



# Takraw Australia

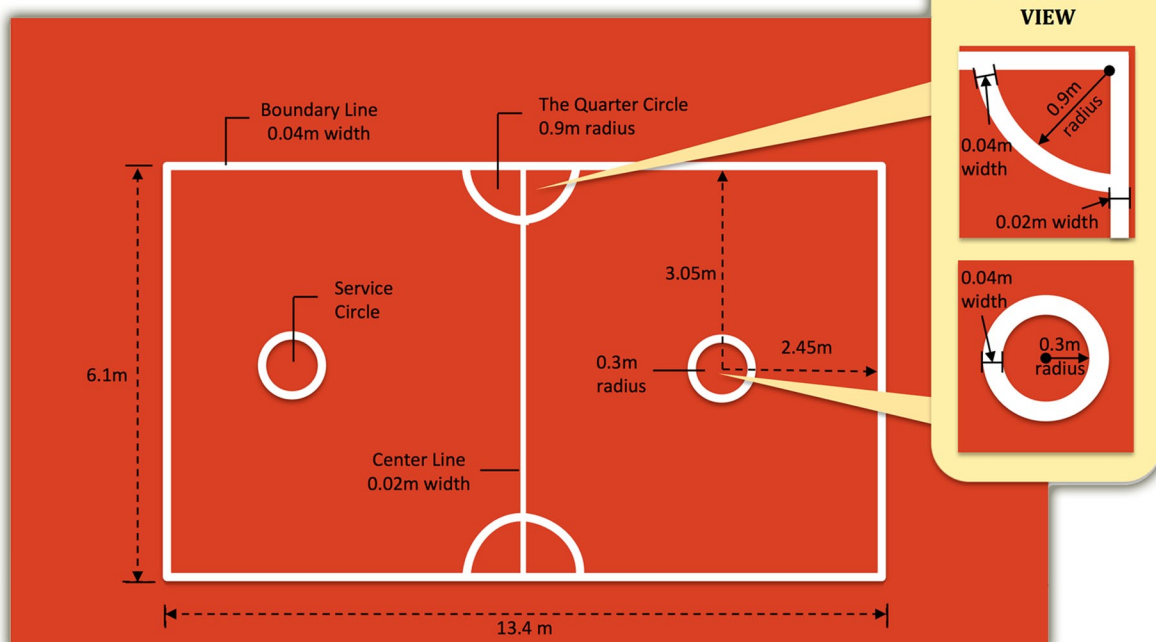
The Australian Sepak Takraw Association

## Basic Skills Booklet

### The Court

Sepak Takraw is played on a court with the same external dimensions as a doubles badminton court, with a 1.55m high net. On each side of the court there are two quarter circles, and a service circle.

### Court Dimensions



### Sepak Takraw Terminology

**The Trap (First Touch):** Receiving the first ball off a serve or spike with the aim to raise the ball up for the setter.

**The Set (Second Touch):** Raising the ball up for the spiker.

**The Spike (Third Touch):** Hitting the ball over the net and into the opponents court in an attempt to win the point.



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