

Butterfly® NEWS

2008 06

Congratulations! Butterfly-team Borussia Düsseldorf German-Team Champion for the 21st time and thus Europe's most successful Table Tennis Club



More about this success on the next page!

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www.butterfly-world.com

Borussia Düsseldorf is German Team-Champion 2007/2008

A 6:3 victory for Borussia in the return match against the defending Champion meant the 21st title in the history of the club.

Timo Boll, the supreme player of the DTTL 2007/2008 lifted up the Champion Trophy which was presented by DTTB President Thomas Weikert just before 5p.m. „That was an unbelievable feeling to hold this Cup in my hands. I am very proud of my team. We crowned a fantastic year with the Championship.“

A few minutes ago he won the second point in the doubles together with his partner Christian Suess and that meant winning the Championship. His team mates Petr Korbel/ Dimitrij Ochtarov won the first doubles and so it was up to the German duo to win the victory point.

All further matches were only of statistical value but none of the players stopped playing and both teams made it worth while for the 2.400 spectators at Burg Waechter Castello. „I am very happy. We have worked hard during the whole year to achieve this target. When you finally get there you are just happy“, said Borussia coach Dirk Wagner.

Two Borussia players appeared for the last time in the shirts of the new Champion. Before the match the President of the Club said good bye to Jun Mizutani and Petr Korbel. Korbel said thank you in his own manner and won three matches at his farewell. „I had a really good time in Duesseldorf. I had a lot of fun and am grateful that I was allowed to play for this team.“

„The team has earned this triumph. Even if I have won many titles in my career with Borussia, this one was special. I would like to thank Frickenhausen for a great final and especially our team which is working in the background to guarantee perfect conditions and all our volunteers and of course our fans and sponsors“, said the relaxed Manager Andreas Preuss. „Now we are going to celebrate.“



05. June - 08. June 2008

Pro Tour: Volkswagen Singapore Open, Singapore

13. August - 23. August 2008

Olympic Games in China, Peking (Table Tennis Competitions) in China, Peking

Remark: for the first time since 1988 there is no Doubles event. This has been replaced by the team event with a new system.

Our Photo-Partners



Manfred Schillings

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No liability for eventual errors and omissions.

All prices are recommended retail prices.

Results of all the games:

Boll/Süß – Ma/Baum 3:1 (11:8, 9:11, 11:7, 11:9)
Korbel/Ovtcharov – Tokic/Steger 3:0 (11:4, 12:10, 11:9)
Boll – Tokic 2:3 (11:8, 11:7, 4:11, 6:11, 6:11)
Süß – Ma 3:1 (11:7, 11:9, 7:11, 11:8)
Korbel – Baum 3:1 (11:8, 11:7, 11:13, 11:8)
Ovtcharov – Steger 1:3 (9:11, 13:11, 7:11, 5:11)
Boll – Ma 3:0 (11:5, 11:7, 11:6)
Süß – Tokic 1:3 (11:9, 6:11, 4:11, 5:11)
Korbel – Steger 3:1 (9:11, 11:8, 14:12, 11:6)



Jetzt zugreifen!

Fanshirt „Borussia Düsseldorf“

- **Shirt Butterfly „Tagis“ red colour, sizes 3XS - 4XL**
- **60% Cotton / 40% Polyester**
- **The official shirt of Borussia Duesseldorf**
- **Incl. all sponsors**
- **Free choice of player’s name from Borussia Duesseldorf**

€ 54,90



Butterfly
NEWS

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



The LuNo publisher presents in irregular succession a paper series „Picture Series, Analysis and Practical Help – Table Tennis“ with contributions about higher level and variable table tennis training. On the basis of high quality picture series from the Japanese magazine „The Table Tennis Report“ which is published by Tamasu Butterfly Europe in Moers the contributions contain precise technical and tactical analysis with recommendations for training sessions which can easily be used.

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

TV-Spot with Timo Boll

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



ITTF World Ranking, Mens (05/2008)



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

ITTF World Ranking, Women (05/2008)



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

(Butterfly-players are marked!)

BUTTERFLY INTERNATIONAL TRAINING CAMP

Butterfly welcomes players of all ages and abilities to the Training Camp which will be under the direction of Peter Engel and Joaquim Mallorquí; both coaches at the high level Training Centre in Barcelona.

