

Butterfly® NEWS

2008 09

Peking 2008: Olympic Gold, Silver and Bronze for Butterfly

Golden Throne for Table Tennis Empress Zhang Yining



The Table Tennis Empress Zhang Yining built her own monument in her home town Peking during the Olympic Games 2008. The Butterfly Star triumphed in the Singles and with her Chinese Team just like four years ago in Athens with two Gold Medals

each time. With this result she equalled the record of her legendary compatriot Deng Yaping who stood also four times on the number one place of the podium, twice 1992 in Barcelona and twice 1996 in Atlanta. The World Champion Guo Yue can be proud as well with two medals, Gold with the Team and Bronze in the Singles. Timo Boll and Oh Sang Eun continued the group of successful „Butterflies“ at Olympia in the men’s events: Boll returns to Germany with a Silver Medal in the team event and Oh went back to South Korea with a Bronze Medal.

Congratulations to Borussia „Musketiers“!

Butterfly congratulate the successful trio of the Borussia Duesseldorf team for having won the silver medal of the team event in Peking (from left to right: Boll, Ovtcharov and Sues).



In this issue:

Olympic Games Peking **02**
Review

Olympic Games/WRL **04**

News **05**

„Tips and Tricks“ **06**
World Champion Werner Schlager

Products of the month **08**
SRIVER G3 and SRIVER G3 FX

Interview **10**
Dirk Huber, Germany

Technique Tips **13**
The backhand flip from an initiated push

www.butterfly-world.com

6th Olympiad tournament in Peking

Europe's hope that the Chinese Aces might not be able to cope with the pressure in their home country were not fulfilled in Peking. The Chinese had a solid grip on the Olympic Summer Games in table tennis at all times. The table tennis world wasn't surprised by the best possible result of the hosts by winning both Gold Medals in the team event and all six possible medals in the individual events but the ITTF President, Adham Sharara was a bit worried that the Chinese top stars didn't lose even one match against an athlete from another nation neither in the team nor in the individual event: "We cannot blame China that they are so strong because table tennis is the national sport here. The other nations must improve to challenge China. China is developing new techniques, services and new styles, while Europe relies on continuing with the usual playing systems and practicing methods. The reason for this is the education of coaches which is further developed in China than anywhere else in the world. There is not enough exchange of ideas between the Chinese Coaches and the responsible people of the other nations."



Reliability in person was once again Zhang Yining. The 26-year-old „Butterfly“ coped well with the enormous pressure of the public and won like in Athens the Gold Medal in the singles, this time through a victory over the successful Wang Nan who won in 2000 and beat somewhat surprisingly the World Champion Guo Yue through her experience. Guo Yue again won the Bronze Medal by winning against Li Jia Wei (Singapore). Zhang Yining was full of joy after her Olympic victory: "I am so happy and would like to thank many people. My coaches and all the other players, they all contributed so much to my success. From the technical point of view I was

06. September - 08. September 2008
Women's World Cup in Kuala Lumpur (Mas)

11. September - 14. September 2008
Pro Tour: Panasonic China Open, Shanghai

26. September - 28. September 2008
Men's World Cup, Lüttich (BEL)

04. October - 12. October 2008
European Championships Women/ Men , St. Petersburg (RUS)

Our Photo-Partners



Manfred Schillings

Impressum:
Editor + Kontakt
Yuki Kamizuru, 02841/90532-0

No liability for eventual errors and omissions.
All prices are recommended retail prices.

03 Review Olympic Games

not so happy today but mentally I was very strong and that was the deciding factor.“ By the way the Europeans were no longer represented in the Quarterfinals.

The medals of the Butterfly partners in the men’s events were more humble. The



Boll

Duesseldorf player Timo Boll won the first Silver Medal in the team event for Germany for twelve years but he couldn’t overcome the effects of the lack of training for three month caused by his knee injury at the beginning of 2008 in the singles. Boll failed already clearly in the round of the last 16 against the South Korean top player Oh Sang Eun who didn’t stand a chance against the final

winner Ma Lin one round later. Boll was not the only prominent Tamasu player who dropped out during that round: also Austria’s Ex-World Champion Werner Schlager and Denmark’s WC third in 2005 Michael Maze did not reach the quarterfinals. Surprisingly the Croatian Zoran Primorac was fighting for a place in the semi-finals but lost the match of former champions against the 41-year-old Swedish Ex-World Champion Jørgen Persson who completely unexpectedly advanced to Europe’s best player gaining fourth place.

