

Butterfly® NEWS

2008 04

New contract



Italy's National team remains a Butterfly Team in the future. During the World Championships in Guangzhou (China) Shunsaku Yamada, President of Tamasu CO., Ltd, Japan, prolonged the existing contract from 2006 until the 30th of June 2013. Francesco Sciannimanico, President of the „Federazione Italiana Tennistavolo (FITET): „I am happy that we could prolong the contract. This is an

important step for the future of table tennis in Italy!“ The first result of the new contract: The Junior EC in Terni (Italy) in July 2008 is played on Butterfly tables and with Butterfly balls.

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Table Tennis Training in Djibouti

In November/December 2007 and in February 2008 a table tennis development project was held in Djibouti situated at the Horn of Africa. The project was designed to promote the sporting relations in the third world countries. Practically it meant sending one table tennis expert to Djibouti. The planning of content and the practical part in Djibouti was up to a long term Butterfly coach Achim Kraemer so that the contact to Tamasu Butterfly was established. Tamasu Butterfly acted quickly and provided the DOSB with a budget for the basic table tennis equipment to be delivered to the desert state Djibouti to guarantee the provision of material for the association and the most important players.

Training and the project in Djibouti was staged in two parts lasting two weeks each and was organized professionally and top sport orientated thanks to the great engagement of the NOC and the table tennis association of Djibouti and the coaches Achim Kraemer and Jemal Muktar Mohamed (National Coach). This engagement could only satisfy the involvement and the passion for the table tennis sport which numerous children showed.

„The table tennis sport itself is at the same time a challenge and a chance for the children and youngsters in Djibouti. It is fascinating to see what values sport can give and there are many reasons why you can't compare that to the situation in central Europe“, said Achim Kraemer.



Despite the small size of the country (about 650000 inhabitants) there were a lot of talented children. These players have a chance to come right up to the top in Africa but it is largely depending on the ability of the association to organize external training and participation in

tournaments. A lot of effort is needed here because they are depending on external help in these areas for financial reasons.

Success for Ecuador



At the „Evergrande Real Estate“ World Championships the Butterfly Team from Ecuador managed promotion to division three. A great success! The picture shows the trio Geovanny Coello, Alberto Mino and Dino Suarez with their president Jeanine Cuadros. There will be more news about this team and their exceptional president in the next issue.

Boll is back in action

The National German Championships are taking place in Hamburg from the 28th to the 30th of March 2008. The European Champion from Belgrade, Timo Boll who won the German singles title eight times up to now is starting and playing his first competition after recovering from his knee injury which prevented his participation in the Team World Championships in Guangzhou.

The Butterfly star suffered from an inflammation of a patella ligament after intensive fitness training during the Christmas break. Boll:“ The inflammation is gone and I am following a strict programme to build up my fitness and form again but I am still forced to take it easy because I don't want to take any unnecessary risks.“

The number 5 of the World Ranking List is using the German Championships as a first test and for match practice. If everything goes well he could win his ninth title which will put him level with the two German table tennis legends Conny Freundorfer and Eberhard Schoeler.

The main target for the player from the Butterfly Club Borussia Duesseldorf is still the Olympic Games in Peking. Timo Boll:“ I am following a strict training and tournament concept to fulfil my dream about an Olympic Medal.“

17. April - 20. April 2008

Pro Tour. Brazil Open, Belo Horizonte

23. April - 27. April 2008

Pro Tour. Chile Open, Santiago de Chile

08. May - 11. May 2008

Olympia Worldqualifikation, Budapest

15. May - 18. May 2008

Pro Tour. Volkswagen China Open, Chang Chun

21. May - 25. May 2008

Pro Tour. Volkswagen Japan Open, Yokohama

Our Photo-Partners



Manfred Schillings

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

TRAIN LIKE THE PROS

2008 MORE INTENSIVE

5TH TO 13TH OF JULI 2008

SPORT SCHOOL OF LSB IN FRANKFURT/M.

