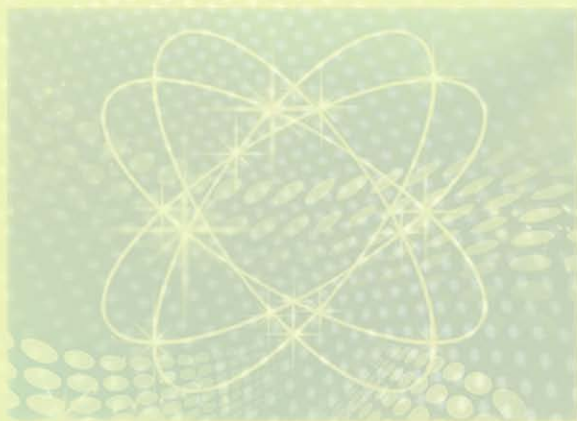
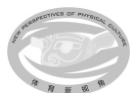


# 体育节奏论

向 勇 王 芳 编著



四川科学技术出版社



《体育新视角》丛书·第二辑

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SPORTS RHYTHM

向勇 王芳 编著



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## 《体育新视角》丛书·第二辑出版说明

2008年6月,由四川省体育局和四川体育发展战略研究会牵头组织国内知名专家学者撰写的《体育新视角》丛书正式出版,并成为了当年献给北京奥运会的一份人文厚礼。丛书的编委会和作者们经历了当年“5·12”汶川特大地震的考验,怀着感恩之心,在大熊猫的故乡——四川,以三星堆和金沙遗址的古朴遗风为礼,向全社会以体育理论研究成果的方式表达了最真挚的感谢!

2008年7月10日,在距离第29届北京奥运会开幕还有29天的时候,《体育新视角》丛书在京隆重首发,并受到了社会各界的广泛关注和好评。震惊中外的“5·12”汶川特大地震发生时,正值丛书出版的关键时刻。丛书全体编委和工作人员,一方面积极做好抗震救灾和灾后重建工作;另一方面夜以继日,努力拼搏,保质保量的完成了出版任务,充分体现了四川灾区人民自强不息,为国争光的精神。

《体育新视角》丛书系统研究了体育发展的相关理论,主题突出,观点鲜明,层次清晰,逻辑严密,论据充分,文字活泼,语句流畅,不求完美,重在出新;注重了时代性、前瞻性、学术性、生动性、可读性,且书名、目录及内容摘要均有中英文对照。丛书打破了传统体育思维,鼓励和倡导自主创新,在充分吸收以往的实践经验和已有研究成果的基础上,旨在重建和重构体育理论框架。一经出版即得到了学术界和体育界的广泛关注和认可,全国的著名图书馆、知名大学及体育行政系统等纷纷收藏和作为案头的重要参考



资料，为提高我国体育科学的理论水平和促进体育事业的全面协调可持续发展提供了强有力的理论保障。

正如首套《体育新视角》丛书前言中所说，丛书的出版“要像时间之矢一样，只有起点没有终点，只能前进不可后退，要不断地撰写和出版下去。只要有好的选题和作者，随时可纳入本丛书系列之中。以丛书的延续来促进人才的成长。”在首套丛书出版后，编委会在全社会广泛征集选题，认真筛选精品，经综合评审后最终入选第二套丛书的共 10 本著作，分别为：《体育益智论》《体育管理论》《体育审美论》《体育教育论》《体育旅游论》《体育保健论》《体育节奏论》《体育康复论》《体育测评论》《体育营养论》。

根据党的十八大特别是党的十八届三中全会精神，为深入推进党的群众路线教育实践活动，认真贯彻落实中央“八项规定”要求，反对形式主义、官僚主义、享乐主义和奢靡之风，决定从第二套丛书开始，删去编委会、总序及前言等内容，采用简装出版发行。我们希望用优秀的体育理论研究成果奋力推动中国体育事业的大发展，为中国梦的实现贡献力量！

四川省体育局局长朱玲、四川省社会科学院党委书记李后强、四川大学教授张超慧、韩海军以及四川省体育局廖川江、四川科学技术出版社陈敦和等同志为本套丛书组稿、编辑、出版付出了大量心血，四川省科技厅、四川省社科联给予了大力支持和帮助，在此一并表示衷心感谢！

