



Korean ball game sports

www.7330.or.kr [Let's exercise easily, fun and healthy anywhere]

킥 테 니 스 (KICK tennis)

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[order]

1. Introduction / 3
2. Features / 4
3. Exercise effect / 5
4. Supplies / 1) Kick tennis ball 2) Racket 3) Net 4) Air injector 6
5. How to hold a racket / 1) How to hold it horizontally to the ground 2) How to hold it vertically to the ground 15
6. How to play / 1) Kick tennis place 2) Referee hand signal 3) Step-by-step practice method 4) Goal score 5) Score 6) Start of the match 7) Singles match 8) Doubles match 9) Multiplayer match 17
7. Types of kick / 1) In-foot kick 2) Instep kick 3) Pushing in the sole of the foot 4) Outer foot kick 5) Heel kick 22
8. Basic Skills / 1) Racket Serve 2) Foot Serve 3) Receive 4) Attack 26
9. Kick Tennis Stage 3 / 1) Stage 3 Fig. 2) Video 3) Kick tennis learning with 1-minute video 30

1. Introduction to Kick Tennis



Kick tennis ball is received as a racket with a net in between and handed over to the opposing team to compete for the game. On July 25th, the Korea Kick Tennis Association was established in Gimpo, Gyeonggi-do, and it is the proud sports culture content of Korea that aims to adopt an official Olympic sport like Taekwondo.

The Korea Kick Tennis Association has been promoting the public interest campaign "Let's exercise easily, fun and healthy anywhere" from 2014 to promote the importance of sports and to encourage many citizens to participate. Trying hard.

2. Features of kick tennis

KICKtennis is an easy, fun and safe exercise created by changing, combining, and connecting existing exercises. It is safe because there is no contact with the other person, and the side effects of existing exercises that occur with only the arms are used by using both arms and feet. You can reduce side effects of exercise and develop your body in a balanced way. The rules are simple, and regardless of the weather, it is an indoor and outdoor sport that can be enjoyed by all ages. Oil (5) a week (7) 30 minutes a day kick tennis exercise [Kick Tennis 7530 exercise] reduces stress, improves thinking, learning, and judgment skills. It also reduces depression, makes you feel better, helps with deep sleep, and increases your life satisfaction. Kick tennis balls, rackets, and nets were awarded as relics at the National Sports Museum in 2017, and were selected as excellent products at the Seoul Awards in 2018.

KSPPO

제 기16 - 012 호

유물수증증서

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3. Kick tennis exercise effect

1) It is good for cultivating motor nerves such as quickness, judgment, agility, and muscle strength because you have to move quickly in the direction of the ball flying in a limited space of 5m in width and height, and you have to decide where to move instantaneously along the ball.

Exercising with increases lung capacity and helps prevent adult diseases.

2) This is a full-body exercise that constantly repeats moving along the ball, stopping, and running again, which helps improve flexibility and elasticity of the body.

3) Compared to other ball games, it has fewer injuries, can be easily exercised at low cost, and is suitable for men, women, and older people.

It is a good exercise for socializing with a variety of people because it can be enjoyed by all young people.

Receiving and kicking dynamic movements relieves mental stress and is effective for diet.

*** Precautions for kick tennis exercise**

To prevent injuries, warm up the surroundings by running lightly one or two rounds to increase body temperature and muscle temperature.

Evenly stretch your neck, shoulders, arms, hands, fingers, waist, knees, legs, and ankles. Right after the exercise I saw Instead of going into the game, practice basic skills such as serving, receiving, and attacking for about 5-10 minutes before starting the game.

4. Kick tennis supplies

1) Kick tennis ball

(Design Registration No. 30-0840158)

Material: polyurethane, rubber

Shape: A rubber ball inside a ball wrapped with a polyurethane mesh

Size: 10cm diameter

Weight: Min 53g, Max 59g (Inner ball and outer ball added together)

Characteristic: The energy applied when kicking is composed of the first 32 holes.

It is dispersed in a polyurethane network structure and made of a secondary rubber material.

