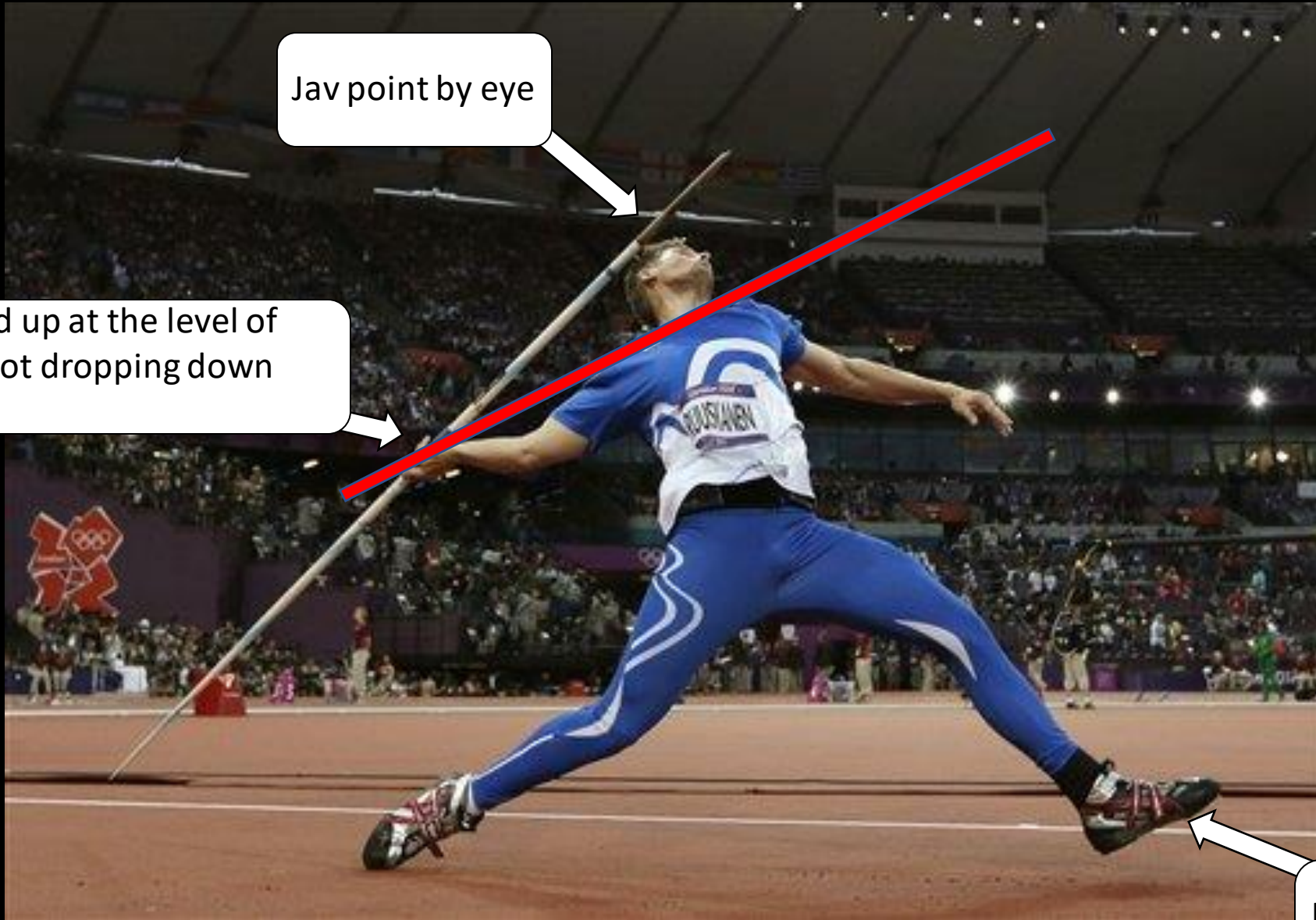


High "Y"

