Another tradition is:

A very strong, powerful man of most violent nature in ancient times, whose name was Shuyu, challenged the Emperor Kotei, the "Yellow emperor" to combat, which took place on the 15th day of the 1st month. Shuyu was defeated and his head cut off by his opponent. This decapitated head turned into a demon or Tengu, a sort of huge vulture with a long beak. This bird is so powerful that it can tear up a full grown tree with its beak. The body of Shuyu was transformed tinto a gigantic dragon, which caused great trouble both in Heaven and on Earth.

Therefore, on the day Shuyu was killed, in order to pacify his evil soul, the people cooked rice with red beans, and worshipped the Tengu. Since that time it has become the custom for people to prepare this rice gruel on the 15th day of the 1st month and eat it, so that they may be free from all poisonous vapors through out the year.

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