

常用

体育英语词汇

王军平 张妙玲 主编

北京体育大学出版社

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前 言

随着我国改革开放的不断深化,特别是中国加入世界贸易组织(WTO),北京成功申办 2008 奥运会,中国人参与国际社会活动的领域日益扩大。无论是个体还是社会群体,涉及政治、经济、文化、科技等诸多方面的国际交往都会更加广泛、更加深入。当前,读者熟悉的汉英辞书有很多,但有关体育方面的内容却很少。为了更好地适应新形势的需要,促进我国体育教学、体育科研的更深入发展,我们编写了这本《常用体育英语词汇》。

词目选收以体育理论和运动项目的基本常用词语为主,又注重选收体现学科发展的新词和短语,兼顾理论性、规范性和通俗性,力求较为全面地反映本学科领域的知识体系。

词目英译力求准确、简明。科技术语采用规范的国际统一英文对应词。为便于读者使用,词目分类科学合理,层次分明。各类、项以相应编号标示,便于查阅。

本书是在前人成果的基础上完成的,大量中外出版物中的词目和译文给了我们重要的启发和权威性的指导。同时,北京体育大学出版社领导给予了热情的关怀和大力帮助,使得本书能尽早面世。在此,我们表示诚挚的谢意。

在本书的编写过程中,由于缺乏经验,再加上学识水平和资料有限,在词目的选收,译文处理、分类等方面仍难免出现不当之处,诚望同行专家和广大读者给予指正。

使用说明

Guide to the Use of the Dictionary

1. 本书将收集的体育英语词汇分别以理论与运动项目分类。
2. 理论篇包括 16 个内容,运动项目篇包括 23 个种类涉及 62 个运动项目的常用词汇。按项目名称的汉语拼音字母顺序进行编排。
3. 各个项目同样按汉语拼音字母顺序进行编排。
4. 以数字开头的词汇按该数字读音的汉语拼音字母顺序进行编排。如:查找“80 米栏”时到田径类以 b 开头的汉语读音“ba”对应的词汇中便可找到 80 米栏对应的英文词汇“80m hurdles”。
5. 以英文大写字母开头的按其相对应的字母进行排序。如:查找“F1 赛车”时,到车类赛车运动中以 F 开头的词汇中便可找到 F1 赛车“Formula one”。
6. 同一词目有两个或两个以上的释义时,用分号“;”隔开。如:自行车赛车场 cycling track;cycling stadium
7. 一个英文词有多种不同意义的汉语解释时,用分号“;”隔开。如:铲球;救球 dig。

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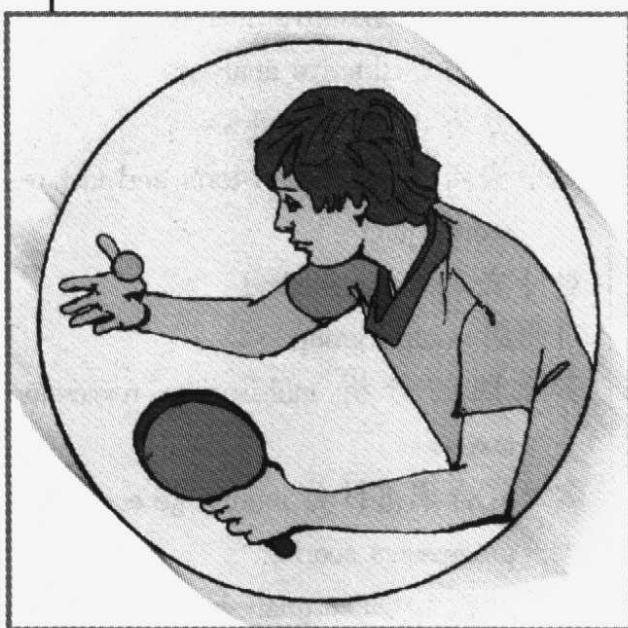
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理论篇

Theory Chapter



一、科学研究 Scientific Research

百分位数 percentile	电子计算机数据库 computer data storage bank
比较分 relative point	电子计算机硬件 computer hardware
比例法 proportional method	电子计算机语言 computer language
必然条件 inevitable event	电子计算器操作要点 key-points of electronic calculator operation
边缘科学 borderline science	电子计算器 electronic calculator
编辑分类法 editing and classifying method	电子计算器定点显示 fixed-point display of electronic calculator
标准百分 standardized percentage	电子计算器分类 classification of electronic calculator
标准差 standard deviation	电子计算器浮点显示 floating-point display of electronic calculator
标准分 standard mark	电子计算器简编程序 simple programs of electronic calculator
标准化 standardization	定基比 relative ratio with fixed base
标准误 standard error	定量分析 quantitative analysis
变量 variable	定性分析 qualitative analysis
变异系数 co-efficient of variation	动态分析 dynamic analysis
不可能条件 impossible event	短平快研究项目 short-term and fast research item
残差辨识预测法 method of residue-discrimination prediction	对分法 bisection method
参数检验 parametric inspection	对照组 control group
长效研究项目 research items of long-term effect	多元回归分析 multivariate regression analysis
常量 constant	多级复合累进计分 multistage compound progressive scoring
创造学 creatology	方差分析 variance analysis
D 检验 D-test	访问调查法 visit and investigation
等级相关 rank co-relation	
电子计算机 computer	
电子计算机程序 computer program	
电子计算机程序库 computer programmer library	
电子计算机软件 computer software	

method	集中意见法 centralizing-opinion method
非参数检验 non-parametric test	计量数据 measurement data
分层类比法 stratified analogy method	计数数据 enumeration data
分数法 fraction method	基础科学分类 classification of basic science
分析资料 data-analysis	基础研究 basic research
分析资料原则 principle of data-analysis	几何均数法 geometrical average method
分支科学 branch science	假说 hypothesis
符号检验 symbol test	加权平移均值法 weighted moving average method
复相关形式系数 co-efficient of multiple co-relation	简单相关系数 co-efficient of simple co-relation
概率 probability	经典数学 classical mathematics
概率论 theory of probability	聚类分析 cluster analysis
个体 individual	卡方检验 chi-square test
关键词 key word	开发研究 development research
关联度 degree of correlation	考察指标 inspection index
关联分析 correlation analysis	科技教育片 educational movies about science and technology
关联系数 co-efficient of correlation	科技声像材料 audio and video materials about
观察值 observation value	科技文摘 scientific and technological digest
构成比 constituent ratio	科技新闻 science news
归一化 normalization	科技应用文 scientific writing
函数关系 functional relation	科学技术体系 system of science and technology
横向科学 horizontal science	科学决策法 scientific decision-making method
耗散结构论 theory of dissipative structures	科学小品 science sketches
环比 link relative ratio	科学研究 scientific research
黄金分割法 golden section method	科学研究体系 scientific research system
灰色系统理论 gray system theory	科学研究奖励 prizes for scientific research
灰色系统理论研究对象与任务 research object and task of gray system theory	
灰色系统理论研究与特点 content and characteristic of gray system theory	
集中量数 quantity of central tendency	

科学研究成果鉴定会	evaluation meeting for scientific achievements	论文发表	thesis publication
科学研究成果经济价值	economic value of research achievement	论文摘要	abstract
科学研究成果评价标准	evaluation standard of research achievements	论域	field of discourse
科学研究成果评审会	meeting to evaluate and examine a specific research outcome	名次百分	positional percentage
科学研究成果社会价值	social value of research achievements	模糊等价关系	fuzzy isoprize relation
科学研究成果推广应用	dissemination and application of research achievements	模糊数学	fuzzy mathematics
科学研究成果学术价值	academic value of research achievements	模糊综合评分	fuzzy comprehensive scoring
科学研究成果专利	patent for research achievements	诺贝尔奖	the Nobel Prize
科学研究成果专利申请	applying for patents for research achievements	判别分析	discriminatory analysis
科学院	science academy	频率	frequency
控制论	cybernetics	频数	frequency of data
跨学科研究	interdisciplinary research	频数分布表	frequency
累进计分	progressive scoring	评分表	scoring table
隶属度	degree of dependency	评价表	assessment table
隶属函数	subordinate function	平滑指数法	smoothed exponent method
离中量数	high median	偏差	skewing
联合国教科文组织	United Nations Educational, Scientific and Cultural Organization (UNESCO)	偏度 - 峰度检验	asymmetry and kurtosis test
率	ratio	前期平均数法	early average method
率的 T 检验	T-test of ratio	情报	information
论文报告会	symposium	趋势比较法	trend comparison method
论文答辩	thesis defence	取伪弃真	retaining falsehood and eliminating truth
		曲线回归分析	curvilinear regression analysis
		软件存盘法	software storage method
		软科学	soft science
		软科学研究	study of soft science
		社会科学	social science
		社会科学化	scientification of society
		试验	experiment
		实验测试法	experimentation method
		试验观察	experimental observation

实验设计方法 method of experiment designing	特尔非法基本特点 basic features of Delphi method
实验设计要素 key-factors of experiment designing	体育科学 sports science
实验设计原则 principle of experiment designing	体育科学特点 characteristics of sports science
实验实施 conduction of experiments	体育科学研究 research of sports science
试验质量标准 experimental quality standards	体育科学研究程序 process of sports science research
实验组 experimental group	体育科学研究方法 methodology of sports science research
数据 data	体育科学研究分类 classification of sports science research
数据处理 data processing	体育科学研究目的 objectives of sports science research
数理统计法 mathematical statistics method	体育科学研究内容 contents of sports science research
数学模型 mathematic model	体育科学研究趋势 trends of sports science research
双侧检验与单侧检验 unilateral and bilateral inspection	体育科学研究任务 tasks of sports science research
水平 level	体育科学研究特点 characteristics of sports science research
四分位数 quartile	体育科学研究体制 system of sports science research
四分位差 quartile deviation	体育科学研究选题 topic-selection in sports science research
搜集资料 data-collecting	体育科学研究要求 requirements of sports science research
搜集资料原则 principle of data-collecting	体育科学研究意义 significance of sports science research
搜集资料途径 means of data-collecting	体育科学研究原则 principle of sports science research
素材 raw material	体育论文结构 format of thesis of sports
算术平方数 mathematic average	体育评分 point rating in physical educa-
随机数学 random mathematics	
随机事件 random event	
随机抽样 random sampling	
T 分布 T-distribution	
T 检验 T-test	
特尔非法 Delphi method	
特尔非法基本程序 basic process of Delphi method	

tion	相关关系 co-relation
体育统计功能 function of sports statistics	小概率事件 event of small probability
体育统计工作步骤 measures of sports statistics	小概率原则 principle of small probability
体育统计基本用表 table mainly used in sports statistics	协同论 synergetic
体育统计计算公式表 computational formula table of sports statistics	信息论 theory of information
体育统计资料来源 data sources in sports statistics	选题程序 process of topic-selection
体育研究实验设计 design of experiments in sports research	选题独创性 originality of the chosen topic
体育预测方法 methods of prediction in sports	选题方法 method of topic-selection
体育正交试验设计 designing of orthogonal experiment in physical education	选题可行性 feasibility of the chosen topic
条件归纳法 condition induction method	选题来源 origin of the chosen topic
统计表 statistical table	选题现实性 realizability of the chosen topic
统计量 statistical quantity	选题原则 principle of topic-selection
统计推断 statistical inference	选题志向性 ambition factor in topic-selection
统计图 statistical chart	学术论文 academic paper
图表卡片法 methods of diagram and card	学术委员会 academic board
突变论 theory of mutation	学位论文 academic dissertation
W 检验 W-test	学校体育科学研究 scientific research of school physical education
位置百分 location percentage	演绎推理法 method of deductive reasoning
文献 document	研究设计 experiment design in physical education research
文献资料法 literature review	样本 sample
问卷调研法 method of questionnaire	样本方差 sample variance
无量纲化 de-dimensionalization	样本含量 sample content
系统论 systematology	样本极差 sample range
线性回归法 linear regression method	样本离差 sample dispersion
现场观察法 on-the-spot observation method	样本误差 sample error
相对比 relative ratio	一元回归分析 monadic regression analysis
	因素 factor

因子分析 factorial analysis	of orthogonal design experiment
音像资料法 audio-video method	正态分布 normal distribution
硬科学 hard science	正态检验 normal inspection
应用研究 applied research	秩和检验 rank test
优势分析 superiority analysis	中国科学技术协会 Scientific and Tech- nological Association of China
优选法 optimum seeking method	中国体育科学学会 Sports Science Soci- ety of China
游程检验 distance test	中位数 median
预测分析法 predictive analysis method	众数 mode
增长率 growth rate	逐步回归分析 stepwise regression analy- sis
增长值 growth value	资料 data
整理资料 data arrangement	自然科学 natural science
整理资料原则 principle of data arrange- ment	自由度 degree of freedom
正交表 orthogonal table	综合科学 combined science
正交设计 orthogonal design	综合评价 comprehensive evaluation
正交设计程序 procedures of orthogonal design method	总体 totality
正交设计交互作用 inter-related effects of orthogonal design	组距 class interval
正交设计试验结果分析 result analysis	组数 number of classes

二、口号 Slogans

锻炼身体, 保卫祖国。to build up a good physical constitution to defend the country	foundation for building up people's health.
锻炼身体, 振兴中华。Physical training for the rejuvenation of China	发展体育运动, 增强人民体质 to pro- mote physical culture and build up people's health
加强学校体育, 为提高民族的健康水 平打好基础。Strengthen school physical education to lay a good	交流经验 to exchange experience
	努力开展学校体育, 促进学生身心健 康, 培养全面发展的社会主义建

设者和保卫者。Let's work hard for school physical education, so that the students will develop a sound body and mind and become full-fledged builders and defenders of socialism!	胜利是暂时的,友谊是长存的 Winning is temporary, but friendship is lasting.
取长补短,共同提高 to draw on each other's merits and raise the level together; to learn each other's good points for common progress	为祖国争光 to win honors for the motherland
胜不骄,败不馁 Don't be dizzy with success, nor discouraged by failure. Don't become cocky with success nor downcast over defeat	学校体育是体育工作的基础。School physical education is the basis for the work of sports.
	友谊第一,比赛第二 Friendship first, competition second.
	友好往来 friendly exchanges
	振兴中华,发展体育。Develop physical education for the rejuvenation of China

三、体育测量与评价

Sports Measurement and Evaluation

艾里斯曼指数 Allisman's Index	dex
奥本海默指数 Oppenheimer's Index	比肩臂长指数 specific shoulder and arm length index
巴尔温指数 Balwin's Index	比肩宽指数 specific shoulder breadth index
百分位数量表 percentile scale table	比脚长指数 specific foot length index
邦提拉尔指数 Ponderal's Index	比例量表 proportional scale table
标准化量表 standardized scale table	比前臂围指数 specific forearm girth index
背力计 back dynamometer	比赛负荷计量 measurement of game load
比大腿长指数 specific upper leg length index	比上臂长指数 specific upper arm length index
比大腿骨端宽指数 specific thigh epiphysis breadth index	比上臂骨端宽指数 specific upper arm
比大腿围指数 specific thigh girth index	
比骨盆宽指数 specific pelvis breadth in-	

epiphysis breadth index	肺活量计 spirometer
比上臂围指数 specific upper arm girth index	肺活量身高指数 index of vital capacity and body height
比上下肢长指数 specific upper and lower limbs length index	肺活量体表面积指数 index of vital capacity and body surface area
比上肢长指数 specific upper limb length index	肺活量体重指数 index of vital capacity and body weight
比手长指数 specific hand length index	肺活量胸围指数 index of vital capacity and chest circumferences
比体重指数 specific body weight index	肺活量坐高指数 index of vital capacity and sitting height
比下肢长指数 specific lower limb length index	跟腱长 achilles tendon length
比小腿长指数 specific shank length index	骨盆宽 pelvis breadth
比小腿围指数 specific shank girth index	骨盆宽比肩宽指数 ratio of pelvis to shoulder breadth
比胸围指数 specific chest circumference index	股骨大转子间宽 intertrochanteric breadth
比腰围指数 specific waist circumference index	哈佛台阶试验指数 index of Harver's Master "2-step" Exercise Test
比坐高指数 specific sitting height index	鹤见 Kakumi-Nakatate's Index
臂展指数 spreaded brachia index	呼吸差 respiratory difference
毕纳指数 Pignet's Index	回归量表 regression scale table
波查德指数 Borchardt's Index	计量单位 measurement unit
勃洛克指数 Blake's Index	肩宽 shoulder breadth
测定 determination	颈围 neck girth
测径规 callipers	考乌甫指数 Kaup's Index
测力平台 ergographic platform	克托来指数 Quitelet's Index
测量 measurement	劳雷尔指数 Rohrer's Index
测量的科学性 scientificness of measurement	累进量表 progression scale table
测量精度 measurement precision	立位体前屈测量计 erect-position trunk bending forward gauge
测量量表 measurement scale table	利维指数 Livi's Index
测验 test	流线型指数 streamline index
动作技术分析仪 motor exercise analyzer	脉搏比指数 specific pulse index
杜莱尔指数 Dryer's Index	

脉压差收缩压指数 index of systolic pressure difference and pulse pressure	身体适应能力 physical adaptability
名称量表 name scale table	生理紧张指数 physiological index
欧特指数 Oeder's Index	手长 hand length
帕格休指数 Pagshaw's Index	手宽 hand breadth
派生指标 derivative index	手面积指数 hand surface area index
跑动平台 running platform	手足间距 space between hand and foot
培利迪西指数 Meredith's Index	体格 physique
皮脂卡钳 sebum callipers	体格检查 somatoscopy
评价 evaluation	体能 physical power
评价标准 standard of evaluation	体魄 physique
评价方法 method of evaluation	体型 somatotype
评价量表 evaluation scale table	体育测量 measurement in physical education
区间量表 interval scale table	体育测量方法设计 method designing of sports measurement
人体机能测试 measurement of body functions	体育运动决策 sports decision-making
人体素质测定 measurement of body diathesis	体育运动预测 sports prediction
人体体质测量 measurement of physical constitution	体质 physical constitution
人体形态测量 anthropometry	体重 body weight
人体形态测量定位术语 terminology of human morphological measurement and localization	体重称 weighing scale
人体形态基本测量点 basic points in human morphological measurement	腿长指数 specific leg length index
三项乘积指数 trinomial product index	腿围 upper leg girth
沙井特指数 Sargent's Index	臀厚 gluteal thickness
上肢长 upper limb length	臀围 arm girth
身高 body height	臀围差 arm girth difference
身高计 measuring rod	维尔维克指数 Ververck's Index
身体成分测量 measurement of body components	握力计 squeeze dynamometer
	下肢长 lower limb length
	小腿长加足高 leg length and foot height
	小腿围比大腿围指数 ratio of shank to thigh circumferences
	小腿围比踝围差指数 ratio of shank to ankle circumferences difference
	心电仪 electrocardiograph

心肺功能仪 cardio-pulmonary function apparatus	sports skill level
心功指数 cardiac output index	运动员状态测量与评价 measurement and evaluation of athlete's state
胸围 chest girth	运动战术水平测定 measurement of sports tactics level
胸围软尺 soft thoracometer	指标 target, quota
血压计 sphygmomanometer	指标权重 index weight
训练水平测量 measurement of training level	指标系列 index series
腰围 waist girth	指标选择 index selection
遥测肌电仪 distance myoelectric apparatus	指距 finger range
遥测心率仪 distance heart-rate-speed counter	指数 index
影响体质因素 factors affecting physical constitution	指数评定法 index determination methods
有序量表 non-random scale table	姿势 posture
运动负荷测量 measurement of motor load	自行车功率计 cycling dynamometer
运动技术水平测定 measurement of	足长 foot length
	足宽 foot breadth
	最大吸氧量体重指数 index of maximum oxygen intake and body weight
	坐高 sitting height

四、体育概论 Survey of Physical Education

爱国主义教育 patriotism education	古代学校体育 ancient school physical education
保健医学 medicine of healthcare	公民科学文化素质 scientific and cultural quality of citizens
比较体育学 comparative sports science	公民思想道德素质 thought and moral quality of citizens
初等教育 elementary education	国际交往 international exchanges
大众体育 sports for all	国际主义教育 internationalism education
妇女体育 women sports	国家体育水平 national sports level
高等教育 higher education	
高等学校体育 physical education in institutions of higher learning	

国民体育 national sports	体育版 sports page
宏观体育 macroview sports	体育报 newspaper of sports
集体主义教育 collectivism education	体育保健 sports healthcare
健康 health	体育本质 essence of sports
矫正体育 remedial sports	体育编辑 sports editor
竞技体育 competitive sports	体育测量与评价 sports measurement and evaluation
竞技运动 sports of athletics	体育道德 sportsmanship
军队体育 military sports	体育锻炼 physical training
课余训练与竞赛 after-class training and competition	体育发展战略 sport development strategy
老年体育 sports for the aged	体育法规 laws and regulations of sports
民族传统体育 traditional sports events of a nation	体育方法 method of sports
农民体育 sports for farmers	体育概论 survey of sports
青少年体育 sports for adolescents	体育功能 function of sports
全面发展 all-around development	体育管理学 sports management
群众体育 mass sports	体育规律 regularity of sports
群众体育学 science of mass sports	体育过程 process of sports
人生观教育 education of outlook on life	体育记者 sports journalist
社会体育 social sports	体育教育 physical education
社会主义精神文明建设 construction of socialist spiritual civilization	体育教育学 pedagogics of physical education
社会主义思想教育 socialist ideological education	体育康复 sports rehabilitation
身体锻炼 physical exercise	体育经济学 sports economics
身体素质 physical quality	体育科研 scientific research on sports
身体应用能力 physical adaptability	体育理论 theory of sports
世界观教育 education of world outlook	体育疗法 physical therapy
思想品德教育 ideological and moral education	体育伦理学 sports ethics
特殊体育 special sports	体育美学 sports aesthetics
体能 physical power	体育评论员 sports commentator
体力 physical strength	体育人才 talented sportsmen
体育按摩 sports massage	体育人口 sports population
	体育社会学 sports sociology
	体育史 sports history
	体育手段 means of sports

- 体育数学 sports mathematics
 体育思想 thought on sports
 体育统计学 sports statistics
 体育团体 sports organizations
 体育卫生 sports hygiene
 体育消息广播 sports broadcast
 体育心理学 sports psychology
 体育宣传 sports information
 体育学 sports science
 体育训练学 study of sports coaching
 体育医疗 sports medical care
 体育医生 sports doctor
 体育医学监督 sports medical supervision
 体育医学检查 sports medical examination
 体育原理 sports principle
 体育制度 sports system
 体育赞助者 sports sponsor
 体育增刊 sports extra
 体育哲学 sports philosophy
 体育专稿作家 sports columnist
 体育专栏 sports column
 体质 physical constitution
 微观体育 microview sports
 卫生保健 hygiene and health
 文明行为教育 education of civilized conduct
 闲暇体育 recreational sports
 现代学校体育 contemporary school physical education
 小学体育 physical education in elementary schools
 学前体育 pre-school physical education
 学校体育 school physical education
 学校体育改革 reforms on school physical education
 学校体育功能 function of school physical education
 学校体育观 concept of school physical education
 学校体育继承性 inheritability of school physical education
 学校体育阶段性 stages of school physical education
 学校体育历史性 historic nature of school physical education
 学校体育目的 objectives of school physical education
 学校体育任务 tasks of school physical education
 学校体育社会性 social nature of school physical education
 学校体育手段 means of school physical education
 学校体育实践 practices of school physical education
 学校体育学 science of school physical education
 业余体育 amateur sports
 幼儿体育 sports for children
 娱乐体育 recreational sports
 运动 sports
 运动保健学 sports healthcare
 运动解剖学 sports anatomy
 运动竞赛 sports competition
 运动生理学 sports physiology
 运动生物化学 sports biochemistry
 运动生物力学 sports biomechanics

运动生物数学 sports biomathematics	职工体育 sports for employees
运动心理学 sports psychology	职业体育 professional sports
运动训练 sports coaching	中等教育 secondary education
运动医学 sports medicine	中学体育 physical education in high schools
运动员选材学 science of athlete selection	自觉纪律教育 self-discipline education

五、体育教学 Physical Education

百分记分法 graded approach in percentage	重复练习法 repetitive exercising method
班级教学 class teaching	出列 out of ranks
班授课制 class-based teaching system	创造性作业 creative assignment
帮助法 help method	粗略掌握动作阶段 stage of grasping preliminary movements
报数 number off	答疑 answering questions
背面示范 demonstration at back	达标 meeting the standard
备课 lesson planning	单一课 single lesson
比较法 comparison method	单元教学法 unit teaching method
比赛法 competition method	等级记分法 graded marking system
编班 class arrangement	定向 orientation
便步 route step	动作关键 movement cruxes
便步走 march at ease	动作规格 movement standards
变换练习法 alternative exercising method	动作轨迹 movement locus
补考 make-up examination	动作缓冲性 cushioning character of movement
参观法 visiting method	动作技能形成规律 law of movement skill development
侧面示范 demonstration from a side	动作技术 movement skill
产婆术 catechetics	动作节奏 movement rhythm
成绩 attainment	动作经济性 movement economy
成绩评定 evaluation of accomplishment	动作力量 movement strength
程序教学法 programmed teaching method	

动作难度 difficulty of movement	system
动作示范 movement demonstration	巩固性原则 principle of firmness
动作时间 movement duration	巩固知识 knowledge consolidation
动作速度 movement velocity	观察法 observation method
动作速率 movement velocity rate	观摩教学 teaching observation
动作协调性 coordinative ability of movement	换步 change steps
动作要素 movement essentials	还原 restore to the original form
动作运用自如阶段 stage of movement automation	混合性练习 mixed exercise
读书指导法 tutoring method in reading	基本部分 basic part
动作质量 movement quality	基础教材 essential textbooks
动作准确性 movement accuracy	基准者就位 guides on line; guides out
发现法 discovery method	基准者入列 guides post
非周期性练习 non-cyclical exercise	集合 gather
分段练习法 partial exercising method	技术环节 technical links
分组不轮换 non-rotational group teaching	技术基础 technical fundation
分组教学 group teaching	技术结构 technical structure
分解动作 decomposing movement	技术特征 technical characteristics
分组轮换 rotational group teaching	技术细节 technical detail
辅导 coaching	记分法 scoring method
辅助练习 auxiliary exercise	技评 technical appraisal
负重锻炼法 loaded exercising method	见习 probation
复式教学 combined instruction	间歇锻炼法 interval training method
改进提高动作阶段 stage of movement improvement	讲解 explanation
感知教材 perception of teaching material	讲解法 method explanation
高等学校普通体育课教材特点 characteristics of teaching materials of general universities and colleges	讲授法 method of lecture
高等学校普通体育课教学大纲 teaching syllabus of P. E. classes at general universities and colleges	讲演法 method of presentation
个别教学制 individualized instruction	教学方式 way of teaching
	教学规则 rules of instruction
	教学环节 links of teaching
	教学进度计划 plan of teaching sequence
	教学评议会 teaching-evaluation meeting
	教学设计 teaching design
	教学时间表 teaching timetable
	教学相长 Teaching benefits teachers as

well as students	课外体育作业 after-class assignment in physical education
教学研究组 teaching research group	课外作业 extra-curricular work
教学游戏 instructional game	课中常规 lesson routine
教学原则 principle of instruction	口令 oral command
教师主导作用 teacher's guiding role	口头评定 oral evaluation
教学组织形式 organizational form of teaching	口头汇报 oral report
解散 dismiss	快步 half step
结束部分 concluding part	快步走 quick march
镜面示范 mirror demonstration	理解教材 understanding of teaching material
九年制义务教育体育教学大纲 Syllabus of Physical Education for 9-Year Compulsory Education	立定 halt! halt and freeze
就地解散 fall out	立正 Attention
绝对评分 absolute grading	连贯动作 continuous movement
卡内基单位 Carnegie	练习法 exercising method
开放教学 open teaching	连续锻炼法 continued training method
看齐 dress	量力性原则 principle of acceptability
考查 test	领先 lead
考试 examination	脉搏测定法 pulse determination
靠拢 close	莫里逊计划 the Morrison plan
可接受性原则 principle of acceptability	模拟教学 simulated teaching
科学性原则 principle of scientific instruction	模象直观 matrix intuition
课后常规 post-lesson routine	默想 meditation
课前常规 pre-lesson routine	目标教学 teaching by objectives
课时计划 plan for teaching period	能力分组制 grouping by ability system
课堂纪律 classroom discipline	年级组 year group
课堂气氛 classroom atmosphere	跑步 on the double; double (time) march
课堂期望 class teaching expectation	跑步前进 double time
课堂讨论 in-class discussion	评课 evaluation of lesson
课堂作业 in-class assignment	普通体育课 general lesson of physical education
课外体育辅导 after-class coaching in physical education	期末考试 final examination
	期中考试 mid-term examination
	启发式教学 heuristic method of teaching

- 启发式原则 principle of elicitation
- 齐步走 quick step; march
- 前后离开一步 open ranks
- 情境教学 situational teaching
- 认识规律 law of cognition
- 人体机能活动能力变化规律 law of human functional mobility alteration
- 人体机能适应性规律 law of human functional adaptability
- 散开 extend
- 稍息 stand at ease
- 设计教学法 design teaching method
- 身体锻炼法 physical exercising method
- 身体练习 physical exercise
- 身体练习分类 classification of body exercise
- 身体姿势 body posture
- 思想性原则 principle of instructional ideology
- 实物直观 material intuition
- 实习作业法 practical work method
- 实验法 experimental method
- 始前教学策略 preinstructional strategies
- 思想品德教育法 method of ideological and moral education
- 踏步走 mark time, march
- 弹性制 flexible system
- 弹性分组 flexible grouping
- 谈话法 conversation method
- 提问法 Q and A method
- 体育保健课 healthcase lesson in physical education
- 体育必修课 compulsory course in physical education
- 体育成绩评定 evaluation of accomplishment in physical education
- 体育复习课 review lesson in physical education
- 体育观摩课 observation lesson in physical education
- 体育教材 textbooks of physical education
- 体育教材比重 proportion of physical education textbooks
- 体育教材混合式排列 composite organization of physical education subject matter
- 体育教材科学性 scientificness of physical education textbooks
- 体育教材螺旋式排列 spiral organization of physical education textbooks
- 体育教材思想性 ideological nature of physical education textbooks
- 体育教材直线式排列 linear organization of physical education textbooks
- 体育教学参考书 teaching reference books in physical education
- 体育教学大纲 syllabus of physical education
- 体育教学单元计划 unit plan of teaching physical education
- 体育教学法 pedagogy of physical education
- 体育教学方法 method of physical education
- 体育教学工作计划 schedule of teaching of physical education
- 体育教学规律 law of teaching of physical education

体育教学过程 process of teaching of physical education	class
体育教学内容 teaching content of physical education	体育课教案 lesson plan of teaching physical education
体育教学基本环节 basic links of physical education	体育课结构 structure of physical education lesson
体育教学进度 teaching progress of physical education	体育课类型 types of physical education lesson
体育教学课时计划 teaching period plan in physical education	体育理论课 theoretical lesson of physical education
体育教学任务 tasks of teaching of physical education	体育课练习密度 exercise density of physical education class
体育教学特点 features of teaching of physical education	体育课密度 density of physical education class
体育教学文件 teaching documents of physical education	体育课堂用语 terms in physical education class
体育教学因素 factors of teaching in physical education	体育课心理负荷 psychological load of physical education class
体育教学原则 principle of teaching physical education	体育课运动负荷 motor load of physical education class
体育教学指导书 reference books for the instruction of physical education	体育课运动量 load of physical education class
体育教学组织形式 organizational form of physical education	体育课运动强度 intensity of physical education class
体育考核课 assessment lesson in physical education	体育课综合密度 intergrated density of physical education class
体育课 class of physical education	体育实践课 practical lesson of physical education
体育课常规 routine of physical education lesson	体育新授课 newly-taught lesson in physical education
体育课成绩考核 assessment of accomplishment in physical education	体育选修课 optional course in physical education
体育课分组教学 group instruction in physical education	体育引导课 introductory lesson in physical education
体育课负荷 load of physical education	体育综合课 intergrated lesson in physical

education	学季 teaching-learning season
条件限制练习法 conditional exercising method	学年 academic year
条件诱导练习法 conditional motivation exercising method	学年编制 plan of academic year
完整练习法 complete exercising method	学年考试 academic-year examination
微型教学 micro-teaching	学年体育教学工作计划 academic-year schedule of physical education
五级记分法 five marking system	学期 term, semester
系统性原则 principle of systematization	学期体育教学工作计划 term schedule of physical education
先分组后组合 grouping before mergence	学生成绩报告单 school record of performance
先组合后分组 group-mergence before grouping	学生主体作用 student's role as the main body of learning process
现场教学 on-the-spot teaching	学时 teaching hours
乡土教材 regional textbooks	学周安排 weekly teaching arrangement
相对评分 relative grading	循环锻炼法 cyclical training method
向后转 About face; Turn face about	巡回教学 circuit teaching
向后转走 To the rear, march	演示法 demonstration method
向前看 Eyes front	议论法 discussion method
向前靠拢 Close ranks	以我为准 Guides on me
向前三步走 Three steps forward, march	以右(左)翼为准 Guides right(left)
向右(左)看齐 Eyes right (left) Dress right (left); Right (left) dress	一、二、一 Left, right, left
向右(左)转 Right (left) face (turn)	一二报数 By twos, number
向右(左)转走 By the right(left) flank, march; March right (left); Right (left) flank	游戏法 game method
向中看齐 Guide center	诱导练习 motivative exercise
小学体育教材特点 characteristics of elementary school physical education subject matter	幼儿师范学校体育教学大纲 Syllabus of Physical Education for Kindergarten Teacher's Schools
欣赏法 appreciation method	幼儿师范学校舞蹈课教学大纲 Syllabus of Dancing for Kindergarten Teacher's Schools
选用教材 choosing textbooks	右(左)转弯走 Column right(left)
学导式教学 directive teaching	语言法 language method
学级编制 age group plan	语言直观 language intuition

预防与纠正错误法 method of error prevention and correction	specific sports
运用知识 applying knowledge	专用教室 specialized classroom
站队 Line up; Stand in line	准备部分 preparatory part
正面示范 frontal demonstration	自动性教学 automated teaching
直观法 object method	自然适应性原则 principle of natural adaptation
质疑 questioning	自我暗示 self-suggestion
指导法 tutoring method	自我测定 self-assessment
中等师范学校体育教学大纲 Syllabus of Physical Education for Normal Schools	自我定向 self-orientation
中等专业学校体育教材特点 characteristics of secondary-specialized-school physical education textbooks	自我练习 self-exercise
中学体育教材特点 characteristics of secondary-school physical education textbooks	自我评价 self-evaluation
周期性练习 cyclical exercise	自我调节 self-regulation
注入式教学 input teaching	自学 self-study
专项体育课 physical education lesson for	自学辅导 supervised study
	自学自练法 self-tutoring and exercising method
	综合练习法 intergrated exercising method
	组织教学 organizing teaching

六、体育史 History of Sports

百戏 Baixi	蹴鞠 ancient Chinese football
兵式体操 military gymnastics	蹴鞠图谱 cuju atlas
博爱学校 philanthropinum shcool	大教学论 Great Didactics
超距 jumping	大森体育协会 Ad-Sang Sports Association
初级中学体育课程标准 Standards for Physical Education Curriculum in Junior Secondary Schools	导引 physical and breathing exercises
捶丸 hitting the pellet	德式体操 Germany Gymnastics
	法国国立体育运动学院 National Insti-

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| tute of Physical Education and Sport of France | 华东大学体育联合会 Federation of Physical Education of East China Universities |
| 改革学校体育案 Proposal for the Improvement of School Physical Education | 黄帝内经 Yellow Emperor's Canon of Internal Medicine |
| 改进学生本身利益问题的决议案 Resolution on Promoting the Interests of Students | 纪效新书 New Records of Military Strategy |
| 高级中学普通体育课程标准 Standards for General Physical Education Curriculum in Senior Secondary Schools | 健美体操 body-building gymnastics |
| 各级学校令 school decrees | 江南大学体育协会 Sports Association of Jiangnan University |
| 耕余剩技 Some Modest Skills Needed in Farmers' Slack Seasons | 教育部体育委员会 Physical Education Committee of the Ministry of Education |
| 弓箭社 Archery Society | 教育部体育组 Physical Education Group of the Ministry of Education |
| 古代斯巴达教育体制 educational system of ancient | 教育漫话 Some Thoughts Concerning Education |
| 古代雅典教育体制 educational system of ancient Athens | 军国民体育 national military physical education |
| 古希腊摔跤学校 ancient Greek wrestling school | 课程纲要草案 Draft Outline of Curriculum |
| 古希腊体操 ancient Greek gymnastics | 科隆德意志体育学院 Deutsche Sporthochschule kuhn |
| 古希腊体操馆 ancient Greek gymnasium | 快乐之家 House of Pleasure |
| 古希腊体操学校 Palaestra | 莱比锡德意志体育学院 Deutsche Hochschule fur korperkultur leipzig |
| 古希腊五项运动 ancient Greek pentathlon | 雷佩尔提教育计划 Lepelletier's plan of education |
| 国民体育法 Act of National Physical Education | 六艺 six liberal arts |
| 国民体育实施方案 Implementation Scheme of National Physical Education | 美国斯普林菲尔德学院 Springfield College of U.S.A. |
| 国民体育委员会 National Physical Education Committee | 明清武举 imperial martial examination at provincial level in the Ming and Qing Dynasties |
| 候鸟 wanderrogels | |

弄潮 traditional Chinese aquatic games	tute of Physical Education and Sport of CCCP
欧洲大陆近代体操 modern gymnastics in European continent	苏联“劳卫制”体育教材体系 textbook system of “Labor and Defense” physical education in CCCP
普通体操 general gymnastics	太阳城 City of the Sun
人体运动论 theory of human kinetics	唐代武举 imperial martial examination at provincial level in the Tang Dynasty
日本保健体育课教材体系 textbook system of healthcare physical education in Japan	体操科 course of gymnastics
日本体育大学 University of Physical Education of Japan	体操之争 controversy over gymnastics
瑞典体操 Swedish gymnastics	体育自治 autonomy of sport
骑士教育 chivalric education	体育督学 inspector of physical education
骑士七技 seven chivalric skills	体育行政 Administration of Physical Education
钦定学堂章程 School Regulations Approved by the Emperor	体育研究社 research society of sports
青年体操 gymnastics-for-the-young	体育之研究 studies on physical education
青年招待所 House of Youth	体育原理 Fundamentals of Physical Education
全国学校区分队第一体育同盟会 First National Sports Meet of Schools	童子军 boy scouts
三段教材 Textbook in Three-linked Sections	童子军体育 physical education of scouts
射 shooting	投壶 throwing shafts into a kettle
设计模仿法 design and emulation method	投石 jackstones
施皮斯体操 Spiess gymnastics	丸经 Essentials in Hitting the pellet
双轨体育 “double-track” physical education	武士教育 knightly education
氏族活动房 tribal house for physical activity	武士学院 knightly academy
氏族青年房 tribal house for physical activity of youth	武学 branch of learning about martial arts
宋代武举 imperial martial examination at provincial level in the Song Dynasty	乌托邦 Utopia
松口体育会 Su-Kou Sports Association	西汉导引图 physical and breathing exercises atlas of the West-Han Dynasty
苏联国立中央体育学院 National Institute of Physical Education and Sport of CCCP	庠 ancient term for county school of various grades, generally equivalent to high school in Zhou Dynasty
	校 village school in Xia Dynasty
	新体操 New Gymnastics

新体育 New Physical Education	养生 life-preservation
新武术 new martial arts	耶稣会学校 school sponsored by the Society of Jesus
行气玉佩铭 Qi-Circulation promotion Method Carved on Jade	弈 chess
修正国民体育法 Revisional Act of National Physical Education	英国型体育 British Sport
雪尼芬撒尔博爱学校 Philanthropinum at Schnepfenthal	御 carriage-driving
学部奏定学堂章程 School Regulations Presented to the Emperor	乐舞 music and dance
学校体育起源 origin of school physical education	月灯阁打球会 ancient Chinese polo
学校体育之研究 Studies on School Physical Education	运动教育论 theory of sports education
序 public school of town or village in the Xia Dynasty	漳南体院体育 physical education in Zhangnan Academy
选手体育 sports-for-the-selected-contestants	中华全国体育协进会 National Association for Promoting Sports of China
延安体育会 Yan'an Sports Association	中华体育学会 Chinese Association of Physical Education
延安新体育学会 Yan'an Newer Sports Association	终身体育 life-long sports
杨式体操 Jahn's Gymnastics	准备劳动与卫国体育制度 Labor and Defense System
	自然体操 Naturliches Gymnastics
	奏定学堂章程 School Regulations Presented to the Emperor by the Ministry of Education

七、体育组织 Sports Organizations

奥林匹克委员会协会 Association for Olympic Committee	冰球协会 Ice Hockey Association
棒垒球协会 Baseball and Softball Association	残疾人运动组织 Sports Organization for the Disabled
保龄球联合会 Bowling Federation	草地网球联合会 Lawn Tennis Federation
冰球联合会 Ice Hockey Federation	大学生体育协会 University Sports Association

ciation
 登山俱乐部 Mountaineering Club
 登山协会 Mountaineering Association
 钓鱼俱乐部 Angling Club
 钓鱼协会 Angling Association
 冬季运动协会 Winter Sports Association
 帆船联盟 Yacht Racing Union
 橄榄球俱乐部 Rugby Club
 高尔夫球俱乐部 Golf Club
 高尔夫球协会 Golf Association
 工人体育协会 Worker's Sports Association
 国家体育总局 State Sport General Administration
 国防体育协会 National Defense Sports Association
 旱冰协会 Roller Skating Association
 航海运动协会 Sports Navigation Association
 航空运动协会 Sports Aviation Association
 航模俱乐部 Model Airplane Club
 滑冰联盟 Skating Union
 滑水联盟 Water-skiing Union
 滑翔俱乐部 Glider Club; Gliding Club
 滑雪俱乐部 Skiing Club
 滑雪协会 Skiing Association
 划船俱乐部 Rowing Club
 划船联合会 Rowing Federation
 划艇俱乐部 Outrigger Canoe Club
 划艇协会 Canoeing Association
 击剑协会 Fencing Association
 健美俱乐部 Bodybuilding Club
 健美运动协会 Bodybuilding Association

健美者联合会 Federation of Body-builders
 竞赛协会 Track Association
 举重俱乐部 Weight Lifting Club
 举重协会 Weight Lifting Association
 篮球俱乐部 Basketball Club
 篮球联合会 Basketball Federation
 聋哑人体育联合会 Federation of Sports for the Deaf-mute
 龙舟协会 Dragon-boating Association
 溜冰俱乐部 Skating Club
 马术协会 Equestrian Sports Association
 摩托车运动协会 Motor Cycling Association
 摩托快艇俱乐部 Motorboat Club
 欧洲体育组织 European Sports Organization
 排球俱乐部 Volleyball Club
 排球联合会 Volleyball Federation
 排球协会 Volleyball Association
 乒乓球俱乐部 Table Tennis Club
 乒乓球联合会 Table Tennis Federation
 乒乓球协会 Table Tennis Association
 汽车赛联合会 Motor Federation
 桥牌俱乐部 Bridge Club
 桥牌协会 Bridge Association
 曲棍球联合会 Hockey Federation
 曲棍球协会 Hockey Association
 全国体育运动总会 National Sports Federation
 拳击俱乐部 Boxing Club
 拳击协会 Boxing Association
 柔道俱乐部 Judo Club
 柔道联合会 Judo Federation

柔道协会 Judo Association	田径联合会 Athletics Federation
赛马俱乐部 Jockey Club	田径协会 Athletics Association
赛艇运动协会 Rowing Association	跳伞俱乐部 Parachuting Club
残疾人体育协会 Sports Association for the Disabled	跳伞运动协会 Parachuting Jumping Sports Association
射击俱乐部 Shooting Club	跳水俱乐部 Diving Club
射击联盟 Shooting Union	跳水协会 Diving Association
射击运动协会 Shooting Association	网球协会 Tennis Association
射箭俱乐部 Archery Club	围棋协会 Weiqi Association
射箭协会 Archery Association	无线电运动协会 Sports Radio Contest Association
世界体育组织 World Sports Organization	武术协会 Wushu Association
手球俱乐部 Handball Club	武术中心 Wushu Center
手球协会 Handball Association	象棋协会 Chess Association
摔跤俱乐部 Wrestling Club	雪橇协会 Sledge Association
摔跤协会 Wrestling Association	业余航海学校 Spare-time Sports Naviga- tion School
水球协会 Water Polo Association	业余拳击协会 Amateur Boxing Associa- tion
水上运动协会 Water Sports Association	业余体校 Spare-time Sports School
体操技巧协会 Gymnastics and Acrobatic Gymnastics Association	业余田径联合会 Amateur Athletics Fed- eration
体操联合会 Gymnastics Federation	业余自行车运动联合会 Amateur Cy- cling Federation
体操协会 Gymnastics Association	游泳俱乐部 Swimming Club
体育服务公司 Sports Service Company	游泳协会 Swimming Association
体育工作联络处 Sports Liaison Office	羽毛球联合会 Badminton Federation
体育记者协会 Sports Press Association	羽毛球协会 Badminton Association
体育俱乐部 Sports Club	运动医学协会 Sports Medicine Associa- tion
体育科学协会 Physical Culture and Sports Science Society	智残人体育协会 Sports Association for Mentally Retarded Citizens
体育联合总会 General Assembly of Sports Federations	中国奥林匹克委员会 Chinese Olympic Committee
体育运动委员会 Physical Culture and Sports Commission	
体育中心 Sports Center	
体育设施标准管理办公室 Sports Facil- ities Standard Authority	

中国滑冰协会 Chinese Skating Association	中国武术协会 Chinese Wushu Association
中国健美操协会 Chinese Aerobic Association	中国游泳协会 Chinese Swimming Association
中国篮球协会 Chinese Basketball Association	中国羽毛球协会 Chinese Badminton Association
中国排球协会 Chinese Volleyball Association	中国自行车协会 Chinese Cycling Association
中国乒乓球协会 Chinese Table-tennis Association	中国足球协会 Chinese Football Association
中国桥牌协会 Chinese Bridge Association	中华全国体育总会 All-China Sports Federation
中国拳击协会 Chinese Boxing Association	自行车协会 Cycling Association
中国柔道协会 Chinese Judo Association	综合体育中心 Sports Complex
中国田径协会 Chinese Athletics Association	足球俱乐部 Football Club
中国网球协会 Chinese Tennis Association	足球协会 Football Association

八、卫生保健与医务监督

Hygiene and Health, Medical Supervision

按摩疗法 massotherapy	鼻窦炎 nasosinusitis
拔罐疗法 cupping therapy	鼻衄 nasal hemorrhage
白带 leucorrhea	鼻炎 rhinitis
包茎 phimosis	闭合性软组织损伤 closed soft tissue injury
保健牙刷 protective tooth-brushing	闭经 amenorrhea
比赛期营养 nutrition during competition seasons	必须卡量 essential calory volume
比赛途中饮料 beverage consumed during a sports game	扁平足 flat-foot
	扁平足矫正体操 flat-foot-correction

gymnastics	儿童少年卫生学 hygiology of children
扁桃体炎 tonsillitis	and adolescents
髌骨劳损 patellar strain	法定传染病 notifiable disease
髌韧带损伤 patellar ligament injury	发病率 disease incidence
病毒性肝炎 virus hepatitis	发热 fever
病理性高身材鉴别 pathologic hypomegasoma identification	反映时测试 reaction time test
擦伤 abrasion	反应性高血压 reactive hypertension
残疾人体育 sports for the disabled	方便食品 instant foodstuff
常见病 commonly encountered disease	防病除害 prevention and elimination of disease
肠炎 enteritis	肥胖 obesity
超声波检查 ultrasonic examination	肥胖症 obesity
超声心动图测试 ultrasound cardiogram test	肺活量测定 vital capacity determination
传染病 infectious disease	肺结核 pulmonary tuberculosis
痤疮 acne	肺炎 pneumonia
挫伤 contusion	腓肠肌损伤 injury of gastrocnemius muscle
大豆蛋白肉 protein flesh of soy bean	
大豆饮料 soy bean beverage	粉尘危害 dust hazard
大腿后肌群拉伤 muscular group sprain of back thigh	封闭疗法 block therapy
蛋白质生物价 biological value of protein	辐照食品 irradiated foodstuff
等长测力法 isometric dynamometry	复苏术 resuscitation
等速测力法 isodromic dynamometry	感冒 common cold
等张测力法 isotonic dynamometry	肝功能检查 liver function test
第二性征发育 secondary sex character growth	个人卫生 personal hygiene
冻疮 frostbite	跟腱断裂 rupture of Achilles tendon
豆浆食品 foodstuff made from soybean milk	肱二头肌长头肌腱腱鞘炎 tenosynovitis of long head of biceps brachium
儿童多动症 child hyperactivity	肱骨投掷骨折 thrower's fracture of humerus
儿童少年体育卫生 physical education and hygiene for children and adolescents	钩虫病 ancylostomiasis
	骨骺损伤 epiphyseal injury
	骨折 fracture
	骨折的急救 emergency treatment of fracture

股四头肌血肿 quadriceps hematoma	肩关节脱位 dislocation of shoulder joint
关节韧带损伤处理 treatment of joint ligament injury	肩后软组织损伤 hind-shoulder soft tis- sue injury
过敏性鼻炎 rhinallergosis	肩锁关节损伤 injury of acromioclavicu- lar joint
合理营养 adequate nutrition	肩袖损伤 rotator cuff injury
呼吸肌耐力测验 respiratory muscle tol- erance test	肩周炎 periarthritis of shoulder
花粉食品 pollen foodstuff	健康咨询 health consultation
踝关节扭伤 injury of ankle joint	健康检查 health examination
环境污染 environmental pollution	健康检测 health surveillance
环境卫生 environmental hygiene	教室通风 classroom ventilation
蛔虫病 ascariasis	教室照明 classroom illumination
昏迷 stupor	教室自然采光 natural lighting in the classroom
昏厥 syncope	结核性胸膜炎 tuberculous pleurisy
肌电图检测 electromyographic examina- tion	疖 furuncle
肌力测定 dynamometry	近视 myopia
肌肉痉挛 myospasm	经期体育卫生 physical education and hygiene during menstrual period
肌肉拉伤 muscular sprain	胫腓骨骨膜炎 periostitis of tibia and fibula
疾病 disease	酒精中毒 alcoholism
鸡胸 chicken chest	巨人症 gigantism
脊髓灰质炎 poliomyelitis	开放性软组织损伤 open soft tissue in- jury
脊柱侧弯 lateral curvature	康复 rehabilitation
脊柱侧弯矫正体操 lateral-curvature- correction gymnastics	课本卫生 hygiene of textbooks
脊柱生理弯曲 physiological curvature of spinal column	课桌椅标准 standards of desks and chairs
脊柱弯曲异常 abnormal spinal curvature	口腔卫生 oral hygiene
急性结膜炎 acute conjunctivitis	库珀测验 Cooper's test
急性肾小球肾炎 acute glomeru- lonephritis	阑尾炎 appendicitis
急性腰扭伤 acute lumbar muscle sprain	冷热疗法 cold and hot therapy
计划免疫 immunization-planning	联合机能试验 combined functional test
假性近视 pseudomyopia	

- 裂伤 laceration
- 流行病 epidemic disease
- 流行性感胃 epidemic influenza
- 慢性肾炎 chronic nephritis
- 泌尿系感染 urinary infection
- 脑电图检测 electroencephalographic examination
- 脑损伤 brain injury
- 脑炎 cerebritis
- 脑震荡 concussion of brain
- 内衣裤卫生 hygiene of underwears
- 尼古丁 nicotine
- 溺水 drowning
- 尿蛋白测定 urinary protein determination
- 扭伤 sprain
- 女子体育卫生 physical education and hygiene for women
- 疟疾 malaria
- PWC170 机能试验 PWC170 functional test
- 疲劳性骨膜炎 fatigue periostitis
- 皮肤保健 skin health care
- 贫血 anemia
- 屏息实验检查 examination of breath holding test
- 气管炎 trachitis
- 气体代谢检查 gas metabolic determination
- 牵引疗法 traction therapy
- 强壮食品 roborant foodstuff
- 青春发育期 adolescence
- 青春期肥胖 pubertal obesity
- 青年体育卫生 physical education and hygiene for youth
- 青年性高血压 adolescent hypertension
- 去脂体重 degreased body weight
- 龋齿 dental caries
- 热能 thermal energy
- 热能消耗测定 determination of energy consumption rate
- 热气疗法 aerothermotherapy
- 软组织损伤 soft tissue injury
- 弱视 amblyopia
- 散光 astigmatism
- 色盲 monochromattism
- 沙眼 trachoma
- 膳食调查 dietary survey
- 膳食治疗 diet treatment
- 伤后体育锻炼 post-traumatic physical exercises
- 上呼吸道感染 upper respiratory tract infection
- 烧伤 burn
- 神经衰弱 neurosis
- 身体成分 physical components
- 食品腐败 food intoxication
- 食品添加剂 food additive
- 食品营养强化 enrichment of food nutrition
- 食物中毒 food intoxication
- 失眠 insomnia
- 湿疹 eczema
- 手淫 masturbation
- 书包卫生 hygiene of school-bags
- 水疗 hydrotherapy
- 睡眠卫生 sleeping hygiene
- 宿舍卫生 hygiene in dormitories
- 台阶试验 master "2-step" exercise test

绦虫病 taeniasis	下颌关节脱位 dislocation of mandibular joint
体脂百分率 body lipid percentage	先天性心脏病 congenital heart disease
停训综合症 stop-training syndrome	消除疲劳方法 method for fatigue elimination
痛经 dysmenorrhea	消毒与灭菌 disinfection and sterilization
头痛 headache	消化吸收率 rate of digestion and absorption
土壤污染 soil pollution	哮喘 asthma
推拿 massage	斜视 strabismus
腿的形状 shape of leg	鞋袜卫生 hygiene of shoes and socks
臀上皮神经痛 pain of superior gluteal nerve	心肌炎 myocarditis
脱位 dislocation	心率测定 heart rate determination
外伤止血法 post-traumatic hemostasis	心率遥测 heart rate telemetering
外阴炎 vulvitis	心缩间期测定 determination of systolic intermission
腕管综合症 carpal tunnel syndrome	性别检查 sex determination
腕三角软骨盘损伤 injury of wrist triangular discoid cartilage	性成熟期 sexual maturation period
腕舟骨骨折 scaphoid bone fracture	性迟发 delayed sexuality
网球肘 tennis elbow	性早熟 sexual precocity
胃炎 gastritis	休克 shock
无氧阈测试 anaerobic threshold test	癣 tinea
物理疗法 physical therapy	穴位按摩 acupoint massage
X线检查 X-ray examination	学校体育卫生 physical education and hygiene in schools
吸氧消除疲劳 fatigue-elimination by oxygen inhalation	学校卫生 hygiene in schools
膝部滑囊炎 genicular bursal synovitis	血红蛋白测定 hemoglobinometry
膝关节半月板损伤 injury of meniscus of knee joint	血尿素氮测试 blood urea nitrogen determination
膝关节损伤性滑膜炎 traumatic synovitis of knee joint	血乳酸测定 blood lactate determination
膝交叉韧带损伤 injury of cruciate ligaments of knee	血吸虫病 schistosomiasis
膝内(外)侧副韧带损伤 injury of medial(collateral) ligament of knee joint	血压测定 blood pressure determination
细菌性痢疾 bacillary dysentery	血液流变学 blood rheology
	牙龈出血 gingival bleeding

牙周炎 periodontitis	graphic examination of exercise tolerance
咽炎 pharyngitis	运动损伤 athletic injury
腰肌劳损 lumbar muscle strain	运动损伤的急救 emergency treatment of athletic injury
腰椎间盘突出症 prolapse of lumbar intervertebral disc	运动性低血糖症 exercise hypoglycemia
药膳 medicated diet	运动性高血压 exercise hypertension
夜盲 nyctalopia	运动性昏厥 motor syncope
医学检查 medical examination	运动性疾病 motion sickness
医务监督 medical supervision	运动性贫血 exercise anemia
一次机能试验 primary function test	运动性心率失常 exercise arrhythmia
遗精 spermetorrhea	运动性血尿 exercise hematuria
饮食卫生 diet hygiene	运动性眼外伤 exercise eye injury
鹰嘴皮下滑囊炎 inflammation of bursa subcutanea olecranon	运动与出汗 sports and perspiration
营养不良 malnutrition	运动与免疫 sports and immunization
营养价值 nutritive value	运动与饮食 sports and alimentation
营养配餐 nutritional special diet meals	运动与饮水卫生 sports and hygiene of water-drinking
营养摄取调查 nutritive intake survey	运动与营养 sports and nutriment
营养素 nutrient	运动员膳食计划 diet planning for athletes
营养调节 regulation of nutriment	运动中腹痛 motorial abdominalgia
营养需要量 nutritional requirement	掌骨骨折 metacarpal bone fracture
营养学 nutriology	针灸疗法 acupuncture and moxibustion
营养状况 nutrition	植物蛋白食品 vegetable protein foodstuff
营养状况评定 nutritional determination	脂肪厚度 lipid thickness
痈 carbuncle	肢体残缺者 sufferer of limb deformity
游泳池水质卫生 hygiene of swimming-pool water quality	中耳炎 otitis media
预防传染病 epidemic prevention	中暑 heliosis
远视 hyperopia	中药疗法 therapy by Chinese herbs
月经 menstruation	肘关节脱位 dislocation of elbow joint
月经周期 menstrual cycle	侏儒症 dwarfism
运动按摩 sports massage	自我监督 self-supervision
运动创伤学 sports traumatology	
运动负荷心电图测试 electrocardio-	

足的形状 shape of foot
足跟损伤 injury of heel
足球踝 football ankle

最大吸氧量测试 maximal oxygen intake
test

九、一般词汇 General Terms

阿拉伯运动会 Arabian Games
安慰奖 consolation prize
安慰赛 consolation event; consolation
match
奥林匹克比赛 Olympic Games
奥林匹克队 Olympic team
奥林匹克冠军 Olympic champion
奥林匹克火炬 Olympic torch
奥林匹克火焰 Olympic flame
奥林匹克及格赛标准 Olympic qualify-
ing standard
奥林匹克记录 Olympic record
奥林匹克奖状 Olympic diploma of merit
奥林匹克精神 Olympic spirit
奥林匹克桥牌锦标赛 Olympic Bridge
Championships
奥林匹克团结基金 Olympic Solidarity
奥林匹克宣誓 Olympic oath
奥林匹克运动会 Olympic Games;
Olympics; Olympiad
奥林匹克秩序册 Olympic programme
奥运村 Olympic village
奥运会 Olympic Games
奥运会杯 Olympic cup
奥运会比赛项目 Olympic competition

events
奥运会城 Olympic city
奥运会火炬 Olympic torch
奥运会火炬传递 Olympic torch relay
奥运会吉祥物 Olympic mascot
奥运会接力赛跑 Olympic relay
奥运会金牌 Olympic gold medal
奥运会举办权 hosting of the Olympic
Games
奥运会举重比赛 Olympic Weight-lifting
competition
奥运会篮球赛 Olympic basketball com-
petition
奥运会年 Olympic year
奥运会排球赛 Olympic volleyball com-
petition
奥运会乒乓球赛 Olympic table-tennis
competition
奥运会前的预选赛 Olympic qualifica-
tion
奥运会日程安排 Olympic schedule
奥运会手球赛 Olympic handball compe-
tition
奥运会体操赛 Olympic gymnastic com-
petition

奥运会田径赛 track and field events in the Olympic Games	比赛场地 competition arena; ground; court
奥运会跳水比赛 Olympic diving competition	比赛地点 venue; competition site
奥运会选拔赛 Olympic trial	比赛规则 competition rules
奥运会宣言 Olympic oath	比赛结束 end
奥运会游泳比赛 Olympic swimming competition	比赛区 playing area
奥运会足球赛 Olympic football competition	比赛日程 schedule
八分之一决赛 eight of finals	比赛日期 competition date
拔河赛 tug-of-war	比赛时间 time
罢赛 athletes' strike	比赛事务 competition affairs
败给 to lose to...; to fall to...; to be defeated by...; losing to...	比赛条例 competition regulations
败者复活制 loser revival system	比赛厅 play hall
半复赛 quarter-finals; eighth-finals	比赛项目 event
半决赛 semi-finals	比赛秩序册 competition programme
半决赛选手 semifinalist	比赛资格 eligibility for competition
半职业运动员 semi-professional athlete	闭幕式 closing ceremony
板球迷 cricket fan	表现很好 to make a good showing; to give a good account of oneself
扳成平局 equalizing the score	表演赛 exhibition match
棒球迷 baseball fan	丙组 third division
保持不败纪录 to keep an invincible record	冰场 ice stadium
保持纪录 to keep a record	冰上运动场 ice stadium
保留奖杯的国家 trophy-holding country	冰上运动会 ice sports meet
报分 calling the score	不畏强手, 敢打敢冲 be daring and courageous in face of strong opponents
报名表格 entry form	博得群众热烈的掌声 to draw warm applause from the spectators; to bring round after round of applause from the spectators
杯赛 cup tournament	博物馆处 museum
本届冠军 reigning champion	埠际比赛 intermural contest
本届世界冠军 current world champion	不败的记录 invincible record
比分 score	不对号观众席 rush seat
比赛 competition and contests	

裁判台 referee's platform; referee's stand	level in skill and style of play
裁判委员会 jury; board of referees	打破记录 breaking a record
裁判椅 referee's chair	大型比赛 big game
裁判员 referee; umpire; judge	大型比赛项目 big event
裁判长 head judge; referee	大学代表队 varsity
财务处 Finance Division	大学校际运动会 interuniversity sports meet
参加奥运会选手 Olympian	达到高潮 to reach a climax
参加比赛 to take part in the competition	达标赛 reach-the standard match
残疾人奥运会 Paralympic Games	戴维斯杯网球锦标赛 Davis Cup Tennis Tournament
长处 strong points	带耳朵的奖杯 loving cup
场上队长 field captain	代表队旗 team flag
沉着冷静 unruffled; calm; cool-headed; imperturbable	单打 singles
乘对方不备 to catch the opponent unawareness	单项 individual event
成绩公告牌 result board	得第三 to get the third place; to place third
成绩评定 determination of results	得分; 比分 score
持久力; 耐力 stamina; endurance	等级赛 hierarchy match
冲浪迷 surfing fan	等级运动员 qualified sportsmen
重赛(平局后) replayed match	第二阶段比赛 second stage contest
抽签 to draw lots; draw; sortition	第二轮比赛 second round
出口 exit	第三名 third; bronze medallist
传统项目学校运动会 sports meet for schools maintaining traditional athletic events	第一号种子选手 No 1 seed
创纪录选手 record maker	第一阶段比赛 first stage contest
创造好成绩 creating good results	第一流选手 top-notch player
创造记录 setting a record	第一轮比赛 first round; opening round competition
创造新纪录 to set a new record	第一名 first place
慈善赛 charity match	地方性比赛 local athletic contest
打败 defeat	地区性比赛 interzone series
打成平局 to draw; to tie; to level the score; to play even	地中海运动会 Mediterranean Games
打出水平, 打出风格 up to one's best	殿军 last place; fourth-place winner
	点火炬仪式 flame-lighting ceremony

电动记分牌 electronic indicator; electric scoreboard	防守队 defensive team
电动式活动看台 electrically-controlled movable stand	防护栅栏 barrier
电子公告牌 electronic bulletin board	非公开比赛 closed competition
电子记时器 electronic timer	非洲运动会 African Games
冬季奥林匹克运动会 Olympic Winter Games; Winter Olympic Games	分组 grouping
冬季奥运会 Winter Olympics	风格奖 fairplay trophy
冬季奥运会滑雪赛 Winter Olympic Skiing Competition	复赛 quarter-finals; intermediary heat
冬季奥运会速滑赛 Winter Olympic Speed-skating Competition	附加赛 extra match
冬季运动会 winter games	副总裁判长 assistant chief referee
东道国 host country	橄榄球迷 American football fan
斗志 fighting will	高尔夫球界 golfdom
赌赛马者 bettor	高尔夫球迷 golf fan
对抗赛 dual meet	高尔夫球迷之妻 golf widow
队旗 team pennant	告别赛 farewell match
对手 opponent	个人冠军 individual champion
队员 team member	个人技术 personal skill
队长 captain	个人奖品 individual trophy
二比零 two to zero	个人全能冠军 individual all-round champion
二级女运动员 second-class sportswoman	个人全能项目 individual all-round event
二流选手 second rater	个人赛 individual competition
二平 two all	个人项目 individual event
发奖 awarding prizes; giving awards	个人总分 individual score
罚 penalty	各国奥委会关系处 Relations with the NOCs
法律事物处 Legal Affairs	给…加油 to cheer for ...
泛美运动会 Pan-American Games	更衣室 checker room
反败为胜 to come from behind to win the game	工人运动会 workers' sports meet
犯规 foul	公告牌 bulletin board
防守 defense	公开赛 open game
	冠军 champion
	冠军保持者 defender; title-holder
	冠军称号 championship
	冠军队 champion team

冠军锦带(拳击、摔跤世界冠军锦带)	滑水迷 water-skiing fan
champion belt	滑雪迷 skiing fan
冠军赛 championships	黄牌 yellow card
观众(单个)spectator	回敬赛 challenger event; consolation match
光电记时记分器 photoelectric timing and scoring device	会歌 anthem
国际奥林匹克委员会 International Olympic Committee	会徽 emblem
国际奥委会会议 IOC Session	会旗 flag of the games
国际比赛 international tournament	混合法 mixing method
国际比赛选手 international player	混合双打 mixed doubles
国际裁判员 international referee	获奖选手 prize winner
国际裁判员证章 international referee badge	获胜 to win; to emerge the victor
国际候补裁判员 international referee candidate	火炬台 pedestal
国际伤残人运动会 Paralympics	及格赛 qualifying match
国际武术邀请赛 International Wushu Invitation Tournament	积累分 running score; cumulative points
国际象棋奥林匹克赛 Chess Olympiad	集体奖品 team trophy
国际象棋冠军赛 World Chess Championships	集训队 team of athletes in training
国际运动会 international sports meet	激烈的(比赛) keen; heated; intense; grueling (competition); close game
国际足球世纪杯 FIFA World Cup	记分牌 score board
国家队 national team	记者席 press box
国家级裁判员 national referee	技术 technique; skill
黑马(可能或以外获胜的人或队) dark horse	技术委员会 technical committee
红牌 red card	技术委员会秘书长 Secretary General of the Technical Committee
后备选手 spare player	纪录 record
后起之秀 up-and-coming athlete	纪录保持者 record holder
护级赛 vital match	纪念章 souvenir badge
滑冰场 skating rink	季军 third-place winner
滑冰迷 skating fan	加局比赛 overtime; extra-innings
	甲级队 first-rate team
	甲组 first division
	假业余运动员 shamateur
	检查赛 examination match

奖金 bonus	绝招 tour de force
奖牌 medal	开幕式 opening ceremony
奖品 prize; trophy	看台 stand
交换场地 to change sides	客队 visiting team
教练员 coach	课余体育竞赛工作计划 plan of after-class athletic competition
节拍器 metronome	快报记分牌 telegraph board
金杯 gold cup	拉锯战 see-saw match
金牌 gold medal	啦啦队 cheering section; cheer section
金牌获得者 gold medallist	啦啦队长 cheer-leader
锦标赛 tournament championship; champion contest; championship; cup event; title match	啦啦队员 rooter
锦旗 pennant	篮球场 basketball court
进攻 offence; attack	篮球队 basketball team
进攻队 attacking team	篮球迷 basketball fan
经理人 manager	老人运动会 quinquagenarians' sports meet; elderly people's sports meet
精神集中 concentration	老运动员 veteran athlete
精神文明奖 Civilized Conduct Prize	雷米特杯 Rimet Cup
净胜球数 goal difference	累积比分 running score
竞技状态好 in good (top; super; excellent) form	力量 strength
竞赛 competition; tournament; match	联合会杯赛 Union Cup Tournament
竞赛办公室 competition office	联赛 league match; league; championship
竞赛规程 regulations of competition	连胜三局 to win three sets in a row
竞赛日程 timetable of events	练习场地 practice field
竞赛委员会 board of competition	练习馆 training gym
竞赛组织委员会 organization committee	列队入场 march-in
局 game; set	列队退场 march-out
决赛 finals; final game; test match; challenge round	领队 team leader; skipper
决赛选手 finalist	领奖 receiving prize
决胜局 deciding game	灵活性、柔韧性 flexibility
决胜期 extra period	灵敏 agility
决胜性的一击 coup de grace	零比零 love all
	流氓足球迷 hooligan
	露天看台观众 bleacherite

轮次 round	平局 draw; tie
轮换法 rotation method	评判委员会 jury
轮空 by; bye	破纪录选手 record beater
马拉松赛跑冠军 marathon champion	弃权 forfeit
名次 placing; ranking; standing	棋迷 chess fan
名次排列表 ranking list	棋坛 chess circles
名列第三 the third place; to place third	其他体育工作者 other physical culture workers
明星运动员 stellar athlete	前八名 top eight
摩托车迷 motorcycling fan	前冠军 ex-champion
男队 men team	前…名 frist placing
男子记录 men's record	青年队 youth team
男子乒乓球单打冠军 table tennis champion in men's singles	青年篮球队 youth basketball team
男子全能项目 men's all-round event	轻量级冠军 light weight champion
男子项目 men's event	球坛 ball-game circles
内部事物处 internal management	曲棍球迷 hockey fan
年轻选手 young player	取消比赛资格 disqualification
农民运动会 peasants' athletic meet	取消录取资格 placing disqualification
女队 women's team	全国残疾人运动会 National Games for the Disabled
女选手 woman player	全国城市运动会 National City Games
女运动员 sportswoman; woman athlete	全国大学生运动会 National University Games
女子个人项目 women's individual event	全国工人运动会 National Workers' Games
女子记录 women's record	全国冠军 national champion
女子篮球队 women's basketball team	全国纪录 national record
女子项目 women's event	全国锦标赛 national championship; state tournament
排球场 volleyball court	全国农民运动会 National Farmers' Games
排球队 volleyball team	全国少数民族运动会 National Minorities Games
排球迷 volleyball fan	全国性赛 nation-wide contest
跑马场 racecourse; the turf	
配合 coordination; team-work	
乒乓球队 table tennis team	
乒乓球迷 ping-pong fan	
乒坛 table tennis circles	
平纪录 equalizing a record	

全国运动会 nation-wide sports meet; national games	少数民族运动会 national minorities athletic meet
全国中学生运动会 National Secondary-School Games	身体素质 fitness
全军运动会 National Army Games	省队 provincial team
全能冠军 all-around champion	省运动会 provincial athletic meet
全能女运动员 all-round sportswoman	胜负未定 open; undecided
全能项目 all-round event	失利 to lose
全能运动员 all-round athlete	使对方得零分 to blank to whitewash
拳击冠军 boxing champion	使对手处于被动 to reduce one's opponent to a passive position
拳击界 belt Dom; fistiana	世界杯滑雪赛 World Cup Skiing Tournament
拳击迷 boxing fan; boxing aspirant	世界杯技巧赛 World Cup Sports Acrobatics Tournament
热身赛 warming-up match	世界杯排球赛 World Cup Volleyball Tournament
日间赛 day game	世界杯乒乓球赛 World Cup Table Tennis Tournament
荣誉奖 prize of honor; honorable mention	世界杯赛 World Cup
弱点 weak point; weakness;	世界杯体操赛 World Cup Gymnastics Tournament
入场参赛名单 entry	世界杯田径赛 World Cup Track and Field Tournament
入场式 marching in	世界杯跳水比赛 World Cup Diving competition
入口 entrance	世界杯足球赛 World Cup Football Tournament
赛次 competition order	世界大学生运动会 Universiad
赛跑冠军 racing champion	世界冠军 world champion
赛车迷 racing fan	世界滑雪锦标赛 World Skiing Championships
赛马场 horse race ground	世界技巧锦标赛 World Championships of Sports Acrobatics
赛马界 racing world	世界纪录 world record
赛马迷 racing fan; turf man	
三比零 three love; three to zero; three nil	
三局两胜 best of three (games)	
伤残人运动会赛手 disabled athletes	
上届冠军 defending champion	
少年杯 junior cup	
少年队 junior team	
少年纪录 junior record	
少年运动会 junior meet	
少年运动员 junior player	

世界纪录保持者 world record holder	onships of Competitive Rhythmic
世界锦标赛 World Championships	Gymnastics
世界举重锦标赛 World Weight-lifting	世界游泳锦标赛 World Swimming
Championships	Championships
世界篮球锦标赛 World Basketball	世界运动会 World Games
Championships	世界职业体操锦标赛 World Profession-
世界女子足球锦标赛 World Women's	al Gymnastic Championships
Football Championships	世界中学生运动会 World Secondary-
世界排球锦标赛 World Volleyball	School Games
Championships	室内体育场 indoor stadium
世界皮划艇锦标赛 World Canoeing	室内运动场 covered gymnasium
Championships	室内运动会 indoor sports meet
世界乒乓球锦标赛 World Table Tennis	室外运动会 outdoor sports meet
Tournament	市运动队 municipal team
世界桥牌锦标赛 World Bridge Champi-	市运动会 municipal athletic meet
onships	收费运动会 gate meeting
世界曲棍球锦标赛 World Hockey	授奖 awarding a prize
Championships	授奖牌仪式 medal ceremony
世界射击锦标赛 World Shooting Tour-	授奖台 winners' platform; victory podium
namment	(/rostrum)
世界射箭锦标赛 World Archery Cham-	受训练者 trainee
pionships	刷新纪录 to improve a record
世界手球锦标赛 World Handball Cham-	摔跤迷 wrestling circles
pionships	双打 doubles
世界水平运动员 world-class athlete	双项运动 biathlon
世界速滑锦标赛 World Speed-skating	水上运动会 water sports meet
Championships	顺序法 sequence method
世界体操锦标赛 World Gymnastics	四分之一决赛 quarterfinal round
Competition	速度 speed
世界田径锦标赛 World Track and Field	随队人员 team follower
Championships	随队医生 team doctor
世界武术锦标赛 World Wushu Champi-	缩小差距 to narrow the gap
onships	汤姆斯杯赛 Thomas Cup Tournament
世界艺术体操锦标赛 World Champi-	淘汰法 elimination method

