Tears of the Dragon, Leaves of the Tea 龍的眼淚,茶的葉子



Photo courtesy Haiying Wei

An Activity and Coloring Book by Katie Hardie and Maureen Nelson

Welcome to Xihu (West Lake) and welcome to CAAM Chinese Dance Theater!

We are so glad you can join us today. CAAM Chinese Dance Theater is celebrating its 27th year of dancing and performing. This year's show will take us the tea-growing region of Hangzhou, where you will learn about tea-growing and Chinese tea culture. This activity and coloring book is a companion to the show. Before you begin using this activity book, there are a few things to be aware of:

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Our word search was produced using Discovery Education (http://puzzlemaker.discoveryeducation.com/)

We thank Shuhui Wang for editorial assistance. All errors are our own.

Tea (茶)



Photo courtesy of Saramukitza of Pixabay Creative Commons CCO

Our story starts with tea: growing, harvesting, drying and frying—then drinking and sharing it with others! Tea comes from the leaves of the tree *Camellia sinensis*, which is kept pruned to waist height to make harvesting easier.

Tea is very important in Chinese culture. It is used for ceremonies of respect, family gatherings, weddings, and more. Our story takes place in Hangzhou and—more specifically—the Xihu (West Lake) area. One of the finest teas in China, Longjing tea, grows there in five nearby places: Shi Feng, Tiger Spring, Meijiawu, Bai, and Qianting.

Try this: Watch this brief TED-ed video about tea's history: https://youtu.be/LaLvVc1sS20

Did you know that this popular beverage was also one of the triggers of the wars between China and Europe?



The parts of a tea plant. Image courtesy Franz Eugen Köhler, Köhler's Medizinal-Pflanzen 1897. Copyright in the public domain.

Lu Yu (陆羽)

Also known as the "Saint of Tea," the "Sage of Tea," or the "God of Tea," Lu Yu was born in 733 AD. Originally raised in a monastery, he left to become an entertainer and later became friends with the scholar and poet Cui Guofu. The two wrote many poems together, and both shared a deep interest in tea. Throughout Lu Yu's life, he was fascinated by all aspects of tea, from growing it, to harvesting it, to brewing it, and to drinking it. Sometime between 760 and 762 AD, Lu Yu wrote the *Ch'a Ching* (茶经), the first essay (monograph) about tea. It is still in press today.

Today many tea merchants keep a statue of Lu Yu in their shops. They believe the statue brings them good luck and prosperity. During times when business is bad, however, they will often douse the poor statue in tea!

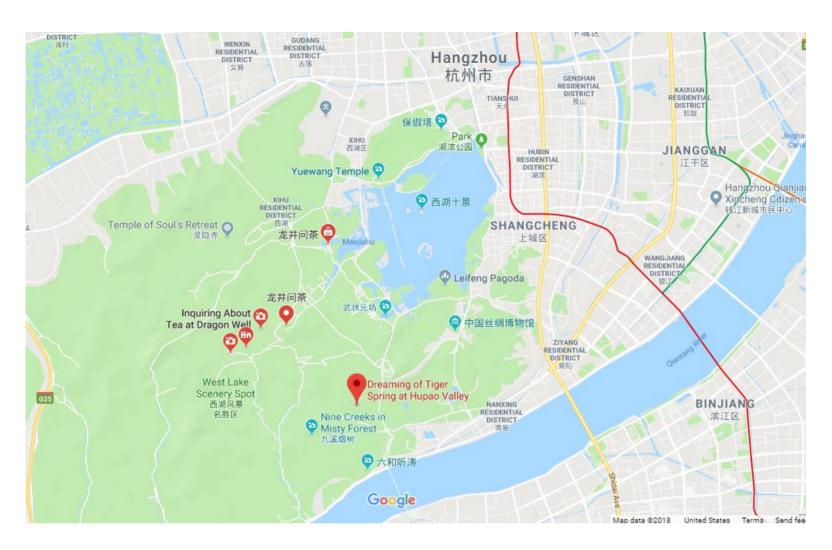
Try this: Visit the Global Tea Hut for an English translation of the *Ch'a Ching* at http://globalteahut.org/resources/sept15elec.pdf. Learn how to make tea The Lu Yu way!

Lu Yu (陆羽)



A statue of Lu Yu. Photographed at the Big Wild Goose Pagoda in Xi'an, July 26, 2005 by Nat Krause. Photo released to the public domain

羽



Hangzhou City in Zhejiang province is the setting for one of the most beautiful lakes in the world: Xihu (西湖) or West Lake. West Lake has been the topic of many poems throughout the centuries. Two of the "Four Great Folktales" of China, "Legend of Lady White Snake" and the "Butterfly Lovers," take place on or near West Lake. Surrounding West Lake are the only fields that cultivate Longjing (Dragon's water) tea—considered the best tea in China. Also nearby is the Dragon Water Spring. Legend says the well was created by the tears of a dragon. The Dreaming of the Tiger Spring is also nearby. Waters from these two wells are unique. When either is combined with Longjing tea leaves, Chinese believe that they produce the best-tasting tea in the world. These two beverage parts, water and tea leaves, inspired this year's CAAM Chinese Dance Theater School Show: "Tears of the Dragon, Leaves of the Tea."

Try this: Google 龙井问茶 and go to "maps." Switch to "Satellite" view and zoom in. Follow the roads to Longjing Temple and explore some of the "10 scenes" of Xihu. Zoom in on the many beautiful tea fields surrounding the lake.

