1. The Analects were one of the Confucian classics.The book records the sayings and behaviors of Confucius and his disciples.It teaches the central theme of Confucianism including humaneness,righteousness,propriety and wisdom,of which humaneness is Confucian’s kernel value.Humaneness is taken as love for parents and respect for elder brothers.If the feelings for family members are extended to other people in the society，the harmonious relationship between people will then be established.
2. In Dao De Jing, Laozi established a philosophical system with "Dao" as the core. The "Dao" put forward by Laozi is the "invariable and constant Dao". He believed that everything in the universe originated from "Dao", and "Dao" has the characteristics of non-action, opposition, invisibility，namelessness, obscurity and so on. Many principles of Dao have become important ideals and norms for Chinese people and have a profound influence on the development of Chinese culture.

3.Chinese characters,in general,are composed of a dozen basic strokes,which have similar functions to the letters of most European languages,though they do not combine into syllables.There are eight basic strokes:dot,horizontal stroke,turning stroke,vertical stroke,hook stroke,right-upward stroke,left-downward stroke and right-downward stroke.

In a small square space,characters are composed of different strokes linked and arranged in various ways,thus they are easy to be recognized,and look neat.These strokes are placed in various positions in the square----upper or lower,left or right,separate or linked,crossed,going through,overlapping,pilling up or surrounding.

5.Chinese food is famous all over the world and is the pearl of the world food. With various styles of cooking, Chinese cuisine has different cooking methods. Its four elements —— color, shape, aroma, taste,can help us judge its quality. Northern and southern diet in China also has its own features. Northern cuisine is impressive with the bright color and strong taste and the biggest feature is local food materials and attention to the heat. In some south, the dishes are light, focusing more on preserving the original flavor of the ingredients.

6.Traditional-Chinese wedding process starts with a proposal of marriage and a letter will be send from the groom to the bride’s family,asking for the permission to marry their daughter.In many cases,a matchmaker will be employed by the groom’s family to communicate the two families.The Eight Characters of Birth of the bride-to-be and groom-to-be will also be checked to make sure they are compatible.At present,weddings in large cities of China are closely similar to the Western ones.Some small places,however,traditions are still kept and the wedding process is largely unchanged.

1. From the day garments became part of people’s lives,they have been given different significance of social status,lifestyle,aesthetics and cultural concepts.Garments have always been the truest and most straightforward reflection of the social and historical scenes of any given time.In this sense,the history of garments is also a vivid history of civilization.In our country with a long history of garments and ornaments,there is a wealth of archeological findings showing the development of garments,as well as their portrayals in ancient mythology,history books,poems and songs,novels and dramas.

11.Peking Opera is the quintessence of China,and the costumes and facial makeup of it are popular among people. Different types of clothing reflect different social status of the characters. Facial makeup is an important method to shape characters in Peking Opera by outlining different colors on the face. The color can tell the personality of a particular character.For example,white means treachery and cunning.A black face represents forthrightness and recklessness.Blue means strength and bravery.

12.TCM is a heritage site of the world medicine.The therapeutic effect and treatment method of it make it more and more popular in the world.TCM originated in antiquity and after a long time of development,it had collected various methods to treat different diseases.TCM pays attention to the balance of the human body system.It’s said that if the human body system is balanced,the diseases will disappear.

14.The theory of Yin and Yang is one of the traditional Chinese philosophy, which is widely used in many fields of social life. Yin and Yang are not opposite, but are a mutually complementary oneness. Live with balance, and anything to extreme will not last. Chinese Kung fu is a unique element of Chinese culture, which also contains this philosophy.Whoever owns a balance between firmness and gentleness , no one can break through his defense. Martial arts practitioners should follow the law of Harmony and conform to their opponent's attack rather than directly strike back. A martial arts practitioner who fully understands the theory of Yin and Yang does not need to defend himself, and only the people of half-way cultivation will boast.

