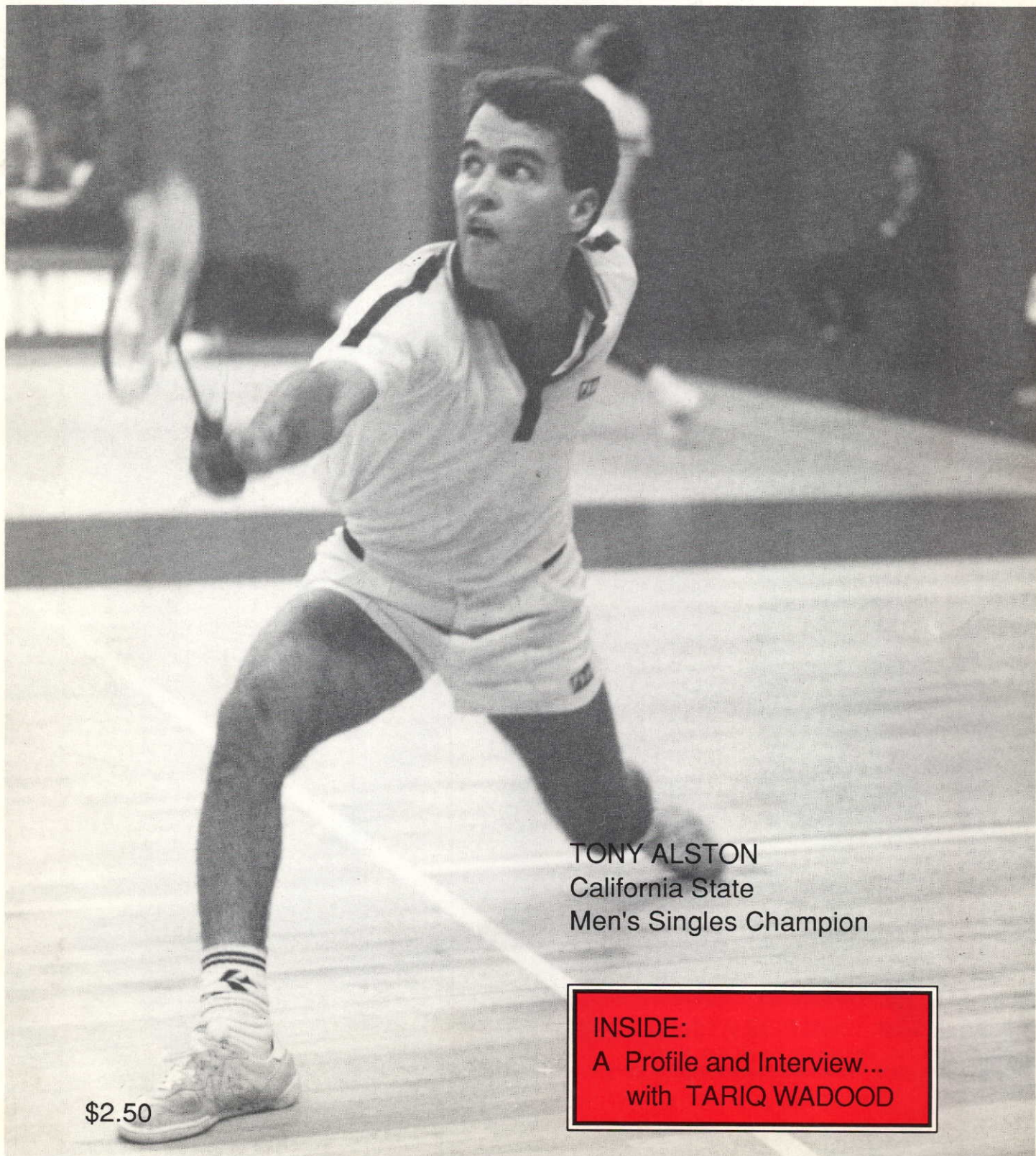


# The BADMINTON Magazine

VOL. 2, NO. 2

JUN 1987



TONY ALSTON  
California State  
Men's Singles Champion

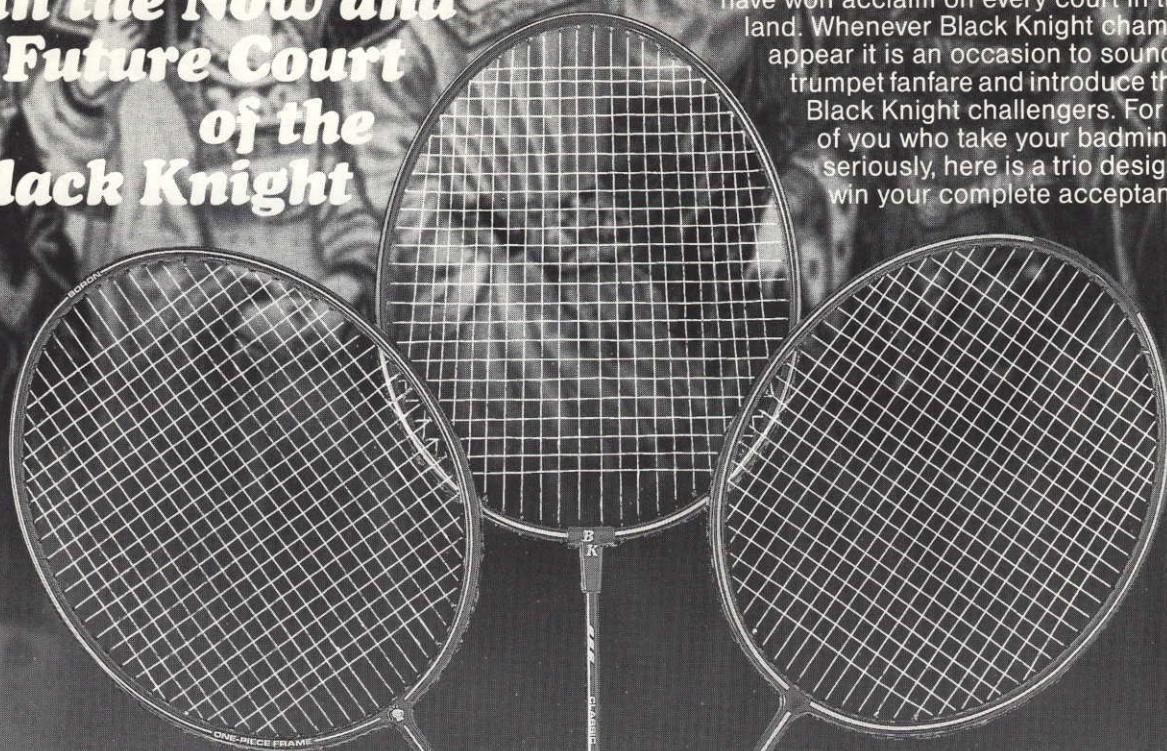
INSIDE:  
A Profile and Interview...  
with TARIQ WADOOD

\$2.50



# The Champions in the Now and Future Court of the Black Knight

From the beginning Black Knight's champions have won acclaim on every court in the land. Whenever Black Knight champions appear it is an occasion to sound a trumpet fanfare and introduce the new Black Knight challengers. For those of you who take your badminton seriously, here is a trio designed to win your complete acceptance.



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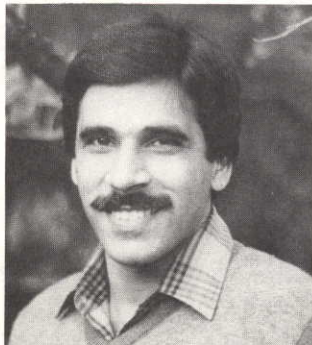
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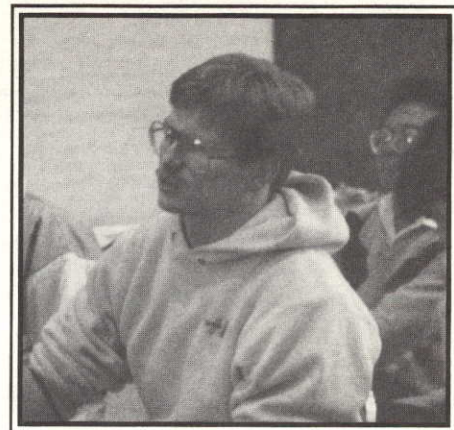
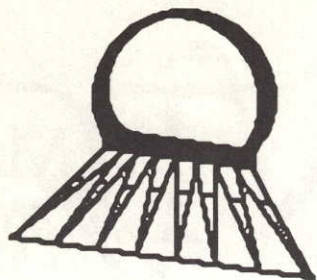
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## EDITOR'S LETTER...

Guy Chadwick

THE BADMINTON MAGAZINE is changing its emphasis.

There is no denying the importance of the new Olympic status for badminton. It has already produced funding at several levels, and helped to attract major corporate sponsorships. But, it has also made evident some of the weaknesses in the current U.S. system for developing badminton.

One of the serious needs in this Olympic movement is in the area of easily accessible professional

instruction. THE BADMINTON MAGAZINE, with the generous support of the staff of HL CORPORATION, has the unique capacity to provide for this need.

The TEAM HL staff features national and international calibre players and coaches. They have offered their services by providing THE BADMINTON MAGAZINE with detailed instructional articles and coaching tips, outlines for on-court and off-court drills, and many other important suggestions for player and coach development.

Our major readership is high school and college coaches and players. We hope to make this a better magazine for you, while maintaining our appeal for the tournament echelon.

The growth and improvement of badminton in the United States depends on the education and expansion of our youth. THE BADMINTON MAGAZINE has made a commitment to provide easily accessible quality instruction for all of you with this same important interest.

