



BADMINTON PRO



*player
one*

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WELCOME TO A JOURNEY OF A BORN CHAMPION



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SABRINA
GLOBUS
MNG'T

CHAMPION
CHAMPION
CHAMPION
CHAMPION
CHAMPION



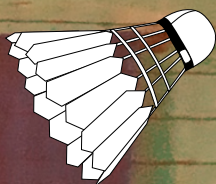
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BADMINTON
SINCE. 2015 PRO



As of October
2022 :

MEDALS

30

TROPHIES

11

CERTIFICATES

41

EST. 2006 | PRO.2015

BADMINTON PRO



To All My Esteemed Partners, Sponsors, Coaches, Mentors,
Supporters, Family, Friends & Fans I say, "Webale N'nyo"
(Thank You)

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SABRINA L. GLOBUS

(MBA TEAM MANAGER)

Mrs. Globus oversees in partnership with MBA's parent's, coaches, teachers, mentors & partnerships the professional development, growth & skilling of Musa Bukenya Abed as an internationally recognized Pro-Badminton player/athlete.

Team MBA

Through dedication to the player and the sport, Team MBA through relentless

01

Managers MESSAGE

hard-work has started a journey of indulging Ugandan youth especially children & teenagers in the sport of badminton by majorly popularizing it through the brand identity of Musa Bukenya Abed (MBA) as a young, hardworking pro-badminton athlete/player they too can emulate and mirror.

Brand MBA

02

Brand (MBA) is a story of possibilities that continue's to blossom into something worthwhile. This is why we set up the MBA Foundation in order to give greater meaning of the sport and the player to fans & supporters alike.

Learn More...





OVER 3,168 HRS

**PREPPING
BELIEVING
PRAYING!**

MUSA BUKENYA ABED IS A PRO-UNDER 17 UGANDAN BADMINTON
PLAYER & MY PASSION FOR THE SPORT CONTINUES TO DRIVE ME
TOWARDS IT'S GREATEST HEIGHTS.

Enjoy my recorded performances :
on my website (www.abedmusabukenya.com)

FOLLOW MY JOURNEY



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abukenya.com

I FIRST HELD A RACKET
AT THE AGE OF 6 AND
NEVER HAVE I PUT IT
DOWN AGAIN. IN A
SENSE, THEY BECAME
THE "WINGS" ON
WHICH I NOW FLY.



HISTORY

16yrs ago I was born to a strong willed family one that to this day continues to support my vision & career goals. Mr. Said Igar Bukenya(my dad) first introduced me to the sport & since then, it's been the "sky" for me.

MY PRO JOURNEY

I went for my very FIRST tournament at age 9 organized by Taibah Schools where I played in the U10 Category. I wasn't a ranked player by then which meant that "I went in as an UNDERDOG and came out a CHAMPION. I won every game.



SCHOOL / CAREER GOALS

I attend Kabojja International School and not surprisingly, My career goal is to be a commercial airline pilot. Badminton gives my body "flight" every time I "jump". I would like to one day have The honor of "flying" people to their dreams and destinations just as Badminton has for me.

**I HAVE PLAYED IN THE UNDER 17 JUNIOR
TOURNAMENTS • UNDER 19 BELGIUM
TOURNAMENT & A COUPLE MORE**





MY CURRENT COACH IS FREDDIEH KIRABO. HE SAYS AM QUITE GOOD "FOR MY AGE" & IF I KEEP IT UP WHILE KEEPING MY PHYSICAL FITNESS IN CHECK, THEN I WILL REACH GREATER HORIZONS IN THIS SPORT.



A WINNER IS NOT HE THAT GETS THE "PRIZE", A REAL WINNER IS HE THAT BECOMES THE PRIZE.

