全球银龄学院

Global Academy of Lifelong Learning

Chinese Calligraphy

中国书法

A self-study course in 8 lessons

自学课程，共 8 课

Brush, ink, and the beauty of the written character

笔墨之间，领略汉字之美



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This course is for learning and enjoyment. It teaches calligraphy as an art and a relaxing practice. It makes no medical claims.

本课程仅供学习和欣赏。它把书法作为一门艺术和一种令人放松的练习来教授，不作任何医疗方面的宣称。

Welcome / 欢迎

Welcome to Chinese Calligraphy! This is a self-study course, so you can work through it at your own pace — one lesson a day, one a week, or all in your own rhythm. Each lesson takes about 60 minutes. Every lesson ends with a short self-graded quiz so you can check your own learning. You do not need to send your answers anywhere.

欢迎来到《中国书法》！这是一门自学课程，您可以按照自己的节奏学习——每天一课、每周一课，或者完全按自己的安排。每课大约需要 60 分钟。每课末尾都有一份简短的自测小测验，方便您自己检查学习效果，无需向任何人提交答案。

What you need: a beginner's brush (a medium 羊毫 or 兼毫 brush is a good start), a small bottle of ink or an ink stick with an inkstone, a pad of practice paper (毛边纸 or old newspaper works well for practice), and a felt pad or

folded towel under your paper. That is all — you do not need expensive supplies to begin.

您需要准备的：一支初学者用毛笔（中号羊毫或兼毫是不错的起点）、一小瓶墨汁或一块墨加一方砚台、一叠练习纸（毛边纸或旧报纸都很适合练习），以及垫在纸下的毡垫或折叠好的毛巾。仅此而已——开始练习不需要昂贵的用品。

A note about practice: Calligraphy rewards patience, not speed. Short, calm practice every day — even fifteen minutes — will take you further than one long, tense session. Sit comfortably, breathe naturally, and enjoy the movement of the brush.

关于练习的提示：书法讲究耐心，而不是速度。每天短时间、心平气和地练习——哪怕只有十五分钟——也比一次长时间、紧张的练习更有收获。请坐得舒服，自然呼吸，享受运笔的过程。

Lesson 1 / 第 1 课

The Beauty of Chinese Calligraphy: A First Look at the Five Scripts

书法之美：五种书体初探

> **Goal / 学习目标：** By the end of this lesson, you can name the five major scripts of Chinese calligraphy and describe in your own words what makes each one different.
>
> 学完本课，您能说出中国书法的五种主要书体，并用自己的话描述每种书体的特点。

Why calligraphy? / 为什么学书法?

Chinese calligraphy is more than beautiful handwriting. For over two thousand years, it has been respected as an art in its own right — a way to express character, feeling, and balance through the brush. Many people also find it calming: the slow, focused movement of the brush asks for your full attention, and that attention itself is restful. You do not need to be an artist to enjoy it. Every learner starts with the same first stroke.

中国书法不仅仅是漂亮的书写。两千多年来，它一直被视为

一门独立的艺术——通过毛笔表达性情、情感与平衡。许多人还觉得它令人心静：缓慢而专注的运笔需要您全神贯注，而这种专注本身就是一种休息。您不需要是艺术家也能享受它。每一位学习者都是从同样的第一笔开始的。

The five scripts / 五种书体

1. **Seal script （篆书 zhuànshū）** — the oldest style, with even, rounded lines. It looks ancient and solemn, and it is still used today for seals and stamps. / **篆书**——最古老的书体，线条均匀圆润，看起来古朴庄重，今天仍用于印章。
2. **Clerical script （隶书 lìshū）** — broad, flat strokes with a lively wave-like sweep. It is clear and dignified. / **隶书**——笔画宽扁，带有生动的波磔，清晰而庄重。
3. **Regular script （楷书 kǎishū）** — the standard, upright style you see in most printed books. Every stroke is clear and complete. This is where most beginners start. / **楷书**——端正的标准书体，就是您在大多数印刷书籍中看到的样子。每一笔都清晰完整，大多数初学者都从楷书开始。
4. **Running script （行书 xíngshū）** — flowing and natural, halfway between regular and cursive. Strokes connect and move with ease. / **行书**——流畅自然，介于楷书与草书之间，笔画连贯，行笔自如。
5. **Cursive script （草书 cǎoshū）** — the most free and expressive

style, with strokes joined and simplified. It is beautiful but the hardest to read, and best saved for later study. / **草书**——最自由奔放的书体，笔画相连且简化，非常美丽但最难辨认，适合以后再学。

Step by step / 一步一步来

1. **Look before you write.** Find one example of each script (in this book, in a library book, or online) and look at it for a full minute. / **先看再写。**找每种书体的一个例子（本书中、图书馆的书里或网上），认真看上一分钟。
2. **Notice the feeling.** Ask yourself: does this script feel steady, lively, flowing, or free? / **体会感觉。**问自己：这种书体给人的感觉是沉稳、生动、流畅，还是自由？
3. **Choose your starting point.** In this course we begin with regular script, because its clear strokes teach you the foundations for everything else. / **选好起点。**本课程从楷书开始，因为它清晰的笔画能为您打下学习其他书体的基础。

> **Try this / 试一试：** Without a brush, use your finger to trace a large character in the air — for example 永 (yǒng, "forever"). Feel how the strokes move: down, across, out. Then look at the same character written in regular script and in running script, and notice how the running-script version flows more quickly.

