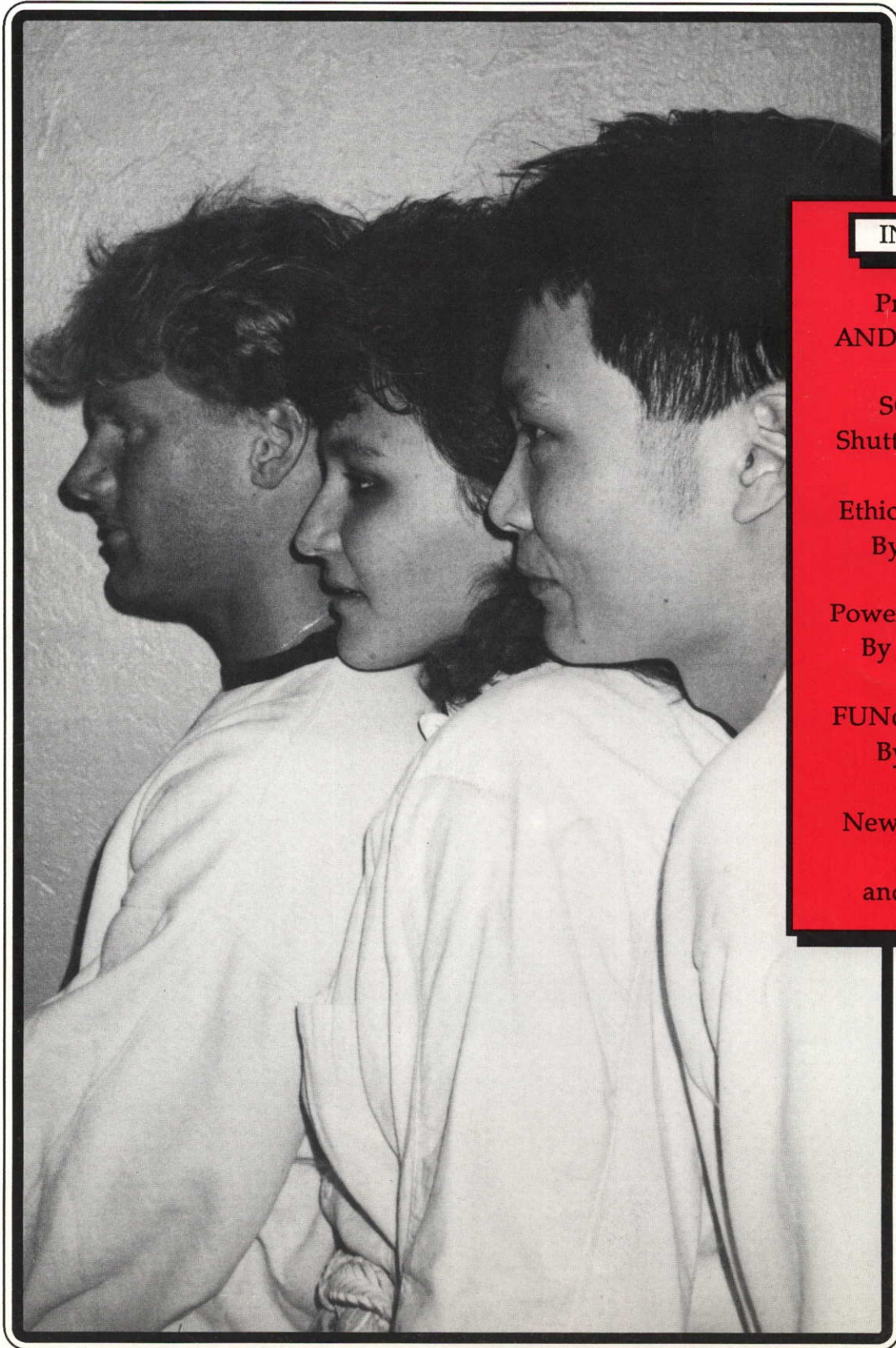


The BADMINTON Magazine

VOL. 3, NO. 5

JAN 89

HAPPY
NEW YEAR!



INSIDE

Profile...
ANDY GOUW

SCBA's
Shuttle Scuttle

Ethics & Spirit
By Witte

Power Jumping
By Eriksen

FUNDamentals
By TBM

News Briefs...

and more!

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and Asians
are a
Vital Part
of
American
Badminton

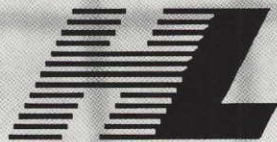
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A LETTER TO THE EDITOR...

Dear Guy,

Hi! Just got the latest issue of TBM - what an outstanding issue, in terms of content and format! This is truly the finest badminton publication the U.S. has ever produced. Thank you for your dedication to enhancing the image of badminton. The high quality printing and resulting excellent photo reproduction lend just the right professional touch... Keep up the great work and I'll see you on the court!

Sincerely, Robert S. Brown
Lynnwood, WA

[Editor's Note: Thank you Robert for your generous comments. I do not receive a lot of feedback, so I appreciate your comments that much more. I wish I did receive more mail, if nothing else to confirm that the U.S. Mail is delivering TBM and to know that our readers are alive! We do try our best to communicate what is going on in the badminton world. And so much depends on the two-way communication between all of us.

Your letter also reminds me to publicly thank my special friends- Kim and Don of K & D Graphics who have taken over the printing of this magazine the last several issues. Their superior professionalism and special interest (they were top badminton players in Thailand) make all the difference in the world. The only limitation to TBM now, is my ability to collect the information and lay it out for you half way decently.]



ON THE COVER

Nearly all Americans are from a foreign land; it's just a matter of how many generations back you look in the person's past. Not many of us can trace our lineage to the founding fathers of this country (or are American Indians).

It's getting so that communication and transportation bring the whole world into contact anyway. And perhaps nowhere in sport is that as evident as on the badminton court. Recreational and competitive badminton brings a wealth of nationalities and cultures together on an every day basis.

With badminton's huge popularity world-wide, America truly benefits by newcomers with rich backgrounds in the sport. The biggest problem is letting these enthusiasts know that badminton exists in America, too. Because lasting "international" friendships are as easy to begin as... "Would you like to play a game?"

[Photo: Peter Skole (Sweden), Erika Von Heiland (Phillipines), and Bo Ning (China); represent a few of the dozens of nations represented at clubs and tournaments across the U.S.A.]

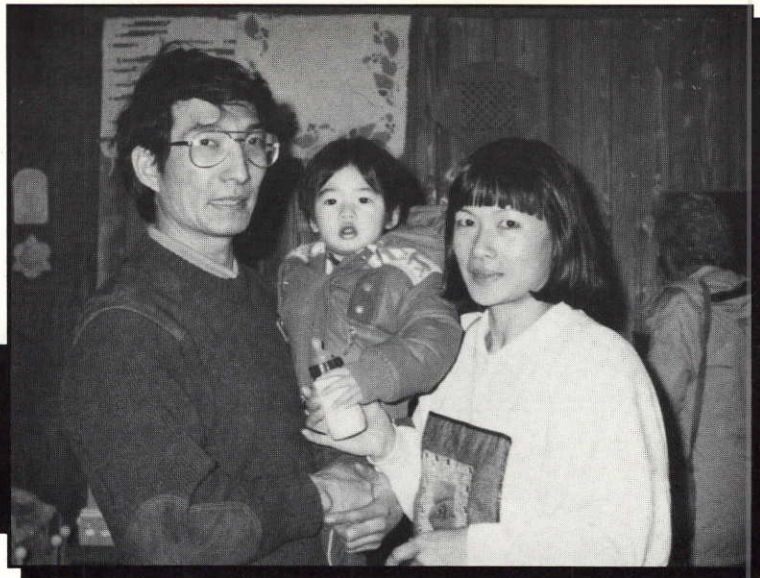
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ANDY GOUW

Badminton Profile



Andy Gouw was born 44 years ago in Indonesia. He came to the U.S. at 17 and graduated from San Jose State University with a Bachelor's and Master's in Engineering. Married to Peggy, they have a young son, Daniel.