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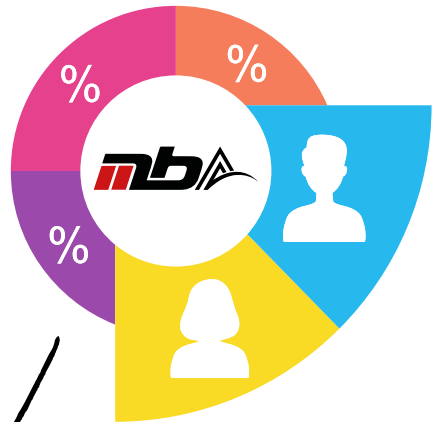
MBA BADMINTON YOUTH SAVINGS SACCO

FINANCIAL LITERACY IS IMPORTANT TO ME. MBA (BYSS) LINKS SUBSCRIBED BADMINTON PLAYERS TO FINANCIAL LITERACY & AID THROUGH THE POWER OF "COLLECTIVE SAVINGS". FINANCIAL EMPOWERMENT COMES 1ST



MBA SPORTS FUND

SPORTS IS UNDER-FUNDED IN UGANDA. MBA SPORTS FUND SEEKS TO CHANGE THIS BY SPONSORING TRAININGS, MENTORSHIPS, EQUIPMENTS, TROPHIES & GRAND PRIZES UNDER THE MBA SPORTS FUND CUP



MBA FOUNDATION



IN PARTNERSHIP WITH SKL FOUNDATION, MBA IS GIVING BACK TO THE COMMUNITIES OF UGANDA BY HELPING THE NEEDY WITH FOODSTUFFS, CLOTHING & PRACTICAL PRODUCTS SUCH AS BICYCLES, WHEELBARROWS, ETC



SABRINA
GLOBUS
MNG'T

History of Badminton

**OVER 2,000 YRS
OLD**

**SINCE 1992,
BADMINTON HAS BEEN
AN OLYMPIC SPORT**

**BADMINTON AS A SPORT
HAD EXISTED IN UGANDA
FROM AS EARLY AS 1940.
HOWEVER THE GAME
GAINED POPULARITY IN THE
LATE 1980'S PLAYED
MAINLY IN UNIVERSITIES,
SCHOOLS AND AT CLUB
LEVELS IN MAJOR TOWNS.**

**UGANDA HAS BEEN A DOMINANT FORCE IN BADMINTON SINCE
1980 TO DATE IN EAST AND CENTRAL AFRICA, AND AIMS AT
TAKING OVER AFRICA & THE WHOLE WORLD AS UNDISPUTED
CHAMPIONS, A VISION TEAM MBA ENVISIONS FOR THE "PEARL".**

Learn more about Badminton and it's influence on Uganda
on my website : (www.abedmusabukenya.com)

THE GAME OF BADMINTON IS NAMED AFTER "BADMINTON" THE COUNTRY ESTATE OF THE DUKES OF BEAUFORT IN GLOUCESTERSHIRE, ENGLAND, WHERE IT WAS FIRST PLAYED ABOUT 1873. HOWEVER, THE ROOTS OF THE SPORT CAN BE TRACED TO ANCIENT GREECE, CHINA, AND INDIA.

COMPETITION FOR MEN'S AND WOMEN'S SINGLES (ONE AGAINST ONE) AND DOUBLES (TWO AGAINST TWO). MIXED DOUBLES WAS INTRODUCED AT THE 1996 GAMES.



THE BADMINTON WORLD FEDERATION (BWF); ORIGINALLY THE INTERNATIONAL BADMINTON FEDERATION), THE WORLD GOVERNING BODY OF THE SPORT, WAS FORMED IN 1934.



BADMINTON, COURT OR LAWN GAME HISTORICALLY, THE SHUTTLECOCK (ALSO KNOWN AS A "BIRD" OR "BIRDIE") WAS A SMALL CORKHEMISPHERE WITH 16 GOOSE FEATHERS ATTACHED AND WEIGHING ABOUT 0.17 OUNCE (5 GRAMS).



