全球银龄学院

Global Academy of Lifelong Learning

Bridge & Mahjong Club

桥牌与麻将俱乐部

A Self-Study Course in 8 Lessons

8 节自学课程



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Welcome / 欢迎

Welcome to the Bridge & Mahjong Club! This course is about two wonderful games that have brought people together for generations: mahjong （麻将）, with its clicking tiles and lively tables, and bridge （桥牌）, with its clever bidding and teamwork. You do not need any experience with either game. All you need is curiosity and a wish to spend happy hours with friends.

欢迎来到桥牌与麻将俱乐部！本课程介绍两项代代相传、把人们聚在一起的游戏：麻将——牌声清脆、牌桌热闹；桥牌——叫牌巧妙、讲究合作。您不需要有任何经验，只需要好奇心和与朋友共度愉快时光的愿望。

How to use this course / 如何使用本课程： Work through the lessons in order, at your own pace. Each lesson takes about 60 minutes. Read the goal, follow the numbered steps, try the practice activity, and finish with the short quiz. Every lesson ends with answers so you can grade yourself. There are no exams and no grades from anyone else — this course is for friendship and fun.

如何使用本课程：请按顺序学习，按自己的节奏进行。每节课大约 60 分钟。先读学习目标，跟随编号步骤，完成练习活动，最后做小测验。每课末尾附有答案，您可以自己评分。没有考试，也没有别人给您打分——这门课是为了友谊和乐趣。

Words you will meet / 您会遇到的词语： A *tile*（牌） is a small playing piece in mahjong. A *hand*（一手牌） is the set of tiles or cards one player holds. A *trick*（一墩） is one round of cards played in bridge, one card from each player. *Bidding*（叫牌） is the part of bridge where partners describe their cards and agree on a goal. A *club*（俱乐部） is simply a friendly group that meets regularly to play.

词语解释：Tile（牌）是麻将中的小牌块。Hand（一手牌）是一位玩家手中的牌。Trick（一墩）是桥牌中每人出一张牌的一轮。Bidding（叫牌）是桥牌中搭档互相描述手牌、约定目标的环节。Club（俱乐部）就是定期聚在一起玩牌的友好小组。

A friendly note about stakes / 关于彩头的一句提醒： These games are for enjoyment and friendship. If your group plays for small stakes, keep them tiny and friendly — the price of a cup of tea, for example — and never play for more than you can comfortably lose. The real prize is the company.

关于彩头的提醒：这些游戏是为了娱乐和友谊。如果您的牌友小组带一点小彩头，请保持微小而友好——比如一杯茶的价格——绝不要超出自己能轻松承受的范围。真正的奖品是相聚的时光。

Lesson 1: Why Play Together? / 第 1 课：为什么一起玩?

> **Goal / 学习目标：** By the end of this lesson, you can explain three benefits of playing table games with friends, and you can name one game — mahjong or bridge — you would like to try first.
>
> 学完本课，您能说出与朋友玩桌游的三个好处，并能说出自己想先尝试的一项游戏——麻将或桥牌。

1. Games keep the mind lively / 游戏让头脑保持活力

Mahjong asks you to remember which tiles have been played and to watch what others discard. Bridge asks you to count cards, remember the bidding, and plan with your partner. Both games exercise memory, attention, and planning — gently, and while you are laughing. Scientists who study aging often say that social, mentally active pastimes are good for the brain. A game table gives you all three: thinking, talking, and company.

麻将要求您记住哪些牌已经打出，留意别人舍了什么牌。桥牌要求您记牌、记住叫牌过程，并与搭档一起计划。两种游戏都能温和地锻炼记忆力、注意力和规划能力——而且是在笑声中进行的。研究老龄问题的学者常说，社交性的益智活动对大脑有益。牌桌正好三者兼备：动脑、交谈、陪伴。

2. Games make friendship easy / 游戏让交朋友变得容易

Many people find it hard to start a conversation with a stranger. A game solves that problem: everyone at the table has something to do, something to talk about, and a reason to meet again next week. In this course you will learn not only the rules but also the manners that make every table welcoming — patience with beginners, kindness when someone makes a mistake, and praise for a clever play.

许多人觉得和陌生人开始交谈很难。游戏解决了这个问题：桌边的每个人都有事可做、有话可聊、有理由下周再聚。本课程不仅教规则，还教让每张牌桌都受欢迎的礼仪——对初学者耐心、有人出错时宽容、为精彩的出牌喝彩。

3. Two games, two flavors / 两种游戏，两种风味

Mahjong is fast, noisy, and full of small surprises — tiles click, hands change quickly, and a lucky draw can turn a game around. Bridge is quieter and deeper — partners build an understanding over time, and a well-played hand feels like solving a puzzle together. Many club members enjoy both, playing mahjong on one day and bridge on another. You do not have to choose one forever; try both and see which table feels like home.

