

2015年国家社会科学基金重大项目

孙麒麟 毛丽娟 李重申 著

From Chang'an to Athens

The Ancient Sports Culture of
the Silk Road

从长安到雅典

丝绸之路古代体育文化



读者出版传媒股份有限公司
甘肃教育出版社

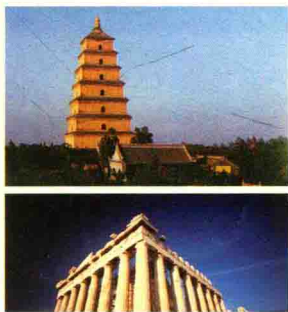
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SILK



ROAD

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Chapter One: An Overview of the Silk Road Sports

Chapter Two: Germination of Primitive Sports in Chang'an, Athens and Rome

Chapter Three: Sports Culture from Chang'an to Athens and Rome

Chapter Four: Ancient Games and Recreational Activities from Chang'an to Athens and Rome

Chapter Five: Ancient Sports from Chang'an to Athens and Rome

Chapter Six: Transmission, Exchanges and Integration of Oriental and Occidental Sports Culture along the Silk Road



丝绸之路地图

The map of Silk Road





引言

二千余年前,伴随着悠远的驼铃声,人类一步一个脚印走出了一条被称为“丝绸之路”的中西文明交往之路。公元1—2世纪,沿着欧亚内陆交通干线,古罗马、安息、贵霜和中国的汉朝自西向东并列其间,国势昌盛。这四个国家正是通过丝绸之路这条通道相互联结在一起。绵延不绝的丝绸之路,使古老的华夏文明、印度文明、波斯与阿拉伯文明、希腊与罗马文明彼此交流、碰撞,借鉴吸收,共同推动了人类社会的文明发展。

如今,昔日悠远的驼铃声早已消散在历史的回声里,但丝绸之路所留下的丰富的文化遗产,比如古人所遗留下的游戏、娱乐、竞技等与体育相关的丰富遗存,为我们深入研究中西体育文化的传播与发展提供了宽广的空间。特别是在我国所倡议的“一带一路”战略全面推进的大背景下,挖掘昔日丝绸之路沿线的体育文化遗存,对于东西方文明的交流,特别是中国和西方各国之间在体育文化领域的交流意义重大。

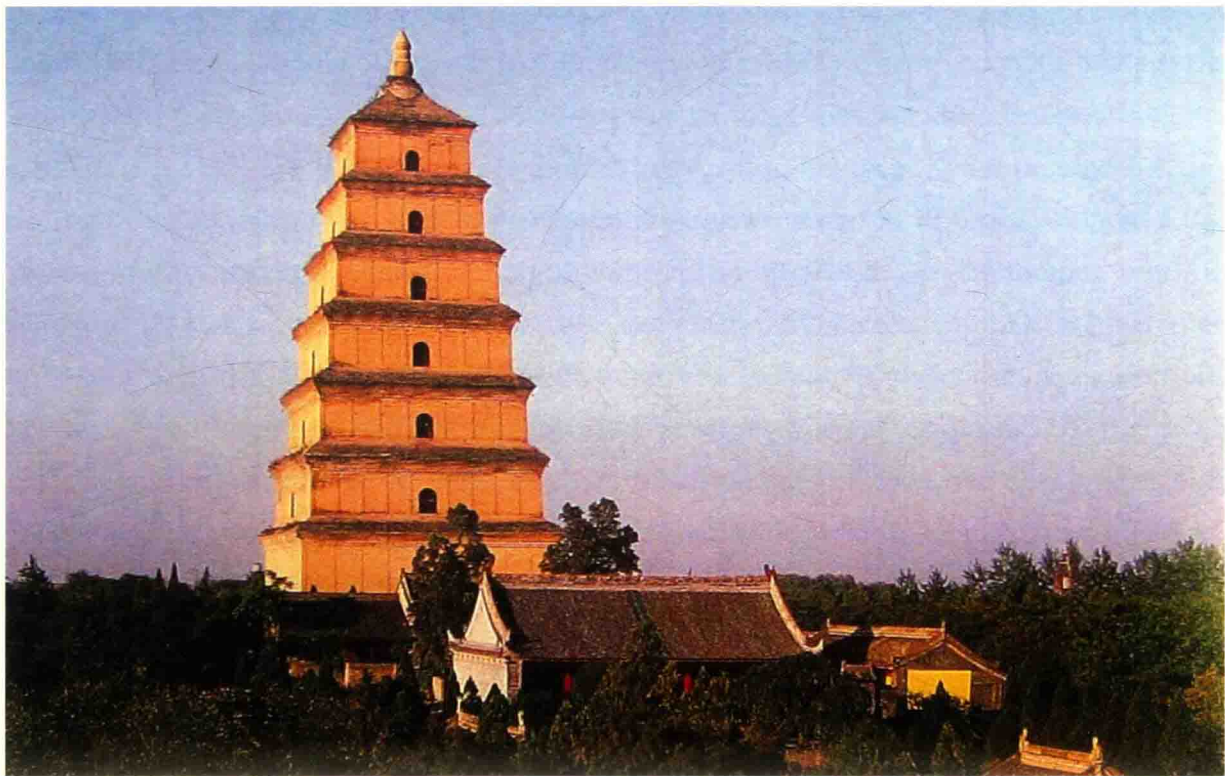
“丝绸之路体育文化”是源于古丝绸之路的概念,有着十分丰富的内涵。在丝绸之路这条通道上,大量的与体育相关的遗址和遗物,例如古战场、古建筑、角斗场、竞技场、马球场、驿道、古墓群、岩画、石窟等,以及石器、陶器、兵器、青铜器、战车、古城堡、古长城、金银器、玉器、瓷器、甲骨文、简牍、雕塑、石刻、砖画、壁画、绘画、木板画、帛画、瓦当、铜镜、陶俑等被发掘出来,这正是我们研究丝绸之路体育文化的宝贵资料。丝绸之路上的体育文化,绵延数千年,其中积淀着深厚的历史底蕴和人文基础。今天,我们借用古代“丝绸之路”的历史符号,对“一带一路”沿线国家所拥有的丰富的体育传统文化进行阐释,将使人们能够较为清楚地了解古代丝绸之路即由长安到雅典、罗马的体育文化和中西体育文化的异同及影响。

