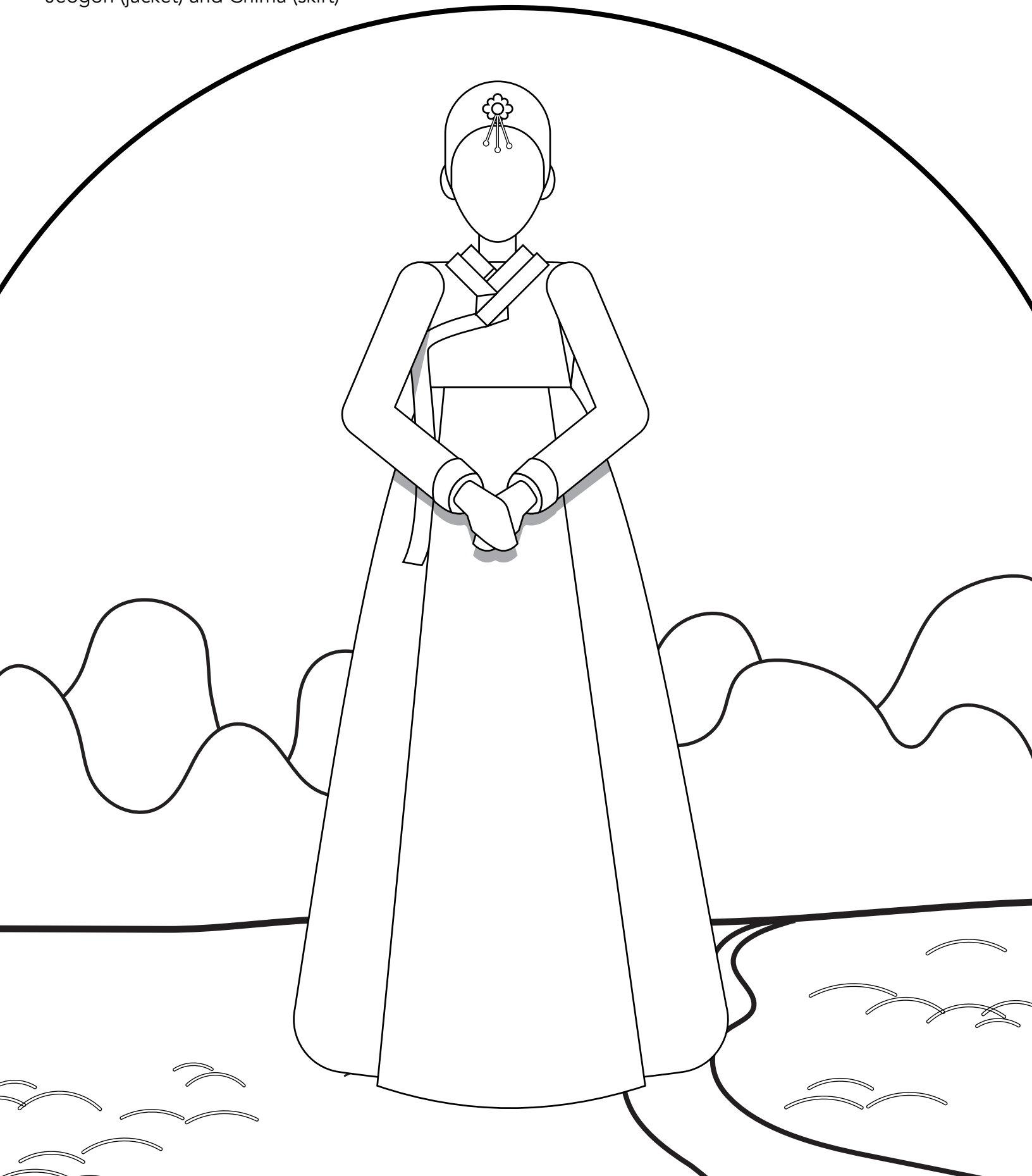
ON HANBOK, DIFFERENT COLORS AND PATTERNS CAN SYMBOLIZE DIFFERENT MEANINGS.

