

29<sup>th</sup> Edition 2024

# Guide to Port Entry



# Guide To Port Entry 22nd Edition 2013 2014

**S Ashworth**



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web steps 1 4 step 1 most athletes will take their first step with the same leg they takeoff with steps 1 3 in the first two to three steps you have to accelerate this is called the drive phase building speed is critical to height as you approach the bar your movement should be deliberate dynamic and graceful

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