

CROUCH START

Find which foot feels more comfortable in front by trying standing starts with each foot forward in turn.

Now kneel with both knees on the start line. Move the leg you want to the rear until the knee is as far back as the toes of the front foot - either level with or behind the toes. This distance can be measured for block placement by measuring forearm from line to front block - place front foot on block and adjust rear block according to foot placement.

Raise front knee, and drop hands - shoulder width apart close behind the starting line with thumb and forefinger of each hand close to the line.



The shoulders should be high in a crouch start, so the arms are straight, elbows flexed, each hand is in a high "bridge" and the hands no further than shoulder width apart. Check the rear foreleg is at right angles to the start line.



Fig 6 - "Set"

On the command "set" you simply roll your shoulders forward just ahead of or over your hands, and then raise your hips till they are slightly higher than your shoulders. Do not rush. The angle of front knee is at least 90 degrees, and the rear knee 120 degrees. You must expect a good deal of weight on your fingers which will soon grow stronger. Your head should sit comfortably, eyes looking about 25cm in front of the starting line. (see Figure 6)