

汉 语 言 文 化 选 修 课 教 材 系 列
A COURSE FOR GENERAL EDUCATION: CHINESE LANGUAGE AND CULTURE

汉英对照 CHINESE-ENGLISH READER

汉字与书法

AMAZING CHARACTERS & MAGIC BRUSHWORK

Textbook 课本

王晓钧 编著

By Xiaojun Wang



北京语言大学出版社
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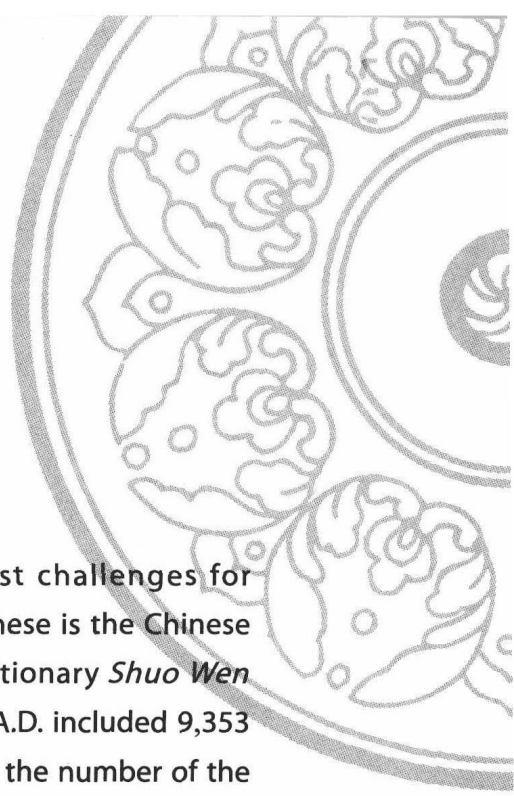
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前言 Preface



对西方人来说，学习中文的最大挑战之一就是中文的书写系统。追溯到公元100年，最早的一部中文字典《说文解字》面世时，就已经收录了9 353个汉字。到了公元1039年字典《集韵》出版时，收录的汉字字数已经增加到53 525个。已有5000年以上历史的汉字，是世界上历史最长且最复杂的书写系统之一。它同时也是使用人口最多、最具有吸引力的一种文字。当今世界，使用汉字的人数已经超过了15亿，主要分布在中国的大陆、台湾、香港、澳门以及日本、韩国、东南亚地区。

汉字之所以经久不衰并吸引着世人，其原因包括两个方面：一方面是汉字本身，另一方面则是书法的作用。汉字的创造是神奇的，而如何书写汉字更是奇妙的。对大多数人来说，汉字的神秘不仅在于它的起源，而且也在于如何用艺术的形式来展示它内在的构造。事实上，汉字不仅是一种书面文字，而且本身也是一种艺术。在汉字的背后潜藏着美学的基本原理。许多人都认为，中国书法就像是没有景物和色彩的图画，没有声音和音符的音

One of the biggest challenges for Westerners to learn Chinese is the Chinese writing system. The dictionary *Shuo Wen Jie Zi*, published in 100 A.D. included 9,353 characters. By 1039 A.D., the number of the characters had accumulated to 53,525 in the dictionary *Ji Yun*. With a history of more than 5,000 years, Chinese is one of the most oldest and complicated writing systems in the world. In addition, it is also one of the most popular and attractive characters. Nowadays it is actively used by over 1.5 billion people in China's Mainland, Taiwan, Hong Kong and Macao, as well as in Japan, Republic of Korea, and Southeast Asia.

The attraction of the Chinese writing system is twofold: one is the construction of the character itself and the other is the beauty of Chinese calligraphy. The creation of characters is fascinating and the various ways to write them are exquisite. How characters were originally formed and how they have come to be presented in artistic handwriting are a mystery to most people. In fact, the Chinese writing system functions both as a written language and as an art. General aesthetic principles underlie this art. Chinese calligraphy has been described as "painting without objects or color, music without sound or notes, dance without performers, and architecture without