Northern California's long time badminton star has combined athletic enthusiasm with intelligence and hard work to produce a wide range of accomplishments. Andy has been U.S. National Senior Men's Singles Champion (1985) and Senior Men's Doubles Champion (1986), is ranked close to expert by the U.S. Chess Federation, and owns a successful sporting goods store.

Oddly, Andy's home country, world badminton power Indonesia, did not provide Andy with his badminton training. He grew up playing soccer and several other sports.

"My parents encouraged me to get into sports for health reasons. During war times, Mom worried a lot. I was not getting enough nutrition and I was often sick. My father would take me out to play tennis, go fishing, bike riding and bought me a ping pong table."

Andy ended up receiving special recognition for academic and athletic achievements by the time he was 14. In high school, he was the number one player on the ping pong and tennis

teams, and captained the school's volleyball team into the conference finals.

In soccer, the highlight of his career was when he was asked to join one of the elite junior teams in the country. Unfortunately, his young soccer career did not last too long.

"During the season, the coach told me to bulk up. I weighed about 30 pounds less than the other players. So, I went out and bought a canister of gain weight powder that said 'gain 10 lbs. in 10 days.' After 10 days I came down with diarrhea and ended up losing 3 pounds."

Andy did not start playing badminton competitively until he was 21 while in the U.S.

"Three people were looking for a fourth for a doubles game when I happened to be walking through the gym. After the game, one of the guys asked me if I would like to play in a tournament. A badminton tournament? I did not have a car, so the guys would take me along to the tournaments in the area, one after another, and I was hooked."

In the 1970's Andy worked his way to a #1 Northern Californian ranking and he won numerous tournaments. He credits current National Coach Sombat D'Busaya, who moved into the area

for awhile, with turning his game around.

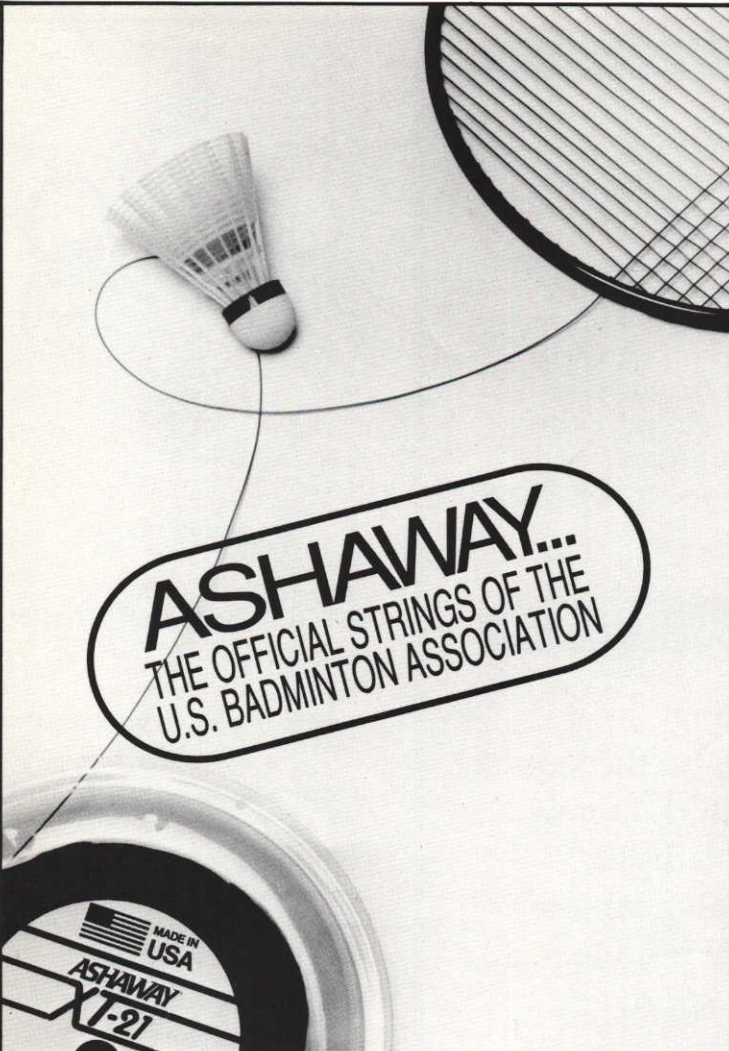
Meanwhile, Andy had been going to graduate school and working for an engineering firm, until the company ran into financial problems. Andy got a few ideas for a sporting goods business and in 1971 put down \$500 to get started.

"Along the way I got some help from the Small Business Administration, but the biggest help and support came from all the badminton people; the people I play with, the high school coaches, and people sympathetic with the sport."

Andy now has a well established full line sporting goods store which is a mainstay of the San Jose area. He always tries to have a prominent athlete working at his store to lend credence to the sports he promotes. He has had a professional soccer player, an Olympic handball player, and a few top badminton players.

Andy has one employee that has never played badminton though, but has been there so long he knows everything about the game. "One day someone called up and asked specifically for him. They wanted a racket that would give them the maximum benefit, and they only wanted to talk to the expert!"

... continued p. 6



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NEW YEAR'S RESOLUTIONS



This is obviously a very specialized magazine geared to readers that love their unique sport, but I receive very little feedback from you.

I realize that it's a busy world, and that a magazine format puts some distance between us. But, news from you IS IMPORTANT. Your letters and photos keep everyone up to date, and are vital to the purpose of this magazine.

SEND ME YOUR NEWS AND PICTURES

NEW YEAR'S RESOLUTION #1:

At least ONCE this year, send me news (and a picture, if possible) about the badminton fun and heroics at your school, club, or area.



As you may have noticed, TBM relies primarily on your own initiative regarding yearly subscriptions.

Since, our first goal is to communicate to as many badminton programs as possible, particularly to the largely overlooked scholastic and club arenas of our favorite sport -- we will continue to send TBM to all coaches, administrators, and program directors associated with badminton, regardless of whether we receive subscription funds from them.

It makes it that much more important for us to receive regular subscriptions. When we do, not only do you receive the news of TBM, but it helps support TBM distribution to otherwise isolated badminton programs.

NEW YEAR'S RESOLUTION #2:

Send in your subscription, or a subscription for a friend, TODAY! If you are a coach or program director, get at least 2 or more of your players to subscribe. Every subscription helps. Group subscription rates are also available.

Andy gives frequent badminton clinics and exhibitions, and has filled many administrative roles in the promotion of badminton. He has been NCBA Editor, Vice President, and President. His active participation at all levels has given him many experiences and insights into the game.

"I remember in the mid-1970's, a badminton instructor from the Bay area wanted to promote the sport. The guy grew up in Ireland, so he knew that a little exhibition should draw great interest in the community. When we came, the bleachers were all out and ready for 300 people. Nobody was there. But, it was a half hour early yet. Minutes before the exhibition was to start, two ladies in their 60's came in with their sneakers on and rackets in their hands. Regardless, we had a blast."

When you can get people to attend a badminton exhibition, it does cause quite an impact. A 7 year old can easily be made aware of what badminton is; all it takes is to give them encouragement from there.

The hard part is getting people to go see it in the first place. Outside of the schools, that is difficult. You really need the media to generate public knowledge of the sport. But, you can't get the media's attention until there is more public interest. Competition with other major sports and a lack of identity are big problems.

"Kids can recite the starting lineups of the San Francisco Giants or Oakland A's, but who knows the name of our sport's National Champions? There is nothing for the kids to identify with right now."

For that reason, Andy feels the Olympic status of badminton is no guarantee of success. He also feels

that there is not enough time to educate our whole generation so they can prepare the next generation.

