

Badminton Today



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Badminton Today

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West Publishing Company

St. Paul New York Los Angeles San Francisco

Cover Photo: David Hanover Photography
Text Photos: David Hanover Photography
Composition: Patti Zeman
*Electronic
Production/*
Graphics: Miyake Illustration & Design

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50 W. Kellogg Boulevard
P.O. Box 64526
St. Paul, MN 55164-1003

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Printed in the United States of America

97 96 95 94 93 92 91 90 8 7 6 5 4 3 2 1 0

Library of Congress Cataloging-in-Publication Data

Wadood, Tariq.

Badminton Today/Tariq Wadood, Karlyne Tan, Robert J. O'Connor.
p. cm.—(West's physical activities series)

ISBN 0-314-47596-6

1. Badminton (Game) I. Tan, Karlyne, II. O'Connor, Robert J. III. Title.
IV. Series.

GV1007.W33 1990

89-39916

796.34 5—dc20

CIP



Foreword

In my opinion, Tariq Wadood is one of the smoothest badminton players I have ever seen in action. This, of course, is a sign of countless hours of practice, plus a natural athletic ability which allows him to catch on quickly and execute strokes in an apparently effortless manner. For many years this has made Tariq one of the top badminton players in the world.

The combination of Tariq's skill and knowledge as a player and coach, and Karlyne Tan's excellent teaching abilities has produced an outstanding textbook on badminton. The many step-by-step photographs of our junior champions in action, in addition to concise drawings of court targets and shuttle trajectories combine to give an easy-to-read, yet comprehensive guide to playing badminton.

Those persons who study the fundamentals and strategies advocated by Tariq and Karlyne will find that their games will improve considerably. So onward to playing and enjoying this great game.

Raymond G. Scott
Executive Director
United States Badminton Association

Preface

Badminton has long had stature as a major sport in much of the world. Today, with badminton being not only an Olympic sport but also an NCAA sport, its popularity is rising rapidly in this country. With the rapid increase in the popularity of the sport we felt that it was necessary to develop a book which will allow everyone to learn the sport correctly and to enjoy it more.

The authors have worked diligently to give you the basics in every area—from the rules and courtesies of the game to the strokes and strategies. The book allows the player to progress from beginning, to intermediate, and to the advanced levels of play.

The publishers have spared no expense in allowing us to show every aspect of the game in photographs and drawings so that you readers can get the most from our presentation. We have not only explained the details of the game but we have emphasized them in various checklists in each chapter. These checklists will help you to follow a skill simply so that you can do it correctly even if you are a beginning level player.

We have not only given you more on fundamentals and strategy, we have also addressed proper conditioning—from weight training and stretching to aerobic workouts. We have also added a chapter on the mental aspects of the sport and how you can improve your game by mastering your mind's power.

We hope that you will enjoy reading the book and playing the game as much as we have enjoyed writing it for you. Have fun!

Acknowledgements

The development of this text could not have progressed without the helpful criticisms and suggestions from our colleagues. The authors gratefully acknowledge the following:

Jack Amann

Mankato State University

Patti Barrett

Southwest Texas State University

Carole A. Beeton

Diablo Valley College

Marjorie Cote

California State University, Long Beach

Jenny Feriera

Orange Coast College

Marvin R. Gray

Ball State University

Jerry Isom

Miami-Dade Community College

Pat Johnson

Metropolitan State College

Ronald F. Kirby

Southeast Missouri State University

Franklin A. Lindeberg

University of California, Riverside

E. Dawn McDonald

Iowa State University

Joan Nessler

Penn State University

John M. Pearson

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The Series Editor for West's Physical Activities Series

The Series Editor for West's Physical Activities Series is Dr. Bob O'Connor, Los Angeles Pierce College. Dr. O'Connor received his B.S. and M.S. degrees in physical education from UCLA and his doctorate from U.S.C. His 30-year teaching experience includes instruction in physical education courses of tennis, weight training, volleyball, badminton, swimming and various team sports, as well as classes in teaching methods. He brings to the Series a wide range of college coaching experience in areas of swimming, tennis, water polo, and football. Internationally, Dr. O'Connor has been an advisor to several Olympic programs in weight training and swimming. He was among the first to popularize strength training for all athletic events. Dr. O'Connor has written extensively in the fields of physical education and health and is a dedicated advocate of physical education TODAY.

