



携手奥运

北京的民族传统体育



中国民族摄影艺术出版社

HAND IN HAND WITH OIYPIC GAMES—TRADITIONAL SPORTS OF ETHNIC MINORITIES IN BEIJING



---

图书在版编目 (C I P) 数据

携手奥运: 北京的民族传统体育 / 北京市民委, 民族画报社编著. —北京: 中国民族摄影艺术出版社, 2008.6  
ISBN 978-7-80069-876-7

I. 携… II. ①北…②民… III. 民族形式体育—研究—北京市 IV. G852.9

中国版本图书馆 CIP 数据核字 (2008) 第 089124 号

---

出 版 中国民族摄影艺术出版社  
地 址 北京市东城区和平里北街 14 号 (邮编 100013)  
开 本 889 毫米 × 1194 毫米 1/12  
印 张 8 印张  
印 数 限量 2008 册  
版 次 2008 年 7 月第 1 版第 1 次印刷  
印 刷 北京博海升印刷有限公司  
书 号 ISBN 978-7-80069-876-7  
定 价 158 元

版权所有 侵权必究



HAND IN HAND WITH OLYMPIC GAMES

TRADITIONAL SPORTS OF ETHNIC MINORITIES IN BEIJING

# 携手奥运 北京的民族传统体育

爱新觉罗召驤题籤



中国民族摄影艺术出版社





## 编 委 会

---

主 编	牛 颂
副 主 编	祁继先 司永成
编 委	司永成 包杰 赵丽娜 丁刚 何瑛 黄维 张献民 央金 武倩
摄 影	祁继先 袁东平 丁卫国 滕俊 杨博 黄维 卞恒青 央金
责 任 编 辑	央 金
装 帧 设 计	李剑峰
英 文 翻 译	穆 谦
书 名 题 字	爱新觉罗·启骧

## Editorial Team

---

**Editor-in-chief** Niu Song

**Deputy Editor-in-chief** Qi Jixian, Si Yongcheng

**Writers** Si Yongcheng, Bao Jie, Zhao Lina, Ding Gang, He Ying, Huang Wei, Zhang Xianmin, Yamgin, Wu Qian

**Photographers** Qi Jixian, Yuan Dongping, Ding Weiguo, Teng Jun, Yang Bo, Huang Wei, Bian Hengqing, Yamgin

**Copy Editor** Yamgin

**Designer** Li jianfeng

**English Translator** Mu Qian

**Cover calligraphy** Aisin-Gioro Qixiang



# 目 录

## Contents

前 言

Preface

8

古都的和谐之美

Harmonious Beauty of the Ancient Capital

13

中华民族的奥运会

The Olympic Games of Chinese Ethnic Groups

59



















# 更快乐 更强健 更和谐

在2008北京奥运会举办之际，我们与民族画报社共同推出这本画册，是按照“更快乐、更强健、更和谐”的理念和精神来反映北京市民族传统体育运动的历史和现状，同时也以北京为窗口，反映中华民族传统体育运动的崭新风貌。

现代奥林匹克运动提出了“更高、更快、更强”的目标，概括了现代竞技体育的价值取向。正是由于奥林匹克运动会第一次来到中国、来到北京，引起了我们对中华民族传统体育运动和奥林匹克运动联系的极大兴趣和深入思索，即：在一个新的历史方位上，用一种全新的眼光审视一个新的命题——人类居住的这个地球上不仅只有奥林匹克，这也促使我们提出自己的理念和精神，向更多朋友介绍和宣传中华民族传统体育特有的价值。

北京是56个民族的首都，历史上各民族都为北京的发展做出了自己的贡献，不仅创造了许多科学技术、文化艺术成果，也共同创造了丰富多彩的民族传统体育项目。北京市政府历来重视民族传统体育事业，挖掘、整理，定型了蹴球、珍珠球等一批国家非物质文化遗产项目，建立了一批民族传统体育的训练基地和普及推广基地，每四年举办一届全市的民族传统体育运动会。今天，民族传统体育已经成为北京市全民健身活动和学校教育教学的重要组成部分，成为民族团结进步事业的重要内容，并充分发挥桥梁和纽带的作用。

