



## National Fitness Sports Series: Ball games manual(Chinese Edition)

By HE LING . WEI LI JIE . XU DA PENG . DENG. HONG JIANG . SHOU DU TI YU XUE YUAN > CONG SHU < BIAN XIE ZU

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: November 2012 Pages: 244 Language: Chinese Publisher: Golden Shield Press National Fitness Sports Books: ball games Manual describes the characteristics of table tennis. badminton. tennis. golf. sports. with venues equipment. focusing on teaching technical action essentials of these projects. training methods and the use of actual combat tactics and style of play; communities how to organize mass activities. organizational game. contest rules. and so on. are all detailed instructions. National Fitness Sports Series: the ball games Handbook content easy to understand. all the technical movements have graphic demonstration. one both for to exercise personal use. and convenient unit of society and Physical Activity for Practical Handbook. Contents: Chapter 1 Table Tennis Section I Overview. table tennis project characteristics and the role of the origin of Section II of the table tennis sport equipment and apparatus. the game need sports equipment and apparatus. two table tennis hobby by normal training conditions. the choice of the racket. maintenance and replacement of four. three of the basic tactics of the basic techniques of technical and tactical rules of table...



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