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Costumes of the
Ethnic Minorities

少数民族服饰

「风情万千，地域美裳」

戚嘉富◎编著



全国百佳图书出版单位
时代出版传媒股份有限公司
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中国自古以来就是一个多民族国家，共有56个民族。除了汉族以外，其他民族的人口较少，分布地区也相对集中，因此呈现出鲜明的地域特点。

China has been a multi-ethnic country since ancient times. In addition to the Han majority, China is home of 55 minority ethnic groups. They have less population and are relatively centralized. The geographical distribution of the population tends to be concentrated showing the distinctive regional characteristics.

Difference in geographical environment, religious beliefs, life style, means of production and customs nourishes the formation of diverse art and colorful ethnic costumes and accessories.

Costumes of Chinese minority nationalities have been



这些少数民族由于处在不同的地理环境，有着不同的宗教信仰、不同的生活生产方式和不同的风俗习惯，因而形成了各自的民族特色，也创造出了色彩斑斓的少数民族服饰艺术。

中国少数民族服饰具有悠久的历史 and 深厚的文化内涵，其中有许多服饰是民族支系、民族血缘认同的重要标志，人们也能从服饰中了解他们的历史、民俗风情、民族性格、审美情趣和宗教信仰。在节庆、婚姻、宗教等重要礼仪活动中，各民族的盛装更是彰显出了本民族独特的文化。

现在，就让我们一同走进这异彩纷呈的服饰世界，感受别样的少数民族风情。

conveying the connotation of China's time-honored history. They have become one of the most important means to distinguish different ethnic lineages because they fully manifest the history, customs, ethnic features, religious beliefs and aesthetic taste of each minority nationality. The people from different minority nationalities wear their splendid attire on the occasion of festival, wedding ceremony, religious and other ceremonial activities highlighting the unique culture of each nationality.

Now let us walk into the colorful world presented by Chinese ethnic costumes. Wandering in this world, you can savor the distinctive costumes and accessories of Chinese minority nationalities.



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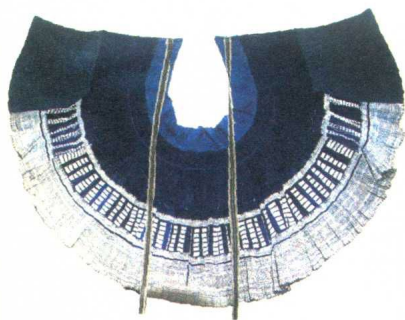
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少数民族服饰概述

Overview of Ethnic Minorities Costumes

中国少数民族传统服饰大多取自天然材料，制作工艺精美细致，风格或雍容华丽，或大方质朴。经过世代代的生活繁衍，少数民族服饰文化也随之传承下来，凝聚着民族风俗、民族精神和民族的审美观。

The traditional costumes of Chinese ethnic minorities are mostly made of natural materials. Ethnic costumes have been passed down for thousands of years with ethnic people's multiplication from the generation to generation, thus they embody the national customs, ethos and aesthetic standard. Costume making technique is fine and delicate. Costumes are gorgeous but there is no lack of simplicity in grace.





> 少数民族服饰特点

“中华民族”是中国56个民族所组成的生命共同体的代称。在几千年的历史发展中，中华民族始终

> Features of Ethnic Minorities Costumes

“The Chinese Nation” refers to 56 nationalities. Several thousand years have witnessed a united family in peaceful



• 哈尼族长街宴

Hanis are getting together and having meal on the extreme long table



团结一致、和平共处，共同生活在一个大家庭里，创造出了灿烂的中华文明。

中国的少数民族千姿百态，各放异彩。各民族在衣、食、住、行、婚丧嫁娶、节庆、宗教信仰等方面都有着独特的风俗习惯，而且大都有着本民族的节日，有些民族还拥有自己的语言文字。

中国少数民族由于分布地区广阔，且大多聚居在边远地区，长期处于自然状态中，较少受外来文

coexistence. They jointly create the splendid Chinese civilization.

Various costumes of China's ethnic minorities present different features. Every nationality has its own customs for costume, cuisine, housing, wedding ceremony, funeral rites, festival celebrations and religious beliefs. Some nationalities even have their own festival and language.

China's ethnic minorities are widely distributed and most of them inhabit remote areas remaining their primitive life style, thus the unique features are



• 傈僳族歌舞

Lisu are singing and dancing.

化的影响，所以独具风格的服饰文化得以完好地保存下来。少数民族服饰以种类繁多的款式、天然的面料、独特的审美情趣、精美绝伦的制作工艺，以及所蕴涵着的深沉凝重的文化内涵，在世界服装史上独树一帜。

由于中国南北方的自然环境迥异，地形也比较复杂，使得少数民族服饰差异性很大，具有很强的地域特点。如生活在气候严寒的高原或草原上的以从事畜牧业为主的藏族、蒙古族、哈萨克族等，服装材

well preserved intact with less impact from modern civilization. Because the costumes of China's minorities have various styles making of natural material showing the unique aesthetic taste, exquisite craftsmanship and deep cultural connotation, they present its own particular style in the history of the world's costume.

