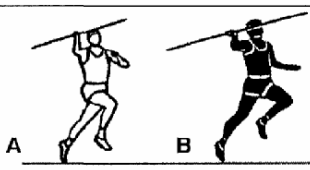
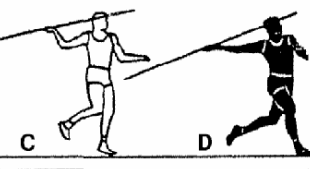

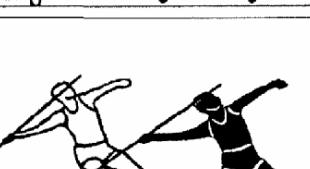
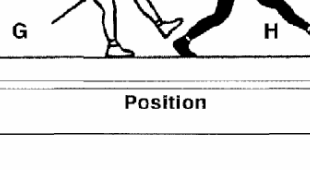



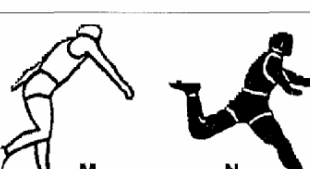
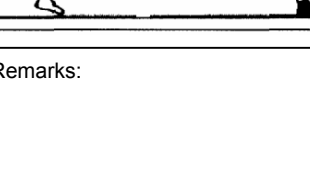



Technik-Beurteilungsbogen nach Tidow

Position	Phase	Reference	Criterion	Assessment		
				+	o	-
	(cyclic) Approach	A 1 Organization	Acceleration run			
		A 2 Javelin carry	Shaft at head height / tip points in throwing direction			
	Start of withdrawal	A 3 Throwing arm / head	Bent / correct grip / near head			
		B 4 Support foot	Contact with check mark			
	Withdrawal of the javelin	BD 5 Shaft of the javelin	Gliding backward at height of temple			
		BD 6 Upper body	Rotates against throwing direction			
	Finish	CD 7 Foot plant	Running-adequate			
		CD 8 Trunk	Kept upright			
	Intermediate stride	CD 9 Javelin movement	Smooth / fluent backward glide			
		D 10 Throwing arm	Extended / parallel to the ground			
	Impulse torque	D 11 Throwing hand	Turned inward / at the level of the lower arm			
		D 12 Tip of the javelin	At the height of the temple / close to hand			
	Support contact	D 13 Shoulder axis	Points in throwing direction			
		DE 14 Shoulder axis	Slightly diagonal position			
	Drive split position	E 15 Throwing arm / javelin	Constant position as related to shoulder line			
		EF 16 Foot plant	Active and emphasis on landing			
	Bow tension	EF 17 Shoulder axis	Increasingly diagonal position			
		EF 18 Throwing arm / javelin	Synchronous with shoulder movement			
	Striking position	F 19 Push-off	Accentuated / flat			
		F 20 Swinging leg	Active forward swing / knee leads			
	Release position	FG 21 Push-off leg	Fast passing of the support leg			
		G 22 Tip of support foot	Points (diagonally) in throwing direction			
	Levering over	G 23 Knee of support leg	"Soft" landing			
		G 24 Throwing arm / javelin	"Long" / constantly diagonal / close to head			
	Recovery	GH 25 Support leg / knee	Rolling over ball of the foot / constant angle			
		H 26 Throwing arm	Still extended / lifted parallel to the ground			
	Javelin flight	H 27 Javelin alignment	Longitudinal axis points into throwing direction			
		H 28 Tip of javelin	At height of head / close to head			
	Javelin flight	H 29 Bracing leg	Heel leads / extended and pre-tensed			
		H 30 Free arm	In line with shoulder axis / parallel to javelin			
	Striking position	I 31 Free arm	Diagonal sideways pull-back			
		I 32 Throwing arm side	Explosive rotation movement to throwing direction			
	Release position	I 33 Javelin alignment	Constantly orientated to attitude angle			
		I 34 Free arm	Flexed and fixed close to trunk			
	Levering over	I 35 Throwing arm	Slightly flexed / at shoulder height / at the back			
		I 36 Support foot	Gliding contact			
	Recovery	I 37 Bracing leg / foot	Minimal yielding / contact with the whole sole			
		I 38 Breast / pelvis	Frontal			
	Javelin flight	IK 39 Throwing arm elbow joint	Rising			
		K 40 Throwing arm	Elbow joint is led over shoulder			
	Striking position	K 41 Lower body	"Bent hip" (negative acceleration)			
		K 42 Bracing leg	Abutment function with constant angle			
	Release position	KL 43 Support foot	In gliding contact			
		KL 44 Bracing leg	Extending			
	Levering over	KL 45 Throwing arm / hand	Long follow-through / active			
		KL 46 Javelin movement	Longitudinal axis constant alignment			
	Recovery	KL 47 Trunk	Marked hip flexion			
		L 48 Bracing leg	Completely extended			
	Javelin flight	L 49 Free arm	Elbow joint at the side of the hip joint			
		LM 50 Bracing foot	Ground contact with ball of the foot / leg working as a lever			
	Recovery	MN 51 Support leg	Overtakes bracing leg actively			
		N 52 Support leg	Takes over checking and bracing function			
	Javelin flight	53	Direction of longitudinal axis identical with that of approach			
		54	Optimal (for distance and wind) = release angle			
	Javelin flight	55	Release-induced: only rotation about longitudinal axis			

Remarks: