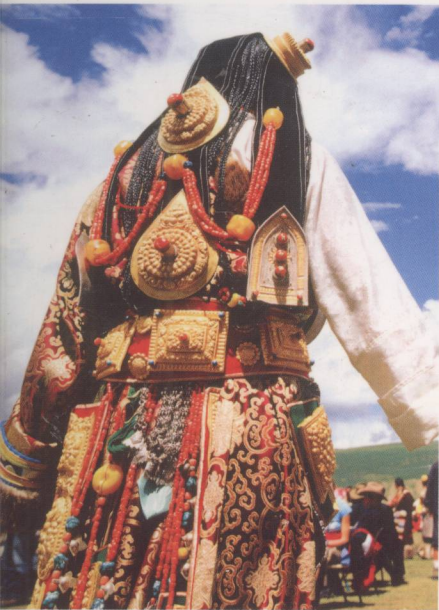


ETHNIC FESTIVALS AND COSTUMES OF SICHUAN

四川少数民族节日与服饰精粹



主编 韦荣慧 摄影 列来·拉杜等

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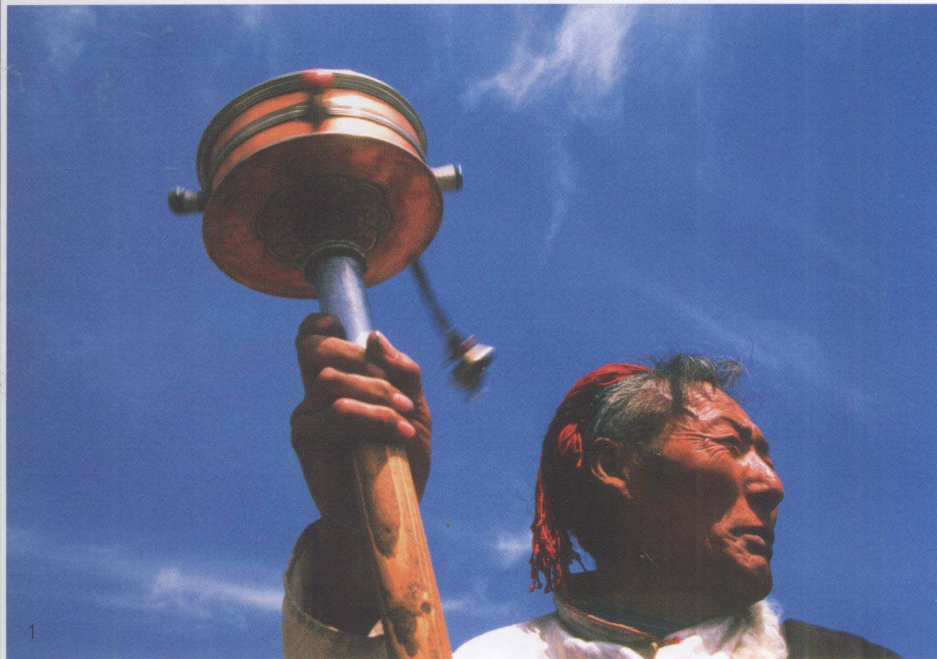
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藏族

TIBETAN ETHNIC GROUP



四川藏族主要分布在川西高原，是四川省居住在最高海拔地区的民族。主要居住在甘孜藏族自治州、阿坝藏族羌族自治州和凉山州的木里藏族自治县等地区。据2000年全国人口普查统计（下同），藏族人口为126.9万人。四川境内的藏族历史悠久，在藏族居住区域内发现有史前旧石器时代、新石器时代的文化遗址和遗存。汉代对现甘孜州的族部称“白狼夷”。魏晋统称

今甘孜、阿坝州两地的部族为“羌”。隋唐今阿坝州及甘、青两省南部仍为羌人部落居住，史称“西山诸羌”。宋代称现阿坝州境内的部族为蛮。元明清泛称四川藏族为“吐蕃”。

藏族住房建于向阳高地靠近水源处，以石块、木头或夯土筑墙，一般为三层，下层关牲畜，中层住人，上层多为经堂或客房，有的地方还留一半做平台。牧民一般住

用牦牛毛制成的帐篷。饮食上，以糌粑、牛羊肉和奶制品为主，喜饮酥油茶、青稞酒。

藏族人民有尚礼好客的传统。对于久别重逢的亲友，拉手贴于脸颊相亲。见所敬重之人，将袒臂之袖搭于肩上，弯腰双手平伸或竖大拇指，以示敬礼。平常相见互相招呼示敬。对陌生客人接待热情，主人两手手心向上，平放胸前，躬请客人进屋坐右上方。

The Tibetan people in Sichuan, as the ethnic group residing the highest altitude areas of the province, mainly inhabit the Ganzi Tibetan Autonomous Prefecture, Aba Tibetan and Qiang Autonomous Prefecture and Muli Tibetan Autonomous County in Lianshan Prefecture on Western Sichuan Plateau. According to the 2000 national population census (the same below), the population of Sichuan Tibetans was 1.269 million. Discovered in the Tibetan-inhabited areas are cultural ruins and relics dating to the prehistoric Paleolithic Age and the Neolithic Age. During the Han Dynasty (206 BC-AD 220), the native people residing in today's Ganzi Prefecture were known as "Bailangyi." During the Wei and Jin Dynasties (220-420), the tribes living in today's Ganzi and Aba areas were collectively known as "Qiang." In the Sui and Tang Dynasties (518-907), today's Aba Prefecture area as well as Gansu and Qinghai



Provinces were dominated by Qiang tribes. During the Song period (960-1279), the ethnic people in present-day Aba Prefecture were called "Man." Later, from Yuan (1279-1368) to Ming (1368-1644), and to Qing (1644-1911),

the Tibetans in Sichuan were generally called "Tufan."

