



1. Smooth and slow backswing, parallel shoulders, strong hips and good connection between left foot and the discus hand



2. Left foot turns on the whole foot, right foot stays fixed and moves as a sequence with the left, shoulders parallel



3. Left foot turned, knee on the way down, strong left hip, right foot coming off the ring from the toe, upward C position



4. Left foot, knee, hip point linear, right leg leading with inside of the thigh and open foot, shoulders parallel



5. Sprinting across with right arm behind and a wide right leg and good tension in the whole body, left arm pulls in a bit



5. Sprinting across with right arm behind and a wide right leg and good tension in the whole body, left arm is too high



7. Good balance when about to land with right leg and orbit is great when left leg is moving to the power position



8. Super good landing with right arm high and left arm low, maybe little late to move left leg, good balance, relaxed





9. Very good pre power position with great high path of the discus and landing of the balls of right foot and on balance



10. Strong hip, great separation, great tension in upper body, ready for accelerating as left lands in the power position



11. Good attacking position and great high left shoulder block, strong hips and good stance



12. Very good turning of right foot and knee comes under when blocking the left side, right arm long



13. Super good contact with the ground on both legs, none reverse feeling on a reverse throw, good position of body



14. Still on the ground when discus is gone with hip in front and using his long arm span, fighting reverse



15. Reverse comes late and is done in a simple way as right leg comes down on the heel on a tall right side



16. Stays in, screams it out, DONE