Badminton

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Badminton is an indoor sports played by 2 to 4 opposing players. It's a fantastic game for team building, getting really fit and to just have a good laugh. The aim of the game is to keep the shuttlecock continuously rallying over the net until a player cannot return it! You try and get as many points as you can and you simply do this by being on the serving side and having the opposition miss.

# Badminton History

In India during the18th Century, the game's name was called "Poona" and it was played outdoor, it was introduced in England by the British Army Officers in the 1860's. The game was launched at a party by the Duke of Beaufort, later it was officially named "Badminton". Since then, Badminton's growth both as an outdoor recreation and as competitive indoor sports has been great. There are millions of people around the world that are fascinated, addicted and loves to play Badminton**.**

# Equipment

You need hardly any equipment to play badminton, so you do not need to spend a lot of money to have a good time. Firstly, you'll need a racket; you can buy a really cheap one for about a tenner. Secondly, you need a shuttlecock. When you first begin to pay, you can buy a cheap one that are favored by the thousands of other beginners which take up badminton every day.



# Rules

1. The shuttlecock is allowed to the net, but the racket is NOT.
2. The player is not allowed to prevent the other players "swing" on the net with his racket.
3. The shuttlecock landing on the line is considered IN.
4. While serving, the racket must hit the shuttlecock under the player’s waist level and the feet are not allowed to move.
5. One must serve with one continuous "swing", you are not allowed to stop the movement of the racket, once you've began the serve, until the racket hits the shuttle.

# Benefits of Badminton

* Playing badminton keeps you extremely fit and healthy. No more regular visits to the doctors.
* It is a fantastic cardio exercise
* Your strength will be built up making you toned and sexy.
* You meet new people who also play badminton, increasing your social   
  life.

# Place to go for Badminton

Inwood Hill Park is one of the best areas to play Badminton because it has a very wide open space. Meaning you wouldn’t be a burden to anybody while having fun playing this super awesome sport. The park is located on Dyckman Street and Hudson River, New York, NY 10034. You can take the 1 and the A train to 207 street and walk there.

