

满族

The Manchu

小注解 · Footnotes

① 八旗制度：清代满族的军队和户口编制。这种编制以旗为号，分为正黄、正白、正红、正蓝、镶黄、镶白、镶红、镶蓝等八旗，后来又增建蒙古八旗和汉军八旗。八旗的官员平时管理民政，战时担任将领。旗民子孙永远当兵。

① Eight Banners System: A military and permanent residence registration system of the Manchurians during the Qing Dynasty. This system took banners as signals, which were classified into Eight Banners: Pure Yellow, Pure White, Pure Red, Pure Blue, Bordered Yellow, Bordered White, Bordered Red, and Bordered Blue. Later, Eight Mongolian Banners and Eight Han Military Banners were added. The officers of Eight Banners were in charge of civil affairs in peacetime, and played the role of military commanders in wartime. The descendents of the Eight Banners members were born to be servicemen.

1. 沈阳故宫

A scene of the Shenyang Imperial Palace



满族主要分布在东北三省，以辽宁省最多。

The Manchu people are mainly distributed in the three northeast provinces of China, with the mass of them inhabiting Liaoning Province.

“满族”即“满洲族”，其前身是女真族。明朝末年，努尔哈赤经过 30 年的努力，统一了女真各部落。在此过程中，创立了兵民合一的八旗制度^①，所以后来人们也称满族人为“八旗人”或“旗人”。1636 年，努尔哈赤的儿子皇太极自称皇帝，改国号为清，改族名为满洲。1644 年，清军进入北京。

Today's Manchu people are the descendents of the Nü zhen ethnic group in ancient times. At the end of the Ming Dynasty, Nurhachi unified Nü zhen tribes after 30-year efforts. In the course of unification, he set up an "Eight Banners System"^①, in which all civilians were conscripted. Hence, people of later generations call the Manchu people the "Eight Banners People" or "Banner People." In 1636, Nurhachi's son Huangtaiji proclaimed himself an emperor and renamed N ü zhen Manchuria, and changed the name of their state to Qing. In 1644, the Qing army entered Beijing.

满族是个能歌善舞的民族。每逢佳节、喜庆、祭祀等，都要歌舞尽兴。满族民歌丰富多彩，如劳动号子、山歌小调、风俗歌曲、儿童游戏歌和爱情歌。至今，在边远的满族聚居区，仍保留着富有浓郁民族特色的传统歌舞。

Manchurian culture values singing and dancing skills. On each festival occasion, celebratory events and worship, people would

sing and dance to their hearts' content. Manchurian folk songs vary in styles, including work songs, ditties, custom songs, children's playing songs and love songs. Nowadays, traditional ethnic songs and dances full of Manchurian characteristics can still be seen in remote Manchurian habitation areas.

过去,满族男子都要留发辫,穿长袍和“马褂”(套在长袍外面的短褂)。女子的发式也很独特,一般都把头发梳在头顶,盘成发髻,然后再戴上漂亮的头饰。妇女穿的是直筒宽袖的旗袍,后来这种旗袍逐渐演变出了各种样式,成为中华民族富有特色的服装。

Manchu men were expected to wear their hair in a single plait, and dressed in a gown with horse-hoof-shaped cuffs and a mandarin jacket. The women's hairstyle was also quite unique; they usually coiled their hair on the top of the head in a bun, and then wore beautiful headdresses. Manchu women wore a cheongsam with a straight skirt and broad sleeves. Later, this kind of cheongsam gradually evolved into various styles, becoming characteristic customs of Chinese nation.

满族的传统食品中有一种非常好吃的点心,叫“萨其玛”。“萨其玛”是用面粉、鸡蛋、糖、芝麻、瓜子仁等原料做成的,很多人都喜欢吃。

Among the traditional foods of the Manchu ethnic group, there is a very delicious snack called saqima (a kind of Manchu candied fritter). Made of flour, eggs, sugar, sesame and kernels of sunflower seeds, it is many people's favorite.

满族人勤奋好学,涌现出许多文化名人,如《红楼梦》的作者曹雪芹、语言学家罗常培、作家老舍、书法家启功、京剧表演艺术家程砚秋等。

The Manchu people are diligent and fond of learning, and among them were many famous men of culture, such as the author of *A Dream of Red Mansions* Cao Xueqin, linguist Luo Changpei, writer Lao She, calligraphist Qi Gong, performance artist of Peaking opera Cheng Yanqiu, and so forth.



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2

1. 身着民族服装的满族人
Manchu people in ethnic costume

2. 满族人请安图
A picture of Manchu people's salute