浩潮英语

中国用英语说

中国第一部双语百科全书

Talk About China in English

体育 Sports



田华实 杨方 主编
[美] Robin Harrison 审校

上海科学普及出版社

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Talk About China in English



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前　言

随着我国改革开放的不断向前推进，旅游事业也越来越兴旺地发展起来。尤其是近些年来，来自世界各地的客人涌向中国，试图揭开这块辽阔土地的神秘面纱，从而了解中国悠久的历史，以满足其难以诠释的好奇和幻想。

具有悠久而又丰富历史的中国，一直为自己无数的历史遗迹和文化遗产感到自豪。几乎在中国的每一个地方，人们都能欣赏到各种神奇的景观，以及世代相传的故事和神话。

在中国人民的辛勤努力下，中国在各个方面都发生了翻天覆地的变化。从经济、文化、教育，到生活、娱乐和休闲，人们都在尽情地享受着国泰民安、和谐安睦的生活。国家的建设和发展日新月异，人们的思想、观点、生活方式也有了很大的变化。

在这种形势下，我们觉得有必要给来中国工作和旅游的外国友人——尤其是给那些来参加2008年北京奥运会的各国朋友提供一些帮助，把他们可能感兴趣的事情、人物和地方简单地作一些介绍，让他们对中国有个大致的了解。由此，我们编写了《用英语说中国》这套丛书。丛书共有10部，分别是：

1.《用英语说中国——历史》
2.《用英语说中国——民俗》
3.《用英语说中国——艺术》
4.《用英语说中国——文化》
5.《用英语说中国——名城》
6.《用英语说中国——名人》
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8.《用英语说中国——媒体》
9.《用英语说中国——体育》
10.《用英语说中国——名校》

《用英语说中国——体育》涉及中国传统体育和中国当代体育两大部分。中国传统体育包括中国古代体育和中国传统少数民族体育，其中，中国古代体育包括球类运动、水上运动、举重运动、摔跤运动、杂技运动、棋类活动、娱乐活动、节日活动

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和中国武术。中国当代体育主要介绍了篮球、排球、乒乓球、羽毛球、跳水、射击、体操、游泳、田径运动、击剑和举重，重点介绍了每一种运动项目中的主要运动员和教练员。

参编这套丛书的作者都是来自高等院校的英语教授、副教授和硕士研究生，大家都为能参与此项有意义的工作而感到兴奋和激动，都乐意为宣传中国和振兴中华贡献自己的一份力量。

《用英语说中国》这套丛书从策划到构思，从设计到编写，都是站在较高的角度，本着较新的水准，力求创造性地把中国的上上下下、东西南北、方方面面以简洁流畅的语言加以叙述，这无疑将给广大读者一种全新的感受。

《用英语说中国》这套丛书对于英语爱好者提高英语水平，激发学习英语兴趣会有所帮助的。丛书信息量庞大，涉及面广泛，古往今来，东南西北，犹如一部关于中国的小百科全书。丛书中的英文叙述和中文译述都严格遵循语言简练、结构明晰、形式活泼的宗旨。我们衷心希望这套丛书能够受到广大读者的喜爱和信赖，把中国介绍给世界，让世界上更多的人了解中国，是每个中国人的愿望。

限于编著者的水平和第一手资料的缺乏，丛书中有些地方的内容和信息可能存在着一些出入和欠缺，恳请广大读者予以批评指正。

《用英语说中国》丛书编者

2008 年 8 月

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Preface

With the rapid development of China's reform and opening-up, tourism is on the rise, esp. in recent years. More and more people from all over the world come to China, hoping to unveil the mystery of the vast land, to discover the origins of the long history in China and to satisfy their own curiosities and fantasies as well.

China, with a long and rich history, is always proud of her countless historical sites and cultural relics. Almost everywhere people encounter amazing miracles or natural beauties together with their everlasting legends and myths.

Furthermore, with the strenuous work of the whole nation, China has witnessed fundamental changes in every field. From national economy, culture and education to people's living standard, recreation and entertainments, everywhere and every soul is enjoying a peaceful and comfortable life in a friendly and harmonious atmosphere. The nation's construction and development are changing with each passing day while people's views and points are also keeping pace with the times.

Under such circumstances, we feel obliged to offer some help to those foreign visitors, esp. those who are coming to the 2008 Beijing Olympic Games, by giving them a brief introduction of the things, the people and the places they might be interested in. The series "***Talk About China in English***", therefore, come into being. The series consist of 10 books in all. They are:

1. **Talk About China in English—History**
2. **Talk About China in English—Folklore**
3. **Talk About China in English—Arts**
4. **Talk About China in English—Culture**
5. **Talk About China in English—Famous Cities**
6. **Talk About China in English—Celebrities**
7. **Talk About China in English—Tourism**
8. **Talk About China in English—Media**
9. **Talk About China in English—Sports**
10. **Talk About China in English—Famous Colleges and Universities**

Talk About China in English—Sports contains two parts—China Traditional Sports and China Modern Sports. The part of China Traditional Sports contains China Ancient Sports and Traditional Sports of Chinese National Minorities. And the first section covers traditional ball sports, water-borne sports, traditional weight-lifting sports,

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traditional wrestling sports, traditional folk performance, Chinese chess, traditional activities and Chinese Wushu. In the part of China Modern Sports, basketball, volleyball, table tennis, badminton, diving, shooting, gymnastics, swimming, athletics, fencing and weight-lifting are introduced, esp. some of the famous athletes and the trainers are introduced.

All the writers of the series are professors, associate professors and graduates-students of English from colleges and universities. We all feel happy and proud to have the chance to do our bit for the publicity of our motherland as well as her promotion.

From making plans to hatching plots, from working out schemes to carrying out the writings, the authors have been diligent and conscientious. Through our work, we want to provide readers with a rich and colorful introduction of an encyclopedic manner. The series are new and creative, and sure enough, they will bring fresh feelings and experiences to all readers.

The series are also helpful for all English lovers, including secondary school students and teachers, college students, office clerks and public servants.

Both the English and Chinese versions in the series are written in simple language, clear structure and lively style. We hope they will find popularity upon publication.

We are extremely grateful to the authors and publishers of all the materials we have chosen here in the series. We apologize for the insufficient information in some cases due to lack of resources. We intend to show every respect for intellectual property rights, but we hope our pleading of the permission to use these materials for the purpose of letting more foreign friends know China better will receive kind and generous consideration.

Authors

August 2008

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Part 1 中国传统体育 China Traditional Sports

I. A Brief Introduction

China Traditional Sports has a variety of activities and a long history with its own system. It develops, descends and goes on with its own cultural styles and it is one of the outstanding representatives of human sport cultures.

China Traditional Sport has its brilliant and glorious page in the cultural history of human beings. It is formed on the basis of the specialty of China traditional culture, which is based on the individual agricultural economy and has a background of partriarchal-clan-system family and cores of the thoughts of the Confucianists. Therefore, we can say the traditional sports of China have developed on the basis of natural economy, partrichal-clan-system-and-origin society, the nationalist life and philosophy. It mainly consists of Wushu, Daoyin or Health-keeping Qigong, Folk Traditional Game and Old Sports Of ethnic minorities.

China Traditional Sports is an important component of the world sports culture. It records the developmental process of human society in these aspects from skills in Wushu to Daoyin that regulates breath, from the native games among the people in the form of exercises than mainly meets the need of entertainment to the traditional sports of minority that are "living fossils". It is the common historical accumulation of the nation, unging the nation to display its own style and air in the forms of exercises. Specifically, China Traditional Sports culture embodies the following chanacteristics and charm.

Many official competitions in modern Olympic Games such as soccer, running, weightlifting, swimming, wrestling, fencing, archery, and skating etc. can be found in China Traditional Sports and some of them have a much longer history in China than in the Western countries.

Many traditional Chinese sports have not been developed into the competitions

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but mainly performedas recreational activities on different occasions.

Every sport in China Traditional Sports has its ample and specific cultural connotation.

However, the vigor of China Traditional Sports is languishing in real life. Certain folk sports emerge and perish themselves and the imperial sports are disappearing only because of the facts that China Traditional Sports is lack of theoretical instruction, has no absolute and perfect sports system, and has no special professionals and another reason is the absolute guidance of the Olympic Games, which makes the government and even the local sports meets have to decide the competitions according to it. So China sports with a long history and a rich social developmental connotation is being ignored and abandoned and its development and speed is languishing and slowing down.

But, China Traditional Sports is always attracting the world with its special spirit and charm. It is believed that China Traditional Sports can drag itself out of the doubt, go to the world and would be accepted by peoples all over the world.

1. 简 述

中国传统体育文化有着极其丰富的内容，历史悠久，自成体系；它以自己的体育文化方式发展、传承，是人类体育文化的杰出代表之一。

中国传统体育在世界文化史上留下了光辉灿烂的一页。它的形成是以中国古代文化个性为基础，而这种文化个性是以个体农业经济为基础，以宗族家庭为背景，以儒家思想为核心而形成的。因此，我们说中国传统体育是建立在自然经济、宗法血缘社会和民族精神生活与哲学基础之上的。其主要构成是武术、导引术（养生气功）、民间传统体育游戏和少数民族传统体育活动。

中国传统体育是世界体育文化的重要组成部分。从以武术为主体的武艺到以调节呼吸方法为主体的导引养生，从以身体活动形式满足人们娱乐需求为主体的民间乡土游戏，到作为‘活化石’的少数民族传统体育，无不记载着人类社会的发展进程。它是一个民族共同的历史积淀，促使该民族的身体活动形式表现出独特的民族作风和民族气派。具体说来，中国传统体育文化的特点和魅力主要表现在以下几个方面：

现代奥运会的许多正式比赛项目，如足球、跑步、举重、游泳、摔跤、击剑、射箭、滑冰等运动形式都可以在中国传统体育中找到，并且有些项目在中国的历史比在西方要长得多。

中国传统体育中的许多项目都没有像西方体育那样走上纯粹竞技的路子，而

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是更多地作为一种娱乐活动在不同的场合进行表演。

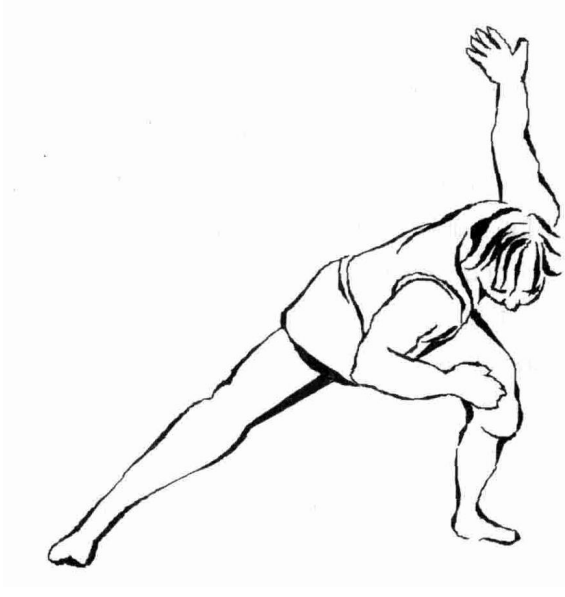
中国传统体育中的每一项运动都有极为丰富的文化内涵。

然而，中国民族传统体育的自身活力却在实际社会生活中逐渐萎缩。部分民间体育自生自灭，宫廷体育逐渐消失，其主要原因是中国民族传统体育缺乏理论指导，没有形成独立完整的体系，缺乏专业人才，再加上奥运会的绝对导向，使国家和地方运动会也不得不围绕奥运会项目设项比赛。因此，原本有着悠久历史和广泛社会进程的中华民族传统体育正在不断地被遗忘和抛弃，其发展规模和速度正在不断地萎缩和减缓。

但是，中国传统体育文化的独特精神和魅力吸引着全世界的人们，相信它能走出困惑，走向世界，不断为全世界的人们所接受。

Ⅱ. Varieties of China Traditional Sports

2. 种类多样的中国传统体育运动



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China Traditional Ball Sports 球类运动



蹴鞠
Cuju (Ball-kicking)

"Cu" means to kick, and "Ju" is a kind of ball in ancient China, made of leather and filled with hair of the animals or people.

It is said this game was found in Huangdi times of four or five thousand years ago. "A Book about the Contents and Development of the Works Handed Down from the Western Han" and "Book of Xuanyuan Huangdi" by Liu Xiang describe it and say the purpose of ball kicking then was to train soldiers and select qualified people in the army. Ball-kicking activity that is actually recorded in history emerged in the Warring States Period. During the Warring States period, there was an orator, Su Qin, who advocated fighting against Qin state with the union of the other six states. He visited the states, lobbying monarchs. Once he said to the king of Wei state, "Linzi is rich and strong, the people of the country play Yu, Se and zither, gamble on cockfighting and dog-fighting and play six-piece chess and ball-kicking game." (It is this description about Cuju that the FIFA admits officially that football originates in China—in the Old Qi state of the Warring States.)

When it came to the Han Dynasty, Cuju activity had been more and more thriving. Either the emperor or the humble, they loved it very much. It's recorded in "Book of Han" that Han Gaozu (the first emperor of Han dynasty), Liu Bang was a ball-kicking lover. He built the tremendous court named "Ju City" in the palace,

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which was surrounded by high walls. Still it is recorded in the book "About Huo Qubing, Book of Han" that the general Huo Qubing headed the troops to fight with Xiongnu in the north during the reign of Emperor Wu. Whenever the war was clumsy, and there were not enough food and money, Huo Qubing would lead the soldiers to play the game in order to encourage them.

During the period of Eastern and Western Han Dynasties, Cuju was popular not only in the palace, in the army, but also among the people. It is recorded in the book "Of Salt and Iron" by Huan Kuan that during the reign of Emperor Wendi of Han, people were encouraged to kick ball in the back streets and lanes. It is obvious that at that time Cuju had rooted in the hearts of the people. Then a monograph "Cuju" appeared.



However, it is a pity that thecompetition rules of Cuju in the Han Dynasty are known little. One can learn it from the poem "An Inscription About Cuju" by Li You in the Eastern Han Dynasty.

A ball and a court, Yin and Yang on the theory is based,
A net on each side of it, twelve doers of every team play.
Long and plain the court is, people do it with certain rules.
No care whoever the players are, fair is theirs.
Calm the player should be, and complaint is in no need.
Rules of Cuju're serious, and the same of the country's charge.

The general idea of the poem is that the ball then is round, and the court is square. On each end of the court, there is a net like moon, and there are 12 players in each of the two teams. The referees are required fair. Thus, Cuju then is almost same to the modern football game.

The development of Cuju went into an important stage in the Tang dynasty, for a could-be-filled-with-air ball was created, which was made of animals' bladder covered with a shell of eight pieces of leather sewn together and then filled with air. The ball made in this way was much more round, elastic and made the game

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more exciting and enjoyable. A variety of skills were invented then on the basis of the former games. A goal, for instance, was set in the middle of the court, the players of the two teams just kicked the ball into the goal, and the one which goaled more was the winner. Another kind of game play didn't need a goal. One or several the players just displayed their different feet skills. The one who could keep the ball longest was the winner. People then still had the height competition, which means that the players gathered round and kicked the ball into air. The one who kicked the ball highest and kept it in air longest was the winner. There were a lot of other ways to play the ball.

Cuju entered its golden age in the Song dynasty. First, it was much more standardized and enjoyable. Second, Qiyun Association was founded which is similar to the FIFA now. Third, the imperial court attached great importance to it.

Standardization and enjoyment: There were mainly two ways to play Cuju. One was to shoot at the goal. Two bamboo posts of several zhangs high were set in the middle of the court, a net was tied to the posts with one-chi-in-diameter hole in the middle of it, which is the goal. Two teams called the Right team and the Left team took part in the game, and each of them were composed of ten players, including a head and two vice-heads. Music was played at the very beginning, and then the two teams inred and black brocade respectively came into the court. The red team kicked off first. After displaying a series of difficult skills, the ball was passed to the vice leaders, then the vice leaders passed it to the head, and the head shot at the goal. If the opponents could kick it back through the hole, they would score a goal. Otherwise, they lose. When the game finished, the winner would be rewarded, and the loser would be whipped or punished by painting powders of yellow and white on the faces. The other method did not usea goal at all. The players that took part in the competition were just showing skills. The one who played with great variety and strict foot skills would win.

The Football Association—Qiyun Association: Qiyun Association, also named Yuan She, was a spontaneous organization by the folk players. A lot of people joined in it besides the professionals and there were quite a lot of amateurs, most of which were sons of rich families or idlers in the society. Qiyun Association had its regulations. It always organized Cuju shows and sometimes even played in the palace.

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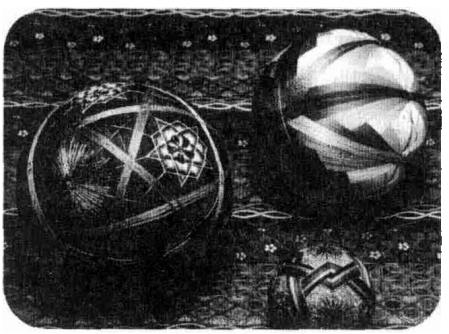
Cuju in the palace: it is recorded in history that quite a few emperors in the Song dynasty such as Song Taizu, Song Taizong, etc, loved kicking balls. Because the court advocated Cuju, it became very popular in the country, and a large number of professionals appeared, who lived on it.

Cuju in the Yuan dynasty followed the rules of the Song. After Manchu entered the Pass, Cuju declined gradually, for the nobles of Manchu were nomads and loved hunting, wrestling and Bingxi etc. instead of Cuju.



蹴鞠
Cuju(Ball-kicking)

“蹴”意思是踢，鞠是中国古代皮制的球，球内填充有动物的毛或人的头发。据传，早在四五千年前的黄帝时代，蹴鞠运动就已存在。汉代刘向的《别录》和《轩辕黄帝传》均有记载，并称当时蹴鞠的目的是为了更好地开展军事训练，选拔人才。有确切历史记载的蹴鞠运动产生于战国时期。战国时期，辩士苏秦主张六国联合抗秦，为此，他周游列国，四处游说。他向魏王游说到：“临淄甚富而实，其民无不吹竽鼓瑟，击筑弹琴，斗鸡走犬，六博踏鞠者。”（正是这个原因，国际足联已明确承认：足球发源于中国——中国战国时期的齐国。）



到了汉代，蹴鞠运动日趋兴旺。当时，无论帝王，还是普通百姓都爱好蹴鞠。据《汉书》记载，汉高祖刘邦就是蹴鞠爱好者。他曾在宫中建造规模宏大的蹴鞠场，四周围以高墙，命名为“鞠城”。另据《汉书·霍去病》记载，汉武大帝时，大将霍去病领兵北击匈奴，每当战事不顺，粮饷不济时，他便会带领士兵蹴鞠，借以鼓舞士气。

两汉时期，宫廷、军队、民间盛行蹴鞠。桓宽的《盐铁论》，就有关于汉文帝统治时期创建“穷巷踏蹴”——普通民众在街巷中蹴鞠的记述。由此可见，蹴鞠运动在当时已是相当普及，并且出现了有关蹴鞠的专著——《蹴鞠》。

东汉人李尤的《鞠城铭》一诗对汉代蹴鞠情形有大致的描述。其诗如下：

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圆鞠方墙，仿象阴阳。
法月衡对，二六相当。
建长立平，其例有常。
不以亲疏，不有阿私。
端心平意，莫怨其非。
鞠政尤然，况乎执机。

诗文大意：球是圆的，场地是方的，场地的两端各有一个像月亮一样的球门遥遥相对，而参加比赛的人数是每队 12 人。对裁判的要求是不要有偏私，由此可见，当时的蹴鞠运动与现代足球运动大致相似。

到了唐代，蹴鞠运动进入了一个极为重要的时期——就是当时人们发明了可用来充气的球。制球时，先准备好一个动物膀胱，再在外面包上用八块皮革缝起来的外壳，最后充气即可。这种球，其形状更圆，更具弹性，从而使蹴鞠运动更为激烈，更具观赏性。唐代时期，在继承前人蹴鞠运动的基础上，发明了各种玩法。如在场地中间设一个球门，两个球队分别从两边向球门射球，进球多者赢；另一种玩法就是不要球门，蹴鞠者可一人或数人用各种脚法表演蹴鞠技巧，以控球时间长者为赢；还有就是踢高比赛，几个人围在一起，用力把球往高处踢，把球踢得很高又不使球落地者为赢等等。还有其他很多不同玩法。

宋代时，蹴鞠运动进入了黄金时期。因为一蹴鞠运动更具规范性和观赏性，二蹴鞠运动出现了类似当今足球协会的专门组织——齐云社，三是朝廷对蹴鞠运动极为重视。

规范性和观赏性。宋代蹴鞠主要有两种玩法，一是通过球门射球。在场地中央立两根高达几丈的竹竿，在竿上张网，网上部中间位置开一个直径一尺左右的洞，此洞即是球门。比赛时有两支队伍，称左右两军，每只参赛队伍由十余人组成，其中球头一人，次球头两人。比赛开始时，先奏乐，两队分别穿红、黑两种颜色的锦衣上场。由红方开球，红方队员进行过一系列较具难度的球技表演后，将球传给次球头，次球头再传给球头，由球头射门。球头破门后，对方若能将球由球门反踢回来，即为赢一球，反之为败。比赛结束时，赢者有奖，败者则受鞭笞之罚，或在脸上涂以黄白色的粉以示惩罚。二是不用球门。参加此种比赛时蹴鞠者就是表演踢球的各种技法，谁踢的花样多、脚法严密谁就是赢家。

当年的“足球协会”——齐云社。齐云社又叫圆社，是民间蹴鞠艺人自发组织的团体。入社的人很多，有专业的蹴鞠艺人，还有不少是蹴鞠“票友”，这些人大多是富家子弟或社会上游手好闲的人。齐云社有专门的社规，经常组织蹴鞠表演，有时甚至入宫表演。

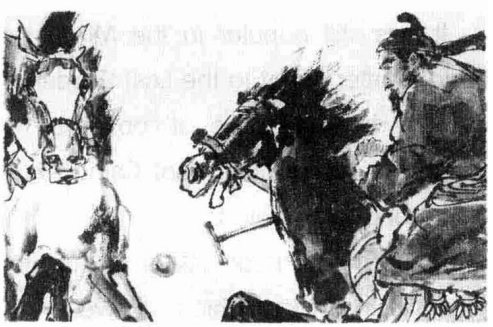
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宫廷蹴鞠。根据历史记载，宋朝的不少皇帝如宋太祖、宋太宗等都极爱蹴鞠。由于朝廷对蹴鞠的推崇，蹴鞠运动在社会上极为普及，出现了不少以蹴鞠为生的艺人。

元朝时期的蹴鞠运动基本上沿袭了宋代的游戏规则，至清兵入关后，因清贵族偏爱狩猎、摔跤、冰嬉等运动，蹴鞠运动在清朝时期便逐渐衰落。

打马球
Damaqiu

Damaqiu, called Jiju or Polo on Horse, is a sport to hit a ball with a stick on the horseback. In the history of China, polo came to its summit in the Tang dynasty. The ball was made of a kind of light and hard wood, which was as big as a fist, empty in the centre and painted outside with vermillion or colors. The top of the stick used then was a shape of crescent moon. The court was a rectangle, which sometimes had a goal in the middle or two goals on two ends. The goal was made of wooden board, and in the middle was a one-chi-in-diameter hole with a net attatched. Two teams would be in the competition, and the one who scoked more would win.



Most of the emperors in the Tang dynasty loved Damaqiu, of whom Tang Xuanzong, Li longji, loved it most. It is recorded, that in the year of 709AD—the third year of Jinglong during the reign of Tang Zhongzong, the Emperor watched the match between the Imperial team and the Tibetan team. The Imperial team suffered a series of defeats, which made Tang Zhongzong very angry. In order to save the face of Tang Zhongzong, Linzi Prince Li Longji formed a new team including another three imperial descends at once and competed with the Tibetan team of ten players. Li Longji dashed around in the seemingly empty court,

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and the four-player team swept the victory. Even the Tibetan Minister praised his skills greatly. After Tang Xuanzong came to the throne, he still stuck to playing polo and even forgot to hold court sometimes. Not only did he play the ball, but advocated developing this sport in the army. He once issued an imperial edict in 747AD, considering polo as "a plan to dispatch troops" and "terribly necessary", and ordered to spread it in the army. Hence, it became common in the army.

During the Tang dynasty, not only was polo popular in the palace and the army, but it was widely accepted by scholars.

The sport of polo developed further when it came to the Northern Song dynasty. Special rules were made in the reign of Song Taizong. Neverthless, it declined on the whole. Just at that moment, women polo tended to be thriving. It started in the Tang dynasty, but most of the women players then were girls in palace, who were slim and small. It was impossible for them to ride horses to play polo, so a method of playing it on donkeys was invented. Women polo was much more popular in the Song dynasty. The women players in the same attire as men not only played on the donkeys but on the ponies' as well.

Polo was also played in the Yuan dynasty, which was slightly different from that in Tang and Song dynasties. First, the polo in the Yuan dynasty was a soft ball made of leather, but not wood. Second, it had its own characteristics in the playing method. Because the leather ball was soft, the excellent players could pick it up with a stick, hit it continuously in the air and ran directly toward the goal.

It was still popular in the Ming dynasty. It is recorded that Zhu Jing, Ming Chengzu often went to the East Garden to watch polo show. Information about it in the Ming dynasty is little. It completely declined in the Qing dynasty. It was hardly seen in the centre of Ancient China except in certain minorities, such as the Mongolians and the Tibetans.

Modern polo is an offical sport in the world competitions, which is quite same to the Jiju in ancient China. However, modern polo originates in Europe and has nothing to do with the Chinese traditional Jiju. It was invented in India by the British colonists and then introduced to Europe, America and some other countries.

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打马球
Damaqiu

打马球又称击鞠、打球，是一种骑在马上持棍击球的运动。唐朝是马球运动的鼎盛时期。当时马球运动所用的球是用质轻而坚韧的木材制成，大小与拳头相似，中间掏空，外面涂色，一般是朱红色或彩绘。击球杆的顶端呈偃月形。球场为长方形，有的是在球场的中间设一门，有时在两边设两个球门。门用木板制成，中间是直径一尺大小的洞，且洞后有网。比赛时参赛人员分成两队，以把球击进球门的次数多少计算胜负。



唐代皇帝大多喜爱马球运动，唐玄宗李隆基最喜欢这一运动。据历史记载，公元709年，即唐中宗景龙三年，唐中宗观看了皇家马球队与吐蕃马球队的一场比赛，结果皇家马球队连战皆输，唐中宗十分生气。为了给中宗挽回面子，时为临淄王的李隆基与另外三位皇族成员组成四人马队与吐蕃的十人马队展开比赛。李隆基左冲右突，如入无人之境，最后唐朝四人队大获全胜，就连吐蕃大臣也对他的球技赞不绝口。唐玄宗继位后仍坚持打马球，有时甚至误了上朝。唐玄宗还提倡在军中开展马球运动，认为马球是“用兵之技”，“义不可舍”，此后，马球运动便在军中普及开来。

唐代时期，马球运动在文人当中也很盛行。

到了北宋时期，马球运动继续发展。宋太宗时，专门制定了马球规则。然而，

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在宋代时期，马球运动整体呈现颓废趋势。也正是此时，女子马球运动却表现出兴旺的势头。女子马球运动始于唐代。不过，由于当时从事女子马球运动的多为宫中女子，一个个长的娇小玲珑，显然不适合骑那些高头大马，于是人们发明了让她们骑驴打球的玩法。到了宋代，宫中女子马球运动更是盛行。只是宋代时期的女子马球手不再骑驴，而是骑小马，其装束打扮和男子一样。

元朝时期的马球运动与唐宋时稍有不同。元朝时期的马球不是以坚木制成，而是用皮缝制的软球；在打法上，也有自己的特点。因为球是软球，水平高的马球手在比赛时常常把球用球棒挑起，在空中连击此球，然后直接奔向球门。

明朝时期马球运动仍有流行，据史书记载，明成祖朱经常去东苑观看马球表演。但是，有关明代马球运动的资料很少。到了清代，马球运动彻底衰落，除了在一些少数民族如蒙古族、藏族中仍有保留，在中原已几乎见不到踪影。

现代马球运动是国际大赛的正式比赛项目，它与中国古代马球运动没有多大的本质上的区别。然而，它起源于欧洲，与中国的传统马球运动无关，是英国殖民者首先在印度发展起来的，后传入欧美各地。



中国人的“保龄球”——木射

Chinese Bowling—Fifteen-Pin Bowling or Mushe

Mushe, a popular sport in the Tang dynasty, is also named “Fifteen-pin Bowling”. It is a game to knock down the pins in a distance away with a rolling wooden ball. A painting “Fifteen-pin Bowling Picture” by Lu Bing in the Tang dynasty explains clearly the rules and methods of the game. It was usually held in a very spacious room. At the end of the court, fifteen bamboo shoot-shaped and paralleled-placed pins were set, on each of them were written in Red and Black, ten of which were written in Red with the ten words—Kindness, Justice, Politeness, Ration, Honesty, Gentleness, Goodness, Respect, Thrift and Modesty; and five were written in Black with the five words—Haughtiness, Superciliousness, Sycophancy, Avarice and Abuse. The competitors threw the wooden ball to the

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pins in turn from the other end of the court. Those who hit the pins with red words and knock them down would win, and the those who hit the pins with black words and knock them down would lose. The game has integrated China traditional ethics, which is the main feature of China traditional sports as well as the chief characteristic of the Fifteen-pin Bowling.



中国人的“保龄球”——木射
Chinese Bowling—Fifteen-Pin Bowling or Mushe

木射是唐代时期流行的一项运动，又称“15 柱游戏”，就是以滚动的木球击倒远处竖立的木柱。唐朝时期陆秉所著《木射图》详细介绍了木射的活动方法和具体比赛规则。木射通常是在空间较大的室内进行，在场地的一端，并排竖立十五个笋状的平底木柱，每个木柱上用红笔或黑笔各写一字，其中 10 个分别用红笔写上仁、义、礼、智、信、温、良、恭、俭、让，另外 5 个用黑笔分别写上傲、慢、佞、贪、滥。参赛者依次从场地的另一端向这些柱子滚动木球，击中写有红字的木柱者为赢，击中写有黑字的木柱者为输。这项运动融入了中国传统道德观念，是中国传统体育的重要特色，也是木射这项活动的一大重要特点。



捶丸——中国的高尔夫
Chinese Golf—Chuiwan

Chuiwan is to hit the ball with a rod or stick. During the reign of Yuan Shizu in the Yuan dynasty, it was in 1282AD that the book “The Classic of Ball” was published with a perfect description about the course, instruments, the number of competitors, umpire and the counting. “The book” with 32 chapters was divided into 2 parts. It says: the course of Chuiwan is a garden with rough ter-

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rain and a wide field of vision. Then choose a spacious place to decide the one-chi-squared ball-base after the location of the course. A number of holes are dug 60 or 100 steps away from the base. Beside each of them a small colored banner is set. The instruments are rods and a ball. The end of the rod should be curved in order to hit the ball well. When the competition begins, the players hit the ball in turn. If the player hits the ball into the hole in three hits, he will get a chip; if fouls, he will be punished a chip. Chuiwan is divided into the Greatest, the Middle and the Smallest Sports according to the numbers of the players. Usually the player should gain 20 chips in one match in the Greatest sports, 15 chips in the Middle, ten in the Smallest.

Chuiwan and Golf have extreme similarities, which tell us the two should have certain historical connections.

It is recorded that Chuiwan is originated from the Stick-and-Goal game in the Tang dynasty, which is similar to the modern hockey. It developed into Chuiwan in the Song dynasty, matured in the 12th century and came to its summit in Song, Yuan and Ming dynasties, but it suddenly disappeared at the end of the Ming dynasty and the beginning of the Qing dynasty. During the later years of the 19th century, when golf was introduced into China, it was regarded as a new and strange sport of the western lifestyle. However, concerning the history of golf, *Japan Sports Dictionary* says: it was thought to start in the Great Britain, but a drawing of golf was discovered on a china in Holland recently, and according to the research, it originated in Holland in the early years of the 15th century. Therefore, Golf must be at least three centuries later than Chinese Chuiwan. Compared with rich certificates and pictures of Chinese Chuiwan, the proofs about the origin of Golf are rare, of which is only a picture on a china, which reminds us of the important and significant event happened in 13th century—the Mongolians invaded Europe. The Mongolians went on the expeditions twice to the West during the years of 1219AD ~ 1242AD, when they introduced the papermaking, compass and gunpowder etc. into Europe. Hence, we can deduce the East civilization-Chuiwan was introduced into Europe and improved to the present Golf in the confrontation and combination of the East and the West.

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捶丸——中国的高尔夫
Chinese Golf—Chuiwan



“捶”，意为“打”，“丸”即球。捶丸，就是以棍棒击球。元朝元世祖时期也就是1282年出版的《丸经》，对捶丸的场地、器材、参赛人数、裁判、胜负计算都有详细的记述。《丸经》共三十二章，分上下两篇。书中介绍到：捶丸所用的场地是地势起伏不平、视野开阔的园林。场地确定后，再选一个空旷的地方，划定一个一尺见方的球基。在离球基60～100步处，挖若干数目的球窝，每个球窝旁插一面彩色小旗为标志。所用器材是球棒和球。球棒要求下端弯曲，以便能很好的击球。比赛开始后，参赛者轮流上场，若三棒内把球击入球窝，即得一筹；若违例，则倒扣一筹。捶丸比赛按参加人数的多寡分为大会、中会、小会三种，大会以得二十筹为一局，中会以得十五筹为一局，小会以得十筹为一局。

捶丸与高尔夫球的性质和玩法在总体上是极为相似的。这种惊人的相似让人们浮想联篇。

据有关资料记载，捶丸源于唐代的步打球，步打球与现代的曲棍球类似。到宋朝时期，发展成了捶丸。12世纪已发展成熟，宋、元、明三代是捶丸运动的全盛时期，到了明末清初，捶丸运动突然销声匿迹。19世纪末，当高尔夫球从西方传入中国时，被看作是一种代表西方人生活方式的新奇运动。而《日本体育大词典》中在谈到高尔夫球的历史时写到：过去一般认为高尔夫球创始于英国，近来在荷兰的陶器上发现了一幅高尔夫球的图绘，据考，它发祥于15世纪初期的荷兰。由此可见，高尔夫球产生于15世纪初期，比中国的捶丸至少晚了3个世纪；有关高尔夫球起源的证据极为贫乏，主要的依据是一幅瓷画，与中国捶丸运动的书证、图证的丰富切实形成了鲜明的对比。由此，我们想到了发生在13世纪的重大事件——蒙古人入侵欧洲。公元1219年～公元1242年，蒙古人曾两次西征，把中国的造纸术、指南针、火药等传入了欧洲。由此可以推断，东方文明——捶丸正是在东西方的冲突与融合中传入欧洲，并改进成现在的高尔夫球。

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China Traditional Water-Borne Sports 水上运动



赛龙舟
Dragon-Boat Race

Dragon-boat, as the term suggests, is a boat carved like a dragon. Dragon-boat race has a long history, and it is held annually on the Dragon-boat Festival, namely the fifth day of the fifth lunar month.

Different sayings about the origin of the Dragon-boat Race

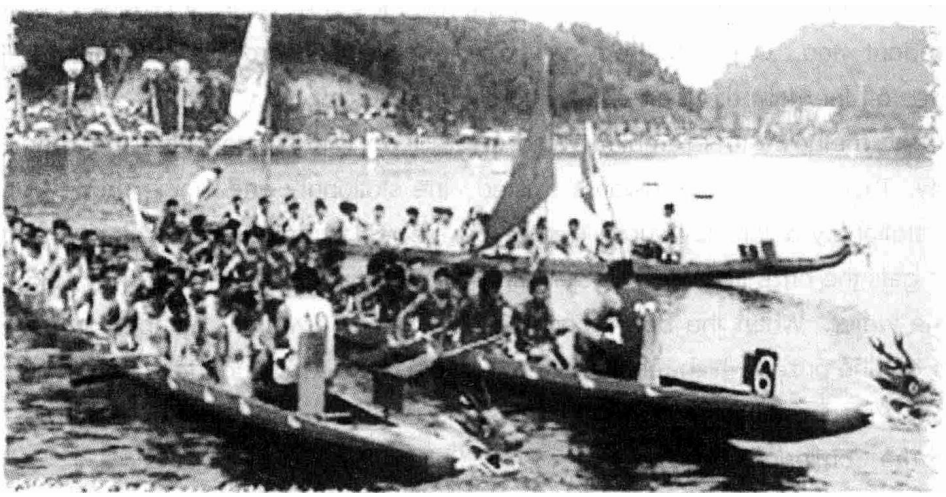
There have been different sayings about the origin of the Dragon-boat Race in Chinese history. Someone holds that the race is to memorize Qu Yuan, a famous writer, a man of Chu in the period of the Warring States. He had been a senior official, but hated the crafty sycophants who were in the important positions, so he was squeezed out by them and exiled. He plunged into the River of Miluo and was drowned on the fifth day of the fifth lunar month in 278BC. It is said that the local people organized spontaneously to rescue him by rowing boats. This action has become a common practice and developed into the Dragon-boat sports.

Another version is related to Wu Zixu in Chinese history. Wu Zixu was a minister of Wu state during the Spring and Autumn Period. He was killed by the crafty sycophants because of his loyalty to the country and the king. His body was packed up and thrown into the river. In memory of Wu Zixu, the mass in Wu state respected him as the Wave God and welcomed the coming of him on the fifth day of the fifth lunar month annually. However, people have the general agreement

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about the saying of Qu Yuan because he had greater influence in Chinese history.

However, the puzzle is why different sayings about the origin of the Dragon-boat Race have the same day as the moment to hold the Dragon-boat Race? The answer is certain: to memorize Qu Yuan or Wu Zixu. Yet, we should pay attention to the fact: in China, the day, the fifth day of the fifth lunar month is always regarded as an unlucky day, which is called the evil day of the evil month. There is a version in Chinese ancient books: the boy who was born on the fifth day of the fifth lunar month will kill his father, and the girl her mother, so people try their best to avoid the possible misfortunes when it comes to the day every year.



Dragon-boat Race in the Tang Dynasty has been held continously

It is recorded that Dragon-boat Race had become a custom in the Tang dynasty. The two emperors, Tang Xuanzong and Tang Jingzong loved watching it. Still Tang Jingzong ordered to build 20 immense dragon boats, so that he could enjoy the dragon boat race on the Dragon-boat Festival. The scale of the dragon-boat races in the Tang dynasty was great. Usually more than ten boats would participate, and then hundreds and thousands of audience would come and cheer.

Those who want to win in the race must have the following qualifications. First, the boat must be built with high-qualified wood because the dragon boat is immense, about ten zhangs long. If the wood is too heavy, it will affect its speed, so it is usually made of light fir wood. Second, excellent oarsmen should be chosen. Only the players who have energy, endurance as well as rowing skills can win

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theclosely fought game. In order to select the top oarsmen, a very effective way is discovered: two contestants sit in a boat back to back, and then they row with full energy to the directions they are facing. The one wins when the boat moves to his direction and is elected as the player in the team. Third, an excellent dispatch is very necessary. Because there are more than ten or even a hundred oarsmen on a dragon boat, it is hard for them to win the game if they are out of step, so an excellent dispatch is necessary for victory. It is usually. done by putting a drum in the center of the boat, and a strong man is chosen to beat it, which not only lends impetus and strengh, but helps oarsmen to unity the rhythem accordingly and keeps them in step to win the game in the end. Besides, an excellent coxswain is very important, too. Once the boat sets off, it moves forward like a lightning. If it moves off the right direction, it can hardly be adjusted.

The method—to scramble for the award is to win, started from the Tang dynasty. Then two kinds of awards existed: the stationary one or the moving one. The stationary award is usually a prize on the top of pole in the water. The one who gets the prize first wins. The moving award is a prize on the blown-up bladder in the water. When the boat approached it, a best swimmer jumped into water and got the prize, which required the coxswain had correct judgment about the target and guided all the oarsmen to adjust the direction of the boat quickly.

The Continuous Dragon-Boat Race in China

Dragon-boat Race in the Song dynasty was as exciting as in Tang. First, the emperor and his relatives loved watching the dragon-boat race, so dragon-boat race was often held in the imperial area Jinming Pool in the Capital Bianliang (the modern city Kaifeng in Henan province). Then, the folk dragon-boat race was vigorous. When it came to the Qing dynasty, though Manchu did not have the dragon-boat race custom, they were moved immediately by the exciting scene of the dragon-boat race and caught up in it. Therefore, the race surpassed the former dynasties quickly in terms of the number of participants as well as its influence.

Nowadays, dragon-boat race has been a world competitive game. The 1st World Dragon-Boat Championships was held in China in 1995, in which 14 teams from the countries and regions participated. The Dragon-boat Race originating from ancient China now influences the world with its special magic power.

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赛龙舟
Dragon-Boat Race

龙舟，顾名思义，是雕刻成龙型的船只。赛龙舟在中国有着悠久的历史，在每年的端午节——农历五月初五进行。

赛龙舟起源众说纷纭

有关赛龙舟的起源的说法一直是众说不一。有人认为龙舟竞渡是为了纪念中国历上的屈原。屈原是战国时期楚国人，中国历史上著名的文学家。曾位居高官，但因痛恨奸佞小人当道，受奸臣排挤而遭流放。于公元前278年五月初五投汨罗江而死。据说，当屈原死后，当地民众自发组织起来，竞相划船营救。此举相沿成习发展成了龙舟竞渡活动。

另一种说法是有关中国历史上的伍子胥。伍子胥是中国春秋时期吴国大臣，因为忠于国家、忠于皇帝而遭奸佞之臣陷害而被杀害。尸体被裹起来投入江中。吴国百姓为了纪念伍子胥，奉他为波神，并于每年的农历五月初五举行龙舟竞赛来迎接波神。如此说法不一而足。但是，对于纪念屈原的说法有较大的认同度，因为屈原在中国的历史上有巨大的影响力。

令人困惑的是，为什么有关赛龙舟起源的说法都是在农历五月初五这一天举行龙舟赛呢？人们注意到，在中国，农历五月初五一直被认为是不祥的日子，被称之为恶月恶日。中国古书上就有这样的说法：在农历五月初五这一天所生的孩子，是男孩儿则杀父，是女孩儿则害母。因此，一到每年的农历五月初五，人们便想尽一切办法避免可能不祥之事的发生。

龙舟竞赛在唐代已成风俗

根据历史资料记载，到了唐代时期龙舟竞赛活动就已经成为一种风俗。唐玄宗、唐敬宗都喜爱观看龙舟竞赛，唐敬宗甚至下令建造20艘巨大龙舟，供自己在端午节时观赏龙舟竞渡之用。唐代时龙舟竞渡活动的规模相当宏大，通常有数十艘巨大的龙舟参赛，且观者如潮，喊声震天。

赢得龙舟竞渡活动必须具备以下条件，首先，必须选择优质木材建造龙舟，因为龙舟巨大，一般在10丈左右，如果所用木材过重，必会影响它的行进速度，因此，人们通常用质轻的杉木打造龙舟。其次，要有优秀选手。有了力量又有耐力且掌握了选船技巧的划手，才能在激烈的竞争中胜出。为了选拔优秀的划手，人们发明

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了一种极为有效的方法：让两位选手背靠背坐在一只小船上，然后各自用力向自己面对的方向划船，船移向谁所划的方向，谁就是胜者，就被选拔到龙舟竞渡队伍中。再者是要有良好的调度。每艘龙舟上的参赛人员少则十几个人，多则上百人，若划手们不能步调一致，是很难取胜的。为了胜利，要有优秀的调度。通常是在龙舟中间放一面大鼓，选出强壮有力的人击鼓，既壮声威，又使划手能根据鼓点统一节奏，步调一致，取得最后的胜利。此外，还要有好的领向员。因为龙舟一旦启动，其行如飞，若在方向上发生偏差，很难调整过来。



龙舟竞渡中夺标定胜负的比赛方法始于唐朝。标分两种，一是固定标，一是活动标。固定标通常是在水中立一杆，杆上放奖品，谁先取得奖品，谁就是赢家；活动标把动物膀胱充气后放入水中，再挂上奖品，龙舟接近此活动标后，由一名游泳高手入水夺取此标。这就要求领向员对目标要有较强的判断力，并指引全体人员灵活地调整方向。

3. 龙舟竞赛代代相传

到了宋代，龙舟竞渡活动丝毫不逊色于唐代。首先是皇室贵胄极爱观看龙舟竞渡表演，在京城汴梁（今河南开封）皇家禁地金明池经常进行龙舟竞赛。再者就是民间龙舟竞渡活动轰轰烈烈。到了清朝，虽然满人没有龙舟竞渡活动的风俗，但是，很快被汉人的龙舟竞渡活动的热闹场面所感染，并陶醉其中。因此，清朝时期的龙舟竞渡活动很快都超过了历代各朝。

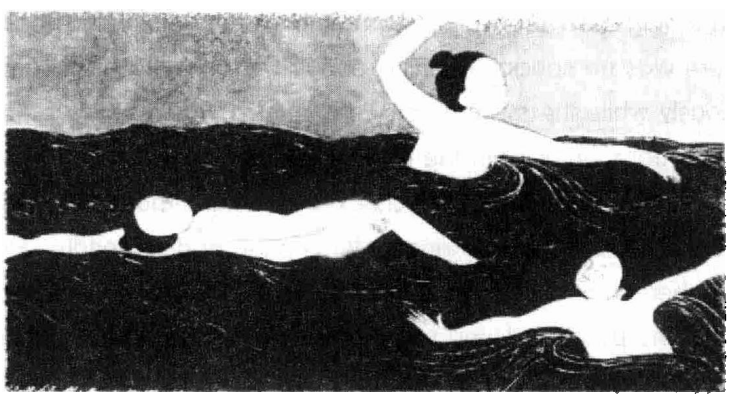
今天，龙舟竞渡活动已是一项国际性的比赛活动。1995 年，首届国际龙舟锦标赛在中国举行，有 14 个国家和地区派队伍参加了比赛。龙舟竞渡这项源于古老中国的活动，正以其特有的魅力影响着世界。

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传统的中国游泳
Chinese Traditional Swimming

Swim in military affairs

The earliest records about swim in the history of China is in the books of the Spring-and-Autumn Period. It says in "The Book of Odes" "Row across it if it is deep and swim across it when it is shallow."



China has a lot of rivers and lakes, especially, in the south, which is called "A Southern land that abounds in rivers and lakes." Wars broke out frequently during the periods of the Spring-and-Autumn and the Warring States. Some states then discovered water communication faster and safer than land communication and founded the special forces-water-borne forces, which is same to the modern navy. The water-borne forces were to fight on water specially, so falling into water was unavoidable. Those who could not swim would certainly be drowned. Thus, the water-borne forces stressed the soldiers' swimming training. The pictures on a bronze kettle in the Warring States Period that is unearthed in Sichuan describe the scenes of water and land wars then. In them, it can be seen some warriors backstroking, some swimming underwater and some fighting at close quarters with weapons.

From then on, water-borne force is an important part in the army in Chinese history. Records show in the reign of Emperor Wudi of the Western Han, he was about to send armed forces to suppress Kunming State, so a 40-li squared Kunming

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Lake in the southwest of Chang'an was dug to make the warriors practice swimming, rowing and underwater swimming etc. there every day. When it came to the Northern Song, in order to suppress the Southern states, a man-made lake-Jinming Lake of 9 li in girth was dug particularly in the Northwest of the Capital Bianliang training the water-borne forces there. Besides, the functions of those soldiers who were good at swimming can be seen in the wars, such as the war in Chibi in the period of the Three Kingdoms, the war between Tang and Liang in the period of Five Dynasties and Ten States, and the Anti-Japanese Pirates War in the Ming dynasty etc.

Special Function of Underwater Swimming

Underwater swimming means to dive under water and swim. Underwater swimming as a branch of swimming comes into being together with swimming. There was no special trainning about it in ancient China, and it appeared spontaneously while the swimmers swam, which was a highly practical skill in fishing for things from water or in the military affairs.

Rich or abundant products exist in water. Those who were good at swimming scooped them and exchanged for money and materials. Historical records show that there was a pearl lake in Hepu of Guangxi, and the pearls were in the depth of it. The pearls in Hepu were very dear, and quite a number of good swimmers dived under the water to look for them at the risk of their lives.

There are countless examples about the application of underwater swimming in military affairs in the history of ancient China. It is recorded in "History as a Mirror" that in the period of Five Dynasties, the officer of the Later Zhou dynasty Zhang Yongde commonded his troops to fight with the water-borne forces of the Southern Tang dynasty. One night, Zhang Yongde sent the soldiers who were good at swimming to dive secretly to the boats of the navel force of the Southern Tang dynasty and tied them all together with an iron chain. The following day, Zhang sent his men to attack the enemy. Since the boats were stuck in the water, the southern Tang wasdefeated completely. Furthermore, it is recorded in "The History Of The Old Five Dynasties" that, during the Five Dynasties, there was a war between Tang State and Liang State. Once the force of Liang State cut off the communication between the south and the north camps of the Tang State with warships, which made them can not help each other. Then, the army of Tang State sent the brothers of

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Ma Wan, who were good at swimming, to carry messages between the two camps with their diving skills. In the end, they burned the boats of Liang State and relieved the siege.

Masters in Swim

The excellent natural conditions in China have fostered groups of top swimmers with superb skills. A man of Luliang is recorded in the book "Zhuangzi. Dashengyuan", who could swim easily in the great waterfall, where no fish or turtles could exist. It says in the book, "Confucius visited Luliang and found the height of the water was 30 ren (a Chinese measurement in ancient time), the currents were swift with a speed of 40 li in a split second, so no soft-shelled turtles, Chinese alligators, and fish and so on could swim in it. Suddenly he found a man in water and thought he must have sufferings and wanted to commit suicide. Confucius asked his pupils to rescue him. However, the man emerged after swimming hundreds of feet, wearing his hair down, and singing. In fact, he was swimming in the pond."

It's a pity that systematical swimming theory and competitive sports have not come into being in China. The modern swimming competition was initiated in England and were introduced into China at the end of the 19th century and the beginning of the 20th century. In recent years, the Chinese swimming athletes have won the gold medals frequently in the world competitions, which shows the strength of China as a swimming power.

传统的中国游泳
Chinese Traditional Swimming

游泳在军事上的应用

中国历史上关于游泳的记载可从《诗经》中读到:"就其深矣,方之舟之;就其浅矣,泳之游之。"

中国是一个多江河湖泊的国家,尤其是中国的南方,历来有"江南泽国"之称。

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春秋战国时期战争频繁，一些国家看到水路运输比陆路运输快捷、安全，便建立了特殊的部队——水师，就是现代的海军。水师是专门在水上作战的部队。既然在水上作战，就难免落水。如果落水者不会游泳就必死无疑。所以，水师对士兵的游泳训练极为重视。在四川出土的一个战国时期的铜壶上的图案向我们展示了当时水陆攻占的场面。图中，有的战士在浮泳，有的在潜泳，有的在水中厮杀。



在中国历史上，水师一直是军队中一支重要的力量。根据历史记载，西汉武帝时，因准备南下讨伐昆明国，就在长安西南开凿了方圆达40里的昆明池，天天让水师在里面练习游泳、划船、潜水等技术。北宋时，出于平定南方诸国的需要，也专门在汴梁的西北挖了一个周长九里的湖——金明池，专门操练水师。除此之外，三国时期的赤壁之战，五代十国时期的唐梁之战，明朝时期的抗倭战争，等等，都可以看到擅长游泳的战士在其中所起的作用。

潜泳

潜泳作为游泳运动的一个分支与游泳同时产生。在中国古代并无专门的潜泳训练，基本上是游泳者在游泳时自然培养而成的一种技能。其实用性较强，可用于捞取水中的物品，或者用于军事行动。

水中拥有丰富的物产。擅长游泳的人就能把这些东西捞上岸来换取财物。据史书记载，在广西合浦有珠池，在海下很深的地方有珍珠。因为合浦的珍珠很贵重，有不少擅长潜泳的人不顾生命危险潜入深海捞取珍珠。

在中国历史上把潜泳用于军事中的例子更是不胜枚举。《资治通鉴》中有这样的记载，五代时，后周将领张永德率兵与南塘水军交战。一天晚上，张永德派擅长游泳的士卒偷偷潜泳到南塘水军的船下，用铁索把南塘水军的船只系在一起。第

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二天，张永德派兵攻打南塘水军，南塘水军因船只无法划动而大败。另据《旧五代史》记载，五代时，梁唐两军交战，梁军利用战船将唐军的南北两寨隔绝，使其无法相互支援。这时，唐军启用军中擅长游泳的马万兄弟，利用潜泳技术，在南北两寨间来回传信，并最终火烧梁军战船，解除了围困。

游泳高手历代倍出

中国优越的自然环境培养出了大批游泳技术出神入化的游泳高手。在《庄子·达生》中记载了一位吕梁壮士，能在连鱼鳖都无法生存的巨大瀑布中自如游泳："孔子观于吕梁，县水三十仞，流沫四十里，鼋鼍鱼鳖之所不能游也。见一丈夫游之，以为有苦而欲死也，使弟子并流而拯之。数百步而出，披发行歌而游于塘下。"遗憾的是，中国没有发展出系统的游泳竞技理论和游泳竞技活动。现代竞技游泳活动起源于英国，并于19世纪末20世纪初传入中国。近年来，中国游泳健儿在国际游泳大赛中屡屡夺冠，逐渐显示出中国作为一个游泳大国的实力。

弄潮
Tide Surfing

Tide Surfing is a special swimming sport. Here it particularly means that the swimmers perform their swimming skills against the tides in the time of Qiantangjiang Immense Tide in the eighth Lunar month every year.

Qiantangjiang Immense Tide is a natural marvelous spectacle. The rough seawater pours into the mouth of Qiantangjiang River from the fifteenth to the eighteenth of the eighth Lunar month every year, and immense tides form because of the great quantity of water pouring into the narrow mouth of the river. The tides are extremely magnificent, but the sons of the fishermen born and brought up there were not threatened off when faced up the sky-scraping waves. On the contrary, they swam against the tides with their skills developed from childhood, emerging and disappearing among the waves, which is acclaimed as the acme of the perfection, so they win themselves a nickname "Tide Surfers".

Qiangtangjiang Tide Surfing has a long history. The word "tide surfer" appeared early in the poem by Li Yi in the Tang dynasty, "I got married to a merchant

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in Qutang, and every day he leaves me alone. If known the tides come regularly, I'd have married to a tide surfer." Tide surfing came to its summit in the Song dynasty. A great number of diaries, poems and articles described it vividly then, of which "Old Stories of Martial Arts Circles" by Zhou Mi is a representative. It says, "Tide in Zhejiang is magnificent in the world. It tops from Jiwang (the 15th of the eighth moon) to the 18th of the eighth moon... When they come nearer, they become snow mountains from a line from the sky with great thunders. They shake the world, gulf the sky and cover the sun... Hundreds of young men who were good at swimming in Wu wore their hair down with tattoos on body, held ten big colored flags in hands, competing against the tides, appearing and disappearing among the significant waves. They jumped high out of the water without making flags wet to show their skills."

It was banned by the government in the Southern Song dynasty because it was thought dangerous. It was deeply loved by the common people and in the Qing dynasty, there were still people there performing tide surfing, but the scale was not so big as in the Song dynasty.



弄潮
Tide Surfing

弄潮是一种特殊的游泳活动，在此特指每年农历八月浙江钱塘江大潮时，游泳者迎着潮头表演泳技的活动。

浙江钱塘江大潮属于自然奇观，每年农历八月十五日至八月十八日，汹涌的海水涌进钱塘江口，因水量巨大，江面狭窄，从而形成高达数米的大潮，极为壮观。然而，面对如此滔天巨浪，自幼生长在钱塘江边的渔家子弟，却无畏无惧，凭着自幼练成的泳技，勇敢地迎潮而上，在波涛之间自由出没，令人叹为观止。他们也因此为自己博得了一个雅号"弄潮儿"。

钱塘江弄潮活动在我国有着悠久的历史。早在唐朝诗人李益所写的诗中就有"弄潮儿"一词。"嫁与瞿塘贾，朝朝误妾期；早知潮有汛，嫁与弄潮儿。"到了宋，弄潮活动达到全盛时期。在当时，有大量的笔记、诗文对钱塘江及弄潮儿进行了绘声

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绘色的描写，其中，最具代表性的当数宋人周密的《武林旧事》中的一段描写："浙江之潮，天下之伟观也，自既望以至十八日为盛，……既而渐近，则玉城雪岭，际天而来，大声如雷霆，震撼激射吞天沃日，势极雄豪。……吴儿善泅者数百，皆披发文身，手持十幅大彩旗，争先鼓勇，溯迎而上，出没于鲸波万仞中，腾身百变，而旗尾略不沾湿，以此夸能。"

南宋时期人们认为弄潮活动太过危险政府曾经下令禁止。但是由于弄潮活动深受群众欢迎，到了清朝时期，仍有人在钱塘江大潮时进行弄潮表演，只是规模已经远不如宋代了。

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举重运动
China Traditional Weight-Lifting Games



拓关
Tuoguan or Barlifting

温静

Tuoguan has another name Qiaoguan, which means to lift the bar of the city gate with hand. Thus, here "tuo" means lift, and "guan" is the bar of the city gate.

During the Period of Spring and Autumn, people focused on the building of the cities, especially the capital of the state because of the continuous wars. The city gate was often built much broader and thicker, so that it was both convenient for the army to pass and helpful to defend the country. The gate needed a huqe bar, which was rather heavy then. When we mean "Tuoguan", it does not mean to lift it up only, but to lift it up by holding one end of it. According to certain information, the "city gate" was usually four-to-five-zhang in breadth, and the bar of it was almost the same, therefore, it is not easy to lift up a four-to-five-zhang long bar by holding one end.

Tuoguan was a special weightlifting sport in ancient China. It was usually practised in the army with the aim to exercise the strength of arm. In the ancient wars of China, the spear was sharp and could be used to attack the enemy from distance, so it was often used in the army, especially in the cavalry. It was usually about one zhang and eight chi long. Some were even made of iron and very heavy. When the soldiers used the spear, they held the end of it in order to bring

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its efficacy into ultimate play. Which was similar to it Tuoguan. Therefore, to practice Tuoguan had its special use in training the warriors' muscle.

According to the historical record, Tuoguan was paid much attention to in the Tang dynasty. When Tang Taizong chose his soldiers in the cavalry, he considered "to lift the bar five times in one breath" as the necessary qualification. Another information in "The New Book about Tang Imperial Examination" says Wu Zetian started the Gongfu Examinations, and Tuoguan was ome of the subjects. It was required that the attendants of the examination should lift the bar up (which is one-zhang-and-seven-chi long with the diameter of three point and five cun) ten times continuously, and the point he held the bar should be in a distance less than one chi to the end. After the Tang dynasty, Stonelifting became the main stream, and Tuoguan disappeared in the society.



拓关
Tuoguan or Barlifting

拓，即举；关，就是城门的门栓。拓关又称翘关，就是用手举起城门上的大门栓。

春秋战国时期，因为战事频繁，人们对于筑城尤其是修筑一个国家的都城都十分重视，其中的城门更是建得又宽又厚，以既便于军队出行，又有利于防御。城门巨大，所以当时的门栓十分笨重。拓关并非简单地把门栓举起来就了事，而是用两手抓住门栓的一端，把门栓举起来。根据有关资料，当时的"国门"通常有四五丈宽，门栓的长度与此相当，可想而知，抓住一根四五丈长的粗木头的一端，再把它举起来，不是一件容易的事情。

拓关是中国古代的一项特殊的举重活动，不过，这种举重活动多在军中进行，目的是锻炼军人的臂力。在中国古代战争中，长枪因为其尖利，能远距离击敌而成为军中、尤其是骑兵中最常使用的一种兵器。长枪通常长一丈八尺左右，有的甚至通体用铁制成，很是笨重。军人在用枪时，为了最大限度地发挥长枪的效能，尽量握枪的尾端，这种用力方式，与拓关极为相似。因此，拓关对增强军人的臂力有特殊的作用。

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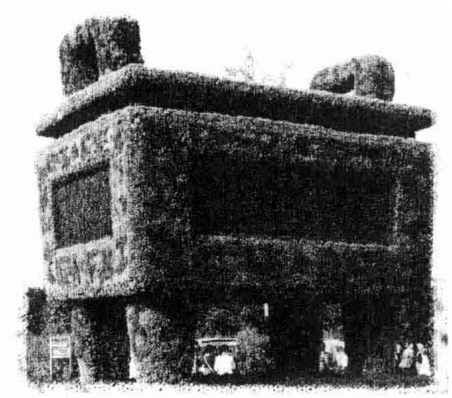
史料记载，唐代对拓关活动十分重视，唐太宗在选拔“飞骑”部队成员时，就把能“翘关五举”即一口气拓关5次作为必要条件。另据《新唐书·选举志》，唐代从武则天开始设武举，武举的考试科目中就有拓关，并规定必须一连举起长一丈七尺、直径三寸半的门栓10次，而且举门栓时后手离门栓的末端不得超过一尺。

唐朝以后，举石成为举重活动的主流，拓关渐渐退出了历史舞台。



扛鼎
Tripod Lifting

Pod is an instrument made of bronze and used to cook in ancient China. Usually it has three or four feet and two ears on each side for people to hold it. A pod is very heavy, which usually has a weight of a few hundred jin and sometimes more than one thousand jin. Because of its feet and ears convenient for people to lift it up and its weight Tripod Lifting became one of the sports to practice muscle and show strength in ancient times.



Wars in ancient China were contests of courage and power. Men of unusual strength were respected. The best way to show that you were powerful was to lift up a pod of more than 1, 000 jin.

It was very popular in the Han dynasty as a game to show one's physical strength. It was still an important performance of Baixi at least in the Eastern Han.

There were two ways for the ancient people to lift the pod, one of which was to use a single hand and the other two hands.

To use single hand to lift the pod means to lift it up by holding only one of the feet, and by two hands means to hold the two ears of it and turn it over, the feet pointing to the sky, then lift it over the head. As we know, it is a cook instrument and not made for people to do physical training, so it is dangerous and easy to

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hurt people. Therefore, after Tang and Song dynasties, it had become a history with the appearance of the lifting instruments such as stone discs and stone padlocks.



扛鼎
Tripod Lifting

鼎，指中国古代的一种用青铜制成的、用于烹煮食物的器皿，通常有三足或四足，两侧有耳，供把捉。鼎很笨重，往往轻则几百斤，重则逾千斤。因为鼎有足、有耳，便于用手提举，且重量较大，故扛鼎成为古代用于锻炼体力、显示力量的一种运动。

古代战争主要是一种勇气和力量的较量，所以，力大无穷的大力士往往受到人们的推崇。而显示力大无穷的最好办法，就是能把重逾千斤的鼎举起来。

扛鼎作为一种显示体力的运动，在汉代较为流行。至少在东汉时期，扛鼎仍是一种重要的百戏表演项目。

古人扛鼎，主要有两种方法，一种是单手举，一种是双手举。单手举即用一只手抓住鼎的一足，把它举起来。双手举即用双手抓住鼎的双耳，把鼎翻过来，使鼎足朝天，然后举过头顶。但是，因为鼎毕竟是一种食器，它不是专门为人锻炼体力而制造的，故扛鼎运动也存在一定的风险，极易对扛鼎者造成伤害。因此，到唐宋以后，随着石担、石锁等举重器械的产生，扛鼎便渐渐成为一种历史。



举石
Stone Lifting

Stone lifting is a game to lift up stones or stone instruments to do physical training or show one's strength, including the stone lion lifting, stone block lifting, millstone lifting, stone discs lifting and stone lock lifting etc.

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Tuoguan and Tripod lifting are more traditional activities in Chinese weightlifting history. After Tang and Song dynasties, stone lifting became the main stream for it was convenient to make stonewares, which cost low and could be held and lift up easily.

