

# dao of tea



How to brew:

Use 170-180° F water to brew this tea. Pour a little amount of hot water into the teapot and the tea cups, let them stand and warm up for some seconds and then pour out the water. Use 2 heaping tablespoons (3 grams) of tea per 6 oz serving, put the tea leaves into the teapot and pour in the desired amount of water. Let it steep for 4-5 minutes and enjoy your Silver Needle White Tea!

P.S. Increase the steeping time for subsequent brewings.



# Silver Needle White Tea

This tea got its name from the shape of the processed leaves which are twisted into a thin needle shape covered with white hairs. This is the rarest and most expensive type of White Tea because only the new buds are used in the production of the tea. Bai Hao Yin Zhen is grown in four counties in the Fujian Province: Fuding, Zhen He, Jian Yang, and Song Xi.

Legends says that during China's Yao Dynasty there was a woman who was extremely kind and always helped people. Because of her kindness people called her Mother Lan. One year, a terrible disease came to her village and many people were sick and dying. Mother Lan worked tirelessly to help them. One night a celestial being came down and told her that heaven had chosen her to stop the disease and save countless lives. She had to climb Tai Lao Mountain and find a tea tree hidden amongst the clouds and fog, then brew a tea from this tree and administer it to the affected people.

The tea worked miraculously and word of this wonderful woman and her tea reached the legendary Yao Emperor. He gave her the name of "Tai Mu", which was normally reserved for the emperor's relatives and gods. It was an incredibly rare honor. That tea, Bai Hai Yin-zhen, became legendary and is considered precious even to this day.

This tea is picked for a period of one month, from the middle of March to April, and only during ideal weather conditions. Since only the new unopened buds are picked, it takes a large quantity of buds to make a kilo of processed tea. Only undamaged and unopened buds are picked, which are gently separated from the stem.

When brewed, the leaves will turn from white to a light green color almost immediately upon contact with the hot water. Bai Hao Yin-zhen is brewed for a long period: up to 5 minutes. The taste and aroma is very delicate, mild and slightly sweet with a hint of flowers, and its brewed liquid is a pale yellow color, almost like a light honey.

*white tea*

*yellow tea*


*green tea*

*flower tea*

*oolong tea*

*red tea*

*pu erh tea*



How to brew:

Use 170-180° F water to brew this tea. Pour a little amount of hot water into the teapot and the tea cups, let them stand and warm up for a few seconds and then pour out the water. Take 2 teaspoons (or as personally preferred) for each 8 oz (200 ml) of the tea, put the tea leaves into the teapot and pour in the desired amount of water. Let it steep for 2 minutes and enjoy your Silver Needle Yellow tea!

P.S. Increase the steeping time for subsequent brewings.

# Silver Needle Yellow Tea

Authentic Jun Shan Yin Zhen is amongst the rarest of China's famous teas. It is rumored that this tea was the favorite of Chairman Mao Zedong. In 2006 this rare and precious yellow tea was sent to Russian President Vladimir Putin as China's National Gift.

Its name translates as "Gentleman Mountain Silver Needle Tea". It is often confused with Bai Hao Yinzhen (Silver Needle), but it is a different variety. The name comes from the processed leaves, which look like small needles.

Silver Needle Yellow Tea originates from Jun Shan Island (also known as the Island of Immortals) of Lake Dong Ting in Hunan Province. Its restricted growing region and the painstakingly complex labor required for its production restrains the output of genuine Jun Shan Yin Zhen to a total of only five hundred kilograms each year.

It has a delicate aroma with a hint of floral notes. The taste is smooth, light and sweet at first sip but finishes with a fleeting smoky taste.

*white tea*

*yellow tea*

*green tea*

*flower tea*

*oolong tea*

*red tea*

*pu erh tea*



How to brew:

Use 170-180° F water for brewing this tea. Rinse the teapot and the tea cups with hot water. Take 1 teaspoon (or as personally preferred) for each 8 oz (200 ml) of water. Put the tea leaves into the teapot and pour in the desired amount of water. Let it steep for 1 minute and enjoy your Jasmine Dragon Pearl Tea!

P.S. This tea can be brewed up to 3 times. We suggest you increase the steeping time for subsequent brewings.

