



- Three strides from take off
- Leaning into the bend



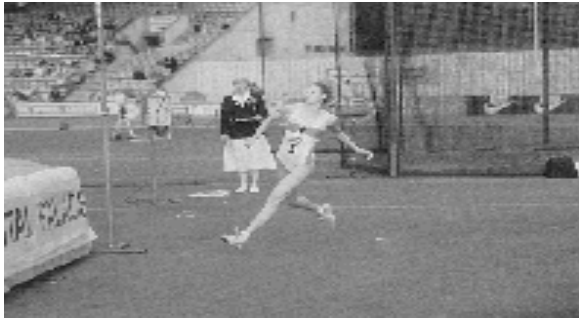
- Bouncing run in



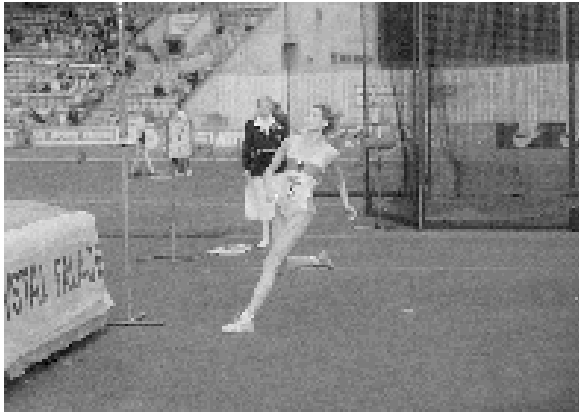
- Right foot placed out to the side to prevent the hips collapsing prior to take off



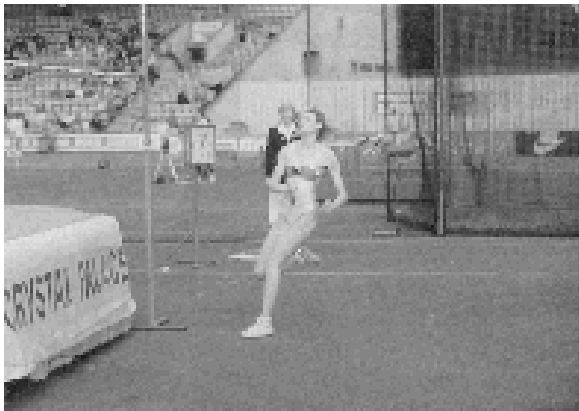
- Right shoulder high



- Left foot heel strike approx one metre from the bar and upright



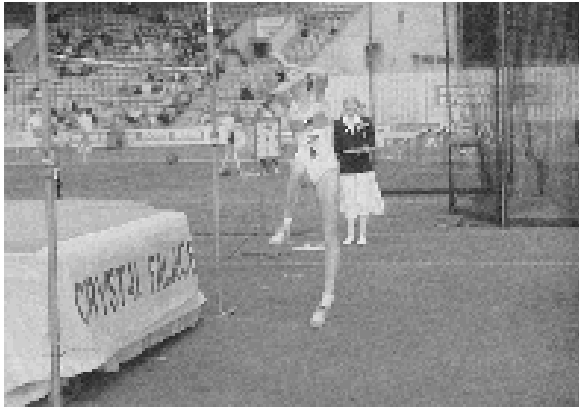
- Lean back
- Right shoulder is high
- Left foot is ahead of the body
- Hips are forward
- Hips are at 45° to the bar and the shoulders at 90°
- Trunk is upright and leaning slightly back



- Jumping foot is in alignment with the jumping leg
- Flexion in the left leg to allow drive upwards



- Right knee and both arms beginning the upward drive
- Tall and upright
- Eyes focused above the bar



- Left extends
- Both arms are swung forwards and upwards with the right leg
- Right hip driven upwards and towards the far upright



- Rotation of body due to right hip/knee and arm action
- Left hip is still extended



- Left knee is brought up to join the right knee
- Back rotates towards the bar



- Arms remain high
- Heels behind the knees
- Knees apart



- Arms driven down down to extend hips
- Heels pulled back towards the head (result in arched back)
- Arms in a crucifix position
- Knees apart



- Knees kept apart
- Heels behind the knees
- Arms in a crucifix position



- knees above the hips
- Arms in a crucifix position
- Heels coming in front of the knees to begin the pike position



- The arms are lifted vigorously in front of the trunk and then above the head to aid leg clearance
- Piking of the thighs to the chest can be assisted by movement of the head onto the chest so that the eyes are looking forward
- Finally the knees are straightened landing on the shoulders