



文化的脉络

Chinese  
Traditional Games

# 古代游戏

「嬉戏千年，益智悦心」

王慧◎编著

全国百佳图书出版单位  
时代出版传媒股份有限公司  
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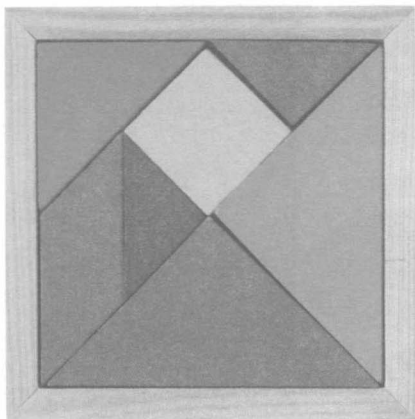
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中国传统游戏具有悠久的历史，是华夏文化的重要组成部分。中国著名学者林语堂曾说过：“若不知道人民日常的娱乐方法，便不能认识一个民族。”中国古代劳动人民在用智慧和力量创造物质财富的同时，也创造出了许多能够愉悦身心、锻炼身体、



Chinese Traditional games, as time-honored entertaining activities, serve as an important part of Chinese culture. A quote from a prestigious modern Chinese scholar, Lin Yutang, once described it as that “You cannot understand a nation if you have no idea about the daily entertainment of its people.” Apart from creating material wealth with their wisdom and strength, the industrious people in ancient China have also created lots of original games for mental pleasure, physical exercise, and intellectual enhancement. For example, ancient Chinese soccer (*Cuju*), was recognized as the earliest form of football by FIFA in early 2004; Huarong Path Escape, is regarded as one of the world’s top three incredible puzzle games; and tangram (seven-piece puzzle), is praised as one of the oldest oriental pastimes by British historian of science Dr. Joseph Needham. These traditional games are not only a precious

增强智力的独特游戏。例如，在2004年初被国际足球协会（FIFA）公开确认为世界最早的足球形式的蹴鞠，被视为“世界三大不可思议的智力游戏”之一的华容道和被英国科学史专家李约瑟博士称之为“东方最古老的消遣品之一”的七巧板等。这些传统游戏不仅是中华民族的宝贵财富，也是世界游戏的重要组成部分。

本书介绍了竞技类、民俗类、风雅类、益智类和休闲类等五大类别的中国传统游戏，以便帮助大家更好地了解、认识和探究中国传统游戏的魅力。

treasure of the Chinese people, but also an important part of the world games.

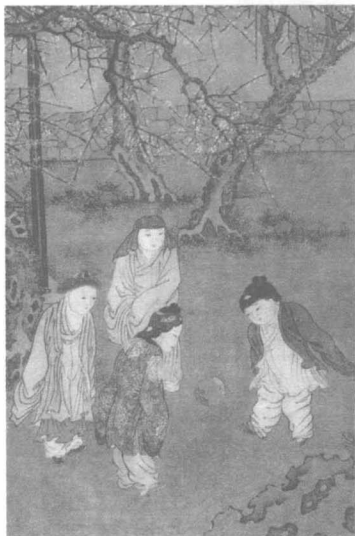
This book introduces five major categories of Chinese traditional games: sport games, folk games, elegant games, puzzle games and casual games, for a purpose of helping readers to gain a better understanding of the charm of Chinese traditional games.



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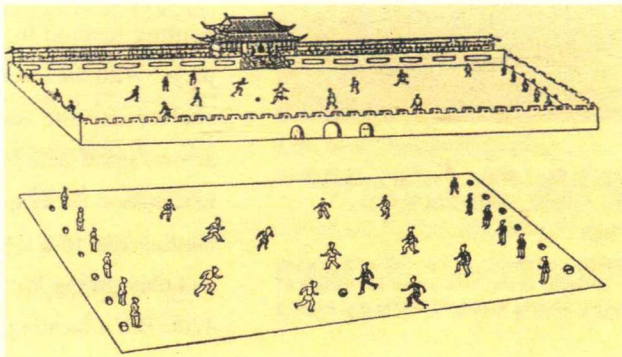
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# 中国传统游戏概述

