

## What is calligraphy? 什麼是書法

- Shufa 書法 is the way of writing. 書法是一種書寫的方法
- The art of giving form to signs in an expressive, harmonious and skillful manner.

以富有表現力、和諧和巧妙的方式賦予符號形式的藝術。



writing text 字帖

## The evolution of Chinese character

### 漢字的演變

甲骨文 <sup>o</sup>	Oracle script <sup>o</sup>	日 月 車 馬
金文 <sup>o</sup>	Script on bronze(1000 BC) <sup>o</sup>	日 月 車 馬
小篆 <sup>o</sup>	Seal script <sup>o</sup>	日 月 車 馬
隸書 <sup>o</sup>	Official script (220 BC) <sup>o</sup>	日 月 車 馬
楷書 <sup>o</sup>	Regular script <sup>o</sup>	日 月 車 馬
草書 <sup>o</sup>	Cursive script <sup>o</sup>	日 月 車 馬
行書 <sup>o</sup>	Fluent script(180 AD) <sup>o</sup>	日 月 車 馬

Q1.Can you recognize which one is regular script? 你可以辨識以下哪張圖是楷書嗎?

1



Oracle Bone Script  
甲骨文

2



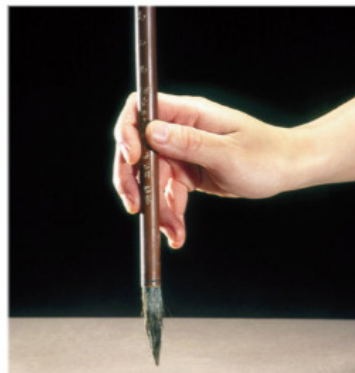
Regular Script  
楷書

## How to hold the brush? 如何握筆

### Holding the Brush 雙鉤法

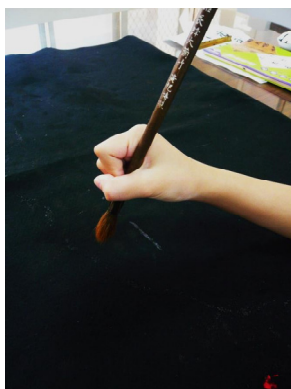
1. Hold the brush midway up the handle. 中指壓，無名指扣上，指實掌虛
2. Grip the brush like a pen, but leave an open space in the palm of your hand,
3. Hold the brush in a gentle and relaxed manner. Imagine holding a tomato without bruising its skin. 輕鬆的方式握筆，想像手掌可放一顆番茄
4. Hold the brush at a 90-degree angle, perpendicular with your paper.

讓筆與紙張成90度，以中鋒方式書寫



Q2. When you hold the brush which picture is correct? 當你握毛筆時，以下哪張圖是正確的?

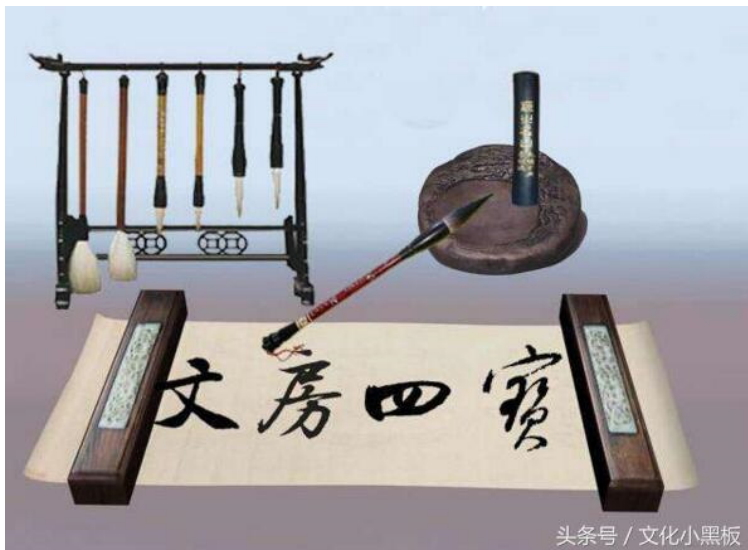
1



2



## The four treasures



头条号 / 文化小黑板

## Essential stationeries



• brush 毛筆



ink 墨

xuan paper 宣紙



ink  
stone 硯

## Q2. Matching game 配對遊戲

1 2 3 4

A B C D

xuan paper ink brush ink stone

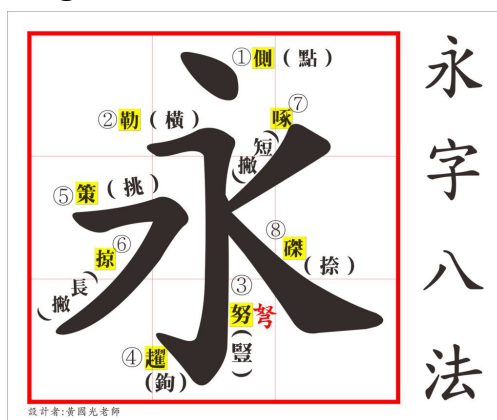
## Q3. Which picture is not one of four treasures in calligraphy? 以下哪張圖不是文房四寶之一?

