Web site: http://www.tawatabletennis.org.nz



# What is on Soon:

Mid Winter Lunch: Tuesday 27 July.

Porirua Club, 1 Lodge Place, North City Shopping Centre. 12 Noon

The menu can be seen on club day (and was circulated to members on 18/6/21

Visit by Waikanae: Thursday 29 July

**Social Doubles** 

Singles: First Three Thursdays each month:

Hours: 9am to Noon Morning Tea: Rolling 10am to 11am.



## Results of the 2021 Club Doubles Championships:

	Winners	Runner Ups	
Championship			
Semi	Peter H. & Alwyn	Peter C & Janet	11-4, 11-7
	Kaz & Margaret	Cheryl & Avis	8-11, 11-6 11-5
FINAL	Kaz & Margaret	Peter H & Alwyn	13-11 11.5
<b>Doubles Plate</b>			
Semi	Anita & Petra	Kevin & Brenda	11-5 11-4
	Annette & Ernest	Raewyn & Maxine	11-5 6-11 11-5
FINAL	Annette & Ernest	Anita & Petra	11-8 11-9



### **Bats Available**

The club can sell members a bat (Stag—obtained from Table Tennis New Zealand) which is a good club bat at a reasonable price.

Talk to Pradip or Terry.



### Helpful information on How to Play Table Tennis

There are links on How to Play etc on our web site At:

http://www.tawatabletennis.org.nz/

An ongoing project by Table Tennis New Zealand entitled "Know Your Game" has a link here which some members may find interesting.

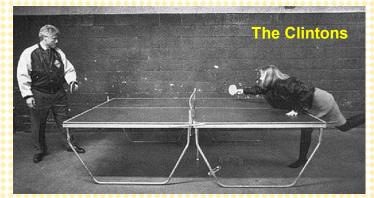
# Come on people! How about some contributions?



Remember these? Used to run similar one when Secretary of the Hamilton TT Assn.

Jean typed the stencils.

Robin













# The Table Tennis Grip - Holding your bat.

Some will think I have an obsession re this subject – they may be right, but I do believe that the way you hold your bat is really crucial to the way you play, change to the required stroke and improve your game.

The following then is to get the early basics right so your game can develop.

#### "Just Do It":

- 1. Firmly shake hands with your bat. Bat handle in the V of your hand between your thumb and forefinger
- 2. Your thumb more or less level with the rubber across the bottom of the blade, but can protrude on to the rubber whatever is comfortable. (see image).
- 3. Your forefinger then rests across the bottom of the rubber. (see image).
- 4. Your playing instrument is really the bat and your forearm, as though one piece, with little or no wristwork (at an early stage). Keep your wrist straight with your forearm and don't angle it up or down.
- 5. Hold the bat firmly but comfortably as it suits you your grip should not be strained or undue pressure placed on your hand.
- 6. All strokes, especially as you develop them and practise, whether they be forehand or backhand, over the table play or attacking shots, should commence right back from ball and should follow through as far as possible.

Defensive and over the table push strokes should follow through and finish in the direction you intend to hit the ball. Attacking strokes should start well back or low and follow through upwards.

With attacking strokes, the way back or low start is intended to lift the ball over the net with the follow though up ward and over part of the stroke puts the ball down on the other side.

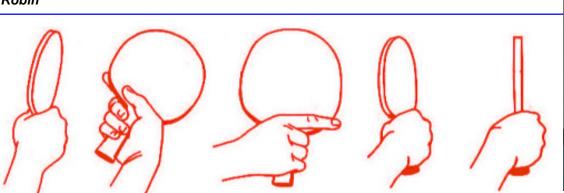
#### Notes:

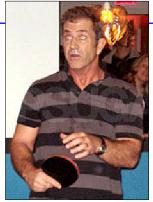
The ball can be spun with the above but it is important to develop consistency first without worrying about spin. The latter will gradually develop as consistency improves and you become comfortable with the stroke. At that point wristwork can help to create more spin.

The point to note is that it is the player who puts the ball back over the net correctly more times than one's opponent, that is the winner, and boring though it sounds – "walk before you run".

I have not covered the "pen grip" as it has disadvantages and is largely out of favour throughout the world I believe.

#### Robin





Mel Gibson got it right!