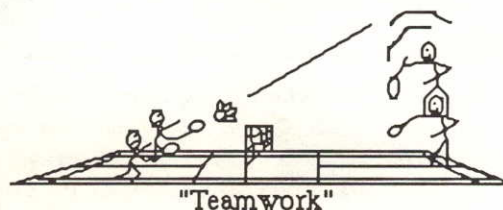
### ATTENTION COACHES

If you are a school or club badminton coach, athletic director or administrator do not hesitate to contact HL CORPORATION for guidance concerning badminton coaching and badminton equipment. The HL staff is committed to the development of badminton everywhere in the United States. You can reach the HL staff by calling (213) 546-3652 or by corresponding to:

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# U.S. CHAMPION TARIQ WADOOD

## --- A Player Profile ---

---

**The story of our new United States National Men's Singles Champion Tariq Wadood is one of remarkable achievement brought on by opportunity and hard work. The TEAM HL player and former Pakistani Champion's experiences in badminton are the epitome of amateur and professional athletics.**

Tariq was born December 27th, 1956 in Lahore, Pakistan. The youngest of five children and the only son, he and his family moved to the city of Islamabad when Tariq was four years of age.

Tariq played field hockey in his younger years and showed real promise as an Olympic hopeful. Pakistan has won three Olympic gold medals. It was not until Tariq was fourteen that he was introduced to badminton.

For the nominal fee of one cent per month, Tariq played at the local badminton club. He was coached three days per week for two hours at a time, and three more days per week he practiced unsupervised with other young players.

In addition to the court time, his training regimen included running six mornings per week and watching the more advanced adult players for thirty minutes every day.

When Tariq was fifteen his family moved ten miles away and he joined a new club. He picked up field hockey again, and although he practiced badminton only three days per week, Tariq was selected to play on Pakistan's junior team that was to travel in China. Tariq called it a "lucky break." How modest!

Tariq toured China with his teammates and played many matches in ten different cities. He gained a lot of experience and was so inspired he gave up field hockey altogether in order to concentrate on his promising badminton career.

Tariq attended an all-sports camp for six months of training under a Chinese coach. He was then selected to play in the Asian Games which gave him one more round of experience.

In 1975, at the age of eighteen, Tariq won his first national doubles title. Thereafter, he would never lose a doubles championship in Pakistan. His first singles title came in 1977, and similarly, he would not lose again!

Tariq did not compete in the 1980 Championships due to a conflict with his college finals when he successfully completed his Bachelor Degree in Engineering. But he came back full force in

1981 to recapture his singles and doubles titles.

As a reward for his outstanding national accomplishments, Tariq was able to represent Pakistan in the Thomas Cup competitions and in tournaments around the world. He has been to such places as Afghanistan, India, Iran, China, Russia, Thailand, Hong Kong, Malaysia, Denmark, Portugal, Germany, Sweden, England, France, and the U.S.A.

Although it is the dream of many people to travel as he has, Tariq found life on the road somewhat miserable at times. He "never got to see much" of the exciting cities in which he stayed. He always had to leave the cities or countries immediately after the tournaments.

All of Tariq's training and traveling were funded by Pakistan's National Badminton Association and Olympic Committee. The national training camps received a lot of money from the government for the players' room, board and training, so that the athletes could train more without having to work full-time.

After the 1985 season, Tariq had earned ten doubles and eight singles Pakistani national titles and countless team and regional tournament titles. He was married to his wife Atia on November



## U.S. SINGLES CHAMPION TARIQ WADOOD

15th, 1985.

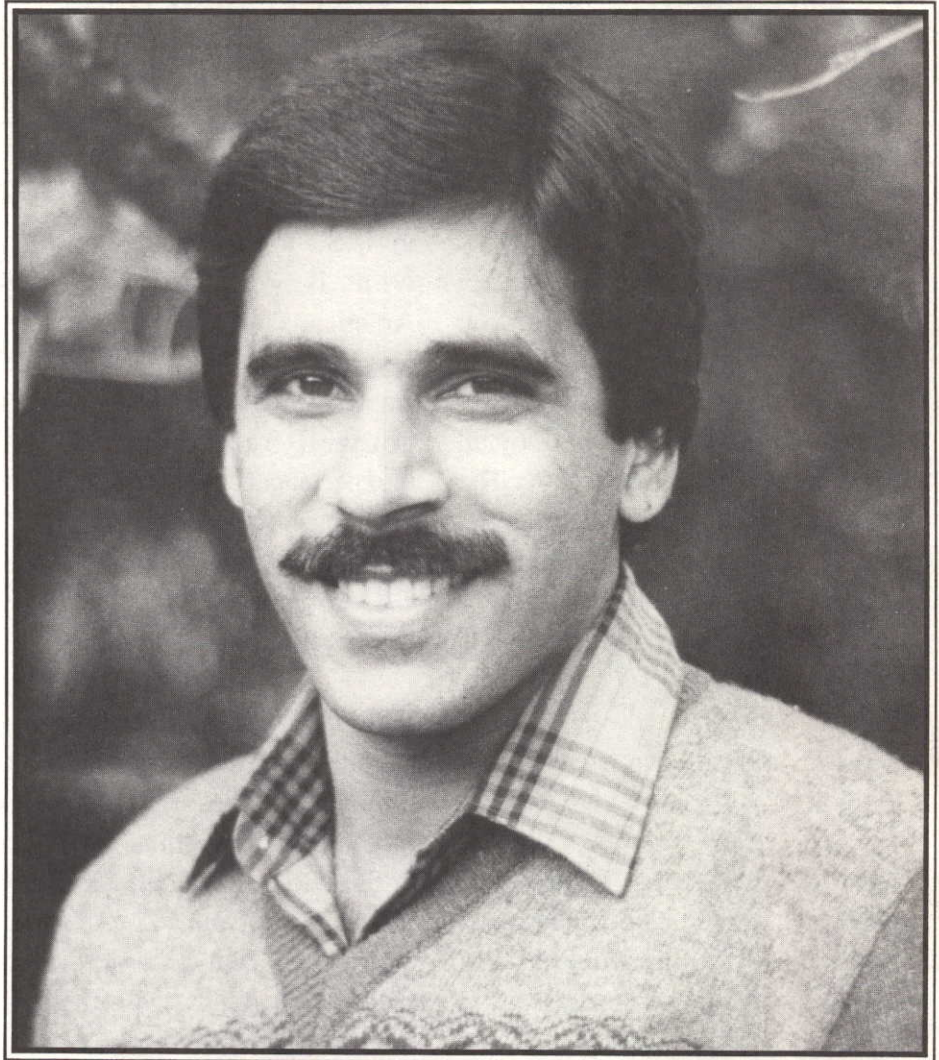
Tariq came to the United States two months later with the intention of coaching badminton and earning his Masters Degree in Mechanical Engineering.

Since early 1986, Tariq has been doing just that while residing in Los Angeles. He coaches at the Manhattan Beach Badminton Club and attends California State University at Northridge.

During the 1986-87 season in the United States, Tariq suffered an achilles injury that slowed him down. Yet, Tariq accumulated an impressive number of U.S. tournament wins.

In singles, he dominated nearly every opponent and captured five major tournament titles without losing a game. His only two losses occurred when his injury was at its worst and came at the hands of his toughest opponent, defending U.S. Champion Chris Jogis. Tariq soundly beat Jogis on four other occasions, crowned by the U.S. National Men's Singles Championship.

In men's doubles, Tariq shared his talents, and won 7 major tournaments with three different partners, Guy Chadwick, Dennis Metz, and Yao Ximing. Tariq and Yao's U.S. Open Doubles Title in November 1986 was the season's most impressive achievement for American badminton.



### ---THE INTERVIEW---

**TBM:** How were you ranked in the world then?

**Tariq:** There weren't international rankings back in 1979, but in 1982 I was ranked #12 in singles.

**TBM:** What was your greatest accomplishment in international play?

**Tariq:** My best result was to reach the final of men's singles in the 1979 World Championships in Hangchow, China. I consider this my greatest accomplishment in badminton.

**TBM:** Pakistanis idolize great badminton players like Americans do basketball and baseball players. What was it like, being such a celebrity?

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CONTINUED ON THE NEXT PAGE...

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**Tariq:** Everyone knows who you are when you're in public. I received many endorsement offers and advertising jobs from airline companies, banks, and the electric company.

**T B M:** When you say "endorsements," you mean money. What sponsors paid you the most?

**Tariq:** I was paid very well by all the companies I represented. The banks paid the best, but I am not at liberty to disclose the amounts. I also did T.V. commercials for a softdrink company and for a shoe company.

**T B M:** Did you enjoy the publicity?

**Tariq:** Not at all. Whenever I went out in public, people would watch me. I felt I couldn't relax. I had to be at my public best at all times.

**T B M:** If you wanted to get into government, would your fame give you an advantage over other candidates, as it has for Clint Eastwood and Ronald Reagan in the U.S.?

**Tariq:** Yes. Our government officials are elected by public vote just as they are in the U.S. Because people know my name, I would have a good chance of being elected to public office. A former teammate of mine is now a Member of a State Assembly.

**T B M:** Now that you have played

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"...American players are not well-trained and they are inexperienced. The talent is there, but it hasn't been developed."

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in U.S. tournaments for a year, what is your opinion of the American calibre of play?

**Tariq:** The American players are not well-trained, and they are inexperienced. The talent is there, but it hasn't been developed.

**T B M:** How do you propose we develop our players?

**Tariq:** You need to get more people interested in badminton. Something like a "media-hype" might do it. One thing I've noticed in the U.S. is that the media will create an idol out of a successful athlete with the "American" look. Once this happens, everything will fall into place.

**T B M:** What is the next step that must be taken, once we have national interest?

**Tariq:** Well, you must provide regional training camps for junior players with qualified coaches and proper court facilities. There should be some kind of fitness activity in the early mornings for about two hours. This includes running and footwork exercises. In the afternoon there should be shot practicing, drills, and play.

**T B M:** Why can't juniors practice on their own, with their own

methods and schedules?

**Tariq:** Players need to train together at least twice-a-day, six days per week, both physically and tactically. In Pakistan, all the players in the camp lived in a dormitory, and the doubles teams roomed together so that they would know what each other was thinking, as brothers do. We ate together and trained together, but there was very little free time. We had only Saturday night and Sunday free from practice.

