

The tea ceremony



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茶道 · 茶之起源



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The Origin of Tea



中国茶文化的摇篮

巴蜀是中国茶文化的摇篮

Sichuan is the cradle of tea culture Chinese

据植物学家论证，属山茶科植物的茶树早在几十
万年前就在中国西南部进化成形。

"Tea tree is a plant native to South China, with the
height ranging from a foot to dozens of feet."

-- A quote from *The Classic of Tea*

中国茶文化的摇篮

唐代陆羽《茶经》称，茶树在“巴山峡川有两人合抱者”说明在唐代中期，我国的川东，鄂西一带已分布有许多野生古老大茶树。

Botanists have long asserted that the place of origin for *Camellia sinensis* is around Southeast China's Sichuan province. According to the Classic of Tea, the first known monograph on tea in the world penned by Chinese writer Lu Yu between 760 and 762 AD, it would take two adults holding hands to encircle the trunk of the largest tea tree on Bashan Mountain, which locates on the borders of modern-day Shaanxi, Sichuan and Hubei provinces. This suggests that there were already a lot of large wild tea trees growing in this region during the middle of the Tang Dynasty (618-907).



陆羽从小在寺院长大，受佛教影响较大，一生嗜茶，走遍江南多省茶区，精于茶道，以著世界第一部茶叶专著——《茶经》闻名于世。

陆羽对中国茶业和茶文化的发展做出了卓越的贡献，被誉为“茶仙”，奉为“茶圣”，祀为“茶神”，是中国茶文化的奠基人。

Lu Yu is respected as the “Sage of Tea” for his contribution to Chinese tea culture. He is best known for his monumental book the Classic of Tea, the first definitive work on cultivating, making and drinking tea.

中国茶文化的形成标志

The formation of Chinese tea culture



陆羽烹茶图
Painting of Lu Yu brewing tea



唐代

中国茶文化的孕育期 Tang Dynasty (618-907): The incubation period for Chinese tea culture

唐代已有80个州产茶，茶区面积增大，饮茶习俗也随之迅速普及，茶文化向外传播有了一定的发展。

During the Tang Dynasty, tea trees were being extensively planted across China, and tea began to be used as a beverage drunk for pleasure on social occasions in people's daily lives.

中国茶文化发展历程

Chinese tea culture development history



唐代《宫乐图》

Painting of the Ten Tang Concubines drinking tea and wine

宋代



中国茶文化的发展初期

Song Dynasty (960-1279): The start of Chinese tea culture's development

到了宋代，品饮茶叶的技艺有了很大的发展，同样是饮用团饼茶为主，但改“煮茶”为“点茶”。

The Song Dynasty saw a tremendous change in the style of tea preparation. Tea leaves were processed into compressed cakes and then boiled water was added to the teacakes placed in teacups.

明清



中国茶文化的发展中期

Ming and Qing dynasties (1368-1911): The middle stage of Chinese tea culture's development

明太祖朱元璋于洪武二十四（1391年），发布了一道诏令，要求进贡的茶叶改为散芽茶。

Zhu Yuanzhang, founder and first emperor of China's Ming Dynasty, issued a decree in 1391, which demanded that the tribute tea paid to the imperial court should be changed to bud tea.

当代中国茶文化的发展

The development of tea culture in modern China

中国21个省、市、自治区产茶，据不完全统计，中国现有名优茶已达1100多种。中国名优茶的数量与品质，在世界上处于领先地位。名优茶中以绿茶占绝对多数，品质优良，深受消费者欢迎。



There are nearly 1,100 varieties of tea existing in China. With a longer history than other varieties, green tea is the most popular variety of tea consumed domestically in China.