"We need to glamorize the sport; establish it as a rich man's sport, or the fastest indoor sport, or maybe the elite racket sport of the future." Sometimes it is better to narrow the marketing to a certain segment of the population, rather than trying to bring it to the masses."

"There is nothing (in badminton) for the kids to identify with right now... The Olympic status of badminton is no guarantee of success... We need to glamorize the sport; establish it as a rich man's sport, or the fastest indoor sport, or maybe the elite racket sport of the future."

Despite his doubts about a rapid national upsurge of badminton popularity, Andy still derives a lot of satisfaction by simply playing and meeting the many interesting people of badminton, including many of the "top national and international players, world champions and the great minds of the sport."

Andy is one of their peers - a truly nice addition to our great game. Northern California is fortunate to have him.

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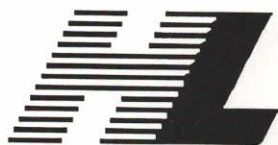
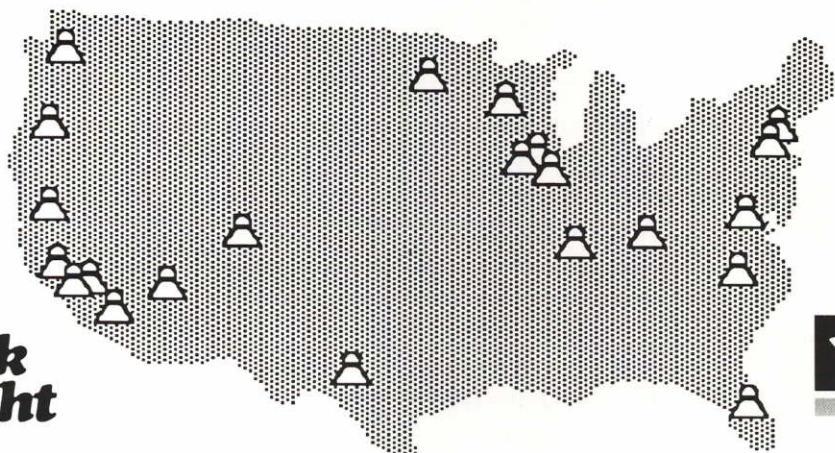
DO YOU HAVE A QUESTION ABOUT...

- where to play in your area?
- where you can get equipment?
- who to call for more coaching or general badminton advice for your school or club program?
- when tournaments in your area are scheduled?
- who else plays in your area?
- where you can publicize your badminton news, upcoming tournaments, and local badminton heroes, etc.?
- how you can help bring our new Olympic sport to your friends on a local, state, regional, or even national level?
- who to talk to about any skill you might wish to offer?

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Badminton FUNdamentals...

THE SINGLES SMASH

A good SMASH is a little like the slam dunk in basketball, the touchdown in football, and the homerun in baseball - all in one.

There are several key elements to hitting an effective smash. The WHEN, WHY, and HOW are all important.

WHEN: Pick the right time to hit a smash. A basketball player cannot slam dunk when he is off-balance and far away from the hoop, especially if he has defenders in a good position in front of him. He would just get stuffed. Likewise, the smash should be used when you are on-balance, closer to the front of your court, and especially if your opponent is out of position and leaves you an opening.

If you attempt to smash from deep in your own court, you often give your opponent an easy opportunity to return your shot and then put you in trouble. You have about 2 seconds to run from your backcourt to your front court area if they hit a simple "block shot." So, not only did you expend more effort in hitting your smash, but you have to do all of the running, too!

WHY: In football, you usually cannot score a touchdown until you have worked your way into position down the field first, or your opponent makes a mistake and fumbles the ball to you. "The bomb" - the big pass play from long distance is not very common and goes incomplete far more than it is successful.

Similarly, the smash is usually used to finish a rally when you have gained a better position than your

opponent. You force your opponent away from their center court position with a combination of deep clears and steep drops. Or, your opponent may have hit a short clear or a low clear that you can cut off. That is when you go to work with the big smash.

The smash is easier to hit in and gives your opponent less time to make a good return when you are closer to their court. You will be more often successful when you wait for the right opportunity.

HOW: The true homerun hitter in baseball does not swing wildly out of his shoes at the pitch. His weight is held back until his swing begins. Then he rotates his upper body with smooth and balanced control, bringing his weight around with the bat. Contact is made with full extension of the arms and the follow-through completes the smooth swing.

All the while the hitter is guided by his rapt attention on the object he wishes to hit. He makes solid contact and lets the bat do the work.

The smash is hit much the same way, only the reach is upward instead of out over the plate. Your rapt attention is on a bird instead of a ball. Focus on the bird all the way through your swing.

Your weight should shift from back to forward while you rotate your upperbody and swing with your racket fully extended above you when you contact the shuttle. Just as the vertical racket extension is very important for the tennis serve, it is very important for badminton, too. The higher you reach, the more power you have and the more angle you can hit downward at your opponent's floor. (See article in TBM August issue for more benefits of the full vertical racket extension.)

Yes, the smash is like the slam-dunk, touchdown, and homerun rolled into one. And, when you play badminton, you get far more opportunities to smash in one tournament, then most basketball, football, and baseball players get to slam-dunk, score a touchdown, or hit a homerun in their whole season.

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SCBA's "Shuttle Scuttle"

EDITORIAL BY KELLY...

You may have noticed that I rarely write what you would call a proper editorial - and this isn't an exception. I figure that if I have something on my mind that I want to share with you, I'll write something. Right now, that is the case. As I am impatiently waiting for my hip transplant surgery date to get here, I am trying to do some thinking about my future badminton plans. The doctor would much prefer that I not play any more. Of course, he knows that it means a lot to me, but he can't imagine how much. So he leaves it up to me to evaluate. Playing would put the new hip joint at risk.

Wow! That is a heavy trip to lay on me. Maybe when I have the new part of me all in place and I don't hurt, it will be so much more pleasant that I will be happy that way. Can't feel very sure of that. Joe Alston never touched a racket once he got his (he was so happy with the first one he got two), and he likes his decision. On the other hand, Ozzie Hilton has two new hips and he plays 5 days a week. Guess there isn't an answer that fits everyone. The doctor said that there would definitely would be no play for 3 months. After that he assumes I will use good sense. Ahah! That is where he may have overestimated me.

It feels funny to remember that last Sunday at the club could have been the very last time I play? Or the Halloween innerclub tournament - was it my last competition? Right now, I can't believe it. At least I don't want to believe it. For longer than most badminton players have lived, I've spent a great percentage of my life playing this precious game. I don't know how NOT to play!

So just a word to you people who love badminton - don't take it for granted. It's such a joy.



The "Shuttle Scuttle" insert is an independent publication of the Southern California Badminton Association.

Volume 32, Issue #3, Winter 1989

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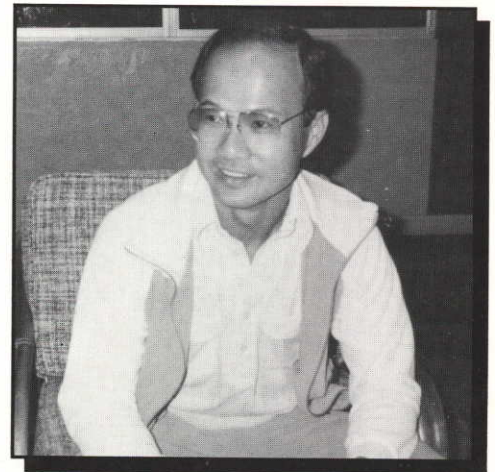
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PRESIDENT'S MESSAGE...

The A Grand Prix is now in full swing. The B-C Grand Prix is winding down to the finals. There were many new winners in various categories. This year the player's calibre is higher, which is a good sign for our future.

