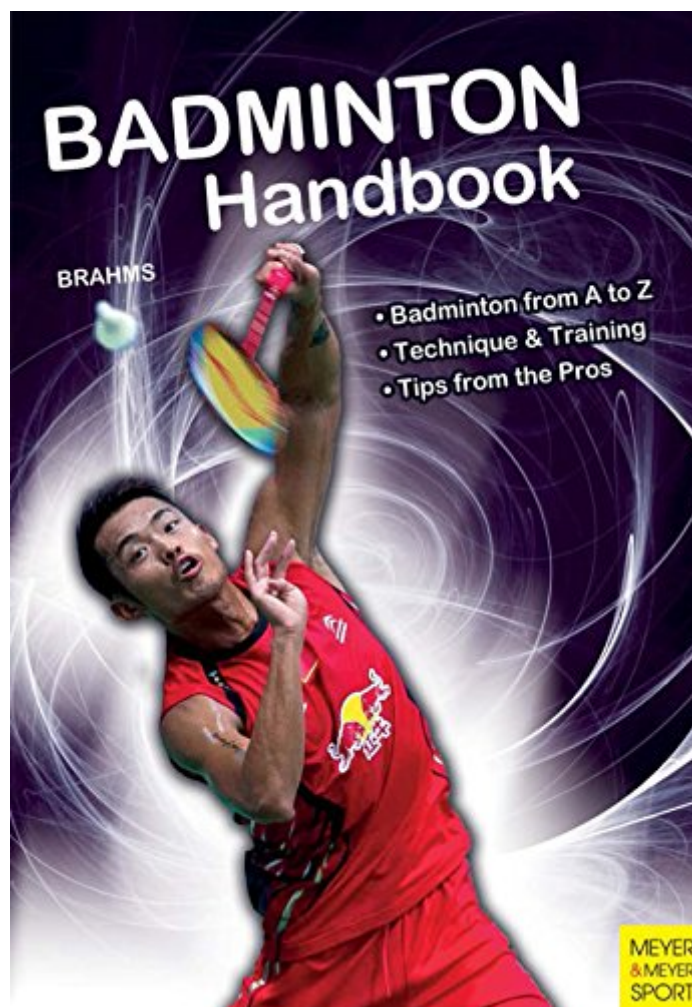


The book was found

Badminton Handbook (Meyer & Meyer Sport)



Synopsis

The book is a compact training manual that is divided into two parts. The first part deals with training theory while the second contains background information about the sport and its stars, thus giving the reader an overall insight into the world of badminton. The book is groundbreaking in many ways. It combines training theory and information about badminton stars by reinforcing basic explanations on badminton technique with tips from the pros. It not only relates the excitement of this sport with Asian origins, but tells you all you need to know about badminton from A to Z. It is a reliable reference book that readers will want to turn to again and again.

Book Information

File Size: 28169 KB

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Customer Reviews

Very readable but may spend too much time on the photos of top competitors. Would be a better book if he spent more time on tips for the intermediate level players.

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