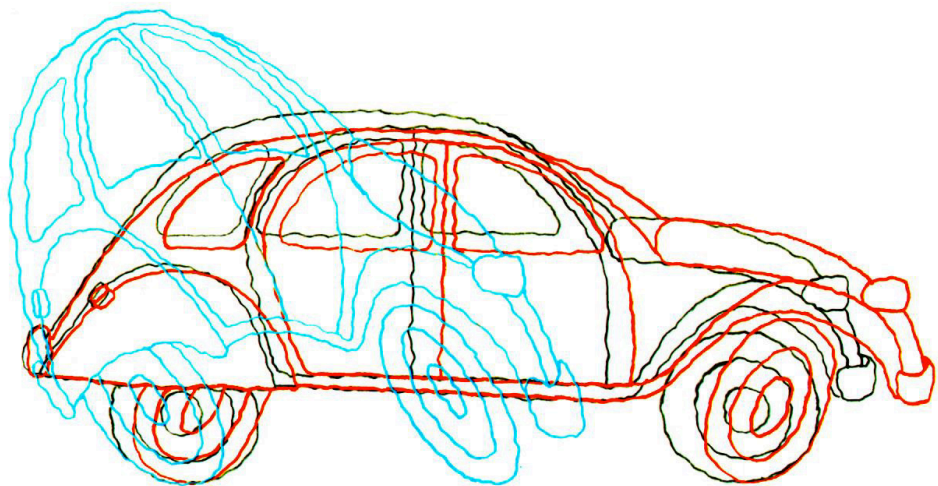


Anticipation and Salto/Jump

Anticipation

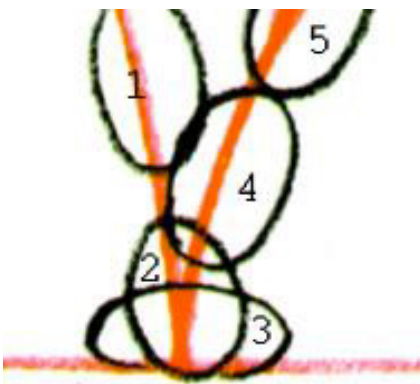
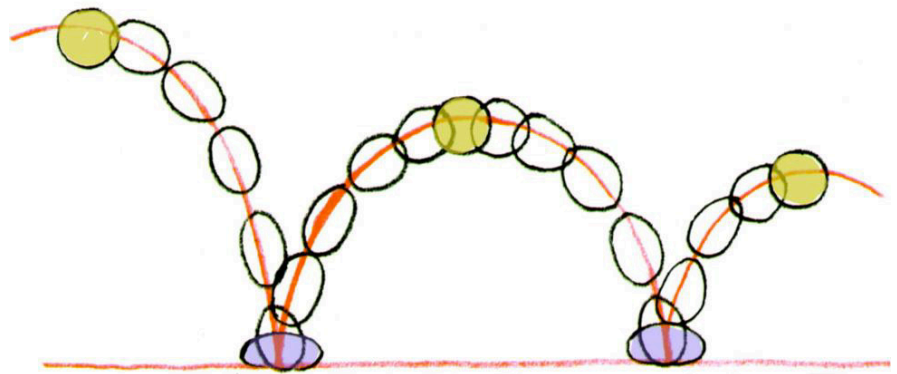
- “For every action, there is an equal and opposite reaction” by Newton.
- The figure before starting a movement alternates with a keyframe of reverse steering, anticipation.
- Anticipation gives movement realistic and elasticity.
- Anticipation is used at the beginning of every movement and when the direction of movement changes.

Black is the base car. The blue is anticipation. Red is the reverse anticipation, change of address, in which also the movement of the movement occurs.



