

Butterfly® NEWS

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Bronze Medal
for the
Butterfly-Team
South-Korea!



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Team WC in Guangzhou a complete success

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The 49th Team World Championships in Guangzhou were a complete success for Butterfly. The Butterflies flew at the weekend of the finals in South China with nearly spring like temperatures to six from eight possible medals and did not miss out on any of the colours. The superstars Zhang Yining and Guo Yue lead the hosts expectedly to a Gold Medal in the women's event. In both the women and men events China won from the beginning to the end. There were no gifts to anybody and the Chinese teams won the Gold Medals without losses. European Teams had to leave empty handed.



Gold for Guo.....

The Olympic Champion Zhang Yining and the World Champion Guo Yue won the important matches to defend their title successfully. Even if the clearly best team in the world who only lost the title once during the last 33 years against a unified team from North and South Korea in 1991 were occasionally a bit wobbly in single matches there was never any real danger to lose a team match. As soon as it got a bit tricky one Butterfly was quickly supported by another. Like Zhang Yining („This victory is a good basis for the preparation for the Olympic games“), who quickly

equalized the score after the surprising defeat of Guo Yue against Li Jia Wei from Singapore in the first match. A little bit later the player from Peking beat a strong Li with her amazing consistency and precise placements and thus secured the 3:1 victory for China. In the precious rounds they first beat the young Romanian team with Daniela Dodean as a top player and then Hong Kong with 3:0. Hong Kong with their Butterfly star Tie Yana beat Austria 3:2 in the Quarterfinals in a nerve wrecking match to gain a Bronze Medal. Japan (with Hiroko Fujii) beat the Hungarian Butterfly team in the round of the last eight but had to succumb against Singapore in the Semi-Finals.

13. March - 16. March 2008
Pro Tour. Kuwait Open, Kuwait City

18. March - 22. March 2008
Pro Tour. Qatar Open, Doha

17. April - 20. April 2008
Pro Tour. Brazil Open, Belo Horizonte

23. April - 27. April 2008
Pro Tour. Chile Open, Santiago de Chile

Our Photo-Partners



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In the men's event the challengers from South Korea lost like two years ago in Bremen also in Guangzhou in the Final without winning a match against the hosts from China. The Butterfly team with Joo Se Hyuk and Lee Jung Woo really deserved the Silver Medal because South Korea had to compensate the loss of their injured star Oh Sang Eun. Without their number one the South Koreans beat the Japanese Team with the four Butterfly players (Jun Mizutani, Kaii Yoshida, Seiya Kishikawa, Hidetoshi Oya) and won against the injury hit German Team in a really tight match in the Quarterfinals. The Germans came without their Tamasu star Timo Boll (patella ligament inflammation) and then lost the Butterfly Bastian Steger (strained muscle) and Christian Suess (bruising) in the round of the last eight. Japan was probably the most impressive team. The team from Nippon won the preliminary round with 5:0 and left the WC third from Bremen 2006, Germany, behind them. In the Quarterfinals another impressive 3:0 victory over the Butterfly team from Taiwan with Chuan Chi-Yuan, Chiang Peng-Lung and Chang Yen-Shu followed before the South Koreans their winning streak was finished. Like Japan Hong Kong also won a Bronze Medal. In the Semi-Finals the Chinese team was simply too strong despite the efforts of Butterfly star Cheung Yuk.

The tournament was well organized. An imposing opening ceremony was followed by impressive World Championships which was sold out on both final days with 9000 spectators. Despite all the organizational efforts and the help of 800 always friendly volunteers something was missing for going down as unforgettable in the table tennis history books: excitement and drama. The hosts were just too strong and are now after this WC tournament even bigger favourites for the Olympic Games 2008 in Peking. Even in matches without Chinese participation excitement was lacking because there were not enough close matches. More interesting were the decisions made by the ITTF. In the future it will be far more difficult in table tennis on world level to change Nationality because there will be a much longer time span before a player can become eligible to play also for those players who have never played for the national team of their original country. The Board of Directors of the ITTF has

decided a new rule during the Team World Championships in Guangzhou which will be valid from the 1st of September this year.

The winner of medals

Men

Gold

China

Silver

South Korea

Joo Se Hyuk, Lee Jung Woo

Bronze

Japan

Jun Mizutani, Kaii Yoshida, Seiya Kishikawa, Hidetoshi Oya

Hongkong

Cheung Yuk

Women

Gold

China

Zhang Yining, Guo Yue

Silver

Singapur

Bronze

Hongkong

Tie Yana

Japan

Hiroko Fujii



...and Zhang

Europe Top 12 in Frankfurt

Title for supreme Werner Schlager and Bronze for Viktoria Pavlovich

Werner Schlager and Viktoria Pavlovich gained a lot of self-confidence for the Team World Championships in three weeks in Guangzhou by winning medals in Frankfurt. The Austrian World Champion from 2003 and the European Doubles Champion from White Russia were the most successful Butterflies with a Gold and a Bronze Medal. Germany's top favourite Timo Boll had to pay tribute to his long injury break in January and was out of the tournament after the preliminary rounds for the first time without a victory in his seventh appearance.