Long Jav arm

Jav would be parallel to the ground, if she stood straight up

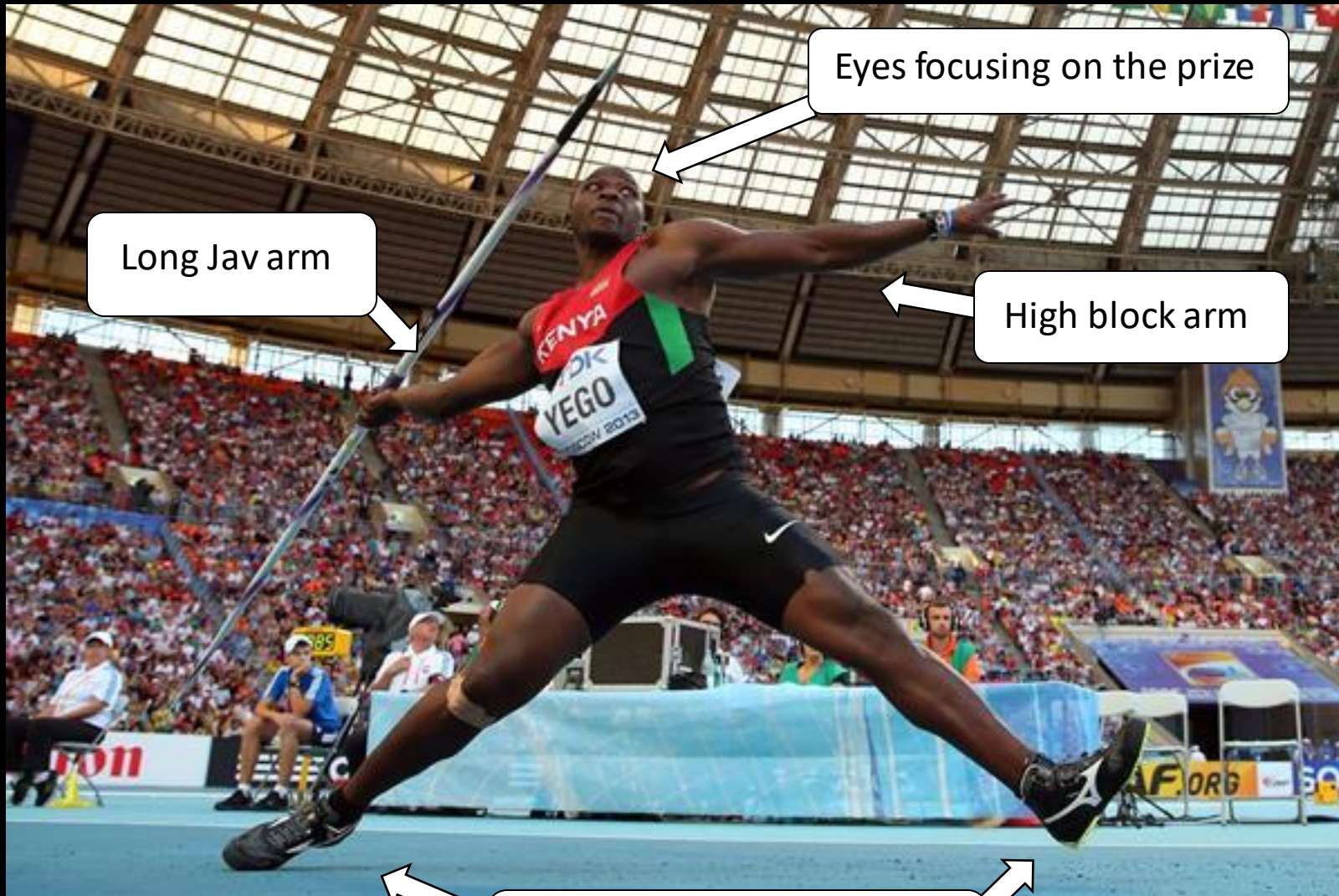
Reverse "C"



