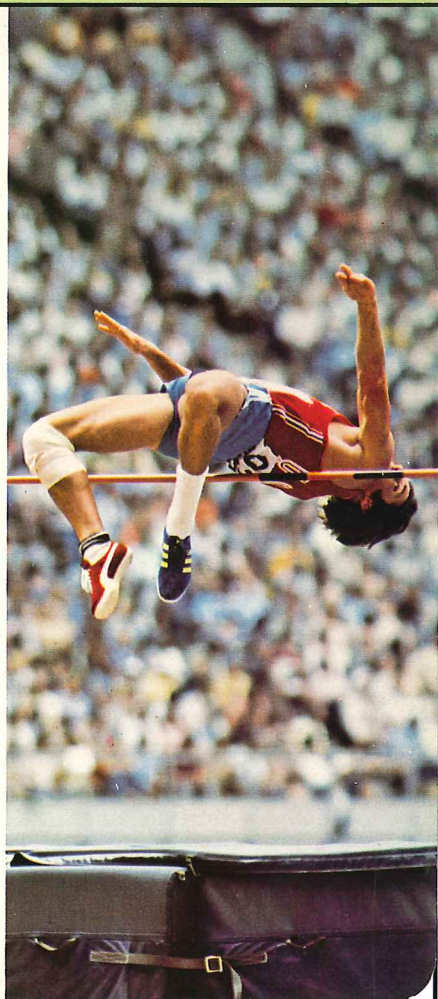


# Track and Field



## *High Jump*



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## High Jump

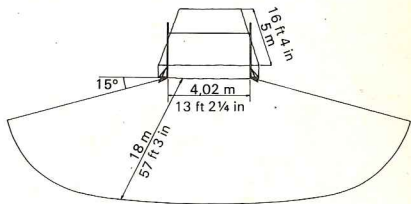
### Changing Styles

Ever since Dick Fosbury became olympic high jump champion in Mexico in 1968 with a jump of 7' 4¼", his particular style of jumping known as the "Fosbury Flop" has been widely adopted, even in East-European countries. Now, most of the world's top high jumpers use it. Many revolutions have taken place in this sport since the birth of modern athletics in Great Britain during the nineteenth century. In the beginning, high jumpers were expected to clear the bar *feet together*, sometimes with and sometimes without a run up. Around the year 1870, high jumpers started their run up from the side, running towards the bar at a fairly sharp angle. Then came the *scissors*, one leg before the other, which ended up as the "Lewden style", named after the Frenchman Pierre Lewden who effected a half-turn in the air and landed on the foot he had taken off from, facing the bar. This was the *scissors with inward turn*. In 1912 the American George Horine introduced a new style and was the first to jump higher than 6' 8" (6' 9"). He started his run up from the side opposite to his leading foot, pivoted

over the bar and landed on all fours (*Californian roll*).

Twenty years later the black American Dave Albritton was the first to use the *forward roll*. He went over the bar face down, without "resting" on one haunch. This was the first truly modern style and it remained basically unchanged until the advent of Dick Fosbury. But the forward roll was altered and improved in many ways, resulting in the *forward dive roll* adopted by such famous high jumpers as the Swede Bengt Nilssen, the American John Thomas, the Russian Valeri Brumel, and the Chinaman from Peking, Ni Chih-Chin. And then along came Fosbury. His most famous pupil is Dwight Stones who has taken the world record to 7' 7¼".

### The take-off area



Two different styles: Rosemarie Ackermann (left) and Bruce Jenner (right)