



1. 起源: 汉代至南北朝 (公元前206年-公元589年)

Origin: Han Dynasty to Northern and Southern Dynasties (206 BCE – 589 CE)

外来文化影响:关于舞狮的起源,学界普遍认为与古代丝绸之路的文化交流有关。狮子并非中国本土动物,最早通过西域进贡传入中原(如《汉书》记载的“西域献狮子”)。人们根据描述或传说,模仿狮子形态创作舞蹈。

佛教传播的推动:随着佛教传入(东汉时期),狮子作为护法神兽(如文殊菩萨坐骑)的形象逐渐普及,进一步推动了舞狮文化的形成。

早期记载:北魏杨衒之《洛阳伽蓝记》提到“辟邪狮子”,南北朝时期已有类似“狮子舞”的表演。

Influence of Foreign Cultures: Regarding the origin of lion dance, scholars generally believe it's linked to cultural exchanges along the ancient Silk Road. Lions are not indigenous to China; they were first introduced to the central plains as tributes from the Western Regions (as recorded in the Book of Han, which mentions "the Western Regions offering lions"). People then created dances mimicking the appearance of lions based on descriptions or legends.

Promotion by Buddhist Dissemination: With the introduction of Buddhism (during the Eastern Han Dynasty), the image of the lion as a protector deity (such as the mount of Manjushri Bodhisattva) gradually became widespread, further contributing to the formation of lion dance culture.

Early Records: Yang Xuanzhi's Record of Buddhist Monasteries in Luoyang from the Northern Wei Dynasty mentions "Bixie lions," and performances similar to "lion dance" already existed during the Northern and Southern Dynasties period.

2. 发展:唐宋时期(618-1279年)

Development: Tang and Song Dynasties
(618-1279 CE)

宫廷与民间普及:唐代舞狮被纳入宫廷乐舞(《太平乐》中的“五方狮子舞”),由艺人披兽皮表演,象征国泰民安。白居易诗云:“假面胡人假狮子,刻木为头丝作尾。”

武术融合:宋代舞狮与武术结合,出现“武狮”表演,动作更具技巧性。南宋《武林旧事》记载了“狮子会”等民间庆典活动。

Popularization in Court and Among the Populace: During the Tang Dynasty, the lion dance was incorporated into court music and dances, such as the "Five-Direction Lion Dance" (五方狮子舞) in the Taiping Yue (太平乐).

Performers would don animal skins, symbolizing peace and prosperity for the nation. As the poet Bai Juyi wrote, "Masked foreigners imitate lions, with wooden heads and silk tails."

Integration with Martial Arts: In the Song Dynasty, the lion dance began to incorporate martial arts, leading to the emergence of "Martial Lion" (武狮) performances with more skillful movements. Historical texts like the Southern Song Dynasty's Wulin Jiushi (武林旧事) record folk celebrations such as the "Lion Gathering" (狮子会).





3. 成熟:明清时期(1368–1911年)

Maturation: Ming and Qing Dynasties
(1368–1911)

地域流派形成:

南狮(广东、港澳):注重写意,造型威猛,额有独角(“独角青”),动作以跳跃、采青(取吉祥物)为主,伴随激昂的粤剧锣鼓。

北狮(河北、山西):造型更写实,动作灵活,常由双人配合,模仿搔痒、翻滚等姿态,伴奏以京锣、钹为主。

民俗功能强化:舞狮成为节庆(春节、元宵)、开业、婚礼等场合的必备节目,寓意驱邪纳福。

Formation of Regional Styles:

- Southern Lion (Guangdong, Hong Kong, Macau): Emphasizes artistic expression and a majestic appearance, often featuring a single horn on its forehead (known as "single-horned green"). Its movements primarily involve jumping and "cai qing" (plucking auspicious items), accompanied by the rousing gongs and drums of Cantonese opera.
- Northern Lion (Hebei, Shanxi): Characterized by a more realistic appearance and agile movements, often performed by two individuals. It mimics actions like scratching and rolling, with Beijing gongs and cymbals as the main accompaniment.

Strengthened Folk Function:

Lion dance became an essential performance for festivals (Spring Festival, Lantern Festival), business openings, weddings, and other occasions, symbolizing the warding off of evil spirits and the welcoming of good fortune.

4. 近现代传承与创新

Development: Tang and Song Dynasties
(618–1279 CE)

海外传播: 随着华人移民, 舞狮在东南亚、欧美等地扎根, 成为中华文化的标志。马来西亚等地发展出“高桩舞狮”等高难度表演形式。

竞技化: 20世纪后期, 国际舞狮比赛兴起, 制定了评分标准 (如动作难度、音乐配合等)。

非遗保护: 2006年, 广东醒狮被列入中国国家级非物质文化遗产名录。

Overseas Spread: With the migration of Chinese people, lion dance took root in Southeast Asia, Europe, the Americas, and other regions, becoming a symbol of Chinese culture. Malaysia developed highly difficult performance styles such as "high-pole lion dance."

Competitization: In the late 20th century, international lion dance competitions emerged, establishing scoring criteria (e.g., difficulty of movements, coordination with music).

Intangible Cultural Heritage Protection: In 2006, Guangdong Lion Dance (Xingshi) was listed in China's National Intangible Cultural Heritage.

Cultural Connotations and Symbolism:

- Exorcising Evil and Praying for Blessings: Lions are regarded as auspicious beasts, and lion dances are believed to ward off evil spirits like the "Nian beast."
- Martial Arts Spirit: Southern Lion dance performances are often passed down through martial arts groups, embodying strength and collaboration.
- Social Cohesion: Traditionally, lion dance troupes represented villages or guilds, and performances had both competitive and social bonding aspects.



中国舞狮是一项历史悠久、内涵丰富的传统民俗活动,兼具艺术性、文化性和竞技性。其历史可追溯至汉代,并在千余年的发展中融入了宗教、武术、戏曲等元素,成为中华文化的重要象征之一。以下是舞狮历史的主要发展阶段和特点:

Chinese Lion Dance: A Rich History

The Chinese Lion Dance is a centuries-old tradition rich in artistry, culture, and competition. Originating in the Han Dynasty, it has evolved over a thousand years to include influences from religion, martial arts, and opera, becoming a key symbol of Chinese heritage. Its main stages of development are outlined below:



如今,舞狮不仅是一种艺术形式,更承载着华人社会的文化记忆与身份认同。每逢佳节,锣鼓声中腾跃的狮子,依然是中华文化活力的生动体现。

Today, the lion dance is not just an art form; it also carries the cultural memory and identity of Chinese communities. During festive occasions, the leaping lions amidst the sound of gongs and drums remain a vivid embodiment of the vitality of Chinese culture.

Note: Information above is gathered from various public sources across the internet.

备注:以上信息收集自互联网上的各类公开来源。