The attention of the nearly 9000 spectators in the sports hall in Frankfurt belonged first of all to Werner Schlager during the two day tournament. The exceptional 35 year old dominated over his opponents with a high degree of consistency, a nearly faultless backhand, the usual tactical skill and a lot of inspiration during decisive phases of the matches. In the preliminary round he beat his Butterfly colleagues Michael Maze (Danmark) and Petr Korbel (Czech) who was like Boll slightly injured. From the Quarterfinals onwards Schlager, who won the Europe Top 12 also in 2000, beat his national team colleague Chen Weixing, Belgium's idol Jean-Michel Saive as well as the defending Champion Vladimir Samsonov. Schlager won 4:2 against the White Russian and won the fifth set 11:1 which was deciding for the final outcome. The Austrian was really happy afterwards: "In comparison to 2006 I improved a lot and found my old form again. I can rely on my backhand again and I have worked hard on my physical fitness."

There were no further medals for the Butterflies in Frankfurt even if the Croatian Zoran Primorac won against Boll in the Preliminary Round and then lost in the Quarterfinals (against Saive) just like Kalinikos Kreanga the star from Greece

ITTF World Ranking, Mens (02/2008)



1	WANG Hao CHN	16	KREANGA Kalinikos GRE
2	MA Lin CHN	17	KAN Yo JPN
3	WANG Liqin CHN	18	SCHLAGER Werner AUT
4	MA Long CHN	19	HOU Yingchao CHN
5	BOLL Timo GER	20	SAIVE, Jean-Michel BEL
6	SAMSONOV Vladimir BLR	21	MAZE Michael DEN
7	Chen Qi CHN	22	SMIRNOV Alexei RUS
8	RYU Seung Min KOR	23	Yang Zi SIN
9	OH Sang Eun KOR	24	PRIMORAC Zoran CRO
10	GAO Ning SIN	24	PERSSON Jörge SWE
11	LI Ching HKG	26	KO Lai Chak HKG
12	JOO Se Hyuk KOR	27	TANG Peng HKG
13	HAO Shuai CHN	28	HE Zhi Wen ESP
14	CHUAN Chih-Yuan TPE	29	MITZUTANI Jun JPN
15	OVTCHAROV Dimitrij GER	30	CRISAN Adrian ROU

ITTF World Ranking, Women (02/2008)



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

(Butterfly-players are marked!)

(against Samsonov). The biggest surprise though was the failure of Timo Boll in the Preliminary Rounds. The European Champion who was suffering from an inflamed tendon in his knee after a lot of fitness training at the beginning of the year is now hoping to find a better form until the WC in Guangzhou. Boll: "It was important to play matches in competitions again after my injury in January. I was relieved that my knee was okay. I hope that my form will improve until the WC because with a performance like in Frankfurt I won't be much help for my team. But my most important target is the Olympic Games in Peking and everything else comes second to that."

Looking at the Butterflies in the women's event it was neither the routine of the quarterfinalists Tamara Boros (Croatia) nor Krisztina Toth (Hungary) nor the furious attacks of the only 19 year old talent Daniela Dodean which drew most attention. With a solid defence, occasional clever attacks and tactical cleverness the European Doubles Champion Viktoria Pavlovich worked her way up to the Semi Finals where she was stopped by another defender, the young Polish Li Qian (who lost against the defending Champion Li Jiao/Netherlands). The White Russian beat the Austrian Liu Jia in the Quarterfinals and was very happy: "I played against her twice before at the Europe Top 12 and lost twice. It is brilliant that I won a medal now with my first victory against her. I started well in the Semi Final but Li got stronger and stronger and my arm became heavier and heavier." Pavlovich contributed with a 4:0 to the fact that Romania's hope Daniela Dodean did not qualify from the Preliminary Round at her Europe Top 12 debut.



World Champion Werner Schlager – Part 12: technical training

In 2003 Werner Schlager became sensationally World Champion in the Men Singles in Paris. Not all experts thought this possible. The rise of the Austrian to the top of the world was not easy. With courage, strength and endurance the right handed player managed the stony way to the top. Werner Schlager lives and lived table tennis like nobody else. His professional attitude towards sport is exemplary. For Butterfly the 34 year old is an important counsellor concerning the development of products. In his book: „Matchball – Dreams and Triumphs“, which was published last year, 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: technique, tactic, psychology, endurance, organisation of training, competition, player development and culture, material, rules, coaches. Barely practical issues. The Butterfly team and Werner Schlager wish you, dear reader, good entertainment and joy. If you have further questions about a topic, send us a mail. Previous articles: push, counter hit, forehand - topspin, Backhand-topspin, Flip, smash, ballon defence, backspin defence, block, service, service return.



During the previous ten interviews you talked about all the different techniques in table tennis and gave our readers many useful tips. Today we want to deal with the term technique in general and of course with technical training. What exactly is technique for you in table tennis and how important is technical ability for being successful?