麻将节奏快、热闹、充满小惊喜——牌声清脆、手牌变化快，一张好牌就能扭转局面。桥牌更安静、更深沉——搭档之间慢慢建立默契，打好一副牌就像一

起解开一道谜题。许多俱乐部成员两者都喜欢，一天打麻将，另一天打桥牌。您不必永远只选一种；两种都试试，看哪张牌桌更像家。

> **Try this / 试一试：** Think of three people you enjoy spending time with — family, neighbors, or old friends. Write down their names and which game you think each might enjoy. Then invite one of them for a cup of tea and say: "I am learning mahjong and bridge. Would you like to learn with me?" Write down their answer.
>
> 想一想三位您喜欢相处的人——家人、邻居或老朋友。写下他们的名字，以及您觉得每人可能喜欢哪种游戏。然后请其中一位喝杯茶，说：“我正在学麻将和桥牌，您愿意和我一起学吗？”写下他的回答。

Check yourself / 自我检查 — Quiz 1

1. Name two ways table games help the mind stay lively.
2. True or false: You must choose either mahjong or bridge forever, and never play the other.
3. What is a "club" in this course?
4. Name one manner that makes a game table welcoming.
5. True or false: In this course, the real prize of playing is the company, not money.

Answers / 答案： 1. Any two of: memory, attention, planning, counting, watching what others play. 2. False — you can enjoy both. 3. A friendly group that meets regularly to play. 4. Any one of: patience with beginners, kindness when someone makes a mistake, praise for a clever play. 5. True.

Lesson 2: Mahjong Basics / 第 2 课：麻将基础

> **Goal / 学习目标：** By the end of this lesson, you can name the three suits of mahjong tiles, explain what a set is, and describe the basic flow of a turn.
>
> 学完本课，您能说出麻将的三种花色，解释什么是“一组牌”，并描述轮到自己时一个回合的基本流程。

1. The tiles / 牌

A mahjong set has 144 tiles in the classic Chinese game, though many casual games use 136. The heart of the game is three suits, numbered 1 to 9: Characters （万子）, Bamboo （条子）, and Dots （筒子）. There are also Winds （风牌：东、南、西、北） and Dragons （三元牌：红中、发财、白板）. Each tile appears four times. Do not worry about memorizing them all at once — after a few games, the patterns become familiar, like faces of friends.

经典中国麻将共 144 张牌，许多休闲玩法用 136 张。游戏的核心是三种花色，每种从 1 到 9：万子、条子和筒子。此外还有风牌（东、南、西、北）和三元牌（红中、发财、白板）。每种牌各有四张。不必一次全部记住——玩过几局之后，牌面就会像朋友的面孔一样熟悉起来。

2. What is a set? / 什么是一组牌?

The goal of mahjong is to build a complete hand, usually 14 tiles made of four sets plus a pair. A set is either three identical tiles （刻子， for example three 5 of Dots) or a run of three consecutive numbers in the same suit （顺子， for example 4, 5, 6 of Bamboo). A pair is two identical tiles （将）. Winds and Dragons can only form sets of three identical tiles, never runs. That is the whole puzzle: draw, discard, and slowly build your sets.

麻将的目标是组成一副完整的牌，通常是 14 张：四组牌加一对。一组牌可以是三张相同的牌（刻子，例如三张 5 筒），也可以是同一花色连续的三个数字（顺子，例如 4、5、6 条）。一对是两张相同的牌（将）。风牌和三元牌只能组成三张相同的刻子，不能组成顺子。整个游戏就是这样：摸牌、舍牌，慢慢凑成自己的组合。

3. The flow of a turn / 一个回合的流程

1. **Draw / 摸牌：** On your turn, take one tile from the wall (the stacked tiles in the middle of the table).
2. **Think / 想一想：** Does it complete a set or a pair you need? If yes, keep it. If no, it is a candidate to discard.
3. **Discard / 舍牌：** Place one tile face up in the middle and say its name clearly, so everyone can follow.

4. **Watch / 留意：** Other players may claim your discard to complete a set — they will call out "Pong" （碰） for three of a kind, "Chow" （吃） for a run (usually only from the player on your left), or "Mahjong" （胡） if it completes their whole hand.

