Eqwtug'Pco g'<'Dcej grqt 'qh'Rj{ukecn'Gfwecvkqp

[gct '<'Kv

Rcrgt 'Pco g'<'Unkknc'pf 'Hwpfco gpvcn'qh'Cvj ngvkeu

Rcrgt 'Pq0'D'

Ngewwtg'Pq0'3

Vqrke'Pq05

Ngewwtg'Vkng'<'Nqpi 'Lwo r<Vgej pkswgu'cpf 'Twgu

References

Complete Book of Jumps

Winning Jumps and Pole Vault

Links:

http://www.teachpe.com/track_and_field/long_jump/long_jump_technique.php