



历史活化石

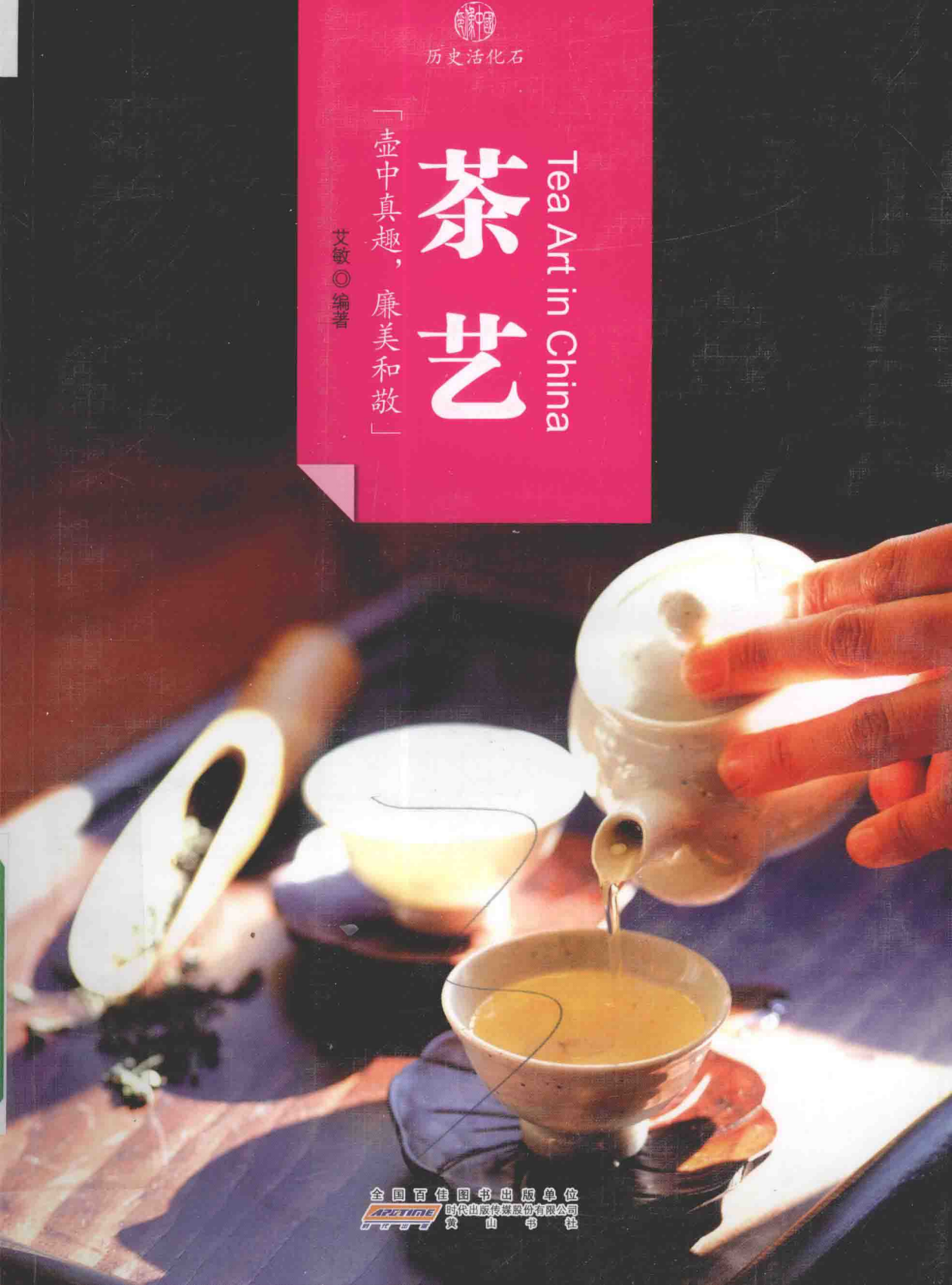
茶艺

Tea Art in China

「壶中真趣，廉美和敬」

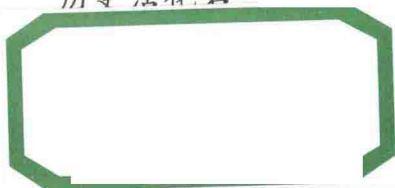
艾敏◎编著

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茶艺，是泡茶的技巧和品茶的艺术。中国是茶的故乡，茶从最初的药用、食用发展到现在的饮用，茶艺也随着中国人对茶的接受和喜爱而盛行开来。

茶艺和中国人的饮茶习惯息息相关，人们对泡茶方式的处理、对茶汤的要求、对茶具的欣赏，以及品茶的

Tea art is the art of the skill of making and drinking tea. China is the birthplace of tea which was originally used as medicine, then as food and at present as beverage. Along with the acceptance and appreciation of tea, the art of tea prevails among Chinese people gradually.