回顾新中国成立后，首先举办的就是少数民族传统体育运动会，它比全国运动会的举办早了6年。定期举办全国民族运动会，不仅使民族传统体育从边寨牧场、雪域高原、城镇乡村走了出来，共同融入现代社会，在国家体育事业中占有重要的地位，更加展示了各民族地位平等的新型民族关系，展示了我们国家在民族政策上的巨大成功。改革开放以来，中国的体育和民族工作者开始了新的艰辛探索。到了20世纪90年代初，经过广泛收集、整理，确认中国民间还保存着1000多个传统体育项目，其中有700多个项目源自55个少数民族。其数量之多和形式之丰富都堪称世界之最。这样一个令人惊叹的发现告诉我们：中国的民族传统体育远远不止目前的运动会所展示的百十个项目，极其丰富的体育资源尚待发掘，真正的文化价值尚待认识。

世界体育史告诉我们：人类体育形式的发展始终是以“西方”和“东方”两种主要形态在不断地丰富完善着。奥林匹克运动源于南欧的古希腊，体现的是西方体育的价值观念，倾向于以自然科学为一切的思维逻辑起点，追



求对人的物质能量的挖掘，崇尚高度、速度、强度等鲜明的物理特征。由此形成的竞技体育项目，以量化指标衡量优劣，根本特征是竞争。而以中国古代体育为代表的东方传统体育，其思维逻辑起点在于人的心灵，通过自身小宇宙的运动、修炼，追求与自然的大宇宙相通相融、天人合一，其根本特征是和谐。尤其是中国少数民族的传统体育，更加关注审美、娱乐、参与和亲情，有着醇厚的人文精神，更为生动地体现着和谐的理念。一些少数民族的体育比赛往往成为方圆百里的欢乐盛会，成为本民族的狂欢节，人人可以参与，人人都是演员又是观众，既张扬自己又欣赏别人。这种体育运动就像雪山草原一样永恒，蕴含着对生命价值的追求、民族情感的凝聚，亦不乏现代体育精神。事实上，我们对中华民族传统体育给予人类社会和谐发展所具有的普世价值宣传得还很不够，世界对它的了解还很不够。站在新的历史高度，对中华民族传统体育的宝贵遗产加强保护挖掘、整理提升和宣传推广，还是一个全新的课题。

我们需要奥林匹克，因为人类需要不断挑战极限；我们也需要民族传统体育，因为人类社会需要惠及亿万人的健身方式。从规律上看，在人类社会日益全球化的今天和明天，世界体育会显现出千百年来发展的轨迹，出现以中华民族传统体育为代表的东方健身体育，以希腊传统体育为代表的西方竞技体育，两大体育形态交相辉映、互为补充、共同发展的壮丽景象。

在2008年的北京推出《携手奥运——北京的民族传统体育》这本画册，只是向上述的目标迈出了一小步；而属于自己的理念和精神的提出，对于民族传统体育的历史则是迈出了一大步。希望更多的社会力量、更多的有识之士在这条充满了希望的道路上不断探索与思考，迈出新的步伐，使中华民族的传统体育运动精神发扬光大，不仅成为中华民族大家庭的共同财富，也能够成为人类社会的共同财富。



2008年8月



## Happier, Stronger, and More Harmonious

As the Beijing 2008 Olympic Games are held, we release this album together with National Pictorial to reveal the history and current situation of Beijing's traditional sports of ethnic minorities under the concept of "happier, stronger and more harmonious". At the same time, we also want to show the new look of traditional Chinese sports through the window of Beijing.

The aims of modern Olympic Games "faster, higher, stronger" sum up the values of modern competitive sports. The Olympic Games are coming to Beijing and China for the first time, intriguing our interests and thinking on the relationship between traditional Chinese sports and the Olympics. At a new point in history, we are considering a subject with new insights—there are not only the Olympic Games on this planet, and we should put forward our own concepts and spirits as well as introducing the special values of traditional Chinese sports to more friends.

