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# 服饰

Ancient Costumes  
and Accessories

「云之衣裳，华夏之服」

沈周◎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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服饰是人类生活的要素，也是一种文化载体。在中华五千年的文明史中，服饰承载着厚重的传统文化内涵，它不仅可以驱寒蔽体，而且满足了古人的审美情趣，反映了古代的民俗风情和社会制度，记录了历史和社会生活，体现了人们的思想观念和民族精神，彰显了社会等级制度。

中国素有“衣冠之邦”的美称，服饰历史源远流长。从商周时期的冠冕之制、胡服骑射，再到唐代的开放女装、清代的旗袍，中国服饰以其鲜明的特色

Costumes have been conveying the connotation of traditional Chinese culture for five thousand years of Chinese civilization. Acting as an element of human life, costumes not only protect people from being cold, but also meet the ancient people's aesthetic taste. What's more, serving as a carrier of Chinese culture, they reflect the ancient folk customs and social systems, record the history, social life and express people's mentality, national spirit and highlight the social hierarchy as well.

Because of the long standing and well-established history of costumes, China is known as the "Kingdom of Dresses". Looking back at the costumes history of China, from its Crown institution of Shang and Zhou Dynasties (1600B.C.-221B.C.), wearing *Hu* dress shooting arrow from horseback, then to the open style of women's





为世界所瞩目。中国古代的先民们不但创造出精美绝伦的服饰，更创造了丰富多彩的服饰文化，为历史增添了绚丽的色彩。

请让我们一同走进异彩纷呈的中国古代服饰世界，体味龙袍凤冠的华贵与厚重，感叹霓裳羽衣的绚丽多姿，品鉴那绝代芳华。

clothing in Tang Dynasty (618-907), to Chi-pao of Qing Dynasty (1644-1911), Chinese ancient ancestors not only created numerous exquisite costumes, but colorful costume culture which added bright color to Chinese history.

Now let us walk into the colorful world presented by ancient Chinese costumes. Wandering in this world, you can savor the luxurious Dragon robe, Phoenix coronet and be amazed by the gorgeous costumes and accessories.



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## 霓裳古国

## Costumes of Ancient Chinese

中国的服饰历史源远流长，早在原始社会就已经有了能够蔽体的最早的衣服。随着社会的发展、文明的进步，人们对于服饰的要求不仅仅是遮身暖体，而是越来越追求美感。自此，服饰文化蓬勃发展起来，人们将生活习俗、审美情趣、色彩纹样以及文化和宗教都融于服饰之中，构成了特色鲜明、博大精深的中国服饰文化。

China boasts a long standing history of costumes dating back to the earliest primitive society. With the advancement of China's social culture and civilization, people demanded clothes to be more than a covering of the body to keep warm. People increasingly focused on the pursuit of beauty, which led to the development of Chinese costumes. People integrated customs, beauty, color patterns, culture and religion into the costumes, which led to formation of the distinctive and profound Chinese clothing culture.





## > 服饰的起源

远古时期，人类最早是用兽皮、树叶、茅草、鸟羽等来遮身暖体，这就是服装的雏形。直到距今约一万年前，人类进入了新石器时代，中国的先民们逐渐掌握了纺织技术，始拥有了真正的“衣服”，从茹毛饮血的混沌时代迈出了走向文明脚步。



## > Origin of Costumes

From time immemorial, human beings used animal hides, leaves, grass and feathers to keep warm. These were the prototypes for the original clothes. Dating back to 10,000 B.C., people entered into the Neolithic Age. Chinese ancestors gradually acquired textile technology ushering in a civilized society where people had a real sense of "clothes".

Linen, ko-hemp, silk, and wool were the main clothing materials at that time. In the ruins of 6000 years old *Yangshao* culture, ten warps and ten welts woven coarse sacking was found on each square

### • 原始人生活场景

原始人最初只是用兽皮、树叶等当衣服围住下体。

### Scenes of primitive life

The primitive men use animal hides and leaves to shield the lower part of the body which is the original clothes for the primitive men.





- 浙江湖州出土的新石器时代的丝线、丝绳和麻布残片

Unearthed thread, string and linen fragment of the Neolithic age in Huzhou, Zhejiang Province.