乐，没有表演者的舞蹈，没有建筑材料的庭院楼阁。中国书法的美妙基于大自然之美，充满平衡、和谐、动感、变化、活力和韵律。这些代表着所有纯正的艺术的真谛。

我编写这本教材的动因源于探讨外国学生学习汉字和练习书法之间的关系。几年前，我们大学开设中文书法课的时候，市场上找不到可供母语为非汉语的学生使用的书法教材，而且中文汉字课和书法课也没有直接的联系。因此，本教材的目的在于从美学的角度来介绍汉字，并试图为这个领域提供一部体现综合性和实用性的教学材料。我们在以下四个教学法方面进行了尝试，以求满足学生和教师的需要。

■ 把汉字学习和书法练习结合起来

汉字在西方有“东方魔方”的称号，这也是吸引西方人学习中文的主要原因之一。但是，当学习者尽力去记忆某个汉字的一笔一画的时候，他们往往忽略了这个汉字的内在美。因此，如果能引导他们看到每个汉字结构所展示的艺术魅力，对他们的汉字学习将起到重要作用。当学习者懂得欣赏汉字的形体之美时，他们往往会乐此不疲地反复去读写这些汉字。当他们练习书法时，也会自然而然地分析每个汉

building materials”。The beauty of Chinese calligraphy is essentially the beauty of nature — balance, unity, motion, change, vitality and rhythm. It represents the principles of all genuine art.

What motivated me to work on this textbook was the relationship between learning characters and practicing calligraphy. When we offered a course of Chinese Calligraphy a few years ago, there were no available teaching materials on the market and no connection between character learning and calligraphy training. Therefore, the purpose of this textbook is to introduce characters with an aesthetic approach, and provide integrated and user-friendly learning materials to this field. We have made the following pedagogical approaches to meet the needs of both students and instructors.

• Combine character learning with calligraphy training

The Chinese character has been nicknamed “the oriental mystical square” in the West. It is also the major attraction for many Westerners to learn Chinese. However, people often ignore the beauty of the characters when they try to remember each stroke of a character. Therefore, it is important for them to see the art that underlies each character’s construction. It will motivate the learners to read and write the characters accurately and tirelessly if they appreciate the beauty of the character forms first. It is also equally important for



字的内部结构。为了达到这个目的，本教材综合了有关汉字的基本知识和汉字的书写艺术。

■ 把硬笔书法和毛笔书法结合起来

中国书法传统上一直被认为是用毛笔书写汉字、创造意境、表达情感的艺术。但是，现实生活中我们天天都在使用的是铅笔、圆珠笔或钢笔。在现代社会中，这些书写工具无疑比毛笔方便且普及得多。事实上，人们已认同并接受硬笔书法也是一种艺术。因此，本教材除了介绍硬笔书法外，还设计了很多练习，让学习者在使用毛笔之前先打好基础。

■ 把书法理论和书法练习结合起来

学习书法不仅要有基本的理论知识，同时需要大量的练习。因此，本教材分为课本和练习册两个部分。课本介绍了有关汉字的笔画、笔顺、结构和书体、源流及书法欣赏等知识；练习册则提供了从笔画到部首、从单字到句章的训练以及描摹、临帖等各种练习方法。为了便于学生和教师使用，课本的每一章后面都有根据讲授内容所提出的问题，可以作为家庭作业或课堂讨论；练习册中则附有相应的参考答案。除此之外，教材中还设计了专门的章

them to understand how a character is constructed when they practice calligraphy. For that purpose, we have integrated the basic knowledge about characters with the aesthetics of character writing.

• Combine hard-tip handwriting with brushwork

Chinese calligraphy has been traditionally considered the art of using brushwork to create an artistic mood and express feelings. Today, however, we use pencils or hard-tip pens to write, as they have become more convenient and popular than brushes. In fact, hard-tip calligraphy is now considered and accepted as an art. Therefore, this book has introduced a hard-tip calligraphy section and designed many exercises for learners to work on it before they start to use the brush to write.

