

# Butterfly® NEWS

## 2008 12

### 43<sup>rd</sup> German Open 2008 in Berlin

#### **Boll brilliant in Berlin / Boros beats top ten player**

Timo Boll wins the German Open for the third time after 2004 (Leipzig) and 2006 (Bayreuth). In the Velodrome of Berlin the German world star wins against his Butterfly colleague, Chuan Chih-Yuan, from Taiwan in five sets in front of 4000 spectators. Other Tamasu players won three Bronze Medals: Cheung Yuk (Hong Kong), in the men singles, the Italian Nikoleta Stefanova and the Hungarian Krisztina Toth in the women singles. Additionally to the five singles medals Jakub Kosowski (Poland) and Bastian Steger (Germany) reached the final with their teams in the team event. The Germans were the favourites in the team event but came only second because they played without Timo Boll who twisted his ankle.

**More about on the next page.**



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## 43<sup>rd</sup> German Open 2008 in Berlin

### Boll brilliant in Berlin / Boros beats top ten player



Without being disrespectful to the other players but the figure in the limelight of this tournament or even the past eight weeks was Timo Boll. After reaching the final at the World Cup in Liege at the end of September and the European Championships at the beginning of October, which he dominated by defending three titles the number five of the World Ranking List won the Austrian Open in Salzburg, the Super Cup in Moscow and this weekend the German Open in Berlin. The Pro Tour Final included, Berlin was the 14<sup>th</sup> win of the title in the tournament circuit of the ITTF. Boll was happy with his achievement. „I played especially well in the final. I expected the strong

opposition of Chuan, he was well prepared. From the second set onwards I gained control by some tactical tricks and played some unusual balls.“

„At the moment everything is running very smoothly, like in a dream“, says Boll, evaluating Berlin and the past weeks, „I hope I can continue like this next week in Poland because this will be my last Pro Tour Tournament for this year. Even although he has more than enough points to qualify for the Grand Final from the 11<sup>th</sup> to the 14<sup>th</sup> of December in Macao, Boll is not starting despite his victories at the International Championships of Austria and Germany because he didn't participate in enough tournaments according to the regulations. This was due to his injuries in spring. The 27 year old is relaxed about this:“ It is a pity but while the others are playing I will have a little break and go on holidays.“

**11. December - 14. December 2008**  
**Pro Tour: Volkswagen Grand Final, Macao**

**09. January - 11. January 2009**  
**Tournament of Champions, Changcha (China)**

**13. January - 17. January 2009**  
**Pro Tour: Slovenia Open, Velenje**

**21. January - 25. January 2009**  
**Pro Tour: Danish Open, Frederikshavn**

Our Photo-Partners



Manfred Schillings

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Chuan Chi-Yuan who will participate just like the semi – finalist Cheung in Monaco recognized Boll's supremacy without envy: "Timo was simply better today. Apart from the first set we played on a different level, I simply made too many unnecessary mistakes." Chuan Cheung and previously in the Quarterfinal the Japanese Koji Yoshida didn't stand a chance against Boll. In the round of the last sixteen the blameless sportsman got for the first time in his career a victory which he didn't enjoy. The tournament judges declared Boll as a winner against Adrian Crisan after the Romanian had won 4:3 because he played with a bat which didn't apply to the rules. Crisan's rubbers were more than the allowed 4 millimetres thick. This bat was according to the rules of the ITTF illegal. Timo Boll was not unimpressed: "I like Adrian. But all players must stick to the rules. If he plays with a disallowed bat then the rules have to be applied."

Another Butterfly partner, Lars Hielscher, had also some not necessarily expected successes. The player from Bremen won his first single against Ex European Champion Jean-Michel Saive and afterwards against the Slovenian Bojan Tokic and was finally stopped by his Tamasu colleague Petr Korbel who again had to congratulate Chuan.



In the women's event there were surprisingly only Europeans on the podium. Following the winner Liu Jia (Austria) and Wu Jiaduo (Germany) were two players with a Butterfly on their chest: the experienced Hungarian Krisztina Toth and the Italian Nikoleta Stefanova. They demonstrated solid table tennis and beat also Asians on their way to the semi-finals. Stefanova beat Sun Bei Bei from Singapore and Toth won over the Japanese Yuka Ishigaki. An emotional victory for insiders was the win from Tamara Boros, the sympathetic Butterfly star, who is desperately trying for two years for a

comeback after a long virus infection. She beat the number eight of the World Ranking List Wang Yue Gu. After a long waiting period she finally had a success against one of the top ten players in the round of the last sixteen before she lost against the strong Stefanova.