During the team event another European athlete with a Butterfly on his chest was completely unexpectedly drawing attention to himself. Robert Gardos made a major contribution to Austria’s chance to play for a Bronze Medal by beating the Greek Kalinikos Kreanga and Japan’s Kan Yo. During the „little final“ he even won against the gold medallist from Athens Ryu Seung Min. Sadly it was the only victory of the disappointed Austrians on that day.



Primorac

Independently of results and records the Olympic Games 2008 were an impressive adventure – for the athletes, the delegations, Olympic tourists as well as for the followers of the electronic media. The best polls and the permanently sold out Peking University Gymnasium (8000 spectators) stressed the meaning of table tennis in China during the summer games as well as the special honour which the Chinese exemplary sportsperson Zhang Yining received from the organisers during the impressive opening ceremony: The nine times World Champion was chosen to take the Olympic Oath in the „Bird’s Nest“ representing thousands of competitors from all over the world.



Two successful „Butterflies“:
Guo und Oh

Short Interview with Zhang Yining



What does this Olympic victory mean to you?

„I am very happy. I had to renounce many things, which you normally enjoy, for a long time for this success.“

Is the impression deceiving or is it true that you were sometimes not quite satisfied with your performance in the final?

„I was not satisfied concerning the technical part of my game. I can do better than that. On the other hand I was

mentally very strong today, which was the deciding factor for my victory.“

Did you at any time during the final doubt that you could win the Gold Medal?

„Wang Nan has already participated in three Olympic Games, for me it was the second time. So she has got more experience than I have. In situations when I was behind I never played hastily and kept calm.“

Is there a person who was particularly important to you on your way to the Gold Medal?

„There are quite a few. I would really like to thank the whole team. All coaches and all the other athletes gave me an awful lot. Without the help of the whole team I wouldn't be standing here today. A special thanks also to my equipment sponsor Butterfly who always takes care of that I can compete with the best material. How important good and reliable material is, was obvious in the semi-finals when I had to play with my second bat.“

ITTF World Ranking, Mens (08/2008)



1	WANG Hao CHN	16	SCHLAGER Werner AUT
2	MA Long CHN	17	KREANGA Kalinikos GRE
3	MA Lin CHN	18	HAO Shuai CHN
4	WANG Liqin CHN	19	KAN Yo JPN
5	SAMSONOV Vladimir BLR	20	MAZE Michael DEN
6	BOLL Timo GER	21	MITZUTANI Jun JPN
7	Chen Qi CHN	22	CRISAN Adrian ROU
8	RYU Seung Min KOR	23	CHIANG Peng-Lung TPE
9	JOO Se Hyuk KOR	24	HOU Yingchao CHN
10	CHUAN Chih-Yuan TPE	25	YOON Jae Young KOR
11	LI Ching HKG	26	SAIVE, Jean-Michel BEL
12	GAO Ning SIN	27	TANG Peng HKG
13	CHEUNG Yuk HKG	28	LEE Jung Woo KOR
14	OVTCHAROV Dimitrij GER	29	SMIRNOV Alexei RUS
15	OH Sang Eun KOR	30	JIANG Tianyi HKG

ITTF World Ranking, Women (08/2008)



1	ZHANG Yining CHN	16	GAO Jun USA
2	GUO Yue CHN	17	NIU Jianfeng CHN
3	LI Xiaoxia CHN	18	LIU Jia AUT
4	GUO Yan CHN	19	LIU Shiwen CHN
5	WANG Nan CHN	20	HIRANO Sayaka JPN
6	Li Jia Wei SIN	21	PARK Mi Young KOR
7	WANG Yue Gu SIN	22	FAN Ying CHN
8	JIANG Huajun HKG	23	WANG Chen USA
9	FENG Tianwei SIN	24	WU Jiaduo GER
10	TIE Yana HKG	25	SUN Bei Bei SIN
11	KIM Kyung Ah KOR	26	DANG Ye Seo KOR
12	FUKUHARA Ai JAP	27	FUKUOKA Haruna JPN
13	CAO Chen CHN	28	BOROS Tamara HRV
14	LIN Ling HKG	29	LI Qian POL
15	Li Jiao NED	30	CHANG Chenchen CHN

(Butterfly-players are marked!)