## Overview of Chinese Traditional Games

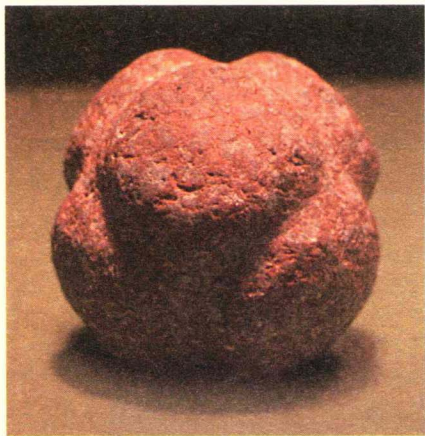
传统游戏是指经过历史的传承，在民间广泛流行的嬉戏和玩耍活动。作为中国传统文化的重要内容，中国传统游戏在一定程度上反映了中国社会发展的历史进程。这些传统游戏由于受社会 and 经济发展水平的影响，在不同的历史时期呈现出不同的形式特点。按其发展进程大致可以分为原始时期、先秦时期、汉魏时期、唐宋时期和明清时期五个历史阶段。

Traditional games refer to the entertaining activities that have been inherited from generation to generation and that have been enjoying a wide popularity among the folks. As an important part of Chinese traditional culture, Chinese traditional games to some extent reflect the historical process of China's social development. Affected by the level of social and economic developments, these games present different characteristics and forms in different historical periods. Their development process can be roughly divided into five historical periods: the primitive period (before 21st century B.C.), period of pre-Qin Dynasty (21st century B.C.– 221 B.C.), period of the Han and Wei dynasties (206 B.C.–265 A.D.), period of the Tang Dynasty (618–907) and the Song Dynasty (960–1279), and period of the Ming Dynasty (1368–1644) and the Qing Dynasty (1644–1911).





自从有了人类，就产生了游戏，游戏是在人们的日常生活中自然形成的。中国传统游戏的起源最早可以追溯到上古时代，当时还仅仅是人类最原始的娱乐形式。石



#### • 石球

石球经过打磨，表面十分光滑，是原始社会时期人们投掷、脚踢的游戏用具。

#### Stone Ball

After being polished, stone ball has a very smooth surface, which was a tool for people in the primitive society to play throwing and kicking games.

Ever since the emergence of human beings, games have been naturally formed in people's daily lives. The origin of Chinese traditional games can be traced back to ancient times, when they were just the most primitive entertainment for human beings. Stone ball, a spherical natural stone, is considered as China's earliest toy for game, which was originally a hunting tool invented in the middle Paleolithic Period. During hunting, people used strap to string two or three stone balls that were wrapped with hides, and then cast them toward preys, which was a very effective hunting method to entangle the legs of preys. With the emergence of agricultural society and the invention of bow and arrow, stone ball gradually faded away its function as weapon, changing from a hunting tool to a toy for children to kick and play. In the Banpo Ruins(4800 B.C.-4200 B.C.) locating in Xi'an of Shaanxi





#### • 射箭

在一万年前的中石器时代，人们发明了弓箭。

#### Archery

Human invented bow and arrow in the Mesolithic Age about 10,000 years ago.

球被认为是中国最早的游戏玩具，为球形的天然石块，原本是旧石器时代中期发明的一种狩猎工具。在狩猎的时候，人们将两三个用兽皮包裹的石球以皮条连在一起，对准猎物抛出可以很容易缠住猎物的腿部，是一种十分奏效的捕猎方法。随着农业社会的出现和弓箭的发明，石球的武器功能逐渐消失，从狩猎工具变为儿童踢弄、嬉戏的玩具。在陕西西安半坡遗址（前4800—前4200），考古学家曾在一

Province, archaeologists have found three polished lightweight stone balls and an earthen gyro in the burial of a three-year-old girl. In the Yangshao Cultural Ruins (5000 B.C.-3000 B.C.), some stone balls, ceramic balls and earthen gyros have also been found.

In the slavery society, the Chinese nation began to move toward civilization with rapid development in economy and culture.

The period of pre-Qin Dynasty (21st century B.C.- 221 B.C.) was the primary stage of the development of games. Some simple games began to emerge at that time, and most of them were boorish and primitive, retaining more or less the trace left by the era of primitive hunting and farming. However, along with the progress of handicraft industry, the games with props began to emerge.