Venue: Calella de la Costa (Barcelona)

Dates: 21st - 25th July 2008 & 28th July - 1st August 2008

ZONA TT CALELLA'S INTERNATIONAL OPEN

Calella de la Costa (Barcelona), 26th-27th July 2008

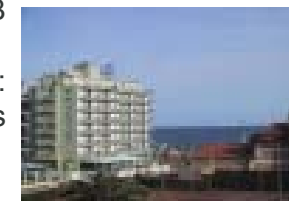
- You will be able to practise under the direction of world class coaches.
- There will be an opportunity to receive support from Butterfly for one year.
- Calella is a city for the tourist, beautiful beaches, exotic night life
- Practise with players from throughout Europe.
- Play your favourite sport in a holiday atmosphere.
- High quality hotels at reasonable prices available.
- Play in an official Butterfly Open with the „ttlive.tv“ broadcast.
- Visit the Zona TT's Butterfly shop in the sports hall.
- Travels depart every fifteen minutes to beautiful city of Barcelona, a one hour journey.
- Cheap flights to Girona available (40 km to Calella with direct buses).



Hotel Internacional ** (1st or 2nd Training Camp plus Open)

Nine days (eight nights full board): 20th to 28th July or 25th July to 2nd August. Taxes included.

- Price for person in double room: FB (552,80 €) - HB (536,20 €)
- Discounts for three and four people rooms: 1st child (50 %), 2nd child (100 %), adults (10 %)
- Children are aged from two to ten years.
- Single Room supplement is 90,40 €
- The Hotel is in front of the beach and is a twelve minute walk from the Sports Hall.



Hotel Calella Palace ** (1st or 2nd Training Camp plus Open)**

Nine days (eight nights full board): 20th to 28th July or 25th July to 2nd August. Taxes included.

- Price for person in double room: Full Board (654,40 €) Half Board (638,40 €)
- Discounts for three and four people rooms: 1st child (100 %), 2nd child (50 %), adults (30 %)
- Children are aged from two to ten years.
- Single Room supplement is 184 €
- The Hotel is a 5 minute walk to the beach and eight minutes to the Sports Hall.



Visit www.zonatt.com for more information

World Champion Werner Schlager - part 15: Fitness and Athleticism - Endurance Part I

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

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

„Every third session is fitness training“

Fitness and athleticism play an important role in modern table tennis. 20 years ago training at the table was by far the main component of practicing. Now all the top international players are physically well trained although the men are generally better trained than the women. How much time of your training is taken up by physical training in general?

At the moment two training sessions at the table are followed by one session of endurance or strength training; that means every third session takes place away from the table. Ten years ago I played five times as many sessions at the table before I started with endurance or strength training.



The five elements of physical training are endurance, power, speed, flexibility (agility) and coordination. Let's take one at a time and start with endurance. A table tennis player doesn't need to run a marathon, which might even do more harm than good but seriously how do you go on about general endurance?

Generally you should take a fitness test every six month to assess your individual aerobic and anaerobic threshold of the cardio – vascular system. Only if you have these data you can work productively on your endurance.

An absolute minimum for me is one training session a week with endurance exercises (bike or running) for at least 30 minutes near the anaerobic threshold (heart frequency which increases your cardio-vascular fitness). In connection with daily table tennis training it should be possible to keep a minimal basic endurance. If you want to increase your endurance level you increase the

quantity and time of the weekly sessions. Endurance training should also be used to regenerate quicker. For that you use aerobic exercises.

Conclusion:

- a) season preparation:
programme to build up endurance: four to five sessions a week plus regeneration if necessary**
- b) competition period:
normal programme: one or two sessions plus regeneration if necessary**
- c) relaxing or transition periods:
maintaining your endurance: one session**

Which distance should a good table tennis player jog each week at least?

About ten kilometres is enough for me.

What do you think about swimming and cycling as endurance sports for table tennis players?

They are just as good as running and less demanding on the skeletal system.

Being Austrian you must have a special connection to skiing. The alpine skiing is less suited for general endurance – but surely good for strength, strength endurance and coordination – but cross country skiing is surely an intensive endurance sport. Did you go skiing?

I tried it as a child but I was not too enthusiastic about it.

Do you like endurance training following the motto: „Jog to relax mentally and physically“ or do you prefer to stand at the table?

I prefer standing at the table.

Apart from general endurance there is specific endurance during the game at the table. How do you increase the endurance ability to train and play on high level without getting into the anaerobic area and producing too much lactic acid and getting tired?

The specific endurance is that what is left over if you take away the efficiency of my movements from my general endurance. This means that you can either improve the efficiency of your movements or your general endurance to play for a long time on a high level.

There are sports scientists who maintain that general endurance is a presupposition for achieving top performance. Do you agree to this hypothesis?

