

# WORLD RECORD RECENT HISTORY



# Mykolas ALEKNA

## 74.35m

### 14-04-2024 Ramona

60,56 m	Jay Silvester	Francfort	11 août 1961
60,72 m	Jay Silvester	Bruxelles	20 août 1961
61,10 m	Al Oerter	Los Angeles	18 mai 1962
61,64 m	Vladimir Trusenyev	Leningrad	4 juin 1962
62,45 m	Al Oerter	Chicago	1 <sup>er</sup> juillet 1962
62,62 m	Al Oerter	Walnut	27 avril 1963
62,94 m	Al Oerter	Walnut	25 avril 1964
64,55 m	Ludvík Daněk	Turnov	2 août 1964
65,22 m	Ludvík Daněk	Sokolov	12 octobre 1965
66,54 m	Jay Silvester	Modesto	25 mai 1968
68,40 m	Jay Silvester	Reno	18 septembre 1968
68,40 m	Ricky Bruch	Stockholm	5 juillet 1972
68,48 m	John van Reenen	Stellenbosch	14 mars 1975
69,08 m	John Powell	Long Beach	3 mai 1975
69,18 m	Mac Wilkins	Walnut	24 avril 1976
69,80 m	Mac Wilkins	San Jose	1 <sup>er</sup> mai 1976
70,24 m	Mac Wilkins	San Jose	1 <sup>er</sup> mai 1976
70,86 m	Mac Wilkins	San Jose	1 <sup>er</sup> mai 1976
71,16 m	Wolfgang Schmidt	Berlin	9 août 1978
71,86 m	Yuriy Dumchev	Moscou	29 mai 1983
74,08 m	Jürgen Schult	Neubrandenburg	6 juin 1986
74,35 m	Mykolas Alekna	Ramona	14 avril 2024 <sup>9</sup>

