

My Experience in Korea

The training that I attended in Korea in December was an awesome trip to improve my skills and development as a badminton player. While I was there I found out the standard of play in the world from the badminton powerhouse Korea.



It was impressive the amount of training they do compared to players in New Zealand. An average Korean junior trains two and a half hours in the morning and three and a half hours in the afternoon and that's for six days straight. The training is very physical throughout those six days, hence this showed me how much fitter and more consistent Korean players are compared to New Zealand players. The Korean badminton association are focusing very hard to produce top quality players for the generations to come.

Secondly the intensity and effort the whole squad puts into their training, is much more than us New Zealanders. All the players there give 100% in every drill. Thus this was really good because they were getting the most out of their trainings. The players know if they don't train hard and develop as a player, there's someone hardworking to fill their place. This is because Korea has a very large number of badminton players compared to New Zealand. Since New Zealand has less players the level of competition is much easier.

Lastly the amount of mental pressure they put on their opponents in a match is incredible. They shout "Hey" and "Come on" all the time. I found out its very clever to do that, because it keeps the opponents mind in an unsettling state.

After seeing everything in Korea, I'm going to give my full efforts in every training. This will enable me to become a more successful player. However, in New Zealand it is difficult to train the amount of time the Korean players do. Therefore we have to focus every day at training in order to achieve our short term and long term goals for the future in the period of time we have.

While I was there at Korea for 5 weeks I also learnt about the culture and lifestyle of Koreans. The food and culture in Korea was much different to New Zealand's. For instance, they ate rice three times a day with beef, chicken and pork. So by the time I came back to New Zealand I really wanted my Indian homemade food but I really loved my trip to Korea as I learnt about the unique Korean culture.

