

Butterfly® **NEWS**

2008 07

The Olympic Games are in sight!

Only a few weeks to go and the biggest sporting event in the world starts: the 29th Summer Games in Peking/China. Numerous „Butterflies“ will start fighting for medals in the Chinese Metropolis. Some of the participants received their ticket to the world of Olympia already: „The Olympic Passport“.

On the one hand this document presents the owner, on the other hand it is supposed to identify the sportsperson within all other sports. The „Olympic Passport“ includes information about the person, his association, the activity and offers information about the Games in Peking and a survey about all the important appointments for the athletes like clothing, farewell ceremony or the Olympic welcome party. The Olympic Passport enables the athletes also to use offers of the economic partners of the German Olympic Team for better deals. Dr Thomas Bach, the president of the DOSB, writes in his opening text: „This Olympia Passport is supposed to motivate and help the athletes with their preparation for the Olympic Games. The DOSB also expresses its trust in sport without doping and manipulation.“

More about the topic Olympia in our next issue of the Butterfly News!



Butterfly star Timo Boll owns the Olympic Passport already

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Perfect backhand counter hit

www.butterfly-world.com

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

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

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



In the media

Even in Japan the home of the „Butterflies“ Butterfly is represented in the media.



Well documented in the „Table Tennis Report“: Success right next to advice about technique

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 This has been replaced by the team event with a new system.

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

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

Our Photo-Partners



Manfred Schillings

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Butterfly-Cup

The European Table Tennis Championships (4th-12th of October 2008 in St. Petersburg) are not that far away. Many spectators got their first impressions of what is lying ahead during the Butterfly – Cup in Moscow. Again a high class junior tournament was organized together with our partner Elgrey in the Russian capital. 472 youngsters participated and the Bulgarian Junior Butterfly player Stanislav Golovanov won the Junior Boys Single.



On Tour with Butterfly

He might just as well be a world traveller: Andrew Hubbard, ITTF Oceania Table Tennis Development Officer. He is always on tour with table tennis and always on tour with Butterfly. His last trip took him to a table tennis course on the Cook Islands, via New Zealand to the WJC in Tahiti. The picture shows Andrew when he by the way helped the tournament organizer of Aitutaki TTA to run a tournament. Success: Andrew Hubbard achieved that 90 of the 1900 inhabitants took part in the tournament.



Europe's two most successful teams

They are the two most successful Butterfly teams in Europe: While Stizstzika Budapest won 40 national titles and 25 European titles with their men's and women's teams Borussia Duesseldorf achieved already 21 national Championships, 18 Cup Titles and 10 successes in European Team Competitions with their men team.

Some future info: In our September Issue we will present you the Hungarian Champion.



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 (06/2008)



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

ITTF World Ranking, Women (06/2008)



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

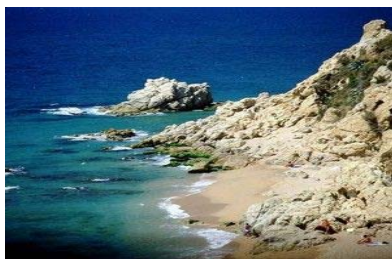
Venue: Calella de la Costa (Barcelona)

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 II

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 I

In professional football regenerating jogging at the end of a match or the next day is common practice. Table tennis is not football but do you also do some regenerating exercises at the end of hard competitions?

I use regenerative endurance sessions when I need it.

Do you have an adviser or a special coach who is planning your endurance programme or are you a „self made man“?

There has been a fitness coach (Claus Bader) available to me for many years. I learnt a lot from him and am grateful for his co-operation and his friendship which developed over the years.



What is your time for the distance of 5000m?

I will never voluntarily run that far. I prefer to cycle.

What is the farthest you ever ran?

About twelve kilometres.

Every sport makes specific demands on the players. Who needs more general endurance, a tennis or a table tennis player?

It must be a tennis player because he must run a lot more and longer.