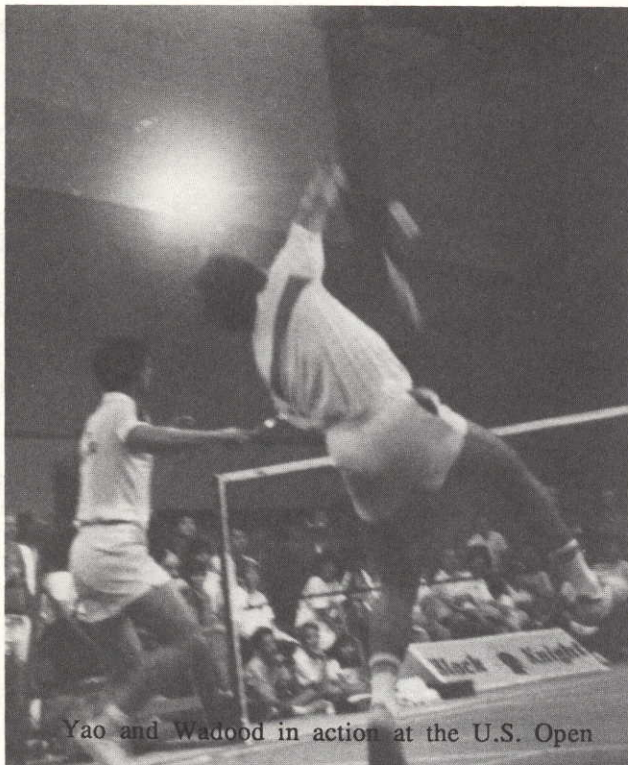
**T B M:** How can families afford to provide this coaching for their kids?

**Tariq:** As in the Asian countries, the U.S. must fund these camps through the Olympic Committee and the national badminton association.

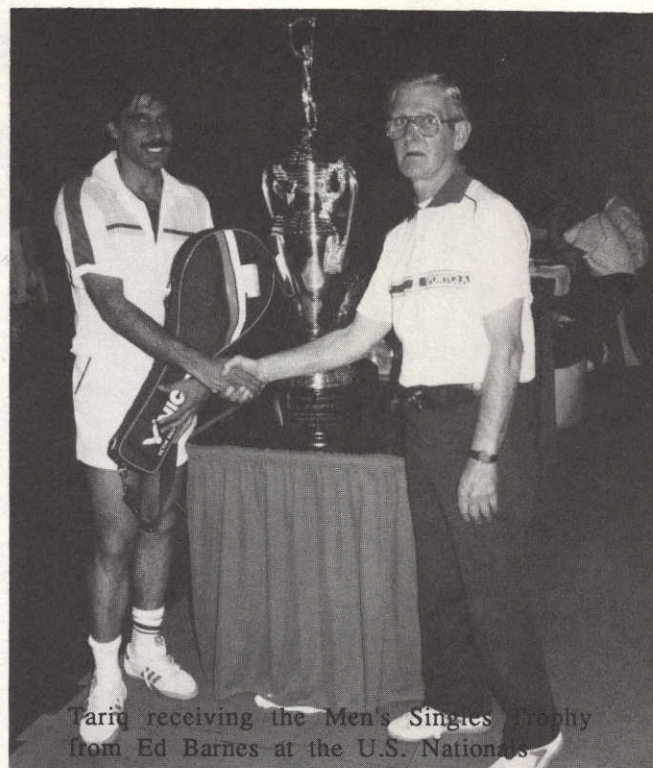
**T B M:** How would the coaches select an American team for an international event if the players are spread out in regional training camps?

**Tariq:** Through tournament results and the observation by the regional coaches. A few players from each camp would be sent to the National Training Camp a few weeks prior to an event. From that select group, a National Selection





Yao and Wadood in action at the U.S. Open



Tariq receiving the Men's Singles Trophy from Ed Barnes at the U.S. Nationals

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"Training camps make people good athletes. Almost anyone can become a good badminton player if put through the tough drills and exercises of a training camp."

---

Committee might choose the official team from observation or from a head-to-head team trial.

**TBM:** We can see that this type of program will take some time to establish. What do you suggest we do in the meantime?

**Tariq:** The top players must go out of the country and play internationally. The experience would be a test if the training has been effective, and it would give the players perspective and goals.

**TBM:** Here in the U.S., many of our best athletes go into the

"money" sports, such as tennis, golf, football, and baseball. Sports like badminton get the leftovers. How can we attract these superior athletes?

**Tariq:** Training camps make people good athletes. Almost anyone can become a good badminton player if put through the tough drills and exercises of a training camp.

**TBM:** It was recently stated by the Executive Director of the USBA that our American team would be "the best in the world in five years." Do you think that's overly

optimistic?

**Tariq:** Definitely. The American players cannot set goals with neither a development program nor a plan to improve. If they were to start a program now, nine or ten years to the top would be optimistic, but not unreasonable.

**TBM:** The Badminton Magazine would like to thank you for your suggestions and for the example you set as a player. What are your plans for the future?

**Tariq:** I've made good friends so I would like to stay here to continue my studies and do the best I can to help badminton improve in the United States.







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## A FOOTWORK COACHING TIP

The exciting Chinese badminton style of play is famous for its explosive jump smashes and lightening-quick court coverage. It is a style of play that demands a tremendous amount of conditioning and specialized training. Yet, even for the beginning and intermediate player

the Chinese style offers key coaching tips to rapidly improve your game.

TEAM HL player/coach Yao Ximing, former World Champion Doubles Player and Chinese Thomas Cup Champion team member, says:



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**"THE KEY TO SPEED ON THE COURT IS AN EXPLOSIVE FIRST STEP"**

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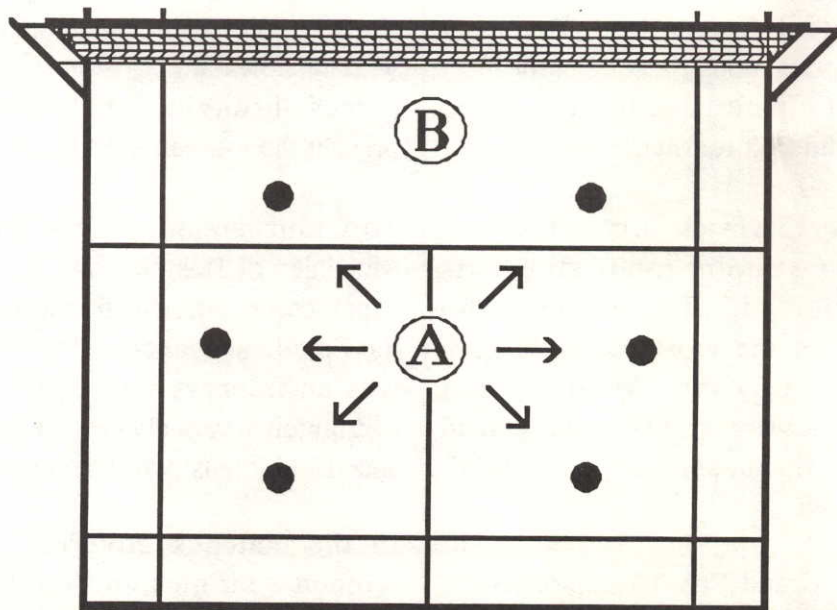
### A DRILL

There are many ways to practice this quickness. One way is to take turns with a training partner in directing each other through the following timed 30 - 45 second drill (see diagram to the right).

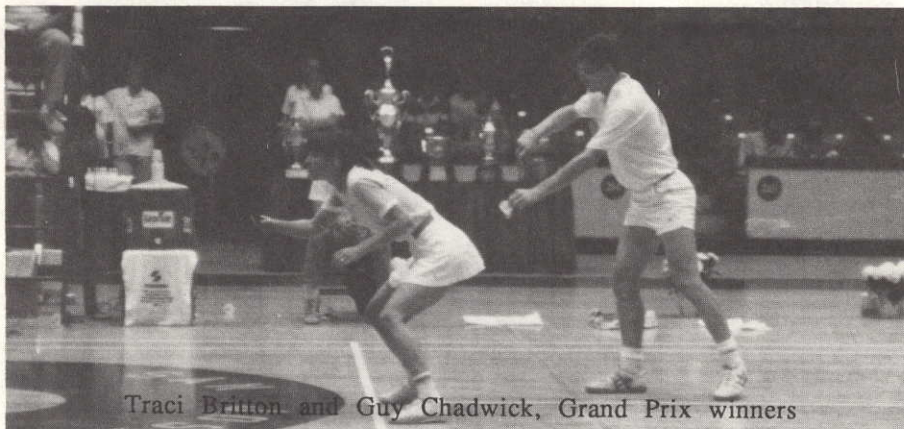
- 1) Get set in the center of the court at position "A" in the diagram.
- 2) Your partner, while standing at position "B", points to a location on the court indicated by the dots.
- 3) Take one "explosive" step in that direction (as indicated by the arrows), by pushing off hard with the leg that is opposite the direction you intend to go.
- 4) Quickly return to the center.

Repeat steps 1-4 for 30-45 secs.

### FOOTWORK DRILL DIAGRAM







Traci Britton and Guy Chadwick, Grand Prix winners

## CA. GRAND PRIX CHAMPIONS

The California Grand Prix is a series of five open tournaments in which participants earn cumulative points toward prize money for reaching the quarterfinals, semifinals, and finals. To qualify for prize money a competitor must participate in at least 3 of the Grand Prix tournaments.

Guy Chadwick accumulated the highest point total, all events combined. The players who totalled the most points in each event over the five-tournament series were crowned the Grand Prix Champions for the '86-'87 season.

The Grand Prix Champions were Tariq Wadood and Linda Safarik in the singles, Wadood and Dennis Metz in the men's doubles, Traci Britton and Safarik in the ladies' doubles, and Chadwick and Britton in the mixed doubles.

## T.V. COVERAGE IN NEW ENGLAND

The New England Open gained television coverage by the hard work of the tournament committee with the help of corporate sponsor NEC. The six New England states' top sports cable station, which shows the Boston Celtics games, brought their staff to present the tournament's finals.

Top tournament player Dick McKinley of Boston provided the expert color commentation to assist the Celtic's announcer. The result was an impressive display of badminton accurately capturing the speed and intensity of the game.