The art of tea in China is closely bound up with the habit of tea drinking. The



感受都是茶艺的组成部分。社会的发展与进步使人们的生活节奏加快，茶艺已然成为人们远离喧嚣、放松身心的减压方式。

本书以中英文对照的方式，向读者介绍了中国茶艺文化、七大茶类茶艺，以及一些具有地方特色的茶艺，带领大家体会这门内涵丰富的茶文化艺术。

process of brewing tea, the quality of tea and enjoyment of tea set and the feeling of tea drinking are main parts of tea art. Today, the pace of life is increasing with social development and advancement. Enjoying tea art makes people relax their body and soul as well as be away from noises. It becomes a good way of decompression.

This bilingual book introduces the culture of tea art in China and tea art of seven types of basic tea, and of some ethnic areas. Hope it will help readers to get some ideas of the rich culture of tea art in China.



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中国茶艺文化

Culture of Tea Art in China

中国茶艺内容非常丰富，是由几千年的饮茶习惯积淀而成的传统文化。茶艺是由人、茶、水、器、艺、境等组合构成的综合艺术，展现的是茶人对茶的精神追求。

Chinese tea art is rich in content. It is a traditional culture formed by the accumulation of thousands of years of tea drinking habits. Tea art is a comprehensive art combined by people, tea, water, utensils, skills and environment, which expresses spiritual aspiration from tea makers and tea drinkers.





> 中国人的饮茶习惯

中国是最早发现茶和利用茶的国家。位于西南地区的横断山脉和云贵高原是茶树的原产地，这里至今保留着很多古老的茶树，寿命多在几百年甚至千年以上。有的茶树

> Tea Drinking Customs of Chinese

China is the first country in the world to discover and consume tea. Located in southwest of Hengduan Mountains and Yunan-Guizhou Plateau is the cradle of tea plants, where still have many living tea trees hundred even more than thousand years old. Some giant tea trees have a height of 20 meters and trunk diameter of 1.5 meters.

The discovering and using tea by Chinese can be traced to Shen Nong period which was more than 5000 years ago. Shen Nong was also called Emperor Yan, who was the headman of an ancient tribe, the inventor of Chinese agriculture and Chinese medicine. Legend says that Shen Nong tasted all kinds of plants in order to know functions of herbs. One day he was poisoned by 72 different poisonous plants,



• 古茶树
Ancient Tea Tree

神农氏
大朴全生
似寒就苦

神農



• 神农氏像

Portrait of Shen Nong

高达20米，树干直径达1.5米。

中国人对茶的发现和利用可以追溯到距今约有5000多年的神农氏时期。据《神农本草经》记载：

“神农尝百草，日遇七十二毒，得茶而解之。”神农氏又称“炎帝”，是古代部落首领，也是中国农业的发明者、医药始祖。传说他为了掌握草药的特性，亲自实践，遍尝百草，一日中了七十二种毒，最后尝到了茶叶，才得以解毒。陆羽在《茶经》中也说：“茶之为饮，发乎神农氏，闻于鲁周公。”

茶最初以解毒药的身份进入人

and found relief after tasting leaves from tea tree. This legend is recorded in *Shen Nong Compendium of Material Medic* (*Shen Nong Ben Cao Jing*). The same information also can be found in *The Classic of Tea* written by Lu Yu: the tea-drinking was primitively invented by the God of Agriculture and was firstly heard from the Duke of Lu in the Zhou Dynasty.

Tea came into people's life originally as an alexipharmic. In thousands of years of tea history, tea drinking has been regarded as the symbol of preserving health by Chinese habitually. People found that not only antidotal, tea is digestive as well, so they cook tea together with other food, served as dishes. According to records in *Yanzi's Spring and Autumn Annal* in the Spring and Autumn Periods, Yan Ying, the State of Qi, often ate Ming Cai (tea vegetable). Tea was also called Ming at that time.