Different coaches maintain that it is more meaningful to shorten the training sessions and increase the intensity and concentration but train more sessions. Instead of playing twice a day for two hours practice three times a day for 80 minutes. Do you agree or do you have other proposals?

I agree entirely concerning the sessions at the table.

The whole playing rhythm has been changed by shortening the sets. The whole game has become more intense, more concentrated and psychologically harder. Does this also have effects on the planning of endurance training?

The game became more intense but also shorter. I think that the demands in competition became lower by the different way of scoring. The general tendency of table tennis to play faster all the time, demands a continuous improvement of physique.

Let's assume a coach and his player is not particularly bothered about endurance training what would you tell them?

I would tell him that I would have had fewer injuries if I had recognized the importance of fitness earlier.

Keyword doping. Especially in endurance sports there have recently been some spectacular doping incidents. In cycling the doping remedy EPO became well known because it increases the endurance performance. Sadly there were also cases in football and tennis. Could EPO also play an important role during hard training periods or intensive competition periods?

Surely one of the many necessary factors in top sports could be influenced positively. But what price do you pay? The one who uses doping in table

tennis is really very stupid! It is possible to get right to the top without any doping.

General fitness is defined by sports science as the ability to overcome tiredness. Every sports person on top level is interested in that. Apart from training doping is a possibility to increase this ability. Is table tennis really as clean as everybody maintains?

The physical components are not quite as important in table tennis in comparison to other sports. General endurance which can easily be gained without doping is enough to make it right to the top in table tennis. Therefore I can't imagine that somebody is so stupid to use doping to increase his endurance to unnecessary heights. That doesn't make any sense – at least not to me.

If you run a marathon...you must be crazy.

Endurance training...can't be fun.

Jogging/Running...is sometimes relaxing.

When I see running shoes... I think of the feeling after running.

If you don't train endurance you haven't understood anything.



At well assorted distributors!

Link www.butterfly-world.com

MAXI Bag

Two spacious outer pockets, one pocket with zip, removable bag for wet clothes, reinforced bottom, durable wheels, retractable handle, resilient side holder, practical adjustable carry belts
Sizes: 80 * 34 * 34 cm, with wheels

Price:69,90 €



Bags NUBAG II

A well designed bag collection with many features; sporty and functional with a top quality and attractive design - 100 % Jaquard Polyester - Colours: Black-beige
Black-lime

MIDI Bag

Two spacious outer pockets, one pocket with zip, removable bag for wet clothes inside the bag, reinforced bottom, functional and adjustable carrying belts
Size: 60 * 30 * 30 cm

Price:36,90 €



SPORT Bag

Two spacious outer pockets, one pocket with zip, removable bag for wet clothes accommodated inside the bag, reinforced bottom, functional and adjustable carry belts, Size: 70 * 32 * 32 cm

Price:39,90 €



09 Products of the month

TROLLEY

All in one: rucksack, sports bag and travel companion. Durable wheels, resilient **telescopic** arm, **carrying** belts can be stowed away, spacious inner compartment, **cushioned interior**.

Size: 45 * 32 * 18 cm

Price: 54,90 €



BACKPACK

Large, **spacious main** compartment with divider, smaller pockets in the **front**, special outlet for head set cable, comfortable back belts; strong **cushioned back**.

Size: 43 * 28 * 12 cm

Price: 26,90 €



WALLET double

Very solid, with side handle. Main compartment with separating net for accessories, removable hard plastic divider for extra protection, outer pocket

Price: 14,90 €



WALLET single

One compartment, with side handle, removable hard plastic divider, outer pocket

Price: 11,90 €



SCHOULDERBAG

Spacious separated main **compartment**, smaller accessory pocket in front, strong **carrying** belts; additional **carrying** handle.