**IT'S A SPORT THAT DEMANDS FITNESS, SPEED, STRENGTH,
AND AGILITY. THIS IS BADMINTON.**

**THE MODERN GAME OF BADMINTON DATES BACK TO THE
1800S. IT USED TO BE KNOWN AS BATTLEDORE, OR PUNA,
AFTER AN INDIAN TOWN WHERE BRITISH ARMY OFFICERS
PLAYED THE GAME.**

**THEY TOOK IT BACK TO ENGLAND, WHERE A DUKE NAMED
IT AFTER HIS ESTATE CALLED BADMINTON HOUSE.**

SAFETY/ETIQUETTE

- 1. KEEP A FIRM GRIP ON THE RACKET.**
- 2. BE CAREFUL NOT TO HIT YOUR PARTNER WITH THE RACKET.**
- 3. STAY IN YOUR OWN COURT TO AVOID THE POSSIBILITY OF COLLISION WITH OTHER PLAYERS.**
- 4. STOP PLAY IF OTHER PLAYERS ENTER YOUR COURT.**
- 5. WAIT UNTIL THERE IS A STOP IN THE ACTION TO RETRIEVE A BIRD FROM ANOTHER COURT.**
- 6. BE AWARE OF THE WALLS AND THE NET POSTS.**
- 7. BEFORE PLAY, AGREE ON THE BOUNDARIES AND DETERMINE THE FIRST SERVER.**
- 8. PLAYERS CALL THEIR OWN LINES; REPLAY THE POINT IF IN DOUBT.**
- 9. SHAKE HANDS AFTER THE GAME/MATCH.**

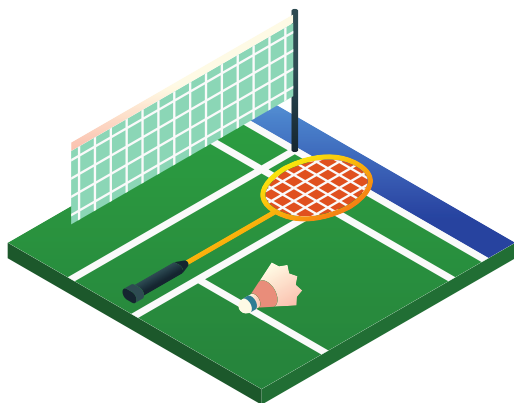


BADMINTON PRO



COMPETITIVE BADMINTON IS USUALLY PLAYED INDOORS BECAUSE EVEN LIGHT WINDS AFFECT THE COURSE OF THE SHUTTLECOCK. (RECREATIONAL BADMINTON, ON THE OTHER HAND, IS A POPULAR OUTDOOR SUMMERTIME ACTIVITY.)

THE RECTANGULAR COURT IS 44 FEET (13.4 METRES) LONG AND 17 FEET (5.2 METRES) WIDE FOR SINGLES, 20 FEET (6.1 METRES) WIDE FOR DOUBLES. A NET 5 FEET (1.5 METRES) HIGH STRETCHES ACROSS THE WIDTH OF THE COURT AT ITS CENTRE. A CLEAR SPACE OF 4 FEET (1.3 METRES) AROUND THE COURT IS NEEDED.



PLAY CONSISTS ENTIRELY OF VOLLEYING —HITTING THE SHUTTLECOCK BACK AND FORTH ACROSS THE NET WITHOUT LETTING IT TOUCH THE FLOOR OR GROUND WITHIN THE BOUNDARIES OF THE COURT.

IN INTERNATIONAL PLAY, ATHLETES COMPETE IN BEST-OF-THREE-GAMES MATCHES. A GAME IS PLAYED TO 21 POINTS, PROVIDED THAT THE WINNER HAS AT LEAST A 2-POINT ADVANTAGE. IF A 2-POINT ADVANTAGE IS NEVER REACHED, THE FIRST PLAYER OR TEAM TO SCORE 30 POINTS WINS. POINTS WERE ONLY AWARDED TO THE SERVING SIDE UNTIL 2006, WHEN THE BWF ADOPTED THE "RALLY SCORING" SYSTEM, UNDER WHICH EITHER SIDE CAN SCORE AT ANY TIME.

