

## ROARING TRADITIONS: UNVEILING THE ESSENCE OF LION DANCE

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### Presentation



I'm Morgane and I'm a student of Chinese Culture. My current goal is to being a China history teacher. I've been studying Chinese mandarin since my first year of high school, so this year, it will be 6 years. Most recently, I worked on the traditional Chinese dances more specifically the Lion dance.

I am honored to have been able to work on this project for the 60th congress, of dance research. I would like to thank Mr. Alkis Raftis, for providing me with all the help and resources necessary to carry out this project. even though i was not able to be present on this beautiful day, I hope that you're enjoyed learned more information about the Chinese dance culture and more specifically about the Lion dance

### Introduction

Traditional Chinese dance is an expressive art form that has been passed down through generations and reflects the cultural and social values of the Chinese people. It is a well-known dance form deeply rooted in Chinese culture. As an integral part of



Chinese New Year celebrations, weddings and other occasions, this dance has become a symbol of prosperity, happiness and unity for the Chinese people.

Lion dance is not only a form of entertainment, but also a cultural practice passed down from generation to generation that embodies the spirit of Chinese history and tradition. Dressed in lion costumes, skilled dancers perform complex movements to the sound of drums and cymbals. It is more than just a physical activity, it is a deeply spiritual and symbolic representation of strength, courage and happiness that the Chinese people cherish and cherish.

The popularity and importance of lion dance transcend national borders, and people all over the world come to watch and learn about this vibrant dance. As a result, lion dance has become a source of inspiration for contemporary dance artists seeking new ways to express Chinese culture through movement and choreography.

Through this project, I aim to provide a comprehensive understanding of lion dance and explore its origin, meaning and significance in traditional Chinese culture. It delves into dance technique and choreography and analyzes its influence on contemporary dance. At the end of this project, I hope to shed light on the cultural and historical significance of lion dance and its lasting impact on the world of dance.

### Origins of lion dance



The lion dance is believed to have originated in the Tang Dynasty of China and was performed at court as a symbol of power and prestige. However, its roots can be traced back to ancient Chinese mythology. According to legend, it was created to ward off evil spirits and bring good luck to people.

In her book "**The Lion Dance in Chinese Culture**," <u>Dr. Fang Hong</u> writes, "The Lion Dance is an important ritual performance that has been handed down from generation to generation, reflecting the traditional culture and values of the Chinese people."

The origins of this dance can be traced back to ancient Chinese mythology and folklore. According to Chinese legend, the lion was considered a powerful and auspicious animal that wards off evil spirits and brings good luck. It was believed that the lion's roar can drive away all negative forces and protect people from harm.

Over time, this mythical belief evolved into the practice of making lion masks and costumes for his performances in the dance. During the Tang dynasty, lion dance became a popular pastime, especially among the imperial court and the wealthy elite.

This dance has been performed during various celebrations and festivals such as Chinese New Year, weddings and other auspicious occasions. It was also used to ward off evil spirits and bring good luck to people. As the lion dance grew in popularity, it also became a symbol of strength and power, reflecting the Chinese values of unity and perseverance. This was especially



true in times of political turmoil such as the Ming Dynasty, when lion dances helped inspire and unite the people against Mongol invaders.

It has evolved and adapted over the years, with unique styles and variations developed in different regions of China. Today, lion dances are still an integral part of Chinese culture, and are performed around the world during Chinese festivals and celebrations.

Overall, the origins reflect the rich mythological and cultural traditions of the Chinese people. Its continued popularity and importance are a testament to its enduring legacy and the enduring values it represents.



As the lion dance developed and spread throughout China, it became associated with other cultural practices and beliefs. For example, in some region's lion dances are combined with martial arts movements to create more dynamic and acrobatic performances. Others used various musical instruments such as gongs and cymbals to create a more festive and livelier atmosphere.

In addition, it became a means of expressing social and political comment. In the early 20th century, the dance was often used to criticize corrupt

officials and express public dissatisfaction with the government.

In addition to its cultural significance, it also has a religious dimension. In Chinese Buddhism, the lion is considered a symbol of wisdom and spiritual strength. Therefore, lion dances are often performed in Buddhist temples and other religious ceremonies to honor the teachings of Buddha. In modern times, this dance has been adopted by other cultures and communities, especially in Southeast Asia. In countries such as Malaysia, Singapore, and Indonesia, lion dances are performed at Chinese festivals and celebrations, as well as other cultural and religious events.

Overall, the origins of lion dance are deeply rooted in Chinese mythology, folklore, and cultural practices. Its enduring popularity and adaptability reflect its enduring importance as a cultural symbol of strength, unity and good fortune.

### Meaning and significance

Lion dance is not just a dance, it is a cultural practice that embodies the beliefs, values and traditions of the Chinese people. The lion is considered a symbol of strength, courage and good luck, and dancing is believed to bring prosperity and good luck to those who see it. During the Chinese New Year, a lion dance is performed to herald good luck and prosperity for the coming year.

As Chinese dance expert <u>Dr. Liu Zhirong</u> writes in his book "**Chinese Dance: Vast land and beyond**", "*Lion dance is not only a dance form, but also an important symbol of Chinese culture. It embodies the spirit of unity, strength and perseverance of the Chinese people.*"



The lion dance has cultural and social significance in overseas Chinese communities around the world. It is often performed during important festivals and celebrations such as Chinese New Year, weddings and store openings to bring good luck and ward off evil spirits. The dance is believed to represent the spirit of unity and resilience of the Chinese people

as it requires coordination, teamwork and discipline.

It has not only cultural meaning but also spiritual meaning. According to Chinese folklore, the lion is a symbol of strength and courage, and its dance represents the victory of good over evil. The lion dance is believed to bring blessings to the community by driving away evil spirits and promoting harmony and well-being.

It is also an expression of the Chinese people's closeness to nature. The lion's movements are based on the behavior of animals in the wild, with the dancers mimicking the lion's stalking, jumping and playing behavior. The dance's colorful costumes and intricate designs are inspired by nature, with each element symbolizing different virtues and qualities.

Moreover, lion dance is an important aspect of Chinese martial arts culture. Many martial arts schools incorporate shishimai into their training to improve strength, flexibility and coordination. Dance's challenging movements require physical and mental discipline, making it an ideal way to exercise both body and mind.

Overall, lion dance has a deep and multifaceted meaning in Chinese culture. It represents the Chinese values of unity, strength, endurance, and the connection between nature and spirituality. Dance is a testament to the richness and diversity of Chinese culture and continues to inspire and fascinate people around the world.

The importance of lion dance goes beyond its cultural and spiritual aspects. It also has social and economic importance. Often performed when opening a store, this dance symbolizes future prosperity and brings good luck to the company. It is also a symbol of community spirit, as it often requires the participation and support of the entire community.

The popularity of lion dance has led to its promotion and preservation as China's national intangible cultural heritage. The government has taken steps to preserve the authenticity of the dance and ensure its transmission to future generations. This includes holding contests for



In recent years, lion dance has gained global recognition and popularity, with many international lion dance festivals and competitions being held around the world. The universal appeal of dance has led to the integration of contemporary dance into her performances and

cultural exchange programs, further promoting Chinese culture and strengthening the cultural ties between China and the world.

In short, lion dance is a complex and multifaceted art form that embodies the essence of Chinese culture. It is not just a dance, it is an expression of Chinese values, beliefs and traditions. The meaning of the lion dance goes beyond its cultural and spiritual dimensions to encompass social, economic and global dimensions. As such, it is an important and treasured part of China's cultural heritage and a source of inspiration for artists, scholars and audiences around the world.

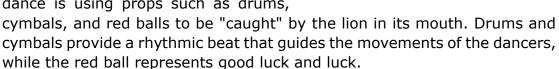
### Techniques and choreography

The lion dance is performed by two dancers in lion costumes to the sound of drums and cymbals. Dancers must be highly skilled and coordinated, as the movements require precise synchronization and balance. The lion costume itself is also highly symbolic, with different colors and designs representing different qualities and virtues.

In his book "**The Art of Chinese Dance**", <u>Dr. Jiaming Zhuang</u>: "Lion dance is a highly stylized and complex dance form that requires years of training and discipline to master. A dancer must not only be physically fit, but also have a deep understanding of Chinese culture and traditions."

The lion dance moves are rooted in traditional Chinese martial arts and incorporate elements of acrobatics and dance into the choreography. The dance features dynamic, explosive movements in which the lion leaps, spins, and rolls in a way that reflects the strength and agility of the animal.

One of his key elements of the lion dance is using props such as drums,



The lion costume itself is also highly symbolic, with different colors and designs representing different qualities and virtues. For example, a red lion represents good luck and prosperity, while a gold lion represents wealth and power. Costumes are adorned with intricate details such as fur, feathers, and ribbons that add to the visual spectacle of the dance.

To master the techniques and choreography of the lion dance, dancers must undergo years of rigorous training and training. You need to develop strength, endurance and flexibility as well as understanding Chinese culture and traditions. Dance requires a deep connection between dancers. Dancers must communicate and coordinate their movements to bring the lion to life.

As dance scholar <u>Dr. Wendy Oliver</u> writes in her book "**The Oxford Handbook of Dance and Ethnicity**," "*The Lion Dance is a highly demanding and specialized form of dance that requires a deep understanding of Chinese culture and a commitment to years of training and practice. Its intricate choreography, dynamic movements, and use of props make it a visually stunning and exciting performance.*"



In addition to the technical skills required to perform a lion dance, the dancer must embody the spirit and energy of the lion. The lion's ferocious strength, playful curiosity, and gentle grace must be conveyed through its movements and facial expressions. This requires a deep understanding of the dance's symbolism and cultural significance, the ability to connect with the audience, and the ability to convey the Lion's emotions and intentions.

