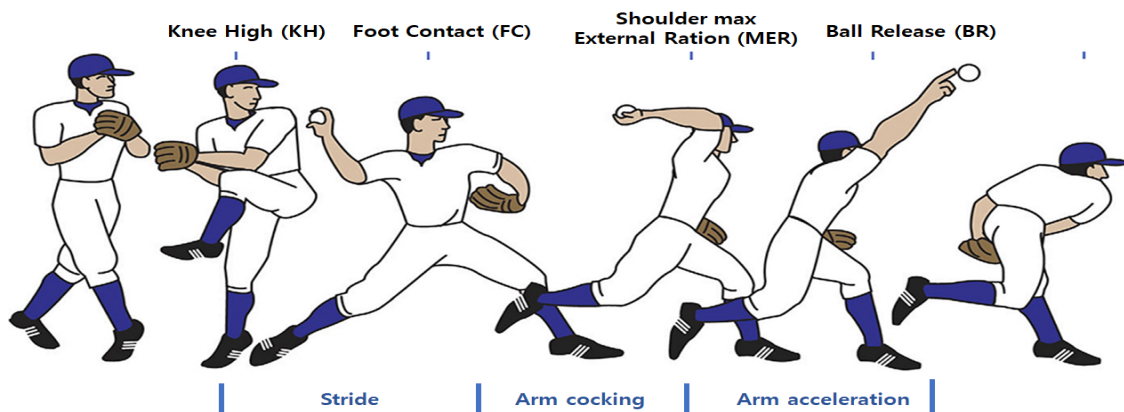


# 2024 Next-Level Training Camp

Name : n58   Date : 20240213   Hand : Right   Ball Velocity : 130 km/h   Weight : 84kg   Height : 184 cm



## PITCHING EFFICIENCY

### 1. KINEMATIC SEQUENCE

#### STRIDE

1. HEIGHT OF KNEE AND PELVIS
2. HIP/SHOULDER SEPARATION
3. ELBOW FLEXION

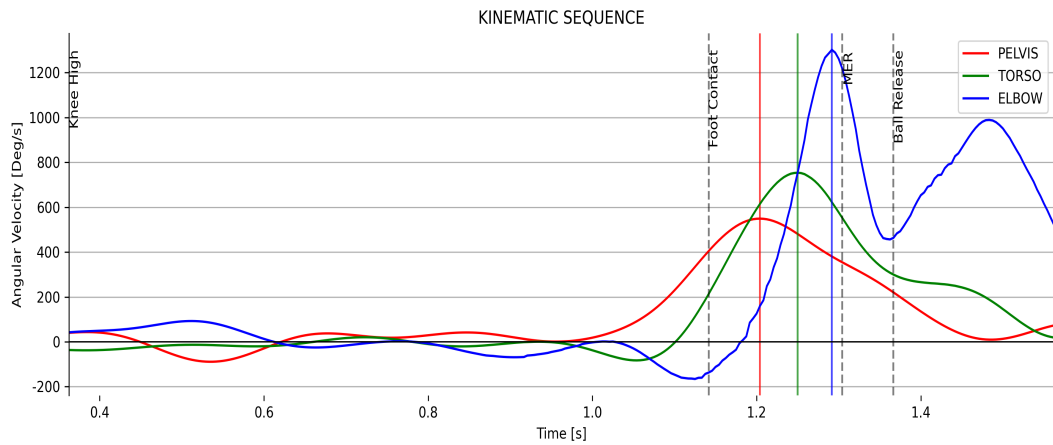
#### ARM COCKING

1. SHANK LATERAL TILT
2. PELVIS HEIGHT
3. SHOULDER EXTERNAL ROTATION
4. SHOULDER HORIZONTAL ABDUCTION
5. LEAD LEG KNEE FLEXION
6. LEAD LEG KNEE EXTENSION ANGULAR VELOCITY

#### ARM ACCELERATION

1. HEAD HAND DISTANCE
2. SHOULDER ABDUCTION
3. TRUNK LATERAL TILT
4. LEAD LEG KNEE FLEXION
5. LEAD LEG KNEE EXTENSION ANGULAR VELOCITY