USBA Coaching Clinics to certify players and teachers as Level 1 and Level 2 Coaches were held in August at the Presidio in San Francisco and in November at the Long Beach Naval Base. 38 coaches were certified at the four day clinics funded by a grant from the USOC. The courses were about 20 hours long and were taught by Som D'Busaya, Timmy Yuen (with Andy Gouw as translator), Tony Grice, Vicki Toutz, Virginia Hales and myself.

Amazingly, after working hard for 4 days the coaches asked for more clinics like these... so, another clinic for Levels 1 & 2 is tentatively planned at Sierra Vista High School in Baldwin Park on the weekends of February 4-5 & 11-12. Information will be sent out



President Paisan

in early January to all YMCA's and Boys' and Girls' Clubs. Questions, call me at (213) 439-9433. If you have been coaching badminton in the schools, you should pay the \$50 and get certified.

Ginny Hales is developing a junior coaching program to help our SCBA club members. If you are not a member, please join now. Also we badly need to open up more places to play. If anyone knows of any available facilities, please let us know.

SCBA's "Shuttle Scuttle"



Jacob and Daisy Sugiman of M. V. B. C.

DAISY & JACOB-- MAR VISTA...

The SCBA's most recent member is the Mar Vista Badminton Club. And like so many other clubs, without the strong backbone of a few there would be no organized badminton. Daisy and Jacob Sugiman are the backbone of West Los Angeles badminton.

They saw the need for an organized playing facility back in 1982 and applied with the Parks and Recs Dept. They were turned down for two years, but after reapplying several times their petition was granted. Now the Mar Vista Club has a nucleus of 30 players, mostly Asian, and the group recently held their 2nd tournament. Next year Daisy reports they will hold two tournaments.

WALKING WOUNDED...

I knew becoming involved with the SCBA was a tough business, but this is ridiculous! In the past few months Curt Dommeyer has had a broken wrist, Wes Schoppe and President Paisan have had back surgery and Kelly Tibbetts has just had her hip replaced.

I am happy to report that all operations were successful and these tough-it-out individuals should be back at SCBA meetings soon-- hey guys be careful out there.

-- Cassandra Salapatas-Metz

THE LEGENDARY J. FRANK DEVLIN

One of the top names in the history of badminton is J. Frank Devlin. This man set so many records we do not have room to tell you about all of them. He won 18 All England titles - among them 5 singles in a row and a triple crown in 1929. He dominated the British badminton scene from 1922-31.

He did all this after a somewhat ill early life during which he lost half a heel from osteomyelitis at age 12. During his time in bed recovering from this he used his wrist endlessly hitting shuttles against the wall.

He had an allegedly double-jointed elbow and his career in the game produced some unbelievable backhand lobs and drops from behind his body. He crouched to receive serve, smashed "not powerfully but error-free," used a silky touch and employed "the most remarkable retrieving powers ever seen." He was a bit short of maximum endurance, though, always "steaming" and sweat-banded on the court, but he was a most generous winner.

At his peak in England, he went to Winnipeg Winter Club as a coach. After a while there, he toured Australasia and Malaysia then moved to New York and finally to Baltimore. There, he and his wife, badminton champion Grace Steed, had daughters Susan and Judy. This Devlin foursome won so many honors in badminton that they need their own record book.

Badminton history will forever recall the name Devlin. In October, J. Frank Devlin passed away in Ireland. Our sincere sympathies to the family on their loss. And our congratulations for having been associated with a man who had such an effect on the game that badminton and Devlin will forever be connected.



GINNY HALES REPORT...

The SCBA Youth Dev. Centers which are being generously funded for a 3rd year by the Amateur Athletic Found. of Los Angeles, have gotten off to a good start even with a slight fee of \$1 per session or \$15 for a 15 week semester. We have added one new center at Pierce College on Saturdays from 2-4 pm and we are negotiating to start another at Santa Monica City College in Feb 1989. At the end of October, a total of 155 had enrolled at the six college centers at Citrus, East L.A., Golden West, L.A. City, Pierce and Riverside.

We are now beginning to think more about how these centers can become self-sufficient. The current thinking is that it will be necessary to turn these groups into open clubs with adults and kids. The SCBA would help get these clubs organized, and would continue to fund a teacher to give beginning instruction as long as funds were available. There would be a fee of about \$2 - \$3 per session to cover the rent and custodian. This would do two things: it would provide the finances and leadership to continue the centers for the benefit of the youngsters, and it would open up more places for adults to play around Southern California.

They would still be operated through the Community Services Depts at the Community Colleges. If anyone has any opinions or ideas on this, I would love to hear from you.

SCBA's "Shuttle Scuttle"

OVER THE HILL TRIUMPH...

This week I found a place where a person "comes of age" not at 21, but at "35 or over." On Saturday, November 19th a small one-day badminton tournament had been planned, and a giant one emerged. At MBBC the annual Jack van Praag Senior/Masters began at 9:30am - there was not a default, not an injury, and for the most part, not a 2 game match. 12 hours later most of the results were in.

As we were planning this year's memorial day tournament in honor of Jack van Praag who had done so much for our sport, Wes Schoppe said we should include the new "Jr-Senior" age group. I was not that enthusiastic, fearing that we already had trouble filling the regular senior and master events since we had a major conflict in scheduling - we were playing on the day of the USC-UCLA football game. But I did, and am I glad! All age brackets were wonderful and the jr-sr doubles turned out to be a highlight event.

Results of the high calibre play follow, but not until I offer a bit of advice to anyone holding a senior event. Take the word of Wes Schoppe - include Jr-Srs so that you get the 35 and over men and 30 and over women. It snags the people who have not played seniors and it might keep them in the game when they were thinking they were running out of competitive days. I tell you, seniors is fun. Don't give up badminton if you haven't tried it.

Results: Jr-Sr/Sr MS- Ruktoume d. Levin (9, 7-15, 10); Jr-Sr MD- Cook & Linden 1st, Gouw & Levin 2nd; Jr-Sr/Sr WD- Metz & Ortiz; Jr-Sr/Sr MX- Woods & Metz; Sr MD- Knight & Gouw d. Cook & Linden (13, 12); Mtrs MS- Tom d. Silverman (1, 6); Mtrs MD- Wong & Lao d. Carlson & Skinner (8, 9).

SCBA CALENDAR...

JAN 27-29

Valley A G.P. III, Valley College
Cass (818) 343-8316

JAN 28

YDC New Year Tourn., Citrus Coll.
G. Hales (213) 454-6965

FEB 10-11?

National Team Trials
USBA (402) 592-7309

FEB 17-19

Dave Freeman Open, San Diego
Foy (619) 455-9331

FEB 25

Parent with Child tourn., MBBC
Tarr (213) 545-9359

MAR 1-5

Hennessey's Sr. Int'l, MBBC
Wes Schoppe (213) 546-3652

MAR 3-5

Collegiate Nat'l Chmps, Berkeley
Paisan (213) 439-9433

MAR 3-4

(and succeeding weekends)
Various high school tournaments
Vicki Toutz (213) 598-1561, and
Dean Schoppe (213) 546-3652

MAR 10-12

CA State Chps, N. Cal.
Parker (408) 735-8484

APR 1-2

Beach Tourn., Long Beach
Paisan (213) 439-9433

APR 2-5

U.S. Jr Nat'l Chps, O.T.C.-Colorado
USBA (402) 592-7309

APR 7-10

U.S. Adult Nat'l Chps, O.T.C.
USBA (402) 592-7309

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Contact:

Ms. Liz Holey, Girls A.D.
(714) 893-1381, ext. 227

SENIOR REMINDER...

All you Seniors remember to get ready for Leisure World in June of 89. The players out there are so crazy about this game that they will be going all out for a full blown Seniors, Masters, Grand Masters, and Golden Masters tournament. If you have never played out there you have missed the most appreciative audience in Southern Cal. Really. Some of their players will be entered and anyone else from anywhere else is more than welcome. Watch for further details and highlight the dates of June 8-11 on your new calendar. You'll be glad you did.