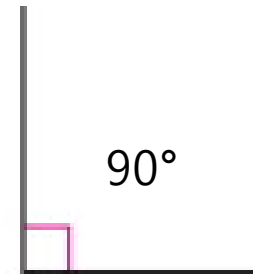
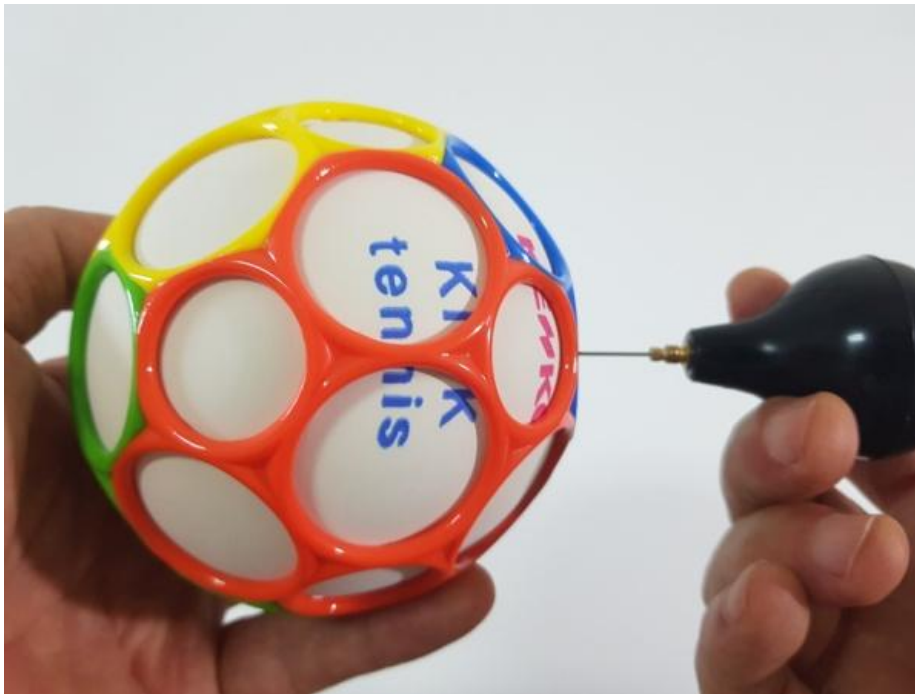
It is a ball that absorbs energy with the ball and reduces the speed of the ball flying.

Should drop from 1.5m and bounce 60~80cm



(1) How to put a kick tennis ball in the air

- ① Close the air injector hole of the rubber box with a wide area at the first joint of your thumb.
- ② Insert the needle (nozzle) very gently at a right angle (90°) so as not to damage the area where the ball is blown.
- ③ Close the air injector hole of the rubber container with your thumb, and pump in air repeatedly until the outer ball and the inner ball come into contact (until they meet).
- ④ When air injection is over, quickly pull out the saliva while the thumb is closed.



At a right angle to the needle

2) Kick tennis official racket

(Design Registration No. 30-0812337)

Material: Aluminum, nylon

Overall Length: 53cm

Mesh border width: 22 cm

Mesh border length: 34 cm in length with an oval

Weight: Min 155g, Max 165g

Features: In a limited space where one coat is 5m wide

For maximum exercise effect

The length of the racket is short and the weight is light.



3) Kick tennis net

The net height is 64.72cm, the length is 5.1m, and the width is 0.76m.

The Golden Ratio is expressed as about 1:1.618. This is the golden ratio that is considered the most beautiful mathematically.

The golden ratio of the height of the kick tennis net is $4\text{m (400cm)} \times 16.18\% = 64.72\text{cm}$ on one subline.



(1) How to assemble a kick tennis net

① Net composition

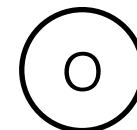
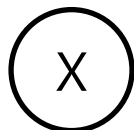
Net net, prop, portable bag, exclusive hook, 2 liters of mineral water/sand bag.



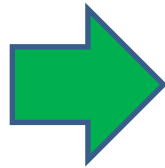
② Connect the pillars.

* Caution: There should be no gap in the connecting part of the strut.

If not tightly inserted, the net will not be connected.

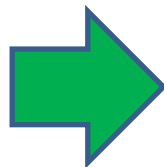


③ Attach the support frame (flower) to the outside.



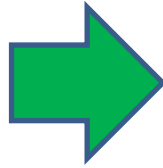
④ Push the post support into the frame all the way.

