

# 体操

中国体育运动画册  
(一)

CHINA'S SPORTS IN PICTURES NO.1  
GYMNASTICS



# 中华牌全套体操器械

Chung Hwa Brand Whole Set Gymnastics Apparatus

天津市体育器械厂制造 Tianjin Sporting Equipment Factory



造型新颖，稳固性强，符合国际标准，被誉为国内外第一流产品，国内外大型比赛都喜欢选用中牌华全套体操器械

Magnificent appearance and stableness. International standards. It is regarded with favour as the first class product far and near. Chung Hwa brand whole set gymnastic apparatus is preferred in large-scale competitions at home and abroad.



马 艳 红

十五岁的解放军选手马艳红最擅长高低杠，她的高低杠上的腾身回环倒立转体 $360^{\circ}$ 及绷杠转体 $180^{\circ}$ 前空翻下，备受赞赏，达到了世界先进水平。在1979年12月举行的第二十届世界体操锦标赛上，她获得高低杠世界冠军

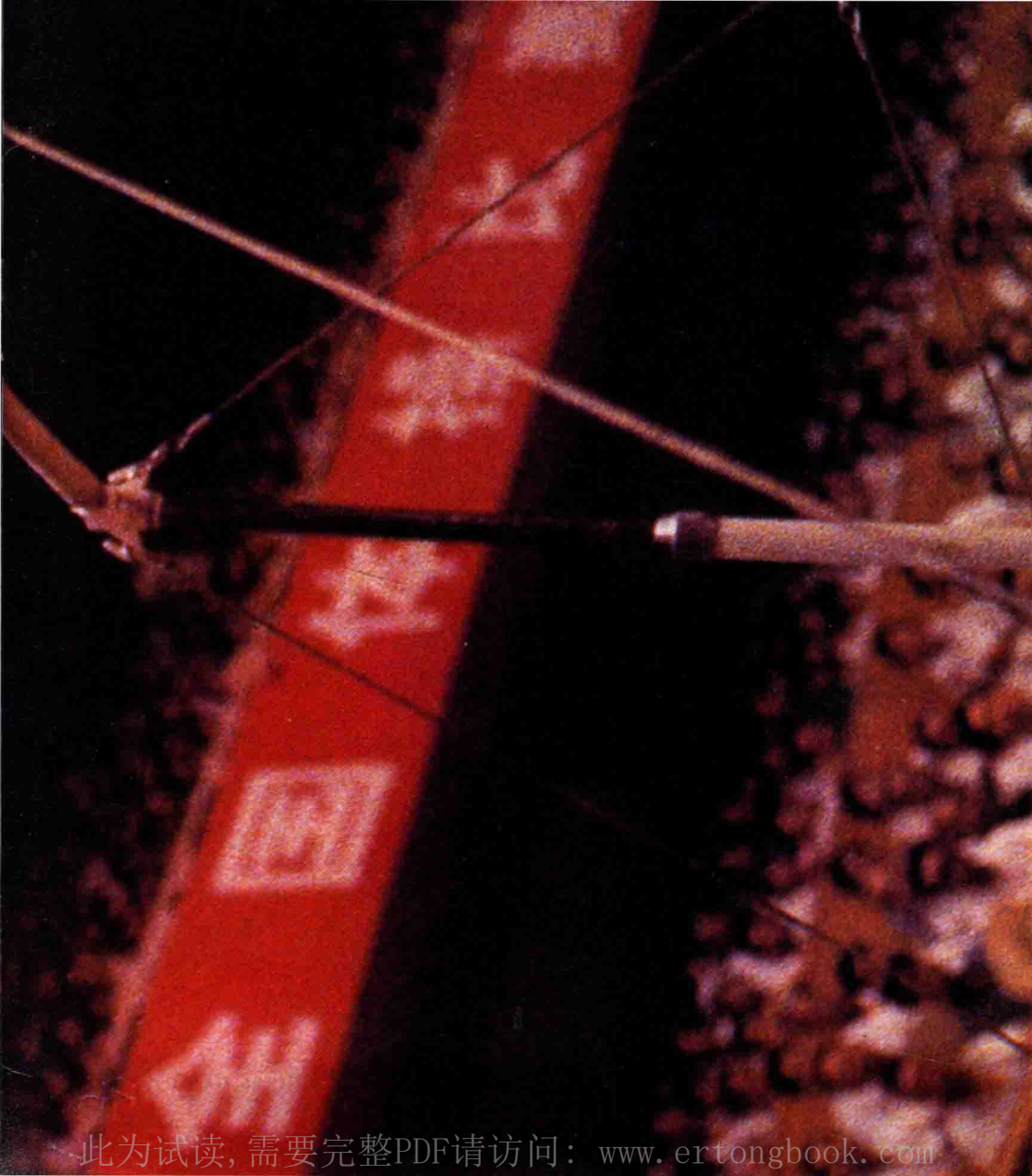
Ma Yanhong

Uneven bars is the strongest event of 15-year-old Ma Yanhong of the People's Liberation Army. Her free backward hip circle followed by handstand and full turn and bounce-away front somersault dismount with half body turn have won popular approval as world-class stunts.