- 淘汰赛 elimination series; knock-out
- 特长 forte; speciality
- 体操队 gymnastics team
- 体操队队长 gym captain
- 体操界 gym fan
- 体坛(体育界)sports circle
- 体育比赛 athletic contest
- 体育场、馆 stadium and gym
- 体育工作者 sports worker
- 体育奖 sporting award
- 体育竞赛规则大全 complete rules for sports competition
- 体育巨星 superstar
- 体育明星 sports star
- 体质 physique
- 田径队 track and field team
- 田径界 track and field circle
- 田径运动会 track and field sports meet
- 跳水迷 diving fan
- 同队队员 teammate
- 通讯赛 correspondence tournament
- 铜牌 bronze medal
- 铜牌获得者 bronze medallist
- 突破防守 to break through the defense
- 团体冠军 team champion
- 团体赛 team competition
- 团体项目 team event
- 团体总分 team score
- 团长 head
- 退出比赛 withdrawal
- 椭圆形运动场 oval stadium
- 外场 outfield
- 外出访问比赛 out match
- 网球界 tennis circle
- 网球迷 tennis fan
- 违例 violation
- 险胜 cliff-hanging win; to nose out; to win by a narrow margin
- 卫冕赛 championship fight
- 未被淘汰选手 survivor
- 温布尔顿草地网球锦标赛 Wimbledon Lawn-Tennis Championship
- 五局三胜 best of five (games)
- 无票入场者 gate-crasher
- 武术界 wushu circle
- 武术迷 wushu fan
- 物质奖励 material reward
- 夏季奥林匹克运动会 Olympic Summer Games
- 现代化体育馆 modernized gym
- 相扑界(日)sum Odom
- 项目委员会 board of events
- 销售处 Marketing
- 小组循环赛 group round robin
- 校纪录 school's record
- 校内体育比赛 intramural athletic competition
- 校外体育比赛 out-of-school athletic competition
- 新纪录 new record
- 新手 beginner
- 新闻处 Information
- 新兴力量运动会 Games of New Emerging Forces
- 性别检查 sex check
- 行政主任 administrator
- 选拔赛 selective trials; tryouts
- 选手 selected player; player

选手队 selection team	以…分领先 leading by... points
选手名册 roster	以两分之差 to come within two points
雪上运动会 snow sports meet	乙级队 second-rate team
学校运动竞赛 athletic competition in schools	乙组 second division
循环法 round robin method	毅力 perseverance
循环赛 round robin; round-robin series	义赛 benefit match
训练比赛 training match	银杯 silver cup
训练场地 training ground	银鼎 silver urn
训练营地 training camp	银盾 silver shield
巡回杯 itinerary cup	银牌 silver medal
亚非拉乒乓球友好邀请赛 Asian-African-Latin-American Friendly Invitation Tournament of Table Tennis	银牌获得者 silver medallist
亚军 second-place winner	泳坛 swimming circle
亚军 runner-up	尤伯杯赛 Uber Cup Tournament
亚军队 runner-up team	友好运动会 Goodwill Games
亚洲冠军 Asian title	友谊赛 friendly match
亚洲纪录 Asian record	优胜杯 bronze cup
亚洲运动会 Asian Games	优胜杯决赛 cup final
严密防守 tight defense	优胜国升旗旗杆 victory mast
邀请赛 invitational tournament; challenge match	优胜奖 winning prize
业余杯 amateur cup	优胜旗 champion flag
业余队 amateur team	优秀队 crack team
业余运动员 amateur	优秀选手 good player
业余运动员比赛 amateur competition	游泳场 swimming pool
夜间赛 night game	游泳冠军 swimming champion
一比二 one to two	游泳迷(美) splash fan
一边倒的比赛 one-sided; lopsided	预备队员 reserve; substitute
一层(看台座位) tier	预赛 preliminaries; preliminary competition
一级运动员 first-class sportsman	与…并列第三 to tie for third with...
以…分败局 losing by... points	与…交锋(对垒) to take on...; to encounter
以…分获胜 winning by... points	羽毛球男女混合双打冠军 badminton champion in mixed doubles
	羽坛 badminton circle

元老队 veteran team	正式比赛 scratch competition
元老赛 veterans' event	正式项目 title event
远东运动会 Far East Games	正式选手 regular player
运动爱好者 sports fan; sports enthusiast	秩序册 competition program
运动场 sports (/athletic) ground; playground	职业队 professional team
运动场地 sports field	职业选手 professional athlete
运动队 team; sports team	掷币猜先 toss a coin
运动会观众(总称) gallery	执行委员会 Executive Board
运动会种类 kinds of sports meet	指派上场 to field
运动健将 master sportsman; master of sports	中美洲-加勒比运动会 Central American and Caribbean Games
运动竞赛编排 arrangement of sports competitions	中心旗杆 center pole
运动竞赛成绩记录 recording of competition results	种子队 seeded team
运动竞赛方法 method of athletic competition	种子选手 seed player
运动竞赛分类 classification of athletic competition	仲裁委员会 appeal committee; jury of appeal; board of appeal
运动竞赛规则 rules for sports competition	主裁判员 chief referee
运动竞赛日程计划 schedule of sports competition	主队 home team
运动迷 sports fan	主教练 chief coach
运动员 sportsman; athlete	主力队 main force
运动项目处 Sports Event	主席 president
运动员资格 qualification of athletes	专席 box
战术 tactics	专项运动会 specialized athletic meet
站立姿势 stance	追上 to catch up; to pull up
暂停 time out	准备活动厅 warming-up hall
阵容 lineup	准确性 accuracy
争取主动 to gain the initiative	自选动作 optional exercise
正面看台 grand stand	自由职业运动员 free agent
	自治区运动会 autonomous region athletic meet
	姿势 form; posture; position
	总裁判长 chief referee
	总分 aggregate score; total points; total score

总分、名次与记录 scores, ranking and records	组织委员会 Organizing Committee
总教练 head coach	足球队 football team
总领队 chief team leader	足球场 football field; football ground
综合运动会 comprehensive sports meet	足球迷 football fan
	座位数量 seating capacity

十、运动解剖学 Sports Anatomy

鞍状关节 saddle joint	感觉传导通路 sensory pathway
白肌 white muscle	感觉神经末梢 sensory nerve ending
背阔肌 broadest muscle of back	冈上肌 supraspinous muscle
大脑 brain	膈肌 diaphragmatic muscle
大收肌 great adductor muscle	肱二头肌 brachial biceps muscle
单关节肌 simple joint-muscle	肱肌 brachial muscle
动脉 artery	肱三头肌 brachial triceps muscle
对抗肌 antagonistic muscle	骨表面形态 surface shape of bone
多关节肌 polyarticular muscle	骨杠杆 bone lever
多关节肌被动不足 passive deficiency of polyarticular muscle	骨骼 skeleton
多关节肌主动不足 active deficiency of polyarticular muscle	骨骼肌 skeletal muscle
肺循环 pulmonary circulation	骨骼肌构造 structure of skeletal muscle
缝匠肌 sartorius muscle	骨骼肌物理 physical features of skeletal muscle
副交感神经 parasympathetic nerve	骨骼肌辅助结构 accessory structure of skeletal muscle
腹部标志线 abdominal notation line	骨功能 function of bone
腹内斜肌 internal oblique muscle of abdomen	骨构造 bone structure
腹外斜肌 external oblique muscle of abdomen	骨化 ossification
腹压肌 abdominal pressure muscle	骨连结 bone union
腹直肌 straight muscle of abdomen	骨龄 bone age
	骨密质 compact bone
	骨盆 pelvis

骨生长 bone growth	tion
骨松质 spongy bone	肌纤维类型 types of muscle fiber
骨组织 osseous tissue	肌组织 muscular tissue
股二头肌 biceps muscle of thigh	间脑 interbrain
股四头肌 quadriceps muscle of thigh	肩带肌 shoulder girdle muscle
固定肌 fixation muscle	肩关节 shoulder joint
关节 articulation	肩关节肌 shoulder joint muscle
关节分类 types of joints	肩胛提肌 levator muscle of scapula
关节辅助结构 accessory structure of articulation	交感神经 sympathetic nerve
关节基本结构 basic structure of articulation	结缔组织 connective tissue
关节灵活性 articular sensitivity	近固定运动 near-fixed movement
关节稳固性 articular stability	胫骨前肌 anterior tibial muscle
关节运动 articular movement	静力工作 static work
关节运动幅度 amplitude of articular movement	静脉 vein
红肌 red muscle	快肌 fast twitch muscle
呼吸系统 respiratory system	髋关节 hip joint
踝关节 ankle joint	髋关节肌 hip joint muscle
滑车关节 ginglymus joint	阔筋膜张肌 tensor muscle of fascia lata
寰枕关节 atlanto-occipital joint	肋间内肌 internal intercostals muscle
寰枢关节 atlantoaxial joint	肋间外肌 external intercostals muscle
脊神经 spinal nerves	离心工作 centrifugal work
脊髓 spinal cord	梨状肌 piriformis
脊柱 spine	练身运动负荷价值阈 value threshold of physical training load
脊柱运动 spinal movement	淋巴系 lymphatic system
肌肉初长度 initial length of muscles	林加尔德现象 Lingard Phenomenon
肌肉横断面 cross section of muscles	菱形肌 rhomboid muscle
肌肉拉力分解 decomposition of myotility	颅骨 cranial bone
肌肉拉力合成 synthesis of myotility	慢肌 slow twitch muscle
肌肉生理横断面 anatomical cross section of muscles	毛细血管 capillary
肌肉收缩距 length of muscles contraction	泌尿系统 urinary system
	脑桥 pons
	脑神经 cranial nerves
	内分泌系统 endocrine system

平衡杠杆 equilibrium lever	椭圆关节 ellipsoid joint
平滑肌 smooth muscle	腕关节 wrist joint
器官 organ	网状结缔组织 reticular connective tissue
髂腰肌 iliopsoas muscle	微循环 microcirculation
前锯肌 serratus anterior muscle	无固定运动 non-fixed movement
球窝关节 enarthrosis joint	膝关节 knee joint
躯干肌 trunk muscle	膝关节肌 knee joint muscle
染色体 chromosome	细胞 cell
染色质 chromatin	细胞分裂 cell division
人体方位 human body position	细胞核 cell nucleu
人体解剖姿势 postures in human anatomy	细胞间质 intercellular substance
人体切面 human body section	细胞膜 cell membrane
人体轴 human body axis	细胞质 cytoplasm
软骨组织 cartilaginous tissue	系统 system
三角肌 deltoid muscle	下固定运动 lower-limb fixed movement
上固定运动 upper-limb fixed movement	下肢骨 lower limb bone
上皮组织 epithelial tissue	向心工 centripetal work
上肢骨 upper limb bone	小脑 cerebellum
神经胶质细胞 neuroglial cell	小腿三头肌 triceps muscle of calf
神经系统 nervous system	消化系统 digestive system
神经纤维 nerve fiber	斜方肌 trapezoidal muscle
神经元 neuron	心肌 cardiac muscle
神经组织 nervous tissue	心血管系 cardiovascular system
生殖系统 genital system	胸部标志线 thoracic notation line
省力杠杆 labour-saving lever	胸大肌 greater pectoral muscle
手关节 manus joint; hand joint muscle	胸锁乳突肌 sternocleidomastoid muscle
手肌 hand muscle	胸小肌 smaller pectoral muscle
疏松结缔组织 loose connective tissue	旋前圆肌 round pronator muscle
竖脊肌 erector spinal muscle	血液 blood
速度杠杆 velocity lever	循环系统 circulatory system
体循环 systemic circulation	延髓 medullary bulb
头颈肌 cephalocevical muscle	1 型肌纤维 muscle fiber 1
臀大肌 greatest gluteal muscle	11 型肌纤维 muscle fiber 2
	圆柱关节 trochoid joint

原动肌 agonistic muscle	中脑 midbrain
远固定运动 far-fixed movement	中枢神经系 central nervous system
运动传导通路 motor pathway	周围神经系 peripheral nervous system
运动与关节 exercise and articulation	肘关节 elbow joint
运动与骨 exercise and bone	肘关节肌 elbow joint muscle
脂肪组织 adipose tissue	足弓 arch of foot
植物性神经 vegetative nerve	足关节肌 foot joint muscle
致密结缔组织 dense connective tissue	组织 tissue
中和肌 neutralization muscle	

十一、运动生理学 Sports Physiology

靶细胞 target cell	等动收缩 isokinetic contraction
白细胞 white cell	等张收缩 isotonic contraction
比肌力 specific myodynamia	第二信号 second signal
闭气 holding one's breath	第二信号系统 second signal system
憋气 suffocation	第一信号 first signal
补呼气量 expiratory reserve volume	第一信号系统 first signal system
补吸气量 inspiratory reserve volume	定量负荷 quantitative load
超极化 hyperpolarization	动力定型 dynamic stereotype
潮气量 tidal air volume	动静脉氧差 arteriovenous oxygen difference
触觉 sense of touch	动作电位 action potential
传导散热 heat loss through conduction	动作自动化 action automation
刺激 stimulus	窦性心律 sinus rhythm
单纯相 monophasic	对流散热 heat loss through convection
单纯扩散 simple diffusion	反射弧 reflex arch
单收缩 single contraction	翻正反射 righting reflex
蛋白质代谢 proteometabolism	反极化 anti-polarization
氮平衡 nitrogen equilibrium	反馈 feedback
等长收缩 isometric contraction	反射 reflex
等长自身调节 isometric autoregulation	

反射时 reflex time	基础代谢 basal metabolism
非乳酸氧债 alactacid oxygen debt	基础脉搏 basal pulse
非特异投射系统 nonspecific projection system	基础体温 basal body temperature
非条件刺激 non-conditioned stimulation	基强度 rheobase
非条件反射 non-conditioned reflex	肌电图 electromyogram
肺活量 vital capacity	肌动蛋白 actin
肺泡通气量 alveolar ventilation capacity	肌紧张 muscular tension
肺牵张反射 lung stretch reflex	肌力 muscle strength
肺通气量 pulmonary ventilation volume	肌球蛋白 myosin
分析 analysis	肌肉收缩 muscular contraction
分化抑制 differential inhibition	肌肉收缩成分 muscular contraction element
辐射散热 heat loss through radiation	肌肉弹性成分 muscular elasticity element
复极化 repolarization	肌糖原充填 repletion of muscle glycogen
腹腔发射 celiac reflex	机械效率 mechanical efficiency
腹式呼吸 abdominal respiration	极化 polarization
服习 acclimatization	极量负荷 maximal load
负反馈 negative feedback	加压发射 pressor reflex
干扰相 interference phase	减压发射 depressor reflex
感官 sensory organ	碱贮备 alkaly reserve
感受器 receptor	腱反射 tendon reflex
功能余气量 functional residual capacity	交互抑制 reciprocal inhibition
供能系统 energy supply system	交换血管 exchangeable vessel
寒颤 shiver	胶体渗透压 colloidal osmotic pressure
横桥 cross-bridges	解剖无效腔 anatomical dead space
红细胞 red cell	晶体渗透压 crystalloid osmotic pressure
红细胞渗透脆性 osmotic fragility of red cells	绝对肌力 absolute myodynamia
呼吸 respiration	拉长收缩 extended contraction
呼吸当量 respiratory equivalent	离心收缩 centrifugal contraction
呼吸商 respiratory quotient	良性刺激 optimal stimulation
呼吸水平 respiratory level	磷酸原供能系统 phosphate energy supply system
化学性消化 chemical digestion	劣性刺激 pessimal stimulation
混合相 mixed phase	

玛格里阿试验 Margaria Experiment	渗透压 osmotic pressure
脉搏 pulse	射血分数 ejection fraction
脉压 pulse pressure	摄氧量 oxygen intake
每搏输出量 stroke output	神经冲动 nerve impulse
膜电位 membrane potential	神经递质 neurotransmitter
脑电图 electroencephalogram	神经类型 neural type
内分泌 endocrine	神经调节 nerve regulation
内呼吸 internal respiration	身体素质 body constitution
内环境 internal circumstances	身体素质敏感期 sensitive stage of body constitution
能量代谢 energy metabolism	肾单位 renal unit
能量代谢当量 equivalent of energy metabolism	生理无效腔 physiological dead space
能量连续统一体 continuous entity of energy	适应性 adaptability
能源物质 substance of energy source	食物热价 food calorie
逆呼吸 paradoxical respiration	时间肺活量 timed vital capacity
尿蛋白 urinary protein	时值 chronaxia
凝血 blood coagulation	视觉深度 visual depth
平均动脉压 mean arterial pressure	视力 visual acuity
前馈 feedforward	视野 visual range
前庭稳定性 vestibular stability	收缩压 systolic pressure
牵张反射 myotatic reflex	舒张压 diastolic pressure
强度法则 intensity rule	水代谢 water metabolism
强化 potentialization	水利尿 water diuresis
强直收缩 tetanic contraction	酸碱度 acid-base scale
去极化 depolarization	缩短收缩 decurtation contraction
“全或无”现象 full-or-none phenomenon	弹性贮器血管 elastic storage vessel
人工条件反射 artificial conditioned reflex	糖代谢 glycometabolism
容量血管 capacity vessel	特异投射系统 specific projection system
乳酸能供能系统 hydroxy propanoic energy supply system	体温 body temperature
乳酸氧债 lactate oxygen debt	体温调定点 thermotactic point
色觉 chromatic vision	体温调节 thermoregulation
	体液 humor
	体液免疫 humoral immunity
	体液调节 humoral regulation

条件刺激 conditioned stimulation	心缩间期 systolic stage
条件反射 conditioned reflex	心音 cardiac sound
条件抑制 conditioned inhibition	心脏后负荷 cardiac after-load
听觉 sense of hearing	心脏前负荷 cardiac preload
同步活动 synchronized activity	心脏做功 cardiac work
同化作用 assimilation	心指数 cardiac index
同时诱导 synchronized induction	新陈代谢 metabolism
通气血流比值 ratio of ventilation and blood flow	新异刺激 extraneous stimulation
痛觉 pain sense	信号 signal
突触 synapse	信号系统 signal system
瓦尔沙瓦现象 Valsalva Phenomenon	兴奋 excitation
外呼吸 external respiration	兴奋 - 收缩耦联 excitation-contraction coupling
外抑制 external inhibition	兴奋性 excitability
稳态 homeostasis	胸式呼吸 thoracic respiration
无机盐代谢 inorganic salt metabolism	需氧量 oxygen requirement
无氧代谢 anaerobic metabolism	血红蛋白 hemoglobin
无氧阈 anaerobic threshold	血量 blood volume
物理性消化 physical digestion	血小板 blood platelet
物质代谢 substance metabolism	血型 blood type
吸收 absorption	血压 blood pressure
细胞免疫 cellular immunity	血液酸碱平衡 acid-base balance of blood
限制抑制 over-inhibition	血液重新分配 blood redistribution
相对代谢 ratio of relative metabolism	眼震颤 ocular tremor
相继诱导 successive induction	延缓抑制 delayed inhibition
消化 digestion	氧含量 oxygen content
消退抑制 extinguishing inhibition	氧离曲线 oxygen-hemoglobin dissociation curve
协调 coordination	氧利用率 ratio of oxygen utilization
心搏徐缓 bradycardia	氧脉搏 oxygen pulse
心电图 electrocardiogram	氧热价 oxygen calorific valence
心动周期 cardiac cycle	氧容量 oxygen capacity
心力储备 cardiac reserve	氧运输系统 oxygen transport system
心率 heart rate	
心输出量 cardiac output	

氧债 oxygen debt	synchronized activity
一般解释区 general explanation region	运动员心脏 athletic heart
异步活动 assynchronized activity	运动终板 motor end-plate
抑制 inhibition	载体 carrier
易化扩散 facilitated diffusion	蒸发散热 heat loss through evaporation
异长自身调节 heterometric autoregulation	脂肪代谢 fat metabolism
异化作用 dissimilation	止血 hemostasis
应急 emergency	终尿 end urine
应激 stress	中央视觉 central vision
应激性 irritability	周围神经 peripheral vision
有氧代谢 aerobic metabolism	状反射 state reflex
有氧供能系统 aerobic energy supply system	自动节律性 automatic rhythmicity
余气 residual air volume	自然条件反射 natural conditioned reflex
阈刺激 threshold stimulation	自身调节 autoregulation
阈电位 threshold potential	综合 summation
阈强度 threshold intensity	最适初长度 optimum initial length of muscles
原尿 crude urine	最大通气量 maximum ventilation capacity
运动单位 motor unit	最大摄氧量 maximum oxygen intake
运动技能 motor skill	最佳心率范围 best heart-rate range
运动性中枢同步活动 motorial central	

十二、运动生物化学 Sports Biochemistry

氨基酸 amino acid	低度脂蛋白 low density lipoprotein
必须氨基酸 essential amino acid	低聚糖 oligosaccharide
必须脂肪酸 essential fatty acid	多糖 polysaccharide
单糖 monosaccharide	儿茶酚胺 catecholamine
胆固醇 cholesterol	二酸腺腺苷 adenosine diphosphate
蛋白质 protein	非必须氨基酸 non-essential amino acid

放射免疫分析法 radio-immunity analysis method	糖的有氧代谢 aerobic glycometabolism
辅酶 coenzyme	糖酵解 glycolysis
高密度脂蛋白 high density lipoprotein	糖异生 glyconeogenesis
高能化合物 energy-rich chemical compound	糖原 glycogen
核磁共振 nuclear magnetic resonance	糖原合成 glycogen synthesis
核糖核酸 ribonucleic acid	酮体 ketone bodies
肌酸 creatine	脱氢酶 dehydrogenase
激素 hormone	脱氧核糖核酸 deoxyribonucleic acid
甲状腺素 thyroxin	维生素 vitamin
类固醇 steroid	无机盐 inorganic salts
类固醇激素 steroid hormone	纤维素 fibrin
磷脂 phospholipid	性激素 sex hormone
酶 enzyme	兴奋剂 analeptic
免疫球蛋白 immune globulin	血尿素氮 blood urea nitrogen
免疫球蛋白 A immunoglobulin A	血乳酸浓度 blood lactate concentration
免疫球蛋白 G immunoglobulin G	血乳酸清除率 blood lactate clearance rate
脑垂体激素 pituitary hormone	血乳酸无氧阈 blood lactate anaerobic threshold
乳酸代谢 lactic acid metabolism	血糖 blood sugar
乳糜微粒 chylomicron	血液非蛋白氮 blood non-protein nitrogen
乳酸循环 lactic acid circle	血脂 blood-lipid
三磷酸腺苷 adenosine triphosphate	氧化磷酸化 oxidative phosphorylation
三羧酸循环 tricarboxylic acid circle	氧化酶 oxidase
肾上腺素 adrenalin	胰岛素 insulin
肾上腺皮质激素 adrenocortical hormone	胰高血糖素 pancreatic glucagon
生长激素 growth hormone	脂类 lipids
生物氧化 biological oxidation	脂肪 axungia
示踪技术 tracer technique	脂肪酸 fatty acid
糖 sugar	转氨酶 transaminase

十三、运动生物力学 Sports Biomechanics

阿基米德定律 Archimedes' Law	机械功率 mechanical work power
爆发力 explosive force	机械能 mechanical energy
边界层 marginal	加速度 acceleration
标量 labelled amount	角速度 angular velocity
伯努利定律 Bernoulli's Law	静摩擦力 static friction force
补偿运动 complementary motion	离心力 centrifugal force
不稳定平衡 instable equilibrium	力臂 arm of force
参照系 frame of reference	力矩 moment of force
层流 laminar flow	力偶 couple
冲量 impulse	力系 power coefficient
冲量矩 moment of impulse	力系的平衡 balance of power coefficient
动量 momentum	理想流体 ideal fluid
动量定理 law of momentum	流体力学 fluid mechanics
动量矩 moment of momentum	流体升力 fluidic buoyancy
动量矩守恒定律 law of conservation of moment of momentum	流体阻力 fluidic resistance
动量守恒定律 law of conservation of mo- mentum	流线 streamline
动能 kinetic energy	马格努斯效应 Magnus effect
分力 component force	密度 density
浮力 buoyancy force	摩擦力 friction force
复合运动 complex movement	能量 energy
刚体 rigid body	能量守恒和转换定律 law of conserva- tion and conversion of energy
惯性 inertia	粘滞性 viscosity
滚动摩擦力 rolling friction force	牛顿第二定律 Newton's Second Law
合力 composition of force	牛顿第三定律 Newton's Third Law
滑动摩擦力 sliding friction force	牛顿第一定律 Newton's First Law
缓冲 cushion	抛体运动 projectile motion
机械功 mechanical work	抛物体 projectile
	碰撞 collision

平动 translation	tion
曲线运动 curvilinear movement	人体重心 gravity center of human body
热力学 thermodynamics	矢量 vector
热力学第二定律 Second Law of Thermodynamics	势能 potential energy
热力学第三定律 Third Law of Thermodynamics	随遇平衡 voluntary equilibrium
热力学第一定律 First Law of Thermodynamics	弹性力 elasticity
人体定轴转动 axis-fixed rotation of human body	湍流 turbulent flow
人体动力学 human dynamics	万有引力定律 gravitational law
人体环节 body segment	位移运动 displacement
人体模型 manikin	稳定平衡 stable equilibrium
人体内力 internal force in human body	稳度 stability
人体平衡 balance of human body	涡流 vortex flow
人体外力 external force in human body	向心力 centripetal force
人体运动 human kinesis	相对运动 relative locomotion
人体运动仿真 emulation of human kinetics	压强 intensity of pressure
人体运动静力学 statics of human movement	影片解析 film analysis
人体运动链 kinematic chain	圆周运动 circular movement
人体运动偶 kinematic parity of the body	运动效率 motion efficiency
人体运动速度 velocity of movement	质点 particle
人体运动速率 rate of human kinesis	质量 mass
人体运动学 kinesiology	支撑反作用力 braced reacting force
人体运动转动力学 mechanics of rotation	直线运动 straight line movement
	重力 force of gravity
	重力加速度 gravitational acceleration
	转动惯量 rotatory inertia
	自由落体 freely falling body
	坐标系 frame of axes

十四、运动心理学 Sports Psychology

爱好 hobby	错觉 illusion
艾森克人格问卷 Eysenck Personality Questionnaire	挫折 frustration
安菲莫夫神经类型检查法 Anphymov Nerve Type Test	淡路向性测验 Tanglamukisaka Tropism Examination
暗示 hint	道德感 moral sense
80.8 神经类型测试 80.8 nerve type test	动机 drive
棒框测试 rod and frame test	动机的激发 motivation stimulation
保持 retention	动机训练 motivation training
抱负水平 aspiration level	动觉记忆测定法 determination of kinesi- thetic memory
本能 instinct	动觉时间估计准确性测试 test of kinesesthetic time estimation accuracy
闭锁性运动技能 closed motor skill	动觉时间辨别能力的测定 test of movement time perception
表象 image	动因性紧张 stress caused by motives
布鲁纳认知发现说 Bruner's Theory of Recognition	动作定势 action set
操作思维 operation thinking	动作定向 action orientation
操作思维测试 test of operation thinking	动作反馈能力测试 determination of ac- tion feedback ability
成就倾向个体差异量表 scale of indi- vidual difference in achievement ori- entation	动作概念 concept of motion
成就性动机 achievement motivation	动作神经过程测试 test of action nerve reaction
冲动 impulse	动作思维 movement thinking
冲突 conflict	动作思维的发展 development of action thought
抽象思维 abstract thinking	动作意识焦点 focus of action conscious- ness
创造思维 productive thinking	定势 set
创造想象 creative imagination	放松训练 relaxation training
从众 comply with the masses	
催眠 hypnosis	
催眠疗法 hypno-therapy	

分心 distraction	卡特尔 16 种人格因素测验 Cattell 16
弗洛伊德精神分析论 Freud's Psycho-analysis Theory	Personality Factors Test
感觉 sensation	开放性运动技能 open motor skill
感觉运动学习 sensorimotor learning	空间知觉 space perception
感受性 sensitivity	恐惧 terror
感知综合障碍 disturbance of perceptive synthesis	理解 understanding
高原现象 plateau phenomenon	理想 ideal
个体心理学 individual psychology	理智感 sense of reasoning
个性 individuality	立体思维 stereophonic thinking
格式塔完形派顿悟说 Gestalt Theory of Insight Learning	练习 exercise
工作效率测定法 determination of working efficiency	练习曲线 training curve
观察 observation	联想 association
后摄抑制 post-active inhibition	灵感 inspiration
华生学习刺激-反应说 J. Watson's Stimulus-Response Theory	逻辑思维 logic thinking
幻觉 hallucination	马斯洛需要层次论 Maslow's Theory of Hierarchy of Needs
幻想 fancy	美感 aesthetic sense
回忆 recall	明尼苏达多项人格测验 Minnesota Multiphasic
机体觉 organic sensation	默念 silent reading
记忆 memory	模仿 imitation
记忆障碍 dysmnnesia	目标 target
集中注意力训练 concentration drills	内田 - 克列别林心理测验 Wuqita Mental Measurement
加涅认识-指导说 Gagne's Theory of Cognition Guidance	能力 ability
加利福尼亚人格测验 California Personality Test Personality Inventory	念动能力测定法 determination of kine-thetic imaginability
简单反应时的测试 test of simple reaction time	疲劳心理测量 determination of fatigue psychology individuality
教练员心理素质 coach's psychological diathesis	皮格马利翁效应 Pygmalion Effect
	平衡觉 sense of balance
	七步心理训练法 seven-set psychological training
	起跑反应时测试 test of starting reaction

time	视觉运动反应测试 test of visual movement reaction
气功调整法 Qigong regulation	视听觉时间知觉测试 test of visual-auditory time perception
气质 temperament	时间知觉 time perception
前摄抑制 proactive inhibition	适应 adaptation
强化 reinforcement	水感 perception of water
情操 sentiment	思维 thinking
情感 affection	斯金纳学习操作条件反射说 Skinner's Theory of Operational Conditioning Reflex of Learning
情绪 emotion	速度预先估计测试 test of speed perception
情绪记忆 emotional memory	体育教师心理 psychology of physical education instructors
情绪波动测定法 determination of emotional fluctuation	体育教学心理 pedagogic psychology of physical education
求同思维 common-ground-seeking thinking	体育社会心理学 social psychology of physical education
求异思维 difference-seeking thinking	体育团体心理 group psychology of physical education
球感 perception of ball	体育心理管理心理学 psychology of sports training management
驱力 motivation	体育心理品质 psychological character of sports
怯场 stage fright	体育心理卫生 sports mental hygiene
人工智能 artificial intelligence	体育心理训练 psychological training of sports
桑代克学习联结说 Thorndike's Learning Law	体育运动态度测量 measurement of physical activity aptitude
少年儿童体育运动竞赛焦虑测试 test of athletic competition anxiety among juveniles and children	天资 natural gift
少年儿童体育活动态度量表 scale of physical activity aptitude for juveniles and children	臀腿动觉方位辨别测试 test of kinesthetic orientation perception of arm and leg
神经运动特征的测定法 test of mental-exercise features	
生物反馈调节法 regulation through biofeedbacks	
生物钟 biological clock	
视觉 sense of sight	
视觉深度知觉测试 test of visual depth perception	

托尔曼认知 - 目的说 Tolman's Cognitive Theory	nation
外在动机 external motivation	意识 consciousness
无意识状态 unconscious state	遗忘 forgetting
习惯 habit	遗忘量 forgetting amount
习惯化 habituation	遗忘曲线 forgetting curve
习惯化现象 habituation phenomenon	意志 will
想象 imagination	毅力 willpower
想象训练 imagination training	应付内部精神紧张法 inner-stress pacification method
镶嵌图形测试 embedded figures test	应用运动心理学 applied sports psychology
心理 psyche	勇敢 bravery
心理测验 mental quiz	用力感辨别能力的测定法 determination of effort-sense discrimination
心理发展 psychological development	优越感 sense of superiority
心理分析 psychoanalysis	语词逻辑记忆 word-logic memory
心理过程 psychological process	运动表象 presentation of sports
心理健康 mental health	运动反应测定 determination of motor reaction
心理年龄 psychological age	运动记忆 movement memory
心理实验 psychological experiment	运动技能 motor skills
心理疏导法 psychological guide	运动技能干扰 motor skill interference
心理压力 mental stress	运动技能迁移 transfer of sports skills
心理应激 psychological stress	运动技能形成阶段 stage of motor skill formation
心理战术 psychological tactics	运动技能形成心理过程 psychological process of forming sports skill
心理治疗 psychotherapy	运动技能学习 motor skill learning
心理状态 psychological state	运动竞赛情绪特征 emotional features of athletic competition
信念 belief	运动能力 motor ability
行为 behavior	运动心理能量 kinetic mental energy
行为调整法 behavior regulation	运动心理效应 psychological effect of sports
性格 character	
形象记忆 imaginal memory	
形象思维 imaginal thinking	
兴趣 interest	
需要 needs	
训练迁移 training transfer	
Y-G 性格测验法 Y-G Personality Examination	

运动心理状态 kinetic psychological state	Learning
运动心理咨询 psychological counseling in sports	战术思维 tactics thinking
运动员心理测量 measurement of sports psychology	真实运动知觉 real movement perception movement
运动员个性测量 determination of ath- lete's personality	智力 intelligence
运动员心理选材 selection of athletes through psychological means	智力测验 intelligence test
运动员心理诊断 psychological diagnosis of athletes	知觉 perception
运动知觉 movement perception	直接动机 immediate
运动专门化知觉 specialized perception of sports	注意 attention
运动美感 aesthetic sense of kinetics	注意的稳定性 attention stability
运动智商 kinetic intelligence quotient	注意范围 attention range
运动员焦虑测定 test of athlete's anxiety	注意范围测定法 determination of atten- tion range
运动心理训练 kinetic psychological training	注意分配 attention distribution
运动学习动机 learning motivation of ki- netics	注意分配测定法 determination of atten- tion distribution
运动心理健康 motorial mental health	注意转移 attention mobility
运动专项意志品质 athlete's willpower in specific sports event	追忆 reminiscence
再认 recognition	自卑感 sense of inferiority
再造想象 reproductive imagination	自我暗示 autosuggestion
赞可夫学习理论 Zakov's Theory of	自我暗示训练 auto-suggestion training
	自我控制 self-control
	自我意识 self-consciousness
	最大极大原理 maximax principle
	最大极小原理 maximin principle
	最佳心理状态 optimal psychological state

十五、运动训练 Sports Coaching

班级体育活动 physical exercise at class levels	单足跳 hopping
比赛法 Game method	登楼梯练习 stair-case climbing
比赛能力 competence	等动训练 isokinetic trainings
比赛性练习 competition-simulated exercise	第二次呼吸 second breathing
比赛训练法 training method through competition	定量步行 quantitative walking
变换练习法 transformation practice method	定时跑 timed running
变换训练法 switching training method	冬季越野跑 winter cross-country race
变速跑 varied pace running	冬泳 winter swimming
不间断的系统训练原则 principle of non-intermittent systematic training	动力性练习 dynamic exercise
车轮跑 running by turns	动力性力量训练 dynamic strength training
场上作风 court manner	动作技能形成规律 leguation of the formation of action technical ability; The action technical ability becomes the regulation
超等长练习 hyper-isometric exercise	锻炼方法 method of physical exercise
超量恢复 over-loaded recovery	锻炼价值 exercise value
持续训练法 marathon training methods	锻炼内容 content of physical exercise
重复练习法 repetition practices method	锻炼手段 means of physical exercise
重复跑 repetition running	锻炼原则 exercise principle
重复训练法 repeared training methods	对抗训练 counter-acting exercise
春游 spring outing	蹲跳起 crouched start-up
从实际出发原则 principle of proceeding from actual conditions	多级跳 multi-step jumping
粗野作风 rough play	多年训练 training for years
大运动量 excessive exercise amount	多年训练计划 years' training plan
大运动量训练 hard-loaded training	二级蛙跳 two-step frog jump
大周期 big cycle	法莱特克训练法 Fartlek training methods
	反应时 reaction time

反应速度 reaction speed	技术训练 technical training
分解法 resolve method	加速跑 accelerative running
负重跑 loaded running	间歇跑 intermittent running
俯撑弓箭步跑 front-support crotch-hip running	间歇训练法 interval training methods
高抬腿跑 high-knee running	简易健身法 easy body-building exercise
高原训练法 plateau training methods	健齿方法 ways of dental protection
个别对待原则 principle of individual treatment	健身操 healthcare exercise
个人技巧 personal skill	健身跑 keep-fit running
弓箭步换腿跳 bow-step switching jumping	健身知识 health knowledge
巩固提高原则 principle of consolidation and enhancement	健身走 keep-fit walking
古茨穆茨体操教材体系 Gutsmuths gymnastic system	渐增阻力原则 principle of gradual increase of resistance
广播体操 setting-up exercise to recorded music	脚保健操 keep-fit exercises for feet
合理安排运动负荷原则 principle of appropriate arrangement of motor load	阶段训练计划 periodic training plan
合理的运动负荷原则 principle of reasonable exercising load	进入工作状态 in the working state
横渡长江 swimming across Changjiang River	经常性原则 principle of regularity
后蹬跑 running with feet pressing downward	竞技能力 athletic capacity
后屈小腿跑 running with legs bending backward	竞赛期 competition stage
恢复训练 recovery training	竞技状态 athletic form
恢复过程 recovery process	静力性练习 static exercise
基本功 basic technique	静力性力量训练 static strength training
极点 limit	久坐者健身操 health-protective exercise for desk clerks
积极性休息 active rest	军事训练 military training
	抗阻力跑 anti-resistance running
	考试期健身操 body-building exercise during examination period
	课间操 exercise during the break
	课间体育活动 between-class physical activities
	课外锻炼小组 extra-curricular exercise team
	课外体育锻炼 extra-curricular physical training

课外体育活动 after-class physical activities	爬竿 bamboo-pole climbing
课外体育活动工作 after-school physical activities	爬绳 rope-climbing
课训练计划 hourly training plan	攀横梯 ladder-climbing
课余训练工作计划 planning of after-class training	跑步专门练习 specific running exercise
跨步跳 striding jump	培养快速能力过程 process of high-speed ability training
快步走 trot	起居锻炼 physical exercise in daily life
快速能力训练 high-speed ability training	牵引跑 traction running
快速力量训练方法 high-speed strength training method	球艺 ball game skills
拉力器练习 chest-developing exercise	曲臂悬垂 suspension with arms bent
立定三级跳远 standing triple-jump	屈腿跳 knee-bending jump
立定跳高 standing high-jump	全面锻炼原则 principle of comprehensive exercising
立定跳远 standing long-jump	全面技术 all-round technique
立卧撑 standing leaning rest	全年训练 annual training
力量耐力训练方法 training method of strength and stamina	全年训练计划 annual training plan
力量素质 strength capacity	人体生理机能活动能力变化规律 legislation of the changes in the action ability of human body physiological mechanism; Human body physiology function the movable ability change the regulation
力量训练 strength training	人体技能适应性规律 legislation of the adaptability of human body technical abilities; Human body technical ability adaptability regulation
两头起 jackknife sit-up	日光浴 sun-bathing
“两严”方针 “two strict” guideline	柔韧素质 tenacity capacity
灵敏素质 agility capacity	赛前状态 pre-season state
轮滑 roller-skating	“三从一大”原则 principle of hard, strict training geared to the needs of actual competition with overloaded exercise
模拟训练 simulated training	三跳运动 three-jump exercise
模式训练法 pattern training methods	散步 walking
耐力素质 stamina capacity	
脑疲劳消除法 brain fatigue elimination exercise	
女子运动训练特点 characteristics of women's athletic training	
念动训练 image training	
PIRTS 因素 PIRTS factors	

上坡跑 running uphill	体育教学过程 athletics teaching process
身体练习 physical exercises	体育教学密度 athletics teaching density
身体练习的质量评定 assessment of the quality of physical exercises	体育教学原则 athletics teaching princi- ple
身体练习要素 key elements of exercises	体育教学组织 athletics teaching struc- ture
身体全面发展原则 principles of all- round physical development	体育课程标准 Athletics course standard
身体训练 physical training	体育课结构 Athletics lesson construction
生理惰性 physiological inertia	体育课类型 Athletics lesson type
生物反馈训练 biological feedback train- ing	体育疗法 therapy of physical exercise
生理负荷量 physiological load	体育中学 seconolary sports school
十二分钟步行 12-minute walking	体质调查 survey of physical constitution
识图越野 orienteering	跳深 depth jumping
适宜运动负荷原则 principle of training within the motor load	跳房子 hopscotch
实心球练习 medicine ball exercise	跳皮筋 rubber-band skipping
收腹举腿 lower limb raising and abdomen contraction	跳绳 rope-skipping
双臂曲伸 bending and stretching of arms	跳台阶 staircase jumping
速度性力量 speed power	跳跃专门练习 specific jumping exercise
速度素质 speed capacity	投掷专门练习 specific throwing exercise
弹跳素质 elasticity capacity	腿保健操 keep-fit exercises for legs
踢毽子 shuttlecock kicking	退步走 backward walking
体态矫正操 exercise for posture correc- tion	蛙跳 frog jump
体育班 P.E. class	完整法 complete method
体育测验 workout	位移速度 displacement speed
体育锻炼 physical training exercise	微机辅助训练法 computer-assisted training methods
体育技巧 athletic skill	卧推练习 press on box
体育教学 athletics teaching	武装泅渡 river-crossing in battle gear
体育教学分组 The athletics teaching di- vides the set group-division in P. E. teaching	无氧代谢 anaerbic metabolism
	无氧耐力 anaerobic endurance
	下坡跑 running downhill
	象征性长跑 symbolic cross-country race
	小步跑 trot
	校外体育活动 out-of-school physical ac-

tivities	训练强度 training intensity
斜身引体 pull-up sideways	训练情报 training information
斜卧撑 side leaning rest	训练日程 training schedule
心理训练 psychological training	训练时间 training time
行进间跑 last part timed running	训练适应 training adaptation
休整期 stage of rest reorganization	训练手段 training means
悬垂举腿 suspension with legs raised	训练水平 training level
学校高水平运动队 high-standard school sports teams	训练信息 training information
学校体育学 athletics teaching in schools	训练指标 training target
学校运动队 school sports teams	训练中的过渡期 layoff
学校运动竞赛 school sports competition	训练周期 training cycle
学校运动训练 sports training in schools	哑铃练习 dumb-bell exercise
循环练习法 cyclical practice methods	眼保健操 ocular gymnastics
循环训练法 cyclical training methods	眼睛疲劳消除法 eye-fatigue elimination exercise
循序渐进原则 principle of continuous progress; the principle of following the sequence and advancing gradually	仰卧起坐 sit-up
训练比赛环境 training and competition circumstances	业余体育学校 amateur sports school
训练不足 under-training	一般耐力训练方法 general stamina training method
训练方法 training method	一般训练与专项训练相结合原则 principle of combining general training with specific training
训练负荷 training load	一分钟杠铃连续挺举 one-minute bar-bell clean and jerk in succession
训练过程 training course	意志训练 will-power training
训练过程控制 training process control	因人而宜原则 principle of suing teaching to individuals
训练过度 over-training	引体向上 pull-up
训练计划 training plan	有氧耐力 aerobic endurance
训练阶段 phase	游泳安全 swimming safety
训练量 training amount	游戏法 swim tricks
训练临界线 critical line of training	预防与纠正错误法 prevent and rectify the mistake method
训练密度 training frequency	原地双手向后抛铅球 standing back-
训练目标 training targets	
训练期 training session	

ward shot-putting with both hands	支撑举腿 support with legs lifted
远足 excursion	直观性原则 principle of intuition
运动刺激 exercise load	智能训练 intelligence training
运动处方 sports prescription	中周期 middle cycle
运动负荷 exercise load	重量性力量 weight power
运动技能 sports skill	周期 small cycle
运动技巧 sports technique	周期性原则 principle of cyclicity
运动技术 sports technique	周训练计划 weekly training plan
运动技术经济性 economical nature of sports skills	肘触膝走 walking with elbows touching knees
运动技术实效性 actual effective nature of sports skills	主观体力感觉等级表 subjective somat-esthesia scale
运动量 exercise amount	专门练习 specific exercise
运动能力 sports ability	专项耐力训练方法 specific stamina training method
运动素质 athletic constitution	专项运动能力 specific athletic capacity
运动素质位移 transfer of athletic constitution	追踪越野 field chasing
运动训练档案 files of sports training	准备活动 preparatory activity
运动训练方法 sports training method	准备期 preparation stage
运动训练科学化 scientificalization of sports training	自觉积极性原则 principle of conscious activity
运动训练原则 principle of sports training	自觉性原则 principle of consciousness
运动医务监督 sports medical supervision	自然体育教材体系 the natural program of physical education
运动员科学选材 scientific selection of athletes	自由体育活动 free physical activities
早操 morning drill	综合练习法 synthesize to practice method
早锻炼 morning exercise	综合训练法 combined training methods
早期专门化 early specialization	最大力量训练方法 maximum strength training method
战术训练 tactics training	最高重复次数 maximum number of repetitions
真稳定状态 real steady state	
整理活动 warming-down	
支撑摆动臂曲伸 bending and stretching of the swinging arm in the support	

十六、运动医学 Sports Medicine

阿司匹林 aspirin	并发症 complication
安眠药片 sleeping pill	病历;病史 history
按摩 massage	病历单 history sheet
按摩师 masseur	病理性骨折 pathological fracture
按压法 pressing	病人;患者 subject; patient
疤 scar	病原学 aetiology
拔火罐 cupping	不随意肌 involuntary muscle
白血球;白血细胞 leukocyte	不省人事 unconsciousness
白血球增多 leucocytosis	不正确的姿势 faulty posture
半腱肌 musculus semitendinosus	补充 replacement
半膜肌 musculus semimembranosus	补呼气;储气 supplementary air
半乳糖 galactose	补吸气 complementary air
半脱臼 subluxation	擦破;擦伤 abrasion
半月瓣 semi lunar	擦伤 graze
包扎绷带;敷料 dressing	残气 residual air
背 back	残气量 residual volume
绷带;用绷带包扎 bandage	苍白 pallor
鼻出血 epistaxis	测功计 ergometer
鼻骨 nasal bone	产热 heat production
鼻腔 nasal cavity	长内收肌 musculus abductor longus
比目鱼肌 musculus soleus	长效磺胺 SMP
闭孔 foramen obturatum	肠 bowels
变态反应 allergy	肠胃肌 gastroenteritis
便秘 constipation	肠线 cat-gut
表面裂伤 shallow laceration	肠炎 intestinal inflammation
表皮 epiderm; epidermis	超短波透热法 ultra short wave
髌骨 knee cap	diathermy
冰冻肩;肩周炎 frozen-shoulder	超声波 ultrasound
丙酮酸 pyruvic acid	潮气 tidal air

陈诉 complaint	大面积裂伤 extensive laceration
吃的过饱 overeating	大脑 cerebrum
吃的太少 under-eating	大脑皮层; 大脑皮质 cerebral cortex
耻骨联合 pubic symphysis	大脑皮层中枢 cortical centre
尺侧腕屈肌 musculus flexor carpi ulnaris	大内收肌 musculus abductor magnus
尺侧腕伸肌 musculus extensor carpi ulnaris	大腿内收 adduction of the hip joint
尺骨小头 capitulum ulnae	大腿内旋 internal rotation of hip joint
赤霉素 gibberellin	大腿屈 flexion of hip joint
出汗过度 excessive sweating	大腿伸 extension of hip joint
出血 effusion of blood; bleeding	大腿外旋 external rotation of hip joint
触电感 electric shock	大腿外展 abduction of the hip joint
传出 efferent	大循环; 体循环 greater circulation
传导 conduction	大圆肌 musculus teres major; larger round
传导性 conductivity	大转子 great trochanter
传入 afferent	代谢产物; 代谢性废物 metabolic waste
喘息 breathless	担架 stretcher
创伤 injury	胆囊 gall bladder
创伤性关节炎 traumatic arthritis	胆汁 bile
创伤修整 wound toilet	导液法; 引流 drainage
垂体 hypophysis	骶骨部 sacral region
垂液淀粉酶 ptyalin	骶棘韧带 ligament of sacrum
杵臼关节 ball and socket joint	骶结节韧带 ligamentum sacrotuberosum
处方 prescription	骶髂骨间韧带 interosseous sacroiliac ligament
雌性激素 estrogen hormone	骶髂关节 articulation sacroiliac; sacroiliac joint
粗隆 tuberosity	骶髂后长韧带 long posterior sacroiliac ligament
催眠术 hypnosis	骶髂后韧带 ligament a sacroiliac a posterior a
挫伤 contusion	骶髂损伤 sacroiliac sprain
挫伤; 皮下出血 bruising	骶尾前韧带 anterior sacro-coccygeal ligament
大便 faeces	
大肠 intestine	
大负荷 heavy load	
大结节 greater tubercle	
大菱形肌 larger rhomboides	

低钠血症 hyponatraemia	反射行为 reflex behaviour
低血糖 glycopenia	反射性抑制 reflex inhibition
抵抗力;阻力 resistance	反射性运动 reflex movement
第二次呼吸 second wind	反应 reaction
第三腓骨肌 musculus peronaeus tertius	翻正反射;正位反射 righting reflex
电极 electrode	放热量 output heat
电解质不平衡 electrolyte imbalance	肥大;肥厚 hypertrophy
电疗 galvanism	肥胖体型 endomorphic type
淀粉 starch	非必须的氨基酸 non-essential amino-acid
淀粉酶 amylase	非随意控制 involuntary control
蝶骨 os sphenoidale	非随意运动 involuntary movement 非动
顶骨 os parietale	关节腓侧副韧带 collateral fibular ligament
动力系统 dynamic system	腓肠肌 gastrocnemius
动脉壁 arterial wall	腓肠肌内侧头 caput mediale musculus gastrocnemii; medial head of gastrocnemius
动脉血 arterial blood	腓肠肌外侧头 caput laterale musculus gastrocnemii; lateral head of gastrocnemius
动作电流 action current	腓骨 calf bone
短波透热法 short-wave diathermy	腓骨长肌 long peroneal immovable
断裂 disruption	腓骨短肌 musculus peronaeus brevis
断肢 amputate	腓骨小头 capitulum fibulae
多汗症 hyperhidrosis	肺量计 pneumometer
额 forehead	肺弥散 pulmonary diffusion
额骨 frontal bone	肺泡 lung alveoli
恶心 nausea	肺泡管 alveolar duct
二磷酸腺苷 adenosine diphosphate	肺泡气 alveolar air
二糖 disaccharide	肺容量 lung volume
二头肌;肱二头肌 biceps	分解代谢 catabolism
二氧化碳 carbon dioxide	分离 separation
耳、鼻、喉科 E.N.T (ear, nose, throat)	粉刺 acne
耳鸣 ear noise	
发病率 morbidity	
发热 pyrexia	
发烧 fever	
发炎 inflammation	
反射弧 reflex arc	

- 粉碎骨折 comminuted fracture
 风湿性关节炎 rheumatism
 风湿症 rheumatism
 风疹 heat lumps; urticaria
 封闭针 blockade needle
 缝匠肌 musculus sartorius; tailor
 缝线; 缝术 suture
 锋形电位 spike potential
 跗骨 ossa tarsi
 腹部 abdomen
 腹股沟 groin
 腹股沟韧带; 鼠蹊韧带 inguinal ligament
 负荷 load
 腹膜腔 peritoneal cavity
 腹内斜肌 internal oblique
 腹腔 abdominal cavity
 腹外斜肌 external oblique
 腹泻 diarrhoea
 腹直肌鞘 sheath of rectus
 浮肉 proud period
 腐肉 slough
 副神经 nervous accessorius
 敷料剂 dressings
 钙 calcium
 钙化 calcification
 肝糖原 glycogen of the liver
 肝炎 hepatitis
 肝脏 liver
 感觉神经 sensory nerve
 感觉系统 sensory system
 感觉运动弧 sensori-motor arc
 感觉中枢 sensory center
 感冒 cold
 感染 infection
 感应电疗法 faradism
 干敷料 dry dressing
 肛门 anus
 肛温 core temperature
 冈下肌 infraspinatus
 高尔夫肘 golfer's elbow
 高量负荷 crest load
 高能化合物 high-energy compound
 高血压 high blood pressure
 高原痛 altitude pain
 胳膊无力或麻木 glass arm
 跟骨 heel bone
 跟腱 Achilles tendon
 跟腱腱周炎 achilles peritenonitis
 跟腱痛 achillodynia
 功输出量 work output
 肱二头肌 musculus biceps brachii;
 brachial
 肱骨 humerus
 肱骨结节间沟 bicipital groove; sulcus
 intertubercular humeri
 肱肌 musculus brachialis
 肱桡骨 brachio-radial
 肱桡肌 musculus brachioradialis
 肱三头肌 tibialis triceps brachii
 供运动员增加兴奋感的时间 psyching
 period
 鼓膜 tympanum; drum
 骨化 ossification
 骨膜骨质增生症 periostosis
 骨膜炎 periosteitis; periostitis
 骨盆腔 pelvic cavity
 骨髓 bone marrow; medulla ossium; mar-

row	黑头粉刺 blackhead
骨纤维 bone fibre	横膈 diaphragm
骨折脱臼 fracture-dislocation	横突 processus transversus
股骨 femur	横纹肌 striated muscle
股骨嵴 rough line	红汞 mercurochrome
股骨头 caput femoris	红血细胞;红血球 erythrocyte
股后屈小腿肌 hamstring	红血球增多 erythrocytosis
股内肌;内四头肌内侧头 middle great	红外线灯 infra-red lamp
股内收长肌 long abductor	喉 larynx
股内收大肌 great adductor	喉结 adam's apple
股薄肌 musculus gracilis	喉咙 throat
股四头肌 four-headed thigh	后天的 acquired
股外肌;股四头肌外侧头 lateral great	候诊室 waiting-room
股直肌 musculus rectus femoris	呼气 exhalation
关节积血 haemarthros	呼气储量 expiratory reserve volume
关节囊损伤 capsule sprain	呼吸 breathing
关节盂 cavitas glenoidalis	呼吸功能 respiratory efficiency
关节炎 arthritis; inflammation of a joint	呼吸困难 dyspnea
关节游离体 joint-mouse	呼吸率 breathing rate
管口 orifice	呼吸容量 respiratory capacity
冠突;喙突 coronoid process; processus	呼吸深度 depth of respiration
coracoideus	护身 jockstrap
冠突窝;喙突窝 coronoid fossa; fossa	化脓 suppuration
coronoidea	化学能 chemical energy
冠状缝 coronal suture; suture coronaria	化验室 laboratory
冠状血管 coronary blood vessel	滑动关节 gliding joint
果糖 fructose	滑膜炎 synovitis
裹法;填塞 pack	滑囊炎 bursal synovitis
过度通气 hyperventilation	踝 ankle
过敏性 anaphylaxis	踝关节损伤 sprained ankle
过热 overheating	环境卫生 environmental hygiene
耗氧 oxygen consumption	环枢关节;车轴关节 pivot joint
合霉素 syntomycin	黄疸 jaundice
核黄素 riboflavin	黄韧带 ligamenta flava

磺胺类药剂 sulfa	肌肉张力 muscle tone
磺胺嘧啶;消炎片 sulphadiazine	肌肉组织 musculature
恢复健康 convalescence	肌肉注射 intramuscular injection
恢复阶段 recovery phase	肌疝 muscle hernia
喙肱肌 coraco-brachial; musculus coraco-brachialis	肌梭 muscle spindle
喙锁韧带 coracoclavicular ligament	肌束膜 perimysium
喙突 coracoid process	肌外膜 epimysium
活动电位 action potential	肌纤维膜;内膜 sarcolemma
活动关节 freely movable joint	肌炎 myitis
活动限制 limitation of movement	肌原纤维 myofibril
活化 activation	肌张力计 myotonometer
昏厥 faint	肌质;肌浆 sarcoplasm
(按摩)击打法 beating	疾病 ailment
机能 function	极点 dead point
机能恢复 functional recovery	极度紧张 jitters
机能障碍;机能失调 functional disturbance	极限下吸氧量 submaximal oxygen uptake
肌动蛋白;肌纤蛋白 actin	脊柱背伸 extension of vertebral column
肌纤凝蛋白 actomyosin	脊柱侧屈 lateral flexion of vertebral column
肌突出 myocele	脊柱回旋 rotation of the vertebral column
肌动图 myogram	脊柱前屈 flexion of vertebral column
肌浆球蛋白 myosin	脊椎关节囊 capsula articularis vertebrarum
肌膜;肌织膜 tunica muscularis	鸡眼 clavus
肌肉颤搐 muscle twitch	棘上韧带 supraspinous ligament
肌肉拉伤 pulled muscle	激素;内分泌素 hormone
肌肉劳损 muscle strain	积极治疗 active treatment
肌肉力量 muscle strength	急救 first aid
肌肉疲劳 muscular fatigue	急性的 acute
肌肉群 muscle group	急性局限性肌肉血肿 charley-horse; Charlie-horse
肌肉鞘 muscle sheath	剂量 dosage
肌肉撕裂 muscle tear	夹板 splint
肌肉系统 muscular system	
肌肉纤维 muscle fibre	

夹固定术 splintage	胫腓关节 articulatio tibiofibularis
夹杂物;异物 foreign body	胫后肌 posterior tibial
加速神经 accelerator nerve	静脉曲张 varicose veins
加压敷裹;压迫包扎 pressure dressing	静脉曲张症 varicosis
颊 cheek	静脉血 venous blood
甲状旁腺 parathyroid	静脉血回流 venous return
甲状腺 thyroid gland	静脉炎 phlebitis
假稳定状态 apparent steady state	静脉注射 intravenous injection
假肋 false rib	静止电位 resting potential
肩关节囊 capsula articularis humeri	颈背 nape
肩峰 acromion	颈阔肌 musculus platysma;
肩胛带;上肢带 shoulder girdle	颈椎 cervical vertebra
肩胛冈 spina scapulae	颈椎关节囊 vertebral joint capsule
肩胛下肌 musculus subscapularis	胫腓关节 tibio-fibular articulation
碱储备 alkali reserve	胫骨粗隆 tuberositas tibiae
腱膜 aponeurosis	胫后肌 musculus tibialis posterior
腱鞘囊肿 ganglion	胫前肌 musculus tibialis anterior
腱炎 tenositis	灸法 moxibustion
僵硬 rigidity	酒精 surgical spirit
脚面 instep	局部缺血 inadequate blood flow
矫正术 orthopedics	局部麻醉法 local anaesthesia
脚掌前内侧;拇指腕掌 ball	绝缘传导 isolated conduction
疖 boil	卡 calorie
结 node	卡值 caloric value
接触传染的 contagious	抗毒素 antitoxin
接受刺激 reception of stimuli	抗坏血酸 ascorbic acid
筋膜 fascia	抗菌素 antibiotic
筋膜炎 fasciitis	抗菌素膏 antibiotic cream
痉挛 spasm	抗菌剂 antiseptic
经络 channel	抗破伤风血清 antitetanus serum
精神紧张引起的肌肉僵硬 scared stiff	抗张强度 tensile strength
精神疲劳 mental fatigue	科 department
精神性应激 mental stress	空洞 cavitation
胫前肌 anterior tibial	口腔 mouth cavity

- 髋骨 hip bone
髋关节囊 capsula articularis coxae
矿物质 mineral
溃疡 ulcer
扩散 dissemination
扩张肌 dilator
阔筋膜张肌 musculus tensor fasciae latae
拉伤 pull
阑尾 appendix
肋 costa
肋软骨 rib cartilage
类风湿性关节炎 rheumatoid arthritis
冷敷法 cold application; cold compress
冷热交替浴 contrast bathing
离心收缩 eccentric contraction
痢疾 dysentery
链霉素 streptomycin
疗程 course of treatment
疗效 curative effect
捩伤 sprain
淋巴 lymph
淋巴结 lymph node
淋巴管炎 lymphangitis
淋巴腺 lymphatic gland
淋巴腺炎 lymph adenitis
临床检查 clinical examination
临床特征; 临床表现 clinical feature
磷酸肌酸 creatine phosphate; CP
磷酸炎 phosphate
龙胆紫 gentian violet
流行性感冒 flu
流鼻血 nose-bleeding
瘤 neoplasm
氯霉素 chloromycetin
颅 cranium
麻醉法 anaesthesia
麻醉剂; 毒品 drug
脉率 pulse frequency
慢性的 chronic
慢性疲劳 chronic fatigue; go stale; staleness
慢性腰骶部棘间韧带损伤 sprung back
毛细管 capillary
毛细管网 capillary network
酶; 酵素 enzyme
免疫力 immunity
面部 face
摩擦伤 friction injury
拇长展肌; 拇长内收肌 long abductor of thumb
钠 sodium
囊肿 cyst
脑垂体 pituitary body
内踝 condylus medialis
内感应器 interoceptor
内呼吸; 组织呼吸 internal respiration
内分泌腺 internal secreting gland
内分泌自动控制 endocrine automatic control
内髁 medial condyle
内环境 internal environment
内科学 internal medicine
内上髁 medial epicondyle
内收肌 adductor
内收肌劳损 rider's strain
内旋转肌 inward rotator
能动关节 movable joint
能量的转换 energy transfer

能量消耗 energy consumption	疲劳测量计 ergograph
能量支出 energy output	脾脏 spleen
捻针 rotate the needle	胼胝 callosity
黏度 viscosity	平滑肌 non-striated muscle
黏膜 mucous membrane	平脚 flat foot
尿素 urea	屏息 holding breath
尿酸 uric acid	葡萄糖 glucose
颞骨 os temporale	破裂 rupture
颞下颌韧带 ligamentum temporo- mandibulare	破伤风 tetanus
脓 pus	起敏性注射 preparatory injection
脓疱病 impetigo	脐 navel
脓性肉芽肿 pyogenic granuloma	骑士擦伤 rider's sprain
脓肿 abscess	气道 air passage
扭伤 strain	气管 air-tube
女按摩师 masseuse	气量计 gasometer
奴佛卡因 novocaine	气体交换; 气体代谢 air exchange
排尿 urination	气体运输 transportation of gas
排泄 egestion	掐法 squeezing
排泄系统 excretory system	髌骨 ilium
膀胱 bladder	髌股韧带 ligamentum iliofemorale
硼酸 boric acid	髌肌 iliacus
膨胀 distension	髌前上棘 anterior superior iliac spine
皮 integument	髌前下棘 anterior inferior iliac spine
皮层区; 皮质区 cortical area	髌腰韧带 ilio-lumbar ligament
皮层下中枢 subcortical center	前臂 forearm
皮肤过敏 skin sensibility	前锯肌 musculus serratus anterior
皮肤移植 skin grafting	前纵韧带 anterior longitudinal ligament
皮内注射 intracutaneous injection	强的松 prednisone
皮下注射 hypodermic injection	强直 summation of contractions
皮炎 cutitis	强直性收缩 titanic contraction
皮脂腺 sebaceous gland	牵引术 traction
疲劳 fatigue	千卡 kilocalorie
疲劳产物 fatigued product	青春期 puberty
	青紫 cyanosis

清创术 debridement	韧带撕裂 torn ligament
轻动关节 slightly movable joint	容易消化的食物 easily digestible food
轻捻法 effleurage	乳房 breast
氢化可的松 hydrocortisone	乳酸 lactic acid
去氢可的松 dehydrocortisone	乳酸盐 lactate
屈肌 flexion	乳酸性氧债 lactic oxygen debt
屈膝 flexion of knee joint	乳糖酶 lactase
屈趾长肌 long flexor of toes	乳突 mastoid process
躯干 torso	软膏 ointment
全身麻醉法 general anaesthesia	软骨 cartilage
颧弓 arch of zygoma	软脚 weak foot
缺碳酸血 acapnia	软弱无力 weakness
缺氧血症 anoxemia	揉捏法 kneading
缺氧症 anoxia	揉压法 ironing
桡骨远端骨折 colles' s fracture	容积描记图 plethysmogram
热敷法 hot application	赛前神经紧张 preparatory tension
热疗法 heat therapy	三叉神经 trigeminal nerve
热能平衡 calorie balance	三角肌 deltoid
热石膏 plaster of paris	三角肌粗隆 deltoid tuberosity; tuberosi- tas deltoidea
热消耗 heat exhaustion	散热 heat loss
人工呼吸 artificial respiration	丧失劳动能力 disability
桡侧腕短伸肌 musculus extensor carpi radialis brevis	渗出物 exudates
桡侧腕长伸肌 long radial extensor of wrist	纱布 gauze
桡侧腕屈肌 musculus flexor carpi radi- alis	上臂内收 adduction of the upper limb
桡骨 radius	上臂内旋 internal rotation of upper arm; forward rotation of upper limb
桡骨粗隆 tuberositas radii	上臂屈 flexion of upper limb
桡骨窝 radial fossa	上臂伸 extension of upper limb
桡骨小头 capitulum radii	上臂外旋 external rotation of upper arm; backward rotation of the upper limb
桡腕关节 wrist joint	上臂外展 abduction of the upper limb
韧带 ligament	上颌骨 maxilla
韧带扭伤 strained ligament	上腔静脉 superior vena cava

烧伤 burn	生理机能 physiological function
烧灼 cauterize	生理平衡 physiological equilibrium
少钠 sodium depletion	生理学 physiology
少盐 salt depletion	生殖系统 reproductive system
摄取 intake	声门 glottis
摄入食物 dietary intake; dietary intake	十二指肠 duodenum
伸长性收缩 lengthening contraction	视觉模糊 blurred vision
伸肌 extensor	失盐 salt loss
伸拇长肌 musculus extensor hallucis longus	湿敷料 wet dressing
伸拇短肌 musculus extensor pollicis brevis	湿疹 athlete's foot; dermatitis
伸膝 extension of knee joint	食管 esophagus
伸趾长肌 long extensor of toes	食入 ingestion
伸指总肌 musculus extensor digitorum communis; common extensor of fingers	食指 forefinger
深度裂伤 deep laceration; deep laceration	石膏模型 plaster cast
身体素质; 身体适应能力 fitness	适应; 调节 accommodation
神经刺激 nerve stimulation	适应行为 adaptive behaviour
神经肌肉的 neuromuscular	时值 chronaxie; chronaxie
神经肌肉接头 neuromuscular junction	视网膜 retina
神经紧张 nervous tension	手背 back of the hand
神经控制 nervous control	手背伸 dorsiflexion of the wrist
神经末梢 nerve ending	手尺侧倾 ulnar deviation
神经衰弱 beard's disease	手法 manoeuvre
神经索 nerve cord	手脚; 肢体 extremities
神经体液调节 neurohumoral regulation	手桡侧倾 radial deviation
神经调节 nervous regulation	手术 operation
神经痛 neuralgia	手掌屈 palmar flexion
肾 kidney	收缩 contraction
肾上腺 adrenal gland	收缩; 缩短 shortening
生化平衡 biochemical balance	瘦体型 ectomorphic type
	受伤率 injury rate
	输血 blood transfusion
	输氧能力 oxygen carrying capacity
	舒张 diastole
	(肌肉、神经)束 fasciculus

树状突 dendrite	痛点 point of pain
衰竭 breakdown	头半棘肌 musculus semispinalis capitis
水泡 blister	投掷肘;少年肘部骨骼损伤 pitcher's-
水肿;浮肿 edema	elbow
睡眠不足 sleep-debt	透热法 diathermy
丝 filament	土霉素 terramycin
松节油 turpentine	腿肚 calf
酸碱平衡 acid-base balance	臀大肌 greatest gluteal
酸痛 soreness	臀部 buttocks
酸血症 acidaemia	臀中肌 middle gluteal
酸中毒 acidosis	脱臼 dislocation
随意肌 voluntary muscle	脱色 discoloration
伤口 wound	脱水 chloride imbalance; anhydration
随意控制 voluntary control	脱脂棉 cotton absorbent
随意运动 voluntary movement	唾液 saliva
髓质 medulla	唾液淀粉酶 salivary amylase
损害 lesion	外分泌 exocrine
锁骨 clavicle; clavícula	外分泌腺 external secreting gland
痰 sputum	外感受器 exteroceptor
碳水化合物;糖 carbohydrate	外呼吸;肺呼吸 external respiration
碳酸盐 carbonate	外踝 condylus lateralis; lateral condyle
体表温度 surface temperature	外踝后韧带 ligamentum posterius malle-
体内情况稳定 homeostasis	oli
体温调节 body heat regulation	外环境 external environment
体型 body build	外科学 surgery
体循环;大循环 systemic circulation	外上踝 epicondylus lateralis; lateral epi-
体脂 body fat	condyle
体质 constitution	外旋转肌 outward rotator
体重计 weighing-machine	外展肌 abductor
贴膏法 strapping	外周阻力 peripheral resistance
听诊器 stethoscope	外周视觉 peripheral vision
停滞;郁积 stasis	萎缩 atrophy
同化 assimilation	尾骨 coccyx; os coccygis
瞳孔 pupil	卫生学 hygiene

胃口 appetite	下肢 lower limb
胃烧灼痛 heart burn	纤维 fibre
腕背侧韧带 ligamentum carpi dorsale; dorsal ligament of wrist	纤维化 fibrosis
腕骨 bones of the wrist	纤维织炎 fibrositis
晚期病例 late case	先天的 congenital
网球腿;跖长肌断裂 tennis-leg	腺样增殖体 adenoids
网球肘 tennis-elbow	项韧带 ligament of nape
温度过高 hyperpyrexia	向心收缩 concentric contraction
卧床休息 bed rest laterialis	橡皮膏 adhesive plaster
无机磷酸盐 inorganic phosphate	消耗 consumption
无菌敷料 aseptic dressing; sterilized dressing	消化不良 dyspepsia
无效区;死腔 dead space	消化系统 digestive system
无氧的 anaerobic	消极治疗 passive treatment
无名指 ring-finger	小肠 small intestine
污染 contamination	小动脉 arteriole
物理疗法 physiotherapy	小儿桡骨头半脱臼 pulled-elbow
X-线检查 x-ray examination	小结子 lesser tubercle
膝关节囊 capsula articulationis genu	小苏打;碳酸氢钠 sodium bicarbonate
膝部韧带扭伤 football-knee	小腿;胫 lower leg
膝损伤 sprained knee	小腿骨间膜;前臂骨间膜 interosseous membrane
膝交锁 locking-knee	小腿横韧带 ligamentum transversum cruris; transverse ligament
稀释 dilute	小腿十字韧带 ligamentum cruciatum cruris; cruciate ligament
洗液 lotion	小圆肌 smaller round; musculus teres mi- nor
细胞活动 cellular activity	小指 little finger
细支气管 bronchiole	小指固有伸肌 extensor of fifth finger; musculus extensor digiti quinti pro- prius
血球 corpuscle	小指外展肌 musculus abductor digi- tiquinti; abductor of fifth finger
细胞外液 extra cellular fluid	小转子 lesser trochanter
下颌关节 mandibular joint	
下颌骨 lower jaw bone	
下牵肌 depressor	
下腔静脉 inferior vena cava	
下意识的;无意识的 subconscious	

消毒的 sterile	胸 chest
效应器系统 effector system	胸大肌 greater pectoral
酵解 glycolysis	胸骨 breast bone
协调 co-ordination	胸骨体 body of sternum
协同肌 synergist	胸肋关节 sterno-costal joint; articulation sternocostalis
肋部剧痛 stitch in the side	胸膜 pleura
斜方肌 trapezius; musculus trapezius	胸膜腔 pleural cavity
斜颈 wry-neck	胸腔 chest cavity
心瓣 valve	胸腔壁 chest wall
心包 pericardium	胸锁关节 articulation sternoclavicularis
心动周期 cardiac cycle	胸锁乳突肌 musculus sternocleidomastoideus
心耳 auricle	胸小肌 musculus pectoralis
心房 atrium	胸椎 vertebra thoracic
心肺耐力 cardio-respiratory endurance	雄性激素 male sex hormone; androgen
心肌层 myocardium	虚脱 collapse
心率计 cardio tachometer	眩晕 vertigo; dizziness
心搏 heart beat	旋后肌 supinator
心搏量 stroke volume	旋前方肌 musculus pronator quadratus
心潜力 cardiac reserve	旋前肌 pronator
心腔 chamber of the heart	旋前圆肌 musculus pronator teres; round pronator
心室 ventricle	旋转关节 rotation joint
心舒张后期 diastasis	旋转肌 rotator
心血管功能 cardiovascular efficiency	悬带 sling
心血管耐力 cardiovascular endurance	悬垂关节 hinger joint
心血管系统 system	穴位 acupuncture point
心音 heart sound	血管 blood vessel
心脏扩大 cardiac dilatation	血管瘤 vascular tumour
心脏杂音 heart murmur	血管收缩 vasoconstriction
行进性骨折;疲劳骨折 march fracture	血管舒张 vasodilatation
行军足 march foot	血管舒张素 vasodilatin
兴奋剂 stimulant	血管质 vascularity
兴奋剂丸 pep pill	
兴奋状态 excitement	
性腺 sex gland	