A story of succes will be continued in 2008. The Hessian Table Tennis Federation with its partner Tamasu Butterfly offer any Table Tennis player the opportunity to train under **HTTV-head coach Helmut Hampf** (Coach of the Champions League winner in 2006 – TTV Gönnern) and his team professionally.

Costs and Logis in EUR	Full board 3-bedded room	Full board 2-bedded room	Full board Single room	Training only
5.7.-13.7.2008 8 Overnight Stays	680,-	740,-	820,-	380,-
5.7.-9.7.2008 or 9.7.-13.7.2008 4 Overnight Stays	340,-	370,-	410,-	190,-

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.

- Training groups for all ages and levels
- Video-Analysis
- Many-Balls Training
- Material Consultation
- Service Schooling
- And much, much more ...

Registration latest until 1st of May 2008 at the main office of the HTTV. The registration is only confirmed after the fee has ben transferred to the HTTV-account. The number of participants is limited to 40.



Information and Registration at the Hessian Table Tennis Federation, Post Box 1140,
35411 Pohlheim, Germany, e-mail: geschaeftsstelle@httv.de or at www.httv.de



A new member for Borussia Duesseldorf



Holger Nikelis won everything possible in his career. He was the winner of the Paralympics in 2004, World Champion in 2006 and European Champion 2005. For three and a half year he was the number one of the World Ranking List and is now already qualified for the Paralympic Games 2008 in Peking – and is since the 1st of March a member of Borussia Duesseldorf.

Nikelis is 30 years old and a wheelchair professional. His greatest success was surely winning the Gold medal in Athens 2004. He would really like to repeat this coup in Peking this year. Nikelis: „My biggest target is to defend my title.“ This is his top priority and he is now already preparing intensively for the paralympic table tennis tournament. „Holger was a regular guest during the home matches of Borussia Duesseldorf“, said the manager Jo Poersch. „That way a close connection was established. Now he is a member of Borussia Duesseldorf and we will support him so that he can realize his Gold dream in Peking. A great deal of his preparation will happen in Duesseldorf.“ Nikelis: „It is fantastic how everybody looks after me here.“

Following a swimming accident in 1995 he is paralyzed from the 6th neck vertebra downwards (Tetraplegic). During his rehabilitation the man from Cologne, who played table tennis also before his accident, picked up the bat again and never let go. He became a sports personality which goes beyond sporting successes. He received one of the highest national honours as well as the Golden Honour Medal of the city Cologne. At the moment he is ranked number two in the world and is engaged as a campaigner for „Fit in Sports – Fit for Work“ and he is a member of the ICP Standing Committee „Athletes with High Support Needs Committee“.

More information about his successes, honours and activities can be found on his internet page www.nikelis.de.

ITTF World Ranking, Mens (03/2008)



1	WANG Hao CHN	16	OVTCHAROV Dimitrij GER
2	MA Lin CHN	17	KAN Yo JPN
3	WANG Liqin CHN	18	KREANGA Kalinikos GRE
4	MA Long CHN	19	HOU Yingchao CHN
5	BOLL Timo GER	20	MAZE Michael DEN
6	SAMSONOV Vladimir BLR	21	SAIVE, Jean-Michel BEL
7	Chen Qi CHN	22	SMIRNOV Alexei RUS
8	RYU Seung Min KOR	23	TANG Peng HKG
9	OH Sang Eun KOR	24	Yang Zi SIN
10	GAO Ning SIN	25	PRIMORAC Zoran CRO
11	LI Ching HKG	26	PERSSON Jörgen SWE
12	JOO Se Hyuk KOR	27	HE Zhi Wen ESP
13	HAO Shuai CHN	28	MITZUTANI Jun JPN
14	CHUAN Chih-Yuan TPE	29	KO Lai Chak HKG
15	SCHLAGER Werner AUT	30	CRISAN Adrian ROU

ITTF World Ranking, Women (03/2008)



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

(Butterfly-players are marked!)

