

中国残疾人体育丛书

# 残奥运动 在中国

*The Paralympic Movement in China*

中国残奥委员会 编



华夏出版社

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# 前言

## Preamble



残奥运动在中国起步腾飞，给世界残疾人体坛增添了色彩与光辉。自 1984 年起，我国参加了 6 届夏季残奥会，成绩逐步提高，五星红旗一次次在国际赛场上升起，《义勇军进行曲》一遍遍回荡在异国的天空。在雅典残奥会上，金牌总数和奖牌总数双第一，全球华人为之震撼，各国朋友投以钦佩的目光。我国残奥运动在残奥国际舞台上已占有重要一席，它体现了改革开放的成就，彰显了综合国力的提升。8300 多万残疾人深深感受到了党和政府的关怀和社会各界的真情以及屹立于世界之林的自豪。

The development of Paralympics Movement in China adds to the prestige of the world sports for the persons with disabilities. Since 1984, China has participated in 6 Paralympic summer games, and every time with greater achievement. The national flag rose and the national anthem played time and time again on the world sport arena. At 2004 Athens Paralympic Games, China ranked first on both gold medal tally and medal tally, deeply inspiring overseas Chinese and attracting admirations of foreign friends. The fact that China is playing an important role in global Paralympic movement highlights the achievement of the reform and opening-up policy and the elevation of the comprehensive national strength. Being the focus of concern from the

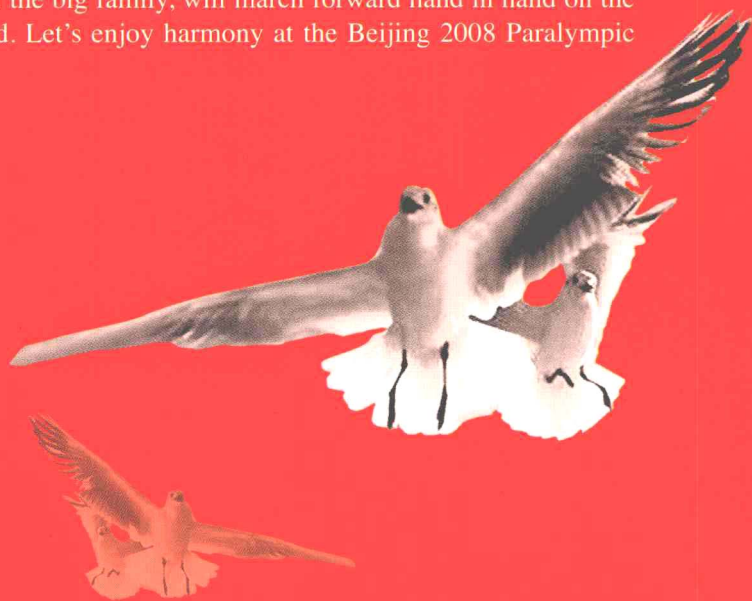
Party, the government and the society, 83 million persons with disabilities in China feel proud of the rapid developing motherland.

广大读者迫切要求更多地了解我国残奥运动的发展历程、现状与未来，以及它的知识与特点。几经筹划，《残奥运动在中国》和大家见面了。它的出版对于在世界上人口最多的国家广泛宣传残奥运动，从一个侧面展现人类文明的进步及人类强大的生命力，有着积极的意义。

Readers would like to know the development process, the status quo and the future of the Paralympic Movement in China, and also the profile and features about the Paralympic Movement. As a result, the Paralympic Movement in China finally came out after thorough preparation. It carries momentous significance as to promote Paralympic movement in the country with the most population in the world and to manifest the advancement of human civilization and the power of life of human beings.

2008年第十三届夏季残奥会在北京举行，标志着残疾人体育运动在中国的发展进入了一个崭新的阶段，“同一个世界 同一个梦想”的口号在全球唱响；“福牛乐乐”与五福娃亲密牵手，遍及大街小巷；残奥会会徽“天地人”与奥运会会徽“舞动的北京”被越来越多的人知晓；“超越、融合、梦想”与“绿色奥运、科技奥运、人文奥运”的理念也被频频提及，广泛传播。所有这一切让人们有理由对举办“同样精彩”的奥运会与残奥会充满了信心。中国残疾人联合会主席、北京奥组委执行主席邓朴方在他的《关注残奥 共享和谐》一文中号召我们：“我们期待全世界的残奥健儿本着‘超越、融合、共享’的残奥理念，创造生命辉煌，实现崇高梦想。我们期待，残疾人与健全人在体育运动和社会生活中享有平等的权利和尊严，在伟大的人类精神的感召下共享体育运动盛会带来的魅力与欢乐、奋斗与友谊、梦想与成功。我们期待共享社会物质文明、精神文明和政治文明进步的成果，共同推动世界的和平与发展。我们更加期待残疾人和健全人能够在世界大家庭中相互交融，在共建和谐世界的伟大进程中携手同行。2008年北京残奥会，让我们共享和谐！”