血管注射 intravascular injection	氧合血红蛋白 oxyhemoglobin
血红蛋白 Ferro hemoglobin	氧化 oxidation
血库 blood depot	氧利用率 coefficient of oxygen utilization
血流 blood flow	腰部 loin; waist
血凝固 clotting of blood	腰大肌 musculus psoas major
血清 serum	腰脊柱 lumbar spine
血糖水平 sugar content of blood	腰痛 lumbage
血糖浓度 concentration of sugar in blood	腰小肌 musculus psoas minor
血细胞 blood cell	腰椎 lumbar vertebra
血小板 platelet	腰大肌 greater psoas
血压计 hemomanometer	药房 pharmacy
血氧饱和 oxygen saturation of blood	药疗法 medication
血液供应 blood supply	药物过敏 drug allergy
血液含氧量 oxygen content of blood	药物治疗法 drug therapy
血液缓冲物质 buffer substance in blood	药皂 medicated soap
血液酸度 acidity of the blood	医疗矫正 medical check
血肿 blood swelling	医务 medical service
循环衰竭 circulatory collapse	一般体型 average physique
压迫绷带 pressure bandage	一次服量 dose
压痛 pain on pressure	一次治疗 seance
压痛点 tender area	胰岛素 insulin
牙科学 dentistry	胰腺 pancreas
牙痛 toothache	胰液 pancreatic juice
盐酸 hydrochloric acid	异化 dissimilation
咽 pharynx	乙酰胆硷 acetylcholine
延髓 medulla oblongata	抑制剂 inhibitor
延髓脑桥 medulla oblongata pons	液体石蜡 melted paraffin wax
眼科学 ophthalmology	腋窝 armpit
眼珠 eyeball	移位 displacement
厌食 anorexia	阴性条件反射 negative conditioned re- flex
阳性条件反射 positive conditioned reflex	因神经紧而引起的不舒服感觉 butter- flies
氧不足 oxygen deficit	饮料 beverage
氧的运输 transportation of oxygen	
氧供给 oxygen supply	

- 饮食 diet
 应力性骨折;疲劳骨折 stress fracture
 鹰嘴 olecranon
 营养不良 malnutrition
 营养的平衡 nutritive equilibrium
 营养价值 nutritional value
 营养需要 nutritional requirement
 营养学 dietetics
 用力过大 overexertion
 有氧的 aerobic
 有机化合物 organic compound
 有意识的 conscious
 预防措施 preventive measure
 预防性治疗 prophylactic treatment
 愈合 unite
 原生质 protoplasm
 月经 menses
 月经不调 irregular menstruation
 月牙儿 moon
 运动创伤 Sports injury
 运动单位 motor unit
 运动队大夫;队医 team doctor
 运动肌 motor
 运动机能 motor function
 运动疗法 kinesiatics
 运动前进餐 pre-exercise meal
 运动前区 premotor area
 运动区 motor area
 运动神经 motor nerve
 运动生理 physiology of exercise
 运动学 kinesiology
 运动员体型 athletic type
 运动效率 locomotor efficiency
 运动员心脏 athletic heart
 运动终极 motor endplate
 扎针 insert the needle
 粘连 adhesion
 张力 tension
 张力性损伤 tension injury
 掌长肌 long palmar
 掌骨 bones of the hand
 针刺法 acupuncture
 针刺麻醉法 acupuncture an aesthesia
 诊察室 consultation room
 诊断 diagnosis
 诊疗所 clinic
 枕骨 occipital bone
 枕外隆凸 protuberantia occipitalis externa; external occipital protuberance
 震荡;叩诊 concussion
 真肋 true rib
 真皮 dermis
 真稳定状态 true steady state
 振幅;幅度 amplitude
 镇静剂 sedative
 整合作用 integration
 症候群 syndrome
 症状 symptom
 肢 limb
 支持疗法 supportive therapy
 支气管 bronchi
 支气管炎 bronchitis
 指关节 knuckle
 指甲内长 ingrown
 指浅屈肌 musculus flexor digitorum sublimis
 指深屈肌 musculus flexor digitorum profundus; deep flexor of fingers

指掌 finger-cushion	住院部 in-patient department
跖骨 metatarsal bones; os pubis; ossa metatarsalia	住院治疗 hospitalization
跖痛症 metatarsalgia	爪形足;弓形足 claw foot
趾骨肌 musculus pectineus; pectineus	转化酶;蔗糖酶 invertase; invertin
脂肪 fat	转子间线;转子间嵴 intertrochanteric line
止痛药 pain-killer	状态失常 loss of form
止血带 tourniquet	椎骨 vertebra
止血剂;止血器 hemostat	椎间盘 disci intervertebrales
制动膏布 limitation strap	姿势性张力 postural tone
制动术 immobilization	紫外线 ultra-violet light
致死的 lethal	紫外线疗法 ultra-violet therapy
职业病 occupational disease	自动运动 automatic movement
窒息 asphyxia	自在关节 universal joint
中枢神经系统 central nervous system	自主神经;植物性神经 automatic nerve
中暑 heat stroke	自主神经系统;植物性神经系统 automatic nervous system
中医 traditional Chinese medicine	组成代谢;合成代谢 anabolism
中指 middle finger	组织液 tissue fluid
踵;脚跟 heel	足内翻 incersion of foot
踵挫伤;跟骨挫伤 heel bruise	足屈 plantar flexion
重捻法 effleurage with pressure	足伸;背屈 dorsiflexion of the ankle joint
肘 elbow	足外翻 eversion of foot
肘关节囊 capsula articularis cubiti	嘴对嘴人工呼吸 mouth-to-mouth breathing
绉布绷带 crepe bandage	最大吸氧量 maximal oxygen intake
轴突 axon	最大通气量 maximum breathing capacity
主动肌 agonist	最适负荷 optimal load
主动脉 aorta	坐骨 ischium
主观反应 subjective response	坐骨棘 spina ischiadica
主观感觉 subjective feeling	坐骨结节 tuber ischiadicum
主诉 subjective complaint	坐骨上支 ramus superior ossis ischii
贮藏 storage	坐骨神经痛;腰骨痛 hipgout
注射;针剂 injection	
注射器 injecting syringe	

十七、组织与管理

Organization and Management

ABC 分类控制法 ABC	二级教练 second-class coach
classification control method	二级武士 martial artist of second grade
ABC 分类时间管理法 management	二级运动员 second-class athletes
method through ABC classification	法律方法 legislative method
保护学生视力工作实施办法 Measures	反馈原则 principle of feedback
for the Implementation of Protecting	副教授 associate professor
Students' Eyesight	岗位责任制 system of post responsibility
闭环系统 closed system	高等学校课余训练试点工作评估办
病弱学生体育管理 management of	法 Measures for the Evaluation of
physical education for the weak and	Experimental After-class Sports
sick students	Training in Institutions of Higher
裁判员技术等级制度 Technical-rank	Learning
System for Referees	高级讲师 senior lecturer
裁判员守则 Rules for Referees	高级教练 senior coach
创新观念 concept of creativity	高校体协 Chinese University Sports As-
挫折理论 theory of frustration	sociation
大学生体育合格标准 Qualification	公平理论 theory of fairness
Standards of Physical Education for	工作流程图 route chart
College Students	古典管理理论 classic management theo-
倒记时程序管理法 management	ries
method of backward time-keeping process	管理 management
德比克法 Therberg approach	管理本质 nature of management
动力原则 principle of power	管理层次 management hierarchy
动态系统 dynamic system	管理的二重性 duality of management
动态原理 tenet of dynamic state	管理对象 object of management
锻炼小组 training group	管理法规 management rules
对策论 game theory	管理方法 management method
二级裁判员 judge grade-2	管理方格理论 theory of management grid

管理过程 management process	国际体育联合会 International Sports Federations
管理核心 core of management	国际大学生体育联合会 International Federations of University Sports
管理技巧 management skill	国家级裁判员 national judge
管理技术 management technique	国际级教练 national-class coach
管理决策 management decision-making	国际级运动健将 international master of sports
管理决策理论 theory of management decision	国家体育锻炼标准 National Standards for Sports Training
管理客体 object of management	国际体育史协会 International Committee for Sports History
管理科学 science of management	国际体育运动理事会 International Council of Sports and Physical Education
管理跨度 management span	国际运动心理学学会 International Society of Sports Psychology
管理目标 objectives of management	国际运动医学联合会 International Federations of Sports Medicine
管理手段 means of management	国际中学生体育联合会 International Federation of School Sports
管理思想 theories of management	黑箱理论 Black Box Theory
管理信息系统 system of management information	宏观管理 macro-management
管理因素 factors of management	激励理论 Theory of Encouragement
管理者 manager	计划 planning
管理职能 management function	价值分析 value analysis
管理主题 subject of management	监督 supervision
关于保证中小學生每天有一小时体育活动的通知 Notice on the Ensurance of One-Hour Daily Sport Activities for Primary and Secordary School Students	检查 inspection
关于进一步发展体育运动的通知 Notice on the Further Development of Physical Education Sports	讲师 lecturer
关于试点高校培养高水平运动员的管理办法(试行)的通知 Administrative Methods Concerning the Training of High Level Athletes in Experimental Higher Institutions	教练员管理 administration of coaches
规划论 programming theory	教练员守则 Rules for Coaches
滚动式计划 roll-over planning	教练员素质 qualities of coaches
	教授 professor
	教育、体育政策法规文件选编 Selected

Laws, Regulations and Official Documents about Education and Physical Education Policies	领导科学 science of leadership
经济方法 economic method	领导体制 leadership system
经验决策 empirical decision-making	领导体制类型 types of leadership system
警察体育专业 specialized police physical education	领导系统 leadership system
静态系统 static system	领导行为 leadership behavior
竞争观念 concept of competition	领导艺术 art of leadership
竞争机制 competitive mechanism	领导者素质 leadership quality
矩阵式结构 matrix type structure	领导作风 leadership style
决策 decision-making	目标管理 objective management
决策树 decision-making tree	目标管理理论 theory of objective management
开环系统 open system	能级原则 principle of energy levels
考任制 appointment through examination	排队论 queuing theory
科学管理 scientific management	培养体育后备人才试点学校 experimental school that fosters future sports talents
科学决策 scientific decision-making	聘任制 appointment system
课外体育活动管理 management of after-class sports activities	评估 assessment
课余体育竞赛管理 management of after-class sports competition	普通高等学校招生体检标准 Standards of Physical Examination for Admission into Institutions of Higher Learning
课余体育训练管理 management of after-class sports training	期望理论 theory of expectation
控制 control	全国高师体育专业教材编审委员会 National Compilation and Deliberation Council of Teaching Material for Sports Specialities in General Universities and Colleges
控制方法 control method	全国普通大中学校学生体育竞赛暂行规定 Provisional Regulations of Athletic Competitions in Schools at All Levels
库存论 inventory theory	全国体育学院教材委员会 Deliberation Council of Teaching Material for
联合国教科文组织政府间体育运动委员会 UNESCO Inter-governmental Committee of Physical Education and Sports	
领导 leader	
领导班子结构 leadership structure	
领导观念 concept of leadership	
领导决策 leader's decision-making	

Physical Education Institutes	agement
全国学生体育运动竞赛制度 System of National Students Athletic Competitions	体育管理专业 major of sports management
人本原则 fundamentals of labor-cost	体育活动场地管理 management of sports sites
人才观念 concept of talent	体育教练员职务条理 Regulations on the Posts of Athletic Coaches
人-机系统 man-machine system	体育教师 teacher of physical education
任期制 system of office tenure	体育教师管理 administration of physical education teachers
荣誉裁判员 judge-of-honour	体育教师考核 assessment of physical education teachers
三级裁判员 judge grade-3	体育教师培养 cultivation of physical education teachers
三级教练 third-class coach	体育教师素质 qualities of physical education teachers
三级武士 martial artist of third grade	体育教学档案管理 management of physical education files
三级运动员 third-class athletes	体育教学工作管理 management of school physical education
少年级运动员 juvenile-class athletes	体育教学管理常规 management norms of teaching of physical education
时效观念 concept of effectiveness	体育教学管理方法 method of management of teaching of physical education
双因素理论 two-factor theory	体育教学管理过程 process of management of teaching of physical education
弹性原则 principle of elasticity	体育教学管理目标 goal of management of teaching of physical education
体育班 specialized sports class	体育教学管理原则 principle of management of teaching of physical education
体育保健康复专业 specialized sports healthcare and rehabilitation	体育教学质量标准 quality standards of
体育部 department of physical education	
体育部主任 director of physical education department	
体育传统项目学校 school maintaining traditional sport events	
体育传统项目学校试行办法 Trial Measures for Schools Maintaining Traditional Sport Events	
体育骨干 students who are good at sports activities	
体育管理 sports management	
体育管理原理 tenet of sports management	
体育管理原则 principle of sports man-	

teaching of physical education	Measures for School Roll in Sports
体育教学质量 管理 quality control of	schools Attached to Institutes of
teaching of physical education	Physical Education
体育教学质量检查 quality inspection of	体育运动学校 sports school
teaching of physical education	体育专业招生考试评分标准与办法
体育教学质量评价 quality evaluation of	scoring standards and methods for the
teaching of physical education	entrance examination of sports-major
体育教研室(组) teaching and research	applicant
section(group) of physical education	提高大学生运动技术水平试点学校
体育教研室主任 head of teaching and	experimental school that works at im-
research section of physical education	proving students' athletic skills
体育教研组组长 head of teaching and	投入产出分析 input-output analysis
research group of physical education	网络图 network diagram
体育教育行政 administration of teaching	微观管理 micro-management
of physical education	武术运动员技术等级称号 Standards of
体育教育专业 major of physical educa-	Technical Ranks for Wushu Athletes
tion	武术专业 major of Wushu
体育课堂教学管理 management of	武童级 junior martial artist
classroom physical education	武英级 martial hero
体育生物科学专业 major of sports biol-	系统方法 systems method
ogy	系统分析 systems analysis
体育统计报表 statistical report of physi-	系统工程 systems engineering
cal education	系统理论 fundamentals of system
体育卫生处 office of physical education	系统评价 system assessment
and hygiene	系统要素 factor of system
体育委员 class-committee member in	现代管理理论 theory of contemporary
charge of sports activities	management
体育系主任 dean of physical education	相对封闭原则 principle of relative clos-
department	ing
体育新闻专业 major of sports journalism	小学生体育合格标准实施办法 Trial
体育学院 institute of physical education	Method for Qualification Standards of
体育预测 sports prediction	Physical Education for Primary
体育院校附属竞技体育学校学生学	School Students
籍管理试行办法 Administrative	效果 effect

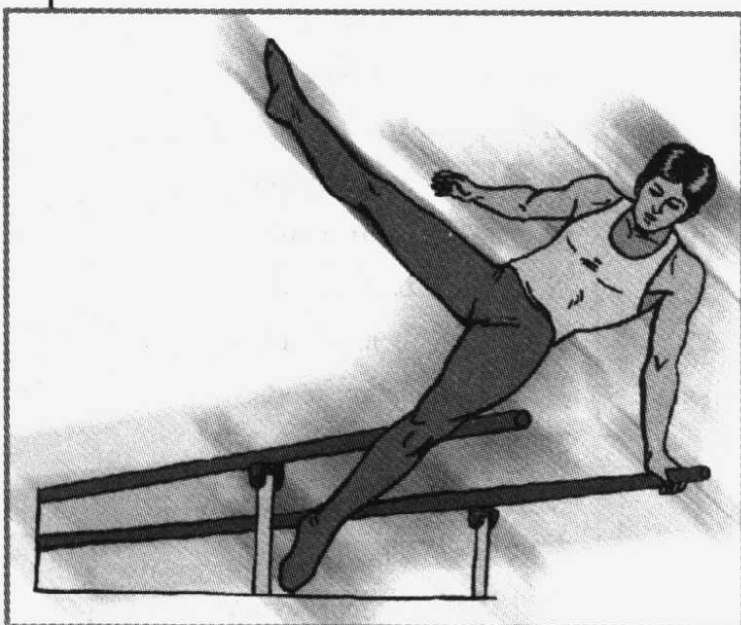
效率 efficiency	学生运动员比赛资格审查 examination of entry qualification of student-athletes
效能 efficacy	学校体育比赛管理 administration of intramural sports competitions
效益 benefit	学校体育场地管理 administration of sports site in school
效益原理 principle of benefit	学校体育档案管理 administration of academic files of physical education
校际体育比赛管理 administration of inter-school sports competitions	学校体育工作计划 planning of school physical education work
校(院)体育运动委员会 inter-collegiate physical education and sports commission	学校体育工作目标 targets of school physical education work
信息 information	学校体育工作评价 evaluation of school physical education work
信息处理 information process	学校体育工作条理 Rules and Regulations of School Physical Education
信息方法 information method	学校体育工作原则 working principle of school physical education
信息观念 concept of information	学校体育工作组织实施 organization and implementation of school physical education work
信息交流 information exchange	学校体育管理 management of school physical education
信息流 information flow	学校体育经费管理 management of physical education expenditure in schools
信息系统 system of information	学校体育科研管理 management of scientific research about physical education in schools
行为科学理论 management of behavioral science	学校体育领导 leaders of school physical education
行为原则 principle of conduct	学校体育器材设备管理 management of sports equipment in schools
行政方法 administrative method	
需要层次论 theory of need hierarchy	
宣传教育方法 propaganda and education method	
选任制 appointment through election	
学生体质健康档案 files on students' physical constitutions and health	
学生体质健康管理 management of students' physical constitutions and health	
学生体质健康卡 student physical constitutions and health card	
学生体质、健康状况监测实验方案 Experimental Plan for the Supervision and Assessment of Students'	

- | | |
|--|--|
| 学校体育卫生管理 administration of school physical education and hygiene | system for athletes |
| 学校体育卫生领导小组 leading group of physical education and hygiene work in school | 运动员守则 Rules for Athletes |
| 学校体育信息管理 administration of information about physical education in schools | 战略观念 strategic concept |
| 学校体育宣传管理 administration of propaganda about physical education in schools | 整分合原则 principle of division-and-union |
| 学校体育组织结构 organizations of school physical education | 整体效应 group effect |
| 学校卫生工作条理 Rules and Regulations of School Health Work | 正反馈 positive feedback |
| 业余体育学校 spare-time sports school | 指导 guidance |
| 一级裁判员 judge grade-1 | 指挥 command |
| 一级教练 first-class coach | 直线制 line organization |
| 一级武士 martial artist of first grade | 直线职能制 straight-line functional system |
| 一级运动员 first-class athletes | 职能制 functional system |
| 优秀裁判员 prominent judge | 智囊团 think tank |
| 预测 prediction | 中国大学生体育协会 Federation of University Sports of China |
| 预测科学 prediction science | 中国高等教育学会高等学校保健医学研究会 Research Association of Sani-practice Attached to the Chinese Higher Education Society |
| 运筹学 operation research | 中国高等教育学会学校体育研究会 Research Association of Physical Education of the Chinese Higher Education Society |
| 运动健将 master of sports | 中国体育科学学会学校体育研究会 Research Association of School Physical Education Attached to the China Sports Science Society |
| 运动竞赛制度 sports competitions system | 中国学生体质健康调查研究制度 System of Survey on Students' Physical Constitution and Health |
| 运动心理专业 major of sports psychology | 中国中学生体育协会 Federation of School Physical Education of China |
| 运动训练过程管理 management of sports coaching process | 中华人民共和国义务教育法 Law of |
| 运动训练体制 sports coaching system | |
| 运动训练专业 major of sports training | |
| 运动员管理 administration of athletes | |
| 运动员技术等级制度 technical-rank | |

Compulsory Education of the People's Republic of China	Middle School Students
中小学学生近视眼防治工作方案 Plan for the Prevention and Treatment of Near-sightedness among Elementary and Secondary School Students	中专体协 Chinese Specialized Secondary School Sports Association
中小学体育教材审定委员会 Deliberation Council of Teaching Materials of Physical Education for Elementary and Secondary Schools	主教练负责制 chief-coach responsibility system
中学生体育合格标准实施办法 Implementation Method for Qualification Standards of Physical Education for	助教 assistant teacher
	助理讲师 assistant lecturer
	专家预测法 expert prediction method
	专家会议法 expert meeting method
	咨询顾问方法 consultancy and advice-ment method
	组织 organization

运动项目篇

Sport Events



一、体育运动种类

Physical Activities and Sports

拔河 tug-of-war	回力球 pelota; jai alai
保龄球戏 bowling	健美运动 bodybuilding exercises
冰上赛车 ice car racing	健身运动 health sports
冰上运动 ice sports	截拳道 Jeet Kune Do
残疾人体育运动 sports for the disabled	竞赛运动 track sports
草地滚球 flat green bowling	卡巴迪 kabaddi
传统运动 traditional sports	卡巴迪场地 competition arena for kabaddi
槌球 croquet	
春季运动 spring sports	康乐球 caroms
荡秋千 swing playing; playing on the swing	龙舟竞渡 dragon boat race
冬季运动 winter sports	马车赛 trotting race
蹲起运动 squat-and-straighten-up exercise	马术运动 equestrian sports
飞镖 flying darts	牦牛赛 yak race
飞镖运动 darting	摩托车运动 motor-cycling
飞盘运动 frisbee	摩托艇运动 motor-boating
负重障碍赛跑 obstacle race carrying heavy equipment	爬杆 pole climbing
古典运动 ancient sports	爬绳 rope climbing
滚球戏(九柱戏) shittles; ninepins; bowls	七人手球戏 team handball
国防体育运动 national defence sports	秋季运动 autumn sports
旱冰球 roller-skate hockey	球场运动 court games
航空运动 air sports	球类运动 ball games
滑草运动 grass-gliding	群众性运动 mass sports
滑橇 bob sleighing	赛车运动 motor sports
滑沙 sand surfing	赛马 horse race
	沙上赛艇 sand yachting
	室内运动 indoor sports
	室外运动 outdoor sports
	水上运动 water sports

跆拳道 Taekwondo
 体育运动 sport activities
 田径运动 athletics
 田赛运动 field sports
 跳板 springboard jumping
 跳跷跷板 seesaw jumping
 跳绳 rope skipping
 铁人三项运动 iron-man triathlon
 徒步旅行 hiking

无篮板篮球 netball
 夏季运动 summer sports
 现代五项运动 modern pentathlon
 现代运动 modern sports
 雪上运动 snow sports
 野外运动 country sports
 越野步行 cross-country hike
 自行车球戏 cycle polo

二、冰上运动 Ice Sports

1. 冰球 Ice Hockey

把对方挤住使其失去控制球权 tie up
 an opponent

板墙挤帖 board checking
 板角抢球 dig in the corner
 半劈叉跪挡 half split
 绊人 tripping
 摆脱 break away
 白灯 white light
 抱人或握对方球杆 holding
 暴露传球意图 telegraph a pass
 被侵犯队员 offended player
 背后撞人 charging from behind
 比赛记录表 game report
 比赛计时员 game timekeeper
 边线裁判员 linesman
 边锋 wingman
 边线界墙 side kick

冰刀 skate
 冰刀齿 pick
 冰刀反弹 skate control
 冰刀后跟防护罩 skate heel guard
 冰刀弧度 radius
 冰球 puck; rubber
 冰球场 ice hockey rink
 冰球场的划分 division of ice surface
 冰球队 sextet
 冰球杆 ice hockey stick
 冰球护具 ice-hockey pads
 冰球裤 hockey pants
 冰球门 cage
 冰球手套 ice hockey stick
 冰球鞋 hockey skates
 冰球运动员 ice hockey player; huckster
 冰上标记 ice markings
 不可能射门的角度 impossible angle
 补射; 垫射 tipping the puck

裁判区 referee's area	短急的压步 short chopping stride
侧起跑 side start	断球 intercept the puck
朝前传球 advance the puck	队小罚 bench minor
场上队员 player in uniform	队员席 players' bench
场上队长 playing captain	躲闪 dodge
撤换守门员 pulling the goalkeeper	多球射门练习 rapid fire shooting drill
冲刺 thrust	2 分钟小罚 two-minute penalty; minor
冲向对方队员 get the jump	penalty; minor
重新争球 reface the puck	二打二 two on two
处罚 penalty	二打一 two on one
杵人阻截 poke check	罚球限制系线 penalty shot restraining
穿梭 weave	line
传凌空球 airborne pass	罚任意球 penalty shot
传球过头 overpass	反防守 anti-defense
传球路线 passing pattern	反手传球 backhand pass
传腾空球 lift pass	反手射门 backhand shot
传位 open position	犯规队员 offender
打出腾空球 lift	方形防守阵式 box formation
打人 fisticuff	非法冲撞 charging
大罚 major	非犯规队 non-offending team
单脚向后急停 one foot backward stop	非越位 on side
单刀直入 solo	分区线 zone line
倒滑 backward skating	封角 cut down the shooting angle
倒手传球 right back pass	封角移动 telescoping
带球 to dribble; to propel the puck	封锁射门 block a shot
待争夺的球 loose puck	锋线 forward line
低姿势的守门员 low crouch goaltender	副队长 alternate captain
第一传 lead pass	干扰 interference
蹬冰腿 drive leg	杆柄 handle
蝴蝶式 butterfly style	杆刃; 刀刃 blade
蝴蝶式跪挡 butterfly drop	高挑传球 clearing pass
端区 end zone	高姿势的守门员 stand up goaltender
端区争球点 end zone face-off spot	个人位置 individual positioning
端线界墙 end boards	跟进 trail

跟进队员 trailer	检查装备 inspection of equipment
钩球阻截 hook check	监门员 goal judge
钩人 hooking	交换场地 change ends
攻区 attacking zone	胶布 tape
国际冰球联合会 International Ice Hockey Federation	脚内侧急停 stooping action
核心队员 core member	脚外侧急停 stopping with outside foot
横传 cross rink pass; lateral pass	角度 lie
横杆阻截 cross-checking	将球打出守区 breakout play
横扫动作 sweeping the front leg over	将球挤至界墙 freezing the puck
后传 back pass	将球搂在怀里 hold the puck into one's body
后脚急停 rear foot stop	界墙 boards; fence
红灯 red light; goal light	界墙角 curved corner
红线 red line	接反弹球 pick up a rebound
护裆 protector	劲传 hard pass
护肩 shoulder pad	劲射 hard shot
护具 protective equipment	紧逼 shadow
护腿 gaiter; thigh-protector	进入对方蓝线的后卫 point man
护胸 chest protector	进入空挡 get into the clear
滑出球门区抢球 come out	举杆过肩 high sticks
换人 change players	局 period
缓冲 give	锯齿形运球路线 zig and zag
缓冲接球 nurse the puck	决胜期 overtime
缓判 delayed whistle; slow whistle	开球点 center ice spot
回本方守区内阻截 back-check	开始比赛的阵容 starting line up
回传球 return pass	空挡 open ice
急停 sudden stop	控制球 puck control
急速起跑 fast start	控制球权 possession of the puck
急转弯 sharp turn	快攻 quick break
击传 slap pass	快射 fast shot
击射 slap shot	蓝灯 blue light
计罚计时员 penalty timekeeper	蓝线 blue line
假动作 feint	蓝线技术; 进攻区技术 blue line check
肩部阻截 shoulder check	蓝线争球点 zone line face off spot

拉杆过人运球 quick wide dribble	球门移动 move the goal
利用界墙反弹传球 board pass	球门支架 framework
离场 leave the ice	球门柱 goal post
令其退场 dismiss	切进 cut in
留球 drop pass	取消比赛资格 disqualification
流线型进攻法 streamline hockey	全劈叉跪挡 full split
绿灯 green light	人力优势 man advantage
乱挥球杆 make a wild swing	人数缺少 short handed
盲目传球 blind pass	扔出球杆 throw a stick
门前快射 close-up shot	三打二 three on two
门前补射练习;垫射练习 tip drill	扫钩阻截 sweep check
门外球 off-target shot	上场队员 players in uniform
猛攻 rush	射门 shoot
判中一球 awarded goal	射门角度 shooting angle
拍子尖 toe	射门路线 shooting lane
平传 sweep pass; flat pass	射门三角形 shooting triangle
扑倒绊人 clipping	射门位置 scoring position
普通射法;抖腕射 wrist shot	射中 dent the twine
起步动作 starting up action	身体前倾角度 degree of body lean
起步急停练习 stops and starts drill	身体掩护运球 protective dribble
前锋 forward	身体重心移动 weight transfer
前后拨球 forward-backward dribble	身体阻截 body-check
前脚急停 front foot stop	10 分钟违反纪律处罚 ten-minute penalty; misconduct penalty
球杆侧 stick side	实际比赛时间 actual playing time
球杆侧救低球 low to stick side save	失去控制球权 lose possession of the puck
球杆侧救高球 high to stick side save	使离场受罚 rule off the ice
球杆折断 broken stick	受罚 to serve penalty; to serve time
球杆阻截 stick check	受罚队员 penalized player
球触及裁判员 puck touching a referee	受罚时间 penalty time
球门 cage	受罚席 chink
球门横梁 crossbar	守门员 goalkeeper
球门区 goal area	守区 defending zone
球门网 goal net	
球门线 goal line	

守门员的右臂挡板 stopper	透传过人 pull through
守门员面罩 face mask	透人运球 quick break
守门员球杆 goalkeeper's stick	突破 break into an opening
守门员抓球的手 trapper	拖延战术 stalling tactics
守门技术 goaltending	推传 push pass
手套侧救低球 low to glove side save	臀部阻挡 give the hip
手套侧救高球 high to glove side save	5 分钟大罚 five-minute penalty; major
手握球 hold the puck	penalty; major
双脚向后急停 two foot backward stop	无法继续比赛 unplayable
双脚滑挡 two leg slide	无人防守 uncovered
双脚急停 stopping with both feet; two foot	无人区 no man's land
stop	向内虚晃 fake in
双腿滑挡;侧躺 double leg slide	向前滑 forward skating
摔倒压球 fall on puck	向前起跑 front start
弹传 snap pass	向前切入 cut forward
弹射 replacement for a goalkeeper	向外虚晃 fake outside
替补队员 spare	想象线 imaginary line
替补守门员 second goalkeeper	小罚 minor penalty
踢挡球 pad kick	协助 assist
踢挡救球 kick save	斜线后传 back diagonal pass
踢球 kick the puck	虚晃 fake
踢人 kicking a player	虚射 fake shot
踢射 kick shot	迅速突破夺球 jump the puck
提干阻挡 stick lift	压步 cross over
挑传 flip pass	压步倒滑练习 cutting capers
挑传过人 flip through	压步转弯 cross over turn
挑射 flip shot	压杆 brace the stick
跳起扑身停球 flop	掩护 convoy
停球 stop	掩护射门 screen shot
停止比赛 stoppage of play	延误比赛 delay the game
停止动作 stopping action	延缓传球 delayed pass
停转起步练习 stop turn and start	延缓运球 delayed pass
头盔 helmet	严重违反纪律的处罚 game misconduct
头罩 ice hockey helmet; headgear	penalty

严重不良行为 gross misconduct

眼镜保护罩 guard for eyeglasses

要人 take the body

一对一防守练习 one-on-one cut-off drill

一条龙射中 solo goal

以多打少 power play

以少打多 killing penalties

以腾空球射门 raised shot

以先射入一球者为胜方的决胜方法
sudden death

硬橡胶 ebonite; vulcanized rubber

有协助的射中 assisted goal

有意造成的越位 intentional off side

右锋 right wing

右卫 right defense

诱骗对方队员离位 deke

用杆打人 slashing

用杆刃戳人 spearing

用球杆挡球 stick save

用手或棍击空中球 batting

用手接空中球 catching

用手握球造成争球 hold the puck for a
face-off

用膝顶人 kneeing

用肘顶人 elbowing

鱼跃戳球阻截 diving poke check

迂回 swing

迂回动作 swooping action

迂回接近 circling approach

越位 off-side

运球技术, 杆上的功夫 stick handling

运球者 puck carrier

正队长 captain

正手传球 forehand pass

正手射门 forehand shot

争球 face-off

争球的阵式 face-off alignment

争球点 face-off spot

争球圈 face-off circle

争球圈限制线 face-off line

争球时钩球 hook-away

整理装备 adjustment of equipment

支架 framework

掷球 drop the puck

指示灯 signal light

中锋 center

中立区 neutral zone

中区 center zone

中圈 center circle

中线 center line

中锋 center

中区争球 center face-off

中国冰球协会 National Ice Hockey As-
sociation of China

中区争球点 center face-off spot

筑人墙固守的战术 kitty bar the door
tactics

抓球的手 catching hand

抓球手套 catching glove

转弯动作 turning action

转弯滑行 skate a turn

暂缓处罚 delayed penalty

在本方守区内钉人 cover up

在比赛停止的地方争球 last play face
off

在门前距端墙最近的队员 deep man

在门前距端墙最近的位置 deep posi-
tion

阻截 check
 组织进攻 set up
 最前面的人 top man
 最深处 deepest point
 左锋 left wing
 左右拨球 lateral dribble

2. 滑冰 Skating

摆臂 arm swing
 摆肩 shoulder
 摆腿 leg swing
 保持平衡 keep balance
 帮助滑跑 physical assistance
 背手 arms on the back
 比赛组次 starting order of pairs
 编组 arrangement of pairs
 变刃 3 字形 change-double-three
 冰刀 blade
 冰刀套 skate guard
 冰的温度 ice temperature
 冰面 ice surface
 冰靴 skate boot
 侧倾 swerve the weight
 超越 overtake
 长距离 (3000m, 5000m, 10000m) long distance
 长距离速滑赛 long-distance race
 齿 pick
 重跑 rerun a race
 重新起跑 start afresh
 出弯道 go off the curve
 大弯道;外弯道 outer curve
 带跑人 pace maker
 单脚旋转 one-foot spin

单脚直立旋转 one-foot upright spin
 单腿 8 字形 one-foot eight
 刀套 skating guard
 倒“八”字型 herringbone
 低姿势 low form
 蹬冰 stroke
 蹬冰距离 length of stroke
 蹬冰腿 take-off leg
 短距离锦标赛 (500m, 1000m,) short distance
 短距离赛 short-distance race
 短跑道速滑 short-track speed skating
 蹲转 sit spin
 发令员 starter
 飞鹰式 flying eagle
 分脚举 split lift
 分圈时间 time for individual lap
 浮腿 free leg
 钢制冰刀 steel blade
 高姿势 high form
 各就位 on your mark
 个人赛 individual race
 轱辘鞋 roller skate
 轱辘鞋滑冰 roller skating
 拐弯道 negotiate a turn
 国际滑冰赛 international skating competition
 国际式 international style
 旱冰场 skate land; roller skating rink
 旱冰鞋 roller-skaters
 溜冰场 skating rink
 滑冰刀 skate
 滑冰跑道 skating track
 滑冰鞋 ice skates

滑冰运动员 skater	起跑口令 starting order
滑冰、溜冰 to skate	起跑顺序号码 starting number
滑跑姿势 skating form	起跑姿势 starting position
滑行腿 skating leg	气温 air temperature
滑行方向 line of travel	气候条件 meteorological condition
换道 change lanes	抢跑 false start
换道区 crossing line	屈膝 bend the knee
换道区指示员 crossing controller	屈体 upper body bending
记圈员 lap scorer	圈 lap
计时员 timekeeper	让道 allow right of way
计时长 chief timekeeper	人工冰场 artificial ice rink
集体起跑 mass start	人工冷冻冰场 artificially frozen rink
集体起跑的比赛 pack racing	上体前倾 lean forward from the waist
假象直线 imaginary straight line	身体假象平衡线 line of balance
简易冰刀 shoe skate	身体重心 centre of balance
降速 slow down	室内溜冰场 indoor skating rink
接力赛 relay race	收腿 to draw back the leg
进入弯道 enter the curve	双滑道 double track
决赛 deciding heat	双滑刃溜冰鞋 bob skate
可移动块体 movable block	双刃花样冰刀 hollow-ground blade
模仿性滑跳 imitation jump	双人小组 pair
内边线 inner edge	双跑道 double track
内雪线 inner snow line	速滑跑道 speed skating track
冷冻设备 refrigerating plant	速度滑冰场 speed skating rink
里道 inner lane	速滑全能 all-around events in speed skating
利用体重蹬冰 push off by weight	
欧洲式 European style	速滑运动员 speed skater
跑刀 racing skate	外边线 outer edge
跑道检查人员 track steward	外圈 outer lane
碰撞 collision	外转 curve outward
平刃 flat edge	弯刀 hooked blade
普通冰鞋 common skate	弯道 bend
起点线 starting line	弯道顶点 apex of the bend
起跑技术 starting technique	弯道滑跑 curve skating

弯道滑跑技术 curve skating technique

下蹲走 duck walk

小弯道 inner curve

雪线 snow line

压步转弯 grand total

有色线 painted line

预备起滑线 pre-start line

着冰 purchase

直道 straight side

直道滑跑技术 straight track skating
technique

直体 upper body lifting

终点线 finishing line

中距离比赛项目 medium distance race

追逐赛 pursuit race

自由滑行 free glide

组次 serial order of pairs

阻碍 impede

最好成绩 beat total of points

最后成绩 finishing line judge

3. 花样滑冰 Figure Skating

8字形 curve eight; figure of eight

保持合理速度 maintenance of a reason-
able speed

抱身 hand-to-body grip

编排 combination

变刃 change of edge

变刃结环形 change-loop

变刃括弧形 bracket-change-bracket

变刃利落 clean cut

变刃前拉刃 pull before exchange of edge

变刃双“3”字形 change-double-three

变刃图形 compound figure

变刃形 change

变钩形的 hooked

并立背后握手姿势 kalian position

并立环绕 side-by-side spiral

冰上芭蕾舞 ice ballet

冰上表演 ice show

冰上跳跃 ice high jump

冰上舞蹈 ice dance

冰上舞剧 ice show

波浪线痕 sub curve

不好 unsatisfactory

不转体的变刃 rockover

步法变化 variability of the steps

擦冰 scrape

长弧形 spiral

长平刃 long flat

长刃 exaggerated edge

撑竿式跳跃 pole vault jump

成比例的图形 proportional size of the
circle

裁判委员会 panel of judges

侧翻举 cartwheel lift

创造性 originality

纯刃 clean edge

单个动作 individual part

单脚半旋转 semi-pivot

单脚蹲转 Haines spin

单脚结环形 paragraph loop

单脚括弧形 paragraph bracket

单脚“3”字形 paragraph three

单脚双“3”字形 paragraph double-three

单脚旋转 pivot

单人花样滑冰 single skating; solo-skat-
ing

单人旋转 solo spin	和谐 harmony
单足“8”字形 one-foot eight	横一字 spread eagle
单足图形 one-foot figure	横一字转体 spread-eagle turn
刀齿 saw like teeth	横轴 transverse axis
刀齿蹬冰 toe push	后内点冰开脚半周跳 half toe split Sal chow
刀齿点冰后内结环一周跳 Mapes jump	后内点冰三周跳 triple flip jump; triple toe Sal chow
刀齿向外 toe of the skate pointing outward	后内点冰“3”字跳 half flip
刀齿向下 toe of the skate pointing downward	后内点冰三跳 triple one-foot Lutz jump
刀齿旋转 pirouette	后内点冰一周跳 flip jump
刀的弧度 radius	后内钩点冰两周跳 double toe Walley jump
短节目 short programme	后内结环两周跳 double Sal chow jump
对称的两半 symmetrical halves	后退内刃固定轴环绕 death spiral backward inside
蹲踞旋转 sit spin	后退外刃固定轴环绕 death spiral backward outside
多样化 variety	后外钩点冰开脚半周跳 half split Lutz jump
飞利浦 flip	后外钩点冰一周跳 Lutz jump
分腿 split	后外结环一周跳 loop jump
分腿举 split lift	弧线上的双“3”字 double three
浮脚 unemployed foot	华尔兹舞姿势 waltz position
附加动作 additional move	花样 pattern
钩手不点冰两周跳 double toeless Lutz jump	花样滑冰鞋 figure skate
固定轴环绕 death spiral	花样滑冰运动员 figure skater
规定成套舞蹈 prescribed pattern dance	滑冰场 skating rink; ice arena
规定图形 compulsory figure; school figure	滑步 glide
规定图形滑 skating of prescribed movements	滑旱冰者 roller skater
规定舞蹈 compulsory dance	滑弧线 curved stroke
国际滑冰联合会 International Skating Union	滑脚 employed foot; gliding foot
国际式 international style	滑区 skating area
过分扭转身体的动作 exaggerated contortion of the body	滑行姿势 skating stance

环的进出交叉点 entry-exit crossing of the loop	难度 difficulty
环绕 spiral	内勾手形 rocker
环绕图形 spiral figure	内刃 inner edge
换脚 change of foot	内刃图形 inside figure
鸡嘴形 beaked	逆跳“3”的方向转 counter rotation
技术水平 technical	女舞伴 woman partner
几何图形感 feeling for the geometry of the figure	女选手 woman partner
集体动作 group move	抛举 lift-thrown
尖端 cusp	平刃旋转 flat-foot spin
交臂姿势 crossed arm position	评分 assign marks
见习裁判 probationary judge	评分标准 scale of marks
结环形 loop	起滑 start
借力跳 partner-assisted jump	起滑点名 call to the start
镜子滑 mirror skating	起滑脚 starting foot
举 lift	前进内刃不固定轴环绕 life spiral forward inside
扣分 deduct marks	前进刃转后退刃同足跳 counter jump
空中转体半周 revolution of 180° in the air; half turn	前内一周半跳 inside Axel-Paulsen
空中转体一周 revolution of 360° in the air; full turn	前刃变后刃半周跳 Mohawk
括弧形 bracket	前外两周半跳 double Axel-Paulsen
利落 cleanness	前外三周半跳 triple Axel-Paulsen
利用场地 utilization of the area	前外一周半跳 Paulsen
劣 bad	切线 tangent
连接步 connecting step	3 字形 figure of three
连接动作 connecting move	上体前倾 leaning forward from the waist
两个圆形图被纵轴分开的一半 lobe	身体姿势 body position
流畅 flow	失误 failure
“6”字形 figure six	示分 display marks
落冰 landing	收腿 drawing back the leg
男舞伴 carrying partner	双脚滑行 two-footed skating
男选手 carrying partner	双人动作 pair move
	双人规定动作 compulsory move for pairs
	双人花样滑冰 pair skating
	双人旋转 pair spin

双刃的 hollow-ground	严重错误 serious error
双 3 字形(弧线) double three	燕式旋转 arabesque spin
顺跳“3”的方向转 natural rotation	一般 mediocre
四人舞 fours	一对选手 pair skater
跳 jump	一套动作 routine
跳跃伴侣 jump partner	艺术印象 artistic impression
头上托膝举 overhead catch-knee axel lift	异脚起落跳跃 leap
同脚变刃的前进跳跃 forward jump	异足后外结环一周跳 half loop jump
同脚起落跳跃 hop	异足后外结环两周跳 double half loop
同足后内结环一周跳 one-foot Sal chow	jump
jump	硬转身 forced turn
同足前外两周半跳 double one-foot Ax-	影子滑 shadow skating
el-Paulsen	右脚内刃 right inside
同轴上三个圆形 serpentine	右脚外刃 right outside
图形大小 largeness of the shape of the	右脚前进外刃 right outside forward edge
figure	右脚向后外刃 right outside backward
图形对称性 symmetry of the figure	edge
外钩点冰同脚三周跳 triple one-foot	用刀刃蹬冰 stroke from the edge
Lutz jump	用刀齿蹬冰 stroke from the point of the
外勾手形 counter	skate
外刃 outer edge	圆度 roundness of the circle
外刃图形 outside figure	圆形滑 concentric stroking
稳健 sureness	圆形上的双“3”字 double threes
未完成 not skated	圆形准确性 correctness of the shape of
握臂 hand-to-arm grip	the figure
舞步 dance step	直立滑行 ride
膝部微屈 knee slightly bent	直立旋转 upright spin
系数 factor	中国滑冰协会 National Skating Associa-
线痕重合 superimposition	tion of China
向前滑 forward	中距离速滑赛 medium-distance race
行进中跳跃 jump	转体 revolution
协调 unison	转体半周 half turn
携手 hand-to-hand grip	转体半周分腿跳跃 half-turn broken
携手姿势 hand-in-hand position	jump

转体半周同脚跳跃 half-turn straight jump	自选节目 optional routine
转体两周 double turn	自选舞蹈 free dancing
转体三周 triple turn	自由滑 free skating
准备步伐 preliminary step	自由式 free figure
准许重新开始 allowance of fresh start	纵轴 long axis
自行滑行 free glide	最好 faultless
自选动作 optional routine	最后项目 final race
自选成套舞蹈 original set pattern dance	左脚内刃 left inside
	左脚外刃 left outside

三、车类运动 Car Racing & Cycling

1. 摩托车运动 Motorcycling

比赛号码 starting number	摩托车表演 motorcycle exhibition
比赛用摩托车 racing motorbike	摩托车花式表演 motorcycle rodeo
比赛用三轮摩托车 sidecar machine	摩托车赛 motorcycle race
边斗 sidecar	摩托车赛手 racing motorcyclist
边斗挡风玻璃 side windscreen	摩托车山地赛 mountain racing
草地赛场摩托车赛 greens track race	摩托车手 motorcyclist
车轮 motorcycle wheel	摩托车越野赛 cross-country motorcycle race; moto-cross
车手能力测验 capacity test	爬越障碍赛 scramble racing
单人摩托车赛 solo machine	汽油筒 petrol tank
单人座 solo seat	砂地赛场摩托车赛 sand track race
挡风玻璃 windshield	山地摩托车赛手 mountain racer
发动机 engine	试赛 trial
公路摩托车赛手 road racer	水泥跑道摩托车赛 cement track racing
流线型赛场摩托车赛 streamlined racing motorcycle	越野摩托车赛手 cross-country motorcyclist
摩托车 motorcycle; motorbike	越野赛摩托车 cross-country motorcycle
摩托车比赛场地 motor-cycling track	

2. 汽车运动 Auto-race

汽车拉力赛 rally

赛车 racing bicycle; racing car

赛车驾驶员 racing driver

3. 赛车 Automobile Race

安全带 safety belt

巴黎—莫斯科—北京汽车拉力赛
Paris-Moscow-Beijing Motor Rally

爆胎 tire burst

贝纳通车队 Benetton

奔驰 Benz

变速箱 automatic transmission

长途赛车(拉力赛) rally

车窗玻璃 window glass

车灯 spot lamp

车队经理 team manager

车盖 bonnet

车架 frame

车辆模型 auto-model

车内仪器 interior equipment

车身 body

车手 driver

大奖赛用车 Grand Prix car

单座 single seat

底盘 chassis

电子点火系统 electronic ignition system

F1 赛车 Formula one

法拉利 Ferrar

法拉利车队 Ferrari

方程式赛车 formula car

方向盘 steering wheel

房车 touring car

飞箭车队 Arrows

芬兰汽车拉力赛 Finland Rally

丰田 Toyota

丰田车队 Toyota

富士车队 Subaru

福特 Ford

福特车队 Ford

福蒂车队 Forti

高速赛车 high-speed racer; drag racing
car

各式车辆 various vehicles

公路赛车 road racing

观众 spectator

国际房车锦标赛 International Touring
Car Championship

国际卡丁车联合会 International Kart
Federation

国际汽车联合会 International Autom-
obile Federation

国际汽车沙漠赛协会 International Mo-
tor Contest Association

国际汽联世界杯乡村越野系列赛 FLA
World Cup Cross Country Series

国际汽联一级方程式世界锦标赛 FLA
Formula One World Championship

国际汽联一级方程式制造商锦标赛
FLA Formula One Constructor's
Championship

国际赛车组织及大赛 International Auto
Racing Organizations and World
Tournaments

号码牌 number plate

后勤车 support vehicle

后勤人员 support crew	汽缸 cylinder
后勤装备 back-up equipment	汽油箱 gasoline tank
换车轮 wheel change	乔丹车队 Jordan
驾驶能力 riding ability	日本一级方程式大奖赛 Japan Formula
加泰罗尼亚汽车拉力赛 Catalunya Auto	One Grand Prix
Rally	赛车 sports car
技术顾问 technical consultant	赛车部件 part of the vehicle
救护车 ambulance	赛车奖杯 racing cup
救生室 surviving cell	赛车优胜奖金 lap money
卡丁车 cart	三级方程式赛车 formula-3 racing
开道车 pace car	三菱 Mitsubishi
开始飞速前进 flying start	三菱车队 Mitsubishi
科技车队 Simtek	散热器 radiator
老爷车 vintage car	刹车系统 brake system
离合器 clutch	试车的第一圈 pace lap
利基亚车队 Ligier	拭雨器 wiper
练习赛 practice	双座赛车 two-seat sports car; roadster
领航员 co-driver	水泵 water pump
卢森堡一级方程式大奖赛 Luxembourg	斯图瓦特车队 Stewart
Formula One Grand Prix	速度表 speedometer
轮胎 tyre	索伯车队 Sauber
麦克拉车队 McLaren	太平洋车队 Pacific
梅塞德斯 Mercedes	泰里尔车 Tyrrell
米纳迪车队 Minardi	特技表演车 stunt car
纳斯卡云顿杯房车锦标赛 Nascar Win-	通风系统 beating system
ston Cup Championship	微型赛车 go-kart
耐力赛 endurance race; enduro	威廉姆斯车队 Williams
欧宝 Opel	小型赛车 fun about
普罗斯特车队 Prost	新手 rookie
普通赛车 ordinary racer	新西兰汽车拉力赛 Newzealand Rally
汽车分段赛 stage race	修理站 pits
汽车越野赛 cross-country motor race;	袖珍赛车 midget racer
autocross	亚太汽车拉力赛 Asia Pacific Auto Rally
汽车运动会 automobile gymkhana	业主 the owner

一级方程式赛车 formula-1 racing
 一级方程式制造商协会 Formula One Constructors' Association
 仪表板 dashboard
 意外事故 shunt
 引擎 engine; motor
 印地赛车 indycar
 英美车队 British-American Racing Team
 油箱 fuel tank
 油压表 oil pressure gauge
 赞助商 the sponsors
 中东汽车拉力赛 Middle East Rally Championship
 著名的拉力赛车队 Famous Rally Teams
 著名品牌 Famous Brand
 著名赛车队 Famous racing team
 著名一级方程式车队 Famous Formula One teams
 转向机 steering box
 座位 seat

4. 自行车运动 Cycling

鞍座管 seat pillar
 把横管 handlebar
 摆脱 breakaway
 摆脱了车群的运动员 breakaway rider
 保持;维持 retain
 备用车胎 spare tyre
 比赛集合地 competitors' compound
 比赛全程 whole course of the race
 变速 changing gear
 变速传动 variable transmission
 变速手柄 gear change lever
 柏油跑道;沥青跑道 asphalt track

不扶车起跑 sit in
 不带螺丝形弹簧的车座 unsprung saddle
 侧风 side wind
 侧顺风 leading side wind
 长距离赛 long-distance race
 长距离自行车赛手 long-distance cyclist; stayer
 长途分段赛 stage race
 场地赛车 track cycle
 场地自行车运动服 track vest
 场地自行车运动员 track rider
 超车 overtaking
 超越 attacking from the rear
 车把 handle
 车架 frame
 车架横梁 crossbar
 车辆检查员 machine examiner
 车轮打滑 skid
 车轮因被泥堵塞而不能转动 bind
 车圈;轮圈 rim
 车胎爆破 burst
 车胎穿孔 puncture
 车胎扎破 puncture of tyre
 车轴 axle
 车轴断裂 axle fracture
 车座;鞍座 saddle
 成组到达 bunch finish
 齿轮比率 gear ratio
 冲刺 spurt
 冲刺前变速 change gear before sprint
 重新起跑 restart
 出发过迟 late start
 从内侧超越 overtaking on the inside

从外侧超越 overtaking on the outside	红信号灯 lantern rouge
倒蹬 back pedal	后轮 rear wheel; hind wheel
蹬车 pedaling	后轮红旗 red flag
蝶形螺母 fly nut	后闸 rear wheel brake
定车 standstill attempt	后轴 rear hub
短距离赛 short distance race; sprint	护车 escort car
短距离自行车赛手 sprinter	护送 convoy
断链 chain fracture	环行公里赛 circuit race
多人摔倒 massed fall	换车 bicycle change
多日赛 race of several days	换轮 wheel change
非终点直道 back straight	黄旗 yellow flag
飞轮 cog free wheel	混凝土跑道 concrete track
分散队形 scattering the bunch	伙伴 partner
服务车 service van	活动板子 monkey wrench
辐条 spoke	集合地点 assembling place
改锥; 螺丝刀 screw driver	集体出发 massed start
赶上 catch up with	及格赛 qualifying heat
个人出发 individual start	疾弛; 快骑 shoot ahead
个人公路赛 individual road race	计圈员 lap scorer
个人追逐 individual pursuit	计时赛 time trials
个人自行车赛 individual cycling race	急弯 hairpin bend
公开的竞赛 open event	假冲刺 feinted spurt
公路 highway	交通规则 traffic regulations
公路标准 road criterium	胶管心 valve rubber
公路赛 road race	胶水 rubber solution
公路自行车赛 road cycling; road meeting	脚蹬 treadle
公路自行车运动服 road vest	接力 bit and bit; relay
公路自行车运动员 road rider	接力队员 relaying partner
工具袋 tool bag	竞赛委员 commissar
管式车胎 tubular tire	竞赛委员会 competition committee
滚珠 ball	开道摩托车 pacer's motorcycle
滚珠轴承 ball bearing	靠右边骑行单骑 isolated riding
国际业余自行车联合会 International Amateur Cycling Federation	口链齿 sprocket
	离坐骑行法 honk

里程标 milestone	女子自行车赛 women's race
立叉 rear stays	女子自行车运动员 women cyclist
立管 seat tube	配件;零件 parts
沥青跑道 asphalt track	平叉 bottom forks
链传动 chain transmission	平缓弯道 flat curve
链轮 sprocket wheel	平坦的弯道 flat curve
链条 bushed chain	普通飞轮 freewheel
领骑者 holder	起点裁判员 starting judge
领先的一组 leading group	起跑犯规 false start
领先一圈 steal a lap	骑上边缘 border climbing
领先者;领骑者 pacemaker	骑行姿势 riding posture
六日赛 six day race	崎岖不平的路 bumpy road
路标 signpost	气管 inflator
路交叉口 forks	气门心 valve core
路程 course	气门嘴 valve
路线 roller chain	气筒 pump
绿旗(警告信号) green flag	前叉 front forks
轮 wheel	前管 head tube
轮盘 chain wheel	前轮 front wheel
落后 drop behind	前闸 front wheel brake
螺母 nut	前轴 front hub
煤渣跑道 cinder track	抢跑;起跑犯规 false start
没有人领先的;没有人领骑的 unpaced	倾斜 banking
密集的组 compact bunch	曲柄 crank
秘密的竞赛 close race	人力领先的 human-paced
秘密的竞赛路线 secret itinerary	赛车 racing bicycle
摩托领先的 motor paced	赛车场 cycling track
木塞 plug	赛车车把 drop handlebar
木制跑道 wood track	赛车车座 racing saddle
内跑道 inner track	赛车变速器 derailleur gear
内胎 inner tube	赛车场赛 track cycling
内装变速器 epicyclic gear	三人一组 triplet
泥板 fender; mudguard	刹车 brake
逆风 head wind	上坡 ascent

十字路交叉路 cross headwind	小路 by-way
室内赛车场 indoor cycle track	斜坡 hill
手闸 rim brake	行进出发 flying start; motion start
摔倒 fall	摇摆 sway
双人车竞赛 tandem race	摇铃者 bell ringer
双人赛车 tandem bicycle	业余自行车赛手 amateur rider
双人自行车 tandem bicycle	1000 米计时赛 1000m time trial
双座自行车赛 tandem race	一日赛 one-day race
水泥跑道 cement track	饮食供应站 feeding station; control point
水瓶 flask; water flask	硬跑道 hard track
顺风 favourable wind	预赛 heat
碎石路 broken stone road	预先规定好的信号 prearranged signal
踏脚皮带 toe tip strap	预选赛 qualifying heats
踏脚套 toe cap	原地出发 standing start
梯形队形 echelon	越野赛 cross-country cycling; cyclo-cross
田径场赛 athletic-field cycling race	障碍 obstruction
头盔 crash helmet	障碍赛 steeplechase
团体公路赛 team road race	召回 recall
团体赛 team race	争先赛 bicycle pace race
团体追逐 team pursuit	职业赛手 professional racer
团体追逐赛 team pursuit race	中国自行车协会 National Cycling Association
团体自行车赛 team cycling race	中途直道 back straight
推自行车 push the machine	终点直道 home straight
外跑道 outer track	轴皮 hub
外胎 outer cover	主力队 main bunch
弯道 curve	转换 switching
弯道裁判员 corner judge; marshal	转弯 turning a curve
往返赛 out and home race	转折点 turn back place
尾随 tail	转折点裁判员 turn back judge
微型气筒 mini-inflator	追赶 chase
下管 down tube	追逐赛 chase race; pursuit race
下坡 descent	自行车 bicycle
线闸 calliper brake	自行车比赛 cycling race
小时记录 hour record	

自行车服 bicycle's costume	自行车运动鞋 cycling shoes
自行车竞赛 bike grind	自行车运动员 cyclist; rider
自行车领先赛 bicycle paced race	自行车运动员短裤 racing shorts
自行车赛车场 cycling track; cycling stadium	组 bunch
自行车越野赛 point-to-point race	最后弯道 home curve
	左侧超越 left overtaking

四、登山运动 Mountaineering

阿尔卑斯式登山 Alpine climbing	冰川谷 glaciated valley
凹坡 concave slope	冰川横裂缝 transverse crevasse
白云石 dolomite	冰川口 end of glacier
摆动 pendulum	冰川粒雪 firn
搬运工 carrier	冰川盆地 glacial basin
绑腿 puttees	冰川上的冻土; 冰川上堆积物 dirt band
保护绳套 belay sling; belay loop	冰川上的困乏感 glacier tiredness
保温衣服 thermo wear	冰川上的折叠状 fold in the ice
保险栓 gate	冰川上游岩山下的大裂缝 bergschrund
暴风雪 snowstorm; blizzard	冰川舌 glacier tongue
背风面 lee side	冰川源 head of glacier
背风坡 lee slope	冰川终碛 terminal moraine
背囊 knapsack	冰锤 ice hammer
崩塌 slumping	冰斗 cirque
表面冻伤 superficial frostbite	冰缝攀登技术 prusik
冰匕首 ice dagger	冰镐 ice axe
冰壁 ice belt	冰镐保护栓 ice axe belay
冰成平原 glacial plain	冰镐套环 gliding ring
冰成岩 glacial rock	冰镐铁爪作业 axe and crampon work
冰川 glacier	冰阶 ice step
冰川侧碛 lateral moraine	冰碛 moraine
冰川底部的冰碛 ground moraine	

- 冰碛墙 moraine wall
 冰裂缝 crevasse
 冰裂缝救护 crevasse extraction
 冰囊 knapsack
 冰坡 ice slope
 冰瀑 ice cascade
 冰瀑区 icefall
 冰山脊 ice ridge
 冰上作业 ice work
 冰塔 ice tower
 冰台阶 ice step
 冰隙 ice crevasse
 冰下水 sub-glacial water
 冰穴 ice cavern
 冰崖 ice wall
 冰雪知识 snow craft
 冰雪作业 snow and ice climbing
 冰爪 crampon
 冰柱 ice pillar
 冰锥 ice peg; ice piton
 不使用氧气的攀登 non-oxygen climb
 布林结 bowline knot
 步话机 walkie-talkie
 槽形地带 trough
 长台阶 bucket step
 锤式冰镐 hammer axe
 大本营 base camp
 大风 fresh gale
 大风雪 blizzard
 大圆石 boulder
 带齿钉登山靴 nailed climbing boot
 单“8”字结 figure-of-eight knot
 单人登山 solo climb
 登冰、雪坡者 snow and ice climber
 登山背带 climbing harness
 登山病 mountain sickness
 登山顶峰 ascending a peak; scaling a peak; conquering a peak
 登山队 mountaineering party; climbing party
 登山服 climbing breeches
 登山呼语 climbing calls
 登山技术 mountain-craft
 登山上衣 alpine jacket
 登山绳 climbing rope
 登山小刀 climbing knife
 登山靴 climbing boots
 登山营地 camp site
 登山运动员 mountaineer; alpinist; climber
 登山战术 mountaineering tactics
 登山装备 mountaineering equipment
 登雪山运动员 ice climber
 蹬雪步法 plunge step
 低气压 barometric depression
 地形 terrain
 地形标志 landmark
 殿后 bring up the rear
 殿后队员 end man
 顶峰 summit; peak
 冻结的草地 carpet grass
 冻伤 frostbite
 陡峭山脊 arete
 斗篷 cagoule
 断层 stratification
 多用途钢锥 general-purpose piton
 耳痛 earache
 返回营地的本能 homing instinct

饭盒 mess kit	固定保护绳的突起岩石 belay rock
防风墙 protective wall	固定保护栓 fixed belay
防风衣 anorak; windproof garment	固定物 anchor
防护眼镜 snow goggles; snow glasses	固体燃料炉 solid-fuel cooker
防滑落姿势 self arrest position	挂梯 hanging ladder
防陷藤圈 willow wand	观察站 observation post
飞沙 wind-drift sands	国际登山联合会 International Mountaineering Union
分水岭 watershed	过冰川 crossing a glacier
粉状雪崩 powder avalanche	海拔 above sea level
封闭式氧气装备 closed circuit type oxygen apparatus	横步上坡 side stepping
风坳 windy col	横谷 transverse valley
风化石板 rotten slate	横过山坡 traverse
风化雪块 wind slab	横滑降 side-slipping
风口 wind gap; air gap	横切路线 transversal route
风力等级 beau fort scale	后仰攀登法 layback
干雪 dry snow	护目镜 snow goggles
钢锥 ice piton	呼吸困难 laboured breathing
钢锥锤 piton hammer	呼吸器 breathing apparatus
钢锥套环 snap ring	呼救信号 distress signal
镐箍 ferrule	虎印登山鞋 cleated boots
高度 altitude	化而冻的冰面 marble crust
高度计 altimeter	缓冲绳 dead rope
高山冰川 alpine glacier	黄色地带 yellow band
高山病 altitude sickness	活绳 live rope
高山地形 mountain feature	基地 base
高山反应 altitude effects	集体登山 group climbing
高山喉痛 high altitude throat	集体精神 esprit de corps
高山上的烦躁感 high altitude irritability	极地帐篷 polar tent
高山营地 alpine effects	技术攀登 artificial climbing
高山营救守则 alpine code of rescue	积石地带 stone-swept terrain
高山小湖 tarn	尖峰 aiguilles
高原 plateau	尖针(冰爪) crampon
个人登山 one-man climbing; solo climb	交织结 single fisherman's knot

- 解绳 unrope
 结绳技术 rope technique
 结组 roped party
 结组踩肩攀登法 courte echelle
 结组顺序 order on rope
 筋疲力尽 played out
 紧急隐蔽点 emergency shelter
 紧绳法 pulley method
 紧绳抓结 tarbuck knot
 进山路线 approach
 精神不振;凹处 depression
 精神错乱 mental derangement
 精神麻痹 mental numbness
 精神抑郁 mental depression
 竞技登山 athletic mountaineering
 镜铁山 Chingtiehshan Peak
 酒精炉 spirit cooker
 卷云 cirrus
 开放式氧气装备 open circuit type oxygen apparatus
 开路 pioneer the route
 可攀登的 accessible
 空气稀薄 rarefied air
 空投 airdrop
 困在营地上 camp bound
 立脚点 foothold
 立足法 foot grip
 两指手套 mittens
 露营 bivouac
 旅途营地 approach camp
 旅游登山 tourist mountaineering
 抡臂动作 swing-and-follow-through
 螺丝形冰锥 ice screw belay
 毛绒帽 balaclava
 镁丸 magnesium pellet
 摩擦攀登 friction climbing
 难攀登的 difficult in access
 能见度 visibility
 呕吐 vomit
 爬陡雪坡踢步 pigeonholing
 爬山斧 ice axe
 爬山用锤(climbing) hammer
 攀登 clamber
 攀登狭窄岩缝 chimney climb
 攀崖能手 cliffs man
 攀岩技术 rock-climbing technique
 攀岩竞赛 rock-climbing competition
 攀岩运动 rock climb
 攀岩运动员 rock climber
 攀岩作业 rock climbing
 平台状的地 platform
 坡度 gradient
 破雪开道 kick step in rope
 气垫 air mattress
 气压 atmospheric pressure
 汽油炉 cooker
 前进基地 advance base
 前进营地 advance base camp
 抢救滑倒的队员 retrieve a slip
 倾斜仪 clinometer
 轻登山鞋 featherweight boots
 轻风 light breeze
 缺氧 oxygen-lack
 绕绳下降 roping down; rappelling; abseiling
 绕绳下降钢锥 abseil piton
 人体支撑 body anchor
 刃状山脊 knife edge

- 溶化区 ablation zone
 软风 light air
 晒伤 sunburn
 三点固定法 three-point climbing
 山坳 col
 山坳中的洼地 dip in the col
 山崩 landslide
 山壁 face
 山地露营 mountain camping
 山峰 alp
 山谷 valley
 山谷冰川 valley glacier
 山肩 shoulder
 山脊;峰顶 crest
 山脊线 line along ridge
 山间救护 mountain rescue
 山口 col
 山麓冰川 piedmont glacier
 山麓碎石 scree
 山峡 gorge
 山隘 pass
 山中腹地 sanctuary
 山嘴 spur
 上山 ascend
 上山运动员 ascender
 设营 anchor a tent
 深度冻伤 deep frostbite
 深谷 chasm
 升降器 climb and abseil ladder
 绳结 knot
 绳桥 bridge of ropes
 绳索扶手 rope hand-rail
 绳梯 rope ladder
 绳头固定结 half-hitch knot
 试登失败 abortive attempt
 石崩 rock avalanche
 石堆 cairn
 石灰石 limestone
 实雪 hard-packed snow
 适应气候 acclimatization
 适应性训练 acclimatization training
 适应性营地 acclimatization camp
 使用铁爪前两齿作支点 front pointing
 食欲不振 lack of appetite
 失足 false move
 收绳 take in a rope
 手脚支点 pressure hold
 手握支点 handhold
 拴绳保护 belay
 双层气垫 double-thickness air-filled mattress
 双交织结 double fisherman's knot
 双峰山脊 double-turreted mountain ridge
 松岩 loose rock
 睡袋 sleeping bag
 探测棒 alpenstock
 探险登山 adventurous mountaineering
 特陡山坡 oversteepened valley side
 体温过低 hypothermia
 踢雪开道 break a trail through snow
 天气情况 weather condition
 天气预报 weather forecast
 铁锁 carabineer
 铁头登山杖;探测棒 alpenstock
 头盔 climbing helmet
 突击 assault
 突击顶峰 final assault
 突起尖岩 gendarme

- 突击主峰队员 final climber
 突击组 assault party
 凸坡 convex slope
 驮运队 caravan
 微风 gentle breeze
 微孔橡胶底鞋 microcellular rubber-soled boots
 未经攀登的 unclimbed
 握绳法 belay
 无法攀登的 unclimbable
 无风 calm
 无空气地带;死亡带 airless zone
 无向导攀登 guideless climbing
 无液气压表 aneroid
 狭窄岩缝 chimney
 下山 descend
 下山运动员 descending climber
 先导 leader
 险峻的山脊 arête
 向导 guide
 向山脚行军 approach march
 消蚀现象 ablation
 楔子 clog
 心跳快 rapid heart beat
 信号弹 magnesium cartridge
 信号烟火 bengal lights
 悬冰川 hanging glacier
 悬崖 cliff
 旋转气流 swirling eddy
 雪崩 avalanche; snow-slide
 雪铲 snow cave shovel
 雪的性质 consistency of snow
 雪洞 snow cave
 雪拱 arch of snow
 雪沟 snow couloir
 雪廊 snow corridor
 雪盲 snow blindness
 雪坡 snow slope
 雪桥 snow bridge
 雪檐 snow cornice
 鸭绒衣 down jacket
 压缩食品 concentrated food
 岩壁 rock face
 岩崩 rock fall
 岩床 bedrock
 岩锤 rock hammer
 岩脊;岩架 ledge
 岩脊攀登术 mantelshelf
 岩石大裂缝 couloirs
 岩石攀登技术 rock technique
 岩石小裂缝 crack
 岩石楔子 chock stone
 岩石作业 rock climbing
 岩檐 bivvy rock
 岩锥 rock piton
 氧气面罩 oxygen mask
 氧气瓶 oxygen cylinder
 腰带 waistline
 营地 camp site
 营救组 rescue party
 应力 breaking strain
 用背和脚作支点的攀登技术 back-and-foot technique
 用背和膝盖作支点的攀登技术 back-and-knee technique
 永久冰雪 firm never
 永久积雪线 firm line
 雨季云 monsoon cloud

圆形隆起地带 boss	制动下降 glissade
圆形山顶 dome	制定攀登计划 indoor climbing
越野识图比赛 cross-country orientation-determination	制图员 cartographer
运输组 ferry party	致命的滑坠 fatal slip
扎绳;拴 belay	钟乳石 stalactite
在雪坡上踢出立脚点 step plugging	中国登山协会 National Mountaineering Association of China
在雪中开隧道 burrow a shaft through snow	主峰突击队 final assault party
粘压成球状 balling up	主峰突击队员 final climber
帐篷 tent	主绳绕双腿下降 double thigh rappel
帐篷底防水布 ground sheet	抓结 prusik knot
帐篷支柱 mast	锥锤 piton hammer
折叠灯 folding lamp	自然景象 natural landscape
征服 to conquer	自然屏障 natural cover
侦察组 reconnaissance party	自我保护 self-belay
支援组 support party	自我防滑 self arrest
指南针 compass	自由下降 free rappel
制动保护栓 dynamic belay	阻止坠落 arrest a fall

五、钓鱼 Angling

岸边垂钓 still fishing	底饵 ledger bait
玻纤布雨竿 glass fibre cloth rod	底饵钓鱼 ledger bait fishing
捕龙虾笼 lobster pot	电绳钓 trolling
虫形鱼钩 fly	钓竿支架 rod rest
垂钓者 angler	钓具 angling equipment; fishing tackle
带电鱼钩 electric hook	钓线导轮 line guide
淡水鱼垂钓 coarse fishing	钓友 angling fraternity
倒刺 barb	钓鱼竿 fishing pole; rod
底层鱼垂钓 bottom fishing	钓鱼线 fishing line; snell

钓鱼比赛 angling contest	人造绳饵 dry fly; silver doctor; coach-man; doctor
钓鱼比赛冠军 angling champion	人造虾 artificial shrimp
钓鱼好手 complete angler	人造蚱蜢 artificial grasshopper
钓鱼艺术 fishing art	人造蛹 artificial nymph
顶环 top ring	软木浮子 cork float
多节鱼竿 jointed rod	三钩 treble hook
多股绕线轮 multiplying reel	三角钩 triangle hook
饵钓 bait fishing	鳝笼 eel pot
饵料 bait	深海钓鱼 deep sea angling
饵料袋 bait pouch	伸缩钓鱼竿 telescopic rod
饵料罐 bait tin	绳钩 hackle
饵针 bait needle	实心玻璃钢钓竿 solid glass rod
放长线托环 butt ring for long cast	手搓麻钓线 catty hunk
浮子 float	手钓线 handline
竿钓 pole fishing	双股鱼线 fishing twine
滚钓 jig	塑料浮子 plastic float
海滨垂钓 surf casting	碳纤维竿 carbon-fibre rod
海滨垂钓者 surf caster	特种鱼钩 jig
海绵钩 sponge hook	投饵 bait casting
海上长丝钓鱼 long line fishing	投丝术 casting technique
活动铅锤浮子 lead-weighted sliding float	弯齿鱼钩 gaff
活饵 live bait; live-bait	蚊钩 leader
活鱼笼 keep net	乌贼钩 squid-jigger
接钩线 cast	小活鱼饵 live bait dish
聚苯乙烯浮子 polystyrene float	蟹笼 crab pot
空心玻璃钢钓竿 hollow glass rod	延绳钓鱼 longline fishing; longlining; longline
鲤鱼钩 carp hook	夜钓钓线 night line
排钩 trawl line	鹰爪钩 eagle-claw hook
铅锤 lead weight; lead; plummet	鱼虫 fishing worm
铅丸 lead shot	鱼竿节 rod section
取饵钩 disgorging; hook disgorging	鱼钩 fish hook
饶钩 long-handled hook	鱼钩尖 point of the hook
绕线轮 reel	
人造蚯蚓 artificial earthworm	

鱼钩式样 design of fishing hook
鱼篓 fish basket
鱼桶 fish keg
鱼吞饵 bite

羽毛管浮子 quill float
张口器 gag
竹制鱼竿 split bamboo fish pole
转环 swivel

六、放风筝 Kite-flying

彩色风筝 colour kite
长尾风筝 long-tail kite
放风筝 flying a kite
放风筝比赛 kite competition
风筝 kite
风筝框架 kite framework
风筝图案 kite design
风筝尾巴 kite's tail
风筝线 kite line
弓形风筝 bowed kite
蝴蝶型风筝 butterfly kite

几何图案风筝 geometric kite
昆虫形风筝 insect kite
龙形风筝 dragon kite
鸟形风筝 bird kite
平板风筝 flat kite
三角翼式风筝 delta-wing kite
收风筝 drawing in kite
塑料纸 plastic paper
箱形风筝 box kite
燕形风筝 swallow kite
鱼形风筝 fish kite

七、航空运动 Aviation Sports

1. 航空运动 Aviation

翱翔飞行 motorless flight
8字飞行 figure eight
编队飞行 formation flight
表演飞行 exhibition flight

草地机场 grass airfield
初级滑翔机 primary type glider
单座滑翔机 single-seat glider
倒飞 upside-down flight
动力滑翔机 powered glider
飞机牵引飞行 aero tow flight
高级轻型滑翔机 high-performance sail-

ing plane
 滑翔机 glider soaring plane
 机动车辆牵升滑翔机 motorcar-towed
 glider
 机舵 rudder
 机轮 wheel
 机身 fuselage
 机头 nose
 机翼 wing
 驾驶座 pilot's seat
 教练滑翔机 training glider
 竞赛用飞机 racing aeroplane
 滑翔场 gliding ground; soaring field
 滑翔飞行 gliding flight
 滑翔机表演 motorless acrobatics
 滑翔机机场 glider airfield
 滑翔运动员 glider
 回翻筋斗 back loop
 急转弯 jerky turn
 静力翱翔 static soaring
 空中滑翔 air sail planning
 内筋斗 inside loop
 盘旋 circling
 盘旋升降 spiral
 跑道 runway
 波状滑翔 wave soaring
 轻型飞机 aviette
 热气流翱翔 hot-air soaring
 热升力 thermal lift
 山顶起飞 hill-top take-off
 上升气流翱翔 up-current soaring
 升降舵 elevator
 升空坡 starting slope
 双座比赛用飞机 two-seater racing plane