Ursula Kamizuru passed away



After being sick for two month Ursula „Uschi“ Kamizuru died on Tuesday the 5th of August. She was only 54 years old. The funeral took place on Friday the 8th of August in Rheinberg – Borth near Wesel. With 1,49 meters, she was the smallest of the DTTB women during the 1970ies and the beginning of the 1980ies but she was the greatest in Germany. Under her maiden name Hirschmueller she won 15 German National Titles, five in the Singles (1977,1979 – 1982), seven in the Doubles and three in the Mixed Doubles. She took part in four World Championships and achieved as the only European the Quarterfinals in the Singles in 1977. 1981 in Novi Sad she led the German Team to rank five. She

celebrated her greatest international success during the European Championships as a 29 year old in Budapest where she won Bronze in the Singles and Silver in the Team Event. Between 1974 and 1982 Uschi Kamizuru played 110 times for the German National Team and is number four of the eternal table where record national player Nicole Struse takes number one spot. In 1979 she married Hideyuki Kamizuru, the Chief Director of Butterfly Europe, with whom she spent some years in Japan. Together they have two sons, Yohji and Yukio.

TV-Spot with Timo Boll

Do you fancy a TV-Spot with Timo Boll? No problem, just click on www.butterfly-world.com TV-Spot Timo Boll. Enjoy viewing!



Wheelchair professional Holger Nikelis prepares for Peking

„If you smelled Gold once, you want more!“



Athens, September 2004. It couldn't have been more perfect: Holger Nikelis, wheelchair professional and number one of the World Ranking List, beats the reigning Paralympics winner and reigning World Champion Hae Kon Lee of Korea 3:0 and wins Paralympic Gold and that at his first appearance at the Olympics and despite a broken wrist 6 month before.

Four years later and again half a year before the start of the Paralympics Holger Nikelis has looked after both his hands this time. He is ready and fit. He has got a good reason to remain fit because since the 16th of January the official starting list for the Paralympics 2008 has been published. Since that day one day is marked for Holger Nikelis: the 11th of September, the day of the finals in Paralympic Peking. The players and partners are still in Germany and the preparation is not completely finished. After two to three two hour sessions a week he is training seven to eight times a week together with his coaches Michael Meissner and Christoph Weber before he is travelling to China at the beginning of September.

„I am travelling there as the defending champion and defending the title is my target“, the 30 year old from Cologne knows what he wants. He is number two on the World Ranking List which qualified the Paralympics Champion from 2004 for the sporting highlight in Peking. Against whom is he defending the title? In opposite to Athens the number of participants has been reduced by a third so that eight players will be fighting for the medals. And they are strong. Apart from the Cuban Isbel Trujillo Tero (number 13 in the world) all the best players in the world will be present.

What else is a table tennis player thinking about the games in a country where his passion table tennis is the sport of the people? „I expect completely organized Paralympic Games which are prepared down to the smallest detail“, describes the Paralympics winner from 2004 his expectations. It is not only the games which fascinate the man from Cologne but also China's fascinating architecture. He really hopes to find some time to look at this. It is highly unlikely that the places for the spectators will be as empty as in Athens. It is eight kilometres from the Olympic Village to the Table Tennis Hall on the University Complex suitable for 8000 spectators. The World Champions hopes for an excellent atmosphere.

World Champion Werner Schlager - part 15: Fitness and Athleticism - Power and Muscular Endurance

In 2003 Werner Schlager became sensationally World Champion in the Men Singles in Paris and was the number 1 in June on the World Ranking List. Momentarily he is ranked number 16. In the beginning of February he was in top form and won the EUROPE TOP 12 in Frankfurt. The 35 year old Austrian lives and lived table tennis like nobody else. Since years he trusts Butterfly Material and is an excellent counsellor of the company. In his book: „Matchball – Dreams and Triumphs“, which was published in 2006, he describes his career, his successes and disappointments, his opinions about table tennis and his very personal quite philosophical thoughts about life. A very good book, not only for table tennis players. In the new Butterfly series „Tips & Tricks from the World champion“ he answers many questions concerning all areas of competition and training. The Butterfly team and Werner Schlager wish you, dear reader, good entertainment and joy.

Previous articles: push, counter hit, forehand – topspin, backhand topspin, flip, smash, balloon defence, backspin defence, block, service return, technical training, playing systems, endurance 1, endurance 2, strength.