If not tightly fitted, the frame will easily crack due to the tightness of the net.



지주대 들어가는 깊이

⑤ Insert the net net on both sides of the post support.

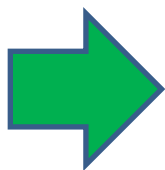


⑥ The net is floating because the support rod pushes it.

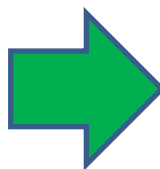


rise

⑦ When the exclusive ring connected to the 2 liter bottle of mineral water is inserted into the end of the post support bar, the force and weight of the support bar are canceled and the net becomes tight.

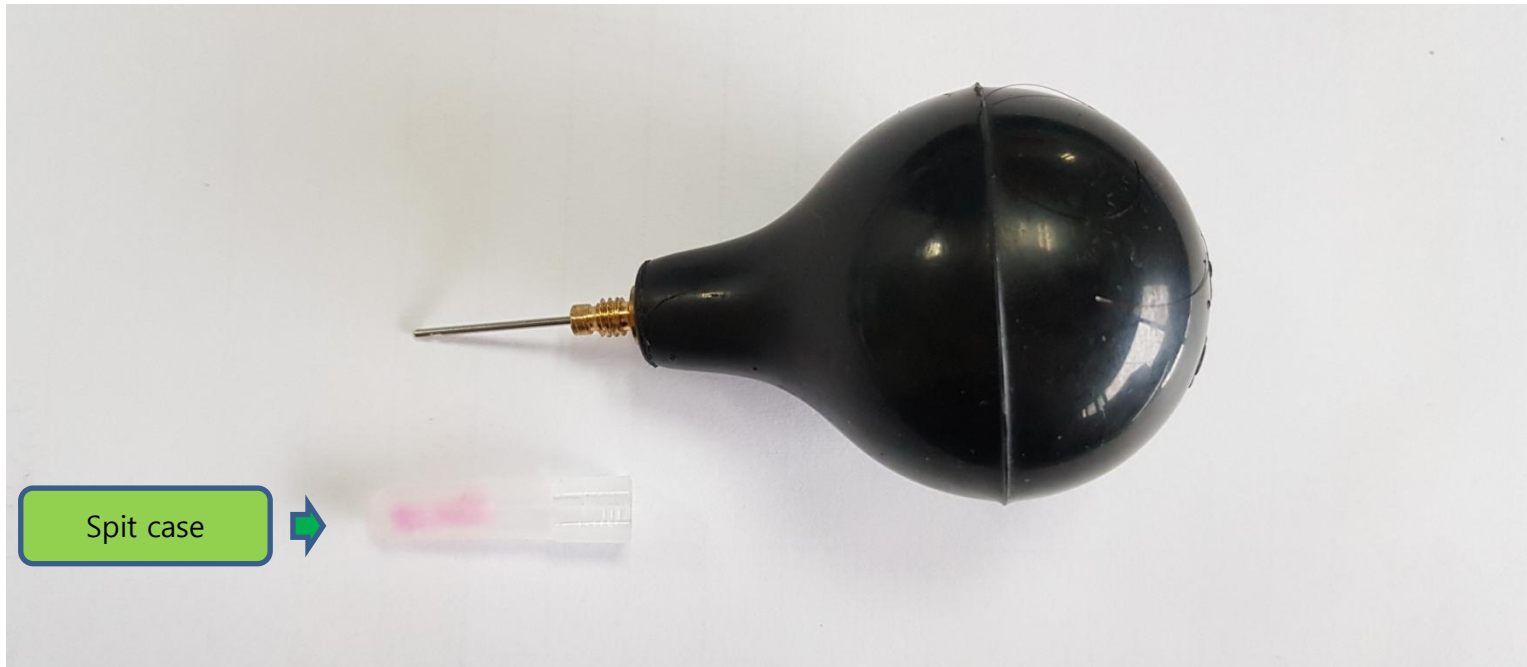


⑧ Set the net height to 64.72cm (subline $400\text{cm} * 16.18\% = 64.72\text{cm}$).



64.72cm

4) Kick tennis ball inflator



The kick tennis ball air injector has a total length of 7.7cm, a needle length of 1.7cm, a rubber barrel diameter of 3.7cm, and a ball weight of at least 12g and maximum of 13g.