News 2008

Increase your
Performance



€ 39⁹⁰

ESCULI
100% Micro Dryfit Polyester
Größe: 3XS - 4XL
schwarz Art.Nr. 38479100
silber Art.Nr. 38477182



€ 29⁹⁰

AQUILLO
100% Cool Dry lycra Polyester
Größe: 3XS - 4XL
navy Art.Nr. 38536900
silber Art.Nr. 38537182



€ 29⁹⁰

TAGIS
60% Cotton/40% Polyester
Größe: 3XS - 4XL
rot Art.Nr. 38513000



Männer

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PAPILIO
100% Micro Dryfit Polyester
Größe: 3XS - 4XL
orange Art.Nr. 38494200
graphit Art.Nr. 38498300



€ 36⁹⁰

HERO
100% Micro Polyester
Größe: 3XS - 3XL
navy-hellblau Art.Nr. 38526562
rot-schwarz Art.Nr. 38523091

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PAPILIO LADY
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€ 29⁹⁰

ROCK AQUILLO
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navy Art.Nr. 38546900
schwarz Art.Nr. 38549100



€ 11⁰⁰

HANDTUCH BOLL NEW
100% Cotton
Größe: 50x100 cm
schwarz/weiß Art.Nr. 38709112

Schuhe



€ 119⁹⁰

ENERGYFORCE III
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30.0/21.8 - 28.0
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Kooperation Butterfly/Aasics

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schwarz-limegrün Art.Nr. 38749155
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MAXITASCH
Jacquard Polyester
Größe: 50x34x34 cm
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schwarz-limegrün Art.Nr. 38719155
€ 69⁹⁰



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schwarz-limegrün Art.Nr. 38739155
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schwarz-limegrün Art.Nr. 38729155
€ 39⁹⁰

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Jacquard Polyester
schwarz-creme Art.Nr. 38779115
schwarz-limegrün Art.Nr. 38779155
€ 14⁹⁰



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schwarz-limegrün Art.Nr. 38769155
€ 24⁹⁰

EINZELHÜLLE
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schwarz-limegrün Art.Nr. 38789155
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**Trainings-
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navy-royal blau Art.Nr. 38467064
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CHAZARA
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graphit/silber/orange
Art.Nr. 38448242
€ 89⁹⁰



ZEGRIS
100% Diamond Cool Dry Polyester
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silber/schwarz/limegrün
Art.Nr. 38457191
€ 99⁹⁰

FEINT AG
1.3/1.7
rot Art.Nr. 38843000
schwarz Art.Nr. 38849100
€ 36⁹⁰



€ 69⁹⁰

SENKRO 90
ANV/US/1 Tely Hinko
Art.Nr. 38870000



€ 49⁹⁰

NIVALIS REGENJACKE
100% Polyester/Mesh Lining
Größe: 3XS - 4XL
silber/schwarz/limegrün
Art.Nr. 38567155

ENERGY 05
1.7/1.9/2.1
rot Art.Nr. 38853000
schwarz Art.Nr. 38859100
€ 46⁹⁰

World Champion Werner Schlager – Part 12: systems in table tennis

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.



In the lower classes it is relatively easy to differentiate between different playing systems. The players are more limited in their technical abilities. You will find the classical block or counter hit players, the passive all-round player, who pushes a lot and the passive defenders, who only wait for a mistake of their opponent. These playing systems don't exist any longer in men's top table tennis. Which playing systems can be found?

You can roughly differentiate between an active and a passive playing system, whereas the classical defender with a purely passive defence is gone. The ones I call „modern defenders“ are all in command of strong attacking strokes. Well known players of this category are the South Korean Joo Se Hyuk and the Austrian Chen Weixing. My active offensive colleagues are

all only slightly different from each other concerning their aggressiveness. Block- and counter hit players are also gone. In short you could say: an aggressive, offensive component becomes more and more important.

In women table tennis you can see the same development but it hasn't progressed so far.