丛书编者

2014 年 6 月 15 日

## 前 言

我们总有早上被窗外小鸟的叽喳声吵醒的经历。小鸟比我们更知晓时间的安排——何时应该睡觉，何时应该起床捉虫，同时它们也更遵守时间——当我们还在犹豫是否马上起床时。实际上，每天这个时候我们也该起床了。因为，我们体内那个“滴答滴答流动着的节奏之钟”也快要敲响了，我们的大脑通过一晚上的休息也该准备工作了；我们的胃也在“呼唤”着需要充填食物了，口也感觉到有些渴了。更重要的是，窗外太阳的朝晖已经把东方的天空点亮，街上的人声开始嘈杂起来，一切都是那么自然，就像程序化似的，没有人会对此感觉到有什么不妥。太阳早晨升起傍晚落下，天气冷热交替，月亮圆缺循环，这些都太平常不过了，好像与人生并无多大关联。可是，整天匆匆忙忙于各种事务的人们何曾知道：正是这些每天都几乎在同一时间发生的如程序般输出的“约定”，把我们的世界装扮得丰富多彩，为林林总总的生物提供着源源不尽的能量和生存之源。大自然鬼斧神工般地在生物的遗传序列中“植入”了斗转星移、四季更替、阴晴圆缺、昼夜轮回的信息，从而衍生出一个艰深而有趣的议题：节奏。有时候我们也称它为节律。

在体育活动中，“节奏”这个词语大家都不陌生。当你作为一名电视观众的时候，经常有体育解说员那富有激情的声音充斥着你的耳畔：“某队完全失去了进攻节奏，进攻无力……失去了防守节奏，完全乱了阵脚……某某逐渐找到了自己的节奏。”节奏，在体育竞技中为什么如此重要？它的生物机理在何处？节奏如何构建体育运动及其比赛的结构？而在相应的学科领域内，关于运动节奏的



研究，其成果虽不说是汗牛充栋，也应该是硕果累累。然而遗憾的是，虽然各个项目的研究者们对其运动技术、战术的节奏进行了深入浅出的研究，取得了很大的成就，但最终没有系统回答出关于体育节奏的本源问题。

科学家们认为，节奏是一种规律性反复的功能或行为的时序性。我们除了在体育活动中听到和感受到这个词的外在意义和内涵表达之外，还经常在诗歌、绘画、音乐、戏剧和舞蹈中谈到这个词。而把节奏作为研究对象最热心最富有成就的是生物学家和医学家们。生物学家把生物节律看成是20世纪生物学上媲美于达尔文的“进化论”的重大发现，数不清的研究者们潜心于此，做了很多卓有成效的工作，为人类的科技进步和发展作出了积极的贡献。在生物世界里，当某种行为在时间上有规则的持续不断出现时，我们就称其为“生物节律”。这些节律普遍存在，正如时间哲学的权威学者弗雷泽（J. T. Fraser）指出的那样（1987年）：“动植物分享着共同的生态空间，它们必须调整自己的生物节律——何时追捕猎物，何时进食，何时饮水，何时交配，何时筑巢，这些都必须安排好。”医学家们在预防医学和治疗学上也对此展开了研究，他们的研究紧跟生物学家的步伐，且他们总是善于把动物学上的实验结果逐渐应用到临床上来，在此过程中大鼠家族可谓是作出了很多的牺牲和贡献。什么时候容易生病以采取什么样的预防措施，什么时候是患者服药的最好时机以达到最佳的治疗效果，医学家们都能如数家珍，言之凿凿。更有军事科学家打算根据这个原理创造“代谢优势战士”，以达到士兵可以长时间不睡觉不休息且精力充沛并保持高效和心情愉快。听起来匪夷所思！但这样的项目目前正在美国获得国防先进研究项目署的批准。当这些概念和研究思想被进一步在科技的各个领域宣传展开的时候，对人体“节律节奏”的相关研究又掀起一阵阵热潮。对时间的研究历来是物理学家们关注的研究对象，但是天文学家和古代中外的农事官员也早就介入了——中国古代就有“天象官”，专司祭祀和观天象以预测吉凶祸福；尼罗河流域和古埃及、古中国等文明发源地的农事官员也学会如何根据季节和气