Lion dances are often performed at festivals, weddings, and other celebrations. It is also frequently performed in martial arts schools and other traditional Chinese cultural institutions to preserve the art form and pass it on to future generations. In recent years, the popularity of lion dance around the world has increased, with dance companies and performers incorporating dance elements into their productions. connected to the combination

Dance scholar <u>Dr. Shih-Ming Li Chang</u> wrote in his book "**The Contemporary Dance in Taiwan: Memory, Body, Culture**", "*Lion dance is an ever-evolving art form that inspires and challenges dancers and choreographers around the world. It will be a dynamic and exciting performance.*"

Overall, the techniques and choreography of lion dance reflect the deep cultural traditions and values of the Chinese people while showcasing the beauty and complexity of traditional Chinese dance. Its dynamic movements, intricate choreography, and vivid imagery make it a powerful and engaging art form that captivates audiences around the world.

# The art and symbolism of the lion dance: A cultural tradition steeped in history and belief



The lion dance is usually performed by two dancers dressed in a lion costume. The lion costume is made of fur and decorated with bright colors and patterns. The head of the lion is made of paper mâché or other materials and is designed to resemble a lion's head. The two dancers, one at the front and one at the back of the costume, use a series of coordinated movements to bring the lion to life.

It begins with the sound of drums, cymbals, and gongs. The music is meant to attract the attention of the lion, who is believed to be sleeping. The

dancers then approach the lion and awaken it with a series of movements and gestures. The lion then begins to move to the beat of the music, leaping, spinning, and pouncing as if it were hunting its prey.

It is a highly acrobatic and physically demanding dance, requiring strength, coordination, and agility.



The dancers must be able to move together in perfect synchronization, with one dancer leading the other. They must also be able to control the movements of the lion costume, which can weigh up to 100 pounds.

The lion dance is not just a physical display, but also has a rich cultural and symbolic meaning. In Chinese culture, the lion is a symbol of courage, strength, and good luck. The dance is meant to bring prosperity and good fortune to the community, and is often performed at important events such as weddings, business openings, and other celebrations.

In addition to the dance itself, there are many other elements that make up the lion dance. These include the music, costumes, and props such as the lion head and tail. The dance is often accompanied by a team of musicians playing traditional instruments such as drums, cymbals, and gongs. The costumes and props are often decorated with symbols and images that are believed to bring good luck and fortune to the community.

Overall, it is a fascinating and captivating performance that is steeped in history and culture. It is a testament to the skill and dedication of the performers, as well as the rich traditions and beliefs of the communities that have kept this dance alive for centuries.

# Practitioners of the lion dance: preserving a cultural tradition

Deeply rooted in Chinese culture, lion dance has captivated audiences around the world with its lively performances and rich symbolism. Behind the lion's mesmerizing movements are dedicated people dedicated to mastering this ancient art form. This chapter explores the world of lion dance practitioners, focusing on their role, training, and importance within the lion dance community. By delving into their experiences, we gain a deeper understanding of the passion, dedication and preservation of the culture these dedicated artists embody.

# LION DANCE TROUPES AND ASSOCIATIONS: THE ARTISTIC GUARDIANS

At the heart of the lion dance tradition are various troupes and associations that serve as guardians of this fascinating art form. These groups are formed by passionate individuals who come together to train, perform and promote lion dance in their communities. This section examines the structure and organization of the lion dance group, highlighting its hierarchical system, leadership roles, and camaraderie that binds members together.

Lion dance groups not only work to perfect their craft, but also play an important role in their engagement with the local community. They frequently participate in celebrations, cultural events, and religious ceremonies, and their performances serve as symbols of good luck, prosperity, and warding off evil spirits. This section explores the interaction of lion dance groups with the communities in which they operate, highlighting the social and cultural significance they carry.

#### THE LION DANCE PRACTITIONERS: GUARDIANS OF TRADITION

Becoming an experienced Lion Dancer takes years of dedicated training and education from experienced practitioners. This section introduces the rigorous training methods employed by lion dance troupes. This typically involves physical conditioning, martial arts techniques, and mastering complex choreography. It also explores the leadership dynamics between experienced and their apprentices, emphasizing the importance of passing on knowledge from generation to generation.

In addition to learning physical techniques, practitioners delve deeply into the symbolic and spiritual aspects of the art form. This section explains the significance of lion dance costumes, the importance of certain movements and gestures, and the spiritual rituals that accompany lion dances. It explores how practitioners of lion dance embody and communicate their cultural values and beliefs through art.

# CHALLENGES AND REWARDS: PRESERVING AN ENDANGERED TRADITION

In a rapidly changing world, practitioners of lion dance face the challenge of adapting tradition to contemporary conditions while maintaining its authenticity. This section examines how lion dance groups deal with contemporary influences by incorporating new elements into their performances while staying true to the essence of the art form.

Participating in the lion dance tradition often involves personal sacrifice and a deep sense of cultural responsibility. This section examines the personal experiences and motivations of lion dance practitioners and discusses the dedication, time and sacrifices they make to ensure the perpetuation of this endangered cultural heritage.

Lion Dance practitioners act as custodians of an ancient tradition, ensuring its preservation, development, and continued resonance in today's society. Through unwavering dedication, rigorous training and community involvement, these people bring the lion dance to life and maintain a cultural legacy that captivates and inspires audiences around the world. By understanding the experiences and motivations of these dedicated practitioners, we gain a deeper appreciation for the lion dance, a cultural treasure and testament to the human spirit.

### Influence on contemporary dance:

Lion dance has had a great influence on contemporary dance not only in China but around the world. Many contemporary dance companies incorporate elements of lion dance into their choreography, paying tribute to its rich history and cultural significance.



The influence of 舞狮 (Wǔ shī), it's the Chinese name for Lion dance, on contemporary dance can be seen in many ways. One of the most obvious is his incorporation of lion dance movements and gestures into contemporary choreography. Many contemporary dance companies have developed their own interpretation of lion dance and use

elements of it to create unique performances that blend traditional and modern dance styles. The performance was a remarkable amalgamation of diverse cultures and dance styles, highlighting the enduring relevance and impact of lion dance in the world of contemporary dance.

In addition, lion dance has also inspired new forms of modern Chinese dance. In recent years, a new generation of Chinese dance artists has emerged, utilizing traditional Chinese dance forms, including lion dance, to create innovative works that reflect contemporary Chinese culture and society. For example, Beijing Dance Theater's dance piece The New Lion explores the shifting nature of China's identity and cultural heritage in a rapidly modernizing society. The performance incorporates elements of lion dance, including the use of lion masks and acrobatic movements, creating a visually stunning and emotionally resonant piece.

Overall, lion dance has played an integral role in shaping contemporary dance in China and beyond. Its influence has been the development of new forms of dance, the incorporation of traditional movements and symbolism into contemporary choreography, and the lasting impact it offers performers seeking to explore the depth and richness of Chinese culture through movement and dance. Inspiration is evident. In addition to influencing contemporary dance, lion dance has played an important role in the development of other art forms such as martial arts and theater. Many martial arts schools incorporate lion dance moves and techniques into their training. This is because dancing requires physical strength, agility and coordination, which



are essential skills in martial arts. Lion dance is also featured in Chinese opera and is often used as accompaniment to singing and acting on stage.

The influence of lion dance on contemporary dance and other art forms attests to its enduring relevance and cultural importance. Thousands of years old, dance continues to inspire and entertain artists from all backgrounds and cultures, demonstrating its ability to transcend time and place. As China continues to play an increasingly important role on the world stage, the impact of lion dance on contemporary dance will continue to grow, deepening the understanding and appreciation of Chinese culture and traditions among audiences around the world.

# The lion dance: uniting communities and stimulating economies

Beyond its artistic and cultural importance, lion dances play an important role in both the social structure and economic conditions of communities around the world. This chapter examines the various effects of lion dance and explores its role in promoting social cohesion, promoting cultural diversity, and creating economic opportunity. By delving into the social and economic dimensions of this fascinating tradition, we can fully understand its far-reaching impact.

The lion dance acts as a powerful tool to promote social cohesion within a community. This section examines how performance connects people across age, gender, and cultural boundaries. The shared experience of witnessing a lion dance fosters a sense of togetherness, fosters community pride and creates lasting connections between diverse people.

In a multicultural society, lion dance serves as a bridge to promote cultural exchange and understanding. This section examines how lion dance performances at festivals, parades, and community events provide opportunities for people from diverse backgrounds to appreciate and learn about Chinese culture. This highlights the importance of cultural diversity and the role of lion dance in promoting intercultural dialogue and appreciation.

It has become a major tourist attraction, and domestic and international tourists flock to places where this tradition is still alive. This section examines the role of lion dance in promoting the tourism economy and how festivals and cultural events featuring lion dance performances contribute to increased tourist attendance, hotel bookings and local businesses. This section explains.

Lion dance also brought many economic opportunities to the cultural and creative industries. We will introduce the business aspects of lion dance, such as the production of costumes and props, the production of musical instruments, and the management of events. How these industries contribute to job creation, entrepreneurial ventures, and the economic vitality of the entire Lion Dance ecosystem will be discussed.

