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HISTORY OF THE ORIGIN, EQUIPMENT AND TECHNIQUE OF TABLE TENNIS

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Abstract

This article analyzes in detail the history of the origin of table tennis, the stages of its formation and the level of its development today. Initially appearing in England at the end of the 19th century as an indoor alternative to the game of tennis, table tennis gradually developed from a simple recreational activity to an international professional sport. The article also provides information about the initial equipment of the game, the origin of the term "ping-pong" and the processes of its commercialization. It also analyzes the establishment of a unified set of rules for table tennis through the establishment of the International Table Tennis Federation (ITTF), the holding of world championships and the global popularization of the sport as an important historical milestone. It is emphasized that changes in the rules of the game, including the updating of the scoring system, technological improvements in equipment such as rackets and balls, have increased the

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dynamism of the sport. The article highlights the inclusion of table tennis in the Seoul 1988 Summer Olympics as an important event that increased its international prestige. In addition, the current level of development of this sport, especially in Asian countries, in particular China, is cited as an example.

Keywords: Table tennis, ping-pong, history of table tennis, origin of the sport, international sports organizations, International Table Tennis Federation, Olympic Games, Seoul 1988 Summer Olympics, evolution of sports equipment, development of rackets and balls, rules of the game, world championships, sports and healthy lifestyle, physical development, reflexes and agility, sports strategy.

Introduction

The history of the origin of table tennis. Table tennis is one of the sports that is widespread all over the world today and has attracted millions of fans. It is a game that requires speed, accuracy and strategic thinking, and although it began as a simple game, it has grown to the level of a professional sport over time. This article provides detailed information about the emergence, development and modern appearance of table tennis.

Initial appearance. Table tennis appeared in England at the end of the 19th century. It was originally created as an indoor alternative to the outdoor game of lawn tennis. When it was not possible to play tennis in the winter months or in bad weather, English aristocrats tried a small-scale game on a table. In the early days, there was no special equipment for the game. A stack of books served as a net, simple wooden boards were used instead of a racket, and a rubber or even wine cork was used as a ball. Therefore, the game was considered more of a recreational activity.

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The emergence of the term "ping-pong". Table tennis was originally known as "ping-pong". This name came from the sound the ball made when it hit the racket. At the beginning of the 20th century, English companies began to commercialize this game, and the name "Ping-Pong" was registered as a trademark. Therefore, the term "table tennis" (table tennis) was later used as the official name of the sport.

Formalization and organizations. By the 1920s, table tennis began to take shape as a serious sport. In 1926, the International Table Tennis Federation (ITTF) was founded. The same year, the first world championship was also held. This was an important step towards the international recognition of table tennis. In the early competitions, European countries, especially Hungary and England, led the way. Later, Asian countries, especially China, Japan and South Korea, began to dominate this sport.

Development of equipment and rules of the game. Over time, the equipment used in table tennis has improved significantly. Rackets have evolved from simple wood to modern professional tools with rubber covers. Balls are first made of rubber, later celluloid, and now plastic. The rules have also changed. For example, while games were originally played to 21 points, they are now played to 11 points. These changes were introduced to make the game more dynamic and interesting for spectators.

Becoming an Olympic sport. Table tennis was included in the Seoul 1988 Summer Olympics program in 1988. This further strengthened its status as a global sport. After its inclusion in the Olympic Games, the popularity of table tennis increased dramatically and began to develop professionally in many countries.

Modern table tennis. Today, table tennis is one of the fastest sports. The reaction of professional players works in thousandths of a second. The game

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requires not only physical, but also intellectual preparation. China is especially a leader in this sport. Chinese athletes have won many medals at world championships and the Olympic Games.

Table tennis equipment and technique. Table tennis stands out among modern sports for its speed, accuracy and high level of technical skill. Success in this sport directly depends not only on physical preparation, but also on the choice of the right equipment and mastery of perfect technique. Therefore, in an in-depth study of table tennis, it is important to consider its equipment and playing techniques separately.

