



Ariel Dynamics Inc. Media Library - Video

20/20 ABC



Code	adi-vid-01052
Title	20/20 ABC
Subtitle	APAS analysis of the perfect jump
Description	Will anyone ever jump over 30 feet in the Long Jump? Did Carl Lewis ever jump over 30 feet?
Subject	APAS;Favorite;Performance Analysis
Duration	00:05:06
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Synopsis








The video discusses the long-standing long jump record of 29 feet, two and one-half inches set by Bob Beeman in 1968. Carl Lewis, another athlete, dreams of breaking this record. The video explores a controversial jump by Lewis that was ruled a foul and never officially measured, but many believe it could have surpassed Beeman's record. Biomechanics expert Gideon Ariel has studied both jumps and believes Beeman's record is close to the absolute limit of human potential, suggesting that surpassing it could result in physical damage. However, Lewis believes with the right training and technique, a jump well over 30 feet is possible. The video ends with the anticipation of whether Lewis will be able to break Beeman's record in the upcoming Olympic Games.



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Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	A 15 years, the record has stood.
	1.	00:00:06	The longest jump ever made by Bob Beeman, this man.
	2.	00:00:10	Carl Lewis dreams of breaking that record.
	3.	00:00:12	Can he do it?
	4.	00:00:14	Dick Schapp with the drama and the dream of the perfect jump.
	5.	00:00:18	Breaking the long jump record.
	6.	00:00:20	As Dick Schapp tells us, it's a singular record,
	7.	00:00:23	an almost mystical goal for Carl Lewis
	8.	00:00:26	and for the man who set the record 15 years ago.
	9.	00:00:29	In Mexico City, October 18, 1968, Bob Beeman

Frame	#	Time	Spoken text
	10.	00:00:34	<i>starts his approach slowly, gathering momentum.</i>
	11.	00:00:37	<i>He strives, stretching out, 19 of them,</i>
	12.	00:00:40	<i>the last step long and piston like.</i>
	13.	00:00:45	<i>His right foot pounding the takeoff board perfectly,</i>
	14.	00:00:47	<i>driving himself up, up, up.</i>
	15.	00:00:51	<i>His mind goes blank.</i>
	16.	00:00:53	<i>His hearing deserts him.</i>
	17.	00:00:55	<i>The stadium is silent.</i>
	18.	00:00:58	<i>He hangs in the air, it seems, forever.</i>
	19.	00:01:02	<i>When he comes down, his heels strike the sand.</i>
	20.	00:01:04	<i>With such force, he bounds on one hop like an airplane,</i>
	21.	00:01:08	<i>harshly landed right out of the pit.</i>
	22.	00:01:12	<i>Bob Beeman has jumped 29 feet, two and one-half inches,</i>
	23.	00:01:16	<i>22 inches beyond the existing world record.</i>
	24.	00:01:20	<i>Arguably, but conceivably, the most spectacular individual</i>
	25.	00:01:23	<i>achievement in the history of all sports.</i>
	26.	00:01:27	<i>Statistically, the equivalent of Roger Bannister</i>
	27.	00:01:29	<i>bursting through the four-minute barrier for the mile,</i>
	28.	00:01:32	<i>not by a fraction of a second, but by more than 15 seconds.</i>
	29.	00:01:37	<i>29 feet, two and one-half inches, a magic number, a miracle.</i>
	30.	00:01:43	<i>Good cause for joy and tears.</i>
	31.	00:01:46	<i>29 feet, two and one-half inches.</i>
	32.	00:01:49	<i>Carl Lewis believes he has already jumped 29 feet,</i>
	33.	00:01:53	<i>probably beyond Bob Beeman's world record.</i>
	34.	00:01:56	<i>Possibly beyond 30 feet.</i>
	35.	00:01:59	<i>Lewis believes he performed this magic not in a dream,</i>
	36.	00:02:02	<i>but in Indianapolis.</i>
	37.	00:02:03	<i>Last summer, on this jump, a jump that</i>
	38.	00:02:06	<i>was controversially adjudged afoul,</i>
	39.	00:02:09	<i>a jump that was never measured officially.</i>
	40.	00:02:17	<i>Did Lewis jump more than 29 feet, two and one-half inches?</i>
	41.	00:02:21	<i>Will Lewis jump more than 29 feet, two and one-half inches?</i>
	42.	00:02:25	<i>Those are lovely mysteries.</i>
	43.	00:02:27	<i>And the man who has the best clues to the answers is</i>
	44.	00:02:30	<i>an Israeli-born physicist named Gideon Ariel,</i>

