

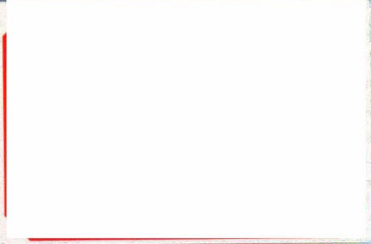


*Appreciating Chinese Tea*

# Brewing Tea

Written by Li Hong  
Translated by Yilise Lin

CHINA INTERCONTINENTAL PRESS  
WORLD CULTURE BOOKS



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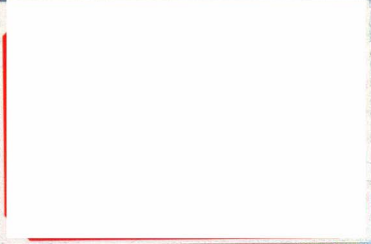
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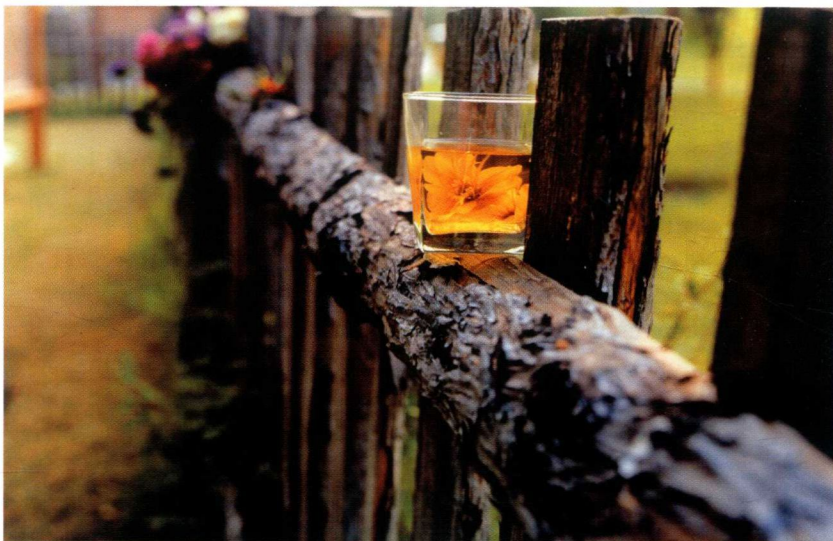
# The Art of Brewing Tea

The purpose of learning the art of brewing tea is not to master the exact steps and actions of a professional teahouse server. Drinking tea is synonymous to relaxation. Focusing on the minutiae instead of enjoying the process would be wasting quality tea and time.

The principle behind the art of brewing tea is to master the basic technique and to understand the characteristics of the three intrinsic components of brewing tea: tea leaves, water and the tea set. Through this, one would learn the best possible method of brewing to maximize the fragrance of the tea. Brewing tea is an art. Each minute detail unfolds the brewer's personality. Every step should be gracious and polished. For example, use the tea cloth only to dry the tea set, never to wipe the table. While serving tea, never hold the teacup at the rim. This reflects friendliness and respect. A guest would feel slighted if the offered teacup is held in a place where his lips are meant to touch. Therefore, while learning the art of brewing tea, it is important to learn etiquette too. It is only thus that both you and your guest will fully enjoy the pleasure of drinking tea.

In conclusion, learning the art of brewing tea is to learn to brew tea with sophistication, ease and panache.



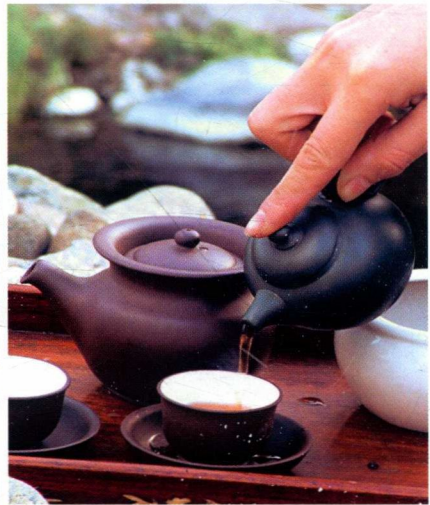
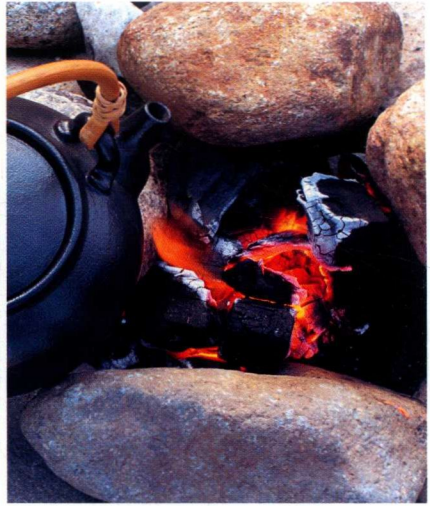
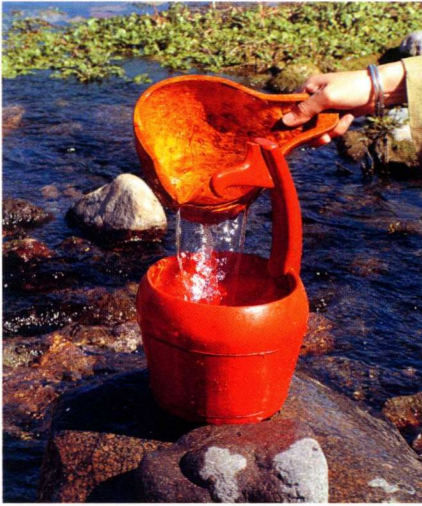


