



## Master of the Badminton Arena attends Badminton Society Night

We are glad that a master of the badminton arena, Moe Chin Kiat, attended our Badminton Society Night on 20 October. Popularly known as Ciku, he is currently the badminton coach of the Malaysia Paralympic team. The appearance of Ciku was the highlight of the Badminton Society Night.



Ciku started out as a coach with the national team of Malaysia in 1969. He went on to lead the 1974 Thomas Cup squad to a runners-up spot in Bangkok. Many top players had also enjoyed the benefit of his no-nonsense style of coaching at the Selangor Badminton Association (SBA) Hall during the 1970s and '80s. Since the '70s, some of his students have been winning national, South East Asia Games, and even Commonwealth Games championships. Ciku received a Long Serving Recognition Award by International Badminton Federation in 1999. He moved to full time coaching the Paralympic team in year 2004.

Ciku gave a two-hour valuable coaching for our team. Within that two hours, he had taught the skills and techniques for all the players according to their individual levels. Apart from descriptions, demos was also shown by a former Malaysian national player. After the training session, the players enjoyed the match play with them. Everyone agreed that it was a memorable and rewarding night.

### Nam Min Liew



## BADMINTON TIPS

by Coach Liew



### Drop Shot

Drop shot is a shot that is hit from back court or mid-court to opponent's front court or close to net.

Purpose: To catch your opponents out and make them stretch when playing their reply, hoping to force an unbalanced weak reply.



#### Preparation phase:

Body face sideways with racket leg at back and non-racket leg in front, where bodyweight is transferred from non-racket leg to racket leg. Pull back racket arm with elbow bent and non-racket arm stretched out for balance.

#### Hitting phase:

Bodyweight is shared by both legs and body rotates until parallel with net. The shoulder rotation is followed by elbow extension. The contact point for this shot should always be in front of the forehead with the flat racket surface and the racket angled forward. Slice or tap the shuttle as you hit it, reducing the speed of the racket head.



#### Follow-through phase:

After the contact point is made, the racket arm enters the follow-through phases with controlled deceleration of the movement. The racket leg will strike forward with bodyweight once again transferring to racket leg and the centre of gravity leaning slightly forward to create a momentum when smashing so that bodyweight can be used to add more power to your smash.

