

Butterfly® NEWS

2008 08

The Olympic Games are in sight!

For Adham Sharara one winner of the table tennis tournament at the Olympic Games in Peking is obvious: „We will be one of the top sports at Olympia. Our sport will receive a lot of attention in Peking and I am sure that we will use this opportunity to promote our sport even more in the future.“ This is how the Canadian President of the ITTF describes his high expectations of the table tennis super show.

More about this on the next Pages.



Successful in Peking?

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Sixth Olympic Tournament in Peking

Peking: „Full Power Table Tennis“ or the China Weeks

For Adham Sharara one winner of the table tennis tournament at the Olympic Games in Peking is obvious: „We will be one of the top sports at Olympia. Our sport will receive a lot of attention in Peking and I am sure that we will use this opportunity to promote our sport even more in the future.“ This is how the Canadian President of the ITTF describes his high expectations of the table tennis super show.



Boll

Sharara's optimism is based on the special fascination of an Olympic tournament in table tennis wonderland China which is seen as the centre of the table tennis world. In fact sports fans should become even more interested in watching the events than during the last Games 2004 in Athens, the capital of the Olympic motherland. If the TV stations can manage to capture the atmosphere from the Beijing University Gymnasium with almost

8000 nearly fanatical spectators and high class matches for winning one of the twelve available medals table tennis should really become much more popular around the world.

This success calculation of the clever strategist Sharara could be spoiled by the hosts: Nothing is dreaded more in Peking than the realistic expectation of the Chinese dominance with altogether six World Champions on the team. With this as a background as possible results



Oh

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 This has been replaced by the team event with a new system.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



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Primorac

of the competition it is most probably positive that the Olympic Table Tennis Program has been changed and the doubles events have been dropped in favour of the team events. That way there will be international opponents at least in two of four finals and the emotions of the coaches outside the box are included instead of just looking at some empty chairs.

It is questionable though if the other „Olympic Guests“ may be able to avoid more pure Chinese finals in point of view of the formal supremacy of the Chinese Champions. In the team events there are of course more candidates for the medals but the number of players for a medal in the single events is relatively small.

Number one on that list is Butterfly star Timo Boll in the „Kings discipline“ of the men’s single. In the past the triple European Champion could at least every now and again as the only player in the world interrupt the dominance of the Chinese. His long injury break at the beginning of the Olympic Year must not necessarily be seen as a disadvantage, right the opposite: „Nobody knows exactly where I am. That is the big question mark in the table tennis world. All the others have played a long season and are desperate for a break. This weakness may be a deciding factor for Olympia. It doesn’t have to be a bad omen that I was injured for so long“, says the number six of the World Ranking List and looks at his own development in the final



Chuan

preparation stages positively: „My form is improving and if I use the time up to Peking effectively everything is possible.“



Boros

you want to win a medal you must beat them anyway. The way leads only past them.“

There are a lot of „Butterflies“ on the relatively short list of potential medal hopefuls from the rest of the world. There is also South Korea’s star Oh Sang Eun and Ex World Champion Werner Schlager (Austria) who just like Boll may hope for a silver medal with their teams or Kalinikos Kreanga (Greece), Michael Maze (Denmark) and Japan’s new star Jun Mizutani belong to the extended circle of Olympic medal contenders.

Even smaller and probably completely reduced to Asian contenders is the competition against China in the women’s event. In the team event the usual „suspects“ like South Korea, Hong Kong, Singapore and Japan should be the strongest opponents for the

The unlucky seeding behind the three Chinese Wang Hao, Ma Lin and Wang Liqin as well as the second best European Vladimir Samsonov is connected with the probability to meet one of the Chinese trio earlier isn’t bothering Timo too much: „I couldn’t prevent dropping down the World Ranking List because of my injury. The Chinese themselves might not like me as an opponent. If



Dodean

hosts. In the singles there are less than a handful of players outside of China who might be able to win a medal.

The Olympic Games are the highest ranked tournament for the Chinese, especially on home ground. The wound of the table tennis super power China has still not completely healed after the disappointment in 2004 when the former Butterfly player Ryu Seung Min took the Olympic Gold Medal in the men single away from the Chinese in the „Kings discipline“ and they went home with only six of ten possible medals from Athens.



Guo



Mizutani

ITTF World Ranking, Mens (07/2008)



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 (07/2008)



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!)