双座滑翔机 two-seat glider
 水平 8 字飞行 horizontal eight
 水平螺旋 horizontal spin
 T 型机尾 T-tail
 体育飞行 sporting flight
 特技表演用飞机 stunt aeroplane
 特技飞行 acrobatic flight
 特技飞行比赛 competitive acrobatics
 特技飞行驾驶员 acrobatic pilot
 特技飞行图形 acrobatic figure
 特技滑翔机 acrobatic type glider
 外筋斗 outside loop
 斜坡滑翔 slope soaring
 悬挂式滑翔机 hang glider
 圆圈飞行 circling
 云中翱翔 cloud soaring
 运动飞机 sports aeroplane
 运动机场 airfield
 运动用双翼飞机 sporting biplane
 指挥塔台 control tower

2. 航空模型运动 Aero model

标准型 standard model
 操纵手 controller
 倒栽葱 headlong fall
 动力驱动模型滑翔机 power-driven
 model glider
 副翼 aileron
 航空模型 model airplane
 航模比赛 model plane competition
 航模表演 model plane exhibition
 航模骨架 model framework
 航模头部 nose
 航模型式 model

火箭推进型 rocket-driven model
 机身骨架 fuselage framework
 降落 landing
 可操纵性 controllability
 喷气推进型 jet-propelled model
 皮筋起动型 rubber-driven model
 起飞 take off
 全翼型 all wing model
 失控 run-away
 水平尾翼 horizontal stabilizer
 尾翼升降舵 tail plane and elevator
 无尾型 tailless model
 无线电遥控飞机 radio-controlled flight
 线操纵航空模型 line-controlled model
 plane
 遥控型 remotely controlled model plane
 翼 wing
 自行飞行 free flight

3. 跳伞运动 Parachuting

安全带 harness
 背包式降落伞 back-pack parachute
 备用伞 reserve parachute
 比赛跳伞 competition parachuting
 比赛用降落伞 competitive parachute
 操纵绳 steering line
 单人跳伞 individual parachuting; solo
 jump
 定点跳伞运动员 precision landing
 parachuter
 缓开式降落伞 slow-opening parachute
 集体定点跳伞 group accuracy (/precision) landing
 集体跳伞 group jump

降落伞 parachute
 教练伞 practice parachute
 精确着陆 accuracy landing; precision
 landing
 开伞 parachute opening
 开伞过早 premature opening
 开伞绳 pull cord
 可控降落伞 Para commander
 立姿接地 standup landing
 零速着陆 flare landing
 慢开伞 slow opening
 女跳伞运动员 woman parachuter
 伞包 pack
 伞顶 apex
 伞绳 parachute cord
 手开式降落伞 manually-operated
 parachute
 特技跳伞 style jump
 特技跳伞表演 parachute rodeo
 T形姿势 T-position
 跳伞比赛 parachuting competition
 跳伞表演 demonstration jump
 跳伞方式 jumping style
 跳伞练习 practice jump; bailout drill
 跳伞区 parachute-drop zone
 跳伞术 parachutism
 跳伞塔 parachuting tower
 跳伞训练 jump training
 跳伞运动 parachute jumping
 跳伞运动员 parachuter
 延迟开伞 delayed opening
 引导伞 pilot chute
 圆伞衣 circular canopy
 运动降落伞 parachute

中心绳 axial cord
主伞衣 main canopy

自由跳伞 free fall jump

八、健身运动 Health-keeping Sports

1. 传统养生功 Tradistional Kongfu of Health Presenvation

八段锦 brocade exercises in 8 forms
丹田 elixir-field
练功十八法 18 methods of qigong exercises
内视 inward vision
内养功 internal nourishing exercise
入静 stillness; thinking nothing
十八罗汉手 eighteen-arhat hands
十二段锦 brocade exercises in 12 forms
调息 regulating breath
调心 mastering mind
听息 listening to one's breath
易筋经 Book of Tendon Changes
意念 mind
静坐法 transcendental meditation

2. 健美运动 Body-building

背肌训练 back workout
背面造型 back shot
背桥 back arch
背展背阔肌 back latspread

背展双肱二头肌 back double biceps
比赛轮次 round
臂部训练 arm workout
侧举 side-bend
侧举腿 side-leg raise
侧面造型 side pose
侧抬腿 side-leg lift
侧卧举双腿 elevated leg raise
侧胸大肌造型 side chest shot
侧展胸大肌 side chest
第一轮比赛 round one; first round
对侧元宝收腹 elbow-knee curl; bicycle
俯撑蹲起 crab lift
俯身侧举 bent-over lateral raise
俯身上拉 bent-over row
俯身转体 bent-over twist
俯卧撑 push up
俯卧举腿 lying leg lift
腹肌训练 stomach workout
杠铃卷腕 barbell wrist curl
肱三头肌下压 triceps press -down
跪撑后摆腿 rear leg pull
冠军组 three height class
规定动作 compulsory pose
国际健美锦标赛 International Body-building Championships

国际健美联合会 International Association of Body-building	男子规定动作 men's compulsory pose
后深蹲 squat	女子规定动作 women's compulsory pose
滑轮侧举 lateral cable raise	评分 rank
混双规定动作 compulsory pose for mixed pairs	前后轮比赛 initial two rounds
肩肌训练 shoulder workout	前深蹲 front squat
健美比赛 bodybuilding competition	屈腿练习 leg curl
健美比赛评分方法 scoring code for body-building competition	屈腿收腹 knee curl
健美比赛台 platform for body-building competition	屈膝绕环 side-knee twist
健美练习 shape-up exercises	屈膝双头起 curl-up
健美运动员 bodybuilder	屈膝仰卧起坐 bent-knee sit-up
健美造型 bodybuilding posing	全场冠军 overall
健身棒 fitness clubs	全场冠军得主 overall winner
健身馆 gymnasium	全场冠军先生 overall Mr.
健身胶圈 rubber gripper	全身肌肉表现造型 "most muscular" pose
健身联合器械健身棒 combined health-building apparatus	山羊挺身 back hyperextension
健身球 medicine ball	伸腿练习 leg extension
箭步蹲 lunge	深蹲 squat
交替哑铃推举 alternate dumbbell press	收腹 abdominal curl
交替哑铃弯举 alternate dumbbell curl	世界健美比赛 Mr. Universe Competition
颈后推举 behind-the-neck press	双杠双臂屈伸 parallel-bar dip
举腿 knee lift	抬腿 knee lift
决赛 third round	提踵 toe-raise
靠蹲 hack squat	体侧屈 side-bend
宽蹲 plie	体前屈练习 good-morning exercise
宽握下拉 wide-grip pull-down	体型学 somatotypology
宽握引体向上 wide-grip chin-up	体重分级和称量 weight classification and weighting-in
拉力器 chest-developer	头后臂屈伸 triceps extension
两头直 V-up	头后举 pull over
男女混合双人 couple	腿肌训练 leg workout
	腿推 leg press
	卧推 bench press

形态练习 shape-up exercise
 胸肌训练 chest workout
 哑铃扩胸 dumbbell chest expansion
 哑铃前推 front dumbbell raise
 仰卧臂肌屈伸 lying triceps extension
 仰卧起坐 partial curl
 运动与健身 sport and fitness
 展示健壮 physique show
 正面造型 front pose
 正握杠铃弯举 barbell reverse curl
 正展背阔肌 front spray
 正展腹肌和大腿 front abdominal pose
 with one leg extended
 正展全身造型 entire front pose
 正展双肱二头肌 front double biceps
 直立上拉 up-right row
 直膝屈髋 lying curl
 转体练习 torso-twist
 自选动作 free pose
 自由造型 free-posing
 最佳表演 most inspirational performance
 最佳健美者 best bodybuilder
 坐式哑铃侧举 seated lateral raise
 坐式转体 seated twist
 坐推 seated military press

3. 静 坐

Transcendental Meditation

本无 original non-being; nonexistence
 本有 original being
 不动三昧地 nirvikalpa samadhi
 不守而守 guarding without guarding
 长生不老 immortality
 超心理学 parapsychology

超越时空 transcending time and space
 冲脉 Chong mai
 出幽入明 leaving darkness and entering
 brightness
 纯阳之境 state of being continent(male)
 单盘势 half-lotus sitting position
 道外之文 heterodox writings
 督脉 Du mai
 顿悟 sudden enlightenment
 返本复初 returning to one's origin
 返听 listening to oneself; withdrawal of
 one's attention
 幻境 illusion
 慧 wisdom
 解脱 moksha; liberation; release; extrica-
 tion
 戒 sila; discipline
 静寂静 nirvana
 静态 be passive; static
 静坐 transcendental meditation; TM
 九窍 nine cavities(/key-points)
 宽心 broadening mind
 练形成气 training the body to turn to
 breath(/spirit)
 练精化气 transmutation of energy into Qi
 练神化虚 transmutation of mind into void
 练无化神 transmutation of Qi into mind
 灵魂出窍 astral trip(/projection)
 领悟 apperception
 毛窍 hair "follicle"
 眉间轮(其形二叶) ajan chakra; brow
 chakra
 眉间窍 key-point between the brows
 眉间虚窍 cavity dimple between the eye-

brows	守中宫 keeping one's mind on the central part of the abdomen
明月当头 the bright moon being on one's head	守窍 concentrating on the key point of the body
冥想 diyana; meditation; deep thought	数息 counting one's breath
瞑视者 sakshi	双坐盘 lotus position
内在的我 pratyagatman; interior self	顺风耳 clairaudience
念起 having a thought	顺乎自然 in accordance with nature
凝念 dharana; concentration	似寐非寐 seeming asleep but actually awake
凝神 concentrating one's mind	似有似无 seeming to be and not to be
菩萨坐 Bodhisattva position	松拿 relaxing one's grasp
七支坐法 "seven-branch" sitting methods	调息 prana yama; regulating the breath
奇经八脉 eight extra mai; eight extra channels	听而不见 listening without hearing
脐轮(其形十叶) mamipura chakra; navel chakra	万念俱寂 all thoughts being still
气 Qi; breath	忘身 forgetting one's body
气功 qigong; breathing exercises	无生 birthlessness
气脉 qi channel	无意识 arya-vijunana; thoughtless consciousness
轻昏 light confusion	无意心 niskamy bhava; thoughtless mind
清静 shaucha; quietism	悟 muksha; enlightenment
清心寡欲 furifying the mind and diminishing desires	息 xi; breath
求其放心 seeking the unrestrained mind	先天坐 innate posture
任脉 Ren mai	心地一诚 making one's heart sincere
三脉七轮 three Qi channels and seven chakras	心府 recesses of the heart
三昧印 place one's palm on the other	心观意照 mental contemplation
身坐如山 sitting like a mountain	心灵感应 telepathy
神气相聚 spirit and breath coming together	心轮(其形十二叶) anahata chakra; heart chakra
神通 supernatural power	心平气和 tranquil mind and harmonious breath
生命能 lift energy	心如止水 mind like still water
生殖轮(其形六叶) swadhisthana chakra	心通 mind reading; power to read mind
收视 contracting one's vision	心性 nature of mind

心意识 mind consciousness
 心坐 mental posture
 形坐 physical posture
 虚中 void
 咽喉轮(其形十六叶) vishuddha chakra;
 throat chakra
 养气固灵 steady the soul by cultivating
 the breath
 一照即空 whenever there is illumination,
 there is enlightenment
 以念止念 using thoughts to still the
 thoughts
 意识 vijunana; thought consciousness
 意守丹田 concentrating on the dantian
 元息 original breath
 真经 Taoist scripture
 真窍 true key-point
 止念 stopping the thoughts
 重昏 serious confusion
 坐姿 sitting position

4. 气功 Qigong

百会 baihui
 保持舒服感 maintaining, comfortable
 feeling
 采气 gathering the qi
 长强 Changqiang
 耻骨 pubic bones
 大周天(气沿全身主要经络运行) large
 circulation (the circulation of qi a-
 long all the main channels around the
 body)
 道家气功 Taoist qigong
 得气感 feeling of qi

对气不忘不助 not forget the Qi and not
 help it move
 发热发胀感觉 feeling of warmth and ex-
 pansion
 佛教气功 Buddhist qigong
 高级气功 advanced qigong
 蛤蚌功 shell qigong
 环跳 Huantiao
 极泉 Jiquan
 夹脊 Jiaji
 肩井 Jianjing
 津液 saliva
 进入虚无态 entering the nothingness
 state
 惊功 be frightened when practicing qigong
 静(入静) stillness (thinking of nothing)
 九转还魂丹 Jiuzhuan Huanhundun
 (nine-circulation reviving pellets)
 开怀 opening the shell
 劳宫 Laogong
 练气功 practice qigong
 炼谷化精 changing grain into semen
 炼精化气 changing semen into Qi
 炼气化神 changing Qi into spirit
 炼神还虚 returning spirit to nothingness
 炼虚合道 combining nothingness with tao
 命门 Mingmen
 内掌功 Neizhangong (in-palm qigong)
 脑门 Naomen
 气冲 Qichong
 气功态 state of qigong
 清除杂念 eliminating any distractions
 人中 Renzhong
 儒家修身法 Confucian self-cultivation

methods
 三田合一功法 making three dantians linear
 三阴交 Sanyinjiao
 膻中 Shanzhong
 上丹田 Upper dantian
 少海 Shaohai
 收功 completing the exercise
 松 relaxation (keeping the mind and body relaxed)
 松静功 relaxing and calming qigong
 调息 regulation of breath; breathing exercise
 吞津 swallowing saliva
 委中 Weizhong
 卧势 lying position
 下丹田 Lower dantian
 小周天(气沿任督二脉运行) small circulation (the circulation of qi along Ren and Du channels, i. e. along the middle lines of the chest, abdomen, back and head)
 虚无态 state of nothingness
 玄关 Xuanguan
 悬钟 Xuanzhong
 阳陵泉 Yanglingquan
 意功 mastering mind
 意守处 acupoints where one concentrates one's attention
 阴陵泉 Yinlingquan
 涌泉 Yongquan
 有关穴位 relevant acupoints
 玉枕 Yuzhen
 育肉 raising the muscle

预备功 preparation position
 元气 Yuanqi; original vital energy
 站式 standing position
 真气 real Qi
 真阳 real yang
 真阴 real yin
 中冲 Zhongchong
 中丹田 Middle dantian
 筑基功 fundamental qigong
 姿势 body position
 自发动功 spontaneously moving qigong
 坐势 sitting position

5. 瑜珈 Yoga

八点姿势 sastanga namasher
 半圆形 ardha chakrasana
 半月形 ardha chandrasana
 棒 dandasana
 背立形 viparita karani
 不动心 virvi kalpa-samachi
 操纵腹筋形 uddiyana bandha
 丹男法 dalan asan
 单盘形 siddhasan
 倒竖形 sarvang asan
 钓钩形 torikon asan
 杜鹃鸟形 pads bibhakta savanasana
 鳄形 makarasana
 反腹形 chakrassan
 防止衰老法(脚手结印法) maha bandha
 风箱呼吸法 bhastrika
 蜂音呼吸法 bhramari
 浮水莲花形 tolasana
 腹部鼓胀抑息法 bravani kumbhak
 个我 jina

- 弓箭形 akarna dhanurasana
 狗形 suanasana
 龟形 kurmasana
 合掌礼拜法 novsnaskalom
 横月形 parsua chandrasana
 猴王形 hanumanasana
 呼吸法 pranayama; breathing exercises
 呼息 rechak; breathing
 蝗虫形 salabh asan
 回转形 jathara parivartanasana
 魂 jiva
 鸡形 kukkutasana
 基本呼吸法 sukha purbhak
 吉祥形 baddha konasana
 集中疗法 tratak
 假我 anatman
 肩立形 sarvangasana
 简单龟形 ardha kurmasana
 渐积行为 kriyamana
 节制 brahmacharya
 结印 mudra
 金鸡独立形 galb asan
 禁戒 yama; restraint
 精神觉醒法 tadan kriya
 颈形 visuddnasana
 静虑 dhyana; meditation
 鹭形 garudasana
 举足伸背形 uttana paschimottan asana
 举足形 uttana padasana
 开足膝贴脸形 bibhakta janusirsasana
 开足形 bibhaktasana
 空隙形 halasana
 孔雀形 muyal asan
 劳动瑜伽 bodily yoga
 犁形 hal asan
 莲花形 padmasana
 莲山形 padma parbatasana
 练成 sadhna
 灵耳法 agochari mudra
 骆驼形 ustrasana
 马形 vatayanasana
 猫形 adho mukha svanasana
 冥想补助法 shanbabi mudra
 冥想体位法 sukhasan
 牡牛形 bhaisasana
 拟死抑息法 murch kumbhak
 鸟嘴法 kaki mudra
 扭腰形 arha masyendrasana
 膨胀法 plavini
 祈念 inhwara pranidhana
 脐部生命体 samana
 前倒竖形 sirsh asan
 前屈法 pachimottan asan
 桥形 setu bandha sarvangasana
 穹形 shyakul asan
 劝戒 niyama
 三角形 trikonasana
 山形 parbalasana
 伸舌呼吸法 seetli
 身心静化法 kriyas
 身心统一法 asuini mudra
 神经机能统一法 bhuchari mudra
 神经静化法 nadhiya kumbak
 神经觉醒法 shakti chalan mudra
 神经速醒法 bandha traya
 神经运动 kundalini
 尸体形 savasana
 狮子形 simpasana

树形 vrksasana	液体运动 chakra
双盘法 kamalasan	抑息 kumbhak; holding the breath
瞬间松弛 seegra savasana	益腹运动法 yoga mudra
四角形 chatushkonasana	英雄形 birabhadrasana
体位法 asanas; postures	右鼻孔呼吸 suryabhaka
天线形 Dwi hastasana	鱼形 matsyasana
停止呼吸之二 kevala kumbhak	瑜伽呼吸法(静化呼吸法)
停止呼吸之一 sahita	瑜伽三要素 yogatraya
吐息 pichak; exhaling	瑜伽体操 yoga exercises
兔形 sasangasana	瑜伽象征 yoga mudra
蛙鸣呼吸法 sitkari	知足 santosh
乌鸦形 kagasana	蜘蛛形 makarsasana
无我瑜伽 karma yoga	直立膝贴颞形 dandiyaman janusirsasana
无智 aviyeka	智慧瑜伽 jnana yoga
V字(小舟)形 navasana	中脸式 gomukhasana
吸息 prak; inhaling	转弱为强法 maha vendha
膝贴脸形 janusirsusna	壮美形 urdhva anjaneyasana
下部生命体 apana	自步蛇形 dhuiang asan
信心瑜伽 roga yoga	自由禁欲法 mula bandha
修行 tapas; sandhana	自制瑜伽 raja-yoga
悬舌呼吸法 sukari	自治治人法 prana yama
循环生命体 vyana	足尖立形 padangusthasana
押耳形 karnapidasana	钻石形 vajrasana
仰卧钻石形 supta vajrasana	左鼻孔呼吸 ujjai
氧吸收法 kaparabhati	坐法 bandha; sitting method

九、击剑运动 Fencing

半圆;第七姿势 mezzocerchio	比赛场延伸部分 extension
暴露 opening	变换交叉劈 cutover
被罚退一米 lose one metre in distance	边线 lateral boundary

不及时还击 delayed riposte	对手 combatant
裁判器 judging apparatus	端线 end line
侧端反攻 inquartata	端线后的空地 run-back
侧身反攻 inquartata	短剑 dagger
缠绕剑 prise de fer	罚失一分 penalize one touch
长剑比赛 sabre fencing	罚失一分 penalty hit
冲刺距离 fleche distance	罚退场地 loss of ground
重复进攻 reprise d'attaque	法国式 French style
(成绩相等时)重赛 barrage	法国式花剑 French foil
重复转移刺 counter-disengagement	反防守 counter-parry
重新开始比赛 resumption of play	反攻 counter-attack
传统剑 conventional weapons	反还击 counter-riposte
刺 to hit; to thrust	反欺骗 counter-deception
刺劈一剑的比赛 bout for one hit	防守 parry
刺中 to hit on the target; hit received	防守动作 defensive action
刺中有效 valid hit	防守后变换交叉还击 flying parry
粗暴行为 violent action	防守剑手 defending fencer
粗野动作 rough play	非持剑手 back arm
打开击剑线 open up a line of attack	复杂防守 compound parry
等级 class	复杂还击 compound riposte
第八姿势 eighth	复杂假动作 compound feint
第二个意图 second intention	复杂进攻 composed attack
第五姿势 fifth	富有弹性的 whippy
第一个意图 first intention	高手姿势 classic position
点刺前臂(重剑)dig	格开对方的剑 deflect the opponent's
电动裁判器 electrical judging apparatus	weapon
电动花剑 electric foil	跟步弓箭步 gain
电动花剑头 electric foil button	攻方 assailant
电动记分器 electrical scoring apparatus	弓箭步刺 lunge
电动剑头 electric button	弓箭步刺还原 recovery
电动重剑 electric epee	故意冲撞 closing in
对抗刺 stopping thrust with opposition	国际击剑联合会 International Fencing
对抗防守 opposition parry	Federation
对角线的半圆防守 half-circle	合格记号 control mark

后撤弓箭步闪躲 backward lunge

后脚 rear foot

后退 draw back; retire

互中 double hit

护颈 bib

护面(面罩) mask; wire mesh of mask

护手盘 bell guard

护腿 cuissard

(女用)护胸 breast protector

护腕 cuff

护肘 elbow guard

花剑 foil

花剑比赛 foil fencing

花剑剑术 foil fencing

花剑运动员 foil fencer; foilsman

滑刺 passe

滑剑还击 cross

滑剑进攻 coule

划半圆防守 semi-circular parry

划圈防守; 圆周防守 circular parry

划圆防守 circular parry

划圆防守还击 flying return

划圆击打 change beat

划圆劈 cut with moulinet

划圆转移还击 riposte with a double

还击 riposte

击打 beat

击打防守 beat parry; slinging parry

击剑靶 dummy

击剑比赛 sports fencing

击剑比赛场地 fencing strip

击剑场 fencing strip; planche

击剑成绩指数 score index of fencing

击剑大师 fencing master

击剑袋 fencing bag

击剑动作 fencing movement

击剑服 fencing suit

击剑馆 fencing hall

击剑技术 sword play; swordsmanship

击剑距离 fencing distance

击剑裤 fencing breeches

击剑路线 line of fencing

击剑上衣 fencing jacket

击剑手套 fencing gloves

击剑台 fencing platform

击剑线 line

击剑行动时间 fencing time

击剑运动员 fencer

击中的真实性 materiality of the hit

记分灯 scoring lights

及时进攻 attack into tempo

假刺 feint point

假进攻 false attack

假进攻接防守和还击 contretemps

间接进攻 indirect attack

简单防守 simple parry

简单还击 simple return

简单的直接还击 simple direct riposte

简单进攻 simple attack

剑背 back edge

剑背劈 back-edge cut

剑尖 point of blade

剑刃 edge of the blade

剑身 blade

剑身接触; 剑身交叉 contact of blades

剑身强部 forte

剑身弱部 faible

剑身位置 blade position

- 剑身中部 middle
 剑术 art of fencing
 剑头压力 control weights
 检查击剑装备用的器材设备 control equipment
 检查员 controller
 交叉步 cross feet
 交叉还击 riposte with a coupe
 交叉接触 crossing of blades
 交叉线 line of engagement
 交叉转移 cutover disengage
 交锋 meet
 交换场地 change of ends
 交换交叉 coupe
 角裁判 ground judge
 节奏 cadence
 解除武器 disarmament
 界线 leading foot
 金属场地 metallic piste
 金属衣 metallic plastron
 禁闭的击剑线 closed line
 进攻的延续 continuation of attack
 进攻剑手 attacking fencer
 进攻路线 line of attack
 进攻行动 offensive action
 进攻者 attacker
 进攻姿势 attack position
 近距离 close quarters
 近战 infighting
 警告线 warning line
 敬礼 salute
 晋升到下一轮 promote to the next round
 绝缘胶布 button
 开放的击剑线 open line
 开始重赛 fencing a barrage
 开始线 on-guard line
 开始姿势 central position
 开放的击剑线 open line
 连续交锋过程 phrase d'armes
 连续进攻 redoublement
 两次变线转移还击 riposte with a one-two
 两个假动作的进攻 attack preceded by two feints
 两个连贯步法的进攻 appel
 没刺中 to hit off the target
 拿手动作;绝招 la belle
 内侧部位 inside line
 内上部位 high-inside
 内下部位 low-inside
 女击剑运动员 woman fencer
 判刺中或劈中无效 annul a hit
 佩剑 sabre
 佩剑运动员 sword
 劈 to hit; to cut
 劈护面 cheek cut
 劈手臂 arm cut
 劈头 head cut
 劈胸部 chest cut
 平刺或平劈 flat touch
 平底击剑鞋 flat-soled shoes
 平局后的加赛 fence-off
 欺骗 deceive
 欺骗性进攻 a parties prise
 前脚 front foot
 枪剑项目 bayonet-fencing
 轻触 graze
 轻剑(小剑) fleuret

轻剑具 light fencing weapon	无效部位 invalid target
轻佩剑 light sabre	下蹲弓步抢攻 passto sotto
曲臂进攻 bent arm attack	下蹲闪躲 ducking
闪躲 elude	下线 low lines
上下线转移 disengaging	向后一步 step backward
上下线转移还击 riposte by disengage- ment	向后跃步 backward jump
上下转移 high-low	向旁闪躲 side-stepping
上线 high lines	向前交叉步 passato
身体虚晃 body feint	向前一步 step forward
身体接触;相持不下 clinch	向前移步 advance
身体平衡 body balance	向前移步刺 advance lunge
身体闪躲 body avoid	向前跃步 jump forward
失去的地段 ground lost	小组循环赛 pool
失误 trompement	斜擦过去 glance off
收回手臂 withdraw the arm	斜线刺 thrust with angulation
守方 defender	压(拨、推)bind
手的位置 hand position	压滑剑 pressure glide
手法 hand technique	压剑 press
手腕带 wrist strap	延续进攻 replacement
双方就位 on strip	意大利式花剑 Italian foil
顺势转移刺 yielding parry	一般反攻 stop hit
顺势转移刺 ceding parry	一般反攻刺 stop thrust
松紧带 strap	一般反攻劈 stop cut
踏到场外 step off the side of the strip	一场 assault
掏刺 cavation	一场的实际比赛时间 duration of a bout
替补员 alternate	一个假动作的进攻 attack preceded by a feint
调换位置 reversing of position	引诱(挑引)invitation
同侧的半圆防守 half-counter	用剑刃劈 cut with edge
同时进攻 simultaneous action	用手指控制剑身 fingering
通过身体的电线 body cord	有角度刺 angular thrust
外上部位 high-outside	有效部位 valid target
外下部位 low-outside	有效距离 reach
危险动作 dangerous play	有效面积 target area

有意识接触对方的剑	find the blade	tion
有意做粗野动作	wilful brutality	中距离 medium distance
原地弓步刺	rear lunge	重长剑 heavy sabre
跃步弓箭步	balestra	重刺(再刺)remise
再次进攻	re-attack	重剑 epee
占有的地段	gained ground	重剑比赛 epee fencing
正规姿势	normal position	重剑具 heavy fencing weapon
直接刺	direct thrust	重剑运动员 epee fencer
直接还击	direct riposte	主裁判 director
直接还击劈	direct riposte with cut	主动权 priority
直接进攻	direct attack	准备上场 on deck
直接劈	direct cut	自由实战 loose play
直接淘汰	direct elimination	总裁判 president
中国击剑协会	Chinese Fencing Associa-	

十、举重运动 Weight-lifting

半蹲	half-squat; half knee-bend	侧卧头侧抬	lateral neck lift
磅秤	scales	超过报名级别的重量	exceed the limit
保持身体平衡	maintain body balance	of weight class	
爆发力	explosive power	超重量级	super-heavy weight
背后脱落	drop behind the back	成功	good lift
背后硬拉	back lift	称量体重	weighting-in
背后直臂上举	arm extension	次轻量级	feather weight
比基尼	bikini	次重量级	middle-heavyweight
闭气	suspend breathing	次最轻量级	flyweight
标准举重台	regulation platform	重复次数	repetition
不分腿挺	squat jerk	重新过磅	re-weighing
侧卧颈部屈伸	lateral neck flexor	出肘	whip the elbow
侧卧举腿动作	hip abductor lift	大力士	Hercules
侧卧伸腿动作	hip extensor lift	大陆式提铃	continental

- 大陆式推举 continental press
 单臂侧举 one hand side press
 单臂屈伸 hand curl
 倒立推 handstand press-up
 蹬腿升降架 leg extension machine
 地上翻 clean pull from floor
 第一阶段 first phase
 第一次发力 first pull
 第二次发力 second pull
 垫木 box
 垫木上拉 box clean
 镀铬哑铃 chrome dumbbell
 翻腕 turn over the wrists
 反握双臂屈伸 two-arm reversal curl
 犯规的握法 false grasp
 放慢速度 slowing down
 “放下!” “Down”
 放下杠铃 replace the weight; lower the weight
 辅助动作 assistance movement
 俯卧臂拉起 pullover
 俯卧颈部屈伸 neck extensor
 俯卧拉 prone arms rowing
 俯卧抬头 neck extension
 俯卧直臂拉起 straddle arm pullover
 俯卧直臂上举 prone horizontal arm lift
 负重练习 weight training exercise
 负重屈伸 hyperextension
 杠铃 barbell
 杠铃接触身体 bar touching the body
 杠铃练习 barbell exercise
 杠铃片 disc; disk
 杠铃重量 weight of the barbell
 杠杆作用 leverage
 高翻 power clean
 高提肘 lift the elbows
 高抓 power snatch
 国际举重联合会 International Weight-lifting Federation
 国际举重比赛 international weight-lifting competition
 横杠 bar
 后深蹲 back squat
 壶铃 kettle-bell
 护膝 knee-cap
 划船动作 bent rowing
 踝关节内翻练习 ankle flexor lift
 踝关节伸展练习 ankle extensor lift
 踝扎 ankle strap
 换握 change of grip
 级别 category
 击掌 hand clap
 加重 add weight to the bar
 加重员 loaser
 架上挺 jerk from the rack
 减体重 reducing bodyweight
 减轻体重以达到下一级标准 make weight
 箭步 split
 箭步分腿 split the feet
 箭步式抓举 split snatch
 肩部下降 drop shoulders
 降级参加比赛 compete in a lighter class
 交替推 alternate press
 借力推 jerk press
 颈后深蹲 deep knee-bend with barbell on shoulders
 颈后推 posterior military press

颈后支撑姿势 shoulder rest position	两肘分开 elbows pointing outward
竞技举重 competitive lifting	两肘内收 elbows pointing inward
静止姿势 motionless position	两肘位置 position of elbows
举脚尖 lift the toes	镁粉 magnesia
举起 lift	摸粉 chalk up one's hands
举重比赛 weight-lifting competition	末次试举 final attempt
举重服 lifting costume	内卡箍 inside collar
举重竞赛评判方法 scoring code for weight-lifting	女举重运动员 woman lifter
举重训练 weight training	普通握 thumbs around grip
举重手套 weightlifting glove	破记录的试举 record lift
举重台 weight-lifting platform	起踵 lifting the heels
举重鞋 lifting boots; weightlifting shoe	前后分腿 lunge
举重腰带 lifting belt	轻量级 lightweight
举重运动员 weight lifter; lifter	轻重量级 light-heavyweight
卷腕器 wrist roller	屈臂单臂推举 bent press
空握 thumb less grip	屈臂转肩 shoulder rotation
胯下硬举姿势 straddle crouch position	屈伸动作 flexor
宽握 broad grip	屈腕练习 wrist curl
宽握划船动作 wide arm rowing	屈膝 knee-bending
拉力器 wall pulley	屈膝下蹲 dip of the knees
力量举 power lift	赛前量体重 weight-in
力量推 power press-up	山羊 buck
连续动作 continuous movement	上拉 pull
两臂高低不平 uneven raising of the arms	上身侧屈 lateral flexor
两臂过头 arms overhead	上身展体 trunk extensor; trunk flexor
两臂完全伸直 arms fully extended overhead	上挺 jerk
两脚平行 feet on parallel lines	上推预备姿势 standing press position
两手卧推 two-hand bench press	深蹲 deep squat
两腿收回直立 come to erect position and bring feet together	深蹲架 squat stand
两眼发黑 blackout	深箭步 deep split
两肘朝下 elbows pointing downward	深吸气 take a deep breath
	身体负重练习 exercise with weights strapped to the body
	伸腿 straight the legs

伸腕练习 wrist extensor	推举 clean and press
升降架 extension rack	腿举 leg press; leg raise
石锁 stone lock	脱手让杠铃掉下 drop the bar
失败 no lift	外卡箍 outside collar
始举重量 starting weight	外展动作 arms sideward lift
试举 trial	弯臂扩胸 bent arm lateral
试举成功 finishing a lift	完成姿势 final position
试举失败 failed lift	微蹲 partial squat
收腿 recover to the standing position; bring back the feet	卧推 floor press; bench press
甩臂 hand swing	卧推架 press bench
甩杠铃 place down the weight roughly	握法 method of grip
双臂屈伸 biceps curl	握杠距离 hand spacing
双手颈后推举 two-hand clean and press behind the neck	握力 grip strength
双手屈伸 two-hand curl	52 公斤级举重比赛 52-kilogram category weightlifting competition
松香粉 colophony	“无效!” “Invalid”
耸肩 shoulder shrug	吸气 intake
耸肩练习 shoulder-loosening exercise	膝上翻 clean pull from knee height
锁肩 lockout	膝上膝下提铃 dead hang clean
锁握 hook grip	下蹲 squatting
抬肘 raise the elbows	下蹲式抓举 squat snatch
体侧屈动作 teeter-totter	下蹲挺 drop jerk
体前倾 bench over	向前耸肩 roll the shoulder forward
体重级别 weight category	小腿屈伸 knee curl
提铃至胸 clean	斜板 incline bench
提臀 lift the pelvis	斜板推 incline bench press
跳挺 jumping lift	信号灯 signal lights
贴身 keep close to the body	胸前坐蹲 shoulder squat
贴身上拉 pull along the body	悬垂提铃 pull from the hang
停顿 halting	旋腕练习 forearm twist
挺举 jerk	哑铃 dumb-bell
头部支撑的桥 neck bridge	仰卧低头 neck curl
推起 uplift	仰卧起坐 abdominal raise
	仰卧屈腿动作 supine leg lift

仰卧直臂上举 supine horizontal arm lift	直立提拉 erect rowing
腰带 rubber belt	直立提肘 abductor lift
要求增加重量 ask for another weight	直立直臂平举 hold out in front
硬举 dead weight lift	直腿硬举 stiff-legged dead weight lift
硬举姿势 dead lift position	直坐伸小腿动作 knee extensor lift
硬推 military press	直坐弯抬腿动作 hip flexor lift
右手单臂挺举 clean and jerk with the right arm	仲裁委员会 jury
右手单臂抓举 one hand snatch with the right arm	中国举重协会 National Weight-lifting Association of China
预蹲 preliminary dip	中量级 middle weight
预备姿势 position at bar	中量级挺举 middle weight clean and jerk
原地挺 standing	重量级 heavyweight
越级参加比赛 compete in a heavier class	抓举 snatch
窄握 narrow grip	转体 trunk rotation
增加重量 increase of weights	自选动作 anyhow
站距 width of the feet; leg spacing	总裁判 chief referee
站立推 standing press	总成绩 total result
掌心向前 palm to the front	走向杠铃 to approach the bar
掌心向下 palm down	组合哑铃 dumb-bell sets
掌心向后 palm to the rear	最大力量 maximal of force; peak power
掌心向上 palm up	最大体重 weight limit
正常握 normal grip	最大握距 collar-to-collar grip
正反握 alternate grip	最轻量级 bantamweight
正握 over grip	左手单臂挺举 clean and jerk with the left arm
直臂后举 arms backward lift	左手单臂抓举 one hand snatch with the left arm
直臂前上举 arms forward lift	坐提铃 seated bench clean
直臂站立硬拉姿势 dead hang position; thigh rest	坐推 seated press

十一、空手道 Karate

侧蹬踢 side thrust kick
蝶式击 butterfly blow
段位提升 belt-rank promotion
防守 defend
攻击 attack
剑道 kendo
脚踢 foot blow
空手道服装 karate clothing

日本拳术 Japanese boxing
跳踢 leaping kick
移动步法 move footwork
用掌方式 hand style
站立架式 stand pose
掌刀 karate chop; knife-hand
掌击 hand blow
掌足击 karate blow

十二、马术运动 Equestrian

1. 马球运动 Polo

半时 half
裁判员掷球 throw-in
出界 out-of-bounds
带球 carrying
带球走 run
挡板 boards
得球 right of way
端线 back line
罚球区 penalty area
反手 backhand
反手球 backhander
非法使用拐棒 illegal use of the mallet

副裁判 umpire
高分队员 high goal man
后卫 back
将对方挤出球行线 ride off
颈下侧方击球 hit under the pony's neck
局 chucker; period
判胜一球 penalty goal
平分决胜期 overtime
马球 polo
马球队 polo squad; quartet
马球拐棒 mallet
马球拐棒柄 handle
马球马 polo pony
马球帽 polo cap
马球运动员 polo player

没有让步条件的 on the flat
 前卫 halfback
 球节 pastern joint
 球门 goal
 球门裁判 goal umpire
 球门线 goal line
 球门柱 upright
 球行线 line of the ball
 室内马球 indoor polo
 室外马球 outdoor polo
 向后击球 backstroke
 向前击球 fore stroke
 右侧向前击球 offside forehand
 右侧向后击球 offside backhand
 预评分数高的马球让步赛 high goal
 polo
 原地罚球 free hit
 正裁判 referee
 左侧向前击球 nearside forehand
 左侧向后击球 nearside backhand

2. 马术运动 Equestrian

阿巴洛萨马 Appaloosa
 阿哈马 Akhaltekin
 阿拉伯马 Arabian horse
 爱看赛马的人 railbird
 矮马 pony
 鞍包 roll
 鞍布 saddle cloth
 鞍布上的号码 number on the saddle
 cloth
 鞍褥; 鞍垫 pad; horse blanket
 鞍胎 framework
 鞍翼 skirt

暗章 black point
 昂首跳步 jigging
 凹膝 buck knee
 八岁以上的马 aged
 八分之一哩赛马 furlong
 白鼻梁 snip
 白毛 albino; Isabella
 斑纹马 paint pony
 绊跌 stumble
 半血马 half-bred
 绑腿 rolled bandages
 帮助上马 leg up
 比赛用马 stud
 鼻革 noseband
 鼻疽病 glanders
 鼻息粗烈的 high-blowing
 必须达到起跑位置的时间 post time
 鞭柄 round
 变跛 go lame
 变换方向 change of direction
 变换领先步 change of lead
 步法 gait
 步法紊乱 mix gaits
 步幅 step
 步子伸长的 extended
 不服从 disobedience
 不肯前进的 restive
 不让装勒的 headshy
 不太懂骑术的人 park rider
 不原离群的 herd-bound
 裁判台 judges' box
 参加比赛的马 mount
 草荐 litter
 侧对步; 走马 amble

- 长马裤 jodhpurs
 场地检查员 ground jury
 超越障碍 jumping
 超越障碍比赛的平分决胜 jump-off
 超越障碍的优良马 lepper
 冲刺超越 close
 冲刺超越获胜 garrison finish
 冲撞别人的马 jostling
 初级花式骑术 campagne
 初级马球 broom polo
 喘病 heaves
 喘鸣症 roaring
 纯种马 purebred; blood-stock
 从未获胜的马 maiden
 大勒缰 curb-rein
 大勒衔 curb-bit
 大礼帽 top-hat
 单间马房 stall
 单栏障碍 simple oxer
 单马超越障碍比赛 individual show
 jumping
 刀形肢势 sabre hock
 镫 stirrup
 镫革 stirrup trap
 镫铁 stirrup iron
 低墙障碍 bank
 低头革;单缰 martingale
 低头弓背企图摔下骑手 buck
 第一场比赛前三天内截止报名的赛
 马 overnight race
 顶革 crown piece
 肚带 girth
 短步前进 go short
 短距离赛马 dash
 短途赛马 dash
 对角肢 diagonal pair of legs
 俄罗斯快步马 Russian trotter
 俄罗斯骑乘马 Russian riding horse
 额革 brow band
 额毛 forelock
 恶癖 cribbing; vice
 二至四岁的幼驹赛马 futurity race
 反常跑步 counter-canter
 反向直控缰 direct rein of opposition
 繁殖 breeding
 放牧人竞技场 rodeo
 放松 relaxation
 飞节 hock
 飞节端 point of the hock
 飞节后肿 curb
 飞节内肿 bone spavin
 飞跃 fly
 飞越 leap
 非终点直道 backstretch
 封闭式障碍 closed obstacle
 附蝉 castor
 附加重量 impost
 附加重量袋 saddle bag
 伏马 be between legs and hands
 (马)腹 abdomen
 辅助指挥 aids
 副扶助 artificial aids
 负重减量 allowance
 干燥的 dry
 高级花式骑术 grand dressage
 高级训练 advanced training
 高宽混合障碍 high and broad obstacle
 高障碍 straight obstacle

个人花式骑术比赛 individual dressage competition	嚼环 ring
给马命名 naming	金奖杯 plate
公驹 colt	进场 entry
沟 ditch	节奏;拍子 cadence
古典骑坐姿势 classical seat	颈础 base of neck
固定障碍 solid obstacle	颈上控缰 bearing rein; neck rein
管骨;胫骨 cannon	鲸须马刷 dandy-brush
黑白花马 pinto	经过调教的 broken
黑毛 black	竞赛跑步 racing gallop
红白或褐白的花马 skewbald	拒绝超越障碍 refuse
喉革 throat lash	距离标志 distance-post
后鞍桥 cantle	开控缰 leading; opening rein
后补马 remount	抗衔的 hard-mouthed
后脚碰前脚 forging	靠近内侧栏杆跑的马匹 rail lugger
后系关节 patella	空马 riderless horse
后肢半旋转 half pirouette	空中变换领先步 flying change of lead
后肢旋转 pivot on the quarters	空中换腿 flying change of leg
狐步 foxtrot	控缰 draw rein
护腿 boot	控马后退 rein back
花侧对步 single foot	控马慢跑 pull
花毛 pied	夸特马 quarter horse
花式马术 dressage	快步 trod
环骑 volt	快慢步 broken rack
换腿 change of leg	狂奔 bolt
回转 change of direction	栏 hurdle
获胜骑手 winner	烙印 brand
计时障碍赛马 scurry	勒 bridle
极度向前的倾斜骑坐姿势 jockey seat	勒马;控马 collect a horse
颊革 cheek piece; cheek strap	篱笆障碍 fence; hedge
剪短马尾 dock	立定 attention
简单换步 simple change of leg	栗色;附蝉 chestnut
缰 reins	离开鞍座 lose seat
将骑手摔下来 throw the rider	离终点四分之一哩的标志杆 quarter pole

两三年的幼驹赛马 condition race

量重员 clerk of the scales

领先步 lead

骝毛 bay

流星 blaze

漏跳 omitting an obstacle

乱步 disunited canter

劣马 buck-jumper

落马 falling from the horse

马鞍 saddle

马鼻孔 nostril

马鞭 riding whip

马草 clover

马车赛 trotting race

马刺 spurs

马刺上的齿轮 rowel

马档案 stud book

马的右侧 off side

马的左侧 near side

马额 forehead

马腹带 belly band

马后膝 stifle

马肩端 point of shoulder

马见人受惊的 manshy

马腱 tendon

马胫 gaskin

马厩 stable

马具 equipment; harness

马距 ergot

马嚼子 bit

马尻 croup

马口衔铁部位 bars

马裤 riding breeches

马髀 hip

马笼头 bridle

马匹评比赛 horse show

马匹饲养员 groom

马前膊 forearm

马欣 flank

马上技术 mounted gymnastics; monkey drill

马受惊 shy

马术队 equestrian team

马刷 body brush

马体前部 forehand

马跳跃赛 show jumping

马外形 exterior

马靴 riding boot

马眼罩 blinder; blinker

马衣 cooler

马在强烈扶助下加快速度 driving

马掌工 blacksmith

马栉 curry-comb

马肘 elbow

马鬃 crest; mane

马嘴唇 muzzle

马左侧的 near

慢步 walk

慢步地 at a walk

慢侧对步 slow gait

慢快步 collected trot

慢跑步 canter

毛色 coat colour

敏感性 responsiveness

敏捷 lightness

摩根马 Morgan

母驹(五岁以下) filly

母马 mare

木栅障碍	oxer; post and rail obstacle	骑术	equestrianism; equestrian skill;
耐力测验	endurance test		horsemanship; art of riding
内侧的	inside	骑装	riding whip; habit
女骑手	horsewoman; equestrienne	前鞍桥	horn
O形肢势	bowlegged	前膝	carpus
跑步	gallop	前肢	forefoot
跑道位置	post position	前肢起扬	levade
跑道检查员	clerk of the course	强力控缰的	heavy-handed
跑得很满的马	"nanny-goat"	轻触障碍	tick
跑马场	course	轻驾车赛	harness racing
跑慢步	running walk	轻驾车赛用马	harness horse
跑时流鼻血的马	bleeder	轻控缰绳的	light-handed
碰撞障碍	knock-down	轻快步	elasticity of the steps
平道赛马	flat racing	轻松	eased up
破侧对步;花侧对步	broken amble	青毛	gray; grey
普通慢跑步	ordinary canter	去势;骟	alter
起跑门	gate	让步赛马	allowance race
起跑屏障	barrier	让步赛马	handicap
起跳	take-off	赛马	horse racing; racing
起支撑作用的	passive	赛马鞭子	racing bat
企图摔下骑手而低头弓背跳起的动作	buck-jump	赛马场	race course; race ground; turf
骑乘	riding	赛马场跑道	road and tracks
骑乘马	saddle; riding horse	赛马大会	meeting
骑马学校	riding academy	赛马第一名	straight
骑手	rider; horseman	赛马检查员	patrol judge
骑手的手套	riding glove	赛马没有跳栏或障碍的	on the flat
骑手的体重	rider's weight	赛马跑道	race track
骑手服装	riding tails	赛前鞍具着装场	paddock
骑手帽	riding cap	赛马项目	equestrian event
骑手赛后称量体重	weight in	赛马用短鞭	bat
骑手赛前称量体重	weight out	赛马中不同颜色的骑装	racing colours
骑手上衣	riding coat	三重障碍	triple bars
骑术教练	riding master	三日赛	three-day event
		沙毛	roan

善于五种步法的 five-gaited	厮棚 shed
骗马 gelding	饲槽 manger
上膊 arm	饲养 breed
上马 mount	饲养员 breeder
稍润湿而不滑 good	四个蹄音的步法 four-beat gait
蛇行木栅障碍 snake-fence	速度赛马场 speed race track
蛇行骑乘 zigzagging	素质 substance
伸长跑步 full gallop	缩短快步 short trot
身体重心居中的骑坐姿势 park seat	缩短慢步 short walk; collected walk
生马 bronco	缩短跑步 short canter
盛装舞步赛 dressage competition	缩短跑步 short canter
石墙障碍 stone wall	缩短步法 shortened gait
时间宽限 time allowed	缩短慢步 short walk
时间限制 time limit	缩短快步 slow trot
失格 blemish	抬头过高的马 star gazer
室内调教场 indoor school	淘汰 elimination
室外码球 outdoor polo	特征; 别特 marking
室外调教场 outdoor school	体形 conformation
使马做快步准备活动 breeze	体质 constitution
使马作斜横步 half-pass	蹄 hoof
事业骑手 jockey	蹄癌 canker
受衔 acceptance of the bridle	蹄叉腐烂 thrush
受衔姿势; 正姿势 collection	蹄冠 coronet
兽医检查 veterinary examination	蹄铁 horseshoe
瘦的皮包骨头 hide-bound	调教索 longe line
鼠蹊部 groin	跳栏赛马 hurdle race
刷马 curry	听任马自由行动的骑手 passenger
刷拭 groom	停住 halt
摔倒 spill	同时到达终点 dead heat
双层木栅障碍 spread obstacle	头罩 hood
双重障碍 in-and-out	突然停止前进 balk
双木栅障碍 double oxer	兔褐毛 dun
水沟障碍 water jump	臀 buttock
顺遂马的动作 go with the horse	外侧的 outside

弯形衔铁 port	业余骑师 amateur rider
危险性骑乘 dangerous riding	一般骑乘马 hack
尾根 base of tail; root of the trot	一圈 lap
喂马 forage	一场马球比赛 match
未经调教的马 broncho	以右肢出第一步 right lead
无鞍 骑乘 ride bareback	以左肢出第一步 left lead
X 肢形 close at knee; close at hock	英纯种马 thoroughbred
系 pastern	用后肢站起 rearing
袭步 running gallop	有斑毛的 dappled
下颚 jaw	有奖赛马 stakes
下马 dismount	右后肢 tight hind
向侧方踢腿 cow-kicking	右跑道 track to the right
向前倾斜的骑坐姿势 balanced seat	右前肢 right fore
向前跳跃 caprile	右前跑步 on the right lead
项圈; 套包 collar	幼驹赛马 futurity race
小快步行进 proceeding in passage	越野赛马 point-to-point race
小勒衔 bar bit	越野赛马跑道 bull-ring
斜横步 appuyer	越野障碍比赛 chase(= steeplechase)
性格 disposition	越野障碍耐力比赛 steep-chase; cross-country endurance race
胸廓; 胸肋 rib	在泥泞道上跑得很好的马 mudder
胸皮带 breastplate	在轻快步中随马起伏 post
悬空期 suspension	灾障碍 obstacle
眩晕; 马脑充血 blind staggers	掌幅 hand
寻常快步 ordinary trot	掌握速度 pace
寻常慢步 ordinary walk	障碍裁判员 obstacle judge
寻常跑步 ordinary canter	障碍的宽度 spread
驯从 obedience	障碍赛 steeplechase
驯服; 调教 break	障碍赛马场 jumping course
驯马 supple; bronco-busting	正座快步 sitting trod
驯马师 bronco-peeler	支撑腿 passive leg
压 pressure	直立跳跃 curvet
眼罩 blinkers	趾骨瘤; 冠骨瘤 ringbone
腰角 haunch	肢势 axis
腋 axilla	

肢势向内 toe in
肢势向外 toe out
终点直道 homestretch
种公马 stallion
砖墙障碍 wall
转圈 circling
装马具 tack up
撞到障碍 obstacle knocked over
自然步法 collected gait
自然扶助 natural aids

自由慢步 free walk
综合全能马术比赛;三日赛 all-around competition
走马 pacer
最轻量级骑手 featherweight
左后肢 left hind
左跑道 track to the left
左前跑步 on left lead
左前肢 left fore

十三、民族传统体育 Traditional Sports

踩高跷 stilt-walking
抽陀螺 spinning
垂钓 angling
打拨 gongs and drums beating
打木球 wooden-ball game
打雪仗 snow-fighting
荡秋千 swing
叠罗汉 pyramid building
斗牛 bull-fighting
抖空竹 spin hollow reels
二贵摔跤 Er-Gui wrestling
放风筝 kiting
扶卢 acrobatic pole climbing
杠子 ancient horizontal bar
姑娘追 girl-chasing game
贵由赤 Mongolian "Fast-Walker" Race
滚铁环 iron-hoop rolling
蝴蝶舞 butterfly dance

技击 ancient martial arts
击壤 targeted wood-stick throwing
角抵 ancient wrestling
竞渡 ancient rowing
举石担 stone dumb-bell lifting
举石锁 stone-lock lifting
绝远 ancient long-jump
扛鼎 ancient-pod lifting
没水 ancient diving
跑旱船 land-boat rowing
骑竹马 bamboo-horse riding
抢花炮 snatch-the-firework
赛龙舟 dragon-boat race
赛骆驼 camel race
射弩 bowing
双飞舞跑 double flight dance
水秋千 water swing
跳山羊 vaulting-box

舞龙 dragon dance
舞狮 lion dance
雪地走 snow shoeing
游水 ancient swimming

吁高 ancient high-jump
走冰 ancient skating
珍珠球 pearl-ball game
追新娘 bride-chasing game

十四、棋类 Board Games

1. 国际象棋 Chess

安全脱险 making safe
白方 white
摆棋子 arranging chessman on board
败 losing
被马将死 mate by knight
逼和的连者 stalemate combination
逼和区 stalemate cage
逼将 calling "check(/checkmate)" until
opponent's defeat
兵 pawn; infantry
布局 embattling; plot
步数优势 advantage in pace
裁判委员会 council of arbitration
长攻击 perpetual attack
长将 perpetual check
长威胁 perpetual threat
长易位 castling on queen side
车轮战 séance
吃法 capture
吃子 taking; capture
抽车将 check to the king and rook
抽后将 check to the king and queen

串将抽吃 skewer
大型比赛 major tournament
得子 winning material
丢子(失子) loss of a piece
短易位 castling on king side
对攻击会 counter chance
对攻着法 counter move
对抗赛 match
对弈表 pairing table
对弈开始 setting out of game
兑子吃亏 losing the exchange
兑子占优 winning the exchange
躲 escape
躲避位置 escape hole
二级棋手 second player
方格 chessboard square
方块 diamond
反将 counter check
反牵制 counter pinning
放松(缓和) relaxing
防御 defense
防止被将 getting out of check
封局 adjourned game
封棋 adjournment

封着 sealing the move	后退 retreating
挂棋盘解说 demonstration	后羿 queen's side
国际象棋 chess	后羿弃兵(拒吃弃兵局) queen's gambit declined
国际象棋大师 international master	后羿弃兵局 queen's gambit
国际象棋等级分 ratings	后羿王车易位 queen's side castling
国际象棋对抗赛 chess match	活棋 alive
国际象棋锦标赛 chess championships	激斗 close fighting
国际象棋联合会 International Chess Federation	记数法 counting method
国际象棋盘 chessboard	计诱 maneuvering
国际象棋特级大师 international grand-master	击退 repulsion
国际象棋子 chessmen	将 army general
过河卒 pawn behind the enemy's line (not permitted to retreat)	将军 check
好着 good move	将杀 checkmate
河界 boundary limit	将死 smothering; checkmate
黑方 black	将一军! Check to your king!
黑车 black chariot	交叉点 focal
黑马 black cavalry(/horse)	解说用大棋盘 demonstration board
黑炮 black cannon(/artillery)	竞赛指导 director of tournament
黑士 black scholar	局面和棋 positional draw
黑桃 spade	局面弃子(阵地弃子) positional sacrifice
黑象 elephant	车 chariot; castle; rook
横行 moving sideways; sidling	车行兵 rook pawn
红车 red chariot	车走直 chariots going a straight line
红马 red cavalry(/horse)	决斗 single combat
红炮 red cannon(/artillery)	开放线 open line
红仕 red scholar	开局 opening
红桃 heart	空间优势 space superiority
红相 councilor	控制效果 control effect
红子先走 red chessman moving first	控制中心 control of center
后 queen	快棋 lightning game
后兵布局 queen's pawn game	快棋比赛 lightning tournament
	擂台赛 open challenge match
	理论和局 theoretical draw

- 理论局面 theoretical position
 马 knight; horse
 马走日 horses moving diagonally
 盲棋 playing Chinese chess blindly
 梅花 club
 闷杀 smothered mate
 盘角格子 corner square
 炮打隔子 cannon hopping over a chessman to score
 棋局 game of chess
 棋类比赛 chess tournament
 棋谱 chessbook; chess manual
 棋式解答 solution of problems
 棋手 chess player
 棋联大师 FIDE master
 棋子 piece
 棋钟 chess clock
 弃兵局 gambit
 弃后 queen sacrifice
 前进兵 advance pawn
 前哨棋子 piece in a forward position
 前进 advancing
 强迫弃子 forcing sacrifice
 强子 heavy piece
 区域赛 zonal tournament
 取胜局面 winning position
 群众性比赛 mass tournament
 人工易位 artificial castling
 认输 resign
 软着 poor move
 弱子 light officer
 闪将 check with discovery; discovered check
 闪开的棋子 opening piece
 舍车保帅 giving up a chariot to save the marshal
 胜 winning
 失子 forfeiting chessman
 帅 marshal; command
 双重攻击 double attack
 双重威胁 double threat
 双将 double check
 双象 two bishops
 特级大师 grandmaster
 通讯比赛 correspondence tournament
 通信对局 correspondence play
 田字格 enclosure of a shape
 跳马 leaping
 王 king
 王车易位 castling
 王棋受困 stalemate
 王翼 king's wing
 王翼弃兵局 king's gambit
 王翼易位 king's side castling
 下棋规则 chess rules
 先走 first move
 限时比赛 compulsory time for play
 陷阱 trap
 象 bishop; elephant
 象棋爱好者 chess enthusiast
 象棋残局 bishop ending
 象棋赛 chess tournament
 象棋邀请赛 invitational chess tournament
 象棋用语 terms of Chinese chess
 象棋对局三阶段 three stages of a Chinese chess game
 象棋战略 strategy of Chinese chess
 象棋战术 Chinese chess tactics

象走田 elephants moving squarewise
 小攻击 minor attack
 小型比赛 minor tournament
 协同动作 concerted action
 新着 innovation
 续弈(续赛) resumption
 一副棋子 chess set
 易位阵地 castling position
 应将 in check
 优势 advantage
 有害棋子 harmful piece
 有力的一着 force move
 战场 field
 占据 occupying
 战术动机 tactical motif
 战术动作 tactical operation
 着法 move
 阵形 formation; form
 正统防御 orthodox defense
 子力不利 material disadvantage
 子力集中 piece concentration
 子力相等 material equality
 子力优势 material advantage
 自我牵制 self-pinning
 自我阻塞 self-block
 自相干扰 self interference
 中间将 intermediate check
 中局 middle game
 中心 center
 中心攻击 center thrust
 中心弃兵局 center gambit
 中国象棋 Chinese chess
 中国象棋盘 Chinese chess board
 中国象棋子 piece

中国象棋大师 Chinese Chess Master
 中国象棋特级大师 Chinese Chess
 Grandmaster
 中国象棋协会 National Chinese Chess
 Association of China
 总裁判 chief arbiter
 走法(国际象棋) move
 走棋 moving chessman
 走子 move
 主动权 initiative
 卒 pawn; soldier

2. 桥牌 Bridge

安全打法 safety play
 百分数 percentage
 倍古挤牌法 Barco squeeze
 避免法 avoidance
 剥光法 elimination
 不叫 no bid; passing
 插叫 intervening bid
 长门花色 long suit
 超蹬 overtrick
 成局 game
 大满贯 grand slam
 大牌 high cards
 挡张 stopper
 蹬 trick
 垫牌 discarding
 顶张 top card
 定约 contract
 读牌数 card reading
 赌倍 double
 短门 short suit
 对挤牌的防御 defense against a squeeze

- 多变法 variety
发牌 deal
方块组 diamond suit
复式桥牌 duplicate bridge
盖 covering
盖叫 overcalling
高叫 over bid
跟牌 follow
关键牌 key card
国际序分 international match point; IMP
合约式桥牌 contract bridge
候叫 waiting bid
护牌 guard
花色 suit
混合法 melee
基本挤牌法 basic squeeze
挤牌法 squeeze
计算 counting
假动作 deception
坚强牌组 solid suit
叫牌 bidding
叫牌用语 bidding terms
精确制 precision system
竞叫 competitive bid
绝处逢生法 desperate play
开叫 opening bid
可叫组 biddable suit
轮局桥牌 rubber bridge
满贯 slam
蜜月桥牌 honeymoon bridge
明家 dummy
明手 dummy
拿破仑叫牌制 Napoleon club system
拍卖式桥牌 auction bridge
牌点 point
牌谱 coup
抛大牌 jettisoning
抛砖引玉法 gambit
迫伴赌倍 takeout double
桥路畅通法 unblocking
桥牌 bridge
桥牌国际分 international match point
桥牌记分表 scoring table
桥牌基本分 basic points
桥引问题 entry problem
巧叫 artificial bid
切牌 cutting
缺门 void
三人桥牌 three-handed bridge
失不在失 loser on loser
时效 tempo
世界桥牌联合会 World Bridge Association
双挤 double squeeze
摊牌 laying down
铁蹬 under trick
偷牌 finesse
投入法 throw-in play
推断法 inference
王吃 ruffing; trump
王花组 trump suit
王牌 trump card
无将 no trump
先发制人的叫牌 preemptive bid
先礼后兵法 hold; holding
小满贯 little slam
心智打法 mental play
序分 match point

选叫 preference bid
 询问 asking bid
 佯叫 cue bid
 抑制性赌倍 inhibitory double
 引王牌 trump lead
 应付叫 courtesy bid
 硬敲法 drop
 再开牌 re-opening
 诈叫 psychic bid
 真叫 genuine bid
 至尊 ace
 致胜法 winning line
 窒息法 smother play
 中间牌 intermediate card
 中国桥牌协会 National Bridge Association of China
 追叫 forcing bid
 捉王牌 trump drawing
 自动挤 auto squeeze
 自由叫 free bid
 阻塞 blocking
 最高分 top score
 尊张 honor card

3. 围棋 Go

扳 hane
 布局 formation
 拆 corresponsive move
 打 atari
 定式 formalized series of moves

点 uital point
 断 cut
 段位 san
 飞 move
 关 close
 国际围棋联盟 International Weiqi Union
 国手 member of national team
 尖 diagonal
 接 solid connection
 名人 meijin
 扑 counter-attack
 棋品 style of play
 棋圣 kisei
 气 liberty
 曲 turn
 胜负计算 method for counting territory
 实地 territory
 收官 endgame
 手筋 tesuji
 双活 seki
 提 take
 天元 tengen
 围棋盘 weiqi board
 围棋子 stone
 镇 cap
 征 ladder
 中国流 Chinese style
 中国围棋协会 National Weiqi Association of China
 中盘 midgame
 终局 end

十五、球类运动 Ball Games

1. 板球 Cricket

板球场 cricket field
 板球运动员 cricketer
 打手 batsman
 打手线 batting crease
 第二外场员 second slip
 第三外场员 third slip
 第一外场员 first slip
 防守队员 defender
 后卫 back point
 后卫区 cover
 还击线 return crease
 进攻队员 attacker
 门将 wicket keeper
 门直柱 stump
 前卫 cover point
 球场界限 boundary
 三门柱 wicket
 三十五米线 thirty-five meter line
 三柱门守门员 stumper; wicketkeeper
 十三米线 thirteen meter line
 投手 bowler
 投手线 bowling crease
 外场员(野手)fielder; fieldsman
 外野(外场)outfield
 新球员 rooky
 右外野手 mid-on
 中圈 throw-off circle

中央门柱 middle stump

左方球员 long leg

左外野手 mid-off

2. 保龄球 Bowling

保龄球 bowling ball

保龄球比赛 bowling game

保龄球床 alley bed

保龄球技术 bowling technique

保龄球锦标赛 sweepstakes

保龄球瓶 bowling pin

保龄球鞋 bowling shoe

保龄球选手 blower

被击倒的柱 pin fall

步法 stance

布伦瑞克世界保龄球冠军锦标赛

Brunswick World Tournament of
Champions

补中 spare

侧滚 side roll

重投 rebowl

大师杯保龄球锦标赛 Masters Cup
Bowling Tournament

挡球垫 cushion

第一球击倒全部柱 strike

定向角度 directional angle

犯规探测器 foul detective device

犯规线 foul line

分瓶 splash

高投 loft	瓶颈 neck
隔列倒 cherry	起投线 starting mark
钩球 hook ball	轻击 low ball
滚木球场 bowling alley	球 pins
滚木球道 bowling lanes	球场工作人员 alley man
滚球后余柱 baby split	球道 lane
国际保龄球组织和世界大赛 World Bowling Organization and International Tournaments	球沟 gutter
国际保龄球联合会 International Bowling Federation	球架 ball rack
国际保龄球协会 International Bowling Association	球孔 ball hole
后柱(暗柱) sleeper	球柱 bowling pin
弧形球 curve	曲线球 screw ball
滑步 spare	全倒记号 mark
挥臂 arm swing	全中 strike
回球器 ball return	三人赛 trios
回旋球 back up	扫帚球 broom ball
击倒九瓶 blow out	失误 blow
技术球 split	守得位 keeping one's wicket up
急弯球 grab	死球 die the ball
奖励 bonus	送球 release
局 set innings	随球动作 follow through
开始运球 starting stance	投球 bowl
开始助跑 push away	投球线(限制线) bowling crease
孔间隔 span	头柱 head
练习用球瓶 logs	推送 push away
两人赛 doubles	五人赛 five men
落沟球 channel ball	向后摆臂 back swing
慢球 puff ball	斜线球 oblique ball
瞄准法 take aim at the method	旋球 rotation
欧洲十瓶式保龄球锦标赛 The European Ten Pin Bowling Championships	旋转球 revolve ball
	延长赛 play-off
	一对一比赛 match play
	一格 frame
	以全中结束比赛 punch out
	指孔距离 finger grip

直线球 straight ball
 职业保龄球员协会 Professional Bowlers Association
 职业保龄球员协会巡回赛 The Professional Bowlers Association Tour
 中国保龄球协会 Chinese Bowling Association
 助走 approach
 助走道 help the aisle
 柱点 pin deck
 抓球法 grasp the ball method
 追踪 following-through
 自动换瓶机 automatic pin-setting machine
 坐席 omni

3. 橄榄球

American Football

半场线 halfway line
 逼位 remain
 边线 touch line
 冲刺 rushing
 传锋 scrum half
 传球 pass
 殿卫 full back
 定位球得分 place goal
 定位踢 place kick
 多人进攻 mass dribble offence
 二十五码线 twenty-five yard line
 罚踢 penalty kick
 反攻 drop out
 反身传球 return pass
 反跳球 rebounding ball
 橄榄球 pigskin

橄榄球场 gridiron
 橄榄球门 rugby goal
 跟随 following
 攻门踢 goal kick
 下半场 second half time
 后场 backfield
 后排 back row
 后卫 back man
 护面罩 helmet
 护膝 knee pad
 假传 feint pass
 交叉踢 cross kick
 角杠 corner post
 角旗 corner flag
 接锋 stand off
 界外球 line out
 进门球 in goal
 进球 try ball
 救球 saving ball
 决胜柱 goal post
 开球 kick-off
 落地踢 drop-out kick
 门线 goal line
 木阵 in-goal
 碰球入门 drop goal
 碰踢 drop kick
 上半场 first half time
 前排 front row
 前卫 forward man
 擒抱 tackling
 三码线 three-yard line
 山形传球 mountain pass
 闪避 dodging
 投掷 toss

五十码线 fifty yard line
 压球触地 grounding ball
 翼锋 wing three quarter
 迂回 swerving
 运动员头盔 football helmet
 运球 dribbling ball
 在位 on side
 暂停 out of play
 正锋 center three quarter
 中排 rock row
 中线 half-way line
 自由踢 free kick

4. 高尔夫球 Golf

凹处 dimple
 把 grip
 比洞赛 match play
 比杆赛 stroke play
 柏忌(指某洞的成绩高於标准杆一杆)bogey
 侧旋球 side spin
 长距离洞 long distance hold
 超中打铁头球棒 driving iron
 处罚罚杆 penalty
 慈善赛 charity
 大师赛 masters tour
 大圆头棒 nib-lick
 低於标准杆 underpar
 短草区域 closely-mown area
 短距离洞 short-distance hold
 多二杆 over two
 二号轻击棒 midiron
 二号铜头球棒 brassy
 发球点 teeing point

发球区 teeing ground
 飞越 carry
 钢棒 steel driver
 高尔夫球 golf ball
 高尔夫球棒 golf club
 高尔夫球场 golf links
 高尔夫球球杆 golf club
 高尔夫球员 golfer
 高击棒 lofted
 高於标准杆 over par
 高於标准杆三杆 triple bogey
 果岭 green
 海滨沙丘形的球场 links
 海湾球场 bay course
 和局 tie
 击球区 hitting green
 击球姿势 stance
 击远比赛 flag competition
 击远球 drive
 界外球 out of bounds
 近距离击球 approach shot
 精英赛 classic event
 开球 tee off
 开球区 tee mark
 抗议 claim
 坑洼 bunker
 连体果岭 double green
 盲穴 blind hole
 猛击 jerk
 瞄球 address
 鸟杆(指某洞的成绩低於标准杆一杆)birdie
 平标准杆 par
 平面挥杆 flat swing

旗杆 pole
 轻击棒(短击棒) putter
 球棒 club
 球场 golf course
 球场障碍地带 hazard
 球袋 golf bag
 球道 fairway
 球洞 hole
 球具推车 golf cart
 球童 caddie
 球座 tee
 人造坑洼 bunker
 三号木制球棒 spoon
 上旋球 over spin
 双柏忌(高出标准杆两杆) double bogey
 双鹰(比标准杆少三杆) double eagle
 水障碍 water hazard
 四号铁头球棒 mashie iron
 四球比洞赛 foursomes
 四人二球赛 invitational
 特低击棒 driving putter
 铁钩球棒 iron
 铁头球棒 iron
 推杆 putting
 五号轻击棒 mashie
 下杆 down swing
 下旋球 back spin
 乡村球场 village course
 邀请赛 tournament
 业余球手 amateur
 遗失球 lost ball
 鹰杆(指某一洞的成绩低於标准杆两杆) eagle
 障碍树 tree hazard

障碍水池 water hazard
 直接击球 clean
 终打地区 putting green
 中途弃权 no return
 总杆数平标准杆 even
 总杆数比标准杆多一杆 over one
 总杆数比标准杆少一杆 under one

5. 毽球 Shuttlecock

保护 screening
 边一二 setter-in-FL formation
 侧身平扫发球 side sweeping flat service
 持球 catching
 重发球 reservice
 触球 touch
 触网 touch-net
 倒勾 backward overhead kicking
 吊球 dropping
 发球 service
 发球次序错误 service-order foul
 发球失误 service foul
 封堵 blocking
 攻球 attack
 勾踢 overhead kicking with the toes
 过网违例 off-net violation
 过中线 off-court violation
 合法击球 fair hit
 毽球 shuttlecock
 毽球场 shuttlecock court
 毽球网 shuttlecock net
 脚内侧发球 service with the inside of the foot
 脚内侧踢球 inside-foot kicking
 脚外侧踢球 outside-foot kicking

脚正背踢球 kick with foot-arch
 界外球 out
 进攻转移 shift of attacking point
 拉开进攻 flat-long-toss attack
 里合 internal coordination
 连击 double hit
 两次球进攻 one-two attack
 前踏 fore-step
 探头球 direct kill
 踢球 kick
 调传 adjusted pass
 头触球 touch with the head
 头球 heading
 推踢 push and kick
 外摆 outward swaying
 位置错误 position foul
 膝触球 touch with the knee
 胸触球 touch with the chest
 一次传 first pass
 移动 shift
 阵容配备 formation
 正脚背发球 service with foot arch
 中国毽球协会 Shuttlecock Association of China
 中一二 setter-in-FC formation
 准备姿势 preparatory posture
 自传自攻 self-toss and attack

6. 篮球 Basketball

“8”字形进攻 advancing figure of eight
 把三秒区地带拉空 open up the middle
 摆脱 break loose
 摆脱对方防守 break loose
 半场盯人防守 half-court man-to-man

press defense
 半场横列阵势紧逼防守 half-court lateral press
 半场紧逼 half-court press
 半场纵列阵势紧逼防守 half-court tandem press
 半钩手投篮 half-hook shot
 背后传球 around-the-back pass; back-flip pass
 背后号码 back number
 背后运球 behind-the-back dribble
 背向球篮站立 back-up position
 背向球篮转身投篮 back-up shot
 背切配合 blind pig
 被罚出场(五次犯规; NBA 是六次) foul out
 被紧紧的防守住 closely pressed
 被替换队员 substituted player
 本方球篮 own basket
 比对方跳的高 out-jump
 比分差距 scoring gap
 比赛计时表 game watch
 比赛开始 starting the clock
 比赛开始的时间 game time
 比赛片段 play phase
 比赛速度 game tempo; tempo of the game
 避开;闪过 dodging
 边线 side line
 变换速度 change of pace
 变向换手运球 swerving cross-over
 变向切 angle cut
 变向运球 change-of-direction dribble
 表演赛 exhibition game
 玻璃篮板 glass backboard

布局 floor positions	运球动作结束时的队员 dead player
布置队员位置 allocation of players	持球突破 break through with the ball
补防 filling-in	持球移动 progress with the ball
补篮;轻拨入篮 to tap in; tip-in; follow-up shot	冲刺 dash
补位 shift	冲进 buck one's way through
补位防守 shifting	冲抢篮板球 crash the board
不受干扰的近投 crisp shot	重新布阵 regrouping
擦板球 carom ball	重叠队形 tandem formation
擦板入篮 rebound shot; bank shot	重叠防守 tandem defense
裁判员 officials; referee	重新掌握球 recover a ball
裁判员暂停 time-out	出界 out of bound
裁判员手势 official's signal	处罚 penalize
裁判暂停 official's time-out; referee's time	处于比赛状态 in play
策应 post; pivot	传切 give-and-go
策应队员 post man	传切打法 give-and-go style
策应队员转身投篮 turnaround shot	传切进攻 pass and catch
策应队员转身运球 turnaround pass	传地滚球 floor pass; rolling pass
策应队员作定位掩护 blocking post	传球队员 passer
策应掩护 post pick	传球高度 passing plane
侧臂传球 sidearm pass	传球跟进 pass and follow
侧传 side pass	传球失误 errant pass
侧掩护切入 guard-around	穿过 penetration
侧翼投球手 wing shooter	穿梭移动 weave
插入 penetrating; piercing	从策应位置运到篮下 drive under basket from post position
插入队员 flasher	从场角到篮下附近作策应 corner break-out
常规赛 regular	从肩上向后传球 over-shoulder pass
场角队员 corner man	从身旁或两腿间传短球 flip pass
场角队员和中锋策应队员之间的配合 corner pivot play	粗野动作 undue roughness
场角环行切入 corner loop	打人 striking
场上基本技术训练 floor practice	打人犯规 striking
撤回 retreat	打手 hacking
	大败 wallop

