

# Footwork The Bailey Method

## [MOBI] Footwork The Bailey Method

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### Footwork The Bailey Method

#### **Footwork - The Bailey Method**

Footwork - The Bailey Method Part 1 - Offensive Contact Moves Without a doubt, tennis is an extremely athletic sport In 2006, Roger Federer said, "My game is all about footwork If I move well, I play well"

#### **Footwork-TheBaileyMethod - Bailey Tennis Footwork**

Footwork-TheBaileyMethod Part3-DefensiveContactMoves 22 May/June2008TennisProwwwprrttennisorg SETUPwithahittingstanceRunningStance WiththePowerMove,theoutstepsdon'tvaryWiththePowerMove,youare

#### **FOOTWORK - THE BAILEY METHOD**

2 "Footwork-The Bailey Method" David Bailey TennisPro Mar/Apr, 2008 (Rallying Contact Move)

#### **FOOTWORK - THE BAILEY METHOD**

"Footwork-The Bailey Method" David Bailey TennisPro May/June, 2008  
BALANCE:

#### **The More You Learn , The More You Earn Schedule**

David Bailey David has been teaching tennis specific fitness and footwork for the past 30 years! He invented the "Bailey Method" with DVD/manual on teaching foot-work and balance in tennis using cue words, shadow tennis, fed and live ball He is the inventor of the Tennis Blast DVD and manual on tennis strength, flexibility, aerobic

#### **The Return of Serve Contact Moves Article**

The Bailey Method The Return of Serve Contact Moves Manual David Bailey [www.thebaileymethod.com](http://www.thebaileymethod.com) david@thebaileymethod.com

### **DHG436923 30. - ResearchGate**

recognizes after Bailey that value requires a rela- was an attempt to bridge Marx's method and Nietzsche's 'genealogy' I did so by re-examining The footwork of critique

### **HIGH PERFORMANCE - ATPCA**

Noted world wide for his footwork knowledge, Dave did extensive work at both the Chris Evert and Nick Bollettieri Tennis Academies in Florida Dave has worked with several top ranked players with his 'Bailey Method' including former World No1 Monica Seles and Australia's former No 2 Jarka Gajdosova

### **Collaroy Tennis Club - o.b5z.net**

Fitness(&(Footwork(classes(now(available(every(Monday(with(World(Renowned(Guru...Dave(Bailey!(We have been so very fortunate in having Dave Bailey (The Bailey Method) offer his fantastic program to the juniors at our club for the past year now Many of our juniors have been enjoying + benefiting from spending time with this high quality coach

### **Level: Dates: th July Kings College Reedy Creek Tennis Courts**

The Bailey Method, The tennis IQ program, Singles and Doubles winning strategies Music Fuelled Cardio Games The focus is to set up a solid foundation of balanced footwork before during and after contact of a variety of different balls received during a rally situation Both offense and defence movements covered

### **A Biomechanical Analysis of Clear Strokes in Badminton ...**

by human muscles, thus suggesting an energy transfer from the proximal segments The method has been applied by Rasmussen et al (2010) on a badminton smash executed by an olympic badminton player The results showed a proximal-distal sequence with respect to the peak powers, from joint reaction forces, transferred over the joints

### **The Ann Arbor Sword Club Story**

Our club reflects much of Bailey's philosophy and attitudes Sault Ste Marie was a declining cultural backwater, but Bailey quick-ly grew the Sault Fencing Club to 35 people At 15, David was one of the youngest, but one of the most inspired (For more on Bailey's legacy, see In Memoriam - John D Bailey by David on this site)

### **Look Into the Mirror - Transforming Changes**

Applies to an Entrance, Movement, Method or Technique that may be employed regardless of the side or lead from which the opponent launches aggression because the same movement will build a technique regardless of the "sidedness" or Matched/Unmatched lead of the attack (syn: Symmetrical Entrance, Movement, or Technique)

### **DRUMS & PERCUSSION - Alfred Music**

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### **Contrivance and Training**

discover the terminating method most suitable to their dynamically-unfolding circumstances We have been using some of these specific methods of training as a staple for many years, and we generally work at conversational distances (rather than the artificially-inflated maai of most Aikido)

### **The More You Learn, The More You Earn Schedule**

David will introduce his tennis specific footwork training method called The Bailey Method with a video demonstrating the concept of "Contact Moves" A New Teaching Method - John Yandell - on court How to convey technical information through imagery and feeling on the court to produce high level

### **Types of Flexibility - Morphopedics**

stretching method •No agreement on the length of time a stretch should be held for Guidelines on Stretching •Range between 10 secs to 120 secs  
•Suggested range of between 10-15 seconds •PNF contraction should be held for 6 secs How Long Does It Last? •Depends on the method and technique used •Suggestion of 3 hours with a