Longjing Spring (龍井泉)

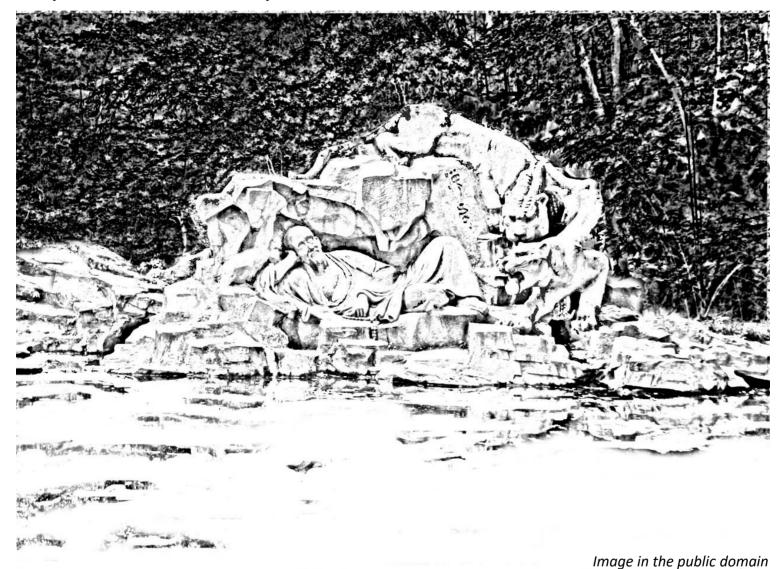


Longjing spring courtesy https://www.baike.com/wiki

Did you follow the road to Longjing Temple using Google? Unfortunately, the overgrowth is too thick to see Longjing Spring from satellite view. In this ground view, visitors are tracing dragon pictures in the water. Two different streams of water flow into the well, one of which looks like a moving Chinese dragon.

Try this: Color the picture, and put a dragon in the water!

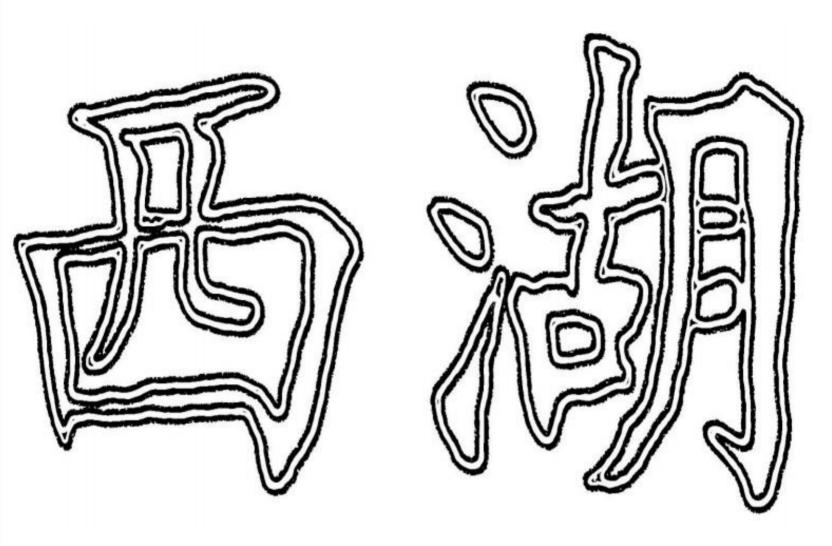
Dreaming of the Tiger Spring (虎跑梦泉)



According to legend, Hangzhou was in the middle of a severe drought when two brothers, named Big Tiger and Two Tigers, traveled to Hengshan. They planned to move Hengshan's magical spring to Hangzhou and break the drought. Helped by an Immortal, they were turned into real tigers. As tigers they were able to move the spring to Hangzhou.

Water from Dreaming of the Tiger Spring has a surface tension 3 times stronger than regular water. This is because it contains more soluble minerals than normal spring water. These minerals are considered very healthful for humans. Longjing tea brewed in This water is known as a "West Lake Double" because it is doubly healthy!

Xihu西湖



Xihu is one of the many cultural emblems of China's landscapes. It is home to diverse animal and plant wildlife. Animals like koi carp, mallards, and halcyons, and plants like lotuses, tulips, and peach blossoms are native to this area. Xihu has inspired poets, lovers, scholars, and artists by its beauty and divinity since the ninth century.

Encompassing numerous pagodas, temples, causeways, and artificial islands, Xihu has also influenced Chinese and Japanese garden designs over the centuries.

Try this: Color in the calligraphy for "Xihu" above. Do you know what the Chinese characters stand for?

Longjing tea (龍井茶)



Image in the public domain

Longjing tea, also known as Dragon Well tea, is one of the highest quality teas in China. It is produced mostly by hand. For the best Longjing tea experience, one must brew it in water from the Longjing Spring or from the Dreaming of the Tiger Spring in Xihu!

Try this: Learn how Fan Shenhua and his family have been cultivating Longjing tea for generations at The Great Big Story: https://youtu.be/-rZp4L-ig_w. What are some of the hand movements for panning tea? You will see them in our dance!

West Lake Thoughts (西湖随想)



Photo courtesy Haiying Wei

Once Upon a Lake... wouldn't it be interesting if Western fairytales started this way? The beauty and fame of Xihu has inspired poetry, folklore, and more throughout the centuries.

