

After the initial wonders of getting started in any game and sports you can find yourself wanting to reach a higher level of your game and perhaps start actually winning.

Welcome to a brand new section of this Website - Dr Zsu's Performance optimization.

Dr Zsu is a Performance coach assisting athletes internationally to reach and sustain top performance. More about here www.drzsus.com

We are hoping to bring you additional values for your game, sport and health



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