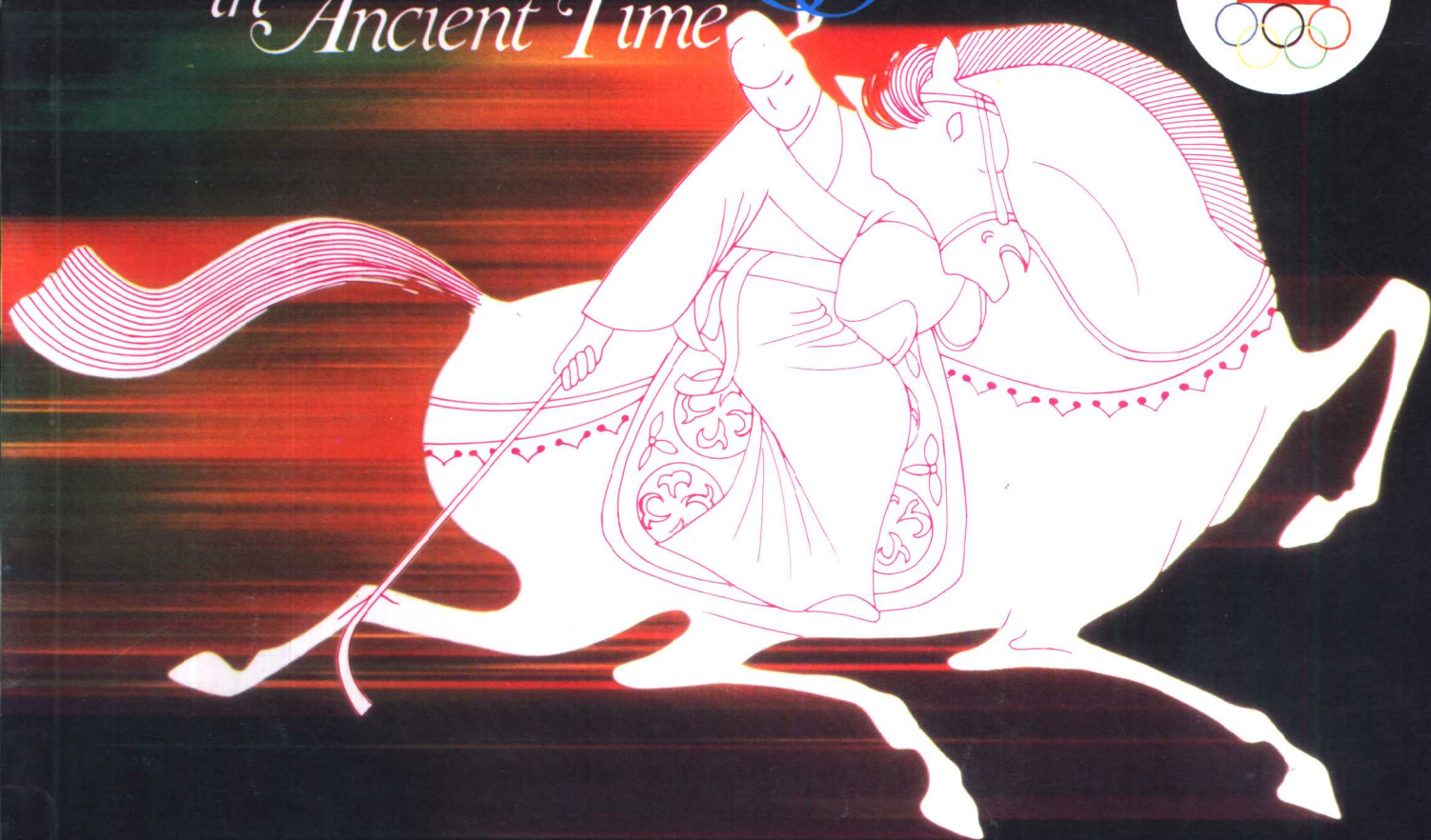


# China's SPORTS in Ancient Time



中國奧委會新聞與出版委員會

## 中國古代體育

Press Commission of the Chinese Olympic Committee



**編輯：**中國奧委會新聞與出版委員會  
**出版：**中國奧委會新聞與出版委員會  
香港國際企業公司

**責任編輯：**劉秉果，楊山，石友權

**書名題字：**范曾

**版面設計：**楊山

**封面圖作者：**何燕明，徐邦耀

**提供資料及圖片者：**

故宮博物院

中國歷史博物館

中國考古研究所

文物出版社

上海博物館

楊泓 吳震 王業民 邵宗遠 郭群

王增明 楊力民 楊天佑 吳健 馬承源

唐士欽 王洪洵 于良樸 周業榮 張連城

**Editorial:**

Press Commission of the  
Chinese Olympic Committee

**Publishers:**

Press Commission of the  
Chinese Olympic Committee,  
Enterprise International of Hong Kong

**Executive Editors:**

Liu Bing Guo  
Yang Shan  
Shi You Quan

**Calligrapher:**

Fan Zheng

**Designer:**

Yang Shan

**Cover Picture Designers:**

He Yan Ming, Xu Bang Yao

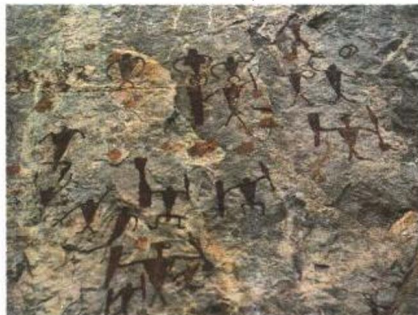
**Information & Photographic Supplies:**

Palace Museum (Gugong)  
China National History Museum  
China National Archeology Research Centre  
Wenwu Publishing Company  
Shanghai Museum  
Yang Hong, Wu Zhen, Wang Ye Min,  
Gao Zhong Yuan, Guo Qun, Wang Zeng Ming,  
Yang Li Min, Wang Tian You, Wu Jian,  
Ma Cheng Yuan, Tang Shi Qin,  
Wang Hong Xun, Yu Liang Pu, Zhou Ye Rong,  
Zhang Lian Cheng.