Tales (传说)of Xihu

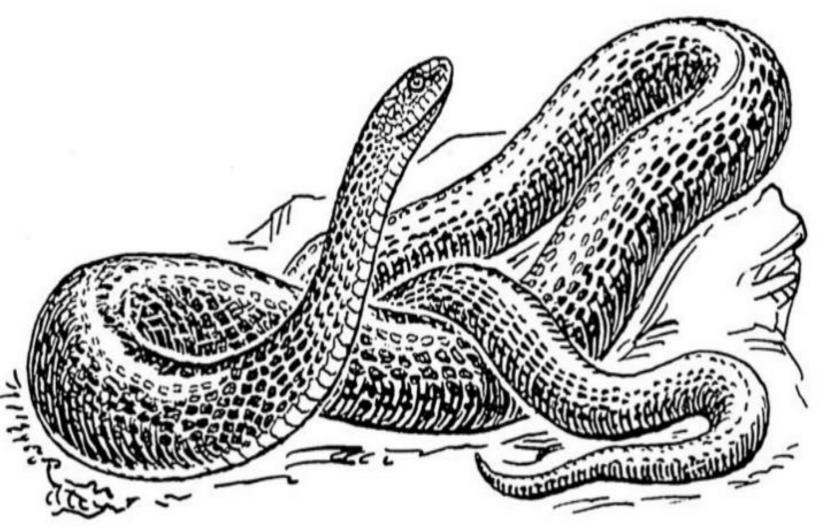


Image in the public domain

Xihu isn't just famous for its delicious tea! It is also famous for the folklore that has sprouted from its roots. Xihu has been part of Chinese history for so long, it is rich with culture. Several tales have been passed through the generations, including its creation story, popularly called "The Stone that Sent Heaven into Battle." Other stories involve Xihu's famous inhabitants, including "Lady White Snake," "The Star-Crossed Poet", and—most famously—the "Butterfly Lovers".

Creation story 创作故事

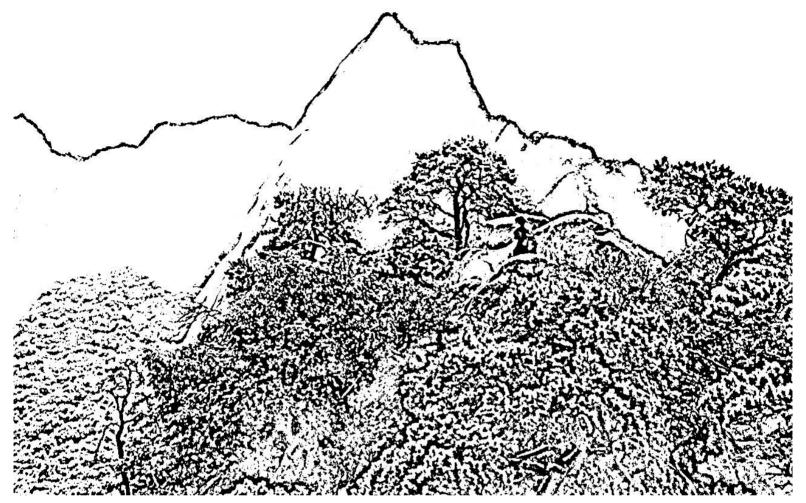


Photo courtesy Wikipedia Commons CC BY-SA 3.0

This is a picture of Phoenix Mountain, or Fenghuang Shan in Chinese. Phoenix Mountain is named after the animal it used to be: a phoenix. Once upon a time, a phoenix and dragon came across the prettiest white jade they had ever seen. They wanted to keep it perfect, so every day they cleaned it. The stone became so radiant from cleaning, it became an illuminating orb, and caught the Heavenly Empress' attention up in the clouds. She wanted it so bad she sent her legions to retrieve it.

When the phoenix and dragon found the jade missing, they ascended into the clouds and attacked the Empress's palace. Her legions fought back, and a bloody battle ensued. At one point, amidst the fighting, the stone was dislodged and plummeted out of the heavens and down to earth. When it dropped, a crater did not form. Instead, a large and lush garden with a perfect crystal lake appeared in its place. Astonished, the dragon and phoenix rushed back down to earth, vowing never to let the jade out of their sight again. Now the phoenix stands guard over Xihu in the form of a mountain, protecting it to this day.

Lady White Snake 白娘子



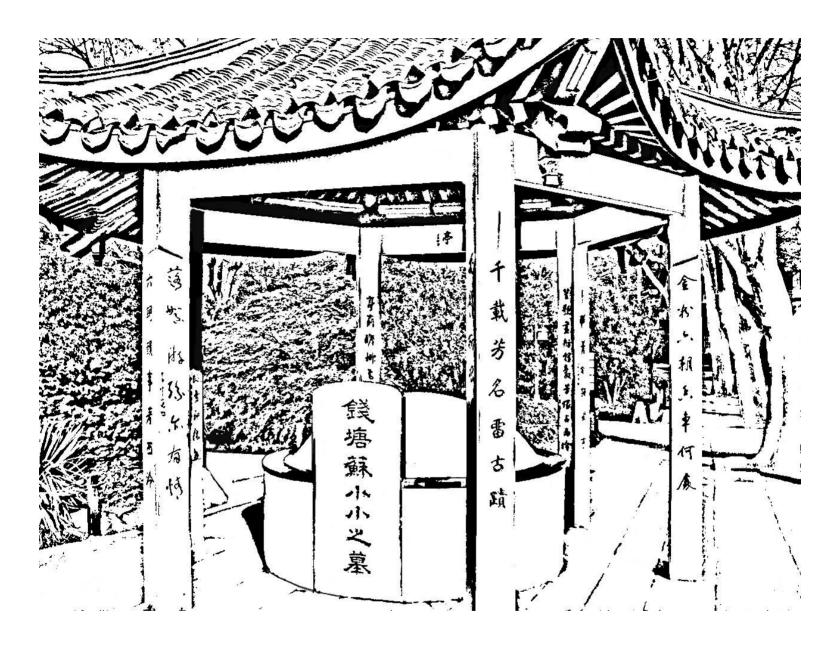
CAAM Chinse Dance Theater dancers Ana Dolny and Maddie Goewey perform "Lady White Snake, Lady Green Snake" in 2018.

