

Original Paper

China-Russia Sports Programs

Anuradha Kataria^{1*}

¹ Freelance Writer, Author of the book “Democracy on Trial, All Rise!”

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Abstract

This paper analyses the different styles of governance in various parts of the world which is also reflected in their respective sports programs. While the democratic Western countries lead in this arena in an inspiring democratic way, the autocratic countries like China and Russia have scintillating sports output but it is done in their characteristic autocratic way. Variegated systems are perhaps good for sports in general and people in all countries are used to their respective systems and it perhaps works for them that way.

Keywords

Regimented training, Doping, Olympic results

1. Introduction

We are living in the best age as yet where the world is at peace, poverty getting decimated round the world and mankind is excelling in all fields. Sports is at its most exciting best. It is rightly led by the Western democratic countries which really raise the bar so high in their characteristic ethical, well organized fashion while keeping concern for athletes' well being at the core. But autocratic countries do produce fabulous outputs and add to the thrill of competition and it perhaps works for them in that way.

2. Method

All respective countries sports programs were analysed basis existing literature. The writer lives in democratic India and also has lived for extended period in China and understands their psychology and values.

3. Results

It is good for the world sports that different countries pursue their own systems and make the competition exciting. While analysis focuses on the essence of their respective sports programs, in

conclusion numbers do count and here is a tally of recent Olympic results

Table 1. Tokyo Olympics 2020

Countries	Gold	Silver	Bronze	Total
United States	39	41	33	113
China	38	32	18	88
Japan	27	14	17	58
Great Britain	22	21	22	65
ROC	20	28	23	71

Table 2. Beijing Winter Olympics 2022

Countries	Gold	Silver	Bronze	Total
Norway	16	8	13	37
Germany	12	10	5	27
China	9	4	2	15
United States	8	10	7	25
ROC	6	12	14	32

4. Discussion

The Western democratic countries produce the most brilliant sports men and women and inspire the rest of the world to aim for excellence too. In their truly democratic style, it is also done in the right spirit of sportsmanship and surely lacks any form of nationalism. Likewise, democratic Japan too produces some brilliant sportsmen and women in a similar democratic fashion. Although it is no news, sporting giants, China and Russia also win outstanding Olympic medals but in their characteristic authoritarian manners. Seeing some of their sports documentaries on their draconian sports training models, we can even feel a bit sorry for their sportsmen and women. China and Russia are also well known for their state sponsored dope programs. Russia counts among the nations that have been stripped of the largest number of Olympic medals due to doping allegations. China on the other hand is more difficult to catch. It is more than hearsay that they have a state of the Art medical program which produces drugs and hormones that can not be caught by the current system.

The Chinese system is something like this. They scour the countryside for potential athletes to catch them young. Often 3-4 year olds are separated from their families and taken into the sports concentration camps where they are trained. Apart from rigorous training, they also have some hormonal adjustment early on, so it can not be detected later on in spot tests. The sports academies are run by coaches who then govern these future athletes life, both personal and professional. As they become teenagers, their coaches decide who they can and can not date. If they suspect their partners are having any kind of negative impact on them, they are advised, rather told to stay away from them.

They are very successful in this. The sports men and women are also inspired to play; they are perhaps used to the system. China dominates several sports like Badminton, Diving etc. and Table Tennis is almost entirely an All China competition.



Figure 1. Ma Long and Fan Zhendong Gold Medal Match, Tokyo 2020

Russian sports program is somewhat less regimented but equally ambitious and rigorous nevertheless. The coaches control what their protégés will eat or not and try to get young sportsmen and women to dope and compete fiercely. In 2019 the World doping agency banned Russia as a nation from International sports competition and the athletes were to be allowed in the next Olympics to compete as individuals under the Russia Olympic Committee banner (ROC). Now, in 2022, Russia has further bans due to its invasion of Ukraine. Some international events to be held in Russia like F1 in Sochi has been cancelled also Russian figure skaters as well as several other sports men and women have been barred from competing in World championships. Though it is a bit harsh on them, given that they hardly have any say on their Russian political figurehead and they have also already endured the system they have to live under. They do produce some world class figure skaters, ballerinas and other sports personalities though. Due to the ban World champions like Anna Scherbakova and Alexandra Trussova won't be able to compete in the upcoming World skating championship.



Figure 2. 2022 Gold medalist Anna Scherbakova Russian Figure Skater

The Chinese system operates strictly on the carrot and stick basis, winners are rewarded heavily and losers given the stick end of it. So after the Olympics there are separate parties for the winners. Chinese

only like the “Gold”. The Gold medal winners and their coaches are given heroes’ welcome, meet the state politburo and are invited to a gala celebration for the Gold medalists only. The Silver and Bronze medalists are somewhat second class and the ones who didn’t win anything, just written off and looked down upon as if they somehow brought disgrace to the nation.

The sportsmen and women and in general the whole populace are considered a property of the state to serve the common good. For instance if a sports person were to quit at the top of their game in the Western world, they are honored as heroes and even respected more for that. In China, they would be considered as traitors. They are supposed to bring honour to the state rather than pursue their “selfish” personal dreams.

Both the systems are not as bad as operated by the earlier Communist era regimes which were even more dictatorial. The sportsmen and women do seem quite inspired and are somewhat used to their respective nations’ autocratic ways.

The worst examples are from the Middle East. It is known that when the Iraqi footballers used to return home defeated in a match, Saddam Hussein used to get them whipped. But by their standards, that is just mild treatment, at least he didn’t dip them in acid; that probably is reserved for political opponents. India is quite a democratic country and do not push their populace in any direction whatsoever and even Bronze medalists are given heroes’ welcome. In the rest of the world like Africa or Latin America, sports are individual inspired and not led or controlled by the state. Latin Americans produce some real good footballers and surfers. Africans do have incredible marathon runners though somewhat famished looking, as if running for food or money.



Figure 3. Gold Medalist Kenya’s Kipchoge, Tokyo 2020



Figure 4. Alex Hall Olympic Gold in Slopestyle skiing, Beijing 2022

Different nations with widely disparaging political systems, also reflected in their national sports programs do make competition more exciting and fierce. The autocratic countries do excel in all fields as well. However, the Western democratic countries produce the best of the world in all sports like Soccer, Skiing, MotoGP, F1 Triathlon, Gymnastics, Tennis, etc. the list is endless and set the standards so high. It is done in a truly inspirational manner and the spirit of the sports is joyous and liberal. Their freedom and democratic essence is truly worth aspiring for, they represent empowerment and should continue leading the world through soft power.

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