- 余姚河姆渡遗址出土的陶纺轮

纺轮是早期的纺织工具，以陶制、石制为主。

Unearthed pottery spinning wheels in Hemudu, Yuyao

Spinning wheel is a tool for spinning and weaving in the early times, mostly made of ceramic, and stone-base.

那时的服装材料主要为麻布、葛布、丝绸、毛织品等。在距今6000年前的仰韶文化遗址中，曾发现了每平方厘米经纬各有10根的粗麻布印痕；在4000年前的良渚文化遗址中，发现过每平方厘米经纬各有20至30根的织布。

此外，考古人员还在良渚文化遗址中发现了丝绸残片，虽然这些丝绸残片已有轻微的碳化现象，但仍保持着良好的弹性，密度为每平方厘米经纬各48根丝线。这说明，当时的中国人就已经掌握了养蚕、取丝、织绸的技术。纺织技术的发

centimeter. In ruins of 4000 years old *Liangzhu* culture, twenty to thirty warps and wefts woven cloth was found on each square centimeter.

In addition, archaeologists found fragments of silk in ruins of *Liangzhu* culture. Although these silk relics were slightly carbonized, they still retained good elasticity. Its density reached 48 silk threads warps and welts on each square centimeter. It showed that Chinese people had mastered the skill of raising silkworms, processing the silk and silk weaving technology. The invention of textile technology opened a new page for





明，为后来中国灿烂的服饰文化开启了崭新的一页。

原始人类不仅发明、制作了服装，还添加了很多附属饰件进行美化。如山顶洞人就已懂得用穿孔的兽牙和小石子作为装饰品；仰韶文化遗址中也发现了戴在颈间的骨珠、动物牙齿、蚌珠蚌环，以及骨笄、骨簪等头饰。



- 邯郸出土的贝饰  
Unearthed shell accessories in Handan.



- 陕西临潼出土的兽牙装饰品  
Animal's teeth ornaments are unearthed in Lintong, Shaanxi Province.

the development of the splendid Chinese clothing culture.

Primitive people invented and made clothes. They even added a number of ornamental accessories to beautify the clothes. For example, the Upper Cave Man already knew how to use bored animal teeth and stones as ornaments. Bone beads, animal teeth, mussel shells, hairpins and other hair accessories were discovered in the ruins of Yangshao culture.



- 邯郸出土的蚌佩  
Mussel pendants are unearthed in Handan.



## 第一支缝衣针

大约在18000年以前，生活在北京周口店龙骨山山洞里的原始人就已经懂得采集、狩猎、使用石器和人工取火了。考古人员还从其生活遗址中发现了一支骨针。这支骨针经过磨制，长达8.2厘米，针身光滑，直径3.1至3.3毫米，且针尖十分锐利，针孔直径只有1毫米。

骨针的发现，说明那时的中国人已经懂得缝制衣服，中华服饰史自此发端。只不过缝制的材料是兽皮，而缝线可能是劈开动物的韧带得到的丝筋。

## The First Sewing Needle

Around 18000 years ago, the primitive people living at the cave of the Dragon Bone Hill, Zhoukoudian, Beijing had known how to gather, hunt and make fire with stones. Archaeologists also discovered a bone needle among the ruins. It was smoothly ground, 8.2 cm long and had dia. of 3.1mm to 3.3 mm. The needlepoint was very sharp and produced a 1mm diameter pinhole.

The discovery of the bone needle indicated that early Chinese people started to sew the clothes. They used animal's split ligaments as thread to sew the hides. Therefore, the history of Chinese costumes originated ever since then.



- 原始人使用的骨针

Bone needles are used by the primitive.