不用毛笔，用手指在空中描一个大字——例如“永”。感受笔画的走向：向下、向横、向外。然后看看同一个字用楷书和行书写出来的样子，注意行书版本如何更加流畅快捷。

Check yourself / 自我检查 — Lesson 1 Quiz

1.Name the five major scripts of Chinese calligraphy. / 说出中国书法的五种主要书体。

2.Which script is the oldest, and where is it still used today? / 哪种书体最古老，今天还用在什么地方？

3.Which script is the standard style seen in most printed books? / 哪种书体是大多数印刷书籍中看到的标准书体？

4.True or false: running script is halfway between regular and cursive script. / 判断正误：行书介于楷书与草书之间。

5.Which script does this course start with, and why? / 本课程从哪种书体开始，为什么？

Answers / 答案： 1. Seal, clerical, regular, running, and cursive script. / 篆书、隶书、楷书、行书、草书。 2. Seal script; it is still used for seals and stamps. / 篆书；仍用于

> 印章。 3. Regular script. / 楷书。 4. True. / 正确。 5. Regular script, because its clear strokes teach the foundations for everything else. / 楷书，因为它清晰的笔画能为学习其他书体打下基础。

Lesson 2 / 第 2 课

Your Tools: Brush, Ink, Paper, and Inkstone — Choosing and Caring for Them

文房四宝：笔、墨、纸、砚的选择与保养

> **Goal / 学习目标：** By the end of this lesson, you can name the Four Treasures of the Study, choose affordable beginner supplies, and clean and store your brush correctly.
>
> 学完本课，您能说出“文房四宝”，选购价格合适的初学者用品，并正确清洗和存放毛笔。

The Four Treasures of the Study / 文房四宝

Traditionally, a calligrapher's tools are called the Four Treasures of the Study （文房四宝 wénfáng sìbǎo）: **brush （笔 bǐ）, ink （墨 mò）, paper （纸 zhǐ）, and inkstone （砚 yàn）**. Together they have everything you

need. You do not need rare or costly versions — ordinary, well-made tools are exactly right for learning.

传统上，书法家的工具被称为“文房四宝”：**笔、墨、纸、砚**。四样齐备，就什么都有了。您不需要稀有昂贵的版本——普通而制作精良的工具正是学习所需要的。

Choosing your tools / 选择工具

1. **Brush （笔）:** Start with one medium brush of mixed hair （兼毫 jiānháo） — soft enough to hold ink, firm enough to keep its point. A brush that is too big or too small will fight you; medium is friendly. / **笔：**先买一支中号兼毫笔——既柔软能含墨，又坚挺能聚锋。太大或太小的笔都会跟您“作对”，中号最友好。
2. **Ink （墨）:** A small bottle of liquid ink is easiest for beginners. If you enjoy the ritual, an ink stick ground on the inkstone with a little water gives a richer, warmer black — try it later, when you are curious. / **墨：**一小瓶墨汁对初学者最方便。如果您喜欢研墨的仪式感，用墨块在砚台上加少许水研磨，能得到更浓润的黑色——以后有兴趣时再尝试。
3. **Paper （纸）:** Practice on inexpensive absorbent paper such as 毛边纸 (máobiānzhǐ) or even old newspaper. Save good rice paper （宣纸 xuānzhǐ） for finished works. / **纸：**练习用便宜的吸水纸即可，如毛边纸，甚至旧报纸也可以。好的宣纸留给完成作品时使用。

4. **Inkstone （砚）：**Any small, smooth inkstone or shallow dish will do for starting out. / **砚：**任何小而平滑的砚台或浅碟，起步时都够用。

Caring for your brush / 毛笔的保养

This matters more than the price of the brush. After every session, rinse the brush gently in clean, cool water until the water runs clear — never pull or twist the hairs. Reshape the tip to a point with your fingers, and hang the brush tip-down (or lay it flat) to dry. Never leave a brush standing in water or resting on its tip, and never put the cap back on a wet brush.

