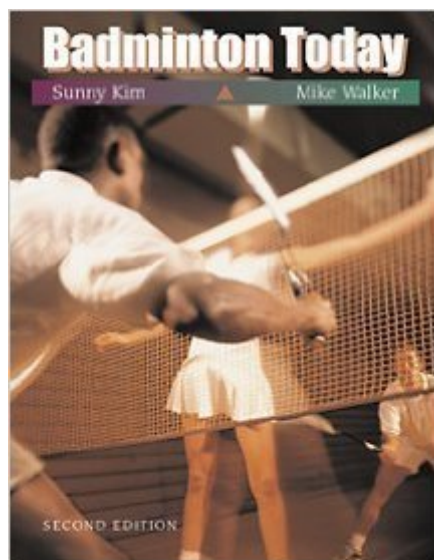


The book was found

Badminton Today (Wadsworth Health Fitness)



Synopsis

BADMINTON TODAY, 2nd Edition covers the basics in every area-from 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 text also addresses proper conditioning from weight training and stretching to the mental and physical aspects of the game.

Book Information

Series: Wadsworth Health Fitness

Paperback: 112 pages

Publisher: Cengage Learning; 2 edition (June 22, 2001)

Language: English

ISBN-10: 0534552331

ISBN-13: 978-0534552336

Product Dimensions: 10.8 x 8.4 x 0.2 inches

Shipping Weight: 8.5 ounces

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #2,144,687 in Books (See Top 100 in Books) #15 inÂ Books > Sports & Outdoors > Racket Sports > Badminton #231 inÂ Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition #355 inÂ Books > Medical Books > Nursing > Medical Nutrition

Customer Reviews

This book does a great job of teaching basic skills and strategies and giving a good overview of philosophy of the game. the instructions are very clear and the pictures show the exact sequence of movements for proper performance of skills. This book also features drills for improving techniques and conditioning as well as basic strength and flexibility training information. for the true beginner, this book also contains the IBF rules (at the time-setting score needs update). This book took me from a terrible player with no prior knowledge of the game, to an outstanding player. Highly recommended for beginner to intermediate recreational or competitive player.

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