• Combine theories on calligraphy with hand-on training

Learning Chinese calligraphy requires not only mastery of the basic theory, but also a lot of practice. Therefore, this set of textbooks has two volumes — *Textbook* and *Workbook*. The knowledge of the strokes, the stroke order, the construction, the styles, the origins and the beauty of the characters are introduced in the *Textbook*. The step-by-step exercises on tracing, copying model works of strokes, radicals, characters, and a piece of calligraphic work, and both hard-tip and brushwork practice are provided in the *Workbook*. There is a section of questions

节，通过提供建议和范例，引导学习者尝试自我构思的书法习作。学习者可以运用自己学到的书法知识和技能，结合对不同文化的解读和领悟，进行书法创作，以提高书法学习中的积极性和创造性。

■ 把中国书法和中国文化结合起来

虽然中文书写系统看起来相当复杂，但是学习起来却趣味无穷。其实，汉字并非只是古老的书写符号，它也是组成中国文化的要素之一，在中国人的文化生活中起着重要的作用。每个汉字都折射出了古代中国人的智慧和创造力，都包含着源远流长的中国文化的底蕴和深邃的哲学思想。这部教材的目的之一就是把中文书面语和中国的哲学、艺术结合起来，从而给学习者提供综合性的学习材料以及相关活动的建议，以求对中国的书面语和文化艺术有比较深入的了解。

本教材可供没有中文背景的学习者使用，每个对中国文字和书法感兴趣的人也都可以参考。因此，它不仅可以作为大学相关课程的教材，也可以供中学或周末学校、夜校参考，还可以作为自学材料。希望本教材能够满足那些想在书法教学的同时进行汉字教学的教师和学生需求。由

after each chapter in the *Textbook* that is based on the content of that chapter. These questions can be used as homework or classroom discussions. The answer keys are offered in the *Workbook*. In addition, we have also designed a chapter for learners to work on a self-designed creative project by providing suggestions and samples for learners to brainstorm. Learners can use their knowledge and skills on calligraphy and combine their understandings of different cultures in their brushwork, so as to bring their initiative and creativity into full play.

• Combine Chinese calligraphy with Chinese culture

Although the Chinese writing system is quite complicated, it is also very interesting. In fact, it is not just the symbol created in the ancient times, but is also an essential element in modern Chinese culture. Chinese calligraphy plays an important role in the artistic life of the Chinese people. Every character reflects the ancient wisdom and creative power of Chinese people, and underlies the long and rich history of Chinese culture and philosophy. One of the purposes of this textbook is to combine Chinese written language with Chinese philosophy and art, and provide students with integrated learning materials and activities to help them have a deeper understanding of Chinese written language, culture and art.

于本教材主要是为母语为非汉语的读者编写的，因此书中并没有关于书法源流等方面的详尽介绍，而是把重点放在中文作为第二语言教学的角度上。为了改进编写质量，欢迎使用者赐予中肯的建议或意见。

王晓钧

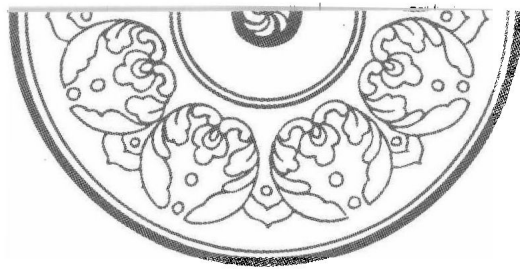
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This textbook is designed for learners without prerequisites; everyone who is interested in Chinese writing system and calligraphy can also use it. Therefore, this set of textbooks can be used not only for college classes, but also at middle schools, Sunday or evening schools or for self-instructional purposes. I hope that this set of textbooks can meet the needs of both instructors and students who want to teach and learn Chinese calligraphy while also teach and learn Chinese characters. Since it is intended for general readers whose native language is not Chinese, I have focused on methodology of teaching and learning Chinese as a second language and have not dealt in detail with historical background of Chinese calligraphy. To improve the future editions of this set of textbooks, any suggestions or criticisms are welcome.