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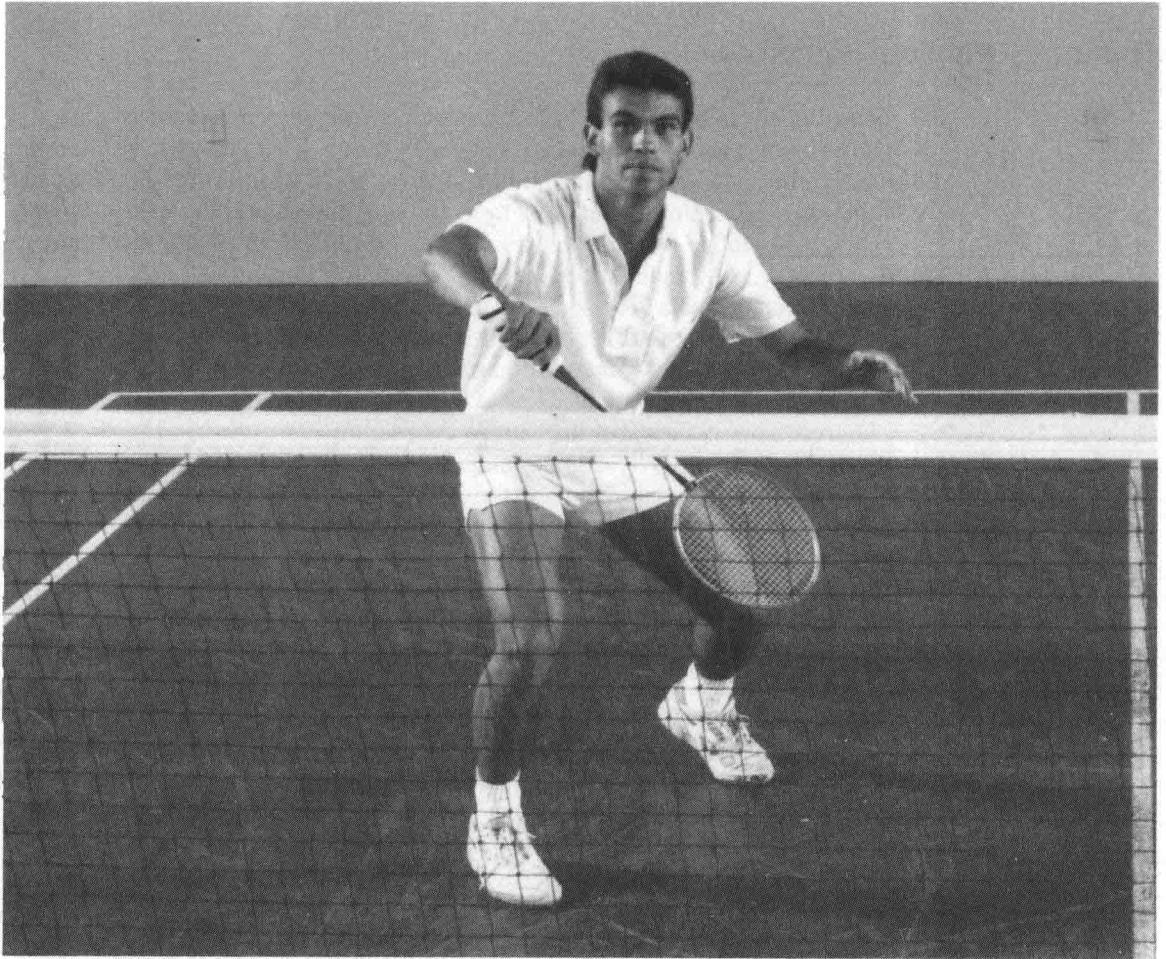
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CHAPTER 1

Introduction To Badminton



Outline

Benefits of Playing Badminton
History of Badminton
Where to Play Badminton
Checklist on the Basics of the Game
Summary

Badminton is a game in which two players (singles game) or four players (doubles game) hit a light, feathered object (shuttlecock) over a net with their rackets. The objective is to win the game of 15 points (11 points for ladies singles) by hitting the shuttle into the opponent's court and preventing it from landing within the boundaries of your own court.

The strategy of winning involves using a variety of shots to force your opponent to lose the rally. The players attempt to move their opponents around the court, forcing weak returns, or they hit hard shots (smashes) that the opponents cannot return.