Absolutely.



(This interview will be continued in the next Newsletter)

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- net set included
- green top (red undercarriage)
- blue top (grey undercarriage)

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Height	1.890 mm
Depth	650 mm
Weight packed	85 kg
unpacked	77 kg



Storage size

Width	1.525 mm
Height	1.890 mm
Depth	650 mm
Weight packed	78 kg
unpacked	70 jg

Playback Rollaway Outdoor

- 5 mm Melamine resin surface
- 36 mm frame profile
- automatic undercarriage (25 * 25 mm)
- 4 double swivel wheels (125 mm)
- safety side bars with holder for balls and bats (not included)
- net set included
- green top (red undercarriage)
- blue top (grey undercarriage)

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Fun Table „Sky Midi“

- 19 mm top, „Sky“ Look
- Space saving, ideal fun for the entire family
- Suitable as learning aid
- Stable metal legs, foldable, adjustable height
- net set included
- blue top, red undercarriage

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- Space saving, great for fun!
- Stable metal legs, foldable, adjustable height
- net set included
- blue top, red undercarriage

62,5 x 38 x 28 mm (L/W/H)

€ 39,90



 **Butterfly**
NEWS

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Sara Ramirez, Spain

Table tennis must become even more popular



Sara Ramirez is the best Spanish table tennis player who was born in Spain. The 21 year old was number 101 on the World Ranking List in June 2007 which is the best placement ever achieved by a player born in Spain. (She Yanfei and Jia Yongli are the two Spanish Chinese who are higher ranked than her.) At the European Junior Championships in 2001, 2002 and 2004 she won three Gold Medals in the team events, twice with the cadets, once with the junior girls. Last season she reached the ETTU Cup Final with her club Fotoprix Vic. Now the ambitious Spaniard wants to climb up the ranking list to number 50. She is

an offensive both sided player with an attractive and dynamic game. She manages to combine training and studying which does not happen that often on this level. Sara has definitely contributed a great deal to the fact that table tennis has become more popular in Spain.

Sara, when did you start playing table tennis and how did you get there?

I began when I was seven years old and both my older brothers were playing already. The older one is now thirty years old. I went with him to the gym, watched him play and wanted to play too. He became my coach.

When did you realize that you could become really good?

I think after the first year at the Catalonian training centre in Barcelona. I learnt to practice twice a day under professional conditions and really experienced how I improved. My coach Peter Engel (there was an article about him in the last Newsletter) helped me a lot. Simultaneously I did not

have to neglect my schoolwork because of the boarding school system and that was important to me too. The whole school organization was ideally suited to training and we had very helpful teachers who always supported us. When we won the European Cadet Championships twice in a row in 2001 and 2002 I realized that I might succeed in the women classes too.

Are you still practicing in Barcelona?

Yes, of course. It has been seven years now, I took my A-Levels there and now I am studying.

What are you studying?

Tourism, which is very sought after here in Spain. It has a future because Spain is a beautiful country and has a lot to offer.

Your best placement in the world ranking list was 101 in June 2007. At the moment you are 116. What is your target?

I think that I still can improve. The next target is to be one of the 50 best. After that you can look at number 20. If I should succeed in that a dream would come true. This can only happen step by step and in view of all the strong Asians it surely is very difficult. But I think it might be possible.

Your targets demand a lot of work. About how many hours do you practice a week?

On average six sessions of two hours each at the table and additionally an intensive fitness programme.

Especially the top players are usually very critical towards their own game and are looking for perfection. Where do you see possibilities to improve?

Basically everywhere. The consistency is not good enough and I have to work especially on my backhand and my serves. Oh yes, and then there is my head.

Why your head? Are you anxious in critical situations or afraid of very important matches?

No, not afraid, not at all but I am very often too soft. Then I lack strength and aggressiveness in the game.

But it is easy to improve that. There is also mental training.

We are doing that of course but it is not so easy because you can't just press a button.

What do you think about the dominance of the Asian women especially the Chinese? Also those who play for many different European Countries and other continents as legionaries?

China simply has got so many top players. That is a real problem.

Your Butterfly colleague Nicoleta Stefanova from Italy said once that it is not a problem of quality but quantity. There are simply not enough top European players which push themselves forwards. Do you agree?

I agree entirely. The level of play rises with the quantity of players. The **competition is bigger, the training becomes better and many other things go along with it. In China there is so much quantity from which a brilliant quality comes forward.**

Let's talk about Spanish table tennis. Are there many girls playing in Spain?