There are descriptions about stone lifting in old diaries and stories. It also named Tuoshi, was a special subject in Qing's Wushu Examinations with stones weighing 200jins, 250jins and 300jins respectively. A player was considered qualified to lift a stone up at least one chi from the earth.

But stone lifting was a supplemental event in Wushu in ancient China, and it was mainly to lift stone discs and stone locks. The shape of stone discs was much same to the barbells and there was a bar between the bells of oblates. In the center of the oblates, there were holes in order to stick the bar in. These oblates were made of different weights to adapt to different people and different purposes. There were two methods to lift stone discs, one was to lift it up and the other to brandish it. To lift it up means to lift it with one or two hands, but to brandish it means to wave it up in the air with various movements. Stone block was like an ancient lock, and its function and playing method were similar to the modern dumbbells.

Modern weight lifting started from Europe in 18th century and was introduced into China at the beginning of the 20th century. It is the official competition in the Olympic Games. It has its instruments-the metal barbells, and a perfect and regular training ways and competitive rules, which cannot be found in Chinese traditional stone lifting.



举石
Stone Lifting

举石是一种举起石头制品或石制器械，以锻炼身体或显示力量的举重活动，内容包括举石狮，石墩，石磨盘，石担、石锁等等。

在中国古代举重的历史上，拓关、扛鼎都是较为古老的举重活动，至唐宋以后，由于石制品制作方便、成本较低，且易于抓举，举石便替代拓关、扛鼎，而成为举重

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活动中的主流项目。

在中国古代的笔记、小说中，常有对举石活动的记述和描绘。在清朝的武举科目中，专门有举石一项，亦称为掇石，石重分为200斤、250斤、300斤三种，以抱离地面一尺以上为合格。

不过，在中国古代，举石作为一种举重活动，主要还是作为武术训练的一个辅助项目，而且以举石担和石锁为主。石担的形状与现代举重中的杠铃相似，中间为一根木棒，两边为两块扁圆形的石块，石块的中间有孔，便于串在木棒上。这些圆石块甚至还专门被制作成不同的重量，以适应不同的人群及不同的训练目的。举石担的方法有两种，一为举，一为舞。举即用单手或双手把石担举起来，舞则为双手持石担进行舞动，可做出各种动作。石锁的形状则酷似一把古代的锁，它的功能和玩法与现代的哑铃相似。

现代举重运动始于18世纪末的欧洲，于20世纪初传入中国，是奥运会的正式比赛项目。它以金属杠铃为器械，有一整套规范的训练方法和竞赛规则，这一切，都是中国传统的举石运动所缺乏的。

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China 摔跤运动
China Traditional Wrestling Sports



角抵
Juedi or Jueli or Wrestling

Juedi was another name for Wrestling in Qin and Han dynasties. During the period of pre-Qin, it was called Hudi or Jueli. Juedi can date back to the Chiyou game in ancient times. It is written in "About Specialists" by Liang Renren in the South Liang, that there was a Chiyou tribe in the South in the times of Yan and Huang. There were horns on the head of each people then. When fighting with others, they used their horns, and no one could contend with them. Later, people imitated the fighting methods of the legendary Chiyou to have Jueli competition with horn-like right-up buns on heads, and this game was called Chiyou Game.

During the time of non-ammunition weapons, the physical strength of the soldiers was essential. It was no doubt that a soldier's capacity of Jueli was an important sign of his physical power. Thus, it was stressed a lot in the army in ancient times.

In the Period of Spring and Autumn, there were frequent wars, and Jueli was paid more attention to. In 1995, a carved Jueli copper plate was excavated in Chang'an county Shaanxi province. On it were men and two horses. The two men in the center of the plate put their hands on the waist of the opponent, and the one on the right arched his leg was ready to knock his rival down.

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After China then was integrated by Qin, Wushu was banned, among the people, Jueli became acreational and consequently got the name Juedi.

Juedi was popular in the Han dynasty, and wa sa regular performance, especially in the palace. Here one point should be mentioned that Juedi Game in the Han dynasty includes Nongwan or Pearls Play, Tripod Lifting, Tightrope Walking and Pole-climbing and others of the one hundred entertainments besides Juedi. Only because the fact that Juedi was the more outstanding, all the activities were called Juedi Game.



角抵
Juedi or Jueli or Wrestling

秦汉时期，人们称摔跤为角抵。先秦时，称角抵为觳抵或角力。角抵源于上古时期的蚩尤戏。据南朝梁人任昉《述异记》描述，在炎黄时期，南方有一个蚩尤部落，人人头上长着角，与人作战时，就用角相抵，使人无法抵挡。后来人们模仿传说中蚩尤部落的作战方式，进行角力比赛，比赛时头上扎冲天髻，以象征头上的角，因此被称为蚩尤戏。

冷兵器时代，体能是消灭敌人保存自己的关键，因此，体能训练很受重视。角抵无疑是体能的重要标志。



春秋战国时期，随着战争的日益频繁，人们对角力的重视程度进一步提高。1955 年，在陕西长安县（今西安市长安区）出土了一件战国时期的透雕角力铜牌，形象地展示了当时角力的状况。画面为两马两人，在牌子中间的这两人各自用手按着对方的腰，右边的人腿呈弓状，正准备发力摔倒对方。

秦统一中国后，禁止民间习武，于是角力成为娱乐表演活动，也就有了角抵之名。

到了汉朝角抵盛行，尤其是在皇宫中经常表演。但是皇宫中所表演的角抵由于角抵表演突出，才称为角抵，其实还包括弄丸、扛鼎、履索、缘竿等百戏项目。

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手搏
Barehanded Fighting

Barehanded fighting in the broad sense means to fight with hands and no apparatus. In this way, it originated with the appearance of human being because the barehanded fighting between human and animals happened frequently in the remote antiquity. In the narrow sense, it means to fight with bare hands with skills and rules. From this point of view, barehanded fighting is somewhat like Chinese boxing.

It had developed into a special skill in the Period of Spring and Autumn and had its great development in the Han dynasty, including the three aspects. 1) Different skills and methods were invented such as Juji (means to hold a person fast first and then knock it down), hitting on the back, sidewinder, fast hitting, xiangpi and curling like a wheel; 2) the different nicknames for barehanded fighting which distinguished itself clearly from Juedi; 3) it was applied as a means to check the soldiers in the army.

Afterward, the title of barehanded fighting was gradually neglected with the thriving and development of serial Chinese boxing stunts.



手搏
Barehanded Fighting

从某种意义上说，只要不用器械而展开的徒手相搏就是手搏。鉴此，有了人类就有了手搏，因为在远古人类的生活中，人与野兽或人与人之间经常会有徒手相搏。狭义的手搏指运用一定的技巧和方法徒手相搏，从这个意义上说，手搏应是与武术中的类似拳术的活动。

春秋战国时期，手搏已成为一种专门的技能。汉代有了较大的发展，这主要表

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现在三个方面，一是发明了很多手搏的技巧和方法，出现了拘击、击背、旁击、疾击、相僻、卧轮等手法和名称。二是出现了手搏的别名，并把它与角抵明确区分开来。三是军队中已把手搏作为考核军人的一种手段。

在以后的历史中，随着武术中的各种拳术套路的兴盛和发展，手搏之名逐渐不为人们所提及。



相扑
Xiangpu or Xiangbo

During the period of Tang and Song dynasties, Juedi was also called Xiangpu. When it came to the Qing dynasty, Juedi had other names Buku or Wrestling. Though the name was different, the contents and forms had no changes in nature.

The name Xiangpu first appeared in the Jin dynasty. When it came to Tang and Song dynasties, the word Xiangpu was often seen and heard. The wrestling team in the court in the Tang dynasty was called "Xiangpu Friends", and the folk organization in the Song dynasty was "Xiangpu Association" and so on.

Xiangpu in the Tang dynasty was quite different from Juedi mixed with baixi in Qin and Han dynasties. It had developed into a special competition. It stipulated then that Xiangpu players should undress the clothes and play to the accompaniment of the drum. Many emperors in the Tang dynasty loved watching the game. According to the record, during the reign of Xuanzong Xiangpu competitions were often held in the court, and a wrestling team named "Xiangpu Friends" was even organized. Besides, Tang Yizong, Tang Xizong and Tang Zhaozong also loved watching it, and Tang Xizong often had wrestling competitions with the eunuches in the inner loyal court.

Xiangpu in the Song dynasty was much more popular than in the Tang dynasty, which can be found in three aspects. 1) The Imperial Xiangpu team in the Song dynasty was more standardized. The team was named "Neidengzi", consisting of 36 players classified into three grades——first, second and third. The first and sec-

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ond grades had ten players in each and the third had 16. Besides, the team had 70 reserves. They served as attendants of the emperor at other times except for Xiangpu performances. Furthermore, general examination would be held every four years among the Neidengzi, by which the unqualified players would be eliminated, and new ones would be chosen from the reserves to make up the team; 2) the folk Xiangpu was more popular in the Song dynasty. During the period of the Northern Song dynasty, a folk organization named "Xiangpu Association" appeared in the capital Bianliang. The members of the organization mostly lived on Xiangpu performances, so they made a series of regulations named "Organization Rules." They had special referees named "Bushu" for the performances. Another point which was worth mentioning was that women members appeared in the Xiangpu Association, which was very conspicuous in the ancient time with serious Confucian; 3) Xiangpu Ring competition emerged.

When it came to the Yuan-and-Ming time, Xiangpu was relatively on the wane. Folk Xiangpu was banned, and it was performed in the army mainly as a military training. Though it was not prohibited in the Yuan dynasty, its popularity could not be compared with that in the Tang-and-Song period. Until the Qing dynasty, the Government advocated wrestling, so it was much more prosperous than ever before.

It should be pointed out that Xiangpu is considered "National Game" and developed everywhere in Japan. The Japanese Xiangpu has certain relationship with the Chinese Xiangpu, and many scholars believe that it is introduced into Japan by the ambassadors to Sui and the ambassadors to Tang then. This matches the history.



相扑
Xiangpu or Xiangbo

唐宋时期，相扑一名取代了角抵；清代，则被称为布库或摔跤。虽然名称有了改变，活动的具体内容和形式则并无实质性的变化。

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相扑之名，最早见于晋代。至唐宋时期，相扑一词的运用已极为广泛。唐代宫廷中的专业摔跤表演队，也被称为“相扑朋”；宋代的民间摔跤组织，则被称为“相扑社”，等等。

唐代的相扑运动与秦汉时期角抵的不同之处就在于它已成为一项独立的体育竞技活动。当时的相扑比赛规定相扑手要袒露身体，比赛时还要擂鼓助兴。唐代有不少皇帝爱看相扑表演。据史载，唐玄宗时，常常在宫中举行相扑比赛，甚至还专门为此组织了一个号为“相扑朋”的摔跤队。此外，唐懿宗、唐僖宗、唐昭宗也都爱看相扑表演，而且，唐僖宗还经常在内苑与太监进行摔跤比赛。

到了宋代，相扑运动开展得更为普及。宋代的相扑运动开展得比唐代还要普及，这主要表在三个方面。一是宫廷相扑表演队伍更规范。宋朝的宫廷相扑队称为“内等子”，共有 36 名队员，分为上、中、下三等，上等 10 名，中等 10 名，下等 16 名。另外，还有 70 名预备队员。这些相扑队员除了专门在各种场合进行相扑表演，平时就担任皇帝的侍卫。而且，每隔三年，内等子就要举行一次大的考核，把不合格的队员淘汰，再从预备队中补充新队员。二是民间相扑运动更为普及。北宋时期，在都城汴梁出现了一种名为“相扑社”的民间组织。相扑社的成员大多以相扑表演为生，为此，他们还制定了相扑表演的一系列规则，名为“社条”。在相扑表演时，还有专门的裁判，称为“部署”。尤其值得一提的是，在宋代相扑社中，还出现了女子相扑队员，这在封建礼教森严的古代，是十分引人注目的。三是出现了相扑擂台赛。

元明时期，相扑运动进入低潮。民间相扑禁止，于是相扑多在军中举行，并且更多的是作为一种军事训练活动来进行的。至明朝，虽然朝廷不禁止民间相扑，但其普及程度仍无法与唐宋时期相比。一直到清朝，由于清廷对摔跤运动的提倡，清代的摔跤运动比历史上的任何朝代都要兴盛。

相扑运动如今在日本被称为“国技”，开展得十分广泛。不过，日本的相扑运动与中国的相扑运动存在渊源关系，有不少学者认为，日本的相扑运动是隋唐时期的遣隋使和遣唐使从中国引进过去的，这一观点是较为符合历史事实的。

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China 杂技运动
China Traditional Folk Performance

冲狭燕濯
Chongxiayanzhuo

Chongxiayanzhuo is a kind of acrobatic show. Chongxia means the body of the player flies through a tube-shaped mat with many sharp arrows inserted all around. Yanzhuo refers to skimming over the water like a swallow.



Developed into the Tang dynasty, a Chongxia performance event named "Gate with Swords" came into being. When they had "Gate with Swords" show, a narrow and long corridor was made with swords and sabers first, then a person riding on a small horse would run through the corridor quickly. It is much more dangerous than the traditional Chongxia because the cooperation between the person and the horse is needed.

Among the acrobatics categories during the period of Ming and Qing, there was a performance of going through the circle, which was quite similar to Chongxia. Such show also exists in modern acrobatics, but there is no fire or swords around the circle. It mainly shows the performer's ability of rocketing into the air and turning back in the air, so it is not so dangerous as the traditional Chongxia.

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冲狭燕濯
Chongxiayanzhuo

冲狭燕濯是一种杂技表演，冲狭指身体从卷筒状的、四周都插有锋利矛头的席子中穿过。燕濯是指像燕子一样从水中掠过。

冲狭表演因其独具的惊险性而受到观众的欢迎。

冲狭表演发展到唐代，出现了一种名为“透剑门”的表演形式。进行“透剑门”表演时，先用刀和剑编成一条狭长的过道，然后由一个人骑一匹小马从过道中疾驰而过。这种表演形式，因为需要人与马的协调配合，所以比传统的冲狭表演更具惊险性。

明清时期的杂技中，有一种钻圈的表演项目，其形式与冲狭颇为相似。现代杂技中亦有钻圈表演，但所钻之圈中既无刀剑，亦无火焰，而主要是展示表演者的腾空折身能力，其惊险程度比较冲狭要逊色。

缘竿
Pole Climbing or Yuangan

Yuangan refers to a kind of activity of climbing up along an upright pole with various skill showing. It has different names such as Dulu, Xunyuan, or Pole Climbing.

Yuangan had been popular in the Han dynasty. According to certain information, the show at that time was not merely climbing up to the top of the pole, but doing many dangerous and breath-taking performances on the top of it. Furthermore, the pole then was not stuck on the ground but on the shoulder or the head of another player. It was carried on from generation to generation after Han and developed into more complex actions.

Yuangan in the Tang dynasty made greater progress than in the previous dy-

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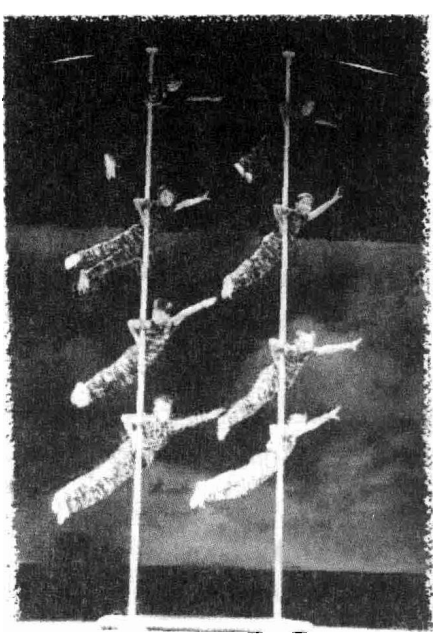
nasties. What is most interesting is that not only did the emperor Tang Xuanzong like watching it but also designed different actions himself. It is said he once taught a mill child the distinguished skills of turning somesault on the pole, and eventually the child could turn somesaults all the way from the top of the pole to the ground, which made the audience tremendously shocked.

It is still very popular now, but not so breathe-taking as before. Nowadays it is usually to set the pole on the ground, and the performers climb up with their legs and hands or only hands, so it becomes more a body-build activity.



缘竿
Pole Climbing or Yuangan

缘竿是沿着一根竖立的竿爬上或滑下并在竿上做各种技巧表演的一种运动，又叫都卢、寻缘，或者爬竿。



汉代时期就已盛行，而且表演者爬到竿顶时还要做出花样迭出的惊险动作。而且，当时人所缘之竿也不是立在地上，而是立在一个人的肩上或头上。以后的各个朝代中，缘竿活动传承不绝，而且创意迭出，并不断向高难度发展。

隋唐时期的缘竿表演，较前代又有很大的发展。有趣的是，唐玄宗不但爱观赏缘竿表演，还亲自设计表演的节目。据称唐玄宗曾教一个教坊小儿表演竿上翻跟头的绝技，最后，这个小孩能从百尺高的竿顶一路跟头翻至着地，让观者惊愕不已。

现在，缘竿活动仍十分流行，不过，现今的缘竿活动已没有了往日的惊险刺激，它通常是把竿立在地上，缘竿者或四肢并用，或只用双手向上攀爬，因此，它更多地成了一种锻炼身体的活动。

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踢毽子
Shuttlecock Kicking

Shuttlecock has another name shuttle ball. It is made up of a shuttle rudder and feather. A shuttlecock rudder is made of a copper coin or a round metal plate coated with cloth or leather, while the feather is always the plume. People use two sides of the feet, kneel or tiptoe to hit the shuttlecock, and make the shuttlecock continuously upward. That is called shuttlecock kicking.

Shuttlecock kicking had already been very popular in the Song dynasty. A lot of creative kicking methods were invented. Gao Cheng in the Song dynasty thought that many methods of shuttlecock kicking were carried on from Cuju.

The period of its most popularity was in the Qing dynasty. Then not only there were a lot of people kicking shuttlecock, but the methods were greatly skillful. Even the people who lived on shuttlecock kicking appeared.

Nowadays, shuttlecock kicking is still a widespread activity. Shuttlecock kicking competitions are often held especially in primary and middle schools. There are various competitive forms such as single, double and group performances. The contents of the competition are the number of kicking, skills and difficulty degrees of kicking, and the time that one player could maintain the shuttle in the air etc.

The current popular competition method among the folk is: there are six players in the competition, and they are divided into two groups, occupying each side of the field. The field is almost as big as a badminton field. When the competition begins, one side will serve first. The players in the other team could use any part of the body below head and shoulders but hands and arms to kick or shoulder or kneel etc the shuttle. If the shuttle-catch side fails, the serve side will score one point. 15 scores determines the result of the competition, but the winner should be sure to be 2 scores ahead, otherwise, the competition will be going on. To touch the shuttlecock with hand or arm is foul. Then the opponents score one point and have the serve.

Shuttlecock kicking is good for the training of softness and flexibility of the

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body, and the amount of exercise can be controlled freely, so it is a game that suits the tastes of both old and young, men and women.



踢毽子
Shuttlecock Kicking

毽子又称毽球，碟锖，它由毽舵和键羽两部分组成。毽舵通常用一个铜钱或圆形的金属片外裹布或皮而成，毽羽则多用翎毛。人们用脚的内外侧、膝盖或脚尖磕击毽子，使其不断上扬，称为踢毽子。宋代时期踢毽子就已很盛行，并且发明了各种新奇的踢法。对此，宋人高承认为毽子的诸多踢法都承自蹴鞠。

中国历史上踢毽子最盛的时代是在清代。不仅踢毽子的人很多，踢毽子的技艺更为精湛，甚至，出现了专门以踢毽子表演为生的人。

时至今日，踢毽子仍是一项开展得十分广泛的运动。尤其是在一些中小学中，常常会举行踢毽子的比赛。比赛的项目很多，形式上有单人表演、双人对踢、集体转踢，比赛内容则有比踢的次数、比踢的花样和难度、比毽子不落地的时间等等。

但目前在民间流行的比赛方法是：参加比赛者为六人，分两队，每队三人，站在场地两边。场地大小和羽毛球场地相似。比赛时，首先由一方发球，对方接球时可用头、肩以下部位，但不能用手和胳膊。如果接球方失误，则发球方得分。如果发球方失误，则对方得分并取得发球权。比赛是15分定输赢，但赢球的一方要保证领先2分，否则，比赛将继续进行。用手或胳膊接触毽子属于犯规，这时，判对方得一分并获得发球权。

踢毽子极有利于身体柔顺性和灵活性的训练，而且运动量可大可小，因此，是一项男女老少皆宜的活动。

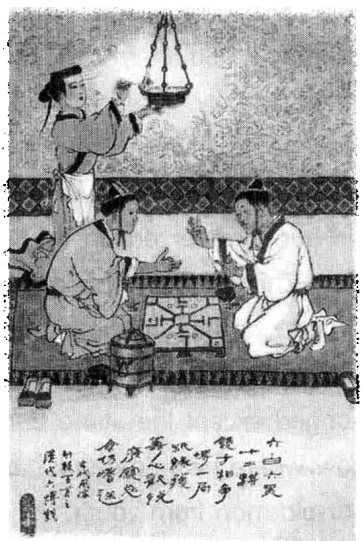
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C 棋类活动
China Traditional Chess

围棋
Weiqi

In China's ancient board games, the most influential one is Weiqi. It is not only the fact that its complicated development and its changeable situations arouse people's keen interest, but it contains philosophy as well. Both the theory of yin and yang by Chinese and the politics of the kingly way are contained in a small board.

The Birth of Weiqi



It's normally said that the birth of weiqi dates back to the Yao-Shun-Yu times, and that is more than 4, 000 years ago. According to what "A Survey of Zoology, Botany, Mineralogy, and Physiology etc." by Zhang Hua in the Jin dynasty says "Yao invented Weiqi, and Danzhu was good at it". This saying is adopted in the two books "The Great Britain Encyclopedia" and "The US Encyclopedia".

In the Warring States period, there appeared the first Weiqi ace named Yi Qiu in Chinese written history. Mencius once used the incident of Yi Qiu to

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prove the importance of concentration on study, but he also used "the master of Weiqi throughout the whole nation" to praise Yi Qiu, which shows Weiqi might have been rather popular then.

Dark-learning's deep influence on Weiqi Games in Wei and Jin dynasties

In Qin and Han dynasties, due to the influence of the event-to Burn the Books and Bury the Confucian Scholars Alive by Qin Shihuang (the first emperor of the Qin dynasty), Weiqi was silent for quite a while. However, until the end of Han coincident with Wei and Jin dynasties, Weiqi had its first peak in its development history.

At the end of Han coincident with Wei and Jin dynasties, the conspicuous characteristic was the joining in of a lot of celebrities. According to the history record, Cao Cao, Sun Ce, Lu Xun, and Zhuge Jin and so on in the Period of the Three Kingdoms were addicted to Weiqi. The famous story about Guan Yunchang that he was playing Weiqi with his General Ma Liang while he received operation on his leg with no anaesthetic at all from the miracle-making doctor Hua Tuo also happened in the Three Kingdoms. Moreover, influenced by the dark-learning to surpass the worldly life advocated in Wei and Jin period, some scholars even considered addiction to Weiqi as an expression of unconventional and unrestrained behaviors and a way of forgetting sorrows.

The long-lasting well-known story "Rotten Ax-shaft" in China's Weiqi history also happened in this era. According to "Stories about the Unusual" in the period of Liang of The Southern dynasty, there was a chopper, Wang Zhi, in Xin'an state in the Jin dynasty. One day, he went to the remote mountains to chop with an ax. When he saw two lads were playing Weiqi in the mountains, he stood aside and watched. One of them gave Wang Zhi a Chinese date, and he did not feel thirsty and hungry after eating it. Before one game was finished, one of them said to Wang Zhi "you have been here so long that the ax-shaft has already been rotten, and why do not you go home", he looked back and found it was really rotten, so he hurried down the mountains for home. When he got to the village, all had changed except the stone bridge at the entrance to the village. He even did not know where his home was, and he himself had already changed into a hundred-year-old man from youth.

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Weiqi Races in the Southern and Northern Dynasties

Up to the Southern and Northern dynasties, the national Weiqi races appeared as well as the grades standards were decided for the levels of the players. In the Southern dynasty, Liang Wudi was very fond of Weiqi, he ordered his people to set up chess manual, select 278 masters and divide them into nine classes, of which the first class was the highest, while the ninth lowest. Modern Weiqi adopts duan grading system, which originates from the Southern and Northern dynasties. Then the players valued their grades greatly, even after death they demanded to have their grades carved in the inscription of their tombstones.

The Flourishing of Weiqi in Tang and Song Dynasties

Up until the Tang dynasty, Weiqi received greater development. Then there was an official position named Weiqi-servant in the Imperial Academy, whose task was to play Weiqi with the emperors. According to the historical records, Tang Xuanzong always ordered them to play Weiqi with him, even when he fled to Sichuan because of the Rebellion of An Lushan and Shi Siming, he still brought them with him. Besides playing Weiqi with the servants, he often did with royal members and chancellors, too.

Weiqi was also prosperous in the Song dynasty. Song Taizu, whose name was Zhao Kuangyin, the first emperor of the Song dynasty, was one of the Weiqi lovers. When he was only an officer under Chai Rong-the Emperor of Later Zhou dynasty, he had once played with an old Taoist priest in Huashan Mountains and even lost his sword that he took with him every day. In the Song dynasty, not only the kings loved Weiqi, but many famous ministers, such as Wang Anshi, Su Dongpo, Wen Tianxiang etc. were Weiqi masters as well. Additionally, among the average people, Weiqi was also quite prevalent. At that time, there was an amateur Weiqi organization with the tile of "Chess Garden" among the people, which would organize Weiqi races at fixed intervals. The prevalence of Weiqi also promoted the development of its theory. "The Classic of Weiqi", an important work on Weiqi in Chinese Weiqi history, was written by Zhang Ni in the Song dynasty.

While in Ming and Qing dynasties, Weiqi developed much more greatly. It was very popular among the common people, and different schools were formed be-

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cause of the different districts and styles such as the Capital school, Yongjia school, and Xin'an school and so on.

In the early and middle periods of the Qing dynasty, Weiqi was still very active because of the prosperity of the nation, and there emerged a large group of Weiqi aces, such as Huang Longshi, Zhou Donghou, and Xu Xingyou etc. Up to the late years of the Qing dynasty, with the gradual corruption of the government, it began to decline. On the contrary, Weiqi was doing like a raging fire in the eastern neighbour, Japan. Thus, in the races between China and Japan, the Chinese team seldom won. This kind of situation began to change until 1980s, and Nie Weiping is the master of Weiqi who changed it.



围棋
Weiqi

在中国古代的棋类运动中，围棋的影响是最大的。这不光是因为围棋棋局纷繁复杂，棋势变化无穷，能引起人们浓厚的兴趣，还在于它所蕴含的深刻的哲理。小小的棋盘之中，既包含阴阳之理，又蕴有王道政治。

围棋的出现

人们通常认为，围棋出现在距今 4000 多年前的尧舜禹时代。据晋朝张华的《博物志》称："尧造围棋，而丹朱善围棋。"《大英百科全书》和《美国百科全书》也采用这种说法。

战国时期出现了中国历史上有文字记载的第一位围棋高手，名叫弈秋。孟子曾借用弈秋教徒之事来说明专心致志对于学习的重要性，但他用"通国之善弈者"来评价弈秋，证明战国时期的围棋活动应该已经相当普及了。

魏晋时期有围棋活动倍受玄风影响

秦汉时期，由于秦始皇焚书坑儒，围棋活动曾一度沉寂。但是，到了汉末魏晋时期，中国的围棋活动则迎来了它发展历史上的第一个高峰。

其围棋活动发展的一个突出表现是众多名人的参与。据史载，曹操、孙策、陆逊、诸葛瑾等人均酷爱围棋。而著名的关云长一边与手下大将马良下棋，一边让神

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医华佗为其刮骨疗毒的故事，也发生在三国时期。而且，受魏晋时期提倡超越尘世生活的玄学的影响，一些文人还把沉溺于围棋看作是一种行为放荡的表现和忘忧的手段。

魏晋时期中国围棋史上久负盛名的“烂柯”故事。据南朝梁时《述异记》载，晋朝时，信安郡打柴人王质，有一天，进山打柴，看到有两个童子在山中下棋，他便站在一旁观看。其中的一个童子递给王质一枚枣，王质吃了后便不觉得饥渴。一局棋还未下完，一位童子对王质说，你来了这么久，连斧子柄都烂了，为什么还不回家。王质回头一看，斧子柄果然烂了，便急忙下山往家赶。但等他回到居住的村庄一看，除了村头的小石桥，面貌全变了，连自己的家都不知道在哪里，而王质自己也已从一个年轻人变成了百岁老人。



围棋手等级的出现

南北朝出现了全国性的围棋大赛，并且棋手的水平确定等级标准。南朝时，梁武帝十分喜爱围棋，他曾命人品定棋谱，选拔国中围棋高手278人，评为9个等级，一品最高，九品最低。现代围棋采用的段位制，即源于南北朝时。当时的棋手对自己的品级均极为看重，连死后的墓志铭中都要写明自己属于几品。

唐宋——围棋活动的又一高峰

到唐代，围棋活动获得了更大的发展。当时，专门在翰林院设置了一种名为棋待诏的官职，其任务就是陪皇帝下围棋。据史载，唐玄宗就经常和棋待诏下棋，甚至在因“安史之乱”跑到四川时，也带着棋待诏。唐玄宗除了与棋待诏下棋，也经常与皇室成员和大臣们下棋。

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宋代的围棋活动也很兴盛。宋朝的开国皇帝宋太祖赵匡胤就是一位围棋爱好者，在他还是后周皇帝柴荣手下的军校时，他就曾在华山与一位老道士下棋，甚至还输掉了随身携带的宝剑。

宋朝时，除了皇帝喜欢围棋，就连许多著名的大臣如王安石、苏东坡、文天祥等都是围棋高手。另外，在普通百姓中，围棋活动也很盛行，当时在社会上出现了一种名为“棋园”的业余围棋组织，定期组织围棋比赛。围棋活动的兴盛，也促进了围棋理论的发展，在中国围棋史上具有重要地位的围棋专著《棋经》，就是由宋代的张拟写成的。

明清时期，围棋活动进一步发展。民间围棋活动也很兴盛，并因地域和棋风的不同而形成了不同的流派，分别有京师派、永嘉派、新安派等等。

清代的前、中期，由于国势兴旺，围棋活动仍很活跃，出现了黄龙士、周东侯、徐星友等一大批围棋高手。但是，到了晚清时期，随着清政府的日益腐败，围棋活动开始衰落。相反，在东邻日本，围棋活动却开展得如火如荼，因此，当时的中国棋手在与日本棋手的对局中，常常是输多赢少。直到20世纪80年代开始，这种局面才有了改观，聂卫平就是这个扭转乾坤的高手。

象棋
Xiangqi or Chinese Chess



Same to Weiqi, Xiangqi is also an intelligence game. While, compared with Weiqi, due to its simpler playing rules, Xiangqi is inferior to Weiqi in changing and taste, but it is much more prevalent among the people than Weiqi because of its simpler rules, less time when it is done, and the more directly perceived and vivid chess board.

As far as the source of Xiangqi and the origin of it are concerned, there are

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always different kinds of opinions. It's confirmed by the archeological exploration materials that, in the late years of the Northern Song dynasty, the rules of Xiangqi were nearly same to the modern ones. For instance, in 1974, in Quanzhou Gulf, Fujian province, there unearthed a seaship of the Song dynasty, and 20 pieces of Xiangqi in the cabin were discovered, whose names were definitely same to the modern ones. Besides, two bronze sets of Xiangqi in the Song dynasty were unearthed in Jiangyou county, Sichuan province. Chessmen such as chariots, horses, gunners, king, assistants, elephants, and pawns exist completely, which are almost same to the modern chess.

In Chinese history, Xiangqi began to prevail since the Song dynasty with the gradual maturity and finalizing of the rules. Especially in the Southern Song dynasty, almost everyone, from the emperor to the common people, was fond of playing Xiangqi.

Xiangqi was also prevalent in Ming and Qing dynasties. After 1949, Xiangqi began to standardize. In 1956, the First National Xiangqi Race was held in Peking. In 1996 the First World Xiangqi Tournament was held in Singapore. Presently, tens of countries and regions in the world have founded the Chinese Chess organizations. Xiangqi, a kind of Chinese traditional game, continues playing its important role in developing intelligence, moulding temperament and enriching life in a new historical period.



象棋
Xiangqi or Chinese Chess

象棋与围棋一样，均属一种智力游戏。不过，象棋与围棋相比，因为下法相对简单，故在变化和趣味性方面均要逊色一些。但是，象棋因为规则简单，每局棋所用时间较少，而且象棋的棋盘，棋子与围棋相比要直观，形象得多，故在民间的普及程度要远远超过围棋。

关于象棋的起源及象棋名称的来历，说法不一。据考古发掘资料证实，到北宋末年，象棋的规制与现代象棋就几乎一致了。如1974年，在福建泉州湾发掘出了

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一艘宋代的海船，在船舱中发现了20枚象棋棋子，名称与现代象棋完全相同。另外，在四川省江油县也出土了两副宋代的铜制象棋，棋子中车、马、炮、将、士、象、卒俱全，与现代象棋几乎一样。

在中国历史上，象棋活动自宋代起开始盛行，这与当时象棋规则趋于成熟与定型有十分密切的关系。尤其是在南宋时期，上自皇帝，下至普通百姓，几乎人人都爱好下象棋。

明清时期的象棋活动也很盛行。1949年以后，象棋活动开始朝规范化发展。1956年，第一届全国象棋比赛在北京举行。1996年，在新加坡举行了第1届世界象棋锦标赛。目前，世界上已有数十个国家和地区成立了中国象棋组织。象棋这门古老的游艺活动，正在新的历史时期，继续发挥它开发智力、陶冶情操、丰富生活的重要作用。

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娱乐活动
China Traditional Activities

射箭
Archery or Shooting an Arrow

Archery is an extremely old sport. According to the archeological materials, the stone arrow was found in the Zhiyu site of Shanxi province about 20, 000 years ago.

The birth of bows and arrows



The early appearance of the shooting skills has close relationship to the living activities of ancient people, for they lived mainly on hunting and collecting before the appearance of agriculture. At the very beginning, people used sticks and stones to fight against animals, which required to fight with animals closely. It was not only very dangerous to people but also aroused the vigilance of them. If so, it was difficult for people to

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approach the animals. People discovered in their long life experiences that bamboo and some sticks with good flexibility had great recoil, and great power would be made by using the recoil to shoot. The bow and arrow were created in time.

Houyi Shot the Suns

To be good at archery means to have more bag, so the ancient people respected the sharpshooter much. The legend about "Houyi shot the suns" was coined in this situation. It is said that there appeared ten suns in the sky in the reign of Emperor Yao. The suns baked the earth, and the people struggled to survive. When the Lord of Heaven found this and sent the miraculous sharpshooter, Houyi, to descend to the world. Houyi shot down nine suns at one time. From then on, there had been good weather on the earth, and all the living things began to grow up strong and sturdy.

shooting proprieties in the Western Zhou

During the period of the Western Zhou, proprieties were stressed a lot as means to control the people and standards to communicate in daily life. Proprieties required people to be just in the heart and have proper manners when they behaved. It was found that archery was identical with proprieties.

Archery in the War

Bows and arrows can be used to hunt animals, and humans, too. With the development of wars of human beings, bows and arrows turned into weapons in the war from the tools to gain food. In the times of Shang and Zhou dynasties, war-carts were the main equipment in the war. On the cart there were only two men except for the driver, one of whom was a soldier in charge of the bow and arrows.

During the periods of the Spring and Autumn and the Warring States, the scrambling wars became more and more serious and brutal, so people began to pay more attention to the training of shooting. In the period of the Warring States, horsemanship and archery appeared with the birth of the cavalry. Wushu juren examination was given since the Queen Wu Zetian in the Tang dynasty, and archery was the main one in it. It is no doubt that this action promoted the development of the archery. When it came to the Qing dynasty, the Eight Banners still emphasized the training of shooting, though the guns were used more and more widely. How-

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ever, after the middle years of the Qing dynasty, especially with the breakout of the two Opium Wars, the Qing government suffered great loss from the Western guns, and the bow and arrows retired from the battles.

Archery and Recreation

The retirement from the battles of bows and arrows does not mean the disappearance of archery in the daily life because it is not only applied in the army but also as a means of recreation. For instance, early in the periods of Wei, Jin, the Southern and the Northern dynasties, there was a custom to drink and shoot in the Double Ninth Festival. Besides, there was a willow-shoot game, which means to shoot the willow twigs.

Though there is a long history of archery in China, and the shooting methods are diverse, it does not develop into an official competitive sport. On the contrary, the Great Britain had its Archery Championship in the middle of the 19th century and spread it to the other European countries and USA and so on. In 1931, the World Archery Association was founded, and the 1st World Archery Championship was held. Archery became the official competition in Olympic Games in 1972, but in China, there were no modern archery competitions before 1950s. Due to the consistent struggles, the results of the Chinese athletes in the world competitions are on the rise.

射箭
Archery or Shooting an Arrow

射箭是一种极为古老的运动。据考古发掘资料，在距今两万多年前的山西峙峪人遗址中，已发现有石制的箭头。

弓箭的出现

远古人类的生存方式导致了射箭活动的产生。因为在农业生产出现以前，远古人类主要靠狩猎和采集为生。开始时，人们主要靠棍棒和石头对付野兽，这就必须与野兽进行近距离的搏斗，这样，不仅对人的生命有很大的威胁，而且也会引起

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野兽警觉。在长期的生活中人们发现，竹子及一些柔韧性较好的树枝会产生很大的反弹力，用这种反弹力来发射物体，可产生很强的杀伤力。于是，便出现了弓箭。

后羿射日

擅长射箭意味着可以获取更多的猎物，因此，古人对擅长射箭的神箭手十分推崇。神话传说《后弈射日》就是在这种崇拜射箭技术的状况下创造出来的。据传，在帝尧时代，天上突然出现了10个太阳，把大地烤成了一片焦土，地上的人们都在死亡线上挣扎。天帝俊发现此事后，便派神箭手后弈下凡。后弈一箭射下了9个太阳。从此，大地上又开始风调雨顺，万物也重新茁壮成长了。

西周时期的射礼

西周时期，礼作为一种统治手段和人们日常交往的规范而受到人们的高度重视。礼的特点是要求内心中正，表现于外时则要求规矩合度。人们发现，射箭时的状况与礼的这一特点十分吻合。

射箭技术在战争中的应用

弓箭既可用于射猎野兽，当然也可用于射人。因此，随着人类争夺战争的展开，弓箭便从一种获取食物的主要手段演变成为一种战争工具。商周时期，战车是战场上的主力，每辆战车上除了驾车手，只坐两个人，其中一个就是弓箭手。

春秋战国时期，争夺战争越来越激烈、残酷，人们对射箭技术的培养也进一步重视起来。战国时期，随着骑兵在战争中的运用，人们还发明了骑射这种射箭方式。所谓骑射即骑在马上射箭。唐朝自武则天统治时开始设武举，射箭便是其中重要的考核项目，此举对推动射箭技术的发展无疑产生巨大的推动作用。至清朝，虽然火器在军事上的应用范围越来越广，但八旗兵对射箭技术的训练仍十分重视。不过，清朝中期以后，尤其是随着两次鸦片战争的爆发，清政府在洋枪洋炮面前吃尽了苦头，弓箭才最终退出了战场。

射箭与娱乐

弓箭退出战场并不意味着射箭在日常生活中的消失。因为在中国历史上，射箭不仅用于军事战争中，也是一种娱乐活动。如早在魏晋南北朝时期，就有重阳节饮酒射箭的习俗。除此之外，古代还有一种名为射柳的游戏。所谓射柳，就是用箭射柳枝。

中国的射箭活动虽然有十分悠久的历史，射箭方式也丰富多彩，但它始终没有发展成为一种正式的体育比赛活动。与此不同，英国则在19世纪中叶开始举办射箭锦标赛，并逐渐把这项活动推广到欧洲其他各国及美国等国家。1931年，国际射箭协会正式成立，并在同年举行了首届世界射箭锦标赛。1972年，射箭成为奥

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运会正式比赛项目。我国直到20世纪50年代末才开始进行现代射箭项目的比赛。不过，由于我国射箭选手的顽强拼搏，他们在世界大赛中的比赛成绩正在以极快的速度跃升。



弹射
Catapulting

Catapulting means to use a catapult to shoot a pellet for killing a bird or other targets. It is easy to make a catapult by taking a Y-shape stick with a piece of rubber band tied to it. It was a kind of tool for ancient people to hunt, but its power was very limited and could only kill small animals such as birds or rabbits, and then it becomes a toy with the appearance of bows and arrows.

According to the records of history, Jin Linggong in the Period of Spring and Autumn liked catapulting much. He catapulted not only birds but also persons. Whenever he saw those who were hit by him suffered a lot, he felt greatly delighted. Therefore, people cursed him "Jin Lingong is not a good man".

In the time of the Western Han, Han Wudi had a boy concubine, Han Yan, who liked catapulting greatly. Han Yan had two bad habits, one of which was to use the gold pellet to shoot birds; the other was to shoot persons. Thus, when the civilians met him, they would step forward to greet him and hoped Han Yan would shoot them in order that they could get the gold pellets.

Song Taizu (the first king of the Song dynasty), Zhao Kuangyin loved catapulting very much. Once he was catapulting birds in the backyard garden. When he was caught up in it, one of the ministers asked to visit him. Zhao Kuangyin put down the catapult disappointedly and asked what the matter was. The minister talked about a thing of no importance, and Zhao was annoyed greatly, blamed him why he was anxious to see him for such a trifling thing. It was not expected that the minister dared to contradict the Emperor and said, "It is more urgent than catapulting birds." This made Zhao Kuangyin fly into rage. He picked up the axe next to him, stroke to the face of the minister and knocked off his two front teeth.

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After all, Zhao Kuangyin was a wise emperor, and he realized his rashness and rewarded the minister heavily.

Nowadays, in the rural areas throughout the country, people still can see some juniors catapult for pleasure after school.



弹射
Catapulting

弹射即用弹弓发射弹丸射击鸟类或别的目标。弹弓的制作极为简单，取一段呈丫状的树枝，在其顶端系上富有弹性的皮筋或牛筋即可。它是早期人类用于狩猎的一种工具。但是，用弹弓发射弹丸的力量比较有限，只能射杀诸如鸟、野兔之类的小动物。随着弓箭的出现，弹弓逐渐变成了玩具。

据史书记载，春秋时期的晋灵公就酷爱弹射，他不仅喜欢用弹弓弹鸟，而且喜欢用弹弓弹人，看到被他弹中的人那副痛苦的模样，晋灵公总是感到十分痛快。因此，当时的人骂“晋灵公不君”。

西汉时，汉武帝有一个男宠，名叫韩嫣，他也喜欢弹射。不过，韩嫣弹射时有两个怪僻，一个是喜欢用金丸弹鸟，一个是有时也喜欢用金丸弹人。因此，有的老百姓碰到韩嫣弹射时，会主动迎上前去，希望韩嫣能把自己作为弹射的目标，以获得金丸。

宋太祖赵匡胤也酷爱弹射。据史料记载，赵匡胤有一次在后苑弹雀，正在兴头上，这时，有一位大臣求见。赵匡胤扫兴地放下弹弓，问这位大臣何事求见。结果，这位大臣说了一件无关紧要的事。赵匡胤感到很恼火，便责备这位大臣：这么区区一件小事为何还急着求见！没想到这位大臣竟然顶撞道：“这事总比你弹雀要急吧！”赵匡胤恼羞成怒，随手拿起旁边的斧子就向这位大臣的脸上击去，一下打落了他两颗牙齿。不过，赵匡胤终究是一代明主，他最终认识到了自己的冒失，并厚赏了这位大臣。

现在，在全国各地的一些农村，仍可看到一些少年在放学之后，以弹射为乐。

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狩猎
Hunting

Hunting is an activity to hunt for animals, and it is one of the main means for ancient people to gain foods. Later, with the appearance of agriculture, it is usually considered as an entertaiment except in a very few places, where people still live on hunting.

Methods for Hunting

A lot of knacks are concluded in the long time of hunting, which includes: how to judge the animals that you are going to hunt according to their footprints and their dung; how to make a better use of the hunting tools; how to tempt animals to come out from their hiding places. Usually people use pieces of meat or the corpses of the poultry to lure wolves; salt or cabbages to deer; imitate the horrible shrieks of rabbits to tempt foxes etc.

The Large-scale Imperial Hunting

Hunting as a recreational activity can be made either individually or collectively. When it is done in group, what is worth mentioning is the Imperial hunting, because the Emperor could use innumerable people and materials while hunting, which made it extremely exciting and full of incentives.



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The most large-scale imperial hunting in history is the "Mulan Autumn Hunting" by the two emperors Kangxi and Qianlong in the Qing dynasty. Mulan means the Mulan Imperial Hunting Park, which lies in the north of the Chengde Mountain Estate for Escaping the Heat. In this place there are plenty of water, grass and thriving forests and groups of animals living. The Qing dynasty was founded by the Manchu, and they lived in the Northern Changbaishan Mountains, mainly living on hunting. Besides, they defeated the weak Ming dynasty with their skills in horsemanship and archery in their daily life. Therefore, the Qing rulers diel not the Qing rulers did not forget what the country was all about and would have one or two great hunting activities in the Mulan Imperial Hunting Park every autumn in order to maintain their horsemanship and archery. However, to the emperor, not only was it a chance to relax and exercise but a chance to review his forces because the action that the emperor ordered tens of thousands of soldiers to hunt is same to have a tremendous military operation, from which the military qualities and disciplines can be reflected.

Doubtlessly, hunting is an activity full of excitement and interest. In addition, it is a sport of high requirements because hunting is done in the mountains and forests. In order to look for and trace preys, hunters must have the physical strength to travel in the mountains for a long time, certain understanding about the habits of the animals in order to fight with them cleverly and bravely and finally kill them, the excellent marksmanship, otherwise hunting will mean nothing, and the superhuman courage because the animals like wolves and bears etc have the ability to kill people…



狩猎
Hunting

狩猎是一种猎取动物的活动，是远古人类获取食物的主要手段之一。后来随着农业生产的出现，除了极少数地方的人仍以狩猎为生，一般均是把它作为一种娱乐活动。

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狩猎的诀窍

在长期的狩猎活动中，人们也总结出了不少狩猎的诀窍。譬如，如何根据动物的足迹和粪便来判断要捕猎的是何种动物；如何更好的运用捕猎动物的器械；如何引诱动物从它们的藏身之处现身。通常人们用肉块或禽畜尸体来引诱狼，用食盐或白菜来引诱鹿，模仿兔子的惨叫声来引诱狐狸等等。

规模盛大的帝王狩猎

作为一种娱乐活动的狩猎，既可以个体的方式进行，亦可群体进行。在群体狩猎活动中，最值得一提的，当数帝王狩猎。因为帝王可以动用庞大的人力物力，从而使狩猎活动热闹非凡，充满刺激。

在历史上的帝王狩猎活动中，规模最大的，还要数清朝康熙和乾隆二帝的“木兰秋狩”。木兰即木兰围场，它在承德避暑山庄以北。那里水草丰茂，林木繁盛，是兽群聚集之处。清王朝由满族人建立，满人本生活在北方的长白山麓，以狩猎为重要的谋生手段。凭借狩猎时练就的骑射之术，他们击败了懦弱的明朝政权。因此，清帝不忘他们的立国之本，为了使自己的族人保持骑射之习，每年秋天都会在木兰围场举行一两次规模庞大的狩猎活动。对于皇帝来说，木兰秋狩活动，既是一次放松心情、锻炼身体的机会，也有检阅武备之意。因为调动成千上万的军人进行狩猎，实与一次大规模的军事行动无异，从中可以看出军人的素质，反映军队的纪律。

狩猎无疑是一项充满刺激和乐趣的运动，但同时也是一项要求较高的运动，因为狩猎通常在山林中进行，为了寻觅和追逐猎物，必须要有长时间翻山越岭的体力；必须对动物的习性有一定的了解，这样，才能与它斗智斗勇，最后成功地猎取动物；必须有好的枪法，否则，狩猎便会成为一句空话；必须有过人的胆量，因为像狼、熊等动物都有置人于死地的能力……

垂钓
Fishing

Fishing is an extremely ancient activity. The archeological materials prove that our ancestors had already invented fishhooks made of bones to go fishing in the Neolithic Age. Fishing is a game to mould a person's temperament

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and make him delighted, and it can also bring about a kind of enjoyment of pure beauty.

As far as fishing is concerned, Jiang Taigong must be mentioned because he may be rated as the most famous fisher in Chinese history. The story happened in the late years of the Shang dynasty. Jiang Taigong sang while he was fishing on the Wei River, but the hook he used was straight. The looker—on was curious about it, and Jiang Taigong explained, "I would like to take honestly rather than to plead for with the knees down. I fish not for the fish but for the nobility". In the end, he "fished" King Wen of Zhou and was appointed as the Prime Minister. We can learn that the meaning of Jiang Taigong's fishing is quite different from the real fishing used to mould a person's temperament. According to the relevant materials and the legend, Jiang Taigong went fishing when he failed completely. Besides, his purpose of fishing was to wait for King Wen of Zhou, so that he could realize his ambition to support Zhou State and destroy Shang State.

In the history of China, those who achieve their successes by fishing are numerable because fishing is not only to cheat the fish but the people, of whom the representatives are Long Yangjun in the Period of Spring and Autumn and the Warring States and Yuan Shikai in the Republic of China who was the arch usurper of state power.

According to "Tactics in The Warring States. The Tactics of Wei State", Long Yangjun was the boy concubine of the King of Wei and also the most famous gay in the history of China. He took great pains in order to have the monopolized favor from the King of Wei. Once he fished together with the King of Wei on the same boat. When they fished for a little while, Long Yangjun burst out crying quite unaccountably. The King asked him why. With the time and again inquiries Long Yangjun told him, " Just now I fished a smaller fish and I was very happy. After a while I got a bigger one, and I was much happier and forgot the smaller one. So I think of myself and I am worried whether your Majesty would forget me when you meet a better man." When hearing this, the king of wei vowed he would not change his love for him and exhorted the people around if anyone dared to recommend any beauty to him, he would be punished by killing all his kin and relatives. In this way, Long Yangjun strengthened his position as a monopolized favor cleverly by fishing.

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The fishing of Yuan Shikai is more deceitful. In the later years of the Qing dynasty, Yuan Shikai, who was once in charge of the massive forces and disclosed the plans of the Emperor Guangxu, was forced to take off his armour, return to the land and recuperate in his hometown in Henan because of the sensitivity of the governors after the death of Mother of the emperor, Cixi and the Emperor Guangxu. However, the ambitious Yuan Shikai was not willing to retire from the political stage and constantly communicated with his old followers in order to resume his former position. Meanwhile, in order to avoid being know his conspiracy by the Qing government and persecuted more, he fished every day beside a lake with an alpine rush and a rod, which made him look like a real fisher completely. When the Qing government knew he fished only, it loosened up watch on him. When the Revolution of 1911 broke out, Yuan Shikai demanded exorbitantly from the Qing Government with his power and influence in the army, usurped the victory fruit of the Revolution of 1911 and granted himself the title Emperor Hongxian.

Nowadays, fishing is a world competitive game. The World Fishing Organization was set up in 1952, which started the world fishing championship. In 1983, the Fishing Association was founded in China. There are two ways in the modern fishing competition. One is to compete the amount of fishing. The other is to compete the distance of the fishing hook while it is thrown out.



垂钓
Fishing

垂钓是一种极为古老的活动，考古发掘资料证实，早在新石器时代，我们的先民就已经发明用骨头制成的鱼钩来钓鱼了。钓鱼是一种陶冶性情、愉悦身心的活动，能给人以一种纯美的享受。

说到钓鱼，则必说姜太公，因为姜太公堪称中国历史上最著名的一位钓客。姜太公钓鱼说的是商朝末年，姜太公在渭水边作歌垂钓，钓钩却是直的。旁观者对此很好奇，姜太公解释说："宁在直中取，不在曲中求；非为锦鳞，只钓王侯。"结果姜太公"钓"来了周文王，被拜为丞相。从中可以看出，姜太公钓鱼与那种真正意义上的

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钓鱼，即那种为陶冶性情而进行的钓鱼相去甚远。根据有关资料及传说，姜太公是在一事无成的情况下，才去钓鱼的，而且，他钓鱼的目的，也是为了等候周文王，以便能实施自己扶周灭商的抱负。



在中国历史上，像姜太公那样借钓鱼达到自己目的的人不在少数，因为钓鱼不仅能欺骗鱼，有时也能欺骗人。其中较具代表性的，除了姜太公，还有两位，一位是春秋战国时的龙阳君，一位就是民国时的窃国大盗袁世凯。

据《战国策·魏策》载，龙阳君是魏王的男宠，也是中国历史上最著名的同性恋者。他为了得到魏王的专宠，煞费苦心。一次龙阳君与魏王同船钓鱼，钓了一会儿，龙阳君突然莫名其妙地大哭起来。魏王赶紧问他为什么哭。在再三追问下，龙阳君告诉魏王说：我刚开始时钓到了一条小鱼，心里很高兴；过了一会儿，我钓到了一条大鱼，心里更加高兴，便把那条小鱼给忘了。由此我想到了自己的身世，君王会不会因为遇到一个比我更好的男子，就把我给忘了呢？魏王听后，便向龙阳君发誓说自己不会改变对他的宠爱，并告诫周围的人说，如果以后有人敢再向我推荐美人，就处以灭族之刑。这样，龙阳君借垂钓之事，巧妙地稳固了自己的专宠地位。

袁世凯钓鱼则更具欺骗性。晚清时期，慈禧太后和光绪皇帝死后，曾手握重兵、且向慈禧太后告发光绪皇帝谋划的袁世凯因受到当政者的忌讳，被迫解甲归田，回河南老家休养。但是，野心勃勃的袁世凯不甘心就此退出政坛，他不断联络旧部，以待东山再起。同时，为了防止清政府察知自己的阴谋，进一步加害，他便整天在池边垂钓，一蓑一竿，严然一个真正的钓鱼翁。清政府了解到这一情况后，果然对他放松了警惕。然而，等到辛亥革命爆发，袁世凯凭借自己在军队中的势力，向清政府漫天要价，并窃取辛亥革命的胜利果实，自封为洪宪皇帝。

到今天，垂钓已经成为一项国际性的体育比赛活动。1952 年，国际钓鱼运动联合会成立，开启了国际钓鱼技术锦示赛的序幕。我国也于 1983 年成立了钓鱼协会。现代钓鱼比赛的方法有两种，一种是比谁钓的鱼多，一种是比谁的钓鱼钩掷得远。

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China 节日活动
China Traditional Festival Activities



重阳登高
Double Ninth Hill-Climbing

The Double Ninth is the short form for The Double Ninth Festival, which refers to the ninth day of the ninth lunar month. "The Book of Changes" says nine is the biggest Yang number, so the ninth day of the ninth lunar month is called the double ninth. Double Ninth Hill-Climbing means to climb a hill on the Double Ninth Festival.

Its Origin

Double Ninth Hill-Climbing has a long history. It is said that on the ninth day of the ninth lunar month people not only climb a hill but "wear Cornus officinallis, eat lotus seeds and drink chrysanthemum liquid". It is recorded in the book "History of Chang'an" by Song Minqiu in the Northern Song that in the Han dynasty Chang'an was its capital, and a small hillock was near the city. People went to climb the hillock on every Double Ninth Festival to enjoy the beautiful scenery in autumn. Since the hill they climbed was a hillock, it is called "Hill-climbing".

About the festival Double Ninth Hill-Climing there is a story. According to the story there was a man, Huan Jing in Runan in the period of the Eastern Han. He learned Taoist from the alchemist Fei Changfang. One day, Fei Changfang told Huan Jing that terrible disaster would happen to his family on the Double Ninth day, and if they wanted to avoid it, there was only one way that the whole family

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should climb up the mountain with crimson bags on the arm, in which should be the Cornus officinallis, and still they should drink the chrysanthemum liquid when they were up the hill. Huan Jing believed Fei Changfang, and did as what he was told completely. When darkness fell, the whole family went back home and found all the chickens, dogs and pigs etc. had died. Fei Changfang told Huan Jing that the animals died for them because Huan and his family followed his advice. People heard of the miraculous effect of climbing a hill and carrying Cornus officinallis on the Double Ninth Festival, and then Double Ninth Hill-climbing spread everywhere as a custom.



Colorful Double Ninth Hill-climbing

When it came to Song, Yuan, Ming and Qing dynasties, Double Ninth Hill-climbing was still very popular. In the Song dynasty, people carried Cornus officinallis, drank the chrysanthemum liquid and ate cake (this word has the pronunciation "Gao" as a Chninese character) as well while climbing, which symbolized to rise up step by step.

A simple climbing activity combined with philosophy, legend and dietary habits produces the magnificent and colorful literature and enriches people's daily life. It is what the Double Ninth Hill—climbing is about. It may be just because of this, the Double Ninth Festival has been claimed as "Day of the Aged", and "Day of Climbing" since 1980s. It is promoted grandly in the country, which makes it continue playing the function to carry on civilization in the new time.

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重阳登高
Double Ninth Hill-Climbing

重阳即重阳节，它指的是农历每年的九月初九。因为《易经》中称九为最大的阳数，故九月初九有重阳之名。重阳登高即指在重阳节这一天去登山。

历史起源

重阳登高有十分悠久的历史。重阳节这一天，人们不仅会去登高，还会“佩茱萸，食蓬饵，饮菊花酒”。据北宋宋敏求的《长安志》记载，汉朝以长安为京城，在长安的附近有一个小高台，每到重阳节，人们便会纷纷登上小高台，欣赏秋天的美景，因为所登的山为小高台，故有“登高”之说。

有关重阳节登高有这样一则故事。据这则故事称，东汉时，汝南人桓景跟随方士费长房学习道术。一天，费长房告诉桓景：重阳节这一天，你家有大灾，要想躲过此劫，只有一个办法，就是你们全家人都爬到一座高山上，手臂上系上绛色的袋子，袋子里面装上茱萸，到了山上后，还要饮菊花酒。桓景对费长房很信任，便一一照办了。到了晚上，他们全家人下山回到家里，这时，他们发现家里的鸡、狗、猪等家畜全都死了。费长房告诉桓景，这是因为你们听从了我的建议，所以由这些牲畜代你们去死了。因为听说重阳节登高、佩茱萸、饮菊花酒有如此神奇的功效，所以此后，重阳登高便成为一种习俗流行开来。

重阳登高活动内容丰富

到了宋元明清时期，重阳登高之习仍盛行不衰。在宋代，人们不仅在重阳登高时佩茱萸，饮菊花酒，还要吃花糕，以象征步步升高。

一项简单的登山活动，与哲学思想、神话传说、饮食习惯相结合，并由此产生了瑰丽多姿的文学艺术，给人们的日常生活增添了丰富多彩的内容，这正是重阳登高活动的魅力所在。也许正是基于此，自20世纪80年代开始，重阳节被正式命名为“老人节”、“登山节”，重阳登山活动在全国各地隆重地推广开来，使它在新的历史时期继续发挥着传承文明的功能。

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耍龙灯
Dragon Dance

Dragon dance has its nicknames such as "Run with Dragon Lantern in Hands" or "Dance with Dragon Lantern in Hands." It is one of the activities with the national characteristics of China. The dragon lantern is usually made of thin bamboo strips, silk and lanterns. The head, body and tail of a dragon is first made with the bamboo strips, the thin and transparent silk is clung to the strips, and then paint the palpus, scales and paws on the silk. The dragon lanterns have different length. Usually the shorter ones have three parts, and the longer ones have more than ten, but they are mainly odd number. Under each part of the dragon lantern, a handle is installed for the players to hold. In the end, light up the lamps in each part of it, and then a dragon lantern is finished.



When dancing with the dragon lantern in hands, one person holds a pearl-like thing runs in front, and the whole dragon will follow it. It demands strength and skills. Of all the performers, the ball-holder, the head-holder and the tail-holder are the most important. The ball-holder equals to a commander, and he must care for the movements of the whole dragon lantern. The head-holder is the core of the lantern, and his movements will influence the coordination of the whole dragon. The tail-holder often has to perform movements such as rolls, prances and so on, but he could not see the movements of others so he can only rely on the regular training and act according to certain pattern.

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Dragon dance is an activity developed from the dragon totem, the activity of dancing with the dragon in hands and the dragon lanterns enjoyment.

Dragon dance existed in the period of Ming and Qing dynasties. It is usually performed in the traditional days such as the Spring Festival and the Mid-autumn Festival accompanied by other games such as firework, monkey performance, tightrope walking and circus etc.

Up to now, dragon lanterns have already stepped out of the country and dance among the overseas in the world. It is an outstanding mark of the Chinese cultures.



耍龙灯
Dragon Dance

耍龙灯又称跑龙灯、舞龙灯，是中华民族最具民族特色的活动项目之一。龙灯通常以竹篾、绸布和灯为主要制作材料，先用竹蔑扎成龙头、龙身、龙尾的形状，再把薄而能透光的绸布罩在竹篾上，然后在绸布上用油彩画出龙须、龙鳞、龙爪。龙灯有长短之分，短的仅3节，长的则可达十多节，不过多为奇数；在每个龙节下都装有木柄，供耍龙灯者手持。最后在每个龙节中点上灯，一条龙灯就制作完成了。

耍龙灯时，由一人手持象征龙珠的彩球在前面跑动，整条龙则随着彩球舞动。耍龙灯既是一种力气活，又需要有一定的技巧，其中持球者、耍龙头者和耍龙尾者三者最为关键。因为持球者相当于整个耍龙灯活动的指挥，他必须照应到整条龙的舞动；持龙头者则是整条龙灯的核心，他的动作影响着整条龙动作的协调；持龙尾者则常常要表演翻滚、腾跃等各种动作，却又看不清前面的动作，因此，他只能依靠平时的训练，照着一定程式去做。

耍龙灯是集龙图腾崇拜、舞龙活动、龙灯观赏于一身而发展起来的一种活动。

在明清时期，已有成熟的耍龙灯表演。耍龙灯表演通常在春节、中秋节等传统佳节举行，届时还伴有焰火、耍猴、履索、马戏等百戏项目。

时至今日，龙灯早已走出国门，尽情耍动在世界各地的华人聚居圈，成为中华文化的一个显著标志。

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舞狮子
Lion Dance

Lion Dance means a performance by persons disguised themselves as lions. There will be three persons in the dance, two of them act as the lion (one is the lion head and the other the body and tail.), then cover them with the lion skin-like fabric. The vivid lion-head made of wood or bamboo strips is held in the player who acts as the lion head, and the third person holds the colored ball or horsetail whisker to guide the lion to do various movements. In every annual Spring Festival, there will be lion dances to show celebration on the both sides of the Great River from the first day to the fifth day of the first moon.

Lion Dance in Chinese History



There is no lion at all in China. The lions in China and also the image of lions were imported from India in the Han dynasty. There was the game to play with lions in the Period of the Three Kingdoms, but according to the notes, the lions they

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played with were not real ones.

Lions are brave mighty. In addition, they are from India, the Buddhist country, so they are quite legendary in the eyes of Chinese. Chinese think that lions are brave and fierce, which could not only symbolize power and courage but also suppress the demns and drive the evils off. Therefore, they worship the lions as the embodiment of good lucks and safety. In front of the gate of the Chinese buildings, there are two stone or bronze lions, which shows the idea.

In the Tang dynasty, the lion dance was quite popular. There was a performance-"the five direction Lion dance" in the palace. There were more than 100 actors, ten of whom acted as five lions in different colors, and ten held the red horsetail whiskers to tease the lions, and there was also a team of vocal accompaniment of 140 people.