In the matches covered, the women's singles and doubles provided the only drama for the true badminton spectator. But regardless, the event showed how well the sport of badminton could be captured on television before more than half a million viewers.

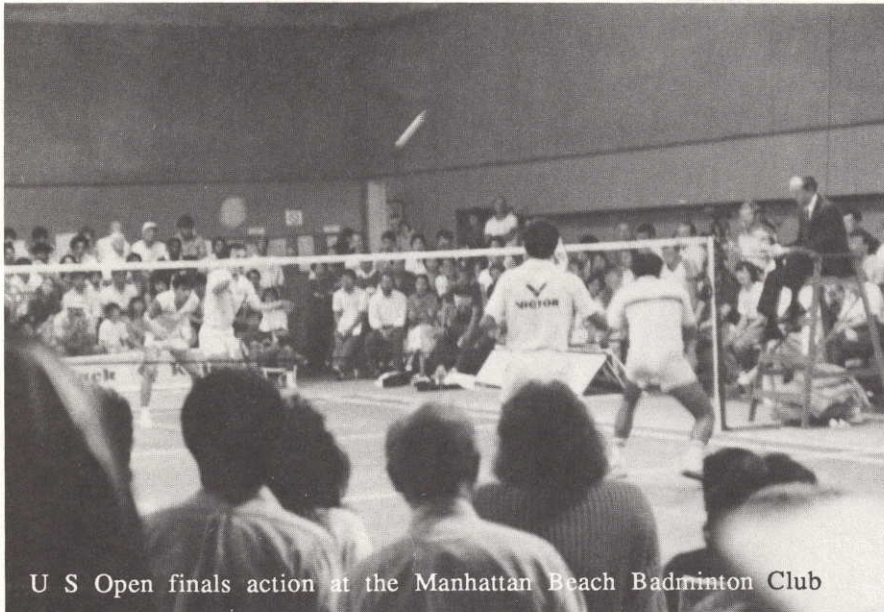
## U.S. OPEN TITLE TO WADOOD, YAO

The U.S. Open took place November 13-16, 1986 in Manhattan Beach, California. True to U.S. Open tradition, the tournament brought an exciting mix of international talent to the U.S. Competitors represented Japan, Korea, Canada, Peru, Mexico, Sweden, Finland, and the U.S.A.

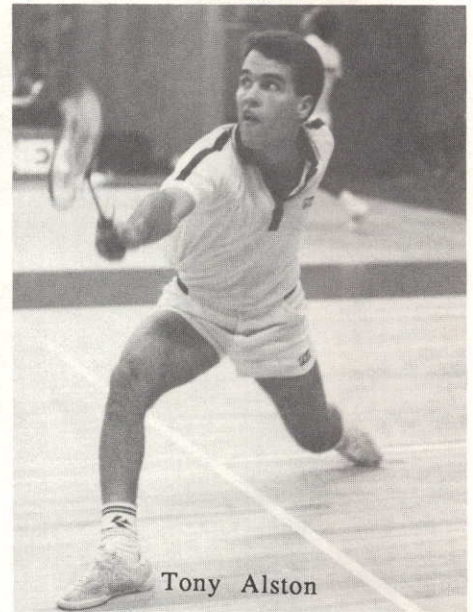
The women's events were dominated by the Japanese and the Canadians. The women's singles final featured Denyse Julien of Canada and Hisako Mori of Japan in a lengthy three-game match in which the quick-footed Hisako simply "ran out of gas." The women's doubles final went true-to-form with Julien and Joanne Falardeau of Canada soundly defeating the Japanese team of Fushiki and Nakajima.

In men's singles Americans made a showing with Tony Alston, Ximing Yao, Chris Jogis, and Tariq Wadood all reaching the quarterfinals. Alston eeked out the most exciting singles match of the tournament against Korean Ki-Sun 17-16 in the third game. At 16-all, each player survived several match-points until Alston at last captured the final rally. Chris Jogis outlasted Yao to become the only American semifinalist.





U S Open finals action at the Manhattan Beach Badminton Club



Tony Alston

The eventual Champion Han-Kuk was impressive for his court coverage, conditioning and consistency. He easily handled in succession Alston, Jogis, and in the finals, defending Champion Mike Butler of Canada.

In the men's doubles there were many exciting matches and upsets. A Peruvian team upset the top seed Korean team. An unseeded Japanese team gave an all out effort to upset the 2nd seed Korean and 3rd seed Canadian teams.

Meanwhile, Americans Wadood and Yao breezed through their opponents, ultimately to whip the Japanese spoilers in the final 15-4, 15-10. With Wadood's relentless power and control, and Yao's unbelievably quick racket and net play, the spectators were treated to truly outstanding badminton.

## U.S. NATIONAL CHAMPIONSHIPS

The 1987 U.S. Nationals, held March 31 through April 4, 1987 in Sunnyvale, California, reflected the highest caliber of play in many years. The rise to the Olympics and the influx of international talent have given the U.S. players incentive to better their games.

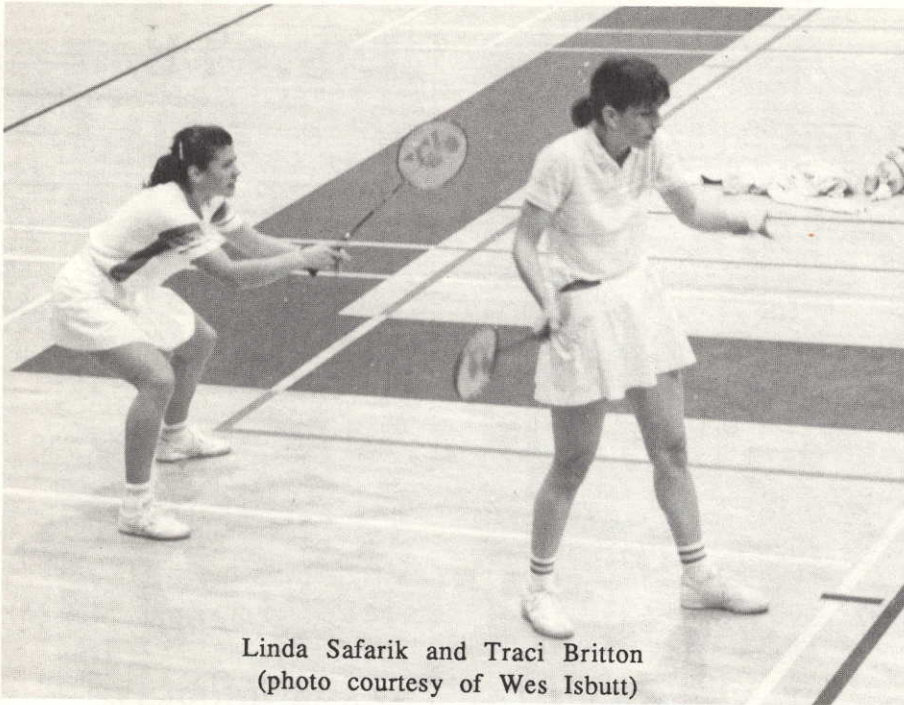
The men's singles progressed much as expected. In one of the tougher matches Tony Alston avenged his earlier season loss to Benny Lee and won 11-15, 15-9, 15-12 to advance to the semi's. Third seeded Ximing Yao survived the upset bid of the tournament and squeaked by Sanjay Malde 15-1, 11-15, 18-13. Yao was losing 13-5 in the third before he pulled himself together. Tariq Wadood and Chris Jogis advanced routinely to the semifinals where they each

scored sound victories over Yao and Alston, respectively.

In the final, Jogis attempted a new, more conservative game plan after he had suffered bad losses to Wadood in his previous two outings. Although the plan kept the scores closer, Jogis still fell in two games to the faster, and more consistent Wadood 15-9, 15-13.

The women's singles had two upsets. Unseeded Claire Frank defeated 4th seed Meiling Okuno 11-3, 11-6 in the quarterfinals, only to lose to Linda Safarik (1st seed) 11-6, 12-11. The other half of the draw featured defending Champion Nina Lolk versus 2nd seed Joy Kitzmiller. Kitzmiller edged Lolk in an exhausting battle 11-12, 11-7, 12-11.





Linda Safarik and Traci Britton  
(photo courtesy of Wes Isbutt)

## U.S. NATIONALS continued...

In the final match-up, Kitzmiller gained her first National adult title by surviving a match of nerves against Safarik 11-4, 4-11, 11-6.

The men's doubles had no upsets until the final. Guy Chadwick and Solaiman Jonatan, Wadood and Yao, Jogis and Lee, and Mike Walker and Martin French all advanced smoothly to the semifinals. The semifinals provided real doubles excitement but the expected results.

The biggest surprise of the tournament came with the defeat of Wadood and Yao to Jogis and Lee in the final. Jogis and Lee played superbly and Yao was off his game, especially at the end of the first and third games.

In the women's doubles, 1986 Champions Lolk and Linda French successfully defended their title. Finalists Kitzmiller and Mary Fran Hughes earned their berth by defeating the #1 team of Safarik and Traci Britton in a semifinal thriller 8-15, 18-14, 17-15.

The mixed doubles introduced many new pairings to the competitions. Bruce and Monica Pontow surprised top-seeded Walker and Ann French 8-15, 15-6, 17-16 in the quarterfinals. Third seed Jogis and Linda French beat the Pontows and then defeated 2nd seeded Chadwick and Britton 15-7, 18-16 to capture the mixed doubles title.

## KEVIN HUSSEY HONORED

Kevin Hussey, the top men's singles player of the Midwestern U.S., was the distinguished recipient of the Ken Davidson perpetual trophy. Hussey is an avid contributor to the promotion of badminton in the Midwest as a coach and administrator of the Midwest Badminton Association. His gentlemanly manner on and off the court made Kevin the obvious choice for this year's most prestigious honor.

## HUSSEY, PONTOWS CAPTURE MID-WEST CHAMPIONSHIPS

Kevin Hussey claimed the men's singles title of the Midwest Championships, confirming his status as the best in the Mid-West. Hussey teamed with former National Champion Bruce Pontow to win the men's doubles as well.