There's great difference in natural environment and terrain between China's south and China's north, thus the costume and accessories present unique local feature. In northern cold areas live Tibetan, Mongolian, Kazakh who have



• 普米族男女
Primi men and women



• 水族女子
A Shui woman



• 傈僳族妇女儿童
Lisu women and children

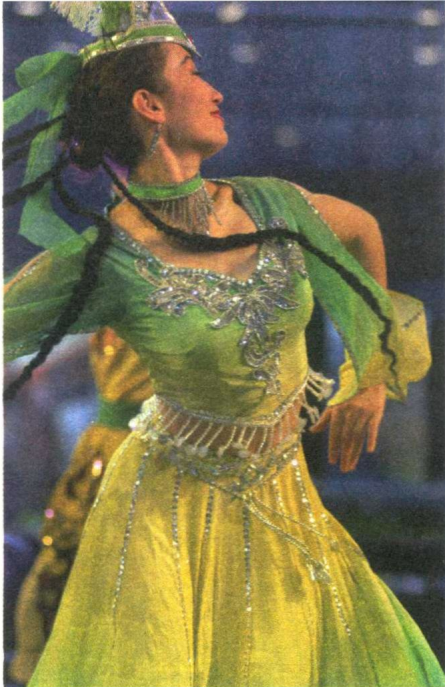


• 怒族女子
A Nu woman



• 阿昌族女子
Achang women





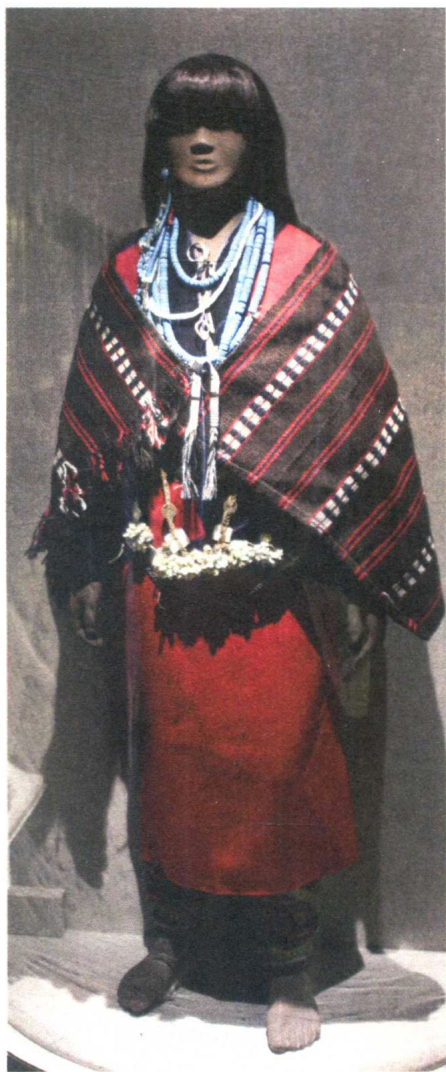
• 哈萨克族女子
A Kazak woman

料多为牲畜皮毛，保暖性强，厚实庄重；而生活在气候炎热、潮湿多雨的南方地区的少数民族大都种植棉麻，服装材料也多是自织的麻布和土布，且样式短窄轻薄。

当然，服饰对于少数民族来说，不仅仅是用来御寒蔽体，或者满足审美需求，还具有民族识别和民族认同感的作用。因此，各个民族的服饰文化被世代传承下来，至今仍散发着光彩。

另外，由于一些少数民族具有若干支系，如苗族又分为红苗、黑苗、白苗、青苗、花苗等五大类，其中的花苗又包括大头苗、独角

been engaging in animal husbandry. Their clothing material has to be warm and strong enough, therefore, animal fur is used as the main clothing material.



• 珞巴族毛织女服
Lhoba women's wool weaving dress



苗、蒙纱苗、花脚苗等，因此同一民族的服饰也各有不同。

总之，中国的少数民族服饰丰富多彩，具有无尽的生命力，是中华文化极其重要的一部分。



While China's south is warm and humid enough to plant cotton-hemp. People in southern China wear thin clothes, which are made of self-woven and homespun linen.

As far as ethnic minorities concerned, the costume plays a role of national identification in addition to the basic function of keeping warm and meeting the aesthetic needs. Standing the test of time, the culture of each ethnic group is inherited brimming with brilliance.

Some of China's ethnic minorities have several factions. Taking Miao nationality as an example, it is divided into five factions, *Hong* (red) Miao, *Hei* (black) Miao, *Bai* (white) Miao, *Qing* (blue) Miao and *Hua* (multicolor) Miao. *Hua* Miao nationality can be subdivided into *Datou* Miao, *Dujiao* Miao, *Mengsha* Miao and *Huajiao* Miao etc. Each faction has its own different costume.

