



Hmong New Year Traditions



The Hmong New Year is a social celebration that traditionally occurred at the end of the twelfth lunar calendar month. It is a celebration to thank ancestors for a successful harvest season. Money paper and incense candles are burned as offerings for ancestors to bless the upcoming year with good fortune and health. Cleansing rituals like Lwm Sub, Hu Plig, and others may take place during this time of year as well. Other common traditions include...

- Ball tossing, "pov pob", a courting game between two individuals
- Playing a traditional game of "tuj lub". Learn more about the sport [here](#).
- Music played by handcrafted bamboo instruments called "qeej"
- Dancing performed in Hmong attires
- Singing courting songs called "kwv txhiaj"
- Wearing colorful Hmong clothes traditionally hand stitched
- Bullfighting in certain regions of Southeast Asia
- Eating delicious Hmong food and enjoying a large meal with family and friends