When all four players understand this flow, the game moves at a pleasant rhythm: draw, think, discard, watch. Beginners are welcome to take their time — a good club never rushes a new player.

当四位玩家都理解这个流程后，游戏就会以愉快的节奏进行：摸牌、思考、舍牌、留意。初学者可以慢慢来——好的俱乐部从不催促新玩家。

> **Chinese and American mahjong / 中国麻将与美国麻将：** In Chinese mahjong, hands are built freely from sets and a pair, as described above. American mahjong uses a yearly card of special hands published by the National Mah Jongg League, with joker tiles and a Charleston (an exchange of tiles before play begins). The tiles are the same; the winning patterns differ. This course teaches the Chinese style first, because it is the most widely played around the world — but the manners and the joy are the same in both.
>
> **中国麻将与美国麻将：**中国麻将如上所述，自由组合成四组加一对即可。美国麻将使用全国麻将联盟每年发布的专用牌型卡，带有百搭牌，开局前还有 Charleston（换牌环节）。牌是一样的，胡牌的牌型不同。本课程先教中国玩法，因为它在世界上传播最广——但两种玩法的礼仪和

> 乐趣是相同的。

> **Try this / 试一试：** If you have a mahjong set, lay out the tiles face up and sort them: Characters together, Bamboo together, Dots together, Winds together, Dragons together. Find one example of a set of three identical tiles and one run of 4, 5, 6 in a suit. If you do not have a set, draw the tiles on paper and sort them the same way.
> 如果您有麻将，请把牌面朝上摆出来并分类：万子放一起，条子放一起，筒子放一起，风牌放一起，三元牌放一起。找出一组三张相同的牌和一组同花色 4、5、6 的顺子。如果没有麻将，可以在纸上画出牌面，同样分类。

Check yourself / 自我检查 — Quiz 2

1. Name the three numbered suits of mahjong tiles.
2. What two kinds of sets can you make from numbered tiles?
3. True or false: Winds and Dragons can form runs like 1, 2, 3.
4. What are the three steps of a turn, in order?
5. What does a player call when your discard completes three of a kind for them?

Answers / 答案： 1. Characters （万子）, Bamboo （条子）, Dots （筒子）. 2. Three

identical tiles （刻子） and a run of three consecutive numbers in the same suit （顺子）. 3. False — Winds and Dragons can only form sets of three identical tiles. 4. Draw, think (or decide), discard — then watch. 5. "Pong" （碰）.

Lesson 3: Mahjong Hands and Scoring Made Simple / 第 3 课：麻将胡牌与计分其实很简单

> **Goal / 学习目标：** By the end of this lesson, you can recognize a winning hand, explain the idea of "waiting," and describe one simple friendly scoring method.
>
> 学完本课，您能认出一副胡牌，解释“听牌”的意思，并描述一种简单的友好计分方法。

1. What does a winning hand look like? / 胡牌是什么样子的?

A standard winning hand has four sets and one pair — 14 tiles in total. For example: 2, 3, 4 of Characters; three 7 of Dots; 6, 7, 8 of Bamboo; three East Winds; and a pair of Red Dragons. You win when you draw the tile that completes your hand, or when another player discards it and you call "Mahjong" （胡）. Say it clearly and with a smile, then show your hand so everyone can check it.

一副标准的胡牌由四组牌加一对组成，共 14 张。例如：2、3、4 万；三张 7 筒；6、7、8 条；三张东风；一对红中。当您摸到完成手牌的那张牌，或者别人舍出那张牌而您喊“胡”时，您就赢了。请清楚地喊出来，面带微笑，然后亮出牌让大家检查。

2. Waiting / 听牌

When your hand needs only one more tile to win, you are "waiting" （听牌）. Waiting is an exciting moment — and a good moment to be careful. Watch which tiles others discard: if the tile you need has already been discarded several times, it may be gone, and you may need to change your plan. Experienced players learn to read the table: the discards tell a story about what others are building.

当您的手牌只差一张就能胡时，您就是“听牌”了。听牌是令人兴奋的时刻——也是需要小心的时刻。留意别人舍出的牌：如果您需要的那张牌已经被舍出好几次，它可能已经没有了，您也许需要改变计划。有经验的玩家会读牌桌：舍牌讲述着别人正在凑什么牌的故事。

3. Scoring, the friendly way / 友好的计分方法

Real mahjong scoring can be complicated, with many special hands worth extra points. For a beginner club, keep it simple and friendly:

1. **One point for winning / 赢一分：** The winner scores 1 point (or one small token).
2. **Bonus for a special hand / 特殊牌型加分：** Add 1 bonus point for a hand that is all one suit, or all sets of three identical tiles — agree on your bonuses before the game starts.
3. **Settle up with a smile / 笑着结算：** At the end of the session, the

player with the most points wins the day — and everyone has played, laughed, and practiced.

