



项目一 土家族文化解码

Project One Decoding Tujia Culture

任务一 土家族历史文化溯源

Task One Tracing the History and Culture of Tujia

1.3: 土家族的人口分布与族称

1.3: Population distribution and ethnic names of Tujia

在湘、鄂、川、黔四省接壤的内陆山地溪谷之间，居住着几个少数民族，其中之一是土家族。

Between the inland, mountain and valleys bordering the four provinces of Hunan, Hubei, Sichuan and Guizhou, there are several ethnic minorities, one of whom is Tujia.

土家族主要分布在武陵山脉的高山地带。据 1982 年全国第三次人口普查统计，全国土家族人口总数有 2832743 人，是我国少数民族中人口较多的民族。

Tujia is mainly distributed in the alpine zone of the Wuling Mountains. According to the third national census in 1982, the total population of Tujia is 2,832,743, which is the most populous among the ethnic minorities in China.

湖南省湘西土家族苗族自治州的龙山、永顺，保靖、桑植、大庸等县，聚居的土家族人口较多，州内其余四个县也有一部分土家人居住。湖北省鄂西土家族苗族自治州境内的来凤、鹤峰、咸丰、宣恩，利川五个县，土家族人数在总人口中的比重较大，恩施、建始、巴东三个县的土家族人，多聚居在清江之南，呈现出鄂西南土家人聚居偏南，汉人偏北的局面。

Longshan and Yongshun in Tujia and Miao Autonomous Prefecture of western Hunan, Hunan Province, Baojing, Sangzhi and Dayong counties have a large population of Tujia living together, and some of the other four counties in the prefecture also have some Tujia



people. In the five counties of Laifeng, Hefeng, Xianjun Xuan'en and Lichuan in the territory of Western Hubei Tujia and Miao Autonomous Prefecture of Hubei Province, the number of Tujia people in the total population is relatively large, and the Tujia people in the three counties of Enshi, Jianshi and Padang are mostly concentrated in the south of the Qingjiang River, showing a situation in which the Tujia people in southwest Hubei are concentrated in the south and the Han people are far to the north.



湖北宜昌地区土家族聚居的五峰土家族自治县共有 1 个区，镇，36 个乡，除其东部 3 个区，镇系土家，汉族杂居区外，县境中部和西部都是土家族人较集中的居住地。长阳土家族自治县土家人为全县总人口的 47.46%，绝大部分聚居在县境内高山溪谷之间的地方。

Wufeng Tujia Autonomous County in Yichang, Hubei, where the Tujia people live together, has 1 district, town, and 36 townships. Except for the 3 districts in the east. In addition to the 3 districts in the east, the town is Tujia and the Han mixed area, the central and western parts of the county are the more concentrated residences of the Tujia people. The Tujia people in Changyang Tujia Autonomous County account for 47.46% of the total population of the county, and most of them live in the places between the mountains and valleys in the county.

四川东南部边境的涪陵地区，秀山土家族苗族自治县、酉阳土家族苗族自治县和黔江土家族苗族自治县聚居的土家族人较多，彭水苗族土家族自治县的土家人有一些与苗、汉人杂居。石柱土家族自治县的土家人口数为全县总人口的 53%。

In the Fuling area on the southeastern border of Sichuan, there are many Tujia people living together in Xiushan Tujia and Miao Autonomous County, Youyang Tujia and Miao Autonomous County and Qianjiang Tujia and Miao Autonomous County. Some Tujia people



in Pengshui Miao and Tujia Autonomous County live together with Miao and Han people. The Tujia population in Shizhu Tujia Autonomous County accounts for 53% of the total population of the county.

贵州省西北部铜仁地区土家族聚居的地方，有沿河土族自治县和印江土家族苗族自治县。

There are Yanhe Tujia Autonomous County and Yinjiang Tujia and Miao Autonomous County where Tujia people live together in Tongren area in the late northern part of Guizhou Province.

