

# HURDLE FORM

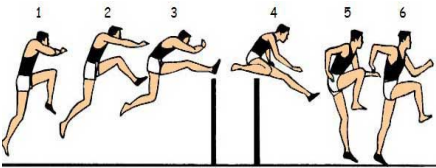
**\*\*From take-off to planting trail foot\*\***

- Hurdling is a run over action, NOT a jumping movement action
- All hurdlers must “run tall” on the toes and run fast.
- The knee of the leading leg must be driven at the hurdle first with the foot held back, then the heel is driven through to clear the hurdle and brought quickly down as the hurdle is cleared.
- The thigh of the trail (back) leg must clear the hurdle parallel to the hurdle rail with the heel behind the hip and the foot parallel to the ground. The knee of the trail leg to the foot should be the same distance from the ground.
- As soon as the thigh crosses the hurdle the knee moves around in front of the hip without dropping and the foot begins to reach for the next stride.

## ARMS:

- Move in conjunction with the legs.  
i.e. Right arm is parallel to left leg.

**\*\*\*It takes speed, flexibility, courage, patience, and concentration to be successful!\*\*\***



\*From take-off to landing



\*How take-off form should look.

- \*Notice lead foot and the legs, arms, and upper torso positioning.
- \*You crunch your torso to your lead leg upon take-off to stay low.
- \*Lead arm positioning is as if you're looking at a watch.

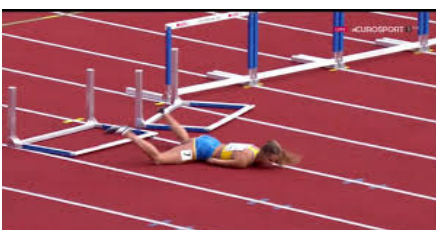


\* Clearing hurdle with lead leg.

\*Notice extension difference of lead leg & positioning of trail leg. Also notice how low and close he is to the rail. Can't do without crunch!



\*Landing on lead foot (actually on toes)



\*When you don't clear properly. Ouch!



\*You cannot just run through the hurdle! DUH! Ouch!!