The Southern Lion and the Northern Lion-the Regional Features of the Lion Dance

There are different lion dances——the Southern Lion and the Northern Lion because of the different action regions. They have differences in the materials, methods and the skills of performance. The Southern Lion is the lion dance performed in the South of China. The lion head is usually made of bamboo strips, decorated with some glass, and looks very gorgeous. The movements are gentle and exquisite and mainly show the lovely and funny characters of lions, so the Southern Lion is also called "the Civil Lion". The Northern Lion is performed in the North. The lion head is made of carved wood and weighs dozens of jin. The heaviest one amounts to more than 90 jin, so it has a high request to the physical strength of performers. The Northern Lion dance stresses on the difficult movements, such as the jumps and rolls etc., in order to express the power and agility of lions. Therefore, the Northern Lion is also called "the Military Lion".

Even at present the lion dance is a necessary performance in every traditional festival because of its moral to drive off the evils and pray for good luck in addition to the dangerous, incentive and exciting scene. From 1990s, there have appeared different lion dance competitions, such as the National Lion Dance Contest, the World Lion King Contest, the World Dragon-Lion Contest and the World Lion Dance Contest etc., which have promoted the lion dance greatly.

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舞狮子
Lion Dance

舞狮子是由人扮演成狮子进行表演的一种活动。舞狮子通常有三个人参与表演，其中两个人演狮子（一人演狮头，一人演狮身及尾），在两个人的身上罩上与狮皮颜色相同的织物，再以木雕刻或以竹篾编成形象逼真的狮头，由演狮头者手持；另有一人手持彩球或拂尘，引逼狮子做各种动作。每到春节，自初一至十五，中国的大江南北，都会举行内容丰富的舞狮子活动。

舞狮表演

中国本无狮子，中国的狮子及关于狮子的形象主要是在汉代开始从印度传入的。在三国时期，已经有戏狮的活动。而且，从其注释的内容来看，舞狮时舞动的并非真狮，而是狮子的形象。

狮子很威猛，加上狮子又来自佛国印度，因此，在中国人的心目中，狮子是颇具神奇色彩的。他们认为狮子威武勇猛，不仅象征着力量和勇敢，还能镇妖驱邪，所以他们把狮子奉为吉祥和平安的化身。中国的许多建筑物门前通常都要摆上一对石狮或铜狮也反映了这种思想。

唐代的舞狮子活动十分流行，当时，在宫廷中有一种名为“五方狮子舞”的演出，参演人数达100多人，其中有10人扮演成5头颜色各不相同的狮子，由10人手持红拂逗引狮子，另外还有140人的伴唱队伍。

舞狮表演的地域特色

舞狮子活动因特点和地域的不同而有南狮与北狮之分，它们在制作狮子的材料、方式以及表演手法上均不相同。南狮即在南方表演的狮子舞，也被称为“文狮”。它通常用竹篾制成狮头，再在狮头上装上玻璃等饰物，较为华丽；表演动作柔和、细腻，主要表现狮子的活泼可爱和风趣诙谐。北狮是指在北方表演的狮子舞，也被称为“武狮”。狮头用木头雕成，重达数十斤，最重的甚至可达90多斤，因此，它对舞狮者的体力有较高的要求。北狮在表演时讲究跳跃、翻滚等有难度的动作，主要表现狮子的威猛、迅捷。

因为舞狮子活动有驱邪求吉的寓意，加上舞狮子表演惊险、刺激，场面热烈，因此，即使在今天，每逢传统佳节，舞狮子仍是不可或缺的表演项目。从20世纪90

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年代开始，还出现了各种形式的舞狮大赛，诸如全国醒狮大赛、国际狮王赛、国际龙狮赛、国际醒狮赛等等，极大地推动了舞狮活动的发展。

扭秧歌
Yangko Dance

Yangko dance is a sport to sway the body according to certain rhythms. It usually uses the movements of the waist and hip to drive the feet to move in rhythm with one step forward and half step backward to fully show the rhythmic movements of the body.

Yangko dance has a history of 1, 000 years in China. It originated in the Southern Song dynasty and mainly performed in the Lantern Festival. It is popular in the north of China. Due to the differences of regions and customs, there exist variations in the Yangko dances, which have formed different Yangko performances. The representatives of them are the Northeast Yangko dance, Shanbei Yangko dance, Hebei Yangko dance and Shandong Yangko dance etc.



In the history of the Chinese Yangko dance, the 1940s is an important period. Then the Chinese Communist Party founded their firm base in the north of Shanxi province and advocated Yangko dance. A lot of artists joined in the work and had produced many Yangko programs with original contents. After 1949, the new Yangko was spread all over China. From then on, Yangko is performed on either in the traditional festivals or at the ceremonies. Besides, Yangko dance as a folk art has stepped into the professional art palace. Not only is it accepted at home but abroad.

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扭秧歌
Yangko Dance

扭秧歌是一种按照一定的节拍扭动身体的运动形式，通常是通过腰臀的左扭右摆，带动脚步有节奏地移动，进一步，退半步，充分展示身体的律动。

扭秧歌在中国已有1000多年的历史，源于南宋时期，主要在元宵节时表演，主要在中国北方地区流行。由于地域和习俗的不同，各地秧歌也存在一些差异，从而形成不同特色的秧歌表演，其中较具代表性的有东北秧歌、陕北秧歌、河北秧歌和山东秧歌等等。

在我国秧歌活动的历史上，20世纪40年代是一个重要的时期。那时，中国共产党在陕北建立了巩固的根据地，并开始倡导新秧歌运动，许多著名的文艺工作者都参与其中，创造出了不少内容新颖的秧歌节目。1949年以后，新秧歌运动又普及到全国各地。从此，不管是传统节日，还是碰到各种庆祝集会活动，就会有扭秧歌表演。此外，扭秧歌还从一种民间艺术形式步入了专业艺术的殿堂，不仅在国内，而且在国际舞台上演出，深受人们的欢迎。

跑旱船
Land Boating

Land Boating is a performance to imitate rowing boat in the water. Usually people use bamboo, wood or straws to make the outline of the ship, cover it with the silk and draw different pictures or write the auspicious word on it. Some boats have roofs with colored silk. Certain land boats are three meters long, and some only one meter. When Land Boating is on, the performer stands in the center of the boat and ties it to his waist. In this way the boat is moving with his running. The movement of the land boat is caused by the running of people, so it

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is called Land Boating.

Land boating appeared simultaneously with the Dragon-boat Race. In the late years of the Warring States Period, the people in Chu held their Dragon-boat race in annual Dragon-boat Festival to memorize Qu Yuan. Local people in Yunmeng County also wanted to take part in it, but the river was too shallow to have it, then they got the idea to have the race on the land. Therefore, Land Boating came into being.

There are many land boating performances. The common one is that one woman sits in the center of the boat, alongside a man acting as her father or husband rows the boat. They ask and answer in turn or sing together. What they are singing are usually the traditional dramas. Meanwhile, they will perform different movements such as the easy swing on the calm water or the dangerous scene on the rough sea. On the important celebrations, there will be several or even dozens of land boats performing at the same time.

Nowadays, Land Boating is still a common performance in the fairs and the festivals. It is often performed together with Yangko, Stilts and Lion dance, which has become unique scenery of the festival activities.



跑旱船
Land Boating

跑旱船是一种在陆地上模仿水中划船情形的表演活动。通常以竹、木或秫秸杆扎成船的形状，在外面蒙上绸布，在绸布上再装饰上各种图案或写上吉祥的语句。有的旱船还有顶篷，上扎绸彩。旱船长的有3米多，短的也有一米多。旱船表演时，表演者站在船的中央，用带子把旱船捆在自己的腰间，这样，随着表演者的跑动，船便在陆地上移动起来。因为旱船在陆地上的这种移动是靠人跑动造成的，所以称为跑旱船。

跑旱船是战国时期与赛龙舟的活动同时产生的。战国晚期，楚地一带的民众为了纪念屈原，每到端午节，就会举行盛大的龙舟竞渡活动。而云梦县一带因为河水太浅，无法搞龙舟竞渡，当地民众又想参与这一活动，于是便想出了一种在陆地

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上进行龙舟竞渡的办法，从而形成了跑旱船这种活动形式。



跑旱船有多种表演形式，常见的是一女子“坐”在船中间，边上由一个男子扮演成她的父亲或丈夫，两人一问一答，或一同唱曲，所唱的多为传统戏曲中的内容。同时，他们还会表演各种动作，或表演在风平浪静的水面上轻轻悠荡，或表演遇到狂风暴雨时的惊险激烈。在一些重大的庆祝场合，则会有几只甚至几十只旱船同时表演。

到今天，跑旱船仍是民间庙会和传统节日里经常表演的节目，它常常与秧歌、高跷、舞狮等一起表演，成为中华民族节庆活动中的一道独特的风景。



踩高跷
Walking on the Stilts

A stilt is made by fitting a footrest on a long stick. People tread on the treadles, tie the stilts onto the legs, then walk on the stilts and make movements. This is called Walking on Stilts.

During the period of Wei, Jin, the Southern and the Northern dynasties, Walking on Stilts was performed in the imperial palace mainly as a game of acrobatics.

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It was spread among the people after Song and Yuan dynasties.



The folk stilts performance is usually done in the festivals such as the Spring Festival and the Double Ninth Festival. In order to make the performance more attractive, people usually mix the traditional dramas with stilts. Walking on Stilts can be divided into civil and military. The civil stilts means to act the roles in dramas, such as the roles of Tang Seng and his apprentices in the "Journey to the West" and Xu Xian and Lady Bai in the "Legend of the White Snake" and so on. The military stilts means to act the unique skills such as leap in the air and rolls etc., which reflects the characteristics of Walking on Stilts.

Walking on the stilts is a living activity. Even at present, the stilts team could be seen at the fairs or the performances in the traditional festivals. So to speak, Walking on Stilts has become an important Chinese cultural symbol like the Dragon dance, Lion dance and Yangko dance.

踩高跷
Walking on the Stilts

在一根长长的木棍上，装上脚踏板，便形成了一支高跷；人们把脚分别踩在两支高跷的脚踏板上，再把高跷绑在腿上，利用高跷行走并做各种动作，就称为踩高跷。

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魏晋南北朝时期，踩高跷主要是作为一种杂技项目在宫中表演的，至宋元以后，踩高跷活动才开始在民间普及开来。

民间的高跷表演，通常在春节、重阳登高等传统节日进行。为了使高跷表演更具吸引力，人们常把传统戏曲与踩高跷技术结合起来。而且，有人还根据高跷表演的特点，把高跷分为文跷与武跷两种。所谓文跷，就是以扮演戏曲中的角色为主，诸如《西游记》中的唐僧师徒，《白蛇传》中的许仙、白娘子等；所谓武跷，则以表演高跷绝技如腾空跳跃、大翻飞等等为主，最能反映踩高跷活动的特色。

踩高跷是一项极具生命力的活动。即使在今天，每当欢庆传统佳节之时，都会在各种庙会、演出中看到高跷队的身影。可以说，踩高跷与耍龙灯、舞狮子、扭秧歌一样，已经成为中华民族文化的一个重要象征。

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C 武术 hina Wushu

简述
A Brief Introduction

Wushu is a bare-handed or weapons-in-hand practice or performance according to the taolu or sets. The Chinese wushu has an extremely rich content. Generally speaking, it can be divided into the following ten categories such as quanshu, daoshu, gunshu, jianshu and qiangshu etc. The ten categories can be further divided in detail into different schools or styles such as shaolin-style boxing, wudang-style boxing, xingyiquan, taiji boxing and hawk's claw boxing in quanshu, meihuadao, wanshengdao, zhuifengdao, six-harmony dao, and taijidao etc. in daoshu, yugonggun, shaolingun, and bazigun etc. in gunshu, wudangjian, taijijian, eight-trigram sword, damojian, and qingpingjian etc. in jianshu, Yang-style spear, lihua-style spear, and six-harmony spear etc. in qiangshu.



The birth of wushu has close

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relationship with the following factors. The first is the hunting of the ancient people. Before agriculture, the meat of the animals was one of the main foods. In the activity of hunting, people had concluded the fighting skills such as kick, hit and strike etc. While confronting with the wild animals with sticks and fists. Second, with the prosperity of the private possessions and the appearance of war, people usually fought bare-handedly or with weapons in the risk of losing lives. Especially with the application of the broadswords, swords and spears in the war, people had summed up the ways facilitating in winning the war such as daoshu, jianshu and qiangshu etc. The third is the thoughts of the integration of universe and man, yin and yang, the five phases and still the unique theory of maintaining the good health. People often designed the exercise methods and fighting movements on the base of their understanding of the moving systems of the universe and the actions of the animals. Fourth, the rich sources of the colorful chamber dances and the folk dances enable the limb movements more smooth and extending.

It is recorded in the history there were people specializing in wushu in the periods of Spring and Autumn and the Warring States and considered it as a theory to maintain good health and used it in wars when necessary.

Wushu plays positive roles in strengthening the body, developing the potential of the body, tempering people's will power and even the cure of the difficult and complex cases of illness. So a wushu craze has been set off in the world since wushu spread out of the country at the end of the nineteenth century and the beginning of the twentieth century. Many foreigners love exclusively Chinese wushu and travel regardless of distance to China to learn Chinese kungfu. They set up wushu school after they return home, which plays an important part in spreading Chinese wushu and promoting the communication of the Chinese cultures and the foreign cultures.

It is the realization of the important values of wushu in strengthening the body and inspiring the national enthusiasm that the Chinese government attaches importance to it. Chinese Wushu Association was founded in 1956 and many wushu competition rules have been made in succession. In 1990, wushu was decided as the official competition in the 11th Asian Games. In 1991, the 1st World Wushu Invitational Tournament was held in Peking. Now the Wushu masters are trying their best to enable wushu to be an official competition in Olympic Games.

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简述
A Brief Introduction

唐嘉颖

武术是徒手或手持器械按照一定套路进行训练或表演的一种活动。中国武术的内容极为丰富，概括地讲，可以分为拳术、刀术、棍术、剑术、枪术等大类。而在每一大类中，又可分为具体的小类或派别。如拳术中有少林拳、武当拳、形意拳、太极拳、鹰爪拳等。刀术中有梅花刀、万胜刀、追风刀、六合刀、太极刀等。棍术中有俞公棍、少林棍、巴子棍等。剑术中有武当剑、太极剑、八卦剑、达摩剑、青萍剑等。枪术中杨家枪、梨花枪、六合枪等。



武术的产生当与以下因素存在密切的关系。一是远古人类的狩猎活动。在农业产生以前，兽肉是人类最主要的食物之一，在猎取野兽的活动中，人类依靠棍棒、拳头与野兽搏斗，从中便会总结出踢、打、击等搏击技巧。二是随着私有财产的丰富和战争的产生，人与人之间经常徒手或持棍棒等以性命相搏，尤其是随着刀、剑、枪等兵器在战争中的运用，人们更是进一步总结出了刀法、剑法、枪法等有利于在格斗中取胜的方法。三是中国传统的天人合一、阴阳五行思想和独特的养生学说，使人们常常根据自己对天地万物的运行规律及某些动物的动作特点的理解，来设计各种锻炼身体的方法和进行搏击的动作。四是中国丰富的宫廷舞蹈和民间舞蹈方面的资源，能使肢体动作更加舒展和连贯。

据史料记载，在春秋战国时期，就已经有人在专门研究武术，既把它作为一种养生之道，在必要时又把它把运用于军事。

武术对于强身健体、开发人体潜能、锻炼人们的意志，甚至对于某些疑难杂症的治疗，都有积极的作用。因此，自19世纪末20世纪初，中国武术走出国门，渐渐在世界上掀起了一股中国武术热。有不少外国人对中国武术情有独钟，他们不远

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万里到中国来学习武术，学成之后回国设武馆传授武术，这对于传播中国武术文化、促进中外文化交流，起到了重要的作用。

正是认识到中国武术对于强健体魄、振奋民族精神所具有的重要价值，中国政府对武术极为重视，1956 年，成立了中国武术协会，并相继制定了不少武术竞赛的规则。1990 年，武术被列为第 11 届亚运会正式比赛项目。1991 年，又在北京举办了首届世界武术邀请赛。目前，武术界人士正在为让武术成为奥运会的正式参赛项目而进行不懈的努力。



少林拳
Shaolin-style Boxing or Shaolinquan

Shaolinquan is a kind of quanshu invented in Henan Shaolin Temple. It is an umbrella name for various kinds of quanshu including tens of taolu or sets such as Xiao Hong boxing, Big Hong boxing and the Senior Hong boxing, Arhat boxing, Meihuazhuang boxing and the Cannon boxing etc.

It had once been thought that Shaolinquan was invented by the dhyana originator bodhi Da Mo of Shaolin Temple. During the Northern Wei time, bodhi Da Mo came to China from India. He practiced meditation by sitting quietly for nine years facing to the wall in Shaolin Temple. The long-time sitting would easily cause the fatigue so bodhi Da Mo created a set of quanshu to relax his body and mind. The set of quanshu is created in Shaolin Temple so it is called Shaolinquan. But it is clear that the set of Shaolinquan is made on the base of the mixture of essence of quanshu in the whole country.

Though Shaolinquan is created on the base of the mixture of the essence of kinds of quanshu, it is not a hotchpotch with no individual features. Compared with the other kinds of quanshu, Shaolinquan emphasizes on the hardness, swiftness, practice and not the showy postures. Shaolinquan has its own characteristics in practicing its skills and the levels such as the famous "seventy-two skills" including the boy skill, the single-finger chan, jinzhongzhao and tiebushan etc., which are

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frequently heard and repeated in detail. If these skills are practiced to certain levels, the unimaginable special function will be achieved.

少林拳
Shaolin-style Boxing or Shaolinquan

少林拳即由河南嵩山少林寺创制的拳术。少林拳是诸多拳术的总称，具体包括小洪拳、大洪拳、老洪拳、罗汉拳、梅花桩、炮拳等数十种拳术套路。



曾经有不少人认为，少林拳源于少林寺的禅宗初祖菩提达摩。北魏时期，菩提达摩从印度来到中国，在少林寺面壁静坐9年。因静坐时间太久，容易引起身体疲劳，为了使身心得以放松，菩提达摩便创制了一套拳术。由于这套拳术是在少林寺创制的，便被称为少林拳。是少林武术高僧们在汇集天下拳术精华的基础上创制而成的。

少林拳术虽是集天下拳术之精华而成，但它并非一个毫无自身特色的大杂烩。与其它拳种相比，少林拳讲究刚劲、迅捷、实用，不讲花架子。少林拳在练功方法和练功境界上有其自己的特点，著名的“少林七十二艺”，其中包括童子功、一指禅、金钟罩、铁布衫等等，都是人们耳熟能详的功夫。这些功夫若练到一定的境界，均能产生超乎常人想象的特殊功能。

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太极拳
Taijiquan

Taijiquan has its original nicknames such as changquan, mianquan and bamenwubu etc. After the publishing of the book "On Taijiquan" by Wang Zongyue in the years of Qianjia in Qing dynasty, it gains the name Taijiquan.

"Taiji" is a term in the Chinese traditional philosophy. It comes from "The Book of Changes". In the time of Song dynasty, the Neo-Confucianist Zhou Dunyi wrote the book "Theory of the Taiji Pictures" and draws "Taiji" into a shape of circle in his "Taiji Picture". The inventors of Taiji are enlightened by this picture and invent taijiquan with the continuous movement of drawing circles in the air as the constant movements, absorbing the skills of guiding the breath with the wills, using the stillness to control the motion in the traditional qigong and Taoist breathing exercises and combining the sets of other kinds of wushu.



The most typical characteristic of taijiquan is to restrain hardness with softness. When taijiquan is being practiced, the movements are smooth and gently slow. It seems that it is of no aggression. But when the taiji masters are in actual combats, they will defeat the opponents cleverly with the gently slow movements and then strike with the borrowing of the opponents' power and the sudden hardness.

It is proved by the modern medical science that long-time practice of taijiquan can improve the functions of people's heart and lung, build up people's physique and even make people live longer. Now taijiquan is practiced and loved deeply by

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people all over the world.



太极拳
Taijiquan

太极拳原名长拳、绵拳、八门五步等，至清朝乾嘉年间王宗岳著写《太极拳论》后，世人才统一以太极拳名之。

“太极”本是中国传统哲学中的一个术语，源自《周易》。在宋朝时，理学家周敦颐著写《太极图说》，并在其所绘的“太极图”中把“太极”画成一个圆圈状。受此启发，太极拳的发明者们，以双手画圆为太极拳贯穿始终的动作，同时吸取传统气功、导引术中以意引气、以静制动的功法，再结合其他拳术的击打套路，创制出了太极拳。

太极拳的最大的特点，就是以柔克刚。太极拳在演练时，动作舒展、柔缓，似乎不具丝毫攻击力，但是，当太极拳手进入实战状态时，便会以柔缓的动作巧妙地化解对方的攻击力，然后借力打力，以突然爆发的刚劲，将对手击倒或击退。

现代医学证实，长期习练太极拳，对于改善人们的心肺功能，增强抵抗力，甚至延年益寿都有显著的功效。目前，太极拳早已跨出国门，成为深受世界各地人们喜爱的一项运动。



形意拳
Xingyiquan or Form-and-will Boxing

Xingyiquan is a kind of quanshu invented by imitating the movements of the animals. While being practiced, it accents on the imitation of the movements and the feelings of the animals as well, it has got the name of Form-and-Will Boxing.

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Xingyiquan was created by a person, Ji Longfeng in Shanxi province in the end of Ming dynasty and the beginning of Qing dynasty. It is said Ji Longfeng saw a fight between a hawk and a bear while collecting herbs. He got inspiration from this and created Xingyiquan.

The most essential techniques of it is the following five such as hack, snap punch, drill fist, cannon and horizontal punch. The complicated sets are developed from the five fist techniques so they are called "the form-and-will parent boxing". Xingyiquan practice puts much emphasis on the standing skills so the xingyiquan masters are well-known for the firmness of the lower part of the body.



Compared with taiji, xingyiquan accents more on the practice of boxing, which requires the athletes to have solid physique. So there are more young athletes among the xingyiquan practitioners all over the country.

形意拳
Xingyiquan or Form-and-will Boxing

形意拳是一种模仿动物的动作而发明的拳术，因为它讲究拳术演练时既要模仿动物的外形动作，又要模仿动物的心意，固有形意拳之名。

形意拳是在明末清初时由一个名叫姬龙峰的山西人发明的。据传，姬龙峰在一次采药时，因为目睹了一场鹰与熊之间的搏斗，从而产生灵感，发明了形意拳。

形意拳最基本的拳法是劈、崩、钻、炮、横五个动作，其繁复的套路都是在此五种拳法的基础上演化出来的，因此，它们又被称为"形意母拳"。形意拳习练时特别注重桩功的训练，故习练形意拳有成者多以下盘沉稳著称。

与太极拳相比，形意拳更多地侧重技击方面的训练，这就需要习练者有较好的身体素质，因此，在目前全国各地习练形意拳的人中，以年轻人居多。

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棍术
Gunshu

Gunshu is a wushu game, which is practiced and performed by using sticks as weapons. It comes from the hunting of the ancient people.

In Chinese wushu gunshu and quanshu are considered as the essential skills. It is thought if people master them they can be aptly in learning other skills. Because the wushu masters realize the importance of gunshu, they value gunshu highly and sum up many sets of gunshu. The famous sets of gunshu of them are Zhao-Taizu-flying-snake gunshu, Yu-Dayou gunshu, Shaolin gunshu, Qingtian gunshu and Baimei gunshu etc.



In order to reach a better training effect, special requirements are stressed on the materials and shapes of the sticks in gunshu.

There are various cudgels, of which are the big cudgel, qimei cudgel, three-section cudgel and dashaozi cudgel etc. The big cudgel is more than eight chi long and only the strong man can play it freely. Qimei cudgel means a cudgel is high e-

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nough to the brows of a person when it sets up on the end and it is easy to be played. The three-section cudgel is made of three sections of stick joined with the iron chains. It can be long or short while played and portable. The dashaozi cudgel is made of a longer section and a shorter one of sticks joined with the iron chain.

The basic skills in the practice of gunshu are cut, thrust, cut with the arm swing and sweep etc. It has active effect in training the harmony of the body and strengthening the power of the muscle. Thus since 1991 gunshu has been decided as an official competition in the World Wushu Championship.



棍术
Gunshu

棍术是以棍棒为器械进行训练和表演的的一种武术项目，源于远古人类的狩猎活动。

在中国武术中，棍和拳被视为武术的基本功夫，认为只要学好了棍术和拳术，再学其他武功就可一蹴而就。正是因为认识到棍术的重要性，中国历史上的武术名家，对棍术均极为重视，并总结出了很多棍术套路，其中著名的有赵太祖腾蛇棒、俞大猷棍、少林棍、青田棍、白眉棍等等。

为了使棍术训练收到较好的效果，棍术中对棍的制作材料、形状也有特定的要求。棍有大棍、齐眉棍、三节棍、大梢子棍等多种。其中大棍长八尺多需体力强健者才可自如地舞动，齐眉棍即立起来高与人眉齐的棍，舞动时较为灵活，三节棍即用三节短棍，中间以铁环相连，舞动时可长可短，且便于携带；大梢子棍则由一长一短两根棍中间以铁环相连而成。

棍术演练的基本方法有劈、戳、抡、扫等，它对于训练身体的协调性，增强肌肉的力量，均有极佳的效果。因此，自 1991 年起，棍术被列为世界武术锦标赛的正式比赛项目。

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刀术
Daoshu

Daoshu is a performance in wushu practice and shows with certain sets to use broadswords as weapons. It originates from the ancient military training. Early in the reigns of the emperors Yan and Huang, the broadswords made of bronze had been used in battles. Up to Han dynasty, dao had become one of the most key weapons.

The broadswords are mainly used in the close bare-handed fight so the skills of the practitioners decide their death or survival.



There are more than one hundred kinds of daoshu such as taiji daoshu, six-harmony daoshu, meihua daoshu, zhuifeng daoshu and eight-trigram daoshu. They can further be divided in detail into the single-broadsword daoshu, the double-broadsword daoshu and the long-handle-broadsword daoshu. The single-broadsword daoshu means the athlete has a broadsword in one hand and cut, thrust, and sweep etc. while the other hand stretches and withdraws with it. Meanwhile the body rolls and jumps together with the movements of broadsword. The double-broadsword daoshu means the athlete has broadswords in the two hands. The skills of it is similar to the single-sword daoshu but it values more on the harmony and cooperation of the postures and footwork. The long-handle broadsword is thick and heavy and it usually weighs tens of jin. The skills are cut, thrust upward and upward parry etc. and it is being played with the power of the waist.

Daoshu is one of the most important games in wushu. Therefore it has been decided as an official competition in the national wushu contest since 1949. Up to 1991, it was decided as the official competition in the World Wushu Championship.

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刀术
Daoshu

刀术是以刀为器械，并配以一定套路的一种武术训练和表演项目。主要源于古代的军事训练。早在炎黄时期，以青铜制成的刀就开始在战争中运用。至汉代，刀已成为最主要的兵器之一。刀在战场上主要用于近身肉搏，因此，持刀者用刀本领的高下，直接决定着他的生死存亡。

刀术种类很多，有太极刀、六合刀、梅花刀、追风刀、八卦刀等上百种之多，它们又可以被分为单刀、双刀和大刀三个大类。单刀即一手执刀，做出斩、刺、扫腕等各种动作，另一手随刀法而伸缩、开合，身体也随之翻滚、腾挪。双刀即双手各持一刀舞动，其刀法与单刀相似，但侧重双刀与身形、步法的协调、配合。大刀较为浑厚。因大刀舞动时用双手握持，故它的刀柄很长，刀身也很厚，其重量通常达数十斤。大刀的刀法有斩、撩、挂等动作，舞动时，主要依靠腰部发力。

刀术是中国武术中最主要的项目之一，因此，1949 年以后，它被列为全国武术比赛项目。至 1991 年，则被列为世界武术锦标赛比赛项目。



枪术
Qiangshu

Qiangshu is a program in wushu training and performance to use a spear as the weapon. The length of the spear is about equal to the height when a person stands up with his hand rising up. There is a diamond-shaped head and the joining point between the head and the pole has the decoration of red tassels.

Qiangshu in wushu comes from the skills of spears in the ancient army. The spears are equipped in the army since Qin and Han dynasties in the history of China. The systematical skills has been practiced since Sui dynasty. When it came to

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Tang and Song dynasties, spears were the main equipment in the army. The spears are more aggressive so many of the soldiers like them. And those who have outstanding spear skills will be given the nickname "the Iron Spear".



Since the middle years of 19th century, the traditional spears had peen disappeared gradually from the war with a great amount of equipment of firearm in the army. Later the skills of spears mainly meant the sets of qiangshu in wushu. Qiangshu is more difficult to learn in the Chinese traditional eighteen skills.

In Chinese wushu, spear, sword, broadsword and stick are called the four important weapons in wushu while spear gains the fame of, "the King of the one hundred weapons." Since 1991 qingshu has been decided as an official competition in the World Wushu Championship.

枪术
Qiangshu

枪术是以枪为器械的一种武术训练和表演项目。枪杆长约略相当于成年人直立后双臂上举所形成的长度，杆头装呈菱形的钢制枪头，枪头与杆连接处通常以红缨装饰。

武术中的枪术源于古代军队中的枪法。中国历史上自秦汉开始，军队中就装备有枪。自隋朝开始，已有系统的枪法训练。至唐宋时，枪已是军队中的主要装备。枪的攻击力强，故军中的许多将士都喜欢用枪。而那些枪法出众的高手，则常常被人冠以"铁枪"之名。

自19世纪中叶开始，由于现代火器在军队中的大量装备，传统意义上的枪便

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渐渐退出了战场。此后,枪法便主要是指武术上的用枪套路。在中国传统的十八般武艺中,枪术是较难掌握的一种。

在中国武术中,枪与剑、刀、棍一起称为武术中的四大器械,而枪又有"百器之王"的美誉。自 1991 年开始,枪术被列为世界武术锦标赛的正式比赛项目。



剑术
Jianshu

In the history of the development of the no-powder weapons in ancient China, sword appeared earliest. Early in the years of Shang and Zhou dynasties, there appeared the sword made of bronze.

During the periods of Spring and Autumn and the Warring States, the sword had become the most important weapon with the rising status of the infantry in the battles. That the infantry had to fight closely with the enemies with bare hands made swords have more advantages because of its mobility.



When it came to Han dynasty, the cavalry became the main force in battles and the broadswords and spears, which were long and could cover a long distance, had become the major weapons in the battles. So the sword had retired from the wars step by step. But the retired sword is not discarded. On the contra-

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ry, it was attached importance to some special fields. It had become a special pendant due to its agility, prettiness, the convenience for carrying and the decoration.

There are different forms of jianshu performance. It can be played single-handedly, and still by many people according to certain sets of jianshu. Or it is played between the jianshu practitioners.

In the years of Song, Yuan, Ming and Qing dynasties, jianshu practice and performance had been widely accepted in the world. Besides, the sets of jianshu had become more and more standardized and systematized with the constant summary done by the jianshu masters and the further development of jianshu theory. Meanwhile there appeared a lot of new sets and styles such as qingping sword, wudang sword, Damo sword, taiji sword and eight-trigram sword etc.

Now jianshu is the competitive game in the World Wushu Championship. But Chinese jianshu is different from the fencing as an official competition in the Olympic Games. Though they take swords as competitive instruments, the fencing is from Europe and mainly accents on the actual combats when fighting, and Chinese jianshu puts weight on the show of the sets.



剑术
Jianshu

在中国古代冷兵器发展的历史上，剑是一种较早出现的兵器。早在商周时期，就已经出现了青铜制成的剑。

春秋战国时期，由于步兵在战争中地位的日益提升，剑是最受人们重视的一种兵器。因为步兵在战斗中必近距离肉搏，而剑在运用时的灵活自如能使它享有更多的优势。

至汉代，由于骑兵逐渐成为战场上的主力，长可及远的长刀、长枪成了战场上的主要兵器，这样，剑便渐渐退出了战场。但是，退出战场的剑并未被人们弃而不用，相反，它在一些特殊的领域受到了人们的重视。因为剑轻巧美观，既便于携带，又具装饰作用，加上它还有攻防兼具的功能，故成为人们的一种特殊的佩饰。

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剑术表演可以有不同的方式，既可以单人表演，也可以多人同时按照一定的套路舞剑。另外，还可以在剑手之间进行格斗表演。

宋元明清时期，剑术训练和表演在社会上一直盛行不衰。而且，由于剑术名家的不断总结，剑术理论进一步深化，剑术套路也越来越规范化和系统化。同时还出现了不少新的剑术套路和门派，较具代表性的有青萍剑、武当剑、达摩剑、太极剑、八卦剑等。

目前，剑术是世界武术锦标赛的比赛项目。但是中国剑术与作为奥运会正式比赛项目的击剑是两类不同的运动，虽然它们都是以剑为比赛器械，但是击剑源于欧洲，以参赛者的对攻实战为主，而中国剑术则侧重套路表演。

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T 少数民族的传统运动
raditional Sports of Chinese National Minorities



中国式的橄榄球——抢花炮
Chinese Rugby—Fire Cracker Ball

Fire craker ball is a folk sport game with strong ethnic features and it is popular among the Tungs, the Zhuangs and the Mulaos and so on. It is loved deeply by the most of the minorities and a sport belonging to the heroes. It has a firm and strong base in the masses in the border areas in Xiang, E, Yu and Qian provinces.

The Tung's Fire Cracker Ball:

Fire cracker ball is played mainly in the third days of the third moon or after the Autumn harvests. In the days of the fire craker ball, all the villagers, men and women, old and young will vie with each other in pouring to the level open space in their holiday best when it dawns. Some of them go to courage the athletes of their village, some girls go to for their sweethearts but most of the villagers want to enjoy the excitement of the game. The village that is in host of the game would first ask the skillful masters to knit three to five glass-mouth-sized circles with the bamboo strips or rattan. Outside the circles are the red piece of cloth wound and tied up firmly with the red and green silk threads. When the hosts declare the beginning of the game the red circle would be put on the gun muzzle and then fire it. In this way the red circle would be shot into the air. Then the athletes would vie for the circle and all at once the audience break into deafening cheers. Sometimes the red

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circle falls on to the ground, sometimes into the pond or onto the cliffs, the roofs or the branches. But where it falls the athletes would do their best to get it. When the one gets the red circle, he should send it to the judging platform in the temple in the scrambling for it among the athletes and defeat others all. So to grab the first circle would spend about two hours. When the athlete sends the circle to the judging platform, the bells and drums play together all at once in the temple and the gun fires three times to say "the first cracker" finishes successfully. Then come the second and the third crackers. Usually the fire cracker ball game finishes with three crackers but in certain areas they have the fifth and the sixth. After that the bells and the drums play together. In the end they fire the gun three times to say the game finishes.



The following year's fire cracker ball will be held in the village, of which the athletes have got the first cracker. They have got a red-painted pig and other awards this year and they should prepare these things the next year and this is called to return the "color". If one village wins game year after year, it says the village will be harvested year after year and that is a village the girls dream for.

Fire Cracker Ball in Guangxi Province:

In the game of Fire Cracker Ball in Guangxi province, the cracker is made of the iron rings with the diameter of five centimeters. It is covered with a piece of red cloth or wound with red silk. When the game is going, one of the iron rings is put on the cannon mouth. The gun with powder in it will send the cracker into the air. When the ring falls onto the ground all the athletes can scramble for it with their efforts. The shape of the gun is the most beautiful of Nanning, and Baise, Guangxi province. It is a hexagon pillar decorated with designs and patterns on the six sides. It has three status, the bottom is a bigger hexagon pillar and the corner is inlaid with the edge of the sweet-scented osmanthus. The middle part of it is rather

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thinner with the different sizes of personal images of various postures. The top part is horn-shaped mouth. According to the tradition, only three crackers are done. Those who have got the first cracker will be lucky and contented, which expresses the good desires of the people for a happy life.

The traditional fire cracker ball has no limitation on the figure of the athletes and has no division of groups. It belongs to the single-athlete game. The course is usually on the bank of a river or a hill, and there is no boundary. So the course is everywhere. And this requires the athletes more highly. The athletes should have a strong stigma, strong will, stubborn persistence, speedy and flexible reaction and a virtual morality and so on. When the owner of the cracker is determined, the sounds of suona(trumpet), loud cheer, the drums and the firecrackers are ringing together immediately.

Since the 3rd National Minorities Traditional Sports Meeting, fire cracker ball has been been one of the official sports. It is dertermined as the official competition at the Minorities' Traditional Sports Meeting, Hunan province. The reformed fire cracker ball decides the competition time is 40 minutes. It has the first half and the second half. Each half is 20 minutes. There is a ten-minute rest between them. It is not restrained with three crackers. But the result of the competition is decided by the numbers of the crackers put into the opponents' gaily decorated basket within the fixed time. It is competed in the units of teams, of each consists ten athletes. The course is 60 meters long and 50 meters wide. On each of the two ends there is a gun platform range, there is a gaily decorated basket. After practices for many years, the fire cracker ball is being perfected, the skills and the tactics are developing constantly and the excitement of the antagonistic competition is rising. In order to make it be worth watching and fair, the cracker has been changed into a 15-centimeter-rubber-oblate ring from a 5-centimeter-iron ring, which is similar to the disc in the athletics. So the ethnic traditional sport is identical to the modern competitive sports, and called "the Chinese rugby".

The Rules of Modern Fire Cracker Ball:

The course:

The course is a plain square lawn or ground, with a length of 60 meters and a width of 50 meters. The width of the line is 12 centimeters. The course still includes

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the width of the line. The longer line is the side line and the shorter one is the end line.

The area to catch the cracker: to draw a circle with a radius of 5 meters using the core as the center of the circle as the area to catch the cracker.

The area of the platform: to draw two lines in the distance of 4 meters to the two sides away from the center of the end, the two lines should be vertical to the end line, then draw the third line which is paralleled to the end line to link the two lines mentioned just now. The area of the gun platform is made and on the two sides there is a net wall which is beyond two meters high.

Penalty area: to draw a parallel line to the end one with a length of 20 centimeters and a width of 12 centimeters as the penalty line to use the central point as the center of the circle. The width of the line is included in the area of the two meters distance to the basket rack.

The Apparatus:

The cracker: the cracker is a disc-like colored ring with a diameter of 14 centimeters. The outside circle is like a tyre. It is made of rubber of 2.5 centimeters to 3 centimeters thick with a weight of 20-240 grams, which will not hurt anyone.

The shooting machine (gun): it is the shooting machine which can send the cracker to a height beyond 10 meters and then makes it fall into the cracker-catching area and sounds.

The basket rack: the rack is 80 centimeters high and set in a distance of 2 meters away from the central point of the end line of the gun platform area. The rack is made of wood within a diameter of 20 centimeters.

The basket: it is a cylinder with an inside diameter of 40 centimeters and a height of 30 centimeters. It is made of bamboo or plastic.

The athletes:

There are two teams in each match, of each there are athletes not more than 8 or less than 5. One is the leader. The substitution of the players should not be more than five times.

Competition: no matter which side gets the cracker, they can break into the opposing platform area with the methods of pass, screen, false actions or run etc. The other side can grab the cracker from the opponents and prevent them from

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progressing with the methods of intercept, clog, pursue, hold (means to hold the reasonable parts of the body) and steal etc. The one who holds the cracker passing the end line to the opposing platform and throwing the cracker into the opponents' basket wins a goal. One goal for one in. When the cracker is in, the gunman will shoot again. But if the cracker holder put the cracker into his own basket by mistake the opponents will goal.



中国式的橄榄球——抢花炮

Chinese Rugby—Fire Cracker Ball

抢花炮，是流行在侗族、壮族、仫佬族等民族中的一项具有浓郁民族特色的民间传统体育活动，深受广大少数民族同胞的欢迎，是一项勇敢者的运动。已有500余年的历史。由于有强烈的对抗性、娱乐性和独特的民族风格，在湘、鄂、渝、黔等省边境地区有着雄厚的群众基础，数百年来长盛不衰。

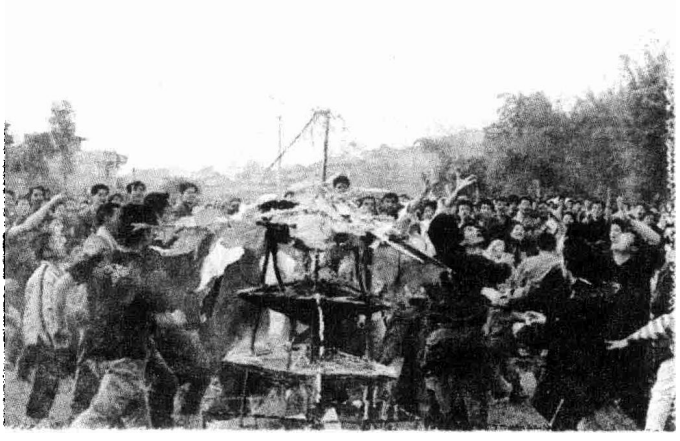
侗族人的抢花炮：

抢花炮，在农历三月三或秋收以后最为踊跃。在抢花炮的日子里，远近侗寨的男女老少，穿上节日的盛装，天刚亮就争先恐后地踊向岩坪，有的是为了给本村寨的花炮选手呼喊助威，有的姑娘却是为了寻找如意郎君，但大多数侗胞还是去看热闹。凡是主持抢花炮的村寨，事先请编织手艺高的人用青细竹篾或藤条编织三至五个茶杯口大小的圆圈，外面缠以红布，在以红绿丝线扎牢。主持人宣布抢花炮开始时，将红炮圈放在铁炮的筒口上，然后点上火药放炮，红炮圈被射上高空中，各村寨的选手争先抢夺，顿时全场欢声雷动。红炮圈有时落地，有时也可能落到水塘里或悬崖上、屋顶上、树枝上……不论落在哪里，大家总是争先恐后寻找，个个奋不顾身，人人勇往直前。谁抢到红炮圈之后，还必须在人人争抢中，“过关斩将”，将其送到庙里的裁判台上才算获胜，因此，抢一炮一般都要争夺两个小时左右。当选手把红炮圈送到庙里的裁判台上后，庙里顿时便钟鼓声齐鸣，并鸣炮三响，以表示“头炮”胜利结束。接着还要进行二炮、三炮的争抢。一般是抢三炮结束比赛，但有的地方抢到五炮、六炮后、钟鼓声齐鸣，鞭炮声不绝，最后放三炮宣告抢花炮活动结

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束。

凡是抢得“头炮”者，来年的抢花炮活动便由该村寨主办。今年他们得到了一头染红的大肥猪和其他奖品，明年他仍得准备这些奖品，这叫做“还色”。哪个村寨连续抢到花炮者，说明该村寨连年五谷丰登，也是侗家姑娘向往的村寨。



广西的抢花炮：

广西的抢花炮，“花炮”是铁制圆环，直径约5厘米，外用红布或红绸缠绕，然后置于送炮器上。送炮器即铁炮，内装火药，燃放后即把花炮冲上天空，待花炮落下时参加者均可奋勇争夺。广西南宁、百色两地传统的送炮器的形状最为美观，外观为六角柱形，六边饰有图案、花纹，共分三层，底层为稍大的六角柱，柱角镶上桂花边；中层较细，携有各类形态的大小人像；上层为喇叭状开口。按民间传统，只燃放三炮。抢得头炮者，则万事吉祥如意，这体现出人们对美好幸福生活的渴望。

传统的抢花炮不限人数，也不分队数，属于“单打独斗”。场地通常设在河岸或山坡上，无一定界限，漫山遍野皆为活动范围。这就对抢花炮者提出了更高的要求。要求抢花炮者必须具有强健的体魄，顽强的意志，坚忍不拔的毅力，快速敏捷灵活的反应，以及高尚的道德品质等。一旦花炮分清得主，顿时唢呐声、欢呼声、锣鼓声、鞭炮声响成一片。

从第三届全国少数民族传统体育运动会开始，抢花炮已成为正式比赛项目之一。在湖南省少数民族传统体育运动会上也将抢花炮列为正式比赛项目。改革后的抢花炮，规定了每场比赛时间为40分，分上、下半场，每半场20分，中间休息10分；比赛不受三炮的限制，在规定的时间内，以将花炮攻入对方花篮的次数多少来判定胜负；比赛以队为单位，每队上场队员为10名；赛场长60米，宽50米，两端设炮台区，各放一花蓝。抢花炮经过十多年的实践，规则逐步完善，技、战术不断发

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展，对抗竞争的激烈程度有增无减，为了更具观赏性和公平竞争性，将花炮由原来的5厘米铁环改为15厘米的橡皮扁圆形，类似田径赛的铁饼。因而，抢花炮这项民族传统体育运动与现代竞技体育运动逐步接轨，有人称之为中国式的“橄榄球”。

当代抢花炮竞赛规则：

▲场地

1. 比赛场地为表面平坦的长方形草坪或土地，长60米，宽50米。线宽12厘米。线的宽度包括在场地之内，长线叫边线，短线叫端线。

2. 接炮区。以场地的中点为圆心，画一半5米的圆圈为接炮区。

3. 炮台区。在距离端线中点两侧4米处各向外画一条4米与端线垂直的线，再画一条线把其顶点连起来，与端线平行，这个区为炮台区，在炮台区两侧架设高2米以上的网墙。

4. 罚炮区。以端线中心点为圆心，划一条长20厘米、宽12厘米平行线，为罚点炮线。该线包括在距离花篮架的2米之内。

▲器材

1. 花炮。花炮为直径14厘米的彩色圆形铁饼状，外圆呈轮胎形，厚2.5厘米至3.0厘米，用不会伤及队员的橡胶做成，重20-240克。

2. 送炮器。能把花炮冲上10米以上高度并落在接炮区内能发出声响的发射器。

3. 花篮架。高达80厘米，放在炮台区内端线中心点的2米处。花篮架用直径不超过20厘米的圆木做成。

4. 花篮。篮口内沿直径为40厘米，花篮高为30厘米的圆柱体，用竹或塑料做成，花炮固定在花篮架顶端。

▲队员

一场比赛有两个队参加，每队上场人数不得多于8人或少于5人，其中1人为队长。全场比赛替换队员不能超过5人次。

▲比赛

无论何方抢得花炮，可用传递、掩护、假运动、奔跑等方法，力图攻进对方炮台区；另一方可用拦截、阻挡、追赶、搂抱（合理部位）、抢截等方法，抢到花炮和阻止持花炮运动员前进。持花炮运动员越过端线进入对方炮台区，把花炮投入花篮内即为得分。每投进一次花炮得一分。进炮后，由司炮员重新发炮。持花炮队员误将花炮投入本方花篮内算对方得分。

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打布鲁
Throwing Bulu

Bulu means to throw in Mongolian. Bulu is made of wood with the shape of sickles. It appeared 1, 300 years ago. But the Bulu at that time was used to hunt and kill the enemy. Then it developed gradually to a sport game to build up the body and liven up the cultural life of the people. Now Bulu is the necessary competitive event in the annual Nadam Fair and is printed in the ethnic sports textbook of the Inner Mongolia Autonomous Regions.

Bulu has two kinds of competitive methods: distance throwing and target throwing. The ground and apparatus are very simple for the two kinds of competitions. The distance throwing has two ways: to throw on horseback and on foot.

The ground of distance throwing resembles to that of javelin. The target throwing has a ground of rectangle of 750m^2. At one end of the two a throwing line is drawn and three round posts are set as targets 30 meters away from the line. The posts are 50 centimeters high with a top diameter of 4 centimeters and bottom diameter of 6 centimeters. The intervals between the posts are 7 centimeters.

Competition: no matter it is the distance throwing or the target throwing, each player has three opportunities with three bulus each time. The time is no more than 30 seconds. There is no restraint on the postures. The measurement: the places of the players in the list are decided according to the distances they do or the times they hit the target about the target throwing.



打布鲁
Throwing Bulu

布鲁即蒙语投掷的意思。布鲁是木制的,形状有些像镰刀。早在1300多年前,布鲁就已出现了。不过那时的布鲁还只是作为打猎和歼敌的武

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器，渐渐地它才成了一项锻炼身体、活跃群众文化生活的体育运动。现在布鲁不但是每年那达幕大会不可少的比赛项目，还被列入自治区民族体育教材中。

布鲁分投远和投准两种，两种比赛的场地和设备都比较简单，投远又分马上和步行两种。

投远的场地和标枪的场地大致相仿。投准的场地则为一块750平方米的长方形平地，一端划一掷线，距线30米处设三根圆形木柱为投准目标，桩高50厘米，上端直径4厘米，下端直径6厘米，木桩间隔7厘米。

比赛方法：不论投远还是投准，每人均三次为限，每次设三个布鲁，时间不得超过30秒。投掷姿势不受限制。计分方法，投远以所投距离远近决定名次，投准则以得分多少决定胜负。



叼羊
Scrambling for a Sheep

Scrambling for a sheep is a traditional game on the horseback of the brave Kazaks. It is not only a breath-taking game of the Kazaks, but also a competition of the courage and power, a competition of the horsemanship. It is usually held in festival seasons. Two reasons for the game, one is to celebrate the year's harvest in livestock husbandry and wish to have a production increase in the following year. The other is to encourage raising the horses carefully, cultivating excellent horses, tempering the brave horsemen, improving the tactics on the horse, developing the livestock husbandry and promoting the national construction.

There are different competition types. But there are only three main ones. First is the scrambling for a sheep in groups. The sheep scrambled for should be cut off head first and got rid of viscera and put in the center of the ground. Each team consists of about ten athletes. When the host gives the order, the athletes of the two groups would rush away. The one who has a steed and is good at horsemanship picks up the sheep and runs aimlessly by putting the sheep under the pedal band or on the horseback. The others run after and scramble. After the repeated scrambling, the one who puts the sheep to the fixed place wins the game. The

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second is the scrambling for a sheep between only two athletes. The athletes from two different groups pick up the sheep and begin scrambling for or the third man holds the sheep and the two horsemen scramble when the order is given. The one who gets the sheep will win after the hard scrambling on the horseback. The third is the free scrambling. It means the one who puts the sheep to the fixed place will win with no division of groups and many people do it together.



The object that the Kazaks scramble for is a goat. It is two years old or so with its head, feet cut off and the esophagus tied up. Sometimes it is soaked in the water or poured water into in order to make firm and tenacious so that it is not easy to be torn up. The athletes would band together first and sometimes it is only a contest between teams. Different jobs would be given to the members of the teams such as the scrambling to rush through the crowds, shielding the goat holder to escape and pursuance and block etc. They also use certain strategies and tactics. The game needs personal consummate skills and the excellent cooperation of the whole. In one word, scrambling for a sheep is a pretty valuable sport. But when the sheep is put in the fixed place it does not mean the whole sport finishes. The winner should throw the dead body into one house over the yurt roof. Then the owner thinks it is the greatest luck and the greatest happiness so he will organize the whole family to butcher sheep and boil meat and treat the guests warmly, who come to congratulate, with the shouzhuarous local food with mution and rice

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cooked together and cheese. Then they will sing and dance from night to dawn after the meal.

Scrambling for a sheep is a sport of the heroes. There is saying, "Wrestling shows the power and Scrambling for a sheep reveals the courage". The strong and brave Kazaks love the game most. They herd on the great prairie all the years especially when they have to go to another place from the present grassland they have to fight with the bad weathers and the brutal wild animals in order to shield the livestocks. So scrambling for a sheep is the best exercise because it is either the competition of the power or the contest of the wisdom, either the competition of the courage or the contest of the horsemanship. The winner of the game is usually the skillful herdsman. When they look for the lost animals in the strong wind and snowstorm, they could bend down and pick up the one-hundred-jin-or-so weight sheep easily and carry them back to the livestocks on the horseback. The excellent athlete in the game is respected and is called the "mighty hawk on the prairie".

The horseman who has scrambled for the sheep is proud and glorious. People will have a red silk ribbon draped over his shoulders and a big red flower pinned on his breast. And those who have had the meat of the sheep are proud and happy too. Because according to the customs of the Kazaks those who have had the meat of the sheep will avoid the disasters and have good goodluck.



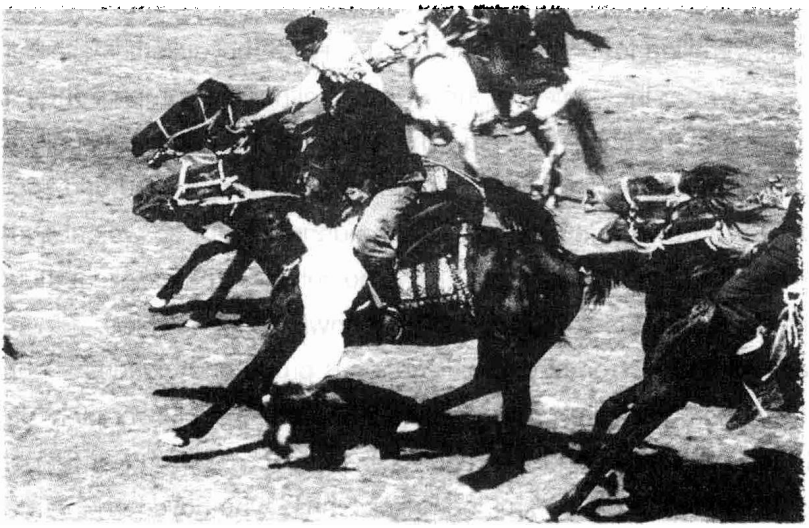
叼羊
Scrambling for a Sheep

叼羊是英勇的哈萨克族人传统的马上游戏。叼羊，不仅是哈萨克族牧民所进行的一项扣人心弦的马上游戏，而且是一种力量和勇气的较量，马术和骑术的比赛。一般都在节日期间举行。这一方面是为了庆贺当年牧业丰收，预祝明年牧业增产，另一方面也是为了鼓励牧民们精心饲养马匹，培育优良马种，锻炼英勇骑手，提高马上战术，发展畜牧事业，促进国家建设。

叼羊的形式是很多的，但最主要分三种比赛方式：第一种方式是分组叼，被叼的羊要预先割掉头，扒掉内脏，放在场地中间。参赛者 10 人左右为一组。主持者

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一声令下，两队骑手急驰而去，马快且马上功夫好者把羊抄起提着夹在蹬带下或驮着，不择路地奔跑，其他人催骑追赶抢夺。经过反复的互相争夺，当某队最后把羊放到指定地点时，就算获胜。第二种方式是两人单叼，由两个代表不同单位的单骑者将羊抄起开始叼夺，或者由另一个人拿起羊，让两个单骑去抓，发出号令后开始叼夺。经过两人奋力在马上拉扯争抢，谁最后夺到羊，谁就为胜。第三种方式是群叼，骑手不分队，多人策马争夺，以最后夺得羊并放到指定地点者为胜。



哈萨克族叼羊，用的是山羊，两岁左右，割去头、蹄、紧扎食道，有的还放在水中浸泡或往羊肚里灌水。这样比较坚韧，不易扯烂。参加叼羊的人事先都结成团伙，有的就是两队的比赛。每队都有冲群叼夺、掩护驮遁和追赶阻挡等分工，而且讲究战略战术。它既需个人娴熟的技巧，又要集体的密切配合。总之，叼羊是一项非常有价值的传统体育项目。但是，整个活动并没有结束，叼羊的胜利者，还要把叼来的羊尸，随意从别人家的毡房顶上扔进去，这时，毡房的主人就认为是莫大的吉庆和皆大的欢喜，便组织全家人宰羊煮肉，用手抓肉、奶疙瘩等上等佳肴，热情招待前来恭贺鸿喜的所有客人，待客人们奶足肉饱之后，又开始唱歌、跳舞，进行通宵达旦的娱乐活动。

叼羊是一项勇敢者的运动，当地有句谚语："摔跤见力气，叼羊见勇气。"剽悍的哈萨克族牧民最爱叼羊活动。他们常年放牧在大草原上，尤其是转场的时候，为了保护畜群，经常要同恶劣的天气、凶猛的禽兽顽强搏斗。叼羊则是最好的锻炼，它既是力量的较量，又是智慧的竞赛，既比勇敢，又赛骑术。叼羊的优胜者多是放牧的能手，在暴风雪中寻找失散的牲畜，他们能把百十斤重的羊只，俯身提上马来，驮回畜群。优秀的叼羊手是受尊敬的，被誉为"草原上的雄鹰"。

叼到羊的骑手是自豪的、光荣的，大家纷纷给他披红挂花，进行嘉奖。然而，吃到这只叼羊肉的人，也是自豪的，幸福的，因为，根据哈萨克族人的传统说法，吃了

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这只叼羊肉的人，不仅会避过灾难，而且还能交上好运。



竿球
Pole Ball

Pole ball has another name "top ball" and it is called "kabulong" in the language of the Gaoshans. It is the traditional sport game of the Gaoshans. The game is current in Pingdong of Taiwan province and Chaozhou. The people in Paiwan living in the Southern Taiwushan mountain of Taidong have the ceremony of offering sacrifices to their ancestors every six years which is also a great ceremony to pray for the harvest of all the members of the clan. In the "Five-year Festival" each village will have to organize a team to take part in the performance to play bamboo dance and throw the ball. And this is the unique sport game of the people in Paiwan. In the performance the young boy who pricks the ball first is respected by the villagers. The game is from the hunting for a kind of strong and brutal bird "gulagao" during which the brave and wise ancestors of the Paiwan in the past tried to with a sharp and long bamboo. This game was held once in five years and now it is done on every happy occasion or festival.

The bamboo is often chosen in spring and cut after autumn harvest and then heated to make a bamboo used in competition. The bamboo is 7-8 meters long. It is hard but flexible and there is no limit for the thickness or thinness of it. The diameter is 1-2 centimeters with a long and thin needle on it. The ball is made with the fillings of leaves covered with palm bark or rattan or made with only barks. It has a diameter of 10 centimeters. In competition there can be more than 10 players. The judge throws the ball into the air and when it falls all players can prick it together with the bamboos in the hands. The one who pricks will score. The one who pricks more times wins the game in the fixed time. Or it is competed between two teams. The team who pricks more times wins. According to the customs of the Gaoshans, pricking the ball symbolizes luck and ability so the winners often receive respect and congratulations from the clan.

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竿球
Pole Ball

竿球又称“顶球”，高山族语叫做“卡不隆”球。是高山族人民的传统体育项目，流传于台湾省屏东、潮州一带。住在台东的南太武山的排湾人，每隔五年就要隆重举行一次大规模的祭祖典礼，这也是全族人祈求丰收的一次盛会。在庆祝“五年节”的盛大活动中，各乡村都要组织一个队伍参加一场舞竹抛球的表演活动，这是排湾人的独特的体育表演项目。在表演中，第一个刺中“卡不隆”球的嘎戈亮（年轻小伙子）最受费劳兰（乡亲们）的尊重。排湾人聪明而勇敢的先辈们用顶端削得十分锋利的长竹竿来捕杀一种名叫“古拉高”的凶猛大鸟的方法就演变成排湾人“竿球”活动项目了。原来仅在五年一度的“五年节”时举行，后来每逢喜庆节日均可进行此项活动。



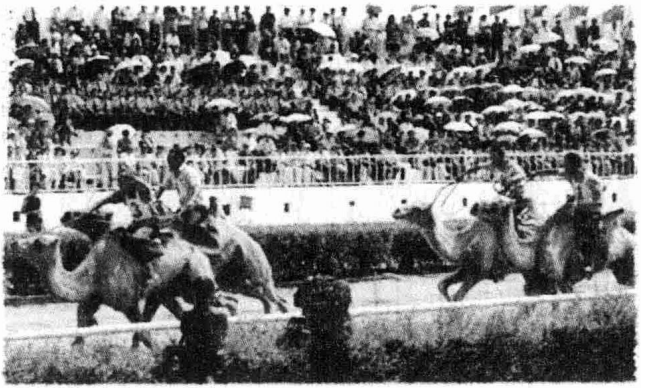
通常在开春时进山选定竹子，秋后采伐，并加以烤制而成比赛用的竹竿。竿长7～8米，硬而富有弹性，粗细不拘。顶部直径1～2厘米，顶端扎一根细长针。球是以树叶为心，外裹棕皮或青藤制成，也可用树皮扎成，直径约10厘米。比赛时，参加者可达数十人。裁判员将球抛向高空，待其落下时，参加者即持竿竞相向球顶刺，刺中者获分。以在规定时间内，刺中次数多者为胜。也可将参加者分成两队，以刺中多的一队为胜。按高山族的习俗，持竿刺中球，即象征吉祥和能干，故获胜者常常会得到族人的敬重和祝贺。

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赛骆驼
Camel Racing

Camels, enjoying the title "boat of desert", have their special place in the economic life and military affairs of the ancient Mongolias. The herdsmen on the pasture who lived on herding camels respect them as the "king of all the animals". Camel racing appears when they are tamed as transportation tool. Whenever there are happy occasions or festivals, the Mongolian herdsmen living on the pasture or the desert or Gobi will have camel racing. So it is a traditional sport game of the Mongolias like horse racing. It is also one of the Mongolians' traditional competitive games and popular in Alashan in the west Inner Mongolia Autonomous Region.

The racer should make good preparation first. He should train his camel half-month earlier before the competition and offers less water to the camel, nutrient food with abundant protein till the competition. Training the camel is very important because it influences the speed and health. If not trained earlier, it will lose hair and fall ill after the competition.



Camel racing embraces running and shooting. Before the competition, a fire is lit up on a mound. The master of camel burns the incense to the fire leading the camel and then go round the incense three circles in the direction of the movement of the sun in order to pray for luck and contentment. And in certain racing areas a hada a white silk cloth is put around the neck of the camel.

In competition all the racers stand in a line on the starting line on camelback.

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With the order of the judge, the racers speed up with whips lashing on the camels. The distance of race is 3-5 kilometers in average. The one who reaches the final first wins. In some competition a target is set on the way of the race and a shooting competition is carried out. The result is decided according to the hits of the target. If there are children in the race and 2-3 year old camels are chosen.

After arriving at the final point, the candidates will run around the fire three circles to calm the camels according to the order of the arrival. To run around the fire means to respect and appreciate the blessings of the fire god. Then they offer liquor to the fire and prayers to the camals from the first to reach the final.

In recent years, the camel racing is standardized according to the modern sport competitive methods and means, which stresses on competition and skills. And the more attractive ground racing, group racing and relay racing are adopted. In 1985 the Inner Mongolia Autonomous Region decides it as the official competitive game in "Nadam Fair".



赛骆驼
Camel Racing

素有"沙漠之舟"的骆驼,在古代蒙古民族的经济生活和军事行动中有着特殊的地位。被草原上以牧驼为主的牧民尊为"万牲之王"。据文献记载,当骆驼被驯化为交通工具时,赛骆驼也产生了。每逢喜庆节日,居住在草原、沙漠戈壁的蒙古族牧民常举行赛骆驼比赛,它同赛马一样是蒙古族传统体育项目。赛骆驼也是蒙古族的传统竞技项目之一。在内蒙古西部阿拉善一带广为流传。

参加赛驼的人,首先要做好准备工作,在赛前半个月就开始"吊"驼,少给其水。吃些含蛋白质的精料,以至备战。吊驼非常的重要,它关系到骆驼的赛跑速度,而且影响到牧畜的健康,如不提早吊驼,牲畜参加比赛后就会脱毛,生病。

赛骆驼有赛跑和射箭两项内容。赛前,要在高处点燃一堆火,由参赛的主人牵着骆驼向火堆焚香,并绕香顺着太阳运转的方向走三圈,目的是为了求得一个吉祥如意。有的地区在赛前要给骆驼颈上挂哈达。

比赛时,赛手不分男女,身着艳丽的参赛服骑在驼背上,在起跑线排成一行。

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裁判员发令后，众骑手挥鞭驱驰骆驼疾跑。赛程一般为3-5公里，以先到达终点者为胜。也有的在赛途中置靶进行射箭比赛，以中靶的多少定胜负。儿童参加比赛，多挑选两三岁的小骆驼。别看骆驼形体笨拙，一旦奔跑起来却是疾如飞马，引人入胜。

赛后按到达终点的顺序绕着象征时运的火堆小步跑三圈，使骆驼平喘。绕火小跑意在尊崇和鸣谢火神的护佑。接着要向火祭酒，并从跑第一名的骆驼开始，献祝颂辞。

近年来，参照现代体育比赛的方法、手段，规范了骆驼比赛，突出竞技性、技术性、采用了更具有吸引力的场地赛、团体赛、接力赛。1985年内蒙古自治区民运会把赛骆驼列入自治区"那达慕"民运会的正式比赛项目。

上刀梯
Climbing a Ladder of Knives

Climbing a ladder of knives is the traditional performance and customs of the Miaos. It is a unique traditional sport game of the Miaos and held on the festival occasions or the important days of worshipping the ancestors or the gods. About the game there is a touching story. In the ancient times there was an orphan of the Miaos named Zhang Yu. One day he went out for living and fell down out of conscious under a big mulberry because of starvation. He was saved and brought up by an old man with the surname of Long of the Miaos. Zhang Yu had dark brows, big eyes and he was tall and strong so people called him affectionately "Long Zhanglang". One year, it was suddenly winding and thundering hard. The sand and the stones were flying in the air, which made the eyes of Old Uncle Long and many of the villagers blind. It was lucky that Zhanglang went out to cut firewood and shielded himself into a cave then. Long Zhanglang was very angry and worried and went about to look for the prescription to cure the eyes of his fellowmen. When he heard of that the dews on the moon could clear the eyes and make them see again he was determined to fetch. But how to go to the moon? Then he got an idea to insert the knives into the tree horizontally as a ladder. Six

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days later, the paper umbrella full of big and round dews of the moon fell down from the sky. The suffered people could see again but Long Zhanglang had never returned. The Miaos began the practice from then on in order to memorize the hero.