Table tennis equipment. The main equipment used in table tennis is as follows:

1. Table (tennis table)
2. The game of table tennis is played on a special table. The table is usually rectangular in shape, divided into two parts by a net in the middle. The surface of the table should be smooth and of the same color, usually green or blue. Professional standards are set by the International Table Tennis Federation.
3. Net (net). The net is installed in the middle of the table and is an important part of the game. Its height is strictly defined, creating a clear boundary for the ball to pass.
4. Racket (racquet). The racket is the player's main weapon. It consists of a wooden base and a special rubber coating glued to it. Modern rackets are covered with two types of rubber - one for speed and the other for spin.
5. Ball. The table tennis ball is small, light and usually white or orange. Nowadays it is made of plastic. The quality of the ball has a significant impact on the speed and spin of the game.

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Table tennis technique. Technique is very important in table tennis. Each player can develop their own style, but the main technical elements are as follows:

1. Correct stance. The player should stand close to the table, slightly bend their knees and lean forward. This position allows for quick movement and readiness for shots.

2. Racket Grip Methods

There are two main types of grip methods:

- “Shakehand” (handshake method)
- “Penhold” (penhold method)

Both methods have their own advantages and are chosen depending on the player's style.

3. Basic strokes

- ✓ Forehand - a stroke delivered with the front of the racket
- ✓ Backhand - a stroke delivered with the back of the racket
- ✓ Smash - a powerful offensive stroke
- ✓ Push - a defensive stroke
- ✓ Topspin - a stroke delivered with rotation

These strokes form the basis of the game, and their perfect mastery leads to high results.

4. Service. The service is the beginning of the game and is a very important strategic element. A strong and deceptive serve can put the opponent in a difficult position.

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5. Footwork. Fast and correct movement is very important in table tennis. The player must quickly change positions around the table and be ready for each stroke.

The relationship between technique and equipment. Equipment and technique are closely related. For example, a high-quality racket helps to increase spin and speed, which makes it easier to perform complex technical strokes. At the same time, improperly selected equipment can limit the player's technical capabilities.

Table tennis equipment (with dimensions). Table tennis equipment has specific dimensions and standards that ensure a fair and professional game. These standards are set by the International Table Tennis Federation.

1. Table (tennis table) dimensions

A table tennis table has strict standards:

- ❖ Length: 2.74 meters
- ❖ Width: 1.525 meters
- ❖ Height: 0.76 meters (from the floor)

The table surface should be flat and smooth. When the ball is thrown from a height of approximately 30 cm above the table surface, it should bounce 23 cm.

2. Net Dimensions

- Height: 15.25 cm
- Length: Across the width of the table (about 1.83 meters, including the posts)

The net divides the table into two equal halves and its tension is important.

3. Ball Dimensions

- Diameter: 40 mm
- Weight: 2.7 grams

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The balls are usually white or orange and are made of plastic. Previously, celluloid was used, but now safer plastic is used.

4. Racket (racquet) dimensions

There is no specific general size for a racket, but there are the following requirements:

- At least 85% of the racket must be wood
- The thickness of the rubber coating is usually around 2 mm
- The total thickness of the racket is usually between 4–6 mm

The shape and size of the racket can vary depending on the player's style.

5. Playing area (arena). In professional competitions, the playing area also has standards:

- ✓ Length: at least 14 meters
- ✓ Width: 7 meters
- ✓ Height: 5 meters (ceiling height)

This is necessary for the players to move freely.

Conclusion

The history of table tennis shows that any simple idea can grow into a big sport over time. Originally created by English aristocrats as a pastime, this game has now become a professionally developed sport around the world, based on strict rules and modern technology.

Various factors have played an important role in its development - the establishment of international organizations, the holding of competitions, the improvement of equipment and the updating of the rules of the game. In particular, the establishment of the International Table Tennis Federation (ITTF) ensured the development of table tennis based on uniform standards and strengthened it as a global sport.

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Later, its inclusion in the Seoul 1988 Summer Olympics program further increased the prestige of this sport and led to its popularity in almost all countries of the world.

Today, table tennis is valued not only as a professional sport, but also as an important part of a healthy lifestyle. It develops a person's quick thinking, reflexes, attention and physical agility. At the same time, this sport serves to form such important qualities as discipline, patience and competitiveness among young people. In conclusion, table tennis is distinguished by its rich history, its path from simplicity to perfection and its high level of development today. It is not only a sports competition, but also a universal game that is of great importance in improving human health and social activity.

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