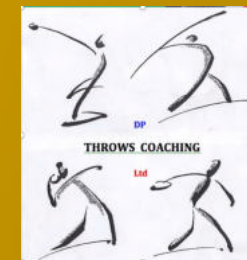


**-Commented photo-sequences phase by phase (side view )**

**-Full kinogramme**

**-Technical comments**

**-The 8 (very) best points of his technique**



Technical study – side view from Facebook video



# Mykolas ALEKNA 74.35m 14-04-2024 Ramona

Technical study –  
side view from  
Facebook video



## PREPARATION PHASE 1

STARTING POSITION

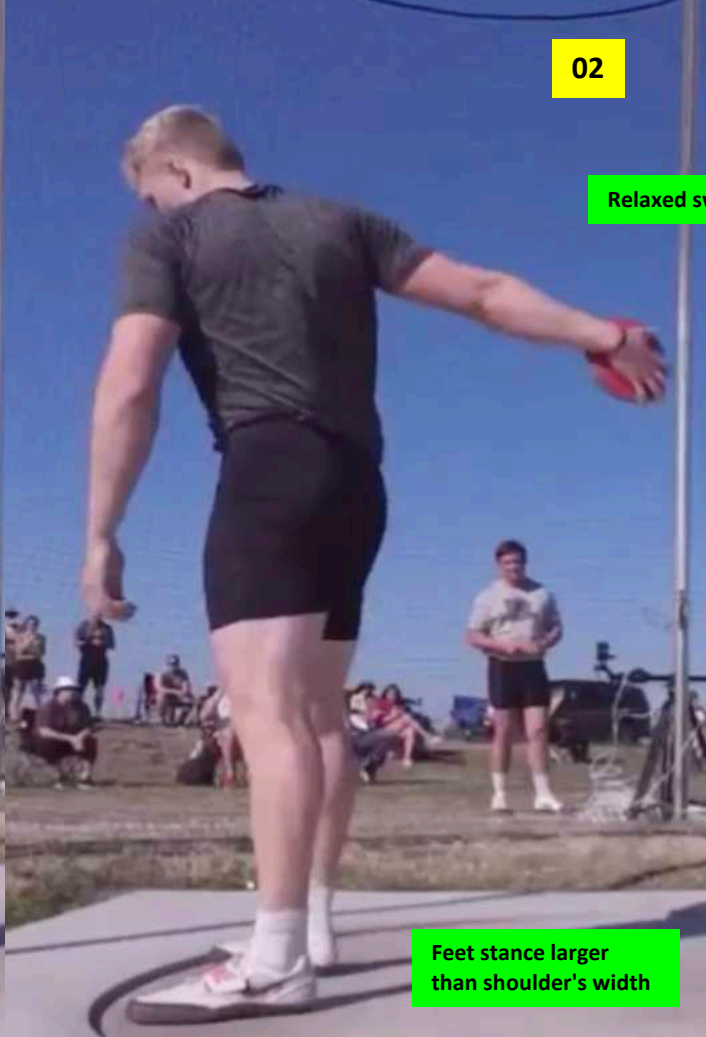
Preliminary swing arm/trunk

Maximal torque point left

01



02



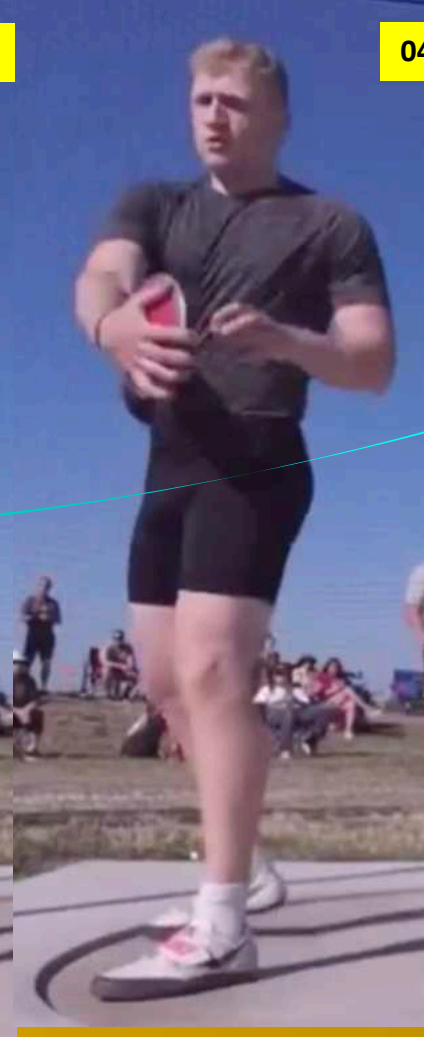
Relaxed swing

Feet stance larger  
than shoulder's width

03



04



01



Trunk  
torque

Body weight  
over left leg





# Mykolas ALEKNA 74.35m 14-04-2024 Ramona

Technical study – side view from Facebook video



## PREPARATION PHASE 2

Preliminary swing arm/trunk 2

The preliminary swing and torque toward the right is not "forced" nor maximal. It is just a relaxed motion