The glowing sunset warms the grasslands  
A freshly brewed cup of scented Pu-erh warms the hands  
Life is of such simple pleasures

# Fun with Tea Amid Nature

In the lap of lush greens fields  
The summer blooms carpet the ground in riotous glory  
A wild chrysanthemum  
The perfect adornment for the rustic tea table





Brewing tea out in the country is no trouble  
In fact, the fresh water and air is perfect for its aroma  
Result... a memorable rustic experience

# Tea in the Countryside





## Part 1

# The Art Is in the Details

*To brew a good pot of tea and enjoy a cup of fragrant tea is a process consisting of numerous minor details. Mastering these details ensures the superior quality of the brewed tea. Fine appreciation of this process reflects character and personality of the person brewing the tea.*





## A Master Tea Brewer Focuses on the Details

According to tea culture expert Mr. Kou Dan, “The fine art of brewing tea lies in the technique of brewing a good pot of tea and the appreciation of a cup of tea.” Tea is an integral part of everyone’s life. If the tea is only to quench thirst, one only needs to boil a handful of tea leaves. However, if you are looking for spiritual satisfaction, brewing tea becomes a form of art that requires skill, time and mood. The entire process of brewing tea—choosing the tea leaves, selecting the type of water, choosing the tea set—should be an enjoyable one, leading to the true appreciation of the tea. To become a connoisseur of tea, one must first master the technique of brewing a quality pot of tea.

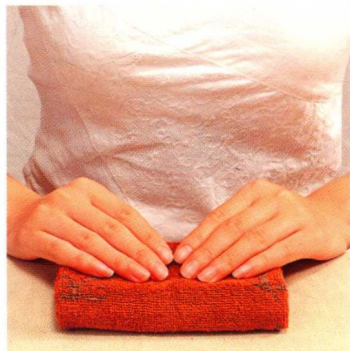
Regardless of whether you are brewing a pot of tea for yourself or for a social gathering, pay particular attention to the details. This will ensure a final brew of exceptional fragrance and quality tea. Elegant execution reflects one’s taste and character. The attention to details reflects one’s breeding. The art of drinking and brewing tea is in fact a process of self-improvement and personal cultivation.



# Preparation Details

## Posture

We are usually seated during the process of brewing tea. Sit upright. Keep legs naturally aligned and straight, either forming a 90 degree right angle with the floor or slightly angled. If seated on a sofa, or a slightly lower chair, keep legs naturally aligned and angled either to the left or right. Keep shoulders back, appearing both tall and alert.

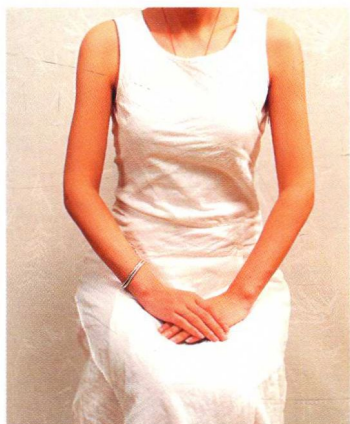


↑ Place hands lightly on the tea towel.

## Hands

The process of brewing tea involves our hands. Therefore, eyes usually are focused on the hands of the person brewing the tea. The mood, confidence, breeding of the person brewing the tea is all reflected through the “expressions” of the hands. Professional tea servers usually have beautiful and well-cared for hands.

When the hands are at rest, either cross hands and place them on the lap or rest them lightly on the tea towel. Too-relaxed shoulders or fluttering hands appear coarse and inelegant.



↑ Place crossed hands on the lap.

## Attire

Comfort is the first consideration when choosing the attire. It should not be too formal or too casual. If you choose to wear a long dress or jacket, be sure to tuck the skirt while sitting. Remember to pull the sleeves back as well in case it hampers you during the process of brewing the tea.

### Reminders:

- ◆ Do not cross or stretch your legs when seated; you may accidentally kick someone.
- ◆ When sitting, take up only half or two-thirds of the seat. Do not take up the entire seat, or lean back on the chair.
- ◆ Do not wear too many accessories on your hands or wrists.
- ◆ Ensure that your nails are clean and well-shaped. Wash your hands before brewing tea. Avoid scented hand moisturizer and perfume.