历史从来就不是纯粹的过去,因为它的脚印一直在不断地延伸;历史是现实的一面镜子,现实则是历史的映照。此书十余万字、七百余幅文物图片,从原始体育的萌芽到东西方体育文化的传播、交流与融合;从古代长安的“赛社”活动到古希腊的奥林匹克运动等等,将精彩纷呈的体育历史画面层层剥离并呈现出来,让人们清楚地了解历史上的丝绸之路由长安至雅典、罗马诸国

的体育形式及其文化内涵，进而厘清体育发展的历史脉络。

传统文化是一个民族最本质的特征之一，传统文化的消失往往意味着民族特性的消解或丧失。体育是一个民族传统文化的重要组成部分，是一个民族传统文化的直接体现，其对于一个民族思想观念、民族精神、身体素质的形成有着巨大影响。体育是全人类共有的一种身体行为和文化。研究、传承体育文化，是保护多姿多彩的民族传统文化、丰富人类社会文化生活的应有之义。从体育借以产生的社会根源来看，体育是适应各种社会需要而产生的，是人的精神活动的重要组成部分，也是人类生命的一种存在方式。体育作为人类的一种社会活动，产生于人们的社会生产和生活实践，因此对于它的形成和发展也只能通过社会实践活动来解释。

此书从历史的实践中探寻丝绸之路体育文化，并试图为构建一本“纸上体育博物馆”打好基础，以展现丝绸之路沿线不同地区、不同时代的体育遗存，以及作者对体育文化的诠释。本书文物图片丰富，是一部图文并茂、可供读者鉴赏的作品，也为读者认识丝绸之路体育文化，了解东西方体育文化打开了一扇新的大门。无论是古代还是现代，体育从来都不仅仅是单纯的身体运动，而是同时作为一种文化形态对社会的发展产生着巨大的作用。我们将丝绸之路体育文化史做专门的研究，不仅是出于我们对体育史研究的情怀，更重要的是要让人们从体育史中管窥人类文化史和社会史，以裨益今日之社会，这应该是一项极有意义的工作。



大雁塔

陕西西安

Great Wild Goose Pagoda, Xi'an City, Shaanxi Province



Prologue

Over two thousand years ago, accompanied by melodious camel bells, mankind trod a path of exchanges between Chinese and Western civilizations which was later known as the “Silk Road”. During the 1st and 2nd centuries A.D., ancient Rome, Parthia, Kushan and the Han Dynasty of China, all with prosperous powers located from west to east along the traffic arteries of the Eurasian continent. It was the very Silk Road that linked up these four countries. On this endless Silk Road, ancient Chinese, Indian, Persian, Arabic, Greek and Roman civilizations interacted and learned from each other, and jointly pushed forward the progress of human civilization.