KINEMATIC SEQUENCE

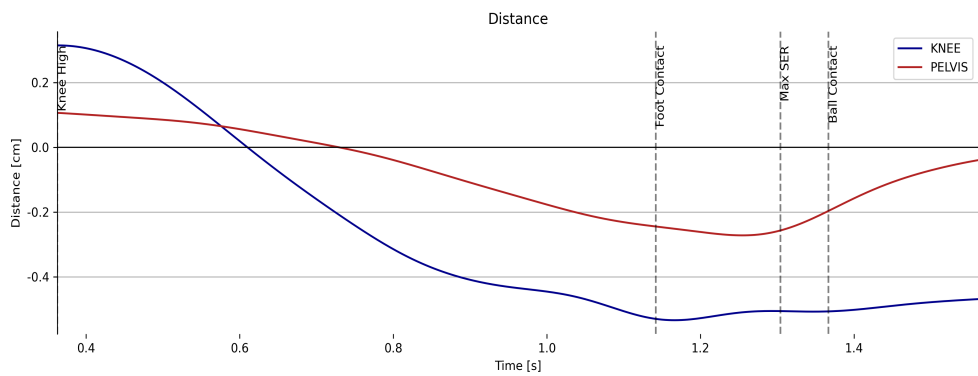
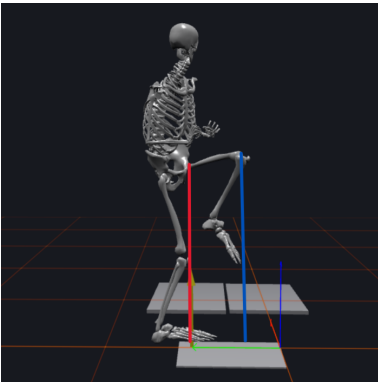


Kinematic Sequence

Segment	Major League	Peak Velocity	Timing [BC - FC (100%)]	Speed Gain
Pelvic	475 ~ 550	549	28 %	
Torso	600 ~ 800	754	48 %	1.37
Elbow	2500 ~ 4500	1302	67 %	1.73

STRIDE

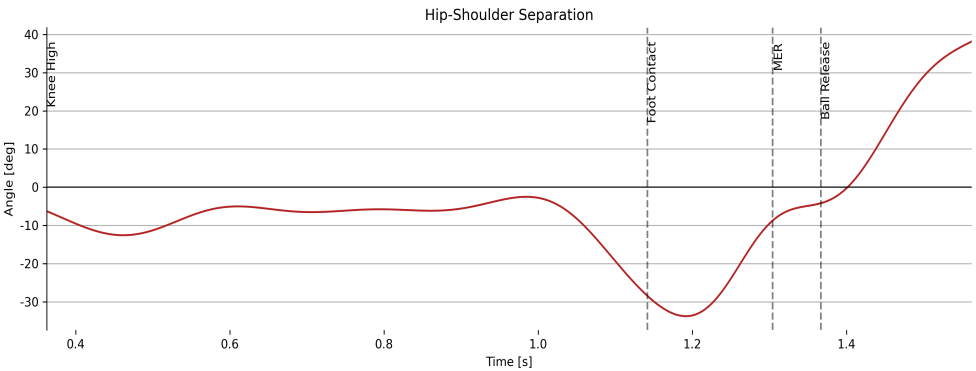
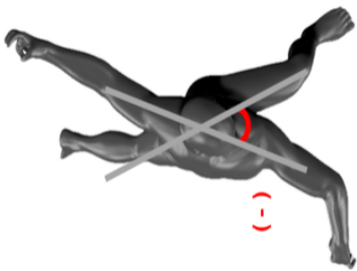
HEIGHT OF KNEE AND PELVIS



Height of knee and pelvis

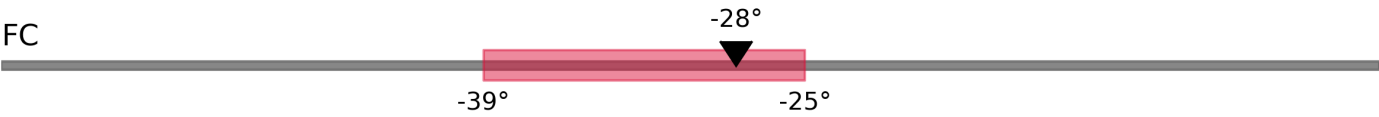
Segment	at Knee High	Max
Knee	0.31	0.31
Pelvis	0.11	0.11