In 2008, the 13<sup>th</sup> Paralympic Games is to be held in Beijing, a new phase for disability sports in China. The motto "One World One Dream" is widely heard in the world, the Paralympic Games mascot Fu Niu Lele and the 5 Fuwas enjoy equal popularity, the Paralympic Games emblem "Sky, Earth and Human Beings" and the Olympic Games emblem "Chinese Seal, Dancing Beijing" are well known, and the concept of the Paralympic Games "Transcend, Integrity and Equality" and the Concept of the Olympic Games "Green Olympics, Hi-tech Olympics and People's Olympics" have been widely talked about and disseminated. All this makes people confident about the "Two Games, Equal Splendor". As Chairman of China Disabled Persons' Federation and Executive President of Beijing Organizing Committee of Olympic Games (BOCOG) Mr. Deng Pufang said in his article Focusing on Paralympics, Enjoying Harmony, that "we hope to see all Paralympics athletes, inspired by the concept of 'Transcend, Integrity and Equality', create resplendence of life and realize their dreams. We hope the persons with disabilities and the able-bodied persons could share equal rights and dignity in sport and social life, and enjoy the fascination and happiness, the endeavor and friendship as well as the dream and success brought by sports under the inspiration of the great human spirit. We are expecting to share the fruits of material, political and spiritual civilization, and promote world peace and development. And, we believe the persons with disabilities and the able-bodied persons could, as members of the big family, will march forward hand in hand on the road to the harmonious world. Let's enjoy harmony at the Beijing 2008 Paralympic Games!"





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## 结 语 Closing Remark



# 第一章 | 残奥运动的起源

## Chapter 1 Origin of the Paralympic Movement

自有人类就有残疾人。残疾是人类发展进程中不可避免要付出的一种代价，它是社会问题，是世界性问题。

据联合国统计，全球有6.5亿残疾人。

据2006年抽样调查，我国有8300多万残疾人，约占全国人口的6.34%。就是说，在我国每16个人中就有一个残疾人，有残疾人的家庭人口达到2.6亿，每5个家庭中就有一个家庭有残疾人。

Along with the existence of human beings, there are always persons with disabilities as an inevitable price paid for the human development. It is a social issue and as well as a global issue.

According to the UN statistics, there are 650 million persons with disabilities.

In 2006, the second national sample survey on people with disabilities showed that China has 83 million people with disabilities, accounting for 6.34% of the total population, i.e., there is 1 person with a disability out of every 16 persons, and that the population of families with persons with disabilities totaled 260 million, i.e., one of every 5 families has 1 person with a disability.



路德维格·古特曼博士  
Dr. Ludwig Guttman



二战期间，全世界共有5500万—6000万人死亡，1.3亿人受伤，其中英国就有120万人。图为欧洲战场上的受伤士兵

During the World War II, 55 to 60 million people died, and 130 million people were injured, 1.2 million of whom were British. The pictures above show the injured European soldiers on the battlefield





- ▶ 1960年第一届残奥会至今，轮椅篮球一直被列为残奥会正式比赛项目，是残奥会最受欢迎和喜爱的比赛项目之一

Since the 1<sup>st</sup> Paralympic Games in 1960, wheelchair basketball has been the official sport of the Paralympic Games, and one of the most popular Paralympic sports

- ▲ 1948年，路德维格·古特曼博士为在“二战”中脊髓损伤的退役士兵组织运动会。从此，残疾人体育活动在全世界逐步兴起

In 1948 Dr. Ludwig Guttman organized a competition for military veterans who suffered spinal cord injuries in World War II. Since then sports for the persons with disabilities sprung up in the globe

- ▶ 1988年在汉城举行的第八届残奥会上，盲人柔道第一次被列入正式比赛项目

At the Seoul Paralympic Games in 1988, Judo was included for the first time as an official Paralympic sport



残奥运动诞生于“二战”后的欧洲。为了让“二战”中因脊髓损伤导致下肢瘫痪的士兵能够恢复健康，1948年在英国外科医生路德维格·古特曼博士的努力下，首届专为世界大战中脊髓损伤的退役士兵组织的运动会在英国举办，当时只有16名坐在轮椅上的伤残士兵参加。从1952年起，该赛事成为国际性的残疾人体育活动。

The Paralympic Movement originated in Europe after World War II. For rehabilitation of military veterans who suffered spinal cord injuries in the war, the first Stoke Mandeville Games was introduced by a British neurologist Dr. Ludwig Guttman in Great Britain in 1984, in which only 16 veterans in wheelchairs participated. Since 1952, the Games have been an international event for persons with disabilities.