The game is held three times every year. It is held in the first month of the lunar year, on the eighth day of the fourth moon and the "autumn harvest". Every game has its special meaning. The game on the fifteenth of the first moon means to send off the old and welcome the new in order to pray for good luck and great prosperity. The game on the eighth of the fourth moon means to worship the heroes and their courages. It is held on the "autumn harvest festival" meaning to celebrate the harvest and express their happiness. Before the game starts, all the Fathers who take part in the rituals speak the incantation around the wood post and do the rituals led by the ritual controller. After it, the former young Father of the Miaos begins climbing the ladder of knives. He climbs the ladder from the bottom step by step to the top and performs his unique skills on the top of it and blows the horn to show that the rituals are successful. Then the test ends and the anchor admits that the rituals and the test of the ladder successfully. Climbing a ladder of knives is the excellent skill of the Miaos. Still it expresses the brave spirit of the Miaos who are not afraid of danger, difficulties and meet the difficulties head-on.

In order to see clearly, the ground of the game is usually on a spacious lawn but a little higher on fringe. A more than 5 zhangs high round post is set in the middle of the lawn. On it carefully carved are the pictures of the dragons flying in the air and some other colorful patterns. 36 sharp broad swords are inserted horizontally on the post with same intervals and with edges of them up from bottom to the top. On the top of the wood post two square yellow flags are put tiltedly. Beside the post, there is an eight-zhang-wide-and-two-zhang-long wood rack with 36 knives inserted vertically and the points of them up. Before the game the points and edges of the knives are covered with gunny. The air is serious and solemn.

While climbing the ladder, the young boy of the Miaos stretches his arms and legs, with the palms putting together above the head. After dancing a while barehandedly and bare-footedly he begins climbing the ladder step by step treading on the edges of the knives. On the way to the top he make post to show his strength. Upon reaching the top he takes a horn out of his waist and blows with the face up.

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Then people begin singing and dancing. Just down from the ladder the young man steps onto the rack with knives and stepping on the points of the knives carefully with the underside of the arch. He turns around whenever he steps on a knife as if walking on the plain ground. Then the young men and women strive to climb the ladder and the rack like the butterflies flying in the air. The lions and dragon lanterns go into the ground led by the arhat in the cheers of "wohu, wohu" and perform the ladder dance. Just then the maiden of the Miaos appears gracefully and the eyes of the people turn to and fix at the bottom of the post. The girl takes off her shoes and stocks, stretches her arms gently and then climbs on the ladder and performs various beautiful movements with the ringing of the jewelry on her clothes. Her performance is beautiful, airy and graceful, which arouses people cheers all the time.



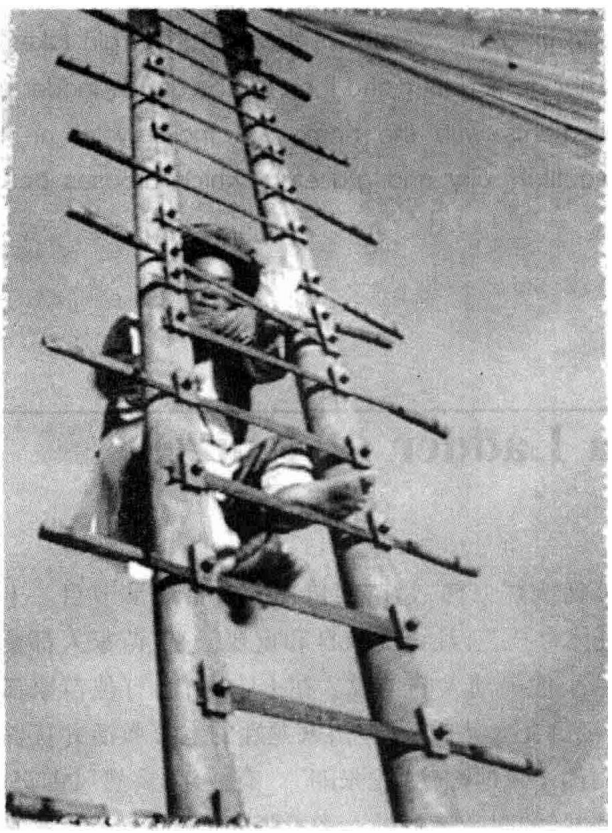
上刀梯
Climbing a Ladder of Knives

苗家人上刀梯又名爬刀梯或踩刀梯，是苗族传统的民俗表演节目。上刀梯是苗族独特的传统体育技艺，凡喜庆节日和重要祭祀，苗家人都要举行上刀梯活动。上刀梯活动有一个优美动人的传说。在上古时代，有位苗家孤儿名叫张羽，有一天，他外出谋生，饿倒在大桑树下，被苗家龙姓的老爹救活并抚养成人。他浓眉大眼，体躯魁梧，人们都亲昵地称他"龙张郎"。有一年，突然风雷交加、飞沙走石，把龙老爹和很多苗寨同胞的眼睛迷瞎了。幸亏张郎上山砍柴，急忙躲进岩洞免遭灾难。龙张郎又气又急，到处寻觅医治眼睛的药方。听说月亮上的露水可洗亮眼睛，他就下定决心，上天去取。可是该怎么上去呢？龙张郎想出了把刀横插在树干上当作天梯的办法。六天后，天上落下龙张郎那把沾满又圆又明的月亮露水的纸伞，欢呼的人们重见了光明，而龙郎再也没有回来。苗家人为纪念这位英雄，从那时起，就开始了上刀梯的盛大活动。

上刀梯活动，苗家人每年要举行三次。分别定于农历的正月、"四月八"与"赶秋节"举行。并且各次都有其特定的含义。正月十五元宵节前后举行，是为送旧迎新，求得来年大吉大利；"四月八"，这是苗家人为祭祀英雄、激励斗志；"赶秋节"，

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是为欢度丰收，表达内心的喜悦。在上刀梯之前，由法事主持人带领所有参加法事的老司，围绕木柱吟咒语，做法事。法事结束后，就由前届的年青苗老司开始上刀梯。从第一把刀开始，一节一节往上爬，一直上到最顶端，然后在上面表演一些绝技功夫，并吹动三番牛角号。表示法事成功，考验结束，主持法师承认上刀梯的技术过关。上刀梯虽然是苗族苗民的高超技艺，也表现了苗族人民不畏艰险，不怕困难，迎难而上的勇敢精神。



为了方便人们观看，上刀梯的活动场地一般都选在四周稍高、中间宽阔的大草坪。那根五丈余高的圆型木柱巍然耸立在草坪的正中。木柱上经过精心铄刻青龙腾云雾的图案与五颜六色的花纹；三十六把锋利的长刀，刃口朝上，从下往上按照相同距离整齐地横插于柱上。柱的顶端，斜插着两面四方黄旗。木柱旁边，是一个八丈宽、两丈长的木架，架上竖直插着三十六柄白刃朝天的尖刀。活动开始前，刀尖、刀口都用麻布密封着，气氛严肃、庄重。

上刀梯时，苗家小伙子舒臂踢腿，合掌指天，光手赤脚，舞蹈一阵后，一级级踏刃向上攀登。中途向人们展示刚健的姿态。上到顶端，便从腰间拿出一只弯牛角，仰天吹奏，人们欢呼雀跃，载歌载舞。小伙儿刚下刀梯，又踏上刀架，用脚心踩着刀尖，每踩一只，就旋转一周，如履平地。随后，青年男女也一个接一个争相上刀梯、踩刀尖，像蝴蝶翻飞一样。在“喔吼喔吼”的阵阵欢呼声中，狮子、龙灯在罗汉的引导下，带着吉祥进入刀梯场，开始表演伴刀梯舞。在酣歌狂舞中苗家少女款款出场，大家的目光一齐盯着刀梯脚边，只见少女脱下鞋袜，轻展双臂，而后登上刀梯接连展示各种优美造型，满身金银玉器在半空叮叮作响。其姿态洒脱飘逸而又不失柔美，轻灵的动作令人赞叹不已。

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投绣球
Throwing Embroidered Ball

Throwing embroidered ball is a traditional game of the Zhuangs in Guangxi Autonomous Region. It has a long history. But originally it was a bronze weapon-Feituo used for throwing in the war and hunting. Later people had changed it into an embroidered bag to throw each other for entertainment. In the Song dynasty, it became a media to express the love between the youth of the Zhuangs. Now it is still popular in the areas such as Baise, Liuzhou, Nanning and Hechi etc. in Guangxi province. At each singing party in the traditional festivals such as the Spring Festival, the Third Day of the Third Moon and the Mid-Autumn Festival etc. the youth of the Zhuangs will invite each other at the village side, the edge of the field or on the bank of the river. And then they divide them into the male and female sides. When the two sides decide their places to sing in antiphonal style and throw the balls, they begin to ask each other in songs. The songs include very rich contents of ideals, feelings and the agricultural affairs and so on. They ask and answer while singing. One side rises and the other falls. When they sing to the most exciting moment, the girls begin to swing the balls in their hands and throw them to the boys whom they set their minds on. The boys' are supposed to have quick reaction and catch the balls right. Otherwise the others would laugh. The boys who have caught the balls will enjoy the balls for moment and then throw the balls back to the girls. After a few times the boys will tie their gifts such as the silver ornaments or coins to the balls, and throw back to the girls as gifts if the boys also set their minds on the girls. The more expensive the gift is, the deeper feeling it shows. If the girl accepts the gift it means she agrees the court from the boy and then they will continue to sing in antiphonal style to show their emotions or date to an quiet place to express their heartfelt emotions.

In recent years, after refinement the Mass Sport Bureau of Guangxi Sport Committee developed and decided new competition rules according to its features and makes it a traditional duel sport.

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Throwing the embroidered ball can not only improve one's power, flexibility and speed, but also develop the moral quality to be brave, determined, self-confident and active and also temper one's spiritual sentiment. The game requires perfect skills. The diameter of the ball is 6 centimeters and it is filled with grains or sand and made with the cover of colorful silk. The bottom of the ball sewed with tens of ribbons of more than 10 centimeters long and weighs 150 grams. In competition, the male team and the female team stand on two sides and throw the balls into the small hole (with a diameter of 60 centimeters or less than that) on the top of the 10-meter high wood post. The competition rules are:



There are team and individual competitions. In team competition there are five athletes in each of the male and female teams. There are five athletes to take part in each individual competition. Only individual results are counted.

Competition: the competition will last for 20 minutes. It had two halves and 10 minutes for each. In the first half the five female athletes throw the balls and the second half the five male athletes do.

In competition, the referee will bring the athletes and the judges together and introduce each other. Then the judges give the balls to the athletes. After one-minute practice, the athletes stand in the throwing areas of the two sides. With the preparation of the judges and the athletes, the competition begins after the whistling the referee. The athlete should pick up his or her own ball and return to his or her own throwing area quickly after each throw. One point for throwing the ball into the hole once. But if the athlete steps on the limit line, or out of the throwing area or use others' balls, he or she will have the deduction of one point for each wrong conducts.

After the competition, the places of the teams and the individuals in the competition will be decided according to their points. Those who score highest marks will be listed front. If they score the same, they will have the one-minute extra peri-

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od, the one who hits more times wins. If it is still a tie, one more one-minuet extra period added till the winner is determined.



投绣球
Throwing Embroidered Ball

投绣球是广西壮族人民的一项传统体育游戏，它的历史悠久，最早是用青铜铸制的兵器，用于甩投，称为“飞砣”，多在作战和狩猎中应用。后来人们将飞砣改制成绣花囊，互相抛接娱乐。到了宋代，逐渐演变成为壮族男女青年表达爱情的媒介。现“抛绣球”仍在广西百色、柳州、南宁、河池等区流传。每逢春节、三月三、中秋等传统佳节举行的歌圩中，壮族青年们相邀集村边、地头、河畔，分成男女双方。双方选定对歌抛球的位置后，便开始用歌声相互询问，歌词内容包括理想、情操、农事问答。对歌有问有答，歌声此起彼落，唱至酣畅，姑娘们便运转起手中的绣球，向中意的小伙子抛去，小伙子眼明手快，反应敏捷，准确无误地接过去绣球，否则即会惹起旁人的哄笑，接住绣球的小伙子将它赏玩一番后，又向姑娘抛回去，经过数次往返抛接，如果小伙子看上姑娘，就在绣球上系上自己的小礼物，诸如银首饰或钱币，抛回馈赠女方，馈赠愈重，表明小伙子对姑娘的情意愈重。姑娘若接受礼物，就说明同意小伙子的追求。于是继续对歌互表情意，或相约到僻静处去互诉衷情。

近年来，广西体委群体处根据投绣球的运动特点，加以整理与发展，制定出规则，使之成为对抗性的传统体育项目。

投绣球不但能锻炼提高人的体力和灵敏度及速度，而且能培养果断、坚毅、自信、积极向上的品质，陶冶美好高尚的精神情操。这种活动的技术性要求很高。绣球直径约6厘米，内盛豆类或沙子，以多色的彩绸包制而成；底部缝有数十条长约10多厘米的球顶飘带，重约150克。比赛时，男女各站一方，将绣球投向约10米高的木竿顶上的小圆圈孔（直径60厘米或更小一些）中。比赛规则为：

比赛分团体赛和男、女个人赛。团体赛每队由男、女各5人参加；个人赛每次比赛5人，计个人成绩。

比赛时间：团体赛比赛时间20分钟；分两段进行，每段10分钟，第一段为5名女运动员上场抛绣球，第二段为5名男运动员上场投绣球。

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比赛时由裁判长带领比赛的运动员与裁判员认识，由裁判员发给运动员绣球，练球一分钟后，队员分别站在两边的投球区内，待裁判员、运动员做好准备，裁判长鸣笛开始比赛。运动员投圈后飞快捡起自己专用的球返向投圈。中圈一次得1分，如果投球时运动员踩到控制线、越出投球区或拿别人的球投，一次扣1分。

比赛结束后，按得分多少排列团体（10人得分相加）和个人名次，得分高者名次列前。如果投球得分相等，再用1分钟时间给相等分数的运动员复赛，投中多者为胜；如果仍相等，再赛1分钟，直至决出胜者为止。



响箭
Whistling Archery

There are many traditional folk game in Tibet and the unique one is Whistling Archery in Gongbu. Whistling archery is "Bixiu" in Tibetan, which means "sharp cry". Whistling archery in Gongbu has a history of more than 1, 500 years. It is created by the people in work and life and is a necessary activity to celebrate harvest and welcome the new year etc. in Gongbu. The traditional folk sport rolls entertainments, cultures, arts and the exercises into one and remains popular to nowadays. Now it is one of the ethnic sports of the country.

Whistling-the materials and making of the bow, arrow and target:

Whistling archery includes the apparatus such as bow, arrow, target range, target heart and rack and so on. First is the bow. The bow is made traditionally with two pieces of bamboo clued together, with a length of 120 centimeters, a width of 6 centimeters and a thickness of 0.7 centimeters. The second is the arrow. It has its unique making method. On the top of a 0.6 long bamboo shaft, a wooden and empty arrowhead, which has a squared head and tapered tail with four small holes on it, is installed. When the arrow is shooting, it makes sharp sound because of the air so it brings about excitement and pleasures to people. The third is target. A target has its difference between the target range and target.

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Target range is called "Xiaba" in Tibetan, which made of leather like the good deerskin. It prevents the arrow from flying. It is made delicately with quite a number of beautiful and hand-made patterns on. So it is an article of handicrafts. The whole center of the target is "Ben" in Tibetan. It is made of leather with three rings and a diameter of 18 centimeters. The two outside rings have a width of 5 centimeters. The outside ring is to fix the heart and it is white. The second ring is black. The inner ring is red with the print of "玛尔帝" on it and it is movable. When the arrow hits the target the red "玛尔帝" falls automatically. The fourth is rack. The rack is used to put arrows before the game and during the rest at intervals. And it still functions as the barrier between the target and the competitor. There are professional racks and temporary ones. They are usually 4-5 meters long and 0.6 meters high. Besides, the covers should be put on the thumb, index finger and the middle finger of the right hand and an ivory ring on the thumb of the left hand to prevent the fingers from being hurt while the competitors are shooting.

Whistling archery-time, organization, competitors and rules:



Whistling archery competition is a sport activity organized by the masses themselves and held in the festivals, holidays and the slack season. In order to develop the excellent folk traditional culture, a Whistling Archery Association is founded in Linzhi district of Tibetan. Now there are six branches in total in Linzhi district with more than 200 members. According to the tradition, the players are men and they organize the teams according to the village. In the competition, the men and women, the young and the old of the same village of the competitors in gala dress, with the preparation of various delicious and barley liquid come to the competition. They form their song and dance team to encourage their own competitors.

The ground is a spacious land of 37-40meters long and 25-30 meters wide. According to the tradition, the target is set facing to the south. The setting of the target has its traditional meaning and certain scientific theory of the direction of

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winds. In competition, the competitors stand in a line. And song and dance team also stand in a line vertically to the competitors (the men on the right and the women on the left). Before competition, the competitors and song and dance teams sing the beautiful-melodied and exciting "Gongbu Archery Song". In the competition, the song and dance teams are singing all the time the archery song "Welcome here in hurry" and dance a special "Gongbu Archery Dance." When a competitor hits the target, he is presented a cup of drink.

There are team and personal competitions in whistling archery. The rules are strict. In each competition there are 10 to 15 turns for a team. In each turn there will be two arrows for each competitor. The first turn starts with the left of the line and the second turn starts with the right and then continues in this way till the end of the competition. If the heart is hit and "玛尔帝" falls, the competitor will score two points. If the black ring falls, one point. In one turn if two arrows hit the target, one arrow is awarded. Hit again, awarded again. The way to count is simple and open. On the left rack of each competitor there are 8 round stones. The player can put one stone to the right side from the left for one score. So the competitors can supervise each other clearly. No one is admitted to go into the ground freely or cross it except for the one who collects the arrows. Otherwise he is considered impolite and will be cursed. There are different rewards for the winners. It is mainly to encourage the competitors accompanied by the materials. Whenever he hits once he is offered a drink. He who wins in the end will be awarded with a pure white hada. He is congratulated with cheers and praised with songs.



响箭
Whistling Archery

骆曲翻

西藏有很多民间传统体育竞技活动，其中最有特色的要算工布地区射响箭。响箭藏语称"碧秀"，意为"尖啸"。工布响箭大约有1500多年的历史，它是工布地区劳动人民在生产和生活的实践中发明创造的，也是工布地区在庆祝丰收、迎接新年等重要节庆活动中必不可少的竞技娱乐活动。工布地区的民间

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传统体育响箭比赛，科学地把休闲娱乐、文化艺术、体育健身高度地结合在一起，所以至今盛行不衰，国家把它列为少数民族体育项目之一。

响箭——弓、箭、靶的原料及制作

射响箭、要具备弓、箭、靶围、靶心、弓架等。其一“弓”。弓传统制造是用长约1.2米、宽约6厘米、厚0.7厘米的两条竹片胶而成的。其二“箭”。箭的制作非常独特，在长约0.6厘米竹箭杆上装着一个头为方体、尾为圆锥体的空心木制箭头，上面钻有四个小洞。箭离弦后，由于空气作用而发出尖厉的鸣号声，给人带来一阵兴奋和乐趣。其三“靶子”。靶子有靶围和靶子之分。靶围藏语叫作“夏巴”，意为鹿。一般用好的鹿皮制作，用来挡箭向前飞行。制作精美光滑，上面有许多手工缝制的图案，可以说是一件民间手工艺术精品。整个靶心藏语叫作“本”，是用皮革制作，成环形，直径约18厘米，里外共有三圈，外两圈每圈宽约5厘米，外圈用来固定的、用白色，第二圈为黑色，内圈印“玛尔帝”为红色，是活动的，箭射中，“玛尔帝”（红心）便自动脱落。其四“弓架”。弓架既是比赛前和休息时放弓箭的架子，又是靶子与射手间距离固定的栏杆（防止往前走）。弓架既有专用的，也有临时搭建的，一般长4～5米，高约0.6米，另外，射手右手的大拇指、食指和中指要带獐子皮缝的指套，左手的大拇指带象牙戒指，防止射箭时被弦将手指手皮磨伤。

响箭——比赛的时间、组织、参加者和规则

响箭比赛一般是在节假日和农闲期间群众自行组织的体育娱乐活动。为了弘扬民间优秀传统文化，林芝地区专门成立了响箭协会。目前，全地区共有6个分会，会员达200多人。在传统上箭手都为男性，一般以村为单位组成队伍。每当举办响箭比赛时，同村的男女老少都身穿节日服装，备好各种佳肴和青稞美酒，来到比赛现场观看，并组成歌舞队，为自己的箭手歌舞助兴。



响箭比赛场地要有一块长37～40米，宽25～30米的空地。传统上靶子设北朝南，箭手由南朝北射箭。这样的摆部既有民间传统习俗上的说头，也有风势方向上的科学道理。比赛时，首先队员们横向排成“一字形”，然后，在箭手们的纵向男女歌舞队分别排成“一字形”（男右、女左）。比赛正式开始前，箭手和歌舞队就要齐唱旋律优美、使人振奋的《工布箭歌》，比赛中，男女歌舞队不停地口唱欢迎光临的箭歌，并且跳一种

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动作特别的《工布箭舞》，箭手射中靶子，就要敬酒。观众既看赛箭，又看歌舞，真是目不暇接，其乐融融。

响箭的比赛形式既有团体赛，也有个人赛，规则较严格。每一次开展比赛活动要进行十轮至十五轮，每轮每人射两箭。第一轮从箭手排着横队的左边开始，第两轮从右边开始，以此推至比赛结束为止。比赛时箭中靶心，只要脱落“玛尔帝”（红心）就得两分，脱落黑圈则得一分。一轮中两箭都射中加一箭，再射中继续加箭。记分方式既简单又公开，每一个箭手前的左边弓架放8颗圆形石子、得一分箭手自己从左边的石子中拿一颗摆放在右边，互相监督一目了然。在比赛期间除收箭人以外，任何人都不能在场地内随便走动和横穿，若有此类行为算对人不尊重，要挨大家的责骂。对比赛获胜者的奖励办法有各种各样。一般以精神鼓励为主，物资奖励为辅。只要射中一箭，众人便向他敬一杯美酒，比赛获胜了献一条沾白的哈达，以欢呼声来祝贺，以歌声来赞扬。



珍珠球
Pearl Ball

Pearl ball is a traditional sport of the Mans. It develops from the imitation of the actions of pearl collectors. In competition, the athletes can pass, throw, beat or roll the "pearl" (the ball) freely in the water (the supposed) and try their best to make the partner who is standing in the goal area with a dip net in his hands collect the "pearl". Pearl ball is a sport done with the cooperation of the hands, and apparatus (bat and net). Each game will have two teams at the folk sport meeting. Of each team consists of 6 athletes. In the water area (the inside area) of each team there are three players who are in charge of attack and defense. The attackers can pass, beat, roll or dribble the ball to any direction in order to shoot it into the dip net and goal. In the shell area (the blockade area) there are two defense athletes of the opponents who have shells (the bats) in hands to prevent the opponent attackers from throwing the pearl into the net with the application of skills such as blocking, shielding, squeezing and pressing etc. There is a player in each team with dip net in his hand playing in the weihu area (the goal ar-

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ea) and try to catch the ball from his partners. The defenders will try to prevent the opponent from goaling. The team with more goals wins in the end.

General Competitive Rules:

Time: There are two halves and each half lasts 15 minutes. A ten-minute rest is between the two halves.

Equal score and deciding time: when the second half finishes, if the two teams have equal scores, then prolonged 3 minutes will function as the deciding time. The game continues. If the scores of the two teams are still equal, one more three-minute deciding time is given until the winner is decided. The deciding time is the continuation. In all the deciding times the teams will attack according to the second half. The team fouls and the penalty time will delay to and carried out in each deciding time. Before the first deciding time, the referee will ask the leaders of the two teams to decide the service by throwing of the coin. Then the service change after each deciding time. A two-minute rest exists between the second half and the first deciding time. Then between the deciding times only serve exchanges and no rest exists. The competition continues with the serve in the central circle under the charge of the referee.

Jump Ball: while jump ball happens, the two athletes from the two teams should stand in their own semicircles with one foot and another foot nears the center of the line between them. When the ball reaches the top height, one or the two athletes must beat it validly. Each of the two athletes can beat the ball twice. If neither of the two athletes beats the ball, jump ball is done again. Before the ball is beaten validly, neither of the two allow to leave their positions and should not catch the ball before the non-jumpers touch it, either. The other two athletes of the two teams can stand in any place in the water areas of the two teams. But they should not move before the ball is beaten. Any part of the body



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should not be on the central-circle line or beyond the central-circle line (the cylinder). Any action of the above will be judged foul.

Held Ball: if the ball is held by one of the two teams respectively or by many players the held ball is judged. Then two of athletes holding the ball have the jump ball and the competition continues. If many of the players hold the ball then the jump ball is performed between two athletes of the sides with almost the same height.

Throw-in: when out, foul, no penalty after foul or serve existing after penalty, then the serving side throws the ball in outside the nearer line to continue the competition. The ball is out at the end line or the sideline of goal, block areas, or foul happens in the block or the goal, the throw-in position is near out of the nearest limit end line. The throw-in player should not move along the line before the ball is throwing out but he can retreat along the vertical line. The foul is judged when the following cases take place: the throw-in player touches the ball inside the court before another one touches it; steps on or into the court before the ball is off hand; 5 seconds pass before the ball is off hand; the ball touches the ground or objects outside the court before another athlete touches it inside the court when it is off hand; the ball goes into net directly before another athlete inside the court touches it when it is off hand; before the ball is thrown in, any part of the body of any athlete inside the court is out of the boundary; when the outside barrier is not away from the line within 3 meters, the opponents do not retreat to the inside place away from the throw-in point at least 1 meter.

Fouls and penalty: a. personal foul means the illegal touch between the players in competition. The athletes should not block the competition by stretching the arms or bending the bodies into irregular post to pull, block, push, bump or stumble the opponents. Any rough or strong movements are not allowed to make the unreasonable touch; b. two-side foul means the foul happens to the players of the two sides when they touch each other at the same time; c. unsportsmanlike foul means that the players make excessive touch on the opponent (including the apparatus) or make use of the dangerous actions on purpose regardless of the rules; d. in competition, the players of the two teams (members, trainers, substitutes and the team followers) should cooperate with the judges and his assistants. Any action to be against the cooperation or the rules on purpose is considered technical

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foul; e. in each half an hour, the total fouls of the personal and the technical amount to eight times, then each of the foul happening later will be punished penalty. The invaded player does the penalty. If the bat-holder or the net-holder fouls, the penalty is done by the athlete appointed by the invaded team leader; f. foul to the water area player who is throwing the ball or to the net-holder who is netting the ball, a score is judged to the invaded player, then foul is only recorded with no penalty. If they do not throw in (or not net) then they will have a chance of penalty. Foul to the player who is throwing in, the penalty is carried by the thrower. Foul to the net-holder who is netting the ball the penalty is done by the athlete appointed by the team leader. The fouls amount to 8, the penalty is same to the above. g. All the technical fouls or unsportsmanlike fouls are judged to give the opponent a chance to have penalty or throw-in regardless of whether the opponent throws in or nets or not.

Court and Apparatus:

Court: the court should be a hard rectangle with no barriers at all. The court is 28 meters long and 15 meters wide measured from the inside of the boundary. There are no barriers at least 3 meters outside the boundary and no barriers 7 meters in the height above the ground.

Apparatus: the shell of the ball is made of leather or rubber with a bladder inside. The surface is pearl. The ball has a girth of 54-56 centimeters and a weight of 300-325 grams. The bat is a shell made of flexible resin. The color resembles to the shell. The head of the bat is 35 centimeters long. The widest part is 25 centimeters with a thickness of 0.3-0.5 centimeters. The edge of the bat is packed with the rubber or soft material with the width of less than 0.4 centimeters and the thickness of less than 0.2 centimeters. The shaft of the bat is elliptic cylinder with a length of 15 centimeters and a biggest diameter of 4 centimeters. The total length of the bat is 50 centimeters long and the weight is 390-410 grams. The net mouth is round and the net circle is made of metal strips. The round strip is 0.4-0.42 centimeters in diameter. The inside diameter of the net mouth is 25 centimeters. The net is made of thin rope or nylon. The depth of the net is 30-35 centimeters with the net holes of 3-3.5 centimeters in diameter. The color of the net should be dark. The shaft of the net is cylinder with a length of 15 centimeters, a diameter of 3-4 centimeters. The weight of the net is 180-250 grams.

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珍珠球
Pearl Ball

珍珠球是满族的一项传统体育项目，由模仿采珠人的劳动动作演变而来。比赛时，运动员可在“水区”内任意传、投、拍或滚动“珍珠”（球），力争让手持抄网站在得分区内的本方队员采到“珍珠”。珍珠球比赛动作优美，极富观赏性。珍珠球是用手和器械（拍、网）综合进行比赛的运动。民运会的每场珍珠球比赛由两个队参加，每队6名队员上场。水区（内场区）内双方各有3名队员负责进攻或防守。进攻者可将球向任何方向传、拍、滚、运，目的是向抄网投球并得分。蛤蚌区（封锁区）内有两名持哈蚌（球拍）的守方队员，用封、挡、夹、按等技术动作阻挡进攻队员向抄网内投球。每队有一名持抄网的队员在威呼区（得分区）内活动，用抄网兜试图抄（采）中对方队员投来的珍珠（球）。防守者阻止对方攻球得分。比赛结束时得分多者为胜。

比赛通则

比赛时间

比赛分上、下两个半时，每半时15分钟，两半时中间休息10分钟。

得分相等和决胜期

下半时结束时如果得分相等，则延长3分钟作为决胜期继续比赛，若仍相等则继续延长3分钟，直到分出胜负为止。决胜期是下半时的继续。在所有决胜期中，球队按下半时的进攻方向进攻，全队累计犯规及处罚则延续到每一个决胜期。第一个决胜期前，主裁判员要召集双方队长，抛币选择发球权。以后每打一个决胜期双方互换一次发球权。下半时与第一个决胜期之间休息2分钟。以后的每个决胜期之间只交换发球权、不休息，由主裁判员主持在中圈发球继续比赛。

跳球

跳球时，两名跳球队员的脚要站在本队场区的半圆内，一只脚靠近两人之间的线的中心。球到达最高点后，必须被一名或双方跳球队员合法拍击跳球才有效。每个跳球队员可以拍击两次。如果双方跳球队员都没有拍到球则应重新跳球。在球被合法拍击前，任一跳球队员都不得离开原位置，也不能在球触及非跳球队员所在的地面前将球抓住。双方另两名水区队员可以在水区内的任何一点站位。从跳球开始至拍击前不得移动；不得使身体的任何部分在中圈线（圆柱体）上或超越中

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圈线(圆柱体)。

违反以上规则判违例。

争球

若双方各一名队员或多名队员同时紧握球,都不能获得球时应判争球。由双方两名争球队员在中圈跳球继续比赛;如双方多名队员争球时,跳球要在双方两名身高基本相同的争球队员之间进行。

掷界外球

当球出界、违例、犯规后不罚点球或罚点球后还有发球权时,由获得发球权的队在附近的边线外掷界外球继续比赛;球在端线或得分区、封锁区的边线出界后,或违例犯规发生在封锁区、得分区时,掷界外球的地点在就近的限制线终端的边线外。掷界外球的队员在球离手前不得超过裁判员指定的地点沿边线移动,但可沿垂直界线的方向后退。掷界外球如出现下列情况,应判违例:在球触及另一队员前在场内触球;球离手前或离手时踏场地;球离手的时间超过5秒钟;球离手后,在球接触场上队员前球触及界外地面和物体;球离手后,在球触及另一水区队员之前直接投入网内;在球掷过界线前,任何其他队员身体的任何部分越过界线;当界外障碍物距界线不足3米时,掷界外球的对方队员未退至掷球地点界线的1米外后的场区内。

犯规与判罚

(1)侵人犯规指比赛中队员之间的非法接触。水区队员不准通过伸展肢体或将身体弯曲成"反常的"姿势来拉、阻挡、推、撞、绊对方队员,以阻碍其行进;也不准放纵任何粗野或猛烈的动作,造成不合理的身体接触。

(2)双方犯规是两名对抗的队员大约同时互相发生接触的犯规。

(3)违反体育道德的犯规是队员不顾规则的规定,在对方队员身上(含器械)发生过分的接触或队员有意使用危险动作与对方队员发生身体(含器械)接触(严重犯规)。

(4)比赛时,双方球队的成员(队员、教练员、替补队员及随队人员)应与裁判员及其助理人员完美和真诚地合作。任何故意地投机取巧性地违反合作或本规则的行为都是技术犯规。

(5)每半小时,一个队的队员侵人犯规、技术犯规次数累计达8次后,所有以后发生的队员侵人犯规都要判罚一次点球,由受侵犯的队员执行。持拍队员与持网队员的犯规由受侵犯队的队长指定队员执行。

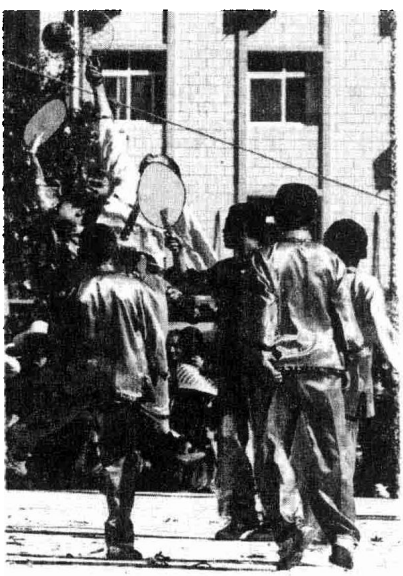
(6)对正在投球的水区队员或正在抄球的持网队员犯规,投(抄)中判给得分,只登记犯规,不再处罚;投(抄)不中,判给受侵犯的队一次点球。对正在投球的队员

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犯规由投球队员执行;对正在抄(采)球的持网队员犯规由受侵犯队的队长指定队员执行。犯规队队员每半时的犯规次数累计达8次后,罚则与上条相同。

(7)所有技术犯规、违反体育道德的犯规,不论犯规时投(抄)中与否,判给犯规队的对方一次点球和一次掷球权。

场地与器材



比赛场地

赛场为长方形的坚实平地,无障碍物。场地长28米,宽15米,场地的丈量从界线的内沿量起。界线外至少3米内不得有任何障碍物,场地上空最低障碍物的高度至少7米。

器材

赛球的外壳用皮革或橡胶制成,内装有球胆,表面应为珍珠(白)色。球的周长为54~56厘米,重量为300~325克。球拍为蛤蚌壳形状,用具有韧性的树脂材料制成,颜色与蛤蚌颜色相仿。球拍部分长35厘米,最宽部分25厘米,厚度0.3~0.5厘米。球拍边缘用橡胶或软质材料包裹,宽度不超过0.4厘米,厚度不超过0.2厘米。拍柄为椭圆柱形,长15厘米,最大直径4厘米。球拍总长50厘米,重量390~410克。抄网兜口为圆形,网圈用圆形金属条形成。圈条直径0.4~0.42厘米,兜口内径25厘米。网兜用细绳或尼龙绳织成,网深30~35厘米,网眼直径为3~3.5厘米。网兜颜色应为深色。网柄为圆柱形,长15厘米,直径3~4厘米。抄网重量为180~250克。

套马 Lassoing

Lassoing is a traditional sport game of the Mongolias. It used to be a method for the herdsmen to control the horses while herding. It is mainly held in the happy occassions and festivals. It has pole lassoing and rope

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lassoing. In competition, the competitors collect up in the pastures and divide themselves in groups of tens. Each of them has a bamboo of about 3 meters long. On the top of it there is a ring, which is just able to noose a horse. A rough and wild horse is chosen and whipped to run first. Then the competitors pursue it closely. When they come to a certain distance, the competitors throw their bamboo rings to noose the running horse. The one who nooses and controls the horse wins. Rope lassoing is the competitors hold the ropes with a moving ring. At the very beginning of the game, a horse made to run first. Then the competitors pursue it closely. When they come to a proper distance, throw the rope out. The one who nooses the horse head and stops the horse wins the game.



套马
Lassoing

套马是蒙古族的传统体育活动，原为牧民放牧时约束马匹的一种手段，多在喜庆节日举行。比赛时，骑手以数十人为一组，云集草原，各持一长约3米的竹杆，杆顶扎一绳环，以能套在马头为宜。选一烈性难驯的马，先令其疾奔，套马手们纵马飞驰，紧追不舍，到一定距离，即扔出挥杆将马套住，以先套准并能束住烈马为胜。绳索套马是骑手手持打着活结的绳索。运动开始时让一烈马疾奔，众骑手纵马飞驰追赶，至适当距离时即迅速套马，以先套住马头、拉住烈马者为胜。



赛牦牛
Yak Racing

Yak racing is a traditional sport of the Tibetans. It has elements of danger like horse racing. Anyhow the exciting scene and the happy air of Yak

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racing express the other aspect of it that the Tibetans desire for and pursue a happy life. And sometimes the mountainous areas in Mongolian also have the yak racing.

The yaks live generally in the high and cold pastures, so they are good at walking on the steep and cliffy mountains or the snow slopes but not at long distance running. Beside they are wildly rough, so in competition they shoulder and fight each other, or jump and give a backward kick. And some yaks are startled because of the loud cheers from the spectators to turn round and return back which makes the race more wonderful, exciting, and enjoyful.

Whenever the traditional festival-Wangguo Festival of the Tibetans comes in middle summer, the old city Lhasa welcomes the yak racers from different regions. It is usually carried out by the experienced herdsmen with the bad-tempered yaks. It was held on 25, November and now it is held on the Wangguo Festival (before autumn harvest) in the pastures or half pastures areas. After the foundation of the People's Republic of China, the game has developed greatly. More people have been in it and the distance of the race has been lengthened to 2, 000 meters. The places in race are decided according to the time used. On the very day, the herdsmen dress up themselves and take part in the annual yak racing happily with the highland barley and the buttered tea, beef and mutton. At the beginning, the race was held in the districts or the towns and usually there were 50-60 yaks in the race. And now the race is held among the villages and there are more than 150 yaks in the race. The first ten will be awarded. The results have been improved a lot after the time record is adopted. In general it will take about 8 minutes for a yak to cover 2, 000 meters.

Every yak is dressed up beautifully before race: it has red tassels on the head, colorful silk on the horns, gaily-colored ribbons on the ears and the fan-shaped Tibetan patterns on the tail. All these symbotizes lucky and contented and the yak is about to win the first place in the race. After race, the heroes will gain respect from the local masses when they win and return home. The yak that wins in the race is famous in the locals and enjoys special treatment from his master.

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赛牦牛
Yak Racing

赛牦牛是藏族的传统体育项目。同赛马一样，赛牦牛这项体育娱乐活动也具有一定的危险性，但是无论如何，赛牦牛的激烈场面和欢快气氛也从另一个侧面反映了高原藏族群众对美好生活的憧憬和追求。另外山区蒙古族有时候也举行赛牦牛比赛。

由于牦牛一般都生活在高寒牧区，只善于在险峻陡滑的高山或雪坡上长途跋涉，而不适于长跑，再加上牦牛性野，比赛中不时拥挤争斗，腾跳掀尾，有的甚至在观众的呼喊中受惊，慌不择路，掉头返回，因而使得比赛更显精彩、热闹、观赏性极强。

每到盛夏时节的藏族传统节日——望果节，古城拉萨的赛场都会迎来各地的赛牦牛高手。赛牦牛通常由经验丰富的牧民驾驭性情暴躁的牦牛进行赛跑，原在11月25日进行，现在改在望果节（秋收前）。赛牦牛在牧区和半农半牧区比较盛行。新中国成立后，赛牦牛活动得到了很大发展，参加人数增多，跑距长度增长为2000米，以时间来计算名次。这一天，农牧民带着青稞酒，酥油茶和牛羊肉，穿上节日的盛装，把牦牛打扮起来，兴高采烈地参加一年一度的赛牦牛比赛。开始以区乡为单位，参加的牦牛有五六十头。现在有些地方已经扩大到以村寨为单位，参加比赛的牦牛增加到150多头，取前10名。采用时间记分以后，比赛成绩有了很大提高，一般2000米赛跑所用时间为8分钟左右。

参加比赛的牦牛赛前都要经过主人的精心打扮：头顶一簇红缨，牛角悬挂各色彩绸，耳上有鲜艳的条饰，尾巴上系着扇形的藏绘，象征吉祥如意、夺魁在即。而骑手们则大多头戴礼帽、身着藏袍站立一旁，顿显英姿飒爽。每次比赛结束后，获胜的骑手回到家乡，都会像英雄一样受到当地群众的尊敬，在比赛中取胜的牦牛也将名扬一方，受到主人特殊的待遇。

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Part 2 中国当代体育 China Modern Sports

I. A Brief Introduction

When modern sports are mentioned, it is invariably to be associated with the Olympic Games and the Asian Games and some other world competitions.

After the foundation of the New China, the Chinese people pay more and more attention to the life quality, physical health, and the communication with the world with the development of the economy and the increase of the national strength. One of the important channels to communicate with the world is the joining in the world and global sports competitions—the Olympic Games, World Cups competitions and the Asian Games.

The Olympic Games as a global meeting has its tight organization and administration-its complete set of charter, the International Olympic Committee, the IFs and NOCs and a system of protocol. In recent years, the Chinese athletes have fantastic performances in the Olympic Games. Table tennis, badminton, and diving and so on are the advantages of the Chinese athletes. A number of Olympic champions have emerged. The Asian Games is especially the magnificent sports meet of the Chinese people and China ranks first all the time. The Gymnast Li Ning is one of the greatest athletes of the 20th century in the world. There are a great number of world athletes in China such as Deng Yaping, Liu Guoliang, Yao Ming, Fu Mingxia and Liu Xiang etc. They give off bright light on the world sports successively.

We hope the Chinese athletes will make more remarkable achievements in the 2008 Olympic Games in Beijing.

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1. 简 述

说到当代中国体育，就会毫不犹豫地把奥运会，亚运会等世界性的比赛和它联系到一起。

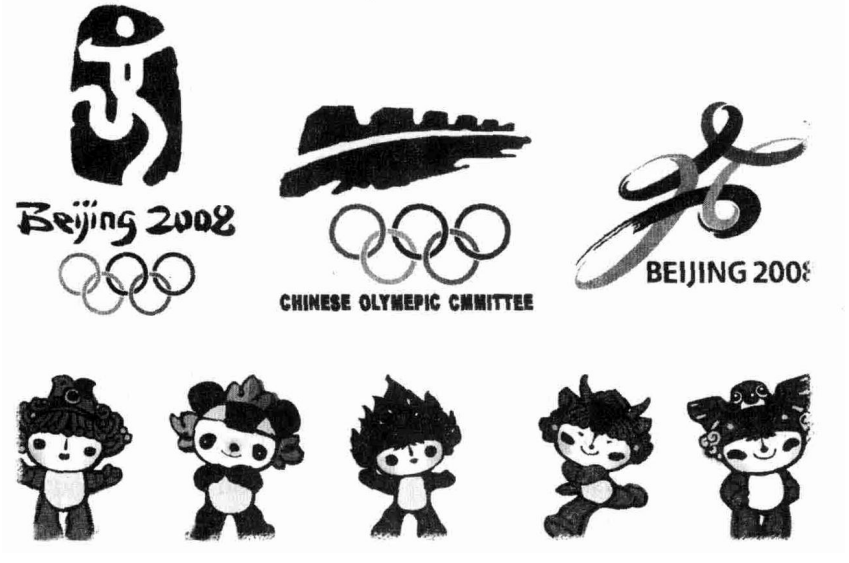
新中国成立之后，随着国民经济的发展和国家实力的增强，中国人民越来越注重生活质量和身体锻炼，越来越注重与世界的交往。其中与世界往来的最主要的渠道之一就是参加世界性、全球性的体育比赛——奥林匹克运动会、各种世界杯的比赛以及亚洲运动会。

奥林匹克运动会作为全球性的运动会有严密的组织和管理——有完整的宪章，国际奥林匹克委员会，国际单项体育联合会和国家或地区奥委会。并且有一整套的运动会礼仪。近年来，中国运动员在奥运会及各种世界大赛上都有非凡的表现。乒乓球，羽毛球，跳水等都是中国队的强项，涌现出一大批世界冠军。亚运会更是中国人的盛会，金牌榜上中国队始终占据第一。中国体操运动员李宁是20世纪世界最伟大的运动员之一。另外，还有一大批世界级运动员明星，如邓亚萍、刘国梁、姚明、伏明霞和刘翔等，他们争相在世界体坛上发出耀眼的光芒。

我们希望中国健儿在2008年北京奥运会上有更加出色的表现！

Ⅱ. Varieties of China Modern Sports

2. 种类多样的中国当代体育运动



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China 中国篮球

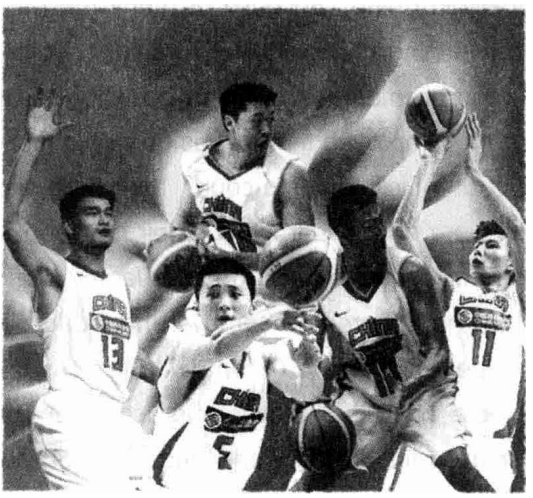
中国篮球运动
The Basketball Sports in China

Along with the Reform and Opening up Policy's carrying on, basketball has become more and more popular in China. You can find people playing basketball everywhere, not only in the residential areas and the countryside, but also in schools and factories. The Beijing 2008 Olympic Games brings more bodybuilding thoughts to Chinese people. At the same time, it brings more chances for the development and progress of sports events including the basketball in China.

In 1949, the 10th World University Summer Games was held in Budapest, the capital of Hungary, from August 14th to 28th. At that time, the PRC (which was not founded then, but the Liberated Area) send out a university men's basketball team to join in this world match. The leader was Huang Zhensheng, the coach was Mou Zuoyun, and the players all come from Beijing and Tianjin. They are Chen Wenbin, Wang Pingzhou, Zhang Deshan, Zhou Baoen, Cheng Shichun, Feng Rongpu, Tan Yijin and Zhang Wenren. There Nine basketball teams from different countries joined in this basketball match. They were teams from Bulgaria, China, Czechoslovakia, France, Hungary, Korea, Poland, Romania and the Soviet Union. The China university men's basketball team won the fourth place in the group preliminary heats, and the sixth place in the final. In the preliminary heats, the China

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basketball team was defeated by Hungary with 28 to 68, by Czechoslovakia with 41 to 72, and Bulgaria with 44 to 47. While in the final, the China basketball team was defeated by Korea with 42 to 58, and defeated by Bulgaria with 53 to 48 and Poland with 40 to 35. It's the first time for the PRC basketball team to join in the world basketball match. Then in 1954, the 12th World University Summer Games was held in Budapest, the capital of Hungary, from August 1st to 7th. There were 13 basketball teams from different countries participateing this basketball match. They were teams from Austria, the UK, Bulgaria, China, Czechoslovakia, Ecuador, Hungary, Egypt, DDR, Israel, Italy, Lebanon and the Soviet Union. China send out both men's and women's basketball teams to take part in this match. The team leader was Zhang Lianhua, and the deputy leader was Chai Jisen. The women players were Zhou Yixian, Yang Jie, Ma Shenmei, Wen Zhizhong, Zhu Jinyun, Zheng Yulian, Cai Mingxia, Ma Jingxia, Bao Yanjin, Xue Yuehua, Huang Wenzhen, Hu Yingxin, Huang Zhen and Li Shaofen. Finally, both of the two teams won the fifth places. It's significant for the PRC basketball team to join in the world basketball matches. The China's men's and women's basketball team had participated in 16 world matches in 6 years since 1949, which is an incredible thing for basketball development in China in later-days. The year of 1983 was an important year in Chinese basketball development. After the National Men's and Women's Basketball Team making great achievements in Asian matches, the National Women's Basketball Team won the 3rd place at the 9th World Women's Basketball Championships. Then the National Men's Basketball Team won the 9th place among all the 24 world teams by defeating many strong European teams at the 10th World Men's Basketball Championships in 1986. It's a historical breakthrough in China's modern basketball history. Following that, the National Men's Basketball Team had won "Penta Crowns" in Asian matches and the world No. 8. The National Women's Basketball Team,



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which often won Asian champion and world tops, has become an important force in the world.

The participating in world match improves the friendship between players from different countries. It also enhances the skills, strategies and communication between players, and balances the skill gaps between different countries. We should admit that the modern basketball developed at a low Starting-Point but improved rapidly in China. Because of many reasons (such as player's physical condition, poor training and skill level, unperfect defense skills, inflexible strategy and lack of qualified centers), the China basketball team had performed poorly in the world. But they improved themselves quickly in just a few years. The Chinese players were swift and flexible in the court. Their agile steps and the ability to hold and hand the ball were always attractive. Their new shot skill, especially the jump shot with one hand or double hands, had the features of speed, sudden and high-point control, which had impressed some of the world players deeply. China basketball players had been far ahead of the world in early shot skill development. Huang Boling, a Chinese basketball player who used "jump in the air and air shot with one hand" displayed first in the world and national matches, influenced the world basketball field greatly.

Along with the quick development of economy, China began to have professional basketball leagues. Now there are more than ten basketball clubs in China. They join in matches held in North China and South China Competition Areas according to their club positions. The PLA "August-First" Men's Basketball Team and the Guangdong Promalks Men's Basketball Team are the two strongest teams at present. As the level of China is professional basketball league is rising, more and more excellent basketball players spring up. For example, Wang Zhizhi, a famous player of the PLA "August-First" Men's Basketball Team, was the first Chinese (and the Asian) player joining in the NBA. What's more, Yao Ming, who is a player of the Shanghai Sharks Basketball Team, became the first pick of the 2002 NBA draft. Then he joined in the NBA at the same year and has made great achievements these years. Apart from that, Bateer (player of Beijing Basketball Team) used to be in the NBA as free player too. It's said that Yi Jianlian, the best center of China who is a player of Guangdong Promalks Men's Basketball Team, is going to join in the 2007 NBA draft, and now he is playing in American Buck. Ex-

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cept for all these above, two players of the National Women's Basketball Team, who are Miao Lijie and Sui Feifei, are playing basketball in the WNBA. Now more and more foreign players are attracted to join in the China professional basketball leagues too. We believe that the China basketball level will be higher and higher with more and more players' cross communications.



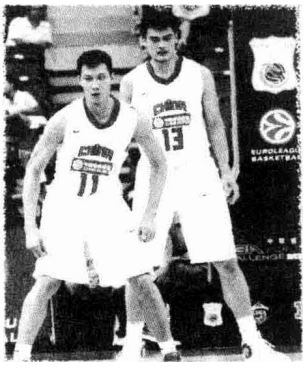
中国篮球运动
The Basketball Sports in China

随着改革开放的深入，篮球这项竞技运动在中国也变得越来越流行。无论是在城市还是农村，无论是在校园还是各种企事业单位都能见到人们在篮球场上玩得不亦乐乎。2008 年北京奥运会，带给了中国人民全民健身的理念，更刺激了中国各项竞技体育项目的发展和进步，中国篮球运动事业恰逢其时。

1949 年 8 月 14 日～28 日，第十届世界大学生夏季运动会在匈牙利首都布达佩斯举行。中华人民共和国（还没有成立时于解放区）派出了第一支大学生男子篮球队，参加了篮球比赛，当时中国大学生男子篮球队领队黄振声，教练牟作云，运动员是从北京、天津两地选出的陈文彬、王平周、张德山、周宝恩、程世春、冯荣普、谭以津、张文仁。参加这次篮球比赛的有保加利亚、中国、捷克斯洛伐克、法国、匈牙利、朝鲜、波兰、罗马尼亚、苏联共 9 个国家代表队。中国大学生男子篮球队，在分组预赛中获得小组第四名，决赛时得第六名。预赛中以 28∶68 负于匈牙利，41∶72 负于捷克斯洛伐克，44∶47 负于保加利亚；决赛时以 42∶58 负于朝鲜，以 53∶48 和 40∶35 分别战胜保加利亚和波兰，这标志着新中国的篮球队初登国际篮坛。1954 年 8 月 1～7 日，第十二届世界大学生夏季运动会在匈牙利首都布达佩斯举行。参加篮球比赛的有奥地利、英国、保加利亚、中国、捷克斯洛伐克、厄瓜多尔、匈牙利、埃及、德意志民主共和国、以色列、意大利、黎巴嫩、苏联共 13 个代表队。中国也派出了女子代表队参加比赛，中国男、女篮球队领队张联华，副领队柴吉森，女队员有周懿娴、杨洁、马申妹、文制中、朱锦云、郑于莲、蔡明霞、马敬霞、鲍焰津、薛月华、黄文珍、胡英信、黄珍、李少芬。比赛结果，中国男、女队均获第五名。中华人民共和国的篮球队在现代篮球运动中走进国际篮坛，是一件引人注目的事。从 1949 年中

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华人民共和国成立，接下来的6年中，中国男、女篮球队共参加16次国际比赛和访问活动，这在中国近代篮球运动中是不可想象的事情。1983年，是中国现代篮球运动腾飞的一年。中国男、女篮球队继在亚洲比赛中获得好成绩之后，中国女子篮球队在第九届世界女子篮球锦标赛上获得第三名。中国男子篮球队于1986年举行的第十届世界男子篮球锦标赛上，在有24个世界强队的比赛中，打败多个欧美强队，荣获第九名。这是中国现代篮球历史性的突破。在随后的一些国际性的比赛中，中国男子篮球队曾经取得了亚洲冠军“五连冠”和世界第八名的骄人成绩。中国女子篮球队也频频夺得亚洲冠军和世界大赛的前几名，使中国男、女子篮球队成为不折不扣的亚洲强队和世界篮坛上两支不容忽视的力量。



我国篮球队走上国际篮坛，增进了我国同世界各国人民及运动员之间的友谊，交流了现代篮球运动技术、战术及其运用的经验。应当承认，我们的篮球运动是在一个低的起点上起步而迅速追赶上来的体育项目。由于当时中国篮球运动员的身体条件、训练水平、技术状况不佳，加上防守差、战术运用呆板和没有现代篮球运动的中锋队员等诸多因素，在同世界上部分国家和地区篮球队交锋中，所表现出的运动水平是不高的。但是，在短短的几年中，已经看出中国篮球运动是在迅速提高之中。中国篮球运动员机智、灵敏的比赛意识，灵活多变的脚步动作，掌握与控制球的能力，引起和受到国际篮坛的关注。中国篮球运动员的投篮方式，尤其是跳起的单、双手投篮，具有快速、突然、制高的特点，曾使国际部分国家的篮坛人士耳目一新。在世界现代篮球运动发展初期阶段的投篮技术发展与演变中，中国篮球运动员走到了前面。中国男子篮球队的黄伯龄，在国内外的重大比赛中运用的“跳起滞空单手投篮”，是这一时期投篮技术的新发展，是中国与世界篮球运动史上的首创，在国际篮坛产生了深远的影响。

改革开放以来，随着国内的经济高速发展，中国篮球运动也逐渐走上了职业化联赛的道路。目前，国内已经成立了十几家篮球俱乐部，分成南北两个赛区进行年度比赛。中国人民解放军八一男子篮球队和广东宝马仕队成为国内男子职业联赛公认的两支强队。随着中国国内篮球职业联赛水平的不断提高，一批优秀的篮球运动员脱颖而出。如原解放军八一队的著名球员王治郅成为我国乃至整个亚洲第一个到篮球顶级赛事的美国NBA联赛中打球的运动员。在2002年，上海东方队的中锋姚明更是以“状元秀”的身份登陆美国的NBA赛场，并且在这几年的比赛中成绩骄人。另外北京队的巴特尔也曾以自由球员的身份在NBA打球，还有根据最新

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的报道说，目前中国国内最优秀的中锋广东宝马仕队的易建联也将参加美国 NBA 的 2007 年选秀，并现在效力于美国雄鹿队。同样今天中国女子国家队的优秀运动员苗立杰、隋菲菲也在美国的 WNBA 打球。中国的国内职业篮球联赛也吸引了部分国外著名篮球运动员的参与。我们相信随着这些“走出去”和“引进来”的运动员不断增多，中国的篮球水平必将得到较大的提高。



亚洲第一中锋——王治郅

The Asian No. 1 Center —Wang Zhizhi

Wang Zhizhi is one of the famous basketball players in Asia, and his position is the center. Wang Zhizhi was born in a basketball family in Beijing in July 1977. Both of his parents had been basketball players. Wang Zhizhi inherited the basketball gene from his parents completely, and showed his talents in basketball when he was very young. He was 214 centimeters high. He used to be a student of Beijing No. 55 Middle School and be trained in the Basketball Club of Beijing No. 4 Middle School. He joined in the PLA August First Youth Men's Basketball Team in December in 1991. Then he was selected to the China Special-Stature-Youth Basketball Team in early 1993 and to the China Youth Basketball Team in the same year and then he was chosen to the PLA "August-First" Basketball Team. In 1994, he joined the National Men's Basketball Training Team. In 1995 he was chosen to the National Youth Basketball Team. Then he was selected to the National Basketball Team guided by Gong Luming in 1996, then guided by Zhang Bin in 1997, by Wang Fei in April 1998 and by Jiang Xingquan in May 1999 and in March 2000. In June 1999, he was selected to the Dallas Mavericks in the NBA Draft and became the first Asian basketball player being formally selected in the NBA Draft. In March 2000, he was chosen to the National Men Basketball Team guided by Jiang Xingquan. He joined in the Sydney Olympic Games for China in September 2000. Wang Zhizhi has great basketball sensitivity and quick response. His reaction and speed are fast. He can do both storm offence and perimeter shot and lay-up very

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well, and he is very good at blocking shot, dunk, and bank shot. Wang Zhizhi showed his talent completely through 11.1 equal points and 5.6 bank shots in the Olympic Games in 1996. He had fantastic show not only in games with Angola and Argentina, but also with the U.S. Dream Team. Wang Zhizhi did a block shot like the tiger catching its quarry when Robinson wanted to shoot. And he also showed his talent dunk when facing Olajuwon. In the Sydney 2000 Olympic Games, Wang Zhizhi topped himself in the National Team by gaining 13.5 points and over-5 bank shots per court (just 26.8 minutes every court). In April 4th 2001, Wang Zhizhi signed the formal joint decision with the Dallas Mavericks. After the game with the Atlanta Hawks (8 minutes in court, gained 6 points and 3 bank shots), he became the first Chinese basketball player who had joined in the NBA regular season. Before joining in the Dallas Mavericks, he had been a player of China August First Rocket Team and had led his mates to win the 6th National Championship from 2000 to 2001, in which competition season he was selected to be the Star Player by 24.9 minutes, 11.4 bank shots and 1.77 dunks every court.

His sports experience:

He attended the Asian Youth Men's Basketball Championships in 1994 for the first time.

In July 1995, he and his mates win the ninth place for China at the World Youth Men's Basketball Championships in Athens.

In 1996, he and his mates won the championship for the PLA August First Team at the Top Eight Teams Games.

From 1995-1996, he and his mates attended the National Men's Basketball First-class League and won the champion.

In 1995, he and his mates won the championship for the Eight - One Team at the Top Eight Teams Games.

In September 1997, he joined in it again and cooperated with his mates to win the third place in the competitions in Saudi Arabia.

In October 1997, he and his mates won the championship for their team in the 8th National Games in Shanghai.

In 1998, he attended the 1997-1998 Season as the main force of the PLA Eight-One Team and won the championship.

In December 1998, he attended the Men's Basketball competition in the 13th

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Asian Games and won the championship cooperated with his teammates.

From August to September 1999, he attended Asian Men' Basketball Championship held in Japan and won the championship cooperated with his teammates.

In March 2000, he attended the 1999-2000 National Men's Basketball First-A Class League and won the championship for the August First Rocket Team cooperated with his teammates

In September 2000, he attended the Men's Basketball Competition in the 27th Sydney Olympic Games and won the 7th place cooperated with his teammates.

His main honors:

The Best Center, the Best Blocking Shot and the Best Lineup at the World Youth Men's Basketball Championships in July 1995.



The Best Center and the Best Blocking Shot and Dunk at the National Men's Basketball Championships in 1995-1996.

The Best Players at the National Men's Basketball Championships selected by China Basketball League and the Basketball magazine in 1995-1996.

Being selected as member of the Stars Team at the National Men's Basketball Championships in 1995-1996, 1997-1998, 1998-1999 and 1999-2000.

Being selected to the World Youth Team in 1996.

Being selected to the South China Star Basketball Team and named the Blocking Shot King in '96-'97.

Being selected to the China Stars Team, and being named the Blocking Shot King and the Dunk King in 1998.

Being selected to the PLA "'98 Top 10 Athletes" in March 1999 and in March 2000.

Being selected to the "Top 50 Basketball Players of PRC" by CBA in April 1999. This honor was awarded to those most admirable basketball players in the history of PRC.

Being awarded the "Special Contribution to PRC Basketball" by China Basketball League in May 1999.

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Being selected to be the '99 Best Asian Center in February 2000.

The MVP in 1999-2000 Seasons and the Dunk-Against Championship in March 2000.

Wang Zhizhi said farewell to the NBA, left the U. S. and back to China in April 2006. Then he went back to the PLA Eight-One Team, and was selected to the National Basketball Team again. In the following World Basketball Championships Doha Asian Games, Wang Zhizhi who was still an outstanding center in the court did very well.



