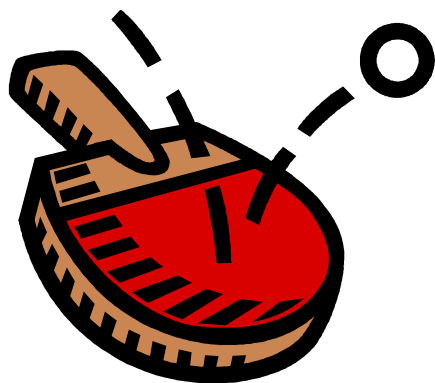


# Coach Koji's Contemporary Competitive Concepts

1. After a strenuous training session, you may want to pack your arm in ice... or preferably, your whole body.
2. Some people are easily impressed by clothing and equipment. Therefore, a flashy warm-up jacket and several extra rackets can be important.
3. Always offer to open a new box of balls, but do it as slowly as reaching for the dinner cheque (make it painful). If care is taken, one unopened box of balls should last the entire season.
4. During the warm-up, ask your opponent if you may hit a few smashes, but do so knowing that he'll find out you really don't have a smash.
5. It is not necessary to argue about a suspected 'edge ball' — sometimes a slight look of dismay will do the trick.
6. If your opponent is very deceptive from the backhand side, don't let it bother you. If s/he is deceptive from the forehand side as well as the backhand side ... well, you can let that bother you.
7. If your opponent runs you from side to side and up to back, you should avoid obvious signs that you are tired (therefore, try not to throw up on court etc.).
8. Remember, in playing singles, you actually have no one to blame your losses on but yourself. Therefore, you may want to take up doubles or mixed doubles.
9. Don't hit your partner too hard when they miss net kills.
10. If your partner misses three serves in a row, you may suggest that they relax and not worry about it ... or that they take up bowling, tennis, or chess.
11. If you have won, always approach to your opponent graciously to congratulate them on a match well played. Don't giggle and laugh until later.
12. If you have lost, always approach to your opponent graciously to congratulate them on a match well played. Don't punch them in the nose !
13. Remember, once a match is over and you have returned home, it is probably too late to call an edge shot "side".
14. **MOST IMPORTANTLY** — Don't take these and yourself too seriously, as we are in this to have fun as well as to be the best we can be !!



## Acknowledgment

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