

Long Jump Air Mechanics – Drawings by Tim Cawley

Figure 1 – The Hold

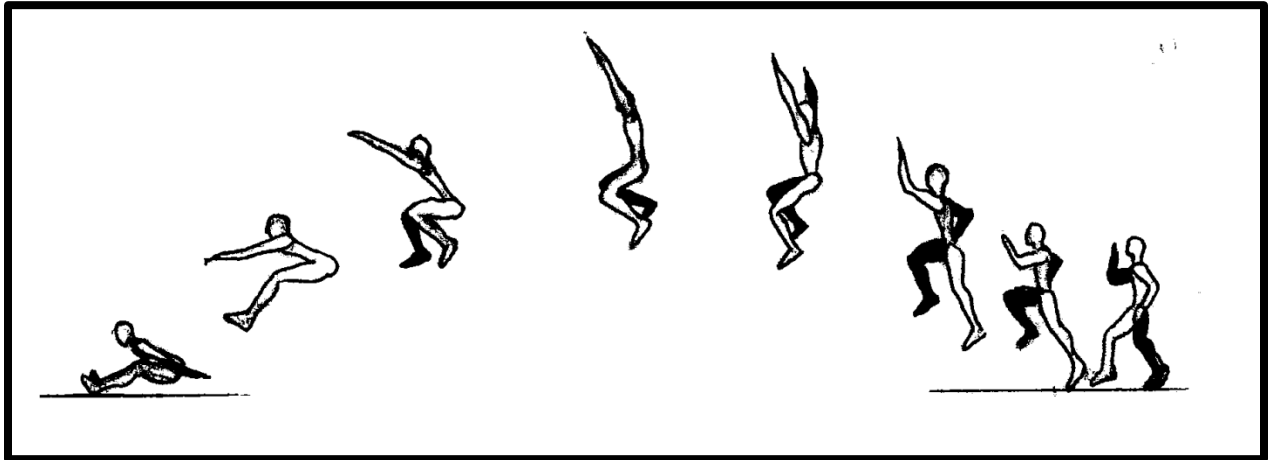


Figure 2 – The Hang

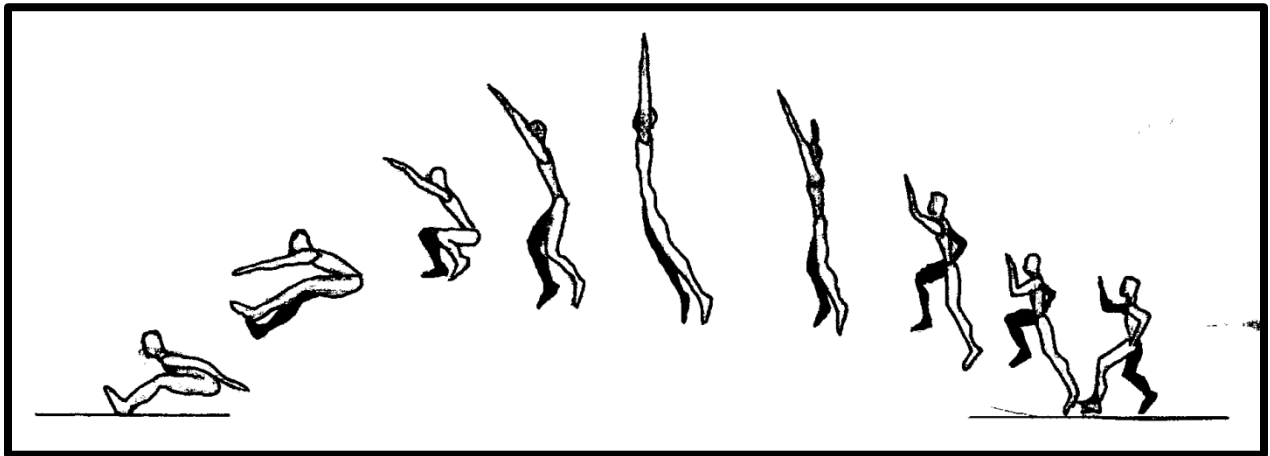


Figure 3 – The Hitch Kick

