Who Is The Next King of Rotate

You can rotate more than 4 hours without stop? Do you believe that someone did it? Do you know why they can do that? Let me tell you.

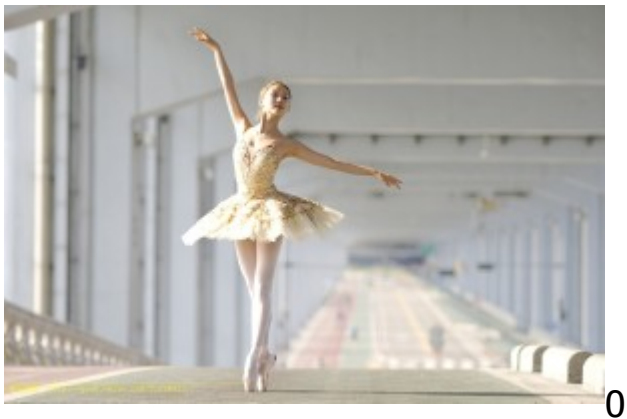
By:liting Liu 120101205 Class1



Xiao caiqi□□□□□

At 2014 Chinese Spring Festival, a traditional festival, a girl continuous rotation from the beginning to the evening party end left us a deep impression. Her stage name is“ Xiao caiqi”, Yang Liping’s niece, who is a famous dancer. Through out the Spring Festival Evening performances, she kept rotating in four hours. Because of this , she was called “time female.” Recently, a girl came from Ningbo to challenge her. The girl to continuously rotate six hours and she broke the record which “Xiao caiqi” set. Why they can rotate many hours without stop?

Reason one

On the one hand, her usual trainings make some help. Technology Site “Nutshell network” friends, zhitao Gen, who get a master’s degree in neurobiology Beijing Normal said:” Dizziness are usually caused by people circling motion sickness, and the reason is same caused by the nature of playing the game, both are derived from the sensory nerve balance – the vestibular. And the balance human vestibular organ is located in deep ears. It grows inside many small plush, like plants, like shaking. “Plants” through the nerves attached to the brain. Our head have a move, these “weeds” followed Akira, the brain will know.” Along with beautiful melodies, ballet dancer tiptoe rapid rotation, when they stop, they can stand firmly. For this mystery, British scientists recently made a related study. They found that long-term practice of rotation allows ballerina change the relevant parts of the brain so to help them alleviate the vertigo. This discovery inspired scientists to develop a new method for the treatment of chronic vertigo. So people who want to rotate many hours must to practice again and again. If you want to be the next “Xiao caiqi”, the one thing you must do is practice.

Reason two



rotate□□□□

On the other hand some “tricks” she takes may be helpful. According to professionals, to keep rotating, one of the most important trick is eyes must always looking at an origin. This always called “stay head” in dance. However dancers need to do what when they are rotate? When the dancers on stage rotating, their eyes will stare at a certain point, even if first turn the whole body, their eyes staring at that point must continue until the body turned half, before the head and eyes fierce rejection of the past. This is the key to overcome the circular motion of vertigo. Moreover, keep balance of the body, the ability to control body, are also very important.

Reason three

What is always been ignored is that there are important relationships between the arm and the rotation. Among the rotating action of figure skating, often see rotating at different speeds. Some experts said this is mainly related with the angular momentum, when performers folded hands, reducing the moment of inertia, so that the angular velocity increases, the faster. Pictures from the show and we can also see “Xiao caiqi” arms slightly open, with a slight lift of rotation, “which to some extent can help her keep the body balanced.”

If you want to be the King of rotation, follow this, and you will be the next “Xiao caiqi”.

Famous Chinese National Musician —— Song Zuying



I Love the Chinese national music. The Chinese national music famous for its moderation, briefness, neutralization, implication. Being different from the western music, the Chinese national music only has five scales, and emphasized in the line-shaping.

By: Xiaowen Wang 120307235 Class 4

I love the Chinese national musician Song Zuying, not only for her beauty and her beautiful sounds, but also for her diligence and her hard-working. Although she has made great success in her career, she will never for get her early

teacher—JinTielin, who helped her a lot before, and the native people and her motherland.