*Liu Bo* or *Lu Bo* was an old game prevalent during the period of pre-Qin Dynasty (21st century B.C.- 221 B.C.). It was a kind of board game with certain



个三四岁女孩的墓葬中发现了三个经过打磨的、形体轻巧的石球，同时出土的还有一枚陶制陀螺。而在仰韶文化遗址中（前5000—前3000），也曾发现过石球、陶球和陶制的小陀螺等。

奴隶制社会时期，中华民族开始走向文明，经济和文化得以快速发展。先秦时期（前21世纪—前221年）是游戏发展的初级阶段，一些玩法简单的游戏开始产生。这些游戏大都较为粗犷和原始，多少保留了原始狩猎和原始农业时代的遗风。不过，随着手工业的进步，需要道具的游戏开始出现。

六博是先秦时代非常盛行的一种游戏。这是一种带有一定赌博性的棋类游戏，又称“陆博”。据中国第一部考究字源的古籍《说文解字》记载：“（六博）局戏也，六箸十二棋也。古者乌曹作博。”夏代（约前2070—前1600）时，桀王的臣子乌曹发明了六博，并在开始在宫廷和上层社会中流行。《论语》《庄子》《楚辞》《史记》等先秦文献中都有关于六博的记载。到了春秋战国时期（前770—前221），

gambling characteristics. According to China's first ancient book about the origin of characters, *Explaining Chinese Characters*, “*Liu Bo* is a board game using six chopsticks and twelve chesses. It was an ancestor named Wu Cao that invented it.” In the Xia Dynasty (c. 2070 B.C.-1600 B.C.), Wu Cao, an officer of King Jie, invented *Liu Bo*, which became popular inside the palace and among the upper class. *Liu Bo* was recorded in *The Analects of Confucius*, *Zhuang Zi*, *The Songs of Chu*, *Records of the Historian* and other pre-Qin literatures. When it came to the time of the Spring and Autumn Period and the Warring States Period (770 B.C.-221 B.C.), such gambling game became more popular thanks to the development of the economy.

People in the time from the Spring and Autumn Period to the Warring States Period (770 B.C.-221 B.C.) were fond of pursuing pleasure, which laid the important foundation for the popularity and development of game activities. In China's earliest existing chronicle historical records *The Commentary of Zuo*, there is a story about two officers from the State of Lu, Mr. Ji and Mr. Hou, who once played cockfighting for fun.



随着经济的发展，六博这种带有赌博性的游戏开始盛行。

春秋战国时期，游戏得到了进一步发展。中国现存最早的编年体史书《左传》中，就记载了鲁国的季氏和郈（hòu）氏两位大夫斗鸡取乐之事。斗鸡是指人们将两只性情凶猛的公鸡放在一起互相啄咬争斗，以此来寻求乐趣的一种游戏。为了使鸡争斗起来更凶猛、更有趣，并且能够斗赢对方，季氏为鸡披上了特制的铁甲，而郈氏则给鸡爪子套上了金属套子。这说明了当时的斗鸡之术已经十分发达。斗鸡游戏不仅在王公贵族中十分盛行，在民间也蔚然成风。据西汉（前206—公元25）刘向编定的史书《战

Cockfighting was a game to put together two fierce cocks, and then let them fight with each other by pecking or scratching, so as to create amusement for audience. In order to make the cockfighting more furious and more interesting, and in order to make sure their cocks could win the fight, Mr. Ji clothed his cock with a special armor, while Mr. Hou wore the claws of his cock with metal gloves. This way of cockfighting shows that the technique of cockfighting at that time has been well-developed. Cockfighting not only enjoyed a good popularity among the nobility, but even the folk were also keen on it. According to *Records of the Warring States: the State of Qi*, Linzi City was so rich and well-off that all of its people were enthusiastic about



• 斗鸡画像石（汉）（图片提供：FOTOE）

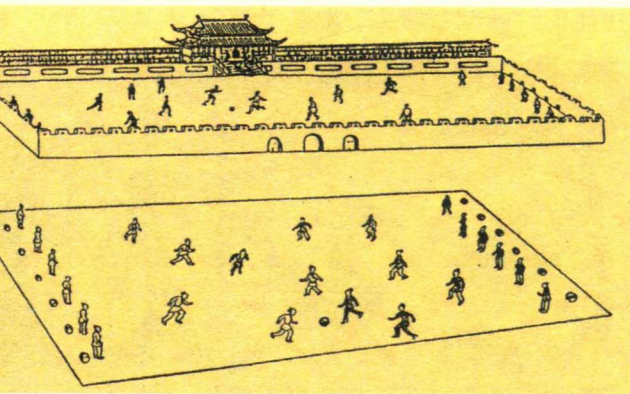
Stone Relief Carved with Cockfighting (Han Dynasty, 206 B.C.-220 A.D.)

