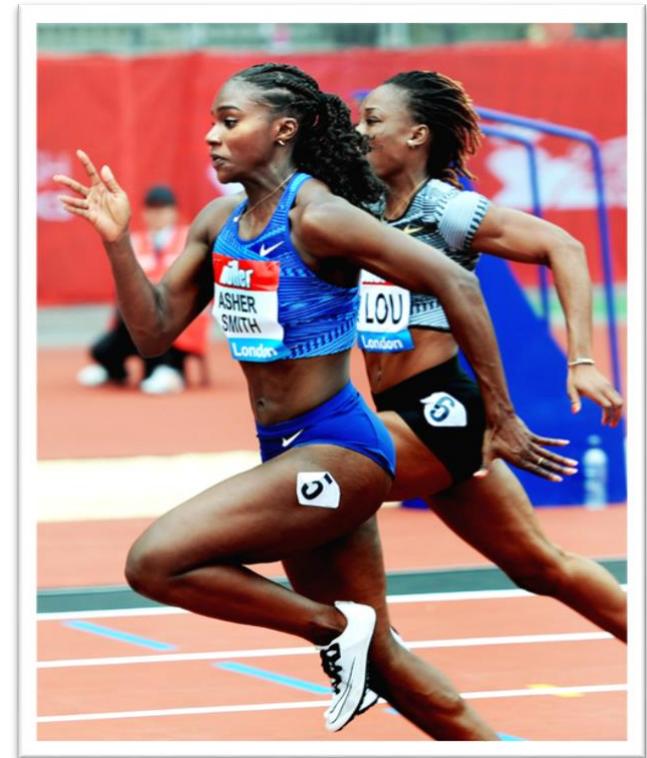


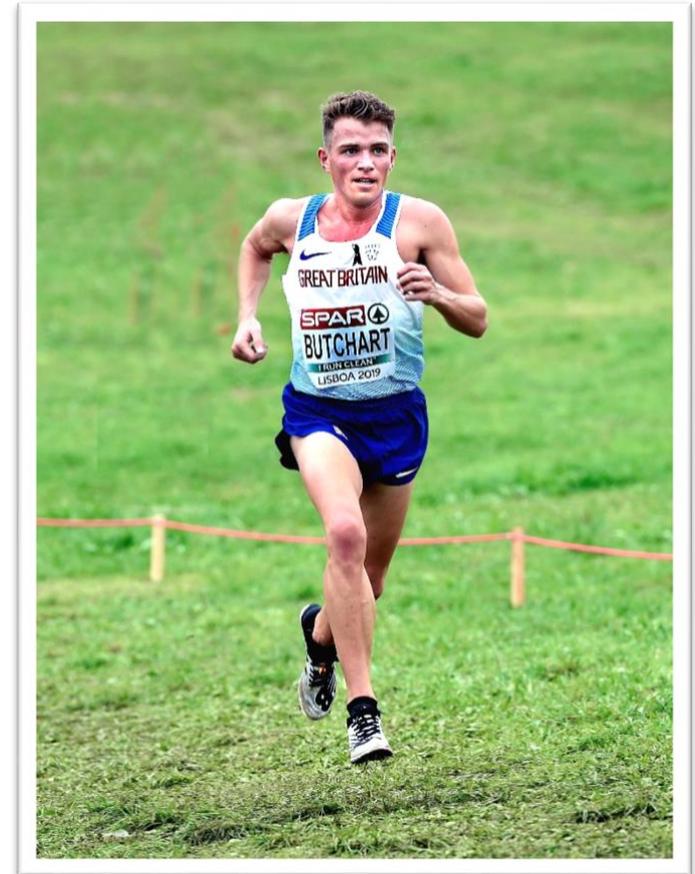
Speed

- Shoulders low and relaxed
- Fast arms elbow driving backward
- Tall posture and high hips
- Heel up and under buttock
- Knees up, toe up
- Land on front half of foot (ball of foot) and drive down and back