Song Zuying is the most powerful young musician in China. She has abroad sound territory and beautiful sounds. Her singing flavor is originated from the national culture, and she makes good use of the scientific singing technique; during the performances he is good at using her heart; also she always have the correct understanding of the works. So we can say she has her unique singing flavor. The master piece the loving of our China is the most famous one , which is loved by all the Chinese. Her record the flowing sounds for one hundred years can be regarded as the one which represents the high lever of the Chinese national music. In February, 2007, she was autographed by Grammy. People all over the world get to know her name and her beautiful sounds.

Song Zuying tonguing, a person who has a successful career, a happy family, good character, is admired by all of us .

Youth is a heavy rain



Xiaoya Luo 120211324

Youth is a heavy rain, even cold, Also hope to pour it back again. Maybe I was too young to say this, but the youth has a special meaning for me. The film was about five senior high school students who fall in love with the same girl.

Kevin, Lance, Sam, Tom and Paul are best friends since junior middle school and they spend almost every day with each other. There is an open secret among them is that they all like the most beautiful girl in the class, Abby. Abby is class monitor who is ‘the good student’ in teacher and parents’ s eyes. Because of bad grades, Kevin is arranged sat in front of Abby. Something interesting is happen between ‘the good student’ and ‘the bad student’. After once Kevin help Abby and take the blame, Abby begin to help Kevin with his lesson by coercive? In which the other four jealous of him, but they have no idea about this. After they graduated from high school, Kevin and Abby keep in touch like a lover, just like. Because they never break it, the relationship between them like lover also likes good friends. But everything begins change after Kevin holds a free fighting game? Abby and Kevin lose contact. And then, everything becomes different. The friends of Kevin begin hunting Abby. At last, seven years later they are all being invite by Abby to attend her wedding. The groom is a man who they do not know. The five mans all think they may make

trouble in the wedding, but after they see the smile face of Abby, they all give their best wishes. Though, Kevin does really want to hit the groom and kiss Abby.



Time like running water, whatever you want to catch it, its never stop. Like Kevin, he may knows they are fall in love with each other, however, because of his timid? He is fear that Abby refuse his express, so he lose Abby, youth as well. In the end, in my opinion, Abby is not only the goddess in their heart? Its youth, the best time in their life. They play basketball with best friends, they discuss the football star, and they cheat in exams?

This is youth, a crazy time, we may have the same thing, but we have different friends. In the winter vacation, I hold a Junior high school classmate party; in fact, I want to hold a party is more accuracy. Because I fail one half. There is forty student in our class, but only fifteen students absent. Everyone change a lot. A girl who is shy before, but in this party, she become more outgoing and easygoing. We chat a lot. A boy who is the tallest in our class, now he is taller than before, in my remember, he plays basketball like an animal, and which make us admire is that he getting into a Normal University, his dream is become a P.E teacher. We make a fun of he is play into university, is not it interesting? Of course, at the party, I meet my best friend (in the junior high school) Mary, who is my desk mate before. In fact, on the one hand, I am glad to see her, on the other hand, I feel a little embarrassed? Because we have touch with each no more than ten times after we graduated from junior high school?

Time flies, we become adult, we may have more freedom in money or make friends, we get a lot of things, at the same time, and

we lose a lot like friends. But, as for me, I will remember the beautiful days, the good things and good person. Hey girl, be confidence and be brave□nothing will stop to waiting for you, we have to catch it if we need or love it.

Moonshine jungle on Mars

Different from other area, it is possibly that finding a worth-watching concert on mainland china is a little bit difficult. People living in other place may regard watching a concert as usual entertainment same like watching a movie or going to the KTV while many mainland people do not think so. Mainland china market is quite hard to attract talented artist to hold their own concert. Waiting for a long time, music fans would not miss the fancy concert "moonshine jungle" indeed, because it is a really precious chance to watch a charming live show.