The popularity of lion dances has attracted the attention of corporate sponsors, leading to mutually beneficial partnerships. This section explores how companies and organizations sponsor lion dance groups and events, providing financial support, resources, and marketing platforms. The rationale for such partnerships and their implications for both lion dance practitioners and sponsors will be discussed. It acts as a catalyst for social cohesion, cultural diversity and economic growth. Their ability to bring communities together, promote cross-cultural understanding, and revitalize local economies demonstrates the farreaching impact of this centuries-old tradition. By recognizing and exploring the social and economic aspects of lion dance, we can gain a comprehensive understanding of its enduring importance in today's society. Lion dance not only mesmerizes audiences, but also brings people together, earns a living and contributes to the prosperity of entire communities around the world.

# Exporting Chinese culture through the universal appeal of lion dance

For centuries, lion dance has been an integral part of Chinese culture, representing the strength, courage and good luck of the Chinese people. In recent years, it has also become a powerful vehicle for promoting Chinese culture on the world stage. By introducing the beauty and craftsmanship of lion dance to a global audience, the Chinese community is able to share its traditions and heritage with people of all backgrounds.

One of the main reasons why lion dance has become an export of Chinese culture is its universal appeal. Unlike other cultural traditions that are unique to a region or country, shishimai can be enjoyed by people of all ages and backgrounds. Its energetic performances, colorful costumes and acrobatic movements are a spectacle capable of capturing the attention and imagination of audiences around the world.

In addition to its entertainment value, lion dance also has deep cultural and historical significance, helping people learn about Chinese traditions and beliefs. For example, this dance is often performed during important festivals such as the Chinese New Year and is believed to bring good luck and prosperity to the community. By sharing these cultural insights with a global audience, the Chinese community can develop a greater understanding and appreciation of their traditions.



The lion dances also help promote communication and understanding between different cultures. When Chinese communities perform lion dances abroad, they often invite locals to join in the celebrations. This not only creates camaraderie and shared experiences, but also allows people to learn more about each other's cultures and traditions.

There are many examples of how lion dances have been used to export Chinese culture around the world. For example, the Hong Kong Tourism Board regularly puts on lion dance performances as part of city promotions. Similarly, many Chinese embassies and consulates around the world hold lion dance performances to showcase their country's culture and traditions. Another example is the Lion Dance Festival in Kuala Lumpur, Malaysia. This annual event sees lion dance groups from around the world compete in a series of performances. The festival attracts thousands of visitors each year and is a great opportunity for the Chinese community to showcase their cultural heritage on the international stage. Overall, it is clear that lion dance has become an important means of exporting Chinese culture and promoting the understanding and appreciation of Chinese traditions and beliefs. Through its universal appeal, deep cultural meaning, and ability to promote intercultural exchange, lion dance is a powerful force for building bridges between different cultures and promoting greater harmony and understanding in an increasingly interconnected world. It's a great tool.

Furthermore, lion dance has been recognized by UNESCO as an Intangible Cultural Heritage of Humanity, underscoring its importance and value as a cultural tradition. This recognition has helped raise awareness and awareness of lion dance on the global stage, further cementing its position as an important symbol of Chinese culture.

One of the most important aspects of using lion dance to export Chinese culture is how the Chinese



community connects with people around the world. By watching and participating in shishimai, connections and bonds that transcend cultural differences are created. This promotes understanding and empathy between different groups of people, promoting harmony and collaboration on a global scale. In addition to its cultural and social benefits, lion dance may bring economic benefits to Chinese communities. By promoting the lion dance as a tourist attraction, the Chinese community can generate revenue and support local businesses. For example, many cities in China have established lion dance tourist routes, allowing visitors to experience lion dances as part of larger cultural tours. This creates jobs in these areas and supports the local economy.

However, it is important to note that using lion dances to export Chinese culture is not without its challenges. One of the biggest challenges is ensuring that traditions are presented authentically and respectfully. This can be difficult, especially when lion dances are adapted to the tastes and expectations of foreign audiences. It is important that the Chinese community maintains the authenticity and integrity of lion dance while working to make it accessible and engaging to audiences around the world.

In summary, lion dance is an important way to export Chinese culture and promote understanding and appreciation of Chinese traditions and beliefs. Its universal appeal, deep cultural implications, and ability to facilitate cross-cultural exchange make it a powerful tool for building bridges between different cultures and promoting greater harmony and understanding in an increasingly interconnected world. It has become a useful tool. However, it is important that the Chinese community maintains the authenticity and integrity of its traditions while adapting them to the tastes and expectations of foreign audiences. You can be assured that it will remain an important symbol.

# The lion dance: cultural diplomacy and government perspectives on global export

Deeply rooted in Chinese culture, the lion dance transcends borders and attracts audiences around the world. I examine the Chinese government's role in promoting and supporting the export of lion dance as a cultural symbol. It covers the government's views, policies and initiatives regarding the global presence of lion dance. Understanding the role of government and government perceptions provides insight into the importance of lion dance as a tool for cultural diplomacy and soft power projection.

The lion dance has long been associated with diplomacy and cultural exchange. This section describes the historical background of lion dance as a symbol of diplomatic gesture and goodwill between China and other countries. Examine how the lion dance was used as a cultural ambassador to promote diplomatic relations and strengthen human relations.

In modern times, the Chinese government recognizes the lion dance's potential to enhance its cultural diplomacy efforts. This section examines the government's efforts to promote and export lion dance as a cultural heritage, showcasing China's rich traditions and values on the world stage. The establishment of a cultural center, exchange programs, and international festivals are being discussed as ways to promote lion dance and deepen cross-cultural understanding.

The Chinese government attaches great importance to preserving and promoting traditional cultural practices, including lion dance. This section examines the government's view of lion dance as an intangible cultural heritage and highlights efforts to protect its authenticity, impart knowledge, and promote its continued practice in China and abroad.

The Chinese government plays a key role in providing financial support and resources to lion dance groups, organizations and festivals. This section describes government grants, sponsorships, and funding programs aimed at perpetuating the tradition of lion dance, promoting education, and promoting this art form around the world. It also examines the role of governmental and cultural institutions in promoting international cooperation and exchange. The Chinese government has recognized the potential of lion dance as a soft power tool to increase its international influence and shape global perceptions of Chinese culture. This section examines government strategies for projecting cultural soft power through lion dances and challenges related to managing cultural authenticity, appropriation, and local adaptation in different countries.

As the lion dance expands its influence globally, the Chinese government faces the challenge of balancing tradition and innovation. This section

examines how governments preserve the core elements of lion dance while encouraging creative adaptations to suit different cultural backgrounds and audience preferences around the world.

The Chinese government's role in promoting the export of lion dance as a cultural symbol shows the importance and value it places on this tradition. Recognizing the potential of lion dance as a tool for cultural diplomacy and soft power projection, the government actively supports the preservation, promotion and global dissemination of lion dance. The Chinese government, through its initiatives, financial support and cultural institutions, plays a key role in maintaining the presence and visibility of lion dance on the international stage. Lion dance not only represents Chinese culture, but also serves as a powerful medium to promote cross-cultural understanding and enrich the world's cultural diversity.

## The role of the international dance council in promoting the lion dance as a traditional dance form on a global scale

The International Dance Council (CID) is a UNESCO affiliate that promotes dance as a means of cultural exchange and understanding. CID has a long tradition of supporting traditional dance forms, including lion dance, and can play a key role in bringing this traditional dance form to audiences around the world.

First, CID has a vast network of members and partners who help bring Lion Dance to new audiences around the world. With members in over 170 countries, CID has a truly global reach and is able to connect lion dance groups with potential audiences, partners and sponsors. This may increase the recognition of lion dance as a traditional dance form and increase demand for performances and workshops. Second, CID can contribute to the promotion of lion dance through various programs and initiatives. For example, CID hosts the World Dance Day every year in over 100 countries around the world. The event provides lion dance groups with an opportunity to showcase their skills and promote their dance to a wider audience. We offer helpful training and certification programs for dance teachers and performers.



Third, CID can assist in the development of Lion Dance marketing and promotional materials. This may include videos, photographs and documents that showcase the beauty and cultural significance of dance. CID also helps build partnerships with media and cultural organizations to promote lion dance and its

performers.

Fourth, CID can help lion dance groups participate in international festivals and competitions. By showcasing their skills at these events, lion dance groups can introduce themselves to new audiences and establish themselves as ambassadors of the traditional dance form. CID can provide logistical support for travel and accommodation, as well as networking opportunities with other dance groups and industry professionals. Finally, CID helps protect and maintain the authenticity of the lion dance. As a member organization of UNESCO, CID is committed to preserving and promoting traditional dance forms around the world. By working with lion dance groups and cultural organizations, CID ensures that the lion dance is performed with respect for its historical and cultural significance and that its authenticity is preserved for future generations.

In summary, CID can play an important role in promoting Shishimai to a global audience. Leveraging its extensive network, programs and resources, CID is able to promote lion dance as a traditional dance form, increasing its visibility and appeal to audiences around the world. Through partnerships with cultural organizations, media and industry professionals, CID helps establish Lion Dance as a respected and valued part of the global dance community.

## Unveiling the Mystique: Speculations and Interpretations of the Lion Dance

With its complex movements and symbolic gestures, lion dances have captivated audiences for centuries. Despite its rich history and cultural importance, certain aspects of lion dance remain a mystery, open to speculation and interpretation. This chapter explores the realm of conjecture and speculation surrounding lion dance, delving into various theories and perspectives put forward by scholars, practitioners, and enthusiasts. By examining these speculations, we gain a greater understanding of the enigmatic qualities of lion dance and its enduring fascination.

The exact origins of the lion dance are still the subject of speculation and debate. This section presents various theories and hypotheses put forward by historians, cultural researchers, and folklorists. It examines possible origins in ancient myths, rituals, and martial arts traditions, revealing the possible roots of this fascinating art form.

