





The Turning Point
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How Important Is The Curve?




- What Is The Purpose Of The Curve?
- How Do I Start The Curve?
 - Which foot?
 - Why?



The Olympics


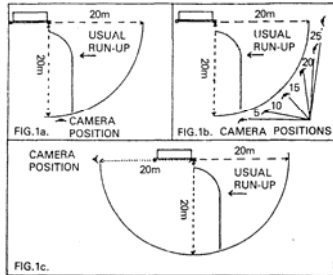
Setting Up The Curve



- Posture of Lower Body
- Posture of Upper Body


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How Do I Set Up The Curve?

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Concepts Through The Curve



- Speed
- Hips
- Arms

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Hinge Moment



- How Does This Help Me Jump High?

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Penultimate Step

- **How To Set Up The Take Off**

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Takeoff Plant

Positions Needed By The

- **Hips**
- **Takeoff Foot**
- **Shoulders**
- **Arms**

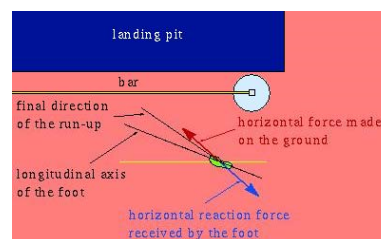
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Plant Part II

- **Arms**
- **Head**
- **Eyes**

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Forces At Takeoff



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Vertical Lift

- **How Does A Jumper Get Vertical?**


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Actual Takeoff Needs

- **Center of Gravity**
- **Free Knee**
- **Hips**
- **Arms**

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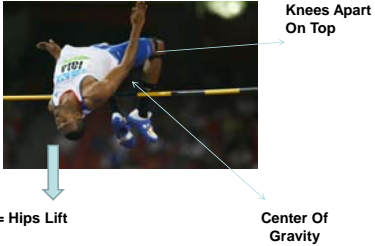
Lift Off!



- In Front Of The Bar
- What To Look For


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Over The Bar

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Landing



- **Correct Position**
- **Incorrect Position**

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Setting Up The Curve



- **Going Back To The Start**

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First 1/3 of the Approach



- **# Of Steps**
- **How To Set Up The Approach**
- **Tempo**
- **Body Positions**


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Middle Of The Approach




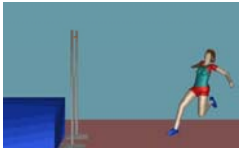
- **Goals Of This Part Of The Approach**

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Back To The Curve 

- **Let's Watch The Total Jump**
- **What Is The Critical Zone?**
- **Whole-Part-Whole Teaching**

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The Olympics

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