候的变化而选择种植，特别是中国传统农业中利用24个节气来调控农业种植就是利用大自然节奏节律最好的范例。现代企业安全生产和优生学也都在对此发生兴趣，体育竞赛的预测中也开始有意把人体的生物节律纳入其中加以考虑……一时间好像人类社会就只有“节奏”这个东西才足以引起我们的兴趣。研究者们把生物节奏节律称为时间医学、生物钟、时间灾害学或其他一系列“时间某某学”进行研究。人们除了在探究节律节奏这个东西为什么对人类、对自然界的生物具有如此重要的作用之外，还在研究生物体到底是哪些部分在对节奏节律产生敏感，并且还试图发现有一些什么样的机制来完成这样令人费解的复杂的生理和心理活动。

从专家们喋喋不休地争论和日常生活体验中我们不难发现：“节奏节律”这个东西对于生物乃至人类的意义。生物对节奏的敏感，人类对节奏的情怀是与生俱来的，还是后天形成的？是生理上的需要还是心理上的需要，或者说是因为生理需要而诱发的心理需要？是外源论说的自然选择的结果，还是内源论者趋向的人体内在规律？我们可以循着生物进化的轨迹回溯，寻找到令人信服的可靠论据。

现代科技的论证和日常生活的体验均告诉我们这样一个事实：和谐的节奏会让人心理上产生一定程度的快感和愉悦心情。欣赏一曲旋律优美明快的音乐，朗诵一首气势磅礴对仗工整的律诗，观看一出动作优美节奏和谐的舞蹈，或者观看一场情节流畅、叙事严谨、节奏把握有序且内涵深刻的电影，阅读一本情节跌宕起伏扣人心弦的好书，这些都能给人以美的享受。这是节奏这个奇妙的东西给人带来的直观感受，的确与众不同！

不可思议的是，节奏作为一种自然现象，它竟然能够在社会历史文化的进程中表现得如刀砍斧凿般的清晰和深刻。历史的更替与代际的重复充满了节奏，经济文化的发展如波浪一样此起彼伏；文武之道，一张一弛，也深刻而传神地阐明了隐含于社会文化中的节奏特点。

作为资深或者新晋的体育迷而言，更有深刻的印象在脑海中回



现：在电视上或是体育场馆现场感受刘翔那交织力量与美感且动若脱兔、节奏鲜明的跨栏比赛；在网球场上观看李娜与对手你来我往的底线回击和循环往复的奔跑、截击而最终打出一记漂亮的反手直线“穿越”球；在夜深人静时欣赏一场攻势如潮、节奏明快、传接自然、防守有序的“欧洲杯”或者“世界杯”足球比赛，那是多么的让人惬意和愉悦啊！特别是作为体育迷在有归属感和认同感的前提下，自己所支持的一方最终获得胜利时，那种感觉更别提有多美妙！

实际上，作为观众，他们欣赏的是比赛本身，如果没有倾向性的话，比赛的流畅和高潮不断是他们最核心的要求，如果出现冷门更是让他们兴奋异常而津津乐道。而平淡无奇的比赛他们常常为之唾弃，至于比赛结果对没有倾向性的观众而言意义不大。对于比赛本身运动员或者运动队的进攻节奏和防守节奏，他们有自己的衡量原则与判别标准。当然，有主客队情结的观众例外，他们往往只要求他们所支持的队伍取胜，不管你采用什么样的方式。当然比赛的过程更扣人心弦、更刺激最好。节奏，就影响了一场比赛的精彩程度，特别是双方势均力敌的情况下，谁能最终控制住比赛的节奏，谁掌握了比赛的主动权，谁就有可能取得比赛的最终胜利。体育比赛中的高潮迭起就意味着竞赛双方在比赛节奏的控制上达到一种白热化状态，丢失自我节奏和掌握自我节奏的转换很快。

更为重要的是，对于场上的主角——双方运动员和运动队，他们也必须重视和强调与观众诉求一样的东西——节奏！只不过他们对节奏的理解和要求稍稍与观众不太一样。他们的目的和支持他们的观众一样，不管比赛好看与否，只需要比赛取得胜利（当然这是在不违背体育道德精神的前提下而言的，一些打“假球”的比赛不在其中），并为此与对手在场上进行比赛节奏控制权的争夺。在比赛中，他们比谁都明白：只有有效地控制住了比赛的节奏才能够获得胜利，也才能够让老板或者支持他们的观众满意，他们也在努力地想办法去获得这种能够制胜的节奏。对于体育比赛，说得较为直白一点：外行看热闹，内行观门道。外行们为场上的比分呈胶着状态而兴奋、激动，内行们却会更深入地发现：场内的比赛实际上就