这一点比笔的价格更重要。每次练习后，用干净的凉水轻轻漂洗毛笔，直到水变清——千万不要拉扯或拧绞笔毛。用手指把笔锋理成尖形，悬挂起来笔尖朝下晾干（或平放）。千万不要把笔泡在水里，也不要笔尖朝下立着，更不要在笔还是湿的时候就套上笔帽。

Try this / 试一试： Set up your workspace like a small studio: felt pad on the table, paper on top, a small dish of ink at your right (or left, if you are left-handed), and a cup of clean water for rinsing. Dip your brush, let the extra ink drip back, and draw five slow lines on newspaper. Notice how the brush feels in your hand before you

worry about shapes.

把您的练习区布置成一个小工作室：桌上铺毡垫，纸放在上面，右手边（左撇子则在左手边）放一小碟墨，一杯清水用来涮笔。蘸墨后让多余的墨滴回去，在报纸上慢慢画五条线。在担心形状之前，先感受笔在手中的感觉。

Check yourself / 自我检查 — Lesson 2 Quiz

1.What are the Four Treasures of the Study? / 文房四宝是哪四样?

2.What kind of brush is recommended for a beginner? / 建议初学者使用什么样的毛笔?

3.What paper should you use for daily practice, and what should you save good rice paper for? / 日常练习应该用什么纸，好宣纸应该留作什么用?

4.True or false: after practice, you should leave your brush standing in a cup of water. / 判断正误：练习后应该把毛笔泡在水杯里。

5.What is the correct way to dry a brush? / 晾干毛笔的正确方法

是什么？

Answers / 答案： 1. Brush, ink, paper, and inkstone. / 笔、墨、纸、砚。 2. A medium mixed-hair brush （兼毫）. / 中号兼毫笔。 3. Inexpensive absorbent paper or old newspaper for practice; good rice paper for finished works. / 练习用便宜的吸水纸或旧报纸；好宣纸留给完成作品。 4. False — never leave a brush standing in water. / 错误——千万不要把笔泡在水里。 5. Rinse until the water runs clear, reshape the tip to a point, and hang it tip-down or lay it flat to dry. / 漂洗至水清，把笔锋理尖，悬挂笔尖朝下或平放晾干。

Lesson 3 / 第 3 课

Sitting, Holding the Brush, and the First Strokes: Horizontal, Vertical, and Dot

坐姿、执笔与第一笔：横、竖、点

Goal / 学习目标： By the end of this lesson, you can sit and hold the brush correctly and write a steady horizontal stroke, a vertical stroke, and a dot.

学完本课，您能正确坐姿和执笔，并写出平稳的横、竖和点。

Sitting and holding the brush / 坐姿与执笔

Sit upright but relaxed, with both feet flat on the floor and the paper straight in front of you. If sitting upright is tiring, sit back comfortably — what matters is a steady body and a free arm. Hold the brush upright between your thumb, index, and middle fingers, with the ring and little fingers resting lightly behind. The grip should be firm enough to control the brush, loose enough that your fingers do not tire. Your wrist stays relaxed and slightly raised, and your elbow hangs free — the movement comes from the arm and wrist together, not from stiff fingers.

坐姿端正但放松，双脚平放在地上，纸摆在正前方。如果端坐容易累，靠着坐舒服些也可以——重要的是身体平稳、手臂自由。用拇指、食指和中指握住笔杆，使其直立，无名指和小指轻轻靠在后面。握笔要紧得足以控制毛笔，又松得不让手指疲劳。手腕放松并微微抬起，手肘自然下垂——运笔的力量来自手臂和手腕的配合，而不是僵硬的手指。

The first three strokes / 最初的三个笔画

1. **Horizontal （横 héng）:** Start with the tip pressed lightly, move

steadily to the right, and finish with a small, firm stop. Think of it as a long, calm breath. / **横：**笔尖轻按起笔，平稳地向右行笔，最后小小地顿一下收笔。就像一次绵长而平静的呼吸。

2. **Vertical （竖 shù）：**Start at the top, press, and draw straight down with even pressure, finishing with a firm stop. Keep the line straight, like a tree trunk. / **竖：**从上方起笔，按下，均匀用力直直地往下写，最后顿笔收住。保持线条笔直，像树干一样。
3. **Dot （点 diǎn）：**Press the tip down and lift quickly, like a drop of water landing. The dot should be round and full, not a scratch. / **点：**笔尖按下后迅速提起，像一滴水落下。点应该是圆润饱满的，而不是一道划痕。

Step by step / 一步一步来

1. Dip the brush and wipe off extra ink on the edge of the dish — a dripping brush makes muddy strokes. / 蘸墨后在碟边刮掉多余的墨——滴墨的笔会写出浑浊的笔画。
2. Practice each stroke in rows of ten on newspaper, slowly. Speed comes later; steadiness comes first. / 在报纸上每种笔画慢慢练十遍。速度以后再说，平稳是第一位的。
3. Compare your tenth stroke with your first. You will already see improvement. / 把第十笔和第一笔比较一下。您已经会看到进步。

Try this / 试一试： Write the character 十 (shí, "ten") — it is just one horizontal and one vertical stroke crossing in the middle. Write it ten times, large. Then write 一 (yī, "one"), a single horizontal stroke, and see how steady you can make it.