Benefits of Playing Badminton

A major benefit of badminton is that it is so easy to learn that it is fun almost as soon as you pick up your racket for the first time. Yet, as your skill level increases, the game involves much more strategy and demands greater physical conditioning. Therefore, your enjoyment of the game should increase as your skill level develops. For these reasons it is one of the most popular sports internationally. At the advanced level it is the fastest court game in the world.

Badminton is also a very social sport. It produces a congenial atmosphere that encourages easy interaction among people of both sexes in both school and club environments. Since the game can be played indoors or outdoors, and its court is relatively small (20 x 44 feet), badminton can be played almost anywhere. This makes it a fine family recreation.

There are obvious physical benefits to the game. The long rallies aid in the development of cardiovascular fitness. The stretching and twisting also aid in developing flexibility. The nature of the game develops an increased level of agility and coordination.

On a psychological level badminton helps reduce tensions as players move around the court and strike the shuttle. Additionally, as they improve in skill, they develop a higher level of self-satisfaction that comes with the accomplishment of any goal.

Badminton, as we know it today, is second only to soccer as the world's most popular participation activity. An activity for all ages and for both sexes, it is a unique and exciting competitive sport. When the shuttle is hit by a skilled player, it can reach a speed well over 200 miles per hour or float delicately over the net. No other sport has as great a variation of speed.

Because of the limited exposure badminton receives in the United States, many people hold the erroneous belief that it is not a vigorous and challenging activity. When observing beginners hitting the shuttle slowly over the net, it becomes easy to draw this conclusion. But given the proper instruction, the players can learn to control the tempo of the game, and it becomes fascinating to watch as well as to play. As the players learn more strokes, the rallies become more exciting.

Many racket sports are difficult and frustrating to learn. In badminton, even beginning players can start a rally almost immediately and gain a sense of achievement. Whether you are playing just for the exercise or planning to enter competition, it is an excellent cardiovascular activity. It requires fast reflexes, good physical conditioning, and concentration.

Furthermore, badminton is a "lifetime sport," not just one for the young.

History of Badminton

While there is some evidence that a game similar to badminton (called *battledore*) was played in China 2,000 years ago, badminton as it is presently played originated in England. The English royal court records refer to a similar sport as early as the twelfth century. Most historians believe that English officers brought the game they called *Poona* to India in the seventeenth century. They then brought it back home again to England in the late nineteenth century. In 1873 they played Poona at the Duke of Beaufort's estate, called Badminton House, near the village of Badminton in Gloucestershire, England. The name of the Duke's estate soon became the name of the game. It was from this time that the game began to develop rapidly as a popular pastime.

The first badminton club was formed in Bath, England, in 1873. The game was introduced to North America in the 1890s. In 1895 the National Badminton Association of America was formed, and in 1899 the first All England championship tournament for men was played. The next year the championship for women was inaugurated.

As the sport gained in popularity, it became necessary to establish the rules, equipment, and court dimensions. Eventually, in 1893 the English Badminton Association was organized to bring some uniformity in competition. The rules, called laws, have changed little since this time period.

In 1909, the shuttle that we use today was introduced. Prior to this time very fast and unpredictable *missiles* made with poultry feathers arbitrarily stuck into a piece of cork were used. The court was originally shaped like a wasp or hourglass. Today the court is rectangular, and the tournament shuttles are made of very uniform goose feathers inserted into a precisely shaped cork base. In earlier days, the racket was heavy, but modern technology has produced a dramatic change in weight.

Since 1929 badminton has increased in popularity in the United States. The game is played in clubs and in competition between high schools and colleges across the country. It will become a full Olympic medal sport starting in 1992. Some colleges are giving athletic scholarships for badminton because it will soon be a National Collegiate Athletic Association (NCAA) sport.

There are many local and national tournaments and a world championship for individuals. In addition, national teams compete for the Thomas Cup (similar to the Davis Cup in tennis) for men and the Uber Cup for women. Three singles matches and two doubles matches decide the winner in each competition.

Where to Play Badminton

Many high schools and colleges have badminton classes and recreation opportunities. Public parks and recreation centers also often offer opportunities to play, as do many YMCAs and YWCAs. Private badminton clubs are located in most parts of the country (see Appendix D). For more specific information contact United States Badminton Association, 501 West Sixth St., Papillion, Nebraska 68046 (phone 402-592-7309).