是一个“节奏”主控权争夺的战斗，而场外的教练员之间也在进行着有利于自己的“节奏”把握和控制。换人、暂停以及战术的改变等等手段都是遏制对手，发挥自己最大效用的有效“武器”。当然，队伍本身的水平和平时的针对性训练也极其重要，实力相差太大而最终“咸鱼翻身”，在体育比赛中有这样的案例但毕竟是少数。

以上关于“节奏”的这些现象往往促使我们有更深入的思索：节奏节律这个东西对于生物来讲这么重要，但这种重要性和不可替代性从何而来？它是怎样在我们的基因中固定并遗传下来的？它对我们的生活起着一种什么样的作用……关于这些问题的争论从未停止过，谁也不能说服谁，但分子生物学和脑科学的进展在逐渐接近事实的真相。作为体育研究者，我们更要关注的是体育运动中节奏的产生机制和如何控制运动节奏才能使我们的比赛更具有观赏性，才能让我们所支持的队伍更容易获得比赛的胜利，让我们的体育锻炼更有效、更有益于身体健康。

本书以“点燃节奏的思想火花”作为文幕拉开，开始追问节奏的来源，然后从宇宙的斗转星移到季节的四季更替，从人类的起源到动物性的运动规律，从自然选择到社会运行，从人类早期文化活动巫术中的音调高低和身体动作节奏到音乐、舞蹈以及体育的产生，从宏观的节奏估计到基因水平分子运动的时序分析来一层层一步步地探讨节奏的起源和再现。音乐、舞蹈和诗歌是人们为了应答主自然节奏而创造的充满理想主义和浪漫色彩的节奏艺术，用来满足人们对节奏从生理到心里的渴盼，而充满节奏张力和动感十足的体育运动则是人类在节奏的自然选择与文化选择过程中精心培育的奇葩。参与其中，增进健康，愉悦身心；旁坐观赏，激情满怀，热血沸腾。体育健身讲究节奏才能健康长寿，体育竞技重视节奏才觉魅力无穷。

节奏来自哪里？节奏来自浩瀚的宇宙，来自大自然，在长期的自然选择过程中镶嵌于我们的基因里，本能地体现于人类与自然和谐共处的一切生理和社会文化活动中。体育运动作为人类社会文化与自然交融的结晶，是人类对自然节奏的最佳应答。



## A Preface of the Sports Rhythm

In the morning we may have such an experience: we often wakened up by the chirping birds outside the window. For the arrangement of time, birds know better than us about when to sleep, and when to get up to catch the worm. At the same time, they also comply with the time when we were still hesitating whether to get up immediately or not. In fact, at this time of day we should get up. Because “the rhythm of the body ticking clock” is about to ring out, our brain is also ready to work after the whole nights’ rest; Our stomach is “calling for” food to fill in, the mouth also felt a little thirsty. More important, the sunshine outside the window has lighted up the eastern sky, people’s voice on the street is become more and more noisy. Everything seems to be so natural, like procedures, no one will feel any differences about this. It is common that the sun rises in the morning and sets in the evening. The weather is cold and hot alternate, hot, then become cold again, the moon round the cycle, wax and wane, it seems has nothing to do with our life. However, the people who in a hurried busy all day with all kinds of affairs never knows that it is the programs like these, which just like an carry out of “appointment” and happens almost every day and on the same time that dress up our world more rich and colorful and provide endless source and survival for the wide range of biological. The passage of time is “implanted” in the creature’s genetic sequence by

nature. The season, wax and wane, and the cycle of day and night, which bring out a deep but interesting topic: rhythm. Sometimes it also called as prosody.

In sports, everybody is familiar with the word “rhythm” . When you watching TV as an audience, the sports commentator often with passionate voice that filled your ears: ×× team has completely lost offensive rhythm, offensive weakness ...lost its defensive rhythm and complete disarray ...×× gradually found their own rhythm. Why rhythm is so important in sports competition? Where is the biological mechanism lies in? How does rhythm build up sports and the structure of competitions? And so on. In this subject area, researches on motion rhythm is numerous, and it should be fruitful. Researchers in each project have conducted their research on the sport technology and the rhythm of tactical, and has made great achievements, but they failed to theoretically answer questions of the origin of sports rhythm.