YuHeng Zhang, 110909241, class2



Moonshine jungle tour in china was Bruno Mars's first time came to China. He is a popular singer-songwriter from America and has high popularity in the world including china. There were two stages in Shanghai and Beijing respectively.

Bruno Mars is a wide variety style singer including soul, pop, rock, R&B and others but I can say R&B is his mainly song style. Actually, R&B and rock plays an important role in Chinese pop music market in recent years. Affecting by the popular music style in western countries and the chief song-writer in china, Chinese pop music fans impact by these two music style deeply and this is possibly the essential reason why fans in china can easily accept and attract by Bruno's song.

If a popular singer want to explore one's market at oversea, cultural different may be the first factor want to consider. And moonshine jungle, became the next successful concert held by artist from other countries after 2012 maroon 5 shanghai concert and it had been 2 years we waited until Bruno Mars

came. It is worth mention that, maroon 5, an American new rock band, their main music style is ‘rock’, which is also the mainstream music style in china. It seems that ‘fashion music style’ is much important than national culture in music area and Bruno Mars has a huge market in China. He wrote a lot of melodic songs such as ‘just the way you were’, ‘when I was your man’, ‘grenade’, ‘runaway baby’ and I guess the song ‘when I was your man’ is the most special one because it only use piano accompaniment, which is a huge challenge of singing skill.

Concert ticket is a decent standard to judge ones popularity. Actually, Concert ticket did not sold well in mainland recent years. Scalpers work with the organizer and ticketing network usually make a discount to attract people to buy their tickets but you can not count on scalpers if you want to watch Bruno Mars show!

Apparently, not each concert ticket can sold rapidly and even scalpers use mark-ups to earn money but all the ticket of Moonshine Jungle sold out in one day indeed. There was a hot blog about the dramatic concert ticket price on Sina Weibo a few days ago, toast saying that ‘guess what? Today I went to Leehom wang’s concert, the original price is 1680rmb, and I bought it 95rmb from the scalper! Feel jealous? Why you guys use 3000rmb to buy the 1680rmb ticket of Jay Chou concert?’. That’s not a joke, it is true. Among the Chinese singers, Jay Chou is the only one whose concert has the best attendance no one can exceed. But may be it does not mean Chinese young people are not willing to pay for music, because Bruno Mars, after Maroon 5, also gave a nice shot in mainland, proving that he is such a charming big star. Original price of each concert are quite similar, but after it control buy scalpers, the price differences became too exaggerate.

The two stages of Moonshine Jungle also held at indoor gym and it means that the amount of ticket was much fewer than outdoor gym. Fans was rush to purchase this concert ticket or they can

just buy the pricey ticket. It sounds like a little bit crazy, but music fans would do it for Bruno Mars because his exclusive live charm!

After the concert, audience post a great deal of picture and many fans said that it was the best concert they seen in this year. At the opening of the concert, the curtain prints the scenery of real jungle made everyone feel like they are in it. The other fancy part is most of the audience heard each of the song on the set list before and these songs all written by Bruno Mars himself. However, compared with the other concert, it seems like Moonshine Jungle is quite short and it only lasting 80mins. May be this was the only part people feel no that satisfied but I guess time can not represent the quality of a show because if you are watching some weird and boring concert, three-hour is a plenty time can turn you into sleep or even the last subway back home is more worthy to catch!

As long as there is an opportunity, I will resist fate—Beethoven’s one day



By Class 4 130108127 Si Yi Cheng

German musician Beethoven, is one of the most famous European music history musician, he was born in Bonn in Germany in 1770, in Beethoven Pepo's time, his father is very high expectations for him, hope that their sons to become Mozart's musical prodigy. In Beethoven at the age of 4, my father would take a pile of notes in front of Beethoven let him play, sometimes Beethoven put the hands are practicing swollen still can't rest.

One day, the church bells are knocked to 12, Beethoven was in practice, he must check his music to sleep until father came back, mother looked at eyes narrowed into a crack of Beethoven, and have mercy said to him: "children, all 12 o 'clock, go to sleep."