# Jasmine Dragon Pearl Tea

The charming legend says that a long time ago the Dragon gifted this tea as a medication to a very poor girl whose brother was about to die. The doctors could not help him. The Dragon lived in a cave surrounded by jasmine shrubs and bore a magical pearl on his neck. When the girl asked for help a tiny drop fell from the pearl onto the ground and a tea bush grew at that spot. The girl picked the tea leaves and rolled them into the shape of a pearl. The drink made of those leaves helped her brother to recover from his illness.

Since that time the Jasmine Dragon Pearl Tea is in the shape of a pearl and releases a jasmine aroma. The plucked tea is layered with jasmine blossoms and soaked in the scent for several hours. This process can be repeated up to 6-7 times before the tea leaves will ultimately be hand-rolled into pearls. After brewing, the pearls unfurl, revealing 'two leaves and a bud'.

The tea has a champagne color, with a slightly sweet, subtle taste and a beautiful jasmine scent. It can improve the appetite and digestion and helps to reduce depression. It also promotes a natural detoxification of the body.

*white tea*

*yellow tea*

*green tea*

*flower tea*

*oolong tea*

*red tea*

*pu erh tea*

How to brew:

Use 170-180° F water to brew this tea. Rinse the teapot and the tea cups with hot water. Take 2 teaspoons (or as personally preferred) for each 8 oz (200 ml) of the tea, put the tea leaves into the teapot and pour in the desired amount of water. Let it steep for 2-3 minutes and enjoy your tea!

P.S. Increase the steeping time for subsequent brewings.





# Huang Shan Mao Feng Tea

There's an old Chinese saying: "famous mountains produce famous tea". Huang Shan (Yellow Mountain) is one of China's most famous mountains for producing great green teas. Huang Shan Mao Feng Tea's English translation is "Yellow Mountain Fur Peak" due to the small white hairs which cover the leaves.

A beautiful legend lies in the history of this tea. According to this legend, it was said that during the Ming Dynasty a young scholar and a beautiful woman fell in love. A local wealthy landowner saw the woman working in the fields and wanted her for himself. The landowner had a great deal of money and power and forced the girl's parents to make their daughter marry him. On the night before the wedding, the young woman escaped and snuck back to the house of the young scholar, only to find that he had been killed by the landowner's cronies. She went to his grave and cried uncontrollably until she became the rain. The scholar's body became a tea tree. It is said that this is why the area where Huangshan Mao Feng Tea is grown is always moist and humid and that the tea trees are lush all year 'round.

When brewed, the liquor yields a light green color with yellow undertones. Such colors show the freshness of the tea. Maofeng tastes extremely smooth and aromatic with a lingering aftertaste.

*white tea*

*yellow tea*

*green tea*

*flower tea*

*oolong tea*

*red tea*

*pu erh tea*



How to brew:

Use 170-180° F water to brew this tea. Pour a little amount of hot water into the teapot and the tea cups, let them stand and warm up for a few seconds and then pour out the water. Take 2 teaspoons (or as personally preferred) for each 8 oz (200 ml) of the tea, put the tea leaves into the teapot and pour in the desired amount of water. Let it steep for 1 minute and enjoy your Dragon Well Tea!

P.S. Increase the steeping time for subsequent brewings.

# *Xi Hu Longjing Tea*

Xi Hu Longjing tea, or "Dragon Well tea from the Xi Hu Lake (West Lake)", is one of the most popular Chinese Green teas. It was even titled 'Gong Cha' or 'Imperial tea' by Emperor Kangxi during the Qing Dynasty. Xi Hu Longjing tea grows in the mountains at the shores of the Xi Hu Lake near Hangzhou City, Zhejiang Province, China.

There are a lot of legends surrounding the history of this tea. According to one of these legends, this tea was named after a small village whose residents believed that a dragon, who controlled the rainfall, lived in the well. Thus, the locals used to come to the well and pray for good weather.

Xi Hu Longjing tea is featured by 4 treasures: its green color, orchid smell, sweet taste and beautiful shape. It contains natural, health-bearing elements such as amino acids, catechin, chlorophyll, vitamin C and other ingredients. Among the benefits of this tea are its anti-aging elements, its ability to promote blood circulation and weight-loss, its potential for the regulation of cholesterol and blood lipids.