亚洲第一中锋——王治郅

The Asian No. 1 Center —Wang Zhizhi

王治郅是亚洲男子篮坛上著名的运动员，场上位置为中锋。1977 年 7 月，王治郅出生于北京市，父母都曾经是篮球运动员。王治郅很好地继承了父母在篮球方面的特长，天赋过人，身高也达到了 2.14 米。初中时就读于北京 55 中学，曾在北京四中篮球俱乐部接受训练。1991 年 12 月进入中国人民解放军八一青年男子篮球队。1993 年初入选中国少年特殊身材篮球 队，并于同年入选中国青年男子篮球队，后加入中国人民解放军八一男子篮球队。1994 年底入选中国国家男子篮球集训队。1995 年入选中国国家青年队。1996 年入选宫鲁鸣执教的中国国家篮球队。1997 年入选张斌执教的国家队。1998 年 4 月，入选王非执教的中国国家队。1999 年 5 月，入选蒋兴权执教的中国国家男子篮球队。1999 年 6 月，在美国 NBA 选秀大会上被达拉斯小牛队选中，成为第一个在正式选秀大会上被 NBA 球队选中的亚洲球员。2000 年 3 月，入选蒋兴权执教的中国国家男篮。2000 年 9 月参加悉尼奥运会。王治郅的个人特点是球性、意识、反应、速度俱佳，能强攻，也能中投、上篮，盖帽、扣篮、篮板等都是他的长项。在 1996 年奥运会上，王治郅充分表现出了自己独有的篮球天才，他平均得 11.1 分和 5.6 个篮板。他不仅在迎战安哥拉、阿根廷两支劲旅中大显神通，而且在与美国梦之队比赛时也上演了一出好戏；罗宾逊超手投篮，王治郅像老虎捕食将球盖死，对奥拉朱旺，王治郅也展示了盖帽的才能。整场比赛中他一人独得 10 个篮板球。2000 年的悉尼奥运会中，

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他以每场比赛平均得分13.5和超过5个篮板位居球队前列(平均上场时间仅26.8分钟)。2001年4月4日,王治郅正式与小牛队签约。当在对老鹰队的比赛后(上场8分钟,得6分,3个篮板),他成为了第一个打过NBA常规赛的中国球员。在加盟小牛队之前,他效力于中国的八一火箭队,并且带领球队在2000~2001冲击他们的第六次全国冠军。在赛季中被评为全明星球员,平均每场24.9分,11.4个篮板以及1.77次盖帽。

运动生涯经历:

·1994年首次参加亚洲青年男子篮球锦标赛。

·1995年7月在希腊举行的世界青年男子篮球锦标赛上,与队友合作,获第9名。

·1995年与队友合作,使八一队获八强赛冠军。

·1995~1996年参加全国男子篮球甲级联赛,与队友合作获冠军。

·1996年参加在美国举行的奥运会篮球比赛,与队友合作获第八名。

·1997年9月,参加在沙特阿拉伯举行的第19届亚洲男子篮球锦标赛,与全队配合获第3名。

·1997年10月,参加在上海举行的第八届全运会篮球比赛,与队友合作获男子篮球冠军。

·1998年,作为八一队主力获得97-98赛季全国男篮甲A联赛冠军。

·1998年12月,参加在泰国曼谷举行的第十三届亚运会篮球比赛,与队友合作,获男子篮球冠军。

·1999年8至9月,参加在日本举行的亚洲男子篮球锦标赛,与全队配合重新夺回亚洲男篮锦标赛冠军宝座。

·2000年3月,参加1999-2000年全国男篮甲A联赛,与队友合作为八一火箭队再次获得冠军。

·2000年9月,参加在悉尼举行的第二十七届奥运会男篮比赛,与队友合作获第十名。

所获荣誉:

·1995年7月,参加世界青年男子篮球锦标赛,被赛会评为最佳中锋;个人获最佳盖帽手称号并入选最佳阵容。

·1995—1996年参加全国男子篮球甲级联赛获扣篮和盖帽两项个人技术统计第一名,被评为最佳中锋。

·入选由中国篮球协会和《篮球》杂志组织评选的1995~1996年全国男篮甲

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级联赛最佳阵容。

·入选1995～1996年度、1997～1998年度、1998～1999年度和1999～2000年度联赛明星队。

·1996年入选世界青年联队。



·1997年入选中国篮球南部全明星队，并获1996～1997赛季盖帽王称号。

·1998年入选中国篮球明星队；并获盖帽王、扣篮王称号。

·1998年入选由《篮球》杂志和宝元鞋业有限公司举办的、由球迷评选出的1997～1998赛季全国男篮甲A联赛最佳阵容。

·1999年3月，获1998年度解放军"十佳运动员"称号；2000年3月，再获1999年度此项荣誉。

·在1999年4月的CBA全明星赛中，被授于新中国50大篮球明星称号，这项荣誉被授予了新中国历史上最值得尊敬的球员们。

·1999年5月，获中国篮协授予的"新中国篮球运动杰出贡献奖"。

·2000年2月，当选为1999年度亚洲最佳中锋。

·2000年3月，获1999～2000赛季最有价值球员奖，同时也获得扣篮对抗赛冠军。

2006年4月，王治郅离开美国踏上回国的旅程，彻底告别了昔日奋战的NBA赛场。回国以后，王治郅再继续效力解放军八一队，并且入选了新一届的中国男子篮球国家队，出战了篮球世锦赛和多哈亚运会，都取得了不错的战绩，王治郅在场上依然是中锋位置，状态良好。



2002年NBA状元秀——姚明

First Pick of the 2002 NBA Draft—Yao Ming

It's well known that Yao Ming is one of the best centers in the world now. He is 226 centimeters high, and was accepted by the Houston

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Rockets into the NBA in 2002. He is the main force of the Houston Rockets. Yao Ming was born in a basketball family in Shanghai in September 12th, 1980. His father is 208 centimeters high, and had been in Shanghai Men's Basketball Team. Her mother is 188 centimeters high, and had been a main force of the China National Women's Basketball Team in 1970s. Yao Ming inherited the physical and the basketball gene from his parents completely. He began basketball training in Shanghai Xuhui District Youth Sports School when he was 9 years old. Because of his family's influence, Yao Ming showed his gift in basketball gradually. Five years later, he was selected to the Shanghai Youth Basketball Team. Then he was selected to the National Youth Basketball Team at 17 years old, and to the National Basketball Team at 18 years old.

In 1998, Yao Ming was trained in the USA for a period, and his skills as an interior line had impressed his American coach and teammates deeply. After being selected to the National Men's Basketball Assembled Team in preparation for the Olympic Games, Yao Ming unconditionally submit to the arrangement of the National Team. Professionals in basketball consider that NBA is very different from China basketball, and Yao Ming's being first pick of the 2002 NBA draft serves him more chances to exploit his potentials.

It's a blessing for both China basketball circle and NBA that Yao Ming could go to take a more advanced course of training in NBA at such a young age. His training in NBA is different from that of Chinese football players' in the European clubs. Firstly, NBA is top basketball matches in the world. Secondly, Yao Ming, the first pick of NBA draft that does not comes from the NCAA, exerts great impact on NBA. Very different from other new members, Yao Ming had been famous before joining in NBA. So he felt more pressures than the others. Tomjanovich, the head coach of the Houston Rockets at that time, said that Yao Ming needed time to learn. But that's not what Yao Ming wanted. Yao Ming took part in the match against the San Antonio Spurs as a Houston Rockets basketball player for the first time on October 23rd, 2002. In this match, he had been in court for 13 minutes, and had 5 shots with 1 field goal while gained 6 points. However, he also had 4 fouls, 3 turnovers, and just one dunk. Of course it's not bad for a new player, yet it couldn't meet people's expectation. After that, as he acclimatized himself to the NBA gradually, Yao Ming had his talents brought into play and began to gain more points in com-

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petition. At the same time, Yao Ming has gained more and more fans and supports all over the world.

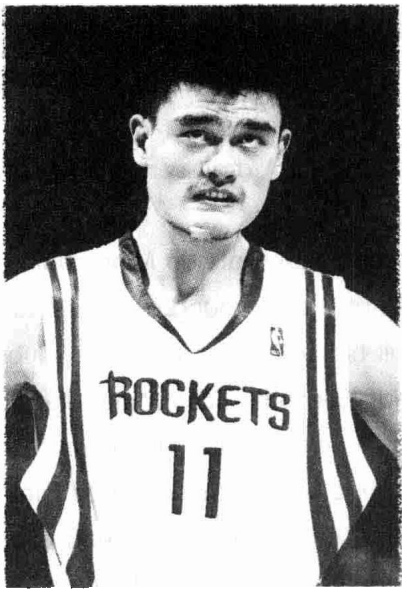
His experiences:

He was selected to the China National Basketball Team in 1997, the China National Basketball Stars Team in 1998, the South China National Basketball Stars Team in 1999, the Asian All-Star in February 2000, the 1999-2000 season China Men's First-Class Basketball Championships All-Star in March 2000.

He was selected to the Best Lineup at the World Men's Basketball Championships in 2002.

He went to the NBA in 2002, and was selected to the All-Star- NBA Team in 2003, 2004 and 2005.

His Main Achievements:



Gold medals at the Asian Youth Men's Basketball Championships in 1997, the Asian Men's Basketball Championships in 1999, the China Cities Games Championship in 2000, and the China Men's First-Class Basketball Championships in 2002.

Silver medals at the China Men's First-Class Basketball Championships in 2000, the National Games, the World University Games, and the China Men's First-Class Basketball Championships in 2001, and the Asian Games in 2002.

He was the first pick of the NBA draft and came to the NBA in 2002.

He made 9 field goals and gained 20 points in the match against the LA Lakers in November 18th 2002.

He gained 30 points, which is his best record in NBA, in November 28th 2002.

He made 18 backboards, which was the best record in NBA, in the match against the San Antonio Spurs in December 2nd 2002.

He made 5 dunks and 8 offensive rebounds, which was his best record in

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NBA, in the match against the Miami Heat in December 17th 2002.

He and his teammates ranked their team No. 12 at the World Men's Basketball Championships in 2002.

He joined in the NBA post season in 2004, and ranked No. 7 in NBA shooting average.

He was awarded the "Most Progressive Player" at the 1998-1999 season China Men's First-Class Basketball Championships in May 1999.

He won honors in backboard, shot and dunk at the 1999-2000 season China Men's First-Class Basketball Championships in March 2000.

He was awarded the ESPN World Most Potential Player in 2000.

He was a candidate of Sport Stars in 2003.

Now Yao Ming is experiencing his 5th season in NBA professional life. His behavior has become more and more steady and powerful. According to the US mediums, "Yao has become the best center in the NBA instead of O'Neal. The Yao Ming Dinasty is coming." We hope Yao Ming and the Houston Rockets will go further and bring us more surprises in the 2006-2007 season, and we hope he will win the Champion Ring in the future.



2002 年 NBA 状元秀——姚明

First Pick of the 2002 NBA Draft—Yao Ming

众所周知,姚明堪称当今世界篮球上最优秀的中锋之一,身高达到 2.26 米,现在效力于美国 NBA 职业篮球联赛的休斯顿火箭队,是这支球队中的绝对主力。1980 年 9 月 12 日,姚明出生于中国上海市的一个篮球世家。父亲 2.08 米,曾效力于上海男篮;母亲 1.88 米,是上个世纪 70 年代中国女篮的主力队员。父母身高的特征和对篮球酷爱的基因,都毫无保留地遗传给了他。9 岁那年,姚明在上海徐汇区少年体校开始接受业余训练。由于从小受到的家庭熏陶,他对篮球的悟性,逐渐显露出来。5 年后,他进入上海青年队;17 岁入选国家青年队;18

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岁穿上了中国国家队队服。

姚明1998年曾去美国参加一段时间的训练，其内线的威力，令他的美国教练和队友印象深刻。入选中国男篮备战奥运会的集训队后，他便无条件地服从了国家的安排。熟悉中国篮球的人士认为，美国职业篮球与中国篮球完全不同，而这次当选状元秀让他的才能得以更好地发挥。

姚明能够以"玉可琢"的年龄去NBA深造，对中国篮坛以及NBA都是一大幸事，属于"双赢"。同样是出国深造，但姚明与中国足球运动员赴欧洲踢球不同。一是高水平的NBA在世界篮坛是独一无二的，二是NBA历史上第一个非美国大学生联赛出身的"状元秀"姚明在NBA中的巨大影响。但与其他新秀球员不同的是，他现在在NBA中已经是一个名人了，他承受的压力也相当大，虽然当时火箭队主教练汤姆贾诺维奇对人们提及姚明需要时间学习，但这并非姚明的本意，就在2002年10月23日在对阵马刺队时姚明首次身着火箭队队服上场参赛，姚明上场13分钟，5投1中，得到6分，但还有4次犯规和3次失误，只有一次盖帽，虽然说对于一个新秀球员表现尚可，但与人们的期望值相比还是有相当差距。后来随着姚明在NBA赛场上逐渐适应，其在内线的威力逐渐显露出来，成绩也逐年提高，自身的实力证明了一切，姚明也得到了全世界越来越多观众的喜爱和支持。

运动经历：

1997年入选国家队；

1998年入选中国篮球明星队；

1999年入选中国篮球南方明星队；

2000年2月入选亚洲全明星队；

2000年3月入选1999-2000赛季，中国男篮甲A联赛全明星阵容

2002年入选世界男子篮球锦标赛最佳阵容

2002年赴NBA打球；2003、2004 2005入选NBA全明星阵容。

主要成绩如下：

1997年获亚洲青年男子篮球锦标赛冠军；1999年获亚洲男子篮球锦标赛冠军；2000年获中国城市运动会男子篮球冠军；2002年获中国男篮甲A联赛冠军。

2000年获中国男篮甲A联赛亚军；2001年，全运会男子篮球亚军；世界大学生运动会男子篮球亚军；中国男篮甲A联赛亚军；2002年，获亚运会男子篮球银牌。

2002年，成为NBA状元秀，登陆NBA赛场。

2002年11月18日对阵湖人，9投9中得到20分。

2002年11月28日对阵小牛队，获得NBA职业生涯单场最高分30分。

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2002 年 12 月 2 日对阵马刺，全场抢得 18 个篮板成为 NBA 职业生涯最高记录。

2002 年 12 月 17 日对阵热队，共有 5 次盖帽和 8 个进攻篮板创造个人 NBA 职业生涯纪录。

2002 年世界男子篮球锦标赛第十二名。

2004 年参加 NBA 季后赛，NBA 得分命中率排名第七。



1999 年 5 月获 1998 ~ 1999 赛季中国男篮甲 A 联赛最有进步球员奖。

2000 年 3 月获 1999 ~ 2000 赛季全国男篮甲 A 联赛篮板、扣篮、盖帽三个单项奖。

2000 年获 ESPN 全球最有潜力运动员奖。

2003 年体育之星候选人。

目前，姚明已经在 NBA 赛场上迎来了自己职业生涯的第 5 个赛季，而姚明的表现也越来越稳定和具有霸气。美国国内评论说："姚明已经取代奥尼尔，成为当今 NBA 赛场的第一中锋，NBA 将迎来姚明王朝。"我们期待姚明能够在 2008 ~ 2009 赛季能够带领火箭队走的更远，带给国人更大的惊喜。我们也祝福姚明能够早日拿到那枚耀眼的 NBA 总冠军戒指。

中国女篮第一中锋——郑海霞

The Best Center of China Women's Basketball Team —Zheng Haixia

Zheng Haixia is a name remembered by all the sports lovers. Her 205-centimeters height and kinglike temperament made her one of the most influential basketball players in 1980s and 1990s, both in China and in the world.

Zheng Haixia was born in a farmers' family in the city of Shangqiu, Henan province in 1967. In 1979, the 12-year-old girl went to the Shangqiu Amateurish

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Sport School. One year later, she was selected to the Wuhan Military Team. Due to her stature and agility, she was soon selected to the National Women's Basketball Youth Team, and to the National Women's Basketball Team in 1983. She and the National Women Basketball Youth Team had won two champions in Asian Youth Championships in 1982 and 1984. In 1983, she won gold medal in the 5th National Games as a player of the PLA Team, and the 3rd place in the World Women's Basketball Championships as a player of National Team. Then she and the China Women's Basketball Team had won bronze medal in the 23rd Olympic Games in 1984, the 5th place in the 10th World Women's Basketball Championships and gold medal in the 10th Asian Games in 1986, and silver medal in Barcelona Olympic Games in 1992. She had been a main force of China Women's Basketball Team for more than ten years. She has taken part in hundreds of matches, including four Olympic Games, four World Championships and eight Asian Championships. For her team, she was the key to win the matches. Because of the necessity of the nation, Zheng Haixia didn't retire until she was 31 years old. Then she became a coach of PLA Eight-One Women's Basketball Team and led this team successfully back to the China Women Basketball League-A in 1999. She is good at run, jump and bunk, and used to be the main force in National Team. She used to be selected to the National Best Lineup in national matches, and was awarded The Best Youth Player in Olympic Warm-up in 1984, "The Best Scorekeeper" and "The Best Rebound" in the 6th International Women's Basketball Warm-up in 1985, "The Best Center" and "The Best Scorekeeper" in the 10th World Women's Basketball Championships in 1986, the "Woman Pace-setter" and "the New Long March Sockdolager", and one of the China Basketball Top50 in 1999.

After winning so many honors, Zheng Haixia joined in the Los Angeles Sparks of WNBA. Her outstanding stature, smiling face and never-fail shot attracted the audience's eyes. Her American fans called her "Sparks' Shark" and "the Chinese Great Wall". Her free throw skill was praised the most. Once the "Mailman" Malone, a forward of Utah Jazz winning the NBA final just then, asked Haixia for her keys of free throw.

After viewing her matches in the court, the famous "Magic" Johnson said, "I like Haixia. She is tall and knows how to use it. She knows how to box out under the backboard. As you know, she is tall and heavy, so she can't run as fast as

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others. She needs to make efforts. But the coach should make some specific strategies to give her more chances." As the matches goes, her teammates realize her power. They tried to pass the ball to Haixia, and she could always score in shotting directly or having the rival making a foul. When she was in coveraging attack, Haixia would pass the ball to other teammates without being defended. Though she was not very speedy, Haixia was not shiftless. She always tried to run fast and take part in fast break and rebound scoring. So she had won more teammates' respect and the coach's trust in the mid-season, and more fans, in both USA and the world, for her wonderful skill. As for her experience in WNBA, Haixia thought that it was an unforgettable period. She said, WNBA, whose start point wasn't different from WCBA, but it had been influenced by NBA deeply and developed faster than WCBA. What's more, the different cultural background is another factor. Foreign player are always showing and aggressive in court, while Chinese players are reserved and self-contained. "China basketball should try to walk out and invite in. It's good for the Asian basketball development."

Like many other successful athletes, Haixia also experienced hardships and tribulations in training. In September 1999, Haixia was hurt seriously in kneels and wrest in training after five matches in the second regular season. Even the American doctors could do nothing to her hurts. These hurts terminate her sports life. The gravely hurted Haixia had to come back to China. But she didn't feel despair of her illness, "The illness will be cured. I will go on playing basketball as long as I can stand up. I'm just 31 years old now. It's not an old age in WNBA. I'll have my illness cured and back to the court as soon as I can."

With this belief, she stood at a new start line in her life soon. In December 1998, Haixia became the head coach of August First Women's Basketball Team. One year later, she was appointed to be the lochus captain of this team. After playing in WNBA, Haixia was more confident in her sports gift. All the honors she won before were past. "I always feel that I'm facing a great mountain and I do want to know things behind it. It's pain to climb. I climb over it smilingly." Though she has been a coach, Haixia is still strict to herself as before. She likes to do everything perfectly.

For Chinese people, Zheng Haixia brings an unforgettable historical period. The former "Best Center of China Women's Basketball Team" is now the team

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leader of the August First Women's Basketball Team. After Haixia's retirement, China Women's Basketball Team was not as brilliant as before. It's Zheng Haixia who make us know the sweet of winning world champion and silver medal in Olympic Games. Haixia said that "the key of success is having the team managed effectively, the strategy used scientifically and the players' themselves exerted". If there were no Zheng Haixia, China Women's Basketball Team couldn't be so successful in 1990s. Zheng Haixia knows how special she is, "I don't know when another 'Zheng Haixia' will appear in Chinese Women's Basketball Team."



中国女篮第一中锋
——郑海霞

The Best Center of China Women's Basketball Team —Zheng Haixia

提起郑海霞，每一位体育爱好者都很熟悉，凭着2.05米的身高和球场上的霸气，郑海霞成为了20世纪80、90年代中国女篮乃至世界女篮叱咤风云的人物。

郑海霞于1967年出生于河南省商丘一个普通的农村家庭，1979年12岁时进入河南省商丘地区业余体校学习，1980年被选入武汉部队篮球队，因其身体高大而灵活，很快被国家女篮青年队选中，1983年又入选国家女篮队。1982年和1984年代表中国青年女篮，两次获得亚洲青年女篮锦标赛冠军。1983年代表解放军队获第5届全运会冠军，代表国家女篮获世界女篮锦标赛第3名。1984年又获得第23届奥运会铜牌。1986年在第10届世界女篮锦标赛中获第5名，第10届亚洲运动会获冠军。1992年，她和队友赢得巴塞罗那奥运会的银牌。十几年来，郑海霞作为中国女篮的支柱力量，经历了数百场大赛，包括4届奥运会、4届世锦赛和8届亚锦赛，成为了中国女篮决定胜负的关键。由于国家队的需要，郑海霞直到31岁才退役。退役后的她走上了八一女篮教练的岗位，1999年她成功地带领八一女篮返回到甲A行列。她善跑善跳，篮下强攻威力大，是国家女篮主要得分手。在国内比赛中曾被评为全国最佳阵容，1984年在奥运会预选赛中被评为最佳青年选手，

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1985 年第 6 届国际女篮选拔赛中获“最佳得分手奖”和“最佳篮板球奖”，1986 年在第 10 届世界女篮锦标赛预赛中获“最佳中锋奖”，在决赛中获“最佳得分手”称号。她还被评为“三八”红旗手和新长征突击手。1999 年当选中国篮球运动 50 杰之一。

在长期代表中国国家队南征北战、两获世界亚军取得了世界性的广泛赞誉之后，1997 年，郑海霞应邀加盟洛杉矶火花队，参加 WNBA 开创赛季的比赛。鹤立鸡群的身材、笑容可掬的翩翩风度、百发百中的罚球，使海霞一出现在 WNBA 赛场就吸引了球迷的目光，洛杉矶的美国球迷把她称为火花队的“大鲨鱼”、“中国长城”，她精准的罚球技术更是备受称赞，连当年刚刚打完 NBA 总决赛的犹他爵士队前锋“邮差”马龙，也当面向海霞讨教罚球诀窍。



NBA 著名的“魔术师”约翰逊到现场观看了海霞的比赛后说：“我非常喜欢海霞，她身材高大，而且非常善于利用自己的身高，在篮下她很会抢位置。你知道，她很高，体重也很大，所以速度不像其她姑娘们那样快，她需要在这方面努力一下，但是教练也应该根据她的特点制定相应的打法，要给她制造更多的得分机会。“随着比赛的深入，火花队的队友们越来越认识到了海霞的巨大作用，她们开始想方设法把球传到海霞手中，结果海霞不负众望，不是直接得分，就是造成对手犯规。而当海霞遭到对手夹击时，她还能及时将球传给无人防守的队友。速度不快但特点突出的海霞在比赛中从不偷懒，在场上她总是拼命奔跑，甚至参加快攻跟进，多次利用篮板球二次进攻为本队得分，因此，到了赛季中段，海霞赢得了越来越多的队友的尊重，也赢得了教练的信任。郑海霞以灵活协调、能攻善守的特点赢得了美国乃至世界球迷的喜爱。谈起自己在 WNBA 的经历，郑海霞认为这是一段难忘的岁月。与国内相比较，郑海霞认为，WNBA 和 WCBA 的起点其实差别不大；但美国女篮受男篮的长期熏陶，发展要远比国内女篮迅速。另外，中西文化的差异也是很重要的因素。国外球员有很强的自我表现欲，勇于拼

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搏，而中国球员在这方面表现得较为含蓄和被动。中国篮球应该善于走出去，请进来，这对整个亚洲篮球的发展也是有好处的。

然而，和很多成功的人一样，海霞也免不了要经受磨难和历练。1998 年 9 月，刚刚打了五场（第二个 WNBA 赛季）比赛的海霞在训练中受了严重的膝伤和腰伤，连美国的医生也对她的伤也束手无策，给海霞的运动寿命宣判了死刑。伤痕累累的海霞只好拖着疲惫的身心回到了国内。被医生判了“死刑”的海霞不死心：“伤病是可以战胜的，只要我不倒下去，我就要继续打球。我现在才 31 岁，这个年龄在 WNBA 里并不算老，我一定要积极治疗，尽快返回球场。”

本着这样一个信念，海霞又站在了人生的一条新的起跑线上。1998 年 12 月 1 日，海霞出任了八一女篮主教练。一年之后，她又走上了八一女篮中队长的领导岗位。通过在 WNBA 的磨练，海霞对自己的运动天赋更自信了。走上教练和领导岗位前所有的荣誉对海霞来说都已成为过去。“如同仰面一座大山，我总想知道山那边的一切，攀登并不苦，我笑着，走向山那边。”对教练这个新角色，海霞依然像当运动员时一样，要求自己做得尽善尽美。

郑海霞曾伴随国人度过了许多难忘的日子。昔日的“中国女篮第一中锋”如今已成为八一女篮的领队，对比海霞退役后中国女篮走过的 10 年，我们再难看到昔日的辉煌。可以说，当年是靠了郑海霞一己之力，才让我们品尝到了世界亚军，奥运会银牌的甘甜。有效的队伍管理，科学合理的技战术运用，还有就是个人特点的突出，这三点是海霞总结的成功秘诀。的确，上世纪 90 年代初那个叱咤风云的中国女篮，如果没有了郑海霞，将是一支非常平庸的队伍。几十年才出一个郑海霞，海霞自己也知道概率有多小，“很难讲什么时候中国女篮再出一个郑海霞这样的队员。”

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巾帼英雄——中国女排
The Heroines—China Women's Volleyball Team

Every Chinese, who experienced 1980s, will remember forever the day November 6th 1981 when the China National Women's Volleyball Team defeated the Japan National Team (the so-called "Toyo Women Magic") with 3 to 2 at the 3rd World Women's Volleyball Cup in Osaka Japan. That 's the first world title for China Women's Volleyball Team. Everyone was shocked by this news. At that time, China had just been out of the "Cultural Revolution". When the news was broadcasted, people burst into joyful tears.

Their victory was the result of all the former volleyball players' efforts. In 1965, a famous coach of Japan was invited to China to help train the China National Women's Volleyball Team. Seeing both the players' conscientious and spirit and the support from the Chinese people, he exclaimed, "I'm sure that the China National Women's Volleyball Team will become strong!"

In 1982, the China National Women's Volleyball Team won the gold medal again at the World Women's Volleyball Championships in Peru under the leadership of Yuan Weimin.

In August 1984, the China National Women's Volleyball Team defeated successively the Japan National Team and the US National Team with 3 to 0, and won the gold medal again at the 23rd Olympic Games, which realized the "Triple Crown"

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dream at the world matches. The pride head coach of Japan National Team said, "Defeating China National Team is equal to block the Yangtze River. Both are impossible." The American coach said, "I hope our children will play basketball as well as the Chinese girls."



The elder players gradually retired after 1985. Then Lang Ping, the World No. 1 Spiker at that time, was named the captain. She and her teammates went to Japan to join in the 4th World Cup, and won the title for the 4th time without losing any match.

Two years later, the China National Women's Volleyball Team came to the 14th World Women's Volleyball Team Championships. Though the famous players, such as the "Iron Girl" Cao Huiying, the "Iron Hammer" Lang Ping, the "Wall of Tian An Men Rostrum" Zhou Xiaolan, and the "Quick Attacker" Zhang Rongfang, had retired, the Chinese girls still won the gold medal by their strength and wisdom. The "Penta Crown" shocked the world. What a miracle!

The "Penta Crown" is not only a great honor, but also an ever spur. It has become the spirit of the China National Women's Volleyball Team. At present, the China National Women's Volleyball Team has become a symbol of striving and competing in Chinese people's hearts.

As the fast development of other countries' volleyball career, the China National Women's Volleyball Team had lost parts of their advantages for a period. In early

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1995, Lang Ping, the former core player of the "Penta Crown" team, became the head coach of the Chinese National Team. Though it's very hard to train these young players in such a short time, she made it. The China National Women's Volleyball Team won the bronze medals at the 7th World Cups at the end of 1995. Then they won the silver medals at the Atlanta Olympic Games in 1996, and the gold medals at the 13th Asian Games in 1998. The China National Women's Volleyball Team became the No. 1 in Asian again. What's more, they made a greater miracle at the Athens Olympic Games in 2004. These young girls defeated the rival in a very disadvantaged situation and won the gold medals finally, which were the bestaffirmation for their previous hard work.

Along with the Reform and Opening up Policy's carrying on and the Spirit of the National Women's Volleyball Team, volleyball has spread in all parts of China. You can find people playing volleyball everywhere, not only in the residential areas and the countryside, but also in schools and factories. The Beijing 2008 Olympic Games render a nationwide movement of body-building in China. Meanwhile, it serves more chances for the sports events development including the volleyball in China.

巾帼英雄——中国女排
The Heroines—China Women's Volleyball Team

每一个从80年代过来的中国人，都不会忘记1981年11月6日，在日本大阪举行的第3届世界杯女子排球赛，中国女排以3:2力克号称"东洋魔女"的日本队，力拔头筹！刚刚改革开放的中国被这个巨大的喜讯震惊了！刚刚走出"十年浩劫"的阴霾、一腔热血准备"团结起来，振兴中华"的中国人，在这个喜讯面前，第一反应不是欢笑，而是百感交集、喜泪盈盈！

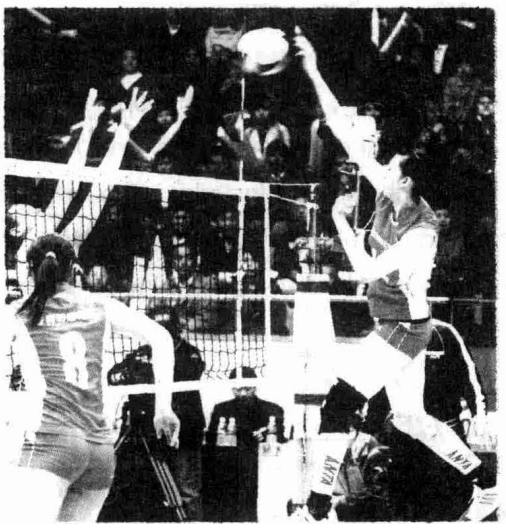
女排所取得的胜利，是几代排球运动员不懈奋斗的结果。早在1965年，日本一位著名教练受邀来华帮助训练中国女排，他在训练中感受到中国女排严格的纪律性和队员们的精神力量，感受到中国观众如此投入地支持排球运动，由衷感叹："中国女排一定会强大！"

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1982 年在秘鲁举行的世界排球锦标赛上，女排在教练袁伟民的带领下再次夺得冠军。

1984 年 8 月，在第 23 届奥运会的排球决赛中，中国女排以 3:0 的相同比分连续击败日本队和美国队，勇夺魁首，实现了世界大赛“三连冠”。当时，一向傲慢的日本女排总教练说：“要战胜中国队等于要制止扬子江的水，是没有办法做到的。”一向自视甚高的美国女排教练也风趣地说：“我希望在将来，我们的孩子们将达到中国女排水平。”

1985 年起，中国女排老队员已纷纷引退，世界“第一扣球手”朗平出任队长，她率队前往日本，参加第四届世界杯比赛，以全胜的成绩第四次登上了世界冠军的宝座。



两年后，第 14 届世界排球锦标赛场上，中国女排已经没有了“铁姑娘”曹慧英、“铁榔头”郎平、“天安门城墙”周晓兰和“快球手”张蓉芳等世界名将，但她们顽强不屈，再次夺冠，创造了震惊世界的“五连冠”奇迹！

“五连冠”既是一种巨大的荣誉，更是长久的激励与鞭策，这种莫大的荣誉和鞭策，已经化为女排奋发向上的长久不竭的精神动力。如今，在中国，女排已经成为国人努力向上、奋勇争先的精神象征。

随着世界各女排强国的迅速发展和奋力追赶，中国女排在以后的一段时间内出现了滑坡。1995 年初，原中国女排“五连冠”主力队员郎平毅然出任主教练。在时间紧、任务重、队伍新、选手嫩的条件下，克服重重困难和矛盾。使得中国女排在 1995 年底开始出现转机，夺得第 7 届女排世界杯第三名，之后在 1996 年的亚特兰大上又勇夺银牌。1998 年的第 13 届亚洲运动会上中国女子排球队夺得了女子排球项目的冠军，又一次开始称雄于亚洲排坛。特别是 2004 年的雅典奥运会，中国

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女排姑娘，更是演绎了惊天大逆转，创造了奇迹。这是奇迹，更是对女排姑娘平时付出的最大肯定。

随着中国改革开放的深入，在女排精神的鼓舞下，排球这项竞技运动在中国得到更为广泛的开展和流行。无论是在城市、还是在农村，无论是在校园、还是在各种企事业单位都能见到人们在排球场上挥汗如雨的镜头。2008 年北京奥运会，带给了中国人民全民健身的理念，同时也刺激了中国各项竞技体育项目的发展和进步，这也给中国排球运动事业的发展带来了较好的机遇。



铁榔头——郎平
The Iron Hammer—Lang Ping

Lang Ping is a famous volleyball player and coach in China. She was born in the city of Tianjin in December 10th 1960. She is 184 centimeters high. She began to have volleyball training in the Volleyball Class of Beijing Workers Gymnasium Youth Sports School in 1973. Then she went to the Beijing Amateur Sport School in 1976, and was selected to the Beijing Volleyball Team at the same year. In 1978, she was selected to the National Volleyball Assembled Training Team.

In 1985, Lang Ping retired and began her study as an English Major student in Foreign Languages Department of Beijing Normal University. Two years later, she went to New Mexico University for further study in the US, and was awarded Master's Degree of Modernization Sports Management. After that she went abroad as a volleyball player.

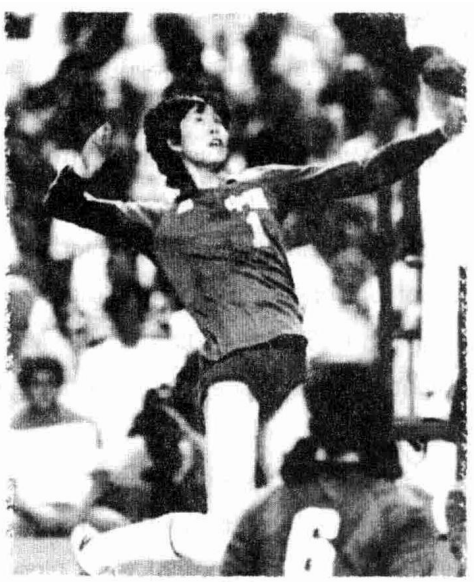
Lang Ping, who was known as the "Iron Hammer", was one of the "Three Dominant Spikers" in the world in the 1980s. Besides, she was good at front-line block and back-line defense as well. Lang Ping was a member of the Chinese Women's National Team that had won gold medals at the 3rd and 4th World Cups, the 9th World Championship, the World Women's Super Volleyball Championships, and the 23rd Olympic Games, and World Cup titles from 1981 to 1985. She had been awarded the Best Spiker and the Excellent Player at the world volleyball mat-

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ches for many times. In order to honor her great contributions, the State Physical Culture and Sports Commission had awarded her the National Sports Honors Medals for 3 times, and the "National Top 10 Athletes" for 6 times. The International Olympic Committee awarded her a gold medal specially to honor her special contribution to the world volleyball development. In February 1995, Lang Ping became the head coach of the Chinese National Team, and she resigned from her job for her health in March 1999. Lang Ping bears physical strength and great jumping capacity. Her jump-touch point can be 317 centimeters high at most. As a spiker, she is famous for her powerful attack at Position 4. Her various quick-attack and outstanding block skills has made her a core player in the National Women's Volleyball Team.

Her Main Achievements:

Gold medals at the Asian Women's Volleyball Championships in 1979, the 3rd World Women's Volleyball Cup in 1981 (the first world title of China National Women's Volleyball Team), the World Women's Volleyball Championships and the Asian Games in 1982, the Los Angeles Olympic Games in 1984 and the World Women's Volleyball Cup in 1985.



Silver medal at the Asian Games in 1978.

Her honors:

She had been awarded the "National Top 10 Athletes" from 1981 to 1986, the Best Player at the 3rd and 4th World Women's Volleyball Cup in 1981 and 1985, and the National Sports Honors Medals for 3 times. She was awarded the International Youth Medal for memorializing the International Year and the "World Top 10 Athletes" in 1985.

She was selected to be one of the "45 Sports Stars of PRC" in 1994, the '96 Best Women's Volleyball Coach by the International Volleyball Federation in April

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1997, the "20th Century Best Athletes" by China Olympic committee, Henry Faulkner Foundation and China Sports News Association in 1999.

She was selected to the Volleyball Hall of Fame by an unanimous vote in 2002.

Her Experience as a Coach:

She was an assistant coach of China National Women's Volleyball Team who won the gold medal at the World Women's Volleyball Championships in 1986.

She was an assistant coach and a player of China National Women's Volleyball Team who won the silver medal at the World Women's Volleyball Championships in 1990.

She was the coach of the Women's Volleyball Team of the New Mexico University who won the title at the East US Women's Volleyball Championships in 1991.

She was selected to become the coach of China National Women's Volleyball Team in February 15th 1995. Then they won the bronze medal at the World Cup in November 1995, the silver medal at the Atlanta Olympic Games in 1996, the gold medal at the Asian Championship in August 1997, the gold medal at the Asian Games in November 1998, and the silver medal at the World Championship in December 1998.

She was selected to become the coach of Italy's Modena club team, and then they won gold medal at the Italy's Professional Volleyball League in May 2000, the gold medal at the European Women's Volleyball Championship in March 2001 (their first European title in the past 27 years), and the gold medal at the Italy's Professional Volleyball League in May 2002.

We hope she may have more brighter achievements.

铁榔头——郎平
The Iron Hammer—Lang Ping

郎平是中国著名女子排球运动员和教练员。1960 年 12 月 10 日生于天津市，身高 1 米 84。1973 年进入北京工人体育馆少年体校排球班练习排

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球，1976 年进入北京市业余体校，同年入选北京市排球队；1978 年入选国家集训队。

1985 年郎平退役进入北京师范大学外语系攻读英语专业，1987 年赴美国新墨西哥大学留学，并取得体育管理系现代化专业硕士研究生学位，后赴国外打球。

郎平是 20 世纪 80 年代世界女子排球界“三大主攻手”之一，有“铁榔头”之称。她前排拦网和后排防守技术也很出色。作为中国女排的主力队员与队友合作于 1981～1985 年间连续夺得第三、四届世界杯、第九届世界锦标赛、世界超级女排赛和第 23 届奥林匹克运动会女子排球比赛的桂冠。在世界排球赛中，她多次获得最佳攻击手和优秀运动员称号。为了表彰她的功绩，国家体委三次授予她国家体育运动荣誉奖章。6 次被评为全国十佳运动员之一。由于她对排球事业的特殊贡献，国际奥林匹克委员会特奖励她一枚金质奖章。1995 年 2 月起出任中国女排主教练。1999 年 3 月因身体状况不佳而辞职。她身体素质好，弹跳力强，摸高可达 3.17 米，快攻变化多，网上技术突出，以四号位高点强攻著称，是中国国家女子排球队里的核心人物。



主要战绩：

1979 年，亚洲女排锦标赛冠军；

1981 年，第三届世界杯女排赛冠军（这也中国女排第一次获得世界冠军）；

1982 年，世界女排锦标赛冠军；

1982 年，亚运会女排冠军；

1984 年，洛杉矶奥运会女排冠军；

1985 年，世界杯女排赛冠军；

1978 年，亚运会女排亚军。

主要荣誉：

1981 至 1986 年连续获得“全国十佳运动员”称号；1981 年获第三届世界杯女排赛最佳运动员；1985 年获第四届世界杯女排赛最佳运动员；1981 年、1983 年、1985 年三次荣获体育运动荣誉奖章；1985 年荣获国际奥委会纪念 1985 年国际青年年奖牌、世界十佳运动员。

1994 年被评为“建国 45 周年体坛 45 英杰”之一 。1997 年 4 月当选为国际排联 1996 年度最佳女排教练 。1999 年被中国奥委会、亨利·福克基金会和中国体育新闻协会联合推举为上世纪最佳运动员。

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2002 年以全票入选排球名人堂

作为教练员的主要经历：

1986 年，作为中国女排助理教练夺得世锦赛冠军；

1990 年，作为助理教练兼队员率中国女排获世锦赛亚军；

1991 年，作为教练率美国新墨西哥洲立大学女排获美国女排东部联赛冠军；

1995 年 2 月 15 日，出任中国女排主教练，11 月率中国女排夺得世界杯第三名。1996 年率中国女排夺得亚特兰大奥运会亚军。1997 年 8 月率中国女排夺得亚锦赛冠军。1998 年 11 月率中国女排夺得亚运会冠军。1998 年 12 月率中国女排夺得世锦赛亚军。

2000 年 5 月，率意大利摩迪纳女子排球队参加意大利女排联赛，获冠军。2001 年 3 月率意大利摩迪纳队勇夺欧洲女排冠军杯，为摩迪纳队 27 年来首次圆了冠军梦。2002 年 5 月率意大利摩迪纳俱乐部夺得意大利联赛冠军。

我们期待她的排球事业更加辉煌。

金牌教练——陈忠和
"The Medallist Coach"
—Chen Zhonghe

China Women's Volleyball Team, which won the "Penta Crown" under the guidance of coach Yuan Weimin in 1980s, used to be the pride of China and will be remembered forever. But after that, it hadn't won any world champion in the following ten years. It's a cruel thing for Chinese people. At the dawn of August 29th 2004, many Chinese people were watching the volleyball match on TV. It's the women's volleyball final in the Athens Olympic Games. It's a match between China and Russia. Though China failed in 2 courts at first, they won the last 3 courts and defeated the powerful Russia finally. The Five-Starred Red flag waved in Athens Olympic Games again, and China Women's Volleyball Team won the world champion again after losing it 20 years. The coach of this team is Chen Zhonghe.

Chen Zhonghe was born in the city of Longhai, Fujian province on September

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30th 1957. He is the head coach of China Women's Volleyball Team now. This man who comes from Southern Fujian believes in the proverb that "You will succeed only if you strive for what you want". Chen Zhonghe was selected to the Fujian Provincial Men's Volleyball Team in 1971, and retired in 1979. In this period, he and his team won the 3rd place in National Men's Volleyball League in 1977, and the champion of it in 1978. After the retirement, Chen Zhonghe was appointed to be a trial coach of China Women's Volleyball Team. In this period, this team won the "Penta Crown". In 1986, he went to the Fujian Provincial Women's Volleyball Team to be a coach. He and this team won the 3rd place in the National Women's Volleyball League and the champion in the 6th National Games. In 1989, he was appointed to be an assistant coach of China Women's Volleyball Team, and led this team with the head coach Hu Jin secured the 2nd place in the 11th World Women's Volleyball Championships and the 6th Women's Volleyball World Cup, and the 7th place in the 25th Olympic Games. In 1993, he went back to the Fujian Provincial Women's Volleyball Team to be the head coach, and promoted this team to China Women's Volleyball League from the second division. In 1995, he was appointed to be a coach of China Women's Volleyball Team to be an assistant of head coach Lang Ping. Then this team won the 3rd place in the 7th Women's Volleyball World Cup, the 2nd place in the 26th Olympic Games and the 13th World Championships, and gold medals in the 9th Asian Women's Volleyball Championships and the 13th Asian Games. In 1999, he was still a coach of this team, and led this team with the head coach Hu Jin and won gold medal in the 10th Asian Women's Volleyball Championships, the 5th place in the 8th Women's Volleyball World Cup and the 27th Olympic Games. In early 2001, Chen Zhonghe, who had served as head coach for five time in this team, finally became the head coach in the 6th head-coach-selection in his life. In the afternoon of November 1st 2001, China Women's Volleyball Team was in the match against the Brazil. His



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team was in adverse situation even at the beginning. All the players were very nervous and sullen then. Chen Zhonghe sensed the pressure, but encouraged and said, "Are you warmed up enough?" His words broke the freezing air. They knew the "warm-up" is ended, and they had no more choice but try to win. Then they defeated their rival in the following 3 courts and won the first match. It was Chen Zhonghe's smiles that gave the girls special strength in matches. His smile embodies his insights in life and self-confidence in sport. At the end of 2003, he and China Women's Volleyball Team won the world champion they had lost for 17 years with no-fail in 11 series matches. At the same time, he was promoted to be one of the 10 persons in "Touching China 2003" for his "persistent efforts and striking smiles". In August 2004, China Women's Volleyball Team joined in the Athens Olympic Games. Every Chinese hoped they would win gold medal there. As expected, China Women's Volleyball Team played bravely and met the strong opponent Russia Women's Volleyball Team in the final. With their efforts, China Women's Volleyball Team took a turn for the worse and defeated the rival at the end. That's the most classic reverse in world volleyball history. Chinese people have lost and dreamt for the regain of volleyball champion in Olympic Games for 20 years, and this gold medal winning by Chen Zhonghe and his girls fullfilled it.

Now Chen Zhonghe is still the head coach of China Women's Volleyball Team. Volleyball is not only his career, but also the "matchmaker" of his marriage. His wife is Li Donghong, who used to be a player of Fujian Provincial Women's Volleyball Team when Chen Zhonghe was a coach there. After she retired, Li Donghong went to study in a university. But they had kept in touch with each other. In 1995, thanks to the volleyball their "matchmaker", they got married.



金牌教练——陈忠和
"The Medallist Coach"—Chen Zhonghe

提到中国女排，大家就会想起上世纪80年代她们创下"五连冠"奇迹给国人带来巨大惊喜和欣慰。但是随后的十几年来中国女排再也没有得到

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过国际排球大赛的冠军，这对曾经以“中国女排”为骄傲的国人来说是一种残酷。2004 年 8 月 29 日凌晨，相信很多的体育爱好者还在电视机前为中国女排加油助威，终于，中国女排在 0:2 落后的局势下，连扳三局完美大逆转战胜强敌俄罗斯队。雅典的奥运赛场五星红旗又一次高高飘扬，中国女排在时隔 20 年后再次站在世界最高领奖台上。而带领这支队伍夺得冠军的教练就是陈忠和。



陈忠和于 1957 年 9 月 30 日出生于福建省龙海市，现任中国女子排球国家队主教练，是一位笃信“爱拼才会赢”的闽南汉子。1971 年，陈忠和成为福建省青年男排运动员，1979 年退役，在其运动员生涯期间曾获得 1977 年全国男排甲级联赛第三名、1978 年全国男排甲级联赛冠军。退役之后，陈忠和服从组织安排调任中国国家女排陪打教练，在此期间中国国家女排获得“五连冠”的辉煌荣誉。1986 年又回到福建女排任教练，在福建女排任教练期间，福建女排获得全国女排甲级联赛第三名、第六届全运会冠军。1989 年调国家女排任助理教练，协助主教练胡进带领国家女排获得第十一届世界女排锦标赛亚军、第六届世界杯女排赛亚军、第 25 届奥运会第七名。1993 年回福建女排担任主教练，带领福建女排从甲 B 晋升甲 A。1995 年，调国家女排担任教练，协助主教练郎平带领国家女排获得第七届世界杯女排赛第三名、第 26 届奥运会亚军、第九届亚洲女排锦标赛冠军、第 13 届世界锦标赛亚军、第 13 届亚运会冠军。1999 年——继续担任国家女排教练，协助主教练胡进带领国家女排获得第十届亚洲女排锦标赛冠军、第八届世界杯女排赛第五名、第 27 届奥运会第五名。2001 年初，“五朝元老”陈忠和终于在第六次“入朝”后从“媳妇”升级成了“婆婆”，出任中国女排主教练。2003 年 11 月 1 日下午，在第九届世界杯赛场上，中国女排首战巴西队，开局就陷入了困境，此时，女排姑娘的脸都绷得紧紧的，全无笑容。陈忠和虽也很着急，但他只轻松的对姑娘们说了一句话：“你们活动开了没有？”全队顿时扭转了心态，意识到“热身运动”到此为止，开始了真正的搏杀，最终拿下 3 局夺得了首场的胜利。在这一次次的胜利中，陈忠和的微笑，给女排姑娘们传递着特别的力量，他的笑充满了对人生的洞察与体悟，充满了乐观与信心。这一年底，他率领中国女排以 11 战不败的战绩重夺阔别 17 年的世界冠军奖杯，并以“执着拼搏和动人微笑”成为 2003 年感动中国十大人物之一。2004 年 8 月，中国女排面临着更大的考验——将要出征雅典奥运会，能否在雅典奥运会上问鼎冠军牵动了亿万

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国人的心。果然实力不俗的中国女排一路过关斩将，在决赛中遇到多年的劲敌俄罗斯队，在中国姑娘们顽强的拼搏下，险胜俄罗斯队，上演了世界排坛上最为经典的大反盘。陈忠和率领中国女排时隔20年后再次获得奥运会金牌，圆了国人盼了20年的奥运女排金牌梦。

目前的陈忠和仍然是中国国家女子排球队的主教练，排球成了他毕生的事业，同时也成为他婚姻的“红娘”。陈忠和的爱人李东红就曾是福建女排的一名运动员，那时的陈忠和是福建女排的教练员，后来李东红退役，进入大学念书直到参加工作，二人一直保持联系。1995年，排球这个“红娘”终于使二人踏上了婚姻的红地毯。

中国国家女排队长——冯坤

Leader of the New Chinese Women's Volleyball Team —Feng Kun

Feng Kun is the present team leader of New Chinese Women's National Volleyball team. Meanwhile she is the team's chief setter and the core of "the quick and various tactics" of the Chinese team and always plays the function of the "backbone". She was chosen as the best chief setter of 2003 World Women's Volleyball Cup and the best chief setter of the 12th Asian Championship. She is 183 centimeters high, and is the highest chief setter in the history of Chinese Women's Volleyball team. Excellent block is her another advantage. In fact Feng Kun loves attacking by nature. She practices the chief setter because she was short when she began playing volleyball. And even at this moment, Feng Kun has strong sense of attack. Whenever there is a chance she will give the opponent a sneak attack, which makes the opponents hard to guard against. Her spiking height is 3.19 meters and the blocking height is 3.10 meters.

Feng Kun was born in a well-educated family in Peking in 1979. Good family education makes her grow to be a clever girl who is fond of study and has a strong

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desire for progress. When she was 12 in the year 1990 she began to practise volleyball. In the year 1994 Feng Kun who was only 15 years old then began her professional volleyball career. In 1994 she was chosen to Peking Volleyball team and in 1995 to the National Volleyball team. And at the very beginning she majored in chief spiker and then became the best setter after Yang Xilan. She is the soul and core of today's Chinese Volleyball team. She is smart, flexible and broad-minded. On the skill list of the Women's Volleyball World Cup in 2003, she was in the first place with the average of 10.38 valid passes in each set. Besides pass, Feng Kun is good at playing two-count spike and she can score herself regularly. On the 2004 Athens Olympic Games Feng Kun led the Chinese Women's Volleyball team on rising in a dead spot under the situation of losing the first two sets. They won in the end by defeating the Russian team in the last three sets. They realized the Olympic gold medal dream again 20 years later. Her contribution to the success as a team-leader will forever be memorized. And she was selected as the most valuable player and the best chief setter. Her nickname is "Panda".



Her Sports Career and Main Achievements:

In 1990, began to practice volleyball at 12, the trainers were Wang Qin and Zhang Changchao.

In 1994, chosen to Peking Volleyball team, the trainer was Li Wenxiu.

In 1995, chosen to the National Women's Volleyball team, the trainer was Lang Ping.

In 2001, champion of Asian Volleyball Championship.

In 2002, the fourth place of World Volleyball Championship.

In 2002, champion of Pusan Asian Games.

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In 2003, champion of Women's Volleyball World Cup.
In 2003, champion of World Women's Volleyball Grand Prix.
In 2004, gold medal winner of Women's Volleyball in Athens Olympic Games.

中国国家女排队长——冯坤

Leader of the New Chinese Women's Volleyball Team —Feng Kun

冯坤是现任的中国国家女子排球队的队长。同时又是中国女排的主力二传，是中国队快、变战术的核心，也是目前世界排球界最好的二传手之一，在队内一直起着“定海神针”的作用。曾夺得03年女排世界杯赛最佳二传手，第12届亚锦赛最佳二传手。身高1米83的她是中国女排有史以来最高的二传手，拦网好也是她另一个优点。其实，冯坤生性喜欢进攻，练二传是因为刚开始打排球的时候个子太矮。直到现在，冯坤的攻击意识一直很强。机会来临时，她常常出其不意地偷袭对手，让对方防不胜防。冯坤的扣球的高度为3.19米，拦网高度为3.10米。

冯坤于1979年出生在北京市的一个高级知识分子家庭，良好的家庭教育，使她很快成长为一个聪明、好学、上进的女孩。1990年12岁时开始练排球，1994年，年仅15岁的冯坤正式开始了专业排球的运动生涯。1994年入选北京队，1995年入选国家队，是主攻手出身，是继杨锡兰之后最好的二传手，也是中国女排历史上身材最高的二传手，她是目前中国女排的灵魂和核心，冯坤头脑灵活，思路开阔，在2003女排世界杯的技术排名上，以平均每局有效传球10.38个名列第一。除了传球之外，主攻手出身的冯坤擅打两次球，常常能够自己直接得分。在2004年雅典奥运会上，冯坤率领中国女排在先失两局的险境下绝地重生，连扳3局战胜俄罗斯队，时隔20年再圆奥运金牌梦，其队长功不可没。其个人并荣获最有价值的球员和最佳二传。绰号“熊猫”。传球思路较开，攻击意识比较强。

运动生涯经历及主要成绩：

1990年，12岁时开始练排球，教练王勤、张常潮。

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1994 年，入选北京队，教练李文秀。

1995 年，入选国家队，教练郎平。

2001 年，亚洲女排锦标赛冠军。

2002 年，世界女排锦标赛第四。

2002 年，釜山亚运会冠军。

2003 年，女排世界杯赛冠军。

2003 年，世界女排大奖赛冠军。

2004 年，雅典奥运会女排金牌。

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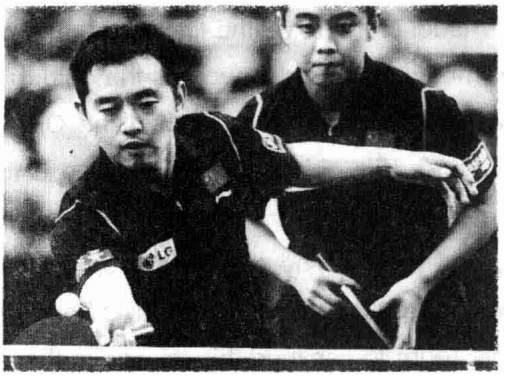
中国乒乓球运动
Table Tennis in China

Table tennis is called "National Sport" in China. It has been developed together with the national sports career since 1949, and it really has brought a lot of encouragements and happiness in the past 50 years. The National Table Tennis Team was founded in 1952. It has won more than 100 world gold medals which include the first world gold medal of the PRC, the first women's world gold medal and the first team world gold medal. It had also won all the gold medals at the World Table Tennis Championships for three times and at the Olympic Games for two times. Of course, it experienced its ebbs. But it has been a first-class team in the world for more than 50 years, which is a miracle in the world. Some of its founders had passed away, and most of the players are old, yet the new comers are growing up and are initiating a new period. Yesterday's honor is a flag, it leads today's National Table Tennis Team to continue this miracle in the vigorous world table tennis circle.

The National Table Tennis Team began to join in the World Table Tennis Championships in 1953, the 20th World Table Tennis Championships. Then Rong Guotuan won the gold medal in men's singles at the 25th World Table Tennis Championships in 1959. It was the first world gold medal won by a Chinese. And since then, the National Table Tennis Team had won more than 100 world gold medals, inclu-

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ding 18 gold medals won by Deng Yaping and 11 by Liu Guoliang. The National Table Tennis Team had won all the gold medals at the 36th, the 43rd and the 46th World Table Tennis Championships, a miracle in the sports world for a long period. Deng Yaping is the greatest women's table tennis player in the world. She was born in the city of Zhengzhou, Henan Province. She began to learn table tennis at 5 years old, and was selected to the National Table Tennis Team in 1988. She had been world medallist for 14 times, and had kept world No. 1 in table tennis for 8 years. She is the unique one to continue to hold the title of the Olympic medallist, who won four gold medals including in women's singles and in women's doubles with Qiao Hong at the Olympic Games. After 1997, she began her study in the Tsinghua University, the University of Cambridge and the University of Nottingham, and then she gained the bachelor's degree of English Major and the master's degree of contemporary China Research. Deng Yaping started her work for the Morality Committee and the Sports-and-Environment Committee of the International Olympic Committee in 2002. One year later, she became an officer for the Market-Exploitation Department of Beijing 2008 Olympic Games Organizing Committee. When she was busy doing public welfares, she regarded gaining the doctor's degree from the University of Cambridge and serving the motherland and its people with her knowledge as the most inviolable mission of her. Now she has married Lin Zhigang, who came from Guangdong Provincial Team and had been a main force in the National Team, for several years. They had been in love for many years. Their house was near to the Longtan Lake in Chongwen District of Beijing. Falling in love at youth, experiencing life together, and determined to be hand in hand forever, they tasted sweet of their love and successes finally. The other miracle of the National Table Tennis Team is Liu Guoliang, who won the "Evergreen Tree" Waldner at just 16 years old and became famous since then. Liu Guoliang was born in the city of Xinxiang, Henan Province. He was selected to the PLA August First Men's Table Tennis Team in 1986, and to the Na-



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tional Table Tennis Team in 1991. He was the first grand slam in men's table tennis events at World Table Tennis Championships, the World Cups and the Olympic Games in China. Using pen-hold grips and fast attacks, Liu Guoliang won all the 4 gold medals in men's team, men's singles, men's doubles and mixed doubles at the 43rd and the 45th World Table Tennis Championships. As the medallist winning all the world gold medals in team and men's singles events, Liu Guoliang was given a large advantage to be the head coach of the National Men's Table Tennis Team at just 27 years old. When he retired in 2002, he became a coach of National Men's Table Tennis Team. At the same time, he started his study majoring in Human Resource and Management at Shanghai Jiao Tong University. Then he was appointed to be master of teaching and research group and the head coach of the China National Men's Table Tennis Team in June 23rd, 2003. Now Liu Guoliang is leading the National Men's Table Tennis Team to continue their successes.

China founded professional table tennis competitions in 1999. It has two classes, i. e. China Table Tennis Super League and China Table Tennis League. The China Table Tennis Super League requests high-level players, thus many foreign players want to play in it just like the football players' dream of playing in the five world league competitions. In 2005, 14 foreign players (including the Athens Olympic Games medallist Liu Chengmin, the world silver medal winner Zhu Shihe, the German famous World Cups medallist Boll, the Denmark famous World Championships medallist Maze and the Japanese player Fukuhara Ai) joined in the China Table Tennis Super League. This made the China Table Tennis Super League became the top-level table tennis competitions in the world. What's more, many international table tennis championships have been held in China in recent years. It not only shows China's level and strength in table tennis but also improves the internationalization of the China Table Tennis Super League. The president of International Table Tennis Foundation Sharara said that he supported China Table Tennis Association to develop China Table Tennis Super League in to a world-level match. Out of this, table tennis is popular in China and has a broad foundation among Chinese people. In China, you will see table tennis and its players everywhere, not only in the residential areas, but also in parks and squares. Both elder people and children can do it more or less. Maybe that's why table tennis is called the "National Sport" in China.

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中国乒乓球运动
Table Tennis in China

提到中国当代体育不能不说乒乓球。截止到今天，新中国的乒乓球运动与中国体育已经结缘50多年，50多年的辉煌带给了国人无穷的激励与喜悦。自1952成立至今，中国乒乓球队已走过整整50余年风雨历程，50多年来他们共为祖国赢得100多个世界冠军，取得了新中国的第一项世界冠军、第一项女子世界冠军、第一项团体世界冠军，三次包揽世乒赛金牌，两次包揽奥运会金牌，50年来虽然在成绩上也有过低谷、在训练上也走过弯路，但始终处在世界乒坛一流强队的阵营中，创造了一支运动队长达半个世纪长盛不衰的奇迹。50年前中国乒乓球事业的奠基人有些已经作古，多数已白发苍苍，而50年后的今天，新一代的年轻小将们正朝气蓬勃，满怀信心地开创属于他们的时代。过去半个世纪的荣耀在今天就像一面旗帜，摇曳在新人辈出的世界乒坛，指引着中国乒乓球队继续创造奇迹。



中国队从1953年开始参加第20届世乒赛。在1959年第25届世乒赛上，容国团夺得男单冠军，这是中国人首次获得世界冠军。从1959年起，容国团为中国夺得第一个世界冠军以来，到现在中国乒乓球队共夺得一百多枚金牌，其中邓亚萍一人夺得18枚金牌，刘国梁一人夺得11个冠军。中国乒乓球队分别在36届、43届、46届世乒赛上囊括了全部金牌，创造了世界体坛罕见长盛不衰的历史奇观。邓亚萍是世界乒乓球历史上最伟大的女子选手，她出生于河南省郑州市，5岁起就随父亲学打球，1988年进入国家队，先后获得14次世界冠军头衔；在乒坛世界排名连续8年保持第一，成为唯一蝉联奥运会乒乓球金牌的运动员，并获得4枚奥运会金牌，其中包括单打和与乔红组合的双打，在世界乒乓球历史上创造了“邓亚萍时代”。1997年后，她先后

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到清华大学、英国剑桥大学和诺丁汉大学进修学习，并获得英语专业学士学位和中国当代研究专业的硕士学位；2002 年邓亚萍在国际奥委会道德委员会以及运动和环境委员会两个委员会担任职务；2003 年，邓亚萍成为北京奥组委市场开发部的一名工作人员。在热衷于各项公益事业的同时，邓亚萍把完成自己在剑桥大学的博士学位、掌握更多的相关知识，更好地为祖国和人民服务，更有效地为北京奥委会出力，当作自己最神圣的任务。如今，邓亚萍已经和相恋多年的男友，前国家队男乒骁将，广东队的林志刚登记结婚，并把新家安在了北京崇文区的龙潭湖附近。从少年相恋到风风雨雨，再到牵手白头，如今的邓亚萍，可谓爱情事业双丰收。在当代中国国家乒乓球队创造另一个奇迹的就是男子乒乓球队的刘国梁，他在 16 岁时就战胜号称世界乒坛常青树的瑞典名将瓦尔德内尔，从而一战成名。他出生于河南省新乡市，6 岁时开始学打乒乓球，1986 年进入解放军八一男子乒乓球队，1991 年进入国家乒乓球队。在他的乒乓球职业生涯中，刘国梁是中国第一位世乒赛、世界杯和奥运会“大满贯”获得者，在第 43 届至 45 届世乒赛，直板快攻选手刘国梁获得男团、男单、男双和混双全部 4 个项目的冠军，囊括了乒乓球团体和单项的所有世界冠军头衔于一身，这一特殊身份是他 27 岁就能担当中国国家男子乒乓球队主教练的优势之一。2002 年退役，担任中国国家乒乓球队男队教练并在上海交大管理学院注册，学习人力资源管理专业，2003 年 6 月 23 日出任中国国家乒乓球队男队教研组组长兼男队总教练。如今，刘国梁正在用他的智慧带领着中国男子乒乓球队续写着中国乒乓球运动的辉煌。

乒乓球在中国国内也于 1999 年开始创办职业联赛，分为乒乓球超级联赛和乒乓球甲级联赛，由于中国乒乓球超级联赛的竞技水平较高，和足球运动员都梦想加盟世界五大联赛一样，国外乒乓球选手也以加盟中国乒超联赛为荣。2005 年的乒超联赛汇集了雅典奥运会男单冠军柳承敏、世界单打亚军朱世赫、世界杯冠军德国的波尔，世锦赛黑马丹麦的梅兹以及日本的福原爱等 14 名其他协会的优秀运动员。这使得中国的乒超联赛真正成为了当今世界上最高水平的乒乓球比赛。此外，近年来很多国际乒联主办的比赛都放在中国举行，这些都显示出中国乒乓球的水平和实力，也推进了中国乒超联赛国际化的步伐。连国际乒联主席沙拉拉也表示，非常支持中国乒协把中国乒超联赛打造成国际化的精品赛事。另外，乒乓球在中国具有广泛的群众基础，广大国民喜爱乒乓球运动者甚多。无论在城市中高楼林立的居民社区，还是人们休闲娱乐的公园，广场，都可以看到乒乓球台的存在和人们挥拍奋战的身影，上至六七十岁的花甲老人，下到六七岁的孩童都可以挥上几拍，这也是乒乓球在世界上被称为中国国球的原因。

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“金牌教练”——蔡振华
The Medallist Coach —Cai Zhenhua

Cai Zhenhua, the famous head coach of National Table Tennis Team, is now the director general assistant of General Administration of Sport of China. He was born in the city of Wuxi, Jiangsu Province in September 1961. In 1976 he was selected to the National Table Tennis Team, and since then he had been main force of National Team at the World Table Tennis Championships in 1981, 1983 and 1985. He had been coach of Italian Table Tennis Team from 1985 to 1989. He came back to China in 1989, and then he became the head coach of National Men's Table Tennis Team in 1991. In 1997 he became the head coach of National Team, the master of Table Tennis Department of Table Tennis and Badminton Center of General Administration of Sport of China, the vice chairman of China National Youth League, and the vice chairman of China Table Tennis Association at the same time. In his tenure of the head coach of National Table Tennis Team, the remarkable achievement he made is that the Men's Team became the top in the world again, which consolidated China's position as a table tennis super nation.