1 ★ 2

Chinese seal stone 印章 ink stone 硯

## Basic strokes 基本筆法

- The character yong (which means eternity) contains eight strokes.



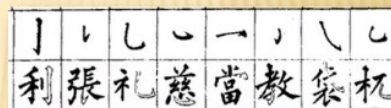
## BASIC EIGHT BRUSH STROKES

SlidePlayer

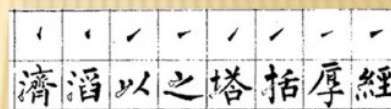
Wavelike  
stroke



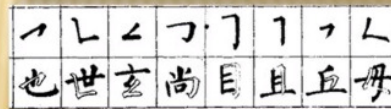
Hook



Upstroke  
to the right



Bend or  
twist



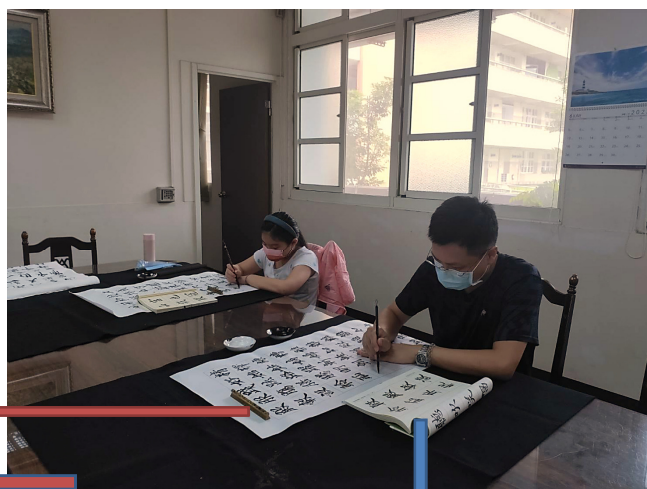
## THE GENERAL ORDER OF WRITING STROKES

筆畫書寫之先後

- 1. From left to right 從左到右
- 2. From upper to lower 從上到下
- 3. From inside to outside 從內到外



## Environment 環境



paper weight  
紙鎮

calligraphy mat 墊布

writing text 字帖

## Posture of writing 書寫姿勢

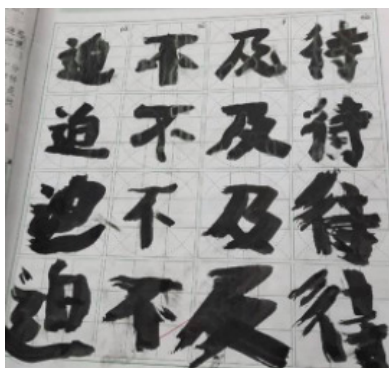


plate 碟子

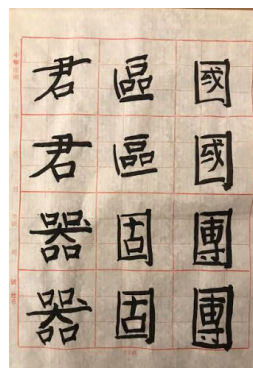
Q4. Which picture is not using the right way of calligraphy writing? 以下哪張圖的書寫沒參考對的書寫方法?

✗

1



2



fat 胖

thin 細

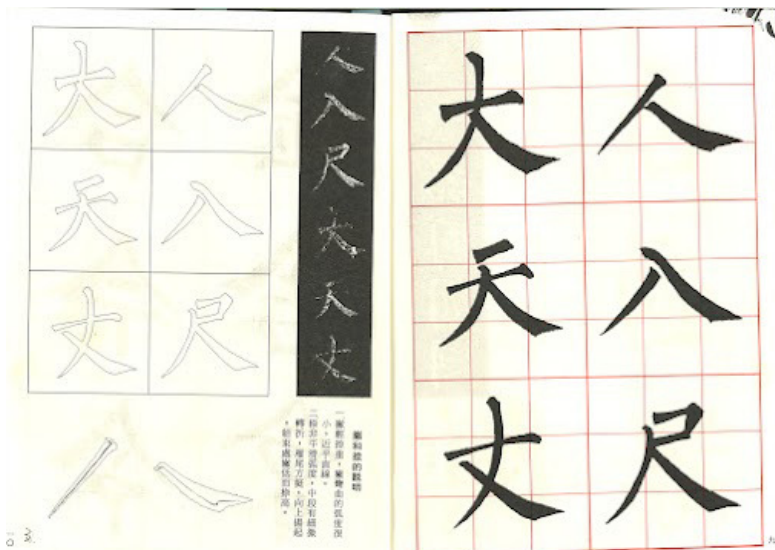






- 請先準備好書法毛邊紙6格及12格各2張及大楷毛筆、墊布(報紙)、筆鎮、碟子或硯台、墨汁
- 書法課參考影片
  - 影片一:君、區  
<https://drive.google.com/file/d/1noJCYd9TmdP1n1pZVSc1SMXZQQg8lBzg/view?usp=sharing>
  - 影片二:橫豎鉤、固  
[https://drive.google.com/file/d/1T\\_njXenqZjW\\_YOUEW6jy3ngqAn2mlsuE/view?usp=sharing](https://drive.google.com/file/d/1T_njXenqZjW_YOUEW6jy3ngqAn2mlsuE/view?usp=sharing)
  - 影片三:團、國  
<https://drive.google.com/file/d/18XzPegLDqbLdT3A5p064MuOI0uhC9u62/view?usp=sharing>
  - 影片四:西、器  
[https://drive.google.com/file/d/1SIRKop\\_JqOfEJNlwh1JtF4p1dnMlvB2N/view?usp=sharing](https://drive.google.com/file/d/1SIRKop_JqOfEJNlwh1JtF4p1dnMlvB2N/view?usp=sharing)
- 書法卡通
  - 柳公權-心正則筆正  
[https://www.youtube.com/watch?v=S\\_kl3yjHBTs](https://www.youtube.com/watch?v=S_kl3yjHBTs)
  - 【感動的美德故事】15少年柳公權 | Touching Virtue Story | 中國好繪本【三森兒童官方頻道】  
<https://www.youtube.com/watch?v=ejmKDXG4DA&t=2s>

### TASK3-撇和捺



- 請先準備好書法毛邊紙6格及12格各2張及大楷毛筆、墊布(報紙)、筆鎮、碟子或硯台、墨汁

書法課參考影片

影片一:捺法、人

<https://drive.google.com/file/d/1EgqPGzY3rgXtuSird9C3NGEJAvw4Tzd1/view?usp=sharing>

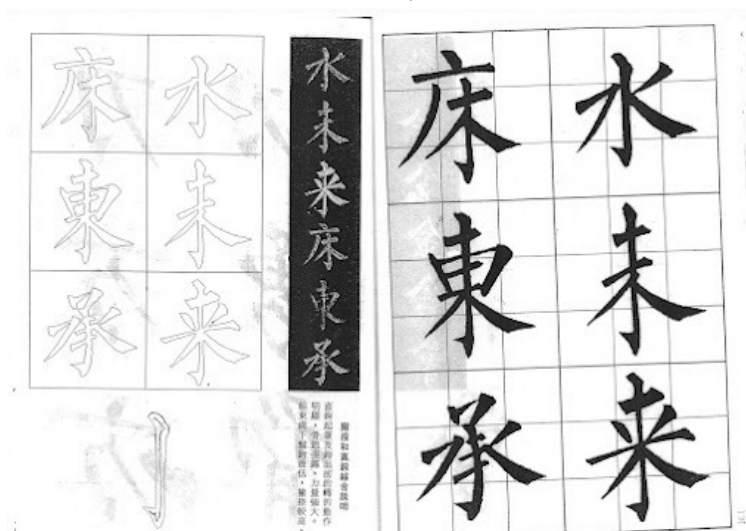
影片二:尺、大

[https://drive.google.com/file/d/1QD87C1wCrkHJT6dQ4QROtQXa2\\_2wQSMT/view?usp=sharing](https://drive.google.com/file/d/1QD87C1wCrkHJT6dQ4QROtQXa2_2wQSMT/view?usp=sharing)

影片三:天、丈

<https://drive.google.com/file/d/13P4vrizSaGm-15gDXDi3c1EyhYmVifC/view?usp=sharing>

## TASK4-撇捺和直鉤



- 請先準備好書法毛邊紙6格及12格各2張及大楷毛筆、墊布(報紙)、筆鎮、碟子或硯台、墨汁  
書法課參考影片  
說明如下:  
影片一:水、未  
[https://drive.google.com/file/d/1ErCN6Zb1UteDc\\_FJSctZ6zo\\_b8RWulDA/view?usp=sharing](https://drive.google.com/file/d/1ErCN6Zb1UteDc_FJSctZ6zo_b8RWulDA/view?usp=sharing)  
影片二:來、床  
<https://drive.google.com/file/d/1D3GMJOFiGpKLCmLuJHWP1BikmjtxWRN/view?usp=sharing>  
影片三:東、承  
<https://drive.google.com/file/d/1JcrDjvwPMO05UQfCkZyyShSR5949DUxw/view?usp=sharing>  
  
書法參考影片:  
讓百萬孩子愛上書法的動畫片 | 象形文字 | 書法 漢字 Calligraphy  
<https://www.youtube.com/watch?v=kapOXVPozqc>  
文化中華 書法  
<https://www.youtube.com/watch?v=n7hFiO-agU>  
毛筆書法基本筆畫都含在這幾個字裏了!不信,妳看到最後就明白了!筆文字の基本的な書き方はこの中に全て入っています!信じられないな最後まで見れば  
<https://www.youtube.com/watch?v=5Sah7rNKbbk>

## TASK5-PENCIL WRITING 硬筆書法





