

CROUCH START

"On Your Marks"



- Place your front foot a forearm's length behind the start line,
- Place the knee of your back leg on the ground level with your front foot.
- Place your hands shoulder-width apart - behind, not on the line.

"Set"



- Raise your hips slightly higher than your shoulders.
- Make sure that both your legs remain bent (front leg at about 90 degrees; back leg at about 120 degrees).

"Go"



- Drive your arms and legs forward.
- Swing your arms hard.