茶道·识茶



2

Recognize Tea



茶的分類

Types of Chinese tea

绿茶
Green tea
龙井、碧螺春、黄山毛峰等

1



红茶
Black tea
滇红茶、祁门红茶等

2



白茶
White tea
白毫银针、贡眉等

3



黄茶
Yellow tea
君山银针等

4



黑茶
Post-fermented tea
六堡茶、普洱茶等

5



乌龙茶
Oolong tea
铁观音、大红袍等

6



中国十大名茶
Top 10 China's Teas



西湖龙井
Longjing tea or
Dongding Green
Spiral



碧螺春
Biluochun Tea



黄山毛峰
Huangshan
Maofeng tea



庐山云雾
Lushan Clouds
and Mist tea



六安瓜片
Lu'an Melon Seed
tea



君山银针
Jun Mountain Silver
Needle



信阳毛尖
Xinyang Maojian
Tea



武夷岩茶
Wuyi Mountain
Rock or Da Hong
Pao (Big Red
Robe) tea



安溪铁观音
Anxi Tieguanyin
tea



祁门红茶
Keemun Black Tea

中国的四大茶区

The four major tea areas in China

江南茶区 Jiangnan tea-producing area	<p>位于中国长江中、下游南部，浙江、湖南、江西等 This area lies south of the middle and lower reaches of the Yangtze River, covering the provinces including Zhejiang, Jiangxi and Hunan.</p> <p>绿茶、红茶、黑茶、花茶以及品质各异的特种名茶 Green tea, black tea, scented tea, as well as other special teas of different qualities.</p>
江北茶区 Jiangbei tea-producing area	<p>位于中国长江中、下游北岸，河南、陕西、甘肃、山东等 This area refers to a large area north of the middle and lower reaches of the Yangtze River, consisting of the provinces of Shandong, Anhui, Henan, Shaanxi, Gansu and northern Jiangsu.</p> <p>主要是绿茶 Green tea</p>
西南茶区 Southwest tea- producing area	<p>位于中国西南部 The area is considered to be the original birthplace of the tea plant. It embraces the southwestern provinces of Sichuan, Yunnan, Guizhou and part of the Tibet autonomous region.</p> <p>红茶、绿茶、沱茶、紧压茶和普洱茶等 Black Tea, Green Tea, Tuo, tea and Pu'er Tea etc.</p>
华南茶区 South China tea-producing area	<p>位于中国南部 This area consists of the southern provinces of Guangdong, Fujian, Taiwan, Hainan and Guangxi Zhuang autonomous region</p> <p>红茶、乌龙茶、花茶、白茶和六堡茶等 Black Tea, oolong Tea, scented tea, white tea and Liu Pao tea</p>

如何辨识茶叶

How to distinguish fresh tea from old tea

	干茶色泽 Dry tea color	茶汤 Tea infusion	香气 Aroma	滋味 Flavor
新茶 Fresh tea	鲜绿，有光泽 bright green and shiny	汤色碧绿 vivid	有浓厚茶香，如清香、茶花香、熟板栗香味等 strong tea fragrance	甘醇爽口 mellow and refreshing
旧茶 Old tea	色黄、暗晦、无光泽 yellow and dull	汤色深黄 deep yellow	香气低沉 little fragrance	味虽醇厚、但不爽口 mellow, but not refreshing

“明前茶” “雨前茶” 分别指什么？

Mingqian tea and Yuqian tea

“明前茶” 是对江南茶区清明节前采摘、制作的春茶的称呼。“雨前茶” 是指江南茶区清明后、谷雨前采制的茶叶。

Mingqian tea refers to tea leaves picked before the Qingming Festival in South China, while Yuqian tea refers to tea leaves picked after the Qingming Festival but before guyu, the last term of spring in the Chinese solar calendar, in South China. Qingming Festival falls in early April each year.

茶道
泡茶

3

Make Tea



茶道六用

茶道六用，也称茶道六君子，是对以茶筒归拢的茶针、茶夹、茶匙、茶则、茶漏、茶筒六件泡茶工具的合称。

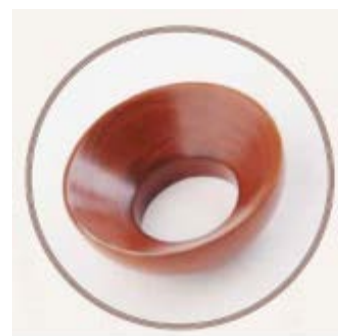
A tea tool kit containing the following: shovel, funnel, needle, shuffle, tongs and vase.



茶针
needle



茶匙
Teaspoon



茶漏
funnel



茶夹
tong



茶则
shovel



茶筒
vase



茶壶
Tea pot



盖置
saucer



品茗杯
tea cup



盖碗
covered bowl

| 常用茶具

Common tea set

壶承
Pot
bearing



茶盘
Tea tray



闻香杯
fragrance-smelling
cup



杯垫
Coaster



如何使用茶具

“

1、如何使用茶壶

标准的持壶动作：一手的中指抵住壶钮，另一手的拇指、食指、中指，扶住壶把，双手配合。

How to hold a teapot properly

The standard action to hold a teapot is using the middle finger of one hand against the pot knob and the thumb, index finger and middle finger of the other hand to hold the handle, with two hands' coordination.

”





“

2、正确使用品茗杯

How to use a tea cup properly

1. 取杯：拇指及食指分别在杯子两侧，中指顶住杯底。

1、Take a tea cup: Hold the tea cup with your thumb and index finger, with your middle finger supporting the bottom of the cup;

2. 温杯：

①手温杯法

②茶夹温洗法

2、Warm the cup

3. 将茶汤倒入品茗杯中，分三口喝下去，鉴别茶汤的滋味。

3、Pour the tea from the teapot into the cup and finish it in three sips.

”



How to brew West Lake Longjing tea?

西湖龙井冲泡

1、先将水烧至沸腾，待水温降至80℃备用。
将适量西湖龙井拨入茶荷中备用。

1, Make the water boiling and then wait the temperature down to 80℃ in reserve.
Allocate moderate West Lake Longjing tea in the tea holder.

”



2、倒少量热水入盖碗中，温杯润盏，把温杯的水倒掉。

2, Pour a little bit of hot water into the bowl to make the cup warm and smooth, and pour the water away.