Tibetan houses are typically built on a high land facing the sun and near water sources. Of stone, wood or rammed earth structure, the houses

1. 藏族男子 (摄影: 胡小平)
A Tibetan man. by Hu Xiaoping
2. 藏族姑娘服饰 (摄影: 胡小平)
Costumes and ornaments of the Tibetan young women. by Hu Xiaoping



generally have three stories - the lower for domestic livestock, the middle for human accommodation, and the upper as sutra study or guesthouse. Herders mostly live in yak-fur tents. The Tibetan cuisine features tsamba (barley bread), beef, mutton and dairy products, and the ethnic people particularly favors butter tea and highland barley wine.

The Tibetan people are traditionally hospitable. On such an occasion where families and friends meet again after a long period of parting, they would kiss each other on the cheek. When meeting revered people, they would bend their bodies and stretch arms horizontally or put a thumb up to show respect. To receive guests, the host would put their hands before chest, palms

on, and invite guests to the seat of honor.

3. 丹巴嘉绒藏族 (摄影: 陈锦)
Gyarong Tibetans, Danba. by Chen Jin
4. 藏族女子头饰 (摄影: 胡小平)
Headdress of a Tibetan woman. by Hu Xiaoping



美观大方的藏族服饰

Beautiful Tibetan Costumes

藏族服饰美观大方，各地略有差异。一般穿右襟奇脐短装，外罩藏袍。藏袍领宽、腰肥、袖管长出手面一尺多，下襟长出脚面两三寸，开右襟，腰间束一根一丈四五尺布带或绸带，前摆要求平直，后摆讲究折纹。藏袍多用绵羊皮缝制，因产皮季节不同，而有夏板、秋板、冬板之分。不论男女，都喜爱戴毡帽和礼帽，冬季戴狐皮帽，皆穿长筒皮靴。喜戴金银戒指、象牙（或银）手镯。身配“尕吾”。男女都蓄辫。妇女头饰较为讲究，并因地而异。十五六岁开始蓄发，未婚女性将头发梳成数十条小辫，已婚妇女才梳双辫。牧区姑娘喜在细辫上穿珠吊玉，在额前发间顶戴珠宝，颈挂珊瑚、珍珠或绿玉项链。木里藏族妇女长发内加青、红发线，编成两条长辫盘于头顶。耳戴银环，环中吊着玛瑙珠。妇女年满45岁或丈夫去世后即削发。嘉戎藏民常穿毡衫，冬天不论男女都穿羊皮褂子或无领短褂。男子腰配七八寸长的吊刀（有配二尺多长的腰刀），刀把嵌绿松石、珊瑚，刀鞘刻有龙凤图案。妇女挂五寸长的小刀。僧尼一律披紫红色袈裟，下穿围裙，足蹬长靴，头戴僧帽。

Tibetan costumes are beautiful and gorgeous, slightly varying in design from place to place. The Tibetans generally wear a short jacket, with buttons on the right, and a long robe outside. The Tibetan robe features broad collar, long sleeves,



and loose waist to be bound by a cloth or silk belt. While the front part is usually straight and flat, the rear part contains folds and pleats. Tibetan robes are mostly made of sheep furs. Both Tibetan men and women love hats, and in winter, many wear fox fur hats and knee boots. They also

like to be adorned with gold and silver rings, ivory or silver bracelets, and amulets.

Both men and women have braids, and women's delicate headdresses are different from place to place. They usually begin to grow hair at the age of 15, and single women usually have tens

of braids while the married, only two. Young women in pastoral areas often hang beads and jade ornaments on their braids and wear jewelries at the forehead in addition to a coral, pearl or emerald necklace. Tibetan women in Muli like to interweave their hair with green and red threads into



two long braids and then coil them above the head. They wear silver earrings with agate beads. When turning the age of 45 or when their husband die, they would shave bald.

Woolen jacket is a common outfit of the Tibetans in Gyarong area. In winter, whether male

or female, they wear sheepskin jacket or collarless short gown. Men also wear a long broadsword, usually inlaid with turquoises or corals at the hilt and engraved with dragon and phoenix designs on the scabbard. While women often wear a small knife. Monks and nuns generally

wear carmine cassock, apron, knee boots and a hat.

5. 参加盛装展的藏族妇女 (摄影: 胡小平)

Tibetan women at a costume show. by Hu Xiaoping

6. 藏族妇女盛装上的金银饰品 (摄影: 胡小平)

Gold and silver ornaments of Tibetan women. by Hu Xiaoping



7. 丹巴嘉绒藏族 (摄影: 陈锦)
A Gyarong Tibetan in Danba County.
by Chen Jin



8. 藏族男子头饰 (摄影: 胡小平)
A Tibetan man's headgear.
by Hu Xiaoping



9. 藏族姑娘的头饰 (摄影:胡小平)
Headdress of a Tibetan girl. by Hu Xiaoping



10. 藏族男子盛装上的配饰 (摄影: 胡小平)
Ornaments on a Tibetan man's attire. by Hu Xiaoping



11. 藏族盛装展示 (摄影:胡小平)

A show of Tibetan costumes. by Hu Xiaoping



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12. 男子个性发饰 (摄影: 胡小平)

A man's headgear. by Hu Xiaoping

13. 藏族盛装上的金银饰品 (摄影: 胡小平)

Gold and silver ornaments on a Tibetan attire. by Hu Xiaoping



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14. 藏族妇女盛装上的银饰与珊瑚饰品 (摄影:胡小平)
Silver and coral ornaments on a Tibetan woman's dress.
by Hu Xiaoping
15. 藏族小姑娘头饰 (摄影:胡小平)
Headdress of a young Tibetan girl. by Hu Xiaoping