Bruce's wife, Monica, won the women's singles and doubles, with Nadine Stocking, at the Midwest Championships.

Successful separately, Bruce and Monica Pontow were doubly powerful in the mixed doubles, winning all Midwestern tournaments in which they competed.



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# HEADLINES

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## SPORTS

PAGE 2

### JUNIOR NATIONALS

The 1987 U.S. Junior National Badminton Championships took place in Boston, Mass. on April 14-17, 1987. This year there were many multiple titleists throughout the different age groups. Both Paul McAdam and Tracy Hudson had the unusual distinction of being "triple-crown" winners of the 18 and under category. The finalists are listed below.

#### Boys' Singles --18 AGE GROUP

- 1) Paul McAdam
- 2) Bin Lam

#### Girls' Singles

- 1) Tracy Hudson
- 2) Julie Stephan

#### Boys' Doubles

- 1) McAdam/Mark Iwanicki
- 2) Dzung Duc Dang/Joseph Lee

#### Girls' Doubles

- 1) Hudson/Stephan
- 2) Denise Gudmundson/Dawn O'Campo

#### Mixed Doubles

- 1) McAdam/Hudson
- 2) Iwanicki/Stephan

#### Boys' Singles

--15 AGE GROUP

- 1) Hal Lydon
- 2) Nipan Khurana

#### Girls' Singles

- 1) Christiane Armendarez
- 2) Angela Armendarez

#### Boys' Doubles

- 1) Pete Peterson/Tom Fisher
- 2) Greg Sharfield/Tony Manha

#### Girls' Doubles

- 1) Armendarez sisters
- 2) Allison Romeo/Susie Lahey

#### Mixed Doubles

- 1) Lydon/Lahey
- 2) Khurana/Jennifer Cross

#### Boys' Singles

--13 AGE GROUP

- 1) Jon Gargiullo
- 2) Pat Murphy

#### Girls' Singles

- 1) Kathy Zimmerman
- 2) Kristen Johnson

#### Boys' Doubles

- 1) Gargiullo/Troy Wachter
- 2) Rich Brennen/Martin Reznek

#### Girls' Doubles

- 1) Tara MacNamara/Amy Romeo
- 2) Johnson/Anuja Marathy

#### Mixed Doubles

- 1) Murphy/Zimmerman
- 2) Wachter/Johnson

## U.S. TEAM TO CHINA

In the most exciting development in many years, the U.S. Olympic Committee has provided funds to send a U.S. National team to the World Championships May 18-24, 1987 in Beijing, China.

An 8-woman and 8-man team was selected by the national coaches and a selection committee.

The women: Traci Britton, Ann French, Linda French, Mary Fran Hughes, Joy Kitzmiller, Nina Lolk, Meiling Okuno, and Linda Safarik.

The men: Tony Alston, Peter Baum, Guy Chadwick, Martin French, Kevin Hussey, Chris Jogis, Benny Lee, and Mike Walker.



Joy Kitzmiller is a new Reporter and Assistant Editor for THE BADMINTON MAGAZINE.

Joy is the current U.S. National Singles Champion and has gained extensive badminton experience nationally and internationally during her young career.

Joy recently graduated from Stanford University with a B.S. in Mathematics--how appropriate?--and she currently resides in her hometown of Manhattan Beach, California.

Joy is a welcome addition to the TBM staff.



**LONG RALLIES? STATS TELL THE STORY**

by GUY CHADWICK

I have heard rumors about the "typical" 30-40 shot rallies that occur in international singles competition. During my recent trip (see story next page) I decided to record statistics on rally length for the more notable matches at the Taipei Open and Japan Open.

I recorded the Taipei Open's Ladies Singles Semi-final and Men's Singles Final, and the Japan Open's Men's Singles Semi-final and Men's Singles Final.

These matches did indeed impress me as grueling physical encounters (particularly the Jianhua-Guobua match-up). However, the stats revealed shorter rallies and fewer "long" rallies than I expected.

Amazingly, out of 485 total rallies, there were only 19 rallies over 20 shots long. The Jianhua-Guobua match produced the only 30+ shot rallies (5), the longest were 48 and 44 shots. There was an average 7.5 shots per rally overall. About half (46.8%) of the rallies were only between 1 and 5 shots long.

I must mention that these tournaments are the first for the international badminton "season." The players train to peak for the end of the season, thus it is possible that harder fought matches with longer rallies may occur later in the year. Also, when two "patient-style" players run head-to-head the rallies may be considerably longer.

Regardless, these stats may provide an close idea of what to expect and what to train for at the higher levels of badminton.

**PLAYER MATCH-UP**



**RALLY LENGTH TOTALS**  
**SHOTS/RALLY CATEGORIES**

(GAME SCORES)

	GAME #	MINUTES PLAYED	TOTAL SHOTS	NUMBER OF RALLIES	SHOTS PER RALLY
KIRSTEN LARSEN (DENMARK) DEF. HELEN TROKE (ENGLAND) (11-4, 5-11, 11-1)	1	8	195	29	6.72
	2	10	291	43	6.77
	3	7	158	27	5.85
	TOTAL	25	644	99	6.50

1-5 shots	6-10 shots	11-20 shots	21-30 shots	31+ shots
14	10	4	1	0
24	11	6	2	0
12	13	2	0	0
50	34	12	3	0

MISBUN SIDEK (MALAYSIA) DEF. PARK JOO BONG (KOREA) (5-15, 15-9, 15-3)	1	11	254	39	6.51
	2	14	287	41	7.00
	3	10	218	32	6.81
	TOTAL	35	759	112	6.78

14	19	6	0	0
22	12	5	2	0
16	9	7	0	0
52	40	18	2	0

ZHAO JIANHUA (CHINA) DEF. MORTEN FROST (DENMARK) (15-8, 15-11)	1	12	290	39	7.44
	2	17	390	50	7.80
	TOTAL	29	680	89	7.64

16	15	7	1	0
25	14	10	1	0
41	29	17	2	0

XIONG GUOBUA (CHINA) DEF. ZHAO JIANHUA (CHINA) (12-15, 15-13, 15-10)	1	23	543	59	9.20
	2	19	461	61	7.56
	3	23	555	65	8.54
	TOTAL	65	1559	185	8.43

28	11	15	3	2
27	20	11	3	0
29	21	11	1	3
84	52	37	7	5



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# HEADLINES

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# SPORTS

## PAGE 3

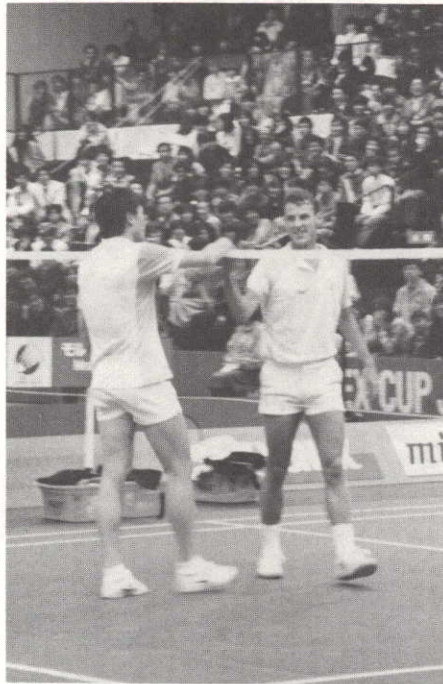
## ACTION IN THE ORIENT

Guy Chadwick, Chris Jogis, and Dean Schoppe traveled to the Orient in January for the Taipei Master's Badminton Open. Chadwick and Jogis continued on to the Japan Open in Osaka. The competition was outstanding as top world-class players vied for thousands of dollars in prize money.

Highlights at the Taipei Open included a singles title by the smooth Misbun Sidek of Malaysia and the dominating play by the doubles team of Liem Swie King and Eddy Hartono of Indonesia. King proved he is still one of the most exciting players of this decade with his tremendous jump smash and overall court quickness. King and Hartono went on to win big in Japan as well.

The tall, lanky Danish girl, Kirsten Larsen, was also impressive for her all out effort. She seemed to play each rally as if it was the last she would ever play.

A full team from China also greatly strengthened the draw at the Japan Open. They demonstrated why they are currently the world's best. Chinese players took the men's singles, ladies' singles, and the women's doubles titles.



Zhao Jianhua of China is congratulated by All England Champion Morten Frost Hansen of Denmark at the Japan Open. Jianhua won 15-8, 15-11.  
(photo courtesy of Neil Koyanagi)

## SUMMER TRIP TO NEW ZEALAND

This summer, a group of ten players (five men and five women) will tour New Zealand for three to four weeks. They will play ties against the national team and various county teams, and also have the opportunity to compete in the Auckland Invitational and the Southland Open in Invercargill.

Those going will be the top players from those with the time and the money to go. Tours like this one are organized periodically and are great sources of badminton experience.

## ALL ENGLANDS

The most prestigious tournament in the world-- the 1987 All England Open was dominated by Denmark, China, Korea, Indonesia, and Sweden-- consistent leaders in recent badminton history.