Shishimai is rich in symbolism, and every movement and gesture has a deep meaning. This section explores interpretations and speculations about specific lion dance movements, such as the lion's roar, perches, and playful interactions with objects. It explores the symbolic meanings attributed to these acts and their possible connections to cultural beliefs, legends, and historical events. Shishimai has different styles, choreography, and accompaniment depending on the region and lineage. In this section, we consider factors that contribute to regional differences, such as: B. Local customs, ethnic influences, and historical developments. There are various speculations about the significance of these regional differences and their effect on the general understanding and appreciation of lion dance.

As the lion dance spread beyond its Chinese origins to different countries and communities, it underwent a process of adaptation and assimilation. This section examines speculation about how local cultures influenced and shaped lion dances in different regions. How these adaptations reflect the dynamic nature of cultural exchange and the incorporation of different traditions is discussed.

In recent years, contemporary artists and performers have explored new dimensions of lion dance, incorporating innovative elements and artistic interpretations. In this section, we speculate on the motives and inspirations behind these creative approaches and discuss how they contribute to the development and relevance of lion dance in modern times.

Shishimai is sometimes interpreted in social and political terms, reflecting contemporary themes and contexts. This section examines speculation and theories surrounding lion dance as a form of social comment, resistance, or expression of identity, and highlights ways in which this ancient tradition may reconcile with contemporary concerns. increase. The charm of lion dance lies not only in its mesmerizing performance, but also in the thoughts and interpretations that go into it. Its origins, symbolism, and enigmatic aspects of cultural differences provoke curiosity, debate, and ongoing research. By examining the myths and speculations surrounding lion dance, we recognize the multifaceted nature of this cultural phenomenon and appreciate its ability to be engaging and inspiring while leaving room for imagination and exploration.

### Conclusion

Lion dance is a rich and vibrant tradition that embodies the spirit and values of the Chinese people. Its history and importance have inspired and influenced artists around the world, making it a popular cultural practice. As you continue to explore the world of traditional Chinese dance, you can learn from the lion dance's timeless message of unity, strength and endurance.

In short, lion dance is a testament to the enduring power and influence of traditional culture on art. With its origins dating back to ancient times, lion dance has become a popular cultural practice that has been passed down for generations, reflecting the spirit and values of the people. The lion dance is an enduring source of inspiration



for contemporary dance artists seeking new ways to express Chinese culture through movement and choreography through dance that is a powerful symbol of strength, courage and happiness.

As we continue to appreciate the rich and diverse tradition of traditional Chinese dance, the lion dance is a reminder of the importance of cultural preservation and the beauty and richness found in exploring our cultural heritage. It plays the role of

Dance scholar <u>Dr. Shih-Ming Li Chang</u>: "Lion dance is more than just a dance, it is a living expression of Chinese culture, a Chinese culture that continues to push boundaries and inspire and influence artists around the world. It's a testament to people's resilience and creativity, and they will do so for generations to come."

# The lion dance: A personal appreciation and reflection

The exploration of lion dance during this research trip revealed its rich history, cultural significance and versatility. In this chapter, I will present my personal assessment and opinion of Shishimai, reflecting on its profound influence on me and the meaningful experiences it has generated. By sharing my perspectives and thoughts, I hope to convey the depth of my connection with this fascinating art form and highlight its transformative power.

Seeing the lion dance performance in person left an indelible impression on me. The dynamic movements, acrobatics and synchronized choreography of the lion dance inspire awe and admiration. The rhythmic beat of the accompanying drums and cymbals echoes deep within me, creating an electrifying atmosphere that immerses you in the magic of the performance.

The symbolism and cultural significance of the lion dance evokes a deep appreciation of its tradition and its power to tell stories. Every movement, gesture, and costume element are layered with meaning associated with Chinese mythology, folklore, and spiritual beliefs. Understanding this symbolism adds depth and resonance to the performance and deepens my understanding of shishimai as a means of cultural expression.

Lion dance serves as a bridge between different cultures and promotes understanding and appreciation. Through performances, it invites people of all backgrounds to immerse themselves in Chinese culture, foster crosscultural dialogue and build connections. For me personally, shishimai has helped me connect with people from different communities, foster a sense of belonging, and deepen my understanding of cultural diversity.

Through my personal appreciation and reflection, I have recognized the transformative power of lion dance as an art form and as a means of cultural exchange and understanding. It deepened my understanding of Chinese culture, inspired me to preserve and promote heritage, and taught me valuable life lessons. Lion dance will forever hold a special place in my heart, a reminder of the beauty, diversity and limitless possibilities of our cultural traditions.

### Interviews



#### 1) SIR SAM KERSON. DIRECTOR AT DRAGON DANCE THEATRE IN QUEBEC

# - Can you tell us a little about the origins of the Lion Dance in Chinese culture?

As long-time admirers of Chinese culture and the mythic qualities of the painting and storytelling and the great march and the end of feudalism and industrialization in our own times. The immense hydroelectric dams like our own, here in Quebec.

Remember the Canadian doctor from Montreal, Norman Bethune and his role in recent Chinese history.

#### - How has the Lion Dance evolved over time?

The problem with Dragons in Western Culture is that they are represented as demons. We felt the vibe of the Dragon but as a natural power and an earth force that we wanted to cultivate. When we started in Peru in '73 we were building a large dragon that was playing a villainous part in our play. The hero would kill the dragon and voila, the good would be saved. However, our workshop was on one side of Cuzco and our rehearsals were on the other side of the small mountain city. It was understandable that I walked with the Dragon and in fact held it over my head to transport the character through the streets. Before long I was being followed by a group of kids and they began to shout, Baile Dragon Baile, Dance Dragon Dance. That is the moment when we saw the peaceful, elemental, vast nature of the Dragon as represented in Chinese Iconography. It is also the moment we named our company, Dragon Dance Theatre.

#### - How has the Lion Dance influenced contemporary dance?

In fact, we have not had much contact with real Chinese performers and puppeteers. Once we did see the lion dance on the street in Montreal they looked like an itinerant theatre? The dancers were very skillful and the masks very convincing. As a theatre we have always been improvisors. We could see that these Chinese dancers were extremely well practiced.

# - What are the differences between lion dance and dragon dance?

The long paper-dragons of the Chinese New Year we have never seen, except in movies or videos. They do look marvelous. I have thought of building one occasionally but always found some other idea won my creative attention.

In fact, we have not had a Dragon Puppet or mask, since we left the USA in 2000.

Lately we have been working with Mammoths;

But we still use a Dragon Image as a logo for our theatre. And we still work with ecological themes and a pacific approach to cultural exchange. Perhaps it is the essence of the Dragon that keeps us dancing in this direction? The Dragon Dance is always so marvellously metaphorical. That reminds me we did make an image of riding the dragon for a book describing our show about Ovid's Erysichthon. In that story Demeter sends her sister, Hunger to punish Erisychthon and she communicates with her sister, Hunger through an emissary. Demeter sends the emissary riding a dragon. 2) CHAN XIN MIN A CHINESE TEACHER AND TEACHER IN CHARGE OF LION DANCE IN CHUNG CHENG HIGH SCHOOL IN SINGAPORE



## Can you tell us a little about the origins of the Lion Dance in Chinese culture?

There are different sayings about the origins of Lion Dance in Chinese culture (you can search for them online). I am more inclined to the version which states that Emperor Tang Ming Huang dreamt of a colorful dancing beast and instructed his people to construct that animal and pair its dance with percussion instruments.

#### - How has the Lion Dance evolved over time?

Generally, lion dance can be divided into Southern and Northern Lions. Southern Lion is more colorful and its performance stunts is more varied to portray a ferocious, heroic image while Northern Lion has more realistic head, with usually yellow, red body and the stunts are largely to display its agility.

In Singapore, we typically perform the Southern Lion Dance as our Chinese ancestors are mainly from Southern part of China. Southern lion is still largely practiced in places like Guangzhou now. Nowadays, the Southern lions come in various colours and even with LED. Recently in Singapore, some troupe improvised the lion head to one with rabbit's ears to welcome the year of rabbit.

#### - What are some of the key elements of the Lion Dance?

- Percussion (1 drum, 1 gong and around 4 cymbals)
- Lion (1 controlling the head, 1 controlling the tail)
- Performance item should have auspicious meaning

#### - How has the Lion Dance influenced contemporary dance?

I don't think it has influenced contemporary dance but there have been attempts to fuse different types of dance forms such as fusing tap dancing, street dance with lion dance. But not all troupes can accept such fusion.

# - What can we learn from the Lion Dance about Chinese culture?

Lion dance requires a lot of coordination between the 2 dancers and percussionists. Teamwork is certainly something that Chinese emphasized on. Another would be hard work as it takes years to do a good stunt well.

All the performances tell a story of perseverance and bravery which we value as well.

There is much more from history to values which one can learn as a dancer.

# - What are the differences between lion dance and dragon dance?

Dragon dance uses different percussion instruments and it requires 8 to 10 or even more people controlling the dragon. The stunts are different as dragon dancers hold on to a stick which attach to a segment of the dragon body as compared to lion dancer which controls most movement with its hand and legs. Dragon dance require much more coordination among a bigger group of people but in terms of animation of the dance, Lion Dance is more animated.



#### 3) LEE KOK LEONG A HERITAGE RESEARCHER. HERITAGE CONSULTANT AT THE SINGAPORE HOK SAN ASSOCIATION

# - Can you tell us a little about the origins of the Lion Dance in Chinese culture?

The lion dance is a pugilistic performance dating back to more than 1,500 years. During the Southern Song Dynasty about 1,000 years ago, the lion dance was known as the Northern Lion and commonly performed in festivals. The Southern Lion was developed much later in the Guangdong province.