Eat Balanced Meals

Keep
Practicing

EXERCISE

PRAY

FACILITIES/EQUIPMENT

- 1. RACKETS ARE FRAGILE. AVOID STRIKING THE FLOOR, WALL, NET, POSTS, OR YOUR PARTNER. ALSO AVOID FLIPPING, THROWING, OR TWIRLING RACKETS.**
- 2. SHUTTLECOCKS SHOULD BE HANDLED BY THE TIPS ONLY. BIRDS CAUGHT IN THE NET SHOULD BE REMOVED CAREFULLY.**
- 3. EACH STUDENT IS RESPONSIBLE FOR REPORTING ANY DAMAGED RACKETS TO THE INSTRUCTOR.**
- 4. RACKETS ARE RETURNED TO THE PROPER SLOT AND BIRDS TO THE BASKET AT THE END OF EACH PERIOD.**

GAME RULES/SCORING PLAYERS

- 1. SINGLES - ONE PLAYER ON A SIDE.**
- 2. DOUBLES - TWO PLAYERS ON A SIDE.**
- 3. MIXED DOUBLES - ONE MALE AND ONE FEMALE PARTNER OPPOSING A MALE AND FEMALE OPPONENT.**

SCORING

- 1. RALLY SCORING ALLOWS FOR A POINT TO BE WON BY EITHER TEAM REGARDLESS OF WHICH TEAM IS SERVING.**
- 2. BOTH SINGLES AND DOUBLES GAMES ARE WON WITH 21 POINTS.**
- 3. THE SIDE WINNING A RALLY ADDS A POINT TO THEIR SCORE.**
- 4. AT 20 ALL, THE SIDE THAT GAINS A 2 POINT LEAD FIRST, WINS THAT GAME.**
- 5. AT 29 ALL, THE SIDE SCORING THE 30TH POINT WINS THAT GAME.**
- 6. IN THE THIRD GAME OF SINGLES AND DOUBLES, PLAYERS CHANGE SIDES WHEN A SIDE SCORES 11 POINTS.**
- 7. A MATCH IS WON BY WINNING TWO OUT OF THREE GAMES.**



GENERAL RULES/REGULATIONS

1. SERVING

A. THE SERVER MUST KEEP BOTH FEET IN CONTACT WITH THE FLOOR AT THE TIME OF THE SERVE.

B. THE BIRD MUST BE CONTACTED BELOW THE WAIST.

C. THE RACKET HEAD MUST BE BELOW THE SERVER'S WRIST.

D. THE SERVER SHOULD NOT SERVE UNTIL THE RECEIVER IS READY. THE OPPONENT IS DEEMED READY IF A RETURN IS ATTEMPTED.

E. PARTNERS OF THE SERVER AND RECEIVER MAY STAND ANYWHERE ON THE COURT PROVIDING THEY DO NOT OBSTRUCT THE OPPONENT'S VIEW.

F. A BIRD THAT TOUCHES THE NET ON THE SERVE AND GOES INTO THE PROPER SERVICE COURT IS LEGAL.

G. IF THE SERVER MISSES THE BIRD ON THE SERVE ATTEMPT, IT STILL COUNTS. IN SINGLES AND DOUBLES THE SERVE WOULD GO TO THE OPPONENT.

"PLAYING IS ABOUT COMMUNICATION TOWARDS VICTORY"

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2. SERVING ORDER – SINGLES

A. AT THE BEGINNING OF THE GAME (0-0) AND WHEN THE SERVER'S SCORE IS EVEN, THE SERVE WILL BEGIN FROM THE RIGHT SERVICE COURT. WHEN THE SERVER'S SCORE IS ODD, THE SERVE WILL BE FROM THE LEFT SERVICE COURT.