Size: 35 * 32 * 13 cm

Price: 24,90 €



 Butterfly
NEWS

2008 07

Steen Kyst Hansen, Danmark

„For me table tennis is a life style“



Steen Kyst Hansen loves his table tennis sport above everything. His heart is made of celluloid. The sympathetic Dane is involved in the coaching business for over 30 years. Many of his coaching jobs have been on international level. Since 2001 he is working for the British and English Table Tennis Association as a sports director. When he started his job English table tennis was rock bottom. Now there is a national training centre in Sheffield and several promising male and female table tennis youngsters. The Butterfly player Paul Drinkhall is excellent and has the ability to make it right up to the

top. The biggest target of the Butterfly coach is the Olympic Games 2012 in London. There the experienced coach wants to start with a strong team.

Mr Hansen, at the moment you are head coach of the English Table Tennis Association but before this you worked in many places as a successful coach. Please give our readers a little insight in your table tennis life. Have you been a successful player as well?

Yes, during my junior years. I was a member of the Danish Junior National Team but I started to coach very early. 1975 I coached the Danish Women National Team and worked for the Danish Association as a national coach until 1984. Then I worked five years for the Iceland Table Tennis Association. When I returned to Denmark I was the first professional coach for a table tennis club. 1990 I built up the national Danish table tennis centre together with the national coach Mikael Andersson. From 1997 to 2001 I worked for the Spanish Association and since 2001 I am working for the English Table Tennis Association.

That is a colourful life as a coach. Did you gain a lot of experience?

I hope so. But you can permanently learn something new. My heart is perhaps not red but looks more like a celluloid table tennis ball. Table tennis for me is a life style.

Can that be combined with family life as well?

With difficulties but my girl friend with who I am together for 23 years comes from Iceland and we have a house in San Francisco, California. She can't get enthusiastic about table tennis.

At the end of the nineties English table tennis was rock bottom. Were you aware of the task you took over in 2001 and what did you do to build England up again?

I was very aware of the task ahead of me. At the same time it was a challenge. My coaching colleagues and I went the right way. I would like to mention especially my Chinese colleague Li, who has unbelievable experience and table tennis knowledge. The deciding factor though was the hard work in the hall trying to change the mentality of the young players. Not all of them but some of our young players want to work and know that they have to work. Additionally we have one very talented player, Paul Drinkhall. But also he has to learn that talent alone is not enough you have to work hard. We did not have a lot of money but we took the risk to invest in the work with young players. For the first time in the history of the English Table Tennis Association we did not send a team to the Team WC in Qatar. I told the management that I wasn't going to take a team of tourists to the WC and the management agreed. That caused of course a lot of sport political trouble but my opinion is simple: if you start from scratch you must start properly even if you fall lower. I needed players who were hungry and eager to play. I wasn't interested in anything else.

Surely you also made changes in the structure?

Of course, last September we finally opened our national training centre. The conditions there are perfect. At the same time our youngsters achieved good results in the Europeans during the last years. Apart from that we are really lucky that that the Olympic Games 2012 are taking place in London. Therefore the financial support of the

association has improved a lot and our work becomes easier. You enjoy it more and because of that you can work with more energy.

Olympia 2012. Do you intend to start there with a strong team?

That is possible. Paul is now 18 and following him are a few good boys and also girls. We must work very specific and then we will see.

What did the English Association miss out of before you came?

There were good players in the eighties and nineties in England but they failed to keep them as coaches or promoters. They have slept a bit. Table tennis in England is small. It is impossible to find big sponsors. Football is a giant then there is rugby and cricket.

Does this also apply for table tennis in schools and spare time?

Yes, there is no table tennis in schools but there is another big problem and that is the organization of clubs and tournaments. England is 50 years behind. Therefore our number 1 and 2 men players Paul Drinkhall and Darius Knight and our number 1 women player Kelly Sibley must play abroad. That again is difficult because we must train a lot together as well.

You are the sports director of the British and English Table Tennis Association. Is the national training centre in Sheffield also available to the Welsh and the Scots?

Yes, of course. The British Table Tennis Association is in charge.

After the Olympic Games gluing will be forbidden. Opinions about that vary a lot. What do you expect?