Learn more about what they mean here:

https://bit.ly/3r6cHdM

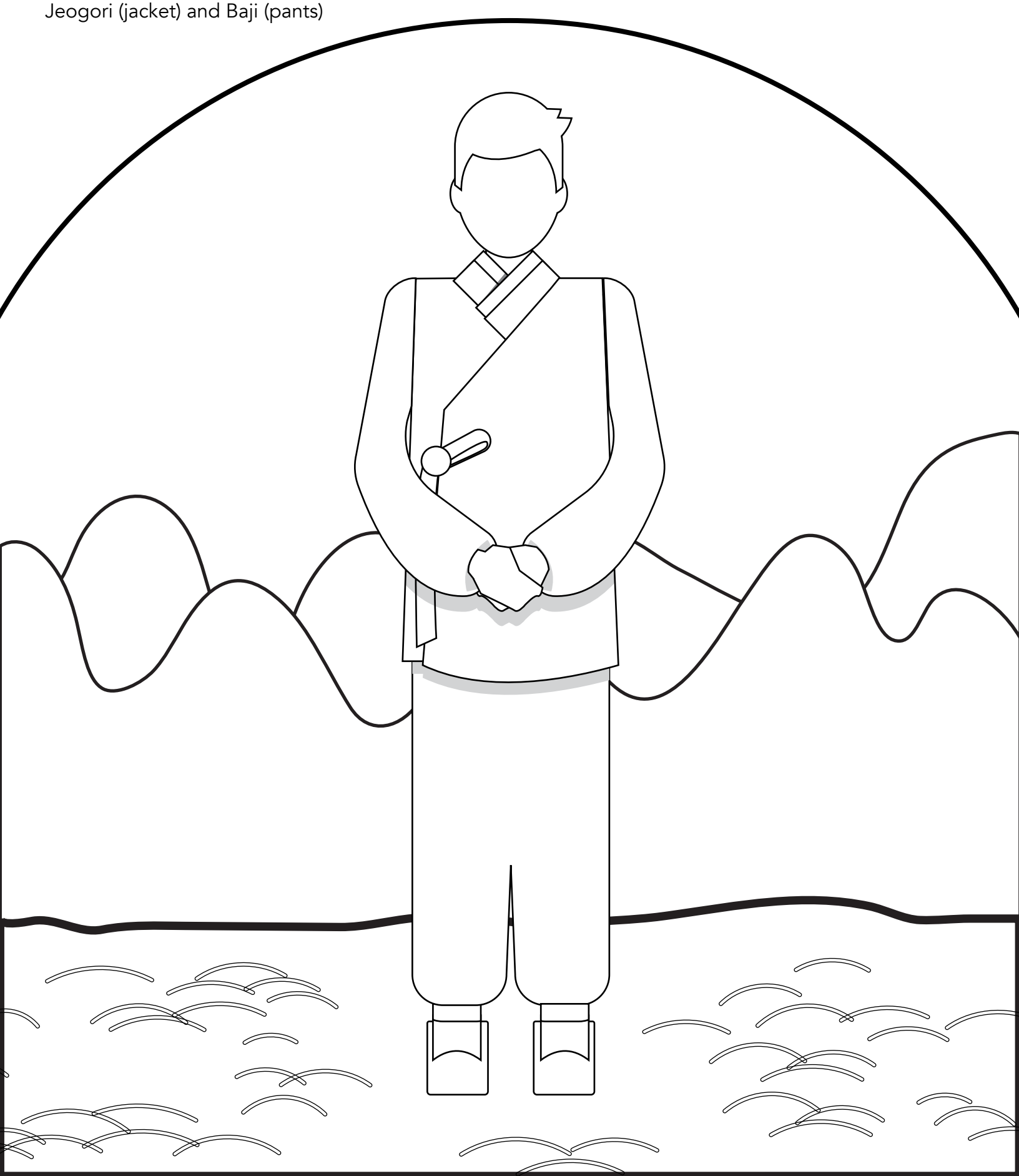
ACTIVITY: HANBOK COLORING PAGE

Jeogori (jacket) and Chima (skirt)