3、用茶匙将茶荷中的西湖龙井轻轻拨入盖碗中。

3, Put the West Lake Longjing tea with a teaspoon from the tea holder into the bowl.

“



4、向碗盖中倒入少量热水，浸没茶叶，待茶叶叶片浸润舒展即可。

4, Pour a small amount of hot water into the bowl which can cover the tea better. Wait till the tea leaf stretch out.



5、高冲水至七分满。杯盖露边斜放，以免茶叶焖黄。

5, Pour water from high above till the water fills up 7/10 of the bowl. Incline the lid of the bowl, in case of the tea leaves have stewed yellow.

茶道·品茶

4

Tea Tasting





品茶

不同人品茶，品出不一样的滋味，或是隽永持久，或是余韵袅袅，亦或是热烈高昂……
只要你欣喜一杯茶，在那氤氲香气中，放开你的心，静静体悟，那么所谓人生百味尽在其中。
Tea is dependent on the mental state of the taster. If you immerse yourself in the sensory
experience of brewing and tasting a cup of tea, every cup of tea can be beautiful. This
could be the essence of Chinese tea culture.

品茶的方法

Tea Tasting

1

欣赏汤色

主要从色度、亮度、清浊度等方面，辨别茶汤颜色深浅、正常与否、茶汤暗明、清澈或浑浊程度。

Observe the tea

Look at the color and opacity of the brewed tea. This is part of the beauty of tea and a great visual treat for tea connoisseurs. A darker brew may indicate a fuller flavor, while murkiness or sediment may indicate a low-quality tea.

2

闻嗅香气

每次嗅的时间不宜过长，一般掌握在三秒钟左右

In Chinese tea culture, the aroma and aftertaste of a tea are just as important as its flavor. Smelling the aroma of a tea before sipping it can be a very enjoyable and informative act that adds to the tasting experience. However, the smelling time should not be too long: Three seconds is enough.

品茶的方法

Tea Tasting

3

尝试味道

茶汤吮入口内，不咽下喉，用舌尖打转两三次，巡回吞吐，斟酌茶的味道欣赏干茶的固有形态。

Taste the tea

Take a slow sip, letting the tea linger in your mouth. Swish it over the tip and sides of your tongue, noticing the texture and weight of the tea in addition to the flavor.

4

评看叶底

将泡过的茶叶倒入叶底盘或杯盖中，并将叶底拌匀铺开，观察其嫩度、匀度、色泽等。

Observe the infused tea leaves

Spread the infused tea leaves evenly on the tray or cup lid after consumption and observe their color, tenderness and uniformity.



品茶的要求

The requirements of tea

不同季节饮不同的茶

春季，饮用花茶，散发体内寒气，消除春困。

夏季，饮用绿茶可清热、消暑。

秋季，饮用铁观音、凤凰单丛可清除余热，防治秋燥。

冬季，饮用红茶抵御寒气，增强抵抗力。

According to traditional Chinese medicine, people should drink tea according to their physical fitness and choose the right tea for the time of year.

Generally speaking, scented tea is recommended in spring, green tea in summer, oolong tea in autumn and black tea in winter.

“凤凰三点头” 有何寓意？

冲泡绿茶时也讲究高冲水，即手提水壶高冲低斟反复三次，好似凤凰向客人点头致意。“凤凰三点头”的寓意是向客人三鞠躬以示欢迎，是对客人表示敬意，同时也表达了对茶的敬意。

Phoenix three nods

“Phoenix three nods” refers to a traditional etiquette in the tea ceremony, in which the tea master or tea server lifts the kettle high and pours water into the teapot. Using the power of the wrist, the server lifts the pot up and down three times while continuing to pour the tea, to show respect to the guests and the tea.





“伸掌礼”何时使用？

当主人向客人敬奉各种物品时都简用此礼，意思为“请”和“谢谢”。伸掌姿势为三指并拢，手掌略向内凹，侧斜之掌伸于敬奉的物品旁，同时欠身点头，动作要一气呵成。

Stretching forward a palm

When the tea server has finished serving the tea, they will raise themselves slightly and stretch forward their palm (usually with four fingers outstretched) next to the tea cup to invite their guests to enjoy the tea.

什么是屈指代跪？

奉茶者给客人奉茶或斟茶时，客人将右手食指和中指并拢微曲，轻轻叩击茶桌两下，以示谢意。这是茶桌上特有的谢茶礼。

Light finger tapping

Light finger tapping is a customary way of thanking the tea master or tea server for the tea. After one's cup is filled, the bent index and middle fingers (or some similar combination) are knocked on the table twice to express gratitude to the person who served the tea.

茶道·品茶



喝茶容易，懂茶难。

对于喝茶的人来说，茶只是一种止渴解乏的饮料；
而懂茶的人不仅能品出好茶的真味，还能喝出茶的境界，感悟人生的智慧。

It is quite easy to drink a cup of tea, but it's really hard to understand it. For tea drinkers, tea is just a kind of beverage to alleviate thirst and fatigue. For those who understand tea, drinking tea is a graceful art full of the wisdom of life.





Thanks for watching!



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