I am a bit afraid. For me table tennis is spin and speed and that will be sacrificed a bit. Concerning health the glue was not worrying. It is definitely unhealthy to fill up your tank at a petrol station. Thinking about my players they all grew up with gluing so the change will be difficult and painful. Apart from the Chinese and the Koreans everybody will have difficulties.

Mr Hansen table tennis has been very innovative since the beginning of the 21. Century. At first the bigger ball the rule changes with the serves and the shortening of the sets up to 11. What do you think about all these changes?

The new scoring rules are brilliant: more excitement and more intensity. The bigger balls didn't change a lot from my point of view. Especially the expectation that the bigger ball would favour the defenders was not fulfilled. But altogether the changes were positive. Now it has got to stop. We must be careful because table tennis will become a different game altogether. Progress is good but the soul of the sport must not be changed.

The Chinese dominance is getting bigger and bigger and Europe is falling more and more behind. What can we do, what must we do?

At first we must work more closely together. The best players must practice more together. Timo Boll is practicing in Germany always against weaker players. The same applies to Werner Schlager in Austria and all the other

European talents. If they were together more often the quality of the training would increase. The players should be playing less especially for the clubs. The pressure is too big. They must say no every now and again even if they earn less. If Europe wants to beat China again this is the only way. We need a European training centre especially for the younger players. At the moment there is no movement within the ETTU.

By the way, ETTU. What do you think about the decision of the ETTU to play the European Championships every year?

That is a catastrophe. The ETTU is 25 years behind. They don't listen to the coaches. That is a very bad development.

Finally, Mr Hansen, what is so fascinating about table tennis?

Table tennis is art. Table tennis is an unbelievable complicated sport, probably one of the most complicated altogether. Physically, technically. When Jan-Ove Waldner was 10 years old I saw him playing for the first time. He was the greatest artist in table tennis, spin and speed, simply artistic.



Zhang Yining's perfect backhand counter hit

It is hard to believe but the Chinese Butterfly player Zhang Yining has been the number 1 of the World Ranking List since January 2003 with the exception of one month (January 2008).

More is not possible. That is a record. She won everything what you can win. She is Olympic Champion, World Champion and Asian Champion. Despite all that her game is not that spectacular. The exceptional player is unbelievably consistent and moves easily and speedily. Her stroke techniques are perfect and more than suitable for every teaching book. One example is her demonstration of the backhand counter hit. We showed her forehand counter hit in issue 4/08.

The backhand counter hit is an offensive basic stroke from the backhand side which every new beginner is confronted with. In opposite to a topspin a counter hit does not generate a lot of rotation and spin and it is recommended as a learning stroke for new beginners. In comparison to the forehand counter hit it often turns out to be more difficult because the forearm must be turned outwards so that the bat angle is slightly closed. Apart from that the wrist must be used which makes it even more difficult. Whereas the forehand counter hit is only used as a block variety or an emergency stroke on top level the backhand counter hit is still very meaningful especially in women table tennis. One thing is sure though, that you need the counter hit with the forehand as well as backhand independently of the level you are playing, even if you only need it for knocking up. Like Ex World Champion Werner Schlager from Austria says: "I always start knocking up classically

with the counter hit before I move on to topspin. When playing the counter hit I get a good feeling of how well I have glued my bat."

The counter hit is known as a smash with reduced speed and a shorter length of movement. Therefore Werner Schager says that counter hit players in the lower classes should be called hitting players.