Football meets Table Tennis



Football meets table tennis on the German holiday Island Borkum. The football professionals from Arminia Bielefeld and the German National Table Tennis team with Timo Boll spend their spare time at the Table Tennis Play Mobile sponsored by Butterfly.

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Success at the Oceania Championships



A delighted group of coaches, administrators and players with the Butterfly donation

At the Oceania Championships in July 2008 in Papeete, the principal city in Tahiti, Butterfly once again showed its hand of friendship and support for the promotion of table tennis.

„Butterfly and the Oceania Table Tennis Federation have a long history of co-operation“, explained Patrick Gillmann, the President of the Oceanian Table Tennis Federation.

For three years Butterfly has been supporting junior players globally in conjunction with the ITTF development programme by providing equipment for elite junior players in Africa, Latin America, Oceania and Asia.

The equipment has been evenly distributed to ten countries in Oceania and will assist school children and the National Federations to develop and promote table tennis.

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 and II



„The one who uses doping in table tennis is really very stupid!“ you said last time. How true! The one who doesn't do suitable strength training is probably also stupid. Playing table tennis means using the body very one sided. This may cause problems with the muscles and may cause complicated and long term injuries. Didn't you say yourself if you had trained your whole body better that some injuries could have been prevented? Can you briefly outline your history of injuries and tell us the reason why they happened?

Apart from smaller injuries with my shoulders, hips and wrists my back, knee and toe injuries were the biggest problem in my sporting career. I even had to undergo surgery on my toe. If I had trained my

whole body more when I was younger I would not have had so much pain and could have avoided the sporting setbacks.

How important is strength training? What kind of strength training do you do? How much time do you spend on strength training?

Table tennis is changing permanently. The physical condition and the strength training become more and more important. At the moment I am doing strength training on average twice a week with the main emphasis on the upper body. I like strength training without weights. That means that I can also do my sessions while I am travelling and I don't need a fitness studio.

For which parts of your body is strength training most important?

I think that because of the frequent sudden arm movements it is especially important to take care of the stability of the spinal cord. Therefore I think an additional training for the non playing side is not so necessary. Obviously strong and speedy legs are also important. Unspecific strength training for the playing arm is from my point of view counter productive because the fine feeling for the ball is influenced negatively.

Do you do press ups and how many proper ones can you do?

I don't like press ups. They strengthen the muscles of the arm too unspecific and reduce your feeling for the ball.

Is strength training for you mainly to prevent injuries or do you also notice a difference in your game if you practice the right amount?

That depends solely on quantity of strength training. If you increase the quantity and the **intensity you will soon notice changes in your game.**

At what age should a top sport orientated youngster start with strength training?

As soon as you start playing regularly every day for hours you should do some also do some other training for compensation.

Are there some strength exercises which you personally like best and some which you don't like at all?

Naturally I have got my favourite exercises. I like working out my back and upper body muscles and I am not so keen on upper leg and stomach exercises.



If I enter a fitness studio I took the wrong door.

Strength training is sometimes fun and sometimes torture.

The one who doesn't do strength training ruins his body.

Strength training is probably not so important for top sport orientated amateurs.

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 **Butterfly**
NEWS

2008 08

Peter Sartz, Sweden/Danmark

„We must all work closer together“



Peter Sartz is 43 years old. Since 1991 he is working as a professional coach. The Swede is working for the Danish Table Tennis Association and led them right to the top. 2005 his men's team with Michael Maze as the top player became sensationally European Champion in Aarhus (Denmark). The thorough Swede wants to build up a new strong team around his top player Michael Maze until 2012. The Butterfly coach will concentrate completely on this task once the Olympic Games in Peking are over.

Since 1995 I am the national coach of Denmark. Before that I worked for four years as a national coach for the juniors and women and assisted with the men's team in my home country Sweden. For 17 years now I have been a professional coach, quite a long time. After the Olympic Games my work in Denmark will change a bit. I will not be around in the training halls quite so much but my main task will be the development of top sports. I will be looking out for young players and try to get them ready for the next Olympic Games 2012 in London.

What plans do you have for Michael Maze?

I have been working with him since 1995. I think it is about time that others try to get him into the top 10 of the world. I am still convinced that he can make it. He is 26 years old and everything is possible. Following the successes in Aarhus he had problems to get motivated and on top of that he had some problems with injuries but now he is in good form.

Michael is your player, isn't he?

You could say that. I have been working with him for 13 years 200 to 250 days of the year. There were of course other coaches too who influenced him like Mario Amezic from Borussia Duesseldorf. Generally it is true he belongs to me.