HIP/SHOULDER SEPARATION

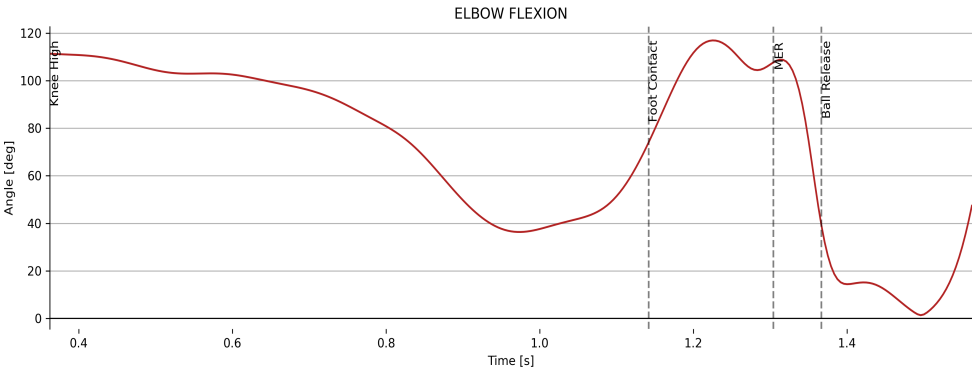
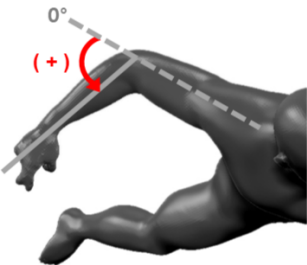


Hip-Shoulder Separation

at Foot Contact	Min	Min Timing [BC - FC (100%)]
-28	-34	22 %



ELBOW FLEXION



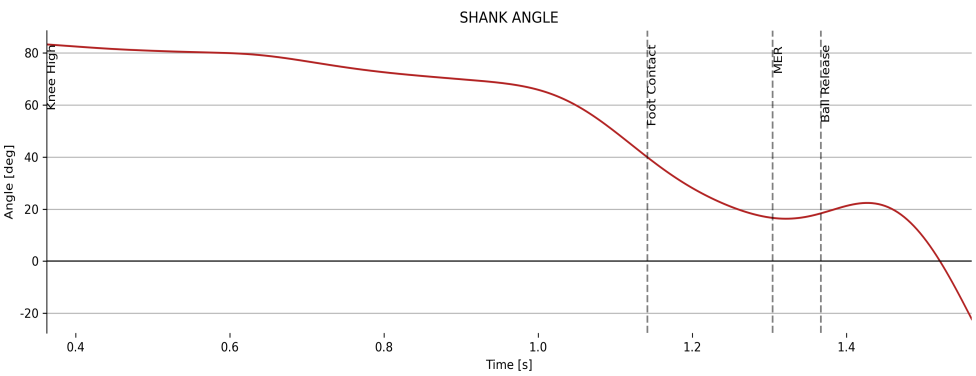
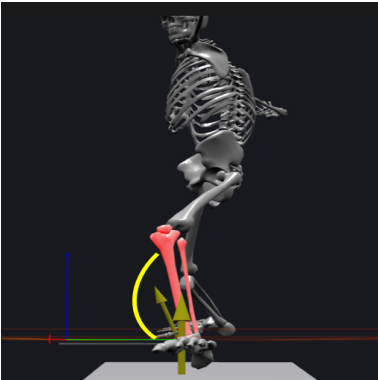
Elbow Flexion

at Foot Contact	Max	Max Timing [BC - FC (100%)]
74	117	37 %



Arm cocking

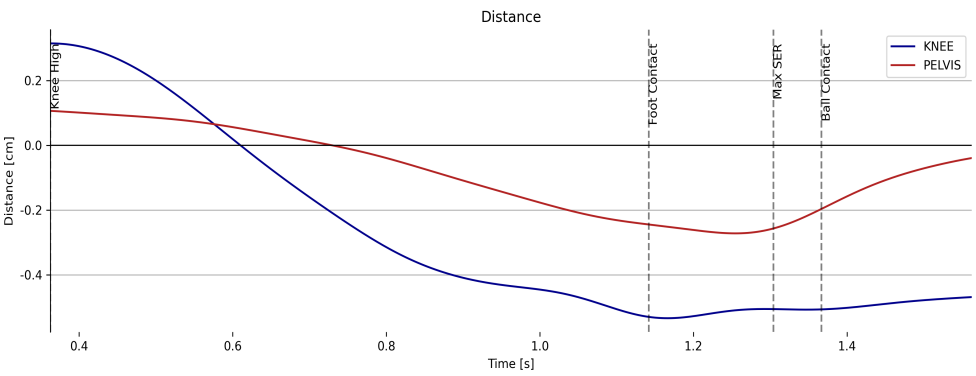
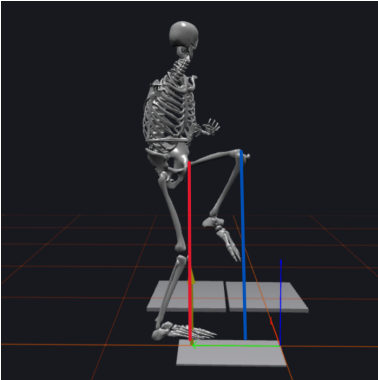
SHANK LATERAL TILT