His Experience:

He was selected to the Jiangsu Provincial Table Tennis Team in 1973, to the National Youth Team in 1978 and the National Table Tennis Team in 1979.

He had been coach of Italian National Team for 4 years since 1985. He came back to China to be coach in 1989. Two years later, he became the head coach of National Men's Table Tennis Team, and the head coach of National Team in 1997.

His Main Achievements:

Gold medals of men's team at the World Table Tennis Championships in 1979, the 5th Asian Championships in 1980, the 36th World Table Tennis Championships in 1981, and the 37th World Table Tennis Championships in 1983.

Gold medal of men's doubles at the 36th World Table Tennis Championships in

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1981.

Gold medal of mixed doubles at the 38th World Table Tennis Championships (with Cao Yanhua) in 1985.

Silver medals of men's doubles at the 5th Asian Championships (with Shi Zhihao) in 1980, in men's singles at the 36th World Table Tennis Championships in 1981 and the 37th World Table Tennis Championships in 1983.

Bronze medals of mixed doubles at the 5th Asian Championships (with Qi Baoxiang) in 1980 and the 37th World Table Tennis Championships (with Cao Yanhua) in 1983, and in men's doubles at the 38th World Table Tennis Championships (with Jiang Jialiang) in 1985.

His Successes as a Coach:

Gold medals of men's team at the 2nd World Cups in 1991, the 43rd World Table Tennis Championships in 1995, the 44th World Table Tennis Championships in 1997 and the Qatar World Table Tennis Championships in 2004.

Gold medal of women's team at the Qatar World Table Tennis Championships in 2004.

Gold medal of men's singles at the Atlanta Olympic Games in 1996; the Greece Open in 2004.

Gold and silver medals of women's singles at the Women's Table Tennis World Cups in 1998; and gold medal in this event at the Greece Open in 2004.

Gold medals of men's doubles at the Barcelona Olympic Games in 1992, the Atlanta Olympic Games in 1996, and the Greece Open in 2004.

Gold medals of women's doubles at the Greece Open in 2004.

Six gold medals at the Bangkok Asian Games, and four gold medals and four silver medals at the World Professional Table Tennis Competitions Tour in 1998.

Six gold medals at the 45th World Table Tennis Championships in 1999.

Four gold medals, three silver medals and one bronze medal at the Sydney Olympic Games in 2000.

Seven gold medals, four silver medals and five bronze medals at the 46th World Table Tennis Championships in 2001.

Gold medals of men and women's events at the World Cups in 2002.

Four gold medals at the 47th World Table Tennis Championships, gold medals in men's events at the World Cups, four gold medals and three silver medals at the

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World Professional Table Tennis Competitions Tour, and all the gold, silver and bronze medals at the Women's Table Tennis World Cups in 2003.

His Working Experience:



He has been vice master and master of Table Tennis and Badminton Center of General Administration of Sport of China, the head coach of National Table Tennis Team, vice chairman of China Table Tennis League and vice chairman of China National Youth League.

His Honors:

He had been awarded the "National Sports Honors" medals by the National Sports Committee for 10 times in his 26 years sports life.

He was awarded the "National Departments Top 10 Youth" in 1997.

The General Administration of Sport of China awarded him the "Outstanding Communists" and the "Outstanding Party Affairs Workers" in 2001.

At present, Cai Zhenhua has been appointed to be the director general assistant by the General Administration of Sport of China. Facing the great change, Cai Zhenhua said frankly that he needed a period of time to fit for his new job, which was very different from a professional coach. We hope that Cai Zhenhua will make more contributions to sports of China.

"金牌教练"——蔡振华

The Medallist Coach —Cai Zhenhua

蔡振华,现任中国国家体育总局局长助理,原中国乒乓球国家队总教练。1961 年 9 月出生于江苏无锡,1979 年进入中国国家乒乓球队。1981、1983、1985 年连续三届以主力队员身份代表中国参加世乒赛。1985 年至 1989 年

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到意大利国家乒乓球队执教四年。1989 年回国执教,1991 年出任中国乒乓球队男队主教练,1997 年出任中国乒乓球队总教练,同时还兼任国家体育总局乒羽中心乒乓部主任、中华全国青年联合会副主席、中国乒乓球协会副主席。在担任中国乒乓球国家队总教练期间最大的功绩是带领中国乒乓球队尤其是男队重新登上世界乒坛的顶峰,巩固了中国乒乓球超级大国的地位。

运动简历:

1973 年,进江苏省乒乓球队;

1978 年,进国家青年队;

1979 年,进国家队;

1985 年,到意大利国家队执教四年;

1989 年,回中国队执教;

1991 年,出任中国男队主教练;

1997 年,出任总教练。

运动成绩:

1979 年,世乒赛男团冠军;1980 年,第 5 届亚洲锦标赛男团冠军;1981 年,第 36 届世乒赛男团冠军;1983 年,第 37 届世乒赛男团冠军。

1981 年,第 36 届世乒赛男双冠军(与李振恃)。

1985 年,第 38 届世乒赛混双冠军(与曹燕华)。



1980 年,第 5 届亚洲锦标赛男双亚军(与施之皓);1981 年,第 36 届世乒赛男单亚军;1983 年,第 37 届世乒赛男单亚军。

1980 年,第 5 届亚洲锦标赛混双第三名(与齐宝香);1983 年,第 37 届世乒赛混双第三(与曹燕华);1985 年,第 38 届世乒赛男双第三(与江嘉良)。

执教战绩:

1991 年,第 2 届世界杯团体赛男团冠军;1995 年,第 43 届世乒赛男团冠军;1997 年,第 44 届世乒赛男团冠军;2004 年,卡塔尔世乒赛男团冠军。

2004 年,卡塔尔世乒赛女团冠军。

1996 年,亚特兰大奥运会男单冠军;2004 年,希腊公开赛男单冠军。

2004 年,希腊公开赛女单冠军。1998 年,女子世界杯赛单打冠亚军。

1992 年,巴塞罗那奥运会男双冠军;1996 年,亚特兰大奥运会男双冠军;2004

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年，希腊公开赛男双冠军。

2004 年，希腊公开赛女双冠军。

1998 年，曼谷亚运会六项冠军，世界职业巡回赛四个单项的冠亚军。

1999 年，第 45 届世乒赛六项冠军；

2000 年，悉尼奥运会包揽四项冠军、三项亚军和一项第三。

2001 年，第 46 届世乒赛包揽七项冠军、四项亚军和五项第三。

2002 年，男女世界杯赛冠军；

2003 年，第 47 届世乒赛夺四项冠军；男子世界杯赛冠军；职业巡回赛总决赛四个单项冠军、三项亚军；2003 年，第 8 届女子世界杯赛包揽冠亚军和第三名。

工作简历：

历任国家体育总局乒羽中心副主任、主任；

中国乒乓球队总教练；

中国乒乓球协会副主席；

中华全国青年联合会副主席。

获奖情况：

从运动员到教练员 26 年运动生涯中，10 次荣获国家体委颁发的“国家体育荣誉”奖章。

1997 年，获国家机关十大杰出青年。

2001 年，被国家体育总局授予“优秀共产党员”称号和“优秀党务工作者”称号。

目前，蔡振华已被国家体育总局任命为局长助理，面对着角色的转换，蔡振华坦言作为一个教练员和行政工作者有着很大的区别，自己需要一段时间来适应。我们期待蔡振华能够为中国的体育事业做出更大的贡献。



乒坛女皇——邓亚萍
The Queen of Table Tennis —Deng Yaping

It's well known that Deng Yaping is the greatest player in the history of world women's table tennis games. She is called "the Queen of Table

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Tennis" because of the honors and position she gained in her professional life. Deng Yaping was born in the city of Zhengzhou in Feb 6th, 1973. She started learning table tennis from her father at five years old. But the Henan Provincial Team had refused her for her short height, so she had to join in the Zhengzhou Team. Five years later, she won two gold medals in team and singles at the National Youth Table Tennis Games. After that, she was selected to the Henan Provincial Team, then to the National Team in 1988. She had been world medallist for 14 times, and had kept world No. 1 in table tennis for 8 years. She is the unique one who continued to hold the title of the Olympic medallist, who won four gold medals (including in women's singles and in women's doubles with Qiao Hong) at the Olympic Games. At the Atlanta 1996 Olympic Games, Samaranch, the President of International Olympic Committee at that time, awarded the gold medal for her in person. Deng Yaping declared to retire from the National Team in 1997. Following that, she began her study in the Tsinghua University, the University of Cambridge and the University of Nottingham, and then she gained the bachelor's degree of English Major and the master's degree of Modern China Research. Deng Yaping started her work for the Morality Committee and the Sports-and-Environment Committee of the International Olympic Committee in 2002. One year later, she became an officer for the Market-Exploitation Department of Beijing 2008 Olympic Games Organizing Committee. And in the same year, she married Lin Zhigang, who came from Guangdong Provincial Team and had been a main force in the National Team. They had been in love for many years. Their house was near to the Longtan Lake in Chongwen District of Beijing. Falling in love at youth, experiencing life together, and swearing to be hand in hand forever, they tasted sweet of their love and successes finally. As a wife and a mother as well, now DengYaping is enjoying her life happily.



Her Main Achievements:

Gold medals of women's singles at the World Table Tennis Championships in 1989, 1995 and 1997, the 24th Olympic Games in 1992 and the 25th Olympic Games, the International Table Tennis League Final and the World Cup in 1996.

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Gold medals of women's doubles at the World Table Tennis Championships in 1989, 1993, 1995 and 1997, the Worlds Cup and the 24th Olympic Games in 1992; the 25th Olympic Games and the International Table Tennis League Final in 1996.

Gold medals of team at the Worlds Cup in 1990, 1991 and 1995, the World Table Tennis Championships in 1989, 1995 and 1997.

Silver medal of women's team at the World Table Tennis Championships in 1991.

Silver medal of women's doubles at the World Table Tennis Championships in 1993.

Silver medals of mixed doubles at the World Table Tennis Championships in 1995 and 1997.



乒坛女皇——邓亚萍
The Queen of Table Tennis —Deng Yaping

邓亚萍是世界乒乓球运动历史上公认的最伟大的女子选手，人们用“乒坛女皇”来形容她在世界乒坛所取得的荣誉和地位。邓亚萍于1973年2月6日出生于河南省郑州市，她5岁时就开始随父亲打乒乓球，但是因为个子太矮被河南省队排除在外，只好进入郑州市队。10岁时，在全国少年乒乓球比赛中获得团体和单打两项冠军，后加盟河南省队，1988年被选入中国乒乓球国家队。她先后获得14次世界冠军头衔；在乒坛世界排名连续8年保持第一，成为唯一蝉联奥运会乒乓球金牌的运动员，并获得4枚奥运会金牌，其中包括单打和与乔红组合的双打，在1996年亚特兰大奥运会上，时任国际奥委会主席的萨马兰奇亲自为她颁奖。1997年，邓亚萍宣布退役，此后，她先后到清华大学、英国剑桥大学和诺丁汉大学进修学习，并获得英语专业学士学位和中国当代研究专业的硕士学位；2002年邓亚萍在国际奥委会道德委员会以及运动和环境委员会两个委员会担任职务；2003年，邓亚萍成为北京奥组委市场开发部的一名工作人员。2003年，邓亚萍和已经相恋多年的男友，前国家队男乒骁将，广东队的林志刚登记结婚，并把新家安在了北京崇文区的龙潭湖附近，历经风雨波折，这对有情人终成眷属。如今的邓亚

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萍正过着相夫教子的幸福生活。

职业生涯辉煌战绩：



1989、1995、1997 年度世乒赛女单冠军；1992 年第 24 届奥运会女单冠军；1996 年第 25 届奥运会、国际乒联总决赛、世界杯女单冠军。

1989、1995、1997 年度世乒赛女双冠军；1992 年世界杯、第 24 届奥运会女双冠军；1996 年第 25 届奥运会女双冠军，国际乒联总决赛女双冠军。

1990、1991、1995 年度世界杯团体赛冠军；1989、1993、1995、1997 年度世乒赛女团冠军。

1993 世乒赛女双亚军。

1995、1997 年度世乒赛混双亚军。

“国球少帅”——刘国梁
“The Young Coach of Table Tennis”—Liu Guoliang

Liu Guoliang, the famous table tennis player of China, is the head coach of National Men's Table Tennis Team now. He was born in the city of Xinxiang, Henan Province in 1976. He is 168 centimeters high. In his sports life, he was the first grand slam in men's table tennis events in China, and had won 11 world gold medals. It's his numerous successes that helped him become the head coach of National Men's Table Tennis Team so soon. Less than 100 days after he became the head coach of National Men's Table Tennis Team, Ma Lin won the gold medals at the World Cups held in the city of Jiangyin, Jiangsu Province. That was the first gold medal the National Men's Table Tennis Team won after he became the head coach, and then, they have won all the gold medals in matches except for the gold medal in men's singles at the Athens Olympic Games. At present, “The Young Coach of Table Tennis” is leading the National Table Tennis Team striving for more successes.

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Liu Guoliang began to learn table tennis at 6 years old, and was selected to the National Youth Team at 13 years old. In 1991 he was selected to the National Table Tennis Team as an exception. Liu Guoliang is good at pen-hold grip by right hand and fast attacks both sides near the table. It's his excellent skill, the innovative pen-hold with hand-and-shake attacks, and the backhand serve gave the rebirth to the pen-hold grip.

He used to win the gold medals in men's doubles (with Kong Linghui) and men's singles at the Olympic Games in 1996, and he is the first grand slam at both World Table Tennis Championships, the World Cups and the Olympic Games in China. After the World Cups in 1996, he ranked himself the No. 1 on the International Table Tennis League. In 2002, he retired and became a coach of the National Table Tennis Team, and the head coach of the National Men's Table Tennis Team in June 23rd 2003. Then the National Men's Table Tennis Team won the gold medal in men's team at the 47th World Table Tennis Championships in March 7th 2004.

Characteristics of His Skills:

He is the first player using pen-hold with hand-and-shake attacks, and he is good at pen-hold grip by right hand and both sides fast attacks pen-hold with hand-and-shake attacks. He is famous for his perfect serve, variation point of fall, powerful movement and fast speed.

His Main Achievements:

Gold medals of men's team at the Asian Cups and the Asian Championships in 1992; the China Open and the Sweden Open 1993; the National Championships and the 3rd World Cups in 1994; the 43rd World Table Tennis Championships and the Asian Cups in 1995; the Asian Championships in 1996; the 44th World Table Tennis Championships in 1997; the National Clubs Competitions, the 13th Asian Games, and the 14th Asian Championships in 1998; the 46th World Table Tennis Championships in 2001.

Gold medals of mixed doubles at the Asian Cups and the Asian Championships in 1992; the 44th World Table Tennis Championships (with Wu Na) in 1997.

Gold medals of men's doubles at the Sweden Open and the Finland Open (with Lin Zhigang) and the 7th National Games (with Wang Tao) in 1993; the National Championships (with Lin Zhigang) and the 12th Asian Championships (With

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Kong Linghui) in 1994; the China Championships (with Wang Tao) in 1995; the China Table Tennis League Competitions (with Kong Linghui), the Asian Championships, and the China Open in 1996; the 44th World Table Tennis Championships (with Kong Linghui), the China Open (with Kong Linghui), the Brazil Open, the 8th National Games (with Wang Tao), and the International Table Tennis League Competitions Final in 1997; the Malaysia Open (with Kong Linghui), the Australia Open (with Kong Linghui), the 13th Asian Games (with Kong Linghui), and the 14th Asian Championships (with Ma Lin) in 1998; the 45th World Table Tennis Championships (with Kong Linghui), and the Austria Open in 1999; the Brazil Open, the Japan Open, and the U. S. Open in 2000; and the Korea Open in 2001.

Gold medals of men's singles at the Sweden Open in 1993; the 26th Olympic Games and the 17th World Cups in 1996; the Brazil Open and the Yugoslavia Open in 1997; the China Open, and the Italia Open in 1998; the 45th World Table Tennis Championships, and the Germany Open in 1999; and the Brazil Open in 2000.

Gold medal at the First World Table Tennis Clubs Competitions in 1999.

Liu Guoliang didn't give up the table tennis career after his retirement. In 2003, his coach Cai Zhenhua retired from the Medallist Coach of National Table Tennis Team, and then the 27-year-old Liu Guoliang, who had retired less than one year, became the successor without too much public confidence. In the following three years Liu Guoliang was in great pressures, however, the gold medals the National Table Tennis Team won at the World Cups in 2003, the World Championships and the World Cups in 2004, and the 48th World Table Tennis Championships in 2005 gained the public confidence. This gave Liu Guoliang enough confidence to go on his coach career. In August 2006, the 30 years old Liu Guoliang married his girlfriend Wang Jin, who had been in love with him for 14 years. Wang Jin was born in 1976. Her father is Wang Jixin, a famous table tennis coach. When Wang Jin was 16 years old, she and Liu Guoliang became teammates of National Youth Team. In the following three years, they fell in love with each other. Now Liu Guoliang enjoyed the sweet of both love and career and is more confident in Chinese table tennis. His next goal is gold medals at the Beijing 2008 Olympic Games. We hope that he will bring us more prides and honors.

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“国球少帅”——刘国梁
“The Young Coach of Table Tennis”—Liu Guoliang

刘国梁，我国著名男子乒乓球运动员，现任中国乒乓球男队总教练。1976年出生于河南省新乡市，身高一米六八。他是中国第一个男子乒乓球大满贯得主，有11个世界冠军在手。运动员生涯的辉煌战绩使刘国梁能够迅速成为中国乒乓球男队总教练。2003年，在他上任中国乒乓球男队主教练不到100天之后，马琳在江苏省江阴市世界杯赛上夺冠，这也是他出任主教练之后的第一个冠军。此后历次大赛，除雅典奥运男单冠军之外，无一失手。如今，“乒球少帅”正在带领中国国家乒乓球队向着更高的荣誉稳步迈进。



刘国梁6岁开始学打球，13岁进入国家青年队，1991年破格晋升国家队。刘国梁的技术特点是右手直握球拍，两面近台快攻。出色的发球结合革新的直拍横打以及反面发球技术，使直拍型打法获得新生。

1996年奥运会上获男双（与孔令辉）、男单双料冠军，还是中国第一位世乒赛、世界杯和奥运会“大满贯”获得者，1996年世界杯后在国际乒联排名榜上跃居首位，2002年退役担任中国乒乓球队教练。2003年6月23日出任中国国家乒乓球队男队主教练，2004年3月7日，率领中国男子乒乓球队夺得第47届世乒赛男团冠军。

技术特点：

右手直握球拍，左推右攻结合直拍横打快攻打法。他是中国采取直拍横打技术第一人。发球好，落点刁，动作凶猛、快速。

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主要成绩：

1992 年亚洲杯、亚锦赛男团冠军；1993 年中国公开赛、瑞典公开赛男团冠军；1994 年全国锦标赛、第 3 届世界杯团体赛男团冠军；1995 年第 43 届世乒赛、亚洲杯团体赛男团冠军；1996 亚锦赛男团冠军；1997 年第 44 届世乒赛男团；1998 年全国俱乐部甲级联赛、第 13 届亚运会、第 14 届亚锦赛男团冠军；2001 年第 46 届世乒赛男团冠军。

1992 年亚洲杯、亚锦赛混双冠军；1997 年第 44 届世乒赛混双冠军（与邬娜）。

1993 年瑞典公开赛、芬兰公开赛男双冠军（与林志刚），七运会男双冠军（与王涛）；1994 年全国锦标赛、第 12 届亚锦赛男双冠军（与林志刚）；1995 年中国大奖赛男双冠军（与王涛）；1996 年中国乒协杯赛、第 26 届奥运会男双冠军（与孔令辉），亚锦赛、中国公开赛男双冠军；1997 年第 44 届世乒赛、中国公开赛男双冠军（与孔令辉），巴西公开赛、八运会男双冠军（与王涛），国际乒联总决赛男双冠军；1998 年马来西亚公开赛、澳大利亚公开赛男双冠军、第 13 届亚运会男双冠军（与孔令辉），第 14 届亚锦赛男双冠军（与马琳）；1999 年第 45 届世乒赛男双冠军（与孔令辉）、奥地利公开赛男双冠军；2000 年巴西、日本、美国公开赛男双冠军；2001 年韩国公开赛男双冠军。

1993 年芬兰公开赛男单冠军；1996 年第 26 届奥运会、第 17 届世界杯男单冠军；1997 年巴西公开赛、南斯拉夫公开赛男单冠军；1998 年中国公开赛、意大利公开赛男单冠军；1999 年第 45 届世乒赛、德国公开赛男单冠军；2000 年巴西公开赛男单冠军。

1999 首届世界乒乓球俱乐部赛冠军。

退役后的刘国梁，并没有放弃自己心爱的乒乓球事业。2003 年，刘国梁 27 岁，他的恩师蔡振华从中国乒乓队金牌教练的位置上引退，退役不到一年的刘国梁接任中国乒乓球男队主教练。面对众人的质疑，他用事实说明了一切——带队获得 2003 年世界杯冠军、2004 年世锦赛男团冠军、2004 年世界杯冠军、2005 年 48 届世锦赛男单、男双、混双冠军……这样的成绩也使即将进入而立之年的刘国梁从最初的忐忑不安，逐渐变得更加自信，在国家队男队的主教练宝座上越坐越稳。2006 年 8 月，刚到而立之年的刘国梁终于与相恋 14 年的女友王瑾走进了婚姻的殿堂，完成了人生的重要一步。王瑾和刘国梁同龄，她的父亲是辽宁省著名乒乓球教练王吉新。16 岁那年，她与来自河南的刘国梁成为国青队队友，经过三年多的相处，两人互生情愫。如今，爱情与事业双丰收的刘国梁意气风发，对我们的国球充满信心。他把下阶段目标定在 08 年的北京奥运会，我们期待着他给国人带来更多的欢喜和荣誉。

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乒坛王子——孔令辉
The Prince of Table Tennis —Kong Linghui

Kong Linghui is a world famous table tennis player. He was born in the city of Harbin, Heilongjiang Province in October 18th, 1975. In table tennis matches Kong Linghui combines the traditional pen-hold-grip fast break with the European hand-and-shake grip attack, which makes his both-sides-curve-ball steady and powerful. He has a good strategy in his mind. He uses hand-and-shake grip right hand, and combines curving-ball and fast break. His pen-hold grip drive is powerful. With his speedy ball and good feel, Kong Linghui is very good at rally and sneak-raid in matches. As an all-around player, Kong Linghui took a lead in the National Men's Table Tennis Team. Kong Linghui began to learn table tennis at 6 years old, and was selected to the Provincial Team in 1986. Two years later, he was selected to the National Youth Team, and to the National Table Tennis Team in 1991. He has ranked himself World Men's Singles Tops in the list declared by the International Table Tennis League, and he is a grand slam medallist of World Cups, World Championships and the Olympic Games.

His Main Achievements:



Gold medals of men's team at the National Championships in 1991, the 2nd World Youth Championships, the 12th Asian Championships, the 12th Asian Games in 1994, the 43rd World Table Tennis Championships and the Asian Games in 1995, the 44th World Table Tennis Championships (with Wang Tao, Liu Guoliang, Ding Song and Ma Wenge) in 1997, the 13th Asian Games in 1998, the World Men's Table Tennis Club in 2000, the 46th World Table Tennis Championships in 2001, the 14th Asian Games in 2002, and the 47th World Table Tennis Championships in 2004.

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Gold medals of men's singles at the 2nd World Youth Championships, the China Open, the Korean Cups, the 12th Asian Championships in 1994, the China Stars Competition, the 43rd World Table Tennis Championships, the Epson World Stars Competitions, the Table Tennis Cup of China, the World Cups and the 3rd National Inner Cities Games in 1995, the China Table Tennis League Championships, the First International Professional Table Tennis Tour and the Asian Championships in 1996, the U. S. Open, the Malaysia Open and the International Table Tennis Final in 1997, the Japan Open, Australia Open, National Championships in 1998; and the 27th Olympic Games in 2000.

Gold medals of men's doubles at the China Open, the China Table Tennis League Cups (with Zhang Lei) in 1994, the China Table Tennis League Competitions (with Liu Guoliang) and the 26th Olympic Games and the Asian Championships in 1996, the 44th World Table Tennis Championships (with Liu Guoliang) and the China Table Tennis League Championships (with Liu Guoliang) in 1997, the Australia Open (with Liu Guoliang) and the 13th Asian Games (with Liu Guoliang) in 1998, the 45th World Table Tennis Championships in 1999, the Japan Open in 2000, the U. S. Open, the Germany Open, the Holland Open, the International Table Tennis Final in 2002, the Malaysia Open in 2003, the Korea Open, the China Changchun (with Wang Hao) in 2004, the Qatar Open and the 48th World Table Tennis Championships (with Wang Hao) in 2005.

Gold medals of mixed doubles at the 12th Asian Championships and the 12th Asian Games (with Deng Yaping) in 1994, the China Stars Championships (with Deng Yaping) and the 43rd World Table Tennis Championships (with Deng Yaping) in 1995.

He joined in the 1998 Ericsson China Table Tennis Arena and became the general ring-winner finally.

He was the medallist of the Asian Top 12 Table Tennis Competitions in 1999.

Kong Linghui declared to retire at the "Wuxi 2006 National Table Tennis Team Coaches Work-Reports and Recruitment Meet", and then he became the head coach of National Women's Table Tennis Team. He said that he wouldn't give up table tennis although he had retired. As a coach he would realize his gold medal dream by another way. Kong Linghui, the generally accepted gentleman of China Table Tennis Players, has a famous star girlfriend named Ma Su. Kong Linghui had

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said he would marry Ma Su as soon as he retired from the National Team. But he had to delay their marriage for the closed training of National Women's Table Tennis Team to prepare for the Doha Asian Games in December 2006. However, their marriage is blessed by everyone. We hope the prince of Table Tennis who had brought us numerous honors and prides will live happily and bring us more achievements with his National Women's Table Tennis Team.



乒坛王子——孔令辉
The Prince of Table Tennis —Kong Linghui

孔令辉是世界乒坛上著名的男子运动员。1975 年 10 月 18 日出生于黑龙江省哈尔滨市，身高 1.74 米。孔令辉属于典型传统直拍快攻结合欧洲横拍进攻型打法，两面拉弧圈，稳中见狠，有极好的战术素养。右手横握球拍，弧圈球结合快攻，正手抽杀力量大。他球感好，球速快，善打多回合，能够在相持中偷袭变线，整体技术全面，曾是中国乒乓球男队的领军人物。孔令辉 6 岁开始学习打球，1986 年进入省队，1988 年进国青队，1991 年入选中国国家乒乓球队，历年来在国际乒联公布的世界男单排名前列，是世界杯、世锦赛和奥运会的男子乒乓球大满贯冠军得主。

运动生涯主要成绩：

1991 年全国锦标赛男团冠军；1994 年第 2 届世界青年锦标赛、第 12 届亚锦赛、第 12 届亚运会男团冠军；1995 年第 43 届世乒赛、亚洲杯团体赛男团冠军；1997 年第 44 届世乒赛，与王涛、刘国梁、丁松和马文革合作，获团体比赛冠军；1998 年第 13 届亚运会男团冠军；2000 年世界男子俱乐部团体冠军；2001 年第 46 届世乒赛男团冠军；2002 年第 14 届亚运会男团冠军；2004 年第 47 届世乒赛男团冠军。

1994 年第 2 届世界青年锦标赛、中国公开赛男单、韩国大奖赛、第 12 届亚锦赛男单冠军；1995 年中国明星赛、第 43 届世乒赛、爱普生世界明星赛、中国大奖赛、世界杯、第 3 届城运会男单冠军；1996 年中国乒协杯、首届国际乒联职业巡回赛总决赛、亚锦赛男单冠军；1997 年美国公开赛、马来西亚公开赛、国际乒联总决赛男单冠军；1998 年日本公开赛、澳大利亚公开赛、全国锦标赛男单冠军；2000 年第 26 届

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奥运会男单冠军。

1994 年中国公开赛、中国乒协杯、意大利公开赛男双冠军(与张雷);1996 年中国乒协杯男双冠军(与刘国梁)、第 26 届奥运会男双冠军(与刘国梁)、亚锦赛男双冠军;1997 年第 44 届世乒赛男双冠军(与刘国梁),中国大奖赛男双冠军(与刘国梁);1998 年澳大利亚公开赛男双冠军(与刘国梁),第 13 届亚运会男双冠军(与刘国梁);1999 年第 45 届世乒赛男双冠军;2000 年日本公开赛男双冠军;2002 年美国、德国、荷兰公开赛、国际乒联总决赛男双冠军;2003 年马来西亚公开赛男双冠军;2004 年韩国公开赛、中国公开赛(长春)男双冠军(与王皓);2005 年卡塔尔公开赛男双冠军,48 届世乒赛男双冠军(和王皓)。

1994 年第 12 届亚锦赛混双(与邓亚萍);第 12 届亚运会混双(与邓亚萍);1995 年中国明星赛混双冠军(与邓亚萍)。

1998 年爱立信中国乒乓球擂台赛冠军并成为男子总擂主。

1999 年亚洲 12 强赛冠军。

2006 年 10 月 12 日孔令辉在无锡 2006 年中国乒乓球国家队教练述职与竞聘会上正式宣布退役,成为中国乒乓球女队主教练。他表示,虽然自己已经退出职业生涯,但是他对乒乓球事业的执著没有也不会改变,作为教练,他将换一种方式延续和实现自己的金牌梦想。孔令辉是中国乒坛上公认的儒雅帅哥,他的女朋友也是国内娱乐圈内的大明星马苏。在退役之前,孔令辉宣称自己一退役就要迎娶马苏,但是为了备战 2006 年 12 月的多哈亚运会,孔令辉带领女队进行封闭训练,将婚期推迟。国人都在期待这场王子与公主式的婚礼早日举行,也在祝福着这位曾经为国人带来众多荣誉和骄傲的乒坛王子能够幸福。同时我们也期望孔令辉能够带领中国女子乒乓球队走向更大的辉煌。



乒坛一哥——马琳
The Best Male Table Tennis Player—Ma Lin

It's a catchword that "He who has Ma Lin in his club will be the champion" in China table tennis circle. That's true. In three years, three different champion clubs of the annual China Table Tennis League had the same cham-

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pion winner - it's Ma Lin. It shows Ma Lin's status in China table tennis circle. As soon as the 2006 China Table Tennis League was started, the clubs began to try to attract famous table tennis players. Ma Lin, whose listed price was 5.01 million RMB, became the Most Expensive Player, which rushed a new tide in China table tennis circle.

His Sport Experience:

Ma Lin was born in the city of Shenyang, Liaoning province in February 1980. In 1986, he began to learn table tennis under the guidance of coach Yang Shenli. Four years later, he was selected to the Guangdong Provincial Team under the guidance of coach Pan Diyi. Then he was selected to the National Team in 1994. Ma Lin is a passionate style. He is good at pen-hold grip by right hand and speedy loop serves with the reverse side of the paddle, what's more, he is famous for powerful serves and steady mentality. Ma Lin used to win 3 gold medals in men's single in World Cups. He is another main force in the National Team, succeeding Kong Linghui and Liu Guoliang. His remarkable action is turning his paddle in the competition.



His Main Achievements:

Gold medals of men's single in Asian Cup in 1996 and 1997, Malaysia Open in 1998, Australian open in 1999; World Cup in 2000, the 9th National Games, Denmark Open, China Open and International Professional Table Tennis Tour Grand Final in 2001, US Open, Germany Open, Poland Open and Denmark Open in 2002, Korea Open, China Open and Denmark Open in 2003, International Professional Table Tennis Tour in Wuxi in 2004, Kuwait Open and World Cup in 2006.

Gold medals of men's doubles in Asian Championship in 1998, International Professional Table Tennis Tour in 1999, 2002, 2003 and 2004, Sweden Open and Poland Open in 2000, the 9th National Games in 2001, US Open, Germany Open, Holland Open in 2002, Korea Open, China Open, Denmark Open, Japan Open, Sweden Open in 2003, International Professional Table Tennis Tour in Greece, Sin-

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gapore and Wuxi, and the Athens Olympic Games in 2004; Kuwait Open in 2006.

Gold medals of mixed doubles in Asian Cup in 1996; the 45th World Table Tennis Championships (with Zhang Yingying) in 1999, the 47th World Table Tennis Championships (with Wang Nan) in 2002, and Doha Asian Games (with Wang Nan) in 2006.

Gold medals of men's team in Asian Championship in 1998, Table Tennis Clubs World Championships in 1999, the 46th World Table Tennis Championships in 2001, the Asian Games in 2002, the 47th World Table Tennis Championships in 2004 Doha Asian Games in 2006.

Gold medals of World Cups in 2003 and 2004.

Silver medals of men's single in US Open in 1997, China Open and Lebanon Open in 1998, the 45th World Table Tennis Championships in 1999, Japan Open in 2000, China Open in 2001, Germany Open in 2003, International Professional Table Tennis Tour in Greece and Singapore, and International Professional Table Tennis Grand Final in 2004, Qatar Open and the 48th World Table Tennis Championships in 2005, Qatar Open and Doha Asian Games in 2006.

Silver medals of men's doubles in Denmark Open, Japan Open and China Open in 2001, Qatar Open and China Open in Harbin in 2005, Doha Asian Games (with Chen Qi) in 2006.

Silver medal of men's team in the 46th World Table Tennis Championships in 2001.

Bronze medals of men's single in Asian Cup in 1996, the 46th World Table Tennis Championships in 2001, World Cup in 2005.

Bronze medals of men's doubles in Asian Games in 2002; the 48th World Table Tennis Championships (with Chen Qi) in 2005.



乒坛一哥——马琳
The Best Male Table Tennis Player—Ma Lin

“得马琳者得天下”,是中国乒坛流行的一句话。的确,连续3年中国乒超联赛,不同的俱乐部问鼎冠军,它们的共同点就是拥有马琳,这足以说

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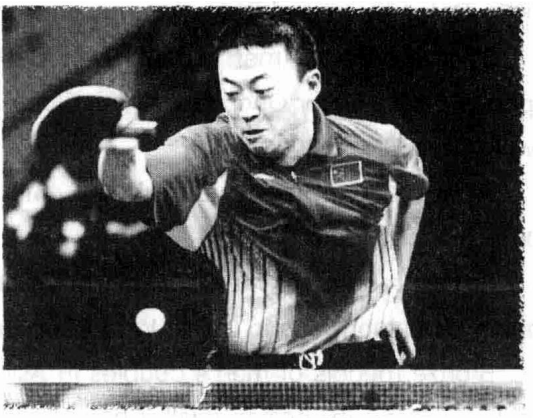
明马琳在当今中国乒坛的实力，06赛季伊始，乒超先行上演摘牌大戏，马琳更是以501万荣登标王，又掀起中国乒坛的一番狂风巨浪……

运动经历：

马琳于1980年2月出生于辽宁沈阳市，1986年开始学打乒乓球，教练是杨沈利；1990年进广东省队，教练是潘弟义；1994年进入国家队。马琳是右手直板反胶快攻结合弧圈型打法，是激情型的选手，打法凶狠，心理状态稳定。曾经三度夺得世界杯男单冠军，成为继孔令辉和刘国梁之后中国男队的绝对主力。其标志性动作就是在比赛中经常旋转自己的球拍。

运动生涯主要成绩：

1996年和1997年亚洲杯男单冠军；1998年马来西亚公开赛男单冠军；1999年澳大利亚公开赛男单冠军；2000年世界杯男单冠军；2001年九运会、丹麦公开赛、中国公开赛、国际乒联巡回赛总决赛男单冠军；2002年美国公开赛、德国公开赛、波兰公开赛、丹麦公开赛男单冠军；2003年韩国、中国、丹麦公开赛，2004年国际乒联巡回赛无锡站男单冠军；2006年科威特公开赛、世界杯男单冠军。



1998年亚锦赛男双冠军；1999年、2002年、2003年、2004年国际乒联巡回赛总决赛男双冠军；2000年瑞典、波兰公开赛男双冠军；2001年九运会、丹麦公开赛、日本公开赛、中国公开赛男双冠军；2002年美国公开赛、德国公开赛、荷兰公开赛男双冠军；2003年韩国、中国、丹麦公开赛，日本公开赛、瑞典公开赛男双冠军；2004年国际乒联巡回赛希腊站、新加坡站、无锡站、雅典奥运会男双冠军；2006年科威特公开赛男双冠军。

1996年亚锦赛混双冠军；1999年第45届世乒赛混双冠军（与张莹莹合作）；2003年第47届世乒赛混双冠军（与王楠）；2006年多哈亚运会混双冠军（与王楠）。

1998年亚锦赛男团冠军；1999年世界俱乐部锦标赛男团冠军；2001年第46届世乒赛男团冠军；2002年亚运会男团冠军；2004年第47届世乒赛男团冠军；2006年第48届不来梅世乒赛、多哈亚运会男子团体冠军。

2003年、2004年世界杯冠军。

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1997 年美国公开赛男单亚军;1998 年中国和黎巴嫩公开赛男单亚军;1999 年第 45 届世乒赛男单亚军;2000 年日本公开赛男单亚军;2001 年中国公开赛男单亚军;2003 年德国公开赛男单亚军;2004 年国际乒联巡回赛希腊站、新加坡站、总决赛男单亚军;2005 年卡塔尔公开赛男单亚军、第 48 届世乒赛男单亚军;2006 年卡塔尔公开赛、多哈亚运会男单亚军。

2001 年中国公开赛男双亚军;2005 年卡塔尔公开赛、中国公开赛(哈尔滨站)男双亚军;2006 年多哈亚运会男双(与陈杞)亚军。

2000 年第 45 届世乒赛男团亚军。

1996 年亚锦赛男单第三;2001 年第 46 届世乒赛男单第三;2005 年世界杯男单第三名。

2002 年亚运会男双第三;2005 年第 48 届世乒赛男双第三名(与陈杞);

乒坛王子——王励勤
The Prince of Table Tennis —Wang Liqin

If you love sport, you must have heard of Wang Liqin. If you have slight interests in table tennis, you may know that the tall thin boy has long been the best table tennis player in the world. If you are enthusiastic for table tennis, you must know that this so-called "World No. 1 Skillful Player" has been troubled by psychological problems for a long time. However, Wang Liqin still secures himself the best one in the world table tennis circle with his outstanding skills.

Wang Liqin is a long-time served player in the Chinese Table Tennis team. He grips the bat in right hand and he is good at two-side-loop and fast attack with comprehensive skills. But he does not have excellent psychological qualities. In the past competitions, he had got all the gold medals for all that were acquirable for him. He occupies the first position in the up-to-date list of the long period World Table Tennis Association. And now he is the backbone of the Chinese Table Tennis team. Although he has comprehensive skills and plays in many competitions, his psychological qualities have not been improved with the enriching experiences. His

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surprising failure from some world competitions is great pitiful for the audience.

His Sportsman History and Main Achievements:

Wang Liqin was born in Jiangsu province, China in 1978. He began to play table tennis at the age of six. In 1991 he was chosen to Jiangsu Provincial team and in 1993 the National Table Tennis team.

In 1995, champion of Men's Singles of Juveniles fewer than 17 and the runner-up of the Men's Singles in the National Championship.

In 1996, champion of Men's Doubles in the final of World Table Tennis Association Circuit.

In 1997, the third place of mixed doubles (with Wang Nan) at the 44th World Table Tennis Championships; gold medal of men's doubles in International Professional Table Tennis Tour Grand Final; the third place of men's doubles (with Yan Sen) in China Open and Australia Open; and the 3rd place in men's singles at Australia Open.



In 1998, the second place of men's doubles (with Yan Sen) and the third place of men's singles in China Cup; gold medals of men's team, men's single and mixed doubles (with Wang Nan), and the third place of men's doubles (with Yan Sen) in Asian Championships; gold medals of men's team, men's single and mixed doubles (with Wang Nan) in Asian Games.

In 1999, gold medals of men's single and men's doubles (with Wang Nan) in International Professional Table Tennis Tour; gold medal of men's singles in Ericsson China Table Tennis Arena Final; the second place at the First World Table Tennis Clubs Competitions; the second place of men's doubles (with Yan Sen) and the third place in men's doubles of the 45th World Table Tennis Championships.

In 2000, runner-up of Men's Group in the 45th World Table Tennis competition and champion of Men's Doubles of Olympic Games; champion of Men's Singles and runner-up of Men's Doubles in Denmark Open and champions of Men's Singles in USA Open, Japan Open and China Open; champions of Men' Singles and

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Men's Doubles of the Grand finals in the World Table Tennis Association Professional Circuit;

In 2001, champions of Men's Team, Men's Singles and Men's Doubles of the 46th World Championship; champions of Men's Singles and Men's Doubles of Sweden Open and China Open and champion of Men's Singles of Great Britain Open; runner-up of Men's Singles of World Cup; runner-up of Men's Singles and champion of Men's Doubles of the Grand finals at the World Table Tennis Association Professional Circuit.

In 2002, gold medal of men's doubles at Qatar Open; gold medal of men's singles in China Open; gold medal of men's doubles and the third place of Men's singles at Poland Open; gold medal in men's doubles in Denmark Open; gold medals of men's team and men's singles, and the third place of men's doubles at the Asian Games.

In 2003, gold medal of men's doubles at the 47th World Table Tennis Championships; the second place of men's doubles at Japan Open; gold medals of men's singles at Germany Open and Sweden Open; the third place at the World Cup.

In 2004, gold medal of men's team in the 47th World Table Tennis Championships; the third place of men's singles at the Olympic Games; gold medals of men's singles at International Professional Table Tennis Tour in Singapore, Changchun and Korea; the second place of men's doubles at the International Professional Table Tennis Tour in Japan; gold medal of men's singles at the International Professional Table Tennis Tour Grand Final.

In 2005, gold medal of men's singles at Qatar Open, gold medal of men's singles and of mixed doubles (with Guo Yue), and the third place of men's doubles (with Yan Sen) at the 48th World Table Tennis Championships; gold medals of men's singles, mixed doubles and men's team, and the second place of men's doubles in Asian Championships; gold medals of men's singles at China Open in Harbin and in Shenzhen; gold medals of men's doubles at China Open in Shenzhen.

In 2006, champions of Men's Singles and Men's Doubles of World Table Tennis Association Qatar Open; champion of Men's Team event of the 48th Bremen World Championship.

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乒坛王子——王励勤
The Prince of Table Tennis —Wang Liqin

如果你热爱体育，那么你一定听说过王励勤；如果你再稍微有点儿喜欢乒乓球，那么你肯定知道这个高高瘦瘦的大男孩曾经长时间占据着世界第一的位置；如果你是个狂热的乒乓球爱好者，那你肯定还会了解到这个被誉为“世界第一技术”的乒乓男生被心理问题困扰已经不止一年两年，但是王励勤还是凭借着自己过硬的乒乓球技术坐上了世界乒坛的头把交椅。

王励勤在中国乒乓球队中是一员老将，右手横握球拍，两面弧圈结合快攻打法，技术全面，但心理素质不过硬。在过去的比赛中，基本上获得了所有能够获得的冠军，在长期的国际乒联排名中占据第一的位置，目前已经成为中国乒乓球队的主力干将。虽然技术全面，身经百战，但是王励勤的心理素质却没有因为经历的丰富而获得提高，在一些国际大赛的意外出局让我们不禁为他感到惋惜。

运动生涯经历和主要成绩：

王励勤于1978年出生于中国的江苏省，6岁开始打球，1991年进江苏省队，1993年进国家队。

1995年全球青少年赛17岁以下组男单冠军，全国锦标赛男单亚军；

1996年国际乒联巡回赛总决赛男双冠军；

1997年第44届世乒赛混双第三名（与王楠），国际乒联巡回赛总决赛男双冠军；中国公开赛男双亚军（与阎森），澳大利亚公开赛男双亚军（与阎森）、男单第三；

1998年中国大奖赛男双亚军（与阎森）、男单第三；亚锦赛男团、男单，混双冠军（与王楠），男双第三（与阎森）；亚运会男团、男单、混双冠军（与王楠）；

1999年国际乒联巡回赛总决赛男单、男双冠军（与阎森）；爱立信中国乒乓球擂台赛决赛男单冠军；首届世界乒乓球俱乐部赛亚军；第45届世乒赛男双亚军（与阎森）、混双第三；

2000年第45届世乒赛男团亚军，奥运会男双冠军；丹麦公开赛男单冠军、男双亚军，美国、日本、中国公开赛男单冠军；国际乒联职业巡回赛总决赛男单、男双冠军；

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2001 年第 46 届世乒赛男团、男单、男双冠军；瑞典、中国公开赛男单、男双冠军，英国公开赛男单冠军；世界杯男单亚军；国际乒联职业巡回赛总决赛男单亚军、男双冠军；

2002 年卡塔尔公开赛男双冠军，中国公开赛男单冠军，波兰公开赛男双冠军、男单第三名，丹麦公开赛男双冠军；亚运会男团、男单冠军，男双第三；

2003 年第 47 届世乒赛男双冠军，日本公开赛男双亚军，德国、瑞典公开赛男单冠军，世界杯第三名；

2004 年第 47 届世乒赛男团冠军，奥运会男单第三名，国际乒联巡回赛新加坡站、长春站、韩国站男单冠军，日本站男双冠军，总决赛男单冠军；

2005 年卡塔尔公开赛男单冠军，第 48 届世乒赛混双冠军（与郭跃）、男单冠军，男双第三名（与阎森），亚锦赛男单、混双、男团冠军，男双亚军，中国公开赛（哈尔滨站）男单冠军，深圳站男单、男双冠军；

2006 年国际乒联卡塔尔公开赛男单、男双冠军，第 48 届不来梅世乒赛男子团体冠军。

乒坛一姐——王楠
The Best Female Table Tennis Player—Wang Nan

It's doubtless that Wang Nan is another good female table tennis player succeeding Deng Yaping in China. She has won 19 world champions, which are more than what Deng Yaping had. She is the most-world-champions-winner among all the Chinese table tennis players. At the same time, she inaugurated a new "Wang Nan Era" in world women's table tennis circle.

Wang Nan was born in the city of Fushun, Liaoning province in October 1978. She is 162 centimeters high. Wang Nan began to learn table tennis at 7 years old. Then she was selected to the Liaoning Provincial Team in 1992, and to the National Team in 1995. She is good at hand-and-shake grip by left hand and speedy loop serves, and is famous for her steady mentality and mood. In the competitions, Wang Nan can regulate the drive-rhythm and serve loop drive very well. What's

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more, she also has the advantage of turning and fast drive. Her paddle is made of the TSP paddle and the Tianjin-729 sponge rubbers. After Deng Yaping retired, Wang Nan became the chief representative of National Women's Table Tennis Team. She has won almost all the gold medals in women's single in all kinds of competitions, and she is the second "grand slam winner" in China table tennis circle. In 2004, she won the gold medal again in women's doubles (with Zhang Yining) in the Athens Olympic Games. Wang Nan has won 19 gold medals in Olympic Games, World Table Tennis Championships and World Cup after winning gold medal in women's team in Bremen 2006 World Table Tennis Championships. International Table Tennis Federation awarded her a copy of the G. Geist Cup for her wining 3 gold medals in women's single in 3 serials World Table Tennis Championships. At present, Wang Nan has shown her interests in functioning as a coach, while at the same time she is still a player. In December 2006, she took part in the Doha Asian Games as a player of China Women's Table Tennis Team.



Her Main Achievements:

Gold medals of women's single in Sweden Open in 1994, China Open in 1995, World Cup and US Open in 1997, China Table Tennis Stars Championships, China Open, the 13th Asian Games, World Cup and International Professional Table Tennis Tour Grand Final in 1998, the 45th World Table Tennis Championships, International Professional Table Tennis Tour Grand Final and the Asian Top 12 Women's championships in 1999, the Sydney Olympic Games and World Cups in 2000, the 46th World Table Tennis Championships in 2001, the Qatar Open and the China Open in 2002; the 47th World Table Tennis Championships and World Cup in 2003, International Professional Table Tennis Tour in Greece in 2004, Asian Cup in 2006.

Gold medals of women's doubles in Lebanon Open in 1997, China Table Tennis Stars Championships, Japan Open and the 13th Asian Games in (with Li Ju)

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1998, the 45th World Table Tennis Championships (with Li Ju) and International Professional Table Tennis Tour Grand Final in 1999; the Sydney Olympic Games (with Li Ju) in 2000, the 46th World Table Tennis Championships in 2001, Croatia Open (with Zhang Yining), the 47th World Table Tennis Championships in 2003, International Professional Table Tennis Tour in Korea and in Changchun, Athens Olympic Games and International Professional Table Tennis Tour Grand Final in 2004, the 48th World Table Tennis Championships (with Zhang Yining) in 2005, Qatar Open and Kuwait Open in 2006.

Gold medals of mixed doubles in the 14th Asian Table Tennis Championships (with Wang Liqin) in 1998; the 47th World Table Tennis Championships (with Ma Lin) in 2003.

Gold medals of women's team in the 44th World Table Tennis Championships in 1997, the 14th Asian Table Tennis Championships and the 13th Asian Games in 1998, the 45th World Table Tennis Championships in 2000, the 46th World Table Tennis Championships in 2001, World Table Tennis Championships in 2004, the 48th Bremen World Table Tennis Championships in 2006.

Silver medals of women's singles in the 44th World Table Tennis Championships and China Open in 1997, the 14th Asian Table Tennis Championships in 1998, International Professional Table Tennis Tour in 2001, International Professional Table Tennis Tour in Singapore in 2004, Qatar Open in 2005.

Silver medals of women's doubles in the 44th World Table Tennis Championships in 1997, International Professional Table Tennis Tour Grand Final in 2003, and International Professional Table Tennis Tour in Japan in 2004.

Silver medals of women's team in Pusan Asian Games in 2002.

Silver medals of World Cup in 2004.

Bronze medals of women's singles in Australian open, in 1998.

Bronze medals of women's doubles in China Open in 1997; Australian open (with Wang Chen) in 1998; in Pusan Asian Games in 2002.

Bronze medals of mixed doubles in the 44th World Table Tennis Championships in 1997, and Asian Games in Pusan in 2002.

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乒坛一姐——王楠
The Best Female Table Tennis Player—Wang Nan

毫无疑问，王楠是继邓亚萍之后我国又一个女乒传奇，她以19个冠军头衔超越邓亚萍，成为中国夺得世界冠军最多的乒乓球选手。同时也在女子世界乒坛开创了“王楠时代”。

王楠于1978年10月出生于辽宁省抚顺市，身高162厘米。王楠7岁开始打球，1992年进辽宁省队，1995年进国家队，左手横握球拍，弧圈球结合快攻打法。王楠的打球特点是心理素质较好，情绪稳定，处理球恰到好处，善于调节击球的节奏，抢拉弧圈球落点好，旋转性强，快攻有章法，所使用的球拍底板为TSP型，海绵胶皮正反两面是天津729型。王楠是邓亚萍退役后中国女队的领军人物，她几乎包揽了所有比赛女子单打的冠军，成为中国女乒的第二个“大满冠”的选手。2004年雅典奥运会蝉联女子双打冠军（与张怡宁）。2006年不来梅世乒赛夺得女团冠军后，王楠在奥运会、世锦赛和世界杯这三大赛事中共获得19枚金牌，由于王楠连续获得了三届世乒赛女单冠军，国际乒联还为她制造了一座盖斯特杯的复制品。目前王楠已经开始倾向于从事教练工作，同时还兼任着运动员，在2006年12月还代表中国国家女子乒乓球队参加了在多哈举行的亚运会。

运动生涯主要成绩：

1994年瑞典公开赛女单冠军；1995年中国公开赛女单冠军；1997年世界杯、美国公开赛女单冠军；1998年中国乒乓球明星赛、中国公开赛女单冠军、第13届亚运会女单冠军、世界杯、世界职业巡回赛总决赛；1999年第45届世乒赛、职业巡回赛总决赛、亚洲十二强女子精英赛女单冠军；2000年悉尼奥运会、世界杯女单冠军；2001年第46届世乒赛女单冠军；2002年卡塔尔公开赛、中国公开赛女单冠军；2003年第47届世乒赛、世界杯女单冠军；2004年国际乒联巡回赛希腊站女单冠军；2006年亚洲杯女单冠军。

1997年黎巴嫩公开赛女双冠军；1998年中国乒乓球明星赛、日本公开赛、第13届亚运会女双冠军（与李菊）；1999年第45届世乒赛、职业巡回赛总决赛女双冠军；2000年悉尼奥运会女双冠军（与李菊）；2001年第46届世乒赛女双冠军；2003年克罗地亚公开赛女双冠军（与张怡宁），第47届世乒赛女双冠军；2004年国际乒

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联巡回赛韩国站、长春站，雅典奥运会、国际乒联巡回赛总决赛女双冠军；2005 年第 48 届世乒赛女双冠军（和张怡宁）；2006 年卡塔尔、科威特公开赛女双冠军。

1998 年第 14 届亚锦赛混双冠军（与王励勤）；2003 年第 47 届世乒赛混双冠军（与马琳）。

1997 年第 44 届世乒赛女团冠军；1998 年第 14 届亚锦赛、第 13 届亚运会女团冠军；2000 年第 45 届世乒赛女团冠军；2001 年第 46 届世乒赛女团冠军；2004 年世乒赛女团冠军；2006 年第 48 届不来梅世乒赛女团冠军。

1997 年第 44 届世乒赛、中国公开赛女单亚军，1998 年第 14 届亚锦赛女单亚军；2001 年职业巡回赛总决赛女单亚军；2004 年国际乒联巡回赛新加坡站女单亚军；2005 年卡塔尔公开赛女单亚军。

1997 年第 44 届世乒赛女双亚军；2003 年国际乒联巡回赛总决赛女双亚军；2004 年国际乒联巡回赛日本站女双亚军。

2002 年釜山亚运会女团亚军。

2004 年世界杯亚军。

1998 年澳大利亚公开赛女单第三名。

1997 年中国公开赛女双第三名；1998 年澳大利亚公开赛女双第三名（与王晨）；2002 年釜山亚运会女双季军。

1997 年第 44 届世乒赛混双第三名；2002 年釜山亚运会混双季军。



女子乒坛的“冷面杀手”——张怡宁

“The Stern Killer”—Female Table Tennis Player Zhang Yining

Zhang Yining, the “dark horse” in Holland 1999 World Table Tennis Championships, is now ranking the No. 1 among world female table tennis players. Compared with smiling Wang Nan, Zhang Yining is really a “cool girl”. She is slender and smileless. When she was playing table tennis sharply, she was given the name “The Stern Killer”. The gold medal she won in women's

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single in the 48th World Table Tennis Championships in 2005 made herself the "grand slam winner" in the World Table Tennis Championships, the Olympic Games and the World Cup.

Zhang Yining was born in Beijing in October in 1982. She began to learn table tennis at the age of six. In 1991, she was selected to a Provincial Team, and to the National Team in 1993. Zhang Yining has a sharp play style; she is good at hand-and-shake grip by right hand and speedy loop drive with both wings. She has become the new chief representative of National Women's Table Tennis Team in place of Wang Nan. In 2004, she won gold medals in women's single and in women's doubles (with Wang Nan) in the Athens Olympic Games.

Her Main Achievements:



Gold medals of women's singles in Malaysia Open and Italy Open in 1998; International Professional Table Tennis Tour Grand Final and World Cup in 2000; US Open, Denmark Open, Poland Open, World Cup, International Professional Table Tennis Tour Grand Final and the 14th Asian Games in 2002; Croatia Open in 2003; International Professional Table Tennis Tour in Korea, in Changchun, in Singapore and in Japan, and the Athens Olympic Games in 2004; Qatar Open, Japan Open, International Professional Table Tennis Tour Grand Final, the 48th Shanghai World Table Tennis Championships and the World Cup in 2005; Qatar Open in 2006.

Gold medals of women's doubles in Malaysia Open and Italy Open in 1998; US Open, Denmark Open and Poland Open in 2002; Croatia Open and the 47th World Table Tennis Championships in 2003; International Professional Table Tennis Tour in Korea, in Changchun, the Athens Olympic Games and the International Professional Table Tennis Tour Grand Final in 2004; China Open in Shenzhen and the 48th Shanghai World Table Tennis Championships (with Wang Nan) in 2005; Qatar Open, Kuwait Open and Croatia Open in 2006.

Gold medals of women's team in Asian Championships and the 13th Asian Games in 1998; the 45th World Table Tennis Championships in 2000; the 46th World Table Tennis Championships and the 9th National Games in 2001; World Ta-

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ble Tennis Championships in 2004; the 48th Bremen World Table Tennis Championships in 2006.

Silver medals of women's singles in World Table Tennis Championships in 1999; the 45th World Table Tennis Championships and Japan Open (with Zhang Yingying) in 2000; International Professional Table Tennis Tour Grand Final and the 9th National Games in 2001; the 47th World Table Tennis Championships in 2003; Croatia Open in 2006.

Silver medals of women's doubles in Lebanon Open in 1998; the 14th Asian Games in 2002.

Silver medal of women's team in the 14th Asian Games in 2002.

Bronze medals of women's singles in the 46th World Table Tennis Championships in 2001; World Cup in 2003.

Bronze medals of women's doubles in China Open and Italy Open in 1998; World Table Tennis Championships in 1999; the 46th World Table Tennis Championships in 2001.

Bronze medals of mixed doubles in the 9th National Games in 2001.

As the "Wang Nan Era" goes further and further, the "Zhang Yining Era" is coming. At present, Zhang Yining is absolutely the No. 1 player in China women's table tennis circle. We hope she and the China Women's Table Tennis Team will maintain the brilliant records in the future.

女子乒坛的"冷面杀手"——张怡宁

"The Stern Killer"—Female Table Tennis Player Zhang Yining

张怡宁,这个1999年荷兰世乒赛的一匹小黑马,如今已俨然世界第一女乒选手,与爱笑的王楠不同,纤弱瘦小的张怡宁常常一脸冷峻,她球风犀利,被冠以"冷面杀手"。张怡宁在2005年夺得第48届世乒赛女单冠军后,实现

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了个人乒乓球世锦赛、奥运会和世界杯的大满贯。

张怡宁于1982年10月出生于中国北京，6岁开始打球，1991年进省队，1993年进国家队，右手横握球拍，两面反胶，弧圈结合快攻打法。张怡宁球风硬朗，打法凶狠，已经取代王楠成为中国女子乒乓球的领军人物。2004年雅典奥运会蝉联女子双打冠军（与王楠），并夺得女单冠军。

运动生涯主要成绩：

女单：1998年马来西亚公开赛、意大利公开赛女单冠军；2000年国际乒联巡回赛总决赛女单冠军；2001年世界杯女单冠军；2002年美国、丹麦、波兰公开赛，世界杯、国际乒联总决赛、第14届亚运会女单冠军；2003年克罗地亚公开赛、第47届世乒赛女单亚军；2004年国际乒联巡回赛韩国站、长春站、新加坡站、日本站女单冠军，雅典奥运会女单冠军；2005年卡塔尔、日本公开赛，中国公开赛总决赛、第48届上海世乒赛、世界杯女单冠军；2006年卡塔尔公开赛女单冠军。

女双：1998年马来西亚公开赛女双冠军；2002年美国、丹麦、波兰公开赛女双冠军；2003年克罗地亚公开赛、第47届世乒赛女双冠军；2004年国际乒联巡回赛韩国站、长春站女双冠军，国际乒联巡回赛总决赛女双冠军，雅典奥运会女双冠军；2005年中国公开赛（深圳站）、第48届上海世乒赛女双冠军（和王楠）；2006年卡塔尔公开赛、科威特公开赛、克罗地亚公开赛女双冠军。

女团：1998年亚锦赛、第13届亚运会女团冠军；2000年第45届世乒赛女团冠军；2001年第46届世乒赛女团冠军；2001年九运会女团冠军；2004年世乒赛女团冠军；2006年世乒赛、第48届不来梅世乒赛女团冠军。



银单：1999年世乒赛女单亚军；2000年第45届世乒赛女单亚军；2001年国际乒联巡回赛总决赛、九运会女单亚军；2006年克罗地亚公开赛女单亚军。

银双：1998年黎巴嫩公开赛女双亚军；2000年日本公开赛女双亚军（与张莹莹）；2002年国际乒联总决赛、第14届亚运会女双亚军；2004年国际乒联巡回赛日本站女双亚军。

银团：2002年第14届亚运会女团亚军。

铜单：2001年第46届世乒赛女单；2003年世界杯女单第三名。

铜双：1998年中国公开赛、意大利公开赛女双第三名；1999年世乒赛女双第三名；2001年第46届世乒赛女双第三名。

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铜混:2001 年九运会混双第三名。

2004 年世界杯冠军。

王楠时代结束了,中国女子乒坛迎来了张怡宁时代。当前,张怡宁是中国女子乒坛绝对的一号核心人物,我们期待她能够带领中国女乒续写辉煌。

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China 中国羽毛球

中国羽毛球运动
Badminton in China

In ancient China, there was a badminton-like game. In this game, the players served a decorated ball like serving a shuttlecock. The first badminton association in the world is the UK Badminton Association founded in 1893. It's the start of modern badminton sport. At that time, there're not many nations joining in the International Badminton Association, which made some international badminton matches aren't the real world-level matches. This situation had lasted till the International Badminton Federation was founded in Hong Kong in 1978. Then the 1st and the 2nd World Badminton Championships were held, in which Chinese players won 8 gold medals. This indicated that China had reached the world-level in badminton at that time. China National Badminton Team is one of the strongest teams in the world, and it has many outstanding players. The Indonesia National Badminton Team and the China National Badminton Team have had advantages in badminton skills since 1970s. China National Badminton Team won the gold medal when they took part in The Thomas Cup in 1982 for the first time. Their skills were greatly praised in the world.

Now the "Young fighters" such as Lin Dan, Bao Chunlai, Chen Jin, Cai Shun and Fu Haifeng, have been main forces of the National Badminton Team at the latest two Thomas Cups. Lin Dan realized his world medallist dream at the 15th World

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Badminton Championships in Madrid. Lin Dan is a left-hand player. He mainly uses sudden attacks mixed with clear and drops, and always attack actively. His fast speed, nimble movement and good fall-point make his attacks sharp and threatening. He won his first world title at the World Badminton Championships by defeating Bao Chunlai in 2006. Then he and his teammates won the gold medal in men's team at The Thomas Cup at the same year. After that he won gold medals at the UK Open, the China Taipei Open, the China Hong Kong Open, the Macao Open, the World Badminton Championships, the China Open, the Badminton Championships, the China Open, and the Yiyang World Cup, and silver medal at the Malaysia Open.



