



HIGH JUMP

JUMPING

Jumping of all types is important from a military point of view because it develops agility, leg muscles, coordination, and confidence.

The niceties of form are not too carefully observed in the Army and Navy conditioning program. But for practice in the gym and on the athletic field, it pays to jump with proper form.

Good form adds distance or height, and better conditions the body. Thus, under military conditions, it produces superior performance.

HIGH JUMP (Western Roll): Be-

cause the Western Roll allows for a low center of gravity, it is generally considered the most efficient style of jumping.

The start is from either side and from a point 25 to 40 feet from the bar. Most western rollers approach the bar at a lope, with a speed up on the last four strides. They hit down hard with the near leg at a point two to four feet in front of the bar.

The other leg is thrown vigorously forward and upward, with the arms aiding the lift. When the left leg is

well on its way up, the right knee is straightened and rocks up completely on the toe.

At the highest point of the jump the left leg is straight and the right is bent so that the thigh is parallel to the bar. This is known as the layout. The body rolls over as the bar is crossed and falls to the ground with the head lower than the hips and facing the pit.

BROAD JUMP: No jumper should begin practicing this event until his legs are in shape to carry him full speed for 100 yards without tiring.

Our top-flight broad jumpers take a 60 to 90 foot run at top speed. Speed is essential to gain maximum velocity. They hit the takeoff board forcibly with the foot that is most comfortable for

them (in this case, it's the right). The other leg then drives up and is thrust forward as high and as powerfully as possible.

As the jumper floats through the air, the head is erect and the arms aid in keeping the body erect.

The trailing arm comes forward as the jumper starts dropping into the pit, and the legs come together. The weight is shifted ahead of the feet, to avoid falling backward in the landing. Note how both legs are stretched fully forward with the feet together, giving the jumper every possible inch of distance.

There is another type of footwork known as the hitch-kick. In this, the jumper keeps kicking his feet as he floats through the air ("running in air").

BROAD JUMP