The topspin and the smash – both played with forehand and backhand – are very demanding for arm – shoulder – and back muscles. The maximum acceleration needs a lot of power. Are you training these muscles especially to improve power? If yes, how?

No, I am not a friend of training with weights to improve the strength of my playing arm. The strengthening of these muscles should happen through very intensive table tennis exercises. Many balls practice is best suitable to achieve this.

In tennis the term „swing“ is important for the execution of attacking strokes. The more a player is swinging his arm the less strength is needed. Is this applicable for table tennis too? What is your evaluation?



It is similar in table tennis. The swinging the arm means saving energy. If I can redirect this swing to the next stroke I will be able to save energy. Learning this efficiency is one of the basics of the modern table tennis game. I can still see room for improvement in this area, especially my forehand.

Personally I think Jan – Ove Waldner is one of the players with the best swinging movements. I would also put Vladimir Samsonov in this category whereas for example Wang Liqin or Ma Lin are using more strength. Whom of the top players would you see more as a swing or a strength player or do you differentiate in a different manner?

That is a correct analysis. If table tennis looks „easy“ the player is playing efficiently. Those who look as if they are working hard are wasting energy.

You also need power in your legs, starting with your feet. Explosiveness during sidesteps and shifting weight demands a lot of power. What exercises do you practice to improve your footwork?

All exercises where you have to turn a lot. Coordination should not be neglected either.

What do you think about skipping? Boxers, who use similar „dancing“ footwork like table tennis players consider this very important.

Personally I don't do skipping. I don't think that it is harmful but specific training at the table is preferable to skipping.

Strength endurance is also very important especially when playing against defenders. I can remember – I was only an amateur in the 3rd division – that my arm became heavier and heavier with each loop. A professional should normally not have any problems with that. Or did it happen to you? If I think about your final against Joo Se Hyuk 2003 in Paris I think you went right up to your physical limits especially in point of view of the previous matches which were extremely hard.

Yes, at the WC in Paris I didn't have any strength left in the final. Up to now my strength has always been sufficient.

How are you training muscular endurance most intensively? Do you do special training with many balls or is the normally high quantity of practicing sufficient for enough endurance?

Good basic endurance in combination with many balls practice should be sufficient.

Are you familiar with stiff muscles after hard matches or practice sessions?

Of course. For years I have been using a very effective remedy against stiff muscles which really causes small miracles (own experience)! If you are interested you can get information here: www.panaceo.com. After hard sessions I always use PANACEO – Sport. My physiotherapist has less work then.

If you look at the top stars nowadays they all look very athletic with strong leg muscles, broad shoulders and a flat stomach. Twenty years ago it was not like that. Is it all the result of targeted muscular training and the knowledge that a well trained body is more resistant and less prone to injuries?

Both. The development in table tennis in the direction of speed leads automatically to higher physical demands. Naturally a well trained body is less prone to injuries – not only for me a pleasant side effect.



At well assorted distributors!

Link www.butterfly-world.com

SRIVER G3 and SRIVER G3 FX



SRIVER - Generation Three for the Post Glue Era

ITTF approved from 1 October 2008

Available from early October

SRIVER G3 SRIVER - Generation Three for the Post Glue Era

The High Tension Technology of BUTTERFLY has been steadily improving since 1997. We have now successfully built into the legendary SRIVER, the latest development of High Tension Technology for the post glue era. The result is SRIVER G3, a big step forward for SRIVER in both speed and spin.

We have retained the typical playing characteristics of SRIVER in both a steep trajectory and power.

SRIVER G3 keeps the traditional values of past successes but offers greater spin and speed for the post glue era.

Speed 13.5 / Spin 10 / Hardness 38°
available in 1.7/1.9/2.1 red and black

36,90 €

SRIVER G3 Enables Greater Control

ITTF approved from 1 October 2008

Available from early October



SRIVER G3 FX

SRIVER G3 FX Enables Greater Control

The softer version of SRIVER G3 for the post glue era offers advanced control and more ease of play.

Do you look for a more flexible style of play in the post glue era? Now this is available with upgraded speed and spin through the High Tension Technology developed by BUTTERFLY.

The answer is SRIVER G3 FX.