The precautions for storage are that there is a small amount of liquid inside the needle case, so it helps to be inserted gently when air is injected, so it must be stored in the needle case.

5. How to hold a racket

It is important to find the most comfortable and efficient way to hold your own racket according to your physical condition and characteristics.

1) How to hold it horizontally with the ground

How to hold the racket so that the surface of the racket is parallel to the ground.

By holding the racket as it is on the ground, you must naturally hold the racket without twisting your hand, so that it is easy to receive the flying ball through the wide side of the racket, and you can receive the ball with the most stability. It's a good grip for receiving the ball, either short or low or from top left or right. The horizontal grabbing method has the advantage of being able to deal with various pitches.



2) How to hold it vertically with the ground

How to hold the racket surface and the ground at a 90 degree angle.

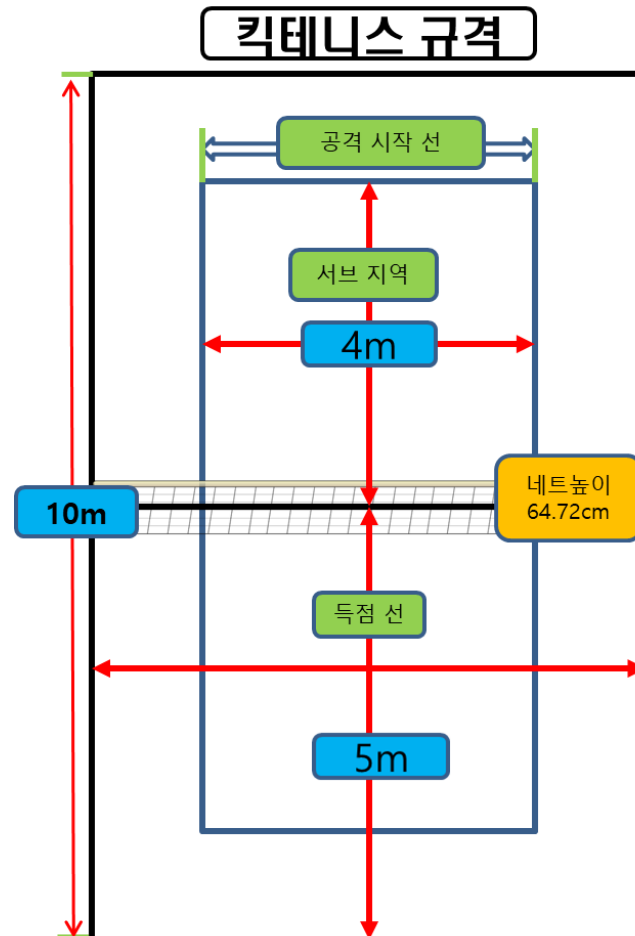
Hold the racket at a 90° angle to the ground and hold it as if shaking hands. Relax your arms, shoulders, and wrists, and let your thumb and index finger meet naturally.



6. How to play kick tennis

1) Kick tennis place

It is possible if the ball can be bound, such as elastic pavement, floor, asphalt or concrete.



2) Conceded

- (1) When the ball goes beyond the serve or scoring line.
- (2) When the ball hits the racket, touches the foot, or the court twice or more.
- (3) When the served ball does not cross the net.
- (4) When defending, the ball cannot be passed to the opponent in 4 touches (① floor ② racket ③ floor ④ foot).
only. It is possible to put your feet in 4 touches.
- (5) When the ball goes over to the opponent without an attacking touch (foot).
- (6) When the body touches or enters the serve or scoring line when receiving a serve.
- (7) When the ball touches the body or clothing other than the foot and the hitting surface of the racket.
- (8) When a player's body, clothes, racket, etc. other than the ball touch the net.
- (9) When the ball hits the ceiling of the room.

3) score

One point is gained or lost depending on success or failure during the match, and the points at this time are called goals and runs, and if 11 points are preempted

The set is won, and in the case of a 10-point deuce, the player who gets 2 points first wins. There are 3 wins from 5 matches and 4 wins from 7 matches.

