Let me introduce my table tennis career

- I started my training at six
- at the age of nine I started training
- at the age of eleven I entered the Shandong province team
- strong competition in China
- I retried twenty one
Asia – europa

Different between Asia - Europa

https://www.youtube.com/watch?v=z6IP-TcjtB4
Serve and receive
Serve

- important point form serve
- serve station
- rotation
- serve quality ( high of low)
- which place do you want to serve
Receive

- direction of the ball
- judgment of rotation
- quickly understand about serve of the opponents
- training training training
Details

> Short
> long
> flip
> half long
Ma lin serve and receive
Fan zhendong backhand receive