《国策·齐策》记述：“临淄甚富而实，其民无不吹竽、鼓瑟、击筑、弹琴、斗鸡、走犬、六博、蹋鞠者。”记载中除“斗鸡”外，“走狗”“六博”“蹋鞠”等也都是当时社会中非常盛行的游戏活动。另外，角抵（摔跤）、拔河、踩高跷、荡秋千、放风筝、赛龙舟等游戏也已经出现。

汉魏时期（前206—公元265）是中国游戏史上承上启下的重要发展阶段，这一时期在以帝王为首的统治阶层里十分盛行官家游戏，如礼仪繁琐且计数复杂的投壶、格五、弹棋等。在先秦时期就已经出

playing *Yu* (a Chinese traditional wind instrument), *Se* (a 25-stringed plucked instrument), *Zhu* (a 13-stringed plucked instrument) and *Qin* (a 7-stringed plucked instrument), as well as cockfighting, dog racing, *Liu Bo*, *Taju* (also called *Cuju*, meaning ancient Chinese soccer) and other popular games and activities. In addition, games like wrestling, tug of war, stilt walking, swinging, kite flying and dragon boat racing have also already emerged at the time.

The period of the Han and Wei dynasties (206 B.C.- 265 A.D.), as a connecting link between the preceding and the following, was an important development stage in the history of Chinese games. The official games were popular among the ruling class led by emperors or kings, such as pitch-pot (*Touhu*, a game of pitching arrows toward a pot), grid five (*Gewu*, an ancient Chinese chess game), flipping chess and other games with complicated etiquettes and calculations. A typical one was ancient Chinese soccer (*Cuju*), which emerged in the period of pre-Qin Dynasty (21st century B.C.- 221 B.C.) and became so popular among the imperial nobility during the Han and Wei dynasties (206 B.C.- 265 A.D.) that Soccer Towns were



• 汉代军人蹴鞠 (图片提供: FOTOE)  
Soldiers Playing Ancient Chinese Soccer  
(Han Dynasty, 206 B.C.-220 A.D.)



现的蹴鞠，在汉魏时期受到帝王贵族的推崇。为此，他们专门建设了“鞠城”作为比赛场地。鞠城大都挖在地下，这是为了不让球滚得很远，以免追逐起来劳累。西汉著名将军霍去病就喜爱蹴鞠，在守卫边塞时，经常与士兵们一起蹴鞠，以提高士气。在汉代贵族和士大夫中还流行一种雅戏，即被称为“格五”的棋类游戏，主要是靠行棋的技术来战胜对手。而在平民中间则流行一些取材容易、制作方便、简单易行的游戏，如放风筝、角抵、荡秋千等。

唐宋时期（618—1279）是中国历史上大发展、大繁荣的阶段，文化昌盛，民族关系融洽，为各种游戏活动提供了必要的基础和环境，成为了传统游戏发展的鼎盛时期。这一时期游戏的主要特点是普及化和通俗化，出现了许多新型游戏，例如打马球、象棋、升官图、叶子戏等。受当时封建统治阶级“与民同乐”政策的影响，原本在汉魏时期大放异彩的官家游戏逐渐走向民间，成为普通民众喜闻乐见的娱乐活动。例如，摔跤不仅在宫廷盛