Have you been a good player?

I managed to get to the third round once in the Swedish Championships. And I can remember that I beat Jørgen Persson once. I was 11 then and Jørgen was 9 (he laughs). As a player I belonged to the Swedish top generation with Waldner, Persson, Lindh, Apelgreen a.s.o. That was hard competition and as a player I didn't manage to get to the top.

What is happening with the Danish National Team at the moment?



At the WC 2006 we achieved our best result since 1962. At the EC 2005 we celebrated a fantastic victory. At the moment the team is about to change. Michael has the role as a leader And we will build up young players until 2010 so that we have a strong team for 2012 in London who might even be able to win a medal. I will take special care of this new generation. In the past it was always Michael's calendar which was

deciding. In the future it will be the calendar of the young generation.

What about the women?

We have got Mie Skov, a young player (she is 21 now) who has the ability to make it to the top 12 in Europe with the women. Following her are some promising players.

What are the training facilities like in Denmark?

We have really good conditions now. In Bromby we have a sports complex with 8 – 10 tables available. That is brilliant for us.

How would you describe the general situation of table tennis in Denmark? I am thinking about the interest of the media and the public.

The situation is quite good because there are not so many big sports and sports people here. The deciding factor are good events with good results. The European Championships 2005 in Aarhus brought us a big step forward of course. Because of our successes everybody talked about table tennis and we are still profiting from it. Michael belongs to the five or six extraordinary sports people in Denmark.

Let's talk about the situation of table tennis in Europe. Asia and especially China are getting stronger all the time. Europe is getting weaker, especially the women where we are left behind. Other European top coaches are pleading for that the European table tennis nations must work closer together. There are even concrete plans for that. What is your opinion?

That is the way. We must all work more closely together. We as a little table tennis nation went several times to Duesseldorf and other places to practice with other stronger players. That is really important. The concentration of the players is simply higher when they meet stronger players or players of the same level. We also must put more trust in our younger players and get them to practice like that earlier. I think many nations are holding their young talents back consciously perhaps because they are afraid that they might lose them. But that is the wrong way if we really want to get closer to the Asians again. From my point of view a European Junior Champion has to be brought to senior level as quickly as possible so that he gets some successes as quickly as possible. An unexpected victory can bring a young player forward more quickly than a year of practice. Naturally that is not so easy within each national association but the thinking must go in that direction.

Another problem is surely the busy competition schedule of the Europeans. What do you think about the high number of competitions and the European Championships taking place every year again?

The way the European Championship is played now is bad. It should be like with the World Championships, alternately one year team event and one year single events. Then you could have reasonable team qualifications over the period of two years which makes sense for many nations. These games can be well marketed and attract many spectators.

If you look at the international situation of our sport it is without doubt that new table tennis nations became stronger through the PRO TOUR. It happened quite often that strong Chinese were taken into the country. How do you look at this development?

For a start I don't object to fetch some strong, good players into the country to achieve some results with them. The question is what is the target? If these players are fetched to promote your own youngsters then I think it is perfectly legitimate. If you only use these players to achieve some short term results I am completely against it.

After the Olympic Games in Peking gluing will be forbidden. What do you expect? Will the game change dramatically?

I don't hope so because the way table tennis is played at the moment is very attractive. You play with both sides from all distances and even the top players have developed further during the last years. If you compare Wang Liqin from six years ago with him today you will notice that he has become a lot more compact and both sided. On the other hand I am afraid that the material will not live up to the expectations. In any case everybody must to practice hard to cope with the changes. That applies for the coaches too.



Dänemark: Ein hoffungsvolles Team!

Zhang Yining's backhand counter hit with a side-step

In the July issue the Chinese Butterfly-Star Zhang Yining showed us the basic backhand counter hit (**picture 8**). The most important aspect of the basic stroke is the moment you make contact with the ball: the ball is hit in front of the body/stomach. It must be learnt like that and later you must have good control.

In table tennis at top level a new variety has developed over the last years, which is used by all top players: the backhand counter hit with a step to the side. Why must top players be in command of this stroke? Very simple, because the game has become faster and faster and there is often a lack of time to get into the perfect position. Timo Boll demonstrated this already in our July/August Issue 2007 with his forehand topspin with a side step.