Singapore's lion dance was originated from Southern provinces of China, in particular Foshan and Heshan. Heshan was the first lion appeared in Singapore more than a century ago.

The Foshan lion has a high forehead, curved lips and a very sharp horn. The main traits of the Foshan lion dance are its attention to making larger strides in movement and strength in posture.

Heshan lion is known for its richness of expression, unique footwork modelled after the cats and vigorous drumming style. The forehead of the lion head is lower. Its horn rounded and has a duck beak mouth with flat lips. The body of the lion is also explicitly more colourful.

#### - How has the Lion Dance evolved over time?

In addition, Southern Lion also called Nanshi (南狮) and Xingshi (醒狮). The word 醒 (xing) carries the meaning of awakened and is deemed auspicious. Heavy eyebrows, bulging eyes, big nose, big mouth and single horn are the common characteristics of Southern Lion.

The lion heads have two unique features based on shape and colour.

For shape, the lion heads can be divided into the Foshan lion (佛山獅) and the Heshan lion (鹤山獅).

For colour, the lion heads are distinguished by yellow (刘备, Liubei), red (关 羽, Guanyu), black (张飞, Zhangfei). In the recent years, we have seen bluewhite (马超, Machao) and green (赵云, Zhaoyun). They are based on the classic literary text Romance of Three Kingdoms (三国演义). The values of brotherhood and loyalty are thus embedded into the lions.

#### - What are some of the key elements of the Lion Dance?

Lion dance performances are accompanied by drums, gongs and cymbals. Normally a performance group consists of about 8 to 10 people: 2 of them are lion dance performers. The accompanying percussive instrument players consist of 6 to 8 people.

Every movement of the lion has a specific musical rhythm. The music follows the moves of the lion. The drum follows the lion, and the cymbals and the gongs follow the drum. Throughout the performance, the lion will, based on the study of actual lion's behaviour, mimic the moods and physical gestures which combine art and kungfu moves.

The lion dance will begin when the percussive instruments are struck. The lion will enter the centre of the stage with strong rhythm and greet the audience, or ancestor or gods on altar (if playing at temple or within clan premises) with three bows.

The performance usually takes about 15 minutes. Obstacles are laid by the party that has invited the lion dance troupe to perform. The lion has to compel to overcome these obstacles to finally acquire the "treasures".

In the process, the lion (in particular, the Heshan Lion) will perform eight movements - drunkenness, sleep, wakefulness, suspicion, anger, fright, happiness and merrymaking. Each movement is expressed by a different rhythm.

The lion dance performance will end with three bows to the audience or the altar.

#### - How has the Lion Dance influenced contemporary dance?

"Plucking the green" may be considered a contemporary lion dance. It is a special lion dance routine performed on joyous occasions like Chinese New Year, new business launch and mid-Autumn festival.

Normally after the eight movements, the lion would pluck the green vegetable, swallow and throw them out.

When performing during Chinese New Year in recent years, the lion would perform tasks such as peel open the oranges, peel open pomelos, pick up crabs or fish from a bowl.

# - What can we learn from the Lion Dance about Chinese culture?

The origin of plucking the green can be traced back to the anti-Qing movement (反清). The phonetic similarity between "plucking the green" (采 青) and "trampling the Qing" (踩清) were used to belittle the Qing government. Likewise, "swallowing the green" (吞青) signifies "overthrowing the Qing Dynasty" (吞清), and the routine of "throwing out the green" (吐青) is for "dissolving the Qing government" (吐清).

As lion dance passes down over the generations, other elements such as fortune, wealth and prosperity were included in the plucking green themes, leading to the rich traditional culture today.

Lion dance performances are usually coached by masters who have acquired sufficient skill, experience and knowledge through years of practice. The masters are assisted by their senior disciples. During normal training sessions, members get to learn about musical instruments, lion movement and coordination between music and movement. They may choose their specialty after acquiring the basic skills. Hence lion dance is also about values of legacy, endurance, teamwork and passion.

# What are the differences between lion dance and dragon dance?

Dragon dance is inherited from the 'heavenly rituals' performed during the Yin dynasty and Zhou dynasty mor than 3000 years ago. The dragon in Chinese culture has a much longer history than the lion, which is an imported legacy. The dragon comes from an ancient Chinese culture and is a symbol of good fortune. It was developed into a symbol of the kings and vassals. 4) TARESA (LUO TING) HE, INSTRUCTOR, LION DANCER & OPERATIONS MANAGER IN JING YING MARTIAL ARTS



### Can you tell us a little about the origins of the Lion Dance in Chinese culture?

Legends say that there used to be a monster/ creature that would come during the Chinese New Year time (the beginning of the year after hibernation) and kill/ slaughter villagers & their animals. The villagers called him "Nian" – meaning "year" as he comes every year at the beginning of the year. So, the villagers created a costume with fabric, wood and colouring to make it look like a beast. They would use loud pantry items to make noises while the villagers held the costume up to "dance".

This ended up scaring away Nian and brought peace to the villagers. They were then able to continue to prosper in their villages, without worrying about their animals dying. Since then, lion dancing has become an annual tradition where villagers dress up in costume and they play loud instruments to scare evil/ bad spirits and bring in peace, happiness, good health and prosperity!

The legends spread and more and more people joined in to create different styles/ types of costumes. That is why there are different types of lions!

#### - How has the Lion Dance evolved over time?

Lion dancing has certainly evolved over time, some points including:

- The "look" of the lion has changed drastically. Before, they were focusing on making the lion scarier and more furious looking. But over time, they started adding more fur, colours and other intricate designs to make the lion look more pretty.
- The skills of the lion dancers have changed drastically as well. Before, lion dancers are mostly performing on the ground, doing acrobatic tricks and stunts on the ground only. But over time, they started adding benches & poles to perform challenging and impressive stunts. As a lion dancer myself, we are always trying to improve our skills to make the lion look more "realistic", and we can only do that by putting ourselves in the mind of them, doing what they would do.
- Doing the lion dance before was just to scare away evil spirits and bring in good luck. In modern-day now, lion dancers are using this

dance & art to tell stories, to show the world who they are as a people and to preserve this culture.

• Dancing used to only be seen during Chinese New Year, but over the years, people are booking them for weddings, grand openings, baby showers, open houses, etc.

#### - What are some of the key elements of the Lion Dance?

There are many different styles of lion dance. The lions in Northern China look like Foo Dogs and have shaggy long hair, with the costume focusing more on the colours of yellow and red.

In southern China, there are two main styles: Fut San & Hok San. Fut San is based mainly on kung fu moves, while Hok San is more playful and expressive. Southern lions have a mirror and horn on their head, using them to reflect and attack evil spirits.

Regardless of whether Northern or Southern, the lion dancers will use their skills to perform some attacking moves to scare away the evil spirits, showing their curiosity & intelligence to look for food and bring blessings to the audience.

#### - How has the Lion Dance influenced contemporary dance?

Lion dance incorporates martial arts moves into the dance, which combines two worlds and bring out a whole new art form. As lion dancers, we as humans must act like a lion, tell the story through our movements and body language and show the attacks with martial arts moves.

## - What can we learn from the Lion Dance about Chinese culture?

The Chinese culture really values good luck, feng shui, prosperity and good health. By understanding that, we can understand why lion dancing is so valued.

## - What are the differences between lion dance and dragon dance?

So many people get confused with lion dance and dragon dance, but they are sooo different!

Lion dance – two people in one costume. One operating the head, one operating the tail. They will perform acrobatic tricks and stunts together.

The tail has to be strong and sturdy as many of the stunts are the head stacking onto the tail.

The lions are usually searching for food (lettuce) and will tell a story & showcase their personality through a series of movements.

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Dragon Dance – Anywhere between 5 – 15 people operating the lion, with each person holding a pole that's part of the dragon's body. One person at the front holding the head and the rest of the group follows while the dragon moves.

The dragon will always be following a ball "pearl" and that's what guides them. They create very beautiful movements, imitating the flying/ swimming movement of the dragon.

Dragons are believed to have power and control over water, hurricanes, floods and rain. So, they perform dragon dance to bring good luck and power to these areas.

#### Could you share any personal anecdotes or experiences related to Lion Dance that have left a lasting impression on you?

I have been training lion dance for the last 11 years, and my greatest experience was getting invited to sit behind the judges table in Foshan, China for their provincial competition. It was amazing to see all these talented lion dancers perform their routine, and feel connected and understand the story they were telling.

I realized that this is a global community and this is a global language. I'm always super excited to get new lions as they all mean something different based on their colors, designs, shape, etc.



5) JEFFREY YIP THE MANAGER AT AN ACADEMIC MEDICAL SCHOOL AND CO-OWNER OF A TRADITIONAL KUNG FU AND LION DANCE CLUB

## - Can you tell us a little about the origins of the Lion Dance in Chinese culture?

The lion dance originated from China and there are two main distinct forms of lion dances, including the northern lion dance and southern lion dance. The origins are unknown, but based on a common fabel that is more fictional than factual. I am a practitioner of the southern lion dance and has its origins in the Guangdong province of China. Due to the turmoil post-World War 2 in China and the subsequent Communist ascension to power, many of the practitioners of traditional kung fu and lion dance took their art forms to British Hong Kong. The art of the lion dance would continue to be taught and refined by many individuals in Hong Kong. Subsequently, beginning in the late 1960s and into the 1980s, many of these teachers (Sifu in Cantonese meaning teacher) would emigrate to countries in the west to spread both traditional kung fu and lion dance. Lion dance is quite common in the United States, Canada, Europe, Australia, etc.

