

Journal Surveys

I. Ancient Sport

- I-1 Balme, Maurice. "Attitudes to Work and Leisure in Ancient Greece," *Greece and Rome*, 1, No. 2 (October 1984) 140-152.

Although some Greek philosophers and authors believed that work, especially manual work, was distasteful, most Greeks did not share that view. Rather "work is ordained by God approved by men [while] idleness is condemned by both" (p. 140). Even the rich should work at something. Aristotle's eight classes of people are discussed. For example, craftsmen were in a sense artists with skill (*sophia*) and technique (*Techne*). Along with work, multiple forms of recreation helped make for a full life. Pleasure was obtained without work, but happiness depended upon toil and diligence. Based on secondary sources; 3 notes.

—Ralph B. Ballou

- I-2 Crowther, Nigel B. "Weightlifting in Antiquity: Achievement and Training," *Greek, Romans and Byzantine Studies*, 24 (1977), 111-120.

Weightlifting and weight training have been a part of the athletic scene since the 6th century B.C. Evidence suggests that recorded feats of men who lifted or who lifted and threw objects of great weight were not only probable but quite possible. Our ignorance about weight training from the sixth century B.C. to the first century A.D. may be due to lack of sources rather than the lack of weight training. The use of graded weights assisted in the development of strength while other exercises with weight-calisthenics helped in the development of stamina and flexibility. Based on primary and secondary sources; 27 notes.

—Ralph B. Ballou

- I-3 Dyson, H. G. Geoffrey. "The Ancient Olympic Games," *Journal of the Canadian Association for Health, Physical Education and Recreation*, 42, No. 4 (March-April 1976), 3-7.

Dyson summarizes the changes of the Pan-Hellenic festivals at Delphi, Isthmia, and Olympia from 776 B.C. to the Middle Ages. The early eight-year agrarian fertility religious festivals based on the lunar cycle changed to the four-year solar cycle. Forty-five thousand male spectators gathered for the festival rites and competitive events at Elis, Western Peloponnese. The rules included a sacred truce, no arms, no legal disputes or death penalties, and guaranteed personal safety for travelers through Greek territories to Olympia. Events totaled 23 different athletic contests, but finally were reduced to 18 events. For Ancient Greeks, training for the running, jumping, throwing, wrestling, pankration, boxing, and equestrian events contributed to military preparedness. Boys between 17-20 years had their own special events: stade race (192.28 meters), wrestling, boxing, pankration, plus pentathlon for the 39th Olympiad only. Competitors swore an oath that they had trained for at least ten months. Since the 5th century B.C. the Olympic Games spiritually deteriorated in beauty, symmetry, and the

ethics of athleticism from amateur to professional competition. Following the moving of the Stadium east and outside the altar in the 4th century B.C., the physical decadence of the sanctuary at Olympia occurred. In 394 A.D. Byzantine Emperor Theodosius I abolished the Olympic Games. Based on 3 secondary sources.

—Alyce T. Cheska

- I-4 Nations, James D. and Clark, John E. "The Bows and Arrows of the Lancandon Maya," *Archaeology*, 36 (1983), 36-43.

Bows and arrows, introduced into the world of the Maya around 1000, have undergone gradual transformations. Bows formerly made in three days now because of the use of a softer wood can be finished in a much shorter time. Bowstring construction has also become easier. Arrows, with the exception of the fletching process and to some extent the making of points, seem to have undergone less of an evolution. Changes in the manufacturing process became necessary when the bow and arrow changed from weapons of war and hunting for food to items for the tourist trade. Nine illustrations; list for further reading on the Lancandon Maya.

—Ralph B. Ballou

- I-5 Shan, Ba. "An Outline of Sports History (1)," *China Sports*, 18, No. 11 (1986), 40-41.

The origin of sports in ancient times in China may be traced to before the 21st Century B.C. when recreational games such as jirang, or throwing, jiaodi, or wrestling, and wu-yi, or exercises with weapons, were popular. The military influenced practice in archery, cart-driving, fencing, boxing, vessel lifting, horse racing, running, jumping, stone-throwing, and swimming. City dwellers participated in various games such as cuju, or kicking the ball, gigong, or breathing exercise, and chess to help prevent diseases and to keep fit. No notes.

—Angela Lumpkin

- I-6 Shan, Ba. "An Outline of Sports History (2)," *China Sports*, 18, No. 12 (1986), 53.

The Qin and Han Dynasties to the Three Kingdoms Period (221 B.C.-280 A.D.) constituted an important period in China's sports history because the number of sports activities and their recreational popularity increased considerably. Daoyin, or breathing exercise, developed as a fitness exercise for prolonging life but was also advocated by physicians for the treatment of diseases. A painting depicting daoyin routines excavated from a tomb of the Western Han Dynasty (206 B.C.-24 A.D.) showed basic movements similar to modern gymnastics. Other sports popularized during this time included jijji, a ball-hitting game on horses, cuji, or kicking the ball, baixi meaning hundred games comprised on shengji or tightrope walking, yuangan, or pole climbing, nongwanjian—a ball-and-sword exercise-, tripod-lifting, and stone-

turning, the taju dance, the sword dance, horsemanship, jiaodi, or wrestling, wushu, or throwing darts, the dragon dance, boat racing, and mountain climbing. No notes.

—Angela Lumpkin