CALIFORNIA STATE GAMES 1989...

The 1989 Games are scheduled for August 3 - 6 in San Diego. The venues are currently being reserved and the organization is in full swing. After last year's huge success with over 3,000 athletes competing in 13 sports, you won't want to miss this year's event.

HENNESSEY'S SENIOR INT'L...

March 1 - 5 at the Manhattan Beach Badminton Club there will be a great gathering of senior stars in all age categories at the Hennessey's Tavern Inter'l Sr. Championships. Great fun at a great tournament. Don't miss it!

Monday Night Football or Back to the Past?...



Dave Carton in discussion with Diane Hales

short ADVANTAGES...

When I was a kid, the thing I wanted to be when I grew up was short. It seemed to me that most of the boys I liked were not tall. And for sure the best dancers - and I loved to dance - were not tall. It became obvious fairly early that I was not going to be as short as I wanted.

I have envied Randy Newman's short people ever since. It goes without saying that Diane Hales is one of my idols. Of all top ranking females in our country's history (she has won numerous tournaments, including a Women's National Singles title), she is the shortest adult.

Analyzing her as a mixed player in particular has fascinated me. Without the precious reach of tall folks, Diane has used good court coverage instead. Being light weight she is quicker. She has all the talent with serves, shot selection and shot making, so she loses no advantage there.

THEN - comes her advantage: No matter what shot is hit at her while she is playing the net, she can attack with an OVERHEAD drive, drop, or smash. She can keep her racket up

Wow, what a trip! I have just been lost in badminton way, way, way back for an hour and a half -- all during MONDAY NIGHT FOOTBALL.

The reason for this trip began 2 months ago at a social evening at Al and Ginny Hales' where Bill Kinard brought me several albums and a box of photos he found at the Pasadena Armory. We all laughed and looked at people we had nearly forgotten, or ourselves in younger form. The agreement was that I would take these jewels home, write the names on the back of the pictures, then give them to resident badminton historian Diane Hales for best use.

I forgot about them for a while, but during one Monday night football game I dug in. As the 4th quarter started, I glanced up realizing that I had no idea who was winning. I had passed into another world, replaying hundreds of tournaments, as I viewed the scenes of the photos and filled in the names on a whole album of pictures. I was grateful that Wynn Rogers name is not too long, because he must have been in 90% of them.

without worry of being hit in the face, which is below the net. She is less likely to poach shots other women get in trouble for attempting, and she allows her partner a clearer view of their opponents.

All you short gals think about mixed in this way -- maybe you can make use of these important advantages.

But Diane does have one social problem. It is parties where the folks are standing around talking. Tall people have trouble speaking to Diane without bending over or shouting. At the Nationals '88, Dave Carton and Diane were into a heavy discussion. Please see photo for Dave's solution.

In the the back of another album there was a May 1967 "Bird Chatter" and I was off on another trip. This issue told of the U.S. Open in Flint, Michigan where a tornado warning cleared the gym, moving us all down to the basement in the middle of the semis... There was a superb article describing in detail the Judy Devlin Hashman vs. Noriko Takagi singles final of the '67 All England (Judy finally won in a deuce 3rd game, giving her her 10th All England singles title in her last All England appearance- what a way to leave Wembley!)... a picture of the '67 Thomas Cup team and their story of victory over the Canadians (the most recent U.S. Thomas Cup win over Canada before this year's surprise)... and mention of many current players while they were in the junior ranks...

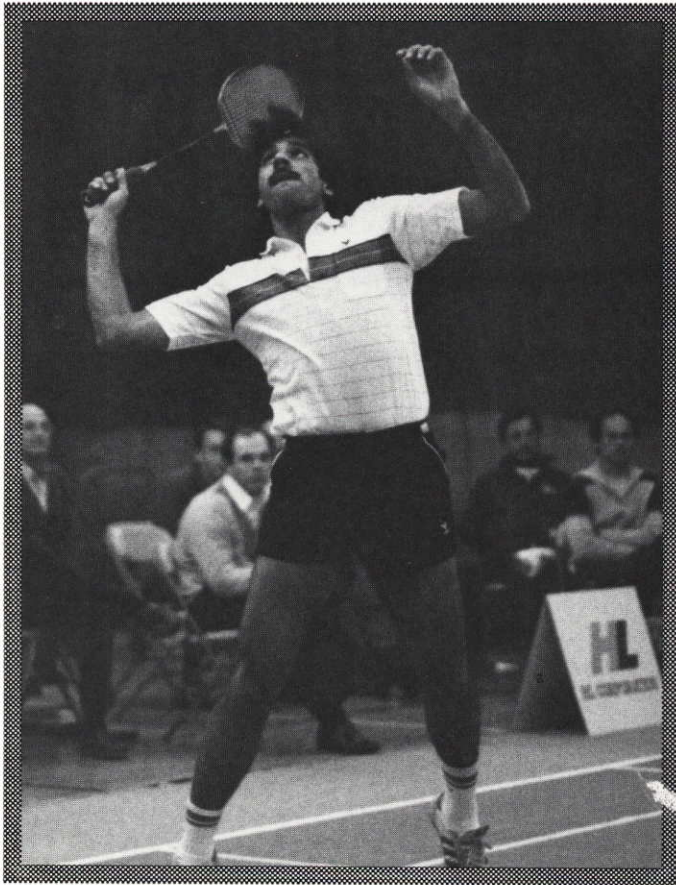
I could quote you dozens of other things that fascinate me but you deserve a break. Just let me tell you that there are 3 more albums to go through and I'm not sure I'll ever get this job done. I can't remember getting so lost in reading anything. Oh - Who won the football game, anyway?!

BADMINTON IN ADS...

Did all of you see the Sears ad in October with warm-up suits on girls with badminton rackets... Bob Dickie sent me a Bullock's ad with a shuttle glamorously displayed... Surely you have read the truck ad where the guy who loses the girl is holding a badminton racket... Again, there have been a couple questions on quiz shows (which the contestants all missed)... It sure seems we are getting more notice, no matter how light weight. And in addition to the Olympic's prime time TV coverage of badminton, there was also coverage during the 1-4 am shift. Won't it be fun when there are Americans in the films!



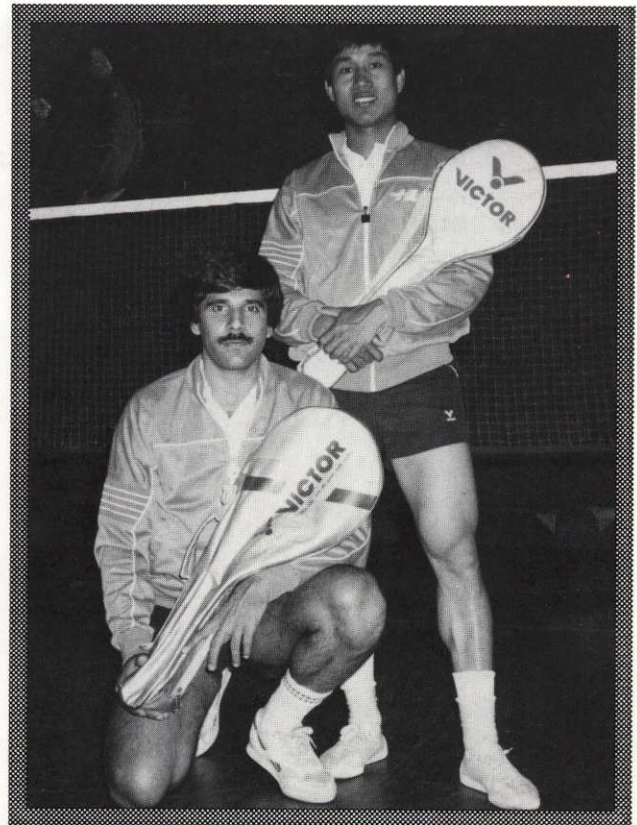
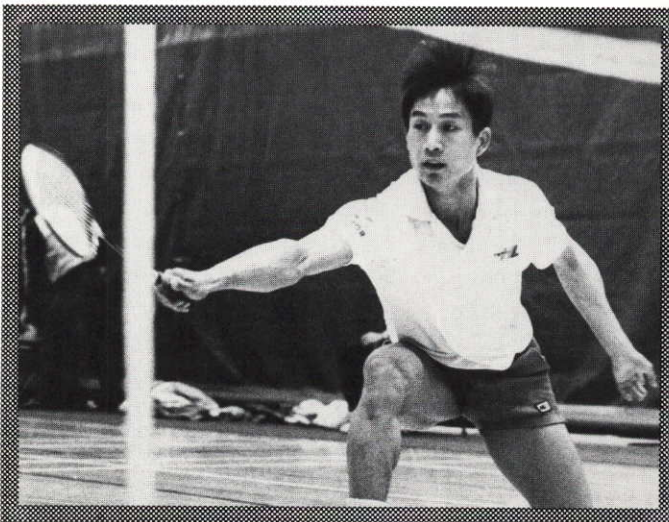
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THE ETHICS AND SPIRIT OF BADMINTON

