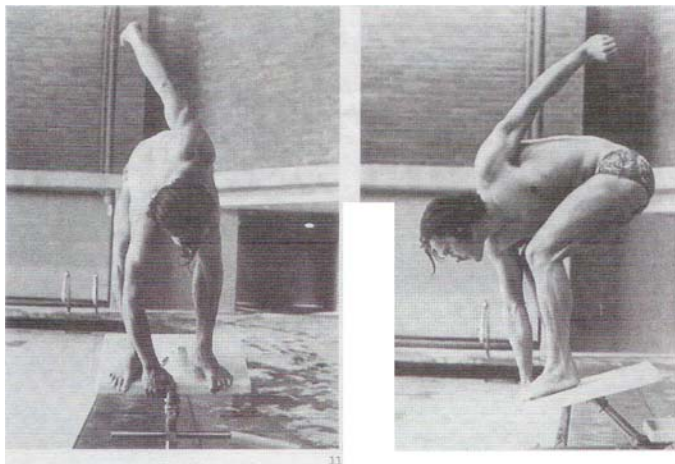


# The New One-Handed Grab Start (Gee-Ess-I)



Excited swimmers in Japan have been using this one-handed grab start during tests at Tokyo University. They have found it to be much quicker than the conventional two-handed start and claim that it will be the only start seen at the next Olympics.

The 'Gee-Ess-I' brings into play several advantages of the conventional methods enabling a faster start off the blocks.

The swimmer stands with feet shoulder width apart. On the "command "Take Your Marks" the knees are bent so that they project beyond the front edge of the block. The shoulders should project beyond the knees. This will allow the centre of gravity to come forward on the starting block. The left or right hand swimmer's choice - should grasp the starting block between the feet.

At the gun the free arm swings downward in a forceful arc to develop momentum. The arm should stay straight through the bottom of the arc at which point the contraction of the biceps brings the lower arm to a 90 degree angle with the upper arm. This bending of the elbow allows for a shortening of the radius which creates a much greater momentum. The trajectory of the body during its flight should be one that allows the hips to be above the level of the shoulders at the peak of the dive. This, then, will allow the body to align itself for the plunge into the water, allowing the hips and feet to pass through the same hole that has been punched in the water by the arms and shoulders.

February  
2005