Jav point by eye

Hand is back and up at the level of the shoulders, not dropping down low

Long block leg to stop the sprint on a dime

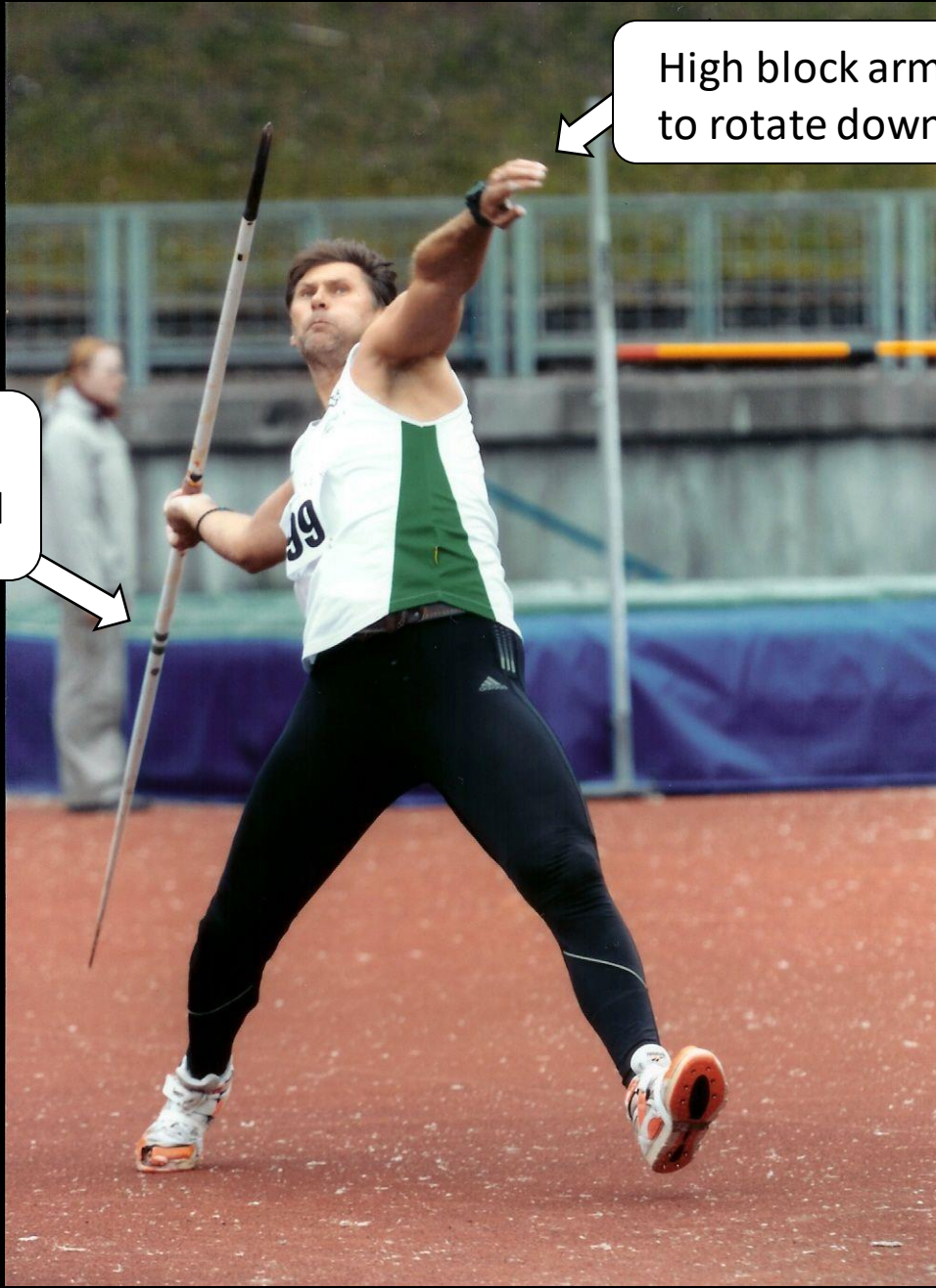


Eyes focusing on the prize

Long Jav arm