In kick tennis, the score is called 1 day 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 11 10 days. Also, when calling points during a match, you must always call the score from the side you served. (1-0 one-to-one, 2-1 two-to-one, 3-1 three-to-one, 4-1 four-to-one, 5-1 five-to-one, 6-1 six to one, 7-1 seven to one, 8-1 eight to one, 9-1 Goo vs. 1, 10-1 vs. 1, 11-1 vs. 1, 1-0 vs. Young, 1-2 vs. 3, 1-4 vs. 1-5, 1-5 vs. 5, 1-6 vs.yuk, 1-7 days versus seven, 1-8 days versus eight, 1-9 days Daegu, 1-10 days versus ten, 1-11 days versus ten days)

4) The start of the game

(1) A coin is thrown to determine the first right to serve or the court, and it begins with the declaration of "start of the match" by the referee.

(2) Racquet subs have their feet shoulder-width apart from the subline, and their arms are stretched forward and parallel to the ground.

Drop down at shoulder level. At this time, the starting point of the racket must start in front of the leg close to the net.

(3) Hit the ball with a racket and put the ball into the sub area.

(4) The incoming ball is received as a racket after no-bound or one-bound, and the received ball is again one-bound and kicked Attack.

(5) The court is changed at the end of the first set, and in the last set, the court is changed when one team scores 6 points.

(6) The game ends as declared by the referee.

5) singles match

A goal is scored if the rally is won, and the serve takes turns. In other words, when the sum of the points is even, the serving team is served, and when the number is odd, the receiving team serves.

6) Doubles match

(1) The first touched player receives with a racket, and the remaining player kicks the ball (with a racket) within one no-bound and attacks the opponent team.

(2) If you win the rally, you score and you have the right to serve. If you keep scoring, the player who served will keep adding.

7) multiplayer game

In a game in which 3 or more players are a team, the first player who touches is received with a racket, and one of the remaining players is one bound.

The ball is kicked (with a racket) within and attacked by the opposing team.

(2) The rest are the same as doubles.

7. Types of kick tennis kicks

The caution when kicking is that your feet should not shake the moment you kick. When the axis foot shakes, the ball is in the direction

Does not fly. The method is, if you put your body weight on the foot that becomes the axis, the foot on the kicking side becomes free and shakes less.

When kicked, the foot, which becomes the axis, is located slightly behind the drop point of the ball. Look at the ball and kick the center until the moment the ball and your feet touch.



1) Kick inside foot <https://www.youtube.com/watch?v=XdGHtgCzxzU>

It is a kick that is kicked over a wide area under the ankle bones inside the foot.

(1) Advantages

- ① The ball has the most contact area
- ② It is suitable for kicking the ball at various angles, long, short, fast and slow.
- ③ It is a basic kick and has accuracy and stability.



(2) Disadvantages

- ① It is easy for the other party to predict the direction.



2) Instep kick video <https://www.youtube.com/watch?v=iYGgSJ0vhwo>

The upper part of the foot. That is, 2/3 of the part from the ankle to the toe. The car is a kick.



(1) Advantages

- ① You can take a powerful kick with little effort.
- ② You can't see where you are going.
- ③ You can kick quickly and strongly.

(1) Disadvantages

- ① The direction is inaccurate and unstable than the kick inside the foot.



3) push the soles of the feet

This is a kick that pushes the ball toward the body by pushing the ball into the flat, wide part of the foot that touches the ground under the foot, and then pushes the ball into the sole of the foot.

4) Kick outside the foot

It is a kick kicked by the foot of the foot from the heel of the outside of the foot to the little toe with the corners of the sole and the back of the foot.

5) heel kick

The bulge between the sole of the foot and the ankle, a kick kicked with the heel.

8. Basic kick tennis skills

1) Racket serve video https://www.youtube.com/watch?v=b8xQfdwBV_I



- 1) The hand and arm holding the ball should be parallel to the ground, and in a relaxed position, the feet are shoulder-width apart.
- 2) Drop the ball naturally at shoulder level.
- 3) Hit the one-bound ball with a racket and send it. After hitting the ball, the racket swings forward in the direction of the goal.



2) Foot sub

- (1) Naturally drop the ball from your hand.
- (2) Kick the ball with no bounds and send it to the opponent.
- (3) After kicking the ball, stretch your feet in front of the goal. At this time, center the stepping foot on the axis.



