

**DEVELOPING HUMAN THINKING AND MOVING SPEED THROUGH
TABLE TENNIS**

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ABSTRACT

The article describes information about table tennis, one of the sports that require speed, thinking and mobility in humans. Information on the emergence of table tennis, the introduction of sports in mental health and physical activity in developed countries, and the results.

KEYWORDS: *Sports, Movement, Intelligence, Thinking, Speed, Table Tennis, Racket, Wood, Rubber.*

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