According to the historical documents, tea trading and tea drinking activities appeared in Ba-Shu areas (in today's Sichuan Province) as early as in the Western Han Dynasty (206 B.C.-25A. D.). From *Guang Ya* (a book on textual exegesis), written by Zhang Yi in the Three Kingdoms Period (220-280),

茶的主要成分与其养生功效

茶之所以具有养生功效，是由其所含的营养成分决定的。茶叶中含有11大类，可细分为上百种的物质，包括蛋白质、氨基酸、类脂类、糖类、维生素、矿物质等营养成分。

此外，还有两类物质是构成茶的特性和养生功效的重要成分：一是茶多酚，又称“茶单宁”，具有苦涩味，是构成茶叶滋味和品质的主要成分之一，有收敛、止痛、杀菌和防辐射的功能；二是生物碱，包括咖啡碱、茶碱、可可碱，其中咖啡碱具有助消化、减轻神经疲劳、利尿等功效。

Main Composition of Tea and Its Health-preserving Function

The health-preserving function of tea depends on its composition. There are 11 kinds over hundreds of nutrient substance in tea, including protein, aminophenol, lipid, saccharide, vitamin and mineral substance.

Beside of those, tea polyphenol and alkaloid are important of tea specific quality and health-preserving function. Tea polyphenol or tea tannin, having bitter taste, is one of the main materials makes the flavor and quality of tea. It is believed pain-relief, pathogen-killing and radiation-proof. Alkaloid includes theine, theocin and theobromine. The theine is known to help in digestion, urination and releasing nerve strain.



们的生活，在中国人几千年的饮茶史中，喝茶也一直被认为是养生的象征。人们在日常的饮茶活动中

we can see that tea leaves were mainly produced in Ba and Shu areas. At that time the method of drinking tea was



发现，茶不仅具有解毒功效，还有助消化，于是就将茶与其他食物一起加工，当做菜来食用。据春秋时期《晏子春秋》记载，齐国政治家晏婴就常食“茗菜”。“茗”是“茶”的别称。

从文献资料来看，西汉时期（前206—公元25）巴蜀（今四川省境内）地区的人们已经不仅有了茶叶的买卖活动，还有了一定规模的饮茶活动，连茶具也已经开始成形。据三国时期张揖《广雅》记载，茶叶主要产于“荆巴之间”（即巴蜀地区）。当时的饮茶方式是先将茶叶制作成饼状，冲饮前先是将茶叶炙烤至微焦，然后碾成细末状冲泡，还要加入葱姜调味。这就是中国最早的茶艺形式，已经出现了后世烤茶、碾茶这两个团饼茶茶艺的基本形式。

这一时期，茶叶作为蜀地特产，被进贡到当时的都城长安，并逐渐向陕西、河南等地传播。东汉时（25—220），茶叶与饮茶活动沿水路顺长江而下，传播至长江中下游地区。一直到三国时期（220—280），除了巴蜀地区以外，茶都是供上层社会享用

to make tea leaves into shape of cakes first, then roasted till singed, pounded into powder, and then boiled or brewed with boiling water, along with Chinese onion and ginger. That was the earliest tea art in China, techniques of roasting and grinding which are basic forms of crumby-cake tea art already emerged.

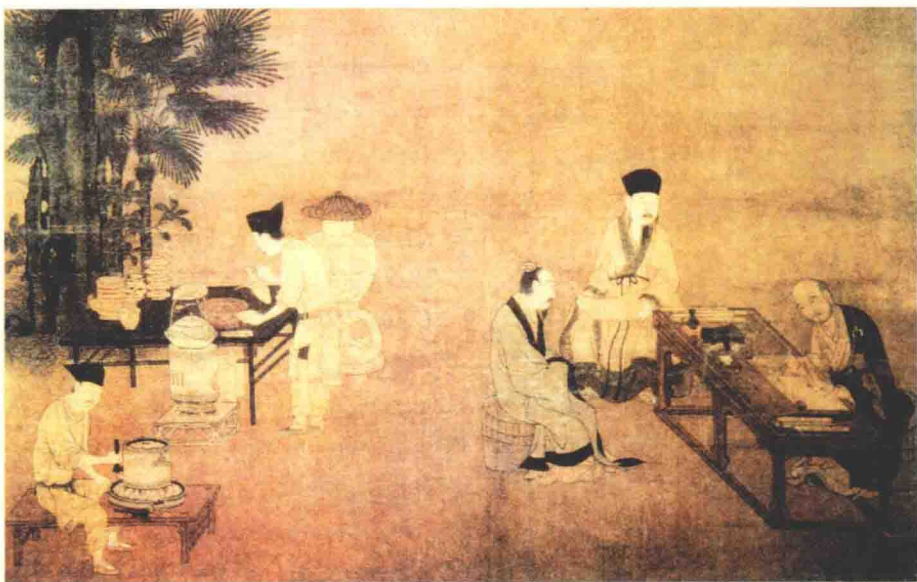
During this period, tea as a special local product of Shu area was a tribute to the capital city Chang'an, and eventually spread to Shaanxi and Henan. In the East Han Dynasty (25-220), tea and tea-drinking activities went down along the Yangtze River and reached middle and lower regions. Until the Three Kingdoms Period (220-280), except Ba and Shu area, tea was consumed only by upper class, ordinary people seldom could get tea which was very rare at that time.