Lady White Snake 白娘子

According to legend, there was once a snake spirit named Bai Suzhen living in Xihu who, after years of studying magic, transformed herself into a human. When she was a tiny snake with little magic, a human captured her. He was about to kill her when a young man saved her and set her free. After one thousand years, Bai Suzhen became much more powerful and wished to thank the young man who saved her. She traced history back for many years until she could find the young man in his present reincarnation. Then she and her sister (Lady Green Snake) became human and she started to look for the young man. One day, she was hiding under Broken Bridge in the rain when she met a young scholar, Xu Xian. Xu Xian was the young man in his latest reincarnation! Xu Xian offered her his umbrella, and a romance soon ensued. Unfortunately, according to heavenly law, spirits and mortals could not marry. Therefore, Bai Suzhen kept her real identity secret.

The secret did not last, and an angry monk named Fa Hai found out the truth. He kidnapped Xu Xian, and hid him in a mountain temple to trick Bai Suzhen into rescuing Xu Xian. Fa Hai knew that Bai Suzhen was weak because she was pregnant with Xu Xian's child. Though weakened, Bai Suzhen was able to summon just enough power to defeat Fa Hai and free Xu Xian. But she could not fully overcome Fa Hai; he captured her in a golden alms bowl and imprisoned her in Leifeng Pagoda above Xihu. There, he promised himself that Bai Suzhen would never be free until the lake was gone and the pagoda was destroyed.

Star-Crossed Poet钱塘苏小小



Courtesy of Pauk of Flickr Creative Commons Attribution-Share Alike 2.0 Generic

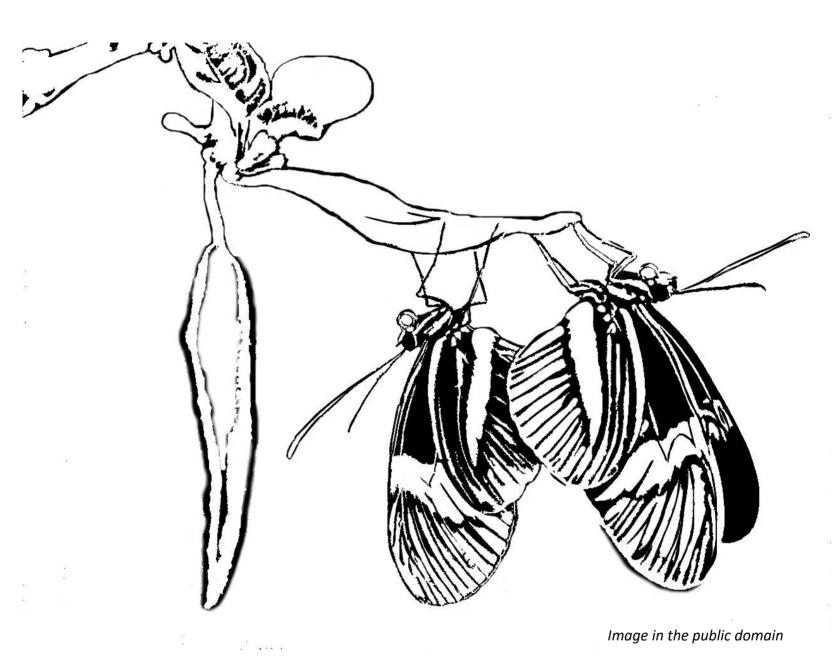
Su Xiaoxiao's pavilion near the Xiling Bridge at Xihu

Star-Crossed Poet钱塘苏小小

The star-crossed poet is another famed story with origins at Xihu. It surrounds a beautiful courtesan of the Qi dynasty (478-501 AD) named Su Xiaoxiao. Legend says Su Xiaoxiao fell in love with a young prince named Ruan Yu at a young age. The two wished to be together, but Ruan Yu was rich and powerful; Su Xiaoxiao came from a family of more modest means. Ruan Yu's family would not consent to their relationship and forcefully kept them apart.

Time passed, and Su Xiaoxiao recovered from her broken heart. She eventually met a poor scholar named Ren Bao, who reminded her of Ruan. Because Ren was poor, Su Xiaoxiao worked and saved money so he could travel to take the imperial examinations. Finally, when she had gathered enough money, Ren made his trip and took the examinations. But he never returned. Devastated, Su Xiaoxiao fell ill and died. It turned out that Ren had passed the capital's highest examination, and his return was delayed. When he finally did return, he could not find Su. He found her grave and was so stricken with grief, he resurrected a pavilion over her tomb near the Xiling Bridge by Xihu, a place she had loved dearly. The pavilion stands to this day.

The Butterfly Lovers梁祝



Two butterflies seen on a walk around Xihu. Could these be the butterfly lovers?

The Butterfly Lovers梁祝

"The Butterfly Lovers" is one of China's Four Great Folktales. It centers around two lovers, Liang Shanbo and Zhu Yingtai, during the Eastern Jin Dynasty (317-501 AD). Despite the fact girls were not allowed to go to school at this time in China's history, Zhu convinced her parents to let her go disguised as a boy. On her way to school, Zhu met a young scholar name Liang. They instantly felt a connection, and decided to gather some oil and incense for an oath of brotherhood. For the next three years, they went to school together, and Zhu fell in love with Liang. However, Liang was too preoccupied with his studies to notice Zhu was a girl.

