

# Chinese

## Minority Costumes

### 中国少数民族服饰

臧迎春 编著

Compiled by Zang Yingchun



CHINA  
INTERCONTINENTAL  
PRESS

云南人民出版社

NSR

新丝路模特经纪有限公司

## [目錄] Contents

- |                           |                               |
|---------------------------|-------------------------------|
| 2 前言 Preface              | 108 仡佬族 Mulam Nationality     |
| 4 藏族 Tibetan Nationality  | 112 毛南族 Maonan Nationality    |
| 10 门巴族 Moinba Nationality | 115 京族 Jing Nationality       |
| 13 珞巴族 Lhoba Nationality  | 118 土家族 Tujia Nationality     |
| 16 羌族 Qiang Nationality   | 122 黎族 Li Nationality         |
| 20 彝族 Yi Nationality      | 126 畲族 She Nationality        |
| 26 白族 Bai Nationality     | 130 高山族 Gaoshan Nationality   |
| 30 哈尼族 Hani Nationality   | 134 满族 Manchu Nationality     |
| 34 傣族 Dai Nationality     | 138 朝鲜族 Korean Nationality    |
| 38 傈僳族 Lisu Nationality   | 142 赫哲族 Hezhen Nationality    |
| 42 佤族 Va Nationality      | 146 蒙古族 Mongolian Nationality |
| 45 拉祜族 Lahu Nationality   | 152 达斡尔族 Daur Nationality     |
| 48 纳西族 Naxi Nationality   | 156 鄂温克族 Ewenki Nationality   |
| 52 景颇族 Jingpo Nationality | 160 鄂伦春族 Oroqen Nationality   |
| 56 布朗族 Blang Nationality  | 164 回族 Hui Nationality        |
| 59 阿昌族 Achang Nationality | 168 东乡族 Dongxiang Nationality |
| 62 普米族 Pumi Nationality   | 172 土族 Tu Nationality         |
| 65 怒族 Nu Nationality      | 176 撒拉族 Salar Nationality     |
| 68 德昂族 De'ang Nationality | 180 保安族 Bonan Nationality     |
| 72 独龙族 Drung Nationality  | 184 裕固族 Yugur Nationality     |
| 76 基诺族 Jino Nationality   | 188 哈萨克族 Kazak Nationality    |
| 80 苗族 Miao Nationality    | 192 柯尔克孜族 Kirgiz Nationality  |
| 84 布依族 Bouyei Nationality | 196 锡伯族 Xibe Nationality      |
| 88 侗族 Dong Nationality    | 200 塔吉克族 Tajik Nationality    |
| 92 水族 Shui Nationality    | 204 乌兹别克族 Uzbek Nationality   |
| 96 仡佬族 Gelao Nationality  | 207 俄罗斯族 Russian Nationality  |
| 100 壮族 Zhuang Nationality | 210 塔塔尔族 Tatar Nationality    |
| 104 瑶族 Yao Nationality    | 213 维吾尔族 Uygur Nationality    |

## [前言]

中国是个多民族聚居的国家，许多世纪以来，在这片神秘富饶的土地上，众多的民族繁衍生息、相互交流，形成了今天56个民族和平共处、共同生活在一个大家庭里的和谐局面。各族人民在各自漫长的发展历程中，不仅形成了独特悠久的历史，而且也创造出了绚烂丰富的文化；他们的历史和文化既留存在那些口述笔录的歌谣典籍之中，也同样留存在那些村姑野老的衣脚裙边之上。因此，对于不同的民族而言，服饰既是代表其民族文化特性的标志，也是维系其族群的物质和精神的双重纽带。

不同的自然环境，不同的宗教信仰，不同的生产方式，不同的风俗习惯，形成了千差万别的社会形态，也创造出了色彩斑斓的服饰艺术，正所谓“十里不同风，百里不同服”，它们构成了多民族服饰共生并存的复杂丰富的生态群落。有的民族处于原始文化状态，其服饰大多采用简单加工的天然材料，工艺和装饰都较为简单，风格简洁粗放；有的民族处于较为发达的文化状态，其服饰材料更加丰富，制作工艺渐趋复杂精美，服饰风格雍容华丽……有的民族所处的环境相对隔绝，其服饰风格独树一帜；有的民族所处的环境比较开放，其服饰风格与其他民族相互影响……这些不同层次和不同风格的文化特征在服饰上自然地流露出来，使服饰成为反映各民族社会发展和文化发展的“活化石”。虽然服饰艺术是随着时代变迁和社会发展而变化的，一些民族服饰符号所特指的内涵（宗教意识或社会结构等）已经或正在消失，但是服饰作为民族文化的精髓和积淀，却依然闪耀着夺目的光辉。灿烂丰富而具有深刻文化精神底蕴的各民族服饰，不仅是中华服饰文化重要的组成部分，也是全人类文明的瑰宝。