From the Han Dynasty to Wei, Jin,



• 鎏金银茶槽和茶碾（唐）

Gilded Silver Tea Grinder (Tang Dynasty, 618-907)



• 《撵茶图》刘松年（南宋）

Painting of Tea Grinding, by Liu Songnian (Southern Song Dynasty, 1127-1279)

的。普通老百姓很少能喝到在当时尚属珍稀之品的茶。

汉代至魏晋南北朝时期（前206—公元589），是中国道教和佛教蓬勃发展的阶段。道教追求长生不老，在饮食上以清淡为上。茶不仅清淡，而且有一定的药效，自然成为道教所推崇的饮品。当茶传播到长江中下游时，其神奇的功效被人们赋予了神话色彩，甚至有人认为它是修仙的灵药。茶在此时更广泛地进入人们的生活之中，不仅是

Southern and Northern Dynasties (206 B.C.-586 A.D.) is the period of Chinese Taoism and Buddhism grew vigorously. Taoism sought for longevity and immortality, held in esteem for light food. Tea is light and has a certain healing function as well, naturally becomes the beverage praised highly by Taoist. The magic function of tea was given some myth flavor when spread to the middle and lower regions of the Yangtze River. It was even regarded as miraculous drug for immortal by some people. Tea entered people's life more widely, it was



社会上层交际活动中的必备饮品，茶在平民之间的交往中也扮演着不可或缺的角色。三国时东吴皇帝孙皓最早将茶引入社交活动。他荒淫残暴，每次宴请大臣时都以把别人灌醉为乐事，但却对不善饮酒的左国史（和右国史共同掌修国史的官员）韦曜优待有加，让他以茶代酒。从此“以茶代酒”便成为中国人在酒桌上推脱喝酒的说辞之一。东晋（317—420）显赫一时的权臣桓温也对茶情有独钟，据说每次设宴招待宾客时，不一定要备美酒佳肴，但是却必备茶、果二物。

另外，佛教传入中国后，修行者常常要打坐参禅，时间一长就容易瞌睡，于是就经常饮用具有提神醒脑作用的茶。而茶与佛教的结合为后来茶艺的发展打下了基础。盛唐时期佛教盛行，僧人以饮茶可以修身养性之名，开始在寺院中饮茶。世俗社会也因“尚佛”思想而效仿僧人饮茶，加快了饮茶习俗在民间的流传与普及，茶开始成为和米、盐一样的生活必需品，而且还出现了茶场和茶馆。

唐代（618—907）还诞生了

not only the essential beverage served in social activities by upper class, but also played an indispensable role in ordinary people's social communication. Tea was first brought to social activities by the vicious and depraved King of the Eastern Wu in Three Kingdoms Period called Sun Hao who usually amused himself by getting his ministers drunk. But he gave favored treatment to his Left State Historiographer (together with Right State Historiographer in charge of organizing historical records of each Emperor's reign) Wei Yao who could not bear strong wine, allowing him to drink tea instead of wine. Thus, "drink tea instead of wine" became a polite excuse for not drinking wine when one is asked for a toast. This saying is still commonly used till today. Huan Wen, a powerful illustrious official lived during Eastern Jin Dynasty (317-420) who was also a tea lover. It is said that he never failed to treat his guests with tea and fruits when he hosted banquets, wine and dishes were not so important.

After Buddhism was introduced to China, monks drank abundant tea which is very good for refreshing to keep them alert when they were meditating. The connection of tea and Buddhism laid



“茶圣”陆羽（733—804），他撰写了世界历史上第一部研究茶和茶文化的著作——《茶经》。《茶经》的问世，推动了饮茶艺术的提高。唐代及唐代以前，茶叶以饼茶为主流。饼茶就是将茶叶经过适度发酵、蒸压、定型而成的饼状紧压茶。唐代饼茶的主要饮用方式为烹饮法，又称“煮饮法”。先将饼茶烤干，之后装入纸袋，以保持香



• 陆羽雕像
Statue of Lu Yu

the foundation for the development of tea art. In the prime time of the Tang Dynasty, Buddhism was flourished. The monks, under the name of cultivating their moral character and developing their temperament, made drinking tea a habit in their life in the temples. The secular society held high esteem to the Buddhism, many people followed monks to drink tea, which accelerated the spread and the popularization of tea drinking among the people. Tea became an indispensable commodity in people's daily life, just like rice and salt. Teahouses and tea plantations appeared.