One day, Zhu received a letter calling her back home. Liang accompanied her for eighteen miles of her trip home; the whole time, Zhu tried to hint to him that she was a girl. But Liang never caught on. Finally, after many failed hints, Zhu decided to tell Liang that she would set him up with her beautiful sister. Months later, when Liang came to visit Zhu and meet the supposed sister, he found Zhu instead--without her disguise. He instantly fell in love with her, acknowledging how he loved her as a friend when she was pretending to be a boy. They vowed to stay together, but, unfortunately, Zhu's family had already arranged a marriage for her. Liang was heartbroken and gradually fell ill and died.

On the day of her marriage, Zhu left her wedding procession to pay respects to her former lover. While kneeling brokenhearted at the grave, a clap of thunder opened the grave. Zhu threw herself in to join Liang. Their spirits emerged in the form of two butterflies; they flew away together, never to be separated again.

A Walk Around Xihu



Lake Xihu. Photo courtesy of Haiying Wei, April 2018

Xihu is famous not only for its tea and stories, but also for its sheer beauty. There are "Ten Scenes" celebrated for their extraordinary beauty or historical importance. You have already visited two in this book: Longjing Spring and Su Xiaoxiao's pavilion. Now let's visit the rest!

Dawn on the Su Causeway in Spring 蘇堤春曉



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The Su Causeway stretches 1.7 miles and was built by the scholar and poet Su Dongpo during the Northern Song Dynasty (960–1127 AD). The Su Causeway includes 6 bridges covered in vegetation. In the spring it is covered with peach blossoms and weeping willow catkins.

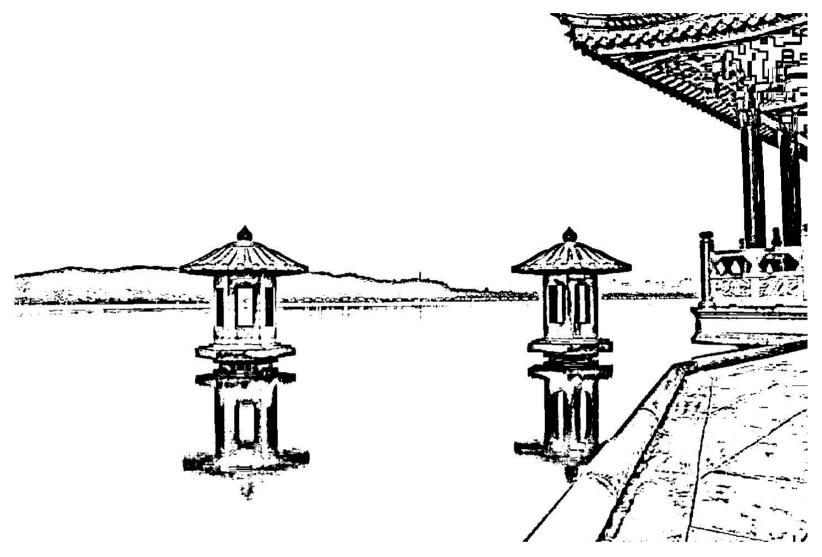
Curved Yard and Lotus Pool in Summer 曲院風荷



Wikipedia commons CC BY-SA 3.0

This scene is located northwest of Xihu. During the Song Dynasty (960–1279 AD), this was the site of a beautiful winery, surrounded by the lotus flowers. The delicious smells of the winery and lotus patch gave this scene the nickname "scene of scents." Uniquely, this scene can be viewed from five spots: Yuehu Lake, the Bamboo Garden, the Lakeside Woods, the Winery Yard, and the Lotus Pool.

Moon over the Calm Lake in Autumn 平湖秋月



Courtesy of Jeff Chenqinyi of The Chinese Wikipedia Entry Collaboration Program CC BY-SA

For centuries, Xihu has been the perfect place to watch the moon; the platform at "Moon over Calm Lake in Autumn" is the ideal location to appreciate the night's beauty. This scene is set to the west of the Bai Causeway by the West Outer Lake. The area is comprised of the Imperial Stele Pavilion, an octagonal pavilion, a platform over the lake, and other buildings.

Remnant Snow on the Bridge in Winter 斷橋殘雪

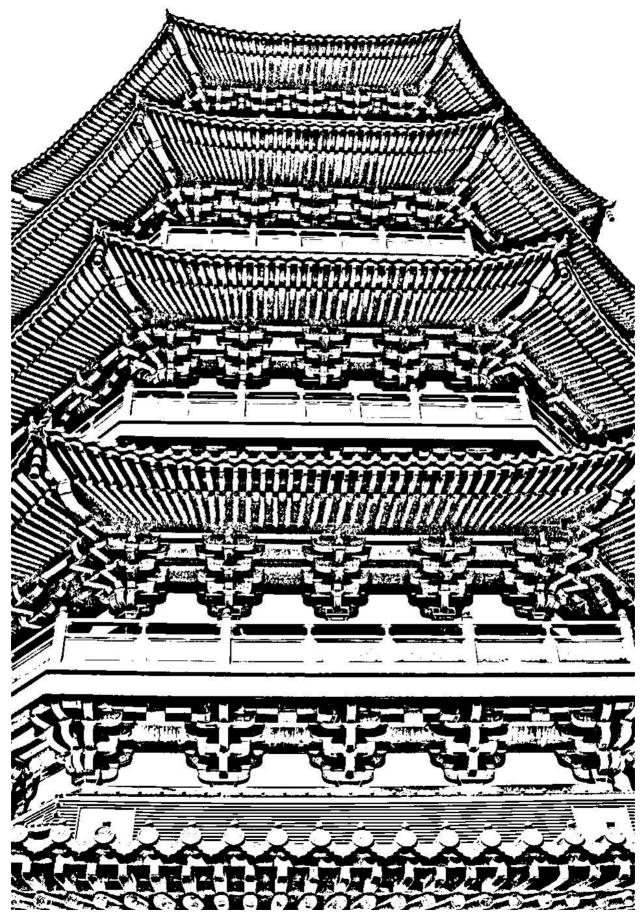


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Remnant Snow on the Bridge in Winter 斷橋殘雪

The Broken Bridge of Xihu is the most romantic of the Ten Scenes because it is where the Bai Suzhen and Xu Xian met and fell in love! The Broken Bridge got its name due to an optical illusion created when snow melts on only part of the bridge. Parts of the bridge then blend in with the background and the lake. From a distance, one gets the impression that part of the bridge is missing. In reality, the Broken Bridge is just a traditional arched bridge!

Leifeng Pagoda in the Sunset 雷峰夕照

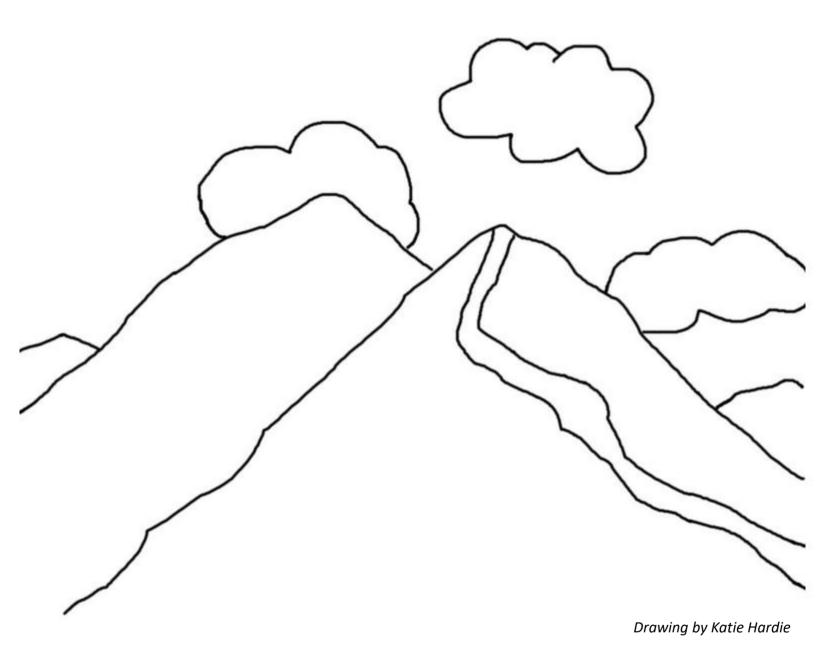


Courtesy of Fumi Yamazaki of Flickr Some rights reserved

Leifeng Pagoda in the Sunset 雷峰夕照

The Leifeng Pagoda also plays a role in legend of Lady White Snake, as it is the prison Fa Hai locks her in after Bai Suzhen saves her beloved Xu Xian. The Leifeng Pagoda is located on the Evening Glow Mountain to the south of West Outer Lake. This pagoda was constructed during the Five Dynasties (907–960 AD) by the king of the Wuyue in celebration of his concubine's pregnancy. The pagoda is still there. Do you think Bai Suzhen is also?

Two Peaks Piercing the Clouds 雙峰插雲



Two Peaks Piercing the Clouds refers to the north and south mountain peaks, simply called the North Peak and South Peak, that shoot up into the sky at 1,165 feet and 843 feet respectively. The best time to view this scene is right after it has rained or is cloudy. Then, amidst the fog, only these two peaks are visible. Years ago, Buddhist temples and pagodas perched on these peaks, making for amazing vantage points of Xihu. Unfortunately, they have deteriorated and are no longer there.

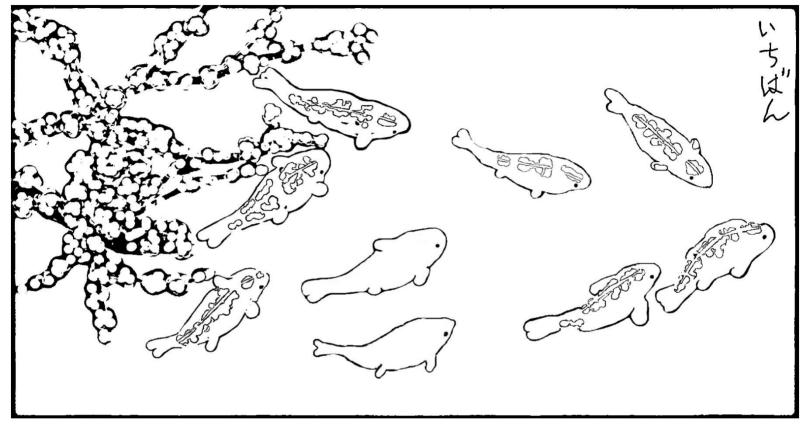
Orioles Singing in the Willows 柳浪聞鶯



Orioles Singing in the Willows 柳浪聞鶯

This scene is located at the Qingbo Gate southeast of West Outer Lake. During the Southern Song Dynasty (1127–1279 AD), it was the largest imperial garden in the country, named the Landscape Gathering Garden. Centered in the garden is the Orioles House, a place where all orioles congregate. A dike with several species of willow trees lines one side. During the warm seasons, tourists come to this scene to watch the willow branches flow in the wind and listen to the orioles warble. It is very beautiful!