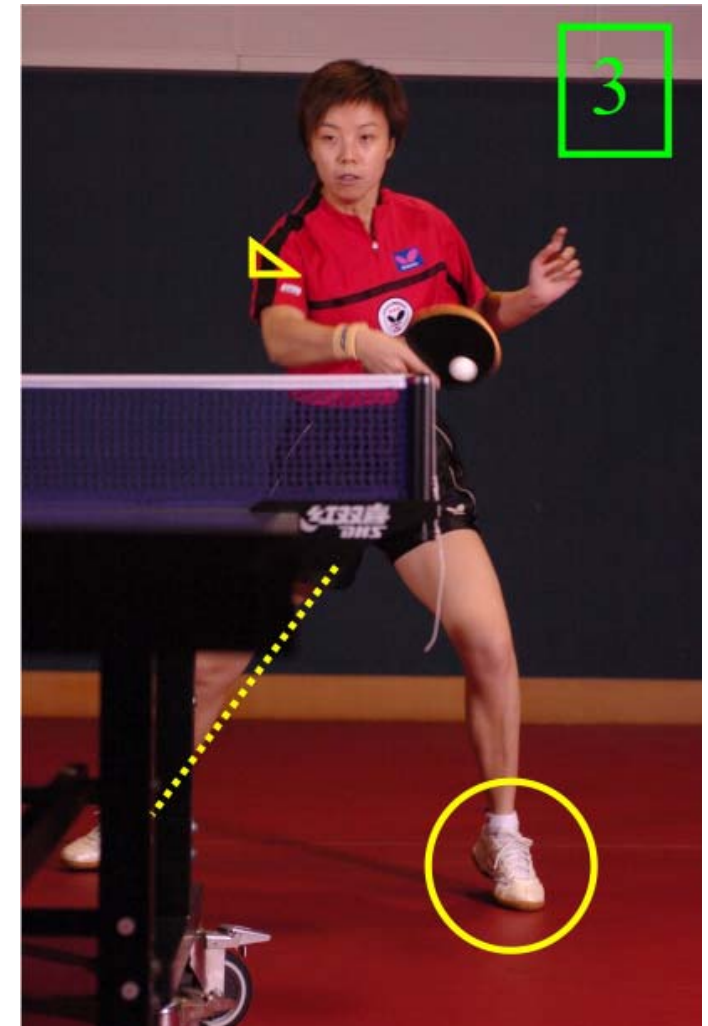
This is a typical game situation which makes this backhand counter variety necessary (ill.1): Yining is playing a backhand from the middle of the table to far backhand of the opponent. The opponent returns the ball to the far backhand of Yining. The Chinese must get there as fast as possible but she won't have time to get behind the ball to play it with the technique of the basic stroke. So she uses a trick and hits the ball at the side of her body by shifting her body weight towards the left leg. That way she can still reach the ball. Let's have a look at a picture series of the backhand variety which can even be played aggressively and put the opponent under pressure.

Starting phase – pictures 1+2: Yining has just finished her backhand counter hit stroke from the middle of the table (**picture 1**).



14 Technique Tips

Her far backhand is now wide open, that is why she is moving with an active sidestep back to that side. At the same time she is taking her bat to the starting position for the following counter hit. The pushing off happens with a sidestep from the right leg because the left leg doesn't have contact with the ground (**picture 2**). On **picture 1** you can see that the left leg is lifted in connection with an upwards orientated body movement. **Main phase and contact with the ball – picture 3**: At the moment of making contact with the ball the bodyweight is on the left leg and Yining is standing on the front part of her foot. She hits the ball at the side of her body and has moved the shoulder of her playing arm forward to gain more space for the stroke. The right leg is almost stretched completely and supports the weight shifting of the weight to the left leg.



15 Technique Tips

Swinging out – pictures 4,5,6: While swinging out the square stroke position of the upper body is straightened and the shoulder of the playing arm is taken back. Despite the parallel position of the legs the main bodyweight is still on the left leg. The right leg is even lifted to get back into an optimal stroke position (**picture 4,5**). **Picture 6** shows Yining in the basic position for the next stroke.





Conclusion: Picture 7 shows Yining's basic backhand counter hit. She hits the ball in front of the body. This variety of the backhand counter hit where the ball is hit at the side after a big sidestep demands a lot of timing and coordination. It is not an emergency stroke but should only be used if there is no time to play the basic stroke because you can apply more pressure and speed from the basic form. You still must be in command of the backhand counter hit following a sidestep so that the far backhand is covered in pressing situations.

Ill. 1 Dangerous balls to the far backhand or forehand. A player has to get speedily to the left (forehand – left handed player) or to the right (backhand – left handed player) to get into a good position for the next stroke.