Unit 1

1. Why is family reverence so important?

Family reverence is taken as the root of human feelings by Confucius. It is the root of humaneness (ren). Humane love starts from close intimate feelings and extends to other people as one begins to love. A human being can only fulfill himself by beginning with family reverence, the starting point of all relationships. We must be aware of this innate feeling so we can nourish and cultivate it, and extend it to other social relationships.(paragraphs 4 & 5)

2. Why is humaneness more important than ritual propriety according to Confucius?

In human communication, the most important factor is one’s feelings toward others, while the form as ritual propriety of this sentiment comes secondary. （paragraphs 7）

3．Why does Confucius wisdom become the essence of traditional Chinese thinking?(open question)

core concepts Ren and Li→ cultivate filial piety at home→ giving love to everybody→ keep social and political order in a country.

4. How to understand “In our differences, gentlemen seek harmony but not uniformity”“Harmony without uniformity”? （合而不同）

Maintain harmonious and friendly relationship with others while we should insist on our own opinions instead of catering to others.

Unit 2 The Wisdom of Laozi

1.How does Laozi think through opposition ?(P27 P3)

Laozi appreciates the power of being weak and yielding. Few understand the reason why the weak prevails over the strong, and act according to it. This does not mean that if one understands one aspect, the other is self-evident. Actually, neither aspect can exist independently from it’s opposite part. Dao always moves to its counter aspect and works through its weakening process.

2.Could you give an example to show Laozi’s view of “overcoming the strong by being weak”?

Water is a typical example of the weak winning over the strong. Water is invincible because it desires nothing and contends for nothing.Moreover,water is weak and soft.But it can turn to its opposite side---strong and hard.It can be extremely destructive.Flood can be dangerous.Constant dripping of water wear away a stone.

3. Why can’t Dao be spoken of?

Dao can not be described in words because it is profound, obscure and always creates. Its existence can be felt but not expressed in any language. If it is put in words, it is no longer fundamental, basic and lasting. (Paragraph 6)

4.Daoism and Chinese national personality

Daoist philosophy is full of historical and life wisdom, which has gone beyond secular life. Taoists have open mind and concern little about fame and fortune. Over thousands of years, Chinese people have self-cultivated firm and tenacious national personality from Daoism. We wait and prepare everything patiently when we’re still weak. We attack only after being attacked, and retreat in order to advance. Therefore, Daoism has been a significant spiritual anchor, helping Chinese people to overcome difficult times and plights(困境).

Unit 3 Chinese characters

1.What are the five scripts of Chinese calligraphy （P8-12第一句话）

Formal script,running script,cursive script,seal script and official script

2.Some people say that in our modern age it is unnecessary to teach children about the skills of handwriting. To what extent do you agree or disagree?

Help children maintain good eye health and develop concentration

More patient

Quintessence of China Develop culture

You can find peace and harmony while writing Chinese calligraphy

3.Write a paragraph on the importance of Chinese characters and how to develop handwriting ability.

（elegant, meticulous, proud spirit of Chinese . …. You can find peace and harmony while writing Chinese calligraphy ）

We can practice imitation. Choose some calligraphy works or appreciated writing samples, and try to imitate their fonts and writing styles. At the same time, keep writing. Keep writing for a certain amount of time every day. Daily exercises can also be done by writing a diary, reading notes, practice cards and so on.

Unit 5 Chinese Food

1. What are the eating taboos of Mongolian，Tibetan，Hui ethnic minority? (P94 Reading Comprehension 2)

M:who decline the drinks would be viewed as a lack of sincerity

T:would not eat horses,donkeys and other animals belonging to the perissodactyl order

Would not eat fish and poultry such as chicken,duck and goose

H:don’t eat pork,dog,horse,donkey and scaleless fish

Would not eat meat of animals that are not slaughtered but die due to some other cause

Would not drink alcohol

2. Does every food have the characteristic of yin and yang? How can cooking methods affect the yin and yang characteristics of food?

Yes, the Chinese philosophy of yin and yang influences every aspect of food cooking and taste. Each food has its own characteristic of yin and yang. Yin foods are thin, cool and low in calories. Yang foods are rich, spicy, warming and high in calories. Boiling makes food more yin while frying makes it more yang.