It is very important to play with an efficient technique because success depends directly on it. The more efficient my stroke or footwork technique is the more I can save my physical energy. The more techniques I can master the better I am prepared for the balls coming from my opponent.

For new beginners the learning of the different stroke techniques is very important so that they are able to play the game. How did you learn your first techniques and which role did your father as your first coach play?

You learn the basic techniques very speedily by a lot of training. The deciding question is: which basic techniques are the right ones? My father had the gift to realize that the table tennis sport was just developing from long

movements far away from the table to short movements close to the table. My successful and explosive game close to the table is down to him.

By the way how important is a good coach for technical training during the first years or is it possible to learn the techniques yourself?

Theoretically it might be possible to learn to play table tennis on world class level on your own. Practically you would invest too much time and energy in mental dead ends and lose motivation very quickly because of that. To improve technically you must recognize the problem, define it and find a solution. Defining the problem is still easy: for example: play the ball from position A to position B. Finding a suitable solution without experience is more difficult, recognizing problems, also future problems is the most difficult task. After that the most time consuming job follows: the transfer and adaptation of the solution to the problem to you. A good and experienced coach can concentrate on the main points; this is the transfer of stroke-, footwork and ideally also mental techniques to you. These basic techniques are the basis for everything you learn at a later stage and are therefore very important. Changing a technique after a few years is almost impossible.

Can you remember which techniques you learnt very quickly and which ones were difficult?

In the beginning it was easier to play with my forehand than playing backhand. Later that changed because I had problems to improve shifting weight during my forehand technique. This problem is still not completely solved...

When did you start with „many balls practice“ and why is this training method absolutely necessary for technical training?

My father used many balls practice right from the beginning. The advantage is the efficiency of training, because you have many repetitions of the stroke in a short time. You can work more intensive with a problem.

Consistency exercises are a good opportunity to practice the mental endurance in addition to the technique. Who doesn't know the situation where you lose your nerves and make a mistake just before reaching the finish?

As a junior I wasn't a very consistent player. Therefore I didn't like exercise where you had to play 20 forehand loops.

When you are learning a technique you have always a target technique in your mind. May be that you got it from other better players or your coach explained them to you. How did you achieve this or whom did you copy?

From world class players of course! Especially concerning the serves. Why bother to reinvent the wheel when there are so many successful „wheels“ about? The adaptation of these personally tuned techniques demands enough sweat already. Some techniques you even fail with. But you shouldn't get discouraged by this. In my experience there is no problem which can't be solved. There is only too little time.

At top level you can frequently observe the use of a video camera to correct mistakes. Players can see their own mistakes and then try to correct them. How important were videos to you? Have you got special experiences with that?

Sadly you could not pay for a video camera during my time as a junior. Perhaps I realized the value of a video analysis very late. Today I am very grateful for this help and use it intensively.

The training with a robot is also described as being very effective. Did you practice with a robot and what are your experiences?

Similar to a ball box the robot gives you a good possibility to work on your technique and improve it. Later during my junior time my father could afford one and we used it regularly, also because you could practice alone.

You are playing table tennis for 30 years now half of that on top level. Every professional I have talked to says that they could improve on one or the other technique. What are you working with at the moment which technique can you improve?

At the moment I am working on the problem with distance. I also optimize permanently. You must continuously adapt to new trends (like new serve varieties). I very often get the feeling that I get worse automatically somewhere if I spend a long time working on one problem more intensive. As long as I improve altogether that is okay. Table tennis is a very individual sport, especially because each technique is executed slightly differently by each player. Even at top level you can see great differences; some players for example play a topspin with a very long movement, others play it with a very short movement. There are some players with a technique like from the book others with a very individual style.

Which category do you belong to (if possible give specific examples)?

I see myself as one of those players with a very individual technique. I think at top level there can't be players with a perfect technique because strength or weakness is defined mainly by individuality.

Which players play technically perfect?

Nobody. Players with a perfect technique don't have individual strengths or weaknesses and therefore there are no top players who play according to the techniques in a book. But there are some players who play closer to that than others. Generally you can say: Asians play closer to the books than Europeans.

Who are the greatest individualists and who deviates most?

Each world class player became world class through their individuality. Everybody has a special weapon. Timo Boll's topspin (played nearly only with the forearm) is such a special weapon. Very effective but it can't be played by everybody.

A basic question with technical training is to decide when the technique is wrong or when is it an individual style. This becomes especially clear when you look at the grip for example of Kreanga, Chila, Eloi but also Timo Boll when he is returning the serve (the index finger is right in the middle of his backhand side). If you were the coach when would you interfere and correct?



I would interfere if I could see that it is a definite disadvantage now or for the future.

What should be the leading principle for a coach when correcting the technique?

Principally everything which is leading to success in the long run should be allowed.

Last autumn you played as the first professional for a longer period without fresh gluing. What were your experiences and why did you stop the trial?

My technique is too complex for changing it as a whole in a short while. I underestimated the complexity. I learnt a lot about my game through that.

Will table tennis change in technique after the Olympic Games in Peking when gluing will be forbidden? If yes, in which direction?