Today, the tinkle of camel bells has long disappeared in history, while the rich cultural heritages along the Silk Road, particularly those related to sports activities such as games, entertainments and athletics have provided us with a large space for studying the transmission and development of Chinese and Western sports culture. Especially against the backdrop of China’s all-round promotion of the Silk Belt and Road Initiative, tapping the sports cultural heritage on the Silk Road is of great significance for exchanges between eastern and western civilizations, particularly in the field of sports culture between China and western countries.

The “Silk Road sports culture” is a concept derived from the ancient Silk Road, it has a very rich meaning. On this trading route, large numbers of sports-related cultural sites and artifacts have been discovered, such as ancient battlefields, ancient architectures, arenas, polo courts, post roads, ancient tombs, petroglyphs, caves, as well as stoneware, potteries, weapons, bronze vessels, chariots, ancient castles, the ancient Great Wall, gold- and silverware, jade, porcelains, oracle bone inscriptions, bamboo

and wooden slips, sculptures, carved stones, brick paintings, murals, paintings, paintings on plaques, silk paintings, tiles, bronze mirrors, pottery figurine, etc, all these are valuable materials for us to study the Silk Road sports culture. After thousands of years, the Silk Road sports culture is now a profound historical and cultural accretion. Today, by borrowing the historical symbol of the ancient Silk Road, we try to elucidate the abundant traditional sports culture of the Belt and Road countries so that people could have a clear understanding of the sports culture on the Silk Road, i.e., the sports culture from Chang'an to Athens and Rome, as well as the similarities, differences and influences of Chinese and Western sports culture.

History is never purely the past, because its footprint has always been extending. History is a mirror of reality, while reality is a reflection of history. With more than one hundred thousand Chinese characters and seven hundred photographs of cultural relics, this book unfolds before us the magnificent historical picture of sports from the rudiments of primitive sports to transmission, exchanges and integration of oriental and occidental sports culture, as well as from the "Saishe" (sacrificial rites which later evolved into sporting activities) of ancient Chang'an to Olympic games of ancient Greece, giving us a vivid description of forms and cultural connotation of various sports activities from Chang'an to Athens, Rome and other countries and regions along the Silk Road.

Traditional culture is one of the most essential features of a nation, thus its disappearance often means the vanishing or loss of the national identity. As an integral part and a direct manifestation of a nation's traditional culture, sports have a tremendous impact on the formation of ideas, spirit and physical quality of that nation. Sports are physical behaviors and a form of culture common to all mankind. To study and carry forward the sports culture is therefore indispensable for us to protect the colorful traditional culture and enrich the cultural life of human society. From the perspective of social origin, sports emerged in response to various social needs, being an important part of people's spiritual life and a form of existence of human life. As a form of social activity, sports arose from social production and practice of life, therefore, its formation and development can only be explained by social practice.

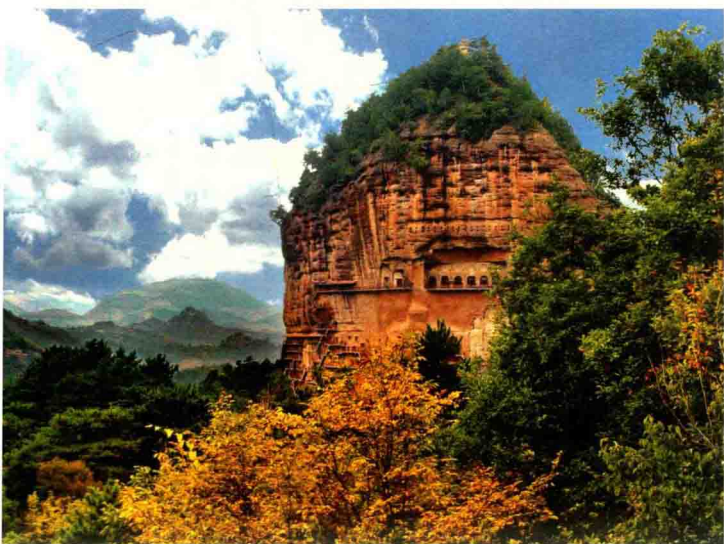
This book explores the Silk Road sports culture from historical practice and tries to lay a solid foundation create a "Sports Museum on Paper", in an effort to display the sports heritages in different regions and periods of the Silk Road, as well as the author's



