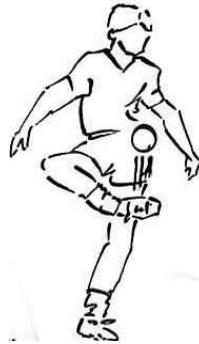


1. THE INSIDE KICK ...

There are **5 basic kicks/hits** that any good player will have mastered. The most important of these is the **Inside kick**, for it provides maximum ball control. Use this kick to field a ball dropping in front of you. With your support leg flexed at the knee, lift up your other leg and swing the foot and lower part of the leg in and up sideways like a pendulum in front of you, turning the ankle so that you hit the ball with the flat surface of the inside of your foot. The inside kick is commonly used for passing and setting the ball up high for a spike.



2. THE OUTSIDE KICK ...

The **Outside Kick** is used when the Takraw ball drops outside your shoulders and slightly behind you. It is similar to the Inside Kick in that your leg swings like a pendulum, but out and upward (rather than in and upward). Shift your weight to support foot as you lift kicking leg up away from body. Turn your ankle so that toes are pointing out (not down), which enables you to kick the ball up with the flat, outside surface of your foot. Avoid swinging or kicking your leg forward (only lift it upward).



3. THE FRONT FOOT KICK ...

The **Front Foot Kick** is primarily used to dig a ball that is dropping short from where you are standing, as in a short serve, for example. To propel the ball upwards most consistently, with your weight on back leg, and a straight outstretched kicking leg, the front of your kicking foot must be flicked upward with a very loose ankle (not stiff) in a quick, smooth motion as the ball is contacted just above the floor.



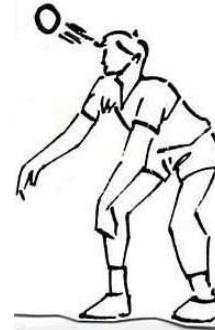
4. THE KNEE BUMP ...

The **Knee Bump** is usually used to deflect upwards a low angle pass or a fast serve to the mid-body. Lift your knee up very quickly into the ball, foot following beneath (not kicking out). The ball is contacted at about waist level with the thigh, just behind the knee, for maximum upward thrust and height. Contacting the ball in mid-thigh area will serve the same purpose, but the ball will not be thrust up as high – this is good for popping the ball up to yourself to pass with next hit.



5. THE HEADER ...

The fifth basic hit is the **Header**, and it is used frequently in games to deflect upwards a high angle pass or fast serve to the upper body. With legs flexed at the knees, put the top of your forehead in front of the ball, lifting up your chin and spring up from the legs as the ball strikes the forehead so as to deflect it up high in your own court. Don't close your eyes, in fact look up to where you want the ball to go as it hits your head, and it will usually go there.



GENERAL HELPFUL HINTS:

- Always be in a ready stance, with feet pointing ahead and shoulder width apart, knees slightly bent, weight low and slightly forward;
- With the basic kicks/hits, usually you should try to face the forward direction that you want to direct the ball to as you contact it;
- Approach contact with the ball in a slow, easy and relaxed fashion ... it is more important to first develop good timing and control (knowing when and how to contact the ball) than it is to kick the ball hard;
- The support leg provides your balance so should maintain a low profile and be flexed at the knee as your other foot executes the kick;
- Ambidexterity is key to being a more versatile player ... when ball approaches your right side, kick it with your right foot - left side, left foot;
- Defense is a vital aspect of the game, practice "Wall Rebound" (kick ball repetitively against wall, control rebounds) and other drills to improve.

FREE STYLE:

This is your chance to expand on your basic kicks and come up with some more challenging moves of your own. Here are a couple to get you started.

FULL JESTER ...

Leap off the same foot that you'll use to kick the ball. Cross your kicking foot behind and under your other leg. Lift your kicking foot, turning your ankle and making contact with the ball with the flat surface on the inside of your foot.



HAND LOOP ...

This move can be done with a number of kicks. Position your arms to form a loop. The idea is to have the ball first fall through the hand loop then kick it back upward through the loop.



SEPAK TAKRAW (Kick Volleyball) PLAYERS' GUIDE

THE GOAL TO ACHIEVE:

The goal in any form of Sepak Takraw is to keep the **hand-woven ball** in the air for as long as possible, hitting it with any body part except hands/arms.

Sepak Takraw challenges an individual's assumptions of what they are, and are not, capable of doing. As you gain control of the **takraw ball**, you will find it very rewarding when you can easily whiz through a string of consecutive kicks or place an accurate pass to another player. While amazing yourself and your friends, you will also be having fun, greatly increasing your eye-foot coordination and overall ball control (super for enhancing and refining soccer skills), strengthening your legs and really increasing your flexibility.



GETTING STARTED:

Try the **FIVE BASIC KICKS/HITS** shown here. These kicks may seem awkward at first, but be patient and practice each kick individually. What was impossible yesterday can be achieved today. Once the basics are learned, try the free style kicks (and make up some of your own), then you can play a whole series of games, including the ones below.

