

High Jump Photo Sequence

The photo sequence of Heike Henkel was taken during a competition at Crystal Palace.



1 - Three strides from take off.
Leaning into the bend



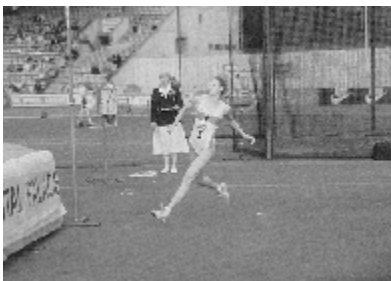
2 - Bouncing run in



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



4



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



6 - 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



7 - flexion in the left leg to allow drive upwards



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



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



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



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



12 - Arms remain high
Heels behind the knees
Knees apart



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



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



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



16 - 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