**(請點擊連結開啟影片)**

1. **握拍**：

<https://www.youtube.com/watch?v=7kCQdg_V8E0&ab_channel=i%E9%81%8B%E5%8B%95>

桌球基本握拍方式：

1. 傳統日式直拍
2. 中國式握拍
3. 横式握拍

**二、正手拍**

<https://www.youtube.com/watch?v=P0UVcwUMH8U&ab_channel=i%E9%81%8B%E5%8B%95i%E9%81%8B%E5%8B%95>

**三、反手拍：**

<https://www.youtube.com/watch?v=2dJig4miQaQ&ab_channel=i%E9%81%8B%E5%8B%95i%E9%81%8B%E5%8B%95>

**四、接發球：**

<https://www.youtube.com/watch?v=TQV0nru5xm0&t=174s&ab_channel=i%E9%81%8B%E5%8B%95i%E9%81%8B%E5%8B%95>

**五、殺球：**

<https://www.youtube.com/watch?v=k5FkX937P08&ab_channel=i%E9%81%8B%E5%8B%95i%E9%81%8B%E5%8B%95>