3) receive

- (1) Prepare to receive the ball with the center of the body in front, with your feet shoulder-width apart.
- (2) Quickly move to the ground level.
- (3) Receive the ball from the center of the body with a racket.
- (4) Blocking is not allowed.



4) attack

- (1) After the ball is bound, the kick is taken when it reaches the peak and descends to the proper height.
- (2) Match the center point of the ball and the center point of the foot, and stretch your foot to the place you want to send toward the opponent team.
- (3) After attacking, quickly return to the ready position.

(4) attack posture

To facilitate movement, spread your feet a little longer than the width of your shoulders and put the center of the foot in front by applying strength to your forefoot. Upper body a little

Get ready to move quickly back and forth, left and right, with your knees bent and slightly bent. The gaze is towards the ball, the ball falls

After identifying the point quickly, move with the thought of bringing the center of the body as close as possible to that location.



9. Kick Tennis Stage 3

* Each player starts the game after selecting the method that suits his athletic ability

Ex) Those who are good at kick tennis can choose to compete in Stage 1, and beginners can choose Stage 3.

level		serve	Receive, attack		Number of touches	Remark
1level	A good person	No bound. foot	Within one bound. racket	foot	3	
2level	standard	One bound. racket	Within one bound. racket	Within one bound. foot	4	
3level	First level	One bound. racket	Within one bound. racket	Within one bound. racket	4	



<https://www.youtube.com/watch?v=tw1cP7XOQMw>

Step 2: Step 2 (fasting, slow)

