

### **Learn table tennis fast:**

Chinese technique:

#### *1.Focus on feeling:*

Observe the speed, rotation and bounciness of the ball on table during the game. Practice diff shots to learn these things.

Hit the ball and observe different types of spins and experiment.

#### *2.Hit by the legs:*

Command on basic footwork. The position of the legs determines the hit posture of the ball with the paddle.

Hips and shoulders should be relaxed. Rotating elbows is more difficult than rotating the body.

#### *3.Fix the hitting position:*

While hitting the ball with the paddle, observe the positions on the bat where the ball is hitting and observe the optimal position on the paddle to hit.

#### *4.Relax, Explode, Relax:*

Relax before hitting the ball.

Explode (focus and energy on the ball) while hitting the ball.

Relax again after hitting the ball. We should not feel tense all the time.

### **General Tips:**

- The whole body must be utilized while using forehand techniques.
- Ready positions must be maintained well.
- When returning the ball, send the ball to a height just little above the net.
- On the first serve, the ball should go farther and land on the table's end lines near the opponent.  
It's scoring.