# 目錄 CONTENTS

## 3 前言 Preface

## 5 遠古體育的萌芽 Embryonic Forms of China's Primitive Sports



## 11 軍事用途的跑與走 Running and Walking for Military Purpose



## 15 帝王貴族的狩獵 Hunting by Emperors and Noble Gentry



## 23 古養生術——導引 Daoyin, an Ancient Way to Keep Fit



## 29 漢代的角觝戲 Gymnastic Performances of the Han Dynasty



## 37 翹關·扛鼎·舉石 Weightlifting



# 39 健身娛樂的舞蹈 Dances for Health & Recreations



# 41 不同形式的摔跤 Various Styles of Wrestling



# 47 獨具特色的 武術 Unique Wushu (Martial Arts)

# 53 弓箭與騎射 Archery and Horsemen's Archery



# 61 弈棋



# Weiqi (Go) and Chess



# 67 風行唐代的馬球 Polo Popular in Tang Dynasty



# 75 蹴鞠 —原始的足球 Cuju (Ball-Kicking) — Primitive Football

# 79 唐、宋朝的步打球 Buda Ball in Tang and Song Dynasties



# 85 游泳與賽龍舟 Swimming & Dragon Boat Race



# 93 冰嬉 Ice Sports



BAK21 8/18 18/12



**編輯：**中國奧委會新聞與出版委員會  
**出版：**中國奧委會新聞與出版委員會  
香港國際企業公司

**責任編輯：**劉秉果，楊山，石友權

**書名題字：**范曾

**版面設計：**楊山

**封面圖作者：**何燕明，徐邦耀

**提供資料及圖片者：**

故宮博物院

中國歷史博物館

中國考古研究所

文物出版社

上海博物館

楊泓 吳震 王業民 邵宗遠 郭群

王增明 楊力民 楊天佑 吳健 馬承源

唐士欽 王洪洵 于良樸 周業榮 張連城

**Editorial:**

Press Commission of the  
Chinese Olympic Committee

**Publishers:**

Press Commission of the  
Chinese Olympic Committee,  
Enterprise International of Hong Kong

