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It is a step-by-step process designed as a manual to teach you the game of badminton. This is also a book for people who have played some badminton

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20 Badminton: Steps to Success To Increase Difficulty • Hold the bird in the nonracket hand and drop the shuttle, attempting to contact it on its descent from your hand. Place targets in specific areas of the service court (for example, on the outside corners). • Lengthen the

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string to lower the serving area or contact point.

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Position your hand so that your thumb and index finger form a "V" shape on the top edge of the handle. Your index finger should be higher up on the handle than

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your thumb. While holding your hand...

How to Hold a Badminton Racket | Healthy Living

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There is going to be little rest for talented gelding Savatoxl for the 1600m

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Balaklava Cup on Wednesday, according to leading trainer Tony McEvoy..

Savatoxl, having just his second start outside the Northern Territory and first for his new stable, must overcome the challenge of coming from the outside gate of 20 and McEvoy confesses it has made the job a “bit tough” for the five-year old.

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Balaklava Cup: Savatoxl draws wide barrier for Tony McEvoy ...

Pierre-Emerick Aubameyang finalized a three-year contract extension with Arsenal. The 31-year-old shared that he wants to become an Arsenal legend in the future.

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Arsenal's Pierre-Emerick Aubameyang Signs Three-Year ...

Tony Elliott didn't spend a lot of time celebrating No. 1 Clemson's dominant win over Wake Forest on Saturday night. The Clemson offensive coordinator had already turned the page on the bus ride ...

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