In China, women's badminton began at the 1950s and reached the world-level at the 1960s. At that time, women players such as Chen Yuniang, Liang Xiaomu and Liang Qiuxia, had defeated other world medallists at all kinds of matches by using men's players' skills. In 1980s, the China National Women's Badminton Team began to join in international matches with the Men's Team. The famous women players such as Zhang Ailing, Han Aiping and Li Lingwei, who were skillful, nimble, active and speedy, set a gold age in women's badminton skills and strategies in the world. At present, the representatives of the China National Women's Badminton Team are Xie Xingfang and Zhang Jiewen. Xie Xingfang won gold medal of women's doubles at the World Youth Badminton Championships in 1998, and won The Uber Cup with her teammates. She was one of the tops 8 at the Korea Open and the UK Open. At the Athens 2004 Olympic Games, China's Zhang Jiewen and Yang Wei won the gold medals in women's doubles by defeating their teammates Huang Sui and Gao Ling (7-15, 15-4, 15-8), which was the 17th gold medals China Delegation, and Huang Sui and Gao Ling won the silver medals. China National Badminton Team totally won three gold medals, one silver medal and one bronze medal at the Athens 2004 Olympic Games. Zhang Jiewen used to cooperate with Wei Yili and won silver medal at the World Badminton Championships and the UK Open in 2001. After the Asian Games in 2002, she began to cooperate with Yang Wei. Soon after this, they ranked world No. 3 and once World No. 1. Then they

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won gold medals at the Athens 2004 Olympic Games.

China, Indonesia and Japan National Badminton Teams are the strongest three teams in the world. China and Indonesia have won 70 percent titles of the International Badminton Federation since 1934. In China, badminton has been very popular. In the city of Guangzhou, it has been a required course in many elementary schools. The China Badminton Open is a professional match, and it supplies a self-showing platform to numerous fanciers of badminton, and has really discovered many excellent badminton players. We can say that China's badminton development has made great contributions to the international badminton matches.



中国羽毛球运动
Badminton in China

中国古代有一种游戏,用木板拍击一个装饰的球这种球的玩法,颇似今日的羽毛球运动。1893 年,世界上最早的羽毛球协会——英国羽毛球协会成立。这是近代羽毛球的开始。当时以中国为首的许多国家的羽毛球协会未能加入国际羽联,使一些国际性比赛相对逊色,没能真正体现世界级水平。直至1978年,在香港成立了"世界羽毛球联合会"(简称世界羽联),先后举办了两届世界羽毛球锦标赛,中国共荣获 8 项冠军,表明中国羽毛球运动已达到世界水平。现代中国羽毛球队是世界上的强队之一,人才辈出。70 年代以来,男子羽毛球技术处于领先地位的是印尼队和中国队。1982 年中国队首次参加汤姆斯杯赛就荣获冠军。中国队的技术受到了世界羽坛的普遍赞扬。

林丹、鲍春来、陈金、蔡赟、付海峰等"年轻的老将",已在最近两届汤杯赛中挑起中国队的大梁。林丹终于在第 15 届马德里世锦赛上把世界冠军的梦想变成了现实。

林丹左手握拍,以拉吊突击为主打法,进攻意识强,场上速度快,进攻落点好,攻击犀利,步伐灵活,扣杀较具有威胁。2006 年世锦赛上击败鲍春来,首次夺得男单世界冠军,2006 年汤姆斯杯男团冠军成员,全英、中国台北、中国香港以及澳门公开赛冠军,马来西亚公开赛亚军,世锦赛男单冠军,中国公开赛、益阳世界杯冠军。

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在女子方面，女子羽毛球从50年代起步，到60年代达到世界先进水平。当时以陈玉娘、梁小牧、梁秋霞为代表的中国女选手，学习男子技术动作，以快速、灵巧的技术在各种场合击败过世界冠军。到了80年代，中国女子羽毛球队和男子队一样，全面走向世界，以张爱玲、韩爱萍、李玲蔚等为代表的中国女队，技术全面、打法多变、主动积极、快速突击，开创了世界女子羽毛球技术与战术的全盛时期。而现代的中国女子羽毛球队以谢杏芳，张洁雯等为代表。谢杏芳为1998年世界青年羽毛球锦标赛女双冠军，2004年尤伯杯冠军成员；韩国公开赛八强；全英公开赛八强。2004雅典奥运会羽毛球女双决赛在古迪奥林匹克综合体育中心进行，经过激



烈争夺，最终中国选手张洁雯/杨维在先失一局的情况下连扳两局，以总比分2:1(7:15,15:4,15:8)战胜另一对中国选手黄穗/高凌获得冠军，为中国代表团赢得了第17枚金牌，黄穗/高凌获得银牌。这使得中国羽毛球队在本届奥运会中取得了三金一银一铜的成绩。张洁雯与魏轶力合作，在2001年世锦赛和全英赛都取得了亚军。2002年亚运会后，张洁雯转而与杨维合作，不久世界排名就攀升到第三，并一度占据世界第一。2004年夺得雅典奥运会女双金牌。可以说是自1934年中国、印尼、日本三强鼎立以来，中国和印度尼西亚夺得了国际羽联70%的冠军头衔。在这个古老的东方国度，羽毛球已经成为一种很流行的运动，在广州有许多小学把羽毛球做为必修课。而中国羽毛球公开赛，这一专业赛事为更多年轻的羽毛球爱好者提供了一个展示自我的良好平台，也发掘出了大量的优秀年轻羽毛球员。可以说，近代中国的羽毛球运动为世界羽毛球比赛做出了很大的贡献。

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世界第一男单——林 丹
The Best Badminton Player in the World—Lin Dan

Li Yongbo, the head coach of the National Badminton Team, once said that Lin Dan would be the most hopeful badminton player in men's singles in China. While coach Zhong Bo said that Lin Dan has the potentials of becoming a world top. Today, both of their words are proved to be true. Lin Dan, who has won many gold medals in kinds of competitions at home and abroad, now ranks himself the No. 1 in world men's badminton circle steadily. His outstanding skills win himself the name "Super Dan". At present, Lin Dan is absolutely the No. 1 in China Men's Badminton Team.

Lin Dan was born in the city of Longyan, Fujian province in October 1983. He began to learn badminton at five years old. Four years later, he went to the Fujian Provincial Team Sport School. Then he was selected to the PLA August First Team and became a soldier at 12 years old, and to the National Badminton Team at 18. Lin Dan is good at left hand grip and the sudden attacks mixed with clear and drops. He is famous for active shot and fast speed. He has his good serve place, sharp shot and nimble feet and the powerful smash. In the latest few years, Lin Dan has been progressing rapidly. He won bronze medal of men's single in the UK Open and gold medal of men's single in Korea Open. Lin Dan and Bao Chunlai's (another China's badminton player) progress reminds us of Xia Xuanze and Ji Xinpeng who progressed rapidly the same before The Thomas Cup and Uber Cup in 2000. Lin Dan has a native kingliness that is thoroughly shown by him in the court.

His Main Achievements:

Gold medals of men's single in Asian Youth Championships in 2000, Holland Open and Germany Open in 2001, Korea Open in 2002; Denmark Open, Germany Open, Hong Kong Open and China Open in 2003, Swiss Open, UK Open, China Open in 2004, China Master Cup, Hong Kong Open and World Cup in 2005, and UK Open in 2006.

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Gold medals of men's team in Asian Youth Championships in 2000 and World Youth Championships in 2001, and The Thomas Cup in 2004.

Silver medals of men's singles in the 9th National Games, Asian Championships and Denmark Open in 2001, Japan Open in 2003; and World Badminton Championships in 2005.

Bronze medals of men's singles in World Youth Championships in 2000, and UK Open in 2002.



Lin Dan suffered a great setback in the Athens 2004 Olympic Games, though he had won many gold medals in all kinds of world competitions. He was the most hopeful winner in men's singles and the China's No. 1 badminton player, however, he was defeated in the first court of elimination series. This setback made Lin Dan more mature. We hope Lin Dan will win gold medals in the Beijing 2008 Olympic Games.

世界第一男单——林 丹
The Best Badminton Player in the World—Lin Dan

国家羽毛球队总教练李永波曾预言林丹将会成为中国羽毛球第一男单，教练钟波也曾说，林丹具有成为一名世界高手的气质。今天，两位教练的预言已被证实，林丹凭借着自己高超的球技在国内国际各项大赛上多次夺冠，已经稳坐当今世界羽毛球男子单打选手排名第一的宝座，同时也为自己赢得了"超级丹"的美誉，目前也是中国男子国家羽毛球队绝对的一号选手。

林丹于1983年10月出生于福建省龙岩市，5岁开始练习羽毛球，9岁进福建省体校，12岁入选解放军八一队后成为一名军人，18岁入选中国羽毛球国家队。林丹左手握拍，以拉吊突击为主打法，进攻意识强，场上速度快，进攻落点好，攻击犀利，步伐灵活，扣杀较具有威胁。林丹近年来进步神速，先后夺得全英赛男单第

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3 名和韩国公开赛的男单冠军，他和另外一位小将鲍春来的上升势头让人想起了2000 年汤姆斯杯前的夏煊泽和吉新鹏。林丹还有一股与生俱来的霸气，这份霸气让他在球场上发挥得淋漓尽致。

运动生涯主要成绩：

他在下列比赛中获得冠军：2000 年亚洲青年锦标赛男单冠军，2001 年荷兰、德国青年公开赛男单冠军，2002 年韩国公开赛男单冠军，2003 年丹麦、德国、中国香港、中国公开赛冠军，2004 年瑞士、全英、中国公开赛冠军，2005 年中国大师杯赛、香港公开赛、世界杯赛冠军，2006 年全英公开赛冠军。



团体冠军：2000 年亚洲青年锦标赛男团、世青赛男团冠军，2004 年汤姆斯杯冠军，2001 年亚洲锦标赛男团冠军。

他在下列比赛中获得亚军：2001 年九运会男单亚军，亚洲锦标赛男单亚军，丹麦公开赛男单亚军，2003 年日本公开赛男单亚军，2005 年世界羽毛球锦标赛男单亚军。

他在下列比赛中获得第三：2000 年，男单第三名，2002 年全英公开赛男单第三名。

林丹虽然在羽毛球各项国际大赛上夺得冠军，但是在四年一次的奥运会上却经历了人生的一次较大挫折，夺冠最大热门的中国一号男单选手却在首场比赛即被淘汰。经历了失败的林丹更加成熟，我们期待 2008 年奥运会上林丹能够登上世界冠军之顶。

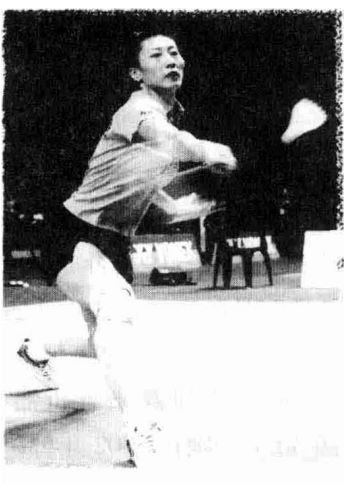
大器晚成——张宁
Great Minds Mature Slowly —Zhang Ning

Zhang Ning is a world-famous badminton player. Her overall achievements is world No. 1 at present. Zhang Ning was born in the city of Shenyang, Liaoning Province, in May 19th, 1975. She is 175 centimeters high. She was selected to Jinzhou Sport School in 1985, and her coach was Du Zhixin. Four

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years later, she came to Liaoning Provincial Sport School, and at the same year, she was selected to Liaoning Professional Sport Team, and her coach was Bai Lihua. In 1990, she was selected to the National Youth Team under the coach Fang Kaixiang's guide. One year later, she was selected to the National Team, and her coach was Chen Yuniang. Zhang Ning is a all-round right-hander, and she always shot aggressively and pithily. She is Ye Zhaoying's contemporary, and has begun to join in the Uber Cup for China since 1994. As a typical great-minds-mature-slowly, Zhang Ning hadn't won her first gold medal until the World Badminton Championships in 2003. And then she won the gold medal in the women's singles at the Athens 2004 Olympic Games. Before this, she beat the old enemy Maltin and the new contemporary Gong Ruina in women's singles at the Korea Open in 2002. This victory helped her regain the world No. 1 and win the name "Evergreen Tree".

Her Main Achevements:



Gold medals of women's singles at the France Open in 1994, the Sweden Open, the Asian Cup and the World Cup in 1996, the Malaysian Open, the Denmark Classic Event and the World Athletics Final in 1998, the Asian Championships in 2001, the Korea Open in 2002, the Swiss Open, the Singapore Open, the German Open, the China Open and the Hong Kong Open in 2003, the Korea Open and the Japan Open, and the Athens Olympic Games in 2004.

Main force of the team in winning gold medals at the Asian Games in 1998 and the Uber Cup in 2006.

Silver medals of women's singles at the 3rd National Inner Cities Games and the National Championships in 1995, the UK Open in 1998, the Copenhagen Classics Event in 2001, the Asian Championships in 2002 and the World Championships in 2005.

Silver medals of women's doubles at the Korea Open in 1999.

Silver medals of mixed doubles (with Yu Yang) at the 3rd National Inner Cities Games in 1995.

Main force of the team in winning silver medals at the Uber Cup in 1994 and

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1996.

It's the gold medal, which was won in the women's singles in Athens 2004 Olympic Games that catapulted Zhang Ning to the pinnacle of profession, but she was still a single at that time. Then she married Yu Yang, who was the head coach of men's doubles of National Badminton Team Two, in Oct 28th, 2004. Wearing the gold medal, Zhang Ning tasted sweet of both love and success finally. Zhang Ning is the leading player of National Women's Badminton Team. We hope that she will get more successes in the coming Beijing 2008 Olympic Games.



大器晚成——张宁

Great Minds Mature Slowly —Zhang Ning

张宁是世界女子羽坛著名运动员，目前其综合成绩世界排名第一。1975年5月19日出生于中国辽宁省沈阳市，身高一米七五。1985年进入辽宁锦州市体校，教练是杜志新；1989年进入辽宁省体校，同年进入辽宁省专业队，教练是白丽华；1990年进入中国国家少年队，教练是方凯祥；1991年进入中国国家队，教练是陈玉娘。她右手握拍，技术全面，富有攻击性和杀伤力，是和叶钊颖同期的羽毛球国手，自1994年就已经开始代表中国出战尤伯杯，张宁是典型的大器晚成型选手，直到2003年世锦赛才夺得个人首个世界冠军，2004年夺得雅典奥运会女单冠军。她在2002年韩国公开赛上先后战胜夙敌马尔廷和新锐龚睿那，在女单比赛中夺冠，并重新登上世界排名第一的宝座，可谓世界女子羽坛的一棵常青树。

主要成绩：

在下列比赛中获得女单冠军：1994年法国公开赛女单冠军，1994年尤伯杯赛亚军主力成员；1996年瑞典公开赛女单冠军，亚洲杯女单冠军，世界杯女单冠军，1998年马来西亚公开赛女单冠军，丹麦精英赛女单冠军，大奖赛总决赛女单冠军，2001年新加坡公开赛女单冠军，亚洲锦标赛女单冠军，2002年韩国公开赛女单冠军，2003年瑞士公开赛女单冠军，新加坡、德国、中国香港公开赛女单冠军，2003年世锦赛女单冠军，2004年韩国、日本公开赛女单冠军，2004年雅典奥运会女单金牌。

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在下列比赛中获得女子团体冠军:1998 年亚运会团体冠军主力成员,2004 年尤伯杯冠军成员,2006 年尤伯杯冠军成员。

女子单打亚军:1995 年第 3 届城运会女单亚军,全国锦标赛女单亚军,1998 年全英公开赛女单亚军,2001 年哥本哈根精英赛女单亚军,2002 年中国、印尼、新加坡公开赛女单亚军,亚锦赛女单亚军,2005 年世锦赛女单亚军。

女双亚军:1999 年韩国公开赛女双亚军。

混双亚军:1995 年第 3 届城运会混双亚军(与于洋合作)。

1996 年尤伯杯赛亚军主力成员。

2004 年雅典奥运会上,29 岁的张宁夺得了羽毛球女子单打的冠军,达到了事业巅峰。2004 年 10 月 8 日,张宁完成了自己的婚姻大事,与当时的羽毛球国家队二队男双主教练于洋迈进了婚姻的殿堂。戴着这枚金牌走进婚姻的殿堂,张宁终于尝到了事业和爱情成功的甜蜜。当前,张宁仍然是中国女子羽毛球队的一号领军人物,我们期待着在 2008 年的奥运会上张宁能够再创辉煌。



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C 中国跳水
China Diving



梦之队——中国跳水队
The Dream Team—National Diving Team

It's well known that the US National Men's Basketball Team is called "The Dream Team" in the world basketball circle. That's because they have the best national professional basketball league and the best players in the world. Their players have almost perfect skills. That's why the US National Men's Basketball Team exceeds to any other team in the world. China National Diving Team is another one that can be named "The Dream Team". A lot of world medallists are assembled there. They are good at kinds of top matches in the world, and often win the gold medals in an absolutely advantage. For example, the China National Diving Team won all the gold medals at the 15th World Cup, and most of the gold medals at the past World Cups, which makes China National Diving Team the best diving team in the world.

The 1st World Cup was firstly founded by the Federation Internationale de Natation in 1979, and China National Diving Team began to take part in it at the 2nd World Cup in 1981. In the past 13 World Cups, China National Diving Team had won 93 world gold medals. After that, the Chinese divers began to search for the goal of winning 100 gold medals. Winning 100 gold medals is definitely a milestone-event. Chinese completed the task of winning 100 Olympic gold medals at the Athens 2004 Olympic Games. It cost China Delegation 20 years to win 100

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Olympic gold medals in past 6 Olympic Games. Doubtlessly it's hard to win 100 gold medals in a certain sport event. But soon after the National Table Tennis Team winning the 100th world gold medals at the World Table Tennis Championships in Shanghai, the National Diving Team made it at the 15th World cup in 2006 too. China's Fu Minxia won the gold medal in women's three-meter board diving in July 22. That's the 100th gold medal the National Diving Team won in the World Cup matches. These 100 gold medals show the development of the National Diving Team. After 25 years, the National Diving Team becomes the top diving team in the world. The famous Xu Yanmei, Gao Min, Fu Mingxia, Xiong Ni, Tian Liang and Guo Jingjing have had their names recorded in the Honor Book of World Cup of Diving. The Federation Internationale de Natation declared publicly that "China has been improving the world diving development, and China National Diving Team has been a miracle all the time". Though China National Diving Team has fewer divers than all the other strong teams in the world, their high-level movement and excellent rip entry show the special charm of diving. When they are winning medals in all kinds of matches, more and more people re-recognize this sport and are attracted to join in it. The best diving team makes the best divers. For example, Fu Mingxia is a famous diver in China. She is a gift for diving. In 1988, she was selected to the National Assembled Diving Team. Two years later, she was selected to the National Diving Team, and won the gold medal of women's platform diving at the Seattle World Goodwill Games in US. When she won the gold medal in women's 10-meter platform diving at the Barcelona Olympic Games in 1992, she was just 14 years old. She is the youngest medallist in the Olympic history. After that, her photo was used as the cover of the US Times, which made example among other Chinese athletes. What's more, she won the gold medal in platform diving at the 6th World Swimming Championships in 1991, and was recorded in the Guinness World Records as the youngest world medallist in the world. In 1996, she won two gold medals in both women's platform diving and women's springboard diving at the Atlanta Olympic Games. That made her become the second one continuing to hold the title in women's 3-meter springboard diving (Gao Min was the first one). Fu Mingxia is an introverted girl, but she is extrovertive with her friends. She always trains hard, master quickly, and always exerts steadily. Having joined in many matches, she acquired the qualities of leadership. Fu Mingxia retired after

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the 8th National Games, and restarted diving in 1999. In March 2000, she was selected to the National Assembled Team. Since then, she progressed steadily. In mid April 2000, her position was consolidated at the 4th Stop of the Olympic Warm-Up Matches. In September 2000, she took part in the Olympic Games for the third time, and won the gold medal in women's 3-meter springboard diving and silver medal in women's synchronized 3-meter platform diving (with Guo Jingjing). Then in 2002 she married Liang Jinsong, who was the Financial Secretary of the Hong Kong Special Administrative Region at that time. Then she had a daughter in 2003. Now she is enjoying the family life happily.



In 2004, China National Diving Team won 6 gold medals at the Athens Olympic Games and continued the tale of "The Dream Team of Diving". Then they won all the gold medals at the 15th World Cup. This justified their efforts in training. Just like Zhou Jihong, who is the captain of China National Diving Team, once said that they are making effort for the Beijing Olympic Games. We believe that China National Diving Team will continue the splendor in 2008.

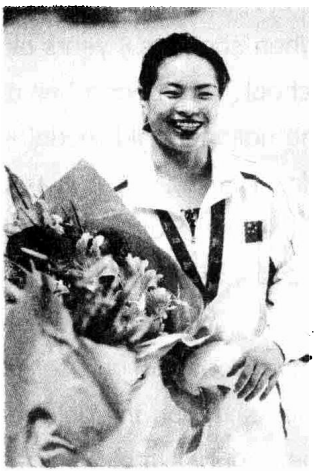
梦之队——中国跳水队
The Dream Team—National Diving Team

大家都知道美国的国家男子篮球队在世界篮坛上被称"梦之队",那是因为他们拥有着世界一流的国内职业联赛、世界上一流的篮球运动员,他们的运动员拥有着近乎完美的球技。世界上没有哪支球队可以和美国男子篮球队相匹敌。而中国国家跳水队同样是一支被冠名为"梦之队"的队伍,这支队伍里世界冠军云集,名将辈出,在世界跳水的各项顶级赛事上成绩优异,他们往往以绝对

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优势取得冠军。例如在第15届世界杯跳水赛中，中国队包揽此次比赛中全部金牌，而且在以往的各次世界杯跳水大赛上也拿下绝大部分的冠军头衔。中国跳水队也成为了当之无愧的世界第一之师。

国际游联是从1979年开始设置世界杯跳水赛的，中国队则是从1981年的第二届开始参赛。在13届的世界杯跳水比赛中，中国队已经获得过93个世界杯赛的冠军，中国的跳水健儿们向着辉煌的100金发起了冲击。百金，这无疑是一个有着里程碑意义的符号——在2004年雅典奥运上，中国体育用20年间的6届奥运会完成了“百枚奥运金牌”的跨越。很显然，具体到一个项目上，能够做到“百金”的，无疑是一件相当困难的事情。但可喜的是，中国乒乓球在上海的世乒赛上刚刚突破百金之后，中国体育的另一个王牌项目跳水也以不可阻挡之势向“百金”大关挺进。2006年的第15届世界杯跳水比赛中，中国队完全有可能突破100金大关。7月22日晚，中国选手吴敏霞在3米板上再夺冠军，为中国队夺得了世界杯赛的第100枚金牌。这100枚金牌见证了中国跳水“梦之队”的成长，经过25年的磨砺，中国跳水队也成为了当之无愧的王者之师，许艳梅、高敏、伏明霞、熊倪、田亮、郭晶晶等名字也永远书写在了跳水世界杯的荣誉册里。国际泳联坦言中国促进世界跳水运动的发展，中国跳水队一直是一个奇迹。相比其它跳水强国，中国从事跳水的运动员人数是最少的。而中国运动员高难度的动作、精湛的压水花技巧已经向世界展示了这项运动独有的魅力，在各大赛事摘金揽银的同时，也让其他国家的人重新认识跳水，从而也加入到这项运动中。一流的跳水队伍也造就了一大批优秀的跳水名将。例如我国著名的女子跳水运动员伏明霞就是一个标准的跳水天才。她于1988年参加国家跳水集训队训练，1990年正式进入中国跳水队，同年参加美国西雅图世界友好运动会，获女子跳台跳水冠军。在1992年巴塞罗那奥运会上夺得10米跳台冠军时只有14岁，是奥运史上最年轻的冠军，随后她的照片被登在美国《时代周刊》的封面上，这也创下了中国运动员之先河。此前一年，她还赢得了第六届世界锦标赛跳台桂冠，成为最年轻的世界冠军并被载入《吉尼斯世界纪录大全》。1996在亚特兰大奥运会上，她夺得台板双料冠军，成为继高敏夺得汉城和巴塞罗那奥运会3米板冠军之后，蝉联跳水冠军的第二人，这也是一个世界纪录。伏明霞的特点是：性格内向，但对熟人十分外向。训练刻苦，悟性高。动作稳定，心理素质好。大赛经验丰富，有领军人的气质。伏明霞在中国八运会后退役，1999年复出，2000年3月初进入国家集



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训队。复出后的她成绩稳步上升，在4月中旬进行的第四站选拔赛上，伏明霞已经巩固了自己的地位。9月第三次出征奥运会，结果获得3米跳板单人金牌并与郭晶晶配合夺得3米跳板双人银牌。2002年与时任香港特别行政区的财政司长梁锦松结婚，2003年产下一女，享受着普通家庭生活的幸福。

在2004年的雅典奥运会上，中国跳水队以六枚金牌骄人战绩再一次捍卫了"跳水梦之队"的美誉，在第15届世界杯跳水比赛中，中国国家跳水队又囊括了所有项目的金牌。这些成绩也见证了中国跳水队在平时训练中所付出的努力。正如中国跳水队的领队周继红所说，现在的一切努力都是为了北京奥运会，我们相信中国国家跳水队会在2008年北京奥运会上续写他们梦幻般的神奇。



跳水皇后——高敏
The Queen of Diving —Gao Min

Gao Min is a famous diver in China. She was born in the city of Zigong, Sichuan Province. She began to learn swim when she was 4 years old. When she was 8 years old, she went to have gym training at Zigong Amateur Sport School, and began her diving training when she was 10 years old. After winning the national gold medal in 1984, she was selected to the National Diving Assembled Training Team in 1985. She had won almost all the gold medals (more than 70) in international matches held from 1986 to 1992 except for winning 3 silver medals due to her maladjustment or illness. Thus she was called "The Queen of Diving". She won the gold medal in springboard diving at the 5th World Swimming Championships and set the world record in this event at the same time in 1986. Then she won the gold medal in this event again at the World Cup in 1987, and at the Seoul Olympic Games in 1988. This made her the first women diver "Triple Crown" at the World Swimming Championships, the World Cup and the Olympic Games in 3 years in the world. Then she won 5 gold medals in springboard diving again at the World Swimming Championships, the World Cup and the Olympic Games in 1989, 1991 and 1992. All above this, she won gold medals in women's

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team in the World Cup in 1987, and the World Cup in 1989. She and her teammates also ranked the total marks of mixed team of men and women at the World Cup in 1989. She had been awarded the National Sports Honors Medals by the State Physical Culture and Sports committee for many times, and the "National Top 10 Athletes" for 4 times. In 1989, she was awarded the "Outstanding athletes of PRC". Her graceful style and lissom movements are to her great advantages. She is good at steady exertion, especially the rip entry. As the unique women diver gaining more than 600 points in the world, she exactly deserves the name "The Queen of Diving" for her convincible skill and steady exertion. Gao Min retired after winning gold medal in women's three-meter springboard at the Barcelona 25th Olympic Games in 1992. Then she went to the USA to learn sports management in 1994. After that she founded a diving club in Canada and has been a coach there.

Her Main Achievements:

Two gold medals at the 4th World Age Division Swimming Championships in 1983.

In 1986, won the championship of the board diving on the fifth World Swimming Championship and had got the highest mark in the history of the World Championship and the gold medal of the Women's Team cooperated with her teammates.



In 1986, won gold medals in the World Diving Competition held in the former Democratic Germany and World Diving Canadian Cup.

In 1987, won the gold medal again in the fifth Word Cup Diving.

In 1988, won the gold medal of the board diving with the absolute advantage of 580.23 on the 24 the Olympic Games and she realized her "triple champion dream", became the first old medal winner of Women's diving board at Olympic Games in our country.

In 1988, won the gold medals of the Women's board diving in the World Diving Invitation Competitions held in New Zealand, Australia, and the World Diving Competition in Canada.

In 1989, won gold medals of Women's Singles of 1-meter and 3-meter board

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diving, Women's Team and The Mixed Team.

In 1990, won gold medals of the 1-meter and 3-meter board diving of the World Cup in Australia.

In 1990, gold medals of the 3-meter board diving of the World Cup in China and 3-meter board diving of Four-country Duel Competition.

In 1990, won gold medals of 1-meter and 3-meter board diving competition at the 2nd Friendship Invitational Tournament in USA.

In 1990, won gold medals of 1-meter and 3-meter board diving competition at the 11th Asian Games held in Peking and the gold medals for Women's Groups.

In 1992, she retained the title of the Women's 3-meter board diving on the 25th Olympic Games.

Her honors:

She was awarded the "Master Sportsmen" in 1983, the "International Master Sportsmen" in 1986, the "World Best Diver" by the US magazine Swimming World in 1987, 1988 and 1989, the "National Top 10 Diver" in 1986, 1987 and 1988, the "National Top 10 Athletes" in 1988, 1989 and 1990, and one of the "Outstanding athletes of PRC" in 1989.



跳水皇后——高敏
The Queen of Diving —Gao Min

高敏是我国著名女子跳水运动员。1971 年出生于四川自贡市。4 岁学游泳,8 岁进入自贡市业余体校练体操,10 岁开始练习跳水。1984 年夺得全国跳水冠军后 ,1985 年被选入国家跳水集训队 。1986 ~ 1992 年在国际所有跳水比赛中所向披靡,共获 70 多枚国际比赛金牌,只有 3 次因场地不适应或伤病的影响仅夺亚军。被誉为"跳水皇后"。1986 年在第五届世界游泳锦标赛中夺得跳板跳水冠军,并创该项世界纪录。1987 年在世界杯跳水赛中再夺跳板跳水冠军,1988 年又在汉城奥林匹克运动会上夺得跳板跳水冠军,成为世界上第一个在 3 年内连续获得世界锦标赛、世界杯赛和奥运会三连冠的女子跳板跳水选手 。1989

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年、1991 年 、1992 年又先后在世界杯、世界游泳锦标赛和奥运会跳水赛上取得五次跳板跳水世界冠军。她还是 1987 年世界杯女子团体冠军和 1989 年世界杯男女团体总分、女子团体冠军中国队的队员之一 。曾多次获国家体委颁发的体育运动荣誉奖章,4 次被评为全国十佳运动员之一,1989 年被评为中国建国 40 年来杰出运动员之一。高敏的跳水特点是体型优美,动作轻盈,稳定性好,压水花入水技术尤为突出,是世界上唯一突破 600 分大关的女子跳水运动员,她的技术难度和稳定性已远远超过任何对手,是当时世界上当之无愧的跳板跳水女皇。高敏于 1992 年第二十五届巴塞罗那奥运会夺得 3 米跳板冠军后退役。1994 年赴美国学习体育管理,后到加拿大开办了一家跳水俱乐部,自任教练。

高敏运动生涯获得的成绩和荣誉如下:

1983 年,第 4 届世界分龄游泳锦标赛上夺得两项冠军;

1986 年,第 5 届世界游泳锦标赛上夺得跳板跳水冠军,成为世界锦标赛历史上的最高分,并与队友合作夺得女团冠军;

1986 年,在原民主德国国际跳水赛、加拿大杯国际跳水赛中力挫群雄,荣登冠军宝座;



1987 年,在第 5 届世界杯跳水赛中,再夺跳板跳水金牌;

1988 年,在第 24 届奥运会上,以 580.23 分的绝对优势获得跳板跳水金牌,实现了“三连冠”,并成为我国第一位奥运会跳板跳水金牌获得者;

1988 年,在新西兰、澳大利亚的国际跳水邀请赛和在加拿大举行的国际跳水比赛中,均夺得女子跳板跳水冠军;

1989 年,在第 6 届世界杯跳水赛上,获得女子一米跳板和 3 米跳板两项个人冠军、女团冠军和混合团体冠军;

1990 年,在澳大利亚国际跳水赛上获一米跳板和 3 米跳板两项冠军;

1990 年,在中国国际跳水赛上获 3 米跳板冠军并在济南四国跳水对抗赛上获 3 米跳板冠军;

1990 年,在美国举行的第 2 届友好运动会上,获一米跳板和 3 米跳板两枚金牌;

1990 年,在北京举行的第 11 届亚运会跳水比赛中,夺得一米跳板和 3 米跳板两枚金牌,并与队友一起获女团金牌;

1992 年,在第 25 届奥运会上,蝉联女子 3 米跳板冠军。

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所获荣誉：

1983 年，获运动健将称号；

1986 年，获国际运动健将称号；

1987 年、1988 年、1989 年连续三年当选为美国《游泳世界》杂志评选的年度世界最佳跳水运动员；

1986 年、1987 年、1988 年被评为全国跳水十佳运动员；

1988 年、1989 年、1990 年被评为全国十佳运动员；

1989 年，被评为建国 40 年来杰出运动员之一。



跳水女皇——伏明霞
The Queen of Diving —Fu Mingxia

When speaking of Fu Mingxia, everyone thinks she is a thorough diving genius and a happy woman at the same time. When Fu Mingxia got the gold medal of 10-meter board diving on the Barcelona Olympic Games in Spain in 1992 she was only 14 years old and she is the youngest champion in the Olympic history. Then her picture was published on the cover of American Times Weekly, which is also the first honor among the Chinese athletes. Then in the 1996 Atlanta Olympic Games in USA she won two gold medals of platform and board, being the second one who continues to hold the champion after Gao Min who won 3-meter board diving champion in both Seoul and Barcelona Olympic Games. And this is another world record.

An introvert but extroverted to the acquaintance, hard training and quick comprehension, consistent performance and excellent psychological qualities, rich experiences in competitions and the nature of a leadership, all these are the characteristic of Fu Mingxia. She retired after the 8th National Games but resumed in 1999. She was chosen to the National Training team in March 2000. She made steady improvement after the renewal and on the fourth station of the selective competition in April, she had justfied her position in diving. In September, she

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went out to the competition in the Olympic Games for the third time and won the gold medal of 3-meter Board diving Singles and the silver medal of 3-meter Board diving Doubles cooperated with Guo Jingjing.

On July 15th, 2003, Fu Mingxia performed her most perfect diving in her life, and married the Financial Manager, Mr Liang Jinsong, of the Hong Kong Special administrative Region in Hongkong. In 2003 she gave birth to a daughter and later a son. Fu Mingxia at this time is happy and content. She said one's life is like a platform diving. No matter how you turn and flip, you want to fall in the hug of happiness. So marriage is her most successful diving. And her entry is so perfect that arouses people envy.

Her Sportsman Career and Her Main Achievements:



In 1988, she was chosen to the National Training team;

In 1990, joined in the Chinese Diving team; attended the Seattle World Friendship Games in United States and won the gold medal of the platform diving;

In 1991, attended the 6th World Championship and won the gold medal of platform diving;

In 1992, attended the Barcelona Olympic Games and champion of 10-meter platform diving; the youngest gold medal winner in the world diving history;

In 1994, attended the 7th World Championship, and got the medal of platform diving;

In 1995, attended the 9th World Cup and got gold medal of board diving, silver of platform diving;

In 1996, attended the 26th Atlanta Olympic Games and got medals of platform and board diving and after that retired;

In 1998, resumed her diving career;

In 1999, attended the National Championship and won the third place of 3-meter board diving.

Attended the National Championship and won the third place of 3-meter board diving;

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Attended World College Students Games and got gold medals of 3-meter board diving and 10-meter platform diving;

In 2000, attended World Cup and won the runner-up of 3-meter board diving;

Attended the National Diving Championship and won the first place of the Doubles of 3-meter board diving, the runner-up of the Singles;

Attended the 27th Sydney Olympic Games and won the gold medal of 3-metre and silver medal of the Doubles.



跳水女皇——伏明霞
The Queen of Diving —Fu Mingxia

伏明霞，众人眼中的跳水天才，同时又是一个幸福的女人。伏明霞在1992年的西班牙巴塞罗那奥运会上夺得10米跳台冠军时只有14岁，是奥运史上最年轻的冠军，随后她的照片被登在美国《时代周刊》的封面上，这也创下了中国运动员之先河。此前一年，她还赢得了第六届世界锦标赛跳台桂冠，成为最年轻的世界冠军并被载入《吉尼斯世界纪录大全》。在1996的美国亚特兰大奥运会上，她夺得台板双料冠军，成为继高敏夺得汉城和巴塞罗那奥运会3米板冠军之后，蝉联跳水冠军的第二人，这也是一个世界纪录。

伏明霞的特点是：性格内向，但对熟人十分外向；训练刻苦，悟性高；动作稳定，心理素质好；大赛经验丰富，有领军人的气质。伏明霞在全国八运会后退役，1999年复出，2000年3月初进入国家集训队。复出后的她成绩稳步上升，在4月中旬进行的第四站选拔赛上，伏明霞已经巩固了自己的地位。9月第三次出征奥运会，结果获得3米跳板单人金牌并与郭晶晶配合夺得3米跳板双人银牌。

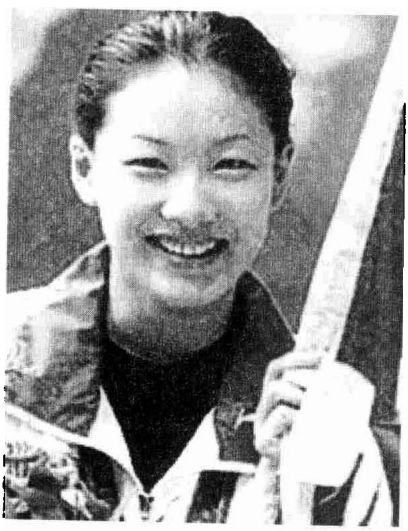
2003年7月15日，伏明霞完成了自己人生的最完美的一跳，与时任香港特别行政区财政司长的梁锦松先生在夏威夷注册结婚，成功地嫁入了豪门。2003年产下一女，后又产下一子，这时候的伏明霞，幸福又满足。她说，人生就像一次高台跳水，任你转身翻腾，都是为了能落入幸福的包围。婚姻就是她最成功的一跳。她的入水，羡煞旁人。

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运动生涯主要经历及成绩：

1988 年，参加国家集训队训练；

1990 年，正式进入中国跳水队参加美国西雅图世界友好运动会，获女子跳台跳水冠军；



1991 年，参加第六届世界锦标赛，获跳台冠军，成为最年轻的世界冠军并被载入《吉尼斯世界纪录大全》；

1992 年，参加巴塞罗那奥运会，获 10 米跳台冠军，成为世界跳水史上最年轻的奥运金牌得主；

1994 年，参加第七届世界锦标赛，获跳台冠军；

1995 年，参加第九届世界杯，获跳板冠军、跳台亚军；

1996 年，参加第 26 届亚特兰大奥运会，获跳台、跳板双料冠军，后退役；

1998 年，复出；

1999 年，参加全国冠军赛，获 3 米跳板单人第三；参加全国锦标赛，获 3 米跳板单人第三；参加世界大学生运动会，获 3 米跳板、10 米跳台冠军；

2000 年，参加世界杯，获 3 米跳板单人亚军；参加全国跳水冠军赛，获 3 米跳板双人第一、单人亚军；参加第 27 届悉尼奥运会，获 3 米跳板冠军、双人亚军。

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China 中国射击



射击明星——王义夫
The Star of Shooting —Wang Yifu

Wang Yifu was born in the city of Shenyang, Liaoning Province in December 4th 1960. He went to Liaoning Amateur Sport School at 16 years old. Then he was selected to Liaoning Provincial Shooting Team in 1977, and to the Shooting-Archery Center of General Administration of Sport of China in 1994. Now he is a player, a coach and the deputy leader of the National Shooting Team. Looking back at his sport life, we can see it is a mixture of successes and failures, flowers and tears.

When Xu Haifeng won the first Olympic gold medal at Los Angeles Olympic Games in 1984, the 24-year-old Wang Yifu won the bronze medal at the same time. Then he lost in the match again at the Olympic Games in 1988. He won his first gold medal in 1992. After that he won silver medals at Atlanta 1996 Olympic Games and Sydney 2000 Olympic Games. In 2004, Wang Yifu took part in Athens Olympic Games for the 6th time and won the gold medals in men's 10m air pistol. Maybe nobody will forget the scene that Wang Yifu fell into a swoon losing the gold medal he had been longing for. But everyone will forever remember his answer to a journalist after winning gold medal at Athens 2004 Olympic Games. The journalist asked him, "As the eldest player, will you go on taking part in the Beijing 2008 Olympic Games?" He asserted, "As long as my country needs me, I'll always be

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there, no matter how old I am."

His Main Achievements:

In 1979, gold medal of Men's Optional on the fourth National Games.

In 1986, gold medal of Men's Team Optional pistol and silver medal of Men's Air Pistol in the 10th Asian Games.

In 1987, gold medal of Men's Small-bore Optional Pistol Slow Fire in the National Championship and broke the world record with 665 rounds.

In 1990, gold medals of the Free Pistol Slow Fire and 10m air pistol of the World Cup.

In 1991, gold medal of Men's Air Pistol Finals.



In 1992, gold medal of Men's Air Pistol and silver medal of Men's Optional Pistol in Barcelona Olympic Games.

In 1996, silver medal of Men's Air Pistol in Atlanta Olympic Games.

In 1997, gold medal of Pistol Slow Fire and silver Air Pistol in the 8th National Games.

In 2000, silver medal of Men's Air Pistol in Sydney Olympic Games.

In 2001, gold medal of Men's Air Pistol in the 9th National Games.

In 2004, gold medal of Men's 10m Air Pistol in Athens Olympic Games.

His Main Record:

Wang Yifu and his teammates broke the world record at 1757 rounds at the Asian Championships in Malaysia in 2000.

At present, Wang Yifu is training actively and preparing for winning more honors for his country.

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射击明星——王义夫
The Star of Shooting —Wang Yifu

王义夫是中国国家射击队副领队，教练兼运动员。1960 年 12 月 4 日，王义出夫出生于辽宁沈阳，16 岁时进入辽宁业余体校，17 岁进入辽宁省射击队。1994 年王义夫被调入国家体委射击、射箭运动管理中心，现任国家射击队副领队，教练兼运动员。

1984 年洛杉矶奥运会上许海峰夺得中国第一枚奥运会金牌的时候，在同一项目上获得铜牌的是 24 岁的王义夫。1988 年奥运会，他再度失意而归；1992 年奥运会上他终于获得冠军；1996 年和 2000 年分别在亚特兰大和悉尼都取得了奥运银牌。2004 年，王义夫第六次参加奥运会，夺得男子 10 米气手枪金牌。也许大家都会记得 2000 年悉尼奥运会上的那一幕，王义夫晕倒在射击场上，与朝思暮想的金牌失之交臂；更不会忘记，当王义夫获得 2004 年雅典奥运会男子 10 米气手枪金牌后，有记者问他："您作为年龄最大的运动员，是不是还会参加 2008 年奥运会？"王义夫回答道："年龄不是问题，只要祖国需要，我还会出现在训练场上！"

主要成绩：

1979 年，四运会男子慢射冠军；
1986 年，第 10 届亚运会射击比赛男子自选手枪、男子气手枪两项团体冠军；
1987 年，全国冠军赛男子小口径自选手枪慢射冠军，并以 665 环超世界纪录；
1990 年，世界杯自选手枪慢射、10 米气手枪冠军；
1991 年，世界杯总决赛气手枪冠军；
1992 年，巴塞罗那奥运会男子气手枪冠军、自选手枪慢射亚军；
1996 年，亚特兰大奥运会男子气手枪亚军；
1997 年，八运会手枪慢射冠军、气手枪亚军；
2000 年，悉尼奥运会男子气手枪亚军；
2001 年，第 9 届全运会气手枪冠军；
2004 年，雅典奥运会男子 10 米气手枪金牌。

主要纪录：

2000 年，马来西亚亚洲锦标赛上，破气手枪团体世界纪录 1757 环 。

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如今的王义夫，正在积极训练，踌躇满志地为祖国争得更大的荣誉。

射击女星——杜丽
Shooting Woman Star—Du Li

Every time we mention Du Li, we will unexceptionally remember China's first gold medal in Athens 2004 Olympic Games. It's Du Li who won this gold medal in women's 10m air rifle in the first day of Athens 2004 Olympic Games. At the same time, she broke the Olympic record.

Du Li was born in the city of Zibo, Shandong province in March 1982. She went to Shandong Zibo Sport School in 1996, and her coach was Zhang Yumei then. Two years later, she was selected to Shandong Provincial Team under the guidance of coach Wang Dewen. Then she was selected to the National Assembled Training Team under the guidance of coach Wang Yuefang.

Her Main Honors:



In 2002, silver medal of Women's Air Rifle of the World Championship.

In 2002, gold medal of Women's Team Air Rifle of the World Championship.

In 2002, gold medals of Women's Team and Singles 3x20 in the Pusan Asian Games.

In 2002, gold medal of Women's Team Air Rifle in the Pusan Asian Games.

In 2002, gold medal of Women's Air Rifle of the National Championship.

In 2003, gold medal of Women's Air Rifle of the Croatia World Cup.

In 2003, silver medal of Women's Air Rifle of the World Cup Finals.

In 2004, silver medal of Women's Air Rifle of the Tailand World Cup.

In 2004, gold medal of Women's Air Rifle in the Athens Olympic Games.

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Her Main Records:

She broke the world record in Women's Team Air Rifle with 1192 rounds in World Championships in Finland, and with 1194 rounds in the Pusan Asian Games in 2002.

She broke the world record in Women's Air Rifle with 504.9 rounds in World Cup in the Croatia in 2003.

She broke the Olympic record in Women's Air Rifle with 502 rounds in the Athens Olympic Games in 2004.



射击女星——杜丽
Shooting Woman Star—Du Li

杜丽是2004年雅典奥运会上中国队的第一位金牌得主。在2004年奥运首日的女子10米自动步枪的项目中，杜丽为中国队赢得了首枚金牌，并打破了该项目的奥运会纪录。

杜丽于1982年3月出生于山东省淄博市，1996年进入山东淄博市体校，教练张玉梅；1998年进入山东省队，教练王德文；2002年进入国家集训队，教练王跃舫。

所获荣誉：

2002年，世界锦标赛女子气步枪个人亚军；
2002年，世界锦标赛女子气步枪团体冠军；
2002年，釜山亚运会女子3X20个人、团体冠军；
2002年，釜山亚运会 女子气步枪团体冠军；
2002年，全国冠军赛女子气步枪个人冠军；
2003年，克罗地亚世界杯女子气步枪个人冠军；
2003年，世界杯总决赛女子气步枪个人亚军；
2004年，泰国世界杯女子气步枪个人亚军；
2004年，雅典奥运会女子气步枪个人冠军。

主要纪录：

2002年，芬兰世界锦标赛女子气步枪团体世界纪录1192环；

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2002 年，釜山亚运会女子气步枪团体世界纪录 1194 环；
2003 年，克罗地亚世界杯女子气步枪个人世界纪录 504.9 环；
2004 年，雅典奥运会女子气步枪个人冠军奥运纪录 502 环。

金牌教练——许海峰
The Medallist Coach —Xu Haifeng

■ 隐 峰

When talking about Chinese National Shooting team, Xu Haifeng will frequently be mentioned. He is the first man who won the gold medal in Olympic Games for China. Many people still memorize clearly that in 1984 Los Angeles Olympic Games, Xu Haifeng won the champion of Men's 50-meter Pistol with 60 shots, breaking zero gold medal record in the Olympic history of China.

His Sportsman Career:

Xu Haifeng was born in Anhui province in 1957. He liked shooting birds with catapult as a boy. He has never had professional training of shooting but he was determined to be a crack shot. He has learned to be a master of the shooting skills with his distinguished efforts. In 1982 he entered Anhui Provincial Shooting team. Then in 1984 he was chosen to the National Shooting Team.

Main Achievements:

In 1983, won two silver medals of slow-fire pistol shooting and air pistol shooting in the shooting competition in the 5th National Games.

In 1984, won the champion of Men's Free Pistol Shooting (pistol 50 meters and 60 shots) for the first event with 566 points in the 23rd Olympic Games held in Los Angeles of USA and became the first Chinese athlete who wins gold medal on this Olympic Games. Meanwhile he is the first champion of Olympic Games in the Chinese Olympic history and broke the zero record of gold medal in the Chinese Olympic history.

In 1986, broke the record of Small-bore Free pistol Shooting with 662 points in the National Shooting Discipline Competition.

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In 1988, won the silver medal of Men's Air Pistol in the 24th the Seoul Olympic Games in South Korea.

In 1990, won the champion of the Men's Personal Air Pistol 60 shots with 660 points in the 11th Asian Games held in Peking, China.

In 1991, won the champion in the World Air Pistol Championship.

In 1991, won five gold medals in the 7th Asian Championship.



In July 1994, cooperated with his teammates, won Men's 10-meter Air Pistol Group Champion in the 46th World Championship held in Italy.

In September 1994, cooperated with his companions, won Men's 10-meter Air Pistol Group Champion in the 12th Asian Games held in Japan.

By the end of 1994, he retired and worked as a coach in the national shooting team.

Main Successes as Coach:

In 1996, on the Atlanta Olympic Games his student Li Duihong won the champion of Women's 25-meter Pistol (30 + 30).

In 2000 Sydney Olympic Games his student Tao Luna attained the gold medal of Women's 10-meter Air pistol Shooting (40 shots).

His Honors:

In 1984, won the Sports Honor Badge awarded by the National Sports Committee.

In 1984 and 1986, chosen as the National Shooting Top Ten twice.

金牌教练——许海峰
The Medallist Coach —Xu Haifeng

许海峰是中国国家射击队著名教练、射击健将，也是第一个取得奥运冠军金牌的中国运动员。在1984年的洛杉矶奥运会上，许海峰取得了男子

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50 米手枪 60 发冠军,从此打破中国奥运历史上金牌"零"的纪录。

许海峰于 1957 年出生于中国的安徽省,从小喜欢用弹弓打鸟,并未受过射击方面的专业训练,但从小立志成为神枪手。他凭借自己卓越的努力,练就一手高超的射击技术。1982 年进入安徽省射击队,1984 年被选入中国国家射击队。

运动成绩:

1983 年,在五运会射击比赛中,获手枪慢射和气手枪两枚银牌。

1984 年,在美国洛杉矶举行的第 23 届奥运会上,以 566 环的成绩获得该届奥运会首项冠军——男子自选手枪冠军(50 米手枪 60 发),成为我国第一个在奥运会上获冠军的运动员。同时也是中国奥运会历史上的首位奥运冠军得主,打破了中国奥运史上金牌"零"的纪录。



1986 年,在全国射击分项赛上以 662 环的成绩,超过小口径自选手枪慢射世界纪录。

1988 年,在韩国举行的第 24 届汉城奥运会上,夺得男子气手枪亚军。

1990 年,在中国北京举行的第 11 届亚运会上,以 660 环的成绩获男子个人自选手枪慢射 60 发比赛的冠军;与队友合作,夺得男子团体自选手枪慢射 60 发冠军。

1991 年,夺得世界气枪锦标赛冠军

1991 年,夺得第 7 届亚洲锦标赛五枚金牌

1994 年 7 月,在意大利米兰举行的第 46 届射击世界锦标赛上,与队友合作,夺得男子 10 米气手枪团体冠军。1994 年 9 月,在日本广岛举行的第 12 届亚运会上,与队友合作,夺得男子手枪慢射团体冠军。1994 年底,许海峰退役,转在国家射击队做教练工作。

执教成绩:

1996 年亚特兰大奥运会上,许海峰所带的队员李对红获得女子 25 米手枪(30+30)冠军。

2000 年悉尼奥运会上,许海峰所带的队员陶璐娜夺得女子 10 米气手枪(40 发)冠军。

所获荣誉:

1984 年,获国家体委颁发的体育运动荣誉奖章。

1984 年和 1986 年,两次当选为全国十佳运动员。

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China Gymnastics 中国体操



体操王牌冠军——李宁
The Prince of Gym—Li Ning

In China, "Li Ning" is a familiar name for everyone. It recalls us the 1980s, which is China's famous gymnast Li Ning's period. With his perfect skills and movements, Li Ning made so many miracles in the world gym history, which brought his motherland numerous surprises.

His Experience:

Li Ning began his gym training at 8 years old, and was selected to Guangxi Provincial Gym Team two years later. In 1980, he was selected to the National Assembled Training Team.

His Best Record:

Li Ning won three gold medals at the Los Angeles Olympic Games in 1984.

His Main Achievements:

Gold medals of floor exercises: at the 11th World University Games in 1981, the 6th World Gym Championships in 1982, the 23rd Olympic Games in 1984, the 10th Asian Games in 1986, and the 7th World Gym Championships in 1986.

Gold medals of buck: at the 11th World University Games in 1981, the 6th World Gym Championships of 1982, the 23rd Olympic Games in 1984, and the 7th World Gym Championships in 1986.

Gold medal of horizontal bar at the 6th World Gym Championships in 1982.

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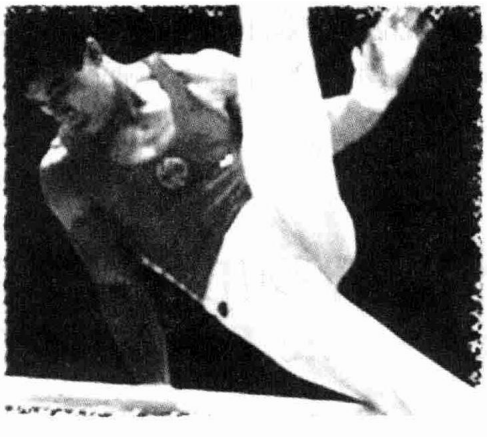
Gold medal of vault at the 6th World Gym Championships in 1982.

Gold medals of Hang Ring: at the 6th World Gym Championships in 1982, the 9th Asian Games in 1982, the 23rd Olympic Games in 1984, the 23rd World Gym Championships in 1985, and the 10th Asian Games in 1986.

Gold medals of Men's Combined Event: at the 6th World Gym Championships in 1982, the 9th Asian Games in 1982, and the 7th World Gym Championships in 1986.

Gold medals of men's team: at the 9th Asian Games in 1982, the 22nd World Gym Championships in 1983, and the 10th Asian Games in 1986.

His Honors:



Li Ning's two original creation movements were named by the International Sports League as "Li Ning Rings" and "Li Ning Circle".

In 1983, he was chosen the "National Top Ten athlete".

In 1984, he was awarded Merit Citation, First Class by the General Political Department, and "the New Long March Shock worker" by the Central Committee of the Communist Youth League, and the Special Class Model Worker by the Government of Guangxi.

In 1985, he was chosen the National Top Ten athlete and joined the CCP.

In 1986, he was chosen the National Top Ten athlete and the title of World Sports Giant.

In 1987, he was chosen the National Top Ten athlete.

In 1987, he was accepted as a member of the International Olympic Committee and he was the only representative of Asia then.

In 1994, he was chosen one of the 45 heroes for 45 years after the foundation the new China.

In 1999, he was chosen the best athlete of the 20th century by the International Correspondent Association.

In 1999, he was chosen one of the 50 stars by Chinese Sport Newspaper Of-

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fice, CCTV, and Shandong Weifang Yaxing Group.

In 2000, he became the first Chinese "World Sports Personality" with his name recorded in The International Gym Hall of Fame by the International Sports League.

After the Seoul Olympic Games in 1988, Li Ning retired and began to do business. He founded sports Goods Company named by his own name and joined Jianlibao Group. Both of these two companies have supported many sports events and made great contributions to Chinese sports development.

Today, no more gymnasts could receive as many honors as Li Ning. He has been called the "Talent", the "Wunderkind", the "Giant in Gym World" and the "Trump Card of China".

The six gold medals he won in men's floor exercises, horizontal bar, vault, buck, hang ring and men's combined event gymnast at the Gym World Cups in 1982 made him the first male athlete to make such a good record in the world gym history.



体操王牌冠军——李宁
The Prince of Gym—Li Ning

"李宁"这个名字,在中国可谓家喻户晓。相信每个中国人都会记得上个世纪80年代著名体操运动员李宁所创造的辉煌成绩。李宁以他完美精湛的体操技能,为中国体操,乃至世界体操运动带来一次又一次惊喜,为世界体操运动的发展做出了杰出的贡献。

运动经历:

8岁开始练习体操,10岁入广西省体操队,1980年被选入国家体操集训队。

最好成绩:

1984年洛杉矶奥运会上三块金牌得主。

运动成绩:

获得以下各项自由体操冠军:1981年,第11届世界大学生运动员自由体操冠军,1982年,第6届世界杯体操赛上,获自由体操冠军,1984年,第23届奥运会自

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由体操冠军,1986 年,第 10 届亚运会自由体操冠军,1986 年,第 7 届体操世锦赛自由体操冠军。

鞍马冠军:1981 年,第 11 届世界大学生运动员鞍马冠军,1982 年,第 6 届世界杯体操赛鞍马冠军,1984 年,第 23 届奥运会鞍马冠军,1986 年,第 7 届体操世锦赛鞍马冠军。

1982 年,第 6 届世界杯体操赛上,获单杠冠军。

1982 年,第 6 届世界杯体操赛上,获跳马冠军。

吊环冠军:1982 年,第 6 届世界杯体操赛吊环冠军, 1982 年,第 9 届亚运会吊环冠军,1984 年,第 23 届奥运会吊环金牌,1985 年,第 23 届世界体操锦标赛吊环冠军,1986 年,第 10 届亚运会吊环冠军。

全能冠军:1982 年,第 6 届世界杯体操赛全能冠军,1982 年,第 9 届亚运会体操全能冠军,1986 年,第 10 届亚运会体操全能冠军。

所获荣誉:

他独创动作被国际体联命名为“吊环李宁摆上”和“双杠李宁大回环”。



1980 年,获“运动健将”称号。

1983 年,当选全国十佳运动员。

1984 年,获解放军总政治部一等军功奖章、共青团中央授予的“新长征突击手”称号和广西人民政府授予的“特等劳动模范”称号。

1985 年,当选全国十佳运动员,加入中国共产党。

1986 年,当选全国十佳运动员并获“国际级运动健将”称号。

1987 年,当选全国十佳运动员。

1987 年,被接纳为国际奥委会运动员委员会委员,成为亚洲区唯一代表。

1994 年,被评为“建国 45 周年体坛 45 英杰”。

1999 年,被国际体育记者协会评为“本世纪最佳运动员”。

1999 年,当选为中国体育报社、中央电视台和山东潍坊亚星集团联合主办的评选“新中国体育五十星”。

2000 年,被国际体联收录国际体操名人堂,成为中国运动员中第一个世界体操名人。

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当前情况：

1988 年汉城奥运会后，李宁退役并进入商界。李宁加入健力宝集团并创立“李宁”牌品牌，多次赞助各种体育活动，为体育事业发展做出了巨大的贡献。

当今世界体操界，很少有像李宁那样获得如此多殊荣的运动员，“天才”、“神童”、“体操界的巨人”、“中国王牌”等美誉都曾用在这位体操王子身上。

1982 年，在世界杯体操赛上，获自由体操、单杠、跳马、鞍马、吊环和全能 6 项冠军，成为世界体操史上首位取得如此好成绩的男运动员。



体操冠军——李小双

A Master Sportsman—Li Xiaoshuang

Li Xiaoshuang is a world famous gym player and world-class master sportsman. He was born in the city of Xiantao, Hubei Province in 1973. We can still remember clearly the surprises and honors in gym the twins - Dashuang and Xiaoshuang, brought us in the 1990s. These two Bright boys had their successes recorded in China's gym history forever.

His Experience:

Li Xiaoshuang began his gym training in1980 when he was a little pupil. He was selected to Hubei Provincial Team at 9 years old, and to the National Team at 12.

His Best Records:

His best records are gold medals of men's floor exercise at the 25th Olympic Games and in men's all-around gymnastics at the 26th Olympic Games.

His Main Achievements:

In 1990, won gold medals of Men's floor exercise and the Men's Team in 11th Peking Asian Games.

In 1991, won gold medals of Men's Singles all-rounded, floor exercise and vault, silver medal of horizontal bars.

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In 1995, won the third placer of Men's team in the 26th World Gym Championship.

In 1992, won a gold medal of floor exercise, third placer of hang ring and a silver medal of Men's team in the 25th Olympic Games.

In 1994, won the gold medal of Men's team in the World Gym Championship.

In 1995, won the gold medal of Men's Personal all-rounded and the silver medal of floor exercise. In addition, the team retained a title of Men's team.

In 1996, won the gold medal of Men's Personal gym and a silver medal of floor exercise and the main force of the second placer of Men's team.

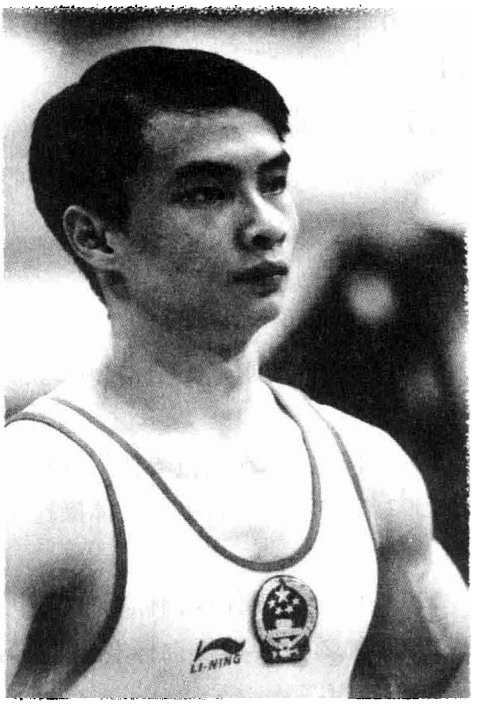
His Honors:

He was awarded the World-Class Master Sportsman in 1995.

He had also been awarded three National Sports Honors Medals in 1992, 1994 and 1995.

He was elected to be a commissioner of the 8th Chinese People's Political Consultative Conference.

He was chosen the National Top 10 Athletes and the National Top 10 Gymnasts for many times.



The gold medal Li Xiaoshuang won in men's all-around gymnastics at Atlanta Olympic Games is the first one in China's gym history. It has different meanings from other gold medals. Li Xiaoshuang retired in 1997, and 3 years later, he founded sports Goods Company named after his own name. Several years later, the Xiaoshuang Sports Goods Company has grown up. Now it is maturing generally, and has its influence in northeast China, northwest China, south China and east China.

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体操冠军——李小双
A Master Sportsman—Li Xiaoshuang

李小双是我国著名的体操冠军，国际运动健将。1973 年出生于湖北仙桃市的李小双，在上个世纪 90 代为中国体操运动做出了杰出的贡献，为中国体育运动创造了辉煌的成绩。

运动经历：

1980 年在小学读书时就接受体操训练，9 岁被选入湖北省体操队，12 岁入选中国国家体操队。

最好成绩：

第 25 届奥运会男子自由体操金牌和第 26 届奥运会男子体操个人全能冠军得主。

运动成绩：

1990 年，在北京第 11 届亚运会体操比赛中，获自由体操金牌和男子团体金牌。

1991 年，在全国体操锦标赛中，获男子体操个人全能、自由体操、跳马三项冠军，双杠亚军。

1991 年，在第 26 届世界体操锦标赛中，获得男子团体亚军。

1992 年，在第 25 届奥运会体操比赛中，获自由体操金牌，吊环铜牌和男子团体银牌。

1994 年，在世界体操锦标赛中，获男子团体冠军。

1995 年，在世界体操锦标赛中，获男子个人全能冠军和自由体操亚军并且蝉联男子团体冠军。

1996 年，在第 26 届奥运会上获男子体操个人全能金牌、自由体操亚军，并为男子体操团体亚军的主力队员。

所获荣誉：

1995 年，获得“国际级运动健将”称号。

1992 年、1994 年、1995 年三次荣获国家体委授予的体育运动荣誉奖章。

第 8 届全国政协委员，多次当选为全国十佳运动员和全国体操十佳运动员。

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李小双在亚特兰大奥运会上夺得的男子体操全能金牌是中国体操史上第一块个人全能金牌。1997 年,李小双选择退役,2000 年创办了以自己名字命名的体育品牌公司。经过了几年的风雨历程,小双公司从无到有,再到今天的在中国东北、西北、华南、华东等地区都有了一定的影响,李小双体育品牌正在逐渐走向成熟。



平衡木女皇——刘璇
The Queen of Balance Beam —Liu Xuan

Liu Xuan is a world-famous gymnast who is good at balance beam and uneven bars. She was born in the city of Changsha, Hunan province in Mar 12th, 1979. She is 153 centimeters high. Liu Xuan began her gym training when she was a pupil in Changsha Jixiang St. School, Hunan province. She was selected to Hunan Provincial Team at 8 years old, and then to the National Team at 13 years old. 1990s is a flourishing period for Chinese Women's Gym Team, and Liu Xuan was one of the main forces at that time. She had been a contemporary of Mo Huilan, Zhou Rui, Qiao Ya, Ye Linlin, Ji Liya, Bi Wenjing, Meng Fei, Kui Yuanyuan, etc. That made her the "Eldest Gymnast" record in Chinese National Women's Gym Team. Liu Xuan is a typical "great-minds-mature-slowly", who won her first gold medal in the World Championships in 1998. She is both gentle and active, and thoughtful in training. Her movement is skilled, powerful and elegant. She likes reading books and listening to music at other times. Her maxim is "No self conquering, no others defeated". In 2000 she attended Sydney Olympic Games and won the championship of balance beam.

