Nara Period
1. Nara period in Japanese history was a period in which the imperial government was located in Nara, Japan.
2. There is still a city named Nara in Japan today.
3. Buddhism was most highly developed in Nara.
4. Nara artisans made refined Buddhist sculptures and erected grand Buddhist temples.
5. The economy began to grow due to the roads that were built. This was great for trading and transportation!
6. Until the eighth century, the capital usually moved each time an emperor died.
7. Then, in 710, a new capital, intended to be permanent, was established at Nara.
8. But then, it moved again—some say to escape the meddling in politics of powerful Buddhist temples.
9. Taxes were a heavy burden on peasants
10. In the Nara period, most peasants could not purchase their own land
11. The problem for the government, imperial family, nobles, and temples was to find labor to work their extensive landholdings.
12. The life of the common people of Japan remained harsh during the Nara and Heian periods.
13. Estimates of the early Nara population suggest slightly more than 5 million people
14. By the end of the Heian period the number had increased to only about 6 million.
15. From the Nara period until the nineteenth century, most philosophical and legal writings as well as most of the histories, essays, and religious texts in Japan were written in Chinese.

Heian Period
1. Last division of classical Japanese history!
2. There used to be a city named Heian (now Kyoto) when the emperor moved there.
3. Buddhism was at its height!
4. The nobles who followed Japan’s emperor to Heian (now called Kyoto) wanted to win his favor by living close to him. In Heian, these nobles created an imperial court.
5. Fashion - a love for elaborate outfits
6. Literature - writing was very popular. Poetry was also popular. Men wrote in Chinese and Women wrote in Japanese.
7. The most popular art forms of the period were… Paintings Calligraphy Architecture