



“十一五”国家重点图书出版规划项目

A national key publishing project during the 11th Five-Year period

# 中国 A Kaleidoscope of Chinese Culture

# 中国文化

百题

中国文明与艺术

Chinese Civilization and Art



北京语言大学出版社  
BEIJING LANGUAGE AND CULTURE  
UNIVERSITY PRESS



中国  
文化  
百题

A Kaleidoscope  
of Chinese Culture

中国文明与艺术  
Chinese Civilization and Art

- 书法艺术 Chinese Calligraphy
- 中国画 Chinese Painting
- 年画 New Year Pictures
- 剪纸 Paper-Cuts
- 中国丝绸 Silk Fabric in China
- 刺绣 Embroidery
- 旗袍 Chi-Pao
- 瓷器 Chinaware
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The Theoretical Foundation of Chinese Medicine  
—*Yin and Yang and Five Xing*
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## 【序】

# 让中国走向世界， 让世界感知中国

随着中国经济的高速发展，中国的影响在全球不断扩大，全世界都把关注的目光投向这个古老而伟大的国家，同时也希望了解中国的过去和现在，从中探求它高速发展的原动力。

中国是人类文明的一个重要发源地，是一个有着5000年悠久历史的文明古国。中国人发明的纸、印刷术、指南针和火药，同瓷器、丝绸等一起传向世界各地，促进了中国与世界各国文化的交流；中国人所创造的诗歌、绘画、音乐、舞蹈、戏剧，表达了对道德伦理的重视与对自然的热爱，构成了中国文艺精神的内核；中国传统节日形式多样、内容丰富，是中华民族精神和情感的重要载体；中国传统建筑如都城、宫殿、寺庙、民居、园林等，反映了历史时代风貌，融入了中国人的思想观念与文化精神；中国人对外来文化兼容并包的精神，使中国文化不断发扬光大……

## 【 Preface 】

### **Helping the world to learn more about China**

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With the rapid development of its economy, China is getting more and more influential in the world. People all over the world are casting their eyes on this great old nation and their interest to learn more about China's past and present is growing. They want to find out what has been driving this nation to develop at such a great speed.

Being an old country with 5,000 years of history, China is an important birthplace of human civilization. The great inventions of China, such as paper, gunpowder, the compass, the technology of printing, along with china and silk, have spread to the world and enhanced the cultural exchange between China and other nations; the poems, painting, music, dance and drama created by Chinese people all express their love for nature and their emphasis on ethics and moral obligations, which constitute the essence of Chinese culture and art; the rich and colorful traditional Chinese festivals of various kinds show the passions and emotions of Chinese nation; the traditional architecture of China, such as ancient cities, palaces, temples, common residences and classical gardens, has reflected the Chinese culture and spirit of different eras in history; and the all-embracing attitude Chinese people take towards foreign cultures has further developed and promoted Chinese culture.

世界需要了解中国，中国更需要把文明的精粹和光彩展示给世界。正是基于这种强烈的愿望，北京语言大学出版社与视点文化传播有限公司合作，历时三年精心打造了《中国文化百题》这个全面介绍中国文化的影视巨作。该片荟萃了中国文化的精华，涵盖了中国文明与艺术、中国风俗、中国儒释道、中国各地与中国民族、中国名胜古迹等内容。它以简练生动的语言，清晰优美的画面，使观众在快捷、直观了解中国文化的同时，从中领略到中国文化的精神实质，可以称得上是一部立体的中国文化百科全书。

希望《中国文化百题》带给您充满惊喜的文化之旅，让您真正走进中国，感知中国！

北京语言大学出版社社长

戚法祥

The world needs to know China, while China also needs to show the world the splendor of its culture. Based on these needs, Beijing Language and Culture University Press, along with Viewpoint Culture Communication Co., Ltd., has put great efforts of 3 years into this large-scale DVD product, *A Kaleidoscope of Chinese Culture*, which gives a comprehensive introduction on Chinese culture. This DVD series covers the quintessence of Chinese culture, including Chinese civilization and art, Chinese customs, Confucianism, Buddhism and Taoism, different ethnic groups, and famous places of historic interest and scenic beauty. With brief and vivid commentary, and clear and beautiful pictures, it brings readers to the core of Chinese culture in a convenient and direct way. *A Kaleidoscope of Chinese Culture* can truly be called a solid multimedia encyclopedia of Chinese culture.

It is our sincere hope that this product will set you on an exciting journey of Chinese culture filled with pleasant surprises and help you to learn more about China.