Xiaojun Wang

April 2009





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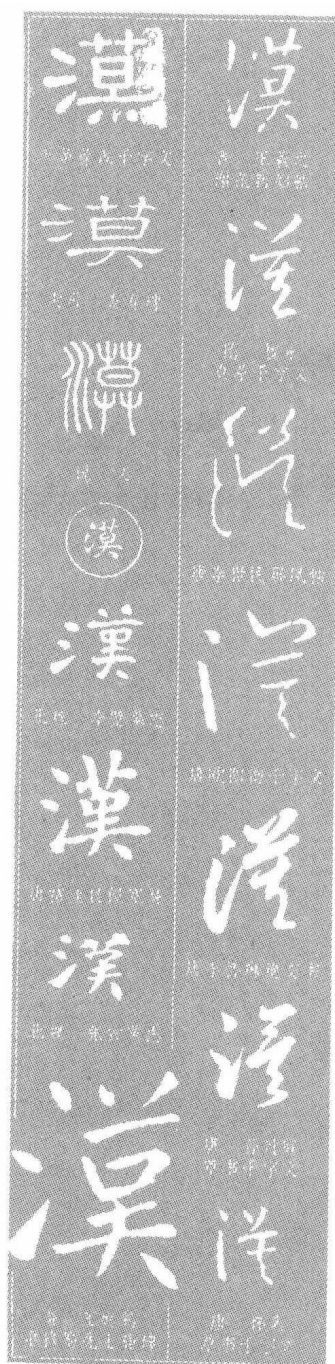


什么是中国书法

Introduction to Chinese Calligraphy

1





书法就是书写的艺术。英文中“calligraphy”（书法）一词起源于希腊语，表示“好的”或“美丽的”书写。“好的书写”至少包含两个方面的意思：首先是书写的形式要正确，是约定俗成的语言符号，得到使用同一种语言的大众的认可；其次是要把各种符号协调地组合到一起，通过自然和谐的书写形式，使人们得到视觉上和精神上的享受。书法所表现出来的艺术魅力是无穷的。

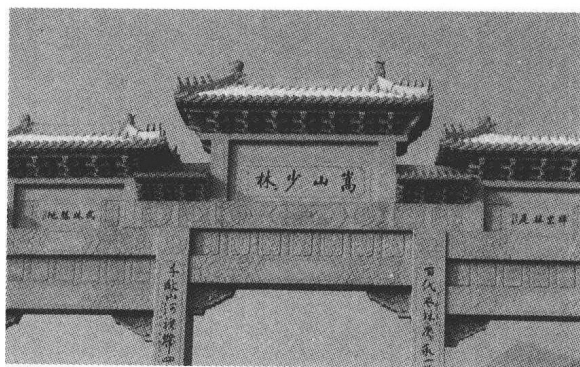
据统计，世界上至少有1000种以上的书写系统或书面语。起始阶段，书面语的作用是记下某个事件或当时当地人们的言行。人们书写的时候会尽量用不同的方式把书写的符号和语义、语音联系起来，由此而创造出的书写系统也很不相同。有些语言的书面语注重拼写和读音的联系，而有些则把书写符号和意思紧密联系起来。总的来说，基本上有三种书写系统：（1）表音系统，

Calligraphy is writing as an art. The term derives from the Greek words for “good” or “beautiful” writing. It refers to what writing masters called the art of fair writing. It requires: (1) a sure knowledge of the correct form of writing, i.e. the conventional signs by which language can be communicated; and (2) the skill to inscribe them with a harmonious ordering of various parts, so that the knowing eye will see the composition as a work of art. The artistic charm that calligraphy demonstrated is boundless.

According to the statistics, of the world's existing writing systems, there are more than 1,000 different kinds of written languages. At the beginning, the function of written language was to record events and what people did and said. In writing, people strived in different ways to connect the writing forms with meanings and sounds; therefore, the creation of written systems was differed from each other. Some of the written languages focused on the relationship between spelling and pronunciation; some