He answered 'No, if dad found that I being not play the piano, he will beat me.'

Mother also does not have method, to the drunkards husband had to holding the Beethoven piano in tears, soon, Beethoven fell asleep in her mother's arms, mom kept him on the bed.

When the bell sounded again, Beethoven's alcoholic father came back, "the rabbit, how does not practice his violin?"

“You don’t look at the time, but also let the children practice, do you want to put to death he was willing to give up?”

“Yes, you’re right,” says the Beethoven’s father as, side to Beethoven’s bedside, Beethoven to be brought up, mother how block also can not stop.

Beethoven’s sleepy on the piano, while eyes closed, in spite of this, Beethoven’s performance is very smooth and natural. “Line, there is some Mozart.” The father in the side happily say.

When a few years later, Beethoven from 4 to 8 years old, after four years of hard practice, he piano level had the very big enhancement, his alcoholic father also satisfied, then let him in music school held a solo concert, the show was very successful, father son enjoyed the joy of success.

“□□”(Guang bing)——The Taste Of Home

We’ll never forget the taste of home. I’d like to share with you a delicious snack □□ from my hometown. I assure you that you will soon fall in love with it .Because it is not only a food but also a feeling of home.

By: Kailing Xue 130111111 Class2



“□□(Guang bing)”is a special snack in FuQing. It included in the urban business card by the local government. There are many vendors who selling “□□”(Guang bing)along the street.

“□□”is round, the size of it like the adult palm. It’s made from flour and sesame baked. FuQing people still retains the traditional approach to make “□□”(Guang bing).They don’t use the oven or stove, but a wrapped in yellow vats. First, they used the bundles of pine lit the fire in the cylinder, leave only ashes. Then, two people cooperate with each other to make the cake embryo fast and accurately on the cylinder wall. They must be well coordinated and action quickly to avoid being scalded. Lastly, “□□”(Guang bing)backed slowly by coals. The finished is golden and crispy.

“□□”(Guang bing)is not only delicious, well made, but also has a legendary story. The national hero “□□□(Qi JiGuang)”led the army resist against Japanese pirates in FuJian Province, but they can’t cook because of rainy days. To solve this problem,□□□(Qi JiGuang)ordered soldiers to bake the bread and with hemp rope strung together hung on the neck as dry food. This clever idea helped them to win in the end. Later, the bread into the private, not only the common edible, but also become necessary offering ancestor worship the gods. It was named “□□”(Guang bing)to commemorate □□□(Qi JiGuang).



The population of FuQing outside the multidirectional flows

and only a few local people know the manufacture method. These reasons lead people to never eat it in the other places. So “□□”(Guang bing)is a great significance for FuQing people. No matter whether you love to eat it or not, once you mention it, you will think of homeland.

1.“□□”(Guang bing): A kind of food

2.□□□(Qi JiGuang):a man’s name

Being sincere to yourself

There is a rare singer who is good at singing, creating and performing, she has full passion, she said “Being sincere to yourself is the most important “.she has talent for music, when she was just a little girl, her father put on the scissors, the brushes, the books ,the microphone and so on in front of her, little girl hold the microphone immediately, maybe that’s why she became the popular rock star all around the world.do you know who is she?



JIA SHI 130907245 ***CLASS TWO***

Yes, You might have guessed who is she, she is Avril. Avril lavigne was born in a small town in Canada in 1984.
When she was 15 years old, she experienced a rebellious youth period, she started to make up for herself. “I finally understand, dress up like writing songs, don’t care about others’ evaluation□Being sincere to yourself is the most important. ”She knows it, she understands it and she does things like that. When she is a child, a boy of her classmates quipped that girl won’t catch fish. Later, she was found with a group of girls caught 78 fish in the lake to prove that the girls are very capable of independently. See, what a different girl she is!
doesn’t like to be a “Follower” ,she just wears the kind of clothes and decorations what she likes, she is fond of wearing white T-shirt with cropped trousers and sneakers on the concert instead of the heavy performance costumes, she yearned for freedom, she is not bound, she has a personality of her own.



