

## II. China

II-1 Ma, Xiao. "Tang Dynasty Emperor Xuan Zong and Polo," *China Sports*, 21, No. 1 (1990), 44-45.

While a game similar to polo was recorded in poems written during the period of the Three Kingdoms (220-280), the sport reached its zenith under the reign of Xuan Zong (685-762). Emperor Xuan Zong felt that polo developed strong and brave men and championed the game not only for his army but also for the common people. Known as an outstanding player when he was only 24, the emperor built two polo grounds outside

his palace in Xi'an and continued to play to the age of 62. Based on primary sources and artifacts; no notes; 1 photograph.

—Lynne Emery

II-2 Shangpei, Cheng. "Weightlifting in Ancient China," *China Sports*, 22, No. 7 (1990), 38-39.

Weightlifting in China dates back to the Spring and Autumn Period (770-476 BC) and has taken many forms. In the early period, lifting a bronze tripod or a huge city gate bolt was performed by the common people. Eventually the ability to lift heavy objects was part of the selection process for military officers. Acrobatic performances with barbells and dumbbells made of stone were popular in the marketplaces as late as the early 1900s. Based on primary sources; no notes; 1 drawing.

—Lynne Emery

II-3 Ma, Tian. "Hunting as a Sport in the Qing Dynasty," *China Sports*, 23, No. 3 (1991), 40-42.

The Qing Dynasty was founded by invading Manchus in 1644 and existed until 1911. Because the weapons of the time were spears, swords and bows and arrows, physical prowess of the military was an important factor. Three representative sports were practiced by the Qing imperial court including archery on horseback, whistling deer and large-scale encirclement. Each of these sports was practiced by the emperor and his legions and all involved archery as the means for killing a variety of animals. Based on primary sources; no notes; 4 drawings.

—Lynne Emery