There will be greater physical demands on the players. The variety of strokes will be reduced. I fear that the attractiveness of the sport as a whole might suffer. We will know more in 2010.

Are there players who might gain an advantage by that? Some experts maintain that for example defenders might be better off again.

It is possible that the chances for defenders might be better again. Generally all players with fewer varieties have an advantage.

Could you comment on the statement of a renowned coach: „You can't win a game with a perfect technique alone?“

Surely that is directed towards the importance of the mental constitution of a player. If you lose your nerves you can't apply a perfect technique.

Technical training for me is like...daily bread.

Technical clean players... are easy to work out.

Technical training at the age of 35... is still fun.

When fresh gluing is forbidden technique becomes... more important than ever.

A good coach corrects technical mistakes... permanently.

Technical perfection... is no presupposition to become a world champion.

Wheelchair table tennis professional Holger Nikelis prepares himself for Peking

Athens, September 2004. It couldn't have been more perfect: Holger Nikelis beats the wheelchair table tennis professional and leader of the World Ranking List, the reigning Paralympics Champion and World Champion Hae Kon Lee from Korea and wins Olympic gold. That was his first appearance at the Paralympics and he succeeded despite having broken his wrist half a year before. Now, four years later and again half a year before the Paralympics Holger has looked after his hands and he is completely fit. He intends to keep this up because since the 16th of January 2008 the starting list of the competitors for the Paralympics 2008 is official. Since that day one particular day is marked in Holger Nikelis' diary: the 11th of September 2008; the day of the finals in Paralympic Peking.

„I am travelling there as the defending Champion and defending the title is



my target“, the 30 year old player from Cologne knows what he wants. The winner of the Paralympics in 2004 qualified through his second place on the World Ranking List. Against whom does he have to defend his Paralympics title in 2008? In opposite to Athens the number of participants is reduced by a third in Peking and eight to nine new players are hoping for the new Paralympic title. Apart from the Cuban Isbel Trujillo Yero (number 13 of the WR List) all the top players of the world are sitting at the table.

EC Title for Butterfly Ace Tonnie Heijnen

He is one of the most successful handicapped table tennis players: Tonnie Heijnen from Holland. Last year he added one more success to his numerous triumphs. At the European Championships in Kranjska Gora (Slovenia) he won the Gold Medal with the Dutch Team in class 9 ahead of France and the Ukraine. „That could not have been expected because France was the top favourite for the title“, Heijnen explains proudly. He could win the match against Karim Boumedouha with 11:9, 11:8 and 11:4. Through this success the 40 year old is already qualified for the Paralympics in Beijing (China). Tonnie Heijnen is playing in the second Dutch Division together with the able bodied and won 60% of his matches during the last season.



Robert Gardos, Austria

„There is still a lot more possible“



Robert Gardos is surely not the table tennis star everybody knows and who is permanently in the headlines. Perhaps he is better known in Granada his Spanish hometown which plays successfully in the Champions League or perhaps also in Austria where the player, who was born in Hungary,

plays for the National Team since 2001. As the momentary number 53 of the World Ranking List you don't belong to the absolute top in the world. You belong more likely to the next group, the midfield. The 29 year old is still ambitious to get closer to the top and his best ranking position in the world was number 42 in January 2007. The friendly family man is working hard to achieve this target and is convinced to have the necessary potential. As long as he hasn't fulfilled this he is determined to continue not only as a playing sportsman but also as somebody who thinks a lot about his sport and its development. He can also be very critical. But make up your own mind about this exceptional table tennis player who is a member of the Butterfly family for many years.

Mr Gardos, you were born in Hungary but are playing for Austria. How did that happen?

I went to Austria when I was 14 years old. My father took a job as a coach for a centre of excellence in Tyrol at the time. I went for a year to the German Table Tennis Centre in Heidelberg because there wasn't a training hall in Innsbruck. Then I stayed and trained a year with the German Bundesliga Club TTC Zugbruecke Grenzau. 1995 I went back to Innsbruck and stayed there until 1997.

But then you went back to Hungary.

Yes, together with my brother, because they said if we don't live in Hungary we can't play for the Hungarian National Team. I tried to live with my brother in Hungary while my parents stayed in Innsbruck. Half a year later we realized that it didn't work out the main reason being the lack of professionalism of the Hungarian Association. I got the Austrian citizenship when I was 16 but I never really thought of playing for Austria. We were not only disappointed by the Hungarian concept of top sport it even prevented me personally from making progress. That is why I stopped 1998 after the European Championships in Eindhoven. I was very disappointed because the coaches promised me to play in the team events then I was only allowed to play in the singles and had to pay for my stay. That was when I decided to play for Austria.

But that meant an international disqualification.

Yes, of course, I wasn't allowed to play for Austria at official championships for three years. So I played privately on my own costs and took part in many PRO TOUR tournaments and A-tournaments in Austria. I wanted to show the Austrian association how serious I was. I really worked hard to

earn my place on the Austrian team. I didn't want to go there and say: "Here I am now throw out the other players." That way I found my way into the Austrian team and luckily I was welcomed by them.