*white tea*

*yellow tea*

*green tea*

*flower tea*

*oolong tea*

*red tea*

*pu erh tea*

How to brew:

Use boiling water to brew this tea. Rinse the teapot and the tea cups with hot water. A glass teapot is recommended in order to see the flowers open up. Take 1 tea ball (or as personally preferred) for each 12-15 ounces of water, steep for 3-4 minutes. Refill up to 3 times.

P.S. Increase the steeping time for subsequent brewings.



# Jasmine Flowering Green Tea

This is not just a tea. It is a pure masterpiece of the tea art. You will be amazed when the unfurling tea balls reveal the blossoms of chrysanthemum, jasmine and amaranth. It is truly gorgeous.

The history of the Jasmine Flowering Green Tea is very unclear and mysterious. Some sources say that the it is just a recent creation; others believe it has been produced for a hundred years. Currently, the flowering tea is widely known and valued due to its beautiful appearance, magical transformation during steeping and exquisite taste.

The processing of this tea is very complicated. It requires accurate and patient handcrafted work. Each tea ball is delicately bound, with a flower inside and green tea leaves covering it from the outside.

This tea tastes sweet and light and has a beautiful scent. Along with its great tasting properties, this tea is replete with health benefits, such as antioxidant and anti-stress qualities. It also promotes weight loss and improves digestion.

*white tea*

*yellow tea*

*green tea*

*flower tea*

*oolong tea*

*red tea*

*pu erh tea*



#### How to brew:

Use 203-208° F water to brew this tea. Rinse the teapot and the tea cups with hot water. Take 1 teaspoon of tea (or as personally preferred) for each 8 ounces of water. Put the tea leaves into the teapot and pour in the desired amount of water. Steep for 1-2 minutes. Enjoy at least 5 infusions.

P.S. Increase the steeping time for subsequent brewings.

# Golden Oolong Tea

This tea is produced in the Fujian province of China and is a perfect example of an ultra fine tea. It has a very bright, fresh flavor with peach undertones and beautiful fruity-floral aroma. The aftertaste is strong and infused with a thick oolong essence. Golden Oolong has less roasting time than most of the oolong teas, providing a totally different taste.

As with all other oolongs, this tea boosts the metabolism and promotes the burning of fat. Also, it can slow down the aging process due to its antioxidant properties. Another beneficial aspect is that oolong improves mental power. Research has shown that the amino acid L-theanine in this tea helps increase our focus while reducing tiredness.

*white tea*

*yellow tea*

*green tea*

*flower tea*

*oolong tea*

*red tea*

*pu erh tea*

How to brew:

Use 203-208° F water to brew this tea. Rinse the teapot (Yixing pot recommended) and the tea cups with hot water. Take 1.5 teaspoon of tea (or as personally preferred) for each 8 ounces of water. Put the tea leaves into the teapot and pour in the desired amount of water. Steep for 1 minute. Enjoy at least 5 infusions.

P.S. Increase the steeping time for subsequent brewings.





# Da Hong Pao Tea

Da Hong Pao, or Big Red Robe, is a premium oolong tea and one of the most expensive of all teas. It grows on Wuyi mountain in the Fujian Province in China and has a long history connected to the Imperial Palace. According to one legend, this tea was given to a seriously ill empress, and it saved her life. In gratitude, the emperor sent red robes, the symbols of his power, to clothe the four bushes from which the miraculous tea originated.

The brewed tea has a dark orange color, a very rich roasted aroma and an amazing taste with a sweet aftertaste. Drinking this tea can improve immunity, enhance longevity, prevent tooth decay and enhance tenacity.

*white tea*

*yellow tea*

*green tea*

*flower tea*

*oolong tea*

*red tea*

*pu erh tea*

How to brew:

Use 180° F water to brew this tea. Rinse the teapot and the tea cups with hot water. Take 2 teaspoons (or as personally preferred) for each 8 oz (200 ml) of the tea. Put the tea leaves into the teapot and pour in the desired amount of water. Let it steep for 2 minutes and enjoy your Premium Plus Green Jade Pearl Tea!