In general, China's ethnic minorities boast diverse costume and accessories, which have become an important part of Chinese culture with exuberant vitality.

- 裕固族女子盛装
Yugur women's Sunday best



中国56个民族一览表
List of China's 56 Ethnic Groups

民族 Nationality	人口(约) Population (approximately)	主要分布地区 The Main Distribution Areas
汉族 The Hans	1, 225, 933, 000	全国 Nationwide
壮族 The Zhuangs	16, 178, 811	广西、云南、广东、贵州 Guangxi Zhuang Autonomous Region, Yunnan Province, Guangdong Province, Guizhou Province
满族 The Manchus	10, 682, 263	辽宁、黑龙江、吉林、北京 Liaoning Province, Heilongjiang Province, Jilin Province, Beijing
回族 The Huis	9, 816, 802	宁夏、甘肃、新疆、青海 Ningxia Hui Autonomous Region, Gansu Province, Xinjiang Uygur Autonomous Region, Qinghai Province
苗族 The Miaos	8, 940, 116	贵州、云南、广西 Guizhou Province, Yunnan Province, Guangxi Zhuang Autonomous Region
维吾尔族 The Uygurs	8, 399, 393	新疆、宁夏、甘肃 Xinjiang Uygur Autonomous Region, Ningxia Hui Autonomous Region, Gansu Province
土家族 The Tujias	8, 028, 133	湖北、湖南、重庆 Hubei Province, Hunan Province, Chongqing
彝族 The Yis	7, 762, 286	云南、四川、贵州、广西 Yunnan Province, Sichuan Province, Guizhou Province, Guangxi Zhuang Autonomous Region
蒙古族 The Mongolians	5, 813, 947	内蒙古、辽宁、新疆、青海 Inner Mongolia Autonomous Region, Liaoning Province, Xinjiang Uygur Autonomous Region, Qinghai Province

藏族 The Tibetans	5, 416, 021	西藏、四川、青海 Tibet, Sichuan Province, Qinghai Province
布依族 The Bouyeis	2, 971, 460	贵州 Guizhou Province
侗族 The Dongs	2, 960, 293	贵州、湖南、广西 Guizhou Province, Hunan Province, Guangxi Zhuang Autonomous Region
瑶族 The Yaos	2, 637, 421	湖南、广西、云南、贵州 Hunan Province, Guangxi Zhuang Autonomous Region, Yunnan Province, Guizhou Province
朝鲜族 The Koreans	1, 923, 842	吉林、黑龙江、辽宁 Jilin Province, Heilongjiang Province, Liaoning Province
白族 The Bais	1, 858, 063	云南、贵州、湖南 Yunnan Province, Guizhou Province, Hunan Province
哈尼族 The Hanis	1, 439, 673	云南 Yunnan Province
哈萨克族 The Kazaks	1, 250, 458	新疆、甘肃、青海 Xinjiang Uygur Autonomous Region, Gansu Province, Qinghai Province
黎族 The Lis	1, 247, 814	海南 Hainan Province
傣族 The Dais	1, 158, 989	云南 Yunnan Province
畲族 The Shes	709, 592	浙江、福建 Zhejiang Province, Fujian Province
傈僳族 The Lisus	634, 912	云南、四川 Yunnan Province, Sichuan Province
仡佬族 The Gelos	579, 357	贵州、广西 Guizhou Province, Guangxi Zhuang Autonomous Region





东乡族 The Dongxiangs	513, 805	甘肃、青海、宁夏、新疆 Gansu Province, Qinghai Province, Ningxia Hui Autonomous Region, Xinjiang Uygur Autonomous Region
拉祜族 The Lahus	453, 705	云南 Yunnan Province
水族 The Shuis	406, 902	贵州、广西 Guizhou Province, Guangxi Zhuang Autonomous Region
佤族 The Vas	396, 610	云南 Yunnan Province
纳西族 The Naxis	308, 839	云南、四川 Yunnan Province, Sichuan Province
羌族 The Qiangs	306, 072	四川 Sichuan Province
土族 The Tus	241, 198	青海、四川 Qinghai Province, Sichuan Province
仫佬族 The Mulams	207, 352	广西 Guangxi Zhuang Autonomous Region
锡伯族 The Xibes	188, 824	辽宁、新疆、吉林、黑龙江 Liaoning Province, Xinjiang Uygur Autonomous Region, Jilin Province, Heilongjiang Province
柯尔克孜族 The Kirgizes	160, 823	新疆、黑龙江 Xinjiang Uygur Autonomous Region, Heilongjiang Province
达斡尔族 The Daur	132, 394	内蒙古、新疆、黑龙江 Inner Mongolian Autonomous Region, Xinjiang Uygur Autonomous Region, Heilongjiang Province
景颇族 The Jingpos	132, 143	云南 Yunnan Province
毛南族 The Maonan	107, 166	广西 Guangxi Zhuang Autonomous Region