Speed 13.5 / Spin 10 / Hardness 32°
available in 1.9/2.1 red and black

36,90 €

Dirk Huber, Germany

Children must relate table tennis to „action“



Dirk Huber is living table tennis as a coach for 31 years. The 59 year old German became engaged in table tennis quite late and was more or less forced to take over as a professional table tennis coach. After 10 years in professional men's table tennis the coach from Leverkusen became county coach of the West German Table Tennis Association (WTTV / North-Rhine-Westphalia). He will tell you in an explicit interview, dear reader, why he is still working there with great enthusiasm since 21 years. You can read part one in this issue.

Mr Huber you will soon be 60 years old. A large part of your life has been determined by table tennis. Since 31 years you are a professional table tennis coach now. How did you get in touch with table tennis?

I started playing for a club when I was 19 or 20 years old because my younger brothers kept beating me in my father's garden. That made me really ambitious. Of course it was too late to become a really good player. I recognized very early that I could do more if I work with children and youngsters. That really satisfied me and now I have been a table tennis coach for more than half of my life.

That is really quite unusual to start with table tennis so late in a club. At which level did you play yourself?

I played in the county league (at that time the 6th highest league).

Not bad, for somebody who started that late. You studied at the Sports University in Cologne and got a degree. When did you become a professional table tennis coach?

That is down to Jochen Leiss (former German top player and several times German Champion). We went to University together, became friends and he more or less pushed me into the coaching job. He registered me without my knowledge for the top coaching course (A-Licence) of the German Table Tennis Association (DTTB). The German coaching courses had only just begun and I think this was only the second course of this kind which took place. But there was a new rule now that every Bundesliga club needed to have a coach with an A-Licence. Jochen played for TTC Juelich at the time and said to me: „We need a new coach with an A-Licence for the next season and you have to do that!“ I was very much in doubt about this but he didn't give in and that was the way how I got to professional table tennis. That was in 1978.

How long did you work in Juelich as a coach in the Bundesliga?

Five years until 1983.

What happened next?

From 1983 to 1987 I worked as the national coach for Switzerland. Thierry Miller was the best player at the time. He was among the top 25.

Then you arrived at your 3rd station where you are still working today. You are the regional coach of the West German (North-Rhine-Westphalia) Table Tennis Association one of the biggest regions of the DTTB with nearly 100.000 players. Many national associations can only dream about this. What was so fascinating about this job in the region after 10 years in professional men's table tennis? Was it the old attraction to work with the young players because this is the main area of your job?

The quantity of the tasks involved was fascinating. First of all it was the work with the youngsters. Additionally there was the coaching of the seniors during national tournaments like the German Championships and

www.butterfly-world.com

ranking tournaments sometimes also international tournaments. Also the education of coaches is very interesting. In all these different areas I permanently deal with different people. That I find still most fascinating about this job.

21 years WTTV, that is a long time. Did you set your mark in table tennis in North-Rhine Westphalia, the region with the highest population in Germany?

Yeeees (very humble and hesitant), I helped a little.

What changed during the last 20 years in the region, in training and with the youngsters?

We have a lot less children and a lot less coaches who are interested in table tennis especially at top level. The birth-rates are going down and the sport has to compete with many other possibilities of spending your spare time. Table tennis is not the only sport suffering from this. Years ago I had 24 places during training camps. If somebody dropped out I only had to phone the next one who turned up straight away. Today I have space for 18 children and when there is a national camp at the same time I can't fill up these places. There are a lot less youngsters who want to do sports at top level. But these few players work a lot more professional than all the players from years ago. That I would really like to stress.

You also said fewer coaches. Let's not forget all the voluntary people who drove the players to all matches. What about this very important group?

When I was a club coach in my hometown Leverkusen there was a coach for each junior team for away matches. Today it is parents who drive the kids. At the end of the 80ies and at the beginning of the 90ies we educated a lot of coaches in our region then we reduced it a lot in the middle of the 90ies. At the moment we are going upwards a bit again because we offer a greater variety of courses.

Generally you can say that table tennis is becoming less not only in North-Rhine-Westphalia concerning membership.

Yes, I don't know the statistics by hart but I think so (he sighs). But they are only going down slowly concerning membership and clubs.

What might be the reason? It can't be the lack of an idol because Timo Boll is one of the best players in the world and he is also known by the German public who doesn't play table tennis.