How would you explain your playing system to the reader?

Game: aggressive and offensive with backhand and forehand

Strength: ability to adapt easily, a lot of varieties

Weaknesses: consistency

Special abilities: mental strength through experience

At top level in the world individual offensive systems are clearly dominant. There are only three defensive players among the top 50. Timo Boll, Vladimir Samsonov, Ma Lin and Wang Liqin are offensive players and still very different in their individual playing system. Could you explain the playing systems of these players looking at their main characteristics and differences?

Timo and Vladi are nearly the same from my point of view. Both have services with a lot of varieties and a good feeling for the ball especially when returning the ball. Timo is relying more on his forehand when attacking than Vladi, who uses both sides equally. Timo is able to play more aggressive than Vladi whereas Vladi (also through experience) is more consistent. Wang Liqin profits more from his training quantity and his extreme physical fitness than from a good hand. He plays with little variation but extremely aggressive and consistent. I think Ma Lin is the player with most varieties. That is why he often has problems to make the right decisions. He plays with the penholder-grip and has the tricky choice between the „old“ penholder backhand (played with the forehand side of the bat) and the „new“ penholder backhand (played with the backhand side of the bat).

After the Olympic Games this year in Peking gluing will be forbidden. Will there perhaps be new developments and which playing system will be the future?

The momentary tendency towards more speed will remain. As soon as the players get used to the new material the average spectator will not notice a difference. The players will compensate the slower material with more physical fitness.

Even if there is more and more penholder players in Asia there are still many excellent penholder players right at the top of the World Ranking List. How do you look at the competition of grip in connection with the playing systems?

I can't see a competition there. Every grip has its advantages and disadvantages. The penholder game became more attractive again by the new backhand option, the penholder backhand loop.

Does playing with the left or right hand influence the playing system of a player?

Partially. Nearly all left handed players have the same playing system. The right handed players are not influenced at all.

At what time did you develop your playing system and were there certain factors influencing you (coaches, idols, own ideas ...)?

My playing system is a result of my father's imagination which I permanently try to improve and extend. This development happens also when watching idols.

If you should advise a young talented player concerning the development of his individual playing system, what advice could you give?

Individual playing systems need individual advice. Individuality means only „advantage for a limited period“. The real genius will try to outwit time...

If you don't have a playing system you can't win in the long run.

If you want to develop your playing system you should learn from the professionals.

The playing system of the future will be even faster.

The playing system of a player shows his understanding of the game.

Differentiating playing systems in table tennis becomes more and more difficult.



Table tennis, a healthy sport



In 2003 the German national health organization (KV) launched a successful campaign in co-operation with the German Table Tennis Association (DTTB) and equipped by Tamasu Butterfly. Part of the Tour was a free test of the blood sugar levels, a Cholesterol test, medical advice for different health issues and numerous lotteries for passers by. The DTTB presented its health sport programme theoretical and practically.

Apart from a divers offer from the KV table tennis boards attracted a large number of people. Old or young, tall or small, everybody tried the game on big, medium and small table tennis tables. There were exciting double and single matches but also little tricks and round the table games fascinated the public. Additionally fitness tests which included exercises with the table tennis bat to check your co-ordination and agility were held.

Fun with table tennis was combined with a presentation of table tennis as a healthy sport. Many people used the offer to get information about courses and the contents of this programme and the difference to traditional table tennis. Especially older people were interested in the programme and picked up a bat. The offer was especially attractive for them because there are only a limited number of games available for seniors and new beginners which is healthy and where financial aid is available from the health insurance to participate in courses.

From the DTTB's point of view this KV – Tour was a successful event. Attention was not only drawn to the health programme of the DTTB but the availability of table tennis tables attracted a lot of people from all generations to play table tennis. Additionally a lot of inquiries were made about local clubs and training sessions.

The presentation of the health programme of the DTTB in connection with the possibility to play table tennis somewhere near by drew attention and impressed the public.