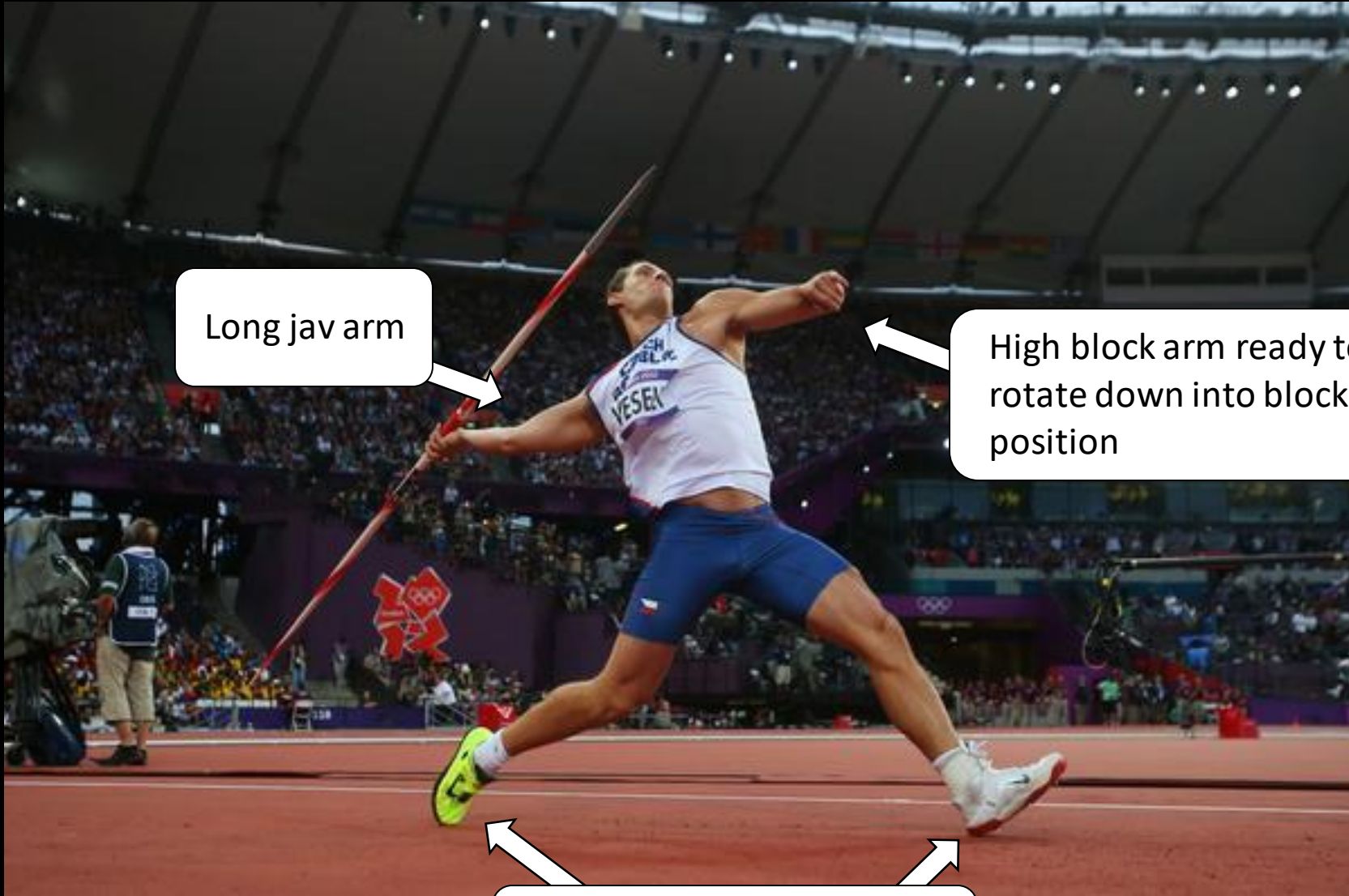
High block arm

Wide stance to stop sprint



High block arm ready to rotate down

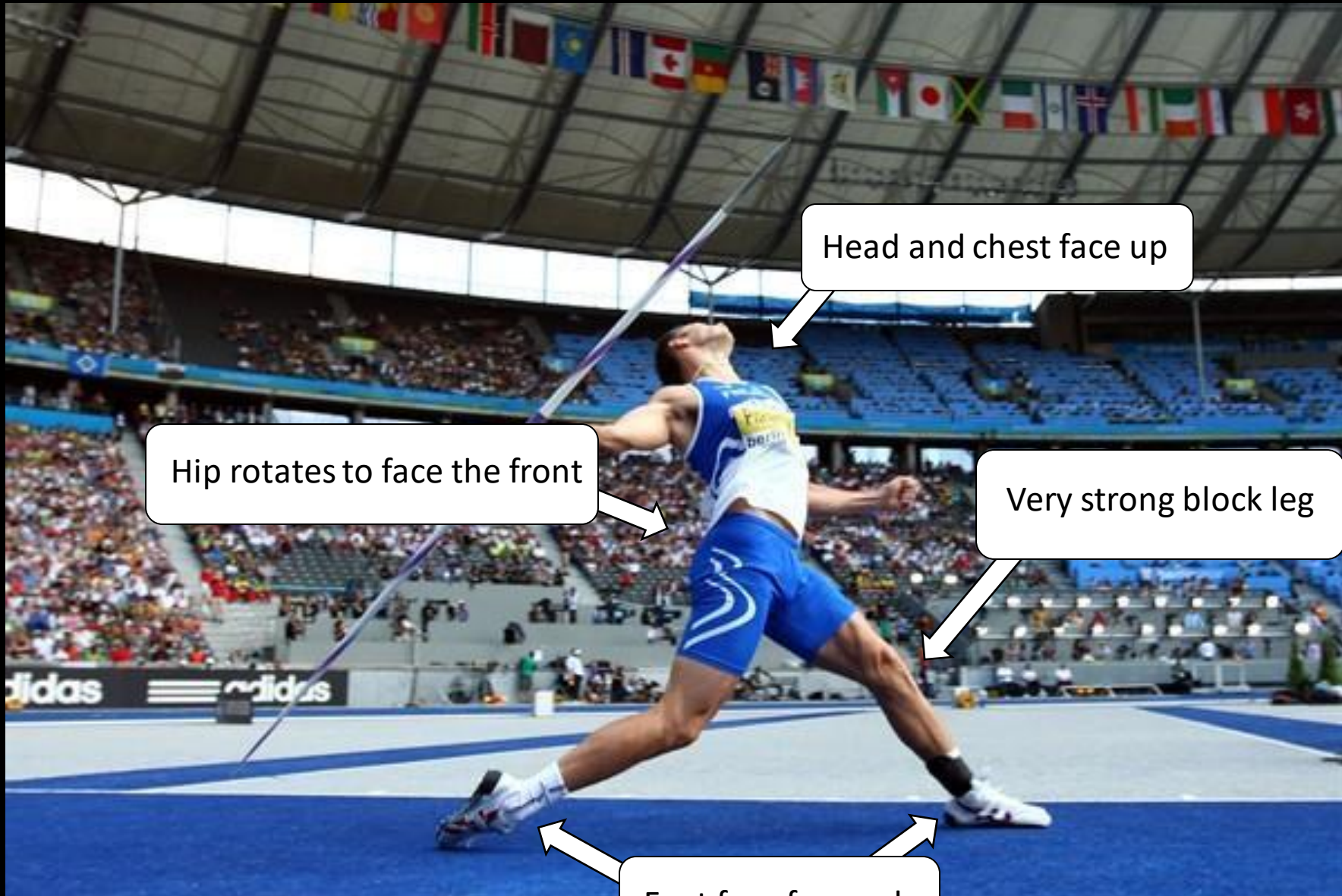
Jav does not wrap behind body, it faces straight forward



