

Badminton: The Complete Guide by Cathy Bartel

The Definitive Guide to the Sport of Badminton

Badminton is a fast-paced, exciting sport that can be enjoyed by people of all ages and abilities. Whether you're a beginner looking to learn the basics or an experienced player looking to improve your game, Badminton: The Complete Guide has everything you need to know.



Badminton by Cathy Bartel

★★★★☆ 4.1 out of 5

Language : English
File size : 992 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 62 pages
Screen Reader : Supported



Written by renowned coach Cathy Bartel, this comprehensive book covers everything from the basics of the game to advanced techniques. You'll learn about the different types of shots, how to move around the court, and how to develop a winning strategy.

Badminton: The Complete Guide is packed with full-color photos and illustrations that will help you visualize the techniques and strategies discussed in the book. There are also practice drills and exercises that you can use to improve your game.

Whether you're a beginner or an experienced player, *Badminton: The Complete Guide* is the perfect resource for you. With its clear instructions, helpful photos, and expert advice, this book will help you take your game to the next level.

About the Author

Cathy Bartel is a world-renowned badminton coach and player. She has coached numerous players to Olympic and world championship medals, and she is the author of several books and DVDs on badminton.

Bartel's passion for badminton is evident in her writing. She is a clear and concise instructor, and she provides her readers with a wealth of information and advice.

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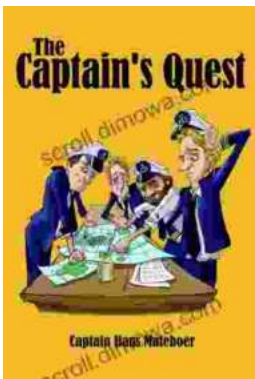
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