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Fosbury Flop

From Wikipedia, the free encyclopedia

The **Fosbury Flop** is a style used in the athletics event of **high jump**. It was popularized and perfected by American athlete **Dick Fosbury**, whose gold medal in the **1968 Summer Olympics** brought it to the world's attention.^[1] Over the next few years the flop became the dominant style of the event and remains so today. Before Fosbury, most elite jumpers used the **straddle technique**, **Western Roll**, **Eastern cut-off** or even **scissors jump** to clear the bar. Given that landing surfaces had previously been sandpits or low piles of matting, high jumpers of earlier years had to land on their feet or at least land carefully to prevent injury. With the advent of deep foam matting high jumpers were able to be more adventurous in their landing styles and hence experiment with styles of jumping. Canadian high jumper **Debbie Brill**, then still a preteen, concurrently adopted a similar technique which became known as the "Brill Bend".^[2]

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Technique [edit]

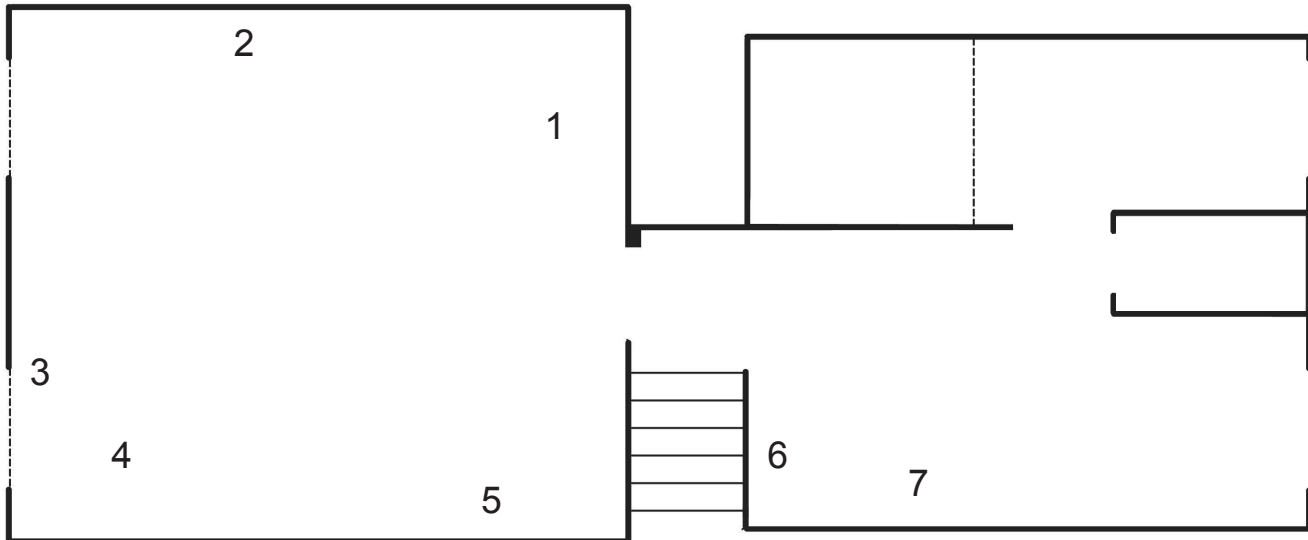
The approach (or run-up) in the Flop style of high jump is characterized by (at least) the final four or five steps being run in a curve, allowing the athlete to lean into his or her turn, away from the bar. This allows the center of gravity to be lowered even before knee flexion, giving a longer time period for the take-off thrust. Additionally, on take-off the sudden move from inward lean to outwards produces a rotation of the jumper's body along the axis of the bar, aiding clearance.

Combined with the rotation around the jumper's vertical axis produced by the drive leg (think of an ice skater spinning round on the spot) the resulting body position on bar clearance is laid out supine with the body at ninety degrees to the bar with the head and shoulders crossing the bar before the trunk and legs. This gives the Flop its characteristic "backwards over the bar" appearance, with



Ending of Fosbury Flop performed by Yelena Slesarenko





List of works:

1. Kinesiotaping, 2017, Printed towels hanging with elastic therapeutic tape, 40 x 30 cm.
2. Fosbury Flop, 2017, Acrylic on canvas and bicycle wall mount, 200 x 130 cm.
3. Blue Screen, 2017, Acrylic on canvas and plaster bottle, 300 x 200 cm
4. Water, 2017, plaster bottles, dimensions variable.
5. Trainingg#1, 2017, Acrylic on canvas, 50 x 40 cm
6. Citius, altius, fortius, 6' 56", HDV, 2016
System ohne Schatten, 3' 13", HDV, 2016

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