



a
**SHOT PUT
DISCUS
Experience**

Comparisons and questions ...

ETIENNE DISCUS vs ROUSSEAU SHOT PUT

DISCUS 55.32m

STARTING POSITION

SHOT PUT 16.07m

Frame 00



Preliminary trunk swing

ETIENNE DISCUS vs ROUSSEAU SHOT PUT

Frame 15



Frame 21



Frame 34

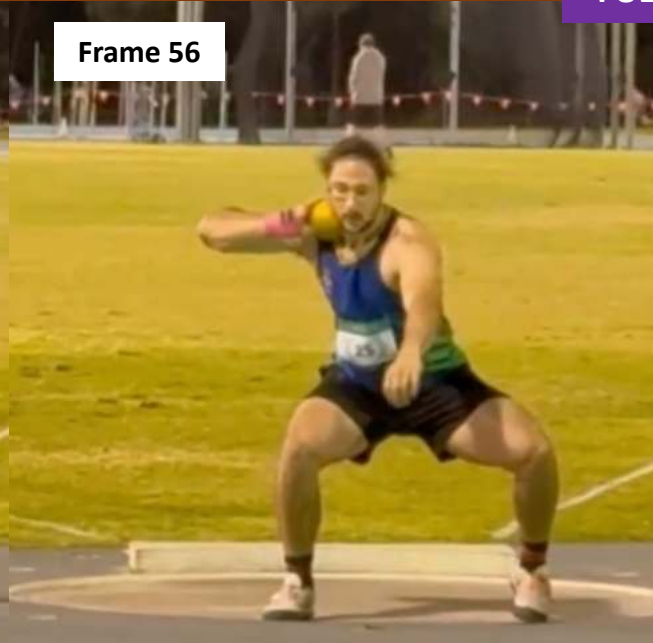


FULL TRUNK TORQUE

Frame 30



Frame 56



Frame 107



THE ENTRY

ETIENNE DISCUS vs ROUSSEAU SHOT PUT

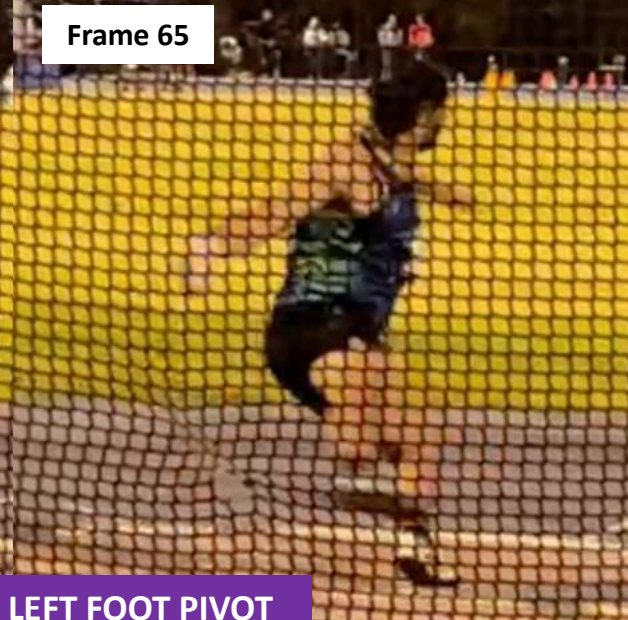
Frame 56



Frame 59



Frame 65



LEFT FOOT PIVOT

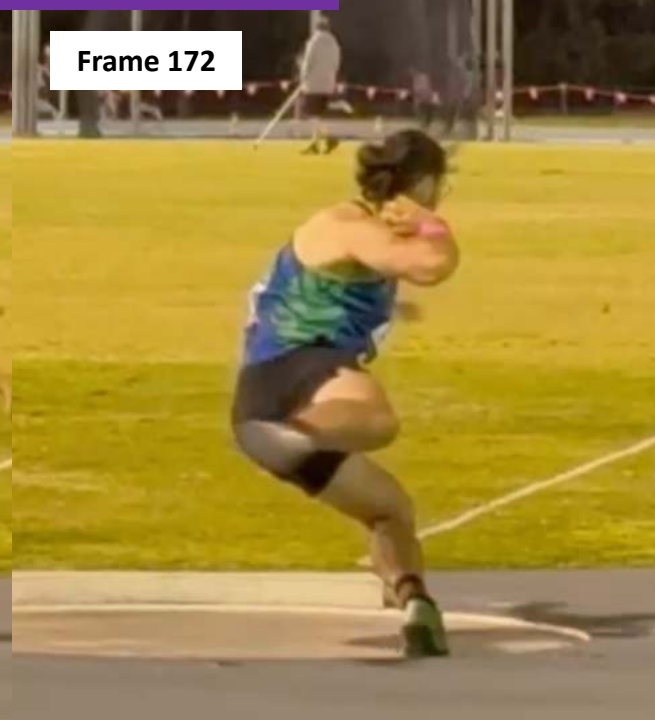
Frame 147



Frame 160



Frame 172



Frame 68

Frame 71

Frame 76



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