





Floating Mountain Tea School

Secrets of Gongfu Cha

Awaking of a Tea Master - Advanced

Session 13 - Mastery Check

FLOATING MOUNTAIN | Tea School | SS 3.13

Secrets of Gongfu Cha

Awaking of a Tea Master

Bai Hao Yin Zhen | White Hair Silver Needle

Type: White

Origin: Zhenghe, Fujian Province.

Quality: Cooling

Effect: Calming

Element: Water

Balancing: Fire, Wood

Best to drink: Summer, stress, anxiety, high fever

Best to brew: Gaiwan, white clay pot

Temperature: 83C - 100C

Cup to use: Large cups, clay/porcelain/stoneware



Secrets of Gongfu Cha

Awaking of a Tea Master

Bay Mudan | White Peony

Type: White

Origin: Zhenghe, Fujian Province.

Quality: Cooling

Effect: Calming

Element: Water

Balancing: Fire, Wood

Best to drink: Summer, when stressed, anxiety, high fever

Best to brew: Gaiwan, white clay pot

Temperature: 83C - 100C

Cup to use: Large cups, clay/porcelain/stoneware



Secrets of Gongfu Cha

Awaking of a Tea Master

Yue Huang Bai | Moonlight White

Type: White

Origin: Zhenghe, Fujian Province.

Quality: Cooling

Effect: Calming

Element: Water

Balancing: Fire, Wood

Best to drink: Summer, stress, anxiety, high fever

Best to brew: Gaiwan, white clay pot

Temperature: 83C - 100C

Cup to use: Large cups, clay/porcelain/stoneware



Secrets of Gongfu Cha

Awaking of a Tea Master

Shou Mei | Longevity Eyebrow

Type: White

Origin: Zhenghe, Fujian Province.

Quality: Cooling

Effect: Calming

Element: Water

Balancing: Fire, Wood

Best to drink: Summer, stress, anxiety, high fever

Best to brew: Gaiwan, white clay pot, boiling

Temperature: 83C - 100C

Cup to use: Large cups, clay/porcelain/stoneware



Secrets of Gongfu Cha

Awaking of a Tea Master

Xiao Chigan | Little Red Sweetness

Type: Red

Origin: Zhenghe, Fujian Province.

Quality: Warming

Effect: Relaxing

Element: Fire

Balancing: Water, Metal

Best to drink: Winter, evening, cold, sore throat

Best to brew: Clay pot, bowl, thermos, western style, masala

Temperature: 95C - 98C

Cup to use: Large cups, clay/porcelain/stoneware



Secrets of Gongfu Cha

Awaking of a Tea Master

Jin Ya | Golden Buds

Type: Red

Origin: Yunnan Province.

Quality: Warming

Effect: Relaxing

Element: Fire

Balancing: Water, Metal

Best to drink: Winter, evening, cold, sore throat

Best to brew: Clay pot, bowl, thermos

Temperature: 95C - 98C

Cup to use: Large cups, clay/porcelain/stoneware



Secrets of Gongfu Cha

Awaking of a Tea Master

Da Hong Pao | Big Red Robe

Type: Cliff Tea Wulong

Origin: Fujian Province.

Quality: Warming

Effect: Comforting

Element: Earth

Balancing: Wood, Metal

Best to drink: Autumn, afternoon, nauseous, weak

Best to brew: Clay pot, thermos

Temperature: 93C - 95C

Cup to use: Small cups, clay/porcelain/stoneware



Secrets of Gongfu Cha

Awaking of a Tea Master

Zhi Hong Pao | Purple Robe

Type: Cliff Tea Wulong

Origin: Fujian Province.

Quality: Warming

Effect: Comforting

Element: Earth + Water

Balancing: Wood, Metal

Best to drink: Autumn, afternoon, nauseous, weak

Best to brew: Clay pot, thermos

Temperature: 95C - 98C

Cup to use: Small cups, clay/porcelain/stoneware



Secrets of Gongfu Cha

Awaking of a Tea Master

Sheng Puer | Raw Puer

Type: Dark Fermented Tea

Origin: Yunnan Province.

Quality: Warming

Effect: Grounding

Element: Earth + Fire

Balancing: Wood, Metal

Best to drink: Late autumn, winter, day, hazy, lazy

Best to brew: Clay pot

Temperature: 92C - 98C (depends on age)

Cup to use: Large cups, clay/porcelain/stoneware

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Awaking of a Tea Master

Mengding Ganlu | Sweet Dew

Type: Green Tea

Origin: Sichuan Province.

Quality: Cooling

Effect: Uplifting

Element: Wood

Balancing: Fire, Earth

Best to drink: Spring, morning, sleepy, anemia, avitaminosis

Best to brew: Glass, gaiwan, bottle

Temperature: 78C - 81C

Cup to use: Glass

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Secrets of Gongfu Cha

Awaking of a Tea Master

Anji Bai Cha | Anji White Tea

Type: Green Tea

Origin: Zhejiang Province.

Quality: Cooling

Effect: Uplifting

Element: Wood

Balancing: Fire, Earth

Best to drink: Spring, morning, sleepy, anemia, avitaminosis

Best to brew: Glass, gaiwan, bottle

Temperature: 78C - 81C

Cup to use: Glass

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Awaking of a Tea Master

Bi Lu Chun | Green Snail

Type: Green Tea

Origin: Jiangsu Province.

Quality: Cooling

Effect: Uplifting

Element: Wood

Balancing: Fire, Earth

Best to drink: Spring, morning, sleepy, anemia, avitaminosis

Best to brew: Glass, gaiwan, bottle

Temperature: 78C - 81C

Cup to use: Glass

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Awaking of a Tea Master

Fenghuang Dan Cong | Phoenix Mountain Single Tree Wulong

Type: Single Tree Wulong

Origin: Chouzhou, Guangdong Province.

Quality: Warming

Effect: Focusing

Element: Metal

Balancing: Water, Earth

Best to drink: Summer, morning, inattentive, murky

Best to brew: Clay pot

Temperature: 88C - 92C

Cup to use: Small cups, clay/porcelain/stoneware

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Secrets of Gongfu Cha

Awaking of a Tea Master

Emily	Bai Mudan	Xiao Chigan	Jin Mei Shen
Lisa	Bai Hao Yin Zhen	Anji Bai Cha	Da Hong Pao
Peggy	Bai Mudan	Xiao Chigan	Zhi Hong Pao
Kate	Bai Mudan	Bi Lu Chun	Jin Mai Shen
Julie	Bai Mudan	Xiao Chigan	Jin Mei Shen
Natalie	Shou Mei	Anji Bai Cha	Da Hong Pao

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Awaking of a Tea Master

Sara	Bai Hao Yin Zhen	Bi Lu Chun	Zhi Hong Pao
Tracy	Bai Hao Yin Zhen	Bi Lu Chun	Jin Ya
Justin	Yue Guang Bai	Anji Bai Cha	Da Hong Pao
Lee	Yue Guang Bai	Anji Bai Cha	Jin Ya
MIC	Yue Guang Bai	Mengding Ganlu	Da Hong Pao
Piter	Shou Mei	Mengding Ganlu	Zhi Hong Pao

Series 3 - Physicality of Tea - Advanced

Gongfu Tea - January

Session 7 - Essence

Session 8 - Spirits

Session 9 - Gongfu Tea (demo)

Session 10 - Gongfu Tea Technicality*

Session 11 - Practical Gong Fu** (CW)

Session 12 - Q&A for Practical Gongfu

Session 13 - Mastery check **

Session 14 - Gongfu Tea Together **