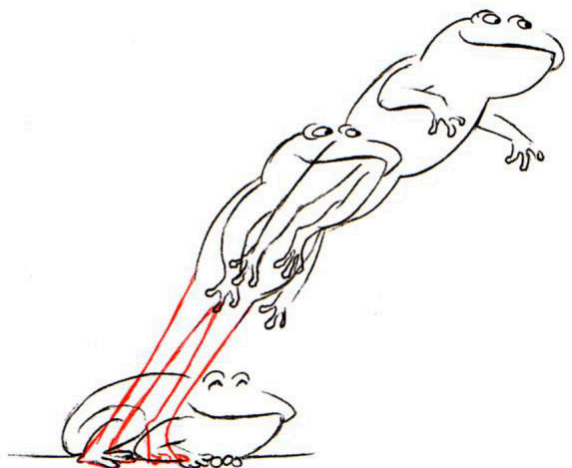
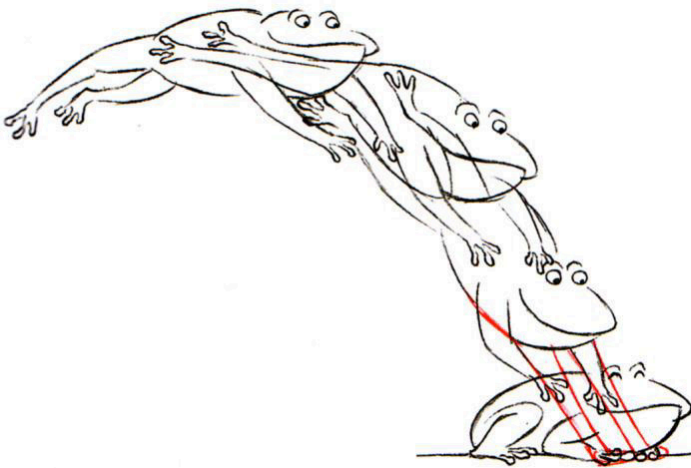
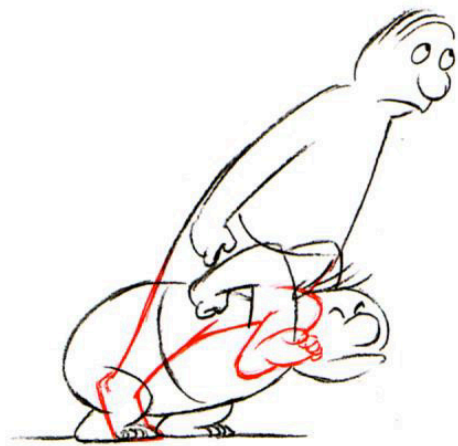
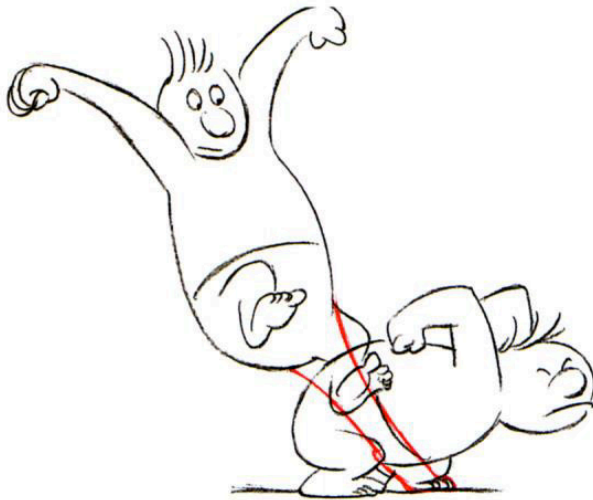
the ball's move

- Due to the simplicity of the design, the ball plays a key role in understanding movement on an elliptical shaft.
- Primary elements of the ground and the axis of motion..
- Pay attention to the shape differences, they give elasticity.
- Slow down the stairs - speed up the download.



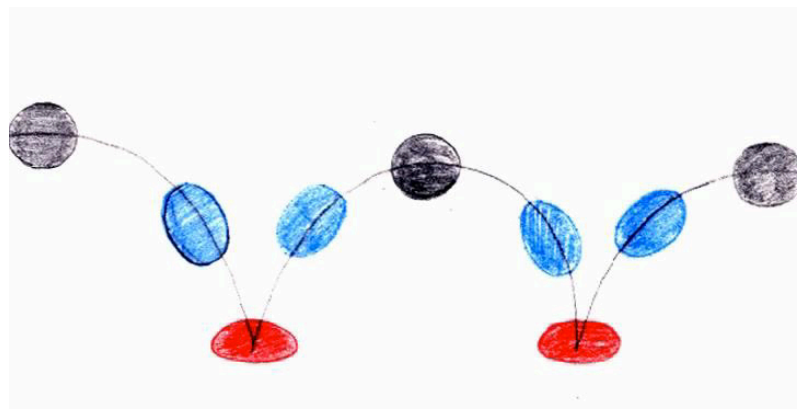
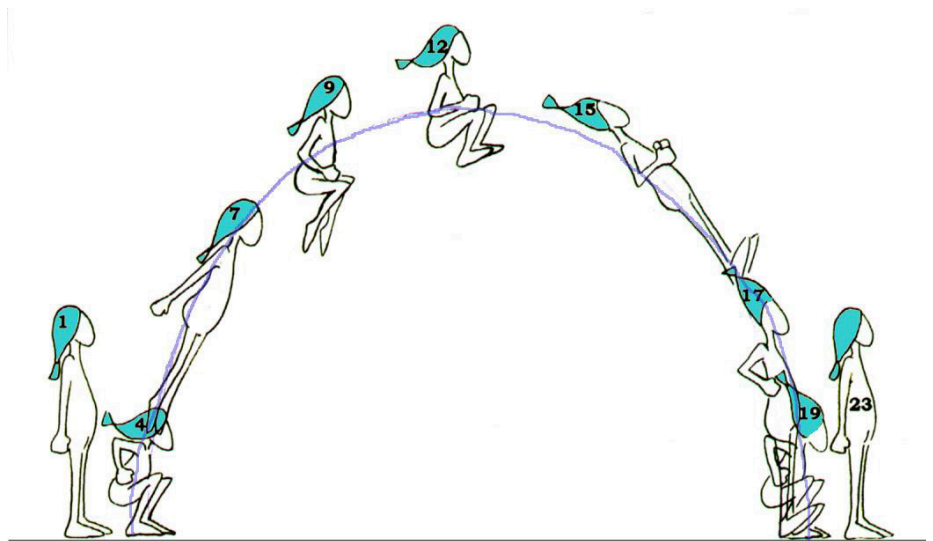
- After beating it becomes dynamic and never leaves, it does not touch the ground.
- Of course, the material of the ball determines the movement, number and height of the gel (rubber and metal ball).