## Results of the German Open in Berlin

(Names of Butterfly players in thick)

### Men Singles

1. **Timo Boll GER**
2. **Chuan Chih-Yuan**
3. **Cheung Yuk HKG**
3. Jiang Tianyi HKG

### Women Singles

1. Liu Jia AUT
2. Wu Jiaduo GER
3. **Krisztina Toth HUN**
3. **Nikoleta Stefanova ITA**

### Men's Team

1. Poland (with **Jakub Kosowski**)
2. Germany (with **Bastian Steger**)

### Women's Team

1. Singapore
2. Germany

## Timo Boll: „First a break but training during Christmas“

Congratulations to your win of the title in Berlin. That was your 14<sup>th</sup> win of a Pro Tour Final, the Grand Final in 2005 included. Was it a relatively easy success at the German open without China's superstars?

**„No, of course not. There were enough world class players starting and winning a tournament can never be taken for granted. It is very often decided by the form of the day.“**

Your form on the day has now been brilliant for two months. Since you got to the final of the World Cup at the end of September you won all the four following single tournaments – EC, Austrian Open, Super Cup, and the German Open...

**„It is true, at the moment it is like in a dream. I hope that it will continue also for the Polish Open next week because I will play my last Pro Tour Tournament for this year.“**

What was your best game during the German Open?

**„I played especially well in the final. I did expect the strong opposition of Chuan Chih-Yuan, he was well prepared for the match. From the second set onwards I used some special tactics and played some unusual balls which put me on top.“**

Your hardest game must have been against Adrian Crisan. The umpire wrote down 4:3 to the Romanian who was disqualified afterwards because the thickness of his rubbers was above the limit of four millimetres.

**„I like Adrian. But all players must stick to the regulations. If he plays with an illegal bat the rules must be applied harshly.“**

You won fair play prizes and are known as a blameless sportsman. During the presentation of the players before the quarterfinals against Yoshida some spectators were whistling because they obviously didn't know what had happened. Does that annoy you?

**„The one who looked most stupid in this situation was I although it wasn't my fault. Every now and again they should test some bats in the laboratory. Perhaps an offender should also be suspended for six months. I can hear if the bat has been manipulated or not. Luckily there are players who don't tune their bats. On top of that every player should have a reserve bat with him. I travelled with three bats to Berlin.“**

This year started very bad for you with the infection of a ligament in your knee and then things didn't go according to your plans. Now you have this unbelievable series of victories following the Olympic Games. Does this make up for the bad start?

**„The way this year started I was even worried during bad days that my career might be finished. Everything went wrong. If you count up all the months I have been injured I couldn't practice at all for six to seven months. Therefore all these successes towards the end of the year are wonderful.“**

You are not allowed to start at the Grand Final of the Pro Tour in Macao in the middle of December. You have got enough points but didn't participate in enough tournaments because of your health problems at the beginning of the year. How are you going to end this year?

**„I am going to relax a bit after the Polish Open and have a little well deserved break. Then in December I have to look ahead again because my opponents will be ready as well. Probably we are going to practice during Christmas as well because we would like to win the German Cup with Borussia Duesseldorf at the Final Four in Hannover.“**

## ITTF World Ranking, Mens (11/2008)



1	WANG Hao CHN	16	LI Ching HKG
2	MA Long CHN	17	CHEUNG Yuk HKG
3	MA Lin CHN	18	KAN Yo JPN
4	WANG Liqin CHN	19	PERSSON Jörgen, SWE
5	<b>BOLL Timo GER</b>	20	GAO Ning SIN
6	SAMSONOV Vladimir BLR	21	<b>MAZE Michael DEN</b>
7	Chen Qi CHN	22	CHEN Weixing, AUT
8	RYU Seung Min KOR	23	<b>PRIMORAC Zoran, HRV</b>
9	<b>JOO Se Hyuk KOR</b>	24	KO Lai Chak, HKG
10	HAO Shuai CHN	25	HOU Yingchao CHN
11	<b>OH Sang Eun KOR</b>	26	<b>MITZUTANI Jun JPN</b>
12	<b>CHUAN Chih-Yuan TPE</b>	27	CRISAN Adrian ROU
13	<b>SCHLAGER Werner AUT</b>	28	GARDOS Robert AUT
14	OVTCHAROV Dimitrij GER	29	YOON Jae Young KOR
15	<b>KREANGA Kalinikos GRE</b>	30	LEE Jung Woo KOR

## Boll on TV

Some days ago the German TV channel SAT.1 showed a report about the „magic eyes“ of Timo Boll:

[http://www.planetopia.de/archiv/2008/planetopia/11\\_23/3\\_auswahl.html](http://www.planetopia.de/archiv/2008/planetopia/11_23/3_auswahl.html)

## Holger Niekelis with a new sponsor

The Ralf Bohle GmbH situated in Wenrath is the new sponsor of wheelchair table tennis player Holger Niekelis. The announcement was now made by the 30 year old winner of the Paralympics 2004 and the producer of tyres with their main product „Schwalbe“. Both parties signed a contract for one year.