1960年，来自欧美23个国家的400名运动员聚会意大利罗马，举行了首次世界残疾人运动会。这届运动会后来被国际奥委会正式承认为第一届残奥运动会。

In 1960, 400 athletes from 23 European and American countries participated in the first Games for persons with disabilities in Rome, Italy. This was later officially recognized by the IPC as the 1<sup>st</sup> Paralympic Games.



▲ 国际残疾选手盛装舞比赛始于1984年纽约世界运动会。在1996年亚特兰大残奥会上，马术正式成为残奥会比赛项目

Para equestrian Dressage was first introduced at the New York World Games in 1984 and was included as an official Paralympics sport at the Atlanta Paralympic Games in 1996

▲ 随着科技的进步，轮椅竞速、自行车等专项器材装备的含金量越来越高。图为一位小腿假肢运动员在比赛中

With the advancement of technology, the equipment used for cycling and wheelchair racing has more and more technical contents. The picture shows an athlete that uses high-tech prosthetic foot for his sprinting races

此后，其他残疾类别的残疾人士也建立起各类残疾类别的国际性体育组织，举办相应的国际性体育比赛。为了协调各国和地区的残疾人体育活动，1989年国际残奥委员会（IPC）在德国杜塞尔多夫成立。国际残奥委员会是一个国际性非赢利机构，由其会员组成和管理。会员主要包括165个国家和地区的残奥委员会、5个国际残疾人体育组织、23个单项体育组织和5个区域性体育组织。五个国际残疾人体育组织是：

Later on, different international sports associations for various categories of disabilities were founded and relevant games were held. In order to coordinate the sports affairs in different countries and regions, the International Paralympic Committee (IPC) was founded in 1989 in Düsseldorf, Germany. The IPC is a non-profit institution composed of 165 regional and national Paralympic committees, 5 international sports organizations for persons with disabilities, 23 international Paralympic sports federations and 5 regional sports organizations. The international sports organizations for persons with disabilities are:

国际脑瘫人体育和休闲运动协会（CP—ISRA）；





▲ 冬季残奥会从1976年在瑞典举办第一届以来，已举办了9届

The 1<sup>st</sup> Paralympic Winter Games was held in Sweden in 1976. Up till now, 9 sessions of the Games have been delivered



国际盲人体育联盟 (IBSA) ;  
国际智力残疾人体育联盟 (INAS—FID) ;  
国际轮椅体育运动联盟 (ISMWSF) ;  
国际残疾人体育组织 (ISOD) 。

Cerebral Palsy International Sports and Recreation Association (CP-ISRA) ;  
International Blind Sports Federation (IBSA) ;  
International Sports Federation for Persons with an Intellectual Disability (INAS-FID);  
International Stoke Mandeville Wheelchair Sports Federation (ISMWSF) ;  
International Sports Organization for the Disabled (ISOD).

国际残奥会是世界范围内最高级别的残疾人体育赛事，它是与健全人奥运会平行的运动会。从1960年开始，残奥会每4年举办一次。1988年汉城第八届残奥会以后，形成了每届夏季残奥会和夏季奥运会在同一个城市举办的惯例。2001年6月19日，国际奥委会和国际残奥委员会签署合作协议：从2008年北京奥运会开始，由一个组委会同时组织举办两个奥运会。

The Paralympics, parallel to the Olympics, is a multi-sport, multi-disability competition of elite, world-class, disabled athletes. Starting from 1960, the Paralympic Games were held once every 4 years. Since the 8<sup>th</sup> Paralympic Games held in Seoul, Korea, Paralympic Summer Games and Olympic Summer Games have been held in the same city. On 19<sup>th</sup> June 2001, the International Olympic Committee (IOC) and the International Paralympic Committee (IPC) signed a cooperation agreement, providing that one organizing committee organizes and conducts both of the two games starting from 2008 Beijing Olympic Games.

44年过去了，从最初的只有23个国家和地区的400多名运动员，到第12届雅典残奥会136个国家和地区的3806名选手参赛，这不仅标志着时代的发展，也体现了人类社会文明的进步。

Over the past 44 years, participating athletes have increased from some 400 from 23 countries and regions at the 1<sup>st</sup> Paralympic Games to 3806 from 136 countries and regions at the Athens 12<sup>th</sup> Paralympic Games, showcasing the development of the society and the progress of human civilization.

2008年将在中国北京举办第十三届夏季残奥会。

The 13<sup>th</sup> Paralympic Summer Games is to be held in 2008 in Beijing, China.