写“十”字——它就是一横一竖在中间相交。放大写十遍。再写“一”字，即一笔横，看看您能写得多平稳。

Check yourself / 自我检查 — Lesson 3 Quiz

1.How should you hold the brush, and which fingers hold it? / 应该怎样执笔，哪几根手指握笔?

2.Where does the movement of the brush come from? / 运笔的力量来自哪里?

3.Describe how to write a horizontal stroke. / 描述横的写法。

4.What should a dot look like — and what should it NOT look like? / 点应该是什么样子，不应该是什么样子?

5.Which character is made of just one horizontal and one vertical stroke? / 哪个字只由一横一竖组成?

Answers / 答案： 1. Upright, held by the thumb, index,

> and middle fingers, with the ring and little fingers resting lightly behind. / 笔杆直立，由拇指、食指、中指握住，无名指和小指轻轻靠后。 2. From the arm and wrist together, not from stiff fingers. / 来自手臂和手腕的配合，而不是僵硬的手指。 3. Press lightly to start, move steadily right, finish with a small firm stop. / 轻按起笔，平稳向右，最后小顿收笔。 4. Round and full, not a scratch. / 圆润饱满，而不是一道划痕。 5. 十 (shí, "ten"). / “十”。

Lesson 4 / 第 4 课

The Eight Principles of Yong (永字八法): The Building Blocks of Characters

永字八法：汉字的基本笔画

> **Goal / 学习目标：** By the end of this lesson, you can name the eight basic strokes of the character 永 and write the character yourself, stroke by stroke.
> 学完本课，您能说出“永”字的八种基本笔画，并一笔一笔地写出这个字。

One character, eight strokes / 一个字，八种笔画

For centuries, teachers have used a single character — 永 (yǒng, "forever") — to teach the eight basic strokes, because this one character contains all eight. The method is called 永字八法 (yǒngzì bāfǎ), the Eight Principles of Yong. Learn these eight strokes well, and you can build almost any character.

几百年来，老师们一直用一个字——“永”——来教授八种基本笔画，因为这一个字就包含了全部八种笔画。这种方法叫“永字八法”。把这八种笔画学好，几乎任何汉字都能写出来。

The eight strokes / 八种笔画

1. **Dot （点 diǎn）** — the small round drop at the top. / **点**——顶部的小圆点。
2. **Horizontal （横 héng）** — the steady line across. / **横**——平稳的一横。
3. **Vertical （竖 shù）** — the straight line down. / **竖**——直直的一竖。
4. **Hook （钩 gōu）** — the small upward flick at the end of a stroke. / **钩**——笔画末尾向上的一小提。
5. **Rising stroke （提 tí）** — a short stroke that lifts upward to the

right. / **提**——向右上方提起的一短笔。

6. **Left-falling stroke （撇 piě）** — a sweeping stroke down to the left. / **撇**——向左下方撇出的一笔。
7. **Right-falling stroke （捺 nà）** — a sweeping stroke down to the right, ending in a full, flat foot. / **捺**——向右下方捺出的一笔，收笔处饱满平展。
8. **Short left-falling stroke （短撇 duǎnpiě）** — the small sweep inside the character. / **短撇**——字里面的小撇。

Step by step / 一步一步来

1. Practice each of the eight strokes alone, in rows of five, on newspaper. / 每种笔画先单独在报纸上练五遍。
2. Then write 永 slowly, in the correct stroke order: dot, horizontal, vertical with hook, rising stroke, left-falling, short left-falling, right-falling. / 然后按正确的笔顺慢慢写“永”：点、横、竖钩、提、撇、短撇、捺。
3. Write it ten times. Your tenth 永 will look much steadier than your first — keep both, so you can see your own progress. / 写十遍。第十个“永”会比第一个平稳得多——把两个都留着，这样您能看到自己的进步。

> **Try this / 试一试：** Look at the character 福 (fú, "good fortune").

Can you spot the dot, the horizontal, the vertical, and the left-falling stroke inside it? Circle them in your mind. Almost every character is a combination of the eight strokes you just learned.

看看“福”字。您能在里面找出点、横、竖和撇吗？在心里把它们圈出来。几乎每个汉字都是您刚学过的八种笔画的组合。

Check yourself / 自我检查 — Lesson 4 Quiz

1.What is 永字八法， and why is the character 永 used to teach it? / 什么是永字八法，为什么用“永”字来教它?