Torsion toward the right

REAL STARTING POSITION

06



Return toward the right

07



08



Shoulders and arms alignment is maintained

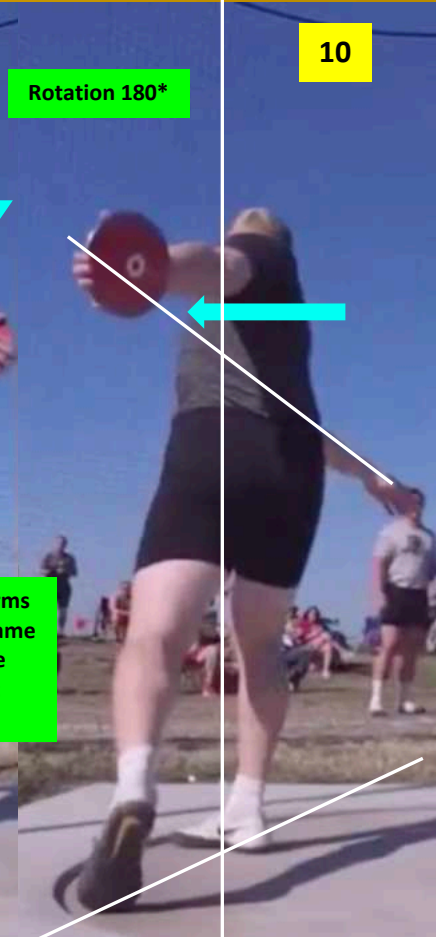
09



Shoulders/arms line on the same vertical plane than the feet stance line

Rotation 180\*

10





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Technical study – side view from Facebook video



## PHASE OF INITIAL SPEED BUILDING

### THE ENTRY

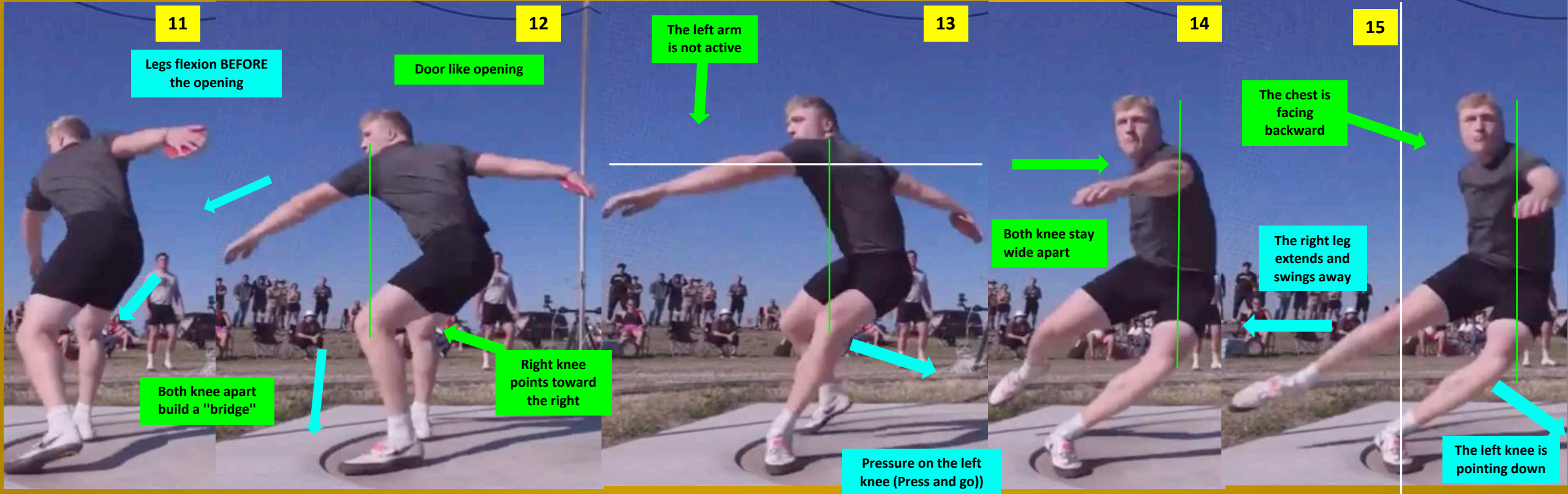
In the "DOOR OPENING" phase, the left shoulder and the left knee open simultaneously and stay in the same vertical plane

The pressure of the body weight shift on the internal face of the left knee and over the left foot will generate the pivoting

A particularity of Mykolas is that he is able to maintain his chest and arms/shoulders line facing backward when the legs and the hips line are facing 90° left. This when also maintaining his trunk perfectly upright. Remarkable!