interpretation to sports culture. With excellent pictures and vivid explanations, this is an eminently readable book which open a new window for readers to learn about the Silk Road sports culture. Neither in ancient times nor in modern days has sport been a simple body movement, rather, it has played a huge role as a culture pattern in the development of human society. Our research on the cultural history of Silk Road sports is not merely out of our preference or special feelings towards the study of sports history, more importantly, by peeping through the history of sports we wish people could better understand the cultural and social history of human beings and thus bring benefits to our society today, and this should be a significant work to do.



嘉峪关关城 甘肃嘉峪关 范宏伟 摄 The Jiayuguan Pass City



麦积山全景

甘肃天水

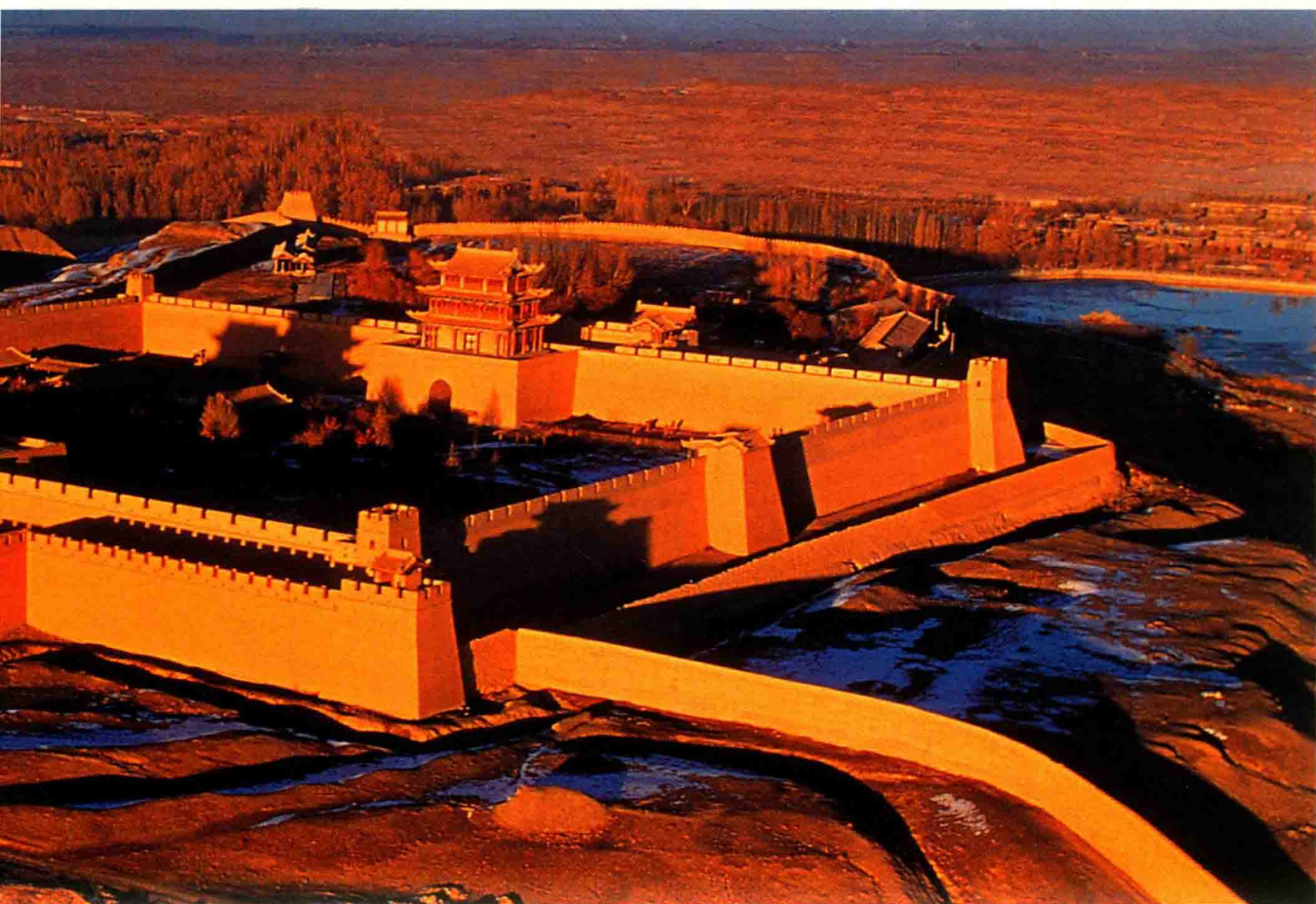
The Maiji Mountain, Tianshui City ,Gansu Province



