



Footwork & Movement

Starting from center and the ready position, touch the four corners of the court in succession, returning to the center position after each touch. Pivot and reach with your dominant arm and leg, and shuffle using a step-close-stepping action with your feet. Cross over only on your backhand side, not your forehand side.

Video: <http://video.google.com/videoplay?docid=-6958888713354397380&q=badminton+footwork>