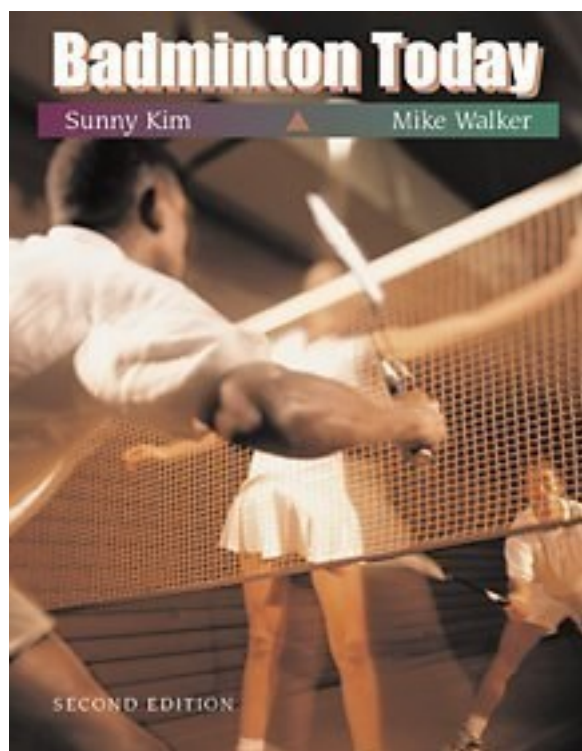


Badminton Today



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BADMINTON TODAY, 2nd Edition covers the basics in every area—from rules and courtesies of the game to the strokes and strategies. The book allows the player to progress from beginning, to intermediate, and to the advanced levels of play. The text also addresses proper conditioning from weight training and stretching to the mental and physical aspects of the game.

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