



Jianzi
踢毽子



此中國躡營之圖也。此物用小銅錢一個，
毛一撮，以脚踏之，遂上遂下，有踏平地。
不落也。省亦天恩時清道之一法也。

◎ 陳子英

Kicking Jianzi is a traditional Chinese folk sport that originated in the Han Dynasty and was popular during the Southern and Northern Dynasties, as well as the Sui and Tang Dynasties, with a history of over two thousand years.



The Jianzi is made of materials such as feathers and metal coins.



踢毽子

People often play Jianzi during the autumn and winter seasons, which is considered as one of the ways to relax during the cold weather.



The basic movements of kicking Jianzi



Chinese yoyo

抖空竹



Chinese yoyo has a long history in China, at least for over 600 years.



故宫藏清代空竹

Chinese yoyo (Qing Dynasty) collected in the Forbidden City



Chinese yoyo is a sport that is accomplished through the skillful coordination of limbs.



Chinese yoyo playing is more popular in Beijing. Old Beijingers usually buy Chinese yoyo during the Spring Festival, along with windmills and kites. They buy it and go home to prepare it, and then play it when spring comes.



single wheel



two wheels



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