

# Badminton

## WCB Brown & Benchmark - ShieldSquare



Description: -

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Badminton (Game)Badminton

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Sports and fitness seriesBadminton

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### badminton

The BWF now governs international badminton. Players should also ensure that they learn safe and proper footwork, with the knee and foot in alignment on all lunges.

### BADMINTON BASICS

Courts are usually marked for both singles and doubles play, although badminton rules permit a court to be marked for singles only.

### Badminton

More than 50 national teams compete in qualifying tournaments within continental confederations for a place in the finals.

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Nonetheless, a badminton court will not be suitable if the ceiling is likely to be hit on a high serve. This natural spin affects certain strokes: a tumbling net shot is more effective if the slicing action is from right to left, rather than from left to right.

### Badminton

With very high serves, the shuttlecock may even fall vertically. Therefore, it is important that players wear the appropriate clothes to exercise in. Singles competitions were added in 1900 and an — championship match appeared in 1904.

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