

BADMINTON FOR BEGINNERS

Page Thul

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Badminton for Beginners

1. Let me put the most important tip first. WARM UP! Ideally, you should break into a sweat before entering the court. Stretch your muscles. Not warming up.

Badminton Rules: How To Play Badminton | Rules of Sport

Many badminton players came to the sport as a result of recommendation by friends. What should badminton beginners practice to improve their game?.

Badminton: What are some useful tips for beginner/intermediate level players? - Quora

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Related books: [The Globe Project](#), [The Champion's Code](#), [Dumdum \(Featured story in the anthology New Stories from the South: the years best of 2005\)](#), [Scroll of Naska](#), [Sojourn in Egypt](#), [Middle Age Renaissance: Body, Mind, and Spirit](#).

Get started for free! Badminton's a great sport to bond over with someone else though, just throwing it out .

Written by Kwun Han Source: There many ways of holding a racquet but learning a

This page shows you all the Badminton Basics you need to know as a beginner. Don't rush to play games.

We cannot stress the importance of footwork. Badminton is a very fundamental strike the shuttlecock to gain points.