**Executive Editors:**

Liu Bing Guo  
Yang Shan  
Shi You Quan

**Calligrapher:**

Fan Zheng

**Designer:**

Yang Shan

**Cover Picture Designers:**

He Yan Ming, Xu Bang Yao

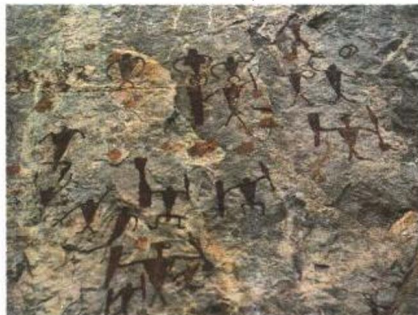
**Information & Photographic Supplies:**

Palace Museum (Gugong)  
China National History Museum  
China National Archeology Research Centre  
Wenwu Publishing Company  
Shanghai Museum  
Yang Hong, Wu Zhen, Wang Ye Min,  
Gao Zhong Yuan, Guo Qun, Wang Zeng Ming,  
Yang Li Min, Wang Tian You, Wu Jian,  
Ma Cheng Yuan, Tang Shi Qin,  
Wang Hong Xun, Yu Liang Pu, Zhou Ye Rong,  
Zhang Lian Cheng.

# 目錄 CONTENTS

## 3 前言 Preface

## 5 遠古體育的萌芽 Embryonic Forms of China's Primitive Sports



## 11 軍事用途的跑與走 Running and Walking for Military Purpose



## 15 帝王貴族的狩獵 Hunting by Emperors and Noble Gentry



## 23 古養生術——導引 Daoyin, an Ancient Way to Keep Fit



## 29 漢代的角觝戲 Gymnastic Performances of the Han Dynasty



## 37 翹關·扛鼎·舉石 Weightlifting



**39** 健身娛樂的舞蹈  
Dances for  
Health &  
Recreations



**41** 不同形式的摔跤  
Various Styles of Wrestling



**47** 獨具特色的  
武術  
Unique  
Wushu  
(Martial Arts)

**53** 弓箭與騎射  
Archery and  
Horsemen's  
Archery



**61** 弈棋



Weiqi (Go)  
and  
Chess



**67** 風行唐代的馬球  
Polo Popular in Tang Dynasty



**75** 蹴鞠  
—原始的足球  
Cuju  
(Ball-Kicking)  
— Primitive  
Football

**79** 唐、宋朝的步打球  
Buda Ball in Tang and  
Song Dynasties



**85** 游泳與賽龍舟  
Swimming &  
Dragon Boat Race



**93** 冰嬉  
Ice Sports





## 前言

# 歷史悠久的 中國古代體育

中華人民共和國  
體育運動委員會顧問  
榮高棠

新中國的體育運動有了很大發展，體育之花已開遍中華，五星紅旗在國際賽場上頻頻升起，“東亞病夫”變成了東方壯士。她的巨大成就舉世公認。但是，人們對中國的過去，對中國古代體育却了解甚少。

中國體育同整個中華民族的燦爛文化一樣，源遠流長。據已經發現的古代文物証實，中國至遲在距今4,000~10,000年前，就有了目的在於活動筋骨的身體活動。西周時期（約公元前1066~公元前771年）的射箭表演和舉鼎，已完全可以稱作體育了。在幾千年的歷史長河中，中國古代體育隨着經濟以及政治、軍事的發展而發展，項目繁多，每個項目的具體內容在不同時期也不盡同，甚至同一項目的名稱也不一樣。但是就其作用來說，則可以至少分為以下幾類：一是能夠起娛樂表演作用的，例如春秋戰國時期的劍術、投壺，漢代的蹴鞠（足球）、百戲，唐代的擊鞠（馬球），清代的冰嬉（冰上娛樂活動）等。像田獵、狩獵這樣的活動有娛樂作用，沒有表演作用，也可算作這一類。另一類是能夠