Scientists believe that the rhythm is a regular repeated function or sequential behavior. In addition to hear and feel the external expression of the meaning and connotation of this word in sports, we also talked about this word in poetry, painting, music, theater and dancing. The rhythm, as the object of study, biologists and medical scientists are the most enthusiastic and the richest achievement winners. Biologists regard biological rhythm as a major discovery in biology in the twentieth century, which equals to Darwin' s theory of evolution. Countless researchers have concentrated on this issue, by which they did a lot of fruitful works and made a positive contribution to the progress and development of science and technology. In the biological world, when there is an act which emergences continuously and regularly, we call it “biological rhythm” . These rhythms are very prevalent, as pointed out by J.T.Fraser, the Philosophy of Time's authoritative scholars , in 1987: animals and plants share a common ecological space, they must adjust



their biological rhythms and have to arrange the following things : when to hunt for food, when to eat, when to drink, when to mate, and when do the nest. Medical scientists have also launched a study on preventive medicine and therapeutics, their research is keeping a pace with the biologists, and they are always good at gradually apply the Zoology's experimental results to clinical. While in this process, rat family made great sacrifices and contributions. When is easier to get sick and what kind of precautions we should take, when is the best time for the patient to take medicine so as to achieve the best therapeutic effect, physicians are very familiar with these points and have tangible evidence. What's more, military scientists plan to create a “ metabolic advantage warrior” , according to this principle to achieve that soldiers don't have to sleep for a long time without a break but still maintain an efficient , energetic and good mood. It sounds incredible! But this project is being approved by the U.S. Defense Advanced Research Projects Agency at present. When these concepts and ideas are further launched in various fields of science and technology, related researches on human “ circadian rhythm” becomes more popular. Studies of time has always been concerned by the physicists, but astronomers and agricultural officials of ancient Chinese and foreign countries have been involved in for a long time. In ancient China, there is astronomical, deals with sacrifice and astrologers to predict turbid; the agricultural officials of civilization birthplace, such as: Nile River,ancient Egypt, the ancient China, etc. have learned when do the planting according to the season and climate, it is the best examples of rhythm to use traditional Chinese agriculture 24 solar terms to the regulation of farming. The modern enterprise safety production and eugenics are also interested in this area, forecasts of sports competitions have begun to be consider body's biological rhythms too. For one moment, it seems that only “ rhythm” could arouse our interests. The researchers called the

biological prosody rhythm: time medical, biological clock, time disaster and do researches together with other series of “time ×× science” . In addition to exploring the reason why the circadian rhythm is so important to human and natural creatures, people also study organisms to find out which parts are sensitive to the circadian rhythm, and trying to find some kinds of mechanism to accomplish such a complex physiological and psychological activities.

From experts’ endless argues and experience we got from everyday life, it is easy to find that “prosody rhythm” have great significance to biological and human. Biology is sensitive to rhythm and human beings are born to have a passionate feeling about rhythm or acquired later ? Is it needed psychologically or physiologically, or the physiological needs induced the psychological needs? Is it the natural results of the theory of exogenous or inherent law of the human body, which endogenous commentators inclined ? We can follow the evolution of the track back, to find reliable and convincing arguments.

Demonstration of modern technology and the experience of daily life telling us such a fact: harmonious rhythm would create a certain degree of psychological pleasure and joy. For example, enjoying a crisp melodic music, reading magnificent verses against the neat, watching an graceful and harmonious rhythm dance, or a plot of smooth and orderly narrative rigorous, grasp the rhythm and profound meaning movies or read an exciting book with up-down plot. All of these can give a person beautiful enjoyment. This is the intuitive feelings brought by the wonderful rhythm. It’s indeed distinctive!

What make rhythm incredible is that although it is as a natural phenomenon, it could have been manifested clearly and profoundly in the process of social and cultural history. The repetition of history’s turnover and intergeneration is full of rhythm, the development of economy and culture come and go like waves. Civil and military road, a



relaxation, vividly as well as profoundly illustrates the characteristics of the rhythm that implicit in the social and cultural.

