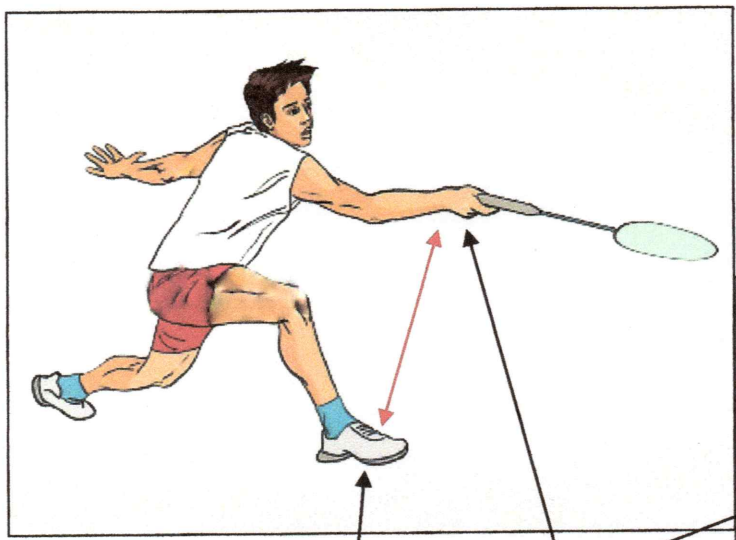
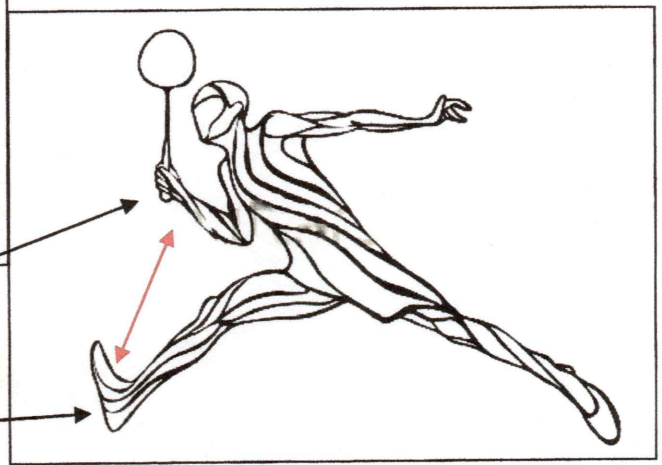


BADMINTON BASIC FOOTWORK



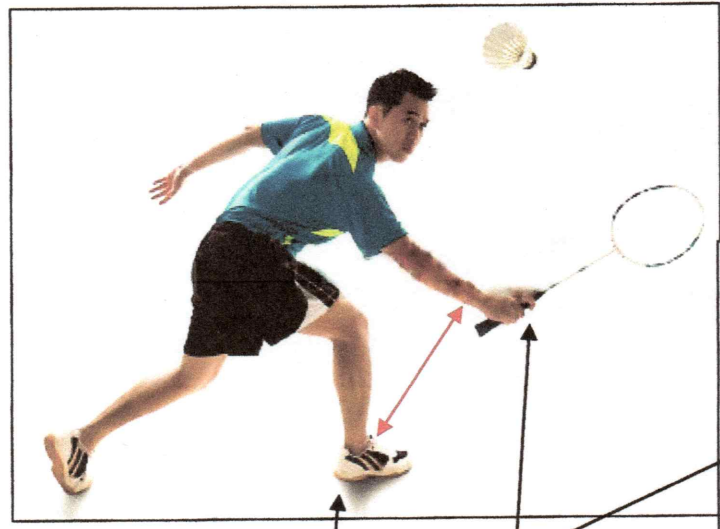
FOREHAND STROKE

Racket hand follows
 Racket foot



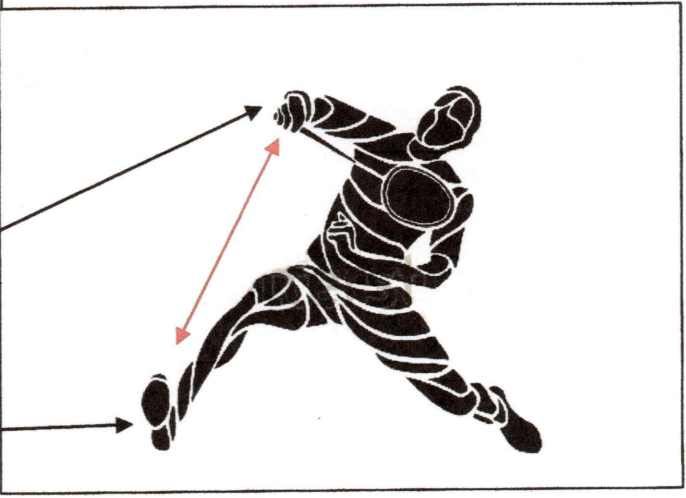
RACKET HAND

RACKET FOOT



BACKHAND STROKE

Racket hand follows
 Racket foot



RACKET HAND

RACKET FOOT