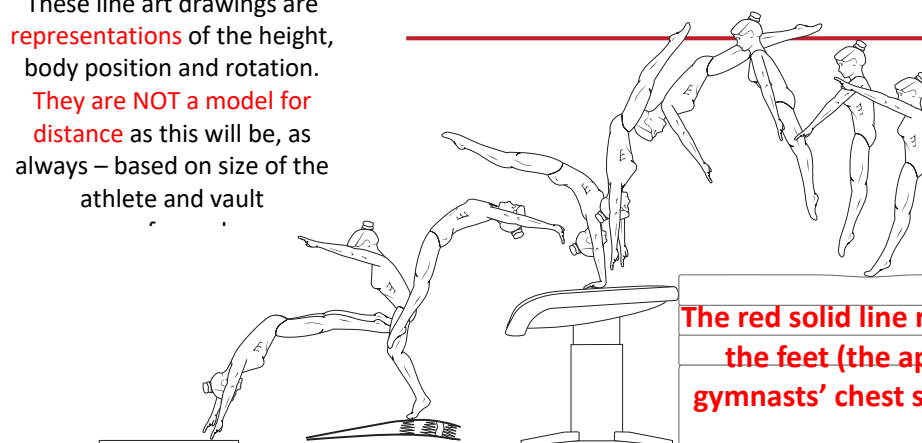
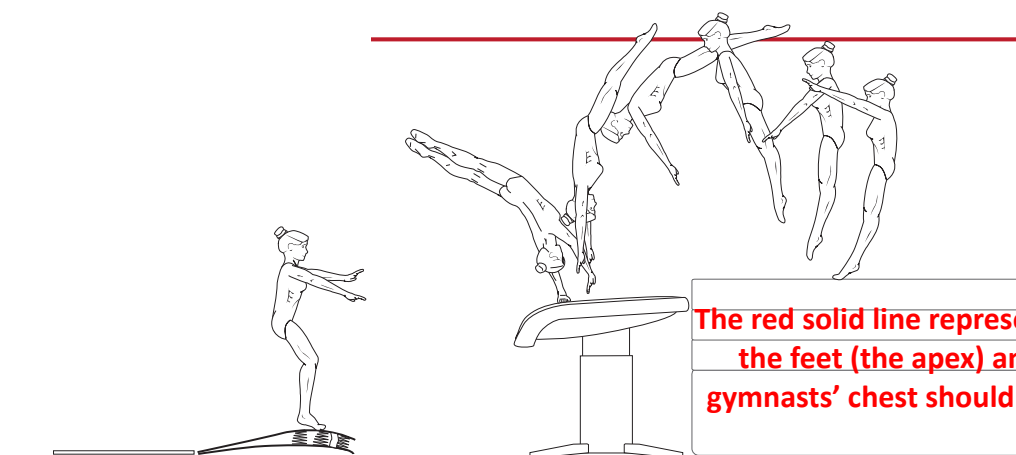


These line art drawings are **representations** of the height, body position and rotation.

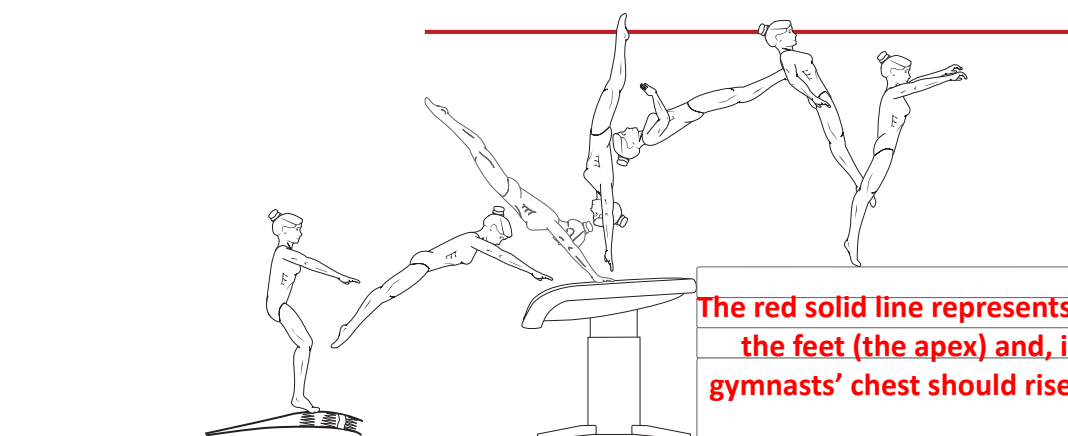
They are **NOT** a model for distance as this will be, as always – based on size of the athlete and vault



The red solid line represents the height of the feet (the apex) and, ideally, the gymnasts' chest should rise just as high.



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ROTATION: Ideally in a full SALTO vault the height would be at maximum, and with the proper forces upon repulsion the shoulders would rise in rotation to the highest level (the apex) attained and the vault would have the height AND the rotation needed to salto well. However, we must recognize that this 6/7 vault is a **DRILL** to **TRAIN** these qualities. This **DRILL** may be less likely to produce maximum height and maximum rotation at the same time and still be able to touch down with at least a brush of the feet first on the mat. Notice the angle of the body upon touch down. It was drawn to illustrate little to no rotation deduction but still a small amount of height deductions, as the shoulders were not rising as high as the apex. **REMEMBER IT IS HYPOTHETICAL!** **HEIGHT, ROTATION AND DYNAMICS** are closely associated with one another and as the vaulter develops better timing, power and confidence, they will get closer to a very good salto vault.