P.S. Increase the steeping time for subsequent brewings.



# Premium Plus Green Jade Pearl Tea

Our Premium Plus Green Jade Pearl Tea (Ji Pin Tsuey Yu) is one of Taiwan's best and most famous of all the light green oolong teas. "Ji Pin" means the highest quality available. This tea provides a very smooth, natural sweet aroma and flavor with an unadulterated taste. Ji Pin Tsuey Yu is a very forgiving tea due to its high quality, unlike other commercial grade tea leaves, which become very astringent after a few minutes of infusion. This is a very nice daily tea and often described as having a sweet chestnut or nutty flavor that will uplift you with each cup. Our Ji Pin Tsuey Yuh is made from using the finest spring harvest, top two leaves and buds and then tightly rolled into dark green jade colored curls known as gun powder or pearls. When you infuse these pearls in your favorite tea cup, you will see the leaves come to life. This exquisite tea infuses beautiful yellowish green tea liquor, which complements its aroma and taste.

Chinese green tea is recognized as an abundant source of epigallocatechin-3-gallate (EGCG) which is easily the most talked-about green tea compound. As one of the most powerful antioxidants known, the health benefits of EGCG include a lower risk of heart attack and stroke, glaucoma, high cholesterol and more. Several studies have also found that EGCG can improve exercise performance, increase fat oxidation, and may help prevent obesity, as it's known to have a regulatory effect on fat metabolism.

*white tea*

*yellow tea*


*green tea*

*flower tea*

*oolong tea*

*red tea*

*pu erh tea*



How to brew:

Use 203-208° F water to brew this tea. Rinse the teapot (Yixing pot recommended) and the tea cups with hot water. Take 2 teaspoons of tea (or as personally preferred) for each 8 ounces of water. Put the tea leaves into the teapot and pour in the desired amount of water. Steep for 4-5 minutes.

P.S. Alishan Oolong can be brewed multiple times. Increase the steeping time for subsequent brewings.

# Alishan Oolong Tea

A photograph of a traditional Chinese tea set, including a large glass teapot with a lid and a glass teacup, set against a background of a mountain landscape with a large tree silhouette.

Mount Ali (Alishan) is one of the most popular tourist areas in Taiwan. It is rich in scenic beauty and features fresh air and clear mountain passes. In the tea world, Alishan is famous as a great tea-producing region in central Taiwan.

Alishan Oolong is one of the finest Formosa Island Oolongs. It consists of large rolled leaves that have a purplish green appearance when dry and an amber green appearance when infused. Our Alishan Oolong tea is processed by using only the best top two leaves and a bud, with the stem intact. It is grown between 1,000 and 2,300 meters above sea level. This part of the mountain is humid with low temperatures and plenty of fog, perfect conditions for creating Alishan High Mountain Oolong's outstanding flavors and aromas.

Alishan Oolong is picked in April and May. During this time the leaves have more oils in them, giving the tea its wonderful flavor and aroma. The brewed tea has a pale yellow color with a light orchid aroma and a slightly sweet, yet complex flavor which is said to resemble fruits and flowers.

*white tea*

*yellow tea*

*green tea*

*flower tea*

*oolong tea*

*red tea*

*pu erh tea*

How to brew:

Use 203-208° F water to brew this tea. Rinse the teapot (Yixing pot recommended) and the tea cups with hot water. Take 1 teaspoon (or as personally preferred) for 8 ounces of water (~200 ml). Put the tea leaves into the teapot and pour in the desired amount of water. Steep for 2 minutes. Enjoy at least 5 infusions.

P.S. Increase the steeping time for subsequent brewings.



# *Aged Oolong Tea (8 years)*

The name 'aged oolong' cannot be applicable to any 'old' oolong. The aging is a controlled and skillful process, which requires proper artisan supervision. Aged Oolong must be properly kept and checked every 12-18 months by the Tea Master. According to his decision, the tea has to be re-roasted every few years.

Aged oolongs are supposed to have a strong 'Cha Qi' (the so-called Tea Energy), which people in Taiwan used to talk about. In drinking our 8 year oolong you can feel the magnificent power of the tea energy and the engaging, sophisticated qualities of an aged tea.

