

Javelin Technique

- bases and variations



asics

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Basic elements

- Grip
- Run up
- Carry the javelin
- Impulse step
- Move the javelin back
- Cross step running
- Last cross step
- Support leg and left side
- Body bow
- Pull distance
- Shoulder, elbow and hand
- Release

Grip

- **Thumble and first finger**
- **Thumble and second finger**
- **First and second finger**

Run up

- 15-30 m
- Velocity
- Acceleration
- Running style
- Rythm

Carry the javelin

- **Movements**
- **Relaxation**
- **Position**
- **Angle**

Impulse step

- Yes or no
- Length
- Height
- Distance from the throwing line



Move the javelin back

- **Timing**
- **Velocity**
- **Lines**
 - **Up way**
 - **Midle way**
 - **Low way**
 - **Rotations**

Cross step running

- Rythm
- Steps
 - 4, 5, more...
- Speed
- Braking
- Body position and rotations
- Food angles



Last cross step

- Length
- Height
- Knee angles
- Right foot contact direction
- Right arm position
- Left arm position
- Body rotations



Support leg and left side

- Last step time and length
- Lateral landing
- Right elbow angle at landing
- Knee angle
- Stiffness
- Left arm braking
- Left side blocking



Body bow

- **Body wave timing during the pull**
- **Hip, breast, shoulder, arm –bow**
- **Stretching and elastic energy**



Pull distance

- Starting point and time
- Release point
- Pulling line
 - Over the prop leg
 - "free way"
 - "low hand"
 - Rotation curve

Shoulder, elbow and hand

- Acceleration vs braking –wave
- Elbow angle and height
- Hit the javelin

Release and braking

- Height
- Position vs prop leg
- Raise vs pull down
- Arm lateral movements
- Stop the speed
 - Steps
 - Distance to the line
 - Falling down / arms