以上情况说明，土家族是聚居于我国长江以南武陵、大娄山余脉溪洞间的一个山地民族。一般来说，土家族聚居的地方，多是元、明、清三朝建立过土司制度的地区。在历史上这些地区的同围沿边地带，及个别土司区内的少数据点，封建王朝也曾设置过卫所关戾，而居住的土家族人数，较之土司区就少得多。这一带的非土司、卫所地方，也有土家人分散居住。由于民族迁徙流动，在现今民族杂散地区内，还有个别土家族聚居的居民点。

The above situation shows that the Tujia people are a mountainous ethnic group living in the Wuling Mountains, south of the Yangtze River in China, and between the creeks and caves of the rest of the Dalou Mountains. Generally speaking, the places where the Tujia people live together are mostly the areas where the chieftain system was established in the Yuan, Ming and Qing dynasties. Historically, in the surrounding border areas of these areas, and the few data points in individual chieftain districts, the feudal dynasty also set up guardhouses, and the number of Tujia people living in these areas was much smaller than those in chieftain district. There were also Tujia people living in scattered places in the non-chieftain and Weisuo areas in these areas. Due to the flow of ethnic migration, there are still individual Tujia settlements within the present-day ethnically scattered areas.

由于历史上的原因，土家族居住在靠近中原地区的内陆山地，处在云贵高原的边缘，扼西南溪洞边疆的咽喉，与居住在当地人数较多的汉族交错杂居。土家人多是聚族而居，单家独户居住的较少：有的一姓一案，或数姓一寨。土家寨子多分布于山区农村，一般都是有险可守的滞方，汉族居民多住在乡镇毗邻小镇的村庄。

For historical reasons, Tujia lives in the inland mountainous areas near the Central Plains, on the edge of the Yunnan-Guizhou Plateau, at the throat of the southwestern Xidong frontier, and intermingled with the more numerous Han people living in the area. Tujia people are mostly living in groups. There are fewer single-family households: some have one surname and one village, or several surnames and one village. Most of the Tujia villages are located in mountainous rural areas, generally in stagnant areas where there are dangers to be guarded. Most of the Han residents live in villages adjacent to small towns.



土家族的聚居区，往往邻近苗族聚居区或其他少数民族的聚居点。湘西土家族苗族自治州的花垣、吉首、凤凰、泸溪县的苗族村寨较为密集，古丈县在很长的一段时间内，汉、苗、土家居民各有 1/3。鄂西土家族苗族自治州南部的 4 个县，就有不少人与土家居民杂居，川东南 5 个自治县除石柱外，都是苗族土家族居民共居在一块土地上。

Settlement of Tujia, often near Miao settlements or settlements of other minorities. The Miao villages in Huayuan, Jishou, Fenghuang and Luxi counties in western Hunan Tujia and Miao Autonomous Prefecture are relatively dense. For a long period of time in Guzhang County, Han, Miao and Tujia residents each accounts for 1/3. In the 4 counties in the south of western Hunan Tujia and Miao Autonomous Prefecture, there are many people living mixed with Tujia residents, and the 5 autonomous counties in southeast Sichuan, except for Shizhu, are all inhabited by Miao Tujia residents living together on one piece of land.

湘鄂西、川东南和黔东北土家族苗族聚居的地方，还有其它少数民族的聚居点。如桑植、鹤峰等县有一些白族村寨。龙山有回族寨子，宣恩、恩施有一些侗族村落。鹤峰等县还有蒙古族的聚居点。

Inhabited by the Tujia and Miao in western Hunan, southeastern Sichuan, and northeastern Guizhou, there are other ethnic minority settlements. For example, there are some Bai villages in Sangzi and Hefeng counties. There are Hui villages in Longshan, and some Dong villages in Xuanen and Sisi. There are also Mongolian settlements in Hefeng and other counties.

总之，在湘鄂川黔四省交界的地方，虽多是土家族、苗族聚居之地，但也有其他少数民族分散的聚居点，更有大量的汉人在当地生活。这样的民族分布状况，有利于各民族人民互相往来，彼此学习交洗经验，为各族人民的共同进步和繁荣，提供了极为有利的条件。



In short, at the junction of Hunan, Hubei, Sichuan and Guizhou provinces, although is the first place where Tujia and Miao people live together, there are also scattered settlements of other ethnic minorities, and a large number of Han people live there. This distribution of ethnic groups is conducive to people of all ethnic groups interacting with each other, learning and sharing experience with each other, and providing extremely favorable conditions for the common progress and prosperity of the people of all ethnic groups.