Agree on your scoring before the first tile is drawn, write it on a card, and keep it on the table. No arguments, no surprises — that is the club way.

在摸第一张牌之前就约定好计分方法，写在一张卡片上放在桌边。没有争论，没有意外——这就是俱乐部的规矩。

> **Try this / 试一试：** Look at this hand and decide: is it a winning hand? Tiles: 3, 4, 5 of Dots; three 9 of Characters; 2, 3, 4 of Bamboo; three South Winds; a pair of White Dragons. (Answer below.) Then make up your own 14-tile hand that wins, using four sets and a pair.
> 请看这副牌，判断它是不是胡牌：3、4、5 筒；三张 9 万；2、3、4 条；三张南风；一对白板。（答案见下方。）然后自己凑一副 14 张的胡牌：四组加一对。

Check yourself / 自我检查 — Quiz 3

1. How many tiles are in a standard winning hand, and how are they arranged?
2. What does it mean to be "waiting" （听牌）?
3. True or false: The "Try this" hand above is a winning hand.

4. Why should a club agree on scoring before the game starts?

5. Name one bonus a beginner club might give an extra point for.

Answers / 答案： 1. 14 tiles: four sets plus one pair. 2. Your hand needs only one more tile to win. 3. True — it has four sets (a run, three of a kind, a run, three of a kind) plus a pair. 4. So there are no arguments and no surprises. 5. Any one of: a hand all in one suit, or a hand of all sets of three identical tiles.

Lesson 4: Bridge Basics / 第 4 课：桥牌基础

> **Goal / 学习目标：** By the end of this lesson, you can explain how bridge players sit and team up, what a trick is, and the basic flow of one hand of bridge.
>
> 学完本课，您能解释桥牌玩家如何就座和组队，什么是一墩，以及一副桥牌的基本流程。

1. Four players, two partnerships / 四位玩家，两对搭档

Bridge is played by four people sitting at North, East, South, and West around the table. North and South are partners; East and West are partners. Partners sit opposite each other. One standard deck of 52 cards is dealt out — 13 cards to each player. The suits rank: spades （黑桃） highest, then hearts （红桃）, diamonds （方块）, and clubs （梅花）. Within a suit, Ace is highest, then King, Queen, Jack, 10, down to 2.

桥牌由四人围桌而坐，分别坐在北、东、南、西四个位置。南北是一对搭档，东西是一对搭档，搭档之间面对面坐。一副标准的 52 张牌平均分发，每人 13 张。花色大小顺序为：黑桃最大，其次是红桃、方块、梅花。每种花色中，A 最大，接着是 K、Q、J、10，一直到 2。

2. The flow of one hand / 一副牌的流程

1. **Deal / 发牌：** All 52 cards are dealt, 13 to each player. Sort your hand by suit, highest first.
2. **Bid / 叫牌：** Players take turns bidding (Lesson 5 explains this). The bidding decides the contract — how many tricks one partnership promises to win, and in which trump suit, if any.
3. **Play / 打牌：** One player leads a card. Each other player in turn must follow that suit if they can; if they cannot, they may play any card. The highest card of the suit led wins the trick — unless someone plays a trump card, which beats any card of another suit. The winner of a trick leads the next one.
4. **Count / 数墩：** After all 13 tricks are played, count how many tricks each partnership won and compare with the contract. Did the bidding side make its promise? Everyone counts together, out loud, and with good humor.

A "trump" （将牌） is a suit chosen in the bidding that beats all other suits. If there is no trump suit, the hand is played in "no trump" （无将）. Trump is the spice of bridge — a small card of the trump suit can win a trick that a big card of another suit cannot.

“将牌”是叫牌中选定的、能胜过其他所有花色的花色。如果没有将牌花色，就是“无将”。将牌是桥牌的调味料——一张小将牌能赢得一张大牌赢不到的

一墩。

3. The dummy / 明手

After the bidding, the partner of the player who will play the hand (the "declarer" 庄家） lays their cards face up on the table. This exposed hand is called the "dummy" （明手）, and the declarer plays both their own cards and the dummy's cards. Beginners often enjoy being the dummy first — you can watch the whole hand unfold and learn without pressure.