The United States had five representatives at the tournament, but none of them advanced past the first round. Chris Jogis, however, did perform well against #2 seed Icuk Sugiarto in losing 15-7, 17-16. The results were:

### Men's Singles:

Morten Frost (Denmark) def.  
Icuk Sugiarto (Indonesia)  
15-10, 15-0

### Women's Singles:

Kirsten Larsen (Denmark) def.  
Quian Ping (China)  
9-7, default

### Men's Doubles:

Yongbo/Bingyi (China) def.  
Ertanto/Heryanto (Indonesia)  
15-9, 15-8

### Women's Doubles:

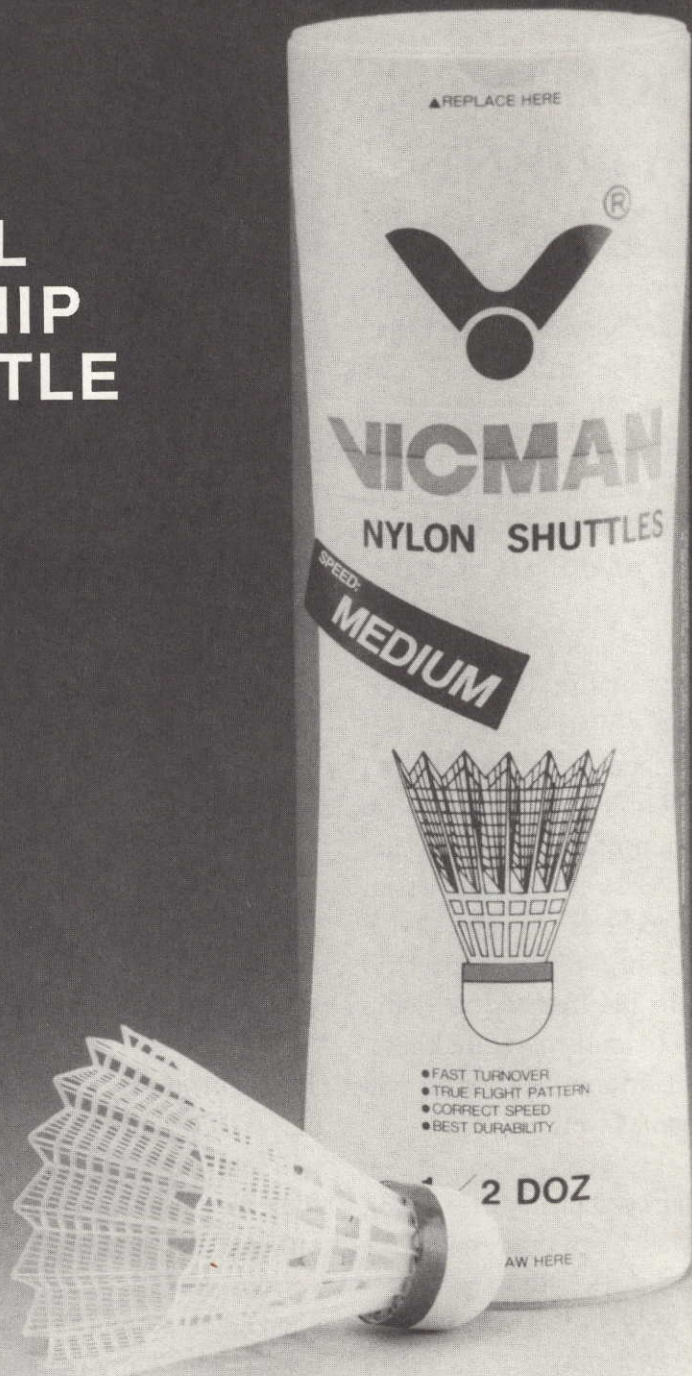
Chung/Hwang (Korea) def.  
Weizhen/Ying (China)  
15-6, 8-15, 15-11

### Mixed Doubles:

Lee/Chung (Korea) def.  
Magnusson/Antonsson (Sweden)  
15-5, 14-18, 15-8



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# WEIGHT TRAINING FOR BADMINTON

by RICH WENNER

Rich Wenner received his Bachelor of Science Degree and is currently working in the graduate program at Arizona State University. He has been employed as an Assistant Strength and Conditioning Coach at A.S.U. where he lead the 1986 Collegiate National Badminton Champions through their supplementary conditioning program.

As a competitive powerlifter Rich has won six national championships, setting many American and National records.

As all competitive badminton players are aware, a match is very physically demanding. In order for a player to excel in this demanding sport, not only good playing skills are needed, but also muscular strength, speed, and endurance.

To enhance playing skills, athletes partake in practice sessions consisting of drills and practice games. However, an alternative regimen is needed to develop the muscular strength, speed, and endurance required for top level play. This supplementary conditioning is a strength training program.

There are several factors demonstrating the need for

strength among badminton athletes. First, a strong badminton player will be able to deliver a more forceful blow, causing the shuttle to move at a higher velocity.

Secondly, a strong player will better endure the onset of fatigue of a strenuous match. The player will better maintain correct posture throughout the match, enabling proper technique to be used to its fullest extent.

Lastly, a high level of muscular endurance will be obtained, allowing the athlete to continue performing the forceful strokes needed to outplay the opponent.

Before beginning to strength train the athlete must establish a yearly strength training cycle. The dates of upcoming competitions for the year must be known. The training program must then be scheduled around these dates. An example of a yearly strength training routine for a badminton player is represented in table #A.

This yearly lifting cycle is initiated with a transitional workout, the objective being to familiarize the athlete with weight training. It is also very beneficial to establish proper technique on all exercises at this time.

This workout is performed three times per week for six weeks. Two sets of ten repetitions are performed on each exercise, (using a light weight). The type of exercises used are basic weight training exercises.

Listed below is an example of a transitional weight training program:

<u>EXERCISE</u>	<u>SETS x REPS</u>
Bench Press	2 x 10
Alternate Military Press	2 x 10
Leg Press	2 x 10
Lat Pulldowns	2 x 10
Leg Extensions	2 x 10
Leg Curls	2 x 10
Hyperextension	2 x 10
Calf Raise	2 x 10
Abdominal Crunches	2 x 20

continued on the next page...

TABLE #A: YEARLY CYCLE DESIGN

<u>MONTHS</u>	<u>CYCLE</u>	<u>TIME OF SEASON</u>
April-May	Transitional	Off-season
Mid May-Mid July	Base	Off-season
Mid July-September	Strength	Off-season/Practice
September-November	Power	Practice/Tournaments
November -Mid January	Endurance	Tournament/In-season
Mid January-Mid March	In-season	In-season/Nationals
Mid March-April	Off	Off-season



## WEIGHT TRAINING continued...

...continued from page 19

Next is the base phase. This cycle is used during the off season to establish a base upon which strength and power may be built.

This workout is performed three times per week, lasting six to eight weeks. Three to four sets of ten repetitions of a moderate weight are performed on all exercises. Perform two exercises for each bodypart.

These exercises are performed in a "super set" fashion, (i.e. the bench press and dumbbell fly are chosen as exercises for the chest). The first set of bench presses are performed, immediately followed by the first set of dumbbell flies. A rest is taken, then the same pattern is repeated. This procedure is known as a super set.

An example of a Base Phase Workout Program is as follows:

<u>EXERCISE</u>	<u>SETS x REPS</u>
Bench Press	4 x 10
Incline Dumbbell Flies	3 x 10
Military Press	3 x 10
Dumbbell Lateral Raise	3 x 10
Lat Pulldown	3 x 10
Barbell Pullover	3 x 10
Leg Press	4 x 10
Leg Extension	3 x 10
Leg Curls	3 x 10
Tricep Extension	3 x 10
Barbell Curls	3 x 10
Twisting Abdm'l Crunches	3 x 20
Hyperextension	3 x 10

The third cycle in the yearly scheme is the strength cycle. The strength cycle is developed with the intent to produce maximum strength gains in the athlete.

A basic definition of strength is the ability to move a minimal weight through a designated range of motion. The velocity of the movement is not considered when discussing strength.

The formula for Work to describe strength is as follows: Work = Force x Distance. Replacing Work (W), with Strength (S), the formula reads  $S = F \times D$ .

If two people with a two foot arm length are performing the bench press and the first person bench presses 200 lbs., his strength rating is 400. The second person bench presses 210 lbs., his strength rating is 420. Therefore, the second person is stronger than the first person.

Basic weight training exercises are employed in the strength cycle. Several power-oriented exercises are also introduced in this phase to prepare the athlete for the following power phase.

An example of a power-oriented exercise would be a power clean. This workout is performed three times per week for six to eight weeks. Two to four sets of five to ten repetitions or a moderate to

heavy weight are used. Perform one to two exercises per body part.

Listed below is an example of a Strength Phase Program:

<u>EXERCISE</u>	<u>SETS x REPS</u>
Bench Press	1x10, 1x8, 2x6
Push Press	3x6
Leg Press	1x8, 3x6
Power Cleans	3x5 (light)
Dumbbell Flies	3x10
Barbell Pullover	1x10, 1x8, 2x6
Leg Extension	4x8
Leg Curls	4x8
French Press	4x10
Hammer Curls	3x10
Abdominal Crunches	3x25

The power phase will begin at the conclusion of the strength phase. Weight training will now become more sport specific. Since badminton play consists of quick powerful movements; quick powerful lifts are now used.

The definition of Power is as follows: Power = Force x Distance + Time. It can be seen there is a time factor involved with power.

If the first athlete who bench pressed 200 lbs. took two seconds to do the lift, his power rating is  $200 \times 2 \div 2 = 200$ . If the second athlete who benched 210 lbs. took four seconds to complete the lift, his power rating is  $210 \times 2 \div 4 = 105$ . The first athlete is more powerful than the second.

continued on the next page...



## WEIGHT TRAINING continued...

...continued from page 20

To become explosive, athletes can manipulate two factors. First, they can increase the force produced (the goal of the strength phase). Second, they can move quicker (the goal of the power phase).

Basic weight training exercises combined with power-oriented exercises should be performed. Lifting is performed three times per week for six to eight weeks. Three to four sets of eight to ten repetitions using a medium weight are employed.

All exercises must be executed in a powerful manner-- move quickly while performing the exercises. Shown below is an example Power Phase Program:

<u>EXERCISES</u>	<u>SETS x REPS</u>
Power Cleans	3x8 @ 75%
Bench Press	1x10, 1x8, 1x6
Flies	3x10
Push Press	3x10 @ 70%
Leg Press	3x10
Pullover Tricep Extension	3x8
Lunges	3x10
Leg Curls	4x8
Hyperextensions	3x10
Curls	3x10
Abdominal Crunches	3x25

At this time the competitive season is approaching and the athlete must establish the muscular endurance that will enable him to continue executing forceful strokes.

Muscular strength and power have been established throughout the off-season, now sport-specific muscular endurance is developed in this phase.

The workout is performed two times per week, and lasts for six to eight weeks. Three sets of ten to fifteen repetitions using a light or medium weight should be performed.

