

“Fixing the right problem”
A deconstruction of the High Jump
Dave Kerin

- **Introduction**

- **Rotations and Bar Clearance**

- **The Critical Zone: Plant thru Takeoff**

- **Penultimate to Plant**

- **Curve Mechanics**

- **Transition from straight to curve... the true Critical Zone?**

- **“Good Pushes” and setting up curve entry**

- **Initiating the attempt**

- **Additional Discussion**