虔诚的信仰，坚强的信念，美好的愿望，深沉的乡情……在这些民族服饰中，我们可以读到的太多太多，它们幻化在藏族胸前佩挂的护身佛盒里，蒙古族的分割式长袍里，也幻化在朝鲜族的七彩衣袖里和苗家女背上的故乡地图里……翻开中国少数民族服饰这本“大书”，迎面扑来的是一股古朴清新的乡间山野气息，或许它能涤荡些许现代都市生活的浮尘，给我们的精神片刻回归自然的呼吸。



## [Preface]

China is a multinational society where 56 nationalities procreate, exchange and live peacefully and harmoniously together like a big family in this mysterious and fertile land for centuries. In their long cause of development, all nationalities not only form unique and centuries-old history, but also create splendid and rich culture. Their history and culture not only exist in their oral ballads or written ancient books and records, but also on countrymen's clothes. So for these nationalities, costume not only displays their ethnical cultural characteristics, but also serves as material and spiritual ties that hold their ethnical group together.

Because of different natural environments, different religious beliefs, different modes of production and different customs and traditions, these nationalities form diverse social conditions that differ in many ways with each other and also create colorful costume art. The saying of "customs differ in ten *li* away and costumes vary in one hundred *li* away" (Note: 1 km = 2 *li*) well describes the complex and abundant ecological community where multinational costumes coexist. Some nationalities are in a primitive cultural state, so their garments mostly use simply processed natural materials, their techniques and decorations are rather simple and their clothing styles are austere. For those nationalities with rather developed culture, their clothing materials are ample, the workmanship is more complicate and refined, and costume styles are more graceful and luxuriant. Some minorities are living in rather isolated environments, so their garment styles develop a school of their own. For those minorities who live in an open environment, their clothing styles are

interactional. Because cultural characteristics of different levels and styles are displayed naturally in clothing, clothes become the living fossil that reflect the social and cultural development of each different minority. Though clothing art changes along with the vicissitude of times and social development and some connotations (religious consciousness and social structures and etc.) signified by minority clothing symbols have already vanished or are vanishing, costumes, as the distillation and soul of the ethnical culture, still shine splendidly. These ethnical costumes showing colorful, rich and profound cultural and spiritual charm are not only important components of Chinese clothing culture, but also the cultural gem of all human beings.

Devout belief, strong faith, fine wishes and deep affection to hometowns... there are too many meanings that we can read from ethnical clothing. They are miraculously displayed in the talismanic Buddhist box that hung in front of the chest of Tibetan people, the segment style robe of Mongolians, colorful sleeves of Korean people and the hometown maps on Miao girls' back... Opening the "great book" of Chinese ethnical clothing, we could feel a fresh breath from countryside and mountains, and maybe it could wash away some floating dust of modern city life and give us a chance to return to the nature.





藏族女性服饰和银质发套

Women's clothing and head coverings with bowl-shaped silver ornaments of Tibetan Nationality

## [藏族] 服饰

*Costumes of [Tibetan Nationality]*

**藏族**：主要分布于西藏自治区及四川、青海、云南等省。藏族大多信仰藏传佛教，其服饰的主要标志是古拙粗犷的藏袍，条纹繁复、色彩艳丽的女性氍毹围裙、以及具有雪域高原浑厚文化底蕴的饰品。

**Tibetan Nationality**: Mostly distributed in Tibetan Autonomous Region and Sichuan, Qinghai, and Yunnan Provinces. Tibetan people believe in Tibetan Buddhism. Their major clothing marks are unsophisticated and rugged Tibetan robes, colorful lady *pulu* aprons with complicate candy stripe patterns and adornments that show the profound cultural flavor of plateau snowfield.











# 藏族

## [女服] Costumes of Women



藏族女服(背面)  
Tibetan women's costume (Back)



藏族女性的服饰  
Women's dress and adornment

### 女服

藏族女子的首饰非常丰富，她们用珠宝、金银、象牙、玉器作首饰，比较有特色的是头顶上的“巴珠”，发辫上装饰的银币，胸前挂的护身佛盒“嘎乌”，以及腰上佩的长串金属币、腰刀、火镰盒子等。年青女子梳两条辫子，并用鲜艳的毛线掺辫盘头；牧区的女子会梳很多的小辫子披在背部，有的辫梢互相交织成辫网，有的在辫子上加挂10厘米宽的缀有玛瑙、珠宝、玉器的饰带。不同地区的女装形式也有所不同，有些地区的藏女穿着各种颜色的长衫，外套镶边的黑色坎肩，配长裤；有些地区的女子穿对襟无扣长坎肩；有些地区的女袍用宽布条、豹皮、氍毹等装饰袍裾，其边饰有宽有窄，颜色也各不相同；有些地区的女子穿短衣和长裙。藏女通常还会在前面围一块色彩对比强烈的氍毹围裙，称为“帮垫”。