3. According to Huang Di Nei Jing, What is medicinal diet?

P 98 Para6

The book Huang Di Nei Jing, written during the Warring States Period, is the first book to describe medicinal diet. Compared with medicine, food is more mild and gentle to the body. Every type of food contains certain fine extract(精华) that can exert certain effect on the body.

Unit 7

1.What are the overall characteristics of Chinese garments ?

P137 Para123.

The overall characteristics of Chinese garments can be summarized as bright colors,refined （经改良的）artisanship,and ornate details.

1. Recently, Hanfu has gained popularity among many people, please comment on the renaissance.(open question)

Increasingly, the young generation has recognized the beauty of traditional Chinese costume, they are also proud to carry on the legacy of Chinese culture. Hanfu reflects the aesthetic stands for traditional Chinese clothing and accessories(配饰). The renaissance of an ethic group starts with costume and traditional Chinese costume is just the starting point. At the same time, Hanfu was seen as the embodiment of rising cultural confidence.

Unit 12

1. What is acupuncture? P250 Para7

Acupuncture needles are used to relieve energy blockages at key acupoints along the meridians to help qi flow smoothly. By improving the operation of an organ, acupuncture helps restore internal balance and harmony within the body.

1. Could you explain the microcosm and macrocosm in between human body and the nature as an analogy in TCM?

Epistemology of traditional Chinese philosophy treats all the things in the universe as a whole, and TCM growing under the background is not an exception, so it believes human body are correspondent to the nature, just like the microcosm and macrocosm. In this sense, analogy is employed in all the respects of TCM. For example, in the theory of zangxiang (viscera and their manifestations), the heart is a monarch-like organ, the spleen is a granary-like organ, the liver is a general-like organ, the gallbladder is a judge-like organ, etc.; the functions of the viscera are compared to the system of court. In the composition of a formula, the herbs used are categorized into four groups, monarch, minister, assistant and guide. In fact, awareness of analogy used in TCM is the key to understand TCM. （Part 1 课文第2段）

1. In spite of extreme difficulties and heavy strikes since the beginning of the modern times, why has TCM never been replaced by western biomedicine, and even survived and developed to become an important practice for people’s health care today?

Clinical efficacy must be the primary reason for TCM as an ever-lasting and lively medial practice. TCM’s two thousand years history of being the only one method on the vast land of China to protect the health of Chinese nation has proved its usefulness. Besides, the ideas buried in the mind of every TCM practitioner that disorders should be prevented first instead of being treated, syndromes should be differentiated before treatment, and local problems should be considered on the background of the body condition as a whole, are definitely the advantages of its doctrine, compared with western biomedicine that focus on diseases already existed and patients all as the same. Meanwhile, it is necessary to appreciate the great contribution of national policies that greatly promote the development of TCM. This special political support rarely found in any other traditional medicines in the world promises an ever-long lasting vitality of TCM.

1. Could you give a brief description of Traditional Chinese Medicine?

Traditional Chinese Medicine has been built up and continually improved under the guidance of plain Materialism and Dialectics of ancient China. Currently, it is not only a popular medical treatment option in China, but is also attracting attention from the international medical community for its curative effects. Influenced by Chinese culture, TCM is featured with a holistic view of “integrating heaven and man” and the thinking style of analogy. Huang Di Nei Jing is one of the earliest existing TCM classics. It established the fundamental theory of TCM by expounding the viscera and their manifestations, the meridian connections, the etiology, the pathogenesis, the diagnoses and treatments according to theories like Yin and Yang, Five Elements Framework, Miracle of Qi and so on.Additionally, TCM proposed the ideas of cultivating health in four seasons and preventing and curing diseases before its onset.

1. insist on the Internationalization of Traditional Chinese Medicine while remembering the core concept.

utilize modern technological means, researchers conduct in-depth research on traditional Chinese medicine, explore its potential pharmacological effects and clinical application value.