

Simple, key points to our HJ philosophy:

1. I believe the run and the proper takeoff position is by far the most critical component of your event. We will spend the majority of our time on perfecting this part. While bar clearance is important it cannot be addressed until the run and takeoff are correct—AND—it is amazing that when the run and takeoff are correct how much it effects the “correctness” of the bar clearance. Once the body leaves the track surface the flight pattern (parabola) is set. What we do with the run and the takeoff from the ground is critical.
2. As a general rule we will use a 10 step approach with the turn being initiated on the inside foot. How wide your J is and how fast you run will be totally individual and can only come from trial and error as YOU search for what feels the best and what works the best to create the proper takeoff position.
3. The run should progress from a longer pushing type stride to a quick, more rhythmic stride as you go. After the first few strides you do not want to be high on your toes and the latter strides are closer to a flat footed run than a high-on-the-toes run.
4. We are running a curve and as the turn is made you should feel more of a push outward on your foot somewhat as if it were a slightly banked surface. The lean should be a vertical lean inside-ward from the toes up through the ankle, hips and shoulders and not forward at the waist. On your last three steps you should feel like your legs are pushing the body away from the pit.
5. The inward lean should allow your inside shoulder to stay back. The last 3 steps constitute the takeoff. You will “push” off the penultimate, reach and pull with the takeoff leg, which allows the hips to move forward fast over the takeoff leg. The shoulders stay back as the hips are pushed onto and through the actual jump. Reaching and moving the hips over the takeoff leg is critical. This creates the separation between shoulders and hips which is essential. By getting off the penultimate step forcefully and quickly this allows the free leg to drive through powerfully and quickly. . During the takeoff movement it is good to think of pushing hips of the penultimate step (next to last step) past the takeoff plant leg and keep a low heel recovery.. This push, reach pop allows the hips in actuality to end up directly over the takeoff foot and creates a vertical takeoff. At the actual plant of the takeoff leg, I want the free leg already coming through and look at see if the knees are close to parallel. The takeoff leg stops/breaks the momentum of the run and springs/propels you up. There is very little flexion in the takeoff leg
6. The drive of the free leg and the arms load the takeoff leg and put the force into the ground which then “pushes” back with the same force. I like to say drive your free knee to parallel and keep it up allowing the other leg to catch up during flight. We see an explosive takeoff when all body parts are synchronized and come through quick. It takes .5-.7 to utilize max strength and the HJ takeoff time for most HJ’s are .11 to .18 which is much quicker and this is related to the run and the last three step set-up.
7. The takeoff is VERTICAL, with no effort to get into the pit. Physics tells you that the centrifugal force, the hinge movement, as well as angular momentum

will propel or launch you toward the pit. Once you leave the ground your flight parabola is established. At the takeoff and for a brief moment you want space between you and the bar/pit for proper clearance. There are jumpers who punch both arms and then drop to their side, and those who allow the arm closest to the bar to continue up. In either case we want to stay as close to the vertical plane as possible. You should feel a rigid side nearest the bar and neither your head or your arms should be directed any other direction than over that vertical plane as you launch yourself upward. Stop the momentum and direct it up—full body extension lifting off the ground as you ride the takeoff upward and initially make no effort to get into the pit, trusting the laws of physics to take you there.

8. Over the bar is a timing and somewhat individual thing. Some cues that work are to open the hips and press the glutes, press hips up, or to press shoulders downward below the level of the hips. The legs are the last thing to flip and if done too soon will lower the hips. Shoulders below hips and QUICK last minute flip of the feet. Your head can go back and down and as long as you have your chin on your chest before you hit the mat, you will be safe.
9. Last, but maybe the most important is to be takeoff conscious and not bar conscious. Trust the process and you get the result. Go for the result and you make mistakes. You cannot dwell on either a make or a miss. You are blessed to get 3 attempts and each one should be its “own”. Each attempt stands alone.
10. I want a “natural” athlete similar to the Zen philosophy---the Zen philosophy teaches you to be IN THE MOMENT, allowing action to flow without the mind interfering. Don't over-think it. The HJ is one of the coolest and most fun events in T&F. And, it's even more fun to step up and stand among the medal winners!!