ACTIVITY: HANBOK COLORING PAGE

Jeogori (jacket) and Baji (pants)



SEBAE 세배: THE BIG BOW



Sebae (**세배**) is the most important Seollal tradition. Wearing hanbok, children wish the elders in their family a Happy New Year by performing a deep bow. When doing this, they might say "saehae bok mani badeuseyo" (**새해 복 많이 받으세요**), meaning "Have a lot of good fortune in the New Year."

After receiving the bow, elders return the blessings of their young relatives and give them a gift of sebaedon **(세뱃돈**), or new year's money. Sebaedon is kept inside a bokjumeoni (**복주머니)**, a fortune purse.

START HERE



LEARN MORE ABOUT HOW TO SEBAE HERE:

https://bit.ly/2YJpYMV

COOKING FOR SEOLLAL: DDUK-GUK(떡국)

DDUK-GUK(떡국) KOREAN RICE CAKE SOUP

(3-4 serving)

Dduk-guk is a Korean rice cake soup and it is a must-have food for all Koreans on the morning of Lunar New Year's Day. The round, sliced rice cakes represent money coins. So, having Dduk-guk on New year's day symbolizes wealth and prosperity in the upcoming New Year.

Although this soup is called New Year's Day soup, it is a delicious



Eating a bowl of Dduk-Guk symbolizes growing a year older, along with good health and a long life. A common question heard on New Years is 'how many bowls of tteokguk have you eaten?' It's a fun way to guess someone's age and joke about how many more bowls they will eat. **– From https://bit.ly/3cmoVdW**



Pastor Kelly serving Dduk-Guk at the museum, 2020

INSTRUCTIONS

1. Heat the vegetable oil and sesame oil in a pot (or wok) over medium-high heat. Add the beef and saute for a few minutes until the beef is no longer pink.
2. Add 1 cup of water, 2T fish sauce (or soup soy sauce), let it boil down for 5 to 10min. Pour the remaining water (7 cups) into the pot, bring it to boil hard, turn the heat down to medium, add garlic, cover, and cook for 20 minutes or more until the beef is tender. Add a pinch of salt and pepper to taste.
3. Add the rice cakes to the boiling soup, and boil until the rice cakes float to the top.
4. Slowly pour egg mixture into the soup in a circular motion. Add green onions. Wait 5 seconds, stir the egg gently once or twice to prevent the egg from sticking to each other, and then immediately turn off the heat.
5. Serve in a large soup bowl. Garnish with crushed seaweed.

OPTIONS FOR THE SOUP BASE:
Instead of beef, you can use chicken to make the soup base. **For water-based soup:** (seasoned with fish sauce, garlic, salt, and pepper)

For vegetable broth: Add 1/2 onion, 1/2 radish, 2-3 green onion roots, 3-4 dried shiitake mushrooms, and 2-3 dried kelp boil for 30min. (Season with fish sauce or soup soy sauce, salt and pepper)

INGREDIENTS

1 Pound Dduk-guk Dduk (sliced rice cake) Soak them in cold water for 30 minutes

8 Cups of Water

1/2 Pound of Beef (stew meat, brisket, or flank steak) Chopped small, rinsed in cold water

