

Jacko GILL 22.07m

Auckland 21 February 2024



**THE
JACKO GILL
PARIS 2024
OLYMPIC
VERSION**

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PREPARATION PHASE

Preliminary visualisation

Starting position



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PRELIMINARY TRUNK SWING

Trunk rotation to the right

Trunk rotation to the right

Closing the left arm in front of chest



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ENTRY

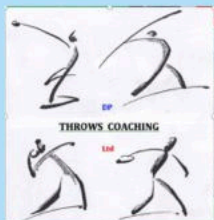
LEFT FOOT PIVOT

Left side opening

Right foot off the ground

Posture at median line





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