



## 项目二土家族服饰认知

### Project Two Awareness on Costumes of Tujia

#### 任务二土家族服饰分类

#### Task Two Costumes Classification of Tujia

##### 2.4: 土家族鞋帽配饰

##### 2.4: Tujia shoes and hats accessories

土家族的孩童衣裤不多讲究，儿童4岁以后服饰方有男孩女孩之别，男孩趋素，女土家族无论男女都使用包头布，或青丝帕，或白帕，或使用西兰卡普，均五六尺乃至一丈有余，俗称“包头”。男子一般在头顶盘成人字形或圆形，女子一般不包人字形，头顶中央留空。男子多用绑腿（又称“裹脚”），不仅活动方便，能够保温，还对小腿有保护作用，尤其适合山林穿梭跋涉。

Tujia children do not pay much attention to the clothes and trousers. After the age of 4, the costumes of children are different from boys and girls. Boys tend to be plain, and girls tend to be flowers. Tujia uses wrapped head cloth, or green silk pa, or white pa, or uses Xilankapu, all of which are five or six feet or even more than ten feet, commonly known as "Baotou". Men generally have adult herringbone or circles shape on the top of their heads, while women generally do not wrap herringbone shape, leaving the center of the top of the head empty. Men often use leggings (also known as "foot binding"), which not only facilitates movement, can keep warm, but also protects the calf, especially suitable for trekking in the mountains and forests.

土家族的鞋子种类很多，根据用途和气候的不同。男鞋有草鞋、布鞋、钉鞋几种：春夏之交到秋天，冬季穿满耳草鞋，加布筒袜子，闲时穿用麻编织的凉草鞋或布鞋，雪天穿自制的牛皮钉鞋，可以防雪水，还可以防滑。

There are many kinds of shoes of Tujia, according to different uses and climates. Men's shoes include straw sandals, cloth shoes, and spiked shoes: from the turn of spring and summer to autumn, wear straw sandals with full ears in winter, add cloth tube socks, wear sandals or cloth shoes woven with linen in their spare time, and wear homemade leather spikes on snowy days, which can be snowproof and water-proof, and it can also be non-slip.

女鞋较为讲究，除了鞋口滚边挑“狗牙齿”外。鞋面多用青、蓝、粉红色绸子制作，鞋尖正面用五色丝线绣各种花草、蝴蝶、蜜蜂作为装饰。



Women's shoes are more particular. Except for the "dog teeth" on the edge of the shoe, the uppers are mostly made of blue, green and pink silk. The front of the toe was embroidered with various flowers, butterflies and bees with five-color silk threads.

土家族妇女十分注意发饰，姑娘出嫁前，一般将头发梳成一条独辫，辫梢扎着彩布条，吊在背后；出嫁时，将辫子梳成一个粑粑髻，别上银簪，端庄、大方，朴实无华又不乏美感。土家族少女到十二岁必须穿耳洞，以便日后佩戴耳环、耳坠等装饰品。穿耳洞的日子一般选在农历二月的花朝节（百花节）。相传这天因为有花神保护，所以耳朵不会化脓。土家族妇女的手、脚也十分注意装饰美。手腕上喜欢戴银质手镯或玉环，在上衣外穿绣花圈腰，脚下穿着绣花梭形鞋，素雅，清新，美丽大方。

Tujia women pay great attention to hair accessories, before a girl gets married. Generally, the hair is combed into a single braid, and the end of the braid is tied with colored cloth strips and hung behind the back: when getting married. The braid is combed into a bun, and the silver hairpin is donned, which is dignified and generous, as well as unpretentious yet beautiful. Tujia girls must have their ears pierced when they are twelve years old, so that they can wear earrings, eardrops and other accessories in the future. The date when girls have to wear ears is usually in the second month of the lunar calendar, the Flower Festival). According to legend, because of the protection of the goddess of flowers on this day, the ears will not fester. The hands and feet of Tujia women also pay great attention to decorative beauty. They like to wear silver bracelets or jade rings on their wrists, embroidered hoop waists on their tops, and embroidered pike shoes on their feet, which are plain, fresh, and beautiful.