炳灵寺石窟

甘肃永靖

The Bingling Grottoes, Yongjing County, Gansu Province





玉门关遗址

甘肃酒泉

Yumenguan Pass, Jiuquan City, Gansu
Province



敦煌莫高窟全景

甘肃敦煌 范宏伟 摄

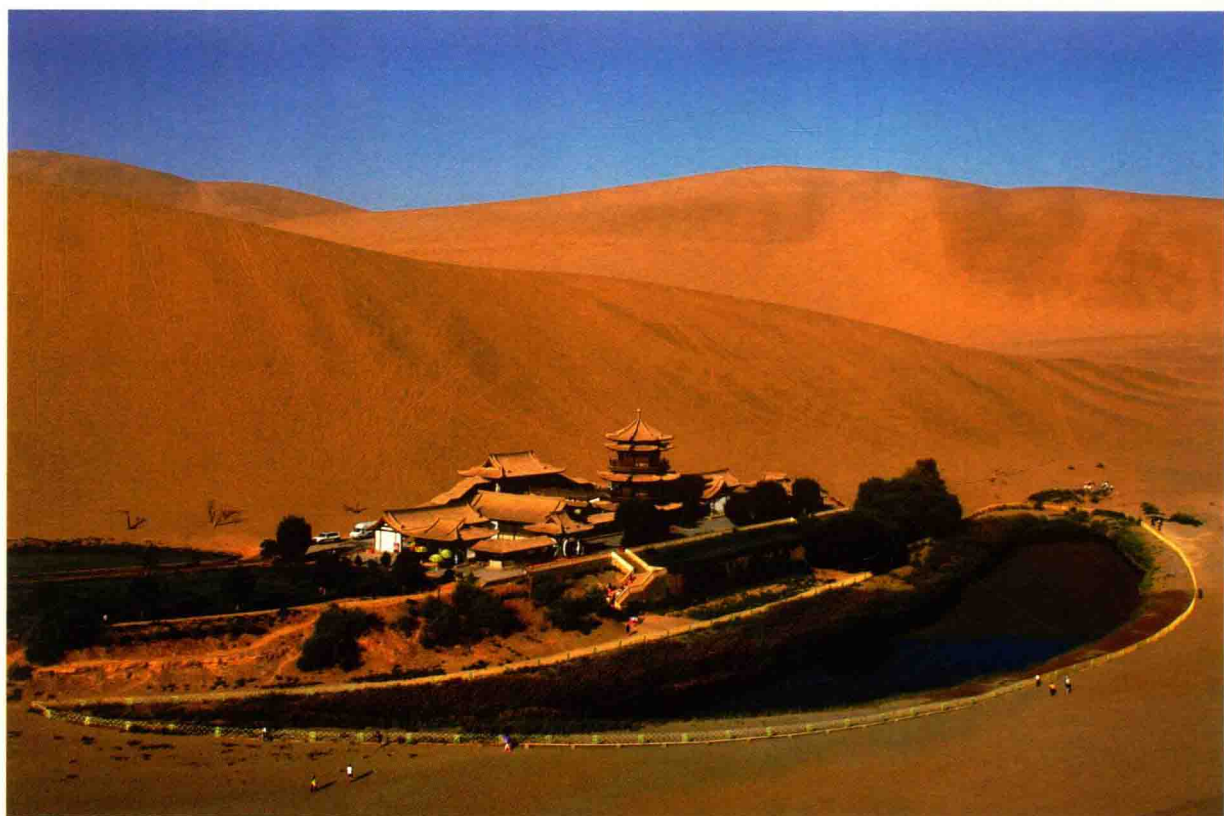
The Mogao Caves in Dunhuang

汉长城遗址

甘肃敦煌 范宏伟 摄

The Relics of the Han Dynasty's Great Wall,
Gansu Province





月牙泉

甘肃敦煌 王玫 摄

The Crescent Spring, Dunhuang City, Gansu Province



阳关遗址

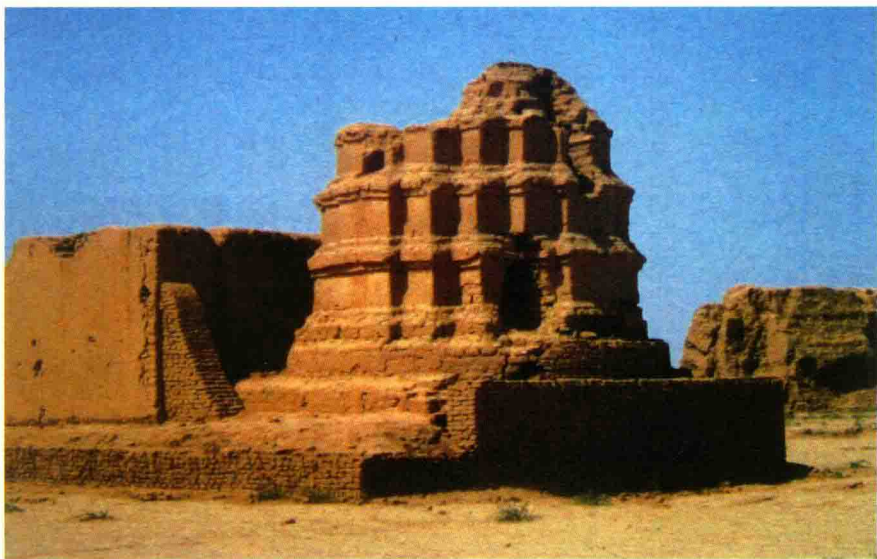