Timo Boll surely helps to slow down the trend. I can remember when Joerg Roskopf and Steffen Fetzner became World Champions in the doubles. Their success stopped the reduction in numbers of players for two or three years. If Timo Boll had become Olympic Champion in the singles I am sure that this success would have caused a boom in the clubs. In the end the development in table tennis can't be stopped. The general question is in all sport activities: Is club sports as we know it from the past still attractive for youngsters?

Naturally the interests and the behaviour of the young generation nowadays have changed. But if that is the case the clubs who are making the offers have to adjust to their needs and interests. Did the clubs make mistakes or still are making mistakes when they are offering table tennis to the youngsters?

The clubs exist through the enthusiasm of people who lead the club let it be the chairman or the person in charge of the juniors. If these two people are interested they will send a coach to the primary schools and the high schools to advertise for table tennis and their club. If you don't do this kind of advertising you don't stand a chance to get new children interested in table tennis. We must permanently advertise and then give them good offers in the club.

What is the association doing for the cooperation with the schools?

We have one person in full employment who is working with these matters. There are many very attractive table tennis competitions especially for schools which are initiated and supported by the WTTV. The children must relate table tennis to action. Something is happening there. Table tennis is brilliant. If the children get the smell of it then the clubs have to react at once with competent coaches and engaged officials and take care of the kids.

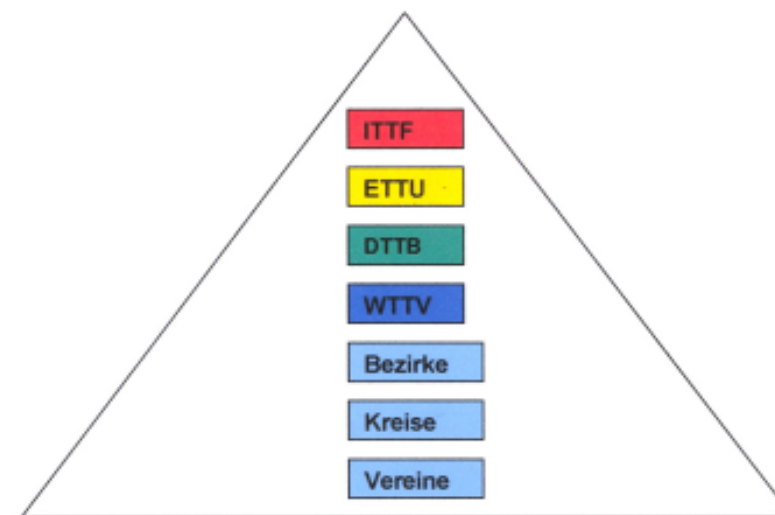
(to be continued)

The West-German Table Tennis Association (WTTV) in one view

The West-German (North-Rhine-Westphalia) Table Tennis Association (www.wttv.de) was founded in 1931 is one of the 20 regions of the German Table Tennis Association (DTTB), the third biggest association with most active players, nearly 95.000 licensed players. With that the WTTV is the fourth biggest table tennis association in Europe after Germany, Russia and France. 1359 table tennis clubs in North-Rhine-Westphalia belong to the WTTV. These 1356 clubs are organized in 35 towns and 5 counties of different sizes; they represent with 186 (Muenster) up to 342 (Duesseldorf) a lot more clubs than other regions of the DTTB.

The administration of the WTTV can be subdivided in two areas. At the main office in Duisburg there are 5 people employed full time who are in charge of all the administrative areas. On top of that there are four further full time posts: two regional coaches one person for general sport and school sport and one person in charge of education. Several part-time workers support this system.

The main target of the WTTV is to take care of and promote table tennis on all levels. On the one hand the WTTV is top sport orientated and promotes young talents, sends its best players on to the DTTB, organizes ranking tournaments and all the different leagues within the county (altogether 10 different leagues; the 1st and 2nd Bundesliga are organized by the DTTB). On the other hand the WTTV is orientated towards table tennis as a leisure activity. It supports the clubs and schools, organizes special competitions for schools and leisure to increase membership and promotes table tennis as a healthy sport and sports for seniors and so on.



III.1 The organization of Table Tennis from the German point of view

The backhand flip from an initiated push

The Japanese **Kenta Matsudaira** is one of the very big talents in international men's table tennis. At the moment he is the leader of the U-18 World Ranking List. On the men's ranking the agile youngster is already on place 111. The pictures show Kenta when he was 15 years old and show his extraordinary talent. He is demonstrating how you turn an initial pushing movement suddenly into a backhand flip. If Kenta wanted to deceive his opponent with this backhand flip consciously – we would talk in this connection about a stroke feint – or if it is Kenta's individual stroke movement for this backhand variety was controversially discussed by many experts. (see NOTTELMANN 2007, p.29f). It is sure though, that this movement is very confusing for the opponent on the other end. He cannot anticipate this backhand flip very early. Instead of the expected backhand push he is suddenly confronted with a flip. Let's have a closer look at Kenta's backhand flip starting with a push movement.

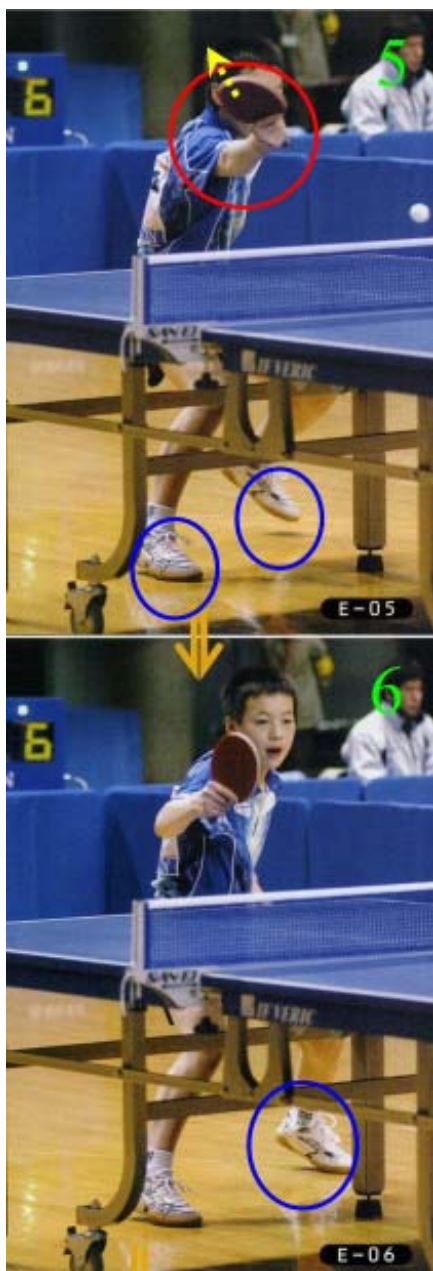


Starting phase – pictures 1-3: Kenta is expecting the serve of his opponent. On **picture 1** we see that he has lifted his right foot a little to bring it forward, which is absolutely necessary to return a short service. Only in this position he can bend his upper body over the table and stretch his playing arm forward to reach the short ball. It doesn't matter if he is going to flip or push the ball. On **picture 2** Kenta has put his foot down in front. Now he can bend his upper body over the table to hit the ball perfectly. The bat angle is wide open at this moment and a backhand push can be expected. Therefore we talk about a starting movement of a push.



Main phase – picture 4: On pictures 3 and 4 we can see that Kenta is fixing the ball with his eyes. Especially with short serves good players can recognize with help of the stamp on the ball what rotation the ball has got and react accordingly. It is not worth speculating if Kenta consciously changes his movement from a backhand push to a backhand flip or if his backhand flip movement always starts with a push movement. In any case we see a perfect backhand flip. **Picture 4** shows Kenta just before making contact with the ball. The wrist is angled and taken back. The bat angle is slightly closed.





Swinging out and returning to basic position – pictures 5-7:
The comparison between **picture 4 and 5** shows the important details when playing a backhand flip: The wrist which is angled backwards and down is pulled with lightening speed forwards and up. The elbow joint and the forearm bent at about 90 degrees support the wrist movement by stretching forward and up. The top of the bat which is still pointing downwards before making contact with the ball is pointing upwards at the end. Kenta's whole body weight is on his right front foot (**picture 5**). Now he pushes off backwards speedily from his right foot and shifts his body weight over to his left foot. **On picture 7** Kenta is already back to the basic position.

Conclusion: A flip from a starting push movement – that applies for forehand and backhand – has the big advantage that the opponent is left in doubt for a long time which return is chosen: push or flip. Looking at the movement itself the push movement is very natural and adds especially with the wrist to additional acceleration.



Further information about this topic:

Magazine TISCHTENNIS – www.luno-tt.de