Basic weight training exercises combined with several power oriented exercises are executed. An example of an Endurance Phase Program is listed below:

<u>EXERCISES</u>	<u>SETS x REPS</u>
Bench press	1x15, 1x12, 1x10
Push Press	1x10, 1x12, 1x15
Leg Press	1x15, 1x12, 1x10
Incline Flies	3x10
Lat Pulldowns	3x12
Tricep Extensions	3x12
Curls	3x10
Step-Ups	1x15, 1x12, 1x10
Leg Extension	3x15
Leg Curls	3x15

Throughout the season the athlete must maintain the muscular strength, speed and endurance which was gained during the off-season and pre-season weight training phases.

Failure to maintain muscular strength, speed and endurance seems to be the downfall in most strength training programs.

After all, the entire preparatory year is wasted if the gains in these physical areas are not transferred to the competitive arena.

This in-season workout is performed two times per week for six to eight weeks. Two to three sets of ten repetitions with moderate weight are performed. The program consists of basic strength exercises combined with power-oriented exercises.

Listed below is an example of an In-Season Phase Program:

<u>EXERCISES</u>	<u>SETS x REPS</u>
Bench Press	3x10
Push Press	3x10
Lat Pulldowns	2x10
Leg Press	2x10
Flies	2x10
Leg Extension	2x10
Leg Curls	2x10
Tricep Pushdown	3x10
Hyperextension	2x10

As you can see from the yearly training cycle, lifting progresses from an introductory phase, to a building phase, then to a maintenance phase.

In order for an athlete to progress in the weightroom, these phases must be followed. An athlete who establishes only one weight training program for the whole year will often experience failure.

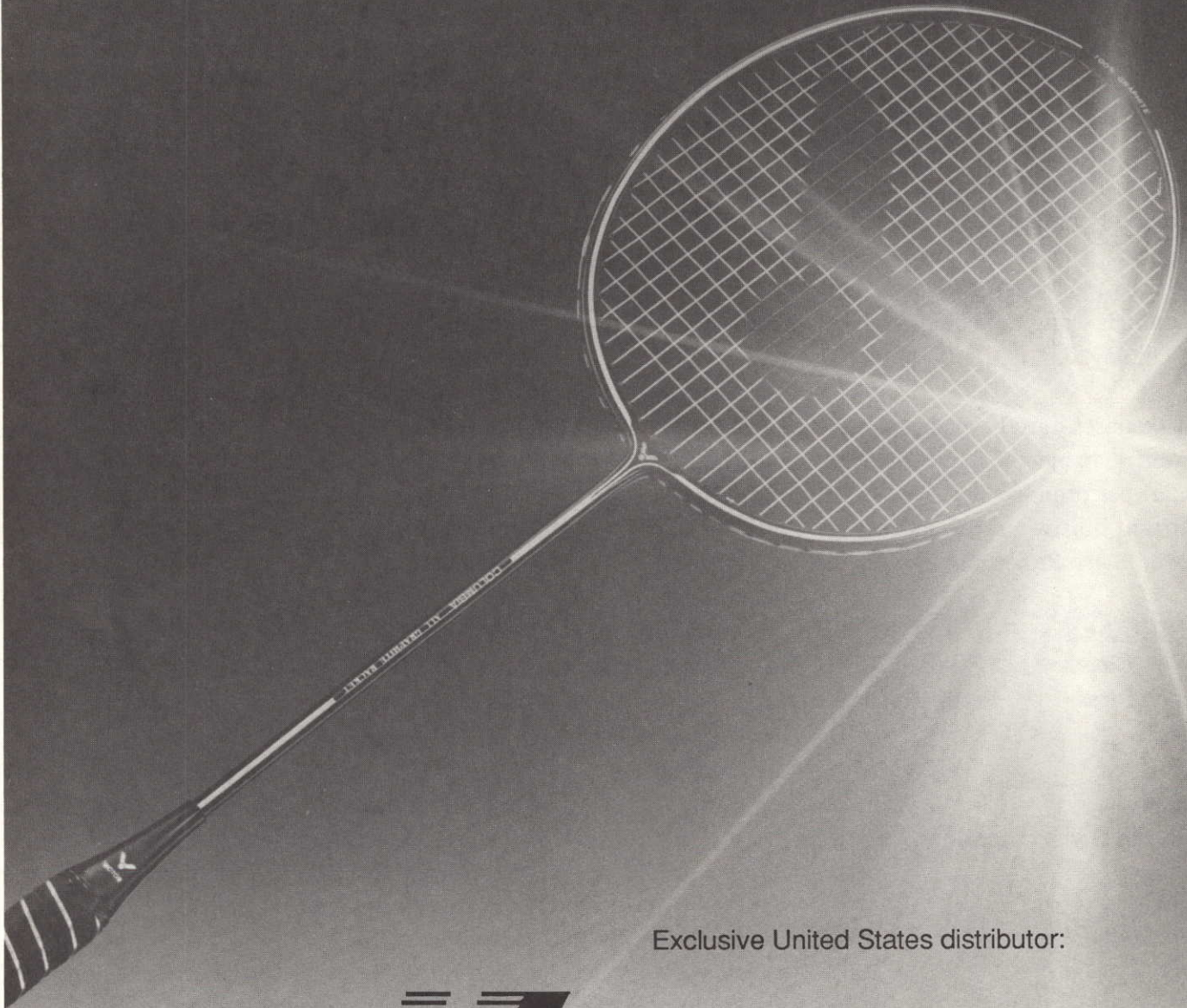






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# THE 1986-1987 NATIONAL RANKINGS

## -- THE BADMINTON MAGAZINE'S TOP PICKS

With the results from the U.S. National Championships in, the 1986-1987 tournament badminton season is officially closed. THE BADMINTON MAGAZINE is making its top picks based on the complete tournament results available, with emphasis placed on the more important and strongly attended events. Head-to-Head competition is given high priority in comparing rankings, as well as the contenders' overall win-loss records.

### MEN'S SINGLES

- 1) TARIQ WADOOD (CA)
- 2) CHRIS JOGIS (AZ)
- 3) YAO XIMING (CA)
- 4) TONY ALSTON (CA)
- 5) BENNY LEE (AZ)
- 6) KEVIN HUSSEY (IL)
- 7) GUY CHADWICK (CA)
- 8) MIKE WALKER (CA)
- 9) PETER BAUM (CA)

### LADIES' SINGLES

- 1) LINDA SAFARIK (CA)
- 2) JOY KITZMILLER (CA)
- 3) NINA LOLK (AZ)
- 4) MARY FRAN HUGHES (AZ)
- 5) CLAIR FRANK (CA)

### MEN'S DOUBLES

- 1) WADOOD / YAO (CA)
- 2) JOGIS / LEE (AZ)
- 3) METZ / WADOOD (CA)
- 4) CHADWICK / WADOOD (CA)
- 5) CHADWICK / JONATAN (CA)
- 6) RITTMANN / MCKINLEY (RI,MA)
- 7) FRENCH / WALKER (CA)

### LADIES' DOUBLES

- 1) L. FRENCH / LOLK (CA,AZ)
- 2) A. FRENCH / OWENS (CA)
- 3) BRITTON / SAFARIK (CA)
- 4) HUGHES / KITZMILLER (AZ,CA)
- 5) FRANK / KELLY (CA)

### MIXED DOUBLES

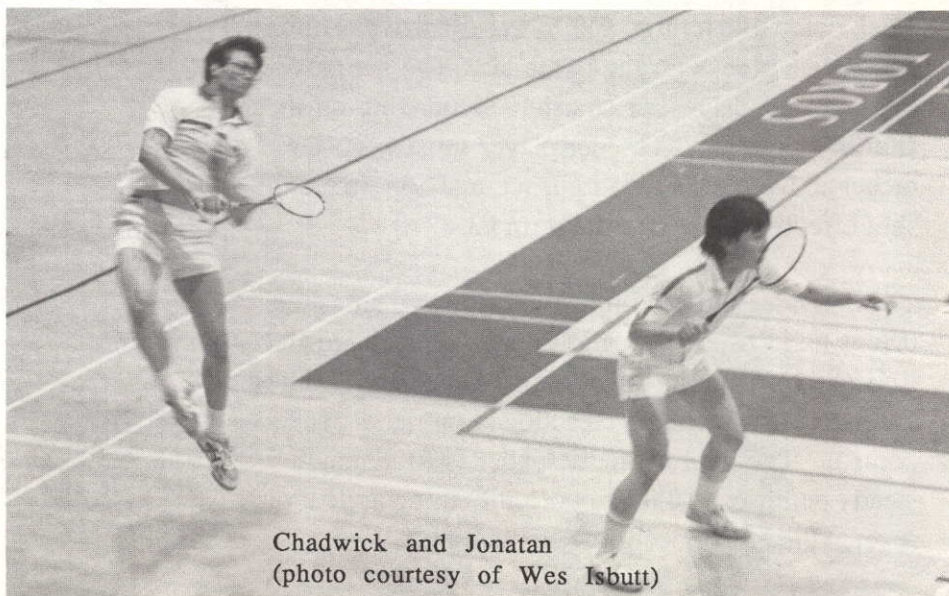
- 1) JOGIS / L. FRENCH (AZ,CA)
- 2) CHADWICK / BRITTON (CA)
- 3) WALKER / A. FRENCH (CA)
- 4) PONTOW / PONTOW (IL)
- 5) BRITTON / SAFARIK (CA)



Yao and Wadood



Linda French



Chadwick and Jonatan  
(photo courtesy of Wes Isbutt)





## 2 ON 1 DOUBLES SMASH DRILL

by TEAM HL Player-Coach TARIQ WADOOD

This drill is designed to develop fundamental doubles and mixed doubles skills-- the smash, smash defense, and net play. The drill is beneficial for all levels of play-- from beginner to world-class ability. This is also an ideal drill for those players with limited court space, since it accomodates six players on one court.