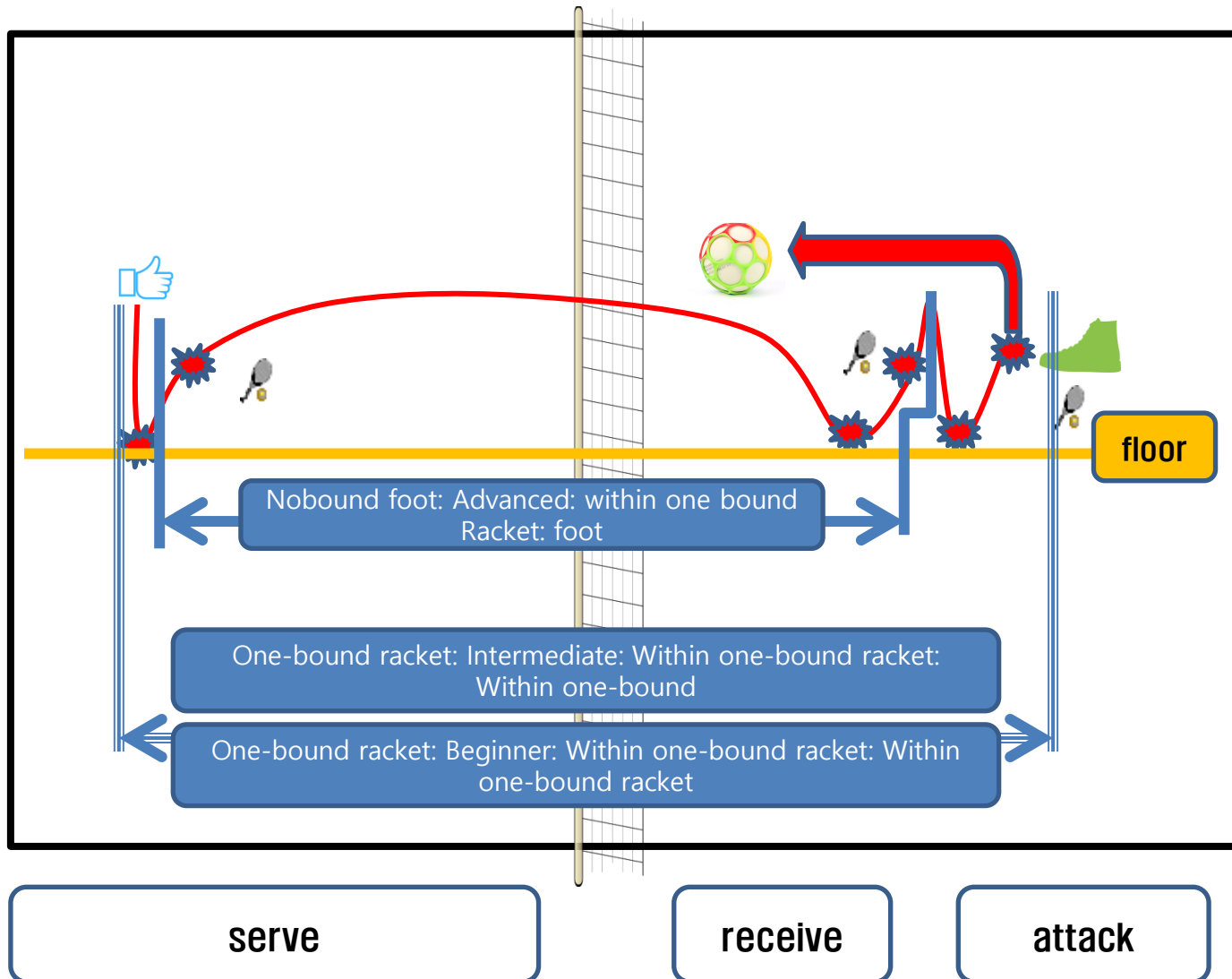


<https://www.youtube.com/watch?v=i4oUultcP0>

Stage 1: Stage 3 (Male Women's Singles)

1) Step 3 picture

* Foot attack in 4 touches



2) video

Doubles

<https://www.youtube.com/watch?v=Nvch2lcpaCE&t=68s>



The first video to learn kick tennis (outdoor)

<https://www.youtube.com/watch?v=MsSeBZiYaoY>



Seniors

<https://www.youtube.com/watch?v=RW6EkXET-sg&t=36s>



(Step 2: Step 2) YouTube 2013 video (indoor)

<https://www.youtube.com/watch?v=bfwihwj0xAg>



2-1) video

https://youtu.be/DWifJls_O3k



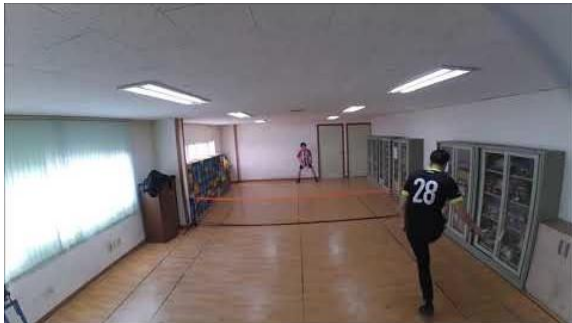
<https://youtu.be/E5uU2EXr2E>



<https://youtu.be/3FsD0TWnQ1Q>



<https://youtu.be/cfg31P4ZvGI>



https://youtu.be/V_yY3Q3DUwA



<https://youtu.be/JdTq7djd2eQ>



<https://youtu.be/aeC0JihTsOE>



https://youtu.be/kZVxB_afJE



<https://youtu.be/yylCACf1n7k>



2-2) video

<https://youtu.be/aCptSFCWscE>



<https://youtu.be/UiIUPUWdrvI>



<https://youtu.be/KoY8ploV2Gs>



<https://youtu.be/-zBruo8svAg>



<https://youtu.be/eqmJaiYg5ts>



<https://youtu.be/77dwREJKxBY>



<https://youtu.be/2Yp6uw4NANk>



https://youtu.be/PUDlve3c_v8



<https://youtu.be/aeC0JihTsOE>



2-3) video

https://youtu.be/zaDF_fB_xeY



<https://youtu.be/nwYNZvSGslk>



<https://youtu.be/0AGxJUxAVHw>



<https://youtu.be/uOI9BpLEKTg>



3) Learn Kick Tennis with 1-minute video

https://www.youtube.com/watch?v=b8xQfdwBV_I&t=2s



Follow KICKtennis blindly

1) Serve posture

On the serve line, spread your feet shoulder-width apart, stretch your left hand straight forward, and get the ball on top of your palms. The right hand extends the racket down and puts the back of the hand toward the ball in front of the foot near the net. The left and right arm angles are maintained at 90 degrees.

2) Put the serve

With both arms angled at 90 degrees, drop the ball on your left hand down. Hitting a one-bound ball with a racket

Send it to the other side.

3) receive, attack

The ball coming over to the racket is received within one-bound, and the ball is kicked again within one-bound and passed to the opponent to attack. At this time, it is easy to attack if the ball is close to your body and above your height.