

## ULRIKE MEYFARTH ILLUSTRATES THE PHOTO SEQUENCE OF HER JUMP

Ulrike Meyfarth

“ The photo sequence on pages 90-91 shows Ulrike Meyfarth's 2.00-m-jump with which she won the German Championships, Munich, July 25, 1982 ”

Translation from the original German by  
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**Run-up:** In the photo sequence the last three strides of the run-up are presented. They are performed very dynamically and with a high knee-lift.

**Take-off preparation:** The inward lean of my body is minimal because of the large curve-radius. If you run up with such long strides as I do with my long legs, the much-praised curve-running and the resulting centrifugal force have hardly any effect.

**Take-off:** It is no secret that the most important aspect of the take-off is the conversion of horizontal acceleration into vertical acceleration as fast as possible at the moment of maximum possible run-up-velocity. Although the speed characteristics cannot be seen in the photo sequence, and as far as technique is concerned this jump does not belong to my best ones either, you can see my strength in the immediate take-off preparation in photos 10 to 12: take-off leg, hip and trunk are kept in a straight line.

A prerequisite for this is the "strength-work" of my right thigh (photos 9, 10) in lowering the centre of gravity. The take-off foot is put forward flatly over the ground in the shortest way possible and is planted heel first on the line of approach (i.e. not a high foot-plant) (photos, 9, 10).

The pre-tension of the hip and lead-leg as well as the active push-off from the right foot make possible a high lift of the lead-leg during the take-off.

The double arm action serves to stabilize the trunk during the lift. The counterbalancing of the trunk would certainly be better, if I lifted the right arm higher than the left one, according to the motto: "Rise in front of the bar and stay away from it as long as possible". But on the other hand the right arm helps to move the trunk towards and over the bar.

The knee of the lead-leg (photo 17) is high enough, so that the hip, which must be raised above knee-level, can reach the aimed-at height.

**Bar-clearance:** The specialist can see from my method of bar-clearance that I can jump higher than in the trial presented. Photo 21 shows that I come to a "standstill" over the bar. Be-

cause of a lack of horizontal velocity, which is of course the result of insufficient run-up- and take-off-velocity I "cheat" myself over the bar with the help of my extremely arched spinal column.

The posture in photo 22 is optimal, but perhaps it is taken a bit too late; it should be taken as early as in photo 21. If the horizontal velocity were a little bit higher during the bar-clearance, the bar would be closer to the hollows of my knees, so that I would not run the risk of touching the bar with my bottom while lowering my centre of gravity. This would also help me to pull my lower legs away from the bar.

The place of take-off could also be improved: in the trial presented my take-off is too far away from the bar. A way of improving this would not be a shortening of the run-up, but an increase in run-up-velocity. This, however, should not result in a lengthening of the strides: The distance between the place of take-off and the bar is perfectly correct for this jumping height, but it demands a correspondingly higher run-up-dynamics and -velocity. If converted into an optimal jump, this would also result in a better bar-clearance.