Looking at my video, I am most happy with my runup and jump, running up to the line of the jump, my feet were well spaced so I didn’t have to taka a too long or short step, killing my momentum. I also think that the jump itself was decent, I raised my knee quite high, converting my running momentum into power for the jump.

I do however believe that my technique while in the air could be significantly improved, it can be seen in the video that I still had quite a bit of momentum after the actual landing, seeing as how I tipped forward. I think that this could be done by folding myself more, raising my feet to a steeper angle would have allowed me to go a bit further since touchdown would be delayed. However, raising my feet too high would cause me to land at too steep of an angle, tipping backwards and losing considerable amounts of length.

I think that the hard truth is that practice is what’s needed for improvement in this case, finding the correct angle by trial and error, since it is hard to see the weight distribution and where the momentum will take my body in a video.