4 Garlic Clove minced

3 Green Onions Washed and thinly sliced

1 Tablespoon Vegetable Oil

1 Tablespoon Roasted Sesame Oil

2 Eggs Mixed in a bowl

2 Tablespoons of Fish Sauce or Korean soup soy sauce

1/4 Teaspoon of Black Pepper

2 Sheets of Dried Seaweed Paper (Gim/Nori) Roast both sides and crush into flakes

Salt

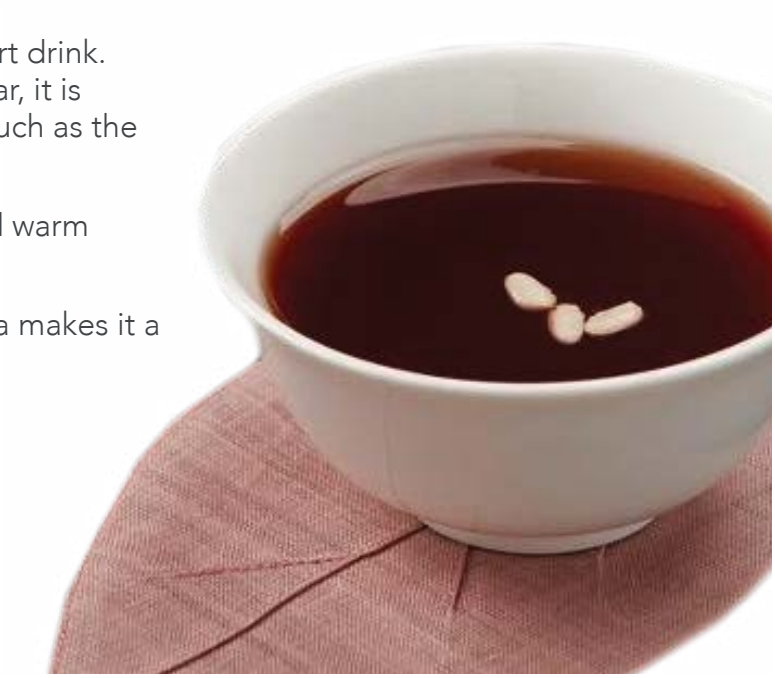
COOKING FOR SEOLLAL: SU-JUNG-GUA 수정과

KOREAN TRADITIONAL CINNAMON GINGER PUNCH (SU-JUNG-GUA)

Su-Jung-Gua is a popular traditional Korean dessert drink. Although it is great to have it at any time of the year, it is consumed mostly during the fall/winter holidays, such as the Moon festival or New Year's Day.

It is traditionally served chilled, but can be enjoyed warm as well.

The drink is sweet, and the cinnamon ginger aroma makes it a refreshing holiday dessert drink.



INSTRUCTIONS

1. Wash, peel, and slice ½ cup's worth of ginger and place it into a pot or kettle.
2. Rinse 5 cinnamon sticks and put them into the pot.
3. Add 7½ to 8 cups of water and boil for 20 minutes over high heat.
4. Lower the heat to medium and boil for another 25 minutes. If it boils over, take off the lid.
5. Add 1 cup of brown sugar. Stir and cool it down.
6. Strain cinnamon sticks and sliced ginger in a colander.
7. Optional: pour the drink into a glass jar or glass bowl and add the dried persimmons (remove stems and cut to bite-size) pieces
8. To serve very cold, put the lid on and keep it in the refrigerator for at least 12 hours. You can also freeze some of the drink in an ice cube tray and add the cubes to the punch when it's ready to be served.
9. Use a ladle to serve in a cup or small bowl. Each serving can be topped with a few pine nuts sprinkled on top and if available, you can add a few of the dried persimmon bits as well

INGREDIENTS

5 cinnamon sticks

½ cup of ginger, peeled and sliced

1 cup of brown sugar

7½ to 8 cups of water

Pine nuts

Dried persimmon (optional)

GAMES: TUHO 투호

During Seollal, when families are not busy eating and catching-up, they often play games like Tuho (**투호**) and Jegichagi (**제기차기**).

ABOUT TUHO:

From a distance, players take turns throwing arrows into a container (like a jar or vase) called a tuhotong. Traditionally, the tuhotong has different compartments with varying point values. However, for our at-home version, we are going to simplify things a bit.

