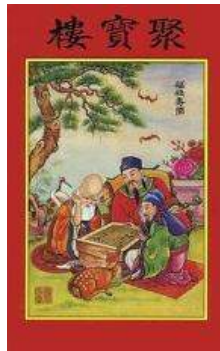


# CHOPSTICKS



**Taken From**

**Tong Sing**

*The Book of Wisdom based on  
The Ancient Chinese Almanac*

CMG Archives

<http://www.campbellmgold.com>

(2012)

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## **Introduction**

When chopsticks are being used, their lower ends appear to behave with a scissor-like motion, but this is an optical illusion - it is only the upper chopstick that moves

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## **Technique**

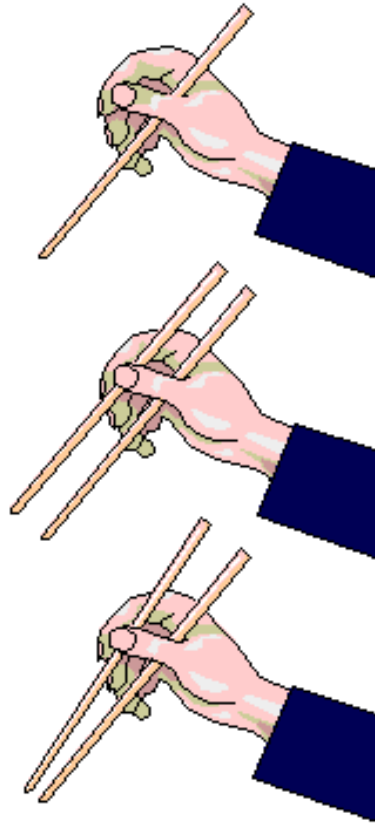
Place one of the chopsticks, at about two-thirds of the distance from its tip, between your thumb and first finger and rest it on the edge of your third finger.

Then place the other chopstick above the first, between your thumb and first finger, and pivot it on the end of the second finger, making sure that the tips of the chopsticks are together.

Move the upper chopstick, keeping the lower one steady, in order to pick up food.

It is socially acceptable among the Chinese for you to hold your bowl under your chin and "shovel" rice into your mouth with the tips of your chopsticks held together. However, this is not socially acceptable with the Japanese - Japanese rice is typically sticky enough to be picked up normally.





*Correct holding of the chopsticks*

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### **Bad Chopsticks Manners**

The following is considered to be bad chopstick manners:

- Do not wave chopsticks above food dishes
- Do not use one chopstick at a time, especially do not spear food
- Do not pick up a cup or bowl up with the hand that is holding chopsticks
- Do not suck on your chopsticks
- Do not stick chopsticks vertically into a bowl of rice
- Do not pass food directly from one person's chopsticks to another person's chopsticks
- Do not use unmatched chopsticks
- Do not leave your chopsticks in your mouth while you do something else with your hands, like pick up plates or bowls
- Do not wash your chopsticks off in your soup or in your beverage
- Do not use your chopsticks as toys, or pretend they are drumsticks and pound the table with them, or stick them in your mouth and pretend you are a funny vampire, or stick them up your nose
- Do not use chopsticks as hair accessories
- Do not take food from a communal plate with your own chopsticks
- Do not let your chopsticks wander around - hovering your chopsticks from food to food or dish to dish, while you ponder what you are going to pick up, is considered to be rather off-putting

- Do not point at people or things with your chopsticks
- If you are supplied with chopstick rests, use them
- Don't let liquids drip from your chopsticks
- Don't stir your food around with your chopsticks
- Do not rub your waribashi together - Waribashi are those wooden chopsticks that you need to break apart. Some people rub them together as a matter of course, but this is only needed if the chopsticks are so cheap that they are splintery. Doing this with good quality waribashi indicates that you think they are cheap, and therefore is an insult

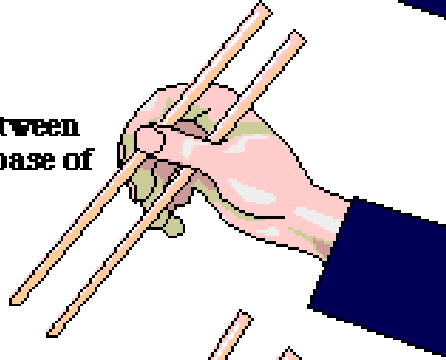
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Appendix

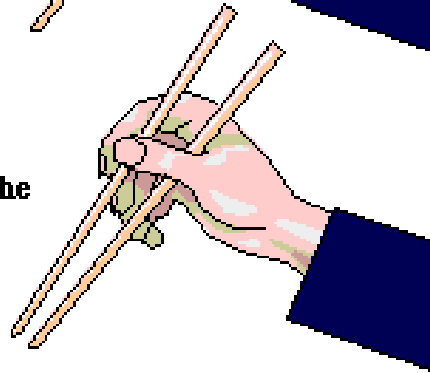
**One stick is held between the thumb and rests on the third finger**



**The other is held between the thumb and the base of the first two fingers**



**Practice bringing the sticks together**



*Using chopsticks - Summary*

End

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