

M-b. 稻草人舞 Straw Man Dance



稻草人舞内容为展示稻作生产、宣教稻作文明。图为示范耕田。

The Straw Man Dance also describes rice farming traditions. This photo shows a section of the dance in which the dancers demonstrate the tilling of the paddy.

砚山县大新寨壮族，开春时节，用稻草扎稻草衣，举行祭祀后跳稻草人舞。

The Zhuang of Yanshan County's Daxin Village use dried rice stalks to make straw clothing and, after offering sacrifices, they dance the Straw Man Dance to bring in the new year.



M-c. 水牛头舞 Water Buffalo Dance (*Longh Yah Vaiz*)

壮族崇拜水牛，故承传“隆娅歪”（壮语，汉意为：耍、表演；女性；水牛），译成汉语为：水牛祖母舞。图为西畴县壮族在丧葬祭祀仪式上表演“隆娅歪”。

The Zhuang worship the water buffalo through their *Longh Yah Vaiz*, which means “Water Buffalo Ancestress Dance” (literally: *longh* means “play” or “perform”; *yah* means “female”; *vaiz* means “buffalo”). The photo shows Xichou County Zhuang dancing the *Longh Yah Vaiz* as part of a sacrifice ceremony for a burial.





壮族跳“水牛祖母舞”，由四人扮演，两人戴水牛面具，一人戴猴面具，一人戴大头笑脸面具，舞蹈动作有猴、人戏牛，水牛模仿牛的生活习性作打滚、挑逗跳跃等。图为“猴戏弄水牛”。

The Zhuang Water Buffalo Ancestress Dance is danced by four people, two of whom wear water buffalo head masks, one wears a monkey head mask, and the fourth wears a smiling face mask. The movements of the dance include sections in which the monkey and the human trick the buffalo. Those playing the water buffalos mimic the habits of the water buffalo, but also perform with a twirling staff, provocative jumping, etc. The photo shows the monkey playing tricks on the water buffalo.



M-d. 纸马舞 Paper Horse Dance



文山县壮族传统纸马舞，是古代战争的纪念。

The traditional Paper Horse Dance of the Dai Zhuang of Wenshan County recalls ancient wars.

马关县男人跳纸马舞，是宗教祭祀舞的演变。

In Maguan County, it is now the Zhuang men who dance the Paper Horse Dance, which has evolved into a dance for offering religious sacrifices.



M-e. 手巾舞 Hand Towel Dance



壮族传统手巾舞，是生产舞，模仿撒稻种、插稻秧、割稻谷、打谷、挑稻谷等，先民把整个稻作生产技术编成舞蹈宣教后人。

The Hand Towel Dance is composed around the farming methods: the dancers imitate the motions of sowing the rice paddies, planting the rice seedlings, cutting the rice, threshing the rice, and carrying the rice on poles. The ancestors of the Zhuang composed this dance to pass on the rice agricultural technology they had developed.

M-f. 唐王舞 The *Tang'vaenz* (Sun) Dance



砚山县批洒村有祭祀唐王和跳唐王舞的习俗。

The Zhuang of Yanshan County's Pisa Village have a tradition of making offerings to the sun (*Tang'vaenz* in the Nong Zhuang language) and dancing the *Tang'vaenz* Dance.



唐王舞有驱虫、鼠害的含义，舞蹈队伍到稻田里驱赶虫、鼠。

Villagers dance the Sun Dance through the rice paddies in order to repel insects and rodents.



古代类似唐王舞有性挑逗的舞蹈，激发性欲而在水稻扬花时节，到稻田里模拟媾交促使稻穗灌浆，祈求稻谷丰收。

Ancient *tang'vaenz* dances were sexually provocative dances. The dances were intend to arouse sexual desire. During the season when the rice paddies were in bloom, dancers would enter the rice paddies and imitate copulation in order to cause the grain heads to grow and to pray for a rich harvest.

(4) 云南壮剧 Traditional Dramatic Theatre

云南省传统壮剧戏班都集中分布在富宁、广南两县，20世纪80年代有富宁县那旦永乐班、富宁县孟村三合班、富宁县板仑土戏班、富宁县者宁太平班、富宁县里呼土戏班，广南县西松沙戏班、广南县普千沙戏班、广南县底圩沙戏班等20余个戏班，多数戏班成立于清代，表演的剧目多为历史战争、传说故事创作素材。

Yunnan Province's traditional Zhuang drama is primarily concentrated in the two counties of Funing and Guangnan. During the 1980s, there were more than twenty dramatic troops including the Nadan's Yongle Troop, Meng Village's Sanhe Troop, Banlun's *Tu* Skit Troop, Zhening's Taiping (Peace) Troop, and Lihu's *Tu* Skit Troop, all in Funing County, and Xisong's *Sha* Skit Troop, Puqian's *Sha* Skit Troop, and Dihe's *Sha* Skit Troop in Guangnan County. Most of these theatre troops were established during the Qing Dynasty period (1644-1912 AD). The dramatic pieces performed are inspired by historical wars and traditional legends.