shank angle

	at Knee High	at Foot Contact
	83.3	39.95

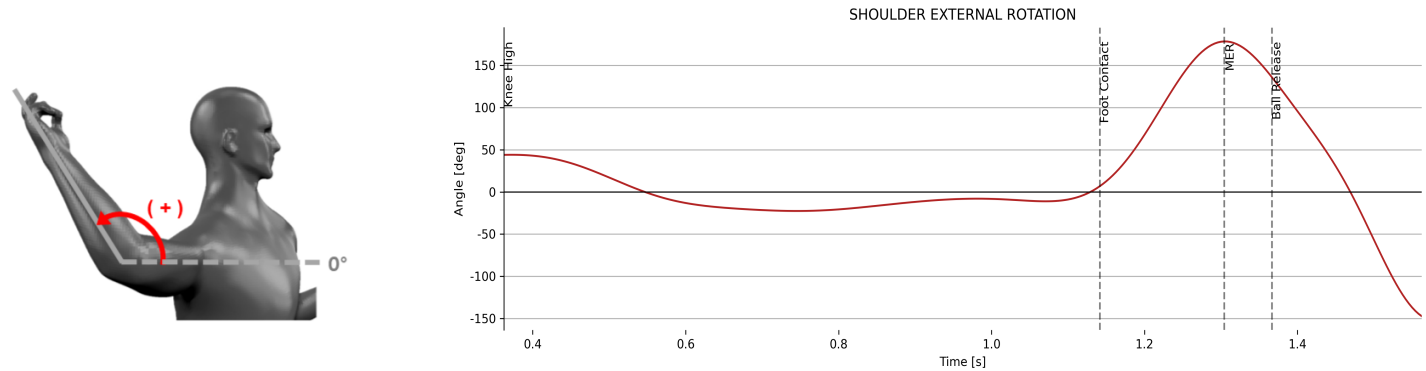
PELVIS HEIGHT



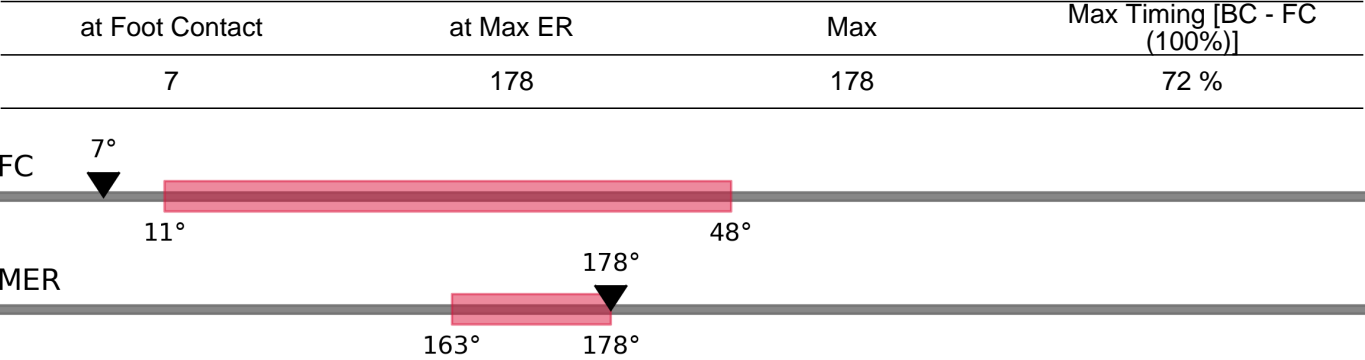
pelvis Height

Segment	at Foot Contact	at Max SER	Max
Pelvis	-0.24	-0.26	0.11