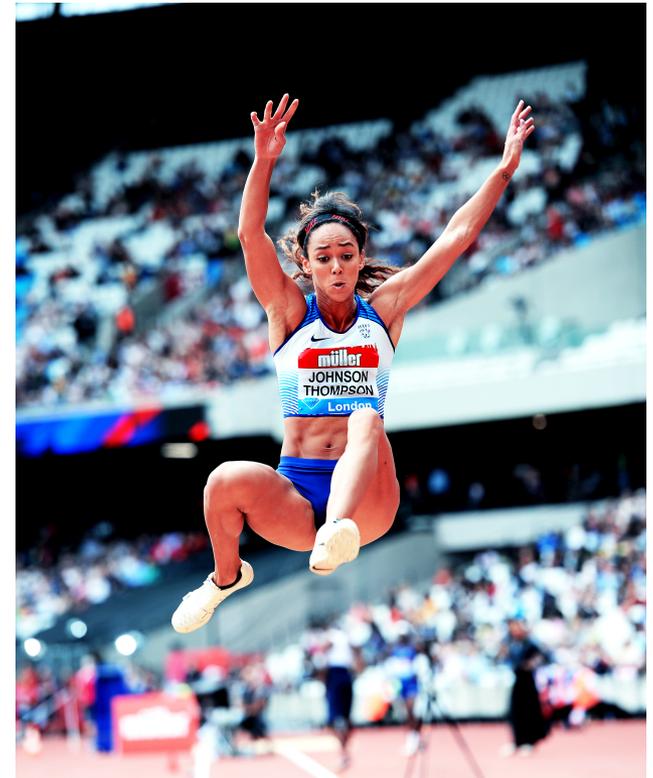
Endurance

- Tall posture with high hips
- Relaxed shoulders with efficient backwards driving arm action
- Rhythm guides optimal speed and efficiency
- Foot lands naturally underneath the centre of mass, moving down and backwards



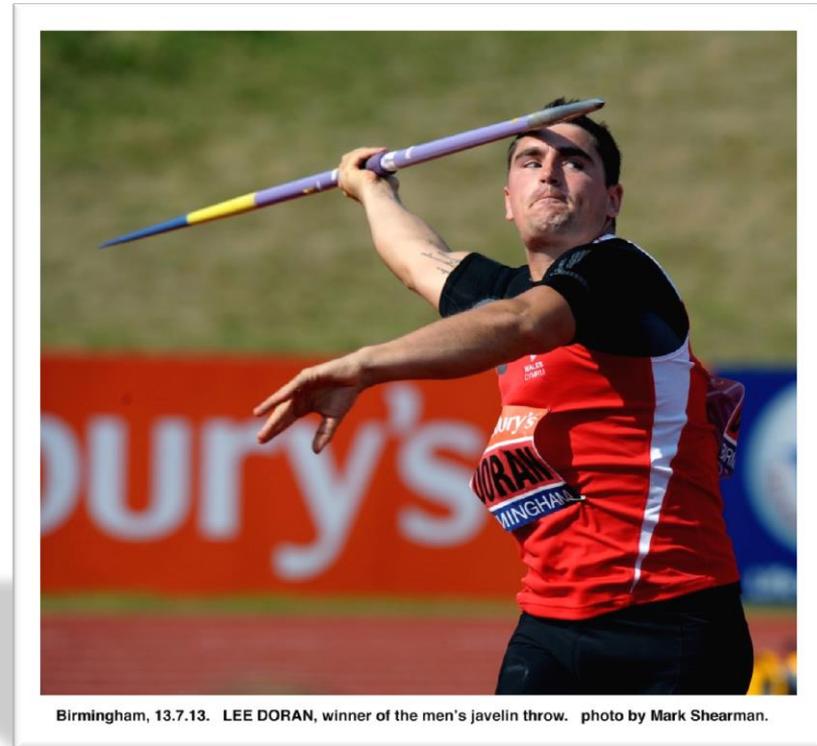
Jumps

- Fast controlled approach
- Active (down and back action) flat foot at take off
- Head up, chest up, drive up
- Extend through the hip, knee and ankle (in that order)
- Tall in the air, hips high
- Soft controlled landing



Throws

- Knees bent with balance on the rear leg
- Rotate and extend rear hip, knee and ankle
- Gradually increase speed
- Transfer balance from rear leg to front leg
- Use the arm(s) fast and last



Wheelchair Racing

- Catch push rim at 2-3pm
- Drive at 3-5pm – accelerate onto push rim, drive down extending triceps
- Release push rim at 6-7pm avoid over extending elbows
- Lift and bend elbows to initiate next stroke phase
- Acceleration (with high elbows)