examples of R. William



A figure's jump (salto)

Here are the key positions. The 4th and 19th are the anticipation. The 1st and the 23rd are where 4 and 19 have been. The increase is always slower than the descent. The hair seems to be the resulting movement.

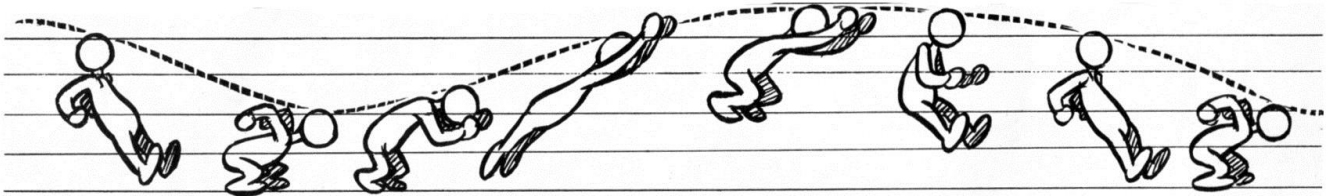


The ball's movement
The red drawings are anticipation

other examples

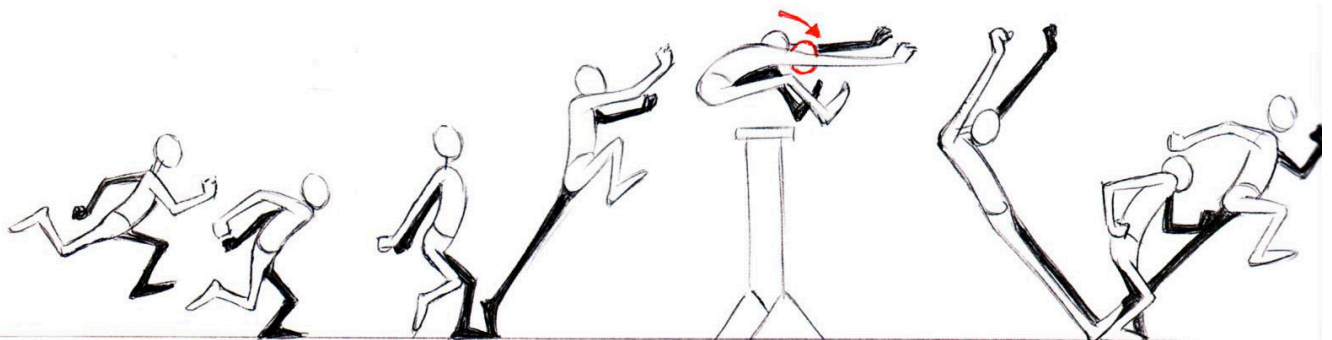
The duration of a jump and thus the creation of the intermediate staircase is a topic that everyone will solve themselves.

- Creating intermediate stairs by each student for their own salts is one way to think about using TIMING.
- Where it comes from and what will happen is a way to create your own story about your hero.
- Be strong.

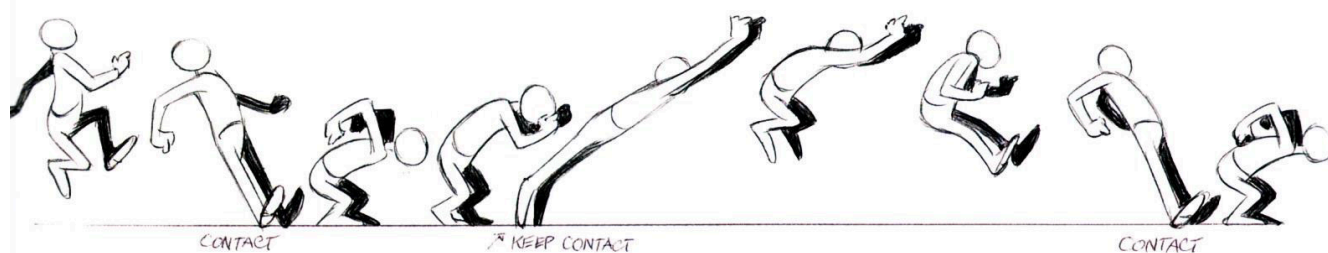


sport by R. Williams

- Running - Jumping - Running.
- The legs of course walk to the same point on the ground
- Key - anticipation - intermediate for retreat - ejection - pass - push - anticipation - ejection to run.



Jumping with two legs and with a delay



BUT LET'S **DELAY** ONE OF THE LEGS -