2.Name four of the eight basic strokes. / 说出八种基本笔画中的四种。

3.What is the difference between 撇 and 捺？ / 撇和捺有什么区别?

4.True or false: learning the eight strokes of 永 helps you write almost any character. / 判断正误：学会“永”的八种笔画有助于写出几乎任何汉字。

5.What is the correct stroke order for writing 永？ / 写“永”的正确笔顺是什么?

Answers / 答案： 1. The Eight Principles of Yong; the character 永 contains all eight basic strokes. / 永字八法；“永”字包含了全部八种基本笔画。 2. Any four of: dot, horizontal, vertical, hook, rising stroke, left-falling, right-falling, short left-falling. / 点、横、竖、钩、提、撇、捺、短撇中的任意四种。 3. 撇 sweeps down to the left; 捺 sweeps down to the right and ends in a full, flat foot. / 撇向左下方 sweeping；捺向右下方，收笔饱满平展。 4. True. / 正确。 5. Dot, horizontal, vertical with hook, rising stroke, left-falling, short left-falling, right-falling. / 点、横、竖钩、提、撇、短撇、捺。

Lesson 5 / 第 5 课

Regular Script (楷书): Steady, Clear, and Balanced

楷书：端正、清晰、平衡

Goal / 学习目标： By the end of this lesson, you can write three simple characters in regular script with balanced structure, and explain what "balanced" means in a character.

学完本课，您能用楷书写出三个结构平衡的简单汉字，并说明字的“平衡”是什么意思。

What makes regular script special / 楷书的特点

Regular script （楷书 kǎishū） is the style of most printed books and of the great Tang dynasty masters such as Yan Zhenqing and Liu Gongquan. Its rules are simple to state and take a lifetime to master: every stroke is complete and clear, strokes do not run into each other, and the parts of a character fit together in balance. For a beginner, regular script is the kindest teacher — it shows you exactly where every stroke belongs.

楷书是大多数印刷书籍的书体，也是唐代颜真卿、柳公权等大师的书体。它的规则说起来简单，掌握却需要一生：每一笔都完整清晰，笔画互不相连，字的各个部分搭配平衡。对初学者来说，楷书是最和善的老师——它清楚地告诉您每一笔应该放在哪里。

Balance in a character / 字的平衡

1. **Center.** Imagine a vertical line down the middle of your practice square. The character should feel centered on it, not leaning left or right. / **居中。**想象练习格中间有一条竖线。字应该感觉居于这条线之上，不偏左也不偏右。

2. **Size.** In a character with two parts, the parts should suit each other — neither part should crowd out the other. / **大小。**左右结构的字，两部分要彼此相称——哪一部分都不应挤占另一部分。
3. **Spacing.** Strokes inside a character breathe evenly. If one gap is much wider than the others, the character looks unsettled. / **间距。**字内的笔画间距要均匀。如果某个空隙比其他的大得多，字看起来就不安稳。

Step by step / 一步一步来

1. Practice on grid paper （米字格 mǐzìgé） — the printed grid lines help you judge center and size. / 在米字格纸上练习——印好的格线能帮助您判断居中和大小。
2. Write these three characters slowly, five times each: 人 (rén, "person"), 大 (dà, "big"), 天 (tiān, "sky"). Notice how 天 is 大 with one extra horizontal line on top. / 慢慢写下面三个字，各写五遍：人、大、天。注意“天”就是“大”上面多了一横。
3. After each set, pick your best one and ask: is it centered? Are the parts balanced? Keep your best examples. / 每组写完后，选出写得最好的一个，问自己：居中了吗？各部分平衡吗？把最好的例子留下来。

> **Try this / 试一试：** Write 大 three times: once too small in the corner of the square, once too big spilling out of the square, and

once filling the square comfortably. Compare them. The comfortable one shows you what good size feels like.

把“大”写三遍：一次写得太小，挤在格子一角；一次写得太大，超出格子；一次舒舒服服地填满格子。比较一下。舒服的那一个就是大小合适的感觉。

Check yourself / 自我检查 — Lesson 5 Quiz

1.Which two Tang dynasty masters are named as models of regular script? / 课文中提到的两位唐代楷书大师是谁?

2.What are the three rules of balance in a character? / 字的平衡有哪三条规则?

3.What kind of practice paper helps you judge center and size? / 哪种练习纸能帮助您判断居中和大小?

4.True or false: in regular script, strokes run into each other and connect. / 判断正误：楷书中笔画相互连接。

5.How is 天 related to 大? / “天”和“大”有什么关系?