叫牌结束后，将要主打的玩家（庄家）的搭档把牌面朝上摊在桌上。这副摊开的牌叫“明手”，庄家同时打自己手中的牌和明手的牌。初学者常常喜欢先当明手——可以看着整副牌展开，毫无压力地学习。

> **Try this / 试一试：** Take a deck of cards and deal yourself 13 cards. Sort them by suit, highest first. Count your high-card points: Ace = 4, King = 3, Queen = 2, Jack = 1. How many points do you have? A hand with 12 or more points is a strong hand. Deal three more hands and count each one.
>
> 拿一副扑克牌，给自己发 13 张。按花色从大到小整理好。数一下大牌点：A = 4 点，K = 3 点，Q = 2 点，J = 1 点。您有多少分？12 点以上就是强牌。再发三副牌，分别数一数。

Check yourself / 自我检查 — Quiz 4

1. Who are partners in bridge, and how do they sit?

2. How many cards does each player receive?

3. What is a trick?

4. True or false: If you cannot follow the suit led, you must still play a card of that suit.

5. What is the "dummy" in bridge?

Answers / 答案： 1. North and South are partners, East and West are partners; partners sit opposite each other. 2. 13 cards. 3. One round of play in which each player plays one card; the highest card of the suit led (or the highest trump) wins it. 4. False — if you cannot follow suit, you may play any card. 5. The declarer's partner's hand, laid face up on the table, played by the declarer.

Lesson 5: Bridge Bidding Without Fear / 第 5 课：不用害怕的桥牌叫牌

> **Goal / 学习目标：** By the end of this lesson, you can count high-card points, explain what an opening bid of 1 of a suit means, and describe one simple response.
>
> 学完本课，您能数大牌点，解释 1 阶花色开叫的含义，并描述一种简单的应叫。

1. Count your points first / 先数点

Bidding begins with counting. Use the simple high-card scale: Ace = 4 points, King = 3, Queen = 2, Jack = 1. Add your points up. With 12 or more points, you have an opening hand — you may open the bidding. With fewer than 12, you usually pass and wait to hear what your partner has. Counting is not a test; take your time, and keep a small points card on the table if it helps.

叫牌从数点开始。使用简单的大牌点数：A = 4 点，K = 3 点，Q = 2 点，J = 1 点。把点数加起来。12 点以上就是开叫牌——您可以开叫。不到 12 点，通常先 Pass（不叫），等着听搭档有什么牌。数点不是考试；慢慢来，如果有帮助，可以在桌上放一张小小的点数卡。

2. Opening the bidding / 开叫

The player to the dealer's left bids first, and bidding goes around the table. An opening bid of "1 Heart" （1 红桃） says: "Partner, I have at least 12 points, and hearts is my longest suit. I think we can win at least 7 tricks with hearts as trump." (A bid of 1 promises 7 tricks: 6 plus 1.) If you have no opening hand, say "Pass" （不叫） — passing is not failing; it is good judgment.

庄家左边的玩家先叫牌，叫牌按顺时针轮流进行。开叫“1 红桃”意思是：“搭档，我至少有 12 点，红桃是我最长的花色。我认为以红桃为将牌，我们至少能赢 7 墩。”（叫 1 阶承诺赢 7 墩：6 加 1。）如果没有开叫牌，就说“Pass”（不叫）——不叫不是失败，而是明智的判断。

3. Responding to your partner / 应叫

When your partner opens, answer with your own points:

1. **0–5 points / 0–5 点：** Pass, unless you can support your partner's suit cheaply.
2. **6–9 points / 6–9 点：** Raise your partner's suit to the 2 level if you have at least 3 cards in it ("2 Hearts" means "I support you, partner").
3. **10 or more points / 10 点以上：** Bid a new suit of your own, or jump to show strength — your partnership is going places.

That is enough bidding for a beginner club. Write these three lines on a card and keep it beside you. As you play more, you will add agreements one at a time, together with your partner — never all at once.