Avril is a girl free with her thoughts, she is honest , she is not hypocrise and she loves music. She says what she want to say, she does what she wants to do, maybe the things is wrong, but she always chooses to follow her heart. Once when Lindsay Morgan Lohan came to Avril in a hotel ,Avril said” Get the hell out of here before me! hypocritical people! Loser! I hate the man who is hypocritical! Stay far away from me and my friends!” If she doesn’t like you , she will let you know,

because she thinks” Being sincere to yourself is the most important”.
When she was 16 years old , Avril Skipped her class to go to New York, then go to Los Angeles, had a nice trip, maybe that is her courage helped her become a legend. Adolescence, rebellious period, just like Avril, establishes her dream and tries her best to achieve her dream .Maybe in the most people’s eyes, she is very absurd and crazy, even a little bit regardless of the consequences ,but I have to say that Avril is a really legend. When she was 17 years old, she likes wearing a tie, don’t like to go as a follower but a conqueror, she has the spirit of the personality that many young people are short of.



Now Avirl has already got married, but she still loves music and she has already grown up although she sang the song” Here’s To Never Growing Up”, but her stories have deep influence to me .
That’s all Avril’s stories in her childhood and teenager period that I want to share ,maybe something you have already known, something you don’t know, but whatever I want to say, this is the girl who I love!

Tasty Foods in Taiwan

Introduce some traditional tasty foods in Taiwan, and tell the readers the history of Taiwan snacks, let people enjoy a great food feast.

By: Jiayu Cui 120905212 Class2

Taiwan has a reputation called “gourmet paradise”, the snacks here melt in the indigenous cuisine essence in Netherlands, Portugal, Japan and dozens of provinces in Chinese mainland in a furnace, create the cuisines of the world’s most prestigious foods. And the snacks are sold in the form of great affinity corner shop and night market. The rich delicious foods can attract tens of millions of people around the world to visit Taiwan every year. People will enjoy a great food trip in Taiwan. Here, I will introduce some history of Taiwanese traditional food and the top 5 snacks that tourists are interested in.

People all know Taiwanese food tastes amazing, there is quite a long story! Since the Qing dynasty, the Han Chinese agricultural groups dug up mountains from Fujian Province to Taiwan Island. It was a hard work, people cost unimagined labor. So some people started to send foods to the farmers. Then, the snack business with this gesture came out, all kinds of cold and hot snacks were provided for the hillside farmers. In the primitive cultivation period, people would hold a meet god temple in the center of the faith fairs, crowds gathered, snack business also followed to the temples, so many snacks market near the temple of Taiwan.



Now, I will recommend famous Taiwanese snacks to you. The top 1 named E. package of small intestine, it’s quite common in Taiwan snacks. E. skin is very crisp after barbecue with the charcoal fire, fillings are full of grains, with delicious sausage inside, add some sour pickled cabbage, cucumber and salted eggs. While biting it, your mouse will brim with gravy. And such a special traditional snack will be found in the night market named East China Sea.



Oyster omelet is the most famous Taiwanese snack, because of the idol drama “Corner with Love”, it is touted by fans on both sides. Now wherever in Taiwan, everyone can find the shadow of oyster omelet. Each plump oyster sprinkled on iron plate, doused with thin white batter, and then matched a few pieces of green vegetables and eggs; finally make the finishing point would spray a sour sweet special sauce just left the fire on the oyster omelet. An amazing snack comes out!



A history of more than 50 years, Simon tempura has been quietly sitting in Taiwan’s local snacks tempura first chair, not only because of its long years, more important is the unique flavor snacks is full of change and imagination. Simon tempura all handmade craft is also an important factor in taste, how many years did not change. When travelling Taiwan, it’s necessary to have a taste.



Pearl milk tea and they called the “Boobs milk tea”, originally, the merchants in Taichung area added milk and soft Q black tea powder round, and mixed to make a drink. Because

it has a tea fragrant taste and great chewy feel, and soon was warmly received by the Taiwanese people. Even the fame spread far abroad, many overseas Chinese can enjoy this tasty pearl milk tea.



