



Jianzi  
踢毽子



此中國踴躍之國也此物用小銅錢一個  
毛一依以脚踏之送上送下有蹄千餘  
不落也者亦天恩時消遣之一法也  
陽明書

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.



## 故宮藏清代空竹

Chinese yoyo (Qing Dynasty) collected in the Forbidden City





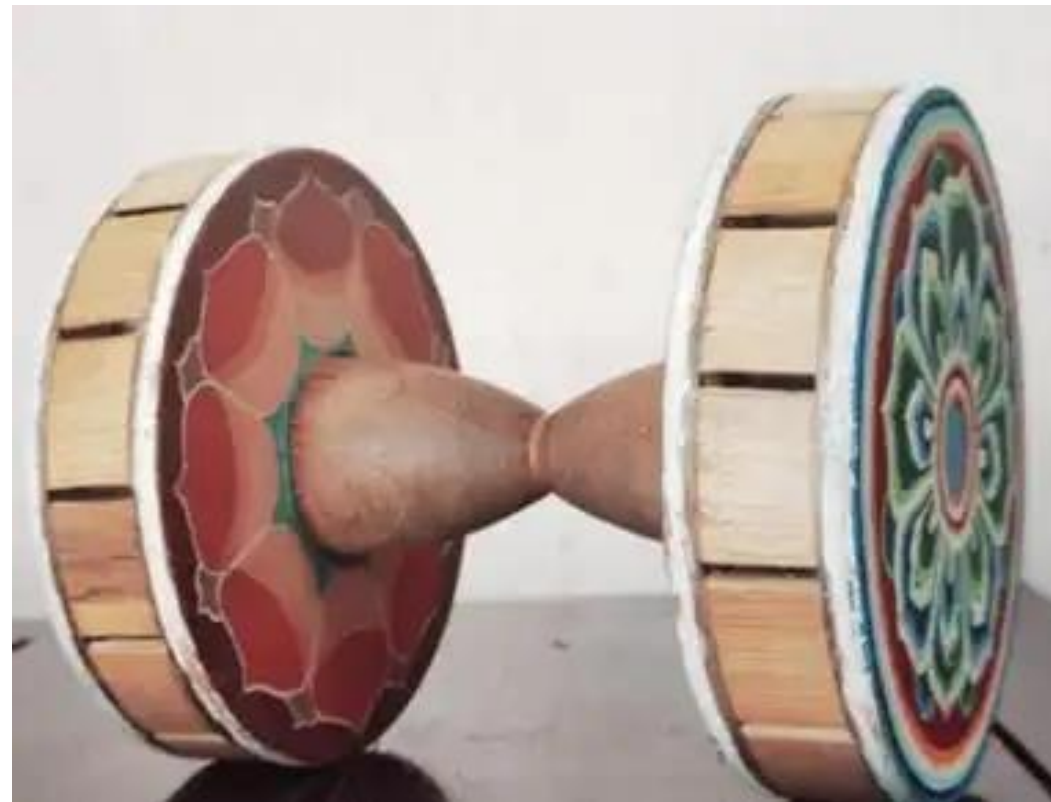
Chinese yoyo is a sport that is accomplished through the skillful coordination of limbs.



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