对初学者俱乐部来说，这些叫牌知识已经足够了。把这三条写在卡片上放在身边。随着打牌越来越多，您会和搭档一起一次加一条约定——永远不要一次全加上。

> **Partnership agreements / 搭档约定：** Bridge partners agree in advance what their bids mean. In a friendly club, keep agreements few and written down. If you forget an agreement at the table, smile and say so — everyone forgets sometimes, and the game goes on.
> **搭档约定：**桥牌搭档事先约定彼此叫牌的含义。在友好俱乐部里，约定要少，并且写下来。如果在牌桌上忘了约定，笑着说出来就好——谁都会忘，游戏继续进行。

> **Try this / 试一试：** Deal yourself two hands. Hand A: Ace and King of spades, Queen of hearts, Jack of diamonds, and nine small cards. Hand B: one King and twelve small cards. Count the points for each. Which hand would you open, and what would you bid? (Answers below.)
> 给自己发两副牌。A 牌：黑桃 A 和 K，红桃 Q，方块 J，外加九张小牌。B 牌：一张 K 和十二张小牌。分别数一下点数。您会用哪副牌开叫，叫什么？（答案见下方。）

Check yourself / 自我检查 — Quiz 5

1. How many points is an Ace worth? A King? A Queen? A Jack?

2. How many points do you need to open the bidding?

3. True or false: The "Try this" Hand A is an opening hand.

4. Your partner opens 1 Heart and you have 8 points and 3 hearts. What simple response can you make?

5. True or false: Passing when you have a weak hand is failing.

Answers / 答案： 1. Ace = 4, King = 3, Queen = 2, Jack = 1. 2. 12 or more points. 3. False — Hand A has Ace (4) + King (3) + Queen (2) + Jack (1) = 10 points, fewer than the 12 needed to open. Hand B has only 3 points. Neither hand opens; both pass. 4. Raise to 2 Hearts ("I support you, partner"). 5. False — passing is good judgment.

Lesson 6: Good Manners at the Table / 第 6 课：牌桌上的好礼仪

> **Goal / 学习目标：** By the end of this lesson, you can name five manners that make a game table welcoming, and you can explain what to do when someone makes a mistake.
>
> 学完本课，您能说出五种让牌桌受欢迎的礼仪，并能解释有人出错时该怎么办。

1. The five golden manners / 五条黄金礼仪

1. **Be patient with beginners / 对初学者耐心：** Everyone was a beginner once. Give new players time to think, and never sigh or hurry them.
2. **Praise good play, not just winning / 赞美好牌，而不只是赢牌：** "Nice hand!" and "Clever discard!" make the table warm for everyone.
3. **Accept mistakes with grace / 宽容地接受错误：** A wrong discard or a forgotten bid is part of learning. Smile, fix it if the rules allow, and move on.
4. **Keep the table friendly / 保持牌桌友好：** No teasing, no blaming your partner, no celebrating an opponent's error. If your partner makes a mistake, say "No problem — next hand."

5. **Thank everyone at the end / 结束时感谢大家：** "Thank you for the game" costs nothing and brings people back next week.

In mahjong, add two small courtesies: name your discard clearly, and build your wall neatly so others can draw easily. In bridge, add one more: do not discuss a hand while it is still being played — save the stories for afterwards, when everyone can enjoy them.

打麻将时再加两点小礼貌：清楚地报出舍牌，把牌墙码整齐方便别人摸牌。打桥牌时再加一点：牌还没打完时不要讨论这副牌——把故事留到打完之后，大家一起分享。

2. When something goes wrong / 出了问题怎么办

Sometimes a tile is knocked over, a card is exposed by accident, or a rule is forgotten. Stay calm. In a friendly club, the group agrees on a simple fix — replay the tile, accept the exposed card, look up the rule together — and the game continues. If a disagreement grows, the kindest move is to pause, have some tea, and let the club's most experienced player suggest a fair solution. The friendship matters more than any single hand.

有时牌会被碰倒，牌会被意外亮出，或者规则被忘记。请保持冷静。在友好的俱乐部里，大家商定一个简单的处理办法——重摸一张牌、接受亮出的牌、一起查规则——游戏继续进行。如果分歧变大，最友善的做法是停下来喝杯茶，让俱乐部里最有经验的玩家提出公平的解决办法。友谊比任何一副牌都重要。

> **Try this / 试一试：** Write your club's five manners on a card, in your own words, in English and Chinese. Decorate the card if you like. This will be the first page of your club's notebook in Lesson 8.
>
> 用自己的话，把俱乐部的五条礼仪写在一张卡片上，英文和中文都要写。如果喜欢，可以装饰一下卡片。这将成为第 8 课俱乐部笔记本的第一页。

Check yourself / 自我检查 — Quiz 6

1. Name two of the five golden manners.
2. Your partner makes a mistake in bridge. What is a kind thing to say?
3. True or false: It is good manners to discuss a bridge hand while it is still being played.
4. In mahjong, why should you name your discard clearly?
5. What matters more than any single hand?