„I am really happy that Schwalbe is supporting me on my way to make my sport more professional,“ said Holger Niekelis. As part of the deal the man from Cologne receives equipment like sports wheels from the company. Niekelis on the other hand offers space for advertising, is going to test the new prototypes and will report about his experiences with the product. „We would like to give Holger Niekelis the chance to execute his sport as professionally as possible“, says Manuela Zahn, the leader for marketing for wheels on a wheelchair from Ralf Bohle GmbH. „Holger is ideal for advertising our product, an idol and a champion. We are looking forward to our cooperation.“ Schwalbe is engaged already in handball (VfL Gummersbach), cycling (among others Team Columbia), Table Tennis (TTC Schwalbe Bergneustadt 2. Bundesliga) and in handicap sports (among others Martin Braxenthaler, skiing). „Handicap sports needs sponsors because there are not too many of them. It is worth sponsoring just as much as sports without a handicap“, stresses Manuela Zahn.

## ITTF World Ranking, Women (11/2008)



1	LI Xiaoxia CHN	16	WANG Chen USA
2	<b>ZHANG Yining CHN</b>	17	FUKUHARA Ai JAP
3	<b>GUO Yue CHN</b>	18	DANG Ye Seo KOR
4	GUO Yan CHN	19	LIU Shiwen CHN
5	WANG Nan CHN	20	FAN Ying CHN
6	Li Jia Wei SIN	21	LIN Ling HKG
7	FENG Tianwei SIN	22	PARK Mi Young KOR
8	WANG Yue Gu SIN	23	HIRANO Sayaka JPN
9	<b>TIE Yana HKG</b>	24	LI Qian POL
10	JIANG Huajun HKG	25	SUN Bei Bei SIN
11	<b>KIM Kyung Ah KOR</b>	25	TOTH Krisztina HUN
12	CAO Chen CHN	27	FUKUOKA Haruna JPN
13	<b>GAO Jun USA</b>	28	Yao Yan, CHN
14	LIU Jia AUT	29	DIN G Ning CHN
15	Li Jiao NED	30	PAVLOVICH Viktoria BLR

The end of the **year 2008** is approaching speedily. The Grand Final of the ITTF Pro Tour with the World Champion Guo Yue as a favourite in the middle of December and the German Final Four just after Christmas where we will find the successor of the 18times DTTB Cup Winner Borussia Duesseldorf are still on schedule for this year. Despite these events we think that the last months had enough highlights and news worth mentioning that we from the house Butterfly risk a short review.

**January.** The year started well with the Tamasu Team Borussia Duesseldorf moving on to the quarterfinals in the Champions League. Only a few days later the new World Ranking List is published and Timo Boll is expectedly qualified for the Olympic Games directly. At that moment nobody knew that Timo Boll was forced to a break of nearly three months because of his injury to his knee which happened during a fitness camp in Spain at Christmas.

For the ninth time in ten years Timo Boll is announced „Player of the Year“ after an election organized by the magazine „Tischtennis“. The triple European champion from Belgrade received even higher honours at the end of December 2007 when he came second just behind the gymnastics World Champion, Florian Hambuechen, in the election of sportsman of the year by the German press media.

**February.** Just a few days before Borussia Duesseldorf reaches the Semi-Finals of the Champions League Timo Boll has finally got to give in to his knee injury during the first weekend of the month. Despite all medical efforts the winner of 2002, 2003 and 2006 drops out of the European Ranking Tournament Top 12 in the preliminary round in Frankfurt without a win and without a chance. The knee is hurting with every step and movement. Instead of an expected comeback, another two month of regeneration and break lay ahead of the medal candidate for the Olympic Games according to the medical diagnosis. Germany's superstar couldn't take part in the World Championships for the first time in his career. At the end of February and beginning of March the Butterfly stars Zhang Yining and Guo Yue

from the host China won expectedly the Gold Medal. No European Team wins a medal in Gangzhou. Butterfly is represented with six of eight possible medals.

**March.** Still without the injured Timo Boll Borussia Duesseldorf loses the first semi final of the Champions League with 3:1 against Royal Vilette Charleroi. Even though March is a good month because finally at the last weekend Timo Boll's long awaited comeback is in sight. During the German Championships in Hamburg the eight times winner achieves a Bronze Medal and misses equalizing the record of Eberhard Schoeler and Conny Freundorfer with nine titles each but a relieved nation notices: Germany's most successful „knee“ is okay again. Also this German Championship had a winner with a Butterfly on her chest: Andrea Scheld wins Gold in the doubles.

**April.** Even with Timo Boll back on the team, Duesseldorf couldn't avoid losing in the Champions league. Just like in the home match they lose the return match in Charleroi 1:3. Instead Borussia finishes the main round of the German Table Tennis League (DTTL) as leader of the table and starts the play off match against Fulda with a victory at the end of the month.

**May.** In May we get the final decision in the DTTL. Borussia Duesseldorf wins the second semi final against Fulda 6:2 and qualifies for the final against TTC Frickenhausen who beat Ochsenhausen. In the high class final Borussia justify their role as a favourite and win 6:2 and 6:3 against the defending champion. This is the 21<sup>st</sup> German Title for the Tamasu Team from Duesseldorf. The same month brings back Timo Boll to the international tournament scene. At the Korean Open in Daejeon Boll reaches the quarterfinals.

**June.** One week after the International Championships of Korea we see a Timo Boll who is back into the medal ranks at the Singapore Open. Germany's world star became third and only loses to the final winner Ma Long. The injury from the

beginning of the year is still not forgotten but his form is clearly getting better at the last Pro Tour Tournament before the Olympic Games.

**July.** A month busy with preparing for the Olympic Games. Timo Boll played his most curious international game for Germany. The final rehearsal for Peking against Sweden in Hamm had to be stopped after two Boll victories at 2:2 because of electricity failure. The last day of the month begins with a pre – Olympic single tournament in Duesseldorf, which Boll as a winner and additionally three other Butterfly stars on the podium: Michael Maze (Bronze), Viktoria Pavlovich (Silver) and sister Veronika (Bronze).

**August.** At the Olympic Games the table tennis empress Zhang Yining sets herself a monument in her home town Peking. The Butterfly star is triumphant in the singles and wins with the Chinese Team just like four years ago in Athens two Gold medals and equalizes the record of the legendary Deng Yaping. The World Champion Guo Yue also wins two medals, one with the team and Bronze in the singles. Timo Boll and Oh Sang Eun extend the circle of successful Butterflies at Olympia in the men's team event: Boll returns with a silver medal and Oh Sang Eun wins Bronze with South Korea. Despite all his efforts it wasn't enough for Timo Boll to win a medal in the singles. His injury at the beginning of the year threw him back too far.

September. The end of the Olympic Games also meant for the top players the beginning of a new era in the table tennis sport because gluing is banned by the ITTF from the 1<sup>st</sup> of September onwards. The change of material seems to be effortless for Timo Boll. The superstar with the excellent feeling for the celluloid ball even gains consistency on his backhand and is knocking at the door of the Chinese world power at the World Cup in Liege at the end of the month with his Tenergy rubbers. Following his triumphs from 2002 in Jinan and 2005 in Belgium at the same place Boll gets to the final of this prestigious tournament for the third time by winning against Ma Long and losing the high class final to Wang Hao. His Greek Butterfly colleague Kalinikos Kreanga is also convincing and reaches the round of the four best players.

**October.** The 27 year old Timo Boll sets himself a monument in St. Peterburg. He is the first sportsman to defend all his three titles, the singles, the doubles and the team, from the European Championships the previous year in Belgrade since the European Championships started in 1948. The historical best of 2008 is complimented by the results of Butterfly contract players who are standing on the podium sixteen times in six different events: five times Gold, three times Silver and eight times Bronze. In the prestigious men's single three of four players are „Butterflies“ on the winning podium: Boll, Werner Schlager and Robert Gardos both from Austria.

**November.** After two years with health problems permanently cropping up and without a victory at the Pro Tour Timo Boll also announces his comeback in this department. The German wins the Austrian Open, the Super Cup in Moscow and the German Open all after each other, which earns him prize money of 90.000 Euros within three weeks. The victory of the Pro Tour Final in 2005 included, the German Open were his 14<sup>th</sup> win of a title in the Pro Tour Circuit of the ITTF.

**December.** Where there can't be a review a little look ahead should be allowed. The Grand Final of the ITTF Pro Tour in Macao in the middle of December is taking place without Timo Boll, who has enough points to qualify but didn't take part in enough tournaments because of his injuries at the beginning of the year. In the women's event the World Champion Guo Yue is the favourite because of the absence of Olympic Champion. In between Christmas and the New Year the winner of the last year, Borussia Duesseldorf is going to try to win the DTTB Cup for the 19<sup>th</sup> time at the German Final Four in Hannover.

## Silver Laurels for three players from Duesseldorf



The trio from Duesseldorf, Timo Boll, Dimitrij Ovtcharov and Christian Suess were honoured with the „Silbernes Lorbeerblatt“ by the German President Horst Koehler during

the German Open. The three national players received the highest German Honours for success in sports as recognition for their silver medal in the team event at the Olympic Games in Peking. The place of the celebration was the tempodrome in the centre of Berlin.

Picture: DTTB. „Silbernes Lorbeerblatt“ for the winners of an Olympic medal. Timo Boll, National Coach Richard Prause, Christian Suess and Dimitrij Ovtcharov (from the left) after the presentation by the German President Horst Koehler.

## Text to present picture series, analysis and practical help Table Tennis 3

The main topic of the third publication are picture series with own serves and the following opening of the game. After a short theoretical introduction the basic tactic of Seiya Kishikawa to open the game with the first loop is demonstrated with pictures. Additionally there are many exercises which can be trained to learn these rallies. For practicing these stroke series many combined and irregular exercises follow and end in free play.

The second part deals shortly with the return situation. The main stress is on tactical solutions. You can find exemplary pages and the content on the homepage: [www.luno-tt.de](http://www.luno-tt.de)



## In the media: „Kicker“ from 24.11.2008





## World Champion Werner Schlager Part 21: Psychology in Table Tennis Part I

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, power, coordination, doubles.

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. In the current ranking he climbed up to number 13. In September he won a bronze medal in the singles and a Silver medal in the doubles with the Dutch Trinko Keen at the European Championships in St. Petersburg. 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.



If two equally strong players meet each other it is often said that the head decides the game. How do you evaluate this statement and what is the meaning of „head“?

**The strength of a player is defined by several components. One of these is the mental strength, because a mentally strong player is able to win matches despite physical deficits.**

Let's look at the last European Championships in St. Petersburg. You beat Timo Boll in the team event against Germany. A few days later you lost to him in the semi finals in the singles. Is that only a question of the „head“ or has it got something to do with tactical changes because you both know each other very well from many competitions?

**In the team event I surprised him with a new tactic (also a „head“ thing). In the next game he had the suitable answers. This is a good example of how close the players are at top level.**

There are players who are regarded as being mentally very strong and others who are weaker. Is that the difference between a top 10 -, top 50 – or top 100 player?

**That could be the difference. As I said, the mental strength is only one aspect of the total strength.**

Where would you put Ma Lin, Wang Hao and Wang Liqin considering mental aspects?

**Not very differently from each other. Wang Hao and Wang Liqin are on a usually very high level, Ma Lin slightly below them.**

Who are from your point of view mentally the strongest Europeans? Samsonov and Boll.

How do you estimate yourself from the mental point of view? You are an experienced player and are used to play under pressure but are there still situations for you which are psychologically demanding?

**I am quite satisfied with my mental abilities. The experience of 30 years in table tennis does help of course. Still, I am permanently working on improvement.**

Did you have a really bad series in your career where you couldn't win important matches because of a psychological barrier? If yes, how did you manage to overcome this?

**Naturally I had mentally weaker periods. I never had a so called bad series though. I had the biggest problems during my cadet and junior years. When you become older you normally become also mentally more easy going.**

Table tennis is extremely fast. Every point is like a penalty: it's in or you have missed it. How do you deal with losing easy points or missing a so called penalty?

**The best solution would be not to think too much about ones hits, especially not about the bad ones. You should always concentrate as quickly as possible on the next rally. That means: a short technical analysis and then full concentration.**

In many matches players have good and bad phases. It should be important to channel your frustration because otherwise you become furious or adapt other behavioural patterns which disturb your concentration. This is very obvious in the lower leagues. How do you deal with frustration?

**You shouldn't allow yourself to become frustrated. If frustration is there it is very difficult to get rid of it again. A mental coach knows some useful mechanisms of how to help yourself. I took some help.**

So, you took professional help of a sports psychologist for example in mental training? Could this approach help some players to gain more self-confidence and to calm down during the match?