#### - How has the Lion Dance evolved over time?

The lion dance has evolved significantly, as many now commonly associate lion dances with perform aerial jumps and leaps on poles that are affixed from the ground. This form of lion dance was started in Malaysia and over time, this form of lion dance is popular. Let's not forget that the lion dance is also accompanied with the percussion instruments, drum, cymbals and gong. With this Malaysian style lion dance, the music has also deviated significantly from the traditional drum beats that sync with this new type of lion dance.

#### - What are some of the key elements of the Lion Dance?

The key elements of the traditional southern lion dance include the following: 1) an individual controlling the lion head with deep stances that displays strength, agility and fluid movement, while opening and closing the mouth and eyes to showcase different emotions and actions of the lion from being hungry, scared, aggressive, cautious, etc., 2) an individual controlling the tail, while keeping his/her back straight and syncing the stances and

footwork with the individual moving the lion head. The tail may also be called upon to support the lion head when the individual of the lion head does aerial moves where the individual moving the tail will help thrust the head up higher or land on the individual's thighs, shoulders, etc., 3) the musicians playing the drum, while improvising the beats, must also control the musical beats based on what the lion is doing and 4) the individuals playing the cymbals and gong with following the lead of the drummer. In sum, the main elements of the southern lion dance are the bow to start and end a performance, the lion head lifting its head up to walk rapidly, the main section where the lion displays its movements and emotions that may or may not include props such as tangerines, lettuce, other types of food, a fake snake or spider, etc. Sometimes benches are used to simulate a lion walking over a bridge.

## - What can we learn from the Lion Dance about Chinese culture?

The lion dance is a rich cultural aspect of Chinese traditions and history that entail putting on a celebration that is commonly found during the Lunar New Year, weddings, birthday parties and other venues. They give people into a window of seeing this as a storytelling folk art that involves artistic expression from the lion's movements coupled with creativity from the musicians who play improvised music that accompanies the performance.

## - What are the differences between lion dance and dragon dance?

The lion dance is operated by two individuals, while the dragon dance is controlled by multiple people (around 6 or 7 people) underneath a long costume by each person holding a pole to control the movements in a synchronized fashion. The music played, along with the instruments, are difference between the lion and dragon dances.

#### Could you share any personal anecdotes or experiences related to Lion Dance that have left a lasting impression on you?

My lasting impression of the lion dance is travelling to different venues to perform and to meet different people along the way. Our performances are diverse since I have done them for weddings, grand opening of businesses, corporate functions, Asian American Pacific Islander Heritage month, universities and schools. Each performance may require us to use different props or different routines that align with the type of function we are performing. Our first lion dance performance was in 1975 and to this day, we continue to perform year-round outside of the Lunar New Year. I think my overall impression is being able to showcase this traditional art and having people come up to me and my team to thank us and to show their appreciation for displaying this art form. It's a really satisfying feeling to speak with people and to travel to many parts of New York City and outside as far as Atlanta, Georgia to showcase our performances. 6) RENEE KAWADA, A MARTIAL ARTS AND LION DANCE INSTRUCTOR IN THE CITY OF LAS VEGAS.

#### Can you tell us a little about the origins of the Lion Dance in Chinese culture?



The Chinese Lion Dance is a captivating and vibrant performance that showcases the rich cultural heritage of China. This centuries-old tradition features two skillful performers who don a mesmerizing lion costume, which is often mistaken for a dragon dance by those unfamiliar with it. As the lively spectacle unfolds, the Chinese Lion Dance is accompanied by the rhythmic beats of traditional Chinese percussion instruments, including a resounding drum, resonant cymbals, and a reverberating gong.

The harmonious fusion of the percussive melodies and the intricate movements of the Chinese lion dancers creates a captivating synergy that captivates the audience. It is said that the origins of this remarkable dance can be traced back over a thousand years, to a mystical dream experienced by an emperor of ancient China. In this vivid dream, the emperor found himself in a perilous situation, only to be rescued by a mysterious creature unlike any he had encountered before. Perplexed by the identity of this creature, the emperor shared his dream with his trusted advisers the following morning.

Among the emperor's advisers was a member of his entourage who believed that the enigmatic creature described could only be a majestic lion, a creature hailing from the Western lands. However, due to the lack of firsthand knowledge of lions in China, the emperor took a creative approach to bring this mythical creature to life. He commissioned the creation of a lion puppet made from papier-mâché, meticulously crafted to embody the essence of the creature in his dream.

To simulate the graceful movements and majestic presence of a lion, the emperor enlisted the talents of his courtiers and formed the very first lion dance troupe. These skilled performers brought the intricately designed puppet to life, maneuvering it with dexterity and finesse. As they danced, twisted, and leaped, the spirit of the lion was embodied in their every motion, captivating the onlookers and immortalizing the inaugural performance of the Lion Dance.

As the beats of the traditional Chinese percussion instruments resonate through the air, synchronizing with the dynamic motions of the lion dancers, the Chinese Lion Dance transcends mere performance and becomes a conduit for cultural expression, unity, and auspiciousness. It serves as a testament to the rich history, mythical legends, and profound symbolism that define Chinese culture, leaving an indelible mark on the hearts and minds of those fortunate enough to witness this captivating tradition.

#### - How has the Lion Dance evolved over time?

Since that time, the Chinese Lion Dance has evolved and flourished, becoming an integral part of Chinese festivities and celebrations. The dance symbolizes strength, good fortune, and protection from evil spirits, making it a cherished tradition during festive occasions such as the Chinese New Year, weddings, and grand openings. The performers, adorned in vibrant lion costumes, skillfully emulate the movements and spirit of the lion, captivating audiences with their agility, coordination, and sheer spectacle.

#### - What are some of the key elements of the Lion Dance?

Some key components of the lion dance are 3 bows, eating of the lettuce called Choy Chang, and presenting of the scrolls. The dance typically begins with three ceremonial bows, expressing respect and gratitude. Following this, the lion proceeds to perform the vibrant and playful act of "eating the lettuce," known as Choy Chang. The lettuce, often tied to a red envelope containing monetary donations, is hung high above the performance area. The lion's agile movements and clever choreography mimic the creature's attempt to reach and consume the lettuce, symbolizing good luck, prosperity, and a bountiful harvest. Additionally, the lion dance often incorporates the presentation of scrolls, adorned with auspicious calligraphy and colorful artwork. These scrolls are ceremoniously offered to the lion, symbolizing the bestowal of blessings, wisdom, and good fortune upon the performers and the audience. Together, these components create a multifaceted and culturally rich experience, leaving a lasting impression on all who witness the Chinese Lion Dance.

#### - How has the Lion Dance influenced contemporary dance?

To my knowledge, lion dance has not influenced contemporary dance.

## - What can we learn from the Lion Dance about Chinese culture?

<u>Unity and Collaboration</u>: The Lion Dance embodies the importance of teamwork and collaboration. The performance requires seamless coordination between the lion dancers and the musicians playing the accompanying instruments. It underscores the value of individuals coming

together, working in harmony, and supporting one another to achieve a common goal.

<u>Symbolism and Superstition</u>: Chinese culture is rich in symbolism and superstitions, and the Lion Dance reflects this deeply ingrained belief system. The colors, movements, and gestures of the lion hold specific meanings associated with good fortune, warding off evil spirits, and invoking blessings. It highlights the importance of symbolism and the power of collective beliefs in Chinese society.

<u>Respect for Tradition and Ancestors</u>: The Lion Dance is a tradition passed down through generations, representing a strong respect for ancestral customs and heritage. By continuing to perform the dance, Chinese communities honor their ancestors and uphold the cultural legacy that has shaped their identity over time.

<u>Celebration of Festivities</u>: The Lion Dance is most commonly performed during festive occasions, particularly the Chinese New Year. It demonstrates the significance of celebrating important events and embracing joyous moments as a way to foster community spirit, strengthen social bonds, and promote happiness and well-being.

<u>Discipline and Skill Development</u>: Mastering the art of the Lion Dance requires discipline, dedication, and years of training. Performers must develop physical agility, coordination, and a deep understanding of the intricate movements involved. This emphasizes the values of perseverance, hard work, and continuous learning that are deeply rooted in Chinese culture.

<u>Cultural Preservation and Identity</u>: The Lion Dance serves as a symbol of Chinese culture, both within China and among Chinese communities around the world. Its preservation and continued practice showcase the Chinese people's commitment to upholding their cultural identity and passing it on to future generations.

<u>Auspiciousness and Prosperity</u>: The Lion Dance is closely associated with the pursuit of good fortune, wealth, and prosperity. Its performance is believed to bring luck and drive away negative energies. It reflects the Chinese belief in creating a positive environment and embracing opportunities for success and abundance.

## - What are the differences between lion dance and dragon dance?

The Lion Dance and Dragon Dance are two distinct traditional performances in Chinese culture. The Lion Dance involves two performers inside a lion costume, mimicking the movements of a lion with dynamic actions. In contrast, the Dragon Dance requires a team of performers manipulating a long dragon puppet, showcasing flowing and serpentine movements. The Lion Dance symbolizes auspiciousness, good luck, and warding off evil spirits, while the Dragon Dance represents power, wisdom, and imperial authority. Both dances vary in structure, appearance, movement style, and symbolic significance, contributing to the rich cultural heritage of China.