Answers / 答案： 1. Any two of: patience with beginners; praise good play, not just winning; accept mistakes with grace; keep the table friendly; thank everyone at the end. 2. "No problem — next hand" (or similar kind words). 3. False — save stories for afterwards. 4. So everyone can follow the game and claim the tile if they need it. 5. The friendship.

Lesson 7: Playing Online and at a Distance / 第 7 课：在线玩与远程玩

> **Goal / 学习目标：** By the end of this lesson, you can name one way to play mahjong or bridge online, explain how a video call helps a distant game, and describe two safety habits for online play.
>
> 学完本课，您能说出一种在线玩麻将或桥牌的方法，解释视频通话如何帮助远程游戏，并描述两种在线游戏的安全习惯。

1. When friends are far away / 当朋友在远方时

Children move away, friends retire to other cities, and winters keep us indoors. The games do not have to stop. Many free and low-cost apps let you play mahjong and bridge with real people online, or with friendly computer opponents when no one is free. A video call on a second device — a phone propped beside the tablet — lets you see your friends' faces while you play, so a distant game still feels like sitting together.

孩子搬走了，朋友退休去了别的城市，冬天也让我们待在室内。但游戏不必停止。许多免费或低价的应用可以让您与真人在线玩麻将和桥牌，或者在没人有空时与友好的电脑对手对弈。在另一台设备上开着视频通话——把手机支在平板旁边——玩的时候能看到朋友的脸，远程游戏也像坐在一起一样。

2. Getting started online, step by step / 一步一步开始在线游戏

1. **Ask a friend to guide you / 请朋友带您：** The easiest first game is one where a family member or friend talks you through it on the phone.
2. **Start with practice games / 先从练习局开始：** Play against the computer first, with no strangers and no stakes, until the buttons feel familiar.
3. **Join one trusted group / 加入一个可信的群组：** A club group on WeChat, WhatsApp, or a bridge club website is safer and friendlier than an open public table.
4. **Keep sessions short / 每次时间不要太长：** One hour of play, then a break for tea, eyes, and a stretch — just like at a real table.

3. Safety habits for online play / 在线游戏的安全习惯

Never share a password or a verification code with anyone, even someone who says they are from the game company. Never send money to someone you met only through a game. If a stranger is rude or pressures you, leave the table — you can always find a kinder game. And remember: an app is a tool for friendship, not a replacement for it. The best online game is still the one that ends with "See you next week!"

绝不要把密码或验证码告诉任何人，即使对方自称是游戏公司的人。绝不要给

只在游戏中认识的人汇款。如果陌生人无礼或给您施加压力，请离开牌桌——总能找到更友善的游戏。还要记住：应用是友谊的工具，而不是友谊的替代品。最好的在线游戏仍然是以“下周见！”结束的那一局。

> **Try this / 试一试：** With a family member's help, open one mahjong or bridge app (or a free website) and play one practice game against the computer. Write down three things you noticed: one thing that was easy, one thing that was confusing, and one thing you would like to practice. Bring your notes to your club's next meeting.
>
> 在家人的帮助下，打开一个麻将或桥牌应用（或免费网站），与电脑对弈一局练习赛。写下三点体会：一件容易的事、一件令人困惑的事、一件想练习的事。把笔记带到俱乐部的下次聚会。

Check yourself / 自我检查 — Quiz 7

1. Name one way to play mahjong or bridge when friends are far away.

2. True or false: A good first online game is a practice game against the computer, with no strangers and no stakes.

3. What can a video call on a second device add to an online game?

4. Name one safety habit for online play.

5. True or false: You should send money to someone you met only through a game if they ask nicely.

Answers / 答案： 1. Any one of: a mahjong or bridge app, a game website, playing with computer opponents. 2. True. 3. You can see your friends' faces, so it feels like sitting together. 4. Any one of: never share passwords or verification codes; never send money to game-only acquaintances; leave a table if someone is rude or pressuring. 5. False — never send money to someone you met only through a game.

Lesson 8: Starting Your Own Club / 第 8 课：创办自己的俱乐部

> **Goal / 学习目标：** By the end of this lesson, you can list the steps to start a small club, and you can write a simple invitation to your first meeting.
>
> 学完本课，您能列出创办一个小俱乐部的步骤，并能写一份简单的首次聚会邀请。

1. Small is beautiful / 小而美

A club does not need many people. Four players make a mahjong table; four make a bridge table; eight make two tables and a lively afternoon. Start with people you already like: a neighbor, a cousin, a friend from class, a fellow learner from this academy. Meet once a week or once every two weeks, at the same time, so it becomes a habit — "Thursday at two, at my place" is easier to keep than "sometime soon."

