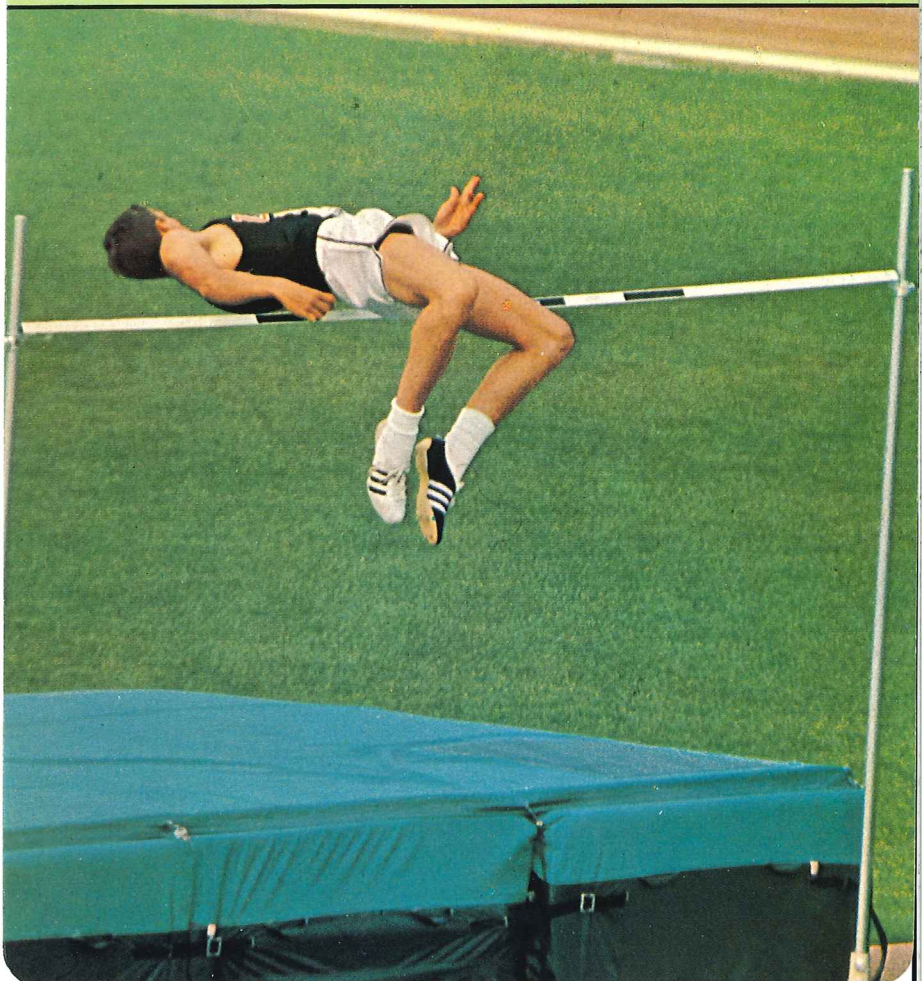


Track and Field



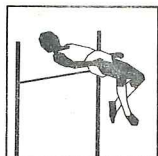
The Fosbury Flop



Track and Field



The Fosbury Flop



Revolutions come in Disconcerting Form

Rare indeed is the athlete who has a new technique named after him. Dick Fosbury (USA), Olympic high-jump champion in Mexico in 1968 with a soaring 7 ft 4 $\frac{1}{4}$ in, revolutionized high-jump technique. The Fosbury flop, which has enabled many athletes to achieve better heights than either the straddle jump or western roll, is more spectacular in the run-up and more rapid in execution than other techniques.

The distinctive feature of the flop is that the jumper sails over the crossbar head first on his back and lands on his shoulders. There are four stages in the flop:

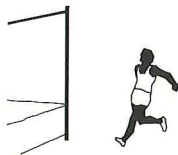
1. The run-up: consists of six to eight strides describing an arc of a circle, accelerating in the last three, flexing the legs and planting the take-off foot well in front of the body approximately 18 inches away from the bar.

2. The take-off: to convert horizontal to vertical thrust, the body is stretched to full height pushing vertically on the take-off foot; both arms are flung upwards and the free leg is kicked to shoulder height; the jumper must of course keep his eye on the crossbar.

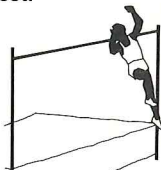
3. Clearing the crossbar: as he

takes on the air, the jumper makes a quarter-turn so that his back is to the bar; at the same time he extends his right arm over the bar (if he has taken off from the left foot, that is); as he crosses the bar, he hollows his back and thrusts his hips upwards, making sure he does not catch the bar with his heels. As he clears the bar, he brings his thighs close to his body and straightens his legs.

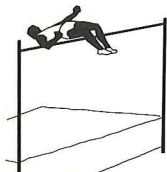
4. The fall: the jumper rounds his back, bringing his legs together vertically, so that neck and shoulders take the weight of his fall. His chin should be well tucked in to his chest.



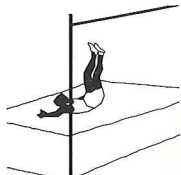
The run-up



The take-off



Clearing the crossbar



The fall