戚法祥

President

Beijing Language  
and Culture University Press

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## 书法艺术

Shūfǎ Yìshù

Zài Zhōngguó, shàngguó xué de rén dōu huì xiě hànzi; dàn bǎ  
在 中国，上 过 学 的 人 都 会 写 汉 字；但 把  
hànzi xiě hǎo kě bù róngyì. Yì fú piàoliang de zì jiù xiàng yì fú  
汉 字 写 好 可 不 容 易。一 幅 漂 亮 的 字 就 像 一 幅  
huà, kàn qǐlai hěn měi. Suǒyǐ xiě hànzi shì yì zhǒng yìshù.  
画 儿，看 起 来 很 美。所 以 写 汉 字 是 一 种 艺 术。

shūfǎ jiù shì xiě hànzi de yìshù. Zhōngguó cóng gǔ dào jīn chūguo  
书 法 就 是 写 汉 字 的 艺 术。中 国 从 古 到 今 出 过  
hěn duō shūfǎjiā, liúchuán xiàlai dàliàng zhēnguì de shūfǎ zuòpǐn.  
很 多 书 法 家，流 传 下 来 大 量 珍 贵 的 书 法 作 品。

Zhè shì yì bǐ yí huà xiě de hěn duānzhèng de kǎishū.  
这 是 一 笔 一 画 写 得 很 端 正 的 楷 书。

Zhè shì xiě de hěn kuài, liánbǐ de cǎoshū.  
这 是 写 得 很 快、连 笔 的 草 书。

Zhè shì jièyú kǎishū hé cǎoshū zhījiān de xíngshū.  
这 是 介 于 楷 书 和 草 书 之 间 的 行 书。





## Chinese Calligraphy



In China, anyone who has gone to school can write characters, but to write them well is not easy. A beautifully written piece is just like a beautiful painting. It is an art.

Chinese calligraphy is the art of writing Chinese characters. There have been many outstanding calligraphers throughout history, who have left us with many great and valuable pieces of work.

This is the regular script. Every stroke is carefully written.

This is the cursive script. The strokes are connected and they are very quickly written.

This is the running script. It is somewhere between the regular script and the cursive script.

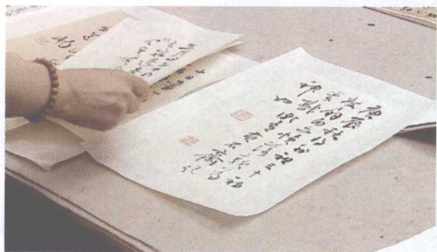
Wèi shénme xiě hànzi zài Zhōngguó nénggòu chéngwéi yì zhǒng yìshù  
 为 什 么 写 汉 字 在 中 国 能 够 成 为 一 种 艺 术  
 ne? Zhè yǒu liǎng ge yuányīn. Dì-yī shì hànzi yǒu gè zhǒng jiégòu, bǐhuà  
 呢? 这 有 两 个 原 因。第 一 是 汉 字 有 各 种 结 构, 笔 画  
 cóng yì bǐ dào jǐshí bǐ bùděng, duìbǐ qiángliè, bùtóng zì páiliè zǔhé  
 从 一 笔 到 几 十 笔 不 等, 对 比 强 烈, 不 同 字 排 列 组 合  
 xiàoguǒ wánquán bùtóng, zài yǔ hànzi de yìsi xiāng pèihé, jiù huì tǐxiàn  
 效 果 完 全 不 同, 再 与 汉 字 的 意 思 相 配 合, 就 会 体 现  
 chū Zhōngguó rén shuō de "yìjìng" lái.  
 出 中 国 人 说 的 “意 境” 来。

Dì-èr shì shūfǎ de zhǔyào gōngjù shì máobǐ. Máobǐ de bǐtóu shì yòng  
 第 二 是 书 法 的 主 要 工 具 是 毛 笔。毛 笔 的 笔 头 是 用  
 róuruǎn de dòngwù de máo zhìchéng de. Xiě zì de shíhòu zhànshàng yàntái  
 柔 软 的 动 物 的 毛 制 成 的。写 字 的 时 候 蘸 上 砚 台  
 mó de mòzhī, zài xuānzhǐ shàng shūxiě, kě chǎnshēng cū, xì, nóng, dàn gè  
 磨 的 墨 汁, 在 宣 纸 上 书 写, 可 产 生 粗、细、浓、淡 各  
 zhǒng biànhuà. Zhèxiē biànhuà, jiù xiàng huà huà er yíyàng, nénggòu biǎoxiàn  
 种 变 化。这 些 变 化, 就 像 画 画 儿 一 样, 能 够 表 现  
 chū shēnkè de nèihán. Zhè jiù shì shūfǎ yìshù nénggòu gǎndòng rén de  
 出 深 刻 的 内 涵。这 就 是 书 法 艺 术 能 够 感 动 人 的  
 yuányīn.  
 原 因。



Why can writing Chinese characters become an art in China? There are two reasons for that. Firstly, each Chinese character has a unique structure which distinguishes it from other characters. Some characters have scores of strokes; some only have one stroke. As a result, the combination of different characters produces a totally different visual effect, which, when coupled with the meaning of the characters, brings about "yijing" (artistic conception) as called by the Chinese.

Secondly, the major tool for Chinese calligraphy is the brush, the tip of which is made of soft animal hair. When writing Chinese calligraphy, one dips the brush into the ink in the inkslab first, and then writes on *xuan* paper, which will present a scale of different effects of thickness of the stroke and shades of the color. All these changes, just like painting, can express deep meaning, and that is why Chinese calligraphy can touch so many people.



# 中国 画

Zhōngguóhuà

Zhè shì Zhōngguóhuà. Zhōngguóhuà de zhǔtí chángcháng shì  
这是 中国画。 中国画的 主题 常常 是  
shānshuǐ yǔ huāniǎo.  
山水 与 花鸟。

Zhōngguóhuà de gōngjù yóu bǐ, mò, zhǐ, yàn gòuchéng,  
中国画的 工具 由 笔、墨、纸、砚 构成，  
rénmen tōngcháng chēng tāmen wéi "wén fáng sì bǎo". Yòng lái huà  
人们 通常 称 它们 为 “文房四宝”。 用来 画  
Zhōngguóhuà de zhǐ jiào xuānzhǐ. Zhè zhǒng zhǐ, shuǐmò róngyì  
中国画的 纸 叫 宣纸。 这种 纸， 水墨 容易  
shèntòu, néng chǎnshēng fēngfù de biànhuà. Zhèyàng de huà yí dàn  
渗透， 能 产生 丰富的 变化。 这样的 画儿 一旦  
xià bǐ jiù bù néng gēnggǎi. Zhè shì yòng lái huà Zhōngguóhuà de  
下笔 就 不能 更改。 这是 用来 画 中国画的  
máo bǐ, zhè shì yòng lái huà Zhōngguóhuà de mò hé yòng lái mó mò  
毛笔， 这是 用来 画 中国画的 墨 和 用来 磨墨  
de yàn.  
的 砚。





## Chinese Painting

This is a Chinese painting. Its theme is usually about mountains, rivers, flowers and birds.

The tools for Chinese painting include the brush, ink, paper and ink slab. People call them "four treasures of the study". This is the kind of paper used in Chinese painting, *xuan* paper. It absorbs ink quickly like a sponge and gives a rich change of different shades. Each brush stroke is a definitive move that produces a portion of the painting that can neither be improved upon nor corrected. This is the brush used in Chinese brush painting. This is the ink stick and ink slab.





Zhōngguóhuà dàtǐshàng kěyǐ fēnwéi gōngbǐ hé xiěyì liǎng zhǒng fēnggé. "Gōngbǐ" de "gōng" shì gōngzhěng xìzhì de yìsī, gōngbǐhuà yòngbǐ hěn xì, huàmiàn xíngxiàng jùtǐ. Xiěyìhuà yǔ gōngbǐhuà xiāngduì, shì yòng fēicháng jiǎnlìan de bǐmò miáohuì shìwù, shūfā gǎnqíng. Xiěyìhuà zhòng zài shén sì, bú zhòng xíng sì.

Zhè shì gōngbǐhuà. Zhè shì xiěyìhuà.  
这是工笔画。这是写意画。



Generally Chinese paintings can be divided into two styles: "*gongbi*" (elaborate style) and "*xieyi*" (free/liberal style). "*Gong*" here means careful and elaborate. In elaborate paintings, the artists use thin lines to paint very vivid and realistic pictures. In comparison with the elaborate and meticulous paintings, the execution of free-style painting is done with simple and bold brush strokes to express the painter's feelings. It lays more emphasis on capturing the spirit of the objects rather than their appearance.

This is an elaborate painting, and this is a piece in liberal style.





## 年画 Niánhuà



Niánhuà, jiù shì guò nián shí zhāngtiē de huàr.  
年画,就是过年时张贴的画儿。

Guò nián, yě jiào guò Chūn Jié, shì Zhōnghuá mínzú zuì lóngzhòng  
过年,也叫过春节,是中华民族最隆重  
de chuántǒng jiérì. Zài chuántǒng xísù zhōng, xīnnián kuài dào lái de  
的传统节日。在传统习俗中,新年快到来的  
shíhòu, jiājiā-hùhù dōu huì bǎ fángzi dǎsǎo de gāngān-jìngjìng de.  
时候,家家户户都会把房子打扫得干干净净的,  
zài dà mén、chuāng hù shàng tiē shàng nián huà.  
在大门、窗户上贴上年画。

Zhāngtiē niánhuà, jì hōngtuō le xǐyángyáng de xīnnián qìfēn, yòu  
张贴年画,既烘托了喜洋洋的新年气氛,又  
biǎodá le zhǔ rén qí qiú píng'ān xìngfú de xīnyuàn.  
表达了主人祈求平安幸福的心愿。

Niánhuà yì nián gēnghuàn yí cì, zhāngtiē hòu kě gōng yì nián  
年画一年更换一次,张贴后可供一年  
xīnshǎng.  
欣赏。

Zhōngguó niánhuà jīběn shàng shǔyú bǎixìng de yìshù, sècǎi yìbān  
中国年画基本上属于百姓的艺术,色彩一般  
bǐjiào xiānyàn、kuāzhāng. Rénmen bǎ hǎokàn de huàmiàn、xìngfú de  
比较鲜艳、夸张。人们把好看的画面、幸福的  
shēnghuó、měihǎo de yuàn wàng dōu fàng zài nián huà shàng.  
生活、美好的愿望都放在了年画上。