As an experienced or budding sports fan, there are more profound impressions back to the present: live on TV or stadiums, we can feel LiuXiang who mixed strength and beauty and move if the mullahs rhythm in the hurdle race; Or watch Li Na with the opponent, fought back on the bottom line and the cycle runs, volley and eventually hit a nifty backhand straight “through” ball; In the dead of night to enjoy a offensive, fast-paced, then naturally pass, defense and orderly “European Cup” or “World Cup” football match, that’s so comfortable and enjoyable! Especially as sports fans who have a sense of belonging and identity in the premise, when the final victory was the team they supported, that is a fantastic feeling!

In fact, as the audience, what they appreciate is the match itself. If there is no bias, a match that can goes smoothly and has continuous orgasms is their core requirements, if an unpopular result may let them feel excited and relished, then they often spurned the bland game. For the results of the competition, it is not meaningful for audiences without tendentious. So, for athletes or sports teams, their offensive rhythm and defensive rhythm, the audiences themselves have their own measuring principle and judging standard. Of course, there are exceptions of the audience who has the main plot of the visiting team, they only require the team which they support win, no matter what ways they are using. The process of the match should be more exciting and stimulating. Thus, rhythm can influence the degree of the wonderful, especially in the case of the two sides are evenly matched, and who ultimately control the pace of the match, who master the initiative, who is likely to win the final victory of the tournament. The climax of sports events means the two sides of the competition reach an intense state in the rhythm control, convert from the loss of self-control rhythm to self-paced

rhythm controlling is fast.

What's more, for the protagonist of the field—of both athletes and sports teams, they must be emphasized that, which is also the same demands of audience—the rhythm! However, the understanding and the demand of rhythm is not the same with the audience. Their purpose are the same with the supported audience, whether the match is good or not, they only need to win the match (of course, it is on the premise of not contrary to the spirit of sportsmanship, some of the “match-fixing” is not included) , and to this end to compete with rivals in the field to control the rhythm of the match. In the match, they understand better than anyone else only control the rhythm of the match will be able to win, and could satisfy the boss or the supported audience, and they are also trying to find a way to get the rhythm of win. For sports, to put it a little more straightforward and reckless: Dilettante watch the scene of bustle, adept guard the entrance. The layman who presented status with excitement and emotion for the score on the field, but the experts have deeply found that the two sides of the contest is actually fighting the “rhythm” of mastership, and the coaches also conduct and grasp the rhythm which is in favor of themselves. Substitution of players , pause, change tactics and other means, are the effective “weapon” to curb opponents, play to their maximum effectiveness force. Of course, the level of the team and the usual targeted training are also extremely important, strength difference is too big and want to fantasy things turn around. In sports, such a case, have been come up, but the chance is always very small.

The above phenomenon of “rhythm” often prompt us to have a deeply thinking: prosody rhythm is so important for the biology. But the importance and irreplaceable comes from where? How does it fix and inherit in our genes? What roles does it plays in our lives? And so on. Debates on these issues have never stopped, nobody can convince the



other, but advances in molecular biology and brain science are approaching the truth. As sports researchers, we need to focus on the generation mechanism of sports rhythm and how to control the movement of the rhythm to make our match more entertaining, the team we supported will more likely to win the race, and our physical exercise will more effective and beneficial to health.

In this paper, “the idea of a spark to ignite the rhythm” as the text of the curtain was drawn, began questioning the source of the rhythm, then transfer from the universe to the seasons marching, from the origins of humans to the movement of animals, from natural selection to social operation, from early human cultural activities in witchcraft in pitch and rhythmic body movements to the generation of music, dance, and sports, from the macro rhythm estimates to timing analysis of the molecular genetic level step by step to explore the origins and reproduce of the rhythm. Music, dance and poetry are created by people to answer nature’s rhythm, it is an idealistic and romantic rhythms of art that can meet people’s eager from the physical to the rhythm of their heart, while rhythmic tension and action-packed sports are people who carefully nurtured in the rhythm of natural selection and cultural selection. Participation can improve health, make mental and physical pleasure; sitting next to watch, full of passion, blood surging. Physical fitness have to pay attention to the rhythm so that health and longevity can be achieved, sports competition emphasis on rhythm that can make it full of magical.

Where is rhythm from? Rhythm comes from the vastness of the universe, from nature, in the long process of natural selection embedded in our genes, instinctively reflect in the harmonious coexistence all physical and socio-cultural activities in human and nature. As the blend results of human society culture and natural blend, sports is the best response to the natural rhythm of human beings.