### Costumes of Women

There is an abundance of Tibetan women's ornaments. They make ornaments with jewelry, gold, silver and jade as materials. Something characteristic are "Tibetan bead" wore on top of the head, silver coins for decorating the hair plaits, "Gao" – the talismanic Buddhist box that hung in front of the chest, and the waist decorations such as long string of coins, broadsword and container of steel for flint and etc. Young girls decorate their two hair braids with colorful wool threads and then coil the hair braids. Ladies in pasturing area will do their hair in many small braids and let down at the back. Some ladies interlace hair braids into hairnets and others decorate their braid ends with 10-cm wide ribbons embellished with agate, jewelry and jade. Lady garment style differs in different areas. Tibetan women in some areas wear black edged waistcoats over gowns of all different color and trousers. Women in some areas wear buttonless long "Duijin"-style waistcoats. (*Duijin: a kind of Chinese clothing style that buttons in the middle.*) In some areas, women decorate their robes with wide cloth ribbons, leopard fur or *pulu* (a kind of Tibetan handmade textile). The edge decoration is of different width and color. In some areas, women wear short jackets and long skirts. Tibetan women usually wear *pulu* aprons with colors of strong contrast in front, called "Bang Dian."







男子服饰  
Men's dress and adornmen

### 男 服

男子穿袍，衣料以毛皮为主，右衽，长袖，比较宽松，夏天或劳动的时候有时只穿左袖，或将两只袖子都束在腰间，袒露上身。他们冬天一般会穿上袖子，腰间系带，使胸前形成大行囊，里面可以装各种随身用品，甚至可以装小羊羔。

### Costumes of Men

Men wear robes with long sleeves, mostly made of fur and the front part of robe buttons to the left. In summer or when they are working, sometimes they only wear the left sleeve, or bind the two sleeves around the waist to expose the upper body. In winter, they would wear both sleeves and tie the robe with a waistband. In this way, the robe could form a big bag space in front of the chest where all kinds of daily articles for use and even a small lamb could be held.

### [男服] Costumes of Men



藏族饰品  
Tibetan ornaments



藏族男服  
Tibetan men's costume





门巴族女子的节日盛装  
Women's splendid attire

## [门巴族] 服饰

*Costumes of [Moinba Nationality]*

门巴族：主要分布于西藏自治区。其居住地因山河阻隔，外人难以涉入，因而有“隐藏地”之称。门巴族的服饰风格既有受藏族影响的痕迹，又有自己独特的面貌。

Moinba Nationality: Mainly distributed in Tibet Autonomous Region. As mountains and rivers isolate their living place, people from outside are hard to get in, so Moinba's living place has the name of "Hidden Place." Though with the influence from Tibetan people, Moinba clothing style has its own unique features as well.





## 女 服

女子的装束一般是在褐色长袍外穿白色氍毹筒裙，背披一块小牛皮。少女要披四条腿俱全的小羊皮，据说可以辟邪，但实际上毛皮具有保暖、防潮、背东西时垫物的作用。有的地区的女子上面穿白色短衬衫，外面穿宽松的长坎肩，配彩条长裙。门巴族女子喜欢佩戴首饰，如银手镯、戒指；缀松石、珊瑚串成的耳坠；胸挂五颜六色的串珠和银质“嘎乌”（护身）等。

## Costumes of Women

Women usually wear white *pulu* pailform skirts over brown gowns, and drape calf pieces at the back. Story goes that young girls should drape a sheet of lambskin that still keeps the skin of four legs to drive evils away. But in fact, fur could keep people warm, prevent moisture and act as padding when carrying things at back. In some areas, women will wear loose long waistcoats over white short shirts and long skirts of colorful stripes. Moinba women like to wear ornaments, such as silver bracelet, finger ring or eardrop made of turquoise and corals strings. They also wear colorful bead strings and silver *gao* in front of the chest.