**Yes, I did use help. I can only advise the help of a mental coach to everybody. Actors talk about stage fright and that even after 50 years. That is part of it otherwise something is not alright. What about your nervousness before a match?**

How do you achieve an optimal pre- start attitude and what does it look like?

**I agree that a certain basic nervousness is part of the game. I have got butterflies in my stomach before every match. I think it helps to focus.**

Some players are extremely nervous before a match or they get stiff in their arm when the score is close. Did you experience something like that and how did you get rid of it?

**Nobody escapes getting stiff in the arm. A mental coach has got the suitable solution for this, but there is no general recipe.**

Werner keeps thinking

If it is 10:10 in the 7<sup>th</sup> set, **it is 5:5 in my head.**

If I am down 0:4, **nothing is decided.**

If my opponent claims an edge although it wasn't, **I smile about it.**

If I am nervous before a match, **everything is okay.**

If I miss a serve at 9:9 in the 7<sup>th</sup> set, I **keep playing fully concentrated.**

If I am 3:0 ahead in sets and my opponent equalizes to 3:3, **an exciting 7<sup>th</sup> set lies ahead.**

## A series of Timo Boll Blades

### *Blades with unyielding confidence and the spirit of Fair Play*

Timo Boll joined the German Bundesliga at the young age of 15. He has been at the top of the world for a long time with his unique playing style, extremely quick loop and attack.

Meanwhile, he is full of human charm and has got the World Fair Play Awards.

This series of blades were co-developed by BUTTERFLY and Timo Boll in order to bring out his technique and sensibility. You will take over his spirit and pride when you have these blades in your hand.

### **Timo Boll ZLC – Zylon Carbon**

*Shakehand blade for attacking play*

#### **ZL Carbon: High Performance Model for the next generation**

Butterfly developed a supreme material ZL Carbon blade which keeps Carbon's speed and ZL fiber's lightness and flexibility. This is a high capacity blade with ZL Carbon that enables lightness, high rebound force and flexibility at the same time.

- AN, FL, ST / 90g
- 5-ply + 2 Zylon Carbon

**149,90 €**



### **Timo Boll ZLF – Zylon Fibre**

*Shakehand blade for ultimate Offense*

#### **A new sensation blade with ZL-Fiber**

ZL-Fiber is a new material which combines both impetus and lightness. This blade will enable you to play varied and powerful strokes in attacking and defensive plays even in tough rallies.

- AN, FL, ST / 90g
- 5-ply + 2 Zylon Fibre

**139,90 €**



**At well assorted distributors!**

## Timo Boll T5000 – Tamca Carbon

*Shakehand blade for ultimate Offense*

### Speed-Conscious model with distinguished power

Carbon TAMCA5000 is known for its distinguished power. This blade uses material that reduces the thickness of blade without losing Tamca 5000's advantage.

- AN, FL, ST / 90g
- 5-ply + 2 Tamca Carbon

119,90 €

## Timo Boll ALC – Arylate Carbon

*Shakehand blade ultimate Offense*

### Timo Boll's Model

Boll, who has been at the top of world table tennis for many years, plays with this blade.

Arylate-Carbon enables attacking and controlled play. Boll's heavy spin attacks and stability in both his attacking and blocking play endorses the high performance of Timo Boll ALC.

- AN, FL, ST / 85g
- 5-ply + 2 Arylate Carbon

UVP 99,90 €



**At well assorted distributors!**

## Timo Boll W7

*Shakehand blade for allround Offense*

### 7-ply blade with power and control

This characteristic is in power and the balance between attack and control, thus enabling both dynamic and delicate control play. It is the only plywood model in TIMO BOLL series and the ultimate of 7-ply wood blade.