Nikoleta Stefanova, Italy

„I didn't have a choice“



Nikoleta Stefanova was born in Bulgaria and grew up in Italy. In 2003 the Butterfly player became European Champion with the Italian National Team and won a Bronze medal in the singles. Her best placement on the World Ranking List was number 23 in March 2007 after a second place in the European Top 12 Tournament. At the moment she is

number 67. Her father played an important role in the development of the sympathetic Italian. The 23 year old offensive player plays with the BUTTERFLY blade SCHLAGER INSPIRE OFF and uses BRYCE 2,1 on both sides. Her biggest target is to become the number one in Europe.

Ms Stefanova many people think that you are Bulgarian and came to Italy later and finally played for the Italy.

That is wrong. I immigrated to Italy when I was two years old. To be more precise I went together with my mother following my father who went to Italy as a former Bulgarian top player. First we lived in Sicily then we moved to the north near Milan. My father was a coach there.

When did you start playing table tennis?

If I remember correctly when I was five.

Then your father is responsible for your career in table tennis.

Yes, of course and that with full power right from the start. (She laughs.)

Didn't you also play in Germany quite early?

Yes, I played during the 2000/01 season for the Bundesliga team Coesfeld. From the sporting point of view it was brilliant. I learnt a lot but at the end they had financial problems and the club withdrew from the league.

She experienced her greatest success in Courmajeur just below the highest mountain in Europe, the Mont Blanc.

Yes, unforgettable: Gold with the team and Bronze in the singles.

Let's come back to your beginnings. Was it your father's idea to make a table tennis professional out of you?

He wanted that right from the start. He said many years ago that I should be one of the TOP 12 players in Europe. I managed to achieve that last year in Arezzo at the TOP 12 Tournament with my second place. That made him really happy.

It always sounds good talking about successes. But there must have been times when there were problems in your table tennis relationship to your father, or not?

Yes, naturally even big problems. For me he was my coach and my father often more a coach than a father. Especially when I was between 10 and 15 years old he was very demanding so that I often didn't enjoy practicing. Looking back now I have to admit that it was especially during those years the right thing for me. I would never have become so strong otherwise.

Did you argue with your father during training?

Of course.

But after the training everything was forgotten?

Oh no, not always (she laughs). You have to understand that our life was table tennis and that doesn't simply stop at home. It stopped though as I grew older.

Did your mother also play table tennis?

Yes, she played for the Junior National Team but stopped then.

Then you are not the only top player coming from a real table tennis family.

If I am honest I didn't have a choice but I am very happy with it, that I can assure you. When I was about eleven, twelve years old I didn't think table tennis was so enjoyable because I had to play it. But today I can say that I

am really enjoying it. Naturally success is closely connected to it. I am proud to be one of the best players in Europe.

When did you stop training under your father?

When I went to Germany. One coach who helped me a lot afterwards was Maurizio Errigo, the Italian women national coach from 2000 to 2005 and then my club coach until last year.

You play for T.T.Castel Goffredo, the Italian top club for women.

Not only the Italian top club but also the European top club. We won the Champions League the last two years.

What do you think about the woman Champions League which was founded only two years ago?

That was a very important step. The participation is very important for the clubs; more public interest, more sponsors higher income. From the sporting point of view the level is very high. The one who wants to win the Champions League must have a very strong team.

Why is women table tennis in Italy played on such a high level?

That has developed slowly but steadily, especially when I think about our national league.

What about the public interest in table tennis in a football and cycling nation like Italy?

That has certainly improved but it is still not there where it should be. There are still too many connecting Ping-Pong to table tennis and they don't have any idea about professional table tennis. If a spectator, who has never seen professional table tennis, suddenly watches a game they are usually very impressed because they didn't expect it. So we must lure these people into the halls but that is very difficult.

Let's have a look outside the boundaries of Italy. What is your opinion about the development that more and more Asians especially Chinese play in Europe?

