

TABLE TENNIS

for Rehabilitation, Restoration, Socialization, and Competition

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Resources:

USATT Para <https://www.teamusa.org/usa-table-tennis/para>

ITTF <http://www.ipttc.org/>

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Benefits of Table Tennis

1. _____
2. _____
3. _____
4. _____

Equipment & Modification

- Basic Equipment:
- Seated classes:
- Standing classes:

Table Tennis Terms

- Backhand:
- Backspin:
- Blade:
- Block:
- Chop:
- Forehand:
- Lob:
- Pimples:
- Penhold:
- Push:
- Rubbers:
- Service:
- Shakehands:
- Sidespin:
- Smash:
- Topspin:
- Tetraloop: