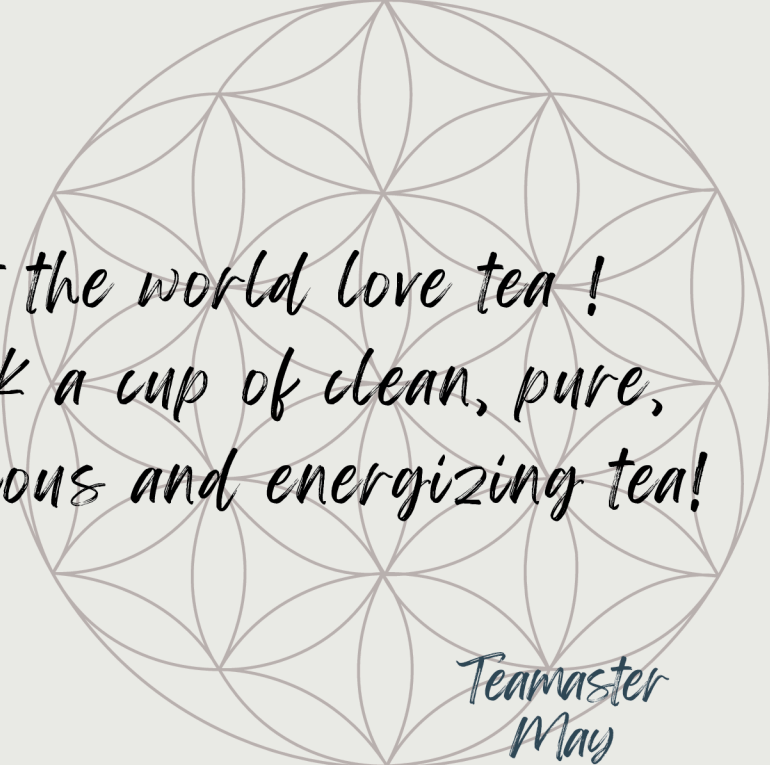


12 Rules for Chinese Tea



TEAMASTER MAY





*Let the world love tea !
Drink a cup of clean, pure,
delicious and energizing tea!*

*Teamaster
May*

Preface



When you think of Chinese tea, do you still have these fixed images in mind: there must be a purple clay teapot on the table, the tea brewed is always green tea, the price is often in the thousands, and it can only be sipped slowly, as if it is a drink exclusive to the elders? But if you really get close to Chinese tea, you will find that these impressions are far too one-sided. Its richness lies in more diverse possibilities.

If you prefer a fresh and clean taste, you can choose green tea or white tea. If you are fond of a mellow flavor, black tea and Pu'er tea will satisfy you. If you like a unique aroma, oolong tea (such as Yancha) is an ideal choice. The six major categories of Chinese tea cover all tastes, from fresh and brisk to soft and smooth.

Tea sets do not have to be limited to purple clay teapots. Green tea can be brewed in a glass to view the tea leaves unfurling, black tea can be brewed in a white porcelain cup to enhance the bright red color, and young people use mugs to create cold-brewed tea or juice glasses for tea-based cocktails. In terms of tea-drinking scenarios, you can choose to drink hot tea to refresh yourself at work in the morning, share a pot of mixed tea with friends in the afternoon, or enjoy warm Pu'er tea alone late at night. There are no rigid rules like 'you must do this or that' - only the freedom to choose what you like.

Chinese tea is a topic that many people are hesitant to approach. Some find it intimidating, thinking "it's too knowledge-intensive, I'm afraid I can't brew it well"; others are discouraged by claims like "the older the tea, the better" or "the more famous the origin, the more expensive the tea"; still others worry "I'll make a mistake if I don't know the rules". In fact, there should be no barriers to drinking tea. You don't need to dwell on "whether to rinse the tea leaves or not" - just judge based on the type of tea. You don't have to insist that "only expensive tea is good" - the one that suits your taste is the best. Nor do you need to be constrained by "the water temperature must be 100°C" - different teas match different water temperatures, and adjusting flexibly can actually bring out a better flavor.

The twelve core principles in this book aim to help you break free from these rigid stereotypes about Chinese tea. We won't use obscure professional jargon, but only share practical knowledge: from the differences between the six major tea categories, to which tea sets and water temperatures suit different teas; from how to choose water to brew a perfect cup, to how to determine the best drinking period of tea; from new tea-drinking methods popular among young people, to the aesthetics of matching tea with snacks. Each principle is divided into two dimensions: 'Practical Knowledge' and 'Life Aesthetics'. It not only helps you understand "how to choose and brew tea", but also lets you discover "how beautiful tea-drinking can be" - watching the tea leaves unfurl in water, admiring the tea soup's color changing from pale yellow to bright red, and matching a set of tea utensils that suits your mood. Having a daily cup of tea can be seen as a ritual.

Whether you are a beginner who has never contacted Chinese tea and is looking for a simple way to start, someone who has been drinking tea for years but is confused by various "rules", or a young person who wants to add novelty to daily tea-drinking, you can find answers in these twelve principles. We want you to know that Chinese tea is never a lofty cultural symbol or a collection of old rules that restrict people. It is a beverage that can be integrated into daily life and a lifestyle that can be adjusted according to your preferences.

We hope that after reading this book, you can put aside all your concerns, easily brew a cup of tea you like, and enjoy the freedom and beauty that tea-drinking brings.

*Teamaster
May*

The Author



Hello there ! I'm Teamaster May

Tea Master May is a professional Tea Lecturer, Senior Tea Therapy Consultant, Tea-Appraiser, and Tea-Artist based in Hong Kong. She graduated from the School of Chinese Medicine at Hong Kong Baptist University, specializing in Tea Therapy and Nutritional Study for Health Preservation. Certified in China's National Tea-Appraiser (First Level) and Tea-Artist (Second Level), she also holds qualifications in Children's Tea Art Guidance.

May promotes tea culture globally, serving as the Chief Product & Training Lecturer of China National Traditional Heritage Fuzhou Jasmine Tea. She has visited major tea production regions in China and abroad, applying her expertise to improve physical health through tea drinking. She emphasizes the importance of matching tea to one's physical condition and tailors her advice to different age groups, achieving notable results in mindfulness and well-being.

Fluent in Cantonese, Mandarin, and English, May conducts tea education and tastings for international audiences, and she has been invited to speak at schools, universities, and various organizations. Her goal is to help people enjoy a healthy and perfect cup of tea for a happy life.



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