

The Major Features of the "Yu-turn"* Technique

By Dr. Vladimir Strelnitski

- 1 **Balance of forces** between the thrower and the hammer ("countering")
- 2 **The sight is always towards the hammer** (in turns)
- 3 **Low point at 0°**
- 4 **Symmetrical "neutral position"** at low point
- 5 **Foot rotation starts only after the low point** has been achieved
- 6 **"Low" low point**
- 7 **Long double support**
- 8 **Use of the hammer's "hanging"** around its high point to outrun it smoothly
- 9 **Right thigh "kicks," left knee collapses** after the left foot rolls to its ball
- 10 **The thrower outruns the hammer with the right leg and foot**, not with the pelvis
- 11 **Closed right foot and hip** at landing
- 12 **The hammer is "pushed"** with the arms while it is accelerated on the right

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**Dr. Strelnitski proposed that Yuri's Technique is called "Yu-turn."*