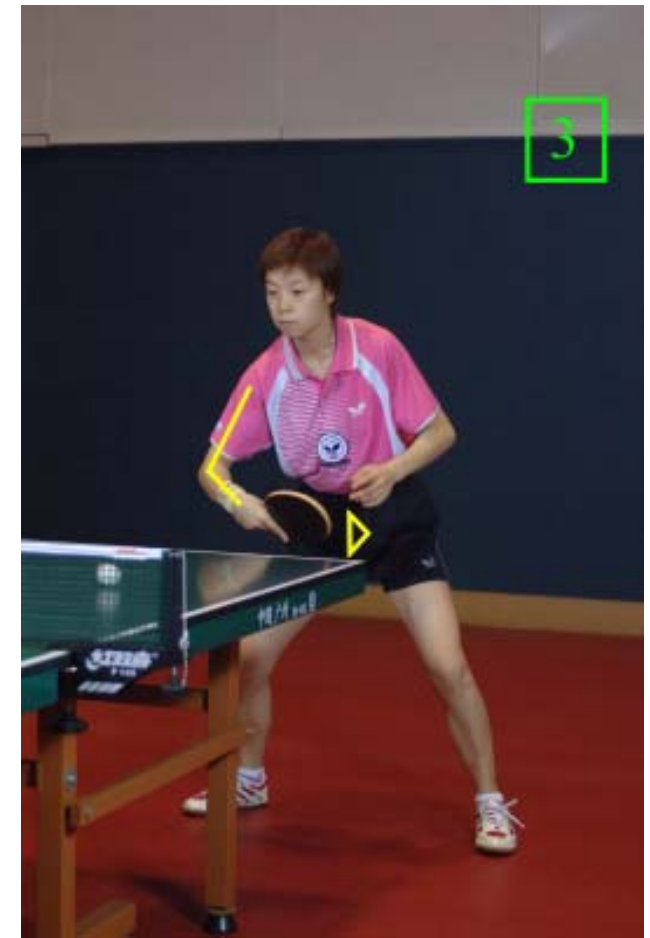
Apart from that the counter hit is ideal for learning the rhythm:

- **footwork with shifting weight from one leg to the other,**
- **coordination of body and stroke arm,**
- **reaction and timing.**

Let's have a look at Zhang Yining's backhand counter hit.

14 Technique Tips

Pictures 1-3 – Preparation: From the neutral position (1) Yining takes the bat to the middle of the body and lowers her body weight. Her legs are parallel (see also **picture 8**) and a bit more than shoulder wide (2) apart. At the end of the preparation phase (3) the bat is in height of the hip right in front of the body. The bat angle is slightly closed. Also her knees are slightly bent. The shoulder of the playing arm is turned slightly forward and the playing arm is bent at 90 degrees.



15 Technique Tips

Pictures 4+5 – main phase: During the main phase her body straightens slightly and her playing arm is moved forward and upward away from the body. When she is making contact with the ball (4) the bat angle is slightly closed. If we compare pictures 4,5,6 and 7, we notice that Yining moves the bat with her wrist upwards and forwards in line with her arm. We take another look at the top of the bat. On picture 3 the bat is pointing to the side and the wrist is slightly bent inwards. When she makes contact with the ball (4) and a little later (5) the top of the bat has come already slightly forwards. When we are looking at the playing arm we can see that the forearm has been turned outwards and is now stretched. Let's again compare pictures (3,4,5 and 6).



16 Technique Tips

Pictures 6 + 7 swinging out: At the end of the swinging out phase (6) the playing arm is nearly stretched but not completely. The upper body has come up. On picture 7 she has started to take back the bat to the neutral position.



17 Technique Tips

Conclusion: Even if this can't be proved by the pictures Yining has shifted her body weight from the left to the right leg because the shoulder of her playing arm is forward and her playing arm is over her right foot. This left-right-impulse is typical for the backhand counter hit and can often be seen when good players are knocking up. It is definitely clear that the backhand counter hit is a stroke where the whole body is involved and has to be coordinated accordingly. Furthermore it is important for a successful backhand counter hit that the stroke movement is directed upwards and a bit away from the body. The pictures **YES** and **NO** show the origin for the most common mistakes. The bat is too high at the beginning of the stroke (**NO**). The counter hit is directed too much forward and too little upwards. If the movement starts in height of the hip (**YES**) it will automatically lead to a correct upward movement.

From the side (**picture 8**) we can see again the optimal parallel position of the feet and the three angle position (hips, knees and playing arm) which puts the body weight on to the front of the feet and makes the player lean slightly forward when hitting the ball. You can also see how Yining bends the wrist slightly down.