Long jav arm

High block arm ready to rotate down into block position

Wide stance to stop sprint

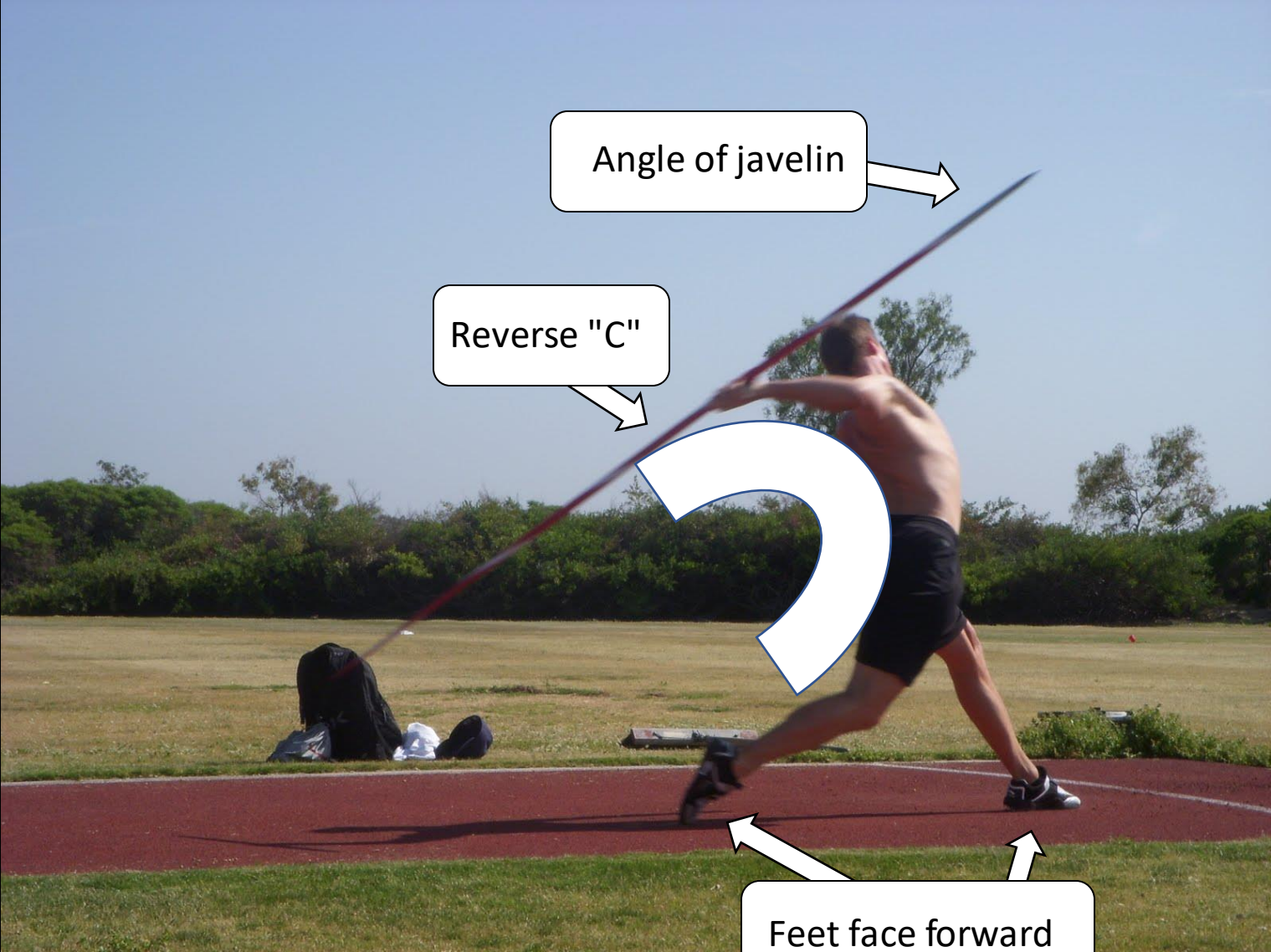


Head and chest face up