起健身作用的，例如漢代的導引、五禽戲，從古代一直延續到現在的各種養生術等。還有一類是主要為軍事鬥爭服務的各種身體訓練活動，例如西周時期的射箭、駕車，明代兵營中的長跑等。還有些項目兼有兩種或兩種以上作用，例如角力、武術、摔跤這些活動既有表演作用，又有健身作用，還有訓練軍事技能的作用。

中國古代體育是一個豐盛的寶藏。在這些色彩繽紛、各具特點的項目中，包含着獨到的經驗。像養生術這類身體活動方式，既有肢體活動，又有意念活動相配合，在世界上是少見的。它在促進身體健康、防治疾病方面，具有特殊的功能，是人類社會的一種寶貴的財富。中國武術是中國古代體育的一顆明珠，不僅在發展人的體能、技能方面有獨到之處，而且具有東方武藝的特殊魅力。在新中國加強挖掘整理、改革提高之後，更放異采，已開始推向世界，在國際上受到熱烈歡迎，競相學習。

中國古代體育以她鮮明的民族特色和東方風采，以她高度的健身醫療價值和娛樂作用等，獨樹一幟，流傳久遠，日益走上科學化的軌道，踏於世界民族之林，不斷豐富充實着人類文化寶庫。

這本畫冊收集了不同歷史時期的文物資料，有彩陶器、青銅器、銅鏡、瓷器、岩畫、漢畫象石（磚）、雲崗石窟藝術、敦煌壁畫，以及唐、宋、元、明、清的繪畫等。這些珍貴文物，精美的造型圖案，會有助於人們了解中國體育歷史的概貌。

我們對中國古代體育的內容有了一些認識，還有些內容正等待着我們進一步去發掘、認識。我們相信，隨着時間的推移，中國古代體育之花必將在現代中國體育以至世界體育的園圃中，放出更加耀目的異彩！

## PREFACE

# CHINA'S SPORTS IN ANCIENT TIME — HISTORICAL RECORDS AND RELICS SHOW HEALTHY DEVELOPMENT

By Rong Gao Tang  
Adviser of the  
State Commission for  
Physical Culture &  
Sports of  
the People's Republic  
of China

Sports in new China has made many notable achievements. Today, sports blossoms throughout China. Our National Flag has again and again flown in international sports meets to honour Chinese champions. China is no longer the "sick man in East Asia" but the



Hercules of the East. The world has learned of China's accomplishments in sports. But the world knows little about ancient China, less about sports in ancient China.

Sports in China claims a history as long and as rich as the country's civilisation. Ancient relics that have been unearthed indicate that Chinese of 4,000 to 10,000 years ago had been practising physical exercises to limber up themselves. As far back as the Western Zhou Dynasty (circa 1,066–771 B.C.), archery and the lifting of bronze tripods were practised in forms that we today accept as sports. During this period in Chinese history, Chinese ancient sports activities grew in pace with economic, political and military developments. Many sporting activities were practised, in different ways and at different times, and some were even given different names in different localities. To group them according to the purpose that they served, we have the following classifications:

**Performing and Entertaining Sports** — Swordsmanship, tou hu (shooting arrows into wine pitchers) during the Spring and Autumn Period and the Warring States; football, acrobatics in the Han Dynasty; polo in the Tang Dynasty; games on ice during the Qing Dynasty; and hunting strictly for amusement.

**Activities to Keep Fit** — Dao ying (massage and stretching) and wu qin xi (exercise imitating the actions of five animals) of the Han Dynasty and all kinds of physical exercises for keeping fit.