俱乐部不需要很多人。四个人就是一桌麻将；四个人就是一桌桥牌；八个人就是两桌牌、一个热闹的下午。从您已经喜欢的人开始：邻居、表亲、课堂上的朋友、本校的同学。每周或每两周聚一次，固定时间，养成习惯——“每周四下午两点，在我家”比“改天吧”更容易坚持。

2. The club notebook / 俱乐部笔记本

Keep one notebook for your club. On its pages, write:

1. **The five manners / 五条礼仪** (from Lesson 6) — the first page.
2. **Members and contact wishes / 成员与联系方式** — names, and how each person prefers to be contacted.
3. **Agreements / 约定** — your scoring method, your bridge bidding agreements, and your mahjong style (Chinese or American).
4. **Dates and hosts / 日期与东道主** — who hosts each meeting, and who brings the tea and snacks.
5. **Happy moments / 开心时刻** — a clever play, a funny mistake, a new member's first win. Clubs grow on good memories.

3. Your first invitation / 第一份邀请

Write it simply, warmly, and with all the facts. For example: "Dear friends, I am starting a small Bridge & Mahjong Club. We will meet on Thursdays at 2 p.m. at my home, play for one hour, and enjoy tea together. Beginners are very welcome — we are all learning. Please let me know if you can come. — Your name." Send it to three or four people. The worst that can happen is someone says they are busy; the best is a new weekly tradition.

邀请要简单、温暖、信息齐全。例如：“亲爱的朋友们，我正在创办一个小小的桥牌与麻将俱乐部。我们将于每周四下午两点在我家聚会，玩一小时牌，再

一起喝茶。非常欢迎初学者——我们都在学习。请告诉我您能否参加。——您的名字。”发给三四个人。最坏的结果是有人说没空；最好的结果是一个新的每周传统。

> **Try this / 试一试：** Write your own invitation, in English and Chinese, using the example above. Fill in your meeting day, time, and place. Then send it — or read it aloud to one friend. Congratulations: you have started a club.
>
> 参照上面的例子，用英文和中文写一份自己的邀请，填上聚会的日子、时间和地点。然后把它发出去，或者读给一位朋友听。祝贺您：您已经创办了一个俱乐部。

Check yourself / 自我检查 — Quiz 8

1. How many players make one mahjong table? One bridge table?
2. True or false: A club must start with many people to work.
3. Name two things to write in the club notebook.
4. What should a first invitation include?
5. True or false: A regular meeting time, like "Thursday at two," helps a club last.

Answers / 答案： 1. Four players for each. 2. False — four players are enough; small

is beautiful. 3. Any two of: the five manners; members and contact wishes; agreements; dates and hosts; happy moments. 4. The game, the day and time, the place, the length of play, and a warm welcome to beginners. 5. True.

Progress Checklist / 学习进度清单

Check off each lesson as you finish it. When all eight are checked, celebrate — you have completed the Bridge & Mahjong Club course!

每完成一课，就打一个勾。八课全部完成时，请庆祝一下——您已经完成了桥牌与麻将俱乐部课程！

- ☐ Lesson 1: Why Play Together? / 第 1 课：为什么一起玩?
- ☐ Lesson 2: Mahjong Basics / 第 2 课：麻将基础
- ☐ Lesson 3: Mahjong Hands and Scoring Made Simple / 第 3 课：麻将胡牌与计分其实很简单
- ☐ Lesson 4: Bridge Basics / 第 4 课：桥牌基础
- ☐ Lesson 5: Bridge Bidding Without Fear / 第 5 课：不用害怕的桥牌叫牌
- ☐ Lesson 6: Good Manners at the Table / 第 6 课：牌桌上的好礼仪
- ☐ Lesson 7: Playing Online and at a Distance / 第 7 课：在线玩与远程玩
- ☐ Lesson 8: Starting Your Own Club / 第 8 课：创办自己的俱乐部
- ☐ I wrote my club invitation. / 我写好了俱乐部邀请。
- ☐ I played my first friendly game. / 我玩了第一局友好对局。

My club plan / 我的俱乐部计划： Meeting day and time: _____. Place: _____. First friends to invite:

_____. Game we will play first: ☐ Mahjong 麻将 ☐ Bridge 桥牌.

聚会日子和时间：_____。地点：_____。最先邀请的朋友：_____。先玩的游戏：☐ 麻将 ☐ 桥牌。