# LAUGHS.....

WARNING!
A little
"risque" content



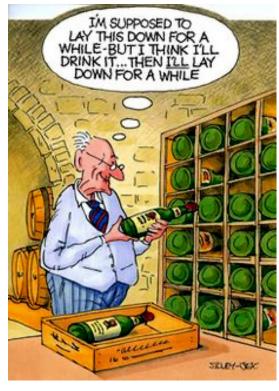


Never confuse education with intelligence

## **Breaking News**

There were no new cases of disgraced Politicians reported in NZ today.





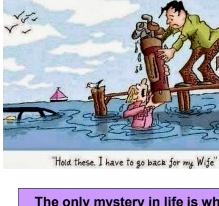






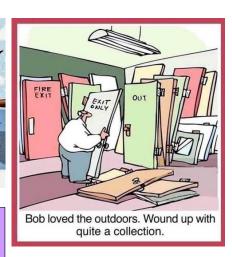


"Your wife is still under the anesthetic and from what I've heard, this would be a good time to see her."



The only mystery in life is why the kamikaze pilots wore helmets."

– Al McGuire

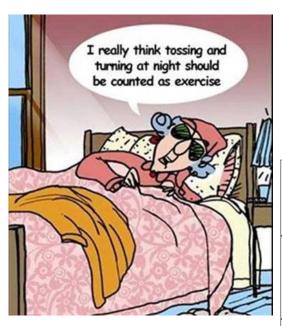


This picture reminded me of the one that I used to have. I had to get rid of it. They're cute and look harmless but they are loud, incredibly expensive to keep, and absolutely untrainable!

The other one is a kangaroo. I don't know anything about kangaroos...



"Male, 38, still living with his parents. They asked us to keep him overnight, so they could change the locks."

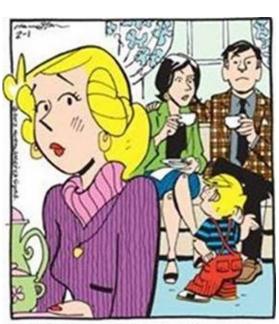


Mirror, Mirror On the wall.... What the hell happened.

Behind every angry woman, stands a man who has absolutely no idea what he did wrong.

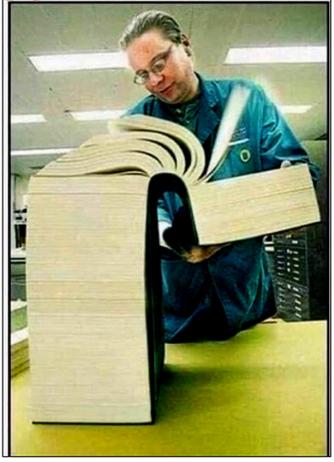
Despite the old saying, "Don't take your troubles to bed", many women still sleep with their husbands.

A wise man once said nothing.



"MOM SAID YOU MARRIED FOR MONEY. "HOW MUCH DID YOU GETS"

Just letting you know that the book,"<u>Understanding Women</u>" is now out in paperback



I just read a book on marriage that says treat your wife like you treated her on the first date.

So after dinner tonight I'm dropping her off at her parents house.



I'm going to stay up on New Years Eve this year. Not to see the New year in, but to make sure this one leaves.



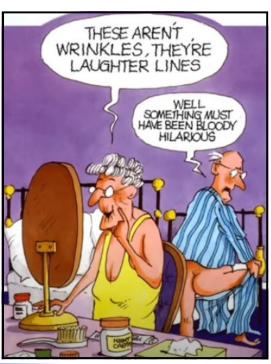
Laughing at your own mistakes lengthens your life.

Laughing at your wife's mistakes shortens it.









#### **LAZY**

Is such an ugly word

I prefer the term **SELECTIVE** PARTICIPATION.

READING CAN SERIOUSLY DAMAGE YOUR IGNORANCE.

If I agreed with you, we'd both be wrong.

War does not determine who is right -only who is left.



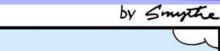
# ANDY CAPP





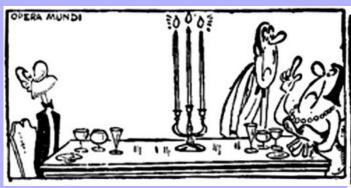


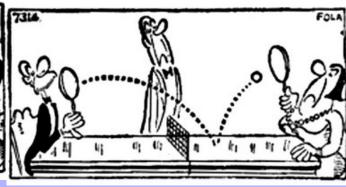




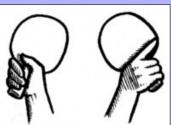












**Just Do It!** 



### Some Old Comics~~~~





