ADVANCED VIDEO
ANALYSIS

PERFORM LIVE

Your Technical Action Plan.

Priority #1
Fixing the mohawk transition and arm timing will solve the "snowball" of misalignments that currently plague your takeoff. By aligning the body correctly over the right foot, you eliminate the wide rond de jambe, allowing your 26,966 rad/s snap velocity to stay tight to your vertical axis rather than being wasted on horizontal drag.

Improved alignment at takeoff will naturally increase your flight time by ensuring all force is directed vertically.

Backward

Your backward preparation is currently too closed, which makes your arms late when you step forward. Anticipating the forward move by opening the right shoulder allows the arms to reach their takeoff position on time.

The fix: Immediate back reach.
Verbal cue: Thumbs to hips.
The feel: Feel your right shoulder blade tucking toward your spine as you step forward.

Transition

When the direction of your mohawk drifts, your alignment over the right foot breaks before you even leave the ice. Fixing this entry stabilizes your center of gravity, preventing the wide leg swing that currently slows you down.

The fix: Square the track.
Verbal cue: Deep entry edge.
The feel: Feel the pressure of the ice against your mid-blade through the entire curve

Arms

Look at the note on the backward part

Take-off

Because the entry is currently misaligned, your body is under-rotated at the start of the jump. This causes the free leg to "rond de jambe" or swing wide. Closing this gap allows your elite power to be used for height rather than fighting for rotation.

The fix: Stack the axis.
Verbal cue: Tighten the pass.
The feel: Feel your inner thighs brush together as the free leg moves forward.