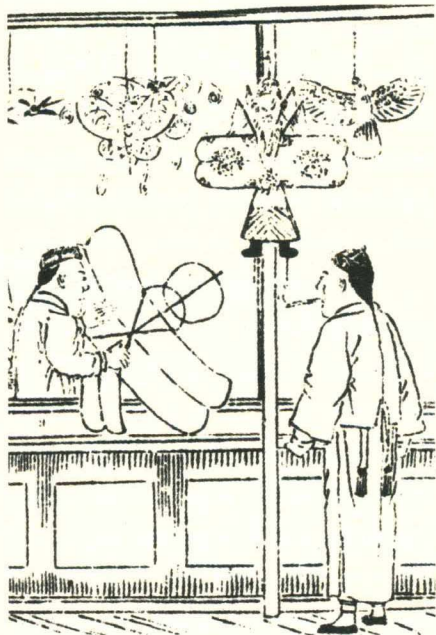
specially built as its playing fields. Most of the soccer towns were built under the ground to avoid the soccer rolling too far away as the players might get too tired during chasing. Huo Qubing, a famous general of the Western Han Dynasty (221 B.C.-206 B.C.), was an enthusiast of ancient Chinese soccer. When he was garrisoning in frontier fortresses, the general often played ancient Chinese soccer with soldiers, which was regarded as a way to boost the morale of soldiers. There was another elegant game popular among the nobles and literati in the Han Dynasty (206 B.C.-220 A.D.), namely grid five, which was a board game played mainly by utilizing tricks. The civilians however were fond of those simple games that were easy to make and play, such as kite flying, wrestling, swing, etc.

The period of the Tang Dynasty (618-907) and the Song Dynasty (960-1279) was a stage of great leap and prosperity in Chinese history. At this stage, flourishing culture and harmonious ethnic relations provided necessary foundation and environment for various game activities, bringing the heyday of the development of traditional games. The games of this period mainly featured of universalization and popularization,



行，在民间也涌现出了许多摔跤社团和摔跤能手。北宋（960—1127）调露子所著的《角力记》所载：

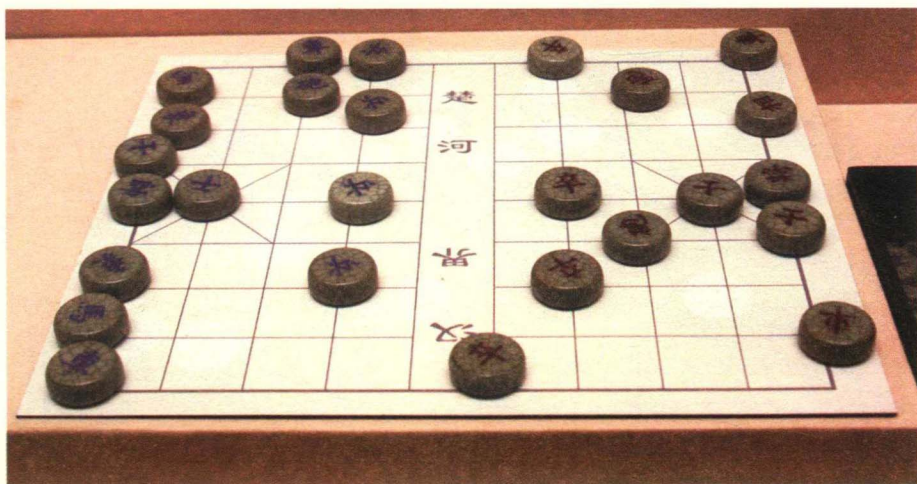
“近代以来，都邑百姓每至正月十五日，做角抵戏，递相夸竞，至于糜费财力。”有些人甚至为此而废寝忘食，到了痴迷的程度。每逢农历五月，江南的民众都要举行划龙舟比赛，同时，也聚集起来进行相扑（即摔跤）大会。人们募集比



• 《营业写真·卖纸鸢》（清）

Picture of Business: Selling Kites (Qing Dynasty, 1644-1911)

and many new games emerged, such as polo, Chinese chess, promotion game (*Shengguantu*, an ancient Chinese board game), leaves play (*Yezixi*, a Chinese traditional card game), and so on. Affected by the then feudal policy of Sharing Happiness with People, the official games, which were originally in vogue during the period of the Han and Wei dynasties (206 B.C.- 265 A.D.), gradually walked into the folk, becoming well-received entertaining activities for ordinary people. Wrestling, for example, was not only popular inside the palace, but also prevalent in the folk, where many wrestling communities and experts emerged. According to *Records of Wrestling* written by Diao Luzi in the Northern Song Dynasty (960-1127), “The townspeople since modern times would hold wrestling games on each lunar January 15th, and they were extremely crazy about comparing with each other during the games, causing a lot of waste of money.” Some people became so obsessed with the game that even eating and sleeping were all forgotten. In each lunar May, people living in regions South of the Yangtze River would hold dragon boat racings and wrestling games. Funds would be raised to buy rewards