- AN, FL, ST / 95g
- 7-ply

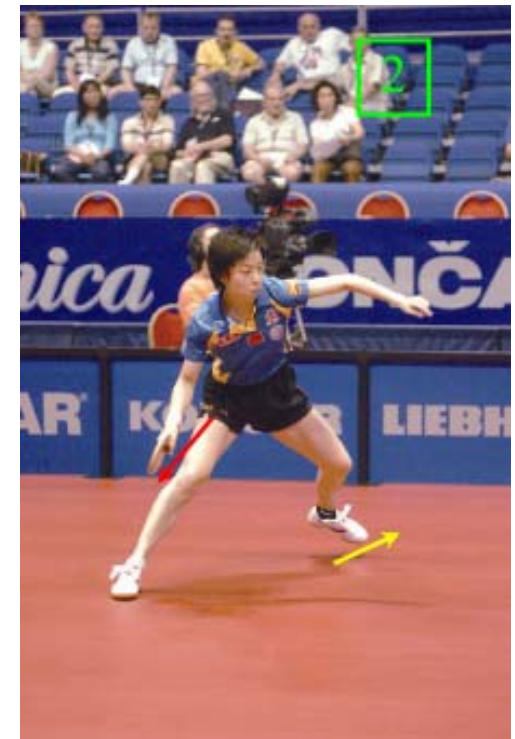
UVP 89,90 €



## The forehand topspin in extreme situations – part 2

In the last issue of the Butterfly News we looked at one of the forehand topspin varieties in an extreme situation. Table tennis became faster and faster during the last years. The players have less time to reach the perfect position for a stroke. The most successful table tennis player of the recent years, the Chinese Zhang Yining shows us a second variety in an extreme situation which you can see quite frequently. The Butterfly player who just won Olympic Gold and is number one on the World Ranking List is known as a player with a perfect technique and demonstrates in this picture series a forehand topspin from a very low position more or less only using her arm. Here the athleticism and almost artistically features of the table tennis sport become obvious.

**Starting phase – pictures 1-2** Yining is just pushing off with her right foot (**picture 1**). Her left leg is already lifted off the ground. Everything indicates that she wants to turn round to the backhand side to get into the right position for a forehand topspin. She is far down the backhand side if not beyond the extended sideline of the board. The distance away from the table is at least two metres. On **picture 2** we see how Yining prepares for a forehand topspin. The main weight of the body is lowered and the left arm is stretched forwards and upwards to gain a better balance for the body. The left foot is still in the air and the body weight is on the right leg.



# 14 Technique Tips

**Main phase – pictures 3-5:** At the beginning of the stroke the body weight is on both legs which are bent a lot at the knees. If you take a close look you see that she puts the weight on her front feet, mainly her big toes. That enables her to move the knees inwards and down and lower the body extremely. This becomes really clear on **picture 4**. The starting movement with the arm is perfect. The arm is almost completely stretched backwards and down. That way she gains an optimal tension in her shoulder and arm muscles. The left arm which is balancing the movement is bent almost identical to the right arm. **Picture 4** proves how far Yining must be away from the table. It is almost impossible to hit the ball later. Despite that – and that is what makes this variety so brilliant – she doesn't just play the ball in a passive manner but manages through her very low position to play a forehand topspin perhaps not quite so aggressive but with a lot of spin.





The comparison between **picture 4 and 5** shows that the length of the stroke is short and the topspin is played with the arm only, mainly the forearm. The wrist movement is probably also important but can't be seen on these pictures. It is a fact that the upper body or the legs don't play an important role for the stroke itself and only provide an optimal stroke position for this topspin variety. This is underlined by **picture 6** which is part of the **follow through**. Basically Yining remains in the deep position after playing the topspin because she did not move her legs or body upwards during the stroke.

**Conclusion:** What can we learn from this topspin variety in an extreme situation? Naturally everybody learns the basic topspin first so that they can use it automatically: against backspin, against topspin, from the forehand side, from the backhand side, close to the table and from the distance and so on. The faster the game gets and the more quality the game has the more the players are forced in certain game situations to use varieties which are deviating from the basic form like Yining has shown us. The ability to use such varieties must also be practiced for example by playing a lot of irregular exercises. Taking up a stroke position like Yining demands a lot of coordination and balance, and an extreme movement of the joints (feet, knees, hips) and power of the leg muscles. But that can be trained.

Zoran Primorac, Croatia

**Roger Federer or Rafel nadal with a tennis racket made of wood from Bjørn Borg – that could be funny**



*Zoran Primorac, nick named Zoki by his friends, is 39 years old. Since 1986 he has taken part in all World- and European Championships as well as in the Olympic Games. He won numerous Gold (EC doubles and mixed), Silver (twice each in the EC singles and WC doubles and once in the Olympic doubles) and Bronze Medals (four times at the World Cup). Currently the Croatian is ranked number 23 on the World Ranking List. Recently the Butterfly star played surprisingly well at the*

*Olympic Games in Peking 2008 when he reached the quarterfinal. The family man with two children loves his sport above everything. It is most important for him to have fun. He is the chairman of the athletes' commission of the ITTF and not afraid to voice his opinion if something is wrong. And he has got new ideas too.*

Zoki, at the Olympic Games in Peking you sensationally reached the quarterfinals. Your opponent was even three years older than you: the Ex-World Champion Jørgen Person. You lost close but played altogether a great Olympic Tournament. How is it possible to play professional table tennis at that age and at such high level for twenty years?