武当山进山大门
The gate leading into Mount Wudang



少林寺进山大门
The gate leading into Shaolin Temple

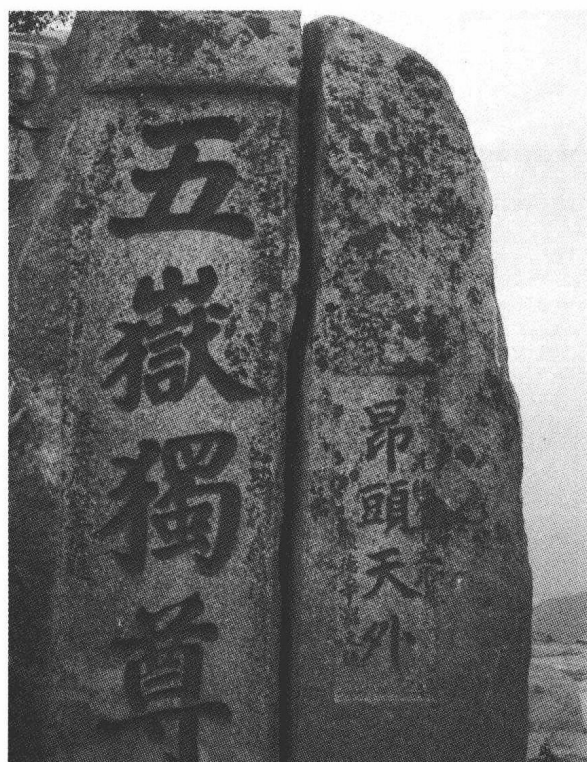
如英文的字母；(2) 音节系统，如日文的音节符号——假名；(3) 表意系统，如中文的汉字。中文书写系统是世界上唯一的、至今仍在广泛使用的表意系统。由于表意文字的书写形式与语义相关，而语义总是十分复杂、丰富的，所以，表意的符号成千上万、千变万化，这也给书法家提供了发挥创造力和想象力的空间。

在中国，书法的兴盛时期可以追溯到几千年前。当人们开始书写的时候，他们也开始采用艺术的形式，试图写得美观，以满足各种需要。中国出现了很多著名的书法家，他们不但创造了自己独具特色的书体，而且还通过书法

of them related the writing form more closely to the meaning. In general, there are three types of written systems: (1) phonetic, as in the English alphabet; (2) syllabic, as in Japanese syllabic scripts — *kana*; and (3) logographic, as in Chinese characters. The Chinese writing system is unique in that it is logographic and still actively used. Since logographic involve meaning, and meaning is always complicated, logographs in writing are numerous and ever changing. It gives a calligrapher space to use his or her imagination and creativity.

In China, Chinese calligraphy is a fundamental tradition that can be traced back several thousand years. The purpose of writing in calligraphy is to try to write in an artistic style to look elegant or to meet a special need. There are many famous calligraphers in China who have created their own styles and demonstrated their skills and spirit through their calligraphic works. The progress of science and technology, such as the invention of paper and printing, has also provided the possibility for popularization of calligraphy. In fact, the development of Chinese calligraphy mirrors the history of Chinese civilization and culture.

Since calligraphy has a social function that is closely linked to people's daily life, you can find calligraphic works everywhere in China. For example, when Chinese people celebrate festivals, such as Chinese New Year, calligraphic works can be seen



泰山上的“五岳独尊”石
A stone with the inscriptions of “First of the Five Sacred Mountains” in Mount Tai

作品展示了他们深厚的功力和内在的精神。随着科学技术的进步，比如造纸术和印刷术的发明，书法艺术得到了进一步的普及。事实上，中国书法的发展反映了中国文明和文化的进程。