大前锋 power forward	低弧度投篮 low arch shot
大西洋赛区 Atlantic Division	低拍带球 defensive dribble
待争夺的球 loose ball	低手上篮 underhand lay-up
带球插入 penetrating with the ball	低运球 low dribble
带球跑 running with the ball; traveling	底线 base line
带球走; 走步 traveling; walking	底线队员 anchor man
单枪匹马投篮得分 solo goal	盯人防守 close marking defense
单人紧逼 one-man press	定人防守 match-up defense
单手低手上篮 one-hand underhand lay-up shot	定位掩护 stationary screen
单手低手向前传球 bowling pass	东部联盟 Eastern Conference
单手肩上传球 baseball pass	短传 short pass
单手肩上投篮 one-hand over-shoulder shot	队标 badge
单手掏投 one-hand underhand sweep shot	对方进攻的篮 opponents' basket
单手跳投 one-hand jump shot	对付各种进攻的防守法 situation defense
单手投篮 one-hand shot	对角线勾手投篮 diagonal hook shot
单手头上投篮 one-hand overhead shot	对角线急停投篮 diagonal stop-jump shot
单手向前传球 bowling pass	对球的控制 ball control
单手胸前传球 one-hand chest pass	队员五次犯规 five fouls by player
单手原地投篮 one-hand set shot	夺球 stealing the ball
单手转体 90 度跳投 one-hand jump-twist shot	2-2-1 进攻 two-two-one offence
单中锋 single-post	2-3 区域联防 two-three zone defense
单中锋进攻 single-post attack	24 秒违例 24 seconds violation
导致取消比赛资格的犯规 disqualifying foul	2-1-2 区域联防 two-one-two zone defense
得分 point	发界外球者 in-bounder
得分后卫 shooting guard	罚场 foul out
得分最高的队员 top scorer	罚球 free throw
灯光球场 floodlit court	罚球半圆 free-throw semi-circle
低传 underhand pass	罚球得分 converting a free throw
低传球 low pass	罚球队员 free-thrower
	罚球区 free throw lane
	罚球线 free throw line
	罚球未中 unsuccessful dribble
	罚球中 convert a free throw

- 犯规次数牌 foul markers
 犯规队 offending team
 犯规队员 offending player
 犯规少的比赛 clean game
 犯规者 offender
 反身投篮 reverse shot
 反手投篮 backhand shot
 反弹传球 bounce pass
 反弹较远的篮板球 deep rebound
 放弃罚球 forfeiting a penalty
 防守策应队员 post defender
 防守距离 guarding distance
 防守快攻 defensive fast break
 方形阵势 box formation
 非法运球 illegal dribble
 分位线 lane place line
 分组练习 station drills
 封堵(投篮) blocking
 封死传球路线 cut off the passing lanes
 改变方向 change of direction
 改变方向的切入 change-off
 盖帽 blocking a shot
 干扰球 goal tending
 高吊传球 lob pass
 高弧度投篮 high arch shot
 高运球 high dribble
 个人犯规; 侵人犯规 personal foul
 个人防守 individual defense
 个人技术 individual technique
 个人全能比赛 individual all-around competition; IAA
 给场角队员作掩护 corner pick
 给同伴做掩护 set a screen
 跟进 follow-in
 跟进打法 trailer play
 跟进抢篮板球 follow in
 攻防转换 transition game
 勾手传球 hook pass
 勾手扣篮 hook dunk
 勾手投篮 hook shot
 故意犯规 fragrant foul
 固定配合进攻法 set-play attack; pattern attack
 固定战术 fixed tactics
 关门 shut-the-door
 规定比赛时间结束 expiration of regulation playing time
 规定手势 conventional sign
 滚球 roll
 国家篮球队 NBA; National Basketball Association
 国际篮球联合会 IBA; International Basketball Association
 国际篮球赛 international basketball match
 国际业余篮球联合会 International Federation of Amateur Basketball
 合法的防守位置 legal guarding position
 合法掩护 legal screen
 横传球 cross pass; lateral pass
 后裁判 trail official
 后场 back court
 后撤防守 slough
 后卫 guard
 后卫重叠进攻 stack guard offence
 后卫队员 goaltender
 后卫向里切入 guard through
 后掩护 back screen

后转身 rear pivot
 后转身运球 reverse dribble
 弧形传球 loop pass
 弧形切入 loop cut
 弧线运球 arch dribble
 互相换位 shuffle; huffle
 花哨的传球 fancy pass
 花样传球 fancy pass
 换人 change of player; substitution
 换手运球 cross over
 换位进攻 switching offense
 回位球 returned pass
 混合防守 composition defense
 活球 live ball
 获得球 gain possession of the ball
 计时员 table officials
 计算五秒 5-second count
 记时装置 time-keeping device
 技术犯规 technical foul; technical offence
 技术设备 technical equipment
 技术性错误 technical infraction
 季后赛 playoffs
 急停 instant step
 急停跳投 stop-jump shot
 挤过 muscle move
 挤过防守 fight through the screen
 机动进攻 trap; clamp
 假传球 fake pass
 假掩护 dummy screen
 假装不准备接球 dummy play
 假装投篮的传球 fake-shot pass
 夹击 trap; clamp
 肩上投篮 shoulder shot
 将球传出 pass-out

将球塞入篮内 dunk shot
 奖杯 cup; trophy
 交叉步 cross-over step
 交叉反弹传球 crossover bounce pass
 交叉进攻 alternating attack
 交叉掩护 crossing screen
 交换防守 screen-switch defense
 截球 intercepting the ball
 界外传球 pass from out-bounds
 界线 boundary line
 接球 receive; catching the ball
 接住球 catch a ball
 紧逼 pressing; pressure
 紧逼盯人 close to mark
 紧逼盯人防守 close man-to-man
 进攻半场盯人防守 offensive half-court
 man-to-man defense
 进攻区域联防 offensive zone defense
 进攻区域紧逼 offensive zone press
 进攻全场紧逼盯人防守 offensive full-
 court man-to-man press defense
 进攻位置 offensive position
 进入比赛状态 in good form
 近距离猛力传球 plugging
 近距离投篮 close-in shot
 聚众犯规 multiple foul
 卡在篮圈支颈上 lodge in the basket
 support
 开表 game clock
 开始钉人 pick up
 客队 visiting side
 空切 cut
 空心球 clean shot; open shot
 空中传球 in-the-air pass

- 空中运球 air dribble
 空中转身 pivot in air
 控制篮板球 control on rebound from the backboard
 控制拍球 controlled tap
 控制球 ball-control; freezing the ball
 控制战术 ball-controlling play
 扣篮 dunk shot; over-the-rim shot
 跨步交叉 cross-over stride
 跨步立定 stride stop
 跨步上篮 stride lay-up
 跨下运球 hipbone dribble
 快攻 fast break; Break
 快攻第一传 outlet pass
 快速插上 flash
 拉开 clear-out
 拉开对方防区 spreading the defense
 拉人 holding
 篮板 backboard
 篮板球 rebounds; back-board recovery
 篮板上的小方框 backboard marking
 篮架 basket support
 篮架支柱 basket post
 篮圈 ring
 篮圈上的小环 gangle loop
 篮球比赛 basketball match
 篮球标区 target rectangle
 篮球场地 basketball court
 篮球队 basketball team
 篮球队服 basketball team uniform
 篮球队与运动员 basketball team and player
 篮球技术 basketball technique
 篮球名将 cage ace
 篮球前锋 basketball forward
 篮球邀请赛 basketball invitational match
 篮球运动规则 basketball rules
 篮球运动员 basketball player
 篮球战术 basketball tactics
 篮网 net
 篮下策应队员 pivot man
 篮下策应者 bucket
 篮下 1/4 场区 quarter court
 篮下投篮 inside shot
 累积分表 chronological running summary of the points
 沥青球场 asphalt court
 连罚 multiple throw
 连续传球的进攻配合 continuous pass pattern
 连续犯规 consecutive fouls
 连续两次假动作 double fake
 连续性 continuity
 联防; 区域联防 zone defense; five-man defense
 两步节拍 two-count rhythm
 两次运球 double dribble
 两手交叉传球 cross-hand pass
 临场经验 game experience
 令其退出比赛 remove from the game
 留守后卫 safety-man
 露天球场 open-air court
 乱投 hope shot
 轮转换位 rotation
 慢攻 slowness
 猛切 hard cutting
 密集; 拥挤 congestion
 密集防守 bunched defense

面对面盯人防守 face guarding	clear out play
面向或切向场角的投篮 diagonal shot	前进路线上毫无阻碍 clear path
面向球篮投篮 facing shot	抢到篮板球 securing a rebound
命中率 shooting average	抢断 steals
磨时间进攻 stall offence	抢断球 intercepting
NBA 联赛 National Basketball Association	抢篮板球 backboard recovery
League	抢篮板球队员 rebound player
男子篮球队 quint	抢篮板球数 rebounds
男子篮球赛 men's basketball match	抢前场篮板球 offensive rebounding
内侧掩护 inside screen	抢先半步过人 half-step advantage
内线队员 inside man	强行攻入内线 jamming the ball inside
内线掩护 down screen	切 cutting in
内中锋 low post	切入 cut in; knife
能命中的投篮位置 scoring territory	切入篮 lay-up shot
女子篮球赛 women's basketball match	侵人犯规 personal foul
拍传 tap pass	轻拨入篮 flipping the ball into the basket
拍击球 bat	球场 playing court
判犯规 charge a foul	球场面积 dimension of the court
判投中无效 canceling a goal	球场中心 center of court
判投中有效 allowing a goal	球队席区域 team bench areas
判无效 cancel	球队犯规 team foul
抛球 toss a ball	球队席 team bench
跑动传球 running pass	球架立柱 basket post
配合裁判 free referee	球篮 basket
配合很好的进攻 well-coordinated of-	球路 course of ball
fence	区域盯人 match-up zone
起跳脚 take-off foot	区域紧逼 press zone
前裁判 lead official	区域进攻 zone attack
前场 front court	区域联防 zone defense
前场进攻 front-court offence	区域联防阵式 zone defense
前场篮下方向 down court	圈顶处 top of the key
前场投篮地区 front court scoring area	全场紧逼 all-court press; pressing all-
前锋横切 forward across	court game
前锋拉空让后卫进攻的打法 corner	全场紧逼盯人防守 full-court man-to-

man press defense	上半场结果 half-time score
全队的攻守策应 floor play	上篮 lay up
全队犯规标志 team foul marker	上手传球 overhead pass
全队进攻 team offence	神投手 sharp shooter
全队七次犯规 seven fouls of a team	身体的位置 body position
全力进攻 all-out attack	身体接触 personal contact
全明星赛 all star game	室内球场 indoor court
扰乱投篮 basket interference	室外球场 basketball camp
绕过中锋切入 shuffling cut	视野的深度 depth of vision
绕过对方的掩护 detour round a screen	时间通则 timing regulation
绕切 cut around; wheel type cutting action	十秒钟规则 ten-second rule
人盯人防守 man to man defense	十秒钟制度 10-second rule
人盯人紧逼 man-for-man tag	手递手传球 hand off
赛前训练营 training camp	手势;信号 signal
三步上篮的最后两步 one-two count	双裁判制 double referee system
三分球 three-point goal	双方犯规 double foul
三分投篮区 three-point field goal areas	双人传球 passing in pairs
三分线 three point line	双人紧逼 two-man press
三秒钟规则 three-second rule	双人进攻 two-man break
三秒钟限制 three-second restriction	双人突破 two-man dash
三人传球 three-man inter-passing	双人掩护 double pick
三十秒钟规则 thirty -second rule	双手传球 two-hand pass
三线进攻 three-lane fast break	双手低手拨传球 two-hand underhand flip shot
三中锋进攻 triple pivot attack	双手低手罚球 two-hand underhand free throw
3-2 区域联防 three-two zone defense	双手低手上篮 two-hand underhand lay- up shot
3-2 阵式 three-two formation	双手接球后立即传球 shove pass
3 秒违例 3-second violation	双手扣篮; 双手脑后投篮 two-hand pump shot
3 秒区; 罚球区; 禁区 foul lane; free- throw zone	双手掏投 two-hand underhand sweep shot
哨 whistle	双手头上传球 two-hand overhead pass
善变; 难于捉摸 deception	双手头上罚球 two-hand overhead free
善传球者 sharp passer	
善抢球者 quick hand	
上半场 first half	

throw	投篮次数 number of shots taken
双手头上上篮 two-hand overhead lay-up shot	投篮点 shooting spot
双手头上跳投 two-hand overhead jump shot	投篮动作 act of shooting
双手头上原地投篮 two-hand overhead set shot	投篮方式 pattern of shooting
双手投篮 two-hand shot	投篮角度 shooting angle
双手胸前传球 snap pass	投篮命中次数 number of shots made
双手胸前投篮 two-hand shot	投篮抛物线 arch of the throw
双手原地投篮 two-hand set shot	投篮曲线 arch of throw
双中锋 double post	投篮位置 shooting position
双中锋进攻 double pivot attack; double post attack	投篮意识 sense of shooting
四传进攻 four-pass offence	投篮准的队员 hotshot
四节比赛 four quarters	投篮准确性 shooting accuracy
四人“8”字进攻 four-man figure of eight	投中 shoot the ball in; make a basket; find(locate) the basket(hoop)
太平洋赛区 Pacific Division	投中得分 making a goal
弹跳 bouncing	透明篮板 transparent backboard
替补队员 second-string player	头上传球 overhead pass
替补队员席 substitute bench	头上投篮 overhead shot
跳步抢前换防 jump switch	突分 drive-in and pass
跳起传球 jump pass	突破 breakthrough
跳起时往后拨球 back tap	突破切入 cut in
跳球时向后远拍球 deep back tap	突然起动 sudden start
跳起投篮 jump shot	推人 pushing
跳球 jump ball	脱离比赛状态 out of play
跳球队员 jumper	拖时间的战术 delaying tactics
停表 stop the clock	拖延时间 delay the game
停止活动 stop action	拖延时间的战术 delay tactics
停止运球 standing dribble	外侧掩护 outside screen
投篮 goal shot; shooting	外策应队员 high post man
投篮不中 miss a basket; missing the basket	外围传球 perimeter pass
	外围投篮 outside shooting
	外中锋 high post
	往前传球 forward the ball
	位置区 lane place

- 围守 girding defense
 尾随运球着进行配合 dribble-trailer
 五人“8”字进攻 five-man figure of eight
 五人补位联防 five-man shifting defense
 五次犯规 five fouls
 五秒钟规则 five-second rule
 5 秒违例 5 seconds violated
 西部联盟 Western Conference
 吸引对手 draw the opponent on oneself
 下半场 second half
 限制区 restricted area
 先慢慢磨然后伺机全面突击的打法
 free play
 向背后反弹传球 back-bounce pass
 向前拍球 forward tap
 向前转身 forward pivot
 向外切 break-out
 向右做假动作后从右面突破 fake right
 go right
 向左做假动作后从右面突破 fake left
 drive right
 小篮球 mini-basketball
 小前锋 small forward
 小心的打法 cautious play
 斜角单手投近距离擦板球 cut-shot
 斜线变向切入 cross-court reverse
 行进间单手投篮 running one-hand shot
 行进间低手投篮 running underhand shot
 行进间投篮 action shot; running shot
 行进间掩护 moving screen
 胸前投篮 chest shot
 宣布死球 kill the ball
 选择权利 right of option
 训练员 trainer
 Y 字防守队形 Y-formation
 压缩防守的进攻法 pressing offence
 沿边线;底线切入 angle cut
 严密防守 close defense
 严密封锁 bottle up
 掩护 screen; pick
 掩护队员 screener
 掩护进攻 pick and roll; screen and roll
 掩护同伴投篮 shooting screen
 掩护运球 dribble-screen
 掩护转身切入 pick and roll
 延长比赛时间 extension of playing time
 延迟进攻 delayed offence
 要求换人 request substitution
 要求暂停 request time-out
 移动进攻 motion offense
 一步传球 step pass
 一步立定 two-foot stop
 一打一 one on one; isolation
 一个队员的得分总数 total points
 一三一进攻 one-three-one defence
 1-1-2 区域联防 box-and-one defence
 1-1-3 区域联防 one-one-three defence
 1-2-1 进攻 one-three-one offence
 以肩撞人犯规 shouldering
 迎前去接近 close out
 应付对方掷界外球的防守 out-of-
 bounds defence
 用拳击球违例 striking the ball with the
 fist
 用手侵人犯规 illegal use of hands
 用臀部或背部撞人 back into
 用指尖控制球 finger-tip control
 友谊杯 friendship cup

- 右后卫 right guard
 右前锋 right forward
 右手投篮 right-handed hook shot
 余光 split vision
 迂回策应 reverse post
 原地投篮 set shot
 原地投篮战术 set-shot attack
 原地投篮进攻战术 set shot attack
 原地运球 dribble; dribbling
 远距离投篮 long-distance shot
 运动员席 team bench
 运球 dribble
 运球急停作定位掩护 dribble block
 运球拉开 dribble clear-out
 运球路线 dribbler's path
 运球前进队员 dribbler
 运球受阻时折回 reverse dribble
 运球停下掩护 dribble-stop screen play
 运球投篮 dribble shot
 运球突破 driving in
 运球违例 illegal dribble
 运球转身 turnaround dribble; pivot dribble
 运球撞人 dribble charging; dribbling collision
 在场角的夹击 corner trap
 在移动中突然改变方向 change-up
 暂停比赛时间 time out
 暂停计时表 time-out watch
 造成掷界外球的犯规 foul without free throw award
 折体动作 jackknife
 阵地战 position game
 阵地进攻 set play; set offence
 阵容 line-up
 争球 held ball
 掷界外球配合 out-of-bound play
 直接命中 shoot straight
 执行裁判 active referee
 指出犯规者 designation of the offender
 指尖拍传 tap pass
 中部赛区 Central Division; Midwest Division
 中场 mid court
 中锋策应 bucket play; center-pivot play
 中锋技术 center-forward technique
 中国篮球协会 Basketball Association of China
 中距离投篮 middle-distance shot
 中投 middle-distance shot
 中线投篮 shoot from the center line
 终场时间 gun time
 轴心脚 pivot foot
 主裁判 referee
 助攻 assists
 转身 turnaround
 转身勾手投篮 back-up shot
 转身灵活 quick turn
 转身投篮 pivot shot
 转身运球进三秒区投篮 pivot dribble into lane with jump shot
 转体投篮 jump-twist shot
 撞人 charging
 追加罚球规则 three-for-two rule
 “之”字形传球 zigzag pass
 自由打法 free lance play
 阻挡 blocking
 组织后卫 point guard

组织进攻 set up
 组织进攻的后卫 offensive guard
 组织进攻队员 playmaker
 最先上场队员 starting player
 最后四强 final four
 左后卫 left guard
 左前锋 left forward
 做过人的假动作投篮 fake drive and shot
 做投篮假动作后运球过人 fake shot and drive
 做一次暂停论 charged time-out
 做原地投篮假动作后运球突破 up-and-under dribble

7. 垒、棒球

Softball and Baseball

安打 base hit
 安打率 batting average
 安全打 hit; safety hit
 安全进垒 safe
 8 字式投球 “8” figure
 8 字投球法 8 figure
 半挥 half swing
 棒球 baseball
 棒球场 baseball field; baseball ground
 棒球技术 baseball technique
 棒球帽盔 baseball helmet
 棒球迷 baseball enthusiast
 棒球面罩 baseball mask
 棒球球棒 baseball bat
 棒球区 baseball league
 棒球手区 short field
 棒球手套 baseball gloves

棒球运动员 baseball player
 棒球战术 baseball tactics
 暴投手 wild pitcher
 被杀出局 put-out
 本垒 home base
 本垒板 home plate
 本垒打 home run; homer
 比赛弃权 forfeited game
 比赛有效区 game validity area
 臂部犯规 pitcher's arm fault
 边线 foul line
 变化球 knuckle ball
 不合法投球 illegal pitch
 不合法击球 illegally batted ball
 不合法击球 illegally batted ball
 补位 cover
 擦棒球 foul tip
 侧面投球 set-up position
 侧身投球法 set-up position
 策应 back up
 场内腾空球 infield fly
 触击 bunting
 触击球 bunting; bunt ball
 触杀 touch-out
 出局 out; down away
 传球 throwing
 传杀 throw-out
 大联赛 major league
 代打 substitute
 挡网 baffle net
 盗垒 stealing base
 得分 score
 得分板 scoreboard
 得分打 get a goal to beat

得分有效 efficacious score	护档 supporter
得一分 scoring a run	护胫 shin guard; leg guard
等待圈 waiting circle	护脸 mask
地滚球 ground ball; grounder	护帽 helmet
摘杀 take off to kill	护腿 leg protector
低手传球 underhand throw	滑垒 sliding
钉鞋 spiked shoes	坏球 ball
队员席 bench; dugout	挥棒 swing bat
队长 captain	挥击 swing
二垒 second base	击跑配合战术 run and hit; hit and run
二垒安全打 two-base hit	击跑员 batter-runner
二垒手 second baseman	击球 batting; hitting
发球 pitching ball	击球次数 hit ball with racket the number of times
妨碍 obstruction	击球次序 batter-runner; batting order
防守 fielding	击球队(攻队) batting team; side at bat
防守队 fielding team	击球手线 batsman's line
防守率 fielding average	击球网 batting cage
分指手套 glove	击球员 batter
封杀 force; force-out	击球员区 batter's box
攻队 offensive team	击球员准备出场区 on-deck circle
关键球 winning ball	继续比赛; 活球 ball in play; live ball
国际业余棒球协会 International Ama- teur Baseball Association	夹杀 run down
国际垒球联合会 International Softball Association	接球 catching
好球 strike	接球失误 muff
好球区 strike zone	接杀 put-out
和局 drawn game	接手 catcher
后摆式投球 sling shot	接手漏接球 passed ball
后摆投球法 sling shot	接手面具 cage
后半局 second half	接手区 catcher's box
后撤防守 play deep	界内场地 fair territory
候补投手练习区 bull-pen	界内球 fair ball
候援投手 relief pitcher	界外场地 foul territory
	界外球 foul ball

- 界外击球 foul hit ball
 近迫防守 play shallow
 局 inning
 局次 inning
 决胜局 extra-inning
 开球队员 lead-off
 快球 fast ball
 拦接 cut-off
 垒 base
 垒包 bag
 垒道 base path
 垒垫 base plate
 垒间线 base line
 垒球 softball
 垒球场 softball field; softball ground
 垒球技术 softball technique
 垒球帽盔 softball helmet
 垒球面罩 softball mask
 垒球球棒 softball bat
 垒球手套 softball gloves
 垒球运动员 softball player
 垒球战术 softball tactics
 连击 double bunting
 连指手套 mittens
 漏接 passed ball
 漏接 over throw
 露天看台 bleacher
 轮击次数 round shot number of times
 慢球 slow ball
 内场 infield; diamond
 内场边沿线 the foul line infield
 内场手 infielder
 内角球 inside corner ball
 跑而打 run but beat
 跑垒 base running
 跑垒员 base-runner
 跑垒员限制线 three-foot line
 跑垒指导员 coacher
 跑垒指导员区 coacher's box
 佩奇制正面投球 wear the strange system
 face to face
 平分决胜局 divide equally the odd trick
 平直球 liner; line drive
 弃权 forfeiture
 前半局 first half
 牵制跑垒员的传球 pick-off
 抢分 run scored
 抢分触击 squeeze bunt
 强击手 heavy batter; slugger
 球棒 bat
 球员休息处 dugout
 全垒打 home run home; four-bagger
 全垒打 home run
 全胜赛 perfect game
 全体队员 nine
 绕环式投球 wind mill
 绕环投球法 wind mill
 软棒球 sponge ball
 三击出局 struck-out
 三垒 third base
 三垒安全打 three-base hit
 三垒手 third baseman
 三杀 triple kill; triple play
 三英尺界线 three-foot line
 上场替换的投手 relief pitcher
 上曲线球 curve-up ball
 上升球 rise ball
 申诉 report

申诉行为 appeal play	投手土墩(棒球) pitcher's mound
胜利投手 victory pitcher	投手责任失分 earned run
试投 try the hurl	外场手 outfielder
失误 turnover	外角线 outside corner ball
守备 fielding	外曲线球 out-curve ball
守场员 fielder	握棒 grip
守队 defensive team	无安打无得分获胜的比赛 complete game
守垒员 baseman	无效比赛 cancel game
双重赛 double-header	下曲线球 curve-down ball
双盗垒 double steal base	下坠球 drop
双垒包 double bags	先攻队 visiting team
双杀 double kill; double play	先守队 home team
司棒裁判员 base umpire	向前扑垒 head-first
司垒裁判员 base umpire	牺牲触击 sacrifice bunt
司球裁判员 field umpire; plate umpire	牺牲打 sacrifice hit
四个环球 four balls	牺牲腾空球 sacrifice fly
四球安全上垒 base on balls	选杀 choose to kill
死球 ball not in play; dead ball	延迟死球 delay dead ball
缩棒 back swing	野传球 wild throw
腾空球 fly ball	野投 wild pitch
替补 relief pitcher	一击 a shot
体侧传球 sidearm throw	一垒 first base
偷垒 stealing	一垒安全打 one-base hit; single
偷垒者 base stealer	一垒手 first baseman
退回原垒 returning to base	一球 a ball
投球 delivering	游击手 shortstop
投球中身 pitch ball the inside body	右手击球手 right-handed batter
投杀 pitch-out	右手击球员区 right-handed batter's box
投手 pitcher; hurler	右外场 right outfield
投手板 pitcher's plate	右外场手 right outfielder
投手犯规 balk	有效比赛 called game
投手区 pitcher's box	正面投球法 windup position
投手圈(垒球) pitcher's circle	正式比赛 regulation game
投手投球 pitching	

指定击球员 designated hitter
 直球 straight
 中国棒球协会 Baseball Association of China
 中国垒球协会 Softball Association of China
 中外场 center field
 中外场手 center outfielder
 轴心脚 axis feet
 主杀 the lord kills
 助杀 help to kill
 准备击球区 the preparation hit ball with rackets the area
 自由脚 free feet
 总教练 manager
 足部犯规 pitcher's foot fault
 阻挡 appeal play
 最后一个打手 last batter
 最佳击球手 leader hitter
 最佳投手 ace
 最先上垒的跑垒员 lead runner
 左撇子投手 screw-arm player
 左手击球员区 left-handed batter's box
 左外场 left outfield
 左外场手 left outfielder

8. 门球 Gate Ball

击球 hitting
 接力 relay
 门球 gate-ball
 门球场 gate-ball court
 门球门 gate-ball goal
 门球球棒 gate-ball bat
 门球终点柱 finish post

闪击 quick strike
 10秒违例 10-second violation
 守门 goal-keeping
 通过球门 go through the goal
 终点柱 finish-post
 撞击终点柱 hit the finish-post
 撞球 charge

9. 排球 Volleyball

半快球 half-quick attack
 保护 cover
 保护队员 covering player
 保护扣球 block cover; covering the smash
 保护拦网 stop cover
 保护一角 cover an angle
 背传球 back pass
 背垫球 backward under toss
 背飞 backward flight spike
 背快 quick spike from backward set
 背快球 quick-C
 背溜 quick-D; quick spike form backward shot set
 背平快 quick spike from flat backward set
 捧球 lifting
 备用球 spare ball
 被替换的队员 substituted player
 本场区 own court
 本方场地 own court
 比赛用球 official ball
 臂力 arm power
 边跟进 side-cover defense
 边一二战术 setter-in-FL formation
 变化速度 change of pace
 标志杆 vertical rod

- 补位 seam protection
 补位队员 seam protector
 步伐 pace
 不转球 knuckle ball
 擦网 touching the net
 裁判 umpire
 裁判台 official's tribune
 侧传球 side-arm pass
 侧滚动 side roll
 侧滚动 side-roll
 侧面发球 side hand service
 侧面下手发球 side underhand service
 侧卧垫球 side-dive under toss
 侧旋球 side-spinner
 侧鱼跃 side-dive
 插蜡球 lobbing service
 插上 penetration
 铲球;救球 dig
 场上队长 position of payers
 超拦网扣球 smash on the block
 超手扣球 spike over the block
 冲 dash
 重叠拦网 tandem block
 重赛一球 replay the ball
 出界 out of bound
 触球 contact with the ball
 触网 net fault; touch the net
 触网犯规 touch net
 处理球 difficult ball
 传高球 arch
 传集中球 inside set
 传近网球 close set
 传拉开球 open toss; wide set
 传球到位 spot pass
 传球失误 toss miss
 传远网球 deep set
 打拦网手扣球 smash on the block
 打落网 playing into the net
 打手出界 spike off the block
 大力发球 drive service
 大力钩手发球;抡臂发球 round house
 serve
 大力扣球 hard driven spike
 大力扣杀 powerful smash
 大轮臂扣球 windmill attack
 带假动作的中速扣球 feint and half
 speed spike
 单臂滑行垫球 one-arm slide under toss
 单脚起跳扣球 one-leg take-off spike
 单脚起跳快 one-footed take-off quick
 spike
 单人拦网 one-man block
 单人拦网防守阵形 one-man block de-
 fense
 单手传球 single hand pass
 单手垫球 one-hand under toss
 单手接球 single hand receive
 单手托球 one-hand set
 单循环顺序表 Berger table
 挡球 pushing
 倒地传球 fall down pass
 得分不算 no count
 登记出场队员位置 recording of line ups
 低传快攻 low set and a quick attack
 低二传 low pass
 低球 under-ball
 低姿垫球 squatting under toss
 第三次暂停违例 foul for third rest peri-

od	发球擦网 service touching the net
电动记分牌 electric scoreboard	发球次序错误 serve out of order
垫步 skip	发球得分 serve point; service ace
垫传 dig pass	发球队员 server
垫球 under toss	发球区 service area
垫上练习 mat work	发球权 serving
吊球 drop	发球权一方 hand-in
钉住 mark	发球失误 serve fault
短传快攻 short set and quick attack	发球时队员位置错误 out of position at
短平快扣球 quick spike from flat short	service
set	发球时掩护 screen during service
短球 short	发球无效 cancel a service
对方场区 opponent's court	发球一方 serving side
对准球 alignment with the ball	发下坠飘球 drop -float
队员的位置关系 relative positions of	发下坠球 drop service
players	帆布带 canvas band
蹲在球的下方 squat under the ball	反手发球 backhand service
多变打法 variety of play	反弹球 rebound ball; ball bounced back
多人进攻 multiple attack	from the net
多种触球 multiple contacts	防反 defense and counter-attack
躲拦网手扣球 spike past the block;	防守面积 floor coverage
clearing the block spike	防守区 defense area
二传 second pass; set; set-up	防守阵形 defensive pattern
二传手 setter	封网得分 within bounds
二次进攻 two-step attack	负场 match lost
二次球 one-pass attack; one-two attack;	副裁判 set umpire
two-count spike	副二传手 second setter
二传托的太远 overcast a set-up	副攻手 second spiker
发保险球 safe service	盖帽拦网 cap block
发变化球 varying service	干扰;影响 interfere
发高球 lobbing service	钢绳 cable
发近网吊球 drop short service	高传 high pass
发飘球 floater service	高点扣球 high spike
发球 serve	高吊发球 lobbing service

个人警告 personal warning	后排一人上前保护的防守 man up defense
给高球 lob	后排右(一号位) right back (player No. 1)
攻击性拦网 offensive block	后排中 6 号队员 center back player No. 6
勾手大力发球 canon-ball service	后排左 5 号位队员 left back player No. 5
勾手发球 hook service	换位 change of position; switching
勾手扣球 windmill smash	后区 back zone
勾手飘球 hook-float service	后退步 back step
够不着 out of reach	弧度 arch
够得着 within reach	滑步 slide
故意拖延比赛 intentional delay of the game	换发球 change of service
观众看台 stands	换人号码牌 number plate for substitution
滚动 roll	换人违例 integral substitution
滚动救球 rolling receive	换人暂停 time out for substitution
滚翻垫球 rolling under toss	晃跳 trick jump
滚网球 ball running along the net	挥臂 swing of the arm
过头发球 overhead service	击出界外 shooting out the ball
过网 over net	击入空挡得分 score a placement
过中线犯规 off-side foul	机会球 chance ball
国际排球联合会 International Volleyball Federation	急起 rocket start
国际排球赛 international volleyball match	集体拦网 combination block
合法发球 good service	记分表 match sheet
后摆动作 swing to the rear	记分牌 scoreboard; score indicator
后交叉进攻 rear switch attack	记分员 scorer
后排打法 back play	技术性弃权 technique forfeit
后排队员 back line player	假传球 pass feint
后排队员拦网 back line player participating	假动作 feint
后排犯规 back-line foul	假交叉进攻 feint switch attack
后排扣球 back attack	假扣 feint spike
后排进攻 back line offence	假扣球 feint ball
后排位置 back court position	夹塞进攻 wedge-in attack
	将网上球救起 recovery from net

- 交叉进攻 switch attack
- 交换位置 change of position
- 脚部违例 foot fault
- 接对方扣球 attack receive
- 接发球队员 receiver
- 接发球的站位 serve receive formation
- 接发球一方 recording side
- 接发球阵式 receiving formation
- 接扣球的站位 attack reception formation
- 接球 reception
- 接硬球连击 multiple contact after hard hit
- 界内球 in
- 进攻 smash; spike; attack
- 进攻区 attack zone
- 进攻线 attack line
- 进攻阵式 attack formation
- 近体快球 quick spike from class set
- 救球 save
- 救入网球 net recovery
- 局间休息 interval between games
- 举球 lifting the ball
- 具有高度技术的队员 technique man
- 决定名次的比赛 classification league
- 决胜局 final set; deciding set
- 开始位置 starting position
- 靠边线拦网 wing block
- 靠近端线的两角; 后区两角 back corners
- 空当 unprotected area
- 空挡 free space; opening
- 空间差 alternate space spike
- 空中越线 cross the vertical plane
- 控制 directional control
- 控制落点; 击入空当 placement
- 扣球 spike; slam spike
- 扣球出界 spike out
- 扣球后手随球过网 reach over the net after spike
- 扣球练习 knock; knock toss
- 扣球前的起跳 take off for a spike
- 扣球式发球 smash service
- 扣杀 smash
- 扣手; 攻手 attacker; spiker
- 扣斜线 slide smash
- 扣硬球 strong spike
- 扣远网球 distance attack
- 扣直线 straight smash
- 跨步 stride
- 跨步垫球 stride under toss
- 快板球 wild cat spring attack
- 快攻 fast attack
- 快攻球 quick attack; wild cat spring attack
- 快扣 quick spike
- 快抹球 quick dink spike
- 快球 quick kill
- 拉开扣球 open spike
- 拉锯战 seesaw game
- 拉三 set-up for player No. 3
- 拉四 set-up for player No. 4
- 拦网; 封网 blocking
- 拦网成功 shut out
- 拦网得分 block point
- 拦网队员 blocker
- 拦网空隙 gap in block
- 拦网时触手出界 stop out
- 拦网姿势 blocking form

捞球 scooping up a ball	跑动进攻 moving attack
立体进攻 stereoscopic attack	配合 combination
连击 double touch	皮尺 tape measure
连续扣球 repeated smashes	劈手扣球 hit off a blocker's hand
连续拦网 continuous climbing	飘球 floating service
两次触球 double contact	平传 shot set; parallel set
两个同队队员同时击球 simultaneous hit by two teammates	平拉开 quick-B
两角开立 stride position	平拉开传球 open spike
两手都能扣球的 ambidextrous	平拉开扣球 quick spike from flat wide set
两手都能扣球的队员 double attacker	平拉快 quick spike from parallel-long- toss
六人接发球阵式 six-man serve reception	起动 start
露天看台 bleachers	器材 apparatus
轮换发球 alternation	前飞 forward flight spike
轮流发球 alternation	前排队员 forward
轮转 rotation	前排边位置 front court wing position
轮转犯规 rotational fault	前排右(二号位) right forward (player No. 2)
轮转顺序 rotational order	前排中 3 号位队员 center forward player No. 3
轮转位置 rotational position	前排左 4 号位队员 left forward player No. 4
落点 landing point	前排右 2 号位队员 right forward player No. 2
马蹄形防守 hoof-shaped defense	前扑垫球 forward-dive under toss
马拉松式的比赛 Marathon game	前区(攻击区) attack zone
没有防守的地区;无保护区 uncovered territory	强攻型的打法 power volleyball
迷惑对方的打法 trick play	强有力的扣杀 powerhouse smash
男子排球赛 men's volleyball match	请求换人 request substitution
内撤 "man back" defense	请求暂停 request time-out
女子排球赛 women's volleyball match	轻;缓扣 soft
排球 volleyball	轻打 soft spike
排球场地 volleyball court	轻扣 feint ball; half-speed hit
排球技术 volleyball technique	
排球运动员 volleyball players	
排球战术 volleyball tactics	
抛起(发球动作) toss-up	

球胆 bladder	使球成曲线飞行 curve the ball
球路 course of ball	手腕的灵活性 wrist flexibility
球皮壳 leather case	手腕动作 wrist work
球网 net	手指扭伤 sprained finger
球网高度 height of the net	手指淤伤 bruised finger
球压线 on line	甩腕 snap; snap of wrist
球柱 net post	甩腕扣球 snap down with the wrist
区域防守 zone	双方触球 both play
区域拦网 zone block	双方触网 double touch-net
曲臂动作 bent arm action	双方犯规 double fault
全身协调动作 total body action	双方同时击球 simultaneous hit by opponents
拳击球 punching ball	双卡 two-man close-up
让垫球 under toss with arms drawn back	双快一游动 double quick and running
人钉人 man to man	双手胸前传球 chest pass
人盯人拦网 man-to-man block	双淘汰制 double elimination
入网球 net in	双循环制 double round robin
沙滩排球运动 beach volleyball	双人拦网 two-man block
上场阵容 line up	双人拦网防守阵形 two-man block defense
上手传球 over-arm pass; over-toss	顺时针方向轮转 clockwise rotation
上手发球 overhand serve	顺网滚动 run along the net
上手飘球 overhand float	三局两胜制 three-set match
设备 equipment	三米线 或 进攻线 attacking line
身体后曲 arched back	三人拦网 three-man block
身体后缩或缓冲 giving of the body	三人拦网防守阵形 three-man block defense
胜场 match won	三人压后防守 three-man deep defense
胜局 set won	三人在后排的防守 man back defense
时间差 "time difference" attack; smash	三三配备 three-three system
after delayed take-off	哨子 whistle
时间差扣球 delayed spike	司线旗 lineman's flag
失发球权 loss of service	司线员 line judge; linesman
失去发球权 loss of service	死角 dead area
失误 fault	
失一分 loss of a point	
拾球人 ball-picker	

四次击球 four-hit	五局制比赛 five sets match
四二配备 four-two system	五人接发球阵式 five man service reception
四攻二传 4-2 system	
探头球 direct spike	五一配备 five-one system
腾空接球 flying receive	下蹲姿势 crouched position
梯次进攻 tandem attack	下手传球 forearm pass
踢腿动作 kick	下手发球 underhand service
体侧垫球 side under toss	限制线 attack
体侧曲 side bend	向防守薄弱的区域轻扣 half speed hit
挑边器 courts-determining device	to a weak area
跳步 gallop	向后急转身或摆臂 back swing
跳传球 jump pass	向前挥臂 forward swing of the arms
跳发球 jump service; smash serve	相持球 volley
跳起 jump	小抡臂扣球 windmill spike
跳起传球 jump toss; jump set	小斜线扣球 inner spike
跳起掩护 cover jump	小旗 flag
跳跃 leap	斜线扣球 cross-court smash; cross
调整快 quick spike from adjusting set	smash; cross spike
停步 stop	斜线球路 cross course
同排换位 lateral switch	心跟进防守 center-cover defense
突破拦网 pierce the block	胸前号码 front number
推球 pushing a ball	休息暂停 time-out for rest
托传 toss	选择发球权 choice of service
托球 volley; set up	选择发球权或场区 choice of serve or
W 形阵式; “中一二”阵式 W formation	court
网的上缘 upper edge of the net	旋转 spin
网底的绳子 under rope	旋转球 spin
网前位置 net position	严密封闭 wall blocking
网绳 net cord	严密封网 wall blocking
网眼 mesh	掩护跳起 trick jump
位置表 line-up ticket; alternate position	掩护战术 feint cover formation
spike	佯攻 fake attack
无发球权的一方 hand out	佯攻队员 fake smasher
无防守区 unprotected area	一般犯规 minor offense

- 一场比赛 one match
 一次扣球 direct spike; direct smash
 一传 first pass
 一传队员 first passer
 一对一练习 one versus one game
 一方场区 court
 一个回合 rally
 一攻 first attack
 一局比赛 one game
 移动位置 shift
 以两分领先取胜 two point advantage
 因球击网而使球网触击队员 net driven into player
 隐蔽站位 hidden position
 用手掌击球 batting the ball
 游动进攻 wave attack
 有发球权的一方 hand in
 有防守的区域 covered area
 与身体任何部分接触过的球 contacted ball
 与网成锐角的扣球 sharp angled attack
 鱼跃 fish dive
 鱼跃垫球 diving under toss
 鱼跃救球 making a diving save
 原地扣球 standing attack; standing spike
 原地跳起 standing jump
 远距离球 long
 远网快 quick spike from far-net set
 越过中线 off-side
 运动服装 sportswear
 暂停时间 length of time out
 战术扣球 tactical smash
 站错位 out of position
 张开手掌 open hand
 张手传球 open hand pass
 掌根 heel of the hand
 掌握时机 timing
 障碍物 obstruction
 阵式 build-up; formation
 正传 forward set
 正面传球 forward pass
 正面扣球 forward spike
 正面上手发球 forward overhand service
 正面上手飘球 forward overhand floating service
 正面下手发球 forward underhand service
 正式比赛 game match
 直臂扣球 straight arm attack
 直线扣杀 straight spike; line spike
 直线球路 straight course
 指尖 finger tip
 指尖部位;指肚 pad of finger
 中国排球协会 Volleyball Association of China
 中距离球 medium
 中一二战术 setter-in-FC formation
 重扣 hard spike
 重扣轻吊 combining hard smashes with drop shots
 重心降低 keep low
 主二传 specialist setter
 主攻手 ace spikier
 主拦队员 block leader
 助跑;走向 approach
 助跑发球 running service
 转身 turn
 转体动作 body twist
 转体扣球 pivot spike

转腕扣球 spike with a snap of wrist
自动弃权 voluntary forfeit
左右手都能进攻的打法 double attack
最后报名表 final entry form

10. 乒乓球 Table Tennis

白边 white top
报分 score calling
报分错误 miscount
本方台面 home court
奔球 rushing hit
比赛场地 playing area
比赛场地面积 playing space
比赛的连续性 continuity of play
比赛开始 play ball
边线裁判员 service judge
表演赛 demonstration play
不按次序击球 striking the ball out of proper sequence
不顾一切的抽杀 devil-may-care smash
不规则弹跳 irregular bound
不执拍手 free hand
步法与移动 footwork and shift movement
擦边 touching the court
擦边球 edge ball; touch
擦网 net-cord ball
擦网出界 net out
擦网好球 net in
擦网球 net ball; net-cord ball
裁判员椅 umpire's chair
裁判员桌 umpire's table
裁判长 referee
裁判组长 chief umpire
侧手攻 pivot attack

侧身步 sideway step
侧身抽球 pivot drive
侧身攻 pivot attack
侧身抢攻 pivot shot
侧身正手抽球 pivot forehand drive
侧旋 sidespin
侧旋弧圈球 side-spin loop
场外指导 advice to players during play
长抽短吊 combining long drives with drop shots
长打法 long
长短结合 combining of long drives and drop
长球 long shot
超身球 passing shot
重发球 service let
抽出角度来 angle the drive
抽球 drive
抽杀出界 hit out
抽杀成功 hit through
抽杀得分 hit a winner
抽台内球 drive-over-the-table
出界 off
触板 impact
触网 touched net
垂直轴 normal axis
错乱的步法 confused footwork
搓球 double cut
搓球起板 to smash while exchanging chops
搓中起板 drive while exchanging chops
搓中突击 sudden drive while exchanging chops
“错接球” wrong player

- 错区 wrong court
 打触网球 catch a net
 打到对方台角的球 corner
 打得急躁 rush one's shots
 打法 style
 打近网球 net play
 打快球的练习 rapid-fire drill
 打满五局 go five
 打球出界 overdriving; over-hitting a shot
 打球落网 netting the ball
 大力抽杀 strong drive
 大力扣杀 hammer
 单步 single step
 挡球 block
 得分 point
 底线裁判员 end-line judge
 底线区 goal zone
 地面 flooring
 第三板进攻 third ball attack
 第一场比赛 opener
 吊网的细绳 net cord
 定位球 placement shot
 独特发球 freak service
 端线的假想延长线 imaginary extension
 of the end line
 端线内发球 service inside the end line
 短打法 short
 短吊 drop short
 短球 short shot
 对抽 exchanging drives
 对低球平削加转 flat spin
 对削(搓球) chopping the chop
 发刁转球 wicked twisted serve
 发短球 short service
 发反手上旋球 backhand topspin service
 发反手下旋球 backhand backspin service
 发急上旋球 quick vicious spin
 发急下旋球 quick backspin service
 发加旋球 heavy spin serve
 发扣球 smash service
 发快速反手斜线球 fast backhand cross-court service
 发平击球 flat service
 发轻球 light service
 发球裁判员 service judge
 发球次序 order of striking out
 发球得分 serving a winner; ace service
 发球犯规 fault
 发球规定 service rule
 发球或接发球权 right to serve or receive first
 发球抢攻 attacking after service; hitting the service-return
 发球失误 missed service
 发球顺序 sequence of serving
 发球违例 service fault
 发球线 service line
 发弹击式急球 flip service
 发正手上旋球 forehand topspin service
 发正手下旋球 forehand backspin service
 发转球 twist service
 发转(不转)球 spinning (knuckle) service
 翻腕击球 wrist turnover
 反手抽球 backhand drive
 反手打到对方台角 backhand corner
 反手的一边 backhand side

反手抖腕;反手突击 backhand flick	放高球防守 balloon defense
反手对攻 backhand attack and counterattack	飞行最高点 zenith of flight
反手发急球 backhand quick service	分 point
反手发右侧上(下)旋球 backhand right-side top(under)-spin service	副裁判长 deputy referee
反手反攻 backhand attack and counterattack	副检录长 assistant recorder
反手攻结合侧身攻 backhand combined with pivot attack	辅助战术 auxiliary tactics
反手攻球 backhand attack	改变球路 change direction of the ball
反手弧圈球 backhand loop drive	改变速度 change of pace
反手弧球 backhand loop drive	高吊弧圈球 high loop
反手击球 backhand stroke	高抛发球 throwing service
反手进攻打法 backhand attacking play	高炮式发球 high toss service
反手快抽 backhand fast drive	高球 lob; high ball
反手连续攻球 backhand attacking rally	攻击型打法 offensive play
反手扫球 backhand flat hit	攻击型选手 attacking player; aggressive player
反手台内抽球 backhand drive over the table	攻削结合 combination of attack and chop
反手突击 backhand flick	共同练习 joint practice
反手斜线推挡 angled backhand block	滚网球 net-cord ball
反手削球 backhand	国际乒乓球锦标赛 International Table Tennis Championships
反手右侧旋发球 backhand right-side spin service	国际乒乓球联合会 International Table Tennis Federation
反手远抽 backhand long drive	海绵拍 sponge bat
反贴海绵拍 sandwich with pimples rubber turned inwards	号码牌;代号牌 number board
反贴胶板 inward pimples rubber	合法还击 good return
方位错误 out of order of ends	狠球 slug slow
防守型打法 defensive play	横轴 lateral axis
防守型选手 defensive player	横拍握法 hand-shake grip
放短球 short ball	横握拍球员 tennis grip player
放高球 get the lob	“红双喜”乒乓球 “Double Happiness” tabletennis ball
	弧圈球 loop
	弧圈球结合快攻 combination of loop and fast attack

滑板 feint play	接发球抢攻 counter-hitting the service
滑拍 feint play	接发球抢位 lifted drive after returning
还击十二次 make 12 returns	the service
换边 change sides	接发球球员 striker-out
换方位(发球)change of ends (service)	接缝 seam
换球 change ball	接球的队员 receiver
挥拍 swing	接球员的右半区 receiver's right half
挥拍的幅度 amplitude of swing	court
挥拍路线 path of the bat	接球员的左半区 receiver's left half
回击 return	court
回击到对方近网的慢球 stop ball	界内球 inside
回球;反击 counter	界外球 outside
回球失误 making a faulty return	近台 short court
回跳 backward bound	近台打法 stay-at-the-table game
混合配对 mixed pairing	近台防守 close-to-table defense
几乎弹不起来的弧圈球 no-bounce loop	近台快攻 fast attack over the table; close-
击球 hit	table fast attack
击球次序 order of play	近台守中反攻 close to the table defence
击球的发力 striking force	(球台)近网区 net zone
击球部位 striking spot on the ball	近削 close-to-the-table chop
击球面 striking surface	救球 to retrieve; to save
急起直追 rally	救险球 saving a seemingly impossible
吉·盖斯特杯(女子单打)G. Geist Prize	ball; retrieving an impossible shot
记数员 stroke counter	局末平分 deuce
加旋弧圈球 high-spin loop drive	决赛 finals pool
加转 giving spin to the ball	决胜局 decider
检查员 inspector	决胜球 deciding ball
检录长 chief recorder	肯定能得分的抽球 sure-winner drive
降级 relegation	空档 opening; open side
交换场地 switch ends	空手还击球 ball returned with empty
角度 angle	hand
侥幸球 fluke	控制落点 placement
接发球 returning the service	控制落点得好球 placement shot
接发球得分 killing the service	扣杀 smash shot

快拨 half volley	猛烈推挡 hard block shot
快抽 quick drive	木拍 wooden bat
快挡 quick block; fast block shot	男子单打 men's singles
快攻结合弧圈球 combination of fast attack and loop	男子单打安慰赛 men's consolation singles
快攻手 fast attack player	男子双打 men's doubles
快速抽杀 quick topspin service	男子团体赛 men's team event
快、准、狠、变 speed, accuracy, power and flexibility	男子团体竞赛方法 rules for men's team event
拉长短球 long and short lifted balls	内曲线 incurve
拉抽 lifted drive; lifted ball	能打加旋弧圈球的选手 super looper
拉攻 topspin	逆旋 counter-clockwise spin
拉两角杀相反方向 smash after lifter lift to opposite	女子团体竞赛方法 rules for women's team event
拉球 lifting the ball	女子单打 women's singles
拉上旋球 over spin lift	女子双打 women's doubles
拉中路杀两角 corner smash after lift to the middle	女子团体赛 women's team event
拦板 barriers	女子单打安慰赛 women's consolation
拦击 volley	女子赛组 women's division
颗粒胶 pimples rubber	拍柄 handle
连续扣杀;连续进攻 continuous smashes	拍的倾斜度 slope of bat
连着几个得分球 straight winners	拍身 blade
两面攻(左右开弓) attacking on both sides	拍形;拍的角度 angle of the bat
两跳 double bounce	拍形垂直 bat in vertical position
量网尺 net measuring gauge	拍形后仰 bat tilted backward
临场指导 bench coach	拍形前倾 bat tilted forward
轮番进攻 double-barrel attack	拍形稍后仰 bat tilted slightly backward
轮换发球法 expedite system	拍形稍前倾 bat tilted slightly forward
马赛尔、考比伦杯(女子团体) Marcel Corbillon Cup	拍形向上 bat upward
猛打 smack	拍形向下 bat downward
猛攻 bomb	抛球 throwing the ball; projecting
	炮弹式的扣杀 cannon like kill
	飘球 floater
	陪练的队员 trial player

配对 pairing	球台厚度 thickness of table
碰网柱好球 pole in	球台两侧 flanks
平击发球 flat service	球台弹性 springiness of table
乒乓球 table-tennis ball	球台移动 moved table
乒乓球比赛场地 competition arena for tabletennis	球网支架 clamp
乒乓球技战术 tabletennis technique and tactics	球下降 descend
乒乓球锦标赛 tabletennis championships	球向上飞行路线 ascending line of flight
乒乓球拍 tabletennis bat	球向下飞行路线 descending line of flight
乒乓球赛 tabletennis competition	球旋转轴 axis
乒乓球示分牌 scoring board	球在比赛进行中破裂 ball fractured in play
乒乓球台 table	球桌安排 plan of tables
乒乓球网 tabletennis net	取得最后阶段比赛权的八名选手 last eight
乒乓球选手 tabletennis player	曲度 angle of curve
乒乓球运动员 tabletennis player	曲线 curve
波普杯(女子双打) W.J. Pope Trophy	曲线球 curved stroke
前冲弧圈球 accelerated loop	全台 full court
巧妙发球 tricky service	绕过球网 around the net
切削防守型选手 cutting stroke defensive player	人名牌 name board
轻球 light ball	软木拍 cork bat
球 ball	赛前一分钟的练习 knock up
球场 arena	三局二胜制 best of three games
球的飞行路线 flight of the ball	扫抽 flat drive
球路多变 with a variety of strokes	扫球;平击 flat hit
球面 surface of ball	杀高球 hit the lob
球拍 racket; bat	上升 ascend
球拍的弹性 suppleness of bat	上旋 topspin; over spin
球拍反面 reverse side of racket	上旋同伴 partner
球拍套 racket case	少年男子单打 boys' singles
球拍脱手击球 racket thrown at ball	少年女子单打 girls' singles
球台端线 front edge of table	少年乒乓球赛 junior table tennis compe- tition
球台 table	

圣、布赖德杯(男子单打) St. Bride	推挡变线 changing direction of block shot
Vase Cup	推挡侧身抢攻 pivot attack during pushes
胜负局数的比率 games average	推挡球 push-block shot
胜负局数的比赛 game count	推球 push
胜者 winner	外曲线 outcurve
世界乒乓球锦标赛 World table tennis	网 net
championships	网的弹性 elasticity of net
“失分”No	网高 net height
手扶台面 hand on table	网柱 pole
双打 double	稳 consistent
双打发球落到接球员左半区 wrong	握拍法 grip
court	五局三胜制 best of five games
顺旋 clockwise spin	细绳 cord
伺机反攻 to seize the opportune moment	下部 bottom
for counterattack	下蹲式发球 squatting service
伺机扣杀 to seek openings for smashes	下旋 under spin; backspin
四分之一前的比赛 pre-quarter-final	橡胶拍 rubber bat
round	橡胶面 rubber covering
斯韦思林杯(男子团体) Swaythling Cup	斜线球 diagonal shot
司线员 line umpire	选方位和发球 choice of ends and service
算……失分 count against	选择方位与发球权 choice of ends and
台边 edge of table	service
台的边缘 edge of table	悬网球 net suspension
台角 corner of table	削得薄 cur thin
台面 playing surface	削底线球 end-line chop
台内削球 chop over the table	削短球 short chop
弹跳 bound	削球 cut; slice; chop shot
弹球; 抖腕球 flick	伊朗杯(男子双打) Iran Cup
提拉 lift	一板打死 kill
跳步 leap; spring	一场比赛 individual match
跳一次后击球 bound stroke	一场中的决胜球 match ball
同伴 partner	一局中的决胜球 game ball
突击 surprise attack	以短回短 return short with short
推挡 half volley with push	以削球为主的技术 all cut

- 阴阳拍 combination bat
 硬球 hard ball
 用手指转球 finger spin
 用磨的方法取胜 wear out
 用木板面打出的球 wood shot
 用前臂打球 underarm stroke
 用腕力击球 wrist stroke
 右半区 right half court
 右侧上旋 right side topspin
 右侧下旋 right side under spin
 右侧旋 right side spin
 右角 right corner
 右手执拍者 right-hander
 又急又刁的旋转球 quick topspin service
 预赛 qualification round
 远抽;长抽 long drive
 远台 backcourt
 远台打法 off-table play
 远台防守 far-form-table defense; long defense
 远台防守中反攻 far defence with attack
 远削 off-table chop
 元老杯单打 veteran's singles
 元老杯双打 veteran's doubles
 站位 positioning
 站位次序 order of play
 张开手发球 open hand service
 争取主动;控制局势 force the pace
 正反手结合攻击 combination of forehand and backhand attacks
 正反手连续进攻 continuous attack with forehand and backhand
 正手 forehand
 正手抽球 forehand drive
 正手打到对方台角的球 forehand corner
 正手打回头 forehand counterattack from a long
 正手的一边 forehand side
 正手击球 forehand stroke
 正手快抽 forehand drive over the table
 正手扫球 forehand flat hit
 正手台内抽球 forehand drive over the table
 正手削球 forehand chop
 正手远抽 forehand long drive
 正贴海绵拍 sandwich with pimped rubber turned outwards
 正贴胶板 outward pimped rubber
 指挥台 officials' control table
 直拍握法 pen-hold grip
 直握拍球员 penholder grip player
 直线球 straight shot
 执拍手 racket hand
 中部 middle part
 中国乒乓球协会 Table Tennis Association of China
 中上部 upper part
 中台 middle court
 中台正手抽杀 medium forehand smashing
 中下部 lower part
 朱比列杯(元老赛) Jubilee Cup
 转身 body turn
 追身球 close-to-the-body shot
 准备 Ready
 准备姿势 ready position
 兹、赫杜赛杯(混合双打) Zdenek Hay-

dusek Prize

纵轴 longitudinal axis

左半区 left half court

左侧上旋 left side topspin

左侧上(下)旋球 left-side top(under)-spin

左侧下旋 left side underspin

左侧旋 left side spin

左挡右攻 half-volley with attack

左角 left corner

左手执拍者 left-hand player distance

11. 气球 Balloon

混合气球 mix with the balloon

气体飞艇 air dirigible airship

气体气球 air balloon

热气飞艇 hot air dirigible airship

热气球 hot balloon

热气球比赛 hot air ball game

12. 曲棍球 Field Hockey

绊人 tripping

边锋 wing forward

边前卫 wing half-back

不良行为 bad behavior

草地曲棍球 field hockey

铲球 scoop

长柄曲棍球 lacrosse

长铲球 long scooping

长角球 long corner

冲撞 charging

传球到空当 pass into space

单手持棍击球 job

挡人 body-checking

得分线 goal line

点球 penalty kick

定位战术 positional play

短角球 penalty corner; short corner

端区发球点 far-end face-off point

二过一 wall pass

二十五码线 25-yard line

罚球点 penalty spot

罚球线 penalty spot line

反手击球 backhand hit

反手停球 forehand stopping

高击 high stick

供球 feed

钩人 hooking

滚推球 rolling push

棍背击球 back stick

棍柄 handle

棍上功夫 stick-handling

棍头 blade

棍头反面 rounded side

棍头凸面 rounded side

棍头正面 flat face

后卫 full-back

护颈 neck pad

护胫 shin pad

护面罩 mask

护腿 shin guard

护趾 toe pad

挥击球 reverse strike

击罚球 penalty stroke

击角球 corner hit

击球圈 striking-circle

将不堪击出守区 clear

将球击出守区 clearing	三角传球 triangular pass
截球 interception	闪躲 dodging
举棍 raising the stick; to raise the stick	射门 shot
开球 bully	射中 dent the drapes
开球队员 bullier	守门员 goaler; goalkeeper
控制球 stick work; stick-handling	守门员踢挡救球 kick save
拉入 holding	踢球 stopping
凌空传球 volley pass	挑推球 uppish push
凌空射门 volley shot	停接球 trapping the ball
绿牌 green cards	停球 stopping
门内区 goal area	徒手突破 open hand
内锋 inside-forward	推球 pushing
旗杆 flag post	推传球 push-pass
七码线 seven yard line	推球入界 push the ball into the boundary
前卫 half-back	危险动作 dangerous action
前卫线 half-back	削球 chopping
抢球 tackling	斜传 diagonal pass
抢射 crashing shot	斜面弹出 glance
切球 undercut	行进间向前击球 straight drive
切入队员 sweeper	掩护 cover
球棍干扰 ball stick interference	用棍虚晃 feint with the stick
球门板 goal board	用身体冲撞 body play
球门横木 crossbar	用手或臂向前击球 knock-on
曲棍 hockey stick; stick	用手停球 stopping with hand
曲棍球 hockey ball	用腕力击球 wrist drive
曲棍球比赛 hockey game	右边锋 right wing; outside right
曲棍球场 hockey field	右锋 right inner
曲棍球技、战术 hockey technique and tactics	右后卫 right back
曲棍球门 hockey goal	右内锋 inside-right
曲棍球手套 hockey glove	右前卫 right half-back
曲棍球鞋 hockey shoe	右翼 right wing
曲棍球运动员 hockey player	越过球门线 behind
任意球 free hit	越位进球 goal scored from an off-side position

越位战术 off-side trap
运球 dribbling
阵形 pattern
争球 rushing for the ball
正手击球 forehand hit
正手停球 forehand stopping
中场 midfield
中场队员 midfield player
中锋 center forward
中间发球点 center face-off spot
中前卫 center half-back
转棍击球 reverse stick
转棍截球 reverse stopping
转棍推击 flick stroke
阻截 checking
阻拦 obstruct
左边锋 left wing; outside left
左锋 left inner; left
左后卫 left-back
左内锋 inside-left
左前卫 left half-back
左翼 left wing

13. 手球 Handball

把球抛向空中再接住 juggle
抱球 embrace
背后传球 pass behind the body
变向射门 deflection shot
踩线犯规 foot fault
裁判员球 referee's ball
裁判掷球 referee throw
草地球场 grass court
长传球 long pass
场上队员 field player

持球 holding; holding the ball
持球超过三秒 overtime
出界 outside
传接球 pass and receive the ball
打持球 striking the ball out of an opponent's hands
打手犯规 hacking
单手低手传球 one-hand underhand pass
单手肩上射门 one-hand shoulder shot
单手接球 one-hand ball catching
倒地射门 wild-cat spring shot
低球 low ball
低手传球 underhand pass
发动进攻者 lead attacker
罚出场 suspension
罚出场五分钟 five minutes' suspension
罚球 penalty throw
罚球角 penalty corner
罚球线 penalty line
反手传球 reverse pass
反手射门 reverse shot
反弹 bounce
反弹射门 bounce shot
防守 guarding
防快攻 defense of fast break
防守战术 defense technique
高吊球射门 lob shot
高手射门 overhead shot
钩手掷球 hook throw
故意将球递给本方守门员 intentionally playing back to goalkeeper
故意拖延时间 wasting time
国际手球联合会 International Handball Federation

换人违例 substitution violation	密集防守 closed defense
换位 shifting	跑动射门 running shot
回防 running behind the defense	7 米球 seven-meter throw
基础配合进攻 basical coordinate attacking tactics	七米球 seven-meter throw
基础配合防守 basical coordinate defense tactics	七米线 seven-meter line
假装射门 faked shot at goal	起动假动作 starting feint
间接传球 indirect pass	抢球 tackle
肩上传球 shoulder pass	切入 cutting
肩上射门 shoulder shot	侵区犯规 line violation
交叉换位进攻 attack with interchanging position	侵区违例 line-cross violation
脚踢球 kick ball	侵入球门区 line cross
接球 catch	球进入球门 goal in
接球犯规 catching violation	球门立柱 goal post
接球技术 catching technique	球门球 goal throw
紧逼人盯人防守 pressing man-to-man defense	球门区 goal area
进攻盯人防守 offensive man-to-man defense	球门区线 goal area line
进攻组织者 pivot player; playmaker	取消资格 disqualification
开球 throw-off	人墙 wall
快板球进攻 wild-cat spring offense	任意球 free throw
快板射门 snap shot	任意球线 free throw line
快速传球 snap pass	任意球战术 free-throw tactics
扩大防守 open defense	三秒违例 three-second violation
连续换位 continuous shifting	三人“8”字进攻法 three-man figure of eight
两次触球 double dribble	身后传球 behind the body pass
两次身体假动作 double body feint	身体假动作 body feint
两手互相递接球 transfer of the ball from one hand to the other	十码线 ten yards line
6-0 阵形 6-0 formation	手球 handball; team netball
门接传球 indirect pass	手球场 handball court
	手球技术 handball technique
	手球门 handball goal
	手球运动员 handball player
	手球战术 handball tactics
	手腕传球 snap pass

双手接球 two-hand catching
 四步违例 over-step
 松动的人盯人防守 loose man-to-man defense
 替补队员 substitute
 跳起射门 jump shot
 突破 break-in
 突破防守 pierce the defense
 推射 push shot
 外侧防守 outside guarding
 向侧鱼跃射门 diving side shot
 小角度射门 small-angle shot
 胸前传球 chest pass
 5-1 阵形 5-1 formation
 五人联防 five-man defense
 延长 prolongation
 掩护 blocking
 移动 move
 鱼跃倒地射门 diving shot
 鱼跃射门 dive shot
 鱼跃跳起射门 diving jump shot
 原地射门 no-step shot
 原地倒地射门 no-step diving shot
 越区防守 faulty defense violation
 直接传球 direct pass
 直接射门 direct shot
 掷角球 corner throw
 掷界外球 throw-in
 掷球 throw
 掷球臂 throwing arm
 掷球穿过防守人墙 throw through the wall
 掷球动作 throwing motion
 掷球技术 throwing technique

掷球门球 throw out
 掷球越过防守人墙 throw over the wall
 中国手球协会 Handball Association of China
 转身摆脱对手 pivot away from one's opponent
 转身面向对手 pivot into one's opponent
 转身射门 pivot shot; turn around shot
 综合防守 combined defense

14. 台球 Billiards

彩色台球 color billiards
 落袋式台球 pocket billiards
 四球台球 four-ball billiards
 台球台 billiard table

15. 网球 Tennis

发球得分 ace
 澳大利亚阵式 Australian formation
 八角行拍把的一个平面 facet
 把球抛起 throw up
 白布带 band
 半场线 half court line
 奔跑中击球 hit the ball on the run
 边线球 sideline ball
 边线外的空地 side room
 边线直线球 down-the-line shot
 别打 leave it
 步法错乱 off stride
 不按次序发球 serve out of turn
 不带线口的 stitchless
 不规则的弹跳 erratic bounce
 不用的球 idle ball

- 擦网好球 cord ball
 采用多种方法 mix up one's game
 草地网球 lawn tennis
 草地网球场 grass court
 草地网球运动 lawn tennis
 侧旋 side spin
 缠绕拍线交地方的细绳 trim
 长抽 long drive
 场 match
 场地两侧的围栏 side stop
 场后围栏 back net
 场上的固定装置 permanent fixtures of
 the court
 潮湿的场地 heavy court
 超身球 pass
 重打一拍 replay a stroke
 重发球 let
 重赛 play over
 重赛一分 replay the whole point
 冲上网打从地上弹起的球 approach
 shot
 抽低球 low drive
 抽球 smash
 抽球用力过猛 overdrive
 抽旋转球 spin drive
 触球 impact with the ball
 触线球 line ball
 粗面 rough
 打出边线的球 wide
 打到对方网前的低球 drop shot
 打到两角的深球 deep baseline corners
 打得漂亮的球 beauty
 打高压球得分 smash a winner
 打球的距离 range of shot
 打球的上部 top the ball
 打球失误 error
 打球失误次数 errors
 打球用力过猛或角度太大 overplay the
 ball
 打网球 tennis playing
 大力发球 big service
 大陆式握拍法 continental grip
 大抡拍 long swing
 带抽球动作的戴击 drop volley
 待球弹到最高点时打高压球 ground
 smash
 带削球动作的截球 slice volley
 单打边线 side line for single
 单打边线与双打边线之间的狭长地
 带 alley
 单打球场 singles court
 单打支网柱 singles stick
 单数局 odd game
 单双打两用球场 combination court
 挡球 cover a shot
 挡眼罩 eyeshade
 得分球 winner
 得意的一手 favourite shot
 低截球 low volley
 底线打法 baseline play
 底线球 baseline ball
 第二次发球 second service
 第一次弹起 first bounce
 第一次发球 first service
 吊高球 lob
 东方式握拍法; 正手握拍法 eastern
 grip
 短握 choke

短促挥拍 whip the racket	反手扣杀 backhand smash
端线底线 base line	反手拦网 backhand volley
端线外空地 back room	反手握拍法 backhand ground stroke grip
对方仅能碰到但未能击回的发球 near ace	反弹球 pick up
多变的打法 well-rounded game	放短球 short volley
发美国式旋转球 American twist serve	防守 cover the court
发平球 flat service	防守性的高远球 defensive shot
发球 service	飞行最高点 top of the trajectory
判脚误裁判 foot fault judge	负 defeated
发球触网 net	高截球 high volley
发球次序 order of service	高球扣杀 overhead smash
发球得分 service ace	高手发球 overhand service
发球动作 delivery of service	高弹起 high bounce
发球后截击空中回球的进攻法 serve and volley game	高压球 smash
发球力量 strength of service	高压球 smash
发球器 pitching machine	挂网钢丝绳 metal cable
发球区 service box	挂网绳 cord
发球区边线 service sideline	滚球 spin
发球失误 faulty service	国际网球联合会 International Tennis Federation
发球式握拍法 service grip	好球 good
发球时未打中球 miss on service	好眼力 good eye
发球位置错误 service from a wrong court	狠而不准的打法 slugging
发球一方胜一局 hold one's service	横线 cross string
发球员 server	红土球场 clay court
发球员输掉发球的一局 service break	后场球员 backcourt player
发球占先 advantage in	弧圈球 loop drive
发深球 serve deep	滑面 smooth
发削球 slice service	换边 change of sides
发硬球 hard service	换球拍线 restring
反拍握拍法 backhand ground stroke	换位 change of position
反手短球 short backhand	挥拍弧线 racket trajectory
反手扣球 backhand volley	挥拍幅度 length of swing
	局末平分;盘末平局 deuce

- 基本位置;中心位置 base
 击触地球 ground stroke
 击反弹球 playing a half volley
 击落地球 ground stroke
 击球 deliver the ball
 击球的深度 depth
 击球方向 direction of stroke
 击球感 touch
 击球角度 angle of shot
 击球水平面 hitting plane
 记分方法 scoring methods
 记分员 marker
 机会球 fluke; set up; easy
 技巧 finesse
 技术不好的球员 duffer
 技术全面的打法 all round play
 急速的对打 flurry of exchanges
 急速旋转 extreme twist
 加速 extra pace
 加速坠落 extra dip
 假空当 fake opening
 降落 fall
 脚步犯规 foot fault
 脚误 foot-fault
 交换场地 change courts
 接发球 receiving
 接发球得分 break of service
 接球队员 outplayer
 接球时跑过头 overrun
 接球员 receiver; striker-out
 接球占先 advantage out
 截击对方打到同伴位置的球 intercept
 截击空中球 volley
 截击球的深度 length of volley
 劲敌 tiger
 近网高球 poach
 经常抢打同伴球的球员 court hog
 精彩球 spectator's shot
 卷线框 ratchet
 均匀的表面 uniform outer surface
 决定得分的最后一击 finishing shot
 开球队员 inplayer
 靠打落点所得的分数 earned point
 控制落点 place
 控制落点的发球 placing service
 控制落点得分球 ace in
 控制前场 command the forecourt
 空隙 opening
 空中截击时吊高球 lob volley
 空中轻轻截击使球刚过网就落地 drop
 volley
 扣杀 kill
 快速起跑 fast breaking
 拉弧圈球 lift
 拉紧 taut
 来球 oncoming ball
 拦截;挡球 block
 拦切球 block slice
 沥青球场 asphalt court
 利用转身加速击球力量 pivot one's
 weight into the stroke
 连续发球得分直至取得一场胜利
 serve out a match
 练习板 practice board
 两跳;还击前球着地两次 'not up'
 灵活的腕部动作 flexible wrist action
 乱打 wild shot
 落地 landing

- 落地反弹球 ground pick up
 落网球 net
 忙手招架 scramble
 美国阵式 American formation
 明星球员 court star
 木板球场 wood court
 木板场地 wooden court
 木球 wood shot
 拇指贴把 thumb up
 尼龙线 nylon string
 拍柄 handle of racket
 拍颈 throat of racket
 拍框 frame of racket
 拍面 face of racket
 盘 sets
 盘数为一比一或二比二以后先胜一盘 advantage game
 炮弹式的发球 cannon ball service
 配手 tennis partner
 平抽球 flat drive
 平打的截击 flat volley
 平击 flat
 平击球 flat stroke
 平局决胜制 tie-breaker
 迫使对方处于不利地位的球 forcing shot
 破球 broken ball
 前场 fore court
 抢救险球 get
 切球 cut
 轻打 bunt
 球变形 deformation of ball
 球场 court
 球场地面 court surface
 球场角 angle
 球场界线 chalk
 球场上无障碍的空间 headroom
 球场四角 angles of the court
 球场周围的铁丝网 tramline
 球出界 bad
 球穿过网眼 through
 球的飞行路线 flight path of the ball
 球的坠落 dip of ball
 球拍过网 reach over the net
 球拍夹 racket press
 球拍前部 head of racket
 球速 pace
 球童 ball boy
 全场打法 all court game
 全力挥臂 full swing
 全力挥臂击球 full stroke
 软式网球运动 soft tennis
 锐角斜线得分球 sharply angled cross-court winner
 锐角短斜球 sharp short crosscourt
 弱手 rabbit
 赛前试打 knock up
 三合土球场 concrete court
 三平 forty all
 扫击球 brush at the ball
 沙地球场 clay court
 擅长于全场打法的球员 all court player
 善于抽球的球员 driver
 善于打网前打法的球员 net player
 善于控制落点的球员 place hitter
 善于抢救险球的球员 getter
 善于用手腕打球的球员 wristy player
 上升球 rising ball

