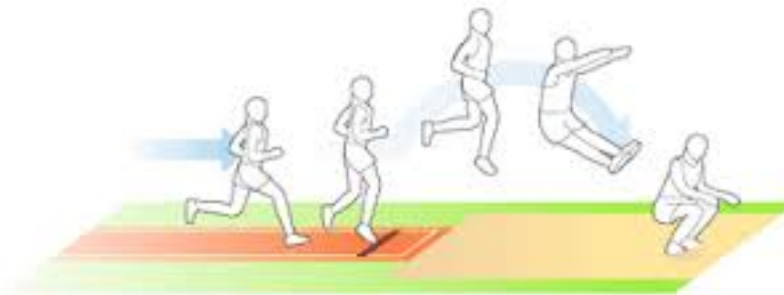
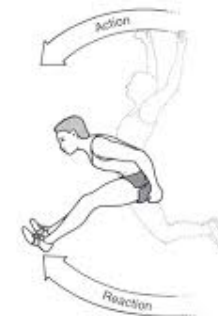


## Long Jump



A runner creating an equal and opposite reaction



Action and reaction in long jump landing

**Start** approach with takeoff foot

**Run** at top speed before take-off

**Plant** take-off foot 2 to 6 inches behind foul line.

**Drive** knee of opposite leg (non-take-off leg) forward.

**Arch** back to lift your hips (and center of gravity)

**Arms** are brought upward and then forward

**Land** on both feet with weight forward