Hip rotates to face the front

Very strong block leg

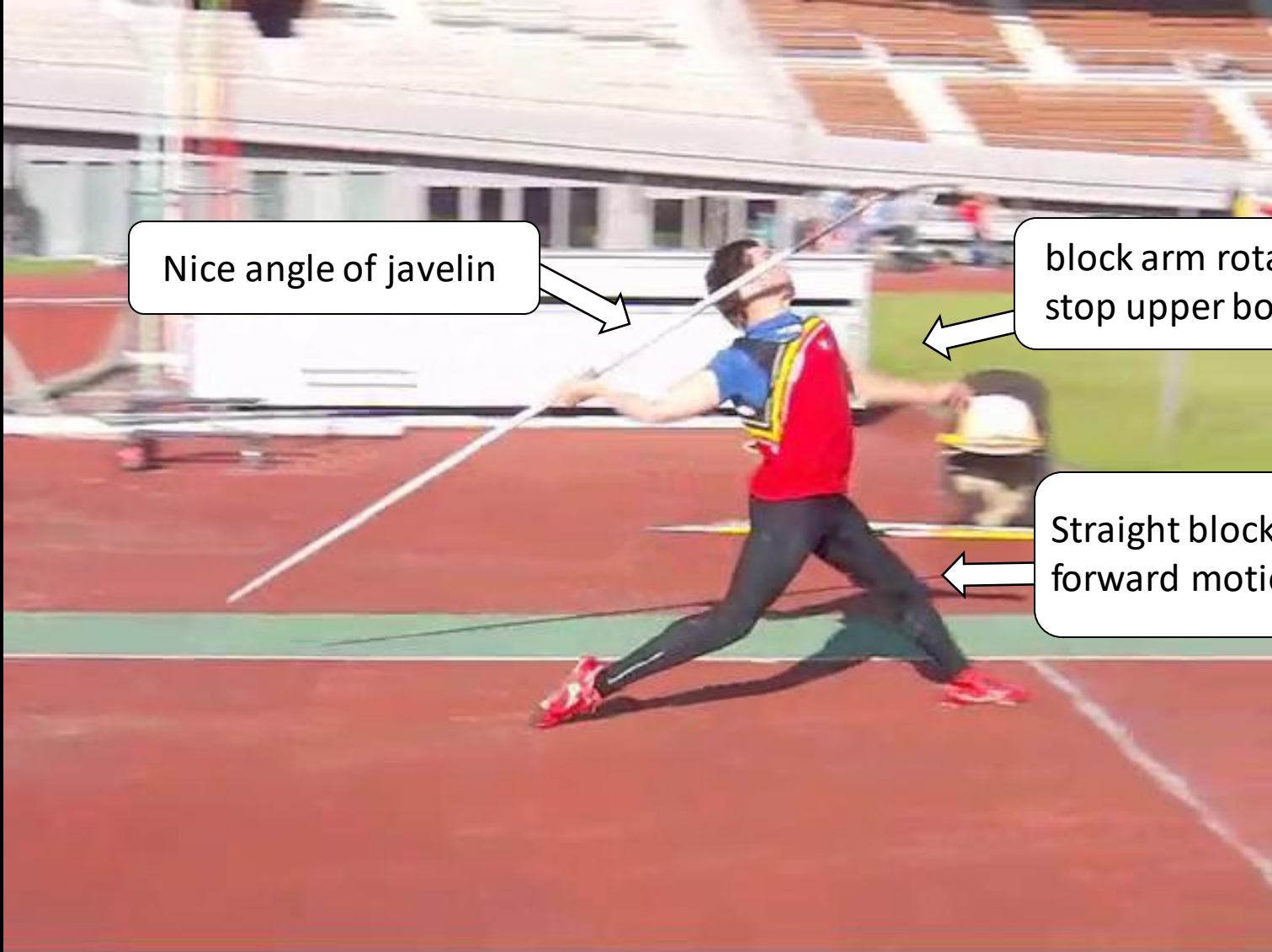
Feet face forward



Angle of javelin

Reverse "C"

Feet face forward