By Dick Witte

[Editor's Note: The following is taken from an essay written and sent in to the "Shuttle Scuttle" by Mr. Dick Witte of St. Louis, Missouri. He has been playing about 50 years and has several National titles to his credit.]

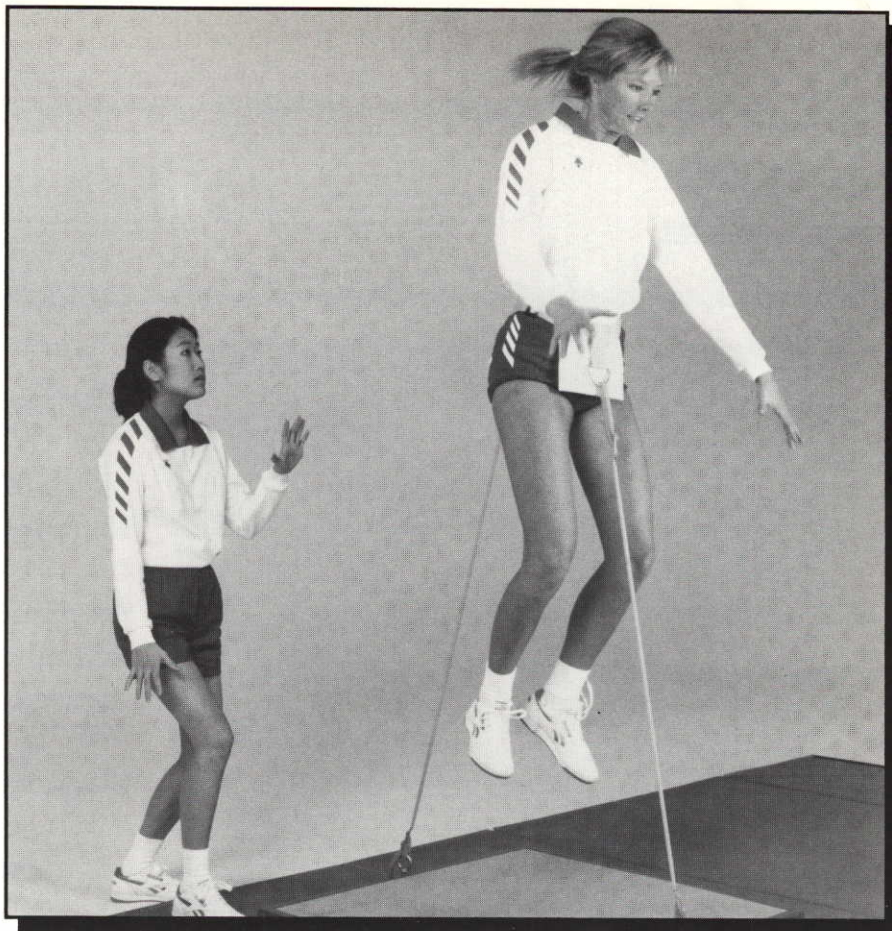
The spirit of badminton involves a proper attitude concerning the game -- a perspective that considers, for one, that there are no opponents, only participants. The barometer of excellence is determined by doing the best we can -- extending ourselves to pursue the limits of our abilities and endurance.

Why do you play badminton? If all there is to the game is winning or losing, perhaps you should consider a different perspective.

Our involvement in "our game" demands an outlook that considers sportsmanship a prime requisite. There is among us a great sisterhood and brotherhood that embodies the needs and aspirations of the entire badminton family; a family with a mutual purpose and a significant mutual bond. As a family, we support and complement each other. We bring to the game a total desire and a total application that lifts ourselves within the game to be everything we can be.

Spirited players readily compliment other players on good shots, take care to maintain the tempo of the game, refuse to be abusively effusive with a win or a loss, and readily exchange a handshake before and after the match. No ethical player would consider a questionable line call. Readily retrieve the bird from your side of the net, cooperate with the

... continued on page 18



POWER JUMPING & PLYOMETRICS

By Jeff Eriksen, Information Officer, Sports Imports, Inc.

The ability to jump is obviously a desirable attribute in sports such as basketball and volleyball, and equally so in the sport of badminton. The leg muscles are the most powerful in the body, and their proper conditioning provides the main energy for nearly all sports.

One of the most dramatic results of what training in plyometrics and "power jumping" can do is found in the record of the USA Men's Volleyball team. From 1964 when the team first competed in the Olympics until 1980, it placed no higher than 7th. In world competitions from 1966 to 1982, the team never finished higher than 11th.

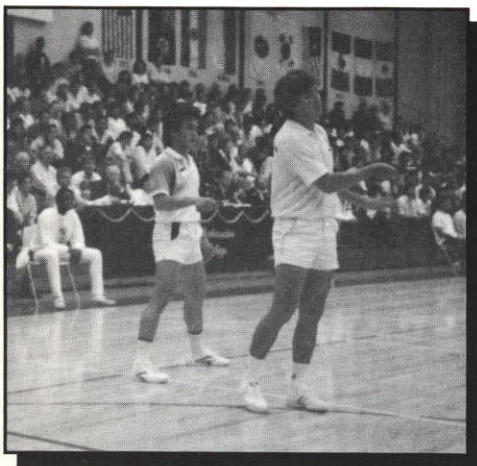
After Doug Beal became coach of the team and introduced plyometric and power jump training, a dramatic turnaround took place. In 2 years the USA Men's Volleyball team captured the gold medal at the 1984 Olympics

in Los Angeles and has continued to dominate world competition through the 1988 Olympics in Seoul. Marv Dunphy, who succeeded Beal in 1985, continued the jump training program Beal had initiated.

Beal, who holds a PH.D. in exercise physiology from Ohio State Univ., has authored a book and produced a video on the subject; each entitled "Power Jumping: The Olympic Gold Medal Approach to Jump Training."

While directed to the high school and college coach and athletic director, both the book and video will also be helpful to anyone interested in improving athletic performance.

[Published by Sports Imports, Inc., the book and video can be obtained either in combination or separately. For more information, call 1-800-556-3198, or 614-771-0246 in Ohio.]



Christian casually serves, while Pongoh waits for the rally to begin.

U.S. OPEN in PASADENA...

The Ambassador U. S. Open Championships attracted international stars from around the world and set the stage for some fantastic matches in November '88. Hosted and sponsored by Ambassador College in Pasadena, California, tournament director Chris Kinard brought together many top Asian, European and American players to perform in front of a packed gymnasium of over a thousand badminton fans.

Perhaps the most phenominal player was Christian Hadinata of Indonesia, now 39 years old, who many say is the best doubles player of all time. His forecourt prowess is unparalleled. He consistently intercepted world class smashes as if they were hit in slow motion. He counterattacked and controlled rallies against all of his younger and stronger opponents, finding weaknesses and openings with finesse and quickness.

Christian, who is really retired from tournament play now, teamed with Lius Pongoh in men's doubles and with Ivana in mixed doubles, to take both of these U.S. Open titles!

Even more famous, is another Indonesian, Liem Swie King. For many years the top singles player in the world, King continues to draw a large crowd as the quintessential Asian badminton player. Brute force and intensity, and an unbelievable jump smash remain his trademark. He has transferred his skills to the doubles court the last few years, and with another top player, Prakash of India, lost only to Christian and Pongoh in the doubles final.

In the women's events, Koreans dominated. With machine-like precision they worked their way through the ladies' singles and doubles draws earning all of the finalist positions. Mainland China sent a junior team, and these girls provided the stiffest competition to the Koreans in the earlier rounds.

In the men's singles, the one and two seeds proved to be the class of the tournament. Each breezed in straight sets over a stream of very tough opponents. In the final, the singles title came down to the last point in the third game.

#1 seed Sze Yu of Australia battled #2 seed Lius Pongoh in a showdown of explosive speed and power. Pongoh won the first game and Yu won the second. In the third, it appeared Pongoh was the favorite, but Sze Yu managed to hang on and finally grab the final point at 17-16.

JOGIS NOMINATED FOR SULLIVAN AWARD...

Current Men's National Champion, Chris Jogis, now of Redondo Beach, California, is among 48 athletes that have been nominated for the 1988 Sullivan Award. Since 1930, the Sullivan has annually honored the top amateur athlete of the U.S. The winner will be announced on March 6.



Coach Diana Wales and Ellie Stark

ARIZONA HIGH SCHOOL CHAMPIONSHIPS...

The Arizona High School Championships team title was not decided until the final match when Xavier High's defending champion Ellie Stark edged upset-minded Leticia Rodriguez of Corona del Sol for the individual State singles title.

Stark's win moved Xavier into 2nd place (at 9 pts.) in front of Corona del Sol (8 pts.), and prevented Corona del Sol from tying Moon Valley High (with 10 pts.) for first place.

Moon Valley High and Coach Bill Berech thus defended last year's championship title. They were led by their strong singles contender Michelle Pezold, and by Alycia Klein and Dawn Robinson, who captured the State Doubles title despite the fact that Robinson was just recovering from a knee injury.

This years' State Championship tournament included the top players from more than 16 schools which had qualified from over 30 league teams.

The hosts were Charlie Baker and Shelley Fehrman of Horizon High with sponsorship by HL Corporation.

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USA vs. RUSSIA...

A small group of top U.S. players ventured onto cold Russian soil this past fall for a unique badminton experience. It was cold, especially in Moscow, but the badminton encounters and exceptional organization by the hosts made for a memorable trip.

The trip took place by invitation of the organizing body of U.S.S.R. badminton and with the financial help by some "leftover" U.S. Olympic badminton funds. The U.S. force, led by John Britton, all reported that the trip was exceptional - one of the very best they had ever taken.

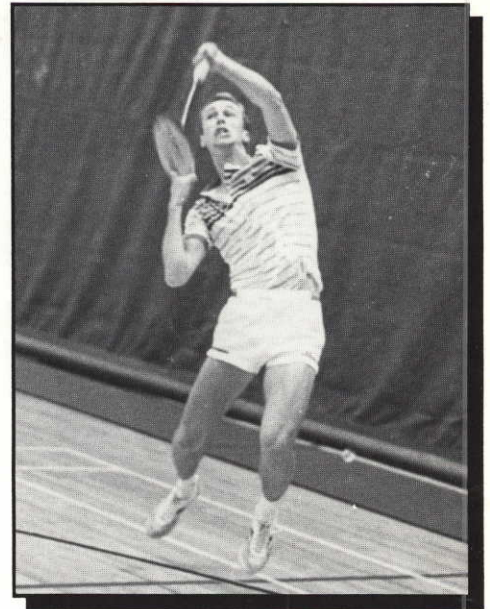
The reality of the Russian political and economic system was very evident. The site-seeing tours were excellent, educational and everything was well planned.

The reality of the Russian support for badminton was equally evident. The U.S. players that had seen and played against the top Russian team a year and a half ago in Beijing, China, reported that the Russians have already substantially improved. The simplicity of government control and sponsorship obviously has its advantages, especially in building a unified sports program.

The U.S. players won some of their matches, but not many. (In fact, it was generally felt that the Russians invited only those international players and teams that they felt they had a good chance to beat.)

The U.S. is at least 3 - 5 years behind the U.S.S.R. in developing a sufficient base of players for top world-class competition.

Fortunately, this trip itself shows that new efforts toward opening up opportunities for young athletes in the U.S. are being made.



Chris Jogis in action

WESTERN STATES OPEN...

Stop number two on the Yonex California Grand Prix circuit was at the Manhattan Beach Badminton Club in early December. Tournament Director David Levin reported that most of the draw was as tough or tougher than last year's U.S. National Championships!

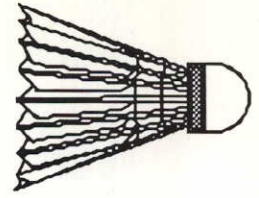
In the end, National Champion Chris Jogis took the singles over Peter Skole of Sweden in the semis, and over Tariq Wadood in the finals. Champions Jogis and Lee won all their doubles in straight games to take the trophy, while Wadood teamed with Linda French to win the Mixed title.

Liz Aronsohn won her third major ladies' singles title already this year, this time beating her Arizona State teammate Erika Von Heiland in the finals. Erika upset ladies' National Champion Joy Kitzmiller in her semifinal match.

Elaine Teoh, of Northern California, made it two Grand Prix doubles titles in a row, this time teaming with a "recently retired" world-class star of Indonesia, Ivana Lie.

Doubles FUNdamentals...

THE HALF-COURT PUSH



No, I'm not talking about shoving your partner or opponent halfway across the court. The "half-court push" is a shot most commonly used as a service return, but is also effective in doubles and mixed doubles rallies whenever your opponents are "up and back."

The half-court shot should be a soft line drive pushed down the sideline. Hit the shot hard enough to get past your "up" opponent at the net. But, not so hard that it will put the bird deep to your opponent in their backcourt.

If you hit the shot down the side and half-court then your opponent at the net must lunge sideways to retrieve it. This may force a weak return and open up the net area behind them.

Or, your "back" opponent will have to lunge forward, low and to his side to save it. This is what you really want, because though it is easier for this player to return your shot, he really can only hit back up to you, and he has left a large area of the backcourt open.

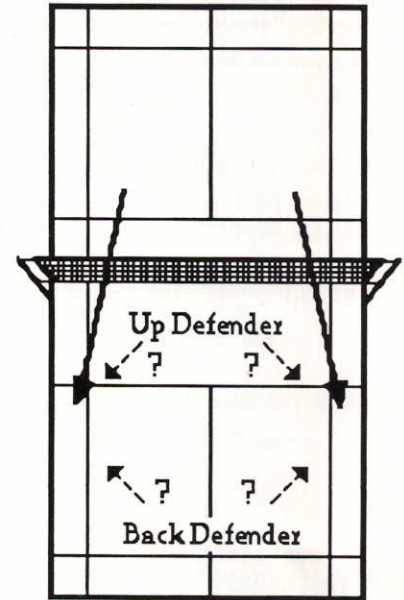
With luck, you might even get both of your opponents to chase after the same shot (perhaps causing a collision).

Or, you may get each of your opponents to hesitate, each thinking the other will go after your simple shot. Then they start yelling at each other in panic while the bird falls to the floor.

I know, because I'll never forget losing one of the best doubles matches I was ever involved in on just such a shot.