甘肃敦煌

The Yangguan Pass, Dunhuang City, Gansu Province

高昌故城

新疆吐鲁番

The Site of Ancient City Gaochang,
Turpan City, Xinjiang Uygur
Autonomous Region



交河故城

新疆吐鲁番

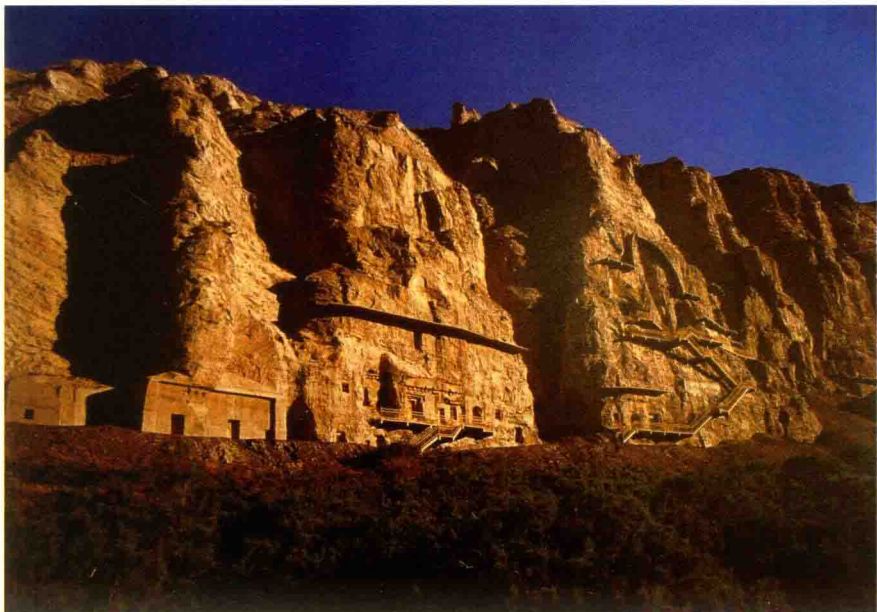
The Site of Ancient City Jiaohe,
Turpan City, Xinjiang Uygur
Autonomous Region



库木吐拉石窟外景

新疆库车

Kumtura Rock Caves





伊钦·卡拉城

乌兹别克斯坦

Eachon Kara City



阿拉伯阿布扎比
清真大寺

阿联酋

Arabia Abu Dhabi Mosque