B. IF THE SERVER WINS A RALLY, THE SERVER SCORES A POINT AND WILL THEN SERVE AGAIN FROM THE ALTERNATE SERVICE COURT.

C. IF THE RECEIVER WINS A RALLY, THE RECEIVER SCORES A POINT AND BECOMES THE NEW SERVER. THEY SERVE FROM THE APPROPRIATE SERVICE COURT – LEFT IF THE SCORE IS ODD AND RIGHT IF IT IS EVEN.

3. SERVING ORDER - DOUBLES

A. A TEAM WILL ONLY HAVE ONE PLAYER SERVE, PER "SERVICE".

B. AT THE BEGINNING OF THE GAME AND WHEN THE SCORE IS EVEN (0,2,4,6, ETC.) THE SERVER SERVES FROM THE RIGHT SERVICE COURT. WHEN IT IS ODD (1,3,5,7, ETC.) THE SERVER SERVES FROM THE LEFT SERVICE COURT.

C. IF THE SERVING SIDE WINS A RALLY, THE SERVING SIDE SCORES A POINT AND THE SAME SERVER SERVES AGAIN FROM THE ALTERNATE SERVICE COURT.

D. IF THE RECEIVING SIDE WINS A RALLY, THE RECEIVING SIDE SCORES A POINT. THE RECEIVING SIDE BECOMES THE NEW SERVING SIDE.