During the Tang Dynasty there was born the “Tea Sage” Lu Yu (733-804), who wrote the first book about tea and tea culture in the world history, *The Classic of Tea*, which promoted the improvement about the art of tea drinking. The most common tea in the Tang Dynasty and before was “tea cake” which was to make tea leaves into the shape of cakes after slight fermenting, steaming, pounding and molding. The way of tea drinking in the Tang Dynasty was the method of drinking after cooking, also called drinking after boiling. Making tea with tea cakes required several steps: one first had to bake the cakes till dry and

茶道与茶艺

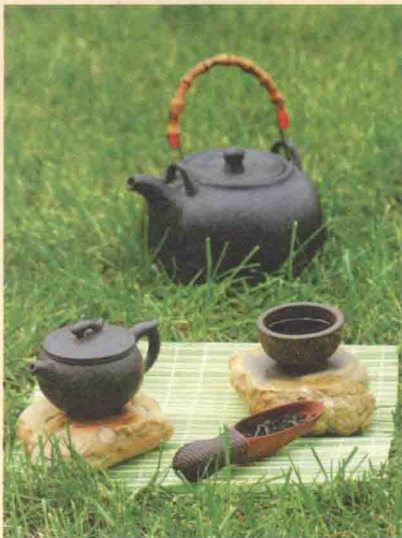
“茶道”一词最初出现在唐朝诗僧皎然的《饮茶歌诮崔石使君》中：“孰知茶道全尔真，唯有丹丘得如此。”此处“茶道”指饮茶是修身之道，是修炼的一种手段。南宋时期，佛教茶道传入日本，开启了日本茶道之门。

“茶艺”一词最初是由台湾茶人在20世纪70年代提出的，是为区别于日本的“茶道”，现已被中国茶文化界普遍接受。茶艺包括选茶、择水、配具、冲泡、品饮、感悟等几部分。和单纯的饮茶相比，茶艺更注重物质和精神双方面的满足。

Tea Ceremony and Tea Art

The word Chadao (tea ceremony) first appeared in a poem written by monk poet Jiao Ran in the Tang Dynasty. Here Chadao refers that tea drinking is a way to cultivate one's mind and improve one's character. During the Southern Song Dynasty, Buddhism tea ceremony was introduced to Japan opened the door of Japanese tea culture.

The word Chayi (tea art) was first used by Taiwan tea lovers in the seventies of the 20th century, in order to differ from Japanese Chadao, and accepted by the field of the Chinese tea culture. The art of tea includes selecting good tea, choosing suitable water, using elegant utensils, brewing, tasting and feeling. Compare with pure tea drinking, tea art pays more attention to satisfaction both spiritually and materially.





• 《宫乐图》（唐）

图中描绘了体态丰腴、衣着华丽的十名仕女围长案而坐，有的弹奏乐器，有的品茗，有的行酒令。长案中央放置着一只很大的茶釜（即煮茶的锅），画幅右侧中间一名女子手执长柄茶勺，正在将茶汤分入茶盏里；她身旁的仕女手持茶盏，似乎听乐曲入了神，暂时忘记了饮茶；对面的一名仕女则正在细啜茶汤。

Palatial Pleasure (Tang Dynasty, 618-907)

This painting depicts ten full and round court ladies in gorgeous dress sit by a long table, some are drinking tea and some are playing drinking game. A large kettle is placed at the center of the table; on the right a lady is using a long handle spoon to put tea liquid into cups; beside her, one court lady with a cup in her hand seems too deeply absorbed in the music to drink her tea for a moment; on the opposite side, another court lady is sipping her tea.

气；待饼茶冷却后，将其碾成细末状；煮水至初沸时放盐，有时还添加其他香料；待水再沸时，取一瓢备用，再搅动沸水形成漩涡，并将茶末投入漩涡中心；待水三沸并产生泡沫时，将备用的水倒入止沸。

put them into paper bags to keep the fragrance; then crushed the cooled cakes into powder; when water was heated to slightly boiled, people would put salt, sometimes with other seasoning, into water; then ladled out some water for use later, at the same time stirred the