- 上网 take the net
 上旋 forward spin
 深球 deep ball
 胜局数 games
 使不上劲的击球 cramped shot
 使对方轻易打回一个致命球 allow an easy kill
 使对手忙于奔跑 run the opponent
 失发球权 retired
 失球 no ball
 失误 miss
 十分平坦的场地 true surface
 室内网球 court tennis
 试图击球 attempt a stroke
 手腕的急甩动作 wrist snap
 熟练的一手 learned shot
 竖线(球拍) main string
 甩腕击球 flick at the ball
 双打比赛 four
 双打边线 side line for double
 双打球员 pair
 双脚站在端线后不动 stand with both feet at rest behind the baseline
 双手握拍 double handed
 双数局 even game
 双误;两次发球失误 double fault
 水泥球场 cement court
 死点区 dead zone
 松捶 sag
 随球运动 follow through
 弹起最高点 top of the bounce
 提前击球 early hit shot
 跳不高跳不远 die
 挑高球 high volley
 挑高球过人 lob the opponent
 挑旋转高球 lob a spin ball
 突然性 surprise element
 腕部紧张 stiff and locked wrist
 往后摆臂时拍面与地面平行 flat back swing
 往后摆臂时球拍成弧线挥动 circular back swing
 网前打法 net play
 网前截球 net interception
 网前球员(双打) net man tennis player; net artist
 网球 tennis ball
 网球场 tennis court
 网球技战术 tennis technique and tactics
 网球拍 tennis racket
 网球网 tennis net
 网球用球 tennis ball
 网中心布带 centre band
 网中心高度调节器 net adjuster
 网中心固定装置 bet strip
 网柱 net post
 危险地区 dead zone
 握拍法 gripping method
 误击 mishit
 五盘三胜制 three straight
 瞎打 hacking
 瞎打球的人 hacker
 下旋削球 undercut
 (球拍的)弦 gut; string
 线(球拍) gut; string
 线缝 seam
 向后摆臂动作 back swing
 向前挥臂 forward swing

向中心打的战术 center theory	跃起抽球 jump smash
小抡拍 short swing	跃起扣杀 jump smash
斜线球 crosscourt	在一局中的第一分 fifteen
斜线球战术 crosscourt theory	在一局中得两分 thirty
选择场区或发球权 choice of side or the right to serve	在一局中得三分 forty
旋转很厉害的回球 vicious topped return	占据网前位置 take possession of the net
旋转球着地后改变方向 break	站位 court position
沿边线打去的直线球 down the line	掌握击球时间 timing
延长一盘比赛的时间 extend a set	争夺一分的往返拍击;回合 rally
延误比赛 stalling	正拍握拍法 forehand ground stroke; shake hand grip
羊毛绒 felt	正手短球 short forehand
双打球场 doubles court	正手拦球 forehand volley
英国式握拍法 English grip	只会一种打法的球员 one shotter
英国式阵形 English formation	中场区 mid-court
一方得零分的一局 love game	中点 center mark
一方得零局的一盘 love set	中点标志 center mark
一局中的决胜分,局点 game ball	中国软式网球协会 Soft Tennis Association of China
一平 fifteen all	中国网球协会 Tennis Association of China
一种使球落地后高高弹起的发球法 kicker	中线 center service
隐藏的击球方向 disguised direction	重球 heavy ball
引诱战术 decoying tactics	肘部发僵 steel elbow
迎击 meet the ball	主裁判 call umpire
硬地球场 hard court; fast court	转腕 wrist turn
硬地网球 hard tennis	追身球 body hit
右场区 forehand court	自然地弯腰屈膝 crouch comfortably
右场区球员(双打)right court player	左场区 backhand court
右发球区 right service court	左场区球员(双打)left court player
有力的击球 solid hit	左发球区 left service court
诱使对方进攻 draw	左手执拍者;左撇子 left-hander
远距离对打空中球 volleying exchanges at close quarters	作好击球的准备 set up
跃进 lunge	

16. 羽毛球 Badminton

比较平直的高远球 attacking clear

边线 side boundary line

并步 chasse step

不断变换打法 mix up

不掌握发球权一方 “out”; out side

裁判员 referee

侧手击球 sidearm stroke

侧手球 side by; stroke

场边围栏 side stop

撤手发球法 out of hand service

持球 carrying

促使对方出漏洞的打法 play for an opening

打保险球 play safe

打法变化 variation of shots

打头上球 overhead stroke

大力扣杀 hard smash

单打发球线 long service line for singles;
singles service line

单打线与双打线的中间地带 alley

单数分数 odd number of points

单双打球场比赛 combination court

挡住对方视线 unsight an opponent

得分球 ace

得分无效 score cancelled

低球 low shot

低手吊网前球 underhand drop shot

低手击球 underhand stroke

底托 cork base

底线球战术 baseline game

第二发球 second serve

第二发球员 second server

第一发球 first serve

第一发球员 first server

吊球 drop shot

吊网前球 drop-shot

端线 base line

端线外场地 back room

端线外的空地 runback

队员方位 players' positions

发短低球 short low service

发高远球 high clear service

发平球 level service

发球次序错误 serve out of turn

发球的一方扰乱对方 balk

发球方 serving side

发球击球 service stroke

发球抢攻 smash-shot after service

发球区 service court

发球权 right to serve

发球顺序 order of service

发球位置 serving form

发球站错方位 serve from the wrong service

发球姿势 serving form; serving position

发远球 long service

反拍 backhand

反拍扣球 backhand smash

反手击球 backhand shot

反手平抽 backhand drive

反手握拍法 backhand grip

方位错误 wrong court

飞行 flight

飞行不正常 abnormal flight

封网 net blocking; block the net

辅助击球法 auxiliary shot

高反拍击球 high backhand stroke
 高手击球 overhand stroke
 高于腰部的发球 serving above the waist
 高远球 high clear
 国际羽毛球联合会 International Badminton Federation
 国际羽毛球锦标赛 International Badminton Championships
 过手 above hand
 过腰 above waist
 后场队员 backcourt player
 后场两角 corners of backcourt
 后发球线 rear service line
 互换方位 change service courts
 滑步 sliding step
 坏球 broken shuttle
 还击 return
 换发球 alternate in serving
 挥拍 swing of the racket
 回合 rally
 获得一分 scoring a point
 击 strike
 击球犯规 foul hit
 击球未中 miss
 基本击球法 basic stroke
 交换发球区 alternate courts
 接发球 return of service
 接球方 receiving side
 紧握球拍的三指 anchor fingers
 近网跳球 lift
 近网挑球过高 pop up
 经过思考的动作 thought action
 救球 retrieve
 决定得分的一击 finishing shot

控制落点 give well aimed shots; place
 扣吊结合 combining smashes with drop shots
 扣球 smash
 快速封网 quick close-up
 快速击球 fast stroke
 拉长球 long drive
 拉后场组织扣球 send shots to the back court to make breakthrough for smashes
 连击 double hits
 连续对打 rally
 两次发球权 two hands
 两脚立定发球 serve with both feet in a stationary position
 灵活的手腕 flexible wrist
 轮转配合打法 rotation system
 落点的准确性 accuracy of placement
 落点好的球 placement
 木球 wooden shot
 木板球场 wood court
 男子羽毛球赛 men's badminton competition
 尼龙弦 nylon
 女子羽毛球赛 women's badminton competition
 拍柄轴 shaft
 拍颈 throat
 拍框上沿高于手 racket head above the hand
 抛起发球 toss service
 抛球发球法 toss service
 平抽高球 drive clear
 平抽球 drive

- 扑 rushing
 前场队员 forecourt player
 前发球线 front service line
 球的速度 pace
 球拍粗面 rough
 球拍滑面 smooth
 球拍夹子 press
 球拍前部 racket head
 全力挥拍 full swing
 全力击球 full strike
 全面技术 well-rounded game
 绕头顶扣杀 round-the-head stroke
 绕头击球 round-the-head shot
 三打二胜制 rubber
 杀球 smash
 上升 ascent
 上网球 take the net
 深球;端线球 deep shot
 身体旋转 swing of the body
 失发球权 hand-out
 失去发球权一方 retired side
 失去球权 loss of service
 世界羽毛球联合会 World Badminton Federation
 守住全场 court covering
 双打边线 outside side line
 双打发球区 doubles service court
 双打发球线 long service line for double;
 double service line
 双打球场 doubles court
 双打中一前一后的站法 front and back
 双打中一左一右的站法 side by side
 双数分数 even number of points
 四方球 fast clear out
 塑料羽毛球 plastic shuttle
 汤姆斯杯 Thomas Cup
 体侧击球(侧臂击球) side-hand stroke
 挑高球 high clear
 挑球 lift
 同伴 partner; pairing
 头顶扣球 overhead smash
 头上高远球 overhead clear
 推球 pushing shot
 网的上缘 top line of the net
 网顶白布条 band
 网前打法 net game
 网前推托 pushing a shot just across the
 net
 网前位置的球员 net player
 往后撤拍 back swing
 握拍 grip
 西方式握法 western grip
 下降 descent
 斜对角配合打法 diagonal system
 斜线球 cross court
 选择场地或发球权 choice of court ends
 or service
 选择再赛权 choice of setting
 压底线 baseline play
 洋肠线 half court shot
 引诱战术 decoying tactics
 用腕击球 flick
 尤伯杯 Uber Cup
 有发球权 hand-in
 有拖带动作的击球 unclean hit
 右场区队员 right-court player
 羽毛顶尖 feather tip
 羽毛球 shuttlecock

羽毛球表演赛 badminton exhibition
 羽毛球步法 badminton footwork
 羽毛球场 badminton court
 羽毛球技术 badminton technique and tactics
 羽毛球练习 badminton practice
 羽毛球拍 racket
 羽毛圈 crown of feathers
 羽毛圈直径 spread of the feather
 羽毛球赛 badminton circuit
 羽毛球网 badminton net
 羽毛球运动 badminton
 与肩齐高的平抽球 shoulder high drive
 再赛 setting
 找落点 place
 掌握发球权一方 in side
 正拍扣球 forehand smash
 正手握拍法 forehand grip
 制造扣球机会 to create opportunities to drive killing shots
 中国羽毛球协会 Badminton Association of China
 中区 mid-court
 中心位置 base
 转球拍 spin a racket
 追身球 close-to-the-body hit
 阻挠 baulk
 左场区队员 left-court player

17. 足球 Football

把球停死 kill
 把球牢牢的控制在脚下 adhesive control
 巴西阵式;4-2-4 阵式 Brazilian formation

摆脱动作 evasive movement
 摆脱防守 off the mark
 半场攻守 play at one goal
 绊摔人犯规 tripping
 被裁判记名 taken name by referee
 背后冲撞犯规 charge from behind
 背后抢截犯规 foul tackle from behind
 被本方踢入的球(对方得分)own goal
 比赛记录簿 game diary
 比赛记录 game record
 比赛进行 ball in play
 比赛延长期 extended period
 比赛意识 mental conception of game
 比赛阵形 formation
 避开 fetch
 边顶掷球 overhead throw
 边锋 winger
 边锋战术 wing play
 边后卫 flank back guard
 边路进攻 offence on the wings
 边线进攻 outflank
 边线传球 flank pass
 边线 by-line
 拨球 flicking the ball
 不停顿的跑动 non-stop running
 补位 covering position
 裁判员抛球 drop ball
 侧步闪躲 side stepping
 侧顶 heading sideward
 侧面抢截 side tackle
 侧面射门 cross shot
 侧转 lateral pass
 蹭传 ship pass
 蹭顶 pass with head

插入 spearhead	大陆式足球 continental football
插上进攻 penetrating offensive	代表队 representative team
铲球 slide tackle	带球 dribbling
长传 long pass	带球的队员 dribbler
长传球 long ball	带球过人 break through; to beat
长传突破 breaking in by a long pass	带球假动作 dribbling feint
场外指导 coaching from the sidelines	带球移动 movement with the ball
沉底传中 centering the ball from end zone	带球越过对手 dribbling past an opponent
持球时间过长 excessive possession of the ball	单淘汰制 single elimination
持球踢 punt kick	倒地射门 falling shot
冲刺 lunging; lunge	倒钩球 bicycle kick; overhead kick
冲入 buck	得球 gain possession of the ball
冲撞守门员犯规 charge at the goal-keeper	德国甲级联赛 German Division One League
出场队员 quarters player	地面传球 pass along the ground
出界 outside	地面球 ground ball; grounder
除名 expelled	低射门 low shot
传到空当 pass into space	低踢 low kick
传第二空档 pass the ball into the second empty ground for intended play	低跳动球 low-bouncing ball
传球 pass the ball	颠球 bump the ball
传球技术 pass work	点球 penalty; penalty kick; spot kick
传球角度 passing angle	吊球 lofting a ball
传球路线 passing lane	顶球 heading
传球目标 passing target	顶出低球 heading the ball low
穿裆传球 through pass	顶出高球 heading the ball high
从两翼进攻 offensive on the wings	顶峰状态 fitness form
粗野的抢截 rugby tackle	顶球入门 heading in
撮球 chip	顶球射门 heading at goal
搓切传球 flick-jab pass	顶向一定距离 heading judged distance
打人犯规 striking	盯人 marking an opponent
大脚直传 steep forward pass	盯人防守 man-to-man defense; close-marking defense
	盯人中卫 man-to-man central guard

定位球 place kick	防守球员 defensive player
定位球战术 stationary ball tactics 堵截 clog	防守人墙 defensive wall
短传 close pass; short pass	防守线; 卫线 back line
短传进攻 short pass play	防守型足球战术 defensive football
短传配合 short passing combination	防守战术 defensive tactics
断球 steal	防守阵式 defensive pattern
对方球门 opponent's goal	飞身跳起 flinging through the air
对方越位战术造成的越位 passive off-side	锋线队员 front player
对角线裁判制 diagonal judgment system	封住角度 shut off the angle
对位盯人 positional close-marking defense	腹部截球 intercepting with the abdomen
队友 teammate	助攻方队员 close up on an attacker
钝角射门 shoot from a sharp angle	高传 lob
二过一 two-to-one pass	高吊传球 high lobbing pass
二级国际裁判 category 2 referee	高吊球 lofted drive
罚出场 banishment	高吊射门 high shot
罚点球 spot kick; penalty kick	高速球 clipping the ball
罚球 penalty kick	高踢 high kick
罚球点 penalty spot	高跳动球 high-bouncing ball
罚球队员 kicker	个人动作 individual play
罚球弧 penalty arc	个人攻守战术 individual offensive and defensive tactics
罚任意球 free kick	个人突破; 单刀直入 solo drive
罚下场 send off	攻击手 striker
罚中 convert a penalty kick	攻进一球 scoring a goal
反抢 counter-interception	公开赛 open competition
反弹球 half-volley	钩形脚法传球 hook pass
反弹球射门 drop kick	钩形脚法抢截 hook tackle
反越位战术 counter off-side tactics	故意漏球 balk
犯规与不正当行为 violation and inappropriate conduct	观望队员 ball watcher
放弃罚球 declined penalty	国际足球联合会 International Federation of Football; Federation International of Football Association (FIFA)
防守补位 balancing the defense	过人 beating an opponent
	滚地传球 rolling pass; ground pass

合理冲撞 fair charge	肩部撞人 shoulder charging
核心队员 ace player	间接传球 setting-up pass; indirect pass
荷兰甲级联赛 Dutch Division One League	间接任意球 indirect free kick
横传 cross pass	将球击出 beat out a shot
横过球场 cross field	将球抓好 clean catching
横梁 crossbar	教练 coach
红牌(表示判罚出场) red card	教练人员 coaching staff
后半场 second half	教练委员会 coach committee
后撤 giving ground	脚底停球 trap
后跟球 back-heel	脚跟球 heel kick
后排核心队员 rear linkman	脚弓传球 pass with the inside of the foot
后踢 back kick	脚后跟传球 back-heel pass
后卫 goalkeeper; goalie back; back	脚尖传球 pass with the toe-end
弧线球 banana shot	交叉传球 scissor pass
弧线射门 curved shot	交叉换位 interchanging of positions
护踝 ankle guard	交叉配合 scissors movement
护腿 shin-pad	交叉切进 scissoring
护膝 knee-cap pad	角球 corner ball
滑倒射门 sliding shot	角球区 corner area
换人 replacement	角球战术 corner kick tactics
换位 change positions	接传球 picking up a pass
回传 pass back	接近完场 closing minutes
回访赛 return leg	接球 take a pass
混合防守 combined defense	接应 movement off the ball
混战(特指球门前) bully	接应跑位 thoughtful positioning
积极的抢射战术 shoot-on-sight tactics	接住球 catching the ball
技术能力较好的脚 better foot	解除危险的球 clearance kick
击退一次攻势 ward off an assault	杰出射门手 goal-buster
假动作 trick movement; deceptive movement	截球 intercept
假动作步点 deceptive footwork	金球奖 Gold Ball Prize
加赛 play-off	金鞋奖 Gold Shoe Prize
加时比赛 extra game	紧逼盯人 close man-to-man defense
	紧逼人盯人防守 close man-to-man
	紧靠边线 hug the sideline

近传 close pass	拉开的足球战术 open football
近射 close-range shot	拉开的战术 open football
近线战术 close line play	拉开进攻 open play
进攻球员 offensive player	拉开空档 clear on area
进攻型打法 offensive play	拉人犯规 pulling
进攻型足球战术 offensive football	拦截对手 screen an opponent
进攻战术 offensive tactics	篱笆战术 closed defense tactics
进攻阵式 offensive pattern	连踢 successive kicks
进球 goal in	连续传球 consecutive passes
进球数目 number of goals	两肋进攻 flank offensive
禁区 penalty box	两翼包抄 pincers movement
劲射 strong shot	临门失脚 near miss
精确的传球 clear pass	领队 team manager
警告 warning	漏球 miskick
竞技状态记录 form-book	抡脚抢截 scything tackle
局部攻守战术 regional offensive and de- fensive tactics	M 阵式 M formation
俱乐部队 club team	帽子戏法(运动员一场进 3 球或 3 球 以上) hat-trick
俱乐部赛 club tournament	美洲杯 American Cup
决胜线 goal line	猛烈冲撞犯规 violent charge
可疑的犯规动作 doubtful breach	猛射 crashing shot
客场比赛 away match	密集防守 blanket defense
客场场地 away ground	妙传 clean pass
空中传球 high pass; volley pass	男子足球赛 men's football match
空中横传 high cross	南美超级杯赛 The South American Su- per Cup
空中球 ball in the air	内弧球 in swinger
空中斜线长传球 long high cross	女子足球赛 women's football match
控救技术 ball playing skill	女子足球运动 women's football
控制球 ball handling	“O”型腿队员 bowlegged player
控制中场 control the midfield	欧洲杯 European Cup
快传 brisk pass	欧洲杯赛 European Cup
快速转守为攻 fast-switching attack	欧洲联盟杯赛 UEFA Cup
快速反击 fast counter-attack; breakaway attack	欧洲优胜者杯赛 European Winner's

Cup	team; general manager
盘球 dribbling	球路 course of action
判进球无效 deny a goal	球门门口 goal mouth
跑出来抢截 coming out	球门球 goal kick
跑动踢球 running kick	球门球战术 goal kick tactics
跑动中射门 shot on the run	球门网右上角 top right-hand corner of the net
跑位 running off the ball	球门网右下角 bottom right-hand corner of the net
跑位意识 positional sense	球门网左上角 top left-hand corner of the net
抛球凌空踢出 punt	球门网左下角 bottom left-hand corner of the net
抛球落地反弹踢出 dropkick	区域防守 regional defense
偏斜传 deflection pass	驱逐出场 marching order
平空球 ball in mid-air	全队攻守战术 offensive and defensive tactics of a team
平手 draw	全攻全守战术 full-attack and full-defense tactics; total football
平胸球 chest-high ball	全攻型打法 all-out attack
破门 gate-crashing	人盯人防守 man-to-man
破坏防守 disorganize the defense	人墙 wall of player
破坏性踢球 clearing the ball	任意球 free kick
破坏一次攻势 break up an attack	三打一 three against one
破坏战术 spoiling tactics	三后卫制 3 back guards system
起指挥作用的场上队员 ball leader	三五二式 three-five-two formation
前八强 final eight	慈善足球赛 charity soccer match
前半场比赛 first half	上半场 first half
前场 up field	射出 shot off
前卫 half back	射门得分者 goal-getter
抢到球 dispossess an opponent	射门机会 scoring chance
抢第一落点球 striving to get the lob first	射门力量 goal-getting power
抢攻的打法 aggressive play	射门能力 shooting ability
抢截球 intercepting	射门手 goal getter; marksman
抢球 challenging for the ball	
敲球 flick	
球传到位 spot pass	
球的飞行路线 flight path of the ball	
球队老板 owner of the team	
球队总经理 general manager of the	

射门位置 shooting position	4-2-4 阵式 four-two-four formation
射入一球 scoring a goal	4-3-3 阵式 four-three-three formation
射手 shooter	4-4-2 阵形 4-4-2 formation
射中无效 goal non-valid	4-1-2-3 阵形 4-1-2-3 formation
摄影限制线 limit-line for photographers	抬脚过高的抢截 foot over tackle
身体接触 body-contact	弹脚 hacking
身体阻挡 body check	弹球入网 tapping ball into net
升级 promotion	弹射 bounce shot
十二码球 penalty kick	踢点球决胜负 winner-loser determination by penalty kicks
实力相当 deadlock	踢落地球 dropkick
世界杯 World Cup	踢墙式二过一 wall-pass
世界杯男子足球赛 Men's World Cup	踢球 kick the ball
世界杯女足赛 Women's World Cup	踢球出界 kick out
世界杯女子足球赛 Women's World Cup	踢球过头 overhead kick
失球 lose possession of the ball	踢球脚 kicking foot
失球数 goals against	踢人犯规 kicking
失手 fumble	体育场 stadium
失手入网 fumble in goal	跳起顶球 flying header
失水准 off-form	跳起冲撞对手 jump at an opponent
使球旋转 bending the ball	挑球 toe lift
首开记录 opening account	跳向对方犯规 jumping at an opponent player
守门 goalkeeping	调整位置 adjust one's position
守门员 goalkeeper	贴地射门 grazing shot
守门员手套 goalkeeper's gloves	停球 stopping the ball
守门员违例 goalkeeper's violations	停赛 suspend
手球犯规 hand ball	通观全局 reading the game
熟悉球性 familiarity with football	捅球 poking
双飞 double kick	捅射 chipping the shot
双人顶球 heading in pairs	头顶传球 head passing
双中锋 double spearhead	头顶球 header
双中锋战术 two central forwards tactics	突前中锋 foremost central forward
四二四防守 four-two-four defense	推动式传球 push pass
四后卫制 four backs system	
四前锋式阵形 four-forward formation	

- 推动式踢球 push kick
 推人犯规 pushing
 推撞 jostling
 退回 fall back
 托救球 finger-tip save
 拖后中锋 center half-back
 拖延战术 time wasting tactics
 WM 式阵形 WM formation
 外弧球 outswinger
 外脚背传球 pass with the outside of the foot
 外围传中 centering the ball from outside the penalty area
 围抢 all-around block and intercept
 未射中 misfit
 未入网 no goal
 位置打法 positional play
 稳扎稳打 thought action
 卧地铲球 sliding tackle
 无孔不入的穿插能力 quicksilver ability
 无人防守区 open field
 无意绊脚 unintentional tripping
 五对五练习赛 five-a-side game
 五三二式 five-three-two formation
 西班牙甲级联赛 Spanish Division One League
 下落凌空球 drop volley
 险胜 narrow victory
 香蕉式射门 banana shot
 小足球比赛 miniature football match
 小足球运动 children's football
 小组循环制 group round robin
 携带球;守门员持球行走 carry
 鞋底横条 bar
 斜线防守 diagonal defense
 胸部截球 intercepting with the chest
 胸部挡球 chesting
 旋转球 curling ball
 选择球门 choosing ends
 巡边旗 lines man's flag
 巡边员 linesman
 训练场地 coaching grid
 迅速摆脱对手 speed off the mark
 亚洲杯 Asian Cup
 严重犯规 major offence
 延误比赛 hold up the game
 要球 call for the ball
 一比零 one to naught
 一级国际裁判 category 1 referee
 一脚球 one-touch play
 一脚传球 one-touch passing
 一面倒 lopsided win
 1-3-3-3 阵形 1-3-3-3 formation
 已半场 half time
 意大利甲级联赛 Italian Series A League
 英格兰超级联赛 English Premier League
 因犯规而罚点球 penalty for a foul
 因犯规被禁止参加比赛的期间 quarantine
 右边锋 right winger
 右前卫 right half
 右翼 right full back
 右中场队员 right midfield player
 有角度的射门 angled shot
 有利条款 play on advantage
 有意绊脚 intentional tripping
 诱使对方逼抢 invite a tackle
 用大腿截球 intercepting with the thigh

用大腿踢球 kick with the thigh	直接传球 through pass
用脚背踢球 instep kick	直接射门 first shot
用脚掌踢球 kick with the sole	直接任意球 direct free kick
用拳击球 fisting the ball	制造空当 create openings
用手犯规 hand foul	中场 center field
用手或臂部携带球或推击球 handling the ball	中场队员 midfield link men
用身体掩护球 cover up the ball	中场休息 intermission
鱼跃顶球 diving header	中点 center spot
鱼跃扑球 diving for the ball	中锋拖后阵式 Hungarian formation
预备队员 alternate	中国足球甲级联赛 Chinese Football League A
原地顶球 standing header	中国足球协会 Football Association of China; Chinese Football Association
元老队 elder statesman team	中间进攻 middle-field tactics
越位射入的球 goal scored from an off-side position	中路突破 down-the-middle thrust
越位位置 off-side position	中前卫 center mid-fielder
运球 dribbling; dribble	中圈 center circle; kick-off circle
运球射门 dribble shot	中卫 center back
远顶球 heading for distance	中心标志 center mark
远射 long drive	中线旗 halfway flag
造成平局的射门 equalizer	终场 full-time
造越位战术 off-side trap tactics	主场比赛 home match
掌握进攻节奏 set the pace	主场场地 home ground
折线防守 broken-line defense	主动积极的 constructive
正脚背射门 full instep shot	主教练 head coach
正面抢断 block tackle	主客场制 home and away
正踢 flying kick	主要人物 kingpin
争顶球 heading while being challenged	助理教练 assistant coach
职业足球俱乐部 professional football club	筑人墙 set a wall
支撑脚 non-kicking foot	转身传球 back pass
掷界外球 throw in	转身踢 about body kick
直传 pass forward	撞门球 striking post
直接出球 first kick	准备活动 warming up
	坠球 hanging ball

自由人 freeman
 自由中卫(清道夫) sweeper
 总积分 aggregate score
 足尖踢 toe kick
 足球比赛经济制裁 economical sanction
 in football matches
 足球裁判员 referee
 足球场 soccer field; pitch
 足球场地 football field
 足球技术 football technique
 足球健将 football champion
 足球迷 football fan; football filbert
 足球名将 football hero
 足球明星 football star
 足球袜 football stockings
 足球鞋 football boot
 足球巡边员 linesmen
 足球运动员 football player
 组“墙” lining up a wall
 阻挡犯规 blocking
 阻截 challenging; challenge
 左边锋 left wing; outside left
 左前卫 left half

左边锋 left winger
 左右开弓的 double-footed
 左右开弓的队员 double-footed player
 左中场队员 left midfield player
 做欺骗动作 selling the dummy

18. 其它 Others

板羽球运动 paddle shuttlecock playing
 地掷球 bocci
 地掷球场 bocci court
 地掷球运动 bocci
 回力球运动 pelota croquet
 摩托车球运动 motorcycle polo
 皮艇水球 motor-boat polo
 墙手球运动 court handball
 墙网球运动 squash
 手羽毬球运动 hand-shuttlecock playing
 水上篮球 aquatic basketball
 水下橄榄球 underwater football
 水下曲棍球 underwater hockey
 藤球运动 chinlon
 宇宙球运动 cosmos-polo
 自行车球运动 cycle polo

十六、拳击 Boxing

安全阻挡;安全防守 safety block
 按得分判定胜负 decision
 奥运会业余拳击赛 Olympic Amateur
 Boxing Bouts
 81 公斤级,重量级 light heavyweight

摆动身体使对方不易击中 sway
 摆好架势 squaring away
 摆拳 swing
 摆体闪躲 rockaway
 报分 auditory scoring

抱持后拆散 break	长钩拳 long hook
抱着打 hold and hit	场角 corner
抱住对方 hugging	撤步 withdraw step
抱住对方手臂 clinch	称量体重 weight
被打得晕头转向 punch-drunk	冲刺步 sprint
被击败出局者 loser by a knockout	出拳时步子未跟上使身体失去平衡 overreach
被击到围绳上;处于困境 on the ropes	捶打 hammer blow
被击倒 going down	锤击颈后的拳 rabbit punch
被击倒而失败 out	刺拳 jab
被击倒失败 defeat by knock-out	从内侧伸臂格挡来拳 leverage guard
被击倒者 floored	打得又准又狠 connect
被击后走步摇晃 stagger	打击 blow
绷带 wrapping	打击肚脐以上腹部 body blow
逼角 corer to the ropes	打击肝部的拳 liver punch
比赛式体重 contest weight	打击力量 hitting power; punching power
比赛时的体重 contest weight	打击肾部的拳 kidney punch
变换步法移动身体重心 drop shift	打击摔倒者 hit when down
不断移动身体以迷惑对方或避开来 拳 weave	打击头部的拳 robber
不堪一击的拳击手 canvas-inspector	打击下巴的拳 chin punch
不堪一击的下巴 glass jaw	打击胸部的拳 heart blow
不严密的防守姿势 open "on guard"	倒下 down
擦着地面移步 shuffle	得分取胜 win by points
裁判员(台上)counter out	低头闪躲 bobbing
裁判员(台下)ringside judge	点数 count
裁判委员会 commission of refereeing and judging	吊球 punch ball
采用直立姿势的拳击运动员 stand-up boxer	短钩拳 short hook
“菜花耳”“cauliflower ear”	短击 short punch
参加拳击比赛 fight	短近击拳 stop blow
侧步 side step	短上钩拳 short uppercut
侧钩拳 hook to the head	短直拳 short straight
侧转躲闪 slipping	帆布 canvas
	反映裁判员不同意见的判定 split de- cision

- 犯规拳 foul blow
 防守 guard
 防守练习 blocking drill
 防守姿势 guard
 非职业拳击手 non-professional boxer
 分开 disentanglement
 分级 division
 分数超出对方 outpoint
 格挡;以手臂挡开来拳 parry
 隔开 separate
 跟进攻 follow blow
 攻击性拳击手 puncher
 勾拳 hook
 故意轻击 pull a punch
 故意输掉 go in the tank
 规定 prescribe
 国际拳击联盟 International Boxing Federation
 国际业余拳击联合会 International Amateur Boxing Federation
 横跳躲闪 sidestep
 护包 punching sack
 护齿 mouthpiece
 护挡 foul-proof cup
 护面 face helmet
 护手绷带 hand bandage
 护牙 gum-shield
 护足 footpads
 互击 double counter
 还击拳 counter blow
 环绕步 surround step
 换步 foot-shift
 回合 bout
 回合之间的休息 intermission
 回击(还击) pull and hit
 获胜 get the duke
 击败对方;取胜 outbox
 击打部位 attackable area
 击打练习 hitting drill
 击倒 knock down
 击倒对方的一拳 knockout blow
 击倒对方使其在规定时间内不能起立 flatten
 击倒获胜 knock out
 击倒时间的计时员 knockdown time-keeper
 击腰带以下部位的拳 deep hit
 击直拳时拳头向内转动 corkscrew blow
 基本拳法 fundamental blows
 基本站立姿势 fundamental stance
 基本姿势中摆在前面的手臂 lead
 基本姿势中放在前面的手臂 guarding arm
 记分表 scoring paper
 记分卡 scoring card
 技术很好但力量不足的拳击运动员 cutie
 技术性击倒 technical knockout
 夹住对方双手 double lock
 假攻击 bluff
 将对方脖子夹在腋下 chancery
 角垫 corner pad
 角斗起始线 scratch
 接近战 infighting
 开始拳 leading-off blow
 靠近拳击台的观察席位 ringside seat
 快刺拳 speed jab
 梨球 light bag

- 利用转体动作击打对方 pivot blow
 连击三拳以制造漏空 triple
 连拳(连击) delivering a series of blows
 连续猛击的拳击手 sledge hammer
 连续拳 serial blows
 练习袋 heavy bag
 练习手套 bag glove
 两侧躲闪 turning aside
 铃 bell
 留出漏空以引诱对方出拳 draw
 60 公斤级(轻量级) lightweight
 63.5 公斤级(轻中量级) light welter-weight
 67 公斤级(次中量级) welterweight
 漏空 opening
 锣 gong
 吗笛 buzzer
 猛击 heaving
 猛攻猛打而不太注意防守的拳击比赛 slugfest
 面罩 face helmet
 秒表 stopwatch
 难分难解 deadlock
 内侧格挡 inside parry
 扭转身体避开来拳 slip
 判定性打击 decisive blow
 判分 awarding of points
 陪练拳击手 spar mate; sparring partner
 企图击倒对方的重拳 haymaker
 弃权 retirement
 71 公斤级(中量级) light middleweight
 75 公斤级(次重量级) middleweight
 前臂阻挡 forearm blows
 前进 advance
 前面手臂打出的拳 lead blow
 墙靶 wall punch pad
 曲臂约 90 度的钩拳 bent arm blow
 拳 duke
 拳斗 brawl
 拳击“manly art of self-defense”
 拳击比赛 boxing match
 拳击比赛节目单 card
 拳击比赛秩序册中最主要的一场 final
 拳击步法 footwork
 拳击等级 boxing weights
 拳击短裤 trunks
 拳击防守 defense
 拳击技术 ring craft
 拳击技术训练 technique drill
 拳击教练员 handler
 拳击锦标赛 title bout
 拳击练习或示范 spar
 拳击陪练 sparring partner
 拳击沙包手套 boxing sandbag gloves
 拳击手套 boxing glove
 拳击台 boxing ring
 拳击台栏绳 boxing ring rope
 拳击台台面 floor
 拳击台围绳以外部分 apron
 拳击体重级别 boxing weights
 拳击鞋 boxing shoe
 拳击预赛 prelim
 拳击运动员 boxer
 拳击战略 ring generalship
 拳击姿势 fist position
 拳手陪练 sparring partner
 拳台 platform ball
 拳头打击面 knocking surface of the fist

- 认输 throwing in the towel
 丧失比赛能力 inability to box; disabled
 丧失防守能力 inability to defend
 沙袋 punch bag
 沙球 punch ball
 闪躲 dodge
 闪躲灵活的 shifty
 上钩拳 hook up; uppercut
 上下交替拳 high-low
 伸臂 reach
 身体贴靠在围绳上 lean on the ropes
 胜利者 winner
 十分制 ten-point system
 世界拳击理事会 World Boxing Council
 世界拳击协会 World Boxing Association
 世界拳击组织 World Boxing Organization
 试探性的拳;左直拳 feeler
 手臂虚晃 arm feint
 数十 counting; count
 双手防守(闪躲防守) double guard
 48 公斤级(次特轻量级) light flyweight
 太阳丛 solar plexus
 弹簧吊球 floor-to-ceiling ball
 特轻量级 flyweight
 体重分级 weight classification
 体重级别 weight classification
 提肩收下巴 tuck
 同名臂格挡 cross parry
 头部被击中后站立不稳 groggy
 头盔 head protector
 头撞 butt
 推挡;格挡 shove aside
 推对方 push
 退却 retreat
 外侧格挡 outside parry
 往后移步 bicycle
 为制造漏空而连续进行的打击 set-up
 围绳 ropes
 胃部“breadbasket”
 握拳 fist
 握拳姿势 fist position
 51 公斤级(蚊量级) flyweight
 54 公斤级(雏量级) bantamweight
 57 公斤级,次轻量级 featherweight
 膝部略弯身体略向前倾的姿势 crouch
 习惯于膝部略弯身体略向前倾姿势的拳击运动员 crouches
 下巴 chin
 下颌要害部位 button
 下潜逼开来 ducking
 想象拳 shadow boxing
 向后移步 back step
 向前下潜 fold
 向上格挡 parry upwards
 向下击的拳 chop
 向右移步 right uppercut
 向左移步 left step
 小吊球 small punch ball
 虚拳 raising the hand
 宣告失败 count out
 血 claret
 眼肿 black eye
 佯攻;虚晃 feint
 腰带拳击台围绳以外部分 belt apron
 腰带以下部位 below the belt
 业余拳击比赛 amateur boxing match
 医生 physician

医务人员 medical officer	张开手套压住对方拳头进行阻挠 pinning
依靠步法进行闪躲而很少主动进攻的拳击运动员 dancer	张开手掌下压中部来拳的格挡 brush-away
以防守为主的拳法 defensive boxing	直立式拳击手 stand-up boxer
以肩阻挡 shoulder block	直拳 straight punch
以拇指击对方 thumb	职业拳击比赛 professional boxing match
以拇指击眼部 gouge	职业拳击赛 prize fight
以拳背击人 backhand swing	职业拳击手 professional boxer; fighter
以拳击人 punch	钟 bell
以手掌格挡来拳 catch	中国业余拳击协会 Chinese Amateur Boxing Association
以肘击人 elbow blow	中立角 neutral corner
以肘阻挡 elbow block	重击(冲击拳) heavy punch
一场比赛 bout	重拳 heavy punch
一场拳击比赛 event	助手 second
一个回合结束 at the bell	助手退场 seconds out
一局 canto	转动身体将重心从一脚移向另一脚 foot pivot
因对方弃权而取胜 win by retirement	转体弯腰闪躲来拳 drop-away
因分数落后而失败 loss on points	组合拳 combination blow; repertoire of blows
迎击 cross	最大体重 weight limit
用拍击的方法打出的刺拳 flicker jab	最厉害的一击 Sunday punch
用拍击方法格挡来拳 cuff	最重量级 heavyweight
用手掌部位打击 blow with the open glove	左刺拳 left jab
用掌跟击打 heel	左钩拳 left hook
由于一方被击倒而比赛结束 knockout	左撇子 southpaw
有经验的拳击运动员 ring artist	左上钩拳 left uppercut
右刺拳 right jab	左直拳 straight left
右钩拳 right hook	左直拳接右钩拳 boom-boom
右上钩拳 right uppercut	左直拳接右直拳 one-two
右手拳 right	做假动作造成对方漏空 open up
右直拳 straight right	
迂回 circle	
张开手套打击 blow with the open glove	

十七、柔道 Judo

- | | |
|---|-------------------------------|
| 巴投 floating drop | 计时员(记录员) counter |
| 耙(小内刈) minor inner reap | 袈裟固 modified scarf holding |
| 白标记 white marker | 健将级 master's degree |
| 白色腰带 white belt | 绞 strangulation |
| 背负投 shoulder throw | 绞技 strangulation techniques |
| 被摔 competitor thrown | 接近半分(有效) nearly wazaari |
| 比赛区 contest area | 橘色腰带 orange belt |
| 边裁(侧裁、副裁) judge | 绝对胜利 complete win |
| 别(跳腰、钓腰) spring hip throw | 绝招(得意技) favourite technique |
| 次中量级 welterweight | 蓝色腰带 blue belt |
| 出足扫 advancing foot | 里勾腿(大内刈) major inner reap |
| 当身技 throws by sacrifice falls | 立技 standing technique |
| 垫上技术 ground technique | 练习馆 practice hall |
| 跌倒(倒地、受身) falling | 搂(小外刈) minor outside reap |
| 对方认输获胜 victory by submission | 绿旗 green flag |
| 防守姿势 defence posture | 绿色腰带 green belt |
| 浮腰 floating hip throw | 判定 decision |
| 固技 locking technique | 判罚对方获胜 victory by forfeit |
| 固肩手臂 shoulder hand and arm | 切(别、大外刈) minor inner reap |
| 国际柔道联合会 International Amateur Judo Federation | 寝技 ground technique |
| 过胸摔 stomach throw | 柔道比赛场地 judo competition arena |
| 黑色腰带 black belt | 柔道带 judo-belt |
| 红白色腰带 red-white belt | 柔道垫 judo-mat |
| 红标记 red marker | 柔道段级 judo rank |
| 红标记线 red mark line | 柔道服 judo-costume |
| 红色腰带 red belt | 柔道裤 judo-trousers |
| 黄色腰带 yellow belt | 柔道衣 judo-jacket |
| 计时器(记分器) counter | 扫 sweep |
| | 上四方固 upper four |

稍占优势 slight superiority	腕缄 arm lock
舍身技 throws by sacrifice falls	无差别级 open-weight category
十字绞 cross strangle	学生级 student grade
十字逼肘(腕挫十字固) straight arm lock	优势胜利 victory on superiority
试摔 try	预备 preparation
摔(投) throws	站立棒 standing throws
四方固 quarters hold	站立技术(投技) standing technique
送襟绞 sliding lapel-neck lock	正常姿势 normal posture
榻榻米 tatami	中国柔道协会 National Judo Association of China
体落 body drop	抓领 scarf hold
挑(内股) inner thigh throw	抓握技术 holding technique
腿步技术(足技) leg techniques	自由练习 free practice
脱把 holding broken	综合胜利 compound win
外别(搂腰、拂腰) sweeping hip)	棕色腰带 brown belt

十八、射击 Shooting

安全措施 safety measures	靶位分配 target allocation; distribution of targets
靶 target	靶心 bull's eye
靶标 target frame	靶子设置线 target line
靶场 archery field; shooting range	扳机 trigger
靶场工作人员 range official	半自动步枪 semi-automatic rifle; self-loader
靶的滑架 target carrier	半自动枪 repeating gun
靶壕 trench; pit; marking pit	半自动射击 semi-automatic fire
靶壕裁判长 marking-pit officer	半自动武器 semi-automatic weapon
靶环 scoring ring; ring	保护盖 protective cover
靶环直径 diameter of target	(枪支)保险 safety lock
靶距标 target distance marker	报靶 marking
靶棚 shelter	
靶位 target position	

报靶杆 marking pole	觇式瞄准具 aperture sight
报靶信号 pit signal	觇式瞄准本体 aperture-sight bar
报靶圆牌 marking disc	觇式瞄准调准螺 aperture-sight screw
报靶员 marker	觇式瞄准观察镜 aperture-sight spectacles
爆发 detonation	觇式瞄准具座 aperture-sight support
备件 spare parts	觇式照门 aperture
比赛场地 competition range	场地裁判员 field referee
比赛用步枪 match pistol	衬靶 backer
比赛用靶 match target	衬靶纸 backing card
闭缩卡槽 locking recess	成绩统计室 results office
闭缩突笋 lock lug	成绩统计裁判长 results office chief
闭锁机构 locking mechanism	抽查抛靶 examine targets by random test
闭锁铁;卡铁 bolt lock	错靶 wrong target
边缘发火 rim-fire	错射 cross fire
标准大口径步枪 300 米三种姿势比赛 standard rifle 300m. three positions	打靶步枪 target rifle
标准手枪 standard pistol	打响的一发 fired shot
标准手枪 25 米赛 stander pistol 25m.	大口径标准步枪 big calibre standard rifle
标准手枪射击 standard pistol	大口径步枪 big-bore rifle
标准小口径步枪 small-bore standard rifle	大口径步枪射击 big-bore rifle
标准小口径步枪 50 米三种姿势比赛 standard small-bore rifle 50m. three positions	大口径自动步枪 big calibre automatic rifle
表尺射程 aiming range; sighting range	大威力手枪 high-power pistol
表尺座 rear sight base	待触发扳机 set trigger
步枪 rifle	单发 single fire
步枪射击场 rifle ground	单丸子弹 single ball load
步枪射手 rifleman	弹袋 cartouche
不规则靶 irregular cartridge	弹道起点 point of curve
不符合规定的抛靶 faulty throw	弹道学 ballistics
不退壳的故障 failure to extract	弹道最高点 vertex
擦枪布 cleaning patch	弹底槽 bolt head recess
觇孔盘 aperture rear-sight disc	弹夹 clip
	弹夹槽 clip slot

弹匣 box magazine	多向飞靶射击 skeet shooting
弹匣底板 butt of magazine	额外试射 extra sighting shot
弹匣容弹量 capacity of magazine	额外时间 extra time
弹壳 cartridge case; case head	耳塞 earplug
弹壳体 body	发 shot; round
弹孔 bullet hole; shot hole	发射 discharge
弹群散布 dispersion of grouping	发射药 propel lent
弹膛 chamber	反跳 rebound
弹头 projectile-box	方向射界 angle of traverse
弹丸收容器 bullet trap	防尘盖 dust cover
弹箱 cartridge-box	防跳器 stabilizer
弹心 bullet core	飞靶射击 trap-shooting
弹药 ammunition	飞碟靶场 clay pigeon range
弹药箱 ammunition box	飞蝶射击 clay-pigeon shooting
弹着点 point of impact	飞碟射击运动员 clay pigeon shooter
弹着分布 grouping pattern of hits	风向旗 wind-flag
弹着观察镜 spotting scope	副裁判员 assistant range officer
弹着环数 shot value	俯角 angle of depression
弹着显示牌 target spotter	复进 counter recoil
挡弹墙 backstop	复进簧 driving spring
导气装置 gas-operated device	高低角 angle of position
低伸弹道 flat trajectory	高低射界 elevation range
底火壳 primer cup	高低线 line of sight
点名 roll-call	高角 angle of elevation
电动匀选器 electric selector	光学环形瞄准器 optical ring sight
碟靶 clay pigeon; clay target; bird	光学瞄准器 riflescope
碟靶飞行 target flight	规定靶 regular target
碟靶飞行区 target flight area	规定用靶 official target
碟靶降落区 target fall zone	跪射 shooting from kneeling position
碟靶交叉点 target crossing point	跪姿 kneeling position
定起角;跳角 angle of jump	国际射击联盟 International Shooting U-
短头弹 short cartridge	nion
多射(发射次数超过规定) excessive hit	过高、过低 over and under
多向飞蝶射击 trapshooting	喊靶 call a target

黑火药 black powder	记分卡 record keeper's card
黑条 black stripe	记分射 competition shot
黑心 black aiming mark	记分员 record keeper
后座 rearward movement	尖弹头 pointed bullet
弧形表尺 tangent type sight	肩托 butt strap
护板 side plate	降靶 lower the target
护垫 padding	教练弹 drill cartridge
护耳器 ear-protector	军械员 armourer
护圈 sight protector	军用步枪 service rifle
滑架靶 target carrier system	均匀扣引 smooth triggering
环 ring	卡弹 jamming of cartridge
环靶 round target	卡壳 jamming of case
环数 points	空的 clear
(靶)环线的粗细 ring thickness	空枪预习 dry practice
环行瞄准具 ring sight	口径 calibre
换靶 target change	扣扳机 pulling the trigger
火台 anvil	扣分 deduction of points
基线 base chord	快跑 fast run
机柄 bolt handle	拉壳钩 extractor
机槽 barrel extension	立射 shooting from standing position
机体 bolt body	立式猎枪 over-and-under shotgun
机头 bolt head	立姿 standing position
击锤 hammer	粒丸枪 pellet gun
击锤轴 hammer roll	粒形准星 corn front sight
击锤自动扳起的击发机构 double ac- tion	理论射速 cyclic rate of fire
击发不果断 flinch	练习靶 trial target
击发结构 firing mechanism	连发 automatic fire
击发阻铁 sear	猎枪 shotgun
击发阻铁轴 sear pin	猎枪口径的号 gage
计算环数 score a target	滤光片 filter
记分靶 competition target	落角 angle of fall
记分环;靶环	慢加速射 canter fire
记分价值 score value	慢射 slow fire
	蒙耳器 earmuff

瞄偏 aiming off	平管猎枪 double gun
瞄准 taking aim	屏障 screen
瞄准点 aiming point	破靶 broken target
瞄准基线长 sighting radius	气步枪 air rifle
瞄准尖 apex of the front sight	气步枪射手 air rifle shooter
瞄准镜 sighting telescope	气手枪 air pistol
瞄准景象 sight picture	气手枪射击 air pistol
瞄准练习 aiming exercises	气手枪 10 米赛 air pistol 10m
瞄准线 sighting line	前托;下护木 fore-arm; fore-end
瞄准镜座 scope mount	前托推拉式退壳 pump action
命中 hit	枪 rifle
命中角;着角 angle of impact	枪弹 cartridge
内弹道学 internal ballistics	枪管 barrel
内 10 环 inner ring	枪管固定栓 barrel latch
女射击运动员 markswoman	枪管后座式 recoil operated
女子小口径手枪射击 women's small-bore pistol	枪管护筒 barrel jacket
排气孔 gas escape	枪管下折 break the barrel
抛靶 throw	枪机 bolt
抛靶操纵员 puller	枪机框 bolt carrier
抛靶高度 throwing elevation	枪机转拉式退壳 bolt action
抛壳口 ejector port	枪架 gun stand
抛靶谱 indicator	枪颈 wrist
抛靶器 trap	枪口 muzzle
抛靶器操纵台 pull stand	枪皮带前环 front swivel
抛壳挺 ejector	枪栓 bolt
跑鹿靶 running deer target	枪膛 bore
跑鹿靶射手 running deer shooter	枪膛磨损 barrel erosion
跑兽靶 50 米赛 running game target 50m	枪套 holster
跑猪靶 running boar target	枪托 butt stock
跑猪靶射手 running boar shooter	枪托棱部 comb
偏流 drift	枪尾 breech
平分 tie	枪枝结合 assembly
平分决胜射击 shoot-off	枪枝损坏 breakdown of the gun
	枪枝检查员 firearm examiner

- 枪支 firearms
 枪支弹药故障 functional failure
 清场完毕 all clear
 清理射击位置 police the firing points
 球形准星 barley-corn type fore-sight
 全缩口 full choke
 人像靶 silhouette target
 刃形准星 blade type fore-sight
 三点成一线 sight alignment
 散弹 scatter load
 散热片 radiating rib
 射程 firing range
 射程范围 flight area
 射击靶 target
 射击次序 firing order
 射击地线 fire line
 射击垫子 shooting mat
 射击服 shooting costume
 射击工具箱 shooting kit
 射击馆 shooting hall
 射击技术 marksmanship
 射击界标(飞碟) shooting boundary marker
 射击界限(飞碟) shooting bounds
 射击精度 firing accuracy
 射击距离 shooting distance
 射击练习弹 target practice cartridge
 射击上衣 shooting coat
 射击时间 shooting time
 射击手套 shooting glove
 射击台 shooting platform
 射击位置 shooting station
 射击项目 course of fire
 射击鞋 shooting boots
 射击眼镜 shooting spectacles
 射击运动员 shooter; marksman
 射击姿势 shooting position
 (飞碟)射区界标 shooting boundary marker
 (飞碟)射区界线 shooting bounds
 射线 line of elevation
 射巷 firing lane
 射向 direction
 神射手 expert marksman
 升靶 raise the target
 10发一组 10-shot string
 10环靶 decimal target
 10米开阔地段 10-metre gap
 试射 sighting shot
 试射靶 sighting target
 实心弹头;普通弹头 ball bullet
 手枪 pistol
 手枪或气枪射击场 shooting gallery
 手枪慢射 pistol slow fire
 手枪(气枪)射击场 shooting gallery
 手枪射手 pistol player
 手枪速射 rapid-fire pistol
 手枪速射 25米赛 rapid-fire pistol 25m
 闫体 breech block
 双扳机 double trigger
 双待触发扳机 double set trigger
 双向飞碟 skeet
 双向飞碟靶场 skeet field
 双向飞蝶射击 skeet shooting
 速射 rapid fire
 缩口 choke
 缩口量 degree of choke
 弹簧式气步枪 spring air rifle

膛壁 bore surface	消音器 silencer
膛底压力 breech pressure	小口径步枪 small-bore rifle
膛线 rifling	小口径步枪射击 small-bore rifle
膛线缠度 pitch of rifling	小口径单发步枪 small-bore single-shot
膛线缠角 angle of rifling	小口径自选步枪 small-bore free rifle
膛线旋转 rifling twist direction	斜轨式表尺 ramp type sight
膛压 chamber pressure; pressure in chamber	信号装置 signaling system
调节器 gas regulator	选择性扳机 selective trigger
调整瞄准具 sight adjustment	压杆 side lever
跳弹 ricochet	压缩空气 compressed air
贴腮 cheek piece	哑火 dumb fire
停止射击 cease fire	眼睛疲劳 eye-strain
通条 cleaning rod	验枪 inspection of arms
通讯比赛 postal match	仰角; 射角 angle of fire
透镜 lens	依托物 support
透明测环尺 scoring gauge	已射过的靶 shot target
(由于靶子转动而形成的)椭圆形弹孔 skid shot	移动靶 moving target
脱靶 missing	移动靶射击 moving target shooting
托弹板 follower	英国式比赛(自选小口径步枪 60 发卧射) English match
托座 palm rest	用报靶杆报靶的方法 dinking system
外弹道学 exterior ballistics	用过的靶纸 fired target
完整练习 full course	有毛病的子弹 defective cartridge
望远镜 telescope	有效发 valid shot
望远镜式瞄准器 telescopic sight	有效射程 effective range of fire
威力 power	有争议的弹着; 疑问弹着 shot in dispute
尾托卡笋 butt stock latch	优秀射手 sharpshooter; crack shot
尾锥部 boat tail	游标 sight slide
未按次序发射 shoot out of turn	游隙; 松动 backlash of trigger
卧射 shooting from prone position	右旋膛线 right twist direction
卧姿 prone position	预备发射 ready to fire
物镜 objective	预热枪管; 适应性预射 fouling
线膛 rifled part	预习 practice shooting

- 远射 long hit
 允许重抛靶 allow another target
 允许重射 allow a refire
 运动步枪 sporting rifle
 运动用步枪 sporting rifle
 早发火 premature fire
 炸膛 bore premature
 掷角 angle of departure
 掷线 line of departure
 制退器 muzzle brake
 制退缩口器 compensator
 中靶 hitting
 中国射击运动协会 National Shooting Sports Association of China
 中口径步枪 intermediate caliber rifle
 中心发火 center fire
 中心发火手枪射击 center fire pistol
 重射 refire
 诸元 characteristics
 助理裁判员 assistant referee
 柱形准星 post fore-sight
 爪子钩;拉壳钩 extractor
 转靶器;时间控制器 target-turning mechanism
 转轮 cylinder
 转轮闭锁 cylinder lock
 转向靶 turning target
 装弹武器 loaded weapon
 撞针 firing pin
 撞针簧 firing spring
 坠铁;配重 balancing weights
 准星 front sight
 准星护圈 front sight ring
 准星片 aperture fore-sight disc
 准星座 front sight base
 子弹 cartridge
 子弹飞行初速 muzzle velocity
 子弹量速器 chronograph
 自动步枪 automatic rifle
 自动抛靶机 automatic trap
 自动枪机式 blowback
 自动武器 automatic weapon
 自动装填 auto loading
 自然 cooking off
 自选步枪赛 free rifle
 自选步枪 300 米三种姿势比赛 free rifle 300m. three positions
 自选手枪赛 free pistol
 自选手枪 50 米赛 free pistol 50m
 自选小口径步枪 50 米三种姿势比赛 free small-bore rifle 50m. three positions
 自选小口径步枪 50 米英国式比赛 free small-bore rifle 50m. "English match"
 自由式步枪 free rifle
 自由式手枪 free pistol
 鬃刷 barrel-brush
 总裁判长 chief range officer
 总环数 total point
 走火 accidental fire
 组 series; round
 阻铁卡口 sear notch
 最大弹道高 vertex height
 最大射程 maximum range of fire
 左轮手枪 revolver

十九、射箭 Archery

拨箭 draw an arrow

靶 buttress

靶板 target card

靶道 shooting lane

靶垫 boss

靶号 target number

靶架 frame

靶面 target face

靶墙 butt

靶位 target position

靶心 pinhole

摆动 oscillation

白环 white zone

保护弓弦中段的缠线 serving

鼻珠 nose mark

比赛用弓 competition bow

比赛用箭 field arrow

标箭孔 mark arrow holes

表尺 sight bar

薄板 lamination

裁判长 director of field shooting

侧身向靶瞄准 address the target

插箭架 arrow rack

场地裁判员 field officer

长距离 long distance

从靶上面飞过 gone

打的太烂的靶面 disfigured target face

打猎时用的短弓 hunting bow

大弓;长弓 longbow

大头箭 bobtail arrow

单轮 single round

单轮射箭项目 single round archery event

地环靶射箭 clout shooting

地面靶 clout target

地面靶射箭 clout shooting

地面靶心 clout

地上箭架 arrow stand

地上箭筒 ground quiver

抖动 jerk

多位多靶射箭 field archery

反弹的箭 rebound

放箭 let fly

放箭过早 bolt

放箭犹豫 creep

放松的射箭方法 relaxed method

防震器 stabilizer

飞不直 gad

飞行路线 line of flight

分配靶位 allocation of targets

风力影响 drift

副裁判长 deputy field captain

副箭羽 hen feathers

高低调整瞄准 elevation setting

给弓上弦 bend

弓 bow

弓把 bow-grip; handle of bow

弓背 back of bow

弓臂 bow limb

- 弓长 bow length
 弓带 bow-sling
 弓的拉力太大 over bowed
 弓的拉力太小 under bowed
 弓的有效射程 cast
 弓的重量 actual weight of bow
 弓腹 belly of bow
 弓腹上由于受压而形成的横裂缝
 chrysal
 弓盒 bow-case
 弓或箭上的纵裂缝 check
 弓扣 bow notch
 弓拉过头 overdraw
 弓力 bow strength
 弓上臂 upper bow-limb
 弓上的瞄准记号 bowmark
 弓梢 bow tip
 弓手 bow-man
 弓下臂 lower bow-limb
 弓弦 bow string; cord
 弓弦上的搭箭点 nocking point
 弓弦上的过紧 high braced
 弓弦上的过松 low-braced
 国际比赛 international match
 国际射箭联合会 International Archery
 Federation
 国际射联双轮射箭比赛 double FITA
 round
 含珠 kisser
 汗垫 dress shield
 黑环 black zone
 红环 red zone
 红色灯光 red light
 护臂 armguard; bracer
 护胸 chest-plate
 护指皮块 finger tab
 琥珀灯光(记时信号) amber light
 滑弦撒放 slide off the string
 换弓弦 change a string
 环 point
 环线 dividing-line
 黄色灯光 yellow light
 黄心 yellow zone; bull's eye
 混合材料制成的弓 composite bow
 计分环 scoring zone
 计分值 scoring value
 计时灯光 light
 计时牌 plate
 计时牌黄黑条相间的一面 yellow and
 black striped
 side of the plate
 计时牌黄色一面 yellow side of the plate
 记分表 scoring sheet
 记录员 scorer
 记录员台 scorer's table
 加固弓 backed bow
 加固弓背 bow-backing
 拣回射出的箭 retrieve the arrows
 箭 arrow
 箭靶 buttress
 箭侧垫 arrow plate
 箭袋 arrow case
 箭的木杆部分 stile
 箭的重心 balance point; center of mass
 箭杆 arrow shaft
 箭杆前段 fore shaft
 箭杆上粘羽毛 fletch
 箭杆上粘羽毛和涂色的部分 shaftment

- 箭壶 belt-quiver
 箭孔 arrow hole
 箭口nock locator
 箭扣 arrow nock
 箭台 arrow rest
 箭筒 quiver; arrow case; arrow carrier
 箭头 arrow pile
 近射程 short distance
 警告信号 warning signal
 竞技状态良好 in game
 距离赛 flight shooting
 开满弓 full draw
 空气阻力 air resistance
 宽头箭 broad arrow
 窥孔 peep hole
 拉弓(开弓) drawing; stringing the bow
 拉弓长度 draw length
 拉弓力 drawing force
 拉距控制 draw check
 拉力 pull weight
 拉弦臂 drawing arm
 拉弦的手指 string fingers
 拉弦手 drawing hand
 拉弦手固定点 anchor point
 拉弦指 drawing finger
 蓝环 blue zone
 (射箭区周围的)栏杆 barrier
 累积分 aggregate score
 立射射准 target archery
 离弦 take off
 练习靶 practice target
 两臂能拆能合的弓 jointed bow
 两脚跨立在起射线上 astride the shooting line
 两指手套 mitten
 棉纱 tassel
 每人每轮射箭支数 end
 瞄准 aim
 瞄准窗 sight window
 瞄准点 mark
 瞄准基线 alignment
 瞄准记号 point of aim
 瞄准具 bow-sight
 瞄准时执弓手的高度 elevation
 目测距离用的器具 range finder
 男子射箭项目 men's archery event
 男子项目裁判长 field captain
 内环 inner zone
 牛角制的弦扣 horn
 女子项目裁判长 lady paramount
 女子射箭项目 women's archery event
 女子项目裁判长 lady paramount
 偏差 drift
 平头箭 blunt
 起射 shooting
 起射时间 shooting time
 起射位置 shooting position
 起射线 shooting line
 枪弹式的箭头 bullet jacket; bullet pile
 强铝箭扣 duralumin nock
 去弦后能复原的弓 reflexed bow
 撒放 loose
 上弓 brace
 上升弧线 ascending arc
 射程 distance
 射出的箭 shot
 射箭靶 target
 射箭比赛场地 competition arena for

archery	脱靶 miss
射箭场 archery range; archery field	外环 outer zone
射箭场测风旗 wind indicator	弯曲的箭 warped arrow
射箭的五个要点 five points	望远镜 field glasses
射箭服 archery costume	握弓法 bow-grip
射箭技术 marksmanship	握弓手 bow hand
射箭时耸起左肩 hunch	下弓扣 lower nock
射箭手(射击运动员) archer	下降弧线 descending arc
射箭手的同伴 butt	弦端环套 eyes
射箭顺序 order of shooting	弦与弓把的距离 bracing height
射箭项目 archery event	限制线 waiting line
射箭用的眼镜 shooting spectacles	纤维板 sheet fibre
射箭用具 archery tackle	斜风 quartering wind
射偏 yaw	心材 heartwood
射远比赛用的轻箭 flight arrow	修弓的木料 Dutchman
射远射箭 flight shooting	腰带 belt
射准射箭 sharp shooting	野外射箭 field shooting
试风旗 flag	疑问 query
试射用的箭 sighting arrow	硬度 stiffness
失去弹性 follow the string	用残旧了的靶面 worn target face
室内射箭 indoor shooting	用以加固弓背的材料 backing
双轮 double round	羽毛 feather
双轮全能成绩 grand total	与嘴齐高的拉弓法 mouth draw
双轮射箭项目 double round archery	圆靶 round target
event	在飞行中左右摆动 stagger
双曲弓 double flexed bow	争执 dispute
水平仪器 levelling device	执弓臂 bow arm
松弦 unstring the bow	执弓手高度 elevation
随身携带的箭筒 body quiver	制弓用的木头 bow stave
弹性 spring	制弓用的小木条 billet
调整 adjustment	制弓者 bow maker
停射 suspend shooting	终点裁判员 target captain
团体赛 team round	终点线 target base line
团体成绩 team results	中把 hit

中靶不中环的箭 petticoat
中靶点 point of impact on target
中靶箭 scoring hit
中靶箭数 number of scoring hits
中国射箭协会 National Archery Association of China

中黄心箭数 number of golds
重量 weight in hand
主箭羽 cock feather
准星 sighting point
总成绩 total score

二十、摔跤 Wrestling

按分数评定胜负 decide on points
82 公斤级 (第七级) middleweight (7th category)
把持 control
把对方转移到跪撑 take down
摆单臂过桥摔 single elbow-lock and sit-back
摆脱桥 bridge escape
绊摔 lift over with tripping
抱大腿摔 single-leg pick-up
抱单臂 single arm-lock and buttock
抱单臂背 single arm drag and crotch hold
抱肚子 abdomen hold
抱肩颈背 full buttock with locked grip around head and arm
抱肩颈过桥摔 sit-back with head-lock
抱肩颈过腿摔 hip roll with cross head-lock
抱颈腿压桥 reverse nelson and cradle hold
抱起 lifting holds
抱躯干 body lock

抱躯干过桥摔 sit-back with double body-hold
抱摔 body slam
抱摔手 hiper
抱双腿摔 double leg drop
抱同名腿背下握同名腕压桥 over and under
抱腿钩绊异名腿 leg hold and back heel
抱腿钩异名腿摔 single leg hold and inside leg trip
抱腿过胸转移 near leg lift with step through and twist
抱腿转移 leg snag; leg pick-up; leg dive
抱膝 knee lock
抱膝提 lift off in kneeling position
抱异名腿后绊 one leg pick up and inside trip
抱折 drop
被垫子擦伤 mat burn
被禁止的抱握动作 forbidden holds
被迫由跪撑转为俯卧 break-down
被压在下面的摔跤手 competitor under-

neath	缠骑 cross scissors ride
背摔 jackknife	缠腿 grapevine
比赛场地 wrestling area	缠腿钩臂翻 guillotine
臂杠杆 arm bar	缠腿钩臂滚翻 cross body ride
别肩臂转移 standing switch	缠腿肩下握颈 half nelson and far arm
拨脚 Bojiao	缠外肩下杠杆压颈 grapevined leg hold
不分胜负 draw	down and half nelson
不合法握法 illegal hold	场 round
不合法抓握 illegal grip	场上裁判员 referee
不受时间限制的摔跤比赛 finish exhibition	撑起 elevator
裁判长 mat chairman	处于危险状态 in jeopardy
侧面抱躯干过桥摔 sit back with cross body hold	穿裆靠 Chuandangkao
侧面抱腿和颈翻 cradle	穿腿翻上 leg switch; leg extension switch
侧面穿握外小腿 double hold on opponent's leading foot through legs	搭扣 lock one's hands
侧面反抱大腿和踝翻 lift over with near ankle	大得合 Dadehe
侧面肩下杠杆压颈 further bar half nelson	倒步 Daobu
侧面肩下握颈 half nelson	倒口袋 Daokoudai
侧面肩下握颈抱躯干翻 half nelson and body chancery	得分标准 scoring standards
侧面双肩下抱颈压桥 double bar arm	第一流技术 first-rate technique
侧面压颈抱躯干翻 lift over by abdomen hold and neck hold	低桥 low bridge
侧面握腕抱躯干头顶腋窝翻 near wristlock and head	低准备姿势 low on guard
侧握臂 cross face	垫子 mat
侧握异名踝和臂翻 near ankle and cross face	垫子摔跤 mat wrestling
缠反抱肩颈过桥摔 sit back with reverse head lock and grapevine	垫子中心 mat centre
	点步 Dianbu
	反抱 reverse
	反抱肩颈过桥摔 sit-back with reverse head-lock
	反抱躯干 reverse body-lock
	反攻性抓握 counter grip
	反踝关节扭脚趾 toe hold
	反夹臂 single arm-control; chicken wing above elbow
	反肩下握颈 reverse nelson

反锁臂缠骑 cross scissors ride with reverse	过背 full buttock
反肘关节动作 twisting hammerlock	过桥翻 throw oneself into bridge
翻上 crawfish	过桥摔 sit-back
犯规分 bad mark	过胸摔 salto
防守姿势 defence position	合法的握法 legal hold
盖步 Gaibu	合法抓握 legal grip
盖单 mat cover	红角 red corner
杠杆锁臂 bar hammerlock	后抱躯干骑钩同名腿 crab ride
杠杆握翻 quarter nelson	后抱双腿摔 catch of legs with turning down
高桥 high bridge	后倒成桥 fall into bridge
高准备姿势 high on guard	后腹下握腕拉臂翻 wrist hold between opponent's legs from rear
格开 block	后面圈臂或锁臂过去摔 fall back
古典式 Greco-Roman style	后提 rear lift
古典式摔跤 Greco-Roman style wrestling	护耳帽 helmet
古典式摔跤场地 Greco-Roman style wrestling	换把位 change holds
古典式摔跤服 surface for Greco-Roman style wrestling costume	基本技术 basic skill
古典式摔跤技术 Greco-Roman style wrestling technique	击打(犯规)striking
固定对方的方法组合 pinning combination	记录表 scorecard
固定桥 blocking the bridge	积极性 activity
跪 kneel	夹臂 arm lock
跪撑方法 ground holds	夹臂滚翻 arm-roll from underneath; wing-lock
跪撑角斗 ground struggling	夹近侧腕滚动或转动 lift over with near wristlock
跪撑摔 ground wrestling	夹颈 whizzer
跪撑姿势 ground position	夹颈背 cross-buttock
滚 lift-over	夹颈或夹臂背 hip lock
滚桥 momentary bridge; rolling over the shoulders	夹头 chancery
国际业余摔跤联合会 International Amateur Wrestling Federation	夹腿 leg lock
	假人 puppet
	肩摔 shoulder throw
	肩下潜入 elbow push up

肩下潜入转移 elbow push	连续使用方法 chain wrestling
肩下潜入握臂和大腿摔 elbow push and rear crotch lift	两肩着地 fall; fall down
肩下握颈 nelson	两肩着地获胜 victory by a fall; winning by fall
剪 scissors	62 公斤级 (第四级) featherweight (4th category)
剪腿 leg scissors	68 公斤级 (第五级) lightweight (5th category)
剪腿侧面肩下握锁 double stretcher with deep half nelson	抹脖脚 Mobojiao
降体重 make weight	内抱腿 inside crotch
角力 trial of strength	内抱腿侧面骑 cross crotch and waist hold; inside crotch ride
角力桥 wrestling bridge	偶然摔倒 accidental fall
交叉握小腿翻 crossing of legs	74 公斤级 (第六级) welterweight (6th category)
跤架 Jiaojia	骑双肩下握颈 stretcher
接近绝对失败 near fall	前面抱肩颈 head and arm chancery
解脱 break off a hold	抢手 grapple
解脱抓握 parrying grips	桥 bridge
近侧 near side	桥滚 rolling bridge
进攻有效 effectiveness	侵人犯规 personal penalty
进攻者的位置 offensive position	圈臂绊 hip drop
颈部紧张 bull neck	圈臂反抱肩颈过桥摔 sit back with reverse headlock and bar arm lock
90 公斤级 (第八级) light-heavyweight (8th category)	绕圈双臂过桥摔 sit back with arm lock and grapevine
绝对失败 loss on fall	日本式摔跤 sumo
绝对胜利 winning by a fall	瑞士式摔跤 schwingen
卡脖子 strangle hold	桑勃式摔跤 sambo
扛口袋 Kangkoudai	桑勃式摔跤 sambo
拉臂 single arm-drag	失分失败 loss on points
拉臂抱大腿 single arm drag and crotch hold	手别子 Shoubiezi
拉臂握踝摔 arm-pull with inside back heel	输分 black mark
拉倒 pul-down	摔鞭 Shuaibian
蓝角 blue corner	
连裤衩的紧身衣 full-length tight	

摔倒 throwing

摔跤比赛 wrestling match; mat strife

摔跤垫 wrestling mat

摔跤服装 wrestling costume

摔跤区 wrestling area

摔跤桥 wrestler's bridge

摔跤运动员 wrestler

双缠腿 double bar arm from side

双杠杆锁臂 double arm bar to pancake

双钩腿压桥 blocking of bridge with double grapevine

双肩下握锁 double leg pick up

双手锁抓腕别 double wristlock and buttock

双手抓腕 double wristlock

双手抓握 double-grip; double-gripping

双锁臂过胸摔 double arm lock and roll throw from the winglock

四种胜利 four victories

四肢扑地 on all fours

48 公斤级 (第一级) paperweight (1st category)

“4”字型缠腿 figure four scissors

锁臂缠腿摔 hip roll with arm lock and grapevine

锁臂肩下握颈 chick wing and half Nelson

锁单臂过腿摔 hip roll with single elbow lock

锁肩下握颈 arm = bar and half nelson

锁双臂 chicken wing

锁握臂 arm-bar and reverse body-lock

逃出边线 mat escape

掏腿 Taotui

踢 kicking

挑勾子 Tiaogouzi

同名臂 corresponding arm; opposite arm

同名腿 corresponding leg; opposite leg

通过腿扔 swing over on one's hip

头撑 head lever

腿夹臂抱躯干翻 lift over with leg scissors on arm

推下颌 chin push

外抱腿 outside crotch hold

危险状态 position of danger

窝勾 Wogou

握臂抱躯干钩腿滚翻 arm-roll with waist-hold and leg grapevine

握臂抱腿提 pick up by arm and leg hold

握臂缠腿过桥摔 sit back with double body hold

握臂穿腿 extended whizzer

握臂反夹颈别 reverse head lock with arm and back heel

握臂夹颈别 side chancery and cross buttock

握臂里钩腿 single arm drag with inside back heel

握臂压肩颈 bar nelson

握单臂背 flying mare

握踝 ankle hold

握近侧腕 near wristlock lever

握颈臂绊 neck hold and leg hold

握颈踝 ankle and neck hold

握颈踝提起 head and heel pick up

握手过背摔 arm throw by elbow hold

握腿侧面接异名腿翻 leg pickup with rear crotch

握腕 wrist-hold	优势 superiority
握腕抱躯干钩腿滚翻 wrist hold leg grapevine and roll	优势位置 advantage position
握腕抱腿转动 outside crotch hold and near wristlock	在上面 behind
握肘 elbowing	暂停 intermission
52 公斤级(第二级) flyweight (2nd category)	站立 stand-up
57 公斤级(第三级) bantamweight (3rd category)	站立摔跤 standing wrestling
系腰带的摔跤 belt wrestling	站立摔练 standing wrestling
向后绊摔 back heel	站立握抱 hold in standing position
向前滚翻 forward roll	正面抱躯干过桥摔 lift with cross body hold
相抱 embrace	正面抱双腿摔 leg drop
相持姿势 neutral position	职业摔跤手 professional wrestler
相扑赛 sumo match	职业摔跤台 ring
相扑手 sumoist; sumo wrestler	中国式 Chinese style
小得合 Xiaodehe	中国式摔跤 traditional Chinese-style wrestling
消极 passiveness	中国式摔跤场地 surface for traditional Chinese-style wrestling
消极摔 wrestling in a passive manner	中国式摔跤服 traditional Chinese-style wrestling costume
消极性 passivity	中国式摔跤技术 Chinese-style wrestling technique
胸腹着地 lie flat on the belly	中国式摔跤基本功 fundamentals of Chinese-style wrestling
压桥 breaking the bridge	中国式摔跤体重级别 weight-classification for Chinese-style wrestling
压躯干 body press	中国摔跤协会 National Wrestling Association of China
延长时间 overtime	抓臂 arm grip
业余摔跤手 amateur wrestler	抓手过背摔 arm throw
异名踝摔 cross leg pull	抓头 head lead
100 公斤级(第九级) heavyweight (9th category)	抓头发 hair pulling
100 公斤级以上(第十级) super heavyweight (10th category)	抓握 gripping; grip
迎面跪撑姿势 head to position	抓握部位 grip zones
用头撞人 butting	
用肘顶人 elbowing	