**Activities with a Military Purpose** — Physical training like archery and chariot-driving in the Western Zhou Dynasty; and distance running in the

army camps of the Ming Dynasty.

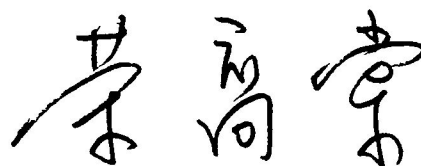
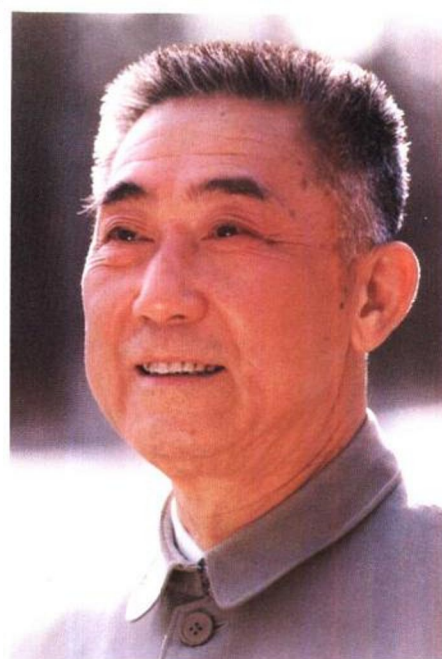
There were also physical exercises aimed at two or more of the above purposes. Wrestling and martial arts, for example, were forms of physical training that could be put on the stage to entertain and or on the battlefield to kill.

Such are the rich treasures in Chinese ancient sports. In these colourful and distinctively different physical activities, each was built on its own unique quality. And Chinese physical exercises have that essential element of not only promoting physical fitness but also coordinating the body and the mind. These exercises not only keep the body in good form but also provide an effective therapy for many sicknesses.

They have enriched our society and among them, Chinese martial arts constitute a glamorous pearl. They do wonders to one's physical ability and technical skill and there is such an exotic charm in their movements. Through efforts made by the new Chinese government, ancient sports are unveiled, re-arranged, reformed and improved, then given a new lustre that attracts the world. So much so that people around the world are studying and practising Chinese ancient sports.

With its national colour, oriental charm, therapeutic and entertaining value, Chinese ancient sports formed an intrinsic part of our civilisation. Today, they make the world sports scene and add more riches to the treasure chest of human civilisation.

"China's Sports in Ancient Time" is full of pictures of relics that tell us about sports during the various ages of Chinese history: coloured pottery, bronzeware, bronze mirrors, chinaware, murals, brick paintings, Yugang caves,

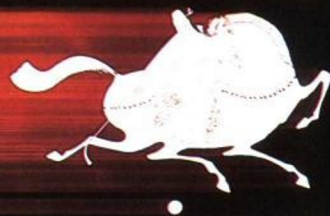


(Rong Gao Tang)

Dunhuang murals, and paintings in the Song, Ming and Qing dynasties. These relics are valuable in their own right but the pictures and patterns on them help us to get a picture of the history of sports in China.

A picture is not all because there is history behind it. And that is always waiting to be uncovered. We believe that in the course of time, ancient sports in China will find new life in sports today and continue to blossom on the world sports scene.





在中國瑰麗多姿的古代神話中，記載着像“后羿射日”、“夸父逐日”等動人的傳說。盡管神話是一種美好願望的寄托，但却反映我們的祖先為征服大自然，發展人體技能的信心和毅力。

山西省陽高縣出土的大量石球，是距今已有10萬年的舊石器時代，原始人狩獵時使用的工具。這種在勞動中，運用自己的腿、臂、頭和手的活動，可以說是人類最初的體育形態。

青海省大通縣出土的一個距今一萬年至四千年的陶盆，內壁繪有三組舞蹈圖案；距今三千年的雲南滄源岩畫中，不僅有舞蹈的形象，還有跑的動作，人疊人的技巧。可見，在中國原始社會後期，原始體育形態已逐漸從生產勞動中區別出來，結合了人類生活中的娛樂、健身等現象，前進了一大步。