She won the uneven bars title at the 20th World Gymnastics Championships held in December 1979.

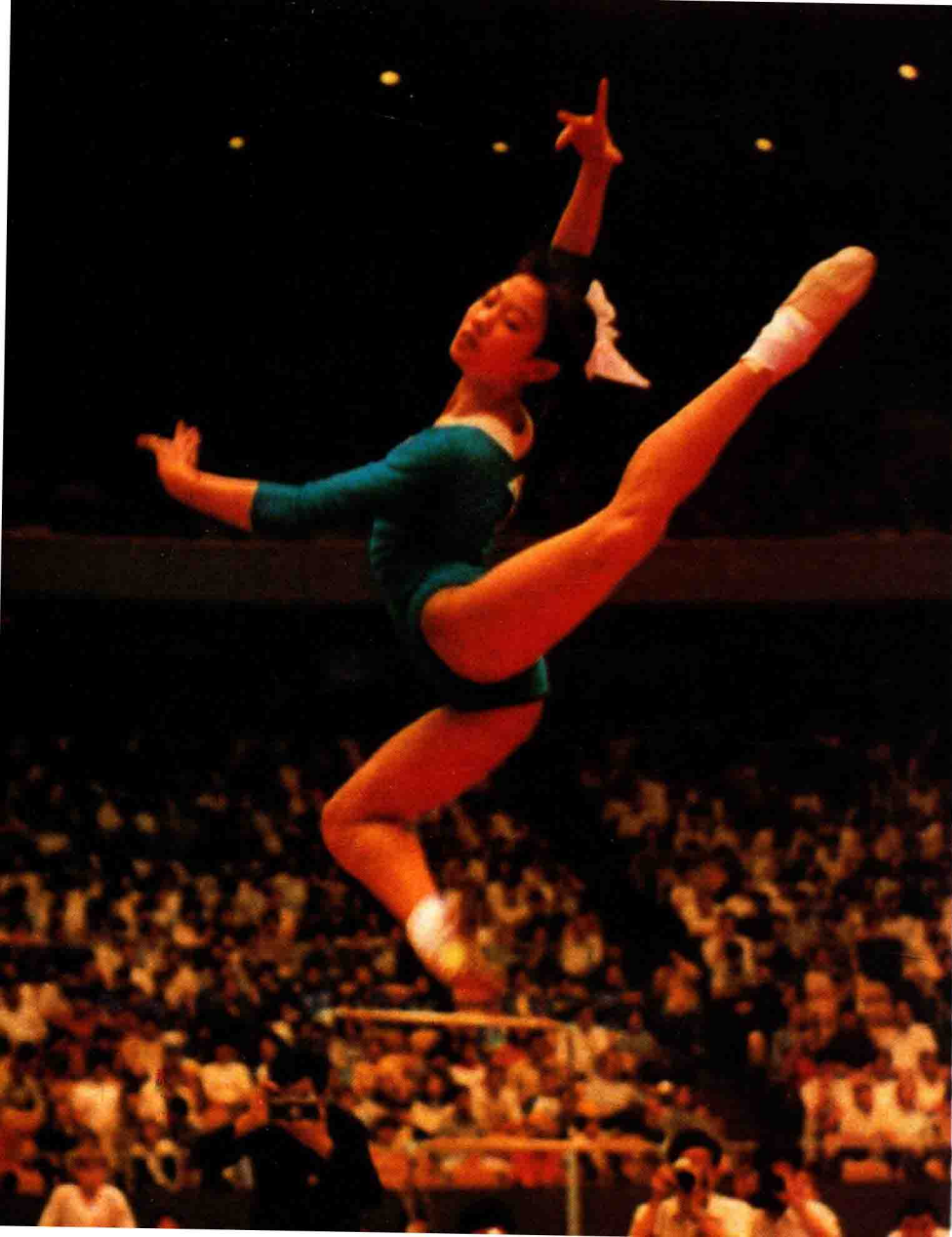






马艳红的高杠绷杠转体 $180^{\circ}$ 接前空翻下

Ma Yanhong's bounce-away front salto dismount with half turn



## 刘亚军

十三岁就荣获全运会女子个人全能冠军的北京选手刘亚军，如今已是十七岁的少女，她动作优美，引人入胜，给人以体操艺术美的享受。

△ 刘亚军的“鹿跳”