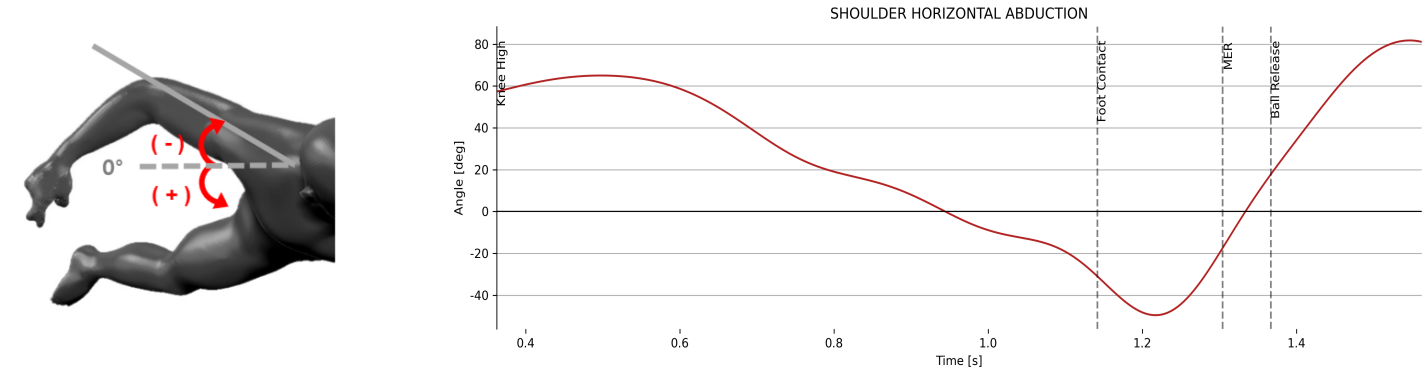
SHOULDER EXTERNAL ROTATION



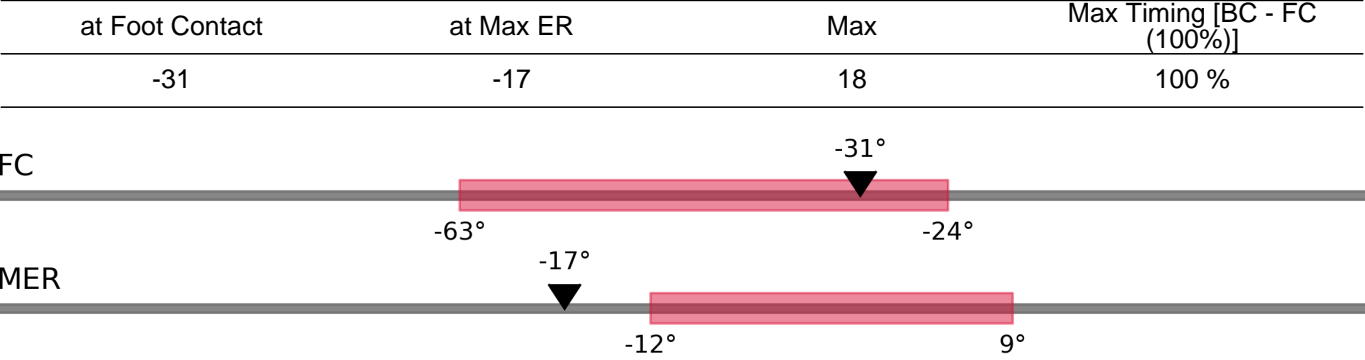
Shoulder External Rotation



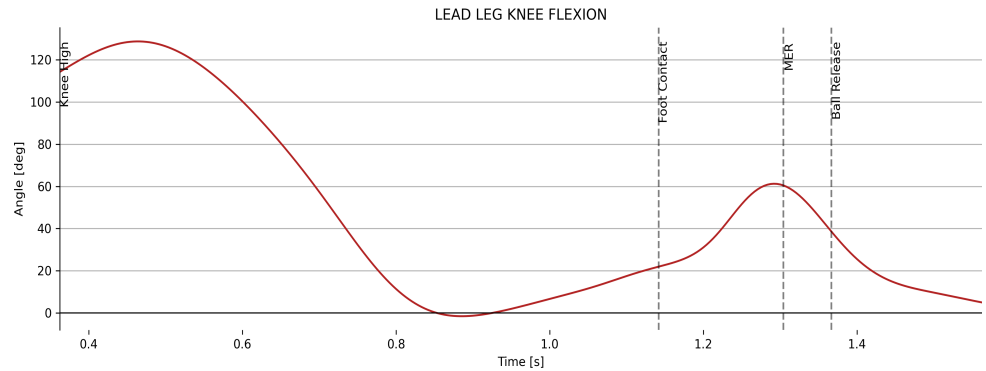
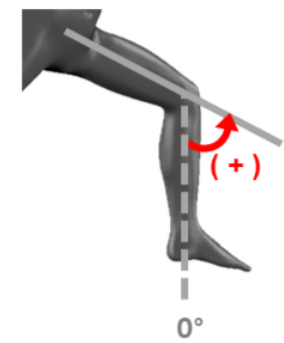
SHOULDER HORIZONTAL ABDUCTION