在遺傳下來的古籍中，還記載着帝堯時代（約4000～5000年前）流行一種叫做“擊壤”的遊戲，相距二、三十步，擊中者為勝。這是練習擲準的娛樂活動，已帶有競技的雛形了。

1. 雲南滄源古代岩畫局部之一  
（約3000年前）

Part of an ancient stone carving in  
Cangyuan, Yunnan Province,  
dating back about 3,000 years.

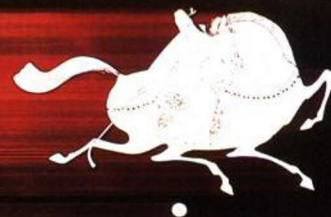
2. 雲南滄源古代岩畫局部之二  
（約3000年前）

Part of an ancient stone carving in  
Cangyuan, Yunnan Province,  
dating back about 3,000 years.





# EMBRYONIC FORMS OF CHINA'S PRIMITIVE SPORTS



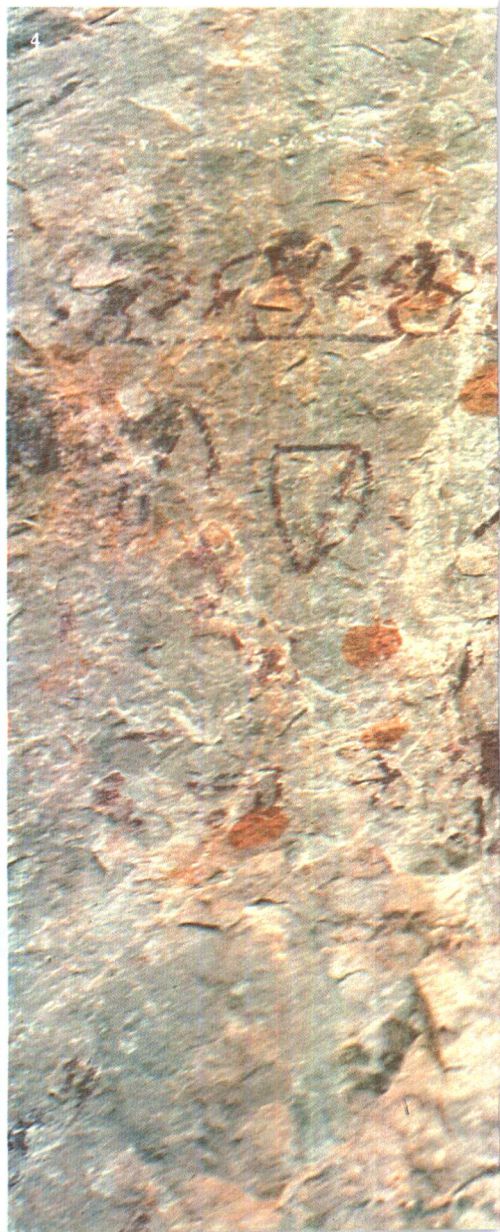
Of China's many beautiful ancient fairy tales, there were accounts of beautiful legends such as "King Yi Shoots Suns" and "Father Gua Runs After the Sun". Although fairy tales are symbolic of good wishes, they show our forefathers' confidence and will in conquering nature and developing bodily skills.

The large number of stone balls, unearthed in Shanxi province's Yanggao county, were used as hunting tools by primitive men in the paleolithic age some 100,000 years ago. It can be said that such movements using one's legs, arms, head and hands were the most primitive sports forms of man.