With the aging process the original oolong loses its flavor and transforms into its new dimension. You will appreciate its very smooth and mellow taste, with an amazing caramel aroma and a beautiful dark orange-brown liquor.

Only rare tea farms produce aged oolongs. This makes aged oolong a unique product which accordingly increases its cost.

*white tea*

*yellow tea*


*green tea*

*flower tea*

*oolong tea*

*red tea*

*pu erh tea*



How to brew:

Use 203-208° F water to brew this tea. Rinse the teapot and the tea cups with hot water. Take 1 teaspoon of tea (or as personally preferred) for each 8 ounces of water. Put the tea leaves into the teapot and pour in the desired amount of water. Steep for 2-3 minutes. Enjoy at least 5 infusions.

P.S. Increase the steeping time for subsequent brewings.



# Ginseng Oolong Tea

Ginseng Oolong is made of oolong tea leaves mixed with ginseng root powder. As you probably know, ginseng has been used in China as a powerful medication since ancient times. In modern times, science has confirmed the healing properties of ginseng and named its active compound ginsenosides. Ginseng has a huge number of health benefits and has become a legend among the medical plants. According to the American Academy of Family Physicians, ginseng tea possesses anti-cancer properties.

The essential element of ginseng tea is its natural energy-generating ability. It replenishes the body, and stimulates the metabolism. You can drink ginseng tea to enhance physical and mental endurance and to strengthen resistance to stress and fatigue. It boosts the immune system and revitalizes cell activity.

Ginseng Oolong is loved not only for its beneficial properties for human health and vitality but also for its bright sweet taste and pleasant aftertaste. Its beautiful amber liquor and orchid aroma easily make fans of the people who have tried this tea for the first time.

Ginseng Oolong comes from the Fujian province in the Mainland of China and also from the island of Taiwan. At our shop we offer both these varieties of Ginseng Oolong. The difference in price is due to the historical opinion that Taiwanese oolongs are more valuable. From our point of view, we assure you that both these oolongs are exceptional and of the highest quality.

*white tea*

*yellow tea*


*green tea*

*flower tea*

*oolong tea*

*red tea*

*pu erh tea*



How to brew:

Use 190° F water to brew this tea. Rinse the teapot (Yixing pot recommended) and the tea cups with hot water. Take 2 teaspoons of tea (or as personally preferred) for each 8 ounces of water. Put the tea leaves into the teapot and pour in the desired amount of water. Steep for 1 minute. Enjoy at least 3 infusions.

P.S. Increase the steeping time for subsequent brewings.

# Tie Guan Yin Tea

Tie Guan Yin Tea is another legendary tea from China. This tea is the reigning holder of the record for being the priciest tea by the Guinness Book of Records. The name is translated into English as "the Iron Goddess of Mercy Tea". Its origin is in Anxi County in Fujian Province and some of the best Tieguanyin Tea is also now produced in Nantou, Taiwan. This tea is a variety of Oolong Tea and has been very popular for centuries.

According to one of the legends, the tea leaves were very difficult to harvest because they grew on the cliffs of Wuyi Mountain. Local Buddhist monks trained monkeys to pick the leaves from the inaccessible tea trees. Today, Monkey Picked Tieguanyin Tea is a high-quality Tieguanyin tea, although it is no longer picked by monkeys.

The color of the tea leaves may vary from green to brown, depending on the fermentation level. Tie Guan Yin has the aroma of orchids with no hint of grassiness and its flavor is long-lasting. It is a wonderful tea with great health benefits. The leaves in Tie Guan Yin contain polyphenols, which are chemicals that scientists believe promote a significant increase in energy and may also reverse signs of aging.

*white tea*

*yellow tea*

*green tea*

*flower tea*

*oolong tea*

*red tea*

*pu erh tea*

How to brew:

Use boiling water to brew this tea. Pour a little amount of hot water into the teapot and the tea cups, let them warm up for a few seconds and then pour out the water. Take 2 teaspoons (or as personally preferred) for each 8 ounces of the water. Put the tea leaves into the teapot and pour in the desired amount of water. Steep for 3-4 minutes and enjoy the marvelous Red Tea!

P.S. Refill up to 2 times. Increase the steeping time for subsequent brewings.



# Red Tea

Red Chinese tea is the same tea which Western people used to call "black tea". Originally, the drink made of Chinese Red tea provoked England's "teamania". With time, western people changed the taste and flavor of Red tea - calling it 'black' - and then created their own tea culture. Unlike the English, Chinese people kept the Red tea the same and never mixed it with milk and sugar.

The place of origin of the Chinese Red Tea is supposed to be in Fujian province, China. Nowadays it is produced in Yunnan, Anhui, Zhejiang and of course in Fujian. The group of Red teas unites numerous kinds of the teas which have similar origin, processing and of course taste.

Red tea is loved for its robust, bold taste and the smoky, fruity flavor. The liquor is dark reddish, which explains the name of the tea. It is good for blood cholesterol, and for lowering and normalizing blood pressure. It is often recommended for respiratory problems and digestive health.

*white tea*

*yellow tea*

*green tea*

*flower tea*

*oolong tea*

*red tea*

*pu erh tea*

How to brew:

Use boiling water to this tea. Pour a small amount of hot water into the teapot and the tea cups. Let them warm up for a few seconds and then pour out the water. Take 1 Pu Erh Tuoचा bowl (or as personally preferred) for each 8 ounces of water. Then, put the tea into the teapot and pour in the desired amount of water. Steep for 1-2 minutes and enjoy Pu Erh!



# Pu Erh Tea

Pu Erh is a tea which is tightly compressed into specific shapes and is classified as black or dark tea (not the same as what Western people used to call black tea). Tuocha is the clarification of the bowl (or bird's nest) form in which the tea leaves were compressed. Other popular forms are discs or cakes (Bingcha), bricks (Zhuancha) and melons (Jingua).

Pu Erh tea got its name from a small town called Pu'er in Yunnan province, where it originated. One of the stories about the origin of the Pu Erh tea says that during a long journey the tea which was being carried for trading got wet due to strong rains. This caused natural fermentation. Afterwards, people loved the taste of natural fermentation and Pu Erh became more and more popular. The idea of compressing the tea, which would take up less space than loose leaves, came from merchants who wanted to carry as much as they could.

Another key element about Pu Erh is its age. Due to its age, its value is compared with red wine. Certain tea lovers prefer naturally aged Pu Erh, although artisan methods were developed to speed up the aging. Good Pu Erh can be a great gift for tea experts and a gem in any tea collection. Long-aged Pu Erh costs up to tens of thousands of U.S. dollars in tea auctions.

Pu Erh has a unique incomparable taste, a woody and slightly smoky aroma and is very smooth. It has numerous health benefits, among them a boost to the metabolism, an aid to digestive health, antioxidant properties and heart disease protection.

*white tea*

*yellow tea*


*green tea*

*flower tea*

*oolong tea*

*red tea*

*pu erh tea*



Chinese tea is one of the oldest known beverages, with a rich history spanning nearly five millennia. First used as a medicinal herb, Chinese tea eventually gained popularity and became widespread as a drink to be enjoyed by everyone on a daily basis. During its long history Chinese tea has become an important cultural phenomenon and has even taken on its own customs.

Chinese tea is all about the calm, meditative mind of Zen. It isn't simply a drink to satisfy your thirst, but rather a means to emphasize our harmony with nature, soul and mind. In order to truly savor and feel the spirit of genuine Chinese tea you have to let go of the bustle and hurry that have come to define our modern lives. All the steps of brewing and drinking tea require an inward-turned mind. Take a break from the rush of your daily routine and give yourself the pleasure and tranquility of savoring perfect tea from Golden Dragon!

Don't forget: we offer 'casual' methods of tea brewing, which will allow you to enjoy the tea without the special skills required for tea ceremonies like 'gong fu cha'--- a centuries-old brewing method. Also, we would suggest you don't over-steep the tea, as this can give it a bitter taste.



[www.kungfu-school.com](http://www.kungfu-school.com)  
[info@kungfu-school.com](mailto:info@kungfu-school.com)

11677 San Vicente Blvd,  
Los Angeles, CA 90049  
Tel: 310 207 5260