Shoulder Horizontal Abduction

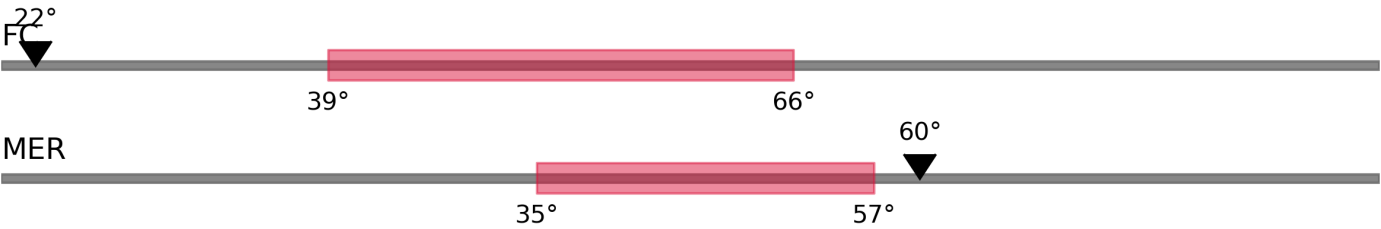


LEAD LEG KNEE FLEXION

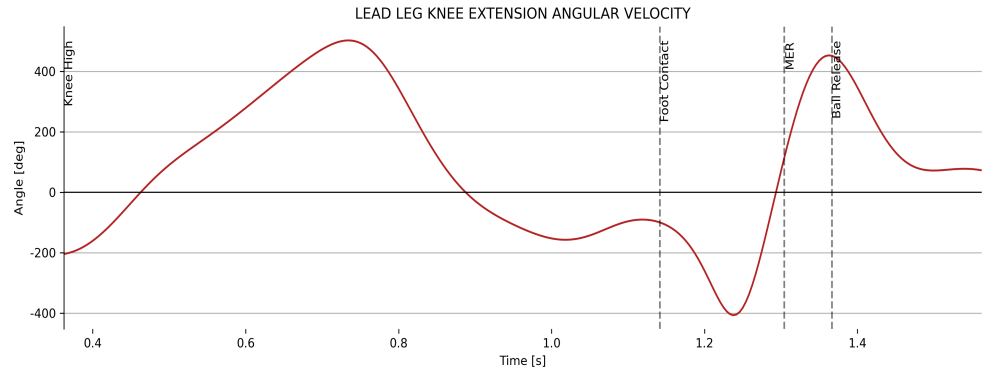


Lead Leg Knee Flexion

at Foot Contact	at Max ER	Max	Max Timing [BC - FC (100%)]
22	60	61	67 %

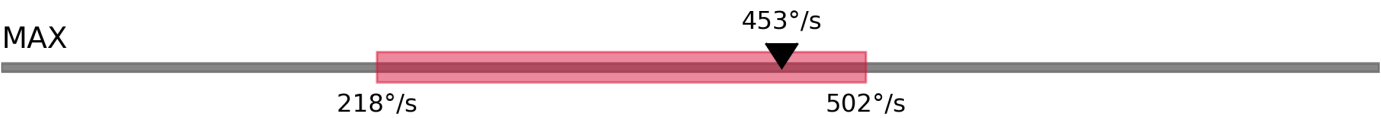


LEAD LEG KNEE EXTENSION ANGULAR VELOCITY