Frame	#	Time	Spoken text
	45.	00:02:33	<i>a specialist in biomechanics, an expert</i>
	46.	00:02:36	<i>in human physical exertion.</i>
	47.	00:02:39	<i>We utilize the firm that actually was shot at the instance</i>
	48.	00:02:43	<i>where Bob Beeman, in this case, jump is best jumped 29, two and a half.</i>
	49.	00:02:47	<i>And we digitize or we transfer the information</i>
	50.	00:02:51	<i>from the body segments right to the computer.</i>
	51.	00:02:53	<i>Armed with films and with formulas and with a computer program</i>
	52.	00:02:58	<i>to perform biomechanical wizardry,</i>
	53.	00:03:00	<i>Ariel has studied not only Beeman's record jump,</i>
	54.	00:03:03	<i>but also Lewis' controversial foul jump,</i>
	55.	00:03:07	<i>a jump on which judges ruled with very little evidence</i>
	56.	00:03:11	<i>that he inched past the takeoff board.</i>
	57.	00:03:13	<i>The jump Lewis himself and many experts thought</i>
	58.	00:03:16	<i>was the longest ever.</i>
	59.	00:03:18	<i>How far is the distance?</i>
	60.	00:03:20	<i>Is that the world record?</i>
	61.	00:03:22	<i>Some people say that that's probably over 30 feet.</i>
	62.	00:03:25	<i>If we know this distance and we know the distance from where he lands</i>
	63.	00:03:30	<i>to the end of the pit in the good jump,</i>
	64.	00:03:35	<i>we can calculate what is the distance</i>
	65.	00:03:37	<i>from the end of the pit back to the foul jump.</i>
	66.	00:03:41	<i>If I give it an upper limit, it was 28-11,</i>
	67.	00:03:45	<i>which is the second best jump of all time.</i>
	68.	00:03:47	<i>Ariel has explored all the major track and field records</i>
	69.	00:03:50	<i>and concludes that Beeman's is the closest to man's potential.</i>
	70.	00:03:54	<i>Theoretically, within three or four inches of the absolute limit,</i>
	71.	00:03:58	<i>the point where physical damage is inevitable,</i>
	72.	00:04:01	<i>the point that Carl Lewis is aiming for.</i>
	73.	00:04:04	<i>That's where his injury is very close.</i>
	74.	00:04:06	<i>I think if he will produce a jump that will go close to 30 feet,</i>
	75.	00:04:12	<i>he'll tell up his ligament, he'll tell up his bone,</i>
	76.	00:04:14	<i>he'll tell up his some tissue.</i>
	77.	00:04:17	<i>I hope he's wrong.</i>
	78.	00:04:19	<i>For one reason, because I feel that an athlete right now</i>

Frame	#	Time	Spoken text
	79.	00:04:22	<i>with the right type of technical training</i>
	80.	00:04:24	<i>and obviously the right technique can jump well over 30 feet.</i>
	81.	00:04:28	<i>Well, sometimes we like to be wrong, but...</i>
	82.	00:04:32	<i>If Ariel is wrong, if Lewis is right,</i>
	83.	00:04:35	<i>Bob Beeman's record could fall any day,</i>
	84.	00:04:38	<i>or it could fall in the brightest spotlight next year,</i>
	85.	00:04:42	<i>16 years after Beeman's triumph in the Olympic Games.</i>
	86.	00:04:47	<i>29 feet, two and one-half inches,</i>
	87.	00:04:50	<i>Bob Beeman produced it,</i>
	88.	00:04:53	<i>and Carl Lewis faced it.</i>

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