△ 在第四届全国运动会体操比赛场上，教练陈孝彰鼓励刘亚军创造更优异的成绩

△ 一九七八年的刘亚军  
黄景达摄

## Liu Yajun

Liu Yajun of Beijing captured the all-round title at the Third National Games in 1975 when she was 13. Now, at 17, her routines are graceful and fascinating, providing exquisite artistic entertainment.

Liu Yajun executing a “deer vault”

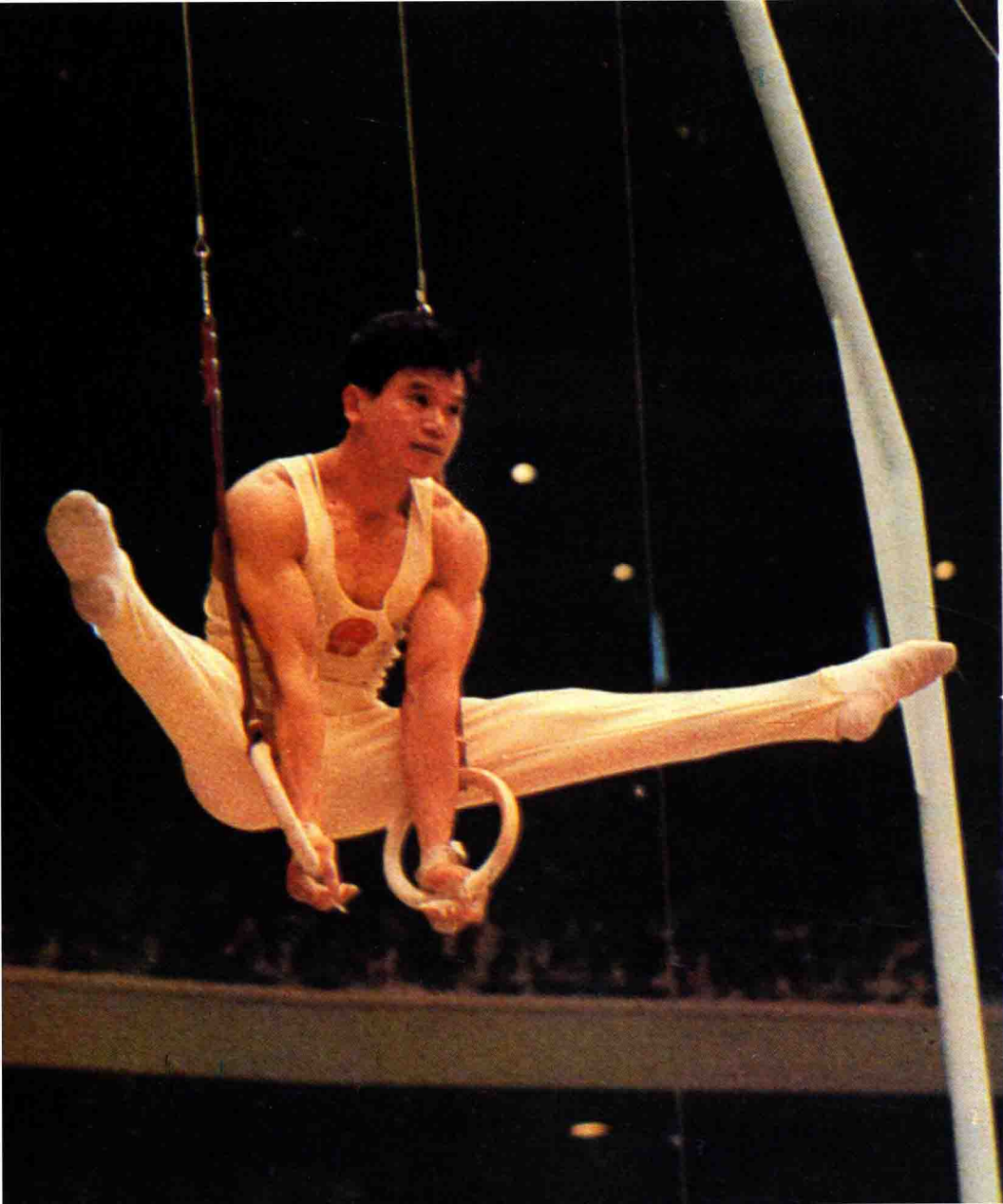
Liu Yajun taking advice from coach Chen Xiaozhang at the Fourth National Games gymnastics arena

Liu Yajun in 1978.