## > 服饰与礼制

中国自古崇尚礼制，在服饰文化中也有明确的体现。《易·系辞下》中说道：“黄帝、尧、舜垂衣裳而天下治，盖取诸乾坤。”这句话的意思是黄帝、尧、舜用衣裳来区分管理者和普通百姓，治理国家。可见从这时起，服饰已经明确地与治理国家的道理联系在一起了。

上身有衣，下身有裳是中国最早衣裳制度的基本形式。古人认为，天在没亮的时候是玄色（即深蓝，近于黑色），因此将上衣规定为玄色；地是黄色，因此把下裳规定为黄色，中国几千年来的“上衣下裳”制度便由此形成，直到今天人们仍把服装称为“衣裳”。

奴隶社会建立后，中国的礼乐衣冠体系逐步形成，上至天子，下

## > Costumes and Social Etiquette

China has been advocating social etiquette since ancient times, which is shown in the culture of costumes. As mentioned in the ancient book of *Yi-Xicixia*, the “Yellow Emperor, Yao and Shun distinguish the governors and common people from what they wear. They govern the nation by different levels of dress.” It's safe to say that costumes have been associated with governance of the country since then.

The basic form of the earliest costumes in China was composed of a *Yi* (coat) on the upper part of the body and a *Shang* (skirt) on the lower part of the body. In ancient times, people chose the color of dawn as *Xuan* (dark blue, very close to black), as the color of this coat. The color of dirt was yellow brown and became the color of skirts. *Shang Yi Xia*



• 黄帝像

Portrait of the Yellow Emperor

至庶民，无论贵贱尊卑都应穿着相应的服饰。服饰作为一种文化现象始终被礼制所约束。尤其到了封建社会，等级制度在服饰上更有着极其显著的反映。它与礼制紧密结合，规范了不同阶层穿衣戴帽的制度，对服装的质料、颜色、图案纹样等都有详尽的规定，以区分君臣士庶的身份和地位。即使是在相对开放的唐代，服装样式虽千变万化，但也不能逾矩。一代女皇武则天就曾以绣袍赐予百官，这些绣袍是以鸟兽纹样为主，而且装饰在前襟后背等部位，体现了中国服饰的礼制文化特点。

*Shang* literally translated as “upper coat, lower skirt” and became the standard clothing. The name *Yishang* is still used today.

China's ritual dress system gradually took shape after the establishment of a slave society. From the emperor down to ordinary people, regardless of hierarchy, everyone shall wear appropriate clothing. Costume, as cultural phenomena, has always been bound by social institutions. Costumes closely integrated with China's etiquette especially in the feudal society, which were standardized in great detail so as to distinguish the status of ruling class from common people. Even in the relatively open Tang Dynasty, when different styles of dress sprang up, regulations on costumes were still strictly enforced. Empress Wu Zetian has ever conferred embroidered gowns on her officials. The gowns mainly had the patterns of embroidered birds and animals on the front piece and back, which reflected the feature of social institutions.





## 中国古代服饰演变图表

### Chart Of China's Ancient Costumes Evolution

时代  
Ages

服饰特征  
Features of the Costumes

示意图  
Illustration

在原始社会，人们所穿并非真正意义上的服装，而是用树叶、茅草、鸟羽、兽皮等蔽体。从挖掘出的山顶洞人骨针来看，当时的人类已开始懂得简单的缝纫了。

What the primitive people wore was not the true sense of clothes as we called today. Leaves, grass, feather and animal hide were used to wrap the body. Based on our discovery of the bone-made needle made by Upper Cave Man, We could see they had known how to sew at that time.

后来，古人发现了麻、葛等，用以编织成衣物，原始的纺织业兴起。

原始社会晚期，古人又学会了养蚕纺丝，制作出了丝绸。据《易·系辞下》记载，黄帝、尧、舜统治时期，中国的服饰制度就已初步建立，服饰也成为礼制的载体，上衣下裳成为中国几千年来一直沿用的礼服形式。

With time passing by, the ancient people discovered hemp. Using this material, they wove dress and the primitive textile industry rose ever since then. The ancient people started to raise silkworm to spin and make silk in the late primitive society. As recorded in *Yi-Xicixia*, during the reign of Yellow Emperor, Yao and Shun, the system of China's costumes and accessories has been initially established. It has become a vehicle of social institution and continued to use in following several thousand years of Chinese history.

原始社会  
(前30世纪-前  
21世纪)  
Primitive society  
(30th century B.C.-  
21th century B.C.)



原始社会的服装  
Clothes of the primitive  
society