When did you play the first time officially for Austria?

You won't believe it. It was on the 11th of September 2001 in the European League against Germany. The score was 2:2 and I won the deciding single against Lars Hielscher. It was a black day in the world and we didn't take any notice of it before the game was finished.

You come from a real table tennis family. Your father was already a successful coach in Hungary then in Spain and Austria. Your mother made it up to the 23rd place in Europe. Was your career programmed?

I think that was almost unavoidable. Even when I was a little boy I spent many hours in halls where my father and mother were training and watched them training and played myself.

When did you decide to earn your money with table tennis as a professional?

I never thought of money. That was never the main motivation for me, not even today. I don't want to finish my career because I can't earn any money any longer. When I was small I always wanted to become a good player, European Champion, World Champion. I always trained very hard for that. If I only wanted to play for money I would have had to plan my career differently.

Now you have been playing for two years for Granada the Spanish Champions League representative who is also supported by Butterfly. Surely you don't have a bad salary?

That is true. We have players like Primorac, Chuan, Shan, He, Sanchez and me and we are a really good team. I am really happy here with my wife.

Table tennis seems to be on the way up in Spain.

Definitely, the Spanish League is still not that professional but there are a lot of good players also Chinese. There are two clubs now represented in the Champions League: my club Granada and San Sebastian TTC. Next year a third one is trying to qualify. Even more good players are getting contracts and the level is rising.

Your club Granada is internationally the best know Spanish club. Are they also starting to go new ways?

Yes, we are working on a big project. We are going to build a professional table tennis hall with 20 tables next year in Granada. This training centre is of course a big step in the direction of professional table tennis. That is why I went there because I knew that they have possibilities of development where I would like to be included. That is the reason why I live there with my family.

Mr Gardos, you are now 29 years old and on place 53 of the World Ranking List. Your best placement was number 42 about a year ago. What does a player whose childhoods dream it was to become a World Champion think about his future in sports?

My team colleague Werner Schlager became World Champion when he was 31 years old (he is laughing). Without joking I want to get closer to the top. My targets were and are still clear. I want to become a top player. I can still improve and there are many reasons for that. Since August I train even

more than before three times a day on three days of the week. My club and especially my coaches are supporting me although I am not the number 1. My motivation is to give everything and as long as I have got the feeling that there is still more to go on I will continue working.

You have still got a few more years time. In Europe the players are still getting older. If you look at the generation around Saive, Persson, Rosskopf, Primorac and so on these „oldies“ with 37, 38 years are still playing reasonably well. What is the reason for that?

These players have a lot of routine and the shortening of the sets surely worked in their favour. The question should be different though: why is there only Samsonov, Boll and perhaps Schlager in Europe who are the only ones with a chance against the Chinese. For me it is obvious that nothing has changed technically in Europe. Whereas the Chinese have worked a lot on their technique and in some cases really changed it. If you look at players from the 90ies like Ma Wenge or Wang Tao who had a brilliant forehand but were beatable on the backhand. So what did the Chinese do? Of course, they worked hard on the backhand technique. Today there is no Chinese top player independently of penholder or shake hands grip, who is not in command of a brilliant backhand.

Why didn't Europe develop any further?

There is no team of coaches working closely together in Europe like they do in China. That causes a lack in quality. Players are not being taken care of sufficiently. It should be possible for one national trainer to look after the two top players day and night in each country. I am getting really sad when I see that somebody like Liu Guoliang runs

after Wang Liqin and Ma Lin in the training hall on Wednesday and Thursday (during the German Open in November 2007 in Bremen publisher's remark) and shows them how to flip a ball diagonally from the backhand side. You have to imagine, a coach permanently giving instructions to the number 1 in the world. Another example: we had a camp together with the Chinese National Team. I was practicing backhand against backhand against Wang Liqin. The Chinese coach was standing behind him the whole time and telling him how exactly to play the backhand to dominate me. These examples explain everything. In Europe many coaches say that we don't need so much quantity but we need to train more quality. I say that independently of the sport if you want to get right up to the top you have to be in the hall all day long. Some coaches in Europe can't do that because they are getting paid so poorly. The Chinese are also more professional from that point of view. The coaches are also financially rewarded if their players are successful.

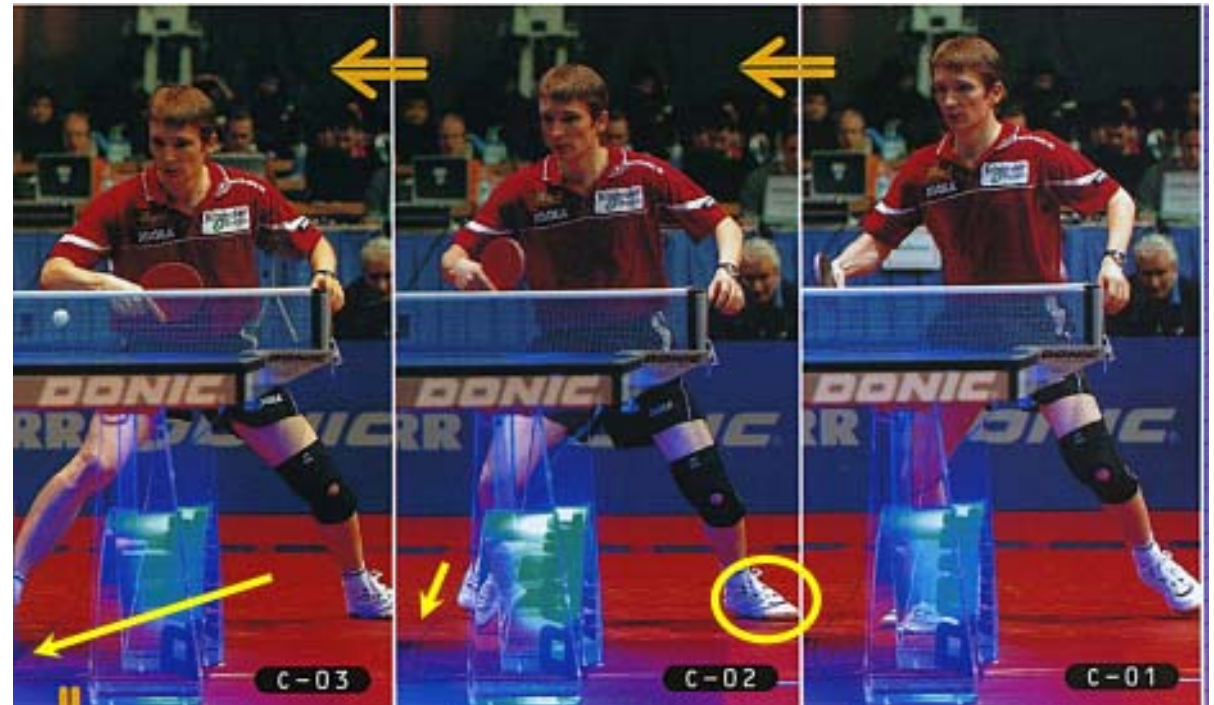
One question at the end: What would you change in table tennis if you could?

Establish optimal playing-and practicing conditions during Pro Tour tournaments, use better and more knowledgeable commentators on TV. Table tennis must be explained in the same way as football. The spectator must understand why this is so difficult. We also have to think about the umpires. We cannot allow that some hobby umpires decide about important game situations. The players should stick together more and represent their interests together because there is still a lot to do.

Backhand flip at world class level

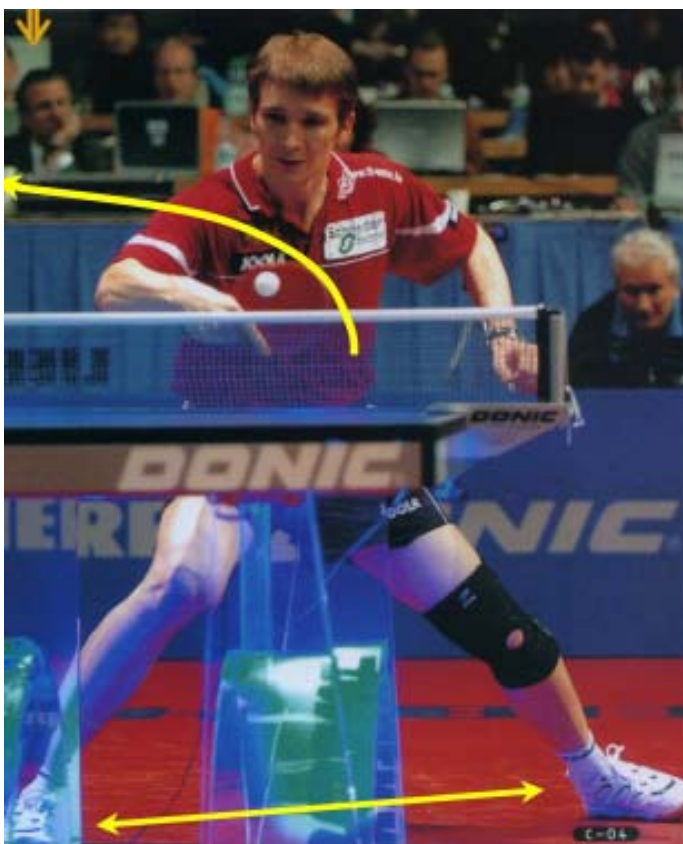
The flip is a stroke which not every table tennis player is in command of. Why? The flip is a very detailed stroke which demands a very good hand, exact timing, good balance and speedy legs. The flip can also be characterized as a sort of mini topspin played with the forearm and wrist. Independently from the high technical demands the player needs an extremely good eye. He must be able to „read“ the ball precisely regarding rotation and placement because otherwise the ball will end up in the net or over the table. World Champion Werner Schlager is well known for his precise flips with his forehand and backhand. The following picture series shows us the aggressive backhand flip with a following forehand stroke.

Pictures C1-C3: Preparation. Werner is standing in the basic position with parallel feet. As soon as he realizes that the ball is coming short he moves forward. On picture C2 he pushes off with his left foot and takes the right foot forward to achieve good balance and the optimal basic position for a flip. Simultaneously he moves the bat back towards his body. On picture C3 he has put down his front foot down so that he can bend his upper body over the table for an optimal flip. The footwork is the same for backhand and forehand. For both strokes the right foot is in the front for right handed players and the left foot for left handed players. His playing arm is at a right angle. The bat is slightly closed. Now the stroke begins.



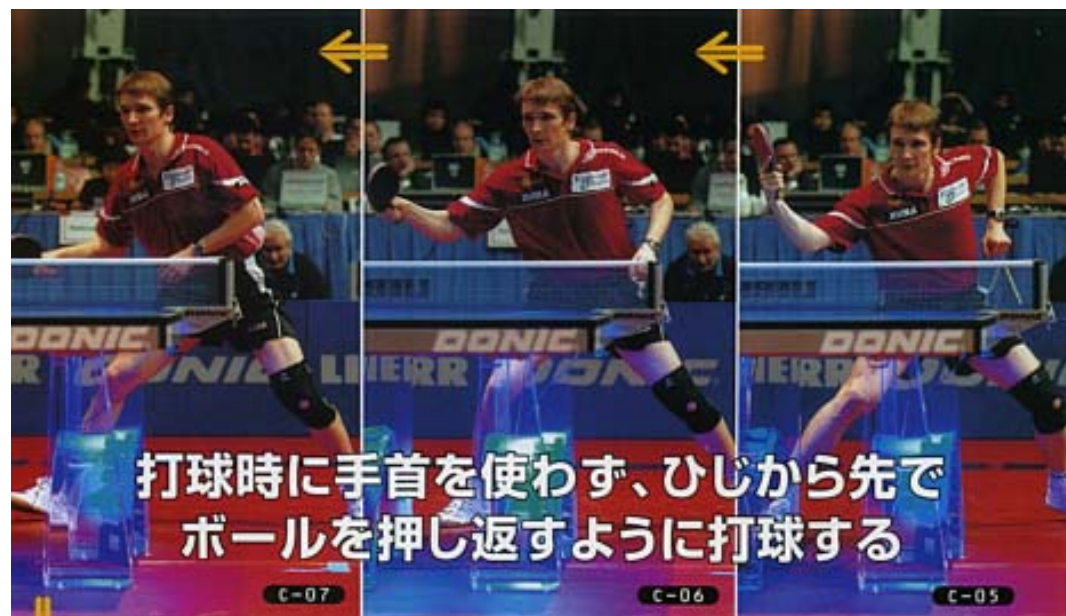
14 Technique Tips

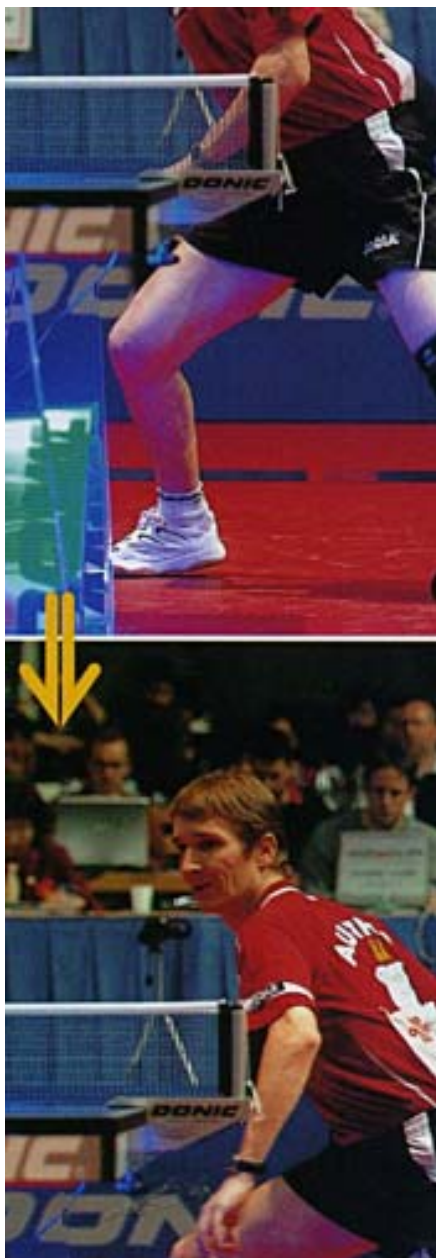
Picture C4: stroke phase. Picture C4 shows Werner just before making contact with the ball. The balance of the player must be perfect despite the fact that the flip is mainly played with the forearm and wrist. This movement is very explosive and demands an optimal stance.



Picture C 5: swinging out. Now we are at the end of the stroke. The forearm is stretched out far in front but not completely stretched. The bat angle is very closed which hints at a lot of top spin in Werner's flip. You can see the whole dynamic of the backhand flip on picture C5. A comparison to picture C4 shows how big the movement amplitude of the playing arm during the backhand flip really is.

Pictures C6-7: Back to the basic position and stroke combination. Now Werner wants to take the bat back to the neutral position. He pushes off with his right leg. On picture 7 it becomes clear that he is getting ready for a forehand stroke.





Pictures 8-9: Indeed Werner is running round his backhand side to follow up with a forehand topspin to continue putting his opponent under pressure. This game situation shows how speedily a player must react with good footwork. Such movements happen automatically of course but the player must use them at the right time. Werner shows this ability in an impressive manner in this picture series.

3rd International Butterfly Table Tennis Summercamp of the Hessian Table Tennis Association

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Program: Arrival at 5th or 9th of July 2008 until 14:00 h. Departure on 9th or 13th of July 2008, from 14:00 h. Daily 2 trainings units of 2 to 2-1/2 hours and on the day of departure 1 unit are scheduled. From Sunday to Saturday evening physical training or swimming and sauna are possible. Bookings for 9 training days (8 overnight stays, full board) have a higher priority.

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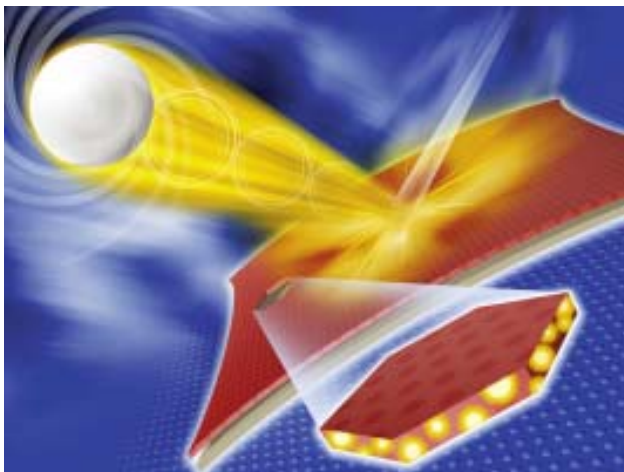


Information and Registration at the Hessian Table Tennis Federation, Post Box 1140,
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Tomas Tregler successful with Butterfly BRYCE SPEED

From the 25th to the 27th of January 2008, the very best European Junior and Cadet players met in Sheffield, England, to find out which of them are the leading players in their age groups. Among many good results of Butterfly players, Tomas Tregler of the Czech Republic was the one causing the biggest surprise by winning 8 from 9 matches and finishing in first place to obtain this very important title. But not only for Tomas Tregler was this the most important victory in Europe so far. Since it was one of the first events in which the junior players have not been allowed to use VOC-containing glues anymore. He played with the new Butterfly BRYCE SPEED rubbers in combination with Butterfly SPEED OPTIMIZER ONE; therefore it was also the first gold medal in Europe for BRYCE SPEED!

Interview: (shortly after the event)

Congratulations to your success in the Europe Junior Top10 in Sheffield 2008. Did you expect such a good result or did it come as big surprise to you as well?

Thanks a lot. I did not expect it at all and it really was a big surprise for me too. I went to Sheffield with the target to finish in 4th place, so I was really pleased.

What do you think about the VOC-glue ban?

I think it's good to ban the VOC glue if it harms our health. I don't mind using the new equipment, in opposite: I very much like the fact that I don't have to glue before every match!

For many of the participants it was the very first event where they had to play without VOC-containing glues. Some players like you already gained experience in previous events like German Youth Open, where you won silver medal in the beginning of January. Do you think that this experience was an important advantage for you?

Yes, I consider this to be a small advantage. The deciding factor was that Butterfly reacted brilliantly with the new BRYCE SPEED rubbers. That is why I could use the glue SPEED OPTIMIZER ONE and start practicing with it a few days before the New Year. I am very satisfied with the combination. It is fast, reliable and has a lot of feeling. That surely helped me to be successful.

How much SPEED OPTIMIZER ONE do you apply and for how long do you keep playing the racket before re-applying Speed Optimizer One?



I usually apply two layers of SPEED OPTIMIZER ONE and then I use one or two layers of Butterfly FREE CHACK. Like this the rubbers can be played unbelievable good for two weeks. Then, when I feel I should re-apply SPEED OPTIMIZER ONE, I do so and can play the rubbers for about another two weeks.

What do you think about the playing characteristics of BRYCE SPEED? Can you now play with your rubbers longer than before?

I don't think there is a big difference between the BRYCE which I played before and BRYCE SPEED that I play now with regard to their characteristics. Both are very good. Before, I changed the rubbers every

two weeks, now I don't have to change them this often, and that's also an advantage I think

Do you think that the professional top players will adapt to the new material easily after Olympic Games?

I don't know exactly, but I think it will be no problem for professional top players.

If you now play senior competition, do you also use BRYCE SPEED with SPEED OPTIMIZER ONE or will you still use VOC-containing glue again?

Of course I use BRYCE SPEED and SPEED OPTIMIZER ONE; I don't see any reason why should I change it. My results prove me right!

Photo: Ayoade Ademakinwa

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