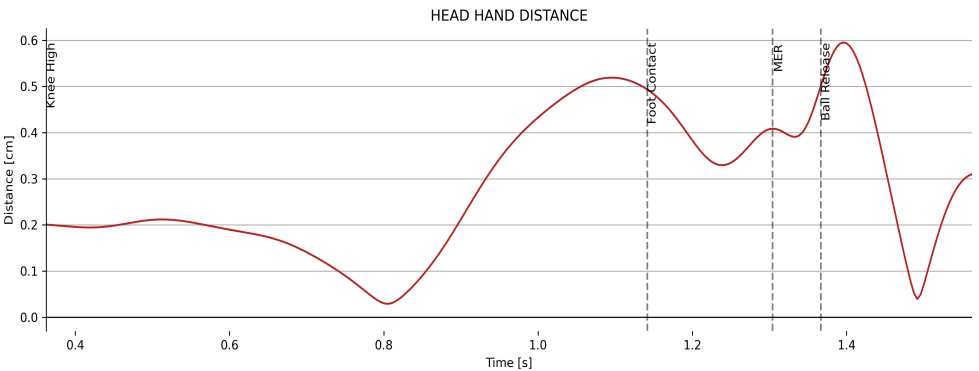
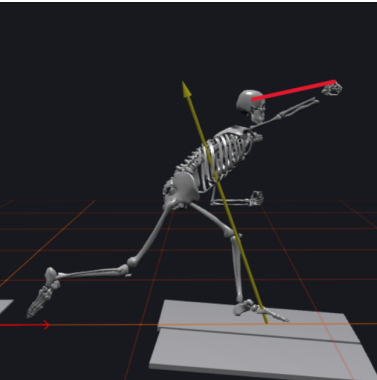
Lead Leg Knee Extension Angular Velocity

at Max ER	Max	Max Timing [BC - FC (100%)]
113	453	98 %



Arm acceleration

HEAD HAND DISTANCE

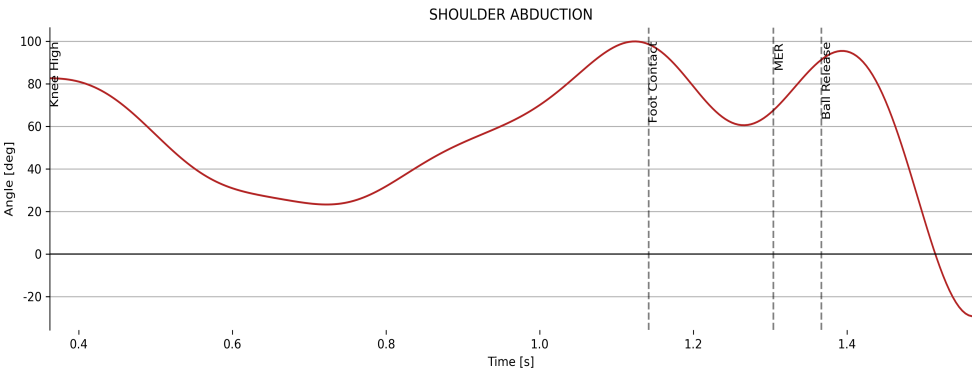
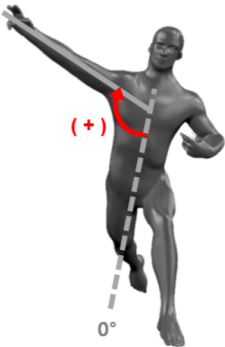