门巴族男子的服饰：氍毹袍脱在腰间，戴绒帽  
Men wear felt hats and *pulu* robes



门巴族女袍、男服  
Moinba women's gown and men's costume

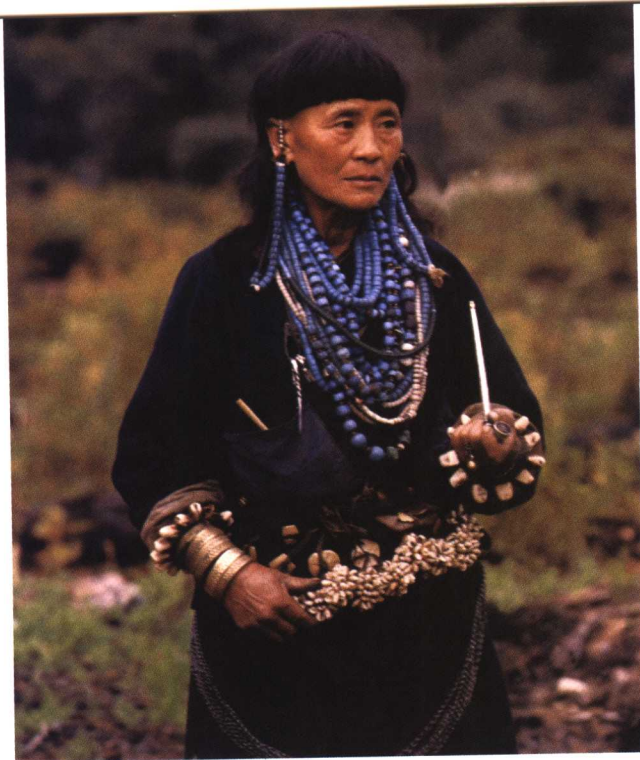
## 男 服

男子穿红色氍毹长袍，腰系赭色腰带，头戴红色底、黄色边的小帽子，配软底牛皮长统靴，一般用红黑两色氍毹镶配缝制。他们外出时，在腰间佩带一把带鞘的砍刀。

## Costumes of Men

Men wear red *pulu* robes tied by ochereous waistbands, small red caps with yellow edging, cowhide high boots with soft sole which are usually sewn with double colored *pulu*. They gird sheath knives when going out.

[女服] Costumes of Women  
[男服] Costumes of Men



珞巴族女子服饰  
Women's costume and ornaments of Lhoba Nationality

## [珞巴族]服饰

*Costumes of [Lhoba Nationality]*

珞巴族：主要分布于西藏自治区。其生活区域山高林密，气候复杂，物产丰饶，服饰多以羊皮和羊毛制品为主，颜色则以红、黑居多。

Lhoba Nationality: Mainly distributed in Tibet Autonomous Region. They live in a place of high mountains, thick forest, complicated climate and rich produce. Their clothes are mainly made of sheepskin and wool, and red and black are the typical colors.





珞巴族

[女服] Costumes of Women  
[男服] Costumes of Men

女服

女子身穿麻布短衫，披小牛皮，下配灰色或黑色的及膝羊毛裙，披发、赤足；节日的时候，披红色大披肩，脖子上挂几十串珠子，腰佩贝壳串、刀、烟斗等。身上佩戴的铜或银质装饰品甚至重达几公斤。

Costumes of Women

Women wear linen short jackets and gray or black knee-length wool skirts. They drape cowhide at the back, let hair down and are barefoot. In holidays, they would drape a big red shawl and wear tens of strings of beads around neck and other adornments such as shell string, knife and pipe and etc. on waist. Copper or silver ornaments that they wear could weigh more than several kilos.



珞巴族老年男子喜爱披黑色羊毛贯头坎肩，背披野牛皮，戴熊皮帽，腰佩长刀

Black, sleeveless woolen pullover favoured by elderly men



珞巴族妇女服饰  
Women's dress and adornment



珞巴族女服  
Lhoba women's costume

男服

男子多穿藏式氍毹长袍，罩野山羊皮或毛毡坎肩，披一块野牛皮，披发、赤足，头戴熊皮圆盔或藤条编的圆盔，帽后垂一块熊头皮，据说可以用来防备箭射刀砍。他们耳坠串珠，随身佩带长刀，携弓箭，带烟斗、烟盒等物品。

Costumes of Men

Men often wear ibex hide or felt waistcoats over Tibetan *pulu* robes, drape a piece of urus hide, let down hair and bare feet. They wear bearskin helmets or cane-woven helmets with a piece of bearskin hung at the back. It is said by doing this way, it can guard against the attack from arrow and sword. They decorate ears with bead strings, gird long swords and carry bows and arrows, pipes and cigarette cases and etc.





羌族婚礼服

Wedding dresses of Qiang Nationality

羌族

## [羌族]服饰

Costumes of [Qiang Nationality]

羌族：主要分布于四川省。羌族崇尚白色，其挑花刺绣的吉祥纹样久负盛名。

Qiang Nationality: Mainly distributed in Sichuan Province. Qiang people esteem the color of white, and their embroidery or cross-stitch work of lucky patterns are well known.