Generally called the shaved ice, more refers to shaved ice machine file of crushed ice, add mung bean, red bean, flour, taro and so on, that can be selected randomly, finally pour the sugar water. It is pretty cool in summer to eat at ease. Taiwanese who quite understand eat, however, have developed many new Taiwanese ices, for example, the ices made of fruits such as mango, strawberry, not only cool and refreshing in summer but also creative.

Taiwan is a fantastic place that is full of tasty foods. I

can’t introduce them all in one article. If you want to know more, searching online is a good way. But visiting Taiwan and enjoying the snacks by yourselves is the best choice, I think.

Taiwan Delicious Foods Introduction

Top 10 of Tasty Snacks in Taiwan

The Oriented challenge in ShangHai

Shanghai coordinate city oriented challenge has successfully held three sessions. In 2013 Shanghai city orientation coordinate challenge, participants reached to 3440 people. Most of the participants on the grounds are young students. We were honored to have the chance to join the challenge. We were tired but happy to have a visit in Shanghai . We were chosen as number. 6 and number 6 is called reliving the EXPO. Everyone was excited and lost ourselves in the fantasy of the EXPO. Many beautiful and amazing museums and exhibition. What attracted us most was the China pavilion. The magnificent appearance made us feel amazed. And many people took part in this game. We needed to accomplish ten parts. And we should finish them within the stipulated time. During the time, we were running through the EXPO Park, doing different games and meeting all sorts of challenges. Such as we folded paper airplanes in order to let them fly over six meters. No one could deny it that we had fun. After all of the fantasy moments, we expect having fun again next time.

130907213 zimeng chen class2□□

On 11th May, I went to ShangHai in order to take part in the challenge in shanghai called Oriented challenge with four friends. Two friends are from Shanghai DongHua university. And the others are from Zhejiang University Of Media and Communications. Although we come from different schools, we still had a good time.

In a word, the game means not just a thing but a true story of passion and cooperation. The memory is so nice and I will remember it all the time. Each activity has its meaning. Just like this activity. I gradually know what is cooperations and solidarity today. I love my team!

Recognizing the Potala Palace





Potala Palace so to speak is the building being able to represent Xizang and Lhasa most.

Danying Chen 120210234 Class 1

Potala Palace, commonly known as the “second Putuo Mountain,” stands in the Tibetan capital Lhasa on Redhill northwest, is a large-scale castle-style buildings. Was built in the seventh century, the Potala Palace was built Why, one that is due to the development needs of Gampo to consolidate power, the

ruling center moved from the mountain area of the Potala Palace Nanze when, and to the defense of foreign aggression so built on Red Hill Red Hill Palace in Lhasa – Potala Palace was first appellation; another is said to be Gampo married Princess Wencheng large, built this house; there is a saying that Princess Wencheng projections the proposed construction of the Potala Palace King. After the reconstruction of the 17th century, the Dalai Lama's Potala Palace, the Winter Palace became home is the center of Tibet's theocratic rule. The whole palace with distinctive Tibetan style, pulling more than 200 meters high, the appearance of 13 layers, actually, only nine layers. Since it has built in the mountainside, large areas of rock walls and stands as scarps, make the building as if the hills integration, the momentum is very majestic.

Tibetan traditional architecture has a very unique and beautiful architectural forms and styles, with the snow-covered plateau totally magnificent natural landscape

One, gives a simple, magical, the rugged beauty, formed its own unique and distinctive basic features.The main building of the White House and the Red Palace , the main building thirteen , 115.7 meters high , the palace, Buddha, pagoda temple , dormitories and other components. Potala Palace is a calendar Hermitage Dalai Lama , Tibet's local ruling center also past theocratic rulers , starting from the fifth Dalai Lama , a major religious and political ceremonies are held here , but it is also dedicated to the world calendar Dalai Lama pagoda place.