head\_hand\_distance

at Ball Release

0.5

SHOULDER ABDUCTION

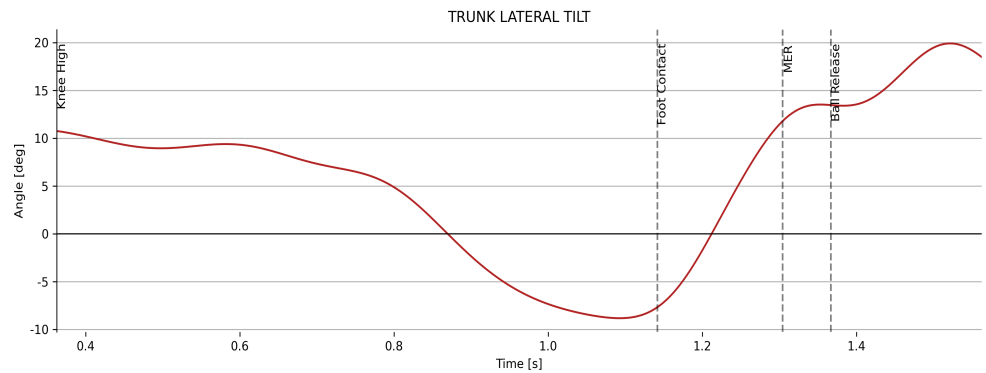


Shoulder Abduction

at Ball Release	Max	Max Timing [BC - FC (100%)]
91	99	0 %

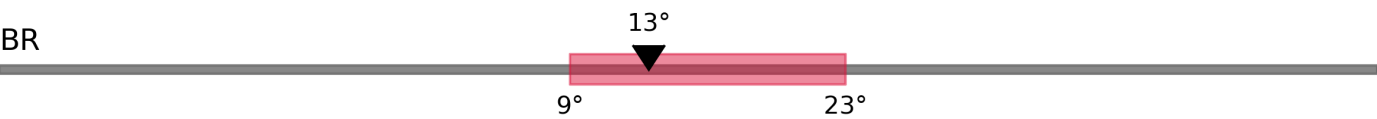


TRUNK LATERAL TILT

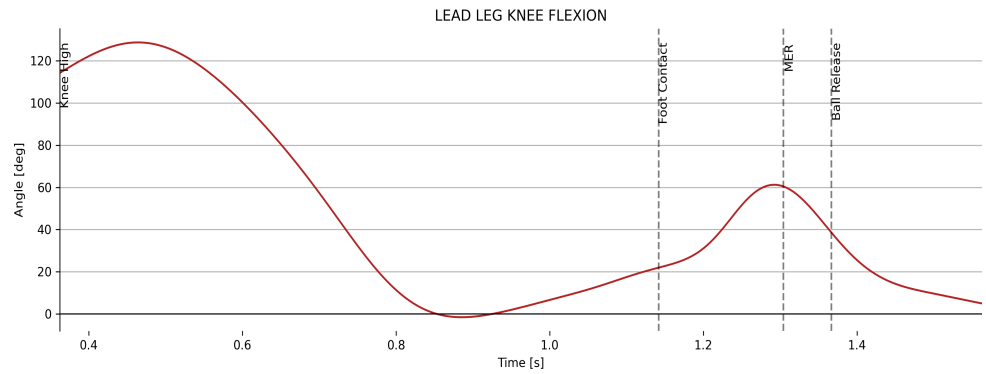
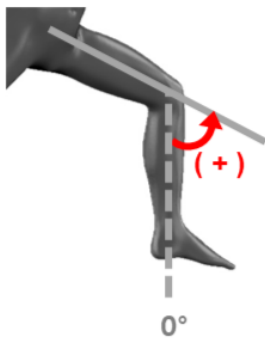


Trunk Lateral Tilt

at Ball Release	Max	Max Timing [BC - FC (100%)]
13	14	94 %



LEAD LEG KNEE FLEXION



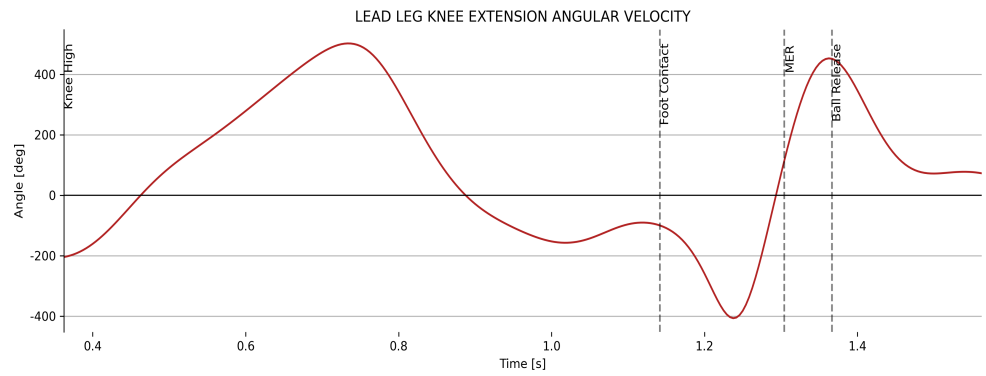
Lead Leg Knee Flexion

at Ball Release	Max	Max Timing [BC - FC (100%)]
39	61	67 %





LEAD LEG KNEE EXTENSION ANGULAR VELOCITY



Lead Leg Knee Extension Angular Velocity

at Ball Release	Max	Max Timing [BC - FC (100%)]
452	453	98 %