

# Shuttlecoke



***Shuttlecock is an interesting Chinese traditional folk sports activities. Kick the shuttlecock, also known as “playing chicken”.***

BY Zhang Ziyang class 3

Shuttlecock, Originated in the Han Dynasty, flourished in the southern and Northern Dynasties and the Sui and Tang Dynasties, has been two thousand years of history, is one of the sports activities China folk, is one of the sports activities China folk, is a simple fitness activities. Kick the shuttlecock competition method is the latest in 2009 May invention of the “Chinese jjj”. The ornamental, universality and competition are significantly higher than the old-fashioned shuttlecock game. Widely spread in China folk kicking shuttlecock most competitive game is “to play” or “play”, this play shuttlecock movement from the Olympic spirit of “faster higher stronger” a recent move, which was generally like China young people. To kick against the requirements to the ground lower height (among the highest point of about 90-120 cm) to the other foot vigorously shuttlecock, master to play between height and even as low as 20 cm. This “low point” play is very close to the football shooting action, so it is China JJJ absorption as highly ornamental and technical competition style. Thus it can be seen, China JJJ shuttlecock

movement is the traditional a breakthrough innovation, will make the shuttlecock is find everything fresh and new, worldwide popular sports competition. By young children love. When I was in primary school, my mom and I play a shuttlecock game.

The game started, my first play, I do not know why, the shuttlecock does not always listen to my orders, I kick the shuttlecock, flying to the distance, in midair somersault, straight down, I quickly put the foot to kick, but fell to the ground. Oh! Isn't it annoying. Then the mother kicked shuttlecock, but like a docile sheep, one two three..... Mom is really fierce, has played in eleven! I'm not discouraged, must call the shuttlecock to listen to my orders, not reconciled to my mom, and then go to practice, once, two times, three times..... Is really nothing in the world is difficult for one who sets his mind to it! Until the sixth time, I can finally play at six, I was so happy I jumped three feet high.

Then, mother and I play every three explosive game – kick can be divided by three, the explosion. This time I have confidence, believe they will overcome mom. The results, not what I expected, the continuous explosion mother two times, but I just exploded once! At that time, my heart is still sweet like honey, don't mention how happy.

Kick the shuttlecock this game is fun, it is a whole body movement, can exercise, flexible limbs, and develop the thinking, really let me be overwhelmed with joy.