*Photos by Huang Jingda*







## 蔡焕宗

福建选手蔡焕宗曾多次获得全国男子体操个人全能冠军。他技术全面，动作稳健，在第七届、第八届亚运会和第九届世界大学生运动会体操比赛中，成绩优异，在一九七八年上海国际体操邀请赛中，获个人全能、单杠、双杠三项冠军。

△ 蔡焕宗在吊环上做分腿直角支撑

△ 他和闻名体坛的优秀体操选手宁小琳是一对幸福的情侣





His fiancée Ning Xiaolin is also a well-known gymnastics champion

### Cai Huanzong

Cai Huanzong of Fujian province has captured the national all-round title on several occasions. He is well-balanced in his skills and his movements show both assurance and power. He achieved good results at the Seventh and Eighth Asian Games and the Ninth World University Games. He captured the all-round, horizontal bar and parallel bars titles at the 1978 Shanghai International Invitation Gymnastics Tournament.

Cai Huanzong executing a straddle support on the rings



Zhu Zheng

Shanghai's 17-year-old Zhu Zheng captured the all-round title at the Fourth National Games.

Zhu Zheng began regular training when she was 14. In 1977 she was the national all-round champion. Later, she finished runner-up in all-round competition at both the Shanghai International Invitation Gymnastics Tournament and the Eighth Asian Games in 1978.

Exuberant and firm in purpose, Zhu Zheng shows great confidence and calmness in competition, while remaining modest in times of success.

### 朱 政

获得第四届全运会女子体操个人全能冠军的上海十七岁选手朱政。

朱政十四岁就开始正规训练，一九七七年曾获全国女子个人全能冠军。以后，分别获上海国际体操邀请赛女子个人全能亚军，第八届亚运会女子个人全能亚军。

朱政活泼开朗，比赛时头脑冷静，她总是满怀信心要做出贡献，并把理想付诸于实践。她是一个坚定、有信念、不骄傲的运动员

△ 朱政在高低杠上的分腿腾越转体越高杠的动作，熟练、惊险、独特

Zhu Zheng executing an astride vault over the high bar with a half turn.  
Her routine shows virtuosity, risk and originality



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## 黄玉斌

获得第四届全运会男子体操个人全能冠军的黑龙江年仅二十一岁的黄玉斌，在体操坛上是一颗闪亮的新星。他个子高，动作幅度大，六项技术全面，尤其吊环轻松自如；双杠转体后切，似鹩子翻身，灵巧准确。他从事体操训练近十个年头，几年来他在国际和国内的一些重大比赛中，取得了较好的成绩

△ 黄玉斌独创的在双杠上后摆转体180°接分腿向后摆越这一难新动作，受到了好评

Huang Yubin

Twentyone-year-old Huang Yubin of Heilongjiang province, winner of the Fourth National Games all-round title, is a rising new star in Chinese gymnastics. Although he has been training for nearly 10 years, it is only in recent years that he showed good results in major national and international competitions. He is tall and shows much amplitude in his movements and well-rounded skills in all the six gymnastics events. His exercises on the rings are fluent and relaxed. His pirouette back cut on the parallel bars, executed with agility and accuracy, is suggestive of a tumbling carp.

Huang Yubin's original back up and straddle with back cut on the parallel bars has drawn favourable comment for its novelty and degree of difficulty







## He Xiumin

He Xiumin of the People's Liberation Army captured the all-round title at the Eighth Asian Games in 1978. Her original bounce-away dismount from the uneven bars with a back somersault and full body turn is known internationally as the "a half in - a half out" dismount. She shows assurance in all the four gymnastics events.

Her unique bounce-away dismount off the uneven bars with back somersault and full body turn.