N-a. 乐西土戏 Lexitu *Tu* Plays



文山县乐西村的传统戏剧称“乐西土戏”。

The traditional *Tu* plays of Wenshan County's Lexi Village.



N-b. 富宁土戏 Plays of Funing County

乐西土戏的剧目多为表现古代战争。

Lexi Tu plays portray ancient wars.

富宁县归朝戏班在沈氏土司府遗址表演壮剧。

A Zhuang dramatic performance taking place at the ruins of the Shen Tusi compound in Funing County's Guichao.



(5) 曲艺 Lyrical Arts

O-a. 壮语快板 Zhuang Kvaiban



壮族民间艺人在表演壮语快板。

A Zhuang folk artist performing the *Kvaiban* in the Zhuang language.

(6) 杂技与竞技 Acrobatics and Tournaments

P-a. 打陀螺 Spinning Top



竞技器具陀螺。

A spinning top used in competitions.



富宁县归朝壮族打陀螺比赛。

The Zhuang of Funing County's Guichao holding a spinning top competition.

P-b. “挨掬” *Ai Nyaeuh*

儿童比赛“挨掬”时，各在一端，上下落地推秋千旋转。

When children compete, each sits on an end and the one touching the ground whirls the other child around in the air.





儿童在旋转“挨拗冠”。

Children playing on an *ai nyaeuh*
gvaen.



P-c. 吹唢呐敬酒 *Svaeu'na* Toasting

边吹唢呐边抬酒碗递给宾客，
需掌握高难度技巧。

While playing, musicians
balance bowls of liquor on their
svaeu'na instruments while carrying
them to guests, a skill that requires
much practice.



P-d. 赶马攻城 “Speed the Horse and Attack the City”



马关县男队在比
赛赶马攻城。

Men in Maguan
County competing in
“speed the horse and
attack the city.”

(7) 民间美术 Folk Arts

Q-a. 壮族版画 Zhuang Wood Prints



壮族版画源于古代神符。

The origins of Zhuang wood prints go back to ancient sacred seals.



马关县阿峨新寨祖孙三代在制作版画。

Three generations, father, son and grandson, producing wood prints in Maguan County's A'e Xinzhai Village.



阿峨新寨的版画多以壮族生活习俗为素材。

Most of A'e Xinzhai Village's Zhuang wood prints are inspired by daily life and customs.

Q-b. 壮锦 Zhuang Brocade



壮锦分为织锦和绣锦两类，图为绣锦。

There are two main types of Zhuang brocade: weavings and embroidery. This photo shows a display of embroidery.



绣锦的图案以壮族的图腾图案为多。

Many of the embroidered designs are taken from Zhuang totems.



壮族的织锦需具备高超的技艺。

Only the most skilled weavers can produce this type of Zhuang woven brocade.



用织布机织出的壮锦。

Woven brocade produced on a Zhuang traditional loom.

Q-c. 竹编 Bamboo Basket weaving



壮乡竹资源丰富，壮人善竹编。图为壮族常用的竹编生活用具。

Zhuang bamboo basketry serves many everyday uses.

Q-d. 藤编 Rattan Weaving



壮族用藤条加工成丝线编织的挎包，壮族传统藤编技艺高超。

The Zhuang rattan weaving craftsmanship is also excellent; they weave fine threads of rattan into these bags that are carried over the shoulder.

(8) 传统手工技艺 Traditional Handwork Artistry

R-a. 造纸技艺 Traditional Handmade Paper Fabrication

广南县者卡村，是著名的造纸村，2006年有壮族525户，全村有90%的农户都会造纸。生产的纸分为土纸和白棉纸，土纸民间俗称草纸，取竹类做原料，白棉纸取楮皮做原料，用石灰按照比例进行浸泡、漂白。生产的纸长0.58米，宽0.2米。

Guangnan County's Zheka Village is famous for its paper fabrication. In 2006 this village had 525 Zhuang households, of which 90% were involved in paper making. They make two types: rough paper, known by villagers as grass paper, and tissue paper. The rough paper is made of a type of bamboo, whereas the tissue paper is made from the bark of a Paper Mulberry tree (*Chu* in Chinese, either *Broussonetia kazinoki* or *Broussonetia papyrifera*) soaked in lime and bleach in a series of steps. The paper sheets that the Zheka Zhuang produce are 0.58 m (23 in.) long and 0.2 m (8 in.) wide.





R-b. “旁维” 纺织技艺 *Paeng'vae* Weaving

壮族生产的“旁维”，是用草叶和麻丝纺织的布匹，以麻线作经线，草叶纺的丝线作纬线，纺织出的“旁维”布厚实，冬暖夏凉。



The *Paeng'vae* produced by the Zhuang is a type of linen made of grass leaves and hemp fibers. It is produced by weaving thread from hemp fibers (lengthwise) across thread spun from grass leaves (widthwise). The *Paeng'vae* cloth produced is thick, warm to wear in the winter and cool in the summer.

R-c. 水车技艺 Traditional Water Wheel Construction

富宁县归朝壮族地区制造的水车，用于吸河水灌溉稻田种水稻。

The Zhuang of the Guichao area in Funing County create waterwheels which are used to raise river water into bamboo pipes to irrigate rice paddies.