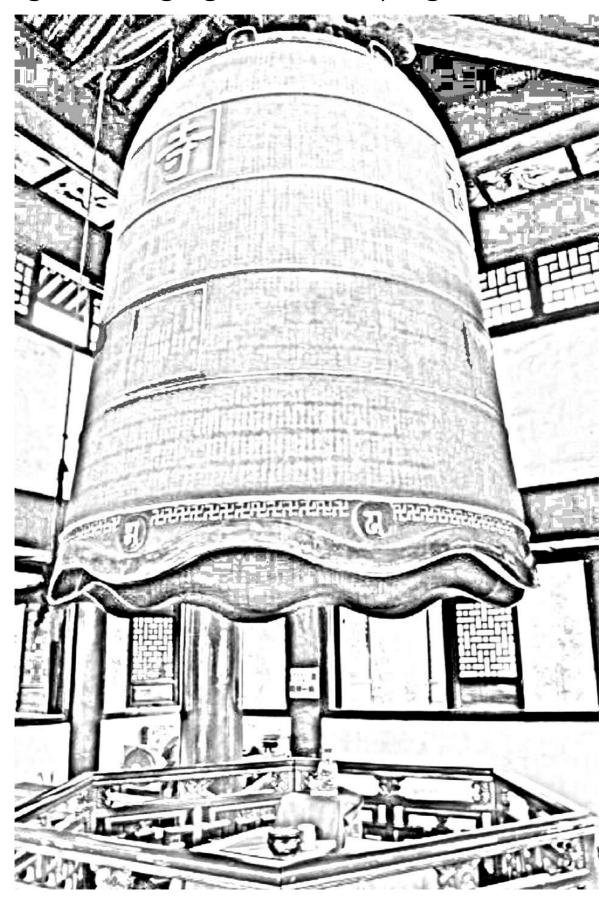
Fish Viewing at the Flower Pond 花港觀魚



Courtesy of Ichiban Yada © 2014. Licensed under CC-BY.

South of Su Causeway lies a 54-acre park commonly known as the Viewing Fish at Flower Harbor Scenic Spot. The harbor got its name from a stream flowing from Huajia Hill to Xihu that creates a small harbor in which many flowers grow. The park also contains a red koi carp pond, a peony garden, a great lawn, and tree groves. The koi pond is the park's most popular spot. Tourists lean on the zigzag bridge and watch swarming red koi carp swim beneath them. This scene provides great beauty and has inspired artists and poets for centuries.

Evening Bell Ringing at the Nanping Hill **南屏晚鐘**

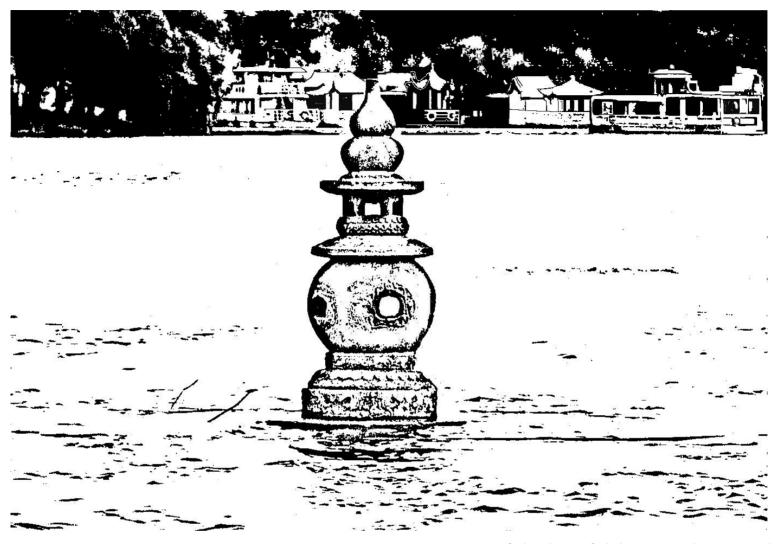


Courtesy of Jonathan Rawle of Flickr Some rights reserved

Evening Bell Ringing at the Nanping Hill **南屏晚鐘**

The evening bell at Nanping Hill is best enjoyed at dusk. Nanping Hill lies south of West Outer Lake. While it is only 328 feet high, it is over 1,094 yards long! At the Hill's foot lies Jingci Temple, built during the Five Dynasties (907–960 AD), and Xingjiao Temple, built during the Northern Song Dynasty (960–1127 AD). When the evening bell rings at dusk, its sound reverberates through the hill's many rocks and caves, and it is said to humble those hearing it.

Three Ponds Mirroring the Moon 三潭印月



Courtesy of Chiral Jon of Flickr Some rights reserved

Situated at the south end of Lesser Paradise Island, the "Three Pools" refers to three stone towers that sit atop the water, built during the Tianqi Period (Ming Dynasty, 1620-1627 AD). The towers stand in a triangle, each one 8.2 feet high and 68 yards away from the others. West of the Three Pools are rounded, hollow stone pagodas, with five round, hole-like windows circling the top and bottom levels. On the night of the Mid-Autumn Moon Festival, candles are lit inside each of the towers. The candle's light reflects into the pond below, thus giving the scene its name.