SOLO PLAY:

The object of play is for you to be able to keep the **takraw ball** in the air as long as possible without using hands or arms ... anything else goes!

CIRCLE GAME:

The object of the traditional "Circle Game" is the same as "Solo Play", except with a group of players standing in a circle. This activity was played as far back as the 14th century in India, Laos, Malaysia, Myanmar (Burma), the Philippines and Thailand using a similar ball that was woven out of a rattan material, available in abundance there at that time.

SEPAK TAKRAW - THE NET GAME:



"**Sepak**" is Malay for "kick" and "**Takraw**" is Thai for the "hand-woven ball" that is used. In 1945 enthusiasts added a court and net with the same dimensions as in doubles badminton, and a set of rules similar to volleyball (without using hands or arms) to form a fantastic spectator sport with world championship tournaments held in Malaysia, Thailand and other countries.

In western countries, pockets of experienced Asian players, many of who came from Laos in the 1970's, were among the first to introduce the sport to other interested onlookers. Now Sepak Takraw is an official sport under the Olympic associations of many countries around the world and is gaining popularity in N. America & Europe. So, go ahead, try it ... just for kicks!

PLAYER'S POSITIONS:

1. The serving regu's (team's) Forwards must remain in their 'quarter circles', while the back player, the Tekong (Server), must have only one foot in the 'serving circle', until the ball is contacted by his/her foot.
2. The receiving regu's players may stand anywhere on their side of the court, but usually the Tekong stands just in front of the serving circle with the Forwards on either side of him/her.
3. Players are allowed to move freely on their sides of the court once the ball has been served.

TO BEGIN PLAY:

The game begins by one of the Forwards tossing the takraw ball back to the Tekong. The Tekong must then kick the ball, with the foot that is outside the serving circle, into the opponent's court in one try (usually with an extended version of the Inside Kick). The serve is still good if the ball hits the net as it goes into the other opponent's side of the court.

SCORING:

1. A point is awarded on every rally ... to the regu that did not fault.
2. Regus take turns serving three consecutive serves throughout the match, regardless of who wins each rally (new 2011-2012).
3. A set is won by scoring 15 points, but must win by 2 points, up to 17.
4. A match is won by winning three out of five sets.

FAULTS:

1. The Tekong does not kick the ball over the net from the service toss.
2. The ball falls to the ground inside or outside of the court.
3. The ball is hit more than three times in succession by one side.
4. The ball hits the net but does not go over it.
5. The ball hits the hand or arm of a player.
6. Any part of the body touches, crosses the plane or goes under the net.
7. The ball is stalled (stops) on a player's body instead of bouncing off.

Note: One player may hit the ball two or three times consecutively.
The ball may be hit from up to 10 feet outside court's perimeter.

FIRST BALL: When receiving a serve, stay low and deflect the oncoming ball upwards (head and thigh shots are highly effective for this purpose).

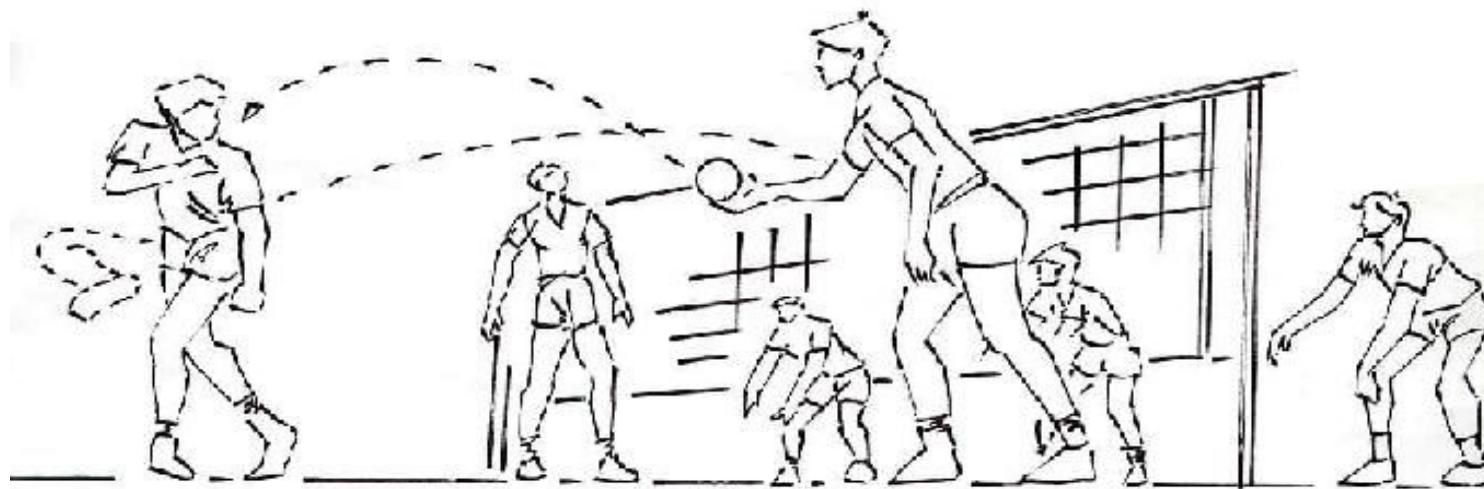
SETTING: Setting is a skill which is executed by propelling the ball high above the net to enable the same, or another, player to smash the ball into the opponent's court. Usually a Forward with the best ball control is Setter.