转移 transfer

自由式摔跤 free-style wrestling

自由式摔跤场地 surface for traditional
free-style wrestling

自由式摔跤服 free-style wrestling cos-

tume

自由式摔跤技术 free-style wrestling
technique

坐起 sit-out

二十一、水上运动 Water Sports

1. 冲浪运动 Surf-riding

冲浪板 surf-riding board

冲浪比赛 surf-riding competition

冲浪技术 surfing technique

风帆冲浪 wind surfing

徒手冲浪(不用冲浪板) body surfing

重型冲浪板 big board; big gun

转板迎浪动作 kickout

2. 帆船运动 Yachting

暗礁 reef

安全带 safety harness

摆平 right

板条 batten

板条口袋 batten pocket

避风航 tack under lee

标志 mark

并排 overlap

不参加 sitting out

侧风 wind abeam

侧风航行 reach

超出航线 sheer

超越 over-stand

撑索杆 spreader

吃水 draught

吃水浅 shallow draft

船底外板 rubbing strake

船舱 cockpit; cabin

船架 frame

船壳 hull

船身 hull

船身板 planking

船身严重倾斜 heel

船首 bow

船首风 headwind

船首浪 bow wave

船首柱支架 bow crutch

船尾 stern

船尾杆 sternpost

船尾突出部 counter

搭脚索 horse

大三角帆 spinnaker

带槽帆椽 hollow boom

单桅多帆船 sloop

挡水板 center-board; dagger plate	帆索具 rigging
挡水板套 center-board case	帆下角铁圈 clew
地区风 local wind	帆下缘 foot
第一斜桅 bowsprit	帆缘弧形 roach
吊架 trapeze	反浪 backwash
顶风 on the wind	方帆 square sail
顶风的 close to the wind	方向 bearing
独桅帆船 cutter	防波堤 mole
断桅 broken mast	放松绳子 pay out
舵 rudder	风标 wind-vane
舵柄 tiller	风力计 wind gauge
舵柄推向下风 helm down	风向 direction of wind
舵柄推向上风 helm up	浮标 buoy
舵柄向左 port the helm	浮力箱 buoyancy tank
舵舱 cockpit	改变航向 altering the course
舵手 helmsman	改变方向 veer
舵索 rudder-line	改变方向驶去 bear away
帆 sail	搁浅 strand
帆板运动 wind-surfing	钩 hook
帆袋 sail bag	固定帆向 belay the sails
帆杆 lever	国际裁判团 international jury
帆杠支架 boom crotch	国际帆船联盟 International Yacht Federation
帆船 yacht; sailboat	海湾 bay
帆船比赛 yacht race; yachting	航迹 wash
帆船比赛会 regatta	航速 wash
帆船尺寸 measurements of yacht	航线 way
帆船号码 sail number	航向 course
帆船技术 yachtsmanship	航行 sail
帆船停泊处 yacht-yard	航行方法 sailing method
帆船运动 yachting	航行风 apparent wind
帆船运动员 yachtsman	航行计划 sail plan
帆桁 boom	航行命令 sailing instructions
帆后缘 leech	航行权 right of way
帆面积 sail area	

横担支索 jumper stay

横风 beam wind

横过船 athwart ships

横转 broach to

后帆椽长度 depth

后桅索 backstay

护身带 kicking strap

护桅索 shroud

互撞 collision

滑行 slide

活连环 shackle

级别标志 class emblem

技巧 wrinkle

驾驶 steer; steering

甲板 deck

假龙骨 false keel

减速 losing way

桨 oar

降帆 sail lowering; lower a sail

绞盘 winch

解缆 cast off

接绳 splice

紧索器 turnbuckle

竞赛旗 racing flag

竞赛通知 racing circular

竞赛声明 racing declaration

竞赛委员会 race committee

救生带 life belt

救生用具 life-saving equipment

卷 furl

卷帆 disturbed wind

卷帆索 outhaul

绝对领先 clear ahead

绝对落后 clear astern

开始顺风 fall off

抗议旗 protest flag

离开航向 sailing off the course

龙骨船 keel boat

漏洞 leak

落潮 ebb

落帆索 downhaul

码头 landing

满帆 full and by; sail fullness

锚 anchor

内龙骨 keelson

逆风 disturbed wind

排水量 displacement

抛缆 heave

抛锚 anchor away

飘动 drift

飘帆 let fly

飘流 drift

平底船 scow

破浪 cutting into the waves

起航 setting sail

起航号码 start number

前帆 foresail

前帆脚索 foresheet

前甲板船员 foredeck hand

前桅 foremast

前桅支索 forestay

嵌环 thimble

抢风 blanketing

倾覆 capsized

全体船员 crew

让路 keep clear

绕标 round a buoy

绕过 round

赛程 course	桅 mast
赛程距离 length of the course	桅顶 masthead
赛程图 racing chart	桅顶木冠 truck
三角帆 jib	桅顶小旗 fly
上岸 land	尾浪 stern wave
上船 go aboard	稳定索 stay
上风 windward	稳定性 stability
上风船 windward yacht	无风不能航行 becalmed
上风面 weather side	无障碍航行 sail clear
深长龙骨 deep keel	系船缆 mooring rope
升降索 halyard	系缆柱 cleat
绳索 rope	下沉 founder
识别旗 distinguishing flag	下风 lee
使帆受风 fill away	下风船 leeward yacht
收紧 haul	下风面 lee side
收帆和张帆 back and fill	下水 launch
双抢风 double tacking	小绳索 small stuff
双桅帆船 two master	斜 gaff
水流 current	斜桁尖头 peak
顺风 down wind	信号旗 signal-flag
顺风航行 sail before the wind; sail down- wind	星级 star
松帆 sail slackening	旋转钩 swivel
缩帆 reef	压舱物 ballast
缩帆带 reefing gear	烟雾信号 fog signal
索林级 soling	严重倾斜 heel
弹簧钩 snap shackle	扬帆 unfurl a sail
调节帆 sail trimming	舀出舱中水 bail
停泊 moor	移帆转向 gybe
拖带 tow	迎风比赛 luffing match
外板 die	迎风航行 tack on the wind; sail wind- ward
外形 profile	迎风驶舵 luff the helm
挽钩 boat-hook	迎风行驶的 close-hauled
完全装备的帆船 full-rigged sailing ship	迎风转向 come about

应急帆索具 jury rig
 应急桅杆 jury mast
 有航行权的帆船 right of way yacht
 右航向 starboard tack
 右舷 starboard
 右弦受风 starboard tack
 油布 tarpaulin; oilcloth; oilskin
 油布雨衣 oilskins
 预备信号 preparatory signal
 鱼鳍级 finn
 圆材支索 standing rigging
 在航 on course
 在下风 leeward
 涨潮 flood
 张帆 sail stretching
 丈量委员会 measurement committee
 丈量员 measurer
 阵风 gust
 正常风 prevailing wind
 直航行 sail upright
 支索 guy; stays
 终点船 finishing boat
 中国帆船协会 National Yacht Association of China
 中间队员 middleman
 中心浮标 center buoy
 主帆 main sail
 主帆脚索 main sheet
 主桅 mainmast
 转弯标志 turning mark
 纵帆 fore and aft sails
 左航向 port tack
 左弦受风 port tack
 左舷 port

3. 航海模型 Modelship

航海多项运动 navigational sports

4. 花样游泳

Synchronized Swimming

安全规则 safety rules
 岸上运动 deck movements
 芭蕾腿 ballet leg
 芭蕾腿姿势 ballet leg position
 半圆周运动 half-circular motion
 伴奏 accompaniment
 比赛服装 costume for competition
 比赛游泳池 competition basin
 憋气 laboured breathing
 并腿 closing leg
 不圆满 deficient
 裁判表 judge-form
 裁判亮分 flash awards
 裁判小组 panels of judge
 侧卧展体 side layout
 垂直腿 vertical leg
 垂直姿势 vertical position
 单芭蕾腿 ballet leg single
 单人项目 solos
 得分 obtaining points
 地区锦标赛 regional championships
 动作变化 variety
 动作表达方式 manner of movement
 动作难度系数 degree of difficulty
 俯卧展体 front layout
 俯卧展体姿势 side layout position
 高塔式 high tower

规定动作 figures	屈体团身 bunch
规定动作比赛 figure competition	屈体团身后翻 somersault back tuck
滚翻 flip turn	屈膝腿 bent leg
滚翻周身 somersault turn	屈膝姿势 bent knee position
鹤立式 crane	软翻 walkover
鹤立姿势 crane position	上旋 spin upward
后屈体 back pike position	身体呈垂直 body in vertical position
后软翻 walkover back	身体呈方形 body in arched position
花样游泳池 synchronized swimming pool	身体呈俯卧 body in front layout position
及格 meeting the qualification	身体呈仰卧 body in back layout position
集体项目 teams	身体垂直伸展 body extended vertically
集体项目比赛 team competition	身体浮起 keeping afloat
基本动作 basic movements	身体收缩 compacting the body
基本姿势 basic position	身体完全伸展 full body extension
急转 twirl	失败 disqualifying
记分表 judge paper; marker score sheet	曙光女神式 Aurora
计时长 head time keeper	“曙光女神”展开 180 Aurora open 180 degree
交替芭蕾舞腿 ballet leg alternate	“曙光女神”展开 360 Aurora open 360 degree
脚面绷直 toes pointed	“曙光女神”旋转 360 Aurora spinning 360 degree
节奏自由 free rhythm	“曙光女神”旋转体半周 Aurora 1/2 twist
静止状态 stationary	双芭蕾舞腿 double ballet leg
连续转体 continuous spin	双腿伸直 extended legs with thighs
螺旋式 spiral	双人项目 duets
年龄组 age group	双膝并拢 knees together
年龄组规定动作 age group figures	水平腿 horizontal leg
平均难度系数 average degree of difficulty	水上芭蕾 water ballet
前屈体 front pike position	水下动作 water movements
前软翻 walkover front	水下音响 underwater sound
潜入鹤立式 sub-crane	特别规定动作 figures specified in the description
曲线摆动 circular swing motion	
曲线动作 circular motion	
屈体后翻 back pike somersault	
屈体前翻 somersault front pike	

头部垂直 head vertical
 团身姿势 tuck position
 腿绷直 leg extended; legs straight at knees
 完全失败 completely failed
 违背规定 deviation
 舞蹈动作 choreo graphy
 下旋动作 descending rotation
 协调 synchronization
 旋转 spins
 仰卧展体 back layout
 一般 satisfactory
 一分的处罚 one point penalty
 一致性 accordance
 音乐释义 interpretation of the music
 游泳运动 strokes
 预赛 preliminary
 鱼尾式 fishtail position
 与水面平行 parallel to the surface of the water
 与水面垂直 perpendicular to the surface of the water
 圆周运动 circumference of a circle
 越步 walkout
 正确姿势 good form
 直接滚翻 flipping directly over
 自动裁判仪 automatic officiating equipment
 自动停止 stopping voluntarily
 自选动作 routine
 自选动作比赛 routine competition
 自选动作得分 routine score
 总分 final score
 足尖旋转 pirouette

5. 滑水 Water-skiing

赤脚滑水 bare-foot skiing
 冲浪运动 surf-riding
 单型滑水板 monoski
 飞跃滑水板 jump ski
 滑道 course
 滑水板 ski; skiing board
 滑水表演 water-skiing exhibition
 滑水路线 skier path
 滑水橇 water ski
 滑水运动员 water-skier
 花式场地 trick course
 花式滑水 trick skiing
 花样滑水 figure water-skiing
 快速滑水 ski-racing
 曲道滑水 slalom ski
 全能记分方法 comprehensive scoring method
 深水起滑 deepwater start
 手势信号 signal
 双人滑水 doubles
 特技滑水板 figure ski; trick ski
 跳跃滑水 jumping skiing
 跳跃台 ramp
 艇后滑水 water surfing
 拖缆 towing line
 娱乐滑水 recreational skiing
 障碍滑水 slalom skiing

6. 划艇 Canoeing

安全舵 safety helm
 板条 latch

比赛用短桨划艇 racing scull	帆布 canvas
玻璃纤维船 fiber-glass boat	防水围裙 spray screen
补充赛 repechage	方向杆 steering yoke
布置水道 lay the course	分别出发 separate start
裁判长 chief(of)judge	分区裁判员 sector judge
侧拉转向划法 draw stroke	风车式划桨 windmill paddling
侧拉转向划法中的外推动作 pushover	隔舱 bulkhead
测量标记 measuring mark	钩形划法 cruising hook
测量员 measurer	国际划艇联合会 International Canoeing Federation
长划 long stroke	航行计划 plan of the course
长距离竞赛 long-distance race	横叶停船 keel lock
吃水线 waterline	横叶停船划法 jamming stroke
出发线 line of start	横轴 cross axis
船底舵 bottom rudder	护航船 escort boat
船架 boat rack	划法 stroke
船库 boat house	划桨频率 rate of strokes
船艇检查 boat inspection	划艇比赛 regatta
船艇检查员 boat scrutineer	划艇回旋 canoe slalom
船头轻 bow-light	划艇赛场 canoeing course
船头重 bow-heavy	划艇运动员 canoe-man; canoeist
船罩 boat cover	回程门 reverse gate
带帆划艇 cruising canoe	回桨 recovery
单人划艇 Canadian single	回旋 slalom
单人皮艇 kayak single	回旋标杆 slalom pole
单叶桨 single-bladed paddle	回旋裁判长 slalom president
单叶宽桨 single-bladed paddle	回旋划艇 slalom canoe
倒划 backwater	回旋门 slalom gate
颠簸 pitch	激流赛艇 wild water racing kayak
短划 short stroke	记录处 scoring office
断桨 broken paddle	加拿大式划艇 canoe; Canadian canoe
舵手 coxswain; cox	桨 scull
舵叶 rudder blade	桨柄 inboard part of the oar
发令员 start organizer	桨插入水 dip
翻船 capsize	

桨颈 neck of the paddle	清理水道 clearing the course
桨手 paddle	全速比赛(最后冲刺)sprint
桨叶 blade	让路 keep clear
桨叶向内划的弧形 inward arc of the paddle	绕过障碍 skirting an obstacle
桨叶向外划的弧形 outward arc of the paddle	人为障碍 artificial obstacle
脚垫 footrest	上船 getting in
静水 still water	适于航行的 seaworthy
救生员 rescue offices	双人划艇 Canadian pair
靠背 backrest	双人皮艇 double kayak
快划 fast stroke	双叶桨 double-bladed paddle
拉桨 pull	双叶宽桨 double-bladed paddle
练习艇 moulded boat	水道 course
领桨手 crew's marshal	水道裁判 course umpire
流水 running water	水门 gate
龙骨 keel	水门裁判 gate judge
漏门 omit a gate	水门柱 gate pole
码头 landing stage	水门主裁判 chief gate judge
没达到水门 miss a gate	顺水 downstream
木筏 raft	四人划艇 canadian four
难度等级 grade of difficulty	艇头索 painter
内侧标 inside buoy	通过水门 going through a gate
内侧标 inside buoys	通过障碍 negotiating an obstacle
内龙骨 inner keel	同时出发 collective start
逆流 counter-current	头桨手 bowman
逆水 upstream	拖船 boat trailer
排队出发 lining of start; alignment	外侧标 outside buoys
皮艇运动员 kayak canoeist	尾桨手 stern-man
平桨 feathered paddle	握手 grip on the paddle
平桨划 feathering	五米规则 5-metre rule
普通接力 one-way relay	膝垫 knee cushion
抢航 false start	膝托 knee rest
倾斜 lean over	(船)下沉 founder
	下水 launching
	舷边 gunwale

橡皮壳 rubber skin
 信号指示器 signalling disc
 斜出发线 oblique line of start
 斜终点线 oblique winning line
 悬线 suspension wire
 迎面接力 return relay
 右舷侧 starboard side
 右舷划桨 starboard stroke
 圆形水道 circular course
 运船车 boat carriage
 障碍回旋水道 raft chute
 掌握船的性能 boat control
 折叠式划艇 foldboat
 折叠式舟艇 faltboat
 直划法 cruising stroke
 直线水道 straight course
 终点浮标 finishing buoy
 终点线 winning line
 中距离竞赛 middle-distance race
 舟艇检查 boat inspection
 主裁判 chief official
 抓水 catch
 转弯处 turning point
 转弯处检查裁判员 turning point judge
 追撞竞赛 bumping
 自己的水道 own water
 自然障碍 natural obstacle
 坐板 thwart
 座舱 cockpit
 左舷侧 port side
 左舷划桨 port stroke

7. 摩托艇运动 Motor-boating

摩托艇 motorboat

摩托艇赛场 motorboat course
 障碍赛 obstacle race

8. 皮艇 Kayak

爱斯基摩皮艇 Eskimo kayak
 非折叠式皮艇 rigid kayak
 皮艇赛场 kayak racing course
 前后座双人皮艇 tandem kayak
 双人皮艇 kayak pair; double kayak
 四人皮艇 kayak four
 中国皮划艇协会 National Canoeing Association of China

9. 潜水 Underwater sport

呼吸管 schorkel
 面罩 mask
 蹼泳 fin swimming
 压缩空气呼吸器 compressed air breathing apparatus

10. 赛艇 Rowing

按桨 dropping the wrist
 八人练习赛艇 tub-eight
 八人赛艇 octuple scull shell
 八人有舵手 eight oars with coxswain
 半决赛 petite finale
 保持距离 keep apart
 比赛龙骨船 racing keelboat
 比赛用龙船 dragon boat
 比赛中的活动桨叉 Belgian swivel
 标识船 flag boat
 操纵桨 oar-handling
 插桨入水 dip

充气赛艇 inflatable sports boat
 重赛 re-row
 出发点 starting point
 出发时负责将舟排齐的工作人员 aligner
 出发线 starting line
 船底 bottom
 船底板条 bottom lath
 船库 boat house
 船身摩擦 skin friction
 船身倾斜 lean over
 船身阻力 hull resistance
 船尾横木 transom
 船只 boat
 大桨 sweep
 大桨划手 sweep swinger
 带艇尾马达的汽艇 outboard motorboat
 单人赛艇 sporting single
 单人双桨 single sculls
 单人双桨赛 single sculls
 单人双桨赛艇 single sculler
 荡双桨 scull
 蹬腿 leg drive
 垫板 floor board
 短桨 paddle
 舵手座 coxswain's seat
 发令旗 starter's flag
 发令设备 starting installation
 发令台 starter's tower
 发令钟 starter's bell
 浮标指示 buoyming
 浮台 pontoon
 共同通过的水门 team gate
 固定出发点 fixed starting point

固定练习船 fixed tub
 光滑油 varnish
 国际赛艇联合会 International Rowing Federation
 航迹 wake
 横桨停船 hold water
 横浪 cross-wash
 护桨皮 leather
 划船比赛 regatta
 划船比赛大会 regatta
 划船技术 rowing technique
 划船运动员 boatman
 划桨 stroke
 划桨的一侧 stroke side
 划桨技术 oarsman ship
 划桨计时器 stroke timer
 划桨结束动作 finish of stroke
 划桨频率高 high stroke
 划水动作 drive
 划水时桨叶向上倾斜 washing out
 滑行 run
 滑座轨道 slide runner
 滑座出轨 jumped slide
 回桨时滑座移动过快 rushing the slides
 回旋浮杆 slalom post
 活动桨叉 swivel rowlock
 激流赛 wild water racing
 继续加油 another ten
 聚集 foul
 检查委员会 inspecting commission
 检查员船 umpires' boat
 桨把 handle
 桨叉 lock
 桨杆 loom

桨颈 neck of the oar	平桨 feathering
桨架 oar-lock; rigger stay	前后簸动 pitching
桨架接头 rigger	轻便快艇 gig
桨卡扣 oar-button	入水时斜桨 bevel
桨手 oarsman; rower	赛码头 jetty
桨叶 blade of the oar	赛艇 racing boat
桨叶曲度 curve of the blade	赛艇比赛场 rowing course
桨叶入水倾斜太大 knifing in	赛艇教练 rowing instructor
降低划桨频率 lower the stroke	赛艇库 boat house
脚踏板 footboard	赛艇练习 rowing practice
进水的 water-logged	赛艇赛场 rowing racing course
卡扣 button	身体摆动 body swing
可移动的发令设备 movable starting installation	身体动作 body action
可移动的出发台 movable starting	身体后仰 lie-back
可折叠单人艇 single-seater collapsible boat	身体仰角 layback
可折叠双人艇 two-seater collapsible boat	声音信号 sound signal
可折叠小艇 folding boat	失手划空 catch a crab
快速汽艇 speed boat	双桨 pair-oars
拉臂动作 arm pull	双桨艇 pair oar; scull
拉桨动作 pulling through	双人单桨赛艇比赛 pair-oared shell
拉桨过程 pulling phase	双人练习赛艇 tub-pair
浪阻力 wave resistance	双人双桨 double sculls
肋木 rib	双人双桨赛 double sculls
练习池 rowing tank	双人无舵手 coxswain's seat
领桨手 bow	双桨小赛艇 wherry
龙骨支撑 keel support	双人有舵手 pair-oars with coxswain
马蹄形桨叉 horn oarlock	双桨运动员 sculler
没有甲板的船 open boat	水道检查员 clerk of the course
摩托赛艇 racing motor launch	水面滑行摩托快艇 surface skimmer
内舷手 inside hand	水中训练 working in water
排齐 alignment	顺风 following wind
瓢桨 hollow oar	顺桨 trail the oars
	四桨赛艇 four-oared gig
	四人双桨赛艇 quadruple scull shell

四人双桨赛艇比赛 quadruple sculls
 四人无舵手 coxswain less four oars
 四人有舵手 four oars with coxswain
 脚踏板 footboard
 拖船 boat trailer
 外舷手 outside hand
 腕关节动作 wrist action
 V形底艇 V-bottom boat
 尾桨手 stern man; stern oarsman
 稳舵 washboard
 无龙骨船 keelless boat
 无障碍物的水面 clear water
 下沉 sink
 下桨 unship an oar
 下水 launch
 舷外 outboard
 舷外桨架 outrigger
 舷外桨架的跨度 spread
 向前 ahead
 向右划 rowing to starboard
 向左划 rowing to portside
 旋涡 puddle
 训练用赛艇 tub
 有浪的水面 choppy water
 右舷桨 starboard-side oar
 鱼翅形舵 fin-rudder
 增加划桨频率 increase the rating
 掌握好旋涡间隔 clearing the puddles
 掌握间隔 space
 支点 fulcrum
 终点 finish
 终点木筏 disembarking raft
 中国赛艇协会 National Boating Association of China

舟艇设计者 boat designer
 转弯点 turning point
 追撞 bump
 追撞比赛 bumping race
 阻滑器 stop
 左舷桨 portside oar

11. 水球 Water Polo

把持横木 holding
 把球藏在水中 hide the ball under water
 把球兜住 crading of the ball
 把球门往下拉 pull down the goal
 白旗 white flag(/mark)
 半场 half
 半转体 half
 棒球式掷球; 正手掷球 baseball throw
 抱持对方 hold an opponent
 本区 one's own half of the field
 比赛时间 period
 边锋 corner man
 变向控球 turning with the ball
 变向射门 deflection shot
 变向 120 度摆体 making the hook
 不按规定入场 improper entry
 不宜于传球的情况 non passing situation
 不正当行为 misconduct
 布阵; 占位 set up
 裁判球 neutral throw
 裁判员 referee
 踩水姿势 treading position
 侧臂射门 swing shot
 侧臂掷球 swing throw
 侧起球 side lift
 场地上空障碍物 over head obstruction

场上队员(守门员除外)field player	movement
持球入水 take the ball under the water	防守换位 switch
持球游 walking the ball	干扰 interception
持争夺的球 loose ball	高吊射门 lob shot
池端 end wall	高手传球 overhand pass
重新开始比赛 re-start	攻防转换;球易手 changeover
重新入场 re-enter	钩手传球 hook pass
抽筋 cramp	固定中锋 hole man
触球 touching	规定水的起码深度 required minimum
出场多打少 extra offensive man situation	depth of water
从池底跃起 jumping from the floor	横木 crossbar
从门柱弹回的球 rebound from goal post	红旗(临门旗)red mark(/flag)
从水上跃起 emerge high out of the water	后撤 back off
粗暴行为 rough play	后跃 rear back
粗野行为 act of brutality	弧形高传球 loop pass
大力射门 power shot	弧形球射门 loop shot
单手射门 one-hand shot	或然率防守法 percentage defence
挡板 rebound board	获得球 gain possession if the ball
倒手 right back	换手 changing hands
得分后发球;中线发球 re-start after a goal	黄旗 yellow mark
第一传 lead out pass	回抢;围抢 slough
2-2-2 进攻阵式 two-two-two offensive pattern	击 punch
2 夹 1;夹击 double teaming	机动打法 moving play
2 打 1 two on one	机动后卫 moving back
二米禁线 two-meter line	急停 sudden halt
二米禁线区 two-meter area	记录员 secretary
罚出场 exclude	继续比赛 resume play
扶手 rail	假想线 imaginary line
反手起球 backhand lift	假装射门 fake a shot at goal
反弹;弹回 rebound	监门员旗子 goal judge's flag
俯卧姿势 front crawl position	交叉掩护 crossover
妨碍对方的自由活动 impede the free	交换位置 changing hands
	交换场地 to change ends
	交替蛙式蹬腿 egg beater kick

角球 corner throw	抢得中线球 win the sprint
接空中球 dry reception	抢断 interception
接球 receiving	切入射门 drive-in shot
界线 boundary	清触射门 tip shot
进攻占位 offensive positioning	轻触射门 tip shot
净剩分 remaining points	轻扫球 spinning the ball
举球 lift	球场 bat
举球推进 carrying the ball	球场范围 precincts of the bath
决胜期 extra time	球出界 outside
开始比赛时裁判员掷球 starting throw	球门 water polo goal; cage
开始比赛信号 starting signal	球同侧占位 ball side positioning
快拍射门 bat shot	球同侧突破 breaking ball side
拦阻 blocking	区域联防防守圈 perimeter of zone
蓝旗 blue flag	区域联防 zone offence
离场 to leave the water	全场罚出场 dismiss from the game
两手同时触球 touch the ball with both hands	人钉人防守 man-to-man defense
六前锋进攻;全攻全守 six forward offence	入场 enter the water
埋头运球 head-down dribble	入水 entry into the water
门前间接任意球 centre forward area type free pass	弱侧;无球侧 weak side
门前中锋战术 hole play	35 秒 35-second
抛高起球 toss-up lift	射门区域 scoring area
抛高射门 toss-up shot	湿传;传球到水 wet pass
平扫射门 sling shot	实际比赛时间 period of actual play
破回抢;破围抢 beating the slough	收缩;回收 jamming
破区域联防 attacking the zone	守门员享有的权利和受到的限制 privileges and limitations of the goal-keeper
破人钉人的掩护 pick	守门员助攻法 goalie play
旗语 signal with the flag	手脚的自由活动 free limb movement
起泳 go	手下偷球 underarm steal
楔形进攻 wedge	输送 relay
前场 court	双方的半场 opponent's side(/half)
强侧;有球侧 strong side	双中锋 double teaming
	水面拨球 scoop pass

水面起球 top position ball lifting	拖延时间 delay
水球 water polo ball	外围 outside
水球比赛 water polo match	外围传球 perimeter passing
水球裁判 referee for water polo games	外围射手 outside shooter
水球裁判旗 referee's flag	握拳击球 strike at the ball with clenched fist
水球场 playing pool	5 人区域联防 five-man zone
水球记时表 water polo stopwatch	吸引对方犯规 draw a foul
水球技、战术 water polo technique and tactics	先外后里;从外向里 outside in
水球监门旗 judge's flag	向对方脸上泼水 splash in the face of an opponent
水球帽 cap	选择场地或帽色 choice of ends or colours
水球门 cage	压沉对方 sinking one's opponent; sink an opponent
水球赛场 playing pool	压缩对方的区域联防 compressing the zone
水球守门员 water polo goaltender	严重犯规 major foul
水球运动员 water polo player	仰卧传球 layout pass
水下起球 lifting the ball from underneath	仰卧射门 layout shot
水中动作 under-water work	仰卧姿势 supine position
四米禁线 four-meter line	一般犯规 ordinary foul
四米禁线区 four-meter area	1 - 2 - 3 防守阵式 Christmas-tree defense
四前锋两后卫 four forwards two guards	用肘向后顶人 elbow backwards
4 - 2 进攻阵式 four-two offensive pattern	油脂 grease
4 米罚球 4 meter throw	游动姿势 swimming position
抬头运球 head-up dribble	右锋(7 号队员) right forward (No. 7 player)
弹出 bounce off	右卫(3 号队员) right back (No. 3 player)
替补守门员 substitute goalkeeper	跃起 jump
替补队员 reserve	跃起封球 lunge block
挑推射门 pop shot	约旦式快速反攻战术 Jordan close out
偷球 steal the ball	
突破者 free man	
推对方 push one's opponent back-wards with one's head	
推球射门 push shot	
推球运球 push pass	
拖拉对方 pull back an opponent	

越肩向后射门 over the shoulder shot
 运球 dribble; dribbling; swimming with the ball
 运球突进 dribble rush
 在池底行走 walking
 在池底站立 standing
 暂时多打少的优势 temporary extra man advantage
 掌面 palm side of the hand
 正面反手射门 front backhand shot
 正手掷球 forehand throw
 直接任意球 direct free kick; penalty throw
 直立掷球 erect throw
 直体传球 sitting pass
 直体反手射门; 定位反手射门 sitting backhand shot
 直体姿势 vertical position; sitting position
 掷球出手 release the ball
 中锋(6号队员) centre forward (No. 6 player)
 中锋进攻 centre forward offence
 中锋位置 hole
 中后卫 center back
 中路 midtank
 中卫 half back
 中线 half-distance line
 抓手封球 grab block
 转身 full screw
 转体 body rotation
 坠后 drop back
 组织进攻 to set up an offence
 阻防对方的自由活动 prevent the free movement of an opponent

左卫(2号队员) left back (No. 2 play)
 左卫 left defense

12. 跳水 Diving

摆动 swing
 半分 half point
 抱紧屈体 squeezing the pike
 抱膝 tuck
 抱膝跳水 crouched jump
 抱膝姿势中两膝分开 open one's knees in the tuck
 臂立翻腾 arm-stand somersault
 臂立翻腾两周 arm-stand double somersault
 臂立跳水 arm-stand dive; handstand dive
 臂立向后跳水 arm-stand back fall
 臂立中穿反身跳水 arm-stand cut through reverse dive
 臂立中穿翻腾 arm-stand cut through reverse somersault
 臂立中穿跳水 arm-stand forward cut through
 表演跳水 exhibition diving
 布告栏 indicator board
 裁判员 judge
 铲勺式入水 scooped entry
 成绩统计表 calculating table
 重跳 repeat a dive
 重做开始动作 restart
 出发跳台 starting platform
 垂直过头的入水 over entry
 垂直线 plummet line
 打开 open from pike position
 打开方法; 一次打开方法 open from the

tuck position	petition
单脚起跳 taking off from one foot	很好 good
倒入式 back dive	后空翻 back flip
倒下 sailor's dive	花式跳水 fancy diving
得分计算表; 积分表 chart for scoring	花样跳水运动员 acrobatic diver
computation	滑稽跳水 funny dive
低难度跳台跳水 plain high diving	计算得分 scoring computation
低头含胸 head-down on chest	简单的跳水动作 plain diving
蝶式入水 butterfly dive	较好 satisfactory
动作不符 performance of a different dive	脚先入水 feet foremost
动作方式 manner of execution	紧叠的曲体姿势 tight pike
动作失败 baulk	竞赛的记录资料 minutes of contest
动作自如 ease	救生圈 buoy
翻腾 somersault	救生衣 life vest
翻腾跳水 somersault dive	开始姿势 starting position
翻腾转体 flip turn	可调整支点的活动装置 adjustable ful-
反身翻腾 reverse somersault	crum
反身翻腾转体一周半 reverse somersault	空中动作 action in the air; flying somer-
$1\frac{1}{2}$ twist	sault
反身跳水 reverse dive	空中姿势 bearing of body in the air
反身转体 reverse twist	快速计算器 rapid calculator
反身转体一周 reverse dive 1 twist	立定起跳 standing take-off
方式 method(/manner) of take-off	立定跳水 standing dive
防滑 non skid	两臂后摆 reaching back with arms
飞身翻腾 flying somersault	两臂上举 arms stretched beyond the head
高难度动作 stunt	两臂姿势 position of arms
高难度跳台跳水 variety high diving	没做好的跳水动作 spoiled dive
高台跳水 high dive(/diving/jump)	面向池反身跳水 Dutchman
给分 award	面向池翻身翻腾 full gainer
弓背 hollow back	面对板向内跳水 cutaway
弓背姿势 arched position	难度 degree of difficulty
规定的 required	难度系数 degree-of-difficulty factor
规定动作 required dive	跑动起跳 running take-off
国际跳水比赛 international diving com-	跑动跳水 running dive

跑动转体跳水 running twist dive	跳板跳水比赛 springboard competition
评分 marking	跳板跳水运动员 springboard diver
平分值 average value	跳水 dive
平均分数 average value of award	跳水裁判 diving judge
普通 deficient	跳水裁判委员会 diving jury
起跳角度 take-off angle	跳水池 diving pool
轻松弛的抱膝姿势 open tuck	跳水动作 dive
轻松弛的曲体姿势 open pike	跳水动作表 list of dives
屈体 pike; jackknife	跳水动作分类 category of diving movement
屈体跳水 pike dive	跳水方式号数 number
入水 entry	跳水方式名称 denomination
入水不够垂直 short entry	跳水方式组别 group
三米跳板 three-meter springboard; high board	跳水号数 order of execution
身体打开 body opening	跳水记录员 diving secretary
身体横轴 short axis of body	跳水技术 diving technique
身体纵轴 long axis of body	跳水难度表 diving table
实得分 final result	跳水难度系数 degree-of-difficulty factor
实用跳水 utility diving	跳水设备 diving installation
失败的跳水动作 failed dive	跳水时肚子先落水 belly flop
失去平衡 lose one's balance	跳水图解 diving illustration
10 米跳台 ten-meter spring board	跳水项目 diving event
试跳 trial dive; attempt	跳水预赛 preliminary dive
收腹 abdomen flat	跳水运动 diving
双脚起跳 taking off from both feet	跳水运动员 diver
水平姿势 flat-hand position	跳水姿势 carriage
水下训练 under-water work	跳塔 diving tower
水温 temperature of the water	跳台 platform
踏跳步 hurdle	跳台的前端 outer edge of the platform
特技跳水 acrobatic dive	跳台扶手 starting rail
腾空 spring up	跳台前端 outer edge
跳板 springboard	跳台跳水 platform diving
跳板底面 underside of springboard	跳台跳水运动员 platform diver
跳板跳水 springboard diving	跳台引桥 approach

挺胸 lifting the chest	向前翻腾三周半 forward 3 1/2 somersaults
头先入水 head-first entry	向前翻腾跳水 front spinning dive
头先入水的跳水动作 head foremost dive	向前翻腾一周半 forward 1 1/2 somersaults
团身 bunch up the body	向前翻腾一周半转体半周 forward 1 1/2 somersaults 1/2 twist
完成情况 execution	向前翻腾一周半转体一周 forward 1 1/2 somersaults 1 twist
五米跳台 five-meter platform	向前翻腾转体半周 forward somersaults 1/2 twist
五人裁判评分 five-judge award	向前翻腾转体两周 forward somersault 2 twists
无难度系数限制的自选动作 voluntary dive without limit	向前翻腾转体一周 forward somersaults 1 twist
无难度系数限制的跳水动作 dive without limit	向前跳水 forward(/front) dive
无障碍无的空间 clearance	向前直体跳水 forward header dive
下降 moving down	向前转体半周 forward dive 1/2 twist
向后屈体跳水 back-jack-knife dive	向前转体一周 forward dive 1 twist
向后跳水 backward dive; back dive	向外翻腾 outward somersault
向内翻腾 inward somersault	向外翻腾跳水 outward header dive
向内翻腾跳水 inward spinning dive	向下压板 pushing the back down
向前飞身翻腾 forward flying somersault	橡皮垫 rubber mat
向前飞身翻腾两周 forward flying double somersault	旋 rotating turn
向前飞身翻腾两周半 forward flying 2 1/2 somersaults	旋转式跳水 screw dive
向前飞身翻腾一周半 forward flying 1 1/2 somersault	宣布给分 announce the mark
向前翻腾 forward somersaults	压水花入水 entry without splash
向前翻腾飞身再翻腾一周半 forward somersault with flying 1 1/2 somersaults	燕式跳水 swallow dive
向前翻腾两周 forward double somersaults	一米跳板 one-meter springboard; low board
向前翻腾两周半 forward 2 1/2 somersaults	有难度系数限制的跳水动作 dive without limit
向前翻腾三周 forward triple somersaults	有难度系数限制的自选动作 voluntary dive with limit

有弹性的 resilient
 优美 grace
 预备姿势 poise
 原地起跳 humping from standing position
 在跳板上弹跳 bounce on the spring board
 召回线 false start rope
 直体 layout; straight
 直体姿势 layout position
 直体跳水 jump
 中等高度的跳台 intermediate platform
 助跑 approach
 转体 turning aside; trunk rotation
 转体两周 double twister
 转体跳水 twist dive
 自选动作 optional dive; voluntary dive
 自选的 voluntary
 棕毯 cocoanut matting
 走板起跳 springboard takeoff
 最好 very good

13. 游泳 Swimming

安全措施 safety precautions
 岸上救护 first-aid on shore
 按年龄分组游泳 age group swimming
 凹面 concavity
 澳大利亚式爬泳 Australian crawl
 半直线划水路线 modified straight line pull
 抱水;抓水 catch
 爆发式吸气 explosive breathing
 背负拖带法 saddle back carry
 比赛测验训练法 competitive racing
 比赛泳道 racing lane

比赛结果报告表 results sheet
 臀部下沉 hip dropping
 闭气 hold one's breath
 鞭水;蹬水 whip
 鞭状动作 thrash
 变速游 alternating slow-fast set
 标志线 markings
 不会游泳的人 non-swimmer
 不计时的 untimed
 踩水 water-walking; treading water
 裁判长 chief judge
 侧面 lateral plane
 侧面呼吸 side breathing
 侧向分力 lateral component
 侧泳 side stroke
 侧转身;拉边转身 lateral turn
 长距离游泳 long-distance swimming
 超长距离游泳 over-distance swimming
 超主项距离训练法 over distance swimming
 沉肘划水 dropped elbow pull
 成绩 time
 成绩卡片 time card
 池壁 pool wall
 池边 pool side
 池边地面 deck
 池底 floor
 池端标志线 end wall target
 池缘 curb; deck edge
 冲力 momentum
 充分交换 adequate exchange
 重复训练法 repetition training
 重游;重赛 reswim
 触壁检查员 touch umpire

- 触边 touch the side
 触池壁 torch
 出发 starting
 出发池端 starting edge of pool
 出发犯规 false start
 出发犯规绳 false start rope
 出发时的蹬腿 take off kick
 出发台 starting block; starting platform
 出发跳水 starting plunge; starting dive
 出发信号 starting signal
 出发一端的池壁 starting wall
 出发姿势 starting position
 喘气 panting
 垂直面 vertical plane
 从与水面齐高的地方跳水 surface dive
 打水 kick
 打水板 flutter board
 打水动作 footwork
 打水幅度 scope of thrash
 打出水花; 翻腾 churn
 打水仗 splashing battle
 打腿 kick
 打腿练习板 kick board
 大臂肌肉内转 medial rotation of the upper
 大运动量训练阶段 hard training phase
 带游; 速度诱导 pacemaking
 单臂出水的游泳法 single over arm
 单侧上下打水和剪水相配合的爬泳姿势 single major trudgen crawl
 淡水 fresh water
 到达终点的次序 order of finish
 蹬壁 push off
 蹬水 kick
 蹬腿动作 thrust kick
 等速 steady rate
 等速反复游 straight set of repeats
 等速游 even-pace swimming
 低头 head drop
 低强度训练课 low pressure workout
 低质量训练 low quality training
 第二次呼吸 second
 电子裁判计时设备 electronic judging and timing equipment
 电子记时触板 electronic timing pad
 蝶泳、自由泳交替游 fly-free alternating
 蝶泳 butterfly stroke
 蝶泳运动员 flyer
 冬泳比赛 winter swimming competition
 冬泳者 polar bear
 动作的有效部分提肘划水 elbow up pull
 动作技术 stroking technique
 动作错误 stroke defect
 渡海游泳赛 cross-harbour race
 渡峡游泳 channel swimming
 短距离冲刺 short dash
 短距离快速比赛 dash
 短距离游泳 sprint swimming
 短距离游泳运动员 sprinter
 短跑式出发 track start
 短与主项距离的训练法 under distance swimming
 耳前庭感觉 vestibular sensations
 25 米或 25 码游泳池 25-meter short course
 翻脚 dorsi flexed
 反复游 repeat swim

反剪式打水 reverse scissors kick
 反问号形划水路线 inverted question mark pull
 防滑面 non-slip surface
 放松 loosen
 放松游 easy swimming
 非呼吸的一侧 non-breathing side
 分道线 lane rope
 分段 segment
 分段游 broken swim
 分段游组 broken set
 分组 heat
 分组游 swim series
 浮板 cork
 浮具 buoying device
 浮力 buoyancy
 浮水圈 water wings
 浮台 raft
 浮筒 tube
 浮在水面 keep afloat
 俯仰交替游 spinning swim
 俯泳 face-down stroke
 负重游 swimming with a load attached to the body
 扶持 supporting
 扶手 handrail
 高航式蛙泳 high-sail breaststroke
 高强度训练课 high-pressure workout
 高提肘划水 over the barrel
 高质量训练 high-quality training
 个人混合泳运动员 individual medleyist
 个人混合泳 individual medley
 个人混合泳 individual medley
 各就位 take your marks

更衣室 dressing room
 弓形波 bow wave
 狗爬式 dog paddle
 挂钩 anchor bracket
 滚翻转身 flip turn
 国际业余游泳联合会 International Amateur Swimming Federation
 过渡期 layoff period
 海滨浴场 bathing beach
 海豚泳 dolphin stroke
 海豚泳;鱼尾式打腿 fishtail kick
 海豚式打腿 dolphin kick
 后浪 backwash
 后半程加速游 negative split
 呼气 breath out
 呼吸的一侧 breathing side
 呼吸急促 broken winded
 呼吸困难 respiratory difficulty
 呼吸一侧的手臂 breathing arm
 护目镜 goggles; lunette
 护身 supporter
 划臂 arm pull
 划臂一圈的打水次数 beat
 划臂一周打水六次 six beats to an arm cycle
 划水 pull; stroke; pulling
 划水板 paddle
 划水板练习 paddle work
 划水周期 arm cycle
 花式游泳 fancy swimming
 花样游泳 figure swimming
 滑式 gliding style
 滑下 press
 滑行 glide

- 踝关节的灵活性 ankle flexibility
 换气 breathing; alternated breathing
 回表 clear watches
 恢复性游 wake up swim
 混合泳 medley swimming
 混合泳接力 medley relay
 活动触板 removable touch panel
 肌肉紧张 muscular relaxation
 肌肉控制 muscle control
 肌肉收缩 contraction of muscle
 肌肉运动感觉 kinesthetic sensations
 计时游; 计时测验 time trial
 计时钟 pace clock
 技术检查员 judge of strokes
 夹带 carry under arm
 加速 acceleration
 加速游 pick-up
 减距加速游; 距离递减反复游 decreasing distance
 减速 deceleration
 剪式打腿 scissors kick
 剪式爬泳 scissors-crawl stroke
 剪水和上下打水相配合的爬泳姿势 trudgen crawl
 间隙; 间隔 gap
 溅水 splash
 脚尖伸直 pointed toes
 脚蹼 flipper
 脚上绑自行车内胎的划水练习 pull with the tube
 脚放松地伸直 plantar flexed
 接力赛 relay
 接力中的交接 relay change
 接力中每个运动员的游程 leg
- 解脱 break holds
 阶梯增进 staircase
 浸在水中 immersion
 痉挛 cramp
 静水 calm water
 竞技仰泳 racing backstroke
 竞技游泳 competitive swimming
 救护者 rescuer
 救护站 lifesaving station
 救生 life saving
 救生棒 saving bar
 救生船 life boat
 救生带 swimming(/cork) belt
 救生圈 life ring; cork hoop
 救生艇 life raft
 救生用具 life preserver
 救生员 life guard(/saver)
 锯齿形划水路线; 小 S 形划水路线 zigzag pull
 均匀呼吸 regular breathing
 均匀速度表 even pace chart
 开关栓 shut off valve
 控制呼吸 breath control
 空气同水的阻力约与速度平方成正比
 比例的定律 theoretical square law
 扣颈拖带法 neck carry
 裤形浮袋 breeches buoy
 胯部; 大腿根处 crotch
 快频率动作 racing stroke
 快慢变速游 fast-slow sets
 快速游泳; 速泳 speed swimming
 快游间歇训练法 fast interval training
 宽蹬腿 wedge kick
 楞栅 grill

漏斗形划水路线 hour glass pull
立定出发 stationary start
连贯动作 sequence
连续划臂动作 continuous strokes
两臂出水的游泳法 double overarm
两臂划水一周 stroke
两臂划水一周的打腿次数 number of beats per stroke
两臂轮流出水的游泳法 hand over hand swimming; alternate over arm stroke
两臂或两腿分开的距离 spread
两侧上下打水和剪水相配合的爬泳姿势 major trudgen crawl
两侧蹬腿 lateral thrust
两侧呼吸 bilateral breathing
两侧呼吸法 bilateral breathing
两次打水的爬泳 two beat crawl
两次交叉打水 two beat cross over kick
两端池壁;池端 end wall
两脚做弧形向外蹬夹水的动作 rounded and outward sweep of the feet
两腿交替蹬水动作 bicycle pedalling
淋浴室 shower room
流线型 streamline
流线型不好 poor streamlined
六次打水的爬泳 six beat crawl
氯化器 chlorinator
陆上练习 land practice
马拉松式游泳 marathon swimming
慢游间歇训练法 slow interval training
慢慢地持续呼气 steady trickle
美国式爬泳 American crawl
猛冲 rush
明显的水流 appreciable current

模仿比赛的训练 simulator
耐力游 endurance swimming
男泳裤 swimming trunks
内转 adduct
逆水槽 swimmers' treadmill
溺者;救生对象 subject
溺者用两手抓住救护者的手腕时的解脱法 release from double grip on wrist
溺者由后面抱住救护者颈部时的解脱法 release from back strangle
溺者由前面抱住救护者头部时的解脱法 release from front strangle
溺者抓住救护者两腕时的解脱法 release from grip on each wrist
爬泳 crawl stroke
爬泳前滚翻转身 crawl flip turn
劈水动作 wedge action
皮肤摩擦阻力 skin friction
偏离 deviation
漂浮 floating
频率 tempo
凭肉眼观察的裁判员 human judge
平稳 smoothness
平转身 pivot turn
起伏 undulation
起跳出发 start with a dive
旗绳 flagged ropes
气泡 bubble
牵引 locomotion
浅打水 flutter kick
(池)浅端 shallow end
浅水池 shallow pool
潜水 skin dive

- 潜水眼镜 hydroscope
 潜泳比赛 underwater race
 潜泳 skin-diving; underwater swimming
 强度游 effort swim
 躯干位置 trunk position
 曲臂 flexion of elbow
 屈膝团身 bunch
 全部浸入水中 submerge
 全力冲刺 all-out sprint
 全面的游泳运动员; 游泳多面手 all round swimmer
 全力计时游 all out time trial
 全力游 swimming all out
 绕身体纵轴滚动 roll
 热水池 thermal basin
 任意变速游 speed play
 日光浴 sun bath
 柔软的 limber
 柔软性 flexibility
 入水很浅的跳水法 flat dive
 入水前准备活动 pre water exercise
 入水台 starting block
 软木救生衣 cork jacket
 S形划水路线 S pattern pull
 赛道 racing lane
 赛前减量期 tapering period
 赛前减量阶段 tapering phase
 三点式游泳衣 bikini
 上臂 upper arm
 上腿 upper leg
 设有衣柜的更衣室 locker room
 深端深水池 deep pool
 深水池 deep pool
 伸臂划水 stretched arm stroke
 伸展练习 stretching exercise
 身后制动旋涡阻力 eddy resistance
 身体滚动 rocking motion
 身体位置 body position
 身体在水中做一上一下动作 bobbing
 身体中线 centre line of the body
 升梯 ladder
 室内游泳池 indoor pool
 室外游泳池 outdoor pool
 实用游泳 utility swimming
 适应性; 适应能力 adaption
 试游 trial swimming
 使复活 resuscitating
 使用秒表的计时员 hand timer
 收腿 recovery of legs
 手臂出水的游泳法 overarm
 手伸得过远 overreach
 手臂划水动作 arm stroke
 手臂交叉动作 scything arm action
 手蹼 webbed gloves
 手入水点 place of entry
 手入水过深 digging
 熟悉水性 warming-up swimming
 双臂仰泳 double over arm back stroke
 双S形划水路线 double S pull
 双手拖带法 two-hand carry
 水槽 gutter
 水的压力 water pressure
 水滑走; 划水时没把水抓住 slip
 水面压力 water pressure
 水面滑行 glide on the surface of water
 水平面 horizontal plane
 水平线 horizontal line
 水平转身; 水磨式转身 horizontal turn

水平转身 feathering	托头拖带法 head carry resuscitation
水上救护 aquatic first-aid	拖腿 drag feet
水上救生衣 life vest	托下颏的拖带法 chin carry
水上自我救护 aquatic self-rescue	蛙、仰混合泳 back mixed
水位 water level	蛙式蝶泳 butterfly breast stroke
水温 temperature of water	蛙泳 breast-stroke
水下影片 underwater movies	蛙泳蹬腿 frog kick
水线 lane line	外转 abduct
水线标志 line markings	弯道 turn
水中救生 life saving	完整配合练习法 while method
水中游戏 aquatic games	晚吸气法 late breathing
死人漂浮姿势; 俯卧漂浮姿势 dead man's float	往下翻掌 pronate the hands
速度忽高忽低 fluctuation of velocity	温泉浴场 watering place
速度计 speedometer	50 米或 50 码游泳池 long course
速度下降 drop off	洗脚池 foot bath
速度游 pace swim	吸气 breathe in
碎浪; 白浪; 浪花 breakers	下臂 underarm
抬高; 使升高 elevate	下层逆流 undertow
抬头 head lift	下腿 under leg
抬头呼吸 lifting head to breathe	先分解后完整练习法 part-whole method
趟 lap	咸水 salt water
梯形游 locomotive	橡皮游泳圈 rubber float(/tube)
天然水域游泳 open water swimming	向上打腿 upbeat
跳进水里 take the water	向下打腿 downbeat
跳入水中 plunge into water	小臂; 前臂 forearm
跳水 spring	斜向蹬腿 diagonal thrust
头顶双桨式划水 overhead sculling	胸前拖带法; 抱上体拖带法 cross chest carry
推进 propel	休息台 rest ledge
推进力 propelling power	旋涡 eddy
推水 drive; push	循环换水 inflow and outflow of water
拖 haulage	循环游法 circle swimming pattern
拖带 carry	循环游法 circle swimming pattern
拖带逆水者 carrying subject	

- 循序渐进 progression
 训练间歇 rest interval
 训练课 workout
 训练呼吸的冲刺 wind sprint
 迅速转身 swing
 压水阶段 pushing phase
 摇摇摆摆的游 wiggle
 钥匙洞形划水路线 keyhole pull
 仰卧姿势 prone position
 仰泳 back stroke
 仰泳滚翻转身 backstroke flip turn
 仰泳转身标志线 backstroke turn indicator
 仰泳出发握手器 handgrip for backstroke start
 迎面阻力;前进阻力 frontal resistance
 一臂等待另一臂;前交叉 catch up stroke
 移臂 recovery of arms
 以一趟之差领先 steal a lap
 100 码或 100 米游泳比赛 century
 泳道 swimming lane
 泳道标志线 lane marker
 泳道标志线两端的横线 lane cross line
 泳道隔线 lane rope
 泳道线 lane rope
 泳坛老将 veteran swimmer
 用手划水 paddle
 用力较大的那一部分四肢动作 major beat
 用力较小的那一部分四肢动作 minor beat
 用力伸脖子 hyper extension of neck
 游程 course
 游程计算员 clerk of course
 游泳比赛 race
 游泳比赛项目 swimming events
 游泳比赛者 tankster
 游泳表演 exhibition swimming
 游泳池 swimming pool
 游泳大会 aquacade
 游泳动作技巧 stroke mechanics
 游泳馆 natatorium; indoor pool
 游泳好手 water dog
 游泳技术 swimming technique
 游泳裤 bathing slips
 游泳帽 swimming cap
 游泳衣 swimming suit; swimming costume
 游泳运动员 swimmer
 游泳姿势 swimming strokes
 有节奏的呼吸 rhythmical breathing
 有看台的游泳池 swimming stadium
 有浪的 choppy
 有波浪的水 rough water
 浴衣 bath wrap
 与枪声同时出发的犯规 beating the gun
 鱼鳍式划水 finning
 遇难求生的游泳 survival swimming
 预赛 preliminary heat
 援救;救护 rescue
 运动阻力 kinetic resistance
 窄蹬腿 narrow kick
 在水槽中游泳 flume swimming
 早吸气法 early breathing
 掌握均匀速度 even pacing
 掌握速度 pacing
 障碍游泳 obstacle swimming
 正常的伸手入水姿势 normal reach en-

try
 正常呼吸法 normal breathing
 正规游泳 regulated swimming
 正确的姿势 good form
 正式成绩 official time
 直道 straight lane
 直上直下两次打水 straight two beat kick
 直线划水路线 straight through pull
 直线游程 straight away course
 指定泳道 assignment to lanes
 指定游泳区 supervised swimming area
 窒息 suffocate
 中国游泳协会 National Swimming Association of China
 中速游 steady-and-moderate-effort swimming
 终点裁判员 finishing judge
 终点池端 finish-end of pool
 终点线 end line
 逐个加快反复游组 progressive set
 逐个加快和逐个减慢交替游 alternating progressive regressive set
 逐个减慢反复游组 regressive set
 主要练习组 main series
 抓发拖带法 hair carry
 抓台出发 grab start
 专项耐力 specific endurance
 专项速度 specific speed
 转肩 shoulder circuit

转身 turning
 转身标志线 turn indicator
 转身动作 touch the turn
 转身犯规 illegal start
 转身后长划臂动作 long pull after turn
 转弯;转身 turning
 转弯处;转身处 turning end
 转弯检查员 turn umpire
 准备期 preparatory phase
 着装游泳 swimming in cloths
 姿势 style
 自由式游泳者 crawler
 自由泳 free-style
 自由泳接力 free-style relay
 综合反复游组 mixed set of repeats
 综合训练课 integrated workout
 总裁判 referee
 阻力 resistance
 嘴对嘴人工呼吸 mouth to mouth resuscitation
 最大适应性 maximum adaptation
 最后冲刺 sprint
 做深呼吸 breathe deep
 做浅呼吸 breathe shallow

14. 其它 Others

滑船运动 boating
 龙舟赛场 dragon-boat racing course
 龙舟 dragon-boat
 龙舟划桨 dragon-boat rowing

二十二、跆拳道 Taekwondo

爱好者 devotee; fan

侧踢 side kick

道服 dobok

段 rank

段带 belt

段带晋级 rank advancement

对练 sparring

红腰带(红方) hong

护具 hogu

击打训练 breaktest

克制 neutralize

蓝腰带(蓝方) chung

灵活 agility

轮踢 round kick

前踢 front kick

套路 styleforms

踢 kick

二十三、体操 Gymnastics

阿拉伯侧空翻 Arabian cartwheel

鞍部 saddle

鞍环 handle

鞍颈 neck

鞍马 pommelled horse

鞍马屁股 croup

鞍马运动 pommel horse

鞍头 pommel

八项目全能比赛 all-around competition
in eight events

“8”字型行进 8-shaped formation march

摆 pendulum

摆动 swinging

摆动吊环 swinging rings

摆动 swaying

摆动倒立 handstand with swing

摆动吊环 swinging rings

摆动动作 swing parts

摆动手倒立 handstand with swing

摆动转体 180 swing half turn

摆上 uprising

摆越 overswing

摆越两杠直角跳下;直角出 double rear
vault

半空翻 semi-aerial tumbling

半屈臂倒立 low handstand

帮助 assist

帮助者 assistant

- 棒 club
 棒操 club exercise
 保持平衡 keeping the balance
 保护带 safety belt
 保护滑车 protective pulley
 保护性滚翻 mat roll
 保护与帮助 protection and assistance
 保护者 spotter
 保健体操 health-protective exercise
 背弓;腰弓 arched body
 背腾越 rear vault
 绷床 trampoline; bounding bed
 绷床运动 trampolining
 绷杠 stomach whip
 绷脚 pointed toes
 绷脚尖 pointed toes
 比例失调 lack of proportion
 比赛服装 working dress
 比赛台 platform
 臂波浪摆动 arm waving
 臂举起 arm raising
 臂上举 arm held upwards
 臂伸直 arm stretching
 臂推直 arm pushing
 臂斜摆动 diagonal arm swing
 壁梯 wall ladder
 鞭打式摆腿;振浪 swing with whipping
 movement of legs
 变换步 marching with toe touching
 标准基础分 standard base score
 并步 chasse step
 并队走 juxtaposed formation march
 并腿 closing of the legs
 波浪 wave
 波浪线 wave line
 不用支撑的跳过器械 free jump
 补充裁判 additional judge
 步法 gait
 侧撑 cross support; support crossways
 侧弓箭步 sideways lunge; lateral lunge
 侧滚翻 football roll
 侧后撑 cross support rearways
 侧肩倒立 cross shoulder balance
 侧空翻 salto sideways
 侧立 cross-stand
 侧平衡 balance stand sideways; side scale
 侧十字支撑 side cross
 侧手翻 side cartwheel; cartwheel; lateral wheel
 侧手翻内旋直体后空翻 Arab spring
 with hollow backward somersault
 侧手翻内转团身后空翻 Arab spring
 with tucked backward somersault
 侧手翻腾越 cartwheel vault
 侧水平 side lever
 侧水平悬垂 hanging scale sideways
 侧腾越 flank vault; side vault
 侧腾越下 flank dismount forward
 侧腾越转体 270°下 flank off with three-quarter turn
 侧翻外转 tinsica
 侧卧 lying on side
 侧悬垂 cross hang
 叉起跳 scissor jump
 长体操凳 bench
 长振 glide
 长振屈伸上 glide kip
 常见错误 frequent fault

场地界限 limit	袋鼠跳 kangaroo jump
超过时间 overtime	单臂侧手翻 one-arm carwheel
撑 support	单臂大回环 single Reesenselge; single arms circle
撑近端动作 vault from support on the croup	单臂倒立 one-hand balance
撑远端动作 vault from support on the neck	单臂手倒立 one-arm handstand
成队分 team score	单臂手翻 one-arm handspring
成分腿支撑 straddle in	单臂引体向上 one-arm chin
成分腿立撑 straddle on	单臂转体动作 pivot
成套动作 combination	单臂肘平衡 elbow support scale one arm
持续的时间 duration	单个动作 element
迟疑 hesitating	单个动作的重复 repetition of exercise-element
充分利用场地 economic use of the area	单杠 horizontal bar
充分伸直 fully extended	单杠运动 horizontal bar
垂直部位 vertical position	单挂膝摆动上 half knee circle stemme
垂直上;用力慢上 vertical pull-up	单脚起跳的屈体空翻内转 Baroni
垂直轴 vertical axis	单腿跪立 half-kneeling
重做 repeat	单腿蹲立两臂和另腿前举 crouch stand with one leg and arms extended forward horizontally
穿腿 stoop through	单腿全旋 single-leg circle
错肩行进 mispaired shoulder march	单腿向侧切下 single cut-off dismount forward
大摆翻上 half giant swing	单肘水平 single-elbow horizontal lever
大步 stride	单足跳 hop
大回环 giant circle; giant swing	单足旋转;单臂转体 pivot
大回环变换 grand circle change	倒悬垂 inverted hang
大开臂倒立 straddle handstand	第二腾空 after flight
大跑步 running with long steps	地板 floor board
大踢腿 grand battement	倒的 inverted
大腿弹杠 beating off the thigh	倒立侧翻下 handstand wheel out
大跨步 split leap	倒立分腿跳下 handstand straddle vault off
打拍子 beat time	
带 ribbon	
带操 ribbon exercise	
代替 replace	

倒立 handstand	吊环 rings
倒立快转体 flying handstand change	吊环带 girth of rings
倒立落下前摆上 stemme forward from handstand	吊环钢索 cord
倒立爬行 walking in a handstand	吊环运动 rings
倒立转体侧翻下 pirouette cartwheel	吊绳 rope climb
倒立转体 180 half turning handstand	动作 exercise
倒立转体 180°直体下 ace vault with half turn from handstand	动作编排 build-up
倒十字支撑 cross hang handstand	动作说明书 description of the exercise
倒十字用力压上成倒立 press from inverted cross to handstand	独创性 originality
倒下 drop-back	队列 rank
倒悬垂 lent inverted hang; inverted hang	队列队形练习 rank and formation drill
倒悬垂直体用力慢起成手倒立 slow press to handstand from inverted hang with straight body	队列队形变换 rank and formation evolution
灯笼 lantern	队形 formation
德尔切夫空翻 Delchev Salto	叠罗汉 pyramid
第二腾空 post flight	对抗练习 counteracting exercise
第二次试跳 new attempt	对角线行进 diagonal march
第一腾空 first flight	短振 short underswing
低杠 lower bar	短振屈伸上 short upstart
低单杠; 低杠 low bar	独特性 originality
低双杠 low parallel bars	多做的动作 extra part
低分腿站立; 大分腿站立 low straddle stand	蹲 squat
电子示分牌 electronic mark transmission apparatus	蹲撑 crouch stand with hands support
垫上运动 mat work	蹲立 squat stand
垫子 mat	蹲跳上 squat mount
典型错误 typical fault	蹲悬垂 squat hang
吊竿 climbing pole	跺子 four-high column
吊杠 trapeze	二组难度动作 "B" part
	翻筋斗 somersaulting; throwing a somersault
	翻上 swinging up
	翻上成手倒立 upward circle to handstand; circle up to handstand
	翻上成正撑 upward circle front rest

翻上成支撑并沿身体纵轴转体 360°跳下	rear vault
下 felge forward to support and 1/1 turn around longitudinal axis of body to dismount	分腿转体 180°成分腿支撑 circle straddle
翻上向前 upward circle forward	非对称运动 asymmetrical movement
翻身上 upward circle	辅助性体操 supplementary gymnastics
翻腾动作 tumbling movement	辅助体操器械 auxiliary apparatus
翻转 turn over	俯撑 front support
反吊臂摆动;反吊臂大回环 eagle swing	俯平衡 front lever
反交叉 back scissors	俯腾越 front vault
反入 front-in	俯卧 lying on stomach
反时针全旋 counter-clockwise circle; left circle	俯卧姿势 front lying position
反握 reverse grip; over grip	俯卧挺身推起成倒立 dead press
反握大回环 reverse grip giant circle	附加动作 additional part
反握吊臂大回环 eagle giant	幅度 amplitude
反向双腿全旋 opposite double-leg circle	腹弹 hetch
反直角出;反出 back kehro-out	腹回环 circle in support
方向 direction	杠端 end of bars
分队走 separated formation march	杠端分腿跳上接双腿全旋 straddle in on one end to double-leg circle
分腿 straddle; legs apart	杠端分腿跳下 straddle off one end
分腿摆越 straddle cut	杠内侧立 inner cross-stand
分腿捷克式 Czechkehre straddled	杠内正立 inner side-stand
分腿立撑回环 straddle sole circle	杠上 over the bars
分腿骑坐前进 straddle sitting walks forward by hand	杠上直体全旋转体 360° double double front round
分腿前空翻抓高杠 straddle front somersault to catch high bar	杠梯 balancing ladder
分腿腾越 astride vault; vaulting over with legs straddled	杠外侧立 outer cross-stand
分腿跳上;跳上成分腿立撑 straddle mount	杠外正立 outer side-stand frontways
分腿跳下 straddle off	杠下动作 movement below the bars
分腿直角转体 180° straddled double	杠下翻上成挂臂 upper arms
	杠下回环 basket
	杠下后回环 back upstart regrasp
	杠下后空翻成支撑或挂臂撑 peach basket

杠下空翻 under somersault	挂臂直体后回环 shoulder circle backward
杠下空翻上成倒立 under somersault mount to handstand	挂大腿回环 thigh circle
高低杠 high-low bars; uneven bars	挂踝回环下 ankle circle dismount
高低杠运动 uneven bars	挂膝摆动 hock swing
高度不够 insufficient height	挂膝后回环 back knee circle
高飞出的直体分腿下 flying hollow straddle off	挂膝回环 hock circle
高杠 uneven parallel bars	挂膝回环下 hock drop; baby drop
高级动作 higher-level exercise	挂踵后回环下 heel backward dismount
高举腿坐 pointed angle sitting	挂踵回环 heel circle
高举腿支撑 pointed angle support	挂膝上 knee mount
高难度 superior difficulty	挂膝悬垂 hock back hang; heel hang
高跳步 high skip step	挂足尖回环 toe circle; instep circle
高挺身跳 high hollow back jump	挂足尖悬垂 toe front hang; instep hang
个人单项决赛 individual event finals; IEF	管理席 administration table
个人全能决赛 individual all-around finals; IAAF	广播操 setting-up exercise to recorded music
弓箭步 forward lunge	滚动步 roll step
公开示分法 visual method of judging	滚翻 roll
工间操 work-break exercise	滚轮; 虎伏 aero wheel
规定动作 compulsory exercise; required exercise	棍棒操 staff exercises
跪撑 knee-rest	国际技巧联合会 International Acrobatics Association
跪撑平衡 knee scale	国际体操联合会 International Federation of Gymnastics
跪撑向前举腿 cannon	过渡; 转移 transition
跪立 knee stand	海绵坑 sponge pit
跪腾越; 后屈腿腾越 sheep vault	合队走 combined formation march
跪跳起 kneeling jump	横叉 lateral front split
挂臂撑挺身回环 giant roll	横队和纵队 rank and column
挂臂撑 arm hang	横劈叉 cross-split
挂臂撑回环 shoulder circle	横跳马 side horse
挂臂挺身回环 hollow back roll	横轴; 肩轴 body axis
	猴滚翻 double roll

后摆 hop out; back swing; rearward swing	后空翻离杠 backward somersault from the bar
后摆分腿剪脚转体 180°成骑坐 sitting change with scissors	后空翻下(双杠) flying backward roll out
后摆经倒立转体 180°下 double front	后空翻转体 360°下 back salto dismount with full twist
后摆上 stemme backward	后面的 rearways
后摆上分腿摆越 back up and straddle	后桥 wrestler's bridge
后摆上分腿摆越成屈臂撑后摆成手倒立 back up and straddle pump swing to handstand	后屈体悬垂 piked reverse hang
后摆上接分腿转体 180°成分腿支撑 back up, circle straddle	后屈腿下 sheep dismount
后摆上接后摆转体 360°至悬垂 back up, pirouette	后软翻 back walkover
后摆上接直角摆越并转体 180°至悬垂 back up, vault over and catch	后软翻两腿剪绞 backward walkover with change of legs
后摆上接直角转体 180°成后撑 back up, double rear in	后上 back kip
后摆提臀同时推手弹起 hip flick swing	后上成后撑 kip up backward into rear support
后摆下 back swing dismount	后手翻 back handspring; flip-flop
后撑 support rearways; back rest	后水平 horizontal back lever
后撑后翻 over throw	后水平悬垂 hanging scale rearways horizontal
后撑后回环 backward seat circle	后水平直臂用力压上成十字 pull to cross from back lever with straight arms
后撑回环 hip circle in rear support	后卧悬垂 hang lying rearways
后撑前回环 forward seat circle	后悬垂; 吊臂悬垂 back hang
后倒 fall backward	后仰起 back set-up
后倒屈伸上 drop kip	后正立 side stand rearways
后滚翻 back roll	后转肩 dislocate
后滚翻成手倒立 backward roll to handstand	护具 pads; protective clothing
后滚翻成支撑前摆 roll backward with grasp	护腕 wrist-pad
后回环切下 back cutaway	护胸器 chest expander
后空翻加转体 270° backward somersault with 2 twists	护掌 palm pad
	弧度 arc
	弧形摆成悬垂 undershoot to hang
	弧形射出 shoot

弧形上;弧形摆	cast	夹臂撑	front astride one arm
虎伏	gyro wheel	夹臂跳下;狼式跳下	wolf dismount
虎跳	tiger leap	减分	deduction of points
华尔兹步	triple step	健美操	callisthenic's
环外骑撑	feint	健美操比赛	callisthenic's competition
换撑	change of support	健美操比赛场地	competition arena for keep-fit gymnastics
换脚跳	bounding step	健美操评分方法	scoring methods for callisthenics
换握	change grip	间隔和距离	interval and distance
回摆	return swing	检查器械	testing of the apparatus
回环	reverse swing	肩臂倒立	neck-and-shoulder stand
回龙	back front	肩倒立	shoulder balance
混合握	combined grip	肩肘倒立	shoulder-elbow stand
混合悬垂	mixed hang	尖领女子体操服	V front
火棒	Indian club	箭步	lunge
火棒操	exercise with clubs	剪绞转体 180° 腾越	scissors with 1/2 turn
季阿米多夫	Diamidov	蹯子	round-off
基本体操	basic gymnastics; fundamental gymnastics	交臂	cross over
基础评分	basic score	交叉	scissors
基准学生	dress standard student	交叉步	crossed step
记分板	marking board	交叉动作	scissor work
技巧比赛场地	competition arena for sports acrobatics	交叉平移	travel-scissors
技巧弹跳器械	rebound tumbling apparatus	交叉腿坐	sitting with crossed legs
技巧运动	sports acrobatics	交叉握	cross grip
技术上的正确完成	technically correct execution	交叉握大回环	cross giant swing
技术完成	technical execution	交叉握向后大回环转体 180° 分腿腾越	down combined grasp straddle off
吉阿米多夫转体	Diamidov turn	交叉行进	intersection-stride march
急振;臂屈伸	bending and stretching of the arms	交换步	change of step
急振上	chest-heave	交换步行进	walking with step change
加分	bonus point	交换器械	change of equipment
		较好的试做	better attempt

- 矫正体操 corrective gymnastics
 轿 crossed hands
 节拍 time beating
 结束姿势 definitive position
 捷克转体 Czechkehre
 借帮助完成的动作 part executed with assistance
 筋斗挂串 boulder
 紧身体操衣 maillot
 近端支撑跳跃 vault with support on near end of horse
 近环 near pommel
 惊险性 risk
 经肩倒立的直体前滚翻 forward shoulder roll
 精神表现 abstract expression combination
 精神部分 spiritual part
 京格尔空翻 Jingle Salto
 竞技体操 gymnastics for competition
 静止 cease
 静止吊环 stationary rings;positional rings
 静止手倒立 still handstand
 静止悬垂 dead hang
 举臂 arm lifting
 卡洛泼步 gallop leap
 卡洛泼跳 gallop skipping
 卡米努奇 Carminucci
 康复体操 recuperative gymnastic exercise
 科马内奇空翻 Comaneci Salto
 空翻 somersault
 空翻两周 double somersault
 空翻下 flyaway dismount
 空翻转体 turn with somersault
 口令 word of command
 扣分 to deduct point
 跨跳 stride leap;stride leap
 快滑步 chasse step
 快跑步 running with spring steps
 快速后空翻 whipback
 快转体 hop turn
 宽握 wide grasp
 拉拉提 back salto
 拉力器 chest expander
 狼跳;夹臂腾越 wolf vault
 老体操运动员 veteran gymnast
 肋木 wall bars;stall bars
 笠松跳 Kasamachin Vaulting
 李宁正吊 Li Ning Reverse Hang Back up
 李宁正交叉转体 Li Ning Forward Scissors Turn
 李月久空翻 LiYuejiu Salto
 立撑回环 foot circle;sole circle
 立撑回环蹬杠下 sole circle dismount
 立柱 column;pole
 离开器械 retreat
 连接 connection
 连接动作 connecting moves
 练习场地 exercise floor
 练习用长杆 long pole
 两臂侧举 arms sideways
 两臂交叉 arm crossing
 两臂前平举 arms forwards
 两臂前斜上举 arms obliquely fore-upward
 两臂前斜下举 arms obliquely fore-downward
 两臂绕环 mill circle of the arms
 两臂上举 arms upwards

两臂下伸 arms downward stretch	镁粉盒 magnesia box
两手叉腰 hands on hips	没有完成的动作 non-executed part
两手同时脱手 leave the grips simultaneously	木马 dull horse
两手同时再抓杠 recatch both grips	模仿体操 imitating exercise
两腿并拢 legs joined	难度表 table of difficulty
列 row	难度动作分组 structure grouping difficulty
裂队走 split formation march	难度分类 rating
流畅 fluency	内侧立 inside stand
流畅动作 free-flowing exercise	内侧坐 inside cross seat
楼云空翻 Lou Yun Solto	鸟窝悬垂 back foot leaning hang
漏做动作 missing part	扭臂握 el-grip
鹿绳 stag leap	扭臂握摆动 rotated grasp swing
路 route	女体操运动员 womans gymnast
落地不稳 unbalanced landing	女子体操 woman's gymnastics
螺旋腾越 screw vault	爬竿 climbing pole
螺旋形行进 spiral-shaped formation march	爬绳 rope climb
马背体操 horseback gymnastics	排头和排尾 first and last person at a row
马端侧撑全旋 double-leg circle on the end	抛接动作 toss-and-catch movement
马端立正 Drehsflanke	跑步走 double march
马端全旋 double-leg circle on the outer zones	跑跳步 running jump
马凯洛夫腾越 Malkonov Vaulting	劈叉 lateral split; split
马乔尔移位 Magyar Flank Circle Shift	劈叉收腿 leg slide from split
马乔尔轴 Magyar Axis	劈叉跳 split leap
马头后撑 rear support crossways	皮护掌 leather hand-strap
马臀;马端;近端 croup	平衡 scale; balance
满分 full score	平衡动作 balance part; movement of balance
慢起倒立 handstand with strength	平衡木 balance beam
慢起手倒立 handstand with press	平衡木猫跳 voronin on balance beam
猫步(屈膝前举腿) cat walk	平衡木上后手翻 flip flap
猫跳 voronin	平衡木运动 balance beam
	平均分 average score
	平梯 horizontal ladder

平移 travel	sault
评分 marking evaluation	前滚翻成短暂直角支撑 forward roll to momentary "L" support
评分规则 code of points	前滚翻接屈体后空翻 forward roll and subsequent backward piked
评分因素 evaluation factor	前滚翻接团身前空翻 forward roll and subsequent forward tucked salto
瓶状棒 Indian club	前回环 felge forward
起摆 preliminary swing	前环 forward-end pommel
起评分 starting score	前空翻 flying forward roll
骑撑 straddle support	前空翻下 front somersault off
骑撑侧回环 mill circle sideward	前空翻转体 180°下 front salto dismount with 1/2 twist
骑撑后回环 mill circle backward	前软翻 walk over
骑撑后退向前摆越转体 90°下 straddle support with the rear leg over swing forward to 1/2 turn dismount	前手翻 front handspring
骑撑前回环 mill circle forward	前手翻接团身前空翻腾越 handspring followed by salto forward tucked
骑上 mill circle mount	前手翻屈体腾越 stoop handspring
器械 apparatus	前水平悬垂 hanging scale frontways horizontal
器械体操 gymnastics on apparatus; apparatus exercise	前转肩 inlocate
器械训练 apparatus work	切杠 hop across
器械轴 apparatus axis	轻快跳步 skip
前摆臂屈伸 pump swing forward	轻器械 hand apparatus
前摆后空翻转体 360°下 swing fore-upward and execute flyaway dismount with 1 turn	轻器械体操 exercise on light apparatus
前摆上 forward rise	轻微错误 small fault
前摆下 forward dismount	球操 ball exercise
前臂撑;前膊撑 forearm rest	屈臂 arm bending
前臂撑桥 bridge with forearm support	屈臂撑行进 bent arm support walk
前臂倒立 tiger balance	屈臂屈体 bent-bent
前膊倒立 forearm stand	屈臂直体 bent-stiff
前荡前摆跳下 pendulum drop	屈的 bent
前倒 fall forward	屈伸起 neck kip
前弓箭步 forward lunge	屈伸上 upstart
前滚翻 front roll; quick forward somer-	

屈伸上转体 180°upstart with half turn	through
屈体 picked	屈肘绕环;挂肘绕环 elbow circle
屈体倒悬垂 bent inverted hang; inverted hang with flexed hips	趋步 stepping stance
屈体吊臂悬垂 piked reverse	曲解动作 contortion movement
屈体挂臂撑 half inverted upper-arm rest	圈 hoop
屈体滚翻 piked roll	圈操 hoop exercise
屈体空翻两周下 flyaway with 2 saltos piked	全能 all-around; allround
屈体立撑回环 stoop circle	全旋 flank circle
屈体前手翻接团身前空翻腾越 Yamashita followed by salto forward tucked	全旋 circle
屈体前手翻腾越 Yamashita	全旋平移 leg circle traveling
屈体前手翻转身 360°腾越 Yamashita with 1 turn	缺乏创造性的 blah
屈体前手翻转身 180°腾越 Yamashita with 1/2 turn	绕场行进 track march
屈体前转肩分腿跳下 inlocate forward body bent with legs straddle dismount to stand	柔韧性 suppleness
屈体腾越 Buecke; stoop vault	柔软 limber
屈体腾越下 squat off	柔软体操 callisthenic's
屈体向后摆越 stoop through backwards	入场 entry
屈体悬垂 half inverted hang	散开与靠拢 dispersion and assemblage
屈腿 legs bending	山羊 vaulting buck
屈腿穿腿;中穿腿 squat through	山羊练习 vaulting buck exercise
屈腿倒悬垂 inverted squat hang	山下手翻 Yamashita Handspring
屈腿腾越 bent leg vault; vaulting over with legs together and bent	三角形行进 triangle march
屈腿坐 crook sitting; sitting with bent knees	三十秒违例 30-second breach of rules
屈直腿腾越 squat with immediate stretching of knees after the squat-	三组难度动作“A”part
	纱巾操 exercise with a shawl
	上(体操器械)mounting
	上板 foot contact
	上面人 upper person
	少减分 decrease deduction
	少年体操运动员 juvenile gymnast
	蛇行行进 wave march
	伸开 outstretched
	伸展伸直 extend; outstretched
	伸直;伸展 extend
	身体接触器械 touching

- 绳 rope
 绳操 rope exercise
 绳跳 skipping rope exercises
 生产体操 exercise for workers
 时间不足 deficiency of time
 失手 losing the grip
 十字倒立 inverted-cross handstand
 示分 display the score
 示分牌 flash card
 试做;试跳 attempt
 室外体操场 open-air gymnasium
 世界级体操运动员 world-class gymnast
 十二项 dodecathlon
 十字支撑 cross rest
 实值 actual value
 实心球 medicine ball
 实心球操 medicine ball exercises
 实用性体操 practical gymnastics
 手保护带 hand mechanic
 手车 hand cart
 手撑地 place hands on floor
 手倒立 hand balance
 手倒立架 handstand bar
 手到脚的节奏跳 bucking bronco
 手翻 handspring
 手翻转体 720° handspring with 2 turns
 手脚依次落地的前软翻 Arab wheel forward
 熟练性 virtuosity
 摔下 fall off
 双臂倒立 double shoulder stand
 双臂屈伸 dip
 双杠 parallel bars
 双杠宽度 space between the parallel bars
 双杠运动 parallel bars
 双人技巧 partner stunt
 双人体操 couples exercises
 双手抓绳 rope climb arms only
 双腿全旋 double-leg circle
 双腿全旋同时转体 180° 双手同时换握 double Swiss
 双腿向后切环下 double cutoff dismount backward
 水平部位 horizontal position
 水平十字支撑 planche
 水平腾越 hecht vault
 水平腾越接团身前空翻 hecht vault followed by salto forward tucked
 水平腾越转体 180° hecht vault with 1/2 turn
 水平悬垂 level hang; horizontal hanging scale
 水平支撑 horizontal support
 顺时针全旋 clockwise circle
 松香盒 colophony powder box
 踏步 mark time
 弹板 bounding board
 弹跳板 springboard
 弹跳动作 spring-like movements
 弹性动作 knee springing
 特卡切夫腾越 Takchev Vaulting
 腾空 flight
 腾空出了马的边线 flight off to the side
 腾空动作 flight-part
 腾空高度 height of arch
 腾身后撑 free support rearways
 腾身后回环 free backward circle
 腾身回环 free backward hip circle; short

circle	体操台 gymnastic platform; vaulting table
腾身回环成倒立 short circle to hand-stand	体操梯 gym ladder
腾身回环下 short back-away	体操鞋 gymnastic shoes
腾身支撑 free front support	体操胸带 chestband
腾身直角支撑 free "L" support	体操选手 turner
腾越 vault	体操训练 gymnastic training
藤圈 hoop	体操与技巧动作 Exercises and Tumbling
藤圈操 exercises with rattan hoops; hoop exercises	体操与体操运动员 gymnastics and gymnast
梯 ladder	体操运动员 gymnast
踢腿腾越 thief vault	体操桌 gymnastic tables
踢腿转体 battement tourney	体后屈 arched body
提踵 raise on toes; heel raising	体后仰 trunk bending backwards
体操背心 gym vest	体前屈 trunk bending forwards
体操比赛 Gymnastics Contest	体旋转 trunk circling; trunk turning
体操比赛台 platform	跳背戏 leap frog
体操表演 gymnastic display	跳步 skip
体操凳 gymnastic bench	跳换 hop jump
体操地毯 gymnastic carpet	跳马 vaulting horse
体操垫 gymnastic mattress	跳马运动 vaulting horse
体操动作 gymnastic movement	跳马支撑区指示器 zone recorder
体操动作难度 difficulty	跳起 bound
体操房 gymnasium	跳起空中两手触足尖 eagle leap
体操馆 gymnasium	跳跑 spring run
体操棍 gymnastic staff	跳上直角入 kehre-in mount
体操棍练习 staff exercise	跳绳 rope-jumping
体操裤 gym trousers	跳箱 vaulting box
体操明星 star gymnast	跳箱练习 vaulting box exercise
体操评分方法 scoring methods for gymnastics	调整器械 regulation of the apparatus; adjustment of the apparatus
体操器械 gymnastic apparatus	贴胸 place chest on floor
体操设备 gymnastic equipment	停止 discontinue
体操术语 gymnastic terminology	挺身 overstretched body

- 挺身空翻 salto stretched
 挺身式(天鹅式) swan type
 挺身跳(直体跳) hollow jump
 挺胸 chest cast
 挺直 stiff
 童非大移位 Tong Fei Grand Shift
 童非倒立 Tong Fei Handstand
 同时换手平移 travel hop sideward
 同时换握 grip change with hop
 头倒立(不用手) free head balance
 头翻 head kip
 头手倒立 head stand
 头手翻 headspring
 图案操 callisthenic performance forming patterns
 兔跳 rabbit jump
 徒手体操 exercise on free hand
 团身 tucked
 团身空翻 tucked somersault
 团身空翻两周下 flyaway with 2 saltos tucked
 团身前空翻一周半接前手翻腾越 one and half salto forward tucked to support and handspring forward
 团身跳 tuck jump
 团身向后摆越 squat backwards
 团身转屈体 kick-out
 团体操 group exercises; group free exercise
 腿侧举 leg stretched sideways
 推撑练习 thrust exercise
 腿全旋 leg circle
 推手;推离器械 hand release
 推手弹腿跳起 snap down
 退场 exit
 托马斯全旋 Thomas Flank Circle
 脱手 releasing the grip
 脱壳 get-free
 蛙式手撑平衡 frog hand balance
 蛙式头手撑平衡 frog head balance
 外侧坐 cross riding position
 V式平衡 "V" sit
 卫生体操 hygienic gymnastics
 稳定 assurance
 握法 handgrasp
 握力器 spring-grip dumb-bell
 卧 lying low
 卧撑 leaning rest; support lying
 卧悬垂 hang lying
 舞步 dance step; dance walk
 舞蹈的 dancelike
 物质表现 material expression
 物质部分 material part
 膝触肩 knee up to shoulder
 下(体操器械) dismounting
 下杠动作 dismount
 下面人 under person
 现场指挥 floor manager
 现代艺术体操 modern artistic gymnastics
 显著错误 considerable fault
 镶花地板 parquet floor
 象形 elephant walk
 向侧 sideward
 向侧控腿 developed sideward
 向后 backward
 向后大回环 giant circle backwards
 向后分腿跳 back straddle
 向后分腿腾越;剪绞腾越 scissors vault

向后转体 turning backwards	悬垂动作 suspense
向前大回环 giant swing forward; giant circle	悬垂后摆向前直体转肩接屈伸上成支撑后摆 rearward swing in hang and inlocate forward stretched body and felge backward to rearward swing in support
向前跳起沿身体纵轴转体 360°成俯撑 forward jump with 1 turn around the longitudinal axis of the body to the momentary support front way	悬垂平衡 hanging scale
向前鱼跃 dive forward	悬垂转体 180° half-turn while in hanging
向前助跑的后空翻 full gainer	悬挂器械 handing apparatus
向前转体 turning forwards	悬梯 handing ladder
向外 outward	旋翻 spring with double twist salto
小步 short step	旋转 spinning
小翻 back handspring	哑铃操 dump-bell exercises
小开领女子体操服 bib fro	燕式平衡 front horizontal scale
小跳 echappe	严重错误 grave fault
小跳箱 small box	仰平衡 scale backward
小砂袋 sand-bag	仰卧 lying flat on back; back lying
协调 harmony	摇摆步 walking with a balance step
斜的 oblique	叶格尔空翻 Yagle Salto
斜体操凳 oblique bench	医疗体操 therapeutic gymnastics
斜线助跑的背影越 fencer's vault	翼 flank
斜向助跑直角腾越 right angle vault with oblique running-up	艺术技巧 artistry
新难度动作 new value	艺术体操 stylistic gymnastics
新颖动作 new part	艺术体操比赛 rhythmic gymnasticscompetition
行进转法 turn in marches	艺术体操比赛场地 competition arena for rhythmic gymnastic
胸倒立 balance on the chest	艺术体操评分方法 scoring methods for rhythmic gymnastics
胸滚 belly roll forward	艺术体操鞋 rhythmic gymnastic shoes
胸滚动 arch down	一般错误 common fault
悬垂 hanging	一串动作 series
悬垂摆动后翻上 felge backward from support	一手在两腿间的支撑 astride arm rest
悬垂保护带 suspended lunger	一组难度动作“C” part
悬垂穿腿后翻成后悬垂 skin-the-cat	

- 移位 travel
 移位加转体 180° half turn travel
 引体向上 push-up; chin-up
 音乐伴奏 music accompaniment
 用力动作 strength part
 用力慢起 press
 用力慢上成正撑 arm bending and stretching into support
 优美 elegance; gracefulness
 优秀体操运动员 top gymnast
 有效分 valid score
 由臂上换握 grasp over
 由臂下换握 grasp under
 由后撑侧摆越成正撑 flank out
 由向后大回环转体 180° 接向前大回环
 Drehsprungstemme
 由正撑侧摆越成后撑 flank in
 由直角支撑慢起肩倒立 from half lever
 lift to cross shoulder balance
 鱼跃 dive
 鱼跃前滚翻 flying roll-turn
 鱼跃头手翻 dive into headspring
 鱼越手翻; 依次落地前软翻 Arabian
 handspring
 鱼越前手翻 flyspring
 鱼越侧手翻 flying cartwheel
 预备队员 reserve gymnast
 预赛 preliminary trials
 原地 in place
 原地踏步 marking time
 原地跳 jump in place
 原地转法 turn in place
 圆形行进 circular march
 远环 far pommel
 远距离鱼跃 long dive
 远藤回环 Ento Circle
 越出场地 outside the limits
 越过 pass over
 越区 touching over the zone
 运动轴 movement axis
 运动辅助体操 supplementary gymnastics
 for sportsmen
 韵律 rhythm
 窄握 close grasp
 再握 regrasp
 毡垫 felt pad
 站立悬垂 hang stand
 站稳 stand still
 掌心向内 palm inward
 振浪 counter swings
 正步走 parade march
 正撑 side-support frontways
 正撑回环 small circle; hip circle in front
 support
 正倒立 side-handstand
 正反握 mixed grip; combined grip
 正反握大回环 German giant
 正杠反握 combined grip
 正交叉 forward scissors
 正交叉移位 forward scissors travel
 正交叉转体 180° forward scissors with
 half turn
 正面和背面 front and back
 正式比赛队员 competitor
 正腾越 face vault
 正握 ordinary grip
 正握吊臂大回环 swing to free rear sup-
 port

- 正向双腿全旋 basia double leg circle
 正悬垂 side-hang frontways
 整个扣分 global deduction
 整套动作 entire exercise
 支撑 support
 支撑臂屈伸推起 dip
 支撑点 point of support
 支撑动作 movement of support
 支撑后摆转体 180°成分腿坐 backward swing with 1/2 turn to straddle sit from support
 支撑后倒成挂臂撑 top kip
 支撑后倒成挂臂撑屈伸上 kick upstart
 支撑后倒弧形短振屈伸上 drop-back short under swing upstart
 支撑后倒屈伸上;短振屈伸上 drop-back short upstart
 支撑后回环 hip circle from front rest backward
 支撑回环;上体绕环 body circle
 支撑近端 support on the croup
 支撑前摆同时臂屈伸 dip swing to the front
 支撑区 support zone
 支撑时停顿 stopping in a support
 支撑跳跃 vault with support
 支撑跳跃动作类型 vault classification; Sprungklasse
 支撑远端 support on the neck
 直臂 extended arm
 直臂倒悬垂 straight inverted hang
 直臂水平自由支撑 free front scale; horizontal and straight arms
 直角入 double rear out
 直角十字支撑 “L” cross
 直角腾越;背腾越 rear vault
 直角腾越下;背腾越下 rear vault dismount
 直角转 double rear vault
 直角转体 270° triple rear
 直接换握 direct change
 直体 straight body
 直体后空翻下 backward flyaway
 直体空翻 stretched somersault
 直体空翻下 hollow flyaway
 直体前空翻下 forward flyaway
 直体屈臂慢起手倒立 press to handstand
 直体全旋下 front round dismount
 直体全旋转体 540° triple front round
 直体全旋转体 180°两手同时换握;捷克式转体直角支撑 ‘L’ support
 直体悬垂 stretched hang
 直体转体 180° double rear
 直腿 straight legs
 直腿后滚翻 back roll with straight legs
 直退坐 long sitting
 指挥位置 commanding position
 中等难度 medium difficulty
 中断 interruption
 中国技巧协会 China Sports Acrobatics Association
 中国体操协会 China Gymnastics Association
 中间的 intermediate
 中间分 middle mark
 中间区 middle zone
 中间人 middle person

冢原空翻 Tsukahara Salto	自由体操 floor exercises; free exercises
冢原跳 Tsukahara Vaulting	姿势 carriage
肘撑平衡 elbow support scale	姿势不好 poor position
肘水平 elbow lever	姿态 carriage
助跑 approach run	总印象 general impression
助跳板 springboard	纵劈叉 side split
助跑胶道 rubber track	纵跳马 long horse
转肩 dislocate	纵向移位 vertical travel
转体 turn; twist; pirouette; body-turn	走向器械 approach
转体动作 trunk circling	足尖步行进 march on toes
转体 360° full turn	足尖站立 standing on tiptoe
转体跳 turning leap	足踵步行进 march on heels
转体 180° half turn	足踵立 heel stand
追加扣分 additional deduction	最低分 lowest mark
准确 accuracy	最高点 maximum pike
自内握 ell-grip double front round	最高分 highest mark
自外握 outside grip	最后一次试跳 final position
自选动作 optional exercise; voluntary exercise	最后得分 final score
自由体操场地 floor area	坐在足踵上 sitting on heels

二十四、泰拳 Thai Boxing

缅甸拳 Burma boxing	踢腿法 kicking
忍拳道 Tolerance	

二十五、田径 Track and Field

安慰赛跑 consolation race

80 米栏 80m hurdles

白旗 white flag

摆臂 swing the arm

摆动起跑 rocking start

摆动腿 swinging leg

摆腿 swing the leg

摆腿攻栏 attack the hurdle by swinging
leg

半蹲式起跑 half-crouch start

背向横杆过杆法 reverse layout

背向滑步推铅球 back sliding shot
putting

背越式跳高 back layout; flop

标枪 javelin

标枪比赛场地 competition area for
javelin-throw

标枪杆 javelin shaft

标枪架 javelin stand

标枪运动员 javelin thrower

标志木 marking bar

标志线带 vertical side marker

并排起跑 abreast start

步长 stride length

步点 stride mark

步法 mode of progression

步幅 stride

步频 stride frequency

步速 leg speed

补偿作用 compensation effect

不分道次跑道 open course

不换手法 no-shift method

拨球 flip of wrist

玻璃纤维撑杆 fiberglass pole

测量杆 measuring rod

侧向滑步推铅球 side sliding shot
putting

插斗 vaulting box

插竿 planting the pole

缠线把手 cord grip

长距离赛跑 long-distance race

长距离赛跑运动员 long-distance runner

长距离竞走 distance walking

长跑 long-distance race

长跑记圈牌 lap board

长子弹式起跑(普通式起跑) elongated
start

场地管理员 marshal

场上白线 chalk line

超越器械 over the apparatus

车轮跑 running by turns

撤竿 releasing the pole

成绩标志旗 check-mark flag of achieve-
ment

成绩公告 result bulletin

成绩公告牌 result announcement board

成绩相等判定 tie determination

撑竿 vaulting pole

撑杆跳高 pole vault; pole jump	定时走 timed running
撑杆跳高比赛场地 competition area for pole-vault	短距离跑 short distance running
撑杆跳高架 uprights for the vault; jumping post	短跑 short-distance race
撑竿跳高运动员 pole-vaulter	短跑反应计时器 sprint reaction timer
撑跳用竿 vaulting pole	短跑耐力 sprinting endurance
冲刺 sprint	短跑速度 sprinting pace
冲刺跑 blast	短跑运动员 sprinter; speed-runner
冲跑过栏 driving over the hurdle	短子弹式起跑 bunch start
出手初速度 initial delivery velocity	断竿 broken pole
出手高度 release height	蹲踞式起跑 crouch start
出手角 delivery angle	蹲踞式跳远 knee-tuck type long jump
出手角度 angle of release	200 米赛跑 200-metre dash
触地 hitting the ground	200 米栏 200m hurdle
传棒 passing of the baton	发令员 starter
传棒运动员 incoming runner	发令裁判 starter
传接棒 baton exchange	发令枪 starting pistol
单脚跳(三级跳远第一跳)hop	发令台 starter's stand
单足跳投掷法 hop-step style	发令袖套 starter's arm band
单足旋转式 pivot rotation style	反复跑 repetition running
道次标志 mark of lane	放松大步跑 easy striding
蹬地 thrusting against the ground	放松跑 comfortable running
蹬地角 leg drive angle	分道 lane
抵趾板 stop board; toe board	分道次跑道 separate course
第一圈 first lap	分道道次盒 lots box for choosing lanes
第一运动员 first runner	分道线 lane-dividing line
地斜角 release angle	分组预赛 heat
点名 calling the roll	风标 wind indicator
电动计时器 electric timekeeping device	风速测定 wind velocity measurement
电子计时分析器 electronic time-keeping analyzer	风速公告牌 wind-speed bulletin board
电子显示器 electronic display	风速显示牌 wind speed indicator board
顶风跑 running against the wind	风速仪 wind gauge
	复步 double stride
	俯冲冲刺 dive-style finish
	高摆腿 high kicking

高度标尺 height scale	激光测距仪 laser range finder
高度测量尺 measuring rod	集合线 assembly line
高度显示架 height indicator	纪录标志 record marker
高抬腿跑过栏 clear the hurdle with high knee	纪录旗 record marker
各段起跑线 exchange mark; scratch line	纪念品 souvenir
各就各位 go to your mark	记圈裁判 lap judge
公路赛跑 road race	记圈器 lap counting apparatus
滚动落地 rolling landing	记圈卡片 card of the number of lap
滚式跳高 western roll	记时裁判 timekeeper
过杆 clearing the bar	记时秒表 stop watch
过栏 getting over the hurdle	记时台 time-keepers' stand
海绵垫 sponge-rubber pad; foam rubber mat	记时员 timekeeper
号码布 number card	记时长 chief timekeeper
号码显示牌 number indicator board	技术代表 technical representative
合成路面跑道 synthetic surface track	技术官员 technical officials
横杆 jumping bar	急行跳高 running high jump
红黄牌 red and yellow cards	急行跳远 running broad jump
红旗 red flag	检查裁判 inspector
后蹬 leg drive	检查员 umpire
后引标枪 drawing back the javelin	检录 collecting
弧形起跑线 curved start	检录裁判 judge of the course
护笼 safety cage	检录员 clerk of the course
画线车 chalking-out machine	肩上持枪 oversoulder carry
画线器 scribe	肩上投掷法 overarm method
环城赛跑 round-the-city race	剪式跳高 scissors jump
换手传接棒法 alternating baton-pass method	剪式跳远 stride-in-air type; hitch-kick
回转立标 turning mark	奖章 medal
混合接力 medley relay	奖状 certificate of award; diploma
火炬赛跑 torch race	脚跟落地点 mark of heels
及格赛 substitute trial; pass a trial	脚尖蹬地身体向上 driving up off the toes
基本速度 basic speed	脚前掌 toe-ball
	交叉步 cross stride
	接棒 take-over

- 接棒时不看棒 blind pass
 接棒运动员 outgoing runner
 接力棒 relay baton
 接力跑 relay
 接力区 take-over zone
 接力区标志 change-over mark
 紧跟不放 hanging on to
 进入直道 coming off the curve
 径赛 track events
 径赛裁判长 referee for track events
 竞赛裁判 judge for track events
 竞赛裁判长 referee for track events
 竞走 race walking
 竞走裁判 judge for competitive race walking
 竞走裁判员 judge of race walking
 竞走裁判长 chief judge of race walking
 竞走判罚牌 penalty card in competitive race walking
 竞走项目 race walking events
 竞走用跑道 turning track
 竞走运动员 race walker
 距离标志牌 distance indicator board
 距离感 distance perception
 卷尺 band tape
 空翻跳远 somersault long jump
 跨步跳(三级跳远第二跳) step
 跨栏步 hurdle step
 “跨栏步”压腿 clearance stride stretch
 跨栏技术 hurdling technique
 跨栏栏架 hurdles
 跨栏跑 hurdles race
 跨栏跑专门性练习 special exercise for hurdles
 跨栏运动员 hurdler
 跨越式跳高 orthodox straddle
 快速冲刺 top-speed burst
 栏侧跑过栏 trail the leg alongside the hurdle
 栏架 hurdle
 栏架高度检查尺 hurdle rulers
 栏间步 step between the hurdles
 栏间距离 space between the hurdles
 栏间跑 stride between hurdles
 “雷考旦”塑料跑道 Rekortan track
 里程牌 distance sign
 里道(里圈) inside lane
 链 hammer wire
 链球 hammer
 链球把手 hammer handle
 链球比赛场地 competition area for hammer-throw
 链球球体 hammer head
 链球运动员 hammer thrower
 链球重心检验器 hammer's gravitative center determining device
 练习用跑道 practice track
 两步半走步式跳远 hitch-kick
 领跑者 front runner
 路标隔离墩 separation markers
 落地海绵垫 landing pad
 落地区 landing area
 落地腿 landing leg
 马拉松比赛路线 route of marathon race
 马拉松赛跑 Marathon race
 慢跑 jogging
 慢跑者 jogger
 猛扑撞线 jump finish

猛推 thrusting the shot away	起跑器安装 fix of starting blocks
鸣枪发令 shot	起跑时的前冲 start dash
内侧传棒 inside pass	起跑顺序 starting order
内向抢道 cut in	起跑位置 starting position
尼龙撑竿 nylon pole	起跑线 starting line
逆风投掷 throw into a head wind	起跑信号 starting signal; pistol shot
跑道 track	起跑信号哨 starting whistle
跑道竞走 track walking	起跳板 take-off board
跑道内界 inner boundary	起跳踏地 foot plant
跑道凸缘 kerb	起跳蹬踏 take-off push
跑道外界 outer boundary	起跳点 take-off point
跑道线 course line	起跳法 take-off board
跑道线里沿 inside edge	起跳高度 minimum height
跑道终点 home	起跳角 take-off angle
跑圈 lapping	起跳脚 plant foot
跑姿 running style	起跳区 take-off ground
碰倒栏架 knocking down the hurdle	起跳腿 take-off leg
碰倒横杆 knocking down the bar	起跳显示板 take-off indicator board
平均每圈时间 average lap-time	起跳线 take-off line
平耙(平沙坑用) rake	起掷区 delivery area
平沙坑者 sand leveller	弃权 drop out
平跳法 flat method	前摆 front swing
平稳步 soft step	前交叉步 front cross-step
七项全能 heptathlon	前空翻式跳远 flip
起跨 take-off	前倾角 forward-leaning angle
起跨点 take-off spot	前旋 forward rotation
起跨腿提拉过栏 pullthrough of the trail- ing leg	铅球 shot
起跑 start	铅球比赛场地 competition area for shot- put
起跑标志 starting mark	铅球投掷圈 putting circle
起跑后的加速跑 accelerative running after starting	铅球运动员 shot putter
起跑交替 alternative walk-run	钳式握法 horseshoe grip
起跑器 starting blocks	潜入俯卧式跳高 dive straddle jump
	抢道 leaving the lane

抢道标志旗 check mark flag for striving to get to the inner track	上挑式 underhand hand-off
抢道起点 point of denouement	上下坡跑 up and down hill
抢跑 jumping the gun; break start	设有障碍的跑道 obstacle course
抢跑测定器 early-start detector	身体倾斜 body lean
全程跑 full run	升高横杆 raising the bar
全程助跑投掷 full-scale throw	省力跑 economic running
全力跑 full power run	十项全能 decathlon
全能裁判 judge for all-around events	室内八项全能 indoor octathlon
全能运动 all-around race	室内木板跑道 board track
全天候跑道 all-weather track	室内五项全能 indoor pentathlon
全自动电子显示器 full-automatic time-keeper	试跳 trial jump
全自动电子记时 full automatic electric time keeping	试推 trial put
人工记时 manual timing	试掷 trial throwing
赛后控制中心 post competition controlling center	手臂动作 arm action
赛跑 running; race	手榴弹 grenade
赛跑运动员 runner	手榴弹比赛场地 competition area for hand-grenade-throw
赛跑运动员号码 racing number	手旗 hand-flag
赛前控制中心 competition controlling center	塑胶跑道 synthetic surface track
395 米障碍场地 395m steeplechase track	顺风跑 running with the wind
三级跳远 triple jump	顺风投掷 throw with the wind
三级跳远比赛场地 competition area for triple-jump	4 * 100 米接力 4 * 100m relay
三级跳远运动员 triple jumper	4 * 400 米接力 4 * 400m relay
三圈 three laps	400 米栏 400m hurdles
三项全能 triathlon	400 米赛跑 400-metre dash
沙坑 jumping pit	四项全能 quadrathlon
沙台器 drag	速度感 racing feel
上栏 coming up to the hurdle	速度曲线 velocity curve
上体压栏 dipping over the hurdle	速度障碍 velocity difficulty
	塔当塑胶跑道 Tartan
	弹跳 bouncing; springing
	腾空 flight; transit
	腾空步 flight step; stride in air
	腾空阶段 vaulting phase

腾起初速度 initial flight velocity	cus-throw
腾起角 flight angle	铁饼护笼 discus cage
体侧投出 sidearm delivery	铁饼运动员 discus thrower
体前持枪 front carry	挺身式跳远 straightaway long jump
梯形起跑 staggered start	同时到达终点 tie for positions at the finish
田赛 field events	
田赛裁判长 referee for field events	投手榴弹 hand-grenade throwing
田径场 athletic field	投掷 throw
田径场划线机 scribe	投掷(...米) throwing(...meters)
田径场洒水器 water sprinkler	投掷臂 throwing arm
田径馆 indoor athletic stadium	投掷步 delivery stride
田径分龄赛 track and field events of different age groups	投掷动作 throwing motion
田径棚 indoor athletic field	投掷角度 angle of shot
田径全能运动评分表 scoring table in all-around events	投掷弧 throwing arc
跳部裁判 judge for jumping events	投掷器械落地区 throwing section
跳道 track; course	投掷区 throwing field
跳的高度 jumping height	投掷区标志 sector flag
跳高 high jump	投掷区角度线 sector lines
跳高比赛场地 competition area for high-jump	投掷圈 throwing circle
跳高架 jumping standard	投掷设备 throwing facilities
跳高运动员 high jumper	投掷速度 velocity of throwing
跳过...米 jumping over... meters	投掷线 throwing line
跳远 long jump	投掷运动员 thrower
跳远比赛场地 competition area for long-jump	投掷助跑 approach run
跳远沙台 shelf	兔跑 pass
跳远运动员 long jumper	途中跑 flying run
跳跃(三级跳远第三跳) jump	团体赛跑 team race
跳跃助跑 run-up	推竿 pushing off the pole
铁饼 discus	推铅球 shot put
铁饼比赛场地 competition area for discus-throw	外道(外圈) outside lane
	弯道 bend
	弯道技术 bend technique; corner work
	弯道跑 curve-way running
	维持平衡 maintenance of balance

- 握持器械 holding of apparatus
 五项全能 pentathlon
 下栏 driving down off the hurdle
 下潜冲线 dip finish
 下手插竿 underhand thrust
 下压式 downward pass
 现场医疗服务 on-the-spot medical service
 现场指挥 track and field commander
 限制圈 circle band
 向后倒(背摔) fall backward
 向前伸腿 leg extension and thrust
 向上提膝 draw up the knees
 向外倾角 positive pitch
 橡皮泥显示板 plastic indicator board
 小步跑 chopping of strides
 小步跑过栏 clear the hurdle by jogging
 宣告员 announcer
 旋转推铅球 rotational shot putting
 迅速过栏 snapping over the hurdle
 迅速下栏 snapping off the hurdle
 循环接力 continuous relay
 烟屏 background
 延伸臂 extension arm
 延误时间 delay
 遥遥领先 holding a safe lead
 100 米栏 100m hurdles
 100 米赛跑 100-metre dash
 110 米栏 110m hurdles
 1000 米长跑 1000-metre race
 一英里跑 mile race; miler
 引枪 pull
 饮水站 refreshment station
 用臂部撞线 arm finish
 用起跑器起跑 start from blocks
 由栏架一旁过栏 trailing one's leg alongside the hurdle
 有控制助跑 controlled approach
 有效接棒 safe take-over
 有效试跳 safe jump
 有效试掷 safe throw
 “预备!” “Get set!”
 原地投掷 standing throw
 越过 clearance
 越区传棒 over zone
 越区接棒 overrun
 越野赛跑 cross-country race
 匀速跑 steady running
 站立起跑 standing start
 障碍栏架 barrier
 障碍水池 water jump
 障碍赛跑 steeplechase
 障碍赛跑跑道 steeplechase course
 着地缓冲 cushion of landing impact
 折叠式撑杆跳高 jackknife
 正面跳高 front jump
 掷标枪 javelin throw
 掷部裁判 judge for throwing events
 掷出 delivery
 掷链球 hammer throw
 掷铁饼 discus throwing
 直道 straight
 直道跑 straight running
 直腿摆动起跳 vertical free leg
 支撑阶段 supporting phase
 中长距离跑 middle and long distance race
 中距离赛跑 middle-distance race

中距离赛跑运动员 middle-distance runner	助跑道 runway
终点裁判 judge at the finish	助跑坑 starting hole
终点裁判台 judge's stand at the finish line	助理发令员 recall starter; starter's assistant
终点裁判员 judge at the finish line	转折标志塔 turning check-mark stand
终点裁判长 chief judge at the finish	撞线(冲线)breasting the tape
跑终点冲刺跑 burst for the tape	自动闪光发令枪 automatic flash pistol
终点带 finishing tape	自由式跳高 free-style high jump
终点距离牌 distance board at the finish	走步动作 treading motion
终点名次棋盘 ranking board at the finish	走步式跳远 walk-in-air type long jump
终点跑 finishing	最后冲刺 final spurt
终点台 finish judger's stand	最后弯道 home turn
终点线 finishing line	最后一棒运动员 anchor man
终点信号铃 signal bell at the finish	最后一段直线跑道 home stretch; straight
终点柱 finish post	最后一圈 last lap
重心 centre of gravity	最后一圈鸣枪 firing the signal for the last lap
重心波动差 changing difference of gravity center	最后用力 last spurt
助跑 approach run; run-up	左侧支撑 cross support leftward
助跑标杆 run-up mark	

二十六、武术 Wushu

暗器 hidden weapons	quan
按法 push	八仙剑 eight-fairy swordplay
拗弓步冲拳 thrusting fist in bow step	钯 hanow
八法 eight methods	摆扣步 outward side-step
八卦掌 Baguazhang	搬拦锤 parrying punching
八极拳 eight extremes boxing	搬手一捶 withdrawing hand and punching
八十八式太极拳 eighty-eight-form Taiji-	拌腿 leg stretching

- 饱食小息 taking a short rest after meal
 抱球 holding a ball
 抱桃蹲撑 squat-propping with an armful of peaches
 抱桃了望 looking around with an armful of peaches
 抱桃爬行 crawling along with an armful of peaches
 北向练拳 starting facing north
 崩法 tilt technique
 比武 tourney
 匕首 dagger
 闭势 closing form
 臂腿右斜形 kicking legs in right slanting position
 臂腿左斜形 kicking leg in left slanting position
 鞭 whip
 兵器 weapon
 并步抱拳 withdrawing fist and feet
 并步点剑 pointing sword with feet together
 并步对拳 stepping forward and drawing fists together
 并步对掌 bringing feet together and drawing fists
 并步横拳 bringing feet together and swinging palm fist
 并步击拳 bringing feet together and thrusting fist forward
 并步举拳 bringing feet together and raising palm
 并步平刺 thrusting with feet together
 并步三捶 bringing feet together for three punches
 并步双摆掌 bringing feet together and circling both palms
 并步双分掌 separating palm with feet together
 并步托掌 bringing feet together and pushing up palm
 并步握拳 standing with feet together and chenching hand into fists
 拨法 parry technique with weapon
 不丢顶 static and dynamic equilibrium
 步法 stepping position; footwork
 步型 stance
 步型步法练习 exercises of steps and footwork
 采法 pull down
 菜李佛拳 Cai-Li style Buddha boxing
 侧搬腿 moving up leg at side
 侧踹步 thrusting lower leg sideways
 侧踹腿 kicking sideways
 侧击 side striking
 侧空翻 side somersault
 侧空翻转体 turn-body side flip
 侧身翻 cartwheel
 侧踢腿 side kick
 侧压腿 pressing leg at side
 插法 thrust technique
 查拳 Zha-style boxing
 叉 fork
 铲 shovel
 铲腿 side outer-edge kick
 缠法 twist technique
 缠髂掌 ilium-winding palm
 缠头裹脑 overhead spinning broadsword

play	穿法 pierce technique
长兵 long weapon	穿腿坐地 sitting on ground following legs
长兵器 long weapon	thrusting
长矛 lance	锤 hammer
长器械 long weapons	戳法 lunge technique between two arms
长拳 long-fist boxing; changquan	戳脚 jab foot
长拳竞赛套路 routine of long-fist boxing for competition	粗短棍 cudgel
朝天蹬 kick up with heel	大锤 maul
撤步反击 stepping back to strike	大刀 long-handle broadsword
沉浮 floating up and down correlated	大枪 long-handle spear
沉肩 loosening the shoulders	打斗 wrestling
陈式太极拳 Chen-style Taijiquan	打法 fighting technique
陈式太极拳竞赛套路 competition routine of Chen-style Taijiquan	打虎势 hitting the tiger
趁势前进 inertial movement	打太极拳 do Taijiquan
成抱球状 make a hold-ball gesture	带动 forced motion
弛颈 necking head without strain	单臂绕环 circle single arm
冲点拳 thrust and flick fist	单刀 short-hilted broad-sword
冲拳 straight punch; thrust fist	单刀对枪 single sword against spear
初级长拳 elementary long-fist 初级	单蝶步 single-butterfly stance
初级刀术 elementary broadsword-play	单袈 single whip
初级棍术 elementary cudgel play	单身前翻 forward somersault on one hand
初级剑术 elementary sword-play	掸掌 whisking palm
初级枪术 elementary spear play	荡动 moving forward and backward
初级套路 elementary class routine	倒卷肱 stepping backward
出手 stretching out one's hand	倒撵猴 stepping back to drive monkey away
杵 pestle	刀 broadsword
揣摩五法 five methods of groping for feel	刀法 broadsword technique
揣腿 side sole kick	刀枪不入 sword-proof
踹腿 heel kick	刀鞘 scabbard point
传统健身术 traditional health-protection arts	刀术 broadsword-play
传统套路 traditional routine	刀术竞赛套路 competition routine of broadsword-play
	刀舞、剑舞 sword-dance

- 倒步三砸捶 stepping back for three punches
 倒毛筋斗 backward somersault
 蹬脚 kick with heel leading
 蹬腿 kicking lower leg with toes pointing forward; kick with heel
 地躺拳 floor fighting form
 点发 flick technique
 垫步 skip step
 垫步踹腿 skipping and kicking
 跌叉 falling on splitted legs
 跌法 falling technique
 丁步 T step
 丁步回抽 withdrawing sword in T-step
 丁字步 T-step position
 东方拳术 martial play; sabreplay
 动功 active course
 兜步推掌 pushing palm in bow step
 抖腕 wrist shaking
 独步右斜势形 standing position
 独立反刺 standing on one leg and thrusting
 独立跨虎势 standing on one leg in tiger-ride stance
 独立轮劈 standing on one leg and cutting with armswing
 独立平托 standing on one leg and holding sword level
 独立势 standing on single leg
 毒箭 poisoned arrow
 短兵 short weapon
 短剑搏斗 dagger fight
 短器械 short weapons
 短拳 short fist boxing
 短腰刀 hanger
 对抗项目 combat event
 对练 duel; encounter; set sparring
 对拳 drawing fists together
 盾 shield
 盾牌 shield
 峨嵋刺 "Emei" piercer
 二十四要 24 Essential Skill of Martial Arts
 二十四式太极拳 twenty-four-form Taijiquan
 翻身跳 leaping and spinning
 翻子拳 Fanzi boxing
 反动 reaction
 反曲刀 kukri
 反身回劈 turning round and cutting
 飞叉 flying fork
 飞刀 flying sword
 飞功 chikung
 飞铊 sling
 分手踢脚 separating the arms and kicking with the right foot
 风火轮 flaming chariot
 凤眼拳 phoenix eye fist
 斧 ax
 盖法 cover technique
 高虚步亮掌 displaying palm in "high empty step"
 高虚步挑掌 upturning palms in "high empty step"
 戈 dagger-axe
 格法 parry technique
 跟步 heel step
 跟进法 follow-up step

弓步 bow step	冠军套路 champion's routine
弓步按掌 pressing palm in bow step	贯拳 sweeping side punch
弓步抱拳 holding fists before chest in bow step	国际武术节 International Wushu Festival
弓步插掌 inserting palm in bow step	国际武术联合会 International Wushu Federation
弓步顶肘 elbowing forward in bow step	滚法 roll-back; roll technique
弓步挂劈 cutting in bow stance	棍 cudgel
弓步靠身掌 shove palm in bow step	棍法 cudgel technique
弓步击掌 thrusting fist forward in bow step	棍术 staff-play
弓步架打 thrusting fist forward in bow step	棍术竞赛套路 competition routine of cudgel play
弓步架栽拳 upholding one fist and thumping the other in bow step	规定套路 required routine
弓步撩拳 swinging up palm in bow step; swinging palm forward in bow step	跪腿坐 kneeling and sitting on one leg
弓步劈打 punching with fist in bow step	跪仰 kneeling with body bending back
弓步十字手 crossing arms in bow step	海底捞针 getting needle at sea-bottom
弓步式 front-loaded posture	寒鸡步 cold rooster posture
弓步双推掌 pushing palms forward in bow step	合太极(太极收势) conclusion
弓步挑掌 lifting palm in bow step	横拳 horizontal sweeping strike
弓步直刺 thrusting forward in bow stance	横拳亮掌 swinging fist and flashing palm
弓腿 bending of leg	红拳 red boxing
功夫 work; kung fu; gongfu	洪家拳 Hongjiaquan
功架 task frame work	猴棍练习 hougun(/monkey cudgel) exercise
攻防实用技术 practical technique of attack and defense	猴拳 monkey style boxing; houquan
勾 hook	后搬腿 moving up leg behind
勾手 hook hand	后扫腿 sweeping leg backward
勾腿 inner leg	后压腿 pressing leg backward
钩 hook	后仰 bending backward
拐 crutch	回身蹬脚 turning and kicking with heel
挂法 upward parry technique	弧形步 curved step
	弧步形亮掌 flashing palm in curved step
	虎形 tiger form
	花拳 flowery boxing
	华拳 Hua style boxing

- 划弧 to make an arc
晃 flash
集体剑 group swordplay
集体项目 group event
基本步法 fundamental posture and movement
基本动作 basic exercise
基本功 fundamentals
基本手法 fundamental hand work
击三拳 three punches
击止挑掌 sticking palm in step
集成 mass integration
挤 pressing forward
挤法 press
戟 halberd
技法 technique
甲组刀术 broadsword-play of 1st division
甲组棍术 cudgel play of 1st division
甲组剑术 swordplay of 1st division
甲组男子长拳 men's long-fist boxing of 1st division
甲组女子长拳 women's long-fist boxing of 1st division
甲组枪术 spear play of 1st division
架法 overhead block technique
架拳 upholding fist
尖短刀 serpent's tongue
肩法 shoulder technique
剪法 clipping technique
铜 mace
剑 rapier
剑法 sword technique
剑术 sword-play
剑术竞赛套路 competition routine
绞法 end coil technique
绞花转身侧点腿 rotating hands; turning body and licking sideways
绞花转身后点腿 rotating hands, twisting body and licking sideways
脚尖横步喜捶肩 waling sideways on tip-toe and shaking shoulders
脚踢 kicking
较量 measure
截法 interception technique
金刚捣碓 Buddha's warrior attendant pounds mortar
金鸡独立 golden cockerel stands on one leg
金纹剪 goal scissors' winding
进步搬拦捶 stepping up parrying and punching
进步栽捶 stepping up and punching down
进步反射 stepping forward and plunging backward
进步平刺 stepping forward to thrust
进步式 advance
进退转身法 back and forth and turning movement
惊猴逃窜 the frightened monkey running away
精武体育会 Jingwu Association
静功 passive course
九宫掌 Jiu-Gong palm
九节鞭 nine-section whip
九节鞭术 nine-section whip-play
绝招 kill shot; unique skill
开合手 hands parting and closing
砍法 hack technique

靠 leaning forward	es in wushu
靠法 shouldering	练(/习)武 doing weapon practice exercises in wushu
空手对棍 empty hands against cudgel	踉跄步拐肘仰身饮酒势 drink wine stance in totters with elbow bent and torso inclining backward
空手夺枪 empty hands against spear	踉跄步转身旋风脚 faltering steps; torso rotation and whirlwind feet
孔门拳 Kong style boxing	两肘松垂 keep elbows loose and downward
控施 raising leg position	亮掌 flash palm; upholding palm
苦功 hard work	撩法 sprinkling technique
跨步击掌 stepping and thrusting palm sideways	撩襟亮掌 swinging up and flashing palm
跨步压肘 pressing elbow downward in horse-ride step	六合拳 six conformities boxing
跨步引拳 swinging sideways and circling palm	流星锤 meteor hammer
揽雀尾 grasp the peacock's tail	搂法 grab technique
揽雀尾右棚 warding off with the right hand	搂膝拗步 brushing knee and twisting step
揽雀尾左棚 warding off with the left hand	搂膝栽捶 stepping forward; brushing left knee and striking
拦拿扎 block seize and lunge	鹿型 deer form
拦腰双绝手 "snap" with both hands at waist level	抡锤 tilt
狼牙棒 mace	落步右拐肘 setting down left foot and swinging right elbow
勒手小束身 bringing hands together and recoiling	落土植根 dropping to earth and taking root
擂台 platform; arena; ring for martial contests	罗汉拳 Arhat Boxing
擂台赛 knock-out match	罗汉十八手 Eighteen Arhat Hands
鲤鱼打挺 carp's leap	罗京方位 24-direction positions
里合腿 swing leg inward	马步 horse-riding stance
里劈左斜形 striking inward in left slanting position	马步冲拳 thrusting fist in horse-ride step
立地如生根 firm footing	马步架打 punching in horse-ride step
连法 joining	马步推掌 pushing palm sideways in horse-ride step
练功 practising one's skill; doing exercises in wushu	马步托打 thrusting fist forward in horse-

- ride step
 马刀 saber
 矛 pike
 梅花桩 plum-blossom stake exercise
 秘传 esoteric
 秘宗拳 hidden trace boxing
 绵拳 soft boxing
 民兵拳 boxing for militia
 民间功法 popular schools of Wushu
 摸胸反击法 against one who grabs your breast
 抹法 wipe technique
 磨胫步 shin-to-shin stance
 拿法 capture technique
 南拳 southern style fist boxing
 南拳北腿 southern style fist position
 南拳竞赛套路 routine of southern-style boxing for competition
 内方 just in interior direction
 内功 internal work
 内家拳 Neijia Boxing
 内三合 internal three conformities
 内在定力 inner control
 黏法 sticking
 鸟形 bird form
 扭身 twisting
 弩 large bow
 攀树摘桃 climbing the tree to pluck peaches
 盘法 cross technique
 盘腿吃桃 crossing legs and eating peaches
 盘腿跌 sideway falling on a twisted leg
 炮捶 canon boxing
 炮拳 Paoquan
 劈叉 split
 劈法 cleave technique
 劈挂拳 piguaquan
 劈面掌 thrusting forth the palm of the hand
 披身踢脚 raising body; separating arms and kicking left toe
 撇身捶 turning and striking opponent with fist
 平步式 side-loaded posture
 扑地蹦 prone flopping
 仆步 crouch stance
 仆步穿掌 threading palm in crouch step
 仆步横扫 sweeping sword to crouch
 仆步亮掌 flashing palm in crouch step
 仆步压腿 pressing leg in crouch step
 朴刀 long-hilt broadsword
 起身冲天炮 rising up and thrusting fist upward
 起身拐肘 rising up and turning elbow
 起身双风灌耳 standing up and striking ears with both fists
 起身五指朝风 rising up and curling fingers forward
 起势 commencing form; beginning form; beginning
 麒麟步 kylin stance
 骑马蹲裆式 horse-back-riding stance
 骑龙步 dragon-riding stance
 器械 weapons
 器械打 armed combat
 器械对练 armed combat
 气功 breathing exercises; qigong

前臂斜交叉 crossing forearms diagonally	三节棍 three--section cudgel
前俯 bending forward	三节棍术 three-section staff-play
前俯腰 bend forward	三七步 three-to-seven stance
前滚翻 forward somersault	三十二式太极剑 Thirty-two Form Taiji
前扫腿 sweeping leg forward	Swordplay
前推掌 pushing the palm forward	三体式 three-in-one form
前抓后点 grasping with upper limbs and thrusting with foot	散打 free combat
枪 spear	散手比赛场地 arena for free fighting competition
抢背 qiangbei; forward somersault	散手裁判器材 equipment for free-fight- ing referees
枪法 spear technique	散手得分 points-awarding in free fighting
枪术 spear-play	散手犯规 violations in free fighting
枪术竞赛套路 competition routine of spear play	散手攻击部位 target area in free fighting
桥法 bridge technique	散手护具 protective gear for free fighting
擒拿术 catch and capture arts	散手技术 free-fighting technique
轻功 light exercise	散手时间规则 time rule in free fighting
青年长拳 long-fist boxing for the young	散手素质 free fighter's competence
拳打 fisting; hitting with the fist	散手体重分级 body weight classification in free fighting
屈伸性腿法 kick with lower leg	散手运动 free fighting
屈膝 bending of knee	散手战术意识 free fighter's tactical awareness
圈法 circle technique	散手招法 routine of free fighting
拳 fist	扫法 sweep technique
拳法 fist position	扫堂腿 ground sweeping
拳礼 courtesy in Wushu boxing	扫腿 sweeping leg
拳式八法 application of eight postures	闪通臂 spreading arms like a fan
拳式方位 direction of striking position	扇肩 fan through the back
拳术 Chinese Boxing	上步摆掌 stepping forward and circling palm
如风似闭 withdrawing and pushing	上步顶心捶 stepping forward for an up- ward heart blow
软功 soft exercise	上步兜捶 stepping forward, squatting
软器械 soft weapon	
三叉 trident	
三叉戟 trident	
三打通面捶 three punches on the face	

down and striking with hooked hands	十二型 twelve forms
上步兜裆 moving forward and taking the squat-kneeling stance	十字采脚 slapping palm opposite foot
上步盖掌 backhand stroke in bow step	十字手 crossing arms
上步两捶 stepping forward for two punches	实步 solid step
上步拍拳 stepping forward and slapping fist	手镖 dart
上步棚 stepping forward and warding off	手倒立爬行 walking on one's hands
上步劈打 stepping forward and cutting with palm	手挥琵琶 "play guitar"
上步七星 stepping up to form seven stars	手势 hand posture
上体后坐 sit back	手心向里(外) palm inward (outward)
上体左转 to turn trunk to the left	手心向上(下) palm up (down)
上步踢腿 stepping forward and kicking	手型 hand form
上步左斜形 stepping forward in left slanting position	收臀 to keep buttocks in
梢子棍 two-section cudgel	收腹 to draw the abdomen in
少林拳 Shaolin Boxing	收势 conclusion
少年规定拳 required boxing for juvenile	束身弃地捶 recoiling body for a pile driving blow
少年棍 children's cudgel play	束身虎抢头 recoiling body and shielding head
少年剑 juvenile swordplay	束身清手 recoiling body and making an "inviting" gesture
少年拳 boxing for juvenile	束身双分腿 recoiling body and punching down on both sides
少林寺 Shaolin Temple	束身下劈腿 recoiling for a palm cut
蛇拳 snake-style boxing	束身斜带 retreating and carrying sword
蛇身下式 squatting down like a snake; snake creeps down	舒筋 stretching; tendon-relaxing
身法 body work	涮腰 circling trunk
身型 body form	摔法 thrusting technique
绳镖 rope-dart	甩腰 bending forward and backward
绳镖术 rope-dart-play	双匕首 double daggers
生死斗 death duel	双鞭 double whip
十八般武艺 skills in wielding 18 kinds of weapons	双锤 double hammer
	双刀 double swords
	双刀套路 routine of double broadsword play

双蝶步 double-butterfly stance	弹腿 snap kick boxing; kicking lower leg with toes pointing up
双凤眼拳 double-phoenix-eye fist	探海平衡 exploring-the-sea balance
双钩 double hook	螳螂拳 mantis style boxing
双肩绕环 circling both arms	膛泥步 circular walking step
双剑 double swords	套路 set pattern; routine
双剑套路 routine of double sword play	套路评分方法 method of evaluation of specific routine
双铜 double mace	套路项目 routine events
双口斧 twibill	腾空抖毛 leaping into air and quivering hair
双口剑 two-edged sword	藤牌 rattan shield
双器械 double weapons	腾空摆莲 outward leg swing in flight; fly- ing lotus kick
搦拳 Shuoquan	腾空飞脚 flying kick; jumping front kick
四击 four blows	踢法 kicking technique
四十八式太极拳 Forty-eight-form Taiji- quan	踢脚 kick with toes leading
松胯 thigh relaxed	踢腿 kicking
松腰 waist relaxed	踢腿击掌 kicking and thrusting fist for- ward; kicking up leg and pushing palm
随法 following	提手 lifting hands
孙式太极拳 Sun--style Taijiquan	提手击月 lifting hands and hitting face
孙式太极拳竞赛套路 Competition Rou- tine of Sun--style Taijiquan	提手上势 raising hand and stepping up
踏步上冲拳 stamping foot and thrusting up fist	提腿 single-bending and rising
抬肘 elbow out	提膝穿掌 raising knee and threading palm
太极剑 "Taiji" swordplay	提膝独立双钩手 standing on one leg, raising the other knee
太极剑竞赛套路 Competition Routine of Taiji Swordplay	提膝独立仰身饮酒势 drink wine stance with torso leaving backward and a knee raised
太极拳 Taijiquan	提膝独立酌酒势 pouring wine stance with one knee raised
太极拳竞赛套路 Competition Routine of Taijiquan	
太极推手比赛场地 arena for Taiji Push- hands competition	
太极音乐 music to accompany Taijiquan- play	
弹法 bounce technique	

提膝亮掌 flash palm with knee raised	sword
提膝捧剑 lifting knee and holding sword with both hands	退步击掌 pushing palm forward in bow step
提膝平衡 balance with one knee raised	臀腿 hip turning
提膝仆步穿掌 raising knee and threading palm in crouch step	脱手镖 released dart
提膝双摆掌 raising leg and swinging both palms	托掌 supporting palm
提心掏心捶 lifting hands for a chest blow	瓦棱掌 outer-edge palm
挑法 raise technique	瓦面掌 front-tile palm
挑战书 cartel	外摆腿 swing leg outward
跳步平刺 hopping and thrusting	外功 external work
跳跃 jumping; leaping	外家拳 Waijia Boxing
贴法 attaching	外三合 external three conformities
铁棍 iron rod	弯刀 tulwar
铁沙掌 practising iron ore palm	王花虎抱头 waving forearms and protecting head
挺胸 thrusting the chest forward	王花坐三架 waving arm in horse-ride stance
通臂拳 through-the-back boxing	望月平衡 looking-at-the-moon balance
头翻 somersault on the hand	五步拳 five stances boxing
头翻弓步端酒势 carrying wine stance in headstand and in bow-step	五禽戏 five-animal exercises
头颈正直 keep head and neck erect	武当拳 Wudang Boxing
徒手对练 bare-handed fight against	武当山 Mountain Wudang
徒手防卫 bare-handed self-defense	武德 virtue in Wushu
徒手练习 bare-handed exercise	武功 Wushu competence
推法 push technique	武式太极拳 Wu-style Taijiquan
推手 push hands	武式太极拳竞赛套路 Competition Routine of Wu-style Taijiquan
推掌 pushing palm	武术比赛 wushu competition
腿法 leg technique	武术比赛场 wushu competition site
腿功 leg work	武术比赛时间 competition time in Wushu
退步按掌 stepping back and pushing fists down	武术操 Wushu exercise
退步法 retreat	武术动作组合 combination movement in Wushu
退步回抽 stepping back and withdrawing	

武术分值 points value in Wushu competition	歇步摆掌 swinging palm in seated step
武术服装 wushu costume	歇步击掌 pushing palm forward in seated step
武术辅导站 wushu coaching station	歇步亮掌 displaying palm in seated step
武术古籍 Wushu classics	歇步撩掌 swinging palm in seated step
武术馆 Wushu gymnasium	歇步拳 punch in seated step
武术精英赛 Tournament of Wushu Experts	歇步下冲拳 thrusting fist downward in seated step
武术竞赛 Wushu competition	歇步抓肩 grasping shoulder in seated step
武术练习 exercises in Wushu	斜刺 diagonal stabbing
武术术语 Wushu glossary	斜单鞭 single whip oblique
武术套路比赛场地 arena for Wushu routine competition	斜飞势 bank flying posture
武术图解 Wushu diagram	斜搂膝拗步 oblique brush knee and twist step
武松脱铐拳 Wu Song-style handcuffs-off boxing	斜踢腿 oblique kick;
武舞 weapon dance	新月形斧 hache darme
武侠 emprise	行意拳 form-and-will boxing
武艺 Wushu skills	熊形 bear form
武状元 Number One Military Officer in the Highest Imperial Martial Arts Examination	袖箭 sleeve-arrow
吴式太极拳 Wu-style Taijiquan	虚步 empty stance
吴式太极拳竞赛套路 Competition Routine of Wu-style Taijiquan	虚步按掌 pressing palm in empty step
膝腿 kneeling	虚步叉掌 crossing palms in empty step
下颏里收 draw the chin inward	虚步穿掌 threading palm in empty step
下跨式 single-leg squat posture	虚步撩掌 swinging up palm in empty step
仙人戟 prickly cactus	虚步抢劈 cutting with armswing in empty step
向右平带 carrying sword to the right	虚步屈肘 bending arm in empty step
向左平带 carrying sword to the left	虚步三掏捶 three upward punches in empty step
象形拳 imitative boxing	虚步式 flexed position
小盾牌 buckler	虚步挑掌 sticking up palm in empty step
歇步 cross-legged stance	虚步下截 plunging sword downward in empty step
	虚步引掌 circling palm in empty step

- 旋法 spinning technique
 旋风脚 whirlwind step; spinning inside kick
 旋转平抹 circling sword horizontally
 旋子 spinning; butterfly
 旋子转体 spinning butterfly
 学校武术 Wushu in schools
 压法 press technique
 压肩 pressing shoulders
 压手上穿捶 pressing hands and thrusting upward
 压腿 leg stretch
 亚洲武术锦标赛 Asian Wushu Tournament
 亚洲武术联合会 Asian Wushu Federation
 亚洲运动会武术比赛 Wushu events in Asian Games
 眼法 eye work
 掩手肱捶 cover hands and strike with arm
 演武厅 xyst
 偃月刀 simitar
 燕式平衡 swallow-style balance
 养生法 regime
 杨式太极拳 Yang-style Taijiquan
 杨式太极拳竞赛套路 Competition Routine of Yang-style Taijiquan
 仰身跌 backward falling
 仰身饮酒势 drinking wine stance with torso inclining backward
 仰转 bending back and turning
 腰步练习 exercises of the waist
 掖掌 raising palm
 以柔克刚 conquering the unyielding with the yielding
 乙组长拳 long-fist boxing of 2nd division
 乙组刀术 broadsword-play of 2nd division
 乙组棍术 cudgel play of 2nd division
 乙组剑术 swordplay of 2nd division
 乙组枪术 spear play of 2nd division
 鹰爪拳 eagle claw boxing
 硬气功 hard exercise of Qigong
 咏春拳 Yongchunquan
 优势胜利 overwhelming victory
 右分脚 separating the right foot
 右弓步拦 parrying in right bow stance
 右弓步撩 swinging up sword in right bow stance
 右靠 right shouldering
 右搂膝 brushing the right knee
 右搂膝拗步 brushing the right knee to make a twisting step
 右虚步点剑 pointing in right empty stance
 右云手 waving hands in the "clouds" right style
 右转法 turning to right
 与眼平 at eye level
 预备式 preparatory position
 玉女穿梭 fair lady works at the shuttle
 原地三砸捶 three punches with feet in fixed position
 原空位 original space position
 原体位 original body position
 猿猴探果 the monkey looking for fruits
 猿形 ape form
 圆头棒 knobkerrie

岳式连拳 Yue-style consecutive boxing	重心移至右腿上 shift weight on to right leg
钺 battle-axe	
云法 technique of waving hands like clouds	肘底看捶 fist under elbow
云手 waving hands in the "clouds"	肘法 elbow technique
运动路线 moving line	抓 paw
扎法 thrust technique	抓肩反击法 against one who grabs your shoulders from behind
砸拳 crashing punch	转身摆莲 turning around like lotus spin
栽碑 "zaibei" (forward falling with elbow bent)	转身摆莲腿 turning the body to sweep the lotus with the leg
栽法 plunge technique	转身蹬脚 turning around and striking with heel
展功 growth work	转身挂掌 raising knee and erecting palm
斩法 horizontal cut technique	转身横掌 turning about and pushing palm forward
站功 stationary work	转身回抽 turning round and withdrawing sword
站立式 starting-leg posture	转身马步架打 raising one's fist and striking with the other in horse-ride step
掌 palm	转身撇身捶 turn-body-throw fist
掌法 palm method; hand position	转身十字腿 turn-body-cross leg
爪 claw	转身双绝单叉 turning body "snap" with both hands in crouch stance
正搬腿 moving leg in front	转身双绝双飞腿 turning around and punching down on both sides
正压腿 pressing leg in front	转身腾空飞脚 turning about for flying kick
直摆性腿法 kick with stretched leg	转身窝心捶 turning body for a heart blow
直刺 straight lunge	转身斜带 turning round and carrying sword
直戳 straight lunging	转身跃步单叉 turning body and leaping into crouch stance
直腕 straight wrist	转身云顶七星 turning body, circling
指 finger	
指法 finger position	
植功 planting work	
中穿腿 threading legs forward between the arms	
中国武术协会 Chinese Wushu Federation	
中国武术学会 China Wushu Association	
中国武术研究院 China Research Institute of Wushu	

hands, rounding and resting fist against wrist	左独立窥望 standing on left leg and peeping
转身摘心捶 turning around and grabbing heart	左分脚 separating the left foot
转体 turn torso	左盖跳跪步刀手 cross-jumping to the left, kneeling and executing the diaoshou
转腕 wrist rotation	左弓步刺 thrusting in left bow stance
转腕旋膀 hand circling and wrist rotation	左弓步拦 parrying in left bow stance
自然运动 natural exercise	左搂膝 brushing the left knee
自选长拳 optional long-fist boxing	左搂膝拗步 brushing the left knee to make a twisting step
自选刀术 optional broadsword-play	左虚步撩 swinging up sword in left empty stance
自选棍术 optional cudgel-play	左云手 waving hands in the "cloud"
自选剑术 optional sword-play	左转法 turning to left
自选南拳 optional southern style boxing	坐步式 back-loaded posture
自选枪术 optional spear-play	坐来单鞭 sitting astride the mountain
自选太极拳 optional Taijiquan	坐莲步 lotus-sitting step
自选套路 optional routine	坐盘 cross-legged sitting
走弧线 circular movement	坐转法 pivot turning
钻拳 penetrating strike	
醉拳 drunkard boxing	
醉卧势 lying stance of a drunkard	

二十七、无线电运动 Radio

国际无线电爱好者联盟 International Amateur Radio Union	无线电多项 multiple radio event
快速收发报 fast reception and transmission	业余电台通讯 amateur radio transmission
无线电侧向 determination of radio orientation	中国无线电运动协会 Chinese Radio Sports Association

二十八、雪上运动 Snow Sports

1. 滑雪 Skiing

安全固定装置 release binding

半开脚登行 half herringbone ascent

半圆形线路 elbow line

半犁式接平行式转弯 stem christiania
turn

半犁式制动 semi-snow plough

半犁式转弯 stem turn

板迹 sit-mark

板实的雪道 piste

摆动式转弯 swing turn

比赛雪板 racing ski

比赛雪橇 racing sled

闭门 closed gate

冰帆运动 ice boating

冰雪知识 snow craft

裁判台 judge's stand

裁判长 referee

侧滑 side slipping

长距离速度滑雪 dauerlauf

长距离滑跳 long-distance ski jump

撑杖跳过障碍 field jump

撑双杖转弯 turn with two sticks down

撑双杖跳跃式转弯 jump turn with two
sticks down

重新出发 re-start

出发 start

出发顺序 starting order

垂直门 vertical gate

大回转比赛 giant slalom

单脚交替滑行 gliding step

倒八字形登坡 herringbone ascent

捣固的雪 stamped snow

底槽 groove

底蜡 base wax

颠簸 bump

跌倒 fall

冬季两项运动 winter biathlon

冬季两项比赛场地 piste for winter
biathlon

陡坡 steep slope

短粗动作 short movement

短距离滑雪赛 short-distance ski racer

短雪橇 luge

对角线门 diagonal gate

多项滑雪 combined skiing

舵轮 steering wheel

舵手 steersman

方向稳定性 directional sledge

防滑皮 skins

防滑套布 sock

飞跃距 length of jump

飞跃起跳台 take-off platform

飞跃跳台 run-down tower

飞跃用雪板 jumping ski

- 飞跃运动员 ski jumper
 飞跃着陆 landing
 粉状雪 powder snow
 粉末状老雪 settled powder
 封闭线路 close the course
 副裁判长 assistant referee
 干地上的滑雪练习 dry skiing
 高山的 alpine
 高山滑雪 alpine skiing
 高山滑雪场 alpine skiing course
 高山混合项目 alpine combined event
 高山滑雪 alpine ski
 高度差 niveau difference
 高速滑雪 tempo turn
 高速转弯 tempo turn
 弓步式转弯 telemark turn
 骨架雪橇 skeleton sledge
 国际滑雪比赛 international ski competi-
 tion
 国际滑雪联合会 International Skiing
 Federation
 滚落线 fall start
 横滑 traversing
 横滑下 side slipping
 后端 tail
 滑行机 coaster
 滑雪板 ski
 滑雪比赛 skiing race; ski racing
 滑雪袋 ski bag
 滑雪技巧 skiing maneuver
 滑雪教练员 ski master
 滑雪紧裤 Vorlage
 滑雪裤 ski pants
 滑雪旅行 touring
 滑雪区 skiing area
 滑雪坡 ski run
 滑雪坡道 sloping course
 滑雪手套 ski glove
 滑雪跳台 starting chute
 滑雪跳跃 ski jump
 滑雪靴 ski boot
 滑雪斜坡 ski slope
 滑雪衣 parka; anorak
 滑雪用护目镜 skiing goggles
 滑雪运动员 skier
 滑雪转弯 skiing turn
 滑雪装 skiwear
 滑降 down run
 滑降转弯 downhill turn
 滑行步 skating step
 滑行步法 gliding gait
 滑行雪板 gliding ski
 花样滑雪 figure skiing; hot dogging
 花样滑雪运动员 hotdog skier
 回转线路 corridor; passage
 机动滑雪车 skidoo; ski-scooter
 积雪层 crust
 尖端 shovel
 简易雪板; 套趾雪板 toe strap
 检查门 open gate
 剪式转弯 open christiania
 降速 check
 降下用雪板 down-hill ski
 交替滑进 alternating step
 脚板 foot plate
 节奏步 pass gang
 金属刃 steel edge
 90度跳跃转弯 Quersprung

空中滑行 flight	人工滑跳场 artificial ski-jump
跨步 walking step	三步交替滑进 three step
快速降下 downhill racing	上板 upper ski
快速下降滑雪仗 downhill racing pole	上坡 climbing; ascending
老积雪层 base snow	上山吊椅 ski lift
老雪 old snow	上山缆索 ski tow
梨式回转 snowplow turn	蛇行门 flush gate
梨式制动 snow plough	蛇行前进 snaking
粒雪 corn snow	湿雪 wet snow
练习滑雪坡 nursery slope	湿雪蜡 klister
练习坡地 nursery	试滑 trial run
联合滑进 Finnish step	试滑者 forerunner
两步交替滑进 two-step; diagonal gait	司令台 judges' stand
漏门 leave out a gate	速度滑雪 ski running
旅行雪板 touring ski	速度滑雪板 cross-country ski
螺旋形门 elbow gate	速度滑雪与飞跃混合项目 Nordic combined
马爬犁 skijoring	速度滑雪仗 cross-country pole
内板 inner ski	塑料板面 plastic running surface
挪威式转弯 Christiania turn; Christie; Christy	踏步式转弯 step turn
爬山蜡 climbing wax	弹性 camber
皮控手 leather knob	套手皮圈 loop
平坦地区 flat terrain	梯形上坡 side step ascent
平行式高速转弯 parallel Christiania; parallel turn	踢腿转弯 kick turn
平行式转弯 parallel	跳台飞跃 ski-jumping
坡度 gradient of slope	跳台滑雪 platform; ski-jumping
旗门 gate	跳台滑雪运动员 ski-jumper
旗门杆 gate pole	跳跃转弯 jump turn
起跳; 脱出 take off	铁耳; 固铁 toe iron
起伏地区 rolling terrain	通过旗门 cross a gate
前倾飞跃姿势 kneestyle	同时出发 simultaneous start
抢滑 false start	突平坡 critical point
让道 track	弯度 arch
	腕皮带 wrist strap

- 外板 outer ski
 下板 lower ski
 下坡滑行 downhill running
 下坡滑雪赛 downhill ski race
 下滑运动员 downhill racer
 线路 route
 小回转比赛 slalom race
 小型滑雪板 compact ski
 斜线滑下 downhill traversing
 斜线上坡 uphill traversing
 斜线跳跃 oblique jump
 新雪 new snow
 雪板 runner
 雪板边 edge
 雪板底 sole; bottom
 雪板底漆 lacquer
 雪板固定装置 ski-binding
 雪板夹 ski press
 雪板绒垫 plush
 雪板尾端 heel
 雪道 ski track
 雪道标志旗 course-marking flag
 雪道下的暗洞 dip
 雪蜡 wax
 雪橇滑行帽 crash helmet
 雪情 snow condition
 雪爬犁滑下路 bob-run
 雪仗 ski pole
 易碎雪层 breakable crust
 以树干作旗门的回转比赛 forest slalom
 原地踏步式转弯; 踏转 standing turn
 with steps round
 原地踢腿转弯; 踢转 standing kick turn
 原地转弯 standing half turn
 用胡桃木做的雪板 hickory
 优秀滑雪运动员 kanone
 越野滑雪 cross-country skiing; ski touring
 越野滑雪场 cross-country skiing routes
 越野滑雪运动员 cross-country racer
 夜间滑雪场 night hall
 障碍滑雪 slalom
 障碍跳跃 obstacle jump
 杖环 ring
 造雪机 snowmaker
 着陆 landing
 着陆山坡 landing slope
 之字形滑道 zigzag course
 置足板 foot plate
 直线滑下 schuss
 职业滑雪运动员 ski-master
 制动 braking
 制动手 brakes man
 终点标志旗 finishing flag
 终点裁判员 finishing line judge
 终点裁判长 finishing line referee
 终点区 out-run
 综合项目 combined
 中国滑雪协会 National Skiing Association of China
 助滑坡 approach
- ## 2. 雪橇 Sledge Sport
- 钢骨架雪橇 skeleton toboggan
 狗拉雪橇 dog-drawn sledge
 滑行雪橇 coaster
 极地雪橇 polar sledge
 马拉雪橇 horse-drawn sleigh

平底雪橇 toboggan

手推雪橇 push sledge

双人雪橇 two-men bobsleigh

小型雪橇 miniski

雪橇 sledge

椅式雪橇 hand sledge

斜坡滑橇用滑道 coating path

Images have been losslessly embedded. Information about the original file can be found in PDF attachments. Some stats (more in the PDF attachments):

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