Answers / 答案： 1. Yan Zhenqing and Liu Gongquan. / 颜真卿、柳公权。 2. Center, size, and spacing. / 居中、大

小、间距。 3. Grid paper （米字格）. / 米字格纸。 4. False — in regular script every stroke is complete and clear, and strokes do not run into each other. / 错误——楷书每一笔都完整清晰，笔画互不相连。 5. 天 is 大 with one extra horizontal line on top. / “天”就是“大”上面多了一横。

Lesson 6 / 第 6 课

Running Script (行书): Flowing and Natural

行书：流畅自然

Goal / 学习目标： By the end of this lesson, you can explain how running script differs from regular script, and write a simple character with a flowing, connected feeling.

学完本课，您能说明行书与楷书的区别，并以流畅连贯的感觉写出一个简单的字。

From steady to flowing / 从端正到流畅

Running script （行书 xíngshū） grew out of regular script when writers began to write more quickly in everyday life. The strokes stay recognizable, but they

begin to connect, corners soften into curves, and the brush lifts less often. The result feels natural and alive, like walking at an easy pace instead of standing at attention. The most famous running-script work is Wang Xizhi's Orchid Pavilion Preface （兰亭序 Lántíng Xù）, written more than 1,600 years ago and still admired today as a masterpiece of flowing, graceful writing.

行书是在日常书写中，为了写得更快，从楷书演变而来的。笔画仍然可以辨认，但开始相连，方角变圆，提笔的次数减少。写出来的感觉自然生动，就像轻松地散步，而不是立正站立。最著名的行书作品是王羲之的《兰亭序》，写于一千六百多年前，至今仍被视为流畅优美的杰作。

Three changes from regular to running / 从楷书到行书的三个变化

1. **Connect.** Where regular script lifts the brush between strokes, running script sometimes lets one stroke flow into the next. / **相连。**楷书在笔画之间提笔，行书有时让一笔顺势连入下一笔。
2. **Soften.** Sharp corners become gentle curves. A square turn becomes a rounded one. / **变圆。**尖锐的转角变成柔和的曲线，方折变成圆转。
3. **Simplify.** Some strokes are shortened or merged, but never so

much that the character cannot be read. / **简化**。有些笔画被缩短或合并，但绝不会简到让人认不出来。

Step by step / 一步一步来

1. First write 人 in regular script, slow and clear. / 先用楷书慢慢、清楚地写一个“人”字。
2. Now write it again, a little faster, letting the two strokes flow without fully stopping between them. That flowing feeling is the beginning of running script. / 再写一遍，稍快一点，让两笔不停顿地流动起来。这种流畅感就是行书的开始。
3. Try the same with 山 (shān, "mountain") and 水 (shuǐ, "water"). Keep every character readable — if a friend could not read it, slow down. / 用同样的方法试试“山”和“水”。每个字都要保持可读——如果朋友认不出来，就放慢速度。

> **Try this / 试一试：** Write your own name, or the character 福 (fú, "good fortune"), first in regular script and then in running script, side by side. Notice which strokes connected and which corners softened. Keep both versions — seeing the pair teaches you more than either one alone.
>
> 把自己的名字或“福”字，先用楷书写一遍，再用行书写一遍，并排放在一起。注意哪些笔画相连了，哪些转角变圆了。把两个版本都留下来

——对照着看，比只看其中一个学到的更多。

Check yourself / 自我检查 — Lesson 6 Quiz

1.How did running script grow out of regular script? / 行书是怎样从楷书演变而来的?

2.What is the most famous running-script work, and who wrote it? / 最著名的行书作品是什么，谁写的?

3.Name the three changes from regular to running script. / 说出从楷书到行书的三个变化。

4.True or false: in running script, characters should be simplified until they cannot be read. / 判断正误：行书中，字应该简化到让人认不出来。

5.What should you do if a friend cannot read your running-script character? / 如果朋友认不出您的行书字，应该怎么办?

Answers / 答案： 1. Writers began to write more quickly in everyday life, so strokes connected and corners softened. / 人们在日常书写中越写越快，笔画开始相连，转角变圆。 2. The Orchid Pavilion Preface （兰亭序）, by

> Wang Xizhi. / 王羲之的《兰亭序》。 3. Connect, soften, simplify. / 相连、变圆、简化。 4. False — characters must stay readable. / 错误——字必须保持可读。 5. Slow down. / 放慢速度。

Lesson 7 / 第 7 课

Writing Your First Complete Work: Layout, Seals, and Mounting Basics

完成第一幅作品：布局、印章与装裱基础

> **Goal / 学习目标：** By the end of this lesson, you can plan the layout of a small complete work, choose a short phrase to write, and finish it with a simple seal mark.
>
> 学完本课，您能规划一幅小作品的布局，选一句短语来书写，并用一枚简单的印章完成它。

From practice to a finished work / 从练习到作品

A finished calligraphy work is not just good characters — it is good characters arranged well on the page. Traditionally, Chinese calligraphy is written top to bottom, right column to left column. The characters in one column should be about the same size, the columns

should stand in even rows, and the page should have breathing room at the edges. A small seal (a carved stamp with your name or a lucky word, pressed in red ink) marks the work as yours and adds a warm touch of red to balance the black ink.