WITH AN ADULT PRESENT,

GATHER THE FOLLOWING HOUSEHOLD ITEMS:

- Skewers
- Chopsticks (a straight-ish stick from outside)
- Paintbrushes (any slender stick that is 6-12" long)
- A tall jar or vase with a wide mouth. The container needs to be wide enough to be able to capture the arrows, but not too wide, because that would just be too easy!

NOTE: If using skewers, some additional weight will help the arrow soar into the container easier. Wrap a 3" strip of masking tape around the pointed end. That is the end you will aim toward the container.

HOW TO PLAY:

When you have your container and arrows, find an open area outside and place your vase on the ground. Walk about 5-6' away from the vase. That is the distance you will be throwing the arrows from. However, if you find it's too difficult you can move closer. With the same number of arrows, each player takes turns throwing. The player that sinks the most arrows in the vase wins!



Axel Salerno playing tuho at the museum, 2019

CHECK OUT TUHO IN ACTION BACK IN 2018 AT THE STATEN ISLAND MUSEUM:



GAMES: JEGICHAGI 제기차기

About Jegichagi: This game is very similar to hackysack. "Jegi" is the name of the object and "chagi" means kick. Much like Tuho, Jegichagi looks like an easy game, but actually takes quite a bit of skill!

HOW TO PLAY

The rules are flexible, but the goal remains the same: kick the jegi as many times as you can without letting it fall to the ground. You can play one-on-one with the highest number of uninterrupted kicks winning, or in a group, where players kick the jegi back and forth without dropping it. If a player lets the jegi fall, they're out.

MAKE YOUR OWN JEGI

TOOLS AND MATERIALS:

Scissors

Plastic Bag

4-5 Coins or Buttons (something small and all of a similar weight)

Rubber Band or Twist Tie

Half of a Paper Towel

DIRECTIONS



Cut a large square from the plastic bag



Wrap four to five coins in half of a paper towel.



Place the coins along one edge of your square, in the center.



Roll the square up, keeping the coins in the center.



Bring the ends of the rolled square together.



Take a rubber band or twist tie and tie the two ends down near the coins (like a ponytail).





Use scissors to cut the folded part of the square into strips about ½ inch. This helps give the jegi some drag so it takes longer to fall and you have more time to kick it back up!

VIDEO: BUCHAECHUM 부채춤

Buchaechum is a type of Korean dance in which the fan plays a central role. Buchaechum is taken from the Korean, "buchae" meaning fan and "chum" meaning dance. In this ensemble traditionally performed by women, fans are opened, shut, and brought together to form different shapes representing various aspects of nature like butterfly wings, flowers, and waves. The fans used in this dance are usually painted with pink peonies and are adorned with feathers on the rim.

CHECK OUT STUDENTS FROM THE KOREAN SCHOOL OF STATEN ISLAND PERFORM THE BUCHAECHUM AT THE MUSEUM:



VIDEO: TAEKWONDO 태권도

Taekwondo is a Korean martial focusing on punches, kicks, and blocks. Check out the students from the New York Taekwondo Martial Arts School start their performance at the Staten Island Museum:









Did you hear the students shouting with each movement? What you heard is a kihap. The word "kihap" comes from the Korean words, "ki" meaning energy and "hap" meaning to concentrate. By using the diaphragm muscle to exhale strongly from the lower abdomen, you can shout quickly and sharply. Kihap has a number of benefits. When you shout, you are forced to exhale which helps regulate your breathing. Breathing properly, in turn, increases endurance and stamina. Also as you kick or punch, kihap allows you to remain calm and more flexible, improving adaptability and speed.

KIHAP CHALLENGE

See how kihaping affects your own flexibility. Stand with your feet a little wider than shoulder-width apart. While keeping your knees straight, reach out to grab the floor. Next, exhale or kihap, and see how much lower you can go!



KCDC celebrating at the museum, 2019

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