

Jack Boyle – report on trip to Korea

1) Why did you decide to go to Korea to train?

I was very lucky to have the opportunity to go to Korea on a 6-week training trip led by Ji Hyun and with 5 other New Zealanders. My parents and I discussed it and decided to take up the opportunity for a number of reasons: 1) to improve my badminton mentally and physically; 2) to experience an Asian training and playing culture where badminton is one of their national sports; 3) to learn about the culture and do some sight-seeing; 4) to have the opportunity to train under Ji Hyun who we had heard great things about (and were not disappointed).



2) What are the 3 things that have impressed / impacted you the most while training there?

The 3 things that impressed/impacted me the most while training there were:

- 1) The intensity of the training. Each day we trained for a total of 6 hours over two sessions. So, our daily routine was: 7.30am Wake-up; 7.50am Breakfast; 8.50am Leave to hall; 9.30am-12pm Morning training session; 12.15pm Lunch; 1 -2pm Recovery; 2pm Leave to hall; 2.30-6pm Afternoon training session; 7pm Dinner; BED (**exhausted!**).

An example of a training session was: Fitness – (1 hour); Footwork (1 hour); Multi-feeding (1 hour). An example of the fitness component of this is: Started with stretching. We ran around the hall 20 times. Then we moved onto fitness and we did fast feet then Sprinted to the end of hall and back when the coach said go, x3. Then high knees and sprint x3. Then jump and touch toes and sprint, x3. Then penguin jumps and sprint, x3. Then a tuck jump, penguin jump and finally a touch toes jump non-stop then sprint x3. Push-ups then sprint, x3. Sit-ups then sprint, x3. Mountain climbers then sprint, x3. Side mountain climbers then sprint, x3. Shuttle runs to the end of hall and back, x3. Then sprinted a court then run backwards half a court till the end, x3. Half court side to side-30 times, x3. Backward shuttle runs to the end of hall and back, x3. Then did all around court footwork. Finished off the fitness with abs then stretching.



The intensity was not only about what we did but also about how we did it. Not long after we arrived the New Zealander's were told that walking to get your drink bottle during training is not OK, you need to run and run back.

- 2) The food in Korea was really different but really nice. We had a lot of rice, spicy foods and sea-weed. Given how much we were training the right food was essential to keep up our energy and fuel our training. It was also incredibly cold in Korea, even snowing at times, so our recovery often involved the spa and sauna although, in contrast to the Koreans, we didn't do this naked.
- 3) Ji Hyun really made the trip possible and enabled us all to get the most out of it. Not many Koreans speak English so it was essential that we had her as a Korean speaker to help us do even the most basic things, such as order food. She is well respected and regarded in Korean badminton and this is what gave us the opportunity to train there in the first place and to meet some of the top Korean players while we were there. Her support, coaching, and insights into how and what we needed to work on in order to improve were amazing.

3) *Considering everything you have seen and learned while training in Korea, how do you think this will now affect how you train here in NZ?*

What I experienced in Korea has meant that I have learned to take a different approach to my training in New Zealand in terms of my attitude and motivation. Mostly I am trying to employ and maintain the same intensity throughout training.

4) *Did you have a chance to learn something more about their culture and way of life and if yes what stuck with you the most?*

The main purpose of this trip was training and given the intensity of that we did not have a lot of time for sight-seeing and learning about the culture generally. So, the main aspect of their way of life that I experienced was the food and sitting on the floor to eat (which I found really hard because I can't cross my legs, especially after 6 hours of training). Apart from that, general things included greeting each other, including at badminton, with bows – so, for example, when a coach arrived all the players would acknowledge them with a bow.