I don't think it is good that there are so many Chinese playing for other national associations especially European. If these Chinese also win titles it is not good for European identification.

What can Europe do against this development?

We must stick together, organize training camps and improve together. We are going to work closely together with Spanish and Hungarian clubs.



What are your sporting targets in the near future?

I would like to become European Champion once.

And World Champion?

No, if I would state that I am a dreamer. There I am very realistic.

Where must or can you still improve?

Quite clearly in physical areas. There I can most certainly improve because if I am being honest I am quite lazy there.

What about mental areas?

There I am o.k.

What do you expect of your coach?

A coach must be able to read the game to tell the player what they must change or to build them up mentally if things go wrong. He mustn't say too much and even if it is only minor points they must be correct because a player also judges his own mistakes.

If you could change something in table tennis what would that be?

I have commented on that earlier the invasion of the Chinese in Europe must be stopped. Otherwise I love table tennis without restrictions. I really like the friendship among the European top players.

The forehand counter hit of Zhang Yining

Since January 2003 the Chinese Butterfly player Zhang Yining has been the number 1 of the World Ranking List apart from one month and that was in January 2008. That is a record. She won everything that you could possibly win. If you are watching her play you might be surprised because the sympathetic, exceptional player doesn't play in a very spectacular manner but extremely consistent, extremely fast and technically perfect.

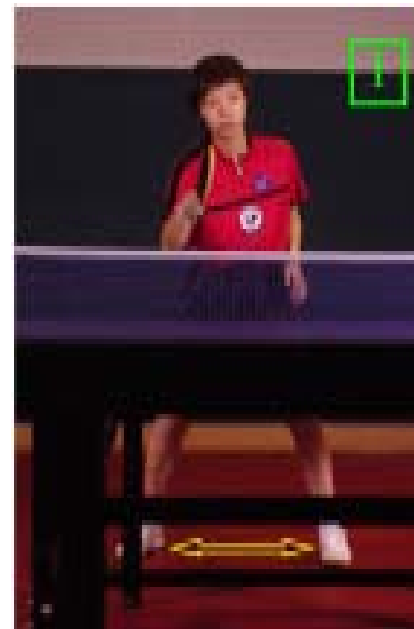
The forehand counter hit is an offensive basic stroke and every new beginner is confronted by it during his first practice sessions. In opposite to a loop not so much forward rotation is applied and it is a recommendable stroke for a new beginner. At top level the men use it only as a blocking variety or an emergency stroke but it is still meaningful at women top level. Still you can't imagine table tennis without a counter hit independently of the level. The former World Champion Werner Schlager from Austria tells us: "I always start my warming up at the table with counter hits and then move on to looping. I get a good feeling of how well I have glued my bat."

The counter hit is a stroke which is slower and played with a shorter movement than the smash. Werner Schlager calls counter hit players, who you can still find in the lower leagues, „hitting“ players. Apart from that the counter hit is ideal for learning the fast rhythm of playing.

- footwork in combination with shifting weight
- coordination of body and arm
- reaction and timing

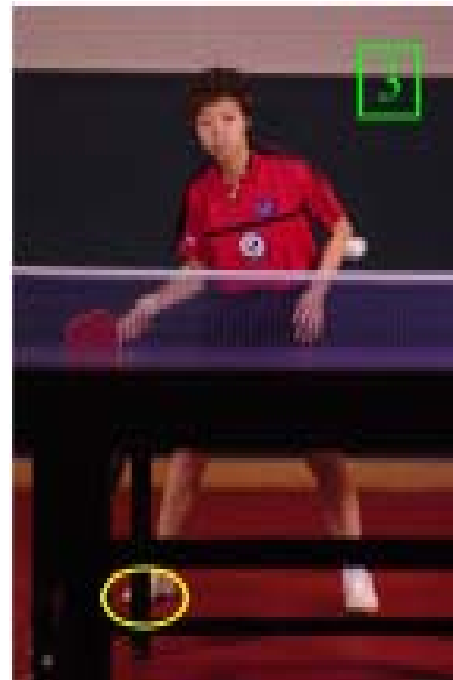
Let's have a look at the many times World Champion and Olympic Champion Zhang Yining and her forehand counter hit.