In an hour and a half long men's doubles marathon we were tied up in set in the 3rd game. Both teams had already saved 12 match points! All of us were smashing, diving, and scrambling for everything. When, out of the blue, one of our opponents hit a wimpy half-court push shot. My partner and I just stood there waiting for each other to keep on going. Then we both panicked, screamed, and then dove... but too late. After all that, all we could do was go shake hands with the winners and shake our heads.

The Half-Court Push



If properly placed, the half-court push shot can cause confusion against among even experienced opponents.

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WHO ARE OUR NEXT BADMINTON STARS?

Badminton is no longer simply a great recreational and competitive social sport. The stakes are higher now. This month, badminton attains formal Class A Olympic status. Significant Olympic funds are now becoming available, and the prospects for much greater community and commercial support seem inevitable.

Now at a total of over \$1,000,000, the international professional prize money circuit is also rapidly growing. The 1988 U.S. Open Badminton Championships joined this prize money circuit for the first time.

These Olympic and professional forces are working together to promote badminton and advance various opportunities within the sport.

Professional careers based on U.S. prize money tournaments aren't here yet, but they are in part waiting for a surge in the quantity and quality of U.S. badminton talent... One more reason to actively search for athletes with a future in badminton.

What do you look for in a young athlete to predict their potential for badminton?

There are generally three aspects to an athletes potential:

- A) Physical abilities
- B) Mental abilities
- C) Performance tendencies.

Physical abilities for badminton include foot speed, agility and endurance, and hand-eye coordination factors relating to racket control, quickness and strength.

Mental abilities for badminton include a suitable combination of the will to win and/or excel; the mind to concentrate, learn and understand; and the emotions to handle match play and the short and long term processes of improving.

Performance tendencies are the degree to which athletes combine their physical and mental abilities. Do they practice consistently, receive coaching and gain from experience? Do they demonstrate poise, intensity, and improved execution in tournament situations? Do they like the sport?

All of these factors are very general guidelines to potential. Outstanding athletes have found stardom along very different paths.

Some overcome severe weaknesses with outstanding attributes, while others simply have the right combination of good fundamentals with no truly outstanding features. Most great athletes, of course, combine good fundamentals with one or more outstanding abilities.

Some athletes develop rapidly, while others may develop very slowly, or even have suffered a long streak of below average performance. Some are outwardly emotional, while others are self-contained.

Regardless of the variations, most coaches know a potential athlete when they see one. The time to look for potential badminton athletes, and think more seriously about the genuine opportunities available to them, is NOW! Don't waste the chance to bring a great lifetime sport with a whole new future to your kids.

If you are a program director or coach and see an interested athlete with potential in badminton, but you are not sure how to connect them with their opportunities in badminton... contact your local or regional badminton association, or THE BADMINTON MAGAZINE for more information.

We will be happy to offer suggestions regarding training camps, good clubs, tournament schedules, and further coaching.

THE ETHICS AND SPIRIT OF BADMINTON

By Dick Witte

Continued from page 14...

tournament desk, and be on time for your matches. Give your fellow player consideration in all aspects of the game. These are the marks of a badminton player extraordinaire.

From a negative standpoint, no one appreciates the pouting of a loser, the downgrading criticism of a partner's play, improper deportment on the court or any demonstration lacking character. It detracts from the spirit of the game. Everyone suffers and badminton does, too.

Badminton people are special people. The atmosphere of the game is disseminated in such a way that everyone is affected. Good play and good sportsmanship are contagious. The enjoyment is diffused to one's partner -- to all players -- to the audience -- to everyone -- creating a total spirit. Everyone's appreciation of the game is enhanced.

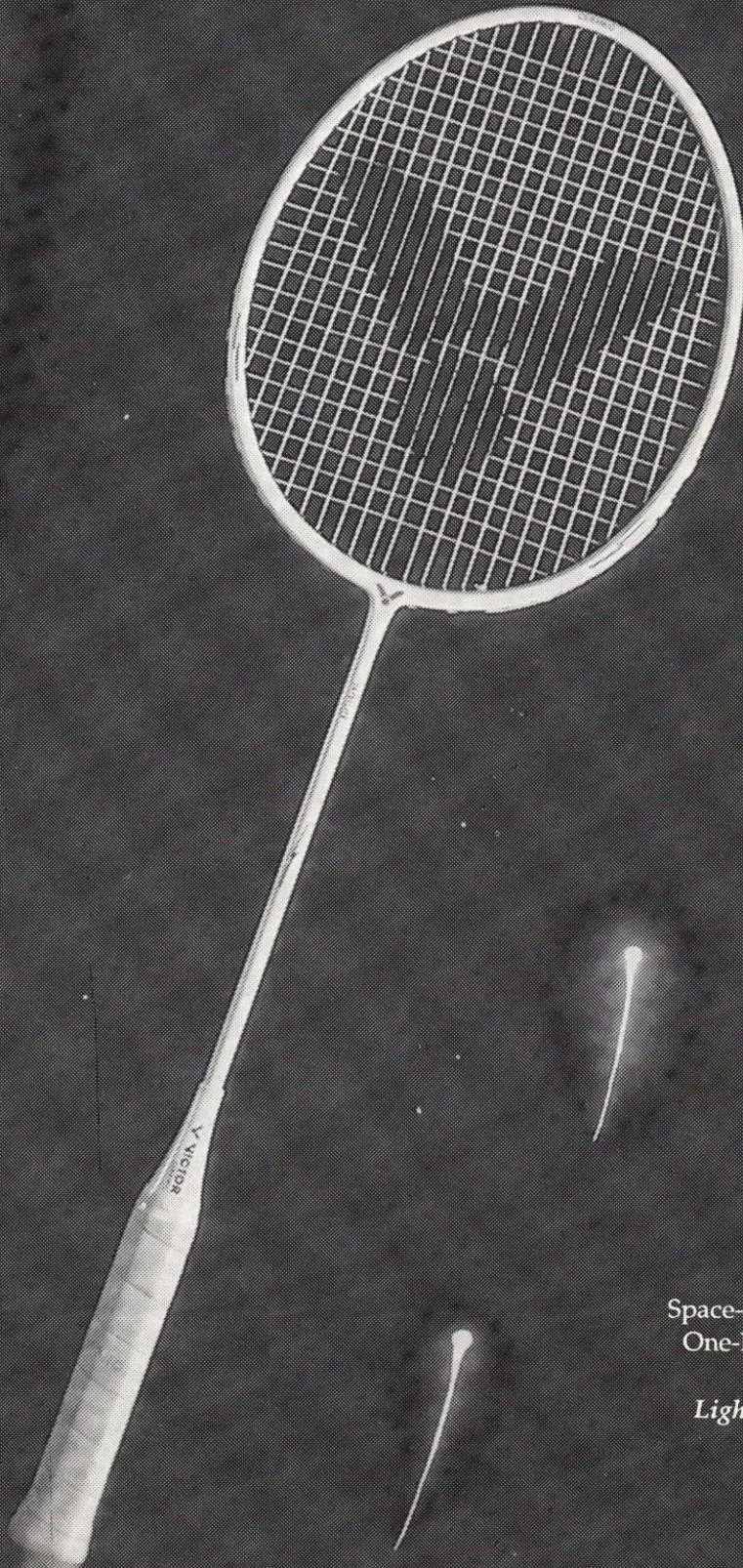
In badminton, the golden rule is completely applicable. Give others the respect you would like for yourself and the results will be amazing. Conversely, if by chance you have been mistreated, double your intention to return special consideration to that player. The other player will get the message and the problem stops there. Everyone benefits. It's character building and it's praiseworthy.

In the final analysis, we should all be able to say to ourselves --

"Badminton is better,
because I played the game."

It's your appreciation and love of the game that means something! You do make a difference. Within YOU is the spirit of badminton!

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