



Ariel Dynamics Inc. Media Library - Video

ESPN Ed Moses



Code	adi-vid-01071
Title	ESPN Ed Moses
Subtitle	Best Hurdler in the World with the APAS
Description	Edmon Moses the best Hurdler ever, analyzed with the APAS System
Subject	APAS;Favorite;Performance Analysis
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Interview with Edwin Moses

In this interview, we discuss with Edwin Moses, an incredible athlete who has gone 72 meets undefeated. Edwin shares his strategy of taking each race individually and focusing on one race at a time.

We also analyze Edwin's unique running technique. Unlike most runners who land with their center of gravity behind their foot, Edwin lands with his center of gravity in front of his foot. This allows all his momentum to be transferred forward, enabling him to continue running without losing any energy.

We also discuss the importance of not jumping over the hurdles but stretching the body as much as possible. This technique allows the center of gravity to stay low, saving time over the hurdles.





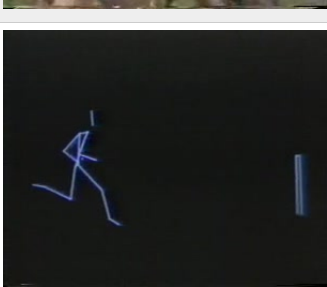
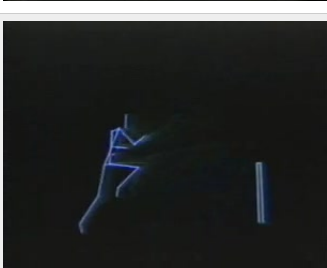
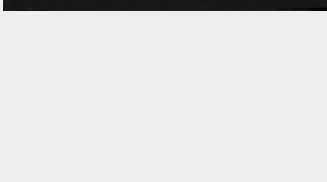
Edwin appreciates the opportunity to see himself in slow, animated motion for the first time and learns a lot from the analysis.




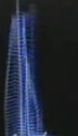


In the next segment, we will meet Sharon Shapiro, the 1980-1981 inter-clicheted gymnastics champion.

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Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	We'll be back in a moment.
	1.	00:00:05	Check with me an incredible athlete, Edwin Moses. Edwin, delighted to have you here.
	2.	00:00:11	And I'm darn near the story about how anybody in this day and age can go 72
	3.	00:00:16	meets undefeated.
	4.	00:00:18	Well, it's been a long road. I've been going racing for six years now in the
	5.	00:00:24	four hundred-year hurdles. And I've really been trying to take each race
	6.	00:00:27	individually instead of thinking in terms of breaking a record, standing at 88
	7.	00:00:32	or winning a hundred in a row, but really just trying to look at each race
8.	00:00:36	individually and attacking individually and playing on one race at a time.	

Frame	#	Time	Spoken text
	9.	00:00:40	<i>When you're a little too far ahead of me, we got a guy, a doctor, getting arrows,</i>
	10.	00:00:44	<i>just shaping at the vet because he wants to show you the digitization.</i>
	11.	00:00:47	<i>Remember, we were able to film you earlier this week, and so now you're going to get a chance to see it.</i>
12.	00:00:51	<i>Edwin, great having you with me.</i>	
13.	00:00:52	<i>Thank you very much.</i>	
14.	00:00:53	<i>Good to see you.</i>	
	15.	00:00:54	<i>Hi, Edwin. How are you?</i>
16.	00:01:01	<i>Good to see you.</i>	
17.	00:01:02	<i>Thank you for coming here.</i>	
18.	00:01:03	<i>Thank you.</i>	
19.	00:01:04	<i>And the superstar of Future Sports.</i>	
	20.	00:01:06	<i>Edwin, the little dot here in the center of your body is the center of gravity.</i>
21.	00:01:11	<i>Most people, when they are running, they're landing with the center of gravity behind the foot,</i>	
22.	00:01:16	<i>actually falling backward or stopping themselves.</i>	
23.	00:01:19	<i>You have a fantastic technique where when you land after going over the hills,</i>	
24.	00:01:25	<i>the center of gravity is in front of your foot, which means all your momentum is transferred to the body going forward.</i>	
	25.	00:01:32	<i>You're falling forward and continue to run. You don't lose any energy.</i>
26.	00:01:36	<i>That's the main problem in running forward.</i>	
27.	00:01:38	<i>Keeps you slowing up between the hurdles.</i>	
28.	00:01:40	<i>Every time you slow down, you have to use a lot more energy to speed up again.</i>	
29.	00:01:45	<i>You can look at it also in a continuous trace.</i>	
	30.	00:01:48	<i>Then we see the whole trace.</i>
31.	00:01:50	<i>And if you look at this tool back in the middle, it's the center of gravity.</i>	
32.	00:01:53	<i>You see it's going up and going down.</i>	
33.	00:01:55	<i>You can look at it also from the front, so we'll see it from the corner.</i>	
34.	00:01:59	<i>I agree it's from the front.</i>	
35.	00:02:00	<i>The criteria here, Edwin, that you will not go over the hills too high.</i>	
36.	00:02:05	<i>And as you see yourself, you stretch pretty good.</i>	
37.	00:02:08	<i>You're going forward. You can see the little dot center of gravity just going over the hills.</i>	
38.	00:02:13	<i>But you're going to stretch it pretty good.</i>	

Frame	#	Time	Spoken text
	39.	00:02:15	<i>It's important that you're not going to jump over the hurdles,</i>
	40.	00:02:19	<i>but actually to stretch your body as much as possible.</i>
	41.	00:02:23	<i>For that reason, let's look on the same motion from the top view.</i>
	42.	00:02:28	<i>And we'll check how much you stretch over the hills.</i>
	43.	00:02:32	<i>Now looking from the top view, we see you're going toward the hills</i>
	44.	00:02:36	<i>and you have a tremendous stretch with your body.</i>
	45.	00:02:38	<i>Remember to stretch, this stretch allows the center of gravity to stay low</i>
	46.	00:02:42	<i>and therefore save you time over the hills.</i>
	47.	00:02:46	<i>Here you see the same thing in a multiple trace.</i>
	48.	00:02:49	<i>Look on this stretch, Edwin.</i>
	49.	00:02:51	<i>You have incredible stretch here.</i>
	50.	00:02:53	<i>And this is fantastic technique.</i>
	51.	00:02:55	<i>Turn anything new, Edwin?</i>
	52.	00:02:57	<i>Yeah, I'm learning a lot here.</i>
	53.	00:02:58	<i>It's the first time I've really been able to see myself in slow, animated motion.</i>
	54.	00:03:02	<i>Stick figures first time to show up.</i>
	55.	00:03:04	<i>First time, although it might not be the last time.</i>
	56.	00:03:06	<i>Edwin, thanks for being with us.</i>
	57.	00:03:08	<i>Super job.</i>
	58.	00:03:09	<i>All right.</i>
	59.	00:03:10	<i>Get in.</i>
	60.	00:03:11	<i>Great job, as usual.</i>
	61.	00:03:12	<i>Nice to meet you.</i>
	62.	00:03:13	<i>All right, thank you.</i>
	63.	00:03:14	<i>Coming up next, we'll take a close look at our aesthetic event</i>
	64.	00:03:17	<i>as we meet Sharon Shapiro's 1980-1981 inter-clicheted gymnastics champion.</i>

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