Not so many, really. But since our successes at the European Junior Championships and our successes of Spanish table tennis clubs in Europe, table tennis has become better known in Spain and has become more attractive for girls too. There are definitely more young players now who play more sport orientated and are motivated.

What role is table tennis playing in the sport enthusiastic media of Spain in comparison to football, handball, basketball and tennis? Is there a chance for table tennis at all?

Of course not, but some things have still changed especially on regional level where the strong clubs are. The interest of youngsters to play in a club is also increasing there.

What must be changed in table tennis to promote our sport further?

Our sport has to become much more popular. Not only in Spain that applies to all European countries. Very targeted promotion is necessary here. Table tennis in China is the same as football in Europe. That is why they have got so many players. Children love stars, whom they see every day and whom they can copy. In China the best players are national idols, not here.

Peter Engel has been your coach for many years. He told us in the last Butterfly News that he really enjoyed working with you and still does. What do you think about Peter?

I am very grateful to him because I would never have got so far without him. I also believe that he can still bring me further. I have been working together with him for seven years and I would really like to thank him here for that.



Forehand Topspin with power

The Japanese national player Seija Kishikawa, at the moment number 63 of the World Ranking List, demonstrates in this technique analysis his forehand topspin which is played with maximum speed and aimed at winning the point. We talk about the so called power topspin. In our Butterfly News issue 2/2006 we looked at Timo Boll's topspin against backspin which is aiming at most possible spin. What are now the characteristics of a power topspin?

In principle a topspin can be played as a controlled preparatory stroke or a maximum final stroke. In many cases the power topspin is used more often now than the smash. Which variety is used is depending on the game situation and the quality of the player especially his speed and agility. The presupposition for playing an effective power topspin is an optimal stroke position which becomes very clear when we look at Seija Kishikawa.

Starting phase – pictures 1-4: Seija has recognized the placement of the coming ball and moves from the neutral position to the starting position for the following stroke. He takes up his right foot to move his right leg backwards (**picture 1**).



13 Technique Tips

On **picture 2** he is in a slightly square position to the table. His right leg is back and his legs are quite far apart from each other to achieve more stability for the following stroke. At this moment his body weight is still on both legs. By bending his knees the Japanese goes further down. This moving down of the centre of gravity provides him with even more stability and balance (**picture 3**). Here we can see that he has moved his bodyweight onto the back right leg. The front left foot is slightly above the ground. Another important point on **picture 3** is his hip joint which he twists backwards to achieve optimal pretension in his diagonal stomach muscles which are heavily involved in the power topspin. The playing arm is stretched back to create the necessary tension in arm and shoulder.



Picture 4 shows Seija at the end of the starting phase. From this position he can transfer all his power explosively to the stroke. You can easily compare this starting movement of the power topspin with archery where the arrow is pulled back so far with the string that you achieve an optimal relation between bow and string so that the arrow receives optimal acceleration when released.



14 Technique Tips

Stroke phase – pictures 5+6: Comparing **picture 4** with **picture 5** we see that Seija has started the stroke on **picture 5**. He is stretching upwards from his low down body position, his eyes fixed on the ball. He has taken up his bat to achieve a better stroke path. The whole power of the stroke becomes clear on **picture 6**. It shows Seija just after making contact with the ball. The whole body is explosively involved in the stroke. The right leg pushes through and the knees are straightened. The left foot is off the ground. Then it is moved forwards to catch the body weight at the end of the movement. The bat is moved towards the ball extremely fast and in a straight line and is quite closed at the moment of contact with the ball. The playing arm is slightly bent and the body is also straightened again at the hips. All the separate movements must be coordinated optimally so that you can make contact with the ball at the right time and place which is slightly to the side and in front of the body as an extension to the right knee. The upper body of the player must lean forward so that the impulse of the stroke can be transferred forwards.



15 Technique Tips

The additional photos „Yes“ and „No“ are stressing again the importance of the timing of making contact with the ball. On the „No“ photo we can see that Seija is hitting the ball too late which means behind the body so that he can't get any power into the stroke. On the „Yes“ photo we see just like on picture 6 that he hits the ball on the side of the body in extension of the right knee.



16 Technique Tips

Swinging out – pictures 7+8: These pictures show us how much the whole body is involved in the stroke. The whole body weight is now on the front left leg. The upper body and the playing arm are turned to the left side. The bat is above the head. It is important that the right leg stays back so that the body weight can easily be moved back again by pushing off from the left leg to achieve an optimal position for a possible following stroke. Also a power topspin might be returned from the opponent.



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.

Registration extended!



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

