



Badminton

By LIU REN JIAN ZHU

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Pages Number: 193 Publisher: Science Press Pub. Date: 2010-01. The materials from colleges and universities of professional sports & badminton techniques badminton sport specific courses and elective courses in the public's needs & easy to understand introduction to the basics of badminton & From theory to practice focusing on training and developing students' practical skills. The book is ten chapters & divided into five: theoretical knowledge articles & including basic knowledge of badminton & badminton competition knowledge & badminton hitting the basic theory; techniques and methods papers & including the basic techniques and methods of singles & doubles the basic skills; tactics articles & including theory and practice of basic tactics & badminton techniques & tactics and methods of teaching and training content; physical training articles & and training methods & including physical & psychological characteristics of badminton and mental training; competition ornamental articles & including badminton competitions and referee methods. Book is concise & structured & ordinary institutions of higher learning for undergraduate study and use of professional sports & but also for badminton enthusiasts reference. Contents:...



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