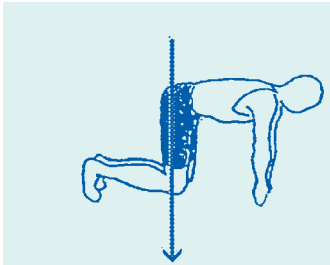


Resource materials: The crouch start

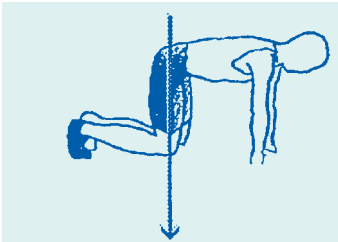
CROUCH START



STEP ONE

The student is asked to kneel down on all fours with the hands placed immediately behind the starting line.

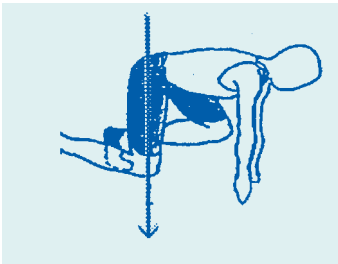
The desired position is one where the upper leg (thigh) and arms are perpendicular to the ground.



STEP TWO

The student turns in toes of the rear foot.

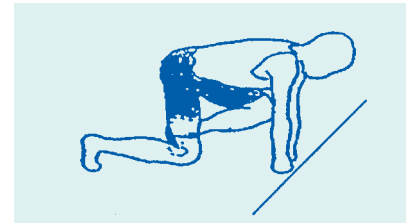
Hint: The student is told to dig in the toes just as if she / he was looking to get a grip. This will be the actual position of the rear / back foot.



STEP THREE

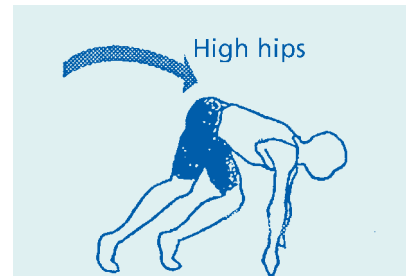
The front leg (strong leg) is brought forward until the toes are 2" to 4" behind the knee of the rear leg. This is a choice for the student.

The student is now in a position to make personal adjustment to suit age, strength and comfort levels.



YOUNGER STUDENTS

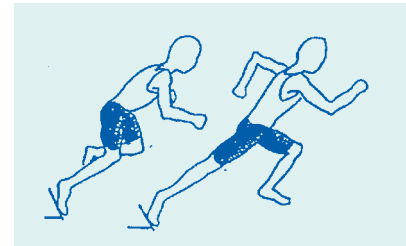
Younger students' arms may not be strong enough to support their bodies in the "set" position. Thus the lead knee and trail foot may be moved nearer to the start line to lighten the load on the arms.



STEP FOUR

The set position: The student raises his / her hips high. The knees leave the ground.

How high should one raise the hips? An angle of about 90° is made at the front knee and an angle of about 130° at the back or rear knee.



The reaction and drive.

STEP FIVE

The student should remain motionless and to wait for the signal. Anticipation will only bring rewards once in a while.