Pictures 1-3 + A – preparation phase: In the basic position (**picture 1**) Yining is standing slightly square to the table. The legs are a bit more than shoulder wide apart and the right leg is slightly back (**see also picture A** from the side). The upper body is directed towards the table and the hips and knees are slightly bent. The bat is in neutral position in front of the body (**picture 1+A**). The playing arm is almost bent at a right angle and the wrist is also pointing down a bit.

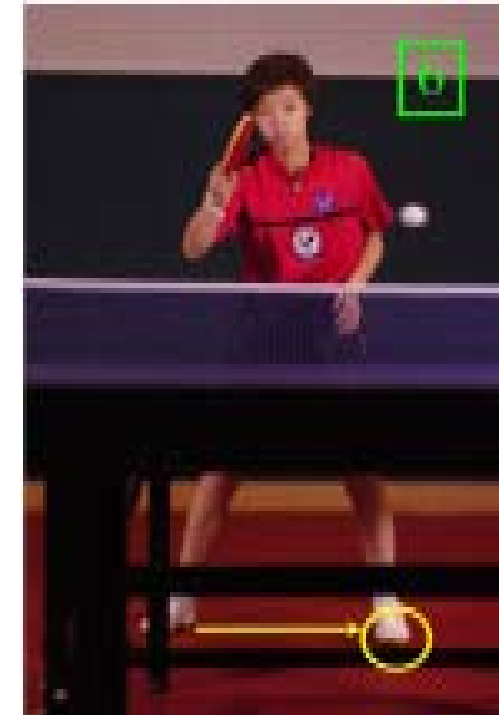
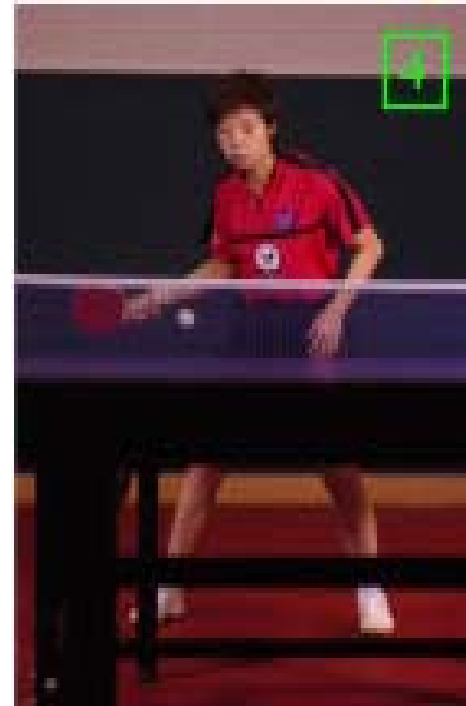


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Picture 2 shows Yining getting ready for the stroke. She takes the playing arm backwards and down but not behind the body. At the end of the preparation phase (**picture 3**) the bat is above the height of the table and not behind the body. The upper body is slightly turned to the right from the hips. The body weight is just a little bit more on the back right foot.