E. THE PLAYERS DO NOT CHANGE THEIR RESPECTIVE SERVICE COURTS UNTIL THEY WIN A POINT WHEN THEIR SIDE IS SERVING.



4. THE WINNERS OF THE FIRST GAME SERVE FIRST IN THE NEXT GAME.

5. BIRDS FALLING ON THE LINES ARE CONSIDERED GOOD.

6. DURING A RALLY, A BIRD THAT TOUCHES THE NET AND GOES OVER IS IN PLAY.

7. A FAULT (VIOLATION OF RULES) OCCURS IF:

A. ON THE SERVICE, ANY PART OF THE RACKET HEAD IS HIGHER THAN THE SERVER'S WRIST AND CONTACT IS MADE ABOVE THE WAIST.

B. THE SERVICE FAILS TO CROSS THE NET OR GO INTO THE PROPER SERVICE COURT.

C. THE FEET OF THE SERVER AND RECEIVER ARE NOT IN THE PROPER COURTS AT TIME OF SERVICE.

D. THE SERVER HESITATES OR STOPS (FEINT/BALK) THE SERVICE MOTION OR MISSES THE BIRD.

E. THE IMPROPER RECEIVER RETURNS THE BIRD ON THE SERVE.

F. A BIRD HIT INTO THE NET, UNDER THE NET, AGAINST THE WALL OR CEILING IS OUT-OF-BOUNDS.

G. A PLAYER HITS THE BIRD BEFORE IT CROSSES THE NET.

H. THE BIRD TOUCHES A PLAYER OR CLOTHING.

I. THE PLAYER TOUCHES THE NET WHILE THE BIRD IS IN PLAY.

J. THE BIRD IS HIT TWICE IN SUCCESSION BY ONE/BOTH PARTNERS.

K. THE BIRD IS HELD, CAUGHT, OR CARRIED ON THE RACKET WHEN STRUCK.

L. A PLAYER OBSTRUCTS AN OPPONENT.

8. LET (A PLAY ALLOWED TO BE REPLAYED)

A. THE BIRD BECOMES CAUGHT IN OR ON THE NET AFTER PASSING OVER THE NET.

B. THE BIRD HITS THE BASKETBALL SUPPORTS OR NET.

C. THE FOLLOWING SITUATIONS OCCUR BEFORE THE NEXT SERVE AND IF THE OFFENDING SIDE WINS THE RALLY:

1. THE CORRECT SERVER SERVES FROM THE WRONG COURT.

2. THE WRONG SERVER SERVES FROM EITHER THE CORRECT/INCORRECT SERVICE COURT.

3. THE CORRECT RECEIVER RECEIVES IN THE WRONG COURT

TERMINOLOGIES USED IN THE SPORT OF BADMINTON

1. ALLEY - AN EXTENSION OF THE WIDTH OF THE COURT ON BOTH SIDES TO BE USED IN DOUBLES PLAY.

2. BACKHAND - ANY STROKE MADE ON THE SIDE OF THE BODY OPPOSITE THE RACKET SIDE.

3. BASELINE - BACK BOUNDARY LINE.

4. BIRD - THE OBJECT THAT FLIES OVER THE NET, OFFICIALLY KNOWN AS A SHUTTLECOCK.

5. BLOCK - PLACING THE RACKET IN FRONT OF THE BIRD AND LETTING IT REBOUND INTO THE OPPONENT'S COURT.

6. CARRY - MOMENTARILY HOLDING THE BIRD ON THE RACKET DURING THE EXECUTION OF A STROKE.

7. CLEAR - A HIGH SHOT THAT FALLS CLOSE TO THE BASELINE.

8. DOUBLE HIT - CONTACTING THE BIRD TWICE IN SUCCESSION ON THE SAME STROKE.

9. DOUBLES - A GAME OF FOUR PLAYERS, TWO ON EACH TEAM.

10. DRIVE - A HARD STROKE THAT JUST CLEARS THE NET ON A HORIZONTAL PLANE.

11. DROP - A SHOT MADE THAT BARELY CLEARS THE NET WITH LITTLE SPEED.

12. FAULT - ANY VIOLATION OF THE RULES WHOSE PENALTY IS LOSS OF SERVE OR THE POINT.

13. FOREHAND - ANY STROKE MADE ON THE RACKET SIDE OF THE BODY.

14. HAIRPIN (NET) STROKE - SHOT MADE FROM BELOW AND VERY CLOSE TO THE NET WITH THE BIRD JUST CLEARING THE NET AND DROPPING SHARPLY DOWNWARD.

15. HOME POSITION - THE IDEAL SPOT FOR AWAITING THE OPPONENT'S RETURN.

16. LET - A PLAY ALLOWED TO BE REPLAYED.

17. MATCH - BEST TWO OUT OF THREE GAMES.

18. ODD AND EVEN COURTS - IN SINGLES, THE RIGHT HALF OF THE COURT IS "EVEN" AND THE LEFT HALF OF THE COURT IS THE "ODD." WHEN THE EVEN PLAYER IS SERVING FROM THE RIGHT THE SCORE IS WHEN, AND ODD WHEN SERVING FROM THE LEFT.



19. RALLY – RAPID RETURNS MADE BY PLAYERS.

20. READY POSITION – AN ALERT BODY POSITION ENABLING QUICK MOVEMENT IN ANY DIRECTION.

21. RECEIVER – THE PLAYER TO WHOM THE BIRD IS SERVED.

22. SERVER – THE PLAYER WHO PUTS THE BIRD IN PLAY.

23. SHUTTLECOCK – THE FEATHERED/PLASTIC OBJECT THAT IS HIT BACK AND FORTH IN BADMINTON.

24. SINGLES – A GAME INVOLVING ONE PLAYER ON EACH END OF THE COURT.

25. SLING – AN UNTRUE HIT, USUALLY BECAUSE OF THE BIRD MOMENTARILY RESTING ON THE RACKET.

26. SMASH – A POWERFUL OVERHAND STROKE THAT SENDS THE BIRD DOWNWARD OVER THE NET.

27. STROKE – THE ACTION OF STRIKING THE BIRD WITH THE RACKET.

28. TOSS/SPIN – THE METHOD OF DECIDING WHICH SIDE WILL SERVE FIRST AT THE BEGINNING OF THE MATCH.

Let's PLAY!



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