

David Butler

## **A POLE VAULTER'S RELATIONSHIP WITH FIBERGLASS > USING BAMBOO TECHNIQUES TO IMPROVE PLANT & TAKEOFF**

*"Learning the little things from those that came before"*

*"Petrov's inspiration : Warmerdam (FILM) Petrov's FINGERSHAKE :Very Important!*

*The Warmerdam Series & Old German Technical Drawings > Learn from History!*

*" Some See, Many Understand, But Very Few Grind Away at Demanding Correctness"*

### **LITTLE TECHNICAL THINGS TO FOCUS ON**

- How to Pole Vault Higher > Speed, Stiffness, Grip
- How to Run Faster with a WEIGHT in your hands: Correct Carry, Active Pole Drop
- THE WEIGHT BEGINS CENTERED THRU YOUR HIPS ON TOPHAND
- *"Active Pole Drop : A Zen-Like One with the Pole > not static or late*
- *"FREE THE HIP Plant Rhythm effected by drop        "/>"*
- How to Hold Higher & Get on Stiffer Poles: ACCELERATE POLE ROTATION
  
- To Accelerate Pole Rotation > PULL VAULTING or Pole Vaulting
- *"Let the rotation show you what's going right or wrong!"*
- *TAKE OFF 3 INCHES OUT > HANSEN & RICHARDS > HIGHEST POINT*
  
- Elbows & Armpits > Vault THRU THE WINDOW > elbow goes up not down!
- Shoulders > HOLLOW , Hyper-Extended "Push Pole" "MAKE SPACE"
- RELEASE THE SHOULDERS > frame the face
- HOLLOW COMES FROM THE STERNUM > ALLOWS ELASTIC SHOULDER
- Elastic > 3 VERTICAL LINES        > Vault higher on lighter poles, using less energy!
- Direction of Forces applied to the pole > UP
- *"THE ROW IS AN AGGRESSIVE "SLAP THE WALL" ACTION.*
- Shortcuts > Block & Break, Collapse & Pull

### **HOW TO STEEL/BAMBOO YOUR WAY TO HIGHER VAULTING**

*"Bubka > "Bending poles allow you to hide mistakes, but stiff Non-bending (steel) poles immediately hurt you" Technical Weaknesses are exaggerated!*

*One Step Steel Vault into Sand > Lever out, Collapse, or Elastic*

*The Correct "Bamboo" Way to Steel Vault > Window is Open > ELASTIC*

*The left hand slides to where the bottom hand should be with fiberglass!*

*WHY ELASTIC > WALK THRU A "HYDROLIC DOOR*

*"Fibernose, Fiberhead, to RELEASE THE SHOULDERS "Do Not Pull Here"*

*Drills to Improve Pole Rotation > BellyBumps, Pit Bumps, Pit Jumps, A-Frame, 2,4, 6 Step Straight Pole Vaults (speed is taken out of the equation)*

*The Power Plant Hurdle Box Drill*

*Have "Classic Pole Vault Competitions" in the Fall*

*FIBERGLASS DRILLS > BLOCK BLASTS, HURDLE BOARD, ELASTIC BLASTS, SHORT POLE,SHORT RUN VAULTING The 6 Step Midpoint*

Frustration > watching competitions.....vaulers & coaches ask for help, yet years later, they are doing the same things, making the same mistakes, jumping the same PR's. It takes a deep commitment , each vault, to change, refine, improve

*FILM > POLE CARRY, PLANT RHYTHM, MAKE SPACE, WINDOW, SHOULDER POSITIONS, RELEASE SHOULDERS, FREE THE HIP, THRU DOOR, SAND VAULT 3,SLAP THE WALL, BLASTS, STEEL VAULTS*

*\*\*\* THE "UP PRESSURE ROW" OCCURS WHEN THE POLE IS BENDING NOT UNBENDING. LEFT ELBOW GOES DOWN> SHORTCUT OF PULLING ELBOWS MUST GO UP!!!*