

## National Fitness Sports Series: Ball games manual(Chinese Edition)



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### **Reviews**

*This composed ebook is wonderful. It really is written in basic words rather than hard to understand. You may like the way the writer compose this pdf.  
(Ryder Nolan)*

**NATIONAL FITNESS SPORTS SERIES: BALL GAMES MANUAL(CHINESE EDITION)****DOWNLOAD**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: November 2012 Pages: 244 Language: Chinese Publisher: Golden Shield Press National Fitness Sports Books: ball games Manual describes the characteristics of table tennis, badminton, tennis, golf, sports, with venues equipment, focusing on teaching technical action essentials of these projects, training methods and the use of actual combat tactics and style of play; communities how to organize mass activities, organizational game, contest rules, and so on, are all detailed instructions. National Fitness Sports Series: the ball games Handbook content easy to understand, all the technical movements have graphic demonstration, one both for to exercise personal use, and convenient unit of society and Physical Activity for Practical Handbook. Contents: Chapter 1 Table Tennis Section I Overview, table tennis project characteristics and the role of the origin of Section II of the table tennis sport equipment and apparatus, the game need sports equipment and apparatus, two table tennis hobby by normal training conditions, the choice of the racket, maintenance and replacement of four, three of the basic tactics of the basic techniques of technical and tactical rules of table tennis sportswear and sports shoes the third quarter, table tennis, table tennis, ping-pong play ball movement type, the rules of the game of Table Tennis Section IV community or grassroots unit activity organizations, the organization of the competition, the usual practice arrangements Third, the overview badminton first section of the second chapter of the Notes, badminton pattern today Second, the characteristics and value of Section II of the badminton sport world-class tournament three badminton sport badminton equipment and racing conditions, badminton game site conditions required to be equipped with the basic techniques of Section III badminton, Badminton Athlete racket grip...

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