### A global showcase of lion dance: ensembles celebrating the artistry and culture of this ancient tradition

#### • Australia:

Chinese Youth Society of Melbourne (Melbourne, Victoria)

Australian Chinese Lion and Dragon Dance Association (Sydney, New South Wales)

Hung Gar Yau Shu Martial Arts Academy (Perth, Western Australia)

Lion Dance Perth (Perth, Western Australia)

Ving Tsun Athletic Association (Melbourne, Victoria)

#### • Belgium:

Shaolin Kung Fu Belgium (Brussels) Antwerp Shaolin Wushu Academy (Antwerp) Ghent Shaolin Temple (Ghent) Charleroi Shaolin Kung Fu School (Charleroi) Liège Shaolin Temple (Liège)

#### • Brazil:

Escola de Kung Fu Shaolin da Família Zhao (São Paulo) Associação Shaolin Kung Fu Brasil (Rio de Janeiro) Centro Cultural Chinês Brasil-China (Brasília) Grupo de Artes Marciais Chinesas (Curitiba) Associação Shaolin Kung Fu (Fortaleza)







#### • Canada:

Kung Fu Vancouver (Vancouver, British Columbia) Hup Ging Do Martial Arts (Toronto, Ontario) Chinese Lion Dance Club (Calgary, Alberta) Shaolin Temple Quanfa Institute (Ottawa, Ontario) Kung Fu Quebec (Quebec City, Quebec)

#### • China:

Beijing Sports University (Beijing) Shanghai Theatre Academy (Shanghai) Guangzhou Academy of Fine Arts (Guangzhou) Sichuan Normal University (Chengdu) Wuhan Sports University (Wuhan)

#### • France:

Paris Wushu Club (Paris) Shaolin Wushu Center France (Paris) Lyon Kung Fu Wushu Club (Lyon) Marseille Wushu Club (Marseille) Toulouse Wushu Club (Toulouse)

#### • Germany:

Shaolin Wushu Cultural Center (Berlin) German Wushu Federation (Frankfurt) Munich Wushu Academy (Munich) Shaolin Wushu Center Germany (Hamburg) Cologne Wushu School (Cologne)









#### • Hong Kong :

Hong Kong Lion Dance Sports Association (Hong Kong)

Yau Kung Moon Lion Dance and Dragon Dance Association (Hong Kong)

Hong Kong Chinese Martial Arts Dragon and Lion Dance Association (Hong Kong)

Fung Kei Lion Dance Association (Hong Kong)

Hong Kong Yau Ma Tei Lion Dance Troupe (Hong Kong)

#### • Indonesia:

Lion Dance Indonesia (Jakarta) Tong Long Indonesia Lion Dance (Jakarta) Surabaya Wushu Lion Dance Club (Surabaya) Pekanbaru Lion Dance Club (Pekanbaru) Padepokan Liong Kuning (Yogyakarta)

#### • Italy:

Shaolin Kung Fu Academy Italy (Rome) Milan Shaolin Wushu Kung Fu School (Milan) Shaolin Cultural Center Italy (Turin) Naples Wushu Kung Fu School (Naples) Florence Kung Fu Academy (Florence)

#### • Japan:

Japan Wushu Taijiquan Federation (Tokyo) Yokohama Shaolin Wushu Club (Yokohama) Tokyo Kung Fu Club (Tokyo) Osaka Wushu Club (Osaka) Fukuoka Martial Arts Academy (Fukuoka)









#### • Malaysia:

Persatuan Tarian Naga dan Singa Negeri Selangor (Selangor) Wong Wai Lion Dance & Drum Troupe (Kuala Lumpur) Hong Teik Dragon and Lion Dance Association (Penang) Persatuan Kesenian Naga & Singa Pulau Pinang (Penang) Qian Yang Lion Dance Association (Johor Bahru, Johor)

#### • Netherlands:

Shaolin Kung Fu Apeldoorn (Apeldoorn) Shaolin Kung Fu Nijmegen (Nijmegen) Shaolin Kung Fu Rotterdam (Rotterdam) Shaolin Kung Fu Amsterdam (Amsterdam) Shaolin Kung Fu Den Haag (The Hague)

#### • New Zealand:

New Zealand Chinese Association Lion Dance Troupe (Auckland) Wellington Chinese Sports and Cultural Centre (Wellington) Christchurch Chinese Association (Christchurch) Hamilton Chinese Association (Hamilton)

Dunedin Chinese Association (Dunedin)

#### • Philippines:

Ling Nam Athletic Association (Manila)

Philippine Ling Nam Athletic Federation (Manila)

Philippines Jin Wu Koon Lion Dance and Dragon Dance Association (Manila)

Cheong Tong Dragon and Lion Dance Group (Manila)

Manila Lion and Dragon Dance Sports Association (Manila)









#### • Singapore:

Singapore Hok San Association (Singapore) Lion Dance Singapore (Singapore) Nam Sieng Dragon & Lion Dance Association (Singapore) Tian Eng Dragon and Lion Dance Centre (Singapore) Yi Wei Athletic Association (Singapore)

#### • South Africa:

Johannesburg Chinese Association (Johannesburg) Cape Town Chinese Association (Cape Town) Durban Chinese Association (Durban) Pretoria Chinese Association (Pretoria) Port Elizabeth Chinese Association (Port Elizabeth)

## (\*\*\* \*\*\*



#### • Spain:

Shaolin Temple Barcelona (Barcelona) Madrid Shaolin Temple (Madrid) Valencia Shaolin Temple (Valencia) Seville Shaolin Temple (Seville) Zaragoza Shaolin Temple (Zaragoza)

#### • Switzerland:

Shaolin Kung Fu Basel (Basel) Geneva Shaolin Temple (Geneva) Zurich Shaolin Kung Fu Academy (Zurich) Lausanne Shaolin Kung Fu School (Lausanne) Bern Shaolin Temple (Bern)



#### • Taiwan:

National Taiwan College of Performing Arts (Taipei) Taipei National University of the Arts (Taipei) National Taiwan University of Arts (Taipei) Taipei City University of Science and Technology (Taipei) Shih Chien University (Taipei)

#### • Thailand:

Thai Wushu Federation (Bangkok) Wushu Association of Thailand (Bangkok) Nong Ya Plong Lion Dance (Bangkok) Chiang Mai Wushu Academy (Chiang Mai) Phuket Dragon and Lion Dance Association (Phuket)

#### • United Kingdom:

London Chinese Lion Dance Club (London) Shaolin Temple UK (London) South London Kung Fu Club (London) Wing Chun School (Birmingham) UK Shaolin Temple (Bristol)

#### • United States:

San Francisco Wushu Team (San Francisco, California) Wah Lum Kung Fu and Tai Chi Academy (Orlando, Florida)

White Crane Lion and Dragon Dance Association (New York, New York)

Chinese Performing Arts of America (San Jose, California)

Wong People Kung Fu Association (Boston, Massachusetts)



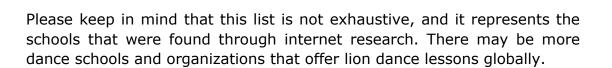






#### • Vietnam:

Saigon Lion Dance Team (Ho Chi Minh City) Dragon Dance & Lion Dance Vietnam (Hanoi) Hue Lion Dance (Hue) Lion Dance Vietnam (Ho Chi Minh City) Hoa Phuong Lion Dance Team (Hanoi)





# Exploring the world of lion dance: A collection of articles on history, culture, and technique

 "Chinese Lion Dance" - Cultural China (<u>https://www.culturalchina.com/chinaWH/html/en/Arts1772bye478</u> <u>2.html</u>)

This website provides a brief overview of the history and significance of the lion dance in Chinese culture. It includes descriptions of the different types of lion dances, as well as information on the symbolism and meaning behind the dance.

 "The Lion Dance: A Chinese New Year Tradition" - National Geographic (<u>https://www.nationalgeographic.com/travel/destinations/asia/chin</u> <u>a/lion-dance-new-year-tradition/</u>)

This article from National Geographic provides a detailed description of the lion dance, including its history, significance, and cultural context. It also includes photographs and videos of lion dance performances, as well as interviews with performers and experts on the tradition.

 "Lion Dance" - China Highlights (<u>https://www.chinahighlights.com/travelguide/culture/lion-dance.htm</u>)

This webpage provides a comprehensive guide to the lion dance, including information on the costumes, music, and movements of the dance. It also includes a history of the lion dance and its role in Chinese culture, as well as a discussion of its significance in modern times.

 "Lion Dance in Malaysia" - Tourism Malaysia (<u>https://www.malaysia.travel/en/my/events/lion-dance</u>)

This website provides information on the lion dance as it is performed in Malaysia, including descriptions of the different styles of lion dance and the cultural significance of the tradition. It also includes a calendar of lion dance performances and festivals throughout the country.

 "Lion Dance and Dragon Dance" - China.org.cn (<u>http://www.china.org.cn/english/features/Festival/183091.htm</u>)

This article provides a detailed description of both the lion dance and the dragon dance, which are often performed together during festivals and celebrations in Chinese culture. It includes information on the history and symbolism of both dances, as well as the techniques and movements used in their performance

#### Discovering the rich traditions and techniques of lion dance: A list of books and magazines for enthusiasts

1. "Lion Dance: An Ancient Chinese Tradition" <u>Kindle Edition</u> by Adam Yee: If you have gone to a Chinese New Year festival and have seen these strange, colorful creatures walking around, you may question what they really are. They are Lions and they have a rich and meaningful culture associated with them. The folklore and superstition that surrounds Lion Dance makes them popular in Chinese New Year because they are a symbol of luck and good fortune.

#### Information:

ASIN: BOOTQLKUE0

Publication date: February 17, 2015

Language: English

File size: 4068 KB

Print length: 34 pages

2. "The Art of Lion Dance" <u>Kindle Edition</u> by Joey Yap: Despite its popularity as a form of cultural entertainment and competitive sport, the Lion Dance has a mystical aspect which is often not told and it is only known by the most traditional masters of the art. Now, for the first time, Joey Yap's the Art of Lion Dance will lift the veil and bring to light the metaphysical elements, rich cultural history and symbolism behind the ancient dance.