• 象棋 (清)  
Chinese Chess (Qing Dynasty, 1644-1911)

赛经费用以购买奖品，万人空巷去看比赛，获胜者身披彩绸骑着马游街炫耀。

明清时期（1368—1911）是中国封建社会的末期，传统游戏虽然种类齐全，但创新不多。蹴鞠、摔跤、荡秋千、放风筝、斗蟋蟀等游戏依旧盛行。斗蟋蟀也称“斗促织”“斗蚰蚴”，就是以蟋蟀相斗为戏，相传始于唐代天宝年间（742—756）。《宋史·贾似道传》中也有斗蟋蟀的记载。斗蟋蟀在明代（1368—1644）尤为盛行，

for these games, and the winner wearing the rewarded colored silks was allowed to ride a horse to show off all over the whole town, where people had all turned out to watch the games.

During the period of the Ming Dynasty (1368-1644) and the Qing Dynasty (1644-1911), which was the end of China's feudal society, the traditional games were of little innovation though the categories had come to a full range. Games like ancient Chinese soccer, wrestling, swing, kite flying and cricket fighting were still in vogue during this period. Cricket fighting, known as





• 谢环《杏园雅集图》【局部】（明）

*Painting of Gathering for Elegant Games in Apricot Garden, by Xie Huan (Ming Dynasty, 1368-1644) [Part]*

有“蟋蟀瞿瞿叫，宣德皇帝耍”的民谣。到了清代（1644—1911），斗蟋蟀越发考究，清人顾禄的《清嘉录》载：“白露前后，训养蟋蟀，以赌斗之乐，谓之秋兴，俗名斗赚绩。提笼相望，结队成群，呼其虫为将军。”另外跳绳，古称“跳百索”，在明清时期非常流行。明人沈榜在《宛署杂记》载：“以长绳丈许，两儿对牵，飞摆不定，令难疑视，若百索然，其实一索也。群儿乘其动时轮跳其上，以能过者为胜，否或为索所绊，听掌绳者以击之为罪，名曰：跳百

*Doucuzhi* or *Douququ* in Chinese, was a game to let crickets fight with each other. It was said that this game dated from the Tianbao Period (742-756) in the Tang Dynasty (618-907) and became popular in the Ming Dynasty (1368-1644). It was recorded in the book *History of the Song Dynasty: Biography of Jia Sidao*, and there was a ballad saying that Emperor Xuande was a fan of cricket fighting. In the Qing Dynasty (1644-1911), cricket fighting become more and more fastidious. According to *Records of Qingjia* written by Gu Lu in the Qing Dynasty (1644-1911), “People raised and trained crickets to fight for gambling



绳。”此外，棋牌类游戏的发展也十分迅速，以象棋和围棋最为突出，涌现出了一大批棋艺精湛的高手，例如明代象棋高手李开先、围棋国手过百龄及清代围棋国手范西屏等。

中国传统游戏的种类很多，各种类型的游戏的出现时间与发展过

during about the White Dew (15th solar term), which was called Autumn Fun (*Qiuxing*) and commonly known as cricket fighting (*Douzhuhanji*); and players carrying crickets cages would gather in crowds, calling their crickets as general.” Moreover, rope skipping, called Skipping Hundred Ropes (*Tiaobaisuo*) in ancient times, was also very popular in the folk during the period of the Ming Dynasty (1368-1644) and the Qing Dynasty (1644-1911). According to *Jottings of Wanshu* written by Shen Bang in the Ming Dynasty (1368-1644), “Skipping Hundred Ropes (*Tiaobaisuo*) was a game that two children held the two ends of a rope about 3 meters long and swung it fast to make it look as if there were 100 ropes; at this time, other children jumped into the swinging rope one by one, and those who could skip out from it would win while those who touched the rope would break the rules and lose the game.” In addition, board games experienced a rapid development at this period. The most prominent ones were Chinese chess and the game of Go, and a large number of exquisite chess masters emerged in the two games, such as Chinese chess master Li Kaixian and national Go player Guo Bailing in the Ming Dynasty (1368-1644),



• 蟋蟀罐（明）  
Cricket Cans(Ming Dynasty,1368-1644)