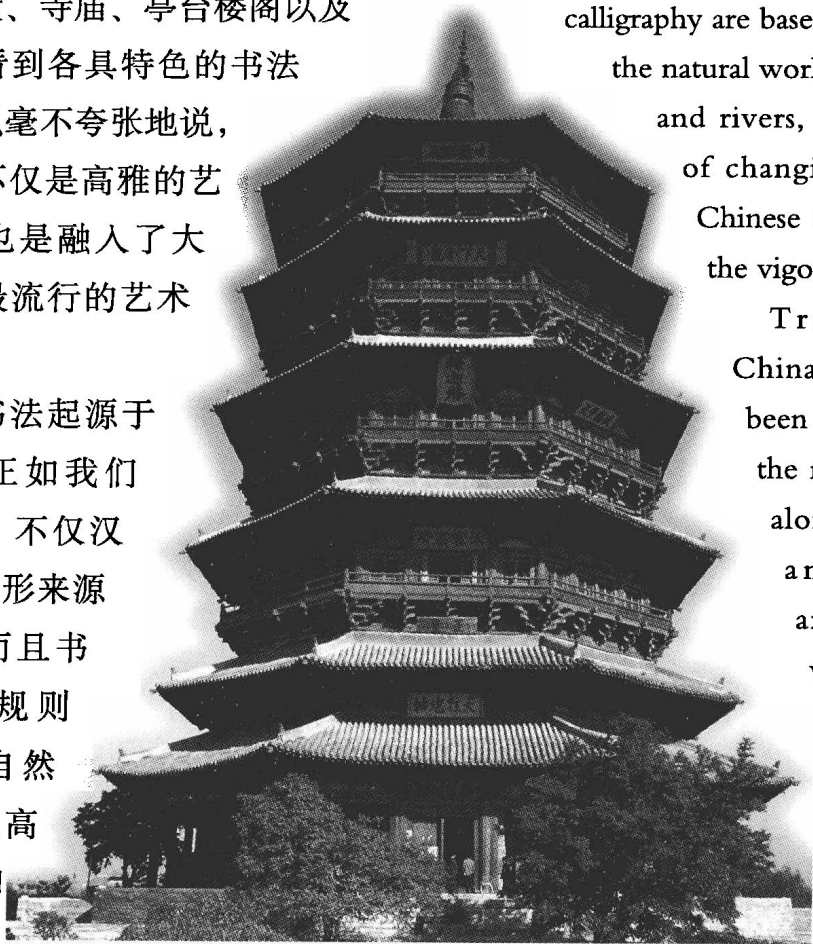
在中国，处处都可以看到书法作品，因为书法具有的社会功能融入了人们的生活之中。比如，中国人庆祝春节的时候，你在门柱上、墙上、屋子里或是贺年卡上，都可以看到写在红纸上的各种书法，以表示庆贺和祝福。人们也可以在宫殿、寺庙、亭台楼阁以及名山大川看到各具特色的书法作品。可以毫不夸张地说，中国书法不仅是高雅的艺术，同时也是融入了大众生活的最流行的艺术之一。

中国书法起源于大自然。正如我们所看到的，不仅汉字的基础字形来源于自然，而且书法的基本规则也是依据自然之美。如同高耸的山峰和奔流的江

on the gateposts, walls, inside of houses or on greeting cards. The characters are often written on red paper to express good wishes and hopes. Visitors can also see calligraphic works in palaces, temples, pavilions, towers and mountains. It is not exaggerated to say that calligraphy is not only a high-level art, but also one of the most popular arts which has merged into people's lives.

The basic inspiration of Chinese calligraphy is nature. As we will see, not only are the basic character forms derived from nature, but also that the principles of calligraphy are based on the beauty of the natural world. Like mountains and rivers, like the rhythms of changing and moving, Chinese calligraphy reflects the vigor of nature.

Traditionally in China, calligraphy has been considered one of the major oriental arts along with painting and poetry. In ancient China, it was impossible to pass a civic exam for a government job if you were not proficient in creating



山西应县木塔，建于1056年，高67.31米，是中国现存最古老的全木结构的古塔

The 67.31 meters high wooden pagoda in Ying County, Shanxi Province, was built in 1056. It is the oldest all-wood pagoda in China.

在中国，书法一直被认为是独具特色的最主要的艺术之一。书法、绘画与诗歌一起构成了灿烂的东方艺术瑰宝。在古代中国，如果你不精通书法，就难以通过朝廷为选拔官员而设立的科举考试。纵观中国的文化史，杰出的学者、画家、作家或诗人往往也都是书法高手。实际上，很多学者和艺术家都把书法看成是通往艺术之门的必由之路，由此才可以进入艺术的宫殿。如陈廷祐先生¹所说，“书法是没有物象的绘画，没有声音的音乐，没有演员的舞蹈，不用构件、材料的建筑”。其实，各种艺术都是相互关联、相互影响的。艺术的基本要素体现在平衡、变化、连贯、韵律等方面，这些正是书法艺术所强调的。书法综合了艺术所呈现的美的各种成分。

中国的儿童从小就开始练习书法。对孩子来说，画画儿和书法是培养他们审美意识的开始。对学习中文的外国学生来说，练习书法也会对学习中文大有帮助。中国汉字常常是学习者中文学习过程中最大的障碍之一。书法练习不仅可以增加学习者的学习兴趣和动

calligraphy. Throughout the history of China, great intellectuals, painters, writers, and poets were often great calligraphers as well. In fact, many scholars and artists consider calligraphy as the door to various other kinds of arts. As Mr. Chen Tingyou¹ points out, calligraphy is the “painting without images, a piece of music without sounds, a stage without actors and actresses, and a building without components and materials”. In fact, many arts are related to and influence each other. The basic principles and elements of art focus on balance, change, continuity, and rhythm, as does Chinese calligraphy. Calligraphy actually integrates these beautiful elements of art.

