

On the first page...

1. Cut along the solid outer edge

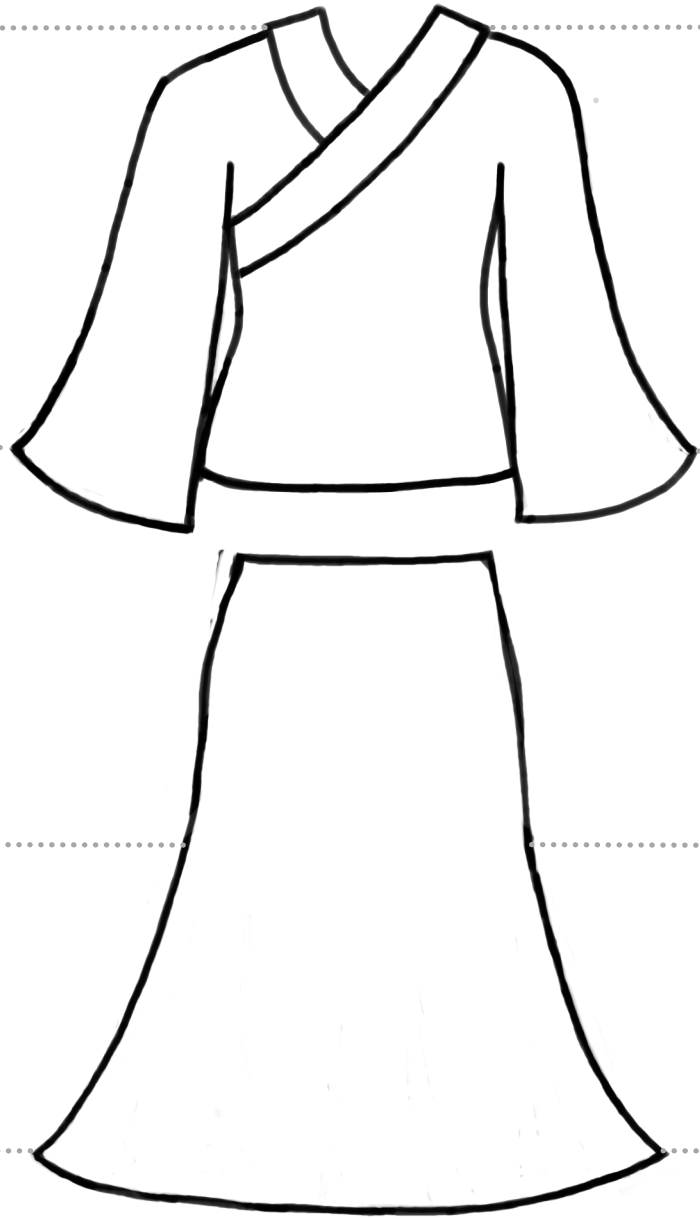
On the other pages...

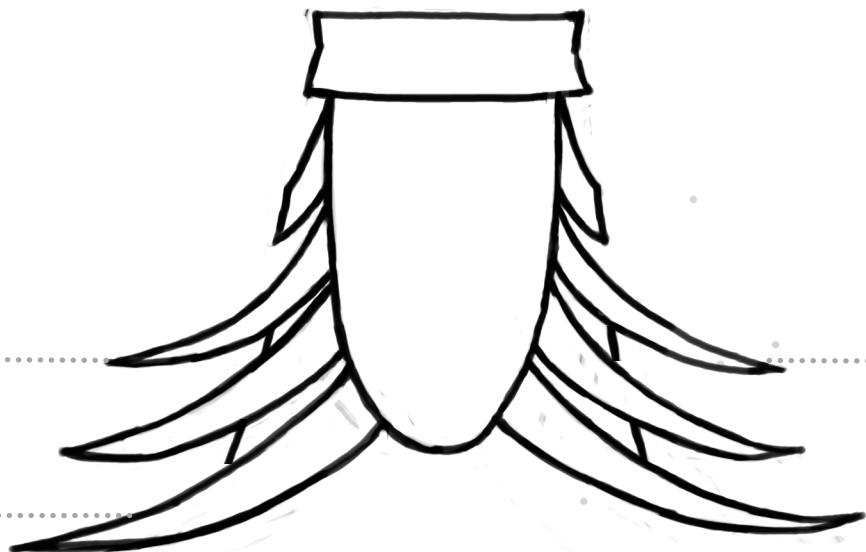
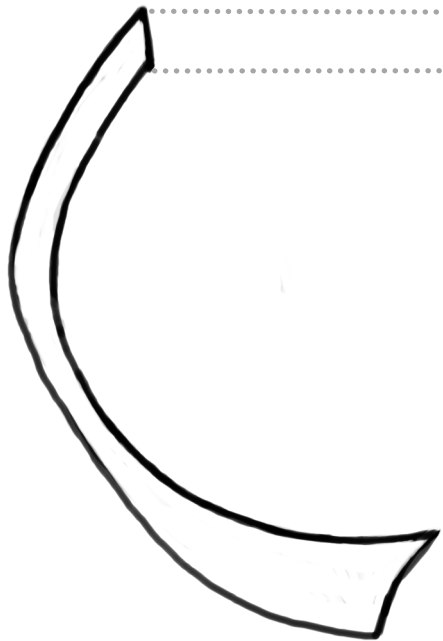
1. Cut along the small dotted lines to create long strips with the clothes.
2. Trim along the solid lines to get the outline of the clothes. (Ignore 3+4 for the ribbons)
3. Fold so that the ends of the strips meet.
4. Tape the ends together. (This bit can be a little fiddly for children to do themselves...)

Decorate your 杂裾垂髻服 and slide it on!

Tip: cut off the triangles and use ribbons and fabric to make the 襪 and 髻!

You can also use this like a diagram! ... just cut out the clothing items and the labels. You won't need the strips.





Parts of the 'flying swallow' 汉服 dress

交领襦	jiāo lǐng rú	Upper garment with flowing sleeves; wrapped so the collars cross
裙	qún	Skirt, also loose and flowing (usually waist-to-floor length during Wei-Jin)
襴	xiān	The decorative fabric or ribbons usually tied or attached to the hems.
髻	shāo	The decorative fabric, often silk, shaped like swallow tails (usually triangular)
木屐	mù jī	Shoes with wooden soles

A quick note about the period...

Chinese history is complex and there are many things that I can't find out simply because of a lack of language proficiency. As far as I know, the actual origin of the 'flying swallow' dress is unknown but was likely to have been first worn during the Wei-Jin dynasties.

Some information about the 'flying swallow' 杂裾垂髻服...*

After the Han dynasty had fallen, Confucianism no longer remained the principal philosophy for the region. Fashion styles changed with philosophy, adopting more flowing and free styles as philosophical Taoism rose. The 襦裙 *ruqun* was adapted, and a certain style was called 'flying swallow'. The decorative fabrics and silks on the dresses were meant to fly in the wind and trail along the ground behind the wearer so it would look like a swallow's tail feathers. The version I've shown here is based on Gu Kaizhi's paintings, in particular from *The Admonitions of the Court Instructress* which can be found in the British Museum. (The painter is undetermined, but one of the paintings has Gu Kaizhi's signature on it.) It has the 髻 *shao* sewn onto the hems of a garment tied around the waist above the skirt and the ribbons are worn around the arms and would have been sewn onto the hem of the skirt. I highly recommend taking a look at *The Admonitions of the Court Instructress* to see other styles of the 襦裙 *ruqun*!

* I did my best with research but take this with a pinch of salt! You can find references on www.deziremi.co.uk/printables/diagram-flying-swallow-dress