Nice angle of javelin



block arm rotates down to stop upper body rotation



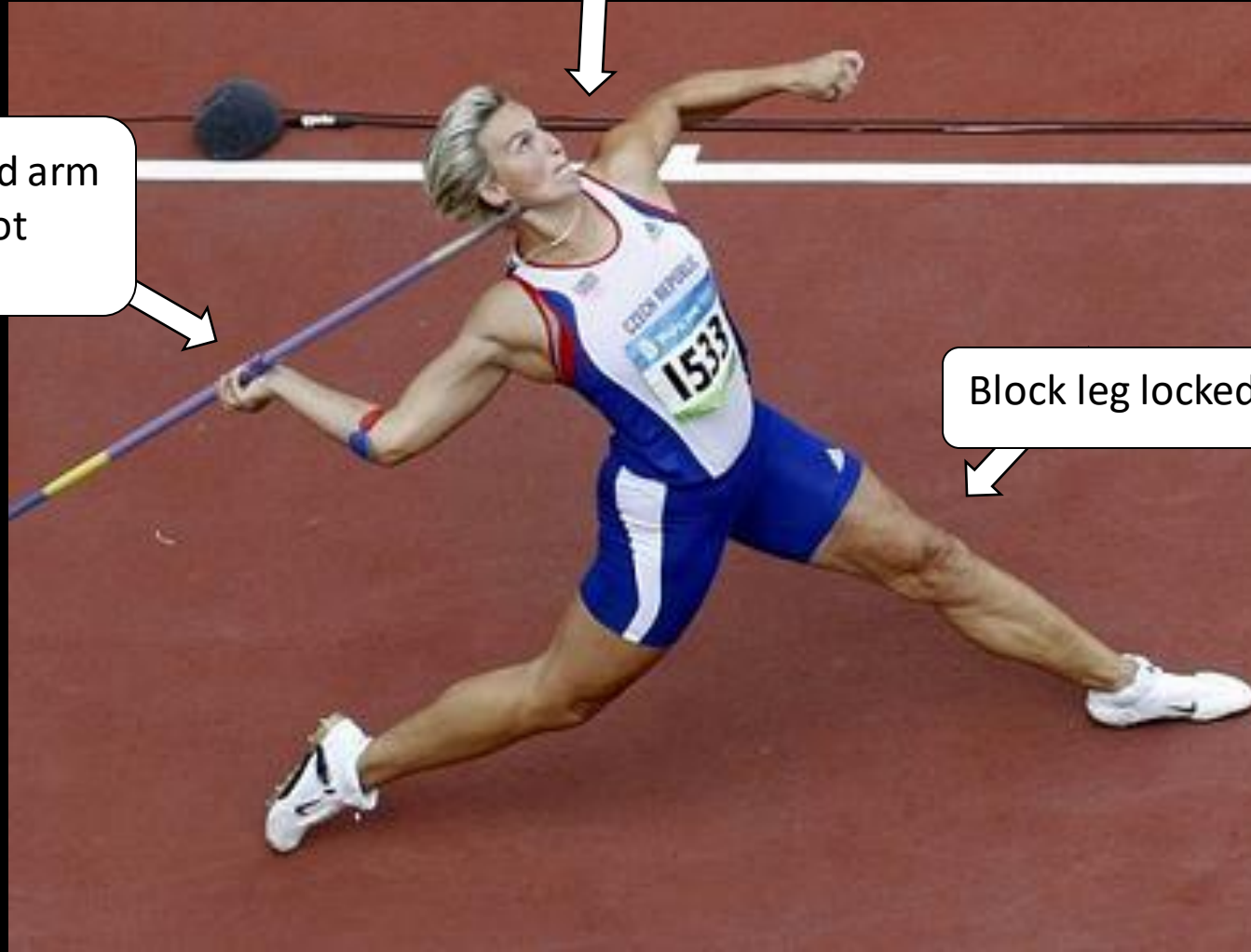
Straight block leg to stop forward motion