Ten Scenes of West Lake

Match these scenes with their corresponding characters!

a.	Dawn on the Su Causeway in Spring	(雙峰插雲)
b.	Three Ponds Mirroring the Moon	(柳浪聞鶯)
c.	Orioles Singing in the Willows	(平湖秋月)
d.	Fish Viewing at the Flower Pond	(南屏晚鐘)
e.	Curved Yard and Lotus Pool in Summer	(蘇堤春曉)
f.	Remnant Snow on the Bridge in Winter	(曲院風荷)
g.	Moon over the Calm Lake in Autumn	(花港觀魚)
h.	Two Peaks Piercing the Clouds	(斷橋殘雪)
i.	Leifeng Pagoda in the Sunset	(三潭印月)
j.	Evening Bell Ringing at the Nanping Hill	(斷橋殘雪)

Word Scramble (单词**争**夺)

Flora and Fauna at Westlake

EPHAC SSBMLOO			
The first part of this beloved Chinese flower is a fruit, famous in the state of Georgia. In Chinese Taoist mythology, this flower sprouts off the			
tree of immortality. It has also been known to symbolize love and good luck.			
TLUOS			
This flower, usually pink, has been known to symbolize purity, perfection, and holiness of the Buddha.			
THMASNUSO			
Also known as Devilwood, this plant is known for its long branches and plentiful white blossoms. In traditional Chinese medicine, this plant was used to help the skin, lungs, throat, and body.			
UMLP MSOBSLSO			
This plant also has a fruit in the first part of its name. It is known to symbolize perseverance and hope. In Confucianism, it represents the principals and values of virtue.			
LIUTP			
This flower is one of the most common flowers associated with love.			

Word Scramble (单词**争**夺)

Flora and Fauna at Westlake

IKO ACPR

LLMF	RADS
	These animals are the most common of their kind in the northern hemisphere. Male animals of this species have a green head with a white ring around their neck.
YCHL	AONS
	Also known as the Woodland Kingfisher, legend says this animal once calmed a raging sea so it could lay its eggs on a floating nest. Ever since, these animals have been said to breed two more weeks of serene weather around the winter solstice. They are therefore a symbol of peace and tranquility.

This species of animal was originally found in Central Europe and Asia. The first part of their name is Japanese, meaning the second part of their name.

Word Find (单词查**找**) Former names of West Lake

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About Katie



Photo courtesy of the Hardie family

Hi everyone! My name is Katie Hardie, and I have made this coloring book, along with the other education activities, for you and other inquiring minds to use! I am a dancer at CAAM Chinese Dance Theater, and I hope you enjoyed watching my troupe's performance as much we enjoyed performing it! I myself was adopted from Xihu's province, Zhejiang. I came from a small town south of Hangzhou called Quzhou. The photo above is of my mother and me visiting Xihu shortly after she adopted me.

I loved writing about fun things from this province, especially because I am from there. I hope you had fun with this book, and I hope you learned some cool new things!

Answers

Ten Scenes of West Lake

Match these scenes with their corresponding characters!

a.	Dawn on the Su Causeway in Spring	(雙峰插雲) two peaks
b.	Three Ponds Mirroring the Moon	(柳浪聞鶯) orioles
C.	Orioles Singing in the Willows	(平湖秋月) calm lake
d.	Fish Viewing at the Flower Pond	(南屏晚鐘) bell
e.	Curved Yard and Lotus Pool in Summer	(蘇堤春曉) su
f.	Remnant Snow on the Bridge in Winter	(曲院風荷) curved
g.	Moon over the Calm Lake in Autumn	(花港觀魚) fish viewing
h.	Two Peaks Piercing the Clouds	(斷橋殘雪) leifeng
i.	Leifeng Pagoda in the Sunset	(三潭印月) three ponds
j.	Evening Bell Ringing at the Nanping Hill	(斷橋殘雪) snow

Answers

Flora and Fauna at Westlake

EPHAC SSBMLOO	Peach Blossom	
The first part of this beloved Chine	ese flower is a fruit, famous in the	
state of Georgia. In Chinese Taoist	mythology, this flower sprouts off the	
tree of immortality. It has also bee	en known to symbolize love and good	
luck.	,	
TLUOS	Lotus	
This flower, usually pink, has been	known to symbolize purity,	
perfection, and holiness of the Bu	ddha.	
THMASNUSO	Osmanthus	
Also known as Devilwood, this pla	nt is known for its long branches and	
plentiful white blossoms. In traditi	ional Chinese medicine, this plant was	
used to help the skin, lungs, throat	t, and body.	
UMLP MSOBSLSO	Plum Blossum	
This plant also has a fruit in the first	st part of its name. It is known to	
symbolize perseverance and hope	. In Confucianism, it represents for	
the principals and values of virtue.	•	
LIUTP	Tulip	
This flower is one of the most com	nmon flowers associated with love.	

Answers

Flora and Fauna at Westlake

LLMRADS	Mallards	
	st common of their kind in the northern s of this species have a green head with a eck.	
YCHLAONS	Halcyons	
calmed a raging sea so it on these animals have been seen seen seen seen seen seen see	and Kingfisher, legend says this animal once could lay its eggs on a floating nest. Ever since, said to breed two more weeks of serene er solstice. They are therefore a symbol of	
IKO ACPR	Koi Carp	
•	s originally found in Central Europe and Asia. ne is Japanese, meaning the second part of	

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About CAAM Chinese Dance Theater

The heart of dance, the soul of China.

CAAM Chinese Dance Theater was founded in 1992 with just 4 students. Today, we are the oldest and largest Chinese Dance company in the Midwest, with more than 160 students. Our youngest dancer ever was 18 months old, and our oldest dancer is 65 years old! Chinese dance draws from more than 56 diverse ethnic groups. The costumes are usually very colorful, and many dances use props, such as fans, swords, ribbons, long sleeves, umbrellas, and hats.

Please visit our website at https://www.caamcdt.org/ to learn more about us. Also, we are offering Free Dance Classes for Spring of 2019 to qualified students! Please contact us at admin@caamcdt.org to learn more!



Funders

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