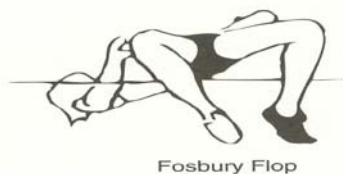
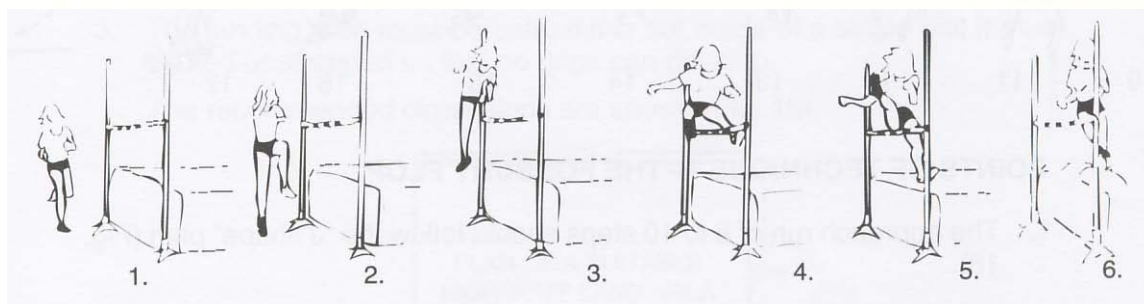


# HIGH JUMP



## POINTS OF TECHNIQUE - SCISSORS

1. The approach run of 8 to 10 steps should follow a straight line. Approx 30° to the bar.
2. The jumper accelerates through the last three strides and runs off the ground (Figs 1,2).
3. The takeoff foot is farther from the bar, the inside leg is the free swinging leg (Figs 1,2).
4. The takeoff is flat footed with jumper's weight over the takeoff foot (Figs 1,2).
5. The inside leg swings up over the bar (Figs 2,3,4).
6. The inside shoulder is held high (not dropped towards the bar) (Figs 1, 2, 3).
7. Clearance is effected by lifting the takeoff leg over the bar, whilst the swinging leg "scissors" into the pit. (Figs 3,4,5).
8. Jumpers land on their feet (Fig 6).



## POINTS OF TECHNIQUE - THE FOSBURY FLOP

1. The approach run of 8 to 10 steps should follow the "J shape" plan. (Fig 18).
2. Through the curve section of the approach the jumper must accelerate, and lean away from the bar (Figs 1-6).
3. The takeoff foot is farther from the bar, the inside leg is the free swinging leg (Figs 7,8,9).
4. The takeoff is planted in line with the direction of the run up curve (Fig 6).
5. Free leg swings bent, aimed at top of the far upright (Figs 7,8,9,10).
6. Both arms are lifted upwards, and shoulders and hips join this lifting action (Figs 6,7,8,9).
7. Legs are left behind hanging slightly bent (Figs 11 & 12) before tucking under the bar in the characteristic arched position (Figs 13,14).
8. Bringing the head up once the hips have cleared the bar helps to draw the legs up and away from the bar (Figs 14,15, 16, 17).
9. Landing is made on the upper back.