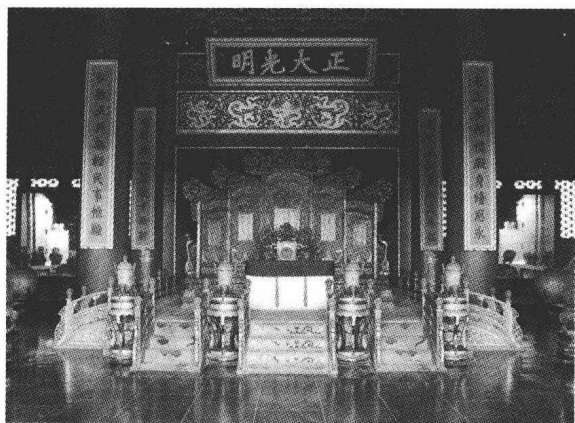
Children in China are encouraged to practice calligraphy at an early age. For many children, painting and calligraphy are their first approach to aesthetic consciousness. It is also very helpful for students of Chinese



河南洛阳白马寺山门
The gate of White Horse Temple in Luoyang,
Henan Province

¹ 陈廷祐(2003)《中国书法》,北京:五洲传播出版社。

¹ Chen Tingyou. (2003) *Chinese Calligraphy*. Beijing: China Intercontinental Press.



故宫“正大光明”牌匾
“Zheng Da Guang Ming” (meaning “frank and honest”) inscribed on the plaque of the Imperial Palace

力，而且也会通过对字形结构和笔画笔顺的分析帮助学习者记忆汉字。通过练习书法，学生会更加欣赏中国语言的书写系统和造字方法，使学习汉字成为充满乐趣且难以忘记的经历。现代的研究还证明，学习中国书法有益于人的大脑发展，因为书写汉字时不仅需要集中精神，保持安静，同时也使人的左右脑同时活动起来，对每个汉字的音、形、义三方面进行综合考虑。比较而言，写英文的时候，人们只需主要考虑音和义两个方面。

中国有一句俗语：“见字如见人。”这句话恰恰反映出中国人长期以来的信念，即从一纸书写中就可以窥测到书写者的教育水平、社会地位和内在的性格人品。难怪我们都需要练习书法，并尽量把字写得更好更美。

to practice calligraphy while they are learning Chinese. Chinese characters are one of the hardest parts of the Chinese language for them to acquire. Calligraphic exercises can not only increase students' interest and motivation to learn, but also help them to memorize the characters by analyzing the structure and strokes of each character. Through the practice of calligraphy, students will come to appreciate the Chinese writing system and the creation of Chinese characters, as well as have an enjoyable and unforgettable experience in learning characters. It has also been proven that learning Chinese calligraphy can help with the development of the brain, since it involves both sides of the brain by simultaneously requiring concentration and calmness, while dealing with the sound, meaning and the form of a character. In comparison, when writing English, the brain is only involved with the sound and meaning of the word.

There is a common saying in China, “one's handwriting mirrors his face”. This saying explains the belief held up by Chinese—just a piece of calligraphic work reveals the writer's education level, social status, personal character and spirit. No wonder we want to practice calligraphy, and make our handwriting as good as possible!



思考题 Questions

1. 什么是“书法”？
 2. 世界上有多少种主要的书写系统？汉字属于哪种书写系统？
 3. 中国书法的历史有多长？
 4. 中国书法发展的根源是什么？
 5. 中国书法在东方艺术中占有什么样的地位？
 6. 为什么要学习中国书法？
1. What does calligraphy mean?
 2. How many types of writing systems are there in the world, and which writing system do Chinese characters belong to?
 3. How long a history does Chinese calligraphy have?
 4. What is the basic inspiration of Chinese calligraphy?
 5. What is the status of Chinese calligraphy in oriental arts?
 6. What can you benefit from learning Chinese calligraphy?

作业 Homework

完成《汉字与书法·练习册》第一部分练习一（数字）。

Work on Section I, Exercise One (Numbers) in the *Workbook*.