White House across the wings , as the Dalai Lama daily life , there are various halls promenade, fine furnishings , lavishly decorated , painted wall paintings related to Buddhism , more famous hands . Red Palace centered worship Buddha, like Gambo , Princess Wencheng and Nepal princess like foot statue among

thousands of statues, as well as the Dalai Lama dedicated , embedded gold treasure , with colored murals , brilliant Splendor . The entire complex covers an area of □□100,000 square meters , housing thousands of rooms , layout, patchwork, reflecting the Tibetan architectural skill of the craftsman . Potala Palace is the center of the Tibetan theocratic regime . Every festival , palace packed with various ethnic Tibetan Buddhism Buddhists , became a famous Buddhist shrine . After the August 1990 rebuilt.

Potala mountain assembled , contigs buildings, temples towering , imposing, has turned out to gas penetration potential of the sky , a solid wall of granite pier thick grass mushroom spreading Pema wall collar, resplendent golden dome, huge gilt vase with a strong decorative effect , buildings and flags , cross matched Hui, red, white and yellow color contrasts segment together to build , building layers of socket type body , embody the charming characteristics of Tibetan ancient architecture . Potala Palace is an outstanding representative of Tibetan architecture , but also for the essence of ancient Chinese architecture.

Today, people in the eyes of the Potala Palace , whether it ‘s building stone and wood staggered manner , or from the cultural connotations to see the hidden palace itself , can feel its uniqueness . It always seems to make people here too impressed . Unified granite walls ; outer wooden roofs and canopies designed to provoke Alice ; All of copper gilt decorative tile , as well as by the Jing Zhuang , Aquarius , Capricorn fish, Garuda do this ridge decorated embellishment …… everything seemed perfect match so that the whole magnificent palace . Large hall in the Potala Palace murals also be a unique landscape , in which giant painting art gallery called , both documented the history of Buddhism in Tibet , there are up to□□□V , Princess Wencheng to Tibet process , as well as Tibet’s ancient architecture and a large Buddha image of King Kong , etc., that it is a valuable

historical picture is not too much .

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The design and construction of the palace according to the law of the plateau region of sunlight , wide and sturdy base of the wall , the wall base is easily accessible by tunnel below and vents . House with columns, brackets, QT , beams, rafters , etc., consisting of the bracket . Paving and roofing used to be called ” A Erga ” hard soil, and top each bedroom has a skylight hall , easy lighting , mediation air. There are a variety of carvings on the palace pillar, colored mural on the wall area of □□2,500 square meters.

Intrauterine also unique collection of Tibet , on cotton silk thangka painting , and ancient artifacts. Potala Palace was included in the 1961 national key cultural relics protection units , in 1989 conducted a comprehensive construction .

Gong Yu Bonding , tortuous , with organic integration of the mountain , which is the Potala Palace gives the most direct experience . Its appearance has 13 floors up from the foot of a mountain until the summit. Overall construction is mainly composed of the White House in the east (the Dalai Lama lived part) , the middle of the Red Palace (Buddha and the Dalai Lama dedicated the temple) and western white Sengfang (cronies Lama Dalai Lama service live) components. In front there is a white Red Palace walls as the sun sets the Buddha ,

the Buddhist festival which is whenever the date , the place to hang a substantial statues .

As a Tibetan Buddhist shrine , pilgrims every year to the Potala Palace and tourist visitors are always countless. They are generally no word from the foot of the monument from , through tortuous road paved ramp until a huge mural painted Four Diamond east gate , and entered the hall through a wall four meters thick tunnel .

On the hillside, there is a platform of about 1600 square meters , which is the Dalai place to watch dance called ” Deyang Ha .” Thus while the escalator by Da Songge profile corridor , then to the White House East ‘s largest palace hall . There are historical records, in 1653 the Qing Emperor Shunzhi gold book golden seal from Chifeng Fifth Dalai Dalai Lama reincarnation are subject to central government formally canonized , chaired by the Resident Minister for the enthronement , reign and other ceremonies since . Here is the Dalai Hing enthroned , and other major religious ceremony venues reign , political activities .