Her Movement Characteristics:

Her top-quality movements are coordinated smoothly, expressively and skillfully. When she is on the balance beam, her movements are fluent, graceful and nice with top quality, especially the extent of her jumps. She can fluently do two back handsprings followed by a back somersault and then a steady standing, legs-exchanging full split followed by a Yang Bo Jump, wolf jump followed by back flip

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turn and handstand at 90 degrees, legs-exchanging full split followed by spinning jump on the beam. While on the uneven bars, she can do novel backhand giant swing and turn followed by giant swing and air-spring catching bar, and backhand giant swing followed by backhand giant swing with a half turn and then a Tkatschv Vault.



On the 2000 Olympic Games Liu Xuan conquered all the judges and the audience with her perfect movements and put the history that there was no gold medal of Chinese Women's Balance Beam to an end.

Liu Xuan was awarded the Hunan Provincial Advanced Worker and the National Best Woman Gymnast in 1998, the '98 National Top 10 Athletes (chosen through public appraisal by 20 mediums in Beijing, supported by Kangwei Sports Goods Co. Ltd.) in 1999 and the National Top 10 Athletes in 2000 again.

After the Sydney Olympic Games, Liu Xuan retired from the National Team and went to study in the News School of Beijing University. At the same time, she started her new career in movie and advertisement.

平衡木女皇——刘璇

The Queen of Balance Beam —Liu Xuan

奥运冠军刘璇是世界著名的体操健将。刘璇在平衡木和高低杠两项运动上都取得了杰出的成绩。

运动特点：协调性好，表现力强，运动细腻，质量高，平衡木全套动作流畅、优美，动作质量高、准确到位，尤其是跳步的幅度和开度完美无缺。平衡木：有两次后

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手翻接直体后空翻站木、交换腿劈叉跳接杨波跳、狼跳接后翻转体90度成倒立、交换腿劈叉结环跳。高低杠:有反吊大回环转体360度接吊臂大回环前空翻抓杠、反吊大回环接反吊大回环转体180度接特卡切夫腾越,连接非常巧妙、新颖、独特。

2000年悉尼奥运会上,刘璇于女子体操平衡木比赛中,以完美的动作征服了裁判员和观众,为中国女子平衡木项目没有奥运会冠军的历史划上了句号。

刘璇曾于1998年被湖南省委授予湖南省"先进工作者"称号,并获1998年"全国体操最佳女运动员"称号。1999年4月,当选为由首都20家新闻单位联合主办、康威体育用品有限公司独家赞助的1998年全国十佳运动员。2000年刘璇再次当选全国十佳运动员。

2000年悉尼奥运会后,刘璇选择了退役,到北京大学新闻学院读书,并涉足影视圈和广告业,开始了自己人生的又一段旅程。

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C 中国游泳
hina Swimming



中国女蛙王——齐晖
China's Breaststroke Queen —Qi Hui

Qi Hui's parents and her coach play very important roles in her sports life. Qi Hui was born in a sports family in the city of Fuzhou, Fujian province in 1985. She is 175 centimeters high. Her father Qi Zhanfei used to be a water polo player. Qi Hui can be called a "Little Breaststroke Queen" growing up in the swimming-pool, in which she began to play at the age of less than one. The father found the daughter's gift in swimming while playing water, so he sent her to Fuzhou Taijiang District Sport School when she was still in kindergarten. When Qi Hui grew up to go to the Provincial Sport School, she trained very hard though she was the youngest one there. With the coach's guide and her effort, Qi Hui made progress very quickly. She reached the standard of the National First Class Sports Player at 11, the National Sports Master at 13, and the international Sports Master at 14. Her coach Huang Shuying of the Provincial Sport School once said, "Qi Hui is the best student I've ever seen. She has never been afraid of any rival. The more powerful the rival is, the more excited she is." Qi Hui has never made her father disappointed at her since she began her swimming career formally. She joined in the national adult swimming race by taking part in the 8th National Games at just 12 years old. And when she joined in the National Inner Cities Games, she became one of the top swimmers in China. Qi Hui said that her father became stricter with

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her after she became famous. When she was in the National Assembled Training Team, Qi Hui could hardly go home, so she always phoned her parents. At that time, the father often told her to train hard and respect her coach.

Both her initiate coach and her today's coach Ye Jin said that Qi Hui is an intelligent and assiduous girl. When she began her career, the South Africa swimmer Heyns was the most powerful one in the world. At that time, Qi Hui's coach and her parents often encouraged her, "Come on! Heyns is ahead!"

Her Achievements in Three Important Races:

In 1999, the third placer of the 200-meter breaststroke of the short course Swimming Championship.

In 2000, the fourth placer of 200-meter breaststroke and the 12th placer of 100-metrer breaststroke on Olympic Games.

In 2001, the second placer of 200-meter breaststroke and the third placer of 200-meter Mixed of the short course swimming World Championship.

In 2002, the first placer of 200-meter breaststroke and 100-meter breaststroke of the swimming World Championship.

In 2006, the first placer of 200-meter Mixed and 400-meter Mixed and 200-meter breaststroke of the short course swimming World Championship.

Her Main Records:



She broke the Asian and national record in women's 200m breaststroke in 2minutes 26.51seconds in the 4th National Inner Cities Games in Xi'an in 1999; in 2minutes 25.75seconds in the 6th Asian Games in Pusan in 2000; and in 2minutes 25.51seconds in the National Swimming Championships in Jinan in 2000.

She broke the Olympic record in women's 200m breaststroke in 2minutes 24.21seconds in Sydney Olympic Games in 2000.

She broke the national record in women's 200m breaststroke in 2minutes 21.82seconds in World Short-course Championships in Shanghai in 2000; and in 2minutes 20.28seconds in World Short-course Championships in Sweden in 2001.

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She broke the world record in women's 200m breaststroke in 2minutes 18.86seconds in World Short-course Championships in Shanghai in 2002.

Now Qi Hui is absolutely a main force of China Women's Swimming Team. We hope that Qi Hui will win the titles in the Beijing 2008 Olympic Games.



中国女蛙王——齐晖
China's Breaststroke Queen —Qi Hui

齐晖是中国著名的蛙泳健将，在其运动生涯及人生道路上，父母和教练都是重要的引路人。齐晖于1985年出生在福建省福州市的一个体育世家，身高1.75米。父亲齐战飞曾经是一位水球运动员。不到一岁小齐晖就开始和水打交道，是一位在泳池里泡大的"小蛙王"。老齐在玩水中发现了女儿的天赋，等到齐晖上幼儿园时，就把她送到福州市台江区少年体校。齐晖进入省体校时，年龄是队里最小的，但她从不怕苦，也从不服输。在教练的精心培养和自己的刻苦努力下，齐晖一天天成长起来。她11岁通过国家一级运动员标准，13岁达到国家级运动健将，14岁成为国际级运动健将。齐晖在省体校时的教练黄淑英曾经说过："齐晖是我带过的最好的学生。她从不怯场，对手越强她越兴奋。"

齐晖自从步入泳坛后，从来没有让父亲失望过。她12岁便参加全国成年组比赛，在八运会上开始崭露头角；待到西安城运会时，齐晖已是国内顶尖的蛙泳好手了。齐晖说，成名后，父亲对她的要求更严格了。在国家队集训，她很难有机会回家，都是通过电话和父母联系。她的父亲总是告诫齐晖要刻苦训练，要尊重教练。

不论是启蒙教练还是现在的叶瑾教练，都说齐晖是个懂事、刻苦的孩子。她刚出道的时候，女子蛙泳还是南非人海因斯的天下。那时候教练和家人经常这样鼓励她："海因斯就在前面，游啊！"

其运动生涯主要成绩：

大赛成绩：

1999年，短池游泳世锦赛200米蛙泳第三名；

2000年，奥运会200米蛙泳第四名，100米蛙泳的12名；

2001年，游泳世锦赛200米蛙泳第二名、200米混合泳第三名；

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2002 年，短池游泳世锦赛 200 米蛙泳第一名，100 米蛙泳第五名；

2003 年，游泳世锦赛 200 米蛙泳第三名，200 米混合泳第四名，400 米混合泳第十名；

2004 年，奥运会 200 米蛙泳第六名；短池游泳世锦赛 200 米混合泳第五名、100 米蛙泳第七名、50 米蛙泳第 14 名、200 米蛙泳第 15 名，4X100 米混合泳接力第四名；

2006 年，短池游泳世锦赛 200 米混合泳第一名、400 米混合泳第一名、200 米蛙泳第一名。

主要纪录：



1999 年，西安第四届城运会以 2:26.51 的成绩创 200 米蛙泳亚洲纪录和全国纪录；

2000 年，釜山第六届亚洲游泳锦标赛以 2:25.75 的成绩创 200 米蛙泳亚洲纪录和全国纪录；

2000 年，济南全国游泳冠军赛以 2:25.51 的成绩创 200 米蛙泳亚洲纪录和全国纪录；

2000 年，悉尼奥运会以 2:24.21 的成绩创 200 米蛙泳奥运会纪录；

2000 年，上海世界杯短池赛以 2:21.82 的成绩创 200 米蛙泳全国纪录；

2001 年，杭州全国游泳冠军赛以 2:22.99 的成绩创 200 米蛙泳世界纪录；

2001 年，瑞典世界杯短池赛以 2:20.28 的成绩创 200 米蛙泳全国纪录；

2001 年，巴黎世界杯短池赛以 2:19.25 的成绩创 200 米蛙泳世界纪录；

2002 年，上海世界杯短池赛以 2:18.86 的成绩创 200 米蛙泳世界纪录；

现在的齐晖仍是中国国家女子游泳队里绝对主力运动员，我们期待她能够在 2008 年北京奥运会上取得她自己梦寐以求的世界冠军。

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C 中国田径
hina Athletics



东方神鹿——王军霞
The Eastern Incredible Deer —Wang Junxia

In the sports history of China, Wang Junxia can be considered as a milestone-like person and called "the Eastern Incredible Deer". The scene when she won the world champion in the Women's 10, 000 meters race, she ran a circle round the sports with the national flag covering her, has become a classic in the memory of the country fellows. She has once won the "Oscar Cup" in sports world—Jassi · Owens Cup. At the same time she was chosen as the best world women athlete and the best men athlete was the well-known Michael Jordan. Wang Junxia once raised the great waves, experienced the rise and fall in her life.

Wang Junxia was born in the city of Dalian, Liaoning province in 1976. She is 162 centimeters high. She was admitted by Dalian Sports College in October 1988 and entered the Track and Field Team of Liaoning province. In November in 1991, took the trainer Ma Junren as her teacher. In 1994 she became the first winner of the world-authorized prize-Jassi Owens Cup among the Chinese and still the Asians. In June 1995 she followed a private trainer Mao Dezhen and in September she was chosen to be a member of the national team and took part in the Asian Athletics Team in June 1996 and joined the Olympic Games in Atlanta, USA. She got the first place in Women's 5, 000 meters race and the second place in Women's 10,

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000 meters race. She ceased her training and competition after Atlanta Olympic Games in 1996 because of the injuries. Later she cooperated with a body training machine factory in Xuzhou, Jingsu province and acted as a vice director of it. Then in May 1997 she got married and she visited USA in September 1998. She decided to go to the college after her retirement from the National Athletics Team. She learned in the Law School, Liaoning University and began her new life.

Her Main Achievements:

Gold medals of Women's 10, 000 meters race in the World Youth Athletics Championships in September 1992, Women's Athletics National Games Warm-up and National Athletics Championships in June 1993, the 4th Stuttgart World Athletics Championships and made a new record for the World Championships in August 1993, the 7th National Games in September 1993 and surpassed the world record…



东方神鹿——王军霞
The Eastern Incredible Deer —Wang Junxia

王军霞在中国体育史上,应该说是一个里程碑式的人物,被称为"东方神鹿"。当年,她夺得万米长跑世界冠军时,身披国旗绕场一周的那个画面,已经成为国人记忆中的一个经典。她获得过体育界的奥斯卡奖——杰西·欧文斯杯。同时她被评为1993年的世界最佳女运动员,而那一年的世界最佳男运动员是大名鼎鼎的迈克尔·乔丹。王军霞掀起过巨大的风波,经历过人生的大起大落。

王军霞于1976年出生在辽宁省大连市,身高一米六二。1988年,10月进入大连市体育运动学校。1991年,11月进入辽宁省田径队,师从马俊仁教练。她于1994年成为第一个获得国际权威的田径大奖——杰西·欧文斯的中国人、亚洲人。1995年6月,王军霞从师于资深的个人教练毛德镇,9月入选中国国家队,参加了亚洲田径锦标赛,获得女子5000米和10000米长跑冠军。1996年,6月入选

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国家田径队，参加在美国亚特兰大举行的奥运会，获得了女子5000米冠军和女子10000米亚军。1996年亚特兰大奥运会后因伤停止训练和比赛，与江苏徐州一家健身器厂合作，联合开发健身器材，并任副厂长。1997年5月，王军霞与自己的白马王子步入了婚姻的殿堂。1998年，9月赴美国访问学习。退役后的王军霞，选择了去大学学习，就读于辽宁大学法律系，从而开始了人生的又一段旅程。

主要战绩：

她曾经在下列万米赛中获得冠军：1992年9月获世界青年田径锦标赛女子10000米冠军，1993年6月获第7届全国运动会女子田径预选赛暨全国田径锦标赛女子10000米冠军，1993年8月在斯图加特第四届世界田径锦标赛上，获女子10000米金牌，并创造了世界锦标赛的纪录，1993年9月8日在北京第7届全国运动会女子10000米比赛中，超过该项目世界纪录，并获冠军……



世界跳高第一飞人——朱建华

The World Best High Jumper —Zhu Jianhua

Before Liu Xiang winning the first gold medal for China in men's athletics items in the Athens 2004 Olympic Games, Zhu Jianhua, who won the bronze medal in high jump in the Los Angles 1984 Olympic Games, made China's best record of men's athletics items. Before the Olympic Games, almost everyone believed that Zhu Jianhua would win the gold medal because he had fabulously broken world records for three times from June 1983 to June 1984. The champion's result in the Los Angeles Olympic Games was 2.35m and the champion's result in the Athens Olympic Games was just 2.36m, which were far less than Zhu Jianhua's world record 2.39m. But Zhu Jianhua's result was only 2.31m in the Los Angeles Olympics. The reason of his failure was lacking the experience and psychology of joining in world races. Though he was very skillful, the excessive pressure in his mind defeated him finally. It's a real tragedy.

Zhu Jianhua was born in Shanghai on May 29th 1963. He began to have high

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jump training with the famous coach Hu Hongfei in the South area of Shanghai Sport School in 1973. In 1979, he won silver medal at 2.13m in the World Middle School Students Athletic Games and broke the national youth record. In 1980, he won gold medal at 2.29m in the 3rd International Youth Athletic Games. In June 1981, he broke the Asian record of 2.29m made by Ni Zhiqin 11 years ago at 2.30m in 4th Asian Athletic Championships in Tokyo. Then in 1982, he had passed the height of 2.31m, 2.32m and 2.33m, and became the one who jumped highest in the world in that year. The year of 1983 was a flourishing period for Zhu Jianhua. On June 11th, he broke the world record of 2.36m made by Deutsche Demokratische Republic's Wessig three years ago at 2.37m in the Warm-up of 5th National Games in Beijing. On September 22nd, he broke the world record again at 2.38m in the final of 5th National Games in Shanghai. He also won a bronze medal in the 1st World Athletic Championships in the same year. On June 10th 1984, he broke the world record for the third time at 2.39m in an international race in Bundesrepublik Deutschland. He became a world-class high jumper who broke the world record for 3 times in 12 months, and was named the "King of High Jump" in China. Then in August 1984, he won bronze medal at 2.31m in the 23rd Olympic Games. Zhu Jianhua's skill style was "three swifts", which were swift running, swift jumping and swift over. He had been selected to be one of the "1983 World Best Athletes" for 3 times by foreign magazines. From 1982 to 1984, he had been awarded the "National Sports Honors" medals by the National Sports Committee, and was selected to be the "National Top 10 Athletes" for 3 times. In 1984, he was selected to be one of the "Outstanding Athletes of PRC". Though the peak of his sports life was just the bronze medal winning in the Los Angles 1984 Olympic Games, the name Zhu Jianhua still reminds us of a pride memory now when decades have passed. His achievement in high jump gives him the name "World Best High Jumper".



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世界跳高第一飞人——朱建华
The World Best High Jumper—Zhu Jianhua

在2004年雅典奥运会上刘翔为中国男子田径选手夺得第一块金牌之前，中国男子田径选手在奥运会上的最好成绩属于朱建华。1984年洛杉矶奥运会，朱建华夺得跳高铜牌。赛前，国人都认为他能够夺得金牌，在1983年6月到1984年6月整整一年时间里，朱建华令人难以置信地三次打破跳高世界纪录。洛杉矶奥运会男子跳高冠军成绩是2米35，跟朱建华保持的2米39的世界纪录有相当差距，即使是在20年后的雅典奥运会上，男子跳高冠军也只跳过2米36，但朱建华当年只跳过了2米31。朱建华没有获得金牌的主要原因，是明显缺乏参加世界级比赛的经验和正常心态，心理压力太大，导致发挥失常。身怀绝技，却因"心魔"自己打败自己——确实是一大悲剧。

朱建华1963年5月29日出生于上海市。1973年进入上海市南市区体校开始从事跳高训练，师从于著名教练员胡鸿飞。1979年朱建华在世界中学生田径比赛中，跳过2.13米，获得亚军，并打破全国少年纪录。1980年他在第3届国际青年田径赛上，以2.25米的成绩获得冠军。1981年6月在日本东京举行的第4届亚洲田径锦标赛上，朱建华征服了2.30米的高度，打破了由倪志钦保持了11年之久的2.29米的亚洲纪录。1982年他接连跳过2.31米、2.32米、2.33米的高度，成为当年世界上跳得最高的人。1983年是朱建华步入辉煌的一年。6月11日在北京举行的第5届全运会田径预选赛上，他以2.37米的成绩打破了由前民主德国选手韦西格保持了三年之久的2.36米的世界纪录，9月22日在上海举行的第5届全运会田径决赛中，再以2.38米打破世界纪录。这一年他还获得首届世界田径锦标赛男子跳高的铜牌。1984年6月10日他在前联邦德国举行的国际比赛中，以2.39米的优异成绩第三次打破世界纪录，成为在一年时间内连续三次打破男子跳高世界纪录的世界级跳高明星，被誉为中国的"跳高王"。同年8月在第23届奥运会上以2.31米获得铜牌。朱建华在长期的训练中形成了"三快"的技术风格，即助跑快、起跳快、过杆快。他曾五次被国外体育报刊、杂志评选为1983年度"世界最佳运动员"。1982～1984年连续三年获国家体委颁发的"体育运动荣誉奖章"，三次评选

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为“全国十佳运动员”。1984 年被评为中华人民共和国成立 35 年来杰出运动员之一。尽管他在运动生涯的巅峰仅获得 1984 年洛杉矶奥运会的跳高铜牌，几十年过去了，但提起朱建华，仍能唤起人们对当时那种自豪、热望、激昂情怀的回忆。朱建华以卓越的成绩为自己赢得了“世界第一飞人”的美誉。

亚洲飞人——刘翔
The Asian Flying-Man —Liu Xiang

It's August 27th, 2004. It's the Athens Olympic Games. It's the men's 110m hurdles final. It's China's Liu Xiang who won the gold medal. He clocked the 12.91 seconds to break the Olympic record 12.95 seconds set by UK's Collin Jackson in 1993.

Liu Xiang is Chinese athletes' pride. This gold medal is the first gold Chinese and even Asian men's athletes have ever won from the track and field in the Olympic history. It starts a new historical period of track and field in both China and Asia. Liu Xiang was born in Shanghai, the largest city of China, in Jul 13th, 1983. He is 189 centimeters high. With an inborn talent for hurdles, he was selected to Shanghai Technical Sports Institute at 13 years old.

His Main Achievements:



In 2001, won gold medals of Men's' 110 meters hurdles of the National Games, the East Asian Games and the World Students Games.

In 2002, won gold medal of Men's 110 meters hurdles of the Asian Championship.

In 2002, won the gold medal of Men's 110 meters hurdles of the 14th Asian Games.

In 2004, won gold medal of Men's 110 meters hurdles of Osaka Athletics Competition.

In 2004, won gold medal of Men's 110 meters hurdles of the Athens Olympic

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Games

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In July 11, 2006, won the gold medal of Men's 110 meters hurdles in Laussanne International Athletics Competition and broke Men's 110 meters hurdles world record made by the British man Collin. Hackson with the surprising result of 12. 88 seconds.

Now Liu Xiang is training with all his efforts and scientifically under his coach Sun Haiping's guide. We are looking forward to his fantastic show in the Beijing Olympic Games in 2008.

亚洲飞人——刘翔
The Asian Flying-Man —Liu Xiang

2004 年 8 月 27 日，雅典奥运会赛场男子 110 米栏决赛，冠军由中国运动员刘翔获得，成绩为 12 秒 91，打破了 12 秒 95 的奥运会纪录，平由英国选手科林·杰克逊 1993 年创造的世界纪录。



刘翔是中国运动员的骄傲，这枚金牌是中国男选手也是亚洲男选手在奥运会上夺得的第一枚田径金牌，书写了中国田径和亚洲田径新的历史！刘翔于 1983 年 7 月 13 日出生于中国的大都市上海，身高 1.89 米，13 岁时，进入上海运动体育技术学院学习，其个人具有极佳的跨栏运动天赋。

主要成绩如下：

2001 年全运会、东亚运动会、世界大学生运动会男子 110 米栏冠军；

2002 年亚锦赛、第 14 届亚运会男子 110 米栏冠军；

2004 年大阪田径大奖赛，夺得冠军。

……

2006 年 7 月 11 日，洛桑田径国际大奖赛，刘翔以 12 秒 88 的惊人成绩打破了

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沉睡 13 年之久、由英国名将科林·杰克逊创造的男子 110 米跨栏世界纪录!

目前,刘翔正在教练孙海平的科学指导下,刻苦训练,我们期待在 2008 年的北京奥运会上能够再睹飞人的风采。



亚洲女子第一链——顾原

The Best Asian Female Hammer Thrower—Gu Yuan

It used to be a sports world that only European and American players could win the title in women's hammer. These few women hammer throwers, whose achievements are more than 70m, came only from Russia, Poland, Cuba and France, etc. They had won all of the world titles since women's hammer became a formal sports item of the World Championships in 1999. In 2002, China's Gu Yuan broke the Asian achievement with 71.1m in Asian Athletics championships and became the first one whose achievement is more than 70m in Asia. Her achievements suggest that China's hammer level reaches the world standard. Her achievement is 0.45m more than the champion's of World Championships in 2001, and just 0.6m less than the Olympic Games champion's. Looking back at Gu Yuan's achievements, we can find many "firsts". She is the first China's champion in women's hammer, the first Chinese player to break through the barrier of 60 meters, the first who broke the Asian record, the first one who passed the height of 70 meters of women's hammer and the first China's champion of hammer in the World Athletics Championships. She has broken so many records and won so many "firsts". But she said, "It's my biggest regret to lose the Olympic Games that had women's hammer for the first time." She meant the Sydney 2000 Olympic Games, which she lost the chance to join in for just a 0.21m distance. "In that period of time, I couldn't help tearing when I heard the 'Olympic Games'." In 2004, Gu Yuan didn't bring her power into play very well in Athens Olympic Games and won just the 10th place in the race. Gu Yuan was born in the city of Yingkou, Liaoning province in May 1982. In 1994, she began to learn shot

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and javelin in Yingkou Sport School under the guidance of coach Liu Xiliang. In 1996, she began to have hammer training, and selected to Shanxi Provincial Team under the guidance of coach Ou Xiyuan in the same year. Two years later, she was selected to the National Team with the same coach.

Her Main Achievement and Records:



She won gold medal of women's hammer with 61.42m in National Youth Athletics Championships in Xinxiang, Henan and broke the Asian record in 1998.

She won gold medal of women's hammer with 61.86m in Asian Athletics Championships in Fukuoka, Japan and broke the Asian record in 1998.

She broke the Asian record in women's hammer with 62.28m in National Athletics Championships in 1998.

She won gold medal of women's hammer with 66.97m in the 9th National Games in Guangzhou and broke the Asian record in 2001.

She won gold medal of women's hammer with 71.10m in the Asian Athletics Championships in Sri Lanka in 2002.

She won gold medal of women's hammer with 70.49m in the Asian Games in Pusan in 2002.

She won gold medal of women's hammer in World Cup in 2002.

She won the 4th place of women's hammer in World Athletics Championships in 2002.

亚洲女子第一链——顾原
The Best Asian Female Hammer Thrower—Gu Yuan

女子链球运动一向属于欧美选手天下，世界上能投出70米开外的女子链球选手只有俄罗斯、波兰、古巴、法国等国寥寥数人，自女子链球1999年进入世锦赛，世界大赛奖牌尽为她们瓜分。中国选手顾原在2002年的亚洲田径

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锦标赛上以71米10的成绩大幅改写亚洲纪录后，成为亚洲突破70米大关的女子第一人，也标志着中国女子链球一跃达到世界水平，因为此成绩超出2001年世锦赛冠军0.45米，较悉尼奥运会冠军仅0.6米的微小差距。她是中国第一个女子链球冠军、第一位突破60米大关的中国选手、第一个打破亚洲纪录的中国选手、亚洲突破70米大关的女子链球第一人、第一位在田径世界杯上获得女子链球冠军的中国人。太多的破纪录，太多的第一。但是顾原说："没有参加第一届开设女子链球项目的奥运会，那是最大的遗憾。"她说的是2000年悉尼奥运会，顾原以0.21米的距离与它失之交臂。"那段时间，只要别人在我面前提到'奥运会'三个字，我的眼泪就不由自主地流下来。"2004年雅典奥运会上，顾原发挥失常，只取得了第十名的成绩。顾原于1982年5月出生于辽宁省营口市，1994年在营口市体校从事铅球、标枪训练，教练是刘锡良；1996年改练链球，同年进陕西省田径队，教练是欧喜元；1998年入选国家队，教练是欧喜元。

主要成绩和纪录：

1998年，河南新乡全国青年田径锦标赛亚洲纪录61米42；

1998年，日本福冈亚洲田径锦标赛亚洲纪录61米86；

1998年，全国田径锦标赛亚洲纪录62米28；

2001年，广州九运会亚洲纪录66米97；

2002年，斯里兰卡亚洲田径锦标赛亚洲纪录71米10；

2002年，釜山亚运会女子链球比赛以70米49夺得金牌；

2002年，世界杯赛女子链球冠军；

2003年，世界田径锦标赛女子链球第四。

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China Fencing 中国击剑



中国国家击剑队剑指零八北京奥运

Chinese National Fencing Team—Marches to the Peking 2008 Olympic Games

Swordis a holy thing in ancient times. It is the father of the short weapons and the weapon for hand-to-hand fight. Because of its convenience for carrying, grace for wearing, swiftness in application, the emperors and nobles in different dynasties, the merchants and the common people are all proud of holding a sword. The Chinese sword culture is descended from the ancient times with a long history and a profound knowledge. However, what enjoys the most popularity on modern Olympic areas is the dangerous and exciting, mysterious and graceful Western sword, which was popular in the main European countries in the Middle Ages.

Going west along the Chang'an Street and Shijingshan Street, Lao Hill is on the North side of the road. The peaks of the hill rise up one upon another peacefully and they are quite different from the streets a step away, which are full of the endless steams of horses and vehicles. It seems the hill and streets are living in two worlds.

The supreme headquarters of the Chinese "modern chivalrous swordsmen" is

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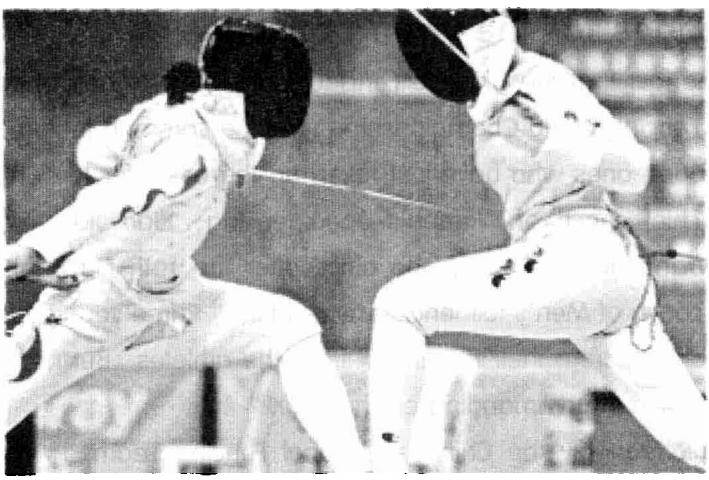
among the peaks.

Last Gold Medal is the Matter Happened 24 Years Ago

The present leader of the Chinese fencing team, Wang Jian, is also a famous swordsman. He retired in the 80s of last century but he never gives up fencing. Then he recalls the history of Chinese fencing, the most successful time is no more than the year 1984 when Luan Jujie attained the gold medal in the Olympics. Wang Jian said, "then I hadn't come to work in the Fencing Center. I was a college teacher." Wang Jian recalls with great emotions, " but since then there has been no breakthrough at all at the Olympic Games for so many years."

After Wang Jian came to work in the Fencing Association, Tan Xue has once got a gold medal in the World Championship. The Chinese team competed for the gold medal in the Olympics for several times but every time, they failed with an error of the breadth of a single hair. Especially at the Athens Olympics the Chinese foilmen-"the three chivalrous swordsmen", got the Silver Medal that was no less outstanding than the Gold Medal. But it is still a pity. "Now all the efforts of the team are going around the Peking 2008 Olympic Games. When I think that it has been already 24 years since the gold medal got at the last Olympics. It is time to have another one."

Worries about Fencing



Although the Chinese National Team has got gold medals in the World Fencing

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Championship, there is no joyful expression on the face of the leader, Wang Jian. And perhaps at this moment he is thinking about the Peking 2008 Olympic Games. Among the six fencing sports Men' and Women's foil fencing, Men's and Women'sépée fencing and Men's and Women's Saber Fencing, Chinese National Team has its advantages in Men's Foil Fencing, Women's épée Fencing and Women' Saber Fencing. But in early 2006, the World Olympic Committee cancelled the two games Men's Foil Fencing and Women's épée Fencing. Only Wang Jian knows clearly about the situation of the Chinese swordsmen. He says, "The strength of the girls in the women's épée fencing are equal. So they are suitable to fight in-group. In personal competition, no one has the certainty to win. So it's better to make them try. Men's foil fencing team has several new members since Wang Haibing and the others retired. And their strength is equal, too and they are lack of experiences and psychological quality. About Women's saber fencing only Tan Xue stands head and shoulders above others and she fights a lone battle."

Still in the Adapting Period with the Foreign Coach

Under the pressure of the Peking 2008 Olympic Games, many sports employ the excellent foreign coaches. Fencing team is no exception. In August 2006, the French coach Boreal joined in Chinese Fencing team and was in charge of Chinese Men and Women's saber fencing. Though Boreal has not worked long in China, the 50-year old French old man has made effective improvement to the daily training of the swordsmen.

Challenges for the young coaches

Behind the fact that the Chinese Fencing team got two gold medals and one bronze in the Fencing World Championship there is a common feature that the coaches are all young ones who have just taken up the office for less than one year. Zhao Gang, chief coach of Women's épée fencing, Xiao Jian, chief coach of Men'sépée fencing have taken up the office after the 10th National Games 2005 and the chief coach of Men's foil fencing more late. "Three young coaches take over the team directly from their retirement from the athletes. But many years fighting make them rich in commanding on the spot."

Wish wholeheartedly the Chinese National Fencing Team a graceful bearing and another success on the Peking 2008 Olympic Games.

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中国国家击剑队剑指零八北京奥运

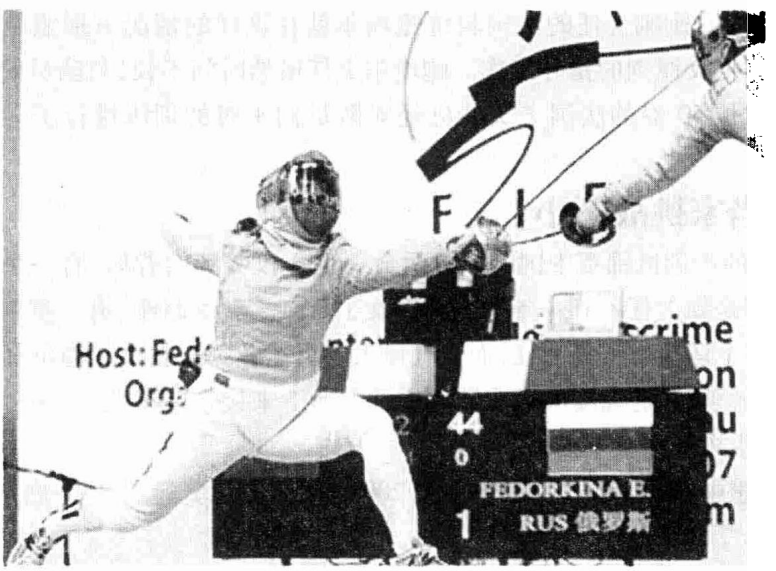
Chinese National Fencing Team—Marches to the Peking 2008 Olympic Games

剑，古之圣品。乃短兵之祖，近搏之器。因其携之轻便，佩之神采，用之迅捷，故历朝王公帝侯，文士侠客，商贾庶民，莫不以持之为荣。中国的剑文化承古自今，源远流长，博大精深。可是，在现代奥林匹克竞技场上流行的却是中世纪在欧洲主要国家大行其道的西洋剑术，惊险刺激、神秘典雅。

顺着北京长安街延伸出去的石景山大街一路向西，老山依靠在路的北边。山势起伏，层峦叠嶂，分外静谧，与数步之遥外车水马龙的大街比起来恍如隔世。

中国“现代剑客”的大本营就隐身其中。

金牌一别24年



中国国家击剑队现任领队王健同样也是名剑客出身，上世纪80年代初退出江湖，但一直没有离开击剑。回顾起中国击剑的历史，最辉煌的时候莫过于1984年栾菊杰在奥运会上剑挑一金。王健说：“那个时候我还没有来击剑中心工作，当时

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还在大学里当老师。”王健回顾起以前的事情颇多感慨，“但是从那之后一直这么多年在奥运会上都没能有所突破。”

王健来到击剑协会工作之后，谭雪曾经取得过一块世锦赛金牌，在奥运会中几次冲击金牌都差之毫厘。特别是在雅典奥运会上中国男子花剑“三剑客”那枚成色不输金牌的银牌最让人惋惜，“现在队里所有的工作都在围绕2008年北京奥运会而展开，想想距离上次奥运会上拿金牌已经是整整24年了，也该再拿块金牌了。”

忧心重重话击剑

虽然中国国家击剑队曾在世界击剑锦标赛上夺得过金牌，可是在领队王健的脸上却看不出任何喜悦的表情，也许在他心里想的是2008年的北京奥运会。男女花剑、男女重剑、男女佩剑共6个剑种中，中国队实力较强的是男子花剑、女子重剑和女子佩剑，但是2006年初国际奥委会却把男子花剑团体和女子重剑团体这两个单项取消了。对于中国剑客们的处境，王健比谁都清楚，“女子重剑方面几名队员实力比较平均，比较适合打团体，如果打个人的话谁也没有把握，只能让她们自己去冲；男子花剑自从王海滨他们退了之后，新上来的几名年轻队员，实力也相当，但还欠缺经验，心理素质还不行；而女子佩剑只有谭雪一枝独秀，孤军奋战。”

与外国教练尚在磨合期

面对北京奥运会的压力，很多项目都请来了外国高水平教练，击剑队也不例外。2006年8月刚刚上任的法国教练鲍埃尔就在这样的情况下加盟了中国击剑队，负责中国男女佩剑的指导工作。鲍埃尔上任虽然时间不长，与队员们还处在磨合期，但是这位50岁的法国老头儿已经对队员们平时的训练进行了一些有效的改进。

少帅当家挑战不小

2006年的击剑世锦赛中国队取得两金一铜3枚奖牌的背后，有一个共同的特点，主教练都是新上任不到一年的少帅。女子重剑主教练赵刚、男子重剑主教练肖剑在2005年十运会后走马上任，而名气最大的男子花剑主教练王海滨任职的时间更晚。“3名少帅都是直接从运动员的位子上退下来接手运动队的，多年征战使得他们在临场指挥上经验丰富。”

衷心祝愿中国国家击剑队能够在2008年的北京奥运会上一展风采，再创辉煌。

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东方第一剑——栾菊杰
No. 1 Foil Fencer in the East —Luan Jujie

In 1984, on the fencing platform of the Women's Foil Fencing finals on the 23rd Olympic Games in Los Angeles, two foil fencers in white clothes and white helmets, with sharp foils in hands began their fierce contest. Suddenly one of them marched on with her foil, turned her wrist and made a splendid defensive counterattack in the very second. Then just like a silver snake dancing in the air, the foil in her hand made the opponent unable to attack back. No. 1 Olympic Women's Foil Fencer Champion was born! She is the Chinese girl who is praised as No. 1 Fencer in the East, Luan Jujie.

Sports Career:

Entering the amateurs Physical Education School in Nanjing in 1973, she was chosen to be a member in the team of Jiangsu province in 1975;

Best Performance:

The Women's champion in the 23rd Olympic Games.

Her Honors:

In 1979 and 1984, rewarded as top ten athlete twice;

In 1978 and 1984, honor badge for sports twice;

In 1983, in the 6th World Women's Foil Fencing competition held in Germany, she licked all the opponents with her sharp sword and got the champion and became the first Asian winner in the World Fencing competitions;

In 1984, praised as the best athlete since the PRC had been founded for 35 years.

Luan Jujie retired after her success. She got married in 1985 and immigrated to Canada with her husband in 1989. From then on people have heard little of Luan Juejie. Luan Jujie, who had immigrated to Canada, went to Canada to brush up her English at her own expense but on a public errand by the nation. Before long, she was invited to join the Edmund Fencing club as an Olympic Champion. Then

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she spent all her energy on cultivating the students. During her stay in Canada, she gave birth to three babies. Every time she had caesarean birth. With the bandage on, she went on with fencing sports. Hard work has been rewarded. Her four students occupied half of the first eight places in Canada Fencing Bulletin. Luan Jujie who is called affectionately "fencing Mother" by her students, is praised as an excellent trainer every year by the Canadian Fencing Association. While being a trainer, she took up the sword and had got National Champion four times in Canada and ranked No. 1 once in the North America Fencing Competition. When she was 43 years old she took the ticket to the Sydney Olympic Games.

Although Luan Jujie has retired from the fencing field for more than 20 years, she gains special popularity in the fencing sports field. Now Luan Jujie is a trainer in a fencing club in the city of Edmonton where she lives.



东方第一剑——栾菊杰

No. 1 Foil Fencer in the East —Luan Jujie

1984 年，在第 23 届洛杉矶奥运会女子花剑决赛的击剑台上，两位身穿白色击剑服、头戴白色护盔、手持利剑的选手展开了激烈较量。突然，其中一位挺身仗剑，在对方将刺的一刹那，猛然翻转手腕，打出一个漂亮的防守反击。随后她手中的利剑似银蛇飞舞，逼得对手毫无还手之力。亚洲的第一位奥运会女子击剑冠军诞生了！她就是被人们誉为"东方第一剑"的中国姑娘栾菊杰。

栾菊杰，江苏南京人，出生于 1958 年 9 月 14 日。她左手持剑，以进攻速度快、战术多变、善反击著称。此前，她还在 1978 年世青赛、1981 年世锦赛中夺得两枚银牌。1983 年，她力挫各路高手，成为亚洲第一位在世界剑坛上蟾宫折桂的人。

运动经历：

1973 年入南京业余体校，1975 年入选江苏省队。

最好成绩：

第 23 届奥运会女子花剑冠军。

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运动成绩：

1978 年，在世界青年击剑锦标赛上获亚军，是 1901 年以来首位进入该项赛事的亚洲选手；

1978 年，获第 8 届亚运会女子花剑冠军；

1979 年，获第 4 届全国运动会女子花剑冠军；

1981 年，获第 36 届世界击剑世界锦标赛女子花剑亚军；

1983 年，在第 6 届国际女子花剑比赛中获冠军，同年获第 5 届全运会女子花剑团体冠军、个人亚军；

1984 年，获世界击剑锦标赛女子花剑冠军；

1984 年，获第 23 届奥运会女子花剑冠军；

1986 年，获第 13 届世界大学生运动员女子花剑团体冠军；

1987 年，获第 6 届全运会女子花剑团体第三名。

所获荣誉：

1979 年、1984 年，两次当选为全国十佳运动员。

1978 年、1984 年，两次获体育运动荣誉奖章。

1983 年，在德国举行的第 6 届国际女子花剑比赛中，她依仗手中的利剑，力挫各路高手，独占鳌头，成为亚洲第一个在世界剑坛折桂的人。

1984 年，当选为建国 35 年以来杰出运动员。



创造辉煌后的栾菊杰退役，1985 年栾菊杰结婚，1989 年夫妻二人移民加拿大。从此人们很少听到有关栾菊杰的消息。已经移民加拿大的栾菊杰，离队后由国家公派、自费前往加拿大进修英语。不久，身为奥运冠军的她应邀加入了埃德蒙多击剑俱乐部。从此，她把她的全部精力放在了培养学员身上。在加拿大期间，栾菊杰生了 3 个孩子。现在最大的 8 岁，最小的不到 2 岁，每次都是剖腹产，绷带还没拆，就又走上了剑道。辛勤的劳动换来了丰硕的果实，她的 4 名弟子在加拿大击剑排名榜前 8 名中占了半壁江山。被学员们昵称为“击剑妈妈”的栾菊杰，年年被加拿大击剑协会评为优秀教练。在执教的同时，还挥起长剑，四次夺得加拿大全国冠军，一度排名北美花剑赛第一名。曾经 43 岁的她还获得了悉尼奥运会入场券。

虽然栾菊杰已经淡出剑坛 20 余年，但是她依然在剑坛拥有超高的人气。目前栾菊杰在居住的埃德蒙顿市的一家击剑俱乐部任教练。

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China 中国举重
China WeightLifting



怒吼大力士——占旭刚
The Roaring Weightlifter —Zhan Xugang

Zhan Xugang was born in 1970 in Kaihua city of Zhejiang province. He is a famous athlete in weightlifting in China or even in the world. In 1987 he was chosen to go to the Provincial Weightlifting team from the Juvenile Physical Education School of Kaihua city. In 1993 he was chosen as " Excellent Asian young weightlifter". In January 1994 he was selected as a member of the national team and had the first world level skills in 70 kilograms. In the Olympic Games in 1996, he got three medals in the discipline and broke the three world records. His sport life reached its top at this moment. Zhan Xugang was by nature frank and loved weightlifting much. Though he uses "Squat-Jerk" in the clean and jerk, his movements are smooth and reasonable and he has great power too. He is an athlete with power and skills. In 1998, after the World Weightlifting Association has adopted new men's code in weight division, Zhan Xugang went up from 70 kg to 77kg. In this division the skillful opponents give him more challenges. However, in the 77kg finals in the 2000 Sydney Olympic Games Zhan Xugang made the incredible "great reversal" and put the gold medal into his own "pocket".

Best Performance:

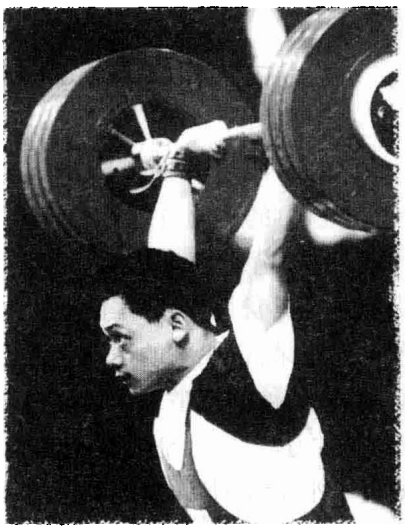
Champion of 70kg in the Atlanta 1996 Olympic Games in weightlifting (the best

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performance is 370kg)

Champion of 77kg in the Sydney 2000 Olympic Games

Sports Career:



Practice weightlifting in Kaihua Physical Education School in 1987, learned from Zhu Yun'er; chosen to Zhejiang Provincial Weightlifting team from the school in the same year and learned from Chen Jilai; chosen to the National Juvenile team in 1993 and learned from Chen Jilai; chosen to the National Weightlifting team in January 1994 and the trainer was Chen Guanhu.

The key Records He Made:

In 1993, the Asian Snatch Record of 70kg in the 7th National Games in Peking;

In 1994, world clean and jerk record of 70kg in1994 Jakarta World Junior Weightlifting Championship (183kg);

In 1995, three Asian records of snatch/clean and jerk/ and two-lift total of 70kg in Pusan Asian Men's Weightlifting Championship (153kg, 188.5kg and 340kg);

In 1996, world clean and jerk record of 70kg in Chiba of Japan Asian Weightlifting Championship;

In 1996, world clean and jerk of 70kg in total in 1996 Atlanta Olympic Games (357.5kg);

In 1997, world clean and jerk record of 70kg in Tailand World Men's Weightlifting Championship (195.5);

In 1999, world clean and jerk record of 77kg in the 13th World weightlifting Championship in China (206kg).

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怒吼大力士——占旭刚
The Roaring Weightlifter —Zhan Xugang

占旭刚于1970年出生于浙江省开化市，是我国举重乃至世界举坛上著名的运动员之一。1987年从浙江省开化市少体校入选浙江省举重队，1993年被评为“亚洲优秀青年举重运动员”。1994年1月入选国家队，在70公斤级项目上具备世界超一流水平。1996年奥运会上，夺得该项目三项冠军，并破三项世界纪录，占旭刚的运动生涯至此达到巅峰。占旭刚生性直率又非常喜爱举重运动，虽然他的挺举采用目前已较少有人使用的“下蹲挺”动作，但他技术动作合理且流畅，力量又好，是力量型和技术型兼而有之的选手。1998年国际举联实行新的男子举重级别后，占旭刚由过去的70公斤“升级”到77公斤级，这一级别的高手众多，对他的考验更大了。但2000悉尼奥运会77公斤级决赛中，占旭刚依然完成不可思议的“大逆转”，将金牌揽入囊中。

最好成绩：1996年亚特兰大奥运会举重赛70公斤级冠军（最好总成绩：370公斤）。

2000年悉尼奥运会77公斤级举重赛冠军。

运动生涯：

1987年在开化体校练举重，教练朱云儿；同年从开化市少体校进入浙江省举重队，教练陈继来；1993年入选国家青年队，教练陈继来；1994年1月入选国家队，教练陈冠湖。

主要成绩：

1993年3月21日，参加第7届全运会男子举重预赛暨全国锦标赛，以327.5公斤的成绩，获70公斤级总成绩第二。

1993年5月20日，参加在捷克共和国西部城市赫布举行的第19届世界青年举重锦标赛70公斤级比赛，以抓举145公斤、挺举180公斤和总成绩为325公斤获三项冠军。

1993年12月16日，参加第七届亚洲青年男子举重锦标赛70公斤级比赛，以抓举145公斤、挺举175公斤和总成绩320公斤获三项冠军。

1994年4月，参加全国举重锦标赛，获70公斤级抓举冠军。

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1994 年 7 月，参加在雅加达举行的第 20 届世界青年举重锦标赛 70 公斤级比赛，以抓举 145 公斤、挺举 183 公斤和总成绩 327.5 公斤，获三项冠军。其中挺举成绩创青年世界纪录，总成绩平青年世界纪录。

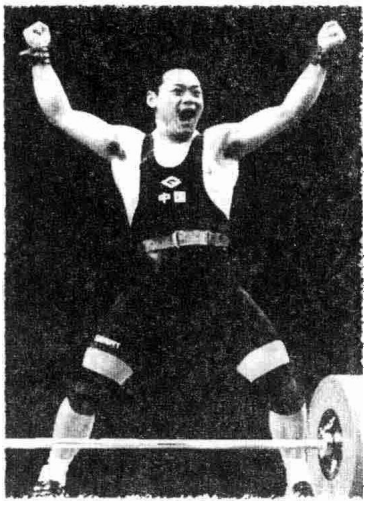
1994 年 10 月，参加在日本广岛举行的第 12 届亚运会，以 330 公斤的成绩夺得男子举重 70 公斤级总成绩冠军。

1995 年 4 月，参加在中国北京国际举重邀请赛男子 70 公斤级比赛，以 180 公斤的成绩超过挺举世界纪录，并以抓举 145 公斤、总成绩 332.5 公斤获冠军。

1995 年 4 月，参加在南宁举行的“南天座杯”全国男子举重锦标赛，获男子 70 公斤级挺举和总成绩冠军。

1995 年 7 月 5 日，参加在韩国釜山举行的第 27 届亚洲男子举重锦标赛 70 公斤级比赛中，以 153 公斤的成绩打破抓举亚洲纪录，并获冠军；以 188.5 公斤的成绩打破挺举亚洲纪录，并获冠军；以 340 公斤的成绩打破总成绩亚洲纪录，并获冠军。

1995 年 11 月 20 日，参加在广州举行的第 67 届男子世界举重锦标赛 70 公斤级比赛，以 157.5 公斤获抓举亚军，以 190 公斤获挺举亚军，以 347.5 公斤获总成绩冠军。



1996 年 1 月 26 日，参加在北京举行的迎春全国举重精英赛 76 公斤级比赛，以 196 公斤的成绩打破挺举全国纪录。

1996 年 4 月 6 日，参加在日本千叶举行的亚洲举重锦标赛男子 70 公斤级比赛，以抓举 160.5 公斤的成绩打破世界纪录，获抓举、挺举和总成绩 345 公斤三项亚军。

1996 年 7 月 23 日，参加在美国亚特兰大举行的第 26 届奥运会男子举重 70 公斤级比赛，以抓举 162.5 公斤、挺举 195 公斤和总成绩 357.5 公斤的成绩打破三项世界纪录，并获冠军。

1997 年 5 月，参加在韩国举行的第二届东亚运动会举重比赛，以 330 公斤获 70 公斤级总成绩冠军。

1997 年 10 月，参加在上海举行的第八届全运会举重比赛，以 360 公斤的成绩获男子 70 公斤级总成绩第一名。

1997 年 12 月，参加在泰国举行的第 68 届世界男子举重锦标赛，以 195.5 公斤的成绩打破男子 70 公斤级挺举世界纪录，并获挺举第二名；以 157.5 公斤和 352

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公斤的成绩获70公斤级抓举和总成绩第二名。

1998年4月,参加在重庆壁山举行的全国男子举重锦标赛暨曼谷亚运会选拔赛男子77公斤级比赛,以抓举160公斤、挺举205.5公斤和总成绩365公斤的成绩获三项冠军。并超过该级别205公斤的挺举世界纪录。

1998年10月,参加在长沙举行的全国男子举重冠军赛,获77公斤级总成绩冠军。

1998年11月,参加在芬兰拉赫蒂举行的世界举重锦标赛,以200公斤的成绩获男子77公斤级挺举第4名。

2000年,悉尼奥运会77公斤级总成绩冠军。

主要纪录:

1993年,北京第7届全运会70公斤级抓举亚洲纪录;

1994年,雅加达世界青年举重锦标赛70公斤级挺举世界纪录,183;

1995年,釜山亚洲男子举重锦标赛70公斤级抓举/挺举/总成绩三项亚洲纪录,153/188.5/340;

1996年,日本千叶亚洲举重锦标赛70公斤级抓举世界纪录,160.5;

1996年,亚特兰大奥运会70公斤级总成绩世界纪录,357.5;

1997年,泰国世界男子举重锦标赛70公斤级挺举世界纪录,195.5;

1999年,中国第31届亚洲男子举重锦标赛77公斤级挺举世界纪录,206。



大器晚成——张国政
Great Minds Mature Slowly —Zhang Guozheng

From the fourth in the list of the Sydney 2000 Olympic Games to the winner of gold medal in the Athens 2004 Olympic Games, Zhang Guozheng made a bet on his waist, and got a precious gold medal for Chinese delegation. After he got the medal he sobbed greatly when he was interviewed. In fact too many efforts and desperations were hidden behind it.

Zhang Guozheng was born in Xianyou city, Fujian province in September 1974. When he was 7 years old, he was dragged to the weightlifting school by his

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brother and began his weightlifting career. Dull weightlifting practice was not attractive enough to him and he became a "deserter". Later under the pressure from the family he accepted the training unwillingly. When he graduated from the primary school he had attained the champion of the provincial juvenile weightlifting competition and he was admitted by the middle school as the second in the name list of all the attendants of the county. His outstanding success won the special fancy from Professor Peng Keguang of Peking Physical Education University and was admitted to be his student. And he accepted systematical, scientific and strict training there. Later Peking Physical Education University admitted him. After graduation he was unable to remain at the university as a faculty member and he went to Yunnan province feeling he had been wronged and acted as a trainer there. When he found there were no young successors to cultivate he chose a higher goal of entering the National Weightlifting team. In the end of 1998 the National Weightlifting Competition was held in Changsha. And it is because of his excellent performance in this competition that he was chosen to be a member of the National Weightlifting team in 1999 and then he was 25 years old. In the eyes of the others it was a time for people to retire. But Zhang Guozheng continued to practice and trained persistently and he earned the present glory in the end.

Best performance: gold medal of 69 kg in the Athens 2004 Olympic Games



Sportsman career: in March 1983 in Nanping amateur physical education school in Nanping, Fujian province to practice weightlifting, the trainer was Lai Zhecheng, and Xue Xingbi; had been and trained in Peking Physical Education University from 1988 to 1998 and the trainer was Peng Keguang; entered Yunnan Provincial Weightlifting team and the trainer was Huang Xinhua and entered the National Weightlifting team in January, 1999 and learned from Cai Shuyan.

His Main Achievements:

In 2000, the fourth place of 69kg division in the Sydney Olympic Games;

In 2001, gold medals of snatch/clean and jerk/ two-lift total of 69kg division in the Ninth National Games;

In 2002, snatch/ clean and jerk/ two-lift total champions of 69kg division in the

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Pusan Asian Games;

In 2002, snatch/ clean and jerk/ two-lift total champions of 69kg division in the World Weightlifting Championship;

In 2003, snatch/ clean and jerk/ two-lift total champions of 69kg division in the Asian Weightlifting Championship;

In 2003, snatch/ clean and jerk/ two-lift total champions of 69kg division in the World Weightlifting Championship;

In 2004, gold medal of 69kg division in the Athens Olympic Games;

In 2006, gold medal of 69kg in the Doha Asian Games.

Main record: world clean and jerk record of 69kg division in Asian Weightlifting Championship in Qinhuangdao in 2003 (197.5kg).



大器晚成——张国政
Great Minds Mature Slowly —Zhang Guozheng

从2000年悉尼奥运会69公斤级举重的第四名到2004年雅典奥运会的金牌得主，张国政用自己的腰做赌注，硬是为中国代表团拼得了一枚宝贵的金牌。在取得这块金牌之后，张国政接受采访时泣不成声，的确在这一金牌的背后掩盖了太多的血泪和挫折。

张国政于1974年9月出生于福建省仙游市，7岁那年，张国政被自己哥哥张国权硬拽到举重学校，也就从此开始了张国政的举重生涯。枯燥的举重训练对一个7岁的孩子确实没有太大的吸引力，张国政竟然当起了“逃兵”，后来迫于家庭的压力才硬着头皮接受了训练。到小学毕业时，张国政已经取得了全省少年举重比赛的冠军，并且以全县第二名的成绩考上了中学。张国政在福建省少年举重比赛的出色表现，赢得了北京体育大学彭可光教授的青睐，并被其招入门下，接受了比较系统、科学、严格的训练。后来张国政还考取了北京体育大学，大学毕业后，张国政未能留校，一赌气去了云南省当了一名教练，在那里没有发现合适的苗子可以培养，他便选择了更高的目标——进入中国国家举重队。1998年底，全国举重比赛在长沙进行，正是由于这次比赛成绩的优异，张国政于1999年进入了国家队，那一

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年他25岁。在别人看来是快要退役的年龄了，但是张国政还是认真刻苦、坚持不懈的训练，终于换来了今天的辉煌。

最好成绩：2004年雅典奥运会69公斤级金牌

运动经历：

1983年3月进福建南平业余体校练举重，教练赖枝成、薛行弼；1988年至1998年在北京体育大学上学、训练，教练彭可光；1995年进入云南省举重队，教练黄华新；1999年1月入选国家队，教练蔡炎书。

主要成绩：



2000年，悉尼奥运会69公斤级总成绩第四；

2001年，第9届全运会69公斤级抓举/挺举/总成绩冠军；

2002年，釜山亚运会69公斤级抓举/挺举/总成绩冠军；

2002年，世界举重锦标赛69公斤级抓举/挺举/总成绩冠军；

2003年，亚洲举重锦标赛69公斤级抓举/挺举/总成绩冠军；

2003年，世界举重锦标赛69公斤级抓举/挺举/总成绩冠军；

2004年，雅典奥运会69公斤级金牌；

2006年，多哈亚运会69公斤级金牌。

主要纪录：

2003年，秦皇岛亚洲举重锦标赛69公斤级挺举世界纪录，197.5公斤。

巾帼英雄——李卓
A Heroine—Li Zhuo

Amazing the world with a single brilliant feat in her first participation in the world championship. she broke the world record with the result of 95 kilograms in Women's 48 kilograms division in the 2004 Athens Olympic Games

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and she was the first who broke the world records and she was also the first athlete who broke the world records of the Chinese Brigade in the Olympic Games after the opening of it. She is Li Zhuo, a girl from Liaoning province.

In the first day competition of the Athens 2004 Olympic Games Chinese team compete for the gold medals of five events. Before competition the head trainer of the Chinese Weightlifting Team, Li Shunzhu ordered in obedience to orders from the brigade leader that the Chinese team scramble for the gold medal and make sure the team must attain gold medal in the first day competition to encourage the competitors. Li Zhuo says frankly, "I won't be afraid of any one in the Games and I have confidence to hold the gold medal in my hand. I won't belittle each of the opponents and I won't be scared by any of them!" In the Snatch Competition, there had been 15 competitors and Li Zhuo asked 90kg for her first lift and she made the others feel terrified because the weight she lifted up weighed 5 kg more than the one whose was nearest to hers. Li Zhuo in red lifted up easily the weight of 90kg and she lifted easily 92.5kg in her second lift and the third 95kg. She broke the world record she made in Qingdao last year.



Li Zhuo is not the image in people's imagination of broad shoulders, wide back, short and strong. On the contrary, she is of proportional build. In order to be qualified to attend the 48kg division competition she would try to lose a weight of 2 to 3kg. Li Zhuo on the competitive platform is full of pressing heroic spirit with certain air of chivalrous swordsman. In the National Games in 1997, she attained the gold medal and defeated all her powerful opponents. Her best performance: champions of snatch/clean and jerk/two-lift in total of 48kg division in the 1999 Asian Weightlifting Championship (best total: 212.5kg)

Sportsman Career:

In January, 1994, entered Tieling Juvenile Physical Education School, entered Liaoning Provincial Sports School in July, 1995, and in February, 1998 chosen first as a member of the National Assembled Team of athletes in training.

Main Achievements:

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Champions of snatch/clean and jerk/ two-lift in total of 48kg division in the 1999 Asian Championship;

Champion of two-lift total of 48kg in the East Asian Games in 2001; Champion of two-lift total of 48kg in the Ninth National Games in 2001;

Champions of snatch/clean and jerk/ two-lift in total of 48kg division in the 2002 Asian Championship;

Champions of snatch/clean and jerk/ two-lift in total of 48kg division in the 2003 Asian Championship;

Champions of snatch/clean and jerk/ two-lift in total of 48kg division in the 2004 Asian Championship;

Silver medal of 48kg division in the Athens Olympic Games...

Main Records:

Three world records of snatch/clean and jerk/two-lift in total of 48kg division in the 1999 Asian Championship, 83/113/195kg;

World record of two-lift total of 48kg in the Ninth National Games in 2001, 202.5kg;

Two world records of snatch/clean and jerk/of 48kg division in the 2002 National Championship, 92.5/207.5kg;

Two world records of snatch/clean and jerk/of 48kg division in 2003 Asian Championship, 93.5/116.5kg.



巾帼英雄——李卓
A Heroine—Li Zhuo

首次参加世界大赛，便一鸣惊人，在2004年雅典奥运会举行的女子48公斤级举重比赛中，以95公斤的成绩，打破世界纪录，这是本届奥运会开幕后，第一个打破世界纪录的人，也是中国队在本届奥运会上第一次打破世界纪录的选手。她便是辽宁姑娘李卓。

2004年雅典奥运会首日大赛，中国队在五个项目上将争夺金牌。赛前举重队主教练李顺柱已遵代表团领导指示，下达必夺令，要保证中国队首日开门红，以鼓

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舞士气。李卓也坦言:“我在奥运会上不会怕任何对手,有信心不会让那块金牌丢了,我不会轻视每个对手,也不会被对手吓倒!”在抓举比赛中,共有 15 人参加,她第一举要了 90 公斤,一下子使其它选手望其项背,她的重量比最接近的一位选手就多 5 公斤。身穿红色举重服的李卓,轻松地举起 90 公斤。第二次试举又轻轻地举起了 92.5 公斤,第三把她举起 95 公斤,打破了由她自己去年在青岛创造的世界纪录。

李卓不是人们想象中那种膀大腰圆、矮矮壮壮的举重运动员,她身材匀称,为了符合参加 48 公斤级比赛的条件,每次赛前甚至还要减重两到三公斤。赛场上的李卓英气逼人,很有几分江湖侠客的气质,在 1997 年全国运动会上,她傲视群雄,一举荣获 50 公斤级冠军。最好成绩:1999 年亚洲举重锦标赛 48 公斤级抓举/挺举/总成绩冠军(最好总成绩:212.5 公斤)。

运动经历:

1994 年 1 月进入铁岭市少儿体校,1995 年 7 月进入辽宁省体育运动技术学院,1998 年 2 月首次入选国家集训队。

主要成绩:

1999 年,亚锦赛 48 公斤级抓举/挺举/总成绩冠军;

2001 年,东亚运动会 48 公斤级总成绩冠军,九运会 48 公斤级总成绩亚军;

2002 年,亚运会 48 公斤级抓举/挺举/总成绩冠军;

2003 年,亚锦赛 48 公斤级抓举/挺举/总成绩冠军;

2004 年,亚锦赛 48 公斤级抓举/挺举/总成绩冠军;

2004 年,雅典奥运会 48 公斤级银牌。

主要纪录:

1999 年,亚锦赛 48 公斤级抓举/挺举/总成绩三项世界纪录,83/113/195 公斤;

2001 年,九运会 48 公斤级总成绩世界纪录,202.5 公斤;

2002 年,全国锦标赛 48 公斤级抓举/总成绩两项世界纪录,92.5/207.5 公斤;

2003 年,亚锦赛 48 公斤级抓举/挺举两项世界纪录,93.5/116.5 公斤。

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