Checklist on the Basics of the Game

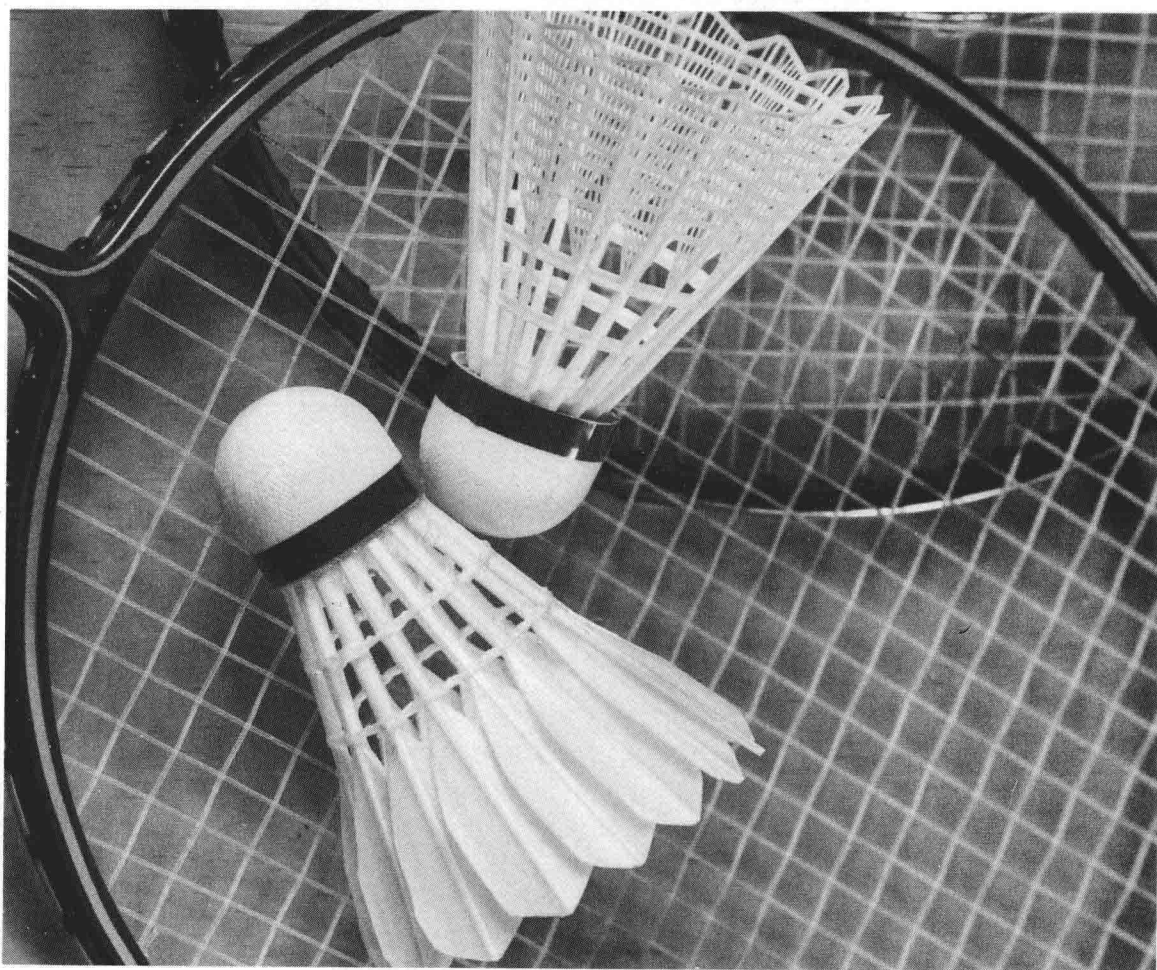
1. Most games are completed with 15 points. All official ladies games end at 11 points.
2. Only the server can score.
3. During a rally the players attempt to get their opponents to miss a shot by forcing them out of position or hitting a hard shot that cannot be returned.

Summary

1. Badminton as we know it originated in England.
2. It is a sport that can be enjoyed at any age—a “lifetime sport.”
3. Badminton can be as slow and relaxing or as vigorous and taxing as you want it to be.
4. The game requires speed, finesse, cardiovascular endurance, and strength.

CHAPTER 2

Equipment and Facilities



Outline

The Racket
The Shuttle Cock
Clothing
Shoes
Socks

Sweatbands
The Court
Checklist for Game or Practice Equipment
Summary