A pottery basin, unearthed in Datong county of Qinghai province and dating back 4,000 to 10,000 years, had three groups of dancing designs painted in its inner part. There were not only dancing images but also running movements and pyramid acrobatics on a 3,000-year-old Chuang Yuan cliff carving in Yunnan province. In the latter part of China's primitive society, primitive sports were gradually distinguished from productive labour and integrated with recreations and health activities in human life.

Ancient books recorded that a kind of game called "Ji Rang" ("Hitting the Soil") was popular some 4,000 or 5,000 years ago. Those who hit the soil 20 to 30 steps away were the winners. It was a kind of throwing exercise and assumed the most primitive form of competitive sport.







3. 雲南滄源古代岩畫局部之三 (約3000年前)

Part of an ancient stone carving in Cangyuan, Yunnan Province, dating back about 3,000 years.

4. 雲南滄源古代岩畫局部之四 (約3000年前)

Part of an ancient stone carving in Cangyuan, Yunnan Province, dating back about 3,000 years.





5. 青海省大通縣出土的新石器時代舞蹈紋彩陶盆  
(距今1萬年到4千年)

Painted pottery with dancing patterns,  
dating back 4,000 to 10,000 years in the Neolithic Age,  
unearthed in Datong County, Qinghai Province.

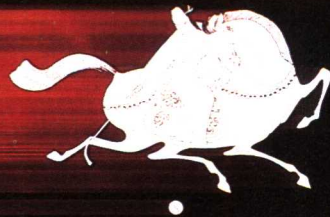








# 軍事用途的跑與走



神話《夸父追日》說的是“夸父”跑步追趕太陽的故事。走、跑是人類生活的基本能力，也是作戰的基本能力。在古代運輸工具極為簡陋的條件下，人們十分注

重走與跑技能的提高。

“兵貴神速”，這是中國古代兵法中重要的一條。從戰國（公元前475年～公元前221年）軍事家吳起，到明代的愛國將領

戚繼光（公元1528年～1587年），皆要求部下的將士“奉甲執兵”而“輕足善走”。古代的諸侯王外出都是乘坐馬車的，而他的衛士必須跟隨馬車奔跑。這些被稱為“虎





# RUNNING AND WALKING FOR MILITARY PURPOSE



賁”的衛士，享有極高的榮譽，但一個個都要經過嚴格的跑步挑選。

到了元代（公元1271年），統治者爲了檢閱自己的警衛部隊，每年舉行一次長

跑競賽。據元朝史書《輟耕錄》所記：全程約180里，“先至者賜銀一餅，餘者賜緞匹有差”。這實爲一種定期舉行的超長距離越野賽跑。

The Chinese fairy tale “Father Gua Runs After the Sun” tells how father Gua pursued the sun. Walking and running are the most fundamental abilities of man in daily life as well as in fighting. While the means of transport were very simple in ancient times, people paid great attention to improving walking and running abilities.

“Surprise speed is key to success in a war” is the quintessence of military strategy and tactics in ancient China. All strategists from Wu Qi in the period of the Warring States (473 B.C. – 221 B.C.) to the Ming patriotic general Qi Jiguang (A.D. 1528-1587) asked their soldiers to “trek well over long marches with weapons”. In ancient times, when dukes and princes went out in horse carts, their bodyguards ran behind. Such bodyguards, called “brave warriors”, were selected from running contests and enjoyed high esteem.

During the Yuan Dynasty (1271-1368), the rulers, in order to review their guards, held long-distance race contests once a year. According to a history book “Chuo Geng Lu”, the whole distance was about 180 li (90 kilometres) and the first to arrive was presented with a silver disc. Others were given satin of different lengths. This was indeed a kind of regular long-distance cross-country race.

6. 四川省出土的漢代畫象磚。

（東漢，公元25年～220年）

Brick relief, Eastern Han Dynasty

(A.D. 25-220), unearthed in Sichuan Province.





7. 四川省出土的漢代畫象磚局部

(東漢，公元25年～220年)

Part of the brick relief unearthed in Sichuan Province,  
Eastern Han Dynasty (A.D. 25-220)