### OPENING TOWARD THE LEFT

### THE LEFT FOOT PIVOT



11

Legs flexion BEFORE the opening

12

Door like opening

13

The left arm is not active

14

Both knee stay wide apart

15

The chest is facing backward

The right leg extends and swings away

Both knee apart build a "bridge"

Right knee points toward the right

Pressure on the left knee (Press and go)

The left knee is pointing down





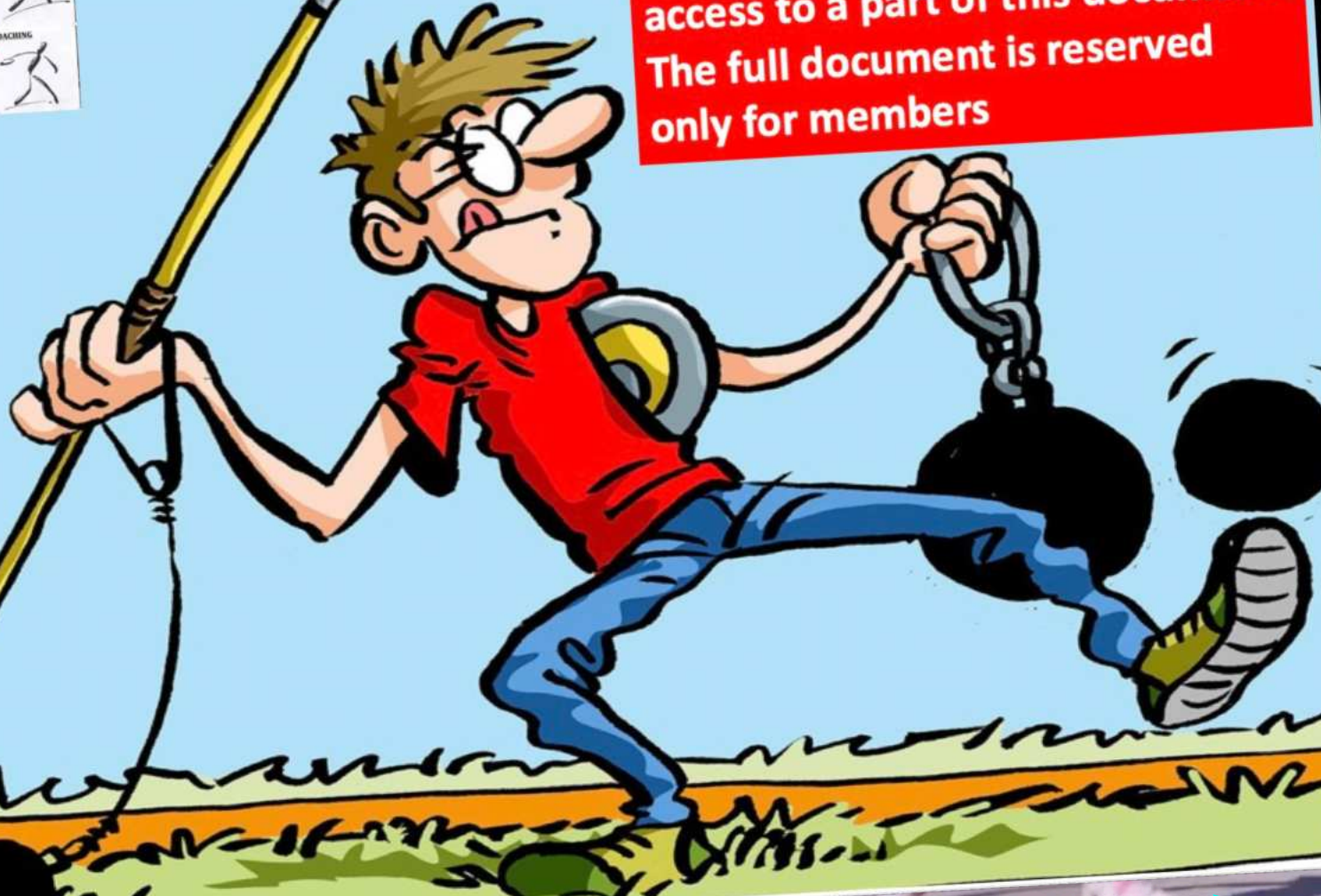
# Mykolas ALEKNA 74.35m 14-04-2024

Technical study –



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RIG

16

The right legs swings wide outside

VE

left foot pivot  
ts very much  
stride

cross over





# Mykolas ALEKNA 74.35m 14-04-2024 Ramona

Technical study –  
side v view from  
Facebook video

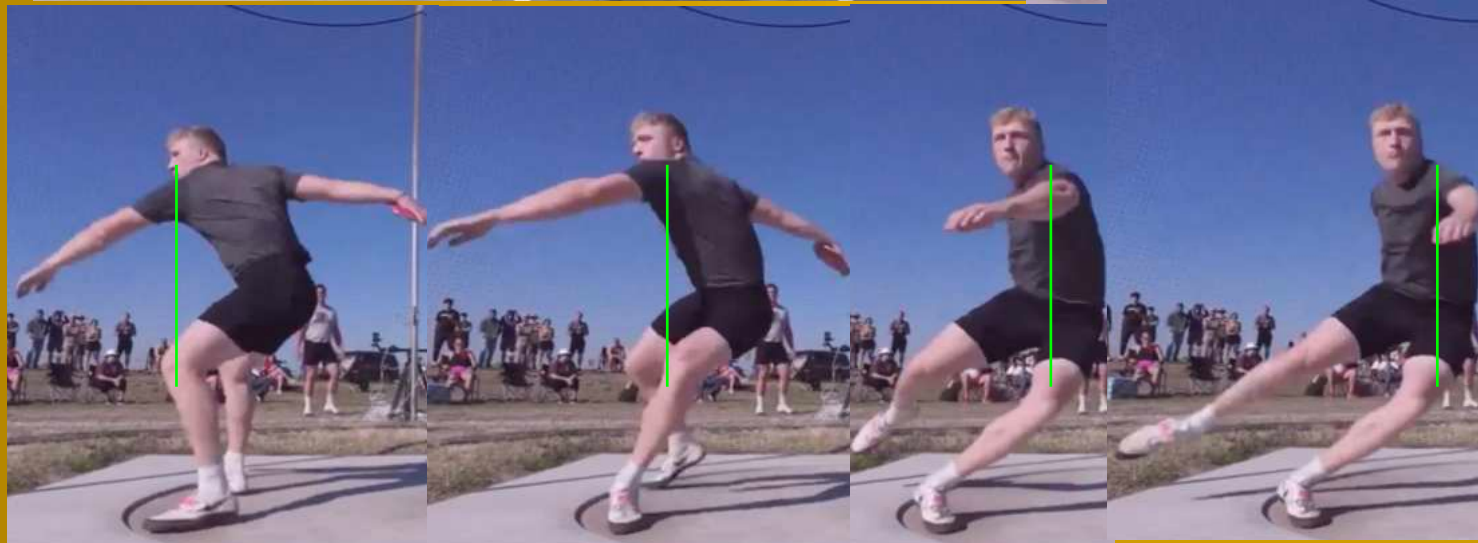


## THE (VERY) STRONG POINTS OF Mykolas ALEKNA's TECHNIQUE 1



### 1-BALANCE and LOOSENING

During his throw , ALEKNA never gives the feeling that he is trying hard . The record throw looks like a training throw. The arms are extended but not tensed , they are nearly "forgotten" . This looseness certainly helps for a better whipping action of the arm during the delivery.



### 2-OPENING LIKE A DOOR

At the opposite of many throwers who actively open with their left arm in the entry (especially most of the rotational shot putters) , ALEKNA tries to open quiet and wide, looking for range and initiating the rotation by pressing onto the inside of the left knee. The left arm and the left knee open at the SAME SPEED and in the SAME VERTICAL PLANE



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...with a lot of range and a minimum of suspension time.

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during used ases.

and

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