一幅完成的书法作品不仅仅是字写得好——还要在纸面上安排得好。传统上，中国书法从上到下、从右列到左列书写。同一列的字大小应大致相同，各列排列整齐，纸面边缘要留有余白。一枚小印章（刻有您的名字或吉祥语的印，蘸朱红印泥盖上）标志着作品属于您，也为墨色增添一抹温暖的红色，起到平衡作用。

Choosing what to write / 选择书写内容

For a first work, choose something short and meaningful — a single character or a short classical phrase that has been shared for centuries, such as 福 (fú, "good fortune"), 寿 (shòu, "long life"), or the two-character phrase 平安 (píng'ān, "peace and safety"). Short phrases let you focus on quality rather than quantity, and they make beautiful gifts.

第一幅作品，选一句简短而有意义的内容——一个字或一句

流传了几个世纪的短语，例如“福”“寿”，或两个字的“平安”。短句能让您专注于质量而不是数量，而且是很美的礼物。

Step by step / 一步一步来

1. **Draft first.** Write your phrase on practice paper three times. Choose your best version. / **先打草稿。**在练习纸上把短语写三遍，选出最好的一遍。
2. **Plan the page.** On good paper, lightly mark where your columns will go. Leave a generous margin on all sides. / **规划版面。**在好纸上轻轻标出各列的位置，四周留出宽裕的边。
3. **Write slowly.** Breathe, write one column, rest, then continue. Do not rush the last character — it deserves the same calm as the first. / **慢慢写。**呼吸，写完一列，休息一下，再继续。不要赶最后一个字——它和第一个字一样值得平静对待。
4. **Seal it.** Press a small name seal or a ready-made lucky-word seal in red ink near the end of your work, where it balances the page. If you do not have a seal yet, simply sign your name in small regular script. / **盖章。**在作品末尾附近盖一枚小姓名章或现成的吉祥语章，蘸红印泥，起到平衡版面的作用。如果还没有印章，用小楷签上名字也可以。

> **Try this / 试一试：** Make your first complete work this week: the

single character 福 on good paper, with your small signature beside it. Date it on the back. In a year, you will love seeing where you started.

本周完成您的第一幅作品：在好纸上写一个“福”字，旁边签上小字落款。在背面写上日期。一年后，您会很喜欢看到自己的起点。

Check yourself / 自我检查 — Lesson 7 Quiz

1.In which direction is traditional Chinese calligraphy written? / 传统中国书法按什么方向书写?

2.What three things make a page look well arranged? / 哪三点让版面看起来安排得好?

3.What does a seal do for a finished work? / 印章对一幅完成作品有什么作用?

4.Why is a short phrase a good choice for a first work? / 为什么短句适合作为第一幅作品?

5.True or false: you should rush the last character to finish quickly. / 判断正误：为了快点完成，应该匆忙写完最后一个字 。

Answers / 答案： 1. Top to bottom, right column to left column. / 从上到下，从右列到左列。 2. Characters in a column about the same size, columns in even rows, and breathing room at the edges. / 同列字大小大致相同，各列排列整齐，边缘留有余白。 3. It marks the work as yours and adds a warm touch of red to balance the black ink. / 标志作品属于您，并为墨色增添一抹温暖的红色以平衡版面。 4. It lets you focus on quality rather than quantity, and it makes a beautiful gift. / 能让您专注于质量而不是数量，而且是很美的礼物。 5. False — the last character deserves the same calm as the first. / 错误——最后一个字和第一个字一样值得平静对待。

Lesson 8 / 第 8 课

My Calligraphy Practice Plan: Copying Classics and Daily Practice

我的书法练习计划：临摹经典与日常练习

Goal / 学习目标： By the end of this lesson, you can make your own weekly practice plan and explain how copying classic works helps you improve.

学完本课，您能制定自己的每周练习计划，并说明临摹经典作品如何帮助提高。

Copying the classics / 临摹经典

The traditional way to improve is 临摹 (línmó): first 临 (lín), copying a model while looking at it beside your paper, and then 摹 (mó), tracing over a model placed under thin paper. Both are respected practice, not cheating — every great calligrapher learned by copying masters first. Start with one model you love, such as a regular-script classic, and stay with it for weeks rather than jumping between many models. Depth beats variety at this stage.