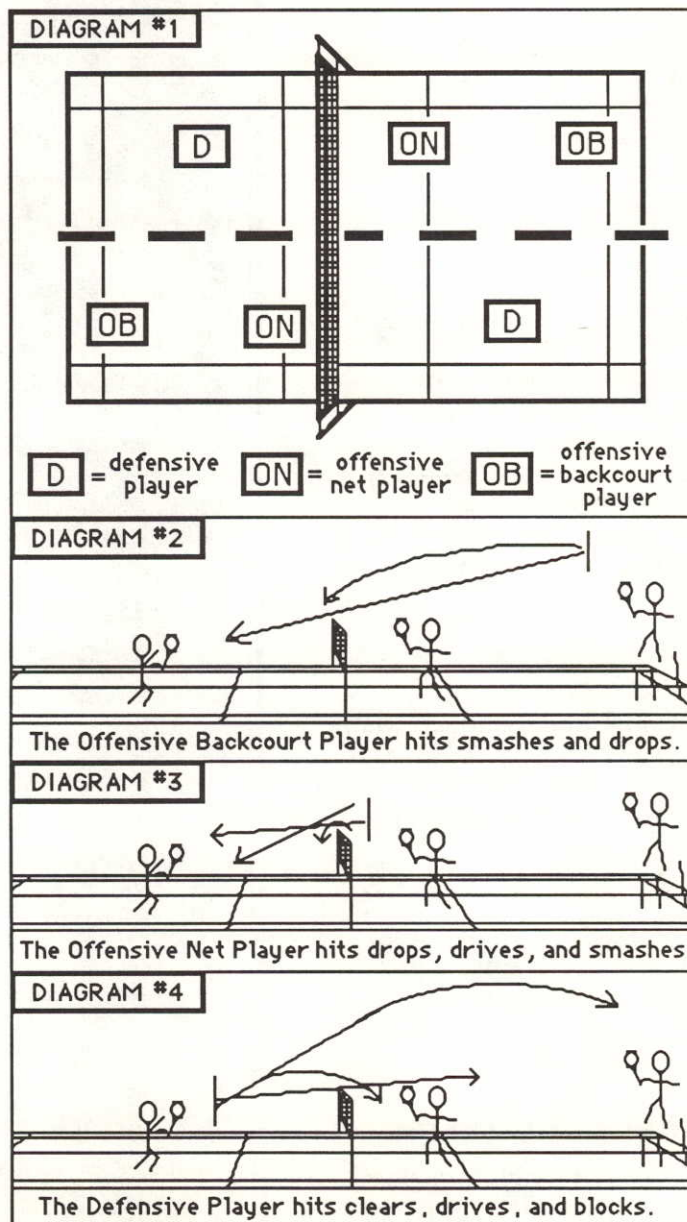
### THE INSTRUCTIONS

Players are divided into two groups of three players on each court. Each group has one offensive player in the backcourt (OB), an offensive net player (ON), and a defender (D) on the opposite side of the net from the offensive players. Only half the width of the court is used by each group so that another group of three can drill at the same time. See diagram #1.

The offensive backcourt player should smash and occasionally hit an overhead drop. The purpose is to practice hitting an accurate and consistent smash. Aim for the defender's weakness and always try to keep the defender on defense. Use overhead drops to mix up the attack and keep the defender from "digging in" for smash returns. See diagram #2.

The offensive net player is to practice putting away weak defensive returns and to cut off drive returns and smash blocks by the defender. The net player hits redrops, drives, or smashes, depending on the shuttle's position. The net player must keep their racket above net level to improve reaction time and shot effectiveness. See diagram #3.

The defender should return the offensive smashes, drives and drops, with high-deep clears, hard-flat drives, or smash-blocks and re-drops. The defender is practicing reaction time and racket control. The goal of the defender is to maintain a steady defense until the opportunity to neutralize or reverse the attack occurs. See diagram #4.





# OLYMPIC FUNDS FUEL NEW TRAINING CENTERS

by GINNY HALES

In the Fall of 1986 a new group of young people began to learn how to play indoor competitive badminton free of charge. The year long program for 12 to 18 year olds, which is being generously funded by a grant from the Amateur Athletic Foundation of Los Angeles, is held at five centers located throughout Southern California.

The preparations for the program began in June, 1985 when Ginny and Alfred Hales, Kelly Tibbitts, Manuel Armendariz and Bill Kinard began seeking advice from the badminton community in order to write a proposal for the grant.

The proposal was submitted in October, revised with the help of the Foundation in January, and finally approved on March 17, 1986. The grant was awarded to the newly formed Youth Development Committee of the Southern California Badminton Association, which now consists of the five people above along with Jim Poole and Bill Dixon.

It was found that the Community Services Departments at Community Colleges are most interested in attracting young people to their campuses. They really care about the success of the program.

The next task was to select the directors who would oversee the centers throughout the year. Four long-time badminton supporters were recruited: Sombat Dhamabusaya, Bob Gilmour, Dennis Metz, and Dean Schoppe.

The grant enables teams of top players to go to the schools around each center to give exhibitions, either in large assemblies or for the several periods of Physical Education classes. The exhibitions are designed to encourage the students to attend the new centers.

The center directors visit each center at least once a month to give help and advice to the teachers and students while monitoring the effectiveness of the programs. The directors collect records and reports from the teachers and communicate with the Committee.

Each center is open once a week, except during school vacations. Rackets, nylon shuttles and instruction are provided free of charge to the youngsters.

The main purpose is to teach young people the basic strokes and strategy of singles, doubles and mixed doubles. An emphasis is placed on the fun, fitness and sociability of the lifetime sport of indoor badminton.



The following is a listing of where and when the centers will be open. Also listed are the instructors and assistant instructors hired for each center by the Community Services Departments.

## CITRUS COLLEGE

Diane Hales  
Allan Hama  
Fridays, 7-9 P.M.

## EAST L.A. COLLEGE

Donald Duran  
Lu Cheh Wun  
Saturdays, 1-3 P.M.

## GOLDEN WEST COLLEGE

Bob Gilmour  
Erika von Heiland  
Sundays, 2-4 P.M.

## L.A. CITY COLLEGE

Chris Young  
Jenny Chung  
Sundays, 10-12 Noon

## RIVERSIDE CITY COLLEGE

John Doughty  
Diane Wilson  
Saturdays, 10-12 Noon



# HIGH SCHOOL TOURNAMENT EXCITEMENT

DEAN SCHOPPE

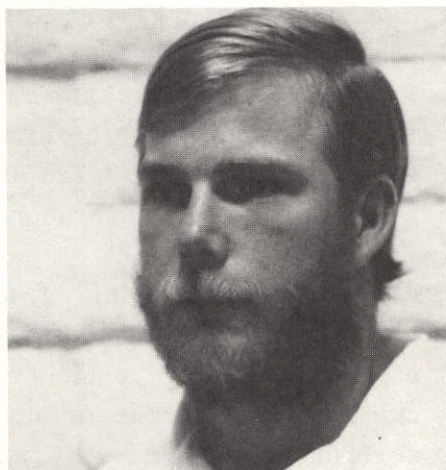
The 1987 Spring season has marked a new peak in badminton activity for Southern California high schools. Participation in a series of new high school hosted tournaments has been overwhelming. The draws are consistently filled to capacity and the participants reap the rewards of fun and competitive experience.

The series is sponsored by HL, Black Knight, and Victor, and there was a tournament nearly every weekend during the months of March and April. Each tournament was hosted by a different high school.

The benefits of a schedule such as this one are many fold. First, the host high school can make money for its badminton program.

Second, the players gain much more experience in a true tournament atmosphere. The players improve faster in this environment, and potential tournament and Olympic talent can be better evaluated. Certainly, the transition to adult tournament play is greatly aided.

Whereas, in the past, the top ranked juniors in the U.S. have only developed in private club junior programs, now some of the



best juniors are products of this high school tournament system.

In fact, a telling example of the success of the program is this year's triple-crown 18 year old Junior National Champion, Tracy Hudson.

Those high school playing areas that choose to add tournament play to their team match schedule are more likely to produce better players and more involved coaches.

If you are interested in hosting a high school tournament in your area, contact the HL Staff for help at (213) 546-3652, or send your inquiries to:

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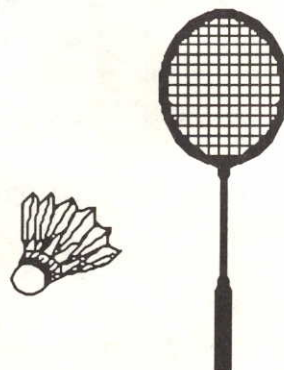
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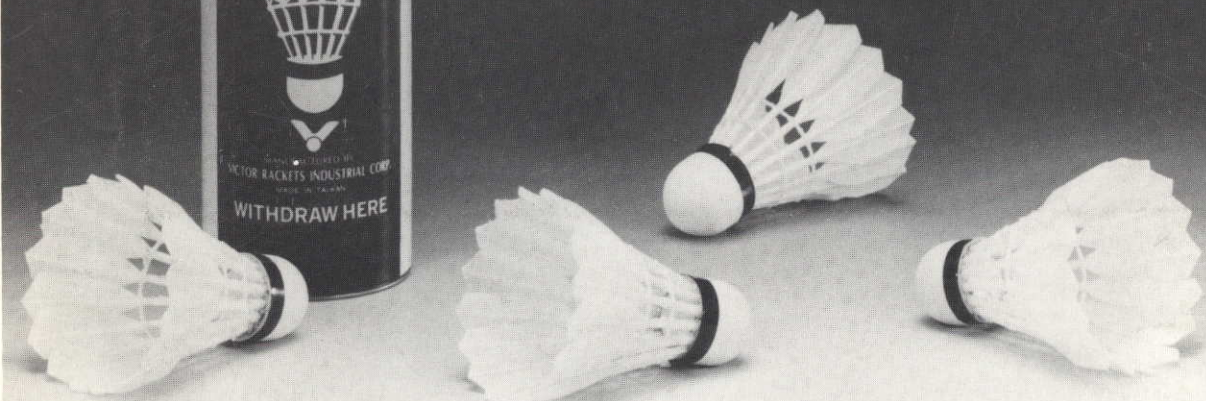
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