

彝族 The Yi



1. 身着民族服装的彝族姑娘
Yi girls in ethnic clothes

小注解 · Footnotes

① 《阿诗玛》：彝族撒尼人的民间叙事长诗。主人公阿诗玛是个聪明美丽的撒尼姑娘，她和勤劳勇敢的阿黑相爱。当地财主派人抢走她做儿媳，阿黑和财主斗智斗勇，终于把她救了出来。财主不甘心，求崖神放水淹死他们俩。最后，阿诗玛被水冲走，变成了石峰，她的声音永远回荡在石林中。全诗充分体现了彝族撒尼人民的生活习惯和风俗人情。

① *Ashima: Ashima* is a folk epic of the Sani, a sub-branch of the Yi ethnic group. The heroine was smart and pretty Sani girl, who was in love with hard-working and brave Ahei. A local landlord sent hired thugs to kidnap her, trying to force her to be his daughter-in-law. Ahei used tactics and bravery against the landlord, and finally saved Ashima out of the landlord's hands. Being reluctant, the landlord prayed the Cliff God to release flood to drown those two. At the end, Ashima was flooded away, and turned into a rock peak, with her voice echoing among the stone forests forever. The poem vividly depicts the life habit and customs of the Sani branch of the Yi.

彝族是中国西南地区人口较多的一个少数民族。他们主要居住在云南、四川、贵州、广西等省区，四川凉山彝族自治州是最大的彝族聚居区。

The Yi are a relatively populous ethnic group in southwest China, and are mainly distributed in Yunnan, Sichuan, Guizhou and Guangxi provinces. The Yi Autonomous Prefecture of Liangshan in Sichuan Province is the largest Yi community.

彝族有自己的语言文字，流传在全国的叙事长诗《阿诗玛》^①，讲述了彝族姑娘阿诗玛的动人故事。彝族在天文、历法、气象、医药等方面也有独特的创造。

The Yi people have their own spoken and written language. Their long narrative poem *Ashima*^①, which circulates throughout the country, tells a touching story of a Yi girl named Ashima. The Yi have also made unique contributions to the fields of astronomy, calendar systems, meteorology, medicine and so on.

彝族的传统服装样式很多。妇女常常穿镶边或绣花的大襟上衣和多褶长裙，裙边镶着各种颜色。云南红河地区的彝族姑娘还喜欢戴一种鸡冠式的绣花帽，据说这是吉祥、幸福的象征。彝族男子一般都穿黑色窄袖、右开襟的短上衣和多褶、宽裤脚的长裤，喜欢用长长的青布或蓝布包头并且在前面扎一个长锥形的“英雄结”。男女外出时都要披一件用羊毛线织成的斗篷，白天用它挡风寒，晚上用它当被子。

Traditional Yi clothes have many styles. Women often wear edged or embroidered jackets with large front pieces and a pleated long skirt edged with cloth of various colors. Yi girls in Honghe area of Yunnan Province



wear a kind of cockscomb-shaped embroidered hat, regarded as a symbol of good luck and happiness. Yi men generally wear short black jackets with tight sleeves, buttons on the right, and long trousers with many pleats and loose bottoms; they like to use

a long black or blue cloth for a head covering, tying it in a cone-shaped "hero knot" in the front. When the Yi people go out, they wear a sleeveless cloak woolen, which they can use as a quilt at night.

彝族人喜欢饮酒。逢年过节，各家各户的阿妹都会捧出一坛自家酿的美酒放在门前，插上几枝竹竿或麦秆，凡是从门口路过的人，都会被热情相邀，用杆杆咂吸几口，所以有“杆杆酒”之说。

The Yi people like to drink liquor. In festival seasons, each household presents a jar of delicious self-brewed liquor, and inserts several bamboo pipes or wheat stalks in it. Every passer-by will be warmly invited to take a few sips, so it is known as "ganganjiu" (liquor drunk with bamboo pipes or wheat stalks).

火把节是彝族、白族、纳西族、基诺族、拉祜族等少数民族最隆重的传统节日。不同的民族举行火把节的时间也不同，彝族在农历的六月二十四日举行。火把节上，人们举着火把边唱边跳，形成一条长长的火龙，把村村寨寨映得通红。据说，人们点燃火把是为了驱赶害虫，保护庄稼。节日期间，彝族人还要杀鸡宰羊，祈求丰年。

The Torchlight Festival is the grandest traditional festival of the Yi, Bai, Naxi, Jinuo and Lahu minorities, and the times to hold such Torchlight Festivals vary from one minority ethnic group to another. The Yi people celebrate it on the 24th day of the sixth month in lunar calendar. During the Torchlight Festival, people hold torches while singing and dancing, forming a long fiery dragon that bathes villages in a crimson glow. Traditionally, people lit torches to drive away pests to protect crops, and during this festival, the Yi also kill chickens and goats to pray for a good harvest.

1. 彝族男子饮杆杆酒
Yi men drinking ganjanjiu

2. 电影《阿诗玛》剧照
A still from the film *Ashima*

3. 彝族火把节
Yi's Torchlight Festival



2



3