The Complete 22-Kural Championship Playbook

For a badminton player competing at the highest international level

Four phases of championship play

Phase 1 — Before entering the court

Phase 2 — During the match: Tactical intelligence

Phase 3 — Under championship pressure

Phase 4 — After victory or defeat

22 Kurals. 22 competitive applications. One championship mindset.

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Phase 1 — Before entering the court

Part 1 of 2

Kural 391

Learn thoroughly and practise what you learn.

Turn coaching lessons into reliable technique through repetition and correction.

Kural 266

Disciplined people fulfil their responsibilities rather than follow unchecked desires.

Prioritise preparation, recovery and training over distractions and immediate pleasures.

Kural 596

Keep your aspirations directed toward elevation.

Prepare with the ambition to compete at the highest level, without tying your worth solely to a medal.

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Phase 1 — Before entering the court

Part 2 of 2

Kural 611

Do not lose heart because a task is difficult.

Maintain demanding practice when progress slows or weaknesses become apparent.

Kural 467

Deliberate before committing to action.

Establish a match strategy before play rather than relying entirely on instinct.

Kural 471

Weigh your strength, your opponent's strength, the task and available support.

Build a game plan around actual strengths and weaknesses, not reputation or rankings alone.

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Phase 2 — During the match: Tactical intelligence

Part 1 of 2

Kural 481	**Victory depends partly on choosing the right time.**	Recognise when the opponent is vulnerable and when conditions favour an attack.
Kural 486	**Purposeful restraint may precede a stronger strike.**	Retreat into defence when necessary, then attack when an opportunity develops.
Kural 490	**Combine patient waiting with precise action.**	Don't force a smash. Construct the rally and attack decisively when the opening appears.

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Phase 2 — During the match: Tactical intelligence

Part 2 of 2

Kural 493

Knowledge of position can compensate for limited strength.

Use court positioning and placement to compete against a faster or more powerful opponent.

Kural 672

Some actions require patience; others require promptness.

Choose deliberately when to slow a rally and when to accelerate the exchange.

Kural 668

Execute a clearly chosen action without wavering or needless delay.

Once you've selected the shot, execute with commitment rather than last-second indecision.

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Phase 3 — Under championship pressure

Kural 661	**Firmness in action begins with firmness of mind.**	Maintain confidence in your preparation during match point or a deciding game.
Kural 662	**Prevent foreseeable problems and remain steady when unexpected problems arise.**	Prepare for an opponent's strongest patterns, but adapt when the match develops differently.
Kural 621	**Meet adversity without surrendering your spirit.**	After losing a crucial rally, recover composure rather than dwell on the mistake.
Kural 625	**Remain resilient even when difficulties arrive repeatedly.**	When several rallies go against you, keep rebuilding your response rather than mentally conceding the game.
Kural 127	**Guard your tongue against harmful speech.**	Control angry remarks toward officials, your coach, your opponent or yourself.

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Phase 4 — After victory or defeat

Kural 619	**Effort retains value even when the desired outcome is not achieved.**	Learn from the work invested, even when the match ends without a medal.
Kural 985	**Humility is a strength of capable people.**	Show humility in victory and treat your opponent with genuine respect.
Kural 986	**Accepting defeat is a test of moral excellence.**	Acknowledge a better performance, even from someone you expected to defeat.
Kural 982	**Excellence of character surpasses other personal advantages.**	Remember that winning a championship and becoming a person of character are distinct achievements.
Kural 131	**Good conduct deserves exceptional protection.**	Preserve sportsmanship and integrity regardless of the score or result.

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