**I know that some people are talking derogatory about our sport and think that table tennis is not very demanding because of the age of some professionals. But that is wrong, very wrong. On the one hand there are not so many at our age at such a high level. On the other hand we are permanently playing against twenty year olds. I rather believe that we are proof of how much we invest in our sport and how hard we work for it. I**

**prepared for Olympia together with Jørgen and I can only say that the young ones don't train more than we do. We love our sport, we live our lives accordingly and take care of our body. That is the reason why we are still so good.**

Perhaps it is only a coincidence that your generation, which dominated the European Junior Championships in Leuven (Belgium) in 1984 is so strong.

**Anyway it is an exceptional strong generation if you look at the successes. I think Jørgen, Jean-Mi, Rossi (Jørg Rosskopf) or I myself had a lot of talent but we also were working very hard in training. If I look at my game today it is better than in 2004 or 2000. Apart from that I practice more compact and more conscious. I have a mental coach and a physical fitness coach. I think some of the younger players lack that or they don't have the presupposition. Often it is said the old ones are so good because the young ones are so weak. The ones who say that don't have a clue. They don't know our sport well enough. If I run a 100 meters the time is an objective measurement. Who can really say that a Primorac today is better than the one before or vice versa? Sometimes it is only small details you change or improve in tactics. Somebody from the outside can't judge about that.**

Let's talk about the future. What are your plans? Are you still going to play for Croatia when you are 45 years old?

**As long as I enjoy training and competitions, have good results, a healthy body and a satisfied family – I have a wife and two children, who need me – I will continue playing. If I don't enjoy table tennis and I realize that I only play for money I stop at once. I started playing table tennis as a child because of fun and only fun is the final motive.**

We have a very confusing situation in aspect of material at the moment: the ITTF has not only banned gluing but also boosters and tuners since the 1<sup>st</sup> of September. The problem is only that boosters don't include harmful substances and



can't be measured. The only proof is the thickness of the rubber. Insiders maintain that 80% of the participants at the European Championships in St. Petersburg used boosters or even glue. What is your opinion about this problem?

**First of all I am glad that I am a Butterfly player because Butterfly has got the best material at the moment. TENERGY is the best rubber and it is no secret that players with a different contract from other companies play with it. Altogether the momentary situation is very harmful for our sport. We use fair material, material which is allowed and which can be controlled. The ITTF can't ban material which you can't control. If the glue harms the health of the players it must be forbidden. I agree 100%. There is no health risk with boosters. Why is it banned? I can understand that players are using boosters. Morally and from the fairness point of view it is not good but what should you do if you suddenly must play with a rubber from the middle ages without booster?**

Where is the danger in the momentary situation?

**You can't stop the evolution of a game. That table tennis which Dragutin Surbek and Istvan Jonyer played 30 or 40 years ago was very attractive at the time. Today you can't win anything with this kind of table tennis. A sport does develop and so does the material. I say that TENERGY is the best rubber in the world at the moment but even though it doesn't quite reach the effect which I got with a freshly glued Butterfly rubber before. Consequently I had to take a step back like everybody else too. That is not good for the development of our sport. Technically we must go back to techniques which we played 15 years ago. The risk in the game is higher. That can't be good.**

What is behind these ITTF regulations?

**Apart from the effect on health the game is supposed to become slower and the rallies should be longer. I have got a different proposal for that: increase the height of the net. The risk for the first two contacts with the ball is reduced and afterwards there will be more spin against spin rallies.**

Other colleagues might not be so enthusiastic about your idea.

**I don't know. As the chairman of the athletes' commission of the ITTF I handed in an official application to the Executive Committee of the ITTF. Naturally the optimal height of the net has to be tried and tested. That decision must not be made a hasty.**

If you were president of the ITTF what would you do?

**I would start with serious tests concerning the height of the net. Simultaneously I would work closely together with the table tennis companies and the players and try everything so that the players could use material which has the same effect as freshly glued rubbers. I would like to see Roger Federer and Rafael Nadal playing with a wooden racket of Björn Borg.**

Last question: if you could change something concerning the question about material what would you do?

**I would straight away introduce more prize money for the European- and World Championships. We are one of the few sports where there is no money at the two most important tournaments. Spectators and the media connect top level professional sport with high price money. A European- or World Champion without prize money is barely an amateur. Going further in this direction is the marketing of our players. The names of our top players must be greater and better known. The names must become international trade marks. I think that all associations and federations, national or international don't do enough to improve the image of our players in the media. Sometimes they are even afraid of it because great players might become powerful.**