丘北县奕勒村的水车。

A waterwheel near Yile Village in Qiubei County.



R—d. 纺棉织布 Cotton Spinning and Weaving



壮族有种棉纺棉织布的传统，图为榨棉除籽。

The Zhuang have a tradition of spinning cotton and weaving cotton cloth. This photo shows Dai Zhuang women ginning cotton.



弹棉花。
Plucking cotton.



抽棉线。
Producing the cotton thread.



富宁县壮族妇女在织棉布。
A Zhuang woman in Funing County weaving cotton cloth.



壮族取蓝靛制汁液浸染棉布。
Zhuang cloth soaking in indigo dye.



R-e. 七彩糯米 Rainbow-Colored Glutinous Rice



壮族妇女摘取染饭香草，可以制取红、紫等有色汁液用于染糯米。

A Zhuang woman gathering herbs from which she can produce red, purple and other colored dye, to dye glutinous rice.



用染饭香草汁液浸泡糯米染色。
Glutinous rice soaking in natural dyes.



蒸壮家美食七彩糯米饭。

Steaming high quality, multicolored Zhuang rice.

R-f. 绿色糯粿 Green Glutinous Rice Cakes.

用石臼舂火草拌糯米粉制火草糯粿。

Using a stone pestle to grind glutinous rice and *huocai* leaves into powder to make fire vegetable glutinous rice cakes.



油煎绿色食品火草糯粿。

Frying green *huocai* leaf glutinous rice in oil to make cakes.



火草糯粿是绿色食品。

Huocai leaf glutinous rice is a "green food."

R-g. 糯食制作 Glutinous Rice Processing



手握木杵舂糯米粑。

Pounding glutinous rice with wooden pestles and mortar.



踏木碓舂糯米粑。

A foot-powered wooden pestle pounds glutinous rice into a sticky paste.

搓汤圆。

Tangyuan glutinous rice dumplings are formed by rolling the dough into balls between the hands.



制作五彩糯米团。

Forming multicolored glutinous rice balls.

绿色“口芳”。

Kaeuj faengx, sticky rice with meat or bean filling wrapped in green leaves.



R-1-h. 银饰品技艺 Silver Jewelry Craftsmanship



加工银首饰。

A silversmith making jewelry.

佩戴在壮族妇女身上的银饰。

Silver jewelry worn by Zhuang women.





R-i. 草席技艺 Straw Mat Production

壮族妇女在织草席。

A Zhuang woman weaving
straw mats.



R-j. 制陶 Pottery Production

壮族手工制陶的历史悠久，图为手工生产的陶罐。

From early times the Zhuang have made
pottery; this photo shows Zhuang handmade pottery.



(9) 传统医药 Traditional Medicine

S-a. “掌雅” Zang'yaq



壮族的传统医学自成体系，常
用药物因地制宜。图为稻田间产的
儿科常用药源。

Zhuang traditional medicine is a system created by the Zhuang themselves. The
commonly used medicines suit the local needs. The photo shows some ingredients
produced in a rice paddy for use in children's medicine.



壮语称民间医生为“掌雅”，“掌雅”人家的庭院种植许多常用的草药。

The Zhuang call their folk medicine *Zang'yaq*. Experts in *Zang'yaq* grow commonly used medicinal herbs in their courtyards.

壮族的“掌雅”，对季节气候变化而常患的疾病有预防措施，图为“掌雅”熬大锅药分发给人们防病。

The Zhuang *Zang'yaq* are often taken as preventive measures against the illness caused by the changing of the seasons. The photo shows a pot of medicine boiled to give to a group of people as a preventative measure.



S-b. “清秀” *Qingyaeu*



图为壮族崇拜的神山上生长的三七，壮语称为“清秀”。“清秀”是“掌雅”常用的名贵药材，号称“金疮要药”，人们把它比为“金不换”，“南国神草”。

The photo shows *Sanqi* (*Panax notoginseng*) herb growing on a sacred mountain worshiped by the Zhuang. In Zhuang this herb is called *Qingyaeu* and is an important ingredient in *Zang'yaq* treatment. It has been given Chinese nicknames meaning “not to be exchanged for gold” and “the southern divine herb.”



S-c. “接雅” *Laeujyaq*

云南省文山州是中国三七之乡，有关三七的神话传说、三七系列品牌、三七的神奇功效等，已形成了“三七文化”，是壮族文化的一大特色。

Wenshan Prefecture is known as the home of *Sanqi*. Wenshan has *Sanqi* myths, *sanqi* brands, tales of *Sanqi*'s miraculous efficacy, etc. What has now become a type of “*Sanqi* culture” is a unique aspect of Zhuang culture.



壮语称药酒为“接雅”。壮族的“接雅”配方，种类很多，图为其中的一种配方。

Medicinal liquor is called *Laeujyaq* in the Nong Zhuang language. There are many different *Laeujyaq* “prescriptions” made by adding different medicinal ingredients to liquor.

壮族的“接雅”用陶缸浸泡。
Zhuang *laeujyaq* aging in
ceramic jars.