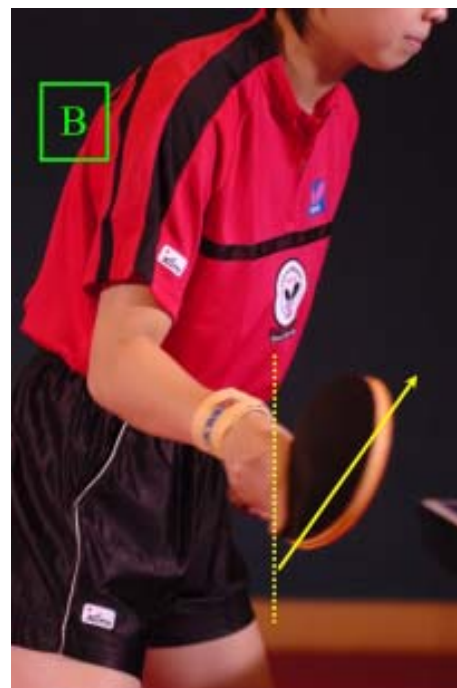


Pictures 4,5 + B – main phase: During the preparatory phase the twisting of the hips is even more obvious (**Picture 4**). A comparison between **picture 4** and **picture 6** shows the rotation of the upper body exemplary.

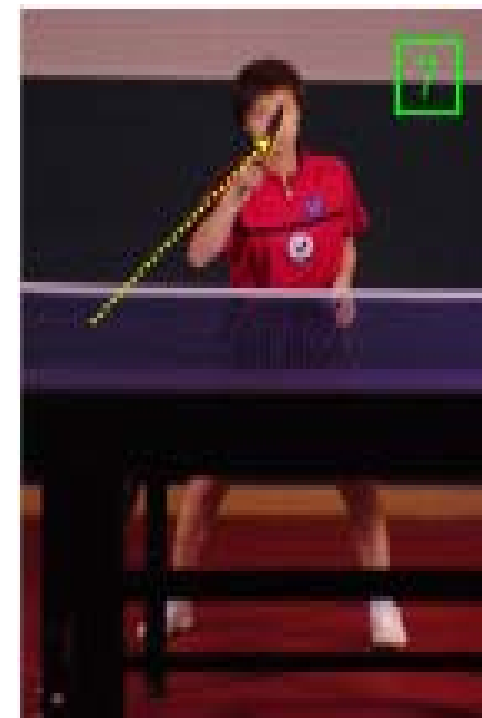
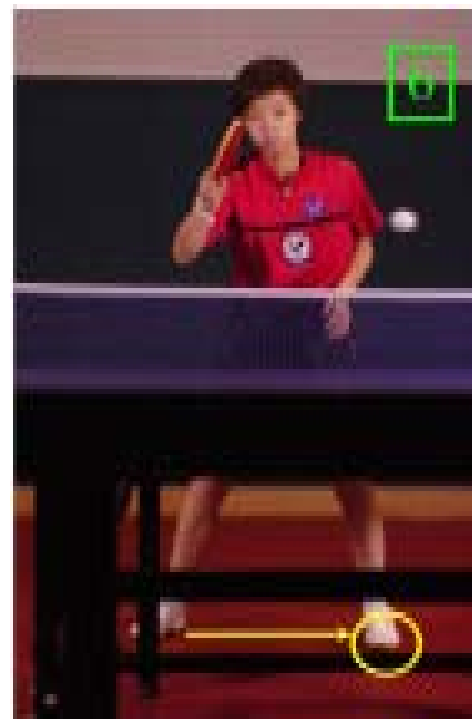


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When making contact with the ball (**picture 5**) Yining hits the ball with a slightly closed bat square in front of the body (**see also picture B**). The ball is hit in the centre and not on the top so that there is no rotation like in a top spin. When contact with the ball is made the upper body turns forward and the body weight shifts from the back right leg to the left front leg. The playing arm is moved from back down forwards and upwards. The angle of the bat and the movement of the arm depending on the grip of the rubber may put some rotation on the ball but by far not as much as in a top spin.



Pictures 6,7 – swinging out: The whole stroke finishes in height of the head, exactly in front of the head. This shows the perfection of the stroke. The wrong technique can easily be recognized by the arm movement after contact with the ball has been made. If the playing arm movement is too low then the contact with the ball is made too late. If the arm is nearly straight there is no rotation of the upper body and so on. If Yining would play this counter hit with maximal speed we would get the classical forehand smash. That way you can look at the counter hit like a controlled smash with reduced speed.



Pictures 8,9 After the stroke is played the bat is taken back to the neutral position (picture 1).

