

Course Name - Bachelor of Physical Education

Year - IInd (Part-3)

Paper Name - Skill and Prowess

Topic Name - Skill and Prowess

Topic No. – Part – III (A) 4

Paper No. - A

Lecture No. – 8

Lecture Title

Fundamental Skills of Table Tennis

Glossary

1. **Forearm:** The part of a person's arm extending from the elbow to the wrist or the fingertips.
2. **Backspin:** A backward spin given to a moving ball, causing it to stop more quickly or rebound at a steeper angle on hitting a surface.
3. **Defence:** The action of defending from or resisting attack.
4. **Under serve:** To offer inadequate services or facilities to
5. **Strokes:** An act of hitting or striking someone or something; a blow.