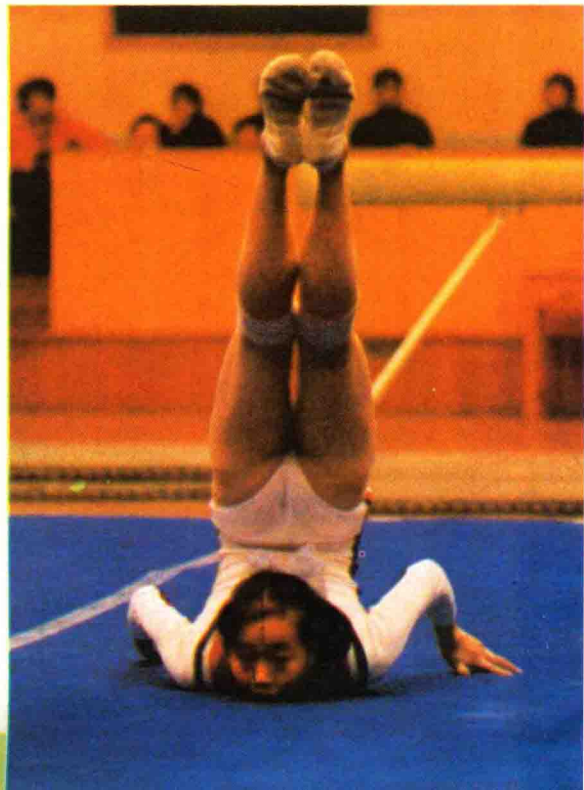
He Xiumin's novel tableau and relaxed movements in the floor exercise

## 何秀敏

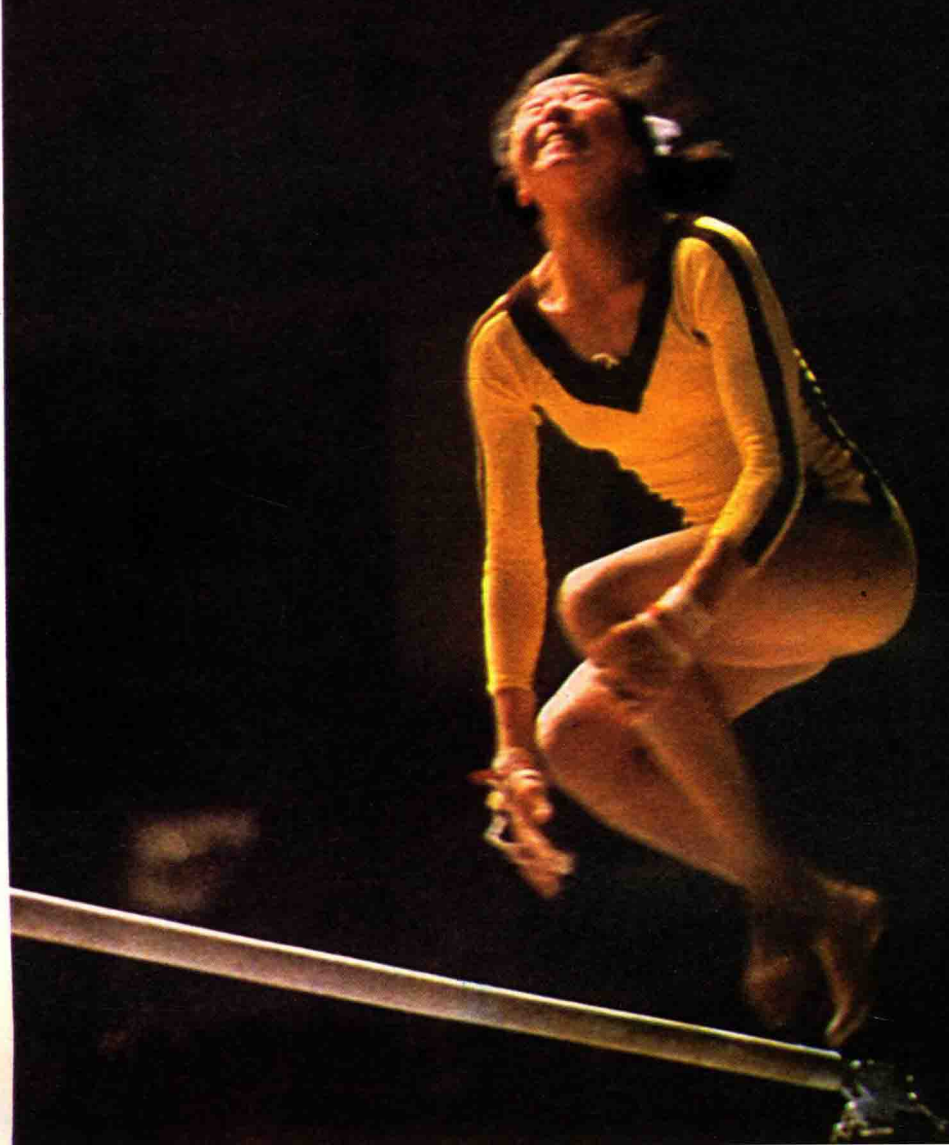
解放军队的何秀敏，在第八届亚运会上荣获个人全能冠军。她独创的高低杠绷杠后空翻转体 $360^\circ$ 下又称高低杠“旋”下，震惊国际体坛。而最显著的特点是四项技术比较稳定

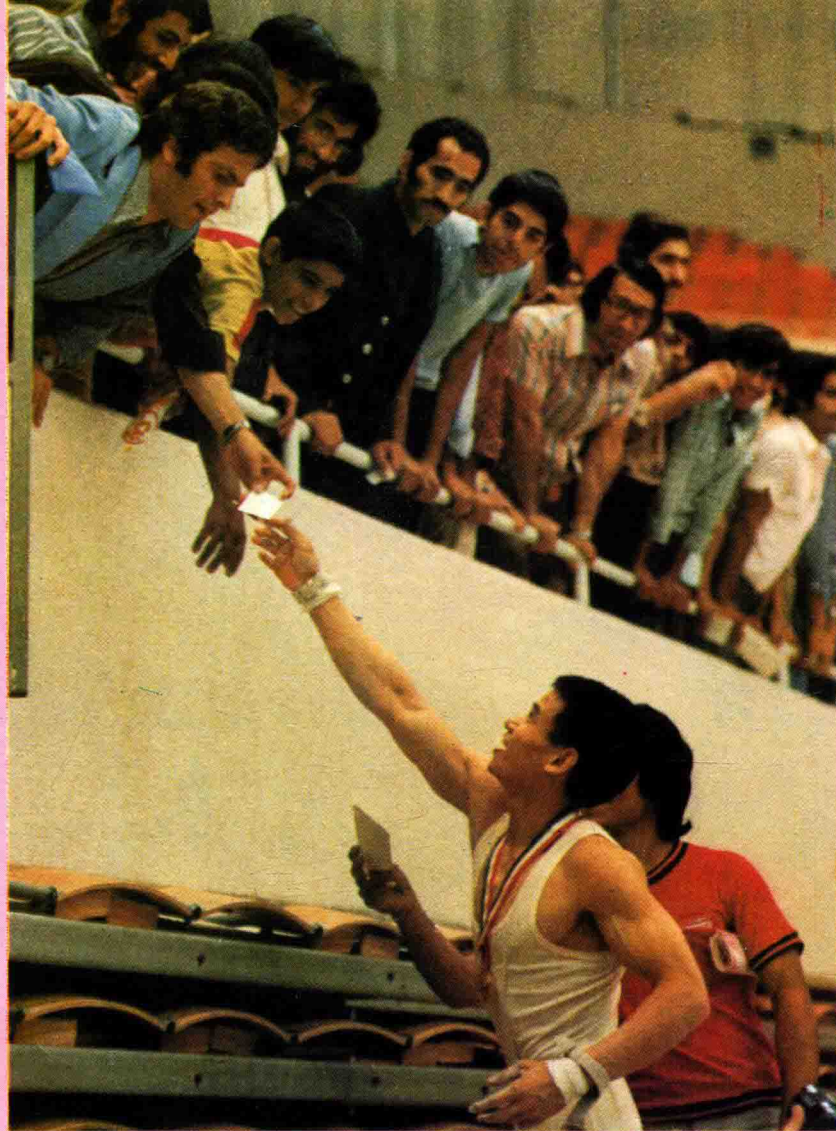
△ 她独创的高低杠绷杠后空翻转体 $360^\circ$ 下

△ 何秀敏的自由体操，造型奇异，姿态伸展









在第七届亚运会上，蔡焕宗为热情的观众们签名留念

Cai Huanzong signing his name for autograph hunters  
at the Seventh Asian Games





在第八届亚运会上，何秀敏获女子体操个人全能第一名，刘亚军、朱政并列第二名

He Xiumin won the all-round title at the Eighth Asian Games, with Liu Yajun and Zhu Zheng sharing the second place



在第八届亚运会上，获得男子体操个人全能前三名的蔡焕宗（中）、熊松良（右）、李月久在领奖台上

First three finishers in men's all-round competition at the Eighth Asian Games: Cai Huanzong (middle), Xiong Songliang (right) and Li Yuejiu on the podium