Information:

ASIN: B075QFG3YK

Publisher: Joey Yap Research Group Sdn Bhd (September 17, 2017)

Language: English

File size: 66175 KB

Print length: 263 pages

Page numbers source ISBN: 9671303870

3. "Lion Dancer Development: A Strength and Conditioning Program to develop the Athletic Lion Dancer " <u>Kindle Edition</u> by Truc Nguyen-Pham: The role of a lion dance coach is to strengthen and condition lion dancers to efficiently execute a high-quality performance without increasing risk of injuries. This requires a highquality strength and conditioning program. The program may include plyometrics, cardiovascular and strength training, balance activities, and stretches. The aim is to increase muscular strength, power, cardiovascular endurance, balance, and flexibility. Lion Dancer Development is the ultimate guide to strengthening and conditioning your lion dancers. Lion Dancer Development aims to close the gap between theories and application of training, helping the lion dancer execute a high-quality performance and remain injury free. This is an essential read for all lion dance coaches

#### Information:

<u>Publisher</u>: CreateSpace Independent Publishing Platform (November 29, 2018)

Language: English

Paperback: 226 pages

<u>ISBN-10</u>: 1978002424

<u>ISBN-13</u>: 978-1978002425

4. "Lion Dancers: Ernie Wan's Chinese New Year" by by Kate Waters (Author), Madeline Slovenz-Low (Author), Martha Cooper (Photographer): Six-year-old Ernie Wan is the elder son of a kung fu master. He lives in Chinatown with his mother and father, his big sister Jenny, and his little brother Warren. This is the story of the most important day of Ernie's life. He has studied kung fu at his father's studio since he was three. And this Chinese New Year, he will perform his first Lion Dance on the streets of New York City. Here is a rare and intimate look at a Chinese household as they embrace their ancient customs, celebrate their most important holiday, and share a proud moment with Ernie.

#### Information:

Publisher: Scholastic Press; unknown edition (January 1, 1991)

Language: English

Paperback: 32 pages

<u>ISBN-10</u>: 0590430475

#### ISBN-13: 978-0590430470

5. **"Flying dragon and dancing phoenix**" by Ji Lanwei: Set against the backdrop of ancient China, the book explores their intertwined destinies as they navigate societal expectations, personal struggles, and a tumultuous love affair.

#### Information:

ASIN: B000PGL4OA

Publisher: NEW WORLD (January 1, 1987)

#### 6. "Chinese Lion Dance Explained" by William C. Hu

#### Information:

Publisher: Ars Ceramica (January 1, 1995)

Language: English

ISBN-10: 0893440388

ISBN-13: 978-0893440381

Item Weight: 3.45 pounds

<u>Dimensions</u>: 8.75 x 1.5 x 11.5 inches

7. "Chi Ming and the Lion Dance" by Josephine Marquand (Author), Pearl Binder (Illustrator): The story follows the adventures of Chi Ming as he prepares to participate in the traditional lion dance for the Lunar New Year celebration. Through colorful illustrations, the book explores the excitement, teamwork, and cultural significance of the lion dance, providing young readers with a delightful introduction to this vibrant Chinese tradition.

#### Information:

Publisher: Dobson Books; First Edition (January 1, 1969)

Language: English

Hardcover: 32 pages

<u>ISBN-10</u>: 0234779926

<u>ISBN-13</u>: 978-0234779927

Item Weight: 1.74 pounds

8. "The Lion Dance Storyteller: The Goddess and the Lion" by Gary Mah (Author), Cathy Luo (Editor), Grayson Mah (Illustrator), Kira Mah (Illustrator): The Jade Emperor has to say goodbye to his best friend, the Lion. The Lion makes its journey to earth to make new friends. Now story time can be enjoyed in English or Chinese as the book is written in dual language! The classic story has been reimagined with illustrations from the Author's own 8-year-old son and 4-year-old daughter.

#### Information:

ASIN: B0B5NZBVLD

Publisher: Independently published (July 12, 2022)

Language: English

Paperback: 32 pages

<u>ISBN-13</u>: 979-8840251225

Item Weight: 3.67 ounces

Dimensions: 8.5 x 0.08 x 8.5 inches

- 9. "Lion Dance: The Art and the Cultural Background" by Chen Yiyu: Offering a cultural perspective, this book explores the symbolism and social significance of lion dance in Chinese culture. It delves into the rituals, festivals, and celebrations where lion dance is performed, providing a deeper understanding of its connection to religious beliefs, folklore, and community cohesion.
- 10."Lion Dance: Tradition and Innovation in Chinese Cultural History" by Catherine Y. S. Lee: This scholarly work examines the historical development of lion dance in China, exploring its evolution as a traditional art form and its adaptations in response to cultural and social changes. The book analyzes the impact of globalization and modernization on lion dance, offering insights into its preservation and revitalization in contemporary society.

11. "Chinese Lion Dance Explained" by Willy Tsao: This introductory guide provides a concise overview of lion dance, explaining its origins, variations, and performance styles. It covers the basic techniques, movements, and symbolism associated with lion dance, making it an accessible resource for beginners and enthusiasts alike.

## The roar of the lion dance: A collection of mesmerizing videos of this traditional art form

- 1. "**The Lion Dance: Origins and Significance**" This video provides a historical overview of the lion dance and explores its significance in Chinese culture. It features interviews with lion dance experts and performers, as well as footage of traditional lion dance performances. You can find it on the Smithsonian Channel's YouTube channel.
- "Lion Dance in 4K Slow Motion" This visually stunning video showcases the beauty and grace of the lion dance in slow motion. It features high-quality footage of a lion dance performance set to traditional Chinese music. You can find it on the YouTube channel of Slow Mo Guys.
- 3. "Lion Dance Tutorial for Beginners" This video is a step-by-step tutorial for those interested in learning the basics of lion dance. It features a professional lion dance instructor who provides guidance on the movements and techniques involved in the dance. You can find it on the YouTube channel of the Kung Fu & Tai Chi Center w/ Jake Mace.
- 4. "Lion Dance Performance at Chinese New Year Festival" This video captures the excitement and energy of a lion dance performance during a Chinese New Year festival. It features colorful lion costumes, lively music, and acrobatic dance moves. You can find it on the YouTube channel of World of Festivals.
- 5. "**The Lion Dance Documentary**" This feature-length documentary provides an in-depth look at the history, culture, and significance of the lion dance. It features interviews with experts and performers from around the world, as well as footage of lion dance performances in various countries. You can find it on Amazon Prime Video.
- 6. **Lion Dance** (2017) This short documentary follows a group of young lion dancers in New York City as they prepare for the annual Lunar New Year parade. The documentary explores the cultural significance of lion dance and the dedication of the dancers who practice for hours each week. Available on Vimeo.

**Image 1** : <u>https://www.fitlifemartialarts.com.au/wp-</u> content/uploads/2018/09/differences-between-dragon-dancing-liondancing.jpg

Image 2: Print, woodblock by Sugimura Jihei (Japan, 1681? -1703)

#### Image 3 :

https://upload.wikimedia.org/wikipedia/commons/thumb/0/0a/Lion dance - illustration from Shinzei-kogakuzu.jpg/260px-Lion dance illustration from Shinzei-kogakuzu.jpg

**Image 4** : <u>https://thehkhub.com/wp-content/uploads/2022/07/lion-</u> dance-taiwan-history.jpeg

Image 5 : https://blogmoca.files.wordpress.com/2011/02/2004-0731.jpg

#### Image 6 :

https://static.thehoneycombers.com/wpcontent/uploads/sites/2/2014/01/ nian.jpg

**Image 7** : <u>https://encrypted-</u> <u>tbn0.gstatic.com/images?q=tbn:ANd9GcTWF4biiEXp8FBTfj\_vCTStOGDrQ2</u> <u>TfBrKcmPOmluy3ha164YgtHWn0qS\_8dPq1s\_IBjg8&usqp=CAU</u>

#### Image 8 : <u>https://encrypted-</u>

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#### Image 9 :

https://i.pinimg.com/originals/35/e1/9a/35e19a7eee2e030fa33f74140ec0 83b9.jpg

Image 10 : <u>https://g4.img-</u> dpreview.com/B462028AADBB46C39AC91C07AAAF8204.jpg

**Image 11** : <u>https://media.defense.gov/2022/Jan/24/2002926859/-1/-</u> 1/0/220112-M-AF005-1233.JPG

**Image 12** : <u>https://img.theculturetrip.com/450x/smart/wp-</u> content/uploads/2019/02/tctpe0024-liondancing-hongkong-china-ford-34-1.jpg

Image 13 : <u>https://i.trade-</u> cloud.com.cn/upload/400/image/20201017/20201017155109\_5485.jpg

Image 14 : <u>https://img.atlasobscura.com/RsJP-</u>

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**Image 16** : <u>https://www.asianstudies.org/wp-content/uploads/figure-1-</u><u>1.png</u>

**Image 17** : <u>https://scontent-sof1-1.xx.fbcdn.net/v/t1.6435-</u> 9/67404997 2434015383324126 2373246825797779456 n.jpg? nc cat =101&ccb=1-7& nc sid=730e14& nc ohc=7DGKFCiwTpQAXqmgpk& nc ht=scontent-sof1-1.xx&oh=00 AfDFSwesSjA2qjir QD3mB5HAvQG85ZNUznUJM6YZpvsA&oe=64817EB3