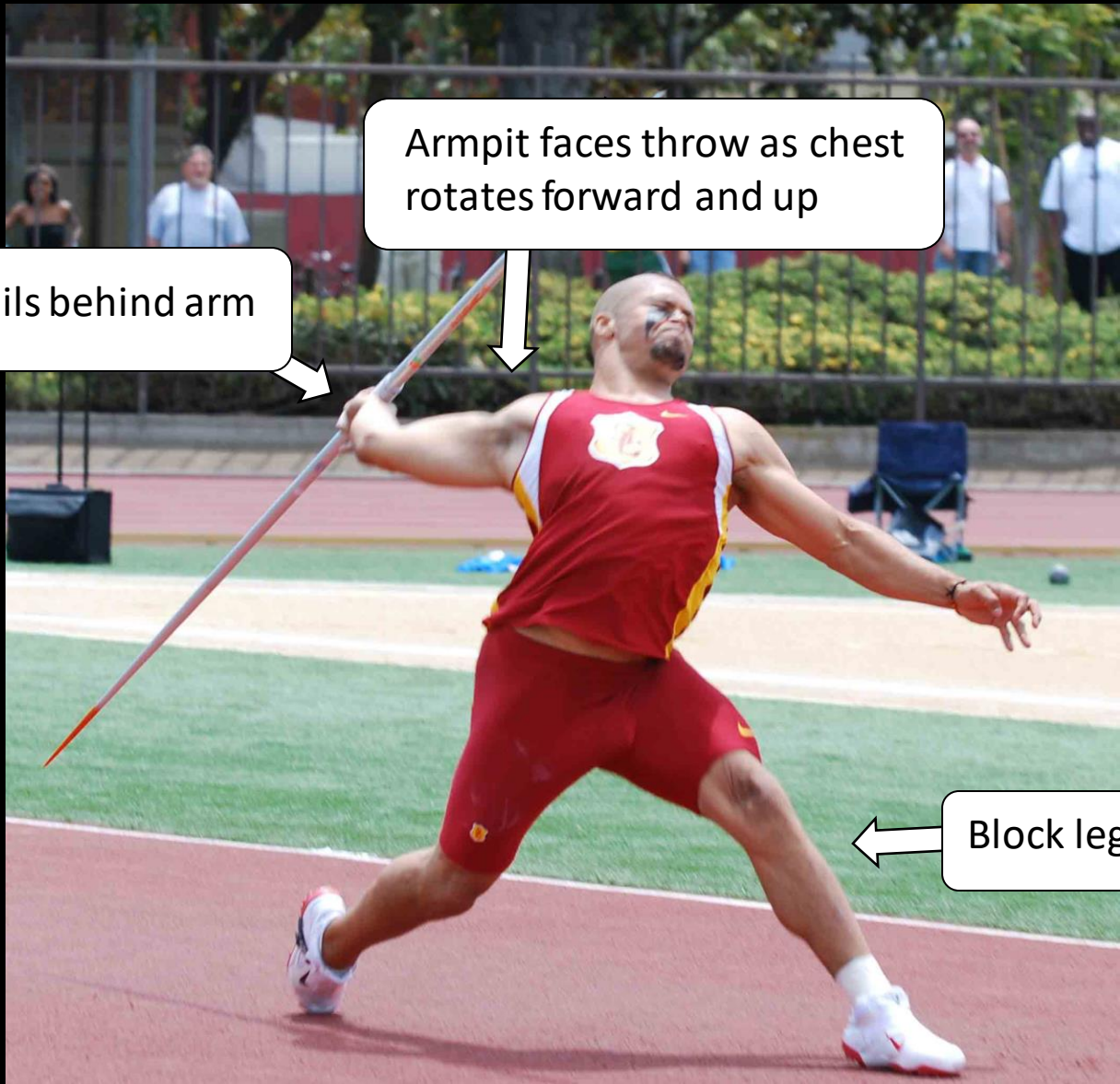


Head up, chest up

Jav hand trails behind arm
and Jav is straight, not
wrapped

Block leg locked up rigid





Armpit faces throw as chest rotates forward and up

Jav hand trails behind arm

Block leg way out front

Hand trails behind arm, not a "dart" throw



Block arm stops upper body rotation



Leg rotates around and crashes into strong block leg



Kick that heel out to drive hip around to front