SPIKING: After the ball has been set, it can be spiked down into the opponent's court by a Spiker's head or foot. This is the most effective and dramatic move in the sport. Usually one of the Forward players is designated the "Primary Spiker" to limit confusion. The other Forward (Primary Setter) still spikes when the "Primary Spiker" can't get to the ball.

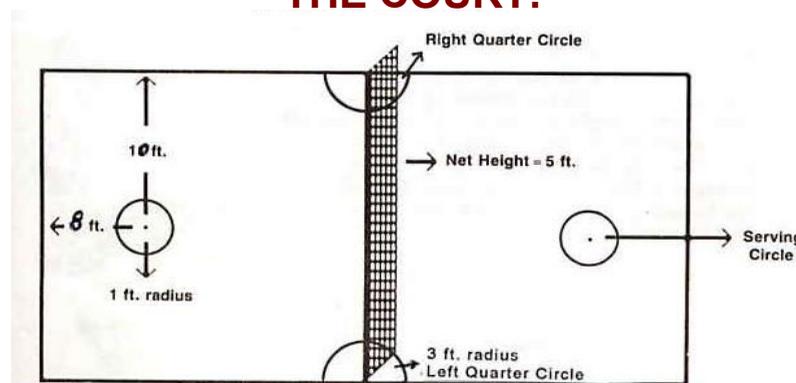
BLOCKING: A block is a defensive skill used mainly for the purpose of preventing a spiked ball, that is coming from above and close to the net, from being drilled into the defending side. A block is usually made by jumping and raising the side of one's foot and leg above the net, or by turning and jumping up with the back to the net ... never face the net.

SEPAK TAKRAW (Kick Volleyball):

Sepak Takraw is a fast-paced, action-packed sport played by two opposing regus with three players on each side. Each regu is permitted to hit the takraw ball three times before it must cross the net again, similar to volleyball but without using hands or arms. Another major difference is that the same player may hit the ball all three times if he or she chooses.



THE COURT:



Note: court dimensions and net height are the same as in doubles badminton.

Sepak Takraw Association of Canada (STAC) is the non-profit sports governing body overseeing the sport of Sepak Takraw in Canada. Its purpose is to grow and develop the sport across the country, host national tournaments and organize Canadian teams to compete in international and world championship tournaments and events. Revenue earned from the sales of Takraw Equipment & Resources will help STAC in its efforts to grow the sport and provide amazing opportunities for players.

See the STAC Web Site for tons of information: www.takrawcanada.com

ONLINE PURCHASING Equipment & Materials: www.netprosports.com

STRATEGIES:

The strategies in Sepak Takraw are very similar to those in volleyball, but using only the body parts that are allowed in soccer. The receiving team will attempt to play the takraw ball towards the front of the net, usually having all 3 players involved in making the best use of their 3 hits to pass, set and spike the ball - all without the use of hands or arms, so it's like soccer-volleyball!

JUST SOME OF OVER 30 SEPAK TAKRAW PRODUCTS AVAILABLE:

"SEPAK TAKRAW – Just For Kicks" DVD **CAN/US \$18.95**
20 min. of action-packed Takraw that takes you from the basics to the pros. Excellent Instructional tool and A MUST SEE! (4 other great DVD's available)

SEPAK TAKRAW 101, 3rd Ed. - Instructional Manual **CAN/US \$28.15**
- 108 pages, history, equipment, terminology, lessons, lead-up activities & games, skills how to's and drills, strategies, diagrams, photos, training programs, tests, check lists, official rules, etc. (also get 2 other useful books)

SEPAK TAKRAW ACTION T-SHIRTS **CAN/US \$16.95**

PORTABLE SEPAK TAKRAW GAME SET **CAN/US \$345.04**
This versatile, light weight (3 kg) system sets up in 5 minutes. It comes complete with telescoping poles, net, court lines, stakes, three balls, Takraw 101 Manual, Rule Book, "Just For Kicks" Instructional DVD and carrying bag.
(All prices are subject to change without notice)

INQUIRIES, PURCHASE ORDERS, PAYMENTS TO:

WITHIN CANADA:



SEPAK TAKRAW ASSOCIATION OF CANADA

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