传统的提高方法是“临摹”：先是“临”，看着字帖在旁边对照着写；然后是“摹”，把薄纸蒙在字帖上描摹。两者都是受人尊敬的练习方法，不是作弊——每一位伟大的书法家都是先从临摹大师开始的。先选一本您喜欢的字帖，例如一本楷书经典，坚持练上几周，而不是在许多字帖之间跳来跳去。在这个阶段，深入胜过广泛。

Your weekly practice plan / 您的每周练习计划

1. **Every day (15 minutes):** Warm up with rows of basic strokes, then copy five characters from your model. / **每天（15 分钟）：** 先用几排基本笔画热身，再临摹字帖上的五个字。

2. **Three times a week:** Add ten minutes of free writing — a short phrase, a greeting card, or your own name. / **每周三次：**加十分钟自由书写——一句短语、一张贺卡，或自己的名字。
3. **Once a week:** Choose your best piece of the week, date it, and keep it in a folder. Over months, the folder becomes your own exhibition. / **每周一次：**选出本周最好的作品，写上日期，放进文件夹。几个月下来，这个文件夹就是您自己的展览。
4. **Once a month:** Write one complete small work on good paper, with a seal or signature. / **每月一次：**在好纸上写一幅完整的小作品，盖章或签名。

Keeping it joyful / 保持乐趣

Calligraphy is a practice for a lifetime, not a race. Some days your hand will feel stiff and your characters will wander — that happens to everyone, including masters. On those days, practice shorter, choose an easier model, or simply enjoy grinding ink and making a few calm strokes. The goal is not perfection. The goal is the quiet pleasure of brush, ink, and paper, practiced day by day.

书法是一生的练习，不是比赛。有些日子手会发僵，字会走样——每个人都会这样，包括大师。在这样的日子里，练短一点，选容易一点的字帖，或者只是享受磨墨、写几笔平静

笔画的乐趣。目标不是完美。目标是笔、墨、纸日复一日带来的宁静愉悦。

Try this / 试一试： Write your practice plan on a card and put it beside your brush. Fill in your chosen model, your daily time, and the day of the week for your weekly best piece. Then sign it — this is your promise to your future self.

把您的练习计划写在一张卡片上，放在毛笔旁边。填上您选的字帖、每天的练习时间，以及每周选佳作的日子。然后签上名——这是您对未来自己的承诺。

Check yourself / 自我检查 — Lesson 8 Quiz

1.What is 临摹， and what are its two parts? / 什么是临摹，它的两个部分是什么?

2.True or false: copying a master is cheating. / 判断正误：临摹大师是作弊。

3.What is the recommended daily practice, and how long should it take? / 建议的每天练习是什么，需要多长时间?

4.What should you do once a week with your best piece? / 每

周应该怎样处理自己最好的作品？

5.What should you do on a day when your hand feels stiff and your characters wander? / 在手发僵、字走样的日子里，应该怎么办？

Answers / 答案： 1. Copying classic models; 临 (copying while looking at the model beside your paper) and 摹 (tracing over a model under thin paper). / 临摹经典；临（看着字帖在旁边对照着写）和摹（把薄纸蒙在字帖上描摹）。 2. False — every great calligrapher learned by copying masters first. / 错误——每一位伟大的书法家都是先从临摹大师开始的。 3. Warm up with basic strokes, then copy five characters from your model — about 15 minutes. / 用基本笔画热身，再临摹字帖上的五个字——大约 15 分钟。 4. Date it and keep it in a folder. / 写上日期，放进文件夹。 5. Practice shorter, choose an easier model, or simply enjoy grinding ink and making a few calm strokes. / 练短一点，选容易一点的字帖，或者只是享受磨墨、写几笔平静笔画的乐趣。

My Progress Checklist / 我的学习进度表

Check off each lesson as you finish it. / 每完成一课，就打一个勾。

☐ Lesson 1: The five scripts / 第 1 课：五种书体

☐ Lesson 2: The Four Treasures and brush care / 第 2 课：文房四宝与毛笔保养

☐ Lesson 3: Sitting, holding the brush, horizontal, vertical, dot / 第 3 课：坐姿、执笔、横、竖、点

☐ Lesson 4: The Eight Principles of Yong / 第 4 课：永字八法

☐ Lesson 5: Regular script and balance / 第 5 课：楷书与平衡

☐ Lesson 6: Running script and flow / 第 6 课：行书与流畅

☐ Lesson 7: My first complete work / 第 7 课：我的第一幅作品

☐ Lesson 8: My practice plan / 第 8 课：我的练习计划

☐ I wrote my first complete work on good paper / 我在好纸上写了第一幅作品

☐ I started my weekly practice folder / 我开始了每周

作品文件夹

全球银龄学院 Global Academy of Lifelong Learning — Chinese Calligraphy / 中国书法