

JAVELIN Japanese style

Meeting Sir Graeme DOUGLAS AUCKLAND 10-03-2024

Takuto
KOMINAMI
Born 1995 29 y
PB 82.52m

PROGRESSION AU JAVELOT

2024	29y	68.10m
2023	28y	72.34m
2022	27y	74.33m
2021	26y	82.52m
2020	25y	80.55m
2019	24y	81.73m
2018	23y	80.18m
2017	22y	79.17m
2016	21y	75.85m
2015	20y	75.29m
2014	19y	71.95m



Takuto KOMINAMI

PALMARES

- 2021 GOLD Japan Champion
19th Q2 Olympic Games
- 2019 11th Asian champs
- 2017 9th Q2 Universiade
- 2014 10th World U20 champs





Takuto KOMINAMI

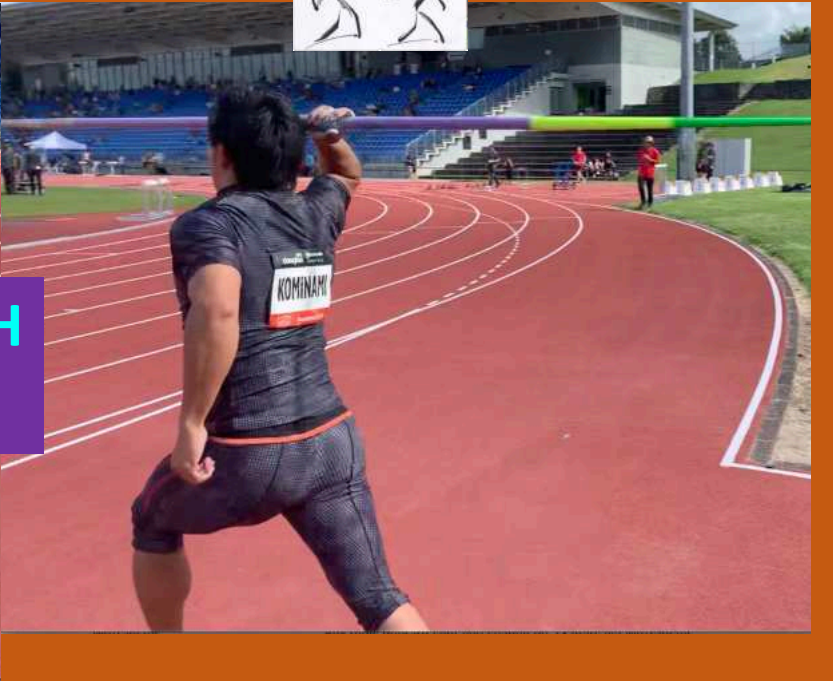


START

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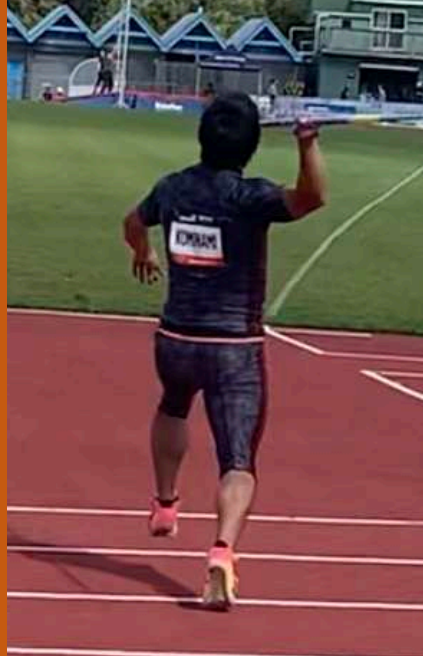


APPROACH RUN UP

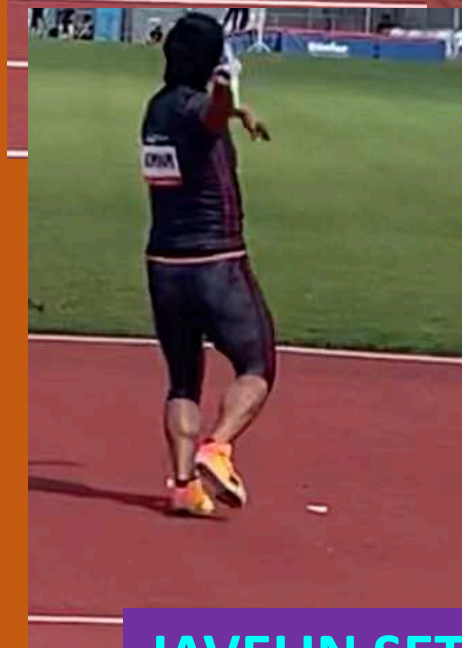


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APPROACH
RUN UP



JAVELIN SETTING

Approach strides of the HOP

JAVELIN Japanese style

THE HOP

Right foot
landing

Suspension

Impulsion

Preparation



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JAVELIN Japanese style

Takuto KOMINAMI



RELEASE



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