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Not piercing But Seizing

People today are experiencing a global and diverse live style. There are restaurants with cuisines from different countries for example Chinese, Japanese etc. But, have you think about use tableware besides the common folks and knifes? Actually, this article is going to guide you how to use chopsticks – a delicate tableware from ancient China. Western people often complain chopsticks because it’s complicated to master. However, after reading my instruction about how to handle chopsticks, you will find it’s pretty easy to make use of them.

First, you need to know some background of chopsticks. Chopsticks are a pair of equal length sticks used as tableware in ancient China. Normally, they are made of bamboo or woods instead of metals and they are as long as an ordinary folk. When we use the chopsticks, we hold them with our dominant hand’s thumb and fingers. Chopsticks can help you with food like sushi that makes you feel exhausted if you use folks, and knifes. The most significant difference between chopsticks and folks is the way they hold the food. In spite of piercing through the food with folks, we use chopsticks to seize the food gently. This is the reason why western people find chopsticks complicated to use. I have seen lots of Americans using one single chopstick to pierce through the dumpling just like using a folk. If you truly want to learn how to make use of the chopsticks, this is the fundamental step. You need to change your mind that not all the tableware is used in the way knives and folks do. This seems pretty simply but it’s really the crucial step to learn chopsticks.

Now, you need to learn how to hold the chopsticks correctly. When we use the chopsticks, one stick is in slight upper than the other. You can grab two pencils to practice how to hold the chopsticks. First, hold one pencil use your thumb, forefinger and middle finger just like how you grab this to write. Second, twist your artifice and hold the pencil horizontally. Afterward, release your thumb slowly and try to keep the balance of the pencil. Besides, fix the pencil between the gap of your forefinger and middle finger. In other word, you just simply roll the pencil a bit inside. If you complete these steps, you have already on the half way. Now, pick up the second pencil and hold this with your thumb and your forefinger. Then, move your finger slightly to make this one upper to the previously and at the mean time still keep the balance of the two pencils. Importantly, the two pencils should touch each other. Further, diverge the two pencils to form the cross and then pull back to be parallel. This can be done by pushing the upper pencil with your forefinger and pulling the lower pencil by your middle finger. This step is a little tricky and need some time to achieve. Now you have already learned how to move the chopsticks in the simply way, and you should use the real chopsticks to practice more.

Then, it’s the time to practice using chopsticks by seizing objects. First and the easiest objects is a block of food like beef and potato. First, put your chopsticks in the cross position and reduce the gap of front of chopsticks gradually. When you have adjusted the gap to the similar size the block of your food, make sure you push a bit hard to lock the food within your chopsticks. The next objects are strip food like kidney beans and beef strips. Because these objects are normally covered by grease or sources, you need to seize more hard with your chopsticks. Using more strength on the chopsticks and feeling the strips are controlled by your chopsticks. By now, you have learned to seize most kind of the food usually on your diner table. The hardest one and the most skilled one is to seize the ball-liked objects. Actually, it is easy with folks because all you need to do is to pierce the ball by your folks. However, it is so hard with chopsticks that I cannot even make sure to seize those objects every time. To accomplish this task, you really need to find a balanced strength so that the bouncy ball-liked food will neither flip away because of too much pressure nor fell off due to loose strength. This needs lots of practice and once you can handle these ball-liked foods, you are apparently familiar with how to use chopsticks.

Although I can teach you how to use chopsticks within this article, the real situation needs more efforts than you can imagine. Reminding yourself to keep patient every time you want to throw your chopsticks away. Hopefully, you will learn to use this delicate eastern traditional tableware.