Beijing is the capital of 56 ethnic groups, who have all made their contributions in history to the development of Beijing, not only in terms of science and technology, culture and arts, but also in terms of sports. The communist party committee and government of Beijing have always paid great attention to traditional sports of ethnic minorities, reviving a number of traditional sports that were listed as national intangible cultural heritage such as Cuqiu and Pearl Ball, and establishing training and promoting bases for sports of over 50 ethnic groups. The Beijing Traditional Games of Ethnic Minorities are also held every four years. Today, traditional sports of ethnic minorities have become an important part of the body-building movement and school education in Beijing, as well as a key component of the undertaking of national unity, in which ethnic sports function as a bridge.

The National Traditional Games of Ethnic Minorities were held soon after the founding of New China, 6 years earlier than the National Games. The regular National Traditional Games of Ethnic Minorities not only integrate those sports from the pasture, plateau and countryside into the modern society, but also manifest the equal status of all the ethnic groups and our government's huge success in the policy on ethnic minorities. Since the "reform and opening-up", Chinese sports and ethnology workers began their new study. After wide collecting and researching, more than 1,000 traditional sports had been confirmed to be still existing in China by the early 1990s, and among them more than 700 are from the 55 minority groups. The number and variety of traditional sports in China rank among the top of the world. Such an amazing discovery tells us that traditional Chinese sports are far richer than the 100 some sports in today's games. The rich resources of traditional Chinese sports are awaiting further study and their cultural values are far from being fully realized.

The history of world sports tells us that sports have always been developing in the forms of the "Occidental" and the "Oriental". Olympic Games, which originated from South Europe's Greece, represent the values of the Occidental



sports, tending to regard natural science as the starting point of all thinking logic, trying to tap the physical energy of Man and advocating height, speed and intensity. Competition is the basic characteristic of sports formed on this basis, and in such sports the superior and inferior are judged by quantitative standards. On the other hand, traditional Oriental sports, represented by ancient Chinese sports, regard the mind as the starting point of their thinking logic. Through the movements and practice of one's own micro-system, the practitioner pursues the integration of the body into the universe. The basic characteristic of these sports is harmony. Traditional sports of ethnic minorities in China are more concerned with aesthetics, entertainment, participation and affections, and are endued with more humanistic spirits. The concept of harmony is given the utmost importance in these sports. The games of some ethnic groups are also a grand gala of the neighborhood and a carnival of the people, where everybody can participate as both a performer and spectator, and where everybody can present themselves and appreciate others. Everlasting like snow-mountains and plateaus, such sports advocate the pursuit of values of life, cohesion of a people, and at the same time there is no shortage of modern spirits in such sports. In fact, our promotion of the common values of traditional Chinese sports in the harmonious development of human society is far from enough. As a result, the world does not know much about them. At a new historical point, how to collect, research and promote the priceless resources of traditional Chinese sports is a new subject.

We need the Olympic Games, because Man needs to constantly challenge his limits. We also need traditional Chinese sports, because human society needs various forms of physical practices that fit billions of people. In the more and more globalized human society, it is foreseeable that Oriental exercise sports, represented by traditional Chinese sports, and Occidental competitive sports, represented by traditional Greek sports, will supplement and develop alongside each other, creating a spectacular scene together.

The release of *Hand in Hand with Olympic Games-Traditional Sports of Ethnic Minorities in Beijing* is only a small step towards the aforementioned aim, while the proposal of our own concepts and spirits is a big step forward in the history of traditional Chinese sports. We hope more social forces and people of insight will continue to explore on this hopeful road, carrying forward the spirits of traditional Chinese sports and making them common wealth of not only the ethnic groups in China, but also the entire human society.

August 2008



欢迎你到北京来

傳 晶 曲

欢迎你到北京来。

One of the theme songs of the 1<sup>st</sup> Beijing Traditional Games of Ethnic Minorities.



上篇

# 古都的和谐之美

*Part One*

Harmonious Beauty of the Ancient Capital



**T**raditional Demonstration Sports of Ethnic Minorities in Beijing

北京市民族传统体育表演项目







掷子 Stone Cast

踢花毽  
Shuttlecock Kicking